

**NORTH COAST ATHLETIC CONFERENCE
2003 Men's Outdoor Track & Field Championships
Ohio Wesleyan University • May 2-3**

100-METER DASH

11.10 Tony Sutton, WOO
11.11 Rashuan Allen, ALL
11.20 Joe Yarkovich, ALL

110-METER HURDLES

15.19 Skip Ivery, WIT
15.34 Tim Herrod, ERL
15.66 Matt Locke, WIT

200-METER DASH

22.73 Rashuan Allen, ALL
23.06 Jason Lloyd, WAB
23.37 Jared Glover, WIT

400-METER DASH

49.84 Bret Peterson, OBE
50.38 Jason Lloyd, WAB
50.72 Matt Niederst, ALL

400-METER HURDLES

55.83 Scott Cothren, HIR
56.81 Jason Toman, WIT
57.54 David Griffin, ALL

800-METER RUN

1:56.10 Curtis Lundgren, WIT
1:56.77 Mark Delaney, ALL
1:57.41 Tyler Pensyl, DEN

1500-METER RUN

4:02.89 Dan Princic, ALL
4:03.99 Mark Sherer, WAB
4:05.73 JP Gary, ERL

3000-METER STEEPLECHASE

9:35.47 Ben Hildebrand, KEN
9:36.67 Michael Baird, KEN
9:50.80 Kevin Pool, ALL

5000-METER RUN

15:13.35 Dan Princic, ALL
15:23.38 Michael Baird, KEN
15:26.64 Ben Hildebrand, KEN

10,000-METER RUN

31:27.88# Dan Princic, ALL
31:42.27 Ben Hildebrand, KEN
32:23.04 Michael Baird, KEN

MVP TRACK (SPRINTS/HURDLES)

RaShaun Allen, Allegheny

MVP TRACK (MID DISTANCE/DISTANCE)

Dan Princic, Allegheny

MVP FIELD

Tim Gaal, Wittenberg

COACH OF THE YEAR

Bill Ross, Allegheny

% NCAC Record

@ NCAA Automatic Qualifier

NCAA Provisional Qualifier

400-METER RELAY

42.79 ALLEGHENY
43.09 WITTENBERG
43.19 WOOSTER

1600-METER RELAY

3:20.40 ALLEGHENY
3:23.91 WABASH
3:24.31 WITTENBERG

LONG JUMP

21' 4-3/4" Joe Rumschlag, WIT
21' 0-1/2" Justin Blackburn, OWU
20' 10" Tim Gaal, WIT

TRIPLE JUMP

45' 1" Andy Stromwall, DEN
44' 4-1/4" Peter DeYoung, WAB
44' 3-1/2" Jared Glover, WIT

HIGH JUMP

6' 4" Peter DeYoung, WAB
6' 2" James Segrest, ERL
6' 2" Scott Cothren, HIR

POLE VAULT

13' 6" Doug Reiser, WOO
13' 6" Nathan Collins, WOO
13' Shean Perry, OBE

SHOT PUT

48' 5-1/2" Dan Ries, ERL
47' 2-1/2" Joel Drake, WIT
46' 8-1/4" Keith Vance, WOO

DISCUS

145' 6" Joel Drake, WIT
138' 1" Dave Pitcher, WAB
137' 6" Clyde Mayer, WIT

JAVELIN

200' 3"# Tim Gaal, WIT
183' 3" Vince Werner, ALL
175' 6" Adam Futscher, WAB

DECATHLON

6,101# Tim Gaal, WIT
5,712 Andy Stromwall, DEN
5,256 Chris Vecenie, ALL

TEAM RESULTS

1. ALLEGHENY	197
2. WITTENBERG	172
3. WOOSTER	85
4. WABASH	81
5. KENYON	59
6. DENISON	44
7. EARLHAM	40
OHIO WESLEYAN	40
9. HIRAM	34
10. OBERLIN	21