

MIDWEST CONFERENCE MEN'S OUTDOOR TRACK AND FIELD CHAMPIONSHIPS

Hosted by Coe -- May 12-13, 1995

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

Team Standings

Monmouth	172 1/2	St. Norbert	50
Coe	115	Ripon	33
Carroll	105 1/2	Lawrence	17
Grinnell	103	Cornell	8
Knox	75	Illinois C.	3
Beloit	58		

Event Champions

110m hurdles:	Stuart Russell, Knox, 14.68**	
400m hurdles:	Stuart Russell, Knox, 54.18	
100 meters:	David Thompson, Monmouth, 11.24	
200 meters:	David Thompson, Monmouth, 22.28	
400 meters:	Darin Astor, Coe, 49.53	
800 meters:	Vonzel Johnson, Coe, 1:56.63	
1500 meters:	Todd Henecke, Coe, 4:01.69	
3000 steeplechase:	Todd Henecke, Coe, 9:50.24@ (with water)	
5000 meters:	Chris Mills, Grinnell, 15:47.56	
10,000 meters:	Chris Mills, Grinnell, 32:57.64@	*=Conference Record
Pole vault:	Jeff Root, Grinnell, 14' 6"	
High Jump:	Jeremy Hogan, Monmouth, 6' 6"	**=Ties Conference Record
Long Jump:	David Thompson, Monmouth, 23' 3 3/4"	
Triple Jump:	Mike Smith, Knox, 44' 6 3/4"	
Shot put:	Brandon Allen, Knox, 48' 0 3/4"	
Discus:	Mike Immel, Ripon, 158' 3 3/4"	
Javelin:	Dore Louis, Beloit, 180' 3"	
4x100m relay:	Monmouth (David Thompson, Shane Bertelsen, Toby Vallas, Andy Knowles), 42.71	
4x400m relay:	Coe (Shannon Weller, Vonzel Johnson, Chad Kellogg, Darin Astor), 3:18.85*	

MIDWEST CONFERENCE MEN'S OUTDOOR TRACK AND FIELD RECORDS -- 1995

110m hurdles:	14.68	Charles Burton, Monmouth	1991
	14.68	Stuart Russell, Knox	1995
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:	3:18.85	Coe	1995

#=In preliminaries

MIDWEST CONFERENCE WOMEN'S OUTDOOR TRACK AND FIELD CHAMPIONSHIPS

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Team Standings

Coe	136 1/2	Illinois C.	35 1/2
Carroll	114	Ripon	32
Monmouth	113	St. Norbert	16
Beloit	82 1/2	Lawrence	10
Knox	78	Cornell	9
Grinnell	72 1/2		

Event Champions

100m hurdles:	Stacey Carr, Coe, 15.52	
400m hurdles:	Dawn Rayner, Coe, 1:08.51	
100 meters:	Stacy Brown, Monmouth, 12.94	
200 meters:	Brenda Heisner, Coe, 25.59*	*=Conference Record
400 meters:	Brenda Heisner, Coe, 56.62*	
800 meters:	Stephanie Walters, Grinnell, 2:22.57	
1500 meters:	Kelly Evans, Carroll, 4:54.54	
3000 meters:	Kelly Evans, Carroll, 10:59.49	
5000 meters:	Kelly Evans, Carroll, 19:42.04@	
10,000 meters:	Kelly O'Hare, Carroll, 41:55.94@	
High jump:	Judy Logback, Beloit, 5' 2"	
Long jump:	Michele Wood, Coe, 16' 9"	
Triple jump:	Trisha Hickey, Knox, 34' 7"	
Shot put:	Brenda Erdman, Beloit, 40' 1"	
Discus:	Brenda Erdman, Beloit, 130' 6"	
Javelin:	Crystal Helm, Ripon, 124' 7"	
4x100m relay:	Monmouth (Dori Ternig, Stacy Brown, Christine Stanton, Christy Hickey), 49.36	
4x400m relay:	Coe (Robin Gaffke, Nikki Claussen, Dawn Rayner, Brenda Heisner), 4:02.89	

MIDWEST CONFERENCE WOMEN'S OUTDOOR TRACK AND FIELD RECORDS -- 1995

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:	25.59	Brenda Heisner, Coe	1995
400 meters:	56.62	Brenda Heisner, Coe	1995
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 Platzter, Grinnell	1983
Discus:	156' 8 "	(44.76m) Veronika Platzter, 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.

MIDWEST CONF. CHAMPIONSHIPS**At Clark Field**

Teams — 1. Coe 136½, 2. Carroll 114, 3. Monmouth 113, 4. Beloit 82½, 5. Knox 78, 6. Grinnell 72½, 7. Illinois College 35½, 8. Ripon 32, 9. St. Norbert 16, 10. Lawrence 10, 11. Cornell 9.

Javelin — 1. Crystal Helm (Rip), 124-7; 2. Brenda Heisner (Coe), 122-6; 3. Alina Soros (Bel), 115-6. **Triple jump** — 1. Trisha Hickey (Knox), 34-7; 2. Melissa Mrotek (Carr), 34-5¼; 3. Jennifer Baldwin (IC), 33-9½. **Shot put** — 1. Brenda Erdman (Bel), 40-1; 2. Tricia Kalb (Mon), 40-0¼; 3. Julie Starzyk (Carr), 39-10½.

5,000 run — 1. Kelly Evans (Carr), 19:41.77; 2. Kelly O'Hare (Carr), 19:48.19; 3. Carrie Knauer (Mon), 19:57.70. **400 relay** — 1. Monmouth, :49.36; 2. Coe, 49.76; 3. Carroll, :51.56. **400 dash** — 1. Brenda Heisner (Coe), :56.62 (meet record); 2. Nikki Claussen (Coe), :57.74; 3. Christin Stanfon (Mon), :59.86. **100 hurdles** — 1. Stacey Carr (Coe), :15.52; 2. Christie Hickey (Mon), :15.75; 3. Judy Logback (Bel), :16.44. **100 dash** — 1. Stacy Brown (Mon), :12.94; 2. Amanda Walker (Grin), :13.21; 3. Christie Hickey (Mon), :13.31. **800 run** — 1. Stephanie Walters (Grin), 2:22.57; 2. Alison Campbell (Knox), 2:23.82; 3. Becky Murphy (SN), 2:23.97. **400 hurdles** — 1. Dawn Rayner (Coe), 1:08.51; 2. Melissa Mrotek (Car), 1:08.96; 3. Stacey Carr (Coe), 1:09.14. **200 dash** — 1. Brenda Heisner (Coe), :25.59 (meet record); 2. Nikki Claussen (Coe), :26.39; 3. Amanda Walker (Grin), :26.61. **3,000 run** — 1. Kelly Evans (Carr), 10:59.49; 2. Susana Peinado (Grin), 11:04.75; 3. Melissa Duder (Bel), 11:16.09. **1,600 relay** — 1. Coe, 4:02.89; 2. Monmouth, 4:07.25; 3. Grinnell, 4:11.45.

High jump — 1. Judy Logback (NB), 5-2; 2. Paula Sadler (B), 5-0; 3. Crystal Helm (R), 5-0. **Long jump** — 1. Michelle Wood (Coe), 16-9; 2. Trisha Hickey (K), 16-6½; 3. Jennifer Baldwin (IC), 16-6¼. **Discus** — 1. Brenda Erdman (B), 130-6; 2. Tennille McClure (M), 125-5; 3. Christl Kersting (R), 123-3.

10,000 — 1. Kelly O'Hare (Car), 41:55.61; 2. Michelle Mitchell (B), 42:35.76; 3. Kathleen Yarger (M), 42:43.77. **1,500** — 1. Kelly Evans (Car), 4:54.54; 2. Stephanie Walters (G), 5:00.46; 3. Jodie Lodie (R), 5:00.86.

Saturday**MIDWEST CONF. CHAMPIONSHIPS****At Clark Field**

Teams — 1. Monmouth 172½, 2. Coe 115, 3. Carroll 105½, 4. Grinnell 103, 5. Knox 75, 6. Beloit 58, 7. St. Norbert 50, 8. Ripon 33, 9. Lawrence 17, 10. Cornell 8, 11. Illinois College 3.

Discus — 1. Mike Immel (Rip), 48.26 meters; 2. Jim Hardesty (Mon), 43.65; 3. Dan Schumacher (SN), 42.43. **Triple jump** — 1. Mike Smith (Knox), 44-6¼; 2. Jason Velicer (Carr), 44-4¼; 3. Mark Haag (Bel), 42-11¼. **High jump** — 1. Jeremy Hogan (Mon), 6-6; 2. Jeff Houle (Carr), 6-4; 3. Phil Lark (Mon), 6-4.

3,000-meter steeplechase — 1. Todd Henecke (Coe), 9:49.92; 2. Aaron Venters (Mon), 9:56.95; 3. Bob Strabley (Mon), 10:13.95. **400 relay** — 1. Monmouth, 42.71; 2. Carroll, 42.93; 3. Knox, 43.60. **400 dash** — 1. Darin Astor (Coe), :49.53; 2. Shane Bertelsen (Mon), :49.66; 3. Tom Keller (SN), :50.05. **110 high hurdles** — 1. Stuart Russell (Knox), :14.68 (ties record); 2. Mark Schliekelman (Grin), :14.83; 3. Brian Collier (Coe), :15.17. **100 dash** — 1. David Thompson (Mon), :11.24; 2. (tie) R.J. Hoppe (Carr) and Andy Knowles (Mon), :11.29. **800 run** — 1. Vonzel Johnson (Coe), 1:56.63; 2. Josh Ward (Grin), 1:57.05; 3. Chad Kellogg (Coe), 1:57.43. **400 intermediate hurdles** — 1. Stuart Russell (Knox), :54.18; 2. Mark Schliekelman (Grin), :55.28; 3. Brian Woodard (Mon), :56.15. **200 dash** — 1. David Thompson (Mon), :22.28; 2. R.J. Hoppe (Car), :22.43; 3. Bill Schultz (Carr), :22.68. **5,000 run** — 1. Chris Mills (Grin), 15:47.56; 2. Jon Greenberg (Grin), 15:52.34; 3. Matt Jenkins (Mon), 16:00.74. **1,600 relay** — 1. Coe, 3:18.85 (meet record); 2. Knox, 3:21.45; 3. St. Norbert, 3:22.02.

Pole vault — 1. Jeff Root (G), 14-6; 2. Gavin King (B), 14-6; 3. Jeff Urban (Car), 13-0. **Long jump** — 1. David Thompson (M), 23-3¼; 2. R.J. Hoppe (Car), 22-2½; 3. Jason Cheibowski (Car), 22-½. **Shot** — 1. Brandon Allen (K), 38¾; 2. Jeff Moeller (Coe), 46-11½; 3. Bob Lindstrom (M), 46-2¼. **Javelin** — 1. Dore Louis (B), 180-3; 2. Brian Lenz (Coe), 175-8; 3. Chris Ferron (M), 169.

10,000 — 1. Chris Mills (G), 32:57.34; 2. Scott Sprtel (L), 33:06.34; 3. Matt Jenkins (M), 33:46.67. **1,500** — 1. Todd Henecke (Coe), 4:01.09; 2. Chris Wolfe (Coe), 4:02.15; 3. Josh Ward (G), 4:03.06.