

1984 Region 3AA Girls Championship

Teams: Kellogg 67, South St Paul 65, St Paul Como Park 63, Hastings 60, Ramsey 51, St Paul Johnson 35, St Paul Harding 35, Park 28, Sibley 21, St Paul Highland Park 12, Woodbury 11, Derham Hall 8.

100

- 1 Claver Williams, Como Pk 12.4
- 2 Peggy Warkel, Ramsey 12.9

200

- 1 Kara Wallin, Kellogg 26.3
- 2 Carolyn Ross, Johnson 26.7

400

- 1 Carolyn Ross, Johnson 59.5
- 2 Tracy Anderson, Kellogg 62.6

800

- 1 Laura Widerski, Ramsey 2:20.5
- 2 Amy Mitchell, Hastings 2:20.5

1600

- 1 Angie Bartels, Kellogg 5:29.5
- 2 Lisa Albrecht, Harding 5:30.2

3200

- 1 Eileen Donaghy, HP 11:30.7
- 2 Kris Bobick, Sibley 11:58.0

100 Hurdles (30")

- 1 Nancy Frederick, SSP 16.2
- 2 Carolyn Caturia, Hastings 16.4

200 Hurdles (30")

- 1 Nancy Frederick, SSP 30.7
- 2 Theresa Kusant, Como Park 31.2

4x100 Relay

- 1 Como Park 50.1

4x200 Relay

- 1 Como Park 1:46.5

4x400 Relay

- 1 Hastings 4:09.3

4x800 Relay

- 1 South St Paul 10:00.1

Shot Put

- 1 Marcy Muench, Hastings 40-0.5
- 2 Sue Doody, SSP 37-5

Discus Throw

- 1 Sue Doody, SSP 131-8 **
- 2 Marcy Muench, Hastings 120-3

Long Jump

- 1 Chreese Williams, Como Pk 16-5
- 2 Kris Biebl, Kellogg 16-3.25

High Jump

- 1 Patty Lake, Johnson 5-1
- 2 Claver Williams, Como Pk 5-1

* Ties Meet Record

** New Meet Record

Notes: