

**MIAC CHAMPIONSHIPS**  
**WOMEN'S RESULTS MAY 12 & 13, 1989**

**HIGH JUMP**

1. Jane Blowers	STO	61
2. Annelies Nef	STO	56
3. Jill Luban	HAM	56
4. Jennifer Streefland	CARL	51
5. Denise Angelo	CST	51
5. Laura Kolpien	BETH	51
7. Serese Thurnbeck	GAC	51
8. Ann Loftus	CST	51

**SHOT PUT**

1. Kelli Newman	Beth	12.97
2. Karla Daleske	GAC	12.29
3. Kristi Furver	COMC	12.11
4. Paula Helfman	GAC	12.02
5. Stacy Moody	GAC	11.91
6. Kelly Bromer	STO	11.82
7. Lisa O'Groske	GAC	11.76
8. Jill Farver	COMC	11.40

**HEPTATHLON**

1. Denise Angelo	CST	4119
2. Jennifer Streefland	CARL	4048
3. Lisa Conzemius	CONC	3798
4. Tricia Krenick	HAM	3745
5. Julia Stepan	AUG	3745
6. Allison Keeley	CAR	3567
7. Monica Lavin	CST	3530
8. Missy Wiltzius	STO	3513

**LONG JUMP**

1. Shelly Jader	CONC	5.47
2. Kris DeBoer	CONC	5.39
3. Denise Angelo	CST	5.30
4. Tammye Lane	GAC	5.23
5. Donna Stevermer	CARL	5.19
6. Joan Brass	CST	5.13
7. Jennifer Streefland	CARL	5.06
8. Tricia Krenik	HAM	5.05

**10000 METER RUN**

1. Anna Prineas	CARL	35:07.0
2. Jenny Church	CST	38:27.0
3. Rachel Lensing	CST	38:52.0
4. Molly Weyrens	CONC	39:11.2
5. Chelle Dzik	CST	39:38.0
6. Cindy Conley	CARL	40:10.2
7. Kathleen Morgan	CST	40:29.0
8. Kristin Cotts	CARL	40:42.0

**TRIPLE JUMP**

1. Kris DeBoer	CONC	11.04
2. Joan Brass	CST	10.92
3. Shelly Jader	CONC	10.79
4. Donna Stevermer	CSC	10.42
5. Missy Wiltzius	STO	10.04
6. Lisa Walsh	HAM	10.11
7. Jane Blowers	STO	9.86
8. Alison Deviny	HAM	9.86

**5000 METER RUN**

1. Anna Prineas	CARL	16:59.32
2. Millicent Thweat	BETH	17:55.98
3. Sharon Espeland	CONC	18:04.90
4. Tammy Schoen	CST	18:15.30
5. Donna Evenson	STO	18:37.75
6. Molly Weyrens	CONC	18:39.80
7. Chelle Dzik	CST	18:50.90
8. Therese Swanstrom	STO	18:52.60

**4 X 100 METER RELAY**

1. St. Thomas	48.77
2. St. Olaf	50.16
3. Concordia	51.68
4. Hamline	51.73
5. Macalester	51.92
6. Augsburg	52.23
7. Gustavus	52.3
8. Bethel	52.9

**DISCUS**

1. Angie White	GAC	43.50
2. Jill Farver	CONC	43.40
3. Sarah Kylo	HAM	39.14
4. Kris Kuehl	CONC	38.96
5. Jamie Currier	CSB	38.94
6. Karen Hinnenkamp	CST	38.70
7. Karla Daleske	GAC	38.66
8. Chris Norrish	GAC	36.02

**400 METER DASH**

1. Jenny Phillips	CST	57.32
2. Sarah Lueking	STO	57.86
3. Becca Rhodes	STO	58.80
4. Julie Marso	SCB	1:00.49
5. Jayne Rongitsch	CST	1:00.53
6. Denise Balzerini	CONC	1:01.30
7. Cari Humason	MAC	1:02.39
8. Leslie Johnson	HAM	1:04.01

**100 METER HIGH HURDLES**

1.Kelly Vadnais	CST	15.19
2.Missy Wiltzius	STO	15.23
3.Denise Angelo	CST	15.42
4.Lisa Conzemius	CONC	15.49
5.Jodi Curella	CST	15.56
6.Jennifer Streeflan	CARL	15.89
7.Karen Goodrich	MAC	16.39
8.Allison Keeley	CARL	16.60

**200 METER DASH**

1.Jenny Phillips	CST	25.55
2.Tara Wetzel	CST	26.19
3.Sarah Lueking	STO	26.34
4.Heather Seibel	CST	26.76
5.Missy Wiltzius	STO	27.37
6.Carol Ross	AUG	27.50
7.Stacey Babich	CBC	27.50
8.Lisa Conzemius	CONC	28.30

**JAVELIN**

1.Tricia Krenick	HAM	36.34
2.Karla Daleske	GAC	35.86
3.Barb Otte	GAC	35.70
4.Lisa Roney	CST	34.58
5.Angia White	GAC	33.44
6.Carla West	CSB	31.56
7.Beth Schuldt	HAM	31.16
8.Monica Levin	CST	31.08

**100 METER DASH**

1.Carol Ross	AUG	12.32
2.Tara Wetzel	CST	12.67
3.Heather Seiberl	CST	12.91
4.Joan Brass	CST	13.00
5.Lisa Conzemius	CONC	13.09
6.Rebecca Rhodes	STO	13.34
7.Jenny Wenzel	BETH	13.47
8:Stacy Babich	CSC	13.48

**4 X 400 METER RELAY**

1.St. Thomas	3:59.26
2.St. Olaf	4:02.11
3.Carleton	4:04.75
4.Hamline	4:05.03
5.Macalester	4:05.31
6.Concordia	4:07.10
7.Augsburg	4:08.89
8.Bethel	4:10.10

**800 METER RUN**

1.Betsy Hansen	HAM	2:15.96
2.Diane Loughlin	CST	2:17.48
3.Chris Frederick	CONC	2:19.05
4.Lisa Albrecht	STO	2:19.96
5.Jill Weber	STO	2:20.52
6.Liz Young	MAC	2:20.8
7.Anne Avery	CARL	2:22.60
8.Denise Balzirinni	CONC	2:32

**400 METER I.M. HURDLES**

1.Carol Ross	AUG	1:00.36
2.Trish Tinnucci	CST	1:03.01
3.Denise Angelo	CST	1:04.72
4.Rebecca Rhodes	STO	1:04.86
5.Kelly Vadnais	CST	1:05.69
6.Jennifer Streeflan	CARL	1:05.75
7.Lea Williams	STO	1:06.63
8.Karen Goodrich	MAC	1:08.85

**3000 METERS**

1.Anna Prineas	CARL	9:51.35
2.Shari Sullivan	CST	10:12.44
3.Patty Savanick	BETH	10:18.09
4.Moira Petir	STO	10:21.23
5.Sharon Espeland	CONC	10:22.67
6.Zee Carpino	CARL	10:28.9
7.Eve Otto	CST	10:29.9
8.Kathy Keele	CONC	10:34.65

**1500 METER RUN**

1.Diane Loughlin	CST	4:34.16
2.Shari Sullivan	CST	4:36.66
3.Moira Petit	STO	4:37.39
4.Chris Svedrick	CONC	4:39.62
5.Lisa Albrecht	STO	4:46.99
6.Jill Weber	STO	4:47.76
7.Zee Carpino	CARL	4:48.79
8.Jenny Huelemann	CST	4:51.19

**TEAM TOTALS**

1.St. Thomas	220.5
2.St. Olaf	118
3.Concordia	113
4.Carleton	72
5.Gustavus	60
6.Hamline	54.53
7.Augsburg	32
8.Bethel	31.5
9.St. Catherine's	17
10.Macalester	16.17
11.St. Benedict's	7