

1989 Region 6AA Championships at Hamline University, June 2 & 3, 1989

Teams: Minnetonka 99, Hopkins 97, Bl Kennedy 55, Armstrong 53, St Louis Pk 53, Bl Jefferson 43, Wayzata 35, Edina 30, Cooper 26, Richfield 25, Mound 11, Orono 0

100

1 Dean Paulson, Kennedy	11.29
2 Scott Zaccagnini, Hopkins	11.55
3 Dan Samion, Minnetonka	11.63
4 Dan Johnson, Cooper	11.69
5 Mike Crown, Jefferson	12.02
6 Tony Campbell, SLP	12.04

200

1 Greg Heinecke, Hopkins	22.47
2 Dean Paulson, Kennedy	22.48
3 Dan Samion, Minnetonka	22.90
4 Dan Johnson, Cooper	23.23
5 Eric Anondson, SLP	23.44
6 Lemar Miller, Kennedy	23.58

400

1 Jason Max, Minnetonka	48.87
2 Greg Heinecke, Hopkins	49.17
3 John Nelson, Jefferson	51.61
4 James LaRowe, Wayzata	52.57
5 John Hammond, Edina	52.75
6 Ted Wiegand, Hopkins	52.75

800

1 Jason Max, Minnetonka	1:57.50
2 David Kleyman, Armstrong	1:58.77
3 Eric Newhouse, Minnetonka	1:59.97
4 Andy Arling, Hopkins	2:01.53
5 Mark Nordberg, Kennedy	2:01.68
6 Kevin Supple, Armstrong	2:03.42

1600

1 Ben Stoneking, Edina	4:24.99
2 Eric Newhouse, Minnetonka	4:26.26
3 Rob Horton, Armstrong	4:26.73
4 Kurt Runzheimer, Wayzata	4:29.86
5 Brian Whitley, Hopkins	4:32.59
6 Mike Nordberg, Kennedy	4:34.35

3200

1 Kurt Runzheimer, Wayzata	9:42.59
2 Brian Whitley, Hopkins	9:54.10
3 Jason Eldridge, Wayzata	9:56.49
4 Kai Richter, Hopkins	10:00.63
5 Rob Horton, Armstrong	10:00.77
6 Stefan Griesser, Minnetonka	10:02.19

High Hurdles

1 Andy Bauer, Armstrong	15.22
2 Scott Hall, Armstrong	15.24
3 Matt Meyer, Richfield	15.51
4 Aron Peterson, Mound	15.52
5 Minh Nguyen, Minnetonka	16.13
6 Matt Muires, Jefferson	16.20

Intermediates

1 Matt Meyer, Richfield	39.74
2 Scott Hall, Armstrong	39.92
3 Mark Hansen, Edina	40.38
4 Matt Muires, Jefferson	40.76
5 Minh Nguyen, Minnetonka	41.25
6 Aron Peterson, Mound	41.25

4x100

1 Hopkins	44.58
2 St Louis Park	44.81
3 Minnetonka	45.18
4 Jefferson	45.25
5 Wayzata	45.50
6 Armstrong	45.51

4x400

1 Minnetonka	3:25.38
2 Edina	3:27.40
3 Armstrong	3:28.76
4 Kennedy	3:33.31
5 Hopkins	3:33.39
6 St Louis Park	3:37.2 (handheld)

Sprint Medley

1 Minnetonka	3:37.90
2 Hopkins	3:39.40
3 Wayzata	3:47.21
4 Cooper	3:47.59
5 Edina	3:48.39
6 St Louis Park	3:57.69

Shot Put

1 Chad Goldstein, SLP	61-0 ½
2 Guy Grussing, Hopkins	51-9
3 Chris Brinkworth, Kennedy	51-0
4 Brent Jensen, Richfield	50-1
5 Tony Chlebeczek, Richfield	49-7 ¾
6 Dan Glime, Cooper	49-3 ¾

Discus Throw

1 Chad Goldstein, SLP	164-7
2 Chris Brinkworth, Kennedy	159-6
3 Roger Kryck, Mound	152-3
4 Jason Sorenson, Jefferson	148-10
5 Amos Casey, Richfield	147-9
6 Kevin Poehler, Richfield	144-4

Triple Jump

1 Sean Picha, Hopkins	42-6 ½
2 Chris Watkins, Minnetonka	42-2
3 James Frye, Kennedy	41-10
4 Aaron Minor, SLP	40-10 ¼
5 Scott Hagel, Hopkins	40-3 ½
6 Jason Alexander, Wayzata	40-2 ¼

Long Jump

1 Dan Samion, Minnetonka	22-1 ¾
2 Tony Campbell, SLP	20-10 ¼
3 Matt Muires, Jefferson	20-6
4 Minh Nguyen, Minnetonka	20-5 ¾
5 Tim Shaver, Wayzata	20-0
6 Dan Broady, Armstrong	19-7 ½

High Jump

1 Mike Zender, Jefferson	6-5
2 Charles Johnson, Hopkins	6-5
3 Jared Johnson, Jefferson	6-3
4 Scott Hall, Armstrong	6-3
5 Rich Franden, Edina	6-1
6 Tony Rogich, Cooper	6-1

Pole Vault

1 Tony Rogich, Cooper	14-0
2 Stephen White, SLP	13-8
3 Matt Christian, Kennedy	13-8
4 Joe Jaruszewski, Hopkins	13-4
5 Marc Christian, Kennedy	13-4
6 Lance Groth, Kennedy	12-6