

# Olson, Gymnasts head for State meet

by Paul Johnson

The Minnesota State High School Gymnastics meet will be held tomorrow Mar. 13, at Robbinsdale Cooper High School.

Ramsey will have ten gymnasts in a total of fourteen entries, with at least one participant in each event.

Chris Olson, senior, will return to defend his State title in the still ring event. He is also in the all-around competition, having qualified for State competition in the rings, parallel bars,

trampoline, and the side horse.

To qualify for the State preliminaries in a given event, a gymnast must finish in the top six contestants in the regional competition. A place in the State all-around division requires that a gymnast qualify in at least four events.

There are then eight contests at the State level, combining the all-around competition with the normal seven events (free exercise, tumbling, side horse, still rings, trampoline, parallel bars, and horizontal bar.)

Prelims will start at noon and continue until about 4:30 p.m. The top eight contestants in the

preliminaries of each event will advance to the finals, which will be held at 7:00 p.m.

Unlike in the separate event competition, the all-around champ is named after the preliminaries, depending on in how many events and on how high in each event the all-around competition qualifies for the finals.

The Rams will have other participants in the State prelims. They are: Randy Benson, who finished seventh in the State final horizontal bar competition last year, in the horizontal bar; John Kachel, parallel bars and high bar; Rick Raygor, tumbling and free exercise; Steve Grundtner,

free ex; Mike Zappa, tumbling; Mark Gilmore, side horse; and Mike Seely, side horse. All these are seniors. Juniors Brad Nelson and Bob Johnson qualified on the trampoline.

Region IV teams, by tradition, have always paced the State Meet competitions. White Bear Lake, who finished second last year behind Anoka, are strong favorites for the team title this year. They are the number one ranked team in the state.

Ramsey has what Head Coach John Goedeke calls "the best team Ramsey has had since we won the State crowns in 1963 and 1964." Ramsey also has depth since most of last year's team that finished sixth in the State Meet is back and more have qualified for the State prelims than have in quite a few years.

This being the case, Ramsey is favored for a very high finish in the Meet.

The Blue and White finished second in the Region IV meet to White Bear and second in the

Suburban Conference to White Bear (8-0). Ramsey had a 7-1 record for conference meets losing only to guess who.

The Rams placed six gymnasts in seven events on the All-Conference roster. They are: Rick Raygor, free ex and mats; Chris Olson, rings; John Kachel, parallel bars; Randy Benson, high bar; Brad Nelson, trampoline; and Mike Seely, side horse. The Rams have a gymnast in every All-Conference category except for all-around division.

A number of Rams also received All-Conference honorable mention; Rick Thurlow, free ex and parallel bars; Don Sitter, trampoline; and Mike Zappa, mats.

Gymnasts are given a score based on form, difficulty of "tricks," and how well the "tricks" are executed. A score of 100 is perfect, highly sought after, and never attained. Deductions are made by judges who take off points for flaws in the contestant's "set."



Not especially well known for his side horse performances, Chris Olson, senior, was State Champion on the still rings last year and is looking for a repeat performance tomorrow.

## Swimmers finish strong in State

by Mike Dec

Mark Baden placed 6th in the 100 yard backstroke, Duncan Kirkwood placed 11th in the 200 yard Individual Medley. The 400 yard freestyle relay team of Duncan Kirkwood, Paul Fetcher, Mike Kuhl, and Bob French placed 12th.

Ramsey placed third in the conference behind Irondale and Mounds View. Ramsey also recorded losses to Fridley and St. Thomas. In the conference relays at the start of the season Ramsey placed third, and 100 yard freestyle and individual medley.

In District 14 action Ramsey swimmers took 4th place overall with 130 pts. and in the process broke two meet records and tied two meet records.

In first place was Irondale with 263 points. The Knights upset Defending Champion Mounds View who had 215.5 points. Third place was taken by Burnsville with 148 points.

Coach Richard Shira comments on the team in the District 14 meet is that they performed very well. In the 100 yard backstroke the old record of 1:00.4 was broken by Ramsey co-captain Mark Baden who had a time of 1:00.2.

In the 400 yard freestyle relay the team of Paul Fetcher, Mike Kuhl, Bob French and Duncan Kirkwood posted a time of 3:33.1 which broke the old meet record of 3:34.9.

Ramsey tied the meet record in the 200 yard individual medley. The record was tied by co-cap-

tain Duncan Kirkwood with a time of 2:12.5. Ramsey swimmers Mark Baden, Mike Kuhl, Jim Moore, and Paul Fetcher tied a meet record in the 200 yard medley relay with a time of 1:48.0. Records also fell in the 50 yard freestyle, one meter diving, 100 yard freestyle, and 100 yard breaststroke.

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## Winter wrap-up

Pucksters tie for first in conference; lose in Region semis

Gymmen second in District, Region

B-ballers fifth in conference, lose in District

Swimmers 3rd Conf., District

Grapplers tie for second in Conference

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