

1962 St. Paul City Region/Conference Meet — Monday, Oct. 22nd at Highland Park, 1.875 miles

Teams:

- 1 Murray 29
 - 2 Central 65
 - 3 Washington 69
 - 4 Harding 138
 - 5 Humboldt 145
 - 6 Johnson 149
 - 7 Wilson 173
 - 8 Monroe 199
- Mechanic Arts (incomplete)

Individuals:

- 1 Ted Granovsky, Murray, 10:03
- 2 Frank Belmares, Humboldt
- 3 Johnny Jackson, Central

Note: The City Meet was also the St. Paul Regional Meet to qualify two teams and the first five finishers for the State Meet.