

1975 Region H-AA - May 29th

Teams: Rosemount 106, South St. Paul 81, White Bear Lake 74, Park-Cottage Grove 64, Burnsville 51, St. Paul Central 34, Ramsey 26, Forest Lake 22, St. Paul Harding 18, Hastings 16, Tartan 2.

Shot Put

- 1 Gary Anderson, P-CG 52-3
- 2 Don Lohmann, Hast 50-4

2 Mile

- 1 Tom Pinger, Burnsv 9:35.4
- 2 Dave Johansen, WBL 10:01.3

Sprint Medley

- 1 White Bear Lake 3:38.2

120 High Hurdles

- 1 Tom Tiedman, SSP 14.9
- 2 Tom Boser, SSP 15.3

100

- 1 Brian Stransky, Rosem 10.1
- 2 Kerry Ober, Burnsv 10.2

Mile

- 1 Dave Rowe, WBL 4:25.9
- 2 Jim Richard, Ramsey 4:29.2

880 Relay

- 1 Rosemount 1:30.8

440

- 1 Cicero McGee, SPCent 49.7
- 2 Bruce Carter, Burnsv 50.5

180 Low Hurdles

- 1 Tom Tiedman, SSP 19.9
- 2 Bill Prairie, Rosem 20.0

Notes:

880

- 1 Steve Petrie, Harding 1:57.3
- 2 Mark Strand, FL 1:59.4

220

- 1 Cicero McGee, SPCent 22.3
- 2 Brian Stransky, Rosem 22.7

Discus

- 1 Doug Dietz, WBL 153-5
- 2 Kee Sparks, P-CG 150-11

Long Jump

- 1 Bill Prairie, Rosem 20-11.5
- 2 Bruce Trom, Rosem 20-4

Mile Relay

- 1 Park-CG 3:28.8

Pole Vault

- 1 Scott Emkovik, SSP 13-0
- 2 Tom Roan, P-CG 12-6

High Jump

- 1 Randy Swanson, Rosem 6-0
- 2 Don McConnell, FL 6-0