



**Kevin Kane, Director of News and Records**  
**47 Cherry Hill Rd. NW Cedar Rapids Iowa 52405**

Telephone 319-396-4004

\*\* May 1998 \*\*

## Midwest Conference Track and Field

### 1998 MWC Outdoor Championships

Hosted by St. Norbert College  
 May 8-9, 1998

#### Women's Field Champions

Shot: Jessie Loberg, Ripon, 12.30m  
 Discus: Tennille McClure, Mon., 42.78m  
 Javelin: Crystal Helm, Ripon, 39.80m  
 Long Jump: Elizabeth Bashaw, LU, 5.09m  
 Triple Jump: Carrie Evenson, SNC, 10.57m  
 High Jump: Stephanie Schuler, Mon, 5' 02"  
 Pole Vault: Alyssa Bonine, LU, 8' 00" (Exhibition)

#### Men's Field Champions

Shot: Chris Sondgeroth, Mon., 16.20m  
 Discus: Jim Hardesty, Mon., 47.41m  
 Javelin: Chris Ferron, Mon., 52.81m  
 Long Jump: Lonnie Williams, IC, 6.84m  
 Triple Jump: Lonnie Williams, IC, 13.72m  
 High Jump: Jeromy Hogan, Mon., 6' 08"  
 Pole Vault: Aaron Walker, Mon., 13' 06"

#### Women's Track Champions

100 Hurdles: Sara Olson, LU, 16.11  
 400 Hurdles: Heather Furrow, Mon., 1:04.16  
 100: Stacy Brown, Mon., 12.04  
 200: Stacy Brown, Mon., 24.86  
 400: Heather Furrow, Mon., 57.84  
 800: Laura Carpenter, Bel., 2:20.15  
 1500: Laura Carpenter, Bel., 4:51.76  
 3000: Becca Webel, Gr., 10:48.10  
 5000: Corey Wagner, Car., 18:20.27  
 10,000: Cathy Kempen, LU, 40:12.30

#### Men's Track Champions

110 Hurdles: Dennis Staggs, Mon., 14.60  
 400 Hurdles: Dennis Staggs, Mon., 55.36  
 100: Adam Smiley, Car., 10.64  
 200: Adam Smiley, Car., 21.77  
 400: Evan McLeod, Bel., 49.52  
 800: Kevin Notheis, Gr., 1:56.95

#### 1998 Women's Outdoor Standings

Monmouth	157.0	St. Norbert	61.0
Carroll	120.0	Grinnell	60.0
Lawrence	106.0	Knox	37.0
Beloit	90.0	Illinois C.	4.0
Ripon	66.0		

**Track MVPs:** Heather Furrow, Monmouth  
 Stacy Brown, Monmouth  
**Field MVP:** Tennille McClure, Monmouth

#### 1998 Men's Outdoor Standings

Monmouth	200.0	Illinois C.	39.0
Grinnell	147.0	Lawrence	39.0
Carroll	110.0	Ripon	34.0
St. Norbert	75.0	Knox	27.0
Beloit	71.0		

**Track MVPs:** Adam Smiley, Carroll  
 Dennis Staggs, Monmouth  
**Field MVP:** Lonnie Williams, IC

1500: Zac Freudenburg, Bel., 4:02.73  
 Stplchase: Zac Freudenburg, Bel., 9:14.65  
 5000: Rob Park, Gr., 15:55.35  
 10,000: John Aerni, Gr., 34:05.75

#### Women's Relay Champions

4x100: Monmouth (Stacy Brown, Heather Furrow, Christy Keller, Constance Jackson), 49.33  
 4x400: Monmouth (Krissy Hosey, Christy Keller, Constance Jackson, Heather Furrow), 4:07.17

#### Men's Relay Champions

4x100: Carroll (Ryan Guettel, Aaron Rogahn, Brad Guettel, Adam Smiley), 42.61  
 4x400: Monmouth (Rich Johnson, David Kimber, Toby Vallas, Justin Bryant), 3:24.37

# MIDWEST CONFERENCE MEET

## At De Pere, Wis.

**Teams** — 1. Monmouth 200, 2. Grinnell 147, 3. Carroll 110, 4. St. Norbert 75, 5. Beloit 71, 6. Illinois College and Lawrence 39, 8. Ripon 34, 9. Knox 27.

**Discus** — 1. Jim Hardesty (MON) 47-41, 2. Dan Schumacher (SNC) 47-41, 3. Chris Diedrich (SNC) 45-69; **High jump** — 1. Jeremy Hogan (MON) 6-8, Lonnie Williams (IC) 6-8, 3. Curt Mills (MON) 6-0; **Triple jump** — 1. Lonnie Williams (IC) 13.72, 2. Brad Gueltel (CAR) 13.25, 3. Jay Diedrich (AR) 13.00.

**400 relay** — 1. Carroll 42.61, 2. Monmouth 42.81, 3. Illinois College 44.08; **110 hurdles** — 1. Dennis Staggs (MON) 14.60, 2. Dan Sutter (RIP) 15.21, 3. Erik Gehrke (CAR) 15.44; **100** — 1. Adam Smiley (CAR) 10.64, 2. Justin Bryant (MON) 10.81, 3. Aaron Roghan (CAR) 10.97; **3,000 steeplechase** — 1. Zac Freudenburg (B) 9:14.65, 2. John Aemi (G) 9:23.99, 3. Peter Levi (LAW) 9:45.94; **400** — 1. Evan McLeod (B) 49.52, 2. Toby Vallas (MON) 49.99, 3. Scott McCarty (KNOX) 50.29; **800** — 1. Kevin Nothesis (G) 1:56.95, 2. Neil Gipson (G) 1:57.82, 3. Frank Schweda (MON) 1:58.42; **400 hurdles** — 1. Dennis Staggs (MON) 55.36, 2. Nick Larma (G) 56.00, 3. Dan Erickson (RIP) 56.30; **200** — 1. Adam Smiley (CAR) 21.08, 2. Justin Bryant (MON) 22.00, 3. Evan McLeod (B) 22.10; **5,000** — 1. Rob Park (G) 15:15.35, 2. aniel Madigan (G) 16:09.63, 3. Mike Osbourne (KNOX) 16:11.64; **1,600 relay** — 1. Monmouth 3:24.37, 2. Grinnell 3:26.72, 3. Carroll 3:27.68.

## MIDWEST CONFERENCE MEET At DePere, Wis.

**Teams** — 1. Monmouth 157, 2. Carroll 120, 3. Lawrence 106, 4. Beloit 90, 5. Ripon 66, 6. St. Norbert 61, 7. Grinnell 60, 8. Knox 37, 9. Illinois college 4.

**Pole vault** — 1. Alyssa Bonine (L) 8-0, 2. Idelle Cooper (GR) 7-0, 3. Meghan O'Connell (GR) and Natalie Johnson (R) 7-0; **Triple jump** — 1. Carrie Evenson (SNC) 10.57, 2. Alanna Moss (B) 10.54, 3. Sue Warborg (SNC) 10.18; **Shot put** — 1. Jessie Loberg (R) 12.30, 2. Tennille McClure (MON) 12.24, 3. Stephanie Muller (B) 11.94; **Javelin** — 1. Crystal Heim (R) 39.80, 2. Amanda Colgan (MON) 39.43, 3. Alissa Joseph (L) 34.98.

**400 relay** — 1. Monmouth 49.33, 2. Carroll 50.53, 3. Knox 51.36; **5,000** — 1. Corey Wagner (CAR) 18:20.27, 2. Cathy Kempen (L) 18:29.89, 3. Carrie Knauer (MON) 19:06.49; **400** — 1. Heather Furrow (MON) 57.84, 2. Ami Toellner (CAR) 59.50, 3. Camarin Bailey (G) 59.84; **800** — 1. Laura Carpenter (B) 2:20.15, 2. Marni Lynn (CAR) 2:20.98, 3. Becca Webel (G) 2:22.99; **100 hurdles** — 1. Sara Olson (L) 16.11, 2. Alanna Moss (B) 16.38, 3. Caroline Brosztowski (SNC) 16.39; **100** — 1. Stacy Brown (MON) 12.04, 2. Constance Jackson (MON) 12.24, 3. Reggie Schlicht (CAR) 12.74; **400 hurdles** — 1. Heather Furrow (MON) 1:04.16, 2. Sherri Polk (MON) 1:08.23, 3. Mandu Koch (B) 1:09.23; **200** — 1. Stacy Brown (MON) 24.86, 2. Constance Jackson (MON) 25.04, 3. Ami Toellner (CAR) 26.04; **3,000** — 1. Becca Webel (G) 10:48.10, 2. Corey Wagner (CAR) 10:49.27, 3. Marni Lynn (CAR) 10:49.84; **1,600 relay** — 1. Monmouth 4:07.17, 2. Grinnell 4:12.74, 3. Carroll 4:16.43.

# MIDWEST CONFERENCE OUTDOOR MEET

At De Pere, Wisconsin

**Shot put** — 1. Chris Sondgeroth (Mon) 16.2, 2. Eric Holmes (Mon) 15.34, 3. Bob Lindstrom (Mon) 15.00. **Long jump** — 1. Lonnie Williams (ILLC) 6.84, 2. Jeremiah Garza (Grin) 6.44, 3. Adam Smiley (Car) 6.29. **Javelin** — 1. Chris Ferron (Mon) 52.81, 2. Jim Hardesty (Mon) 51.59, 3. Steve Easter (Knox) 48.10. **Pole vault** — 1. Aaron Walker (Mon) 13.6, 2. Jeremy Simons (Car) 13.0, 3. Scott Stanley (Bel) 12.6.

**1500** — 1. Zac Freudenburg (Bel) 4:02.73, 2. Neil Gipson (Grin) 4:03.16, 3. Kevin Nothesis (Grin) 4:04.66. **110 hurdles** — 1. Dennis Staggs (Mon) 14.71, 2. Dustin Suffer (Rip) 15.22, 3. Greg Hoskins (SNC) 15.31. **10,000** — 1. John Aerni (Grin) 34:05.75, 2. Rob Park (Grin) 34:13.72, 3. Daniel Madigan 34:39.56. **400** — 1. Toby Vallas (Mon) 50.69, 2. Rich Johnson (Mon) 50.8, 3. Scott McCarty (Knox) 51.2. **100** — 1. Adam Smiley (Car) 10.82, 2. Justin Bryant (Mon) 10.94, 3. Ryan Guettel (Car) 11.05, 3. Aaron Roghan (Car) 11.09. **400 hurdles** — 1. Dennis Staggs (Mon) 57.18, 2. Dan Wills (Ill) 57.6, 3. Nick Larma (Grn) 58.22. **200** — 1. Justin Bryant (Mon) 21.75, 2. Evan McLeod (Bel) 21.95, 3. Toby Vallas (Mon) 22.08.