

# 1989 Region 5A Championship June 3, 1989

**Teams:** Litchfield 68, Atwater-Grove City-Cosmos 55, Milaca 51, Mora 37, Minnehaha Academy 34, Crosby-Ironton 29, St. Cloud Cathedral 22, Sartell 20, Holdingford 19, Albany 18, Breck 16, Sauk Rapids 16, Blake 15, Dassel-Cokato 14, New London-Spicer 14, Watertown-Mayer 13, St. Michael-Albertville 11, Pierz 10, DeLaSalle 10, St. John's Prep 10, Annandale 8, Paynesville 7, Waconia 6, Rockford 6, Howard Lake-Waverly 5, Onamia 4, Becker-Big Lake 4, Eden Valley-Watkins-Kimball 3, Ogilvie 1, Foley 1, Delano 1.

## 100

1 Randy Roseke, Atwater-GC	11.18
2 Dan Hardman, Minnehaha Acad	11.30
3 Darin Brettinger, Mora	11.43
4 John Reese, Howard Lake-W	11.51
5 Taylor Burke, Blake	11.59
6 Ken Felde, Ogilvie	11.68

## High Hurdles

1 Pete Weinberg, Blake	15.49
2 Chad Larson, Atwater-GC-C	15.61
3 Bryce Schuettpelz, Watertown-M	15.65
4 Paul Eveslage, Waconia	16.03
5 Todd Faber, Eden Valley-W-K	16.06
6 Brian Patrick, Holdingford	16.48

## Shot Put

1 Matt Lugo, Milaca	51-4 $\frac{3}{4}$
2 Shawn Roberts, Crosby-I	51-0 $\frac{1}{2}$
3 Chris Oslund, Mora	50-0 $\frac{3}{4}$
4 Plymouth Nelson, Litchfield	49-4 $\frac{1}{2}$
5 Daryl Dirkes, Albany	48-11 $\frac{1}{2}$
6 Matt Nyquist, Dassel-Cokato	48-3 $\frac{1}{4}$

## 200

1 Randy Roseke, Atwater-GC	22.46
2 Doug DeBoer, Milaca	22.68
3 Darin Brettinger, Mora	22.88
4 Steve Ramgren, Minnehaha Acad	23.18
5 Jon Steinke, Crosby-I	23.31
6 John Reese, Howard Lake-W	23.33

## Intermediate Hurdles

1 Jeremy Frie, Holdingford	41.52
2 Chad Henriksen, Litchfield	41.85
3 Nick Greener, Minnehaha Acad	42.10
4 Chad Larson, Atwater-GC-C	42.14
5 Craig Sanborn, Dassel-Cokato	42.49
6 Bryce Schuettpelz, Watertown-M	42.71

## Discus Throw

1 Matt Nyquist, Dassel-Cokato	155-0
2 Chris Oslund, Mora	150-3
3 Eric Sorenson, Rockford	143-4
4 Greg Hauptert, Sartell	137-11
5 Dean Dirkes, Albany	137-8
6 Matt Lugo, Milaca	135-5

## 400

1 Randy Roseke, Atwater-GC	49.70
2 Steve Ramgren, Minnehaha Acad	50.45
3 Tim Millsop, Crosby-I	51.31
4 Kyle Negen, New London-S	51.61
5 Karl Steyaert, Breck	52.20
6 Todd Spanier, Paynesville	52.27

## 4x100 Relay

1 Mora	44.12
2 Albany	44.99
3 Litchfield	45.06
4 Crosby-I	45.33
5 Blake	45.46
6 Dassel-Cokato	45.51

## Long Jump

1 Randy Roseke, Atwater-GC	21-4 $\frac{1}{2}$
2 Chad Henriksen, Litchfield	21-4 $\frac{1}{4}$
3 Eliot Bieniek, Litchfield	21-2 $\frac{1}{2}$
4 Jeremy Frie, Holdingford	21-0 $\frac{3}{4}$
5 Shawn Roberts, Crosby-I	19-11
6 Jacob Hite, Crosby-I	19-7 $\frac{1}{2}$

## 800

1 Shane Kurpis, St. John's Prep	1:59.74
2 Kelly O'Brien, Sartell	2:02.49
3 Ben Lane, Minnehaha Acad	2:03.14
4 Bill Kimbler, Crosby-I	2:03.39
5 Tim Cardinal, Watertown-M	2:04.04
6 Andy Klukas, Atwater-GC-C	2:07.63

## 4x400 Relay

1 Milaca	3:29.52
2 Sauk Rapids	3:30.97
3 Paynesville	3:31.20
4 Watertown-Mayer	3:35.24
5 Litchfield	3:35.76
6 Mora	3:36.07

## Triple Jump

1 Joe Vardas, Pierz	45-2 $\frac{1}{2}$
2 Doug DeBoer, Milaca	44-7
3 Eliot Bieniek, Litchfield	43-3 $\frac{1}{4}$
4 Brian Woolhouse, Becker-BL	40-11 $\frac{1}{2}$
5 Bob Carlson, Litchfield	40-9 $\frac{1}{2}$
6 Todd Faber, Eden Valley-W-K	40-3 $\frac{1}{2}$

## 1600

1 Dave Stenberg, Litchfield	4:31.85
2 Ben Nemeth, SC Cathedral	4:33.09
3 J. McClelland, New London-S	4:38.23
4 Matt Benson, Breck	4:39.71
5 Bill Kimbler, Crosby-I	4:40.04
6 Bryan Kosek, Delano	4:40.18

## Sprint Medley Relay

1 Breck	3:36.88
2 Sauk Rapids	3:40.19
3 SC Cathedral	3:46.01
4 Milaca	3:46.02
5 Atwater-GC-C	3:47.82
6 Foley	3:52.51

## High Jump

1 Doug DeBoer, Milaca	6-6
2 Eliot Bieniek, Litchfield	6-4
3 Scott Ingvaldson, Sartell	6-4
4 Chris Ethen, Onamia	6-2
5 Jason Ripley, Minnehaha Acad	6-2
6 Kyle Duclos, Litchfield	5-10

## 3200

1 Chris Berg, DeLaSalle	9:33.77
2 Ben Nemeth, SC Cathedral	9:50.39
3 Dave Stenberg, Litchfield	9:55.22
4 J. McClelland, New London-S	10:09.83
5 Dave Knauer, Waconia	10:21.71
6 Jeremy Hall, St Michael-A	10:23.44

## Pole Vault

1 Jim Eicher, St Michael-A	13-2
2 Pat Woelfel, Annandale	13-2
3 Derrik Teske, Albany	12-6
4 Tony Sobania, Holdingford	12-0
5 Chad Erpelding, Sartell	12-0
6 Brian Koppa, Blake	11-6

**Notes:**