

## 2004 NCAC Men's Outdoor Track & Field Championships May 7-8

### 100-METER DASH

11.03 RaShawn Allen, ALL  
11.21 Jay Douglas, OWU  
11.27 Joe Rumschlag, WIT

### 110-METER HURDLES

14.83# Skip Ivery, WIT  
15.55 Justin Blackburn, OWU  
15.77 Dave Griffin, ALL

### 200-METER DASH

22.42 RaShawn Allen, ALL  
22.54 Joe Rumschlag, WIT  
22.74 Jay Douglas, OWU

### 400-METER DASH

48.98 Nathan Bates, WAB  
49.35 Matt Niederst, ALL  
49.76 Aaron Rape, ALL

### 400-METER HURDLES

55.00 Skip Ivery, WIT  
55.07 Eric Meibers, DEN  
55.68 Jason Toman, WIT

### 800-METER RUN

1:55.15 Tyler Walker, DEN  
1:56.11 Matt Lindeman, ERL  
1:56.59 Chris Taft, WOO

### 1500-METER RUN

4:02.72 Keith Drake, OWU  
4:06.86 Dan Ruge, WAB  
4:07.67 Tim Presto, WOO

### 3000-METER STEEPLECHASE

9:45.76 Clark Paciorek, DEN  
9:46.01 Chris Carrier, ALL  
9:51.39 Tyler Newman, KEN

### 5000-METER RUN

15:58.40 Matt Kempton, OWU  
16:11.73 Jeff Conroy, ALL  
16:13.34 Ibrahim Sulai, ALL

### 10,000-METER RUN

32:48.40 Jeff Conroy, ALL  
32:58.10 Matt Kempton, OWU  
33:09.50 Walker Yane, ERL

### MVP TRACK (SPRINTS/HURDLES)

Skip Ivery, WIT

### MVP TRACK (MID DISTANCE/DISTANCE)

Matt Kempton, OWU

### MVP FIELD

Tim Gaal, WIT

### COACH OF THE YEAR

Bill Ross, ALL

### 400-METER RELAY

42.61 ALLEGHENY  
(Rhue-Rape-Solomon-Allen)  
42.86 OHIO WESLEYAN  
(Douglas-Bumpus-Blackburn-Hollis)  
43.10 WITTENBERG  
(Bazzel-Carter-Locke-Yurovitsky)

### 1600-METER RELAY

3:19.95 ALLEGHENY  
(Delaney-Drabert-Rape-Niederst)  
3:21.28 WABASH  
(Jacks-Jones-Cottom-Bates)  
3:25.81 WITTENBERG

### LONG JUMP

22' 4" Joe Rumschlag, WIT  
21' 8" Justin Blackburn, OWU  
20' 11 1/2" Tim Gaal, WIT

### TRIPLE JUMP

43' 2 3/4" Nii Djan Tackie, WOO  
41' 11" Joe Rumschlag, WIT  
41' 10" Andy Stromwall, DEN

### HIGH JUMP

6' 4" Randy Everett, OWU  
6' 2" Scott Cothren, HIR  
6' 2" James Segrest, ERL

### POLE VAULT

13' 11 1/4" Curtis Asay, ERL  
13' 11 1/4" Mark Dobish, ALL  
13' 5 1/4" Shean Perry, OBE

### SHOT PUT

49' 8" Keith Vance, WOO  
48' 11 1/2" Eric Shuty, ALL  
48' 6" Rick Drushal, WOO

### DISCUS

143' 5" Eric Morris, WAB  
141' 1" John Darden, ERL  
139' Rick Drushal, WOO

### JAVELIN

184' 6" Tim Gaal, WIT  
177' Vince Werner, ALL  
164' 5" Marty Spieler, ALL

### HAMMER

133' Jon Reidy, WAB  
129' 11" Kit Tuttle, ALL  
129' 7" Pat Confer, ALL

### DECATHLON

5729 Tim Gaal, WIT  
5567 Joe Rumschlag, WIT  
5366 Scott Cothren, HIR

% NCAC Record

# NCAA Provisional Qualifier