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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 Women's Indoor Track & Field Championships
DENISON WINS SIXTH NORTH COAST TITLE
HOULIHAN, SHOUEY, TERRELL NAMED MVPs

For Immediate Release
March 8, 2004

GRANVILLE, Ohio -- Denison won five events and added 11 more top-three finishes to claim the team title at the 2004 North Coast Athletic Conference Women's Indoor Track & Field Championships, which were held March 5-6 at Denison's Mitchell Recreation and Athletics Center. The Big Red won their second straight NCAC title and their sixth overall.

Denison totaled 175 points to outdistance runner-up Ohio Wesleyan by 63 points. The Big Red points total was the second highest in NCAC Championship history, behind Ohio Wesleyan's 205-point performance in 1989. The second-place Battling Bishops won four events and had six other top-three finishes to improve from last winter's fifth-place finish. Allegheny was third with 93 points, followed by Oberlin (82) in fourth and Wittenberg (41.5) in fifth. Earlham (38), Hiram (30.5), Wooster (28) and Kenyon (23.0) took places six through nine.

The Big Red were led with first-place finishes from seniors **Laura Finkes (Hebron, OH/Lakewood)**, who set a new NCAC Indoor record in the shot put with her throw of 43'1-3/4"; **Melanie Cluss (Uniontown, PA/Laurel Highlands)**, who won the 55 meter hurdles with a time of 8.73 and was also part of Denison's winning 4x200 relay team; senior **Julie Hufnagel (Ann Arbor, MI/Marian)**, who took first in the 1500 meters with a time of 4:49.34 and senior **Jackie Berner (Fredonia, NY/Fredonia)**, who won the 200 meters with a time of 26.15.

Oberlin senior **Shannon Houlihan (Gorham, Me/Gorham)** won the triple jump with a leap of 36' 7-3/4", which was also an NCAA provisional qualifying distance, on her way to being named NCAC Field Athlete of the Year. She also turned in a third-place finish in the 55-meter hurdles (9.02) and was a member of the second-place 4x200-meter relay (1:48.61). Allegheny junior **Leah Shouey (Franklin, PA/Franklin Area)** was named the Outstanding Middle/Distance Runner of the Year as she won the women's 5,000- (18:05.06) and 3,000-meter (10:25.93) events. Ohio Wesleyan senior **Akeya Terrell (Gahanna, OH/Westerville North)** won the 400-meter dash in a time of :58.28 and the long jump with a leap of 16-6 1/2. She also placed second in the 200-meter dash and fifth in the 55-meter dash to earn Outstanding Sprints/Hurdles Runner of the Year honors. Terrell also anchored the winning 4x400-meter relay (4:07.25). Denison's **Pan Fanaritis** was named Coach of the Year for the second straight year, and the fourth time overall.

NORTH COAST ATHLETIC CONFERENCE
2004 Women's Indoor Track & Field Championships

Team	Points
1. Denison University	175.0
2. Ohio Wesleyan University	112.0
3. Allegheny College	93.0
4. Oberlin College	82.0
5. Wittenberg University	41.5
6. Earlham College	38.0
7. Hiram College	30.5
8. The College of Wooster	28.0
9. Kenyon College	23.0

NORTH COAST ATHLETIC CONFERENCE
2004 Women's Indoor Track & Field Championships
Friday-Saturday, March 5-6 • Granville, Ohio

LONG JUMP

16' 6-1/2" Akeya Terrell, OWU
16' 3-1/4" Melanie Cluss, DEN
15' 4-1/4" Ericka Newell, OWU

SHOT PUT

43' 1-3/4" N# Laura Finkes, DEN
40' 3-3/4" Liz Newell, OWU
39' 8" Carmen Batt-Porter, ERL

HIGH JUMP

5' 3-3/4" Jen Musbach, OWU
5' 2" Julie Feather-Faber, HIR
5' 1" Leslie Kreinberg, DEN

TRIPLE JUMP

36' 7-3/4" # Shannon Houlihan, OBE
35' 5" Teresa Collins, OBE
34' 2" Melanie Cluss, DEN

POLE VAULT

10' 6-3/4" NM# Jill Berner, WOO
10' 2" Amanda Weiland, DEN
9' 6" Katy Cameron, KEN

5000-METER RUN

18:05.06 Leah Shouey, ALL
18:06.15 Elaine Binkley, DEN
18:15.69 Lindsey Shouey, ALL

800-METER RELAY

1:46.89 DENISON
[West-Jaquette-Cluss-Berner]
1:48.61 OBERLIN
[Brooks-Houlihan-Dale-Collins]
1:50.70 HIRAM
[Alger/Wight/Feather-Faber/Kirtley]

1500-METER RUN

4:49.34 Julie Hufnagel, DEN
4:49.87 Kim Murley, DEN
4:52.27 Scarlett Graham, ALL

MVP TRACK (SPRINTS/HURDLES)

Akeya Terrell, Ohio Wesleyan

MVP TRACK (MID DISTANCE/DISTANCE)

Leah Shouey, Allegheny

MVP FIELD

Shannon Houlihan, Oberlin

COACH OF THE YEAR

Pan Fanaritis, Denison

N NCAC Record M Mitchell Field House Record
NCAA Provisional Qualifier

55-METER HURDLES

8.73 Melanie Cluss, DEN
8.76 Brie Jaquette, DEN
9.02 Shannon Houlihan, OBE

400-METER RUN

58.28 # Akeya Terrell, OWU
59.05 Aissha Broussard, OWU
59.22 Teresa Collins, OBE

55-METER DASH

7.30 # Tashi Johnson, ERL
7.34 Jackie Berner, DEN
7.55 Aissha Broussard, OWU

800-METER RUN

2:20.60 Kelly Zilli, WIT
2:21.09 Kim Murley, DEN
2:24.11 Lindsey Hayes, ALL

200-METER DASH

26.15 Jackie Berner, DEN
26.29 Akeya Terrell, OWU
26.60 Aissha Broussard, OWU

3000-METER RUN

10:25.93 Leah Shouey, ALL
10:27.13 Elaine Binkley, DEN
10:34.27 Christine Collins, DEN

DISTANCE MEDLEY RELAY

12:41.52 N ALLEGHENY
[Graham-Svetlak-Knupp-Shouey]
13:04.86 WOOSTER
[Draper-Barnhart-McCreary-Wieferich]
13:08.17 EARLHAM
[Wurster-Howell-Merryman-Adair]

1600-METER RELAY

4:07.25 OHIO WESLEYAN
[Burton-Broussard-Cressman-Terrell]
4:08.83 WITTENBERG
[McClish-Green-Zilli-Finkelstein]
4:10.50 OBERLIN
[Welton-Bosworth-Dale-Collins]

TEAM STANDINGS

1. DENISON	175.0
2. OHIO WESLEYAN	112.0
3. ALLEGHENY	93.0
4. OBERLIN	82.0
5. WITTENBERG	41.5
6. EARLHAM	38.0
7. HIRAM	30.5
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9. KENYON	23.0



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NCAC Men's Indoor Track & Field Championships
ALLEGHENY CLAIMS FOURTH NORTH COAST CROWN;
EMIG, IVERY, RUMSCHLAG TURN IN MVP PERFORMANCES

For Immediate Release
March 8, 2004

GRANVILLE, Ohio -- Allegheny won two events and posted seven other top-three finishes on the way to its second consecutive team title at the 2004 North Coast Athletic Conference Men's Indoor Track & Field Championships, which were held March 5-6 at Denison's Mitchell Recreation and Athletics Center. The Gators won their fourth title overall.

Allegheny totaled 128 points to outdistance runner-up Ohio Wesleyan by 16.5 points (111.5). The Battling Bishops improved three sports from their fifth-place finish one year ago. Wittenberg (94) followed in third, Denison was fourth (58) and Wabash was fifth (55). Wooster (49), Earlham (42.5), Oberlin (34), Kenyon (31) and Hiram (21) round out the standings in positions six through 10.

Gator sophomore **Chris Carrier (Lyndhurst, OH/Brush)** highlighted the day on the men's side, taking the conference title in the 3,000-meter run with a time of 8:52.55. He also had a second place finish in the 5,000 (15:49.28). Sophomore **Aaron Rape (Zelienople, PA/Freedom)**, Allegheny's record holder, won the 400-meter dash with a time of 50.79 to claim his first career conference title. Sophomore **Rashawn Allen (Columbus, OH/St. Charles Prep)** had a solid day as well, finishing second in the 200-meter dash (23.02) and third in the 55-meter dash (6.65). Rape and Allen were also part of Allegheny's third-place 4 x 200 meter relay team (1:33.98). Rape anchored the third-place 4 x 400-meter relay team as well.

Kenyon's **Aaron Emig (Kent, OH/Roosevelt)** was named the meet's Outstanding Middle/Distance Runner after winning the 1500 meters (4:00.70) and anchoring the winning distance medley relay team (10.40.72). Wittenberg's **Skip Ivery (Columbus, OH/Groveport-Madison)** and **Joe Rumschlag (Maumee, OH/Toledo Christian)** were named the meet's Outstanding Sprints/Hurdles Runner and Field Athlete, respectively. Ivery claimed his fourth straight 55-meter hurdles title in a meet record time of 7.55. Rumschlag won titles in the long jump (22' 0-1/2") and in the 200-meter dash (22.75) and finished second in the triple jump (42' 8-34") and in the 400-meter run (51.44). Allegheny's **Bill Ross** was named NCAC Coach of the Year for the second consecutive year.

NORTH COAST ATHLETIC CONFERENCE
2004 Men's Indoor Track & Field Championships

Team	Points
1. Allegheny College	128.0
2. Ohio Wesleyan University	111.5
3. Wittenberg University	94.0
4. Denison University	58.0
5. Wabash College	55.0
6. The College of Wooster	49.0
7. Earlham College	42.5
8. Oberlin College	34.0
9. Kenyon College	31.0
10. Hiram College	21.0

NORTH COAST ATHLETIC CONFERENCE
2004 Men's Indoor Track & Field Championships
Friday-Saturday, March 5-6 • Granville, Ohio

LONG JUMP

22' 0-1/2" Joe Rumschlag, WIT
21' 4" Josh Jones, WAB
21' 1-1/2" Tim Gaal, WIT

SHOT PUT

49' 2-1/4" Dan Ries, ERL
48' 4-1/2" Keith Vance, WOO
48' 2" Rick Drushal, WOO

HIGH JUMP

6' 4-1/4" Randy Everett, OWU
6' 4-1/4" James Segrest, ERL
6' 2-3/4" Scott Cothren, HIR

TRIPLE JUMP

43' 11-1/2" Nii Djan Tackie, WOO
42' 8-3/4" Joe Rumschlag, WIT
41' 2-3/4" James Jones, ALL

POLE VAULT

14' 0" Shean Perry, OBE
14' 0" Jared Jackson, WAB
13' 8" Mark Dobish, ALL

5000-METER RUN

15:41.11 Matt Kempton, OWU
15:49.28 Chris Carrier, ALL
15:52.53 Ryan Weinstock, KEN

800-METER RELAY

1:33.42 WITTENBERG
[Bazzel-Carter-Toman-Locke]
1:33.91 DENISON
[Joyes-Meibers-Trumbull-Badger]
1:33.98 ALLEGHENY
[Rhue-Rape-Soloman-Allen]

1500-METER RUN

4:00.70 Aaron Emig, KEN
4:01.42 Dan Ruge, WAB
4:04.22 Keith Drake, OWU

MVP TRACK (SPRINTS/HURDLES)

Skip Ivery, Wittenberg

MVP TRACK (MID DISTANCE/DISTANCE)

Aaron Emig, Kenyon

MVP FIELD

Joe Rumschlag, WIT

COACH OF THE YEAR

Bill Ross, Allegheny

M Mitchell Field House record N NCAC Record
NCAA Provisional Qualifier ## NCAA Automatic Qualifier

55-METER HURDLES

7.55 NM# Skip Ivery, WIT
7.87 Justin Blackburn, OWU
7.90 Tim Herrod, ERL

400-METER RUN

50.79 Aaron Rape, ALL
51.44 Joe Rumschlag, WIT
51.60 Brett Peterson, OBE

55-METER DASH

6.56 Jay Douglas, OWU
6.63 Justin Blackburn, OWU
6.65 Rashawn Allen, ALL

800-METER RUN

1:58.05 Tyler Walker, DEN
2:00.21 Dan Ruge, WAB
2:00.46 Dan Samson, OWU

200-METER DASH

22.75 Joe Rumschlag, WIT
23.02 Rashawn Allen, ALL
23.06 Gregg Carter, WIT

3000-METER RUN

8:52.55 Chris Carrier, ALL
9:02.70 Matt Kempton, OWU
9:06.16 Dennis Frazee, WAB

DISTANCE MEDLEY RELAY

10:40.72 KENYON
[Bartholomew-Rosen-Strader-Emig]
10:41.33 WOOSTER
[VanGombos-Ballinger-Presto-Taft]
10:42.03 DENISON
[Grewal-Trumbull-Aichele-Wells]

1600-METER RELAY

3:28.46 DENISON
[Trumbull-Meibers-Aichele-Walker]
3:28.89 OHIO WESLEYAN
[Bumpus-Robertson-Bayles-Horst]
3:29.80 ALLEGHENY
[Delaney-Drabert-Kollar-Rape]

TEAM STANDINGS

1.	ALLEGHENY	128.0
2.	OHIO WESLEYAN	111.5
3.	WITTENBERG	94.0
4.	DENISON	58.0
5.	WABASH	55.0
6.	WOOSTER	49.0
7.	EARLHAM	42.5
8.	OBERLIN	34.0
9.	KENYON	31.0
10.	HIRAM	21.0