

2009 MWC Indoor Track Championships Event Schedule

Hosted by Monmouth College (Monmouth, Illinois)

Friday, February 27

3 p.m.	Shot Put (Men, Women)
	Long Jump (Women, Men)
	High Jump (Women)
	Pole Vault (Men)
4:30 p.m.	Sprint Medley Relay [200-200-400-800]
5 p.m.	5,000m
5:45 p.m.	55m Hurdle trials
6 p.m.	55m Dash trials
6:30 p.m.	1,500m or 1 mile
7 p.m.	4x200m Relay



2009 MEN'S & WOMEN'S INDOOR TRACK & FIELD MIDWEST CONFERENCE CHAMPIONSHIPS

Saturday, February 28

10:30 p.m.	Weight Throw (Women, Men)
	Triple Jump (Men, Women)
	High Jump (Men)
	Pole Vault (Women)
Noon	Distance Medley Relay [1,200-400-800-1600]
12:30 p.m.	55m Hurdle finals
12:40 p.m.	55m Dash finals
12:45 p.m.	400m
1:15 p.m.	800m
1:40 p.m.	3,000m (Section 1 [slow])
2:10	200m
2:40	3,000m (Section 2 [fast])
3:05	4x400m Relay

Midwest Conference Indoor Track Championship Records

MEN				WOMEN			
Event	Time/Mark	Athlete, School	Year	Event	Time/Mark	Athlete, School	Year
55 hurdles	7.57	Chris Pearson, Carroll	2001	55 hurdles	8.37	Shannon Turczyn, Monmouth	2007
200 hurdles	24.92	Dennis Staggs, Monmouth	1996	200 hurdles	29.25	Christy Hickey, Monmouth	1996
55 dash	6.42	Josh Hurlebaus, Carroll	2007	55 dash	7.29	Sheree Algee, Carroll	2003
200 dash	21.94	Tyler Rundle, Monmouth	2005	200 dash	25.38	Constance Jackson, Monmouth	2001
300 dash	35.28	Charles Burton, Monmouth	1992	300 dash	42.01	Liz Messerly, Coe	1990
400 dash	49.97	Ben Dreyer, St. Norbert	2002	400 dash	56.86	Ashley Graybill, St. Norbert	2008
600 dash	1:22.22	Jason Devino, Monmouth	1992	600 dash	1:39.08	Gretchen Vandergriff, Monmouth	1998
800 run	1:54.60	Colin McKean, St. Norbert	2004	800 run	2:15.43	Erin Kelley, Carroll	2007
1,000 run	2:31.61	Zac Freudenburg, Beloit	1998	1,000 run	3:05.84	Natalie Karpan, Coe	1996
	2:31.61	Aaron Stang, Cornell	1991	1,500 run	4:42.79	Katy Roll, Lawrence	2002
1,500 run	3:56.73	Steve Hartman, Monmouth	1992	3,000 run	10:12.36	Sarah Spencer, Grinnell	2007
3,000 run	8:35.64	John Aerni, Grinnell	2001	5,000 run	17:36.88	Sarah Spencer, Grinnell	2007
5,000 run	14:58.93	Chris Garman, Grinnell	1992	Mile	5:02.29	Erin Kelley, Carroll	2007
Mile	4:16.67	Zach Barr, Monmouth	2005	Relays			
Relays				4x200	1:44.05	Monmouth	2000
4x200	1:28.64	Monmouth	2005	4x400	4:03.68	St. Norbert	2008
4x400	3:20.83	St. Norbert	2003	Sprint Medley	4:15.93	Grinnell	2000
Sprint Medley	3:33.33	St. Norbert	2003	Distance Medley	12:17.64	Lawrence	2002
Distance Medley	10:27.91	Ripon	2006	Field			
Field				Shot put	43' 05.50"	Veronica Platzer, Grinnell	1985
Shot put	55' 01.75"	Eric Holmes, Monmouth	2001	Weight throw	52' 09.50"	Stephanie Muller, Beloit	2001
Weight throw	60' 08.00"	Zach Wilson, Monmouth	2007	Long jump	18' 05.75"	Constance Jackson, Monmouth	2001
Long jump	24' 00.25"	David Thompson, Monmouth	1995		18' 05.75"	Paula Hageman, Ripon	1993
Triple jump	47' 00.75"	Alex Stuart, Monmouth	2007	Triple jump	37' 10.75"	Kara Kuhrts, Monmouth	2003
High jump	7' 0"	Shawn Maze, Monmouth	1996	High jump	5' 07.50"	Vicci Verbrick, St. Norbert	1987
Pole vault	16' 09.50"	Peter Sprecher, Monmouth	2007	Pole vault	11' 10.50"	Jessica White, Monmouth	2007
	16' 09.50"	Jonny Henkins, Monmouth	2007				

