

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



TRACK CONTACTS: TRACI WAGNER, JAKE HOLTORF

MAY 21, 2007

2007 MEN'S OUTDOOR SCHEDULE & RESULTS

Date	Meet - Location/Result
3/16-17	at Willie Williams Classic - 1 champ
3/23-24	at LSU Relays - 0 champs
3/30-31	at Stanford Invite - 0 champs
4/6	at Central College Invite - 2 champs
4/13-14	at John Jacobs Invite - 0 champs
4/14	at Jim Duncan Invite - 0 champs
4/15	at Lee Calhoun Memorial - 1 champ
4/21	Iowa Musco Twilight IX - 7 champs
4/26-28	at Drake Relays - 0 champs
4/27	at Kip Janvrin Open - 1 champ
5/4	at Central College Open - 7 champs
5/11-13	at Big Ten Champ's - 7th/2 champs
5/25-26	at NCAA Regional - Des Moines, IA
6/7-9	at NCAA Champ's - Sacramento, CA

OUTDOOR SEASON BESTS

100 Meters.....	Lee Elbert	10.61
110 Hurdles ...	Frank Prill.....	14.94
200 Meters.....	Paul Chaney, Jr.....	21.53
400 Meters.....	Prince Riley.....	^ 46.61
400 Hurdles ...	Ray Varner.....	^ 50.99
800 Meters.....	Adam Hairston.....	^ 1:49.99
1,500 Meters..	Jesse Luciano.....	3:49.99
3,000 Meters..	Tommy Tate	8:31.67
3,000 Steeple.	Andy Napier.....	^ 9:06.65
5,000 Meters..	Micah VanDenend	^* 13:49.31
10,000 Meters	Micah VanDenend	30:28.50
400-Meter Relay		^ 40.58
<i>(Milder, Chaney, Jr., Reed, Elbert)</i>		
Sprint Medley Relay		3:23.32
<i>(Milder, Elbert, Riley, Hairston)</i>		
1,600-Meter Relay		3:08.97
<i>(Pierre, Elbert, Varner, Riley)</i>		
Distance Medley Relay.....		9:54.07
<i>(Luciano, Pierre, Hairston, VanDenend)</i>		
High Jump	Petsche/Kelly	6-8 3/4 (2.05 m)
Long Jump.....	Aaron Reed.....	23-8 (7.21 m)
Pole Vault	Jeff Raymond.....	15-11 (4.85 m)
Shot Put.....	John Hickey ..	^ 60-1 1/4 (18.32 m)
Discus.....	A.J. Curtis	^*! 202-11 (61.84 m)
Hammer.....	Adam Hamilton ..	^ 222-2 (67.73 m)
Javelin	Kale Katt	^ 204-0 (62.17 m)

^ - regional qualifier, * - school record, ! - meet record

THIS WEEK -- The Iowa men and women's track teams will send 29 student-athletes to the 2007 NCAA Midwest Regional, Friday and Saturday in Des Moines, IA. All events will be held at Drake Stadium. All-session tickets are \$30 and single day tickets are \$15. Tickets can be ordered from the Drake University Athletic ticket office at 515/271-3647 or www.drakebulldogs.org.

The midwest region is comprised of 39 schools from Colorado, Iowa, Kansas, Minnesota, Montana, Nebraska, New Mexico, Oklahoma, Texas and Wyoming. The top five finishers in each individual event and the top three relays from each of the four regionals will automatically advance to the NCAA Championships in Sacramento, CA. The other three regions are the West (40 men's teams, 42 women's teams), Mideast (78 men, 81 women) and East (110 men, 112 women).

IOWA'S REGIONAL QUALIFIERS -- The Hawkeyes have qualified 14 women and 15 men to the NCAA Midwest Regional. Their events, qualifying marks and where they rank in the Big Ten, region and nation are listed below.

Women's Regional Qualifiers

Name	Event	Mark	Region/Nation
Kineke Alexander	400 Meters	52.15	2nd/10th
	1,600-Meter Relay	3:39.36	13th/62nd
Meghan Armstrong	1,500 Meters	4:20.92	7th/29th
	5,000 Meters	16:18.74	8th/26th
Megan Clarke	400-Meter Relay	45.21	16th/46th
Becca Franklin	Hammer Throw	195-0 (59.45 m)	5th/24th
Kara-Aretha Graham	1,600-Meter Relay	3:39.36	13th/62nd
Tiffany Johnson	100 Hurdles	13.20	1st/10th
	400-Meter Relay	45.21	16th/46th
	Triple Jump	41-8 3/4 (12.72 m)	17th/49th
Aditya Jones	1,600-Meter Relay	3:39.36	13th/62nd
Tammilee Kerr	Javelin	157-0 (47.86 m)	10th/32nd
	Heptathlon	5,332 #	24th
Racheal Marchand	5,000 Meters	16:35.04	12th/54th
	10,000 Meters	34:50.37 #	39th
Monica Mims	1,600-Meter Relay	3:39.36	13th/62nd
Diane Nukuri	1,500 Meters	4:20.95	9th/31st
	5,000 Meters	16:15.28	7th/22nd
	10,000 Meters	33:31.69 #	14th
Peaches Roach	High Jump	6-0 3/4 (1.85 m)	3rd/6th
	100 Meters	11.71	23rd/84th
	400-Meter Relay	45.21	16th/46th
Rhonda-Kaye Trusty	400-Meter Relay	45.21	16th/46th
Renee White	Triple Jump	42-1 1/2 (12.84 m)	13th/40th

University of Iowa Sports Information Office

157 Carver-Hawkeye Arena, Iowa City, IA 52242

Phone: 319/335-9411

Fax: 319/335-9417

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2007 WOMEN'S OUTDOOR SCHEDULE

Date	Meet - Location/Result
3/16-17	at Aztec Classic - 3 champs
3/30-31	at Stanford Invite - 0 champs at Missouri Relays - 2 champs
4/6-7	at Tiger Classic - 2 champs
4/13-14	at John Jacobs Invite - 0 champs
4/21	Iowa Musco Twilight IX - 8 champs
4/26-28	at Drake Relays - 2 champs
4/27	at Kip Janvrin Open - 1 champ
5/11-13	at Big Ten Champ's - 5th/2 champs
5/25-26	at NCAA Regional - Des Moines, IA
6/6-9	at NCAA Champ's - Sacramento, CA

OUTDOOR SEASON BESTS

100 Meters.....	Peaches Roach	% 11.64
100 Hurdles	Tiffany Johnson.....	^* 13.20
200 Meters.....	Rhonda-Kaye Trusty	24.23
400 Meters.....	Kineke Alexander	^ 52.15
400 Hurdles	Aditya Jones	1:01.80
800 Meters.....	Sophia Poncè	2:10.35
1,500 Meters...	Meghan Armstrong	^ 4:20.92
3,000 Meters...	Diane Nukuri	9:23.90
5,000 Meters...	Meghan Armstrong	^ 16:15.28
10,000 Meters.	Diane Nukuri	& 33:31.69
400 Meter Relay		^ 45.21
	<i>(Johnson, Roach, Clarke, Trusty)</i>	
1,600 Meter Relay		^ 3:39.36
	<i>(Alexander, Graham, Jones, Mims)</i>	
Sprint Medley Relay		3:59.34
	<i>(Clarke, Graham, Jones, Poncè)</i>	
3,200-Meter Relay		9:05.13
	<i>(Nukuri, Gilmore, Mims, Schmidt)</i>	
Distance Medley Relay		11:25.05
	<i>(Armstrong, Alexander, Poncè, Stanley)</i>	
High Jump	Peaches Roach ^ 6-0 3/4 (1.85 m)	
Long Jump	Renee White	19-1 1/4 (5.82 m)
Triple Jump	Renee White..*^ 42-1 3/4 (12.84 m)	
Pole Vault	Sarah Burgett.....	12-0 (3.65 m)
Shot Put	Mandy Chandler..	39-1 1/2 (11.92 m)
Javelin	Tammilee Kerr..	^ 150-7 (47.86 m)
Hammer.....	Becca Franklin.*^!	195-0 (59.45 m)
Heptathlon	Tammilee Kerr.....	*& 5,332

^ - regional qualifier, & - provisional qualifier,
* - school record, ! - meet record, % - wind-aided

Men's Regional Qualifiers

Name	Event	Mark	Region/Nation
Paul Chaney, Jr.	400-Meter Relay	40.58	19th/72nd
A.J. Curtis	Discus	202-11 (61.84 m)	1st/6th
	Shot Put	56-2 (17.12 m)	15th/84th
Lee Elbert	400-Meter Relay	40.58	19th/72nd
Adam Hairston	800 Meters	1:49.99	15th/64th
Adam Hamilton	Hammer Throw	222-2 (67.73 m)	2nd/10th
John Hickey	Shot Put	60-1 1/4 (18.32 m)	2nd/23rd
Ryan Jordan	Hammer Throw	184-6 (56.23 m)	25th/127th
Kale Katt	Javelin	204-0 (62.17 m)	19th/88th
Shane Maier	Shot Put	57-6 1/2 (17.54 m)	7th/47th
Max Milder	400-Meter Relay	40.58	19th/72nd
Andy Napier	3,000 Steeplechase	9:06.65	14th/107th
Aaron Reed	400-Meter Relay	40.58	19th/72nd
Prince Riley	400 Meters	46.61	14th/43rd
Micah VanDenend	5,000 Meters	13:49.31	5th/15th
Ray Varner	400 Hurdles	50.99	5th/18th

-- NCAA provisional qualifier

HAWKEYE REGIONAL FACTS -- In the five-year history of the NCAA Midwest Regional meet, the Hawkeye women's team has sent 81 qualifiers to the meet and crowned one champion and 25 all-region selections. The men's team has sent 76 qualifiers and crowned one champion and 11 all-region honorees. Iowa's regional champions were **Kineke Alexander** (400 meters - 2006) and **Bill Neumann** (javelin - 2003).

Seniors **Tiffany Johnson** and **Peaches Roach** hold the women's school record for times qualified to the regional meet in a career. Both are 10-time qualifiers. Johnson advanced in three events in 2005 and 2007, and four events in 2006. Roach qualified in three events in 2005, 2006 and 2007 and one event in 2004. The Hawkeye women posted the most qualifiers in school history in 2007 (21). In all the events, the Hawkeyes have qualified the most in the 1,500 meters (6).

Five Hawkeyes hold the men's school record for most times qualified. Senior **Adam Hamilton**, junior **Shane Maier** and sophomore **A.J. Curtis**, and former Hawkeye throwers **Tim Brodersen** and **Brad Daufeldt** have each qualified for the regional meet four times. Hamilton is a four-time hammer throw qualifier (2003-04, 2006-07), while Brodersen was a four-time discus qualifier (2003-06). Daufeldt qualified in the discus twice and hammer throw twice (2003-04), Maier has qualified in the shot put three times (2004, 2006-07) and discus once (2006), and Curtis has qualified in the shot put twice and discus twice (2006-07). The men posted the most qualifiers in school history in 2004 (18), and have qualified the most student-athletes in the discus (13) and shot put (13).

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IOWA'S NCAA MIDWEST REGIONAL SCHEDULE OF EVENTS

Friday, May 25

- 1:00 p.m. Women's Javelin (T&F)
1:30 Men's Hammer (T&F)
2:00 Men's 400-Meter Relay (P)
2:15 Women's 400-Meter Relay (P)
Women's High Jump (T&F)
2:50 Women's 1,500 Meters (P)
3:30 Women's 100-Meter Hurdles (P)
4:00 Men's Discus (T&F)
4:10 Women's 100 Meters (P)
4:30 Men's 400 Meters (P)
4:50 Women's 400 Meters (P)
5:10 Men's 800 Meters (P)
5:50 Men's 400-Meter Hurdles (P)
7:10 Men's 5,000 Meters (F)
7:50 Women's 5,000 Meters (F)

Saturday, May 26

- 1:00 p.m. Men's Javelin (T&F)
1:30 Women's Hammer (T&F)
3:00 Men's 400-Meter Relay (F)
3:10 Women's 400-Meter Relay (F)
3:30 Women's 1,500 Meters (F)
3:45 Men's Shot Put (T&F)
3:55 Women's 100-Meter Hurdles (F)
4:00 Women's Triple Jump (T&F)
4:10 Women's 100 Meters (F)
4:15 Men's 400 Meters (F)
4:20 Women's 400 Meters (F)
4:25 Men's 800 Meters (F)
4:40 Men's 400-Meter Hurdles (F)
5:15 Men's 3,000 Steeplechase (F)
6:20 Women's 1,600-Meter Relay (F)

All times are Central.

T - trials, P - preliminaries, F - finals

2006 NCAA MIDWEST REGIONAL CHAMPIONSHIPS REVIEW -- The Iowa women's team placed 10th with 28 points and the men's team placed 19th with 12 points at the 2006 NCAA Midwest Regional in Austin, TX. It was the highest finish for the women in school history. Their previous best was 12th in 2004.

Sophomore **Kineke Alexander** became Iowa's first women's regional champion in school history when she won the 400 meters in a season-best 51.75. Sophomore **Meghan Armstrong** placed second in the 1,500 meters (4:23.33), and junior **Peaches Roach** placed third in the high jump (6-0 1/2). Earning all-region honors for the Hawkeyes were **Alexander**, Armstrong, junior **Tiffany Johnson**, sophomore **Racheal Marchand**, Roach and junior **Shannon Stanley**. Johnson broke her 100-meter hurdle school record with a 13.24 in the preliminaries.

The men's team was led by all-region honorees **Adam Hamilton** and **Shane Maier**. **Hamilton** placed second in the hammer throw (217-11), while **Maier** placed fifth in the shot put (61-0 1/4).

2007 BIG TEN OUTDOOR REVIEW -- The Hawkeye men and women's track teams crowned four individual champions at the Big Ten Outdoor Championships in University Park, PA, May 11-13. The Hawkeye women's team placed fifth with 81 points, while the men placed seventh with 74.5. It was the women's team highest finish in 13 years and the best under Head Coach **James Grant**. The previous high finish was fourth place in 1994.

Senior **Peaches Roach** (high jump), junior **Kineke Alexander** (400 meters), senior **Micah VanDenend** (10,000 meters) and sophomore **John Hickey** each won Big Ten titles. Roach won her fifth conference title in the high jump with a leap of 6-0, while Alexander won her fifth individual Big Ten title with a season-best and regional qualifying 52.15 in the 400 meters. The duo are Iowa's 60th and 61st Big Ten champions and the only Hawkeyes in women's school history to win five conference titles. This title was Alexander's first at the Big Ten outdoor meet, and it was the first time she ran the 400 meters this outdoor season.

VanDenend, who ran the event for the first time in his career, was the first Hawkeye distance runner to win a Big Ten title at either the indoor or outdoor conference meet since 1994 when Kevin Herd won Iowa's other 10,000-meter conference title (30:05.21). Hickey won the shot put with a throw of 58-4 1/2. He is Iowa's 166th conference outdoor champion and the third outdoor shot put champion in school history. Hawkeye junior Shane Maier won the Big Ten indoor shot put title in February. He placed fourth in that event (57-3 3/4) at the league's outdoor meet.

Several Hawkeyes posted strong performances. Junior **Tammilee Kerr** provisionally qualified for the NCAA Championships in the heptathlon with a school-record 5,332. In the javelin portion of the heptathlon, Kerr unleashed a collegiate-best and regional qualifying toss of 157-0, which bettered her previous best by over 15 feet. Sophomore **Renee White** broke her own triple jump school record with a runner-up leap of 42-1 1/2. She is the first Hawkeye in women's school history to leap over 42 feet in that event.

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Junior **Diane Nukuri** placed second in the 5,000 meters (16:26.08), while sophomore **Prince Riley** placed fourth in the 400 meters with a collegiate-best and regional qualifying 46.61. Freshman **Adam Hairston** (800 meters) and sophomore **Andy Napier** (3,000-meter steeplechase) also posted collegiate-best and regional qualifying marks.

HAWKEYES BREAK RECORDS -- Six Hawkeyes set school records during the 2007 outdoor season. Seniors **Micah VanDenend**, **Becca Franklin** and **Tiffany Johnson**, junior **Tammilee Kerr**, and sophomores **Renee White** and **A.J. Curtis** are the new record holders. Two broke records that were older than themselves.

VanDenend shattered his own school 5,000-meter record at the Stanford Invite. The Glen Ellyn, IL, native became the first Hawkeye in school history to break 13:50 in that event with a time of 13:49.31. He set the previous record of 13:55.96 at the same meet last season.

Franklin broke her own hammer school record for the fourth time this season at the Iowa Musco Twilight IX meet. The toss of 195-0 surpassed her previous best of 187-11.

Johnson broke the school record of 13.24 that she set last season in the 100-meter hurdles with a winning time of 13.20 at the 2007 Drake Relays.

Kerr broke the 24-year-old school record heptathlon the day before her 21st birthday with her fourth-place total of 5,332 points at the Big Ten Championships. She never placed lower than eighth in any of the seven events, and won the javelin with a collegiate-best throw of 157-0. Kathy Gillespie set the previous record of 5,062 in 1983. Kerr and Gillespie are the only Hawkeye women to score over 5,000 points in the heptathlon. Kerr was born May 13, 1986.

White broke the triple jump school record of 41-3 3/4 she set earlier this season with a runner-up finish of 42-1 1/2 at the Big Ten Championships. She is the first Hawkeye female to leap over 42 feet in that event.

Curtis broke a school record that is older than himself with his winning discus throw of 202-11 at the Central Collegiate Invite on April 6. He was born on February 7, 1987. The previous record of 202-4 was set in 1986 by **Gary Kostrubala**. Curtis' throw also set a meet record and smashed his previous personal best of 173-11. He and Kostrubala are two of four student-athletes in Big Ten history to throw over 200 feet in that event

THREE HAWKEYES NAMED BIG TEN ATHLETE OF THE WEEK

-- Hawkeye senior distance runner **Micah VanDenend**, sophomore thrower **A.J. Curtis** and senior thrower **Adam Hamilton** each earned Big Ten Athlete of the Week honors this outdoor season. They were the first Hawkeyes to earn the weekly conference honor during the outdoor season since javelin thrower Bill Neumann in 2003.

VanDenend was the first of the trio to earn the honor, earning co-Big Ten Runner of the Week accolades April 3 for his school-record setting time of 13:49.31 in the 5,000 meters at the Stanford Invitational.

Curtis was named Big Ten Field Event Athlete of the Week April 10 for setting the school discus record of 202-11 at the Central College Invite April 6.

Hamilton was named Big Ten Field Event Athlete of the Week May 1, placing second in the hammer throw at the 98th annual Drake Relays April 28 with a personal-best mark of 222-2. That distance ranks second in school history, and is only nine inches off the school record of 222-11 set by **Arno van der Westhuizen** in 2001. The mark also leads the Big Ten, ranks second in the NCAA Midwest Region and eighth in the nation.

WOMEN'S TEAM MAKES TRACKWIRE 25

-- The Iowa women's track team is ranked 18th in the most recent national outdoor rankings released by Trackwire.com. The list ranks schools according to a projected hypothetical score for the NCAA Outdoor Championships, which is generated by a power ranking of the top 12 athletes and relay squads in each NCAA event. Iowa is 18th with 13 points. LSU is ranked first with 69.

Three Hawkeyes are listed in Trackwire's Dandy Dozen individual rankings. Junior **Kineke Alexander** boasts Iowa's highest ranking at third in the 400 meters, after winning the 2007 Big Ten indoor and outdoor titles in that event. Senior **Peaches Roach** is ranked fifth in the high jump after winning the 2007 Big Ten indoor and outdoor titles. Junior **Diane Nukuri** is also ranked sixth in the 10,000 meters.

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IOWA'S TOP 10 PLACERS AT THE 2007 BIG TEN OUTDOOR CHAMPIONSHIPS

Men's Top 10 Placers

Event	Name	Mark	Place
10,000 Meters	Micah VanDenend	30:28.50	1st
Shot Put	John Hickey	58-4 1/2 (17.79 m)	1st
Discus	A.J. Curtis	172-1 (52.46 m)	2nd
Hammer Throw	Adam Hamilton	206-4 (66.90 m)	2nd
5,000 Meters	Micah VanDenend	14:11.59	3rd
100 Meters	Paul Chaney, Jr.	10.62	4th
400 Meters	Prince Riley	46.61	4th
Shot Put	Shane Maier	57-3 3/4 (17.47 m)	4th
3,000 Steeple.	Andy Napier	9:06.65	5th
200 Meters	Paul Chaney, Jr.	21.53	6th
400 Hurdles	Ray Varner	50.99	6th
1,600-Meter Relay		3:08.97	6th
<i>(David Pierre, Lee Elbert, Ray Varner, Prince Riley)</i>			
High Jump	Trey Stross	6-7 1/2 (2.02 m)	8th
Decathlon	Ryan Niver	6,591 pts.	8th

Women's Top 10 Placers

Event	Name	Mark	Place
400 Meters	Kineke Alexander	52.15	1st
High Jump	Peaches Roach	6-0 (1.83 m)	1st
5,000 Meters	Diane Nukuri	16:26.08	2nd
Triple Jump	Renee White	42-1 1/2 (12.84 m)	2nd
10,000 Meters	Racheal Marchand	34:50.37	3rd
Triple Jump	Tiffany Johnson	41-8 3/4 (12.72 m)	3rd
1,600-Meter Relay		3:39.64	3rd
<i>(Aditya Jones, Kineke Alexander, Tiffany Johnson, Monica Mims)</i>			
100 Meters	Peaches Roach	11.77	4th
10,000 Meters	Diane Nukuri	34:52.46	4th
Hammer Throw	Becca Franklin	190-7 (58.08 m)	4th
Heptathlon	Tammilee Kerr	5,332 pts.	4th
100 Hurdles	Tiffany Johnson	13.74	6th
1,500 Meters	Meghan Armstrong	4:20.92	7th
5,000 Meters	Meghan Armstrong	16:48.50	8th
Javelin	Tammilee Kerr	139-5 (42.50 m)	8th

HAWKEYE COACHES -- Larry Wieczorek and James Grant are in their 11th seasons at the helm of the Iowa men and women's track teams, respectively.

Wieczorek has coached 24 all-Americans and 42 Big Ten Champions at Iowa. The Hawkeyes' highest conference meet finishes during his tenure are second at the 1999 outdoor meet and fourth at the 1997 indoor meet. As a runner, **Wieczorek** was a six-time Big Ten champion at Iowa, winning four track and two cross country titles. He was also a four-time all-American. In 1998, **Wieczorek** was inducted into the Iowa Varsity Club Hall of Fame.

He is assisted by three-time Indiana all-American **Scott Cappos** and World Champion and four-time Northern Iowa all-American **Joey Woody**.

In his tenure with the Hawkeyes, **Grant** has coached 26 Big Ten champions, 81 regional qualifiers, 21 all-region selections, 34 NCAA qualifiers, 12 all-Americans and one NCAA champion. Iowa placed third at the 2004 Big Ten Indoor Championships in Iowa City and fourth at the 2007 conference outdoor meet - the team's highest placings during **Grant's** tenure. The third-place indoor finish tied the team's highest conference finish in school history.

He is assisted by three-time conference champion **Layne Anderson** and NCAA champion and four-time all-American **Victor Houston**.

NEXT COMPETITION -- The Hawkeye men and women's track teams will send qualifying student-athletes to the 2007 NCAA Championships, June 6-9 in Sacramento, CA. All events will be held at the Alex G. Spanos Sports Complex. All-session reserved tickets are \$80 and all-session general admission tickets are \$65. Tickets can be purchased by calling (916) 566-2400. Events start at noon (CT) Wednesday, Thursday and Saturday, and 12:30 p.m. on Friday.

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2007 Iowa Outdoor Season Bests

MEN'S 100 METERS (RQ - 10.50, SR - 10.25)

Lee Elbert 10.61 #% Iowa Musco Twilight IX .. 4/21/07
 Paul Chaney, Jr. 10.62 #% at Big Ten Champ's 5/13/07
 Max Milder 10.68 #% Iowa Musco Twilight IX .. 3/23/07
 Ryan Niver 11.55 \$ at Big Ten Champ's 5/11/07

WOMEN'S 100 METERS (RQ - 11.75, SR - 11.45)

Peaches Roach 11.64 % at Missouri Relays 3/31/07
 Rhonda-Kaye Trusty 12.04 # at Auburn Tiger Classic 4/7/07
 Megan Clarke 12.33 # at Auburn Tiger Classic 4/7/07
 Renee White 12.34 # at Missouri Relays 3/31/07

MEN'S 110-METER HURDLES (RQ -- 14.30, SR -- 13.63)

Frank Prill 14.94 # Iowa Musco Twilight IX .. 4/21/07
 Brice Wilson 15.39 # at Jim Duncan Invite 4/14/07
 Ryan Niver 16.54 \$ at Big Ten Champ's 5/12/07

WOMEN'S 100-METER HURDLES (RQ - 13.92, SR - 13.20)

Tiffany Johnson 13.20 ^# at Drake Relays 4/28/07
 Tammilee Kerr 14.21 #% Iowa Musco Twilight IX ... 4/21/07
 Heather Gilmore 15.30 #% at Missouri Relays 3/31/07

MEN'S 200 METERS (RQ -- 21.19, SR -- 20.47)

Paul Chaney, Jr. 21.53 at Big Ten Champ's 5/13/07
 Lee Elbert 21.83 at Jim Duncan Invite 4/14/07
 Max Milder 21.89 at Jim Duncan Invite 4/14/07

WOMEN'S 200 METERS (RQ - 23.96, SR - 23.50)

Rhonda-Kaye Trusty 24.23 # at Aztec Track Classic 3/17/07
 Kara-Aretha Graham 25.05 # at John Jacobs Invite 4/14/07
 Megan Clarke 25.18 Iowa Musco Twilight IX ... 4/21/07
 Renee White 25.31 # at Aztec Track Classic 3/16/07
 Tammilee Kerr 25.49 #% at Drake Relays 4/25/07

MEN'S 400 METERS (RQ -- 47.20, SR -- 44.99)

Prince Riley 46.61 ^# at Big Ten Champ's 5/13/07
 David Pierre 47.66 # Iowa Musco Twilight IX .. 4/21/07
 Zach Splan 49.41 # at John Jacobs Invite 4/14/07
 Ryan Niver 51.51 # \$ at Big Ten Champ's 5/11/07

WOMEN'S 400 METERS (RQ - 54.61, SR - 51.35)

Kineke Alexander 52.15 ^ at Big Ten Champ's 5/13/07
 Aditya Jones 57.77 # at Missouri Relays 3/31/07
 Monica Mims 57.98 # Iowa Musco Twilight IX ... 4/21/07
 Kara-Athena Graham 59.08 # at Missouri Relays 3/31/07
 Sophia Poncè 1:00.50 at Missouri Relays 3/31/07

MEN'S 400-METER HURDLES (RQ -- 52.51, SR -- 48.83)

Ray Varner 50.99 #^ at Drake Relays 4/28/07

WOMEN'S 400-METER HURDLES (RQ -- 1:00.82, SR -- 56.67)

Aditya Jones 1:01.65 # at Big Ten Champ's 5/12/07
 Heather Gilmore 1:13.27 # at Missouri Relays 3/31/07

MEN'S 800 METERS (RQ -- 1:50.40, SR-- 1:47.64)

Adam Hairston 1:49.99 ^# at Big Ten Champ's 5/12/07
 Zach Splan 1:53.83 # at Central College Open .. 5/4/07
 Daniel Peoples 1:54.15 # at Big Ten Champ's 5/12/07
 Cannon Dolan 1:54.59 # at Kip Janvrin Open 4/27/07

WOMEN'S 800 METERS (RQ - 2:09.80, SR - 2:05.67)

Sophia Poncè 2:10.35 # at Big Ten Champ's 5/12/07
 Shannon Stanley 2:14.61 at Aztec Track Classic 3/17/07
 Kineke Alexander 2:16.15 # Iowa Musco Twilight IX ... 4/21/07
 Monica Mims 2:18.75 at Auburn Tiger Classic 4/7/07
 Jessica Schmidt 2:20.18 at Aztec Track Classic 3/17/07
 Tammilee Kerr 2:27.66 # at Big Ten Champ's 5/12/07
 Rachel Hawks 2:29.74 # Iowa Musco Twilight IX ... 4/21/07

MEN'S 1,500 METERS (RQ -- 3:47.80, SR -- 3:44.01)

Jesse Luciano 3:49.99 # at Stanford Invite 3/31/07
 Micah VanDenend 3:50.20 # Iowa Musco Twilight IX .. 4/21/07
 Adam Hairston 3:58.97 # at LSU Relays 3/24/07
 Tommy Tate 4:00.13 # at Jim Duncan Invite 4/14/07
 Jay Renaud 4:00.99 # at Jim Duncan Invite 4/14/07
 Ryan Niver 5:31.99 \$ at Big Ten Champ's 5/12/07

WOMEN'S 1,500 METERS (RQ - 4:27.80, SR - 4:17.41)

Meghan Armstrong 4:20.92 ^ at Big Ten Champ's 5/13/07
 Diane Nukuri 4:20.95 ^# at Aztec Track Classic 3/17/07
 Shannon Stanley 4:31.18 at Stanford Invite 3/31/07
 Racheal Marchand 4:39.69 at Aztec Track Classic 3/17/07
 Jessica Schmidt 4:42.19 # Iowa Musco Twilight IX ... 4/21/07
 Jordan Laney 4:44.53 # Iowa Musco Twilight IX ... 4/21/07
 Katie Ellis 4:48.60 at Aztec Track Classic 3/17/07
 Molly Esche 4:57.20 at Aztec Track Classic 3/17/07
 Rachel Hawks 5:02.91 # at John Jacobs Invite 4/13/07
 Jennie Docherty 5:11.92 at Aztec Track Classic 3/16/07
 Kelsey Stueland 5:20.61 # Iowa Musco Twilight IX ... 4/21/07

RQ/^ - NCAA Midwest Regional Qualifier, & - NCAA Provisional Qualifier, SR/^ - School Record, # -- Collegiate Best,
 % - wind-aided, \$ - decathlon/heptathlon event



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2007 Iowa Outdoor Season Bests

MEN'S 3,000 METERS

Tommy Tate 8:31.67 at Jim Duncan Invite 4/14/07
 Brendan Camplin..... 8:48.95 at Jim Duncan Invite 4/14/07
 Jay Renaud 8:51.24 # at Jim Duncan Invite 4/14/07

WOMEN'S 3,000 METERS (SR -- 9:20.61)

Diane Nukuri..... 9:23.90 # Iowa Musco Twilight IX... 4/21/07
 Racheal Marchand 9:45.50 # Iowa Musco Twilight IX... 4/21/07
 Molly Esche 10:22.11 # at Missouri Relays 3/30/07
 Christine Kotarba..... 11:16.24 Iowa Musco Twilight IX... 4/21/07

MEN'S 3,000-M. STEEPLECHASE (RQ -- 9:07.00, SR -- 8:47.4)

Andy Napier..... 9:06.65 #^ at Big Ten Champ's 5/12/07
 Tommy Tate 9:36.63 # Iowa Musco Twilight IX .. 4/21/07

MEN'S 5,000 METERS (RQ -- 14:13.00, SR -- 13:49.31)

Micah VanDenend 13:49.31 *^# at Stanford Invite 3/31/07
 Jeff Kent 14:21.05 at Stanford Invite 3/30/07
 Andy Napier..... 14:42.77 at Drake Relays 4/26/07
 Tommy Tate 14:57.27 at Kip Janvrin Open 4/27/07

WOMEN'S 5,000 METERS (RQ - 16:52.00, SR - 15:45.84)

Diane Nukuri..... 16:15.28 #^ at Drake Relays 4/28/07
 Meghan Armstrong 16:18.74 #^ at Stanford Invite 3/31/07
 Racheal Marchand 16:35.04 #^ at Drake Relays 4/28/07

MEN'S 10,000 (AQ - 28:45.00 , PQ - 29:30.00 , SR - 28:44.47)

Micah VanDenend 30:28.50 # at Big Ten Champ's 5/11/07
 Tommy Tate 31:05.23 # at Big Ten Champ's 5/11/07

WOMEN'S 10,000 (AQ -- 33:30.00, PQ -- 35:00.00, SR -- 33:23.38)

Diane Nukuri..... 33:31.69 #& at Stanford Invite 3/31/07
 Racheal Marchand 34:50.37 #& at Big Ten Champ's 5/11/07

MEN'S 400-METER RELAY (RQ -- 40.66, SR -- 39.48)

Milder, Chaney, Jr., Reed, Elbert..... 40.58 ^
 Iowa Musco Twilight IX - 4/21/07

WOMEN'S 400-METER RELAY (RQ - 45.70, SR - 44.63)

Johnson, Roach, Clarke, Trusty 45.21 ^
 at Drake Relays - 4/28/07
 Johnson, Alexander, Roach, Trusty 45.84
 at Missouri Relays - 3/31/07
 Johnson, Roach, Alexander, Trusty 46.06
 at Auburn Tiger Classic - 4/7/07
 Johnson, Roach, Clarke, White 46.23
 Iowa Musco Twilight IX - 4/21/07
 Johnson, Trusty, White, Clarke 46.36
 at Aztec Track Classic - 3/17/07

MEN'S 1,600-METER RELAY (RQ -- 3:10.00, SR -- 3:03.11)

Pierre, Elbert, Varner, Riley 3:08.97
 at Big Ten Championships - 5/13/07
 Milder, Elbert, Varner, Riley 3:10.75
 Iowa Musco Twilight IX - 4/21/07
 Riley, Elbert, Varner, Pierre 3:11.61
 at Central College Open - 5/4/07
 Dolan, Splan, Peoples, Hairston..... 3:16.90
 Iowa Musco Twilight IX - 4/21/07
 Rolling, Milder, Splan, Peoples..... 3:20.39
 at John Jacobs Invite - 4/14/07

WOMEN'S 1,600-METER RELAY (RQ - 3:42.00, SR - 3:36.26)

Alexander, Graham, Jones, Mims 3:39.36 ^
 at Drake Relays - 4/28/07
 Jones, Alexander, Johnson, Mims 3:39.64 ^
 at Big Ten Championships - 5/13/07
 Alexander, Jones, Johnson, Mims 3:46.98
 Iowa Musco Twilight IX - 4/21/07
 Poncè, Jones, Mims, Graham 3:48.02
 at Aztec Track Classic - 3/17/07
 Jones, Mims, Poncè, Johnson..... 3:51.89
 at John Jacobs Invite - 4/14/07
 Jones, Mims, Graham, Poncè 3:54.03
 at Auburn Tiger Classic - 4/7/07

MEN'S HIGH JUMP (RQ -- 2.10 m, SR -- 2.23 m)

Jeremy Petsche..6-8 3/4 (2.05 m) Iowa Musco Twilight IX... 4/21/07
 Ryan Kelly6-8 3/4 (2.05 m) Iowa Musco Twilight IX... 4/21/07
 Trey Stross6-7 1/2 (2.02 m) at Big Ten Champ's 5/12/07
 Dan Rolling6-6 3/4 (2.00 m) Iowa Musco Twilight IX... 4/21/07
 Ryan Niver.....6-6 3/4 (2.00 m) Iowa Musco Twilight IX... 4/21/07
 Frank Prill5-8 3/4 (1.75 m) # Iowa Musco Twilight IX... 4/21/07

RQ/^ - NCAA Midwest Regional Qualifier, & - NCAA Provisional Qualifier, SR/* - School Record, # -- Collegiate Best,
 % - wind-aided, \$ - decathlon/heptathlon event



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All-Time Top 10 Best Outdoor Performers

MEN'S 100 METERS

1. George Page, 1996	10.25
2. Anthuan Maybank, 1994	10.31
Tim Dwight, 1997	10.31
4. Bob Lawson, 1976	10.36
5. Robert Smith, 1984	10.39
6. Curtis Chang, 1987	10.40
7. Jeff Patrick, 1983	10.41
Tim Dodge, 2002	10.41
9. Jerry Fisher, 1991	10.45
10. Andre Morris, 1996	10.47

WOMEN'S 100 METERS

1. Vivien McKenzie, 1985	11.45
2. Davera Taylor, 1984	11.51
3. Erica Broomfield, 1998	11.53
4. Jiselle Providence, 2001	11.57
5. Tanja Reid, 1994	11.60
Peaches Roach, 2005	11.60
7. Yolanda Hobbs, 1995	11.62
8. Elanie Jones, 1985	11.69
9. Lakeya Boatright, 2000	11.77
10. Tamara Dixon, 2002	11.79

MEN'S 110-METER HURDLES

1. Pat McGhee, 1989	13.50
2. Dion Trowers, 1996	13.62
3. Ronnie McCoy, 1985	13.66
4. James Armstrong, 1991	13.89
5. Doug Jones, 1986	14.06
6. Chris Williams, 1983	14.24
7. Rajeev Balkrishnan, 1993	14.29
8. Gary Falls, 1992	14.48
9. Monte Raymond, 1996	14.51
10. Tony Branch, 1998	14.58

WOMEN'S 100-METER HURDLES

1. Tiffany Johnson, 2007	13.20
2. Colleen Prendergast, 1999	13.60
Paula Ruen, 2000	13.60
4. Sarah Steffen, 2002	13.65
5. Ruqayya Raheem, 1998	13.90
6. Brenda Calhoun, 1984	13.94
7. Wynsome Cole, 1997	14.10
8. Tammilee Kerr, 2007	14.21
9. Tiff Pedersen, 2002	14.23
10. Colleen Prendergast, 2001	14.24

MEN'S 200 METERS

1. Jeff Patrick, 1983	20.47
2. Anthuan Maybank, 1994	20.55
3. Andre Morris, 1995	20.64
4. George Page, 1996	20.67
5. Terrence Duckett, 1982	20.74
6. Tim Dodge, 2002	20.78
7. Bashir Yamini, 1999	20.82
8. Dennis Kohl, 1966	20.84
9. Tim Dwight, 1997	20.91
10. Victor Greer, 1984	20.98

WOMEN'S 200 METERS

1. Shellene Williams, 2004	23.50
2. Kineke Alexander, 2006	23.58
3. Davera Taylor, 1984	23.59
4. Vivien McKenzie, 1985	23.61
5. Yolanda Hobbs, 1995	23.65
6. Tanja Reid, 1995	23.75
7. Elaine Jones, 1983	23.84
8. Jiselle Providence, 2001	24.00
9. Peaches Roach, 2006	24.01
10. Lakeya Boatright, 2000	24.14

MEN'S 400 METERS

1. Anthuan Maybank, 1993	44.99
2. Andre Morris, 1995	45.15
3. Mike Mondane, 1967	45.20
4. Gary Hollingsworth	46.3
5. Harold Leonard, 1986	46.45
6. Tony Branch, 1999	46.60
7. Prince Riley, 2007	46.61
8. George Page, 1996	46.66
9. Dick Eisenlauer, 1973	46.74
Terrence Duckett, 1983	46.74

WOMEN'S 400 METERS

1. Kineke Alexander, 2006	51.35
2. Shellene Williams, 2004	51.94
3. Ellen Grant, 1996	52.65
4. Senta Hawkins, 1988	54.01
5. Marlene Poole, 1994	54.03
6. Elaine Jones, 1983	54.40
7. Nicole Charles, 2001	54.48
8. Stacey-Leigh Bynoe, 2000	54.73
9. Alycia Simpson, 1987	55.18
Aisha Hume, 2004	55.18

MEN'S 400-METER HURDLES

1. Pat McGhee, 1988	48.83
2. Monte Raymond, 1998	50.09
3. Paul Steele, 1989	50.45
4. Russell Peterson, 2001	50.50
5. Adam Kunkel, 2001	50.73
6. Jon Reimer, 1967	50.94
7. Ray Varner, 2007	50.99
8. Gary Falls, 1991	51.08
9. Rajeev Balkrishnan, 1993	51.14
10. Scott Williamson, 2000	51.74

WOMEN'S 400-METER HURDLES

1. Mary Knoblauch, 1981	56.16
2. Wynsome Cole, 1998	56.67
3. Chris Davenport, 1981	59.18
4. Sarah Steffen, 2002	59.59
5. Beverly Powell, 1991	59.96
6. Diane Steinhart, 1980	1:00.56
7. Ruqayya Raheem, 1999	1:00.62
8. Keely Huber, 2002	1:00.98
9. Aditya Jones, 2007	1:01.65
10. Sherri Hull, 1987	1:02.60

MEN'S 800 METERS

1. Bill Frazier, 1962	*1:47.64
2. D'Juan Strozier, 1990	1:47.82
3. Michael Layne, 1999	1:49.61
4. Bill Thiesen, 1985	1:49.74
5. Adam Hairston, 2007	1:49.99
6. Andy Wiese, 1985	1:50.22
7. Paul Chepkwony, 1984	1:50.36
8. Rod Chambers, 1989	1:50.60
9. Jim Donovan, 1998	1:50.68
10. James Porter, 1994	1:51.00

WOMEN'S 800 METERS

1. Kay Stormo, 1982	2:05.67
2. Michelle Lahann, 2004	2:06.79
3. Aisha Hume, 2005	2:08.50
4. Jeanne Kruckeberg, 1987	2:08.75
5. Ann Pare, 1997	2:09.25
6. Meghan Armstrong, 2006	2:10.15
7. Sophia Poncé, 2007	2:10.35
8. Briana Benning, 1996	2:10.47
9. Tami Hoskins, 1990	2:11.47
10. Shannon Stanley, 2004	2:12.01



All-Time Top 10 Best Outdoor Performers

MEN'S 1,500 METERS

1. Joel Moeller, 19783:44.01
2. Jim Docherty, 19783:44.30
3. Dan Waters, 19863:46.35
4. Kevin Herd, 19943:46.64
5. John Clark, 19773:46.84
6. Ted Wheeler, 19563:48.24
7. **Jesse Luciano, 2007 3:49.99**
8. **Micah VanDenend, 2007 3:50.20**
9. John Dobbs, 19853:50.70
10. Sean Corrigan, 19873:51.05

WOMEN'S 1,500 METERS

1. **Meghan Armstrong, 2006 4:17.41**
2. Jeanne Kruckeberg 1989 4:19.71
3. **Diane Nukuri, 2007 4:20.95**
4. Penny O'Brien, 19854:21.43
5. Kay Stormo, 19824:22.24
6. Michelle Lahann, 20044:24.00
7. **Shannon Stanley, 2006 4:25.08**
8. Tracy Dahl, 19924:27.44
9. Jenny Hayden, 19824:27.54
10. Tina Stec, 19944:28.71

WOMEN'S 3,000 METERS

1. Penny O'Brien, 19859:20.61
2. Nan Doak, 19859:23.04
3. Tracy Dahl, 19929:23.53
4. **Diane Nukuri, 2007 9:23.90**
5. **Meghan Armstrong, 2006 9:28.03**
6. Jeanne Kruckeberg, 19899:30.69
7. Jennifer Brower, 19929:34.59
8. Jodi Hershberger, 19829:36.44
9. Tina Stec, 19949:38.39
10. **Racheal Marchand, 2007 9:45.50**

MEN'S 3,000 STEEPLECHASE

1. Deacon Jones, 19568:47.40
2. Steve Pershing, 19788:54.59
3. Andy Morris, 20008:56.21
4. Matt Gerard, 19948:57.01
5. Rollie Kitt, 19679:02.9
6. Al Greene, 19859:02.96
7. Tony Rakaric, 20059:03.29
8. **Andy Napier, 2007 9:06.65**
9. Sean Gale, 19939:08.00
10. Nick Nordheim, 20009:12.06

WOMEN'S 3,000 STEEPLECHASE

1. Sarah Arens, 200410:34.50
2. Michelle Lahann, 200311:16.21
3. Becca Thompson, 200311:19.50
4. Jessica Schmidt, 200611:20.85

MEN'S 5,000 METERS

1. **Micah VanDenend, 2007 13:49.31**
2. Larry Wieczorek, 1968 13:56.0
3. Kevin Herd, 1993 13:59.0
4. Stetson Steele, 200014:02.76
5. **Eric MacTaggart, 2005 14:04.79**
6. Dan Haut, 200614:07.30
7. Matt Esche, 200614:12.07
8. **Jeff Kent, 2007 14:21.05**
9. Brian Rae, 200414:22.83
10. Tony Rakaric, 200314:22.92

WOMEN'S 5,000 METERS

1. Nan Doak, 198515:45.84
2. **Diane Nukuri, 2007 16:15.28**
3. Jenny Spangler, 198316:17.21
4. **Meghan Armstrong, 2007 16:18.74**
5. Tracy Dahl, 199216:18.77
6. **Racheal Marchand, 2007 16:35.04**
7. Jennifer Brower, 199116:37.09
8. Renee Doyle, 198816:39.46
9. Jodi Hershberger, 198216:48.04
10. Anne Dobrowolski, 198416:50.00

MEN'S 10,000 METERS

1. Stetson Steele, 200028:44.47
2. **Eric MacTaggart, 2006 28:50.23**
3. Nick Nordheim, 200229:44.71
4. Trent Corey, 200229:45.25
5. Chad Schwitters, 199929:56.00
6. Dan Haut, 200630:03.08
7. Kevin Herd, 199430:05.21
8. Paul Sarris, 200130:08.40
9. Matt Esche, 200430:08.82
10. Eric McDermott, 200230:11.16

WOMEN'S 10,000 METERS

1. Jennifer Brower, 199133:23.38
2. **Diane Nukuri, 2007 33:31.69**
3. Nan Doak, 198533:33.03
4. Jenny Spangler, 198333:39.24
5. Tracy Dahl, 199234:30.09
6. **Racheal Marchand, 2007 34:50.37**
7. Nikki Chapple, 200435:06.35
8. Jenny Johnson, 199235:45.53
9. Anne Dobrowolski, 198535:59.98
10. Renee Doyle, 198736:32.40

MEN'S HIGH JUMP

1. Bill Hansen, 19787-4 (2.23 m)
- Bill Knoedel, 19757-4 (2.23 m)
3. M. Cunningham, 19867-1 (2.16 m)
- Kenneth Lansing, 19887-1 (2.16 m)
5. Pat Meade, 19877-0 (2.13 m)
6. Scott Hudek, 19936-11 (2.11 m)
7. Mike Lacy, 19856-10 1/2 (2.09 m)
8. Damion Turner, 19986-9 1/2 (2.07 m)
9. Luke Nessa, 20006-8 3/4 (2.05 m)
- Jeremy Petsche, 2007 6-8 3/4 (2.05 m)**
- Ryan Kelly, 20076-8 3/4 (2.05 m)**

WOMEN'S HIGH JUMP

1. **Peaches Roach, 2006 ..6-1 1/4 (1.86 m)**
2. Mary Mol, 19836-0 (1.83 m)
3. Lynn McMillan, 19885-9 1/4 (1.76 m)
4. Kacey Childs, 20015-8 1/2 (1.74 m)
5. Kristi Dinkla, 19855-8 (1.73 m)
- Becky Kaza, 19955-8 (1.73 m)
- Eve Cullinan, 20035-8 (1.73 m)
8. Jenni Elbert, 20055-7 (1.70 m)
9. Nancy Tessmer, 1991 ...5-6 1/2 (1.69 m)
10. Janet Adams, 19815-6 1/4 (1.68 m)

MEN'S POLE VAULT

1. Todd Wigginton, 198417-0 (5.18 m)
2. Chad Ohly, 199416-8 3/4 (5.10 m)
3. Curt Broek, 197816-8 (5.08 m)
4. Phil Wertman, 197116-7 (5.05 m)
- Kelly Scott, 198816-7 (5.05 m)
6. John Teffer, 197216-2 (4.93 m)
7. Steve Brewer, 198316-0 (4.88 m)
- Doug Pennino, 198516-0 (4.88 m)



All-Time Top 10 Best Outdoor Performers

WOMEN'S POLE VAULT

1. Jessie Strand, 2003..... 12-10 1/4 (3.92)
2. **Sarah Burgett, 2006..... 12-1 3/4 (3.70)**
3. Gina Shannon, 2001..... 11-2 1/4 (3.41)
4. Becky Kaza, 1998..... 8-6 (2.59)
Amy Kasparbauer, 2001..... 8-6 (2.59)
6. Kacey Childs, 2000..... 8-0 1/2 (2.45)
7. Gina Shannon, 1998..... 8-0 (2.44)

MEN'S LONG JUMP

1. Anthuan Maybank, 1993.... 27-1 (8.25 m)
2. Bashir Yamini, 1997..... 26-8 1/4 (8.13 m)
3. Paul Jones, 1989..... 25-10 1/4 (7.88 m)
4. Darren Smith, 1991 25-9 3/4 (7.86 m)
5. Quinn Early, 1986 25-7 1/4 (7.80 m)
6. Ed Gordon, 1931 25-4 3/8 (7.68 m)
7. Matty Gorman, 2006..... 25-1 1/4 (7.65 m)
8. Ronnie McCoy, 1985 25-0 (7.62 m)
9. Joe Robinson, 1976..... 24-2 3/4 (7.38 m)
10. **Aaron Reed, 2007 23-8 (7.21 m)**

WOMEN'S LONG JUMP

1. Aisha James, 2003 22-3 (6.78 m)
2. **Renee White, 2006 19-9 3/4 (6.04 m)**
3. Becki Borg, 1988 19-7 1/4 (5.97 m)
4. Lisa Moats, 1986 19-6 (5.95 m)
5. Yolanda Hobbs, 1993 .. 19-2 1/2 (5.85 m)
6. Jane Dunlevy, 1977 18-6 (5.64 m)
7. Ruqayya Raheem, 1997 18-5 1/4 (5.62 m)
Tiff Pedersen, 2004 18-5 1/4 (5.62 m)
9. Angie Hensel, 2005 18-5 (5.61 m)
10. Niki Fisher, 1996..... 18-1 1/2 (5.52 m)

MEN'S TRIPLE JUMP

1. Paul Jones, 1990..... 52-0 1/2 (15.86 m)
2. Gordon Finch, 1988... 50-9 1/4 (15.47 m)
3. Mike Lacy, 1984..... 50-5 (15.36 m)
4. Pat Miller, 1985..... 49-8 1/2 (15.25 m)
5. Owen Gill, 1982..... 49-1 (14.96 m)
6. Matty Gorman, 2005.. 48-9 1/2 (14.87 m)
7. Ed Gordon, 1931 48-0 1/8 (14.63 m)
8. Mike Means, 1981 47-0 1/2 (14.34 m)
9. **Aaron Reed, 2005 45-3 1/2 (13.80 m)**

WOMEN'S TRIPLE JUMP

1. **Renee White, 2007 ... 42-1 1/2 (12.84 m)**
2. **Tiffany Johnson, 2007 41-8 3/4 (12.72 m)**
3. Becki Borg, 1988 40-7 1/2 (12.38 m)
4. Lynn McMillan, 1988.. 39-6 1/2 (12.05 m)
5. Lynn, 1998 39-0 (11.88 m)
6. Kacey Childs, 2001..... 37-8 (11.48 m)
7. **Becca Franklin, 2004 36-10 1/2 (11.24 m)**
8. Janna Houtz, 1984 33-10 1/2 (10.32)
9. Latoya Stiffend, 2002..... 32-6 (9.90)
10. Bridget Besch, 2003 30-10 1/2 (9.41)

MEN'S SHOT PUT

1. Jeremy Allen, 2001 63-2 3/4 (19.27 m)
2. Ken Kemeny, 2005 62-3 (18.97 m)
3. **Shane Maier, 2006.... 62-2 1/4 (18.95 m)**
4. Andy Banse, 2005 ... 61-11 1/2 (18.88 m)
5. **John Hickey, 2007 60-1 1/4 (18.32 m)**
6. Chris Gambol, 1987... 60-0 1/2 (18.30 m)
7. van der Westhuizen, 2000 58-8 3/4 (17.90 m)
8. Gary Kostrubala, 1985..... 58-1 (17.70 m)
9. Alex Smith, 1998 57-9 (17.60 m)
10. Chris Cassata, 2000 .. 57-3 3/4 (17.47 m)

WOMEN'S SHOT PUT

1. Lisa Van Steenwyk, 1992 50-8 (15.44)
2. Gail Smith, 1984 50-3 1/4 (15.32)
3. Denise Taylor, 1992 50-1 3/4 (15.28)
4. Kamesha Marshall, 2005 48-6 3/4 (14.80)
5. Laura Kriener, 1990 48-2 1/2 (14.69)
6. Jennifer Gilson, 2002..... 47-10 (14.58)
7. Jennifer Moon, 2000 47-5 1/4 (14.46)
8. **Mandy Chandler, 2006..... 46-0 (14.02)**
9. Shelley Redies, 1985..... 45-7 (13.89)
10. Megan Maurer, 1998 44-9 3/4 (13.66)

MEN'S DISCUS

1. **A.J. Curtis, 2007..... 202-11 (61.84 m)**
2. Gary Kostrubala, 1986... 202-4 (61.68 m)
3. Jeremy Allen, 2001 195-4 (59.54 m)
4. Tim Brodersen, 2005 193-6 (58.98 m)
5. Brad Daufeldt, 2004..... 185-0 (56.40 m)
6. Andy Banse, 2005 180-0 (54.86 m)
7. Eric Rothwell, 2004..... 179-7 (54.73 m)
8. Norm Balke, 1985..... 175-10 (53.60 m)
9. Chris Gambol, 1987..... 175-7 (53.52 m)
10. Tom Knutson, 1967.. 174-8 1/2 (53.24 m)

WOMEN'S DISCUS

1. Denise Taylor, 1992 160-5 (48.90)
2. Lisa Van Steenwyk, 1991.. 159-1 (48.50)
3. Gail Smith, 1983 158-2 (48.22)
4. Kamesha Marshall, 2005. 152-11 (46.62)
5. Jennifer Moon, 2000 150-8 (45.92)
6. Laura Kriener, 1989 150-3 (45.80)
7. Megan Maurer, 1997 149-2 (45.48)
8. Cheryl Bradley, 1982 146-5 (44.64)
9. Mickey Schoborg, 1985 146-2 (44.56)
10. Jodi Peterson, 1993..... 142-1 3/4 (43.32)

MEN'S HAMMER THROW

1. van der Westhuizen, 2001 222-11 (67.94 m)
2. **Adam Hamilton, 2007 .. 222-2 (67.73 m)**
3. Jim Costello, 2002 217-7 (66.32 m)
4. Brad Daufeldt, 2004..... 207-10 (63.34 m)
5. Chris Voller, 2005 206-0 (62.80 m)
6. Jeremy Allen, 2001 199-0 (60.66 m)
7. **Ryan Jordan, 2007 184-6 (56.23 m)**
8. Tim Brodersen, 2004 181-3 (55.24 m)
9. **Kale Katt, 2007 181-0 (55.18 m)**
10. **Mark Schaapveld, 2007.. 176-8 (53.84 m)**

WOMEN'S HAMMER THROW

1. **Becca Franklin, 2007 ... 195-0 (59.45 m)**
2. Erin O'Hern, 2006 166-0 (50.60 m)
3. Kerri Blackstone, 1999 161-10 (49.32 m)
4. Megan Maurer, 1998 145-6 (44.36 m)
5. Jennifer Gilson, 2002..... 142-6 (43.44 m)
6. Jennifer Moon, 2000 139-3 (42.44 m)
7. **Mandy Chandler, 2007. 138-1 (42.08 m)**
8. Kara Hinz, 2000 125-1 (38.14 m)
9. Katie Hoback, 2002 121-11 (37.16 m)

MEN'S JAVELIN

1. Bill Neumann, 2002 244-8 (74.58 m)
2. Dan Ralph, 2000..... 227-10 (69.44 m)
3. **Kale Katt, 2007 204-0 (62.17 m)**
4. Joel Storm, 2004 203-5 (62.01 m)
5. Matt Stank, 2001 199-0 (60.66 m)
6. van der Westhuizen, 1999 173-11 (53.00 m)
7. **Craig Jennings, 2006... 173-4 (52.83 m)**
8. Scott Faber, 2000 173-1 (52.78 m)
9. Justin Silverman, 2000 .. 172-6 (52.58 m)



All-Time Top 10 Best Outdoor Performers

WOMEN'S JAVELIN

1. Alana Redfern, 2003	181-5 (55.30)
2. Tammilee Kerr, 2007	157-0 (47.86)
3. Mandy Beck, 1999	153-4 (46.74)
4. Terri Soldan, 1983	152-6 1/4 (46.48)
5. Shani Renning, 1990	152-3 (46.40)
6. Clara Simon, 1981	149-9 (45.64)
7. Janet Adams, 1984	148-7 (45.28)
8. Mickey Schoborg, 1985	137-5 1/4 (41.88)
9. Sara Joens, 1987	127-1 (38.74)
10. Angela Chadwick, 1992	124-2 (37.86)

MEN'S DECATHLON

1. Scott Faber, 2000	6,839 points
2. Chad Ohly, 1994	6,641 points
3. Ryan Niver, 2007	6,591 points
4. Gary Kostrubala, 1984	6,498 points
5. Jacob Drewry, 1994	5,820 points

WOMEN'S HEPTATHLON

1. Tammilee Kerr, 2007	5,332 points
2. Kathy Gillespie, 1983	5,262 points
3. Tiff Pedersen, 2004	4,976 points
4. Janet Adams, 1981	4,855 points
5. Ruqayya Raheem, 1997	4,665 points
6. Angela Chadwick, 1993	4,493 points
7. Angie Hensel, 2004	4,073 points
8. Janelle Jaspers, 1987	4,000 points
9. Marjie Tweto, 1996	3,967 points

MEN'S 400-METER RELAY

1. Beecham, Duckett, Greer, Smith, 1984	39.48
2. Page, Davis, Rozell, Morris, 1996	39.73
3. Felix, Branch, Dodge, Yamini, 1999	39.96
4. Beecham, Duckett, Greer, Patrick, 1983	39.99
5. Dwight, Branch, Davis, Yamini, 1998	40.00
Goode, Fisher, Morris, Maybank, 1994	40.00
1998	40.00
Dwight, Branch, Dodge, Yamini, 1999	40.00
9. Williamson, Dodge, Peterson, Digney, 2002	40.04
10. McCoy, Duckett, Greer, Smith, 1984	40.07

WOMEN'S 400-METER RELAY

1. Poole, Reid, Floyd, Hobbs, 1994	44.63
2. Charles, Williams, Providence, James, 2003	44.71
3. Floyd, Hobbs, Poole, Reid, 1994	44.80
4. Fouchè, Williams, Providence, James, 2003	45.02
5. Alexander, Granger, Johnson, Roach, 2006	45.11
6. Johnson, Roach, Clarke, Trusty, 2007	45.21
7. Johnson, Alexander, Granger, Roach, 2005	45.30
8. Granger, Johnson, Alexander, Roach, 2005	45.39
9. Underwood, Reid, Philip, Hobbs, 1995	45.50
10. Boatright, Bynoe, Providence, Prendergast, 2000	45.50

MEN'S 1,600-METER RELAY

1. Morris, Davis, Page, Rozell, 1995	3:03.11
2. Branch, Dwight, Dodge, Yamini, 1999	3:03.29
3. Ferree, Frazier, Mondane, Reimer, 1967	3:04.10
4. Rozell, Morris, Davis, Yamini, 1996	3:04.71
5. Cameron, Williams, McGhee, McCoy, 1985	3:06.00
6. Rozell, Davis, Dwight, Raymond, 1997	3:06.06
Dodge, Kunkel, Coleman, Peterson, 2001	3:06.06
8. Davis, Rozell, Morris, Raymond, 1996	3:06.54
9. Williamson, Dodge, Strang, Coleman, 2002	3:06.69
10. Raymond, Davis, Morris, Page, 1996	3:06.85

WOMEN'S 1,600-METER RELAY

1. Hume, Charles, Steffen, Williams, 2003	3:36.26
2. McCalla, Granger, Alexander, Johnson, 2006	3:38.36
3. Alexander, Graham, Jones, Mims, 2007	3:39.36
4. Jones, Alexander, Johnson, Mims, 2007	3:39.64
5. McCalla, Alexander, Sheeley, Hume, 2005	3:39.67
6. McCalla, Hume, Sheeley, Alexander, 2005	3:40.43
7. Layne, Simpson, Powell, McRell, 1989	3:41.23
8. Bynoe, Cole, Wynter, Grant, 1997	3:41.74
9. Charles, Fouchè, Williams, Hume, 2003	3:42.18
10. Fouchè, Charles, Williams, Hume, 2003	3:42.52



Iowa's Regional Qualifiers



Kineke Alexander
Sprints
Junior
Glenside, Mesopotamia
St. Vincent & the Grenadines
St. Joseph's Convent Mariaqua

Past Regional Results -- won Iowa's first regional title, placing first in 400 meters (51.75) in 2006... placed second in that event (52.34) in 2005... ran second leg on 1,600-meter relay

that placed eighth in 2005 (3:39.67)... that time ranks fifth in school history... three-time all-region honoree... nine-time regional qualifier.

Career -- five-time all-American... five-time Big Ten champion... 2006 NCAA Indoor 400-meter champion... set school records in 200 (23.49), 400 (51.48) and 600 meters (1:27.84), and as part of 1,600-meter relay (3:40.52) indoors, and 400 meters (51.35) outdoors.

2007 -- Indoor - all-American, placing second in 400 meters (51.48) at NCAA Championships... two-time Big Ten champion, winning titles in 200 (23.67) and 400 meters (52.23)... Big Ten Women's Track Athlete of the Year and Athlete of the Championships... USTFCCA Midwest Regional Athlete of the Year... set school record in 400 (51.48) meters... set school and Iowa Recreation Building records in 600 meters (1:27.84)... automatically qualified for NCAA Championships in 400 meters (52.01) and provisionally qualified in 200 meters (23.67)...

Outdoor - Big Ten 400-meter champion (52.15)... ran that event for the first time during the outdoor season at the conference meet... qualified for regional in 400 meters (52.15) and as part of 1,600-meter relay (3:39.36)... the 400 meters time ranks second in the region and 10th in the nation, while the relay time ranks third in school history, 13th in the region and 62nd in the nation... ran second leg on 1,600-meter relay that placed third (3:39.64) at Big Ten Championships... ran lead leg on 1,600-meter relay that placed sixth at Drake Relays, running a season-best 3:39.36 in the prelims... ran collegiate-best 800 meters (2:16.15) at Iowa Musco Twilight IX.

Alexander's Collegiate Bests

Event	Time	Meet	Date
200 Meters (I)	23.49	at Big Ten Championships	2/26/06
400 Meters (O)	51.35	at NCAA Championships	6/10/06
600 Meters (I)	1:27.84	Hawkeye Invitational	1/13/07
800 Meters (O)	2:16.15	Musco Twilight IX	4/21/07



Meghan Armstrong
Distance
Junior
Tualatin, OR
Tualatin High School

Past Regional Results -- runner-up in 1,500 meters (4:23.33) in 2006, placing ninth in that event (4:33.59) in 2005... all-region honoree... five-time regional qualifier.

Career -- two-time all-American... set school record in 1,500 meters (4:17.41).

2007 -- Indoor - all-American, placing eighth in mile (4:49.07) at NCAA Championships... placed fifth in mile (4:47.03) and 3,000 meters (9:40.91) at Big Ten Championships... NCAA provisional qualifier in mile (4:41.18) and 3,000 meters (9:27.95)... led team in 800 meters (2:12.79), mile (4:41.18) and 3,000 meters (9:27.95)...

Outdoor - qualified for NCAA regional in 1,500 meters (4:20.92) and 5,000 meters (16:18.74)... placed seventh in 1,500 meters (4:20.92) and eighth in 5,000 meters (16:48.50) at Big Ten Championships... that 1,500-meter time leads the team and ranks seventh in the region and 29th in the nation... placed 17th in 5,000 meters (16:18.74) at Stanford Invite... that time ranks fourth in school history, eighth in the region and 26th in the nation... won 1,500 meters in a meet record-setting 4:21.86 at Iowa Musco Twilight IX... placed seventh in special invitation 1,500 meters (4:22.54) at Drake Relays... also ran lead leg on distance medley relay that placed sixth (11:25.05) at Drake... that time ranks second on Iowa's all-time bests list.

2006 -- Cross Country - set school 6,000-meter record (20:34) with 13th-place finish at NCAA Pre-Nationals... earned all-region honors with eighth-place finish (21:05) at NCAA Midwest Regional... placed 43rd (21:33) at NCAA Championships... earned second team all-Big Ten honors, placing 13th (20:54) at Big Ten Championships... ran collegiate bests and placed second at Hawkeye Open (10:01-3,000 meters) and Auburn Invite (16:26-5,000 meters)... both times rank second on Iowa's all-time bests list... academic all-Big Ten... letterwinner.

Armstrong's Collegiate Bests

Event	Time	Meet	Date
800 Meters (O)	2:10.15	at Tom Botts Invite	4/15/06
1,500 Meters (O)	4:17.41	at Big Ten Championships	5/14/06
Mile (I)	4:40.59	at Alex Wilson Invite	3/4/06
3,000 Meters (I)	9:27.95	at Meyo Invitational	2/3/07
4,000 Meters (CC)	14:33	Hawkeye Triangular	9/10/04
5,000 Meters (O)	16:18.74	at Stanford Invite	3/31/07
5,000 Meters (CC)	17:04	Williamette Invitational	10/1/05
6,000 Meters (CC)	20:49	at Pre-Nationals	10/15/05



Iowa's Regional Qualifiers



Paul Chaney, Jr.

Sprints
Freshman
St. Louis, MO
University High School

2007 -- Indoor - led the team in 60 (6.89) and 200 meters (21.45)... both times rank sixth on Iowa's all-time bests list... placed seventh in 200 (21.67) and eighth in 60 meters (6.91) at the Big Ten Championships...

Outdoor - qualified for NCAA regional as part of winning 400-meter relay (40.58) at Iowa Musco Twilight IX... that time ranks 19th in the region and 72nd in the nation... placed fourth in 100 meters (10.62) and sixth in 200 meters (21.53) at Big Ten Championships... placed fourth in 100 meters (10.78) at Musco Twilight IX... ran second legs on 400-meter and sprint medley relays that placed fifth (41.16) and 11th (3:23.77), respectively, at Drake Relays... rejoined the track team after spring football practice ended on April 21.

2006 -- Football - redshirted at wide receiver.

Chaney, Jr.'s Collegiate Bests

Event	Time	Meet	Date
60 Meters (I)	6.89	at Iowa State Classic	2/10/07
100 Meters (O)	10.62	at Big Ten Championships	5/13/07
200 Meters (I)	21.45	at Last Chance Qualifier	3/3/07



Megan Clarke

Sprints
Junior
Toronto, Ontario
St. Basil the Great College
Southwestern Christian CC

Career Highlights -- ran on 1,600-meter relay that placed fifth at 2006 NJCAA Championships for Southwestern Christian College.

2007 -- Indoor - ran collegiate-best 60 meters (7.78) and season-best 200 meters (25.31) at Husker Invite... placed second in 60 (7.89) and 200 meters (26.10) at Hawkeye Invite... **Outdoor** - qualified for NCAA regional as part of 400-meter relay (45.21) at Drake Relays... that time ranks sixth in school history, 16th in the region and 46th in the nation... ran collegiate bests in 100 meters (12.33) at Auburn Tiger Classic and 200 meters (25.18) at Iowa Musco Twilight IX.

Clarke's Collegiate Bests

Event	Time	Meet	Date
60 Meters (I)	7.78	at Husker Invite	2/2/07
100 Meters (O)	12.37	at Missouri Relays	3/31/07
200 Meters (O)	25.18	Iowa Musco Twilight IX	4/21/07



A.J. Curtis

Throws
Sophomore
Brodhead, WI
Brodhead High School

Past Regional Results -- tied school record for most times qualified for the regional meet (4) with four other Iowa throwers... placed 16th in shot put (54-6) and 22nd in discus (151-8) in 2006.

2007 -- Indoor - threw season-best shot put (56-10 3/4) at Iowa Invite... placed 11th in shot (53-10 1/4) at Big Ten Championships and fourth (55-0 3/4) at Last Chance Qualifier... **Outdoor** - set school discus record (202-11) at Central College Invite... named men's Big Ten Field Event Athlete of the Week (April 10) for that performance... previous school record (202-4) was set in 1986 by Gary Kostrubala... Curtis was born February 7, 1987... Curtis and Kostrubala are the only two Hawkeyes in school history and are two of four throwers in Big Ten history to throw over 200 feet in that event... that mark qualified Curtis for NCAA regional in discus, leads the region, and ranks sixth in the nation... also qualified for regional in shot put (56-2) at Iowa Musco Twilight IX... that mark ranks 15th in the region and 84th in the nation... runner-up in discus (172-1) and placed 11th in shot put (54-2) at Big Ten Championships... placed eighth in shot put (55-8 1/4) and 20th in discus (159-3) at Drake Relays... won discus (168-8) at Central College Open.

Curtis' Collegiate Bests

Event	Distance	Meet	Date
Shot Put (O)	57-7 3/4 (17.57 m)	Big Ten Champ's	2/25/06
Discus (O)	202-11 (61.84 m)	at Central College Invite	4/6/07



Iowa's Regional Qualifiers



Lee Elbert
Sprints
Junior
Whittemore, IA
Bishop Garrigan High School
Iowa Central CC

Career Highlights -- NJCAA all-American, placing sixth in 60 meters at national meet... set school records in 60 (6.83), 100 (10.56), 200 (21.62) and 400 (48.60) meters at Iowa Central.

2007 -- Indoor - season-best times were 6.95 in 60 meters and 22.05 in 200 meters... won 60 meters (6.96) and placed second in 200 meters (22.48) at Hawkeye Invite... won 400 meters (50.34) at Iowa Invite... placed ninth in 200 meters (22.05) at Meyo Invite... placed sixth in 60 meters (6.95) at Gladstein Invite... **Outdoor** - qualified for NCAA regional as part of winning 400-meter relay (40.58) at Iowa Musco Twilight IX... that time ranks 19th in the region and 72nd in the nation... leads team in 100 (10.61) and 200 meters (21.83)... the 100-meter time ranks third in the Big Ten... runner-up in 100 meters (10.69) at Musco Twilight IX and placed ninth in 200 meters (21.83) at John Jacobs Invite... anchored fifth-place 400-meter relay (41.16) at Drake Relays... ran second leg on sixth-place 1,600-meter relay (3:08.97) at Big Ten Championships.

Elbert's Collegiate Bests

Event	Time	Meet	Date
60 Meters (I)	6.86	Big Ten Champ's	2/25/06
100 Meters (O)	10.61	Iowa Musco Twilight IX	4/21/07
200 Meters (I)	21.78	at Meyo Invite	2/4/06
400 Meters (I)	50.34	Iowa Invite	2/16/07



Becca Franklin
Throws
Senior
East Moline, IL
Riverdale High School

Past Regional Results -- two-time regional qualifier... placed 18th in hammer throw (167-5) in 2005.

Career Highlights - set school records in weight throw (58-3 1/4) and hammer throw (195-0).

2007 -- Indoor - set school weight throw record (58-3 1/4) with fifth-place finish at Big Ten Championships... broke her own school record in that event four times during the season... placed fourth in that

event (57-5 3/4) at Alex Wilson Invite... runner-up in weight throw at Carle Health Alliance Classic (56-8), Iowa Invite (55-2), Jack Johnson Classic (55-2) and Hawkeye Invite (53-6 1/3)... **Outdoor** - set school, meet and facility hammer throw record (195-0) at Iowa Musco Twilight IX... that mark qualified for NCAA regional, and ranks fifth in the region and 24th in the nation... posted regional qualifying marks each of the seven times she's thrown the hammer this season... broke her own school hammer throw record four times... placed fourth in that event at Big Ten Championships (190-7)... placed second in hammer (187-11) at Auburn Tiger Classic, third in at Missouri Relays (187-6), fourth at Aztec Classic (179-11) and John Jacobs Invite (178-2) and fifth (193-6) at Drake Relays.

Franklin's Collegiate Bests

Event	Distance	Meet	Date
Wt. Throw (I)	58-3 1/4 (17.67 m)	at Big Ten Champ's	2/25/07
Hammer (O)	195-0 (59.45 m)	Musco Twilight IX	4/21/07
Triple Jump (O)	36-10 1/2 (11.24 m)	Musco Twilight VI	5/1/04



Kara-Aretha Graham
Sprints
Freshman
London, United Kingdom
Forest Girls School

2007 -- Indoor - won 200 meters at Iowa Invite (26.12)... part of runner-up 1,600-meter relay at Iowa Invite (3:58.23)... ran 200 meters at the Frank Sevigne Husker Invite (25.68) and Big Ten meet (25.83)... **Outdoor** -

qualified for regional as part of 1,600-meter relay (3:39.36)... that time ranks third in school history, 13th in the region and 62nd in the nation... placed sixth in 200 meters at Musco Twilight IX (25.34) and seventh at John Jacobs Invite (25.05)... member of sixth-place 1,600-meter relay (3:39.36) and sprint medley relay (3:59.34) at Drake Relays.

High School -- member of the 2004 national champion team at English schools (Essex)... 2006 national relay champions at English schools (London)... set school records in 100 and 200 meters, and long jump... seven-time district champion... three-time team captain... best times were 12.52 in 100, 24.38 in 200, 40.22 in 300 and 58.27 in 400 meters... coached by Christine Bowemaker and Lloyd Cowan.

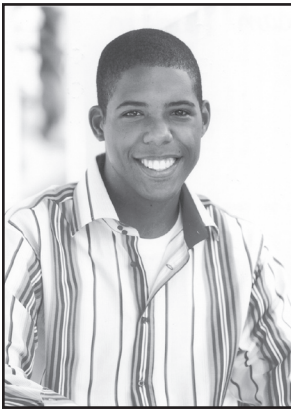
Personal -- daughter of Beverley and Carl Graham... psychology major.

Graham's Collegiate Bests

Event	Time	Meet	Date
200 Meters (O)	25.05	at John Jacobs Invite	4/14/07
400 Meters (O)	59.80	at Missouri Relays	3/31/07



Iowa's Regional Qualifiers



Adam Hairston

Distance
Freshman
Cedar Rapids, IA
Kennedy High School

2007 -- Indoor - led team in 800 meters (1:53.20)... placed eighth in 800 meters (1:53.22) at Big Ten Championships... ran collegiate-best mile (4:19.94) at Iowa Invite... ran third leg on team-leading distance

medley relay (10:24.54) at Gladstein Invite... **Outdoor** - qualified for NCAA regional in 800 meters with a collegiate-best 1:49.99 at Big Ten Championships... that time leads the team and ranks 15th in the region and 64th in the nation... placed ninth in 800 meters (1:51.76) at Big Ten meet... ran on fourth-place distance medley relay (9:54.07) and 11th-place sprint medley relay (3:23.77) at Drake Relays... placed sixth in 800 meters (1:50.93) at Iowa Musco Twilight IX and second in 1,500 meters (3:58.97) at LSU Relays.

Hairston's Collegiate Bests

Event	Time	Meet	Date
800 Meters (O)	1:49.99	Big Ten Championships	5/12/07
1,500 Meters (O)	3:58.97	at LSU Relays	3/24/07
Mile (I)	4:19.94	Iowa Invite	2/16/07



Adam Hamilton

Throws
Senior
Milford, NH
Milford High School

Past Regional Results -- runner-up in hammer throw (217-11) in 2006, earning all-region honors... placed 11th in that event (192-0) in 2004 and 10th (190-5) in 2003... tied school record for most times qualified for the regional

meet (4) with four other Iowa throwers.

Career Highlights -- all-American in hammer throw... 2006 Big Ten hammer throw champion.

2007 -- team captain... **Indoor** - provisionally qualified for NCAA Championships in weight throw with the collegiate-best 66-9 1/2 he threw at NCAA Last Chance Qualifier... that mark led team and ranks third on Iowa's all-time bests list... placed fifth in weight throw (61-10 1/2) at Big Ten Championships... won weight throw four times and

provisionally qualified five times during season... **Outdoor** - qualified for regional in hammer with a collegiate-best 222-2 (67.73 meters) at Drake Relays... named Big Ten Field Event Athlete of the Week (May 1) for that performance... that mark leads team and ranks second on Iowa's all-time bests list and in the region, and 10th in the nation... has posted regional qualifying marks in that event each of the six times he's thrown it this season... runner-up in hammer throw (206-4) at Big Ten Championships... won hammer at Iowa Musco Twilight IX (215-2) and at Central College Open (221-0)... won hammer and set meet record (199-4) at Central College Invite... placed third in hammer (207-7) at John Jacobs Invite and fourth (200-11) at Willie Williams Classic.

Hamilton's Collegiate Bests

Event	Distance	Meet	Date
Wt. Throw (I)	66-9 1/4 (20.35 m)	at Last Chance Qualifier	3/3/07
Shot Put (I)	50-0 3/4 (15.26 m)	at Panther Classic	2/1/03
Hammer (O)	222-2 (67.73 m)	at Drake Relays	4/28/07



John Hickey

Throws
Sophomore
Piermont, NY
Tappan Zee High School

Past Regional Results -- placed 14th in shot put (55-7) in 2006.

Career Highlights -- 2007 Big Ten shot put champion... won shot put (63-3 1/4) at 2006 USATF Junior National Championships... placed fourth in shot put (65-2) at 2006 IAAF World Junior

Championships in Beijing, China.

2007 -- Indoor - runner-up in shot put (60-2 1/2) at Big Ten Championships... that mark ranks fifth on Iowa's all-time bests list... won that event and provisionally qualified for NCAA Championships twice... **Outdoor** - Big Ten shot put champion (58-4 1/2)... qualified for NCAA regional in shot put with winning 60-1 1/4 at Iowa Musco Twilight IX... that mark leads the team and ranks second in the region, fifth in school history and 23rd in the nation... placed ninth in hammer throw (171-10) and sixth in javelin (150-11) at Musco Twilight IX... has posted regional qualifying marks in shot put each of the five times he's thrown this season... placed third in shot put (59-0) and fifth in hammer throw (168-9) at John Jacobs Invite... placed fifth in hammer (169-11) at Central College Invite... placed fifth in shot put (59-5 1/2) and 14th in hammer throw (145-1) at Willie Williams Classic... placed sixth in special invite shot put (58-1 3/4) at Drake Relays.



Iowa's Regional Qualifiers

Hickey's Collegiate Bests

Event	Distance	Meet	Date
Shot Put (O)	60-2 1/2 (18.35 m)	at Big Ten Champ's	2/24/07
Hammer (O)	171-10 (52.38 m)	at Central College Invite	4/6/07
Javelin (O)	150-11 (46.00 m)	Iowa Musco Twilight IX	4/21/07



Tiffany Johnson

Hurdles/Jumps/Sprints

Senior

Danville, IL

Danville High School

Past Regional Results -- set school record for most times qualified to regional meet (10) with teammate Peaches Roach... placed eighth in 100-meter hurdles (13.53) in 2006, earning all-region honor and setting then-school record of 13.24 in the

prelims... placed 14th in that event (13.95) in 2005... placed 10th in triple jump (37-3) and ran third leg on seventh-place 400-meter relay (46.44) in 2004.

Career Highlights -- set school records in 60-meter hurdles (8.33), 100-meter hurdles (13.20) and as part of indoor 1,600-meter relay (3:40.52)... first Hawkeye in school history to win consecutive Drake Relays titles, winning the 100-meter hurdles in 2006 and 2007.

2007 -- Indoor - NCAA provisional qualifier in 60-meter hurdles (8.35)... placed third in triple jump (41-3 3/4), fourth in 60-meter hurdles (8.35), 11th in long jump (19-0) and sixth as part of 1,600-meter relay (3:45.45) at Big Ten Championships... won long jump with collegiate-best 19-2 1/2, which ranks third on Iowa's all-time bests list... won 60-meter hurdles at Hawkeye Invite (8.55) and Jack Johnson Classic (8.50)... **Outdoor** -- qualified for NCAA regional in 100-meter hurdles (13.20), triple jump (41-8 3/4) and as part of 400-meter relay (45.21)... the hurdles mark leads the team and the region, and ranks 10th in the nation, while the triple jump mark ranks 17th in the region and 49th in the nation... the relay time ranks sixth in school history, 16th in the region and 46th in the nation... won second-straight Drake Relays 100-meter hurdles with a school-record setting 13.20 in the finals... only Hawkeye in women's school history to win back-to-back Drake individual titles... ran lead leg on 400-meter relay that placed fourth (45.21) at Drake... placed third in triple jump with a collegiate-best 41-8 3/4, sixth in 100-meter hurdles (13.74) and ran third leg on third-place 1,600-meter relay (3:39.64) at Big Ten Championships... won 100-meter hurdles (13.65) and ran lead leg on winning 400-meter relay (46.23) at Iowa Musco Twilight IX... runner-up in 100-meter hurdles (13.66) at Missouri Relays... placed second in triple jump (41-2 1/4) and fourth in 100-meter hurdles (13.77) at Auburn Tiger Classic... won 100-meter hurdles (13.82) at Aztec Classic.

Johnson's Collegiate Bests

Event	Mark	Meet	Date
60 Meters (I)	7.78	at C/H Alliance Invite	1/27/07
60 Hurdles (I)	8.33	at Iowa State Classic	2/11/06
100 Hurdles (O)	13.20	at Drake Relays	4/28/07
200 Meters (I)	25:36	Hawkeye Open	1/14/06
400 Hurdles (O)	1:06.14	Musco Twilight VI	5/1/04
Triple Jump (O)	41-8 3/4 (12.72 m)	at Big Ten Champ's	5/13/07
Long Jump (I)	19-2 1/2 (5.85 m)	Iowa Invitational	2/16/07



Aditya Jones

Hurdles/Sprints

Senior

Fairfield, IA

Maharishi School of the Age of Enlightenment

2007 -- Indoor - ran collegiate-best 600 meters (1:39.60) at Hawkeye Invite... runner-up in 200 meters (26.69) at Iowa Invite... **Outdoor** -- qualified for regional as part of 1,600-meter relay (3:39.36)... that time ranks third in school history, 13th in the region and 62nd in the nation... ran third leg on 1,600-meter relay that placed sixth at Drake Relays, running a season-best 3:39.36 in the prelims... leads team in 400-meter hurdles (1:01.65)... ran lead leg on 1,600-meter relay that placed third (3:39.64) at Big Ten Championships... that time ranks fourth in school history... won 400-meter hurdles (1:02.61) at Iowa Musco Twilight IX... placed fifth in 400-meter hurdles with a collegiate-best 1:01.80 at John Jacobs Invite... that time ranks ninth on Iowa's all-time bests list.

Jones' Collegiate Bests

Event	Mark	Meet	Date
200 Meters (O)	26.47	Musco Twilight VII	4/23/05
400 Meters (O)	57.77	at Missouri Relays	3/31/07
400 Hurdles (O)	1:01.65	at Big Ten Championships	5/12/07
600 Yards (I)	1:28.43	at Iowa State Classic	2/11/06
600 Meters (I)	1:39.60	at Hawkeye Invite	1/13/07



2007 Iowa University of Iowa Track & Field



Iowa's Regional Qualifiers



Ryan Jordan
Throws
Junior
Antioch, IL
Antioch High School

2007 -- Indoor - placed 12th in weight throw with a collegiate-best 58-4 3/4 at Big Ten Championships... that mark ranks seventh in school history... runner-up in weight throw at Iowa Invite (58-0 1/2) and Hawkeye Invite (55-8 1/4)...

Outdoor - qualified for NCAA regional in hammer throw with a collegiate-best 184-6 for ninth place at Big Ten Championships... that mark ranks seventh in school history, 25th in the region and 127th in the nation... placed third in hammer at Central College Open (182-9), fifth at Iowa Musco Twilight IX (180-7) and 26th at Drake Relays (179-7).

Jordan's Collegiate Bests

Event	Distance	Meet	Date
Wt. Throw (I)	58-4 3/4 (17.80 m)	at Big Ten Champ's	2/24/07
Hammer (O)	184-6 (56.23 m)	at Big Ten Champ's	5/13/07



Kale Katt
Throws
Junior
Scott City, KS
Scott High School

2007 -- Indoor - placed fourth in weight throw (51-7 1/4) at Iowa Invite and fifth (51-2 1/4) at Hawkeye Invite... **Outdoor** - qualified for NCAA regional in javelin with a collegiate-best and winning throw of 204-0 at Iowa Musco Twilight IX... that mark leads the team, and ranks third on

Iowa's all-time bests list, 19th in the region and 88th in the nation... placed ninth in javelin (191-11) and 19th in hammer throw (166-8) at Big Ten Championships... placed fourth in hammer throw with a collegiate-best 181-0 at Iowa Musco Twilight IX... won javelin (197-3) at Lee Calhoun Memorial... won javelin (196-4) and placed eighth in hammer (174-5) at Willie Williams Classic... runner-up in hammer throw (178-0) at Central College Invite... placed 10th in javelin (189-6) at Drake Relays.

Katt's Collegiate Bests

Event	Distance	Meet	Date
Hammer (O)	181-0 (55.18 m)	Iowa Musco Twilight IX	4/21/07
Javelin (O)	204-0 (62.17 m)	Iowa Musco Twilight IX	4/21/07
Wt. Throw (I)	51-7 1/4 (15.73 m)	Iowa Invite	2/16/07



Tammilee Kerr
Multi-Events/Javelin
Junior
Portmore, St. Catherine
Wolmer's Girl's High School

2007 -- Indoor - led team in pentathlon with a collegiate-best 3,553 points... that total ranks third in school history... placed ninth in pentathlon (3,553 points) at Big Ten Championships... runner-up in 60-meter hurdles (9.06) and long jump

(17-8 3/4) at Hawkeye Invite... **Outdoor** - qualified for NCAA regional in javelin throwing a collegiate-best 157-0 as part of Big Ten heptathlon... that mark ranks second in school history, 20th in the region and 32nd in the nation... NCAA provisional qualifier in heptathlon, placing fourth with a school-record 5,332 points at Big Ten Championships... that point total ranks 24th in the nation... also placed eighth in javelin (139-5) at Big Ten meet.

Kerr's Collegiate Bests

Event	Mark	Meet	Date
60 Hurdles (I)	8.75	Iowa Open	1/15/05
100 Hurdles (O)	14.21	Musco Twilight IX	4/21/07
200 Meters (O)	25.49	at Drake Relays	4/25/07
400 Hurdles (O)	1:04.64	at Shamrock Invite	3/18/06
800 Meters (O)	2:27.66	Big Ten Champ's	5/12/07
Long Jump (I)	18-1 3/4 (5.53 m)	Iowa Open	1/15/05
High Jump (I)	5-4 1/2 (1.64 m)	at Big Ten Champ's	2/25/07
Shot Put (O)	37-6 (11.43 m)	at Big Ten Champ's	5/13/05
Javelin (O)	157-0 (47.85 m)	at Big Ten Champ's	5/12/07
Pentathlon (I)	3,553 points	at Big Ten Champ's	2/24/07
Heptathlon (O)	5,332 points	at Big Ten Champ's	5/12/07



Iowa's Regional Qualifiers



Shane Maier
Throws
Junior
Storm Lake, IA
Storm Lake High School

Past Regional Results -- placed fifth in shot put (61-0 1/4) and 21st in discus (159-1) in 2005, earning all-region honors... placed 15th in shot put (54-2) in 2004... tied school record for most times qualified for the regional meet (4) with four other Iowa throwers.

Career -- 2007 Big Ten indoor shot put champion (60-11 1/4).
2007 -- team captain... **Indoor** - Big Ten shot put champion (60-11 1/4)... provisionally qualified for NCAA Championships in shot put three times... won shot put at Hawkeye Invite (59-5 1/2) and Gladstein Invite (58-8 1/2)... shot put runner-up at Iowa Invite (57-9 3/4), Last Chance Qualifier (57-8 1/2) and Jack Johnson Classic (56-2 1/2)...
Outdoor - qualified for NCAA regional in shot put (57-6 1/2) at Iowa Musco Twilight IX... that mark ranks seventh in the region, and 47th in the nation... placed fourth in shot put (57-3 3/4) and 21st in discus (137-3) at Big Ten Championships... runner-up in shot put (55-0 1/4) at Lee Calhoun Memorial... placed 11th in shot (54-10) and 22nd in discus (153-10) at Drake Relays.

Maier's Collegiate Bests

Event	Distance	Meet	Date
Discus (O)	171-2 (52.17 m)	Musco Twilight VIII	4/22/06
Shot Put (O)	62-2 1/4 (18.95 m)	at Big Ten Champ's	5/14/06



Racheal Marchand
Distance
Junior
Valparaiso, IN
Valparaiso High School

Past Regional Results -- placed seventh in 5,000 meters (17:17.01) in 2006, earning all-region honors.

Career -- cross country all-American.

2007 -- **Indoor** - placed 11th in 5,000 meters at Big Ten Championships (17:04.29) and 13th at Cyclone Classic (17:19.60)... placed 31st in 3,000 meters (10:13.79) at Meyo Invite... **Outdoor** - qualified for NCAA regional in 5,000 meters (16:35.04) at Drake Relays... that collegiate-best time ranks sixth in school history, 12th in the region and 54th in the nation... NCAA provisional qualifier in 10,000 meters with

collegiate-best 34:50.37 for third place at Big Ten Championships... that time ranks sixth in school history and 39th in the nation... placed third in 3,000 meters (9:45.50) at Iowa Musco Twilight IX, which ranks 10th in school history.

2006 -- **Cross Country** - all-American, placing 30th (21:18) at NCAA Championships... placed ninth at NCAA Midwest Regional (21:07), earning all-region honors... placed 12th at Big Ten Championships (21.05), earning second team all-Big Ten honors... ran collegiate bests at Hawkeye Open (10:29-3,000 meters), Auburn Invite (17:02-5,000 meters) and NCAA Pre-Nationals (20:53-6,000 meters)... those times rank sixth, ninth and third, respectively, in school history... letterwinner.

Marchand's Collegiate Bests

Event	Time	Meet	Date
1,500 Meters (O)	4:39.69	at Aztec Track Classic	3/17/07
Mile (I)	5:12.16	at Husker Invitational	2/4/06
3,000 Meters (O)	9:45.50	Iowa Musco Twilight IX	4/21/07
4,000 Meters (CC)	14:48	Hawkeye Triangular	9/10/04
5,000 Meters (O)	16:35.04	at Drake Relays	4/26/07
5,000 Meters (CC)	18:11	at Willamette Invite	10/1/05
6,000 Meters (CC)	21:38	NCAA Regionals	11/12/05
10,000 Meters (O)	34:51.68	at Big Ten Championships	5/12/06



Max Milder
Sprints
Junior
Council Bluffs, IA
Lincoln High School

2007 -- **Indoor** - ran on team-leading 1,600-meter relay (3:12.62) at ISU Classic... ran season-best 60 meters (6.95) at Jack Johnson Classic and 200 meters (21.89) at ISU Classic...

Outdoor - qualified for NCAA regional as part of winning 400-meter relay (40.58) at Iowa Musco Twilight IX... that time ranks 19th in the region and 72nd in the nation... placed fifth in 100 meters (10.88) at Musco Twilight IX and 10th in 200 meters (21.89) at John Jacobs Invite... ran lead legs on 400-meter and sprint medley relays that placed fifth (41.16) and 11th (3:23.77), respectively, at Drake Relays... won 200 meters (22.10) and placed fifth in 100 meters (10.98) at Central College Open.

Milder's Collegiate Bests

Event	Time	Meet	Date
60 Meters (I)	6.93	Big Ten Champ's	2/25/06
100 Meters (O)	10.81	Iowa Musco Twilight VIII	4/22/06
200 Meters (O)	21.80	at Big Ten Champ's	5/14/06
400 Meters (O)	49.41	at Springtime Invite	4/1/06



Iowa's Regional Qualifiers



Monica Mims
Middle Distance
Senior
Iowa City, IA
City High School

2007 -- Indoor - ran collegiate-best 600 meters (1:35.54) at Big Ten Championships... won that event at Iowa Invite (1:38.05) and placed third (1:38.99) at Hawkeye Invite... **Outdoor**

- qualified for regional as part of 1,600-meter relay (3:39.36)... that time ranks third in school history, 13th in the region and 62nd in the nation... anchored 1,600-meter relay that placed sixth at Drake Relays, running a season-best 3:39.36 in the prelims... anchored third-place 1,600-meter relay (3:39.64) at Big Ten Championships... that time ranks fourth in school history... ran collegiate-best 400 meters (57.98) at Iowa Musco Twilight IX.

Mims' Collegiate Bests

Event	Time	Meet	Date
400 Meters (O)	57.98	Musco Twilight IX	4/21/07
600 Yards (I)	1:27.53	at Iowa State Classic	2/11/06
600 Meters (I)	1:35.54	at Big Ten Championships	2/24/07
800 Meters (O)	2:18.04	Iowa Musco Twilight VIII	4/22/06



Andy Napier
Distance
Sophomore
Antioch, IL
Antioch High School

2007 -- Indoor - led team in 3,000 meters (8:23.75)... placed 12th in that event at Big Ten Championships (8:27.54)... ran collegiate-best mile (4:19.69) at Iowa Invite and 5,000 meters (14:40.48) at Cyclone Classic...

Outdoor - qualified for regional in 3,000-meter steeplechase... placed fifth in that event with a collegiate-best 9:06.65 at Big Ten Championships... that time leads the team and ranks eighth in school history, 14th in the region and 107th in the nation... won steeplechase at Central Open (9:19.11) and Iowa Musco Twilight IX (9:22.79).

2006 -- Cross Country - led team at Hawkeye Open, placing fifth in 18:50, and in 6,000 meters (18:50)... that time ranks eighth on Iowa's all-time best performers list... placed 58th at Big Ten Championships (26:07) and NCAA Midwest Regional (32:38)... ran season-best 8,000

meters at NCAA Pre-Nationals (25:32)... placed 109th (26:23) at Roy Griak Invite and 242nd (35:01) at NCAA Championships... academic all-Big Ten... letterwinner.

Napier's Collegiate Bests

Event	Time	Meet	Date
Mile (I)	4:19.69	Iowa Invite	2/16/07
3,000 Meters (I)	8:23.75	at Gladstein Invite	1/26/07
3,000 Steeplechase (O)	9:06.65	Big Ten Championships	5/12/07
Two Miles (I)	9:11.88	Hawkeye Open	1/14/06
5,000 Meters (I)	14:40.48	at Iowa State Classic	2/9/07
8,000 Meters (CC)	25:20	at Pre-Nationals	10/15/05
10,000 Meters (CC)	31:25	at NCAA Champ's	11/21/05



Diane Nukuri
Distance
Junior
Pickering, Ontario
St. Charles Garnier HS
Butler County CC

Career Highlights -- cross country all-American in 2006, placing eighth (21:05) at NCAA Championships... 2006 NCAA Midwest Regional Cross Country Champion... set school 3,000

(9:47), 5,000 (16:10) and 6,000-meter (20:34) records... set Ashton Cross Country Course 3,000-meter record (9:47) at Hawkeye Open... nine-time NJCAA national champion, winning two titles each in half marathon, mile, 3,000 meters and 5,000 meters, and one title in cross country for Butler Community College (2004-06)... 17-time NJCAA all-American... two-time NJCAA Indoor Athlete of the Meet... set NJCAA meet records in half marathon and indoor 5,000 meters... set NJCAA all-time records in half marathon, indoor 3,000 meters and indoor 5,000 meters... 11-time Region VI champion, going undefeated at that meet two straight years... three-time Region VI Athlete of the Meet... set regional records in cross country, mile, 1,500 meters, 3,000 meters and 5,000 meters.

2007 -- Indoor - runner-up in 3,000 (9:32.75) and 5,000 meters (16:24.60) at Big Ten Championships... provisionally qualified for NCAA Championships in both events... her best 3,000-meter time of 9:28.41 ranks fifth and 5,000-meter time of 16:24.60 ranks sixth on Iowa's all-time bests list... placed second in mile at Last Chance Qualifier with a collegiate-best 4:46.25, which ranks fifth in school history... won 5,000-meters (16:24.60) at Iowa State Classic... **Outdoor** - qualified for NCAA regional in 1,500 (4:20.95) in 5,000 meters (16:15.28)... NCAA provisional qualifier in 10,000 meters (33:31.69)... the 10,000-meter time leads the team, ranks second in school history, and 14th in



Iowa's Regional Qualifiers

the nation... won 5,000 meters at Drake Relays with a collegiate-best 16:15.28... that time leads the team, ranks second in school history, seventh in the region and 22nd in the nation.... won 1,500 meters (4:20.95) at Aztec Classic... that time leads team and ranks third in school history, ninth in the region and 31st in the nation... Big Ten runner-up in 5,000 meters (16:26.08)... placed fourth in 10,000 meters (34:52.46) at Big Ten meet... set meet record and ran collegiate best 3,000 meters (9:23.90) at Iowa Musco Twilight IX... ran lead leg on 3,200-meter relay that placed ninth (9:05.13) at Drake Relays.

2006 – Cross Country - all-American placing eighth (21:05) at NCAA Championships... NCAA Midwest Regional Champion, winning the 6,000-meter race in a school record-setting 20:34... also won Hawkeye Open (9:47-3,000 meters) and Auburn Invite (16:10-5,000 meters) with school record-setting times... named Big Ten Women's Cross Country Runner of the Week (Oct. 3) for her performance at Auburn... set Ashton Cross Country Course 3,000-meter record (9:47) at Hawkeye Open... placed 16th at Big Ten Championships (21:16) and 63rd at NCAA pre-nationals (21:17)... letterwinner.

Nukuri's Collegiate Bests

Event	Mark	Meet	Date
1,500 Meters (O)	4:20.95	at Aztec Track Classic	3/17/07
Mile (I)	4:46.25	at NCAA Qualifier	3/3/07
3,000 Meters (O)	9:23.90	Musco Twilight IX	4/21/07
5,000 Meters (O)	16:15.28	at Drake Relays	4/26/07
10,000 Meters (O)	33:31.69	at Stanford Invite	3/31/07



Aaron Reed
Jumps/Sprints
Junior
Carpentersville, IL
Barrington High School

2007 -- Indoor - led team in long jump (23-1 3/4)... placed ninth in long jump (22-6 1/4) at Big Ten Championships... won long jump (22-7 1/4) at Iowa Invite and placed second at Hawkeye Invite (22-6 1/2) and Jack Johnson Classic (22-9 1/4)... **Outdoor** - qualified for

NCAA regional as part of winning 400-meter relay (40.58) at Iowa Musco Twilight IX... that time ranks 19th in the region and 72nd in the nation... also won long jump with collegiate-best 23-8 at Musco Twilight IX... placed third in long jump (22-11 1/4) at LSU Relays... placed 11th in long jump (22-8) at Big Ten Championships.. ran third leg on 400-meter relay that placed fifth (41.16) at Drake Relays.

Reed's Collegiate Bests

Event	Mark	Meet	Date
60 meters (I)	7.07	at Jack Johnson Classic	1/20/07
Long Jump (I)	23-8 (7.21 m)	Iowa Open	2/17/06
Long Jump (O)	23-8 (7.21 m)	Musco Twilight IX	4/21/07
Triple Jump (I)	45-5 1/4 (14.72 m)	at Meyo Invite	2/4/06



Prince Riley
Sprints
Sophomore
Oak Brook Terrace, IL
Neuqua Valley High School

2007 -- Indoor - placed seventh in 400 meters (48.01) at Big Ten Championships... anchored team-leading 1,600-meter relay (3:12.18)... ran collegiate-best 600 meters (1:19.82) at Gladstein Invite... that time

ranks ninth in school history... **Outdoor** - qualified for NCAA regional in 400 meters with the collegiate-best 46.61 he ran for fourth place at the Big Ten Championships... that time leads the team and ranks seventh in school history, 14th in the region and 43rd in the nation... anchored sixth-place 1,600-meter relay (3:08.97) at Big Ten Championships... placed fifth in 400 meters (47.55) at Iowa Musco Twilight IX.

Riley's Collegiate Bests

Event	Time	Meet	Date
200 Meters (I)	22.29	at Iowa State Classic	2/9/07
400 Meters (O)	46.61	at Big Ten Champ's	5/13/07
600 Meters (I)	1:19.82	at Gladstein Invite	1/27/07



Iowa's Regional Qualifiers



Peaches Roach
Jumps/Sprints
Senior
Kingston, Jamaica
Alpha Academy

Past Regional Results -- placed second in high jump in 2005 (5-11 1/4), third in 2006 (6-0 1/2) and fifth in 2004 (5-10 1/2)... three-time all-region honoree... holds school record for most times qualified to regional meet (10) with teammate Tiffany Johnson.

Career Highlights - three-time all-American... five-time Big Ten high jump champion... only Hawkeye in school history to win five conference titles in one event... 2004 Big Ten Outdoor Freshman of the Year... set school indoor (6-0 3/4) and outdoor (6-1 1/4) high jump records.

2007 -- Indoor - won fourth Big Ten high jump title... placed ninth in 200 meters (24.62) at Big Ten Championships... provisionally qualified for NCAA Championships and tied the Iowa Recreation Building record in the high jump (6-0) at the Iowa Invitational... named co-Big Ten Field Athlete of the Week (Feb. 24) for her record-setting performance... led team in high jump (6-0) and 60 meters (7.56)... placed 11th in high jump (5-10 3/4) at NCAA Championships... ran collegiate-best 200 meters (24.09) at Cyclone Invite, which ranks sixth on Iowa's all-time bests list... also won high jump at Jack Johnson Classic (5-10), Carle/Health Alliance Invite (5-10) and Frank Seigne Husker Invite (5-10)... **Outdoor** - won fifth Big Ten high jump title (6-0)... qualified for NCAA regional in high jump (6-0 3/4), 100 meters (11.71) and as part of 400-meter relay (45.21)... placed sixth in special invitation high jump (6-0 3/4) at Drake Relays... that mark leads team and ranks third in the region and sixth in the nation... part of fourth-place 400-meter relay (45.21) at Drake Relays... that time ranks sixth in school history, 16th in the region and 46th in the nation... placed fourth in 100 meters (11.77) at Big Ten meet... placed second in 100 meters (11.71) at Missouri Relays, running a team-leading and wind-aided 11.64 in the prelims... her qualifying 100-meter time ranks 23rd in the region and 84th in the nation... won high jump at Auburn Tiger Classic (5-8 3/4) and Iowa Musco Twilight IX (5-10 3/4).

Roach's Collegiate Bests

Event	Mark	Meet	Date
60 Meters (I)	7.45	at Big Ten Champ's	2/26/05
100 Meters (O)	11.60	at Big Ten Champ's	5/14/05
200 Meters (O)	24.01	at Big Ten Champ's	5/13/06
High Jump (O)	6-1 1/4 (1.86 m)	at NCAA Champ's	6/9/06



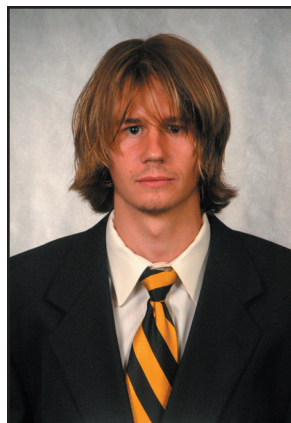
Rhonda-Kaye Trusty
Sprints
Freshman
Brampton, Ontario
St. Marguerite D'youville

2007 -- Indoor - won 60 meters with a collegiate-best 7.63 at Iowa Invite... that time ranks sixth on Iowa's all-time best performers list... ran season-best 200 meters (24.94) at Iowa State Classic...

Outdoor - qualified for NCAA regional as part of 400-meter relay (45.21) at Drake Relays... that time ranks sixth in school history, 16th in the region and 46th in the nation... ran collegiate bests in 100 meters (12.04) at Auburn Tiger Classic and 200 meters (24.23) at Aztec Classic.

Trusty's Collegiate Bests

Event	Mark	Meet	Date
60 Meters (I)	7.63	Iowa Invitational	2/16/07
100 Meters (O)	12.04	at Auburn Tiger Classic	4/7/07
200 Meters (O)	24.23	at Aztec Classic	3/17/07



Micah VanDenend
Distance
Senior
Glen Ellyn, IL
Glenbard South High School

Past Regional Results -- placed ninth in 5,000 meters (14:41.78) in 2006.

Career Highlights - 2007 Big Ten 10,000-meter champion... 2006 NCAA Midwest Region Cross Country champion... two-time cross country all-region honoree... set school 3,000

(8:00.81) and 5,000-meter (13:56.46) records indoors, and school 5,000-meter (13:49.31) record outdoors... also ran on school-record setting 6,400-meter relay (16:55.43).

2007 -- team captain... Indoor - NCAA provisional qualifier in 5,000 meters... set school and meet 5,000-meter record with winning 13:56.46 at Last Chance Qualifier... first Hawkeye to break 14:00.00 in that event... runner-up in 5,000 meters (14:09.35) at Big Ten Championships... **Outdoor** - Big Ten 10,000 meter champion (30:28.50), running that event for the first time in his career... qualified for NCAA regional in 5,000 meters with a school-record setting 13:49.31 at Stanford Invite... that time ranks fifth in the region and 15th in the nation... first Hawkeye to break 13:50.00 in that event... named



Iowa's Regional Qualifiers

co-Men's Big Ten Runner of the Week (April 3) for that performance... placed third in 5,000 meters (14:11.59) at Big Ten meet... runner-up in 1,500 meters with collegiate-best 3:50.20 at Iowa Musco Twilight IX... that mark ranks eighth in school history.

2006 -- Cross Country - won NCAA Midwest Regional with a season-best 30:40 (10,000 meters), earning all-region honors... placed third at Big Ten Championships (24:20), earning first team all-Big Ten honors... set school 8,000-meter record with a collegiate-best 23:39 at NCAA Pre-Nationals, placing sixth... also led team in 10,000 meters (30:40)... placed 40th (25:43) at Roy Griak Invite and 82nd (32:23) at NCAA Championships... team co-captain... earned Deacon Jones Outstanding Cross Country runner team award... letterwinner.

VanDenend's Collegiate Bests

Event	Time	Meet	Date
1,500 Meters (O)	3:50.20	Iowa Musco Twilight IX	4/21/07
Mile (I)	4:07.54	at Meyo Invite	2/3/07
3,000 Meters (I)	8:00.81	at Alex Wilson Invite	3/4/06
5,000 Meters (O)	13:49.31	at Stanford Invite	3/31/07
6,000 Meters (CC)	19:02	Hawkeye Invite	9/3/04
Five Miles (CC)	25:09.10	at M. Keatinge Invite	10/2/04
8,000 Meters (CC)	24:33	at M. Keatinge Invite	10/1/05
10,000 Meters (O)	30:28.50	at Big Ten Champ's	5/11/07
10,000 Meters (CC)	30:26.17	at NCAA Regional	11/16/02



Ray Varner
Hurdles
Freshman
Wadsworth, IL
Warren Township High School

2007 -- Indoor - placed ninth in 400 meters (48.14) at Big Ten Championships... season-best times were 8.73 in 60-meter hurdles, 22.26 in 200 meters and 1:22.24 in 600 meters... **Outdoor** - qualified for

NCAA regional in 400-meter hurdles with a collegiate-best 50.99 at for sixth place at the Big Ten Championships... that time leads the team and ranks fifth in the region, seventh in school history and 18th in the nation... placed second in 400-meter hurdles at LSU Relays (52.73) and Iowa Musco Twilight IX (51.63)... placed fifth in that event at John Jacobs Invite (52.67) and seventh at Drake Relays (51.46)... ran third leg on 1,600-meter relay that placed sixth (3:08.97) at Big Ten Championships.

Varner's Collegiate Bests

Event	Time	Meet	Date
60 Hurdles (I)	8.73	Hawkeye Invite	1/13/07
200 Meters (I)	22.26	at Iowa State Classic	2/9/07
400 Meters (I)	48.14	at Big Ten Champ's	2/24/07
400 Hurdles (O)	50.99	at Big Ten Champ's	5/13/07
600 Meters (I)	1:22.24	Iowa Invite	2/16/07



Renee White
Jumps/Sprints
Sophomore
Portmore St. Catherine
Wolmer's Girls High School

Past Regional Results -- placed 194th in long jump (19-2 3/4) in 2006.

Career Highlights - set school indoor and outdoor triple jump records (41-5 3/4, 42-1 1/2).

2007 -- Indoor - set school triple jump record (41-5 3/4) at Iowa State

Classic... placed seventh in triple jump (40-10 1/2) and eighth in long jump (19-2 1/2) at Big Ten Championships... won triple jump (40-0 3/4) at Carle/Health Alliance Classic... won long jump (18-0 1/2) and 60 meters (7.88) at Hawkeye Invite... **Outdoor** - qualified for regional in triple jump with winning and school-record setting 42-1 1/2 for second place at Big Ten Championships... that mark ranks 13th in the region and 40th in the nation... first Hawkeye in school history to jump over 42 feet in that event... won triple jump at Auburn Tiger Classic, setting then-school record 41-3 3/4... placed sixth in triple jump (41-2 1/2) at Drake Relays... won triple jump (40-7 3/4) and placed third in long jump (19-1 1/4) at Missouri Relays... won triple jump (40-3 1/4) and ran on winning 400-meter relay (46.23) at Iowa Musco Twilight IX... placed second in long jump at Aztec Classic (18-8 1/2) and fourth at John Jacobs Invite (18-9).

White's Collegiate Bests

Event	Mark	Meet	Date
60 Meters (I)	7.83	at J. Johnson Classic	1/20/07
100 Meters (O)	12.34	at Missouri Relays	3/31/07
200 Meters (O)	25.31	at Aztec Classic	3/16/07
Long Jump (O)	19-9 3/4 (6.04 m)	at Springtime Invite	4/1/06
Triple Jump (O)	42-1 1/2 (12.84 m)	at Big Ten's	5/13/07

