

IOWA MEN'S CROSS COUNTRY  
**2004 SEASON REVIEW**



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**Hawkeye Invitational**

*Sept. 3 - Iowa City, IA  
 6,000 m. - 1st/2 teams*

Place	Name	Time
1.	Matt Esche	18:45
2.	Eric MacTaggart	18:47
3.	Dan Haut	18:50
5.	Micah VanDenend	19:02
6.	Jeff Kent	19:09
8.	Adam Roche	19:24
15.	Josh Tweedy	20:51

**Hawkeye Triangular**

*Sept. 10 - Iowa City, IA  
 8,000 m. - 1st/3 teams*

Place	Name	Time
3.	Matt Esche	25:22
4.	Eric MacTaggart	25:23
5.	Dan Haut	25:23
8.	Micah VanDenend	25:39
9.	Jeff Kent	25:46
16.	Tony Rakaric	26:42
18.	Jonathan Ruud	27:57

**Roy Griak Invitational**

*Sept. 25 - Minneapolis, MN  
 8,000 m. - 8th/25 teams*

Place	Name	Time
23.	Matt Esche	24:57
36.	Eric MacTaggart	25:14
40.	Dan Haut	25:20
67.	Micah VanDenend	25:49
69.	Adam Roche	25:49
98.	Tony Rakaric	26:13
113.	Jeff Kent	26:29

**Murray Keatinge Invitational**

*Oct. 2 - Orono, ME  
 Five Miles - 3rd/11 teams*

Place	Name	Time
3.	Matt Esche	24:30.60
6.	Eric MacTaggart	24:36.70
15.	Tony Rakaric	25:02.00
17.	Micah VanDenend	25:09.10
20.	Jeff Kent	25:11.80
30.	Adam Roche	25:40.60
33.	Dan Haut	25:51.00
72.	Brian Rae	26:59.40

**NCAA Pre-Nationals**

*Oct. 16 - Terre Haute, IN  
 8,000 m. - 12th/36 teams*

Place	Name	Time
55.	Micah VanDenend	24:55.2
63.	Eric MacTaggart	24:58.4
68.	Matt Esche	25:01.7
77.	Dan Haut	25:08.8
108.	Adam Roche	25:21.2
144.	Jeff Kent	25:42.1
173.	Tony Rakaric	26:01.3

**Big Ten Championships**

*Oct. 31 - Iowa City, IA  
 8,000 m. - 3rd/10 teams*

Place	Team	Points
1.	Wisconsin	23
2.	Indiana	104
3.	Iowa	110
4.	Minnesota	124
5.	Michigan	125
6.	Ohio State	127
7.	Michigan State	158
8.	Illinois	162
9.	Penn State	206
10.	Purdue	312

**Individual Results**

Place	Athlete	Time
14.	Micah VanDenend	24:39
16.	Eric MacTaggart	24:40
18.	Matt Esche	24:49
27.	Adam Roche	25:03
35.	Jeff Kent	25:10
39.	Dan Haut	25:13
43.	Tony Rakaric	25:22
48.	Brian Rae	25:33

**NCAA Midwest Regional**

*Nov. 13 - Peoria, IL  
 10,000 m. - 3rd/21 teams*

**Team Results (Top Three)**

Place	Team	Points
1.	Minnesota	48
2.	Oklahoma State	79
3.	Iowa	87

**Individual Results**

Place	Athlete	Time
10.	Dan Haut	30:55:16
12.	Matt Esche	30:58:08
14.	Adam Roche	31:01:49
24.	Tony Rakaric	31:19:98
27.	Micah VanDenend	31:22:95
28.	Eric MacTaggart	31:24:02
38.	Jeff Kent	31:34:89

**NCAA Championships**

*Nov. 22 - Terra Haute, IN  
 10,000 m. - 13th/30 teams*

**Team Results (Top Three Plus Iowa)**

Place	Team	Points
1.	Colorado	90
2.	Wisconsin	94
3.	Arkansas	202
13.	Iowa	371

**Individual Results**

Place	Athlete	Time
52.	Micah VanDenend	32:21
59.	Eric MacTaggart	32:27
62.	Matt Esche	32:28
69.	Adam Roche	32:32
129.	Tony Rakaric	33:17
144.	Jeff Kent	33:27
152.	Dan Haut	33:30

**2004 Season Best Times**

Athlete	6,000 m.	8,000 m.	5 miles	10,000 m.
Matt Esche	18:45	24:49	24:30:60	30:58:08
Dan Haut	18:50	25:08	25:51:00	30:55:16
Jeff Kent	19:09	25:10	25:11:80	31:34:89
Eric MacTaggart	18:47	24:40	24:36:70	31:24:02
Brian Rae	---	25:22	26:59:40	---
Tony Rakaric	---	26:42	25:02:00	31:19:98
Adam Roche	19:24	25:03	25:40:60	31:01:49
Jonathan Ruud	---	27:57	---	---
Josh Tweedy	20:51	---	---	---
Micah VanDenend	19:02	24:39	25:09:10	31:22:95