1956 Minnesota State High School Track & Field Meet Memorial Stadium, University of Minnesota Tuesda

| Memorial Stadium, University of Minnesota | | |
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| 100 Yard Dash 1 Jack Ferrazi, Eveleth 2 Chuck Mulliner, Northfield 3 Len Levine, St Paul Humboldt 4 Charles McNeal, St Paul Central 5 Dick Torgeson, Mpls Central | 10.1 | |
| 220 Yard Dash 1 Jack Ferrazi, Eveleth 2 Mel Hansen, Rochester 3 Billy Greenslit, Morton 4 Ivar Kauls, Forest Lake 5 Bob Fischer, Rochester | 22.6 | |
| 440 Yard Dash 1 Frank Drew, Mpls Southwest 2 Jerry Ring, Mpls West 3 Gary Garwick, Hopkins 4 Jerry Morrow, Montgomery 5 Charles Benoit, Benson | 51.6 | |
| 880 Yard Run 1 Ted Nelson, Faribault 2 Chuck Benjamin, Hutchinson 3 James McCormick, Tracy 4 Bill Wilson, Mpls Central 5 Frank Schweitzel, White Bear Lak | 1:59.2 e | |
| One Mile Run 1 Jerry Larson, Mpls Central 2 Roger Lillyquist, Austin 3 Gerald Dalton, Long Prairie 4 Wayne Sullwold, Mpls Southwest 5 Jerry Johnson, Slayton | 4:32.2 | |
| 120 Yard High Hurdles 1 Dave Myers, Mpls Southwest 2 Ed Williams, Pipestone 3 Dave Odegaard, Mpls Washburn 4 Richard Larson, Marshall 5 Gale Sprute, Farmington | 15.3 | |
| 180 Yard Low Hurdles 1 Chuck Mulliner, Northfield 2 Dave Myers, Mpls Southwest 3 John Steenerson, Robbinsdale 4 Mike Ormseth, Luverne 5 Bob Holker, Monticello | 20.0 * | |

| High Jump 1 James Patten, Bemidji Bill Wrage, Aurora 3 Robert Moe, Detroit Lakes 4 Dean Knudson, Westbrook 5 Dick Green, Mpls Southwest Jack Peterson, Gaylord Verne Schmitz, Springfield Ronald Wills, Barnum | 6-1 ½ 6-1 ½ |
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| Broad Jump 1 Gene Lewis, Mpls North 2 Pat Gorman, Robbinsdale 3 L.C. Hester, Mpls Roosevelt 4 Frank Torson, Moorhead 5 Jon Weller, Walker | 22-97/8 |
| Pole Vault 1 Stan Morrow, Montgomery 2 Tom Reichert, Mpls Southwest Frank Torson, Moorhead 4 Bill Carstensen, St James Ed Hughes, Columbia Heights Jerry Olson, Glenwood | 12-8 ½ ** |
| Shot Put 1 Brian Nichols, North St Paul 2 Lee Hopfenspirger, Morgan 3 Ron McCombs, Mpls Southwest 4 Thomas Swanson, Northfield 5 Dean Odegard, St Paul Monroe | 56-1 ¼ |
| Discus Throw Ron McCombs, Mpls Southwest Charles Colby, Mpls Southwest Brian Nichols, North St Paul Lee Hopfenspirger, Morgan Judd Cooney, Luverne | 156-3 ¾ |
| 880 Yard Relay 1 Hopkins (Chuck Ducharme, Jim U Jerry Lewis, Gary Garwick) 2 Mpls Washburn 3 Rochester 4 St Paul Central 5 Duluth Denfeld | Jram, 1:31.5 * |
| ** New Meet Record * Ties N | /leet Record |

Tuesday, June 1, 1956

Teams: Mpls Southwest 31 ³/₄, Northfield 11, Eveleth 10, Hopkins 8, Mpls Central 8, North St Paul 8, Rochester 8, Mpls Washburn 7, Montgomery 7, Robbinsdale 7, Morgan 6, Moorhead 5 ½, Mpls North 5, Faribault 5, ...

Note: Mpls Southwest was coached by A.L. Halley.