

1995 IAC CHAMPIONSHIPS
Loras College • Dubuque, Iowa • May 5-6, 1995

MEN'S RESULTS

10,000 Meters

NCAA: 42.10 Provisional: 42.50

1.	Andy Goodman, Central	32:09.97
2.	Greg Hermiston, Loras	32:28.02
3.	Todd Lane, Luther	32:50.74
4.	Matt Stasiak, Loras	33:11.39
5.	Duane Huffer, Luther	33:22.81
6.	Patt Hennes, Wartburg	33:35.91
7.	Gunner Brechtken, Simpson	33:48.70
8.	Tony Stutzman, Simpson	33:53.24

High Jump

NCAA: 2.09 (6'10 1/4) Prov. 2.06 (6'9)

1.	Don Wolf, Buena Vista	6'10
2.	Jason Smith, Luther	6'3.75
3.	Scott Cordes, Wartburg	6'3.75
4.	Vince Taeger, Loras	6'3.75
5.	Steve Brand, Central	6'3.75
6.	Jon Pipho, Luther	6'1.75
7.	Doug Ross, Luther	6'1.75
8.	Daie Weber, Buena Vista	6'1.75

4x100 Meter Relay

NCAA: 42.10 Provisional: 42.50

1.	Central	42.26*PQ
	Ferneau, Freckson, Zimmerman, Hudson	
2.	Simpson	42.43*PQ
	Carrell, Camp, Feldman, Powell	
3.	Loras	42.58
	Cunningham, Fisher, Naughton, Coy	
4.	Wartburg	43.37
	Boblenz, McClain, Williams, Shannon	
5.	University of Dubuque	43.98
	Unertl, Kartmen, Kramer, Spencer	
6.	Upper Iowa	44.21
	M. McShan, Crisp, J. McShan, English	
7.	Luther	44.35
8.	William Penn	44.73
	Oates, Purdham, McGriff, Jones	

Shot Put

NCAA: 16.00 (52'6) Provisional: 15.24 (50'0)

1.	Jim Thompson, Wartburg	15.65
2.	Scott Shaw, Simpson	15.61
3.	Tom Kult, Loras	15.49
4.	Andrew Schwint, Buena Vista	14.53
5.	Rick Sanger, Central	14.36
6.	Sonny Wimberly, Upper Iowa	14.17
7.	Julius Robinson, Loras	14.04
8.	Willie Stone, Central	13.69

Javelin

NCAA: 61.00 (200'1) Provisional: 58 (190'3)

1.	Dan Davis, Luther	52.50
2.	Curt Pakkabier, Central	51.84
3.	Steve Brand, Central	51.70
4.	Tony Romagna, Loras	51.00
5.	Vince Taeger, Loras	49.97
6.	Jon Pipho, Luther	48.71
7.	Tony Ruden, Upper Iowa	48.15
8.	Dan Hugo, Wartburg	47.91

Discus

NCAA: 49.16 (161'3) Prov. 47.16 (154'9)

1.	Rick Sanger, Central	47.62*PQ
2.	Jim Thompson, Wartburg	46.19
3.	Sonny Wimberly, Upper Iowa	45.74
4.	Julius Robinson, Loras	45.20
5.	Chris Spahn, Wartburg	44.22
6.	Tom Kult, Loras	43.65
7.	Andrew Schwint, Buena Vista	43.32
8.	Darrell Veenstra, Central	42.64

Long Jump

NCAA: 7.27 (23'10 1/4) Prov 7.09 (23'3 1/4)

1.	Josh Crisp, Upper Iowa	6.92
2.	Curt Pakkabier, Central	6.82
3.	Henry Johnson, Buena Vista	6.69
4.	KC Powell, Simpson	6.62
5.	Jay Rhoten, Central	6.56
6.	Scott Herman, Buena Vista	6.48
7.	Paul Jones, William Penn	6.45
8.	Steve Brand, Central	6.37

Pole Vault

NCAA: 4.80 (15'9) Provisional 4.65 (15.3)

1.	Nate Harbin, Loras	13'9
2.	Dan Davis, Luther	13'3
3.	Tom Belezos, Loras	12'9
4.	Chris Stone, Central	12'3
5.	(tie) Gabe Scheer, Luther	11'9
5.	(tie) Steve Brand, Central	11'9
7.	Scott Herman, Buena Vista	11'9
8.	Eoin Breadon, Central	11'3

3000 Steeplechase

NCAA: 9:14.44 Provisional: 9:23.44

1. Clint Crawford, Wartburg 9:38.01
2. Justin Smith, Wartburg 9:42.99
3. Derek Frodl, Luther 9:48.52
4. Zack Miller, Luther 9:48.15
5. Matt Stasiak, Loras 9:53.30
6. Keith Burke, Central 9:58.13
7. Rob Lynch, Loras 10:01.11
8. James Knoche, Upper Iowa 10:02.63

110 Meter Hurdles

NCAA: 14.71 Provisional: 14.90

1. Chris Shannon, Wartburg 14.92
2. Pat Camp, Simpson 15.17
3. Chuck Hunt, Central 15.41
4. Jay Rhoten, Central 15.52
5. Tom Elley, Loras 15.82
6. Wade Paulson, Luther 15.87
7. Josh Rasmussen, Buena Vista
8. Mark McDowell, Upper Iowa 16.16

100 Meter Dash

NCAA 10.70 Provisional: 10.85

1. Kevin Coy, Loras 10.78*PQ
2. Ryan Erickson, Central 10.90
3. Marvin McShan, Upper Iowa 11.06
4. Charles Fisher, Loras 11.20
5. Brad Haugen, Buena Vista 11.40
6. Mike Hodson, Central 11.41
7. Steve Brand, Central 11.43
8. Corey Carroll, Simpson 14.48

400 IM Hurdles

NCAA: 53.40 Provisional: 54.50

1. Pat Camp, Simpson 53.87*PQ
2. Chris Shannon, Wartburg 55.59
3. Greg Feldman, Simpson 55.84
4. Chuck Hunt, Central 55.89
5. Jay Rhoten, Central 55.91
6. Curt Pakkaber, Central 57.78
7. Wade Paulson, Luther 57.89

1500 Meter Run

NCAA: 3:54.04 Provisional: 3:55.64

1. Brent McGrew, Luther 3:57.00
2. Nate Smith, Central 3:59.10
3. Chad Klocke, Central 3:59.83
4. Derek Oden, Wartburg 4:00.30
5. Rudy Espino, Luther 4:00.75
6. Andy Kauder, Loras 4:02.09
7. Terry Connelly, Loras 4:02.59
8. Mark Sundet, Luther 4:03.77

400 Meter Dash

NCAA: 48.10 Provisional: 48.80

1. Brent Ferneau, Central 48.24*PQ
2. Brien Studola, Buena Vista 48.44
3. Dan Zimmerman, Central 48.98
4. Chad William, Wartburg 49.38
5. Henry Johnson, Buena Vista 49.69
6. Steve Boblenz, Wartburg 50.21
7. KC Powell, Simpson 50.25
8. Adam Naughton, Loras 50.43

800 Meter Run

NCAA: 1:52.0 Provisional: 1:53.30

1. Josh Watters, Wartburg 1:54.64
2. Brent McGrew, Luther 1:54.74
3. Nate Smith, Central 1:54.86
4. Matt Wiley, Wartburg 1:55.47
5. Jason McTagger, Wartburg 1:55.68
6. Andy Kauder, Loras 1:57.71
7. Rudy Espino, Luther 1:59.68
8. Chad Klocke, Central 2:02.62

200 Meter Dash

NCAA: 21.60 Provisional: 21.90

1. Ryan Erickson, Central 21.90*PQ
2. Kevin Coy, Loras 22.31
3. Brent Ferneau, Central 22.35
4. Steve Bablenz, Wartburg 22.53
5. KC Powell, Simpson 22.55
6. Brian Studola, Buena Vista 22.56

5000 Meter Run

NCAA: 14:40.94 Provisional: 14:54.44

1.	Matt Chance, Simpson	15:18.80
2.	Andy Goodman, Central	15:26.71
3.	Greg Hermiston, Loras	15:32.82
4.	Pat Hennes, Wartburg	15:40.53
5.	Jeff Allen, Wartburg	15:42.44
6.	Dan Spies, Luther	16:26.32
7.	Derek Oden, Wartburg	15:46.92
8.	Andy Kauder, Loras	15:52.56

Triple Jump

NCAA: 14.70 (48'2 3/4) Prov. 14.26 (46'9 1/2)

1.	Chris Shannon, Wartburg	13.69
2.	Jason Smith, Luther	13.54
3.	Devon English, Upper Iowa	13.53
4.	Curt Pakkebier, Central	13.45
5.	Gregg Feldmann, Simpson	13.15
6.	Josh Crisp, Upper Iowa	13.15
7.	Ryan Erickson, Central	12.98
8.	Mark Farley, Central	12.53

4x400 Meter Relay

NCAA: 3:16.54 Provisional: 3:18.44

1.	Central	3:17.56*PQ
	Zimmerman, Smith, Erickson, Ferneau	
2.	Buena Vista	3:20.20
	Stodola, Schmalbeck, Hisler, Johnson	
3.	Loras	3:20.83
4.	Flanagan, Fisher, Cunningham, Naughton	
5.	Simpson	3:25.94
6.	Luther	3:24.37
7.	University of Dubuque	3:27.04
	Spencer, Hickman, Kramer, Unertl	
8.	William Penn	3:31.59
9.	Upper Iowa	3:35.96
	Knoche, Steen, McDowell, English	

Jones, Carp, Feldman, Kerick

FINAL TEAM STANDINGS

1.	Central	194.5
2.	Wartburg	131
3.	Loras	120
4.	Luther	105.5
5.	Simpson	74
6.	Buena Vista	58
7.	Upper Iowa	42
8.	Dubuque	7
9.	William Penn	5

CO-MOST VALUABLE PERFORMERSChris Shannon, Wartburg
Brent McGrew, Luther**COACH OF THE YEAR**

Jeff Wettach, Luther

1995 IIAC CHAMPIONSHIPS
Loras College • Dubuque, Iowa • May 5-6, 1995

WOMEN'S RESULTS

10,000 Meters

NCAA: 37:10.74 Provisional: 38:25.24

1. Robyn Olson, Wartburg 37:36.22*PQ†
2. Turena Johnson, Luther 37:39.44
3. Jolene Heise, Wartburg 39:27.90
4. Monique Cleminson, Luther 40:08.07
5. **Kristy Hines, Simpson 40:26.52**
6. Jodi Balik, Loras 41:11.10
7. Sara Max, Wartburg 43:10.85
8. Shan McNamara, Wartburg 43:16.37

† Meet Record: Previous record 38:38.02
 Chris Wickerling, Simpson, 1990

Long Jump

NCAA: 5.69 (18'8") Provisional: 5.46 (17'11")

1. **Carrie Schroeder, Simpson 5.18 17-6 1/2**
2. Teresa Breyfogle, Buena Vista 5.13
3. Amy Meyer, Dubuque 5.12
4. Angie Cornelius, Wartburg 5.09
5. Peg Behrens, Loras 4.95
6. Susan Doorenbos, Luther 4.90
7. Jenny Jacobs, Central 4.88
8. Becky Peterson, Luther 4.88

4x100 Meter Relay

NCAA: 49.10 Provisional: 49.75

1. Wartburg 49.48*PQ
 Kimball, Cornelius, Lenhart, McMillin
2. Buena Vista 50.13
 Swenson, Bell, Vieth, Breyfigle
3. Loras 50.28
 Tucker, Steepleton, Howell, Behrens
4. Central 50.70
 Wiersema, Luck, DeMichelis, Miller
5. Luther 51.68
 Bassett, Meinecke, Doorenbos, Lehman
6. **Simpson 52.02**
 McCoy, ~~Schroeder~~ Joqts, Madlock, Felts
7. Upper Iowa 58.02
 Steege, Longnecker, DeSotel, Danielson

5,000 Meters

NCAA 17:39.04 Provisional: 18:05.54

1. Robyn Olsen, Wartburg 17:48.15*PQ
2. Turena Johnson, Luther 17:57.47*PQ
3. Jenny Peters, Loras 18:28.06
4. Julie Jensen, Luther 18:51.31
5. **Chastine Black, Simpson 19:05.26**
6. Katherine Shaner, Luther 19:13.63
7. Jolene Heise, Wartburg 19:19.99
8. Sara Gross, Loras 19:44.10

Javelin

NCAA: 41.00 (134'6") Prov: 37.70 (123-8.5)

1. Nikki Gansen, Loras 37.11
2. Andrea Brinton, Luther 36.28
3. Tara Swartz, Luther 35.62
4. Karen Crabtree, Upper Iowa 35.34
5. Anette Edgren, Wartburg 34.66
6. Lisa Rinkel, Buena Vista 34.41
7. Peg Behrens, Loras 33.08
8. Jess Ellis, Luther 31.36

Discus

NCAA: 42.38 (139'0") Prov. 40.50

1. Alyssa Hagey, Buena Vista 45.35*AQ
2. Kim Kiner, Loras 43.48*AQ
3. Arlene Truss, Wm Penn 41.50*PQ
4. Christy Long, Luther 40.92*PQ
5. Julie James, Luther 39.90
6. Deb Wilkinson, Wartburg 39.59
7. Missy Ebenroth, Dubuque 38.88
8. Lisa Rinkel, Buena Vista 38.14

High Jump

NCAA: 1.69 (5'6 1/2") Provisional 1.65 (5'5")

1. Teresa Breyfogle, Buena Vista 5-7.5
2. Annette Edgren, Wartburg 5-4
3. Carla Danielson, Upper Iowa 5-2
4. Amy Meyer, Dubuque 5-2
5. (tie) Anette Knips, Wartburg 5-0
5. (tie) Peg Behrens, Loras 5-0
7. **Shawna Vogts, Simpson 5-0**
8. (tie) Dana Nagel, Central 4-10
 (tie) Rhonda Wenzel, Buena Vista 4-10

1500 Meter Run

NCAA: 4:41.04 Provisional: 4:46.14

1. Esther Dubec, Wartburg 4:42.50*PQ
2. Beth Holst, Wartburg 4:58.63
3. Jennifer Ransom, Luther 4:47.85
4. Heather Hoekstra, Central 4:52.29
5. Mary Fran Cullen, Loras 4:54.56
6. Jenny Pfaff, Loras 4:58.01
7. Megan Staton, Luther 4:58.63
8. Sarah Foley, Loras 5:03.35

400 Meter Dash

NCAA: 57.70 Provisional: 58.70

1. Denise McMillin, Wartburg 58.74
2. Brenda Steepleton, Loras 59.07
3. Liselle Lehman, Luther 1:00.76
4. Erin Demichelis, Central 1:01.46
5. Peg Behrens, Loras 1:02.87
6. Megan Howell, Loras 1:03.32

100 Meter Dash

NCAA: 12.34 Provisional: 12.55

1. Monica Patterson, Upper Iowa 12.70
2. Carrie Schroeder, Simpson 12.73 PR
3. Nikki Kimball, Wartburg 12.88
4. Jana Wiersema, Central 12.90
5. Kay Tucker, Loras 12.91
6. Trena Bell, Buena Vista 12.96
7. Brenda Steepleton, Loras 13.43

Triple Jump

NCAA: 13.00 (37'9 1/2) Prov. 11.11 (36'5 1/2)

1. Heidi Haberman, Buena Vista 10.87
2. Carrie Schroeder, Simpson 10.76
3. Cindy Jennings, Luther 10.44
4. Heather Healy, Loras 10.26
5. Jenni Colisimo, Luther 10.18
6. Judi Habeck, Luther 10.09
7. Audra Gaiziunas, Loras 10.07
8. Jenny Jacobs, Central 9.95

200 Meter Dash

NCAA: 25.30 Provisional: 25.88

1. Denise McMillin, Wartburg 26.15
2. Nikki Kimball, Wartburg 26.25
3. Donna Swenson, Buena Vista 26.71
4. Brenda Steepleton, Loras 26.88
5. Trena Bell, Buena Vista 26.91
6. Kay Tucker, Loras 26.93
7. Jana Wiersema, Central 26.96

3000 Meter Run

NCAA: 10:08.74 Provisional: 10:222.74

1. Robyn Olsen, Wartburg 10:28.73
2. Jenny Peters, Loras 10:39.08
3. Jenny Clark, Buena Vista 10:42.75
4. Esther Dubec, Wartburg 10:43.76
5. Beth Holst, Wartburg 10:44.36
6. Julie Jenson, Luther 10:48.87
7. Jenny Pfaff, Loras 10:59.46
8. Katherine Shaner, Luther 11:06.95

100 Meter Hurdles

NCAA: 15.00 Provisional 15.35

1. Amy Meyer, Dubuque 15.58
2. Carrie Schroeder, Simpson 15.81 PR
3. Cindy Jennings, Luther 15.91
4. Jodi Habeck, Luther 16.91
5. Angela Conover, Central 16.63
6. Heidi Haberman, Buena Vista 16.63
7. Susan Doorenbos, Luther 17.06

800 Meter Run

NCAA: 2:15.30 Provisional: 2:18.00

1. Beth Holst, Wartburg 2:15.85
2. Esther Dubec, Wartburg 2:16.25
3. Lea Lucas, Wartburg 2:18.10
4. Jolene Berning, Loras 2:19.84
5. Jennifer Ranson, Luther 2:22.86
6. Heather Hoeksta, Central 2:23.32
7. Mary Fran Cullen, Loras 2:26.86
8. Sarah Foley, Loras 2:27.90

400 IM Hurdles

NCAA 1:03.70 Provisional: 1:05.10

1. Carrie Schroeder, Simp 1:04.54*PQ PR
2. Jodi Habeck, Luther 1:04.81*PQ
3. Heather Bassett, Luther 1:07.48
4. Megan Howell, Loras 1:07.54
5. Cari Lyle, Wartburg 1:08.48
6. Peg Behrens, Loras 1:09.32
7. Jamie Hammel, Loras 1:09.76
8. Michelle Van Dorn, Wartburg 1:13.75

Shot Put

NCAA: 13.00 (42'8) Prov 12.30 (40'4 1/4)

1. Arlene Truss, Wm. Penn 13.66*AQ
2. Kim Kiner, Loras 13.43*AQ
3. Andrea Brinton, Luther 12.69*PQ
4. Katie Sinkewtz, Central 12.40*PQ
5. Wendy Ahrendsen, Wartburg 12.23
6. Christy Lynch, Luther 11.73
7. Christy Long, Luther 11.70
8. Deb Wilkinson, Wartburg 11.68

4x400 Meter Relay

NCAA: 3:57.44 Provisional: 4:01.64

1. Luther 4:03.75
2. Loras 4:04.16
Steepleton, Tucker, Hammel, Berning
3. Central 4:05.94
Miller, Buckner, DeMichelis, Hoekstra
4. Wartburg 4:11.85
Lyle, Kimball, VanDorn, McMillin
5. Buena Vista 4:16.94
Swenson, Bell, Haberman, Breyfogle
6. Simpson 4:23.54
7. Upper Iowa 4:46.80
Steege, Longnecker, DeSotel, Danielson

Manna, Becky, Shawna,

Jana.

FINAL WOMEN'S STANDINGS

1.	Wartburg	174.5
2.	Luther	144
3.	Loras	131.5
4.	Buena Vista	76.5
5.	Simpson	60
6.	Central	43.5
7.	Upper Iowa	25
8.	Dubuque	23
9.	William Penn	16

Most Valuable Performers: Robyn Olson, Wartburg
Carrie Schroeder, Simpson

Coach of the Year: Steve Johnson, Wartburg