

1990 Region 1AA Championship at Carleton College, Northfield, May 31 & June 2, 1990

Teams: Apple Valley 150, Rosemount 72, Northfield 55, Rochester Mayo 47, Red Wing 37, Albert Lea 30, Owatonna 30, Burnsville 29, Winona 29, Rochester John Marshall 18, Lakeville 14, Austin 10, Faribault 6,

100

- 1 Marvin Sims, AV 11.43
- 2 Dave Baiel, AV 11.57
- 3 Chad Bohonek, AL 11.61
- 4 Jason Kohout, Rosem 11.73
- 5 Jesse Ryan, RW 11.83
- 6 Torrior Amie, Burnsv 11.85

200

- 1 Chad Bohonek, AL 22.94
- 2 Dave Baiel, AV 23.04
- 3 Lewis Garrison, AV 23.05
- 4 Jason Kohout, Rosem 23.29
- 5 Dan Stein, Winona 23.31
- 6 Jesse Ryan, RW 23.60

400

- 1 Dan Krenzel, AV 50.49
- 2 Chad Rempe, Northfld 50.56
- 3 Sean McMenomy, Rosem 50.79
- 4 Tom Auger, Mayo 51.49
- 5 Brad Molskness, AL 51.54
- 6 Thang Nguyen, RW 52.10

800

- 1 Jason Harens, AV 1:59.69
- 2 Dave Boardman, Northfld 1:59.69
- 3 Mike Hoag, Roch JM 1:59.74
- 4 Drew Hendrickson, Rosem 2:01.92
- 5 Jason Erickson, Lakev 2:03.03
- 6 Eric Double, Winona 2:04.78
Chad Lindeen, RW (2:00.35p)

1600

- 1 Chad Duffy, Rosem 4:29.04
- 2 Chad Lindeen, RW 4:29.68
- 3 Brian St. Arnaud, Farib 4:31.61
- 4 Kevin Durand, AV 4:31.87
- 5 Pat Hile, AV 4:32.90
- 6 Travis Boland, Roch JM 4:33.85

3200

- 1 Chad Duffy, Rosem 9:38.67
- 2 Todd McCallum, Mayo 9:44.27
- 3 Matt Heller, RW 9:47.78
- 4 Pat Hile, AV 9:54.01
- 5 Kevin Durand, AV 9:54.02
- 6 Frank Bures, Winona 9:54.41

High Hurdles

- 1 Wayne Robke, Owat 15.00
- 2 Chris Steffen, AV 15.51
- 3 Eric Jacobson, Owat 15.59
- 4 Nathan Young, AV 15.62
- 5 Dave Clements, Rosem 15.69
- 6 Aaron Wheatcraft, AV 15.70

Intermediate Hurdles

- 1 Karl Kjeldson, Rosem 39.64
- 2 Wayne Robke, Owat 40.20
- 3 Nathan Young, AV 40.70
- 4 Dave Swanson, AV 41.30
- 5 Chris Fowler, Lakev 41.33
- 6 Chris Schmidt, Northfld 41.34

4x100 Relay

- 1 Apple V 43.77 (Sims, Swongsay, Garrison, Baiel)
- 2 Burnsv 43.96
- 3 Mayo 44.74
- 4 Rosemount 44.95
- 5 Albert Lea 45.18
- 6 Lakev 45.31

4x400 Relay

- 1 Rosem 3:23.09 (Wahlstrom, Jones, McMenomy, Kjeldsen)
- 2 AV 3:23.46 (standard)
- 3 Northfld 3:30.59
- 4 Lakev 3:31.54
- 5 Mayo 3:32.19
- 6 Albert Lea 3:32.63

Sprint Medley Relay

- 1 Northfld 3:34.22 (Schmidt, Albers, Rempe, Boardman)
- 2 Apple Valley 3:36.25
- 3 Winona 3:38.05
- 4 Rosemount 3:38.12
- 5 Mayo 3:40.72
- 6 Lakeville 3:44.90

Shot Put

- 1 Joel McDonald, Roch JM 54-4 ½
- 2 Joey Page, Austin 53-4 ½
- 3 Curt Peterson, Owat 50-0 ¼
- 4 Joe Mohling, Lakev 49-5 ¼
- 5 Chad Simmer, AV 49-3 ¾
- 6 Mark Weiczorek, Winona 49-2

Discus Throw

- 1 John Mooney, Burnsv 153-6
- 2 Chad Simmer, AV 146-4
- 3 Dan Naber, Northfld 145-8
- 4 Mark Weiczorek, Winona 143-1
- 5 Todd Bina, Austin 138-11
- 6 Joel McDonald, Roch JM 138-6

Long Jump

- 1 Jeff Gudmondson, Winona 21-7 ¾
- 2 Chris Ellingson, Mayo 21-1 ½
- 3 Torrior Amie, Burnsv 20-10
- 4 Chad Rempe, Northfld 20-9 ¾
- 5 Bill Thornton, Burnsv 20-9 ½
- 6 Curtis Wilson, AV 20-4 ¾

Triple Jump

- 1 Dave Boardman, Northfld 43-9 ½
- 2 Dan Krenzel, AV 43-7
- 3 Chris Ellingson, Mayo 43-3 ¾
- 4 Jeff Gudmondson, Winona 43-0 ½
- 5 Trung Quach, Northfld 42-4
- 6 Alan League, Mayo 42-3

High Jump

- 1 Jim Huseby, Mayo 6-4
- 2 Nick Lampman, RW 6-4
- 3 Darren Lerud, AL 6-2
- 4 Nate Jensen, AL 6-2
- 4 Derek Bishop, AV 6-2
- 6 Roger Seamon, AV 6-2

Pole Vault

- 1 Dave Harms, RW 13-3
- 2 Paul Sander, AV 12-6
- 3 Joe Kuipers, AV 12-0
- 4 Joel Amundson, Rosem 12-0
- 5 Pete Mockridge, Burnsv 11-6
- 6 Nick Lampman, RW 11-6

* Ties Meet Record

** New Meet Record

Notes: