

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



TRACK CONTACT: NATHAN SHEEHAN

JUNE 7, 2010

2010 IOWA TRACK & FIELD OUTDOOR SCHEDULE

Date	Meet	Location
3/19-20	CCU Shamrock Invite	Myrtle Beach, SC
3/26-27	Stanford Invitational	Palo Alto, CA
3/27	Razorback Spring Invite	Fayetteville, AK
4/2	Central Invitational	Pella, IA
4/2-3	Auburn Classic	Auburn, AL
4/9-10	Sun Angel Classic	Tempe, AZ
4/9-10	Lee Calhoun Memorial	Macomb, IL
4/17	Iowa Invite	Iowa City, IA
4/22-24	Drake Relays	Des Moines, IA
5/1	Musco Twilight XI	Iowa City, IA
5/14-16	Big Ten Championships	Bloomington, IN
5/27-29	NCAA Regional	Austin, TX
6/9-12	NCAA Championships	Eugene, OR

NCAA CHAMPIONSHIP SCHEDULE

Wed, June 9

Men's 400m (S)	7:00 p.m.
Men's 400m hurdles (S)	8:45 p.m.

Thu, June 10

Men's Javelin (F)	7:15 p.m.
Women's 1,500m (S)	7:00 p.m.
Men's 4x4 Relay (S)	8:45 p.m.

Fri, June 11

Men's 400m hurdles (F)	7:05 p.m.
Men's 400m (F)	8:25 p.m.

Sat, June 12

Men's Shot Put (F)	11:40 a.m.
Women's 1,500m (F)	12:18 p.m.
Men's 4x4 Relay (F)	1:50 p.m.

S = Semi-finals, F = Finals
All Times Central

NINE HAWKEYES AMONG "EUGENE 24"

Nine Hawkeyes will travel to Eugene, OR to compete in the 2010 NCAA Outdoor Track and Field Championships. Ten qualifiers will compete in six events, including five individual events and one relay at Hayward Field on the campus of the University of Oregon. The four-day event runs Wednesday-Saturday. Non-televised portions of the Championships will be streamed live on NCAA.com. CBS College Sports will broadcast live Friday from 7-9 p.m. (CT). CBS will provide live coverage of the finals Saturday from 12-2 p.m. (CT).

CHAMPIONSHIP QUALIFIERS (*first time qualifier)

Name	Event	Seed	Qualifying Time
Chris Barton*	1,600m relay	12	3:05.84
Matt Byers*	Javelin	17	67.28m
Betsy Flood	1,500 meters	22	4:20.20
Lauren Hardesty*	1,500 meters	23	4:20.40
Ryan Lamparek*	Shot Put	23	17.78m
Patrick Richards*	1,600m relay	12	3:05.84
Erik Sowinski*	1,600m relay	12	3:05.84
Ray Varner	400m hurdles	17	50.42
Steven Willey*	1,600m relay	12	3:05.84
	400 meters	20	45.78

FEARSOME FOURSOME

The men's 4x4 relay (Richards, Barton, Sowinski, Willey) has been a consistent force all season. Without much change to the formula, this group has finished in the top three in all six of their competitions this year, winning at the Tiger Track Classic (3:07.91) and Iowa Invitational (3:15.54).

Their second-place finish in the Drake Relays finals earned them their best time of the season (3:05.73). Sophomore **Patrick Richards** substituted for senior **Ray Varner** during the final day of the Drake Relays so Varner could focus on the 400-meter hurdles, but Richards more than picked up the slack, leading the Hawkeyes to their best time of the season and eventually helping the squad earn a second-place finish at the Big Ten Championships (3:07.75).

It's the relay team's tradition to play "Back in Black" before every race, echoing Iowa's football team, and this relay squad will be aiming for postseason results similar to their football colleagues.

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DISTANCE DOMINATION

Head Coach **Layne Anderson's** talented cross country squads have always been able to carry over their talents onto the track. This season, sophomore **Betsy Flood** and junior **Lauren Hardesty** will represent Iowa's formidable distance group. Flood and Hardesty both scored points in the Big Ten Championships, with Flood placing fourth (4:17.75) and Hardesty eighth (4:22.81) in the 1,500 meters. Flood's fourth-place finish at the conference championship is a collegiate best and vaulted the Des Moines, IA native to second on Iowa's all-time top performance list. Hardesty now ranks eighth among Iowa's top 1,500 meter performers following her collegiate-best effort (4:20.40) at the NCAA Preliminary meet.

SENIOR SEND-OFF

"Ray [Varner] has been a pillar of our program for four years," said Head Coach **Larry Wieczorek** following Varner's Big Ten Championship in the 400-meter hurdles. "I was very pleased he could cap off his career at Iowa with his first Big Ten Championship." Varner's career at Iowa isn't quite capped yet. The Wadsworth, IL native earned his second trip to the NCAA Championships in the 400-meter hurdles by placing 10th May 28th at the NCAA West Regional. Varner has been a model of consistency on this 2010 team, placing in the top three in each of his 400-meter hurdle competitions during the regular season, including four wins and a conference title. His best time this season (50.24) led the Big Ten and ranks third all-time at Iowa.

DOUBLE DIP

The bar for the 2010 outdoor season was set high for junior **Steven Willey**. Willey's indoor season was capped off with an indoor school record in the 400 meters (46.75) at the NCAA Qualifier Meet in Ames, IA. The momentum from his indoor season certainly carried over, with Willey winning three out of six 400-meter races this season, including a Big Ten Championship (46.12). His Big Ten mark is a collegiate-best and ranks third all-time on the outdoor 400-meter performance list. Willey is the only Hawkeye this season to qualify for the NCAA Championships in two events. He is part of the men's 1,600-meter relay squad and will run in the open 400m.

YOUTH MOVEMENT

Iowa's throws program has been highlighted by upperclassmen the past few years, but now it's the young stars that are headlining the program, and sophomore **Ryan Lamparek** is one of those taking the reigns. Lamparek took the first step last season, qualifying for the NCAA Midwest Regional in the discus. This season he will move on to the NCAA Championships in the Shot Put behind a collegiate-best performance at the NCAA West Regional (58-4, 17.78m). Lamparek placed in the top three in the shot put in three of four regular-season meets and finished sixth at the Big Ten Championships (57-2, 17.42m). He led the team in the shot put (58-4, 17.78m) and discus (171-03, 52.19m) season.

FRESHMAN PHENOM

Freshman **Matt Byers** will be one of three Iowa Big Ten Champions competing at the NCAA Championships, but Byers' success has been less gradual and more of an explosion out of the gate. A conference champion in the javelin, Byers threw a 222-0 (67.66m) in his collegiate debut at the Tiger Track Classic, which ranked fourth all-time, then came out two weeks later to nearly break a school record, throwing a collegiate-best 232-2 (70.76m), which now puts him second all-time. That mark led the Big Ten all season. Following third-place finishes at the Drake Relays and Musco Twilight XI, Byers earned his spot at the top of the Big Ten by winning a conference championship (220-6, 67.22m). Byers became Iowa's fifth Big Ten javelin champ and the first since Iowa's record-holder in that event, Bill Neumann, earned his second consecutive Big Ten championship in 2003.

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HAWKEYE TRACK & FIELD



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PAGE 3

OUTDOOR SEASON LEADERS

MEN'S	WOMEN'S
100 meters Zeke Sayon 10.51	100 meters Rhonda-Kaye Trusty 11.74
110-meter hurdles Jordan Mullen 14.06	100-meter hurdles Karessa Farley 13.50
200 meters Steven Willey 21.23	200 meters Rhonda-Kaye Trusty 23.74
400 meters Steven Willey 45.78	400 meters Rhonda-Kaye Trusty 55.09
400-meter hurdles ... Ray Varner 50.24	400-meter hurdles Tiffany Hendricks 1:01.36
800 meters Erik Sowinski 1:48.00	800 meters Bethany Praska 2:10.85
1,500 meters Jeff Thode 3:43.02	1,500 meters Betsy Flood 4:17.75
3,000 meters Chase Kadlec 8:28.64	3,000 meters Betsy Flood 9:22.63
Steeple Chase Mark Battista 9:04.60	Steeple Chase Danielle Berndt 10:56.47
5,000 meters Jesse Luciano 14:08.71	5,000 meters Betsy Flood 16:32.34
10,000 meters Nick Holmes 30:02.31	10,000 meters Megan Lessard 35:28.03
Shot Put R. Lamparek 58-4, 17.78m	Hammer Throw T. Medenwaldt.... 171-11, 52.40m
Discus R. Lamparek ... 171-3, 52.19m	Javelin Missy Miller..... 105-5, 32.14m
Hammer Matt Banse 199-0, 60.66m	Discus T. Medenwaldt..... 161-3, 49.16m
Javelin Matt Byers 232-2, 70.76m	Shot Put T. Medenwaldt .. 45-11 3/4, 14.01m
High Jump Oest/Valdes 6-11, 2.11m	Long Jump Emily Moore 18-0 1/4, 5.49m
Long Jump Jeff Herron 24-9, 7.54m	High Jump Caleigh Bacchus..... 5-10, 1.78m
Triple Jump Josh Bean.. 48-10 3/4, 14.90m	Pole Vault Katie Truedson ... 11-5 1/4, 3.49m
Pole Vault Kyle Reid..... 16-1 1/4, 4.91m	Heptathlon Missy Miller..... 4,227
Decathlon Dan Rolling..... 6,957	400-meter relay Farley, Trusty, Graham, R. Moore..... 45.60
400-meter relay Richardson, Sayon, Bee, Richards..... 40.43	800-meter relay Trusty, Graham, R. Moore, E. Moore 1:41.28
1,600-meter relay Richards, Barton, Sowinski, Willey..... 3:05.73	1,600-meter relay Hendricks, Trusty, Erickson, Praska..... 3:39.88

MEN'S ALL-TIME TOP TEN OUTDOOR PERFORMERS



Jeremy Allen



Gordon Beecham



A.J. Curtis



Chris Davis



Terrence Duckett



Scott Faber



Bill Frazier

100 Meters

1. George Page, 1996.....10.25
2. Anthuan Maybank, 1994 .10.31
Tim Dwight, 199710.31
4. Bob Lawson, 1976.....10.36
5. Robert Smith, 1984.....10.39
6. Curtis Chang, 198710.40
7. Jeff Patrick, 198310.41
Tim Dodge, 200210.41
9. Jerry Fisher, 1991.....10.45
10. Andre Morris, 199610.47

110-Meter High Hurdles

1. Pat McGhee, 198913.50
2. Dion Trowers, 1996.....13.62
3. Ronnie McCoy, 1985.....13.66
4. James Armstrong, 1991 ...13.89
5. Doug Jones, 198614.06
Jordan Mullen, 2010 14. 06
7. Chris Williams, 198314.24
8. Rajeev Balkrishnan, 1993 14.29
9. Gary Falls, 199214.48
10. **Ethan Holmes, 2010 14.49**

200 Meters

1. Jeff Patrick, 198320.47
2. Anthuan Maybank, 1994 .20.55
3. Andre Morris, 199520.64
4. George Page, 1996.....20.67
5. Terrence Duckett, 1982....20.74
6. Tim Dodge, 200220.78
7. Bashir Yamini, 199920.82
8. Dennis Kohl, 1966.....20.84
9. Tim Dwight, 199720.91
10. Victor Greer, 198420.98

400 Meters

1. Anthuan Maybank, 1993 .44.99
2. Andre Morris, 199545.15
3. Mike Mondane, 196745.20
4. **Steven Willey, 2010..... 45.78**
5. Gary Hollingsworth,46.30
6. Harold Leonard, 1986.....46.45
7. Tony Branch, 199946.60
8. Prince Riley, 200746.61
9. George Page, 1996.....46.66
10. Dick Eisenlauer, 1973.....46.74
Terrence Duckett, 1983....46.74

400-Meter Hurdles

1. Pat McGhee, 198848.83
2. Monte Raymond, 1998....50.09
3. **Ray Varner, 2010 50.24**
4. Paul Steele, 198950.45
5. Russell Peterson, 2001....50.50
6. Adam Kunkel, 2001.....50.73
7. Jon Reimer, 196750.94
8. Gary Falls, 199151.08
9. Rajeev Balkrishnan, 1993 51.14
10. Scott Williamson, 2000....51.74

800 Meters

1. Bill Frazier, 1962.....*1:47.64
2. D’Juan Strozier, 19901:47.82
3. **Erik Sowinski, 2010 1:48.00**
4. Michael Layne, 1999....1:49.61
5. Bill Thiesen, 1985.....1:49.74
6. **Adam Hairston, 2008 .. 1:49.96**
7. Andy Wiese, 1985.....1:50.22
8. Paul Chepkwony, 1984..1:50.36
9. Rod Chambers, 19891:50.60
10. Jim Donovan, 19981:50.68

1,500 Meters

1. **Jeff Thode, 2010..... 3:43.02**
2. Joel Moeller, 19783:44.01
3. Jim Docherty, 19783:44.30
4. Dan Waters, 19863:46.35
5. Kevin Herd, 19943:46.64
6. John Clark, 19773:46.84
7. Ted Wheeler, 1956.....3:48.24
8. **Jesse Luciano, 2007 3:49.99**
9. M. VanDenend, 2007 ...3:50.20
10. John Dobbs, 19853:50.70

3,000-Meter Steeplechase

1. Deacon Jones, 1956.....8:47.40
2. Steve Pershing, 19788:54.59
3. Andy Morris, 20008:56.21
4. Matt Gerard, 19948:57.01
5. Andy Napier, 20088:57.54
6. Rollie Kitt, 1967.....9:02.90
7. Al Greene, 1985.....9:02.96
8. Tony Rakaric, 2005.....9:03.29
9. **Mark Battista, 2010..... 9:04.60**
10. Sean Gale, 1993.....9:08.00

5,000 Meters

1. M. VanDenend, 2007 ..13:49.31
2. Larry Wiczorek, 1968 13:56.00
3. Kevin Herd, 199313:59.00
4. Stetson Steele, 2000...14:02.76
5. Eric MacTaggart, 2005 14:04.79
6. Dan Haut, 2006.....14:07.30
7. **Jesse Luciano, 2010... 14:08.71**
8. Matt Esche, 2006.....14:12.07
9. **Chase Kadlec, 2010 ... 14:14.45**
10. Jeff Kent, 200714:21.05

10,000 Meters

1. Stetson Steele, 2000 ...28:44.47
2. Eric MacTaggart, 2006 28:50.23
3. Nick Nordheim, 2002..29:44.71
4. Trent Corey, 2002.....29:45.25
5. Chad Schwitters, 1999 29:56.00
6. **Nick Holmes, 2010 30:02.31**
7. Dan Haut, 2006.....30:03.08
8. Kevin Herd, 199430:05.21
9. Paul Sarris, 200130:08.40
10. Matt Esche, 200430:08.82

Decathlon

1. **Dan Rolling, 20106,957 pts**
2. Scott Faber, 2000 6,839 pts
3. Ryan Niver, 2008..... 6,837 pts
4. Chad Ohly, 1994..... 6,641 pts
5. Gary Kostrubala, 1984 6,498 pts
6. **Frank Prill, 20086,381 pts**
7. Jacob Drewry, 1994 ... 5,820 pts

High Jump

1. Bill Hansen, 1978 7-4 (2.23)
- Bill Knoedel, 1975 7-4 (2.23)
3. M. Cunningham, 1986 7-1 (2.16)
- Kenneth Lansing, 1988 7-1 (2.16)
5. Pat Meade, 1987 7-0 (2.13)
6. Scott Hudek, 1993 .. 6-11 (2.11)
- Jeremy Petsche, 2008 6-11 (2.11)
- G. Valdes, 2010 6-11 (2.11)**
9. Ryan Kelly, 2008 ..6-10 3/4 (2.10)
- Brandon Oest...6-10 3/4 (2.10)**

Names in bold are current team members.



Victor Greer



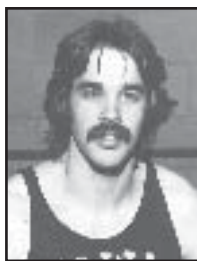
Bill Hansen



Deacon Jones



Paul Jones



Bill Knoedel



Anthuan Maybank



Pat McGhee

MEN'S ALL-TIME TOP TEN OUTDOOR PERFORMERS



Joel Moeller



Andre Morris



Bill Neumann



George Page



Jeff Patrick



Ed Rozell



Robert Smith

Long Jump

1. Anthuan Maybank, 1993 27-1 (8.25)
2. Bashir Yamini, 1997 26-8 1/4 (8.13)
3. Paul Jones, 1989 25-10 1/4 (7.88)
4. Darren Smith, 1991 25-9 3/4 (7.86)
5. Quinn Early, 1986..... 25-7 1/4 (7.80)
6. Ed Gordon, 1931..... 25-4 3/8 (7.68)
7. Matty Gorman, 2006 25-1 1/4 (7.65)
8. Ronnie McCoy, 1985 25-0 (7.62)
9. **Jeffery Herron, 2010..... 24-9 (7.54)**
10. Joe Robinson, 1976..... 24-2 3/4 (7.38)

Triple Jump

1. Paul Jones, 1990 52-0 1/2 (15.86)
2. Gordon Finch, 1988 50-9 1/4 (15.47)
3. Mike Lacy, 1984 50-5 (15.36)
4. Pat Miller, 1985..... 49-8 1/2 (15.25)
5. Matty Gorman, 2008 49-2 1/2 (15.00)
6. Owen Gill, 1982 49-1 (14.96)
7. **Josh Bean, 2010 48-10 3/4 (14.90)**
8. Ed Gordon, 1931..... 48-0 1/8 (14.63)
9. Mike Means, 1981 47-0 1/2 (14.34)
10. Aaron Reed, 2005 45-3 1/2 (13.80)

Pole Vault

1. Todd Wigginton, 1984 17-0 (5.18)
2. Chad Ohly, 1994..... 16-8 3/4 (5.10)
3. Curt Broek, 1978..... 16-8 (5.08)
4. Phil Wertman, 1971..... 16-7 (5.05)
Kelly Scott, 1988 16-7 (5.05)
6. John Teffer, 1972..... 16-2 (4.93)
7. **Kyle Reid, 2010 16-1 1/4 (4.91m)**
8. **Alex Zona, 2009 16-0 3/4 (4.90)**
9. Steve Brewer, 1983 16-0 (4.88)
Doug Pennino, 1985 16-0 (4.88)

Shot Put

1. Jeremy Allen, 2001 63-2 3/4 (19.27)
2. Ken Kemeny, 2005 62-3 (18.97)
3. Shane Maier, 2006..... 62-2 1/4 (18.95)
4. Andy Banse, 2005 61-11 1/2 (18.88)
5. **John Hickey, 2008..... 61-9 1/2 (18.83)**
6. Chris Gambol, 1987 60-0 1/2 (18.30)
7. **A.J. Curtis, 2008 59-8 1/4 (18.19)**
8. A. van der Westhuizen, 200058-8 3/4 (17.90)
9. **Ryan Lamparek, 2010..... 58-4 (17.78)**
10. Gary Kostrubala, 1985 58-1 (17.70)

Discus

1. A.J. Curtis, 2007 202-11 (61.84)
2. Gary Kostrubala, 1986 202-4 (61.68)
3. Jeremy Allen, 2001 195-4 (59.54)
4. Tim Brodersen, 2005 193-6 (58.98)
5. Brad Daufeldt, 2004..... 185-0 (56.40)
6. **Nick Brayton, 2009.....180-11 (55.15)**
7. Andy Banse, 2005 180-0 (54.86)
8. Eric Rothwell, 2004 179-7 (54.73)
9. Shane Maier, 2008..... 178-7 (54.43)
10. **Ryan Lamparek, 2009..... 177-3 (54.04)**

Hammer

1. A. van der Westhuizen, 2001222-11 (67.94)
2. Adam Hamilton, 2007..... 222-2 (67.73)
3. Jim Costello, 2002..... 217-7 (66.32)
4. Brad Daufeldt, 2004..... 207-10 (63.34)
5. Chris Voller, 2005 206-0 (62.80)
6. Jeremy Allen, 2001 199-0 (60.66)
Matt Banse, 2010..... 199-0 (60.66)
8. **Ben Stancombe, 2010 185-11 (56.68)**
9. Ryan Jordan, 2007 184-6 (56.23)
10. **Ryan Lamparek, 2010..... 181-7 (55.35)**

Javelin

1. Bill Neumann, 2002 244-8 (74.58)
2. **Matt Byers, 2010..... 232-2 (70.76)**
3. Dan Ralph, 2000 227-10 (69.44)
4. **Zach Schimp, 2010 211-0 (64.32)**
5. Kale Katt, 2007..... 204-0 (62.17)
6. Joel Storm, 2004 203-5 (62.01)
7. Matt Stank, 2001 199-0 (60.66)
8. A. van der Westhuizen, 1999173-11 (53.00)
9. Craig Jennings, 2006 173-4 (52.83)
10. Scott Faber, 2000 173-1 (52.78)

400-Meter Relay

1. Beecham, Duckett, Greer, R. Smith, 198439.48
2. Page, Davis, Rozell, Morris, 199639.73
3. Felix, Branch, Dodge, Yamini, 199939.96
4. Beecham, Duckett, Greer, Patrick, 1983.....39.99
5. Dwight, Branch, Davis, Yamini, 199840.00
Goode, Fisher, Morris, Maybank, 199440.00
199840.00
Dwight, Branch, Dodge, Yamini, 199940.00
9. Williamson, Dodge, Peterson, Digney, 2002 40.04
10. McCoy, Duckett, Greer, Smith, 1984.....40.07

1,600-Meter Relay

1. Morris, Davis, Page, Rozell, 19953:03.11
2. Branch, Dwight, Dodge, Yamini, 19993:03.29
3. Ferree, Frazier, Mondane, Reimer, 1967 ...3:04.10
4. Rozell, Morris, Davis, Yamini, 1996.....3:04.71
5. **Willey, Barton, Richards, Sowinski, 2010.. 3:05.73**
6. Cameron, Williams, McGhee, McCoy, 19853:06.00
7. Rozell, Davis, Dwight, Raymond, 19973:06.06
Dodge, Kunkel, Coleman, Peterson, 2001 .3:06.06
9. Davis, Rozell, Morris, Raymond, 1996.....3:06.54
10. Williamson, Dodge, Strang, Coleman, 20023:06.69

Distance Medley Relay

1. Pershing, Moeller, Slack, Docherty, 1978 ..9:39.94
2. **Young, Barton, Kuczvara, Luciano, 2010.. 9:42.97**
3. Theisen, Williams, Wiesa, Waters, 1985 ...9:54.04
4. **Luciano, Pierre, Hairston, VanDenend, 20079:54.07**
5. VanDenend, Riley, O'Hollearn, Rakaric, 20069:54.97
6. Feeldy, Eischeid, Novotny, Peters, 19969:55.71
7. Thomas, Wise, Cunningham, S.Allen, 2001 10:01.57
8. Thomas, Wakenight, Dziubski, Rakaric, 200310:01.72
9. Trainor, Coleman, Cunningham, Allen, 2002 10:01.93
10. English, Blackman, Stroler, Chambers, 1988 10:04.25



Stetson Steele



Micah
VanDenend



Arno van der
Westhuizen



Todd Wigginton

WOMEN'S ALL-TIME TOP TEN OUTDOOR PERFORMERS



Kineke Alexander



Meghan Armstrong



Nicole Charles



Nan Doak



Tina Floyd



Becca Franklin



Yolanda Hobbs

100 Meters

1. Vivien McKenzie, 198511.45
2. Davera Taylor, 1984.....11.51
3. Erica Broomfield, 199811.53
4. Jiselle Providence, 2001 ..11.57
5. Tanja Reid, 1994.....11.60
6. Peaches Roach, 2005.....11.60
7. Yolanda Hobbs, 1995.....11.62
8. Elanie Jones, 198511.69
9. **R.K. Trusty, 2010 11.74**
10. Lakeya Boatright, 2000....11.77

100-Meter Hurdles

1. Tiffany Johnson, 2007..... 13.20
2. **Karessa Farley, 2009..... 13.53**
3. C. Prendergast, 199913.60
4. Paula Ruen, 2000.....13.60
5. Sarah Steffen, 200213.65
6. Ruqayya Raheem, 1998...13.90
7. Brenda Calhoun, 198413.94
8. Wynsome Cole, 1997.....14.10
9. Kimberly Stanford, 2008..14.11
10. **Renee White, 2008 14.20**

200 Meters

1. Shellene Williams, 2004 ..23.50
2. Kineke Alexander, 2006...23.58
3. Davera Taylor, 1984.....23.59
4. Vivien McKenzie, 198523.61
5. Yolanda Hobbs, 1995.....23.65
6. **R.K. Trusty, 2010 23.74**
7. Tanja Reid, 199523.75
8. Elaine Jones, 198323.84
9. Jiselle Providence, 2001 ..24.00
10. Lakeya Boatright, 2000....24.14

400 Meters

1. Kineke Alexander, 2006...51.35
2. Shellene Williams, 2004 ..51.94
3. Ellen Grant, 1996.....52.65
4. Senta Hawkins, 198854.01
5. Marlene Poole, 199454.03
6. Elaine Jones, 198354.40
7. Nicole Charles, 200154.48
8. Stacey-Leigh Bynoe, 200054.73
9. **R.K. Trusty, 2010 55.09**
10. Alycia Simpson, 1987.....55.18
- Aisha Hume, 200455.18

400-Meter Hurdles

1. Mary Knoblauch, 198156.16
2. Wynsome Cole, 1998.....56.67
3. Chris Davenport, 1981.....59.18
4. Sarah Steffen, 200259.59
5. Beverly Powell, 199159.96
6. Diane Steinhart, 1980...1:00.56
7. Ruqayya Raheem, 1999 1:00:62
8. Keely Huber, 20021:00.98
9. **Tiffany Hendricks, 2010 .. 1:01.36**
10. Aditya Jones, 2007.....1:01.65

800 Meters

1. Kay Stormo, 19822:05.67
2. Michelle Lahann, 2004 .2:06.79
3. Aisha Hume, 20052:08.50
4. J. Kruckeberg, 19872:08.75
5. Ann Pare, 19972:09.25
6. M. Armstrong, 20062:10.15
7. **Sophia Poncé, 2007..... 2:10.35**
8. Briana Benning, 19962:10.47
9. **Bethany Praska, 2010.. 2:10.85**
10. Tami Hoskins, 1990.....2:11.47

1,500 Meters

1. M. Armstrong, 20064:17.41
2. **Betsy Flood, 2010..... 4:17.75**
3. J. Kruckeberg 19894:19.71
4. **Lauren Hardesty, 20104:20.40**
5. Diane Nukuri, 2007.....4:20.95
6. **McKenzie Melander, 2010. 4:21.18**
7. Penny O'Brien, 1985.....4:21.43
8. Kay Stormo, 19824:22.24
9. Michelle Lahann, 2004 .4:24.00
10. Shannon Stanley, 2006 .4:25.08

3,000 Meters

1. Diane Nukuri, 2008.....9:18.82
2. Penny O'Brien, 1985.....9:20.61
3. **Betsy Flood, 2010..... 9:22.63**
4. Nan Doak, 19859:23.04
5. Tracy Dahl, 19929:23.53
6. M. Armstrong, 20069:28.03
7. J. Kruckeberg, 19899:30.69
8. Jennifer Brower, 1992 ..9:34.59
9. Jodi Hershberger, 1982 9:36.44
10. Tina Stec, 19949:38.39

3,000-Meter Steeplechase

1. Jessica Schmidt, 2008 .10:27.18
2. Sarah Arens, 2004.....10:34.50
3. **Hannah Roeder, 2009 10:40.86**
4. **Danielle Berndt, 2010 10:56.47**
5. **Katie Ellis, 2010..... 11:02.62**
6. Michelle Lahann, 200311:16.21
7. B. Thompson, 2003.....11:19.50

5,000 Meters

1. Nan Doak, 198515:45.84
2. Diane Nukuri, 2008.....15:59.39
3. M. Armstrong, 200816:08.83
4. Jenny Spangler, 1983..16:17.21
5. Tracy Dahl, 199216:18.77
6. R. Marchand, 200816:27.02
7. **Betsy Flood, 2010..... 16:32.34**
8. **Amanda Haresty, 2010 16:37.01**
8. Jennifer Brower, 1991 16:37.09
9. Renee Doyle, 1988.....16:39.46

10,000 Meters

1. Diane Nukuri, 2008.....33:17.01
2. Jennifer Brower, 1991 33:23.38
3. M. Armstrong, 2008 ...33:28.00
4. Nan Doak, 198533:33.03
5. Jenny Spangler, 1983..33:39.24
6. R. Marchand, 200834:05.87
7. Tracy Dahl, 199234:30.09
8. Nikki Chapple, 2004....35:06.35
9. **Megan Lessard, 2010... 35:28.03**
10. **Lindsay Anderson, 2010... 35:31.40**

Heptathlon

1. Tammilee Kerr, 2008 5,532
2. Kathy Gillespie, 1983 5,262
3. Tiff Pedersen, 2004..... 4,976
4. Janet Adams, 1981 4,855
5. Ruqayya Raheem, 1997 .. 4,665
6. Angela Chadwick, 1993 .. 4,493
7. **Missy Miller, 20104,227**
8. Angie Hensel, 2004..... 4,073
9. Janelle Jaspers, 1987 4,000



Aisha Hume



Aisha James



Tiffany Johnson



Tammilee Kerr



Vivien McKenzie



Diane Nukuri



Marlene Poole

WOMEN'S ALL-TIME TOP TEN OUTDOOR PERFORMERS



Alana Redfern



Tanja Reid



Peaches Roach



Jessica Schmidt



Sarah Steffen



Kay Stormo



Jessie Strand

High Jump

1. Peaches Roach, 2006.....6-1 1/4 (1.86)
2. Mary Mol, 1983 6-0 (1.83)
3. **Caleigh Bacchus, 2010..... 5-10 (1.78)**
4. Lynn McMillan, 1988 5-9 1/4 (1.76)
5. Kacey Childs, 20015-8 1/2 (1.74)
6. Kristi Dinkla, 1985..... 5-8 (1.73)
Becky Kaza, 1995 5-8 (1.73)
Eve Cullinan, 2003 5-8 (1.73)
9. Jenni Elbert, 2005 5-7 (1.70)
10. Nancy Tessmer, 1991 5-6 1/2 (1.69)
Tammilee Kerr, 2008 5-6 1/2 (1.69)

Long Jump

1. Aisha James, 2003 22-3 (6.78)
2. Renee White, 2008.....20-3 3/4 (6.19)
3. Becki Borg, 198819-7 1/4 (5.97)
4. Lisa Moats, 1986.....19-6 (5.95)
5. Tammilee Kerr, 200819-4 1/4 (5.90)
6. Yolanda Hobbs, 1993.....19-2 1/2 (5.85)
7. Jane Dunlevy, 1977..... 18-6 (5.64)
8. Ruqayya Raheem, 1997 ..18-5 1/4 (5.62)
Tiff Pedersen, 2004.....18-5 1/4 (5.62)
10. Angie Hensel, 2005..... 18-5 (5.61)

Triple Jump

1. Renee White, 2008..... 43-10 (13.36)
2. Tiffany Johnson, 2007...41-8 3/4 (12.72)
3. Becki Borg, 1988.....40-7 1/2 (12.38)
4. Lynn McMillan, 198839-6 1/2 (12.05)
5. Lynn, 1998 39-0 (11.88)
6. Kacey Childs, 2001..... 37-8 (11.48)
7. Becca Franklin, 2004...36-10 1/2 (11.24)
8. Janna Houtz, 198433-10 1/2 (10.32)
9. Latoya Stiffend, 2002..... 32-6 (9.90)
10. Bridget Besch, 2003.....30-10 1/2 (9.41)

Shot Put

1. Lisa Van Steenwyk, 1992 50-8 (15.44)
2. Gail Smith, 198450-3 1/4 (15.32)
3. Denise Taylor, 1992.....50-1 3/4 (15.28)
4. Kamesha Marshall, 200548-6 3/4 (14.80)
5. Laura Kriener, 199048-2 1/2 (14.69)
6. Jennifer Gilson, 2002 47-10 (14.58)
7. Jennifer Moon, 200047-5 1/4 (14.46)
8. Mandy Chandler, 2006 46-0 (14.02)
9. **T. Medenwaldt, 2010 45-11 3/4 (14.01)**
10. Shelley Redies, 1985..... 45-7 (13.89)

Discus

1. **T. Medenwaldt, 2010 161-3 (49.16)**
2. Denise Taylor, 1992 160-5 (48.90)
3. **Majesty Tutson, 2010..... 159-4 (48.56)**
4. Lisa Van Steenwyk, 1991 .. 159-1 (48.50)
5. Gail Smith, 1983 158-2 (48.22)
6. Kamesha Marshall, 2005 152-11 (46.62)
7. Jennifer Moon, 2000 150-8 (45.92)
8. Laura Kriener, 1989 150-3 (45.80)
9. Megan Maurer, 1997..... 149-2 (45.48)
10. Cheryl Bradley, 1982 146-5 (44.64)

Hammer Throw

1. Becca Franklin, 2007..... 195-0 (59.45)
2. **T. Medenwaldt, 2010.....171-11 (52.40)**
3. Erin O'Hern, 2008 168-9 (51.45)
4. Kerri Blackstone, 1999.... 161-10 (49.32)
5. **Majesty Tutson, 2010.... 156-09 (47.77)**
6. Mandy Chandler, 2009 154-6 (47.09)
7. Megan Maurer, 1998..... 145-6 (44.36)
8. Jennifer Gilson, 2002 142-6 (43.44)
9. Jennifer Moon, 2000 139-3 (42.44)
10. Kara Hinz, 2000.....125-1 (38.14)

Javelin

1. Alana Redfern, 2003 181-5 (55.30)
2. Tammilee Kerr, 2008 163-5 (49.81)
3. Mandy Beck, 1999 153-4 (46.74)
4. Terri Soldan, 1983152-6 1/4 (46.48)
5. Shani Renning, 1990 152-3 (46.40)
6. Clara Simon, 1981..... 149-9 (45.64)
7. Janet Adams, 1984 148-7 (45.28)
8. Mickey Schoborg, 1985137-5 1/4 (41.88)
9. Sara Joens, 1987 127-1 (38.74)
10. Angela Chadwick, 1992 124-2 (37.86)

Pole Vault

1. Jessie Strand, 200312-10 1/4 (3.92)
2. Sarah Burgett, 2006.....12-1 3/4 (3.70)
3. **Katie Truedson, 2010 11-5 1/4 (3.49)**
4. **K. Weistmantle, 2010. 11-3 3/4 (3.45m)**

Pole Vault (Continued)

5. Gina Shannon, 200111-2 1/4 (3.41)
6. Kacey Childs, 2000..... 8-0 1/2 (2.45)
7. Gina Shannon, 1998 8-0 (2.44)

400-Meter Relay

1. Poole, Reid, Floyd, Hobbs, 1994..... 44.63
2. Charles, Williams, Providence, James, 2003 44.71
3. Floyd, Hobbs, Poole, Reid, 1994..... 44.80
4. Fouchè, Williams, Providence, James, 2003 45.02
5. Alexander, Granger, Johnson, Roach, 2006 45.11
6. Johnson, Roach, Clarke, **Trusty**, 2007 45.21
7. Johnson, Alexander, Granger, Roach, 2005..... 45.30
8. Granger, Johnson, Alexander, Roach, 2005 45.39
9. Underwood, Reid, Philip, Hobbs, 1995 45.50
10. Boatright, Bynoe, Providence, Prendergast, 2000 45.50

1,600-Meter Relay

1. Hume, Charles, Steffen, Williams, 2003 3:36.26
2. McCalla, Granger, Alexander, Johnson, 2006 3:38.36
3. Alexander, **Graham**, Jones, M. Mims, 2007 .. 3:39.36
4. Jones, Alexander, Johnson, M. Mims, 2007.. 3:39.64
5. McCalla, Alexander, Sheeley, Hume, 2005 3:39.67
6. **Hendricks, Trusty, Erickson, Praska, 2010.... 3:39.88**
7. McCalla, Hume, Sheeley, Alexander, 2005 3:40.43
8. Layne, Simpson, Powell, McRell, 1989 3:41.23
9. Bynoe, Cole, Wynter, Grant, 1997 3:41.74
10. Charles, Fouchè, Williams, Hume, 2003..... 3:42.18

Distance Medley Relay

1. Hoskins, Powell, Schneckloth, Kruckeberg, 1989 .11:22.18
2. Armstrong, Alexander, Poncé, Stanley, 2007 .11:25.05
3. Stanley, McCalla, Hume, Armstrong, 2005.. 11:34.04
4. Barber, Williams, Hume, Arens, 2004 11:34.56
5. Thompson, Williams, Hume, Arens, 2003... 11:39.02
6. 2000 11:39.83
7. Davenport, xx, xx, xx, 1981 11:41.44
8. Pare, Grant, Benning, Gilchrist, 1997 11:41.92
9. **Dihy, Erickson, Docherty, Anderson, 2010..... 11:43.06**
10. Butler, Hume, Barber, Arens, 2001..... 11:47.16



Denise Taylor



Lisa Van Steenwyk



Renee White



Shellene Williams

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HAWKEYE TRACK & FIELD



TRACK CONTACT: NATHAN SHEEHAN

Ray Varner

Senior - Hurdles

Wadsworth, IL

Warren Township High School

2010 -- Indoor - ran third leg on 1,600-meter relay that led team and provisionally qualified at the Iowa State Classic (3:09:83)... ran second leg on 1,600-meter relay that placed second at Big Ten Championships (3:12.00)...ran second leg on distance medley relay team that placed second at Big Ten Championships (9:52.71) and ranks sixth all-time at Iowa... earned second team all-Big Ten honors in both relays... won 400 meters at Iowa Invite (48.86).

Outdoor - placed 10th in 400-meter hurdles at NCAA Regional (50.42)...Big Ten Champion in the 400-meter hurdles (50.61)... first-team all-Big Ten honoree... ran collegiate-best 400-meter hurdles time at Sun Angel Classic (50.24) that led team and Big Ten, ranked eighth nationally and third all-time at Iowa... won 400-meter hurdles at Iowa Invitational (51.68) and Musco Twilight XI (51.07) and placed second at Drake Relays (50.85)... ran lead leg on winning 1,600-meter relay at Tiger Track Classic (3:07.91) and Iowa Invitational (3:15.54), second-place relay at Musco Twilight XI (3:10.45) and third-place squad at Sun Angel Classic (3:07.71).

2009 -- Indoor - anchored 1,600-meter relay that led team and ran NCAA provisional qualifying 3:09.62 at Last Chance Qualifier... that time ranks 10th on Iowa's all-time best performers list... ran lead leg on 1,600-meter relay that placed eighth (3:14.73) and second leg on team-leading distance medley relay that placed ninth (9:52.52) at Big Ten Championships ... the distance medley relay time ranks fourth on Iowa's all-time best performers list... led team in 400 meters (47.75)... ran collegiate bests in 60-meter hurdles (8.46) at Iowa Open and 200 meters (22.08) at Iowa State Classic... **Outdoor** - placed sixth in 400-meter hurdles (51.21) at NCAA Midwest Regional to earn all-region honors after running a season-best 50.54 in the prelims... that time led team... ran a 50.81 in 400-meter hurdles at NCAA Championships prelims and 53.03 in semifinals... qualified for regional meet in 400-meter hurdles (51.00) and as part of team-leading 1,600-meter relay (3:08.81)... placed third in 400-meter hurdles at Big Ten Championships (51.16)...



anchored 1,600-meter relay that placed fourth at Drake Relays in 3:11.46... won 400-meter hurdles at Illinois Invite (51.29), and placed second at John McDonnell Invite (51.00) and Drake Relays (51.80), and third at Sun Angel Classic (51.53) and Tiger Track Classic (51.82)... letterwinner.

2008 -- Indoor - led team in 400 meters (47.66) and anchored team-leading 1,600-meter relay (3:10.74)... ran collegiate best 400 meters (47.66) at Last Chance Qualifier... that time ranks seventh in school history... his collegiate-best 60-meter hurdles time of 8.45 ranks 10th in school history... placed sixth in 400 meters (48.52) and anchored fourth-place finishing 1,600-meter relay (3:15.12) at Big Ten Championships... **Outdoor** - all-region honoree, placing eighth in 400-meter hurdles with a season-best and team-leading 51.07 at NCAA Midwest Regional... ran on fifth-place 1,600-meter relay at Big Ten Championships... placed eighth in 400-meter hurdles (51.27) at Drake Relays and first at Musco Twilight X (52.16) ... letterwinner.

2007 -- Indoor - placed ninth in 400 meters (48.14) at Big Ten Championships... season-best times were 8.73 in 60-meter hurdles, 22.26 in 200 meters and 1:22.24 in 600 meters... **Outdoor** - qualified for NCAA regional in 400-meter hurdles with a collegiate-best 50.99 at for sixth place at the Big Ten Championships... that time led team and ranks seventh in school history... placed ninth in that event at NCAA regional (52.93), earning all-region honors... ran third leg on 1,600-meter relay that placed sixth (3:08.97) at Big Ten Championships... letterwinner.

High School -- 2006 Nike all-American, placing fifth in 400-meter hurdles (53.16)... won state 300-meter hurdles title (37.29) and placed second in 110-meter hurdles (14.59) senior year... won conference titles in 200 meters (21.8), 110-meter hurdles (14.24) and 300-meter hurdles (38.3) senior year... three-year all-conference selection... all-state, team MVP and team captain senior year... lettered two years in football... three-year honor roll student... coached by Bill Dawson.

Personal -- born July 21, 1987... son of Ray and Liz Varner... health and sport studies major.

Varner's Collegiate Bests

Event	Time	Meet	Date
60 Hurdles (I)	8.46	Iowa Open	1/17/09
110 Hurdles (O)	15.25	at Illinois Invite	5/2/09
200 Meters (I)	22.08	at Iowa State Classic	2/13/09
400 Meters (I)	47.66	at Last Chance Qualifier	3/8/08
400 Hurdles (O)	50.24	at Sun Angel Classic	4/10/10
600 Meters (I)	1:22.23	at Jack Johnson Classic	1/26/08

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TRACK CONTACT: NATHAN SHEEHAN

Betsy Flood

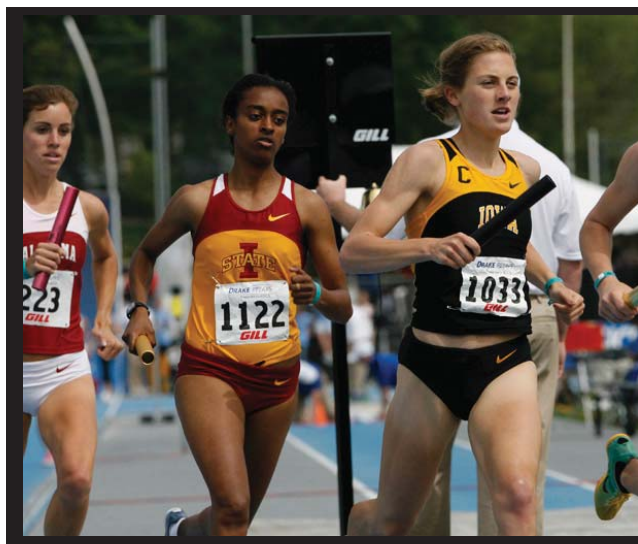
Sophomore - Middle Distance
Des Moines, IA
Dowling High School

2010 -- Indoor - ran collegiate-best, provisional qualifying mile at Big Ten Championships (4:42.70), which ranks fifth all-time at Iowa... ran collegiate-best, provisional qualifying 3,000-meter at Mevo Invite (9:32.09), which ranks eighth all-time at Iowa... ran lead leg on provisional qualifying distance medley that placed third at Big Ten Championships (11:25.01) placed second in 800 meters at Iowa Open with collegiate-best 2:17.12... placed third in mile at Jack Johnson Classic (4:52.56) and ISU Classic (4:46.09)...

Outdoor - placed 10th in 1,500 meters at NCAA Regional (4:20.20)...placed third at Big Ten Championships in 1,500 meters with team-leading collegiate-best 4:17.75 which ranks second all-time at Iowa... won 3,000 meters at Musco Twilight XI with a team-leading collegiate-best 9:22.63 which ranks third all-time at Iowa... placed second in 5,000 meters at Stanford Invite with a collegiate-best team-leading 16:32.34 which ranks seventh all-time at Iowa... ran lead leg on second-place 6,400-meter relay (19:05.63) and fourth-place 3,200-meter relay (8:54.45) at Drake Relays... 6,400-meter relay time is a school record.

2009 -- Indoor - ran third leg on team-leading distance medley relay that placed third in 11:27.34 at Big Ten Championships to provisional qualify for NCAA meet... that relay time ranks third on Iowa's all-time best performers list... led team in mile with collegiate-best 4:51.75 she ran at Iowa State Classic... ran 4:52.35 mile at Big Ten Championships... ran collegiate bests in 600 meters (1:35.42) at Iowa Invite and a season-best 800 meters (2:16.67) at Jack Johnson Classic...

Outdoor - ran a team-leading 4:24.11 in 1,500 meters at NCAA Championships prelims... placed fourth in 1,500 meters (4:25.98) at NCAA Midwest Regional to earn all-region honors and a NCAA automatic bid.... qualified for regional meet in 1,500 meters (4:24.91)... placed 10th in 1,500 meters (4:27.39) at Big Ten meet, running a 4:24.91 in the prelims... ran team-leading and collegiate-best 800 meters (2:11.69) at Illinois Invite...ran lead legs on team-leading 3,200-meter (8:53.81) and 6,400-meter (19:36.43) relays at Drake Relays... those times rank fourth and third,



respectively, in school history... Iowa's women's track Big Ten Sportsmanship Award winner... letterwinner... **Cross Country** - placed 26th at Big Ten Championships with a collegiate-best 21:29 (6,000 meters)... that time ranks ninth in school history... placed 44th at NCAA Regional (21:57) and 46th at NCAA Pre-Nationals (21:33)... won Hawkeye Invite with a collegiate-best 10:20 (3,000 meters), which ranks third in school history... also placed 37th at Wisconsin Adidas Invite (17:52)... team earned USTFCCA all-academic honors... academic all-Big Ten... letterwinner.

2008 -- Cross Country - ran collegiate-best 5,000 meters (17:34) at Auburn Invite, and season bests in 3,000 meters (10:41) at Hawkeye Invite, and 6,000 meters (21:37) at NCAA Midwest Regional... placed 39th at Big Ten Championships (22:03) and 40th at NCAA Midwest Regional (22:06)... team earned USTFCCA all-academic honors... letterwinner.

High School -- four-time state champion in track, earning four all-state honors... cross country team won state title her senior year after placing second in 2006... set school records in 800 (2:11) and 1,500 meters (4:33), and was part of 3,200 (9:17) and distance medley relays (4:02)... won 1,500 meters (4:35) and set new 3,200-meter relay record (8:58) at 2006 USATF Nationals... also competed in swimming and basketball... honor roll student, earning academic excellence medal... cross country team MVP as a junior... coaches were Father Jim Kirby and Larry Weier.

Personal -- born March 24, 1990... daughter of Steve and Ann Flood... open major.

Flood's Collegiate Bests

Event	Time	Meet	Date
600 Meters (I)	1:35.42	Iowa Invite	2/20/09
800 Meters (O)	2:11.69	at Illinois Invite	5/2/09
1,500 Meters (O)	4:17.75	at Big Ten Championships	5/16/10
Mile (I)	4:42.70	at Big Ten Championships	2/28/10
3,000 Meters (O)	9:22.63	Musco Twilight XI	5/1/10
5,000 Meters (O)	16:32.34	at Stanford Invite	3/26/10
3,000 Meters (CC)	10:29	Hawkeye Invite	9/4/09
5,000 Meters (CC)	17:34	at Auburn Invite	10/4/08
6,000 Meters (CC)	21:29	at NCAA Pre-Nationals	11/1/09

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TRACK CONTACT: NATHAN SHEEHAN

Steven Willey

Junior - Middle Distance

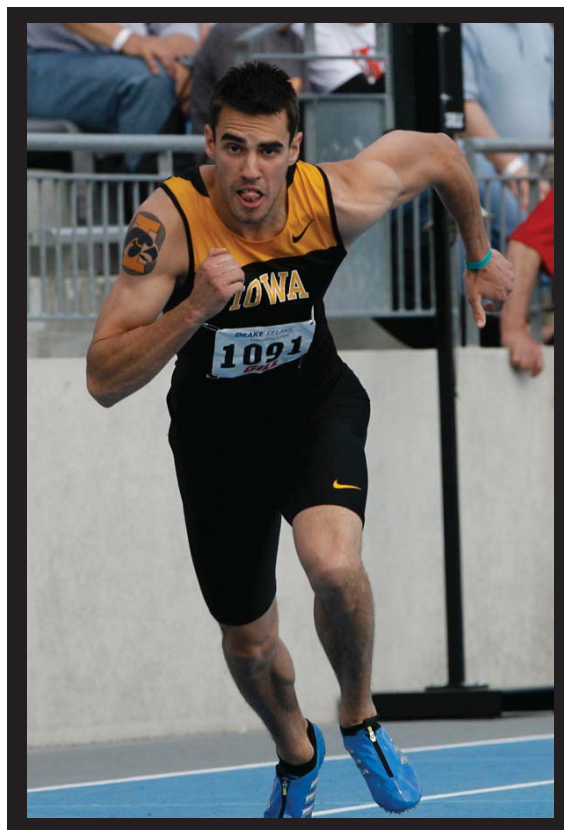
Onawa, IA

West Monona High School

2010 -- Indoor - set school record in the 400-meter dash with a provisional qualifying 46.75 at Last Chance Qualifier... ran second leg on provisionally qualifying 1,600-meter relay squad with a season-best 3:09.83 at Meyo Invite... placed second and provisionally qualified in the 400-meter dash at Big Ten Championships (47.48), Meyo Invite (47.22), and ISU Classic (47.15)...second team all-Big Ten honoree in the 400-meter dash and 1,600-meter relay...placed second in 600 meters at Iowa Open (1:20.05)... **Outdoor** - Ran a collegiate-best 45.98 in the 400 meters at the NCAA Regional...this time ranks fourth all-time at Iowa...anchored NCAA Championships qualifying 1,600-meter relay team at NCAA Regional (3:05.84)...Big Ten Champion in the 400-meter dash (46.12), ... first team all-Big Ten honoree... placed second in 200-meter prelims at Big Ten Championships with a collegiate-best and team-leading 21.23... placed fourth in 200-meter Big Ten Championships finals (21.55)... ran lead leg on team-leading 1,600-meter relay team (3:05.73) at Drake Relays...ran third leg on second-place sprint medley relay team at Drake Relays (3:17.74)...won 400 meters at Iowa Invitational (46.72) and Razorback Invite(46.31).

2009 -- Indoor - ran lead leg on 1,600-meter relay that led team and ran NCAA provisional qualifying 3:09.62 at Last Chance Qualifier... that time ranks 10th on Iowa's all-time best performers list... ran second leg on 1,600-meter relay that placed eighth at Big Ten Championships (3:14.73)... placed seventh in 600 meters at Big Ten meet with a collegiate-best 1:19.03 that ranks third in school history... ran season-best 200 meters (22.27) at Iowa State Classic and 400 meters (48.22) at Meyo Invite... **Outdoor** - ran a team-leading and collegiate-best 46.67 in 400-meter prelims at NCAA Midwest Regional... that time ranks ninth all-time at Iowa... qualified for regional meet in 400 meters (47.04) and as part of team-leading 1,600-meter relay (3:08.81)... placed sixth in 400 meters (47.23) at Big Ten Championships... ran lead leg on 1,600-meter relay that placed fourth at Drake in 3:11.46 and lead leg on 3,200-meter relay that placed 11th in 7:33.08, which ranks second in school history... won 400 meters at John McDonnell Invite (47.04) and Sun Angel Classic (47.70), and placed ninth at Tiger Track Classic (47.98)... letterwinner.

2008 -- Indoor - ran first leg on team-leading 1,600-meter relay (3:10.74)... ran lead leg on 1,600-meter relay that placed



fourth at Big Ten Championships (3:15.12)... ran season-best 600 meters (1:20.66) at Iowa Invite... **Outdoor** - ran lead leg on team-leading 1,600-meter relay (3:11.11) that placed seventh at Drake Relays... ran lead leg on 1,600-meter relay that placed fifth at Big Ten Championships (3:11.39)... ran season-best 400 meters (47.47) at Big Ten Championships... letterwinner.

High School -- four-time conference champion and three-time runner-up... placed second in 400 (48.9) and 800 meters (1:56), and third in 100 and 200 meters at state meet senior year.

Personal -- born September 17, 1988... son of Greg and Rhonda Willey... pharmacy interest.

Willey's Collegiate Bests

Event	Time	Meet	Date
200 Meters (O)	21.23	at Big Ten Championships	5/15/10
400 Meters (O)	45.98	at NCAA Regional	5/28/10
600 Meters (I)	1:19.03	at Big Ten Championships	3/1/09
800 Meters (O)	1:53.39	at Illinois Invite	5/2/09

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TRACK CONTACT: NATHAN SHEEHAN

Lauren Hardesty

Junior - Distance

Valparaiso, IN

Valparaiso High School

2010 – Indoor – led team in mile with a collegiate-best provisional qualifying 4:41.97 fourth-place finish at Big Ten Championships, a time that ranks third all-time at Iowa... ran third leg on provisional qualifying distance medley that placed third at Big Ten Championships (11:25.01)...ran collegiate-best 3,000 meters with second-place finish at ISU Classic (9:41.05)...won 800 meters at Iowa Open with season-best 2:16.49...**Outdoor** – ran collegiate-best 1,500 meters at NCAA Regional (4:20.40)...this time ranks fourth all-time at Iowa...ran 4:22.81 in 1,500 meters at Big Ten Championships...anchored school record second-place 6,400-meter relay at Drake Relays (19:05.63)...ran collegiate-best 9:41.53 with fourth-place finish in 3,000 meters at Musco Twilight XI... won the 800 meters with a collegiate-best 2:10.90 at CCU Shamrock. **2009 -- Indoor** - led team in 800 meters with season-best 2:12.39 at Big Ten Championships... ran season-best mile (5:01.60) at Iowa State Classic... **Outdoor** - ran third leg on team-leading 3,200-meter relay that placed sixth in 8:53.91 at Drake Relays... that time ranks fourth in school history... ran season bests in 800 meters (2:18.24) at Sun Angel Classic and 1,500 meters (4:40.59) at Stanford Invite... letterwinner... **Cross Country** - placed 10th at Hawkeye Invite with a collegiate-best 10:49 (3,000 meters)... 31st at Big Ten Championships (21:32), 42nd at Wisconsin Adidas Invite (17:55), 45th at NCAA Regional (22:00)... team earned USTFCCCA all-academic honors... letterwinner.

2008 -- Indoor - ran third leg on distance medley relay that set school record (11:20.11) and provisionally qualified for NCAA Championships... led team in 800 meters (2:15.45)...

Outdoor - ran second leg on team-leading distance medley relay (12:03.66)... ran season-best 1,500 meters (4:41.70) at Auburn Classic... letterwinner... **Cross Country** - ran col-



legiate-best 5,000 meters (17:40) at Auburn Invite... ran season bests in 3,000 meters (10:58) at Hawkeye Invite and 6,000 meters (22:04) at NCAA Pre-Nationals... team earned USTFCCCA academic all-America honors... letterwinner.

2007 -- Cross Country - placed 49th with season-best 21:38 (6,000 meters) at NCAA Midwest Regional... also ran collegiate-best 14:28 (4,000 meters) for ninth place at Hawkeye Invite... the 4,000-meter time ranks seventh in school history... placed 36th (18:05-5,000 meters) at Auburn Invite and 56th (21:52-6,000 meters) at Big Ten Championships ... team earned USTFCCCA all-academic honors... letterwinner.

High School -- state 1,600-meter champion (4:56) junior year... four-time first team all-state in cross country and two-time in track... three-time cross country and track team MVP... state all-star in cross country senior year... conference (5:04) and district (5:10) 1,600-meter champion senior year... placed fifth at state cross country meet sophomore year, seventh as a junior, 11th as a senior and 12th as a freshman... placed sixth in 1,600 meters, ninth in 800 meters and placed second as part of 3,200-meter relay at state meet senior year... coaches were Karen Devries, Mick Cavanaugh and Jim McCall... also competed in basketball and swimming... graduated with academic honors.

Personal -- born December 11, 1988... daughter of Mark and Mary Hardesty... twin sister, Amanda, also runs track and cross country at Iowa.

Hardesty's Collegiate Bests

Event	Time	Meet	Date
600 Meters (I)	1:36.44	Iowa Invite	2/20/09
800 Meters (O)	2:10.90	at CCU Shamrock	3/20/10
1,500 Meters (O)	4:20.40	at NCAA Regional	5/29/10
Mile (I)	4:41.97	at Big Ten Championships	2/28/10
3,000 Meters (O)	9:41.05	at ISU Classic	2/13/10
3,000 Meters (CC)	10:49	Hawkeye Invite	9/4/09
4,000 Meters (CC)	14:28	Hawkeye Invite	9/15/07
5,000 Meters (CC)	17:40	at Auburn Invite	10/4/08
6,000 Meters (CC)	21:32	at Big Ten Championships	11/1/09

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THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



TRACK CONTACT: NATHAN SHEEHAN

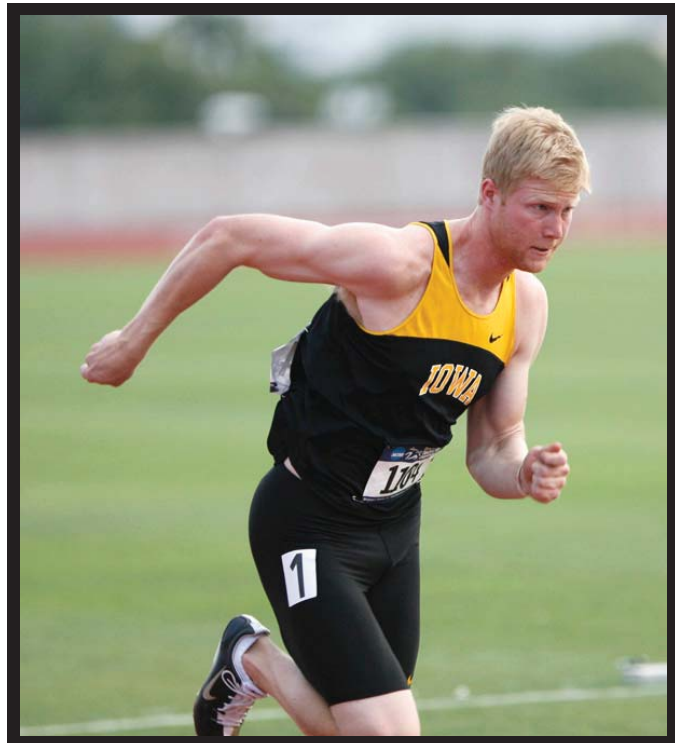
Chris Barton

Junior - Sprints
Sherman Oaks, CA
Notre Dame High School

2010 – Indoor – ran second leg on team-leading distance medley relay (9:51.05)...this time ranks fourth all-time at Iowa...ran collegiate-best 600 meters at Iowa Open (1:22.13)...ran season-best 400 meters at ISU Classic (48.15)...ran season-best 200 meters at Razorback Invite (22.44)...earned a win in the 400 meters at the Iowa Invite (49.03)...**Outdoor** – ran second leg on team-leading 1,600-meter relay that qualified for NCAA Championships (3:05.84) and placed second at Drake Relays (3:05.73) and Big Ten Championships (3:07.75)...earned second team all-Big Ten honors... ran second leg on fourth-place distance medley relay at Drake Relays (9:42.97), a time that ranks second all-time at Iowa...ran third leg on winning 1,600-meter relay squad at Iowa Invitational (3:15.54)...placed fifth at Big Ten Championships in 400 meters with collegiate-best 47.21...ran collegiate-best 22.13 in the 200 meters at Iowa Invitational.

2009 -- Indoor - ran third leg on 1,600-meter relay that led team and ran NCAA provisional qualifying 3:09.62 at Last Chance Qualifier... that time ranks 10th on Iowa's all-time best performers list... ran third leg on 1,600-meter relay that placed eighth at Big Ten Championships (3:14.73)... ran collegiate-best 200 meters (22.47) at Iowa State Classic... ran season-best 400 meters (48.32) at Meyo Invite...**Outdoor** - qualified for regional meet as part of team-leading 1,600-meter relay (3:08.81)... ran third leg on 1,600-meter relay that placed third at John McDonnell Invite (3:08.81) and fourth at Drake Relays (3:11.46)... ran third leg on sprint medley relay that placed second at Drake Relays in 3:20.05, which ranks third in school history... ran season-best 400 meters (47.61) at Illinois Invite... letterwinner.

2008 -- Indoor - ran season-best 400 meters (48.16) at Last Chance Qualifier... ran third leg on 1,600-me-



ter relay that led team (3:10.74) and placed fourth at Big Ten Championships (3:15.12)... **Outdoor** - led team in 400 meters (47.31) and anchored team-leading 1,600-meter relay (3:11.11)... also ran third leg on team-leading sprint medley relay (3:21.14)... that time ranks eighth in school history... placed third in 400 meters at Tiger Classic with a collegiate-best 47.31... letterwinner.

High School -- member of state champion 400-meter relay (41.83) junior year... placed third 400 meters (47.7) at state meet junior year... all-district and all-conference as a junior... team captain senior year... two-time most valuable sprinter.

Personal -- born April 13, 1989... son of Don and Kathy Barton... father competed in track at USC... electrical and computer engineering major.

Barton's Collegiate Bests

Event	Time	Meet	Date
200 Meters (I)	22.47	at Iowa State Classic	2/13/09
400 Meters (O)	47.31	at Tiger Classic	4/5/08
600 Meters (I)	1:22.13	Iowa Open	1/16/10

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



TRACK CONTACT: NATHAN SHEEHAN

Patrick Richards

Sophomore - Sprints
Colorado Springs, CO
Widefield High School



2010 – Indoor – ran a collegiate-best 6.92 in the 60-meter dash at the Iowa vs. Illinois dual meet...**Outdoor** – ran third and lead legs on team-leading 1,600-meter relays that qualified for NCAA Championships (3:05.84) and placed second at Drake Relays (3:05.73) and Big Ten Championships (3:07.75)...earned second team all-Big Ten honors... ran a collegiate-best 46.74 winning the 400 meters at the Sun Angel Classic...that time ties for tenth all-time at Iowa...ran a collegiate-best 21.44 placing second at the Razorback Invitational... anchored team-leading 400-meter relay squad, winning at the Iowa Invitational (40.43), placing second at Musco Twilight XI (40.49), and placing third at Big Ten Championships...ran second leg on sprint medley relay squad that placed second at Drake Relays (3:17.74)
2009 -- Indoor - ran second leg on 1,600-meter relay that led team and ran NCAA provisional qualifying 3:09.62 at Last Chance Qualifier... that time ranks 10th on Iowa's all-time best performers list... placed fifth in 400 meters (47.94) at Big Ten Championships... anchored 1,600-meter relay that placed eighth at Big Ten meet (3:14.73)... ran collegiate-best 400 meters (47.78) at Mevo Invite, which ranks ninth in school history... placed second in 200 meters with collegiate-best 21.78 at Iowa Open... **Outdoor** - ran on 400-meter relay that won title at Drake Relays (40.71), running a regional-qualifying 40.58 in the prelims... ran third leg on 400-meter relay that placed third at Big Ten Championships in 40.85... also ran second leg on two regional qualifying 1,600-meter relays... ran second leg on 800-meter relay that set a school record of 1:24.85 and placed sixth at Drake... ran lead leg on sprint medley relay that placed second at Drake in 3:20.05, which ranks third in school history... ran collegiate bests in 100 (10.88) and 200 (21.61) meters at Dr. Keeler Invite... letterwinner.

High School -- won 400 meters (47.50) at state meet senior year, placing second in 100 and 200 meters (10.83, 21.55)... state runner-up in 200 and 400 meters and placed fifth in 100 meters junior year... set school 400-meter record (47.50)... two-time all-state... team captain senior year... four-year letterwinner... ran on 400-meter relay (40.64) at 2008 Great Southwest Track Classic, placing third as part of 1,600-meter relay at that meet in 2007... ran on 400-meter relay that placed seventh at 2006 USATF Nationals... coached by Fred Marjerrison and Ronald White.
Personal -- born August 6, 1990... son of Patrick and Deborah Richards... pre-business major.

Richards' Collegiate Bests

Event	Time	Meet	Date
60 Meters (I)	6.92	Iowa vs. Illinois	1/9/10
100 Meters (O)	10.88	at Dr. Keeler Invite	5/8/09
200 Meters (O)	21.44	at Razorback Invite	3/27/10
400 Meters (O)	46.74	at Sun Angel Classic	4/10/10

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HAWKEYE TRACK & FIELD



TRACK CONTACT: NATHAN SHEEHAN

Matt Byers

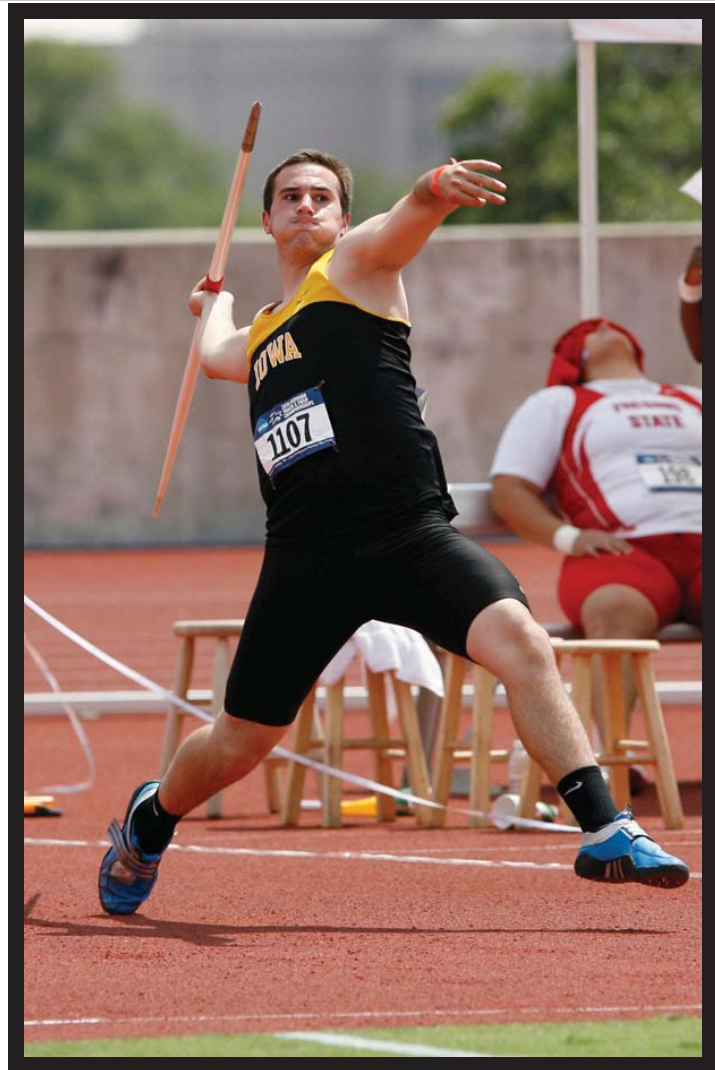
Freshman - Throws

Wichita, KS

Wichita East High School

2010 – Indoor – did not compete...**Outdoor** – qualified for NCAA Championships in javelin at NCAA Regional (220-9, 67.28m)...Big Ten Champion in the javelin (220-6, 67.22m)...first team all-Big Ten honoree...threw a collegiate-best 232-2 (70.76m) in his freshman debut...this ranks second all-time at Iowa...placed third at Drake Relays (205-8, 62.69m) and Musco Twilight XI (205-0 3/4, 62.50m).**High School** -- member of 2009 USA Pan-American team... two-time runner-up in javelin at USA Junior National Championships... two-time conference javelin champion, placing second at state meet twice... set school javelin record (219-8)... also lettered three years in basketball... coached by Brian Byers and Mike Draut.

Personal -- born November 12, 1990... son of Brian and Debbie Byers... open major.



Byers' Collegiate Bests

Event	Distance	Meet	Date
Javelin (O)	232-2 (70.76m)	at Sun Angel Classic	4/10/10

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HAWKEYE TRACK & FIELD



TRACK CONTACT: NATHAN SHEEHAN

Erik Sowinski

Sophomore - Middle Distance

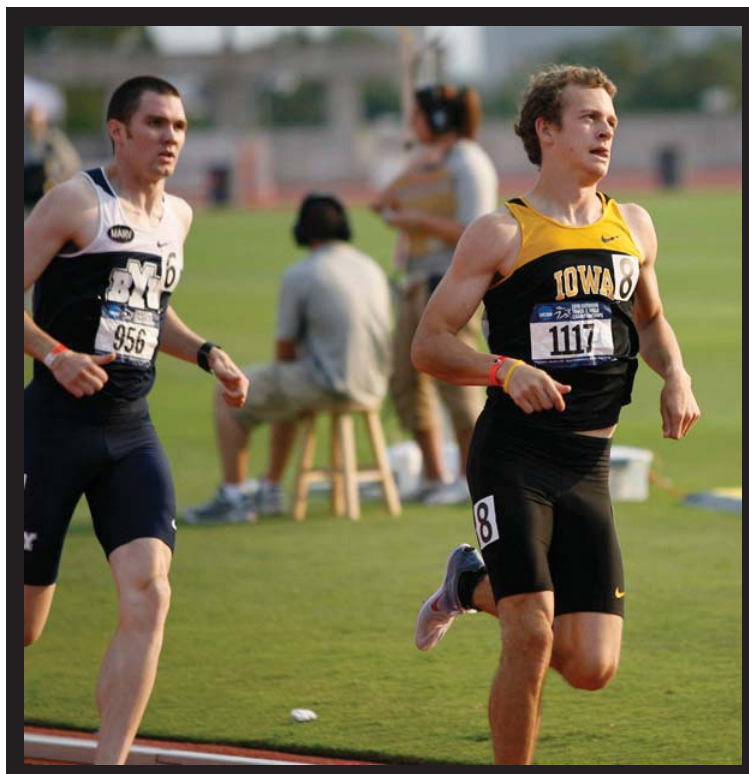
Waukesha, WI

West High School

2010 – Indoor – set school record in the 800 meters with a provisional qualifying 1:48.90 winning time at the ISU Classic...ran lead leg on team-leading 1,600-meter relay with a season-best provisional qualifying time of 3:09.83 at the Meyo Invite...1,600-meter relay earned second team all-Big Ten honors (3:12.00)...led team in the 600 meters with a season-best 1:18.38 second-place finish in the Big Ten Championships prelims...won the 800 meters at the Razorback Invite (1:50.09) and placed second at the Meyo Invite (1:49.21) and the NCAA Qualifier (1:48.99)... won the 600 meters at the Iowa Open (1:19.63)...**Outdoor** – ran third leg on 1,600-meter relay that qualified for NCAA Championships (3:05.84)...anchored team-leading 1,600-meter relay that placed second at Drake Relays (3:05.73) and Big Ten Championships (3:07.75)...earned second team all-Big Ten honors... led team in 800 meters with collegiate-best 1:48.56 at the Sun Angel Classic...this ranks third-all-time at Iowa... anchored sprint medley relay squad that placed second at Drake Relays (3:17.74)...ran collegiate-best 400 meters at Razorback Invite (47.72)... won the 800 meters at the Tiger Track Classic (1:49.66) and Musco Twilight XI (1:50.53).

2009 -- Indoor - set school record in 600 meters (1:18.05) in Big Ten prelims, placing eighth with a 1:19.10 time in the finals... ran season-best 1:51.39 in 800 meters at Last Chance Qualifier... that time ranks fifth on Iowa's all-time best performers list... also ran 800 meters at Meyo Invite (1:52.70), Iowa State Classic (1:52.82), Razorback Invite (1:54.22) and Iowa Open (1:55.22)... **Outdoor** - qualified for NCAA Midwest Regional as part of team-leading 1,600-meter relay (3:08.81)... ran second leg on 1,600-meter relay that placed fourth at Drake in 3:11.46 and third leg on 3,200-meter relay that placed 11th at Drake Relays in 7:33.08, which ranks second in school history... ran second leg on the team-leading distance medley relay (10:02.91) at Drake Relays... ran season-best 800 meters (1:51.10) at John McDonnell Invite... letterwinner.

High School -- won state 800-meter title (1:54.29), anchored state champion 3,200-meter relay (7:50.96) and ran on fifth-place 1,600-meter relay (3:22.08) senior year... five-time all-conference, earning all-state honors in track twice... two-time track team MVP... two-time



conference champion, winning 400 (49.46) and 800 meters (1:56.33) senior year... set school records in 400 (49.46) and 800 meters (1:54.29), and as part of 3,200-meter (7:50.96) and sprint medley relays (3:28.15)... ran on sprint medley relay that placed fourth (3:28.15) and 3,200-meter relay that placed 19th at Nike Outdoor Nationals... lettered two years in basketball, earning all-conference honors... captained track and cross country teams as a senior, and basketball team three years... National Honor Society member... four-year honor roll student... Brady academic all-star and WIAA scholar athlete as a senior... academic all-state in cross country as a senior... coaches were Josh Johnson, Bill Megna and Tom Lahiff.

Personal -- born December 21, 1989...son of Bryan and Jane Sowinski... integrative physiology major.

Sowinski's Collegiate Bests

Event	Distance	Meet	Date
400 Meters (O)	47.72	at Razorback Invite	3/17/10
600 Meters (I)	1:18.05	at Big Ten Championships	2/28/09
800 Meters (O)	1:48.56	at Sun Angel Classic	4/10/10

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Ryan Lamparek

Sophomore - Throws

Fairfax, IA

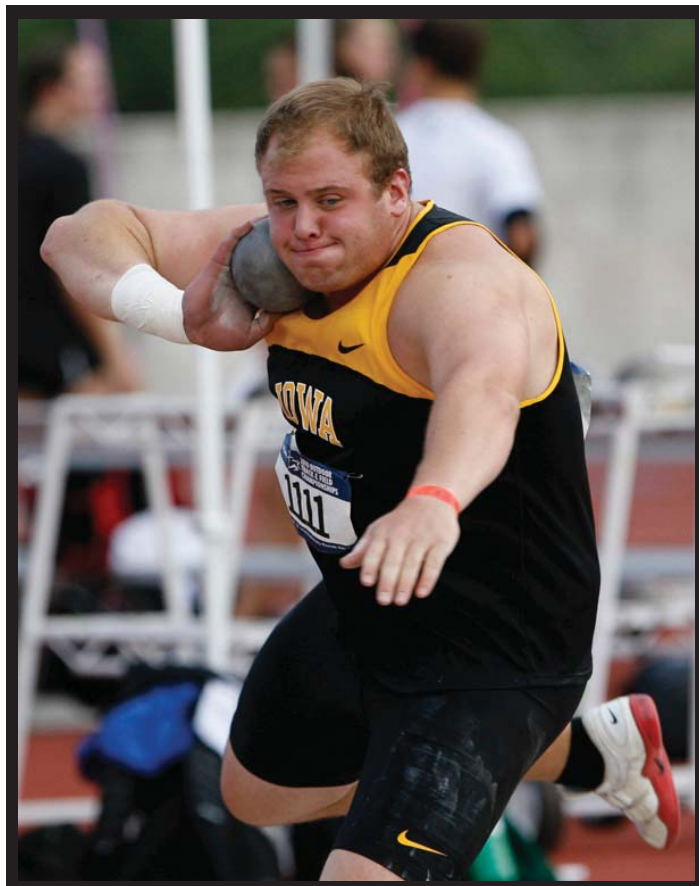
Cedar Rapids Prairie HS

2010 – Indoor – led team in shot put with a season-best 56-10 (17.32m) seventh-place finish at the Big Ten Championships, a throw that ranks ninth all-time at Iowa...threw a collegiate-best 60-5 1/4 (18.42m) in the weight throw at Big Ten Championships...ranks seventh all-time at Iowa...won shot put at Iowa Invite (56-9 1/4, 17.30m)...placed second in shot put at Jack Johnson Invite (55-4 1/4, 16.87m) and Iowa Open (56-7 1/2, 17.26m)...**Outdoor** – qualified for NCAA Championships in shot put at NCAA Regional with a collegiate-best 58-4 (17.78m)...this mark ranks ninth all-time at Iowa...led team in shot put (58-4, 17.78m) and discus (171-03, 52.19m)...threw collegiate-best 181-7 (55.35m) in hammer at Big Ten Championships...placed sixth at Big Ten Championships in shot put (57-2, 17.42m)...placed third in the shot put at the Sun Angel Classic (54-2 1/2, 16.52m), Musco Twilight XI (55-11 1/4, 17.05m), and Drake Relays (57-2 3/4, 17.44m)...placed third in discus at Iowa Invitational (167-6, 51.05m).

2009 -- Indoor - placed sixth in shot put with collegiate-best 56-8 3/4 at Big Ten Championships... that mark ranks 10th on Iowa's all-time best performers list... runner-up in shot put at Iowa Invite (56-0 1/2), against Illinois (55-6 1/2) and at Iowa Open (54-11 1/4), and placed third at Jack Johnson Classic (55-1 1/2)... **Outdoor** - placed 11th in discus (174-11) at NCAA Midwest Regional... won shot put (53-2 1/4) and placed second in discus (177-3) at Messersmith Invite... that collegiate-best discus mark ranks 10th all-time at Iowa... placed fifth in discus (167-8) and 16th in shot put (53-1) at Big Ten meet... placed 14th in discus (159-6) and 18th in shot put (53-3 3/4) at Drake Relays... placed third in shot put and discus (53-3 3/4, 168-0) at Illinois Invite... also qualified for regional meet in discus at Mesa Classic (175-4)... academic all-Big Ten... letterwinner.

2008 -- Track - redshirted... threw season bests in discus (166-6) and shot put (54-9 1/2) at Musco Twilight X while competing unattached.

High School -- state shot put champion (59-7) and discus runner-up senior year... two-time Drake Relays champion... four-time conference champion... six-time all-conference and all-metro... set school shot put record (61-1)... best discus mark was 183-2 in discus... coached by Bill Swartz and Jeff Moeller... lettered four years in track and two in football... two-time track team captain and one-time football team captain... high



honor roll award winner.

Personal -- born April 24, 1989... son of Gary and Darla Lamparek... both parents competed in track at Northern Iowa... pre-chiropractic major.

Lamparek's Collegiate Bests

Event	Mark	Meet	Date
Shot Put (O)	58-4 (17.78m)	at NCAA Regional	5/27/10
Weight Throw (I)	60-5 1/4 (18.42m)	at Big Ten Championships	2/28/10
Hammer (O)	181-7 (55.35m)	at Big Ten Championships	5/14/10
Discus (O)	177-3 (54.04m)	at Messersmith Invite	4/18/09

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2010 NCAA Division I Men's and Women's Outdoor Track & Field
Championships

June 9–12 • Historic Hayward Field • University of Oregon
Competition Schedule

Wednesday • June 9 (All times are subject to change.)

Combined Events

1:00 PM	100 Meter Hurdles	Women	Heptathlon	
2:00 PM	High Jump	Women	Heptathlon	East and west aprons
4:15 PM	Shot Put	Women	Heptathlon	East and west rings
5:30 PM	200 Meters	Women	Heptathlon	

Field Events

2:00 PM	Discus	Men	Trials & Final	Discus ring
4:00 PM	Triple Jump	Men	Trials & Final	West runway
4:45 PM	High Jump	Women	Final	East apron
5:15 PM	Discus	Women	Trials & Final	Discus ring

Running Events

3:50 PM	National Anthem		
4:00 PM	4 x 100 Meter Relay	Men	Semifinal
4:15 PM	4 x 100 Meter Relay	Women	Semifinal
4:30 PM	800 Meters	Men	Semifinal
4:45 PM	800 Meters	Women	Semifinal
5:00 PM	400 Meters	Men	Semifinal
5:15 PM	400 Meters	Women	Semifinal
5:30 PM	200 Meters	Women	Heptathlon
5:45 PM	100 Meters	Men	Semifinal
6:00 PM	100 Meters	Women	Semifinal
6:15 PM	3,000 Meter Steeplechase	Men	Semifinal
6:45 PM	400 Meter Hurdles	Men	Semifinal
7:00 PM	400 Meter Hurdles	Women	Semifinal
7:15 PM	10,000 Meters	Women	Final



2010 NCAA Division I Men's and Women's Outdoor Track & Field
Championships

June 9–12 • Historic Hayward Field • University of Oregon
Competition Schedule

Thursday • June 10 (All times are subject to change.)

Combined Events

10:00 AM	100 Meters	Men	Decathlon	
10:45 AM	Long Jump	Men	Decathlon	East and west runways
12:00 PM	Shot Put	Men	Decathlon	East and west rings
1:05 PM	High Jump	Men	Decathlon	East and west aprons
4:00 PM	400 Meters	Men	Decathlon	
1:45 PM	Long Jump	Women	Heptathlon	East and west runways
3:00 PM	Javelin	Women	Heptathlon	Javelin runway
5:15 PM	800 Meters	Women	Heptathlon	

Field Events

3:00 PM	Hammer	Women	Trials & Final	Hammer ring
4:00 PM	Pole Vault	Men	Final	East runway
4:00 PM	Triple Jump	Women	Trials & Final	West runway
5:15 PM	Javelin	Men	Trials & Final	Javelin runway

Running Events

3:50 PM	National Anthem			
4:00 PM	400 Meters	Men	Decathlon	
4:15 PM	200 Meters	Men	Semifinal	
4:30 PM	200 Meters	Women	Semifinal	
4:45 PM	1,500 Meters	Men	Semifinal	
5:00 PM	1,500 Meters	Women	Semifinal	
5:15 PM	800 Meters	Women	Heptathlon	
5:35 PM	110 Meter Hurdles	Men	Semifinal	
5:55 PM	100 Meter Hurdles	Women	Semifinal	
6:15 PM	3,000 Meter Steeplechase	Women	Semifinal	
6:45 PM	4 x 400 Meter Relay	Men	Semifinal	
7:05 PM	4 x 400 Meter Relay	Women	Semifinal	
7:25 PM	10,000 Meters	Men	Final	



2010 NCAA Division I Men's and Women's Outdoor Track & Field
Championships

June 9–12 • Historic Hayward Field • University of Oregon
Competition Schedule

Friday • June 11 (All times are subject to change.)

Combined Events

10:00 AM	110 Meter Hurdles	Men	Decathlon	
10:55 AM	Discus	Men	Decathlon	Discus ring
12:55 PM	Pole Vault	Men	Decathlon	East and west runways
4:00 PM	Javelin	Men	Decathlon	Javelin runway
6:15 PM	1,500 Meters	Men	Decathlon	

Field Events

3:30 PM	High Jump	Men	Final	East apron
4:00 PM	Pole Vault	Women	Final	East runway
4:00 PM	Hammer	Men	Trials & Final	Hammer ring
4:45 PM	Shot Put	Women	Trials & Final	West ring

Running Events

4:55 PM	National Anthem			
5:05 PM	400 Meter Hurdles	Men	Final	
5:15 PM	400 Meter Hurdles	Women	Final	
5:25 PM	100 Meters	Men	Final	
5:32 PM	100 Meters	Women	Final	
5:40 PM	800 Meters	Men	Final	
5:50 PM	800 Meters	Women	Final	
6:00 PM	3,000 Meter Steeplechase	Men	Final	
6:15 PM	1,500 Meters	Men	Decathlon	
6:25 PM	400 Meters	Men	Final	
6:32 PM	400 Meters	Women	Final	
6:40 PM	5,000 Meters	Women	Final	



2010 NCAA Division I Men's and Women's Outdoor Track & Field
Championships

June 9–12 • Historic Hayward Field • University of Oregon
Competition Schedule

Saturday • June 12 (All times are subject to change.)

Field Events

9:25 AM	National Anthem			
9:30 AM	Javelin	Women	Trials & Final	Javelin runway
9:30 AM	Long Jump	Women	Trials & Final	East runway
9:30 AM	Long Jump	Men	Trials & Final	West runway
9:40 AM	Shot Put	Men	Trials & Final	West ring

Running Events

10:03 AM	4 x 100 Meter Relay	Women	Final
10:11 AM	4 x 100 Meter Relay	Men	Final
10:18 AM	1,500 Meters	Women	Final
10:30 AM	1,500 Meters	Men	Final
10:41 AM	200 Meters	Women	Final
10:49 AM	200 Meters	Men	Final
10:54 AM	3,000 Meter Steeplechase	Women	Final
11:09 AM	100 Meter Hurdles	Women	Final
11:16 AM	110 Meter Hurdles	Men	Final
11:21 AM	5,000 Meters	Men	Final
11:40 AM	4 x 400 Meter Relay	Women	Final
11:50 AM	4 x 400 Meter Relay	Men	Final