

MID-CON

OUTDOOR TRACK & FIELD

CHAMPIONSHIP

2005

2005 Mid-Continent Conference

Men's and Women's Outdoor

Track & Field Championships

Dear Participants, Fans, Family Members and Friends,

Welcome to the 2005 Mid-Continent Conference Men's & Women's Outdoor Track & Field Championships. The staff at Oral Roberts has done a wonderful job preparing for this event, which should be the pinnacle of the season for the competing student-athletes and coaches from each Mid-Con institution.

Approximately 2,500 individuals will compete on behalf of the nine Mid-Con institutions this year in a total of 19 sports. The championships that will be contested this week represent just two of the 19 the Mid-Con will sponsor in the 2004-05 school year. The Mid-Con and its member institutions recognize the importance of each of these competitions for the student-athletes, coaches and fans alike, and the league makes it a priority for each championship to be a first-class event.

On behalf of the entire conference staff, I wish all of today's competitors the best of luck as they battle for the 2005 Mid-Continent Conference Men's & Women's Outdoor Track & Field Championships.

Ron Bertovich
Commissioner
Mid-Continent Conference



Mid-Continent Conference

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2005 Mid-Con Men's and Women's Track & Field Championship Event Schedule

All events to be held at the Southern Utah Track Complex on the campus of Southern Utah University in Cedar City, Utah.

Day 1: Thursday, May 12

9:30 a.m.	DAY 1 HEPTATHLON
10 a.m.	DAY 1 DECATHLON
1 p.m.	W Hammer (Trials/FINAL)
2 p.m.	W Pole Vault (Trials/FINAL)
3 p.m.	M Hammer (Trials/FINAL)
5 p.m.	W 10,000-Meters (FINAL)
5:45 p.m.	M 10,000-Meters (FINAL)

Day 2: Friday, May 13

9:30 a.m.	DAY 2 DECATHLON
10:30 a.m.	DAY 2 HEPTATHLON
2:30 p.m.	W Shot Put (Trials/FINAL) W Long Jump (Trials/FINAL) M Javelin (Trials/FINAL)
4:30 p.m.	M Shot Put (Trials/FINAL) M Long Jump (Trials/FINAL) W Javelin (Trials/FINAL)
4 p.m.	M 110-Meter Hurdles (Trials)
4:10 p.m.	W 100-Meter Hurdles (Trials)
4:20 p.m.	W 400-Meter Dash (Trials)
4:30 p.m.	M 400-Meter Dash (Trials)
4:40 p.m.	W 100-Meter Dash (Trials)
4:50 p.m.	M 100-Meter Dash (Trials)
5 p.m.	W 3,000 M Steeplechase (FINAL)
5:15 p.m.	M 3,000 M Steeplechase (FINAL)
5:30 p.m.	W 400-Meter Hurdles (Trials)
5:40 p.m.	M 400-Meter Hurdles (Trials)
5:50 p.m.	W 200-Meter Dash (Trials)
6 p.m.	M 200-Meter Dash (Trials)

Day 3: Saturday, May 14

10 a.m.	W Discus (Trials/FINAL) W Triple Jump (Trials/FINAL) M High Jump (Trials/FINAL)
10:30 a.m.	M Pole Vault (Trials/FINAL)
11:30 a.m.	M Discus (Trials/FINALS) M Triple Jump (Trials/FINAL) W High Jump (Trials/FINAL)
12:30 p.m.	W 4x100-Meter Relay (FINAL)
12:35 p.m.	M 4x100-Meter Relay (FINAL)
12:45 p.m.	W 1,500-Meter Run (FINAL)
12:55 p.m.	M 1,500-Meter Run (FINAL)
1:05 p.m.	W 100-Meter Hurdles (FINAL)
1:15 p.m.	M 110-Meter Hurdles (FINAL)
1:20 p.m.	W 400-Meter Dash (FINAL)
1:25 p.m.	M 400-Meter Dash (FINAL)
1:30 p.m.	W 100-Meter Dash (FINAL)
1:35 p.m.	M 100-Meter Dash (FINAL)
1:40 p.m.	W 800-Meter Run (FINAL)
1:50 p.m.	M 800-Meter Run (FINAL)
2 p.m.	W 400-Meter Hurdles (FINAL)

Day 3 (continued)

2:10 p.m.	M 400-Meter Hurdles (FINAL)
2:20 p.m.	W 200-Meter Dash (FINAL)
2:25 p.m.	M 200-Meter Dash (FINAL)
2:30 p.m.	W 5,000-Meter Run (FINAL)
2:50 p.m.	M 5,000-Meter Run (FINAL)
3:10 p.m.	W 4x400-Meter Relay (FINAL)
3:20 p.m.	M 4x400-Meter Relay (FINAL)

Awards Ceremony

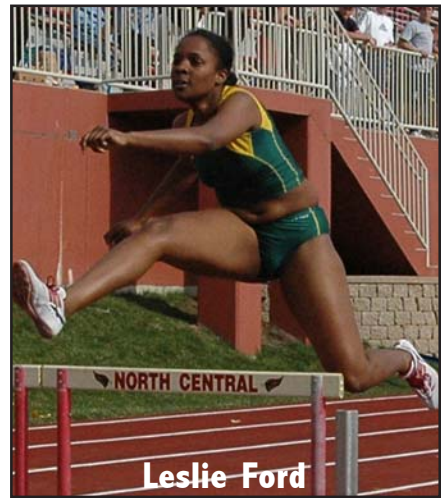


Chicago State Cougars



Stephon Harden

Location: Chicago, Ill.
Enrollment: 7,200
President: Dr. Elnora D. Daniel
Director of Athletics: Greg LaFleur
Nickname: Cougars
Joined Mid-Con: 1994
Men's Head Coach: Studie Davis
Women's Head Coach: Mamie Rallins
Asst. Coaches: ... Steve Powenski, Damion Brown



Leslie Ford

Men's Championship Roster

Name	Yr.	Hometown/High School (Transfer School)
Oluwaseudi Alabi	Fr.	Chicago, Ill./Bowen
Nestor Allende	Fr.	San Juan, Puerto Rico/Colegio San Jose
Bruce Borum	Sr.	Oak Lawn, Ill./Richards
Robert Bowers	Sr.	Milwaukee, Wis./Milwaukee Tech
Brandon Cates	Fr.	Rockford, Ill./Harlem
Marcellus Chambers	Fr.	Chicago, Ill./Hyde Park
Brian Choe	So.	Glendale, Ariz./Deer Valley
Stephon Harden	Fr.	East St.Louis, Ill./East St. Louis
Delin Hill	So.	Dolton, Ill./Thorndridge
Guillaume Kellogg	Sr.	Country Club Hills, Ill./Hillcrest
Wilson Koech	Sr.	Nairobi, Kenya
Stephon Latulas	Sr.	Waterdown, N.Y./Waterdown
Aaron Moises	Fr.	Mililani, Hawaii/St. Louis
Drew Nelson	Jr.	Sacramento, Calif./Granite Bay
Mike Runnels	Jr.	Oak Park, Ill./Oak Park-River Forest
Derrick Smith	Fr.	Hazel Crest, Ill./Hillcrest
William Stephens	Fr.	Joliet, Ill./Rich Central
Travis Williams	Fr.	Hampton, Va./Bethel

2005 Men's Top Efforts

Event	Name	Time/Mark	Date
100 Meter Dash	Brandon Cates	11.04	4/9
200 Meter Dash	Brandon Cates	22.02	4/2
400 Meter Dash	Mike Runnels	49.38	4/9
800 Meter Run	Drew Nelson	1:53.05	4/16
1,500 Meter Run	Guillaume Kellogg	4:18.37	4/2
3,000 Meter Steeple	---	---	---
5,000 Meter Run	---	---	---
10,000 Meter Run	---	---	---
110 Meter Hurdles	---	---	---
400 Meter Hurdles	Wilson Koech	59.09	4/9
High Jump	Derrick Smith	2.06m	4/16
Long Jump	Stephon Harden	6.57m	4/9
Triple Jump	Stephon Latulas	14.11m	4/9
Hammer Throw	---	---	---
Shot Put	Bruce Borum	11.35m	4/16
Pole Vault	---	---	---
Javelin Throw	Wilson Koech	48.76m	4/2
Discus Throw	---	---	---
Decathlon	---	---	---
4x100 Meter Relay	"A"	42.67	4/9
4x400 Meter Relay	"A"	3:18.52	4/16

Mid-Con Championship History

Best Team Finish:	Fifth Place ('02, '03, '04)
Best Team Score:	92.0 ('03)
Team Titles:	None
Individual Champions:	7
Relay Champions:	0

Women's Championship Roster

Name	Yr.	Hometown/High School (Transfer School)
DeNae Brown	So.	South Holland, Ill./Thornwood
Shakeila Castile-Jones	Jr.	Forest Park, Ill./Rich South
Yashi Connor	So.	Chicago, Ill./Dunbar
Samantha Cooke	Jr.	Manteca, Calif./ (Modesto J.C.)
Chrissy Davis	Jr.	Riverside, Calif./Cal Baptist
Gabrielle Fitzpatrick	Jr.	Chicago, Ill./Dunbar
Leslie Ford	Sr.	Detroit, Mich./St. Martin Deporres
Laura Jefferson	So.	Chicago, Ill./Bloom
Janina Mercado	Fr.	Chicago, Ill./Lane Tech
Shaneka Monroe	Fr.	Chicago, Ill./Gwendolyn Brooks
Kimberlee Mosley	Sr.	Saginaw, Mich./Bridgeport
Ebony Oliver	Jr.	Chicago, Ill./ (Harper)
Le'Treya Parker	Sr.	Greensboro, N.C./Gilford (Hampton)
Sharisse Sanders	So.	Chicago, Ill./Manley
Kristin Smith	So.	South Holland, Ill./Thornwood
Jessica Turner	Jr.	Chicago, Ill./ (Greenville College)
Alison West	Jr.	Oakland, Calif./Albany

2005 Women's Top Efforts

Event	Name	Time/Mark	Date
100 Meter Dash	Le'Treya Parker	12.47	4/9
200 Meter Dash	Sharisse Sanders	27.46	4/16
400 Meter Dash	Kimberlee Mosley	1:01.83	4/30
800 Meter Run	Janina Mercado	2:38.42	4/16
1,500 Meter Run	Jessica Turner	5:27.24	4/16
3,000 Meter Steeple	---	---	---
5,000 Meter Run	---	---	---
10,000 Meter Run	---	---	---
100 Meter Hurdles	---	---	---
400 Meter Hurdles	Leslie Ford	1:11.64	4/9
High Jump	Gabrielle Fitzpatrick	1.61m	4/16
Long Jump	---	---	---
Triple Jump	---	---	---
Hammer Throw	---	---	---
Shot Put	Samantha Cooke	6.69m	4/23
Pole Vault	---	---	---
Javelin Throw	---	---	---
Discus Throw	---	---	---
Heptathlon	---	---	---
4x100 Meter Relay	"A"	52.29	4/2
4x400 Meter Relay	"A"	4:12.45	4/9

Women's Mid-Con Championship History

Best Team Finish:	Sixth Place ('95, '01, '02, '03, '04)
Best Team Score:	57.0 ('01)
Team Titles:	None
Individual Champions:	10
Relay Champions:	0

UMKC Kangaroos



Roland Hemmings

Location: Kansas City, Mo.
Enrollment: 13,000
Interim Chancellor: Dr. Elson Floyd
Director of Athletics: Robert Thomas
Nickname: Kangaroos
Joined Mid-Con: 1994
Head Coach: Theo Hamilton
Asst. Coaches: Tim Thompson, Katie Booth
 Marcia Daniel-Baron, Emily Hauck, Dan Radkowiec



Holly Cain

Men's Championship Roster

Name	Yr.	Hometown/High School (Transfer School)
Clark Bone	Sr.	Gary, Ind./Wirt
Joe Ackermann	Fr.	St. Louis, Mo./Vianney
Damian Alexis	Jr.	Trinity, Trinidad/Queen's Royal College
Chris Armstrong	Sr.	Kansas City, Mo./Oak Park
Isaiah Boykins	Jr.	Muskogee, Okla./ (Johnson County C.C.)
Nathan Buie	Fr.	Kansas City, Mo./Hickman Mills
Sam Butler-Hunziker	Fr.	Kansas City, Mo./Oak Park
Robert Cage	Jr.	Raytown, Mo./ (Johnson County C.C.)
Shaun Carnegie	Sr.	Toronto, Ontario/Missouri Valley
David Constable	Fr.	Maidstone, England/Kingston University
Eric Friends	Fr.	Raytown, Mo./Ruskin
Michael Foy	So.	Mountain View, Mo./Liberty
Sky Hagy	Fr.	St. Louis, Mo./Lutheran South
Matt Healy	Jr.	Overland Park, Kan./Blue Valley Northwest
Roland Hemmings	Jr.	Port-of-Spain, Trinidad/Missouri Valley
Lewis Hutfles	Fr.	Topeka, Kan./Seaman
Kellen Johnson	Fr.	Salina, Kan./Central
Alex Kelsey	Jr.	Paola, Kan./ (Johnson County C.C.)
Peter Kisicki	Fr.	Papillion, Neb./Papillion-La Vista
Andy Koziatek	Sr.	Ballwin, Mo./ (Marquette)
Nick Kramer	Fr.	Liberty, Mo./Liberty
Albert Okagbue	So.	Kansas City, Mo./Hickman Mills
Femi Olagoke	Jr.	New York, N.Y./ (Garden City C.C.)
Patrick O'Neill	Fr.	St. Louis, Mo./Christian Brothers
Stephen Proctor	Jr.	Claremont, N.H./Stevens
Clinton Skanes	Fr.	Omaha, Neb./Central
Anthony Skinner	Fr.	Kirkwood, Mo./Kirkwood
Colin Smith	Fr.	Linneus, Mo./Brookfield
Theron Snelson	Sr.	Hazelwood, Mo./Central
Kaleb Stoppel	Fr.	Osage City, Kan./Osage City
Charles Troupe	So.	O'Fallon, Mo./Fort Zumwalt West
Shaun Walker	Sr.	Booneville, Ark./Greenwood
Kenny Webb	Fr.	St. Louis, Mo./Christian Brothers

2005 Men's Top Efforts

Event	Name	Time/Mark	Date
100 Meter Dash	Nick Kramer	10.79	4/22
200 Meter Dash	Nick Kramer	22.05	4/16
400 Meter Dash	Eric Friends	48.86	4/16
800 Meter Run	Roland Hemmings	1:52.29	4/30
1,500 Meter Run	Patrick O'Neill	4:11.26	4/16
3,000 Meter Steeple	---	---	---
5,000 Meter Run	Andy Koziatek	15:59.01	4/16
10,000 Meter Run	Andy Koziatek	33:30.00	4/23
110 Meter Hurdles	Anthony Skinner	15.21	4/23
400 Meter Hurdles	Anthony Skinner	1:00.39	4/23
High Jump	Charles Troupe	1.98m	4/16
Long Jump	Femi Olagoke	6.79m	3/26
Triple Jump	Femi Olagoke	13.94m	4/20
Hammer Throw	Albert Okagbue	39.73m	4/16
Shot Put	Sky Hagy	14.92m	4/9
Pole Vault	Alex Kelsey	4.90m	4/22
Javelin Throw	Sky Hagy	42.27	4/9
Discus Throw	Sky Hagy	42.07m	4/16
Decathlon	Anthony Skinner	5,664pts.	4/30
4x100 Meter Relay	"A"	41.94	4/16
4x400 Meter Relay	"A"	3:17.77	4/30

Men's Mid-Con Championship History

Best Team Finish:	Champions ('99, '00)
Best Team Score:	251.5 ('00)
Team Titles:	2 ('99, '00)
Individual Champions:	35
Relay Champions:	4

Women's Championship Roster

Name	Yr.	Hometown/High School (Transfer School)
Maggie Bruggeman	Sr.	Sullivan, Mo./Sullivan
Holly Cain	Sr.	Blue Springs, Mo./Blue Springs
Lindsey Christian	Fr.	Olathe, Kan./Olathe
Shelby Coats	Jr.	Lathrop, Mo./ (Highland C.C.)
Tierra Collins	Fr.	St. Louis, Mo./Cardinal Ritter Prep
Claire Dickinson	Fr.	Fairway, Kan./Bishop Miege
Laura Driver	Fr.	Parkville, Mo./Park Hill South
Julia Engelman	Fr.	Scottsbluff, Neb./Scottsbluff
Christine Ensign	Jr.	Lawson, Mo./ (Highland C.C.)
Dione Friends	Jr.	Raytown, Mo./Park University
Sofya Galich	So.	Kansas City, Mo./Oak Park
Holly Gureski	Jr.	Shell Knob, Mo./Cassville
Sara Hiller	Fr.	Springfield, Mo./Kickapoo
Courtney Huber	Fr.	St. Peters, Mo./Fort Zumwalt West
Jessica Hulbert	Fr.	Belton, Mo./Belton
Amanda James	Jr.	Kansas City, Mo./Park Hill South
Jenny Jones	Jr.	Branson, Mo./Branson
Summer Ketrton	Fr.	Battlefield, Mo./Republic
Nicole Kofron	Fr.	Farmington, Mo./Farmington
Lisa Lambert	Fr.	DeSoto, Kan./DeSoto
Stefanie Lasley	So.	Columbia, Mo./Rock Bridge
Mikala Marquez	Fr.	Glen Carbon, Ill./Edwardsville
Tanda Penny	Fr.	Rolla, Mo./Winfield
Paula Rice	Jr.	Grandview, Mo./ (Johnson County C.C.)
Liz Rouzee	Fr.	Scottsbluff, Neb./Scottsbluff
Jessica Scott	Fr.	Glen Carbon, Ill./Edwardsville
Joanna Sparks	Fr.	House Springs, Mo./Northwest
Stephanie Williams	Fr.	Omaha, Neb./Central

2005 Women's Top Efforts

Event	Name	Time/Mark	Date
100 Meter Dash	Stephanie Williams	12.46	4/22
200 Meter Dash	Stephanie Williams	25.41	4/16
400 Meter Dash	Stephanie Williams	58.37	4/30
800 Meter Run	Holly Gureski	2:16.11	4/21
1,500 Meter Run	Sara Hiller	4:56.89	4/16
3,000 Meter Steeple	---	---	---
5,000 Meter Run	Christine Ensign	17:43.01	4/2
10,000 Meter Run	---	---	---
100 Meter Hurdles	Maggie Bruggeman	15.04	4/9
400 Meter Hurdles	Maggie Bruggeman	1:03.52	4/30
High Jump	Holly Cain	1.67m	4/22
Long Jump	Tierra Collins	5.16m	4/9
Triple Jump	---	---	---
Hammer Throw	Tanda Penny	34.39m	4/30
Shot Put	Tanda Penny	10.83m	4/16
Pole Vault	Nicole Kofron	3.22m	4/9
Javelin Throw	Lisa Lambert	38.48m	4/2
Discus Throw	Tanda Penny	36.14m	4/30
Heptathlon	---	---	---
4x100 Meter Relay	"A"	48.29	4/30
4x400 Meter Relay	"A"	4:01.35	4/2

Women's Mid-Con Championship History

Best Team Finish:	Champions ('99, '00)
Best Team Score:	268.0 ('00)
Team Titles:	2 ('99, '00)
Individual Champions:	36
Relay Champions:	10

Oral Roberts Golden Eagles



Location: Tulsa, Okla.
Enrollment: 5,389
President: Dr. Richard Roberts
Director of Athletics: Mike Carter
Nickname: Golden Eagles
Joined Mid-Con: 1997
Head Coach: Joe Dial
Asst. Coaches: Shawna Dial, Chris Brown
 Alick Musukuma, Reggie Johnson, Tony Snider



Aisha Mitchell

Men's Championship Roster

2005 Men's Top Efforts

Name	Yr.	Hometown/High School (Transfer School)
Brandon Andrews	Fr.	Panama City, Fla./Panama City
Andretti Bain	Fr.	Nassau, Bahamas/Nassau
Brian Blocker	Jr.	Jenks, Okla./Jenks
Brandon Boyd	Jr.	Jenks, Okla./Jenks
Lawrence Burrell	Jr.	Houston, Texas/Hastings
Jonathan Coussens	Fr.	Tulsa, Okla./Unino
Steve Elliott	So.	Claremore, Okla./Claremore (Oklahoma)
Adrian Foster	Fr.	Clarendon, Jamaica/Edwin Allen
Claude Greene	Fr.	Hartford, Connecticut/Hartford
Michael Joachimowski	Sr.	Poland/Mid-American Nazarene
Chase Koker	So.	Lampasas, Texas/Home Schooled
Ernest Martinez	Fr.	Taos, New Mexico/Taos
Maurice Moss	Jr.	Poplar Bluff, Mo./Poplar Bluff (Southern Illinois)
Prince Mumba	Jr.	Lusaka, Zambia/Munali
Richard Petzold	Jr.	Halbe, Germany/Paul Gerhardt Secondary
David Rivera	So.	Arroyo Grande, Calif./Arroyo Grande
Jonathan Rivers	So.	Broken Arrow, Okla./Grace Fellowship
Shaun Smith	Fr.	Clarendon, Jamaica/Edwin Allen
Blake Stice	Sr.	Ukiah, Calif./Deep Valley Christian
Adrian Stranz	Sr.	Dalles, Ore./Dalles
Ernest Stranz	So.	Dalles, Ore./Dalles
James Wanjiku	So.	Nairobi, Kenya/Ofafa Jerico
Chris White	Jr.	Schertz, Texas/Clemons
David Zahn	So.	Jenks, Okla./Jenks

Event	Name	Time/Mark	Date
100 Meter Dash	Maurice Moss	10.63	4/23
200 Meter Dash	Maurice Moss	21.89	4/30
400 Meter Dash	Andretti Bain	47.77	4/23
800 Meter Run	Prince Mumba	1:47.76	4/16
1,500 Meter Run	James Wanjiku	3:47.50	4/16
3,000 Meter Steeple	---	---	---
5,000 Meter Run	---	---	---
10,000 Meter Run	---	---	---
110 Meter Hurdles	B.J. Blocker	14.83	3/26
400 Meter Hurdles	Andretti Bain	53.17	4/30
High Jump	C.J. Greene	1.96m	4/9
Long Jump	B.J. Blocker	6.73m	3/26
Triple Jump	Michal Joachimowski	14.52m	4/16
Hammer Throw	---	---	---
Shot Put	Dave Rivera	14.48m	4/9
Pole Vault	---	---	---
Javelin Throw	Adrian Stranz	49.44m	4/16
Discus Throw	Steve Elliott	4.96m	4/16
Decathlon	Ernest Martinez	5,593 pts.	4/9
4x100 Meter Relay	"A"	42.27	4/2
4x400 Meter Relay	"A"	3:10.06	4/9

Men's Mid-Con Championship History

Best Team Finish:	Champions ('03)
Best Team Score:	203.0 ('03)
Team Titles:	1 ('03)
Individual Champions:	30
Relay Champions:	5

Women's Championship Roster

2005 Women's Top Efforts

Name	Yr.	Hometown/High School (Transfer School)
Catherine Angwech	So.	Uganda/Ndejje University
Mercedes Bellamy	Fr.	Lawton, Okla./Lawton
Elizabeth Berg	So.	Max, N.D./Max
Kara Cassel	So.	Jenks, Okla./Jenks
English Clark	Fr.	Frisco, Texas/Frisco
Amalia Grissom	Fr.	---
Tanisha Guthrie	Jr.	Jamaica/G.C. Foster
Courtney Henderson	Sr.	San Antonio, Texas/Taft
Katrina Jackson	Sr.	Eustis, Fla./Christian Home and Bible
Faithy Kamangila	Fr.	Harare, Zimbabwe/Kuwadzana
Mable Kunihira	Fr.	Kampala, Uganda/Kyambogo
Andrea Martino	Jr.	Uxbridge, Mass./Uxbridge
Theresa McLachlin	Sr.	Dillon Town, Jamaica/St. Jago
Aisha Mitchell	So.	Kansas City, Mo./Raytown South
Dollie Mitchell	Jr.	Levelland, Texas/ (Odessa J.C.)
Kahlea Porter	So.	Leawood, Kan./Leawood
Glennis Seldon	So.	Bellflower, Calif./Woodrow Wilson
Kimberly Smalling	Sr.	St. Jago, Jamaica/St. Jago
Jennifer Stanbury	Jr.	Riverton, Wyo./Riverton
Latonya Swanson	Jr.	Edmund, Okla./Mustang
Leslie Thaxon	So.	Tulsa, Okla./Union
Rachel Viau	So.	Nipoma, Calif./Arroya Grande
Nikol Zachary	So.	Shawnee, Okla./Shawnee

Event	Name	Time/Mark	Date
100 Meter Dash	Kimberly Smalling	11.97	4/23
200 Meter Dash	Aisha Mitchell	24.52	4/30
400 Meter Dash	Aisha Mitchell	54.52	4/16
800 Meter Run	Mable Kunihira	2:06.53	4/16
1,500 Meter Run	Mable Kunihira	4:26.90	4/2
3,000 Meter Steeple	Kara Cassel	12:28.41	4/30
5,000 Meter Run	Faithy Kamangila	16:44.26	4/9
10,000 Meter Run	Faithy Kamangila	33:52.31	3/26
100 Meter Hurdles	Courtney Henderson	14.47	4/23
400 Meter Hurdles	Tanisha Guthrie	61.48	4/23
High Jump	Mercedes Bellamy	1.60m	4/2
Long Jump	Mercedes Bellamy	6.08m	4/30
Triple Jump	English Clark	12.36m	3/26
Hammer Throw	---	---	---
Shot Put	---	---	---
Pole Vault	Nikol Zachery	3.80m	4/23
Javelin Throw	---	---	---
Discus Throw	---	---	---
Heptathlon	Leslie Thaxon	3,802 pts.	4/9
4x100 Meter Relay	"A"	46.88	4/16
4x400 Meter Relay	"A"	3:41.02	4/16

Women's Mid-Con Championship History

Best Team Finish:	Champions ('02)
Best Team Score:	237.0 ('02)
Team Titles:	1 ('02)
Individual Champions:	26
Relay Champions:	7

Southern Utah Thunderbirds



Brad Parker

Location: Cedar City, Utah
Enrollment: 6,672
President: Dr. Steven D. Bennion
Director of Athletics: Tom Douple
Nickname: Thunderbirds
Joined Mid-Con: 1997
Head Coach: Eric Houle
Asst. Coaches: Jeramie Murray, Casey Durbin



Krystle Johnston

Men's Championship Roster

2005 Men's Top Efforts

Name	Yr.	Hometown/High School (Transfer School)
Jess Baumgartner	So.	Cedar City, Utah/Cedar City
Phillip Britt	Jr.	Las Vegas, Nev./Green Valley
Spencer Brown	Fr.	Cedar City, Utah/Cedar
Brock Call	Fr.	Lindon, Utah/Mountain View
Graham Cheever	Fr.	Orem, Utah/Mountain View
Chris Curtis	So.	Las Vegas, Nev./Silverado
Charles Degnan	Sr.	Spokane, Wash./North Central (Spokane C.C.)
Troy Gent	Jr.	Beaver, Utah/Beaver (Snow J.C.)
Danny Goold	So.	Richfield, Utah/Richfield
Steve Hansen	Jr.	Murray, Utah/Murray
Caleb Holdaway	Fr.	Tremonton, Utah/Bear River
Brad Jeppsen	So.	Mantua, Utah/Box Elder
Cameron Jones	Fr.	Brigham City, Utah/Box Elder
Brad Kinross	Jr.	Cedar City, Utah/Canyon View
Forrest Ledbetter	Fr.	Magna, Utah/Cyprus
Shain Manuele	Fr.	Las Vegas, Nev./Eldorado
Chandler Menteer	Sr.	Carson City, Utah/Carson
Brad Parker	Sr.	Kearns, Utah/Kearns
Trevor Peterson	Fr.	Las Vegas, Nev./Eldorado
Aared Sampson	Sr.	Highland, Utah/American Fork (Utah Valley State)
Chad Sanada	Sr.	Reno, Nev./Galena
Kevin Sandall	Fr.	Elko, Nev./Elko
Karl Siebach	So.	Orem, Utah/Mountain View
B.J. Taylor	So.	Sandy, Utah/Alta
Shaun Vernon	So.	Salt Lake City, Utah/Skyline
Greg Watson	So.	Henderson, Nev./Green Valley
James Wood	Sr.	Taylorsville, Utah/Taylorsville
Brad Wyatt	Jr.	Dugway, Utah/Dugway

Event	Name	Time/Mark	Date
100 Meter Dash	Phillip Britt	11.11	4/28
200 Meter Dash	James Wood	21.68	4/23
400 Meter Dash	James Wood	47.60	4/23
800 Meter Run	Aared Sampson	1:53.74	4/28
1,500 Meter Run	Brad Parker	3:52.68	3/26
3,000 Meter Steeple	Brad Parker	9:12.77	4/16
5,000 Meter Run	Jess Baumgartner	14:10.91	3/26
10,000 Meter Run	Jess Baumgartner	29:16.89	4/15
110 Meter Hurdles	Steve Hansen	14.68	3/26
400 Meter Hurdles	Steve Hansen	52.64	4/2
High Jump	Steve Hansen	1.80m	4/2
Long Jump	B.J. Taylor	6.52m	3/19
Triple Jump	Andrew Waters	12.28m	4/23
Hammer Throw	Troy Gent	61.20m	3/26
Shot Put	Troy Gent	15.33m	4/28
Pole Vault	B.J. Taylor	4.99m	3/19
Javelin Throw	Brad Wyatt	60.50m	4/28
Discus Throw	Troy Gent	51.60m	3/26
Decathlon	B.J. Taylor	6,301 pts.	4/13
4x100 Meter Relay	"A"	42.02	4/23
4x400 Meter Relay	"A"	3:14.33	4/2

Men's Mid-Con Championship History

Best Team Finish:	Champions ('98, '04)
Best Team Score:	282.0 ('04)
Team Titles:	2 ('98, '04)
Individual Champions:	36
Relay Champions:	0

Women's Championship Roster

2005 Women's Top Efforts

Name	Yr.	Hometown/High School (Transfer School)
Camilla Bass	Fr.	Riverton, Utah/Riverton
Rebecca Bush	Fr.	Highland, Utah/American Fork
Danielle Byrd	Fr.	Orem, Utah/Timpanogos
Amy Gochnour	Sr.	Olathe, Kan./Olathe South (Johnson County C.C.)
Sharae Hill	Fr.	Ogden, Utah/Ogden
Monica Holmes	Jr.	Ogden, Utah/Fremont
Krystle Johnston	Sr.	Salt Lake City, Utah/Alta
Ashley Morrison	So.	Spanish Fork, Utah/Spanish Fork
Marie Muscato	So.	Henderson, Nev./Green Valley
Tawny Parks	Fr.	Lindon, Utah/Pleasant Grove
Jill Parry	Fr.	Lehi, Utah/Lehi
Valerie Reyes	Fr.	Bountiful, Utah/Bountiful
Traci Robbins	Fr.	Salt Lake City, Utah/Alta
Kelly Schoney	Jr.	Cedar City, Utah/Cedar City
Heidi Shepherd	So.	Provo, Utah/Provo
Krystle Smart	Sr.	Salt Lake City, Utah/Alta
Jennifer Sparks	So.	West Jordan, Utah/Juan Diego
Brittany Watters	So.	Brigham City, Utah/Box Elder
Ashley Whiting	Sr.	Wallsburg, Utah/Wasatch
Brittyn Willis	So.	West Jordan, Utah/West Jordan

Event	Name	Time/Mark	Date
100 Meter Dash	Krystle Johnston	12.04	4/23
200 Meter Dash	Krystle Johnston	24.80	4/23
400 Meter Dash	Brittany Watters	55.43	4/23
800 Meter Run	Brityn Willis	2:17.61	4/2
1,500 Meter Run	Tawny Parks	4:46.00	3/26
3,000 Meter Steeple	Tawny Parks	11:12.53	4/2
5,000 Meter Run	Amy Gochnour	17:43.12	4/15
10,000 Meter Run	Amy Gochnour	37:11.89	3/26
100 Meter Hurdles	Kelly Schoney	14.07	4/23
400 Meter Hurdles	Jennifer Sparks	1:02.90	4/23
High Jump	Heidi Shepherd	1.63m	4/23
Long Jump	Jill Parry	5.01m	4/2
Triple Jump	---	---	---
Hammer Throw	Ashley Morrison	49.30m	4/28
Shot Put	Ashley Morrison	13.22m	3/19
Pole Vault	Marie Muscato	3.66m	4/2
Javelin Throw	Monica Holmes	37.52m	4/28
Discus Throw	Ashley Morrison	36.83m	4/28
Heptathlon	Jill Parry	3,781 pts.	4/23
4x100 Meter Relay	"A"	47.05	4/23
4x400 Meter Relay	"A"	3:50.15	4/2

Women's Mid-Con Championship History

Best Team Finish:	Champions ('98, '01, '03, '04)
Best Team Score:	270.0 ('04)
Team Titles:	4 ('98, '01, '03, '04)
Individual Champions:	41
Relay Champions:	0



Valparaiso Crusaders



Todd Goodrick

Location: Valparaiso, Ind.
Enrollment: 3,900
President: Dr. Alan Harre
Director of Athletics: Mark LaBarbera
Nickname: Crusaders
Joined Mid-Con: 1982
Head Coach: Tyler Wingard
Asst. Coaches: Mike Straubel, Aimee Dawson,
 Ryan Moore



Melanie Wilson

Men's Championship Roster

2005 Men's Top Efforts

Name	Yr.	Hometown/High School (Transfer School)
Derek Augustynowicz	Sr.	Tinley Park, Ill./Andrew
Bryan Bandy	Jr.	Barrington, Ill./Barrington
Steve Bartholomew	Fr.	Valparaiso, Ind./Morgan Township
Bryan Bell	So.	Bellevue, Neb./East
Michael Brouch	Fr.	Aurora, Ill./Marmion Academy
Jason Douthett	Fr.	Highland, Ind./Highland
Todd Goodrick	Sr.	Rochester Hills, Mich./Rochester
Zach Janush	Fr.	Oak Park, Ill./Fenwick
Dennis Kabara	Sr.	Chuka, Kenya/Meru
Wesley Kosko	Jr.	Emporia, Kan./Emporia
David Kranich	So.	Seattle, Wash./Lutheran
Matt Larson	Sr.	Arlington Heights, Ill./Saint Viator
Joshua Lee	Sr.	Yellow Jacket, Colo./Montezuma-Cortez
Mark Lincoln	Fr.	Bellingham, Wash./Bellingham
Brett Maynard	Fr.	Pawcatuck, Conn./Stonington
Jeff Moscinski	Sr.	Rockford, Ill./Christian Life
Jeremy Paul	Sr.	Lodi, Ohio/Cloverleaf
Adam Piaskowy	Sr.	Crete, Ill./Crete-Monee
Mark Reddel	So.	Melrose Park, Ill./Walther Lutheran
Adriano Schultz	So.	Brecksville, Ohio/Brecksville-Broadview Heights
Eric Smith	So.	Portage, Ind./Portage
Josh Stamper	Jr.	DeMotte, Ind./Kankakee Valley (North Park University)
Jeff Swihart	Jr.	Wakarusa, Ind./Northwood

Event	Name	Time/Mark	Date
100 Meter Dash	Joshua Lee	11.38	4/2
200 Meter Dash	Wesley Kosko	23.36	4/30
400 Meter Dash	Jeff Moscinski	51.82	4/30
800 Meter Run	Jason Douthett	2:00.77	4/9
1,500 Meter Run	Adam Piaskowy	4:11.55	4/22
3,000 Meter Steeple	Adriano Schultz	9:55.99	4/30
5,000 Meter Run	Adam Piaskowy	15:26.99	4/30
10,000 Meter Run	Michael Brouch	34:00.08	4/30
110 Meter Hurdles	Sean Barfield	15.53	4/2
400 Meter Hurdles	Zach Janush	57.81	4/30
High Jump	Jonathan Braun	1.70m	4/2
Long Jump	Joshua Lee	6.68m	4/22
Triple Jump	David Kranich	11.72m	4/30
Hammer Throw	Bryan Bell	49.71m	4/30
Shot Put	Todd Goodrick	15.93m	4/22
Pole Vault	Josh Stamper	4.15m	4/9
Javelin Throw	Mark Lincoln	53.73m	4/30
Discus Throw	Steve Bartholomew	47.06m	4/30
Decathlon	---	---	---
4x100 Meter Relay	"A"	44.24	4/22
4x400 Meter Relay	"A"	3:32.15	4/30

Men's Mid-Con Championship History

Best Team Finish:	Fourth Place ('03, '04)
Best Team Score:	108.0 (2003)
Team Titles:	None
Individual Champions:	5
Relay Champions:	0

Women's Championship Roster

2005 Women's Top Efforts

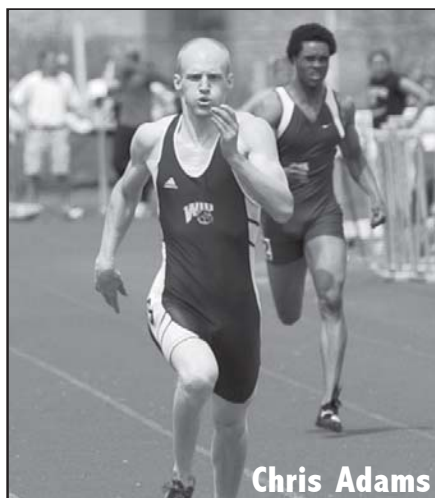
Name	Yr.	Hometown/High School (Transfer School)
Laura Arloszynski	So.	Greenfield, Wis./Greenfield
Ashley Billstrom	So.	Hales Corners, Wis./Whitnall
Rachael Button	Fr.	Farmington Hills, Mich./Farmington
Jessica Cherrington	Sr.	Roseberg, Ore./Umpqua Valley Christian
Shile Dayton	Sr.	Blairdsen, Calif./Portola
Mary Frisch	Sr.	Chesterton, Ind./Chesterton
Holly Hagen	Sr.	Hobart, Ind./Hobart
Carissa Heinold	Fr.	Charleston, Ill./Charleston
Amanda Hyttel	So.	Racine, Wis./William Harlick
Patricia Kloth	Fr.	Medford, Wis./Medford Area
Rachel Liptak	Sr.	Temecula, Calif./Temecula Valley
Julie Luloff	Fr.	Princeton, Ill./Princeton
Emilie Marsicek	So.	Spalding, Mich./Carney-Nadeau
Lauren McLaughlin	Fr.	Shoreview, Minn./Mounds View
Amanda Meyer	Sr.	Hudson, Wis./Somerset
Karen Morrill	Fr.	Friday Harbor, Wash./Friday Harbor
Heidi Nathan	Sr.	Medford, N.Y./Patchogue-Medford
Rachel Nelson	Sr.	Lee's Summit, Mo./Lee's Summit
Danielle Nunnally	So.	Valparaiso, Ind./Valparaiso
Kelly Owens	Sr.	Highland Heights, Ky./Highlands (Centre)
Kristen Page	Fr.	Toledo, Ohio/Ottawa Hills
Jennifer Plaskota	So.	Naperville, Ill./Neuqua Valley
Kristy Popp	Sr.	Bowman, N.D./Bowman
Jobeth Schmiesing	Jr.	Mankato, Minn./West
Carrie Waterman	Sr.	Wheaton, Ill./North
Melanie Wilson	Fr.	Saint Louis, Mo./Rosati-Kain
Maggie Zeller	Jr.	Downers Grove, Ill./Benet Academy
Alicia Cinneker	So.	Cincinnati, Ohio/Indian Hill

Event	Name	Time/Mark	Date
100 Meter Dash	Patricia Kloth	12.62	4/30
200 Meter Dash	Melanie Wilson	27.00	4/30
400 Meter Dash	Maggie Zeller	1:00.52	4/16
800 Meter Run	Rachel Nelson	2:19.36	4/30
1,500 Meter Run	Rachel Nelson	4:46.60	4/22
3,000 Meter Steeple	Jobeth Schmiesing	11:22.84	4/30
5,000 Meter Run	Danielle Nunnally	18:04.72	4/30
10,000 Meter Run	Rachel Button	39:56.89	4/30
100 Meter Hurdles	Melanie Wilson	14.81	4/30
400 Meter Hurdles	Maggie Zeller	1:06.76	4/22
High Jump	Martha Josephson	1.48m	4/30
Long Jump	Melanie Wilson	5.54m	4/30
Triple Jump	Melanie Wilson	11.19m	4/16
Hammer Throw	Holly Hagen	52.74m	4/15
Shot Put	Emilie Marsicek	13.36m	4/9
Pole Vault	Amanda Meyer	3.20m	5/7
Javelin Throw	Jessica Cherrington	40.82m	4/16
Discus Throw	Holly Hagen	36.51m	4/2
Heptathlon	---	---	---
4x100 Meter Relay	"A"	50.78	4/30
4x400 Meter Relay	"A"	4:20.82	4/16

Women's Mid-Con Championship History

Best Team Finish:	Fourth Place ('04)
Best Team Score:	99.5 ('99)
Team Titles:	None
Individual Champions:	9
Relay Champions:	0

Western Illinois Leathernecks & Westerwinds



Chris Adams

Location: Macomb, Ill.
Enrollment: 13,550
President: Dr. Al Goldfarb
Director of Athletics: Dr. Tim Van Alstine
Nickname: Leathernecks & Westerwinds
Joined Mid-Con: 1982
Men's Head Coach: Mike Stevenson
Asst. Coaches Andy Diecker, Gabriel LeMay
 9 Loreena Anderson, Andy Sherwood



Aubrey Martin

Men's Championship Roster

Name	Yr.	Hometown/High School (Transfer School)
Chris Adams	Sr.	Quincy, Ill./Quincy Senior
Matt Afflerbaugh	Sr.	Oregon, Ill./Oregon
Joe Arthur	Jr.	Schaumburg, Ill./Hoffman Estates
Mike Behrens	Sr.	Harmon, Ill./Bureau Valley
Ryan Billingsley	Sr.	Huntsville, Ill./Rushville
Peter Christakos	So.	Johnston, Iowa/Johnston
Matt Cook	Fr.	Canton, Ill./Canton
Sean Delahunt	So.	Pekin, Ill./Pekin Community
Alex Douglas	Fr.	Quincy, Ill./Quincy
Blair Hadnott	Fr.	Aurora, Ill./West Aurora
Mike Henley	Jr.	Aurora, Ill./Marmion Academy
Jarrell Johnson	Fr.	St. Louis, Mo./Gateway Tech
Jeff Leiker	Sr.	Scott City, Kan./Scott City
Erik Lindahl	Jr.	Prophetstown, Ill./Prophetstown
Kyle Mikowski	Fr.	Elburn, Ill./Benet
Dwayne Miller	Fr.	Country Club Hills, Ill./Hillcrest
Andy Parer	So.	Rock Island, Ill./Rock Island
Robb Pfrank	Sr.	Arlington Heights, Ill./Hersey
Garrett Ryan	Jr.	St. Charles, Ill./St. Charles East
Adam Sacasa	Fr.	Skokie, Ill./Niles North
Zach Somers	Sr.	Palatine, Ill./Palatine
Ken Spanton	Sr.	Naperville, Ill./Naperville Central
Aaron Steele	Sr.	Scott City, Kan./Scott Community
Brett Verplank	So.	Normal, Ill./Normal
Robert Wasnidge	Sr.	Plainfield, Ind./Plainfield (Tri-State)
Walt Willis	Fr.	Loda, Ill./Paxton-Buckley-Loda
Steve Wittleder	Jr.	St. Charles, Ill./St. Charles East
Matt Wrage	Fr.	Emden, Ill./Hartsburg/Emden
David Ziemann	So.	Machesney Park, Ill./Harlem

2005 Men's Top Efforts

Event	Name	Time/Mark	Date
100 Meter Dash	Chris Adams	11.00	4/2
200 Meter Dash	Chris Adams	21.67	3/26
400 Meter Dash	Chris Adams	47.80	4/9
800 Meter Run	Zach Somers	1:52.64	4/9
1,500 Meter Run	Zach Somers	3:59.67	4/2
3,000 Meter Steeple	Zach Somers	9:49.10	4/9
5,000 Meter Run	Peter Christakos	15:09.89	4/9
10,000 Meter Run	---	---	---
110 Meter Hurdles	Andy Parer	15.37	4/16
400 Meter Hurdles	Mike Henley	54.95	4/16
High Jump	Jeff Leiker	1.95m	3/26
Long Jump	Blair Hadnott	6.86m	3/26
Triple Jump	Blair Hadnott	14.30m	4/9
Hammer Throw	Robb Pfrank	61.68m	4/16
Shot Put	Sean Delahunt	17.19m	4/16
Pole Vault	Erik Lindahl	5.05m	4/16
Javelin Throw	Matt Wrage	52.40m	4/16
Discus Throw	Ryan Billingsley	53.36m	4/16
Decathlon	Mike Henley	5:47	4/2
4x100 Meter Relay	"A"	42.58	4/16
4x400 Meter Relay	"A"	3:17.31	4/9

Men's Mid-Con Championship History

Best Team Finish:	Champions ('01, '02)
Best Team Score:	242.5 ('04)
Team Titles:	2 ('01, '02)
Individual Champions:	69
Relay Champions:	13

Women's Championship Roster

Name	Yr.	Hometown/High School (Transfer School)
Stephanie Abram	Fr.	Palatine, Ill./Palatine
Audra Bark	Jr.	DeWitt, Iowa/DeWitt
Libby Bedoe	So.	Mokena, Ill./Lincoln Way East (Eastern Illinois)
Andrea Bonner	So.	O'Fallon, Ill./O'Fallon Township
Rebekah Brunner	Jr.	Aurora, Ill./Aurora Christian
Erin Downes	Jr.	Wheaton, Ill./Glenbard South
Kristin Gabel	Sr.	Hinsdale, Ill./Hinsdale South
Diane Haluczak	Sr.	Algonquin, Ill./Jacobs
Melissa Jay	Fr.	Ottumwa, Iowa/Ottumwa
Tara Jetter	Sr.	Clinton, Iowa/Clinton
Allie Karns	Sr.	West Des Moines, Iowa/Valley
Susan Logsdon	So.	Park Ridge, Ill./Maine South
Aubrey Martin	Jr.	Muscatine, Iowa/Muscatine
Beth Michael	Jr.	Marshalltown, Iowa/Marshalltown
Cara Neill	So.	Aurora, Ill./Rosary
Aubrie Nelson	Sr.	Westmont, Ill./Downers Grove North
Hillary Palumbo	So.	Clearwater, Fla./York Community
Darcy Pavlik	Jr.	Palos Heights, Ill./Stagg
Katie Pickford	So.	Sterling, Ill./Sterling
Chandel Ray	Fr.	Toledo, Ill./Cumberland
Mary Scott	Fr.	Mahomet, Ill./Mahomet-Seymour
Sarah Swain	Jr.	Chatham, Ill./Chatham
Karen Wartgow	Jr.	Belvidere, Ill./Belvidere
Heather Wetzel	Fr.	Waterloo, Ill./Waterloo
Beth Whalen	Fr.	Bettendorf, Iowa/Bettendorf
Andrea Yancy	Fr.	Streator, Ill./Streator
Ashley Yancy	Fr.	Streator, Ill./Streator
Amy Zaffino	Fr.	Shorewood, Ill./Minooka
Courtney Zueck	Sr.	Glenview, Ill./South

2005 Women's Top Efforts

Event	Name	Time/Mark	Date
100 Meter Dash	Audra Bark	12.10	4/9
200 Meter Dash	Audra Bark	24.85	4/16
400 Meter Dash	Kristin Gabel	57.72	4/16
800 Meter Run	Hillary Palumbo	2:18.56	4/16
1,500 Meter Run	Sarah Swain	4:34.45	4/16
3,000 Meter Steeple	Sarah Swain	11:08.10	4/9
5,000 Meter Run	Beth Whalen	17:39.51	4/9
10,000 Meter Run	Darcy Pavlik	40:33.67	4/9
100 Meter Hurdles	Tara Jetter	14.89	4/16
400 Meter Hurdles	Tara Jetter	1:04.49	4/30
High Jump	Erin Downes	1.61m	4/16
Long Jump	Ashley Yancy	5.31m	3/26
Triple Jump	Susie Logsdon	11.12m	3/26
Hammer Throw	Aubrey Martin	55.32m	4/16
Shot Put	Aubrey Martin	16.12m	4/2
Pole Vault	Katie Pickford	3.35m	4/9
Javelin Throw	Libby Bedoe	32.27m	4/30
Discus Throw	Aubrey Martin	45.46m	3/26
Heptathlon	Allie Karns	4,045	4/2
4x100 Meter Relay	"A"	47.31	4/30
4x400 Meter Relay	"A"	3:50.41	4/16

Women's Mid-Con Championship History

Best Team Finish:	Champions ('96)
Best Team Score:	218.5 ('04)
Team Titles:	1 ('96)
Individual Champions:	30
Relay Champions:	1



Men's Track & Field History

Year-By-Year Results

1983 - at Western Illinois; Macomb, Ill.

1. Northern Iowa	222.0
2. Eastern Illinois	153.0
3. SW Missouri State	96.0
4. Western Illinois	95.0
5. Cleveland State	48.0
6. Illinois-Chicago	36.0

1984 - at Eastern Illinois; Charleston, Ill.

1. Northern Iowa	197.0
2. Eastern Illinois	168.5
3. Western Illinois	112.5
4. SW Missouri State	103.0
5. Cleveland State	50.0
6. Illinois-Chicago	10.0

1985 - at Western Illinois; Macomb, Ill.

1. Eastern Illinois	181.0
2. Western Illinois	172.0
3. Northern Iowa	170.0
4. Cleveland State	62.0
5. SW Missouri State	60.0
6. Illinois-Chicago	10.0

1986 - at Eastern Illinois; Charleston, Ill.

1. Northern Iowa	224.0
2. Eastern Illinois	165.0
3. Western Illinois	147.0
4. SW Missouri State	70.0
5. Illinois-Chicago	50.0
6. Cleveland State	22.0

1987 - at Western Illinois; Macomb, Ill.

1. Eastern Illinois	123.0
2. Western Illinois	90.0
3. Northern Iowa	63.0
4. SW Missouri State	50.0
5. Cleveland State	8.0

1988 - at Eastern Illinois; Charleston, Ill.

1. Eastern Illinois	140.0
2. Northern Iowa	93.0
3. Western Illinois	50.0
4. SW Missouri State	41.0
5. Cleveland State	11.0

1989 - at Western Illinois; Macomb, Ill.

1. Eastern Illinois	163.0
2. Northern Iowa	71.0
3. Western Illinois	54.0
4. SW Missouri State	38.0
5. Cleveland State	6.0

1990 - at Eastern Illinois; Charleston, Ill.

1. Eastern Illinois	230.0
2. Northern Iowa	167.0
3. Western Illinois	115.0
4. SW Missouri State	57.0
5. Akron	43.5
6. Cleveland State	29.5
7. Illinois-Chicago	6.0

1991 - at Western Illinois; Macomb, Ill.

1. Eastern Illinois	102.0
2. Northern Iowa	51.0
3. Western Illinois	48.0
4. Akron	12.0
5. Cleveland State	11.0

1992 - at Eastern Illinois; Charleston, Ill.

1. Eastern Illinois	264.0
2. Western Illinois	191.0
3. Akron	77.0
4. Youngstown State	71.0
5. Cleveland State	35.0
6. Illinois-Chicago	2.0
7. Wright State	0.0

1993 - No Mid-Con Outdoor Track Championship

1994 - No Mid-Con Outdoor Track Championship

1995 - May 11-13, 1995 at Central Conn. State; New Britain, Conn.

1. Eastern Illinois	165.0
2. Western Illinois	120.0
3. Buffalo	82.0
UMKC	82.0
5. Youngstown State	61.0
6. Central Connecticut State	47.0
7. Troy State	46.0
8. Chicago State	41.0

1996 - May 12-14, 1996 at UMKC; Kansas City, Mo.

1. Eastern Illinois	186.0
2. Youngstown State	118.0
3. UMKC	99.0
4. Western Illinois	70.0
5. Troy State	64.0
6. Buffalo	53.0
7. Central Connecticut State	29.0
8. Chicago State	22.0
9. Valparaiso	10.0

1997 - May 9-11, 1997 at Buffalo; Buffalo, N.Y.

1. Youngstown State	271.5
2. Troy State	129.0
3. Western Illinois	121.0
4. UMKC	112.5
5. Buffalo	105.0
6. Central Connecticut State	41.0
7. Chicago State	23.0
8. Valparaiso	12.0

1998 - May 1-3, 1998 at UMKC; Kansas City, Mo.

1. Southern Utah	179.0
2. UMKC	171.0
3. Youngstown State	137.0
4. Western Illinois	87.5
5. Buffalo	82.0
6. Oral Roberts	78.0
7. Chicago State	60.5
8. Valparaiso	21.0

1999 - April 29-30, May 1, 1999 at UMKC; Kansas City, Mo.

1. UMKC	212.0
2. Southern Utah	198.0
3. Youngstown State	134.0
4. Oral Roberts	111.0
5. Western Illinois	94.0
6. Chicago State	31.0
Valparaiso	31.0

2000 - May 11-13, 2000 at UMKC; Kansas City, Mo.

1. UMKC	251.5
2. Southern Utah	247.0
3. Oral Roberts	123.5
4. Youngstown State	86.0
5. Valparaiso	41.0
Western Illinois	41.0
6. Chicago State	22.0

2001 - May 10-12, 2001 at Youngstown State; Youngstown, Ohio

1. Western Illinois	192.0
2. Southern Utah	164.0
3. Oral Roberts	154.5
4. UMKC	127.0
5. Youngstown State	87.0
6. Valparaiso	45.5
7. Chicago State	26.0

2002 - May 9-11, 2002 at Western Illinois; Macomb, Ill.

1. Western Illinois	214.33
2. Oral Roberts	187.33
3. Southern Utah	177.0
4. UMKC	130.33
5. Chicago State	72.0
6. Valparaiso	29.0

2003 - May 15-17, 2003 at Western Illinois; Macomb, Ill.

1. Oral Roberts	203.0
2. Western Illinois	185.0
3. Southern Utah	154.0
4. Valparaiso	108.0
5. Chicago State	92.0
6. UMKC	70.0

2004 - May 13-15, 2004 at Southern Utah; Cedar City, Utah

1. Southern Utah	282.0
2. Western Illinois	242.5
3. Oral Roberts	122.5
4. Valparaiso	77.0
5. Chicago State	45.0
6. UMKC	41.0



Mid-Con Men's Championship Records

Event	Record	Name	School	Year
100 Meter Dash	10.19	Dave Moore	Western Illinois	1991
200 Meter Dash	20.89	Kofi Owusu-Ansah	Youngstown State	1999
400 Meter Dash	46.68	Jonathan Rivers	Oral Roberts	2004
800 Meter Run	1:49.01	Jim Maton	Eastern Illinois	1987
1,500 Meter Run	3:48.82	Lee Tittle	UMKC	1999
3,000 Meter Steeplechase	9:05.19	Tim Warneke	Eastern Illinois	1983
5,000 Meter Run	14:26.44	John Gassman	Eastern Illinois	1983
10,000 Meter Run	30:09.90	Chris Leonard	Northern Iowa	1985
110 Meter Hurdles	13.97	Oliver Porter	Cleveland State	1985
400 Meter Hurdles	51.27	Dan Steele	Eastern Illinois	1990
4x100 Relay	40.64	Davis, Metcalf, Garrison, Maddox	Oral Roberts	1999
4x400 Relay	3:12.05	Duris, Hunt, Weimer, Epperly	UMKC	1999
Long Jump	25'05.50"	Nevin Govan	Eastern Illinois	1992
Triple Jump	52'00.50"	Dante Smith	Western Illinois	1990
High Jump	7'03.25"	Matt Voelker	UMKC	2002
Shot Put	59'09.25"	Tony Snider	Oral Roberts	2004
Discus Throw	186'03.00"	Braidy Miller	Eastern Illinois	1992
Hammer Throw	211'07.00"	Braidy Miller	Eastern Illinois	1992
Javelin Throw	220'06.50"	Jeff Vojtko	Akron	1992
Pole Vault	17'00.25"	Ben Chisum	Oral Roberts	2001
Decathlon	7699	Darrin Steele	Eastern Illinois	1992

Yearly Championship Results

Year	Champion	Score	Runner-Up	Score	Site
1983	Northern Iowa	222.0	Eastern Illinois	153.0	Macomb, Ill.
1984	Northern Iowa	197.0	Eastern Illinois	168.5	Charleston, Ill.
1985	Eastern Illinois	181.0	Western Illinois	172.0	Macomb, Ill.
1986	Northern Iowa	224.0	Eastern Illinois	165.0	Charleston, Ill.
1987	Eastern Illinois	123.0	Western Illinois	90.0	Macomb, Ill.
1988	Eastern Illinois	140.0	Northern Iowa	93.0	Charleston, Ill.
1989	Eastern Illinois	163.0	Northern Iowa	71.0	Macomb, Ill.
1990	Eastern Illinois	230.0	Northern Iowa	167.0	Charleston, Ill.
1991	Eastern Illinois	102.0	Northern Iowa	51.0	Macomb, Ill.
1992	Eastern Illinois	264.0	Western Illinois	191.0	Charleston, Ill.
1993-94 - No Mid-Con Outdoor Track & Field Championships held					
1995	Eastern Illinois	165.0	Western Illinois	120.0	New Britain, Conn.
1996	Eastern Illinois	186.0	Youngstown State	118.0	Kansas City, Mo.
1997	Youngstown State	271.5	Troy State	129.0	Buffalo, N.Y.
1998	Southern Utah	179.0	UMKC	171.0	Kansas City, Mo.
1999	UMKC	212.0	Southern Utah	198.0	Kansas City, Mo.
2000	UMKC	251.5	Southern Utah	247.0	Kansas City, Mo.
2001	Western Illinois	192.0	Southern Utah	164.0	Youngstown, Ohio
2002	Western Illinois	214.33	Oral Roberts	187.33	Macomb, Ill.
2003	Oral Roberts	203.0	Western Illinois	185.0	Macomb, Ill.
2004	Southern Utah	282.0	Western Illinois	242.5	Cedar City, Utah



Men's Track & Field History

Year-By-Year Event Champions

1997	
100 Meter	Tywyne Kingsby, Western Illinois 11.44
200 Meter	Kofi Owusu-Ansah, Youngstown State 22.66
400 Meter	Dion Hall, Troy State 48.31
800 Meter	Michael Gover, Troy State 1:56.25
1,500 Meter	Bob Bond, Youngstown State 4:05.37
3,000 Steeple	Bob Bond, Youngstown State 9:13.77
5,000 Meter	Don Craig, Youngstown State 15:26.93
10,000 Meter	John Stanley, Troy State 31:27.18
110 Meter Hurd.	Doug Fredrick, UMKC 16.33
400 Meter Hurd.	Jeff Fitch, UMKC 54.71
4x100 Relay	Western Illinois 42.27

4x400 Relay	(Crump, Farrell, Sears, Kingsby) Youngstown State 3:19.57
Long Jump	Clifford Ivory, Troy State 23'11.50"
Triple Jump	Lamont Dagen, Chicago State 50'05.50"
High Jump	Jonathon Lucas, Troy State 6'06.00"
Shot Put	Albert Lucas, Troy State 50'06.75"
Discus Throw	Marc McIntyre, Troy State 150'01.00"
Hammer Throw	Colin Klier, Youngstown State 158'00.00"
Javelin Throw	Adam Verock, Central Connecticut State 178'06.00"
Pole Vault	Jason Pope, Youngstown State 14'11.50"
Decathlon	Jason Pope, Youngstown State 6,275

1998	
100 Meter	Devon Metcalf, Oral Roberts 10.45
200 Meter	Devon Metcalf, Oral Roberts 21.23
400 Meter	Glenn Hunt, UMKC 48.18
800 Meter	Adam Brown, Southern Utah 1:51.86
1,500 Meter	Ben Houlberg, Oral Roberts 3:52.18
3,000 Steeple	Bob Bond, Youngstown State 9:08.26
5,000 Meter	Jody Benson, Southern Utah 14:51.63
10,000 Meter	Jody Benson, Southern Utah 30:40.46
110 Meter Hurd.	Willie White, UMKC 14.86
400 Meter Hurd.	Doug Fredrick, UMKC 53.37
4x100 Relay	Western Illinois 41.51

4x400 Relay	(Blalock, Novotny, Hill, Kingsby) UMKC 3:16.03
Long Jump	(Wilson, Hunt, Davis, Epperly) Lance Davis, UMKC 24'05.50"
Triple Jump	Lamont Dagen, Chicago State 50'02.50"
High Jump	Joel Wasser, Western Illinois 6'07.50"
Shot Put	David Forsberg, Southern Utah 54'00.00"
Discus Throw	Kris Watson, Southern Utah 166'06.00"
Hammer Throw	Kris Watson, Southern Utah 183'02.00"
Javelin Throw	Layne Richards, Southern Utah 190'04.00"
Pole Vault	Neil Murray, Buffalo 15'03.50"
Decathlon	Layne Richards, Southern Utah 6,092

1999	
100 Meter	Virgil Maddox, Oral Roberts 10.46
200 Meter	Kofi Owusu-Ansah, Youngstown State 20.89
400 Meter	Glenn Hunt, UMKC 47.78
800 Meter	Adam Brown, Southern Utah 1:52.09
1,500 Meter	Lee Tittle, UMKC 3:48.82
3,000 Steeple	Mark Brady, Youngstown State 9:19.36
5,000 Meter	Mark Wright, Southern Utah 15:03.31
10,000 Meter	Matt Folk, Youngstown State 31:12.16
110 Meter Hurd.	Willie White, UMKC 14.40
400 Meter Hurd.	Doug Fredrick, UMKC 52.28
4x100 Relay	Oral Roberts 40.64

4x400 Relay	(Davis, Metcalfe, Garrison, Maddox) UMKC 3:12.05
Long Jump	(Duris, Hunt, White, Epperly) Wayne Davis, Oral Roberts 25'04.00"
Triple Jump	Lamont Dagen, Chicago State 50'11.50"
High Jump	Raymond Lukes, Southern Utah 6'10.75"
Shot Put	Darren Moser, Western Illinois 53'01.50"
Discus Throw	Jon McLaughlin, Southern Utah 167'02.00"
Hammer Throw	Kris Watson, Southern Utah 189'07.00"
Javelin Throw	Chris Riding, Southern Utah 201'10.00"
Pole Vault	Ben Chisum, Oral Roberts 16'07.25"
Decathlon	Grant Dennis, UMKC 6,647

2000	
100 Meter	Kofi Owusu-Ansah, Youngstown State 10.48
200 Meter	Kofi Owusu-Ansah, Youngstown State 21.27
400 Meter	James Finks, UMKC 46.92
800 Meter	Ben Houlberg, Oral Roberts 1:52.62
1,500 Meter	Ben Houlberg, Oral Roberts 3:54.34
3,000 Steeple	Jeremy Combs, UMKC 9:16.01
5,000 Meter	Jody Benson, Southern Utah 14:39.45
10,000 Meter	Jody Benson, Southern Utah 31:10.19
110 Meter Hurd.	Willie White, UMKC 14.29
400 Meter Hurd.	Doug Fredrick, UMKC 52.83
4x100 Relay	Oral Roberts 40.74

4x400 Relay	(Metcalf, Maddox, Garrison, Kappers) UMKC 3:12.59
Long Jump	(Duris, Hunt, Weimer, Epperly) Deandre Free, UMKC 24'07.25"
Triple Jump	Deandre Free, UMKC 49'10.50"
High Jump	Jory Miller, Oral Roberts 6'08.00"
Shot Put	Troy Ford, Southern Utah 52'06.00"
Discus Throw	Shawn Cobey, Youngstown State 153'04.00"
Hammer Throw	Geoff Gladish, UMKC 180'02.00"
Javelin Throw	Kyle Rowley, Southern Utah 204'03.00"
Pole Vault	Jeff Day, Southern Utah 14'11.00"
Decathlon	Grant Dennis, UMKC 7,051

2001	
100 Meter	Desmond Bynum, Western Illinois 10.92
200 Meter	Virgil Maddox, Oral Roberts 22.20
400 Meter	Virgil Maddox, Oral Roberts 47.56
800 Meter	Ben Houlberg, Oral Roberts 1:53.31
1,500 Meter	Ben Houlberg, Oral Roberts 3:56.31
3,000 Steeple	Zak James, Southern Utah 9:12.27
5,000 Meter	Aaron Crague, Valparaiso 14:34.42
10,000 Meter	Curtis Moore, Southern Utah 31:08.17
110 Meter Hurd.	Franz Petzold, Oral Roberts 14.52
400 Meter Hurd.	Willie White, UMKC 53.67
4x100 Relay	Western Illinois 41.07

4x400 Relay	(Novotny, Stambaugh, Hill, Bynum) UMKC 3:17.75
Long Jump	(Hunt, Duris, White, Dennis) Deandre Free, UMKC 25'02.50"
Triple Jump	Deandre Free, UMKC 48'00.75"
High Jump	Tim Jones, UMKC 6'06.75"
Shot Put	Troy Ford, Southern Utah 53'04.50"
Discus Throw	Darren Moser, Western Illinois 171'02.00"
Hammer Throw	Darren Moser, Western Illinois 164'08.00"
Javelin Throw	Kyle Rowley, Southern Utah 206'00.00"
Pole Vault	Ben Chisum, Oral Roberts 17'00.25"
Decathlon	Grant Dennis, UMKC 7,413

2002	
100 Meter	Desmond Bynum, Western Illinois 10.51
200 Meter	Desmond Bynum, Western Illinois 21.43
400 Meter	Chris Adams, Western Illinois 48.49
800 Meter	Zach Somers, Western Illinois 1:53.88
1,500 Meter	Omar Brooks, Oral Roberts 3:57.10
3,000 Steeple	Zak James, Southern Utah 9:14.19
5,000 Meter	Zak James, Southern Utah 14:43.57
10,000 Meter	Seth Thompson, Southern Utah 32:25.62
110 Meter Hurd.	Franz Petzold, Oral Roberts 14.44
400 Meter Hurd.	Kempes Chambers, Chicago State 52.97
4x100 Relay	Oral Roberts 41.20

4x400 Relay	(Johnson, Montegue, Garrison, Diah) Western Illinois 3:19.60
Long Jump	(Adams, Hester, Bynum, Stambaugh) Deandre Free, UMKC 24'05.00"
Triple Jump	Westford Hamilton, Chicago State 46'11.75"
High Jump	Matt Voelker, UMKC 7'03.25"
Shot Put	Josh Whisman, UMKC 55'05.00"
Discus Throw	Darren Moser, Western Illinois 163'08.00"
Hammer Throw	Darren Moser, Western Illinois 175'05.00"
Javelin Throw	Kyle Rowley, Southern Utah 196'11.00"
Pole Vault	Tyson Smith, Oral Roberts 14'11.75"
Decathlon	Wayne Scott, Oral Roberts 6,275

2003	
100 Meter	Wayne Scott, Oral Roberts 10.87
200 Meter	Chris Adams, Western Illinois 21.52
400 Meter	Chris Adams, Western Illinois 47.10
800 Meter	Zach Somers, Western Illinois 1:53.23
1,500 Meter	Nate Nunnally, Valparaiso 3:53.54
3,000 Steeple	Cody Moat, Southern Utah 9:18.39
5,000 Meter	Aaron Crague, Valparaiso 15:09.29
10,000 Meter	Cody Moat, Southern Utah 31:47.22
110 Meter Hurd.	Franz Petzold, Oral Roberts 14.26
400 Meter Hurd.	Franz Petzold, Oral Roberts 53.32
4x100 Relay	Oral Roberts 41.26

4x400 Relay	(F. Petzold, R. Petzold, Johnson, Scott) Oral Roberts 3:16.88
Long Jump	(Scott, Smith, F. Petzold, R. Petzold) Jelani Summers, Chicago State 23'06.25"
Triple Jump	Mike Joachimski, Oral Roberts 50'02.75"
High Jump	Matt Voelker, UMKC 6'07.75"
Shot Put	Tony Snider, Oral Roberts 51'00.00"
Discus Throw	Ryan Billingsley, Western Illinois 165'11.00"
Hammer Throw	Ryan Billingsley, Western Illinois 185'05.00"
Javelin Throw	Kristopher Schmautz, Valparaiso 187'01.00"
Pole Vault	Shaun Schaefer, Oral Roberts 16'00.75"
Decathlon	Matt Zaleski, Western Illinois 5,337

2004	
100 Meter	Maurice Moss, Oral Roberts 10.95
200 Meter	Chris Adams, Western Illinois 21.81
400 Meter	Jonathan Rivers, Oral Roberts 46.68
800 Meter	Prince Mumba, Oral Roberts 1:49.76
1,500 Meter	Prince Mumba, Oral Roberts 3:55.12
3,000 Steeple	Cody Moat, Southern Utah 9:38.11
5,000 Meter	Jess Baumgartner, Southern Utah 15:49.26
10,000 Meter	Cody Moat, Southern Utah 33:05.26
110 Meter Hurd.	Ransom Minyard, Southern Utah 14.66
400 Meter Hurd.	Ransom Minyard, Southern Utah 54.21
4x100 Relay	Western Illinois 41.06

4x400 Relay	(Adams, Fitzhugh, Lewis, Steele) Western Illinois 3:15.92
Long Jump	(Adams, Ryan, Somers, Steele) Cordell Lewis, Western Illinois 22'10.50"
Triple Jump	Cordell Lewis, Western Illinois 49'11.25"
High Jump	Andy Diecker, Western Illinois 6'08.75"
Shot Put	Tony Snider, Oral Roberts 59'09.25"
Discus Throw	Troy Gent, Southern Utah 172'10.00"
Hammer Throw	Robb Pfrank, Western Illinois 194'07.75"
Javelin Throw	Andy Diecker, Western Illinois 196'09.00"
Pole Vault	Brad Wyatt, Southern Utah 14'05.25"
Decathlon	Brad Wyatt, Southern Utah 6,312

Conference Honors

Athlete of the Year		
1983	Wendell McKemey	Western Illinois
1984	Oliver Porter	Cleveland State
1985	Claude Magee	Eastern Illinois
1986	Derek Huff	Western Illinois
1987	Marion Matas	Western Illinois
1988	Jim Maton	Eastern Illinois
1989	Darren Barber	Eastern Illinois
1990	Braidy Miller	Eastern Illinois
1991	Braidy Miller	Eastern Illinois
1992	Darrin Steele	Eastern Illinois
No championship held in 1993, 1994		
1995	John Williams	Western Illinois
1996	Chris Watson	Eastern Illinois
1997	Bob Bond	Youngstown State
1998	Layne Richards	Southern Utah
1999	Willie White	UMKC
2000	Kofi Owusu-Ansah	Youngstown State
2001	Deandre Free	UMKC
2002	Desmond Bynum	Western Illinois
	Deandre Free	UMKC
	Zak James	Southern Utah
2003	Cody Moat	Southern Utah
2004	Prince Mumba	Oral Roberts

Coach of the Year		
1983	Lynn King	Northern Iowa
1984	Lynn King	Northern Iowa
1985	Neil Moore	Eastern Illinois
1986	Chris Bucknam	Northern Iowa
1987	Neil Moore	Eastern Illinois
1988	Neil Moore	Eastern Illinois
1989	Neil Moore	Eastern Illinois
1990	Neil Moore	Eastern Illinois
1991	Neil Moore	Eastern Illinois
1992	Neil Moore	Eastern Illinois
No championship held in 1993, 1994		
1995	Tom Akers	Eastern Illinois
1996	Tom Akers	Eastern Illinois
1997	Brian Gorby	Youngstown State
1998	Eric Houle	Southern Utah
1999	Dave Krueger	UMKC
2000	Geoff Masanet	UMKC
2001	Mike Stevenson	Western Illinois
2002	Mike Stevenson	Western Illinois
2003	Mike Stevenson	Western Illinois
2004	Eric Houle	Southern Utah

Newcomer of the Year		
1995	Terence Jackson	UMKC
1996	Chris Watson	Eastern Illinois
1997	Tywyne Kingsby	Western Illinois
1998	Kris Watson	Southern Utah
1999	Jason Droppert	Oral Roberts
2000	Deandre Free	UMKC
2001	David Zdunek	Western Illinois
2002	Chris Adams	Western Illinois
2003	Kristopher Schmautz	Valparaiso
2004	Nate Houle	Southern Utah

Championship Records	
Highest Team Score 282.0 - Southern Utah, 2004	
Lowest Winning Team Score 102.0 - Eastern Illinois, 1991	
Smallest Margin of Victory 4.5 - UMKC (251.5), Southern Utah (247.0), 2000	
Largest Margin of Victory 142.5 - Youngstown State (271.5), Troy State (129.0), 1997	
All-Time Team Champions Eastern Illinois - 9 Northern Iowa - 3 UMKC - 2 Southern Utah - 2 Oral Roberts - 1 Youngstown State - 1	



Women's Track & Field History

Year-By-Year Results

1995 - May 11-13, 1995 at Central Conn. State; New Britain, Conn.

1. Buffalo	136.0
2. Western Illinois	125.0
3. Youngstown State	102.0
4. Eastern Illinois	97.0
5. UMKC	68.0
6. Chicago State	38.0
7. Central Connecticut State	35.0
8. Troy State	19.0

1996 - May 12-14, 1996 at UMKC; Kansas City, Mo.

1. Western Illinois	143.0
2. Buffalo	112.0
3. UMKC	103.0
4. Youngstown State	94.0
5. Eastern Illinois	74.0
6. Troy State	60.0
7. Chicago State	24.0
8. Central Connecticut State	10.0
9. Valparaiso	0.0

1997 - May 12-14, 1997 at Buffalo; Buffalo, N.Y.

1. Youngstown State	171.33
2. Western Illinois	170.5
3. UMKC	164.33
4. Buffalo	155.0
5. Troy State	61.33
6. Valparaiso	40.0
7. Central Connecticut State	13.5
8. Chicago State	3.0

1998 - May 1-3, 1998 at UMKC; Kansas City, Mo.

1. Southern Utah	208.0
2. UMKC	183.5
3. Western Illinois	134.5
4. Oral Roberts	111.0
5. Buffalo	95.0
6. Youngstown State	41.0
7. Valparaiso	36.0
8. Chicago State	7.0

1999 - April 29-30, May 1 at UMKC; Kansas City, Mo.

1. UMKC	196.0
2. Southern Utah	175.0
3. Western Illinois	141.0
4. Oral Roberts	105.5
5. Valparaiso	99.5
6. Youngstown State	81.0
7. Chicago State	11.0

2000 - May 11-13, 2000 at UMKC; Kansas City, Mo.

1. UMKC	268.0
2. Southern Utah	153.5
3. Oral Roberts	131.5
4. Youngstown State	111.5
5. Western Illinois	83.0
6. Valparaiso	38.0
7. Chicago State	29.5

2001 - May 10-12, 2001 at Youngstown State; Youngstown, Ohio

1. Southern Utah	236.0
2. UMKC	149.0
3. Western Illinois	145.0
4. Oral Roberts	125.0
5. Youngstown State	82.0
6. Chicago State	57.0
7. Valparaiso	22.0

2002 - May 9-11, 2002 at Western Illinois; Macomb, Ill.

1. Oral Roberts	237.0
2. Southern Utah	227.0
3. Western Illinois	150.0
4. UMKC	117.5
5. Valparaiso	48.5
6. Chicago State	32.0

2003 - May 15-17, 2003 at Western Illinois; Macomb, Ill.

1. Southern Utah	238.0
2. Western Illinois	206.0
3. Oral Roberts	146.0
4. UMKC	97.0
5. Valparaiso	69.0
6. Chicago State	53.0

2004 - May 13-15, 2004 at Southern Utah; Cedar City, Utah

1. Southern Utah	270.0
2. Western Illinois	218.5
3. Oral Roberts	142.5
4. Valparaiso	87.0
5. UMKC	57.0
6. Chicago State	37.0

Mid-Con Women's Championship Records

Event	Record	Name	School	Year
100 Meter Dash	11.86	Jasmine Reynolds	Youngstown State	2000
200 Meter Dash	23.87	Marsha Dawkins	Oral Roberts	2003
400 Meter Dash	53.87	Marsha Dawkins	Oral Roberts	2003
800 Meter Run	2:11.46	Kelly Richards	Southern Utah	2003
1,500 Meter Run	4:31.40	Collette Liss	Valparaiso	1999
*3,000 Meter Run	9:42.38	Collette Liss	Valparaiso	1997
3,000 Meter Steeplechase	10:47.39	Mary Ann Schauerhamer	Southern Utah	2001
5,000 Meter Run	16:54.44	Collette Liss	Valparaiso	1999
10,000 Meter Run	37:10.02	Laura Thomas	Valparaiso	1997
100 Meter Hurdles	13.79	Kelly Schoney	Southern Utah	2004
400 Meter Hurdles	1:00.20	Natalie Gibson	Southern Utah	1998
4x100 Relay	45.86	Lowe, Smalling, Jones, Dawkins	Oral Roberts	2003
4x400 Relay	3:42.22	Canidy, Smalling, Jones, Dawkins	Oral Roberts	2003
Long Jump	20'07.00"	Sheri Pewitte	UMKC	2000
Triple Jump	42'02.00"	Dee Dee Fortman	UMKC	2000
High Jump	5'08.00"	Traci Marsik	Western Illinois	2001
Shot Put	55'03.75"	Aubrey Martin	Western Illinois	2004
Discus Throw	163'07.00"	Amber Crumbo	Western Illinois	2002
Hammer Throw	186'10.00"	Jennifer Gilson	Western Illinois	2004
Javelin Throw	148'03.00"	Karyn McCreedy	Youngstown State	2001
Pole Vault	12'09.50"	Rachel Viau	Oral Roberts	2004
Heptathlon	5049	Kala Scott	Eastern Illinois	1995

*Event discontinued following 2001 championship

Yearly Championship Results

Year	Champion	Score	Runner-Up	Score	Site
1995	Buffalo	136.0	Western Illinois	125.0	New Britain, Conn.
1996	Western Illinois	143.0	Buffalo	112.0	Kansas City, Mo.
1997	Youngstown State	171.33	Western Illinois	170.5	Buffalo, N.Y.
1998	Southern Utah	208.0	UMKC	183.5	Kansas City, Mo.
1999	UMKC	196.0	Southern Utah	175.0	Kansas City, Mo.
2000	UMKC	268.0	Southern Utah	153.5	Kansas City, Mo.
2001	Southern Utah	236.0	UMKC	149.0	Youngstown, Ohio
2002	Oral Roberts	237.0	Southern Utah	227.0	Macomb, Ill.
2003	Southern Utah	238.0	Western Illinois	206.0	Macomb, Ill.
2004	Southern Utah	270.0	Western Illinois	218.5	Cedar City, Utah

Championship Records

Highest Team Score 270.0 - Southern Utah, 2004	All-Time Team Champions Southern Utah - 4 UMKC - 2 Buffalo - 1 Oral Roberts - 1 Western Illinois - 1 Youngstown State - 1
Lowest Winning Team Score 136.0 - Buffalo, 1995	
Smallest Margin of Victory 0.83 - Youngstown State (171.33), Western Illinois (170.5), 1997	
Largest Margin of Victory 114.5 - UMKC (268.0), Southern Utah (153.5), 2000	

Conference Honors

Athlete of the Year

1995	Kala Scott	Eastern Illinois
1996	Lisa Sondgeroth	Western Illinois
1997	Collette Liss	Valparaiso
1998	Natalie Gibson	Southern Utah
	Jennifer Casebeer	UMKC
1999	Collette Liss	Valparaiso
2000	Dee Dee Fortman	UMKC
2001	Kelley Miller	Southern Utah
2002	Amber Crumbo	Western Illinois
2003	Marsha Dawkins	Western Illinois
2004	Alisha Bezanson	Southern Utah

Newcomer of the Year

1995	Marcella Scaife	Youngstown State
1996	Sheri Pewitte	UMKC
1997	Natasha Kieser	UMKC
1998	Amanda Nehring	Western Illinois
1999	Kristin Owens	Western Illinois
2000	Comfort Ibe	UMKC
2001	Karyn McCreedy	Youngstown State
2002	Alisha Bezanson	Southern Utah
2003	Aubrey Martin	Western Illinois
2004	Aisha Mitchell	Oral Roberts
	Ashley Morrison	Southern Utah

Coach of the Year

1995	Dick Barry	Buffalo
1996	Dave Miller	Western Illinois
1997	Dave Miller	Western Illinois
1998	Eric Houle	Southern Utah
1999	Dave Krueger	UMKC
2000	Geoff Masanet	UMKC
2001	Eric Houle	Southern Utah
2002	Joe Dial	Oral Roberts
2003	Eric Houle	Southern Utah
2004	Eric Houle	Southern Utah



Women's Track & Field History

Year-By-Year Event Champions

1995

100 Meter	Taniesha Whorton, Chicago State	12.32
200 Meter	Mandy Fross, Western Illinois	25.21
400 Meter	Marcella Scaife, Youngstown State	57.95
800 Meter	Elizabeth Mueller, Central Conn. State	2:15.75
1,500 Meter	Julie Phelps, Buffalo	4:44.21
3,000 Meter	Judith Novak, Buffalo	10:09.41
5,000 Meter	Stacey Strothman, Buffalo	17:40.77
10,000 Meter	Chris Malo, Western Illinois	37:40.81
100 Meter Hurd.	Kala Scott, Eastern Illinois	14.79
400 Meter Hurd.	Saran Dunmore, UMKC	1:04.02
4x100 Relay	UMKC (Randle, Dunmore, Hunter, Strong)	4:05.01
4x400 Relay	Western Illinois (Allen, Jenkins, Ford, Fross)	3:57.58
Long Jump	Kala Scott, Eastern Illinois	18'06.50"
Triple Jump	Kala Scott, Eastern Illinois	38'03.50"
High Jump	Tiffany Jansen, Eastern Illinois	5'07.00"
Shot Put	Tisha Alvarez, Eastern Illinois	44'06.00"
Discus Throw	Liz Gilliam, Youngstown State	143'00.00"
Hammer Throw	Nancy Wenzel, Central Conn. State	159'08.00"
Javelin Throw	Amy Personett, UMKC	114'00.00"
Heptathlon	Kala Scott, Eastern Illinois	5,049

1996

100 Meter	Khama Beckles, UMKC	12.29
200 Meter	Maggie Lenley, UMKC	25.78
400 Meter	Maggie Lenley, UMKC	58.10
800 Meter	Dafina Dunmore, UMKC	2:18.71
1,500 Meter	Anne Rauston, Youngstown State	4:45.83
3,000 Meter	Stacey Strothman, Buffalo	10:08.49
5,000 Meter	Stacey Strothman, Buffalo	17:54.54
10,000 Meter	Chris Malo, Western Illinois	38:01.99
100 Meter Hurd.	Lisa Kragbe, Buffalo	14.81
400 Meter Hurd.	Veronica Gadoibo, Western Illinois	1:02.49
4x100 Relay	Troy State (Knox, Kennedy, Klemm, Cooke)	3:55.71
4x400 Relay	Troy State (Mulroy, Woodard, Beckwith, Cooke)	3:55.71
Long Jump	Sheri Pewitte, UMKC	18'07.00"
Triple Jump	Catressa Travis, Chicago State	36'11.00"
High Jump	Tiffany Jansen, Eastern Illinois	5'06.00"
Shot Put	Lisa Songderoth, Western Illinois	44'05.25"
Discus Throw	Liz Gilliam, Youngstown State	152.04.00"
Hammer Throw	Nancy Wenzel, Central Conn. State	162'11.00"
Javelin Throw	Lisa Songderoth, Western Illinois	110'08.00"
Heptathlon	Marlo Mazur, Western Illinois	4,242

1997

100 Meter	Natasha Kieser, UMKC	12.97
200 Meter	Natasha Kieser, UMKC	26.70
400 Meter	Marcella Scaife, Youngstown State	57.14
800 Meter	Collette Liss, Valparaiso	2:15.15
1,500 Meter	Collette Liss, Valparaiso	4:39.28
3,000 Meter	Collette Liss, Valparaiso	9:42.38
5,000 Meter	Laura Thomas, Valparaiso	18:16.28
10,000 Meter	Laura Thomas, Valparaiso	37:10.02
100 Meter Hurd.	Melissa Ryan, Buffalo	15.24
400 Meter Hurd.	Julie Weltmer, UMKC	1:03.38
4x100 Relay	UMKC (Beckles, Pewitte, Strong, Kieser)	4:78.00
4x400 Relay	UMKC (Glenn, A. Harris, E. Harris, Strong)	3:53.05
Long Jump	Marcella Scaife, Youngstown State	18'03.75"
Triple Jump	Ramyka McDonald, Western Illinois	38'00.25"
High Jump	Shelly Hamilton, Buffalo	5'05.75"
Shot Put	Meressa Cornwall, Youngstown State	43'08.00"
Discus Throw	Amber Jennings, Western Illinois	145'09.00"
Hammer Throw	Ruth Conlon, Buffalo	159'02.00"
Javelin Throw	Jennifer Bivens, Western Illinois	131'07.00"
Heptathlon	Terry Scherne, Buffalo	4,446

1998

100 Meter	Kay Dennis, Oral Roberts	12.00
200 Meter	Kay Dennis, Oral Roberts	24.45
400 Meter	Marlainna Glenn, UMKC	24.82
800 Meter	Carrie McCann, UMKC	2:16.50
1,500 Meter	Wendy Allen, Southern Utah	4:40.55
3,000 Meter	Kathryn Henrie, Southern Utah	9:58.63
5,000 Meter	Jennifer Casebeer, UMKC	17:37.91
10,000 Meter	Jennifer Casebeer, UMKC	37:26.43
100 Meter Hurd.	Natalie Gibson, Southern Utah	14.27
400 Meter Hurd.	Natalie Gibson, Southern Utah	1:00.20
4x100 Relay	UMKC (Beckles, Pewitte, Weltmer, Glenn)	4:07.00
4x400 Relay	UMKC (Glenn, Harris, Harris, Weltmer)	3:51.09
Long Jump	Sheri Pewitte, UMKC	19'09.00"
Triple Jump	Dorenda Desland, Oral Roberts	41'04.25"
High Jump	Shelly Hamilton, Buffalo	5'07.75"
Shot Put	Amanda Nehring, Western Illinois	43'09.25"
Discus Throw	Mary Domitrovich, Youngstown State	143'10.00"
Hammer Throw	Ruth Conlon, Buffalo	178'10.00"
Javelin Throw	Chalys Lamb, Southern Utah	132'03.00"
Pole Vault	Laura Daniel-Arthur, Oral Roberts	11'04.25"
Heptathlon	Stacy Chipman, Western Illinois	4,159

1999

100 Meter	Khama Beckles, UMKC	12.18
200 Meter	Khama Beckles, UMKC	24.67
400 Meter	Natalie Gibson, Southern Utah	55.58
800 Meter	Carrie McCann, UMKC	2:11.94
1,500 Meter	Collette Liss, Valparaiso	4:31.40
3,000 Meter	Collette Liss, Valparaiso	9:55.66
5,000 Meter	Collette Liss, Valparaiso	16:54.44
10,000 Meter	Alisha Lehr, UMKC	38:20.77
100 Meter Hurd.	Angela Harris, UMKC	13.95
400 Meter Hurd.	Natalie Gibson, Southern Utah	13.95
400 Meter Hurd.	Kelly Biesinger, Southern Utah	1:01.37
4x100 Relay	Oral Roberts (Tharpe, Oakley, Deppe, Sams)	4:76.66
4x400 Relay	UMKC (Fortman, Harris, McCann, Moore)	3:51.30
Long Jump	Dee Dee Fortman, UMKC	20'03.00"
Triple Jump	Dee Dee Fortman, UMKC	39'08.00"
High Jump	Lynette Williams, UMKC	5'05.00"
Shot Put	Amanda Nehring, Western Illinois	44'07.50"
Discus Throw	Anna Bullock, Southern Utah	152'08.00"
Hammer Throw	Dee Dee Steele, UMKC	168'09.00"
Javelin Throw	Chalys Lamb, Southern Utah	139'07.00"
Pole Vault	Dena Dial, Oral Roberts	10'11.75"
Heptathlon	Kelly Biesinger, Southern Utah	4,725

2000

100 Meter	Jasmine Reynolds, Youngstown State	11.86
200 Meter	Jasmine Reynolds, Youngstown State	24.60
400 Meter	Marcia Daniel, UMKC	55.32
800 Meter	Carrie McCann, UMKC	2:14.72
1,500 Meter	Teresa Rice, Southern Utah	4:33.17
3,000 Meter	Teresa Rice, Southern Utah	10:06.69
5,000 Meter	Andrea Cohol, Youngstown State	17:54.98
10,000 Meter	Andrea Cohol, Youngstown State	39:48.80
100 Meter Hurd.	Angela Harris, UMKC	14.32
400 Meter Hurd.	Comfort Ibe, UMKC	1:02.36
4x100 Relay	UMKC (Ibe, Roberts, Patterson, Daniel)	4:01.00
4x400 Relay	UMKC (Deegenhardt, McCann, Ibe, Daniel)	3:49.54
Long Jump	Sheri Pewitte, UMKC	20'07.00"
Triple Jump	Dee Dee Fortman, UMKC	42'02.00"
High Jump	Shayne McKenzie, Oral Roberts	5'07.00"
Shot Put	Tiffany Crowl, Oral Roberts	44'05.00"
Discus Throw	Mary Domitrovich, Youngstown State	154'04.00"
Hammer Throw	Anna Bullock, Southern Utah	161'09.00"
Javelin Throw	Chalys Lamb, Southern Utah	126'00.00"
Pole Vault	Dena Dial, Oral Roberts	12'07.50"
Heptathlon	Starla Brown, UMKC	4,608

2001

100 Meter	Marcia Daniel, UMKC	12.30
200 Meter	Kristin Owens, Western Illinois	25.14
400 Meter	Kristin Owens, Western Illinois	55.49
800 Meter	Kelly Snodgrass, Southern Utah	2:14.19
1,500 Meter	Teresa Rice, Southern Utah	4:36.09
3,000 Meter	Mary Ann Schauerhamer, Southern Utah	10:47.39
5,000 Meter	Brigitte Buitron, Western Illinois	18:02.58
10,000 Meter	Jandee Anderson, Southern Utah	38:13.43
100 Meter Hurd.	Kelley Miller, Southern Utah	14.59
400 Meter Hurd.	Comfort Ibe, UMKC	1:00.50
4x100 Relay	UMKC (Blake, Daniel, Ibe, Tigner)	4:67.00
4x400 Relay	UMKC (Blake, Daniel, Ibe, Tigner)	3:48.98
Long Jump	Deanna Riley, Chicago State	19'09.25"
Triple Jump	Deanna Riley, Chicago State	39'11.50"
High Jump	Traci Marsik, Western Illinois	5'08.00"
Shot Put	Kassandra Harrell, Southern Utah	42'05.25"
Discus Throw	Anna Bullock, Southern Utah	160'08.00"
Hammer Throw	Anna Bullock, Southern Utah	183'05.00"
Javelin Throw	Karyn McCreedy, Youngstown State	148'03.00"
Pole Vault	Laura Arthur, Oral Roberts	12'01.50"
Heptathlon	Kelley Miller, Southern Utah	4,900

2002

100 Meter	Marsha Dawkins, Oral Roberts	11.87
200 Meter	Marsha Dawkins, Oral Roberts	24.47
400 Meter	Kristin Owens, Western Illinois	55.70
800 Meter	Deidre Emerson, Oral Roberts	2:14.53
1,500 Meter	Alisha Bezanson, Southern Utah	4:39.05
3,000 Steeple	Kira Thompson, Southern Utah	11:00.66
5,000 Meter	Natalie Myers, UMKC	17:52.33
10,000 Meter	Natalie Myers, UMKC	38:21.07
100 Meter Hurd.	Allie Karns, Western Illinois	15.09
400 Meter Hurd.	Bonnie Bradley, Southern Utah	1:01.81
4x100 Relay	Oral Roberts (Jones, Smalling, Campbell, Dawkins)	46.90
4x400 Relay	Oral Roberts (Campbell, Canidy, Smalling, Dawkins)	3:50.82
Long Jump	Amber Canidy, Oral Roberts	20'01.50"
Triple Jump	Natalee Campbell, Oral Roberts	38'08.75"
High Jump	Layla Schwarz, Oral Roberts	5'07.00"
Shot Put	Amber Crumbo, Western Illinois	53'03.75"
Discus Throw	Amber Crumbo, Western Illinois	163'07.00"
Hammer Throw	Amber Crumbo, Western Illinois	181'09.00"
Javelin Throw	Starla Brown, UMKC	135'04.00"
Pole Vault	Sonya Ahmed, UMKC	10'11.75"
Heptathlon	Shalene Finlinson, Southern Utah	4,701

2003

100 Meter	Kimberly Smalling, Oral Roberts	11.96
200 Meter	Marsha Dawkins, Oral Roberts	23.87
400 Meter	Marsha Dawkins, Oral Roberts	53.87
800 Meter	Kelly Richards, Southern Utah	2:11.46
1,500 Meter	Alisha Bezanson, Southern Utah	4:35.06
3,000 Steeple	Theresa Gadoibo, Western Illinois	11:01.15
5,000 Meter	Abidemi Charles, Chicago State	18:01.31
10,000 Meter	Abidemi Charles, Chicago State	37:21.37
100 Meter Hurd.	Kelly Schoney, Southern Utah	14.16
400 Meter Hurd.	Raelene Williams, Southern Utah	1:01.67
4x100 Relay	Oral Roberts (Lowe, Smalling, Jones, Dawkins)	45.86
4x400 Relay	Oral Roberts (Canidy, Smalling, Jones, Dawkins)	3:42.22
Long Jump	Amber Canidy, Oral Roberts	19'00.50"
Triple Jump	Myka Green, Oral Roberts	39'03.25"
High Jump	Jacqueline McMiller, Chicago State	5'05.00"
Shot Put	Aubrey Martin, Western Illinois	49'08.50"
Discus Throw	Aubrey Martin, Western Illinois	143'05.00"
Hammer Throw	Tami Engelman, Western Illinois	183'03.00"
Javelin Throw	Jessica Cherrington, Valparaiso	132'03.00"
Pole Vault	Rachel Viau, Oral Roberts	12'08.00"
Heptathlon	Kandice Eardley, Southern Utah	4,486

2004

100 Meter	Kimberly Smalling, Oral Roberts	12.02
200 Meter	Marsha Dawkins, Oral Roberts	24.86
400 Meter	Marsha Dawkins, Oral Roberts	54.57
800 Meter	Alisha Bezanson, Southern Utah	2:14.99
1,500 Meter	Alisha Bezanson, Southern Utah	4:35.28
3,000 Steeple	Carma Barnett, Southern Utah	11:24.44
5,000 Meter	Alisha Bezanson, Southern Utah	18:52.16
10,000 Meter	Maegan Schmutz, Southern Utah	40:04.13
100 Meter Hurd.	Kelly Schoney, Southern Utah	14.04
400 Meter Hurd.	Lisa Carter, Western Illinois	1:02.32
4x100 Relay	Oral Roberts (Henderson, McLachlin, Mitchell, Smalling)	46.05
4x400 Relay	Oral Roberts (Dawkins, McLachlin, Mitchell, Smalling)	3:43.97
Long Jump	DeAnna Riley, Chicago State	19'06.00"
Triple Jump	Courtney Henderson, Oral Roberts	38'02.25"
High Jump	Gabrielle Fitzpatrick, Chicago State	5'04.25"
Shot Put	Aubrey Martin, Western Illinois	55'03.75"
Discus Throw	Aubrey Martin, Western Illinois	155'03.00"
Hammer Throw	Jennifer Gilson, Western Illinois	186'10.00"
Javelin Throw	Selena Thayne, Southern Utah	128'11.00"
Pole Vault	Rachel Viau, Oral Roberts	12'09.50"
Heptathlon	Kandice Eardley, Southern Utah	4,616