



## NORTH COAST ATHLETIC CONFERENCE

DENNIS M. COLLINS  
Executive Director

P. O. Box 16679  
Cleveland, Ohio 44116  
Phone (440) 871-8100  
Fax (440) 871-4221  
ncac@northcoast.org  
www.northcoast.org

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

### NCAC Indoor Track Special

For Immediate Release

### **OHIO WESLEYAN DEFENDS MEN'S INDOOR TRACK & FIELD TITLE; OWU, OBERLIN SHARE WOMEN'S CROWN**

March 9, 2009

The Ohio Wesleyan and Oberlin women shared the team title at the NCAC Championships, held at Denison March 6-7. The Battling Bishops, who won their third straight crown and eighth overall, captured one event title and 10 other top-three finishes to total 138 points. Oberlin, which also scored 138 points, claimed its first-ever indoor track & field crown. The Yeowomen won six events and posted six other top-three finishes. The championship tie is the first in NCAC history - counting both men's and women's indoor and outdoor track & field. Allegheny was third with 109 points and six event championships. The Ohio Wesleyan men claimed their eighth NCAC crown, and second in a row, with 148.5 points. Allegheny wound up second for the second consecutive year with 137 points, followed by Denison (73) and Oberlin (73) in a tie for third. The Battling Bishops won three events and had nine other top-three finishes.

**Women's Most Valuable Performers:** Allegheny sophomore **Beth Muller (Canton, MA/Canton)** was named Outstanding Sprinter/Hurdler. She won the 400 meters (58.99 seconds), 200 meters (26.41) and 55 meters (7.48). Oberlin senior **Nicky Ouellet (Dunbarton, NH/Goffstown)** crossed first in the mile (5:15.89) and the 800 meters (2:19.37) to capture Outstanding Middle Distance/Distance recognition. She is the third straight woman from Oberlin to earn the honor. Wooster senior **Kayla Miller (Mercer, PA/Mercer Area)** picked up Outstanding Field Performer after she won the triple jump (34 feet, 9.75 inches) by more than a foot.

**Men's Most Valuable Performers:** Denison senior **Michael Barnes (Gates Mills, OH/Mayfield)** repeated as Outstanding Sprinter/Hurdler of the year after taking the 200 meters (22.58) and 400 meters (50.23). He also led off the third-place 4x200-meter relay. In four years at the NCAC Indoor Championship, Barnes has registered 12 top-3 finishes. The Outstanding Performer for middle distance/distance was Allegheny sophomore **Jeramie Parker (Middletown, MD/Middletown)**, who won the mile in 4:13.83. He led a field in which five runners surpassed the conference record and four runners met the NCAA provisional qualifying standard. Wittenberg senior **Erik Larkin (Cincinnati, OH/Country Day)** earned Outstanding Field Event Performer honors after he won the long jump (22-0.25), was second in the triple jump (45-5.75) and placed third in the high jump (6-0).

**Coach of the Year:** Ohio Wesleyan head coach **Kris Boey** was named coach of the year of the men's championship for the second time and second straight year. Boey and Oberlin head coach **Ray Appenheimer** shared the coach of the year award in the women's championship. The honor is Boey's third straight with the women and is Appenheimer's first.

### **2009 NCAC Indoor Track & Field Championships at Denison March 6-7**

#### **MEN'S TEAM RESULTS**

1. OHIO WESLEYAN	148.5
2. ALLEGHENY	137
3. DENISON	73
OBERLIN	73
5. WABASH	61.5
6. WITTENBERG	56
7. WOOSTER	31
8. KENYON	23
9. EARLHAM	21
10. HIRAM	--

#### **WOMEN'S TEAM RESULTS**

1. OHIO WESLEYAN	138
OBERLIN	138
3. ALLEGHENY	109
4. WITTENBERG	83
5. WOOSTER	49
6. DENISON	46.5
7. EARLHAM	41.5
8. KENYON	14
9. HIRAM	4

# 2009 Women's Indoor Track & Field Championships

## 55-METER DASH

7.48 Beth Muller, ALL  
7.50 Starr Gary, ERL  
7.67 Rebecca Lendyak, ALL

## 55-METER HURDLES

8.76 Katelynn Riley, WOO  
9.01 Christa Cocumelli, OWU  
9.08 Madeline Schultz, OBE

## 200-METER DASH

26.41 Beth Muller, ALL  
26.68 Starr Gary, ERL  
27.53 Rebecca Lendyak, ALL

## 400-METER DASH

58.99 Beth Muller, ALL  
1:00.72 Catherine Kuerbitz, WIT  
1:00.80 Amanda Miller, OBE

## 800 METER RUN

2:19.37 Nicole Ouellet, OBE  
2:21.25 Sarah Shinn, OWU  
2:21.58 Rachael Newman, OWU

## MILE RUN

5:15.89 Nicole Ouellet, OBE  
5:17.89 Sarah Shinn, OWU  
5:18.55 Katie Stancik, ALL

## 3000 METER RUN

10:15.08 Mia Symoniak, ALL  
10:18.07 Joanna Johnson, OBE  
10:18.39 Katie Navarre, DEN

## 5000 METER RUN

17:37.37 Joanna Johnsen, OBE  
17:48.32 Katie Navarre, DEN  
18:00.84 Mia Symoniak, ALL

## MVP TRACK (SPRINTS/HURDLES)

Beth Muller, Allegheny

## MVP TRACK (MID-DISTANCE/DISTANCE)

Nicky Ouellet, Oberlin

## MVP FIELD

Kayla Miller, Wooster

## COACH OF THE YEAR

Ray Appenheimer, Oberlin  
Kris Boey, Ohio Wesleyan

## 4x200-METER RELAY

1:50.24 OBERLIN  
(Gemma, Vernon, Schultz, Miller)  
1:50.63 WITTENBERG  
(Kuerbitz, Kirby, Gandy, Domiano)  
1:50.77 OHIO WESLEYAN  
(Kekic, Britton, Jones, Newman)

## DISTANCE MEDLEY RELAY

13:06.27 ALLEGHENY  
(Zink, Heltman, Dyer, Stancik)  
13:15.78 KENYON  
(Metzger, Dahlburg, Pellegrino, Smith)  
13:16.00 OBERLIN  
(Tipton, Cann, Callaghan, Vernon)

## 4X400 METER RELAY

4:08.47 OHIO WESLEYAN  
(Jones, Newman, Reiter, Shinn)  
4:10.46 OBERLIN  
(Gemma, Vernon, Miller, Schultz)  
4:12.93 WITTENBERG  
(Iden, Shoemaker, Kuerbitz, Stafford)

## LONG JUMP

15' 06.00" Ali Gemma, OBE  
15' 05.00" Sarah Shinn, OWU  
15' 00.75" Emily Norton, ALL

## TRIPLE JUMP

34' 9.75" Kayla Miller, WOO  
33' 9.25" Claire Navarro, DEN  
33' 5.75" Ramona Hemmings, ERL

## HIGH JUMP

5'01.75" Elizabeth Ross, ERL  
4'11.75" Madeline Schultz, OBE  
4'09.75" Evianne van de Zande, WIT  
Lainey Kekic, OWU  
Elizabeth Wardrop, WOO

## POLE VAULT

10' 2.75" Laura Vernon, OBE  
10' 0.00" Chelsea Imm, OWU  
10' 0.00" Kaitln Wesseler, WIT

## SHOT PUT

40' 04.75" Lauren Butler, ALL  
39' 10.50" Hannah Phlipot, OWU  
36' 06.75" Samantha Smyth, OWU

# 2009 Men's Indoor Track & Field Championships

## 55-METER DASH

6.58 Solomon Turner, OBE  
6.59 Josh Brannan, ALL  
6.65 Sean Patrick, OWU

## 55-METER HURDLES

7.66 P Steve Brown, OWU  
7.72 P Emmanuel Aouad, WAB  
7.83 Andrew Bloom, OWU

## 200-METER DASH

22.58 Michael Barnes, DEN  
22.68 Solomon Turner, OBE  
22.87 Ryan Ellis, OWU

## 400 METER DASH

50.23 Michael Barnes, DEN  
50.31 Taylor Throckmorton, ALL  
50.50 Wes Chamblee, WAB

## 800 METER RUN

1:56.75 Kyle Lemke, OWU  
1:57.03 Lex Hultquist, DEN  
1:57.79 Kevin McCarthy, WAB

## MILE RUN

4:13.83 N P Jeramie Parker, ALL  
4:13.85 P Tony Dipre, ALL  
4:15.27 P Dee Salukombo, DEN

## 3000 METER RUN

8:48.38 Ryan Hanson, ALL  
8:53.55 Chris Marker, ALL  
8:54.29 Kaleb Keyserling, KEN

## 5000 METER RUN

15:10.87 Chris Marker, ALL  
15:11.05 Ryan Hanson, ALL  
15:19.91 Jakeb Zimmerman, ALL

## MVP TRACK (SPRINTS/HURDLES)

Michael Barnes, Denison

## MVP TRACK (MID-DISTANCE/DISTANCE)

Jeramie Parker, Allegheny

## MVP FIELD

Erik Larkin, Wittenberg

## COACH OF THE YEAR

Kris Boey, Ohio Wesleyan

## 4x200-METER RELAY

1:31.61 OHIO WESLEYAN  
(Ellis, Patrick, Osborn, Osborn)  
1:32.35 OBERLIN  
(Turner, Takahashi, Chrapacznski,  
Wimberly)  
1:33.13 DENISON  
(Barnes, Effinger, Roth, Flatley)

## DISTANCE MEDLEY RELAY

10:25.31 N ALLEGHENY  
(Dipre, Brush, Eyer, Parker)  
10:32.00 OHIO WESLEYAN  
(Schlabach, Law, Herman, Booher)  
10:32.10 DENISON  
(Holder, Ayers, Black, Tewahade)

## 4X400-METER RELAY

3:22.77 N OBERLIN  
(Turner, Morris, El-Shair, Wimberly)  
3:24.36 OHIO WESLEYAN  
(Ellis, P.Osborn, Patrick, N.Osborn)  
3:27.72 WITTENBERG  
(King, Lamarre, Mansaray, Thinnes)

## LONG JUMP

22'00.25" Erik Larkin, WIT  
21'11.00" Joe McMahon, ALL  
21'10.00" David Burke, OWU

## TRIPLE JUMP

46'03.25" Joe McMahon, ALL  
45'05.75" Erik Larkin, WIT  
45'04.50" David Burke, OWU

## HIGH JUMP

6'3.50" Wes Chamblee, WAB  
6'2.25" David Burke, OWU  
6'0.00" Erik Larkin, WIT

## POLE VAULT

14'04.00" Peter Sotherland, ALL  
13'02.25" Robert McConnell, WOO  
12'11.50" Kyle Taljan, OBE

## SHOT PUT

50'10.00" Chad Wertman, ERL  
48'02.75" Kyle Faris, OWU  
48'00.75" Chris Shaw, ERL

*P = NCAA Provisional*

*N = NCAC Record*