

1984 Region 7AA Boys Championship at Virginia on Saturday, June 2nd

Teams: Proctor 78, North Branch 58, International Falls 58, Duluth East 55, Hibbing 51.5, Cloquet 44, Duluth Denfeld-Morgan Park 38, Duluth Central 32, St. Francis 31.5, Virginia 29, Cambridge 26, Grand Rapids 22, Princeton 4.

100

- 1 Dale Paakonen, Vir 11.3
- 2 Chris Germain, IF 11.4
- 3 Grant Crocker, Camb
- 4 Kurt Zuidmulder, Hib
- 5 Dean Benson, D-MP
- 6 Jerrod Peterson, East

200

- 1 Rod Behm, Proc 22.5
- 2 Dale Paakonen, Vir 22.9
- 3 Tom Ruud, Proc
- 4 Brian Spehar, Central
- 5 Brad Burch, GR
- 6 Jerrod Peterson, East

400

- 1 Rod Behm, Proc 49.4
- 2 Dale Paakonen, Vir 51.0
- 3 Brian Spehar, Central
- 4 Brad Burch, GR
- 5 Gary Tverberg, D-MP
- 6 Eric Ness, NB

800

- 1 Mike Ostroski, East 1:57.6
- 2 Todd Caraway, NB 2:00.0
- 3 Rick Schultz, Camb
- 4 Jeff Herberg, IF
- 5 Drew Privette, D-MP
- 6 Dave Nylander, Proc

1600

- 1 John Wodny, Clo 4:21.1
- 2 Derrick Poirier, SF 4:21.1
- 3 Jeff Svedahl, Cloq
- 4 Tony Jacobson, Hib
- 5 Cliff Gilchrist, Cloq
- 6 Glen Largent, Proc

3200

- 1 John Wodny, Clo 9:48.2
- 2 Derrick Poirier, SF 9:57.0
- 3 Matt Evans, Central
- 4 Glen Largent, Proc
- 5 Bob Seeba, Hib
- 6 Chad Hemstad, IF

110 High Hurdles (39")

- 1 Ken Voss, Proc 15.8
- 2 Dave Little, Cloq 16.0
- 3 Mark Anderson, GR
- 4 Dennis Volland, Hib
- 5 Jeff Silvernale, D-MP
- 6 Dean Londo, Hib

300 Intermediate Hurdles (36")

- 1 Bill Zwak, Central 40.7
- 2 John Arntzen, SF 41.2
- 3 Dave Little, Cloq
- 4 Ken Voss, Proc
- 5 Steve Lah, Hib
- 6 Dean Londo, Hib

4x100 Relay

- 1 International Falls 44.6 (J Nordstrom
J Herberg, K Sullivan, C Germain)
- 2 Duluth East
- 3 Proctor
- 4 Duluth Central
- 5 Hibbing
- 6 North Branch

Sprint Medley Relay

- 1 Proctor 3:39.3 (Voss, T Ruud,
D Nylander, R Wedlund)
- 2 Duluth East
- 3 Duluth Denfeld-Morgan Pk
- 4 Cambridge
- 5 Hibbing
- 6 Virginia

4x400 Relay

- 1 Proctor 3:26.3 (D Masessa, R Behm,
R Wedlund, N Bacigalupo)
- 2 Duluth East
- 3 North Branch
- 4 International Falls
- 5 St. Francis
- 6 Hibbing

* Ties Meet Record

** New Meet Record

Shot Put

- 1 Kurt Zuidmulder, Hib 53-3
- 2 Jay Chambers, NB 53-1.25
- 3 Jim Weller, Proc
- 4 John Upton, D-MP
- 5 Eric Saxhaug, Vir
- 6 Ed Bahr, IF

Discus Throw

- 1 Kurt Zuidmulder, Hib 154-0
- 2 Wayne Roberts, IF 148-11
- 3 Ed Bahr, IF
- 4 Noel Hoppe, IF
- 5 Russ Ridgewell, Central
- 6 Jason Stokes, Hib

Long Jump

- 1 Sean Bradley, East 22-1
- 2 Andy Harrington, NB 21-8.75
- 3 Dave Gelineau, D-MP
- 4 Mark Anderson, GR
- 5 Todd Wendling, Cloq
- 6 Chris Groven, East

High Jump

- 1 Wayne Roberts, IF 6-5.25
- 2 Steve Sutherland, D-MP 6-5.25
- 3 Dave Thompson, Hib
- 4 Todd Caraway, NB
- 5 Nathan Murphy, Prin
- 6 Ed Bahr, IF

Pole Vault

- 1 Matt Peters, Cam 12-4
- 2 Tim Holt, East 12-4
- 3 Todd Snyder, Gr
- 4 Trent Anderson, NB
- 5 Gary Christensen, SF
- 6 John Schwartz, Hib

Triple Jump

- 1 Andy Harrington, NB 45-7 **
- 2 Todd Caraway, NB 43-6
- 3 Dave Gelineau, D-MP
- 4 Scott Bahr, SF
- 5 Nathan Murphy, Prin
- 6 Wayne Roberts, IF

Notes: Proctor was coached by Dave Hylia.