

# 2005 MIAC Men's Cross Country Championships

**Hamline wins 2005 MIAC Cross Country team title and St. Olaf's Sam Hauck claims 2005 first place individual finish**

St. Paul, Minn. - The Hamline University men's cross country team claimed its first conference title since 1977 at the 2005 MIAC Cross Country Championships at St. Paul's Como Park. Hamline's 32 points beat out Carleton (59), St. Olaf (91), Macalester (103) and Saint John's (105) for the team title.

Individually, St. Olaf's Sam Hack captured the championship with a time of 25:50.30. Hamline's Jeff Metzdorff finished second and led a group of five Pipers that finished in the top ten overall. Carleton was led by third place finisher Stephan Harris and fifth place runner John Nowinski.

