

# THE UNIVERSITY OF IOWA



## HAWKEYE TRACK & FIELD



TRACK CONTACTS: TRACI WAGNER, JAKE HOLTORF

MAY 30, 2007

### 2007 MEN'S OUTDOOR SCHEDULE & RESULTS

Date	Meet - Location/Result
3/16-17	at Willie Williams Classic - 1 champ
3/23-24	at LSU Relays - 0 champs
3/30-31	at Stanford Invite - 0 champs
4/6	at Central College Invite - 2 champs
4/13-14	at John Jacobs Invite - 0 champs
4/14	at Jim Duncan Invite - 0 champs
4/15	at Lee Calhoun Memorial - 1 champ
4/21	Iowa Musco Twilight IX - 7 champs
4/26-28	at Drake Relays - 0 champs
4/27	at Kip Janvrin Open - 1 champ
5/4	at Central College Open - 7 champs
5/11-13	at Big Ten Champ's - 7th/2 champs
5/25-26	at NCAA Regional - 16th/0 champs
6/7-9	at NCAA Champ's - Sacramento, CA

### OUTDOOR SEASON BESTS

100 Meters.....	Lee Elbert .....	10.61
110 Hurdles ...	Frank Prill.....	14.94
200 Meters.....	Paul Chaney, Jr.....	21.53
400 Meters.....	Prince Riley.....	^ 46.61
400 Hurdles ...	Ray Varner.....	^ 50.99
800 Meters.....	Adam Hairston.....	^ 1:49.99
1,500 Meters..	Jesse Luciano.....	3:49.99
3,000 Meters..	Tommy Tate .....	8:31.67
3,000 Steeple.	Andy Napier.....	^ 9:06.65
5,000 Meters..	Micah VanDenend .....	^* 13:49.31
10,000 Meters	Micah VanDenend .....	30:28.50
400-Meter Relay .....		^ 40.58
	<i>(Milder, Chaney, Jr., Reed, Elbert)</i>	
Sprint Medley Relay .....		3:23.32
	<i>(Milder, Elbert, Riley, Hairston)</i>	
1,600-Meter Relay .....		3:08.97
	<i>(Pierre, Elbert, Varner, Riley)</i>	
Distance Medley Relay.....		9:54.07
	<i>(Luciano, Pierre, Hairston, VanDenend)</i>	
High Jump .....	Petsche/Kelly .....	6-8 3/4 (2.05 m)
Long Jump.....	Aaron Reed.....	23-8 (7.21 m)
Pole Vault .....	Jeff Raymond.....	15-11 (4.85 m)
Shot Put.....	John Hickey ..	^ 60-1 1/4 (18.32 m)
Discus.....	A.J. Curtis .....	^*! 202-11 (61.84 m)
Hammer.....	Adam Hamilton ..	^ 222-2 (67.73 m)
Javelin .....	Kale Katt .....	^ 204-0 (62.17 m)
^ - regional qualifier, * - school record, ! - meet record		

**THIS WEEK --** The Iowa men and women's track teams will send 11 student-athletes to the 2007 NCAA Championships, June 6-9 in Sacramento, CA. All events will be held at Hornet Stadium in the Alex G. Spanos Sports Complex. All-session reserved tickets are \$80 and all-session general admission tickets are \$65. Tickets can be purchased by calling (916) 566-2400. Events start at noon (CT) Wednesday, Thursday and Saturday, and 12:30 p.m. on Friday.

**IOWA'S NCAA QUALIFIERS --** The Hawkeye have qualified 11 student-athletes for the NCAA Outdoor Championships. Their events, season best marks and where they rank in the nation are listed below.

Name	Event	Mark	NCAA Ranking
Kineke Alexander	400 Meters	52.15	5th
Meghan Armstrong	1,500 Meters	4:20.02	21st
Adam Hamilton	Hammer	220-6 (67.20 m)	9th
Tiffany Johnson	100-Meter Hurdles	13.20	15th
Tammilee Kerr	Heptathlon	5,332 pts.	23rd
Shane Maier	Shot Put	58-6 1/2 (17.84 m)	25th
Racheal Marchand	5,000 Meters	16:27.72	25th
Diane Nukuri	10,000 Meters	33:31.69	10th
Peaches Roach	High Jump	6-0 3/4 (1.85 m)	8th
Micah VanDenend	5,000 Meters	13:49.31	8th
Ray Varner	400-Meter Hurdles	50.99	18th

**2006 NCAA OUTDOOR CHAMPIONSHIPS REVIEW --** The Hawkeyes had three all-Americans in **Kineke Alexander** (400 meters), **Peaches Roach** (high jump) and **Eric MacTaggart** (5,000 meters) at the 2006 NCAA Outdoor Championships in Sacramento, CA. The women's team placed 20th with 13 points.

Alexander came up just short in her bid for back-to-back national titles in the 400 meters, placing second with a school-record time of 51.35. She won her first NCAA title at the 2006 indoor meet, and joined elite company by picking up her fourth all-America honor. Only former Hawkeye distance runner Nan Doak earned more at Iowa with six all-America honors.

Roach became a three-time all-American by placing fourth in the high jump with a school-record leap of 6-1 1/4. MacTaggart placed 11th in the 10,000 meters in 29:22.78, becoming the first Hawkeye distance runner to earn all-America honors in that event since Stetson Steele in 2000. Sophomore **Shane Maier** placed ninth in the shot put with a toss of 61-9 3/4, which was just one place short of all-America status.

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### 2007 WOMEN'S OUTDOOR SCHEDULE

Date	Meet - Location/Result
3/16-17	at Aztec Classic - 3 champs
3/30-31	at Stanford Invite - 0 champs at Missouri Relays - 2 champs
4/6-7	at Tiger Classic - 2 champs
4/13-14	at John Jacobs Invite - 0 champs
4/21	Iowa Musco Twilight IX - 8 champs
4/26-28	at Drake Relays - 2 champs
4/27	at Kip Janvrin Open - 1 champ
5/11-13	at Big Ten Champ's - 5th/2 champs
5/25-26	at NCAA Regional - 8th/2 champs
6/6-9	at NCAA Champ's - Sacramento, CA

### OUTDOOR SEASON BESTS

100 Meters.....	Peaches Roach	.....%	11.64
100 Hurdles ....	Tiffany Johnson.....	^*	13.20
200 Meters.....	Rhonda-Kaye Trusty .....		24.23
400 Meters.....	Kineke Alexander .....	^	52.15
400 Hurdles ....	Aditya Jones .....		1:01.80
800 Meters.....	Sophia Poncè .....		2:10.35
1,500 Meters...	Meghan Armstrong .....	^	4:20.92
3,000 Meters...	Diane Nukuri .....		9:23.90
5,000 Meters...	Meghan Armstrong .....	^	16:15.28
10,000 Meters.	Diane Nukuri .....	&	33:31.69
400 Meter Relay .....		^	45.21
	<i>(Johnson, Roach, Clarke, Trusty)</i>		
1,600 Meter Relay .....		^	3:39.36
	<i>(Alexander, Graham, Jones, Mims)</i>		
Sprint Medley Relay .....			3:59.34
	<i>(Clarke, Graham, Jones, Poncè)</i>		
3,200-Meter Relay .....			9:05.13
	<i>(Nukuri, Gilmore, Mims, Schmidt)</i>		
Distance Medley Relay .....			11:25.05
	<i>(Armstrong, Alexander, Poncè, Stanley)</i>		
High Jump .....	Peaches Roach ^	6-0 3/4	(1.85 m)
Long Jump .....	Renee White .....	19-1 1/4	(5.82 m)
Triple Jump .....	Renee White..*	^ 42-1 3/4	(12.84 m)
Pole Vault .....	Sarah Burgett.....	12-0	(3.65 m)
Shot Put .....	Mandy Chandler.	39-1 1/2	(11.92 m)
Javelin .....	Tammilee Kerr..	^ 150-7	(47.86 m)
Hammer.....	Becca Franklin.*^!	195-0	(59.45 m)
Heptathlon .....	Tammilee Kerr.....	*&	5,332

^ - regional qualifier, & - provisional qualifier,  
\* - school record, ! - meet record, % - wind-aided

**IOWA IN NCAA CHAMPIONSHIPS HISTORY** -- The Iowa men's track team has crowned 13 NCAA champions and 81 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 46 all-Americans, and its highest finish at the NCAA outdoor meet was 10th in 1992.

**COMPETITORS ATTEMPT TO JOIN HAWKEYE ELITE** -- The 11 student-athletes competing at the NCAA Outdoor Championships will attempt to make their mark in the Iowa records book this week.

Junior **Kineke Alexander** will try for her second NCAA 400-meter title and her sixth all-America honor in that event. Alexander won the 400 meters at the 2006 NCAA Indoor Championships, and has the fifth-fastest time in the nation going into the outdoor meet. She is the only Hawkeye to earn five all-America honors in the same event. Distance runner **Nan Doak** has compiled Iowa's most all-America honors, earning a total of six during her career (1981-85). Iowa has crowned four NCAA champions in school history, with 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 during the 2006 indoor season.

Senior **Peaches Roach** is a three-time all-American in the high jump, earning the honors in 2005 and 2006. She is one of four three-time all-Americans in school history, and has the nation's eighth-best jump entering the meet.

Junior **Meghan Armstrong** is a two-time all-American in the mile (2006, 2007), and could be Iowa's first all-American in the 1,500 meters since **Tina Stec** in 1994. She has the 21st-fastest 1,500-meter time in the nation, entering the meet. Armstrong is one of Iowa's four two-time all-Americans.

Of the men's four qualifiers, senior **Adam Hamilton** is the only returning all-American. He earned the honor in the hammer throw at the 2004 meet. **Hamilton** could become Iowa's first two-time all-American in the hammer, as he has the NCAA's ninth-best throw.

Seniors **Tiffany Johnson** and **Micah VanDenend**, juniors **Diane Nukuri** and **Tammilee Kerr**, sophomore **Racheal Marchand** and freshman **Ray Varner** are making their first career appearances at the national outdoor meet.

**2007 NCAA MIDWEST REGIONAL CHAMPIONSHIPS REVIEW** -- The Iowa women's squad crowned two champions and posted its highest team finish at the NCAA Midwest Regional in Des Moines May 26. Senior **Tiffany Johnson** and junior **Kineke Alexander** won individual race titles, leading the Hawkeyes to an eighth place finish with 34.50 points - their highest finish in the five-year history of the meet. The Hawkeye men's team placed 16th with 19 points. In all, Iowa crowned 15 all-region honorees and advanced five automatic qualifiers to the NCAA Championships.

Johnson became the second regional champion in women's school history when she won the 100-meter hurdles in 13.22. That time was only .02 off her collegiate best and the school record she holds in that event. By successfully defending her 2006 regional

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### IOWA'S NCAA CHAMPIONSHIPS SCHEDULE OF EVENTS

#### Wednesday, June 6

- 3:45 p.m. Men's Hammer Throw, Qualifier
- 6:15 p.m. Women's High Jump, Qualifier
- 7:40 p.m. Women's 100 Hurdles, Round One
- 8:20 p.m. Women's 400 Meters, Round One
- 9:25 p.m. Women's 100 Hurdles, Semifinal
- 10:50 p.m. Men's 5,000 Meters, Semifinal
- 11:30 p.m. Women's 5,000 Meters, Semifinal

#### Thursday, June 7

- 12:30 p.m. Heptathlon 100 Hurdles  
Heptathlon High Jump  
Heptathlon Shot Put
- 5:10 p.m. Heptathlon 200 Meters
- 6:10 p.m. Men's 400 Hurdles, Round One
- 7:15 p.m. Men's Shot Put, Qualifier
- 8:25 p.m. Women's 1,500 Meters, Semifinal
- 10:40 p.m. Women's 10,000 Meters, Final

#### Friday, June 8

- 1:30 p.m. Heptathlon Long Jump  
Heptathlon Javelin
- 3:15 p.m. Men's Hammer Throw, Final
- 5:50 p.m. Heptathlon 800 Meters
- 7:15 p.m. Women's High Jump, Final
- 7:45 p.m. Women's 100 Hurdles, Final
- 8:05 p.m. Women's 400 Meters, Semifinal
- 8:40 p.m. Men's 400 Hurdles, Semifinal
- 9:45 p.m. Men's 5,000 Meters, Final
- 10:10 Women's 5,000 Meters, Final

#### Saturday, June 9

- 12:00 p.m. Men's Shot Put, Final
- 12:05 p.m. Men's 400 Hurdles, Final
- 12:44 p.m. Women's 400 Meters, Final
- 1:22 p.m. Women's 1,500 Meters, Final

All times are Central.

title in the 400 meters, Alexander became Iowa's first two-time regional champion. She won the race in 52.34. Junior **Shane Maier** was the Hawkeye men's top finisher, placing second in the shot put with a season-best 58-6 1/2. Junior **Meghan Armstrong** was Iowa's fifth automatic NCAA qualifier, placing fifth in the 1,500 meters (4:21.56).

Earning all-region honors for Iowa during the two-day meet were seniors **Adam Hamilton** (hammer), **Peaches Roach** (high jump), **Micah VanDenend** (5,000 meters), **Becca Franklin** (hammer), Johnson (100-meter hurdles) and **Lee Elbert** (400-meter relay), juniors **Racheal Marchand** (5,000 meters), Armstrong (1,500 meters), **Diane Nukuri** (1,500 meters), Maier (shot put), Alexander (400 meters), **Max Milder** (400-meter relay) and **Aaron Reed** (400-meter relay), and freshmen **Paul Chaney, Jr.** (400-meter relay) and **Ray Varner** (400-meter hurdles).

**HAWKEYES BREAK RECORDS** -- Six Hawkeyes set school records during the 2007 outdoor season. Seniors **Micah VanDenend**, **Becca Franklin** and **Tiffany Johnson**, junior **Tammilee Kerr**, and sophomores **Renee White** and **A.J. Curtis** are the new record holders. Two broke records that were older than themselves.

VanDenend shattered his own school 5,000-meter record at the Stanford Invite. The Glen Ellyn, IL, native became the first Hawkeye in school history to break 13:50 in that event with a time of 13:49.31. He set the previous record of 13:55.96 at the same meet last season.

Franklin broke her own hammer school record for the fourth time this season at the Iowa Musco Twilight IX meet. The toss of 195-0 surpassed her previous best of 187-11.

Johnson broke the school record of 13.24 that she set last season in the 100-meter hurdles with a winning time of 13.20 at the 2007 Drake Relays.

Kerr broke the 24-year-old school record heptathlon the day before her 21st birthday with her fourth-place total of 5,332 points at the Big Ten Championships. She never placed lower than eighth in any of the seven events, and won the javelin with a collegiate-best throw of 157-0. **Kathy Gillespie** set the previous record of 5,062 in 1983. Kerr and Gillespie are the only Hawkeye women to score over 5,000 points in the heptathlon. Kerr was born May 13, 1986.

White broke the triple jump school record of 41-3 3/4 she set earlier this season with a runner-up finish of 42-1 1/2 at the Big Ten Championships. She is the first Hawkeye female to leap over 42 feet in that event.

Curtis broke a school record that is older than himself with his winning discus throw of 202-11 at the Central Collegiate Invite on April 6. He was born on February 7, 1987. The previous record of 202-4 was set in 1986 by **Gary Kostrubala**. Curtis' throw also set a meet record and smashed his previous personal best of 173-11. He and Kostrubala are two of four student-athletes in Big Ten history to throw over 200 feet in that event.

**THREE HAWKEYES NAMED BIG TEN ATHLETE OF THE WEEK** -- Hawkeye senior



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distance runner **Micah VanDenend**, sophomore thrower **A.J. Curtis** and senior thrower **Adam Hamilton** each earned Big Ten Athlete of the Week honors this outdoor season. They were the first Hawkeyes to earn the weekly conference honor during the outdoor season since javelin thrower **Bill Neumann** in 2003.

VanDenend was the first of the trio to earn the honor, earning co-Big Ten Runner of the Week accolades April 3 for his school-record setting time of 13:49.31 in the 5,000 meters at the Stanford Invitational.

Curtis was named Big Ten Field Event Athlete of the Week April 10 for setting the school discus record of 202-11 at the Central College Invite April 6.

Hamilton was named Big Ten Field Event Athlete of the Week May 1, placing second in the hammer throw at the 98th annual Drake Relays April 28 with a personal-best mark of 222-2. That distance ranks second in school history, and is only nine inches off the school record of 222-11 set by **Arno van der Westhuizen** in 2001. The mark also leads the Big Ten, ranks second in the NCAA Midwest Region and eighth in the nation.

**WOMEN'S TEAM MAKES TRACKWIRE 25** -- The Iowa women's track team is ranked 18th in the most recent national outdoor rankings released by Trackwire.com. The list ranks schools according to a projected hypothetical score for the NCAA Outdoor Championships, which is generated by a power ranking of the top 12 athletes and relay squads in each NCAA event. Iowa is 18th with 13 points. LSU is ranked first with 69.

Three Hawkeyes are listed in Trackwire's Dandy Dozen individual rankings. Junior **Kineke Alexander** boasts Iowa's highest ranking at third in the 400 meters, after winning the 2007 Big Ten indoor and outdoor titles in that event. Senior **Peaches Roach** is ranked fifth in the high jump after winning the 2007 Big Ten indoor and outdoor titles. Junior **Diane Nukuri** is also ranked sixth in the 10,000 meters.

**HAWKEYE COACHES** -- Larry Wieczorek and James Grant are in

their 11th seasons at the helm of the Iowa men and women's track teams, respectively.

**Wieczorek** has coached 24 all-Americans and 42 Big Ten Champions at Iowa. The Hawkeyes' 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. He was also a four-time all-American. In 1998, **Wieczorek** was inducted into the 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 **Joey Woody**.

In his tenure with the Hawkeyes, **Grant** has coached 26 Big Ten champions, 81 regional qualifiers, 21 all-region selections, 34 NCAA qualifiers, 12 all-Americans and one NCAA champion. Iowa placed third at the 2004 Big Ten Indoor Championships in Iowa City and fourth at the 2007 conference outdoor meet - the team's highest placings during **Grant's** tenure. The third-place indoor finish tied the team's highest conference finish in school history.

He is assisted by three-time conference champion **Layne Anderson** and NCAA champion and four-time all-American **Victor Houston**.

# 2007 Iowa Outdoor Season Bests

## MEN'S 100 METERS (RQ - 10.50, SR - 10.25)

Lee Elbert ..... 10.61 #% ..... Iowa Musco Twilight IX .. 4/21/07  
Paul Chaney, Jr. .... 10.62 #% ..... at Big Ten Champ's ..... 5/13/07  
Max Milder ..... 10.68 #% ..... Iowa Musco Twilight IX .. 3/23/07  
Ryan Niver ..... 11.55 \$ ..... at Big Ten Champ's ..... 5/11/07

## WOMEN'S 100 METERS (RQ - 11.75, SR - 11.45)

Peaches Roach ..... 11.64 % ..... at Missouri Relays ..... 3/31/07  
Rhonda-Kaye Trusty ..... 12.04 # ..... at Auburn Tiger Classic .... 4/7/07  
Megan Clarke ..... 12.33 # ..... at Auburn Tiger Classic .... 4/7/07  
Renee White ..... 12.34 # ..... at Missouri Relays ..... 3/31/07

## MEN'S 110-METER HURDLES (RQ -- 14.30, SR -- 13.63)

Frank Prill ..... 14.94 # ..... Iowa Musco Twilight IX .. 4/21/07  
Brice Wilson ..... 15.39 # ..... at Jim Duncan Invite ..... 4/14/07  
Ryan Niver ..... 16.54 \$ ..... at Big Ten Champ's ..... 5/12/07

## WOMEN'S 100-METER HURDLES (RQ - 13.92, SR - 13.20)

Tiffany Johnson ..... 13.20 \*^# ..... at Drake Relays ..... 4/28/07  
Tammilee Kerr ..... 14.21 #% ..... Iowa Musco Twilight IX ... 4/21/07  
Heather Gilmore ..... 15.30 #% ..... at Missouri Relays ..... 3/31/07

## MEN'S 200 METERS (RQ -- 21.19, SR -- 20.47)

Paul Chaney, Jr. .... 21.53 ..... at Big Ten Champ's ..... 5/13/07  
Lee Elbert ..... 21.83 ..... at Jim Duncan Invite ..... 4/14/07  
Max Milder ..... 21.89 ..... at Jim Duncan Invite ..... 4/14/07

## WOMEN'S 200 METERS (RQ - 23.96, SR - 23.50)

Rhonda-Kaye Trusty ..... 24.23 # ..... at Aztec Track Classic .... 3/17/07  
Kara-Aretha Graham ..... 25.05 # ..... at John Jacobs Invite ..... 4/14/07  
Megan Clarke ..... 25.18 ..... Iowa Musco Twilight IX ... 4/21/07  
Renee White ..... 25.31 # ..... at Aztec Track Classic .... 3/16/07  
Tammilee Kerr ..... 25.49 #% ..... at Drake Relays ..... 4/25/07

## MEN'S 400 METERS (RQ -- 47.20, SR -- 44.99)

Prince Riley ..... 46.61 ^# ..... at Big Ten Champ's ..... 5/13/07  
David Pierre ..... 47.66 # ..... Iowa Musco Twilight IX .. 4/21/07  
Zach Splan ..... 49.41 # ..... at John Jacobs Invite ..... 4/14/07  
Ryan Niver ..... 51.51 # \$ ..... at Big Ten Champ's ..... 5/11/07

## WOMEN'S 400 METERS (RQ - 54.61, SR - 51.35)

Kineke Alexander ..... 52.15 ^ ..... at Big Ten Champ's ..... 5/13/07  
Aditya Jones ..... 57.77 # ..... at Missouri Relays ..... 3/31/07  
Monica Mims ..... 57.98 # ..... Iowa Musco Twilight IX ... 4/21/07  
Kara-Athena Graham ..... 59.08 # ..... at Missouri Relays ..... 3/31/07  
Sophia Poncè ..... 1:00.50 ..... at Missouri Relays ..... 3/31/07

## MEN'S 400-METER HURDLES (RQ -- 52.51, SR -- 48.83)

Ray Varner ..... 50.99 #^ ..... at Drake Relays ..... 4/28/07

## WOMEN'S 400-METER HURDLES (RQ -- 1:00.82, SR -- 56.67)

Aditya Jones ..... 1:01.65 # ..... at Big Ten Champ's ..... 5/12/07  
Heather Gilmore ..... 1:13.27 # ..... at Missouri Relays ..... 3/31/07

## MEN'S 800 METERS (RQ -- 1:50.40, SR-- 1:47.64)

Adam Hairston ..... 1:49.99 ^# ..... at Big Ten Champ's ..... 5/12/07  
Zach Splan ..... 1:53.83 # ..... at Central College Open .. 5/4/07  
Daniel Peoples ..... 1:54.15 # ..... at Big Ten Champ's ..... 5/12/07  
Cannon Dolan ..... 1:54.59 # ..... at Kip Janvrin Open ..... 4/27/07

## WOMEN'S 800 METERS (RQ - 2:09.80, SR - 2:05.67)

Sophia Poncè ..... 2:10.35 # ..... at Big Ten Champ's ..... 5/12/07  
Shannon Stanley ..... 2:14.61 ..... at Aztec Track Classic .... 3/17/07  
Kineke Alexander ..... 2:16.15 # ..... Iowa Musco Twilight IX ... 4/21/07  
Monica Mims ..... 2:18.75 ..... at Auburn Tiger Classic .... 4/7/07  
Jessica Schmidt ..... 2:20.18 ..... at Aztec Track Classic .... 3/17/07  
Tammilee Kerr ..... 2:27.66 # ..... at Big Ten Champ's ..... 5/12/07  
Rachel Hawks ..... 2:29.74 # ..... Iowa Musco Twilight IX ... 4/21/07

## MEN'S 1,500 METERS (RQ -- 3:47.80, SR -- 3:44.01)

Jesse Luciano ..... 3:49.99 # ..... at Stanford Invite ..... 3/31/07  
Micah VanDenend ..... 3:50.20 # ..... Iowa Musco Twilight IX .. 4/21/07  
Adam Hairston ..... 3:58.97 # ..... at LSU Relays ..... 3/24/07  
Tommy Tate ..... 4:00.13 # ..... at Jim Duncan Invite ..... 4/14/07  
Jay Renaud ..... 4:00.99 # ..... at Jim Duncan Invite ..... 4/14/07  
Ryan Niver ..... 5:31.99 \$ ..... at Big Ten Champ's ..... 5/12/07

## WOMEN'S 1,500 METERS (RQ - 4:27.80, SR - 4:17.41)

Meghan Armstrong ..... 4:20.92 ^ ..... at Big Ten Champ's ..... 5/13/07  
Diane Nukuri ..... 4:20.95 ^# ..... at Aztec Track Classic .... 3/17/07  
Shannon Stanley ..... 4:31.18 ..... at Stanford Invite ..... 3/31/07  
Racheal Marchand ..... 4:39.69 ..... at Aztec Track Classic .... 3/17/07  
Jessica Schmidt ..... 4:42.19 # ..... Iowa Musco Twilight IX ... 4/21/07  
Jordan Laney ..... 4:44.53 # ..... Iowa Musco Twilight IX ... 4/21/07  
Katie Ellis ..... 4:48.60 ..... at Aztec Track Classic .... 3/17/07  
Molly Esche ..... 4:57.20 ..... at Aztec Track Classic .... 3/17/07  
Rachel Hawks ..... 5:02.91 # ..... at John Jacobs Invite ..... 4/13/07  
Jennie Docherty ..... 5:11.92 ..... at Aztec Track Classic .... 3/16/07  
Kelsey Stueland ..... 5:20.61 # ..... Iowa Musco Twilight IX ... 4/21/07

RQ/^ - NCAA Midwest Regional Qualifier, & - NCAA Provisional Qualifier, SR/\* - School Record, # -- Collegiate Best,  
% - wind-aided, \$ - decathlon/heptathlon event



2007 Iowa University of Iowa Track & Field



# 2007 Iowa Outdoor Season Bests

## MEN'S 3,000 METERS

Tommy Tate ..... 8:31.67 ..... at Jim Duncan Invite ..... 4/14/07  
 Brendan Camplin..... 8:48.95 ..... at Jim Duncan Invite ..... 4/14/07  
 Jay Renaud ..... 8:51.24 # ..... at Jim Duncan Invite ..... 4/14/07

## WOMEN'S 3,000 METERS (SR -- 9:20.61)

Diane Nukuri..... 9:23.90 # ..... Iowa Musco Twilight IX... 4/21/07  
 Racheal Marchand ..... 9:45.50 # ..... Iowa Musco Twilight IX... 4/21/07  
 Molly Esche ..... 10:22.11 # ..... at Missouri Relays ..... 3/30/07  
 Christine Kotarba..... 11:16.24 ..... Iowa Musco Twilight IX... 4/21/07

## MEN'S 3,000-M. STEEPLECHASE (RQ -- 9:07.00, SR -- 8:47.4)

Andy Napier..... 9:06.65 #^ ..... at Big Ten Champ's ..... 5/12/07  
 Tommy Tate ..... 9:36.63 # ..... Iowa Musco Twilight IX .. 4/21/07

## MEN'S 5,000 METERS (RQ -- 14:13.00, SR -- 13:49.31)

Micah VanDenend ..... 13:49.31 \*^# ..... at Stanford Invite ..... 3/31/07  
 Jeff Kent ..... 14:21.05 ..... at Stanford Invite ..... 3/30/07  
 Andy Napier..... 14:42.77 ..... at Drake Relays ..... 4/26/07  
 Tommy Tate ..... 14:57.27 ..... at Kip Janvrin Open ..... 4/27/07

## WOMEN'S 5,000 METERS (RQ - 16:52.00, SR - 15:45.84)

Diane Nukuri..... 16:15.28 #^ ..... at Drake Relays ..... 4/28/07  
 Meghan Armstrong ..... 16:18.74 #^ ..... at Stanford Invite ..... 3/31/07  
 Racheal Marchand ..... 16:27.72 # ..... at NCAA Regional ..... 5/25/07

## MEN'S 10,000 (AQ - 28:45.00 , PQ - 29:30.00 , SR - 28:44.47 )

Micah VanDenend ..... 30:28.50 # ..... at Big Ten Champ's ..... 5/11/07  
 Tommy Tate ..... 31:05.23 # ..... at Big Ten Champ's ..... 5/11/07

## WOMEN'S 10,000 (AQ -- 33:30.00, PQ -- 35:00.00, SR -- 33:23.38)

Diane Nukuri..... 33:31.69 #& ..... at Stanford Invite ..... 3/31/07  
 Racheal Marchand ..... 34:50.37 #& ..... at Big Ten Champ's ..... 5/11/07

## MEN'S 400-METER RELAY (RQ -- 40.66, SR -- 39.48)

Milder, Chaney, Jr., Reed, Elbert..... 40.54  
 at NCAA Midwest Regional - 5/25/07

## WOMEN'S 400-METER RELAY (RQ - 45.70, SR - 44.63)

Johnson, Roach, Clarke, Trusty ..... 45.21 ^  
 at Drake Relays - 4/28/07  
 Johnson, Alexander, Roach, Trusty ..... 45.84  
 at Missouri Relays - 3/31/07  
 Johnson, Roach, Alexander, Trusty ..... 46.06  
 at Auburn Tiger Classic - 4/7/07  
 Johnson, Roach, Clarke, White ..... 46.23  
 Iowa Musco Twilight IX - 4/21/07  
 Johnson, Trusty, White, Clarke ..... 46.36  
 at Aztec Track Classic - 3/17/07

## MEN'S 1,600-METER RELAY (RQ -- 3:10.00, SR -- 3:03.11)

Pierre, Elbert, Varner, Riley ..... 3:08.97  
 at Big Ten Championships - 5/13/07  
 Milder, Elbert, Varner, Riley ..... 3:10.75  
 Iowa Musco Twilight IX - 4/21/07  
 Riley, Elbert, Varner, Pierre ..... 3:11.61  
 at Central College Open - 5/4/07  
 Dolan, Splan, Peoples, Hairston..... 3:16.90  
 Iowa Musco Twilight IX - 4/21/07  
 Rolling, Milder, Splan, Peoples..... 3:20.39  
 at John Jacobs Invite - 4/14/07

## WOMEN'S 1,600-METER RELAY (RQ - 3:42.00, SR - 3:36.26)

Alexander, Graham, Jones, Mims ..... 3:39.36 ^  
 at Drake Relays - 4/28/07  
 Jones, Alexander, Johnson, Mims ..... 3:39.64 ^  
 at Big Ten Championships - 5/13/07  
 Alexander, Jones, Johnson, Mims ..... 3:46.98  
 Iowa Musco Twilight IX - 4/21/07  
 Poncè, Jones, Mims, Graham ..... 3:48.02  
 at Aztec Track Classic - 3/17/07  
 Jones, Mims, Poncè, Johnson..... 3:51.89  
 at John Jacobs Invite - 4/14/07  
 Jones, Mims, Graham, Poncè ..... 3:54.03  
 at Auburn Tiger Classic - 4/7/07

## MEN'S HIGH JUMP (RQ -- 2.10 m, SR -- 2.23 m)

Jeremy Petsche..6-8 3/4 (2.05 m) ..... Iowa Musco Twilight IX... 4/21/07  
 Ryan Kelly .....6-8 3/4 (2.05 m) ..... Iowa Musco Twilight IX... 4/21/07  
 Trey Stross .....6-7 1/2 (2.02 m) ..... at Big Ten Champ's ..... 5/12/07  
 Dan Rolling .....6-6 3/4 (2.00 m) ..... Iowa Musco Twilight IX... 4/21/07  
 Ryan Niver.....6-6 3/4 (2.00 m) ..... Iowa Musco Twilight IX... 4/21/07  
 Frank Prill .....5-8 3/4 (1.75 m) # ..... Iowa Musco Twilight IX... 4/21/07

RQ/^ - NCAA Midwest Regional Qualifier, & - NCAA Provisional Qualifier, SR/\* - School Record, # -- Collegiate Best,  
 % - wind-aided, \$ - decathlon/heptathlon event



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## WOMEN'S HIGH JUMP (RQ - 1.75 m, SR - 1.86 m)

Peaches Roach ..6-0 3/4 (1.85 m) ^#.....at Drake Relays..... 4/28/07  
Caleigh Bacchus.5-5 (1.65 m) #.....at Aztec Track Classic ... 3/17/07  
Tammilee Kerr ....5-4 1/4 (1.63 m) \$.....at Big Ten Champ's .....5/11/07

## MEN'S LONG JUMP (RQ -- 7.34 m, SR -- 8.25 m)

Aaron Reed .....23-8 (7.21 m) #%.....Iowa Musco Twilight IX... 4/21/07  
Ryan Niver.....21-5 1/4 (6.53 m) \$.....at Big Ten Champ's .....5/11/07  
Dan Rolling.....20-7 (6.27 m) #.....Kip Janvrin Open..... 4/27/07

## WOMEN'S LONG JUMP (RQ - 6.00 m, SR - 6.78 m)

Renee White .....19-1 1/4 (5.82 m).....at Missouri Relays ..... 3/30/07  
Tammilee Kerr ....18-2 1/4 (5.54 m) \$#.....at Big Ten Champ's ..... 5/12/07

## WOMEN'S TRIPLE JUMP (RQ - 12.32 m, SR - 12.84 m)

Renee White .....42-1 1/2 (12.84 m) \*^#..at Big Ten Champ's.....5/13/07  
Tiffany Johnson ...41-8 3/4 (12.72 m) ^#..at Big Ten Champ's.....5/13/07

## MEN'S POLE VAULT (RQ -- 5.05 m, SR -- 5.18 m)

Jeff Raymond .....15-11 (4.85 m) .....at Big Ten Champ's ..... 5/13/07  
Alex Zona .....15-1 (4.60 m) .....at Jim Duncan Invite ..... 4/14/07  
Richard Johnson.15-1 (4.60 m) #.....at Kip Janvrin Open..... 4/27/07  
at Big Ten Champ's ..... 5/13/07  
Ryan Niver.....14-9 (4.50 m) #.....Iowa Musco Twilight IX... 4/21/07  
Frank Prill .....14-1 1/4 (4.30 m) .....at Jim Duncan Invite ..... 4/14/07  
Iowa Musco Twilight IX... 4/21/07

## WOMEN'S POLE VAULT (RQ - 3.80 meters, SR - 3.92 meters)

Sarah Burgett ....12-0 (3.65 m) .....at Kip Janvrin Open..... 4/27/07

## MEN'S SHOT PUT (RQ -- 16.80 m, SR -- 19.27 m)

John Hickey .....60-1 1/4 (18.32 m) ^..Iowa Musco Twilight IX... 4/21/07  
Shane Maier .....58-6 1/2 (17.84 m).....at NCAA Regional ..... 5/26/07  
A.J. Curtis .....56-2 (17.12 m) ^.....Iowa Musco Twilight IX... 4/21/07  
Mark Schaapveld 54-4 (16.56 m) .....Iowa Musco Twilight IX ..... 4/21/07  
Ryan Niver.....39-3 (11.96 m) \$ .....at Big Ten Champ's .....5/11/07

## WOMEN'S SHOT PUT (RQ - 14.30 meters, SR - 15.54 meters)

Mandy Chandler .39-1 1/4 (11.92 m) .....Iowa Musco Twilight IX... 4/21/07  
Tammilee Kerr ....35-4 (10.77 m) .....at Big Ten Champ's .....5/11/07

## MEN'S DISCUS (RQ -- 51.70 m, SR -- 61.84 m)

A.J. Curtis .....202-11 (61.84 m) ^\*#..at Central College Invite ... 4/6/07  
Shane Maier .....153-10 (46.88 m) .....at Drake Relays..... 4/28/07  
Clint Huntrods.....143-6 (47.73 m) .....Iowa Musco Twilight IX... 4/21/07  
Ryan Niver.....133-10 (40.80 m) \$.....at Big Ten Champ's ..... 5/12/07  
Frank Prill .....98-3 (29.96 m) .....Iowa Musco Twilight IX... 4/21/07

## MEN'S HAMMER (RQ -- 55.60 m, SR -- 67.94 m)

Adam Hamilton ...222-2 (67.73 m) ^#.....at Drake Relays..... 4/28/07  
Ryan Jordan .....184-6 (56.23 m) ^#.....at Big Ten Champ's.....5/11/07  
Kale Katt.....181-0 (55.18 m) #.....Iowa Musco Twilight IX... 4/21/07  
Mark Schaapveld 176-8 (53.84 m) #.....Iowa Musco Twilight IX... 4/21/07  
John Hickey .....171-10 (52.38 m) #.....Iowa Musco Twilight IX... 4/21/07

## WOMEN'S HAMMER (RQ - 54.15 m, SR - 59.45 m)

Becca Franklin....195-0 (59.45 m) ^\*#..Iowa Musco Twilight IX... 4/21/06  
Mandy Chandler .138-1 (42.08 m) .....at Auburn Tiger Classic .... 4/7/07

## MEN'S JAVELIN (RQ -- 61.60 m, SR -- 74.58 m)

Kale Katt.....204-0 (62.17 m) #^.....Iowa Musco Twilight IX... 4/21/07  
Ryan Niver.....161-7 (49.26 m) \$.....at Big Ten Champ's ..... 5/12/07  
John Hickey .....150-11 (46.00 m) #.....Iowa Musco Twilight IX... 4/21/07  
Troy Naumes .....144-10 (44.15 m) #.....Iowa Musco Twilight IX... 4/21/07

## WOMEN'S JAVELIN (RQ - 43.45 m, SR - 55.31 m)

Tammilee Kerr ....157-0 (47.86 m) \$#^..at Big Ten Champ's ..... 5/12/07

## DECATHLON (AQ - 7,500, PQ - 6,900, SR - 6,839)

Ryan Niver.....6,591 # .....at Big Ten Champ's ... 5/11-12/07

## HEPTATHLON (AQ - 5,500, PQ - 5,050, SR - 5,332)

Tammilee Kerr .....5,332 #\*#& .....at Big Ten Champ's ... 5/11-12/07

RQ/^ - NCAA Midwest Regional Qualifier, & - NCAA Provisional Qualifier, SR/\* - School Record, # -- Collegiate Best,  
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# All-Time Top 10 Best Outdoor Performers

## MEN'S 100 METERS

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

## WOMEN'S 100 METERS

1. Vivien McKenzie, 1985	11.45
2. Davera Taylor, 1984	11.51
3. Erica Broomfield, 1998	11.53
4. Jiselle Providence, 2001	11.57
5. Tanja Reid, 1994	11.60
<b>Peaches Roach, 2005</b>	<b>11.60</b>
7. Yolanda Hobbs, 1995	11.62
8. Elanie Jones, 1985	11.69
9. Lakeya Boatright, 2000	11.77
10. Tamara Dixon, 2002	11.79

## MEN'S 110-METER HURDLES

1. Pat McGhee, 1989	13.50
2. Dion Trowers, 1996	13.62
3. Ronnie McCoy, 1985	13.66
4. James Armstrong, 1991	13.89
5. Doug Jones, 1986	14.06
6. Chris Williams, 1983	14.24
7. Rajeev Balkrishnan, 1993	14.29
8. Gary Falls, 1992	14.48
9. Monte Raymond, 1996	14.51
10. Tony Branch, 1998	14.58

## WOMEN'S 100-METER HURDLES

1. <b>Tiffany Johnson, 2007</b>	<b>13.20</b>
2. Colleen Prendergast, 1999	13.60
Paula Ruen, 2000	13.60
4. Sarah Steffen, 2002	13.65
5. Ruqayya Raheem, 1998	13.90
6. Brenda Calhoun, 1984	13.94
7. Wynsome Cole, 1997	14.10
8. <b>Tammilee Kerr, 2007</b>	<b>14.21</b>
9. Tiff Pedersen, 2002	14.23
10. Colleen Prendergast, 2001	14.24

## MEN'S 200 METERS

1. Jeff Patrick, 1983	20.47
2. Anthuan Maybank, 1994	20.55
3. Andre Morris, 1995	20.64
4. George Page, 1996	20.67
5. Terrence Duckett, 1982	20.74
6. Tim Dodge, 2002	20.78
7. Bashir Yamini, 1999	20.82
8. Dennis Kohl, 1966	20.84
9. Tim Dwight, 1997	20.91
10. Victor Greer, 1984	20.98

## WOMEN'S 200 METERS

1. Shellene Williams, 2004	23.50
2. <b>Kineke Alexander, 2006</b>	<b>23.58</b>
3. Davera Taylor, 1984	23.59
4. Vivien McKenzie, 1985	23.61
5. Yolanda Hobbs, 1995	23.65
6. Tanja Reid, 1995	23.75
7. Elaine Jones, 1983	23.84
8. Jiselle Providence, 2001	24.00
9. <b>Peaches Roach, 2006</b>	<b>24.01</b>
10. Lakeya Boatright, 2000	24.14

## MEN'S 400 METERS

1. Anthuan Maybank, 1993	44.99
2. Andre Morris, 1995	45.15
3. Mike Mondane, 1967	45.20
4. Gary Hollingsworth	46.3
5. Harold Leonard, 1986	46.45
6. Tony Branch, 1999	46.60
7. <b>Prince Riley, 2007</b>	<b>46.61</b>
8. George Page, 1996	46.66
9. Dick Eisenlauer, 1973	46.74
Terrence Duckett, 1983	46.74

## WOMEN'S 400 METERS

1. <b>Kineke Alexander, 2006</b>	<b>51.35</b>
2. Shellene Williams, 2004	51.94
3. Ellen Grant, 1996	52.65
4. Senta Hawkins, 1988	54.01
5. Marlene Poole, 1994	54.03
6. Elaine Jones, 1983	54.40
7. Nicole Charles, 2001	54.48
8. Stacey-Leigh Bynoe, 2000	54.73
9. Alycia Simpson, 1987	55.18
Aisha Hume, 2004	55.18

## MEN'S 400-METER HURDLES

1. Pat McGhee, 1988	48.83
2. Monte Raymond, 1998	50.09
3. Paul Steele, 1989	50.45
4. Russell Peterson, 2001	50.50
5. Adam Kunkel, 2001	50.73
6. Jon Reimer, 1967	50.94
7. <b>Ray Varner, 2007</b>	<b>50.99</b>
8. Gary Falls, 1991	51.08
9. Rajeev Balkrishnan, 1993	51.14
10. Scott Williamson, 2000	51.74

## WOMEN'S 400-METER HURDLES

1. Mary Knoblauch, 1981	56.16
2. Wynsome Cole, 1998	56.67
3. Chris Davenport, 1981	59.18
4. Sarah Steffen, 2002	59.59
5. Beverly Powell, 1991	59.96
6. Diane Steinhart, 1980	1:00.56
7. Ruqayya Raheem, 1999	1:00.62
8. Keely Huber, 2002	1:00.98
9. <b>Aditya Jones, 2007</b>	<b>1:01.65</b>
10. Sherri Hull, 1987	1:02.60

## MEN'S 800 METERS

1. Bill Frazier, 1962	*1:47.64
2. D'Juan Strozier, 1990	1:47.82
3. Michael Layne, 1999	1:49.61
4. Bill Thiesen, 1985	1:49.74
5. <b>Adam Hairston, 2007</b>	<b>1:49.99</b>
6. Andy Wiese, 1985	1:50.22
7. Paul Chepkwony, 1984	1:50.36
8. Rod Chambers, 1989	1:50.60
9. Jim Donovan, 1998	1:50.68
10. James Porter, 1994	1:51.00

## WOMEN'S 800 METERS

1. Kay Stormo, 1982	2:05.67
2. Michelle Lahann, 2004	2:06.79
3. Aisha Hume, 2005	2:08.50
4. Jeanne Kruckeberg, 1987	2:08.75
5. Ann Pare, 1997	2:09.25
6. <b>Meghan Armstrong, 2006</b>	<b>2:10.15</b>
7. <b>Sophia Poncé, 2007</b>	<b>2:10.35</b>
8. Briana Benning, 1996	2:10.47
9. Tami Hoskins, 1990	2:11.47
10. <b>Shannon Stanley, 2004</b>	<b>2:12.01</b>





# All-Time Top 10 Best Outdoor Performers

## MEN'S 1,500 METERS

1. Joel Moeller, 1978 .....3:44.01
2. Jim Docherty, 1978 .....3:44.30
3. Dan Waters, 1986 .....3:46.35
4. Kevin Herd, 1994 .....3:46.64
5. John Clark, 1977 .....3:46.84
6. Ted Wheeler, 1956 .....3:48.24
7. **Jesse Luciano, 2007 ..... 3:49.99**
8. **Micah VanDenend, 2007 ..... 3:50.20**
9. John Dobbs, 1985 .....3:50.70
10. Sean Corrigan, 1987 .....3:51.05

## WOMEN'S 1,500 METERS

1. **Meghan Armstrong, 2006 ..... 4:17.41**
2. Jeanne Kruckeberg 1989 ..... 4:19.71
3. **Diane Nukuri, 2007 ..... 4:20.95**
4. Penny O'Brien, 1985 .....4:21.43
5. Kay Stormo, 1982 .....4:22.24
6. Michelle Lahann, 2004 .....4:24.00
7. **Shannon Stanley, 2006 ..... 4:25.08**
8. Tracy Dahl, 1992 .....4:27.44
9. Jenny Hayden, 1982 .....4:27.54
10. Tina Stec, 1994 .....4:28.71

## WOMEN'S 3,000 METERS

1. Penny O'Brien, 1985 .....9:20.61
2. Nan Doak, 1985 .....9:23.04
3. Tracy Dahl, 1992 .....9:23.53
4. **Diane Nukuri, 2007 ..... 9:23.90**
5. **Meghan Armstrong, 2006 ..... 9:28.03**
6. Jeanne Kruckeberg, 1989 .....9:30.69
7. Jennifer Brower, 1992 .....9:34.59
8. Jodi Hershberger, 1982 .....9:36.44
9. Tina Stec, 1994 .....9:38.39
10. **Racheal Marchand, 2007 ..... 9:45.50**

## MEN'S 3,000 STEEPLECHASE

1. Deacon Jones, 1956 .....8:47.40
2. Steve Pershing, 1978 .....8:54.59
3. Andy Morris, 2000 .....8:56.21
4. Matt Gerard, 1994 .....8:57.01
5. Rollie Kitt, 1967 .....9:02.9
6. Al Greene, 1985 .....9:02.96
7. Tony Rakaric, 2005 .....9:03.29
8. **Andy Napier, 2007 ..... 9:06.65**
9. Sean Gale, 1993 .....9:08.00
10. Nick Nordheim, 2000 .....9:12.06

## WOMEN'S 3,000 STEEPLECHASE

1. Sarah Arens, 2004 .....10:34.50
2. Michelle Lahann, 2003 .....11:16.21
3. Becca Thompson, 2003 .....11:19.50
4. Jessica Schmidt, 2006 .....11:20.85

## MEN'S 5,000 METERS

1. **Micah VanDenend, 2007 ..... 13:49.31**
2. Larry Wieczorek, 1968 .....13:56.0
3. Kevin Herd, 1993 .....13:59.0
4. Stetson Steele, 2000 .....14:02.76
5. **Eric MacTaggart, 2005 ..... 14:04.79**
6. Dan Haut, 2006 .....14:07.30
7. Matt Esche, 2006 .....14:12.07
8. **Jeff Kent, 2007 ..... 14:21.05**
9. Brian Rae, 2004 .....14:22.83
10. Tony Rakaric, 2003 .....14:22.92

## WOMEN'S 5,000 METERS

1. Nan Doak, 1985 .....15:45.84
2. **Diane Nukuri, 2007 ..... 16:15.28**
3. Jenny Spangler, 1983 .....16:17.21
4. **Meghan Armstrong, 2007 ..... 16:18.74**
5. Tracy Dahl, 1992 .....16:18.77
6. **Racheal Marchand, 2007 ..... 16:27.72**
7. Jennifer Brower, 1991 .....16:37.09
8. Renee Doyle, 1988 .....16:39.46
9. Jodi Hershberger, 1982 .....16:48.04
10. Anne Dobrowolski, 1984 .....16:50.00

## MEN'S 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. Dan Haut, 2006 .....30:03.08
7. Kevin Herd, 1994 .....30:05.21
8. Paul Sarris, 2001 .....30:08.40
9. Matt Esche, 2004 .....30:08.82
10. Eric McDermott, 2002 .....30:11.16

## WOMEN'S 10,000 METERS

1. Jennifer Brower, 1991 .....33:23.38
2. **Diane Nukuri, 2007 ..... 33:31.69**
3. Nan Doak, 1985 .....33:33.03
4. Jenny Spangler, 1983 .....33:39.24
5. Tracy Dahl, 1992 .....34:30.09
6. **Racheal Marchand, 2007 ..... 34:50.37**
7. Nikki Chapple, 2004 .....35:06.35
8. Jenny Johnson, 1992 .....35:45.53
9. Anne Dobrowolski, 1985 .....35:59.98
10. Renee Doyle, 1987 .....36:32.40

## MEN'S HIGH JUMP

1. Bill Hansen, 1978 .....7-4 (2.23 m)
- Bill Knoedel, 1975 .....7-4 (2.23 m)
3. M. Cunningham, 1986 .....7-1 (2.16 m)
- Kenneth Lansing, 1988 .....7-1 (2.16 m)
5. Pat Meade, 1987 .....7-0 (2.13 m)
6. Scott Hudek, 1993 .....6-11 (2.11 m)
7. Mike Lacy, 1985 .....6-10 1/2 (2.09 m)
8. Damion Turner, 1998 .....6-9 1/2 (2.07 m)
9. Luke Nessa, 2000 .....6-8 3/4 (2.05 m)
- Jeremy Petsche, 2007 6-8 3/4 (2.05 m)**
- Ryan Kelly, 2007 .....6-8 3/4 (2.05 m)**

## WOMEN'S HIGH JUMP

1. **Peaches Roach, 2006 ..6-1 1/4 (1.86 m)**
2. Mary Mol, 1983 .....6-0 (1.83 m)
3. Lynn McMillan, 1988 .....5-9 1/4 (1.76 m)
4. Kacey Childs, 2001 .....5-8 1/2 (1.74 m)
5. Kristi Dinkla, 1985 .....5-8 (1.73 m)
- Becky Kaza, 1995 .....5-8 (1.73 m)
- Eve Cullinan, 2003 .....5-8 (1.73 m)
8. Jenni Elbert, 2005 .....5-7 (1.70 m)
9. Nancy Tessmer, 1991 ...5-6 1/2 (1.69 m)
10. Janet Adams, 1981 .....5-6 1/4 (1.68 m)

## MEN'S POLE VAULT

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



# All-Time Top 10 Best Outdoor Performers

## WOMEN'S POLE VAULT

1. Jessie Strand, 2003..... 12-10 1/4 (3.92)
2. **Sarah Burgett, 2006..... 12-1 3/4 (3.70)**
3. Gina Shannon, 2001..... 11-2 1/4 (3.41)
4. Becky Kaza, 1998..... 8-6 (2.59)  
Amy Kasparbauer, 2001..... 8-6 (2.59)
6. Kacey Childs, 2000..... 8-0 1/2 (2.45)
7. Gina Shannon, 1998..... 8-0 (2.44)

## MEN'S LONG JUMP

1. Anthuan Maybank, 1993.... 27-1 (8.25 m)
2. Bashir Yamini, 1997..... 26-8 1/4 (8.13 m)
3. Paul Jones, 1989..... 25-10 1/4 (7.88 m)
4. Darren Smith, 1991 ..... 25-9 3/4 (7.86 m)
5. Quinn Early, 1986 ..... 25-7 1/4 (7.80 m)
6. Ed Gordon, 1931 ..... 25-4 3/8 (7.68 m)
7. Matty Gorman, 2006.... 25-1 1/4 (7.65 m)
8. Ronnie McCoy, 1985 ..... 25-0 (7.62 m)
9. Joe Robinson, 1976..... 24-2 3/4 (7.38 m)
10. **Aaron Reed, 2007 ..... 23-8 (7.21 m)**

## WOMEN'S LONG JUMP

1. Aisha James, 2003 ..... 22-3 (6.78 m)
2. **Renee White, 2006 ..... 19-9 3/4 (6.04 m)**
3. Becki Borg, 1988 ..... 19-7 1/4 (5.97 m)
4. Lisa Moats, 1986 ..... 19-6 (5.95 m)
5. Yolanda Hobbs, 1993 .. 19-2 1/2 (5.85 m)
6. Jane Dunlevy, 1977 ..... 18-6 (5.64 m)
7. Ruqayya Raheem, 1997 18-5 1/4 (5.62 m)  
Tiff Pedersen, 2004 ..... 18-5 1/4 (5.62 m)
9. Angie Hensel, 2005 ..... 18-5 (5.61 m)
10. Niki Fisher, 1996..... 18-1 1/2 (5.52 m)

## MEN'S TRIPLE JUMP

1. Paul Jones, 1990..... 52-0 1/2 (15.86 m)
2. Gordon Finch, 1988... 50-9 1/4 (15.47 m)
3. Mike Lacy, 1984..... 50-5 (15.36 m)
4. Pat Miller, 1985..... 49-8 1/2 (15.25 m)
5. Owen Gill, 1982..... 49-1 (14.96 m)
6. Matty Gorman, 2005.. 48-9 1/2 (14.87 m)
7. Ed Gordon, 1931 ..... 48-0 1/8 (14.63 m)
8. Mike Means, 1981 ..... 47-0 1/2 (14.34 m)
9. **Aaron Reed, 2005 .... 45-3 1/2 (13.80 m)**

## WOMEN'S TRIPLE JUMP

1. **Renee White, 2007 ... 42-1 1/2 (12.84 m)**
2. **Tiffany Johnson, 2007 41-8 3/4 (12.72 m)**
3. Becki Borg, 1988 ..... 40-7 1/2 (12.38 m)
4. Lynn McMillan, 1988.. 39-6 1/2 (12.05 m)
5. Lynn, 1998 ..... 39-0 (11.88 m)
6. Kacey Childs, 2001..... 37-8 (11.48 m)
7. **Becca Franklin, 2004 36-10 1/2 (11.24 m)**
8. Janna Houtz, 1984 ..... 33-10 1/2 (10.32)
9. Latoya Stiffend, 2002..... 32-6 (9.90)
10. Bridget Besch, 2003 ..... 30-10 1/2 (9.41)

## MEN'S SHOT PUT

1. Jeremy Allen, 2001 .... 63-2 3/4 (19.27 m)
2. Ken Kemeny, 2005 ..... 62-3 (18.97 m)
3. **Shane Maier, 2006.... 62-2 1/4 (18.95 m)**
4. Andy Banse, 2005 ... 61-11 1/2 (18.88 m)
5. **John Hickey, 2007 .... 60-1 1/4 (18.32 m)**
6. Chris Gambol, 1987... 60-0 1/2 (18.30 m)
7. van der Westhuizen, 2000 58-8 3/4 (17.90 m)
8. Gary Kostrubala, 1985..... 58-1 (17.70 m)
9. Alex Smith, 1998 ..... 57-9 (17.60 m)
10. Chris Cassata, 2000 .. 57-3 3/4 (17.47 m)

## WOMEN'S SHOT PUT

1. Lisa Van Steenwyk, 1992 .... 50-8 (15.44)
2. Gail Smith, 1984 ..... 50-3 1/4 (15.32)
3. Denise Taylor, 1992 ..... 50-1 3/4 (15.28)
4. Kamesha Marshall, 2005 48-6 3/4 (14.80)
5. Laura Kriener, 1990 ..... 48-2 1/2 (14.69)
6. Jennifer Gilson, 2002..... 47-10 (14.58)
7. Jennifer Moon, 2000 ..... 47-5 1/4 (14.46)
8. **Mandy Chandler, 2006..... 46-0 (14.02)**
9. Shelley Redies, 1985..... 45-7 (13.89)
10. Megan Maurer, 1998 ..... 44-9 3/4 (13.66)

## MEN'S DISCUS

1. **A.J. Curtis, 2007..... 202-11 (61.84 m)**
2. Gary Kostrubala, 1986... 202-4 (61.68 m)
3. Jeremy Allen, 2001 ..... 195-4 (59.54 m)
4. Tim Brodersen, 2005 ..... 193-6 (58.98 m)
5. Brad Daufeldt, 2004..... 185-0 (56.40 m)
6. Andy Banse, 2005 ..... 180-0 (54.86 m)
7. Eric Rothwell, 2004..... 179-7 (54.73 m)
8. Norm Balke, 1985..... 175-10 (53.60 m)
9. Chris Gambol, 1987..... 175-7 (53.52 m)
10. Tom Knutson, 1967.. 174-8 1/2 (53.24 m)

## WOMEN'S DISCUS

1. Denise Taylor, 1992 ..... 160-5 (48.90)
2. Lisa Van Steenwyk, 1991.. 159-1 (48.50)
3. Gail Smith, 1983 ..... 158-2 (48.22)
4. Kamesha Marshall, 2005. 152-11 (46.62)
5. Jennifer Moon, 2000 ..... 150-8 (45.92)
6. Laura Kriener, 1989 ..... 150-3 (45.80)
7. Megan Maurer, 1997 ..... 149-2 (45.48)
8. Cheryl Bradley, 1982 ..... 146-5 (44.64)
9. Mickey Schoborg, 1985 ..... 146-2 (44.56)
10. Jodi Peterson, 1993..... 142-1 3/4 (43.32)

## MEN'S HAMMER THROW

1. van der Westhuizen, 2001 222-11 (67.94 m)
2. **Adam Hamilton, 2007 .. 222-2 (67.73 m)**
3. Jim Costello, 2002 ..... 217-7 (66.32 m)
4. Brad Daufeldt, 2004..... 207-10 (63.34 m)
5. Chris Voller, 2005 ..... 206-0 (62.80 m)
6. Jeremy Allen, 2001 ..... 199-0 (60.66 m)
7. **Ryan Jordan, 2007 ..... 184-6 (56.23 m)**
8. Tim Brodersen, 2004 ..... 181-3 (55.24 m)
9. **Kale Katt, 2007 ..... 181-0 (55.18 m)**
10. **Mark Schaapveld, 2007.. 176-8 (53.84 m)**

## WOMEN'S HAMMER THROW

1. **Becca Franklin, 2007 ... 195-0 (59.45 m)**
2. Erin O'Hern, 2006 ..... 166-0 (50.60 m)
3. Kerri Blackstone, 1999 161-10 (49.32 m)
4. Megan Maurer, 1998 ..... 145-6 (44.36 m)
5. Jennifer Gilson, 2002..... 142-6 (43.44 m)
6. Jennifer Moon, 2000 ..... 139-3 (42.44 m)
7. **Mandy Chandler, 2007. 138-1 (42.08 m)**
8. Kara Hinz, 2000 ..... 125-1 (38.14 m)
9. Katie Hoback, 2002 ..... 121-11 (37.16 m)

## MEN'S JAVELIN

1. Bill Neumann, 2002 ..... 244-8 (74.58 m)
2. Dan Ralph, 2000..... 227-10 (69.44 m)
3. **Kale Katt, 2007 ..... 204-0 (62.17 m)**
4. Joel Storm, 2004 ..... 203-5 (62.01 m)
5. Matt Stank, 2001 ..... 199-0 (60.66 m)
6. van der Westhuizen, 1999 173-11 (53.00 m)
7. **Craig Jennings, 2006... 173-4 (52.83 m)**
8. Scott Faber, 2000 ..... 173-1 (52.78 m)
9. Justin Silverman, 2000 .. 172-6 (52.58 m)



# All-Time Top 10 Best Outdoor Performers

## WOMEN'S JAVELIN

1. Alana Redfern, 2003 .....	181-5 (55.30)
<b>2. Tammilee Kerr, 2007 .....</b>	<b>157-0 (47.86)</b>
3. Mandy Beck, 1999 .....	153-4 (46.74)
4. Terri Soldan, 1983.....	152-6 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, 1985.....	137-5 1/4 (41.88)
9. Sara Joens, 1987 .....	127-1 (38.74)
10. Angela Chadwick, 1992 .....	124-2 (37.86)

## MEN'S DECATHLON

1. Scott Faber, 2000.....	6,839 points
2. Chad Ohly, 1994.....	6,641 points
<b>3. Ryan Niver, 2007.....</b>	<b>6,591 points</b>
4. Gary Kostrubala, 1984 .....	6,498 points
5. Jacob Drewry, 1994.....	5,820 points

## WOMEN'S HEPTATHLON

<b>1. Tammilee Kerr, 2007 .....</b>	<b>5,332 points</b>
2. Kathy Gillespie, 1983 .....	5,262 points
3. Tiff Pedersen, 2004.....	4,976 points
4. Janet Adams, 1981 .....	4,855 points
5. Ruqayya Raheem, 1997 .....	4,665 points
6. Angela Chadwick, 1993 .....	4,493 points
7. Angie Hensel, 2004.....	4,073 points
8. Janelle Jaspers, 1987 .....	4,000 points
9. Marjie Tweto, 1996.....	3,967 points

## MEN'S 400-METER RELAY

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

## WOMEN'S 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
<b>5. Alexander, Granger, Johnson, Roach, 2006 .....</b>	<b>45.11</b>
<b>6. Johnson, Roach, Clarke, Trusty, 2007 .....</b>	<b>45.21</b>
<b>7. Johnson, Alexander, Granger, Roach, 2005 .....</b>	<b>45.30</b>
<b>8. Granger, Johnson, Alexander, Roach, 2005 .....</b>	<b>45.39</b>
9. Underwood, Reid, Philip, Hobbs, 1995.....	45.50
10. Boatright, Bynoe, Providence, Prendergast, 2000 .....	45.50

## MEN'S 1,600-METER RELAY

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

## WOMEN'S 1,600-METER RELAY

1. Hume, Charles, Steffen, Williams, 2003 .....	3:36.26
<b>2. McCalla, Granger, Alexander, Johnson, 2006.....</b>	<b>3:38.36</b>
<b>3. Alexander, Graham, Jones, Mims, 2007.....</b>	<b>3:39.36</b>
<b>4. Jones, Alexander, Johnson, Mims, 2007 .....</b>	<b>3:39.64</b>
5. McCalla, Alexander, Sheeley, Hume, 2005.....	3:39.67
6. McCalla, Hume, Sheeley, Alexander, 2005.....	3:40.43
7. Layne, Simpson, Powell, McRell, 1989.....	3:41.23
8. Bynoe, Cole, Wynter, Grant, 1997 .....	3:41.74
9. Charles, Fouchè, Williams, Hume, 2003.....	3:42.18
10. Fouchè, Charles, Williams, Hume, 2003.....	3:42.52



# Iowa's NCAA Competitors



**Kineke Alexander**  
Sprints  
Junior  
Glenside, Mesopotamia  
St. Vincent & the Grenadines  
St. Joseph's Convent Mariaqua

**Past NCAA Results** -- 2006 NCAA Indoor 400-meter champion (52.16)... five-time all-American... placed second in 400 meters with a school record-setting 51.35 at 2006 outdoor meet...

placed sixth at 2005 indoor meet (54.06) and seventh at 2005 outdoor meet (51.94).

**Career Highlights** -- five-time Big Ten champion... Iowa's only two-time NCAA Midwest Regional champion... four-time all-region honoree... set school records in 200 (23.49), 400 (51.48) and 600 meters (1:27.84), and as part of 1,600-meter relay (3:40.52) indoors, and 400 meters (51.35) outdoors.

**2007 -- Indoor** - all-American, placing second in 400 meters (51.48) at NCAA Championships... two-time Big Ten champion, winning titles in 200 (23.67) and 400 meters (52.23)... Big Ten Women's Track Athlete of the Year and Athlete of the Championships... USTFCCCA Midwest Regional Athlete of the Year... set school record in 400 (51.48) meters... set school and Iowa Recreation Building records in 600 meters (1:27.84)... automatically qualified for NCAA Championships in 400 meters (52.01) and provisionally qualified in 200 meters (23.67)...

**Outdoor** - NCAA Midwest Region 400-meter champion (52.34), automatically qualifying for NCAA Outdoor Championships and earning all-region honors in that event... her season-best 400-meter time of 52.15 leads the team and ranks fifth in the nation... Big Ten 400-meter champion (52.15)... ran that event for the first time during the outdoor season at the conference meet... qualified for NCAA Midwest Regional in 400 meters (52.15) and as part of 1,600-meter relay (3:39.36)... ran second leg on 1,600-meter relay that placed third (3:39.64) at Big Ten Championships... ran lead leg on 1,600-meter relay that placed sixth at Drake Relays, running a season-best 3:39.36 in the prelims... ran collegiate-best 800 meters (2:16.15) at Iowa Musco Twilight IX.

## 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)	1:27.84	Hawkeye Invitational	1/13/07
800 Meters (O)	2:16.15	Musco Twilight IX	4/21/07



**Meghan Armstrong**  
Distance  
Junior  
Tualatin, OR  
Tualatin High School

**Past NCAA Results** -- two-time all-American... placed eighth in mile in 2007 (4:49.07) and ninth in 2006 (4:46.65)... ran in 1,500-meter prelims (4:22.19) at 2006 outdoor meet.

**Career Highlights** -- two-time all-region honoree... set school record in 1,500 meters (4:17.41).

**2007 -- Indoor** - all-American, placing eighth in mile (4:49.07) at NCAA Championships... placed fifth in mile (4:47.03) and 3,000 meters (9:40.91) at Big Ten Championships... NCAA provisional qualifier in mile (4:41.18) and 3,000 meters (9:27.95)... led team in 800 meters (2:12.79), mile (4:41.18) and 3,000 meters (9:27.95)... **Outdoor** - placed fifth in 1,500 meters (4:21.56) at NCAA Midwest Regional to automatically qualify for NCAA Championships and earn all-region honors... her season-best 1,500-meter time of 4:20.92 leads the team and ranks 21st in the nation... qualified for NCAA Midwest Regional in 1,500 meters (4:20.92) and 5,000 meters (16:18.74)... placed seventh in 1,500 meters (4:20.92) and eighth in 5,000 meters (16:48.50) at Big Ten Championships... placed 17th in 5,000 meters (16:18.74) at Stanford Invite, which ranks fourth in school history... won 1,500 meters in a meet record-setting 4:21.86 at Iowa Musco Twilight IX... placed seventh in special invitation 1,500 meters (4:22.54) at Drake Relays... also ran lead leg on distance medley relay that placed sixth (11:25.05) at Drake... that time ranks second in school history.

**2006 -- Cross Country** - set school 6,000-meter record (20:34) with 13th-place finish at NCAA Pre-Nationals... earned all-region honors with eighth-place finish (21:05) at NCAA Midwest Regional... placed 43rd (21:33) at NCAA Championships... earned second team all-Big Ten honors, placing 13th (20:54) at Big Ten Championships... ran collegiate bests and placed second at Hawkeye Open (10:01-3,000 meters) and Auburn Invite (16:26-5,000 meters)... both times rank second on Iowa's all-time bests list... 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 Championships	5/14/06
Mile (I)	4:40.59	at Alex Wilson Invite	3/4/06
3,000 Meters (I)	9:27.95	at Meyo Invitational	2/3/07
4,000 Meters (CC)	14:33	Hawkeye Triangular	9/10/04
5,000 Meters (O)	16:18.74	at Stanford Invite	3/31/07
5,000 Meters (CC)	17:04	Williamette Invitational	10/1/05
6,000 Meters (CC)	20:49	at Pre-Nationals	10/15/05



# Iowa's NCAA Competitors



## Adam Hamilton

Throws  
Senior  
Milford, NH  
Milford High School

**Past NCAA Results** -- all-American... placed 10th in hammer (206-9) at 2004 meet... threw 196-7 in 2006 prelims.

**Career Highlights** -- 2006 Big Ten hammer throw champion... two-time all-region honoree... tied school record

for most times qualified for the regional meet (4) with four other Iowa throwers.

**2007** -- team captain... **Indoor** - provisionally qualified for NCAA Championships in weight throw with the collegiate-best 66-9 1/2 he threw at NCAA Last Chance Qualifier... that mark led team and ranks third on Iowa's all-time bests list... placed fifth in weight throw (61-10 1/2) at Big Ten Championships... won weight throw four times and provisionally qualified five times during season... **Outdoor** - runner-up in hammer throw (215-7) at NCAA Midwest Regional, automatically qualifying for NCAA Outdoor Championships and earning all-region honors... qualified for NCAA Midwest Regional in hammer with a collegiate-best 222-2 (67.73 meters) at Drake Relays... named Big Ten Field Event Athlete of the Week (May 1) for that performance... that mark leads the team, ranks second in school history and ninth in the nation... posted regional qualifying marks in that event six times... runner-up in hammer throw (206-4) at Big Ten Championships... won hammer at Iowa Musco Twilight IX (215-2) and at Central College Open (221-0)... won hammer and set meet record (199-4) at Central College Invite... placed third in hammer (207-7) at John Jacobs Invite and fourth (200-11) at Willie Williams Classic.

### Hamilton's Collegiate Bests

Event	Distance	Meet	Date
Wt. Throw (I)	66-9 1/4 (20.35 m)	at Last Chance Qualifier	3/3/07
Shot Put (I)	50-0 3/4 (15.26 m)	at Panther Classic	2/1/03
Hammer (O)	222-2 (67.73 m)	at Drake Relays	4/28/07



## Tiffany Johnson

Hurdles/Jumps/Sprints  
Senior  
Danville, IL  
Danville High School

**Career Highlights** -- set school records in 60-meter hurdles (8.33), 100-meter hurdles (13.20) and as part of indoor 1,600-meter relay (3:40.52)... first Hawkeye in school history to win consecutive Drake Relays titles, winning the 100-meter hurdles in 2006

and 2007... Iowa's third NCAA Regional champion... set school record for most times qualified to regional meet (10) with teammate Peaches Roach... two-time all-region honoree.

**2007** -- **Indoor** - NCAA provisional qualifier in 60-meter hurdles (8.35)... placed third in triple jump (41-3 3/4), fourth in 60-meter hurdles (8.35), 11th in long jump (19-0) and sixth as part of 1,600-meter relay (3:45.45) at Big Ten Championships... won long jump with collegiate-best 19-2 1/2, which ranks third on Iowa's all-time bests list... won 60-meter hurdles at Hawkeye Invite (8.55) and Jack Johnson Classic (8.50)...

**Outdoor** -- won 100-meter hurdles (13.22) at NCAA Midwest Regional, automatically qualifying for NCAA Outdoor Championships... Iowa's third NCAA Regional champion... won second-straight Drake Relays 100-meter hurdles with a school-record setting 13.20 in the finals... that time set a school record and ranks 15th in the nation... only Hawkeye in women's school history to win back-to-back Drake individual titles... qualified for NCAA regional in 100-meter hurdles (13.20), triple jump (41-8 3/4) and as part of 400-meter relay (45.21)... ran lead leg on 400-meter relay that placed fourth (45.21) at Drake... placed third in triple jump with a collegiate-best 41-8 3/4, sixth in 100-meter hurdles (13.74) and ran third leg on third-place 1,600-meter relay (3:39.64) at Big Ten Championships... won 100-meter hurdles (13.65) and ran lead leg on winning 400-meter relay (46.23) at Iowa Musco Twilight IX... runner-up in 100-meter hurdles (13.66) at Missouri Relays... placed second in triple jump (41-2 1/4) and fourth in 100-meter hurdles (13.77) at Auburn Tiger Classic... won 100-meter hurdles (13.82) at Aztec Classic.

### Johnson's Collegiate Bests

Event	Mark	Meet	Date
60 Meters (I)	7.78	at C/H Alliance Invite	1/27/07
60 Hurdles (I)	8.33	at Iowa State Classic	2/11/06
100 Hurdles (O)	13.20	at Drake Relays	4/28/07
200 Meters (I)	25:36	Hawkeye Open	1/14/06
400 Hurdles (O)	1:06.14	Musco Twilight VI	5/1/04
Triple Jump (O)	41-8 3/4 (12.72 m)	at Big Ten Champ's	5/13/07
Long Jump (I)	19-2 1/2 (5.85 m)	Iowa Invitational	2/16/07



# Iowa's NCAA Competitors



**Tammilee Kerr**  
Multi-Events/Javelin  
Junior  
Portmore, St. Catherine  
Wolmer's Girl's High School

**2007 -- Indoor** - led team in pentathlon with a collegiate-best 3,553 points... that total ranks third in school history... placed ninth in pentathlon (3,553 points) at Big Ten Championships... runner-up in 60-meter hurdles (9.06) and long

jump (17-8 3/4) at Hawkeye Invite... **Outdoor** - NCAA provisional qualifier in heptathlon, placing fourth with a school-record 5,332 points at Big Ten Championships... that point total ranks 23rd in the nation... qualified for NCAA regional in javelin throwing a collegiate-best 157-0 as part of Big Ten heptathlon... that mark ranks second in school history... placed eighth in javelin at Big Ten Championships (139-5) and 11th at NCAA Midwest Regional (151-4).

## Kerr's Collegiate Bests

Event	Mark	Meet	Date
60 Hurdles (I)	8.75	Iowa Open	1/15/05
100 Hurdles (O)	14.21	Musco Twilight IX	4/21/07
200 Meters (O)	25.49	at Drake Relays	4/25/07
400 Hurdles (O)	1:04.64	at Shamrock Invite	3/18/06
800 Meters (O)	2:27.66	Big Ten Champ's	5/12/07
Long Jump (I)	18-1 3/4 (5.53 m)	Iowa Open	1/15/05
High Jump (I)	5-4 1/2 (1.64 m)	at Big Ten Champ's	2/25/07
Shot Put (O)	37-6 (11.43 m)	at Big Ten Champ's	5/13/05
Javelin (O)	157-0 (47.85 m)	at Big Ten Champ's	5/12/07
Pentathlon (I)	3,553 points	at Big Ten Champ's	2/24/07
Heptathlon (O)	5,332 points	at Big Ten Champ's	5/12/07



**Shane Maier**  
Throws  
Junior  
Storm Lake, IA  
Storm Lake High School

**Past NCAA Results** -- placed ninth in shot put (61-9 3/4) at 2006 outdoor meet.

**Career Highlights** -- 2007 Big Ten indoor shot put champion (60-11 1/4)... two-time all-region honoree... tied school record for most times qualified

for the NCAA Midwest Regional (4) with four other Iowa throwers.

**2007 -- team captain...** **Indoor** - Big Ten shot put champion (60-11 1/4)... provisionally qualified for NCAA Championships in shot put three times... won shot put at Hawkeye Invite (59-5 1/2) and Gladstein Invite (58-8 1/2)... shot put runner-up at Iowa Invite (57-9 3/4), Last Chance Qualifier (57-8 1/2) and Jack Johnson Classic (56-2 1/2)... **Outdoor** - shot put runner-up at NCAA Midwest Regional (58-6 1/2), earning all region honors and automatically qualifying for NCAA Championships in that event... season-best shot put mark of 57-6 1/2 ranks 25th in the nation... qualified for regional in shot put (57-6 1/2) at Iowa Musco Twilight IX... placed fourth in shot put (57-3 3/4) and 21st in discus (137-3) at Big Ten Championships... placed 11th in shot (54-10) and 22nd in discus (153-10) at Drake Relays.

## Maier's Collegiate Bests

Event	Distance	Meet	Date
Discus (O)	171-2 (52.17 m)	Musco Twilight VIII	4/22/06
Shot Put (O)	62-2 1/4 (18.95 m)	at Big Ten Champ's	5/14/06



# Iowa's NCAA Competitors



## Racheal Marchand

Distance

Junior

Valparaiso, IN

Valparaiso High School

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

**2007 -- Indoor** - placed 11th in 5,000 meters at Big Ten Championships (17:04.29) and 13th at Cyclone Classic (17:19.60)... placed 31st in 3,000

meters (10:13.79) at Meyo Invite... **Outdoor** - placed sixth in 5,000 meters with a collegiate-best 16:27.72 at NCAA Midwest Regional, earning all-region honors... that time ranks sixth in school history and 25th in the nation... NCAA provisional qualifier in 10,000 meters with collegiate-best 34:50.37 for third place at Big Ten Championships... that time ranks sixth in school history... qualified for regional in 5,000 meters (16:35.04) at Drake Relays... placed third in 3,000 meters (9:45.50) at Musco Twilight IX, which ranks 10th in school history.

**2006 -- Cross Country** - all-American, placing 30th (21:18) at NCAA Championships... placed ninth at NCAA Midwest Regional (21:07), earning all-region honors... placed 12th at Big Ten Championships (21:05), earning second team all-Big Ten honors... ran collegiate bests at Hawkeye Open (10:29-3,000 meters), Auburn Invite (17:02-5,000 meters) and NCAA Pre-Nationals (20:53-6,000 meters)... those times rank sixth, ninth and third, respectively, in school history... letterwinner.

### Marchand's Collegiate Bests

Event	Time	Meet	Date
1,500 Meters (O)	4:39.69	at Aztec Track Classic	3/17/07
Mile (I)	5:12.16	at Husker Invitational	2/4/06
3,000 Meters (O)	9:45.50	Iowa Musco Twilight IX	4/21/07
4,000 Meters (CC)	14:48	Hawkeye Triangular	9/10/04
5,000 Meters (O)	16:27.72	at NCAA Regional	5/25/07
5,000 Meters (CC)	18:11	at Willamette Invite	10/1/05
6,000 Meters (CC)	21:38	NCAA Regionals	11/12/05
10,000 Meters (O)	34:51.68	at Big Ten Championships	5/12/06

### Nukuri's Collegiate Bests

Event	Mark	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)	9:23.90	Musco Twilight IX	4/21/07
5,000 Meters (O)	16:15.28	at Drake Relays	4/26/07
10,000 Meters (O)	33:31.69	at Stanford Invite	3/31/07



## Diane Nukuri

Distance

Junior

Pickering, Ontario

St. Charles Garnier HS

Butler County CC

**Career Highlights** -- cross country all-American in 2006, placing eighth (21:05) at NCAA Championships... 2006 NCAA Midwest Regional Cross Country Champion... set school 3,000

(9:47), 5,000 (16:10) and 6,000-meter (20:34) records... set Ashton Cross Country Course 3,000-meter record (9:47)... 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 Region VI champion, going undefeated at that meet two straight years... three-time Region VI Athlete of the Meet... set regional records in cross country, mile, 1,500 meters, 3,000 meters and 5,000 meters.

**2007 -- Indoor** - runner-up in 3,000 (9:32.75) and 5,000 meters (16:24.60) at Big Ten Championships... provisionally qualified for NCAA Championships in both events... best 3,000-meter time of 9:28.41 ranks fifth and 5,000-meter time of 16:24.60 ranks sixth in school history... runner-up in mile at Last Chance Qualifier with a collegiate-best 4:46.25, which ranks fifth in school history... won 5,000-meters (16:24.60) at Iowa State Classic... **Outdoor** - NCAA provisional qualifier in 10,000 meters (33:31.69)... that time leads the team, ranks second in school history and 10th in the nation... placed sixth in 1,500 meters (4:24.30) at NCAA Midwest Regional, earning all-region honors... qualified for regional in 1,500 (4:20.95) and 5,000 meters (16:15.28)... won 5,000 meters at Drake Relays with a collegiate-best 16:15.28, which leads the team and ranks second in school history... won 1,500 meters (4:20.95) at Aztec Classic, which ranks third in school history... Big Ten runner-up in 5,000 meters (16:26.08), placing fourth in 10,000 meters (34:52.46)... set meet record and ran collegiate best 3,000 meters (9:23.90) at Iowa Musco Twilight IX... ran lead leg on 3,200-meter relay that placed ninth (9:05.13) at Drake Relays.

**2006 -- Cross Country** - all-American placing eighth (21:05) at NCAA Championships... NCAA Midwest Regional Champion, winning the 6,000-meter race in a school record-setting 20:34... also won Hawkeye Open (9:47-3,000 meters) and Auburn Invite (16:10-5,000 meters) with school record-setting times... named Big Ten Women's Cross Country Runner of the Week (Oct. 3) for her performance at Auburn... set Ashton Cross Country Course 3,000-meter record (9:47) at Hawkeye Open... placed 16th at Big Ten Championships (21:16) and 63rd at NCAA pre-nationals (21:17)... letterwinner.



# Iowa's NCAA Competitors



**Peaches Roach**  
**Jumps/Sprints**  
**Senior**  
**Kingston, Jamaica**  
**Alpha Academy**

**Past NCAA Results** -- three-time all-American... placed fourth in high jump in 2006 (6-1 1/4), ninth in 2005 (5-10 3/4) and 11th in 2004 (5-11 1/4) outdoor meets... placed 11th in 2007 (5-10 3/4), sixth in 2006 (5-10 3/4), sixth in 2005 (6-0) and tied for 15th in

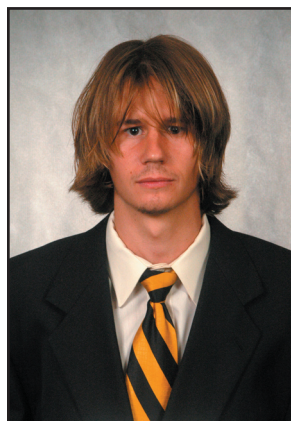
2004 (5-8) indoors.

**Career Highlights** - five-time Big Ten high jump champion... only Hawkeye in school history to win five conference titles in one event... 2004 Big Ten Outdoor Freshman of the Year... set school indoor (6-0 3/4) and outdoor (6-1 1/4) high jump records... holds school record for most times qualified to regional meet (10) with teammate Tiffany Johnson... four-time all-region honoree.

**2007 -- Indoor** - won fourth Big Ten high jump title... placed ninth in 200 meters (24.62) at Big Ten Championships... provisionally qualified for NCAA Championships and tied the Iowa Recreation Building record in the high jump (6-0) at the Iowa Invitational... named co-Big Ten Field Athlete of the Week (Feb. 24) for her record-setting performance... led team in high jump (6-0) and 60 meters (7.56)... placed 11th in high jump (5-10 3/4) at NCAA Championships... ran collegiate-best 200 meters (24.09) at Cyclone Invite, which ranks sixth on Iowa's all-time bests list... also won high jump at Jack Johnson Classic (5-10), Carle/Health Alliance Invite (5-10) and Frank Sevigne Husker Invite (5-10)... **Outdoor** - won fifth Big Ten high jump title (6-0)... qualified for NCAA regional in high jump (6-0 3/4), 100 meters (11.71) and as part of 400-meter relay (45.21)... placed sixth in special invitation high jump (6-0 3/4) at Drake Relays... that mark leads team and ranks eighth in the nation... tied for seventh in high jump (5-9 1/4) at NCAA Midwest Regional, earning all-region honors in that event for the third consecutive year... part of fourth-place 400-meter relay (45.21) at Drake Relays... that time ranks sixth in school history... placed fourth in 100 meters (11.77) at Big Ten meet... placed second in 100 meters (11.71) at Missouri Relays, running a team-leading and wind-aided 11.64 in the prelims... won high jump at Auburn Tiger Classic (5-8 3/4) and Iowa Musco Twilight IX (5-10 3/4).

## Roach's Collegiate Bests

Event	Mark	Meet	Date
60 Meters (I)	7.45	at Big Ten Champ's	2/26/05
100 Meters (O)	11.60	at Big Ten Champ's	5/14/05
200 Meters (O)	24.01	at Big Ten Champ's	5/13/06
High Jump (O)	6-1 1/4 (1.86 m)	at NCAA Champ's	6/9/06



**Micah VanDenend**  
**Distance**  
**Senior**  
**Glen Ellyn, IL**  
**Glenbard South High School**

**Career Highlights** - 2007 Big Ten 10,000-meter champion... 2006 NCAA Midwest Region Cross Country champion... two-time cross country all-region honoree... set school 3,000 (8:00.81) and 5,000-meter (13:56.46) records indoors, and school 5,000-

meter (13:49.31) record outdoors... also ran on school-record setting 6,400-meter relay (16:55.43)... track all-region honoree.

**2007 -- team captain... Indoor** - NCAA provisional qualifier in 5,000 meters... set school and meet 5,000-meter record with winning 13:56.46 at Last Chance Qualifier... first Hawkeye to break 14:00.00 in that event... runner-up in 5,000 meters (14:09.35) at Big Ten Championships... **Outdoor** - Big Ten 10,000 meter champion (30:28.50), running that event for the first time in his career... qualified for NCAA regional in 5,000 meters with a school-record setting 13:49.31 at Stanford Invite... that time ranks eighth in the nation... first Hawkeye to break 13:50.00 in that event... named co-Men's Big Ten Runner of the Week (April 3) for that performance... placed third in 5,000 meters (14:11.59) at Big Ten meet... placed eighth in 5,000 mters (14:14.62) at NCAA Midwest Regional, earning all-region honors... runner-up in 1,500 meters with collegiate-best 3:50.20 at Iowa Musco Twilight IX... that mark ranks eighth in school history.

**2006 -- Cross Country** - won NCAA Midwest Regional with a season-best 30:40 (10,000 meters), earning all-region honors... placed third at Big Ten Championships (24:20), earning first team all-Big Ten honors... set school 8,000-meter record with a collegiate-best 23:39 at NCAA Pre-Nationals, placing sixth... also led team in 10,000 meters (30:40)... placed 40th (25:43) at Roy Griak Invite and 82nd (32:23) at NCAA Championships... team co-captain... earned Deacon Jones Outstanding Cross Country runner team award... letterwinner.

## VanDenend's Collegiate Bests

Event	Time	Meet	Date
1,500 Meters (O)	3:50.20	Iowa Musco Twilight IX	4/21/07
1 Mile (I)	4:07.54	at Meyo Invite	2/3/07
3,000 Meters (I)	8:00.81	at Alex Wilson Invite	3/4/06
5,000 Meters (O)	13:49.31	at Stanford Invite	3/31/07
6,000 Meters (CC)	19:02	Hawkeye Invite	9/3/04
Five Miles (CC)	25:09.10	at M. Keatinge Invite	10/2/04
8,000 Meters (CC)	24:33	at M. Keatinge Invite	10/1/05
10,000 Meters (O)	30:28.50	at Big Ten Champ's	5/11/07
10,000 Meters (CC)	30:26.17	at NCAA Regional	11/16/02





# Iowa's NCAA Competitors



## **Ray Varner**

**Hurdles**

**Freshman**

**Wadsworth, IL**

**Warren Township High School**

**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

Midwest Regional in 400-meter hurdles with a collegiate-best 50.99 at for sixth place at the Big Ten Championships... that time leads the team, ranks seventh in school history and 18th in the nation... placed ninth in that event at NCAA Midwest Regional (52.93), earning all-region honors... placed second in 400-meter hurdles at LSU Relays (52.73) and Iowa Musco Twilight IX (51.63)... placed fifth in that event at John Jacobs Invite (52.67) and seventh at Drake Relays (51.46)... ran third leg on 1,600-meter relay that placed sixth (3:08.97) at Big Ten Championships.

### **Varner's Collegiate Bests**

<b>Event</b>	<b>Time</b>	<b>Meet</b>	<b>Date</b>
60 Hurdles (I)	8.73	Hawkeye Invite	1/13/07
200 Meters (I)	22.26	at Iowa State Classic	2/9/07
400 Meters (I)	48.14	at Big Ten Champ's	2/24/07
400 Hurdles (O)	50.99	at Big Ten Champ's	5/13/07
600 Meters (I)	1:22.24	Iowa Invite	2/16/07

