

1993 Section 7AA Boys Championship at UMD, Duluth on Tuesday, June 1 & Saturday, June 5th

Teams: Forest Lake 186, St Francis 81, Cambridge 71, Hibbing 70, Duluth East 59, Grand Rapids 57, Cloquet 38,
Duluth Denfeld 26, Princeton 22, Virginia-Mountain Iron-Buhl 17, Proctor 15, Duluth Central 15, North Branch 5.

100

- 1 Bob Ewings, FL 11.33
- 2 Mike Nelson, FL 11.60
- 3 Brian Mishmash, Prin 11.85
- 4 Jason Hall, Camb 11.92
- 5 Jeremy Adam, Hibb 12.01
- 6 Joe Orrey, Denf 12.07
- 7 Jason Hoskins, FL 12.16

200

- 1 Bob Ewings, FL 22.24 **
- 2 Brian Mishmash, Prin 22.57
- 3 Mike Nelson, FL 22.76
- 4 Cory Laulunen, Cent 23.21
- 5 Jason Hall, Camb 23.22
- 6 Dan Dewes, GR 23.63
- 7 Casey Gregg, Hibb 23.64
- 8 Phil Engen, FL 23.74

400

- 1 Ryan Lundin, FL 50.53
- 2 Steve Carr, FL 50.84
- 3 Roger Waleski, GR 52.10
- 4 Gabe Amundson, V-MI-B 52.54
- 5 Boyd Burke, SF 52.87
- 6 Clayton Keene, Camb 53.11
- 7 Pete Miskovich, GR 53.31
- 8 Scott Hermanson, Proc 54.43

800

- 1 Chad Heltemes, SF 2:01.12
- 2 Josh Grace, East 2:01.47
- 3 Jason Miller, Cent 2:02.44
- 4 Eric Vincent, Hibb 2:03.47
- 5 Steve Sneide, Proc 2:04.31
- 6 Mick Provincenzo, Hibb 2:05.52
- 7 Eric Schmeckpeper, FL 2:05.84
- 8 Jay Nesvold, GR 2:05.96

1600

- 1 Chad Heltemes, SF 4:24.4
- 2 Jay Schoenfelder, East 4:25.1
- 3 Tom Goetl, FL 4:27.3
- 4 Kevin Luoma, V-MI-B 4:28.6
- 5 Joe Mueller, Hibb 4:37.2
- 6 Justin Stoltman, SF 4:38.8
- 7 Jay Larson, SF 4:40.8
- 8 Mark Reiling, FL 4:42.3

3200

- 1 Jay Schoenfelder, East 9:39.09
- 2 Jesse Christensen, SF 9:55.31
- 3 Kevin Luoma, V-MI-B 9:58.66
- 4 Jay Larson, SF 10:02.46
- 5 Nick Matak, East 10:02.67
- 6 Al Broderius, 10:03.55
- 7 Dirk Krause, Hibb 10:05.90
- 8 Justin Stoltman, SF 10:08.18

110 Hurdles (39")

- 1 Joe Kaczor, GR 15.89
- 2 Jim Solomon, Denf 16.16
- 3 Jason Christensen, FL 16.26
- 4 Scott Hentges, FL 16.33
- 5 Matt Audette, SF 16.43
- 6 Robbie Reimann, SF 16.46
- 7 Troy Zakaraisen, GR 16.93
- 8 Monyea Seabrook, Cloq 17.51

300 Hurdles (36")

- 1 Jim Micke, Cloq 40.38
- 2 Matt Audette, SF 40.96
- 3 Joe Kaczor, GR 41.01
- 4 Joe Orrey, Denf 41.73
- 5 Derek Bolme, Cent 42.21
- 6 Dan Norling, SF 42.75
- 7 Chris Beron, Proc 43.46
- 8 Rusty Reetz, FL 46.72

4x100 Relay

- 1 Forest Lake 43.4 (M Rehbine, B Ewings,
M Nelson, J Hoskins)
- 2 East 44.82
- 3 Grand Rapids 45.17
- 4 Cloquet 45.32
- 5 Cambridge 45.41
- 6 Princeton 45.42
- 7 St Francis 45.42
- 8 Proctor 47.28

Sprint Medley Relay

- 1 Hibbing 3:37.41 (C Gregg, J Adam,
D Erickson, E Vincent)
- 2 St Francis 3:39.55
- 3 Forest Lake 3:40.12
- 4 East 3:40.18
- 5 Cambridge, 3:54.35
- 6 Proctor 3:57.92
- 7 Denfeld 4:00.86
- 8 Grand Rapids 4:02.09

4x400 Relay

- 1 Forest Lake 3:25.73** (S Carr, E Brown,
D Rehbine, R Lundin)
- 2 Hibbing 3:33.44
- 3 St Francis 3:33.99
- 4 East 3:34.69
- 5 Grand Rapids 3:38.61
- 6 Denfeld 3:39.84
- 7 Cloquet 3:40.36
- 8 North Branch 3:40.99

* Ties Meet Record

** New Meet Record

Shot Put

- 1 Chad Maniekee, Cloq 54-1.5
- 2 Joe Schingen, FL 51-2.5
- 3 Brian Johnson, FL 50-2.75
- 4 Matt Brown, East 45-5.25
- 5 Dan Rehbine, FL 44-7.5
- 6 Jeff Casey, Camb 44-5.75
- 7 Fred Elliason, Proc 43-10.5
- 8 John Randolph, Denf 42-7

Discus Throw

- 1 Erik Bolme, GR 144-0
- 2 Mark Fahey, FL 138-7
- 3 Jason Houle, FL 137-11
- 4 Bryan Juntunen, Cloq 133-7
- 5 Matt Pentilla, FL 131-1
- 6 John Randolph, Denf 131-1
- 7 Jared Anderson, Proc 130-0
- 8 Ben Smith, NB 126-4

Long Jump

- 1 Shawn Nielsen, Camb 21-1.25
- 2 Jamie Lowe, FL 20-10.75
- 3 Eric Barto, Hibb 20-4.5
- 4 Jason Pederson, FL 20-3.75
- 5 Brian Mishmash, Prin 20-1
- 6 Geno Lubiani, East 19-10
- 7 Bock, Camb 19-6.75
- 8 Kyle Monroe, Prin 19-1.75

High Jump

- 1 Shawn Nielsen, Camb 6-8
- 2 Troy Shoberg, FL 6-6
- 3 Jeff Gustafson, Hibb 6-0
- 4 Justin Antus, Cloq 5-10
- 5 Bryan Bahr, FL 5-10
- 6 Mark Oswald, FL 5-10
- t7 Chris Bock, Camb 5-10
- t7 Brent Holte, GR 5-10
- t7 Aaron Lakanen, V-MI-B 5-10

Pole Vault

- 1 Mike Moberg, Hibb 13-4
- 2 Paul Argetsinger, Camb 12-9
- 3 Mike McFarland, Hibb 12-0
- 4 Alan Kukenbacker, Camb 12-0
- 5 Chad Prybl, SF 12-0
- 6 Joe Gonzalez, NB 11-6
- 7 Aaron Jarva, GR 11-0
- 8 Aaron Koski, FL 11-0

Triple Jump

- 1 Shawn Nielsen, Camb 43-0.5
- 2 Jamie Lowe, FL 41-10.75
- 3 Brenda Krasean, FL 41-10
- 4 Bryce Bahr, FL 40-11.5
- 5 Casey Gregg, Hibb 40-11
- 6 Jake Brown, GR 39-9
- 7 Scott Lundeen, Camb 39-4
- 8 Shawn Mooers, Denf 39-1.25

Notes: