

1967 Region 5 Championships at St. Cloud, Sat., June 3, 1967

Teams: St Louis Park 50, Edina 30, St Cloud Tech 27, Bloomington Lincoln 16, Richfield 16, Cooper 13, Minnetonka 9, Foley 8, Robbinsdale 6, Orono 6, Buffalo 6, Golden Valley 4, Bloomington Kennedy 4, Litchfield 4, Murdock 4, Paynesville 4, Willmar 4, Cokato 3, Sauk Rapids 2, New London 2, Kerkhoven 1, Delano 1.

100

1 Bob Timm, Cooper	9.7 *
2 Ron Dachis, SLP	9.8
3 Paul Bearman, SLP	9.8
4 Don Reider, SC Tech	10.4
5 John Herring, SC Tech	10.5

220

1 Paul Bearman, SLP	21.7 **
2 Ron Dachis, SLP	21.9
3 Don Reider, SC Tech	22.5
4 John Herring, SC Tech	22.8
5 Mike Solyst, Kerkhoven	22.9

440

1 Fred Merrill, Orono	52.1
2 Steve Ashley, SLP	52.5
3 Don Wegner, SC Tech	53.2
4 S. Heitke, Paynesville	53.6
5 Dave Duininck, Willmar	53.6

880

1 Pete Watson, SLP	2:01.2
2 Gary Hanson, Edina	2:01.7
3 Brian Lindquist, Minnetonka	2:02.7
4 A. Lewandowski, Foley	2:04.4
5 Greg Bahe, New London	2:05.0

Mile

1 Tom Page, Edina	4:33.4
2 Howard Cook, Kennedy	4:35.7
3 Kirby Knutson, Cooper	4:42.0
4 Joe Skaja, SC Tech	4:50.0
5 Gary Glatzmier, Albany	4:52.9

High Hurdles

1 Glen Snesrud, Lincoln	14.6 **
2 Tom Johanson, SLP	14.8
3 C. Kavanaugh, Murdock	14.8
4 Randy Lindquist, Cokato	15.2
5 Jed Larson, Buffalo	15.3

180 Yd. Low Hurdles

1 Bob Daly, SLP	19.2 **
2 Jeff Luedke, Richfield	19.3
3 Glen Snesrud, Lincoln	19.4
4 Jed Larson, Buffalo	20.2
5 Duane Proell, SC Tech	20.8

880 Relay

1 Robbinsdale	1:33.6
2 St Louis Park	1:33.9
3 Saint Cloud Tech	1:35.9
4 Sauk Rapids	1:39.5
5 Murdock	1:41.3

Mile Relay

1 St Louis Park	3:32.6
2 Minnetonka	3:35.2
3 St Cloud Tech	3:41.3
4 Foley	3:54.5

Shot Put

1 Doug Schindler, Richfield	59-5 $\frac{3}{4}$ **
2 Colin Anderson, Golden Valley	55-2 $\frac{1}{2}$
3 Mark Withrow, Edina	53-0
4 Jeff Paffrath, Willmar	47-9 $\frac{3}{4}$
5 Ken Holker, Monticello	45-5

Discus Throw

1 Rich Shannon, Lincoln	156-3
2 Kurt Schellhas, Edina	145-3 $\frac{1}{2}$
3 Mike Dillner, Edina	143-6
4 S. Heitke, Paynesville	125-1
5 Jeff Paffrath, Willmar	121-1 $\frac{1}{2}$

Broad Jump

1 Duane Proell, SC Tech	21-10 $\frac{3}{4}$
2 Mike Coomes, Foley	21-7 $\frac{3}{4}$
3 Jed Larson, Buffalo	21-4
4 Eric Bauer, Minnetonka	21-2 $\frac{3}{4}$
5 Glen Snesrud, Lincoln	20-10 $\frac{1}{2}$

High Jump

1 Bob Zender, Edina	6-2 $\frac{1}{4}$ **
2 Steve Gilbert, Litchfield	6-0
3 John Tjaden, Edina	5-10
4 Burt Tulikki, Delano	5-8
4 John Beaulieu, SC Tech	5-8
4 Kurt Schellhas, Edina	5-8

Pole Vault

1 Mike Sharratt, Richfield	13-0
2 John Holden, Cooper	12-6
3 Jim Rutz, SLP	12-6
4 M. Anderson, New London	12-0
5 G. Johnson, Cokato	11-6

* Ties Meet Record

** New Meet Record