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ALLEGHENY COLLEGE ★ DENISON UNIVERSITY ★ EARLHAM COLLEGE ★ HIRAM COLLEGE ★ KENYON COLLEGE ★ OBERLIN COLLEGE
★ OHIO WESLEYAN UNIVERSITY ★ WABASH COLLEGE ★ WITTENBERG UNIVERSITY ★ COLLEGE OF WOOSTER

NCAC Men's Indoor Track & Field Championships

**For Immediate Release
March 8, 2004**

**ALLEGHENY CLAIMS FOURTH NORTH COAST CROWN;
EMIG, IVERY, RUMSCHLAG TURN IN MVP PERFORMANCES**

GRANVILLE, Ohio -- Allegheny won two events and posted seven other top-three finishes on the way to its second consecutive team title at the 2004 North Coast Athletic Conference Men's Indoor Track & Field Championships, which were held March 5-6 at Denison's Mitchell Recreation and Athletics Center. The Gators won their fourth title overall.

Allegheny totaled 128 points to outdistance runner-up Ohio Wesleyan by 16.5 points (111.5). The Battling Bishops improved three sports from their fifth-place finish one year ago. Wittenberg (94) followed in third, Denison was fourth (58) and Wabash was fifth (55). Wooster (49), Earlham (42.5), Oberlin (34), Kenyon (31) and Hiram (21) round out the standings in positions six through 10.

Gator sophomore **Chris Carrier (Lyndhurst, OH/Brush)** highlighted the day on the men's side, taking the conference title in the 3,000-meter run with a time of 8:52.55. He also had a second place finish in the 5,000 (15:49.28). Sophomore **Aaron Rape (Zelienople, PA/Freedom)**, Allegheny's record holder, won the 400-meter dash with a time of 50.79 to claim his first career conference title. Sophomore **Rashawn Allen (Columbus, OH/St. Charles Prep)** had a solid day as well, finishing second in the 200-meter dash (23.02) and third in the 55-meter dash (6.65). Rape and Allen were also part of Allegheny's third-place 4 x 200 meter relay team (1:33.98). Rape anchored the third-place 4 x 400-meter relay team as well.

Kenyon's **Aaron Emig (Kent, OH/Roosevelt)** was named the meet's Outstanding Middle/Distance Runner after winning the 1500 meters (4:00.70) and anchoring the winning distance medley relay team (10.40.72). Wittenberg's **Skip Ivery (Columbus, OH/Groveport-Madison)** and **Joe Rumschlag (Maumee, OH/Toledo Christian)** were named the meet's Outstanding Sprints/Hurdles Runner and Field Athlete, respectively. Ivery claimed his fourth straight 55-meter hurdles title in a meet record time of 7.55. Rumschlag won titles in the long jump (22' 0-1/2") and in the 200-meter dash (22.75) and finished second in the triple jump (42' 8-34") and in the 400-meter run (51.44). Allegheny's **Bill Ross** was named NCAC Coach of the Year for the second consecutive year.

**NORTH COAST ATHLETIC CONFERENCE
2004 Men's Indoor Track & Field Championships**

Team	Points
1. Allegheny College	128.0
2. Ohio Wesleyan University	111.5
3. Wittenberg University	94.0
4. Denison University	58.0
5. Wabash College	55.0
6. The College of Wooster	49.0
7. Earlham College	42.5
8. Oberlin College	34.0
9. Kenyon College	31.0
10. Hiram College	21.0

NORTH COAST ATHLETIC CONFERENCE
2004 Men's Indoor Track & Field Championships
Friday-Saturday, March 5-6 • Granville, Ohio

LONG JUMP

22' 0-1/2" Joe Rumschlag, WIT
21' 4" Josh Jones, WAB
21' 1-1/2" Tim Gaal, WIT

SHOT PUT

49' 2-1/4" Dan Ries, ERL
48' 4-1/2" Keith Vance, WOO
48' 2" Rick Drushal, WOO

HIGH JUMP

6' 4-1/4" Randy Everett, OWU
6' 4-1/4" James Segrest, ERL
6' 2-3/4" Scott Cothren, HIR

TRIPLE JUMP

43' 11-1/2" Nii Djan Tackie, WOO
42' 8-3/4" Joe Rumschlag, WIT
41' 2-3/4" James Jones, ALL

POLE VAULT

14' 0" Shean Perry, OBE
14' 0" Jared Jackson, WAB
13' 8" Mark Dobish, ALL

5000-METER RUN

15:41.11 Matt Kempton, OWU
15:49.28 Chris Carrier, ALL
15:52.53 Ryan Weinstock, KEN

800-METER RELAY

1:33.42 WITTENBERG
[Bazzel-Carter-Toman-Locke]
1:33.91 DENISON
[Joyes-Meibers-Trumbull-Badger]
1:33.98 ALLEGHENY
[Rhue-Rape-Soloman-Allen]

1500-METER RUN

4:00.70 Aaron Emig, KEN
4:01.42 Dan Ruge, WAB
4:04.22 Keith Drake, OWU

MVP TRACK (SPRINTS/HURDLES)

Skip Ivery, Wittenberg

MVP TRACK (MID DISTANCE/DISTANCE)

Aaron Emig, Kenyon

MVP FIELD

Joe Rumschlag, WIT

COACH OF THE YEAR

Bill Ross, Allegheny

M Mitchell Field House record N NCAC Record
NCAA Provisional Qualifier ## NCAA Automatic Qualifier

55-METER HURDLES

7.55 NM# Skip Ivery, WIT
7.87 Justin Blackburn, OWU
7.90 Tim Herrod, ERL

400-METER RUN

50.79 Aaron Rape, ALL
51.44 Joe Rumschlag, WIT
51.60 Brett Peterson, OBE

55-METER DASH

6.56 Jay Douglas, OWU
6.63 Justin Blackburn, OWU
6.65 Rashawn Allen, ALL

800-METER RUN

1:58.05 Tyler Walker, DEN
2:00.21 Dan Ruge, WAB
2:00.46 Dan Samson, OWU

200-METER DASH

22.75 Joe Rumschlag, WIT
23.02 Rashawn Allen, ALL
23.06 Gregg Carter, WIT

3000-METER RUN

8:52.55 Chris Carrier, ALL
9:02.70 Matt Kempton, OWU
9:06.16 Dennis Frazee, WAB

DISTANCE MEDLEY RELAY

10:40.72 KENYON
[Bartholomew-Rosen-Strader-Emig]
10:41.33 WOOSTER
[VanGombos-Ballinger-Presto-Taft]
10:42.03 DENISON
[Grewal-Trumbull-Aichele-Wells]

1600-METER RELAY

3:28.46 DENISON
[Trumbull-Meibers-Aichele-Walker]
3:28.89 OHIO WESLEYAN
[Bumpus-Robertson-Bayles-Horst]
3:29.80 ALLEGHENY
[Delaney-Drabert-Kollar-Rape]

TEAM STANDINGS

1.	ALLEGHENY	128.0
2.	OHIO WESLEYAN	111.5
3.	WITTENBERG	94.0
4.	DENISON	58.0
5.	WABASH	55.0
6.	WOOSTER	49.0
7.	EARLHAM	42.5
8.	OBERLIN	34.0
9.	KENYON	31.0
10.	HIRAM	21.0