

1990 Region 5AA Championship at Park Center H.S, May 29, 30, & 31, 1990

Teams: Osseo 113, Park Center 83, Mpls Henry 56, Mpls South 47, Totino Grace 44, Mpls Roosevelt 44, Benilde-St. Margaret 40, Mpls Washburn 25, Mpls North 23, Fridley 21, Mpls Edison 10, Mpls Southwest 6, Holy Angels 4.

100

- 1 J. Jackson, North 11.40
- 2 Brian Mayo, PC 11.42
- 3 Paul Enestvedt, TG 11.52
- 4 Fred Pierce, Hen 11.70
- 5 Earl Thompson, South 11.73
- 6 Andrew Hoang, Roos 11.89

200

- 1 J. Jackson, North 22.62
- 2 Jon Munson, PC 22.91
- 3 Paul Enestvedt, TG 23.24
- 4 Jud Snyder, South 23.44
- 5 Fluroh Crutch, PC 23.60
- 6 Roger Taylor, Frid 23.80

400

- 1 J. Jackson, North 49.55
- 2 Quinten Miller, Roos 50.36
- 3 Byron Gulyard, PC 51.42
- 4 Doug Bertassi, BSM 51.67
- 5 Darryl Carlisle, North 52.29
- 6 John Stanton, South 52.45

800

- 1 Mike Mason, Osseo 2:01.69
- 2 Dan Maeckelbergh, Frid 2:02.82
- 3 Ken Hankins, Roos 2:03.63
- 4 Peter Lagerlof, Washb 2:05.01
- 5 Jeremy Kuether, Washb 2:06.43
- 6 Brian Carlson, TG 2:07.12

1600

- 1 Jason Rathe, Osseo 4:25.78
- 2 Todd Klapperich, Osseo 4:35.84
- 3 Gaio Lakin, South 4:36.59
- 4 Rachid Elaydi, South 4:38.59
- 5 Lance Shimumura, Roos 4:40.51
- 6 Eric Bauer, PC 4:41.62

3200

- 1 Jason Rathe, Osseo 9:35.96
- 2 Gaio Lakin, South 9:50.41
- 3 Fred Larsson, Osseo 10:03.34
- 4 Todd Klapperich, Osseo 10:06.13
- 5 Eric Bauer, PC 10:09.50
- 6 Lance Shimumura, Roos 10:14.05

High Hurdles

- 1 Jon Munson, PC 14.76
- 2 Dennis Heinen, Osseo 15.19
- 3 T.R. McDonald, TG 15.37
- 4 Brian Schrader, PC 15.74
- 5 Mike Hook, BSM 15.75
- 6 Pat Harbin, Roos 15.96

Intermediate Hurdles

- 1 Mike Hook, BSM 40.03
- 2 J. Koppendraye, Osseo 40.48
- 3 Brian Mayo, PC 42.15
- 4 Rich Juntilla, Osseo 43.05
- 5 Steve Opstad, PC
- 6 Roman Postle, Osseo 43.38

4x100 Relay

- 1 Park Center 43.22
- 2 South 44.49
- 3 Henry 44.50
- 4 Totino Grace 44.56
- 5 Fridley 44.63
- 6 Roosevelt 45.49

4x400 Relay

- 1 Roosevelt 3:30.15
- 2 Fridley 3:32.00
- 3 Benilde-SM 3:32.10
- 4 Osseo 3:33.95
- 5 Washburn 3:34.91
- 6 South 3:35.28

Sprint Medley Relay

- 1 Benilde-SM 3:37.05
- 2 Roosevelt 3:39.24
- 3 South 3:47.34
- 4 Holy Angels 3:53.07
- 5 Osseo 3:53.67
- 6 Washburn 4:00.39

Shot Put

- 1 James Emmons, PC 51-2 ½
- 2 Ben Burrow, Osseo 47-10
- 3 Jay Bohlinger, TG 47-7
- 4 Chris Wexler, South 44-11
- 5 Dave Sickels, Osseo 43-7
- 6 Jeff O'Hern, TG 43-5

Discus Throw

- 1 James Emmons, PC 136-3
- 2 Lawrence Boatman, Wash 133-2
- 3 Quincy Williams, Roos 128-9
- 4 Dave Boorman, Wash 128-5
- 5 Dave Adams, BSM 124-2
- 6 Sean Anderson, Osseo 122-4

Long Jump

- 1 Leonard Jones, Henry 22-8
- 2 T.R. McDonald, TG 20-8 ½
- 3 Dave Adams, BSM 20-7 ½
- 4 Brian Evavold, Osseo 20-5 ½
- 5 Jod Snyder, South 19-11
- 6 Dai Hoang, South 19-6

Triple Jump

- 1 Leonard Jones, Henry 45-11
- 2 Martez Williams, Henry 44-0
- 3 T.R. McDonald, TG 43-4
- 4 Jon Munson, PC 41-11 ½
- 5 Dwight Moodie, Washb 40-0 ½
- 6 Dion Gatlin, North 39-11

High Jump

- 1 Leonard Jones, Henry 6-7
- 2 Martez Williams, Henry 6-7
- 3 Jeff Kopee, Edis 6-4
- 4 Arlando Wilson, Edis 6-4
- 5 Todd Reiland, Frid 6-0
- 6 J. Koppendraye, Osseo 6-0

Pole Vault

- 1 Scott Disrud, Osseo 12-0
- 2 Gar Clark, Osseo 11-6
- 3 Nate Uecker, SW 11-6
- 4 Joe Brazil, Osseo 10-6
- 5 Tim Hennem, Washb 10-0

* Ties Meet Record

** New Meet Record

Notes: