

MIDWEST CONFERENCE MEN'S OUTDOOR TRACK AND FIELD CHAMPIONSHIPS  
 Hosted by Grinnell --- May 12-13, 1989  
 (Times Adjusted to FAT; Field Events Converted from Metric Measures)

Team Standings

Cornell	165	Lawrence	56
Monmouth	161 1/2	St. Norbert	56
Knox	76 1/2	Ripon	44
Grinnell	64	Illinois C.	39
Coe	61	Beloit	17

Event Champions

110m hurdles:	Charles Burton, Monmouth, 14.94
400m hurdles:	Charles Burton, Monmouth, 55.04
100 meters:	John Stimson, Cornell, 11.24
200 meters:	Mike Pankey, Knox, 22.44
400 meters:	Mike Pankey, Knox, 49.34
800 meters:	Jeff Maples, Cornell, 1:56.04
1500 meters:	Jeff Maples, Cornell, 3:56.74
3000 steeplechase:	David Hammond, Grinnell, 9:22.44 (no water)
5000 meters:	Tony Every, Cornell, 15:35.64
10,000 meters:	Tony Every, Cornell, 33:27.24
Pole vault:	Eric Holm, Knox, 14' 9"
High jump:	J.R. Dugan, Illinois C., 6' 5 3/4"
Long jump:	Mike Putnam, Ripon, 22' 4"
Triple jump:	John Stimson, Cornell, 45' 3 1/2"
Shot put:	Ross Richardson, Monmouth, 52' 4 1/4"
Discus:	John Warfield, Monmouth, 142' 8 3/4"
Javelin:	Dave Hillis, Monmouth, 189' 4"
4x100m relay:	Cornell (Barry Shaul, John Dively, Eric Ewert, John Stimson), 43.64
4x400m relay:	Monmouth (Tim Wolf, John Clingan, Jeff McCraven, Charles Burton), 3:20.54

MIDWEST CONFERENCE MEN'S OUTDOOR TRACK AND FIELD RECORDS -- 1989  
 (Adjusted to FAT Times)

110m hurdles:	14.82	Pete McNaughton, Monmouth	1985
400m hurdles:	53.46	Mike Wolf, Monmouth	1981
100 meters:	10.88	Ron Hendred, Cornell	1986
200 meters:	21.98	Bill Henke, Knox	1984
400 meters:	49.07	Thomas Atak, Coe	1987
800 meters:	1:52.91	Dave Green, U-Chicago	1981
1500 meters:	3:54.42	Mike Axinn, U-Chicago	1982
3000 steeplechase:	9:17.24	(no water) Eric Griffin, Lawrence	1985
	9:24.64	(w/water) Todd Schafer, Carleton	1980
5000 meters:	14:42.44	Doug Simpson, Carleton	1980
10,000 meters:	30:46.24	Mike Axinn, U-Chicago	1981
Pole vault:	15' 8 1/4"	Paul DeLalitsch, St. Olaf	1973
High jump:	6' 9 3/4"	( 2.076m) Eric Ealy, Monmouth	1986
Long jump:	24' 1/4"	( 7.320m) Glen Brooks, Monmouth	1961
Triple jump:	48' 10 1/4"	(14.890m) Chuck Meyer, Coe	1982
Shot put:	54' 2 "	(16.510m) Todd Ciesielczyk, Ripon	1987
Discus:	166' 4 1/2"	(50.710m) Ron Wopat, Lawrence	1977
Javelin:	212' 9 1/2"	(64.860m) Ray Robinson, Ripon	1971
4x100m relay:	42.63	Cornell	1986
4x400m relay:	3:20.35	Knox	1987

MIDWEST CONFERENCE WOMEN'S OUTDOOR TRACK AND FIELD CHAMPIONSHIPS  
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 (Times Adjusted to FAT; Field Events Converted from Metric Measures)

Team Standings

St. Norbert	157	Monmouth	53
Beloit	105	Ripon	47
Lawrence	97	Knox	39
Coe	88	Cornell	23
Grinnell	80	Illinois C.	13

Event Champions

100m hurdles:	Lynne Pliner, St. Norbert, 15:34
400m hurdles:	Betsy Phinney, Beloit, 1:09.14
100 meters:	Jill Nelson, St. Norbert, 12.54*
200 meters:	Jill Nelson, St. Norbert, 25.94
400 meters:	Carol Wynn, Coe 1:02.14
800 meters:	Liz Messerly, Coe, 2:18.94@
1500 meters:	Liz Messerly, Coe, 4:47.54*
3000 meters:	Christine Thorburn, Grinnell, 10:36.24
5000 meters:	Christine Thorburn, Grinnell, 18:41.24*
10,000 meters:	Christine Thorburn, Grinnell, 40:04.24*
High jump:	Abby Green, Grinnell, 5' 3 3/4"
Long jump:	Lynne Pliner, St. Norbert, 17' 5 3/4"
Triple jump:	Carol Wynn, Coe, 34' 11 1/2"
Shot put:	Stephanie Samuel, Lawrence, 39' 10 1/4"
Discus:	Kathy Roberts, Illinois C., 127' 8 1/4"
Javelin:	Shelly Brown, Monmouth, 107' 0"
4x100m relay:	St. Norbert (Jill Nelson, Cathy Hinkens, Jane Gehl, Lynne Pliner), 51.64
4x400m relay:	Coe (Carol Wynn, Celestine Buyu, Angie Scodeller, Liz Messerly), 4:08.14

\*=Conference Record; @=Conference record set in prelims (see below)

MIDWEST CONFERENCE WOMEN'S OUTDOOR TRACK AND FIELD RECORDS -- 1989  
 (Adjusted to FAT Times)

100m hurdles:	15.08	Vicci Verbrick, St. Norbert	1986
	15.08	Vicci Verbrick, St. Norbert	1987@
400m hurdles:	1:05.88	Donna Manley Kuhnen, Beloit	1986
100 meters:	12.54	Jill Nelson, St. Norbert	1989
200 meters:	25.68	Mary Jane Beschta, St. Norbert	1984
400 meters:	59.63	Barb Spitzberger, St. Norbert	1986
800 meters:	2:15.24	Liz Messerly, Coe	1989@
1500 meters:	4:47.54	Liz Messerly, Coe	1989
3000 meters:	10:26.54	Julie Wick, Lawrence	1984
5000 meters:	18:41.24	Christine Thorburn, Grinnell	1989
10,000 meters:	40:04.24	Christine Thorburn, Grinnell	1989
High jump:	5' 4 1/2"	( 1.638m) Lyn Maves, Cornell	1980
Long jump:	18' 9 "	( 5.720m) Pauline Henry, Cornell	1983
Triple jump:	36' 7 1/2"	(11.160m) Pauline Henry, Cornell	1984
Shot put:	44' 6 3/4"	(13.582m) Veronika Platzer, Grinnell	1983
Discus:	156' 8 1/2"	(44.770m) Veronika Platzer, Grinnell	1986
Javelin:	128' 5 "	(39.140m) Helen Straus, U-Chicago	1984
4x100m relay:	50.51	St. Norbert	1987
4x400m relay:	4:02.18	St. Norbert	1986

@=In preliminaries.

## MIDWEST CONFERENCE (At Grinnell)

**Team totals** — 1. Cornell 165, 2. Monmouth 161½, 3. Knox 76½, 4. Grinnell 64, 5. Coe 61½, 6. (tie) Lawrence and St. Norbert, both 55, 8. Ripon 42, 9. Illinois College 39, 10. Beloit 19½.

**Discus** — 1. John Warfield (Mon.), 43.51; 2. Mark Havertape (Coe), 42.92; 3. Mike Hoane (Knox), 41.23; **Triple jump** — 1. John Stimson (Corn.), 13.81; 2. Todd Stevens (Mon.), 13.80; 3. Mike Putnam (Rip.), 13.14; **High jump** — 1. J.R. Dugan (IC), 1.98; 2. Kyle Leuthner (SNC), 1.93; 3. Wes Butterfield (Corn.), 1.93.

**110 hurdles** — 1. Charles Burton (Mon.), 14.65; 2. Barry Shaul (Corn.), 14:88; 3. Dave Hughes (Corn.), 14:91; **400 hurdles** — 1. Burton (Mon.), 54.77; 2. Ron Logan (IC), 55.39; 3. Matt Burns (IC), 56.35; **100 dash** — 1. Stimson (Corn.), 10.97; 2. Burton (Mon.), 11.04; 3. Glenn Cline (Corn.), 11.07; **200** — 1. Mike Pankey (Knox), 22.11; 2. Stimson (Corn.), 22.23; 3. Dan Feigenspan (Coe), 22.31; 4. John Dively (Corn.), 22.69; **400** — 1. Pankey (Knox), 49.09; 2. Feigenspan (Coe), 49.11; 3. Sean Anderson (IC), 49.68; 4. Dave Richmond (Corn.), 50.37; **800** — 1. Jeff Maples (Corn.), 1:55.79; 2. Rob Deakin (Corn.), 1:56.80; 3. John Clingan (Mon.), 1:57.63; **1500** — 1. Maples (Corn.), 3:56.42; 2. Keith VanderMeulen (LU), 3:59.09; 3. Jonathon Lave (Grin.), 3:59.34; **3000 Steeplechase** — 1. David Hammond (Grin.), 9:22.19; 2. Roth Edwards (Knox), 9:29.75; 3. Aaron Stang (Corn.), 9:41.58; **5000** — 1. Tony Every (Corn.), 15:35.30; 2. Lave (Grin.), 15:42.63; 3. VanderMeulen (LU), 15:57.19.

**400 relay** — 1. Cornell (Shaul, Dively, Eric Ewert, Stimson), 43.33; 2. Lawrence, 43.43; 3. Monmouth, 44.03; 4. Coe, 44.11; **1600 relay** — 1. Monmouth, 3:20.24; 2. Cornell (Richmond, Shaul, Maples, Deakin), 3:23.13; 3. Coe (Ryan Kolpin, Bret Ranard, Tony Alt, Feigenspan), 3:25.02.

**Pole Vault** — 1. Eric Holm (Knox) 14-9; 2. Jack Norris (Corn.), 14-5; 3. Mike Hackl (SNC), 13-9; 4. Eric Ewert (Corn.), 13-5; **Shot** — 1. Ross Richardson (Mon.), 15.96; 2. John Warfield (Mon.), 15.13; 3. Dean Polster (Rip.), 14.58; **Long Jump** — 1. Mike Putnam (Rip.), 6.81; 2. Mike Hackl (SNC), 6.55; 3. Todd Stevens (Mon.), 6.40.

**10,000 Meters** — 1. Tony Every (Corn.), 31:27; 2. Chris Naumann (LU), 33:44; 3. Steve Hartman (Mon.), 34:45; **Javelin** — 1. Dave Hillis (Mon.), 189-4; 2. Mark Hackl (SNC), 179-1; 3. Wayne Hasty (Mon.), 172-1; 4. John Stimson (Corn.), 168-7;

**Team totals** — 1. St. Norbert 151½, 2. Beloit 105, 3. Lawrence 97, 4. Coe 88, 5. Grinnell 85, 6. Monmouth 53½, 7. Ripon 47, 8. Knox 39, 9. Cornell 23, 10. Illinois College 13.

**Shot** — 1. Stephanie Samuel (LU), 12.15; 2. Irene Ahloo (Bel.), 11.09; 3. Carolyn Krueger (Bel.), 11.00; **Triple jump** — 1. Carol Wynn (Coe), 10.66; 2. Kelly Koepl (SNC), 10.64; 3. Stephanie Fruin (Bel.), 10.57; **High jump** — 1. Abby Green (Grin.), 1.62; 2. Tami Thronson (Rip.), 1.57; 3. (tie) Michele Shreve (Bel.) and Jen Kiesow (Rip.), both 1.52; **Javelin** — 1. Shelly Brown (Mon.), 107-0; 2. Stephanie Samuel (LU), 102-5; 3. Lynn Markham (Rip.), 99-9.

**100 hurdles** — 1. Lynne Pliner (SNC), 15.07; 2. Betsy Phinney (Bel.), 15:36; 3. Heather Robertson (Mon.), 15:56; **400 Hurdles** — 1. Phinney (Bel.), 1:08.83; 2. Crystal Maksymenko (LU), 1:10.25; 3. Tracy Gegare (SNC), 1:11.33; **100 dash** — 1. Jill Nelson (SNC), 12.30; 2. Lynne Pliner (SNC), 12.42; 3. Ann Workman (Corn.), 12.47; **200** — 1. Jill Nelson (SNC), 25.65; 2. Liz Messerly (Coe), 25.67; 3. Ann Workman (Corn.), 26.04; **400** — 1. Wynn (Coe), 1:01.85; 2. Leoniecke Wolters (LU), 1:02.37; 3. Shannon Swanstrom (Grin.), 1:02.48; **800** — 1. Messerly (Coe), 2:18.62; 2. Joanne Sackett (Grin.), 2:22.96; 3. Cathy Hinkens (SNC), 2:23.09; **1500** — 1. Messerly (Coe), 4:47.22; 2. Denise Bowen (Bel.), 5:04.91; 3. Mary Thimmesch (SNC), 5:07.22; **3000** — 1. Thorburn (Grin.), 10:35.92; 2. Rose Nguyen (Knox), 11:01.28; 3. Mirelle Ryan (Corn.), 11:14.92; 4. Crista Zeisset (Coe), 11:30.59; **5000** — 1. Thorburn (Grin.), 18:40.93; 2. Kim Sosnoski (SNC), 18:50.76; 3. Nguyen (Knox), 18:53.22.

**400 relay** — 1. St. Norbert, 51.33; 2. Lawrence, 51.62; 3. Coe, 52.77; **1600 relay** — 1. Coe (Wynn, Celestine Buyu, Angie Scodeller, Messerly), 4:07.85; 2. Lawrence, 4:10.93; 3. St. Norbert, 4:11.74.

**Discus** — 1. Kathy Roberts (IC), 38.92; 2. Carolyn Krueger (Bel.), 34.43; 3. Shelly Brown (Mon.), 33.89; **10,000 Meters** — 1. Christine Thorburn (Grin.), 40:04; 2. Heidi Rosenwald (Bel.), 40:20; 3. Kim Sosnoski (SNC), 40:49; 4. Cristo Zeisset (Coe), 41:32; **Long Jump** — 1. Lynne Pliner (SNC), 5.33; 2. Stephanie Fruin (Bel.), 5.26; 3. Kelly Simpson (Mon.), 5.09.