

1969 Region 4 Championships

at Macalester College, Saturday, May, 1969

Teams: White Bear Lake 33, Alexander Ramsey 29, Montgomery 28½, South St. Paul 17, Brooklyn Center 16, North St Paul 15, Anoka 14, Coon Rapids 8, Mora 8, Mounds View 8, Spring Lake Park 7, Rosemount 7, Osseo 6, ...

100

1	George Honza, Montgomery	9.9 **
2	Bill Lesch, South St Paul	
3	Steve Norman, Brooklyn Center	
4	Ty Westlie, Anoka	
5	Tom Brandness, Lakeville	

220

1	George Honza, Montgomery	22.7
2	Ty Westlie, Anoka	23.0
3	Lyle Noah, Coon Rapids	23.0
4	Tom Olsen, North St Paul	23.3
5	Charles Turek, Montgomery	23.4

440

1	Bert Heaton, South St Paul	56.8
2	George Weber, Spring Lk Pk	51.5
3	Tom Olsen, North St Paul	51.9
4	Arnie Honza, LeCenter	52.0
5	Steve Danger, Cambridge	52.5

880

1	Tom Steiner, Ramsey	1:58.9
2	Steve Eklund, Braham	2:00.3
3	Nick Proepper, St Paul Park	2:00.3
4	Art Andrews, St Anthony	2:00.4
5	Dave Williams, Anoka	2:01.3

Mile

1	Dennis Sewill, Osseo	4:27.7
2	Mike Engh, White Bear	4:29.7
3	Mike Martin, Rosemount	4:32.7
4	Bob Whitham, North St Paul	4:34.2
5	Dave Sikorra, Anoka	4:36.9

High Hurdles

1	Phil Halstrom, Mora	14.7
2	Jon Huebsch, Rosemount	14.9
3	Leigh Folstad, Brooklyn Ctr	15.1
4	Dan Doehne, North St Paul	15.2
5	Greg Langer, Ramsey	15.2

180 Yd. Low Hurdles

1	Kevin Ault, White Bear	19.3
2	Charles Turek, Montgomery	19.6
3	Gerald Turner, South St Paul	19.7
4	Phil Halstrom, Mora	20.0
5	Blake Knoll, White Bear	20.1

* Ties Meet Record

** New Meet Record

880 Relay

1	Alexander Ramsey (Mike Phippen, Dan Baden, Dave Mortenson, Steve Goeritz)	1:31.8
2	South St Paul	1:32.3
3	Montgomery	1:32.6
4	Brooklyn Center	1:33.6
5	Anoka	1:34.1

One Mile Relay

1	Alexander Ramsey (Mike Phippen, Dave Baden, Tom Steiner, Steve Goeritz)	3:27.3
2	White Bear Lake	3:27.4
3	Spring Lake Park	3:33.5
4	Anoka	3:39.8
5	LeCenter	3:40.4

Shot Put

1	Dean Brown, White Bear	55-0
2	Bruce Chapman, White Bear	54-1½
3	Gary Pederson, Brooklyn Ctr	53-10
4	Dennis Gillen, North St Paul	52-10
5	Pat Hanley, Anoka	51-2¼

Discus Throw

1	Bill Cardinal, Ramsey	161-4
2	Mark Severson, North St Paul	157-1
3	Gary Pederson, Brooklyn Ctr	153-9
4	Dave Anderson, Brooklyn Ctr	153-0
5	Don Johnson, Anoka	141-5

Long Jump

1	George Honza, Montgomery	22-10½
2	Jim Thomas, Ramsey	21-10
3	Dan Mayer, White Bear	21-9
4	Jim Hunter, Sibley	21-3½
5	Bill Foster, New Prague	21-0

High Jump

1	Tom Hipkins, Mounds View	6-2
2	Jim Thomas, Ramsey	6-0
3	Greg Morgan, Montgomery	
	Dick Gustafson, South St Paul	
5	Kevin Ault, White Bear	

Pole Vault

1	Steve LaBatt, Coon Rapids	13-2¾ **
	Jeff Nelson, Columbia Heights	13-2¾ **
3	Tom Westron, Stillwater	12-10
4	George Tressel, Mounds View	12-6
5	Jim Anderson, Anoka	12-0

Note: White Bear Lake was coached by Ron Sass.