

# 1967 Region 4 Championship

at Macalester College

**Teams:** Coon Rapids 35, White Bear Lake 34, Anoka 25, Alexander Ramsey 23, Mounds View 16 ½, St. Paul Park 11, South St. Paul 10, LeSueur 8, North St. Paul 8, St. Peter 8, Montgomery 8, Henry Sibley 7, Frank B. Kellogg 6, Fridley 3 ½, Stillwater 3, Cambridge 3, Arlington 3, Brooklyn Center 2, Centennial 2, Princeton 2, Osseo 1, St. Francis 1, Belle Plaine 1.

## 100

- 1 Marty Semrau, Anoka 10.0
- 2 Lloyd Bailey, St. Paul Park 10.2
- 3 Ron Buckman, Ramsey 10.3
- 4 Skip Odett, Coon Rapids 10.4
- 5 Bruce Blanchet, Osseo 10.4

## 220

- 1 Ron Buckman, Ramsey 22.7
- 2 Marty Semrau, Anoka 23.0
- 3 Wayne Urista, Fridley 23.1
- 4 Andy Fisk, Coon Rapids 23.1
- 5 Brad Weninger, South SP 23.2

## 440

- 1 Mark Finneman, Kellogg 49.6 \*\*
- 2 Ron Watters, White Bear Lk 49.8
- 3 Greg Peterka, Stillwater 50.3
- 4 Tim Gillespie, Arlington 50.7
- 5 Len Segna, Montgomery 50.7

## 880

- 1 Dan Ewing, Mounds View 1:56.3 \*\*
- 1 Tom Steiner, Ramsey 1:56.3 \*\*
- 3 Bob Christianson, Canby 1:59.3
- 4 Rich Germundson, Anoka 2:01.0
- 5 Kevin Murphy, Belle Plaine 2:01.2

## Mile

- 1 Mike Hanley, Anoka 4:21.9 \*\*
- 2 Charles Way, LeSueur 4:26.4
- 3 Warren Slocum, White Bear Lk 4:28.4
- 4 Len Patvin, Brooklyn Center 4:28.5
- 5 Mike Engh, White Bear Lk 4:30.7

## High Hurdles

- 1 Ralph Wirtz, Coon Rapids 14.4 \*\*
- 2 Bob Palmer, St. Paul Park 14.6
- 3 Jim Fredeen, South St. Paul 15.2
- 4 Dale Hall, Lakeville 15.3
- 5 Joe Anderson, St. Francis 15.4

## 180 Yd. Low Hurdles

- 1 Ralph Wirtz, Coon Rapids 19.2 \*\*
- 2 Craig Sarnier, North St. Paul 19.6
- 3 Bob Palmer, St. Paul Park 19.7
- 4 Al Arvidson, Ramsey 20.5
- 5 Rick McRafle, St. Peter 20.5

\* Ties Meet Record

\*\* New Meet Record

## Notes:

## 880 Relay

- 1 Coon Rapids 1:30.5 \*\*
- 2 Ramsey 1:30.6
- 3 White Bear 1:31.3
- 4 St. Peter 1:35.4
- 5 Montgomery 1:35.5

## Mile Relay

- 1 Mounds View 3:25.8
- 2 LeSueur 3:31.9
- 3 Anoka 3:39.2
- 4 St. Peter 3:45.1

## Shot Put

- 1 Gary Sabourin, Coon Rapids 55-4 ½
- 2 Nick Hartzel, White Bear Lk 54-3 ¼
- 3 Dan Green, North St. Paul 53-10 ¼
- 4 Ron Lovegren, Centennial 50-5 ¾
- 5 Dennis Gillen, North St. Paul 48-7

## Discus Throw

- 1 Mark Johnson, South St. Paul 159-3
- 2 Reid Berger, White Bear Lk
- 3 Nick Hartzel, White Bear Lk
- 4 Bob Becklin, Princeton
- 5 Steve Wesenberg, Anoka

## Long Jump

- 1 Ralph Wirtz, Coon Rapids 23-0 \*\*
- 2 George Honza, Montgomery 21-8
- 3 Joe Robinson, Sibley 21-6
- 4 Len Segna, Montgomery 20-4
- 5 Tom Lindgren, Anoka 20-3 ½

## High Jump

- 1 Jim Brunzell, White Bear Lk 6-2
- 2 Tom Clark, Mounds View 6-0
- 3 Bruce Moske, St. Peter 6-0
- 4 Brad Buetow, Mounds View 5-10
- 5 Jerry Narr, Arlington 5-10

## Pole Vault

- 1 Bob Nicholson, White Bear Lk 13-5
- 2 Steve Kulenkamp, Sibley 13-0
- 3 Pete Rhodes, Ramsey
- 4 Dick Johnson, Anoka
- 5 Tim LaBatt, Coon Rapids