

1989 Region 8A Girls Championship at Crookston on Saturday, June 3rd

Teams: Roseau 54.5, Waubun 46, Tri-County 40, Walker-Hackensack 35, Marshall County South 31, Win-E-Mac 29.5, Northome-Kelliher 29, Ada-Borup 26, Stephen 25, East Grand Forks 24, Fosston 24, Park Rapids 23, Hallock-Kennedy-Kittson County North 18, Cass Lake 16, Crookston 16, Marshall County Central-Middle River 15, Mahnomen 13, EGF Sacred Heart 12, Warroad 8, Norman County East 4, Red Lake Falls 4, Lake of the Woods-Baudette 2, Fisher 1.

100

- 1 Charity Sjodin, T-C 12.86
- 2 Heather Runquist, W-H 12.95
- 3 Teresa Hegg, W-E-M 12.97
- 4 Nicky Demarais, RLF 13.04
- 5 Jamie Koepsell, PR 13.06
- 6 Kristie Field, Steph 13.25

200

- 1 Teresa Hegg, W-E-M 26.33
- 2 Charity Sjodin, T-C 26.66
- 3 Heather Runquist, W-H 26.87
- 4 Melanie Peterson, H-K-K 27.09
- 5 Kristin Coquette, Crook 27.13
- 6 RaeAnn Watt, EGF 27.17

400

- 1 Erin Bly, Waub 59.7
- 2 Michelle Johnson, Foss 60.97
- 3 Teresa Hegg, W-E-M 61.12
- 4 Darcy Kuznia, Steph 61.72
- 5 Renae Blazejewski, T-C 62.5
- 6 Holly Nelson, N-K 62.57

800

- 1 Tami Elton, Ros 2:23.85
- 2 Erin Bly, Waub 2:23.87
- 3 Andrea Nelson, N-K 2:26.86
- 4 Heather Johnson, NK 2:28.45
- 5 Denise Kraft, NCE 2:29.30
- 6 Jenny Swenson, H-K-K 2:29.72

1600

- 1 Tami Elton, Ros 5:18.94 **
- 2 Andrea Nelson, N-K 5:20.97
- 3 Jennifer Diedrich, MCS 5:22.63
- 4 Heather Aubol, Crook 5:40.33
- 5 Denise Kraft, NCE 5:44.6
- 6 Roni Hemmes, H-K-K 5:46.9

3200

- 1 Jennifer Diedrich, MCS 11:48.74 **
- 2 Tami Wahl, T-C 12:24.94
- 3 Irene Folstrom, CL 12:25.35
- 4 Jenny Taggart, MCC-MR 12:42.18
- 5 Michelle Johnson, T-C 12:56.47
- 6 Katie Dieter, Ros 13:00.74

100 Hurdles (33")

- 1 Jill Thorkildson, Waub 15.79
- 2 Jennifer Heltman, A-B 16.23
- 3 Tracy Safranski, Steph 16.34
- 4 Kristi St Germain, MCS 16.36
- 5 Linda Noel, H-K-K 16.79
- 6 Karina Jordahl, Fish 16.89

300 Hurdles (30")

- 1 Tracy Safranski, Steph 47.40
- 2 Tara Wold, Ros 48.05
- 3 Heather Runquist, W-H 48.09
- 4 Jill Thorkildson, Waub 49.24
- 5 Janelle Garden, PR 49.54
- 6 Kristi St Germain, MCS 49.65

4x100 Relay

- 1 Tri-County 51.96 (D Stevens, K Johnson, C Sjodin, C Kasprowicz)
- 2 Park Rapids 52.04
- 3 Crookston 52.38
- 4 East Grand Forks 52.40
- 5 Mahnomen 52.46
- 6 Ada-Borup 53.57

4x200 Relay

- 1 East Grand Forks 1:49.41 (R Watt, H Amundson, K Hjelle, T Hecht)
- 2 Roseau 1:50.32
- 3 Mahnomen 1:50.58
- 4 Walker-Hackensack 1:51.48
- 5 Ada-Borup 1:51.70
- 6 Park Rapids 1:52.19

4x400 Relay

- 1 Roseau 4:12.54 (P Randle, M Nelc, T Wold, T Elton)
- 2 Fosston 4:17.63
- 3 Waubun 4:17.87
- 4 Stephen 4:18.15
- 5 Crookston 4:23.25
- 6 Park Rapids 4:27.09

4x800 Relay

- 1 Cass Lake 10:06.61 (V Ellis, S Forter, I Folstrom, N Hegland)
- 2 Warroad 10:13.04
- 3 Roseau 10:28.43
- 4 Park Rapids 10:45.58
- 5 Crookston 10:48.00
- 6 Mahnomen 10:51.10

Shot Put

- 1 Tonya Pietruszewski, MCS 36-3
- 2 Michelle Wagner, A-B 34-7
- 3 Darcene Moen, MCC-MR 33-11.5
- 4 Michelle Oss, EGF SH 32-2.75
- 5 Kristi Wavra, EGF SH 31-10.75
- 6 Dawn Baumgartner, EGF 31-9

Discus Throw

- 1 Sue DeMars, W-H 133-6 **
- 2 Jill Thorkildson, Waub 121-5
- 3 Kristi Wavra, EGF SH 119-9
- 4 Janna Kiecker, W-E-M 114-5
- 5 Cindy Wangerud, LOW-B 109-5
- 6 Michelle Wagner, A-B 103-2

Long Jump

- 1 Roxy Lindner, N-K 16-11.5
- 2 RaeAnn Watt, EGF 16-7
- 3 Amy Leiran, A-B 16-4.5
- 4 Jean Schafer, Mah 16-0.25
- 5 Melissa Middleton, W-E-M 16-0
- 6 Heather Runquist, W-H 15-6.5

High Jump

- 1 Linda Noel, H-K-K 5-4
- 2 Tara Pablucki, Foss 5-1
- 3 Bonnie Manteufel, PR 5-0
- 4 Kinzie Anderson, MCC-MR 5-0
- 5 Melissa Middleton, W-E-M 4-10
- 6 Somerly McDonald, Ros 4-10

* Ties Meet Record

** New Meet Record

Notes: