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 Iowa Opener - 1/16/2010  
 Results at www.cfpitiming.com  
 Recreation Building, University of Iowa  
 Results

Women 60 Meter Dash

=====  
 Top 8 Advance by Time

8 fastest times to the finals  
 NCAA Auto: A 7.26  
 NCAA Prov.: P 7.44  
 World: W 6.92 2/11/1993 Irina Privalova, RUS  
 American: A 6.95 3/12/1993 Devers/ Jones, Nike Inter./ Nike  
 Collegiate: C 7.09 3/11/2001 Angela Williams, Southern California  
 Iowa school: I 7.43 1983 Elaine Jones  
 Iowa Rec Ctr: F 7.27 2004 Consuella Moore, Penn State

Name	Year	School	Prelims
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=====  
 Heat 1 Preliminaries

1 Roach, Peaches		Unattached	7.49q
2 Moore, Raven	FR	Iowa	7.78q
3 Rus, Alicia	FR	Iowa	8.30q
4 Simpson, Stephanie	SO	Truman State	8.37q
5 Scott, Leia	FR	Iowa	8.44
6 Lowry, Kristin	JR	Truman State	8.49

Heat 2 Preliminaries

1 Williams, Shellene		Unattached	7.82q
2 Farley, Karessa	JR	Iowa	7.83q
3 Harris, ChrisDell	SR	Western Illi	7.85q
4 Gunn, Danielle	FR	Western Illi	8.21q
5 Sawyer, Abbey	FR	Western Illi	8.38
6 Lewey, Sarah	FR	Central Meth	8.49

Women 60 Meter Dash

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 8 fastest times to the finals  
 NCAA Auto: A 7.26  
 NCAA Prov.: P 7.44  
 World: W 6.92 2/11/1993 Irina Privalova, RUS  
 American: A 6.95 3/12/1993 Devers/ Jones, Nike Inter./ Nike  
 Collegiate: C 7.09 3/11/2001 Angela Williams, Southern California  
 Iowa school: I 7.43 1983 Elaine Jones  
 Iowa Rec Ctr: F 7.27 2004 Consuella Moore, Penn State

Name	Year	School	Finals
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=====  
 Section 1 Finals

1 Roach, Peaches		Unattached	7.39I
2 Williams, Shellene		Unattached	7.76
3 Moore, Raven	FR	Iowa	7.77
4 Farley, Karessa	JR	Iowa	7.81
5 Harris, ChrisDell	SR	Western Illi	7.82
6 Gunn, Danielle	FR	Western Illi	8.19
7 Rus, Alicia	FR	Iowa	x8.26
8 Simpson, Stephanie	SO	Truman State	8.35

Women 200 Meter Dash

=====  
 NCAA Auto: A 23.70  
 NCAA Prov.: P 24.40  
 World: W 21.87 2/13/1993 Merlene Ottey, JAM  
 American: A 22.18 3/15/2003 Michelle Collins, U.S.A.  
 Collegiate: C 22.43 3/12/2004 Veronica Campbell, Arkansas  
 Iowa school: I 23.49 2006 Kineke Alexander  
 Iowa Rec Ctr: F 23.44 2004 Consuella Moore, Penn State

Name	Year	School	Finals
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## Section 1

1 Williams, Shellene	Unattached	25.09
2 Hendricks, Tiffany	JR Iowa	26.05
3 Harris, ChrisDell	SR Western Illi	26.07
4 Klier, Nikki	Unattached	26.37

## Section 2

1 Gunn, Danielle	FR Western Illi	27.25
2 Rus, Alicia	FR Iowa	27.37
3 Sawyer, Abbey	FR Western Illi	x27.59
4 Lowry, Kristin	JR Truman State	28.48

## Section 3

1 Gladbach, Katie	FR Central Meth	29.13
2 Moore, Katelyn	FR Western Illi	x29.65
3 Garrigus, Shelby	FR Central Meth	30.28

## Women 300 Meter Dash

Name	Year School	Finals
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## Section 1

1 Moore, Raven	FR Iowa	40.99
2 Graham, Kara-Aretha	JR Iowa	41.30
3 Mims, Kelsey	JR Iowa	x42.07
4 Simonson, Hannah	FR Iowa	x43.70
5 Simpson, Stephanie	SO Truman State	45.40

## Women 400 Meter Dash

NCAA Auto: A	52.90		
NCAA Prov.: P	54.90		
World: W	49.59	3/7/1982	Jamila Kratochvilova, TCH
American: A	50.64	3/10/1991	Diane Dixon, Atoms TC
Collegiate: C	50.80	3/10/2007	Natasha Hastings, South Carolina
Iowa school: I	51.48	2007	Kineke Alexander
Iowa Rec Ctr: F	54.17	2004	Shellene Williams, Iowa

Name	Year School	Finals
1 Trusty, Rhonda-Kaye	SR Iowa	57.06
2 Klier, Nikki	Unattached	59.09
3 Brockman, Miranda	SO Western Illi	1:01.32
4 Gladbach, Katie	FR Central Meth	1:05.38
5 Trokey, Jayna	SO Central Meth	1:06.38
6 Cummins, Jordyn	FR Central Meth	x1:08.05

## Women 600 Meter Run

Iowa school: I	1:27.45	1/19/2008	Kineke Alexander, Iowa
Iowa Rec Ctr: F	1:27.45	1/19/2008	Kineke Alexander, Iowa

Name	Year School	Finals
1 Alexander, Kineke	Unattached	1:30.93
2 Erickson, Nicole	SO Iowa	1:36.60
3 Jay, Katie	SR Western Illi	1:41.69
4 Ponce, Sophia	SR Iowa	1:45.12

## Section 2

1 Ratermann, Anne	SO Truman State	1:42.06
2 Boedeker, Debbie	FR Truman State	1:46.32
3 Linders, Kirstyn	FR Central Meth	1:54.66

## Women 800 Meter Run

2 alley start			
NCAA Auto: A	2:06.00		
NCAA Prov.: P	2:10.00		
World: W	1:55.82	3/3/2002	Jolanda Ceplak, SLO
American: A	1:58.71	3/2/2002	Nicole Teter, Nike Farm Team
Collegiate: C	2:00.75	2/27/2005	Nicole Cook, Tennessee

Iowa school: I 2:06.38 1989 Jeanne Kruckeberg  
 Iowa Rec Ctr: F 2:09.57 1991 Amy Bannister, Michigan

Name	Year	School	Finals
Section 1			
1 Hardesty, Lauren	JR	Iowa	2:16.49
2 Flood, Betsy	SO	Iowa	2:17.12
3 Praska, Bethany	JR	Iowa	x2:17.70
4 Melander, McKenzie	SO	Iowa	x2:18.00
5 Lynes, Chelsea	FR	Western Illi	2:21.68
6 Williams, Fiona	SR	Truman State	2:22.84
7 Dlhy, Brittany	SO	Iowa	x2:23.08
8 Byers, Amy	SO	Western Illi	2:31.62
9 Beaverson, Amber	FR	Central Meth	2:37.25
10 Quisenberry, Deanna	SO	Central Meth	2:41.56

Women 1 Mile Run

NCAA Auto: A 4:38.90  
 NCAA Prov.: P 4:48.90  
 World: W 4:17.14 2/9/1990 Doina Melinte, ROM  
 American: A 4:20.1h 2/19/1982 Mary Slaney, Athletics West  
 Collegiate: C 4:25.91 2/28/2009 Jenny Barringer, Colorado  
 Iowa school: I 4:40.19 1989 Jeanne Kruckeberg  
 Iowa Rec Ctr: F 4:45.05 2004 Hilary Edmondson, Wisconsin

Name	Year	School	Finals
Section 2			
1 Wetzell, Heather	SR	Western Illi	5:25.32
2 Grauel, Cindy	FR	Truman State	5:28.23
3 Grauel, Karen	FR	Truman State	5:28.90
4 Laesch, Jackie	SO	Iowa	x5:29.65
5 Hart, Kelsey	FR	Iowa	x5:29.85
6 Dietsch, Julie	JR	Western Illi	5:54.66
7 Quisenberry, Deanna	SO	Central Meth	5:56.44
8 Linders, Kirstyn	FR	Central Meth	6:03.72

Section 2

1 Hardesty, Amanda	JR	Iowa	4:56.68
2 Lessard, Megan	SR	Iowa	5:03.38
3 Docherty, Jennie	SR	Iowa	x5:12.73
4 Roeder, Hannah	SR	Iowa	x5:15.92
5 Ranegar, Megan	FR	Iowa	x5:19.94
6 Ellis, Katie	SR	Iowa	x5:32.18
7 Berndt, Danielle	SO	Iowa	x5:37.14

Women 3000 Meter Run

NCAA Auto: A 9:16.00  
 NCAA Prov.: P 9:35.00  
 World: W 8:23.72 2/3/2007 Meseret Defar, ETH  
 American: A 8:33.25 1/27/2007 Shalane Flanagan, Nike  
 Collegiate: C 8:42.03 3/14/2009 Jenny Barringer, Colorado  
 Iowa school: I 9:15.57 1993 Tracy Dahl  
 Iowa Rec Ctr: F 9:37.80 2004 Hilary Edmondson, Wisconsin

Name	Year	School	Finals
Section 1			
1 Dell'Orco, Dani	SO	Truman State	10:11.76
2 Brown, Amanda	JR	Truman State	11:24.38
3 Parker, Josi	JR	Western Illi	11:30.64
4 Thurston, Alycia	FR	Western Illi	11:36.44
5 Crites, Annie	FR	Truman State	x11:39.21
6 Mathis, Elli	SO	Truman State	x11:51.04
7 Scrivener, Lisa	JR	Central Meth	12:02.81
-- Nukuri, Diane		Unattached	DNF

Women 60 Meter Hurdles

NCAA Auto: A 8.14  
 NCAA Prov.: P 8.43  
 World: W 7.68 2/10/2008 Susanna Kallur, SWE  
 American: A 7.74 3/1/2003 Gail Devers, Nike  
 Collegiate: C 7.84 3/10/2006 Ginnie Powell, Southern California  
 Iowa school: I 8.33 2006 Tiffany Johnson  
 Iowa Rec Ctr: F 8.32 2004 Yvonne Mensah, Illinois

Name	Year	School	Finals
1 Roach, Peaches		Unattached	8.75
2 Jordan, Mariah	FR	Iowa	9.02
3 Atkins, Alexis	FR	Western Illi	9.83
4 Watson, Talisa	FR	Western Illi	9.95
5 Guffey, Jamie	SO	Central Meth	10.26
6 Garrigus, Shelby	FR	Central Meth	11.08
7 Truex, Amelia	FR	Central Meth	x11.13

#### Women 4x400 Meter Relay

NCAA Auto: A 3:35.80  
 NCAA Prov.: P 3:42.80  
 World: W 3:23.37 1/28/2006 Russia, RUS  
 American: A 3:27.59 3/7/1999 National Team, U.S.A.  
 Hennagan, Collins, Feagin-Alexander, Porter  
 Collegiate: C 3:27.66 3/15/2003 Texas, Texas  
 Downer, McIntosh, Robinson, Richards  
 Iowa school: I 3:40.52 2006 Iowa  
 Johnson, McCalla, Alexander, Granger  
 Iowa Rec Ctr: F 3:41.80 2004 Indiana, Indiana  
 Huber, Ray, Clausing, Maddox

School	Finals
1 Iowa 'A'	4:00.76
1) Hendricks, Tiffany JR	2) Graham, Kara-Aretha JR
3) Erickson, Nicole SO	4) Mims, Kelsey JR
2 Western Illinois 'A'	4:11.29
1) Brockman, Miranda SO	2) Lynes, Chelsea FR
3) Byers, Amy SO	4) Jay, Katie SR
-- Western Illinois 'B'	x4:28.22
1) Sawyer, Abbey FR	2) Dietsch, Julie JR
3) Wetzel, Heather SR	4) Parker, Josi JR

#### Women High Jump

NCAA Auto: A 1.85m  
 NCAA Prov.: P 1.78m  
 World: W 2.08m 2/4/2006 Kajsa Bergqvist, SWE  
 American: A 2.01m 2/28/1998 Tisha Waller, Unattached  
 Collegiate: C 1.98m 3/13/2009 Destinee Hooker, Texas  
 Iowa school: I 1.85m 2005 Peaches Roach  
 Iowa Rec Ctr: F 1.83m 2002 Long/ Roach, Unatt./ Iowa

Name	Year	School	Finals
1 Bacchus, Caleigh	SR	Iowa	1.73m 5-08.00
2 Glisar, Megan	FR	Iowa	1.68m 5-06.00
3 Greenwalt, Eva	FR	Iowa	x1.58m 5-02.25
4 Barajas, Rebeca	SO	Central Meth	1.53m 5-00.25
5 Atkins, Alexis	FR	Western Illi	1.53m 5-00.25
6 Watson, Talisa	FR	Western Illi	1.48m 4-10.25
6 Fulton, Kate	FR	Central Meth	1.48m 4-10.25
8 Gladbach, Katie	FR	Central Meth	x1.43m 4-08.25

#### Women Pole Vault

NCAA Auto: A 4.25m  
 NCAA Prov.: P 4.00m

World: W 5.00m 2/15/2009 Yelena Isinbaeva, RUS  
 American: A 4.83m 3/1/2009 Jenn Stuczynski, adidas  
 Collegiate: C 4.53m 2/8/2002 Amy Linnen, Arizona  
 Iowa school: I 3.80m 2004 Jessie Strand  
 Iowa Rec Ctr: F 3.96m 2002 Elizabeth Metzinger, Purdue

Name	Year	School	Finals
1 Biermann, Katrina	SR	Truman State	3.70m 12-01.50
2 Marriot, Brianne	SR	Western Illi	3.20m 10-06.00
3 Truedson, Katie	FR	Iowa	3.05m 10-00.00
4 Bramon, Lindsey	JR	Truman State	3.05m 10-00.00
4 Weismantle, Kirsten	FR	Iowa	3.05m 10-00.00
-- Kolb, Courtney	JR	Central Meth	NH

## Women Long Jump

NCAA Auto: A 6.38m  
 NCAA Prov.: P 6.13m  
 World: W 7.37m 2/13/1988 Heike Drechsler, GDR  
 American: A 7.13m 3/5/1994 Jackie Joyner- Kersee, Honda  
 Collegiate: C 6.91m 2/23/2002 Elva Goulbourne, Auburn  
 Iowa school: I 5.95m 1986 Lisa Moats  
 Iowa Rec Ctr: F 6.32m 2004 Rosalind Goodwin, Ohio State

Name	Year	School	Finals
1 Roach, Peaches		Unattached	5.76m 18-10.75
2 Zweifel, Jennifer	SO	Truman State	5.15m 16-10.75
3 Harris, ChrisDell	SR	Western Illi	4.98m 16-04.25
4 Scott, Leia	FR	Iowa	4.94m 16-02.50
5 Moore, Katelyn	FR	Western Illi	4.81m 15-09.50
6 Gunn, Danielle	FR	Western Illi	x4.71m 15-05.50
7 Truex, Amelia	FR	Central Meth	4.62m 15-02.00
8 Watson, Talisa	FR	Western Illi	x4.33m 14-02.50

## Women Triple Jump

NCAA Auto: A 13.30m  
 NCAA Prov.: P 12.65m  
 World: W 15.36m 3/6/2004 Tatyana Lebedeva, RUS  
 American: A 14.23m 3/4/1995 Sheila Hudson, Reebok  
 Collegiate: C 14.25m 3/8/1997 Suzette Lee, L.S.U.  
 Iowa school: I 12.90m 2008 Renee White  
 Iowa Rec Ctr: F 13.27m 2004 Rosalind Goodwin, Ohio State

Name	Year	School	Finals
1 Biermann, Katrina	SR	Truman State	11.63m 38-02.00
2 Zweifel, Jennifer	SO	Truman State	10.98m 36-00.25
3 Barajas, Rebeca	SO	Central Meth	10.73m 35-02.50
4 Moore, Katelyn	FR	Western Illi	10.33m 33-10.75

## Women Shot Put

NCAA Auto: A 16.90m  
 NCAA Prov.: P 15.20m  
 World: W 22.50m 2/19/1977 Helena Fibingerova, TCH  
 American: A 19.83m 2/20/1987 Ramona Pagel, Mazda T.C.  
 Collegiate: C 19.15m 3/3/2004 Laura Gerraughty, North Carolina  
 Iowa school: I 15.54m 1985 Gail Smith  
 Iowa Rec Ctr: F 16.81m 2004 Ja'Nai O'Conner, Penn State

Name	Year	School	Finals
1 LaRue, Dana	SO	Western Illi	13.37m 43-10.50
2 Letuli, Tessa	SR	Truman State	12.54m 41-01.75
3 McGruder, Dimonique	FR	Truman State	11.88m 38-11.75
4 Ortega, Jessica	JR	Western Illi	11.80m 38-08.75
5 Tutson, Majesty	FR	Iowa	11.78m 38-07.75
6 Hoffman, Megan	FR	Truman State	x11.43m 37-06.00

7	Jones, Lizzy	SO	Western Illi	x11.12m	36-05.75
8	McCarroll, Rachel	FR	Truman State	x10.70m	35-01.25
9	Nunnikhoven, Becky	FR	Truman State	x10.66m	34-11.75
10	Turner, Megan	JR	Central Meth	10.45m	34-03.50
11	Hobbs, Breanna	FR	Central Meth	9.21m	30-02.75
--	Medenwaldt, Tiffany	SO	Iowa	FOUL	

## Women Weight Throw

=====					
NCAA Auto: A 21.00m					
NCAA Prov.: P 18.75m					
American: A 25.56m 3/10/2007 Brittany Riley, Southern Illinois					
Collegiate: C 25.56m 3/10/2007 Brittany Riley, Southern Illinois					
Iowa school: I 17.76m 2007 Becca Franklin					
Iowa Rec Ctr: F 20.01m 2004 Keturah Lofton, Ohio State					
	Name		Year School		Finals
=====					
1	McCarroll, Rachel	FR	Truman State	13.68m	44-10.75
2	Turner, Megan	JR	Central Meth	12.74m	41-09.75
3	Cassmeyer, Samantha	SR	Truman State	x12.63m	41-05.25
4	Smith, Sam	SR	Central Meth	x12.30m	40-04.25
5	Morrow, Melissa	FR	Central Meth	x12.24m	40-02.00
6	McGruder, Dimonique	FR	Truman State	x11.03m	36-02.25
7	Nunnikhoven, Becky	FR	Truman State	x9.65m	31-08.00
--	Hoffman, Megan	FR	Truman State	FOUL	

## Flight 2

1	LaRue, Dana	SO	Western Illi	16.12m	52-10.75
2	Tutson, Majesty	FR	Iowa	15.70m	51-06.25
3	Letuli, Tessa	SR	Truman State	15.69m	51-05.75
4	Medenwaldt, Tiffany	SO	Iowa	15.46m	50-08.75
5	Taylor, Kelsey	FR	Iowa	x15.12m	49-07.25
6	Hobbs, Breanna	FR	Central Meth	14.63m	48-00.00
7	Jones, Lizzy	SO	Western Illi	14.49m	47-06.50
8	Ortega, Jessica	JR	Western Illi	x13.92m	45-08.00

## Men 60 Meter Dash

## Top 8 Advance by Time

8 fastest times to the finals

NCAA Auto: A 6.60					
NCAA Prov.: P 6.71					
World: W 6.39 2/3/1998 Maurice Greene, USA					
American: A 6.39 2/3/1998 Maurice Green, Nike					
Collegiate: C 6.45 2/20/1999 Leonard Myles-Mills, B.Y.U.					
Iowa school: I 6.73 1999 Kurt Felix					
Iowa Rec Ctr: F 6.70 2006 Demi Omole, Wisconsin					
	Name		Year School		Prelims
=====					

## Heat 1 Preliminaries

1	Richardson, D'Juan	SO	Iowa	6.88q	6.872
2	Davis, Lancford		Unattached	6.88q	6.877
3	Stewart, Edward	JR	Central Meth	7.03q	
4	Lewis, Tim	FR	Central Meth	7.22q	
5	Dibbern, Kevin	FR	Iowa	7.24q	
6	Sherman, Ryan	FR	Central Meth	7.35q	
7	McSkimming, Brandon	JR	Iowa	7.36	7.359

## Heat 2 Preliminaries

1	Sayon, Zeke	JR	Iowa	6.97q	
2	Bee, Stephen	JR	Iowa	7.02q	
3	Fultz, Colin	FR	Central Meth	7.36	7.351
4	Robinson, Roscoe	FR	Central Meth	7.36	7.356
5	Dwight, Tim		Unattached	7.41	
6	Fenske, Quinton	FR	Central Meth	7.86	

## Men 60 Meter Dash

8 fastest times to the finals

NCAA Auto: A 6.60  
 NCAA Prov.: P 6.71  
 World: W 6.39 2/3/1998 Maurice Greene, USA  
 American: A 6.39 2/3/1998 Maurice Green, Nike  
 Collegiate: C 6.45 2/20/1999 Leonard Myles-Mills, B.Y.U.  
 Iowa school: I 6.73 1999 Kurt Felix  
 Iowa Rec Ctr: F 6.70 2006 Demi Omole, Wisconsin

Name	Year	School	Finals
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Section 1 Finals

1 Davis, Lancford		Unattached	6.81
2 Richardson, D'Juan	SO	Iowa	6.84
3 Sayon, Zeke	JR	Iowa	6.86
4 Stewart, Edward	JR	Central Meth	6.92
5 Bee, Stephen	JR	Iowa	x7.00
6 Dibbern, Kevin	FR	Iowa	x7.21
7 Lewis, Tim	FR	Central Meth	7.23
8 Sherman, Ryan	FR	Central Meth	x7.28

Men 200 Meter Dash

NCAA Auto: A 21.23  
 NCAA Prov.: P 21.63  
 World: W 19.92 2/18/1996 Frank Fredericks, NAM  
 American: A 20.10 3/11/2005 Wallace Spearmon, Arkansas  
 Collegiate: C 20.10 3/11/2005 Wallace Spearmon, Arkansas  
 Iowa school: I 21.11 1993 Anthuan Maybank  
 Iowa Rec Ctr: F 21.21 2006 David Neville, Indiana

Name	Year	School	Finals
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Section 1

1 Davis, Lancford		Unattached	21.79
2 Bee, Stephen	JR	Iowa	22.05
3 Richardson, D'Juan	SO	Iowa	22.13

Section 2

1 Mullen, Jordan	FR	Iowa	x22.95
2 Sherman, Ryan	FR	Central Meth	23.61
3 Robinson, Roscoe	FR	Central Meth	x24.21
-- Streater, Jeremy	SR	Western Illi	DQ

lane violations

Section 3

1 Sayon, Zeke	JR	Iowa	x22.58
2 Austin, Kyle	SR	Western Illi	23.34
3 Fultz, Colin	FR	Central Meth	23.38

Men 400 Meter Dash

NCAA Auto: A 46.75  
 NCAA Prov.: P 47.65  
 World: W 44.57 3/12/2005 Kerron Clement, USA  
 American: A 44.57 3/12/2005 Kerron Clement, Florida  
 Collegiate: C 44.57 3/12/2005 Kerron Clement, Florida  
 Iowa school: I 46.81 1984 Terrence Duckett  
 Iowa Rec Ctr: F 47.11 2006 David Neville, Indiana

Name	Year	School	Finals
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Section 1

1 Varner, Ray	SR	Iowa	48.86
2 McSkimming, Brandon	JR	Iowa	50.44
3 Splan, Zach	SR	Iowa	x50.80
4 Pinta, Brian	SR	Western Illi	51.81
5 Menk, Dustin	FR	Central Meth	52.96
6 Tolbert, David	FR	Central Meth	53.60

Men 600 Meter Run

Iowa school: I 1:18.30 1988 Pat McGhee  
 Iowa Rec Ctr: F 1:17.22 2006 Trammel Smith, Illinois

Name	Year	School	Finals
1 Sowinski, Erik	SO	Iowa	1:19.63
2 Willey, Steven	JR	Iowa	1:20.05
3 Hairston, Adam	SR	Iowa	x1:20.09
4 Kuczwarra, Nick	SO	Iowa	x1:20.95
5 Kuhlman, Dan	JR	Iowa	x1:21.85
Section 2			
1 Barton, Chris	JR	Iowa	x1:22.13
2 Schrum, Jacob	SR	Truman State	1:24.70
3 Rickels, Keaton	FR	Iowa	x1:25.23
4 McGee, Marcus	SO	Western Illi	1:29.97
Section 3			
1 Jones, Gary	SO	Central Meth	1:27.51
2 Gambach, Michael	FR	Truman State	1:27.81
3 Jacobs, Daniel	JR	Central Meth	1:28.32
4 Leal, Matt	FR	Western Illi	1:29.97
5 Brich, Ryan	JR	Central Meth	x1:30.32
6 Couty, Kevin	JR	Central Meth	x1:33.41

## Men 800 Meter Run

2 alley water fall start			
NCAA Auto: A 1:48.90			
NCAA Prov.: P 1:51.40			
World: W	1:42.67	3/9/1997	Wilson Kipketer, DEN
American: A	1:45.00	3/8/1992	Johnny Gray, S. Monica T.C.
Collegiate: C	1:44.84	3/4/1989	Paul Ereng, Virginia
Iowa school: I	1:49.63	2008	Adam Hairston
Iowa Rec Ctr: F	1:50.87	1997	Joseph Loner, Penn State
Name	Year	School	Finals

## Section 1

1 Manring, Lucas	SO	Central Meth	1:56.63
2 Russo, Aaron	JR	Western Illi	2:02.71
3 Hemming, Mike	SO	Western Illi	2:07.39
4 Pope, Torinn	SR	Western Illi	x2:07.93
5 Glenn, David	SO	Western Illi	x2:09.14

## Men 1 Mile Run

NCAA Auto: A 4:00.80			
NCAA Prov.: P 4:05.30			
World: W	3:48.45	2/12/1997	Hicham El Guerrouj, MAR
American: A	3:49.89	2/11/2005	Bernard Lagat, Nike
Collegiate: C	3:55.02	2/28/2009	German Fernandez, Oklahoma State
Iowa school: I	4:04.01	1980	Ed DeLashmutt
Iowa Rec Ctr: F	4:02.1h	1972	Kevin Popejoy, Michigan State
Name	Year	School	Finals

1 Hernandez, Mike	JR	Central Meth	4:17.63
2 Holmes, Nick	FR	Iowa	4:20.89
3 Battista, Mark	JR	Iowa	4:25.20
4 Chapman, Zach	SR	Truman State	4:31.30
5 Venner, John	JR	Truman State	4:35.76
6 Gorman, Bob	JR	Truman State	x4:38.30
7 Schmidt, Jared		Unattached	4:38.78
8 Gutteridge, Brandon	JR	Truman State	x4:39.11
9 Kell, Adam	JR	Truman State	x4:42.97
10 Jacobs, Daniel	JR	Central Meth	5:04.86

## Men 3000 Meter Run

NCAA Auto: A 7:57.20			
NCAA Prov.: P 8:07.70			
World: W	7:24.90	2/6/1998	Daniel Komen, KEN
American: A	7:32.43	2/17/2007	Bernard Lagat, Nike



Collegiate: C 7:38.59 2/14/2004 Allistair Cragg, Arkansas  
 Iowa school: I 8:00.81 2006 Micah VanDenend  
 Iowa Rec Ctr: F 7:54.13 2006 Chris Solinsky, Wisconsin

Name	Year	School	Finals
1 Kurgat, Edwin	FR	Central Meth	8:34.32
2 Randall, Jeff		Unattached	8:35.38
3 Paul, James	JR	Iowa	8:41.43
4 Hulst, Tad		Unattached	8:59.38
5 Dial, Mike	SO	Truman State	9:11.59
6 Gibb, Derek	SR	Western Illi	9:25.36
7 Petrofsky, Chad	FR	Truman State	9:26.18
8 Kiprono, Anthony	JR	Central Meth	9:27.70
9 Phillips, Alex	JR	Truman State	x9:33.34
10 Buckles, Tyler	JR	Western Illi	9:43.53
11 Simmons, Daniel	SO	Central Meth	x9:46.75
-- Robinson, Nick	SR	Truman State	DNF

## Men 60 Meter Hurdles

## Top 8 Advance by Time

NCAA Auto: A 7.70  
 NCAA Prov.: P 7.91  
 World: W 7.30 3/3/1994 Colin Jackson, GBR  
 American: A 7.36 1/16/1987 Foster/ Johnson, World Class/ Nike  
 Collegiate: C 7.47 2/7/1997 Reggie Torian, Wisconsin  
 Iowa school: I 7.87 1997 Dion Trowers  
 Iowa Rec Ctr: F 7.83 2006 Ricky Pinkney, Purdue

Name	Year	School	Prelims
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## Heat 1 Preliminaries

1 Stewart, Edward	JR	Central Meth	8.18q
2 Lehman, John	JR	Central Meth	8.52q
3 Prill, Frank	SR	Iowa	8.82q
4 Liles, Jeff	FR	Western Illi	9.30

## Heat 2 Preliminaries

1 Mullen, Jordan	FR	Iowa	8.25q
2 Vaughn, Josh	JR	Central Meth	8.52q
3 Reid, Kyle	FR	Iowa	8.63q
4 Hinton, Drew	FR	Central Meth	8.99q
5 Menk, Dustin	FR	Central Meth	9.25q

## Men 60 Meter Hurdles

NCAA Auto: A 7.70  
 NCAA Prov.: P 7.91  
 World: W 7.30 3/3/1994 Colin Jackson, GBR  
 American: A 7.36 1/16/1987 Foster/ Johnson, World Class/ Nike  
 Collegiate: C 7.47 2/7/1997 Reggie Torian, Wisconsin  
 Iowa school: I 7.87 1997 Dion Trowers  
 Iowa Rec Ctr: F 7.83 2006 Ricky Pinkney, Purdue

Name	Year	School	Finals
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## Section 1 Finals

1 Stewart, Edward	JR	Central Meth	8.20
2 Mullen, Jordan	FR	Iowa	8.28
3 Lehman, John	JR	Central Meth	8.53
4 Vaughn, Josh	JR	Central Meth	x8.54
5 Prill, Frank	SR	Iowa	8.59
6 Reid, Kyle	FR	Iowa	x8.60
7 Hinton, Drew	FR	Central Meth	x8.97

## Men 4x400 Meter Relay

NCAA Auto: A 3:08.90  
 NCAA Prov.: P 3:12.80  
 World: W 3:02.83 3/7/1999 United States, USA

American: A 3:01.96 2/11/2006 U.S.A., U.S.A.  
 Clement, Spearmon, Williamson, Wariner  
 Collegiate: C 3:03.51 3/12/2005 Florida, Florida  
 Clark, Middleton, Pastor, Clement  
 Iowa school: I 3:06.80 1998 Iowa  
 Rozell, Davis, Raymond, Yamini  
 Iowa Rec Ctr: F 3:11.83 1984 Iowa, Iowa  
 Greer, Smith, Williams, Duckett

School Finals

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 Section 1

-- Iowa 'C' x3:25.61  
 1) Prill, Frank SR 2) Bee, Stephen JR  
 3) Splan, Zach SR 4) Rickels, Keaton FR  
 -- Western Illinois 'B' x3:33.03  
 1) Liles, Jeff FR 2) Russo, Aaron JR  
 3) Pope, Torinn SR 4) Austin, Kyle SR  
 -- Central Methodist 'B' x3:33.56  
 1) Brich, Ryan JR 2) Tolbert, David FR  
 3) Couty, Kevin JR 4) Jacobs, Daniel JR

Section 2

1 Iowa 'A' 3:17.49  
 1) Willey, Steven JR 2) Varner, Ray SR  
 3) Kuhlman, Dan JR 4) Sowinski, Erik SO  
 3 Central Methodist 'A' 3:26.79  
 1) Jones, Gary SO 2) Manring, Lucas SO  
 3) Menk, Dustin FR 4) Hernandez, Mike JR  
 4 Western Illinois 'A' 3:29.13  
 1) Streater, Jeremy SR 2) McGee, Marcus SO  
 3) Williams, Tim JR 4) Hemming, Mike SO  
 -- Iowa 'B' x3:19.03  
 1) Reid, Kyle FR 2) Barton, Chris JR  
 3) Hairston, Adam SR 4) McSkimming, Brandon JR

Men High Jump

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 NCAA Auto: A 2.24m  
 NCAA Prov.: P 2.14m  
 World: W 2.43m 3/4/1989 Javier Sotomayor, CUB  
 American: A 2.40m 3/10/1991 Hollis Conway, Nike International  
 Collegiate: C 2.37m 3/11/1989 Hollis Conway, LA. Lafayette  
 Iowa school: I 2.21m 1976 Knoedel/ Hansen  
 Iowa Rec Ctr: F 2.25m 1997 Staffan Strand, Minnesota  
 Name Year School Finals

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 Flight 1

1 Herron, Jeffery SO Iowa 2.09m 6-10.25  
 2 Newman, Matt FR Iowa 2.04m 6-08.25  
 3 Valdes, Graham JR Iowa x2.04m 6-08.25  
 4 Clawson, Alex JR Central Meth 1.89m 6-02.25  
 5 Prill, Frank SR Iowa x1.74m 5-08.50

Men Pole Vault

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 NCAA Auto: A 5.50m  
 NCAA Prov.: P 5.20m  
 World: W 6.15m 2/21/1993 Sergey Bubka, UKR  
 American: A 5.96m 3/3/2001 Lawrence Johnson, adidas  
 Collegiate: C 5.85m 3/6/1999 Jacob Davis, Texas  
 Iowa school: I 5.21m 1984 Todd Wigginton  
 Iowa Rec Ctr: F 5.52m 1997 Tye Harvey, Minnesota  
 Name Year School Finals  
 =====  
 1 Zona, Alex SR Iowa 5.00m 16-04.75  
 2 Reid, Kyle FR Iowa 4.55m 14-11.00  
 3 Veal, Jeff FR Western Illi 4.10m 13-05.25  
 4 Lenard, Mitchell FR Central Meth 4.10m 13-05.25

-- Mankivsky, Mark                      SR Iowa                                      NH

#### Men Long Jump

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NCAA Auto: A 7.85m  
 NCAA Prov.: P 7.50m  
 World: W 8.79m 1/27/1984 Carl Lewis, USA  
 American: A 8.79m 1/27/1984 Carl Lewis, Santa Monica T.C.  
 Collegiate: C 8.59m 3/1/2002 Miguel Pate, Alabama  
 Iowa school: I 8.06m 1992 Anthuan Maybank  
 Iowa Rec Ctr: F 7.97m 1992 Anthuan Maybank, Iowa

Name	Year	School	Finals
1 Robinson, Roscoe	FR	Central Meth	6.77m 22-02.50
2 Fultz, Colin	FR	Central Meth	6.66m 21-10.25
3 Williams, Tim	JR	Western Illi	6.35m 20-10.00
4 Kleyh, Jacob	JR	Central Meth	x6.15m 20-02.25
5 Lewis, Tim	FR	Central Meth	x6.14m 20-01.75

#### Men Triple Jump

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NCAA Auto: A 16.15m  
 NCAA Prov.: P 15.45m  
 World: W 17.83m 3/1/1997 Aliecer Urrutia, CUB  
 American: A 17.76m 2/27/1987 Mike Conley, Tyson T.C.  
 Collegiate: C 17.50m 1/17/1986 Charlie Simpkins, Baptist  
 Iowa school: I 15.88m 1990 Paul Jones  
 Iowa Rec Ctr: F 16.26m 1989 Bannon Hayes, Illinois

Name	Year	School	Finals
1 Perry, Josh	SO	Central Meth	13.26m 43-06.00
2 Kleyh, Jacob	JR	Central Meth	12.50m 41-00.25

#### Men Shot Put

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NCAA Auto: A 19.30m  
 NCAA Prov.: P 17.75m  
 World: W 22.66m 1/20/1989 Randy Barnes, USA  
 American: A 22.66m 1/20/1989 Randy Barnes, Mazda T. C.  
 Collegiate: C 21.50m 2/4/1977 Terry Albritton, Stanford  
 Iowa school: I 19.16m 2001 Jeremy Allen  
 Iowa Rec Ctr: F 19.40m 2006 Karl Erickson, Minnesota

Name	Year	School	Finals
1 Sherrick, Brayden	SO	Western Illi	14.44m 47-04.50
2 Dugan, Lloyd	SR	Central Meth	14.19m 46-06.75
3 Crisman, Jason	SO	Western Illi	14.16m 46-05.50
4 Lippert, Tyler	SO	Western Illi	x14.03m 46-00.50
5 McComb, Emmanuel	SR	Central Meth	x13.97m 45-10.00
6 Freeman, Will	SR	Central Meth	x13.05m 42-09.75
7 Rolling, Dan	SR	Iowa	x11.23m 36-10.25
-- Reid, Kyle	FR	Iowa	ND

#### Flight 2

1 Hickey, John	Unattached	17.76mP	58-03.25
2 Lamparek, Ryan	SO Iowa	17.26m	56-07.50
3 Banse, Matt	SO Iowa	16.00m	52-06.00
4 Atwood, Derek	JR Truman State	15.21m	49-11.00
5 Osei, Vann	JR Central Meth	15.21m	49-11.00
6 Van Delft, Alex	SR Truman State	14.77m	48-05.50
7 Smith, Matthew	FR Truman State	x14.56m	47-09.25
8 Hames, Paul	SO Western Illi	x14.14m	46-04.75
9 Brayton, Nick	SO Iowa	x13.98m	45-10.50

#### Men Weight Throw

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NCAA Auto: A 21.50m  
 NCAA Prov.: P 19.50m

American: A 25.86m 3/4/1995 Lance Deal, New York A. C.  
 Collegiate: C 24.02m 3/9/2001 Libor Charfreitag, S.M.U.  
 Iowa school: I 21.15m 2002 Jim Costello  
 Iowa Rec Ctr: F 20.78m 2006 Leonard Jatsek, Ohio State

Name	Year	School	Finals
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## Flight 1

1	Banse, Matt	SO Iowa	18.40m	60-04.50
2	Lamparek, Ryan	SO Iowa	17.70m	58-01.00
3	Sherrick, Brayden	SO Western Illi	15.85m	52-00.00
4	Hames, Paul	SO Western Illi	15.82m	51-11.00
5	Freeman, Will	SR Central Meth	15.64m	51-03.75
6	Lippert, Tyler	SO Western Illi	x15.27m	50-01.25
7	Dugan, Lloyd	SR Central Meth	14.64m	48-00.50
8	Crisman, Jason	SO Western Illi	x14.36m	47-01.50
9	McComb, Emmanuel	SR Central Meth	x13.93m	45-08.50
10	Osei, Vann	JR Central Meth	x13.83m	45-04.50
10	Reynolds, Thomas	FR Iowa	x13.49m	44-03.25
11	Ruzicka, Eric	SR Truman State	13.24m	43-05.25
12	Viehmman, John	FR Truman State	12.17m	39-11.25
13	Smith, Matthew	FR Truman State	x11.43m	37-06.00