

MIAC INDOOR CHAMPIONSHIPS
February 28 - March 2, National Sports Center

Women			1500 Meter Run		
55 Meter Dash			1	Gretchen Farkas, ST	4:39.06
1	Jackie Moe, Bet	7.43			NCAA Qualifier
2	Aminah Ricks, Car	7.53	2	Chris Fredrick, Con	4:39.30
3	Tara Wetzel, ST	7.55			NCAA Qualifier
4	Jennifer Streefland, Car	7.56	3	Moira A Petit, SO	4:40.35
5	Kelly McGinley, ST	7.61	4	Tanya Prickett, ST	4:42.74
6	Sara Gorder, ST	7.62	5	Sarah Conning, Car	4:53.83
7	Heather Seibel, ST	7.63	6	Sarah Roth, Car	4:55.92
8	Wendy Toenies, Con	7.68	7	Kara Monroe, SB	4:57.60
300 Meter Dash			8	Jenny Huelsmann, ST	5:02.60
1	Trish Tinucci, ST	41.97	3000 Meter Run		
2	Sara Gorder, ST	42.65	1	Eve Otto, ST	10:36.10
3	Jackie Moe, Bet	42.68	2	Kari Pederson, ST	10:36.87
4	Heather Seibel, ST	42.81	3	Jennifer Tonkin, Mac	10:36.94
5	Jennifer Streefland, Car	42.88	4	Jenny Huelsmann, ST	10:41.17
6	Kelly McGinley, ST	43.19	5	Molly Weyrens, Con	10:47.20
7	Aminah Ricks, Car	43.25	6	Samie Reck Peterson, Car	10:49.15
8	Jodi Curella, ST	44.00	7	Margo M Rusovick, SO	10:52.63
400 Meter Dash			8	Michelle Hinkle, Car	11:03.10
1	Trish Tinucci, ST	59.38	5000 Meter Run		
2	Abby Hanson, Car	1:00.85	1	Eve Otto, ST	18:20.56
3	Teri Stella, Car	1:01.08	2	Molly Weyrens, Con	18:28.06
4	Jennifer Wenzel, Bet	1:01.11	3	Jennifer Tonkin, Mac	18:37.10
5	Denise Rotter, ST	1:01.80	4	Samie Reck Peterson, Car	18:57.04
6	Chrishelle Bakken, Bet	1:01.92	5	Robin Balder, SB	19:07.54
600 Yard Dash			6	Michelle Hinkle, Car	19:42.30
1	Brenda Suttles, ST	1:28.4	7	Patty Shannon, SB	19:53.60
2	Heidi Teske, ST	1:30.0	55m High Hurdles		
3	Cindy Fogelman, Bet	1:30.5	1	Jennifer Streefland, Car	8.55
4	Eithne Barton, Car	1:30.5	2	Jodi Curella, ST	8.56
5	Jyl Bolin, Con	1:32.1	3	Heidi Teske, ST	8.75
6	Mary Pennel, Car	1:32.9	4	Denise Angelo, ST	8.76
800 Meter Run			5	Julie Stepan, Aug	9.12
1	Betsy Hansen, Ham	2:18.98	6	Lydia Kabaka, Con	9.23
2	Michelle Auger, ST	2:19.46	7	Krystal West, Bet	9.8
3	Chris Godfrey, Con	2:20.95		Patty Severson, Ham	DQ
4	Katy Deignan, SB	2:21.61	Sprint Medley Relay		
5	Kara S Lenfesty, SO	2:26.96	1	ST (Kelly McGinley, Heather Seibel, Denise Rotter, Denise Angelo)	1:53.68
6	Debbie Quanbeck, Car	2:27.73	2	Car (Teri Stella, Aminah Ricks, Jennifer Streefland, Abby Hanson)	1:54.73
7	Susan Laabs, Aug	2:31.19	3	Ham (Amy Albrecht, Kaylene Peterson, Heather Hammond, Betsy Hansen)	1:54.94
1000 Meter Run			4	Con (Kathy Damhof, Wendy Toenies, Taria Heinen, Jyl Bolin)	1:55.75
1	Chris Fredrick, Con	3:02.64	5	Bet (Krystal West, Cindy Fogelman, Chrishelle Bakken, Jennifer Wenzel)	1:56.95
2	Melanie Dubay, ST	3:03.86	6	SB (Cami Longstreet, Joelle Bichellmeyer, Andrea Thomas, Lisa Worden)	1:58.82
3	Moira A Petit, SO	3:06.50			
4	Sarah Roth, Car	3:13.36			
5	Josie Raney, Car	3:15.73			
6	Kris Deffenbacher, Car	3:16.92			
7	Alyne Delaney, Mac	3:17.50			
8	Molly Weaver, Car	3:26.12			

7	SO (Ellen H Gravbrot, Megan L Wilson, Maryn L Scholl, Dagmar B Lorenz)	2:01.82
8	GA (Deb Thomas, Robin Eddy, Ingrid Olsen, Dana Johnson)	2:03.93
4x400 Meter Relay		
1	ST (Trish Tinucci, Denise Angelo, Michelle Auger, Brenda Suttles)	4:01.15
MIAC Record NCAA Qualifier		
2	Bet (Jennifer Wenzel, Jackie Moe, Chrishelle Bakken, Cindy Fogelman)	4:06.50
3	Ham (Heather Hammond, Betsy Hansen, Jill Palokangas, Patty Severson)	4:08.46
4	SB (Gretchen Terhaar, Lisa Worden, Joelle Bichellmeyer, Andrea Thomas)	4:19.36
5	Mac (Jennifer Simonds, Jean Russom, Kathryn Auclair, Karen Goodrich)	4:20.02
6	SO (Maryn L Scholl, Jane S Blowers, Megan L Wilson, Heather N Nydahl)	4:20.29
4x800 Meter Relay		
1	Con (Jyl Bolin, Taria Heinen, Chris Fredrick, Chris Godfrey)	9:45.81
2	ST (Gretchen Farkas, Tami Perry, Melanie Dubay, Tanya Prickett)	9:51.26
3	SB (Kara Monroe, Gina Stender, Mary Horner, Katy Deignan)	10:02.26
4	SO (Kara S Lenfesty, Sarah K Keller, Tarah L Mattson, Moira A Petit)	10:02.61
5	GA (Aleta Gilbertson, Jessica O'Connor, Dana Johnson, Karen Vihstadt)	10:05.73
6	Car (Debbie Quanbeck, Sarah Roth, Sarah Conning, Mary Pennel)	10:15.96
7	Mac (Susan Colvin, Alyne Delaney, Rebecca McCarrier, Jennifer Tonkin)	10:17.35
8	Ham (Ellen Nodland, Amy Albrecht, Andrea Mowery, Gabrielle Slagle)	10:50.2
Long Jump		
1	Denise Angelo, ST	17-4 3/4
2	Julie A Rademacher, SO	17-4
3	Heather Hammond, Ham	16-10 3/4
4	Jean Schafer, Con	16-7
5	Alison Deviny, Ham	16-6 1/4
6	Lydia Kabaka, Con	16-4 3/4
7	Jennifer Streefland, Car	16-3 3/4
8	Kathy Damhof, Con	16-2 3/4
Triple Jump		
1	Julie A Rademacher, SO	35-11 3/4
2	Kathy Damhof, Con	34-11
3	Lydia Kabaka, Con	34-7 3/4
4	Jill Hageman, ST	34-4 1/2
5	Alison Deviny, Ham	34-3 3/4
6	Jean Schafer, Con	34-0 3/4
7	Liz Butler, Car	33-10 1/2
8	Ellen H Gravbrot, SO	33-1 1/2

Shot Put		
1	Kelli Newman, Bet	45-3 3/4
NCAA Qualifier		
2	Kristi Farver, Con	42-6
NCAA Qualifier		
3	Kris Kuehl, Con	40-11
4	Paula Helfmann, GA	40-5 1/4
5	Heidi Schaap, Bet	40-5 1/4
6	Lisa O'Groske, GA	40-3 3/4
7	Kelly R Bremer, SO	39-7 1/2
8	Eryn Anderson, Con	38-2 1/4

High Jump		
1	Laura Kolpien, Bet	5-2
2	Jane S Blowers, SO	5-2
3	Liz Butler, Car	5-1
4	Julie C Johnson, GA	5-1
5	Cathy Buechele, Aug	5-1
5	Annelies M Nef, SO	5-1
7	Lydia Kabaka, Con	5-0
8	Cari McCann, Con	5-0

Pentathlon		
1	Jennifer Streefland, Car	3203
2	Julie A Rademacher, SO	3001
3	Liz Butler, Car	2637
4	Patty Severson, Ham	2633
5	Julie Stepan, Aug	2596
6	Jane S Blowers, SO	2475
7	Heather Hammond, Ham	2427
8	Jill Hageman, ST	2381

TEAM SCORES		
1	St. Thomas	184.0
2	Carleton	91.0
3	Concordia	85.0
4	Bethel	59.0
5	St. Olaf	55.5
6	Hamline	36.0
7	St. Benedict's	17.0
8	Macalester	14.0
9	Gustavus Adolphus	11.0
10	Augsburg	5.5

Men

55 Meter Dash		
1	Jeff Scherer, Car	6.58
2	Jeff Diedrich, Ham	6.66
3	Pat Murphy, ST	6.66
4	Dennis Williams, Ham	6.68
5	Darrick Cornelius, ST	6.68
6	Gerard Cote, Car	6.74
7	Pete Buck, Ham	6.77
8	Andy Becker, Con	6.82

300 Meter Dash		
1	Jeff Scherer, Car	35.48
2	Eric Johnson, ST	35.75
3	James Strait, Bet	35.95

4	Ryan Murray, SJ	36.30	2	Paul Hathaway, ST	14:56.70
5	Pat Murphy, ST	36.38	3	Keith Pilgrim, GA	15:04.98
6	Gerard Cote, Car	36.39	4	Scott Lindell, SJ	15:09.13
7	Jay Conzemius, SJ	36.54	5	Rory Matter, ST	15:10.67
8	Andy Becker, Con	37.18	6	Nate Knuth, ST	15:12.85
400 Meter Dash					
1	Paul Blomgren, Car	49.9	7	Dean Broadhead, ST	15:34.66
2	Rashad Bates, Ham	50.8	8	Chris Schutz, Ham	
55m High Hurdles					
3	Eric Johnson, Con	51.0	1	Jon Munson, ST	7.94
4	Adam Solano, SJ	51.1	2	Matt Arbeiter, SJ	7.97
5	Scott M Koehler, SO	51.3	3	Scott M Koehler, SO	8.02
6	David Pagel, Ham	51.3	4	Michael S Mercer, SO	8.05
600 Yard Dash					
1	Bob Craig, Ham	1:14.4	5	Mike Lutz, ST	8.06
2	Jeff Gelo, ST	1:14.72	6	Michael Nakagawa, Mac	8.10
3	Darin Zielsdorf, GA	1:14.80	7	Ryan Steffenhagen, GA	8.11
4	Jeff Louk, Con	1:16.44	8	Jim Fuqua, ST	8.16
5	Aaron Myslaniec, Car	1:17.11	Sprint Medley Relay		
6	Christoph J Welsh, SO	1:17.12	1	Car (Matt Hausman, Adam Henry, Jeff Scherer, Paul Blomgren)	1:36.91
800 Meter Run					
1	Kyle Johnson, Con	1:59.01	2	Ham (Dennis Williams, Pete Buck, Jeff Diedrich, Ben Osmond)	1:37.08
2	Eric Johnson, Con	1:59.24	3	ST (Brad Dixon, Quinton Ballard, Shawn Ellingson, Vincent Paduano)	1:37.38
3	Glenn Necklen, SJ	2:00.01	4	Mac (William Thomas, Nelson Jumbe, Michael Weiner, Michael Nakagawa)	1:38.59
4	Patric Weiss, ST	2:00.91	5	SJ (Jim Geroux, Matt Arbeiter, Max Larson, Ben Mulcahy)	1:38.66
5	Mike Casper, Car	2:01.92	6	SO (Anders O Westby, Brian C Tri, Lindsey T Emerson, Paul W Thornton)	1:39.20
6	Dan Bergan, ST	2:02.71	7	Aug (Rob Knight, Nate Doblak, Todd Cina, Todd Huber)	1:41.23
7	Todd Huber, Aug	2:05.80	8	GA (Jamie Jerdee, Jason Haugen, Ken Organ, Mike Peterson)	1:41.32
1000 Meter Run					
1	Jim Miklausich, ST	2:33.17	4x400 Meter Relay		
2	Paul Chestovich, SJ	2:34.16	1	Ham (Rashad Bates, Jeff Diedrich, David Pagel, Ben Osmond)	3:24.56
3	Jason Day, Con	2:35.17	2	Con (Andy Becker, Paul Johnson, Mark Kellner, Eric Johnson)	3:26.24
4	Paul W Thornton, SO	2:37.25	3	ST (Pat Murphy, Vincent Paduano, Shawn Ellingson, Steve Dolan)	3:26.66
5	Eric Newhouse, ST	2:37.27	4	SJ (Ryan Murray, Jay Conzemius, Ben Mulcahy, Adam Solano)	3:27.29
6	Malcolm Dunn, Car	2:37.75	5	SO (Brett C Lillemoe, Christoph J Welsh, Michael S Mercer, Scott M Koehler)	3:27.34
7	Andrew Keith, Car	2:39.02	6	Car (Gerard Cote, Paul Blomgren, Jeff Scherer, Adam Henry)	3:27.46
8	Kirk J Swanson, SO	2:41.18	7	GA (Mike Peterson, Andy Voorhees, Mark Nordberg, Darin Zielsdorf)	3:30.30
1500 Meter Run					
1	Glenn Williams, ST	3:58.0	8	Bet (Stacey Nelson, Kris Rydberg, James Strait, Kevin Mosely)	3:30.65
2	Vince Boyer, Ham	3:58.5	4x800 Meter Relay		
3	Will Kemper, Car	4:02.9	1	ST (Patric Weiss, Jonathan Hasleiet, Jim Miklausich, Glenn Williams)	7:59.58
4	Philip Dunn, Car	4:03.6	2	SJ (Scott Lindell, Pat Foley, Glenn Necklen, Paul Chestovich)	7:59.59
5	Jason Trichler, Con	4:04.5			
6	Andrew Keith, Car	4:06.4			
7	Bob Simmons, SJ	4:11.3			
8	Brian Lenzmeier, SJ	4:11.7			
Two Mile Run					
1	Paul Hathaway, ST	9:26.26			
2	Bob Klindworth, GA	9:28.89			
3	Dean Broadhead, ST	9:29.99			
4	Nate Knuth, ST	9:30.33			
5	Rory Matter, ST	9:35.02			
6	Eric Jones, Ham	9:35.92			
7	J. McClelland, GA	9:41.20			
8	Larry Lillwitz, SJ	9:41.76			
5000 Meter Run					
1	Craig Miller, GA	14:55.47			

3	Con (Jason Day, Jeff Louk, John Renneke, Kyle Johnson)	8:04.78
4	SO (Jonathon B Watson, Joel F Lueking, Kirk J Swanson, Paul W Thornton)	8:06.01
5	Car (Mike Casper, Mark Flaherty, Andrew Keith, Will Kemper)	8:08.98
6	Ham (Vince Boyer, Tobin Nelson, Joel Michalski, Bob Craig)	8:12.50
Long Jump		
1	Leonard Jones, ST	23-9 1/4 NCAA Qualifier
2	Matt Monarski, ST	23-0 1/2
3	Nelson Jumbe, Mac	23-0
4	Ken Organ, GA	22-5 3/4
5	John Vipond, ST	22-4 1/2
6	Dan Lynch, ST	22-3 1/2
7	Tom Durell, GA	22-2
8	Todd Cina, Aug	21-9 3/4
Triple Jump		
1	Leonard Jones, ST	48-8 NCAA Qualifier
2	Tom Durell, GA	47-1 1/4 NCAA Qualifier
3	Dan Lynch, ST	46-2 1/2
4	Garrick Z Larson, SO	44-11
5	Jim Hennig, SJ	43-11 3/4
6	Rich Jorgenson, Con	43-2 1/2
7	James Cline, Mac	42-10 1/2
8	Dave Sepkoski, Car	42-7
Shot Put		
1	Dave Giebtbrock, Ham	52-4 3/4 NCAA Qualifier
2	Patrick Ahern, ST	52-3 1/2 NCAA Qualifier
3	Jon Ault, Con	51-4 NCAA Qualifier
4	John Berg, GA	50-3 1/2
5	Gary Haugo, Con	47-6 3/4
6	Trent Steel, GA	46-8 3/4
7	Shannon Whitworth, Mac	45-10 1/2
8	Randy Roth, GA	45-10
High Jump		
1	Leonard Jones, ST	6-10 MIAC Record NCAA Qualifier
2	Garrick Z Larson, SO	6-5 1/2
3	Greg Vacura, Ham	6-5 1/2
4	Mike Lutz, ST	6-3 1/2
5	Pat Sullivan, ST	6-1 1/2
6	Mike Warmuth, Ham	6-1 1/2
6	Kurt Watson, Bet	6-1 1/2
6	Dave Jeffers, GA	6-1 1/2
Pole Vault		
1	Jeff Bergmann, ST	14-11
2	Dave Jeffers, GA	14-7
3	Kevin Mosely, Bet	14-3

4	Richard L Hansen, SO	13-11
5	Kurt Watson, Bet	13-11
6	Derek Schansberg, ST	13-7
7	Tim Howard, Con	13-7
8	Ken Lebrun, Car	13-3
35 Pound Weight Throw		
1	Ben Bautch, ST	60-0 MIAC Record NCAA Qualifier
2	Jon Ault, Con	56-7 NCAA Qualifier
3	Patrick Ahern, ST	52-1 NCAA Qualifier
4	Jim Schuldt, Car	49-9 1/2
5	Dave Giebtbrock, Ham	46-2 1/2
6	Mat Dixon, Mac	45-0
7	Paul Labelle, Con	43-10 1/2
8	Jon Huseuth, GA	43-1
Pentathlon		
1	Garrick Z Larson, SO	3558
2	Steve Dolan, ST	3484
3	Kurt Watson, Bet	3243
4	Rich Jorgenson, Con	3202
5	Matt Hausman, Car	3170
6	Emry McAlear, Con	3148
7	Jim Hennig, SJ	3131
8	Neil Sherman, SJ	3045
TEAM SCORES		
1	St. Thomas	216.0
2	Hamline	77.3
3	Concordia	72.0
4	Carleton	67.0
5	Gustavus Adolphus	55.3
6	St. John's	50.0
6	St. Olaf	50.0
8	Bethel	20.3
9	Macalester	12.0