

# Trice's 40 points help Lady Captains defend III indoor title

Christopher Newport's Sheila Trice won a record four individual titles to lead the Lady Captains to their second straight Division III Women's Indoor Track Championships team title.

Trice successfully defended titles in the 55-meter dash and triple jump and added crowns in the 55-meter hurdles and long jump to make Christopher Newport the first school to win four individual titles at the meet. Trice has won a record six individual titles through two years.

With her victories during the competition March 10-11 at Bowdoin, Trice scored 40 of the Lady



## Championships Results

Captains' 50 points. Rochester was the runner-up with 31 points.

Trice wasn't the only multiple titlist at the meet. Rochester's Josefa Benzoni dominated the distance events, winning her second straight 1,500-meter championship and defeating defending titlist Anna Prineas of Carleton in the 3,000 meters.

Also successfully defending a title was Augsburg's Carolyn Ross, who repeated as champion in the 400-meter dash.

There were no championships records at the meet, although Trice

came within one-hundredth of a second of tying a mark with her 8.00 time in the 55-meter hurdles.

Complete, official team scores were not released by Bowdoin before press time. The scores will be published in next week's issue of The NCAA News.

### INDIVIDUAL RESULTS

**55-meter dash**—1. Sheila Trice, Chris. Newport, 7.09; 2. Natalie Anderson, Rochester, 7.34; 3. Denise Shotwell, Dickinson, 7.36; 4. Anne Millham, Bates, 7.37; 5. Sandy Squier, Wis.-LaCrosse, 7.38; 6. Alondra Woodward, Lincoln (Pa.), 7.41.

**55-meter hurdles**—1. Sheila Trice, Chris. Newport, 8.00; 2. Jackie James, Mass.-Boston, 8.09; 3. Danielle Baker, Methodist, 8.18; 4. Ophelia Johnson, North Central, 8.29; 5. Deb Deeg, Wis.-Oshkosh, 8.38; 6. Charlotte Winwood, Mass.-Boston, 8.43.

**400-meter dash**—1. Carolyn Ross, Augsburg, 56.81; 2. Danielle Baker, Methodist, 57.93; 3. Patina Walton, Chris. Newport, 58.57; 4. Vera Stenhouse, Tufts, 58.95; 5. Megan Allen, North Central, 58.96; 6. Elizabeth Messerly, Coe, 59.58.

**800-meter run**—1. Elizabeth Messerly, Coe, 2:15.60; 2. June Parks, Brandeis, 2:15.99; 3. Claudette Mahis, Stony Brook, 2:17.10; 4. Julie Aman, Ithaca, 2:17.13; 5. Lesa Hojnicky, Rochester, 2:18.25; 6. Chris Frederick, Concordia-M'head, 2:18.67.

**1,500-meter run**—1. Josepha Benzoni, Rochester, 4:30.38; 2. Diane Laughlin, St. Thomas (Minn.), 4:34.37; 3. Kathy Kane, Plattsburgh St., 4:36.17; 4. Terri Meyer, Wheaton (Ill.), 4:37.11; 5. Jammy Millz, Wis.-Oshkosh, 4:37.45; 6. Anne Platte, Williams, 4:42.50.

**3,000-meter run**—1. Josepha Benzoni, Rochester, 9:37.46; 2. Anna Prineas, Carleton, 9:39.86; 3. Romalda Clark, Bates, 9:48.25; 4. Shari Sullivan, St. Thomas (Minn.), 9:51.22; 5. Mary Beth Crawley, Cortland St., 9:54.81; 6. Jenny Schoch, Wis.-Stevens Point, 9:56.71.

**1,600-meter relay**—1. Wis.-LaCrosse (May Mannes, Sharron Owens, Natalie Wichgers, Shawn Greenban), 3:56.5; 2. Wis.-Oshkosh,



Rochester's Josepha Benzoni wins the 1,500-meter run

3:57.7; 3. Simpson, 4:00.0; 4. Chris. Newport, 4:00.5; 5. St. Thomas (Minn.), 4:02.2; 6. Rochester, 4:06.1.

**High jump**—1. Kim Oden, Neb. Wesleyan, 1.76 (5-9¼); 2. Carol Tate, Tufts, 1.66 (5-5¼); 3. Laura Marchant, Elmhurst, 1.66 (5-5¼); 4. Sherri Sandford, Wis.-Stout, 1.66 (5-5¼); 5. Amy Cayemburg, Wis.-Oshkosh, 1.66 (5-5¼); 6. Dorothy O'Malley, Ursinus, 1.61 (5-3¼).

**Long jump**—1. Sheila Trice, Chris. Newport,

5.82 (19-1); 2. Sarah Lenchner, Stony Brook, 5.7 (18-8¼); 3. Kim Oden, Neb. Wesleyan, 5.66 (18-6¼); 4. Vera Stenhouse, Tufts, 5.63 (18-5¼); 5. Kris DeBoer, Concordia-M'head, 5.45 (17-10½); 6. Michelle Jader, Concordia-M'head, 5.42 (17-9¼).

**Triple jump**—1. Sheila Trice, Chris. Newport, 11.92 (39-1¼); 2. Vera Stenhouse, Tufts, 11.81 (39-9); 3. Sarah Lenchner, Stony Brook, 11.69 (38-4¼); 4. Glen Marie David, CCNY,

11.49 (37-8¼); 5. Kris DeBoer, Concordia-M'head, 11.43 (37-6); 6. Kim Oden, Neb. Wesleyan, 11.43 (37-6).

**Shot put**—1. Kelly Bowe, Wis.-Eau Claire, 12.81 (42-0½); 2. Sue Pickarz, Trenton St., 12.8 (42-0); 3. Renee Hudson, Simpson, 12.78 (41-11¼); 4. Kim Woodkey, Wis.-LaCrosse, 12.68 (41-7¼); 5. Kelly Newman, Bethel (Minn.), 12.58 (41-3¼); 6. Beth Mears, Wis.-Stevens Point, 12.45 (40-10¼).

# Cado sets two marks as North Central wins III track title

Jumper Jon Cado leaped into the Division III indoor track scene with two record-setting performances March 10-11 to lead North Central to its first men's team title at the meet.

Cado won the long jump with a leap of 7.6 meters (24-11¼) and the triple jump with a 15.93 (52-0¾) effort, and teammate Dan Baker added a 3:54.41 victory in the 1,500 meters to help the Cardinals easily outscore runner-up Lincoln (Pennsylvania), 66½-38, during the Division III Men's Indoor Track Championships at Bowdoin.

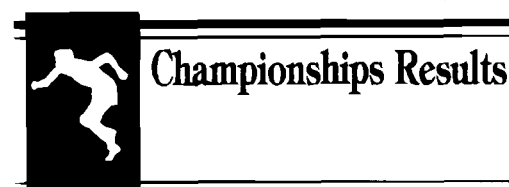
Defending champion Wisconsin-LaCrosse was third with 36 points.

A total of five championships records were set at the meet, including a new mark in the pole vault, where St. Lawrence's Alex Grelland broke his own standard with a mark of 4.89 meters (16-0½).

The other records were set by high jumper Matthew Schecter of

Bates, who cleared 2.13 meters (6-11¼), and the Lincoln 1,600-meter relay team of Clive Terrelonge, Juan Edney, Vernon Miller and Mark Long, who turned in a 3:16.09 performance.

North Central became the second school to win three individual titles



## Championships Results

### INDIVIDUAL RESULTS

**55-meter dash**—1. Barry Harris, Loras, 6.39; 2. Ed Milling, Chris. Newport, 6.41; 3. Chris Coleman, Binghamton, 6.42; 4. Albert Chichester, Roanoke, 6.50; 5. Eric Burrell, Wis.-Eau Claire, 6.52; 6. Chuck Olsen, Neb. Wesleyan, 6.53.

**55-meter hurdles**—1. Victor Colter, Lincoln (Pa.), 7.62; 2. Jean Massilon, Stony Brook, 7.64; 3. Darren Stahlman, Neb. Wesleyan, 7.74; 4. Mike Godbout, Simpson, 7.75; 5.

5.82 (19-1); 2. Sarah Lenchner, Stony Brook, 5.7 (18-8¼); 3. Kim Oden, Neb. Wesleyan, 5.66 (18-6¼); 4. Vera Stenhouse, Tufts, 5.63 (18-5¼); 5. Kris DeBoer, Concordia-M'head, 5.45 (17-10½); 6. Michelle Jader, Concordia-M'head, 5.42 (17-9¼).

**1,500-meter run**—1. Dan Baker, North Central, 3:54.41; 2. Dan Casper, Carleton, 3:55.01; 3. Jeff Poweles, Mt. Union, 3:55.35; 4. Leonard Plunkett, Fredonia St., 3:55.45; 5. Chad Guerrero, St. Thomas (Minn.), 3:56.06; 6. Scott Steuternagle, Haverford, 3:59.32.

**5,000-meter run**—1. Brett Burt, Wis.-LaCrosse, 14:31.52; 2. John Collet, North Central, 14:39.60; 3. Scamus McElligott, Haverford, 14:46.50; 4. Joe Bowman, North Central, 14:54.07; 5. Randy Damkot, Wis.-Oshkosh, 14:54.88; 6. Steve Gaebel, Westfield St., 14:55.08.

6. Steven Mathre, St. Olaf.

**400-meter dash**—1. Mark Long, Lincoln (Pa.), 48.22; 2. Jamie Wyeth, Fitchburg St., 48.69; 3. Shawn Carpenter, Mary Washington, 49.45; 4. Ken Rothenberger, Hamline, 49.46; 5. Delan Adams, Coast Guard, 49.63; 6. Bardley Olson, Wis.-Oshkosh, 49.96.

**800-meter run**—1. John Ondande, Loras, 1:53.38; 2. Vernon Miller, Lincoln (Pa.), 1:53.39; 3. Craig Poshepny, Wis.-LaCrosse, 1:54.79; 4. Rich Scopp, North Central, 1:54.83; 5. Ken Ford, Brandeis, 1:55.68; 6. Charles Hoch,

Moravian, 1:55.98.

**1,500-meter run**—1. Dan Baker, North Central, 3:54.41; 2. Dan Casper, Carleton, 3:55.01; 3. Jeff Poweles, Mt. Union, 3:55.35; 4. Leonard Plunkett, Fredonia St., 3:55.45; 5. Chad Guerrero, St. Thomas (Minn.), 3:56.06; 6. Scott Steuternagle, Haverford, 3:59.32.

**5,000-meter run**—1. Brett Burt, Wis.-LaCrosse, 14:31.52; 2. John Collet, North Central, 14:39.60; 3. Scamus McElligott, Haverford, 14:46.50; 4. Joe Bowman, North Central, 14:54.07; 5. Randy Damkot, Wis.-Oshkosh, 14:54.88; 6. Steve Gaebel, Westfield St., 14:55.08.

**1,600-meter relay**—1. Lincoln (Pa.) (Clive Terrelonge, Juan Edney, Vernon Miller, Mark Long), 3:16.09 (Meet record; old record 3:18.54, Fitchburg St., 1988); 2. North Central, 3:19.45; 3. Wis.-Eau Claire, 3:19.61; 4. Wis.-LaCrosse, 3:19.67; 5. Fitchburg St., 3:20.77; 6. MIT, 3:24.46.

**High jump**—1. Matthew Schecter, Bates, 2.13 (6-11¼) [Meet record; old record 2.11 (6-11)]; Kym Orr, Fredonia St., 1985); 2. John Pobrowski, Elmhurst, 2.07 (6-9½); 3. (tie) Derrick Dorsey, Fredonia St., and Joe Zgonec, Wis.-Whitewater, 2.03 (6-8); 5. (tie) Ron Arb, North Central, and Dan Jansen, Wis.-Platteville, 2.03 (6-8).

**Pole vault**—1. Alex Grelland, St. Lawrence, 4.89 (16-0¼) [Meet record; old record 4.87 (15-11¼), Grelland, 1988]; 2. Dave Forshaw, Mt. Union, 4.65 (15-3); 3. William Singhose, MIT,

4.65 (15-3); 4. Lewis Randall, Buena Vista, 4.55 (14-11¼); 5. Allan Mader, Wis.-Oshkosh, 4.55 (14-11¼); 6. Bill Toland, North Central, 4.45 (14-7¼).

**Long jump**—1. Jon Cado, North Central, 7.6 (24-11¼) [Meet record; old record 7.53 (24-8½), Greg Foster, Stockton St., 1988); 2. Shawn Welty, North Central, 7.14 (23-5¼); 3. Dan Reichenback, Moravian, 7.1 (23-3¼); 4. Shane Maroviccka, Neb. Wesleyan, 7.08 (23-2¼); 5. Brad Hall, Wis.-LaCrosse, 7.04 (23-1¼); 6. Robert Jones, Alfred, 7.04 (23-1¼).

**Triple jump**—Jon Cado, North Central, 15.93 (52-0¼) [Meet record; old record 15.56 (51-0¼), Greg Foster, Stockton St., 1988); 2. Joe Prestigiacomo, Wis.-Whitewater, 14.72 (48-3½); 3. Dean Cash, Wis.-LaCrosse, 14.7 (48-2¼); 4. Miles Woodhouse, Westfield St., 14.65 (48-0¼); 5. Geoffrey Igharo, Williams, 14.42 (47-3¼); 6. Derrick Dorsey, Fredonia St., 14.4 (47-3).

**Shot put**—1. John Wood, Ursinus, 16.88 (55-4¼); 2. Troy Nelson, Wis.-LaCrosse, 16.52 (54-2½); 3. David Geistbrock, Hamline, 16.39 (53-5¼); 4. Andean Klotz, Wis.-Whitewater, 16.26 (53-4¼); 5. Keith Rucker, Ohio Wesleyan, 16.21 (53-2¼); 6. Brian Kult, Loras, 15.88 (52-1¼).

**35-pound weight throw**—1. Scott Deering, MIT, 18.13 (59-9¼); 2. Peter Goodrich, Bates, 17.42 (57-2); 3. Ben Pautch, St. Thomas (Minn.), 16.28 (53-5¼); 4. Kevin Sullivan, Fredonia St., 16.0 (52-6); 5. Joseph McGinn, Williams, 15.88 (52-1¼); 6. David Heattin, Worcester Tech, 15.39 (50-6).