

1973 STATE CHAMPIONS

Side Horse Vault Event

Novice:	Karlin Jesperson	Dickinson
Intermediate:	Barb Zeis	Fargo South
Advanced:	Tracy Gunkelman	Fargo South

Uneven Bars Event

Novice:	Nancy Pollock	Fargo South
Intermediate:	Marcia Urban	Fargo South
Advanced:	Tracy Gunkelman	Fargo South

Balance Beam Event

Novice:	Karen Zimmerman	Jamestown
Intermediate:	Marcia Urban	Fargo South
Advanced:	Linda Basaraba	Dickinson

Floor Exercise Event

Novice:	Mary Moores	Jamestown
Intermediate:	Ann Rasmusson	Minot High
Advanced:	Linda Basaraba	Dickinson

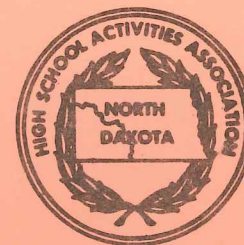
All-Around Event

Novice:	Nelda Lindsay	Fargo South
Intermediate:	Marcia Urban	Fargo South
Advanced:	Tracy Gunkelman	Fargo South

Team Champions

First	Fargo South
Second	Dickinson
Third	Jamestown

1974 NORTH DAKOTA GIRL'S STATE GYMNASTICS CHAMPIONSHIP



Scott Gymnasium
Dickinson State College
February 15-16, 1974

Site: Dickinson State College

Date: February 15-16, 1974

Time: 9:00 a.m.

"Sponsored by the North Dakota High School Activities Association"

1973 STATE MEET TEAM STANDINGS

- | | |
|------------------------|-------------------------|
| 1. Fargo South | 10. Fargo North |
| 2. Dickinson High | 11. Larimore |
| 3. Jamestown | 12. New Rockford |
| 4. Minot High | 13. Litchville |
| 5. Bismarck St. Mary's | 14. Oakes |
| 6. West Fargo | 15. Watford City |
| 7. Bismarck High | 16. Valley City |
| 8. Mandan High | 17. Mayville - Portland |
| 9. Minot Ryan | 18. Edgeley |

NEW TEAMS

Belcourt
Crosby
Hillsboro
Kindred
Linton
Napoleon
Stanley

1974 GIRLS' STATE GYMNASTICS CHAMPIONSHIP

Sponsored by
North Dakota High School Activities Association

BOARD OF DIRECTORS

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EXECUTIVE OFFICERS

F. U. Smith, Executive Secretary	Valley City
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Rex R. Robinson, Asst. to Secretary	Valley City
Mary K. Anderson, Asst. to Secretary	Valley City

NDHSAA
TOURNAMENT BOOKLET
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FRIDAY – FEBRUARY 15

9:00 – 9:30 a.m.	Meet Registration
9:30 – 9:45 a.m.	Coaches & Officials Meeting
9:00 – 9:45 a.m.	Warm-Up
10:00 – 10:30 a.m.	Opening Ceremony (All Coaches and Competitors in Uniform)
10:45 – 2:00 p.m.	Novice Division Compulsories (Vault, Uneven Bars, Balance Beam, Floor Exercise)
3:00 – 5:00 p.m.	Coaches Meeting (Ramada Inn)
5:30 – 7:00 p.m.	Warm-Up – Advanced Division
7:00 – 9:00 p.m.	Optionals Advanced Divisions (Vault, Uneven Bars, Balance Beam, Floor Exercise)

SATURDAY – FEBRUARY 16

9:00 – 10:00 a.m.	Warm-Up – Intermediate Division
10:00 – 1:00 p.m.	Optionals Intermediate Division (Vault, Uneven Bars, Balance Beam, Floor Exercise)
1:00 – 1:30 p.m.	Warm-Up – Six Finalists in Advanced Division
1:30 – 3:00 p.m.	Finals – Advanced followed by Intermediate Division
3:00 – 3:45 p.m.	Closing Ceremony and Awards Presentation

MEET JUDGES

<u>Meet Referee:</u>	Helen Hukkanen
<u>Uneven Bars:</u>	Sheila Epp (Superior) Peggy Blesener Susan Ahmann Alicia Vorlund
<u>Vaulting:</u>	Sue Dittus (Superior) Vivian Loeb Julie Nelson Debbie Frenzen
<u>Balance Beam:</u>	Norma Bachmeier (Superior) Jayne Simons Karen Olson Sara Perterson
<u>Floor Exercise:</u>	Valerie Boatright (Superior) Brenda Hablutzel Jane Eberta Mary Huether

TEAM COMPETITION

The team's top five scores from each event will be totaled for the team score regardless of which division they may come from.

INDIVIDUAL ALL-AROUND COMPETITION

A girl must compete in all four events in order to be in all-around. Her score from each event is totaled for her all-around score.

INDIVIDUAL EVENT COMPETITION

The top six scorers in each event in the Novice, Intermediate, and Advanced Divisions will be recognized. The Novice Division will be doing compulsory routines, and the Intermediate and Advanced Divisions will be doing optional exercises.

JURY

The Jury for each apparatus consists of:

1 Superior Judge

and

3 Regular Judges

For the duration of the competition, twelve Acting Judges and four Superior Judges will be used.

SCORING

Points will be awarded according to the Code of Points of the Federation of International Gymnastics and the National Federation of State High School Associations Gymnastics Rule Book. Out of the total of three sets, the average will be the final evaluation.

GYMNASTICS HISTORY AND BACKGROUND

Gymnastics is the world's most beautiful sport. Gymnastics is also the world's most physically demanding sport. "Gymnasts," writes Menke in his Encyclopedia of Sports, "execute in a single evening acts of greater daring and perform more valiantly than some baseball and football players are called upon to do in an entire season."

The sport of gymnastics had its origin in the gymnasia of Ancient Greece where the athletes trained between their Olympic Games.

Out of this background, gymnastics emerged as a competitive sport in which skill counted as much as strength, and grace as much as skill. The champion gymnast had to have the strength of a lion, the skill of an artist, and the grace of the artist's proudest creation.

Gymnastics was one of the few sports included in the first program of the Modern Olympics in 1896. Womens' gymnastics was added to the Olympic Program in 1936.

American gymnasts are now rated with the best, thanks to a strong development program—still in progress. Though the U. S. is improving in gymnastics, so are many other nations. They are all aware of the many values of the difficult, but beautiful, sport.

Besides developing agility, strength, suppleness, and endurance, gymnastics instills both self-confidence and self-discipline. It does all this while promoting sportsmanship and stimulating creativeness.

Gymnastic rules and traditions encourage originality, while the shifting trends of style and content add interest to this everchanging sport. They make it difficult to keep up with.

DESCRIPTION OF EVENTS

Floor Exercise

The floor exercise for women is truly the art of gymnastics. It is an Olympic event, performed in an area approximately 40 x 40 feet, involving a routine that lasts from one minute to a minute and a half. It contains elements of dance combinations, poses, acrobatics, and tumbling, all grouped in rhythmical patterns. Through these, the gymnast explores all the dimensions of speed, height, distance, direction, mood, and form. When she begins her exercise, the only restrictions are in space and time. Her music must fit with the movements of her routine and be appropriate in style. A talented gymnast will show through her performance an outburst of expressive energy and follows through with apparent ease.

Balance Beam

This event for women requires skill in body control, strength and coordination, as well as development of graceful feminine movement. The beam measures 16 feet 4 inches long, is less than 4 inches wide on the top surface, and stands 3 feet 11 inches off the floor. Besides performing various stunts, the gymnast must move to all parts of the beam. She uses runs, leaps, turns, and jumps to accomplish this. The routine should last 1 minute 20 seconds to 1 minute 45 seconds.

Uneven Parallel Bars

This is considered the most spectacular event. Because of the unequal height of the two bars, this apparatus allows

Uneven Parallel Bars (con't)

the gymnast an unlimited range of stunts and combinations. The unevens require considerable upper body development—shoulder, arm, and abdomen. It also requires balance, timing, and courage. The composition of a routine consists of swinging movements and vaults in which the hands release the bars.

Side-Horse Vault

This performance involves a long run to build up momentum; a strong spring from the board to carry the gymnast through the vault (the most important phase of the vault); the “on the flight” well above the horse; “after flight” looking smooth and controlled; and a soft landing in perfect balance. Of course, a perfect vault can only come if the performer has confidence in herself.

OPTIONAL EXERCISE

The optional exercises are evaluated from 0 to 10 points, by tenths of a point. They are divided as follows:

Composition of the Exercise

6 points

- a) Value of difficult elements 4.0 points
- b) Originality and value of combinations . . 1.5 points
- c) Value of the general composition of
the exercise 0.5 points

Execution of the Exercise

4 points

- a) Execution. 1.5 points
- b) Amplitude 1.5 points
- c) General Impression 1.0 points

From this maximum of ten points, penalty points will be deducted.

Floor, Balance Beam, and Uneven Bars

All exercises must be executed in a continuous manner. Exercises with swing must predominate. The individual exercises must contain four elements of medium difficulty and two elements of superior difficulty. Failure to execute the following parts of the exercise results in the following deductions:

- a) Medium difficulties 0.5 points
- b) Superior difficulties 1.0 points

Further Deductions Are:

- a) Faults in body technique 0.1 points
to - 0.5 points
- b) Fall on the floor or off the parallel
bars 1.0 points
- c) Fall off the balance beam 0.5 points

Routines on the balance beam and on the floor that are too short or too long, as well as stepping out of the floor area, also result in the deduction of points.

Every element of difficulty repeated in the course of the exercise will be considered as one difficulty unless it is a different type of combination.

Horse Vault

Two different vaults may be selected, the best execution of which will be counted for the evaluation. Each vault has a maximum number of points according to its difficulty. Penalty points will be deducted from this maximum for the following faults:

- (1) Execution
- (2) Posture
- (3) Landing (Stand)
- (4) Aid by Coach

If the gymnast does not execute the vault she has announced, she will be penalized by a deduction of 0.5 points.

Compulsory Exercise

The compulsory exercises are evaluated from 0 to 10 points and tenths of a point. They are divided as follows:

- a) Exactness in adhering to the prescribed
text 2.0 points
- b) Exactness and precision of the direction
and the floor pattern 0.5 points
- c) Precision and exactness of the rhythm . . 1.5 points
- d) Elegance of the gymnast 1.0 points
- e) Sureness of the execution 1.5 points
- f) Amplitude of movements. 1.5 points
- g) Coordination of movements 1.0 points
- h) Lightness of the jumps, acrobatics,
or bar-to-bar work 1.0 points

INFORMATION CONCERNING THE
NORTH DAKOTA
HIGH SCHOOL ACTIVITIES ASSOCIATION

MEMBERSHIP

The North Dakota High School Activities Association is a voluntary, non-profit organization of the high schools of the State of North Dakota. All 271 schools eligible for membership belong to the Association. Membership is granted upon application of the School Board, at which time the school agrees to enforce the rules which the members have established and to participate in the legislative processes of modification and revision of rules to fit changing needs of the member schools and students.

PURPOSES

To unify the high schools of the state in the promotion of pure amateur sports, music, and speech activities.

To standardize the eligibility rules and regulations under which interscholastic contests are held.

To provide the schools of the state with sound and adequate programs of extracurricular activities.

To promote the maintenance of standards which conform with the educational objectives of the schools.

To improve standards of play and to develop understanding of rules governing play.

To prevent the exploitation of the schools, the school activities, and the students enrolled therein.

BRIEF HISTORY

The Activities Association was founded in 1908 under the name of the High School League and originally was concerned only with athletics. In 1923, the state organization became affiliated with the National Federation of High School Athletic Associations. A full-time executive director was employed in 1949, an assistant was added in 1963, a second assistant in 1969, and a girls' sports' supervisor in 1973.

In 1950, the Consolidated League, an organization of the smaller schools of the state, affiliated with the High School League, thereby uniting all high schools of the state under one organization. Music and speech activities were placed under the direction of the Association in 1955, and the name was changed to the North Dakota High School Activities Association at that time.

Schools in the League were all in one class for basketball competition from 1908 to 1932. A two-class system was used from 1933 to 1947 and a three-class system from 1948 to 1963. In 1964, the two-class system was restored. This arrangement has been in effect since then up to the present time.

Official state champions have been named in track since 1908 and in basketball since 1914. Official champions in other sports were later added as follows: golf and tennis, 1938; baseball, 1950; wrestling, 1960; cross-country, 1961; hockey, 1965; girls' track, golf, and tennis, 1966; and girls' gymnastics, 1969. State football championships were determined off and on between 1916 and 1959, when the practice was discontinued. Basketball tournaments for girls were conducted by the Consolidated League for a number

BRIEF HISTORY (con't)

of years, by the NDHSAA from 1952 to 1960, at which time they were discontinued because of the small number of schools fielding teams. Girls' basketball was reinstated as an Association-sponsored activity this year on a district level. Next year, a complete tournament series will be held.

ACTIVITIES

The following chart indicates the activities sponsored by the Association, the number of schools participating, and the approximate number of students participating in interscholastic competition during the 1972-1973 school year.

<u>Athletic Activities</u>	<u>No. Schools Participating</u>	<u>No. Students Participating</u>
Baseball	63	967
Basketball	270	9,907
Cross-country	58	961
Football	159	7,853
Golf, boys	60	732
Golf, girls	17	128
Gymnastics, girls	24	727
Hockey	10	377
Tennis, boys	14	244
Tennis, girls	15	197
Track, boys	217	5,583
Track, girls	208	4,665
Wrestling	66	2,638
Athletic Total		34,979

<u>Music Activities</u>	<u>No. Schools Participating</u>	<u>No. Students Participating</u>
Band	221	13,609
Chorus	232	14,899
Orchestra	14	559
Music Total		29,067

Speech Activities

Debate	18	232
Drama	89	2,970
Speech	126	1,405
Student Congress	44	560
Speech Total		5,167
TOTAL ACTIVITIES		69,213

ACCIDENT BENEFIT PLAN

More than 143,000 students enrolled in member schools are protected in this plan. Allowances are provided for medical and dental services which result from injuries received or incurred while students are under the supervision and control of the schools.

Last year, 8,865 claims totaling \$193,987.60 were paid. Since 1936, when the plan was first offered to member schools, claim payments have amounted to over \$2,500,000.00 with more than one-half of this amount being paid since 1960.

REGISTRATION OF OFFICIALS AND INTERPRETATION MEETINGS

More than 800 officials are registered with the North Dakota High School Activities Association. These men are furnished rule books for the sports in which they officiate, and examinations are provided annually in football, basketball, hockey, gymnastics, and wrestling. Upon meeting certain prescribed standards, the members advance from 'apprentice' officials to 'registered', 'approved', 'certified', and finally to 'master' classifications.

During the past year, 47 rules interpretation meetings have been held throughout the state, and more than 2,000 individuals attended these meetings. Meetings were held for football, basketball, hockey, gymnastics, wrestling, track, and baseball.

CHEERLEADERS' CLINICS

The Association sponsors cheerleader clinics every year for the training of cheerleaders. Over 2,000 cheerleaders attended the 1973-1974 clinics.

The clinics recognize the important service rendered by the cheerleaders. They improve skills and abilities and emphasize the responsibility of cheerleaders for sportsmanship and crowd control.

FILM SERVICE

The Association maintains a library of films dealing with sports, physical education, and recreation, and many of these films are of the instructional type. They are used

FILM SERVICE (con't)

throughout the state to advance and improve the standards of play and officiating.

All Association films are distributed through the Division of Independent Study at North Dakota State University in Fargo.

ORGANIZATION OF ASSOCIATION

Board of Directors

The Board of Directors consists of 10 members, three of which are superintendents of member Class A schools, three superintendents of Class B schools, and one superintendent and one high school principal as members-at-large. These representatives are elected by the membership as a whole, with each school having one vote. In addition, the executive-director of the North Dakota School Boards Association and the Superintendent of Public Instruction serve as members of the Board.

Representative Assembly

The superintendent or high school principal of each school serves as a member of the representative assembly, with each school being entitled to one vote. An annual meeting is held each year to adopt rules and regulations governing interschool contests and eligibility regulations. All such rules are made by the Representative Assembly.





District Committees

The district activities are controlled and managed by committees elected by school officials in each area.

Executive Officers





The administration of the various programs and the implementation of the policies of the Association are placed in the hands of an Executive Director and three assistants who are employed by the Association.

COMPETITORS

No.	Dickinson					Total
1.	Mary Lou Vrana					
2.	Linda Basaraba					
3.	Laurie Haunson					
4.	Patti Yon					
5.	Kari Huebner					
6.	Shelley Kistner					
7.	Kim Lupo					
8.	Camille Wychanko					
9.	Carla Hintz					
10.	Karlin Jespersen					
11.	Robin Huebner					
12.	Greta Sjursen					
13.	Paula Doughty					
14.	Carole Dullum					
15.	Barb Larson					
16.	Dawn Huebner					





Head Coach: Les Fischer Assistants: Mike Merritt, Deb Conlon

COMPETITORS

No.	Fargo South					Total
17.	Marianne Webber					
18.	Nelda Lindsay					
19.	Laurie Boelz					
20.	Carolyn Olgaard					
21.	Leslie Stockman					
22.	Karla Weyers					
23.	Kathy Hegre					
24.	Nancy Pollock					
25.	Karen Hegre					
26.	Nicki Jo Hager					
27.	Marcia Urban					
28.	Karen Radtke					
29.	Tracy Gunkelman					
30.	Melissa Henning					





Head Coach: Jim Simle

COMPETITORS

No.	Jamestown					Total
31.	Lugail Schott					
32.	Barbara Johnson					
33.	Cyd Smith					
34.	Mary Moores					
35.	Mary Wald					
36.	Lori Knutson					
37.	Laura Griffin					
38.	Julie Naves					
39.	Penny Carr					
40.	Jeri Kauphusman					
41.	Linda Nygard					
42.	Tammy Handscoot					
43.	Pegi Mason					
44.	Karen Tollefson					
45.	Karen Zimmerman					
46.	Lora Bjugstad					
47.	Juli Kauphusman					





Head Coach: Dolores Paulson

COMPETITORS

No.	Minot High					Total
48.	Tamara Blowers					
49.	Jan Johnson					
50.	Diane Marson					
51.	Carol Rasmusson					
52.	Shirlee Severson					
53.	Becky Snyder					
54.	Beverly Bechtold					
55.	Marly Christenson					
56.	Lissa Martz					
57.	Linda Panko					
58.	Ann Rasmusson					
59.	Cheli Tudhl					
60.	Joni Whitson					
61.	Shari Johnson					
62.	Pam Schreiner					





Head Coach: Karen Schwan

COMPETITORS

No.	Bismarck St. Mary's					Total
63.	Bonnie Scherr					
64.	Mary Tracy					
65.	Mary Holzer					
66.	Stacy Jochim					
67.	Gail Dietrich					
68.	Danelle Prouty					
69.	Pam Sturn					
70.	Della Fleck					
71.	Mary Schwab					
72.	Julita Beckler					
73.	Sharon Gleich					
74.	Carol Donlin					





Head Coach: Deb Schirber

COMPETITORS

No.	West Fargo					Total
75.	Beth Kukes					
76.	Wanda Gehrke					
77.	Pollie Johnson					
78.	Diane Hammann					
79.	Mary Thingstad					
80.	Bonnie Reeves					
81.	Jeanne Dipple					
82.	Tammy Van Kyke					
83.	Cindy Ellefson					
84.	Kay Robinson					
85.	Joni Trenbeath					
86.	Jan Maxwell					
87.	Linda Nelson					
88.	Kelley O'Leary					
89.	Judy Clark					
90.	Patty Jones					
91.	Jan Maxwell					
92.	Cindy Formo					



Head Coach: Corki Gentzkaw

COMPETITORS

No.	Bismarck					Total
93.	Becky Martel					
94.	Lynne Wagner					
95.	Sue Addington					
96.	Linda Black					
97.	Liz Crosby					
98.	Laurie Wagner					
99.	Barb Hill					
100.	Carolyn Walz					
101.	Dawn Stave					
102.	Peg Ekberg					
103.	Janelle Farnsworth					
104.	Maureen Harkness					
105.	Carol Abfalter					
106.	Bev Dockter					





Head Coach: Lynette Olson

COMPETITORS

No.	Mandan					Total
107.	Joleen Kautzman					
108.	Belen Rinkle					
109.	Brenda Boehm					
110.	Hildy Howe					
111.	Patty Groth					
112.	Roxann Haas					
113.	Marlene Yantzer					
114.	Mary Jane Koch					
115.	Gerris Knudson					
116.	Cathy Siegel					
117.	Gerri Tuieto					
118.	Karla Boehm					





Head Coach: Jodi Barbie

COMPETITORS





No.	Minot Ryan					Total
119.	Annette Forde					
120.	Becky Reiersen					
121.	Laura Lipp					
122.	Karen Buell					
123.	Bev Kluck					
124.	Danette Annell					
125.	Judy Weeks					
126.	Betty Schempp					
127.	Ellen Sawyer					
128.	Lorraine Walsh					
129.	Tammy Ahmann					
130.	Deena Wald					

Head Coach: Steve Carver





COMPETITORS

No.	Larimore					Total
131.	Jody Guenthner					
132.	Nita Gefroh					
133.	Jackie Guenthner					
134.	Candy Hanson					
135.	Julie Fugleberg					
	Head Coach: Mary Seidlinger					
	New Rockford					
136.	Donette Larson					
137.	Lynne Bjornson					
138.	Kathy McLaughlin					
139.	Michelle Pfau					
140.	Shelley Doherty					
	Head Coach: Carol Halvorson					





COMPETITORS

No.	Litchville					Total
141.	Vickie Smedshammer					
142.	Vanessa Hackey					
143.	Pam Hanson					
144.	Darrylin McClaflon					
145.	Pat Flach					
146.	Kathy Colebank					
147.	Gina Smith					
	Head Coach: Joan Muchenhirn					
	Oakes					
148.	Kathy Ketterling					
149.	Donna Gentz					
150.	Teresa Pritchard					
151.	Debby Hess					
152.	Janis Zwagerman					
153.	Vicky Steuck					
154.	Nancy Widmer					
	Head Coach: Jeanne Thorpe					





COMPETITORS

No.	Watford City					Total
155.	Patti Tschetter					
156.	Jean Wilson					
157.	Linda Sanford					
158.	Mary Wangseng					
159.	Carla Knudtson					
160.	Val Beck					
161.	Claudette Luttrell					
	Head Coach: Carlean Jundt					
	Valley City					
162.	Tammy McDonald					
163.	Kathy Schindler					
164.	Jana Powell					
165.	Mary Amann					
166.	Jean Erling					
167.	Kris Lenaburg					
168.	Sheila Didier					
	Head Coach: Ruth Rounds					





COMPETITORS

No.	Mayville-Portland					Total
169.	Julie McMullen					
170.	Karen Larson					
171.	Kathy Kerlin					
172.	Diana Moss					
173.	Danette Burley					
174.	Rhonda Smestad					
175.	Carol Viseth					
	Head Coach: Karen Groth					
	Edgeley					
176.	Sue Schaffer					
177.	Julie Cote					
178.	Linda Ziegler					
179.	Luann Miedema					
180.	Lynette Larson					
181.	Jodi Hartwig					
182.	Gail Nelson					

COMPETITORS

No.	Edgeley (con't)					Total
183.	Beth Jacobs					
184.	Sue Ruff					
	Head Coach: Sandra Kaitfors					
	Hillsboro					
185.	Mary Kay Baumgartner					
186.	Elaine Emery					
	Head Coach: Bonnie Shea					
	Napoleon					
187.	Kim Kiesz					
	Head Coach: Sandra Mock					
	Williston					
188.	Linda Anderson					
189.	Kathy Gerrity					
190.	Bonnie Greutman					
191.	Dee Hoffelt					
192.	Lori Kirschenmann					
	Head Coach: Sally Larson					

COMPETITORS

No.	Belcourt					Total
193.	Lynn Coulter					
194.	Kelly Wolf					
	Head Coach: Fern Mararra					
	Fargo North					
	(Head Coach: Mike Dengler)					
195.	Maret Berg					
196.	Michelle Bourdon					
197.	Donette Clark					
198.	Lori Gregorson					
199.	Mary Hubbard					
200.	Ann Moore					
201.	Sue Rostad					
202.	Teresa Wickenheiser					
203.	Julie Beckman					
204.	Jodi Foy					

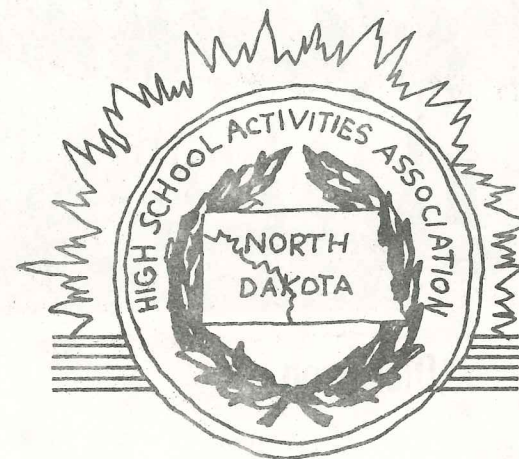
COMPETITORS

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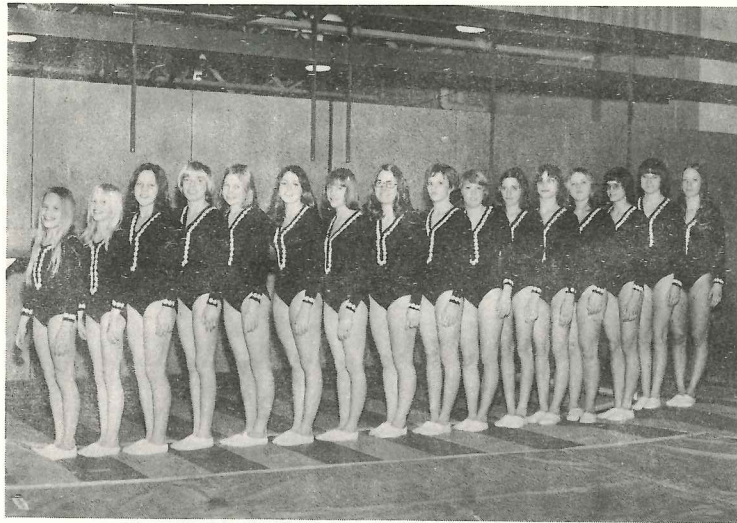
COMPETITORS

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Scott Gymnasium
Dickinson State College
Dickinson, North Dakota



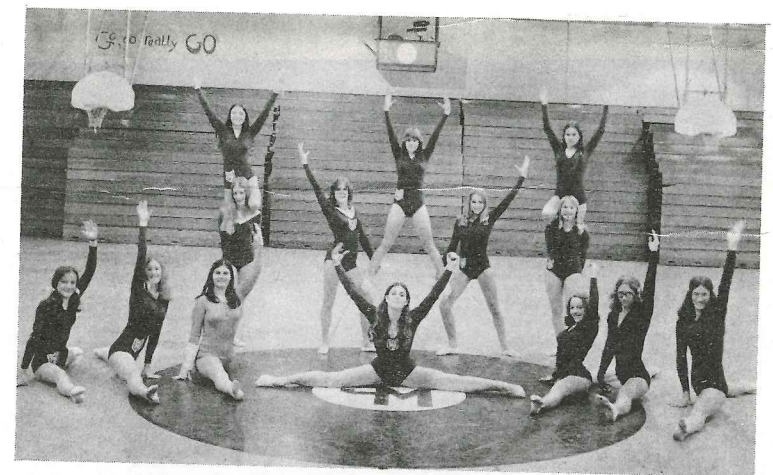
Friday & Saturday
February 15 & 16, 1974



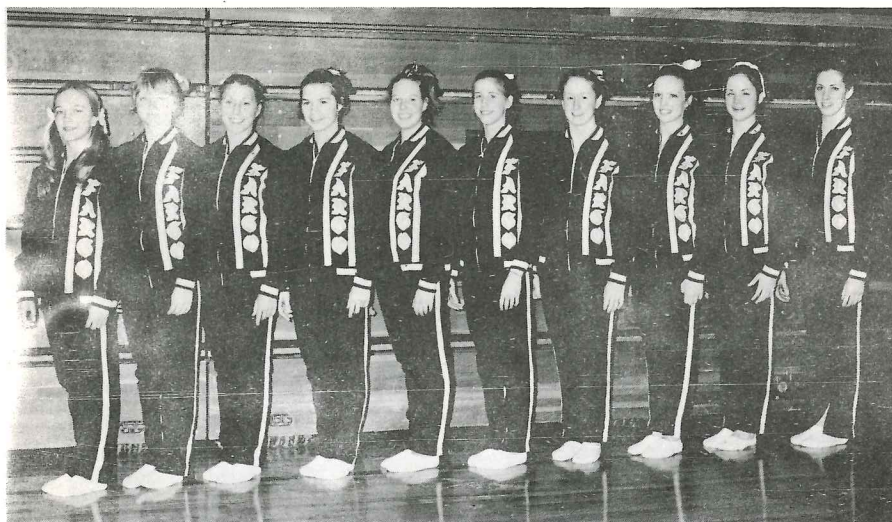
Dickinson



Larimore



Bismarck St. Mary's



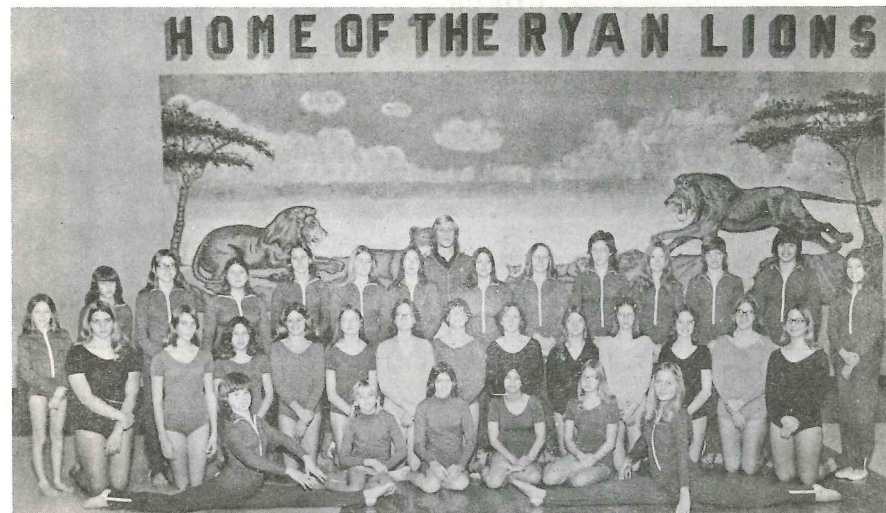
Fargo South



Bismarck High



Minot High



Minot Ryan



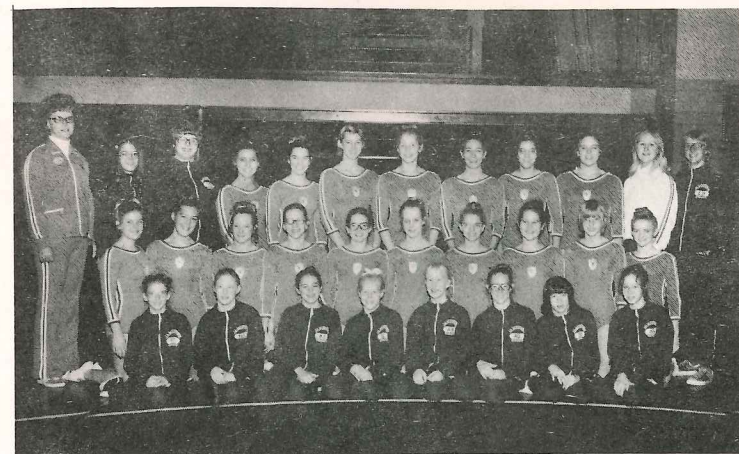
Edgeley



Valley City



Watford City



Jamestown



New Rockford



Belcourt

1973 STATE CHAMPIONS

Side Horse Vault Event

Novice:	Karlin Jespersen	Dickinson
Intermediate:	Barb Zeis	Fargo South
Advanced:	Tracy Gunkelman	Fargo South

Uneven Bars Event

Novice:	Nancy Pollock	Fargo South
Intermediate:	Marcia Urban	Fargo South
Advanced:	Tracy Gunkelman	Fargo South

Balance Beam Event

Novice:	Karen Zimmerman	Jamestown
Intermediate:	Marcia Urban	Fargo South
Advanced:	Linda Basaraba	Dickinson

Floor Exercise Event

Novice:	Mary Moores	Jamestown
Intermediate:	Ann Rasmusson	Minot High
Advanced:	Linda Basaraba	Dickinson

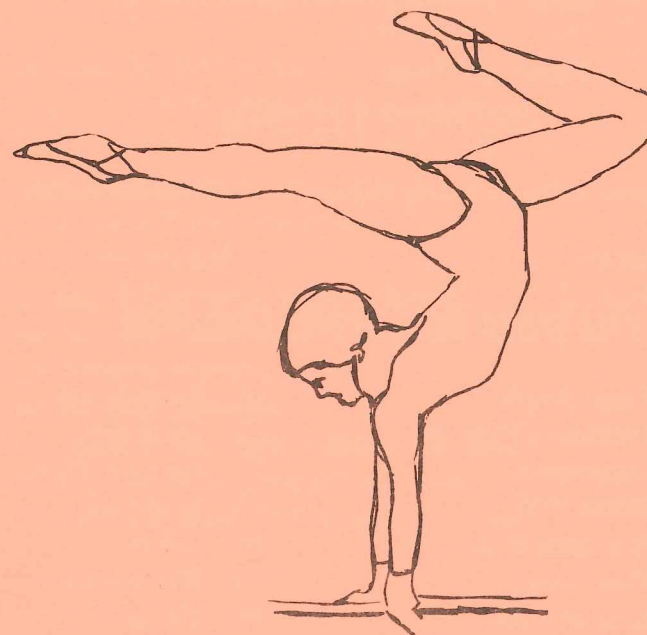
All-Around Event

Novice:	Nelda Lindsay	Fargo South
Intermediate:	Marcia Urban	Fargo South
Advanced:	Tracy Gunkelman	Fargo South

Team Champions

First	Fargo South
Second	Dickinson
Third	Jamestown

1974 NORTH DAKOTA GIRL'S STATE GYMNASTICS CHAMPIONSHIP



Scott Gymnasium
Dickinson State College
February 15-16, 1974