

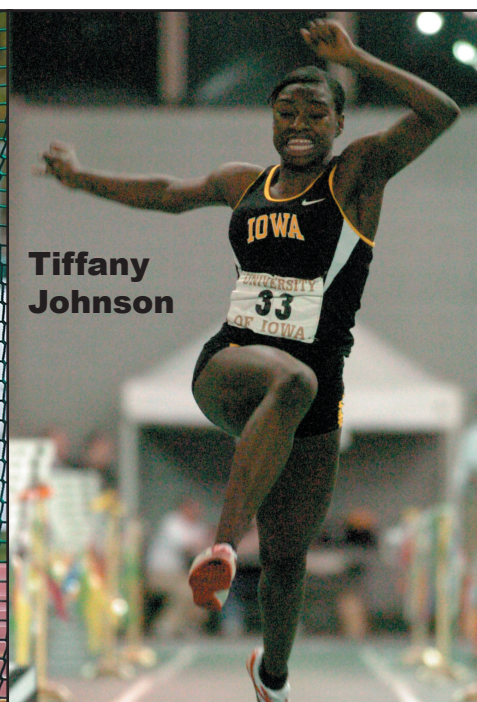
# UNIVERSITY OF IOWA TRACK & FIELD



**Kineke  
Alexander**



**Adam Hamilton**



**Tiffany  
Johnson**



**Peaches Roach**



**Eric MacTaggart**

**Micah  
VanDenend**

**2006 DRAKE RELAYS**  
**JIM DUNCAN TRACK AT DRAKE STADIUM**  
**APRIL 27-29, 2006 -- DES MOINES, IA**





# THE UNIVERSITY OF IOWA



## HAWKEYE TRACK & FIELD



TRACK CONTACTS: TARA MEEKMA, TRACI WAGNER

APRIL 24, 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
<b>4/26-29</b>	<b>at Drake Relays</b>	
5/12-15	at Big Ten Championships (East Lansing, MI)	
5/26-27	at NCAA Regional Meet (Austin, TX)	
6/7-10	at NCAA Championships (Sacramento, CA)	

### 2006 WOMEN'S OUTDOOR SEASON BESTS

100 Meters ... Peaches Roach .....	^11.71
100 Hurdles.. Tiffany Johnson .....	^*13.53
200 Meters ... Kineke Alexander .....	^23.58
400 Meters ... Kineke Alexander .....	^51.83
400 Hurdles.. Aditya Jones.....	1:02.85
800 Meters ... Meghan Armstrong ...	2:10.15
1,500 Meters Nikki Chapple.....	4:34.54
1 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
400-Meter Relay.....	^45.11
(Alexander, Granger, Johnson, Roach)	
800-Meter Relay.....	1:36.19
(Roach, McCalla, Alexander, Johnson)	
1,600-Meter Relay .....	^3:38.36
(McCalla, Granger, Alexander, Johnson)	
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	

**THIS WEEK** -- The Hawkeye men and women's track teams will compete in the 97th running of the Drake Relays, Wednesday thru Saturday, in Des Moines, IA. Events will be held on Jim Duncan Track in Drake Stadium. The meet is expected to sellout for the 40th straight year, which is the longest streak in U.S. track history. The newly renovated Drake Stadium seats 18,000. Tickets are available at (515) 261-3647. Following are ticket prices:

Competition Day	Ticket Price	Ticket Type
Thursday	\$5	General Admission - All Ages
Friday - Day Session	\$25	Adult Reserved
	\$13	Youth Reserved (Ages 14 & under)
Friday - Night Session	\$10	Adult General Admission*
	\$10	Youth Reserved (Ages 14 & under)
	\$20	Adult Reserved
Saturday	\$30	Reserved - All Ages

\* - only available for purchase during Friday's Day Session

**2005 DRAKE RELAYS REVIEW** -- The Hawkeyes competed at the 96th annual Drake Relays in Des Moines. Senior **Ken Kemeny** was unable to defend his shot put title, placing second with a throw of 59-0 3/4. The Hawkeyes also snagged four third-place finishes. Senior **Chris Voller** placed third in the hammer with a collegiate-best 203-1, sophomore **Peaches Roach** placed third in the special invitation high jump (5-9 3/4), junior **Tim Brodersen** placed third in the discus (177-0) and the women's 1,600-meter relay of senior **Aisha Hume**, sophomores **Lindsey McCalla** and **Erin Sheeley** and freshman **Kineke Alexander** placed third in 3:44.24.

**HAWKEYES BREAK RECORDS** -- Hawkeye juniors **Micah VanDenend**, **Tiffany Johnson** and **Peaches Roach** have set new 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 Wieczorek** set the previous record of 13:56.0 in 1968. **Johnson** broke her own 100-meter hurdles and triple jump records. Her collegiate-best 13.53 at the Mt. SAC Relays broke the hurdles record of 13.57 she set in 2005, and she smashed the triple jump record 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 the 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.

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# THE UNIVERSITY OF IOWA



## HAWKEYE TRACK & FIELD



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PAGE 2

### 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
<b>4/26-29</b>	<b>at Drake Relays</b> <b>(Des Moines, IA)</b>	
5/12-15	at Big Ten Championships (East Lansing, MI)	
5/26-27	at NCAA Regional Meet (Austin, TX)	
6/7-10	at NCAA Championships (Sacramento, CA)	

### 2006 MEN'S OUTDOOR SEASON BESTS

#### Running Events

100 Meters ....	David Chaplin.....	10.69
110 Hurdles...	Brice Wilson .....	15.61
200 Meters ....	David Chaplin.....	21.28
400 Meters ....	Prince Riley .....	47.71
400 Hurdles...	Brice Wilson .....	59.23
800 Meters ....	Matt O'Hollearn .....	1:53.56
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.....		40.77
1,600-Meter Relay .....		3:13.90

#### Field Events

High Jump ....	Jeremy Petsche .....	6-8 3/4
Long Jump ....	Matty Gorman .....	^25-1 1/4
Pole Vault.....	Jeff Raymond .....	15-7
Shot Put .....	Shane Maier .....	^60-3 3/4
Discus.....	Tim Brodersen .....	^187-9
Hammer .....	Adam Hamilton .....	^220-6
Javelin.....	Kale Katt .....	199-2

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

**NCAA REGIONAL QUALIFIERS** -- The Hawkeyes have qualified 17 individuals in 15 events and two relays to the NCAA Midwest Regional Championships, which will be held May 26-27 in Austin, TX. Their events, qualifying marks and where they rank in the Big Ten, region and nation are listed below.

#### Women's Regional Qualifiers

Name	Event	Mark	Big 10/Region/Nation
Kineke Alexander	200 Meters	23.58	1st/6th/25th
	400 Meters	51.83	2nd/1st/2nd
	400-Meter Relay	45.11	1st/10th/31st
	1,600-Meter Relay	3:38.36	2nd/9th/31st
Meghan Armstrong	5,000 Meters	16:29.09	3rd/5th/27th
Ashley Granger	400-Meter Relay	45.11	1st/10th/31st
	1,600-Meter Relay	3:38.36	2nd/9th/31st
Tiffany Johnson	100-Meter Hurdles	13.53	2nd/5th/25th
	400-Meter Relay	45.11	1st/10th/31st
	1,600-Meter Relay	3:38.36	2nd/9th/31st
	Triple Jump	41-3 1/4 (12.58 m)	5th/11th/49th
Lindsey McCalla	1,600-Meter Relay	3:38.36	2nd/9th/31st
Peaches Roach	100 Meters	11.71	5th/15th/64th
	400-Meter Relay	45.11	1st/10th/31st
	High Jump	6-0 3/4 (1.85 m)	1st/4th/5th
Renee White	Long Jump	19-9 3/4 (6.04 m)	3rd/9th/49th

#### Men's Regional Qualifiers

Name	Event	Mark	Big 10/Region/Nation
Tim Brodersen	Discus	187-9 (57.24 m)	2nd/9th/12th
A.J. Curtis	Discus	173-11 (53.01 m)	4th/20th/65th
	Shot Put	55-11 (17.04 m)	9th/17th/58th
Matty Gorman	Long Jump	25-1 1/4 (7.65 m)	2nd/7th/10th
Adam Hamilton	Hammer	220-6 (67.20 m)	1st/1st/6th
Dan Haut	5,000 Meters	14:07.30	3rd/4th/30th
John Hickey	Shot Put	58-1 (17.70 m)	4th/13th/37th
Eric MacTaggart	10,000 Meters	28:50.23*	1st/5th/13th
Shane Maier	Discus	171-2 (52.17 m)	5th/23rd/71st
	Shot Put	60-3 3/4 (18.38 m)	2nd/6th/17th
Tony Rakaric	3,000 Steeplechase	9:06.46	2nd/11th/43rd
Micah VanDenend	5,000 Meters	13:55.96	1st/1st/9th

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# THE UNIVERSITY OF IOWA



## HAWKEYE TRACK & FIELD



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PAGE 3

### THE UNIVERSITY OF IOWA'S PAST DRAKE RELAYS CHAMPIONS

#### Women's Champions (7 Individuals, 4 Relays)

Event	Athlete, Year
1,500-Meters	Jeanne Kruckeberg, 1989
10,000 Meters	Jennifer Brower, 1992
100-Meter Hurdles	Paula Ruen, 1998
400-Meter Hurdles	Wynsome Cole, 1998
Javelin	Alana Redfern, 2003
Long Jump	Aisha James, 2003
3,200-Meter Relay	1990
Distance Medley Relay	1989, 1990
Shuttle Hurdle Relay	1998

#### Men's Champions (26 Individuals, 23 Relays)

Event	Athlete, Year
100 Meters	George Page, 1996
100 Meters	Leicester Farmer, 1942
200 Meters (SI)	Anthuan Maybank, 1994
200 Meters (SI)	Jeff Patrick, 1983
400 Meters (SI)	Anthuan Maybank, 1993
Mile	Deacon Jones, 1957
Two Miles	Deacon Jones, 1957
5,000 Meters	Stetson Steele, 2000
110-Meter Hurdles	Pat McGhee, 1988
Javelin	Bill Neumann, 2003
Javelin	Paul Fagerlind, 1945
Javelin	Mark Panther, 1935
Javelin	L.D. Weldon, 1930
Shot Put	Ken Kemeny, 2004
Shot Put	Chris Gambol, 1987
Discus	Robert Mitchell, 1928
Long Jump	Bashir Yamini, 1996
Long Jump	Anthuan Maybank, 1993
Long Jump	Ed Gordon, 1929-31
Pole Vault	Xavier Boyles, 1927
High Jump	Bill Hansen, 1978
High Jump	Bill Knoedel, 1976
High Jump	Milton Kuhl (5-way tie), 1942
400-Meter Relay	1927, 1928, 1935, 1952, 1998
800-Meter Relay	1929
1,600-Meter Relay	1923-24, 1926-29, 1938, 1963, 1967
3,200-Meter Relay	1929
Distance Medley Relay	1956
Shuttle Hurdle Relay	1932, 1955, 1984
Sprint Medley Relay	1952, 1956, 1992
SI -- Special Invitation Race, w -- wind aided	

**WOMEN'S TEAM MAKES TRACKWIRE 25** -- The Hawkeye women's track team is 21st 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 ranked 21st with 10 points after opening the outdoor season ranked 20th. Texas is first with 61.

**LAST WEEK** -- Iowa qualified 10 student-athletes for the NCAA Midwest Regional, set a school record and crowned nine event champions at the eighth annual Iowa Musco Twilight meet in Iowa City.

Junior Tiffany Johnson set a school and meet record in the triple jump with her winning 41-3 1/4, which bettered her previous qualifying mark. Iowa's other regional qualifiers were seniors Tim Brodersen (discus) and Tony Rakaric (3,000-meter steeplechase); junior Peaches Roach (100 meters); sophomores Kineke Alexander (200 meters), Matty Gorman (long jump), Shane Maier (discus) and Adam Hamilton (hammer); and freshmen A.J. Curtis (discus and shot put) and John Hickey (shot put).

Winning events for the Hawkeyes were Roach (100 meters, 400-meter relay), Alexander (200 meters, 400-meter relay), Johnson (triple jump, 400-meter relay), sophomore Tammilee Kerr (400-meter relay), senior Dan Haut (3,000 meters), Gorman (long jump), sophomore Kale Katt (long jump), Hamilton (hammer) and Maier (shot put).

**NEXT COMPETITION** -- The men and women's teams will compete at the Big Ten outdoor championships, May 12-15, in East Lansing, MI. All events will be held at Ralph Young Track and Field Facility. Tickets are available from the Michigan State University Athletic Ticket Office at (800) 467-8283 or [www.msuspartans.com](http://www.msuspartans.com). Tickets are \$10 for adults (Ages 18-54) and \$5 for youth and seniors (Ages 0-17 and 55+) each day.

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# Iowa's Outdoor Season Bests

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

David Chaplin .....10.69..... Musco Twilight VIII. 4/22/06  
Max Milder .....10.81..... Musco Twilight VIII. 4/22/06  
David Pierre.....10.87..... at Messersmith Invite 4/8/06  
Ryan Niver .....11.47..... at Messersmith Invite 4/8/06

## **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

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

Brice Wilson .....15.61..... at Springtime Invite . 4/1/06  
Ryan Niver .....18.15..... at Springtime Invite . 4/1/06

## **100-METER HURDLES (RQ - 13.92, SR - 13.53)**

Tiffany Johnson .....13.53 ^\* .. at Mt. SAC Relays ... 4/15/06  
Tammilee Kerr .....14.74..... at Springtime Invite . 4/1/06

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

David Chaplin .....21.28..... Musco Twilight VIII. 4/22/06  
Max Milder .....21.97..... Musco Twilight VIII. 4/22/06

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

Kineke Alexander .....23.58 ^.... Musco Twilight VIII. 4/22/06  
Ashley Granger .....24.37..... at Springtime Invite . 4/1/06  
Lindsey McCalla .....24.92..... at Springtime Invite . 4/1/06

## **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

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

Kineke Alexander .....51.83 ^.... at Mt. SAC Relays ... 4/15/06  
Lindsey McCalla .....56.84..... Musco Twilight VIII. 4/22/06  
Monica Mims.....59.55..... at Shamrock Invite . 3/18/06

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

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

## **400-METER HURDLES (RQ -- 1:00.82, SR -- 56.67)**

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

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

Matt O'Hollearn.....1:53.56..... Musco Twilight VIII. 4/22/06  
Daniel Peoples .....1:54.97..... at Messersmith Invite 4/8/06  
Davis Linden.....1:55.48..... Musco Twilight VIII. 4/22/06  
Jason Wakenight.....1:59.08..... Musco Twilight VIII. 4/22/06  
Mike Stout .....1:59.11..... at Tom Botts Invite. 4/15/06

## **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.....2:17.12..... at Tom Botts Invite. 4/15/06  
Monica Mims.....2:18.04..... Musco Twilight VIII. 4/22/06

## **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

## **1,500 METERS (RQ - 4:27.80, SR - 4:19.71)**

Nikki Chapple .....4:34.54..... at Stanford Invite... 3/31/06  
Shannon Stanley .....4:35.38..... Musco Twilight VIII. 4/22/06  
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 .....4:51.70..... Musco Twilight VIII. 4/22/06  
Rachel Hawks .....5:07.39..... at Tom Botts Invite. 4/15/06  
Brittany Graham .....5:16.70..... Musco Twilight VIII. 4/22/06

## **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

## **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

## **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

## **3,000-M. 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

## **3,000-M. STEEPLECHASE (RQ - 10:50.25, SR - 10:34.50)**

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

## **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  
Jeff Kent.....14:26.29..... at Stanford Invite... 3/31/06  
Adam Roche .....15:13.82..... at Tom Botts Invite. 4/15/06

## **5,000 METERS (RQ - 16:52.00, SR - 15:45.84)**

Meghan Armstrong . 16:29.09 ^.... at Stanford Invite... 3/31/06  
Racheal Marchand .. 17:23.42..... at Stanford Invite..... 4/1/06

## **10,000 M. (AQ -- 28:45.00, PQ -- 29:30.00, SR -- 28:44.47)**

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

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



# Iowa's Outdoor Season Bests

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

Iowa ..... 40.77  
*at Springtime Invite - 4/1/06*  
 Milder, Chaplin, Riley, Pierre..... 40.7h  
*at Sun Angel Classic - 4/15/06*  
 Milder, Chaplin, Pierre, Gorman..... 41.11  
*Musco Twilight VIII - 4/22/06*  
 Iowa ..... 41.43  
*at Messersmith Invite - 4/8/06*

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

Alexander, Granger, Johnson, Roach ..... 45.11^  
*at Springtime Invite - 4/1/06*  
 Johnson, Alexander, White, Roach..... 45.86  
*at Messersmith Invite - 4/8/06*  
 Johnson, Alexander, Granger, Roach ..... 46.37  
*at Mt. SAC Relays - 4/15/06*  
 Roach, Johnson, White, Granger..... 46.81  
*at Shamrock Invite - 3/18/06*  
 Johnson, Alexander, Kerr, Roach ..... 46.96  
*Musco Twilight VIII - 4/22/06*

## 800-METER RELAY (SR - 1:35.69)

Roach, McCalla, Alexander, Johnson ..... 1:36.19  
*at Messersmith Invite - 4/8/06*

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

Chaplin, Milder, O'Hollearn, Riley ..... 3:11.0h  
*at Sun Angel Classic - 4/15/06*  
 Iowa ..... 3:13.90  
*at Springtime Invite - 4/1/06*  
 Chaplin, Pierre, Riley, O'Hollearn ..... 3:14.46  
*Musco Twilight VIII - 4/22/06*  
 Milder, Nolting, Dolan, Peoples ..... 3:18.19  
*Musco Twilight VIII - 4/22/06*  
 Iowa ..... 3:18.68  
*at Messersmith Invite - 4/8/06*

## 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*  
 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*

## 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 VIII4/22/06

## 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

## 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 ..... 22-5 (6.83 m) ..... at Springtime Inv. ..4/1/06  
 Ryan Niver ..... 22-0 1/4 (6.71 m) . at Messersmith Inv. 4/8/06

## 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

## 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

## POLE VAULT (RQ -- 5.05 m, SR -- 5.18 m)

Jeff Raymond.... 15-7 (4.75 m)..... Musco Twilight VIII 4/22/06

## 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

## SHOT PUT (RQ -- 16.80 m, SR -- 19.27 m)

Shane Maier .... 60-3 3/4 (18.38 m)^ ..at Springtime Inv. 4/1/06  
 John Hickey ..... 58-1 (17.70 m)^ ..... Musco Twilight VIII 4/22/06  
 A.J. Curtis ..... 55-11 (17.04 m)^ ..... Musco Twilight VIII 4/22/06  
 M. Schaapveld.. 54-3 1/4 (16.54 m) ..at Tom Botts Inv.4/15/06  
 Ryan Niver ..... 40-8 3/4 (12.41 m)% at Tom Botts Inv.4/13/06

## SHOT PUT (RQ - 14.30 meters, SR - 15.54 meters)

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

## 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.. 155-1 (47.27 m)..... Musco Twilight VIII 4/22/06  
 Ryan Niver ..... 135-0 (41.14 m).... at Springtime Inv. ..4/1/06

## DISCUS (RQ - 47.30 meters, SR - 48.90 meters)

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

## 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

## 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

## JAVELIN (RQ -- 61.60 m, SR -- 74.58 m)

Kale Katt..... 199-2 (60.70 m).... at Springtime Inv. ..4/1/06  
 Craig Jennings.. 173-4 (52.83 m)..... Musco Twilight VIII 4/22/06

## JAVELIN (RQ - 43.45 meters, SR - 55.31 meters)

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

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 .....13.53**
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. Lakeya Boatright, 2000 .....24.14
10. Wynsome Cole, 1998 .....24.25

## 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, 2006 .....51.38**
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.*



2006 Iowa University of Iowa Track & Field





# 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. Jeanne Kruckeberg, 1989 ..... 4:19.71
2. Penny O'Brien, 1985 ..... 4:21.43
3. Kay Stormo, 1982 ..... 4:22.24
4. Michelle Lahann, 2004 ..... 4:24.00
5. **Meghan Armstrong, 2005 .. 4:27.10**
6. Tracy Dahl, 1992 ..... 4:27.44
7. Jenny Hayden, 1982 ..... 4:27.54
8. Tina Stec, 1994 ..... 4:28.71
9. Jill Scheibel, 1999 ..... 4:29.49
10. Sherri Suppelsa, 1987 ..... 4:29.53

## 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 Wiecezorek, 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, 2004 ..... 14:15.73**
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. Anne Dobrowolski, 1984 ..... 16:50
9. Penny O'Brien, 1985 ..... 17:00.44
10. Erin Boland, 1995 ..... 17:04.61

## 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. Kevin Herd, 1994 ..... 30:05.21
7. Paul Sarris, 2001 ..... 30:08.40
8. **Matt Esche, 2004 ..... 30:08.82**
9. Eric McDermott, 2002 ..... 30:11.16
10. **Adam Roche, 2005..... 30:56.33**

## 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. **Nikki Chapple, 2004..... 35:06.35**
6. Jenny Johnson, 1992 ..... 35:45.53
7. Anne Dobrowolski, 1985 ..... 35:59.98
8. Renee Doyle, 1987 ..... 36:32.4
9. Katie Donlon, 2003 ..... 37:17.28
10. Georgia Millward, 2004 ..... 37:22.04

## 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. Janna Houtz, 1984 .33-10 1/2 (10.32)
8. Latoya Stiffend, 2002 ..... 32-6 (9.90)
9. Bridget Besch, 2003 30-10 1/2 (9.41)
10. Eve Cullinan, 2003 ... 30-6 1/2 (9.31)

## 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)
5. 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)
5. 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. Andy Banse, 2005 . 61-11 1/2 (18.88)
4. **Shane Maier, 2006 60-3 3/4 (18.38)**
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)
8. **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, 2005 48-6 3/4 (14.80)
5. Laura Kriener, 1990 .48-2 1/2 (14.69)
6. Jennifer Gilson, 2002 47-10 (14.58 m)
7. Jennifer Moon, 2000 47-5 1/4 (14.46)
8. **Mandy Chandler, 2006. 46-0 (14.02)**
9. Shelley Redies, 1985 .....45-7 (13.89)
10. Megan Maurer, 1998 44-9 3/4 (13.66)

## Men's Discus

1. Gary Kostrubala, 1986 . 202-4 (61.68)
2. Jeremy Allen, 2001 ..... 195-4 (59.54)
3. **Tim Brodersen, 2005 193-6 (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, 1967 174-8 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, 2004 181-3 (55.24)**
8. **Kale Katt, 2006 .... 176-10 (53.89)**
9. **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 ..... 199-2 (60.70)**
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 Outdoor Best 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, McRell, 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

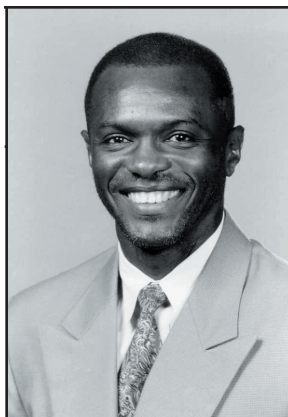
## Men's Distance Medley Relay

1. Theisen, Williams, Wiesa, Waters, 1985 ..... 9:54.04
2. Feeldy, Eischeid, Novotny, Peters, 1996 ..... 9:55.71
3. Thomas, Wise, Cunningham, S.Allen, 2001 .....10:01.57
4. Thomas, Wakenight, Dziubski, Rakaric, 2003 .....10:01.72
5. Trainor, Coleman, Cunningham, Allen, 2002 .....10:01.93
6. English, Blackman, Stroler, Chambers, 1988.....10:04.25
7. Chambers, Thomas, Bouska, Herd, 1991 .....10:04.30
8. Esche, Williamson, Cunningham, Allen, 2002.....10:05.58
9. 1998.....10:06.60
10. Layne, Poots, Cunningham, Schwitters, 1999 .....10:07.51

## 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 and 21 Big Ten champions 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 third 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, 44 Hawkeyes have earned 76 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		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 the University of Iowa. He recently completed his 19th season as head men's cross country coach for the Hawkeyes. He served as an assistant track and field 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, 52 NCAA Midwest Regional qualifiers and 37 Big Ten Champions. Iowa's 1,600-meter relay won the 1999 Big Ten outdoor title and has 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 Championships (second) in 33 years at the 1999 Big Ten outdoor meet.

In 2006, sophomore Matty Gorman won the Big Ten indoor long jump title. He and junior Micah VanDenend (3,000 meters), senior Dan Haut (5,000 meters), sophomore Shane Maier (shot put) and junior Adam Hamilton (hammer throw) achieved

NCAA provisional qualifying marks in their respective events. VanDenend set the school 3,000-meter record, while sophomore Ryan Niver set the school heptathlon mark. During the outdoor season, the team has qualified nine student-athletes for the NCAA Midwest Regional Championships.

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 101 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

	Indoor Big 10	Outdoor Big 10	Indoor/Outdoor
Year	Place/Champs	Place/Champs	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		0/
<b>Total</b>	<b>--/7</b>	<b>--/30</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** - qualified for NCAA Midwest 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 400-meter time set school record, leads region and ranks second in the nation... won 400 meters (51.83) at Mt. SAC Relays... won 200 meters (23.58) at Iowa Musco Twilight VIII... that time ranks second on Iowa's all-time best performers list... the 1,600-meter relay time ranks second in the Big Ten and on Iowa's all-time bests list... the 400-meter relay leads the Big Ten and ranks fifth on Iowa's all-time bests list.

## 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



**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** - qualified for NCAA Midwest Regional in 5,000 meters (16:29.09)... that time leads the 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 on Iowa's all-time bests list... runner-up in 3,000 meters at Iowa Musco Twilight VIII with a collegiate-best 9:28.03... that time leads the team and ranks fourth on Iowa's all-time bests list.

**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 (O)	2:10.15	at Tom Botts Invite	4/15/06
1,500 Meters (O)	4:27.10	at Mt. SAC Relays	4/15/05
Mile (I)	4:40.59	at Alex Wilson Invite	3/4/06
3,000 Meters (O)	9:28.03	Musco Twilight VIII	4/22/06
4,000 Meters (CC)	14:33	Hawkeye Triangular	9/10/04
5,000 Meters (O)	16:29.09	at Stanford Invite	3/31/06
5,000 Meters (CC)	17:04	Williamette Invite	10/1/05
6,000 Meters (CC)	21:39.04	at NCAA Regional	11/13/04



# Hawkeyes To Watch



## Tim Brodersen

**Throws**  
6-2, 225, Senior  
Vermillion, SD  
Vermillion High School

**2006 -- Indoor** - placed third in weight throw (52-7 1/2) at Iowa Open... **Outdoor** - qualified for NCAA Midwest Regional in discus (187-9)... won discus at Springtime Invite (181-11) and

at Tom Botts Invite (180-7)... runner-up in discus at Iowa Musco Twilight VIII (187-9) and at Messersmith Invite (173-7)... has thrown regional qualifying marks in discus each time he's thrown it this season... leads team in that event... placed third in hammer (180-6) at Iowa Musco Twilight VIII.

### Brodersen's Collegiate Bests

Event	Distance	Meet	Date
Wt. Throw (I)	55-8 1/2 (16.98)	Iowa Open	1/15/05
Hammer (O)	181-3 (55.24)	Musco Twilight VI	5/1/04
Discus (O)	193-6 (58.98)	Iowa Throws Fest	6/5/05



## Matty Gorman

**Jumps**  
6-2, 185, Sophomore  
Gainesville, FL  
Buchholz High School

**2006 -- Indoor** - Big Ten long jump champion... led team in long jump (24-8 1/2) and triple jump (48-3 1/2)... those marks rank sixth and fifth, respectively, on Iowa's all-time best performers

list... NCAA provisional qualifier in long jump... placed 10th in triple jump (47-7) at Big Ten meet... **Outdoor** - qualified for NCAA Midwest Regional in long jump (25-1 1/4)... won long jump with a collegiate-best 25-1 1/4 at Springtime Invite... that marks ranks seventh on Iowa's all-time bests list... won long jump (24-3) at Iowa Musco Twilight VIII.

### Gorman's Collegiate Bests

Event	Mark	Meet	Date
100 Meters (O)	11.07	Musco Twilight VII	4/23/05
L. Jump (O)	25-1 1/4 (7.65)	at Springtime Invite	4/1/06
T. Jump (O)	48-9 1/2 (14.87)	at Messersmith Invite	4/9/05
H. Jump (I)	6-7 1/2 (2.02)	at Panther Invite	1/28/06



## A.J. Curtis

**Throws**  
6-4, 275, Freshman  
Brodhead, WI  
Brodhead High School

**2006 -- Indoor** - placed fourth in shot put with a collegiate-best 57-7 3/4 at Big Ten Championships... that mark ranks ninth in school history... **Outdoor** - qualified for NCAA Midwest Regional in

shot put (55-6 1/4) and discus (173-11)... placed third in discus (173-11) and fourth in shot put (55-11) at Iowa Musco Twilight VIII... that discus mark ranks 10th on Iowa's all-time best performers list... placed third in shot put (55-6 1/4) and fourth in discus (161-1) at Springtime Invite.

### Curtis' Collegiate Bests

Event	Distance	Meet	Date
Shot Put (I)	57-7 3/4 (17.57)	Big Ten Champ's	2/25/06
Discus (O)	173-11 (53.01)	Musco Twilight VIII	4/22/06



## Ashley Granger

**Sophomore**  
**Sprints**  
Waterloo, IA  
Northern Univ. High School

**2006 -- Indoor** - ran second led on school-record setting 1,600-meter relay (3:40.52) at Iowa State Classic... provisionally qualified for NCAA Championships as part of 1,600-meter relay... anchored

1,600-meter relay and ran second leg on distance medley relay to second-place finishes at Big Ten Championships... ran collegiate-best 60 meters (7.88) at Hawkeye Open... **Outdoor** - qualified for NCAA Midwest Regional as part of 400 (45.11) and 1,600-meter relays (3:38.36)... the 1,600-meter relay time ranks second in the Big Ten and on Iowa's all-time best performers list... the 400-meter relay leads the Big Ten and ranks fifth in school history... ran collegiate-best 200 meters (24.37) at Shamrock Invite.



**2006 Iowa University of Iowa Track & Field**





# Hawkeyes To Watch

## Granger's Collegiate Bests

Event	Time	Meet	Date
60 Meters (I)	7.88	Hawkeye Open	1/14/06
100 Meters (O)	12.04	Big Ten Championships	5/14/05
200 Meters (O)	24.37	at Shamrock Invite	3/18/06



## Adam Hamilton

### Throws

**6-3, 245, Junior**

**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** - qualified for NCAA Midwest 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... leads Big Ten and Midwest region in that event... also won hammer at Iowa Musco Twilight VIII (218-1) and Sun Angel Classic (204-0).

## 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



## Dan Haut

### Distance

**6-2, 140, Senior**

**Lockport, IL**

**Lockport Township HS**

**2006 -- Indoor** - NCAA provisional qualifier in 5,000 meters with the collegiate-best 14:06.16 he ran at Alex Wilson Invite... led team in that event... that time ranks second on Iowa's all-time best performers list... placed

10th in 3,000 meters (8:20.94) at Big Ten Championships...

**Outdoor** - qualified for NCAA Midwest Regional in 5,000 meters (14:07.30) at Stanford Invite... that time ranks sixth on Iowa's all-time bests list... set meet and track record with winning 3,000 meters (8:17.52) at Iowa Musco Twilight VIII.

**2005 -- Cross Country** - placed 20th at NCAA regional (31:31), earning all-region honors... placed 32nd (25:29) at Big Ten Championships and 120th (31:27) at NCAA Championships... first Hawkeye to cross finish line at Griak Invite, placing 18th in 24:44... ran collegiate bests at Hawkeye Invite (18:24-2nd) and Murray Keatinge Invite (24:32-12th)... placed 42nd at NCAA Pre-Nationals... academic all-Big Ten... letterwinner.

## Haut's Collegiate Bests

Event	Time	Meet	Date
1,500 Meters (O)	3:58.24	at Tom Botts Invite	4/16/05
3,000 Meters (I)	8:11.36	at Iowa State Classic	2/12/05
Two Miles (I)	9:07.91	Iowa Open	1/15/05
5,000 Meters (O)	14:06.16	at Alex Wilson Invite	3/4/06
6,000 Meters (CC)	18:24	Hawkeye Invite	9/2/05
8,000 Meters (CC)	24:32	at M. Keatinge Invite	10/1/05
Five Miles (CC)	25:51:00	at M. Keatinge Invite	10/2/04
10,000 Meters (O)	31:03.98	at Big Ten Champ's	5/14/04
10,000 Meters (CC)	30:39.41	at NCAA Regional	11/16/02



**2006 Iowa University of Iowa Track & Field**



# Hawkeyes To Watch



**John Hickey**  
Throws  
5-10, 290, Freshman  
Piermont, NY  
Tappan Zee High School

**2006 -- Indoor** - placed sixth in shot put (55-9) at Big Ten Championships... threw collegiate best marks in shot put (57-10 1/2) and weight throw (44-8 3/4) at Iowa Open... the shot put mark ranks eighth on Iowa's all-

time best performers list... runner-up in shot put (55-11) at Panther Invite... **Outdoor** - qualified for NCAA Midwest Regional in shot put (58-1)... placed third in shot put at Iowa Musco Twilight VIII with a collegiate-best 58-1, which ranks seventh on Iowa's all-time bests list... runner-up in shot put (57-0 1/4) at Springtime Invite.

## Hickey's Collegiate Bests

Event	Distance	Meet	Date
Shot Put (O)	58-1 (17.70)	Musco Twilight VIII	4/22/06
Wt. Throw (I)	44-8 3/4 (13.63)	Iowa Open	2/17/06
Hammer (O)	152-5 (46.46)	at Springtime Inv.	4/1/06



**Tiffany Johnson**  
Junior  
Hurdles/Jumps/Sprints  
Danville, IL  
Danville High School

**2006 -- Indoor** - set school records in 60-meter hurdles (8.33) and triple jump (40-10 1/4)... anchored school-record setting 1,600-meter relay (3:40.52) at Iowa State Classic... provisionally qualified for NCAA Championships

in 60-meter hurdles and as part of 1,600-meter relay... placed fourth in triple jump (40-10 1/4) and fifth in 60-meter hurdles (8.43) at Big Ten Championships... ran lead leg on 1,600-meter relay that placed second (3:43.64) at Big Ten meet... won 60-meter hurdles at Jack Johnson Classic (8.46) and Panther Invite (8.57)... **Outdoor** - set school record in 100-meter hurdles (13.53) at Mt. SAC Relays and triple jump (41-3 1/4) at Iowa Musco Twilight VIII... qualified for NCAA Midwest Regional in 100-meter hurdles (13.53) and triple jump (41-3 1/4), and as part of 400 (45.11) and 1,600-meter relays (3:38.36)... the 1,600-meter relay time ranks second in the Big Ten and on Iowa's all-time best performers list... the 400-meter relay leads the Big Ten and ranks fifth in school history... won 100-meter hurdles at Springtime Invite (13.63) and Messersmith Invite (13.75)... won triple jump (41-3 1/4) at Iowa Musco Twilight VIII, setting a meet record... runner-up in triple jump (40-9) at Shamrock Invite.

## Johnson's Collegiate Bests

Event	Mark	Meet	Date
60 Meters (I)	7.82	at G. Country Classic	1/24/04
60 Hurdles (I)	8.33	at Iowa St. Classic	2/11/06
100 Hurdles (O)	13.53	at Mt. SAC Relays	4/15/06
200 Meters (I)	25:36	Hawkeye Open	1/14/06
400 Hurdles (O)	1:06.14	Musco Twilight VI	5/1/04
Triple Jump (O)	41-3 1/4 (12.58)	Musco Twilight VIII	4/22/06



# Hawkeyes To Watch



**Eric MacTaggart**  
Distance  
6-0, 130, Sophomore  
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 best performers list... led team in

two miles (9:02.90)... set then-school record in 3,000 meters (8:08.79) at Mayo Invite... **Outdoor** - provisionally qualified for NCAA meet in 10,000 meters at Stanford Invite with a collegiate best 28:50.23... that time leads the team and Big Ten, and ranks second on Iowa's all-time best performers list... placed third in 1,500 meters (3:58.08) at Musco Twilight VIII.

**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 Mayo 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. Keating 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



**Lindsey McCalla**  
Junior  
Sprints  
Moline, IL  
Moline High School

**2006 -- Indoor** - ran lead leg on school-record setting 1,600-meter relay (3:40.52) at Iowa State Classic... provisionally qualified for NCAA Championships as part of 1,600-meter relay... ran second leg on 1,600-meter relay

that placed second at Big Ten Championships... placed ninth in 400 meters (56.63) at Big Ten meet... **Outdoor** - qualified for NCAA Midwest Regional as part of 400 (45.11) and 1,600-meter relays (3:38.36)... the 1,600-meter relay time ranks second in Big Ten and on Iowa's all-time best performers list... the 400-meter relay leads the Big Ten and ranks fifth in school history... ran collegiate-best 200 meters (24.92) at Springtime Invite.

## McCalla's Collegiate Bests

Event	Time	Meet	Date
200 Meters (O)	24.92	at Springtime Invite	4/1/06
400 Meters (I)	56.38	at Big Ten Champ's	5/14/05



**Shane Maier**  
Throws  
6-3, 285, Sophomore  
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** - qualified for NCAA Midwest Regional in shot put (60-3 3/4) and discus (171-2)... shot put mark leads team and ranks fourth on Iowa's all-time best performers list... won shot put at Springtime Invite (60-3



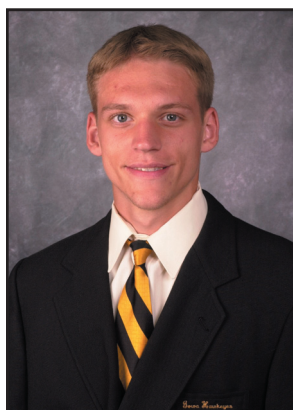


# Hawkeyes To Watch

3/4), Tom Botts Invite (59-10 1/4) and Iowa Musco Twilight VIII (59-0 3/4)... placed fourth in discus (171-2) at Iowa Musco Twilight VIII.

## Maier's Collegiate Bests

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



**Tony Rakaric**  
Senior  
Distance  
Palatine, IL  
Palatine

**2006 -- Indoor** - placed 15th in 3,000 meters (8:31.15) at Big Ten Championships... won mile at Iowa Open (4:18.34) and Panther Invite (4:22.70)...

**Outdoor** - qualified for NCAA

Midwest Regional in 3,000-meter steeplechase (9:06.46)... won steeplechase (9:08.55) at Stanford Invite.

## Rakaric's Collegiate Bests

Event	Time	Meet	Date
800 Meters (I)	1:56.97	Iowa Open	2/20/04
1,000 Meters (I)	2:34.79	at Panther Classic	2/1/03
1,500 Meters (O)	3:53.65	Musco Twilight V	5/3/03
Mile (I)	4:13.11	at Big Ten Champ's	2/26/05
Two Miles (I)	9:39.34	Iowa Open	1/15/05
3,000 Meters (I)	8:20.31	at Iowa State Classic	2/14/03
3,000 Steeple. (O)	9:03.29	at Big Ten Champ's	5/14/05
5,000 Meters (O)	14:22.92	at Stanford Invite	3/28/03
6,000 Meters (CC)	19:41	Iowa Invite	8/29/03
8,000 Meters (CC)	24:28	at Pre-National Inv.	10/18/03
Five Miles (CC)	25:02:00	at M. Keatinge Invite	10/2/04
10,000 Meters (CC)	30:31.42	at NCAA Regional	11/16/02
10,000 Meters (O)	30:58.59	at Big Ten Champ's	5/14/04



**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 Classic (5-10 3/4)...

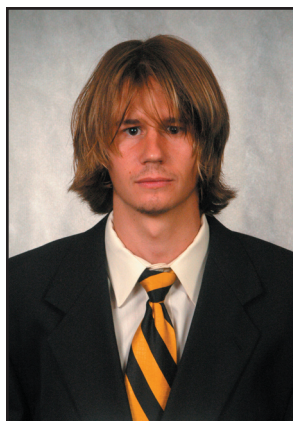
placed fifth in high jump (5-8 1/2) and 60 meters (7.48) at Big Ten Championships... **Outdoor** - qualified for NCAA Midwest Regional in 100 meters (10.71), high jump (6-0 3/4) as part of 400-meter relay (45.11)... the 400-meter relay leads the Big Ten and ranks fifth in school history... set school high jump record of 6-0 3/4 at Mt. SAC Relays, breaking Mary Mol's 23-year-old mark... that mark also leads the Big Ten... 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.

## 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 (I)	24.42	at Panther Invite	1/28/06
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



# 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** - qualified for NCAA Midwest Regional 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 Wiecek... that time also leads the Big Ten and region... runner-up in 1,500 meters (3:54.36) at Iowa Musco Twilight VIII.

**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



## Renee White

**Freshman**

**Jumps**

**Portmore St. Catherine, Jamaica**

**Wolmer's Girls High School**

**2006 -- Indoor** - led team in long jump... recorded season best long jump (19-3 1/4) at Husker Invite... that marks ranks second on Iowa's all-time best performers list... won long jump (19-1 1/4) at Hawkeye Open... **Outdoor**

- qualified for NCAA Midwest Regional in long jump (19-9 3/4)... that mark leads team and ranks second on Iowa's all-time bests list... won long jump (19-6) at Messersmith Invite.

### White's Collegiate Bests

Event	Mark	Meet	Date
60 Meters (I)	7.88	Hawkeye Open	1/14/06
100 Meters (O)	12.89	at Shamrock Invite	3/18/06
Long Jump (O)	19-9 3/4 (6.04)	at Springtime Invite	4/1/06



**2006 Iowa University of Iowa Track & Field**





# 'Who is she', where is she from?'



Press-Citizen / Jason A. Cook

University of Iowa sprinter Kineke Alexander runs around Cretzmeier Track on Thursday during training. Alexander won the 400-meter dash at the NCAA Indoor Meet earlier this month.

## mystery no more

### Alexander makes her mark with 400 indoor title

By Pat Harty  
*Iowa City Press-Citizen*

As she trains for the outdoor track season, Iowa sophomore Kineke Alexander is no longer a mystery to her opponents.

She lost her anonymity by winning the 400-meter dash at the NCAA Indoor Meet earlier this month.

"Most of the coaches there were pretty amazed because everybody kept asking, 'Who is she, where is she from?'" said Iowa women's track coach Jim Grant. "There

were a few people there that thought she could win, but she surprised a lot."

Grant was among the few who believed in Alexander. He just kept it to himself.

"I knew that she had a very good chance because she is the type of runner that delivers when it's important," Grant said. "So I had it in the back of my mind that she could win, but I didn't tell her that."

Alexander, a sophomore from St. Vincent and the Grenadines in the Caribbean, entered the finals with the fourth fastest time and won the race in 52.16 seconds.

However, she ran in the slow heat, meaning she had to wait until the times were posted from the fast heat.

"I was frightened," Alexander said.

Fright quickly turned to jubilation, though, when Alexander learned she was the winner.

She is the first Hawkeye sprinter to win an NCAA title and the third NCAA champion overall from the University of Iowa, joining Tracy Dahl in the 5,000 in 1992 and 1993 and

See ALEXANDER, 3B



# Alexander

## From 1B

Nan Doak in the 10,000 in 1985.

"We were sitting on pins and needles," Grant said. "And then when we saw the second race finished and they showed the times, everybody just kind of leaped in the air."

Grant said Alexander benefited from a strategy that emphasized patience.

"I told her that we were going to play a little cat and mouse," Grant said. "I didn't want her to try and win it all in the first 200 (meters).

"I told her the race starts at 300 (meters). So at 300, I wanted her to be right on the lead runner's shoulder through 200, and then at 300, make a move."

Alexander said she had her doubts heading into the meet, which was in Fayetteville, Ark.

"During the week, when I was training, the feeling wasn't there," she said. "But then when I got there and started the competition, I was really hyped to just go out there and win."

She now embraces the challenge of being the person to beat in the outdoor 400 this spring. She isn't afraid to say that anything less than an outdoor national title in the 400 would be a disappointment.

"I feel like I have to go out there and take it away," she said. "It's a good feeling.

"It makes me want to work harder at training."

The fact that Alexander won the indoor title is more impressive because of what she had to over-

come. Her tall and lanky frame is more suited for the outdoor 400.

So is her background.

"Indoor is harder because of the tight turns; especially for her, she's a very tall runner," Grant said. "She's grown up running outdoors. This is just her second season running indoors.

"She still hasn't learned how to run indoors yet."

Grant smiles when he speaks about Alexander's potential. He thinks she has a chance to break the 50-second barrier in the 400. Alexander already holds the school record in the outdoor 400 at 51.71.

"To be honest, I tell people every day that she doesn't know how good she can be," Grant said. "She proves it every day.

"Every day she never ceases to amaze me. I think the sky is the limit."

Alexander credits Grant for much of her success. Grant understands what it takes to win the 400 because he was an accomplished sprinter growing up in Jamaica and at Eastern Michigan University in the early 1970s.

He earned all-America honors while specializing in the 400 and the 400 hurdles.

"I feel more confident working with him being that he has run the event," Alexander said. "He knows what to look for. He knows my weaknesses and strengths, too."

Alexander said her victory was a big deal to the people in her hometown.

"It was in the papers and everything," she said. "They were really happy."

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Press-Citizen / Jason A. Cook

Tim Brodersen watches his final discus throw at the Musco Twilight Meet in April. An NCAA qualifier in the discus, Brodersen overcame a life-threatening blood disorder thanks to a bone-marrow transplant from his sister.

# Another chance

## Bone-marrow transplant gives Iowa thrower new life

By Pat Harty

*Iowa City Press-Citizen*

Tim Brodersen was living the typical life of a busy high school athlete when the bruises showed up one day.

It wasn't unusual for Tim to have bruises, considering how active he was, but this was unusual. Tim had bruises all over his body, especially on his chest.

He had been goofing off with a friend the day before and he figured the bruises came from when they were

wrestling.

But Tim couldn't explain the severity of the bruises, nor could his mother, despite being a nurse.

Tim was scheduled to start practice for his junior year of high school football the next day, but now that was secondary to his health.

The day he saw the bruises was the start of a nearly two-year struggle to overcome a life-threatening blood disorder called aplastic anemia.

Tim not only has over-

come the illness, he now is doing things as a member of the Iowa track team that make it hard to believe he ever was sick.

The same kid who spent a good portion of his junior and senior years of high school in the hospital is now a Big Ten champion in the discus.

The same kid whose health cost him a chance of earning a Division I scholarship coming out of high school is now performing better than a lot of throwers on scholarship.

"I just kept working and didn't give up on it and four

**See BRODERSEN, 4B**

# Brodersen

From 1B

years later, I'm on top," Tim says proudly.

Tim now weighs about 230 pounds and he could double as Paul Bunyon with his thick, red beard and thick body.

He is grateful to so many people for helping him to survive, but his sister, Trisha, always will have a special place in his heart.

She always will be a part of him, too, because it was Trisha's bone marrow that ultimately saved Tim's life.

Tim needed a bone-marrow transplant to stay alive and Trisha luckily met all the requirements to be a donor.

"I wouldn't be here right now," Tim says. "My blood counts were going way down."

As the only children in their family, Tim and Trisha always have been close. But going through a life-threatening experience has taken their relationship to a new level.

"We don't talk about it a lot, but there's kind of an unspoken bond about the situation," Tim says. "I'm just grateful to have her in my life."

Trisha, 25, says she often thinks about her younger brother and what he has gone through. She is proud of what he has accomplished and proud to have helped him gain a new outlook on life.

"We were always close as brother and sister, but I think that just kind of bonded us forever," Trisha says. "It kind of made me

*"We don't talk about it a lot, but there's kind of an unspoken bond about the situation. I'm just grateful to have her in my life."*

**Tim Brodersen**

*Iowa discus thrower talking about his sister, who donated her bone marrow to save his life*

feel like that was my purpose in life to be the match for him."

Tim beat the odds when you consider that his only sibling prove to be a match for a bone-marrow transplant.

He also beat the odds by becoming a Big Ten champion in an event that relies heavily on strength.

Tim now is preparing to compete in the NCAA Midwest Regional Championships today and Saturday in Norman, Okla. He is ranked first in his region and 11th nationally in the discus.

"I know Tim and he is so determined," says his mother, Karol Brodersen. "I think it's more just pride than anything. I'm just really proud of him."

Tim credits his parents for helping him to get through the mental anguish that comes with being seriously ill. His mother spent countless days sitting next to him in the hospital room at the Mayo Clinic in Rochester, Minn.

Tim was five hours away from his home in Vermillion, S.D., so having mom around was reassuring.

"My mom never left my side and my dad would drive back and forth every week," Tim says. "My mom would sleep in my hospital

room, there was a little couch behind my bed.

"She used to bug me and stuff. But now looking back on it, she just cared for me."

Tim says his parents always reminded him of the big picture.

"They always encouraged me to take the positive from the situation and they never let me feel sorry for myself," Tim says. "When you're (in the hospital), there's so many people there that are in the same situation and there's a lot of people that are in way worse situations."

Tim saw that while he and his parents stayed at the Ronald McDonald House during part of his recovery.

"There's always kids around there that are terminally ill and they're not going to be there another year," Tim says. "So knowing that you at least have a chance to get better kind of puts everything more in perspective."

The disease actually hit Tim in two different stages. He was treated initially and was thought to be recovering until he suffered a relapse as a high school senior.

Remarkably, Tim recovered after having the bone-marrow transplant in time to finish sec-

ond in the discus at the state meet as a senior.

He won the state discus title as a junior.

"I remember doing a lot of visualizing in the hospital about throwing," Tim says. "I think that helped a lot once I got out there."

"It's just like riding a bike."

The fact that Tim attends a school that has a hospital on campus is no coincidence. The University of Iowa had what his mother was looking for in terms of access to medical treatment.

"That was definitely a big factor because he had to keep going back and forth to the doctor that first year pretty often and have things checked," Karol says. "He had a lot of blood tests."

"It was reassuring to have the hospital right there."

Tim's life is still affected by the illness. For him, having a cold or the flu is more than just a painful annoyance that everybody goes through.

"When I get sick, a lot of times I can't recover on my own because my immune system is kind of low," Tim said. "So I have to go get antibiotics."

"That's happened to me probably three or four or five times in college because you're in the dorms and you get sick like that."

But you get better and move on. Life is all about overcoming obstacles.

"I learned that I'm a pretty determined person," Tim says. "I just try to use bad situations as inspiration to achieve goals that you might not otherwise even thought of."

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# Everything coming up Peaches

BY KARA KOESTNER

THE DAILY IOWAN

It's simple.

The best thing about the high jump for Iowa junior Peaches Roach is winning. And she will try to do just that this week at the NCAA outdoor track championships in Sacramento, Calif.

Roach's second-place finish — a season best 5-11 $\frac{1}{4}$  — in the high jump at the NCAA Mid-west regional in Norman, Okla., on May 28 secured her a spot in the championships. With many wins in collegiate competition, Roach is entering the meet as a strong competitor looking to finish in the top five.

"From high-school, Peaches showed the potential to not only be a qualifier for the NCAA championships but also a NCAA All-American or even a top-three NCAA finisher," Iowa women's track coach James Grant said.

Leaving hometown of Kingstown, Jamaica, to come to the UI was a decision she made because of what Iowa could offer her.

"It was influenced by the fact of a great athletics and academic program, and also the coach is Jamaican," she said.

In seventh grade, she began competing in the high jump, and since then, she has racked up an impressive list of accomplishments. In high school, she was the 2003 Jamaican national champion and high-school national champion in the high jump. She also placed sixth in the high jump at the 2002 World Junior Championships.

Her success has continued into her collegiate career, with



**Iowa's Peaches Roach clears the bar during the high-jump competition at the Drake Relays on April 30. Roach placed third in the event, qualifying her for the NCAA regional.**

achievements including indoor Big Ten high-jump champion and Big Ten Freshman of the Year in 2004. Her best high jump ranks second on Iowa's all-time list, and her best 100-meter time is 10th in school history. However, Roach's talent on

the track is not the only thing she brings to the Hawkeyes.

"Peaches brings a great deal of leadership and a high academic standard to the team," Grant said. "Also a great deal of pleasures that kind of radiate to the rest of her team members."

Roach practices around 10-13 hours a week with the team, and all of her hard work will come in handy when she hopes to reach a new personal record.

"A victory would be very personal for me," she said. "A new personal record would probably

put me in the top five."

Her collegiate personal best is 5-11 $\frac{1}{4}$ , which she scored at both the indoor and outdoor Big Ten championships in 2004. She also has competed in the 60-, 100-, and

Aaron Holmgren/The Daily Iowan

SEE ROACH, PAGE 9

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# Roach reaches new heights

## ROACH

CONTINUED FROM PAGE 12

While her accomplishments on the track are obvious, she has also garnered recognition in academics.

Roach, a biology major, was one of the 54 Hawkeye athletes named to the 2005 spring academic all-conference team.

In order to be chosen for the team, an athlete must be in at least her or his second academic year and have a 3.0 GPA or higher.

When she enters her junior year next fall, she has many

future opportunities in her collegiate track and field career, including defending her Big Ten high-jump title.

As for her plans for the high jump after college, Roach will weigh the possibilities of a professional career.

"I'll take the high jump as far as it takes me," she said.

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'Peaches brings a great deal of leadership and a high academic standard to the team.

Also a great deal of pleasantries that kind of radiate to the rest of her team members.'

— Iowa women's track coach  
James Grant