

Mid-Continent Conference Championships

At UMKC

(All race distances in meters)

MEN

Teams (through eight events): 1. Southern Utah, 97; 2. Youngstown St., 75; 3. UMKC, 47; 4. Western Illinois, 30; 5. Buffalo, 23; 6. Chicago St., 18; 7. Valparaiso, 16; 8. Oral Roberts.

Event winners

3,000 steeplechase: Bob Bond, Youngstown St., 9:08.26. **10,000:** Jody Benson, So. Utah, 30:40.46. **High jump:** Joel Wasser, W. Illinois, 6-7½. **Long jump:** Lance Davis, UMKC, 7.45 meters. **Shot put:** David Forsberg, So. Utah, 54-0. **Discus:** Kris Watson, So. Utah, 166-6. **Hammer throw:** Kris Watson, So. Utah, 183-2. **Decathlon:** Layne Richards, So. Utah, 6,092 pts.

WOMEN

Teams (through nine events): 1. Western Illinois, 84½; 2. UMKC, 68½; 3. Southern Utah, 67; 4. Buffalo, 49; 5. Oral Roberts, 46; 6. Youngstown St., 22; 7. Valparaiso, 14.

Event winners

3,000: Kathryn Henrie, So. Utah, 9:58.63. **10,000:** Jennifer Casebeer, UMKC, 37:26.43. **High jump:** Shelly Hamilton, Buffalo, 5-7¾. **Long jump:** Sheri Pewitte, UMKC, 6.02 meters. **Pole vault:** Laura Daniel-Arthum, Oral Roberts, 11-4½. **Shot put:** Amanda Nehring, W. Illinois, 43-9½. **Discus:** Mary Domitrovich, Youngstown St., 143-10. **Hammer throw:** Ruth Conlon, Buffalo, 178-10. **Hep-tathlon:** Stacey Chipman, W. Illinois, 4,159 pts.

171; 3. Youngstown St., 137; 4. Western Illinois, 87½; 5. Buffalo, 82; 6. Oral Roberts, 78; 7. Chicago St., 60½; 8. Valparaiso, 21.

Event winners

100: Devon Metcalf, Oral Roberts, 10.45. **200:** Metcalf, 21.23. **400:** Glenn Hunt, UMKC, 48.18. **800:** Adam Brown, So. Utah, 1:51.86. **1,500:** Ben Houlberg, Oral Roberts, 3:52.18. **5,000:** Jody Benson, So. Utah, 14:51.63. **10,000:** Benson, 30:40.46. **110 hurdles:** Willie White, UMKC, 14.86. **400 hurdles:** Doug Fredrick, UMKC, 53.37. **3,000 steeplechase:** Bob Bond, Youngstown St., 9:08.26. **400 relay:** W. Illinois, 41.51. **1,600 relay:** UMKC, 3:16.03. **High jump:** Joel Wasser, W. Illinois, 6-7½. **Long jump:** Lance Davis, UMKC, 24-5½. **Triple jump:** Lamont Dagen, Chicago St., 50-2½. **Pole vault:** Neil Murray, Buffalo, 15-3½. **Shot put:** David Forsberg, So. Utah, 54-0. **Discus:** Kris Watson, So. Utah, 166-6. **Hammer throw:** Watson, 183-2. **Javelin:** Layne Richards, So. Utah, 190-4. **Decathlon:** Layne Richards, So. Utah, 6,092.

WOMEN

Teams: 1. Southern Utah, 208; 2. UMKC, 183½; 3. Western Illinois, 134½; 4. Oral Roberts, 111; 5. Buffalo, 95; 6. Youngstown St., 41; 7. Valparaiso, 36; 8. Chicago St., 7.

Event winners

100: Kay Dennis, Oral Roberts, 12.00. **200:** Dennis, 24.45. **400:** Marlainna Glenn, UMKC, 56.36. **800:** Carrie McCann, UMKC, 2:16.50. **1,500:** Wendy Allen, So. Utah, 4:40.55. **3,000:** Kathryn Henrie, So. Utah, 9:58.63. **5,000:** Jennifer Casebeer, UMKC, 17:37.91. **10,000:** Casebeer, 37:26.43. **100 hurdles:** Natalie Gibson, So. Utah, 14.27. **400 hurdles:** Gibson, 1:02.02. **400 relay:** UMKC, 47.07. **1,600 relay:** UMKC, 3:51.09. **High jump:** Shelly Hamilton, Buffalo, 5-7¾. **Long jump:** Sheri Pewitte, UMKC, 19-9. **Triple jump:** Dorenda Desland, Oral Roberts, 41-4¼. **Pole vault:** Laura Daniel-Arthum, Oral Roberts, 11-4¼. **Shot put:** Amanda Nehring, W. Illinois, 43-9¼. **Discus:** Mary Domitrovich, Youngstown St., 143-10. **Hammer throw:** Ruth Conlon, Buffalo, 178-10. **Javelin:** Chalys Lamb, So. Utah, 132-3. **Heptathlon:** Stacey Chipman, W. Illinois, 4,159.

MEN

Team scores (through 2 events): Southern Utah 28, Missouri-Kansas City 23, Youngstown State 18, Buffalo 9.

Hammer—1, Krys Watson (SUU) 183-2. 2, Adam Beltran (UMKC) 156-10. 3, Geoff Gladish (UMKC) 150-3.

10,000—1, Jody Benson (SUU) 30:40.46. 2, Matt Folk (YSU) 31:19.73. 3, John Thorpe (UMKC) 31:22.70.

WOMEN

Team scores (through 2 events): Missouri-Kansas City 30, Buffalo 21, Southern Utah 12, Western Illinois 10, Youngstown State 4, Valparaiso 1.

Hammer—1, Ruth Conlon (Buffalo) 178-10. 2, Dee Dee Steels (UMKC) 171-8. 3, Jamie Johnson (UMKC) 136-2.

10,000—1, Jennifer Casebeer (UMKC) 37:26.43. 2, Kathryn Henrie (SUU) 37:44.91. 3, Laura Folckemer (Buffalo) 39:12.40.