

1989 Region 3A Girls Championship at Montevideo

Teams: Lac qui Parle 80, Montevideo-Maynard 70, Redwood Falls-Morton 51, Canby-Minneota 46, Granite Falls-Clarkfield 41, Ortonville 29, Lake Benton-Verdi 29, Benson-KMS 28, BOLD 24, Wabasso-Sanborn-Lamberton 24, Danube-Renville-Sacred Heart 13, Tracy/Milroy/Walnut Grove 13, Russell-Tyler-Ruthton 13, Sleepy Eye 12, Appleton-Milan 11, Hendricks-Ivanhoe 6, Echo-Wood Lake 4, Cottonwood 2, Clara City-Raymond 0, Cedar Mountain 0, Belview 0, Balaton 0.

100

- 1 Lorna DeSmet, C-M 12.98
- 2 Theresa Schwing, LB-V 13.13
- 3 Sandven, LqP 13.20
- 4 Green, T/M/WG 13.26
- 5 Smith, T/M/WG 13.31
- 6 Fuhr, W-S-L 13.37

200

- 1 Mariah Christensen, C-M 27.57
- 2 Kristi Peterson, LqP 27.79
- 3 Arndt, Ort 27.97
- 4 Fuhr, W-S-L 28.17
- 5 Rutten, LqP 28.24
- 6 Schmidt, RF-M 28.54

400

- 1 Kari Schmidt, RF-M 61.55
- 2 Amy Fuhr, W-S-L 62.94
- 3 Lantis, Ort 63.37
- 4 Hengel, W-S-L 63.49
- 5 Cunningham, M-M 63.63
- 6 Drietz, C-M 63.72

800

- 1 Emily Benson, GF-C 2:21.69
- 2 Bonnie Koster, LB-V 2:28.32
- 3 Lamim, M-M 2:29.74
- 4 Ziegler, B-KMS 2:29.77
- 5 Johnson, RF-M 2:33.29
- 6 Arneson, M-M 2:34.07

1600

- 1 Christie Heikes, M-M 5:25.23
- 2 Pam Lalim, M-M 5:27.45
- 3 Koster, LB-V 5:43.75
- 4 Mack, BOLD 5:50.39
- 5 Geisen, LqP 5:52.22
- 6 Vandenrie, T-M-WG 5:52.26

3200

- 1 Christie Heikes, M-M 11:42.63
- 2 Pam Drietz, C-M 11:48.09
- 3 Radcl, RF-M 11:52.01
- 4 Faith, LqP 12:48.31
- 5 Mack, BOLD 12:50.57
- 6 Schmauss, A-M 12:54.74

100 Hurdles (33")

- 1 Kammie Tollefson, LqP 16.04
- 2 Michelle Roozenboom, M-M 16.09
- 3 Fragodt, B-KMS 16.37
- 4 Bregerg, LqP 17.18
- 5 Baumgarn, BOLD 17.25
- 6 Landkammer, W-S-L 17.35

300 Hurdles (30")

- 1 Kammie Tollefson, LqP 47.22
- 2 Jenny Seesz, M-M 48.56
- 3 Schoenberg, RF-M 48.69
- 4 Savole, BOLD 50.59
- 5 Bossuyt, Cot 50.85
- 6 Ervin, M-M 50.88

4x100 Relay

- 1 Lac qui Parle 52.44
- 2 Canby-Minneota 52.93
- 3 Danube-Renville-Sacred Heart 53.39
- 4 Tracy/Milroy/Walnut Grove 53.47
- 5 BOLD 54.07
- 6 Ortonville 54.10

4x200 Relay

- 1 Lac qui Parle 1:49.86
- 2 Canby-Minneota 1:51.56
- 3 Danube-Renville-Sacred Heart 1:53.15
- 4 Montevideo-Maynard 1:53.23
- 5 Wabasso-Sanborn-Lamberton 1:55.87
- 6 Lake Benton-Verdi 1:56.76

4x400 Relay

- 1 Granite Falls-Clarkfield 4:13.96
- 2 Redwood Falls-Morton 4:19.09
- 3 Lake Benton-Verdi 4:20.58
- 4 BOLD 4:24.85
- 5 Lac qui Parle 4:28.67
- 6 Canby-Minneota 4:28.75

4x800 Relay

- 1 Granite Falls-Clarkfield 10:00.31
- 2 Redwood Falls-Morton 10:15.87
- 3 Hendricks-Ivanhoe 10:26.57
- 4 Lac qui Parle 10:24.64
- 5 Tracy/Milroy/Walnut Grove 10:41.19
- 6 Sleepy Eye

Shot Put

- 1 Kristen Warner, RF-M 38-6.55
- 2 Teresa Tonsfeldt, LqP 34-1.5
- 3 Scheff, Ort 32-10.5
- 4 Hayes, R-T-R 31-11.5
- 5 Coler, M-M 31-3
- 6 Sanderson, R-T-R 31-1.5

Discus Throw

- 1 Chris Scheff, Ort 107-5
- 2 Brita Hayes, R-T-R 97-8
- 3 Macek, BOLD 95-5
- 4 Dirnberger, E-WL 93-3
- 5 Coler, M-M 93-1
- 6 Lendt, SE 91-9

Long Jump

- 1 Mindy Schirm, A-M 16-5
- 2 Katie Fragodt, B-KMS 16-1
- 3 Roozenboom, M-M 16-0.5
- 4 Fuhr, W-S-L 15-9
- 5 Ly, M-M 15-7
- 6 Dragt, D-R-SH 15-6.75

High Jump

- 1 Stephanie Liester, GF-C 5-2
- 2 Tammy Current, SE 5-2
- 3 Ziegler, B-KMS 5-2
- 4 Baukol, B-KMS 5-2
- 5 Schreiner, SE 5-0
- 6 Johnson, GF-C 5-0

Notes: