

# ATHLETIC COMMUNICATIONS OFFICE

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## Outdoor Track & Field



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**Current records – Men: 0-0 Overall, 0-0 MAC; Women: 0-0 Overall, 0-0 MAC**

### KOEPEL, ESLER, HEIM WIN MAC INDIVIDUAL TITLES

Three University at Buffalo track and field athletes scored individual titles to lead the Bulls at the Mid-American Conference Championships in Oxford, OH. UB's men tied for sixth with Ball State among nine teams at 66 points while the women finished eighth in a 12-team field with 46 points. Central Michigan's men (112 points) and Kent State's women (156 points) won the league team titles. The three individual champions are the most that UB has fielded in its participation in the MAC.

On Thursday, **Jenny Koepfel** (*Amherst, NY/Amherst*) opened the meet with a convincing victory in the women's 10,000-meter run, taking the race in 35:43.27, nearly 20 seconds ahead of the second-place finisher, Ball State's Jill Scully (36:02.94). The clocking by Koepfel also broke the school record of 36:21.54 set by Stacey Strothmann in 1995, the second-oldest record remaining on the women's outdoor list, and was also a personal best by three minutes for the UB junior. Koepfel became UB's first MAC track event champion. Previously, UB's MAC champions had all been in field or multi events. Koepfel completed her strong distance performance on Saturday with a third-place finish in the 5,000-meter race in 16:59.32.

Friday's competition was highlighted by a men's decathlon championship for senior **Steve Esler** (*Rochester, NY/Aquinas Institute*), giving the Bulls two consecutive championships in the event. Esler won the competition with a two-day total of 6,998 points, rallying from fourth place after Thursday's first day of competition. He won both of Friday's throwing events, the discus and javelin. In his discus victory, Esler threw a season-best 137-2 (41.82m) while also capturing the javelin with a throw of 167-11 (51.19m). Esler's discus toss was more than eight feet better than the second-place competitor. He also finished second in the pole vault portion of the event with a season-best height of 14-5.25 (4.40m). On Saturday, Esler scored a third-place finish in the open high jump, tying his season-best mark with a height of 6-8.75 (2.05m), a quarter-inch off his UB record in the event. **Todd Joki** (*Saratoga Springs, NY/Schuylerville*), the leader after the first day of competition, finished fifth overall with a total score of 6,769 points. Joki, who won three events on Thursday, took the decathlon's 110-meter hurdles in 14.65 seconds on Friday and placed seventh in the open 110-meter hurdles (14.85) on Saturday.

Saturday saw freshman **Brian Heim** (*Amherst, NY/Williamsville East*) give UB its third MAC individual title in three days. Heim earned the 400-meter hurdles title with his 51.95 second clocking, a tenth of a second over Ball State's Kurt Kinkead (52.05). The time also broke the UB record for the event of 52.81 set by Brian Williams in the 1999 season and also qualified Heim for the NCAA East Regional Championships. Later, Heim combined with **Derrick Frenney** (*Canandaigua, NY/Canandaigua Academy*), **Tom Abbey** (*Arcade, NY/Pioneer*) and **Bryan Weinstein** (*Getzville, NY/Williamsville North*) to turn in a season-best 3:17.51 showing in the 4x400 relay as the UB foursome placed seventh.

UB also got some other impressive performances over the weekend. **Laura Olson** (*Lyons, NY/Lyons*), last season's MAC champion in the pole vault, finished second at 13-3.50 (4.05m) behind Akron's Kira Sims. Sims, who became the first MAC woman to clear 14 feet the previous weekend, vaulted 14-1.25 (4.30m) to claim the title, establishing a new MAC record. Olson also cleared the previous MAC record, which was 13-2.25 (4.03m), set in 2002 by Eastern Michigan's Hanna Palaama.

Sophomore **Reggie Rucker** (*Rochester, NY/Edison Tech*) scored a second-place finish in the men's long jump competition. Rucker turned in a leap of 24-0.25 (7.32m), a quarter-inch off his season-best mark and a half-inch off the NCAA Regional qualifying distance. Kent State's Marc Mitchell won the title at 24-7.75 (7.51m). UB's men also scored a pair of individuals in the triple jump competition. Freshman **Rayshon Higgins** (*Buffalo, NY/Timon/St. Jude*) bettered his regional qualifying mark with his third-place finish at 50-0 (15.24m) while Rucker finished fifth at 47-1.75 (14.37m).

**Allison Laske** (*Canandaigua, NY/Canandaigua Academy*) broke her own school record in the 1,500-meters in 4:24.67 to finish third overall on Saturday. The time shaved nearly three seconds off her previous record-setting showing at last month's Bucknell Bison Outdoor Classic. Laske also turned in a seventh-place finish in the 800-meters in 2:10.62.

UB's women's heptathletes finished fourth and sixth in their two-day competition as **Meagan Rogers** (*Courtenay, BC/George P. Vanier*) placed fourth with 4,793 points and **Patrice Coney** (*Lyons, NY/Lyons*) was sixth at 4,584 points. Rogers finished third in Friday's javelin event at 108-2 (32.97m) while Coney's top second-day performance was a fifth-place showing in the 800-meters in 2:23.12.

Freshman **Paul Riley** (*Buffalo, NY/Canisius*) took sixth in the 800-meters (1:52.75) while Weinstein was seventh in the 200-meters (22.10). The men's 4x100 foursome of Weinstein, **Gary Asbach** (*Grand Island, NY/Grand Island*), Frenney and **Roy Richards** (*Rochester, NY/Edison Tech*) scored UB's best relay finish of the meet in 41.76 seconds to place fourth. **Sarah Vance** (*Lockport, NY/Lockport*) walked away with a seventh-place finish in the shot put at 47-0.25 (14.33m) and added a ninth-place finish in the discus at 131-0 (39.94m). Freshman **Stacy Downer** (*Philadelphia, PA/Dobbins Tech*) tied a school record with her finish in the 400-meter preliminaries with a 55.84 showing, tying the mark set in 2000 by Udo Okeke, and earning a spot in the finals where she finished ninth in 57.14.

Both of UB's women's relay squads placed seventh to complete the meet. The 4x100 relay team of **Dana Ventrone** (*Pittsburgh, PA/Chartiers Valley*), **Pauletta Dickerson** (*Wichita, KS/Northeast Magnet/Cloud County CC*), **Charisse Everett** (*Rochester, NY/Edison Tech*) and Downer finished in 47.51 seconds. The 4x400 relay squad of Downer, **Celestine Coney** (*Lyons, NY/Lyons*), **Vashone Wallace** (*Lackawanna, NY/Lackawanna*) and Dickerson raced to a season-best 3:47.22 showing.

The East Regional meet is May 28 and 29 in Gainesville, FL. Only those individuals who have attained qualifying marks in their events during the season will compete. The top five finishers from each event will move on to the NCAA Outdoor Championships in Austin, TX.

### 2004 SCHEDULE AND RESULTS

#### March

Sat., 20	at Ram Invitational	No team scoring
Wed.-Thur., 24-25	at Florida Relays (multis only)	No team scoring
Fri.-Sat., 26-27	at Raleigh Relays	No team scoring
Wed.-Sat., 31- 3	at Texas Relays (women only)	No team scoring

#### April

Sat., 3	at McDonald's Invite	M: 3rd of 12	W: 2nd of 13
Fri.-Sat., 9-10	at Bison Outdoor Classic	No team scoring	
<b>Fri.-Sat., 16-17</b>	<b>UB OPEN</b>	<b>M: 1st of 3</b>	<b>W: 1st of 3</b>
Thur.-Sat., 22-24	at Penn Relays	No team scoring	
Wed.-Thur., 24-25	at Hillsdale Gina Relays (multis only)	No team scoring	
Fri., 30	at Cardinal Invitational	No team scoring	

#### May

Sat., 1	at Akron Quad	M: 4th of 4	W: 2nd of 4
Sat., 8	at Campbell/Wright Open	No team scoring	
Thur.-Sat., 13-15	at MAC Championships	M: tied 6th of 9	W: 8th of 12
Fri.-Sat., 28-29	at NCAA East Regionals	All Day	

#### June

Wed.-Sat., 9-12	at NCAA Championships	All Day	
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### WOMEN'S NCAA REGIONAL QUALIFIERS

Jenny Koepfel (5,000) 16:52.83  
Allison Laske (800) 2:04.81  
Allison Laske (1,500) 4:24.67  
Laura Olson (pole vault) 13-5.50 (4.10m)  
Sarah Vance (shot put) 48-5.50 (14.77m)  
Sarah Vance (hammer) 173-7 (52.90m)

### MEN'S NCAA REGIONAL QUALIFIERS

Brian Heim (400 hurdles) 51.95  
Rayshon Higgins (triple jump) 50-0 (15.24m)

### MEN'S NCAA NATIONAL QUALIFIERS

Steve Esler (decathlon) 7,306 (provisional)