

Men's Indoor Track & Field

2009 MEN'S INDOOR TRACK & FIELD CHAMPIONSHIPS

HOST: CAPITAL UNIVERSITY

2009 Team Results

1. Ohio Northern	183.5	6. Marietta	46.5
2. Heidelberg	137.0	7. John Carroll	32.0
3. Mount Union	118.0	8. Capital	28.0
4. Baldwin-Wallace	68.5	9. Wilmington	22.5
5. Otterbein	51.0	10. Muskingum	15.0

2009 Individual Champions

Long Jump	Julius Higginbotham, Heidelberg	23-00.00
Pole Vault	Andrew Lammers, Ohio Northern	14-11.00
Weight Throw	Courtney Zupancic, Ohio Northern	49-07.25
Triple Jump	Demetrius Bailey, Muskingum	46-04.25
High Jump	Cory Trump, Capital	6-08.25
Shot Put	Judd Lutz, Mount Union	52-01.00
4x200 Relay	Ohio Northern	1:30.89
One Mile Run	James O'Brien, Ohio Northern	4:19.14
55-Meter Hurdles	Austin Curbow, Otterbein	7.70
400-Meter Dash	Seth Robertson, Heidelberg	51.33
500-Meter Run	Joe Amstutz, Ohio Northern	1:05.55
55-Meter Dash	Julius Higginbotham, Heidelberg	6.39
800-Meter Run	James O'Brien, Ohio Northern	1:56.30
1000-Meter Run	Ty Griffin, Mount Union	2:34.02
300-Meter Dash	Mark Childs, Heidelberg	35.67
5000 Meter Run	Thomas Adams, Ohio Northern	15:27.73
4x400 Relay	Heidelberg	3:23.06
3000-Meter Run	Alan Bowsher, Ohio Northern	8:50.11
Distance Medley	Ohio Northern	10:18.20

OAC Championships Records

Event	Record	Record Holder, School	Year Set
Shot Put	56-3.50	Chris Basich, Mount Union	2002
Long Jump	24-11.50	Shawn Watson, Mount Union	1999
High Jump	2.10 m	Seth Peterson, Mount Union	1998
Triple Jump	50-0	Shawn Watson, Mount Union	1998
Pole Vault	17-0.75	Chris Swanson, Otterbein	2005
55 Meters	6.37	Nic Saluppo, Mount Union	2007
300 Meters	34.80	John Biacofsky, Mount Union	2004
400 Meters	49.31	Kevin Lucas, Wilmington	2001
500 Meters	1:04.92	Todd Gerwig, Heidelberg	2000
800 Meters	1:53.50	Ryan Garro, Mount Union	2006
1,000 Meters	2:28.99	Dave Cooper, Mount Union	1996
1,500 Meters	3:54.1	Dave Cooper, Mount Union	1998
One-Mile Run	4:11.83	Larry Coy, Baldwin-Wallace	1977
3,200 Meters	9:23.34	Mark Prejsnar, Mount Union	2002
5,000 Meters	14:46.90	Mike Sawicki, Otterbein	2006
55 Hurdles	7.55	Dennis Hearn, Ohio Wesleyan	1980
4 X 160 Relay	1:11.62	Mount Union (Conklin, Dover, Rodstrom, Frank)	1999
4 X 200 Relay	1:29.26	Wilmington (Groh, Lucas, Morrow, Wolf)	2001
4 X 400 Relay	3:22.04	John Carroll (Dunklin, Sample, Klein, Biro)	2002
4 X 800 Relay	7:48.26	Otterbein (Gadfield, Mack, Peters, Walters)	2004
Dist. Med. Relay	10:00.20	Mount Union	2007

Team Champions

2009	Ohio Northern	1985	Mount Union	1961	Wooster
2008	Ohio Northern	1984	Mount Union	1960	Capital
2007	Mount Union	1983	Mount Union	1959	O. Wesleyan
2006	Mount Union	1982	Mount Union	1958	O. Wesleyan
2005	Mount Union	1981	Baldwin-Wallace	1957	O. Wesleyan
2004	Otterbein	1980	Baldwin-Wallace	1956	Denison
2003	Otterbein	1979	Baldwin-Wallace	1955	O. Wesleyan
2002	Mount Union	1978	Mount Union	1954	O. Wesleyan
2001	Wilmington	1977	Baldwin-Wallace	1953	Denison
2000	Ohio Northern	1976	Baldwin-Wallace	1952	Denison
1999	Mount Union	1975	Baldwin-Wallace	1951	O. Wesleyan
1998	Mount Union	1974	Mount Union		
1997	Mount Union	1973	Mount Union		
1996	Ohio Northern	1972	Baldwin-Wallace		
1995	Mount Union	1971	Baldwin-Wallace		
1994	Mount Union	1970	Baldwin-Wallace		
1993	Mount Union	1969	Mount Union		
1992	Mount Union	1968	Mount Union		
1991	Mount Union	1967	Mount Union		
1990	Mount Union	1966	Mount Union		
1989	Mount Union	1965	Mount Union		
1988	Mount Union	1964	Mount Union		
1987	Mount Union	1963	Mount Union		
1986	Mount Union	1962	Baldwin-Wallace		

All-Time OAC Coaches-of-the-Year

2005	John Homon, Mount Union	1998	John Homon, Mount Union
2004	John Homon, Mount Union	1997	Vacated
2003	Doug Welsh, Otterbein	1996	Larry Cole, Ohio Northern
2002	John Homon, Mount Union	1995	Larry Cole, Ohio Northern
2001	Ron Combs, Wilmington	1994	John Homon, Mount Union
2000	Brian Cole, Ohio Northern	1993	John Homon, Mount Union
1999	John Homon, Mount Union	1992	John Homon, Mount Union

OAC Staff-of-the-Year

BEGAN IN 2006 (HEAD COACH)	
2009	OHIO NORTHERN (RYAN NEW)
2008	OHIO NORTHERN (BRIAN COLE)
2007	MOUNT UNION (JOHN HOMON)
2006	Mount Union (John Homon)