

1970

MIDWEST CONFERENCE MEN'S OUTDOOR TRACK AND FIELD CHAMPIONSHIPS

1. St. Olaf 80; 2. Carleton 48; 3. Lawrence 42; 4. Monmouth 20;
 T5. Cornell, Ripon 18½; 7. Knox 10; 8. Coe 7; 9. Grinnell 6; 10. Beloit 5.

100y

| | | |
|--------------------|----------|------|
| 1. Mark Frodeson | Lawrence | 10.0 |
| 2. Crowley | Carleton | 10.0 |
| 3. Buss | St. Olaf | 10.1 |
| 4. Larry Nash | Monmouth | 10.1 |
| 5. Robert Mitchell | Monmouth | 10.2 |

220

| | | |
|-------------------|----------|------|
| 1. Kasa Nishiyama | Carleton | 22.1 |
| 2. Crowley | Carleton | 22.3 |
| 3. Steve Ashley | St. Olaf | 22.4 |
| 4. Ted Van Doren | Cornell | 22.5 |
| 5. McFarlane | St. Olaf | 22.8 |

440

| | | |
|-------------------|----------|------|
| 1. Steve Ashley | St. Olaf | 49.7 |
| 2. Judge Graddick | Carleton | 50.2 |
| 3. Geithaml | Carleton | 51.2 |
| 4. Ted Van Doren | Cornell | 51.3 |
| 5. Pacelli | Knox | 51.8 |

880

| | | |
|--------------------|----------|--------|
| 1. Todd Ririe | Cornell | 1:56.3 |
| 2. McMunn | Carleton | 1:57.0 |
| 3. Jim Stoltenberg | St. Olaf | 1:57.4 |
| 4. Johnson | St. Olaf | 1:58.5 |
| 5. John Stroemer | Lawrence | 2:00.9 |

Mile

| | | |
|----------------------|----------|--------|
| 1. Dave Troy | St. Olaf | 4:15.4 |
| 2. Doug Chase | Carleton | 4:15.7 |
| 3. Ed Ryan | Monmouth | 4:20.9 |
| 4. Rick Drake | Beloit | 4:22.9 |
| 5. Thomas Colclasure | Monmouth | 4:26.7 |

3 Mile

| | | |
|------------------|----------|---------|
| 1. Gary Olmstead | St. Olaf | 14:53.1 |
| 2. Ed Ryan | Monmouth | 14:55.0 |
| 3. Drake | Beloit | 15:00.0 |
| 4. Doug Chase | Carleton | 15:18.3 |
| 5. Dave Troy | St. Olaf | 15:30.9 |

120H

| | | |
|---------------------|----------|------|
| 1. Bill Witrak | St. Olaf | 15.0 |
| 2. Mark Hendrickson | St. Olaf | 15.4 |
| 3. Ferguson | Cornell | 15.6 |
| 4. John Wrona | Monmouth | 15.9 |
| 5. John Gray | Grinnell | 16.1 |

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440H

| | | |
|---------------------|----------|------|
| 1. Mark Hendrickson | St. Olaf | 55.0 |
| 2. Bill Witrak | St. Olaf | 55.6 |
| 3. Don Gjerdingen | Carleton | 55.7 |
| 4. Davenport | Lawrence | 58.0 |
| 5. William Grieb | Ripon | 58.3 |

440 Relay

| | |
|-------------|------|
| 1. Carleton | 43.6 |
| 2. Lawrence | 44.2 |
| 3. St. Olaf | 44.3 |
| 4. Ripon | 44.3 |
| 5. Cornell | 44.6 |

Mile Relay

| | |
|-------------|---------|
| 1. St. Olaf | 3:31.04 |
| 2. Cornell | nt |
| 3. Carleton | nt |
| 4. Knox | nt |
| 5. Lawrence | nt |

High Jump

| | | |
|-------------------|----------|-------|
| 1. Don Gaston | St. Olaf | 6-5 |
| 2. Steve Helfrich | Coe | 6-5 |
| 3. Andy Gilbert | Lawrence | 6-1½ |
| 4. Wiese | Ripon | 5-11½ |
| 4. Johnson | Cornell | 5-11½ |

Pole Vault

| | | |
|------------------|----------|-------|
| 1. Chris Madson | Grinnell | 13-8½ |
| 2. Gamble | Knox | 13-0 |
| 2. Glenn Catlett | Monmouth | 13-0 |
| 2. Doug Gilbert | Lawrence | 13-0 |
| 5. Power | Grinnell | 12-6 |

Long Jump

| | | |
|------------------|----------|--------|
| 1. Toliver | Lawrence | 22-1¼ |
| 2. Mark Frodeson | Lawrence | 22-0¾ |
| 3. Schmidt | Ripon | 21-3 |
| 4. William Grieb | Ripon | 21-1¼ |
| 5. Greg Loy | Knox | 20-11¼ |

Triple Jump

| | | |
|------------------|----------|--------|
| 1. Mark Frodeson | Lawrence | 45-11 |
| 2. Sotin | St. Olaf | 44-10¼ |
| 3. Greg Loy | Knox | 44-5 |
| 4. Mike Coomes | Carleton | 43-0 |
| 5. Lovett | Carleton | 41-11¼ |

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Shot Put

| | | |
|---------------------|----------|-------|
| 1. Lance Alwin | Lawrence | 47-9¼ |
| 2. Gary Peterangelo | Carleton | 47-1¼ |
| 3. Gustafson | St. Olaf | 45-9¼ |
| 4. Ray Robinson | Ripon | 44-7¼ |
| 5. Terry Hunter | Monmouth | 44-1¼ |

Discus

| | | |
|-----------------|----------|--------|
| 1. Paul Rorem | St. Olaf | 140-3 |
| 2. Lance Alwin | Lawrence | 137-3 |
| 3. Roger Grefe | Coe | 135-1 |
| 4. Iverson | St. Olaf | 133-8½ |
| 5. Ray Robinson | Ripon | 133-8¼ |

Javelin

| | | |
|------------------|----------|--------|
| 1. Ray Robinson | Ripon | 193-2 |
| 2. Doug Flom | St. Olaf | 187-1 |
| 3. Jim Hemberger | St. Olaf | 176-8 |
| 4. Pete Vlasits | Monmouth | 176-6¾ |
| 5. Leffelhole | Ripon | 161-4¾ |