

# UNIVERSITY OF IOWA TRACK & FIELD



## NCAA CHAMPIONSHIPS

MIKE A. MYERS STADIUM

AUSTIN, TX - JUNE 9-12, 2004

# THE UNIVERSITY OF IOWA



## HAWKEYE TRACK & FIELD



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

JUNE 7, 2004

### 2004 MEN'S OUTDOOR SCHEDULE

M 26-27	at Stanford Invitational	0 champs
A 2-3	at Missouri Relays	2 champs
A 9-10	at Sea Ray Relays	0 champs
A 10	at Jim Duncan Invite	4 champs
A 17	at UNI Twilight	3 champs
A 21-24	at Drake Relays	1 champ
M 1	Musco Twilight VI	3rd/4 champs
M 14-16	at Big Ten Champ's 10th/0	champs
M 28-29	at NCAA Regional 15th/0	champs
<b>J 9-12</b>	<b>at NCAA Championships</b>	
	<i>(Austin, TX)</i>	

### 2004 MEN'S OUTDOOR SEASON BESTS

#### Running Events

100 Meters ...	Zach Digney .....	10.62
200 Meters ...	Zach Digney .....	21.29
400 Meters ...	Jason Nolting .....	48.66
800 Meters ...	Matt O'Hollearn .....	1:52.22
1,500 Meters	Tony Rakaric .....	3:56.73
3,000 Meters	Adam Roche .....	8:46.46
5,000 Meters	Matt Esche .....	^14:15.73
10,000 Meters	Matt Esche .....	30:08.82
110 Hurdles ..	Russell Peterson .....	14.85
400 Hurdles ..	Russell Peterson .....	^50.86
3,000 M SC ..	Dan Trainor .....	9:30.41

#### Relays

400-Meter Relay .....	40.88
<i>(Holloway, Digney, Strang, Peterson)</i>	
1,600-Meter Relay .....	^3:08.90
<i>(Nolting, Digney, Coleman, Peterson)</i>	
3,200-Meter Relay .....	7:35.10
<i>(Long, Tweedy, Dziubski, O'Hollearn)</i>	
Sprint Medley Relay .....	3:28.66
<i>(Leick, Long, O'Hollearn, Tweedy)</i>	

#### Field Events

Discus .....	Brad Daufeldt .....	^185-0
Hammer .....	Brad Daufeldt .....	^207-10
Javelin .....	Joel Storm .....	^203-5
Shot Put .....	Ken Kemeny .....	^62-1 3/4

^ -- NCAA Midwest Regional Qualifier

**THIS WEEK** -- The Iowa men's and women's track teams will send seven athletes to the 2004 NCAA Championships, Wednesday thru Saturday (June 9-12) in Austin, TX. All events will be held at Mike A. Myers Stadium on the University of Texas campus. All-session reserved seats are \$60, while general admission seats are \$50 for adults and \$30 for youth. Tickets are available from the athletic ticket office at [www.TexasBoxOffice.com](http://www.TexasBoxOffice.com). Events start at 12:30 p.m. Wednesday, Thursday and Friday, and noon on Saturday. The meet will include 1,100 athletes from across the country.

**SCHEDULE OF EVENTS** -- Following is the NCAA Championships schedule of events that will include Hawkeye competitors:

#### Wednesday, June 9

7 p.m.	Women's High Jump (Q)
	Men's Discus (Q)
7:10	Women's 400 Meters (P)
8:35	Women's 3,000-Meter Steeplechase (P)

#### Thursday, June 10

5 p.m.	Men's Hammer Throw (Q)
6:35	Men's 400-Meter Hurdles (P)
8:30	Men's Shot Put (Q)
	Women's 400 Meters (P)

#### Friday, June 11

6 p.m.	Men's Discus (F)
7:30	Women's High Jump (F)
7:45	Women's 3,000-Meter Steeplechase (F)
8:20	Women's 400 Meters (S)
9:45	Men's 400-Meter Hurdles (S)

#### Saturday, June 12

4 p.m.	Men's Hammer Throw (F)
7:00	Women's 400 Meters (F)
7:50	Men's 400-Meter Hurdles (F)
8:00	Men's Shot Put (F)
<i>P -- prelims, Q -- qualifier, S -- semifinals, F -- finals</i>	

**2004 NCAA MIDWEST REGIONAL REVIEW** -- Iowa automatically qualified five student-athletes for the 2004 NCAA Championships at the Midwest Regional in College Station, TX, last week. The five Hawkeyes each placed in the top five in their individual events to automatically qualify for the national

University of Iowa Sports Information Office

157 Carver-Hawkeye Arena, Iowa City, IA 52242

Phone: 319/335-9411

Fax: 319/335-9417

[www.hawkeyesports.com](http://www.hawkeyesports.com)

# THE UNIVERSITY OF IOWA



## HAWKEYE TRACK & FIELD



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

PAGE 2

### 2004 WOMEN'S OUTDOOR SCHEDULE

M 19-20 at Texas Southern Relays 3 champs  
 M 27 at Texas-Arlington Invite 1 champ  
 A 10 at Tom Botts Invite 4 champs  
 A 15-18 at Mt. SAC Relays 1 champ  
 A 17 at UNI Twilight 0 champs  
 A 22-24 at Drake Relays 1 champ  
 M 1 Musco Twilight VI 3rd/4 champs  
 M 14-16 at Big Ten Champ's 10th/2 champs  
 M 28-29 at NCAA Regional 12th/0 champs  
**J 9-12 at NCAA Championships**  
*(Austin, TX)*

### 2004 WOMEN'S OUTDOOR SEASON BESTS

100 Meters ..... Peaches Roach ..... 11.80  
 200 Meters ..... Shellene Williams ... ^\*23.50  
 400 Meters ..... Shellene Williams ... ^\*52.41  
 800 Meters ..... Michelle Lahann .... ^2:06.79  
 1,500 Meters .. Michelle Lahann .... ^4:24.00  
 3,000 Meters .. Georgia Millward .. 10:33.12  
 5,000 Meters .. Sarah Arens ..... 17:19.63  
 10,000 Meters . Nikki Chapple ..... ^35:06.35  
 100 Hurdles .... Tiff Pedersen ..... 14.26  
 400 Hurdles .... Katie Herrmann ..... 1:06.13  
 3,000 SC ..... Sarah Arens ..... ^\*10:34.50  
 400-Meter Relay ..... 46.18  
*(McCalla, Roach, Johnson, Williams)*  
 1,600-Meter Relay ..... 3:44.24  
*(Hume, McCalla, Williams, Lahann)*  
 3,200-Meter Relay ..... 8:48.87  
*(Lahann, Stanley, Hume, Barber)*  
 High Jump ..... Peaches Roach .... ^5-11 1/4  
 Long Jump ..... Tiff Pedersen ..... 18-5 1/4  
 Triple Jump .... Tiffany Johnson ..... 37-3  
 Pole Vault ..... Jessie Strand ..... 12-3 1/2  
 Shot Put ..... Tiff Pedersen ..... 37-7 1/4  
 Discus ..... Erin O'Hern ..... 106-1  
 Hammer ..... Becca Franklin ..... 137-5  
 Javelin ..... Alana Redfern ..... ^149-4  
 Hephthathlon .... Tiff Pedersen ..... 4,976 pts.

# -- school record, ^ -- regional qualifier,

\* -- provisional qualifier

meet. The Iowa women's team finished tied for 12th place with 20 points, while the men's team finished 15th with 15 points. Nebraska won the men's team title with 86.25, while Texas won the women's team title with 110.

Hawkeye seniors **Sarah Arens**, **Shellene Williams**, **Brad Daufeldt** and **Ken Kemeny** and freshman **Peaches Roach** qualified. **Arens** placed second in the 3,000-meter steeplechase with a time of 10:39.31. **Williams** set a school record in the 400 meters, placing fourth in 52.41. **Daufeldt** placed fourth in the hammer throw (205-4), **Kemeny** placed fourth in the shot put (61-4 1/4) and **Roach** placed fifth in the high jump (5-10 1/2).

**NCAA QUALIFIERS** -- The Hawkeyes have qualified seven individuals for the NCAA Championships. Their events, qualifying marks and where they rank in the nation are listed below.

Name	Event	Mark	National Rank
Sarah Arens	3,000 Steeplechase	10:34.50	24th
Brad Daufeldt	Discus	185-0 (56.40 m)	20th
	Hammer Throw	207-10 (63.34 m)	19th
Adam Hamilton	Hammer Throw	206-7 (62.98 m)	20th
Ken Kemeny	Shot Put	62-1 3/4 (18.94 m)	16th
Russell Peterson	400-Meter Hurdles	50.86	22nd
Peaches Roach	High Jump	5-11 1/4 (1.81 m)	18th
Shellene Williams	400 Meters	52.41	20th

**2003 NCAA REVIEW** -- Junior **Bill Neumann** earned his second all-America honor by placing third in the javelin with a season-best throw of 243-8 at the 2003 NCAA Outdoor Championships. The women's team qualified four individuals and one relay for the meet. **Sarah Arens** (3,000-meter steeplechase), **Nicole Charles** (1,600-meter relay), **Aisha Hume** (1,600-meter relay), **Alana Redfern** (javelin), **Sarah Steffen** (1,600-meter relay), **Jessie Strand** (pole vault) and **Shellene Williams** (400 meters and 1,600-meter relay) competed at the meet for Iowa.

**IOWA IN NCAA HISTORY** -- The Iowa men's track team has crowned 13 NCAA Champions and 79 all-Americans in program history. It's highest finish at the NCAA outdoor meet was tying for seventh place in 1967. The women's team has crowned three NCAA Champions and 37 all-Americans, and its highest finish at the NCAA meet was 19th in 1992. None of the current competitors on either team have earned all-America honors before.

University of Iowa Sports Information Office

157 Carver-Hawkeye Arena, Iowa City, IA 52242

Phone: 319/335-9411 Fax: 319/335-9417 www.hawkeyesports.com

# 2004 OUTDOOR SEASON BESTS

## Men's 100 Meters (RQ -- 10.50, SR -- 10.25)

Zach Digney ..... 10.62 ... at Missouri Relays ..... 4/3/04  
Warren Holloway . 10.89 ... at Big Ten Championships 5/15/04  
Omar Isaacs ..... 10.97 ... at Missouri Relays ..... 4/3/04  
Tom Hilaris ..... 11.03 ... at UNI Twilight ..... 4/17/04  
Robert Beach ..... 11.25 ... at Missouri Relays ..... 4/3/04

## Women's 100 Meters (RQ -- 11.78, SR -- 11.45)

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

## Men's 200 Meters (RQ -- 21.19, SR -- 20.47)

Zach Digney ..... 21.29 ... at UNI Twilight ..... 4/17/04  
Juan Coleman ..... 21.91 ... at UNI Twilight ..... 4/17/04  
Russell Peterson .. 21.98 ... at UNI Twilight ..... 4/17/04  
Robert Beach ..... 22.33 ... Iowa Musco Twilight VI .... 5/1/04  
Jason Nolting ..... 22.44 ... at UNI Twilight ..... 4/17/04  
Ryan Strang ..... 22.44 ... at UNI Twilight ..... 4/17/04  
Omar Isaacs ..... 22.58 ... at Missouri Relays ..... 4/3/04  
Tom Hilaris ..... 22.69 ... at UNI Twilight ..... 4/17/04  
Jason Wakenight . 22.75 ... at Jim Duncan Invitational 4/10/04  
Tony Leick ..... 23.22 ... at UNI Twilight ..... 4/17/04

## Women's 200 Meters (RQ -- 23.96, SR -- 23.59)

Shellene Williams .. 23.50\* Iowa Musco Twilight VI ... 5/1/04  
Tiff Pedersen ..... 25.62# at Big Ten Championships 5/14/04  
Angie Hensel ..... 26.40# at Drake Relays ..... 4/21/04  
Kyndra Middleton . 26.49 . at UNI Invitational ..... 4/17/04  
Latoya Stiffend .... 26.18 . Iowa Musco Twilight VI ... 5/1/04

## Men's 400 Meters (RQ -- 47.26, SR -- 44.99)

Jason Nolting ..... 48.66 ... Iowa Musco Twilight VI .... 5/1/04  
Ryan Strang ..... 48.69 ... at UNI Twilight ..... 4/17/04  
Tony Leick ..... 49.34 ... at UNI Twilight ..... 4/17/04  
Juan Coleman ..... 49.79 ... Iowa Musco Twilight VI .... 5/1/04  
Matt O'Hollearn .. 50.62 ... at Missouri Relays ..... 4/3/04  
Jason Wakenight . 50.66 ... at Jim Duncan Invitational 4/10/04

## Women's 400 Meters (RQ -- 54.61, SR -- 52.41)

Shellene Williams .. 52.41\* at Midwest Regional ..... 5/29/04  
Lindsey McCalla ... 57.15 . at Tom Botts Invitational . 4/10/04  
Aisha Hume ..... 55.57 . Iowa Musco Twilight VI ... 5/1/04

## Men's 800 Meters (RQ -- 1:50.62, SR-- 1:47.64)

Matt O'Hollearn 1:52.22 ... at Big Ten Championships 5/15/04  
Josh Tweedy ... 1:53.95 ... Iowa Musco Twilight VI .... 5/1/04  
Rob Long ..... 1:54.55 ... at Sea Ray Relays ..... 4/9/04  
Dan Dziubski ... 1:54.73 ... Iowa Musco Twilight VI .... 5/1/04  
Ben Lloyd ..... 1:58.35 ... at Jim Duncan Invitational 4/10/04

## Women's 800 Meters (RQ -- 2:10.29, SR -- 2:05.67)

Michelle Lahann . 2:06.79\* at Drake Relays ..... 4/23/04  
Aisha Hume ..... 2:11.27 . at Mt. SAC Relays ..... 4/18/04  
Shannon Stanley . 2:12.01 . at Big Ten Championships 5/15/04  
Atalie Barber ..... 2:13.62 . at Mt. SAC Relays ..... 4/18/04  
Sarah Arens ..... 2:16.45 . at Texas Southern Relays 3/19/04  
Michelle Sokol ... 2:21.21 . at TX-Arlington Relays ... 3/27/04  
Tiff Pedersen ..... 2:31.48# at Big Ten Championships 5/15/04  
Angie Hensel ..... 2:33.34# at Big Ten Championships 5/15/04

## Men's 1,500 Meters (RQ -- 3:48.21, SR -- 3:44.01)

Tony Rakaric ... 3:56.73 ... at Missouri Relays ..... 4/3/04  
Matt Esche ..... 3:57.45 ... Iowa Musco Twilight VI .... 5/1/04  
Ben Barron ..... 3:57.78 ... Iowa Musco Twilight VI .... 5/1/04  
Ben Lloyd ..... 4:00.06 ... at UNI Twilight ..... 4/17/04  
Adam Roche .... 4:03.33 ... at UNI Twilight ..... 4/17/04  
Brian Rae ..... 4:05.83 ... at Missouri Relays ..... 4/3/04  
Dan Trainor ..... 4:08.84 ... at UNI Twilight ..... 4/17/04

## Women's 1,500 Meters (RQ -- 4:29.12, SR -- 4:19.71)

Michelle Lahann . 4:24.00\* at Mt. SAC Relays ..... 4/18/04  
Nikki Chapple .... 4:36.35 . at TX-Arlington Relays ... 3/27/04  
Atalie Barber ..... 4:49.31 . at Tom Botts Invitational . 4/10/04  
Michelle Sokol ... 4:49.55 . Iowa Musco Twilight VI ... 5/1/04  
Georgia Millward 4:56.41 . at Texas Southern Relays 3/19/04  
Ashley Merry ..... 4:53.34 . Iowa Musco Twilight VI ... 5/1/04  
Jenni Capista ..... 4:59.54 . at UNI Twilight ..... 4/17/04

## Men's 3,000 Meters

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

## Women's 3,000-Meters (SR -- 9:20.61)

Georgia Millward 10:33.12 at Texas Arlington-Relays 3/27/04

## Men's 5,000 Meters (RQ -- 14:18.58, SR -- 13:56.0)

Matt Esche ... \*14:15.73 ... at Stanford Invitational ..... 3/27/04  
Brian Rae ..... 14:22.83 ... at Stanford Invitational ..... 3/27/04  
Dan Haut ..... 14:42.58 ... Iowa Musco Twilight VI .... 5/1/04  
Tony Rakaric .. 14:42.87 ... at Stanford Invitational ..... 3/27/04  
Adam Roche ... 14:52.54 ... Iowa Musco Twilight VI .... 5/1/04  
Chris Jensen ... 15:25.20 ... at Missouri Relays ..... 4/2/04  
S. Traphagen .. 15:28.60 ... at Missouri Relays ..... 4/2/04

## Women's 5,000 Meters (RQ -- 16:56.43, SR -- 15:45.84)

Sarah Arens ..... 17:19.63 . at Big Ten Championships 5/16/04  
Nikki Chapple .. 17:21.78 . at Big Ten Championships 5/16/04  
Georgia Millward 17:47.2 .. at Tom Botts Invitational . 4/10/04  
Christine Kotarba 18:38.28 Iowa Musco Twilight VI ... 5/1/04  
Jenni Capista .... 18:47.14 . Iowa Musco Twilight VI ... 5/1/04  
Vanessa Menze . 19:13.17 . Iowa Musco Twilight VI ... 5/1/04



# 2004 OUTDOOR SEASON BESTS

## Men's 10,000 (AQ-29:00.00, PQ-29:45.00, SR-28:44.47)

Matt Esche ..... 30:08.82 ... at Big Ten Championships 5/14/04  
Tony Rakaric .. 30:58.59 ... at Big Ten Championships 5/14/04  
Dan Haut ..... 31:03.98 ... at Big Ten Championships 5/14/04  
Adam Roche ... 31:29.88 ... at Big Ten Championships 5/14/04

## Women's 10,000 (AQ-34:10.00, RQ-35:15.00, SR-33:23.38)

Nikki Chapple .. 35:06.35^ at Mt. SAC Relays ..... 4/17/04  
Georgia Millward 37:22.04 at Drake Relays ..... 4/22/04

## Men's 110-Meter Hurdles (RQ -- 14.33, SR -- 13.50)

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

## Women's 100-Meter Hurdles (RQ - 13.95, SR - 13.60)

Tiff Pedersen ..... 14.26# at Big Ten Championships 5/14/04  
Latoya Stiffend .... 14.54 . at Tom Botts Invitational . 4/10/04  
Tiffany Johnson ... 14.73 . at TX-Arlington Relays ... 3/27/04  
Angie Hensel ..... 15.78 . at TX-Arlington Relays ... 3/27/04

## Men's 400-Meter Hurdles (RQ -- 52.51, SR -- 48.83)

Russell Peterson \*50.86 ... at Big Ten Championships 5/16/04  
Tony Leick ..... \*51.98 ... Iowa Musco Twilight VI .... 5/1/04

## Women's 400-Meter Hurdles (RQ-1:00.82, SR- 56.67)

Katie Herrmann .. 1:06.13 . Iowa Musco Twilight VI ... 5/1/04

## Men's Steeplechase (RQ -- 9:08.15, SR -- 8:47.40)

Dan Trainor ..... 9:30.41 ... Iowa Musco Twilight VI .... 5/1/04

## Women's Steeplechase (RQ - 10:57.18, SR - 10:38.64)

Sarah Arens ..... 10:34.50\* at Big Ten Championships 5/15/04

## Men's 400-Meter Relay (RQ -- 40.66, SR -- 39.48)

Holloway, Digney, Strang, Peterson ..... 40.88  
*at Drake Relays - 4/23/04*  
Isaacs, Digney, Beach, Peterson ..... 41.36  
*at Missouri Relays - 4/3/04*  
Holloway, Peterson, Coleman, Beach ..... 41.68  
*Iowa Musco Twilight VI - 5/1/04*

## Women's 400-Meter Relay (RQ -- 45.80, SR -- 44.63)

McCalla, Roach, Johnson, Williams ..... 46.18  
*Iowa Musco Twilight VI - 5/1/04*  
Herrmann, Johnson, Pedersen, Raymond ..... 46.49  
*at Texas Southern Relays - 3/19/04*  
McCalla, Williams, Johnson, Roach ..... 46.75  
*at Long Beach St. Invite - 4/18/04*  
Johnson, Williams, Raymond, Roach ..... 46.78  
*at Texas Arlington Relays - 3/27/04*

## Women's 800-Meter Relay

Herrmann, McCalla, Raymond, Roach ..... 1:37.66  
*at Texas Southern Relays - 3/19/04*

## Men's 1,600-M Relay (RQ -- 3:10.84, SR -- 3:03.11)

Nolting, Digney, Coleman, Peterson ..... \*3:08.90  
*at Drake Relays - 4/23/04*  
Digney, Nolting, Peterson, Leick ..... 3:12.78  
*at Sea Ray Relays - 4/10/04*  
O'Hollearn, Digney, Coleman, Peterson ..... 3:12.82  
*at NCAA Midwest Regional - 5/29/04*  
Peterson, Digney, Leick, O'Hollearn ..... 3:16.68  
*at Big Ten Championships - 5/16/04*  
Coleman, Leick, O'Hollearn, Peterson ..... 3:17.51  
*Iowa Musco Twilight VI - 5/1/04*  
Peterson, Digney, Leick, Nolting ..... 3:20.70  
*at Missouri Relays - 4/3/04*  
O'Hollearn, Tweedy, Dziubski, Lloyd ..... 3:24.45  
*at Jim Duncan Invitational - 4/10/04*

## Women's 1,600-M Relay (RQ -- 3:43.03, SR -- 3:36.26)

Hume, McCalla, Williams, Lahann ..... 3:44.24  
*at Big Ten Championships - 5/16/04*  
Hume, McCalla, Johnson, Williams ..... 3:45.02  
*Iowa Musco Twilight VI - 5/1/04*

## Mens' 3,200-Meter Relay

Long, Tweedy, Dziubski, O'Hollearn ..... 7:35.10  
*at Drake Relays - 4/23/04*  
Dziubski, Lloyd, Long, Tweedy ..... 8:03.10  
*at Missouri Relays - 4/3/04*

## Women's 3,200-Meter Relay (SR -- 8:46.45)

Lahann, Stanley, Hume, Barber ..... 8:48.87  
*at Drake Relays - 4/24/04*  
Barber, Laney, Sokol, Stanley ..... 9:07.62  
*at Texas Southern Relays - 3/19/04*

## Men's Sprint Medley Relay (SR -- 3:15.64)

Leick, Long, O'Hollearn, Tweedy ..... 3:28.66  
*at Drake Relays - 4/24/04*

## Heptathlon (AQ-5,500 pts, PQ-5,000 pts, SR- 5,062 pts)

Tiff Pedersen ..... 4,976 points  
*at Big Ten Championships - 5/15/04*  
Angie Hensel ..... 4,073 points  
*at Drake Relays - 4/22/04*

*AQ -- NCAA automatic qualifying mark*

*PQ -- NCAA provisional automatic qualifying mark,*

*RQ -- Regional qualifying mark, SR -- school record,*

*\* -- regional qualifier, # -- part of heptathlon*



# 2004 OUTDOOR SEASON BESTS

## Women's High Jump(RQ -- 1.73 meters, SR -- 1.83 meters)

Peaches Roach	5-11 1/4 (1.81 m)*	at Big Ten Championships	5/16/04
Tiff Pedersen	5-1 3/4 (7.57 m)#	at Drake Relays	4/21/04
Angie Hensel	4-9 (1.45 m)#	at Drake Relays	4/21/04

## Women's Long Jump (RQ -- 5.93 meters, SR -- 6.78 meters)

Tiff Pedersen	18-5 1/4 (5.62 m)	at Tom Botts Invitational	4/10/04
Angie Hensel	17-10 3/4 (5.45 m)	Iowa Musco Twilight VI	5/1/04

## Women's Triple Jump (RQ -- 12.26 meters, SR -- 12.38 meters)

Tiffany Johnson	37-3 (11.35 m)	at Big Ten Championships	5/16/04
Becca Franklin	36-2 1/4 (11.03 m)	at UNI Twilight	4/17/04

## Men's Shot Put (RQ -- 16.47m, SR -- 19.27 m)

Ken Kemeny	*62-1 3/4 (18.94 m)	at Big Ten Championships	5/16/04
Andy Banse	*55-10 1/4 (17.02 m)	Iowa Musco Twilight VI	5/1/04
Shane Maier	*55-2 1/4 (16.82 m)	at Big Ten Championships	5/16/04
Robby Beyer	*54-1 (16.48 m)	Iowa Musco Twilight VI	5/1/04
Adam Hamilton	47-5 3/4 (14.47 m)	at Stanford Invitational	3/26/04

## Women's Shot Put (RQ -- 14.24 meters, SR -- 15.54 meters)

Tiff Pedersen	37-7 1/4 (11.46 m)#	at Big Ten Championships	5/14/04
Angie Hensel	32-1 (9.78 m)#	at Big Ten Championships	5/14/04

## Men's Discus (RQ -- 51.37m, SR -- 61.68 m)

Brad Daufeldt	*185-0 (56.40 m)	at NCAA Midwest Regional	5/29/04
Eric Rothwell	*179-7 (54.73 m)	at Big Ten Championships	5/15/04
Tim Brodersen	*176-0 (53.66 m)	at UNI Twilight	4/17/04
Robby Beyer	168-0 (51.21 m)	at Big Ten Championships	5/15/04
Ken Kemeny	166-1 (50.63 m)	Iowa Musco Twilight VI	5/1/04
Andy Banse	162-6 (49.54 m)	at UNI Twilight	4/17/04
Shane Maier	143-1 (43.61 m)	at Missouri Relays	4/3/04

## Women's Discus (RQ -- 46.58 meters, SR -- 48.90 meters)

Erin O'Hearn	106-1 (32.33 m)	Iowa Musco Twilight VI	5/1/04
--------------	-----------------	------------------------	--------

## Women's Pole Vault (RQ -- 3.75 meters, SR -- 3.91 meters)

Jessie Strand	12-3 2/3 (3.75 m)*	at Drake Relays	4/23/04
Sarah Burgett	10-11 3/4 (3.35 m)	at UNI Twilight	4/17/04

## Men's Javelin (RQ -- 61.62m, SR -- 74.58 m)

Joel Storm	*203-5 (62.01 m)	at Sea Ray Relays	4/10/04
------------	------------------	-------------------	---------

## Women's Javelin (RQ -- 42.61 meters, SR -- 49.92 meters)

Alana Redfern	149-4 (45.52 m)*	at Texas Southern Relays	3/19/04
Tiff Pedersen	107-11 (32.90 m)#	at Big Ten Championships	5/15/04
Angie Hensel	9-24 (28.14 m)#	at Big Ten Championships	5/15/04

## Men's Hammer (RQ -- 55.63m, SR -- 67.96 m)

Brad Daufeldt	*207-10 (63.34 m)	Iowa Musco Twilight VI	5/1/04
Adam Hamilton	*206-7 (62.98 m)	at Drake Relays	4/24/04
Chris Voller	*196-7 (59.91 m)	at NCAA Midwest Regional	5/28/04
Tim Brodersen	181-3 (55.24 m)	Iowa Musco Twilight VI	5/1/04

## Women's Hammer (RQ -- 52.84 meters, SR -- 49.32 meters)

Becca Franklin	137-5 (41.89 m)	Iowa Musco Twilight VI	5/1/04
Erin O'Hearn	130-08 (39.84 m)	at Tom Botts Invitational	4/10/04



# MEN'S TOP 10 OUTDOOR PERFORMERS

## 100 Meters

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

## 200 Meters

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

## 400 Meters

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

## 800 Meters

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

## 1,500 Meters

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

## 5,000 Meters

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

## 10,000 Meters

- Stetson Steele, 2000 ..... 28:44.47
- Nick Nordheim, 2002 ..... 29:44.71
- Trent Corey, 2002 ..... 29:45.25
- Chad Schwitters, 1999 ..... 29:56.00
- Kevin Herd, 1994 ..... 30:05.21
- Paul Sarris, 2001 ..... 30:08.40
- Matt Esche, 2004 ..... 30:08.82**
- Eric McDermott, 2002 ..... 30:11.16
- Tony Rakaric, 2004 ..... 30:58.59**
- Dan Haut, 2004 ..... 31:03.98**

## 110-Meter High Hurdles

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

## 400-Meter Relay

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

## 1,600-Meter Relay

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

## 400-Meter Intermediate Hurdles

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

## 3,000-Meter Steeplechase

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

## High Jump

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

# MEN'S TOP 10 OUTDOOR PERFORMERS

## Long Jump

1. Anthuan Maybank, 1993 ..... 27-1 (8.25 m)
2. Bashir Yamini, 1997 ..... 26-8 1/4 (8.13 m)
3. Paul Jones, 1989 ..... 25-10 1/4 (7.88 m)
4. Darren Smith, 1991 ..... 25-9 3/4 (7.86 m)
5. Quinn Early, 1986 ..... 25-7 1/4 (7.80 m)
6. Ed Gordon, 1931 ..... 25-4 3/8 (7.68 m)
7. Ronnie McCoy, 1985 ..... 25-0 (7.62 m)
8. Joe Robinson, 1976 ..... 24-2 3/4 (7.38 m)
9. Pat Miller, 1986 ..... 23-4 1/2 (7.12 m)
10. Joe Estes, 1993 ..... 23-1 3/4 (7.05 m)

## Triple Jump

1. Paul Jones, 1990 ..... 52-0 1/2 (15.86 m)
2. Gordon Finch, 1988 ..... 50-9 1/4 (15.47 m)
3. Mike Lacy, 1984 ..... 50-5 (15.36 m)
4. Pat Miller, 1985 ..... 49-8 1/2 (15.25 m)
5. Owen Gill, 1982 ..... 49-1 (14.96 m)
6. Ed Gordon, 1931 ..... 48-0 1/8 (14.63 m)

## Pole Vault

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

## Shot Put

1. Jeremy Allen, 2001 ..... 63-2 3/4 (19.27 m)
2. **Ken Kemeny, 2004 ..... 62-1 3/4 (18.94 m)**
3. Chris Gambol, 1987 ..... 60-0 1/2 (18.30 m)
4. Arno van der Westhuizen, 2000 ..... 58-8 3/4 (17.90 m)
5. Gary Kostrubala, 1985 ..... 58-1 (17.70 m)
6. Alex Smith, 1998 ..... 57-9 (17.60 m)
7. Chris Cassata, 2000 ..... 57-3 3/4 (17.47 m)
8. Norm Balke, 1984 ..... 56-10 1/2 (17.33 m)
9. **Andy Banse, 2004 ..... 55-10 1/4 (17.02 m)**
10. **Shane Maier, 2004 ..... 55-2 1/4 (16.82 m)**

## Discus

1. Gary Kostrubala, 1986 ..... 202-4 (61.68 m)
2. Jeremy Allen, 2001 ..... 195-4 (59.54 m)
3. **Brad Daufeldt, 2004 ..... 185-0 (56.40 m)**
4. **Eric Rothwell, 2004 ..... 179-7 (54.73 m)**
5. **Tim Brodersen, 2004 ..... 176-0 (53.66 m)**
6. Norm Balke, 1985 ..... 175-10 (53.60 m)
7. Chris Gambol, 1987 ..... 175-7 (53.52 m)
8. Tom Knutson, 1967 ..... 174-8 1/2 (53.24 m)
9. Jim Costello, 2000 ..... 173-1 (52.76 m)
10. Scott Joens, 1986 ..... 168-8 (51.40 m)

## Hammer

1. Arno van der Westhuizen, 2001 ..... 222-11 (67.94 m)
2. Jim Costello, 2002 ..... 217-7 (66.32 m)
3. **Brad Daufeldt, 2004 ..... 207-10 (63.34 m)**
4. **Adam Hamilton, 2004 ..... 206-7 (62.98 m)**
5. Jeremy Allen, 2001 ..... 199-0 (60.66 m)
6. **Chris Voller, 2004 ..... 196-7 (59.91 m)**
7. **Tim Brodersen, 2004 ..... 172-1 (52.45 m)**
8. Chris Cassata, 2000 ..... 173-11 (53.00 m)

## Javelin

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

## Decathlon

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

## Names in bold are current team members

\* -- converted to meters

^ -- distance according to old rules

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



# WOMEN'S TOP 10 OUTDOOR PERFORMERS

## 100 Meters

1. Vivien McKenzie, 1985 ..... 11.45
2. Davera Taylor, 1984 ..... 11.51
3. Erica Broomfield, 1998 ..... 11.53
4. Jiselle Providence, 2001 ..... 11.57
5. Tanja Reid, 1994 ..... 11.60
6. Yolanda Hobbs, 1995 ..... 11.62
7. Elanie Jones, 1985 ..... 11.69
8. Lakeya Boatright, 2000 ..... 11.77
9. Tamara Dixon, 2002 ..... 11.79
- 10. Peaches Roach, 2004 ..... 11.80**

## 200 Meters

1. **Shellene Williams, 2004 ..... 23.50**
2. Davera Taylor, 1984 ..... 23.59
3. Vivien McKenzie, 1985 ..... 23.61
4. Yolanda Hobbs, 1995 ..... 23.65
5. Tanja Reid, 1995 ..... 23.75
6. Elaine Jones, 1983 ..... 23.84
7. Jiselle Providence, 2001 ..... 24.00
8. Lakeya Boatright, 2000 ..... 24.14
9. Wynsome Cole, 1998 ..... 24.25
10. Tamara Dixon, 2002 ..... 24.52

## 400 Meters

1. **Shellene Williams, 2004 ..... 52.41**
2. Ellen Grant, 1996 ..... 52.65
3. Senta Hawkins, 1988 ..... 54.01
4. Marlene Poole, 1994 ..... 54.03
5. Nicole Charles, 2001 ..... 54.48
6. Stacey-Leigh Bynoe, 2000 ..... 54.73
7. **Aisha Hume, 2001 ..... 55.31**
8. Elaine Jones, 1984 ..... 55.83
9. Mary Knoblauch, 1983 ..... 56.08
10. Kristin Knight, 2002 ..... 56.46

## 800 Meters

1. Kay Stormo, 1982 ..... 2:05.67
2. **Michelle Lahann, 2004 .... 2:06.79**
3. Ann Pare, 1997 ..... 2:09.25
4. Briana Benning, 1996 ..... 2:10.47
5. **Aisha Hume, 2004 ..... 2:11.27**
6. Tami Hoskins, 1990 ..... 2:11.47
7. **Shannon Stanley, 2004 .... 2:12.01**
8. Christine Salsberry, 1990 .... 2:12.05
9. Jeanne Kruckeberg, 1989 .... 2:12.35
10. Jenny Hayden, 1982 ..... 2:12.94

## 1,500 Meters

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

## 3,000 Meters

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

## 5,000 Meters

1. Nan Doak, 1985 ..... 15:45.84
2. Jenny Spangler, 1983 ..... 16:17.21
3. Tracy Dahl, 1992 ..... 16:22.01
4. Jennifer Brower, 1991 ..... 16:37.09
5. Jodi Hershberger, 1982 .... 16:48.04
6. Anne Dobrowolski, 1984 ..... 16:50
7. Penny O'Brien, 1985 ..... 17:00.44
8. Erin Boland, 1995 ..... 17:04.61
9. **Sarah Arens, 2004 ..... 17:19.63**
- 10. Nikki Chapple, 2004 ..... 17:21.78**

## 10,000 Meters

1. Jennifer Brower, 1991 ..... 33:23.38
2. Nan Doak, 1985 ..... 33:33.03
3. Jenny Spangler, 1983 ..... 33:39.24
4. **Nikki Chapple, 2004 ..... 35:06.35**
5. Tracy Dahl, 1994 ..... 35:20.00
6. Anne Dobrowolski, 1985 .. 35:59.98
7. **Katie Donlon, 2003 ..... 37:17.28**
8. **Georgia Millward, 2004 ... 37:22.04**
9. Erin Boland, 1995 ..... 37:27.54
10. Chrissie Kubitz, 1999 ..... 38:09.76

## 100-Meter Hurdles

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

## 400-Meter Hurdles

1. Mary Knoblauch, 1981 ..... 56.16
2. Wynsome Cole, 1998 ..... 56.67
3. Chris Davenport, 1981 ..... 59.18
4. Sarah Steffen, 2002 ..... 59.59
5. Beverly Powell, 1991 ..... 59.96
6. Diane Steinhart, 1980 ..... 1:00.56
7. Ruqayya Raheem, 1999 ..... 1:00:62
8. **Keely Huber, 2002 ..... 1:00.98**
9. Sherri Hull, 1985 ..... 1:03.09
10. Gina Shannon, 1998 ..... 1:04.68

## 3,000-Meter Steeplechase

1. **Sarah Arens, 2004 ..... 10:34.50**
2. **Michelle Lahann, 2003 ... 11:16.21**
3. Becca Thompson, 2003 .... 11:19.50

## 400-Meter Relay

1. Poole, Reid, Floyd, Hobbs, 1994 ..... 44.63
2. Charles, **Williams**, Providence, James, 2003 ..... 44.71
3. Floyd, Hobbs, Poole, Reid, 1994 ..... 44.80
4. Fouchè, **Williams**, Providence, James, 2003 ..... 45.02
5. Underwood, Reid, Philip, Hobbs, 1995 ..... 45.50
6. Boatright, Bynoe, Providence, Prendergast, 2000 ..... 45.50
7. Prendergast, Cole, Boatright, Broomfield, 1998 ..... 45.51
8. Hawkins, McKenzie, Simpson, Taylor, 1986 ..... 45.55
9. Knight, Dixon, Providence, Charles, 2001 ..... 45.68
10. Floyd, Hobbs, Van Der Hart, Poole, 1993 ..... 45.71

## 1,600-Meter Relay

1. **Hume**, Charles, Steffen, **Williams**, 2003 ..... 3:36.26
2. Layne, Simpson, Powell, McRell, 1989 ..... 3:41.23
3. Bynoe, Cole, Wynter, Grant, 1997 ..... 3:41.74
4. Charles, Fouchè, **Williams**, **Hume**, 2003 ..... 3:42.18
5. Fouchè, Charles, **Williams**, **Hume**, 2003 ..... 3:42.52
6. Wynter, Grant, Raheem, Bynoe, 1997 ..... 3:43.40
7. Knight, Charles, Steffen, **Hume**, 2001 ..... 3:43.68
8. Charles, **Hume**, **Williams**, Knight, 2003 ..... 3:44.22
9. **McCalla**, **Roach**, **Johnson**, **Williams**, 2004 ..... 3:44.24
10. Charles, **Williams**, Fouchè, **Hume**, 2003 ..... 3:44.29

# WOMEN'S TOP 10 OUTDOOR PERFORMERS

## High Jump

1. Mary Mol, 1983 ..... 6-0 (1.83 m)
2. **Peaches Roach, 2004** ..... **5-11 1/4 (1.81 m)**
3. Kacey Childs, 2001 ..... 5-8 1/2 (1.74 m)
4. Kristi Dinkla, 1985 ..... 5-8 (1.73 m)  
Becky Kaza, 1995 ..... 5-8 (1.73 m)  
Eve Cullinan, 2003 ..... 5-8 (1.73 m)
7. Nancy Tessmer, 1991 ..... 5-6 1/2 (1.69 m)
8. Janet Adams, 1981 ..... 5-6 1/4 (1.68 m)
9. Julie Gallery, 2001 ..... 5-6 (1.68 m)
10. Kathy Gillespie, 1984 ..... 5-4 1/2 (1.64 m)

## Long Jump

1. Aisha James, 2003 ..... 22-3 (6.78 m)
2. Lisa Moats, 1986 ..... 19-6 (5.94 m)
3. Yolanda Hobbs, 1993 ..... 19-2 1/2 (5.85 m)
4. Jane Dunlevy, 1977 ..... 18-6 (5.64 m)
5. Ruqayya Raheem, 1997 ..... 18-5 1/4 (5.62 m)  
**Tiff Pedersen, 2004** ..... **18-5 1/4 (5.62 m)**
7. Niki Fisher, 1996 ..... 18-1 1/2 (5.52 m)
8. Coretta Clarke, 1999 ..... 18-0 1/4 (5.49 m)
9. Davera Taylor, 1984 ..... 17-11 1/2 (5.47 m)
10. **Angie Hensel, 2004** ..... **17-10 3/4 (5.45 m)**

## Triple Jump

1. Becki Borg, 1988 ..... 40-7 1/2 (12.38 m)
2. Lynn, 1998 ..... 39-0 (11.88 m)
3. Kacey Childs, 2001 ..... 37-8 (11.48 m)
4. **Tiffany Johnson, 2004** ..... **37-3 (11.35 m)**
5. **Becca Franklin, 2004** ..... **36-2 1/4 (11.03 m)**
6. Janna Houtz, 1984 ..... 33-10 1/2 (10.32 m)
7. Latoya Stiffend, 2002 ..... 32-6 (9.90 m)
8. Bridget Besch, 2003 ..... 30-10 1/2 (9.41 m)
9. Eve Cullinan, 2003 ..... 30-6 1/2 (9.31 m)
10. Stephanie Matsunaga, 1996 ..... 30-2 (9.19 m)

## Discus

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

## Hammer Throw

1. Kerri Blackstone, 1999 ..... 161-10 (49.32 m)
2. Megan Maurer, 1998 ..... 145-6 (44.34 m)
3. Jennifer Gilson, 2002 ..... 142-6 (43.44 m)
4. Jennifer Moon, 2000 ..... 139-3 (42.44 m)
5. **Becca Franklin, 2004** ..... **137-5 (41.89 m)**
6. **Erin O'Hern, 2004** ..... **130-8 (39.84 m)**
7. Kara Hinz, 2000 ..... 125-1 (38.12 m)
8. Katie Hoback, 2002 ..... 121-11 (37.16 m)

## Javelin

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

## Shot Put

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

## Pole Vault

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

## Heptathlon

1. Kathy Gillespie, 1983 ..... 5,262 points/5,448 points\*
  2. **Tiff Pedersen, 2004** ..... **4,976 points**
  3. Janet Adams, 1981 ..... 4,855 points
  4. Ruqayya Raheem, 1997 ..... 4,665 points
  5. Angela Chadwick, 1993 ..... 4,493 points
  6. **Angie Hensel, 2004** ..... **4,073 points**
  7. Marjie Tweto, 1996 ..... 3,967 points
- \* -- using old table

## Distance Medley Relay

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

# MEN'S HEAD COACH LARRY WIECZOREK



## Larry Wiczorek

Head Coach  
Eighth Year at Iowa  
University of Iowa, 1969

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

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

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

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

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

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

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

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

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

### Wiczorek at Iowa

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



# WOMEN'S HEAD COACH JAMES GRANT



## James Grant

Head Coach  
Eighth Year at Iowa  
Eastern Michigan University, 1971

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

Grant and the Hawkeyes had two consecutive record-breaking seasons, headlined by their third-place finish at the 2004 Big Ten Indoor Championships and a sixth-place finish at the 2003 Big Ten Outdoor Championships. Both were Iowa's highest placings during Grant's tenure, and the third-place indoor finish tied the team's highest conference finish in school history. Senior Shellene Williams became the third student-athlete in program history to win four Big Ten titles by winning the 400 meters at the 2004 conference outdoor meet. Freshman Peaches Roach gave Iowa its first Big Ten high jump titles, winning that event at the 2004 indoor and outdoor meets.

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

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

As Iowa's assistant coach, Grant coached several Hawkeyes to success. In 1995, Yolanda Hobbs earned all-America status in the 55 and 200 meters after winning the 55-meter Big Ten title. In 1994, Iowa's 400 meter-relay of Tina Floyd, Hobbs, Marlene Poole and Tanja Reid became the first in school history to ever win a Big Ten title in that event, setting a school and meet record. The team set records four times that season and earned all-America honors at the NCAA Championships. Karen Layne won the 1990 600-meter Big Ten title, while Senta Hawkins won the Big Ten 400 meters in 1988. In 1989, the 1,600-meter relay placed second at the conference indoor and outdoor meets.

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

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

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

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

### Grant at Iowa

Year	Indoor	Indoor	Indoor	Outdoor	Outdoor	Outdoor
	Big 10 Place	Big 10 Champs	All-Americans	Big 10 Place	Big 10 Champs	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	
<b>Total</b>		<b>4</b>	<b>0</b>		<b>14</b>	<b>1</b>



# HAWKEYES TO WATCH



**Sarah  
Arens**

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



**Brad  
Daufeldt**

Senior  
Throws  
West Liberty, IA (West Liberty)

**2004 -- Indoor** - anchored distance medley relay to NCAA provisional qualifying mark of 11:30.36 at Iowa State Classic... that relay ranks fourth on Iowa's all-time bests list... anchored distance medley relay to third-place finish (11:41.77) at Big Ten Championships... ran collegiate-best mile (4:52.18) for eighth place at Iowa State Classic... that time ranks seventh on Iowa's all-time bests list... won mile (5:04.13) and Hawkeye Invitational and placed fifth (5:02.33) at Illinois Invitational... **Outdoor** - qualified for NCAA Championships in 3,000-meter steeplechase, placing second in 10:39.31 at NCAA Midwest Regional meet... qualified for regional meet in 3,000-meter steeplechase, running a collegiate-best 10:34.50 for sixth place at Big Ten Championships... that time broke the school record she set in that event last season... placed 10th in 5,000 meters (17:19.63) at Big Ten meet... that time ranks ninth on Iowa's all-time bests list... won steeplechase with a meet and track record of 10:38.53 at Iowa Musco Twilight VI... ran anchor leg on distance medley relay that placed third (11:34.56) at Drake Relays.

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

## Arens' Collegiate Bests

Event	Time	Meet	Date
800 meters (O)	2:16.45	at TX Southern Relays	3/19/04
1,500 meters (O)	4:34.05	at Sea Ray Relays	4/16/00
Mile (I)	4:52.18	at ISU Classic	2/14/04
3,000 meters (O)	9:52.17	at Big Blue Classic	4/5/00
3,000 meters (CC)	10:41	Hawkeye Invite	8/29/03
3,000-m SC (O)	10:34.50	at Big Ten Champ's	5/15/04
5,000 meters (I)	17:16.41	at Big Ten Champ's	2/24/01
5,000 meters (CC)	17:37.96	at Auburn Invite	10/19/02
6,000 meters (CC)	21:58	at Mid. Pre-Regional	9/29/00

**2004 -- team tri-captain... Indoor** - led team in weight throw (60-4 1/2)... threw collegiate-best 60-4 1/2 for third place in weight at Hawkeye Invitational... won that event (59-9 1/2) at UNI Invitational, placed third (60-0 1/2) at Iowa Open and 11th (58-5 1/4) at Big Ten Championships... his best weight throw mark ranks fourth on Iowa's all-time best performers list...

**Outdoor** - leads team in hammer and discus... qualified for NCAA Championships in both events, placing fourth in hammer (205-4) and 10th in discus (185-0) at NCAA Midwest Regional meet... the discus mark was a collegiate best that ranks third on Iowa's all-time bests list... qualified for regional meet in hammer throw and discus... threw collegiate-best hammer (207-6) at Iowa Musco Twilight VI for first place... that mark ranks third on Iowa's all-time bests list... runner-up in hammer (203-2) and placed sixth in discus (174-8) at Big Ten Championships... also placed fourth in discus (170-0) at Iowa Musco Twilight VI... won discus (169-8) and placed third in hammer (197-7) at Missouri Relays... placed third in hammer (186-1) and discus (176-6) at UNI Twilight... placed sixth in hammer (196-2) and 11th in discus (166-11) at Drake Relays.

## Daufeldt's Collegiate Bests

Event	Distance	Meet	Date
Wt. Throw (I)	60-4 1/2 (18.40m)	Hawkeye Invite	1/17/04
Discus (O)	177-0 (53.94m)	at W.W. Classic	3/17/01
Hammer (O)	207-10 (63.34 m)	Iowa Musco VI	5/1/04



# HAWKEYES TO WATCH



## Adam Hamilton

Sophomore  
Throws  
Milford, NH (Milford)

**2004 -- Indoor** - redshirted... **Outdoor** - qualified for NCAA Championships in hammer... runner-up in hammer with a collegiate-best 206-7 at Drake Relays, which ranks fourth on Iowa's all-time bests list... won hammer at UNI Twilight (202-9), placed second at at Iowa Musco Twilight VI (200-5) and Missouri Relays (198-4), and fifth at Big Ten Championships (196-4)... placed 11th in hammer (192-0) at NCAA Midwest Regional meet.

Hamilton's Collegiate Bests			
Event	Distance	Meet	Date
Wt. Throw (I)	59-5 3/4 (18.13 m)	Iowa Open	2/21/03
Shot Put (I)	50-0 3/4 (15.26 m)	at Panther Classic	2/1/03
Hammer (O)	206-7 (62.98 m)	at Drake Relays	4/24/04



## Ken Kemeny

Junior  
Throws  
Palatine, IL (Fremd)

**Iowa Item** -- his collegiate-best outdoor shot put of 62-1 3/4 meets the 2004 U.S. Olympic Trials "B" standard.

**2004 -- Indoor** - provisionally qualified for NCAA Championships in shot put with a season-best 60-0 1/2 at Big Ten Championships for sixth place... that mark ranks third on Iowa's all-time best performers list... led team in that event... won shot at Hawkeye Invitational (58-10 3/4) and Iowa Open (58-9 1/2), placed second (59-5 3/4) at Gold Country Classic, placed third (59-6 3/4) at NCAA Qualifier and seventh (57-9) at Husker Invitational... **Outdoor** - qualified for NCAA Championships in shot put, placing fourth with a throw of 61-4 1/4 at NCAA Midwest Regional meet... qualified for regional meet in shot put, leading team in that event... placed sixth in shot with a collegiate-best 62-1 3/4, which ranks second on Iowa's all-time bests list, at Big Ten Championships... that mark

also met the U.S. Olympic Trials "B" standard... also threw collegiate-best 166-1 in discus at Iowa Musco Twilight VI... won shot put at Drake Relays (59-11 1/4), placed second at Iowa Musco Twilight VI (60-8), fifth (58-7 1/2) at Sea Ray Relays and seventh (59-11) at Stanford Invitational... placed third in shot (57-8 1/2) and fifth in discus (156-2) at Missouri Relays.

Kemeny's Collegiate Bests			
Event	Distance	Meet	Date
Shot Put (O)	62-1 3/4 (18.94 m)	at Big Ten's	5/16/04
Discus (O)	166-1 (50.63 m)	Iowa Musco VI	5/1/04



## Russell Peterson

Senior  
Hurdles/Sprints  
Manteno, IL (Manteno)

**2004 --** team tri-captain... **Indoor** - led team in 60-meter hurdles... placed eighth in that event at Big Ten Championships, running a collegiate-best 7.97 in semifinals... that time ranks second on Iowa's all-time bests list... also anchored 1,600-meter relay that placed fifth at Big Ten meet (3:18.42)... won 60-meter hurdles (8.08) at Iowa Open... ran season-best 400 meters (48.91) at Iowa State Classic... ran second leg on team-leading 1,600-meter relay (3:13.81)... **Outdoor** - qualified for NCAA Championships in 400-meter hurdles, placing sixth in 51.18 at NCAA Midwest Regional meet... qualified for regional meet in 400-meter hurdles and as part of 1,600-meter relay... leads team in 110 and 400-meter hurdles... placed third in 400-meter hurdles with a season-best 50.86 at Big Ten Championships... ran anchor leg on team-leading 1,600-meter relay (3:08.90) at Drake Relays... ran lead leg on 1,600-meter relay that placed eighth (3:16.88) at Big Ten Championships... placed fourth in 400-meter hurdles at Iowa Musco Twilight VI (51.15)... ran collegiate-best 200 meters (21.98) at UNI Twilight.

Peterson's Collegiate Bests			
Event	Time	Meet	Date
60-m H (I)	7.97	at Big Ten Championships	2/28/04
110-m H (O)	14.85	at Stanford Invite	3/26/04
200 meters (O)	21.98	at UNI Twilight	4/17/04
400 meters (O)	47.62	Indiana Quadrangle	4/7/01
400-m H (O)	50.50	Big Ten Championships	5/19/01
600 meters (I)	1:19:12	Minnesota Open	1/27/01



# HAWKEYES TO WATCH



**Peaches**

**Roach**

Freshman  
Jumps  
Kingston, Jamaica (Alpha Academy)



**Shellene**

**Williams**

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

**2004 -- Indoor** - led team in high jump (5-11 1/4) with NCAA provisional qualifying mark and in 60 meters (7.48)... those marks ran second on Iowa's all-time bests list... Big Ten high jump champion with a collegiate-best 5-11 1/4... also placed fifth in 60 meters (7.50) at Big Ten Championships, running a collegiate-best 7.48 in prelims... tied for 15th in high jump (5-8) at NCAA Championships... placed third in high jump (5-10 1/2) at Iowa State Classic... **Outdoor** - qualified for NCAA Championships in high jump, placing fifth (5-10 1/2) at NCAA Midwest Regional meet... qualified for regional meet in high jump... Big Ten high jump champion, tying her collegiate best of 5-11 1/4... Big Ten Freshman of the Year... placed fourth in high jump (5-10 3/4) at Drake Relays... leads team in that event and 100 meters (11.80)... her season-best high jump ranks second and best 100 meters ranks 10th on Iowa's all-time bests list... won high jump (5-10 1/4) at Texas Southern Relays... runner-up in high jump (5-8) and 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.

## Roach's Collegiate Bests

Event	Mark	Meet	Date
60 meters (I)	7.48	Big Ten Champ's	2/28/04
100 meters (O)	11.80	at TX-Arlington Relays	3/27/04
200 meters (I)	25.23	at Gold C. Classic	1/24/04
High Jump (I)	5-11 1/4 (1.81 m)	Big Ten Champ's	2/29/04
High Jump (O)	5-11 1/4 (1.81 m)	at Big Ten Champ's	5/16/04

**2004 -- Indoor** - Big Ten 400-meter champion (54.17) and runner-up in 200 meters (23.97)... ran second leg on 1,600-meter relay that set school record of 3:44.47 and placed third at Big Ten Championships... led team in 200 (23.62) and 400 meters (52.83)... NCAA automatic qualifier in 400 meters (52.83) at Iowa State Classic, which ranks second on Iowa's all-time bests list... also set school record in 200 meters with a provisional qualifying time of 23.62 at Husker Invitational... ran second leg on distance medley relay that provisionally qualified (11:30.36) at Iowa State Classic... that relay ranks fourth on Iowa's all-time bests list... competed in 200 (23.98) and 400 meters (53.00) at NCAA Championships... ran second leg on distance medley relay that placed sixth (11:38.47) at Alex Wilson Invitational... won 60 meters at Illinois Invitational with a collegiate-best 7.50, which ranks third in Iowa's all-time bests list... won five of the nine individual events she competed in, placing second in two others... **Outdoor** - qualified for NCAA Championships in 400 meters, placing fourth with a school-record setting time of 52.41 at NCAA Midwest Regional meet... qualified for regional meet in 200 and 400 meters, leading the team in both events... Big Ten 400-meter champion... is one of only three female student-athletes in program history to win four Big Ten titles during a career... broke 21-year-old school record 200 meters with her winning time of 23.50 at Iowa Musco Twilight VI... won special 400-meter race with a season-best 52.95 at Drake Relays... also won 400 meters (53.61) at Mt. SAC Relays... anchored 400-meter relay (46.44) and ran third leg on 1,600-meter relay (3:44.24) to seventh place finishes at Big Ten Championships.

## Williams' Personal Bests

Event	Time	Meet	Date
60 meters (I)	7.50	at Illinois Invite	1/31/04
200 meters (O)	23.50	Iowa Musco VI	5/1/04
400 meters (O)	52.41	at Midwest Regional	5/29/04

