

MIDWEST CONFERENCE WOMEN'S INDOOR TRACK AND FIELD CHAMPIONSHIPS
 (All Times FAT; @ = Converted to FAT from Manual Time)
 At Knox -- March 5-6, 1993

Team Standings

Coe	118	Knox	35
Monmouth	99	Ripon	13
St. Norbert	52	Grinnell	11
Lawrence	47	Beloit	2
Carroll	44	Illinois C.	0
Cornell	44		

Event Champions

Shot put:	Karen Seeman, Monmouth, 41' 4 1/2"
Long Jump:	Paula Hageman, Ripon, 18' 5 3/4"*
Triple Jump:	Kim Callaway, Carroll, 36' 9 3/4"*
High Jump:	Laura Salm, St. Norbert, 5' 6"

*=Conference Record

55m hurdles:	Bitty Quinlan, Monmouth, 8.90
55m dash:	Diana Ling, Lawrence, 7.60
200m run:	Diana Ling, Lawrence, 27.05*
400m run:	Laurie Pote, Coe, 59.75
600m run:	Gaylene Nash, St. Norbert, 1:41.15
800m run:	Leslie Combs, Knox, 2:24.64
1000m run:	Lynn Freyermuth, Coe, 3:14.57
1500m run:	Natalie Karpan, Coe, 4:57.54@
5000m run:	Jenny Meyers, Cornell, 19:12.94@

4x200m relay: Coe (Alishia Williams, Dawn Rayner, Stacy Shaff, Laurie Pote), 1:48.13*

4x400m relay: Coe (Jill Simon, Rayner, Shaff, Laurie Pote), 4:09.84*

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Team Standings

Coe	145	Cornell	16
Monmouth	105	Beloit	13
Grinnell	101	Ripon	8
Carroll	44	Lawrence	6
St. Norbert	37	Illinois C.	0
Knox	21		

Event Champions

Shot put:	John Martin, Cornell, 51' 8 1/2"	
Long Jump:	Darren Young, Grinnell, 23' 2 3/4"	
Triple Jump:	Mike Smith, Knox, 45' 7 1/2"	
High Jump:	Rod Bennett, Carroll, 6' 6"	
Pole vault:	Brian Ferry, Coe, 15' 7 1/4"*	*=Conference Record

55m hurdles:	Dave Schmidt, Coe, 7.70
55m dash:	Rich Matthews, Coe, 6.68
200m run:	Darren Young, Grinnell, 22.84*
400m run:	Jason Devino, Monmouth, 50.59
600m run:	Chris Wolfe, Coe, 1:22.50
800m run:	Todd Ehlert, Coe, 1:57.73
1000m run:	Todd Henecke, Coe, 2:33.54
1500m run:	Todd Henecke, Coe, 4:03.11
5000m run:	Todd Henecke, Coe, 15:26.44@

4x200m relay:	Monmouth (Jason Devino, Aaron Baker, Cory Pasquale, Shane Bertelsen), 1:31.83*
4x400m relay:	Monmouth (Doug Stenfeldt, Baker, Bertelsen, Devino), 3:26.76