

Mid-Continent Conference outdoor championships

At UMKC

(All race distances in meters)

MEN

Teams: 1. Eastern Illinois, 186; 2. Youngstown State, 118; 3. UMKC, 99; 4. Western Illinois, 70; 5. Troy State, 64; 6. Buffalo, 53; 7. Central Connecticut, 29; 8. Chicago State, 22; 9. Valparaiso, 10.

Event winners

100: Chris Watson, Eastern Illinois, 10:59. **200:** Chris Watson, Eastern Illinois, 21:22. **400:** George Wilson, Eastern Illinois, 47:64. **800:** Mike McBride, Eastern Illinois, 1:53.45. **1,500:** Mike McBride, Eastern Illinois, 3:55.89. **5,000:** Justin Weiss, Eastern Illinois, 14:49.73. **110 hurdles:** Ray Helms, Eastern Illinois, 14.65. **9,600*:** Nate Iben, Valparaiso, 29:39.51. **3,000 Steeplechase:** Todd Moroney, Eastern Illinois, 9:21.71. **400 hurdles:** Richard Lewis, UMKC, 53.74. **400 relay:** Eastern Illinois, 41.25. **1,600 relay:** Eastern Illinois, 3:13.88. **High jump:** Tim Thompson, Eastern Illinois, 6-7. **Long jump:** Richard Lewis, UMKC, 24-41/4. **Triple jump:** Lamont Dagen, Chicago State, 48-63/4. **Pole vault:** Meil Murray, 14-11. **Shot put:** Matt Callicoa, Youngstown, 51-71/4. **Discus:** Tony Carroll, Buffalo, 153-5. **Javelin:** Adam Verock, Central Connecticut, 185-2. **Hammer Throw:** Joe Simmons, Western Illinois, 174-10. **Decathlon:** Jeremy Haskin, UMKC, 6,070.

WOMEN

Teams: 1. Western Illinois, 143; 2. Buffalo, 112; 3. UMKC, 103; 4. Youngstown State, 94; 5. Eastern Illinois, 74; 6. Troy State, 60; 7. Chicago State, 24; 8. Central Connecticut State, 10.

Event winners

100: Khama Beckles, UMKC, 12.29. **200:** Maggie Lenley, UMKC, 25.78. **400:** Maggie Lenley, UMKC, 58.10. **800:** Dafina Dunmore, UMKC, 2:18.71. **1,500:** Anne Ralston, Youngstown State, 4:45.83. **3,000:** Stacey Strothmann, Buffalo, 10:08.49. **100 hurdles:** 5,000: Stacey Strothmann, Buffalo, 17:54.54. **10,000:** Chris Malo, Western Illinois, 38:01.99. **400 hurdles:** Veronica Gadbois, Western Illinois, 1:02.49. **400 relay:** Troy State, 49.18. **1,600 relay:** Troy State, 3:55.71. **High jump:** Tiffany Jansen, Eastern Illinois, 5-4. **Long jump:** Sheri Pewitte, UMKC, 18-7. **Triple jump:** Catressa Travis, Chicago State, 26-11. **Shot put:** Lisa Sondgeroth, Western Illinois, 44-51/4. **Discus:** Liz Gilliam, Youngstown State, 152-4. **Hammer Throw:** Nancy Wenzel, Central Connecticut. **Javelin:** Lisa Sondgeroth, Western Illinois, 110-8. **Heptathlon:** Mario Marz, Western Illinois, 4,242.