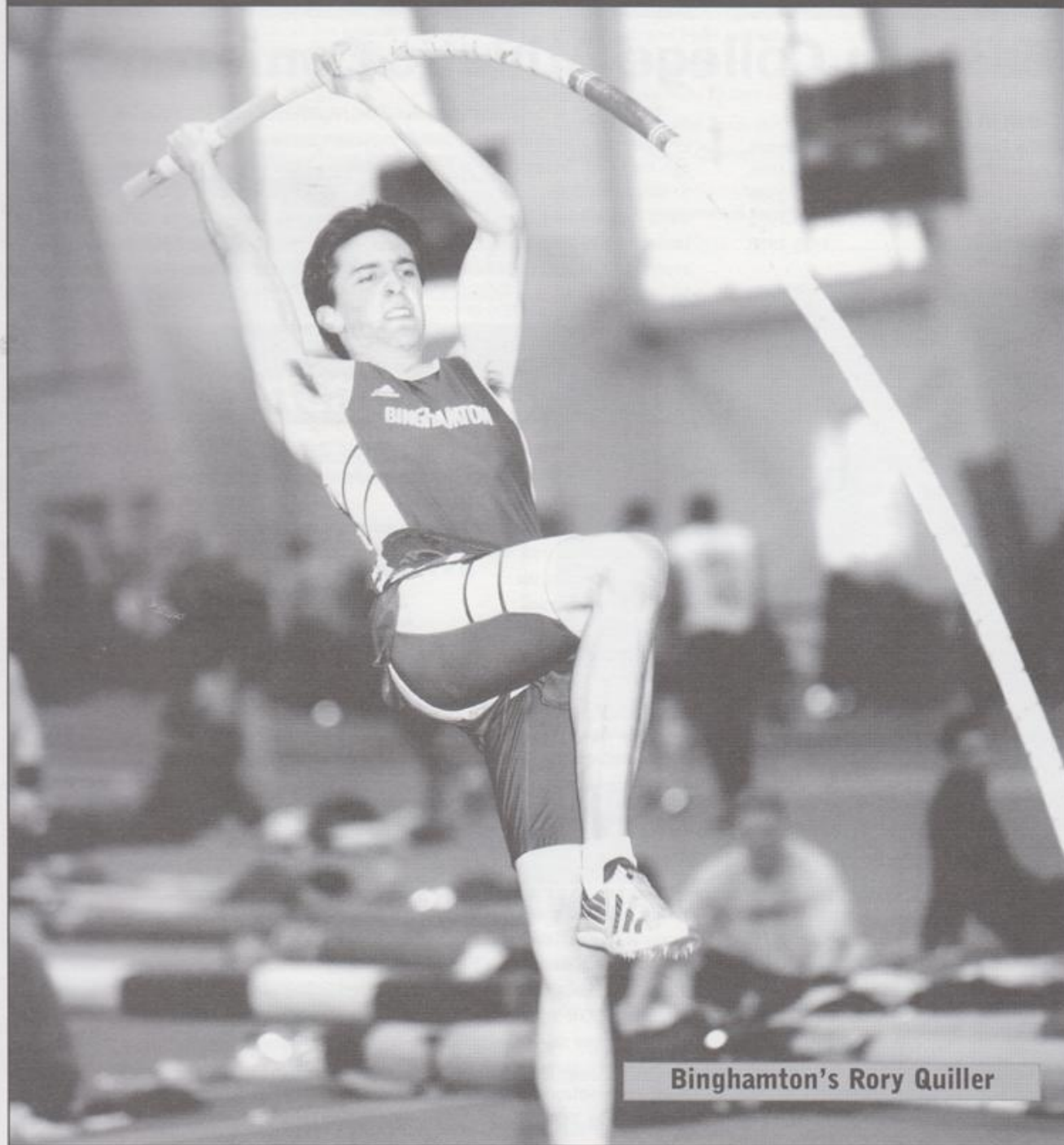


2005 IC4A Championships



Binghamton's Rory Quiller



**Boston University
Indoor Track and Field Pavilion
Boston, Massachusetts
March 5-6, 2005**





Eastern College Athletic Conference®

Commissioners

Philip Buttafuoco 1998-present
Clayton Chapman 1989-1998
Robert Scotty Whitelaw .. 1972-1989
George Shiebler 1970-1972
Asa S. Bushnell 1938-1970

Championships

The ECAC administers 110 preseason and postseason events for 35 men's and women's sports, nine affiliate organizations and seven playing leagues.

Officiating

The ECAC assigns officials in 15 sports in Divisions I, II and III, including baseball, men's and women's basketball, fencing, field hockey, football, men's gymnastics, men's and women's ice hockey, men's lacrosse, men's and women's soccer, softball and wrestling. In addition, the ECAC officiating bureaus provide clinics and workshops, improving the level of officiating and attracting the most qualified collegiate officials.

Communications

The ECAC publicizes the achievements of its member institutions' student-athletes through weekly and postseason awards. Annually, the publicity bureau recognizes more than 4,000 student-athletes in 20 different sports from Division I, II and III member institutions.

Marketing and Sponsorships

The ECAC Corporate Partner Program is dedicated to developing relationships with commercial entities that are committed to the mission of the ECAC, support the ideals of intercollegiate athletics and value the pursuit of excellence on and off the field of play. Offering a wide range of opportunities, the ECAC partners with international, national and regional brands to create added-value for its membership and to provide quality championship experiences for its student-athletes.

The ECAC® is the nation's largest athletic conference with 323 Divisions I, II, and III colleges and universities from Maine to North Carolina. Since its foundation 67 years ago, the ECAC has emerged as the nationwide leader in service. The headquarters, the Asa S. Bushnell Center, is located in Centerville, Massachusetts on Cape Cod. A non-profit service organization since 1938, the ECAC was founded as the Central Office for Eastern Intercollegiate Athletics with 58 charter members. In 1983, one of the most significant events in ECAC history occurred as the Eastern Association of Intercollegiate Athletics for Women (EAIW) was consolidated into the ECAC. Through the years the ECAC has

been a leader both regionally, and nationally.

The business of the ECAC is

Administer

110 Championships

conducted at the annual fall convention and in 2005 will be held on September 25-27 on Cape Cod. This meeting provides the membership an opportunity to discuss and vote on conference-wide issues and concerns.

In October of 2004, the conference established an aggressive initiative to recruit, educate and train officials with the

Assign

5,100 Officials

This initiative is partially

being funded through a grant from the National Collegiate Athletic Association (NCAA).

The ECAC maintains a legislative and compliance service to assist the membership with the application of NCAA and ECAC regulations.

The conference's Web site features real-time management and cutting-edge technology.

Recognize

4,000 Student-Athletes

The ECAC owns the nation's

leading online officiating system which is a password-protected extranet that allows real-time access to its membership and officials as changes occur to their schedules. The ECAC is also on the forefront of other Web-based technology including the officiating payment service (OPS). This enables the ECAC to pay the game officials on behalf of a member institution. Launched in 2002 in response to the expressed needs of the membership, the ECAC successfully processed more than 6,000 officiating payments last academic year.

The prestigious Asa S. Bushnell internship offers students from ECAC institutions hands-on experience in all areas of operation of the only multi-divisional conference in the country. The 2004-05 interns are Kate Gluckman (Tufts University), Katherine Healey (St. Michael's College), Jody Lemoi (Western New England College) and Michael Letzeisen (Nichols College).

www.ecac.org
 1311 Craigville Beach Road
 Centerville, Massachusetts 02632
 Office: 508/771-5060 Fax: 508/771-9481

IC4A, An ECAC® Affiliate

Dear Student-Athletes, Coaches and Fans,

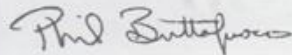
On behalf of the ECAC, I welcome each of you to the 84th annual IC4A Indoor Track and Field Championships. We are pleased to partner with Boston University to host this weekend's event. Our relationship with the Boston University athletic department has afforded the student-athletes a first-class event in a first-class venue.

As the Eastern College Athletic Conference continues through its 67th year, I am proud of the commitment the conference has made to the Intercollegiate Association of Amateur Athletes of America (IC4A) and to the sport of track and field. Our partnership with the IC4A, the oldest and most prestigious collegiate cross country and track and field organization in the United States, has afforded both organizations increased opportunities and enhanced experiences for our student-athletes. Host of championships for 129 years, the IC4A is dedicated to promoting and developing the growth of track and field. Together, we continue to seek new ways to fulfill the ECAC mission of initiating, stimulating and improving intercollegiate athletics programs. I take pride in our association, the progress we have made and the direction we are heading.

I salute the former IC4A student-athletes who have distinguished themselves in past competitions and those who will strive for excellence this weekend.

For championship results, visit www.ecac.org.

Enjoy the event.



Philip A. Buttafuoco
Commissioner of the ECAC

ECAC, THE NATIONWIDE LEADER IN SERVICE™

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Army's senior Eric Heeley (left) will be competing in the mile run while Holy Cross' Robert Leader (above) qualified to race in the 400 meter run.

ECAC ADMINISTRATIVE STAFF

Commissioner	Phil Buttafuoco
Assistant Commissioner for Officiating and Compliance	Steve Bamford
Assistant Commissioner for Communications	Heidi Kravchuk
Assistant Commissioner for Business Services	Kyle Kravchuk
Assistant Commissioner for Strategic Marketing and Business Development	Kelly Stone
Director of Championships	Kelly Gilligan
Coordinator of Strategic Marketing and Business Development	Brian Young
Asa S. Bushnell Intern for Communications	Katherine Healey
Asa S. Bushnell Intern for Strategic Marketing and Business Development	Kate Gluckman
Asa S. Bushnell Intern for Rowing and Division III Ice Hockey	Michael Letzeisen
Asa S. Bushnell Intern for Championships	Jody Lemoi
Administrative Intern	Brian Miller

The 84th Annual Indoor Track and Field Championships



INTERCOLLEGIATE ASSOCIATION OF AMATEUR ATHLETES OF AMERICA

Founded in 1876

2004 - 2005 IC4A COACH'S ASSOCIATION OFFICERS

President: Jerry Quiller, U.S. Military Academy
First Vice President: Joe Compagni, Monmouth University
Second Vice President: Mike Glavin, St. Joseph's University
Secretary/Treasurer: Jim Hurt, St. John's University
Ex - Officio: Nathan Taylor, Cornell; Norm Ogilvie, Duke University

IC4A MEMBER INSTITUTIONS

Adelphi (II)	Fordham	Merchant Marine (III)	St. Francis (Pa.)
Albany	Gardner-Webb	Monmouth	St. John's
Army (USMA)	George Mason	Montclair St. (III)	St. Joseph's (Pa.)
Bates (III)	George Washington	Morgan St.	St. Peter's
Bentley (II)	Georgetown	Mount St. Mary's (Md.)	Seton Hall
Binghamton	Hartford	Navy (USNA)	Siena
Boston College	Harvard	New Hampshire	Southern Conn. St. (II)
Boston U.	Hofstra	New Haven (II)	Stonehill (II)
Brandeis (III)	Holy Cross	Col. of New Jersey (III)	Stony Brook
Brown	Hunter (III)	New York Tech (II)	Syracuse
Bucknell	Iona	New York U. (III)	Temple
Buffalo	James Madison	Northeastern	Towson
C.W. Post (II)	La Salle	Notre Dame	Tufts (III)
Central Conn. St.	Lafayette	Pace (II)	UNC Wilmington
Colgate	Lehigh	Pennsylvania	Villanova
Columbia	Liberty	Penn St.	Virginia
Connecticut	Lincoln (III)	Pittsburgh	Va. Commonwealth
Coppin St.	Long Island	Princeton	VMI
Cornell	Loyola	Providence	Wagner
Dartmouth	Maine	Quinnipiac	West Chester (II)
Delaware	Manhattan	Rhode Island	William & Mary
Delaware St.	Marist	Richard Stockton (III)	Yale
Duke	Maryland	Rider	
Duquesne	UMBC	Robert Morris	
East Carolina	Massachusetts	Rutgers	
Fairfield	MIT (III)	Sacred Heart	
Fairleigh Dickinson	Mass.-Lowell (II)	St. Francis (N.Y.)	

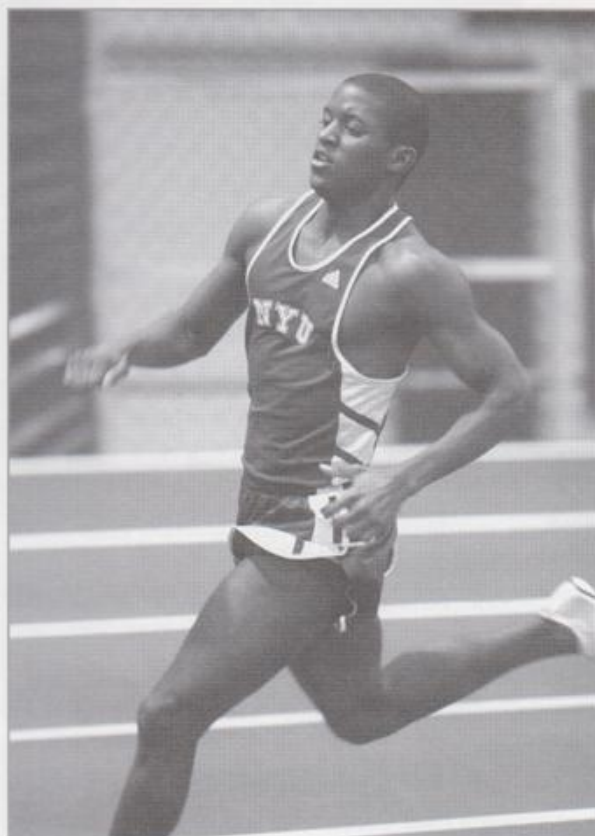
ORDER OF EVENTS AND TIME SCHEDULE

SATURDAY, MARCH 5

1. Heptathlon 55 Meter Dash10 a.m.
Heptathlon Long Jump
Heptathlon Shot Put
Heptathlon High Jump
2. 55 Meter High Hurdles - Trials11:30 a.m.
3. 55 Meter Dash - Trialsnoon
4. One Mile Run - Trials12:30 p.m.
5. 400 Meter Dash - Trials12:50 p.m.
6. Pole Vault - Final1 p.m.
7. Long Jump - Trials and Final1 p.m.
8. 800 Meter Run - Trials1:20 p.m.
9. 500 Meter Run - Trials1:50 p.m.
10. 35lb. Weight Throw2 p.m.
11. 1,000 Meter Run - Trials2:20 p.m.
12. 3,000 Meter Run - Final2:50 p.m.
13. 200 Meter Dash - Trials3:20 p.m.
14. Distance Medley - Trials3:50 p.m.
15. 4x800 Meter Relay - Trials4:20 p.m.
16. 4x400 Meter Relay - Trials4:50 p.m.

SUNDAY, MARCH 6

- Heptathlon 55 Meter High Hurdles10 a.m.
Heptathlon Pole Vault
Heptathlon 1000 Meter Run
17. High Jump - Final11 a.m.
18. Shot Put - Final11 a.m.
19. Triple Jump - Final11 a.m.
55 Meter High Hurdles - Semifinals11:30 a.m.
55 Meter Dash - Semifinals11:40 a.m.
One Mile Run - Final11:55 a.m.
400 Meter Dash - Final12:05 p.m.
800 Meter Run - Final12:10 p.m.
500 Meter Run - Final12:20 p.m.
55 Meter High Hurdles - Final12:35 a.m.
55 Meter Dash - Final12:40 a.m.
1,000 Meter Run - Final12:50 p.m.
20. 5,000 Meter Run - Final1 p.m.
200 Meter Dash - Final1:40 p.m.
Distance Medley - Final1:50 p.m.
4x800 Meter Relay - Final2:05 p.m.
4x400 Meter Relay - Final2:20 p.m.
IC4A Awards Ceremony2:45 p.m.



New York University's Les Page



University of Pennsylvania's Courtney Jaworski

The 84th Annual Indoor Track and Field Championships

Binghamton's Rory Quiller Looks To Make History



Sophomore Rory Quiller

For someone who has jumped 17 feet in the pole vault, won conference championships and is on the verge of qualifying for the NCAA Division I Indoor Championships, it's hard to believe that Rory Quiller has a fear of heights. He is the most successful pole vaulter in Binghamton school history but still insists there is a reason for his fear.

"Pole vaulting is a lot different than going up in an airplane or climbing up a tall building," he said. "You have so much adrenaline when you are approaching the bar and you are in control of the situation. You don't have as much control when you are flying."

Quiller has been fearless when it comes to jumping and vaulting ever since he was growing up in Colorado. He dug a hole in his backyard and would jump over it with a bean pole.

"Sports has always been a big constant in my life," Quiller said. "I did just about everything from basketball to baseball. It wasn't until I was in high school that I really just focused on track."

Jerry Quiller, Rory's dad was the head track coach at the University of Colorado 1981-95. In the summer of 1995, he and his family moved to West Point, N.Y. where he became the head coach at Army. Despite the fact that he has been a college coach, Jerry never pushed Rory competing in track as a kid.

"We were careful not to force Rory to do a sport if he didn't enjoy it," he said. "He started excelling in track because it was what he wanted to do. His heart has always been in it for the right reasons."

Rory attended nearby James O'Neil High School from 1999-2003 and became a two-time All-American. In his senior season, he placed second overall at the Indoor National Meet.

By 2002, as Rory was in his junior year in high school, he and his family had been away from Colorado for over a decade. Still, it was a couple of people from back out west that led to him making the decision to come to Binghamton University.

"My top assistant at Idaho State (where he was the head coach prior to Colorado) had taken the head job at the University of Northern Colorado," Jerry said. "In his first few years there, one of his best athletes was Mike Thompson (who would become the Binghamton coach in 1996)."

In Quiller's junior year of high school, Thompson ran into Jerry at the New York State Indoor Championships, where Rory was competing.

"I was very impressed with Rory," Thompson said. "I told Jerry that I thought he was the best pole vaulter at the meet and he told me to send Rory a recruiting questionnaire as soon as possible."

When Rory met Thompson, the two of them hit it off right away.

"I liked Coach Thompson from the start because we both have the same personality," he said. "We are pretty laid back away from the track but we train very hard once we get to practice and meets."

Quiller knew he had a good situation when he came to Binghamton. Still, by his own admission, he was surprised at how well he did in just his first season. After winning the pole vault title at America East Conference Indoor Championships, Quiller placed sixth in the NCAA East Regional Outdoor Meet. He barely missed out on becoming the first Binghamton track & field athlete to qualify for the NCAA Division I Championships.

"Rory did a lot of the little things (as a freshman) away from the track that helped him do well. He always made sure his diet was good and that he got the proper amount of sleep. He trained hard but he also took care of himself. He was very mature for his age."

**-- Mike Thompson
Binghamton Head Coach**

IC4A, An ECAC® Affiliate

"I did not expect to do as well as I did last season," he said. "Everything really fell into place for me."

Thompson was equally surprised by how well Quiller did last season but also is aware of how mature he was compared to other freshmen.

"Rory did a lot of the little things away from the track that helped him do well," he said. "He always made sure his diet was good and that he got the proper amount of sleep. He trained hard but he also took care of himself. He was very mature for his age."

If there is such a thing as a sophomore jinx, it has not had an effect on Quiller. Heading into the IC4A Championships, he has already cleared 17 feet three times and in the process, has met the provisional qualifying height for the NCAA Indoor Championships. He was the Men's Field Athlete of the Meet at the recent America East Conference Indoor Championships, where he vaulted 17-6 ½ and broke the meet record by over a foot.

One aspect of the Binghamton track program that has especially helped Quiller this season has been the opening of the \$33.1 million Events Center on campus. As a result, Quiller has been able to practice the pole vault on campus during the winter months instead of going off campus.

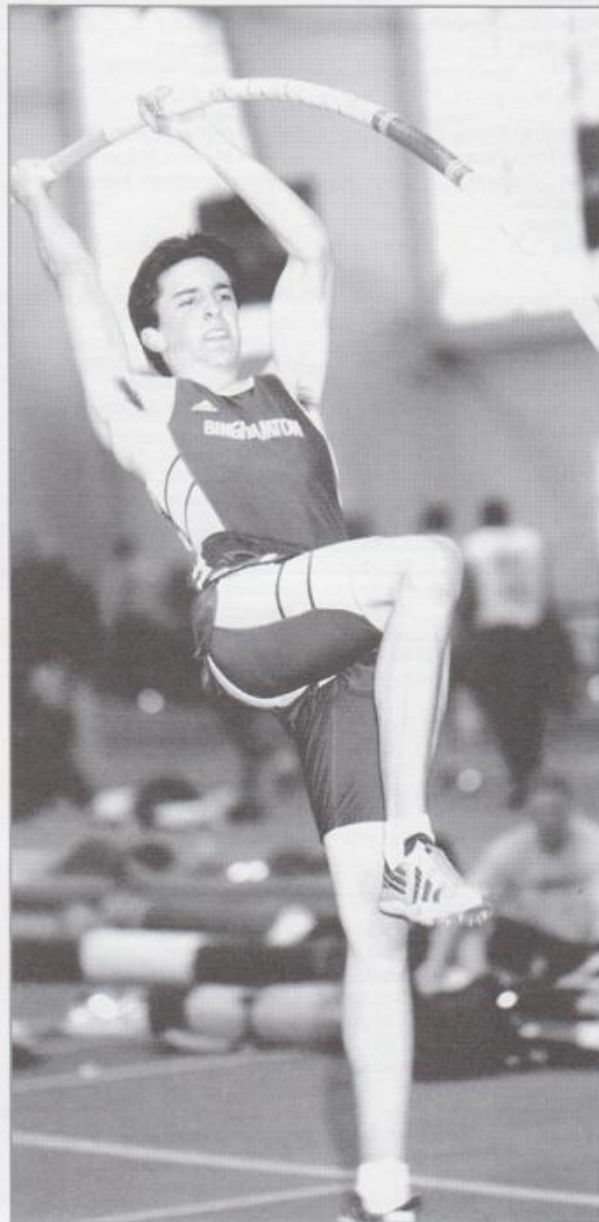
"This building really gives us the blue print on recruiting," Quiller said. "We used to only be able to practice twice a week in the pole vault and we'd drive long distances to get to a good place. This has helped our whole team."

Quiller finds himself on the verge of joining an elite group of past Binghamton track & field athletes. Between 1988-1999, when the program was at the NCAA Division II and III levels, 17 athletes earned All-American honors and three won national titles.

Since moving up to the NCAA Division I level in 2002, the Bearcats have yet to send anyone to the NCAA meet, something Quiller would be honored to achieve.

"It would be a very big honor for me to be the first person from Binghamton to go (to the NCAA Division I Championships)," he said. "You can tell just by looking in the media guide how much success Coach Thompson has had here. I would love to continue that tradition at the Division I level."

So Quiller heads into the IC4A meet with the strong possibility of making history for Binghamton. It is a challenge he relishes. Perhaps the biggest challenge for Quiller, however, will come if he does advance to the NCAA Division I Indoor Championships (March 12-13). With the meet being held in Fayetteville, Arkansas, he will have a two-hour plane ride to work on his fear of heights.



Written By David O'Brian
Binghamton Sports Information Office

The 84th Annual Indoor Track and Field Championships

IC4A INDOOR RECORDS

55 Meters			3,000 Meters		
2004 IC4A Champion	6.27	Paul-Vince Obuon, VMI	2004 IC4A Champion	8:08.90	Jarrod Shoemaker, Dartmouth
IC4A Meet Record	6.13	Lee McRae, Pittsburgh	IC4A Meet Record	7:54.91	Sydney Maree, Villanova
IC4A Collegiate	6.00	McRae	IC4A Collegiate	7:47.50	Adrian Blincoe, Villanova
Collegiate	5.99	Obadele Thompson, UTEP	Collegiate	7:38.59	Alistair Cragg, Arkansas
American Collegiate	6.00	McRae	American Collegiate	7:46.03	Adam Goucher, Colorado
American	6.00	McRae	American	7:39.23	Tim Broe, adidas
World	5.99	Thompson, Barbados	World	7:24.90	Daniel Komen, Kenya
55 Meter Hurdles			5,000 Meters		
2004 IC4A Champion	7.27	Richard Phillips, George Mason	2004 IC4A Champion	13:56.83	Adam Sutton, Providence
IC4A Meet Record	7.14	Eugene Norman, Rutgers	IC4A Meet Record	13:52.36	Steven Brown, Penn State
IC4A Collegiate	6.89	Renaldo Nehemiah, Maryland	IC4A Collegiate	13:22.17	Geoff Smith, Providence
Collegiate	6.89	Nehemiah	Collegiate	13:20.4	Suleiman Nyambui, UTEP
American	6.89	Nehemiah	American Collegiate	13:22.6	Alberto Salazar, Oregon
World	6.89	Nehemiah, USA	American	13:20.55	Doug Padilla, Athletics West
200 Meters			World	12:49.60	Kenenisa Bekele, Ethiopia
2004 IC4A Champion	20.88	Paul-Vince Obuon, VMI	4 x 400 Meter Relay		
IC4A Meet Record	20.85	Obuon (heat)	2004 IC4A Champion	3:10.07	Seton Hall
IC4A Collegiate	20.40	LaShawn Merritt, E. Carolina	IC4A Meet Record	3:07.57m [heat], Seton Hall '03 (same as above)	
Collegiate	20.26	John Capel, Florida		3:11.14y, James Madison '93 (Jerry Roney 48.4; Bradley Meade 47.6; Tevis Brunson 47.5; Kelly Hawkins 47.6)	
American	20.26	Capel	IC4A Collegiate	3:06.42, George Mason '95 (Paul Henry 48.1; Chris Abrahams 46.6; Greg Haughton 45.6; Louis Sales 46.1)	
World	19.92	Crawford	Collegiate	3:03.96, Baylor '04 (Jamen Saziru 47.2; Jeremy Wariner 45.4, Mark Teter 46.9, Darold Williamson 44.5)	
400 Meters			American	3:02.83, US National Team '99 (Andre Morris 45.85; Dameon Johnson 46.18; Deon Minor 46.05; Milton Campbell 44.75)	
2004 IC4A Champion	45.83	Obra Hogans, Seton Hall	World	3:02.83, US National Team '99 (same as above)	
IC4A Meet Record	45.83	Hogans	4 x 800 Meter Relay		
IC4A Collegiate	44.93	LaShawn Merritt, E. Carolina	2004 IC4A Champion	7:32.54, Pennsylvania	
Collegiate	44.93	Merritt	IC4A Meet Record	7:22.91, Princeton '02 (Seamus Whelton 1:51.8; Josh Kauke 1:52.9, David Dean 1:50.3, Ryan Smith 1:47.9)	
American	44.63	Michael Johnson, Nike Int'l Johnson, USA	IC4A Collegiate	7:17.77, George Mason '89 (Mike Anthony 1:52.7; Paul Gambrah 1:49.2; Ernest Barrett 1:47.9; John Cook 1:48.0)	
World	44.63	Johnson, USA	Collegiate	7:17.45, Clemson '89 (Mike Radziwinski 1:51.0; David Wittman 1:49.7; Phillip Greyling 1:48.6; Terrence Herrington 1:49.1)	
500 Meters			American	7:14.78 Reebok Enclave '00 (Elliott Gaskins 1:50.66; Kevin Murphy 1:49.19; Mike Schroer 1:48.23; Bryan Woodward 1:46.70)	
2004 IC4A Champion	1:01.95	Rayan Speid, Seton Hall	World	7:13.94, Global Athletics '00 (Joey Woody 1:49.34; Karl Paranya 1:48.31; Rich Kenah 1:48.48; David Krummenacker 1:47.81)	
IC4A Meet Record	1:00.84	Michael Greene, Navy	1,000 Meters		
IC4A Collegiate	1:00.84	Greene	2004 IC4A Champion	2:22.58	Joel Legare, Connecticut
Collegiate	1:00.84	Greene	IC4A Meet Record	2:21.28	Sam Gabemariam, Georgetown
American	1:00.17	Ken Lowery, Chicago State TC	IC4A Collegiate	2:19.79	Adan Dixon, Harvard
World "Best"	1:00.17	Lowery, USA	Collegiate	2:19.64	Doug Consiglio, Arkansas
800 Meters			American Collegiate	2:19.73	Gawain Guy, Rice
2004 IC4A Champion	1:50.11	Gered Burns, Albany	American	2:17.86	David Krummenacker, adidas
IC4A Meet Record #	1:48.74y	Mark Belger, Villanova	World	2:14.96	Wilson Kipketer, Denmark
IC4A Collegiate	1:48.19m	Ray Levitre, Penn State	One Mile		
Collegiate	1:44.84	Paul Ereng Virginia	2004 IC4A Champion	4:11.60	Phil Sakala, Army
American Collegiate	1:44.84	Ereng	IC4A Meet Record	4:00.06	Mike Stahr, Georgetown
American	1:45.88	Derrick Peterson, Missouri	IC4A Collegiate	3:55.5	Sydney Maree, Villanova
World	1:42.67	Johnny Gray, Santa Monica TC	Collegiate	3:55.0	Tony Waldrop, North Carolina
1,000 Meters			American	3:51.8	Steve Scott, Sub-4 Track Club
2004 IC4A Champion	2:22.58	Joel Legare, Connecticut	World	3:48.45	Hicham El Guerrouj, Morocco
IC4A Meet Record	2:21.28	Sam Gabemariam, Georgetown	One Mile		
IC4A Collegiate	2:19.79	Adan Dixon, Harvard	2004 IC4A Champion	4:11.60	Phil Sakala, Army
Collegiate	2:19.64	Doug Consiglio, Arkansas	IC4A Meet Record	4:00.06	Mike Stahr, Georgetown
American Collegiate	2:19.73	Gawain Guy, Rice	IC4A Collegiate	3:55.5	Sydney Maree, Villanova
American	2:17.86	David Krummenacker, adidas	Collegiate	3:55.0	Tony Waldrop, North Carolina
World	2:14.96	Wilson Kipketer, Denmark	American	3:51.8	Steve Scott, Sub-4 Track Club
One Mile			World	3:48.45	Hicham El Guerrouj, Morocco
2004 IC4A Champion	4:11.60	Phil Sakala, Army	One Mile		
IC4A Meet Record	4:00.06	Mike Stahr, Georgetown	2004 IC4A Champion	4:11.60	Phil Sakala, Army
IC4A Collegiate	3:55.5	Sydney Maree, Villanova	IC4A Meet Record	4:00.06	Mike Stahr, Georgetown
Collegiate	3:55.0	Tony Waldrop, North Carolina	IC4A Collegiate	3:55.5	Sydney Maree, Villanova
American	3:51.8	Steve Scott, Sub-4 Track Club	Collegiate	3:55.0	Tony Waldrop, North Carolina
World	3:48.45	Hicham El Guerrouj, Morocco	American	3:51.8	Steve Scott, Sub-4 Track Club

= In winning the 880 yard run in 1978, Belger clocked 1:48.74 (= 1:48.11 @ meters), a time intrinsically superior to the current Metric Meet Record, hence both marks will be carried!



University of Pennsylvania's
Neal Wodjowski

IC4A, An ECAC® Affiliate

IC4A INDOOR RECORDS

Distance Medley Relay

2004 IC4A Champion	9:45.57, Providence
IC4A Meet Record	9:38.84, Georgetown '02 (Corey Smith, Robert Wingate-Robinson, Jesse O'Connell, Chris Miltenberg)
IC4A Collegiate	9:29.12, Villanova '03 (Ryan Hayden 2:55.1; Nic O'Brien 47.1; Paul Moser 1:49.8; Adrian Blincoe 3:57.1)
Collegiate	9:27.77, Michigan '04 (Nate Brannen 2:54.5; Darnell Talbert 47.4, Andrew Ellerton 1:48.4, Nick Willis 3:57.5)
American	9:28.83, Stanford '00 (Gabe Jennings 2:52.1; Evan Kelly 48.3; Michael Stember 1:48.4; Jonathon Riley 4:00.0)
World "Best"	9:28.83, Stanford '00 (same as above)

High Jump

2004 IC4A Champion	6-11.5 (2.12)	Garrett Brickner, VMI
IC4A Meet Record	7-6.5 (2.30)	Nick Saunders, Boston Univ. 83
IC4A Collegiate	7-7.25 (2.32)	Franklin Jacobs, FDU 78
Collegiate	7-9.25 (2.39)	Hollis Conway, SW Louisiana 89
American	7-10.5 (2.40)	Conway, Nike International 91
World	7-11.5 (2.43)	Javier Sotomayor, Cuba 89

Pole Vault

2004 IC4A Champion	17-0.75 (5.20)	Brent Warner, Duke
IC4A Meet Record	18-8.5 (5.70)	Istvan Bagyula, Geo. Mason 92
IC4A Collegiate	19-1 (5.82)	Bagyula 92
Collegiate	19-2.25 (5.85)	Jacob Davis, Texas 99
American	19-9 (6.02)	Jeff Hartwig, Nike 02
World	20-2 (6.16)	Sergey Bubka, Ukraine 93

Long Jump

2004 IC4A Champion	24-3.5 (7.40)	Magnus Ahlen, Manhattan
IC4A Meet Record	26-5.5 (8.06)	D.D. Manns, James Madison 87
IC4A Collegiate	26-7 (8.10)	Ray Humphrey, Georgetown 86
Collegiate	28-2.25 (8.59)	Miguel Pate, Alabama 02
American	28-10.25(8.79)	Carl Lewis, Santa Monica TC 84
World	28-10.25(8.79)	Carl Lewis, USA 84

Triple Jump

2004 IC4A Champion	50-8 (15.44)	Marc Kellman, George Mason
IC4A Meet Record	54-5.25 (16.59)	Ray Humphrey, Georgetown 86
IC4A Collegiate	54-8 (16.66)	Eugene Koranteng, Geo Mason 86
Collegiate	57-5 (17.50)	Charles Simpkins, Baptist 86
American	58-3.25 (17.76)	Mike Conley, Tyson TC 87
World	58-6 (17.83)	Aliecer Urrutia, Cuba 97

Shot Put

2004 IC4A Champion	58-7.5 (17.87)	Josh Russell, Wagner
IC4A Meet Record	64-10 (19.76)	August Wolf, Princeton 83
IC4A Collegiate	66-1.75 (20.16)	Wolf 83
Collegiate	70-6.5 (21.50)	Terry Albritton, Stanford 77
American	74-4.25 (22.66)	Randy Barnes, Mazda TC 89
World	74-4.25 (22.66)	Barnes, USA 89

35-LB Weight Throw

2004 IC4A Champion	66-6.5 (20.28)	Michael Freeman, Manhattan
IC4A Meet Record	72-10 (22.22)	Sean McGeheary, Boston Coll 97
IC4A Collegiate	76-1 (23.19)	Jacob Freeman, Manhattan 02
Collegiate	78-9.25 (24.01)	Dan Taylor, Ohio State 04
American	84-10.25 (25.86)	Lance Deal, NYAC 95
World "Best"	84-10.25 (25.86)	Deal, USA 95

Heptathlon

2004 IC4A Champion	5,120 points	Devin Barry, Mt. St. Mary's (6.66,21-5.5,37-2.25,5-11.25/7.73,14-7.25,2:55.59)
IC4A Meet Record	5,120 points	Devin Barry, (same as above) 04
IC4A Collegiate	5,744 points,	Mustafa Abdur-Rahim, Dartmouth 04 (6.96, 22-11.75, 47-1.5, 6-4/7.96, 13-5.25, 2:37.08)
Collegiate	6,136 points,	Donovan Kilmartin, Texas 04 (7.05, 24-2.25, 46-10, 6-9.75/8.17, 17-8.5, 2:49.44)
American	6,476 points,	Dan O'Brien, Reebok 93 (6.67,25-8.75,52-6.75,6-11.75/7.85,17-0.75,2:45.32)
World	6,476 points,	O'Brien, USA (same as above) 93

NOTE: "IC4A Collegiate" Records are "best ever" performances by individuals or relay teams of IC4A Member Schools, while representing their school at any level of indoor competition. The 500m, DMR, 35-Wt., and Pentathlon are not officially recognized as World Record events...hence, "Best"!

Our thanks to Walter Murphy of "EASTERN TRACK" and Larry Byrne for assistance in compiling these records.

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The 84th Annual Indoor Track and Field Championships

RESULTS OF THE 83rd IC4A INDOOR CHAMPIONSHIPS

March 6- 7, 2004 - Boston University, Boston, Massachusetts

2004 FINAL TEAM STANDINGS

1. Manhattan College	60
2. University of Connecticut	55
3. Seton Hall University	47
4. Penn State University	42
5. Army	34
6. Virginia Military Institute	30
6. Rutgers University	30
8. Saint Joseph's University	29
8. George Mason University	29
10. Cornell University	28
11. Providence College	26
12. Yale University	20
13. University of Pennsylvania	19
13. University of Rhode Island	19
15. U. S. Naval Academy	8.50
16. Georgetown University	17
17. Liberty University	16
17. Univ. of Maryland	16
19. Northeastern University	15
20. Lehigh University	13
20. Lincoln University	13
22. Duke University	12
23. Mount St. Mary's College	11.50
24. St. Francis University	11
25. University at Albany	10
25. MIT	10
25. Dartmouth College	10
25. Univ. of New Hampshire	10
25. Wagner College	10
30. Massachusetts Amherst	9
30. Iona College	9
32. University of Maine	8
33. Delaware State University	7
33. Monmouth University	7
33. Towson University	7
36. James Madison University	6
36. Long Island University	6
36. La Salle University	6
36. Stony Brook University	6
36. University of Pittsburgh	6
41. UMBC	5.50
42. William and Mary	5
42. Columbia University	5
42. Brown University	5
45. Boston University	4
46. University of NC Wilmington	3.50
47. Binghamton University	3
47. Syracuse University	3
49. Lafayette College	2
49. Virginia Commonwealth	2
49. Quinnipiac University	2
52. Bucknell University	1
52. Fordham University	1

55 Meters

1. Paulvince Obuon, VMI 6:27 2. Kwesi Frimpong-Boateng, UMass-Amherst 6:28 3. George Evans, Lehigh 6:39 4. Michael Garner, Towson 6:45 5. Adam Grossman, UMBC 6:46 6. Marcel Coleman Rutgers, 6:51.

200 Meters

1. Paulvince Obuon, VMI 20:88 2. Harold Manning, Maryland 21:06 3. Eric Groce, URI 21:21 4. Ernie Terrell, Penn State 21:36 5. Henry Harris, George Mason 21:43 6. Basil Campbell, Connecticut 21:47.

400 Meter

1. Obra Hogans, Seton Hall 45.83 2. Quentin Bowens, Seton Hall 46.40 3. Eric Porter, Navy 46.72 4. Idris Payne, Northeastern 47.12 5. Jaret Campisi, Penn State 47.28 6. Douglas Bell, Delaware State 47.72.

500 Meters

1. Ryan Speid, Seton Hall 1:01.95 2. Andrew Thomas, St. Joseph's 1:01.98 3. Ryan Westman, Rutgers 1:02.00 4. Doug Rick, St. Joseph's 1:02.05 5. Ronnell Ingram, Seton Hall 1:02.74 6. Paul Cawley, James Madison 1:03.02.

800 Meters

1. Gered Burns, Albany 1:50.11 2. Andrew Maloney, St. Francis (Pa.) 1:50.27 3. Chris Lyons, Liberty 1:51.25 4. Robert Lobue, Yale 1:51.45 5. Joe Plevelich, Pennsylvania 6. Isaiah Cartledge, Long Island 1:51.52.

1000 Meters

1. Joel Legare, Connecticut 2:22.57 2. Tyler Raymond, Manhattan 2:24.14 3. Mike LoSapio, LaSalle 2:24.34 4. Eric Heely, Army 2:24.39 5. Tom Pratt, Northeastern 2:26.61 6. Bill Meador, James Madison 2:26.78.

One Mile

1. Phil Sakala, Army 4:11.60 2. Oliver Tassinari, Cornell 4:12.26 3. Darren Brown, Providence 4:12.52 4. Gerry Groothuis, Columbia 4:12.71 5. Dan Rabe, Liberty 4:12.80 6. Joshua Sink, Navy 4:12.90.

3000 Meters

1. Jarrod Shoemaker, Dartmouth 8:08.90 2. Andre Laboy, St. Joseph's 8:09.07 3. Dale Summerville, Stony Brook 8:15.38 4. Brian Dalpiaz, Georgetown 8:16.59 5. Michael Lansing, Maine 8:18.52 6. Ryan Sheehan, St. Francis (Pa.) 8:19.01.

5000 Meters

1. Adam Sutton, Providence 13:56.83 2. Tyler Cardinal, Iona 14:09.26 3. Lucas Meyer, Yale 14:13.73 4. Stephen Meinelt, New Hampshire 14:14.87 5. Fleet Hower, Georgetown 14:19.36 6. Jacob Frey, William & Mary 14:25.27.

55 Meter High Hurdles

1. Richard Phillips, George Mason 7.27 2. Colin Aina, Rhode Island 7:29 3. David Klics, Rutgers 7.41 4. Travis Morancie, Seton Hall 7.46 5. Basil Campbell, Connecticut 7.48 6. Adesina Ekundayo, Navy 7.48.

4x400 Meter Relay

1. Seton Hall 3:10.07; 2. Penn State 3:10.86; 3. Lincoln University 3:11.810; 4. St. Joseph's 3:11.60; 5. Boston University 3:12.31; 6. Delaware State 3:14.11.

4x800 Meter Relay

1. Pennsylvania 7:32.54 2. Cornell 7:33.27 3. Penn State 7:33.81 4. Manhattan 7:35.42 5. Yale 7:35.75 6. St. Joseph's (Pa.) 7:36.05.

Distance Medley Relay

1. Providence 9:45.57 2. Connecticut 9:47.30 3. Georgetown 9:48.05 4. Pennsylvania 9:49.42 5. Maryland 9:52.72 6. Yale 9:52.76.

High Jump

1. Garrett Brickner, Virginia Military 6-11.50 2. Anthony Butler, Rutgers 6-11.50 3. Rod Manzo, Army 6-10.25 4. Ray Bobrownicki, Brown, 6-10.25 5. David Pell, Cornell, 6-09.00 6. Patrick Bullock, UNC Wilmington 6-09.00.

Pole Vault

1. Brent Warner, Duke 17-0.75 2. Dave Bollinger, Penn State 16-08.75 3. Chris Mazza, Connecticut 16-08.75 4. Robert Sparks, Navy 16-04.75 5. Jake Radzevich, Connecticut 16-04.75 6. Rory Quiller, Binghamton 16-00.75.

Long Jump

1. Magnus Ahlen, Manhattan 24-03.50 2. Jeff Weaver, Army 24-00.25 3. Chad Wilson, Liberty 24-00.25 4. Troy Dennis, Monmouth 23-11.75 5. Reggie Hopkins, Lincoln 23-10.00 6. Janek Augustynowicz, Manhattan 23-09.50.

Triple Jump

1. Marc Kellman, George Mason 50-08.00 2. Adeniyi Omisore, Manhattan 50-05.25 3. Janek Augustynowicz, Manhattan 48-11.00 4. Ryan McCoy, George Mason 48-08.25 5. Jeff Weaver, Army 48-04.75 6. Steve Cousin, Connecticut 48-02.00.

Shot Put

1. Josh Russell, Wagner 58-07.50 2. Uzoma Orji, MIT 57-07.00 3. Derek Anderson, Northeastern 56-11.25 4. Andre Reid, Rhode Island 56-08.00 5. Justin Clickett, Pittsburgh 56-04.50 6. Dane Miller, Penn State 55-05.00.

Weight Throw

1. Jacob Freeman, Manhattan 66-06.50 2. Aaron Ross, Penn State 60-09.25 3. Giles Longley Cook, Cornell 60-06.75 4. Zoran Loncar, Manhattan 59-04.75 5. John Collins, Maryland 58-08.75 6. Anders Constantin, Manhattan 58-00.25.

Heptathlon

1. Devin Barry, Mt. St. Mary's 2. Joseph DiCola, Connecticut 3. Vaclav Malek, Lehigh 4. Chad Caldwell, Connecticut 5. Craig Lange, New Hampshire 6. Greg Ostrowicki, Rutgers.

The 84th Annual Indoor Track and Field Championships

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Honorary Meet Director

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Irwin Cohen, Chairman

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Jim Hurt, St. John's

Jerry Quiller, USMA

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Pete Schuder, Boston U.

Referees

Ed Callahan, Running

Ed Gorman, Field

Bob Fontaine, Heptathlon

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Rich Nagy

Jaime Berryman

Jury of Appeals - Track

David Bobb - UMBC

John Moon - Seton Hall

Roberto Vives - Albany

Jury of Appeals - Field

Dan Mecca - Manhattan

Brant Tolsma - Liberty

Bill Walton - James Madison

Jury of Appeals - Honest Effort

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High Jump

Richard Mann - Chief

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Pole Vault

Ed Slade - Chief

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Reggie Weissglas

Ken Yerger

Fred Zaccagnini

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Mike Sullivan (PV)

Michael Tucker (LJ-HJ)

Mike Wolak (SP)

Ken Yerger (PV)

Fred Zaccagnini (PV)