

THE UNIVERSITY OF IOWA



**HAWKEYE
TRACK & FIELD**



TRACK AND FIELD CONTACT: STEPHANIE DITTMER

**2011 INDOOR NCAA
TRACK AND FIELD CHAMPIONSHIPS
MARCH 11-12, 2011
COLLEGE STATION, TEXAS -- TEXAS A&M UNIVERSITY**



**University of Iowa Sports Information Office - Carver-Hawkeye Arena, Iowa City, IA 52242
Phone: 319/335-9411 - Fax: 319/335-9417 - www.hawkeyesports.com**

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March 8, 2011

2010-11 IOWA TRACK & FIELD INDOOR SCHEDULE

Date	Meet
Jan. 8	at Illinois Open (Champaign, IL)
Jan. 15	Iowa Open (Iowa City, IA)
Jan. 21-22	at Jack Johnson Classic (Minneapolis, MN)
Jan. 28-29	at Razorback Invitational (Fayetteville, AR)
Feb. 5	at Meyo Invite (South Bend, IN)
Feb. 11-12	at ISU Classic (Ames, IA) at Flotrack Husky Classic (Seattle, WA)
Feb. 18	Iowa Invitational (Iowa City, IA)
Feb. 26-27	at Big Ten Championships (West Lafayette, IN) (W) (Champaign, IL) (M)
Mar. 5	at NCAA Last Chance Meet (TBA)
Mar. 11-12	at NCAA Championships (College Station, TX)

IOWA COACHING STAFF

Layne Anderson	Head Women's Coach
Larry Wieczorek	Head Men's Coach
Scott Cappos	Assistant Coach
.....	Men's and Women's Throws
Clive Roberts	Assistant Coach
.....	Horizontal jumps, women's short
.....	sprints, hurdles, relays
Christi Smith	Assistant Coach
.....	Combined events, vertical jumps
Joey Woody	Assistant Coach
.....	Men's sprints, short hurdles and relays
.....	women's long sprints and hurdles

2011 INDOOR NCAA CHAMPIONSHIPS

The men's and women's track and field team is sending 10 competitors to the NCAA Indoor Championships this weekend in College Station, Texas. Iowa will be represented in seven individual events and one relay race.

The two-day event is set to take place March 11-12 in the Gilliam Indoor Track Stadium on the campus of Texas A&M. Events will begin Friday at 10 a.m. and run through Saturday night with the awards ceremony at 7:50 p.m.

Hawkeye competitors include Justin Austin (200m), Tory Doris (triple jump), McKenzie Melander (mile), Jordan Mullen (60m hurdles), Bethany Praska (800m), Erik Sowinski (800m), Jeff Thode (mile) and the 1,600-meter relay team (Patrick Richards, Ethan Holmes, Sowinski, Steven Willey).

ON YOUR TV - ON YOUR COMPUTER

ESPN2 will show a tape delay of the event on March 16 at 2:30 p.m. Eastern. ESPN3 will webstream the event on Friday, March 11 from 4-8:40 p.m. and Saturday, March 12 from 4-7:50 p.m. The remainder of the event will be streamed live on NCAA.com.

LIVE RESULTS

Live results are available at the Iowa Track & Field schedule page on hawkeyesports.com.

HAWKEYES PACK SCHOOL RECORDS FOR NCAA TRIP

Iowa's 10 NCAA qualifiers have combined to set 10 school records this indoor season, the new records include the 60m and 200m (Austin), the 600 meters (Willey) the men's and women's 800 meters (Sowinski, Praska), the men's and women's mile (Thode, Melander), the 3,000 meters (Thode), the 60-meter hurdles (Mullen), the triple jump (Doris) and the men's mile relay (Richards, Holmes, Sowinski, Willey).

NCAA HISTORY

The Hawkeyes have crowned 13 NCAA Champions in program history. The most recent Champion was Kineke Alexander in the 400-meter dash as a sophomore in 2006. Alexander posted a 52.16 in the race, becoming Iowa's fourth all-time individual champion and the first Hawkeye sprinter champion.

Previous Hawkeye National Champions:

- Kineke Alexander - 400 meters (2006)
- Bashir Yamini - Long Jump (1998)
- Tracy Dahl - 5,000 meters (1992, 1993)
- Nan Doak - 10,000 meters (1985)
- Fred Ferree - Mile Relay (1967)
- Carl Frazier - Mile Relay (1967)
- Mike Mondane - Mile Relay (1967)
- Jon Reimer - Mile Relay (1967)
- Deacon Jones - Two Miles (1957)
- Rich Ferguson - Two Miles (1953)
- George Sailing - 120 meter hurdles (1932)
- Ed Gordon - Long Jump (1929, 1931)
- Eric Wilson - 220 meters (1923, 1921)

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PAGE 2

SO, JUSTIN AUSTIN - 200 meters

A sophomore transfer student-athlete from Kentucky, Austin joined the Hawkeyes in the fall and has sprinted through the Iowa record books ever since. Austin automatically qualified for the NCAA Championships after posting a 20.83 200 meters at the Razorback Invitational. He is also a Big Ten Champion and school record holder in the event.

The Milwaukee, Wis. native also set the school record in the 60 meters. Austin sprinted to a 6.69 finish in the preliminary run of the event at the Big Ten Championships. He has set the 60m record three times this season, initially setting it at 6.72 at the Jack Johnson Classic.

"Justin had a record setting season," said Head Coach Larry Wiecezorek. "I've always been impressed when an athlete can become a Big Ten champion. So that is one thing we can say forever about Justin Austin, he is a Big Ten champion."

JR, TROY DORIS - triple jump

A junior from Bollingbrook, Ill., Doris joined the Hawkeyes after competing for the College of DuPage for two seasons. Doris crushed the school record in the triple jump competition at the Razorback invitational. The spring-legged junior leapt 54 feet, nearly two feet past the previous record. Doris secured himself a place at the NCAA Championships by surpassing the automatic qualifying mark of 16.10 meters.

"Troy Doris, Iowa records and NCAA automatic qualifier," said Wiecezorek. "We refer to those guys as Big Ten champions. They're fraternity brothers. If you're a Big Ten Champion, it's something that someone coast to coast would understand. I think that's a very high honor, and Troy Doris is a Big Ten Champion."

JR, ERIK SOWINSKI - 800 meters

A junior from Waukesha, Wis., Sowinski will be running the 800 meters this weekend. Sowinski qualified for the Championships by posting a school record and automatic qualifying time of 1:47.98 at the Huskie Invite, Feb. 12.

Sowinski previously held the school record in the 600 meters as well. The middle distance runner set the mark at 1:18.05 at the Big Ten Championships in 2009, but teammate senior Steven Willey broke the record this season.

An All-American in 2010 for his role on the team's 1,600-meter relay team, Sowinski will also be running on the 1,600-meter relay team at the NCAA Championships.

"Erik Sowinski, school record holder, NCAA automatic qualifier, academic All-American," Wiecezorek said. "He's everything you'd want in a student-athlete."

SO, JEFF THODE - Mile

A sophomore from Schaumburg, Ill., Thode was the first Iowa runner in school history to post a sub-four minute mile. Thode broke a 29-year old school record in 2010 when he ran a 4:03.07 mile at the NCAA Qualifier event. He posted a time of 4:02.00 at the Big Ten Championships and then broke through the four-minute-mile barrier at the Notre Dame NCAA Qualifying event, running the race in 3:58.72.

Thode also holds the school record in the 3,000 meters, a race he ran for the first time in his career when he posted the fastest time in program history at 8:00.38.

"The first sub-four-minute-miler in Iowa history," said Wiecezorek. "That is a tremendous achievement. He's an NCAA qualifier, but the highest thing I can say about him is that he is the first sub-four-minute miler in the history of the University of Iowa."

SO, JORDAN MULLEN - 60-meter hurdles

A sophomore from Atlantic, Iowa, Mullen posted a qualifying time of 7.75 in the 60-meter hurdles at the Jack Johnson Classic, Jan. 22. Mullen's school record time in the event was just .05 seconds shy of an automatic bid to the Championships, but was good enough to punch a ticket to College Station when the final tournament field was announced.

"Jordan is another school record holder," said Wiecezorek. "He's a guy that just keeps going, an aggressive guy that just attacks the hurdles. His best is yet to come."

SR, BETHANY PRASKA - 800 meters

A senior from Longmont, Col., Praska qualified for the NCAA Championships with a time of 2:05.36 in the 800 meters at the Iowa State Last Chance Qualifier event. Praska set the school record in the event on the same track earlier in the season, running 2:06.20 at the ISU Classic Feb. 12.

The senior earned her first Big Ten title in the 600 meters at the 2011 indoor championships Feb. 26-27. Praska posted a 1:28.14 time in the race to earn the gold.

"Bethany came in as a sprinter and through a lot of hard work and determination become an elite middle distance runner," said Head Coach Layne Anderson. "It's not an easy task. She's worked very, very hard and she and Coach Roberts have done a tremendous job getting her to this point. She deserves a great deal of credit."

JR, MCKENZIE MELANDER - Mile

A junior from Apple Valley, Minn., Melander is set to run the mile at the championships this weekend. Melander placed third at the Notre Dame qualifying event with a school record time of 4:39.78.

Melander is the first Iowa's women's miler to post a sub-4:40.00 time. The distance runner narrowly missed the automatic qualifying mark of 4:38.90, but earned an at-large bid to the elite competition.

"McKenzie, in training, has worked every bit as hard as anybody in our program. She has always been a little bit off for whatever

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HAWKEYE TRACK & FIELD



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reason, but I've really talked to her about believing her time will come and to seize the moment when she has the opportunity. It is really exciting she did just that last weekend. To break the school record that has been on the books for 22 years and become the first Iowa woman to run a sub-4:40.00 time will really go down in the history books. It is certainly well deserved."

MEN'S 1,600-METER RELAY

The men's 1,600-meter relay used a school record performance at the Iowa State Last Chance Qualifier to earn an at-large bid to the NCAA Indoor Championships. Junior Patrick Richards, sophomore Ethan Holmes, Sowinski, and senior Steven Willey ran the race in 3:06.66, a new school record, and the ninth fastest time in the NCAA.

"They are school record holders," Wiecezorek said. "Coach Woody has prepared them to become All-Americans and compete for the NCAA title."

HEAD COACH LARRY WIECZOREK

Larry Wiecezorek is in his 24th season as head men's cross country coach and his 15th season as head men's track and field coach at the University of Iowa. He served as an assistant track and field coach for 12 years before taking the helm in 1997.

Last season, Wiecezorek guided 28 qualifiers, made up of 20 student-athletes competing in 13 individual events and two relays to the NCAA Outdoor Championships preliminary round.

HEAD COACH LAYNE ANDERSON

Layne Anderson is in his third year as head coach of the University of Iowa women's cross country and track and field teams. He has served as the Hawkeyes' head women's cross country coach for the past seven seasons, and was the interim head women's track and field coach in 2008. From 2003-07, he served as an assistant women's track and field coach for the Hawkeyes.

2010-11 INDOOR SEASON LEADERS

MEN'S		WOMEN'S	
60 meters	Justin Austin 6.69*	60 meters	Erin Jones 7.55
60 meter hurdles	Jordan Mullen 7.75*	200 meters	Erin Jones 24.01
200 meters	Justin Austin 20.83*#	300 meters	Ashley Liverpool 40.87
400 meters	Steven Willey 46.88	400 meters	Ashley Liverpool 54.09
600 meters	Steven Willey 1:17.94*	600 meters	Bethany Praska 1:28.14
600 Yards	Dan Kuhlman 1:12.12	800 meters	Bethany Praska 2:05.36*
800 meters	Erik Sowinski 1:47.98*	Mile	McKenzie Melander 4:39.78*
1,200 meters	Nathan Prom 3:06.27	3,000 meters	Betsy Flood 9:20.09
Mile	Jeff Thode 3:58.72*#	High Jump	Zinnia Miller 5-5 (1.65m)
3,000 meters	Jeff Thode 8:00.38*	Pole Vault	Kirsten Weismantle ... 11-1 3/4 (3.40m)
High Jump	Graham Valdes 6-10 3/4 (2.10m)	Long Jump	Carisa Leacock .. 19-1 1/2 (5.83m)
Long Jump	Jeffery Herron 23-4 1/2 (7.12m)	Shot Put	Rachel Curry 47-9 1/4 (14.56m)
Triple Jump	Troy Doris 54 (16.46)*#	Weight Throw	Kelsey Taylor 60-4 1/2 (18.40m)*
Shot Put	Ryan Lamparek... 56-4 1/2 (17.18m)	1,600-meter relay	Liverpool, Hendricks, Erickson, Praska 3:37.58*
Weight Throw	Matt Banse 64-8 1/2 (19.72m)	Distance Medley	Melander, Hendricks, L. Hardesty, Eilers 11:22.44
Pole Vault	Kyle Reid 15-7 (4.75m)		
1,600 meter relay	Richards, Holmes, Sowinski, Willey 3:06.66*		
Distance Medley	Prom, Rickels, Kuhlman, Smith 10:13.58		

* - School Record

- NCAA Auto Qualifier

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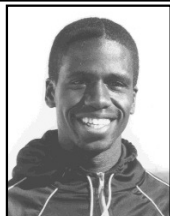


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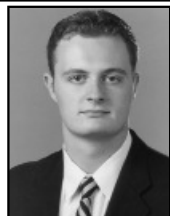


TRACK AND FIELD CONTACT: STEPHANIE DITTMER

INDOOR TOP PERFORMERS



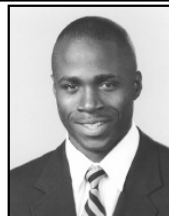
Rodney Chambers



Jim Costello



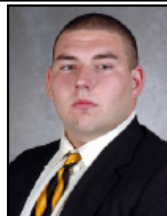
Chris Davis



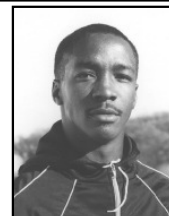
Kurt Felix



Bill Hansen



John Hickey



Paul Jones

60 Meters

1. Justin Austin, 2011	6.69
2. Kurt Felix, 1999	6.73
3. Tony Branch, 1999	6.78
4. Paul Chaney, Jr., 2009	6.80
D'Juan Richardson, 2010	6.80
6. Derrick Burks, 2005	6.81
7. Zeke Sayon, 2010	6.82
8. Tim Dodge, 2001	6.83
Troy Doris, 2011	6.83
10. Tevin Mincy, 2011	6.85

60-Meter Hurdles

1. Jordan Mullen, 2011	7.75
2. Dion Trowers, 1997	7.87
3. Russell Peterson, 2004	7.97
4. DeRocco Reed, 2000	8.03
5. Ethan Holmes, 2011	8.08
6. Jordan Crosby, 2005	8.16
7. D'Juan Richardson, 2009	8.20
8. Justin Poots, 2001	8.22
9. Tony Branch, 1999	8.24
10. Monte Raymond, 1997	8.29
Brice Wilson, 2008	8.29

200 Meters

1. Justin Austin, 2011	20.83
2. Anthuan Maybank, 1993	21.11
3. Bashir Yamini, 1999	21.19
4. Tim Dodge, 2000	21.26
5. Paul Chaney, Jr., 2009	21.34
6. George Page, 1997	21.35
7. Zach Digney, 2004	21.39
8. Tony Branch, 1998	21.46
9. David Chaplin, 2006	21.49
10. Adam Kunkel, 2001	21.55

400 Meters

1. Steven Willey, 2010	46.75
2. Terrence Duckett, 1984	46.81
3. Andre Morris, 1995	47.15
4. Monte Raymond, 1998	47.18
5. Anthuan Maybank, 1990	47.25
6. Patrick Richards, 2011	47.35
7. Juan Coleman, 2002	47.40
8. Curtis Chung, 1989	47.65
9. Ray Varner, 2008	47.66
10. Ed Rozell, 1997	47.73

600 Meters

1. Steven Willey, 2011	1:17.94
2. Erik Sowinski, 2009	1:18.05
3. Pat McGhee, 1988	1:18.30
4. Chris Barton, 2011	1:18.75
5. Adam Hairston, 2009	1:19.05
6. Monte Raymond, 1997	1:19.18
7. Scott Williamson, 2001	1:19.19
8. D'Juan Strozier, 1990	1:19.20
9. Gary Falls, 1991	1:19.32
10. Zach Splan, 2007	1:19.39

800 Meters

1. Erik Sowinski, 2011	1:47.98
2. Adam Hairston, 2010	1:49.26
3. Nick Kuczvara, 2010	1:50.84
4. Dave Novotny, 1996	1:51.27
5. Jim Docherty, 1973	1:51.30
6. Rod Chambers, 1989	1:51.33
7. Jim Donovan, 1999	1:51.52
8. Michael Layne, 1997	1:51.54
9. Bill Frazier, 1963	1:51.80
10. Mike Cunningham, 2002	1:51.98

Mile

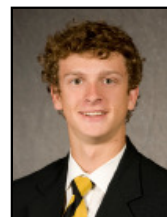
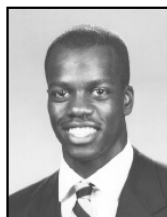
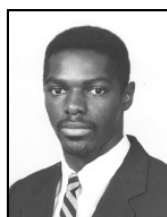
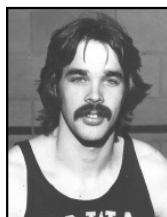
1. Jeff Thode, 2011	3:58.72
2. Ed DeLashmutt, 1981	4:04.01
3. Larry Wiecezorek, 1968	4:04.40
4. John Clark, 1972	4:05.94
5. Adam Thomas, 2002	4:07.13
6. Kevin Herd, 1992	4:07.26
7. Jesse Luciano, 2009	4:07.29
8. Jake Berns, 2006	4:07.43
9. Micah VanDenend, 2007	4:07.54
10. Ted Wheeler, 1956	4:07.74

3,000 Meters

1. Jeff Thode, 2011	8:00.38
2. Micah VanDenend, 2006	8:00.81
3. Eric MacTaggart, 2006	8:08.79
4. Stetson Steele, 2000	8:09.54
5. Dan Haut, 2005	8:11.36
6. Kevin Herd, 1994	8:11.51
7. Nick Holmes, 2010	8:15.48
8. Andy Napier, 2008	8:15.70
9. Larry Wiecezorek, 1968	8:17.00
10. Matt Esche, 2004	8:17.28

5,000 Meters

1. Micah VanDenend, 2007	13:56.46
2. Stetson Steele, 2000	14:00.52
3. Dan Haut, 2006	14:06.16
4. Eric MacTaggart, 2006	14:13.41
5. Matt Esche, 2004	14:18.43
6. Jeff Kent, 2007	14:18.86
7. Jesse Luciano, 2009	14:20.99
8. Nick Nordheim, 2002	14:22.99
9. Kevin Herd, 1994	14:27.57
10. Tony Rakaric, 2005	14:31.45



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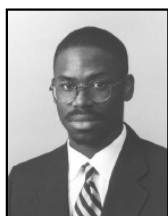


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INDOOR TOP PERFORMERS



Jeff Thode



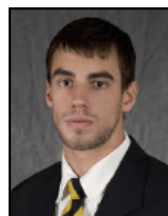
Dion Trowers



Micah VanDenend



Todd Wigginton



Steven Willey



Bashir Yamini

Heptathlon

1. Dan Rolling, 20105,205 points
2. Ryan Niver, 20085,149 points
3. Frank Prill, 20105,015 points
4. Scott Faber, 20004,784 points
5. Cam Appleman, 19974,685 points
6. Kyle Reid, 20104,662 points
7. Bobby Windauer, 20074,644 points
8. Jacob Drewry, 19954,612 points
9. Mark Mankivsky, 20084,453 points

High Jump

1. Bill Knoedel, 19767-3 (2.21)
- Bill Hansen, 19787-3 (2.21)
3. Scott Hudek, 19937-0 1/2 (2.15)
4. Pat Meade, 19877-0 1/4 (2.14)
5. Mike Lacy, 19847-0 (2.13)
6. M. Cunningham, 19846-11 1/4 (2.11)
7. Dan Rolling, 20086-11 (2.11)
- Brandon Oest, 20106-11 (2.11)**
- Jeffery Herron, 20106-11 (2.11)**
- Graham Valdes, 20106-11 (2.11)**

Pole Vault

1. Todd Wigginton, 198417-1 (5.21)
2. Dave Nielsen, 197516-10 (5.13)
3. Curt Brock, 197916-6 (5.03)
4. Alex Zona, 201016-4 3/4 (5.00)
- Kyle Reid, 201016-4 3/4 (5.00)**
6. Phil Wertman, 197116-4 (4.98)
7. Jeff Raymond, 200816-2 (4.93)
8. John Teffer, 197216-1 (4.90)
9. Chad Ohly, 199515-9 (4.80)
- Rich Palumbo, 198915-9 (4.80)

Long Jump

1. Anthuan Maybank, 199226-5 1/2 (8.06)
2. Bashir Yamini, 199826-0 1/4 (7.93)
3. Darren Smith, 199125-2 (7.67)
4. Paul Jones, 199024-11 1/4 (7.60)
5. Ronnie McCoy, 198424-9 (7.54)
6. Matty Gorman, 200624-8 1/2 (7.53)
7. Charles Jones, 198024-8 1/4 (7.52)
8. Quinn Early, 198624-7 1/4 (7.50)
- 9. Jeffery Herron, 201124-7 (7.49m)**
10. Lee Farmer, 194223-9 1/4 (7.24)

Triple Jump

1. **Troy Doris, 201154-0 (16.46)**
2. Paul Jones, 199052-1 1/4 (15.88)
3. Mike Lacy, 198349-0 (14.93)
4. Owen Gill, 198248-10 3/4 (14.90)
5. Josh Bean, 200948-10 (14.88)
6. Gordon Finch, 198848-3 3/4 (14.72)
7. Matty Gorman, 200648-3 1/2 (14.72)
8. Pat Miller, 198447-11 (14.60)
9. Brian Quarles, 198046-9 3/4 (14.26)
10. Darren Smith, 199246-3 1/2 (14.11)

Shot Put

1. John Hickey, 200963-0 (19.20)
2. Jeremy Allen, 200162-10 1/2 (19.16)
3. Shane Maier, 200661-2 (18.64)
4. G. Kostrubala, 198660-10 3/4 (18.55)
5. Andy Banse, 200560-9 1/4 (18.52)
6. Ken Kemeny, 200460-0 1/2 (18.30)
7. Chris Gambol, 198759-0 (17.98)
8. A. van der Westhuizen, 199958-10 3/4 (17.95)
- 9. Ryan Lamparek, 201056-10 (17.32)**
10. A.J. Curtis, 200857-9 1/2 (17.61)

Weight Throw

1. Jim Costello, 200269-4 3/4 (21.15)
2. A. van der Westhuizen, 200167-7 1/2 (20.61)
3. Adam Hamilton, 200766-9 1/4 (20.35)
4. Jeremy Allen, 200165-10 1/4 (20.07)
- 5. Matt Banse, 201164-8 1/2 (19.72m)**
6. Chris Voller, 200563-4 (19.30)
- 7. Ryan Lamparek, 201161-0 1/4 (18.60)**
8. Brad Daufeldt, 200460-4 1/2 (18.40)
9. Ryan Jordan, 200859-0 (17.98)
10. Eric Rothwell, 200257-2 1/4 (17.43)

1,600-Meter Relay

1. **Richards, Holmes, Sowinski, Willey, 2011 ... 3:06.66**
2. Rozell, Davis, Raymond, Yamini, 19983:06.80
3. Coleman, Faber, Strang, Peterson, 20023:07.44
4. Greer, Williams, Smith, Duckett, 19843:08.14
5. Card, Coleman, Williamson, Dodge, 20013:08.21
6. Davis, Rozell, Page, Morris, 19953:08.77
7. Dodge, Williamson, Card, Peterson, 20013:08.82
- 8. Richards, Holmes, Barton, Willey, 2011 3:08.85**
9. Branch, Dodge, Donovan, Yamini, 19993:08.99
10. Dodge, Card, Williamson, Peterson, 20003:09.33

3,200 Meter Relay

1. Cooke, Nie, Monsey, Chambers, 19907:13.02
2. Corrigan, Blackman, Strozier, Chambers, 19897:29.00
3. English, Blackman, Strozier, Chambers, 19897:36.20
4. 19777:39.40
5. 19867:40.90
6. Bouske, Herd, Chambers, Koon, 19927:43.94
7. Bouska, Cook, White, Herd, 19927:48.63
8. 19927:49.86
9. 19867:50.10
10. Roseman, Rerko, Novotny, Branigan, 19937:51.36

Distance Medley Relay

1. 19999:46.83
2. 19779:48.80
3. 19789:49.70
4. Kuczvara, Barton, Kuhlman, Holmes, 20109:51.05
5. Marchese, Varner, Hairston, Luciano, 20099:52.52
6. Paul, Varner, Hairston, Thode, 20109:52.71
7. Trainor, Faber, Cunningham, Allen, 20029:58.14
8. Newell, Eisenlauer, Tice, Clark, 197310:00.0
9. Criswell, Hexum, Schum, Eastland, 197110:01.40
10. Atkins, Olson, Layne, Allen, 200010:01.54

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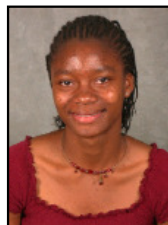


HAWKEYE TRACK & FIELD



TRACK AND FIELD CONTACT: STEPHANIE DITTMER

INDOOR TOP PERFORMERS



Kineke Alexander



Meghan Armstrong



Tracy Dahl



Karessa Farley



Becca Franklin



Ashley Granger



Senta Hawkins

60 Meters

1. Elaine Jones, 1983.....	7.43
2. Peaches Roach, 2005.....	7.45
3. Shellene Williams, 2004.....	7.50
4. Jiselle Providence, 2002.....	7.52
5. Rhonda-Kaye Trusty, 2010.....	7.55
Erin Jones, 2011.....	7.55
6. Angela Menson, 1982.....	7.57
7. Tamara Dixon, 2002.....	7.64
8. Lakeya Boatright, 1999.....	7.68
Raven Moore, 2010.....	7.68

60-Meter Hurdles

1. Karessa Farley, 2009.....	8.21
2. Tiffany Johnson, 2006.....	8.33
3. Paula Ruen, 1998.....	8.39
4. Sarah Steffen, 2002.....	8.45
Renee White, 2008.....	8.45
6. Colleen Prendergast, 2000.....	8.57
7. Tammilee Kerr, 2008.....	8.60
8. Kimberly Stanford, 2008.....	8.63
9. Diane Steinhart, 1981.....	8.64
10. Ruqayya Raheem, 1999.....	8.74

200 Meters

1. Kineke Alexander, 2006.....	23.49
2. Shellene Williams, 2004.....	23.62
3. Marlene Poole, 1994.....	23.66
Yolanda Hobbs, 1995.....	23.66
5. Erica Broomfield, 1998.....	23.81
6. Erin Jones, 2011.....	24.01
7. Rhonda-Kaye Trusty, 2010.....	24.05
8. Peaches Roach, 2007.....	24.09
9. Jiselle Providence, 2002.....	24.44
10. Tanja Reid, 1994.....	24.67

400 Meters

1. Kineke Alexander, 2007.....	51.48
2. Ellen Grant, 1996.....	52.65
3. Shellene Williams, 2004.....	52.83
4. Ashley Liverpool, 2011.....	54.09
5. Tiffany Hendricks, 2011.....	55.06
6. Wynsome Cole, 1997.....	55.45
7. Nicole Charles, 2002.....	55.59
8. Senta Hawkins, 1988.....	55.66
9. Marlene Poole, 1993.....	55.20
10. Aisha Hume, 2002.....	56.33
Lindsey McCalla, 2006.....	56.33

600 Yards

1. Senta Hawkins, 1987.....	1:21.06
2. Aisha Hume, 2004.....	1:21.74
3. Kay Stormo, 1982.....	1:22.49
4. Bethany Praska, 2009.....	1:23.12
5. Chris Davenport, 1982.....	1:24.14
6. Sophia Poncè, 2007.....	1:24.55
7. Wynsome Cole, 1995.....	1:24.83
8. Keely Huber, 2002.....	1:25.81
9. Briana Benning, 1996.....	1:26.05
10. Sherri Hull, 1983.....	1:26.10

600 Meters

1. Kineke Alexander, 2008.....	1:27.45
2. Bethany Praska, 2010.....	1:28.14
3. Senta Hawkins, 1987.....	1:30.77
4. Karen Layne, 1990.....	1:31.45
5. Kay Stormo, 1982.....	1:32.30
6. Aisha Hume, 2004.....	1:32.41
7. Sophia Chow, 2002.....	1:33.54
8. Ann Pare, 1997.....	1:34.95
9. Tiffany Hendricks, 2011.....	1:35.01
10. Chris Davenport, 1981.....	1:35.34

800 Meters

1. Bethany Praska, 2011.....	2:05.36
2. Jeanne Kruckeberg, 1989.....	2:06.38
3. Michelle Lahann, 2004.....	2:06.83
4. Briana Benning, 1996.....	2:09.22
5. Kay Stormo, 1981.....	2:11.04
6. Ann Pare, 1997.....	2:11.19
7. Atalie Barber, 2003.....	2:12.10
8. Shannon Stanley, 2005.....	2:12.13
9. Lauren Hardesty, 2009.....	2:12.39
10. Tracy Dahl, 1993.....	2:12.74

Mile

1. McKenzie Melander, 2010.....	4:39.78
2. Jeanne Kruckeberg, 1989.....	4:40.19
3. Meghan Armstrong, 2006.....	4:40.59
4. Lauren Hardesty, 2011.....	4:41.01
5. Tina Stec, 1994.....	4:42.63
6. Betsy Flood, 2010.....	4:42.70
7. Penny O'Brien, 1981.....	4:43.72
8. Diane Nukuri, 2007.....	4:46.25
9. Michelle Lahann, 2004.....	4:47.23
10. Amanda Hardesty, 2010.....	4:48.69

3,000 Meters

1. Tracy Dahl, 1993.....	9:15.57
2. Meghan Armstrong, 2008.....	9:17.50
3. Diane Nukuri, 2008.....	9:20.07
4. Nan Doak, 1982.....	9:21.60
5. Jenny Spangler, 1986.....	9:22.41
6. Betsy Flood, 2010.....	9:23.09
7. Krista Anderson, 2006.....	9:29.75
8. Amanda Hardety, 2010.....	9:30.17
9. Nikki Chapple, 2004.....	9:34.17
10. Racheal Marchand, 2009.....	9:35.25

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HAWKEYE TRACK & FIELD

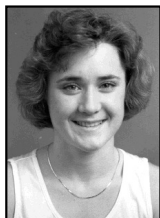


TRACK AND FIELD CONTACT: STEPHANIE DITTMER

INDOOR TOP PERFORMERS



Lindsey McCalla



Lisa Moats



Diane Nukuri



Peaches Roach



Gail Smith



Jessie Strand



Renee White

5,000 Meters

1. Tracy Dahl, 1993 15:49.52
2. Nan Doak, 1985 15:55.45
3. Racheal Marchand, 2009 15:55.70
4. Diane Nukuri, 2008 16:01.36
5. Jenny Spangler, 1982 16:08.74
6. Judy Parker, 1981 16:16.63
7. Jennifer Brower, 1992 16:22.19
8. **Betsy Flood, 2011 16:25.67**
9. Nikki Chapple, 2004 16:27.04
10. Jodi Hersberger, 1982 16:32.24

High Jump

1. Peaches Roach, 2005 6-0 3/4 (1.85)
2. Mary Mol, 1983 6-0 (1.83)
3. Becky Kaza, 1995 5-9 3/4 (1.77)
4. Caleigh Bacchus, 2010 5-9 1/4 (1.76m)
5. Kristi Dinkla, 1985 5-8 1/2 (1.74)
6. Kacey Childs, 2001 5-8 1/2 (1.74)
7. Traci Claussen, 1987 5-8 (1.73)
8. Kathy Gillespie, 1983 5-7 3/4 (1.72)
9. Lynn McMillan, 1988 5-7 1/4 (1.71)
- Tammilee Kerr, 2008 5-7 1/4 (1.71)

Pole Vault

1. Jessie Strand, 2004 12-5 1/2 (3.80)
2. Sarah Burgett, 2007 11-10 (3.61)
3. **K. Weismantle, 2010 11-5 3/4 (3.50)**
4. **Katie Truedson, 2010 10-11 3/4 (3.35)**
5. Gina Shannon, 2001 10-6 (3.20)
6. Kacey Childs, 2001 9-0 (2.75)
7. Amy Kasparbauer, 2000 8-0 (2.44)

Long Jump

1. Lisa Moats, 1986 19-6 (5.95)
2. Renee White, 2006 19-3 1/4 (5.87)
3. Tiffany Johnson, 2007 19-2 1/2 (5.85)
4. Davera Taylor, 1984 19-1 1/2 (5.83)
6. **Carisa Leacock, 2011 19-1 1/2 (5.83)**
7. Yolanda Hobbs, 1993 19-1 (5.80)
7. Kamesha Marshall, 2005 18-11 1/4 (5.77)
8. Catharine Parmiter, 2000 18-7 1/2 (5.68)
9. Jessie Strand, 2000 18-3 1/4 (5.57)
10. Tiff Pedersen, 2003 18-2 1/2 (5.55)

Triple Jump

1. Renee White, 2008 42-4 (12.90)
2. Tiffany Johnson, 2007 41-3 3/4 (12.59)
3. Becki Borg, 1987 39-6 (12.04)
4. Lynn McMillan, 1988 38-2 (11.63)
5. Lisa Moats, 1985 35-1 (10.69)
6. Becca Franklin, 2004 34-3 (10.44)

Shot Put

1. Gail Smith, 1985 51-0 (15.54)
2. Lisa Van Steenwyk, 1993 50-5 1/4 (15.37)
3. Kamesha Marshall, 2005 49-2 1/4 (14.99)
4. Denise Taylor, 1992 48-9 (14.86)
5. **Rachel Curry, 2011 47-9 1/4 (14.56m)**
6. Megan Maurer, 1995 47-5 3/4 (14.47)
7. Laura Kriener, 1990 47-5 (14.45)
8. Jennifer Gilson, 2002 46-11 (14.30)
9. Jennifer Moon, 2000 45-9 (13.94)
- Tiffany Medenwaldt, 2010 45-9 (13.94)
- Micaela Haight, 2011 45-9 (13.94)**

Weight Throw

1. **Kelsey Taylor, 2011 60-4 1/2 (18.40m)**
2. **Majesty Tutson, 2011 58-4 (17.78m)**
3. Becca Franklin, 2007 58-3 1/4 (17.76)
4. Erin O'Hern, 2008 56-3 (17.14)
5. Mandy Chandler, 2009 54-4 1/2 (16.57)
6. **Ashlyn Gulvas, 2011 53-6 1/4 (16.31)**
7. Kerri Blackstone, 1999 50-9 3/4 (15.48)
8. Tiffany Medenwaldt, 2010 50-8 3/4 (15.45)
9. Megan Maurer, 1998 48-10 1/4 (14.89)
10. Jennifer Moon, 2000 47-10 3/4 (14.60)

Pentathlon

1. Tammilee Kerr, 2008 3,974 points
2. Chris Davenport, 1983 3,798 points
3. Kamesha Marshall, 2005 3,701 points
4. Tiff Pedersen, 2004 3,511 points
5. Maureen Abel, 1979 3,427 points
6. Janet Adams, 1981 3,360 points
7. Janelle Jaspers, 1987 3,366 points
8. Kacey Childs, 1999 3,224 points
9. Katie Herrmann, 2004 3,154 points

1,600-Meter Relay

1. Liverpool, Hendricks, Erickson, Praska, 2011 3:37.58
2. Hendricks, Erickson, Praska, Liverpool, 2011 3:39.15
3. McCalla, Granger, Alexander, Johnson, 2006 3:40.52
4. Johnson, McCalla, Alexander, Granger, 2006 3:42.44
5. Alexander, Johnson, Poncè, M. Mims, 2007 3:42.75
6. White, Alexander, Kerr, Hendricks, 2008 3:43.83
7. Hendricks, Trusty, Praska, Mims, 2010 3:44.29
8. McCalla, Williams, Sheeley, Hume, 2004 3:44.47
9. Bynoe, Cole, Raheem, Grant, 1996 3:44.58
10. Simpson, McRell, Layne, Powell, 1989 3:44.75

Distance Medley Relay

1. Armstrong, Alexander, L. Hardesty, Nukuri, 2008 11:20.11
2. Stormo, Davenport, Williams, O'Brien, 1981 11:23.02
3. Melander, Hendricks, L. Hardesty, Eilers 11:22.44
4. Melander, Praska, Hendricks, Flood, 2011 11:24.47
5. Flood, Hendricks, Hardesty L., Melander, 2010 11:25.01
6. Melander, Hendricks, Flood, Marchand, 2009 11:27.34
7. Benning, Poole, Salsberry, Stec, 1994 11:28.03
8. Stormo, Davenport, Hayden, Doak, 1982 11:29.54
- Armstrong, Granger, Stanley, K. Anderson, 2006 11:29.54
10. Lahann, Williams, Stanley, Arens, 2004 11:30.36

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