

# 1956 Region 7 Cross Country Championships

Saturday, October 20 – Pokegama Course, Grand Rapids – 1.8 miles

## Teams:

1 Duluth Central	20 (1,2,3,6,8- )
2 Grand Rapids	51
3 Duluth East	77
4 Hibbing	112
5 Duluth Denfeld	123
6 Askov	189
7 Gilbert	199

## Individuals:

- 1 Norman Gill, Dul Central 8:41.8 (course record by 17 seconds)
- 2 Gary Gran, Dul Central 8:42
- 3 Bart Bontems, Dul Central
- 4 Al Jones, Grand Rapids
- 5 Wayne Gillesen, Grand Rapids
- 6 Bill Engels, Dul Central
- 7 Jim Meyers, Dul East
- 8 Ray Karkainen, Dul Central

**Notes:** Top two teams (5 runners/team) and first 8 finishers qualified for the State Meet because the Region had seven teams.  
Duluth Central was coached by Charles Banks.