

MIDWEST CONFERENCE MEN'S INDOOR TRACK AND FIELD CHAMPIONSHIPS  
 (All Times FAT; 0 = Converted to FAT from Manual Time)  
 At Cornell --- March 4-5, 1994

Team Standings

Grinnell	144	Cornell	20
Coe	97	Beloit	18
Monmouth	92	Ripon	18
Knox	58	Lawrence	10
Carroll	46	Illinois C.	0
St. Norbert	22		

Event Champions

Shot put:	John Martin, Cornell, 52' 5 1/2"*	
Long Jump:	Matt Smith, Coe, 22' 8 3/4"	
Triple Jump:	Mike Smith, Knox, 43' 11 1/2"	
High Jump:	Jeff Houle, Carroll, 6' 4"	
Pole vault:	Brian Ferry, Coe, 15' 8"*	*=Conference Record
55m hurdles:	Rob Bennett, Carroll, 7.86	
55m dash:	Shane Bertelsen, Monmouth, 6.71	
200m run:	Shane Bertelsen, Monmouth, 23.09	
400m run:	Shane Bertelsen, Monmouth, 51.04	
600m run:	Chad Kellogg, Coe, 1:24.64	
800m run:	Vonzel Johnson, Coe, 1:58.99	
1000m run:	Chad Kellogg, Coe, 2:38.18	
1500m run:	Dan Schisler, Monmouth, 4:05.48	
3000m run:	Mike Nawrocki, Grinnell, 8:44.07*	
5000m run:	Mike Nawrocki, Grinnell, 15:14.38	
4x200m relay:	Grinnell (Mark Schliekelman, Brent Dexter, Rob Yamachika, Chad Folsom), 1:32.96	
4x400m relay:	Coe (Vonzel Johnson, Chad Willeford, Chad Kellogg, Darin Astor), 3:29.60	

MIDWEST CONFERENCE MEN'S INDOOR TRACK RECORDS --- 1994  
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Shot put:	52' 5 1/2"	John Martin, Cornell	1994	(15.989m)
Long Jump:	23' 4 1/4"	Darren Young, Grinnell	1992	( 7.118m)
Triple Jump:	46 7 3/4"	Chuck Meyer, Coe	1984	(14.217m)
High Jump:	6' 8 1/4"	Eric Ealy, Monmouth	1986	( 2.038m)
Pole vault:	15' 8 "	Brian Ferry, Coe	1994	
55m hurdles:	7.59	Charles Burton, Monmouth	1992	(Prelims)
55m dash:	6.54	Charles Burton, Monmouth	1992	(Prelims)
200m run:	22.84	Darren Young, Grinnell	1993	
300m run:	35.28	Charles Burton, Monmouth	1992	
400m run:	50.04	Charles Burton, Monmouth	1991	
600m run:	1:22.22	Jason Devino, Monmouth	1992	
800m run:	1:55.04	James Francis, Coe	1982	
1000m run:	2:31.61	Aaron Stang, Cornell	1991	
1500m run:	3:56.73	Steve Hartman, Monmouth	1992	
3000m run:	8:44.07	Mike Nawrocki, Grinnell	1994	(New Event)
5000m run:	14:58.93	Chris Garman, Grinnell	1992	
4x200m relay:	1:31.83	Monmouth	1993	
4x400m relay:	3:24.84	U-Chicago	1979	
	3:24.84	Coe	1982	

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 At Cornell --- March 4-5, 1994

Team Standings

Monmouth	122	St. Norbert	28
Coe	87	Knox	26
Carroll	65	Illinois C.	19
Lawrence	59	Beloit	14
Grinnell	44	Ripon	2
Cornell	30		

Event Champions

Shot put:	Julie Starzyk, Carroll, 41' 0"	
Long Jump:	Diana Ling, Lawrence, 18' 0"	
Triple jump:	Diana Ling, Lawrence, 35' 9"	
High Jump:	Linda Schmidt, Monmouth, 5' 4"	
		*=Conference Record
55m hurdles:	Dawn Rayner, Coe, 9.07	
55m dash:	Diana Ling, Lawrence, 7.48*	
200m run:	Dori Ternig, Monmouth, 27.44	
400m run:	Christine Stanton, Monmouth, 1:00.62	
600m run:	Pauline Mahoney, Monmouth, 1:41.36	
800m run:	Gaylene Nash, St. Norbert, 2:18.41*	
1000m run:	Jessica Mills, Monmouth, 3:13.08	
1500m run:	Kelly Evans, Carroll, 5:01.49	
3000m run:	Ally Beckman, Grinnell, 11:05.83	
5000m run:	Robin Dvorak, Lawrence, 18:50.32*	
4x200m relay:	Coe (Nikki Claussen, Dawn Rayner, Regina Tremmel, April Eastin), 1:51.05	
4x400m relay:	Monmouth (Dori Ternig, Pauline Mahoney, Jessica Mills, Christine Stanton), 4:14.10	

MIDWEST CONFERENCE WOMEN'S INDOOR TRACK RECORDS --- 1994  
 (All Times Converted to FAT)

Shot put:	43' 5 1/2"	Veronika Platzner, Grinnell	1985	(13.246m)
Long Jump:	18' 5 3/4"	Paula Hageman, Ripon	1993	( 5.632m)
Triple jump:	36' 9 3/4"	Kim Callaway, Carroll	1993	(11.220m)
High Jump:	5' 7 1/2"	Vicci Verbrick, St. Norbert	1987	( 1.714m)
55m hurdles:	8.70	Vicci Verbrick, St. Norbert	1987	
55m dash:	7.48	Diana Ling, Lawrence	1994	
200m run:	27.05	Diana Ling, Lawrence	1993	
300m run:	42.01	Liz Messerly, Coe	1990	
400m run:	57.84	Liz Messerly, Coe	1988	
600m run:	1:40.74	Betsy Blahnik, Lawrence	1990	
800m run:	2:18.41	Gaylene Nash, St. Norbert	1994	
1000m run:	3:07.27	Joanne Sackett, Grinnell	1990	
1500m run:	4:47.34	Shavaun Adams, Grinnell	1984	
3000m run:	10:45.84	Shavaun Adams, Grinnell	1985	
5000m run:	18:50.32	Robin Dvorak, Lawrence	1994	
4x200m relay:	1:48.13	Coe	1993	
4x400m relay:	4:09.84	Coe	1993	
4x800m relay:	10:07.44	Grinnell	1985	

# Saturday

## MIDWEST CONFERENCE INDOOR CHAMPIONSHIPS At Mount Vernon

**Team standings** — 1. Monmouth 122, 2. Coe 87, 3. Carroll 65, 4. Lawrence 59, 5. Grinnell 44, 6. Cornell 30, 7. St. Norbert 28, 8. Knox 26, 9. Illinois College 19, 10. Beloit 14, 11. Ripon 2.

**Individual results** — **Long jump** — 1. Diana Ling (Lawrence) 18-0, 2. Kristin Garrison (Knox) 17-4, 3. Lesley Stone (Monmouth) 16-8; **Triple jump** — 1. Ling (Lawrence) 35-9, 2. Kim Calloway (Carroll) 34-7½, 3. Linda Schmidt (Monmouth) 34-7; **Shot put** — 1. Julie Starzyk (Carroll) 41-0, 2. Carla Nauman (Coe) 38-10½, 3. Brenda Erdman (Beloit) 38-2¾; **High jump** — 1. Schmidt (Monmouth) 5-4, 2. Stone (Monmouth) 5-2, 3. Judy Logback (Beloit) 5-0; **1500-meters** — 1. Kelly Evans (Carroll) 5:01.49, 2. Gaylene Nash (St. Norbert) 5:03.47, 3. Stephanie Hitzaler (Grinnell) 5:04.15; **55 hurdles** — 1. Dawn Rayner (Coe) 9:07, 2. Stacy Carr (Coe) 9:16, 3. Jess Chandler (Carroll) 9:56; **3000** — 1. Ally Beckman (Grinnell) 11:05.83, 2. Dawn Wiebold (Cornell) 11:06.15, 3. Robin Dvorak (Lawrence) 11:09.40; **400** — 1. Christine Stanton (Monmouth) 1:00.62, 2. Nikki Claussen (Coe) 1:01.06, 3. Dori Ternig (Monmouth) 1:01.14; **600** — 1. Pauline Mahoney (Monmouth) 1:41.36, 2. Dawn Rayner (Coe) 1:41.41, 3. Katie Campbell (Knox) 1:44.78; **55** — 1. Ling (Lawrence) 7.48, 2. April Eastin (Coe) 7.63, 3. Christine Stanton (Monmouth) 7.66; **800** — 1. Nash (St. Norbert) 2:18.41, 2. Alison Campbell (Knox) 2:22.29, 3. Claussen (Coe) 2:28.67; **4x200 relay** — 1. Coe 1:51.05, 2. Monmouth 1:51.75, 3. Ill. College 1:52.97; **1000** — 1. Jessica Mills (Monmouth) 3:13.08, 2. Hitzaler (Grinnell) 3:13.90, 3. Theresa Brooks (St. Norbert) 3:15.22; **200** — Ternig (Monmouth) 27.44, 2. Christin Stanton (Monmouth) 27.53, 3. Sherri Hart (Carroll) 27.87; **5000** — Dvorak (Lawrence) 18:50.32, 2. Wiebold (Cornell) 19:01.54, 3. Liv Thorstenson (Grinnell) 19:17.22; **4x400 relay** — 1. Monmouth 4:14.10, 2. Coe 4:17.13, 3. Cornell 4:19.35.

## MIDWEST CONFERENCE INDOOR CHAMPIONSHIPS At Mount Vernon

**Team standings** — 1. Grinnell 144, 2. Coe 97, 3. Monmouth 92, 4. Knox 58, 5. Carroll 46, 6. St. Norbert 22, 7. Cornell 20, 8. Beloit, Ripon 18, 10. Lawrence 10, 11. Illinois College 0.

**Individual results** — **Long jump** — 1. Matt Smith (Coe) 22-8¾, 2. Mike Smith (Knox) 22-6, 3. R.J. Hoppe (Carroll) 21-9; **Triple jump** — 1. Smith (Knox) 43-11½, 2. Tony Perez (Grinnell) 43-11, 3. Brian Pfister (Beloit) 43-10½; **Shot put** — 1. John Martin (Cornell) 52-5½, 2. Jose Buckner (Monmouth) 49-3½, 3. Brett Helgeson (Cornell) 47-9¼; **High jump** — 1. Jeff Houli (Carroll) 6-4, 2. Dustin Rutter (St. Norbert) 6-4, 3. Rob Bennett (Carroll) Mike Ferry (Coe) Phil Lark (Monmouth) 6-2; **Pole Vault** — Brian Ferry (Coe) 15-8, 2. Dan Brozoski (Grinnell) 13-0, 3. Tom Nuzum (Grinnell) 12-6; **1500-meters** — 1. Dan Schisler (Monmouth) 4:05.48, 2. John Greenburg (Grinnell) 4:07.71, 3. Barry Matchette (Grinnell) 4:07.90; **55** — 1. Robert Bennett (Carroll) 7.86, 2. Rob Yamachika (Grinnell) 7.89, 3. Mark Schliekelman (Grinnell) 7.92; **3000** — 1. Mike Nawocki (Grinnell) 8:44.07, 2. Dan Schisler (Monmouth) 8:58.10, 3. Chris Mills (Grinnell) 9:02.44; **400** — 1. Shane Bertelsen (Monmouth) 51:04, 2. Darin Astor (Coe) 51.47, 3. Chad Folsom (Grinnell) 52.18; **600** — 1. Chad Kellog (Coe) 1:24.64, 2. Curtis Vice (Monmouth) 1:25.70, 3. Chad Willeford (Coe) 1:25.83; **55** — 1. Bertelsen (Monmouth) 6.71, 2. Bill Schultz (Ripon) 6.77, 3. R.S. Hoppe (Carroll) 6.82; **800** — 1. Vonzel Johnson (Coe) 1:58.99, 2. Josh Ward (Grinnell) 1:59.96, 3. Brian Campbell (Knox) 2:01.08; **4x200 relay** — 1. Grinnell 1:32.96, 2. Knox 1:34.11, 3. Coe 1:34.12; **1000** — 1. Chad Kellog (Coe) 2:38.18, 2. Barry Matchett (Grinnell) 2:38.41, 3. Bob Strabley (Monmouth) 2:41.58; **200** — Bertelsen (Monmouth) 23.09, 2. Nate Sickerson (Coe) 23.47, 3. Bill Schultz (Ripon) 23.50; **5000** — 1. Mike Nawrocki (Grinnell) 15:14.38, 2. Dan Schisler (Monmouth) 15:31.62, 3. Frank Spatol (Lawrence) 15:36.70; **4x400 relay** — 1. Coe 3:29.60, 2. Knox 3:31.38, 3. Grinnell 3:33.27.