

# MIAC OUTDOOR TRACK & FIELD CHAMPIONSHIPS

## May 10 & 11, Hamline University Track

### Women's Results

#### 100 Meter Dash

1	Aminah Ricks, Fr, Carl	12.49	NCAA Qualifier
2	Jackie Moe, So, Beth	12.54	
3	Tara Wetzel, Jr, StTh	12.62	
4	Kelly McGinley, Sr, StTh	12.78	
5	Wendy Toenies, Jr, Conc	12.86	
6	Heather Seibel, Sr, StTh	12.97	
7	Heather Hammond, Jr, Ham	13.01	
8	Sara Gorder, So, StTh	13.14	

#### 200 Meter Dash

1	Aminah Ricks, Fr, Carl	25.63	
2	Jackie Moe, So, Beth	25.81	
3	Jennifer Streefland, Sr, Carl	26.12	
4	Heather Seibel, Sr, StTh	26.46	
5	Gretchen Terhaar, Jr, StBen	26.58	
6	Wendy Toenies, Jr, Conc	26.68	
7	Sara Gorder, So, StTh	27.0	
8	Tara Wetzel, Jr, StTh	26.8	

#### 400 Meter Dash

1	Brenda Suttles, So, StTh	59.17	
2	Gretchen Terhaar, Jr, StBen	60.07	
3	Jennifer Wenzel, Sr, Beth	60.27	
4	Stephanie Schmitt, Fr, StTh	60.83	
5	Chrishelle Bakken, Jr, Beth	61.19	
6	Jill Palokangas, Jr, Ham	61.28	
7	Andrea Thomas, So, StBen	62.57	
8	Jyl Boline, Sr, Conc	62.8	

#### 800 Meter Run

1	Betsy Hansen, Sr, Ham	2:12.40	MIAC record NCAA Qualifier
2	Michelle Auger, Sr, StTh	2:15.61	NCAA Qualifier
3	Katy Deignan, So, StBen	2:19.10	
4	Eithne Barton, So, Carl	2:20.30	
5	Ellen Kussow, Fr, Gust	2:21.87	
6	Dana Johnson, Jr, Gust	2:25.34	
7	Chris Godfrey, Conc	2:25.50	
8	Stacia L Shiffler, So, StOl	2:26.7	

#### 1500 Meter Run

1	Tanya Prickett, Sr, StTh	4:41.1	
2	Moira A Petit, Jr, StOl	4:44.2	
3	Chris Fredrich, Sr, Conc	4:47.8	
4	Melanie Dubay, So, StTh	4:49.4	
5	Sarah Conning, Sr, Carl	4:55.6	
6	Sarah Roth, Fr, Carl	4:55.8	
7	Stacia L Shiffler, So, StOl	4:56.4	
8	Kara S Lenfesty, Sr, StOl	5:01.3	

### 3000 Meter Run

1	Sarah Edmonds, So, Gust	10:28.35
2	Moira A Petit, Jr, StOl	10:31.06
3	Kari Pederson, So, StTh	10:35.14
4	Cheryl Vogel, Sr, StTh	10:43.19
5	Jennifer Tonkin, So, Mac	10:47.46
6	Sharon Espeland, Sr, Conc	10:57.16
7	Carisa Blair, So, Conc	11:07.11
8	Chris Fredrich, Sr, Conc	11:10.32

### 5000 Meter Run

1	Jennifer Tonkin, So, Mac	18:18.57
2	Sharon Espeland, Sr, Conc	18:35.28
3	Molly Weyrens, Sr, Conc	19:02.85
4	Margo M Rusovick, So, StOl	19:32.23
5	Kristin Brennom, Sr, StOl	19:33.56
6	Samie Reck Peterson, So, Carl	19:36.19
7	Allison Smith, Jr, Carl	19:42.15
8	Michelle Stauffacher, Fr, StBen	19:44.52

### 10000 Meter Run

1	Sarah Edmonds, So, Gust	38:19.81
2	Molly Weyrens, Sr, Conc	38:45.34
3	Jenny Huelsmann, Sr, StTh	40:51.79
4	Robin Balder, Sr, StBen	41:01.76
5	Michelle Stauffacher, Fr, StBen	41:16.96
6	Renee Tomasula, So, StTh	41:41.04
7	Virginia Skruppy, Jr, StCat	41:47.70
8	Patty Shannon, So, StBen	41:52.96

### 100 Meter Hurdles

1	Jennifer Streefland, Sr, Carl	15.07	NCAA Qualifier
2	Heidi Teske, So, StTh	15.27	
3	Julie Stepan, Jr, Aug	16.06	
4	Julie A Rademacher, Jr, StOl	16.41	
5	Lydia Kabaka, Fr, Conc	16.55	
6	Patty Severson, Jr, Ham	16.67	
7	Nancy Flury, So, Ham	16.69	

### 400 Meter Hurdles

1	Trish Tinucci, Sr, StTh	1:01.25	NCAA Qualifier
2	Denise Angelo, Sr, StTh	1:05.34	
3	Denise Rotter, So, StTh	1:05.71	
4	Heidi Teske, So, StTh	1:06.08	
5	Julie Stepan, Jr, Aug	1:06.41	
6	Maryn L Scholl, Fr, StOl	1:06.61	
7	Karen Goodrich, Sr, Mac	1:06.66	
8	Patty Severson, Jr, Ham	1:07.6	

### 4X100 Meter Relay

1	St. Thomas (Heather Seibel, Tara Wetzel, Sara Gorder, Kelly McGinley)	48.94	NCAA Qualifier
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2	Carleton (Teri Stella, Abby Hanson, Aminah Ricks, Jennifer Streefland)	49.11	NCAA Qualifier
3	Bethel (Chrishelle Bakken, Jennifer Wenzel, Cindy Fogelman, Jackie Moe)	49.74	
4	Hamline (Amy Albrecht, Betsy Hansen, Kaylene Peterson, Heather Hammond)	50.78	
5	Concordia (Lydia Kabaka, Taria Heinen, Melanie Swanson, Wendy Toenies)	50.97	
6	St. Benedict's (Geneve Ohlsen, Cami Longstreet, Tracy Sterk, Andrea Thomas)	51.6	
7	St. Olaf (Ellen H Gravbrot, Maryn L Scholl, Karen M Christensen, Megan L Wilson)	51.9	
8	Macalester (Laurie Littlehales, Heather Kindon, Jennifer Simonds, Karen Goodrich)	52.4	
4X400 Meter Relay			
1	St. Thomas (Denise Rotter, Denise Angelo, Brenda Suttles, Trish Tinucci)	3:58.58	
2	Carleton (Abby Hanson, Eithne Barton, Mary Pennel, Jennifer Streefland)	4:00.92	
3	Bethel (Jennifer Wenzel, Jackie Moe, Jackie Moe, Chrishelle Bakken)	4:01.72	
4	Hamline (Patty Severson, Jill Palokangas, Amy Albrecht, Betsy Hansen)	4:04.64	
5	Concordia (Wendy Toenies, Taria Heinen, Jyl Boline, Chris Godfrey)	4:07.32	
6	St. Olaf (Maryn L Scholl, Kara S Lenfesty, Megan L Wilson, Stacia L Shiffler)	4:11.44	
7	St. Benedict's (Katy Deignan, Andrea Thomas, Jeannie Stangler, Lisa Worden)	4:12.26	
8	Gustavus Adolphus (Jessica O'Connor, Dana Johnson, Cori Johnson, Ellen Kussow)	4:13.51	
Long Jump			
1	Denise Angelo, Sr, StTh	18-3 1/4	NCAA Qualifier
2	Julie A Rademacher, Jr, StOl	17-7	
3	Jennifer Streefland, Sr, Carl	17-1 1/2	
4	Alison Deviny, Jr, Ham	16-8 1/2	
5	Jennifer Wenzel, Sr, Beth	16-7	
6	Kaylene Peterson, So, Ham	16-5 3/4	
7	Kathy Damhof, So, Conc	16-4 1/4	
8	Dawn Mueske, Sr, Ham		
Triple Jump			
1	Lydia Kabaka, Fr, Conc	36-8 3/4	
2	Alison Deviny, Jr, Ham	36-0 1/4	
3	Julie A Rademacher, Jr, StOl	35-5 3/4	
4	Kathy Damhof, So, Conc	34-1 1/2	
5	Jill Hageman, So, StTh	33-7 1/4	
6	Linda Di Raimondo, Fr, Mac	33-3 1/2	
7	Angela Borland, So, Gust	32-8 1/4	
8	Annelies M Nef, Jr, StOl	32-5	

Shot Put			
1	Kelli Newman, Sr, Beth	46-8 3/4	NCAA Qualifier
2	Kris Kuehl, Jr, Conc	45-1 3/4	NCAA Qualifier
3	Lisa O'Groske, Jr, Gust	40-9	
4	Kristi Farver, Jr, Conc	40-0 3/4	
5	Kelly R Bremer, Sr, StOl	39-4 1/2	
6	Paula Helfmann, Jr, Gust	38-3 1/4	
7	Heidi Schaap, So, Beth	38-2	
8	Sarah Cremer, Jr, StBen	38-1 1/2	
Discus			
1	Kris Kuehl, Jr, Conc	167-7	MIAC record
2	Angie White, Jr, Gust	149-9	NCAA Qualifier
3	Kelli Newman, Sr, Beth	132-10	MIAC record
4	Kelly Schmitt, So, StBen	125-6	NCAA Qualifier
5	Julia E Kline, Jr, StOl	123-0	
6	Angel Delaney, Carl	119-11	
7	Chris Norrish, Sr, Gust	118-10	
8	Mickey Jurewicz, Sr, StBen	115-5	
Javelin			
1	Barb Otte, Sr, Gust	125-9	
2	Julie A Rademacher, Jr, StOl	116-9	
3	Lisa O'Groske, Jr, Gust	115-1	
4	Paula Helfmann, Jr, Gust	114-0	
5	Kristi Farver, Jr, Conc	104-9	
6	Sarah Mann, Jr, Conc	102-10	
7	Disa Wahlstrand, Jr, Gust	102-4	
8	Nicole Stauber, Fr, StCat	99-2	
High Jump			
1	Julie A Rademacher, Jr, StOl	5-3 3/4	
2	Jennifer Streefland, Sr, Carl	5-3 3/4	
3	Jane S Blowers, Jr, StOl	5-3 3/4	
4	Annelies M Nef, Jr, StOl	5-1 1/4	
4	Patty Bugliosi, Fr, StTh	5-1 1/4	
4	Julie C Johnson, Jr, Gust	5-1 1/4	
4	Cathy Buechele, Fr, Aug	5-1 1/4	
8	Nicole Stauber, Fr, StCat	4-11 1/4	
Heptathlon			
1	Jennifer Streefland, Sr, Carl	4555	MIAC record
2	Julie A Rademacher, Jr, StOl	4362	NCAA Qualifier
3	Julie Stepan, Jr, Aug	4198	NCAA Qualifier
4	Annelies M Nef, Jr, StOl	3492	
5	Nicole Stauber, Fr, StCat	3249	
TEAM SCORES			
1	St. Thomas	156.0	
2	St. Olaf	106.0	
3	Concordia	103.0	

4	Carleton	96.0
5	Gustavus Adolphus	76.0
6	Bethel	60.0
7	Hamline	48.0
8	St. Benedict's	43.0
9	Macalester	20.0
10	Augsburg	18.0
11	St. Catherine	8.0

### Men's Results

#### 100 Meter Dash

1	Jeff Scherer, Jr, Carl	10.98
2	Darrick Cornelius, Fr, StTh	11.17
3	Dennis Williams, Fr, Ham	11.21
4	Pete Buck, So, Ham	11.29
5	Tony Roemer, Jr, StJo	11.45
6	Jon Crowson, So, Ham	11.47
7	Max Larson, Fr, StJo	11.48
8	John Devney, So, StJo	11.66

#### 200 Meter Dash

1	Paul Blomgren, Jr, Carl	21.91
2	Jeff Scherer, Jr, Carl	21.92
3	Jeff Diedrich, So, Ham	22.47
3	Ryan Murray, Fr, StJo	22.47
5	Eric Johnson, Jr, StTh	22.66
6	Shawn Ellingson, So, StTh	22.75
7	Dennis Williams, Fr, Ham	22.76
8	Darrick Cornelius, Fr, StTh	22.6

#### 400 Meter Dash

1	Paul Blomgren, Jr, Carl	49.03
2	Ben Osmond, Sr, Ham	49.81
3	Jay Conzemius, Jr, StJo	50.08
4	Darin Zielsdorf, Jr, Gust	50.40
5	John Strukel, So, StJo	50.50
6	Andy Voorhees, Jr, Gust	50.5
7	Adam Solano, Jr, StJo	51.0
8	David Pagel, So, Ham	51.0

#### 800 Meter Run

1	Eric Johnson, Sr, Conc	1:56.06
2	Kyle Johnson, So, Conc	1:56.69
3	Paul Chestovich, So, StJo	1:56.76
4	Glenn Necklen, Sr, StJo	1:57.24
5	Bob Craig, Sr, Ham	1:57.54
6	Paul W Thornton, So, StOl	1:58.64
7	Jonathan Hasleiet, Jr, StTh	1:58.74
8	Mike Casper, Jr, Carl	1:59.85

#### 1500 Meter Run

1	Glenn Williams, Jr, StTh	3:58.73
2	Vince Boyer, Jr, Ham	3:59.09
3	Patrick Weiss, So, StTh	3:59.12
4	Kyle Johnson, So, Conc	4:05.57
5	Eric Newhouse, So, StTh	4:06.74
6	Philip Dunn, So, Carl	4:07.14
7	Jim Miklausich, Fr, StTh	4:07.59
8	Brian Lenzmeier, Jr, StJo	4:08.95

#### 5000 Meter Run

1	Craig Miller, Sr, Gust	15:33.32
2	Keith Pilgrim, Sr, Gust	15:45.25
3	Larry Lillwitz, Sr, StJo	15:50.44
4	Robert T Kuehl, Fr, StOl	15:57.89
5	Chris Schutz, So, Ham	16:04.06
6	Joe Fogerty, Fr, StTh	16:05.13
7	Philip Dunn, So, Carl	16:10.91
8	Eric Jones, Jr, Ham	16:15.02

#### 10000 Meter Run

1	Craig Miller, Sr, Gust	32:04.38
2	Rory Matter, Sr, StTh	32:26.41
3	Nate Knuth, Fr, StTh	32:34.78
4	Chris Schutz, So, Ham	33:34.16
5	William H Moser, Sr, StOl	33:51.40
6	Brian Gross, So, StJo	34:08.35
7	Dave Knauer, So, Gust	34:15.8
8	Tim Jacobson, So, StJo	34:33.5

#### 110 Meter Hurdles

1	Matt Arbeiter, So, StJo	14.81
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#### NCAA Qualifier

2	Michael S Mercer, Jr, StOl	15.24
3	Ryan Steffenhagen, Fr, Gust	15.39
4	Gregory S Kugler, Jr, StOl	15.44
5	Mike Lutz, Fr, StTh	15.59
6	Rich Jorgenson, Jr, Conc	15.86
7	Emry McAlear, Fr, Conc	16.1
8	Rob Liebl, Sr, StJo	16.8

#### 400 Meter Hurdles

1	Vincent Paduano, So, StTh	54.12
2	Michael S Mercer, Jr, StOl	54.32
3	Ben Mulcahy, Sr, StJo	55.70
4	Matthew Meyer, So, StTh	55.91
5	Mark Lundstrom, Jr, Conc	56.73
6	Steve Schachel, Sr, StJo	57.21
7	David Boyd, So, Aug	57.56
8	Ryan Beil, Fr, Conc	57.9

#### 3000 Meter Steeplchase

1	Paul Hathaway, Sr, StTh	9:17.76
2	Scott Lindell, Sr, StJo	9:28.53
3	Will Kemper, So, Carl	9:39.18
4	Bob Klindworth, So, Gust	9:45.55
5	Jason Trichler, So, Conc	9:48.20
6	Jason Day, So, Conc	9:52.31
7	Kris Jungels, So, StJo	10:11.1
8	Dean Broadhead, Jr, StTh	10:13.7

#### 4X100 Meter Relay

1	St. Thomas (Matt Monarski, Darrick Cornelius, Dan Lynch, Eric Johnson)	41.90
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#### NCAA Qualifier

2	Carleton (Gerard Cote, Paul Blomgren, Adam Henry, Jeff Scherer)	42.09
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#### NCAA Qualifier

3	Hamline (Pete Buck, Jeff Diedrich, Dennis Williams, Ben Osmond)	42.39
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4	St. John's (Matt Arbeiter, Tony Roemer, Jim Geroux, Mike Rowley)	42.58
5	Concordia (Kelly Skogrand, Mark Kellner, Mark Lundstrom, Andy Becker)	43.69
6	Macalester (Michael Nakagawa, Nelson Jumbe, Daniel Bonniwell, William Thomas)	43.5
7	Gustavus Adolphus (Jamie Jerdee, Tom Durell, Jason Haugen, Andy Voorhees)	43.6
	St. Olaf (James T Kingston, Anders O Westby, Brian C Tri, Lindsey T Emerson)	DQ
4X400 Meter Relay		
1	St. John's (Adam Solano, Ryan Murray, John Strukel, Jay Conzemius)	3:18.83
2	Carleton (Paul Blomgren, Adam Henry, Gerard Cote, Jeff Scherer)	3:19.37
3	St. Thomas (Shawn Ellingson, Vincent Paduano, Jeff Gelo, Eric Johnson)	3:19.40
4	Hamline (David Pagel, Jeff Diedrich, Brion Gullickson, Ben Osmond)	3:19.57
5	St. Olaf (Lindsey T Emerson, Christoph J Welsh, Paul W Thornton, Michael S Mercer)	3:23.23
6	Concordia (Mark Kellner, Mark Lundstrom, Chuck Banks, Eric Johnson)	3:23.81
7	Gustavus Adolphus (Andy Voorhees, Darin Zielsdorf, Jason Haugen, Dave Jeffers)	3:24.20
8	Augsburg (Todd Huber, David Boyd, Nate Dobljar, Todd Cina)	3:27.26
Long Jump		
1	Leonard Jones, Fr, StTh	25-5 1/4
		MIAC record
		NCAA Qualifier
2	Matt Monarski, Jr, StTh	23-3 1/2
3	Nelson Jumbe, Fr, Mac	23-2 1/4
4	Dan Lynch, So, StTh	23-1
5	Tom Durell, Sr, Gust	22-7 1/4
6	Garrick Z Larson, Sr, StOl	22-6
7	Todd Cina, Jr, Aug	21-11 1/2
8	Leim Le, Jr, Carl	21-11
Triple Jump		
1	Nelson Jumbe, Fr, Mac	49-4 1/4
		NCAA Qualifier
2	Don Donais, Sr, StJo	46-11 3/4
3	Dan Lynch, So, StTh	46-10 1/4
4	Garrick Z Larson, Sr, StOl	46-7 1/2
5	Tom Durell, Sr, Gust	46-1
6	Jim Hennig, Jr, StJo	45-3 3/4
7	James Cline, Jr, Mac	45-1 1/2
8	Rich Jorgenson, Jr, Conc	44-0
Shot Put		
1	Dave Giebtbrock, Sr, Ham	55-9 1/4
		NCAA Qualifier
2	Jon Ault, Jr, Conc	48-6 3/4
3	Shannon Whitworth, Mac	48-0 1/2
4	Ben Bautch, Sr, StTh	47-6 1/2

5	John Berg, Jr, Gust	46-10
6	Paul Pehrson, Sr, Gust	46-1 1/4
7	Patrick Ahern, So, StTh	45-10 1/2
8	Paul Labelle, Sr, Conc	45-6 1/4
Discus		
1	Patrick Ahern, So, StTh	170-2
		NCAA Qualifier
2	Dave Giebtbrock, Sr, Ham	153-8
3	Erik Sorenson, So, StJo	152-7
4	Mat Dixon, Sr, Mac	145-10
5	Trent Steel, Sr, Gust	141-11
6	Neil Christensen, Jr, Ham	141-6
7	Jeff Peterson, Jr, Gust	139-5
8	Jason Banks, So, Conc	136-6
Hammer Throw		
1	Ben Bautch, Sr, StTh	179-5
		MIAC record
		NCAA Qualifier
2	Jim Schuldt, Sr, Carl	177-7
		MIAC record
		NCAA Qualifier
3	Jon Ault, Jr, Conc	167-8
		NCAA Qualifier
4	Patrick Ahern, So, StTh	167-3
		NCAA Qualifier
5	Jon Huseth, Jr, Gust	153-0
6	Erik Sorenson, So, StJo	144-3
7	Paul Labelle, Sr, Conc	134-2
8	Daniel S Miller, Fr, StOl	133-11
Javelin		
1	Garrick Z Larson, Sr, StOl	202-4
		MIAC record
		NCAA Qualifier
2	Steve Dolan, Jr, StTh	194-10
3	Matt Hausman, Sr, Carl	164-4
4	Jess Quam, Fr, StTh	163-0
5	Erik Sorenson, So, StJo	162-7
6	Mury Johnson, Sr, Beth	158-5
7	John Clapp, Sr, Carl	155-11
8	Mark C Anderson, Jr, Gust	152-5
High Jump		
1	Leonard Jones, Fr, StTh	6-9 3/4
2	Mike Lutz, Fr, StTh	6-9 3/4
3	Greg Vacura, Jr, Ham	6-5 3/4
4	Nelson Jumbe, Fr, Mac	6-3 3/4
5	Mike Warmuth, Jr, Ham	6-3 3/4
6	Kurt Watson, Jr, Beth	6-1 3/4
7	Pat Sullivan, Fr, StTh	5-11 3/4
8	Dave Cox, Jr, Carl	5-11 3/4
8	Emry McAlear, Fr, Conc	5-11 3/4
Pole Vault		
1	Dave Jeffers, So, Gust	14-3
2	Kevin Mosely, So, Beth	13-11
3	Derek Schansberg, Sr, StTh	13-11
4	Stacey Nelson, Jr, Beth	13-11
5	Kurt Watson, Jr, Beth	13-7

6	Jeff Bergmann, So, StTh	13-7
7	Ken Lebrun, Sr, Carl	13-3
8	Tim Howard, Sr, Conc	12-11

Decathlon

1	Steve Dolan, Jr, StTh	6578
	NCAA Qualifier	
2	Garrick Z Larson, Sr, StOl	6099
3	Kurt Watson, Jr, Beth	5855
4	Gregory S Kugler, Jr, StOl	5707
5	Rich Jorgenson, Jr, Conc	5685
6	Matt Hausman, Sr, Carl	5500
7	Dave Jeffers, So, Gust	5499
8	Mark C Anderson, Jr, Gust	5117

TEAM SCORES

1	St. Thomas	216.0
2	St. John's	115.5
3	Hamline	94.5
4	Gustavus Adolphus	92.0
5	Carleton	88.5
6	Concordia	71.5
7	St. Olaf	69.0
8	Macalester	37.0
9	Bethel	29.0
10	Augsburg	5.0