



1996 Midwest Conference Men's Outdoor Track and Field Championships

Hosted by Carroll College

May 10-11, 1996

Team Standings

Monmouth	193.5
Carroll	158.5
Coe	86.5
Grinnell	76.5
St. Norbert	56.0
Knox	45.0
Ripon	39.0
Beloit	38.0
Lawrence	33.0
Cornell	16.0
Illinois College	0.0

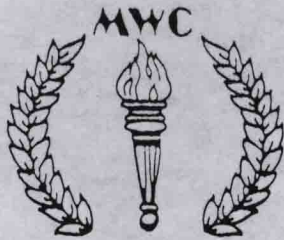
Event Champions

Shot put	Jeff Hettinger, St. Norbert, 49' 06.25"
Discus	Mike Immel, Ripon, 162' 00"
Javelin	Dan Schumacher, St. Norbert, 182' 03"
Long jump	David Thompson, Monmouth, 23' 07.25"
Triple jump	Mike Mordini, St. Norbert, 43' 05.00"
High jump	Shawn Maze, Monmouth, 6' 06"
Pole vault	Jeff Root, Grinnell, 14' 00"
110 hurdles	Brian Collier, Coe, 14.88
400 hurdles	Brian Collier, Coe, 54.65
100 dash	Adam Smiley, Carroll, 10.81+++
200	Adam Smiley, Carroll, 21.82
400	Vonzel Johnson, Coe, 49.37
800	Kevin Lannon, St. Norbert, 1:57.08
1500	Neil Gipson, Grinnell, 4:01.92
3K Steeplechase	Jamie Verstraete, Monmouth, 9:38.35 (no water)
5000	Jamie Verstraete, Monmouth, 15:29.07
10,000	Scott Sprtel, Lawrence, 32:30.00
4x100 relay	Carroll (Matt Didion, Greg Trewin, R.J. Hoppe, Adam Smiley), 42.64
4x400 relay	Coe (Shannon Weller, Brian Collier, Vonzel Johnson, Darin Astor), 3:22.28

+ = Sets MWC record.
 ++ = Ties MWC Record.
 +++ = MWC Record set in preliminaries.
 All running events contested in meters.
 All times FAT or converted to FAT per NCAA Rule Book.

MWC Men's Outdoor Track Records -- 1996

Shot put	54' 02"	Todd Ciesielczyk, Ripon	1987	(16.51m)
Discus	166' 04"	Ron Wopat, Lawrence	1977	(50.70m)
Javelin	212' 09"	Ray Robinson, Ripon	1971	(64.86m)
Long jump	24' 00.25"	Glen Brooks, Monmouth	1961	(7.32m)
Triple jump	48' 10.25"	Chuck Meyer, Coe	1982	(14.89m)
High jump	7' 00"	Scott Schleich, Beloit	1993	(2.13m)
Pole vault	15' 08.25"	Paul DeLaitsch, St. Olaf	1973	
110 hurdles	14.68	Charles Burton, Monmouth; Stuart Russell, Knox	1991	1995
400 hurdles	53.20	Jason Devino, Monmouth	1993	
100 dash	10.80	Adam Smiley, Carroll	1996	
200	21.59	Charles Burton, Monmouth	1991	
400	47.98	Charles Burton, Monmouth	1991	
800	1:52.94	Dave Green, U-Chicago	1981	
1500	3:54.44	Mike Axinn, U-Chicago	1982	
3K Steeplechase	9:17.24	(no water) Eric Griffin, Lawrence	1985	
	9:15.68	(w/water) Aaron Stang, Cornell	1992	
5000	14:42.44	Doug Simpson, Carleton	1980	
10,000	30:46.24	Mike Axinn, U-Chicago	1981	
4x100 relay	42.46	Monmouth	1991	
4x400 relay	3:18.85	Coe	1995	



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Team Standings

Monmouth	174.0
Grinnell	104.5
Coe	91.0
Knox	58.0
Ripon	54.0
Carroll	49.0
Lawrence	45.5
St. Norbert	37.0
Beloit	34.0
Cornell	29.0
Illinois College	25.0

Event Champions

Shot put	Tennille McClure, Monmouth, 38' 00.25"
Discus	Tennille McClure, Monmouth, 127' 07"
Javelin	Crystal Helm, Ripon, 121' 09"
Long jump	Heather Furrow, Monmouth, 16' 04"
Triple jump	Kate Proctor, Cornell, 35' 01"
High jump	Alicia Brown, Illinois College, 5' 00"
100 hurdles	Christy Hickey, Monmouth, 15.12
400 hurdles	Dawn Rayner, Coe, 1:04.37+
100 dash	Christy Hickey, Monmouth, 12.32
200	Heather Furrow, Monmouth, 25.27+
400	Heather Furrow, Monmouth, 56.95
800	Natalie Karpan, Coe, 2:21.27
1500	Natalie Karpan, Coe, 4:53.00
3000	Natalie Karpan, Coe, 10:36.45
5000	Holly Pfitsch, Grinnell, 18:43.24
10,000	Holly Pfitsch, Grinnell, 39:44.41+
4x100 relay	Monmouth (Dori Ternig, Heather Furrow, Stephanie Owen, Christy Hickey), 49.08+
4x400 relay	Monmouth (Christy Keller, Stephanie Owen, Dori Ternig, Heather Furrow), 4:05.26

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+++ = MWC Record set in preliminaries.

All running events contested in meters.

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MWC Women's Outdoor Track Records -- 1996

Shot put	44' 06.75"	Veronika Platzer, Grinnell	1983	(13.58m)
Discus	156' 08"	Veronika Platzer, Grinnell	1986	(44.76m)
Javelin	139' 01"	Karen Seeman, Monmouth	1992	(42.38m)
Long jump	19' 06.25"	Paula Hageman, Ripon	1993	(5.94m)
Triple jump	37' 04.50"	Paula Hageman, Ripon	1993	(11.39m)
High jump	5' 08"	Laura Salm, St. Norbert	1993	(1.72m)
100 hurdles	15.02	Lloy Brodnicki, Knox	1994	
400 hurdles	1:04.37	Dawn Rayner, Coe	1996	
100 dash	11.98	Dori Ternig, Monmouth	1994	
200	25.27	Heather Furrow, Monmouth	1996	
400	56.62	Brenda Heisner, Coe	1995	
800	2:15.24	Liz Messerly, Coe	1989	
1500	4:47.54	Liz Messerly, Coe	1989	
3000	10:26.54	Julie Wick, Lawrence	1984	
5000	18:41.24	Christine Thorburn, Grinnell	1989	
10,000	39:44.41	Holly Pfitsch, Grinnell	1996	
4x100 relay	49.08	Monmouth	1996	
4x400 relay	4:00.50	Monmouth	1993	

Saturday

MIDWEST CONF. CHAMPIONSHIPS At Waukeshaw, Wis.

Teams — 1. Monmouth 193½, 2. Carroll 158½, 3. Coe 86½, 4. Grinnell 76½, 5. St. Norbert 56, 6. Knox 45, 7. Ripon 39, 8. Beloit 38, 9. Lawrence 33, 10. Cornell 16, 11. Illinois College 0.

Pole vault — 1. Root (Grin) 14-0, 2. King (Bel) 13-6, 3. McCaigne (Car) 13-6;

Shot put — 1. Hettinger (SN) 15.1-meter, 2. Soonderoth (Mon) 14.22, 3. Lindstrom 13.83; **Long jump** — 1. Thompson (Mon) 23-7¼, 2. M. Smith (Knox) 22-2; 3. R. J. Hoppe (Car) 21-6½; **Javelin** — 1. Schumacher (SN) 55.56m, 2. Ferron (Mon) 51.55, 3. Hardesty (Mon) 47.99; **Discus** — 1. Immel (Rip) 49.38m, 2. Hardesty (Mon) 45.74, 3. Kohler (Law) 43.22; **Triple jump** — 1. Mordini (SN) 43-5, 2. Adams (Car) 43-3, 3. Bracey (Car) 43-½;

High jump — 1. Maze (Mon) 6-6, 2. Ritchie (Rip) 6-6, 3. Houle (Car) 6-4.

1,500-meters — 1. Gibson (Grin) 4:01.92, 2. Ward (Grin) 4:03.16, 3. Verstraete (Mon) 4:04.28; **10,000** — 1. Spretel (Law) 32:30.00, 2. Braie (Beloit) 32:53.48, 3. Eckberg (Mon) 33:31.88; **110 high hurdles** — 1. Collier (Coe) 14.88, 2. Staggs (Mon) 14.95, 3. Woodard (Mon) 15.16; **400** — 1. Johnson (Coe) 49.37, 2. Trewin (Car) 49.46, 3. Astor (Coe) 40-19; **100** — 1. Smiley (Car) 10.81, 2. Hoppe (Car) 11.01, 3. Neosh (Coe) 11.15; **400 hurdles** — 1. Collier (Coe) 54.65, 2. Woodard (Mon) 54.68, 3. Faoro (Knox) 56.55; **200** — 1. Smiley (Car) 21.82, 2. Hoppe (Car) 21.90, 3. Trewin (Car) 22.09.

400 relay — 1. Carroll 42.64, 2. Monmouth 43.52, 3. Coe 43.57; **300 steeplechase** — 1. Verstraete (Mon) 9:38.35, 2. Henecke (Coe) 9:44.97, 3. Venters (Mon) 9:47.89; **800** — 1. Lannon (SN) 1:57.08, 2. Ward (Grin) 1:57.68, 3. Notheis (Grin) 1:58.14; **5,000** — 1. Verstraete (Mon) 15:29.07, 2. Spitel (Law) 15:32.14, 3. Gipson (Grin) 15:39.73; **1,600 relay** — 1. Coe 3:22.28, 2. Carroll 3:24.07, 3. Knox 3:25.34.

MIDWEST CONF. CHAMPIONSHIPS At Waukeshaw, Wis.

Teams — 1. Monmouth 174, 2. Grinnell 104½, 3. Coe 91, 4. Knox 58, 5. Ripon 54, 6. Carroll 49, 7. Lawrence 45½, 8. St. Norbert 37, 9. Beloit 34, 10. Cornell 29, 11. Illinois College 25.

Discus — 1. McClure (Mon) 38.91 meters, 2. Starman (Knox) 35.15, 3. Weimer (Knox) 33.22; **High jump** — 1. Brown (Ill. Col) 5-0, 2. (tie) Baldwin (Ill. Col) 5-0, Heim (Rip) 5-0; **Long jump** — 1. Furrów (Mon) 16-4, 2. Evenson (St. Norb) 15-11½, 3. Proctor (Cornell) 15-10½; **Shot put** — 1. McClure (Mon) 11.59 meters, 2. Colgan (Mon) 11.21, 3. Johnson (Law) 11.08; **Triple jump** — 1. Proctor (Cornell) 35-1½, 2. Everson (St. Norb) 33-9, 3. Baldwin (Ill. Col) 33-4¼; **Javelin** — 1. Heim (Rip) 37.31 meters, 2. Voss (Coe) 33.28, 3. Colgan (Mon) 33.00.

1500 — 1. Karpen (Coe) 4:53.00, 2. Evans (Carroll) 4:56.56, 3. Lichtensteiger (Carroll) 4:57.25; **10,000** — 1. Pfitsch (Grin) 39:44.41, 2. Mitchell (Beloit) 39:54.37, 3. Mueller (Grin) 40:41.44; **100 hurdles** — 1. Hickey (Mon) 15.12; 2. Owens (Mon) 16.05; 3. Rayner (Coe) 16.15; **400** — 1. Furrów (Mon) 56.95, 2. Ternig (Mon) 59.52, 3. Walker (Grin) 1:00.49; **100** — 1. Hickey (Mon) 12.32, 2. Owen (Mon) 12.82, 3. Tower (Coe) 13.01; **400 hurdles** — 1. Rayner (Coe) 1:04.37, 2. Owen (Mon) 1:07.26, 3. Luneckas (Coe) 1:08.18; **200** — Furrów (Mon) 25.27, 2. Hickey (Mon) 25.77, 3. Ternig (Mon) 25.94; **400 relay** — 1. Monmouth 49.08, 2. Carroll 51.29, 3. Knox 52.02.

5000 — 1. Pfitsch (Grin) 18.43, 2. Knauer (Mon) 18.53, 3. Mueller (Grin) 19.13; **800** — 1. Karpan (Coe) 2:21.27, 2. Walters (Grin) 2:25.28, 3. Campbell (Knox) 2:26.35; **3000** — 1. Karpen (Coe) 10:36.45, 2. Kilmer (Grin) 10:38.41, 3. Hitzfaler (Grin) 10:51.41; **1600 relay** — 1. Monmouth 4:05.26, 2. Coe 2:09.60, 3. Ripon 4:12.67.

Most Valuable performer — Natalie Karpan (Coe).