



# Midwest Conference Track and Field

March 2000

## 2000 MWC Indoor Championships

Hosted by Knox College  
Mar. 3-4, 2000

### Women's Field Champions

Shot: Steph Muller, Beloit, 39' 10.50"  
Weight: Steph Muller, Beloit, 50' 05.50"  
Long Jump: Constance Jackson, Mon., 17' 10.25"  
Triple Jump: Megan Draper, Ripon, 34' 06.50"  
High Jump: Melissa Jones, Mon., 5' 01.75"  
Pole Vault: Idelle Cooper, Gr., 8' 11.75"

### Men's Field Champions

Shot: Eric Holmes, Mon., 53' 10.25"  
Weight: Ray Brouillette, SNC, 51' 03"  
Long Jump: David Hodge, Mon., 23' 01.50"  
Triple Jump: David Hodge, Mon., 45' 02.25"  
High Jump: Cort Mills, Mon., 6' 04"  
Pole Vault: Aaron Walker, Mon., 15' 00"

### Women's Track Champions

55 Hurdles: Shannon Hardy, Car., 8.62  
55 Dash: Jill Hoops, Mon., 7.41  
200: Constance Jackson, Mon., 25.77  
400: Constance Jackson, Mon., 58.25  
800: Courtney Miller, LU, 2:19.78  
1500: Marni Lynn, Car., 4:43.84  
3000: Marni Lynn, Car., 10:35.76  
5000: Marni Lynn, Car., 18:33.73

### Men's Track Champions

55 Hurdles: Scott Stanton, Mon., 7.66  
55 Dash: Justin Bryant, Mon., 6.62  
200: Jason Gosa, Car., 22.56  
400: Ben Dreyer, SNC, 50.05  
800: Brian Barnacle, Knox, 2:00.29  
1500: Rob Park, Gr., 4:05.68  
3000: John Aerni, Gr., 8:49.08  
5000: John Aerni, Gr., 15:33.40

### 2000 Women's Indoor Standings

|          |       |             |      |
|----------|-------|-------------|------|
| Monmouth | 163.0 | Ripon       | 36.0 |
| Carroll  | 130.0 | Knox        | 28.0 |
| Grinnell | 74.0  | St. Norbert | 17.0 |
| Lawrence | 57.0  | Illinois C. | 0.0  |
| Beloit   | 53.0  |             |      |

### 2000 Men's Indoor Standings

|             |       |             |      |
|-------------|-------|-------------|------|
| Monmouth    | 155.0 | Knox        | 27.0 |
| Carroll     | 110.0 | Lawrence    | 27.0 |
| Grinnell    | 96.0  | Beloit      | 3.0  |
| St. Norbert | 81.0  | Illinois C. | 3.0  |
| Ripon       | 56.0  |             |      |

**Women's MVPs:** Steph Muller, Beloit  
Constance Jackson, Mon.

**Men's MVPs:** David Hodge, Mon.  
Eric Holmes, Mon.  
Jason Gosa, Carroll

### Women's Relay Champions

4x200: Monmouth, 1:44.05  
4x400: Monmouth, 4:04.97  
Sprint Medley: Grinnell, 4:15.93  
Distance Medley: Carroll, 12:47.46

### Men's Relay Champions

4x200: Monmouth, 1:30.05  
4x400: Grinnell, 3:28.19  
Sprint Medley: Monmouth, 3:37.77  
Distance Medley: Ripon, 10:36.26

**Note:** All results are subject to review by MWC coaches.