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--April 23, 2009-- HCAC Track & Field Championships Preview

Rose-Hulman Set to Host Competitive HCAC Track and Field Championships

TERRE HAUTE, IN- Rose-Hulman Institute of Technology ended Anderson University's 13 year run as conference champions in men's track and field last spring and will look to win back-to-back titles this weekend in Terre Haute. The Engineers defeated the Ravens 199 to 193 on the campus of Anderson University last April. The Anderson women won their fourth straight conference championship last spring, holding off Manchester 185.5 to 131.

The Rose-Hulman men will turn to a freshman to replace two-event champion Thomas Reives from a year ago. Freshman **Sutton Coleman (Lebanon, Va./H.S.)** holds the conference's top times in the 110-meter and 400-meter hurdles and boasts the top leap in the triple jump this spring. Coleman has provisionally qualified for the NCAA Championships in the 400-meter hurdles with a time of 53.67 and is the only HCAC athlete to pace the league in three different events.

This year's championship is up for grabs as five different institutions have placed claim to at least three events in the top performance list this outdoor season. Defiance College leads the way with five top performances, with Franklin and Manchester each notching four. Rose and Mount St. Joseph have top marks in three events.

The Anderson women's track team will try for their fifth consecutive HCAC championship this weekend in Terre Haute. This year's Ravens squad has had to fill the void left by Amanda Nagy and Gwen Kemple from a year ago. Nagy won two events at the conference championships, while Kemple topped the podium in three different events last spring. Senior **Michelle Roth (Milwaukee, Wis./Lutheran)** has provisionally qualified for the NCAA Championships in the triple jump and holds the conference's second best mark in the long jump this season.

Defiance's women have posted five top marks this spring. Freshman hurdler **Marlea Rolander (Napoleon, Ohio/H.S.)** was named Track Athlete of the Week three times this season and has yet to lose to a conference opponent in the 100 meter hurdles.

Franklin College's **Heather Waterman (Shelbyville, Ind./Morristown)** has dominated the distance events on the women's side, posting top times in the 800, 1,500, and 5,000 meters. She is the only women's athlete to hold three top marks during the outdoor schedule.

The 2009 HCAC championships will be held at Rose-Hulman Institute of Technology on Friday, April 24 and Saturday, April 25. Action will get underway at 3:30 PM Friday afternoon and will continue Saturday morning at 10:00 AM.

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Men's 2009 Outdoor Best Performances

100M	Ryan Perry, DC, 10.97	Robert Johnson, BU, 11.00	Blake Witherspoon, DC, 11.12
200M	Blake Witherspoon, DC, 22.11	Korey Bucher, MC, 22.47	Robert Johnson, BU, 22.52
400M	Korey Bucher, MC, 48.27*	Paul Bouagnon, RH, 50.85	Brad Newbold, HC, 50.99
800M	Sean Kennedy, FC, 1:56.16	Derek Bischak, RH, 1:58.34	Tanner Johnson, AU, 1:59.71
1,500M	Sean Kennedy, FC, 4:01.75	Derek Bischak, RH, 4:02.81	Tyler Kreipke, RH, 4:05.47
5,000M	Brandon Welti, FC, 15:02.86	Ian Thomas, RH, 15:20.31	Tyler Kreipke, RH, 15:33.60
10,000M	Brandon Welti, FC, 31:41.19	Ian Thomas, RH, 32:23.82	Stephen Boedicker, RH, 32:45.25
110M HH	Sutton Coleman, RH, 15.17	Michael Burris, RH, 15.30	John Woodbury, FC, 15.38
400M H	Sutton Coleman, RH, 53.67*	John Woodbury, FC, 56.94	Marcus Peck, RH, 57.76
3,000M	Justin Perkins, DC, 9:41.39	Jake Hojnacki, FC, 9:52.09	David Caldwell, RH, 9:56.91
High Jump	John Kimmel, MC, 2.08 m*	Brad Zarembski, DC, 2.05 m*	Austin Trivett, DC, 1.94 m
Pole Vault	Beau Bradtmiller, MC, 4.40 m	Austin Trivett, DC, 4.33 m	Kyle Longsdorf, DC, 4.25 m
Long Jump	Austin Trivett, DC, 6.62 m	Michael Burris, RH, 6.52 m	Scotty Mayes, MSJ, 6.45 m
Triple Jump	Sutton Coleman, RH, 13.81 m	Corry Stewart, HC, 12.65 m	John Kimmel, MC, 12.56 m
Shot Put	Randall Mitchell, MSJ, 15.45 m*	Jason Fisher, BU, 15.05 m	Zach Sieg, HC, 14.84 m
Discus	Randall Mitchell, MSJ, 46.90 m	Leonard Wells, AU, 45.76 m	Jason Fisher, BU, 45.46 m
Hammer	Jason Fisher, BU, 51.56 m	Zach Sieg, HC, 48.69 m	Randall Mitchell, MSJ, 47.20 m
Javelin	Ryan Averbeck, MSJ, 53.23 m	Travis Vanderberg, RH, 51.87 m	Austin Trivett, DC, 50.89 m
4X100	Defiance, 42.61	Rose-Hulman, 43.65	Manchester, 43.70
4X400	Manchester, 3:23.33	Rose-Hulman, 3:23.93	Anderson, 3:30.11

Women's 2009 Outdoor Best Performances

100M	Anastasia Tarpeth, RH, 12.95	Kristin Goldstein, DC, 13.15	Emily Babel, MSJ, 13.33
200M	Anastasia Tarpeth, RH, 27.10	Ashley Smith, BU, 27.14	Emily Babel, MSJ, 27.59
400M	Ashley Smith, BU, 1:01.03	Abby Modras, MSJ, 1:02.77	Elisheva Weber, FC, 1:02.95
800M	Heather Waterman, FC, 2:20.73	Sara Lucas, HC, 2:25.81	Dani Rufenacht, AU, 2:28.62
1500M	Heather Waterman, FC, 4:52.58	Melissa Rogers, RH, 4:55.41	Katie Kelly, TU, 5:03.64
5,000M	Heather Waterman, FC, 18:12.14	Kristi Brown, FC, 19:12.71	Erica Moffitt, AU, 19:31.60
10,000M	Jennifer Beakas, MC, 40:29.40	Shannon Egold, FC, 41:41.66	Caitlyn Croan, FC, 42:29.00
100M H	Marlea Rolander, DC, 15.44	Rachel Logar, HC, 16.09	Michelle Roth, AU, 16.13
400M H	Jessi Bremer, MC, 1:08.61	Candace DeLong, AU, 1:09.68	Nicole Swoverland, MC, 1:12.60
3,000M	Kristi Brown, FC, 11:50.70	Kaitlin Switzer, DC, 11:59.10	Jessi Bremer, MC, 12:00.90
High Jump	Kailey Honn, MC, 1.60 m	Kate McCollum, AU, 1.55 m	Emma Weiler, MC, 1.55 m
Pole Vault	Emily Cole, DC, 2.89 m	Emily Ballinger, MC, 2.74 m	Grace Needler, BU, 2.74 m
Long Jump	Lauren Hastings, MSJ, 5.12	Michelle Roth, AU, 5.10 m	Kristin George, MSJ, 4.94 m
Triple Jump	Michelle Roth, AU, 11.37 m*	Dana Cronin, MC, 9.95 m	Satomi Kaminaga, RH, 9.93 m
Shot Put	Stephanie Stichter, AU, 12.57 m	Lindsey Machamer, MC, 11.95 m	Laura Derov, DC, 11.64 m
Discus	Holly Stein, DC, 37.17 m	Katie Moorhead, RH, 35.50 m	Rebecca Fehribach, RH, 35.33 m
Hammer	Amanda Tooley, DC, 43.27 m	Brett Sears, AU, 42.21 m	Samantha Higdon, DC, 40.43 m
Javelin	Holly Stein, DC, 37.08 m	Liz Ridgway, RH, 35.39 m	Kristin George, MSJ, 33.28 m
4X100	Anderson, 52.11	Mount St. Joseph, 52.87	Defiance, 52.95
4X400	Hanover, 4:18.09	Anderson, 4:18.18	Manchester, 4:18.77

* NCAA Provisional Qualifying Mark

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