

IOWA CONFERENCE MEET (At Indianola)

Team totals — 1. Simpson 193; 2. Luther 186; 3. Wartburg 136; 4. Central 74; 5. Loras 50; 6. Buena Vista 33; 7. Upper Iowa 7; 8. William Penn 1.

Shot put — 1. Maureen Silberstein (Luther), 41-5¼; 2. Tina Gehringer (C), 39-7½; 3. Jane Deike (Wart), 39-3¼;

Long jump — 1. Kelli Sheda (Simp), 18-1½; 2. Jayna Blom (C), 17-8¾; 3. Missy Mellecker (Simp), 17-5¼;

Javelin — 1. Gehringer (C), 118-4; 2. Michelle Cutler (Simp), 113-10; 3. Silberstein (Luther), 107-6;

Discus — 1. Deike (Wart), 139-11½; 2. Shelley Hammond (Wart), 129-8¼; 3. Jennie Jacobs (Luther), 129-7¼;

Triple jump — 1. Cutler (Simp), 36-3½; 2. Holly Zenker (Luther), 35-8¾; 3. Kelly Graham (Luther), 35-5¾;

High jump — 1. Lynette Vogt (Simp), 5-7 (conf. record); 2. Kris Bouman (Wart), 5-5; 3. Julie Evers (BV), 5-3.

10,000-meter run — 1. Chris Wickerling (Simp), 40:56.30; 2. Shannon Timmons (Wart), 41:17.98; 3. Laura Max (Wart), 41:46.30;

5,000 — 1. Robyn Olson (Wart), 18:36.26; 2. Wickerling (Simp), 18:38.35; 3. Timmons (Wart), 18:56.99;

400 relay — 1. Simpson, 50.45; 2. Central, 51.60; 3. Luther, 51.66;

1,500 — 1. Paula Sand (Luther), 4:55.51; 2. Bridget Carney (Wart), 4:57.24; 3. Laura Carton (Wart), 4:58.25;

100 hurdles — 1. Cutler (Simp), 15.08; 2. Missy Mellecker (Simp), 15.76; 3. Teresa Weaver (Luther), 16.06.

400 — 1. Sheda (Simp), 58.08; 2. Jill Japenga (Luther), 58.67; 3. Anne Oltman (Wart), 59.93;

100 — 1. Zenker (Luther), 12.61; 2. Blom (C), 12.91; 3. Pam Pederson (Luther), 12.99;

800 — 1. Debbi Ford (Simp), 2:23.15; 2. Teresa McGovern (C), 2:23.55; 3. Sand (Luther), 2:25.62;

400 low hurdles — 1. Michelle Van Sickle (UI), 1:06.88; 2. Heidi Pote (Luther), 1:07.46; 3. Carrie Schroeder (Simp), 1:08.58;

200 — 1. Sheda (Simp), 26.21; 2. Japenga (Luther), 26.34; 3. Zenker (Luther), 26.63;

3,000 — 1. Olson (Wart), 10:31.36; 2. Wickerling (Simp), 10:49.18; 3. Carney (Wart), 10:58.09;

1,600 relay — 1. Simpson, 4:06.68; 2. Luther 4:10.05; 3. Wartburg, 4:13.58.

Team totals — 1. Central 174; 2. Simpson 154½; 3. Loras 131; 4. Luther 113; 5. Wartburg 73; 6. Buena Vista 44; 7. Upper Iowa 27½; 8. Dubuque 18; 9. William Penn 2.

Shot put — 1. John DeLong (Loras), 46-10¼; 2. Craig Slocum (Luther), 46-6¾; 3. Kevin Sanger (C), 46-2¼;

High jump — 1. Craig Cantrall (C), 7-¾ (conf. record); 2. Rick Burke (Luther), 6-10½;

3. Gary Arends (Wart), 6-9; **Discus** — 1. Slocum (Luther), 152-10; 2. DeLong (Loras), 147-5½; 3. Dave Dierking (S), 139-2¼;

Javelin — 1. Mike Wilson (BV), 212-4 (conf. record); 2. Jim Holien (Luther), 203-1½; 3. Ben Lindaman (G), 181-6;

Pole vault — 1. Nate Harbin (Loras), 13-6; 2. Mark Phalen (Loras), 13-0; 3. Mike Dietz (Luther), 12-6;

Triple jump — 1. James Paul (Loras), 45-2¼; 2. Doug Delaherty (Luther), 44-4¼; 3. Cantrall (C), 44-1½;

Long jump — 1. Eric Pingel (C), 22-5¼; 2. Joe Cunningham (S), 22-0; 3. Corey Hopkins (Luther), 21-6¾.

1,000 — 1. Dave Heppner (Loras), 32:39.23; 2. Todd Houge (Wart), 33:47.08; 3. Mike McGrane (Loras), 33:52.81;

400 relay — 1. Simpson, 43.23; 2. Wartburg, 43.49; 3. Buena Vista, 45.09;

3,000 steeplechase — 1. Jason Grubb (BV), 9:38.9; 2. Ron Cox (C), 9:46.9; 3. Niles Anderson (Luther), 9:57.9;

1,500 — 1. Heppner (Loras), 4:02.84; 2. Lars Anderson (Luther), 4:06.27; 3. Chris Shockey (Luther), 4:06.43;

110 high hurdles — 1. Mike Furness (C), 15.12; 2. John Hintz (Wart), 15.15; 3. Brian Stewart (C), 15.34.

400 — 1. Marek Wensel (Simp), 49.33; 2. Lonnie Balmer (Simp), 49.96; 3. John Kasper (UI), 49.98;

100 — 1. Brian Farrel (Wart), 11.04; 2. Damon Youmans (Simp), 11.17; 3. Bob Raleigh (Dub), 11.18;

800 — 1. Scott Barth (C), 1:56.66; 2. Nate Smith (C), 1:57.29; 3. Dave Miller (Wart), 1:57.51;

400 low hurdles — 1. Furness (C), 55.14; 2. Hal Lunsford (Simp), 55.39; 3. Todd Forrett (Simp), 55.79;

200 — 1. Farrel (Wart), 22.18; 2. Youmans (Simp), 22.36; 3. Jon Naughton (Loras), 22.41;

5,000 — 1. Heppner (Loras), 15:36.36; 2. Chris Daigh (Simp), 16:03.34; 3. Mike McGrane (Loras), 16:06.45;

1,600 relay — 1. Simpson, 3:20.68; 2. Wartburg, 3:22.79; 3. Central, 3:23.50.