

1990 Region 8A Girls Championship at Walker on Saturday, June 2nd

Teams: East Grand Forks 60, Fosston 42, Ada-Borup 40, Marshall County South 37, Walker-Hackensack-Akeley 33, MCC-Middle River 32, Hallock-Humboldt-St Vincent-Kennedy-Lancaster 31, EGF Sacred Heart 30, Northome-Kelliher 30, Roseau 28, Crookston 26, Warroad 22, Park Rapids 22, Stephen 19, Red Lake Falls 13, Mahnomen 13, Cass Lake 12, Bagley 9, Fisher 8, Norman County West 6, Win-E-Mac 4, Waubun 2, Blackduck 2, Tri-County 1.

100

- 1 Melanie Peterson, HHSVKL 12.71
- 2 Jamie Koepsell, PR 12.89
- 3 Nichole Fontaine, Sacred Heart 13.17
- 4 Nevette Revier, Mahnomen 13.24
- 5 Nicky Demarais, RLF 13.28
- 6 Kris Field, Steph 13.50

200

- 1 Jennifer Heitman, A-B 26.69
- 2 Melanie Peterson, HHSVKL 26.990
- 3 Heather Runquist, W-H-A 26.95
- 4 Nichole Fontaine, Sacred Heart 27.30
- 5 Michelle Johnson, Foss 27.45
- 6 Karla Berg, W-H-A 27.53

400

- 1 Michelle Johnson, Foss 60.61
- 2 Heidi Amundson, EGF 61.09
- 3 Charissa Lundbohm, Ros 61.12
- 4 Rachel Teiren, N-K 61.19
- 5 Jami McArthur, Waub 61.93
- 6 Heidi Vickerman, Warr 62.39

800

- 1 Heather Aubol, Crook 2:25.28
- 2 Kari Stewart, Foss 2:25.35
- 3 Andrea Nelson, N-K 2:26.85
- 4 Tanya Melquist, EGF 2:30.07
- 5 Nikki Hegland, CL 2:31.22
- 6 Renee Blazejewski, Tri-C 2:32.10

1600

- 1 Jenny Diedrich, MCS 5:16.89 **
- 2 Heather Aubol, Crook 5:23.90
- 3 Andrea Nelson, N-K 5:24.45
- 4 Rane Yanish, EGF 5:24.90
- 5 Renae Reinarz, N-K 5:34.50
- 6 Rani Hemmes, HHSVKL 5:45.00

3200

- 1 Jenny Diedrich, MCS 11:36.45 **
- 2 Rane Yanish, EGF 12:19.45
- 3 Katie Dieter, Roseau 12:38.95
- 4 Rachel Anderson, Foss 12:45.90
- 5 Linnea Egge, Blackduck 12:46.20
- 6 Gail Kaiser, Bagley

100 Hurdles (33")

- 1 Nicky Demarais, RLF 16.18
- 2 Karina Jordahl, Fisher 16.35
- 3 Tracy Safranski, Step 16.54
- 4 Allison Reich, PR 16.64
- 5 Karina Estling, Warr 16.82
- 6 Amy LaDassor, Bagley 17.15

300 Hurdles (30")

- 1 Jennifer Heitman, A-B 47.14
- 2 Karina Estling, Warr 47.15
- 3 Heather Runquist, W-H-A 47.24
- 4 Tara Wold, Ros 47.51
- 5 Sue Demars, W-H-A 48.08
- 6 Tara Hecht, EGF 48.91

4x100 Relay

- 1 Park Rpds 51.82 (A Reich, S Hinkley, T Glander, J Koepsell)
- 2 Marshall County Central 52.71
- 3 Mahnomen 52.88
- 4 HHSVKL 53.66
- 5 East Grand Forks 53.89
- 6 Ada-Borup 53.96

4x200 Relay

- 1 Walker-H 1:47.93 (H Runquist, J Campbell, S Demars, K Berg)
- 2 East Grand Forks 1:48.26
- 3 Roseau 1:49.64
- 4 Stephen 1:50.26
- 5 Ada-Borup 1:51.75
- 6 Mahnomen 1:52.00

4x400 Relay

- 1 Warroad 4:12.19 (L Reinhart, H Vickerman, H Carlson, K Estling)
- 2 Fosston 4:15.85
- 3 East Grand Forks 4:16.17
- 4 Roseau 4:19.10
- 5 Northome-K 4:19.15
- 6 Marshall County South 4:24.80

4x800 Relay

- 1 Cass Lake 10:01.3 (V Ellis, S Foster, I Folstrom, N Hegland)
- 2 HHSVKL 10:14.5
- 3 Fosston 10:15.6
- 4 East Grand Forks 10:21.3
- 5 Roseau 10:22.96
- 6 Bagley 10:40.57

Shot Put

- 1 1 Kristi Wavra, Sacred Heart 42-0 **
- 2 Trudy Chwialkowski, Steph 35-8
- 3 Dawn Bumgartner, EGF 34-8
- 4 Sara Lokstad, MCS 34-0
- 5 Michelle Wagner, A-B 33-8
- 6 Sally Ingebretson, A-B 32-6

Discus Throw

- 1 Kristi Wavra, Sacred Heart 147-4 **
- 2 Sue Demars, W-H-A 135-1
- 3 Michelle Wagner, A-B 132-7
- 4 Janna Kiecker, W-E-M 111-7
- 5 Jennifer Heitman, A-B 111-6
- 6 Traci Czech, RLF 102-1

Long Jump

- 1 Roxy Lindner, N-K 16-8
- 2 Gina Wardner, Crook 16-3
- 3 Amy Leiran, A-B 16-2.5
- 4 Michelle Johnson, Foss 15-10.75
- 5 Heidi Amundson, EGF 15-10.5
- 6 Karina Estling, Warr 15-9.5

High Jump

- 1 Kinzie Anderson, MCS 4-10
- 2 Jenny Sedlacek, MCS 4-10
- 3 Heidi Hedin, NCEast 4-10
- 4 Jennifer Loeck, EGF 4-10
- 5 Stephanie Boe, Bagley 4-10
- 6 Denise Schoenborn, Mah 4-8

* Ties Meet Record

** New Meet Record

Notes: *Grand Forks Herald* had Heidi Hedin high jump for Norman County East, but it seems her points went to Norman County West... anyone with answers feel free to contact me.