

1974 Region H – Class AA at Macalester College– Wednesday, May 29th

Team: White Bear Lake 70, St. Paul Park 35, South St. Paul 33.5, Rosemount 25, Burnsville 24, St. Paul Central 18, Hastings 17, St. Paul Harding 15, Alexander Ramey 13, Forest Lake 5.5.

High Hurdles

- 2 Steve Birkeland, WB 15.1
- 4 Galen Close, WB 15.3
- 5 Tom Wolner, Rosem 15.8

100

- 1 Dave Dufresne, WB 10.3

Mile

- 1 Dave Rowe, WB 4:35.7

880 Relay

- 1 White Bear Lake 1:32.0 (Dufresne, Juba, Olson, Tweedale)
- 2 Rosemount 1:34.1

440

Low Hurdles

- 1 Steve Birkeland, WB 20.6

880

- 1
- 2 Juba, WB 1:58.5

Sprint Medley

- 1 Ramsey 3:40.5
- 2 White Bear Lake 3:40.5

220

- 1 Tweedale, WB 23.0
- 4 Bob Ryan, Rosem

Two Mile Run

- 1
- 2
- 3 Scott Slocum, WB 9:42.5

Mile Relay

- 1
- 2 White Bear 3:26.4
- 3
- 4
- 5 Rosemount

Shot Put

- 1
- 2
- 3 Don Ledel, Rosem
- Mark Jensen, WB (half inch out of 2nd)

Discus

- 1 Doug Dietz, WB 145-0
- 5 Don Ledel, Rosem

Long Jump

- 2 Bob Erler, Rosem

High Jump

- 1 Jim Prokop, WB 6-0
- 2 Randy Swanson, Rosem
- 3 Dan Pruter, Rosem

Notes: White Bear Lake was coached by Ron Sass.