

# Association of Mid-Continent Universities Indoor Track and Field Championship

February 24-25, 1989 • Eastern Illinois University

Team scores: 1. Eastern Illinois 110; 2. Northern Iowa 89½; 3. Western Illinois 59; 4. SW Missouri 21½; 5. Cleveland St. 6

## 55 Meter

1. Wes Wright	Western Illinois	6.45
2. Jared Thompson	Eastern Illinois	6.46
3. Greg Heggs	Eastern Illinois	6.48
4. Eric Childs	Eastern Illinois	6.51
4. Tony Gilbert	SW Missouri	6.51

## 55 Meter Hurdles

1. Don Glover	Eastern Illinois	7.58
3. Robert Flat	Eastern Illinois	7.67

## 200 Meter

1. Gregg Heggs	Eastern Illinois	22.01
2. Jim Turner	Northern Iowa	22.14
3. Jared Thompson	Eastern Illinois	22.26

## 400 Meter

1. Jim Turner	Northern Iowa	48.09
2. Dan Steele	Eastern Illinois	48.49
5. Darin Steele	Eastern Illinois	51.17
6. Steve Silvey	SW Missouri	51.96

## 600 Yard

1. Jeff Burriss	Northern Iowa	70.42
2. Don Glover	Eastern Illinois	71.90
4. Fred Neal	Eastern Illinois	74.03
6. Abdullah Parker	SW Missouri	75.56

## 800 Meter

1. Kent Terrillion	Northern Iowa	1:54.15
2. Mike Young	Eastern Illinois	1:54.50
3. Tim Ross	Northern Iowa	
4. Marcus Glover	Eastern Illinois	1:58.26

## 1,000 Yard

1. Steve Jay	Northern Iowa	2:12.68
2. Jon Bates	Eastern Illinois	2:15.31
3. Al Oaks	Eastern Illinois	2:15.59
5. Clay Lenhert	SW Missouri	2:16.65

## Mile

1. Brian Oakley	Western Illinois	4:12.99
2. Tom Pennigroth	Northern Iowa	4:13.03
3. Dan Hostager	Northern Iowa	

## 3,000 Meter

1. Dan Hostager	Northern Iowa	8:23.67
2. Tom Pennigroth	Northern Iowa	
3. Bill Castle	Northern Iowa	
5. Ben Schoonover	SW Missouri	8:39.19

## 5,000 Meter

1. Dan Hostager	Northern Iowa	14:27.0
2. Ben Schoonover	SW Missouri	15:00.8
6. Andy Parry	SW Missouri	15:15.2

## 4x400 Relay

1. Eastern Illinois	3:21.08
5. SW Missouri	3:31.27

## 4x800 Relay

1. Northern Iowa	7:40.65
2. Eastern Illinois	7:46.52
4. SW Missouri	7:50.77

## High Jump

1. Dave Cleveland	Northern Iowa	6-9
5. Tim Gateley	Eastern Illinois	6-5
5. Scott Stecken	Eastern Illinois	6-5

## Pole Vault

1. Mark Hamilton	Eastern Illinois	16-1¼
2. Bob Edwards	Northern Iowa	15-7
3. Bob Holzer	Eastern Illinois	15-1
4. Mark Gambon	SW Missouri	14-7¼

## Long Jump

1. Arnold Johnson	Western Illinois	23-10½
2. Tim Gateley	Eastern Illinois	23-8¼
3. Jared Thompson	Eastern Illinois	23-4½

## Triple Jump

1. Jared Thompson	Eastern Illinois	47-10½
2. Gregg Heggs	Eastern Illinois	46-2¼
3. Dennis Stuhler	Eastern Illinois	45-1¼
4. Denton Trotter	SW Missouri	42-10

## Shot Put

1. Brad Alewelt	Eastern Illinois	48-4½
2. Fred Robinson	Eastern Illinois	48-0¾
3. Brent Miller	Eastern Illinois	47-8½
6. Steve Vincent	SW Missouri	45-2¼

## Weight Throw

1. Steve Vincent	SW Missouri	50-5
2. Brent Miller	Eastern Illinois	46-4¼
3. Brad Alewelt	Eastern Illinois	43-10