

MIDWEST CONFERENCE MEN'S INDOOR TRACK AND FIELD CHAMPIONSHIPS

All Times FAT

@ = Converted to FAT from Manual Time

At Cornell --- March 2-3, 1990

Team Standings

Coe	106	St. Norbert	35
Monmouth	96½	Knox	27
Grinnell	85	Ripon	24
Cornell	66½	Beloit	17
Lawrence	39		

Event Champions

Shot Put:	Dean Polster	Ripon	46'0½
Long Jump:	Mark St. Andre	Grinnell	22'11"*
Triple Jump:	Todd Stevens	Monmouth	43'9¼"
High Jump:	Scott Schleich	Beloit	6'6"
Pole Vault:	Eric Holm	Knox	14'7
55mH:	Charles Burton	Monmouth	7.75*
55m:	Charles Burton	Monmouth	6.62#
300:	Charles Burton	Monmouth	35.77*
400:	Charles Burton	Monmouth	50.39*
600:	Jeff McCraven	Monmouth	1:24.64*
800:	Dan Felgenspan	Coe	1:56.02
1000:	Aaron Stang	Cornell	2:34.21*
1500:	Jon Lave	Grinnell	3:58.22*
5000:	Tony Every	Cornell	15:02.340*
4x200 relay:	Coe	1:33.45	
	(Ryan Kolpin, Tony Alt, Bret Ranard, Dan Felgenspan)		
4x400 relay:	Coe	3:25.98	
	(Tony Alt, Ryan Kolpin, Doug West, Dan Felgenspan)		

*=Conference Record

#=Conference Record set In prelims

MIDWEST CONFERENCE WOMEN'S INDOOR TRACK AND FIELD CHAMPIONSHIPS

All Times FAT

@ = Converted to FAT from Manual Time

At Cornell --- March 2-3, 1990

Team Standings

St. Norbert	130	Ripon	43
Coe	96	Monmouth	28
Grinnell	49	Cornell	16
Beloit	48	Knox	7
Lawrence	48		

Event Champions

Shot Put:	Irene Ahlo	Beloit	40'0½"
Long Jump:	Jane Gehl	St. Norbert	16'9¾"
Triple Jump:	Stephanle Hansen	Beloit	35'6½"
High Jump:	Tarrel Zwelbahmer	Coe	5'6½"
55mH:	Betsy Phinney	Beloit	9.25
55m:	Nichole Fangmeler	St. Norbert	7.57*
300:	Liz Messerly	Coe	42.01*
400:	Liz Messerly	Coe	60.27
600:	Betsy Blahnik	Lawrence	1:40.74@*
800:	Liz Messerly	Coe	2:26.36
1000:	Joanne Sackett	Grinnell	3:07.27*
1500:	Liz Messerly	Coe	4:54.14
5000:	Lori Stich	Ripon	15:50.34@
4x200 relay:	St. Norbert	1:50.60	
	(Jill Nelson, Nicky Borman, Tracy Gegare, Nichole Fangmeler)		
4x400 relay:	Coe	4:13.67	
	(Carol Wynn, Lynn Freyermuth, Celestine Buyu, Liz Messerly)		

*=Conference Record

MEN'S TRACK

Saturday's Results

MIDWEST CONFERENCE MEET (At Mount Vernon)

Team totals — 1. Coe 106; 2. Monmouth 96½; 3. Grinnell 85; 4. Cornell 66½; 5. Lawrence 39; 6. St. Norbert 36; 7. Knox 27; 8. Ripon 24; 9. Beloit 17.

Shot put — 1. Dean Polster (R), 46-½; 2. Tom Dorgan (SN), 44-11½; 3. Nick Wyant (M), 44-1½.

Long jump — 1. Mark St. Andre (G), 22-11; 2. Kory Coonen (SN), 21-10½; 3. Mike Putnam (R), 21-10.

Pole vault — 1. Eric Holm (K), 14-7; 2. Lee Kraemer (G), 14; 3. Dan Howes (Coe), 13-6.

Triple jump — 1. Todd Stevens (M), 43-9¾; 2. Putnam (R), 43-7; 3. Doug West (Coe), 43-2¾.

High jump — 1. Scott Schleich (B), 6-6; 2. Brian Koeneman (L), 6-4; 3. Derek Cole (Coe), 6-5.

1,500 — 1. Jon Lave (G), 3:58.22; 2. Aaron Stang (Cor), 4:02.37; 3. Dave Hammond (G), 4:02.8.

800 relay — 1. Coe, 1:33.45; 2. Cornell, 1:33.9; 3. Monmouth, 1:35.46.

55 hurdles — 1. Charles Burton (M), 7.75; 2. Barry Shaul (Cor), 7.81; 3. Koeneman (L), 8.16.

400 — 1. Burton (M), 50.39; 2. Dan Feigenspan (Coe), 51.13; 3. Ryan Kolpin (Coe), 51.46.

600 — 1. Jeff McCraven (M), 1:24.64; 2. Tony Walsh (Coe), 1:25.99; 3. Steve Jung (L), 1:26.31.

55 — 1. Burton (M), 6.62; 2. Randy Strickland (K), 6.64; 3. Glenn Cline (Cor), 6.66.

800 — 1. Feigenspan (Coe), 1:56.02; 2. Jon Lave (G), 1:57.41; 3. Todd Ehlert (Coe), 2:00.44.

1,000 — 1. Aaron Stang (Cor), 2:34.21; 2. Chris Garman (G), 2:35.47; 3. John Costello (B), 2:37.40.

300 — 1. Burton (M), 35.77; 2. Kolpin (Coe), 36.37; 3. Darron Young (G), 36.59.

5,000 — 1. Tony Every (Cor), 15:02.08; 2. Dave Hammond (G), 15:19.75; 3. Chris Naumann (L), 15:40.91.

1,600 relay — 1. Coe, 3:25.98; 2. Monmouth, 3:27.44; 3. Grinnell, 3:33.48.

WOMEN'S TRACK

Saturday's Results

MIDWEST CONFERENCE MEET (At Mount Vernon)

Team totals — 1. St. Norbert 130; 2. Coe 96; 3. Grinnell 49; 4. tie, Beloit and Lawrence, both 48; 6. Ripon 43; 7. Monmouth 28; 8. Cornell 16; 9. Knox 7.

Shot put — 1. Irene Ahloo (B), 40-½; 2. Carolyn Krueger (B), 39-11¼; 3. Karen Seemon (M), 35-4¼.

Long jump — 1. Jane Gehl (SN), 16-9¾; 2. Ann Workman (Cor), 16-8¼; 3. Stephanie Hansen (B), 16-7¾.

High jump — 1. Tarrel Zweibahmer (Coe), 5-6½; 2. Laura Salm (SN), 5-5¼; 3. Cathy Novak (SN), 5-2.

Triple jump — 1. Hansen (B), 35-6½; 2. Sheri Lesiak (SN), 35-2½; 3. Gehl (SN), 34-3½.

1,500 — 1. Liz Messerly (Coe), 4:54.14; 2. Joanne Sackett (G), 4:56.78; 3. Lori Stich (R), 5:00.13.

800 medley — 1. St. Norbert, 1:50.6; 2. Coe, 1:53.37; 3. Cornell, 1:54.57.

400 — 1. Messerly (Coe), 1:00.27; 2. Mimi Hurd (M), 1:02.37; 3. Nicky Bowman (SN), 1:03.43.

600 — 1. Betsy Blahnik (L), 1:40.42; 2. Sackett (G), 1:41.80; 3. Lynn Freyer-muth (Coe), 1:44.41.

55 — 1. Nichole Fangmeier (SN), 7:57; 2. Jill Nelson (SNC), 7.64; 3. Deb Czarniecki (L), 7.65.

800 — 1. Messerly (Coe), 2:26.36; 2. Amy Joyce (SN), 2:29.12; 3. Colette Roberson (R), 2:34.03.

1,000 — 1. Sackett (G), 3:07.27; 2. Jill Edwards (L), 3:12.20; 3. Stich (R), 3:13.68.

300 — 1. Messerly (Coe), 42.01; 2. Fangmeier (SN), 43.77; 3. Hurd (M), 44.2.

3,000 — 1. Stich (R), 10:50.07; 2. Kim Sosnoski (SN), 10:52.00; 3. Rose Nguyen (K), 11:04.24.

1,600 relay — 1. Coe, 4:13.87; 2. St. Norbert, 4:19.82; 3. Lawrence, 4:21.59.