

# THE UNIVERSITY OF IOWA



## HAWKEYE TRACK & FIELD



TRACK CONTACTS: TARA MEEKMA, TRACI WAGNER

JUNE 5, 2006

### 2006 WOMEN'S OUTDOOR SCHEDULE & RESULTS

3/17-18	Shamrock Invite	2 champs
3/31-4/1	at Stanford Invite	0 champs
4/1	at Springtime Invite	3 champs
4/8	at Messersmith Invite	5 champs
4/13-15	at Mt. SAC Relays	1 champ
4/14-15	at Tom Botts Invite	0 champs
4/22	Musco Twilight VIII	4 champs
4/27-29	at Drake Relays	2 champs
5/12-14	at Big Ten Champ's	8th/0 champs
5/26-27	at NCAA Regional	10th/1 champ
6/7-10	at NCAA Championships	

### 2006 WOMEN'S OUTDOOR SEASON BESTS

100 Meters ... Peaches Roach .....	^11.71
100 Hurdles.. Tiffany Johnson .....	*13.24
200 Meters ... Kineke Alexander .....	^23.58
400 Meters ... Kineke Alexander .....	51.75
400 Hurdles.. Aditya Jones.....	1:02.85
800 Meters ... Meghan Armstrong ...	2:10.15
1,500 Meters Meghan Armstrong *^4:	17.41
Mile..... Krista Anderson .....	4:54.98
3,000 Meters Meghan Armstrong ...	9:28.03
3,000 Steeple Jessica Schmidt .....	11:20.85
5,000 Meters Meghan Armstrong ^16:	29.09
10,000 Meters Racheal Marchand... \$	34:51.68
400-Meter Relay.....	^45.11
<i>(Alexander, Granger, Johnson, Roach)</i>	
800-Meter Relay.....	1:36.19
<i>(Roach, McCalla, Alexander, Johnson)</i>	
1,600-Meter Relay .....	^3:38.36
<i>(McCalla, Granger, Alexander, Johnson)</i>	
Distance Medley Relay .....	12:06.08
<i>(Docherty, Jones, Billhardt, Schmidt) ...</i>	
High Jump ... Peaches Roach.....	*^6-0 3/4
Long Jump ... Renee White .....	^19-9 3/4
Triple Jump .. Tiffany Johnson .	*^41-3 1/4
Pole Vault..... Sarah Burgett.....	12-1 3/4
Shot Put ..... Mandy Chandler .....	46-0
Discus..... Holly Joens.....	120-1
Javelin..... Tammilee Kerr .....	141-9
Hammer..... Becca Franklin .....	176-7

^ - regional qualifier, \* - school record,  
\$ - NCAA provisional qualifier

**THIS WEEK** -- The Hawkeye men and women's track teams will send seven athletes to the 2006 NCAA Championships, Wednesday thru Saturday in Sacramento, CA. All events will be held at the Alex G. Spanos Sports Complex. All-session reserved tickets are \$70 and all-session general admission tickets are \$55. Tickets can be purchased by calling (916) 566-6560. Events start at 10 a.m. each day.

**ON THE AIR** -- Portions of Saturday's events will be televised live by CBS. The air times are scheduled for 2:30-5 p.m. (CDT). Events with Hawkeye participants that could be shown are the men's shot put finals, women's 400-meter finals and the women's 1,500-meter finals.

**IOWA'S NCAA QUALIFIERS** -- The Hawkeye have qualified seven student-athletes for the NCAA Outdoor Championships. Their events, qualifying marks and where they rank in the nation are listed below.

Name	Event	Mark	NCAA Ranking
Kineke Alexander	400 Meters	51.83	6th
Meghan Armstrong	1,500 Meters	4:17.41	4th
Adam Hamilton	Hammer	220-6 (67.20 m)	6th
Eric MacTaggart	10,000 Meters	28:50.23	15th
Shane Maier	Shot Put	62-2 1/4 (18.95 m)	16th
Peaches Roach	High Jump	6-0 3/4 (1.85 m)	8th
Micah VanDenend	5,000 Meters	13:55.96	13th

**IOWA IN NCAA CHAMPIONSHIPS HISTORY** -- The Iowa men's track team has crowned 13 NCAA champions and 80 all-Americans in program history. Its highest finish at the NCAA outdoor meet was a tie for seventh in 1967. The women's team has crowned four NCAA champions and 44 all-Americans, and its highest finish at the NCAA outdoor meet was 10th in 1992.

**COMPETITORS ATTEMPT TO JOIN HAWKEYE ELITE** -- The seven student-athletes competing at the NCAA Outdoor Championships will attempt to make their mark in the Iowa records book this week.

Sophomore **Kineke Alexander** will try for her second NCAA 400-meter title and her fourth all-America honor in that event. Alexander won the 400 meters at the 2006 NCAA Indoor Championships, and has the sixth-fastest time in the nation going into the outdoor meet. She is the only Hawkeye to earn three all-America honors in the same event, and is one of four three-time all-Americans in school history. Distance runner **Nan Doak** has compiled Iowa's most all-America honors, earning a total of six during her career (1981-85). Iowa has crowned four NCAA champions in school history, with **Doak** winning the

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### 2006 MEN'S OUTDOOR SCHEDULE & RESULTS

Date	Meet	Result
3/31-4/1	at Stanford Invite	1 champ
4/1	at Springtime Invite	4 champs
4/8	at Messersmith Invite	3 champs
4/14-15	at Tom Botts Invite	3 champs
4/14-15	at Sun Angel Classic	1 champ
4/22	Musco Twilight VIII	5 champs
4/27-29	at Drake Relays	0 champs
5/12-14	at Big Ten Champ's 4th/2	champs
5/26-27	at NCAA Regional 19th/0	champs
6/7-10	at NCAA Championships	

### 2006 MEN'S OUTDOOR SEASON BESTS

100 Meters ....	David Chaplin.....	10.55
110 Hurdles...	Brice Wilson.....	15.61
200 Meters ....	David Chaplin.....	^21.14
400 Meters ....	Prince Riley.....	47.71
400 Hurdles...	Brice Wilson.....	59.23
800 Meters ....	Matt O'Hollearn .....	1:51.90
1,500 Meters..	Micah VanDenend....	3:53.39
3,000 Meters..	Dan Haut.....	8:17.52
3,000 Steeple.	Tony Rakaric .....	^9:06.46
5,000 Meters..	M. VanDenend ...	*^13:55.96
10,000 Meters	Eric MacTaggart ...	\$28:50.23
400-Meter Relay.....		^40.65
<i>(Milder, Chaplin, Pierre, Riley)</i>		
1,600-Meter Relay .....		3:11.52
<i>(Chaplin, Pierre, Riley, O'Hollearn)</i>		
Distance Medley Relay .....		9:54.97
<i>(VanDenend, Riley, O'Hollearn, Rakaric)</i>		
6,400-Meter Relay .....		16:55.43
<i>(Rakaric, Webster, MacTaggart, VanDenend)</i>		
High Jump ....	Jeremy Petsche.....	6-8 3/4
Long Jump ....	Matty Gorman .....	^25-1 1/4
Triple Jump ...	Matty Gorman .....	48-0
Pole Vault.....	Jeff Raymond .....	15-7
Shot Put .....	Shane Maier .....	^62-2 1/4
Discus.....	Tim Brodersen .....	^187-9
Hammer.....	Adam Hamilton .....	^220-6
Javelin.....	Kale Katt .....	201-7
Decathlon .....	Ryan Niver .....	6,409 pts.

^ - regional qualifier, \* - school record  
\$ - NCAA provisional qualifier

10,000 meters in 1985, **Tracy Dahl** winning the 5,000 meters in 1992 and 1993, and **Alexander** winning the 400 meters during the 2006 indoor season.

Junior **Peaches Roach** is a two-time all-American in the high jump, earning the honors at the 2005 and 2006 indoor meets. She is one of four two-time all-Americans in school history, and has the nation's eighth-best jump entering the meet. Sophomore **Meghan Armstrong** earned her first all-America honor in the mile at the 2006 indoor meet, and could be Iowa's first all-American in the 1,500 meters since **Tina Stec** in 1994. She has the fourth-fastest 1,500-meter time in the nation entering the meet.

Junior **Adam Hamilton** is the only returning all-American for the men's squad, earning the honor in the hammer throw at the 2004 meet. He redshirted the 2005 outdoor season. **Hamilton** could become Iowa's first two-time all-American in the hammer, as he has the sixth-best throw entering the meet. All seven of Iowa's all-Americans since 2001 have been throwers.

**WOMEN'S TEAM MAKES TRACKWIRE 25** -- The Hawkeye women's track team is tied for 13th in the most recent national outdoor rankings released by Trackwire. The list, compiled by Gary Verigin of [www.trackwire.com](http://www.trackwire.com), ranks schools according to a projected hypothetical score for the NCAA outdoor championships, which is generated by a power ranking of the top 12 athletes and relay squads in each NCAA event. Iowa is tied with Alabama and Oregon for 13th in the rankings with 19 points. Texas is first with 59.

**HAWKEYES SET RECORDS** -- Hawkeye juniors **Micah VanDenend**, **Tiffany Johnson** and **Peaches Roach**, and sophomore **Meghan Armstrong** have set school records this outdoor season.

**VanDenend** broke a 38-year-old 5,000-meter record at the Stanford Invitational, running a collegiate-best 13:55.96 for sixth place in the event. Iowa Head Coach **Larry Wiczorek** set the previous record of 13:56.0 in 1968. **Johnson's** collegiate-best 13.24 at the NCAA Midwest Regional broke the hurdles record of 13.53 she set earlier this season. She also smashed the triple jump mark of 40-9 1/2 she set in 2005 with her collegiate best 41-3 1/4 leap at the Iowa Musco Twilight VIII. **Johnson** now holds school records in the indoor and outdoor triple jump, 60-meter hurdles, 100-meter hurdles and as part of the indoor 1,600-meter relay. **Roach** broke the 23-year-old school high jump record of 6-0 set in 1983 by Mary Mol with a collegiate-best 6-0 3/4 at the Mt. SAC Relays. **Roach** holds the school indoor high jump mark, which is also 6-0 3/4. **Armstrong** set the school 1,500-meter record with the 4:17.41 she ran at the Big Ten Championships. The previous record of 4:19.71 was set in 1989 by **Jeanne Kruckeberg**.

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**HAWKEYES NAMED TO ACADEMIC ALL-BIG TEN TEAMS** -- Nineteen University of Iowa track and field student-athletes were named to the 2006 academic all-Big Ten spring team. Honorees from the men's team were **Jake Berns, Tim Brodersen, Adam Hamilton, Dan Haut, Eric MacTaggart, Shane Maier, Jason Nolting** and **Matt O'Hollearn**. Honorees from the women's team were **Meghan Armstrong, Sarah Burgett, Jenni Elbert, Molly Esche, Ashley Granger, Tiffany Johnson, Aditya Jones, Tammilee Kerr, Monica Mims, Erin O'Hern** and **Peaches Roach**. The Hawkeyes boasted a total of 59 selections over nine spring sports.

**BRODERSEN, HAMILTON NAMED ACADEMIC ALL-DISTRICT** -- Hawkeye throwers **Tim Brodersen** and **Adam Hamilton** are two of 11 student-athletes recently named to the *ESPN The Magazine* academic all-America men's track and field second team for District VII.

**Brodersen** is a two-time Big Ten discus champion, winning titles in 2005 and 2006. The senior from Vermillion, SD, has a 3.52 grade-point average in art and secondary education. **Hamilton** earned all-America honors in the hammer throw in 2004 and won the 2006 Big Ten title in that event. He advanced to this week's NCAA Championships in the hammer with his runner-up finish at the NCAA Midwest Regional. The junior from Milford, NH, has a 3.61 grade-point average in exercise science.

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

Sophomore **Kineke Alexander** became Iowa's first women's regional champion in school history when she won the 400 meters in a season-best 51.75. Sophomore **Meghan Armstrong** placed second in the 1,500 meters (4:23.33), and junior **Peaches Roach** placed third in the high jump (6-0 1/2). Earning all-region honors for the Hawkeyes were **Alexander, Armstrong, junior Tiffany Johnson** (100-meter hurdles - 8th), sophomore **Racheal Marchand** (5,000 meters - 7th), **Roach** and junior **Shannon Stanley** (1,500 meters - 8th). **Johnson** broke her 100-meter hurdle school record with a 13.24 in the preliminaries.

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

**2005 NCAA OUTDOOR CHAMPIONSHIPS REVIEW** -- Hawkeye sophomore **Kineke Alexander** earned her second career all-America honor, placing seventh in the 400 meters (51.94) at the NCAA Championships in Sacramento, CA. Junior **Peaches Roach** placed ninth in the high jump (5-10 3/4), while junior **Tim Brodersen** (discus), senior **Chris Voller** (hammer) and senior **Ken Kemeny** (shot put) competed in the preliminaries of their respective events.

### IOWA'S NCAA CHAMPIONSHIPS SCHEDULE OF EVENTS

#### Wednesday, June 7

1:00 p.m. Men's Hammer Throw, Qualifier  
7:50 p.m. Women's 400 Meters, Round One  
9:00 p.m. Women's High Jump, Qualifier  
10:30 p.m. Men's 5,000 Meters, Semifinal

#### Thursday, June 8

7:30 p.m. Men's Shot Put, Qualifier  
8:00 p.m. Women's 1,500 Meters, Semifinal  
10:00 p.m. Men's 10,000 Meters, Final

#### Friday, June 9

2:00 p.m. Men's Hammer Throw, Final  
5:45 p.m. Women's High Jump, Final  
7:25 p.m. Women's 400 Meters, Semifinal  
9:30 p.m. Men's 5,000 Meters, Final

#### Saturday, June 10

2:30 p.m. Men's Shot Put, Final  
3:10 p.m. Women's 400 Meters, Final  
3:52 p.m. Women's 1,500 Meters, Final

All times are Central.

# Iowa's Outdoor Season Bests

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

David Chaplin ..... 10.55 ..... at Big Ten Champ's ..5/14/06  
Max Milder ..... 10.81 ..... Musco Twilight VIII..4/22/06  
David Pierre..... 10.87 ..... at Messersmith Invite 4/8/06  
Ryan Niver ..... 11.35 ..... at Big Ten Champ's ..5/12/06

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

Peaches Roach ..... 11.71^ ..... Musco Twilight VIII..4/22/06  
Ashley Granger ..... 12.05 ..... at Messersmith Invite 4/8/06  
Renee White ..... 12.89 ..... at Shamrock Invite ..3/18/06

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

Brice Wilson ..... 15.61 ..... at Springtime Invite . 4/1/06  
Ryan Niver ..... 16.22% .... at Big Ten Champ's ..5/13/06

## **WOMEN'S 100-METER HURDLES (RQ - 13.92, SR - 13.24)**

Tiffany Johnson ..... 13.24\* ..... at NCAA Regional ....4/26/06  
Tammilee Kerr..... 14.74 ..... at Springtime Invite . 4/1/06

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

David Chaplin ..... 21.14^ ..... at Big Ten Champ's ..5/14/06  
Max Milder ..... 21.80 ..... at Big Ten Champ's ..5/14/06

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

Kineke Alexander ..... 23.58^ ..... Musco Twilight VIII..4/22/06  
Peaches Roach ..... 24.01 ..... at Big Ten Champ's ..5/13/06  
Ashley Granger ..... 24.37 ..... at Springtime Invite . 4/1/06  
Lindsey McCalla ..... 24.92 ..... at Springtime Invite . 4/1/06

## **MEN'S 400 METERS (RQ -- 47.26, SR -- 44.99)**

Prince Riley ..... 47.71 ..... Musco Twilight VIII..4/22/06  
David Pierre..... 47.92 ..... at Sun Angel Classic.4/15/06  
David Chaplin ..... 48.78 ..... at Messersmith Invite 4/8/06  
Max Milder ..... 49.41 ..... at Springtime Invite . 4/1/06  
Jason Nolting ..... 49.59 ..... at Tom Botts Invite..4/15/06  
Jason Wakenight..... 49.68 ..... at Tom Botts Invite..4/15/06  
Cannon Dolan ..... 49.99 ..... at Tom Botts Invite..4/15/06  
Ryan Niver ..... 52.76% .... at Tom Botts Invite..4/13/06

## **WOMEN'S 400 METERS (RQ - 54.61, SR - 51.71)**

Kineke Alexander ..... 51.75 ..... at NCAA Regional ....4/27/06  
Lindsey McCalla ..... 56.84 ..... Musco Twilight VIII..4/22/06  
Monica Mims..... 59.55 ..... at Shamrock Invite ..3/18/06

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

Brice Wilson ..... 59.23 ..... at Tom Botts Invite..4/15/06

## **WOMEN'S 400-M. HURDLES (RQ -- 1:00.82, SR -- 56.67)**

Aditya Jones ..... 1:02.85 ..... at Tom Botts Invite..4/15/06

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

Matt O'Hollearn..... 1:51.90 ..... at Big Ten Champ's ..5/13/06  
Daniel Peoples ..... 1:54.27 ..... at Big Ten Champ's ..5/13/06  
Davis Linden..... 1:55.41 ..... at Big Ten Champ's ..5/13/06  
Jason Wakenight..... 1:59.08 ..... Musco Twilight VIII..4/22/06  
Mike Stout ..... 1:59.11 ..... at Tom Botts Invite..4/15/06

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

Meghan Armstrong .... 2:10.15 ..... at Tom Botts Invite..4/15/06  
Shannon Stanley..... 2:12.11 ..... at Tom Botts Invite..4/15/06  
Jennie Docherty..... 2:15.69 ..... at Big Ten Champ's ..5/13/06  
Monica Mims..... 2:18.04 ..... Musco Twilight VIII..4/22/06

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

Micah VanDenend..... 3:53.39 ..... Musco Twilight VIII..4/22/06  
Tony Rakaric..... 3:55.73 ..... at Tom Botts Invite..4/15/06  
Eric MacTaggart..... 3:58.08 ..... Musco Twilight VIII..4/22/06  
Jeff Kent..... 3:59.48 ..... at Tom Botts Invite..4/15/06  
Alex Webster ..... 3:59.70 ..... Musco Twilight VIII..4/22/06  
Heath Moenck..... 4:03.69 ..... Musco Twilight VIII..4/22/06  
Blake Schlotzhauer... 4:04.38 ..... at Tom Botts Invite..4/15/06  
Ryan Niver ..... 5:41.10% .... at Big Ten Champ's ..5/13/06

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

Meghan Armstrong .... 4:17.41^\* ... at Big Ten Champ's ..5/14/06  
Shannon Stanley..... 4:25.08^ ..... at Big Ten Champ's ..5/14/06  
Nikki Chapple ..... 4:32.13 ..... at Drake Relays .....4/29/06  
Jennie Docherty..... 4:48.01 ..... Musco Twilight VIII..4/22/06  
Allison Billhardt ..... 4:49.05 ..... at Tom Botts Invite..4/15/06  
Jessica Schmidt ..... 4:45.58 ..... at Messersmith Invite 4/8/06  
Rachel Hawks ..... 5:07.39 ..... at Tom Botts Invite..4/15/06  
Brittany Graham ..... 5:16.70 ..... Musco Twilight VIII..4/22/06

## **WOMEN'S MILE (RQ -- 4:49.60)**

Krista Anderson ..... 4:54.98 ..... at Shamrock Invite ..3/18/06  
Nikki Chapple ..... 4:57.81 ..... at Shamrock Invite ..3/18/06

## **MEN'S 3,000 METERS**

Dan Haut ..... 8:17.52 ..... Musco Twilight VIII..4/22/06  
Matt Esche ..... 8:19.99 ..... Musco Twilight VIII..4/22/06  
Brian Rae ..... 9:36.61 ..... at Springtime Invite . 4/1/06

## **WOMEN'S 3,000 METERS (SP -- 9:20.61)**

Meghan Armstrong .... 9:28.03 ..... Musco Twilight VIII..4/22/06  
Krista Anderson ..... 9:45.65 ..... Musco Twilight VIII..4/22/06  
Racheal Marchand ... 10:01.49 ..... Musco Twilight VIII..4/22/06  
Shannon Stanley..... 10:28.48 ..... at Shamrock Invite ..3/17/06  
Rachel Hawks ..... 11:07.70 ..... at Messersmith Inv... 4/8/06

## **MEN'S 3,000-METER STEEPLECHASE**

### **(RQ -- 9:07.00, SR -- 8:47.4)**

Tony Rakaric..... 9:06.46^ ..... Musco Twilight VIII..4/22/06  
Brian Rae ..... 9:18.89 ..... at Messersmith Inv... 4/8/06

*RQ/^ - NCAA Midwest Regional Qualifier  
SR/\* - School Record, \$ - NCAA Provisional Qualifier  
% - Decathlon Event*

# Iowa's Outdoor Season Bests

## WOMEN'S 3,000-METER STEEPLECHASE

(RQ - 10:50.25, SR - 10:34.50)

Jessica Schmidt ..... 11:20.85 ..... at Shamrock Invite ..3/18/06

## MEN'S 5,000 METERS (RQ -- 14:10.00, SR -- 13:55.96)

Micah VanDenend.... 13:55.96^\* .... at Stanford Invite..... 4/1/06

Dan Haut ..... 14:07.30^ ..... at Stanford Invite..... 4/1/06

Matt Esche ..... 14:12.07 ..... at Drake Relays .....4/27/06

Eric MacTaggart..... 14:20.04 ..... at Big Ten Champ's ..5/14/06

Jeff Kent..... 14:26.29 ..... at Stanford Invite....3/31/06

Blake Schlotzhauer.. 14:55.76 ..... at Big Ten Champ's ..5/14/06

Adam Roche ..... 15:13.82 ..... at Tom Botts Invite..4/15/06

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

Meghan Armstrong .. 16:29.09^ ..... at Stanford Invite....3/31/06

Racheal Marchand ... 16:48.07^ ..... at Big Ten Champ's ..5/14/06

Krista Anderson ..... 16:59.48 ..... at Drake Relays .....4/27/06

Nikki Chapple ..... 17:11.03 ..... at Big Ten Champ's ..5/14/06

## MEN'S 10,000 METERS

(AQ -- 28:45.00, PQ -- 29:30.00, SR -- 28:44.47)

Eric MacTaggart..... 28:50.23\$ ..... at Stanford Invite..... 4/1/06

Dan Haut ..... 30:03.08 ..... at Big Ten Champ's ..5/12/06

Jeff Kent..... 30:34.58 ..... at Big Ten Champ's ..5/12/06

## WOMEN'S 10,000 METERS

(AQ - 33:55.00, PQ - 35:00.00, SR - 33:23.38)

Racheal Marchand ... 34:51.68\$ ..... at Big Ten Champ's ..5/12/06

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

Milder, Chaplin, Pierre, Riley..... 40.65^

*at Big Ten Championships - 5/14/06*

Milder, Chaplin, Pierre, Gorman..... 40.77

*at Springtime Invite - 4/1/06*

Milder, Chaplin, Pierre, Elbert ..... 41.04

*at Big Ten Championships - 5/13/06*

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

Alexander, Granger, Johnson, Roach ..... 45.11^

*at Springtime Invite - 4/1/06*

Johnson, Alexander, Granger, Roach ..... 45.60

*at Big Ten Championships - 5/13/06*

Johnson, Alexander, White, Roach..... 45.86

*at Messersmith Invite - 4/8/06*

Roach, Johnson, White, Granger..... 46.81

*at Shamrock Invite - 3/18/06*

Johnson, Alexander, Kerr, Roach ..... 46.96

*Musco Twilight VIII - 4/22/06*

## WOMEN'S 800-METER RELAY (SR - 1:35.69)

Roach, McCalla, Alexander, Johnson ..... 1:36.19

*at Messersmith Invite - 4/8/06*

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

Chaplin, Pierre, Riley, O'Hollearn ..... 3:11.52

*at Big Ten Championships - 5/14/06*

Chaplin, Riley, Pierre, O'Hollearn ..... 3:12.60

*at Drake Relays - 4/28/06*

Chaplin, Milder, Pierre, O'Hollearn ..... 3:13.90

*at Springtime Invite - 4/1/06*

Milder, Nolting, Dolan, Peoples ..... 3:18.19

*Musco Twilight VIII - 4/22/06*

Iowa ..... 3:18.68

*at Messersmith Invite - 4/8/06*

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

McCalla, Granger, Alexander, Johnson ..... 3:38.36 ^

*at Mt. SAC Relays - 4/15/06*

McCalla, Johnson, Jones, Alexander..... 3:43.68

*at Drake Relays - 4/28/06*

McCalla, Johnson, Alexander, Granger..... 3:46.59

*at Big Ten Championships - 5/14/06*

Jones, McCalla, Mims, Johnson ..... 3:49.06

*Musco Twilight VIII - 4/22/06*

Granger Johnson, Kerr, McCalla ..... 3:50.18

*at Springtime Invite - 4/1/06*

## MEN'S DISTANCE MEDLEY RELAY (SR - 9:39.94)

VanDenend, Riley, O'Hollearn, Rakaric..... 9:54.97

*at Drake Relays - 4/29/06*

## WOMEN'S DISTANCE MEDLEY RELAY (SR - 9:39.94)

Docherty, Jones, Billhardt, Schmidt..... 12:06.08

*at Drake Relays - 4/28/06*

## MEN'S 6,400-METER RELAY

Rakaric, Webster, MacTaggart, VanDenend ..... 16:55.43

*at Drake Relays - 4/28/06*

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

Jeremy Petsche . 6-8 3/4 (2.05 m) ... at Springtime Inv. .. 4/1/06

Ryan Niver ..... 6-6 (1.98 m)% ..... at Tom Botts Inv....4/13/06

Ryan Kelly..... 6-2 3/4 (1.90 m) ... Musco Twilight VIII 4/22/06

## WOMEN'S HIGH JUMP (RQ - 1.75 meters, SR - 1.85 meters)

Peaches Roach .. 6-0 3/4 (1.85 m)^\* at Mt. SAC Relays ..4/15/06

Jenni Elbert ..... 5-4 1/4 (1.63 m) ... at Shamrock Inv. ....3/18/06

## MEN'S LONG JUMP (RQ -- 7.34 m, SR -- 8.25 m)

Matty Gorman... 25-1 1/4 (7.65 m)^ at Springtime Inv. .. 4/1/06

Aaron Reed ..... 22-9 (6.93 m)..... at Big Ten Champ's 5/13/06

Ryan Niver ..... 22-0 1/4 (6.71 m).. at Messersmith Inv. 4/8/06

RQ/^ - NCAA Midwest Regional Qualifier  
SR/\* - School Record, \$ - NCAA Provisional Qualifier  
% - Decathlon Event

# Iowa's Outdoor Season Bests

## **WOMEN'S LONG JUMP (RQ - 5.97 meters, SR - 6.78 meters)**

Renee White ..... 19-9 3/4 (6.04 m)^ at Springtime Inv. .. 4/1/06  
Tammilee Kerr... 17-10 3/4 (5.45 m) at Shamrock Inv. ...3/18/06

## **MEN'S TRIPLE JUMP (RQ -- 15.08 m, SR -- 15.86 m)**

Matty Gorman... 48-0 (14.63 m) ..... at Drake Relays .....4/29/06

## **WOMEN'S TRIPLE JUMP (RQ - 12.32 m, SR - 12.43 m)**

T. Johnson.....41-3 3/4 (12.58 m)^\* Musco Twilight VIII ... 4/22/06

## **MEN'S POLE VAULT (RQ -- 5.05 m, SR -- 5.18 m)**

Jeff Raymond ... 15-7 (4.75 m)..... Musco Twilight VIII 4/22/06  
at Big Ten Champ's 5/14/06

## **WOMEN'S POLE VAULT (RQ - 3.80 meters, SR - 3.92 meters)**

Sarah Burgett ... 12-1 3/4 (3.70 m).. Musco Twilight VIII 4/22/06

## **MEN'S SHOT PUT (RQ -- 16.80 m, SR -- 19.27 m)**

Shane Maier.....62-2 1/4 (18.95 m)^ ...at Big Ten Champ's 5/14/06  
John Hickey .....58-1 (17.70 m)^ .....Musco Twilight VIII 4/22/06  
M. Schaapveld.....56-8 3/4 (17.29 m)^ ...at Big Ten Champ's 5/14/06  
A.J. Curtis .....55-11 (17.04 m)^ .....Musco Twilight VIII 4/22/06  
Ryan Niver ..... 40-8 3/4 (12.41 m)% at Tom Botts Inv. 4/13/06

## **WOMEN'S SHOT PUT (RQ - 14.30 meters, SR - 15.54 meters)**

Mandy Chandler 46-0 (14.02 m) ..... at Tom Botts Inv....4/15/06

## **MEN'S DISCUS (RQ -- 51.70 m, SR -- 61.68 m)**

Tim Brodersen... 187-9 (57.24 m)^... Musco Twilight VIII 4/22/06  
A.J. Curtis..... 173-11 (53.01 m)^. Musco Twilight VIII 4/22/06  
Shane Maier ..... 171-2 (52.17 m)^... Musco Twilight VIII 4/22/06  
Clint Huntrods.. 155-4 (47.34 m) .... at Big Ten Champ's 5/14/06  
Ryan Niver ..... 135-0 (41.14 m) .... at Springtime Inv. .. 4/1/06

## **WOMEN'S DISCUS (RQ - 47.30 meters, SR - 48.90 meters)**

Holly Joens ..... 120-1 (36.60 m) .... Musco Twilight VIII 4/22/06

## **MEN'S HAMMER (RQ -- 55.60 m, SR -- 67.94 m)**

Adam Hamilton. 220-6 (67.20 m)^... at Messersmith Inv. 4/8/06  
Tim Brodersen... 180-6 (55.02 m) .... Musco Twilight VIII 4/22/06  
Kale Katt..... 176-10 (53.89 m)... at Messersmith Inv. 4/8/06  
Ryan Jordan ..... 176-10 (53.89 m)... at Tom Botts Inv....4/15/06  
M. Schaapveld... 173-9 (52.95 m) .... at Messersmith Inv. 4/8/06  
John Hickey ..... 152-5 (46.46 m) .... at Springtime Inv. .. 4/1/06

## **WOMEN'S HAMMER (RQ - 54.15 meters, SR - 55.44 meters)**

Becca Franklin.. 176-7 (53.82 m) .... at Messersmith Inv. 4/8/06  
Erin O'Hern..... 166-0 (50.60 m) .... Musco Twilight VIII 4/22/06

## **MEN'S JAVELIN (RQ -- 61.60 m, SR -- 74.58 m)**

Kale Katt..... 201-7 (61.44 m) .... at Big Ten Champ's 5/14/06  
Craig Jennings.. 173-4 (52.83 m) .... Musco Twilight VIII 4/22/06  
Ryan Niver ..... 154-11 (47.23m)% .at Big Ten Champ's 5/13/06

## **WOMEN'S JAVELIN (RQ - 43.45 meters, SR - 55.31 meters)**

Tammilee Kerr... 141-9 (43.22 m) .. at Springtime Inv. ... 4/1/06

## **DECATHLON (AQ - 7,500 pts, PQ - 7,000 pts, SR - 6,839 pts)**

Ryan Niver ..... 6,409 pts ..... at Big Ten Champ's 5/12-13/06

RQ/^ - NCAA Midwest Regional Qualifier  
SR/\* - School Record, \$ - NCAA Provisional Qualifier  
% - Decathlon Event



2006 Iowa University of Iowa Track & Field



# All-Time Top 10 Best Outdoor Performers

## Men's 100 Meters

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

## Women's 100 Meters

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

## Men's 110-Meter High Hurdles

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

## Women's 100-Meter Hurdles

1. **Tiffany Johnson, 2006.....13.24**
2. Colleen Prendergast, 1999 .....13.60  
Paula Ruen, 2000 .....13.60
4. Sarah Steffen, 2002.....13.65
5. Ruqayya Raheem, 1998 .....13.90
6. Brenda Calhoun, 1984.....13.94
7. Wynsome Cole, 1997 .....14.10
8. Tiff Pedersen, 2002.....14.23
9. Colleen Prendergast, 2001 .....14.24
10. Diane Steinhart, 1979.....14.25

## Men's 200 Meters

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

## Women's 200 Meters

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

## Men's 400 Meters

1. Anthuan Maybank, 1993 .....44.99
2. Andre Morris, 1995.....45.15
3. Mike Mondane, 1967.....45.20
4. Gary Hollingsworth,..... 46.3
5. Harold Leonard, 1986 .....46.45
6. Tony Branch, 1999 .....46.60
7. George Page, 1996 .....46.66
8. Dick Eisenlauer, 1973 .....46.74  
Terrence Duckett, 1983 .....46.74
10. Ed Rozell, 1996.....46.78

## Women's 400 Meters

1. **Kineke Alexander, 2005.....51.71**
2. Shellene Williams, 2004 .....51.94
3. Ellen Grant, 1996 .....52.65
4. Senta Hawkins, 1988 .....54.01
5. Marlene Poole, 1994 .....54.03
6. Elaine Jones, 1983 ..... 54.4
7. Nicole Charles, 2001 .....54.48
8. Stacey-Leigh Bynoe, 2000 .....54.73
9. Alycia Simpson, 1987 .....55.18  
Aisha Hume, 2004 .....55.18

## Men's 400-Meter Hurdles

1. Pat McGhee, 1988.....48.83
2. Monte Raymond, 1998 .....50.09
3. Paul Steele, 1989 .....50.45
4. Russell Peterson, 2001 .....50.50
5. Adam Kunkel, 2001 .....50.73
6. Jon Reimer, 1967 .....50.94
7. Gary Falls, 1991 .....51.08
8. Rajeev Balkrishnan, 1993.....51.14
9. Scott Williamson, 2000 .....51.74
10. Kenny Williams, 1986 .....51.89

## Women's 400-Meter Hurdles

1. Mary Knoblauch, 1981 .....56.16
2. Wynsome Cole, 1998 .....56.67
3. Chris Davenport, 1981 .....59.18
4. Sarah Steffen, 2002.....59.59
5. Beverly Powell, 1991.....59.96
6. Diane Steinhart, 1980.....1:00.56
7. Ruqayya Raheem, 1999.....1:00:62
8. Keely Huber, 2002.....1:00.98
9. Sherri Hull, 1987.....1:02.60
10. **Aditya Jones, 2006..... 1:02.85**

## Men's 800 Meters

1. Bill Frazier, 1962..... \*1:47.64
2. D'Juan Strozier, 1990..... 1:47.82
3. Michael Layne, 1999..... 1:49.61
4. Bill Thiesen, 1985 ..... 1:49.74
5. Andy Wiese, 1985..... 1:50.22
6. Paul Chepkwony, 1984 ..... 1:50.36
7. Rod Chambers, 1989 ..... 1:50.60
8. Jim Donovan, 1998..... 1:50.68
9. James Porter, 1994..... 1:51.00
10. Mike Cunningham, 2002 ..... 1:51.64

## Women's 800 Meters

1. Kay Stormo, 1982..... 2:05.67
2. Michelle Lahann, 2004..... 2:06.79
3. Aisha Hume, 2005 ..... 2:08.50
4. Jeanne Kruckeberg, 1987 ..... 2:08.75
5. Ann Pare, 1997 ..... 2:09.25
6. **Meghan Armstrong, 2006 .. 2:10.15**
7. Briana Benning, 1996 ..... 2:10.47
8. Tami Hoskins, 1990 ..... 2:11.47
9. **Shannon Stanley, 2004 ..... 2:12.01**
10. Christine Salsberry, 1990..... 2:12.05

*Names in bold are  
current team members.*



# All-Time Top 10 Best Outdoor Performers

## Men's 1,500 Meters

1. Joel Moeller, 1978 ..... 3:44.01
2. Jim Docherty, 1978 ..... 3:44.30
3. Dan Waters, 1986 ..... 3:46.35
4. Kevin Herd, 1994 ..... 3:46.64
5. John Clark, 1977 ..... 3:46.84
6. Ted Wheeler, 1956 ..... 3:48.24
7. John Dobbs, 1985 ..... 3:50.70
8. Sean Corrigan, 1987 ..... 3:51.05
9. Chad Feeldy, 1996 ..... 3:51.40
10. Rod Chambers, 1989 ..... 3:51.73

## Women's 1,500 Meters

1. Meghan Armstrong, 2006 .. 4:17.41
2. Jeanne Kruckeberg, 1989 ..... 4:19.71
3. Penny O'Brien, 1985 ..... 4:21.43
4. Kay Stormo, 1982 ..... 4:22.24
5. Michelle Lahann, 2004 ..... 4:24.00
6. Shannon Stanley, 2006 ..... 4:25.08
7. Tracy Dahl, 1992 ..... 4:27.44
8. Jenny Hayden, 1982 ..... 4:27.54
9. Tina Stec, 1994 ..... 4:28.71
10. Jill Scheibel, 1999 ..... 4:29.49

## Women's 3,000 Meters

1. Penny O'Brien, 1985 ..... 9:20.61
2. Nan Doak, 1985 ..... 9:23.04
3. Tracy Dahl, 1992 ..... 9:23.53
4. Meghan Armstrong, 2006 .. 9:28.03
5. Jeanne Kruckeberg, 1989 ..... 9:30.69
6. Jennifer Brower, 1992 ..... 9:34.59
7. Jodi Hershberger, 1982 ..... 9:36.44
8. Tina Stec, 1994 ..... 9:38.39
9. Krista Anderson 2006 ..... 9:45.65
10. Jenny Spangler, 1982 ..... 9:47.54

## Men's 3,000-Meter Steeplechase

1. Deacon Jones, 1956 ..... 8:47.40
2. Steve Pershing, 1978 ..... 8:54.59
3. Andy Morris, 2000 ..... 8:56.21
4. Matt Gerard, 1994 ..... 8:57.01
5. Rollie Kitt, 1967 ..... 9:02.9
6. Al Greene, 1985 ..... 9:02.96
7. Tony Rakaric, 2005 ..... 9:03.29
8. Sean Gale, 1993 ..... 9:08.00
9. Nick Nordheim, 2000 ..... 9:12.06
10. Chad Schwitters, 1998 ..... 9:13.58

## Women's 3,000-Meter Steeplechase

1. Sarah Arens, 2004 ..... 10:34.50
2. Michelle Lahann, 2003 ..... 11:16.21
3. Becca Thompson, 2003 ..... 11:19.50
4. Jessica Schmidt, 2006 ..... 11:20.85

## Men's 5,000 Meters

1. Micah VanDenend, 2005 .. 13:55.96
2. Larry Wiczorek, 1968 ..... 13:56.0
3. Kevin Herd, 1993 ..... 13:59.0
4. Stetson Steele, 2000 ..... 14:02.76
5. Eric MacTaggart, 2005 ..... 14:04.79
6. Dan Haut, 2006 ..... 14:07.30
7. Matt Esche, 2006 ..... 14:12.07
8. Brian Rae, 2004 ..... 14:22.83
9. Tony Rakaric, 2003 ..... 14:22.92
10. Danny Waters, 1986 ..... 14:23.43

## Women's 5,000 Meters

1. Nan Doak, 1985 ..... 15:45.84
2. Jenny Spangler, 1983 ..... 16:17.21
3. Tracy Dahl, 1992 ..... 16:18.77
4. Meghan Armstrong, 2006 16:29.09
5. Jennifer Brower, 1991 ..... 16:37.09
6. Renee Doyle, 1988 ..... 16:39.46
7. Jodi Hershberger, 1982 ..... 16:48.04
8. Racheal Marchand, 2006.. 16:48.07
9. Anne Dobrowolski, 1984 ..... 16:50
10. Krista Anderson, 2006 ..... 16:59.48

## Men's 10,000 Meters

1. Stetson Steele, 2000 ..... 28:44.47
2. Eric MacTaggart, 2006 ..... 28:50.23
3. Nick Nordheim, 2002 ..... 29:44.71
4. Trent Corey, 2002 ..... 29:45.25
5. Chad Schwitters, 1999 ..... 29:56.00
6. Dan Haut, 2006 ..... 30:03.08
7. Kevin Herd, 1994 ..... 30:05.21
8. Paul Sarris, 2001 ..... 30:08.40
9. Matt Esche, 2004 ..... 30:08.82
10. Eric McDermott, 2002 ..... 30:11.16

## Women's 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. Tracy Dahl, 1992 ..... 34:30.09
5. Racheal Marchand, 2006.. 34:51.68
6. Nikki Chapple, 2004 ..... 35:06.35
7. Jenny Johnson, 1992 ..... 35:45.53
8. Anne Dobrowolski, 1985 ..... 35:59.98
9. Renee Doyle, 1987 ..... 36:32.4
10. Katie Donlon, 2003 ..... 37:17.28

## Men's High Jump

1. Bill Hansen, 1978 ..... 7-4 (2.23)
- Bill Knoedel, 1975 ..... 7-4 (2.23)
3. M. Cunningham, 1986 ..... 7-1 (2.16)
- Kenneth Lansing, 1988 ..... 7-1 (2.16)
5. Pat Meade, 1987 ..... 7-0 (2.13)
6. Scott Hudek, 1993 ..... 6-11 (2.11)
7. Mike Lacy, 1985 ..... 6-10 1/2 (2.09)
8. Damion Turner, 1998 .. 6-9 1/2 (2.07)
9. Luke Nessa, 2000 ..... 6-8 3/4 (2.05)
- Jeremy Petsche, 2006 .6-8 3/4 (2.05)

## Women's High Jump

1. Peaches Roach, 2006 .. 6-0 3/4 (1.85)
2. Mary Mol, 1983 ..... 6-0 (1.83)
3. Lynn McMillan, 1988 .. 5-9 1/4 (1.76)
4. Kacey Childs, 2001 ..... 5-8 1/2 (1.74)
5. Kristi Dinkla, 1985 ..... 5-8 (1.73)
- Becky Kaza, 1995 ..... 5-8 (1.73)
- Eve Cullinan, 2003 ..... 5-8 (1.73)
8. Jenni Elbert, 2005 ..... 5-7 (1.70)
9. Nancy Tessmer, 1991... 5-6 1/2 (1.69)
10. Janet Adams, 1981 ..... 5-6 1/4 (1.68)

## Men's Long Jump

1. Anthuan Maybank, 1993 . 27-1 (8.25)
2. Bashir Yamini, 1997 . 26-8 1/4 (8.13)
3. Paul Jones, 1989 ..... 25-10 1/4 (7.88)
4. Darren Smith, 1991 .. 25-9 3/4 (7.86)
5. Quinn Early, 1986 ..... 25-7 1/4 (7.80)
6. Ed Gordon, 1931 ..... 25-4 3/8 (7.68)
7. Matty Gorman, 2006. 25-1 1/4 (7.65)
8. Ronnie McCoy, 1985 ..... 25-0 (7.62)
9. Joe Robinson, 1976 .. 24-2 3/4 (7.38)
10. Pat Miller, 1986 ..... 23-4 1/2 (7.12)

## Women's Long Jump

1. Aisha James, 2003 ..... 22-3 (6.78)
2. Renee White, 2006.. 19-9 3/4 (6.04)
3. Becki Borg, 1988 ..... 19-7 1/4 (5.97)
4. Lisa Moats, 1986 ..... 19-6 (5.95)
5. Yolanda Hobbs, 1993 19-2 1/2 (5.85)
6. Jane Dunlevy, 1977 ..... 18-6 (5.64)
7. Ruqayya Raheem, 1997 18-5 1/4 (5.62)
- Tiff Pedersen, 2004... 18-5 1/4 (5.62)
9. Angie Hensel, 2005 .. 18-4 1/4 (5.59)
10. Niki Fisher, 1996 ..... 18-1 1/2 (5.52)





# All-Time Top 10 Best Outdoor Performers

## Men's Triple Jump

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

## Women's Triple Jump

1. **T. Johnson, 2006 . 41-3 1/4 (12.58)**
2. Becki Borg, 1988.....40-7 1/2 (12.38)
3. Lynn McMillan, 1988 . 39-6 1/2 (12.05)
4. Lynn, 1998.....39-0 (11.88)
5. Kacey Childs, 2001 .....37-8 (11.48)
6. **B. Franklin, 2004.. 36-10 1/2 (11.24)**
7. **Renee White, 2006 . 36-9 1/2 (11.21)**
8. Janna Houtz, 1984 . 33-10 1/2 (10.32)
9. Latoya Stiffend, 2002 ..... 32-6 (9.90)
10. Bridget Besch, 2003 30-10 1/2 (9.41)

## Men's Pole Vault

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

## Women's Pole Vault

1. Jessie Strand, 2003 .12-10 1/4 (3.92)
2. **Sarah Burgett, 2006.12-1 3/4 (3.70)**
3. Gina Shannon, 2001 . 11-2 1/4 (3.41)
4. Becky Kaza, 1998..... 8-6 (2.59)  
Amy Kasparbauer, 2001..... 8-6 (2.59)
6. Kacey Childs, 2000 ..... 8-0 1/2 (2.45)
7. Gina Shannon, 1998 ..... 8-0 (2.44)

## Men's Shot Put

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

## Women's Shot Put

1. Lisa Van Steenwyk, 1992 .50-8 (15.44)
2. Gail Smith, 1984 .....50-3 1/4 (15.32)
3. Denise Taylor, 1992 .50-1 3/4 (15.28)
4. Kamesha Marshall, 200548-6 3/4 (14.80)
5. Laura Kriener, 1990 .48-2 1/2 (14.69)
6. Jennifer Gilson, 200247-10 (14.58 m)
7. Jennifer Moon, 200047-5 1/4 (14.46)
8. **Mandy Chandler, 2006. 46-0 (14.02)**
9. Shelley Redies, 1985.....45-7 (13.89)
10. Megan Maurer, 1998 44-9 3/4 (13.66)

## Men's Discus

1. Gary Kostrubala, 1986 .202-4 (61.68)
2. Jeremy Allen, 2001 ..... 195-4 (59.54)
3. **Tim Brodersen, 2005193-6 (58.98)**
4. Brad Daufeldt, 2004..... 185-0 (56.40)
5. Andy Banse, 2005 ..... 180-0 (54.86)
6. Eric Rothwell, 2004 ..... 179-7 (54.73)
7. Norm Balke, 1985..... 175-10 (53.60)
8. Chris Gambol, 1987 ..... 175-7 (53.52)
9. Tom Knutson, 1967174-8 1/2 (53.24)
- 10.**A.J. Curtis, 2006 ... 173-11 (53.01)**

## Women's Discus

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

## Men's Hammer

1. van der Westhuizen, 2001..222-11 (67.94)
2. **Adam Hamilton, 2006 220-6 (67.20)**
3. Jim Costello, 2002..... 217-7 (66.32)
4. Brad Daufeldt, 2004... 207-10 (63.34)
5. Chris Voller, 2005 ..... 206-0 (62.80)
6. Jeremy Allen, 2001 ..... 199-0 (60.66)
7. **Tim Brodersen, 2004181-3 (55.24)**
8. **Kale Katt, 2006 ..... 176-10 (53.89)**  
**Ryan Jordan, 2006 176-10 (53.89)**
10. Chris Cassata, 2000.... 173-11 (53.00)

## Women's Hammer Throw

1. **Becca Franklin, 2005 181-11 (55.44)**
2. **Erin O'Hern, 2006 ... 166-0 (50.60)**
3. Kerri Blackstone, 1999 161-10 (49.32)
4. Megan Maurer, 1998 .... 145-6 (44.36)
5. Jennifer Gilson, 2002 .. 142-6 (43.44)
6. Jennifer Moon, 2000 ... 139-3 (42.44)
7. Kara Hinz, 2000 ..... 125-1 (38.14)
8. Katie Hoback, 2002 ... 121-11 (37.16)

## Men's Javelin

1. Bill Neumann, 2002..... 244-8 (74.58)
2. Dan Ralph, 2000 ..... 227-10 (69.44)
3. Joel Storm, 2004..... 203-5 (62.01)
4. **Kale Katt, 2006 ..... 201-7 (61.44)**
5. Matt Stank, 2001 ..... 199-0 (60.66)
6. van der Westhuizen, 1999..173-11 (53.00)
7. Craig Jennings, 2006 ... 173-4 (52.83)
8. Scott Faber, 2000 ..... 173-1 (52.78)
9. Justin Silverman, 2000 172-6 (52.58)

## Women's Javelin

1. Alana Redfern, 2003.... 181-5 (55.30)
2. Mandy Beck, 1999..... 153-4 (46.74)
3. Terri Soldan, 1983 . 152-6 1/4 (46.48)
4. Shani Renning, 1990 ... 152-3 (46.40)
5. Clara Simon, 1981 ..... 149-9 (45.64)
6. Janet Adams, 1984..... 148-7 (45.28)
7. **Tammilee Kerr, 2006 .. 141-9 (43.22)**
8. M. Schoborg, 1985. 137-5 1/4 (41.88)
9. Sara Joens, 1987 ..... 127-1 (38.74)
10. Angela Chadwick, 1992 124-2 (37.86)

## Decathlon

1. Scott Faber, 2000 .....6,839 points
2. Chad Ohly, 1994.....6,641 points
3. **Ryan Niver, 2005..... 6,531 points**
4. Gary Kostrubala, 1984 ... 6,498 points
5. Jacob Drewry, 1994 ..... 5,820 points

## Heptathlon

1. Kathy Gillespie, 1983.....5,262 points
2. Tiff Pedersen, 2004.....4,976 points
3. **Tammilee Kerr, 2005 . 4,924 points**
4. Janet Adams, 1981.....4,855 points
5. Ruqayya Raheem, 1997 ..4,665 points
6. Angela Chadwick, 1993..4,493 points
7. Angie Hensel, 2004 .....4,073 points
8. Janelle Jaspers, 1987.....4,000 points
9. Marjie Tweto, 1996.....3,967 points



# All-Time Top 10 Best Outdoor Relays

## Men's 400-Meter Relay

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

## Women's 400-Meter Relay

1. Poole, Reid, Floyd, Hobbs, 1994 ..... 44.63
2. Charles, Williams, Providence, James, 2003..... 44.71
3. Floyd, Hobbs, Poole, Reid, 1994 ..... 44.80
4. Fouchè, Williams, Providence, James, 2003..... 45.02
5. **Alexander, Granger, Johnson, Roach**, 2006..... 45.11
6. **Johnson, Alexander, Granger, Roach**, 2005..... 45.30
7. **Granger, Alexander, Johnson, Roach**, 2005..... 45.39
8. Underwood, Reid, Philip, Hobbs, 1995 ..... 45.50
9. Boatright, Bynoe, Providence, Prendergast, 2000..... 45.50
10. Prendergast, Cole, Boatright, Broomfield, 1998 ..... 45.51

## Women's 800-Meter Relay

1. Hobbs, Reid, Floyd, Poole, 1994 ..... 1:35.69
2. **Roach, McCalla, Alexander, Johnson**, 2006 ..... 1:36.19
3. Williams, Charles, Fouchè, Providence, 2003 ..... 1:37.49
4. Herrmann, **McCalla**, Raymond, **Roach**, 2004..... 1:37.66
5. Charles, Dixon, Knight, Prendergast, 2002..... 1:38.15
6. Prendergast, Dixon, Knight, Providence, 2001..... 1:38.73
7. Dixon, Knight, Prendergast, Providence, 2001..... 1:38.93
8. Dixon, Providence, Knight, Charles, 2001 ..... 1:39.68
9. Underwood, Bynoe, Raheem, Wynter, 1997..... 1:39.72
10. 1999..... 1:39.79

## Men's 1,600-Meter Relay

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

## Women's 1,600-Meter Relay

1. Hume, Charles, Steffen, Williams, 2003 ..... 3:36.26
2. **McCalla, Granger, Alexander, Johnson**, 2006..... 3:38.36
3. **McCalla, Alexander**, Sheeley, Hume, 2005 ..... 3:39.67
4. **McCalla**, Hume, Sheeley, **Alexander**, 2005 ..... 3:40.43
5. Layne, Simpson, Powell, McRel, 1989 ..... 3:41.23
6. Bynoe, Cole, Wynter, Grant, 1997 ..... 3:41.74
7. Charles, Fouchè, Williams, Hume, 2003 ..... 3:42.18
8. Fouchè, Charles, Williams, Hume, 2003 ..... 3:42.52
9. Powell, Hawkins, Taylor, Simpson, 1988 ..... 3:43.04
10. 1992..... 3:43.05

## Men's Sprint Medley Relay

1. Armstrong, Thomas, Maybank, Strozier, 1991 ..... 3:18.93
2. Yamini, Davis, Dodge, Donovan, 1999 ..... 3:19.87
3. McCorkle, Armstrong, Chung, Strozier, 1990 ..... 3:20.43
4. Dodge, Yamini, Branch, Donovan, 1999 ..... 3:20.83
5. Goode, Fisher, Thomas, Falls, 1992..... 3:21.02
6. Dwight, Davis, Raymond, Donovan, 1997 ..... 3:21.05
7. Fisher, Morris, Patterson, Porter, 1994..... 3:21.40
8. Chung, Leonard, Williams, Thiesen, 1986 ..... 3:21.65
9. McCoy, Williams, McGhee, Theisen, 1985 ..... 3:21.80
10. Digney, Beach, Strang, O'Hollearn, 2003..... 3:23.55

## Women's Sprint Medley Relay

1. Reid, Philip, Hobbs, Benning, 1995 ..... 3:56.54
2. **Roach, Alexander, McCalla, Stanley**, 2005..... 3:56.99
3. Underwood, Clarke, Philip, Benning, 1995..... 3:59.75
4. 2005..... 4:00.26
5. Dixon, Providence, Hume, Butler, 2001 ..... 4:01.11
6. Providence, Dixon, Charles, Hume, 2001..... 4:03.39
7. 1999..... 4:09.31
8. Broomfield, Boatright, Bynoe, Scheibel, 1998 ..... 4:12.59
9. Hume, **McCalla**, Raymond, Williams, 2004 ..... 4:13.42

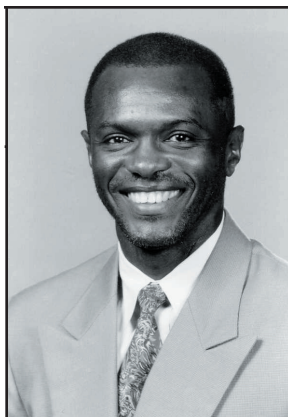
## Men's Distance Medley Relay

1. Pershing, Moeller, Slack, Docherty, 1978 ..... 9:39.94
2. Theisen, Williams, Wiesa, Waters, 1985 ..... 9:54.04
3. **VanDenend, Riley, O'Hollearn, Rakaric**, 2006 ..... 9:54.97
4. Feeldy, Eischeid, Novotny, Peters, 1996 ..... 9:55.71
5. Thomas, Wise, Cunningham, S.Allen, 2001 .....10:01.57
6. Thomas, Wakenight, Dziubski, Rakaric, 2003 .....10:01.72
7. Trainor, Coleman, Cunningham, Allen, 2002 .....10:01.93
8. English, Blackman, Strolier, Chambers, 1988.....10:04.25
9. Chambers, Thomas, Bouska, Herd, 1991 .....10:04.30
10. Esche, Williamson, Cunningham, Allen, 2002.....10:05.58

## Women's Distance Medley Relay

1. Hoskins, Powell, Schneckloth, Kruckeberg, 1989 ...11:22.18
2. **Stanley, McCalla**, Hume, **Armstrong**, 2005 .....11:34.04
3. Barber, Williams, Hume, Arens, 2004 .....11:34.56
4. Thompson, Williams, Hume, Arens, 2003 .....11:39.02
5. 2000.....11:39.83
6. Davenport, xx, xx, xx, 1981 .....11:41.44
7. Pare, Grant, Benning, Gilchrist, 1997 .....11:41.92
8. Butler, Hume, Barber, Arens, 2001.....11:47.16
9. Thompson, Hume, Barber, Lahann, 2003 .....11:52.04
10. Benning, Raheem, Coleman, Pare, 1996.....11:53.60

# University of Iowa Women's Head Coach



## James Grant Head Coach 10th Season

James Grant is in his 10th season at the helm of the Iowa women's track and field program. Grant was the former assistant coach at Iowa for 11 years (1986-96).

Grant has coached eight all-Americans, 21 Big Ten champions, one NCAA Midwest Regional champion and 60 NCAA Midwest

Regional qualifiers during his tenure as head coach. Iowa placed third at the 2004 Big Ten Indoor Championships in Iowa City and sixth at the 2003 conference outdoor meet - the team's highest placings under Grant. The third-place indoor finish tied the team's highest conference finish in school history.

During the 2006 indoor season, sophomore Kineke Alexander became Grant's first NCAA Champion, and the fourth in school history, when she won the 400 meters at the national meet. Junior Peaches Roach and Meghan Armstrong also earned all-America honors. Alexander won the 200 and 400 meters at the Big Ten Championships, setting the 400-meter meet record.

In 2005, Roach and Alexander became Grant's first indoor all-Americans. Roach defended her Big Ten indoor high jump title to become the second Hawkeye to win two consecutive Big Ten titles in the same event in school history.

In 2004, Shellene Williams became the second student-athlete in program history to win four Big Ten titles, winning three titles in the 400 meters and one as part of the 1,600-meter relay. Roach gave Iowa its first Big Ten high jump titles, winning that event at the indoor and outdoor conference meets to earn outdoor Freshman of the Year honors.

In 2003, the 1,600-meter relay of Aisha Hume, Nicole Charles, Sarah Steffen and Williams shattered the 15-year-old school record of 3:41.23 with the blistering 3:36.26 they ran at the NCAA Midwest Regional. The quartet also won Iowa's first Big Ten title in that event. Aisha James wowed the Drake Relays crowd when she set school, meet, stadium and Trinidad and Tobago records in the long jump with a then-world leading mark of 22-3 (6.78 m). James became the first Big Ten long jump champion in school history and the first Hawkeye field event champion since 1993 with her victory at the conference meet. Alana Redfern qualified for the NCAA Championships for the second straight year when she broke her own school javelin record by almost 20 feet and set the Canadian National record in that event. James and Redfern became Iowa's first Drake Relays champions in the long jump and javelin, respectively.

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, 50 Hawkeyes have earned 87 academic all-Big Ten honors.

As Iowa's assistant coach from 1986-96, Grant coached several Hawkeyes to success. In 1995, Yolanda Hobbs was an all-American 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 won Iowa's first Big Ten title in that event, earned all-America honors and set meet and school records. Karen Layne won the 1990 600-meter Big Ten title, while Senta Hawkins won the Big Ten 400 meters in 1988. In 1989, Iowa's 1,600-meter relay placed second at the Big Ten Indoor and Outdoor Championships.

A former Jamaican track standout, Grant coached at the high school level in Jamaica for 11 years prior to joining the Hawkeye program. From 1982-86, Grant coached men's and women's track at G.C. Foster College of Physical Education and Sport. There he led the men's team to two national titles and two second-place finishes, and the women's team to three national titles.

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. He was the Jamaican 400-meter hurdle national record holder, 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.

### Grant at Iowa

Year	Indoor Big 10 Place/Champs	Outdoor Big 10 Place/Champs	Indoor/Outdoor All-Americans
1997	T9th/1	10th/5	0/1
1998	9th/1	9th/1	0/0
1999	9th/0	9th/0	0/0
2000	10th/0	9th/0	0/0
2001	10th/0	9th/0	0/0
2002	9th/0	10th/0	0/0
2003	9th/0	6th/6	0/0
2004	3rd/2	10th/2	0/1
2005	9th/1	9th/0	2/1
2006	8th/2	8th/0	3/
<b>Total</b>	<b>--/7</b>	<b>--/14</b>	<b>5/3</b>

# University of Iowa Men's Head Coach



## Larry Wiecezorek Head Coach 10th Season

Larry Wiecezorek is in his 10th season as head men's track and field coach at Iowa. He recently completed his 19th season as head men's cross country coach for the Hawkeyes. He served as an assistant track coach for 12 years before taking the helm in 1997.

A six-time Big Ten champion (including two in cross country) and four-time all-American at Iowa, Wiecezorek 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 record in the indoor two miles, as well as third-fastest mark in the cross country 8,000 meters. Hawkeye junior Micah VanDenend broke Wiecezorek's 38-year-old 5,000-meter school record earlier this month. Wiecezorek was honored for his collegiate accomplishments by being inducted into the University of Iowa's National Varsity Club Athletics Hall of Fame in 1998.

Wiecezorek returned to his alma mater as a field event coach in 1985 before taking the helm of the cross country program in 1987. He has since shifted his track responsibilities to the distance corps.

Under Wiecezorek, the cross country team has placed sixth or higher nine times at the NCAA Regional Championships, has posted 27 all-region selections and qualified for the NCAA Championships four times. In 2002, Wiecezorek was named Midwest Region Coach of the Year honors by the United States Cross Country Association after the Hawkeyes won the NCAA Regional for the first time in school history. In 2004, the Hawkeyes recorded their highest placings under Wiecezorek at the Big Ten (3rd) and NCAA Championships (13th).

Since he was named head men's track and field coach in 1997, Wiecezorek has coached NCAA Champion long jumper Bashir Yamini, 23 all-Americans, 82 national qualifiers, 60 NCAA Midwest Regional qualifiers and 39 Big Ten Champions. Iowa's 1,600-meter relay won the 1999 Big Ten outdoor title and earned all-America honors twice during Wiecezorek's tenure. The Hawkeyes recorded their highest conference indoor placing (fourth) in 1997, and their highest team finish at the Big Ten outdoor meet (second) in 33 years in 1999.

In 2006, sophomore Matty Gorman won the Big Ten indoor long jump title. Five Hawkeyes achieved NCAA provisional qualifying marks. Junior Micah VanDenend set the school 3,000-meter record, while sophomore Ryan Niver set the school heptathlon mark. During the outdoor season, Iowa recorded its highest Big Ten placing since 1999 with its fourth-place finish at the

conference meet. Senior Tim Brodersen successfully defended his Big Ten discus title, becoming the 17th Hawkeye in school history to win back-to-back conference titles in the same event. Hamilton was Iowa's other conference champion, taking home the hammer throw title. VanDenend also broke Wiecezorek's 38-year-old 5,000-meter record of 13:56.0, running a 13:55.96 early in the season.

Another of Wiecezorek's goals as head coach was to create an annual outdoor home event for the Hawkeyes that would be entertaining for the community and feature outstanding competition for participating student-athletes. Now in its eighth year of existence, the annual Iowa Musco Twilight Meet is just that. Named for Musco Lighting of Oskaloosa, IA, who supplies mobile lighting equipment, the co-ed meet which featured 12 teams in 2006, starts in the late afternoon and extends into the night. In its first four years, the meet had produced 43 NCAA provisional qualifiers. Since the creation of the regional qualifying system in 2003, 187 competitors have reached qualifying standards at the twilight meet.

While improving in the league standings is a priority, the Hawkeyes also concern themselves with performance in the classroom. Under Wiecezorek, former cross country runners Kevin Herd, Chad Schwitters and Stetson Steele earned academic all-America honors. Iowa has had an academic all-Big Ten selection each year during his tenure, totaling 57 honorees in cross country and 109 in track and field.

Wiecezorek came to Iowa after 11 seasons as head track coach at Proviso (IL) West High School. He also served as an assistant at Proviso West 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. Wiecezorek was inducted into the Illinois High School Track and Cross Country Coaches Hall of Fame in 2000.

Wiecezorek 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.

### Wiecezorek at Iowa

Year	Indoor Big 10 Place/Champs	Outdoor Big 10 Place/Champs	Indoor/Outdoor All-Americans
1997	4th/2	9th/2	1/0
1998	5th/2	3rd/6	6/2
1999	7th/1	2nd/11	0/4
2000	8th/1	6th/1	2/1
2001	10th/0	5th/6	0/3
2002	---/--	6th/2	1/2
2003	9th/0	9th/1	0/1
2004	10th/0	10th/0	0/1
2005	10th/0	8th/1	0/0
2006	7th/1	4th/2	0/
<b>Total</b>	<b>--/7</b>	<b>--/32</b>	<b>10/13</b>

# Hawkeyes To Watch



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

**2006 -- Indoor** - NCAA 400-meter champion... won Big Ten titles in 200 and 400 meters... set Big Ten Championships record in 400 meters with her winning 52.31...

set school and University of Wisconsin track records in 200 (23.49) and 400 meters (52.01) at Big Ten Championships... first team all-Big Ten honoree... won 400 meters (52.88) at Husker Invite... won 200 meters at Panther Invite (24.13) and Iowa State Classic (23.87)... won 600 meters (1:36.89) at Hawkeye Open... **Outdoor** - NCAA Midwest Regional 400-meter champion (51.75)... qualified for regional in 200 meters (23.58), 400 meters (51.83) and as part of 400 (45.11) and 1,600-meter relays (3:38.36)... her best 400-meter time set school record and ranks sixth in nation... won special invitation 400 meters (52.05) at Drake Relays... won 400 meters (51.83) at Mt. SAC Relays and 200 meters (23.58) at Iowa Musco Twilight VIII... the 200-meter time ranks second, the 1,600-meter relay time ranks second and the 400-meter relay ranks fifth on Iowa's all-time best performers list... did not compete in the Big Ten Championships finals due to injury... posted second-fastest time in 200-meters and fourth-fastest time in 400 meters in Big Ten prelims.

## Alexander's Collegiate Bests

Event	Time	Meet	Date
200 Meters (I)	23.49	at Big Ten Champ's	2/26/06
400 Meters (O)	51.71	at NCAA Champ's	6/10/05
600 Meters (I)	1:34.58	Iowa Open	1/15/05

## The Alexander File

- Two-Time Big Ten Champion •
- 2006 NCAA Indoor 400-Meter Champion •
- 2006 NCAA Regional 400-Meter Champion •
- Three-Time All-American •
- Big Ten Indoor 400-Meter Record Holder •
- School Record Holder - Indoor 200 & 400 Meters •
- School Record Holder - Outdoor 400 Meters •
- Three-Time All-Region Selection •



# Hawkeyes To Watch



**Meghan Armstrong**  
**Sophomore**  
**Distance**  
**Tualatin, OR**  
**Tualatin High School**

**2006 -- Indoor** - all-American... placed ninth in mile (4:46.65) at NCAA Championships... placed fourth in mile (4:46.23) at Big Ten Championships... ran collegiate-best mile (4:40.59) at

Alex Wilson Invite to qualify for NCAA meet... that time ranks second on Iowa's all-time best performers list... led team in that event... won mile at Iowa State Classic (4:45.43), Jack Johnson Classic (4:48.14) and Hawkeye Open (4:50.97)... **Outdoor** - runner-up in 1,500 meters (4:23.33) at NCAA Midwest Regional, earning all-region honors... qualified for regional in 1,500 (4:17.41) and 5,000 meters (16:29.09)... set school record in 1,500 meters (4:17.41) with runner-up finish at Big Ten Championships... that time ranks fourth in nation... the 5,000-meter time leads team and ranks fourth on Iowa's all-time bests list... ran collegiate-best 800 meters (2:10.15) at Tom Botts Invite, which leads the team and ranks sixth in school history... placed third in special invitation 1,500 meters (4:26.01) at Drake Relays... runner-up in 3,000 meters at Iowa Musco Twilight VIII with a collegiate-best 9:28.03 that leads team and ranks fourth in school history... academic all-Big Ten.

**2005 -- Cross Country** - led team in 3,000 (10:25), 5,000 (17:04) and 6,000 meters (20:49)... placed ninth at NCAA regional (21:09), earning all-region honors... placed 79th (20:56) at NCAA Championships... first Hawkeye to cross finish line in six races... set school and Ashton Course 3,000-meter record with her winning 10:25 at Hawkeye Invite... placed second (17:04) at Willamette Invite, which ranks seventh in school history... placed 16th (21:43) at Big Ten Championships and 22nd (20:49) at NCAA Pre-Nationals... academic all-Big Ten... letterwinner.

## Armstrong's Collegiate Bests

Event	Time	Meet	Date
800 Meters (0)	2:10.15	at Tom Botts Invite	4/15/06
1,500 Meters (0)	4:17.41	at Big Ten Champ's	5/14/06
Mile (I)	4:40.59	at Alex Wilson Invite	3/4/06
3,000 Meters (0)	9:28.03	Musco Twilight VIII	4/22/06
4,000 Meters (CC)	14:33	Hawkeye Triangular	9/10/04
5,000 Meters (0)	16:29.09	at Stanford Invite	3/31/06
5,000 Meters (CC)	17:04	Willamette Invite	10/1/05
6,000 Meters (CC)	21:39.04	at NCAA Regional	11/13/04

## The Armstrong File

- School Record Holder - Outdoor 1,500 Meters •
- School Record Holder - Cross Country 3,000 Meters •
- Ashton C.C. Course 3,000-Meter Record Holder •
- 2006 All-Region Selection - 1,500 Meters •
- 2005 All-Region Selection in Cross Country •



# Hawkeyes To Watch



## Adam Hamilton

Junior

Throws

Milford, NH

Milford High School

**2006 -- Indoor** - provisionally qualified for NCAA Championships in weight throw... placed third in weight throw (64-7 3/4) at Big Ten Championships... won weight throw at Iowa Open (64-3 1/4), Panther Invite (63-4 1/4)

and Hawkeye Open (62-1 1/4)... led team in that event...

**Outdoor** - runner-up in hammer throw (217-11) at NCAA Midwest Regional, earning all-region honors... qualified for regional in hammer throw with the collegiate-best 220-6 he threw at Messersmith Invite... that mark ranks second on Iowa's all-time best performers list and sixth in the nation... Big Ten hammer throw champion (208-1)... also won hammer at Iowa Musco Twilight VIII (218-1) and Sun Angel Classic (204-0)... placed third in hammer (213-6) at Drake Relays... academic all-Big Ten... named to ESPN The Magazine academic all-district second team.

### Hamilton's Collegiate Bests

Event	Distance	Meet	Date
Wt. Throw (I)	66-4 1/4 (20.22)	at Last Chance Meet	3/5/05
Shot Put (I)	50-0 3/4 (15.26)	at Panther Classic	2/1/03
Hammer (O)	220-6 (67.20)	at Messersmith Inv.	4/8/06

### The Hamilton File

- 2004 Hammer Throw All-American •
- 2006 Hammer Throw Big Ten Champion •
- All-Region Selection •



# Hawkeyes To Watch



**Eric MacTaggart**  
**Sophomore**  
**Distance**  
**Glen Ellyn, IL**  
**Glenbard South High School**

**2006 -- Indoor** - provisionally qualified for NCAA Championships in 5,000 meters (14:13.41), placing fifth in that event at Big Ten Championships... that time ranks third on Iowa's all-time bests list... led team in two miles

(9:02.90)... set then-school record in 3,000 meters (8:08.79) at Meyo Invite... **Outdoor** - qualified for NCAA meet in 10,000 meters at Stanford Invite with a collegiate best 28:50.23... that time leads team, ranks second in school history and ranks 15th in the nation... placed third in 1,500 meters (3:58.08) at Musco Twilight VIII... ran third leg on 6,400-meter relay that placed 11th and set school record (16:55.43) at Drake Relays... placed eighth in 5,000 meters (14:20.04) at Big Ten Championships... academic all-Big Ten.

**2005 -- Cross Country** - set 6,000-meter Ashton Course record (18:18) at Hawkeye Invite... led team in 6,000 (18:18) and 8,000 meters (24:17)... his best 8,000-meter time ranks third in school history... placed 10th (31:16) at NCAA regional, earning all-region honors... first Hawkeye to cross finish line at Hawkeye Invite (18:18-1st), NCAA Pre-Nationals (24:17-22nd) and NCAA regional (31:16-10th)... placed 29th (25:24) at Big Ten Championships and 108th (31:22) at NCAA Championships... placed 13th at Murray Keatinge Invite (24:32) and 26th (24:58) at Griak Invite... academic all-Big Ten... letterwinner.

## MacTaggart's Collegiate Bests

Event	Time	Meet	Date
1,500 Meters (O)	3:56.45	at Tom Botts Invite	4/16/05
Mile (I)	4:15.42	at C/H Alliance Invite	1/29/05
Two Miles (I)	9:02.90	Hawkeye Open	1/14/06
3,000 Meters (I)	8:08.79	at Meyo Invitational	2/4/06
5000 Meters (O)	14:04.79	at Stanford Invite	3/25/05
6,000 Meters (CC)	18:18	Hawkeye Invite	9/2/05
8,000 Meters (CC)	24:17	at Pre-Nationals	10/15/05
Five Miles (CC)	24:36.70	at M. Keatinge Invite	10/2/04
10,000 Meters (O)	28:50.23	at Stanford Invite	4/1/06
10,000 Meters (CC)	31:16	NCAA Regional	11/12/05

## The MacTaggart File

- School Record Holder - 6,400-Meter Relay •





# Hawkeyes To Watch



**Shane Maier**  
**Sophomore**  
**Throws**  
**Storm Lake, IA**  
**Storm Lake High School**

**2006 -- Indoor** - provisionally qualified for NCAA Championships in shot put... won shot put with a collegiate-best 61-2 at Iowa Open... that mark led team and ranks second on Iowa's all-time best performers list... placed third

in shot put at Big Ten Championships (58-10 3/4) and NCAA Qualifier (57-6 1/2)... won shot at Jack Johnson Classic (58-11 1/4) and Panther Invite (57-4 3/4), and placed second at Iowa State Classic (59-5 3/4)... **Outdoor** - placed fifth in shot put (61-0 1/4) at NCAA Midwest Regional, earning all-region honors... also placed 21st in discus (159-1) at regional meet... qualified for regional in shot put (62-2 1/4) and discus (171-2)... runner-up in shot put (62-2 1/4) and placed seventh in discus (163-2) at Big Ten Championships... best shot put mark (62-2 1/4) leads team, ranks third on Iowa's all-time bests list and ranks 16th in the nation... won shot put at Springtime Invite (60-3 3/4), Tom Botts Invite (59-10 1/4) and Iowa Musco Twilight VIII (59-0 3/4)... runner-up in shot put at Drake Relays (59-11 1/4)... placed fourth in discus (171-2) at Iowa Musco Twilight VIII... qualified for regional meet in shot put each time he threw it this season... academic all-Big Ten.

### Maier's Collegiate Bests

Event	Distance	Meet	Date
Discus (0)	171-2 (52.17)	Musco Twilight VIII	4/22/06
Shot Put (I)	61-2 (18.64)	Iowa Open	2/17/06

### The Maier File

- 2006 All-Region Selection •



# Hawkeyes To Watch



**Peaches Roach**  
**Junior**  
**Jumps/Sprints**  
**Kingston, Jamaica**  
**Alpha Academy**

**2006 -- Indoor** - all-American... placed sixth in high jump (5-10 3/4) at NCAA Championships... provisionally qualified for NCAA Championships in high jump at Iowa Open (6-0) and Iowa State Clasic (5-10 3/4)... placed fifth

in high jump (5-8 1/2) and 60 meters (7.48) at Big Ten Championships... **Outdoor** - placed third in high jump (6-0 1/2) at NCAA Midwest Regional, earning all-region honors... qualified for regional in 100 meters (10.71), high jump (6-0 3/4) as part of 400-meter relay (45.11)... the 400-meter relay ranks fifth on Iowa's all-time best performers list... set school high jump record of 6-0 3/4 at Mt. SAC Relays, breaking Mary Mol's 23-year-old mark... that mark ranks eighth in the nation... placed second in high jump (5-8 3/4), fourth in 200 meters (24.28) and ran on 400-meter relay that placed fourth (45.90) at Big Ten Championships... ran

collegiate-best 24.01 in Big Ten 200-meter prelims, which ranks ninth on Iowa's all-time bests list... won high jump at Springtime Invite (5-10 3/4) and Messersmith Invite (5-8 3/4)... won 100 meters (11.71) at Iowa Musco Twilight VIII... placed sixth in special invitation high jump (5-11 1/4) at Drake Relays... academic all-Big Ten.

## Roach's Collegiate Bests

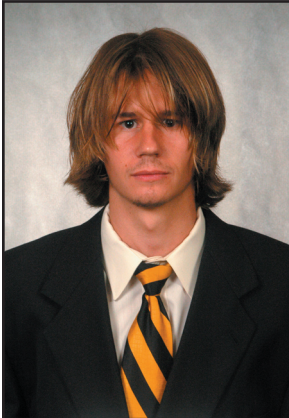
Event	Mark	Meet	Date
60 Meters (I)	7.45	at Big Ten Champ's	2/26/05
100 Meters (O)	11.60	at Big Ten Champ's	5/14/05
200 Meters (O)	24.01	at Big Ten Champ's	5/13/06
High Jump (I/O)	6-0 3/4 (1.85)	at Husker Invite	2/5/04
	6-0 3/4 (1.85)	at Mt. SAC Relays	4/15/06

## The Roach File

- Three-Time Big Ten Champion •  
*(High Jump - 2004-2005 indoor, 2004 outdoor)*
- Two-Time All-American •
- School Record Holder - Indoor/Outdoor High Jump •
- 2004 Big Ten Freshman of the Year •
- Three-Time All-Region Selection •



# Hawkeyes To Watch



**Micah VanDenend**  
**Distance**  
**5-8, 130, Junior**  
**Glen Ellyn, IL**  
**Glenbard South High School**

**2006 -- Indoor** - set school record and provisionally qualified for NCAA Championships in 3,000 meters with the collegiate-best 8:00.81 at Alex Wilson Invite... ran collegiate-best mile (4:08.31) at Iowa State Classic... that time

ranks ninth on Iowa's all-time best performers list... **Outdoor** - placed ninth in 5,000 meters (14:41.78) at NCAA Midwest Regional... qualified for regional meet in 5,000 meters with his collegiate best 13:55.96... that time broke 38-year-old school record of 13:56.0 set by current Hawkeye Head Coach Larry Wiecezorek, and ranks 13th in the nation... placed fourth in 5,000 meters (14:13.13) at Big Ten Championships... runner-up in 1,500 meters (3:54.36) at Iowa Musco Twilight VIII... anchored 6,400-meter relay that placed 11th and set school record (16:55.43) at Drake Relays... ran lead leg on distance medley relay to sixth-place finish (9:54.97) at Drake Relays, which ranks third on Iowa's all-time bests list.

**2005 -- Cross Country** - placed 13th at NCAA regional (31:18), earning all-region honors... placed 16th (24:33) at Murray Keatinge Invite, 38th (24:34) at NCAA Pre-Nationals, 65th (25:31) at Griak Invite and 113th (31.24) at NCAA Championships... letterwinner.

## VanDenend's Collegiate Bests

Event	Time	Meet	Date
1,500 Meters (O)	3:54.36	Musco Twilight VIII	4/22/06
Mile (I)	4:08.31	at Iowa State Classic	2/11/06
3,000 Meters (I)	8:00.81	at Alex Wilson Invite	3/4/06
5,000 Meters (O)	13:55.96	at Stanford Invite	4/1/06
6,000 Meters (CC)	19:02	Hawkeye Invite	9/3/04
Five Miles (CC)	25:09:10	at M. Keatinge Invite	10/2/04
8,000 Meters (CC)	24:33	at M. Keatinge Invite	10/1/05
10,000 Meters (CC)	30:26.17	at NCAA Regional	11/16/02

## The VanDenend File

- School Record Holder - Indoor 3,000 Meters •
- School Record Holder - Outdoor 5,000 Meters •
- School Record Holder - 6,400-Meter Relay •

