

1970 Region 4 Championships at Memorial Stadium, Minneapolis, Wednesday, May 27, 1970

Teams: White Bear Lake 58.5, Osseo 25.5, Alexander Ramsey 22, Anoka 17, Coon Rapids 13, North St. Paul 13, Columbia Heights 11, Irondale 10, Mounds View 10, LeCenter 9, Frank Kellogg 9, Henry Sibley 9, Spring Lake Park 6, Braham 6, St. Paul Park 6, Princeton 6, Montgomery 5.5, South St. Paul 4, Burnsville 3.5, Prior Lake 3, Stillwater 2, St. Peter 2, Farmington 2, Hastings 1, Mahtomedi 1, Brooklyn Center 1.

100

1 Blake Knoll, WBL	10.5
2 Ed Hoban, LeCenter	10.6
3 Brian Turner, Osseo	10.8
4 Doug Lee, Kellogg	10.8
5 Bill Krueger, WBL	10.8

220

1 Doug Lee, Kellogg	23.4
2 Brian Turner, Osseo	23.5
3 Mike LeMay, WBL	23.6
4 Verl Schoon, Anoka	23.8
5 Tim Mueller, LeCenter	24.2

440

1 Charles Christopherson, Col H	50.7
2 Dan Woodbury, WBL	51.3
3 Dan Mortenson, Ramsey	51.6
4 Paul Schrippe, Spring Lk. Pk.	52.4
5 Dave Johnson, St. Peter	52.6

880

1 Steve Eklund, Braham	2:00.0
2 Steve Resler, WBL	2:00.3
3 John Reed, Sibley	2:01.0
4 Tim Bergstedt, Anoka	2:01.5
5 Kevin Coyle, Columbia Hts	2:03.6

Mile

1 Gerald Pederson, Coon Rpds	4:28.1
2 Ken Weber, Osseo	4:28.9
3 Craig Granse, Ramsey	4:30.1
4 Dennis Fee, WBL	4:30.8
5 Bob Shope, Anoka	4:34.4

Two Mile (New Event)

1 Tom Meyer, Princeton	9:41.9 **
2 Jim Wilson, Mounds View	9:42.6
3 Dave Sikkora, Anoka	9:43.9
4 Mark Swanson, North St. P	10:14.2
5 Gordon Benfield, Hastings	10:15.5

High Hurdles

1 Greg Langer, Ramsey	15.0
2 Andy Urech, Irondale	15.1
3 Mark Gilmore, Ramsey	15.3
4 Al Borchardt, Prior Lake	16.0
5 Ed Eichholz, Coon Rapids	16.3

180 Yd. Low Hurdles

1 Blake Knoll, WBL	20.4
2 Andy Urech, Irondale	20.4
3 Mark Gilmore, Ramsey	20.5
4 Bill Krueger, WBL	21.1
5 Al Borchardt, Prior Lake	21.4

880 Relay

1 WBL (Ross Tate, Bob Bruce, Tom Dufresne, Mike LeMay)	1:33.3
2 South St. Paul	1:33.7
3 Osseo	1:34.5
4 Anoka	1:36.4
5 Montgomery	1:37.3

Mile Relay

1 WBL (Blake Knoll, Mike LeMay, Dan Woodbury, Bill Krueger)	3:26.9
2 Ramsey	3:27.8
3 Spring Lake Park	3:36.1
4 Farmington	3:39.5
5 Osseo	3:41.0

Sprint Medley (New Event)

1 St. Paul Park (Ed Scott, Jim Battles, Jim Stage, Nick Proepper)	3:40.2
2 WBL	3:40.3
3 Anoka	3:48.1
4 Osseo	3:54.7
5 Montgomery	3:55.2

Shot Put

1 Greg Smith, Osseo	54-0
2 Don House, Columbia Hts	53-9.5
3 Dan Fritsche, North St. Paul	53-5.5
4 Dan Plaisted, Stillwater	50-9.5
5 Mike Breslin, St. Paul Park	50-2

Discus Throw

1 Mark Severson, North St. Paul	173-2 **
2 Dan Johnson, Anoka	169-6
3 Paul Okerstrom, Mounds V	163-7
4 Bruce Bakke, Irondale	158-2
5 Don Joyce, Mahtomedi	154-6
6 Bill Cardinal, Ramsey	154-3

Long Jump

1 Jim Hunter, Sibley	21-2.5
2 Ed Hoban, LeCenter	20-8
3 Bob Bruce, WBL	20-7.5
3 Bob Schaller, Osseo	20-7.5
5 Jim Krueger, St. Peter	20-2.5

High Jump

1 Jeff Cohen, WBL	6-1
2 Steve Larson, Burnsville	6-0
2 Greg Morgan, Montgomery	6-0
4 Ken Menear, Coon Rapids	5-10
5 Bob Edam, Kellogg	5-10

Pole Vault

1 John Puffer, WBL	13-0
2 Steve Labatt, Coon Rapids	13-0
3 George Trussell, Mounds V	12-9.5
4 Dick Hagen, North St. Paul	12-9.5
5 Bullick, Brooklyn Center	12-0

* Ties Meet Record

** New Meet Record

Notes: White Bear Lake was coached by Ron Sass. Weather was cold and track was wet and slow.