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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
ALLEGHENY WINS THIRD STRAIGHT NORTH COAST TITLE;
BEDZRA, CONROY, RUMSCHLAG NAMED MVPs

For Immediate Release
March 7, 2005

GRANVILLE, Ohio -- Allegheny won six events and posted nine other top-three finishes on the way to its third consecutive team title at the 2005 North Coast Athletic Conference Men's Indoor Track & Field Championships, which were held March 4-5 at Denison's Mitchell Recreation and Athletics Center. The Gators won their fifth title overall.

Allegheny totaled 161 points to outdistance runner-ups Ohio Wesleyan and Wabash by 65 points (111.5). The Battling Bishops won three events on their way to a second-place tie with Wabash. The Little Giants won four events to improve upon last winter's fifth-place standing. Wittenberg (75) followed in fourth and Denison was fifth (61). Earlham (54), Oberlin (46), Wooster (15), Kenyon (10) and Hiram (10) round out the standings in positions six through nine.

Although he did not win an event over the weekend, Gator senior **Jeff Conroy (Pittsburgh, PA/Baldwin)** was named the Outstanding Men's Middle/Distance Runner of the Year as he scored the most points for the victorious Gator men's team after finishing third in the 5000-meter run (15:14.16), second in the 1,500 (4:02.29) and 3,000 (8:55.51). Senior **Kevin Pool (New Windsor, MD/Westminster)** claimed first place in the 5,000 and crossed first in the 1,500 in a time of 3:59.71. The distance medley relay team of senior **Matt Popowicz (North East, PA/North East)**, sophomore **Gary Gorski (Pittsburgh, PA/Mt. Lebanon)**, senior **David Washousky (Clarence, N.Y./ Clarence Central)** and freshman **Ryan Place (Meshoppen, PA/ Elk Lake)** won the race in a time of 10:42.46, the first time in the 10-year history of the event at the conference meet that the Gators have come in first place.

Oberlin sophomore **Edo Bedzra (Sunyani, Ghana/Mfantsipim School)** was named the meet's Outstanding Sprints/Hurdles Runner after winning the 55-meter dash (6.57) and the 200-meter dash (22.62). Wittenberg's **Joe Rumschlag (Maumee, OH/Toledo Christian)** repeats as the Outstanding Field Athlete of the Year after winning the long jump (22' 3-1/4") and finishing second in the triple jump (42' 3-1/2") and in the 200-meter run (22.78). Rumschlag also anchored the second-place 800-meter relay and the third-place 1600-meter relay teams. Allegheny's **Bill Ross** was named NCAC Coach of the Year for the third consecutive year.

NORTH COAST ATHLETIC CONFERENCE
2005 Men's Indoor Track & Field Championships

Team	Points
1. Allegheny College	161.0
2. Ohio Wesleyan University	96.0
Wabash College	96.0
4. Wittenberg University	75.0
5. Denison University	61.0
6. Earlham College	54.0
7. Oberlin College	46.0
8. College of Wooster	15.0
9. Kenyon College	10.0
Hiram College	10.0

NORTH COAST ATHLETIC CONFERENCE
2005 Men's Indoor Track & Field Championships
Friday-Saturday, March 4-5 • Granville, Ohio

LONG JUMP

22' 3-1/4" Joe Rumschlag, WIT
21' 7-1/2" Mike Russell, WAB
21' 3-3/4" Josh Jones, WAB

SHOT PUT

49' 5-1/4" Pat Confer, ALL
48' 6-1/4" Dan Reis, ERL
46' 4-3/4" Steve Weber, DEN

HIGH JUMP

6' 6" Randy Everett, OWU
6' 3" Josh Jones, WAB
6' 2" Justin Schwab, ALL

TRIPLE JUMP

43' 2-1/2" Tom Thome, OWU
42' 3-1/2" Joe Rumschlag, WIT
42' 0-3/4" Nate Efinger, OWU

POLE VAULT

15' 0" Conrad Rapp, ALL
14' 4" Mark Dobish, ALL
14' 0" Sean Perry, OBE

5000-METER RUN

14:55.80 Kevin Pool, ALL
14:59.13 Chris Carrier, ALL
15:14.16 Jeff Conroy, ALL

800-METER RELAY

1:32.67 WABASH
[Banach-Ruckard-Russell-Bates]
1:32.82 WITTENBERG
[Gouch-Carter-Lewis-Rumschlag]
1:34.54 DENISON
[Meivers-Walker-Badger-MARks]

1500-METER RUN

4:00.70 Kevin Pool, ALL
4:01.42 Jeff Conroy, ALL
4:04.22 Andrew Schaefer, DEN

MVP TRACK (SPRINTS/HURDLES)

Edo Bedzra, Oberlin

MVP TRACK (MID DISTANCE/DISTANCE)

Jeff Conroy, Allegheny

MVP FIELD

Joe Rumschlag, Wittenberg

COACH OF THE YEAR

Bill Ross, Allegheny

M Mitchell Field House record

NCAA Provisional Qualifier

N NCAC Record

55-METER HURDLES

7.71 # Justin Blackburn, OWU
7.86 Tim Herrod, ERL
8.15 Dave Griffin, ALL

400-METER RUN

50.24 Nathan Bates, WAB
51.10 Eric Meibers, DEN
51.78 Evan Bayle, OWU

55-METER DASH

6.57 Edo Bedzra, OBE
6.65 RaShawn Allen, ALL
6.67 Josh Rhue, ALL

800-METER RUN

1:56.53 Geoff Lambert, WAB
1:58.69 Matt Lindeman, ERL
1:58.83 Tyler Walker, DEN

200-METER DASH

22.62 Edo Bedzra, OBE
22.78 Joe Rumschlag, WIT
23.06 Mike Russell, WAB

3000-METER RUN

8:40.70 Chris Carrier, ALL
8:55.51 Jeff Conroy, ALL
8:56.01 Waker, Yane, ERL

DISTANCE MEDLEY RELAY

10:42.46 ALLEGHENY
[Popowicz-Gorski-Washousky-Place]
10:46.64 DENISON
[Baker-Fortin-Nelson-Paciorek]
10:56.61 OHIO WESLEYAN
[Goehring-Spirakus-Berlyoung-Warner]

1600-METER RELAY

3:28.46 WABASH
[Reckard-Jones-Bates-Lambert]
3:28.89 DENISON
[Meibers-Walker-Marks-Walker]
3:29.80 WITTENBERG
[Gouch-Echols-Lewis-Rumschlag]

TEAM STANDINGS

1. ALLEGHENY	161.0
2. OHIO WESLEYAN	96.0
WABASH	96.0
4. WITTENBERG	75.0
5. DENISON	61.0
6. EARLHAM	54.0
7. OBERLIN	46.0
8. WOOSTER	15.0
9. KENYON	10.0
HIRAM	10.0