1930 Region 1 Championships   at Ada, Saturday, May 24, 1930

Teams: Herman 26½, Elbow Lake 261/3, Moorhead 21½, Ada 211/3, Fergus Falls 19, Detroit Lakes 12, Thief River Falls 12,   McIntosh 11½, Crookston 9½, Frazee 5, Erskine 4, Waubun 4, Twin Valley 3, Perham 3, Roseau 1, Mahnomen 0.

100
1 Belgum, Elbow Lake   10.4 *
2 Hatch, Fergus Falls
3 Mylerberg, McIntosh
4 Snyder, Thief River Falls

220
1 Belgum, Elbow Lake   22.6 **
2 Strand, Ada
3 Carlson, Detroit Lakes
4 Snyder, Thief River Falls

440
1 Strand, Ada   55.4 **
2 Lemkuhl, Perham
3 Baldwin, Elbow Lake
4 Dablow, Thief River Falls

880
1 Peterson, Frazee   2:11 **
2 DeGrott, Waubun
3 Bunnie, Detroit Lakes
4 McWatters, Crookston
5 Christofferson, Thief River Falls

High Hurdles (42 inch hurdles)
1 Belding, Herman   17.3 **
2 Nelson, Fergus Falls
3 McKnight, Detroit Lakes
4 Gustafson, Crookston
5 Hasz, Ada

220 Yd. Low Hurdles
1 Belding, Herman   26.5 **
2 Knauf, Moorhead
3 Carlson, Detroit Lakes
4 Ross, Crookston
5 Vig, Crookston

880 Relay
1 Moorhead
2 Thief River Falls
3 Ada
4 McIntosh

Shot Put
1 Belgum, Elbow Lake   41-8 **
2 Belding, Herman
3 Mylerberg, McIntosh
4 Bakke, Ada

Discus Throw (College weight discus)
1 Schranz, Moorhead   102-6 **
2 Bailey, Erskine
3 Saker, Twin Valley
4 Hetland, Thief River Falls
5 Nelson, Fergus Falls

Javelin Throw
1 Bakke, Ada   147-9 **
2 Nelson, Fergus Falls
3 Belding, Herman
4 Belgum, Elbow Lake
5 Sievert, Fergus Falls

Broad Jump
1 Belding, Herman   22-4 ½ **
2 Knauf, Moorhead
3 Belgum, Elbow Lake
4 Rustad, Thief River Falls

High Jump
1 Corey, Herman   5-5 **
2 Marquardt, Moorhead (wins tiebreaker to State)
2 Berg, McIntosh
4 Lemkuhl, Perhan
5 Causin Thief River Falls; Strand, Ada;
    Starner, Elbow Lake

Pole Vault
1 Nelson, Fergus Falls   11-1 **
2 Baldwin, Elbow Lake
3 Belding, Herman
3 Vig, Crookston
5 Habstritt, Roseau

* Ties Meet Record
** New Meet Record

Notes: (*Norman County Herald* in Ada 5/30/30)
   Fritz Hanson of Perham earned a number of places, but was declared ineligible by Perham after the meet and his points were thrown out.
   Records were set or tied in all events except the 800 Relay.