

1975 Region 7-A - May 31st

Teams: Cloquet 78, Two Harbors 69, Silver Bay 52, Chisholm 40, Hermantown 40, Ely 33, Duluth Morgan Park 28, Babbitt 22, Proctor 20, North Branch 17, Aurora-Hoyt Lakes 17, Chisago Lakes 11, Duluth Cathedral 10, Eveleth 8, Deer River 5, Nashwauk-Keewatin 4.

Shot Put

- 1 Al Woodward, Cloq 53-7.25
- 2 Jim Johnson, Cloq 50-0.25

120 High Hurdles

- 1 Jim Olson, TH 15.3
- 2 Mike Fredricks, SB 15.6

100

- 1 Gary Moliter, TH 10.3
- 2 Lee Wick, TH 10.3

Mile

- 1 Larry Berkner, Ely 4:18.6
- 2 Loren Pierce, NB

880 Relay

- 1 Two Harbors 1:33.5

440

- 1 Tony Reski, Hermant 52.7
- 2 John Peterson, Cloq 52.8

180 Low Hurdles

- 1 Mike Fredricks, SB 21.0
- 2 Jim Olson, TH 21.1

Sprint Medley

- 1 Ely 3:40.6

880

- 1 Marty Phillips, Greenw 2:00.9
- 2 Bob Brin, Cloq 2:01.1

220

- 1 John Hoffman, Dul MP 23.4
- 2 Jerry Strange, DuCath 23.4

2 Mile

- 1 Lee Kantonen, Cloq 9:37.0
- 2 Mike Palmquist, Chish 9:40.2

Discus

- 1 Jim Johnson, Cloq 146-6
- 2 Paul McDonald, Chish 142-8

Long Jump

- 1 Richard Christensen, Babb 20-11.5
- 2 Maule Hobel, Chis Lks

Mile Relay

- 1 Ely 3:35.6

Pole Vault

- 1 Bob Rolando, SB 12-0
- 2 Jerry Skiba, A-HL 11-6

High Jump

- 1 Don Carlson, Hermant 5-10
- 2 Dennis Prozen, Greenw 5-8

Notes: