

**1997 Iowa Conference Track and Field Championships
FINAL RESULTS
Simpson/Indianola Community Field—Indianola, Iowa
May 2-3, 1997**

MEN'S TEAM SCORES:

1. Central	144
2. Wartburg	138
3. Loras	127
4. Luther	97
5. Simpson	92
6. Buena Vista	68
7. William Penn	34
8. Upper Iowa	30
9. Dubuque	8

WOMEN'S TEAM SCORES:

1. Luther	225.5
2. Loras	222.5
3. Wartburg	96
4. Buena Vista	83
5. Simpson	64
6. Central	44
7. Dubuque	2
8. Upper Iowa	0
9. William Penn	0

IIAC Women's Most Valuable Performer: Turena Johnson, Luther

IIAC Men's Most Valuable Performer: Jay Rhoten, Central
Corey Carrell, Simpson

IIAC Women's Coach of the Year: Betsy Emerson, Luther

IIAC Men's Coach of the Year: Kevin Sanger, Central

Individual final results to follow...

1997 Iowa Conference Track and Field Championships Women's Final Results
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WOMEN'S DISCUS

Auto: 144-4	THROW
Prov.: 134-6	
IAC Record: 148-9.5 Alyssa Hagey, Buena Vista 1995	
1 Kim Keiner, Loras	143-1.0 \$
2 Long, Luther	129-5.5
3 Jess Ellis, Luther	129-3.0
4 Kizzy Kluesner, Loras	128-3.5
5 Carrie Smith, Loras	128-2.5
6 Amy Sullivan, Wartburg	122-4.0
7 Dawn Digmann, Wartburg	121-7.5
8 Charlotte Capper, Simpson	118-4.0

WOMEN'S LONG JUMP

Auto: 18-4.5	JUMP
Prov.: 17-11.0	
IAC Record: 19-4.5 Kelli Sheda, Simpson 1993	
1 Melanie Uhl, Buena Vista	18-4.75\$
2 Susan Doorenbos, Luther	17-3.00
3 Amy Freese, Loras	17-0.75
4 Peg Behrens, Loras	16-8.00
5 Pepe Wonesikou, Luther	16-5.50
6 Heather Healey, Loras	16-4.00
7 Heather Hermann, Central	16-4.00
8 Brandy Meinecke, Luther	15-11.00

WOMEN'S JAVELIN

Auto: 132-10	THROW
Prov.: 124-8	
IAC Record: 132-0 Annette Edgren, Wartburg 1996	
1 Lisa Rinkel, Buena Vista	134-2 *#
2 Jess Ellis, Luther	131-11 \$
3 Traci Hill, Simpson	129-1 \$
4 Andrea Metcalf, Loras	127-9 \$
5 Jina Bos, Central	127-1 \$
6 Peggy Behrens, Loras	118-0
7 Amy Meier, Loras	115-6
8 Andrea Hall, Central	100-9

WOMEN'S HIGH JUMP

Auto: 5-6.5	JUMP
Prov.: 5-5.0	
IAC Record: 5-7.5 Teresa Breyfogle Buena Vista 1995	
1 Teresa Breyfogle, Buena Vista	5-4
2 Kiffany Dunham, Loras	5-4
3 Loni Brewer, Simpson	5-4
3 Amie Siebenaler, Luther	5-4
3 Kirsten Van Rooyan, Central	5-4
6 Amy Freese, Loras	5-2
6 Laura Keplar, Luther	5-2
8 Peggy Behrens, Loras	5-0

WOMEN'S 10,000

Auto: 37:10.74	TIME
Prov.: 38:25.24	
IAC Record: 37:36.22 Robyn Olson, Wartburg 1995	
1 Turena Johnson, Luther	37:30.23 *\$
2 Jenny Richey, Loras	37:40.85 \$
3 Jennifer Peters, Loras	37:44.48 \$
4 Heidi Ludvigsen, Wartburg	38:55.42
5 Angie Busche, Wartburg	39:40.77
6 Anne Elsbernd, Central	40:18.80
7 Jennell Pribyl, Luther	41:04.02
8 Megan Grutem, Luther	41:05.42

WOMEN'S TRIPLE JUMP

Auto: 37-9.5	JUMP
Prov.: 36-5.5	
IAC Record: 36-10.75 Kerry Brennan, Loras 1987	
1 Heidi Haberman, Buena Vista	35-8.50
2 Beth Gower, Luther	35-5.25
3 Susan Doorenbos, Luther	35-3.25
4 Peggy Behrens, Loras	34-11.50
5 Evelyn Sarpong, Luther	35-11.00
6 Andrea Metcalf, Loras	34-11.00
7 Amie Siebenaler, Luther	34-6.25
8 Beth Waage, Simpson	34-5.00

WOMEN'S SHOT

Auto: 43-1.75	THROW
Prov.: 40-8.25	
IAC Record: 46-4.5 Arlene Truss, Wm. Penn 1994	
1 Kim Kiner, Loras	43-10.50 #
2 Dawn Digmann, Wartburg	42-2.00 \$
3 Kizzy Kluesner, Loras	41-4.50 \$
4 Jess Ellis, Luther	39-6.00
5 Christy Long, Luther	39-2.50
6 Katie Seinkewjz, Central	39-1.00
7 Amy Sullivan, Wartburg	39-0.00
8 Jina Bos, Central	38-11.00

WOMEN'S 5,000M

Auto: 17:39.04	TIME
Prov.: 18:05.54	
IAC Record: 17:48.15 Robyn Olson, Wartburg 1995	
1 Turena Johnson, Luther	18:21.15
2 Jenny Richey, Loras	18:32.69
3 Katherine Shaner, Luther	18:43.83
4 Alyssa Mourning, Luther	19:03.52
5 Emily Ott, Wartburg	19:10.63
6 Angie Busche, Wartburg	19:19.13
7 Heidi Ludvigsen, Wartburg	19:23.91
8 Steph Paris, Central	19:29.55
<i>Jenny Pfaff, Loras</i>	<i>19:44.18</i>
<i>Anne Elsbernd, Central</i>	<i>19:51.78</i>
<i>Jennell Pribyl, Luther</i>	<i>19:56.01</i>
<i>Cheryl Dralle, Loras</i>	<i>20:08.93</i>
<i>Kelli Hülber, Loras</i>	<i>20:27.74</i>
<i>Karen Bomar, Wartburg</i>	<i>20:40.16</i>
<i>Heather Sandholm, Central</i>	<i>20:43.00</i>

WOMEN'S 4X100M RELAY

Auto: 48.80	TIME
Prov.: 49.51	
IAC Record: 48.36 Simpson 1996	
1 Loras	49.41\$
<i>(Wendy Ellis, Jenny Johnson, Megan Howell, and Jessle Greener)</i>	
2 Buena Vista	49.98
3 Simpson	50.01
4 Wartburg	50.04
5 Central	50.71
6 Luther	50.78
7 Dubuque	56.65
8 William Penn	Scratch

* Indicates new IAC record
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WOMEN'S 1500M

Auto: 4:39.44
 Prov.: 4:45.14

IIAC Record: 4:38.77 Ester Dubec, Wartburg 1996

	TIME
1 Turena Johnson, Luther	4:44.81\$
2 Mary Fran Cullen, Loras	4:52.58
3 Trina Steines, Wartburg	4:53.68
4 Jennifer Peters, Loras	4:53.92
5 Marcy Howerter, Luther	4:55.92
6 Erin Ries, Wartburg	5:00.32
7 Heather Hoekstra, Central	5:05.16
8 Jen Rediske, Luther	5:05.90
Shannon Dau, Simpson	5:08.13
Kel Hocker, Wartburg	5:12.84
Angela Knips, Wartburg	5:14.47
Annie Kinsella, Loras	5:16.88
Megan Stalon, Luther	5:18.08
Christine McGrath, Loras	5:20.82
Karen Nissen, Simpson	5:23.89
Dominique Caspers, Upper Iowa	5:24.02
Becky Cooper, Dubuque	5:24.85
Heather Hendrickson, Buena Vista	5:27.29
Elizabeth Zuck, Upper Iowa	7:16.84

WOMEN'S 100M HURDLES FINALS

Auto: 14.70
 Prov.: 15.20

IIAC Record: 14.74 Lori Sears, Central 1984

	TIME
1 Lori Brewer, Simpson	14.70 #*
2 Jean Nietz, Luther	15.28
3 Brandy Meinecke, Luther	15.61
4 Susan Doorenbos, Luther	15.64
5 Mary Thompson, Loras	15.68
6 Beth Waage, Simpson	15.88
7 Jeanette Olson, Wartburg	15.91
8 Megan Howell, Loras	15.94

WOMEN'S 400M FINALS

Auto: 57.60
 Prov.: 58.70

IIAC Record: 56.46, Paula Truesdell B.V. 1990

	TIME
1 Wendy Ellis, Loras	58.04 \$
2 Jean Nietz, Luther	58.77
3 Alycia Ashburn, Luther	59.81
4 Lisa Burke, Luther	60.31
5 Eden Smith, Buena Vista	61.44
6 Andrea Metcalf, Loras	61.88
7 Amy Meier, Loras	62.58
8 Mindy Graham, Central	63.11

WOMEN'S 100M FINALS

Auto: 12.31
 Prov.: 12.50

IIAC Record: 12.09, Kelli Sheda, Simpson 1993

	TIME
1 Jessie Greener, Loras	12.29#
2 Melanie Uhl, Buena Vista	12.33\$
3 Jana Wiersema, Central	12.46\$
4 Barb White, Wartburg	12.74
5 Kerry Flinn, Simpson	12.76
6 Nikki Kimball, Wartburg	12.79
7 Angi Hoctel, Simpson	12.80
8 Jennifer Johnson, Loras	12.83

WOMEN'S 800M FINALS

Auto: 2:15.13
 Prov.: 2:17.84

IIAC Record: 2:15.04 Liz Rogers, Wartburg 1983

	TIME
1 Trina Steines, Wartburg	2:21.09
2 Morgen Ellerbusch, Luther	2:22.98
3 Laurie Fickbohm, Buena Vista	2:22.99
4 Jennifer Lennard, Simpson	2:25.56
5 Heather Hoekstra, Central	2:26.77
6 Kel Hocker, Wartburg	2:27.60
7 Angela Knips, Wartburg	2:28.40
8 Mary Fran Cullen, Loras	2:43.05

WOMEN'S 400M HURDLES FINALS

Auto: 63.70
 Prov.: 65.10

IIAC Record: 62.81 Audrey Everson, Simpson 1991

	TIME
1 Jean Nietz, Luther	1:04.34 \$
2 Jeanette Olson, Wartburg	1:04.41 \$
3 Megan Howell, Loras	1:04.98 \$
4 Brandy Meinecke, Luther	1:06.94
5 Sarah Anutta, Luther	1:08.01
6 Beth Gower, Luther	1:08.81
7 Keely Kinnick, Buena Vista	1:10.68
8 Beth Waage, Simpson	1:12.98

WOMEN'S 200M FINALS

Auto: 25.25
 Prov.: 25.80

IIAC Record: 25.24, Nancy Cisar, Central 1984

	TIME
1 Melanie Uhl, Buena Vista	25.67\$
2 Jessie Greener, Loras	25.97
3 Wendy Ellis, Loras	26.30
4 Kerry Flinn, Simpson	26.32
5 Jennifer Johnson, Loras	26.34
6 Jana Wiersema, Central	26.51
7 Nikki Kimball, Wartburg	26.67
8 Megan Howell, Loras	28.81

WOMEN'S 3000M

Auto: 10:08.74
 Prov.: 10:18.74

IIAC Record: 10:14.39 Turena Johnson, Luther 1996

	TIME
1 Turena Johnson, Luther	10:18.11\$
2 Jennifer Peters, Loras	10:53.41
3 Shannon Dau, Simpson	10:57.28
4 Mary Fran Cullen, Loras	11:00.92
5 Jenny Pfaff, Loras	11:08.83
6 Emily Ott, Wartburg	11:09.96
7 Kelly Place, Luther	11:12.87
8 Erin Ries, Wartburg	11:14.87
Jamie Aldinger, Wartburg	11:15.1
Marcy Howerter, Luther	11:22.5
Steph Paris, Central	11:33.3
Kathy Hoisington, Wartburg	11:50.8
Jennifer Osteen, Central	11:56.3
Kelly Nauman, Buena Vista	12:02.1
Heather Hendrickson, Buena Vista	12:07.7
Melissa Kelly, Loras	12:20.1
Dominique Caspers, Upper Iowa	12:38.7
Brandae Kragelunder, Buena Vista	12:46.5

WOMEN'S 4X400 RELAY

Auto: 3:55.64
 Prov.: 3:59.54

IIAC Record: 3:55.80 by Luther 1996

	TIME
1 Luther	3:57.87\$
(Alycia Ashburn, Lisa Burke, Brandy Meinecke, Jean Nietz)	
2 Loras	4:01.70
3 Wartburg	4:05.07
4 Buena Vista	4:09.14
5 Central	4:14.68
6 Simpson	4:16.20
Dubuque	scratch
William Penn	scratch

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MEN'S DISCUS

Auto: 162-9

Prov.: 154-9

IIAC Record: 167-3 Brian Kuit, Loras 1990

	THROW
1 Zech Schiebout, Central	153-1.50
2 Dennis Black, Upper Iowa	150-10.00
3 Eric Short, Simpson	144-6.00
4 Julius Robinson, Loras	134-6.50
5 Jeff Jacobson, Buena Vista	128-3.00
6 Trent Shaner, Simpson	127-9.00
7 Nick Anderson, Simpson	123-4.50
8 Joel Rockford, Wartburg	121-0.00

MEN'S LONG JUMP

Auto: 23-10.25

Prov.: 23-1.75

IIAC Record: 23-11.5 Vince Birley, Central 1985

	JUMP
1 Jay Rhoten, (Central)	23-0.75
2 KC Powell, (Simpson)	23-0.00
3 Tavora Baskerville, (Wm. Penn)	22-1.50
4 Ryan Erickson, (Central)	21-11.00
5 Andrew Paulsen, (Central)	21-10.50
6 Michael Walters, (Luther)	21-10.00
7 Paul Jones, (Wm. Penn)	21-4.75
8 Scott Hermann, (Buena Vista)	21-4.50

MEN'S JAVELIN

Auto: 193-7

Prov.: 189-7

IIAC Record: 216-10 Jim Hollen, Luther 1993

	THROW
1 Vince Taeger, (Loras)	197-4#
2 James Rochford, (Wartburg)	168-8
3 Tony Romagna, (Loras)	165-3
4 Jon Pipho, (Luther)	162-3
5 Jay Rhouten, (Central)	161-6
6 Dan Davis, (Luther)	149-1
7 Adam Veil, (Wm. Penn)	148-3
8 John Hatlevig, (Luther)	146-5

MEN'S POLE VAULT

Auto: 15-9.75

Prov.: 15-3.00

IIAC Record: 15-7.25 Jim Bruxvoort, Central 1990

	VAULT
1 Scott Hermann, Buena Vista	13-6
2 Casey Hersant, Luther	12-6
3 Eric Breadon, Central	12-0
4 David Muth, Luther	12-0
5 Rusty Potter, Luther	12-0
6 Jay Rhoten, Central	11-6
7 Jeff Huber, Wartburg	11-6
8 Nate Santamaria, Wartburg	10-6

MEN'S 10,000

Auto: 30:45.24

Prov.: 31:29.24

IIAC Record: 30:44.54 Danny Bauer, Simpson 1982

	TIME
1 Greg Hermiston, Loras	32:47.06
2 T.J. Craig, Wartburg	32:50.23
3 Matt Chance, Simpson	32:58.21
4 Pat Hennes, Wartburg	33:06.75
5 Aaron Plein, Loras	33:41.92
6 Thomas Tharp, Loras	33:46.89
7 Jon Rathje, Central	33:53.96
8 Tim Draper, Upper Iowa	33:56.00

MEN'S TRIPLE JUMP

Auto: 47-10

Prov.: 46-4

IIAC Record: 47-6.75 Dejuan Bowdry, Dubuque 1994

	JUMP
1 Tavora Baskerville, Wm. Penn	47-5.25§
2 Chris Shannon, Wartburg	47-4.50§
3 Hassan Rashid, Loras	45-11.50
4 Jason Smith, Luther	44-4.50
5 Michael Walters, Luther	43-6.00
6 Ken Wheeler, Luther	43-5.75
7 Dan Davis, Luther	43-3.75
8 James Smith, Wm. Penn	42-0.00

MEN'S SHOT

Auto: 52-6

Prov.: 50-0

IIAC Record: 62-11.25 Dennis Black, Upper Iowa 1996

	THROW
1 Dennis Black, Upper Iowa	58-10#
2 Nick Anderson, Simpson	51-9§
3 Julius Robinson, Loras	48-1
4 Darren Sickerson, Buena Vista	47-7
5 Joel Rochford, Wartburg	47-2
6 Chip Brundage, Simpson	47-1.5
7 Trent Shaner, Simpson	46-4
8 Craig Pinter, Loras	44-11.5

MEN'S HIGH JUMP

Auto: 6-10.5

Prov.: 6-9.0

IIAC Record: 7-0.75 Craig Cantrall, Central 1992

	JUMP
1 Sean Clark, Central	6-6
2 Scott Armstrong, Simpson	6-6
3 James Leemhuis, Wartburg	6-6
4 Scott Hermann, Buena Vista	6-4
5 Mark Maxson, Loras	6-2
6 Terry Tague, Simpson	6-2t
Jason Smith, Luther	6-2t
Vince Taeger, Loras	6-2t

MEN'S STEEPLECHASE

Auto: 9:15.00

Prov.: 9:24.24

IIAC Record: 9:12.94 Dan Huston, Wartburg 1985

	TIME
1 Jon Goettler, Loras	9:45.9
2 James Knoche, Upper Iowa	9:48.7
3 Andy Dampeer, Loras	9:51.7
4 Eric Graham, Wm. Penn	9:54.4
5 Jeremy Karl, Central	9:57.3
6 Josh Lyons, Wartburg	9:57.6
7 Todd Joslin, Central	10:00.0
8 Derek Frodl, Luther	10:07.7
Brendon Conway, Loras	10:16.8
Robbie Renfrow, Luther	10:17.6
Kevin Eagan, Central	10:22.7
Anthony Samuelson, Wartburg	10:28.5
Rob Lynch, Loras	10:32.7
Justin Tesinsky, Buena Vista	10:36.6
Troy Owens, Simpson	10:37.8
Jim Holmes, Wartburg	10:38.2
Brian Ryherd, Wartburg	10:48.9
Tim Stanton, Luther	10:56.1
Tim Constance, Luther	11:00.3
Brad Behrens, Buena Vista	11:09.5

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MEN'S 4X100M RELAY

	TIME
Auto: 41.70	
Prov.: 42.10	
IIAC Record: 41.82, Central 1990	
1 Simpson	43.02
(Brock Bedwell, KC Powell, Brian Huggins, Corey Carrell)	
2 Buena Vista	43.16
3 Central	43.32
4 Loras	43.66
5 Luther	43.76
6 Dubuque	44.46
7 Wm. Penn	46.86
8 Wartburg	DQ

MEN'S 1500M

	TIME
Auto: 3:51.90	
Prov.: 3:54.94	
IIAC Record: 3:52.54 Jeff Brooks, Simpson 1986	
1 Jon Lindaman, Central	4:01.65
2 Dion Braet, Wartburg	4:02.09
3 Chad Leitzen, Loras	4:02.82
4 Tim Berning, Loras	4:03.76
5 Ryan Harms, Wartburg	4:04.56
6 Rudy Espino, Luther	4:04.96
7 Jon Ryan, Loras	4:06.02
8 Brian White, Buena Vista	4:08.43
Scott Kenney, Buena Vista	4:13.36
Ryan Anderson, Central	4:13.64
Wendal Hruska, Wartburg	4:15.80
Joel Hoger, Simpson	4:16.66
Mark Sundet, Luther	4:17.36
Trenton Rolling, Loras	4:17.60
Mark Hosak, Central	4:18.54
Chad Kloke, Central	4:19.38
Rich Miller, Simpson	4:19.62
Dave Simonson, Wartburg	4:21.69
Lee Simmons, Simpson	4:21.95
Matt Brant, Luther	4:23.94
Jeff Woodard, Simpson	4:26.99
Mark Thompson, Luther	4:28.49
Dan Johnson, Dubuque	4:28.90
Andy Rubley, Upper Iowa	4:41.24
David Coles, Dubuque	5:04.39

MEN'S 110M HURDLES FINALS

	TIME
Auto: 14.68	
Prov.: 14.90	
IIAC Record: 14.41 Mike Godbout, Simpson 1990	
1 Chris Shannon, Wartburg	14.71\$
2 Jay Rhoten, Central	15:11
3 Julius Shelton, Loras	15:18
4 Erin Breadon, Central	15.51
5 Wade Paulson, Luther	15.78
6 Jaes Leemhuis, Wartburg	15.94
7 Josh Clark, Central	16.28
8 Sean Clark, Central	16.41

MEN'S 400M FINALS

	TIME
Auto: 48.00	
Prov.: 48.80	
IIAC Record: 48.15 Les McCracken, Central 1994	
1 Ryan Erickson, Central	48.85
2 Chris Cinnamo, Luther	48.99
Chad Williams, Wartburg	49.05
KC Powell, Simpson	50.12
5 Mike Adams, Loras	51.06
6 Andy Henderson, Luther	51.09
7 Steve Hobart, Luther	51.16
8 Mike Leith, B.V.	51.39

MEN'S 100M FINALS

	TIME
Auto: 10.70	
Prov.: 10.85	
IIAC Record: 10.71 Kevin Coy, Loras 1996	
1 Corey Carrell, Simpson	10.75\$
2 Lance Hall, Buena Vista	11.17
3 Jeff Christians, Buena Vista	11.30
4 Mike Hodson, Central	11.31
5 Andrew Paulsen, Central	11.40
6 Chris Unertl, Dubuque	11.44
7 Sean Clark, Central	11.64
8 Kevin Coy, Loras (injury)	22.95

MEN'S 800M FINALS

	TIME
Auto: 1:51.80	
Prov.: 1:53.44	
IIAC Record: 1:52.54 Kirk Pedersen, Simpson 1985	
1 Matt Wiley, Wartburg	1:54.58
2 Tim Berning, Loras	1:55.02
3 Ryan Harms, Wartburg	1:55.38
4 Jon Lindaman, Central	1:57.99
5 Tim Anderson, Luther	1:58.72
6 Ryan Anderson, Central	1:59.89
7 Mark Sundet, Luther	2:00.86
8 Mike Leith, Buena Vista	2:01.09

MEN'S 400M HURDLES FINALS

	TIME
Auto: 53.40	
Prov.: 54.40	
IIAC Record: 53.34 Kip Janvrin, Simpson 1987	
1 Chris Shannon, Wartburg	54.93
2 Jay Rhoten, Central	55.53
3 Wade Paulson, Luther	56.57
4 Chad Hisler, Buena Vista	58.00
5 Julius Shelton, Loras	58.64
6 Matthew Braley, Luther	58.80
7 Ryan Rasmussen, Wartburg	58.90
8 Sean Clark, Central	65.58

MEN'S 200M FINALS

	TIME
Auto: 21.60	
Prov.: 21.90	
IIAC Record: 21:49, Kevin Coy, Loras, 1996	
1 Corey Carrell, Simpson	21.88\$
2 Ryan Erickson, Central	21.95
3 Chad Williams, Wartburg	22.42
4 Chris Cinnamo, Luther	22.48
5 KC Powell, Simpson	22.55
6 Jeff Christians, B.V.	22.78
7 Mike Hodson, Central	23.35
8 Kevin Coy, Loras	Scratched

MEN'S 5000M

	TIME
Auto: 14:40.94	
Prov.: 14:57.04	
IIAC Record: 14:49.04 Danny Bauer, Simpson 1985	
1 Graig Hermiston, Loras	15:31.0
2 TJ Craig, Wartburg	15:42.2
3 Eric Graham, Wm. Penn	15:49.5
4 Dion Braet, Wartburg	15:55.74
5 Pat Hennes, Wartburg	15:55.75
6 James Knoche, Upper Iowa	16:05.3
7 Brian White, Buena Vista	16:13.3
8 Derek Frodl, Luther	16:16.0
Oscar Cardenas, Buena Vista	16:20.8
Aaron Plein, Loras	16:22.2
Tim Draper, Upper Iowa	16:24.7

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MEN'S 5,000 METERS (cont)

Rudy Espino, Luther	16:27.0
Jon Rathje, Central	16:30.4
Chad Leitzen, Loras	16:34.0
Scott Kenney, Buena Vista	16:37.9
Shane Every, Central	16:40.1
Jon Goettler, Loras	16:40.1
Kevin Egan, Central	16:42.4
Ben Johns, Simpson	16:48.8
Ryan Mitchell, Wartburg	17:30.0
Ben Stanerson, Luther	17:30.0
Andy Rubly, Upper Iowa	17:48.0
Sam Grotewald, Simpson	17:51.0

MEN'S 4X400 M RELAY

TIME

Auto: 3:15.00

Prov.: 3:17.80

IIAC Record: 3:16.44, Simpson 1982

1 Wartburg	3:20.04
<small>(Chad Williams, Josh Wedemeier, Trevor Shannon, Chris Shannon)</small>	
2 Buena Vista	3:20.30
3 Luther	3:20.84
4 Simpson	3:23.17
5 Central	3:24.24
6 Loras	3:25.78
7 Dubuque	3:26.81
8 Wm. Penn	Scratched

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Semifinal Results from Friday:

400 METERS— WOMEN

Heat 1

	TIME
1 Ellis, Loras	56.76
2 Nietz, Luther	57.82
3 Metcalf, Loras	60.95
4 Meier, Loras	60.99
5 Graham, Central	61.02
6 Kuennen, Wartburg	63.46
7 Bernhardt, Buena Vista	63.76
8 Kading, Wartburg	65.16

Heat 2

1 Burke, Luther	59.37
2 Ashburn, Luther	59.67
3 Smith, Buena Vista	60.84
4 Lenhart, Wartburg	61.14
5 Bremer, Central	63.94
6 Deutschlander, Buena Vista	65.01
7 Kelting, Wartburg	66.04
8 Kress, Dubuque	68.91

WOMEN'S 400M QUALIFIERS

LANE

	TIME
1 Amy Meier, Loras	60.99
2 Eden Smith, Buena Vista	60.84
3 Jean Nietz, Luther	57.82\$
4 Wendy Ellis, Loras	57.08#
5 Lisa Burke, Luther	59.37
6 Alycia Ashburn, Luther	59.67
7 Andrea Metcalf, Loras	60.95
8 Mindy Graham, Central	61.02

400 METERS— MEN

Heat 1

	TIME
1 Cinnamo, Luther	48.86
2 Henderson, Luther	50.26
3 Wallace, Central	50.69
4 Schmalbeck, Buena Vista	50.76
5 Krambeer, Dubuque	52.23
6 Jones, Wm. Penn	53.49
7 Jeter, Simpson	54.03

Heat 2

1 Williams, Wartburg	49.28
2 Adams, Loras	50.24
3 Ferneau, Central	50.51
4 Button, Central	51.38
5 Newhart, Luther	51.48
6 Olson, Wartburg	52.58

Heat 3

1 Erickson, Central	48.59
2 Powell, Simpson	48.92
3 Hobart, Luther	50.29
4 Leith, B.V.	50.49
5 Shannon, Wartburg	51.43
6 Miller, Simpson	52.69

MEN'S 400M QUALIFIERS

Lane

	TIME
1 Steve Hobart, Luther	50.29
2 Mike Adams, Loras	50.24
3 Chad Williams, Wartburg	49.28
4 Ryan Erickson, Central	48.59\$
5 Chris Cinnamo, Luther	48.86
6 KC Powell, Simpson	48.92
7 Andy Henderson, Luther	50.26
8 Mike Leith, Buena Vista	50.49

100 METERS—WOMEN

Heat 1

1 Uhl, Buena Vista	12.53
2 Kimball, Wartburg	12.83
3 Patterson, B.V.	13.40
4 Hocamp, Central	13.47
5 Orr, Wartburg	13.50
6 Witt, Loras	13.80
7 May, Loras	13.93

Heat 2

1 Greener, Loras	12.42
2 Johnson, Loras	12.92
3 Doorenbos, Luther	13.08
4 Moore, Wartburg	13.28
5 Bell, B.V.	13.28
6 Gross, Simpson	14.15
7 McCann, Upper Iowa	14.99

Heat 3

1 Wiersema, Central	12.66
2 Flinn, Simpson	12.79
3 Hoctel, Simpson	12.89
4 Famakinwa, Luther	13.53
5 Jacobsen, Simpson	13.69
6 Hall, Central	13.86

Heat 4

1 White, Wartburg	12.86
2 Nibes, Central	13.06
3 Frederick, B.V.	13.29
4 Peterson, Luther	13.53
5 Lynch, Luther	13.63

WOMEN'S 100M QUALIFIERS

LANE

	TIME
1 Angi Hoctel, Simpson	12.89
2 Kerry Flynn, Simpson	12.79
3 Jana Wiersema, Central	12.66
4 Jessie Greener, Loras	12.42 \$
5 Melanie Uhl, Buena Vista	12.53
6 Barb White, Wartburg	12.86
7 Nikki Kimball, Wartburg	12.83
8 Jennifer Johnson, Loras	12.92

100 METERS— MEN

Heat 1

1 Coy, Loras	10.85
2 Sean Clark, Central	11.38
3 Huggins, Simpson	11.39
4 Rhoten, Central	11.49
5 Rohlwig, Luther	11.59
6 Taylor, Buena Vista	11.65
7 Davis, Luther	11.66
Waggie, Simpson	11.66

*Indicates Iowa Conference Record

\$Indicates Prov. NCAA Division III Championships Mark

#Indicates Auto. NCAA Division III Championships Mark

100 METERS— MEN (cont) TIME**Heat 2**

1 Hall, B.V.	11.20
2 Unertl, Dubuque	11.37
3 Wedemeier, Wartburg	11.40
4 Haugen, B.V.	11.59
5 Bedwell, Simpson	11.60
6 Hatlevig, Luther	11.57

Heat 3

1 Carrell, Simpson	10.84
2 Christians, B.V.	11.21
3 Hodson, Central	11.27
4 Paulsen, Central	11.28
5 Peakin, Wartburg	11.61
6 Sorsoleil, Luther	12.27

MEN'S 100M QUALIFIERS TIME

Lane	
1 Chris Unertl, Dubuque	11.37
2 Mike Hodson, Central	11.27
3 Lance Hall, Buena Vista	11.20
4 Corey Carrell, Simpson	10.84\$
5 Kevin Coy, Loras	10.85\$
6 Jeff Christians, Buena Vista	11.21
7 Andrew Paulsen, Central	11.28
8 Sean Clark, Central	11.38

100 METER HURDLES— WOMEN TIME**Heat 1**

1 Brewer, Simpson	14.93
2 Doorenbos, Luther	15.83
3 Nauman, Dubuque	16.23
4 Keplar, Luther	16.30
5 Haberman, B.V.	17.03
6 Baxton, Wartburg	17.43

Heat 2

1 Nietz, Luther	15.22
2 Thompson, Loras	15.52
3 Olson, Wartburg	15.72
4 Howell, Loras	16.02
5 Hill, Simpson	16.22
6 Kocer, Dubuque	17.52

Heat 3

1 Waage, Simpson	15.73
2 Meinecke, Luther	15.99
3 Dunham, Loras	16.06
4 Sculer, B.V.	16.36
5 Foley, B.V.	19.13

WOMEN'S 100M HURDLES QUALIFIERS TIME

LANE	
1 Brandy Meinecke, Luther	15.99
2 Jeanette Olson, Wartburg	15.72
3 Beth Waage, Simpson	15.73
4 Loni Brewer, Simpson	14.93 \$
5 Jean Nietz, Luther	15.22
6 Mary Thompson, Loras	15.52
7 Susan Doorenbos, Luther	15.83
8 Megan Howell, Loras	16.02

110 METER HURDLES— MEN TIME**Heat 1**

1 Shannon, Wartburg	14.74
2 Leemhuis, Wartburg	15.78
3 Paulson, Luther	16.05
4 J. Clark, Central	16.41
5 Moring, Dubuque	17.31

Heat 2

1 Rhoten, Central	15.37
2 Shelton, Loras	15.51
3 Breadon, Central	16.01
4 S. Clark, Central	16.51
5 Hermann, B.V.	16.61
6 Taylor, B.V.	16.71

MEN'S 110M HURDLES QUALIFIERS TIME

Lane	
1 Josh Clark, Central	16.41
2 Erin Breadon, Central	16.01
3 Julius Shelton, Loras	15.51
4 Chris Shannon, Wartburg	14.74\$
5 Jay Rhoten, Central	15.37
6 James Leenhuis, Wartburg	15.78
7 Wade Paulson, Luther	16.05
8 Sean Clark, Central	16.51

200 METERS— WOMEN TIME**Heat 1**

1 Ellis, Loras	26.07
2 Kimball, Wartburg	26.10
3 White, Wartburg	26.90
4 Smith, B.V.	27.30
5 Hocamp, Central	27.67
6 Orr, Wartburg	28.10
7 Gross, Simpson	28.90

Heat 2

1 Greener, Loras	25.60
2 Uhl, B.V.	25.77
3 Hoctel, Simpson	26.71
4 Lenhart, Wartburg	26.84
5 Bell, B.V.	27.64
6 Patterson, B.V.	27.94
7 Lynch, Luther	27.97

Heat 3

1 Flinn, Simpson	25.85
2 Johnson, Loras	26.39
3 Wiersema, Central	26.45
4 Howell, Loras	26.66
5 Burke, Luther	26.69
6 Ashburn, Luther	27.09
7 Jacobsen, Simpson	27.72

WOMEN'S 200M QUALIFIERS TIME

LANE	
1 Jana Wiersema, Central	26.45
2 Nikki Kimball, Wartburg	26.10
3 Wendy Ellis, Loras	26.07
4 Jessie Greener, Loras	25.60 \$
5 Kerry Flynn, Simpson	25.85
6 Melanie Uhl, Buena Vista	25.77 \$
7 Jennifer Johnson, Loras	26.39
8 Megan Howell, Loras	26.66

200 METERS— MEN

	TIME
Heat 1	
1 Erickson, Central	22.01
2 Cinnamo, Luther	22.24
3 Powell, Simpson	22.27
4 Wedemeier, Wartburg	22.84
5 Hermann, B.V.	23.04
6 Hubbard, B.V.	23.37
7 Verhoef, Central	23.84

Heat 2

1 Coy, Loras	21.95
2 Williams, Wartburg	22.22
3 Hodson, Central	22.62
4 Huggins, Simpson	22.72
5 Bedwell, Simpson	23.32
6 Haugen, B.V.	24.08

Heat 3

1 Carrell, Simpson	21.70
2 Christians, B.V.	22.37
3 Paulsen, Central	22.63
4 Paulson, Luther	22.90
5 Henderson, Luther	23.20
6 Hobart, Luther	23.30

MEN'S 200M QUALIFIERS

Lane	TIME
1 Jeff Christians, Buena Vista	22.37
2 Chris Cinnamo, Luther	22.24
3 Ryan Erickson, Central	22.01
4 Corey Carrell, Simpson	21.70
5 Kevin Coy, Loras	21.95
6 Chad Williams, Wartburg	22.22
7 KC Powell, Simpson	22.27
8 Mike Hodson, Central	22.62

800 METERS—WOMEN

	TIME
Heat 1	
1 Steines, Wartburg	2:20.11
2 Knips, Wartburg	2:23.48
3 Petig, Luther	2:25.11
4 Ransom, Luther	2:25.38
5 Grunt, Loras	2:26.65
6 Kress, Dubuque	2:49.41

Heat 2

1 Fickbohm, B.V.	2:20.79
2 Hocker, Wartburg	2:21.42
3 Lennard, Simpson	2:22.05
4 Stull, Luther	2:23.66
5 Berning, Loras	2:29.33
6 Cooper, Dubuque	2:40.44

Heat 3

1 Cullen, Loras	2:19.02
2 Hoekstra, Central	2:20.36
3 Ellerbusch, Luther	2:20.96
4 Foley, Loras	2:22.66
5 Holloway, Wartburg	2:24.29
6 Nissen, Simpson	2:38.87

WOMEN'S 800M QUALIFIERS

LANE	TIME
1 Jennifer Lennard, Simpson	2:22.05
2 Morgen Ellerbusch, Luther	2:20.96
3 Heather Hoekstra, Central	2:20.36
4 Mary Fran Cullen, Loras	2:19.02
5 Trina Steines, Wartburg	2:20.11
6 Laurie Fickbohm, Buena Vista	2:20.79
7 Kel Hocker, Wartburg	2:21.42
8 Angela Knips, Wartburg	2:23.48

800 METERS— MEN

	TIME
Heat 1	
1 Wiley, Wartburg	1:55.68
2 Anderson, Central	1:56.01
3 Button, Central	1:57.18
4 Holtebeck, Luther	1:57.28
5 Miller, Simpson	1:58.65
6 Claas, Wartburg	2:01.98
7 Coles, Dubuque	2:20.24

Heat 2

1 Berning, Loras	1:55.06
2 Lindaman, Central	1:55.96
3 Brennan, B.V.	1:58.00
4 Klocke, Central	1:58.43
5 Rogers, Simpson	2:00.60
6 Flynn, Upper Iowa	2:09.54

Heat 3

1 Harms, Wartburg	1:57.18
2 Anderson, Luther	1:57.48
3 Hoyer, Simpson	1:58.11
4 Hughes, Loras	2:01.88
5 Johnston, Dubuque	2:03.18
6 Burnham, Loras	2:08.02

Heat 4

1 Sundet, Luther	1:56.07
2 Lieth, Buena Vista	1:56.24
3 Harvey, Loras	1:56.31
4 Espino, Luther	1:57.27
5 Rickleffs, Wartburg	2:00.18
6 Woodard, Simpson	2:00.91

MEN'S 800M QUALIFIERS

Lane	TIME
1 Mike Leith, Buena Vista	1:56.24
2 Jon Lindaman, Central	1:55.96
3 Mark Sundet, Luther	1:56.07
4 Tim Berning, Loras	1:55.06
5 Matt Wiley, Wartburg	1:55.68
6 Ryan Harms, Wartburg	1:57.18
7 Ryan Anderson, Central	1:56.01
8 Tim Anderson, Luther	1:57.48

400 METER HURDLES— WOMEN**TIME****Heat 1**

1 Nietz, Luther	64.51
2 Kinnick, Buena Vista	66.98
3 Waage, Simpson	67.62
4 Baxton, Wartburg	68.08 (67.74 run-off time)
5 Willims, Central	70.65

Heat 2

1 Howell, Loras	66.81
2 Annutta, Lyther	67.48
3 Meinecke, Luther	68.08
4 Dunham, Loras	69.55
5 Behrens, Loras	71.38
6 Caspers, Upper Iowa	73.52

Heat 3

1 Olson, Wartburg	64.93
2 Gower, Luther	67.36
3 Hill Simpson	69.47
4 Meier, Loras	71.13
5 Farland, Central	75.34
6 Foley, Buena Vista	79.68

WOMEN'S 400M HURDLES QUALIFIERS**TIME****LANE**

1 Beth Waage, Simpson	67.62
2 Beth Gower, Luther	67.36
3 Megan Howell, Loras	66.81
4 Jean Nietz, Luther	64.51 \$
5 Jeanette Olson, Wartburg	64.93 \$
6 Keely Kinnick, Buena Vista	66.98
7 Sarah Anutta, Luther	67.48
8 Brandy Meinecke, Luther	68.08 (66.77 run-off time)

400 METER HURDLES— MEN**TIME****Heat 1**

1 Rhoten, Central	56.99
2 Hissler, Buena Vista	57.06
3 Braley, Luther	57.56
4 Shelton, Loras	58.60
5 Karli, Central	59.13
6 Mickey, Simpson	59.66
7 Jacobsen, Luther	62.80

Heat 2

1 Shannon, Wartburg	54.95
2 Paulson, Luther	56.32
3 Rasmussen, Wartburg	57.65
4 S.Clark, Central	58.25
5 Maxson, Loras	58.89
6 Wallace, Central	59.69
7 Kruger, Luther	62.72
8 Moring, Dubuque	63.59

MEN'S 400M HURDLES QUALIFIERS**TIME****Lane**

1 Sean Clark, Central	58.25
2 Matthew Braley, Luther	57.56
3 Wade Paulsen, Luther	56.32
4 Chris Shannon, Wartburg	54.95
5 Jay Rhoten, Central	56.99
6 Chad Hisler, Buena Vista	57.06
7 Ryan Rasmussen, Wartburg	57.65
8 Julius Shelton, Loras	58.60