

RMAC TRACK CHAMPIONSHIPS

WOMEN

Team Scores

Adams State 173, Fort Hays State 165, Western State 149, Nebraska-Kearney 109, Chadron State 45, CU-Colorado Springs 4, Colorado Mines 4.

Individual Results

(Winners and UNK placers)

100-METER DASH — 1, Deborah Borne, AS, 11.66. 200 — 1, Deborah Borne, AS, 24.71. 400 — 1, Sarah Parkey, AS, 57.07. 800 — 1, Sarah Parkey, AS, 2:14.52. 1,500 — 1, Jennifer Michel, WS, 4:40.58. 6, Kelli Craig, UNK, 5:20.85. 3,000 — 1, Kim Bosen, AS, 10:29.08. 5,000 — 1, Kim Bosen, AS, 17:41.75. 10,000 — 1, Kim Jackson, AS, 35:01.0.



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100-METER HIGH HURDLES — 1, Maisha Prewitt, FH, 13.96. **400-METER LOW HURDLES** — 1, Michelle Nyez, WS, 1:03.65. 6, Torri Walford, UNK, 1:07.52.

4x100 — 1, Adams Stae 46.57. 4, Nebraska-Kearney 48.81. NA. **4x400** — 1, Adams State 3:55.10. 4, Nebraska-Kearney 4:02.58.

SHOT PUT — 1, Janet Boettcher, UNK, 47-9. 6, Timmery Nielsen, UNK, 42-9½. **DISCUS** — 1, Mandy Kobs, CS, 143-4. 3, Janet Boettcher, UNK, 141-5. 6, Karen Koch, UNK, 131-7. **HAMMER** — 1, Janet Boettcher, UNK,

194-7½. **JAVELIN** — 1, Regina Taylor, FH, 135-2. 3, Korina Hunter, UNK, 127-11. **LONG JUMP** — 1, Maisha Prewitt, FHS, 19-8½. 2, Renee Bergmeier, UNK, 18-2. 3, Leah Lewis, UNK, 18-¼. 4, Jana Marco, UNK, 17-3¼. 5, Jessica Rainsch, UNK, 16-10. **TRIPLE JUMP** — 1, Leah Lewis, UNK, 39-4½. 2, Renee Bergmeier, UNK, 38-9. 3, Jana Marco, UNK, 35-3. 5, Maria Sharp, UNK, 34-7½. **HIGH JUMP** — 1, Janet Eck, FH, 5-7. 6, Leah Lewis, UNK, 4-11. **POLE VAULT** — 1, Lisa Davies, FHS, 11-4. 2, Sandy Lewandowski, UNK, 10-10. 3, Jana Marco, UNK, 10-4. 5, Lea Jurgens, UNK, 8-4.

MEN

Team Scores

Fort Hays State 183, Adams State 151, Nebraska-Kearney 112, Western State 107, Colorado Mines 60, Chadron State 30, CU-

Colorado Springs 7.

Individual results

(Winners and UNK placers)

100-METER DASH — 1, Mike Appelhans, FH, 10.59. **200** — 1, Mike Appelhans, FH, 21.11. 5, Joel Janecek, UNK, 22.94. **400** — 1, Dayven Johnson, CSM, 46.89. 6, Ryan Bedian, UNK, 49.43. **800** — 1, Chris Hellman, AS, 1:52.70. 3, Joe Cooper, UNK, 1:53.06. **1,500** — 1, Chris Hellman, AS, 3:56.82. **5,000** — 1, Michael Aish, WS, 15:26.23. **10,000** — 1, Dave McQuitty, AS, 32:40.79. 6, Blake Johnson, UNK, 34:46.05.

110-METER HIGH HURDLES — 1, Jocamja Thomas, AS, 14.21. 4, Joel Janecek, UNK, 14.57. **400-METER INT. HURDLES** — 1, Eric Stellman, CSM, 51.74. **3,000-METER STEEPLECHASE** — 1, Julio Sarena, AS, 9:54.77. 6, Scott Schneider, UNK, 10:35.04.

4x100 — 1, Fort Hays State 40.79. 2, UNK

41.30. **4x400** — 1, Colorado School of Mines 3:12.10. 5, Nebraska-Kearney 3:24.83.

SHOT PUT — 1, Casey Seyfert, FH, 57-1. 2, Tyson Bertrand, UNK, 55-3½. 3, Scott Schepers, UNK, 52-11½. 4, Brett Wetton, UNK, 52-0. **DISCUS** — 1, Tyson Bertrand, UNK, 155-9. 2, Cody Goodrich, UNK, 149-11. 3, Jim DeLaet, UNK, 149-1½. 6, Brett Wetton, UNK, 142-2. **HAMMER THROW** — 1, Brett Wetton, UNK, 174-5. 2, Scott Schepers, UNK, 171-6. 3, Kevin Edgren, UNK, 159-7. **JAVELIN** — 1, Zack Kindler, FHS, 191-3. **LONG JUMP** — 1, Hamish Smith, CS, 24:03.25. **TRIPLE JUMP** — 1, Brennan Rigsby, WS, 47-3. 2, Jeremy Chancellor, UNK, 45-½. 3, Joel Farrand, UNK, 44-11½. **HIGH JUMP** — 1, Brennan Rigsby, WS, 7-0. 5, Derek Bailey, UNK, 6-4¼. **POLE VAULT** — 1, Jay Simpson, FH, 15-3. 4, Goeff Cyboron, UNK, 14-3.