

2003-04 Middle Atlantic Corporation Year in Review -- Men's Indoor Track

2004 Middle Atlantic Conference Championship At James W. Garrett Sports Complex Selinsgrove, Pa. (Susquehanna University)

1. Elizabethtown	129
2. Susquehanna	85.5
3. Widener	85
4. Messiah	60.5
5. Moravian	54
6. DeSales	53
7. Lebanon Valley	25
8. Albright	18
9. Juniata	17
10. Delaware Valley	0

Most Outstanding Performer: Macharia Yuot, Widener

Rookie of the Year: Mike Bauer, Elizabethtown

Coach of the Year: Chris Straub, Elizabethtown

Middle Atlantic Conference Championship Results

55 Meter Dash

1. Bauer, Mike (ETOWN).....	6.61
2. Rawlins, Jordan (SUS).....	6.62
3. Newsome, Alan (LVC).....	6.66
4. Chatman, Mike (WID).....	6.76
5. Yosca, Tim (SUS).....	6.76
6. Wicks, Danny (MESS).....	6.89

200 Meter Dash

1. Sanders, Kyle (SUS)	23.09
2. Newsome, Alan (LVC).....	23.12
3. Bauer, Mike (ETOWN).....	23.18
4. Van Dien, James (DSU).....	23.31
5. Moore, Joe (MOR).....	23.32
6. Corominas, Lou (DSU).....	23.36

400 Meter Dash

1. Corominas, Lou (DSU)	49.90
2. Kline, Josh (MOR)	51.64
3. Raver, Tom (ETOWN).....	51.65
4. Flynn, Ryan (WID).....	52.09
5. Sanders, Kyle (SUS)	52.19
6. Snyder, Dan (MESS).....	52.20

800 Meter Run

1. Yuot, Macharia (WID).....	1:56.55
2. Mulcahy, Sean (ETOWN).....	1:59.65
3. Donovan, Patrick (ETOWN).....	2:00.86
4. Colistro, Todd (DSU).....	2:00.93
5. Yoder, Matthew (ALB).....	2:01.40
6. Bofinger, Eric (MESS).....	2:01.67

1500 Meter Run

1. Yuot, Macharia (WID).....	3:55.98
2. Dressler, Bobby (MESS).....	3:59.98
3. Mulcahy, Sean (ETOWN).....	4:00.06
4. Moore, Nate (ETOWN).....	4:02.76
5. Wetzel, Greg (ETOWN).....	4:04.41
6. Miller, Zach (WID).....	4:07.14

Middle Atlantic Conference Championship Results

5000 Meter Run

1. Vidumsky, Mike (DSU).....	15:06.40
2. Doreau, Ed (MESS)	15:24.01
3. Berdan, Dave (ETOWN).....	15:26.87
4. Volpi, Jonathan (WID).....	15:43.21
5. Hayburn, Patrick (WID).....	15:56.56
6. Miranda, Jose (ETOWN).....	15:56.64

55 Meter Hurdles

1. Bailey, Matt (MOR).....	7.83
2. DeAngelis, Darren (ETOWN).....	7.96
3. Voss, Steve (MESS)	8.09
4. Dumont, Sky (SUS).....	8.35
5. Hauk, Matt (LVC)	8.43
6. Newell, Jordan (LVC).....	10.14

4x200 Meter Relay

1. Susquehanna	1:32.77
(Kyle Sanders, Jason Warner, Tim Yosca, Evan Fetterolf)	
2. DeSales.....	1:33.85
(James Van Dien, Glenn Thomas, Nick Natriello, Lou Corominas)	
3. Messiah.....	1:33.98
(Danny Wicks, Robert Revercomb, Justin Bollinger, Tony Salvant)	
4. Widener.....	1:36.44
(Mike Chatman, Tyreak Saviour, Doe Slanger, Chris Steigerwalt)	
5. Albright	1:36.58
(Josh Madkins, Daniel Ivancich, John Burke, Matthew Yoder)	
6. Juniata.....	1:36.69
(Dustin Sier, Kurht Engle, Randy Anderson, Will Cantara)	

4x400 Meter Relay

1. Susquehanna	3:27.39
(Sean Capkin, Jason Warner, Joe Wassink, Kyle Sanders)	
2. Elizabethtown.....	3:31.53
(Darren DeAngelis, Al Uliana, Mike Bauer, Tom Raver)	
3. Widener.....	3:32.95
(Dan Hennessy, John Boyle, Doe Slanger, Dennis Hagan)	
4. DeSales.....	3:35.46
(James Van Dien, Nick Natriello, Joe Ryan, John Deas)	
5. Moravian	3:35.47
(Josh Kline, Matt Bailey, Dan Corey, Sean McDonnell)	
6. Messiah.....	3:37.59
(Dan Snyder, Ryan Harris, Chris Arnold, Steve Voss)	

4x800 Meter Relay

1. Elizabethtown.....	8:02.11
(Greg Wetzel, Patrick Donovan, Sean Mulcahy, Steve Sanko)	
2. Widener.....	8:12.17
(Kevin Cunningham, Zach Miller, Brendon Reilley, Macharia Yuot)	
3. Moravian	8:15.04
(Joe Grady, Sean McDonnell, Patrick Grogan, Greg Rarick)	
4. Messiah.....	8:16.75
(Eric Bofinger, Erik Blosser, Andrew Miller, Bobby Dressler)	
5. DeSales.....	8:20.13
(Robert Burke, Jonathan DiLuzio, Ryan Sheppard, Lou Corominas)	
6. Juniata.....	8:30.43
(Jeremy Lampert, Chris Sheaffer, Jason Freeman, Justin Fritzius)	

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Middle Atlantic Conference Championship Results

Distance Medley

1. Elizabethtown	10:28.08
(Dave Bresnahan, Dan Brosious, Brent Landis, Steve Sanko)	
2. Moravian	10:41.88
(Joe Grady, Dan Corey, Sean McDonnell, Greg Rarick)	
3. DeSales	10:44.67
(Robert Burke, John Deas, Jonathan DiLuzio, Ryan Sheppard)	
4. Juniata	10:47.41
(Chris Sheaffer, Will Cantara, Jeremy Lampert, Mike Vella)	
5. Widener	10:53.09
(John Boyle, Brendon Reilley, T.J. Coll, Kevin Cunningham)	
6. Susquehanna	11:08.81
(Doug Haines, Tyler Firth, Daren Lake, Chris Wiegand)	

High Jump

1. Mikaya, Chris (MESS)	6-06.00
2. Loser, Adam (JUN)	6-06.00
3. Newell, Jordan (LVC)	6-04.00
4. Miller, Keith (MESS)	6-02.00
5. Patterson, Jason (ETOWN)	6-02.00
6. Smith, Josh (SUS)	6-02.00

Pole Vault

1. Feverston, Jeff (ALB)	14-00.00
2. El Kazzaz, Michael (MOR)	14-00.00
3t. Daniele, Rob (SUS)	14-00.00
3t. Bennett, Eric (ETOWN)	14-00.00
5. Buckson, Jimmy (LVC)	14-00.00
6t. Poiesz, Rob (MESS)	13-00.00
6t. Kuster, Josh (SUS)	13-00.00

Long Jump

1. Moore, Joe (MOR)	7.23m
2. Bauer, Mike (ETOWN)	7.10m
3. Drake, Mike (SUS)	6.88m
4. Patterson, Jason (ETOWN)	6.78m
5. Weber, Jeremy (JUN)	6.76m
6. Callejas, Pablo (ETOWN)	6.63m

Triple Jump

1. Patterson, Jason (ETOWN)	14.86m
2. Callejas, Pablo (ETOWN)	14.66m
3. Haldeman, Scott (SUS)	13.70m
4. Smith, Josh (SUS)	13.49m
5. Godino, Pete (MESS)	12.99m
6. Weber, Jeremy (JUN)	12.86m

Shot Put

1. Rauer, John (WID)	13.56m
2. Martin, Josh (MESS)	13.53m
3. Widener, Jim (WID)	13.34m
4. Kolak, Chris (SUS)	13.32m
5. Shue, William (ALB)	13.11m
6. Hill, Matt (SUS)	12.98m

Weight Throw

1. Hill, Matt (SUS)	15.03m
2. Wrubel, Mike (WID)	14.70m
3. Devine, Clayton (WID)	14.68m
4. Thomas, Joe (DSU)	14.03m
5. Klinksiek, Andrew (ALB)	13.31m
6. Weitkamp, Andy (SUS)	12.68m

NCAA Division III Championship

At Kachel Fieldhouse

Whitewater, Wis. (Wis.-Whitewater)

1. Wis.-La Crosse	70
2t. Wis.-Whitewater	29
2t. Lincoln (Pa.)	29
4. Nebraska Wesleyan	28
5. Wis.-Platteville	25
6. Wis.-Stevens Point	19
7. North Central	17.5
8t. Wheaton (Mass.)	16
8t. Dubuque	16
10. New York Univ.	15
48t. Widener	2

NCAA Division III Championship Results

1500m Preliminaries

Round 1, Heat 2

1. Patrick Sullivan (Chicago)	3:56.67Q
2. Ryan Kleimenhagen (Wis.-Platteville)	3:57.74Q
3. Macharia Yuot (Widener)	3:58.64Q
4. Ryan Hochstetler (Mt. Union)	3:58.87q
5. Brian Anderson (M.I.T.)	3:59.48
6. William Kraska (New York)	4:03.92

1500m Final

1. Ryan Kleimenhagen (Wis.-Platteville)	3:52.40
2. Dan McLean (Puget Sound)	3:53.42
3. Patrick Sullivan (Chicago)	3:53.62
4. Andrew Combs (Bowdoin)	3:53.81
5. Andy Hubner (North Central)	3:53.98
6. Dave Bridgewater (Keene State)	3:54.11
7. Macharia Yuot (Widener)	3:54.31
8. Nick Meis (Wis.-Platteville)	3:55.44
9. Travis Keany (New York)	3:56.97
10. Ryan Hochstetler (Mt. Union)	4:07.42

NCAA All-American

Macharia Yuot, Widener	1500m
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Middle Atlantic Conference All-Academic

Sean Capkin, Susquehanna M. Track
Jadrien Deibler, Susquehanna M. Track
Mark Dreibelbis, Susquehanna M. Track
Ben Enders, Susquehanna M. Track
Brad Riedl, Susquehanna M. Track
Steve Romberger, Susquehanna M. Track
Matt Valeyko, Susquehanna M. Track
Jason Warner, Susquehanna M. Track
Chris Wiegand, Susquehanna M. Track
Tim Yosca, Susquehanna M. Track
Andy Klinksiek, Albright M. Track
Timothy Loehwing, Albright M. Track
Joe Sarno, Albright M. Track
Jason Freeman, Juniata M. Track
Adam Loser, Juniata M. Track
Gary Ondecko Jr., Juniata M. Track
James Serfass, Juniata M. Track
Mike Vella, Juniata M. Track
Mike Dinan, DeSales M. Track
Dave Giantisco, DeSales M. Track
John Henry, DeSales M. Track
Mike Horoski, DeSales M. Track
Joe Ryan, DeSales M. Track
Ryan Sheppard, DeSales M. Track
Ryan Beltz, Elizabethtown M. Track
Dan Brosious, Elizabethtown M. Track
Pablo Callejas, Elizabethtown M. Track
Matt Miller, Elizabethtown M. Track
Jose Miranda, Elizabethtown M. Track
Nate Moore, Elizabethtown M. Track
Sean Mulcahy, Elizabethtown M. Track
Nick Patterson, Elizabethtown M. Track
Steve Sanko, Elizabethtown M. Track
Greg Wetzel, Elizabethtown M. Track
Chris Williams, Elizabethtown M. Track
Jordan Newell, Lebanon Valley M. Track
Mitch Nymann, Lebanon Valley M. Track
Jeremy Rea, Lebanon Valley M. Track
Casey Hoffman, Moravian M. Track
Greg Rarick, Moravian M. Track
Anthony Bisti, Moravian M. Track
William Shimer, Moravian M. Track
Ian Andrew Nuno, Moravian M. Track
Grant Curry, Moravian M. Track
Scott Silvoy, Moravian M. Track
Kevin Cunningham, Widener M. Track
Brian Dreibelbis, Widener M. Track
Matt Enders, Widener M. Track
Ron Hamilton, Widener M. Track
Patrick Hayburn, Widener M. Track
Chip Hazewski, Widener M. Track
Zach Stewart, Widener M. Track