**1974 Region 1, Class A, Track & Field Championships (at Albert Lea)**

**Teams:** Waseca 52, Northfield 50, Southland 34, Lake City 31, Stewartville 22, La Crescent 19, Blooming Prairie 18,

Cannon Falls 17, Caledonia 12

**100**

1. Sheedy, Blooming Prairie 10.3\*\*

2. Nelson, Southland 10.5

3. Bailey, Northfield 10.5

4. Paul Harlos, La Crescent 10.5

5. Tom Grote, Cannon Falls 10.7

**220**

1. Paul Harlos, La Crescent 23.0\*\*

2. Sheedy, Blooming Prairie 23.4

3. Grote, Cannon Falls 23.4

4. Rapp, Cannon Falls 23.8

5. Cashman, Blooming Prairie 24.0

**440**

1. Steve Schmidt, Northfield 51.0

2. Pazera, Waseca 52.0

3. Rapp, Cannon Falls 53.2

4. Blaird Roberson, Lake City 53.9

5. Hanson, Waseca 54.3

**880**

1. Mike Kennedy, Lake City 2:01.6\*\*

2. Arnie Fauske, Southland 2:01.7

3. Moyer, Lake City 2:02.4

4. Hoehn, Waseca 2:05.8

5. Wyzgronowitz, Waseca 2:06.7

**Mile**

1. Jon Sybilrud, Waseca 4:33.6\*\*

2. Miller, Waesca 4:39.3

3. Holtzberg, Blooming Prairie 4:41.4

4. Gross, Northfield 4:48.0

5. Miller, Cannon Falls 4:53.1

**2 Mile**

1. Ray Serres. La Crescent 10:13.8 \*\*

2. Dan Peters, Lake City 10:15.8

3. Shane, Southland 10:24.8  
4. McGuire, Waseca 10:32.9

5. Sweat, Northfield 10:34.0

**120 High Hurdles**

1. Mark Schroeder, Caledonia 15.3\*\*

2. Cunningham, Waseca 15.6  
3. Bergene, Southland 15.7  
4. Johnson, Stewartville 16.4

5. Grob, Northfield 16.8

**180 Low Hurdles**

1. Mark Schroeder, Caledonia 20.5\*\*

2. Cunningham, Waseca 20.5  
3. Brown, Waseca 21.2  
4. Brown, Southland 21.5

5. Sweat, Northfield 21.8

**880 Relay**

1. Northfield (Bailey, Vinje,

Koehler, Lamberty) 1:33.2 \*\*  
2. Southland 1:33.4  
3. Blooming Prairie 1:34.6

4. Waseca 1:38.0  
5. La Crescent 1:39.0

**Sprint Medley Relay**

1. Waseca (Brown, Pazera,

Arveson, Sybilrud) 3:42.0\*\*  
2. Northfield 3:42.3  
3. Southland 3:49.9  
4. Lake City 3:51.7  
5. Cannon Falls 3:58.9

**Mile Relay**

1. Northfield (Lamberty, Vinje,

Koehler, Schmidt) 3:31.5

2. Southland 3:35.3  
3. Stewartville 3:46.8  
4. Lake City 3:38.4

5. La Crescent & Waseca 3:41.5

**Pole Vault**

1. Tom Elias, Cannon Falls 12-0  
2. Wilt, Northfield 11-6  
3. Miller, Waseca 11-6  
4. Carel, Northfield 11-0

5. Splittstoesser, Stewartville 10-0

**Long Jump**

1. Arneson, Waseca 19-11.25  
2. Paul Harlos, La Crescent 19-10.25

3. Monson, Southland 19-5  
4. King, Stewartville 19-1.25  
5. Cashman, Blooming Prairie 18-11.25

**Shot Put**

1. Tom Lofgren, Stewartville 49-2.5  
2. Guy Holmes, Lake City 47-1.75

3. Laibenstein, Northfield 44-6.75  
4. Schnolbe, Northfield 43-11

5. Miller, Waseca 43-5.75

**Discus**

1. Guy Holmes, Lake City 141-4

2. Matt Warren, Stewartville 139-10

3. Durbahn, Stewartville 136-10  
4. Cunningham, Waseca 136-5  
5. Peters, Waseca 131-0

**High Jump**

1. Tom Nystuen,Northfield 6-4\*\*  
2. Hill, Northfield 6-0  
3. Chapek, Southland 5-10  
4. Dunbar, Lake City 5-10  
5. Sherman, Southland 5-8

\*\* Meet Record