

Mid-Continent Conference Indoor Track and Field Championship • February 23-24, 1996
Eastern Illinois University

Men: 1. Eastern Illinois 190; 2. Youngstown State 88; 3. Buffalo 61; 4. Troy 52; 5. Western Illinois 51; 6. Chicago State 25; 7. Kansas City 17; 8. Valparaiso 8; 9. Central Connecticut State 2.

Women: 1. Youngstown State 104; 2. Buffalo 97; 3. Western Illinois 96; 4. Eastern Illinois 64; 5. Kansas City 48; 6. Chicago State 38; 7. Central Connecticut State 8; 8. Troy 5; 9. Valparaiso 4.

<u>Men</u>		
55 Meter		
1. Kofi Owusu-Ansah	Youngstown	6.36
2. Chris Watson	Eastern Illinois	6.37
3. Cameron Marby	Eastern Illinois	6.43

55 M Hurdles		
1. Joe Rigaud	Eastern Illinois	7.60
2. Ray Helms	Eastern Illinois	7.74
3. Brandon Meiner	Eastern Illinois	7.75
4. Ray Helms	Eastern Illinois	7.91

200 Meter		
1. Chris Watson	Eastern Illinois	21.92

400 Meter		
1. George Wilson	Eastern Illinois	48.97

800 Meter		
1. Garrie Richardson	Troy	1:55.82
3. Kert McAfee	Eastern Illinois	1:56.77
4. Mike McBride	Eastern Illinois	1:57.1
5. Matt Singer	Eastern Illinois	1:58.81

Mile		
1. John Stanley	Troy	4:18.18
2. Mike McBride	Eastern Illinois	4:18.19
3. Chris Keenan	Buffalo	4:22.3
6. Jason Anhalt	Eastern Illinois	4:23.82

3K Meter		
1. John Stanley	Troy	8:35.14
2. Jusin Weiss	Eastern Illinois	8:41.18
3. Jason Anhalt	Eastern Illinois	8:45.62

5K Meter		
1. Kirk Manley	Western Illinois	15:03.45
6. Dave Venhaus	Eastern Illinois	15:29.56

4x400 Relay		
1. Buffalo		3:24.04

DMR		
1. Eastern Illinois		10:23.44

High Jump		
1. Cory Utterback	Eastern Illinois	7-0¼
2. Tom Hess	Eastern Illinois	6-9½
3. Tim Thompson	Eastern Illinois	6-9½

Pole Vault		
1. Mike Quinlan	Eastern Illinois	16-0¾

<u>Men</u>		
Long Jump		
1. Joe Rigaud	Eastern Illinois	23-5¼

Triple Jump		
1. Lamont Dagen	Chicago State	49-7
2. Cameron Marby	Eastern Illinois	49-2

Shot Put		
1. Matt Callicoa	Youngstown	51-4½
2. Jason Waldschmidt	Eastern Illinois	50-0½
5. John Davis	Eastern Illinois	47-10½

Weight Throw		
1. Joe Simmons	Western Illinois	51-1
3. Charlie Roche	Eastern Illinois	48-2¾
5. Jason Waldschmidt	Eastern Illinois	46-1½

<u>Women</u>		
55 Meter		
1. DeDe Donahue	Western Illinois	7.23
6. Jessica Craft	Eastern Illinois	

55 M Hurdles		
1. Keritha Smith	Youngstown	8.29

200 Meter		
1. Marcella Scaife	Youngstown	25.94

400 Meter		
1. Maggie Lenley	Kansas City	58.20

800 Meter		
1. Dafina Dunmore	Kansas City	2:18.77
5. Kendra Pickins	Eastern Illinois	2:24.79

Mile		
1. Stacey Strothman	Buffalo	5:11.09

3K Meter		
1. Stacey Strothman	Buffalo	10:04.16

5K Meter		
1. Stacey Strothman	Buffalo	18:43.23

4x400 Relay		
Kansas City		4:00.64

DMR		
1. Eastern Illinois		12:39.60

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Women

High Jump

1. Shelly Hamilton	Buffalo	5-7
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Long Jump

1. Marcella Scaife	Youngstown	18-11¼
2. Jessica Craft	Eastern Illinois	18-0½

Triple Jump

1. Catresea Travis	Chicago State	37-10¾
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Shot Put

1. Tisha Alvarez	Eastern Illinois	46-1½
6. Rachel Refermat	Buffalo	39-4½

Weight Throw

1. Tisha Alvarez	Eastern Illinois	51-02
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