

1974 Region 4A - Boys - May 30

Teams: Elk River 42, St. Peter 36, Simley 27, St. Francis 20, Blaine 18, Princeton 18, Cambridge 14, Mahtomedi 14, St. P Murray 14, Milaca 11, Brooklyn Center 11, Centennial 10, St. Anthony 7, Farmington 4, Prior Lake 4, New Prague 2, Tartan 1, Lakeville 1, St. P Humboldt 1.

High Hurdles

- 1 Jeff Hawkins, ER 15.1
- 2 Steve Smith, ER

100 Yard Dash

- 1 Duane Sheppard, Blaine 10.3
- 2 Jeff Hawkins, ER

Mile

- 1 Tim O'Donnell, Simley 4:30.4
- 2 Dave Ahrendt, Simley

880 Relay

- 1 Simley 1:34.5

440

- 1 Don Kahring, Cambr 51.7
- 2 Gary Gehrke, St Peter

180 Low Hurdles

- 1 Jeff Hawkins, ER 20.7
- 2 Steve Smith, ER

880

- 1 Larry Gehrke, St. Peter 1:59.0
- 2 Phil Schuster, Murray

Sprint Medley

- 1 Saint Francis 3:39.5

220

- 1 Duane Sheppard, Blaine 22.7
- 2 Doug Froelick, Princeton

Two Mile

- 1 Dick Salvator, Murray 9:44.2
- 2 Dave DeBoer, Murray

Mile Relay

- 1 Saint Francis 3:33.5

Shot Put

- 1 Rick Lager, St. Peter 48-0.25
- 2 Dan Reemts, ER

Discus

- 1 Rick Lager, St. Peter 151-2
- 2 J. Cartwright, Princeton

High Jump

- 1 Bryan Edwards, St. Peter 6-0
- 2 Bruce Beckel, Simley

Long Jump

- 1 Steve Smith, ER 21-9.5
- 2 Mark Duval, Centennial

Pole Vault

- 1 Tim Lunzer, Brooklyn Ctr 12-0
- 2 Dan Ruiz, Milaca