

1983 PAC TRACK AND FIELD CHAMPIONSHIPS
FINAL RESULTS

CARNEGIE-MELLON	167
ALLEGHENY	140
CASE WESTERN RESERVE	98
HIRAM	59
JOHN CARROLL	55
THIEL	26
WASHINGTON & JEFFERSON	11
BETHANY	2

Most Valuable Performer: Kevin Cureton (CMU) - 24 1/2 points

PAC TRACK & FIELD TEAM CHAMPIONS

1956	Wayne State	1970	Case Tech
1957	Wayne State	1971	Case Tech
1958	Western Reserve	1972	Case Reserve
1959	Western Reserve	1973	Case Reserve
1960	Western Reserve	1974	Case Reserve
1961	Bethany	1975	Case Reserve
1962	Wayne State	1976	John Carroll
1963	Wayne State	1977	John Carroll
1964	Eastern Michigan	1978	Case Reserve
1965	Eastern Michigan	1979	Carnegie-Mellon
1966	Eastern Michigan	1980	Carnegie-Mellon
1967	Case Tech	1981	Carnegie-Mellon
1968	Case Tech	1982	Carnegie-Mellon
1969	John Carroll	1983	Carnegie-Mellon

1983 PAC Track and Field Champions

<u>Event</u>	<u>Name/School</u>	<u>Results</u>
Javelin	Pat Fire/Thiel	188'11"
Triple Jump	Rich Rockar/Allegheny	44'8"
400 M Relay	CWRU	43.62
110 M H.H.	James Lee/John Carroll	15.73
400 M Dash	Robert Krouse/CMU	49.99
100 M Dash	Kevin Cureton/CMU	11.42
800 M Run	Tom Held/Allegheny	1:55.20
400 M I.M.H.	Robert Krouse/CMU	55.70
200 M Dash	Kevin Cureton/CMU	23.15
1600 M Relay	CMU	3:24.95
10,000 M Run	Paul Larick/CWRU	31:35.47
Discus	Kevin Stiggers/CWRU	136'11"
Long Jump	Ivan Juzang/CMU	23'0"
High Jump	Dennis Stroako/W&J	6'2"
Pole Vault	Pat Porter/John Carroll	13'4"
Shot Put	Mike Grant/Allegheny	45'9"
1500 M Run	Tom Held/Allegheny	4:04.64
5000 M Run	John Cannon/Allegheny	15:13.75

Most Valuable Performer: Kevin Cureton (CMU) - 24 1/2 points

1984

PAC TRACK AND FIELD RECORDS
(METRIC DISTANCES)

<u>Event</u>	<u>Record</u>	<u>Name/School</u>	<u>Year</u>
Javelin	218'7"	Joe Wagner/ <u>CMU</u>	1979
Triple Jump	46'11 3/4"	Skip Lyon/ <u>Case Tech</u>	1971
400 M Relay	43.2	CMU	1980
110 M H.H.	14.8	Bill Hartz/ <u>Allegheny</u>	1979
400 M Dash	49.5	Eric Pryor/ <u>CWRU</u>	1980
100 M Dash	10.8	Bill Edwards/ <u>Hiram</u>	1979
800 M Run	1:56.55	Tom Held/ <u>Allegheny</u>	1982
400 M I.M.H.	54.56	Eric Pryor/ <u>CWRU</u>	1982
200 M Dash	21.8	Bill Edwards/ <u>Hiram</u>	1979
1600 M Relay	3:24.23	CMU	1982
10,000 M Run	30:32.6	Peter Kummant/ <u>CWRU</u>	1979
Discus	163'1"	Len Flatley/ <u>Wayne State</u>	1966
Long Jump	23' 0"	Ivan Juzang/CMU	1983
High Jump	6'7"	Richard Haver/ <u>Allegheny</u>	1972
Pole Vault	15'6"	Bill Barnett/ <u>Wayne State</u>	1966
Shot Put	52'6"	Wally Grossman/ <u>Western Reserve</u>	1966
1500 M Run	3:55.00	Tom Held/ <u>Allegheny</u>	1982
5000 M Run	15:02.1	Peter Kummant/ <u>CWRU</u>	1979

IMPORTANT PHONE NUMBERS

Hiram Athletic Dept.	569-5340
Hiram Sports Information	569-5288
Local Media	
Cleveland Plain Dealer	344-4375
Akron Beacon Journal	375-8050
Youngstown Vindicator	747-1478
Warren Tribune Chronicle	841-1710
Ravenna Record-Courier	678-5460
Associated Press	771-2172
United Press International	771-3455
WKYC-TV3	344-3333
WEWS-TV5	431-3700
WJKW-TV8	431-8888

POLE VAULT - 1. Pat Porter, JCU, 13-4; 2. Orts, CWRU; 3. Barkley, All; 4. Battle, CWRU, and Bell, CMU, tie; 6. Mutkas, All; 7. Inliano, W&J; 8. Speciale, W&J.

400M IM HURDLES - 1. Robert Krouse, CMU, 55.70; 2. McEldowney, CWRU; 3. Cressman, CWRU; 4. Killen, CMU; 5. Gebhardt, JCU; 6. Nash, JCU.

200M DASH - 1. Kevin Cureton, CMU, 23.15; 2.

Ridley, CMU; 3. Frankel, Hir; 4. Catanzarite, JCU; 5. DiFrangia, CWRU; 6. Juzang, CMU.

SHOT PUT - 1. Mike Grant, All, 45-9; 2. Thompson, All; 3. Morrow, CWRU; 4. Crain, CMU; 5. Diegelman, CMU; 6. Stiggers, CWRU; 7. Ling, Th; 8. Alexeff, CWRU.

400M DASH - 1. Robert Krouse, CMU, 49.99; 2. Warren, CWRU; 3. Frankel, Hir; 4. Henderson, All; 5. McKenny, Hir; 6. Ridley, CMU.

110M HIGH HURDLES - 1. James Lee, JCU, 15.73; 2. Eisaman, Hir; 3. Baum, JCU; 4. Betts, Hir; 5. Killen, CMU; 6. Cressman, CMU.

100M DASH - 1. Kevin Cureton, CMU, 11.42; 2. Morrow, CWRU; 3. Bennett, CMU; 4. Catanzarite, JCU; 5. Juzang, CMU; 6. DiFrangia, CWRU.

800M RUN - 1. Tom Held, All, 1:55.20; 2. Wechter, All; 3. Rog, All; 4. Muzik, CMU; 5. Barrett, CWRU; 6. Waite, TH.

DISCUS - 1. Keith Stiggers, CWRU, 136-11; 2. Grant, All; 3. Vivien, JCU; 4. Tom Pierro, All; 5. Diegelman, CMU; 6. Ling, Th; 7. Alexeff, CWRU; 8. Crain, CMU.

LONG JUMP - 1. Ivan Juzang, CMU, 23-0 (PAC record); 2. Frankel, Hir; 3. Brown, Th; 4. McCleary, Hir; 5. Baum, JCU; 6. Mack, CWRU; 7. Regan, CMU; 8. Dawson, Th.

HIGH JUMP - 1. Dennis Strosko, W&J, 6-2; 2. Hubbard, CWRU; 3. Ismail, Hir; 4. Eisaman, Hir; 5. Rogers, CMU; 6. Dawson, Th; 7. Brown, Th; 8. Copen, CWRU.

400M RELAY - 1. CWRU (DiFrangia, Morrow, Kryah, Warren), 43.62; 2. CMU; 3. JCU; 4. Hir; 5. All; 6. Beth.

1500M RUN - 1. Tom Held, All, 4:04.64; 2. Shafer, CMU; 3. Weakland, CMU; 4. Dowdall, All; 5. Barrett, CWRU; 6. Schmidt, All.

5000M RUN - 1. John Cannon, All, 15:13.75; 2. Larick, CWRU; 3. Shafer, CMU; 4. Merlie, CMU; 5. Nelson, All; 6. Calvert, Beth.

1600M RELAY - 1. CMU (Ridley, Calvin, Krouse, Cureton), 3:24.95. 2. Allegheny; 3. Hiram; 4. John Carroll; 5. Case Western Reserve; 6. Thiel.

Triple Jump - 1. Rockar (A) 44-8; 2. Juzang (CM) 44-4; 3. Rogers (CM) 44-1½; 4. Brown (T) 43-10; 5. Noyes (A) 43-3; 6. McCleary (H) 43-3; 7. Regan (CM) 42-10; 8. Dawson (T) 42-9½.

Javelin - 1. Fire (T) 188.2. Pierro (A) 188-4; 3. Honne (CM) 182-9; 4. Brewster (A) 176-8; 5. White (T) 169-10; 6. Slosky (W & J) 165-10; 7. Ismail (H) 161-4; 8. DiFrangia (CWRU) 159-7.

10,000 Meter Run - 1. Larick (CWRU) 31:35.47; 2. Rizzo (A) 31:50.91; 3. Brewer (CM) 32:13.25; 4. Tower (A) 32:17.72; 5. Nelson (A) 32:52.59; 6. McGowan (CMU) 33:28.28.