

Team scoring: Central 192, Simpson 131, Loras 120, Luther 103, Wartburg 95, Buena Vista 62, Upper Iowa 15, William Penn 10, Dubuque 9.

Field Events

Discus: 1, John Balong, Loras, 154-9; 2, Kevin Sanger, Central, 145-3; 3, Patt Hanniford, Loras, 143-11.

Long jump: 1, Steve Brand, Central, 22-6½; 2, Joe Cunningham, Simpson, 22-5; 3, J.J. Rochford, Wartburg, 22-5.

Javelin: 1, Jim Holien, Luther, 216-10 (record); 2, Ben Lindaman, Central, 186-5; 3, Jeff Etter, Buena Vista, 173-5; 5, Ben Ketelaar, Buena Vista.

High jump: 1, Craig Cantrall, Central, 6-11½; 2, Don Wolf, Buena Vista, 6-10¼; 3, Gary Arends, Wartburg, 6-7.

Shot put: 1, John Balong, Loras, 52-5½; 2, Kevin Sanger, 46-7¼; 3, Scott Shaw, Simpson, 46-3¼. Triple jump: 1, J.J. Rochford, Wartburg, 44-11; 2, Peter Olson, Luther, 44-1½; 3, James Paul, Loras, 43-8½.

Pole vault: 1, Nate Harbin, Loras, 14-7; 2, Mark Phalen, Loras, 13-6; 3, Phil Norris, Loras, 12-0; 4, Darrin Dietz, Buena Vista, 12-0.

Individual Running

5,000: 1, Arthur Reilly, Loras, 15:53.47; 2, Greg Kranzusch, Loras, 15:57.56; 3, Tony Stutzman, Simpson, 16:07.1.

400: 1, Les McCracken, Central, 49.30; 2, Dan Zimmerman, Central, 49.71; 3, Lonny Balmer, Simpson, 50.04; 4, Henry Johnson, Buena Vista, 50.24.

100: 1, Damon Youman, Simpson, 10.85; 2, Corey Carrell, Simpson, 10.93; 3, Brian Dunlap, Central, 11.05.

1,500: 1, Chris Shockey, Luther, 4:12.87; 2, Nate Smith, Central, 4:12.78; 3, Arthur Reilly, Loras, 4:14.53.

110 highs: 1, Brian Stewart, Central, 14.84; 2, Ben Lindaman, Central, 15.00; 3, Brian Hatlevig, Luther, 15.23; 5, Josh Rasmussen, Buena Vista, 15.57.

200: 1, Damon Youmans, Simpson, 22.32; 2, Les McCracken, Central, 22.66; 3, Corey Carrell, Simpson, 22.75.

800: 1, Nate Smith, Central, 1:57.64; 2, Josh Waters, Wartburg, 1:58.52; 3, Chris Shockey, Luther, 1:58.52.

400 intermediate hurdles: 1, Mike Gruver, Central, 55.64; 2, Todd Forest, Simpson, 56.07; 3, Chris Kucker, Buena Vista, 57.09.

3,000 steeplechase: 1, Neils Anderson, Luther, 10:03.25; 2, Tony Garcia, Simpson, 10:08.15; 3, Steve Brown, Simpson, 10:13.53.

Relays

4x400: 1, Central, 3:25.06; 2, Buena Vista, 3:26.83; 3, Simpson, 3:27.44.

4x100: 1, Simpson, 42.73; 2, Central, 43.18; 3, Wartburg, 44.42; 4, Buena Vista, 44.72.

Team scoring: Wartburg 195, Luther 151, Simpson 139½, Central 81½, Loras 63, Buena Vista 42, Upper Iowa 17, Dubuque 8, William Penn 0.

Field Events

Javelin: 1, Becky Clarke, Loras, 123-0; 2, Maureen Silberstein, Luther, 109-9; 3, Andrea Brinton, Luther, 103-7.

Discus: 1, Shelley Hammond, Wartburg, 140-7; 2, Jennie Jacobs, Luther, 128-4; 3, Becky Partington, Luther, 121-7.

Long jump: 1, Kellie Sheda, Simpson, 19-4¼ (record); 2, Jayna Blom, Central, 17-7½; 3, Charity Halupnik, Simpson, 16-9½.

High jump: 1, Barb Wagman, Luther, 5-3; 2, Angie Putrah, Central, 5-3; 3, Kris Bouman, Wartburg, 5-1.

Shot put: 1, Wendy Ahrendsen, Wartburg, 40-7; 2, Maureen Silberstein, Luther, 39-4¼; 3, Shelly Hammond, Wartburg, 39-2½.

Triple jump: 1, Holly Zenker, Luther, 37-0¼; 2, Carrie Schroeder, Simpson, 35-4¼; 3, Lea Lucas, Wartburg, 33-6½.

Individual Running

3,000: 1, Robyn Olson, Wartburg, 10:43.64; 2, Jody Larsen, Buena Vista, 10:58.58; 3, Laura Garton, Wartburg, 11:04.69; 4, Jenny Clark, Buena Vista, 11:09.49.

100 hurdles: 1, Eva Bares, Loras, 15.65; 2, Angie Weaver, Simpson, 15.77; 3, Amy Meyer, Dubuque, 15.96.

200: 1, Kelli Sheda, Simpson, 25.88; 2, Pam Pederson, Luther, 26.81; 3, Jayna Blom, Central, 27.08.

800: 1, Lea Lucas, Wartburg, 2:22.47; 3, Teresa McGovern, Central, 2:23.97; 3, Ester Dubec, Wartburg, 2:24.3; 4, Erin Tracy, Buena Vista, 2:27.6.

400 hurdles: 1, Carrie Schroeder, Simpson, 1:06.96; 2, Cindy Jennings, Luther, 1:07.0; 3, Heather Bassett, Luther, 1:09.22.

1,500: 1, Bridget Carney, Wartburg, 5:08.45; 2, Esther Dubec, Wartburg, 5:08.56; 3, Michelle Schmidt, Central, 5:10.23; 4, Jody Larsen, Buena Vista, 5:11.8.

100: 1, Kelli Sheda, Simpson, 12.27; 2, Monica Pattreson, Upper Iowa, 12.75; 3, Jayna Blom, Central, 12.78.

5,000: 1, Roby Olson, Wartburg, 18:28.09; 2, Laura Garton, Wartburg, 19:05.9; 3, Shannon Timmins, Wartburg, 19:10.03; 5, Jenny Clark, Buena Vista, 19:42.75.

Relays

4x100: 1, Simpson, 50.17; 2, Central, 50.81; 3, Wartburg, 51.20; 7, Buena Vista, 54.53.

4x400: 1, Simpson, 4:05.28; 2, Wartburg, 4:10.56; 3, Luther, 4:10.82; 5, Buena Vista, 4:23.31.