

University of Iowa Women's Track & Field



SOPHOMORE PEACHES ROACH

NCAA AUTOMATIC QUALIFIER (High Jump)

School Record Holder - High Jump (1.85 METERS)

2004 OUTDOOR BIG TEN FRESHMAN OF THE YEAR

2004 INDOOR & OUTDOOR High Jump Champion (1.81 METERS)

2005 Big Ten Championships

**University of Michigan Indoor Track Building
Ann Arbor, MI - February 26-27, 2005**

THE UNIVERSITY OF IOWA



HAWKEYE WOMEN'S TRACK & FIELD



Women's Contact: Tara Meekma

February 21, 2005

2005 INDOOR BIG TEN MEET SCHEDULE OF EVENTS

SATURDAY, FEBRUARY 26

8:00 a.m.	Doors open
9:00 a.m.	Pentathlon 60m Hurdles
9:45 a.m.	Pentathlon High Jump
11:30 a.m.	Pentathlon Shot Put
12:30 p.m.	Pentathlon Long Jump
1:30 p.m.	3,000m Run (unseeded)
2:00 p.m.	Pentathlon 800m Run
2:00 p.m.	Pole Vault
2:30 p.m.	Shot Put
2:50 p.m.	Mile Run (Trials)
3:15 p.m.	400m Dash (Trials)
3:15 p.m.	Long Jump
3:35 p.m.	60m Dash (Trials)
3:45 p.m.	800m Run (Trials)
4:10 p.m.	60m Hurdles (Trials)
4:20 p.m.	600m Run (Trials)
4:35 p.m.	200m Dash (Trials)
5:00 p.m.	3,000m Run (seeded)
5:20 p.m.	Distance Medley Relay

SUNDAY, FEBRUARY 27

9:00 a.m.	Doors open
10:00 a.m.	Weight Throw
12:45 a.m.	Triple Jump
1:00 p.m.	High Jump
1:00 p.m.	5,000m Run (unseeded)
1:50 p.m.	Mile Run
2:00 p.m.	400m Dash
2:10 p.m.	60m Dash
2:25 p.m.	800m Run
2:30 p.m.	60m Hurdles
2:40 p.m.	600m Run
2:50 p.m.	200m Dash
3:00 p.m.	5,000m Run (seeded)
3:30 p.m.	4x400m Relay
3:50 p.m.	Awards Presentation

THIS WEEK -- The Iowa women's track team will travel to Ann Arbor, MI, to compete in the 2005 Big Ten Indoor Championships Saturday and Sunday. All events will be held in the University of Michigan Indoor Track Building. Tickets are available from the Michigan Ticket Office (866-296-6849). Two-day ticket package are \$12 for adults and \$7 for senior citizens, college students w/ID and under 18. Daily ticket prices are \$7 for adults and \$4 for senior citizens, college students w/ID and under 18. Tickets will be sold on site each day at the northeast entrance to the Track Building.

LAST WEEK - The Hawkeye women's and men's track team hosted the Hawkeye Open in the Recreation Building. Also participating in the annual event were competitors from Coe College, Grinnell, Wartburg, and Washington University.

Two Iowa women were crowned champions in their respective events. **Sarah Burgett** won the pole vault when she cleared 11-6.25, which was also a new collegiate best for the sophomore. Freshman **Jessica Schmidt** won the mile and set a new collegiate best with a time of 5:13.67. The women's 1,600-meter relay team of **Lindsey McCalla**, **Monica Mims**, **Aditya Jones**, and **Erin Sheeley** placed first with a time of 3:55.60.

Top 10 Placers at 2004 Big Ten Indoor Meet (Iowa City, IA)

Event	Athlete	Mark	Place
400 Meters	Shellene Williams	54.17	1st
High Jump	Peaches Roach	5-11 1/4 (1.81 m)	1st
200 Meters	Shellene Williams	23.97	2nd
800 Meters	Michelle Lahann	2:10.72	2nd
5,000 Meters	Nikki Chapple	17:11.68	2nd
Pole Vault	Jessie Strand	12-5 1/2 (3.80 m)	2nd
3,000 Meters	Nikki Chapple	9:37.80	3rd
1,600-Meter Relay	McCalla, Williams, Sheeley, Hume	3:44.47	3rd
Dist. Medley Relay	Lahann, McCalla, Barber, Arens	11:41.77	3rd
600 Meters	Aisha Hume	1:32.41	4th
Pentathlon	Tiff Pedersen	3,511 pts.	5th
Mile Run	Sarah Arens	4:55.28	5th
60 Meters	Peaches Roach	7.50	5th
800 Meters	Shannon Stanley	2:16.51	7th

THE UNIVERSITY OF IOWA

HAWKEYE WOMEN'S TRACK & FIELD



Women's Contact: Tara Meekma

February 21, 2005

2005 IOWA WOMEN'S INDOOR SCHEDULE & RESULTS

J 15	Iowa Open	9 Champs
J 22	Minnesota Invitational	4 Champs
J 28-29	Panther Classic	0 Champs
F 4-5	Husker Invite	1 Champ
F 11-12	Iowa State Classic	1 Champ
F 18	Hawkeye Open	2 Champs
F 26-27	Big Ten Championships (Ann Arbor, MI)	
M 5	Last Chance Meet (Ames, IA)	
M 11	NCAA Championships (Fayetteville, AR)	

2005 IOWA WOMEN'S INDOOR SEASON BESTS

60 Meters Peaches Roach 7.51
200 Meters	... Kineke Alexander 24.94
400 Meters	... Kineke Alexander 53.11!
600 Yards Leah Koesters 1:29.84
600 Meters	... Kineke Alexander	... 1:34.58
800 Meters	... Shannon Stanley 2:16.48
Mile Meghan Armstrong	. 4:53.38
3,000 Meters	Nikki Chapple 9:38.19
60 MHurdles	. Tiffany Johnson 8.54
High Jump	... Peaches Roach 6-0.75\$*
Long Jump	... Kamesha Marshall 18-7
Triple Jump	.. Tiffany Johnson 38-9
Pole Vault Sarah Burgett 11-6.25
Shot Put Kamesha Marshall	... 47-4.25
Wt. Throw Becca Franklin 48-4.75
Pentathlon	... Kamesha Marshall 3,701!
1,600-Meter Relay	3:45.73
(McCalla, Alexander, Sheeley, Johnson)		
Distance Medley Relay	11:39.29

\$ NCAA Automatic Qualifier

! NCAA Provisional Qualifier

* University of Iowa School Record

IOWA WOMEN'S TRACK - Through six indoor meets this year, the Hawkeye women have had 17 champions in their respective events. Here's a look at who has won gold this season:

Iowa Open, January 15

60 meters	Peaches Roach	7.68
60 meter hurdles	Tiffany Johnson	8.77
200 meters	Lindsay McCalla	25.70
400 meters	Erin Sheeley	1:00.59
600 meters	Keneke Alexander	1:34.58
800 meters	Shannon Stanley	2:16.48
1,600 meter relay	Sheeley, Alexander, Granger, McCalla	3:52.91
High Jump	Peaches Roach	5-10.75
Long Jump	Tammilee Kerr	18-1.75

Minnesota Gold Country Classic, January 22

60 meters	Peaches Roach	7.56
60 meter hurdles	Tiffany Johnson	8.68
200 meters	Kineke Alexander	24.94
High Jump	Peaches Roach	6-0.5

Husker Invite, February 4-5

Shot Put (Pent.)	Kamesha Marshall	45-10.5
------------------	------------------	---------

Iowa State Classic, February 11-12

400 meters	Kineke Alexander	53.11
------------	------------------	-------

Hawkeye Open, February 18

Pole Vault	Sarah Burgett	11-6.25
Mile	Jessica Schmidt	5:13.67
1,600 meter relay	McCalla, Mims, Jones, Sheeley	3:55.60

2005 INDOOR SEASON BESTS

60 METERS (AQ – 7.27, PQ – 7.44, SR – 7.43)

Peaches Roach (I)	7.51	Husker Invite	2/5/04
Ashley Granger (I)	7.95	Husker Invite	2/5/04

60-METER HURDLES (AQ – 8.15, PQ – 8.43, SR – 8.39)

Tiffany Johnson (I)	8.54	Husker Invite	2/5/05
Tiffany Pederson (I)	8.97	Gold Country Classic	1/22/05
Kamesha Marshall (I)	9.04	Iowa Open	1/15/05
Tammilee Kerr (I)	9.14	Husker Invite	2/5/05

200 METERS (AQ – 23.50, PQ – 24.10, SR – 23.62)

Kineke Alexander (I)	24.94	Gold Country Classic	1/22/05
Lindsay McCalla (I)	25.70	Iowa Open	1/15/05
Ashley Granger (I)	25.87	Iowa State Classic	2/11/05
Aditya Jones (I)	26.55	Iowa State Classic	2/11/05
Erin Sheeley (I)	26.96	Gold Country Classic	1/22/05
Tamilee Kerr (I)	27.37	Gold Country Classic	1/22/05
Latoya Stiffend (I)	27.83	Iowa Open	1/15/05
Angie Hensel (I)	28.42	Iowa Open	1/15/05

400 METERS (AQ – 52.70, PQ – 54.70, SR – 52.65)

Kineke Alexander (I)	53.11!	Iowa State Classic	2/12/05
Lindsey McCalla (I)	58.02	Gold Country Classic	1/22/05
Erin Sheeley (I)	58.77	Husker Invite	2/5/05
Aditya Jones (I)	59.56	Husker Invite	2/5/05

600 YARDS (SR -- 1:09.60)

Leah Koesters (I)	1:29.84	Iowa State Classic	2/12/05
Jordan Laney (I)	1:28.37	Iowa State Classic	2/12/05
Monica Mims (I)	1:30.12	Iowa State Classic	2/12/05

600 METERS (SR – 1:30.77)

Kineke Alexander (I)	1:34.58	Iowa Open	1/15/05
Jordan Laney (I)	1:39.91	Iowa Open	1/15/05
Monica Mims (I)	1:42.61	Iowa Open	1/15/05
Leah Koesters (I)	1:42.84	Gold Country Classic	1/22/05

800 METERS (AQ – 2:06.05, PQ – 2:09.40, SR – 2:06.38)

Shannon Stanley (I)	2:16.48	Iowa Open	1/15/05
Jordon Laney (I)	2:17.83	Husker Invite	2/5/05
Meghan Armstrong (I)	2:18.30	Iowa Open	1/15/05
Nikki Chapple (I)	2:23.43	Iowa Open	1/15/05
Michelle Sokol (I)	2:24.13	Iowa Open	1/15/05
Monica Mims (I)	2:24.73	Gold Country Classic	1/22/05
Ashley Merry (I)	2:26.14	Iowa Open	1/15/05
Leah Koesters	2:27.34	UNI Invite	1/29/05
Chloe Millward (I)	2:29.11	Gold Country Classic	1/22/05
Laura Pearson (I)	2:33.90	Iowa Open	1/15/05

1,600-METER RELAY (AQ – 3:35.90, PQ – 3:42.40, SR – 3:44.47)

McCalla, Alexander, Sheeley, Johnson	3:47.53	Husker Invite	2/5/05
Koesters, Mims, Jones, Laney	4:08.03	Iowa Open	1/15/05

DISTANCE MEDLEY RELAY (AQ – 11:11.00, PQ – 11:30.00, SR – 11:23.02)

Iowa Women 'A'	11:39.29	Iowa State Classic	2/12/05
----------------	----------	--------------------	---------

* -- school record, ! -- NCAA provisional qualifier, \$ -- NCAA automatic qualifier, ^ -- run on an oversized track

2005 INDOOR SEASON BESTS

MILE (AQ – 4:39.10, PQ – 4:47.60, SR 4:40.19)

Meghan Armstrong (I)	4:53.38	Iowa State Classic	2/12/05
Nicole Chapple (I)	4:58.36	Gold Country Classic	1/22/05
Shannon Stanley (I)	5:01.54	Husker Invite	2/5/05
Georgia Millward (I)	5:10.04	Gold Country Classic	1/22/05
Racheal Marchand (I)	5:12.34	Gold Country Classic	1/22/05
Molly Esche (I)	5:15.87	Gold Country Classic	1/22/05
Katie Donlon (I)	5:16.17	Iowa Open	1/15/05
Christine Kotarba (I)	5:17.45	Iowa State Classic	2/12/05
Allison Billhardt (I)	5:18.89	Gold Country Classic	1/22/05
Ashley Merry	5:21.58	Gold Country Classic	1/22/05
Jenni Capista (I)	5:24:18	Gold Country Classic	1/22/05
Jessica Schmidt (I)	5:26.01	Iowa Open	1/15/05
Michelle Sokol (I)	5:28.30	Gold Country Classic	1/22/05
Laura Spencer (I)	5:35.90	Iowa Open	1/15/05

HIGH JUMP (AQ – 1.84 meters, PQ – 1.78 meters, SR – 1.83 meters)

Peaches Roach (I)	6-0¾ (1.85 m) *\$	Husker Invite	2/5/04
Jenni Elbert (I)	5-7 (1.70)	Iowa Open	1/15/05
Kamesha Marshall (I)	5-3 (1.60)	Iowa Open	1/15/05
Tiffany Pedersen	4-11 (1.50)	Gold Country Classic	1/22/05

POLE VAULT (AQ – 4.20 meters, PQ – 3.95 meters, SR – 3.80 meters)

Sarah Burgett	10-9 (3.28m)	Iowa State Classic	2/5/05
---------------	--------------	--------------------	--------

LONG JUMP (AQ – 6.40 meters, PQ – 6.10 meters, SR – 5.95 meters)

Kamesha Marshall (I)	18-7 (5.67)	Gold Country Classic	1/22/05
Tammilee Kerr (I)	18-1 3/4 (5.53)	Iowa Open	1/15/05
Angie Hensel (I)	17-6¼ (5.34)	UNI Invite	1/29/05
Tiffany Pederson (I)	17-2 (5.24)	Iowa Open	1/15/05

TRIPLE JUMP (AQ – 13.30 meters, PQ – 12.65 meters, SR – 12.04 meters)

Tiffany Johnson (I)	38-9 (11.81)	Husker Invite	2/5/04
---------------------	--------------	---------------	--------

SHOT PUT (AQ – 16.90 meters, PQ – 15.40 meters, SR – 15.54 meters)

Kamesha Marshall (I)	47-4¼ (14.43)	Iowa Open	1/15/05
----------------------	---------------	-----------	---------

WEIGHT THROW (AQ – 20.50 meters, PQ – 18.50 meters, SR – 15.47 meters)

Becca Franklin (I)	48-4.75 (14.75 m)	Iowa State Classic	2/12/05
Erin O'Hern (I)	45-6.25 (13.87)	UNI Invite	1/29/05

3,000 METERS (AQ – 9:16.80, PQ – 9:35.80, SR – 9:15.57)

Nikki Chapple	9:38.19	Husker Invite	2/5/05
Meghan Armstrong	9:56.21	Husker Invite	2/5/05
Georgia Millward	10:00.93	Iowa State Classic	2/12/05
Molly Esche	10:29.52	Husker Invite	2/5/05
Katie Donlon	10:35.20	Husker Invite	2/5/05
Christine Kotarba	10:44.91	Husker Invite	2/5/05
Laura Spenser (I)	11:10.68	UNI Invite	1/29/05

PENTATHLON (AQ – 4,050 points, PQ – 3,700 points, SR – 3,798 points)

Kamesha Marshall	3701 points!	Husker Invite	2/5/05
Tammilee Kerr	3302 points	Husker Invite	2/5/05
Tiffany Pederson	3306 points	Husker Invite	2/5/05

* -- school record, ! -- NCAA provisional qualifier, \$ -- NCAA automatic qualifier, ^ -- run on an oversized track

ALL-TIME TOP 10 INDOOR PERFORMANCES

60 Meters

1. Elaine Jones, 1983.....	7.43
2. Peaches Roach, 2004.....	7.48
3. Shellene Williams, 2004.....	7.50
4. Peaches Roach, 2005.....	7.51
5. Jiselle Providence, 2002	7.52
6. Peaches Roach, 2005.....	7.56
7. Angela Menson, 1982	7.57
8. Tamara Dixon, 2002	7.64
9. Lakeya Boatright, 1999	7.68
10. Peaches Roach, 2005.....	7.68

60-Meter Hurdles

1. Paula Ruen, 1998.....	8.39
2. Sarah Steffen, 2002	8.45
3. Tiffany Johnson, 2005	8.54
4. Colleen Prendergast, 2000.....	8.57
5. Tiffany Johnson, 2004	8.62
6. Diane Steinhart, 1981	8.64
7. Ruqayya Raheem, 1999	8.74
8. Tiff Pedersen, 2004	8.80
9. Latoya Stiffend, 2003	8.97
10. Tiff Pederson, 2005	8.97

200 Meters

1. Shellene Williams, 2004.....	23.62
2. Marlene Poole, 1994.....	23.66
3. Yolanda Hobbs, 1995.....	23.66
4. Erica Broomfield, 1998	23.81
5. Jiselle Providence, 2002	24.44
6. Marlene Poole, 1993	24.59
7. Tanja Reid, 1994.....	24.67
8. Tamara Dixon, 2002	24.71
9. Diane Emmons, 1979.....	24.80
10. Kineke Alexander, 2005	24.94

400 Meters

1. Ellen Grant, 1996.....	52.65
2. Shellene Williams, 2004.....	52.83
3. Kineke Alexander, 2005	53.11
4. Kineke Alexander, 2005	53.81
5. Kineke Alexander, 2005	54.58
6. Marlene Poole, 1993	55.20
7. Wynsome Cole, 1997	55.45
8. Nicole Charles, 2002.....	55.59
9. Senta Hawkins, 1988.....	55.66
10. Aisha Hume, 2002	56.33

600 Meters

1. Senta Hawkins, 1987.....	1:30.77
2. Karen Layne, 1990.....	1:31.45
3. Kay Stormo, 1982.....	1:32.3
4. Aisha Hume, 2004	1:32.41
5. Sophia Chow, 2002.....	1:33.54
6. Kineke Alexander, 2005	1:34.58
7. Ann Pare, 1997.....	1:34.95
8. Chris Davenport, 1981.....	1:35.34
9. Ellen Grant, 1997.....	1:35.46
10. Atalie Barber, 2004	1:35.68

800 Meters

1. Jeanne Kruckeberg, 1989.....	2:06.38
2. Michelle Lahann, 2004	2:06.83
3. Briana Benning, 1996	2:09.22
4. Kay Stormo, 1981	2:11.4
5. Ann Pare, 1997.....	2:11.19
6. Atalie Barber, 2003	2:12.10
7. Shannon Stanley, 2004	2:12.48
8. Tracy Dahl, 1993.....	2:12.74
9. Anna Shearer, 1999.....	2:12.89
10. Aisha Hume, 2004	2:13.87

Mile Run

1. Jeanne Kruckeberg, 1989.....	4:40.19
2. Tina Stec, 1994	4:42.63
3. Penny O'Brien, 1981.....	4:43.72
4. Michelle Lahann, 2004	4:47.23
5. Tracy Dahl, 1992.....	4:48.92
6. Nan Doak, 1982.....	4:51.46
7. Sarah Arens, 2004.....	4:52.18
8. Kim Schneckloth, 1987	4:52.31
9. Meghan Armstrong, 2005	4:53.38
10. Nikki Chapple, 2004	4:54.92

3,000 Meters

1. Tracy Dahl, 1993.....	9:15.57
2. Nan Doak, 1982.....	9:21.60
3. Jenny Spangler, 1986	9:22.41
4. Nikki Chapple, 2004	9:34.17
5. Nikki Chapple, 2005	9:38.19
6. Jennifer Brower, 1992	9:41.02
7. Sarah Arens, 2000.....	9:56.85
8. Renee Doyle, 1987	9:57.45
9. Janeth Salazar, 1987.....	9:57.80
10. Penny O'Brien, 1985.....	9:58.65

5,000 Meters

1. Tracy Dahl, 1993.....	15:49.52
2. Nan Doak, 1985.....	15:55.45
3. Jenny Spangler, 1982.....	16:08.74
4. Judy Parker, 1981.....	16:16.63
5. Jennifer Brower, 1992	16:22.19
6. Nikki Chapple, 2004	16:27.04
7. Jodi Hersberger, 1982.....	16:32.24
8. Zanetta Weber, 1981	16:54.64
9. Renee Doyle, 1987	17:09.58
10. Anne Dobrowolski, 1982	17:15.44

Pentathlon

1. Chris Davenport, 1983.....	3,798
2. Kamesha Marshall, 2005	3,701
3. Tiff Pedersen, 2004	3,511
4. Kamesha Marshall, 2004	3,446
5. Maureen Abel, 1980	3,369
6. Janet Adams, 1981	3,360
7. Janelle Jaspers, 1987	3,366
8. Tiffany Pederson, 2005	3,306
9. Tammilee Kerr, 2005.....	3,302
10. Kacey Childs, 1999.....	3,224

ALL-TIME TOP 10 INDOOR PERFORMANCES

High Jump

1. **Peaches Roach, 2005**.....6-0 3/4 (1.85)
2. Mary Mol, 1983 6-0 (1.83)
3. **Peaches Roach, 2004**.....5-11 1/4 (1.81)
4. **Peaches Roach, 2005**.....5-10 3/4 (1.80)
4. Becky Kaza, 1995 5-9 3/4 (1.77)
5. Kristi Dinkla, 1985..... 5-8 1/2 (1.74)
6. Kacey Childs, 2001..... 5-8 1/2 (1.74)
7. Traci Claussen, 1987..... 5-8 (1.73)
8. Kathy Gillespie, 1983 5-7 3/4 (1.72)
9. Lynn McMillan, 1988..... 5-7 1/4 (1.71)
10. Julie Gallery, 2002 5-7 (1.70)

Long Jump

1. Lisa Moats, 1986..... 19-6 (5.95)
2. Davera Taylor, 1984..... 19-1 1/2 (5.83)
3. Yolanda Hobbs, 1993..... 19-1 (5.80)
4. Catharine Parmiter, 2000 18-7 1/2 (5.68)
5. **Kamesha Marshall, 2005** 18-7 (5.67)
6. Jessie Strand, 2000..... 18-3 1/4 (5.57)
7. **Tiff Pedersen, 2003** 18-2 1/2 (5.55)
8. **Tamilee Kerr, 2005**..... 18-1 3/4 (5.53)
9. Chris Davenport, 1983..... 18-1 (5.51)
10. Kathy Gillespie, 1983 18-0 (5.49)

Shot Put

1. Gail Smith, 1985..... 51-0 (15.54)
2. Lisa Van Steenwyk, 1993 50-5 1/4 (15.37)
3. Denise Taylor, 1992..... 48-9 (14.86)
4. Megan Maurer, 1995..... 47-5 3/4 (14.47)
5. Laura Kriener, 1990 47-5 (14.45)
6. **Kamesha Marshall, 2005** 47-4 1/4 (14.43)
7. Jennifer Gilson, 2002 46-11 (14.30)
8. **Kamesha Marshall, 2004** 46-4 1/2 (14.13)
9. Jennifer Moon, 2000..... 45-9 (13.94)
10. Shelly Redies, 1985..... 45-0 1/4 (13.73)

Weight Throw

1. Kerri Blackstone, 1999 50-9 3/4 (15.48)
2. Megan Maurer, 1998..... 48-10 1/4 (14.89)
3. **Becca Franklin, 2005** 48-4 3/4 (14.75 m)
4. Jennifer Moon, 2000..... 47-10 3/4 (14.60)
5. Jennifer Gilson, 2002..... 46-7 1/4 (14.20)
6. **Erin O'Hern, 2005**..... 45-6.25 (13.87)
7. **Erin O'Hern, 2004**..... 43-9 1/4 (13.34)
8. Katie Hoback, 2002..... 42-8 (13.00)
9. Missy Fraser, 1997 41-10 3/4 (12.77)
10. **Becca Franklin, 2004** 41-7 1/4 (12.68)

Pole Vault

1. Jessie Strand, 2004..... 12-5 1/2 (3.80)
2. **Sarah Burgett, 2005**..... 11-6 1/4 (3.51)
3. **Sarah Burgett, 2005**..... 10-9 (3.28)
4. **Sarah Burgett, 2004**..... 10-6 3/4 (3.22)
5. **Sarah Burgett, 2004**..... 10-6 (3.20)
6. Gina Shannon, 2001..... 10-6 (3.20)
7. Kacey Childs, 2001..... 9-0 (2.75)
8. Amy Kasparbauer, 2000 8-0 (2.44)

Triple Jump

1. Becki Borg, 1987 39-6 (12.04)
2. **Tiffany Johnson, 2004**38-9 3/4 (11.83)
3. Lynn McMillan, 1988..... 38-2 (11.63)
4. Lisa Moats, 1985..... 35-1 (10.69)
5. **Becca Franklin, 2004**34-3 (10.44)

1,600-Meter Relay

1. **McCalla, Williams, Sheeley, Hume,**
2004..... 3:44.47
2. Bynoe, Cole, Raheem, Grant, 1996 3:44.58
3. Simpson, McRell, Layne, Powell,
1989..... 3:44.75
4. Hume, Charles, Barber, Knight,
2002..... 3:45.33
5. Floyd, Poole, Hobbs, Layne, 1992 3:45.38
6. Williams, Charles, Hume, Fouchè,
2003..... 3:45.50
7. 1997..... 3:45.93
8. Fouchè, Charles, Steffen, Hume,
2003..... 3:46.34
9. 1997..... 3:46.55
10. Hobbs, Layne, Floyd, Poole, 1992 3:47.34

Distance Medley Relay

1. Stormo, Davenport, Williams, O'Brien,
1981..... 11:23.02
2. Benning, Poole, Salsberry, Stec,
1994..... 11:28.03
3. Stormo, Davenport, Hayden, Doak,
1982..... 11:29.54
4. Lahann, Williams, **Stanley, Arens,**
2004..... 11:30.36
5. Thompson, Williams, Barber, Lahann,
2003..... 11:30.38
6. Doak, xx, Hayden, xx, 1982..... 11:35.07
7. Camarigg, Stormo, Williams, O'Brien,
1981..... 11:41.44
8. Lahann, **McCalla, Barber, Arens,**
2004..... 11:41.77
9. Davenport, Stormo, Williams, Marshall,
1982..... 11:46.94
10. Barber, **Hume, Butler, Arens,**
2001..... 11:47.50



JAMES GRANT HEAD COACH

**NINTH YEAR
EASTERN MICHIGAN, 1971**

James Grant enters his ninth 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 and the Hawkeyes have had two consecutive outstanding seasons, headlined by their third-place finish at the 2004 Big Ten Indoor Championships in Iowa City and a sixth-place finish at the 2003 conference outdoor meet. Both were Iowa's highest placings during Grant's tenure, and the third-place indoor finish tied the team's highest conference finish in school history. In 2003 and 2004, the Hawkeyes crowned 10 Big Ten Champions, 14 regional qualifiers, 13 all-region selections, 20 NCAA qualifiers and one all-American, and set 10 school records.

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. Despite the fact that she has only competed for the Hawkeyes for two seasons (2003, 2004), she holds school records in three individual events and two relays. Freshman Peaches 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 2003 Big Ten Outdoor Championships. 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. Senior Jessie Strand broke the school pole vault records she set, both indoors and outdoors, and qualified for the NCAA Championships.

Grant also had immense success in his first two seasons at the Hawkeye helm. Wynsome Cole earned all-America status in the 400-meter hurdles at the 1997 NCAA Championships, and winning a Big Ten title in that event in 1998. Ellen Grant won 400-meter titles at the 1997 Big Ten Indoor and Outdoor Championships. Cole still holds the 400-meter hurdles school record, while Grant still holds the

indoor 400 meters record. The Hawkeyes' 400-meter relay team of Tara Underwood, Cole, Grant and Kaydene Wynter also won a title at the 1997 Big Ten Championships. Erica Broomfield won the Big Ten 200-meter title, and was runner-up in the 55 meters to earn Big Ten Indoor Freshmen of the Year accolades in 1998.

While improving in the league standings in considered a priority, Iowa's track and field team also concerns itself with performance in the classroom. During Grant's tenure, 34 Hawkeyes have earned 63 academic all-Big Ten honors. This includes a team record 11 honorees in 2001.

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 earned a spot in the Hawkeye record books it 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 championships and two second-place finishes, and the women's team to three national titles. During that time he coached world outdoor champion quarter-miler Bert Cameron, and world indoor champion quarter-miler Devon Morris.

A graduate of Eastern Michigan University, Grant captained the 1970 and 1971 Huron track teams, earning all-America honors while specializing in the 400 meters, 400-meter hurdles, and the mile relay. During this time, he 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	Indoor All-Americans	Outdoor Big 10 Place/Champs	Outdoor All-Americans
1997	T9th/1	0	10th/5	1
1998	9th/1	0	9th/1	0
1999	9th/0	0	9th/0	0
2000	10th/0	0	9th/0	0
2001	10th/0	0	9th/0	0
2002	9th/0	0	10th/0	0
2003	9th/0	0	6th/6	0
2004	3rd/2	0	10th/2	1
Total	---/4	0	---/14	2



KINEKE ALEXANDER

SPRINTS

FRESHMAN

Glenside, Mesopotamia

St. Vincent & The Grenadines

St. Joseph's Convent Mariaqua

2005 -- Indoor - won gold in 600 meters (1:34.58) in the Iowa Open... placed first in 200-meter dash (24.94) at the Minnesota Gold Country Classic... provisionally qualified for NCAA Indoor Championships in the 400 meters with a time of 53.11 at the Iowa State Classic.

High School -- runner-up in under-20 400 meters at 2004 CARIFTA Junior Championships... set junior national record (53.83) in that event... also ran 400 meters at 2001 and 2003 World Youth Championships and 2001, 2002 and 2003 CARIFTA Junior Championships... coaches were Keith Joseph, Wilma Bertha and Gideon Labban.

Personal -- born February 21, 1986.

Alexander's Collegiate Bests

Event	Mark	Meet	Date
200 meters (I)	24.94	Gold Country Classic	1/22/05
400 meters (I)	53.11	Iowa State Classic	2/12/05
600 meters (I)	1:34.58	Iowa Open	1/15/05



MEGHAN ARMSTRONG

DISTANCE

FRESHMAN

Tualatin, OR

Tualatin

2005 -- Indoor - placed second in the 800 meters (2:18.30) at the Iowa Open... ran a 9:56.21 in 3,000 meter run in the Gold Country Classic at Minnesota... ran a personal best mile of 4:53.38 in the Iowa State Classic.

2004 -- Cross Country - competed in five of six races... placed third (14:33) in 4,000 meters at Hawkeye Triangular in collegiate debut... ran collegiate best 5,000 meters (18:01:30) at Murray Keatinge Invite... finished 24th (22:02) in 6,000 meters at Big Ten Championships and 36th (21:39:04) at NCAA Midwest Regional... letterwinner.

High School -- three-time state runner-up, district champion and conference champion in cross country... three-time state and district champion in 1,500 and 3,000 meters, winning three conference titles in those events... four-time first team all-state in cross country, making all-state team three times in track... named third team all-West at the Foot Locker meet as a junior... set school records in 1,500 meters (4:35), 3,000 meters (9:57) and cross country 5,000 meters (17:24)... best times was 2:16 in 800 meters at 9:53 in 3,000 meters... four-time team MVP in cross country and track... two-time cross country team captain... National Honor Society member... named Multinomial Athletic Club Scholar Athlete... coaches were Paul Zitzelberger and Brent McDermot.

Personal -- born January 6, 1986... daughter of Danny and Diana Armstrong... pre-physical therapy major.

Armstrong's Collegiate Bests

Event	Mark	Meet	Date
800 meters (I)	2:18.30	Iowa Open	1/15/05
Mile run (I)	4:53.38	Iowa State Classic	2/12/05
3,000 meters (I)	9:56.21	Husker Invite	2/5/05
4,000 meters (CC)	14:33	Hawkeye Triangular	9/10/04
5,000 meters (CC)	18:01:30	NCAA Regionals	11/13/04
6,000 meters (CC)	21:39	NCAA Regionals	11/13/04

IOWA WOMEN'S



TRACK & FIELD



NIKKI CHAPPLE

DISTANCE

Sophomore
Melbourne, Australia
Balwyn

2005 -- Indoor - Finished with the silver medal in the mile in the Minnesota Gold Country Classic (4:58.36)... was third at the Husker Invite in the 3,000 meter run with a time of 9:38.19.

2004 -- Indoor - provisionally qualified in 3,000 meters (9:34.17) at Husker Invite and in 5,000 meters (16:27.04) at Alex Wilson Invite... runner-up in 5,000 meters (17:11.68 - 26 laps) and placed third in 3,000 meters (9:37.80) at Big Ten Championships... won 5,000 meters (16:48.21) at ISU Classic and mile (4:59.85) at Gold Country Classic... placed third in mile (4:54.92) at Illinois Invite...

Outdoor - provisionally qualified for NCAA Championships in 10,000 meters with a collegiate-best 35:06.35 at Mt. SAC Relays... that time ranks fifth on Iowa's all-time bests list... placed eighth in 10,000 meters (36:23.92) and 11th in 5,000 meters (17:21.78) at Big Ten Championships... letterwinner. Cross Country - led Iowa in five consecutive meets, including the Big Ten Championship... broke her own 6,000-meter school record with a collegiate-best 21:04.36 at NCAA Midwest Regional... led team in 5,000 (17:18.30) and 6,000 meters (21:04.36)... placed 18th at Big Ten Championships (21:48) and 46th at NCAA Pre-Nationals (21:39.7)... won Hawkeye Triangular (14:09), runner-up at Hawkeye Invite (10:28)... letterwinner.

2003 -- Cross Country - led team at Big Ten Championships, placing 15th in 21:45... placed 32nd at NCAA Midwest Regional (22:31)... led team in collegiate debut, placing 16th (17:41) at Willamette Invite... letterwinner.

High School -- placed 42nd at 1998 World Junior Cross Country Championships in Morocco... also represented Australia in 3,000 and 5,000 meters at 1998 World Junior Athletics Championships in France... earned senior sports prize for winning Victorian dual state athletics championships in 1,500 and 3,000 meters... set Victorian state schools records in 1,500 and 3,000 meters and Victorian record in 5,000 meters for age 20-and-under women... best times were 2:12 in 800 meters, 4:24 in 1,500 meters, 9:29 in 3,000 meters and 16:20 in 5,000 meters... coaches were Brian Hodgson and Pam Turney.

Chapple's Collegiate Bests

Event	Time	Meet	Date
800 meters (I)	2:23.43	Iowa Open	1/15/05
Mile run (I)	4:54.92	at Illinois Invite	1/31/04
1,500 meters (O)	4:36.35	at UTA Relays	3/27/04
3,000 meters (I)	9:34.17	at Husker Invite	2/7/04
3,000 meters (CC)	10:28	Hawkeye Inv.	9/3/04
4,000 meters (CC)	14:09	Hawkeye Triangular	9/10/04
5,000 meters (I)	16:27.04	at Alex Wilson Inv.	3/7/04
5,000 meters (CC)	17:18.30	Murray Keatinge Inv.	10/2/03
6,000 meters (CC)	21:04	at NCAA Regional	11/13/04
		at Big Ten's	11/2/03
10,000 meters (O)	35:06.35	at Mt. SAC Relays	4/17/04



TIFFANY JOHNSON

JUMPS/SPRINTS

Sophomore
Danville, IL
Danville

2005 -- Indoor - won the 60-meter hurdles with a time of 8.77 in the Iowa Open... gold medalist in the 60-meter hurdles at the Minnesota Gold Country Classic (8.68)... season-best triple jump (38-9) at the Husker Invite. and also ran a season-best time in the 60-meter hurdles (8.54).

2004 -- Indoor - led team in 60-meter hurdles and triple jump... placed fourth in 60-meter hurdles with collegiate-best 8.62, which ranks fourth on Iowa's all-time best performers list, at Husker Invite... won 60-meter hurdles (8.77) and triple jump (38-9 3/4) at Hawkeye Invite... that triple jump mark ranks second on Iowa's all-time bests list... won 60 meters (7.82) and triple jump (37-5 1/4) at Gold Country Classic... **Outdoor** - led team in triple jump... placed 10th in triple jump with collegiate-best 38-9 3/4, which ranks fifth on Iowa's all-time bests list, at Big Ten Championships... letterwinner.

High School -- triple jump state champion as a freshman, placing third senior year... all-state and all-conference selection... best marks were 39-1 in triple jump and 14.1 in 100-meter hurdles.

Personal -- born May 30, 1985... daughter of Dan Brewer and Tiffany Johnson... open major.

Johnson's Collegiate Bests

Event	Mark	Meet	Date
60 meters (I)	7.82	at Gold Ctry Classic	1/24/04
60 hurdles (I)	8.54	Husker Invite	2/5/04
100 hurdles (O)	14.73	at UTA Relays	3/27/04
400 hurdles (O)	1:06.14	Musco Twilight VI	5/1/04
Triple Jump (I)38-9 3/4 (11.83)		Hawkeye Invite	1/17/04

IOWA WOMEN'S



TRACK & FIELD



KAMESHA MARSHALL

MULTI-EVENTS/THROWS

SENIOR
SAV-LA-MAR, JAMAICA
MANNINGS/RANGER JC

2005 -- Indoor - placed second in the shot put (47-4.25) in the Iowa Open... one the shot put (47-2.25) and placed second in the long jump (18-7) at the Minnesota Gold Country Classic... provisionally qualified for the NCAA Indoor Championships in pentathlon at the Husker Invite (3,701).

2004 -- Indoor - led team in shot put... placed 10th in pentathlon at Big Ten Championships with 3,446 points, which ranks third on Iowa's all-time best performers list... won shot (44-0 1/2) and recorded collegiate bests in 800 meters (2:34.53) and long jump (17-5 1/2) as part of pentathlon... threw season-best shot (46-4 1/4) at Gold Country Classic, which ranks seventh on Iowa's all-time bests list... won 60 meters (7.72) at Iowa Open, which ranks eighth on Iowa's all-time bests list, and shot put (44-11 3/4) at Hawkeye Invite... **Outdoor** - redshirted... letterwinner.

2003 -- Indoor - redshirted... **Outdoor** - threw collegiate-best shot put (47-10) at NCAA Midwest Regional for ninth place... won shot (47-7 1/4) and discus (149-5) at KT Woodman Classic... led team in those events... placed sixth in discus (148-11) at Big Ten Championships... runner-up in discus (140-0) and placed fifth in shot (43-0 1/2) at Texas Southern Relays... placed eighth in shot (46-6) and 14th in discus (144-10) at Drake Relays... placed fourth in shot (46-4 1/2) and seventh in discus (141-9) at Iowa Musco Twilight V... best shot and discus marks rank fifth and sixth, respectively, on Iowa's all-time bests list... letterwinner.

2002 -- all-American for Ranger College in Texas... won shot put (45-7) and placed second in discus with a personal-best 154-6 at NJCAA Championships.

High School -- won shot put (41-0 1/2) and discus (133-5) at 2000 Jamaica Girl's National High School Championships... won discus (143-6) at 2000 Penn Relays.

Personal -- born November 22, 1982... daughter of Barrington and Marlene Marshall... sociology major.

Marshall's Collegiate Bests

Event	Distance	Meet	Date
60 meters (I)	7.72	Iowa Open	2/20/04
60 hurdles (I)	8.77	Iowa Open	1/15/05
800 meters (I)	2:34.53	Big Ten Champ's	2/28/04
Discus (O)	154-6 (47.10)	at NJCAA Champ's	5/02
Shot Put (O)	47-10 (14.58)	at NCAA Regional	5/30/03
High Jump (I)	5-3 (1.6)	Iowa Open	1/15/05
Long Jump (I)	17-5 1/2 (5.32)	Big Ten Champ's	2/28/04
Pentathlon (I)	3,446 points	Big Ten Champ's	2/28/04



LINDSEY McCALLA

SPRINTS

SOPHOMORE
MOLINE, IL
MOLINE

2005 -- Indoor - gold medalist in the 200 meter dash (25.70) in the Iowa Open, which was also a collegiate best... placed third in the 400 meters (58.02) at the Minnesota Gold Country Classic.

2004 -- Indoor - ran lead leg on 1,600-meter relay that set school record (3:44.47) and placed third and second leg on distance medley relay that placed third (11:41.77) at Big Ten Championships... won 400 meters (57.99) in collegiate debut at Hawkeye Invite... placed fourth in 200 meters (25.98) at Gold Country Classic, 16th in 400 meters (57.14) at Husker Invite and 24th in 400 meters (57.32) at Iowa State Classic... **Outdoor** - ran lead leg on 400-meter relay (46.44) and second leg on 1,600-meter relay (3:44.24) that placed seventh at Big Ten Championships... runner-up in 400 meters (57.15) at Tom Botts Invite... letterwinner.

High School -- 400-meter state champion senior year with a personal-best 55.40... qualified for state meet in 12 events during career, medaling six times... three-time all-state, all-area and team captain... 2003 *Quad City Dispatch* Girls Track Performer of the Year... unbeaten in 100 and 200 meters during regular season and 400 meters entire senior year... won six conference and seven sectional titles, helping team to two conference and three sectional wins... set school records in 200 (25.02) and 400.

Personal -- born April 3, 1985... daughter of Mike and Tina McCalla... athletic training major.

McCalla's Collegiate Bests

Event	Time	Meet	Date
200 meters (I)	25.70	Iowa Open	1/15/05
400 meters (I)	57.14	Husker Invite	2/7/04

IOWA WOMEN'S



TRACK & FIELD



TIFF PEDERSEN

HURDLES/MULTI-EVENTS

SENIOR
ATLANTIC, IA
ATLANTIC

2005 -- Indoor - jumped 17-2 in the long jump in Iowa Open... placed fourth and ran a season-best 8.97 in the Minnesota Gold Country Classic... scored 3,306 points in the pentathlon at the Husker Invite.

2004 -- Indoor - placed fifth in pentathlon at Big Ten Championships (3,511 points)... placed fifth in pentathlon at UNI Invite, placing second in 60-meter hurdles (9.16) and long jump (17-11) as part of that event... won 60-meter hurdles (8.98), running a collegiate-best 8.80 in prelims at Iowa Open, which ranks seventh on Iowa's all-time bests list... won long jump (17-4 3/4) at Hawkeye Invite... **Outdoor** - led team in heptathlon, 100-meter hurdles, long jump and shot put... placed third in heptathlon at Big Ten Championships, scoring a collegiate-best 4,976 points, which ranks second on Iowa's all-time bests list... won long jump (17-11 3/4), placed second in 100-meter hurdles (14.26) and third in shot put (37-7 1/4) and 200 meters (25.62) as part of Big Ten heptathlon... placed fourth in Drake Relays heptathlon (4,864 points)... placed fourth in long jump (18-5 1/4) at Tom Botts Invite... letterwinner.

2003 -- Indoor - led team in long jump and pentathlon... placed sixth in pentathlon at Big Ten Championships (3,451 points)... jumped season-best 18-2 1/2 long jump at Panther Classic, which ranks sixth on Iowa's all-time bests list... **Outdoor** - placed sixth in heptathlon (4,633 points) at Big Ten meet, recording a collegiate-best 109-10 in javelin during competition... placed eighth in heptathlon at Drake Relays (4,554 points)... led team in that event... letterwinner.

2002 -- Indoor - runner-up in long jump (17-0 3/4) and 60-meter hurdles (9.05) at Iowa Open... placed third in 60-meter hurdles (9.04) and fifth in long jump (17-4) at Gold Country Classic... **Outdoor** - led team in the long jump... runner-up in 100-meter high hurdles (15.21) and placed sixth in 100 meters (13.01) at UMKC Quadrangular... ran personal-best 14.23 in 100-meter hurdles at Iowa Musco Twilight IV... letterwinner.

High School -- four-time elite all-state and all-district in track... 12-time state champion... Drake Relays Champion in 100-meter hurdles and as a member of sprint medley relay... set school records in 100-meter hurdles, long jump, 400 meters and as member of sprint medley and shuttle hurdle relays... outstanding female performer at Drake Relays and state track meet senior year... 2001 Outstanding Female Athlete of the Year by *Des Moines Register*, *Omaha World Herald* and *Daily Non-Pariel* newspapers... best marks were 18-6 in long jump, 12.2 in 100 meters, 14.13 in 100-meter hurdles and 25.6 in 200 meters... basketball and volleyball team captain senior year... three-time all-conference, all-state and all-district in basketball... three-time all-conference in softball... two-time all-conference and all-state in volleyball... member of two state tournament semi-finalist basketball teams... SWI Player.

Pedersen's Collegiate Bests

Event	Mark	Meet	Date
60 hurdles (I)	8.80	Iowa Open	2/20/04
100 meters (O)	13.01	at UMKC Quad	3/31/02
100 hurdles (O)	14.23	Musco Twilight IV	5/4/02
200 meters (O)	25.62	at Big Ten's	5/14/04
800 meters (O)	2:31.48	Big Ten's	5/15/04
Long Jump (O)	18-5 1/4 (5.62)	Tom Botts Inv.	4/10/04
High Jump (I)	5-3 (1.60)	Big Ten's	2/28/04
Shot Put (O)	37-7 1/4 (11.46)	at Big Ten's	5/14/04
Javelin (O)	109-10 (33.47)	at Big Ten's	5/17/03
Heptathlon (O)	4,976 points	at Big Ten's	5/15/04



PEACHES ROACH

JUMPS

SOPHOMORE
KINGSTON, JAMAICA
Alpha Academy

2005 -- Indoor - won 60 meters (7.68) in the Iowa Open and the high jump... gold medalist in the 60 meters and high jump at the Gold Country Classic... placed second in the high jump at the Husker Invite and set a new school record, automatically qualified for the NCAA Indoor Championships with a jump of 6-0.75.

2004 -- Indoor - Big Ten high jump champion with a NCAA provisional qualifying mark of 5-11.25... placed fifth in 60 meters (7.50) at Big Ten meet, running a collegiate-best 7.48 in prelims... led team in high jump and 60 meters with marks that rank second on Iowa's all-time bests list... tied for 15th in high jump (5-8) at NCAA Championships... **Outdoor** - Big Ten high jump champion, tying her indoor collegiate-best mark of 5-11.25... Big Ten Freshman of the Year... qualified for NCAA Championships in high jump, placing fifth (5-10.5) at NCAA Midwest Regional meet to earn all-region honors... tied for ninth place in high jump (5-11.25) at NCAA Championships... led team in that event and 100 meters (11.80)... her best high jump ranks second and best 100 meters ranks 10th on Iowa's all-time bests list... won high jump (5-10.25) at Texas Southern Relays... placed third in 100 meters (11.80) at Texas-Arlington Relays... ran second leg on team-leading 400-meter relay that placed seventh at Big Ten Championships (46.44) after running a season-best 46.18 in prelims... letterwinner.

High School -- placed sixth in high jump (6-0) at 2002 World Junior Championships... 2003 Jamaican National Champion and High School National Champion in high jump... best jump is 6-1 3/4 (1.87 meters)... placed ninth (5-10 3/4) in high jump at 2003 Pan American Games... coaches were Lorna Vernon and Kavon Lewis.

Roach's Collegiate Bests

Event	Mark	Meet	Date
60 meters (I)	7.48	Big Ten Champ's	2/28/04
100 meters (O)	11.80	at UTA Relays	3/27/04
200 meters (I)	25.23	Gold Country Classic	1/24/04
High Jump	6-0 3/4 (1.85 m)	Husker Invite	2/5/04



ERIN SHEELEY

SPRINTS

Sophomore
Postville, IA
Postville

2005 -- Indoor - won the 400 meter (1:00.59) at the Iowa Open...at the Husker Invite ran a season-best time of 58.77 in the 400 meters... ran a season-best in the 200 meter dash (26.20) at the Iowa State Classic.

2004 -- Indoor - ran third leg on school-record setting 1,600-meter relay (3:44.47) that placed third at Big Ten Championships... ran collegiate bests in 200 meters (26.12) at Illinois Invite and 400 meters (58.43) at Husker Invite...
Outdoor - redshirted.

High School -- three-time all-state, earning elite all-state honors junior year... Postville Senior Track Athlete of the Year and team captain... won 400 (58.19) and placed second in 200 meters (25.00) at state meet senior year... also placed second in 200 meters at state meet as a junior and sophomore... qualified for state meet in at least two individual events all four years of high school... nine-time conference champion... set school records in 100 (12.15), 200 (25.17) and 400 meters (58.19) and as part of sprint medley (1:53) and distance medley relays (4:23)... placed fourth in 100 meters (12.48) at Drake Relays... four-year letterwinner in basketball and softball, earning three letters in volleyball... basketball team won two conference championships and were regional runners-up... volleyball team was conference co-champions her senior year... academic all-state... finalist for E. Wayne Cooley scholarship and state finalist for Wendy's High School Heisman award... track coach was Jim Bossom.

Personal -- born April 16, 1985... daughter of Neal and Rhonda Sheeley... open major.

Sheeley's Collegiate Bests

Event	Time	Meet	Date
200 meters (I)	26.12	at Illinois Invite	1/31/04
400 meters (I)	58.43	at Husker Invite	2/7/04

IOWA WOMEN'S



TRACK & FIELD



SHANNON STANLEY

MIDDLE DISTANCE

Sophomore
Rochester Hills, MI
Adams

2005 -- Indoor - gold medalist in the 800-meter run (2:16.48) at the Iowa Open... placed eighth in the mile (5:01.54) at the Husker Invite, also a season-best mark... set season-best mark of 2:12.13 in the 800 meters at the Iowa State Classic.

2004 -- Indoor - ran third leg on distance medley relay that provisionally qualified for NCAA Championships at Iowa State Classic (11:30.36)... that relay ranks fourth on Iowa's all-time best performers list... placed seventh in 800 meters (2:16.51) at Big Ten Championships, running a season-best 2:12.48 in prelims... that time ranks seventh on Iowa's all-time bests list... won 800 meters (2:13.38) in collegiate debut at Hawkeye Invite...
Outdoor - placed 10th in 800 meters with a collegiate-best 2:12.01 at Big Ten Championships... that time ranks eighth on Iowa's all-time bests list... placed third in 800 meters at Iowa Musco Twilight VI (2:12.08)... ran second leg on 3,200-meter relay that placed second in 8:48.87 at Drake Relays, which ranks second on Iowa's all-time bests list... letterwinner.

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

High School -- four-time all-state, all-area and all-county, and three time all-metro in cross country and track... three-time runner-up at state cross country meet... seven-time conference champion... three-time runner-up at state track meet as part of 3,200-meter relay and placed second as part of 1,600-meter relay junior year... set school records in 800 meters (2:12) and as part of 1,600 (3:59) and 3,200-meter relays (9:16)... other bests were 17:31 in cross country 5,000 meters and 57.00 in 400 meters... placed 12th (18:10) at 2000 Footlocker Regional Cross Country meet... two-time cross country team MVP... track team captain and MVP senior year... also played softball, tennis and golf... coaches were Bud Ciciarelli and Gary Inman.

Personal -- born February 22, 1985... daughter of Ted Stanley and Dawn Stanley... pre-dentistry major.

Stanley's Collegiate Bests

Event	Time	Meet	Date
800 meters (O)	2:12.01	at Big Ten Champ's	5/15/04
Mile Run (I)	5:01.54	Husker Invite	2/5/05
3,000 meters (CC)	10:27	Hawkeye Invite	9/3/04
4,000 meters (CC)	14:32	Hawkeye Triangular	9/10/04
5,000 meters (CC)	17:47:40	at Murray Keatinge Invite	10/2/04
6,000 meters (CC)	22:02:40	at NCAA Pre-Nationals	10/16/04