

MIDWEST CONFERENCE WOMEN'S INDOOR TRACK AND FIELD CHAMPIONSHIPS

At Knox -- March 3-4, 1995

(All Times FAT: @ = Converted to FAT from Manual Time)

Team Standings

Coe	112	Ripon	30 1/3
Monmouth	106 1/3	St. Norbert	20
Carroll	97	Cornell	10
Knox	65	Illinois C.	9 1/3
Grinnell	41	Lawrence	2
Beloit	34		

Event Champions

Shot put:	Lenni Billberg, Cornell, 40' 1 1/2"
Long Jump:	Kristin Garrison, Knox, 17' 3 1/4"
Triple jump:	Melissa Mrotek, Carroll, 35' 4"
High jump:	Alana Moss, Beloit, 5' 2"

\*=Conference Record

55m hurdles:	Michelle Linde, Knox, 8.95
200m hurdles:	Dawn Rayner, Coe 30.10*
55m dash:	Stacy Brown, Monmouth, 7.57
200m run:	Brenda Heisner, Coe, 26.62*
400m run:	Brenda Heisner, Coe, 59.30
600m run:	Nikki Claussen, Coe, 1:40.81
800m run:	Alison Campbell, Knox, 2:28.37
1000m run:	Kelly Evans, Carroll, 3:12.05
1500m run:	Kelly Evans, Carroll, 5:02.74
3000m run:	Kelly Evans, Carroll, 11:13.39
5000m run:	Carrie Knauer, Monmouth, 19:50.63

4x200m relay: Coe (April Eastin, Nikki Claussen, Dawn Rayner, Brenda Heisner), 1:48.29

4x400m relay: Coe (Robin Gaffke, Nikki Claussen, Dawn Rayner, Brenda Heisner), 4:07.42\*

MIDWEST CONFERENCE WOMEN'S INDOOR TRACK RECORDS --- 1995

Shot put:	43' 5 1/2"	Veronika Platzer, Grinnell	1985	(13.24m)
Long jump:	18' 5 3/4"	Paula Hageman, Ripon	1993	( 5.63m)
Triple jump:	36' 9 3/4"	Kim Callaway, Carroll	1993	(11.22m)
High jump:	5' 7 1/2"	Vicci Verbrick, St. Norbert	1987	( 1.71m)
55m hurdles:	8.70	Vicci Verbrick, St. Norbert	1987	
200 hurdles:	30.10	Dawn Rayner, Coe	1995	(New Event)
55m dash:	7.48	Diana Ling, Lawrence	1994	
200m run:	26.62	Brenda Heisner, Coe	1995	
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:	4:07.42	Coe	1995	
4x800m relay:	10:07.44	Grinnell	1985	

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Team Standings

Monmouth	150	Beloit	16 1/2
Coe	104	Lawrence	13
Grinnell	90 1/2	Cornell	9
Carroll	78	Ripon	6
Knox	52	Illinois C.	1
St. Norbert	38		

Event Champions

Shot put:	Bob Lindstrom, Monmouth, 48' 0 1/2"	
Long Jump:	David Thompson, Monmouth, 24' 0 1/2"*	
Triple jump:	Tony Perez, Grinnell, 46' 3"	
High Jump:	Phil Lark, Monmouth, 6' 6"	
Pole vault:	Gavin King, Beloit, 13' 6"	*=Conference Record
55m hurdles:	Stuart Russell, Knox, 7.90	
200m hurdles:	Stuart Russell, Knox, 25.56*	
55m dash:	David Thompson, Monmouth, 6.67#	#=Conference Record
200m run:	David Thompson, Monmouth, 22.70*	set in Prelims
400m run:	Vonzel Johnson, Coe, 51.11	(See below)
600m run:	Josh Ward, Grinnell, 1:23.58	
800m run:	Vonzel Johnson, Coe, 1:58.69	
1000m run:	Todd Henecke, Coe, 2:38.33	
1500m run:	Chris Wolfe, Coe, 4:06.28	
3000m run:	Chris Mills, Grinnell, 8:59.76	
5000m run:	Chris Mills, Grinnell, 15:46.90	
4x200m relay:	Monmouth (David Thompson, Brian Woodard, Andy Knowles, Shane Bertelsen), 1:30.74*	
4x400m relay:	Coe (Vonzel Johnson, Chad Willeford, Shannon Weller, Darin Astor), 3:28.65	

MIDWEST CONFERENCE MEN'S INDOOR TRACK RECORDS --- 1995

(All Times Converted to FAT)

Shot put:	52' 5 1/2"	John Martin, Cornell	1994	(15.98m)
Long Jump:	24' 0 1/2"	David Thompson, Monmouth	1995	( 7.32m)
Triple Jump:	46 7 3/4"	Chuck Meyer, Coe	1984	(14.21m)
High Jump:	6' 8 1/4"	Eric Ealy, Monmouth	1986	( 2.03m)
Pole vault:	15' 8 "	Brian Ferry, Coe	1994	
55m hurdles:	7.59	Charles Burton, Monmouth	1992	(Prelims)
200m hurdles:	25.56	Stuart Russell, Knox	1995	
55m dash:	6.53	R.J. Hoppe, Carroll	1995	(Prelims)
200m run:	22.70	David Thompson, Monmouth	1995	
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	
5000m run:	14:58.93	Chris Garman, Grinnell	1992	
4x200m relay:	1:30.74	Monmouth	1995	
4x400m relay:	3:24.84	U-Chicago	1979	
	3:24.84	Coe	1982	

# Saturday

## MIDWEST CONF. CHAMPIONSHIPS At Galesburg, Ill.

### MIDWEST CONF. CHAMPIONSHIPS At Galesburg, Ill.

No team scores kept

**Long jump** — 1. Kristen Garrison (Knox) 17-3.25, 2. Michelle Wood (Coe) 17-1.25, 3. Amanada Walker (Grinnell) 16-10.5; **Shot put** — 1. Lenni Billberg (Coe) 40-01.5, 2. Julie Starzyk (Carroll) 40-0.25, 3. Christine Carstensen (Coe) 39-08; **3000** — 1. Kelly Evans (Carroll) 11:13.39, 2. Carrie Knauer (Monmouth) 11:23, 3. Marta Fisher (Grinnell) 11:27.29; **1500** — 1. Kelly Evans (Carroll) 5:02.74, 2. Sarah Thomas (Carroll) 5:10.5, 3. Jodie Lodle (Ripon) 5:11.97; **200 relay** — 1. Coe 1:48.29, 2. Knox 1:52.89, 3. Carroll 1:54.04; **55 dash** — 1. Stacy Brown (Monmouth) 7.57, 2. Dori Ternig (Monmouth) 7.59, 3. Brenda Heisner (Coe) 7.61; **55 hurdles** — 1. Michelle Linde (Knox) 8.95, 2. Stacey Carr (Coe) 9.02, 3. Dawn Rayner (Coe) 9.06; **400** — 1. Brenda Heisner (Coe) 59.3, 2. Christine Stanton (Monmouth) 1:00.15, 3. Dori Ternig (Monmouth) 1:01.99; **600** — 1. Nikki Claussen (Coe) 1:40.81, 2. Jennifer Koranda (Monmouth) 1:44.77, 3. Becky Murphy (St. Norbert) 1:45.07; **800** — 1. Alison Campbell (Knox) 2:28.37, 2. Laura Gould (Grinnell) 2:28.91, 3. Lori Lohman (Carroll) 2:31.99; **1000** — 1. Kelly Evans (Carroll) 3:12.05, 2. Beth Riley (Beloit) 3:14, 3. Susana Peinado (Grinnell) 3:17.14; **Triple jump** — 1. Melissa Mrotek (Carroll) 35-04, 2. Nicki Earhart (Carroll) 33-03.75, 3. Trisha Hickey (Knox) 33-01; **High jump** — 1. Alana Moss (Beloit) 5-02, 2. Karly Fickett (Ripon) 5-0, 3. Paula Sadler (Beloit) 5-0; **200** — 1. Brenda Heisner (Coe) 26.62, 2. Dori Ternig (Monmouth) 27.18, 3. Christine Stanton (Monmouth) 27.53; **200** — 1. Dawn Rayner (Coe) 30.1, 2. Michelle Linde (Knox) 30.77, 3. Alicia Thompson (Knox) 31.09; **5000** — 1. Carrie Knauer (Monmouth) 19:50.63, 2. Marta Fisher (Grinnell) 19:57.88, 3. Abby Williams (Ripon) 19:58.34; **400 relay** — 1. Coe 4:07.42, 2. Monmouth 4:15.41, Carroll 4:19.34

**Long jump** — 1. David Thompson (Monmouth) 24-0.5, 2. Tim Malley (Monmouth) 22-9.8, 3. R.J. Hoppe (Carroll) 22-7.5; **Shot put** — 1. Bob Lindstrom (Monmouth) 48-0.5, 2. Brandon Allen (Knox) 47-10.75, 3. Reggie Radney (Carroll) 47-05; **Pole vault** — 1. Gavin King (Beloit) 13-06, 2. Jeff Roof (Grinnell) 13-06, 3. Aaron Beardsley (Lawrence) 13-0; **3000** — 1. Chris Mills (Grinnell) 8:59.76, 2. Bob Strabley (Monmouth) 9:06.17, 3. AJ Lemke (St. Norbert) 9:07.31; **1500** — 1. Chris Wolfe (Coe) 4:06.28, 2. Josh Ward (Grinnell) 4:06.66, 3. Chad Melis (Carroll) 4:10.8; **200-relay** — 1. Monmouth 1:30.74, 2. Carroll 1:32.51, 3. Knox 1:33.93; **55 dash** — 1. David Thompson (Monmouth) 6.67, 2. R.J. Hoppe (Carroll) 6.68, 3. Greg Trewin (Carroll) 6.75; **55 hurdles** — 1. Stuart Russell (Knox) 7.9, 2. Matt Didion (Carroll) 8.03, 3. Jeff Urban (Carroll) 8.04; **400** — 1. Vonzel Johnson (Coe) 51.11, 2. Shane Bertelsen (Monmouth) 51.56, 3. Mark Schliekelman (Grinnell) 51.96; **600** — Josh Ward (Grinnell) 1:23.5, 2. Chad Kellogg (Coe) 1:24.39, 3. Tom Keller (St. Norbert) 1:24.53; **800** — 1. Vonzel Johnson (Coe) 1:58.69, 2. Chris Wolfe (Coe) 2:00.34, 3. Ellis Baggs (Grinnell) 2:02.02; **1000** — 1. Todd Henecke (Coe) 2:38.33, 2. Josh Ward (Grinnell) 2:38.46, 3. Chad Kellogg (Coe) 2:39.00; **Triple jump** — 1. Anthony Perez (Grinnell) 44-03, 2. David Thompson (Monmouth) 44-02, 3. Mike Smith (Knox) 44-01.5; **High jump** — Phil Lark (Monmouth) 6-06, 2. Jeremy Hogan (Monmouth) 6-06, 3. Mike Ferry (Coe) 6.06; **200** — 1. David Thompson (Monmouth) 22.7, 2. Shane Bertelsen (Monmouth) 23.11, 3. R.J. Hoppe (Carroll) 23.21; **5,000** — 1. Chris Mills (Grinnell) 15:46.9, 2. Matt Jenkins (Monmouth) 16:09.1, 3. Scott Spirtel (Lawrence) 16:11.63; **400 relay** — 1. Coe 3:28.65, Monmouth 3:29.59, 3. St. Norbert 3:29.89