

1970 Region 8 Championships at Aurora, Friday, May 29, 1970

Teams: Bemidji 42, East Grand Forks 34.5, Ada 33, Roseau 26, Thief River Falls 23.5, Park Rapids 22, McIntosh 21, Fosston 12, Crookston 10, Halstad 6, Mahnomen 5, Hallock 4, Indus 4, Borup 2, Stephen 2, Walker 2, Waubun 2, Warroad 1.

100

- 1 Jim Benson, McIntosh 10.4
- 2 Ruebke, Ada
- 3 Munson, Park Rapids
- 4 Hanson, Bemidji
- 5 Swenson, Thief River Falls

High Hurdles

- 1 Mike McNelly, Fosston 15.4
- 2 Mark Hewitt, Park Rapids
- 3 Olson, Ada
- 4 Habstritt, Roseau
- 5 Knoff, East Grand Forks

Shot Put

- 1 Bob Bell, Park Rapids 49-8 ¼
- 2 Schroeder, East Grand Forks
- 3 Uhilr, Mahnomen
- 4 Gwynn, Roseau
- 5 Bewley, Bemidji

220

- 1 Jim Benson, McIntosh 23.1
- 2 Ruebke, Ada
- 3 M. Hanson, Bemidji
- 4 Knoff, East Grand Forks
- 5 Bell, Park Rapids

180 Yd. Low Hurdles

- 1 Jim Benson, McIntosh 20.4
- 2 Mark Hewitt, Park Rapids
- 3 Knoff, East Grand Forks
- 4 Olson, Ada
- 5 Rice, Bemidji

Discus Throw

- 1 Rod Johnson, Roseau 138-1
- 2 Bob Bell, Park Rapids
- 3 Menzhuber, Crookston
- 4 Bewley, Bemidji
- 5 Kays, Thief River Falls

440

- 1 Corey Jamison, Ada 52.9
- 2 Kiel, Crookston
- 3 B. Wubbels, Bemidji
- 4 Hoven, Borup
- 5 Kuworski, East Grand Forks

880 Relay

- 1 Bemidji (Helberg, Deuterma,
McGarun, Hanson) 1:35.1
- 2 Ada
- 3 East Grand Forks
- 4 Roseau

Long Jump

- 1 Bradley Hanson, Bemidji 20-8 ½
- 2 Ness, Ada
- 3 Jim Benson, McIntosh
- 4 Knoff, East Grand Forks
- 5 Kiel, Crookston

880

- 1 Gary Hadden, East Grand Forks 2:03.1
- 2 Neil Rondorf, Thief River Falls
- 3 Jeff Wubbels, Bemidji
- 4 Nelson, Walker
- 5 Knoll, Stephen

Mile Relay

- 1 Ada (Heirass, Blair, Ness,
Jamison) 3:36.6
- 2 Bemidji
- 3 Thief River Falls
- 4 Roseau

High Jump

- 1 Scott Habstritt, Roseau 6-3 ½ **
- 2 Swick, Thief River Falls
- 2 Mathues, East Grand Forks
- 4 Bjelia, Bemidji
- 5 Kjos, Mahnomen

Mile

- 1 Dave Anderson, Bemidji 4:41.0
- 2 Tom Jerome, Hallock
- 3 Murphy, Thief River Falls
- 4 Peterson, Crookston
- 5 Marvin, Warroad

Sprint Medley (New Event)

- 1 Halstad (Williams, Vandermeer,
Kruse, Satram) 3:50.4
- 2 Thief River Falls
- 3 Bemidji
- 4 Roseau

Pole Vault

- 1 Clayton Johnson, East Grand Frks 11-6
- 2 Howe, Indus
- 3 Thompson, East Grand Forks
- 4 Nelson, Roseau
- 5 Hendrickson, Mahnomen

Two Mile (New Event)

- 1 Jeff Larson, Roseau 10:09.8 **
- 2 Fowlds, Fosston
- 3 Royce Kingbird, Bemidji 10:50.7
- 4 Keough, Waubun
- 5 Reiersen, Thief River Falls

* Ties Meet Record
** New Meet Record

Notes: