

2008 WOMEN'S OUTDOOR SEASON SCHEDULE

3/20-22	at Shamrock Invite 3 champs
4/4-5	at Tiger Classic 0 champs
	at Stanford Invite 0 champs
4/11-12	at Sun Angel Classic 1 champ
4/12	at Calhoun Memorial 1 champ
4/19	Iowa Invitational 4 champs
4/23-26	at Drake Relays 0 champs
5/3	Iowa Musco Twilight X 3 champs
5/16-18	at Big Ten Champ's6th/2 champs
5/30-31	at NCAA Regional18th/0 champs
6/11-14	at NCAA Championships
	(Des Moines, IA)

2008 WOMEN'S OUTDOOR SEASON BESTS

Event Name Mark
100 Meters Rhonda-Kaye Trusty 11.90
100 Hurdles Kimberly Stanford 14.11
200 Meters Rhonda-Kaye Trusty 24.39
400 Meters Kineke Alexander ^ 52.24
800 Meters Kineke Alexander 2:15.34
1,500 Meters Meghan Armstrong ^ 4:26.62
3,000 Meters Diane Nukuri * 9:18.82
3,000 Steeple Jessica Schmidt ^* 10:27.18
5,000 Meters Diane Nukuri ^ 15:59.39
10,000 Meters . Diane Nukuri *\$ 33:17.01
400-Meter Relay 45.78
(White, Alexander, Kerr, Trusty)
800-Meter Relay1:39.74
(Hendricks, Trusty, White, Stanford)
1,600-Meter Relay3:44.21
(Praska, M. Mims, Hendricks, Alexander)
3,200-Meter Relay9:14.66
(Mims, Praska, Docherty, Ellis)
Distance Medley Relay12:03.66
(L. Hardesty, A. Hardesty, Hendricks, Anderson)
6,400-Meter Relay * 19:15.42
(Nukuri, Marchand, Henize, Armstrong)
High Jump Caleigh Bacchus5-7 1/4
Long Jump Renee White^% 20-3 3/4
Triple Jump Renee White *^% 43-10
Shot Put Amanda Chandler39-0 1/4
Hammer Erin O'Hern168-9
Javelin^ 163-5
Heptathlon Tammilee Kerr *\$ 5,532 points

\$ - NCAA automatic qualifier

^ - NCAA regional qualifier

THE UNIVERSITY OF IOWA

HAWKEYE TRACK & FIELD



TRACK CONTACTS: TRACI WAGNER, JAKE HOLTORF

JUNE 6, 2008

THIS WEEK -- The University of Iowa men and women's track teams will send eight student-athletes to the 2008 NCAA Championships, June 11-14 in Des Moines, IA. All events will be held at Drake Stadium on Jim Duncan Track on the Drake University campus. For ticket information contact the Drake University Athletics Ticket Office at 515/271-3647 or www.godrakebulldogs. com. Events start at 10 a.m. Wednesday, 10:45 a.m. Thursday, 1 p.m. Friday and 11 a.m. Saturday.

CBS College Sports Network (formerly CSTV) will be airing live television coverage Friday from 7-10 p.m. (CST). CBS will also broadcast live coverage of Saturday's final day of competition from 3-5 p.m. (CST).

NCAA POST-SEASON QUALIFIERS -- Eight Hawkeyes have qualified for the NCAA Championships. Seniors Diane Nukuri and Meghan Armstrong automatically qualified in the 10,000 meters, while junior Racheal Marchand provisionally qualified in that event. Senior Tammilee Kerr also automatically qualified in the heptathlon. Senior Kineke Alexander (400 meters), Kerr (javelin) and juniors Renee White (triple jump), A.J. Curtis (shot put, discus) and John Hickey (shot put) each qualified based on their places or performances at the NCAA Midwest Regional in Lincoln, NE. Kerr and Curtis are lowa's only two-event qualifiers. Their event, qualifying marks and where they rank in the nation are listed below.

Name	Event - Mark	NCAA Ranking
Kineke Alexander	400 Meters - 52.54	10th
Meghan Armstrong	10,000 Meters - 33:28.00	6th
A.J. Curtis	Discus - 177-2 (54.00 m)	23rd
	Shot Put - 59-8 1/4 (18.19 m)	23rd
John Hickey	Shot Put - 61-9 1/2 (18.83 m)	14th
Tammilee Kerr	Javelin - 163-5 (49.81 m)	21st
	Heptathlon - 5,532 points	16th
Racheal Marchand	10,000 Meters - 34:11.98	18th
Diane Nukuri	10,000 Meters - 33:17.01	2nd
Renee White	Triple Jump - 43-10 (13.36 m)	18th

<u>IOWA IN NCAA CHAMPIONSHIPS HISTORY</u> -- The lowa men's track team has crowned 13 NCAA champions and 84 all-Americans. Its highest finish at the NCAA outdoor meet was a tie for seventh in 1967. The women's team has crowned four NCAA champions and 55 all-Americans, and its highest finish at the NCAA outdoor meet was 10th in 1992.

^{* -} school record, % wind-aided

2008 MEN'S OUTDOOR SEASON SCHEDULE

4/4-5	at Tiger Classic 2 champs
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4/5	at Central Invite1st/2 champs
4/11	at Mesa Classic 0 champs
4/11-12	at Sun Angel Classic 0 champs
4/19	Iowa Invitational9 champs
4/23-26	at Drake Relays0 champs
5/3	Iowa Musco Twilight X8 champs
5/16-18	at Big Ten Champ's 8th/1 champ
5/30-31	at NCAA Regional12th/0 champs
6/11-14	at NCAA Championships
	(Des Moines, IA)

2008 MEN'S OUTDOOR SEASON BESTS

JE/13OIT DESIG	
Event NameMa	ark
100 Meters Lee Elbert 10	.69
110 Hurdles Brice Wilson 14	.94
200 Meters Max Milder21	.70
400 Meters Chris Barton 47	.31
400 Hurdles Ray Varner ^ 51	.07
800 Meters Adam Hairston 1:50	.68
1,500 Meters Jesse Luciano 3:51	.99
3,000 Meters Brendan Camplin 8:34	.31
3,000 Steeple Andy Napier ^8:57	.54
5,000 Meters Jesse Luciano 14:27	.31
10,000 Meters . Jesse Luciano 30:19	.92
400-Meter Relay40	.98
(Milder, McSkimming, Reed, Elbert)	
1,600 Meter Relay 3:11	.11
(Willey, Elbert, Varner, Barton)	
Sprint Medley Relay3:21	.14
(Milder, Elbert, Barton, Hairston)	
Distance Medley Relay10:17	.87
(B. MacTaggart, Splan, Dolan, Paul)	
High Jump Jeremy Petsche ^ 6-	-11
Pole Vault Jeff Raymond15-	-11
Long Jump Matty Gorman23	3-4
Triple Jump Matty Gorman 49-2 2	1/2
Shot PutJohn Hickey^ 61-9 1	1/2
Discus Shane Maier ^ 178	8-7
Hammer Mark Schaapveld179	9-9
Javelin Craig Jennings16	7-1
Decathlon Ryan Niver 6,837 poi	nts

^ - NCAA regional qualifier

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COMPETITORS ATTEMPT TO JOIN HAWKEYE ELITE -- The eight studentathletes competing at the NCAA Outdoor Championships will attempt to make their mark in the lowa records book this week.

Senior **Kineke Alexander** will try for her second NCAA 400-meter title and her eighth all-America honor in that event. Alexander won the 400 meters at the 2006 NCAA Indoor Championships. She holds the school record for most career all-America honors with seven. A five-time Big Ten champion, Alexander earned all of her all-America honors in the 400 meters. Iowa has crowned four NCAA champions in school history, with **Nan Doak** winning the 10,000 meters in 1985, **Tracy Dahl** winning the 5,000 meters in 1992 and 1993, and Alexander winning the 400 meters in 2006.

Senior distance runners **Meghan Armstrong** and **Diane Nukuri** will also look to add to their honors when they run the 10,000 meters. Armstrong is a two-time all-American in the indoor mile (2006, 2007), while Nukuri snagged her first all-America honor last season in the 10,000 meters. Armstrong is one of Iowa's four two-time all-Americans. Nukuri's time of 33:17.01 set the Iowa school record and ranks third in the nation, while Armstrong's time of 33:28.00 ranks seventh.

Of the men's qualifiers, junior **John Hickey** is the only returning all-American. He earned the honor by placing seventh in the shot put at the 2008 indoor meet.

2007 NCAA OUTDOOR CHAMPIONSHIPS REVIEW -- Iowa crowned four all-Americans at the 2007 NCAA Outdoor Championships in Sacramento, CA, and the women's team placed 39th with seven points. Seniors Adam Hamilton and Peaches Roach, and juniors Kineke Alexander and Diane Nukuri earned all-America honors for the Hawkeyes. Iowa sent 11 competitors to the national meet.

Hamilton was the first to earn the honor, placing ninth in the hammer with a mark of 211-7. The top eight placewinners and the top eight American finishers in each event are named all-Americans. He is the ninth two-time all-American in school history and lowa's third hammer all-American.

Roach became a four-time all-American in the high jump by placing seventh with a leap of 5-10 3/4. She is the only Hawkeye in school history to earn multiple all-America honors in a field event.

Alexander picked up her sixth all-America honor in Sacramento, CA. The Glenside, St. Vincent and The Grenadines native, placed seventh in the women's 400 meters with a time of 52.13. By earning her sixth award, Alexander tied Iowa's school record for most all-America honors earned in a career. Former Hawkeye distance runner **Nan Doak** also earned six all-America honors from 1982-85. Alexander is the only Hawkeye in school history to earn all six of her honors in the same event.

IOWA'S NCAA OUTDOOR CHAMPIONSHIPS SCHEDULE OF EVENTS

Wednesday, June 11

5:00 p.m. Men's Discus (Qualifier)

6:30 Women's 400 Meters (1st Round)

Thursday, June 12

2:15 p.m. Women's Javelin (Qualifier)
4:15 Men's Shot Put (Qualifier)
8:10 Women's 10,000 Meters (Final)

Friday, June 13

1:00 p.m. Heptathlon

100-Meter Hurdles

High Jump Shot Put 200 Meters

7:00 Women's Triple Jump (Qualifier) 8:15 Women's 400 Meters (Semifinal)

Saturday, June 14

11:00 a.m. Heptathlon

Long Jump Javelin 800 Meters

2:45 Women's Javelin (Final)3:00 Men's Shot Put (Final)

Women's Triple Jump (Final)

3:05 Women's 400 Meters (Final)

Times are Central and subject to change

IOWA'S NCAA CHAMPIONSHIPS QUICK FACTS

Highest Outdoor Team Finish

Men's Team - 7th, 1967 Women's Team - 10th, 1992

Individual Champions

Men's Team - 13 Women's Team - 4

Most Recent Outdoor Champion

Men's Team - Mile Relay, 1967 (Ferree, Frazier, Mondane, Reimer) Women's Team - Nan Doak, 10,000 M, 1985

All-Americans

Men's Team - 84 Women's Team - 55

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Nukuri placed seventh in the 10,000 meters with a collegiate-best time of 33:30.29. She became lowa's fifth all-American in the 10,000 meters, but is the first to earn the honor in that event since Jennifer Brower in 1992. She is also the first Hawkeye distance all-American since Tina Stec in the 3,000 meters in 1994. Nukuri earned all-America honors for the Hawkeyes at the 2006 NCAA Cross Country Championships and was a 17-time National Junior College all-American at Butler Community College from 2004-06.

2008 NCAA REGIONAL REVIEW -- Hawkeye senior **Kineke Alexander** and juniors **A.J. Curtis** and **John Hickey** used their top-five individual finishes at the NCAA Midwest Regional in Lincoln, NE, to earn automatic bids to the NCAA Outdoor Championships. Eight Hawkeyes also earned all-region honors by placing in the top eight in their events.

The Hawkeye men posted their highest finish in the six-year history of the regional meet, placing 12th with 25 points. Their previous best team finish was 15th in 2004. The lowa women's team placed 18th with 12 points.

Alexander placed second in the 400 meters with a season-best 52.24, Hickey placed second in the shot put $(61-4\ 1/4)$ and Curtis placed third in both the discus (176-8) and shot put $(59-5\ 1/2)$.

Six of lowa's other regional competitors placed in the top 12 in their events to earn a spot in the at-large pool. Junior **Renee White** led the group with her record-breaking triple jump performance. White broke her own school record by over a foot, recording a 43-10 on her first jump of the competition to place sixth. White had an outstanding meet, placing eighth in the long jump (20-3 3/4) and jumping over 20 feet in that event for the first time in her career. Junior **Andy Napier** ran a collegiate best 8:57.54 in the 3,000-meter steeplechase for seventh place, and sophomore **Ray Varner** placed eighth in the 400-meter hurdles with a season-best 51.07. Senior **Tammilee Kerr** placed 10th in the javelin (155-8), senior **Jeremy Petsche** placed 10th in the high jump with a collegiate-best 6-11 and senior **Shane Maier** placed seventh in the shot put (56-11 1/2) and 11th in the discus (164-2).

<u>HAWKEYES BREAK RECORDS</u> -- The Hawkeye women's team has broken six school records this outdoor season.

Senior distance runner **Diane Nukuri** broke the 3,000 and 10,000 meter records in April, and ran the lead leg on the record-setting 6,400-meter relay at the Drake Relays in April. Nukuri smashed the 17-year-old 10,000 meter record of 33:23.38 set in 1991 by **Jennifer Brower**, at the Stanford Invite. Nukuri's second-place finish of 33:17.01 also automatically qualified her for the NCAA Championships. She also broke the 3,000-meter mark of 9:20.61 set in 1985 by **Penny O'Brien**, at the Hawkeye Invite. Nukuri won the race win 9:18.82.

2007 NCAA OUTDOOR CHAMPIONSHIPS REVIEW

Women's Team Finish

39th, 7 points

Iowa's All-Americans

Kineke Alexander - 400 Meters (2nd, 51.35) Peaches Roach - High Jump (4th, 6-1 1/4) Diane Nukuri - 10,000 Meters (7th, 33:30.29) Adam Hamilton - Hammer (9th, 211-7)

PAST NCAA OUTDOOR CHAMPIONSHIPS FINISHES BY IOWA'S 2008 QUALIFIERS

Kineke Alexander

2005: 7th - 400 M (51.94) 2006: 2nd - 400 M (51.35) 2007: 6th - 400 M (52.13)

Meghan Armstrong

2006: DNP - 1,500 M (4:22.19) 2007: DNP - 1,500 M (4:21.44)

Tammilee Kerr

2007: 22nd - Heptathlon (5,204 points)

Racheal Marchand

2007: DNP - 5,000 M (16:41.35)

Diane Nukuri

2007: 7th - 10,000 M (33:30.29)

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Junior Racheal Marchand, graduate student Sarah Henize and senior Meghan Armstrong ran the other three legs of the record-setting relay, posting a 19:15.42 for third place at Drake. Their time smashed the previous record of 20:39.12 - set in 2005 by former Hawkeyes Nikki Chapple, Jordan Laney, Katie Donlon and Michelle Sokol - by over one minute.

Senior **Tammilee Kerr** broke her own school heptathlon mark at the Big Ten Championships. Her two-day point total of 5,532, which automatically qualified her for the NCAA Championships, makes her the only Hawkeye in school history to total over 5,500 points in the event.

Senior **Jessica Schmidt** also broke her own mark in the 3,000-meter steeplechase. Schmidt's 10:27.18 at the Big Ten Championships bettered her previous record of 10:32.50 she set at the Stanford Invitational last month. Former Hawkeye **Sarah Arens** set the previous record of 10:34.50 in 2004.

Junior **Renee White** broke her own triple jump record three times this season. Her jump of 43-10 at the NCAA Midwest Regional, broke the previous bests of 42-8 1/4 at the Big Ten Championships and 42-4 at the Sun Angel Classic.

<u>BIG TEN ATHLETES OF THE WEEK</u> -- Seniors Meghan Armstrong and Diane Nukuri, and junior Andy Napier have earned Big Ten Athlete of the Week honors this outdoor season.

Armstrong earned her honor Mar. 25 after winning the Shamrock Invite 1,500 meters in a regional-qualifying 4:26.62. She was also the first Hawkeye track student-athlete to earn the honor in women's school history.

Nukuri earned her honor April 8 after breaking the 17-year-old school 10,000-meter record at the Stanford Invite in 33:17.01. That time beat her previous-best clocking by over 13 seconds and automatically qualified her for the NCAA Championships. Nukuri is a four-time Big Ten Women's Cross Country Athlete of the Week honoree.

Napier earned his first conference honor April 8 after winning the 3,000-meter steeplechase at the Auburn Tiger Classic with a regional-qualifying and collegiate-best time of 9:03.85. The mark also ranks seventh on Iowa's all-time best performers list.

NUKURI WINS RUDOLPH AWARD -- Hawkeye senior distance runner Diane Nukuri has been awarded the 2008 Wilma Rudolph Student-Athlete Achievement Award by the National Association of Academic Advisors for Athletics (N4A). The annual national award is intended to honor student-athletes who have overcome great personal, academic and/or emotional odds to achieve academic success while participating in intercollegiate athletics.

2008 HAWKEYE WOMEN'S INDOOR SEASON REVIEW

All-American, Event

Kineke Alexander, 400 Meters

NCAA Provisional Qualifiers, Event

Kineke Alexander, 400 Meters

Kineke Alexander, Distance Medley Relay

Meghan Armstrong, Mile

Meghan Armstrong, 3,000 Meters

Meghan Armstrong, 5,000 Meters

Meghan Armstrong, Distance Medley Relay

Jolly Burke, 5,000 Meters

Lauren Hardesty, Distance Medley Relay

Tammilee Kerr, Pentathlon

Diane Nukuri, Mile

Diane Nukuri, 3,000 Meters

Diane Nukuri, 5,000 Meters

Diane Nukuri, Distance Medley Relay

Renee White, Triple Jump

Big Ten Finish, Points

5th, 60 points

Big Ten Champions

Meghan Armstrong, 3,000 Meters Renee White, Triple Jump

School Records Broken, Event (Mark)

Kineke Alexander, 600 Meters (1:27.45) Distance Medley Relay (11:20.11) Renee White, Triple Jump (42-4) Tammilee Kerr, Pentathlon (3,974)

2008 HAWKEYE MEN'S INDOOR SEASON REVIEW

All-American, Event

John Hickey, Shot Put

NCAA Provisional Qualifiers, Event

Adam Hairston, 800 Meters

John Hickey, Shot Put

Shane Maier, Shot Put

Micah VanDenend, 5,000 Meters

Big Ten Finish, Points

8th place, 49 points

Big Ten Champions

John Hickey, Shot Put

Big Ten Athlete of the Week (Date)

John Hickey (Jan. 22)

School Records Broken, Event (Mark)

Adam Hairston, 800 Meters (1:49.63) Ryan Niver, Heptathlon (5,149)

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Nukuri is a three-time all-American in track and cross country at Iowa. She is a two-time NCAA Midwest Region cross country champion and was one of four national finalists for the 2008 Honda Sports Award in women's cross country. She holds all four cross country school records, as well as three outdoor school marks. The Hawkeye senior ran for her native Burundi in the 2000 Olympic Games, but has not been back since she was 16. Her father was killed during the Hutu-Tutsi conflict, leaving Nukuri's mother to tend to the couple's eight children. Nukuri left a war-torn Burundi to compete at the Francophone Games in Canada, after the Olympics, and persuaded an emigrant cousin to take her in. After enrolling in school and obtaining resident status in Toronto, Nukuri met Anderson who helped her enroll at Butler County Community College (KS). This was to boost her language skills and academic credentials. Nukuri excelled at Butler, winning nine NJCAA national and 11 regional titles and earning 17 all-America honors. She enrolled at the University of Iowa in the fall of 2006.

Wilma Rudolph was the first American female runner to win three gold medals during the Olympic games of 1960. She won the 100 and 200-meter dashes and anchored the 400-meter relay, earning the title of "World's Fastest Woman". Her performance was all the more remarkable in light of the fact she had double pneumonia and scarlet fever as a young child and could not walk without braces until age 11.

The N4A is a diverse, educational service and professional nonprofit organization with approximately 550+ members. N4A members are committed to enhancing the opportunities for academic, athletic and personal success for collegiate student-athletes.

HAWKEYES EARN ACADEMIC ALL-BIG TEN HONORS -- Twenty Hawkeye track student-athletes were recently named to the 2008 spring academic all-Big Ten list. The men's team crowned 13 honorees, which was a school record, while seven women's team members earned the honor. To be eligible for an academic all-Big Ten selection, student-athletes must be letterwinners in at least their second academic year at their institution and carry a career grade point average of 3.0 or better. Following is a list of lowa's honorees and their majors:

Men's Track (13) - Brendan Camplin (Biomedical Engineering), A.J. Curtis (Math/Secondary Education), Cannon Dolan (Marketing/Finance), Lee Elbert (Communication Studies), Jesse Luciano (Pre-Business), Mark Mankivsky (Management Information Systems), Eric MacTaggart (Music/Secondary Education), Andy Napier (History/Secondary Education), Ryan Niver (Health & Sport Studies), Jay Renaud (History/Secondary Education), Mark Schaapveld (Management), Brice Wilson (Mechanical Engineering) and Bobby Windauer (Art/Health & Sport Studies)

HAWKEYE WOMEN'S COACHING STAFF







Head Coach Lavne Anderson

Assistant Coach Victor Houston

Assistant Coach **Shellene Williams**

Head Coach **Lavne Anderson** is in his first year as head women's track coach at Iowa. In his four seasons as an assistant with the track team, there has been one national champion, 22 all-Americans and 18 Big Ten Champions. While competing for The Citadel in college, Anderson set 10 school records on his way to becoming a three-time Southern Conference champion.

He is assisted by four-time Auburn all-American, 1996 decathlon national champion and Olympian Victor Houston and Hawkeye all-American and four-time Big Ten Champion Shellene Williams.

HAWKEYE MEN'S COACHING STAFF







Head Coach Larry Wieczorek

Assistant Coach Scott Cappos

Assistant Coach Joey Woody

Head Coach Larry Wieczorek is in his 12th season at the helm of the Iowa men's track team. He has coached 25 all-Americans and 42 Big Ten Champions at Iowa. The team's highest conference meet finishes during his tenure are second at the 1999 outdoor meet and fourth at the 1997 indoor meet. As a runner, Wieczorek was a six-time Big Ten champion at Iowa - winning four track and two cross country titles - and a fourtime all-American. In 1998, he was inducted into the National Iowa Varsity Club Hall of Fame.

He is assisted by three-time Indiana all-American Scott Cappos and World Champion and four-time Northern Iowa all-American Joev Woody.

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Women's Track (7) - Krista Anderson (Elementary Education), Meghan Armstrong (Integrative Physiology), Jolly Burke (Psychology/Sociology), Katie Ellis (English/Cinema), Molly Esche (Communication Studies), Rachel Hawks (Biomedical Engineering) and Rhonda-Kaye Trusty (Biology).

ARMSTRONG, MACTAGGART EARN HONORS -- Senior Meghan Armstrong and junior Eric MacTaggart were recent recipients of two of the University of Iowa's most prestigious annual athletic awards.

MacTaggart was named the men's Robert F. Ray Award winner, while Armstrong was selected the women's Big Ten Medal of Honor winner. A male and female Hawkeye student-athlete are annually selected for the awards.

The Robert F. Ray Award is presented annually to senior student-athletes who will complete their eligibility and have demonstrated outstanding academic excellence, athletics excellence and leadership. MacTaggart is an all-American distance runner and a three-time academic all-Big Ten honoree. He missed the 2007 cross country season in order to participate in the Hawkeye marching band, which is a music education requirement. A trombone player from Glen Ellyn, IL, MacTaggart earned an "Outstanding Jury" award from the School of Music.

The Big Ten Medal of Honor goes to a graduating student-athlete at each Big Ten institution who has demonstrated proficiency in scholarship and athletics. Armstrong is a three-time all-American and five-time academic all-Big Ten honoree.

LUCIANO, CROSS COUNTRY TEAMS EARN ACADEMIC HONORS -- The Iowa men and women's cross country teams recently earned academic all-America honors from the U.S. Track & Field and Cross Country Coaches Association (USTFCCA). The men's team earned a team grade point average of 3.20. The women's team had a combined GPA of 3.32.

Individually, sophomore **Jesse Luciano** was one of 56 student-athletes to be named to the academic all-America team. In order to be eligible for academic all-America status, the student must carry a cumulative grade point average of at least 3.25 and completed a minimum of 24 semester hours through the 2007 fall semester. The student-athlete must also finish in the top 15 or top 10 percent at the NCAA regional meet or receive all-America honors. Luciano is a health and sport studies major who placed 15th at the regional meet.

The Hawkeye men's team also was publicly recognized by the NCAA in its annual Academic Progress Rate (APR) report last month. The APR awards are given to teams for their latest multi-year Academic Progress Rate scores. Head Coach Larry Wieczorek squad posted multi-year APR scores in the top 10 percent of all squads in their respective sports. The public recognition

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awards are part of the broad Division I academic reform effort. The APR provides a real-time look at a team's academic success each semester by tracking the academic progress of each student-athlete.

2008 MEN'S TEAM CAPTAINS NAMED -- Seniors Shane Maier, Max Milder and Micah VanDenend are team captains for the 2008 season. Maier and VanDenend both served as captains last season. Maier, from Storm Lake, IA, is the defending Big Ten indoor shot put champion and a two-time all-region honoree. He and four other Hawkeye throwers hold the school record for most times qualified for the NCAA Midwest Regional (4). VanDenend, a native of Glenbard, IL, is the defending Big Ten 10,000-meter champion and won the 2006 NCAA Midwest Cross Country Regional title. The three-time all-region honoree currently holds four of Iowa's school distance records. Milder, a sprinter from Council Bluffs, IA, is a two-time regional qualifier, earning all-region honors as part of the 400-meter relay last season.

WOMEN'S TRACK SIGNS 2008 CLASS -- The lowa women's track team has signed five student-athlete distance runners for the 2008 season. Lindsay Anderson (Leeds, ND), Betsy Flood (Des Moines, IA), Brooke Eilers (Holland, MI), McKenzie Melander (Apple Valley, MN) and Danielle Berndt (Bloomington, MN) will all be joining the Hawkeyes.

Anderson, sister of Hawkeye distance runner Krista Anderson, is a two-time North Dakota Gatorade Athlete of the Year. She is an 11-time state champion, winning four titles in cross country, five in the 1,600 meters and two in the 3,200 meters. She is a three-time Footlocker National High School Cross Country meet qualifier. Flood is one of the top all-around prep runners in Iowa, winning state titles in the 800 and 1,500 meters and the distance medley relay. She is a member of the AAU record setting 3,200 meter relay team. Eilers has received all-state accolades in cross country and track. Melander posted a state runner-up performance in the 1,600 and 3,200 meters in 2007. Berndt placed second in the state 3,200 meters (10:49) and fourth at the state cross country championships. She is also an excellent nordic skier having recently qualified for the national championships in Alaska.

MEN'S TRACK SIGNS 2008 CLASS -- The Hawkeye men's track program has signed five student-athletes to its 2008 recruiting class. Head Coach Larry Wieczorek announced the signing of Zack Braff (Marion, IA), D'Juan Richardson (Indianapolis, IN), Thomas Reynolds (Coralville, IA), Nick Holmes (Bartonville, IL) and Patrick Richards (Colorado Springs, CO) to national letters of intent.

Braff is one of the top returning 800-meter runners in the state. He placed fourth in that event at the state meet last season, and boasts a personal-best of 1:53.60. He anchored Linn-Mar's sprint medley relay to a fourth-place finish at the Drake Relays last month with a 1:54 800-meter split. Braff chose lowa over lowa State, Arkansas and Northern lowa.

Richardson ran sprints and hurdles on the 2007 state champion Warren Central High School team. He won the 2008 state 55-meter hurdles title (7.41), placing third in the 110-meter hurdles (14.08) and the intermediate hurdles (37.4) at the state meet last season. He is currently ranked in the top 15 returning 110-meter hurdlers in the nation, and his current outdoor best time of 13.96 ranks in the top 10 nationally.

Reynolds was a thrower on the 2007 state champion lowa City West High School team. He won the discus (191-0) and placed third in the shot put (54-8 1/4) at the 2008 Drake Relays. Reynolds placed third in the discus (176-11) at the 2007 state meet.

Holmes was selected Athlete of the Meet at the 2008 Illinois Prep Top Times Classic, winning the indoor mile with a meet record-setting 4:13.72. He also won the 2007 state 2A cross country championships for Limestone High School (14:21 - three miles), beating the runner-up by 27 seconds.

Richards was runner-up at the 2007 Colorado state track meet in the 200 (21.55) and 400 meters (47.66). His current 400-meter time currently ranks 34th in the nation and third in the state. Richards, who competes for Widefield High School, chose lowa over Arizona, Penn State and Nebraska.

WOMEN'S 100 METERS (RQ - 11.75, SR - 11.45)					
	-	Meet - Date	Collegiate Best	Meet - Date	
Rhonda-Kaye Trusty	11.90	at Drake Relays - 4/25/08	11.90	at Drake Relays - 4/25/08	
MEN'S 100 METERS (RO	Q 10.55, SR 10.25 <u>)</u>	·		·	
		Meet - Date	_		
		at Big Ten Champ's - 5/17/08			
		Musco Twilight X - 5/3/08			
		at Central Invite - 4/5/08			
		at Big Ten Champ's - 5/16/08			
		at Big Ten Champ's - 5/16/08		•	
		lowa Invite - 4/19/08	11.77	lowa Invite - 4/19/08	
WOMEN'S 100-METER	•	<u>, 5k 13.20)</u> Meet - Date	Callagiata Bast	Most Data	
		at Shamrock Invite - 3/22/08	_		
		at Tiger Classic - 4/5/08			
		at Tiger Classic - 4/5/08			
MEN'S 110-METER HU			14.21	IVIUSCO TWIIIgIIL IX - 4/21/07	
		Meet - Date	Collegiate Best	Meet - Date	
		Musco Twilight X - 5/3/08	-		
		at Central Invite - 4/5/08			
		lowa Invite - 4/19/08			
		Musco Twilight X - 5/3/08			
•		Iowa Invite - 4/19/08		•	
		Iowa Invite - 4/19/08			
WOMEN'S 200 METERS			13.30	IOWa IIIVILE -4/15/00	
	-	್ತು Meet - Date	Collegiate Best	Meet - Date	
		at Tiger Classic - 4/5/08			
		at Drake Relays - 4/23/08			
		at Shamrock Invite - 3/22/08			
		at Shamrock Invite - 3/22/08			
MEN'S 200 METERS (RO					
-	-	Meet - Date	Collegiate Best	Meet - Date	
		at Big Ten Champ's - 5/17/08			
Lee Elbert	22.04	at Tiger Classic - 4/5/08	21.78	at Meyo Invite - 2/4/06	
WOMEN'S 400 METERS		=		•	
Name	Season Best	Meet - Date	Collegiate Best	Meet - Date	
Kineke Alexander	52.24 ^	at NCAA Regional - 5/31/08	51.35	at NCAA Champ's - 6/10/06	
Monica Mims	56.46	at Tiger Classic - 4/5/08	56.46	at Tiger Classic - 4/5/08	
		at Sun Angel Classic - 4/12/08			
		at Tiger Classic - 4/5/08			
		at Shamrock Invite - 3/22/08	58.61	at Cyclone Invite - 2/10/07	
MEN'S 400 METERS (RO					
		Meet - Date			
		at Tiger Classic - 4/5/08		•	
		at Big Ten Champ's - 5/17/08			
		at Big Ten Champ's - 5/17/08			
		at Drake Relays - 4/23/08			
		at Tiger Classic - 4/5/08			
		at Central Invite - 4/5/08	53.83	at Central Invite - 4/5/08	
<u>MEN'S 400-METER HURDLES (RQ 52.51, SR 48.83)</u> NameCollegiate BestMeet - Date					
		at NCAA Regional - 5/31/08			
		at Big Ten Champ's - 5/17/08			
iviall Kallilleisberg	כס.סס	Musco Twilight X - 5/3/08	55.05	ıvıusco rwilignt x - 5/3/08	

WOMEN'S 800 METERS	S (RQ - 2:09.80, SR—2	:05.67)		
	•	Meet - Date	Collegiate Best	Meet - Date
		Iowa Invite - 4/19/08	_	
		lowa Invite - 4/19/08		
		Iowa Invite - 4/19/08		
		at Shamrock Invite - 3/22/08		
		lowa Invite - 4/19/08		
		Musco Twilight X - 5/3/08		
Tammilee Kerr	. 2:25.25 \$	at Drake Relays - 4/24/08	2:22.02	at Big Ten Champ's - 3/1/08
MEN'S 800 METERS (RO	Q 1:50.40, SR 1:47	.64)		
Name	. Season Best	Meet - Date	Collegiate Best	Meet - Date
Adam Hairston	. 1:50.68	at Big Ten Champ's - 5/18/08	1:49.63	at NCAA Qualifier - 3/8/08
Cannon Dolan	. 1:54.38	at Big Ten Champ's - 5/17/08	1:53.95	at NCAA Qualifier - 3/8/08
Dan Kuhlman	. 1:56.07	lowa Invite - 4/19/08	1:56.07	lowa Invite - 4/19/08
WOMEN'S 1,500 METE	RS (RQ - 4:27.80, SR -	<u>4:17.41)</u>		
Name	. Season Best	Meet - Date	Collegiate Best	Meet - Date
Meghan Armstrong	. 4:26.62 ^	at Shamrock Invite - 3/22/08	4:17.41 *	at Big Ten Champ's - 5/14/06
Sarah Henize	. 4:29.54	at Big Ten Champ's - 5/17/08	4:29.54	at Big Ten Champ's - 5/17/08
Racheal Marchand	. 4:31.23	lowa Invite - 4/19/08	4:31.23	lowa Invite - 4/19/08
Krista Anderson	. 4:35.52	lowa Invite - 4/19/08	4:35.52	lowa Invite - 4/19/08
Jessica Schmidt	. 4:40.65	Musco Twilight X - 5/3/08	4:40.65	Musco Twilight X - 5/3/08
Lauren Hardesty	. 4:41.70	at Tiger Classic - 4/5/08	4:41.70	at Tiger Classic - 4/5/08
Katie Ellis	. 4:45.12	lowa Invite - 4/19/08	4:45.12	lowa Invite - 4/19/08
Amanda Hardesty	. 4:45.76	Musco Twilight X - 5/3/08	4:45.76	Musco Twilight X - 5/3/08
Fionna Fallon	. 4:49.54	at Tiger Classic - 4/5/08	4:49.54	at Tiger Classic - 4/5/08
Hannah Roeder	. 4:51.18	lowa Invite - 4/19/08	4:51.18	lowa Invite - 4/19/08
Jennie Docherty	. 4:52.76	lowa Invite - 4/19/08	4:48.01	Musco Twilight VIII - 4/22/06
Molly Esche	. 4:52.85	at Tiger Classic - 4/5/08	4:52.56	at Jim Duncan Inv 4/16/05
Kathryn Guess	. 5:06.42	Iowa Invite - 4/19/08	5:06.42	lowa Invite - 4/19/08
Rachel Hawks	. 5:07.28	Musco Twilight X - 5/3/08	5:02.91	at Jacobs Invite - 4/13/07
Caitlin Wooldridge	. 5:23.73	Iowa Invite - 4/19/08	5:23.73	lowa Invite - 4/19/08
Brittany Graham	. 5:27.25	Iowa Invite - 4/19/08	5:16.70	Musco Twilight VIII - 4/22/06
MEN'S 1,500 METERS (
		Meet - Date		
		at Tiger Classic - 4/5/08		
		Musco Twilight X - 5/3/08		
		at Tiger Classic - 4/5/08		
		Musco Twilight X - 5/3/08		•
_		Musco Twilight X - 5/3/08		•
		Iowa Invite - 4/19/08		_
		Iowa Invite - 4/19/08		
		at Drake Relays - 4/24/08		
		at Big Ten Champ's - 5/17/08	5:11.98 \$	at Big Ten Champ's - 5/17/08
WOMEN'S 3,000 METE				
		Meet-Date	_	
		Iowa Invite - 4/19/08		
		Iowa Invite - 4/19/08		
-	. 10:50.35	at Shamrock Invite 3/21/08	10:20.07	at Big Ten Champ's - 3/1/08
MEN'S 3,000 METERS				
		lowa Invite - 4/19/08		
Tommy Tate	. 8:57.97	Iowa Invite - 4/19/08	8:31.28	at Big Ten Champ's - 2/24/07

^{@ -} NCAA automatic qualifier, # - NCAA provisional qualifier, ^ - NCAA regional qualifier, * - school record, \$ - decathlon/heptathlon event, % - wind-aided

WOMEN'S 3,000-METER STEEPLECHASE (RQ - 10:50.25, SR - 10:27.18) NameCollegiate BestMeet - Date	
Jessica Schmidt	nn's - 5/17/08
Hannah Roeder	
MEN'S 3,000-METER STEEPLECHASE (RQ 9:07.00, SR 8:47.4)	X 3/3/00
Name Collegiate BestMeet - Date	
Andy Napier	nal - 5/31/08
WOMEN'S 5,000 METERS (RQ - 16:52.00, SR - 15:45.84)	101 3/31/00
Name Season Best Meet - Date Collegiate Best Meet - Date	
Diane Nukuri	- 5/4/08
Meghan Armstrong 16:08.83 ^Cardinal Invite - 5/4/0816:08.83	
Racheal Marchand 16:27.02 ^	
Krista Anderson 17:28.09	
MEN'S 5,000 METERS (RQ 14:12.00, SR 13:49.31)	, ,,,,,,,
Name Season Best Meet - Date Collegiate Best Meet - Date	
Jesse Luciano	- 4/24/08
Brendan Camplin 15:01.70	
WOMEN'S 10,000 METERS (AQ - 33:30.00, PQ - 35:00.00, SR - 33:17.01)	2,2,00
NameCollegiate BestMeet - Date	
Diane Nukuri	te - 4/4/08
Meghan Armstrong 33:28.00 @at Stanford Invite - 4/4/0833:28.00at Stanford Invite	
Racheal Marchand 34:11.48 #at Big Ten Champ's - 5/16/08 34:11.48at Big Ten Cham	
Hannah Roeder	
Fionna Fallon	
MEN'S 10,000 METERS (AQ 28:45.00, PQ 29:30.00, SR 28:44.47)	., = .,
Name	
Jesse Luciano	np's - 5/16/08
Tommy Tate	np's - 5/11/07
WOMEN'S 400-METER RELAY (RQ - 45.70, SR - 44.63)	•
NamesMeet - Date	
White, Alexander, Kerr, Trusty45.78at Tiger Classic - 4/5/08	
White, Trusty, Kerr, Stanford	
Trusty, White, Stanford, Hendricks	
Trusty, White, Kerr, Hendricks	
MEN'S 400-METER RELAY (RQ 40.66, SR 39.48)	
NamesMeet - Date	
Milder, McSkimming, Reed, Elbert	
WOMEN'S 800-METER RELAY (SR - 1:35.69)	
WOMEN'S 800-METER RELAY (SR - 1:35.69)	
<u>WOMEN'S 800-METER RELAY (SR - 1:35.69)</u> Names	
WOMEN'S 800-METER RELAY (SR - 1:35.69) Names Season Best Meet - Date Hendricks, Trusty, White, Stanford 1:39.74 at Shamrock Invite - 3/21/08 WOMEN'S 1,600-METER RELAY (RQ 3:42.00, SR 3:36.26) Meet - Date Names Meet - Date	
WOMEN'S 800-METER RELAY (SR - 1:35.69) Names Season Best Meet - Date Hendricks, Trusty, White, Stanford 1:39.74 at Shamrock Invite - 3/21/08 WOMEN'S 1,600-METER RELAY (RQ 3:42.00, SR 3:36.26) Meet - Date Praska, M. Mims, Hendricks, Alexander 3:44.21 at Big Ten Championships - 5/18/08	
WOMEN'S 800-METER RELAY (SR - 1:35.69) Names Season Best Meet - Date Hendricks, Trusty, White, Stanford 1:39.74 at Shamrock Invite - 3/21/08 WOMEN'S 1,600-METER RELAY (RQ 3:42.00, SR 3:36.26) Names Season Best Meet - Date Praska, M. Mims, Hendricks, Alexander 3:44.21 at Big Ten Championships - 5/18/08 M. Mims, Alexander, Hendricks, Praska 3:48.17 Musco Twilight X - 5/3/08	
WOMEN'S 800-METER RELAY (SR - 1:35.69) Names Season Best Meet - Date Hendricks, Trusty, White, Stanford 1:39.74 at Shamrock Invite - 3/21/08 WOMEN'S 1,600-METER RELAY (RQ 3:42.00, SR 3:36.26) Names Season Best Meet - Date Praska, M. Mims, Hendricks, Alexander 3:44.21 at Big Ten Championships - 5/18/08 M. Mims, Alexander, Hendricks, Praska 3:48.17 Musco Twilight X - 5/3/08 M. Mims, Hendricks, Praska, Ponce 3:49.65 at Shamrock Invite - 3/22/08	
WOMEN'S 800-METER RELAY (SR - 1:35.69) Names Meet - Date Hendricks, Trusty, White, Stanford 1:39.74 at Shamrock Invite - 3/21/08 WOMEN'S 1,600-METER RELAY (RQ 3:42.00, SR 3:36.26) Meet - Date Praska, M. Mims, Hendricks, Alexander 3:44.21 at Big Ten Championships - 5/18/08 M. Mims, Alexander, Hendricks, Praska 3:48.17 Musco Twilight X - 5/3/08 M. Mims, Hendricks, Praska, Ponce 3:49.65 at Shamrock Invite - 3/22/08 Praska, Kerr, Trusty, M. Mims 3:52.19 lowa Invite - 4/19/08	
WOMEN'S 800-METER RELAY (SR - 1:35.69) Names Meet - Date Hendricks, Trusty, White, Stanford 1:39.74 at Shamrock Invite - 3/21/08 WOMEN'S 1,600-METER RELAY (RQ 3:42.00, SR 3:36.26) Meet - Date Praska, M. Mims, Hendricks, Alexander 3:44.21 at Big Ten Championships - 5/18/08 M. Mims, Alexander, Hendricks, Praska 3:48.17 Musco Twilight X - 5/3/08 M. Mims, Hendricks, Praska, Ponce 3:49.65 at Shamrock Invite - 3/22/08 Praska, Kerr, Trusty, M. Mims 3:52.19 lowa Invite - 4/19/08 Hendricks, M. Mims, Kerr, Praska 3:52.97 at Sun Angel Classic - 4/12/08	
WOMEN'S 800-METER RELAY (SR - 1:35.69) Names Season Best Meet - Date Hendricks, Trusty, White, Stanford 1:39.74 at Shamrock Invite - 3/21/08 WOMEN'S 1,600-METER RELAY (RQ 3:42.00, SR 3:36.26) Meet - Date Praska, M. Mims, Hendricks, Alexander 3:44.21 at Big Ten Championships - 5/18/08 M. Mims, Alexander, Hendricks, Praska 3:48.17 Musco Twilight X - 5/3/08 M. Mims, Hendricks, Praska, Ponce 3:49.65 at Shamrock Invite - 3/22/08 Praska, Kerr, Trusty, M. Mims 3:52.19 lowa Invite - 4/19/08 Hendricks, M. Mims, Kerr, Praska 3:52.97 at Sun Angel Classic - 4/12/08 MEN'S SPRINT MEDLEY RELAY (SR 3:15.64) 3:15.64	
WOMEN'S 800-METER RELAY (SR - 1:35.69) Names Meet - Date Hendricks, Trusty, White, Stanford 1:39.74 at Shamrock Invite - 3/21/08 WOMEN'S 1,600-METER RELAY (RQ 3:42.00, SR 3:36.26) Meet - Date Praska, M. Mims, Hendricks, Alexander 3:44.21 at Big Ten Championships - 5/18/08 M. Mims, Alexander, Hendricks, Praska 3:48.17 Musco Twilight X - 5/3/08 M. Mims, Hendricks, Praska, Ponce 3:49.65 at Shamrock Invite - 3/22/08 Praska, Kerr, Trusty, M. Mims 3:52.19 lowa Invite - 4/19/08 Hendricks, M. Mims, Kerr, Praska 3:52.97 at Sun Angel Classic - 4/12/08	

MEN'S 1,600-METER RELAY (RQ 3:10.00, SF	R 3:03.11)	
Names	-	Meet - Date
Willey, Elbert, Varner, Barton		
Willey, Elbert, Barton, Varner		· · · · · · · · · · · · · · · · · · ·
Willey, Splan, Barton, Varner		
Willey, Splan, Varner, Barton		
Dolan, McSkimming, Splan, Hairston		• • • • • • •
Milder, McSkimming, Elbert, Hairston		
Dolan, Hairston, Splan, Kuhlman		
Rolling, Prill, Niver, Rammelsberg		
WOMEN'S 3,200-METER RELAY (SR 8:46.45		at Tiger Classic - 4/ 5/00
Names		Meet - Date
M. Mims, Praska, Docherty, Ellis		
WOMEN'S DISTANCE MEDLEY RELAY (SR 8:		nat Brane helays 1/20/00
Names		Meet - Date
L. Hardesty, A. Hardesty, Hendricks, Anderson		
MEN'S DISTANCE MEDLEY RELAY (SR 8:46.4		at Drake Relays 4, 25, 00
Names	-	Meet - Date
B. MacTaggart, Splan, Dolan, Paul		
WOMEN'S HIGH JUMP (RQ - 1.75 meters, SR		at Diake Relays - 4/23/00
Name Season Best		Collegiate Post Most Date
		5-7 1/4 (1.71 m)at Big Ten Champ's - 5/18/08
		5-7 1/4 (1.71 m)at Big Ten Champ's - 3/2/08
MEN'S HIGH JUMP (RQ 2.10 meters, SR 2		Calleriate Book Mont Date
Name Season Best		
	_	6-11 (2.11 m)at NCAA Regional - 5/30/08
		6-10 3/4 (2.10 m)at Big Ten Champ's - 5/17/08
	_	6-9 3/4 (2.08 m)at Big Ten Champ's - 2/25/07
		6-11 (2.11 m)at Big Ten Champ's - 3/2/08
		6-9 (2.06 m)at Gladstein Invite - 1/27/07
Graham Valdes 6-4 (1.93 m)		
		6-0 (1.83 m) \$at Big Ten Champ's - 5/17/08
MEN'S POLE VAULT (RQ 5.05 meters, SR 5.		
Name Season Best		
		16-2 (4.93 m)at Big Ten Champ's - 3/1/08
		15-7 3/4 (4.77 m)at Johnson Invite - 1/26/08
Mark Mankivsky 14-9 (4.50 m)		
		14-9 (4.50 m)Musco Twilight IX - 4/21/07
Frank Prill 14-3 1/4 1/2 (4.35 m)	at Big Ten Champ's - 5/17/08	14-3 1/4 (4.35 m)at Big Ten Champ's - 5/17/08
WOMEN'S LONG JUMP (RQ - 6.00 meters, SR	<u>: - 6.78 meters)</u>	
Name Season Best		
Renee White 20-3 3/4 (13.36 m) ^%	6 at NCAA Regional - 5/30/08	20-3 3/4 (13.36 m)at NCAA Regional - 5/30/08
Tammilee Kerr 19-4 1/4 (5.90 m)	.at Big Ten Champ's - 5/17/08	19-4 1/4 (5.90 m)at Big Ten Champ's - 5/17/08
MEN'S LONG JUMP (RQ 7.34 meters, SR 8.	<u>.25 meters)</u>	
Name Season Best	. Meet - Date	Collegiate BestMeet - Date
Matty Gorman 23-4 (7.11 m)	.at Big Ten Champ's - 5/17/08	25-1 1/4 (7.65 m)at Springtime Invite - 4/1/06
Aaron Reed 23-2 1/2 (7.07 m)	.at Big Ten Champ's - 5/17/08	23-8 (7.21 m)Musco Twilight IX - 4/21/07
		22-5 3/4 (6.85 m)at Big Ten Champ's - 3/1/08
		22-1 3/4(6.75 m) \$at Big Ten Champ's - 5/16/08
Cody Mixon 21-3 1/4 (6.48 m)		
Bobby Windauer 20-8 1/2 (6.31 m)	. at Central Invite - 4/5/08	21-3 1/4 (6.48 m)at Big Ten Champ's - 2/24/07

WOMEN'S TRIPLE JUM	IP (RQ - 12.32 meters, SR - 13.36 meters)	
Name	Season Best Meet - Date	Collegiate BestMeet - Date
Renee White	43-10 (13.36 m) *^ at NCAA Regional - 5/31/08	43-10 (13.36 m) *at NCAA Regional - 5/31/08
MEN'S TRIPLE JUMP (R	RQ 15.00 meters, SR 15.86 meters)	
Name	Season Best Meet - Date	Collegiate BestMeet - Date
Matty Gorman	49-2 1/2 (15.00 m) ^ at Central Invite - 4/5/08	49-2 1/2 (15.00 m) ^at Central Invite - 4/5/08
Josh Bean	48-9 (14.86 m) Musco Twilight X - 5/3/08	48-9 (14.86 m)Musco Twilight X - 5/3/08
Cody Mixon	44-2 1/2 (13.47 m) at Central Invite - 4/5/08	44-2 1/2 (13.47 m)at Central Invite - 4/5/08
WOMEN'S SHOT PUT (RQ - 14.30 meters, SR - 15.54 meters)	
Name	Season Best Meet - Date	Collegiate BestMeet - Date
Amanda Chandler	39-0 1/4 (11.89 m) at Shamrock Invite - 3/22/08	46-0 (14.02 m)at Tom Botts Invite
Tammilee Kerr	38-5 (11.71 m) \$ at Drake Relays - 4/23/08	38-5 (11.71 m) \$ at Drake Relays - 4/23/08
MEN'S SHOT PUT (RQ -	16.80 meters, SR 19.27 meters)	
Name	Season Best Meet - Date	Collegiate BestMeet - Date
John Hickey	61-9 1/2 (18.83 m) ^ at Sun Angel Classic - 4/12/08 6	62-8 (19.10 m)lowa Invite - 2/22/08
A.J. Curtis	59-8 3/4 (18.19 m) ^ at Big Ten Champ's - 5/18/08 5	59-8 3/4 (18.19 m) at Big Ten Champ's - 5/18/08
Shane Maier	59-4 1/4 (18.09 m) ^ at Big Ten Champ's - 5/18/08 6	62-2 1/4 (18.95 m)at Big Ten Champ's - 5/14/06
	53-3 1/2 (16.24 m) at Central Invite - 4/5/08	
Ryan Niver	38-9 3/4 (11.83 m) \$ at Big Ten Champ's - 5/16/08	41-1 1/2 (12.53 m)at J. Johnson Classic - 1/21/06
Frank Prill	31-4 (9.55 m) \$ at Drake Relays - 4/23/08	32-8 1/4 (9.96 m)at Gladstein Invite - 1/26/07
	51.70 meters, SR 61.84 meters)	
	Season Best Meet - Date	=
Shane Maier	178-7 (54.43 m) ^ Musco Twilight X - 5/3/08	178-7 (54.43 m)Musco Twilight X - 5/3/08
A.J. Curtis	177-2 (54.00 m) ^ Musco Twilight X - 5/3/08	202-11 (61.84 m)at Central Invite - 4/6/07
John Hickey	157-10 (48.11 m) Iowa Invite - 4/19/08	157-10 (48.11 m)lowa Invite - 4/19/08
Ryan Niver	142-10 (43.54 m) \$ at Drake Relays - 4/24/08	142-10 (43.54 m) \$at Drake Relays - 4/24/08
Frank Prill	99-3 (30.26 m) \$ at Drake Relays - 4/24/08	99-3 (30.26 m) \$ at Drake Relays - 4/24/08
Bobby Windauer	96-2 (29.32 m) lowa Invite - 4/19/08	96-2 (29.32 m)lowa Invite - 4/19/08
	<u> [HROW (RQ - 54.15 meters, SR - 59.45 meters)</u>	
	Season Best Meet - Date	=
	168-9 (51.45 m)at Tiger Classic - 4/5/08	
	146-3 (44.57 m)Musco Twilight X - 5/3/08	146-3 (44.57 m)Musco Twilight X - 5/3/08
	OW (RQ 56.80 meters, SR 67.94 meters)	
	Season Best Meet - Date	=
	179-9 (54.80 m) Musco Twilight X - 5/3/08	
•	178-3 (54.33 m) Musco Twilight X - 5/3/08	
	165-8 (50.50 m) at Central Invite - 4/5/08	171-10 (52.38 m)Musco Twilight IX - 4/21/07
	Q - 43.45 meters, SR - 55.31 meters)	
	Season BestMeet - Date	<u> </u>
	163-5 (49.81 m) ^ at Big Ten Champ's - 5/17/08	163-5 (49.81 m)at Big Ten Champ's - 5/17/08
-	61.60 meters, SR 74.58 meters)	
	Season Best Meet - Date	=
	167-1 (50.92 m) Musco Twilight X - 5/3/08	
	151-8 (46.24 m) \$ at Drake Relays - 4/24/08	
	143-2 (43.65 m) \$ at Big Ten Champ's - 5/17/08	
	143-0 (43.60 m) Musco Twilight X - 5/3/08	143-0 (43.60)Musco Twilight X - 5/3/08
	.500 points, PQ 5,050 points, SR 5,417 points)	
	Season Best Meet - Date	
	5,532 pts *#at Big Ten Champ's - 5/16-17/08	5,532 pts *#at Big Ten Champ's - 5/16-17/08
	600 points, PQ 6,900 points, SR 6,839 points)	
	Season Best Meet - Date	=
=	6,837 pts at Drake Relays - 4/23-24/08	
Frank Prill	6,831 pts at Big Ten Champ's - 5/16-17/08	6,831 ptsat Big Ien Champ's - 5/16-17/08



Kineke Alexander
Sprints - Senior
Glenside,
St. Vincent & the Grenadines
St. Joseph's Convent Mariagua

Career Highlights -- 2006 NCAA Indoor 400-meter champion (52.16)... seven-time all-American, which is the most of any Hawkeye in school history... only Hawkeye in school history to earn all seven all-America honors in the same event

(400 meters)... five-time Big Ten champion... two-time NCAA Midwest Regional champion... five-time all-region honoree... set indoor school records in 200 (23.49), 400 (51.48) and 600 meters (1:27.45), and as part of 1,600-meter (3:40.52) and distance medley (11:20.11) relays... set outdoor school record in 400 meters (51.35)... set Recreation Building 600-meter record (1:27.45)... ran on four of to top 10 indoor and five of the top 10 outdoor and 1,600-meter relays in school history.

2008 -- Indoor - all-American... placed fifth in 400 meters (52.72) at NCAA Championships, running a season-best 52.63 in the prelims... runner-up in 200 (24.39) and 400 meters (53.77) at Big Ten Championships, earning second team all-Big Ten honors... set school and Recreation Building 600-meter record (1:27.45) at season-opening Iowa Open... ran second leg on distance medley relay that set school record of 11:20.11... led team in 200 (24.14), 400 (52.63) and 600 meters (1:27.45), and as part of 1,600meter (3:43.83) and distance medley (11:20.11) relays... NCAA provisional qualifier in 400 meters and as part of distance medley relay... ran second leg on 1,600-meter relay (3:47.34) that placed fifth and distance medley relay (12:10.45) that placed ninth at Big Ten Championships... Outdoor - automatically qualified for NCAA Championships in 400 meters with runner-up finish (52.24) at NCAA Midwest Regional... that time was a season-best and that place earned her all-region honors... leads team in 400 (52.24) and 800 meters (2:15.34), and ran on team-leading 400-meter (45.78) and 1,600-meter relays (3:44.21)... placed fourth in 400 meters (54.06) and anchored sixth-place 1,600-meter relay (3:44.21) at Big Ten Championships... won 400 meters at Musco Twilight X (54.52) and placed fourth in 800 meters (2:15.34) at Iowa Invite... letterwinner.

Alexander's Collegiate Bests

Event	Time	Meet	Date
200 Meters (I)	23.49	at Big Ten Championships	2/26/06
400 Meters (O)	51.35	at NCAA Championships	6/10/06
600 Meters (I)	1:27.45	Iowa Open	1/19/08
800 Meters (O)	2:16.15	Musco Twilight IX	4/21/07



Meghan Armstrong Distance - Senior Tualatin, OR Tualatin High School

Career Highlights -- three-time all-American... five-time all-region... two-time Big Ten track champion... first women's cross country runner to earn three all-region honors... set school record in 1,500 meters (4:17.41) and as part of indoor distance medley relay (11:20.11) and outdoor 6,400-meter

relay (19:15.42)... 2008 Iowa's female Big Ten Medal of Honor recipient... named Big Ten Women's Track Athlete of the Week April 25, 2008, becoming the first Hawkeye track student-athlete to earn the honor in women's school history... six-time academic all-Big Ten... two-time USTFCCCA all-academic honoree.

2008 -- Indoor - Big Ten 3,000-meter champion (9:18.30), earning first team all-Big Ten honors... NCAA provisional qualifier in mile (4:41.07), 3,000 (9:17.50) and 5,000 meters (16:38.78), and as part of school-record setting distance medley relay (11:20.11)... led team in mile and 3,000 meters... her season-best 5,000 meters (16:38.78) ranks ninth in school history... placed seventh in 5,000 meters (16:39.04) at Big Ten Championships and 13th in 3,000 meters (9:37.54) at NCAA Championships... Outdoor - Big Ten 10,000 meter champion (33:49.03), earning first team all-Big Ten honors... NCAA automatic qualifier in 10,000 meters with the collegiate-best 33:28.00 she ran at Stanford Invite... that time ranks third in school history... qualified for NCAA regional in 1,500 meters with a team-leading 4:26.62 and in 5,000 meters with a collegiate-best 16:08.83... the 5,000-meter time ranks third in school history... anchored school-record setting 6,400-meter relay (19:15.42) to seventh-place finish at Drake Relays... placed third in 5,000 meters (16:28.71) at Big Ten Championships... named Big Ten Women's Track Athlete of the Week April 25, becoming the first Hawkeye track student-athlete to earn the honor in women's school history... Iowa's female Big Ten Medal of Honor recipient... academic all-Big Ten.

2007 -- **Cross Country** - all-American, placing 13th (20:37) at NCAA Championships... all-region, placing fifth at NCAA Midwest Regional with a collegiate-best 20:07 in 6,000 meters... first team all-Big Ten, placing fourth (20:08) at Big Ten Championships... placed 15th (20:38) at Pre-Nationals... runner-up at Hawkeye Invite (13:47-4,000 meters) and placed third at Auburn Invite (16:25-5,000 meters) with collegiate-best times... her collegiate bests times in the 4,000, 5,000 and 6,000 meters rank second in school history... team earned USTFCCCA all-academic honors... academic all-Big Ten... letterwinner.

Armstrong's Collegiate Bests

Event	Time	Meet	Date	
800 Meters (O)	2:10.15	at Tom Botts Invite	4/15/06	
1,500 Meters (O)	4:17.41	at Big Ten Champ's	5/14/06	
Mile (I)	4:40.59	at Alex Wilson Invite	3/4/06	
3,000 Meters (I)	9:17.50	at Big Ten Champ's	3/1/08	
3,000 Meters (CC)	10:01	Hawkeye Open	9/9/06	
4,000 Meters (CC)	13:47	Hawkeye Invite	9/15/07	
5,000 Meters (O)	16:08.83	at Cardinal Invite	5/4/08	
5,000 Meters (CC)	16:25	at Auburn Invite	9/29/07	
6,000 Meters (CC)	20:07	at NCAA Regional	11/11/07	
10,000 Meters (O)	33:28.00	at Stanford Invite	4/4/08	



A.J. Curtis Throws - Junior Brodhead, WI Brodhead High School

Career Highlights -- set school discus record (202-11)... is one of only two Hawkeyes in school history and one of four student-athletes in Big Ten history to throw over 200 feet in that event... two-time all-region honoree.

2008 -- Indoor - runner-up in shot

put (57-8 1/4) at UNI Open... that mark was a season-best and ranks ninth in school history... placed eighth in that event at Big Ten Championships (56-9 1/2)... **Outdoor** - automatically qualified for NCAA Championships in shot put and discus with third-place finishes in both events at NCAA Midwest Regional, earning all-region honors in each event... placed third in shot put (59-8 1/4) and fifth in discus (171-7) at Big Ten Championships... that shot put mark was a collegiate-best and ranks seventh in school history... placed third in shot put (57-11 3/4) and 10th in discus (159-7) at Drake Relays... runner-up in shot put and discus at Musco Twilight X (58-1 3/4, 177-2) and Hawkeye Invite (57-10 1/2, 170-0)... academic all-Big Ten.

Curtis' Collegiate Bests

Event	Distance	Meet	Date
Shot Put (O)	59-8 1/4 (18.19 m)	at Big Ten's	5/18/08
Discus (O)	202-11 (61.84 m)	at Central Invite	4/6/07



John Hickey Throws - Junior Piermont, NY Tappan Zee High School

Career Highlights -- all-American... two-time Big Ten shot put champion... won shot put (63-3 1/4) at 2006 USATF Junior National Championships... placed fourth in shot put (65-2) at 2006 IAAF World Junior Championships in Beijing, China.

2008 -- Indoor - all-American, placing seventh in shot put (60-8 1/2) at NCAA Championships... Big Ten shot put champion (61-9 3/4)... won shot put at lowa Invite with a collegiate-best 62-8... that mark ranks second in school history... provisionally qualified for national meet in shot put six times... named Big Ten Field Athlete of the Week Jan. 22... won shot put at lowa Open (61-3), Jack Johnson Classic (61-0), UNI Open (58-9 1/4) and Meyo Invite (57-3 1/2)... runner-up in shot put at Husky Classic (58-3)... Outdoor - placed second in shot put (61-4 1/4) at NCAA Midwest Regional, earning all-region honors and automatically qualifying for NCAA Championships... won shot put (58-0 1/4) at Hawkeye Invite and placed second (60-3 1/4) at Drake Relays... led team in shot put (61-9 1/2)... that mark ranks fifth in school history.

Hickey's Collegiate Bests

Event	Distance	Meet	Date
Shot Put (I)	62-8 (19.10 m)	Iowa Invite	2/22/08
Hammer (O)	171-10 (52.38 m)	Musco Twilight IX	4/21/07
Javelin (O)	150-11 (46.00 m)	Musco Twilight IX	4/21/07



Tammilee Kerr Senior - Multi-Events/Javelin Portmore, Jamaica Wolmer's Girl's High School

Career Highlights - set school records in pentathlon (3,974 points) and heptathlon (5,532 points).

2008 -- **Indoor** - set school record in pentathlon (3,974) with fourth-place finish at Big Ten Championships... NCAA provisional qualifier in pentathlon, placing 15th in that

event at NCAA Championships (3,836)... led team in high jump (5-7 1/4) and shot put (37-10), and ran on team-leading 1,600-meter relay (3:43.83)... that relay time ranks fourth in school history... won 60-meter hurdles (8.60) and posted collegiate-best high jump (5-7 1/4) as part of Big Ten pentathlon, which rank seventh and eighth, respectively, in school history... posted season-best long jump (18-10 3/4) at ISU Classic, which ranks seventh in school history... anchored fifth-place 1,600-meter relay (3:47.34) at Big Ten Championships... Outdoor - automatically qualified for NCAA Championships in heptathlon with the school-record setting 5,532 points she scored for fourth place at Big Ten Championships... qualified for NCAA regional in javelin with a collegiate-best 163-5 for fourth place at Big Ten meet... that mark ranks second in school history... won javelin (161-8) and posted collegiate-best long jump (19-4 1/4) as part of Big Ten heptathlon... the long jump mark ranks fifth in school history... placed second in heptathlon (5,417) at Drake Relays... placed 10th in javelin (155-8) at NCAA regional... ran third leg on team-leading 400-meter relay (45.78).

Kerr's Collegiate Bests

Event	Mark	Meet	Date
60 Hurdles (I)	8.60	Iowa Invite	2/22/08
		at Big Ten's	3/1/08
100 Hurdles (O)	14.21	Musco Twilight I	X 4/21/07
200 Meters (O)	25.18	at Drake Relays	4/23/08
400 Hurdles (O)	1:04.64	at Shamrock Inv.	3/18/06
800 Meters (I)	2:22.02	at Big Ten"s	3/1/08
Long Jump (O)	19-4 1/4 (5.90 m)	at Big Ten"s	5/17/08
High Jump (I)	5-7 1/4 (1.71 m)	at Big Ten"s	3/1/08
Shot Put (O)	38-5 (11.71 m)	at Drake Relays	4/23/08
Javelin (O)	163-5 (49.81 m)	at Big Ten"s	5/17/08
Pentathlon (I)	3,974 points	at Big Ten's	3/1/08
Heptathlon (O)	5,532 points	at Big Ten's	5/16-17/08



Racheal Marchand Senior - Distance Valparaiso, IN Valparaiso High School

Career Highlights -- cross country all-American... two-time all-region honoree.

2008 -- Indoor - ran mile (5:04.90) at Jack Johnson Classic, 3,000 meters (10:08.38) at Meyo Invite and 5,000 meters (17:03.79) at Husky Classic... Outdoor - NCAA provisional qualifier

in 10,000 meters (34:11.98)... qualified for NCAA regional in 5,000 meters (16:27.02)... those collegiate-best times rank sixth in school history... ran second leg on school-record setting 6,400-meter relay (19:15.42)... placed fourth in 10,000 meters (34:11.48) and fifth in 5,000 meters (16:40.03) at Big Ten Championships... won 5,000 meters (16:27.02) at Musco Twilight X... runner-up in 1,500 meters (4:31.23) at lowa Invite.

Marchand's Collegiate Bests

Event	Time	Meet	Date
1,500 Meters (O)	4:31.23	Iowa Invite	4/19/08
Mile (I)	5:04.90	at J. Johnson Classic	1/26/08
3,000 Meters (O)	9:45.50	Musco Twilight IX	4/21/07
3,000 Meters (CC)	10:29	Hawkeye Open	9/9/06
4,000 Meters (CC)	14:48	Hawkeye Triangular	9/10/04
5,000 Meters (O)	16:27.02	Musco Twilight X	5/3/08
5,000 Meters (CC)	17:02	at Auburn Invite	9/30/06
6,000 Meters (CC)	20:53	at Pre-Nationals	10/14/06
10,000 Meters (O)	34:11.98	at Big Ten Champ's	5/16/08



Diane Nukuri Senior - Distance Pickering, Ontario St. Charles Garnier HS Butler County CC

Career Highlights -- 2007 Honda Award finalist in cross country... three-time all-American and allregion... two-time NCAA Midwest Regional Cross Country Champion... two-time Midwest Regional Women's Cross Country Runner of

the Year... 2007 Big Ten Cross Country Champion and Women's Cross Country Athlete of the Year... set school 3,000 (9:47), 4,000 (13:14), 5,000 (15:55) and 6,000-meter (19:37) cross country records... set Ashton Cross Country Course 3,000 (9:47) and 4,000-meter (13:14) marks... set outdoor track school records in 3,000 (9:18.82) and 10,000 meters (33:17.01), and as part

of 6,400-meter relay (19:15.42)... set indoor school record as part of distance medley relay (11:20.11)... won Big Ten outdoor 5,000-meter title in 2008... nine-time NJCAA national champion, winning two titles each in half marathon, mile, 3,000 meters and 5,000 meters, and one title in cross country for Butler Community College (2004-06)... 17-time NJCAA all-American... two-time NJCAA Indoor Athlete of the Meet... set NJCAA meet records in half marathon and indoor 5,000 meters... set NJCAA all-time records in half marathon, indoor 3,000 meters and indoor 5,000 meters... 11-time NJCAA Region VI champion, going undefeated at that meet two straight years... three-time NJCAA Region VI Athlete of the Meet... set NJCAA regional records in cross country, mile, 1,500 meters, 3,000 meters and 5,000 meters.

2008 -- Indoor - provisionally qualified for NCAA Championships in mile (4:41.07), 3,000 meters (9:20.07), 5,000 meters (16:01.36) and as part of school-record setting distance medley relay (11:20.11)... led team in 5,000 meters... placed 12th in 5,000 meters (16:35.05) at NCAA Championships... placed third in 5,000 meters (16:02.96) and eighth in 3,000 meters (9:28.39) and anchored ninth-place distance medley relay (12:10.45) at Big Ten Championships... her best 3,000 and 5,000 meter time rank third in school history... **Outdoor -** Big Ten 5,000-meter champion (16:24.21)... automatically qualified for NCAA Championships in 10,000 meters with the school-record setting 33:17.01 at Stanford Invite... earned Big Ten Women's Track Athlete of the Week honors April 8 for that performance... set 3,000 meters school record of 9:18.82 at Iowa Invite... ran lead leg on school-record setting 6,400-meter relay (19:15.42) at Drake Relays... qualified for NCAA regional in 5,000 meters (15:59.39)... placed third in 10,000 meters (16:24.21) at Big Ten Championships... Wilma Rudolph Student-Athlete Achievement Award recipient.

2007 -- **Cross Country** - Honda Sports Award finalist... all-American, placing fourth at NCAA Championships in 20:07... won second-straight NCAA regional title, setting a school and course record 6,000-meter record of 19:37... named Midwest Regional Women's Cross Country Athlete of the Year... Big Ten Champion, with a school and course 6,000-meter record of 19:37... named Big Ten Women's Cross Country Athlete of the Year... set school and course records while placing first at Hawkeye Invite (13:14-4,000 meters) and Auburn Invite (15:55-5,000 meters)... three-time Big Ten Athlete of the Week... placed third at Pre-Nationals (20:11-6,000 meters)... team earned USTFCCCA all-academic honors... letterwinner.

Nukuri's Collegiate Bests

Events	Time	Meet Date	
1,500 Meters (O)	4:20.95	at Aztec Track Classic	3/17/07
Mile (I)	4:46.25	at NCAA Qualifier	3/3/07
3,000 Meters (O)	9:18.82	Iowa Invite	4/19/08
3,000 Meters (CC)	9:47	Hawkeye Open	9/9/06
4,000 Meters (CC)	13:14	Hawkeye Invite	9/15/07
5,000 Meters (O)	15:59.39	at Cardinal Invite	5/4/08
5,000 Meters (CC)	15:55	at Auburn Invite	9/29/07
6,000 Meters (CC)	19:37	at NCAA Regional	11/11/07
10,000 Meters (O)	33:17.01	at Stanford Invite	4/4/08



Renee White Junior - Jumps/Sprints Portmore, Jamaica Wolmer's Girl's High School

Career Highlights -- 2008 Big Ten indoor triple jump champion (41-11 1/4)... set school indoor and outdoor triple jump records (42-4, 43-10)... two-time all-region honoree.

2008 -- Indoor - Big Ten triple jump champion (42-4) breaking her own school record in that event

by almost one foot and provisionally qualifying for the NCAA Championships... led team in 60-meter hurdles (8.45) and long jump (19-0 3/4), and ran lead leg on team-leading 1,600-meter relay (3:43.83)... the hurdles time ranks third in school history... placed seventh in 60-meter hurdles (8.48) and 10th in long jump (18-10 3/4) at Big Ten Championships... won triple jump at Iowa Invite (41-6 1/2), ISU Classic (41-5 1/4) and Alex Wilson Invite (41-11 1/4), and placed second at Meyo Invite (42-0 1/2)... won long jump (19-0 3/4) at Hawkeye Invite... Outdoor - broke her own school triple jump record with sixth-place performance of 43-10 at NCAA Regional... all-region honoree... also placed eighth in long jump at NCAA regional with a collegiate-best 20-3 3/4, jumping over 20 feet for the first time in her career... that mark ranks second in school history... placed fourth in triple jump (42-18 1/4), 10th in long jump (19-10 3/4) and ran second leg on 400-meter relay that placed eighth (47.29) and placed at Big Ten Championships... qualified for NCAA regional in triple and long jump, leading team in those events... also ran on team-leading 400 (45.78) and 800meter (1:39.74) relays... won triple jump (42-4) and placed 13th in long jump (19-0 1/2) at Sun Angel Classic.

White's Collegiate Bests

Event	Mark	Meet	Date
60 Meters (I)	7.83	at Johnson Classic	1/20/07
60 Hurdles (I)	8.45	at Big Ten's	3/1/08
100 Meters (O)	12.34	at Missouri Relays	3/31/07
100 Hurdles (O)	14.20	at Auburn Classic	4/5/08
200 Meters (O)	25.31	at Aztec Classic	3/16/07
Long Jump (O)	20-3 3/4 (6.19 m)	at NCAA Regional	5/30/08
Triple Jump (O)	43-10 (13.36 m)	at NCAA Regional	5/31/08