

# 1974 Region 1, Class A, Track & Field Championships (at Albert Lea)

Teams: Waseca 52, Northfield 50, Southland 34, Lake City 31, Stewartville 22, La Crescent 19, Blooming Prairie 18, Cannon Falls 17, Caledonia 12

## 100

1. Sheedy, Blooming Prairie 10.3\*\*
2. Nelson, Southland 10.5
3. Bailey, Northfield 10.5
4. Paul Harlos, La Crescent 10.5
5. Tom Grote, Cannon Falls 10.7

## 220

1. Paul Harlos, La Crescent 23.0\*\*
2. Sheedy, Blooming Prairie 23.4
3. Grote, Cannon Falls 23.4
4. Rapp, Cannon Falls 23.8
5. Cashman, Blooming Prairie 24.0

## 440

1. Steve Schmidt, Northfield 51.0
2. Pazera, Waseca 52.0
3. Rapp, Cannon Falls 53.2
4. Blaird Roberson, Lake City 53.9
5. Hanson, Waseca 54.3

## 880

1. Mike Kennedy, Lake City 2:01.6\*\*
2. Arnie Fauske, Southland 2:01.7
3. Moyer, Lake City 2:02.4
4. Hoehn, Waseca 2:05.8
5. Wyzgronowitz, Waseca 2:06.7

## Mile

1. Jon Sybilrud, Waseca 4:33.6\*\*
2. Miller, Waseca 4:39.3
3. Holtzberg, Blooming Prairie 4:41.4
4. Gross, Northfield 4:48.0
5. Miller, Cannon Falls 4:53.1

## 2 Mile

1. Ray Serres, La Crescent 10:13.8
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2. Dan Peters, Lake City 10:15.8
3. Shane, Southland 10:24.8
4. McGuire, Waseca 10:32.9
5. Sweat, Northfield 10:34.0

## 120 High Hurdles

1. Mark Schroeder, Caledonia 15.3\*\*
2. Cunningham, Waseca 15.6
3. Bergene, Southland 15.7
4. Johnson, Stewartville 16.4
5. Grob, Northfield 16.8

## 180 Low Hurdles

1. Mark Schroeder, Caledonia 20.5\*\*
2. Cunningham, Waseca 20.5
3. Brown, Waseca 21.2
4. Brown, Southland 21.5
5. Sweat, Northfield 21.8

## 880 Relay

1. Northfield (Bailey, Vinje, Koehler, Lamberty) 1:33.2 \*\*
2. Southland 1:33.4
3. Blooming Prairie 1:34.6
4. Waseca 1:38.0
5. La Crescent 1:39.0

## Sprint Medley Relay

1. Waseca (Brown, Pazera, Arveson, Sybilrud) 3:42.0\*\*
2. Northfield 3:42.3
3. Southland 3:49.9
4. Lake City 3:51.7
5. Cannon Falls 3:58.9

## Mile Relay

1. Northfield (Lamberty, Vinje, Koehler, Schmidt) 3:31.5
2. Southland 3:35.3
3. Stewartville 3:46.8
4. Lake City 3:38.4
5. La Crescent & Waseca 3:41.5

## Pole Vault

1. Tom Elias, Cannon Falls 12-0
2. Wilt, Northfield 11-6
3. Miller, Waseca 11-6
4. Carel, Northfield 11-0
5. Splittstoesser, Stewartville 10-0

## Long Jump

1. Arneson, Waseca 19-11.25
2. Paul Harlos, La Crescent 19-10.25
3. Monson, Southland 19-5
4. King, Stewartville 19-1.25
5. Cashman, Blooming Prairie 18-11.25

## Shot Put

1. Tom Lofgren, Stewartville 49-2.5
2. Guy Holmes, Lake City 47-1.75
3. Laibenstein, Northfield 44-6.75
4. Schnolbe, Northfield 43-11
5. Miller, Waseca 43-5.75

## Discus

1. Guy Holmes, Lake City 141-4
2. Matt Warren, Stewartville 139-10
3. Durbahn, Stewartville 136-10
4. Cunningham, Waseca 136-5
5. Peters, Waseca 131-0

## High Jump

1. Tom Nystuen, Northfield 6-4\*\*
2. Hill, Northfield 6-0
3. Chapek, Southland 5-10
4. Dunbar, Lake City 5-10
5. Sherman, Southland 5-8

\*\* Meet Record