

Individuals: Tom Poliseno (Little Falls) 15:05; 2. Mike Neiman (Park Rapids) 15:25; 3. Mike Plante (Little Falls) 15:45; 4. Chris Longbella (Staples) 15:48; 5. Bruce Johnson (Park Rapids) 15:54; 6. Gary Walz (Little Falls) 16:07; 7. Mark Justin (Little Falls) 16:11.

Teams: Little Falls 26; 2. Staples 58; 3. Park Rapids 66; 4. Detroit Lakes 107; 5. Wadena 123; 6. Crosby-Ironton 186.

1976 Mid-State
10/17/76 e Staples