

UNIVERSITY OF IOWA TRACK & FIELD



2004 DRAKE RELAYS
JIM DUNCAN TRACK AT DRAKE STADIUM
APRIL 22-24, 2004 -- DES MOINES, IA

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



MEN'S CONTACT: TRACI WAGNER, WOMEN'S CONTACT: AARON BLAU

APRIL 19, 2004

2004 MEN'S OUTDOOR SCHEDULE

M 26-27	at Stanford Invitational	0 champs
A 2-3	at Missouri Relays	2 champs
A 9-10	at Sea Ray Relays	0 champs
A 10	at Jim Duncan Invite	4 champs
A 17	at UNI Twilight	3 champs
A 22-24 at Drake Relays		
<i>(Des Moines, IA)</i>		
M 1	Musco Twilight VI	3 p.m.
<i>(Iowa City, IA)</i>		
M 14-16	at Big Ten Championships	
<i>(West Lafayette, IN)</i>		
M 28-29	at NCAA Mid-West Regional	
<i>(College Station, TX)</i>		
J 9-12	at NCAA Championships	
<i>(Austin, TX)</i>		

2004 MEN'S OUTDOOR SEASON BESTS

Running Events

100 Meters ... Zach Digney	10.62
200 Meters ... Zach Digney	21.29
400 Meters ... Jason Nolting	49.98
800 Meters ... Rob Long	1:54.55
1,500 Meters Tony Rakaric	3:56.73
3,000 Meters Adam Roche	8:46.46
5,000 Meters Matt Esche	^14:15.73
110 Hurdles .. Russell Peterson	14.85
400 Hurdles .. Russell Peterson	^52.36
3,000 M SC .. Dan Trainor	9:50.76

Relays

400-Meter Relay	41.36
<i>(Isaacs, Digney, Beach, Peterson)</i>	
1,600-Meter Relay	3:12.78
<i>(Digney, Nolting, Peterson, Leick)</i>	
3,200-Meter Relay	8:03.10
<i>(Dziubski, Lloyd, Long, Tweedy)</i>	

Field Events

Discus	Brad Daufeldt	^176-6
Hammer	Adam Hamilton	^202-9
Javelin	Joel Storm	^203-5
Shot Put	Ken Kemeny	^59-11

^ -- NCAA Mid-West Regional Qualifier

THIS WEEK -- The Hawkeye men's and women's teams will compete at the 95th annual Drake Relays Thursday thru Saturday in Des Moines, IA. Events will be held on Jim Duncan Track at Drake Stadium. The meet will be aiming for its 39th consecutive sellout in the 18,000 seat Drake Stadium, which would be the longest streak in U.S. track history. Tickets are available at 515/271-3647 at the following prices:

Competition Day	Ticket Price	Ticket Type
Thursday	\$5	General Admission
Friday	\$30	Adult Reserved
	\$14	Child Reserved (Ages 14 and under)
Saturday	\$30	Reserved

2003 DRAKE RELAYS REVIEW -- The men's and women's team crowned three champions at the 94th annual Drake Relays. Hawkeye junior **Aisha James** wowed a capacity crowd with her win in the long jump, while javelin throwers and British Columbia natives **Alana Redfern** and **Bill Neumann** won titles for the Hawkeyes.

James, a native of Trinidad, posted the best mark in the world at the time in the long jump with her winning leap of 22-3. The mark also set meet and stadium records at Drake, the Trinidad country record and bested the her Iowa school record of 20-9 3/4. **Redfern**, a sophomore from Duncan, British Columbia, threw a season-best mark of 157-9 to win the javelin. **Neumann**, a junior from Comox, British Columbia, threw a season-best 238-11 to win the event.

James' and **Redfern's** titles were the first recorded by the Iowa women's team in any field event in the 94-year history of the Drake Relays. They became the fifth and sixth Hawkeye individual women's event winners at Drake in school history. It was not the first time the Hawkeye women's team crowned multiple champions at Drake. In 1998, Iowa crowned three event champions when senior **Wynsome Cole** won the 400-meter hurdles (57.44), junior **Paula Ruen** won the 100-meter hurdles (13.96) and the shuttle hurdle relay team of **Cole**, sophomore **Colleen Prendergast**, junior **Ruqayya Raheem** and **Ruen** won their race in 56.54.

Neumann became the Hawkeye men's 25th individual event champion at Drake, and Iowa's third javelin champion. Former Hawkeyes **Paul Fegerlind** (1945) and **L.D. Weldon** (1930) were previous javelin winners. Former Hawkeye **Stetson Steele** was Iowa's last event champion at Drake before

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2004 WOMEN'S INDOOR SCHEDULE

M 19-20	at Texas Southern Relays	3 champs
M 27	at Texas-Arlington Invite	1 champ
A 10	at Tom Botts Invite	4 champs
A 15-18	at Mt. SAC Relays	1 champ
A 17	at UNI Twilight	0 champs
A 22-24 at Drake Relays (Des Moines, IA)		
M 1	Musco Twilight VI (Iowa City, IA)	3 p.m.
M 14-16	at Big Ten Championships (West Lafayette, IN)	
M 28-29	at NCAA Mid-West Regional (College Station, TX)	
J 9-12	at NCAA Championships (Austin, TX)	

2004 WOMEN'S INDOOR SEASON BESTS

100 Meters Peaches Roach 11.80
200 Meters Shellene Williams ^23.61
400 Meters Shellene Williams ^53.61
800 Meters Michelle Lahann 2:10.30
1,500 Meters	.. Michelle Lahann 4:30.18
3,000 Meters	.. Georgia Millward	.. 10:33.12
5,000 Meters	.. Georgia Millward	.. 17:47.2h
10,000 Meters	.. Nikki Chapple *35:06.35
100 Hurdles Tiff Pedersen 14.50
3,000 SC Sarah Arens ^10:38.31
400-Meter Relay	46.49
<i>(Herrmann, Johnson, Pedersen, Raymond)</i>		
800-Meter Relay	1:37.66
<i>(Herrmann, McCalla, Raymond, Roach)</i>		
3,200-Meter Relay	9:07.62
<i>(Barber, Laney, Sokol, Stanley)</i>		
Sprint Medley Relay	4:13.42
<i>(Hume, McCalla, Raymond, Williams)</i>		
High Jump Peaches Roach ^5-10 1/4
Long Jump Tiff Pedersen 18-5 1/4
Triple Jump Becca Franklin 36-2 1/4
Pole Vault Jessie Strand 11-9 3/4
Shot Put Tiff Pedersen 32-5 3/4
Hammer Erin O'Hearn 130-8

^ -- regional qualifier, * -- provisional qualifier

Neumann, winning the 5,000 meters with a personal-best 14:02.76 in 2000.

NCAA REGIONAL QUALIFIERS -- The Hawkeyes have qualified 12 individuals to the NCAA Mid-West Regional Championships, which will be held May 28-29 in Austin, TX. Their events, qualifying marks and where they rank in the Big Ten, region and nation are listed below.

Men's Qualifiers

Name	Event	Mark	Big 10/Region/Nation
Tim Brodersen	Discus	176-0 (53.66 m)	4th/13th/29th
Brad Daufeldt	Discus	176-6 (53.79 m)	3rd/11th/27th
	Hammer Throw	198-1 (60.37 m)	8th/8th/30th
Matt Esche	5,000 Meters	14:15.73	7th/11th/34th
Adam Hamilton	Hammer Throw	202-9 (61.79 m)	7th/6th/18th
Ken Kemeny	Shot Put	59-11 (18.26 m)	5th/5th/16th
Tony Leick	400-Meter Hurdles	52.43	7th/9th/46th
Russell Peterson	400-Meter Hurdles	52.36	5th/7th/41st
Joel Storm	Javelin	203-5 (62.01 m)	4th/13th/52nd
Chris Voller	Hammer Throw	195-8 (59.64 m)	9th/9th/36th

Women's Qualifiers

Name	Event	Mark	Big 10/Region/Nation
Sarah Arens	3,000 Steeplechase	10:38.31	6th/2nd/9th
Nikki Chapple	10,000 Meters	35:06.35	2nd/5th/22nd
Michelle Lahann	1,500 Meters	4:24.00	2nd/1st/26th
Alana Redfern	Javelin	149-40 (45.52 m)	4th/7th/34th
Peaches Roach	High Jump	5-10 1/4 (1.78 m)	1st/5th/16th
Shellene Williams	200 Meters	23.61	1st/6th/13th
	400 Meters	53.61	1st/8th/25th

LAST WEEK -- The men's team competed at the UNI Twilight meet in Cedar Falls, while the women's team split the weekend between UNI and the Mt. SAC Relays in Walnut, CA. They won a total of four events and posted six NCAA regional qualifiers and one NCAA provisional qualifier.

The men's team crowned three event winners at UNI. Sophomore **Dan Haut** set a Mark Messersmith outdoor track complex record in the 5,000 meters, winning the event in 15:03.29. Iowa's other two champions were senior **Zach Digney** in the 200 meters (21.29) and sophomore **Adam Hamilton** in the hammer throw (202-9). Both were collegiate-best performances. Iowa's regional qualifiers were senior **Brad Daufeldt** in the discus (176-6) and ham-

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THE UNIVERSITY OF IOWA'S PAST DRAKE RELAYS CHAMPIONS

Women's Champions (6 Individuals, 4 Relays)

Event	Athlete, Year
1,500-Meters	Jeanne Kruckeberg, 1989
10,000 Meters	Jennifer Brower, 1992
100-Meter Hurdles	Paula Ruen, 1998
400-Meter Hurdles	Wynsome Cole, 1998
Javelin	Alana Redfern, 2003
Long Jump	Aisha James, 2003
4x800-Meter Relay	1990
Distance Medley Relay	1989-90
Shuttle Hurdle Relay	1998

Men's Champions (25 Individuals, 23 relays)

Event	Athlete, Year
100 Meters	George Page, 1996
100 Meters	Farmer, 1942
200 Meters (SI)	Anthuan Maybank, 1994
200 Meters (SI)	Jeff Patrick, 1983
400 Meters (SI)	Anthuan Maybank, 1993
Mile	Deacon Jones, 1957
Two Miles	Deacon Jones, 1957
5,000 Meters	Stetson Steele, 2000
110-Meter Hurdles	Pat McGhee, 1988
Javelin	Bill Neumann, 2003
Javelin	Paul Fagerlind, 1945
Javelin	Mark Panther, 1935
Javelin	L.D. Weldon, 1930
Shot Put	Chris Gambol, 1987
Discus	Mitchell, 1928
Long Jump	Bashir Yamini, 1996
Long Jump	Anthuan Maybank, 1993
Long Jump	Ed Gordon, 1929-31
Pole Vault	Boyles, 1927
High Jump	Bill Hansen, 1978
High Jump	Bill Knoedel, 1976
High Jump	Kuhl (5-way tie), 1942
4x100-Meter Relay	1927-28, 1935, 1952, 1998
4x200-Meter Relay	1929
4x400-Meter Relay	1923-24, 1926-29, 1938, 1963, 1967
4x800-Meter Relay	1929
Distance Medley Relay	1956
Shuttle Hurdle Relay	1932, 1955, 1984
Sprint Medley Relay	1952, 1956, 1992

SI -- Special Invitation Race, * -- Drake Relays and Stadium Record

mer (186-1), sophomore **Tim Brodersen** in the discus (176-0), **Hamilton** in the hammer (202-9) and junior **Chris Voller** in the hammer (193-4). Between the men's and women's teams, the Hawkeyes recorded 16 personal-best and 28 season-best performances.

At Mt. SAC, senior **Shellene Williams** won the 400 meters with a season-best time of 53.61. That mark qualifies her for the NCAA regional meet. Senior **Michelle Lahann** also qualified for the regional meet in the 1,500 meters, running a collegiate-best 4:24.00. That time was more than six seconds faster than her previous best of 4:30.18. Freshman **Nikki Chapple** provisionally qualified for the NCAA Championships in the 10,000 meters with a collegiate-best 35:06.35.

At UNI, freshman **Becca Franklin** recorded collegiate bests in the triple jump (36-2 1/4) and hammer throw (134-10) at UNI. Freshman **Sarah Burgett** also posted a collegiate-best 10-11 3/4 in the pole vault.

NEXT COMPETITION -- The Hawkeyes will host the annual Iowa Musco Twilight Meet, called Iowa Musco VI, Saturday, May 1 at Cretzmeyer Track in Iowa City. Competing teams include Drake, Illinois State, Lincoln, Minnesota, Northern Iowa, Wisconsin, Wisconsin-LaCrosse and Iowa. Field events are scheduled to start at 3 p.m. and running event "B" sections are set to start at 3:30 p.m. Running event finals are scheduled to start at 6 p.m. Admission to the co-ed meet is \$3 for adults and students. Children ages 5 and under get in free.

In addition to the collegiate competition, Northern Iowa graduate and international competitor Joey Woody will run in the 400-meter hurdles. Seventeen Hawkeye seniors will be making their finals appearance at Cretzmeyer Track. They are **Derrick Burks, Brad Daufeldt, Zach Digney, Warren Holloway, Tony Leick, Bill Neumann, Russell Peterson, Eric Rothwell, Stephen Traphagen** for the men's team and **Sarah Arens, Atalie Barber, Michelle Lahann, Kamesha Marshall, Kyndra Middleton, Georgia Millward, Jessie Strand** and **Shellene Williams** for the women's team.

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2004 MEN'S OUTDOOR SEASON BESTS

100 METERS (RQ -- 10.50, SR -- 10.25)

Zach Digney	10.62	at Missouri Relays	4/3/04
Omar Isaacs	10.97	at Missouri Relays	4/3/04
Tom Hilaris	11.03	at UNI Twilight	4/17/04
Robert Beach	11.25	at Missouri Relays	4/3/04

200 METERS (RQ -- 21.19, SR -- 20.47)

Zach Digney	21.29	at UNI Twilight	4/17/04
Juan Coleman	21.91	at UNI Twilight	4/17/04
Russell Peterson	21.98	at UNI Twilight	4/17/04
Jason Nolting	22.44	at UNI Twilight	4/17/04
Ryan Strang	22.44	at UNI Twilight	4/17/04
Omar Isaacs	22.58	at Missouri Relays	4/3/04
Tom Hilaris	22.69	at UNI Twilight	4/17/04
Jason Wakenight	22.75	at Jim Duncan Invitational	4/10/04
Tony Leick	23.22	at UNI Twilight	4/17/04

400 METERS (RQ -- 47.26, SR -- 44.99)

Ryan Strang	48.69	at UNI Twilight	4/17/04
Tony Leick	49.34	at UNI Twilight	4/17/04
Juan Coleman	49.98	at UNI Twilight	4/17/04
Jason Nolting	49.98	at Missouri Relays	4/3/04
Matt O'Hollearn	50.62	at Missouri Relays	4/3/04
Jason Wakenight	50.66	at Jim Duncan Invitational	4/10/04

800 METERS (RQ -- 1:50.62, SR-- 1:47.64)

Rob Long	1:54.55	at Sea Ray Relays	4/9/04
Josh Tweedy	1:55.76	at UNI Twilight	4/17/04
Matt O'Hollearn	1:55.82	at Jim Duncan Invitational	4/10/04
Dan Dziubski	1:56.00	at Jim Duncan Invitational	4/10/04
Ben Lloyd	1:58.35	at Jim Duncan Invitational	4/10/04

1,500 METERS (RQ -- 3:48.21, SR -- 3:44.01)

Tony Rakaric	3:56.73	at Missouri Relays	4/3/04
Ben Lloyd	4:00.06	at UNI Twilight	4/17/04
Ben Barron	4:02.85	at UNI Twilight	4/17/04
Adam Roche	4:03.33	at UNI Twilight	4/17/04
Matt Esche	4:05.16	at Missouri Relays	4/3/04
Brian Rae	4:05.83	at Missouri Relays	4/3/04
Dan Trainor	4:08.84	at UNI Twilight	4/17/04

3,000 METERS

Adam Roche	8:46.46	at Jim Duncan Invitational	4/10/04
Chris Jensen	8:57.75	at Jim Duncan Invitational	4/10/04
Ben Barron	8:58.53	at Jim Duncan Invitational	4/10/04

5,000 METERS (RQ -- 14:18.58, SR -- 13:56.0)

Matt Esche	*14:15.73	at Stanford Invitational	3/27/04
Brian Rae	14:22.83	at Stanford Invitational	3/27/04
Tony Rakaric	14:42.87	at Stanford Invitational	3/27/04
Adam Roche	14:58.90	at Missouri Relays	4/2/04
Dan Haut	%15:03.29	at UNI Twilight	4/17/04
Chris Jensen	15:25.20	at Missouri Relays	4/2/04
Stephen Traphagen	15:28.60	at Missouri Relays	4/2/04



2004 MEN'S OUTDOOR SEASON BESTS

110-METER HURDLES (RQ -- 14.33, SR -- 13.50)

Russell Peterson	14.85	at Stanford Invitational	3/26/04
Tony Leick	15.34	at Stanford Invitational	3/26/04

400-METER HURDLES (RQ -- 52.51, SR -- 48.83)

Russell Peterson	*52.36	at Sea Ray Relays	4/9/04
Tony Leick	*52.43	at Sea Ray Relays	4/9/04

3,000-METER STEEPLECHASE (RQ -- 9:08.15, SR -- 8:47.40)

Dan Trainor	9:50.76	at Missouri Relays	4/3/04
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400-METER RELAY (RQ -- 40.66, SR -- 39.48)

Isaacs, Digney, Beach, Peterson	41.36	at Missouri Relays	4/3/04
Iowa	41.80	at UNI Twilight	4/17/04

1,600-METER RELAY (RQ -- 3:10.84, SR -- 3:03.11)

Digney, Nolting, Peterson, Leick	3:12.78	at Sea Ray Relays	4/10/04
Peterson, Digney, Leick, Nolting	3:20.70	at Missouri Relays	4/3/04
O'Hollearn, Tweedy, Dziubski, Lloyd	3:24.45	at Jim Duncan Invitational	4/10/04

3,200-METER RELAY

Dziubski, Lloyd, Long, Tweedy	8:03.10	at Missouri Relays	4/3/04
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SHOT PUT (RQ -- 16.47m, SR -- 19.27 m)

Ken Kemeny	*59-11 (18.26 m)	at Stanford Invitational	3/27/04
Shane Maier	53-10 1/2 (16.42 m)	at Missouri Relays	4/2/04
Andy Banse	53-10 1/4 (16.41 m)	at UNI Twilight	4/17/04
Robby Beyer	51-1 1/2 (15.58 m)	at UNI Twilight	4/17/04
Adam Hamilton	47-5 3/4 (14.47 m)	at Stanford Invitational	3/26/04

HAMMER THROW (RQ -- 55.63m, SR -- 67.96 m)

Adam Hamilton	*202-9 (61.79 m)	at UNI Twilight	4/17/04
Brad Daufeldt	*198-1 (60.37 m)	at Stanford Invitational	3/26/04
Chris Voller	*195-8 (59.64 m)	at Sea Ray Relays	4/10/04
Tim Brodersen	172-1 (52.45 m)	at UNI Twilight	4/17/04

DISCUS (RQ -- 51.37m, SR -- 61.68 m)

Brad Daufeldt	*176-6 (53.79 m)	at UNI Twilight	4/17/04
Tim Brodersen	*176-0 (53.66 m)	at UNI Twilight	4/17/04
Andy Banse	162-6 (49.54 m)	at UNI Twilight	4/17/04
Eric Rothwell	158-10 (48.42 m)	at Sea Ray Relays	4/9/04
Robby Beyer	158-8 (48.37 m)	at Jim Duncan Invitational	4/10/04
Ken Kemeny	156-2 (47.59 m)	at Missouri Relays	4/3/04
Shane Maier	143-1 (43.61 m)	at Missouri Relays	4/3/04

JAVELIN (RQ -- 61.62m, SR -- 74.58 m)

Joel Storm	*203-5 (62.01 m)	at Sea Ray Relays	4/10/04
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RQ -- NCAA Regional Qualifying Mark, SR -- School Record, * -- NCAA Mid-West Regional Qualifier, % -- Facility Record



2004 WOMEN'S OUTDOOR SEASON BESTS

100-METER DASH (RQ -- 11.78, SR -- 11.45)

Peaches Roach	11.80	at Texas-Arlington Relays	3/27/04
Jodi Ann Raymond	12.32	at Texas-Arlington Relays	3/27/04
Kyndra Middleton	12.69	at UNI Invitational	4/17/04

100-METER HURDLES (RQ -- 13.95, SR -- 13.60)

Tiff Pedersen	14.50	at Texas-Arlington Relays	3/27/04
Latoya Stiffend	14.54	at Tom Botts Invitational	4/10/04
Tiffany Johnson	14.73	at Texas-Arlington Relays	3/27/04
Angie Hensel	15.78	at Texas-Arlington Relays	3/27/04

200 METERS (RQ -- 23.96, SR -- 23.59)

Shellene Williams	23.61*	at Texas-Arlington Relays	3/27/04
Kyndra Middleton	26.49	at UNI Invitational	4/17/04
Latoya Stiffend	26.96	at Tom Botts Invitational	4/10/04

400-METER DASH (RQ -- 54.61, SR -- 52.65)

Shellene Williams	53.61*	at Mt. SAC Relays	4/18/04
Lindsey McCalla	57.15	at Tom Botts Invitational	4/10/04

800 METERS (RQ -- 2:10.29, SR -- 2:05.67)

Michelle Lahann	2:10.30	at Tom Botts Invitational	4/10/04
Aisha Hume	2:11.27	at Mt. SAC Relays	4/18/04
Atalie Barber	2:13.62	at Mt. SAC Relays	4/18/04
Shannon Stanley	2:13.76	at Mt. SAC Relays	4/18/04
Sarah Arens	2:16.45	at Texas Southern Relays	3/19/04
Michelle Sokol	2:21.21	at Texas-Arlington Relays	3/27/04

1,500 METERS (RQ -- 4:29.12, SR -- 4:19.71)

Michelle Lahann	4:24.00*	at Mt. SAC Relays	4/18/04
Nikki Chapple	4:36.35	at Texas-Arlington Relays	3/27/04
Atalie Barber	4:49.31	at Tom Botts Invitational	4/10/04
Michelle Sokol	4:56.21	at Tom Botts Invitational	4/10/04
Georgia Millward	4:56.41	at Texas Southern Relays	3/19/04
Ashley Merry	4:58.14	at Tom Botts Invitational	4/10/04
Jenni Capista	4:59.54	at UNI Twilight	4/17/04

3,000-METERS (SR -- 9:20.61)

Georgia Millward	10:33.12	at Texas Arlington-Relays	3/27/04
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3,000-METER STEEPLECHASE (RQ -- 10:57.18, SR -- 10:38.64)

Sarah Arens	10:38.31*	at Tom Botts Invitational	4/10/04
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5,000 METERS (RQ -- 16:56.43, SR -- 15:45.84)

Georgia Millward	17:47.2	at Tom Botts Invitational	4/10/04
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10,000 METERS (AQ -- 34:10.00, PQ -- 35:15.00, SR -- 33:23.38)

Nikki Chapple	35:06.35	at Mt. SAC Relays	4/17/04
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400-METER RELAY (RQ -- 45.80, SR -- 44.63)

Herrmann, Johnson, Pedersen, Raymond	46.49	at Texas Southern Relays	3/19/04
Johnson, Williams, Raymond, Roach	46.78	at Texas Arlington Relays	3/27/04
McCalla, Williams, Johnson, Roach	47.64	at Tom Botts Invitational	4/10/04

800-METER RELAY

Herrmann, McCalla, Raymond, Roach	1:37.66	at Texas Southern Relays	3/19/04
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2004 WOMEN'S OUTDOOR SEASON BESTS

3,200-METER RELAY (SR -- 8:46.45)

Barber, Laney, Sokol, Stanley 9:07.62 at Texas Southern Relays 3/19/04

SPRINT MEDLEY RELAY

Hume, McCalla, Raymond, Williams 4:13.42 at Texas Southern Relays 3/19/04

HIGH JUMP (RQ -- 1.73 meters, SR -- 1.83 meters)

Peaches Roach 5-10 1/4 (1.78 m)* at Texas Southern Relays 3/20/04

LONG JUMP (RQ -- 5.93 meters, SR -- 6.78 meters)

Tiff Pedersen 18-5 1/4 (5.62 m) at Tom Botts Invitational 4/10/04

Angie Hensel 17-7 (3.1 m) at Tom Botts Invitational 4/10/04

TRIPLE JUMP (RQ -- 12.26 meters, SR -- 12.38 meters)

Becca Franklin 36-2 1/4 (11.03 m) at UNI Twilight 4/17/04

SHOT PUT (RQ --14.24 meters, SR -- 15.54 meters)

Tiff Pedersen 32-5 3/4 (9.90 m) at Tom Botts Invitational 4/10/04

Angie Hensel 30-6 1/4 (9.30 m) at Tom Botts Invitational 4/10/04

POLE VAULT (RQ --3.75 meters, SR -- 3.91 meters)

Jessie Strand 11-9 3/4 (3.60 m) at Texas Southern Relays 3/19/04

Sarah Burgett 10-11 3/4 (3.35 m) at UNI Twilight 4/17/04

JAVELIN THROW (RQ --42.61 meters, SR -- 49.92 meters)

Alana Redfern 149-4 (45.52 m)* at Texas Southern Relays 3/19/04

HAMMER THROW (RQ --52.84 meters, SR -- 49.32 meters)

Becca Franklin 134-10 (41.09 m) at UNI Twilight 4/17/04

Erin O'Hearn 130-08 (39.84 m) at Tom Botts Invitational 4/10/04

*RQ -- NCAA Regional Qualifying Mark, SR -- School Record, * -- Regional Qualifier, % -- NCAA Provisional Qualifier*



MEN'S TOP 10 OUTDOOR PERFORMERS

100 Meters

- George Page, 1996 10.25
- Anthuan Maybank, 1994 10.31
Tim Dwight, 1997 10.31
- Bob Lawson, 1976 10.36
- Robert Smith, 1984 10.39
- Curtis Chang, 1987 10.40
- Jeff Patrick, 1983 10.41
Tim Dodge, 2002 10.41
- Jerry Fisher, 1991 10.45
- Andre Morris, 1996 10.47

200 Meters

- Jeff Patrick, 1983 20.47
- Anthuan Maybank, 1994 20.55
- Andre Morris, 1995 20.64
- George Page, 1996 20.67
- Terrence Duckett, 1982 20.74
- Tim Dodge, 2002 20.78
- Bashir Yamini, 1999 20.82
- Dennis Kohl, 1966 20.84
- Tim Dwight, 1997 20.91
- Victor Greer, 1984 20.98

400 Meters

- Anthuan Maybank, 1993 44.99
- Andre Morris, 1995 45.15
- Mike Mondane, 1967 45.20
- Gary Hollingsworth, 46.3
- Harold Leonard, 1986 46.45
- Tony Branch, 1999 46.60
- George Page, 1996 46.66
- Dick Eisenlauer, 1973 46.74
Terrence Duckett, 1983 46.74
- Ed Rozell, 1996 46.78

800 Meters

- Bill Frazier, 1962 *1:47.64
- D'Juan Strozier, 1990 1:47.82
- Michael Layne, 1999 1:49.61
- Bill Thiesen, 1985 1:49.74
- Andy Wiese, 1985 1:50.22
- Paul Chepkwony, 1984 1:50.36
- Rod Chambers, 1989 1:50.60
- Jim Donovan, 1998 1:50.68
- James Porter, 1994 1:51.00
- Mike Cunningham, 2002 1:51.64

1,500 Meters

- Joel Moeller, 1978 3:44.01
- Jim Docherty, 1978 3:44.30
- Dan Waters, 1986 3:46.35
- Kevin Herd, 1994 3:46.64
- John Clark, 1977 3:46.84
- Ted Wheeler, 1956 3:48.24
- John Dobbs, 1985 3:50.70
- Sean Corrigan, 1987 3:51.05
- Chad Feeldy, 1996 3:51.40
- Rod Chambers, 1989 3:51.73

5,000 Meters

- Larry Wieczorek, 1968 13:56.0
- Kevin Herd, 1993 13:59.0
- Stetson Steele, 2000 14:02.76
- Matt Esche, 2004 14:15.73**
- Brian Rae, 2004 14:22.83**
- Danny Waters, 1986 14:23.43
- Chad Schwitters, 1999 14:30.26
- Nick Nordheim, 2002 14:31.30
- L.J. Albrecht, 1991 14:39.03
- Trent Corey, 1999 14:40.88

10,000 Meters

- Stetson Steele, 2000 28:44.47
- Nick Nordheim, 2002 29:44.71
- Trent Corey, 2002 29:45.25
- Chad Schwitters, 1999 29:56.00
- Kevin Herd, 1994 30:05.21
- Paul Sarris, 2001 30:08.40
- Eric McDermott, 2002 30:11.16
- Joe Welter, 2002 31:08.88
- Jared Pittman, 1998 31:12.39
- Dave Brown, 1991 31:22.96

110-Meter High Hurdles

- Pat McGhee, 1989 13.50
- Dion Trowers, 1996 13.62
- Ronnie McCoy, 1985 13.66
- James Armstrong, 1991 13.89
- Doug Jones, 1986 14.06
- Chris Williams, 1983 14.24
- Rajeev Balkrishnan, 1993 14.29
- Gary Falls, 1992 14.48
- Monte Raymond, 1996 14.51
- Tony Branch, 1998 14.58

400-Meter Relay

- Beecham, Duckett, Greer, Smith, 1984 39.48
- Page, Davis, Rozell, Morris, 1996 39.73
- Felix, Branch, Dodge, Yamini, 1999 39.96
- Beecham, Duckett, Greer, Patrick, 1983 39.99
- Dwight, Branch, Davis, Yamini, 1998 40.00
Goode, Fisher, Morris, Maybank, 1994 40.00
1998 40.00
Dwight, Branch, Dodge, Yamini, 1999 40.00
- Williamson, Dodge, **Peterson, Digney**, 2002 40.04
- McCoy, Duckett, Greer, Smith, 1984 40.07

1,600-Meter Relay

- Morris, Davis, Page, Rozell, 1995 3:03.11
- Branch, Dwight, Dodge, Yamini, 1999 3:03.29
- Ferree, Frazier, Mondane, Reimer, 1967 3:04.10
- Rozell, Morris, Davis, Yamini, 1996 3:04.71
- Cameron, Williams, McGhee, McCoy, 1985 3:06.00
- Rozell, Davis, Dwight, Raymond, 1997 3:06.06
Dodge, Kunkel, **Coleman, Peterson**, 2001 3:06.06
- Davis, Rozell, Morris, Raymond, 1996 3:06.54
- Williamson, Dodge, **Strang, Coleman**, 2002 3:06.69
- Raymond, Davis, Morris, Page, 1996 3:06.85

400-Meter Intermediate Hurdles

- Pat McGhee, 1988 48.83
- Monte Raymond, 1998 50.09
- Paul Steele, 1989 50.45
- Russell Peterson, 2001 50.50**
- Adam Kunkel, 2001 50.73
- Jon Reimer, 1967 50.94
- Gary Falls, 1991 51.08
- Rajeev Balkrishnan, 1993 51.14
- Scott Williamson, 2000 51.74
- Kenny Williams, 1986 51.89

3,000-Meter Steeplechase

- Deacon Jones, 1956 8:47.40
- Steve Pershing, 1978 8:54.59
- Andy Morris, 2000 8:56.21
- Matt Gerard, 1994 8:57.01
- Rollie Kitt, 1967 9:02.9
- Al Greene, 1985 9:02.96
- Sean Gale, 1993 9:08.00
- Nick Nordheim, 2000 9:12.06
- Chad Schwitters, 1998 9:13.58
- Michael Marotta, 1997 9:20.6

High Jump

- Bill Hansen, 1978 7-4 (2.23 m)
Bill Knoedel, 1975 7-4 (2.23 m)
- M. Cunningham, 1986 7-1 (2.16 m)
Kenneth Lansing, 1988 7-1 (2.16 m)
- Pat Meade, 1987 7-0 (2.13 m)
- Scott Hudek, 1993 6-11 (2.11 m)
- Mike Lacy, 1985 . 6-10 1/2 (2.09 m)
- Damion Turner, 1998 . 6-9 1/2 (2.07 m)
- Luke Nessa, 2000 . 6-8 3/4 (2.05 m)

MEN'S TOP 10 OUTDOOR PERFORMERS

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. Ronnie McCoy, 1985 25-0 (7.62 m)
8. Joe Robinson, 1976 24-2 3/4 (7.38 m)
9. Pat Miller, 1986 23-4 1/2 (7.12 m)
10. Joe Estes, 1993 23-1 3/4 (7.05 m)

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. Ed Gordon, 1931 48-0 1/8 (14.63 m)

Pole Vault

1. Todd Wigginton, 1984 17-0 (5.18 m)
2. Chad Ohly, 1994 16-8 3/4 (5.10 m)
3. Curt Broek, 1978 16-8 (5.08 m)
4. Phil Wertman, 1971 16-7 (5.05 m)
- Kelly Scott, 1988 16-7 (5.05 m)
6. John Teffer, 1972 16-2 (4.93 m)
7. Doug Pennino, 1985 16-0 (4.88 m)

Shot Put

1. Jeremy Allen, 2001 63-2 3/4 (19.27 m)
2. Chris Gambol, 1987 60-0 1/2 (18.30 m)
3. **Ken Kemeny, 2004** **59-11 (18.26 m)**
4. Arno van der Westhuizen, 2000 58-8 3/4 (17.90 m)
5. Gary Kostrubala, 1985 58-1 (17.70 m)
6. Alex Smith, 1998 57-9 (17.60 m)
7. Chris Cassata, 2000 57-3 3/4 (17.47 m)
8. Norm Balke, 1984 56-10 1/2 (17.33 m)
9. **Andy Banse, 2002** **55-10 1/4 (17.02 m)**
10. Pat O'Connor, 1982 55-0 1/2 (16.77 m)

Discus

1. Gary Kostrubala, 1986 202-4 (61.68 m)
2. Jeremy Allen, 2001 195-4 (59.54 m)
3. **Brad Daufeldt, 2001** **177-0 (53.96 m)**
4. **Tim Brodersen, 2004** **176-0 (53.66 m)**
5. Norm Balke, 1985 175-10 (53.60 m)
6. Chris Gambol, 1987 175-7 (53.52 m)
7. Tom Knutson, 1967 174-8 1/2 (53.24 m)
8. Jim Costello, 2000 173-1 (52.76 m)
9. Scott Joens, 1986 168-8 (51.40 m)
10. **Eric Rothwell, 2001** **165-3 (50.38 m)**

Hammer

1. Arno van der Westhuizen, 2001 222-11 (67.94 m)
2. Jim Costello, 2002 217-7 (66.32 m)
3. **Adam Hamilton, 2004** **202-9 (61.79 m)**
4. Jeremy Allen, 2001 199-0 (60.66 m)
5. **Brad Daufeldt, 2004** **198-1 (60.37 m)**
6. **Chris Voller, 2004** **195-8 (59.64 m)**
7. Chris Cassata, 2000 173-11 (53.00 m)
8. **Tim Brodersen, 2004** **172-1 (52.45 m)**

Javelin

1. Bill Neumann, 2002 244-8 (74.58 m)
2. Dan Ralph, 2000 227-10 (69.44 m)
3. **Joel Storm, 2004** **203-5 (62.01 m)**
4. Matt Stank, 2001 199-0 (60.66 m)
5. Arno van der Westhuizen, 1999 173-11 (53.00 m)
6. Scott Faber, 2000 173-1 (52.78 m)
7. Justin Silverman, 2000 172-6 (52.58 m)
1. Mark Panther, 1934 ^219-7 3/8 (66.94 m)

Decathlon

1. Scott Faber, 2000 6,839 points
2. Chad Ohly, 1994 6,641 points
3. Gary Kostrubala, 1984 6,498 points
4. Jacob Drewry, 1994 5,820 points
1. Mike Lacy, 1984 %6,860 points

Names in bold are current team members

* -- converted to meters

^ -- distance according to old rules

% -- point total according to 1962-1984 scoring table

WOMEN'S TOP 10 OUTDOOR PERFORMERS

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
6. Yolanda Hobbs, 1995 11.62
7. Elanie Jones, 1985 11.69
8. Lakeya Boatright, 2000 11.77
9. Tamara Dixon, 2002 11.79
- 10. Peaches Roach, 2004 11.80**

200 Meters

1. Davera Taylor, 1984 23.59
2. Vivien McKenzie, 1985 23.61
- Shellene Williams, 2004 23.61**
4. Yolanda Hobbs, 1995 23.65
5. Tanja Reid, 1995 23.75
6. Elaine Jones, 1983 23.84
7. Jiselle Providence, 2001 24.00
8. Lakeya Boatright, 2000 24.14
9. Wynsome Cole, 1998 24.25
10. Tamara Dixon, 2002 24.52

400 Meters

1. Ellen Grant, 1996 52.65
- 2. Shellene Williams, 2003 52.68**
3. Senta Hawkins, 1988 54.01
4. Marlene Poole, 1994 54.03
5. Nicole Charles, 2001 54.48
6. Stacey-Leigh Bynoe, 2000 54.73
- 7. Aisha Hume, 2001 55.31**
8. Elaine Jones, 1984 55.83
9. Mary Knoblauch, 1983 56.08
10. Kristin Knight, 2002 56.46

800 Meters

1. Kay Stormo, 1982 2:05.67
2. Ann Pare, 1997 2:09.25
- 3. Michelle Lahann, 2004 2:10.30**
4. Briana Benning, 1996 2:10.47
- 5. Aisha Hume, 2004 2:11.27**
6. Tami Hoskins, 1990 2:11.47
7. Christine Salsberry, 1990 2:12.05
8. Jeanne Kruckeberg, 1989 2:12.35
9. Jenny Hayden, 1982 2:12.94
10. Katie Butler, 2001 2:12.97

1,500 Meters

1. Jeanne Kruckeberg, 1989 4:19.71
2. Penny O'Brien, 1985 4:21.43
3. Kay Stormo, 1982 4:22.24
- 4. Michelle Lahann, 2004 4:24.00**
5. Jenny Hayden, 1982 4:27.54
6. Tina Stec, 1994 4:28.71
7. Jill Scheibel, 1999 4:29.49
8. Christine Salsberry, 1994 4:30.80
9. Nan Doak, 1984 4:32.24
- 10. Sarah Arens, 2000 4:34.05**

3,000 Meters

1. Penny O'Brien, 1985 9:20.61
2. Nan Doak, 1985 9:23.04
3. Jeanne Kruckeberg, 1989 9:30.69
4. Jodi Hershberger, 1982 9:36.44
5. Tina Stec, 1994 9:38.39
6. Jenny Spangler, 1982 9:47.54
7. Anne Dobrowolski, 1984 9:49.10
8. Judy Parker, 1981 9:51.45
9. Becky Coleman, 1995 9:51.97
- 10. Sarah Arens, 2000 9:52.17**

5,000 Meters

1. Nan Doak, 1985 15:45.84
2. Jenny Spangler, 1983 16:17.21
3. Tracy Dahl, 1992 16:22.01
4. Jennifer Brower, 1991 16:37.09
5. Jodi Hershberger, 1982 16:48.04
6. Anne Dobrowolski, 1984 16:50
7. Penny O'Brien, 1985 17:00.44
8. Erin Boland, 1995 17:04.61
9. Bev Boddicker, 1980 17:33.04
- 10. Sarah Arens, 2003 17:35.95**

10,000 Meters

1. Jennifer Brower, 1991 33:23.38
2. Nan Doak, 1985 33:33.03
3. Jenny Spangler, 1983 33:39.24
- 4. Nikki Chapple, 2004 35:06.35**
5. Tracy Dahl, 1994 35:20.00
6. Anne Dobrowolski, 1985 .. 35:59.98
- 7. Katie Donlon, 2003 37:17.28**
8. Erin Boland, 1995 37:27.54
- 9. Georgia Millward, 2003 ... 37:58.60**
10. Chrissie Kubitz, 1999 38:09.76

100-Meter Hurdles

1. Colleen Prendergast, 1999 13.60
- Paula Ruen, 2000 13.60
3. Sarah Steffen, 2002 13.65
4. Ruqayya Raheem, 1998 13.90
5. Brenda Calhoun, 1984 13.94
6. Wynsome Cole, 1997 14.10
- 7. Tiff Pedersen, 2003 14.23**
8. Colleen Prendergast, 2001 14.24
9. Diane Steinhart, 1979 14.25
10. Davera Taylor, 1985 14.30

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. Sherri Hull, 1985 1:03.09
10. Gina Shannon, 1998 1:04.68

3,000-Meter Steeplechase

- 1. Sarah Arens, 2004 10:38.31**
- 2. Michelle Lahann, 2003 ... 11:16.21**
3. Becca Thompson, 2003 11:19.50

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. Underwood, Reid, Philip, Hobbs, 1995 45.50
6. Boatright, Bynoe, Providence, Prendergast, 2000 45.50
7. Prendergast, Cole, Boatright, Broomfield, 1998 45.51
8. Hawkins, McKenzie, Simpson, Taylor, 1986 45.55
9. Knight, Dixon, Providence, Charles, 2001 45.68
10. Floyd, Hobbs, Van Der Hart, Poole, 1993 45.71

1,600-Meter Relay

1. **Hume**, Charles, Steffen, **Williams**, 2003 3:36.26
2. Layne, Simpson, Powell, McRell, 1989 3:41.23
3. Bynoe, Cole, Wynter, Grant, 1997 3:41.74
4. Charles, Fouchè, **Williams**, **Hume**, 2003 3:42.18
5. Fouchè, Charles, **Williams**, **Hume**, 2003 3:42.52
6. Wynter, Grant, Raheem, Bynoe, 1997 3:43.40
7. Knight, Charles, Steffen, **Hume**, 2001 3:43.68
8. Charles, **Hume**, **Williams**, Knight, 2003 3:44.22
9. Charles, **Williams**, Fouchè, **Hume**, 2003 3:44.29
10. 1997 3:44.78

WOMEN'S TOP 10 OUTDOOR PERFORMERS

High Jump

1. Mary Mol, 1983 6-0 (1.83 m)
2. **Peaches Roach, 2004** **5-10 1/4 (1.78 m)**
3. Kacey Childs, 2001 5-8 1/2 (1.74 m)
4. Kristi Dinkla, 1985 5-8 (1.73 m)
Becky Kaza, 1995 5-8 (1.73 m)
Eve Cullinan, 2003 5-8 (1.73 m)
7. Nancy Tessmer, 1991 5-6 1/2 (1.69 m)
8. Janet Adams, 1981 5-6 1/4 (1.68 m)
9. Julie Gallery, 2001 5-6 (1.68 m)
10. Kathy Gillespie, 1984 5-4 1/2 (1.64 m)

Long Jump

1. Aisha James, 2003 22-3 (6.78 m)
2. Lisa Moats, 1986 19-6 (5.94 m)
3. Yolanda Hobbs, 1993 19-2 1/2 (5.85 m)
4. Jane Dunlevy, 1977 18-6 (5.64 m)
5. Ruqayya Raheem, 1997 18-5 1/4 (5.62 m)
Tiff Pedersen, 2004 **18-5 1/4 (5.62 m)**
7. Niki Fisher, 1996 18-1 1/2 (5.52 m)
8. Coretta Clarke, 1999 18-0 1/4 (5.49 m)
9. Davera Taylor, 1984 17-11 1/2 (5.47 m)
10. **Angie Hensel, 2004** **17-7 (3.10 m)**

Triple Jump

1. Becki Borg, 1988 40-7 1/2 (12.38 m)
2. Lynn, 1998 39-0 (11.88 m)
3. Kacey Childs, 2001 37-8 (11.48 m)
4. **Becca Franklin, 2004** **36-2 1/4 (11.03 m)**
5. Janna Houtz, 1984 33-10 1/2 (10.32 m)
6. Latoya Stiffend, 2002 32-6 (9.90 m)
7. Bridget Besch, 2003 30-10 1/2 (9.41 m)
8. Eve Cullinan, 2003 30-6 1/2 (9.31 m)
9. Stephanie Matsunaga, 1996 30-2 (9.19 m)

Discus

1. Denise Taylor, 1992 160-5 (48.90 m)
2. Lisa Van Steenwyk, 1991 159-1 (48.48 m)
3. Gail Smith, 1983 158-2 (48.22 m)
4. Jennifer Moon, 2000 150-8 (45.92 m)
5. Laura Kriener, 1989 150-3 (45.80 m)
6. **Kamesha Marshall, 2003** **149-5 (45.54 m)**
7. Megan Maurer, 1997 149-2 (45.46 m)
8. Cheryl Bradley, 1982 146-5 (44.62 m)
9. Mickey Schoborg, 1985 146-2 (44.56 m)
10. Jodi Peterson, 1993 142-1 3/4 (43.32 m)

Hammer Throw

1. Kerri Blackstone, 1999 161-10 (49.32 m)
2. Megan Maurer, 1998 145-6 (44.34 m)
3. Jennifer Gilson, 2002 142-6 (43.44 m)
4. Jennifer Moon, 2000 139-3 (42.44 m)
5. **Becca Franklin, 2004** **134-10 (41.09 m)**
6. **Erin O'Hern, 2004** **130-8 (39.84 m)**
7. Kara Hinz, 2000 125-1 (38.12 m)
8. Katie Hoback, 2002 121-11 (37.16 m)

Javelin

1. **Alana Redfern, 2003** **181-5 (55.30 m)**
2. Mandy Beck, 1999 153-4 (46.74 m)
3. Terri Soldan, 1983 152-6 1/4 (46.48 m)
4. Shani Renning, 1990 152-3 (46.40 m)
5. Clara Simon, 1981 149-9 (45.64 m)
6. Janet Adams, 1984 148-7 (45.28 m)
7. Mickey Schoborg, 1985 137-5 1/4 (41.88 m)
8. Kathy Gillespie, 1984 121-8 (37.08 m)
9. Megan Maurer, 1998 111-6 (34.00 m)
10. **Tiff Pedersen, 2003** **109-10 (33.48 m)**

Shot Put

1. Lisa Van Steenwyk, 1992 50-8 (15.44 m)
2. Gail Smith, 1984 50-3 1/4 (15.32 m)
3. Laura Kriener, 1990 48-2 1/2 (14.69 m)
4. Jennifer Gilson, 2002 47-10 (14.58 m)
Kamesha Marshall, 2003 **47-10 (14.58 m)**
6. Jennifer Moon, 2000 47-5 1/4 (14.46 m)
7. Denise Taylor, 1994 47-0 3/4 (14.34 m)
8. Shelley Redies, 1985 45-7 (13.89 m)
9. Megan Maurer, 1998 44-9 3/4 (13.66 m)
10. Katie Hoback, 2002 44-4 (13.51 m)

Pole Vault

1. **Jessie Strand, 2003** **12-10 1/4 (3.92 m)**
2. Gina Shannon, 2001 11-2 1/4 (3.41 m)
3. **Sarah Burgett, 2004** **10-11 3/4 (3.35 m)**
4. Becky Kaza, 1998 8-6 (2.59 m)
Amy Kasparbauer, 2001 8-6 (2.59 m)
6. Kacey Childs, 2000 8-0 1/2 (2.45 m)
7. Gina Shannon, 1998 8-0 (2.44 m)

Heptathlon

1. Kathy Gillespie, 1983 5,262 points/5,448 points*
 2. Janet Adams, 1981 4,855 points
 3. Ruqayya Raheem, 1997 4,665 points
 4. **Tiff Pedersen, 2003** **4,633 points**
 5. Angela Chadwick, 1993 4,493 points
 6. Marjie Tweto, 1996 3,967 points
- * -- using old table

Distance Medley Relay

1. Hoskins, Powell, Schneckloth, Kruckeberg, 1989 11:22.18
2. Thompson, **Williams, Hume, Arens**, 2003 11:39.02
3. 2000 11:39.83
4. Davenport, xx, xx, xx, 1981 11:41.44
5. Pare, Grant, Benning, Gilchrist, 1997 11:41.92
6. Butler, **Hume, Barber, Arens**, 2001 11:47.16
7. Thompson, **Hume, Barber, Lahann**, 2003 11:52.04
8. Benning, Raheem, Coleman, Pare, 1996 11:53.60
9. Kruckeberg, Roberts, Brown, Hoskins, 1989 11:54.15
10. Charles, **Hume, Butler, Arens**, 2001 11:55.81

HEAD COACH LARRY WIECZOREK



Larry Wiczorek

Head Coach
Eighth Year at Iowa
University of Iowa, 1969

Larry Wiczorek is in his eighth season as head men's track and field coach at the University of Iowa. He served as an assistant track and field coach for the Hawkeyes for 12 years (1985-96).

A six-time Big Ten champion (including two in cross country) and four-time all-American at Iowa, Wiczorek once held conference marks in the one, two, three, four and five-mile runs. A member of Iowa's last Big Ten track championship team in 1967, he still owns Iowa records in the outdoor 5,000-meters and the indoor two miles, as well as third-fastest mark in the cross country 8,000 meters. He was honored for his collegiate accomplishments by being inducted into the University of Iowa's National Varsity Club Athletics Hall of Fame in 1998.

Wiczorek has coaching experience in all events. Returning to his alma mater as a field event coach at Iowa in 1985, he developed a strong squad that included two-time Big Ten long jump champion Quinn Early, Iowa's first-ever outdoor Big Ten shot put champion Chris Gambol, who still has the second-best mark in that event in outdoor school history, and Gary Kostrubala, who was the first discus thrower in the Big Ten's to throw over 200 feet when he set Iowa's current school record of 202-4. Kostrubala was also an NCAA indoor qualifier in the shot put (60-10 3/4) with the second-best mark in that event in indoor school history.

Since he was named head men's track and field coach in 1997, his plan to build a strong sprint program around a national power 1,600-meter relay, and strong throws program is being realized. In his seven years at the helm, Wiczorek has coached NCAA Champion long jumper Bashir Yamini, 23 all-Americans, 60 national qualifiers and 33 Big Ten Champions. Iowa's 1,600-

meter relay won the 1999 Big Ten outdoor title and has earned all-America honors twice during Wiczorek's tenure. The Hawkeyes recorded their highest conference indoor placing (fourth place) in 1997, and their highest team finish at the Big Ten Outdoor Championships (second) in 33 years at the 1999 Big Ten outdoor meet.

When Wiczorek joined the Iowa staff, several of his athletes were also members of the nationally-ranked Iowa football team. He has continued to foster a strong relationship with the Iowa football staff, which has resulted in outstanding contributions from several multi-sport athletes. Current NFL standout Tim Dwight was a two-time first team all-America wide receiver and return specialist for the Hawkeye football team from 1994-97. He was named Male Athlete of the 1999 Big Ten Outdoor meet after he won the 100 meters, ran the lead leg on the winning 400-meter relay and the second leg on the winning 1,600-meter relay, and placed second in the 200 meters. In 2001, fullback Jeremy Allen became Iowa's only five-time all-American in the throws. He was a four-time Big Ten Champion and the only thrower in conference history to earn Big Ten Freshman of the Year honors at both the indoor and outdoor conference meets.

While improving in the league standings is considered a priority, the Hawkeyes also concern themselves with performance in the classroom. Under Wiczorek, Iowa has had an academic all-Big Ten selection each year during his tenure, totaling 40 in track and field.

Wiczorek came to Iowa after 11 seasons as head track coach at Proviso (IL) West High School. He also served as an assistant for three years. His prep teams were consistent placers on the state level and several of his athletes won state titles. He served on the Illinois track advisory board and founded the prestigious Proviso Indoor Track Classic. Wiczorek was inducted into the Illinois High School Track and Cross Country Coaches Hall of Fame in 2000.

Wiczorek was born on September 11, 1946, in Chicago, IL. He received his B.S. degree in physical education from Iowa in 1969 and his M.S. degree in physical education from Northern Illinois University in 1973. His wife's name is Jackie.

Wiczorek at Iowa

Year	Indoor			Outdoor		
	Big 10 Place	Big 10 Champs	All-Americans	Big 10 Place	Big 10 Champs	All-Americans
1997	4th	2	1	9th	2	0
1998	5th	2	6	3rd	6	2
1999	7th	1	0	2nd	11	4
2000	8th	1	2	6th	1	1
2001	10th	0	0	5th	6	3
2002	----	--	1	6th	2	2
2003	9th	0	0	9th	1	1
2004	10th	0	0			
Total		6	10		29	12



HEAD COACH JAMES GRANT



James Grant

Head Coach
Eighth Year at Iowa
Eastern Michigan University, 1971

James Grant is in his eighth season at the helm of the Iowa women's track and field program. He served as an assistant coach at Iowa for 12 years (1985-96).

Grant and the Hawkeyes have had two consecutive record-breaking seasons, headlined by their third-place finish at the 2004 Big Ten Indoor Championships and a sixth-place finish at the 2003 Big Ten Outdoor Championships. Both were Iowa's highest placings during Grant's tenure, and the third-place indoor finish tied the team's highest conference finish in school history.

Grant also had immense success in his first two seasons at the Hawkeye helm. Wynsome Cole earned all-America status in the 400-meter hurdles in 1997, and won a Big Ten title in that event in 1998. Ellen Grant won 400-meter titles at the 1997 conference indoor and outdoor meets. The 400-meter relay of Tara Underwood, Cole, Grant and Kaydene Wynter also won a Big Ten outdoor title. Erica Broomfield won the 200-meter title, and was runner-up in the 55 meters to earn Big Ten Indoor Freshmen of the Year accolades in 1998.

While improving in the league standings is considered a priority, Iowa's track and field team also concerns itself with performance in the classroom. During Grant's tenure, 31 Hawkeyes have earned 54 academic all-Big Ten honors. This includes a team record 11 honorees in 2001.

As Iowa's assistant coach, Grant coached several Hawkeyes to success. In 1995, Yolanda Hobbs earned all-America status in the 55 and 200 meters after winning the 55-meter Big Ten title.

In 1994, Iowa's 400 meter-relay of Tina Floyd, Hobbs, Marlene Poole and Tanja Reid became the first in school history to ever win a Big Ten title in that event, setting a school and meet record. The team set records four times that season and earned all-America honors at the NCAA Championships. Karen Layne won the 1990 600-meter Big Ten title, while Senta Hawkins won the Big Ten 400 meters in 1988. In 1989, the 1,600-meter relay placed second at the conference indoor and outdoor meets.

A former Jamaican track standout, Grant coached at the high school level in Jamaica for 11 years prior to joining the Hawkeye program in 1986. From 1982-85, Grant coached the men's and women's track teams at G.C. Foster College of Physical Education and Sport. There he led the men's team to two national championships and three second-place finishes, and the women's team to three national titles. During that time he coached world outdoor champion quarter-miler Bert Cameron, and world indoor champion quarter-miler Devon Morris.

A graduate of Eastern Michigan University, Grant captained the 1970 and 1971 Huron track teams, earning all-America honors while specializing in the 400 meters, 400-meter hurdles, and the mile relay. During this time, he held the Jamaican 400-meter hurdle national record with a time that was ranked in the top-20 in the world. Grant also represented Jamaica at the Pan American Games and the Commonwealth Games for six years. In 1991, he was inducted into the Eastern Michigan Hall of Fame.

He was the 1965 and 1966 Jamaican national champion in both the 200 and 400-meters as a high school athlete at Jamaica's Kingston College.

Grant received his bachelor's degree in sociology and history from Eastern Michigan, and his master's degree in physical education from the German College of Physical Education in Leipzig, Germany.

Year	Grant at Iowa					
	Indoor Big 10 Place	Indoor Big 10 Champs	Indoor All-Americans	Outdoor Big 10 Place	Outdoor Big 10 Champs	Outdoor All-Americans
1997	T9th	1	0	10th	5	1
1998	9th	1	0	9th	1	0
1999	9th	0	0	9th	0	0
2000	10th	0	0	9th	0	0
2001	10th	0	0	9th	0	0
2002	9th	0	0	10th	0	0
2003	9th	0	0	6th	6	0
2004	3rd	2	0			
Total		4	0		12	1



HAWKEYES TO WATCH



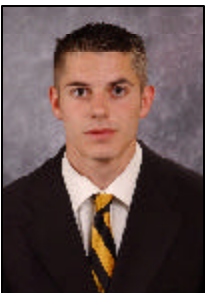
**Brad
Daufeldt**

**Senior
Throws
West Liberty, IA (West Liberty)**

2004 -- team tri-captain... **Indoor** - led team in weight throw (60-4 1/2)... threw collegiate-best 60-4 1/2 for third place in weight at Hawkeye Invitational... won that event (59-9 1/2) at UNI Invitational, placed third (60-0 1/2) at Iowa Open, fourth (59-1 1/2) at Gold Country Classic, eighth (59-5) at Iowa State Classic and 11th (58-5 1/4) at Big Ten Championships... his best weight throw mark ranks fourth on Iowa's all-time best performers list... **Outdoor** - leads team in discus... has qualified for regional meet in hammer throw each time and in discus three of the four times he's thrown it... threw collegiate-best hammer (198-1) at Stanford Invitational for second place... that mark ranks fifth on Iowa's all-time bests list... won discus (169-8) and placed third in hammer (197-7) at Missouri Relays... placed third in hammer (176-6) and discus (186-1) and UNI Twilight and fourth in (168-11, 195-0) at Sea Ray Relays.

Daufeldt's Collegiate Bests

Event	Distance	Meet	Date
Wt. Throw (I)	60-4 1/2 (18.40m)	Hawkeye Invite	1/17/04
Discus (O)	177-0 (53.94m)	at W.W. Classic	3/17/01
Hammer (O)	198-1 (60.37m)	at Stanford Inv.	3/26/04



**Zach
Digney**

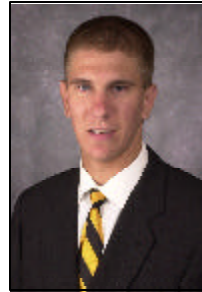
**Senior
Sprints
Woodstock, IL (Carthage College)**

2004 -- Indoor - led team in 200 meters (21.39)... ran anchor leg on team-leading 1,600-meter relay (3:13.81)... placed seventh in 200 meters (21.79) and ran lead leg on 1,600-meter relay that placed fifth in 3:18.42 at Big Ten Championships... ran collegiate-best 60 meters (6.90) at Big Ten Championships and NCAA Qualifier, 200 meters (21.39) at NCAA Qualifier and 400 meters (50.04) at Iowa Open... his best 60 meters ranks sixth and his best 200 meters ranks fifth on Iowa's all-time best performers list... runner-up in 60 meters (6.97) and placed third (22.40) in 200 meters... placed 11th in 200 meters (21.90) at Iowa State

Classic... **Outdoor** - leads team in 100 (10.62) and 200 meters (21.29)... ran on team-leading 400 and 1,600-meter relays... won 200 meters with a collegiate-best 21.29 and placed second in 100 meters (10.67) at UNI Twilight... placed second in 100 (10.63) and fourth in 200 meters (21.50) at Missouri Relays.

Digney's Collegiate Bests

Event	Time	Meet	Date
60 m (I)	6.90	at Big Ten Championships	2/28/04
		at NCAA Qualifier	3/6/04
100 m (O)	10.63	at Big Ten Championships	5/17/03
200 m (I)	21.29	at UNI Twilight	4/17/04
400 m (I)	50.04	Iowa Open	2/20/04



**Matt
Esche**

**Junior
Distance
Waukesha, WI (West)**

2004 -- Indoor - led team in 3,000, two miles and 5,000 meters... placed ninth in 3,000 meters with a collegiate-best 8:17.28 at Big Ten Championships... ran collegiate-best mile (4:17.74) at Gold Country Classic... won two miles (9:03.82) at Hawkeye Invite... placed eighth in 5,000 meters (14:18.43) at Iowa State Classic and 10th in 3,000 meters (8:18.63) at Husker Invite... his best 5,000-meter time ranks second and his best 3,000-meter time ranks fourth on Iowa's all-time best performers list... **Outdoor** - qualified for regional meet in 5,000 meters with a collegiate-best 14:15.73 at Stanford Invitational, which ranks fourth on Iowa's all-time bests list.

2003 -- Cross Country - all-region selection, placed 10th at NCAA Midwest Regional (31:26)... placed 27th at Big Ten Championships (25:02)... also placed 56th at Roy Griak Invitational (25:18) and 59th (24:37) at Pre-National Invitational... letterwinner.

Esche's Collegiate Bests

Event	Time	Meet	Date
1,500 m (O)	3:54.03	Iowa Musco Twilight IV	5/4/02
Mile (I)	4:17.74	at Gold Country Classic	1/24/04
3,000 m (I)	8:17.28	at Big Ten Championships	2/28/04
Two Miles (I)	9:03.82	Hawkeye Invite	1/17/04
5,000 m (O)	14:15.73	at Stanford Invitational	3/27/04
8,000 m (CC)	24:32	at Pre-National Invite	10/19/02
10,000 m (CC)	30:10.15	at Midwest Regional	11/16/02



HAWKEYES TO WATCH



**Adam
Hamilton**

**Sophomore
Throws
Milford, NH (Milford)**

2004 -- Indoor - redshirted... **Outdoor** - qualified for regional meet in hammer throw each time he's thrown it... won hammer with a collegiate-best 202-9 at UNI Twilight, which ranks third on Iowa's all-time best performers list... leads team in that event... placed second in hammer at Missouri Relays (198-4) , sixth at Sea Ray Relays (194-1) and ninth at Stanford Invite(195-10).

Hamilton's Collegiate Bests			
Event	Distance	Meet	Date
Wt. Throw (I)	59-5 3/4 (18.13 m)	Iowa Open	2/21/03
Shot Put (I)	50-0 3/4 (15.26 m)	at Panther Classic	2/1/03
Hammer (O)	202-9 (61.79 m)	at UNI Twilight	4/17/04



**Tony
Leick**

**Senior
Hurdles
Council Bluffs, IA (St. Albert)**

2004 -- Indoor - won 600 meters with a collegiate-best 1:21.30 at Iowa Open... placed fourth in 600 meters at Hawkeye Invitational (1:23.22) and UNI Invitational (1:23.01)... placed 10th in 600 yards (1:12.65) at Iowa State Classic and sixth (1:13.01) at Husker Invitational... ran second leg on team-leading distance medley relay (10:02.09)... **Outdoor** - qualified for regional meet in 400-meter hurdles with a season-best 52.43 at Sea Ray Relays... placed third in 400 meters (49.34) at UNI Twilight... ran anchor leg on team-leading 1,600-meter relay (3:12.78) at Sea Ray Relays.

Leick's Collegiate Bests			
Event	Time	Meet	Date
60-m H (I)	8.51	Hawkeye Invitational at Gold Country Classic	1/18/03 1/25/03
110-m H (O)	14.85	Iowa Musco Twilight V	5/3/03
200 meters (O)	23.02	at W. Michigan Invite	3/29/03
400 meters (O)	49.26	at Purdue Invitational	3/30/02
400-m H (O)	51.93	at NCAA Regional	5/30/03
500 meters (I)	1:04.92	at Meyo Invitational	2/2/02
600 yards (I)	1:12.17	at Iowa State Classic	2/9/02
600 meters (I)	1:21.30	Iowa Open	2/20/04

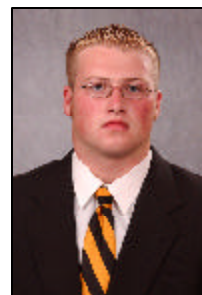


**Ken
Kemeny**

**Senior
Throws
Palatine, IL (Fremd)**

2004 -- Indoor - provisionally qualified for NCAA Championships in shot put with a collegiate-best 60-0 1/2 at Big Ten Championships for sixth place... that mark ranks third on Iowa's all-time bests list... provisionally qualified seven times in shot put... won shot at Hawkeye Invitational (58-10 3/4) and Iowa Open (58-9 1/2), placed second (59-5 3/4) at Gold Country Classic, placed third (59-6 3/4) at NCAA Qualifier and placed seventh (57-9) at Husker Invitational... **Outdoor** - leads team in shot... qualified for regional meet in that event three times this season... threw season-best 59-11 in shot at Stanford Invitational, which ranks third on Iowa's all-time bests list... placed third in shot (57-8 1/2) and fifth in discus (156-2) at Missouri Relays... placed fifth in shot (58-7 1/2) at Sea Ray Relays.

Kemeny's Collegiate Bests			
Event	Distance	Meet	Date
Shot Put (I)	60-0 1/2 (18.30 m)	at Big Ten's	2/28/04
Discus (O)	154-6 (47.10m)	Musco IV	5/4/02



**Shane
Maier**

**Freshman
Throws
Storm Lake, IA (Storm Lake)**

2004 -- Indoor - redshirted... **Outdoor** - threw collegiate bests in discus (143-1) and shot put (53-10 1/2) at Missouri Relays... placed fourth in shot (53-8 1/4) at UNI Twilight.

Maier's Collegiate Bests			
Event	Distance	Meet	Date
Discus (O)	143-1 (43.61 m)	at Missouri Relays	4/3/04
Shot (O)	53-10 1/2 (16.42 m)	at Missouri Relays	4/3/04



HAWKEYES TO WATCH



Jason Nolting

**Sophomore
Sprints
Preston, IA (Preston)**

2004 -- Indoor - placed sixth in 400 meters (49.35) at UNI Invitational... ran collegiate best in 60 (7.28) meters at Gold Country Classic... ran second leg on 1,600-meter relay that placed fifth in 3:18.42 at Big Ten Championships... **Outdoor** - ran second leg on team-leading 1,600 meter relay (3:12.78) at Sea Ray Relays... placed sixth in 400 meters (49.98) at Missouri Relays... ran collegiate-best 200 meters (22.44) at UNI Twilight.

Nolting's Collegiate Bests			
Event	Time	Meet	Date
60 meters (I)	7.28	at Gold Country Classic	1/24/04
200 meters (I)	22.44	at UNI Twilight	4/17/04
400 meters (I)	49.35	at UNI Invitational	1/31/04
600 meters (I)	1:21.03	Hawkeye Invitational	1/17/04

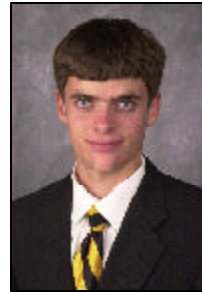


Russell Peterson

**Senior
Hurdles/Sprints
Manteno, IL (Manteno)**

2004 -- team tri-captain... **Indoor** - led team in 60-meter hurdles... placed eighth in 60-meter hurdles at Big Ten Championships, running a collegiate-best 7.97 in semifinals... that time ranks second on Iowa's all-time best performers list... also anchored 1,600-meter relay that placed fifth at Big Ten meet... won 60-meter hurdles (8.08) and placed third in 200 meters (20.10) at Iowa Open... ran season-best 400 meters (48.91) at Iowa State Classic... won 400 meters (49.75) at Hawkeye Invitational... ran second leg on team-leading 1,600-meter relay (3:13.81)... **Outdoor** - qualified for regional meet in 400-meter hurdles (52.36) at Sea Ray Relays... leads team in 110 and 400-meter hurdles... ran third leg on team-leading 1,600-meter relay (3:12.78) at Sea Ray Relays... placed third in 400-meter hurdles (52.81) at Missouri Relays... ran collegiate-best 200 meters (21.98) at UNI Twilight for sixth place.

Peterson's Collegiate Bests			
Event	Time	Meet	Date
60-m H (I)	7.97	at Big Ten Championships	2/28/04
110-m H (O)	14.85	at Stanford Invite	3/26/04
200 meters (I)	21.98	at UNI Twilight	4/17/04
400 meters (O)	47.62	Indiana Quadrangle	4/7/01
400-m H (O)	50.50	Big Ten Championships	5/19/01
600 meters (I)	1:19.12	Minnesota Open	1/27/01



Brian Rae

**Senior
Hurdles/Sprints
Manteno, IL (Manteno)**

2004 -- Indoor - ran collegiate-best 9:29.37 in two miles at Hawkeye Invitational... placed 11th in 3,000 meters (8:35.93) at Gold Country Classic... **Outdoor** - ran collegiate best 14:22.83 in 5,000 meters (14:22.83) at Stanford Invitational, which ranks fifth on Iowa's all-time best performers list... also ran collegiate-best 1,500 meters (4:05.83) at Missouri Relays.

2003 -- Cross Country - all-region selection, placing seventh at the NCAA Midwest Regional in 31:19 to lead the team... advanced to the NCAA Championships, placing 199th with a time of 31:47... ran career-best 8,000 meters (24:34) at Pre-National Invitational for 49th place... placed 13th (24:35) at Big Ten Championships, earning all-Big Ten honors... also placed fifth (26:00) at Iowa State Open and 73rd (25:31) at Roy Griak Invitational... letterwinner.

Rae's Collegiate Bests			
Event	Time	Meet	Date
1,500 meters (O)	4:05.83	at Missouri Relays	4/3/04
Mile (I)	4:30.52	Hawkeye Invite	1/18/03
3,000 meters (I)	8:26.2	at Gold Ctry. Classic	1/25/03
Two Miles (I)	9:29.37	Hawkeye Invite	1/17/04
5,000 meters (O)	14:22.83	at Stanford Invite	3/27/04
6,000 meters (CC)	18:57	at N. Illinois Invite	8/30/02
8,000 meters (CC)	24:34	at Pre-National Invite	10/18/03
10,000 meters (CC)	30:52.28	at NCAA Regional	11/16/02



HAWKEYES TO WATCH



**Tony
Rakaric**

**Junior
Distance
Palatine, IL (Palatine)**

2004 -- Indoor - ran anchor leg on team-leading distance medley relay (10:02.09)... placed 12th in 3,000 meters (8:26.75) at Big Ten Championships... won mile (4:17.83) at UNI Invitational... placed fourth in two miles (9:14.22) at Hawkeye Invitational... ran season-best mile (4:16.64) at Husker Invitational... placed third in 800 meters (1:56.97) at Iowa Open... **Outdoor** - leads team in 1,500 meters (3:56.73).

2003 -- Cross Country - placed 31st (32:12) at NCAA Midwest Regional... placed 11th (24:33) at Big Ten Championships, earning all-Big Ten honors... ran a career-best 8,000 meters (24:28) at Pre-National Invitational... also placed 16th (19:41) at Iowa Invitational, 18th (26:44) at Iowa State Open and 98th (25:45) at Roy Griak Invitational... letterwinner.

Rakaric's Collegiate Bests

Event	Time	Meet	Date
800 meters (I)	1:56.97	Iowa Open	2/20/04
1,000 meters (I)	2:34.79	at Panther Classic	2/1/03
1,500 meters (O)	3:53.65	Iowa Musco Twilight	5/3/03
Mile (I)	4:14.41	Iowa Open	2/21/03
3,000 meters (I)	8:20.31	at Iowa State Classic	2/14/03
5,000 meters (O)	14:22.92	at Stanford Invitational	3/28/03
6,000 meters (CC)	19:41	Iowa Invitational	8/29/03
8,000 meters (CC)	24:28	at Pre-National Invite	10/18/03
10,000 meters (CC)	30:31.42	at NCAA Regional	11/16/02



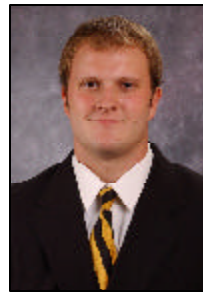
**Joel
Storm**

**Sophomore
Throws
Elberon, IA (Belle Plaine)**

2004 -- Indoor - did not compete... **Outdoor** - qualified for regional meet in javelin with a collegiate-best throw of 203-5 at Sea Ray Relays... that mark ranks third on Iowa's all-time best performers list... leads team in that event... won javelin (202-0) at Missouri Relays.

Storm's Collegiate Bests

Event	Distance	Meet	Date
Javelin (O)	203-5 (62.01 m)	at Sea Ray Relays	4/10/04



**Chris
Voller**

**Junior
Distance
Palatine, IL (Palatine)**

2004 -- Indoor - placed 13th (57-7 1/2) in weight throw at Big Ten Championships... threw collegiate-best 57-10 1/2 in weight at UNI Invitational for third place... placed fourth in weight (57-0 1/4) at Iowa Open, fourth (56-7 1/4) at Hawkeye Invitational and sixth (56-7 1/4) at Gold Country Classic... **Outdoor** - qualified for regional meet in hammer throw with a collegiate-best 195-8 at Sea Ray Relays... that mark ranks sixth on Iowa's all-time bests list... placed second in hammer at UNI Twilight (193-4) and fifth at Missouri Relays (181-10).

Voller's Collegiate Bests

Event	Distance	Meet	Date
Wt. Throw (I)	57-10 1/2 (17.64 m)	at UNI Invite	1/31/04
Hammer (O)	195-8 (59.64 m)	at Sea Ray Relays	4/10/04



HAWKEYES TO WATCH



**Sarah
Arens**

**Senior
Distance
Remsen, IA (Remsen-St. Mary's)**



**Nikki
Chapple**

**Freshman
Distance
Melbourne, Australia (Balwyn)**

2004 -- Indoor - anchored distance medley relay to provisional qualifying mark of 11:30.36 at Iowa State Classic... that relay is ranked fourth on Iowa's all-time bests list... anchored distance medley relay to third-place finish (11:41.77) at Big Ten Championships... ran collegiate-best mile (4:52.18) for eighth place at Iowa State Classic... that time ranks seventh on Iowa's all-time bests list... won mile (5:04.13) and Hawkeye Invitational and placed fifth (5:02.33) at Illinois Invitational... **Outdoor** - qualified for regional meet in 3,000-meter steeplechase with a winning and collegiate-best time of 10:38.31 at Tom Botts Invitational... that time broke the school record she set in that event last season... placed fourth in 800 meters (2:16.45) at Texas Southern Relays... placed eighth in steeplechase (10:48.85) at Mt. SAC Relays.

2003 -- Cross Country - led team at NCAA Midwest Regional, placing 16th in 22:00... placed 49th (22:33) at Big Ten Championships... won Hawkeye Invitational (10:41) and placed second (18:32) at Iowa State Open... academic all-Big Ten... WICCCA academic all-American.

Arens' Collegiate Bests

Event	Time	Meet	Date
800 meters	2:16.45	at TX Southern Relays	3/19/04
1,500 meters (O)	4:34.05	at Sea Ray Relays	4/16/00
Mile (I)	4:52.18	at ISU Classic	2/14/04
3,000 meters (O)	9:52.17	at Big Blue Classic	4/5/00
3,000 meters (CC)	10:41	Hawkeye Invite	8/29/03
3,000-m SC (O)	10:38.31	at Tom Botts Invite	4/10/04
5,000 meters (I)	17:16.41	at Big Ten Champ's	2/24/01
5,000 meters (CC)	17:37.96	at Auburn Invite	10/19/02
6,000 meters (CC)	21:58	at Mid. Pre-Regional	9/29/00

2004 -- Indoor - led team in 3,000 (9:34.17) and 5,000 meters (16:48.21)... provisionally qualified in 3,000 meters (9:34.17) at Husker Invitational and in 5,000 meters (16:27.04) at Alex Wilson Invitational... runner-up in 5,000 meters (17:11.68 - 26 laps) and placed third in 3,000 meters (9:37.80) at Big Ten Championships... won 5,000 meters (16:48.21) at ISU Classic and mile (4:59.85) at Gold Country Classic... ranks eighth in mile, fourth in 3,000 meters and sixth in 5,000 meters on Iowa's all-time best performers list... placed third in mile (4:54.92) at Illinois Invitational... **Outdoor** - provisionally qualified for NCAA Championships in 10,000 meters with a collegiate-best 35:06.35 at Mt. SAC Relays... that time ranks fourth on Iowa's all-time bests list... leads team in that event... runner-up in 1,500 meters (4:36.35) at Texas-Arlington Relays and placed sixth (4:38.16) at Tom Botts Invitational.

2003 -- Cross Country - led team at Big Ten Championships, placing 15th in 21:45... also ran a collegiate-best 6,000 meters (21:45) at Pre-National Invitational... placed 32nd at NCAA Midwest Regional (22:31)... led team in collegiate debut, placing 16th (17:41) at Willamette Invitational.

Chapple's Collegiate Bests

Event	Time	Meet	Date
Mile (I)	4:54.92	at Illinois Invite	1/31/04
1,500 meters (O)	4:36.35	at TX-Arlington Relays	3/27/04
3,000 meters (I)	9:34.17	at Husker Invite	2/7/04
5,000 meters (I)	16:27.04	at Alex Wilson Invite	3/7/04
5,000 meters (CC)	17:41	at Willamette Invite	10/4/03
6,000 meters (CC)	21:45	at Pre-National Invite	10/18/03
		at Big Ten Champ's	11/2/03
10,000 meters (O)	35:06.35	at Mt. SAC Relays	4/17/04



HAWKEYES TO WATCH



Aisha Hume

**Junior; Sprints/Middle Distance
Oropouche, Trinidad
(St. Joseph's Convent San Fernando)**

2004 -- Indoor - led team in 600 yards (1:21.74) and 600 meters (1:32.41)... ran anchor leg on school-record setting 1,600-meter relay (3:44.47) at Big Ten Championships... won 600 yards at Iowa State Classic, breaking the meet record she set last season with a collegiate-best 1:21.74... placed fourth in 600 meters with a collegiate-best 1:32.41 at Big Ten Championships... her best 600-yard time ranks second, her best 600-meter time ranks third and her best 800-meter time ranks ninth on Iowa's all-time best performers list... won 600 meters (1:33.44) at Hawkeye Invitational and placed second in 800 meters at Gold Country Classic (2:13.87) and Illinois Invitational (2:14.62)... **Outdoor** - ran collegiate-best 2:11.27 in 800 meters at Mt. SAC Relays... that time ranks fifth on Iowa's all-time bests list... placed second in 800 meters at Texas-Arlington Relays (2:11.52) and fourth at Tom Botts Invitational (2:15.88).

Championships, running a 2:08.21 in the prelims... runner-up in 800 meters (2:10.72) and ran lead leg on distance medley relay that placed third (11:41.77) at Big Ten Championships... runner-up in mile (4:52.73) at Illinois Invitational and 800 meters (2:13.41) at Hawkeye Invitational... **Outdoor** - qualified for regional meet in 1,500 meters, running a collegiate-best 4:24.00 at Mt. SAC Relays... that time ranks fourth on Iowa's all-time bests list... won 800 meters (2:10.30) at Tom Botts Invitational and 1,500 meters (4:30.18) at Texas-Arlington Relays... leads team in those events... her best 800-meter time ranks third on Iowa's all-time best performers list.

Lahann's Collegiate Bests

Event	Time	Meet	Date
800 meters (I)	2:06.83	at Alex Wilson Invite	3/6/04
1,500 meters (O)	4:24.00	at Mt. SAC Relays	4/18/04
Mile (I)	4:47.23	at Husker Invite	2/7/04
3,000 meters (I)	10:30.40	at Meyo Invitational	2/5/00
3,000-m SC (O)	11:16.21	at Big Ten Champ's	5/17/02
4,000 meters (CC)	14:41	at Stanford Invite	9/29/01
5,000 meters (O)	17:42.19	at Tiger Invite	4/2/00
5,000 meters (CC)	18:33	at District V Champ's	11/13/99
6,000 meters (CC)	22:51	at Chile Pepper Festival	10/14/00
10,000 meters (O)	39:34.13	at Big Ten Champ's	5/18/01

Hume's Collegiate Bests

Event	Time	Meet	Date
400 meters (O)	55.31	at KT Woodman Classic	4/12/03
500 meters (I)	1:16.94	at Meyo Invite	2/2/01
600 meters (I)	1:32.41	Big Ten Championships	2/29/04
600 yards (I)	1:21.74	at ISU Classic	2/14/04
800 meters (O)	2:11.27	at Mt. SAC Relays	4/18/04



Tiff Pedersen

**Junior
Hurdles/Multi-Events
Atlantic, IA (Atlantic)**



Michelle Lahann

**Senior
Distance
Wheatland, IA (Calamus-Wheatland)**

2004 -- Indoor - led team in 800 meters (2:06.83) and mile (4:47.23)... NCAA provisional qualifier in 800 meters (2:06.83) at Alex Wilson Invitational and mile (4:47.23) at Husker Invitational... her best 800-meter time ranks second and mile time ranks fourth on Iowa's all-time best performers list... ran lead leg on distance medley relay that provisionally qualified (11:30.36) at Iowa State Classic... that relay ranks fourth on Iowa's all-time bests list... competed in 800 meters at NCAA

2004 -- Indoor - led team in long jump (17-11) and pentathlon (3,511 points)... that point total ranks second on Iowa's all-time bests list... placed fifth in pentathlon at Big Ten Championships (3,511 points)... placed fifth in pentathlon at UNI Invitational, placing second in 60-meter hurdles (9.16) and long jump (17-11) as part of that event... won 60-meter hurdles (8.98) after running a collegiate-best 8.80 in prelims at Iowa Open... that time ranks seventh on Iowa's all-time bests list... also placed fifth in high jump (5-0 1/4) and sixth in shot put with a season-best 35-10 3/4 at Iowa Open... won long jump (17-4 3/4) and placed third in 60-meter hurdles (9.05) at Hawkeye Invitational... **Outdoor** - leads team in 100-meter hurdles (14.50), long jump (18-5 1/4) and shot put (32-5 3/4)... placed fourth in long jump (18-5 1/4), which rank fifth on Iowa's all-time best performers list, and sixth in shot put (32-5 3/4) at Tom Botts Invitational... placed third in 100-meter hurdles (14.50) and 11th in long jump (17-7) at Texas-Arlington Relays.



HAWKEYES TO WATCH

Pedersen's Collegiate Bests

Event	Mark	Meet	Date
60-m H (I)	8.80	Iowa Open	2/20/04
100 meters (O)	13.01	at UMKC Quad	3/31/02
100-m H (O)	14.23	Musco IV	5/4/02
200 meters (O)	25.7	at Drake Relays	4/24/03
800 meters (I)	2:36.68	at Big Ten's	2/28/04
Long Jump (O)	18-5 1/4 (5.62m)	at Tom Botts Inv.	4/10/04
High Jump (I)	5-3 (1.60m)	at Big Ten's	2/28/04
Shot Put (O)	37-3 (11.35m)	at Big Ten's	5/16/03
Javelin (O)	109-10 (33.47m)	at Big Ten's	5/17/03
Heptathlon (O)	4,633 points	at Big Ten's	5/16-17/03
Pentathlon (I)	3,511 points	at Big Ten's	2/28/04

second in 60 meters (7.63) at Hawkeye Invitational... placed third in high jump (5-10 1/2) and fourth in 60 meters (7.57) at Iowa State Classic... placed third in high jump (5-7 3/4) at NCAA Last Chance Qualifier... **Outdoor** - qualified for regional meet in high jump with a winning 5-10 1/4 at Texas Southern Relays... leads team in that event and 100 meters (11.80)... her season-best high jump ranks second and best 100 meters ranks 10th on Iowa's all-time best performers list... runner-up in high jump (5-8) and placed third in 100 meters (11.80) at Texas-Arlington Relays.

Roach's Collegiate Bests

Event	Mark	Meet	Date
60 meters (I)	7.48	Big Ten Champ's	2/28/04
100 meters (O)	11.80	at TX-Arlington Relays	3/27/04
200 meters (I)	25.23	at Gold C. Classic	1/24/04
High Jump (I)	5-11 1/4 (1.81 m)	Big Ten Champ's	2/29/04



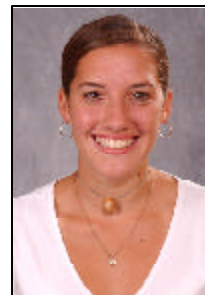
Alana Redfern

Junior
Throws
Duncan, British Columbia (Cowichan)

2004 -- Indoor - did not compete... **Outdoor** - qualified for regional meet in javelin with a winning 149-4 at Texas Southern Relays... leads team in that event.

Redfern's Collegiate Bests

Event	Mark	Meet	Date
Shot Put (I)	38-3 1/4 (11.66 m)	at Panther Classic	2/1/03
Javelin (O)	181-5 (55.31 m)	Musco Twilight V	5/3/03



Shannon Stanley

Freshman
Distance
Rochester Hills, MI (Adams)

2004 -- Indoor - ran third leg on distance medley relay that provisionally qualified for NCAA Championships at Iowa State Classic (11:30.36)... that relay is ranked fourth on Iowa's all-time best performers list... placed seventh in 800 meters (2:16.51) at Big Ten Championships, running a collegiate-best 2:12.48 in prelims... that time ranks sixth on Iowa's all-time bests list... won 800 meters (2:13.38) in collegiate debut at Hawkeye Invitational... placed 13th in 800 meters (2:14.24) at Husker Invitational... **Outdoor** - placed fifth in 800 meters (2:14.20) at Texas-Arlington Relays and eighth (2:22.98) at Tom Botts Invitational... ran season-best 800 meters (2:13.76) at Mt. SAC Relays.

2003 -- Cross Country - one of four Hawkeyes and the only Hawkeye freshman to compete in all six meets... ran collegiate bests in 5,000 meters at Willamette Invitational (18:30) and 6,000 meters at NCAA Midwest Regional (23:09)... placed 74th (23:40) at Big Ten Championships... placed fourth (11:14) at Hawkeye Invitational and eighth (19:50) at Iowa State Open.



Peaches Roach

Freshman
Jumps
Kingston, Jamaica (Alpha Academy)

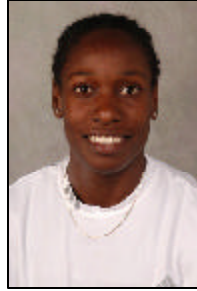
2004 -- Indoor - led team in high jump (5-11 1/4) with NCAA provisional qualifying mark and in 60 meters (7.48)... those marks ran second on Iowa's all-time bests list... Big Ten high jump champion with a collegiate-best 5-11 1/4... also placed fifth in 60 meters (7.50) at Big Ten Championships, running a collegiate-best 7.48 in prelims... tied for 15th in high jump (5-8) at NCAA Championships... won high jump (5-7 3/4) and placed



HAWKEYES TO WATCH

Stanley's Collegiate Bests

Event	Time	Meet	Date
600 meters (I)	1:35.85	at Gold Country Classic	1/24/04
800 meters (I)	2:12.48	Big Ten Championships	2/28/04
Mile (I)	5:17.65	at ISU Classic	2/14/04
3,000 meters (CC)	11:14	Hawkeye Invite	8/29/03
5,000 meters (CC)	18:30	at Willamette Invite	10/4/03
6,000 meters (CC)	23:09	at Midwest Regional	11/15/03



Shellene Williams

Senior/Sprints
Old Harbour, Jamaica
(Veretech/Barton County CC)

2004 -- Indoor - Big Ten 400-meter champion (54.17) and runner-up in 200 meters (23.97)... ran second leg on 1,600-meter relay that set school record of 3:44.47 and placed third at Big Ten Championships... led team in 200 (23.62) and 400 meters (52.83)... NCAA automatic qualifier in 400 meters (52.83) at Iowa State Classic, which ranks second on Iowa's all-time bests list... also set school record in 200 meters with a provisional qualifying time of 23.62 at Husker Invitational... ran second leg on distance medley relay that provisionally qualified (11:30.36) at Iowa State Classic... that relay ranks fourth on Iowa's all-time bests list... competed in 200 (23.98) and 400 meters (53.00) at NCAA Championships... ran second leg on distance medley relay that placed sixth (11:38.47) at Alex Wilson Invitational... won 60 meters at Illinois Invitational with a collegiate-best 7.50, which ranks third in Iowa's all-time bests list... has won five of the nine individual events she competed in, placing second in two others... **Outdoor** - qualified for regional meet in 200 and 400 meters, leading the team in both events... ran a collegiate-best 23.61 at Texas-Arlington Relays in 200 meters, which ranks second on Iowa's all-time best performers list... won 400 meters with a season-best 53.61 at Mt. SAC Relays.



Jessie Strand

Senior
Pole Vault
Rockford, IL (Boylan)

2004 -- Indoor - led team in pole vault with an indoor school-record setting mark of 12-5 1/2... runner-up in pole vault (12-5 1/2) at Big Ten Championships... placed sixth in pole vault (12-3 1/2) at NCAA Qualifier... placed fifth in pole vault at Iowa State Classic (11-11 3/4) in season debut... won pole vault (11-8) at Iowa Open... **Outdoor** - leads team in pole vault... placed third in that event (11-9 3/4) at Texas Southern Relays.

Strand's Collegiate Bests

Event	Mark	Meet	Date
60-m H (I)	10.13	Hawkeye Open	1/15/00
Pole Vault (O)	12-10 1/4 (3.92 m)	at NCAA Regional	5/31/03
Long Jump (I)	18-3 1/4 (5.57 m)	Hawkeye Open	1/15/00
Shot Put (I)	35-9 1/2 (10.91 m)	Hawkeye Invite	1/19/02
Javelin (O)	87-3 (26.60 m)	at UMKC Quad	3/31/02

Williams' Personal Bests

Event	Time	Meet	Date
60 meters (I)	7.50	at Illinois Invite	1/31/04
200 meters (O)	23.61	at TX-Arlington Relays	3/27/04
400 meters (O)	52.68	at Jamaican Ntl. Champ's	6/21/03

