

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



TRACK AND FIELD CONTACT: STEPHANIE DITTMER

January 19, 2011

2010-11 IOWA TRACK & FIELD INDOOR SCHEDULE

Date	Meet	Result
Jan. 8	at Illinois Open (Champaign, IL)	W, 83-74
Jan. 15	Iowa Open (Iowa City, IA)	No Team Score
Jan. 21-22	at Jack Johnson Classic (Minneapolis, MN)	
Jan. 28-29	at Razorback Invitational (Fayetteville, AR) at UNI Open (Cedar Falls, IA)	
Feb. 5	at Husker Invitational (Lincoln, NE) at Meyo Invite (South Bend, IN)	
Feb. 11-12	at Cyclone Classic (Ames, IA)	
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

THIS WEEK

The University of Iowa track and field teams travel to Minneapolis, MN to compete in the Jack Johnson Classic Friday and Saturday.

The event, held at the University Fieldhouse, is scheduled to begin Friday afternoon with the Pentathlon at 3 p.m. and the running events of the Heptathlon. The Heptathlon field events and the remainder of the meet will be held Saturday. Competition is scheduled to begin at 10 a.m.

"We are excited to take the next step forward in our 2011 indoor campaign," women's Head Coach Layne Anderson said. "With eight other teams scheduled to compete we will need to raise our level of performance to keep pace with the competition. We have a young group that is rapidly learning what is required to compete at the Big Ten level, but it is also exciting to see the progress with each passing week."

NINE HAWKEYES SET PERSONAL RECORDS AT IOWA OPEN

Nine members of the Iowa track and fields teams set new personal records at the Iowa Open last weekend, including three women and five men. Redshirt freshman Ben Stancombe posted collegiate bests in the shot put (15.24m) and weight throw (14.95m) competitions.

Senior Tiffany Hendricks (600m, 1:35.01), juniors Nick Brayton (weight throw, 49-0 ¾), Ryan Lamparek (weight throw, 61-0 ¼) and Troy Doris (60m, 6.83), and sophomores Megan Ranegar (mile, 5:04.94), Kelsey Hart (mile, 5:04.95), Majesty Tutson (weight throw, 55-8 ½) and Jordan Mullen (60m-hurdles, 7.88) were among the other student-athletes that posted collegiate bests at the indoor home opener.

800 CLUB

The Iowa women's track team is full of experience, something that was evident in the 800-meter run at the Iowa Open. The Hawkeyes, led by senior Bethany Praska, took the top seven spots in the event. Praska finished the race in 2:11.22, the seventh best time in program history.

Hawkeye veterans Lauren and Amanda Hardesty, Betsy Flood, McKenzie Melander and Nicole Erickson finished 2-6, while freshman Adriana Alexia notched her name in the top-seven finishers with a time of 2:20.18.

IOWA HAWKEYES IN NATIONAL RANKINGS

The men's and women's teams have multiple athletes ranked among the nation's top-50 competitors.

The women's team boasts four 800-meter runners in the top-50. Praska is No. 5 with her first place time of 2:10.22, followed by No. 15 L. Hardesty (2:11.80), No. 21 Flood (2:12.73) and No. 34 Melander (2:13.43). The women's 1,600-meter relay team ranks 50th in the country with the time of 3:49.41.

The men in Black and Gold had four student-athletes break into the top-50 following the Iowa Open. Jordan Mullen is ninth nationally with a 7.88 time in the 60-meter hurdles. No. 20 Jeff Thode returned to action last weekend, running a 4:10.05 mile. Ryan Lamparek, 35th in the weight throw, and Chris Barton, 48th in the 400-meters, also rank among the top-50.

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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WILLEY AMONG NATION'S BEST

Senior Steven Willey ran a 47.72 in the 400 meters to take first place at the Illinois Open. Willey's flat-track time converts to a banked-track time of 47.12, the sixth fastest time in the country.

MULLEN HURDLES INTO TOP TEN

Sophomore Jordan Mullen captured first place with a personal-best 7.88 performance in the 60-meter hurdles at the Iowa Open. Mullen's time ranks No. 9 nationally and No. 2 in program history.

COMING UP

Iowa will split its competitors between the Razorback Invitational in Fayetteville, Ark. and the UNI Open in Cedar Falls, Iowa. The Razorback Invitational is scheduled for Jan. 28-29 and the UNI Open will be held on Jan. 29.

HEAD COACH LARRY WIECZOREK

Larry Wieczorek 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, Wieczorek 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 6.76	60 meters	Erin Jones 7.74
60 meter hurdles	Jordan Mullen 7.88	200 meters	Mary-Kate Schmitt 27.37
200 meters	Justin Austin 21.49	300 meters	Ashley Liverpool 40.87
400 meters	Steven Willey 47.72	400 meters	Kelsey Labs 1:01.40
600 meters	Chris Barton 1:21.89	600 meters	Tiffany Hendricks 1:35.01
800 meters	Erik Sowinski 1:51.54	800 meters	Bethany Praska 2:11.2
Mile	Jeff Thode 4:11.85	Mile	Megan Ranegar 5:04.94
3,000 meters	Andrew Smith 8:52.18	High Jump	Zinnia Miller 5-3 (1.60m)
High Jump	Graham Valdes 6-10 ¼ (2.09m)	Pole Vault	Kirsten Weismantle .. 10-11 ¾ (3.35m)
Long Jump	Jeffery Herron 23-4 ½ (7.12m)	Long Jump	Emelia Thompson 15-5 ½ (4.71m)
Triple Jump	Troy Doris 50-5 ¼ (15.37m)	Shot Put	Rachel Curry 46-2 ½ (14.08m)
Shot Put	Matt Banse 55-0 ¼ (16.77m)	Weight Throw	Majesty Tutson .. 55-8 ½ (16.98m)
Weight Throw	Matt Banse 63-9 ¾ (19.45m)	1,600-meter relay	Erickson, Hendricks, Praska, Liverpool .. 3:52.21
1,600 meter relay	Richards Barton, Sowinski, Willey 3:15.59		

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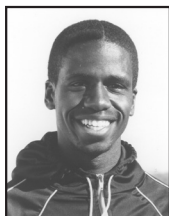


HAWKEYE TRACK & FIELD

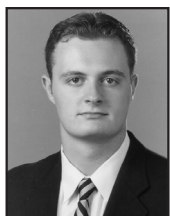


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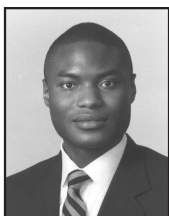
INDOOR TOP PERFORMERS



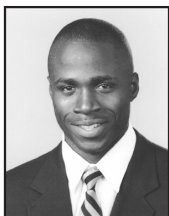
Rodney Chambers



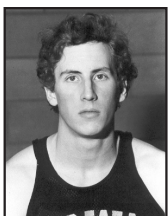
Jim Costello



Chris Davis



Kurt Felix



Bill Hansen



John Hickey



Paul Jones

60 Meters

1. Kurt Felix, 1999.....	6.73
2. Justin Austin, 2011.....	6.76
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. Lee Elbert, 2006.....	6.86

60-Meter Hurdles

1. Dion Trowers, 1997.....	7.87
2. Jordan Mullen, 2011.....	7.88
3. Russell Peterson, 2004.....	7.97
4. DeRocco Reed, 2000.....	8.03
5. Ethan Holmes, 2011.....	8.15
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. Anthuan Maybank, 1993.....	21.11
2. Bashir Yamini, 1999.....	21.19
3. Tim Dodge, 2000.....	21.26
4. Paul Chaney, Jr., 2009.....	21.34
5. George Page, 1997.....	21.35
6. Zach Digney, 2004.....	21.39
7. Tony Branch, 1998.....	21.46
8. David Chaplin, 2006.....	21.49
Justin Austin, 2011.....	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. Juan Coleman, 2002.....	47.40
7. Curtis Chung, 1989.....	47.65
8. Ray Varner, 2008.....	47.66
9. Ed Rozell, 1997.....	47.73
10. Patrick Richards, 2009.....	47.78

600 Meters

1. Erik Sowinski, 2009.....	1:18.05
2. Pat McGhee, 1988.....	1:18.30
3. Steven Willey, 2009.....	1:19.03
4. Adam Hairston, 2009.....	1:19.05
5. Monte Raymond, 1997.....	1:19.18
6. Scott Williamson, 2001.....	1:19.19
7. D'Juan Strozier, 1990.....	1:19.20
8. Gary Falls, 1991.....	1:19.32
9. Zach Splan, 2007.....	1:19.39
10. Matt O'Hollearn, 2006.....	1:19.54

800 Meters

1. Erik Sowinski, 2010.....	1:48.90
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

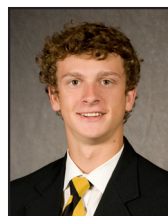
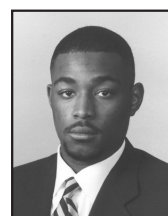
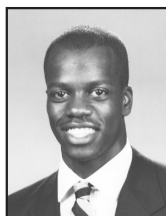
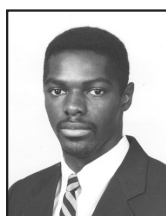
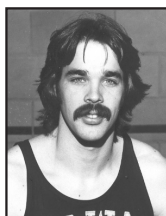
1. Jeff Thode, 2010.....	4:03.07
2. Ed DeLashmutt, 1981.....	4:04.01
3. Larry Wiecezorek, 1968.....	4:04.40
4. John Clark, 1972.....	4:05.94
5. Adam Thomas, 2002.....	4:07.13
6. Kevin Herd, 1992.....	4:07.26
7. Jesse Luciano, 2009.....	4:07.29
8. Jake Berns, 2006.....	4:07.43
9. Micah VanDenend, 2007.....	4:07.54
10. Ted Wheeler, 1956.....	4:07.74

3,000 Meters

1. Micah VanDenend, 2006.....	8:00.81
2. Eric MacTaggart, 2006.....	8:08.79
3. Stetson Steele, 2000.....	8:09.54
4. Dan Haut, 2005.....	8:11.36
5. Kevin Herd, 1994.....	8:11.51
6. Nick Holmes, 2010.....	8:15.48
7. Andy Napier, 2008.....	8:15.70
8. Larry Wiecezorek, 1968.....	*8:17.00
9. Matt Esche, 2004.....	8:17.28
10. Jim Docherty, 1978.....	*8:17.40

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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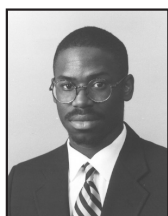


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INDOOR TOP PERFORMERS



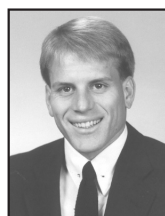
Jeff Thode



Dion Trowers



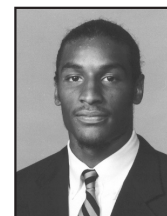
Micah VanDenend



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. Lee Farmer, 194223-9 1/4 (7.24)
10. Aaron Reed, 200623-8 (7.21)

Triple Jump

1. Paul Jones, 199052-1 1/4 (15.88)
- 2. Troy Doris, 201150-5 1/4 (15.37)**
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. 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, 201163-9 3-4 (19.45)**
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. Rozell, Davis, Raymond, Yamini, 19983:06.80
2. Coleman, Faber, Strang, Peterson, 20023:07.44
3. Greer, Williams, Smith, Duckett, 19843:08.14
4. Card, Coleman, Williamson, Dodge, 20013:08.21
5. Davis, Rozell, Page, Morris, 19953:08.77
6. Dodge, Williamson, Card, Peterson, 20013:08.82
7. Branch, Dodge, Donovan, Yamini, 19993:08.99
8. Dodge, Card, Williamson, Peterson, 20003:09.33
9. Dodge, Branch, Felix, Yamini, 19993:09.37
10. Willey, Richards, Barton, Varner, 20093:09.62

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. Kuczwarra, 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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INDOOR TOP PERFORMERS



Kineke Alexander



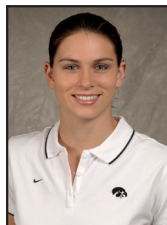
Meghan Armstrong



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
6. Angela Menson, 1982.....	7.57
7. Tamara Dixon, 2002.....	7.64
8. Lakeya Boatright, 1999.....	7.68
Raven Moore, 2010.....	7.68
10. Kamesha Marshall, 2004.....	7.72

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. Rhonda-Kaye Trusty, 2010.....	24.05
7. Peaches Roach, 2007.....	24.09
8. Jiselle Providence, 2002.....	24.44
9. Tanja Reid, 1994.....	24.67
10. Tamara Dixon, 2002.....	24.71

400 Meters

1. Kineke Alexander, 2007.....	51.48
2. Ellen Grant, 1996.....	52.65
3. Shellene Williams, 2004.....	52.83
4. Marlene Poole, 1993.....	55.20
5. Wynsome Cole, 1997.....	55.45
6. Nicole Charles, 2002.....	55.59
7. Senta Hawkins, 1988.....	55.66
8. Tiffany Hendricks, 2010.....	55.98
9. 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.....	1:29.35
3. Senta Hawkins, 1987.....	1:30.77
4. Karen Layne, 1990.....	1:31.45
5. Kay Stormo, 1982.....	1:32.3
6. Aisha Hume, 2004.....	1:32.41
7. Sophia Chow, 2002.....	1:33.54
8. Ann Pare, 1997.....	1:34.95
9. Chris Davenport, 1981.....	1:35.34
10. Ellen Grant, 1997.....	1:35.46

800 Meters

1. Jeanne Kruckeberg, 1989.....	2:06.38
2. Michelle Lahann, 2004.....	2:06.83
3. Bethany Praska, 2010.....	2:08.54
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. Jeanne Kruckeberg, 1989.....	4:40.19
2. Meghan Armstrong, 2006.....	4:40.59
3. Lauren Hardesty, 2010.....	4:41.97
4. Tina Stec, 1994.....	4:42.63
5. Betsy Flood, 2010.....	4:42.70
6. Penny O'Brien, 1981.....	4:43.72
7. Diane Nukuri, 2007.....	4:46.25
8. McKenzie Melander, 2010.....	4:47.17
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. Krista Anderson, 2006.....	9:29.75
7. Amanda Hardety, 2010.....	9:30.17
8. Betsy Flood, 2010.....	9:32.09
9. Nikki Chapple, 2004.....	9:34.17
10. Racheal Marchand, 2009.....	9:35.25

THE UNIVERSITY OF IOWA



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. Nikki Chapple, 2004 16:27.04
9. Jodi Hersberger, 1982 16:32.24
10. Meghan Armstrong, 2008 16:38.78

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)
5. Yolanda Hobbs, 1993 19-1 (5.80)
6. Kamesha Marshall, 2005 18-11 1/4 (5.77)
7. Catharine Parmiter, 2000 18-7 1/2 (5.68)
8. Jessie Strand, 2000 18-3 1/4 (5.57)
9. Tiff Pedersen, 2003 18-2 1/2 (5.55)
10. Tammilee Kerr, 2005 18-1 3/4 (5.53)

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. Megan Maurer, 1995 47-5 3/4 (14.47)
6. Laura Kriener, 1990 47-5 (14.45)
7. Jennifer Gilson, 2002 46-11 (14.30)
8. Rachel Curry, 2011 46-2 1/2 (14.08)
9. Jennifer Moon, 2000 45-9 (13.94)
- Tiffany Medenwaldt, 2010 45-9 (13.94)

Weight Throw

1. Becca Franklin, 2007 58-3 1/4 (17.76)
2. Erin O'Hern, 2008 56-3 (17.14)
3. **Majesty Tutson, 2011 55-8 1/2 (16.98)**
4. Mandy Chandler, 2009 54-4 1/2 (16.57)
5. **Kelsey Taylor, 2010 53-7 3/4 (16.35)**
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. McCalla, Granger, Alexander, Johnson, 2006 3:40.52
2. Johnson, McCalla, Alexander, Granger, 2006 3:42.44
3. Alexander, Johnson, Poncè, M. Mims, 2007 3:42.75
4. White, Alexander, Kerr, Hendricks, 2008 3:43.83
5. Hendricks, Trusty, Praska, Mims, 2010 3:44.29
6. McCalla, Williams, Sheeley, Hume, 2004 3:44.47
7. Bynoe, Cole, Raheem, Grant, 1996 3:44.58
8. Simpson, McRell, Layne, Powell, 1989 3:44.75
9. Hume, Charles, Barber, Knight, 2002 3:45.33
10. Floyd, Poole, Hobbs, Layne, 1992 3:45.38

Distance Medley Relay

1. Armstrong, Alexander, L. Hardesty, Nukuri, 2008 11:20.11
2. Stormo, Davenport, Williams, O'Brien, 1981 11:23.02
3. Flood, Hendricks, Hardesty L., Melander, 2010 11:25.01
4. Melander, Hendricks, Flood, Marchand, 2009 11:27.34
5. Benning, Poole, Salsberry, Stec, 1994 11:28.03
6. Stormo, Davenport, Hayden, Doak, 1982 11:29.54
- Armstrong, Granger, Stanley, K. Anderson, 2006 11:29.54
8. Lahann, Williams, Stanley, Arens, 2004 11:30.36
9. Thompson, Williams, Barber, Lahann, 2003 11:30.38
10. Doak, xx, Hayden, xx, 1982 11:35.07

University of Iowa Sports Information Office - Carver-Hawkeye Arena, Iowa City, IA 52242

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