

---

Individuals: Ralph Norton (Sauk Centre) 14:36; 2. Bruce Conrad (Rocori) 15:08; 3. Randy Kulzer (Melrose) 15:20; 4. Lawrence Norton (Sauk Centre) 15:21; 5. John Masamann (Rocori) 15:24; 6. Rick Hippert (Glenwood) 15:28; 7. Neil Witikko (Glenwood) 15:30; 8. Tim Warner (Paynesville) 15:33; 9. Blaze Zenner (Rocori) 15:46; 10. Steve Meyer (Melrose); 49 runners.

Teams: Sauk Centre 47; 2. Rocori 47; 3. Glenwood 84; 4. Paynesville 120; 5. Long Prairie 125; 6. Melrose 127; 7. Albany 138.

*Central Conference*

*10/15/1976 - Sauk Centre*