

## 2005 NCAC Men's Outdoor Track & Field Championships April 29-30

### 100-METER DASH

11.09 Mike Russell, WAB  
11.16 Edo Bedzra, OBE  
11.18 Joe Rumschlag, WIT

### 110-METER HURDLES

15.54 Justin Blackburn, OWU  
15.76 Tim Herrod, ERL  
16.06 Dave Griffin, ALL

### 200-METER DASH

22.24 Mike Russell, WAB  
22.44 Joe Rumschlag, WIT  
22.54 Josh Rhue, ALL

### 400-METER DASH

49.19 Nathan Bates, WAB  
50.62 Evan Bayles, OWU  
50.93 David Emrath, WIT

### 400-METER HURDLES

54.62 Eric Meibers, DEN  
55.51 Keith Clayton, WAB  
56.48 Dave Griffin, ALL

### 800-METER RUN

1:55.01 Geoff Lambert, WAB  
1:56.07 Mark Delaney, ALL  
1:56.09 Mike Echols, WIT

### 1500-METER RUN

4:00.80 Kevin Pool, ALL  
4:02.23 Andrew Schaefer, DEN  
4:02.62 Ryan Place, ALL

### 3000-METER STEEPLECHASE

9:31.55 Chris Carrier, ALL  
9:36.77 Walker Yane, ERL  
9:37.74 Clark Paciorek, DEN

### 5000-METER RUN

15:16.00 Kevin Pool, ALL  
15:21.76 Jeff Conroy, ALL  
15:25.13 Chris Carrier, ALL

### 10,000-METER RUN

31:57.26 Kevin Pool, ALL  
31:57.34 Jeff Conroy, ALL  
32:29.12 Taylor Delhagen, WOO

### MVP TRACK (SPRINTS/HURDLES)

Mike Russell, Wabash

### MVP TRACK (MID DISTANCE/DISTANCE)

Kevin Pool, Allegheny

### MVP FIELD

Joe Rumschlag, Wittenberg

### COACH OF THE YEAR

Bill Ross, Allegheny & Rob Johnson, Wabash

### 400-METER RELAY

42.59 WABASH  
(Clayton-Bates-Russell-Banach)  
43.19 WITTENBERG  
(Bazzel-Carter-Rumschlag-Emrath)  
43.96 ALLEGHENY  
(Solomon-Moles-Gorski-Rhue)

### 1600-METER RELAY

3:21.61 WABASH  
(Clayton-Bates-Russell-Lambert)  
3:25.17 WITTENBERG  
(Emrath-Echols-Rumschlag-Kresser)  
3:26.74 ALLEGHENY  
(Ball-Moles-Gorski-Delaney)

### LONG JUMP

22' 8 1/2" Joe Rumschlag, WIT  
21' 6 1/4" Anthony Osei, OBE  
21' 2 1/2" Sean Laird, ALL

### TRIPLE JUMP

42' 7" Joe Rumschlag, WIT  
41' 5 1/4" Thomas Bell, WAB  
40' 10 1/4" Mark Dobish, ALL

### HIGH JUMP

6' 4 1/4" Randy Everett, OWU  
6' 4 1/4" Justin Schwab, ALL  
6' 3 1/4" James Segrest, ERL

### POLE VAULT

14' 8 3/4" Conrad Rapp, ALL  
14' 5 1/2" Mark Dobish, ALL  
14' 1 3/4" Michael Tornifolio, OWU

### SHOT PUT

49' 3 3/4" Dan Ries, ERL  
48' 3 1/2" Pat Confer, ALL  
45' 9" Rick Drushal, WOO

### DISCUS

145' 5" Eric Morris, WAB  
142' 1" Jeff Mervosh, DEN  
140' 6" Josh Steinke, OWU

### JAVELIN

189' 5"# Vince Werner, ALL  
186' 8" Adam Whitelaw, OWU  
171' 3" Nate Kayhoe, ERL

### HAMMER

147' % Pat Confer, ALL  
141' 9" Eric Morris, WAB  
139' 9" Andy Karcher, WIT

### DECATHLON

5696 Joe Rumschlag, WIT  
5625 Nate Efinger, OWU  
4919 Mark O'Brien, WIT

% NCAC Record

# NCAA Provisional Qualifier