

Heartland Collegiate Athletic Conference Office

P.O. Box 425, 205 S. Madison Ave., Greenwood, IN 46142; Phone: (317) 882-8090; Fax: (317) 882-8086



Christopher Ragsdale

Commissioner

commissioner@heartlandconf.org

www.heartlandconf.org

Ryan Davis

Sports Information Director

hcac@heartlandconf.org

--February 21, 2012--

Heartland Collegiate Athletic Conference

**RHIT's Coleman, Defiance's Postema Named
HCAC Men's Indoor Track & Field Athletes of the Year**

GREENWOOD, IN – Rose-Hulman Institute of Technology's **Sutton Coleman (Lebanon, Va./H.S.)** and Defiance College's **Tom Postema (Defiance, Ohio/Tinora)** have been named 2012 Heartland Collegiate Athletic Conference Indoor Track Athlete of the Year and Field Athlete of the Year, respectively. Coleman helped the Engineers claim their second consecutive indoor title, while Postema led the Yellow Jackets to a second place finish on February 18 at Rose-Hulman Institute of Technology.

Coleman, a senior for the Engineers, won three individual events and was a member of the first place 1,600-meter relay team at the 2012 HCAC Indoor Championships. The senior claimed the titles in the 200-meter (22.44) and 400-meter (49.66) dashes in meet record time, while also placing first in the 60-meter hurdles (8.17).

Postema, a junior for the Jackets, won two field events at the championship. He had a winning mark of 16.26 meters (HCAC Record) in the shot put and claimed the title in the weight throw with a heave of 19.02 meters (HCAC Record).

Also receiving recognition for his efforts at the meet is Manchester freshman **Alex Gardner (Indianapolis, Ind.)**, receiving the 2012 HCAC Indoor Track & Field Freshman Athlete of the Year. Gardner placed third in the long jump with a leap of 6.55 meters and earned a second place finish in the triple jump (13.59 meters). The freshman also placed fifth in the 60-meter dash (7.18) to earn 18 points at the meet.

Rose-Hulman's **Larry Cole** was named the HCAC Coach of the Year after leading the Engineers to their second straight HCAC Men's Indoor Track & Field team title. Cole, in his ninth season as Rose-Hulman's head coach, saw his squad garner 262 points to win the championship.

Most Outstanding Male Track Athlete: Sutton Coleman, Rose-Hulman Institute of Technology

Most Outstanding Male Field Athlete: Tom Postema, Defiance College

Most Outstanding Male Freshman Athlete: Alex Gardner, Manchester College

Coach of the Year: Larry Cole, Rose-Hulman Institute of Technology

-MORE-



All-HCAC (Event Winners)

Tony Johnson, So., Anderson
Reggie Neal, Fr., Defiance
Tom Postema, Jr., Defiance
Georard Mitchell, Jr., Franklin
Eric Moreland, Sr., Manchester
Michael Stocker, So., Manchester
Kyle Davis, So., Manchester
Ryan Marshall, Jr., Manchester
Zeth Baker, Jr., Manchester
Sutton Coleman, Sr., Rose-Hulman
Charles Phillips, So., Rose-Hulman
Stuart West, Fr., Rose-Hulman
Micah Aldrich, Sr., Rose-Hulman
Collin Crowson, Jr., Rose-Hulman
Tyler Hannan, Jr., Rose-Hulman
Travis Stallings, Jr., Rose-Hulman
Clay Becker, So., Rose-Hulman
Brent Austgen, Jr., Rose-Hulman

Honorable Mention All-HCAC (Athlete must accumulate 16 points at HCAC Championships)

Dan Hardin-Wallace, Jr., Defiance
Alex Gardner, Fr., Manchester

All-Sportsmanship Team

Brad McNeil, Fr., Anderson
Andrew Chaffee, Sr., Bluffton
Jake Arnold, So., Defiance
L.V. Plummer, Sr., Earlham
Jon Miller, Sr., Franklin
Alex Moreland, So., Hanover
Eric Moreland, Sr., Manchester
Bryan Paugh, Sr., Mount St. Joseph
Steve Durham, Sr., Rose-Hulman
Daniel Ficker, Jr., Transylvania

-HCAC-

