

## 1975 Region 4-A - May 29th

**Teams:** Saint Peter 61, Milaca 43, Fridley Grace 43, Princeton 37, Simley 36, Elk River 34, Centennial 30, St. Thomas Academy 30, Lakeville 28, Saint Francis 26, St. Agnes 25, Cambridge 21, St. Anthony 17.5, Mahtomedi 17, St. Bernard's 16, St. Paul Murray 14, Brooklyn Center 11, St. Paul Mechanics Art 4, Prior Lake 2, St. Paul Monroe 0.5

### Shot Put

- 1 Rick Lager, St. Peter 52-11
- 2 Mark Cromat, St. Agnes 49-9

### 120 High Hurdles

- 1 Dan Ruis, Milaca 14.7
- 2 Keith Jones, Lakeville 15.1

### 100

- 1 Harold Knott, St. Agnes 10.1
- 2 Greg Kloss, Cambridge 10.2

### Mile

- 1 Tim O'Donnell, Simley 4:14.3
- 2 Greg Peters, Mahtomedi 4:25.4

### 880 Relay

- 1 St. Thomas Academy 1:33.0

### 440

- 1 Dan Kahrina, Cambridge 50.5
- 2 Dan Johnson, Princeton 51.1

### 180 Low Hurdles

- 1 Dan Ruis, Milaca 20.1
- 2 Keith Jones, Lakeville 20.5

### Sprint Medley

- 1 Simley 3:33.9

### 880

- 1 Phil Schuster, Murray 1:56.9
- 2 Steve Brent, Elk River 2:00.0

### 220

- 1 Jim Hara, St. Anthony 22.5
- 2 Doug Froelich, Princeton 22.6
- 3 Harold Knott, St. Agnes

### 2 Mile

- 1 Jay Johnson, Lakeville 9:43.1
- 2 Joe Sokolowski, Grace 9:46.7

### Discus

- 1 Rick Lager, St. Peter 149-8
- 2 Rick Kuchborn, St. Bernard's 141-10

### Long Jump

- 1 Doug Froelich, Princeton 20-11
- 2 Mike Schwab, Grace 20-6.5

### Mile Relay

- 1 Elk River 3:26.0

### Pole Vault

- 1 Dan Ruis, Milaca 12-6
- 2 Dale Rasmussen, Centennial 12-3

### High Jump

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

**Notes:**