

■ RMAC championships

WOMEN

Team scores

Adams State 189, Western State 136, Nebraska-Kearney 54, Fort Hays State 34, Colorado Mines 19, Chadron State 9.

Individual results

LONG JUMP — 1, Angi Cozzete, ASC, 17-11½. 6, Arla Ridenour, UNK, 16-11.

TRIPLE JUMP — 1, Angi Cozzette, AS, 37-4.

SHOT PUT — 1, Ilene Penas, WSC, 44-9. 3, Kara Putnam, UNK, 41-7½. 5, Melissa Gant, UNK, 41-2½.

HIGH JUMP — 1, Sherrie Clark, ASC, 5-5. 2, Heather Cronk, UNK, 5-1. 3, Courtney Goosic, UNK, 5-1. 4, Chris Johnson, UNK, 4-11.

55-METER DASH — 1, Sherri Strohmman, ASC, 7.27. 5, Arla Ridenour, UNK, 7.53.

200 — 1, Shannon Fletcher, AS, 26.49. 5, Denea Basden, UNK, 27.30. 6, Arla Ridenour, UNK, 27.34.

400 — 1, Shannon Fletcher, AS, 58.65. 2, Dorisa Polk, UNK, 59.62. 5, Trinita Halley, UNK, 1:02.64.

800 — 1, Elva Dryer, WSC, 2:16.61.

MILE — 1, Elva Dryer, WSC, 4:53.0 (Conference record).

3,000 — 1, Tuma Urio, WSC, 10:34.44. 4, Jennifer Huwaldt, UNK, 11:01.05.

5,000 — 1, Pamela White, ASC, 18:11.42. 6, Keli Francis, UNK, 20:33.49.

55-METER HURDLES — 1, Sherri Strohmman, ASC, 8.48. 6, Erin John, UNK, 9.12.

1,600 RELAY — 1, Adams State 4:09.34. 4, UNK 4:23.20.

DISTANCE MEDLEY — 1, Adams State 12:36.65. 5, UNK 13:58.26.

MEN

Team scores

Adams State 138, Fort Hays State 111, Western State 102, Nebraska-Kearney 57, Colorado Mines 55, Chadron State 29.

Individual results

35-POUND WT. THROW — 1, Alex Siler, CSM, 58-7½.

SHOT PUT — 1, Jeremy Hawks, FHS, 52-9½.

HIGH JUMP — 1, Mike Prior, WSC, 6-9. 2, Pat Long, UNK, 6-9. 3, Mark Kersey, UNK, 6-6. 5, Brad Mailahn, UNK, 6-2.

POLE VAULT — 1, Fred Retzlaff, FHS, 15-5. 5, Latigo Munson, UNK, 14-5.

LONG JUMP — 1, Keith Eck, FHS, 24-3½.

TRIPLE JUMP — 1, Mike Seahorn, FHS, 47-4½.

55-METER DASH — 1, Greg Smith, WSC, 6.32.

200 — 1, Greg Smith, WSC, 22.42.

400 — 1, Damon Ortiz, ASC, 50.07. 6, Marc Kohmetscher, UNK, 50.95.

800 — 1, Frank DeLucia, CSM, 1:57.16.

MILE — 1, Phillip Spratley, WS, 4:15.14. 4, Tom Magnuson, UNK, 4:21.27.

3,000 — 1, Ivan Ivanov, UNK, 9:05.41. 5, Todd Fuelberth, UNK, 9:30.05.

5,000 — 1, Hector Hernandez-Salazar, ASC, 15:48.89. 2, Todd Fuelberth, UNK, 15:53.74.

55-METER HURDLES — 1, Keith Eck, FH, 6.60.

1,600 RELAY — 1, Colorado Mines 3:23.60. 4, UNK 3:37.55.

DISTANCE MEDLEY — 1, UNK 9:57.01.