

Knights of Columbus – 2025 Regional Free Throw Competition

Region 1 *

Districts 21, 22, 23, 24

Luverne High School (Classic Gym), 709 N. Kniss Ave, Luverne, MN 56156

Date: Sunday, March 2, 2025

Registration: 1:00 pm

Competition: 1:30 pm

Contact: Michael P Smith

mpsmitty@hotmail.com

Region 2 *

Districts 25, 26, 33, 36

New Ulm Cathedral, 600 N Washington Street, New Ulm, MN 56073

Date: Sunday, March 2, 2025

Registration: 12:30 p.m.

Competition: 1:00 p.m.

Contact: Mario Desouza

Phone: (507) 359-1758

desouzamario@hotmail.com

Region 3 *

Districts 27, 28, 29, 30, 31, 32

Date: Sunday, March 2, 2025

Location: St. Francis Catholic School, 318 11th Avenue SE, Rochester, MN 55904

Registration: 2:00 pm

Competition: 3:00 pm

Contact: Jeff Bagniewski

Phone: (507) 884-1521

jeffslittlestore@gmail.com

Region 4

Districts 17, 18, 19, 20, 38

Location: Redwood Area Community Center, 901 E. Cook Street, Redwood Falls, MN 56283

Date: Sunday, March 16, 2025

Registration: 1:00 p.m.

Competition: 1:30 p.m.

Contact: Curt Timmerman

Phone: (507) 828-2871

cat.timmerman@gmail.com

Each district is being asked to send at least two volunteers to help out at the regional contests.

Knights of Columbus – 2025 Regional Free Throw Competition

Region 5 *

Districts 8, 9, 10, 11, 60, 61

East Grand Forks Sacred Heart High School Gym 122 3rd St NW, East Grand Forks, MN 56721

Date: Sunday, March 2, 2025

Registration: 11:30 am

Competition: 12:00 pm

Contact: Donald Cavalier

Cell phone: (218) 289-1776

dcavalier598@gmail.com

Region 6 *

Districts 12, 13, 14, 15, 16, 62

Sauk Centre High School – multi-purpose gym

Date: Sunday, March 9, 2025

Registration: 12:30 p.m.

Competition: 1:00 p.m.

Contact: Kevin Herickhoff

Phone: (320) 333-6338

kevin_herickhoff@hotmail.com

Region 7

Districts 1, 2, 40, 41, 42

Aitkin High School – entry will be the north doors

Date: Sunday, February 23, 2025

Registration: 12:30 p.m.

Competition: 1:00 p.m.

Contact: Steven Freese

Phone: (218) 330-3147

stevenfreese18@yahoo.com

Region 8

Districts 3, 4, 5, 6, 7

St. Joseph's School – attached to the church, 315 SW 21st Street, Grand Rapids, MN

Date: Sunday, March 9, 2025

Registration: 1:00 p.m.

Competition: 1:30 p.m.

Contact: Daryl Arola

Phone: (218) 398-7571

dcarola@paulbunyan.net

Each district is being asked to send at least two volunteers to help out at the regional contests.

Knights of Columbus – 2025 Regional Free Throw Competition

Region 9

Districts 39, 43, 44, 45, 46

Location: St. Michael Catholic Church, 11300 Frankfort Pkwy NE, St. Michael, MN (new gym)

Date: Sunday, March 9, 2025

Registration: 2:00 p.m.

Competition: 2:30 p.m.

Contact: Steve Sustacek

Phone: (612) 578-4876

stevesustacek@yahoo.com

Region 10 *

Districts 35, 37, 47, 48, 49

St. Joseph's Stemm school gym, 41 East 1st St., Waconia, MN 55387
(across the street from the church)

Date: Sunday March 2, 2025

Registration: 3:30 pm

Competition: 4:00 pm

Contact: Chuck Walerius

Phone: (952)270-4706

cwalerius60@gmail.com

Region 11 *

Districts 51, 52, 53, 54, 58, 59

St. Vincent de Paul School - 9100 93 Ave N Brooklyn Park, MN

Date: Saturday, February 22, 2025

Registration: 7:30 a.m.

Competition: 9:00 a.m.

Contact: Kevin Ahlers

Phone: (612) 961-2091

kaahlers@comcast.net

Region 12 *

Districts 34, 50, 55, 56, 57, 63, 64

Transfiguration School Gym, 6133 15th Street North, Oakdale, MN

Date: Sunday, February 16, 2025

Registration: 12:00 p.m.

Competition: 12:30 p.m.

Contact: Michael Hughes

Phone: (651) 403-3729

michaelw.hughes35@gmail.com

Each district is being asked to send at least two volunteers to help out at the regional contests.