

# NORTH CENTRAL CONFERENCE CHAMPIONSHIPS

## Friday at Howard Wood Field

Here are the results of event finals at the North Central Conference outdoor track and field championships held Friday at Howard Wood Stadium:

**Women's Discus** — 1, Sandy Dingman, St. Cloud St., 157 feet, 3 inches. 2, Brandy Echternach, 154-10. 3, Amy Paulson, Neb.-Omaha, 148-04. 4, Missy Harderson, Morning-side, 147-10. 5, Stacy Main, S. Dakota St., 143-4.

**Men's Discus** — 1, Brian Seiler, Morning-side, 168 feet, 4 inches. 2, Gary Kummet, N. Dakota St., 162-11. 3, Landusky Hertz, N. Dakota St., 162-2. 4, Darren Dahlin N. Dakota St., 157-8. 5, Brian Gunderson, South Dakota, 155-7.

**Men's Pole Vault** — 1, Derek Miles, South Dakota, 16 feet, 10 inches. 2, Ryan McGlynn, N. Dakota St., 16-10. 3, Brian Kula, N. Colorado, 15-10. 4, Tony Legueri, N. Dakota St., 15-10. 5, (tie) Rick Collodi, South Dakota, 15-4, Paul Roach, Mankato St.

**Men's Long Jump** — 1, Flurohn Crutch, St. Cloud St., 23 feet, 10.75 inches. 2, Marvin Starks, South Dakota, 23-9.75. 3, Mark Hall, South Dakota, 23-9.75. 4, Derek Miles, South Dakota, 23-4.75. 5, Brian Kula, N. Colorado, 23-2.75.

**Women's High Jump** — 1, Debby Volkers, Augustana, 5 feet, 9.5 inches. 2, Kim Schiemenz, N. Colorado, 5-7.5. 3, Andrea Jeseritz, N. Dakota St., 5-7.5. 4, Sandy Derby, Neb.-Omaha, 5-5.5. 5, (tie) Julie Spillum, N. Dakota St., 5-3. 5, Janey Howie, Mankato St.

**Women's Long Jump** — 1, Lisa Kresky, N. Dakota St., 18 feet, 11 inches. 2, Denise Kocer, South Dakota, 18-4.5. 3, Elena Swan, South Dakota, 18-4.25. 4, Jennifer Hale, Augustana, 18-3. 5, Tonya Van Erp, St. Cloud St., 17-10.75

**Women's 10,000** — 1, Kim Olund, North Dakota, 35 minutes, 54 seconds. 2, Stacy Johnson, Augustana, 36:13.25. 3, Hiedi Reed, Augustana, 36:27.91. 4, Shawna De Smet, S. Dakota St., 37:00.29. 5, Heather Giesen, S. Dakota St., 38:06.69.

**Men's 10,000** — 1, Jason Massmann, S. Dakota St., 31 minutes, 7.82 seconds. 2, Matt Hoyt, South Dakota, 31:08.25. 3, Alan Gross, S. Dakota St., 31:11.88. 4, Joel Fenske, South Dakota, 31:21.82. 5, Phil Ludwig, North Dakota, 31:49.74.

**Team points** — North Dakota State 188, South Dakota 134.5, Northern Colorado 104, South Dakota State 89, Mankato State 73.5, St. Cloud State 61, North Dakota 50, Morningside 40, Augustana 39.

**400 relay** — North Dakota State (Nathan Harms, Matt Ness, Tim Jacobson, Jeremy Harms), 41.68; UNC, 41.98; SCSU, 42.0; Morningside, 42.04; SDSU, 42.19.

**1,500** — Mike Madsen (UND), 3:55.15; Chad Heltemes (UND), 3:58.09; Wayne Patton (UNC), 3:59.46; Johnny Parks (A), 4:00.04; Eric Chesimet (USD), 4:00.54.

**400** — Lionel McPhaul (USD), 46.64 (meet record; old record 46.96 set by William White of UNC in 1982); Marvin Adams (UNC), 47.88; Jason Brietzman (NDSU), 48.47; Josh Willis (Mom), 48.77; Travis Kasch (USD), 49.14.

**110 hurdles** — Brian Kula (UNC), 14.03 (meet record; old record of 14.1 set by Tom Aker of Northern Iowa in 1978); Nathan Harms (NDSU), 14.55; Gabe Iverson (NDSU), 14.83; Derek Miles (USD), 14.87; Brock McNabb (USD), 14.97.

**3,000 steeplechase** — Joey Keillor (MSU), 9:12.23; Eric Pierce (MSU), 9:18.58; Keith Folske (SDSU), 9:33.5; Troy O'Hara (A), 9:37.32; Mike Gade (USD), 9:39.15.

**100** — Reggie Patterson (MSU), 10.62; Flurohn Crutch (SCSU), 10.82; Nate Millerbernd (SDSU), 10.86; Jason Harris (SDSU), 10.93; Nathan Smith (USD), 11.05.

**800** — Tom Dow (A), 1:55.35; Wayne Patton (UNC), 1:56.3; Josh Carter (UNC), 1:57.15; Josh Dickinson (Mom), 1:57.47; Casey Eitemiller (SDSU), 1:57.63.

**400 hurdles** — Nathan Cole (UNC), 53.15; Matt Merritt (A), 53.35; Nathan Harms (NDSU), 53.93; Jeremy Harms (NDSU), 54.57; Tim Jacobson (NDSU), 54.67.

**200** — Lionel McPhaul (USD), 21.13; Flurohn Crutch (SCSU), 21.2; Marvin Adams (UNC), 21.49; Reggie Patterson (MSU), 21.58; Nate Millerbernd (SDSU), 21.75.

**Javelin** — Stevie Keller (NDSU), 187-3; T.J. Koeplin (NDSU), 182-7; Wes Christianson (NDSU), 180-5; Nathan Botnen (NDSU), 178-5; Mike Allen (UNC), 168-5.

**Triple jump** — Lee Griffin (NDSU), 47-9½; David Bergstorm (MSU), 47-3; Lee Schmidgall (NDSU), 46-10¼; Marvin Starks (USD), 46-4; Chase Anderson (USD), 45-8½.

**5,000** — Mark McKeown (SDSU), 15:04.72; Jerry Raehal (UNC), 15:10.18; Joey Keillor (MSU), 15:17.77; Jason Massmann (SDSU), 15:20.85; Alan Gross (SDSU), 15:23.58.

**High jump** — Matt Pasche (MSU), 6-9¾; Joe Seifert (SCSU), 6-9¾; Marc Sondreal (UND), 6-9¾; Nate Jensen (MSU), 6-7¾; John Bauer (NDSU), 6-7¾.

**Shot put** — John Delay (SDSU), 54-8; Mark Murdock (UND), 53-7¾; Landusky Hertz (NDSU), 50-1¾; Gary Kummet (NDSU), 49-6¾; Daren Hoffman (UND), 49-1.

**1,600 relay** — North Dakota State (Jeremy Harms, Matt Ness, Tim Jacobson, Jason Brietzman), 3:15.4; Augustana, 3:15.41; UNC, 3:15.84; Morningside, 3:17.0; SDSU, 3:20.95.

## Women

**Team points** — North Dakota State 163.5, Nebraska-Omaha 93, Mankato State 80.5, Northern Colorado 78, Augustana 77, South Dakota 77, South Dakota State 66, North Dakota 58, St. Cloud State 39, Morningside 7.

**1,500** — Jennifer Peck (MSU), 4:31.17 (meet record; old record 4:31.46 by UND's Louise Ronnerman in 1992); Michelle Clark (MSU), 4:32.89; Elise Henry (UNO), 4:37.91; Mary Gill (NDSU), 4:38.95; Tara Biltoft (UNO), 4:42.84.

**100 hurdles** — Lisa Kresky (NDSU), 14.39; Jane Loskot (NDSU), 14.45; Jennifer Hale (A), 14.7; Jaime Erkes (UNO), 14.75; Terri Scott (USD), 14.88.

**400** — Carri Butler (UNO), 54.6 (breaks own meet record of 55.02 set in 1995); Andrea Harens (A), 56.63; Andrea Tate (UNC), 57.27; Stephanie Knight (USD), 57.75; Nicole Jensen (SDSU), 57.78.

**100** — Tracy Dove (MSU), 12.17; Jane Loskot (NDSU), 12.22; Tunisia Ellis (UNO), 12.24; Ronda Viken (NDSU), 12.27; Jessi Melland (NDSU), 12.28.

**800** — Michelle Berger (NDSU), 2:12.42; Mary Gill (NDSU), 2:12.65; Jennifer Peck (MSU), 2:13.18; Jennifer Munyan (USD), 2:13.65; Elizabeth Wilson (A), 2:14.33.

**400 hurdles** — Nancy Weber (UNC), 1:01.74; Connie Sue Crabbs (UNC), 1:03.04; Sandy Derby (UNO), 1:03.28; Denise Bitz (MSU), 1:04.59; Jenny Bass (SDSU), 1:04.62.

**200** — Carri Butler (UNO), 24.47; Jane Loskot (NDSU), 25.05; Elena Swan (USD), 25.4; Laura Prechel (MSU), 25.45; Tunisia Ellis (UNO), 25.57.

**5,000** — Kim Olund (UND), 17:36.18; Hiedi Reed (A), 17:37.69; Heather Giesen (SDSU), 18:04.86; Shawna De Smet (SDSU), 18:11.48; Jessica Bower (UNC), 18:58.47.

**3,000** — Stacy Johnson (A), 10:08.87; Michelle Clarke (MSU), 10:16.49; Tara Biltoft (UNO), 10:24.63; Missy Puffer (SDSU), 10:33.69; Kelly Mark (NDSU), 10:38.51.

**Shot put** — Londa Vander wal (SDSU), 46-7; Julia Karst (SCSU), 43-1½; Amy Paulsen (UNO) 41-6; Sandy Dingman (SCSU), 40-9¼; Andrea Charlebois (UND), 40-8¾.

**Javelin** — Vicky Besette (UND), 134-10; Charla Evenson (NDSU), 125-3; Theresa Berger (NDSU), 118-0; Autumn Ballweber (UND), 117-1; Rachael Otto (NDSU), 114-5.

**Triple jump** — Julie Spillum (NDSU), 37-10; Michelle Mellegaard (USD), 37-9¾; Lisa Kresky (NDSU), 37-4¾; Denisa Kocer (USD), 37-1½; Chantel Larson (UND), 36-9¾.

**400 relay** — Nebraska-Omaha (Tina Ellis, Jaime Erkes, Kelly Koziol, Carri Butler), 47.17; NDSU, 47.26; MSU, 47.8; USD, 48.17; UNC, 49.23.

**1,600 relay** — Northern Colorado (Andrea Tate, Christa Loyd, Kim Schiemenz, Nancy Weber), 3:51.64; MSU, 3:54.35; USD, 3:54.73; NDSU, 3:55.2; Augustana, 3:58.43.