

# 1990 Region 3A Championship at Carleton College, Northfield, June 1 & 3, 1989

**Teams:** Montevideo-Maynard 120, Lac Qui Parle 60, Canby-Minnesota 54, Wabasso-Sanborn-L 46, BOLD 45, Benson-KMS 33, Russell-T-R 31 ½, Tracy-Milroy-WG 22, Danube-Renville-SH 21, Lake Benton-Verdi 21, Cedar Mountain 18, Hendricks-Ivanhoe 16, Ortonville 16, Redwood Falls-M 10 ½, Appleton-Milan 6, CEW 5, Granite Falls-C 4, Balaton 1.

## 100

- 1 Kelly Skogrand, Monte-M 11.56
- 2 Danny Nesvold, LQP 11.88
- 3 Aaron Christianson, RTR 11.89
- 4 Kelly Knapper, Monte-M 12.02
- 5 Neil Alderson, RTR 12.17
- 6 Dan Reynolds, TMWG 12.32

## 200

- 1 Danny Nesvold, LQP 23.45
- 2 Aaron Christianson, RTR 23.84
- 3 Troy Otto, TMWG 23.97
- 4 Aaron Harp, RFM 24.18
- 5 Wayne Mathiowitz, Canby-M 24.41
- 6 Blaine Radtke, BKMS 24.44

## 400

- 1 Jeremy Karels, LQP 51.54
- 2 Jon Roken, Canby-M 51.62
- 3 Adam Slagter, DRSB 52.81
- 4 Steve Tufto, LQP 52.94
- 5 Troy Otto, TMWG 52.94
- 6 Blaine Radtke, BKMS 53.25

## 800

- 1 Shawn Madsen, Cedar M 2:03.76
- 2 Dan Hacker, Canby-M 2:05.12
- 3 Jesse Tintes, Montev-M 2:07.33
- 4 Aaron Minnick, BOLD 2:08.91
- 5 Ryan Cleveland, Canby-M 2:11.13
- 6 Kyle Gustafson, Monte-M 2:13.41

## 1600

- 1 Sean Wittmer, Monte-M 4:53.56
- 2 Dan Hacker, Canby-M 5:00.35
- 3 Slade Severson, HI 5:04.49
- 4 Kyle Gustafson, Monte-M 5:07.86
- 5 Mark Freitag, Cedar M 5:12.56
- 6 Kori Mortenson, Canby-M 5:12.65

## 3200

- 1 Sean Wittmer, Monte-M 10:21.54
- 2 Travis Duis, Canby-M 10:36.24
- 3 Slade Severson, HI 10:39.65
- 4 Chad Hanson, GFC 10:39.89
- 5 Kori Mortenson, Canby-M 10:42.75
- 6 Steve Dvergsten, Monte-M 10:51.15

## High Hurdles

- 1 Jon Giles, Monte-M 15.24
- 2 Mike DeVries, LBV 16.34
- 3 Chad Heidorn, Monte-M 16.49
- 4 Keith Sunvold, DRSB 16.49
- 5 James Larson, Ort 16.54
- 6 Mike Dreckly, Bala 16.97

## Intermediate Hurdles

- 1 Kelly Skogrand, Monte-M 39.86
- 2 Brian Larson, Ort 40.95
- 3 Jon Giles, Monte-M 41.04
- 4 Brad Fischer, Cedar M 42.27
- 5 Chad Heidorn, Monte-M 42.52
- 6 Ernie Hansen, CEW 43.47

## 4x100 Relay

- 1 Monte-M 45.11
- 2 LQP 45.39
- 3 BOLD 45.69
- 4 RTR 46.03
- 5 TMW 46.41
- 6 DRSB 46.63

## 4x400 Relay

- 1 LQP 3:31.46
- 2 Canby-M 3:39.05
- 3 Monte-M 3:39.75
- 4 BOLD 3:44.66
- 5 RFM 3:48.57
- 6 LBV 3:51.34

## Sprint Medley Relay

- 1 Monte-M 3:47.71
- 2 Canby-M 3:48.35
- 3 BKMS 3:56.77
- 4 HI 3:58.37
- 5 RFM 4:01.08
- 6 TMWG 4:03.19

## Shot Put

- 1 Dave White, WSL 49-3
- 2 Andy Berens, BKMS 48-5
- 3 Aaron Helvig, LBV 47-11
- 4 Greg Kvistad, CEW 44-0
- 5 Dan Stiel, BKMS 43-3
- 6 Randy Vogel, BKMS 43-2

## Discus Throw

- 1 Dave White, WSL 149-2
- 2 Andy Berens, BKMS 140-5
- 3 Dan Stiel, BKMS 137-6
- 4 Aaron Helvig, LBV 136-10
- 5 Jeff Christensen, LBV 134-6
- 6 Brian Wertish, BOLD 125-5

## Long Jump

- 1 Jamie Vanderhagen, BOLD 21-5
- 2 Jeremy Karels, LQP 20-10 ¼
- 3 Troy Houselog, RTR 20-9 ½
- 4 Jon Giles, Monte-M 20-9 ¼
- 5 A.J. Lippert, DRSB 20-8 ½
- 6 Dave Bassett, WSL 20-1 ¾

## Triple Jump

- 1 Jon Giles, Monte-M 43-0
- 2 Adam Slagter, DRSB 41-11 ¾
- 3 Matt Rettmer, TMW 41-10 ½
- 4 Troy Houselog, RTR 41-5
- 5 Tim Wertish, BOLD 40-3 ½
- 6 Joey Bill, RFM 39-5

## High Jump

- 1 Tim Wertish, BOLD 6-0
- 1 Shawn Lensing, WSL 6-0
- 3 Dave Bassett, WSL 6-0
- 4 Jason Walthers, A-M 6-0
- 5 Jeff Norgaard, LQP 6-0
- 6 Travis Duis, Canby-M 5-10

## Pole Vault

- 1 Shawn Lensing, WSL 12-0
- 2 Jamie Steffel, BOLD 12-0
- 3 Brent Hasslen, Ort 11-6
- 4 Brandon West, TMWG 11-0
- 5 Aaron Roller, RFM 10-6
- 5 Troy Houselog, RTR 10-6

\* Ties Meet Record

\*\* New Meet Record

**Notes:**