

Team Scoring

Central 168, Simpson 155, Luther 134, Loras 122, Wartburg 84, Buena Vista 49, Upper Iowa 12, William Penn 8, Dubuque 5.

Field Events

Discus: 1, Craig Slocum, Luther, 145-11. 2, Kevin Sanger, Central, 141-9. 3, Paul Crocker, Simpson, 134-5. 4, John Balong, Loras, 133-1. 5, Dan Dierking, Simpson, 130-11. 6, Tim Jensen, Buena Vista, 124-5.

Shot put: Craig Slocum, Luther, 48-8. 2, Kevin Sanger, 46-1/2. 3, P.J. Holbach, Wartburg, 45-0. 4, Scott Feuerbach, Dubuque, 44-11 1/2. 5, Mike Luebbens, Wartburg, 44-9 1/4.

High jump: 1, Craig Cantrall, Central, 6-10 1/2 (record, old mark 6-9 1/4, Scott Smart, Central, 1982). 2, Ken Fox, Buena Vista, 6-7 3/4. 3, Rick Burke, Luther, 6-5 3/4. 4, Gary Arends, Wartburg, 6-5 1/4. 5, Jason Essman, Upper Iowa, 6-5 1/4. 6, Eric Pingel, Central, 6-5 1/4.

Pole vault: 1, Colin Morrisroe, Loras, 13-9. 2, Mark Phalen, Loras, 13-3. 3, Chris DeGrassi, Loras, 12-9. 4, Mike Dietz, Luther, 12-3. 5, Greg Hoing, Buena Vista, 12-3. 6, Monty Anderson, Buena Vista, 10-3.

Triple jump: 1, Brian Taylor, Loras, 46-3 1/2. 2, Pete Olson, Luther, 44-1/4. 3, Corey Hopkins, Luther, 43-8 3/4. 4, Maury Zuber, Simpson, 43-1/4. 5, Craig Conti, Wartburg, 42-0.

Javelin: 1, Mike Wilson, Buena Vista, 193-6. 2, Jim Hollen, Luther, 186-11. 3, Chris Laufenberg, Central, 182-4. 4, Mike Schmidt, Wartburg, 174-5. 5, Matt Dzarnowski, Loras, 171-1. 6, Greg Hoing, Buena Vista, 161-10.

Long jump: 1, Corey Hopkins, Luther, 21-5. 2, Maury Zuber, Central, 21-5. 3, John Zimmerman, Luther, 21-4 1/2. 4, Wouter Hertzberger, Simpson, 21-3 3/4. 5, Marty Wieck, Simpson, 21-2 3/4. 6, Eric Pingel, Simpson, 21-3 1/4.

Individual Running

10,000: 1, Gary Heppner, Loras, 32:26.49. 2, Todd Houge, Wartburg, 32:50.01. 3, Todd Christensen, Central, 33:16.36. 4, Greg Hughes, Luther, 33:32.64. 5, Mike McGrane, Loras, 33:42.25.

800: 1, Scott Barth, Central, 1:56.24. 2, Kevin Hackerl, Central, 1:56.26. 3, Gary Hellers, Loras, 1:56.60. 4, Jeff McGrath, Loras, 1:56.76. 5, Chris Shockey, Luther, 1:59.68.

400 hurdles: 1, Mike Furness, Central, 55.07. 2, Darren Dirksen, Central, 55.24. 3, Mike Godbout, Simpson, 56.16. 4, Mike Bachus, Wartburg, 56.53. 5, Tom Hart, Luther, 56.7.

200: 1, Mike Kelly, Simpson, 21.86. 2, Damon Youmans, Simpson, 22.49. 3, Mark Wenzel, Simpson, 22.52. 4, Justin Helmers, Luther, 22.58. 5, Andre Clemmer, William Penn, 22.59. 6, Eric Pingel, Central, 22.95.

5,000: 1, Dave Heppner, Loras, 15:21.67. 2, Todd Houge, Wartburg, 15:43.54. 3, Todd Christensen, Central, 15:50.21. 4, Mark Franklin, Luther, 15:54.71. 5, Steve Fairbairn, Simpson, 15:56.23.

3,000 steeplechase: 1, Brad Thompson, Wartburg, 9:34.68. 2, Ron Cox, Central, 9:42.54. 3, Jason Grubb, Buena Vista, 9:44.45. 4, Mike Foley, Loras, 10:04.43. 5, Scott Welter, Luther, 10:10.33.

100: 1, Jeff Wallerich, Central, 11.25. 2, Dave Mattes, Buena Vista, 11.31. 3, Jon Naughton, Loras, 11.33. 4, Damon Youmans, Simpson, 11.34. 5, Corey Hopkins, Luther, 11.37.

400: 1, Mike Kelly, Simpson, 48.33 (record, old mark, 49.09, Kelly, 1990). 2, Mike Naslund, Luther, 48.47. 3, Les McCracken, 49.57. 4, Mark Wenzel, Simpson, 49.57. 5, Andre Clemmer, William Penn, 49.69.

110 high hurdles: 1, Mike Godbout, Simpson, 14.60. 2, John Hintz, Wartburg, 14.77. 3, Mike Furness, Central, 14.78. 4, Brian Stewart, Central, 15.63. 5, Pete Olson, Luther, 15.96.

1,500: 1, Dave Heppner, Loras, 4:01.46. 2, Tim Shea, 4:01.47. 3, Todd Christensen, Central, 4:01.97. 4, Steve Fairbairn, Simpson, 4:02.15. 5, Eric Goers, Luther, 4:05.30.

Relays

4x100: Simpson (Mike Godbout, Damon Youmans, Mike Kelly, Wouter Hertzberger) 42.55. 2, Central, 43.19. 3, Wartburg, 43.51. 4, Luther, 43.62. 5, Loras, 43.87. 6, Buena Vista, 44.18.

4x400: 1, Simpson (Merek Wensel, Lonnie Balmer, Reggie Drake, Mike Kelly) 3:19.01. 2, Central, 3:19.76. 3, Loras, 3:22.60. 4, Luther, 3:23.11. 5, Wartburg, 3:26.14. 6, Buena Vista, 3:26.35.

Simpson 229, Wartburg 136, Luther 126, Central 117, Buena Vista 40, Loras 35, Upper Iowa 15, William Penn 0.

Field Events

Discus: 1, Julie Fortin, Central, 123-7. 2, Shelly Hammond, Wartburg, 120-5. 3, Jane Deike, Wartburg, 119-6. 4, Jennie Jacobs, Luther, 111-0. 5, Diana Westphal, Luther, 105-7.

Long jump: 1, Barb Buckwalter, Buena Vista, 17-6 1/2. 2, Kelli Sheda, Simpson, 17-6 1/2. 3, Jayna Blom, Central, 17-1 1/2. 4, Missy Mellecker, 17-1 1/2. 5, Kim Folkerts, Wartburg, 16-8.

High jump: 1, Kris Bouman, Wartburg, 5-5 1/4. 2, Lynette Vogt, Simpson, 5-5 1/4. 3, Barb Wagamon, Luther, 5-1 1/4. 4, Sue Chapman, Wartburg, 5-1 1/4. 5, Julie Evers, Buena Vista, 5-1 1/4.

Shot put: 1, Julie Fortin, Central, 39-1 1/2. 2, Tina Gehringer, Central, 37-8. 3, Maureen Silberstein, Luther, 36-0. 4, Shelley Hammond, Wartburg, 35-9 1/2. 5, Jane Deike, Wartburg, 33-10.

Triple jump: 1, Kelly Graham, Luther, 35-6 1/4. 2, Michelle Cutler, Simpson, 35-0. 3, Missy Mellecker, Simpson, 34-1 1/4. 4, Kim Folkerts, Wartburg, 33-11 1/2. 5, Jayna Blom, Central, 33-9.

Javelin: 1, Kristin Tondra, Luther, 122-3. 2, Tina Gehringer, Central, 109-3 1/2. 3, Missy Mellecker, Simpson, 107-0. 4, Michelle Cutler, Simpson, 104-11. 5, Kris Doll, Central, 101-8 1/2. 7, Ann Jennett, Buena Vista, 97-9.

Individual Running

5,000: 1, Chris Wickering, Simpson, 18:13.04 (record, old mark 18:26.09, Sarah Cross, Simpson, 1990). 2, Teresa Newcomb, Central, 18:35.64. 3, Laura Max, Wartburg, 19:02.66. 4, Tonya Streinz, Loras, 19:11.63. 5, Lara Giacomini, Simpson, 19:19.13.

1,500: 1, Tina Atchley, Simpson, 4:41.34 (record, old mark 4:43.54, Liz Rogers, Wartburg, 1983). 2, Sonja Heeler, Luther, 4:49.98. 3, Debbie Ford, Simpson, 4:52.39. 4, Marci Dittman, Loras, 4:55.96. 5, Bridget Carney, Wartburg, 4:56.87.

100 hurdles: 1, Sue Chapman, Wartburg, 15.34. 2, Michelle Cutler, Simpson, 15.69. 3, Missy Mellecker, Simpson, 16.05. 4, Theresa Weaver, Luther, 16.37. 5, Angie Weber, Simpson, 16.47.

400: 1, Kelli Sheda, Simpson, 58.37. 2, Jill Freed-Japenga, Luther, 59.01. 3, Michelle Van Sheld, Upper Iowa, 59.44. 4, Carrie Panther, Central, 59.54. 5, Maureen Sullivan, Simpson, 59.59.

100: 1, Audrey Everson, Simpson, 12.89. 2, Angie Heilman, Wartburg, 13.05. 3, Jayna Blom, Central, 13.14. 4, Ann Pederson, Luther, 13.18. 5, Barb Buckwalter, Buena Vista, 13.19. 6, Julie Evers, Buena Vista, 13.51.

800: 1, Tina Atchley, Simpson, 2:17.74. 2, Debbi Ford, Simpson, 2:19.76. 3, Sonja Heeler, Luther, 2:21.75. 4, Michelle Van Sickle, Upper Iowa, 2:22.99. 5, Rachelle Fee, Simpson, 2:23.98.

10,000: 1, Chris Wickering, Simpson, 38:50.8. 2, Teresa Newcomb, Central, 39:32.26. 3, Laura Max, Wartburg, 40:20.41. 4, Lara Giacomini, Simpson, 40:26.07. 5, Tonya Streintz, Loras, 40:36.89.

400 hurdles: 1, Audrey Everson, Simpson, 1:02.81 (record, old mark 1:03.44, Desiree Orwig, William Penn, 1987). 2, Barb Buckwalter, Buena Vista, 1:04.84. 3, Angie Heilman, Wartburg, 1:05.36. 4, Lisa Simpson, Simpson, 1:05.93. 5, Theresa Weaver, Luther, 1:08.40.

200: 1, Audrey Everson, Simpson, 25.91. 2, Jill Freed-Japenga, Luther, 26.20. 3, Kelli Sheda, Simpson, 26.38. 4, Kim Folkerts, Wartburg, 26.52. 5, Jayna Blom, Central, 26.84. 6, Barb Buckwalter, Buena Vista, 28.53.

3,000: 1, Tina Atchley, Simpson, 10:23.47 (record, old mark 10:32.84, Linda Swenson, Luther, 1984). 2, Marci Dittman, Loras, 10:48.11. 3, Bridget Carney, Wartburg, 10:48.94. 4, Teresa Newcomb, Central, 10:58.19. 5, Laura Garton, Wartburg, 11:07.26.

Relays

4x100: 1, Luther (Liz Fredricksen, Pam Pederson, Cindy Mausser, Jill Freed-Japenga) 50.31. 2, Simpson, 50.4. 3, Central, 51.09. 4, Buena Vista, 52.49. 5, Loras 53.56.

4x400: 1, Simpson (Audrey Everson, Kelli Sheda, Maureen Sullivan, Lisa Simpson) 3:59.24. 2, Wartburg, 4:02.94. 3, Luther, 4:04.09. 4, Central, 4:15.44. 5, Loras, 4:15.56. 6, Buena Vista, 4:25.82.