

1976

MIDWEST CONFERENCE MEN'S OUTDOOR TRACK AND FIELD CHAMPIONSHIPS

1. Coe 142; 2. Carleton 119; 3. Knox 110; 4. Lawrence 61; 5. Grinnell 33;
6. Beloit 30; 7. Monmouth 27; 8. Ripon 19; 9. Cornell 17.

100y

1. Bill Kelly	Coe	10.1
2. Vic McCray	Coe	10.15
3. Dave Miller	Knox	10.2
4. John Scarano	Knox	10.3
5. Ken Greene	Grinnell	10.4
6. Reggie Robinson	Carleton	10.4

220

1. Dave Miller	Knox	22.4
2. Vic McCray	Coe	22.5
3. John Scarano	Knox	22.7
4. Tom Wearne	Monmouth	23.1
5. Ken Greene	Grinnell	23.2
6. Gary Fritz	Beloit	23.6

440

1. Milo Sekulovich	Coe	50.8
2. Bob Sheehan	Knox	51.2
3. Tom Goszewski	Coe	51.3
4. Mike Vickroy	Cornell	51.5
5. Mark Schulz	Cornell	51.5
6. Mark St. Aoro	Carleton	51.8

880

1. Ken Mullen	Coe	1:55.2
2. Randy Ohman	Carleton	1:58.7
3. Chip Steele	Carleton	2:00.5
4. Bob Thompson	Knox	2:02.8
5. Craig Dahlquist	Monmouth	2:03.9
6. David Crew	Coe	2:05.9

Mile

1. Dale Kramer	Carleton	4:15.2
2. Fred Hicks	Carleton	4:19.1
3. Terry Hiebert	Coe	4:22.0
4. Lovett Campbell	Beloit	4:26.1
5. Steve Sarto	Ripon	4:29.2
6. Joe Welty	Monmouth	4:30.3

3 Mile

1. Steve Reynolds	Carleton	14:55.6
2. Bernie Updike	Carleton	15:18.2
3. Terry Hiebert	Coe	15:32.0
4. Bob Luedke	Monmouth	15:42.7
5. Pete Hoover	Lawrence	15:46.2
6. Bill Brown	Grinnell	15:52.0

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6 Mile

1. Randy Ohman	Carleton	31:44.1
2. Bob Luedke	Monmouth	32:12.7
3. Mark Moline	Carleton	32:24.3
4. Greg Noessen	Knox	32:41.5
5. Brent MacDermot	Beloit	32:46.0
6. Jeff Hawley	Lawrence	33:03.0

120H

1. Tom Meade	Coe	14.9
2. Kevin Birkholz	Carleton	14.9
3. Silas Hudson	Coe	15.0
4. Rob Lutz	Ripon	15.0
5. Jim Smith	Knox	15.0
6. Jeff Moore	Knox	15.6

440H

1. Jim Smith	Knox	55.3
2. Dennis Redel	Coe	56.2
3. Shaun Koos	Carleton	56.6
4. John Hearn	Coe	57.8
5. Bryon Swanson	Knox	58.4
6. David Keehn	Beloit	58.4

4x110 Relay

1. Coe	43.8
2. Knox	43.8
3. Carleton	44.05
4. Grinnell	44.8
5. Beloit	44.5
6. Monmouth	44.7

4x440 Relay

1. Coe	3:24.1
2. Knox	3:27.2
3. Carleton	3:30.7
4. Cornell	3:33.8
5. Beloit	3:35.1
6. Monmouth	3:36.3

High Jump

1. Jim Kohl	Ripon	6-4
2. Bob Eddy	Lawrence	6-4
3. Rick Pembrook	Knox	6-2
4. Craig Harberts	Coe	6-2
5. Rob Lutz	Ripon	6-2
6. Bill Gee	Cornell	6-0

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Pole Vault

1. Doug Baldwin	Coe	13-0
2. Dave Rosene	Lawrence	12-6
3. Shawn Woods	Lawrence	12-0
4. Steve Breshock	Coe	12-0
5. Chuck Willman	Monmouth	10-0
6. Joe Nichols	Knox	10-0

Long Jump

1. Jeff Moore	Knox	21-1 $\frac{3}{4}$
2. Kevin Birkholz	Carleton	21-1 $\frac{3}{4}$
3. Bill Gee	Cornell	20-11 $\frac{3}{4}$
4. Greg Petermeyer	Monmouth	20-11 $\frac{1}{2}$
5. Rob Stevens	Lawrence	20-11 $\frac{1}{2}$
6. Les Jones	Carleton	20-10

Triple Jump

1. Mike Nadalsky	Grinnell	42-4 $\frac{1}{2}$
2. John Scarano	Knox	42-1
3. Lincoln Marshall	Grinnell	41-11
4. Jeff Moore	Knox	41-10 $\frac{1}{4}$
5. David Keehn	Beloit	41-9 $\frac{1}{2}$
6. Tom Meade	Coe	41-6 $\frac{1}{4}$

Shot Put

1. Ron Wopat	Lawrence	50-3
2. Greg Hoffman	Beloit	48-3
3. Ira Stiegler	Carleton	47-5
4. David Leach	Grinnell	44-5
5. Kurt Buckowich	Coe	43-6
6. Bob Eddy	Lawrence	43-4

Discus

1. Ron Wopat	Lawrence	153-11
2. Greg Hoffman	Beloit	143-10
3. Dan Mills	Coe	137-6
4. David Leach	Grinnell	135-9
5. Kevin Enwright	Coe	134-5
6. Steve Neuman	Lawrence	130-10

Javelin

1. Ira Stiegler	Carleton	178-3
2. Steve Lemons	Lawrence	169-7
3. Phil Singer	Knox	169-4
4. John Davis	Lawrence	167-1
5. John Eppel	Knox	154-9
6. Jim Kohl	Ripon	152-7