

1955 Region 7 Cross Country Championships

Saturday, October 22 – Grand Rapids – 1.8 miles

Teams:

Duluth Central	45
Grand Rapids	49
Duluth Denfeld	68
Gilbert	114
Hibbing	120
Duluth East	147
Two Harbors	176

Individuals:

- 1 Norman Gill, Dul Central 9:19
- 2 Gary Gran, Dul Central
- 3 Ray Mickolajack, Jr., Dul Denfeld
- 4 Dick Tweeten, Hibbing
- 5 John Gruden, Gilbert
- 6 Ed Korkia, Grand Rapids
- 7 Ray LaBrosse, Dul Denfeld
- 8 Al Halfacre, Dul East

Notes: Top two teams and top 8 individuals qualified for the State Meet because the Region had seven teams.
Duluth Central was coached by Charles Banks.