

MIAC INDOOR CHAMPIONSHIPS

March 1-3, National Sports Center, Blaine

MEN'S RESULTS

5000 Meter Run

1	Craig Miller, GuAl	15:04.95
2	Paul Hathaway, STTh	15:09.07
3	Scott Lindell, STJo	15:09.42
4	Brian McCollor, STTh	15:24.00
5	Nate Knuth, STTh	15:26.36
6	Rory Matter, STTh	15:28.75
7	Winston Stellner, StOl	15:36.92
8	John Larkin, STTh	15:42.70

1500 Meter Run

1	Chad Guerrero, STTh	3:55.71
		NCAA Qualifier
2	Kraig Runquist, STJo	3:56.45
3	Ben Casper, Carl	3:59.02
4	Jim Gillach, STJo	4:01.30
5	Todd Johnson, Conc	4:03.22
6	Eric Newhouse, STTh	4:06.10
7	Philip Dunn, Carl	4:06.37
8	Karl Nastrom, Maca	4:07.85

55 Meter Hurdles

1	Don Worcester, Conc	7.74
		NCAA Qualifier
2	Jim Fuqua, STTh	7.86
3	Scott Koehler, StOl	7.89
4	Mike Nakagawa, Maca	8.08
5	Steve Burch, Carl	8.09
6	Joel Komschlies, StOl	8.20
7	Mike Mercer, StOl	8.22
8	John Ernst, STTh	8.74

400 Meter Dash

1	John Schwartz, STTh	50.19
2	Jay Feldman, Carl	50.93
3	Erik Hanson, StOl	51.19
4	David Pagel, Haml	51.20
5	Mike Erickson, Haml	51.68
6	Doug Dooher, STTh	51.99

600 Yard Dash

1	Scott Koehler, StOl	1:13.28
2	Rob Tichy, Carl	1:13.78
3	Erik Johnson, Conc	1:13.92
4	Darin Zielsdorf, GuAl	1:15.74
5	Vincent Pudano, STTh	1:16.99
6	Jeff Gelo, STTh	1:17.00

55 Meter Dash

1	Mike Ackerman, Beth	6.55
2	Pat Murphy, STTh	6.61
3	Omar Field-Ridley, Carl	6.66
4	Dale Szyborski, STJo	6.70
5	Paul Blomgren, Carl	6.71
6	Mark Thornton, StOl	6.76

7	Jeff Deidrich, Haml	6.79
8	Jeff Scherer, Carl	6.84

800 Meter Run

1	Mike Brown, STTh	1:54.45
		NCAA Qualifier
2	Bart Mueller, Conc	1:57.37
3	Tom Swanson, Maca	1:57.39
4	John Prineas, Carl	1:59.31
5	Kyle Johnson, Conc	1:59.33
6	Eric Munkeby, STTh	2:00.43
7	Pete Thiel, Beth	2:01.95

1000 Meter Run

1	Chad Guerrero, STTh	2:32.40
2	Todd Johnson, Conc	2:33.93
3	Paul Chestovich, STJo	2:34.28
4	Vince Boyer, Haml	2:34.29
5	Rob Pine, Carl	2:35.80
6	Chris Studenski, Beth	2:37.05
7	Paul Thornton, StOl	2:37.90
8	Brian Hasleiet, STTh	2:40.01

300 Meter Dash

1	John Schwartz, STTh	35.70
2	Jay Feldman, Carl	35.99
3	Jeff Scherer, Carl	36.08
4	Pat Murphy, STTh	36.13
5	Erik Hanson, StOl	36.37
6	Mark Thornton, StOl	36.57
7	Eric Johnson, STTh	37.06
8	Alex Bannerman, Carl	37.29

Sprint Medley Relay

1	Carleton	1:34.38
2	St. Olaf College	1:34.65
3	Hamline	1:37.01
4	St Thomas	1:37.27
5	St Johns	1:37.58
6	Augsburg	1:41.64
7	Macalester	1:48.58

35 Pound Weight Throw

1	Ben Bautch, STTh	57'1.5"
		MIAC record
		NCAA Qualifier
2	Patrick Ahern, STTh	50'0.75"
3	John Ault, Conc	49'7.25"
4	Dave Giebtbrock, Haml	49'6.5"
5	Anthony Olson, StOl	48'7.25"
6	Gary Carlson, Maca	47'7.5"

Shot Put

1	Dave Giebtbrock, Haml	53'7.5"
		NCAA Qualifier
2	Mark Olson, Conc	50'8"
3	John Ault, Conc	50'5.5"
4	John Berg, GuAl	48'5"

5	Ben Bautch, STTh	46'7.5"
6	Paul Labelle, Conc	46'7"
7	Trent Steel, GuAl	46'3"
8	Patrick Ahern, STTh	46'2.25"
High Jump		
1	Steve Hallstrom, Beth	6'9.5"
	MIAC record	
	Ties NCAA Qualifier	
2	Erik Movold, StOl	6'9.5"
	MIAC record	
	Ties NCAA Qualifier	
3	Steve Luzum, STTh	6'6"
4	Kurt Watson, Beth	6'2"
4	Sean Macleod, STTh	6'2"
4	Greg Vacura, Haml	6'2"
7	Dave Cox, Carl	6'0"
7	Garrick Larson, StOl	6'0"
7	David Schweitz, Conc	6'0"
Triple Jump		
1	Steve Luzum, STTh	46'6"
2	Dan Lynch, STTh	45'7.75"
3	Mark Stewart, Haml	45'4.5"
4	Tom Durell, GuAl	45'2"
5	Garrick Larson, StOl	44'3"
6	Jim Hennig, STJo	43'5.5"
7	Omar Field-Ridley, Carl	43'3.75"
8	Leim Le, Carl	42'6.25"
2 Mile Run		
1	Paul Hathaway, STTh	9:27.70
2	Ben Casper, Carl	9:28.00
3	Scott Lindell, STJo	9:32.60
4	Winston Stellner, StOl	9:36.60
5	Glenn Williams, STTh	9:37.60
6	Larry Lillwitz, STJo	9:41.10
7	John Bohlke, STJo	9:41.90
8	Dean Broadhead, STTh	9:45.00
4 X 400 Meter Relay		
1	St. Olaf College (Thornton, Hanson, Mercer, Koehler)	3:24.40
2	Carleton College (Feldman, Burch, Scherer, Tichy)	3:25.50
3	Hamline University (Pagel, Deidrich, El-Halawani, Osmond)	3:25.50
4	Macalester College (Nakagawa, Thomas, Breomley, Swanson)	3:29.50
5	College Of St Thomas (Pudano, Gelo, Brown, Schwartz)	3:30.80
6	St John's University (Mulcahy, Solano, Geroux, Conzemius)	3:32.70
7	Bethel College (Carufel, Tolly, Weems, Gustafson)	3:33.26
8	Gustavus Aldophus (Lemke, Engel, Zielsdorf, Jeffers)	3:34.37
4 X 800 Meter Relay		
1	Concordia College (Johnson, Grundstrom, Mueller, Johnson)	7:56.80

2	St John's University (Chestovich, Anderson, Gillach, Runquist)	8:03.20
3	College Of St Thomas (Dolan, Weiss, Newhouse, Munkeby)	8:06.00
4	Hamline University (Nelson, Boyer, Blanchard, Erb)	8:10.00
5	St. Olaf College (Lueking, Banitt, Paulsen, Thornton)	8:15.00
6	Carleton College (Pine, Dunn, Berreth, Prineas)	8:17.30
7	Macalester College (Nastrom, Fritze, Ruddy, Talbot)	8:18.60
8	Bethel College (Brinkman, Studenski, Thiel, Benoit)	8:20.10
Long Jump		
1	Dan Lynch, STTh	22'4.5"
2	Steve Hallstrom, Beth	22'4"
3	Steve Burch, Carl	21'6.25"
4	Leim Le, Carl	21'6.25"
5	Matt Monarski, STTh	21'2.25"
6	Dan Wicker, STTh	21'1.75"
7	Michael Widdifield, StOl	21'1.25"
8	Ken Organ, GuAl	20'11.5"
Pole Vault		
1	Jeff Bergmann, STTh	14'11.25"
2	Dave Jeffers, GuAl	14'0"
3	Derek Schansberg, STTh	14'0"
4	Joel Cole, STTh	14'0"
5	Chris Hemstad, GuAl	13'8"
6	Richard Hansen, StOl	13'8"
7	Kevin Moseley, Beth	13'8"
8	Tim Howard, Conc	13'8"
Pentathlon		
1	Ken Hanks, Beth	3616
2	Steve Dolan, STTh	3542
3	Kurt Watson, Beth	3441
4	Steve Burch, Carl	3396
5	Garrick Larson, StOl	3329
6	Joel Cole, STTh	3248
7	Tom Luchsinger, Beth	3219
8	David Schweitz, Conc	3176
Team Scores		
1	College of St Thomas	203.3
2	Carleton College	93.0
3	Concordia College	67.0
4	St. Olaf College	66.0
5	Hamline University	48.3
6	Bethel College	47.3
7	St. John's University	47.0
8	Gustavus Aldophus	32.0
9	Macallaster College	15.0
10	Augsburg College	1.0

WOMEN'S RESULTS

1500 Meter Run

1	Chris Fredrick, Conc	4:35.28
	NCAA Qualifier	
2	Jenny Larson, StOl	4:36.32
	NCAA Qualifier	
3	Moira Petit, StOl	4:39.50
	NCAA Qualifier	
4	Gretchen Farkas, STTh	4:43.59
5	Sarah Edmonds, GuAl	4:48.59
6	Karen Quanbeck, Carl	4:52.86
7	Cindy Conley, Carl	4:58.04
8	Jennifer Tonkin, Maca	4:58.07

55 Meter Hurdles

1	Melissa Wiltzuis, StOl	8.58
2	Jodi Curella, STTh	8.66
3	Jennifer Streefland, Carl	8.72
4	Heidi Teske, STTh	8.76
5	Karen Goodrich, Maca	8.77
6	Allison Keeley, Carl	8.99
7	Kim Slegers, STTh	9.07
8	Kathy Damhof, Conc	9.25

400 Meter Dash

1	Trish Tinucci, STTh	59.77
2	Denise Rotter, STTh	1:00.12
3	Vanessa Foli, StOl	1:00.68
4	Andrea Thomas, STBe	1:02.33
5	Karen Goodrich, Maca	1:02.91
6	Cindy Fogelman, Beth	1:02.97

600 Yard Dash

1	Brenda Suttles, STTh	1:29.24
2	Kathy Ferveda, Beth	1:29.42
3	Eithne Barton, Carl	1:31.03
4	Lezlie Johnson, GuAl	1:31.32
5	Lea Williams, StOl	1:31.35
6	Julie Igel, STTh	1:35.90

55 Meter Dash

1	Tara Wetzel, STTh	7.20
	MIAC record	NCAA Qualifier
2	Jackie Moe, Beth	7.30
		MIAC record
		NCAA Qualifier
3	Kelly McGinley, STTh	7.50
4	Wendy Toenies, Conc	7.51
5	Heather Seibel, STTh	7.40
6	Denise Rotter, STTh	7.74
7	Kim Slegers, STTh	7.60
8	Terri Stella, Carl	7.97

800 Meter Run

1	Betsy Hansen, Haml	2:20.75
2	Chris Fredrick, Conc	2:20.79
3	Katy Diegnan, STBe	2:27.20
4	Melanie Dubay, STTh	2:28.19
5	Patty Severson, Haml	2:28.29

6	Denise Angelo, STTh	2:29.22
7	Debbie Quanbeck, Carl	2:31.10

1000 Meter Run

1	Jenny Larson, StOl	3:00.06
2	Denise Balzarini, Conc	3:02.47
3	Tanya Prickett, STTh	3:02.95
4	Kara Lenfestey, StOl	3:04.83
5	Cheryl Vogel, STTh	3:04.86
6	Jyl Bolin, Conc	3:07.09
7	Karen Quanbeck, Carl	3:08.26
8	Kristin Cotts, Carl	3:12.51

300 Meter Dash

1	Trish Tinucci, STTh	41.60
2	Kelly McGinley, STTh	43.00
3	Tara Wetzel, STTh	43.00
4	Jackie Moe, Beth	43.10
5	Karen Goodrich, Maca	44.10
6	Vanessa Foli, StOl	44.30
7	Terri Stella, Carl	44.70
8	Betsy Hansen, Haml	44.90

Sprint Medley Relay

1	College Of St Thomas (Seibel, Curella, Tinucci, Suttles)	1:53.11
2	Bethel College (Bakken, Paulson, Moe, Ferveda)	1:53.87
3	Carleton College (Stella, Keeley, Streefland, Barton)	1:56.32
4	St. Olaf College (Johnson, Erikson, Wiltzuis, Foli)	1:56.33
5	Hamline University (Assam, Hammond, Krenik, Hansen)	1:57.22
6	Concordia College (Damhof, Schafer, Toenies, Bolin)	1:57.33
7	St Benedict (Turner, Hubel, Rehkamp, Mernin)	2:01.58
8	Augsburg College (J Vonbargen, T Von Bargaen, Stepan, Defor)	2:04.18

Pentathlon

1	Jennifer Streefland, Carl	3257
2	Denise Angelo, STTh	3127
3	Melissa Wiltzuis, StOl	2962
4	Allison Keeley, Carl	2889
5	Jane Blowers, StOl	2574
6	Julie Stepan, Augs	2456
7	Patty Severson, Haml	2406
8	Jill Hageman, STTh	2360

Long Jump

1	Michelle Jader, Conc	17'2.75"
2	Jennifer Streefland, Carl	16'7.75"
3	Jenny Wenzel, Beth	16'3.5"
4	Kim Slegers, STTh	16'2"
5	Jean Schafer, Conc	16'1"
6	Melissa Wiltzuis, StOl	16'0.5"
7	Denise Angelo, STTh	15'10.75"
8	Alison Deviny, Haml	15'6.5"

Shot Put

1	Kelli Newman, Beth	43'8"
	NCAA Qualifier	
2	Paula Helfman, GuAl	41'6"
3	Karla Daleske, GuAl	41'0.5"
4	Lisa O'Groske, GuAl	39'8"
5	Carla West, STBe	39'2"
6	Kristi Farver, Conc	38'11"
7	Kelly Bremer, StOl	38'7.25"
8	Kris Kuehl, Conc	38'3.5"

3000 Meter Run

1	Kathy Keele, Conc	10:22.10
2	Moira Petit, StOl	10:22.60
3	Eve Otto, STTh	10:26.80
4	Tammy Schoen, STTh	10:29.90
5	Melissa Landers, Carl	10:37.80
6	Sharon Espeland, Conc	10:42.70
7	Jennifer Tonkin, Maca	10:49.20
8	Cindy Conley, Carl	10:49.50

4 X 400 Meter Relay

1	College Of St Thomas (Rotter, Tinucci, Angelo, Suttles)	4:04.44
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2	Bethel College (Wenzel, Paulson, Ferveda, Bakken)	4:06.61
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3	Carleton College (Keeley, Barton, Stella, Streefland)	4:09.84
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4	Hamline University (Krenik, Sever-son, Hammond, Hansen)	4:16.50
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5	St Benedict (Thomas, Mernin, Rehkamp, Diegnan)	4:16.90
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6	St. Olaf College (Anderson, Williams, Nelson, Foli)	4:18.27
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7	Gustavus Aldophus (Pohlman, L Johnson, D Johnson, Edmonds)	4:21.30
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4 X 800 Meter Relay

1	Concordia College (Roepke, Haas, Bolin, Balzarini)	9:44.90
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2	St. Olaf College (Lenfestey, Kraf-ve, Petit, Larson)	9:50.20
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3	St Thomas	9:53.80
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4	Carleton College (Cotts, Conley, D Quanbeck, K Quanbeck)	9:54.20
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5	Macalester College (Delaney, Rohde, White, Tonkin)	10:30.90
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6	Hamline University (Palokangas, Schaffer, Kragerud, Nodland)	10:39.60
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High Jump

1	Annelies Nef, StOl	5'3"
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2	Rhonda Weltsch, STTh	5'1"
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2	Jane Blowers, StOl	5'1"
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4	Susan Quick, StOl	5'1"
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5	Jennifer Streefland, Carl	4'11"
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5	Denise Angelo, STTh	4'11"
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7	Kim Slegers, STTh	4'11"
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8	Julie Stepan, Augs	4'9"
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Triple Jump

1	Michelle Jader, Conc	34'7.5"
2	Kim Slegers, STTh	32'11"
3	Melissa Wiltzuis, StOl	32'11"
4	Alison Deviny, Haml	32'5"
5	Jean Schafer, Conc	32'3"
6	Jill Hageman, STTh	32'2"
7	Maurie Littlehales, Maca	31'11"
8	Jane Blowers, StOl	30'10"

Team Scores

1	College of St. Thomas	166.5
2	St. Olaf College	104.0
3	Concordia College	78.0
4	Carleton College	55.5
5	Bethel College	53.0
6	Gustavus Aolphus	24.0
7	Hamline University	23.0
8	St. Benedict	14.0
9	Macalester College	8.0
10	Augsburg College	1.0