

1978 MIAC TRACK AND FIELD CHAMPIONS BY EVENT

| <u>Event</u> | <u>Winner/School</u> | <u>Time/Distance</u> |
|-----------------------|--|----------------------|
| 100 Yard Dash | Nate Allen/Bethel | 10.6 |
| 220 Yard Dash | Nate Allen/Bethel | 22.1 |
| 440 Yard Dash | Greg Averetta/Macalester | 49.6 |
| 880 Yard Run | Curt Brown/Bethel Kevin Roth/St. Thomas | 1:55.7 |
| 1 Mile Run | Mike Palmquist | 4:19.7 |
| 3000 M. Steeplechase | Nort Hatlie/St. John's | 9:20.9 |
| 3 Mile Run | Mike Palmquist | 14:45.1 |
| 6 Mile Run | Paul Mausling/Macalester | 29:50.2 |
| 120 Yard High Hurdles | Al Lindberg/Hamline | 15.4 |
| 440 Yard I. Hurdles | Steve Fox/Concordia | 54.5 |
| 440 Yard Relay | St. John's | 42.9 |
| Mile Relay | Concordia | 3:21.0 |
| High Jump | Tim Stark/Hamline | 6'8" |
| Long Jump | Jim Sackrison/St. Olaf | 22'4-3/4" |
| Triple Jump | Jim Sackrison/St. Olaf | 46'5" |
| Pole Vault | Steve Jungbauer/Hamline | 14'6" |
| Shot Put | Mark Severson/Hamline | 55'2" |
| Discus | Mark Severson/Hamline | 167'4" |
| Javelin | Ron Kangas/Concordia | *213'5" |
| *New Record | | |

1979 TEAM SCORES

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|------------|-----|
| Hamline | 161 |
| St. Olaf | 114 |
| St. John's | 69 |
| St. Thomas | 68 |
| Concordia | 61 |
| Bethel | 53 |
| Macalester | 38 |
| Gustavus | 21 |
| Augsburg | 4 |