

MIDWEST CONFERENCE MEN'S OUTDOOR TRACK AND FIELD CHAMPIONSHIPS

Hosted by Ripon -- May 13-14, 1994

(All Times FAT; @ = Converted from Manual Time)

Team Standings

Grinnell	130	St. Norbert	54
Knox	116	Lawrence	42
Coe	84	Ripon	32
Monmouth	81	Cornell	24
Carroll	80 1/2	Illinois C.	22
Beloit	74 1/2		

Event Champions

110m hurdles:	Stuart Russell, Knox, 14.73	
400m hurdles:	Brian Glashagel, Knox, 54.43	
100 meters:	Vince Richardson, IC, 10.84#	
200 meters:	Vince Richardson, IC, 22.50	
400 meters:	Shane Bertelsen, Monmouth, 50.11	
800 meters:	Chad Kellogg, Coe, 1:56.40	
1500 meters:	Dan Schisler, Monmouth, 4:00.71	
3000 steeplechase:	Mike Nawrocki, Grinnell, 9:34.55 (with water)	
5000 meters:	Mike Nawrocki, Grinnell, 15:14.79	
10,000 meters:	Dan Costello, Beloit, 32:38.40	
Pole vault:	Brian Ferry, Coe, 14' 0"	
High jump:	Brian Ferry, Coe, 6' 6"	#=Ties Conference Record
Long jump:	R.J. Hoppe, Carroll, 22' 8 1/4"	
Triple jump:	Sylvain White, Lawrence, 46' 0 3/4"	
Shot put:	Brett Helgenson, Cornell, 48' 8 1/2"	
Discus:	Mike Immel, Ripon, 161' 11"	
Javelin:	Rob Yamachika, Grinnell, 177' 11"	
4x100m relay:	Knox (Stephen Richter, Brian Glashagel, Mike Smith, Eric Hoecker), 43.58	
4x400m relay:	Monmouth (Doug Stenfeldt, Curtis Vice, Brian Woodard, Shane Bertelsen), 3:24.91	

MIDWEST CONFERENCE MEN'S OUTDOOR TRACK AND FIELD RECORDS -- 1994

110m hurdles:	14.68	Charles Burton, Monmouth	1991
400m hurdles:	53.20	Jason Devino, Monmouth	1993#
100 meters:	10.84	Darwin Webb, Coe	1991#
		Vince Richardson, Illinois C.	1991#, 1994
200 meters:	21.59	Charles Burton, Monmouth	1991
400 meters:	47.98	Charles Burton, Monmouth	1991
800 meters:	1:52.94	Dave Green, U-Chicago	1981
1500 meters:	3:54.44	Mike Axinn, U-Chicago	1982
3000 steeplechase:	9:17.24	(no water) Eric Griffin, Lawrence	1985
	9:15.68	(w/water) Aaron Stang, Cornell	1992
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 DeLaitsch, St. Olaf	1973
High jump:	7' 0"	( 2.13m) Scott Schleich, Beloit	1993
Long jump:	24' 1/4"	( 7.32m) Glen Brooks, Monmouth	1961
Triple jump:	48' 10 1/4"	(14.89m) Chuck Meyer, Coe	1982
Shot put:	54' 2"	(16.51m) Todd Ciesielczyk, Ripon	1987
Discus:	166' 4"	(50.70m) Ron Wopat, Lawrence	1977
Javelin:	212' 9"	(64.86m) Ray Robinson, Ripon	1971
4x100m relay:	42.46	Monmouth	1991
4x400m relay:	3:20.35	Knox	1987

#=In preliminaries



MIDWEST CONFERENCE WOMEN'S OUTDOOR TRACK AND FIELD CHAMPIONSHIPS

Hosted by Ripon -- May 13-14, 1994

(All Times FAT; @ = Converted from Manual Time)

Team Standings

Coe	137 1/2	Beloit	43
Monmouth	115	St. Norbert	34
Knox	96	Illinois C.	29
Lawrence	76 1/2	Ripon	27
Grinnell	76	Cornell	14
Carroll	52		

Event Champions

100m hurdles:	Lloy Brodnicki, Knox, 15.02*	
400m hurdles:	Lloy Brodnicki, Knox, 1:05.30	
100 meters:	Dori Ternig, Monmouth, 11.98*	
200 meters:	Dori Ternig, Monmouth, 26.03	*=Conference Record
400 meters:	Brenda Heisner, Coe, 58.53	
800 meters:	Gaylene Nash, St. Norbert, 2:18.69	
1500 meters:	Leslie Combs, Knox, 4:52.05	
3000 meters:	Kelly Evans, Carroll, 10:44.64	
5000 meters:	Ally Beckman, Grinnell, 19:32.77	
10,000 meters:	Robin Dvorak, Lawrence, 41:01.73	
High jump:	Linda Schmidt, Monmouth, 5' 4"	
Long jump:	Diana Ling, Lawrence, 18' 9 1/2"	
Triple jump:	Diana Ling, Lawrence, 36' 2 1/2"	
Shot put:	Brenda Erdman, Beloit, 39' 7"	
Discus:	Brenda Erdman, Beloit, 134' 0"	
Javelin:	Tricia Kalb, Monmouth, 107' 5"	
4x100m relay:	Coe (April Eastin, Brenda Heisner, Alicia Williams, Michelle Wood), 49.33*	
4x400m relay:	Coe (Nikki Claussen, Dawn Rayner, Brenda Heisner, Laurie Pote), 4:07.18	

MIDWEST CONFERENCE WOMEN'S OUTDOOR TRACK AND FIELD RECORDS -- 1994

100m hurdles:	15.02	Lloy Brodnicki, Knox	1994
400m hurdles:	1:05.19	Bitty Quinlan, Monmouth	1993#
100 meters:	11.98	Dori Ternig, Monmouth	1994
200 meters:	25.64	Angie Scodeller, Coe	1992
		Brenda Heisner, Coe	1992
400 meters:	58.26	Heather Schneider, Ripon	1993
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:	40:00.87	Lori Stich, Ripon	1990
High jump:	5' 8 "	( 1.72m) Laura Salm, St. Norbert	1993
Long jump:	19' 6 1/4"	( 5.94m) Paula Hageman, Ripon	1993
Triple jump:	37' 4 1/2"	(11.39m) Paula Hageman, Ripon	1993
Shot put:	44' 6 3/4"	(13.58m) Veronika Platzner, Grinnell	1983
Discus:	156' 8 "	(44.76m) Veronika Platzner, Grinnell	1986
Javelin:	139' 1 "	(42.38m) Karen Seeman, Monmouth	1992
4x100m relay:	49.33	Coe	1994
4x400m relay:	4:00.50	Monmouth	1993

#=In preliminaries.

# Saturday

## MIDWEST CONFERENCE

(At Ripon, Wis.)

**Team totals** — 1. Grinnell 130, 2. Knox 114, 3. Coe 84, 4. Monmouth 81, 5. Carroll 80½, 6. Beloit, 7. St. Norbert 54, 8. Lawrence 42, 9. Ripon 32, 10. Cornell 24, 11. Illinois College 22.

**Shot put** — 1. Brett Helgerson (Cor) 14.85, 2. Jeff Mueller (Coe) 14.03. **Discus** — 1. Mike Immel (R) 49.36. **High jump** — 1. Brian Ferry (Coe) 4-6. **Long jump** — 1. R.J. Hoppe (Car) 6.92, 2. Anthony Peret (G) 6.53. **Triple jump** — 1. Sylvain White (L) 14.04. **Javelin** — 1. Rob Yamachika (G) 54.23, 2. Gabe Hartman (Cor) 48.72, 3. Ferry (Coe) 47.49, 4. Matt Eldahl (Coe) 47.39.

**100** — 1. Vince Richardson (IC) 10.84, 2. Yamachika (G) 11.14, 3. Nate Sickerion (Coe) 11.21, 4. Abdou Sessay (Cor) 11.25. **200** — 1. Richardson (IC) 22.5, 2. Mark Schliekman (G) 23.2, 3. Sessay (Cor) 23.24. **400** — 1. Shane Bertelson (M) 50.11. **800** — 1. Chad Kellogg (Coe) 1:56.4, 2. Josh Ward (G) 1:57.37, 3. J. Greenberg (G) 1:57.78. **1,500** — 1. Dan Schisler (AA) 4:00.71, 2. Greenberg (G) 4:01.88, 3. Mike Nawrocki (G) 4:03.41, 4. Barry Matchett (G) 4:03.81, 5. Kellogg (Coe) 4:06.17. **3,000 steeplechase** — 1. Nawrocki (G) 9:34.55, 2. Chris Dennison (Coe) 10:04.88. **5,000** — 1. Nawrocki (G) 15:14.79, 2. Chris Mills (G) 15:52.53, 3. Kellogg (Coe) 16:04.34. **10,000** — 1. Dan Costello (B) 32:38.4, 2. Ron Weed (G) 35:06.32. **110 hurdles** — 1. Stuart Russell (K) 14.73, 2. Yamachika (G) 14.86, 3. Schliekman (G) 15.13. **400 hurdles** — 1. Brian Gilshagel (K) 54.43, 2. Chad Welleford (Coe) 55.3, 3. Chad Folsom (G) 56.87. **Pole vault** — 1. Ferry (Coe) 14-0, 2. Tom Nuzum (G) 13-6, 3. Jeff Rpot (G) 13-6, 4. Rick Wiederin (G) 13-0. **400 relay** — 1. Knox 43.58, 2. Coe 44.87, 3. Grinnell 44.9, 4. Monmouth 3:24.91, 5. Coe 3:33.26, 6. Grinnell 3:35.32.

## MIDWEST CONFERENCE

(At Ripon, Wis.)

**Team totals** — 1. Coe 142½, 2. Monmouth 115, 3. Knox 91, 4. Lawrence 76½, 5. Grinnell 76, 6. Carroll 52, 7. Beloit 43, 8. St. Norbert 34, 9. Illinois College 29, 10. Ripon 27, 11. Cornell 14.

**Javelin** — 1. Tricia Kalb (M), 32.76 meters, 2. Brenda Heisnes (Coe), 31.34, 3. Alina Subus (B), 28.86. **Shot** — 1. Brenda Erdman (B), 12.07 meters, 2. Kalb (M), 11.90, 3. Caria Nauman (Coe), 11.77. **Discus** — 1. Erdman (B), 40.85 meters, 2. Nauman (Coe), 38.66, 3. Christine Kersting (R), 37.14. **High jump** — 1. Linda Schmidt (M), 5-4, 2. Lesley Stone (M), 5-2, 3. Jen Baldwin (IC), 5-0. **Long jump** — 1. Diana Ling (L), 5.73 meters, 2. Kristin Garrison (K), 5.48, 3. Michelle Wood (Coe), 5.11. **Triple jump** — 1. Ling (L), 11.04 meters, 2. Bridgett Nails (L), 10.60, 3. Trisha Hickey (K), 10.10.

**100** — 1. Dori Ternig (M), 11.98, 2. Wood (Coe), 12.22, 3. Ling (L), 12.36. **200** — 1. Ternig (M), 26.03, 2. Brenda Heisner (Coe), 26.53, 3. Chris Stanton (M), 28.63, 4. Nikki Clausen (Coe), 29.40. **400** — 1. Gayleen Nash (SN), 2:18.69, 2. Stephanie Walters (G), 2:21.66, 3. Laurie Pote (Coe), 2:21.96. **800** — 1. Leslie Combs (K), 4:52.05, 2. Nash (SN), 4:54.12, 3. Kelly Evans (Car), 4:56.09. **1,500** — 1. Evans (Car), 10:44.64, 2. Stephanie Hirtzler (G), 10:49.45, 3. Jessica Henry (G), 10:55.79. **3,000** — 1. Ally Beckman (G), 19:32.77, 2. Holly Phitsch (G), 19:38.37, 3. Robin Dvorak (L), 10:57.16. **5,000** — 1. Dvorak (L), 41:01.73, 2. Beckman (G), 41:51.98, 3. Dawn Wiebold (Cor), 42:57.25. **10,000** — 1. Dvorak (L), 83:03.46, 2. Beckman (G), 84:03.73, 3. Dawn Wiebold (Cor), 85:09.00. **20,000** — 1. Dvorak (L), 166:06.92, 2. Beckman (G), 167:12.19, 3. Dawn Wiebold (Cor), 168:17.46. **50,000** — 1. Dvorak (L), 332:13.84, 2. Beckman (G), 333:24.11, 3. Dawn Wiebold (Cor), 334:29.44. **100 hurdles** — 1. Lloy Brodnicki (K), 15.02, 2. Christy Hickey (M), 15.12, 3. Stacy Carr (Coe), 115.92. **400 hurdles** — 1. Brodnicki (K), 1:05.30, 2. Sarah Way (B), 1:07.24, 3. Pote (Coe), 1:09.10. **800 relay** — 1. Coe, 49.33, 2. Knox, 50.96, 3. Lawrence, 51.03. **1,600 relay** — 1. Coe, 4:07.18, 2. Knox, 4:07.59, 3. Illinois College, 4:17.33.