

2004 WIAC Men's Outdoor Track & Field Headlines

United States Wins Gold Medal In 4x400 Relay; UW-La Crosse's Rock Earns Medal

RELEASED: Saturday, August 28, 2004

Athens, Greece--The United States' 4x400-meter relay of Otis Harris, Derrick Brew, Jeremy Wariner and Darold Williamson won the gold medal Saturday at the Olympic Games in Athens, Greece. The relay ran 2:55.91, the fastest time in the world this season and just missing the Olympic record of 2:55.74. Australia was second (3:00.60) followed by Nigeria (3:00.90).

University of Wisconsin-La Crosse student-athlete Andrew Rock of Stratford (H.S.) also wins the gold medal along with Kelly Willie. Rock and Willie were members of the United States' 4x400 relay semifinal August 27 running 2:59.30. Rock ran 44.7 on the third leg of the relay.

The United States has won the men's 4x400-meter relay every year since 1976, not including the boycotted Moscow Olympics.

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UW-La Crosse's Rock Runs Third Leg of Relay at Olympic Games; Relay Runs Fastest Time In The World This Season

RELEASED: Friday, August 27, 2004

Athens, Greece--University of Wisconsin-La Crosse student-athlete Andrew Rock of Stratford (H.S.) was a member of the United States' 4x400-meter relay semifinal at the Olympic Games Friday, August 27 in Athens, Greece. The relay of Kelly Willie, Derrick Brew, Rock and Darold Williamson ran 2:59.30, the fastest-time in the world this season. Willie ran 45.3 on the opening leg followed by 45.1 by Brew, 44.7 by Rock and 44.1 by Williamson on the anchor leg.

Team USA won the second heat and had the top-qualifying time overall for Saturday's final scheduled for 2:25 p.m. Central Time. The final 4x400-relay team will be announced Saturday. Nigeria was second (3:01.60) in the semifinals and Bahamas third (3:01.74).

"I'm very happy with the way I ran," said Rock. "I stay relaxed and was more relaxed than at the U.S. Trials in July. It's been an amazing experience and I really don't know how to describe it. Running for the United States and in front of 50,000 fans is incredible. It's the highest point in track & field, running at the Olympics, and I've been very blessed to be able to do it. The coaches were very happy with the performance and getting to tomorrow's final."

Below are quotes from Rock from the United States Track & Field Website:

"We had a long wait, two weeks watching everybody else run out on the track. It's a lot of downtime but it was worth the wait, it was a fun run; it's great to represent the United States in a relay like that."

"Before every race I always wave to my parents. I thought it would be hard to find them here but, my mom was jumping up and down waving...I found them."

On getting to run in the final: "As far as I know, I probably won't get to run but that's the fair way to do it. I'm fifth in the order. Coach George (head coach Williams) has been fair giving me and Kelly (Willey) a chance to run and get the team through. It's a chance to win a gold medal. I'll just be happy with that because I know he's doing it the fair way."

UW-La Crosse's Rock Set To Run On Relay At Olympic Games

RELEASED: Wednesday, August 25, 2004

La Crosse, Wis.--University of Wisconsin-La Crosse student-athlete Andrew Rock of Stratford (H.S.) will be running the third leg of the 4x400-meter relay semifinal at the Olympic Games Friday, August 27 in Athens, Greece. The relay is scheduled for 12:50 p.m. Central Time. Kelly Willie will run the opening leg followed by Derrick Brew, Rock and Darold Williamson. Willie was seventh in the 400-meter dash at the 2004 United States Olympic Trials while Brew was third, Rock sixth and Williamson fourth.

"The training has been going very well," says Rock. "I'm excited about getting the chance to run in the relay and really looking forward to it. We've been training for about two hours at night because of the high temperatures during the day."

"United States Men's Olympic Head Coach George Williams told me Tuesday (August 24) I was running in the relay," says Rock. "It was a relief to find out. I thought I was going to run, but it was good to hear it from him."

UW-L Track & Field Head Coach Mark Guthrie is attending the Olympic Games in Athens. "Andrew feels good and rested," says Guthrie. "He hasn't raced since August 8 when he went 44.8 on the relay in Munich. He ran 300 meters Monday and went 33.8 and his 200 time was 21.9. He's ready to go. We're excited about him running in the relay."

Brew earned a bronze medal in the 400-meter final August 23 at the Olympic Games. Jeremy Wariner won the gold medal while Otis Harris earned the silver. It marked the first time since 1988 the United States swept the top three places in the 400-meter dash. Wariner and Harris, expected to run the 4x400-meter relay final August 28 at 2:25 p.m. Central Time, finished first and second in the 400-meter at this year's U.S. Olympic Trials.

Rock was named to the 2004 United States Olympic Track & Field Team August 9. He is the first UW-La Crosse student-athlete to be named to a United States Olympic Team.

Rock was a member of two 4x400-meter relays in August. He ran the anchor leg on the winning 4x400 relay at the North American, Central American and Caribbean (NACAC) Track & Field Championships August 1 in Sherbrooke, Quebec, Canada. Craig Everhart, Benjamin Wiggins, LaRon Bennett and Rock won the relay with a time of 3:02.36.

He ran the opening leg of the United States' winning 4x400-meter relay August 8 at the "Team Challenge" with France and Germany in Munich. Team USA I of Rock, Harris, Wariner and Williamson ran 3:00.58, the second-fastest time in the world this season.

Rock ran 44.95 in the 400-meter dash final at the Olympic Trials July 15 while running 44.97 in the semifinals July 12 and 45.53 in the quarterfinals July 11.

He qualified for the trials by winning the 400-meter dash at the 19th Annual Jim Bush Southern California United States of America Track & Field Championships June 5. Rock set a meet record with a winning time of 44.66, breaking the record of 46.29 set by Jerome Davis in 2003.

A 2003 and 2004 College Sports Information Directors of America (CoSIDA) Academic All-American First Team selection, Rock won the 400-meter dash and was a member of UW-L's national champion 4x400-meter relay at the 2004 NCAA III Outdoor Championships. He became the sixth student-athlete in NCAA III history to capture back-to-back national 400-meter outdoor titles with a winning time of 45.58. Rock, a finance major with a 3.61 grade point average, finished second in 2001 and 2002.

He also earned three career All-America honors in the outdoor 200-meter dash, finishing eighth in 2001, second in 2002 and first in 2003.

Rock won the 200 and 400-meter dashes at the 2004 Wisconsin Intercollegiate Athletic Conference (WIAC) Outdoor Championships for the fourth straight season. He also won the 200 at the Missouri and Musco Invitationals during the outdoor season and captured the 400 at the Mt. Sac and Drake Relays.

At the 2004 NCAA III Indoor Championships, Rock became the first athlete in NCAA III history to win three consecutive 400-meter championships. He was also a member of UW-L's national champion 4x400-meter relay at this year's indoor championships and was named the meet's Most Outstanding Performer.

Rock set a NCAA III indoor record in the 400-meter dash in 2004, finishing second at the Iowa State Classic February 14 with a time of 45.82.

He won the 200-meter dash at the 2004 WIAC Indoor Championships, becoming the first athlete in conference history to win four straight 200 titles.

Named the 2003 United States Track Coaches Association Male Athlete of the Meet at both the indoor and outdoor national championships, Rock finished his career with 17 NCAA III All-America honors (11 individual; six relays). He earned 10 outdoor and seven indoor awards. Rock is a nine-time national champion (six individual; three relays) and 17-time conference champion (11 individual; six relays).

He holds nine UW-L (four individual; five relays) and six WIAC records (three individual; three relays).

UW-L swept the indoor and outdoor NCAA Division III Championships for the fourth straight season in 2004. The Eagles have swept the indoor and outdoor titles nine times in school history.

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UW-La Crosse's Rock Officially Named To U.S. Olympic Team

RELEASED: Monday, August 9, 2004

Indianapolis, Ind.--University of Wisconsin-La Crosse student-athlete Andrew Rock of Stratford (H.S.) was named to the 2004 United States Olympic Track & Field Team Monday. Rock is a member of the 4x400-meter relay pool for the Olympics in Athens, Greece scheduled for August 11-29. The first round of the 4x400-meter relay is scheduled for August 27 with the final scheduled for August 28.

He is the first UW-La Crosse student-athlete to be named to a United States Olympic Team.

Rock, who finished sixth in the 400-meter dash at the 2004 United States Olympic Trials, has been a member of two 4x400-meter relays since the trials. He ran the anchor leg on the winning 4x400 relay at the North American, Central American and Caribbean (NACAC) Track & Field Championships August 1 in Sherbrooke, Quebec, Canada. Craig Everhart, Benjamin Wiggins, LaRon Bennett and Rock won the relay with a time of 3:02.36. The Jamaica 'A' team was second at 3:05.79.

Rock ran the opening leg of the United States' 4x400-meter relay August 8 at the "Team Challenge" with France and Germany in Munich, Germany. Team USA I of Rock, Otis Harris, Jeremy Wariner and Darold Williamson ran 3:00.58. Rock ran 44.8 on his leg of the relay and the final time of 3:00.58 is the second-fastest in the world this season. USA II of James Carter, Angela Taylor, Bennie Brazell, Bereshawn Jackson was second at 3:04.96.

Rock ran 44.95 in the 400-meter dash final at the Olympic Trials July 15 while Wariner won at 44.37. Harris was second (44.67) and Derrick Brew third (44.69). The top three finishers will run in the open 400 at the Olympics. Rock ran 44.97 in the 400-meter dash semifinals July 12 and 45.53 in the quarterfinals July 11.

He qualified for the trials by winning the 400-meter dash at the 19th Annual Jim Bush Southern California United States of America Track & Field Championships June 5. Rock set a meet record with a winning time of 44.66, breaking the record of 46.29 set by Jerome Davis in 2003.

A 2003 and 2004 College Sports Information Directors of America (CoSIDA) Academic All-American First Team selection, Rock won the 400-meter dash and was a member of UW-L's national champion 4x400-meter relay at the 2004 NCAA III Outdoor Championships. He became the sixth student-athlete in NCAA III history to capture back-to-back national 400-meter outdoor titles with a winning time of 45.58. Rock, a finance major with a 3.61 grade point average, finished second in 2001 and 2002.

He also earned three career All-America honors in the outdoor 200-meter dash, finishing eighth in 2001, second in 2002 and first in 2003.

Rock won the 200 and 400-meter dashes at the 2004 Wisconsin Intercollegiate Athletic Conference (WIAC) Outdoor Championships for the fourth straight season. He also won the 200 at the Missouri and Musco Invitationals during the outdoor season and captured the 400 at the Mt. Sac and Drake Relays.

At the 2004 NCAA III Indoor Championships, Rock became the first athlete in NCAA III history to win three consecutive 400-meter championships. He was also a member of UW-L's national champion 4x400-meter relay at this year's indoor championships and was named the meet's Most Outstanding Performer.

Rock set a NCAA III indoor record in the 400-meter dash in 2004, finishing second at the Iowa State Classic February 14 with a time of 45.82.

He won the 200-meter dash at the 2004 WIAC Indoor Championships, becoming the first athlete in conference history to win four straight 200 titles.

Named the 2003 United States Track Coaches Association Male Athlete of the Meet at both the indoor and outdoor national championships, Rock finished his career with 17 NCAA III All-America honors (11 individual; six relays). He earned 10 outdoor and seven indoor awards. Rock is a nine-time national champion (six individual; three relays) and 17-time conference champion (11 individual; six relays).

He holds nine UW-L (four individual; five relays) and six WIAC records (three individual; three relays).

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UW-La Crosse's Rock Named To U.S. Olympic Team; Finishes Sixth In 400 Meter Final

RELEASED: Thursday, July 15, 2004

Sacramento, Calif.--University of Wisconsin-La Crosse student-athlete Andrew Rock of Stratford (H.S.) was selected to the 2004 United States Olympic Track & Field Team late Thursday night after finishing sixth in the 400-meter dash final at the Alex G. Spanos Sports Complex.

Rock ran 44.95 in the 400-meter dash final while Jeremy Wariner took first in 44.37. Otis Harris was second (44.67) and Derrick Brew third (44.69). The top three finishers will run in the open 400 at the Olympics in Athens, Greece.

"I felt good at 200, and tried to stay with them at 250," said Rock. "I tried to relax coming home, but they were too far ahead. This has been a great experience and I'm happy how I did for my level of experience."

Rock ran 44.97 in the 400-meter dash semifinals July 12 and 45.53 in the quarterfinals July 11.

"Based on his age and being his first major world event, I thought Andrew ran as well as expected with three rounds in five days," said UW-La Crosse Head Men's Track & Field Coach Mark Guthrie. "He ran two of his three best personal times in the semifinals and finals."

Guthrie is excited about Rock's selection to the Olympic Team. "It's exciting for him as he leaves college and starts his professional career," said Guthrie. "It's an honor for me to be able to coach an Olympic athlete. This brings national exposure to our program and allows us to showcase our strong track program and institution."

Rock qualified for the trials by winning the 400-meter dash at the 19th Annual Jim Bush Southern California United States of America Track & Field Championships June 5. He set a meet record with a winning time of 44.66, breaking the record of 46.29 set by Jerome Davis in 2003.

A 2003 and 2004 College Sports Information Directors of America (CoSIDA) Academic All-American First Team selection, Rock won the 400-meter dash and was a member of UW-L's national champion 4x400-meter relay at the 2004 NCAA III Outdoor Championships. He became the sixth student-athlete in NCAA III history to capture back-to-back national 400-meter outdoor titles with a winning time of 45.58. Rock, a finance major with a 3.61 grade point average, finished second in 2001 and 2002.

He also earned three career All-America honors in the outdoor 200-meter dash, finishing eighth in 2001, second in 2002 and first in 2003.

Rock won the 200 and 400-meter dashes at the 2004 Wisconsin Intercollegiate Athletic Conference (WIAC) Outdoor Championships for the fourth straight season. He also won the 200 at the Missouri and Musco Invitationals during the outdoor season and captured the 400 at the Mt. Sac and Drake Relays.

At the 2004 NCAA III Indoor Championships, Rock became the first athlete in NCAA III history to win three consecutive 400-meter championships. He was also a member of UW-L's national champion 4x400-meter relay at this year's indoor championships and was named the meet's Most Outstanding Performer.

Rock set a NCAA III indoor record in the 400-meter dash in 2004, finishing second at the Iowa State Classic February 14 with a time of 45.82.

He won the 200-meter dash at the 2004 WIAC Indoor Championships, becoming the first athlete in conference history to win four straight 200 titles.

Named the 2003 United States Track Coaches Association Male Athlete of the Meet at both the indoor and outdoor national championships, Rock finished his career with 17 NCAA III All-America honors (11 individual; six relays). He earned 10 outdoor and seven indoor awards. Rock is a nine-time national champion (six individual; three relays) and 17-time conference champion (11 individual; six relays).

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Former Pointer Johnson Finishes Eighth In 5,000 Meters At U.S. Olympic Track Trials

RELEASED: Monday, July 19, 2004

Sacramento, Calif.--Chad Johnson, who competed three seasons in cross country for the University of Wisconsin-Stevens Point, finished eighth in the 5,000 meter run at the U.S. Olympic Track and Field Trials in Sacramento, Calif. on July 16.

Johnson was the 1996 Wisconsin Intercollegiate Athletic Conference men's cross country champion and competed for the Pointers from 1994-96. He ran track and field in 1995 and 1996 before transferring to the University of Minnesota for his final two seasons.

A Chetek native and Thorp High School graduate, Johnson ran a time of 13:43.24 to finish eighth overall. He ran a time of 13:44.53 to place second in his heat in Monday's semifinals and had the eighth-fastest time entering the finals. The top three placewinners earned spots on the U.S. Olympic team in Athens, Greece.

Johnson placed fifth overall at the NCAA Division III cross country championships and led the Pointers to a third place national finish and a conference title in 1996.

Johnson was the WIAC track and field runner-up in both the indoor and outdoor 5,000 meters in 1996. He also was runner-up in the 10,000-meter run and placed seventh at the NCAA Division III championships.

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Two Earn Academic All-America Men's Track and Field/Cross Country Honors

RELEASED: Wednesday, June 23, 2004

Madison, Wis.--University of Wisconsin-La Crosse's Andrew Rock and UW-Stevens Point's Curtis Johnson have been named to the 2004 College Sports Information Directors of America (CoSIDA) Academic All-America College Division Men's Track and Field/Cross Country First Team.

Rock, a senior from Stratford, Wis., is majoring in finance and maintains a 3.61 grade point average. He earned Academic All-America First Team honors for the second straight season. Rock won the 400-meter dash with a United States Olympic Trials qualifying time and was a member of UW-La Crosse's national champion 4 x 400-meter relay at the 2004 NCAA Division III outdoor championship as the Eagles won their fourth straight national crown. He also captured the 200-meter dash and 400-meter dash titles at the WIAC outdoor championship for the fourth straight year.

Rock won the 400-meter dash at this year's NCAA Division III indoor championship and was a member of UW-La Crosse's winning 4 x 400-meter relay team as the Eagles won their fourth consecutive national title. He was named the meet's Most Outstanding Track Performer for his efforts. Rock also earned the WIAC Max Sparger Indoor Track and Field Scholar-Athlete Award this year.

Johnson, a senior from DeForest, Wis., carries a 3.92 grade point average and is double majoring in chemistry and biology. He received a postgraduate scholarship from the NCAA in the amount of \$7,500 and was named the 2003 WIAC Max Sparger Cross Country Scholar-Athlete. Johnson placed 18th at the 2003 NCAA Division III cross country championship after placing third at the WIAC meet. He also won the 5,000-meter run title at the 2004 WIAC outdoor championship and participated in the national meet in the 10,000-meter run.

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Two Earn Men's Track and Field/Cross Country Academic All-District Accolades

RELEASED: Monday, June 7, 2004

Madison, Wis.--Two Wisconsin Intercollegiate Athletic Conference (WIAC) student-athletes have been named to the 2004 CoSIDA Academic All-District Five College Division Men's Track and Field/Cross Country Team. UW-La Crosse's Andrew Rock and UW-Stevens Point's Curtis Johnson were recognized on the first team.

Rock, a senior from Stratford, Wis., is majoring in finance and maintains a 3.61 grade point average. He earned CoSIDA Academic All-America College Division First Team honors last season. Rock won the 400-meter dash with a United States Olympic Trials qualifying time and was a member of UW-La Crosse's national champion 4 x 400-meter relay at the 2004 NCAA Division III outdoor championship as the Eagles won their fourth straight national crown. He also captured the 200-meter dash and 400-meter dash titles at the WIAC outdoor championship for the fourth straight year.

Rock won the 400-meter dash at this year's NCAA Division III indoor championship and was a member of UW-La Crosse's winning 4 x 400-meter relay team as the Eagles won their fourth consecutive national title. He was named the meet's Most Outstanding Track Performer for his efforts. Rock also earned the WIAC Max Sparger Indoor Track and Field Scholar-Athlete Award this year.

Johnson, a senior from DeForest, Wis., carries a 3.92 grade point average and is double majoring in chemistry and biology. He received a postgraduate scholarship from the NCAA in the amount of \$7,500 and was named the 2003 WIAC Max Sparger Cross Country Scholar-Athlete. Johnson placed 18th at the 2003 NCAA Division III cross country championship after placing third at the WIAC meet. He also won the 5,000-meter run title at the 2004 WIAC outdoor championship and participated in the national meet in the 10,000-meter run.

The academic all-district team is comprised of all NCAA Division II, Division III and NAIA student-athletes from Wisconsin, Illinois, Indiana and Minnesota and is voted on by members of the College Sports Information Directors of America (CoSIDA).

Rock and Johnson are now eligible for the Academic All-America squad, which will be announced at the end of June.

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UW-La Crosse Claims Fourth Consecutive NCAA Men's Outdoor Track and Field Championship

Decatur, Ill.--University of Wisconsin-La Crosse claimed its fourth consecutive NCAA Division III Men's Outdoor Track and Field Championship on Saturday, May 29 at Frank M. Lindsay Field on the campus of Millikin University.

UW-La Crosse totaled a championship meet record of 101 team points en route to the ninth outdoor title in school history. Nebraska Wesleyan finished second with 39 points, while UW-Whitewater and Willamette (Ore.) tied for third with 30 points and Lincoln (Pa.) finished fifth with 24 points. The margin of victory (62 points) by the Eagles is the largest in the history of the national outdoor meet.

UW-La Crosse also won the national indoor meet in March and has now swept the NCAA Division III indoor and outdoor national championships for the ninth time in school history and fourth straight season. The Eagles also swept the indoor and outdoor titles in 1988, 1991, 1992, 1993, 1997, 2001, 2002 and 2003.

UW-La Crosse has won 20 track and field titles in school history, more than any other Division III institution. The Eagles' 11 indoor titles are also the most in the nation.

UW-Oshkosh tied for sixth at the 2004 national meet with 21 points, while UW-Platteville tied for 14th with 15 points, UW-Stevens Point tied for 27th with 10 points, UW-Eau Claire tied for 46th with six points and UW-Stout tied for 54th with four points.

The third-place finish by UW-Whitewater is the best in school history, topping their eight-place finish in 2002. This marks the fifth straight season that the Wisconsin Intercollegiate Athletic Conference has had three or more teams place in the top 10 at the national meet.

UW-La Crosse's Andrew Rock, Hans Schmidt, Derek Toshner and Mike Turgeon captured individual titles during the three-day national meet. Rock captured the 400-meter dash title for the second straight season with a United States Olympic Trials qualifying time of 45.58. He becomes the sixth individual to win back-to-back titles in the event.

Schmidt won his third career pole vault crown with a mark of 17-1, becoming the second athlete in NCAA Division III history to win three titles in the event. He also won the competition in 2003 and 2001. Mike Schnur of UW-La Crosse also won three titles in the pole vault (1994, 1995, 1997).

Toshner won his third consecutive 400-meter hurdle championship with a U.S. Olympic Trials qualifying time of 50.09. He is the first individual in NCAA Division III history to win three straight titles in the event and the first athlete to ever win three 400 hurdle championships overall. Toshner was named the USTCA Track Athlete of the Meet for his efforts.

Turgeon won his second career discus title with a toss of 179-4. He also captured the national crown in 2002.

UW-La Crosse also claimed both relay titles at the national meet. Nate Olson, Eric Svestka, Tony Marcinek and Rock won the 4 x 400-meter relay with a championship meet record time of 3:08.21, while Matt Schultz, Ben Dorsey, Marcus Walgrave and Matt Pagel won the 4 x 100-meter relay with a time of 40.60.

UW-Oshkosh's John LeRoy won the 3,000-meter steeplechase title with a time of 9:00.18, becoming the third Titan to win the national crown in the event. Abe Mendoza won the titles in 2000 and 1999, while Scott Steuernagel won the crown in 1992.

UW-Whitewater's Jeremy Wendt was named the USTCA Field Athlete of the Meet after winning the hammer throw for the second straight year with a U.S. Olympic Trials qualifying mark and championship meet record of 215-5. He becomes the third individual in NCAA Division III history to win back-to-back titles in the event.

Claiming All-America honors (top eight finish in each event) from the WIAC were:

100-Meter Dash: Matt Pagel (UW-La Crosse--3rd), Eric Walton (UW-Oshkosh--5th)

400-Meter Dash: Andrew Rock (UW-La Crosse--Champion), Nate Olson (UW-La Crosse--2nd)

800-Meter Run: Andy Grupa (UW-La Crosse--4th), Ryan Kleimenhagen (UW-Platteville--7th)

1,500-Meter Run: Ryan Kleimenhagen (UW-Platteville--3rd)

5,000-Meter Run: John LeRoy (UW-Oshkosh--8th)

10,000-Meter Run: Corey Stelljes (UW-Platteville--4th)
3,000-Meter Steeplechase: John LeRoy (UW-Oshkosh--Champion)
110-Meter Hurdles: Derek Toshner (UW-La Crosse--2nd), Andrew Schliepp (UW-Stevens Point--3rd)
400-Meter Hurdles: Derek Toshner (UW-La Crosse--Champion), Dave Hanson (UW-Stout--6th)
Discus: Mike Turgeon (UW-La Crosse--Champion), Pete Ringquist (UW-Whitewater--4th), Chris Jensen (UW-Oshkosh--6th)
Shot Put: John Schuna (UW-Eau Claire--3rd), Ross Kapp (UW-Whitewater--7th)
Long Jump: Todd Gannon (UW-Whitewater--5th), Derek Stanley (UW-Whitewater--6th)
Triple Jump: Aaron Henderson (UW-Whitewater--8th)
Pole Vault: Hans Schmidt (UW-La Crosse--Champion), Dan Schultz (UW-Platteville--7th)
Hammer Throw: Jeremy Wendt (UW-Whitewater--Champion), Kevin Becker (UW-La Crosse--2nd), Phil Whitesitt (UW-La Crosse--3rd), Mark Wierzba (UW-Stevens Point--5th), Steve Pratt (UW-Oshkosh--8th)

Decathlon: Steve Nowak (UW-Oshkosh--7th)
4x100-Meter Relay: UW-La Crosse (Matt Schultz, Ben Dorsey, Marcus Walgrave, Matt Pagel--Champion), UW-Whitewater (Cameron Austin, Jon Otte, Matt Ninneman, Mike Sampson--4th)

4x400-Meter Relay: UW-La Crosse (Nate Olson, Eric Svestka, Tony Marcinek, Andrew Rock--Champion), UW-Stout (Scott Barthel, Derek Gonzenbach, Craig Kotsmith, Dave Hanson--8th)

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UW-Whitewater's Wendt Named Men's Outdoor Track and Field Scholar-Athlete

RELEASED: Tuesday, May 11, 2004

Madison, Wis.--University of Wisconsin-Whitewater's Jeremy Wendt has been named the 2004 Wisconsin Intercollegiate Athletic Conference (WIAC) Max Sparger Men's Outdoor Track and Field Scholar-Athlete, it was announced recently by WIAC Commissioner Gary Karner.

Wendt, a senior from Hampshire, Ill. (Burlington H.S.), is majoring in math education with a minor in coaching and maintains a 3.64 grade point average. He is a four-time selection to the United States Track Coaches Association All-Academic squad and a three-time member of the WIAC Scholastic Honor Roll. Wendt has been recognized on UW-Whitewater's Dean's List and was named the Chancellor's Scholar-Athlete in 2004.

Wendt, a two-time team captain, helped UW-Whitewater to a second-place finish at the WIAC championship on May 8, marking their best team performance since 1979 when they also placed second. He qualified for the Olympic Trials in the hammer throw with a conference record heave of 218-1. It is the third consecutive season he has won the event. Wendt claimed the national title in the hammer throw last season after finishing fourth in 2002. He was named the team's most valuable player in 2003 and also received the 100 percent award the past two seasons.

Wendt has served as a volunteer for the campus clean-up week and worked as a math tutor and at various track and field clinics.

Wendt becomes the third men's outdoor track and field student-athlete from UW-Whitewater to claim the conference's scholar-athlete award, joining Ryan Meissen (2000) and Eric Schueffner (1996).

Also nominated for this year's scholar-athlete award were: UW-La Crosse's Andrew Rock and Derek Toshner, UW-Oshkosh's Chris Jensen and Mike Wehrley and UW-Platteville's Adam Christnovich.

The WIAC Scholar-Athlete Award is sponsored by Culver's. In order to be nominated for the scholar-athlete award, a student-athlete must have a minimum 3.25 grade point average, be in their last year of competition, or on schedule to graduate this academic year, and have competed for a minimum of two years.

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UW-La Crosse Wins 14th Consecutive Men's Outdoor Track and Field Title

Eau Claire, Wis.--University of Wisconsin-La Crosse won its 14th consecutive Wisconsin Intercollegiate Athletic Conference (WIAC) men's outdoor track and field championship at Simpson Field on Saturday, May 8.

The Eagles, who have won 28 of the last 30 league titles, totaled 262.50 team points to win the 2004 crown. UW-Whitewater finished second with 174.50 points for the school's best finish since 1979 when they also placed second. UW-Stevens Point finished third with 130 points, followed by UW-Oshkosh (98), UW-Platteville (63.50), UW-Eau Claire (55.50), UW-Stout (44), UW-River Falls (18.50) and UW-Superior (11.50).

UW-La Crosse won seven individual titles and two relay crowns during the two-day league meet. The Eagles were led by Andrew Rock, who won the 200-meter dash and 400-meter dash titles for the fourth straight season. He claimed the 200-meter event with a time of 20.93 and the 400-meter crown with a conference-meet record performance of 46.18. Rock is the first individual in conference history to win four titles in both events and was voted the Track Performer of the Meet for his efforts. It is the third time in his career he has received the meet award, after claiming the honor in 2003 and 2001.

UW-La Crosse's Matt Pagel claimed the 100-meter dash for the second consecutive season with a time of 10.76, while Derek Toshner secured the 400-meter hurdles title for the third straight year with a time of 51.83. Toshner is the second individual in conference history to win three straight titles in the event, joining UW-Stout's Stuart Elzy (1998-2000).

Mike Turgeon became the first person in league history to win four straight discus titles with a winning effort of 177-2. Hans Schmidt claimed the pole vault crown for the second straight year with a height of 16-4 3/4, while Chris Walters won the javelin for the second time in his career with a throw of 182-1. Walters also won the event during the 2002 league meet.

The Eagles also won the 4 x 100-meter relay with a time of 41.63 and the 4 x 400-meter relay with a time of 3:15.82. Matt Schultz, Marcus Walgrave, Ben Dorsey and Pagel made up the 4 x 100 team, while Lee Wienkes, Jeremy Deterville, Kevin Means and Tony Marcinek were members of the 4 x 400 squad.

UW-Whitewater secured four individual championships, led by Todd Gannon, who won the long jump and triple jump titles. He claimed the long jump with a leap of 23-4 1/2 and the triple jump with a performance of 46-11. Gannon was voted the Field Performer of the Meet for his efforts in both events.

The Warhawks' Jeremy Wendt qualified for the Olympic Trials in the hammer throw with a conference record heave of 218-1. He is the third individual in league history to claim three consecutive titles in the event, joining UW-La Crosse's Mike Koenning (1999-01) and Terry Strouf (1986-88). Tyler Fyock won the 3,000-meter steeplechase for the Warhawks with a time of 9:22.26.

UW-Stevens Point's Curtis Johnson won the 5,000-meter run with a time of 14:54.57, while Mark LaLonde secured the 10,000-meter run title with a performance of 30:20.44. The Pointers' Andrew Schliepp won the 110-meter hurdles with a time of 14.50.

UW-Oshkosh's Tom Roszak won the high jump with a height of 6-8 3/4 and Steve Nowak claimed the decathlon with 6,570 points.

The Titans also won the 4 x 800-meter relay crown with a time of 7:46.58. The winning team consisted of Nate Boehlke, Kirk DeWindt, Sean Meehan and John LeRoy.

UW-Platteville's Ryan Kleimenhagen claimed the 800-meter run and 1,500-meter run titles with times of 1:51.64 and 3:52.86, respectively. It marks the second straight year he has won the 1,500-meter event.

UW-Eau Claire's John Schuna won the shot put for the second time in his career with a toss of 56-2. He also claimed the event during the 2002 championship.

UW-La Crosse head coach Mark Guthrie was voted the Coach of the Year for the sixth straight season.

2004 WIAC Championship Team Scores:

1. UW-La Crosse 262.50
2. UW-Whitewater 174.50
3. UW-Stevens Point 130
4. UW-Oshkosh 98
5. UW-Platteville 63.50
6. UW-Eau Claire 55.50
7. UW-Stout 44

8. UW-River Falls 18.50
9. UW-Superior 11.50

Individual Event Champions:

100-Meter Dash: Matt Pagel (UW-La Crosse), 10.76
200-Meter Dash: Andrew Rock (UW-La Crosse), 20.93
400-Meter Dash: Andrew Rock (UW-La Crosse), 46.18*
800-Meter Run: Ryan Kleimenhagen (UW-Platteville), 1:51.64
1,500-Meter Run: Ryan Kleimenhagen (UW-Platteville), 3:52.86
5,000-Meter Run: Curtis Johnson (UW-Stevens Point), 14:54.57
10,000-Meter Run: Mark LaLonde (UW-Stevens Point), 30:20.44
3,000-Meter Steeplechase: Tyler Fyock (UW-Whitewater), 9:22.96
110-Meter Hurdles: Andrew Schliepp (UW-Stevens Point), 14.50
400-Meter Hurdles: Derek Toshner (UW-La Crosse), 51.83
Discus: Mike Turgeon (UW-La Crosse), 177-2 (54.01m)
Shot Put: John Schuna (UW-Eau Claire) 56-2 (17.12m)
Long Jump: Todd Gannon (UW-Whitewater), 23-4 1/2 (7.12m)
Triple Jump: Todd Gannon (UW-Whitewater), 46-11 (14.30m)
High Jump: Tom Roszak (UW-Oshkosh), 6-8 3/4 (2.05m)
Pole Vault: Hans Schmidt (UW-La Crosse), 16-4 3/4 (5.00m)
Hammer Throw: Jeremy Wendt (UW-Whitewater), 218-1 (66.48m)*
Javelin: Chris Walters (UW-La Crosse), 182-1 (55.49m)
Decathlon: Steve Nowak (UW-Oshkosh), 6,570 points

4x100-Meter Relay: UW-La Crosse (Matt Schultz, Marcus Walgrave, Ben Dorsey, Matt Pagel), 41.63
4x400-Meter Relay: UW-La Crosse (Lee Wienkes, Jeremy Deterville, Kevin Means, Tony Marcinek), 3:15.82
4x800-Meter Relay: UW-Oshkosh (Nate Boehlke, Kirk DeWindt, Sean Meehan, John LeRoy), 7:46.58

*Conference Record

Track Performer of the Meet: Andrew Rock of UW-La Crosse
Field Performer of the Meet: Todd Gannon of UW-Whitewater
Coach of the Year: Mark Guthrie of UW-La Crosse
Max Sparger Scholar-Athlete: Jeremy Wendt of UW-Whitewater

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Nisius Named UW-Superior Cross Country/Track and Field Head Coach

RELEASED: Wednesday, August 20, 2003

Superior, Wis.--The University of Wisconsin-Superior has named Paul Nisius as its new Cross Country/ Track and Field Coach. Nisius comes to the Yellowjackets from Bigfork, Minnesota where he was the head track and field coach for ten years and taught Business Education. He also served as an assistant coach with the Grand Rapids High School Cross Country program for three years.

A native of Duluth, Minn., Nisius competed at Duluth Central High School. He also competed collegiately in Cross Country and Track & Field at the University of Minnesota-Duluth from 1986-90. He was the captain of both teams and was named the Bulldogs' Outstanding Senior Athlete in 1990.

While at Bigfork, Nisius had track and field Athletes qualify for the Minnesota State High School Meet the last eight years. At Grand Rapids, the cross country program captured the Minnesota State AA High School Championship in 2000. The Thunderhawks were state runners-up in 2001 and captured third place in 2002.

UW-Superior Athletic Director Jeff Kaminsky is excited about Nisius' hiring. "We are excited to add Paul Nisius to our staff and take over the leadership of the cross country and track and field programs. Paul's dedication and enthusiasm are obvious. I look forward to having Paul bring that kind of excitement to our department and work to develop the cross country and track and field programs."

Nisius graduated from Minnesota-Duluth in 1990 with a Bachelor's of Science Degree in Business Administration. He has his USA Track & Field Level II Coaching Certifications in Endurance, Sprints, Hurdles and Relays.

"There is a lot of high school talent in Northern Minnesota and Wisconsin, and I am hoping my knowledge of the local coaches and athletes will aid in recruiting. The WIAC is an extremely competitive conference, and I look forward to the challenge of guiding UW-Superior against other traditionally successful programs in the conference."

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