

## 1996 Midwest Conference Men's Indoor Track and Field Championships

Hosted by Cornell College

March 1-2, 1996

### Team Standings

Monmouth	225.0
Carroll	87.0
Coe	80.0
Grinnell	59.0
St. Norbert	24.0
Knox	21.0
Beloit	20.0
Ripon	18.0
Lawrence	18.0
Cornell	4.0
Illinois College	0.0

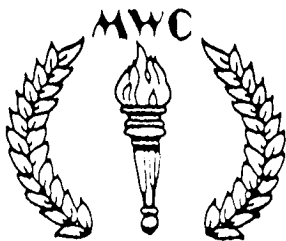
### Event Champions

Shot put	Chris Sondgeroth, Monmouth, 48' 03.50"
Long jump	David Thompson, Monmouth, 22' 11.50"
Triple jump	David Thompson, Monmouth, 44' 04.50"
High jump	Shawn Maze, Monmouth, 7' 00" +
Pole vault	Gavin King, Beloit, 14' 06"
55 hurdles	Dennis Staggs, Monmouth, 7.78
200 hurdles	Dennis Staggs, Monmouth, 24.92 +
55 dash	David Thompson, Monmouth, 6.59 +++
200	Ray Neosh, Coe, 22.71
400	Ray Neosh, Coe, 50.19
600	Darin Astor, Coe, 1:23.47
800	Vonzel Johnson, Coe, 1:58.03
1000	Jamie Verstraete, Monmouth, 2:34.76
1500	Jamie Verstraete, Monmouth, 4:05.46
3000	Jamie Verstraete, Monmouth, 8:52.20
5000	Scott Sptel, Lawrence, 15:28.11
4x200 relay	Monmouth (David Thompson, Brian Woodard, Andy Knowles, Brett Newnam), 1:30.74 ++
4x400 relay	Monmouth (Toby Vallas, Mark Mazur, David Kimber, Brett Newnam), 3:24.54 +

+ = Sets MWC record.  
 ++ = Ties MWC Record.  
 +++ = MWC Record tied in preliminaries.  
 All running events contested in meters.  
 All times FAT or converted to FAT per NCAA Rule Book.

### MWC Men's Indoor Track Records -- 1996

Shot put	52' 05.50"	John Martin, Cornell	1994	(15.98m)
Long jump	24' 00.50"	David Thompson, Monmouth	1995	( 7.32m)
Triple jump	46' 07.75"	Chuck Meyer, Coe	1984	(14.21m)
High jump	7' 00.00"	Shawn Maze, Monmouth	1996	( 2.13m)
Pole vault	15' 08.00"	Brian Ferry, Coe	1994	
55 hurdles	7.59	Charles Burton, Monmouth	1992	
200 hurdles	24.92	Dennis Staggs, Monmouth	1996	
55 dash	6.53	R.J. Hoppe, Carroll; David Thompson, Monmouth	1995	1996
200	22.70	David Thompson, Monmouth	1995	
300	35.28	Charles Burton, Monmouth	1992	
400	50.04	Charles Burton, Monmouth	1991	
600	1:22.22	Jason Devino, Monmouth	1992	
800	1:55.04	James Francis, Coe	1982	
1000	2:31.61	Aaron Stang, Cornell	1991	
1500	3:56.73	Steve Hartman, Monmouth	1992	
3000	8:44.07	Mike Nawrocki, Grinnell	1994	
5000	14:58.93	Chris Garman, Grinnell	1992	
4x200 relay	1:30.74	Monmouth (2)	1995	1996
4x400 relay	3:24.54	Monmouth	1996	



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### Team Standings

Monmouth	161.0
Carroll	92.0
Grinnell	90.0
Coe	77.0
Cornell	28.0
Knox	21.0
Illinois College	15.0
Ripon	14.0
Lawrence	13.0
Beloit	8.0
St. Norbert	8.0

+ = Sets MWC record.  
 ++ = Ties MWC Record.  
 +++ = MWC Record set in preliminaries.  
 All running events contested in meters.  
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### Event Champions

Shot put	Tennille McClure, Monmouth, 39' 01.00"
Long jump	Heather Furrow, Monmouth, 17' 08.00"
Triple jump	Kate Proctor, Cornell, 34' 08.00"
High jump	Jen Baldwin, IC, 5' 02"
55 hurdles	Christy Hickey, Monmouth, 8.77
200 hurdles	Christy Hickey, Monmouth, 29.25 +
55 dash	Heather Furrow, Monmouth, 7.49 +++
200	Heather Furrow, Monmouth, 26.07 +
400	Heather Furrow, Monmouth, 57.22 +
600	Natalie Karpan, Coe, 1:42.68
800	Stephanie Walters, Grinnell, 2:24.82
1000	Natalie Karpan, Coe, 3:05.84 +
1500	Kelly Evans, Carroll, 4:50.42
3000	Stephanie Hitztaler, Grinnell, 10:42.30 +
5000	Holly Pfitsch, Grinnell, 19:17.25
4x200 relay	Monmouth (Dori Ternig, Stephanie Owen, Christy Hickey, Heather Furrow), 1:45.94 +
4x400 relay	Monmouth (Dori Ternig, Jennifer Koranda, Diana Plack, Heather Furrow), 4:09.68

### MWC Women's Indoor Track Records -- 1996

Shot put	43' 05.50"	Veronica Platzer, Grinnell	1985	(13.24m)
Long jump	18' 05.75"	Paula Hageman, Ripon	1993	( 5.63m)
Triple jump	36' 09.75"	Kim Callaway, Carroll	1993	(11.22m)
High jump	5' 07.50"	Vicci Verbrick, St. Norbert	1987	( 1.71m)
55 hurdles	8.70	Vicci Verbrick, St. Norbert	1987	
200 hurdles	29.25	Christy Hickey, Monmouth	1996	
55 dash	7.43	Christy Hickey, Monmouth	1996	
200	26.07	Heather Furrow, Monmouth	1996	
300	42.01	Liz Messerly, Coe	1990	
400	57.22	Heather Furrow, Monmouth	1996	
600	1:40.74	Betsy Blahnik, Lawrence	1990	
800	2:18.41	Gaylene Nash, St. Norbert	1994	
1000	3:05.84	Natalie Karpan, Coe	1996	
1500	4:47.34	Shavaun Adams, Grinnell	1984	
3000	10:42.30	Stephanie Hitztaler, Grinnell	1996	
5000	18:50.32	Robin Dvorak, Lawrence	1994	
4x200 relay	1:45.94	Monmouth	1996	
4x400 relay	4:07.42	Coe	1995	
4x800 relay	10:07.44	Grinnell	1985	

**MIDWEST CONFERENCE INDOOR****AT MOUNT VERNON****Men's Team Scoring**

1. Monmouth (Ill.) 225; 2. Carroll (Wis.) 87; 3. Coe 80; 4. Grinnell 59; 5. St. Norbert (Wis.) 24; 6. Knox (Ill.) 21; 7. Beloit (Wis.) 20; 8. Ripon (Wis.) 18; 9. Lawrence (Wis.) 18; 10. Cornell 4; 11. Illinois College 0; 12. Lake Forest (Ill.) 0.

**Men's, Iowa College Leaders**

**Triple jump**—1. Thompson (M), 44-4½; 2. Bracey (Ca), 43-9½; 3. Adams (Ca), 43-2; 4. Hodari (G), 43-0¼.

**High jump**—1. Maze (M), 7-0; 2. Hoyle (Ca), 6-6; 3. Wemer (G), 6-4.

**55**—1. Thompson (M), 6.59; 2. Neosh (Coe), 6.61; 3. Hoppe (Ca), 6.62.

**55 hurdles**—1. Stagge (M), 7.78; 2. Russell (K), 7.89; 3. Collier (Coe), 7.99.

**400**—1. Neosh (Coe), 50.19; 2. Smiley (Ca), 50.51; 3. Vallas (M), 51.14; 4. Johnson (Coe), 51.30.

**600**—1. Astor (Coe), 1:23.47; 2. Kimber (M), 1:23.55; 3. Gipson (G), 1:24.54; 4. Ward (G), 1:24.76; 5. Nothers (G), 1:25.53.

**800**—1. Johnson (Coe), 1:56.33; 2. Tarpley (M), 1:56.51; 3. Lannon (S), 1:59.62; 5. Larma (G), 2:01.06.

**1,000**—1. Verstraete (M), 2:34.76; 2. Schweda (M), 2:35.36; 3. Gipson (G), 2:35.51; 5. Henecke (Coe), 2:37.46; 6. Ward (G), 2:38.22.

**200**—1. Neosh (Coe), 22.71; 2. Smiley (Ca), 22.75; 3. Newman (M), 22.87.

**200 hurdles**—1. Stagge (M), 24.92; 2. Woodard (M), 25.24; 3. Collier (Coe), 25.48; 5. Doyle (G), 26.74.

**5,000**—1. Sprtel (Law), 15:28.11; 2. Verstraete (M), 15:33.85; 3. Eckberg (M), 15:34.43.

**4x400**—1. Monmouth 3:24.54; 2. Knox 3:26.71; 3. Coe 3:27.23; 5. Grinnell 3:30.72.

**Women's Team Scoring**

1. Monmouth 161; 2. Carroll (Wis.) 92; 3. Grinnell 90; 4. Coe 77; 5. Cornell 28; 6. Knox (Ill.) 21; 7. Illinois College 15; 8. Ripon (Wis.) 14; 9. Lawrence (Wis.) 13; 10. Beloit (Wis.) 8; 11. St. Norbert (Wis.) 8; 12. Lake Forest 0.

**Women's, Iowa College Leaders**

**Triple jump**—1. Proctor (G), 34-5; 2. Barhart (Ca), 34-0; 3. Evenson (S), 33-3¼; 4. Wood (Coe), 33-1½.

**High jump**—1. Baldwin (I), 5-2; 2. Helm (R), 5-0; 3. Hurd (Ca), 5-0; 5. Ward (G), 4-8.

**55**—1. Furrow (M), 7.45; 2. Ternig (M), 7.53; 3. Hickey (M), 7.54; 5. Johnson (Cor), 7.63; 6. Wood (Coe), 7.66.

**400**—1. Furrow (M), 57.22; 2. Ternig (M), 60.04; 3. Toellmer (Ca), 60.91; 4. Walker (G), 61.18; 5. Raynor (Coe), 62.40.

**600**—1. Earpan (Coe), 1:42.18; 2. Weibel (G), 1:44.00; 3. Parsons (Coe), 1:44.65; 5. Suda (K), 1:45.56.

**800**—1. Walters (G), 2:24.82; 2. Campbell (K), 2:29.37; 3. Vandergriff (M), 2:30.32.

**1,000**—1. Karpar (Cor), 3:05.84; 2. Hitzzaler (G), 3:07.44; 3. Lichensteiger (Ca), 3:10.34; 4. Kilmer (G), 3:10.95.

**200**—1. Furrow (M), 26.07; 2. Toellmer (Ca), 26.95; 3. Ternig (M), 27.48; 4. Tower (Coe), 27.56; 5. Walker (G), 27.75.

**200 hurdles**—1. Hickey (M), 29.25; 2. Ower (M), 29.56; 3. Raynor (Coe), 30.42; 6. Woss (Coe), 31.80.

**5,000**—1. Pfitsch (G), 19:17.25; 2. Knauer (M), 19:23.47; 3. Evens (Ca), 19:26.39; 5. Mueller (G), 19:32.80.

**4x400**—1. Monmouth 4:09.68; 2. Grinnell 4:14.18; 3. Carroll 4:14.68; 5. Coe 4:22.06.