

# Mid-Continent Conference Indoor Track and Field Championship • February 21-22, 1997

SUNY- Buffalo (Men)

**Men:** 1. Youngstown State 201½; 2. Kansas City 161; 3. Western Illinois 97½; 4. Buffalo 76½; 5. Chicago State 44; 6. Valparaiso 28½.

Western Illinois University (Women)

**Women:** 1. Kansas City 137; 2. Youngstown State 114½; 3. Buffalo 113; 4. Western Illinois 99½; 5. Valparaiso 67; 6. Troy 44; 7. Chicago State 6.

<b>Men</b>			<b>Men</b>		
<b>55 Meter</b>			<b>Long Jump</b>		
1. Kofi Owusu-Ansah	Youngstown	6.42	1. Richard Lewis	Kansas City	23-0½
2. Sam Randolph	Kansas City	6.44	4. Jeremy Haskins	Kansas City	21-10¼
3. Ronnie Williams	Kansas City	6.45			
<b>55 M Hurdles</b>			<b>Triple Jump</b>		
1. Damon Powell	Kansas City	7.86	1. Lamont Dagen	Chicago State	49-8¼
2. Jeremy Haskin	Kansas City	7.87			
4. Doug Frederick	Kansas City	8.03	<b>Shot Put</b>		
			1. Erik Rogers	Western Illinois	48-6¾
			3. Adam Beltran	Kansas City	46-8
<b>200 Meter</b>			<b>Weight Throw</b>		
1. Frank Pannel	Youngstown	22.30	1. Erik Rogers	Western Illinois	53-1¾
4. Ronnie Williams	Kansas City	22.90	2. Adam Beltran	Kansas City	48-9
6. Sam Randolph	Kansas City	23.12			
<b>400 Meter</b>					
1. Chris Robinson	Kansas City	49.68			
2. Richard Lewis	Kansas City	50.50			
3. Jeff Finch	Kansas City	50.74			
6. Jeremy Haskin	Kansas City	51.97			
<b>800 Meter</b>			<b>55 Meter</b>		
1. Paul Carter	Youngstown	1:55.27	1. Natasha Kieser	Kansas City	7.23
2. Lee Tittle	Kansas City	1:57.34	1. Sheri Pewitte	Kansas City	7.23
5 Jason Preston	Kansas City	1:58.99	3. Khama Beckles	Kansas City	7.39
<b>Mile</b>			<b>55 M Hurdles</b>		
1. Bob Bond	Youngstown	4:21.34	1. Melissa Ryan	Buffalo	8.47
3. Patrick Nolan	Buffalo	4:24.0	2. Erica Moore	Kansas City	8.54
4. Randy Porter	Kansas City	4:25.99	3. Julie Weitman	Kansas City	8.54
5. Jeremy Combs	Kansas City	4:27.21	<b>200 Meter</b>		
<b>3K Meter</b>			1. Natasha Kieser	Kansas City	25.81
1. Bob Bond	Youngstown	8:42.00	3. Khama Beckles	Kansas City	26.15
<b>5K Meter</b>			6. Sheri Pewitte	Kansas City	26.57
1. Chris Keenan	Buffalo	15:14.51	<b>400 Meter</b>		
<b>4x400 Relay</b>			1. Lisa Kragbe	Buffalo	58.08
1. Kansas City	3:24.71		2. Marianna Glenn	Kansas City	58.46
3. Buffalo			<b>800 Meter</b>		
<b>DMR</b>			1. Collette Liss	Valparaiso	2:16.45
1. Kansas City	10:27.59		3. Carrie McCann	Kansas City	2:20.46
<b>High Jump</b>			5. Terri Smith	Kansas City	2:22.03
1. Vikas Sheoran	Youngstown	6-8	<b>Mile</b>		
6. Grant Dennis	Kansas City	6-2	1. Collette Liss	Valparaiso	5:01.90
3. Victor Archibald	Buffalo		5. Breanna Lehr	Kansas City	5:19.53
<b>Pole Vault</b>			<b>3K Meter</b>		
1. Jason Pope	Youngstown	14-6	1. Collette Liss	Valparaiso	9:55.49
2. Neil Murray	Buffalo		3. Stacey Strothmann	Buffalo	
3. Steve Montone	Buffalo		<b>5K Meter</b>		
			1. Stacey Strothmann	Buffalo	17:54.89
			<b>4x400 Relay</b>		
			1. Buffalo	4:01.55	
			4. Kansas City	4:04.43	

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### Women

#### **DMR**

1. Troy	12:32.19
2. Kansas City	12:34.06

#### **High Jump**

1. Shelly Hamilton	Buffalo	5-8¾
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#### **Long Jump**

1. Sheri Pewitte	Kansas City	19-4
2. Terry Scherne	Buffalo	
4. MIssie Delphia	Kansas City	18-11

#### **Triple Jump**

1. Ramyka McDonald	Western Illinois	39-5¼
6. Levette McDaniel	Kansas City	34-11¼

#### **Shot Put**

1. Ise Ruetz	Kansas City	43-7¾
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#### **Weight Throw**

1. Amber Jennings	Western Illinois	56-4½
3. DeeDee Steele	Kansas City	47-8½