1955 Region 6 Cross Country Championships

Wednesday, October 19 – Detroit Lakes- about 1.8 miles

reams.	
Moorhead	29
Fergus Falls	50
Breckenridge	83
Detroit Lakes	95
Elbow Lake	141
Pequot Lakes	155
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Sebeka inc. (2 runners) Beardsley inc (1 runner)

Individuals:

- 1 King Coborn, Moorhead 9:48.5
- 2 Bob Williams, Fergus Falls
- 3 Arnold Ishaug, Moorhead
- 4 Bryan Sletvold, Fergus Falls
- 5 Rod Weatherford, Moorhead
- 6 Jerry Miller, Sebeka
- 7 Jerry Agar, Detroit Lakes
- 9 Ronald Baker, Moorhead
- 10
- 11 Frank Torson, Moorhead
- 12 David Eastman, Moorhead
- 13
- 14
- 15 Dave Paulson, Moorhead

Notes: Top team (5 runners) and top seven individuals qualified for the State Meet. Shocky Strand was the coach of Moorhead.