

MIDWEST CONFERENCE WOMEN'S INDOOR TRACK AND FIELD CHAMPIONSHIPS  
 Henry Crown Fieldhouse -- University of Chicago  
 March 2, 1984

Team Standings

Grinnell	104	Ripon	27
U-Chicago	93	Monmouth	25
Cornell	77	Lawrence	11
St. Norbert	72	Beloit	9
Coe	38	Knox	7

Event Champions

Long jump:	Pauline Henry, Corn., 5.62 meters
Shot put:	Karen Radke, Corn., 12.22 meters
60-yd dash:	Pauline Henry, Corn., :07.3
1,500 meters:	Shavaun Adams, Grin., 4:47.1
60-yd hurdles:	Kim Dailey, Mon., :08.8
400 meters:	Ann Fetzer, SNC, 1:00.4
600-yd run:	Amy Gertz, SNC, 1:32.6
High jump:	Helen Straus, UC, 5-2
800 meters:	Kim Buchner, Coe, 2:24.9
1,000 meters:	Jennifer Bishop, Grin., 3:15.7
300-yd run:	Natalie Williams, UC, 37.5
3,000 meters:	Andrea Straight, Grin., 10.48
4x400m relay:	St. Norbert, 4:10.4
4x800m relay:	Grinnell, 10:18.8
Triple jump:	Pauline Henry, Corn., 10.88 meters

Note: These are  
 now MACW indoor  
 track records.

MIDWEST CONFERENCE MEN'S INDOOR TRACK AND FIELD CHAMPIONSHIPS  
 Henry Crown Fieldhouse -- University of Chicago  
 March 3, 1984

Team Standings

Cornell	116	Knox	44
Coe	102	Grinnell	41
Ripon	50 1/2	Beloit	20
U-Chicago	48 1/2	Lawrence	14
St. Norbert	46	Monmouth	14

Event Champions

Pole vault:	Kevin Welu, Coe, 14-0
Long jump:	Chuck Meyer, Coe, 22-7 1/2*
Shot put:	Jeff DeVilder, Corn., 49-6 1/2
High jump:	Dave Rakel, Corn., 6-6
4x200m relay:	Cornell, 1:33.2*
60 high hurdles:	Tim Theisen, Rip., :08.1
400m dash:	Jon Maron, Grin., :50.8
600-yd run:	Pete Hamman, Bel., 1:15.8
60-yd dash:	Ron Hendred, Corn., :06.4*
1-mile:	Bill Stenz, SNC, 4:21.4
800m run:	John Seykora, UC, 2:00.0
1,000 yards:	Bob Shanahan, Coe, 2:17.3
300-yd dash:	Dave Thumm, Corn., :32.5
Triple jump:	Chuck Meyer, Coe, 46-7 3/4*
2-mile:	Gary Judson, Rip., 9:29.0
4x400m relay:	Coe, 3:28.3

\*Conference records

# Grinnell women tops in track

CHICAGO — Cornell and Coe finished fourth and fifth, respectively, in the first-ever Midwest Conference women's indoor track meet held Friday night.

Grinnell won the meet with 98 points. Cornell had 63, and Coe 42.

Cornell winners were Pauline Henry in the long jump (5.61 meters) and 60 yard dash (:07.3), and Karen Radke in the shot put (12.22).

Coe's Kim Buchner won the 800 meters (2:24.9) and was on Coe's third-place finishing 4x400 relay team and fourth-place 4x800 relay team.

## Team Totals

1. Grinnell 98, 2. Chicago 78, 3. St. Norbert 72, 4. Cornell 63, 5. Coe 42, 6. Ripon 27, 7. Monmouth 26, 8. Lawrence 10, 9. Beloit 9, 10. Knox 7.

## Individual Results

**Long jump** — 1. Pauline Henry (Cor), 5.61 meters; **Shot put** — 1. Karen Radke (Cor), 12.22; 2. Laura Hunt (Coe); **60 yard dash** — 1. Henry (Cor), :07.3; **1,500 meters** — 1. Shavaun Adams (Grin), 4:51.1; **60 yard hurdles** — 1. Kim Dally (Mon), :08.8; 4. Cindy Running (Coe); **400 meters** — 1. Ann Fetzer (St.N), 1:00.4; 4. Rhinda Thompson (Coe); **600 yard run** — 1. Amy Gertz (St.N), 1:32.6; **High jump** — 1. Helen Strauss (Chi), 5-0; **800 meters** — 1. Kim Buchner (Coe), 2:24.9; **1,000 meters** — 1. Jennifer Bishop (Grin), 3:15.7; **300 yards** — Natalie Williams (Chi), :37.5; **3,000 meters** — 1. Andrea Straight (Grin), 10:48; **4x400 meter relay** — 1. St. Norbert, 4:10.4; 3. Coe (Buchner, Thompson, Gretchen Loriber, Carmen Machande); **4x800 meter relay** — 1. Grinnell, 10:10.8; 4. Coe (Kathy Smith, Lori Montufl, Jill Tisdale, Buchner).

# Rams run to championship

CHICAGO — Ron Hendred's record-setting performance in the 60-yard dash sparked Cornell to the Midwest Conference men's indoor track championship Saturday as the Rams edged Coe 116-102 in the team race.

"Our sprinters just really came through; in fact everybody came through," said Cornell Coach Ocie Trimble, adding that the Rams' last conference crown came more than 20 years ago.

"I told the kids that the last time Cornell won this meet most of them weren't even in kindergarten," said Trimble.

Hendred, a former Cedar Rapids Washington prep, set a conference record in the 60 with a winning time of 6.4 seconds, and also anchored the 4 x 200-meter relay team to victory. Also on that unit were James Renfro, Larry Bastian and Dave Thumm.

Thumm also captured the 300-yard dash title in 32.5 seconds. Other Cornell winners were defending champion Jeff DeVilder in the shot put (49 feet 6½ inches) and Dave Rakel in the high jump (6-6).

Chuck Meyer was a double winner for Coe, winning the long jump (22-7) and triple jump (46-7). Coe's other winners were Kevin Welu in the pole vault (14-0), Bob Shanahan in the 1,000 (2:17) and the 4 x 400 relay team (3:28).

## Results

### TEAM TOTALS

1. Cornell 116; 2. Coe 102; 3. Ripon 50; 4. Chicago 48; 5. St. Norbert 46; 6. Grinnell 41; 7. Knox 38; 8. Beloit 20; 9. (tie) Lawrence and Monmouth 14.

### INDIVIDUAL RESULTS

**Pole vault** — 1. Kevin Welu (Coe), 14-0; 2. Steve Crew (Coe); 3. Jeff Brickley (Corn).

**Long jump** — 1. Chuck Meyer, (Coe), 22-7; 2. Doug Wright (Grin); 3. Larry Bastian (Corn).

**Shot put** — 1. Jeff DeVilder (Corn), 49-6½; 2. Adam James, (Coe); 3. Todd Ciesielezsk (Rip).

**High jump** — 1. Dave Rakel, (Corn), 6-6; 2. John Moran (Grin); 3. Larry Harmon (Coe).

**4 x 200 meter relay** — 1. Cornell (James Renfro, Larry Bastian, Dave Thumm, Ron Hendred), 1:33.2; 2. Coe; 3. Knox.

**60-yard hurdles** — 1. Tim Thelsen (Rip), 8:01; 2. Steve Hein (SN); 3. Keith Klesinske (SN).

**400 meters** — 1. Moran, (Grin), :50.8; 2. Thumm, (Corn); 3. Mike Vance (Coe).

**600 yards** — 1. Peter Hammond, (Bel), 1:15.0; 2. Tim Dunne (Knox); 3. Mike Rudkin (Corn).

**60 yard dash** — 1. Hendred, (Corn), 6.4; 2. Renfro (Cor); 3. Bill Henke (Knox).

**Mile** — 1. Bill Stenz (SN), 4:21; 2. Aaron O'Rourke (Chic); 3. Jeff Mullen (Coe).

**800 meters** — 1. John Seikora, (Chic), 2:00; 2. Rick Harris (Cor); 3. Todd Pliner (SN).

**1,000 yards** — 1. Bob Shanahan, (Coe), 2:17; 2. Aaron O'Rourke, (Chic); 3. Dennis Hunsey (SN).

**300 yards** — 1. Thumm, (Corn), 32.5; 2. Hendred (Corn); 3. Moran (Grin).

**Triple jump** — 1. Meyer, (Coe), 46-7; 2. Stanley Johnson (Knox); 3. Jeff Keyser (Chic).

**2-mile** — 1. Gary Judson (Rip), 9:29; 2. Chris Berger, (Law); 3. Chris Koy (Bel).

**4 x 400 meters** — 1. Coe, 3:28; 2. Cornell; 3. Chicago.