

Mid-Continent Championships

At UMKC

Race distances in meters

MEN

Teams: 1. UMKC, 212; 2. Southern Utah, 198; 3. Youngstown State, 134; 4. Oral Roberts, 111; 5. Western Illinois, 94; 6. (tie) Chicago State, Valparaiso, 31.

Event winners

100: Virgil Maddox, Oral Roberts, 10.46. 200: Kofi Owusu-Ansah, Youngstown State, 20.89. 400: Glenn Hunt, UMKC, 48.28. 800: Adam Brown, Southern Utah, 1:52.09. 1,500: Lee Tittle, UMKC, 3:48.82. 5,000: Mark Wright, Southern Utah, 15:03.31. 10,000: Mark Wright, Southern Utah, 15:03.31. 110 hurdles: Willie White, UMKC, 14.40. 400 hurdles: Doug Fredrick, UMKC, 52.28. 3,000 steeplechase: Mark Brady, Youngstown State, 9:19.65. 400 relay: Oral Roberts, 40.64. 1,600 relay: UMKC, 3:12.05. High jump: Ray Lukes, Southern Utah, 6-10 $\frac{1}{2}$. Long jump: Wayne Davis, Oral Roberts, 25-4. Triple jump: Lamont Dagen, Chicago State, 50-11 $\frac{1}{2}$. Pole vault: Ben Chisum, Oral Roberts, 16-7 $\frac{1}{2}$. Shot put: Darren Moser, Western Illinois, 53-1 $\frac{1}{2}$. Discus: Jon McLaughlin, Southern Utah, 167-2. Hammer throw: Kris Watson, Southern Utah, 189-7. Javelin: Chris Riding, Southern Utah, 201-10. Decathlon: Dennis Grant, UMKC, 6,647 points.

WOMEN

Teams: 1. UMKC, 196; 2. Southern Utah, 175; 3. Western Illinois, 141; 4. Oral Roberts, 105 $\frac{1}{2}$; 5. Valparaiso, 99 $\frac{1}{2}$; 6. Youngstown State, 81; 7. Chicago State, 11.

Event winners

100: Khama Beckles, UMKC, 12.18. 200: Khama Beckles, UMKC, 24.67. 400: Angela Harris, UMKC, 56.07. 800: Carrie McCann, UMKC, 2:11.94. 1,500: Collette Liss, Valparaiso, 4:31.40. 3,000: Collette Liss, Valparaiso, 9:55.66. 5,000: Collette Liss, Valparaiso, 16:54.44. 10,000: Alisha Lehr, UMKC, 38:20.77. 100 hurdles: Angela Harris, UMKC, 13.95. 400 hurdles: Kelly Blesinger, Southern Utah, 1:01.37. 400 relay: Oral Roberts, 47.66. 1,600 relay: UMKC, 3:51.30. High jump: Lynette Williams, UMKC, 5-5. Long jump: Dee Dee Fortman, UMKC, 20-3. Triple jump: Dee Dee Fortman, UMKC, 39-8. Pole vault: Dena Dial, Oral Roberts, 10-11 $\frac{1}{2}$. Shot put: Amanda Wehring, Western Illinois, 44-7 $\frac{1}{2}$. Discus: Anna Bullock, Southern Utah, 152-8. Hammer throw: Dee Dee Steele, UMKC, 168-9. Javelin: Chalys Lamb, Southern Utah, 139-7. Heptathlon: Kelly Blesinger, Southern Utah, 4,725 points.

FRIDAY'S RESULTS

Men

Teams: 1. Southern Utah, 102; 2. UMKC, 69; 3. Youngstown State, 63; 4. Western Illinois, 43; 5. Oral Roberts, 26; 6. Valparaiso, 9.

Event winners

3,000 steeplechase: Mark Brady, Youngstown State, 9:19.36. 10,000: Matt Folk, Youngstown State, 31:12.16. High jump: Ray Lukes, Southern Utah, 6-10 $\frac{1}{2}$. Long jump: Wayne Davis, Oral Roberts, 25-4. Shot put: Darren Moser, Western Illinois, 53-1 $\frac{1}{2}$. Discus: Jon McLaughlin, Southern Utah, 167-2. Hammer throw: Kris Watson, Southern Utah, 189-7. Decathlon: Grant Dennis, UMKC, 6,647 points.

Women

Teams: 1. UMKC, 76 $\frac{1}{2}$; 2. Western Illinois, 74; 3. Southern Utah, 64 $\frac{1}{2}$; 4. Valparaiso, 56 $\frac{1}{2}$; 5. Oral Roberts, 50 $\frac{1}{2}$; 6. Youngstown State, 28.

Event winners

3,000: Collette Liss, Valparaiso, 9:55.66. 10,000: Alisha Lehr, UMKC, 38:20.77. High jump: Lynette Williams, UMKC, 5-5. Long jump: Dee Dee Fortman, UMKC, 20-3. Pole vault: Dena Dial, Oral Roberts, 10-11 $\frac{1}{2}$. Shot put: Amanda Wehring, Western Illinois, 44-7 $\frac{1}{2}$. Hammer throw: Dee Dee Steele, UMKC, 168-9. Heptathlon: Kelly Blesinger, Southern Utah, 4,725 points.