

# UNIVERSITY OF IOWA

## TRACK & FIELD



### **Bill Neumann**

2002 & 2003 Big Ten Outdoor Javelin Champion  
2002 & 2003 NCAA Outdoor Javelin All-American  
Big Ten Outdoor Championships Javelin Record Holder



### **Peaches Roach**

2004 Big Ten Indoor High Jump Champion  
2004 Big Ten Outdoor High Jump Champion  
2004 Big Ten Outdoor Freshman of the Year  
2005 Big Ten Indoor High Jump Champion  
2005 NCAA Indoor High Jump All-American  
Three-Time 2005 Regional Qualifier



## **2005 BIG TEN OUTDOOR CHAMPIONSHIPS**

**JESSE OWENS MEMORIAL STADIUM -- MAY 13-15 -- COLUMBUS, OH**

# THE UNIVERSITY OF IOWA



## HAWKEYE TRACK & FIELD



MEN'S CONTACT: TRACI WAGNER, WOMEN'S CONTACT: TARA MEEKMA

MAY 9, 2005

### 2005 WOMEN'S OUTDOOR SCHEDULE & RESULTS

M 19	at Shamrock Invite	8 champs
M 25-26	at Florida Relays	0 champs
A 9	at M. Messersmith Invite	10 champs
A 15-17	at Mt. SAC Relays	2 champs
A 16	at Jim Duncan Invite	3 champs
A 16	at Long Beach Invite	0 champs
A 23	Iowa Musco Twilight VII	5 champs
A 27-30	at Drake Relays	0 champs
<b>M 13-15</b>	<b>at Big Ten Championships</b> <i>(Columbus, OH)</i>	
M 27-28	at NCAA Midwest Regional <i>(Norman, OK)</i>	
J 8-11	at NCAA Championships <i>(Sacramento, CA)</i>	

### 2005 WOMEN'S OUTDOOR SEASON BESTS

100 Meters	....Peaches Roach	..... %11.70
100 Hurdles	...Tiffany Johnson	.....^13.64
200 Meters	....Kineke Alexander	.....24.96
400 Meters	....Kineke Alexander	.....^52.73
800 Meters	....Aisha Hume	..... 2:10.59
1,500 Meters	.Meghan Armstrong	...^4:27.10
3,000 Meters	.Meghan Armstrong	... 9:49.70
3,000 SC	.....Jessica Schmidt	.....11:28.23
5,000 Meters	.Nikki Chapple	..... 17:13.15
400-Meter Relay	.....^45.30	
	<i>(Johnson, Alexander, Granger, Roach)</i>	
1,600-Meter Relay	.....^3:40.35	
	<i>(McCalla, Alexander, Sheeley, Hume)</i>	
Sprint Medley Relay	..... 3:56.99	
	<i>(Roach, Alexander, McCalla, Stanley)</i>	
Distance Medley Relay	.....11:34.04	
	<i>(Stanley, McCalla, Hume, Armstrong)</i>	
6,400-Meter Relay	..... *20:39.12	
	<i>(Chapple, Laney, Donlon, Sokol)</i>	
High Jump	....Peaches Roach	..... ^5-10 3/4
Long Jump	....Angie Hensel	..... 18-5 3/4
Triple Jump	...Tiffany Johnson	...^*40-9 1/2
Pole Vault	.....Sarah Burgett	..... 11-1 3/4
Shot Put	.....Kamesha Marshall	.... 48-6 3/4
Discus	.....Kamesha Marshall	..... 152-11
Javelin	.....Tammilee Kerr	..... 136-11
Hammer	.....Becca Franklin	..... ^*181-11
	<i>^ - regional qualifier, * - school record, % - wind aided</i>	

**THIS WEEK** -- The Iowa men and women's track teams will compete at the Big Ten Outdoor Championships, May 13-15, in Columbus, OH. All events will be held at Jesse Owens Memorial Stadium. Tickets are available from the Ohio State University Athletic Ticket Office at 800/462-8259 or [www.ohio-statebuckeyes.com](http://www.ohio-statebuckeyes.com). All-session tickets are \$15 for adults and \$10 for students. Single-session tickets are \$10 for adults and \$5 for students.

**ROACH ATTEMPTS TO JOIN HAWKEYE ELITE** -- This weekend sophomore **Peaches Roach** will try to become the third female student-athlete in school history to win four Big Ten titles during her career. She won high jump titles at the 2004 indoor and outdoor Big Ten meets and at the 2005 indoor meet. **Roach** has several opportunities to win her fourth title. The Kingston, Jamaica, native is part of the 400-meter relay that currently leads the conference and is ranked second in the high jump and 100 meters. **Roach** could also make her mark in the Iowa record books as no female track student-athlete has ever totaled more than four conference titles or won more than three in one event.

The other two Hawkeyes to earn four Big Ten titles are **Vivien McKenzie** and **Shellene Williams**. **McKenzie** won three titles in the 100 meters and one in the 55 meters from 1983-85. **Williams** won three titles in the 400 meters and one as part of the 1,600-meter relay from 2003-04.

**NEUMANN PLANS RETURN** -- Senior **Bill Neumann** looks to add another Big Ten javelin title to his collection this weekend. The Comox, British Columbia, native redshirted the entire 2004 season to heal an elbow injury. **Neumann** won the javelin (193-8) at the Iowa Musco Twilight VII at the end of April in his 2005 debut and only competition to date. The two-time Big Ten javelin champion and two-time all-American currently holds the conference javelin record of 238-2. If he wins a third conference javelin title, he would be the only Hawkeye in school history to do so. The three other Iowa Big Ten champion javelin throwers have each won two titles. They are **L.D. Weldon** (1930-31), **Mark Panther** (1934-35) and **Bushnell Lamb** (1936-38).

**BREAKIN' RECORDS** -- Iowa has set three new school records during the outdoor season. Sophomore **Tiffany Johnson** broke the triple jump record of 40-7 1/2 set in 1988 by Becki Borg with her leap of 40-9 1/2 at the Mt. SAC Relays. Sophomore **Becca Franklin** shattered the hammer throw record of 161-10 set in 1999 by Kerri Blackstone with the 181-11 she threw at the Iowa Musco Twilight VII. The 6,400-meter relay of sophomores **Nikki Chapple** and **Jordan Laney**, and seniors **Katie Donlon** and **Michelle Sokol** also set a school record (20:39.12) at Drake Relays. The previous record was 20:40.89 set in 2001 by **Sarah Arens**, **Atalie Barber**, **Katie Butler** and **Ericka Roberts**.

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### 2005 MEN'S OUTDOOR SCHEDULE & RESULTS

M 25-26	at Florida Relays	0 champs
M 25-26	at Cardinal Open	0 champs
A 2	at Cal St. Northridge	2 champs
A 9	at M. Messersmith Invite	4 champs
A 15-16	at Tom Botts Invite	3 champs
A 23	Iowa Musco Twilight VII	4 champs
A 27-30	at Drake Relays	0 champs
<b>M 13-15</b>	<b>at Big Ten Championships</b> <b>(Columbus, OH)</b>	
M 27-28	at NCAA Midwest Regional <i>(Norman, OK)</i>	
J 8-11	at NCAA Championships <i>(Sacramento, CA)</i>	

### 2005 MEN'S OUTDOOR SEASON BESTS

100 Meters	....Derrick Burks.....	10.73
200 Meters	....Juan Coleman.....	21.87
400 Meters	....Jason Nolting .....	47.55
400 Hurdles	....Steve Ketels .....	57.87
800 Meters	....Matt O'Hollearn.....	1:52.07
1,500 Meters	....Eric MacTaggart .....	3:56.45
3,000 Meters	....Adam Roche .....	8:43.93
3,000 SC	.....Tony Rakaric.....	^9:04.19
5,000 Meters	....Eric MacTaggart ....	^14:04.79
400-Meter Relay	.....	41.51
	<i>(Beach, Burks, Gorman, Milder)</i>	
1,600-Meter Relay	.....	3:16.76
	<i>(Nolting, Coleman, O'Hollearn, Beach)</i>	
Sprint Medley Relay	.....	3:26.12
	<i>(Milder, Coleman, Nolting, O'Hollearn)</i>	
3,200-Meter Relay	.....	7:33.12
	<i>(Tweedy, Gajewski, Linden, O'Hollearn)</i>	
High Jump	....Ryan Niver .....	6-4 3/4
	Jeremy Petsche.....	6-4 3/4
Long Jump	....Matty Gorman.....	23-9 1/2
Triple Jump	....Matty Gorman.....	48-9 1/2
Pole Vault	....Jeff Raymond.....	14-7 1/4
Shot Put	.....Andy Banse.....	^61-11 1/2
Discus	.....Tim Brodersen .....	^190-8
Hammer	.....Chris Voller .....	^203-1
Javelin	.....Bill Neumann.....	193-8

^ - regional qualifier

**NCAA REGIONAL QUALIFIERS** -- Iowa has qualified 17 student-athletes in 13 individual events and two relays for the NCAA Midwest Regional Championships, which will be held May 27-28 in Norman, OK. The top five student-athletes in each event, from each of the four regions, will then advance to the NCAA Championships, scheduled for June 8-11 in Sacramento, CA. The qualifiers, their events, marks and rankings in the nation, Midwest region and Big Ten Conference are listed below.

Men's Qualifiers		NCAA/Midwest/Big 10	
Name	Event	Mark	Rank
Andy Banse	Discus	180-0 (54.86 m)	28th/6th/3rd
	Shot Put	61-11 1/2 (18.88 m)	14th/3rd/3rd
Tim Brodersen	Discus	190-8 (58.12 m)	10th/1st/2nd
Dan Haut	5,000 Meters	14:08.90	74th/17th/7th
Ken Kemeny	Shot Put	60-5 3/4 (18.43 m)	22nd/5th/4th
Eric MacTaggart	5,000 Meters	14:04.79	52nd/13th/5th
Tony Rakaric	Steeplechase	9:04.19	59th/13th/8th
Chris Voller	Hammer	203-1 (61.91 m)	25th/7th/2nd

Women's Qualifiers		NCAA/Midwest/Big 10	
Name	Event	Mark	Rank
Kineke Alexander	400 Meters	52.73	7th/2nd/1st
	400-Meter Relay	45.30	48th/12th/1st
	1,600-Meter Relay	3:40.35	41st/13th/3rd
Meghan Armstrong	1,500 Meters	4:27.10	57th/7th/5th
Becca Franklin	Hammer	181-11 (55.44 m)	60th/14th/6th
Ashley Granger	400-Meter Relay	45.30	48th/12th/1st
Aisha Hume	1,600-Meter Relay	3:40.35	41st/13th/3rd
Tiffany Johnson	Triple Jump	40-9 1/2 (12.43 m)	52nd/13th/4th
	100 Hurdles	13.64	42nd/11th/2nd
	400-Meter Relay	45.30	48th/12th/1st
Kamesha Marshall	Shot Put	48-6 3/4 (14.80 m)	52nd/9th/4th
Lindsey McCalla	1,600-Meter Relay	3:40.35	41st/13th/3rd
Peaches Roach	High Jump	5-10 3/4 (1.80 m)	18th/4th/2nd
	100 Meters	11.75	73rd/20th/2nd
	400-Meter Relay	45.30	48th/12th/1st
Erin Sheeley	1,600-Meter Relay	3:40.35	41st/13th/3rd

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### BIG TEN OUTDOOR CHAMPIONSHIPS SCHEDULE OF EVENTS

#### Friday, May 13

Noon	Decathlon 100 Meters
12:15	Heptathlon 100-Meter Hurdles
12:45	Decathlon Long Jump
12:50	Heptathlon High Jump
1:30	Men's Hammer Throw (T&F) Women's Pole Vault (T&F)
2:00	Decathlon Shot Put
2:45	Decathlon High Jump
2:50	Heptathlon Shot Put
3:30	Women's Hammer Throw (T&F)
4:00	Heptathlon 200 Meters
5:00	Decathlon 400 Meters
7:15	Women's 10,000 Meters
8:00	Men's 10,000 Meters

#### Saturday, May 14

9:30 a.m.	Decathlon 110-Meter Hurdles
10:10	Decathlon Discus
10:15	Heptathlon Long Jump
11:20	Decathlon Pole Vault
11:30	Heptathlon Javelin
1:15 p.m.	Decathlon Javelin
1:20	Men's Long Jump (T&F)
1:45	Heptathlon 800 Meters
2:10	Women's 400-Meter Relay (T)
2:15	Men's High Jump (T&F)
2:20	Men's 400-Meter Relay (T)
2:30	Women's 1,500 Meters (T)
2:35	Men's Discus (T&F)
2:50	Men's 1,500 Meters (T)
3:10	Decathlon 1,500 Meters
3:20	Women's 400 Meters (T)
3:30	Women's Shot Put (T&F)
3:35	Men's 400 Meters (T)
3:50	Women's 100 Meters (T)
4:05	Men's 100 Meters (T)
4:20	Women's 100-Meter Hurdles (T)
4:35	Women's Long Jump (T&F) Men's 110-Meter Hurdles (T)
4:50	Women's 800 Meters (T)
5:15	Men's 800 Meters (T)
5:20	Women's Javelin (T&F)
5:25	Women's 200 Meters (T&F)

(Continued on page 4)

**2004 BIG TEN OUTDOOR CHAMPIONSHIPS REVIEW** -- The Hawkeye men and women's track teams placed 10th at the Big Ten Championships in West Lafayette, IN. The men's team scored 31 points, while the women scored 42.

The Hawkeye women crowned two event champions as senior **Shellene Williams** won the 400 meters (52.97) and freshman **Peaches Roach** won the high jump (5-11 1/4). **Williams**, who set a Rankin Track record with the win, became the second female student-athlete in school history to win four conference titles, as she won the 400 meters at the 2004 indoor and 2003 outdoor conference meets and ran on the champion 1,600-meter relay at the 2003 outdoor meet. **Roach** was named Big Ten Outdoor Freshman of the Year. Iowa's other top-three finishers were senior **Brad Daufeldt** (Hammer Throw - 2nd), junior **Tiff Pedersen** (Heptathlon - 3rd), senior **Eric Rothwell** (Discus - 3rd) and senior **Russell Peterson** (400-meter hurdles - 3rd).

**HAWKEYES IN BIG TEN HISTORY** -- The Iowa men's team has won two Big Ten outdoor team championships (1963, 1967) and 105 event titles since the first meet was held in 1901. Two former Hawkeyes hold a spot in the conference record books. In 1997, **Bashir Yamini** tied the long jump record of 26-8 1/4 set in 1935 by Ohio State's Jesse Owens. **Jon Reimer** holds the retired 330-yard hurdles record of 36.1, set in 1965. The Hawkeye men's team has had four student-athletes earn conference individual outdoor track honors. Current Iowa assistant coach **Pat McGhee** is the lone Hawkeye to earn two awards in the same season, being Male Athlete of the Year and Athlete of the Championships in 1989. Other outdoor honorees were **Anthuan Maybank** (1993 Athlete of the Year), **Jeremy Allen** (1998 Freshman of the Year) and **Tim Dwight** (1999 Athlete of the Championships).

The Iowa women's squad has yet to win a Big Ten outdoor team title, but has crowned 27 event champions in 17 individual running events, five field events and two relays since the first meet was held in 1982. The two Hawkeyes have earned Big Ten Outdoor Freshman of the Year honors are **Erica Broomfield** (1998) and **Peaches Roach** (2004).

**LAST MEET** -- The Hawkeyes competed at the 96th annual Drake Relays in Des Moines. Senior **Ken Kemeny** was unable to defend his shot put title, placing second with a throw of 59-0 3/4 in that event. The Hawkeyes also snagged four third-place finishes at the meet. Senior **Chris Voller** placed third in the hammer with a collegiate-best 203-1, sophomore **Peaches Roach**

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### BIG TEN OUTDOOR CHAMPIONSHIPS SCHEDULE OF EVENTS (CON'T)

#### Saturday, May 14 (Continued from page 3)

- 5:40 Men's 200 Meters (T)  
5:55 Women's 400-Meter Hurdles (T)  
6:15 Men's 400-Meter Hurdles (T)  
6:30 Women's 3,000-Meter Steeplechase (F)  
6:45 Men's 3,000-Meter Steeplechase (F)

#### Sunday, May 15

- 11:40 a.m. Women's Triple Jump (T&F)  
11:45 Women's Discus (T&F)  
12:30 p.m. Men's Shot Put (T&F)  
Men's Pole Vault (T&F)  
12:45 Women's 400-Meter Relay (F)  
12:55 Men's 400-Meter Relay (F)  
1:05 Women's 1,500 Meters (F)  
1:15 Men's 1,500 Meters (F)  
1:20 Women's High Jump (T&F)  
1:25 Women's 100-Meter Hurdles (F)  
1:35 Men's 110-Meter Hurdles (F)  
1:40 Women's 400 Meters (F)  
1:45 Men's 400 Meters (F)  
1:50 Women's 100 Meters (F)  
1:55 Men's 100 Meters (F)  
2:00 Men's Triple Jump (T&F)  
Men's Javelin (T&F)  
2:03 Women's 800 Meters (F)  
2:08 Men's 800 Meters (F)  
2:18 Women's 400-Meter Hurdles (F)  
2:28 Men's 400-Meter Hurdles (F)  
2:35 Women's 200 Meters (F)  
2:42 Men's 200 Meters (F)  
2:49 Women's 5,000 Meters (F)  
3:11 Men's 5,000 Meters (F)  
3:33 Women's 1,600-Meter Relay  
3:45 Men's 1,600-Meter Relay

*Times are local and subject to change based on numbers of participants in each event.*

*T - trials, F - finals*

placed third in the special invitation high jump (5-9 3/4), junior **Tim Brodersen** placed third in the discus (177-0) and the women's 1,600-meter relay of senior **Aisha Hume**, sophomores **Lindsey McCalla** and **Erin Sheeley** and freshman **Kineke Alexander** placed third in 3:44.24.

**MEN'S TEAM CAPTAINS CHOSEN** -- Seniors **Ken Kemeny**, **Juan Coleman** and **Bill Neumann** are tri-captains for the 2005 season. **Kemeny** is a five-time NCAA qualifier in the shot put, the 2004 Drake Relays champion in that event and has led the team in the shot put each of the last three years. **Coleman** is a four-time NCAA qualifier in the 1,600-meter relay, and ran the lead leg on the 2001 Big Ten Outdoor Champion 400-meter relay. **Neumann** is a two-time all-American and Big Ten Champion in the javelin. He won that event in five of six meets in 2003, and is the school record holder.

**INTERNET INFORMATION** -- Press releases and event results for the Iowa men's and women's track and field teams are available throughout the season at [www.hawkeyesports.com](http://www.hawkeyesports.com). Live updates from the Big Ten Outdoor Championships will also be available at [www.bigten.org](http://www.bigten.org) and [www.ohiostatebuckeyes.com](http://www.ohiostatebuckeyes.com)

**NEXT COMPETITION** -- The Hawkeyes will send athletes who meet the qualifying standards to the 2004 NCAA Midwest Regional, May 27-28 in Norman, OK. All events will be held at John Jacobs Track on the University of Oklahoma campus. All-session tickets are \$15 for adults and \$10 for youth. Single day tickets are \$10 for adults and \$7 for youth. Tickets can be ordered from the University of Oklahoma Athletic ticket office at 800/456-4668 or [www.soonersports.com](http://www.soonersports.com). Events will start each day at noon.

The Midwest region will feature 39 schools from Colorado, Iowa, Kansas, Minnesota, Montana, Nebraska, New Mexico, Oklahoma, Texas and Wyoming. The top five finishers in each individual event and the top three relays from each of the four regionals will automatically advance to the NCAA Championships, to be held June 8-11 in Sacramento, CA. The other three regions are the West (40 men's teams, 42 women's teams), the Mideast (78 men's teams, 81 women's teams) and the East (110 men's teams, 112 women's teams).

# Iowa's Outdoor Season Bests

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

Derrick Burks..... 10.73 ..... at Drake Relays ..... 4/29/05  
Max Milder ..... 10.89 ..... at Messersmith Invite .4/9/05  
Matty Gorman..... 11.07 ..... Musco Twilight VII.. 4/23/05  
Robert Beach..... 11.12 ..... at Tom Botts Invite... 4/16/05  
Ryan Niver ..... 11.32 ..... at Messersmith Invite .4/9/05

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

Peaches Roach .....%11.70 ..... at Messersmith Invite .4/9/05  
Ashley Granger .... %12.15 ..... at Messersmith Invite .4/9/05  
Tiffany Pedersen ... %12.47 ..... at Messersmith Invite .4/9/05  
Angie Hensel..... %13.68 ..... at Jim Duncan Invite 4/16/05

## WOMEN'S 100 HURDLES (RQ - 13.95, SR - 13.60)

Tiffany Johnson.....\*13.64 ..... at Messersmith Invite .4/9/05  
Tiff Pedersen ..... 14.41 ..... at Messersmith Invite .4/9/05  
Tammilee Kerr ..... 14.80 ..... Musco Twilight VII.. 4/23/05  
Latoya Stiffend..... 15.06 ..... Musco Twilight VII.. 4/23/05

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

Juan Coleman..... 21.87 ..... at Tom Botts Invite... 4/16/05  
Max Milder ..... 22.27 ..... at Tom Botts Invite... 4/16/05

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

Kineke Alexander..... 24.96 ..... Musco Twilight VII.. 4/23/05  
Lindsay McCalla ..... 25.65 ..... at Shamrock Invite ... 3/19/05  
Ashley Granger ..... 26.06 ..... at Shamrock Invite ... 3/19/05  
Erin Sheeley ..... 26.19 ..... Musco Twilight VII.. 4/23/05  
Aditya Jones..... 26.47 ..... Musco Twilight VII.. 4/23/05  
Tiff Pedersen ..... 27.04 ..... at Drake Relays ..... 4/27/05  
Tammilee Kerr ..... 27.41 ..... at Shamrock Invite ... 3/19/05

## MEN'S 400 METERS (RQ - 47.26, SR - 44.99)

Jason Nolting ..... 47.55 ..... at Cal St. Northridge .. 4/2/05  
Juan Coleman..... 48.97 ..... at Tom Botts Invite... 4/16/05  
Robert Beach..... 50.25 ..... at Messersmith Invite .4/9/05  
Ryan Niver ..... 52.18 ..... at Tom Botts Invite... 4/16/05

## WOMEN'S 400 METERS (RQ - 54.61, SR - 51.94)

Kineke Alexander....\*52.73 ..... at Mt. SAC Relays ... 4/15/05  
Lindsay McCalla ..... 56.53 ..... at Long Beach Invite 4/16/05  
Aisha Hume ..... 57.06 ..... at Shamrock Invite ... 3/19/05  
Erin Sheeley ..... 58.35 ..... at Long Beach Invite 4/16/05  
Aditya Jones ..... 59.09 ..... at Jim Duncan Invite 4/16/05

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

Steve Ketels ..... 57.87 ..... at Messersmith Invite .4/9/05

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

Matt O'Hollearn..... 1:52.07 ..... at Tom Botts Invite... 4/16/05  
Joe Gajewski ..... 1:53.62 ..... at Tom Botts Invite... 4/16/05  
Josh Tweedy..... 1:54.64 ..... Musco Twilight VII.. 4/23/05  
Davis Linden..... 1:55.58 ..... at Tom Botts Invite... 4/16/05  
Dan Dziubski ..... 2:01.80 ..... at Messersmith Invite .4/9/05

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

Aisha Hume ..... 2:10.59 ..... at Long Beach Invite 4/16/05  
Shannon Stanley..... 2:14.90 ..... at Long Beach Invite 4/16/05  
Meghan Armstrong 2:16.54 ..... at Messersmith Invite .4/9/05  
Jordan Laney ..... 2:17.13 ..... at Shamrock Invite ... 3/18/05  
Michelle Sokol ..... 2:17.20 ..... at Jim Duncan Invite 4/16/05  
Ashley Merry ..... 2:24.50 ..... Musco Twilight VII.. 4/23/05  
Allison Billhardt..... 2:26.16 ..... Musco Twilight VII.. 4/23/05  
Monica Mims ..... 2:29.48 ..... at Jim Duncan Invite 4/16/05

## MEN'S 1,500 METERS (RQ - 3:48.21, SR - 3:44.01)

Eric MacTaggart.... 3:56.45 ..... at Tom Botts Invite... 4/16/05  
Adam Roche..... 3:57.88 ..... at Tom Botts Invite... 4/16/05  
Dan Haut ..... 3:58.24 ..... at Tom Botts Invite... 4/16/05  
Josh Tweedy..... 4:00.38 ..... at Tom Botts Invite... 4/16/05  
Tony Rakaric ..... 4:03.39 ..... Musco Twilight VII.. 4/23/05  
Jeff Kent..... 4:07.98 ..... at Tom Botts Invite... 4/16/05

## WOMEN'S 1,500 METERS (RQ - 4:27.80, SR - 4:19.71)

Meghan Armstrong \*4:27.10 ..... at Mt. SAC Relays ... 4/15/05  
Nikki Chapple ..... 4:30.76 ..... at Florida Relays ..... 3/25/05  
Shannon Stanley.... 4:37.49 ..... Musco Twilight VII.. 4/23/05  
Jordan Laney ..... 4:45.40 ..... at Jim Duncan Invite 4/16/05  
Michelle Sokol ..... 4:46.87 ..... Musco Twilight VII.. 4/23/05  
Racheal Marchand 4:48.95 ..... at Florida Relays ..... 3/25/05  
Katie Donlon..... 4:49.88 ..... at Florida Relays ..... 3/25/05  
Jessica Schmidt ..... 4:52.42 ..... at Jim Duncan Invite 4/16/05  
Molly Esche ..... 4:52.56 ..... at Jim Duncan Invite 4/16/05  
Ashley Merry ..... 4:52.70 ..... at Jim Duncan Invite 4/16/05  
Jenni Capista ..... 4:59.82 ..... at Jim Duncan Invite 4/16/05  
Christine Kotarba .. 5:01.19 ..... at Shamrock Invite ... 3/19/05

## MEN'S 3,000 METERS

Adam Roche..... 8:43.93 ..... Musco Twilight VII.. 4/23/05  
Jeff Kent..... 8:54.89 ..... Musco Twilight VII.. 4/23/05

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

Meghan Armstrong 9:49.70 ..... Musco Twilight VII.. 4/23/05  
Molly Esche ..... 10:31.34 ..... Musco Twilight VII.. 4/23/05  
Jenni Capista ..... 10:43.95 ..... Musco Twilight VII.. 4/23/05

## MEN'S STEEPLECHASE (RQ - 9:08.15, SR - 8:47.4)

Tony Rakaric ..... \*9:04.19 ..... at Tom Botts Invite... 4/16/05



# Iowa's Outdoor Season Bests

## WOMEN'S STPLCHASE (RQ - 10:52.10, SR - 10:34.50)

Jessica Schmidt .... 11:28.23 ..... Musco Twilight VII.. 4/23/05

## MEN'S 5,000 METERS (RQ - 14:15.75, SR - 13:56.0)

Eric MacTaggart.\*14:04.79 ..... at Stanford Invite..... 3/25/05

Dan Haut .....\*14:08.90 ..... at Stanford Invite..... 3/25/05

Jeff Kent.....14:28.70 ..... at Stanford Invite..... 3/25/05

Adam Roche.....14:47.59 ..... at Stanford Invite..... 3/25/05

Matt Esche .....15:00.06 ..... at Tom Botts Invite... 4/16/05

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

Nikki Chapple .....17:13.15 ..... at Mt. SAC Relays ... 4/15/05

Racheal Marchand18:10.12 ..... at Mt. SAC Relays ... 4/15/05

Katie Donlon.....18:12.49 ..... at Mt. SAC Relays ... 4/15/05

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

Beach, Burks, Gorman, Milder ..... 41.51

*at Tom Botts Invite - 4/16/05*

Beach, Burks, Coleman, Milder..... 41.94

*at Drake Relays - 4/29/05*

## WOMEN'S 400-M RELAY (RQ - 45.80, SR - 44.63)

Johnson, Alexander, Granger, Roach ..... \*45.30

*at Drake Relays - 4/30/05*

Granger, Alexander, Johnson, Roach ..... \*45.39

*at Mt. SAC Relays - 4/17/05*

## WOMEN'S 800-M RELAY (SR - 1:35.69)

Alexander, Sheeley, Roach, Granger ..... 1:41.04

*at Messersmith Invite - 4/9/05*

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

Nolting, Coleman, O'Hollearn, Beach..... 3:16.76

*at Drake Relays - 4/29/05*

Gajewski, O'Hollearn, Tweedy, Linden..... 3:22.12

*at Tom Botts Invite - 4/16/05*

Milder, Gajewski, Tweedy, Ketels ..... 3:28.50

*at Iowa Musco Twilight - 4/23/05*

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

McCalla, Alexander, Sheeley, Hume ..... \*3:40.35

*at Drake Relays - 4/30/05*

McCalla, Hume, Sheeley, Alexander ..... \*3:40.43

*at Mt. SAC Relays - 4/17/05*

Sheeley, Alexander, Granger, Roach..... 3:51.13

*at Messersmith Invite - 4/9/05*

Sheeley, McCalla, Jones, Hume..... 3:51.18

*at Shamrock Invite - 4/9/05*

## MEN'S SPRINT MEDLEY RELAY (SR - 3:18.93)

Milder, Coleman, Nolting, O'Hollearn ..... 3:26.12

*at Drake Relays - 4/30/05*

## WOMEN'S SPRINT MED. RELAY (SR - 3:56.54)

Roach, Alexander, McCalla, Stanley ..... 3:56.99

*at Florida Relays - 3/25/05*

Iowa "B" ..... 4:00.26

*at Florida Relays - 3/25/05*

## MEN'S 3,200-METER RELAY (SR - 7:29.00)

Tweedy, Gajewski, Linden, O'Hollearn ..... 7:33.12

*at Drake Relays - 4/30/05*

## WOMEN'S 3,200-METER RELAY

Armstrong, Stanley, Laney, Hume ..... 8:54.27

*at Drake Relays - 4/30/05*

## WOMEN'S DISTANCE MED. RELAY (SR - 11:22.18)

Stanley, McCalla, Hume, Armstrong ..... 11:34.04

*at Drake Relays - 4/29/05*

## WOMEN'S 6,400-METER RELAY

Chapple, Laney, Donlon, Sokol ..... ^20:39.12

*at Drake Relays - 4/28/05*

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

Ryan Niver .....6-4 3/4 (1.95 m) .....at Cal St. Northridge .4/2/05

Jeremy Petsche..6-4 3/4 (1.95 m) .....at Messersmith Invite 4/9/05

## WOMEN'S HIGH JUMP (RQ - 1.75 m, SR - 1.83 m)

Peaches Roach ..\*5-10 3/4 (1.80 m) ..at Messersmith Invite 4/9/05

Jenni Elbert .....5-7 (1.70 m) .....at Shamrock Invite ..3/19/05

Tiff Pedersen .....5-1 3/4 (1.57 m) .....at Drake Relays ..... 4/27/05

Tammilee Kerr .5-0 1/4 (1.53 m) .....at Shamrock Invite ..3/19/05

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

Matty Gorman ..23-9 1/2 (7.25 m) .....at Messersmith Invite 4/9/05

Aaron Reed .....23-0 1/2 (7.02 m) .....at Messersmith Invite 4/9/05

Ryan Niver .....21-8 1/4 (6.61 m) .....at Messersmith Invite 4/9/05

## WOMEN'S LONG JUMP (RQ - 5.95 m, SR - 6.78 m)

Angie Hensel.....18-5 3/4 (5.61 m) .....at Simpson Twilight 4/29/05

Tammilee Kerr ..18-0 1/2 (5.50 m) .....at Messersmith Invite 4/9/05



# Iowa's Outdoor Season Bests

## **MEN'S TRIPLE JUMP (RQ - 15.08 m, SR - 15.86 m)**

Matty Gorman...48-9 1/2 (14.87 m) ...at Messersmith Invite 4/9/05  
Aaron Reed .....45-3 1/2 (13.80 m) ...at Tom Botts Invite..4/16/05

## **WOMEN'S TRIPLE JUMP (RQ - 12.26 m, SR - 12.43 m)**

Tiffany Johnson \*^40-9 1/2 (12.43 m) at Mt. SAC Relays 4/17/05

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

Jeff Raymond ....14-7 1/4 (4.45 m) ....at Messersmith Invite 4/9/05  
at Tom Botts Invite..4/16/05  
Ryan Niver .....14-4 (4.37 m) .....Musco Twilight VII.4/23/05

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

Sarah Burgett ...11-1 3/4 (3.40 m) ....at Jim Duncan Inv. ...4/16/05

## **MEN'S SHOT PUT (RQ - 16.61 m, SR - 19.27 m)**

Andy Banse .....\*61-11 1/2 (18.88 m)at Cal Northridge .....4/2/05  
Ken Kemeny .....\*60-5 3/4 (18.43 m)at Cal St. Northridge 4/2/05

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

K. Marshall .....\*48-6 3/4 (14.80 m) at Drake Relays .....4/29/05  
Tiff Pedersen .....36-5 3/4 (11.12 m) ..at Shamrock Invite..3/18/05  
Tammilee Kerr ..33-9 1/2 (10.30 m) ..Musco Twilight VII.4/23/05

## **MEN'S DISCUS (RQ -- 50.37 m, SR -- 61.68 m)**

Tim Brodersen...\*190-8 (58.12 m) ....at Messersmith Invite 4/9/05  
Andy Banse .....\*180-0 (54.86 m) ....at Messersmith Invite 4/9/05  
Clint Huntrods...154-11 (47.21 m) ....Musco Twilight VII.4/23/05  
Ryan Niver .....125-10 (38.35 m) ....at Cal St. Northridge 4/2/05

## **WOMEN'S DISCUS (RQ - 47.30 m, SR - 48.90 m)**

K. Marshall .....152-11 (46.62 m) ....at Messersmith Invite 4/9/05

## **MEN'S HAMMER (RQ -- 55.63 m, SR -- 67.94 m)**

Chris Voller .....\*203-1 (61.91 m) ....at Drake Relays .....4/30/05  
Tim Brodersen...173-4 (52.83 m) .....at Tom Botts Invite..4/15/05  
Ryan Jordan.....168-0 (51.20 m) .....Musco Twilight VII.4/23/05  
Kale Katt .....160-2 (48.83 m) .....at Messersmith Invite 4/9/05

## **WOMEN'S HAMMER (RQ - 54.15 m, SR - 49.72 m)**

Becca Franklin ..^\*181-11 (55.44 m) Musco Twilight VII.4/23/05  
Erin O'Hern .....158-0 (48.17 m) .....Musco Twilight VII.4/23/05

## **MEN'S JAVELIN (RQ -- 61.62 m, SR -- 74.58 m)**

Bill Neumann ....193-8 (59.02 m) .....Musco Twilight VII.4/23/05  
Kale Katt .....187-1 (57.02 m) .....at Messersmith Invite 4/9/05

## **WOMEN'S JAVELIN (RQ - 43.15 m, SR - 55.31 m)**

Tammilee Kerr ..136-11 (41.74 m) ...at Shamrock Invite ..3/19/05  
Tiff Pedersen .....116-1 (35.38 m) .....at Jim Duncan Inv. ...4/16/05

*RQ/\* -- regional qualifying mark, SR/^ -- school record,  
% -- wind-aided performance*





# All-Time Top 10 Outdoor Best 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 Chung, 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
6. Yolanda Hobbs, 1995 .....11.62
7. Elanie Jones, 1985 .....11.69
8. **Peaches Roach, 2005 .....11.70**
9. Lakeya Boatright, 2000 .....11.77
10. Tamara Dixon, 2002 .....11.79

## Men's 110-Meter High 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. Colleen Prendergast, 1999 .....13.60  
Paula Ruen, 2000 .....13.60
3. **Tiffany Johnson, 2005 .....13.64**
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. **Tiff Pedersen, 2002 .....14.23**
9. Colleen Prendergast, 2001 .....14.24
10. Diane Steinhart, 1979 .....14.25

## 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. Davera Taylor, 1984 .....23.59
3. Vivien McKenzie, 1985 .....23.61
4. Yolanda Hobbs, 1995 .....23.65
5. Tanja Reid, 1995 .....23.75
6. Elaine Jones, 1983 .....23.84
7. Jiselle Providence, 2001 .....24.00
8. Lakeya Boatright, 2000 .....24.14
9. Wynsome Cole, 1998 .....24.25
10. Alycia Simpson, 1987 .....24.35

## 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. George Page, 1996 .....46.66
8. Dick Eisenlauer, 1973 .....46.74  
Terrence Duckett, 1983 .....46.74
10. Ed Rozell, 1996 .....46.78

## Women's 400 Meters

1. Shellene Williams, 2004 .....51.94
2. Ellen Grant, 1996 .....52.65
3. **Kineke Alexander, 2005 .....52.73**
4. Senta Hawkins, 1988 .....54.01
5. Marlene Poole, 1994 .....54.03
6. Elaine Jones, 1983 .....54.4
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. Gary Falls, 1991 .....51.08
8. Rajeev Balkrishnan, 1993 .....51.14
9. Scott Williamson, 2000 .....51.74
10. Kenny Williams, 1986 .....51.89

## 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. Sherri Hull, 1987 .....1:02.60
10. Gina Shannon, 1998 .....1:04.68

## 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. Andy Wiese, 1985 .....1:50.22
6. Paul Chepkwony, 1984 .....1:50.36
7. Rod Chambers, 1989 .....1:50.60
8. Jim Donovan, 1998 .....1:50.68
9. James Porter, 1994 .....1:51.00
10. Mike Cunningham, 2002 .....1:51.64

## Women's 800 Meters

1. Kay Stormo, 1982 .....2:05.67
2. Michelle Lahann, 2004 .....2:06.79
3. Jeanne Kruckeberg, 1987 .....2:08.75
4. Ann Pare, 1997 .....2:09.25
5. Briana Benning, 1996 .....2:10.47
6. **Aisha Hume, 2005 .....2:10.59**
7. Tami Hoskins, 1990 .....2:11.47
8. **Shannon Stanley, 2004 .....2:12.01**
9. Christine Salsberry, 1990 .....2:12.05
10. Janet Wodek, 1987 .....2:12.74



# All-Time Top 10 Outdoor Best 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. John Dobbs, 1985.....3:50.70
8. Sean Corrigan, 1987.....3:51.05
9. Chad Feeldy, 1996.....3:51.40
10. Rod Chambers, 1989.....3:51.73

## Women's 1,500 Meters

1. Jeanne Kruckeberg, 1989 .....4:19.71
2. Penny O'Brien, 1985.....4:21.43
3. Kay Stormo, 1982 .....4:22.24
4. Michelle Lahann, 2004 .....4:24.00
5. **Meghan Armstrong, 2005 . 4:27.10**
6. Tracy Dahl, 1992.....4:27.44
7. Jenny Hayden, 1982 .....4:27.54
8. Tina Stec, 1994.....4:28.71
9. Jill Scheibel, 1999 .....4:29.49
10. Sherri Suppelsa, 1987 .....4:29.53

## 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. Jeanne Kruckeberg, 1989 .....9:30.69
5. Jennifer Brower, 1992 .....9:34.59
6. Jodi Hershberger, 1982 .....9:36.44
7. Tina Stec, 1994.....9:38.39
8. Jenny Spangler, 1982 .....9:47.54
9. Kim Schneckloth, 1987.....9:48.81
10. Anne Dobrowolski, 1984 .....9:49.10

## 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 ..... 9:04.19**
8. Sean Gale, 1993 .....9:08.00
9. Nick Nordheim, 2000.....9:12.06
10. Chad Schwitters, 1998 .....9:13.58

## 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, 2005.....11:28.23**

## Men's 5,000 Meters

1. Larry Wieczorek, 1968.....13:56.0
2. Kevin Herd, 1993 .....13:59.0
3. Stetson Steele, 2000 .....14:02.76
4. **Eric MacTaggart, 2005 ... 14:04.79**
5. **Dan Haut, 2005..... 14:08.90**
6. **Matt Esche, 2004 ..... 14:15.73**
7. **Brian Rae, 2004 ..... 14:22.83**
8. **Tony Rakaric, 2003 ..... 14:22.92**
9. Danny Waters, 1986 .....14:23.43
10. **Jeff Kent, 2005..... 14:28.70**

## Women's 5,000 Meters

1. Nan Doak, 1985 .....15:45.84
2. Jenny Spangler, 1983 .....16:17.21
3. Tracy Dahl, 1992.....16:18.77
4. Jennifer Brower, 1991 .....16:37.09
5. Renee Doyle, 1988 .....16:39.46
6. Jodi Hershberger, 1982 .....16:48.04
7. Anne Dobrowolski, 1984 .....16:50
8. Penny O'Brien, 1985.....17:00.44
9. Erin Boland, 1995 .....17:04.61
10. Renee Doyle, 1987 .....17:06.71

## Men's 10,000 Meters

1. Stetson Steele, 2000 .....28:44.47
2. Nick Nordheim, 2002.....29:44.71
3. Trent Corey, 2002.....29:45.25
4. Chad Schwitters, 1999 .....29:56.00
5. Kevin Herd, 1994 .....30:05.21
6. Paul Sarris, 2001 .....30:08.40
7. **Matt Esche, 2004 ..... 30:08.82**
8. Eric McDermott, 2002 .....30:11.16
9. **Tony Rakaric, 2004 ..... 30:58.59**
10. **Dan Haut, 2004..... 31:03.98**

## Women's 10,000 Meters

1. Jennifer Brower, 1991 .....33:23.38
2. Nan Doak, 1985 .....33:33.03
3. Jenny Spangler, 1983 .....33:39.24
4. Tracy Dahl, 1992.....34:30.09
5. **Nikki Chapple, 2004..... 35:06.35**
6. Jenny Johnson, 1992 .....35:45.53
7. Anne Dobrowolski, 1985 ...35:59.98
8. Renee Doyle, 1987 .....36:32.4
9. Katie Donlon, 2003 .....37:17.28
10. Georgia Millward, 2004 .....37:22.04

## Decathlon

1. Scott Faber, 2000 .....6,839 points
2. Chad Ohly, 1994 .....6,641 points
3. Gary Kostrubala, 1984 .6,498 points
4. Jacob Drewry, 1994.....5,820 points
1. \*Mike Lacy, 1984 .....6,860 points

## Heptathlon

1. Kathy Gillespie, 1983 ..5,262 points
2. **Tiff Pedersen, 2004.... 4,976 points**
3. Janet Adams, 1981 .....4,855 points
4. Ruqayya Raheem, 1997,665 points
5. Angela Chadwick, 1993,493 points
6. **Angie Hensel, 2004 .... 4,073 points**
7. Janelle Jaspers, 1987 ....4,000 points
8. Marjie Tweto, 1996 .....3,967 points
1. Kathy Gillespie, 1983 5,448 points\*  
\* according to 1962-1984 scoring table

## 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)



# All-Time Top 10 Outdoor Best Performers

## Women's High Jump

1. Mary Mol, 1983 ..... 6-0 (1.83 m)
2. **Peaches Roach, 2004** ..... **5-11 1/4 (1.81 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 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. Ronnie McCoy, 1985 ..... 25-0 (7.62 m)
8. Joe Robinson, 1976 ..... 24-2 3/4 (7.38 m)
9. **Matty Gorman, 2005** ..... **23-9 1/2 (7.25 m)**
10. Pat Miller, 1986 ..... 23-4 1/2 (7.12 m)

## Women's Long Jump

1. Aisha James, 2003 ..... 22-3 (6.78 m)
2. Becki Borg, 1988 ..... 19-7 1/4 (5.97 m)
3. Lisa Moats, 1986 ..... 19-6 (5.95 m)
4. Yolanda Hobbs, 1993 ..... 19-2 1/2 (5.85 m)
5. Jane Dunlevy, 1977 ..... 18-6 (5.64 m)
6. **Angie Hensel, 2005** ..... **18-5 3/4 (5.61 m)**
7. Ruqayya Raheem, 1997 ..... 18-5 1/4 (5.62 m)
- Tiff Pedersen, 2004** ..... **18-5 1/4 (5.62 m)**
9. Niki Fisher, 1996 ..... 18-1 1/2 (5.52 m)
10. **Tammilee Kerr, 2005** ..... **18-0 1/2 (5.50 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. **Aaron Reed, 2005** ..... **45-3 1/2 (13.80 m)**

## Women's Triple Jump

1. **Tiffany Johnson, 2005** ..... **40-9 1/2 (12.43 m)**
2. Becki Borg, 1988 ..... 40-7 1/2 (12.38 m)
3. Lynn McMillan, 1988 ..... 39-6 1/2 (12.05 m)
4. Lynn, 1998 ..... 39-0 (11.88 m)
5. Kacey Childs, 2001 ..... 37-8 (11.48 m)
6. **Becca Franklin, 2004** ..... **36-10 1/2 (11.24 m)**
7. Janna Houtz, 1984 ..... 33-10 1/2 (10.32 m)
8. Latoya Stiffend, 2002 ..... 32-6 (9.90 m)
9. Bridget Besch, 2003 ..... 30-10 1/2 (9.41 m)
10. Eve Cullinan, 2003 ..... 30-6 1/2 (9.31 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. Doug Pennino, 1985 ..... 16-0 (4.88 m)

## Women's Pole Vault

1. Jessie Strand, 2003 ..... 12-10 1/4 (3.92 m)
2. Gina Shannon, 2001 ..... 11-2 1/4 (3.41 m)
3. **Sarah Burgett, 2005** ..... **11-1 3/4 (3.40 m)**
4. Becky Kaza, 1998 ..... 8-6 (2.59 m)
- Amy Kasparbauer, 2001 ..... 8-6 (2.59 m)
6. Kacey Childs, 2000 ..... 8-0 1/2 (2.45 m)
7. Gina Shannon, 1998 ..... 8-0 (2.44 m)

## Men's Shot Put

1. Jeremy Allen, 2001 ..... 63-2 3/4 (19.27 m)
2. **Ken Kemeny, 2004** ..... **62-1 3/4 (18.94 m)**
3. **Andy Banse, 2005** ..... **61-11 1/2 (18.88 m)**
4. Chris Gambol, 1987 ..... 60-0 1/2 (18.30 m)
5. Arno van der Westhuizen, 2000 ..... 58-8 3/4 (17.90 m)
6. Gary Kostrubala, 1985 ..... 58-1 (17.70 m)
7. Alex Smith, 1998 ..... 57-9 (17.60 m)
8. Chris Cassata, 2000 ..... 57-3 3/4 (17.47 m)
9. Norm Balke, 1984 ..... 56-10 1/2 (17.33 m)
10. **Shane Maier, 2004** ..... **55-2 1/4 (16.82 m)**



# All-Time Top 10 Outdoor Best Performers

## Women's Shot Put

1. Lisa Van Steenwyk, 1992.....50-8 (15.44 m)
2. Gail Smith, 1984 ..... 50-3 1/4 (15.32 m)
3. Denise Taylor, 1992 ..... 50-1 3/4 (15.28 m)
4. **Kamesha Marshall, 2005 ..... 48-6 3/4 (14.80 m)**
5. Laura Kriener, 1990 ..... 48-2 1/2 (14.69 m)
6. Jennifer Gilson, 2002 .....47-10 (14.58 m)
7. Jennifer Moon, 2000 ..... 47-5 1/4 (14.46 m)
8. Shelley Redies, 1985.....45-7 (13.89 m)
9. Megan Maurer, 1998..... 44-9 3/4 (13.66 m)
10. Katie Hoback, 2002.....44-4 (13.51 m)

## Men's Discus

1. Gary Kostrubala, 1986 .....202-4 (61.68 m)
2. Jeremy Allen, 2001 .....195-4 (59.54 m)
3. **Tim Brodersen, 2005 ..... 190-8 (58.12 m)**
4. Brad Daufeldt, 2004.....185-0 (56.40 m)
5. **Andy Banse, 2005 ..... 180-0 (54.86 m)**
6. Eric Rothwell, 2004 .....179-7 (54.73 m)
7. Norm Balke, 1985 .....175-10 (53.60 m)
8. Chris Gambol, 1987 .....175-7 (53.52 m)
9. Tom Knutson, 1967..... 174-8 1/2 (53.24 m)
10. Jim Costello, 2000.....173-1 (52.76 m)

## Women's Discus

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

## Men's Hammer

1. Arno van der Westhuizen, 2001 .....222-11 (67.94 m)
2. Jim Costello, 2002.....217-7 (66.32 m)
3. **Adam Hamilton, 2004.....208-11 (63.68 m)**
4. Brad Daufeldt, 2004.....207-10 (63.34 m)
5. **Chris Voller, 2005 ..... 203-1 (61.91 m)**
6. Jeremy Allen, 2001 .....199-0 (60.66 m)
7. **Tim Brodersen, 2004..... 181-3 (55.24 m)**
8. Chris Cassata, 2000.....173-11 (53.00 m)
9. Andy Banse, 2003 .....172-11 (52.72 m)

## Women's Hammer Throw

1. **Becca Franklin, 2005.....181-11 (55.44 m)**
2. Kerri Blackstone, 1999 .....161-10 (49.32 m)
3. **Erin O'Hern, 2005..... 158-0 (48.17 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. Kara Hinz, 2000 .....125-1 (38.14 m)
8. 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. Joel Storm, 2004 .....203-5 (62.01 m)
  4. Matt Stank, 2001 .....199-0 (60.66 m)
  5. **Kale Katt, 2005 ..... 187-1 (57.02 m)**
  6. Arno van der Westhuizen, 1999 ..... 173-11 (53.00 m)
  7. Scott Faber, 2000 .....173-1 (52.78 m)
  8. Justin Silverman, 2000.....172-6 (52.58 m)
  1. Mark Panther, 1934..... \*219-7 3/8
- \* distance according to old rules

## Women's Javelin

1. Alana Redfern, 2003 .....181-5 (55.30 m)
2. Mandy Beck, 1999 .....153-4 (46.74 m)
3. Terri Soldan, 1983..... 152-6 1/4 (46.48 m)
4. Shani Renning, 1990 .....152-3 (46.40 m)
5. Clara Simon, 1981.....149-9 (45.64 m)
6. Janet Adams, 1984 .....148-7 (45.28 m)
7. Mickey Schoborg, 1985 ..... 137-5 1/4 (41.88 m)
8. **Tammilee Kerr, 2005.....136-11 (41.74 m)**
9. Sara Joens, 1987.....127-1 (38.74 m)
10. Angela Chadwick, 1992.....124-2 (37.86 m)

## 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



# All-Time Top 10 Outdoor Best Performers

## Women's 400-Meter Relay

1. Poole, Reid, Floyd, Hobbs, 199444.63
2. Charles, Williams, Providence, James, 2003 ..... 44.71
3. Floyd, Hobbs, Poole, Reid, 199444.80
4. Fouchè, Williams, Providence, James, 2003 ..... 45.02
5. **Johnson, Alexander, Granger, Roach, 2005 ..... 45.30**
6. **Granger, Alexander, Johnson, Roach, 2005 ..... 45.39**
7. Underwood, Reid, Philip, Hobbs, 1995 ..... 45.50
8. Boatright, Bynoe, Providence, Prendergast, 2000 .... 45.50
9. Prendergast, Cole, Boatright, Broomfield, 1998 ..... 45.51
10. Hawkins, McKenzie, Simpson, Taylor, 1986..... 45.55

## Women's 800-Meter Relay

1. Hobbs, Reid, Floyd, Poole, 1994 ..... 1:35.69
2. Williams, Charles, Fouchè, Providence, 2003 ..... 1:37.49
3. Herrmann, **McCalla, Raymond, Roach, 2004 ..... 1:37.66**
4. Charles, Dixon, Knight, Prendergast, 2002..... 1:38.15
5. Prendergast, Dixon, Knight, Providence, 2001..... 1:38.73
6. Dixon, Knight, Prendergast, Providence, 2001..... 1:38.93
7. Dixon, Providence, Knight, Charles, 2001 ..... 1:39.68
8. Underwood, Bynoe, Raheem, Wynter, 1997..... 1:39.72
9. 1999..... 1:39.79
10. 2000..... 1:41.04
- Alexander, Sheeley, Roach, Granger, 2005 ..... 1:41.04**

## 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
2. **McCalla, Alexander, Sheeley, Hume, 2005..... 3:40.35**
3. **McCalla, Hume, Sheeley, Alexander, 2005..... 3:40.43**
4. Layne, Simpson, Powell, McRell, 1989..... 3:41.23
5. Bynoe, Cole, Wynter, Grant, 1997 ..... 3:41.74
6. Charles, Fouchè, Williams, Hume, 2003 ..... 3:42.18
7. Fouchè, Charles, Williams, Hume, 2003 ..... 3:42.52
8. Powell, Hawkins, Taylor, Simpson, 1988 ..... 3:43.04
9. 1992..... 3:43.05
10. Wynter, Grant, Raheem, Bynoe, 1997 ..... 3:43.40

## Women's Sprint Medley Relay

1. Reid, Philip, Hobbs, Benning, 1995..... 3:56.54
2. **Roach, Alexander, McCalla, Stanley, 2005 ..... 3:56.99**
3. Underwood, Clarke, Philip, Benning, 1995 ..... 3:59.75
4. **2005..... 4:00.26**
5. Dixon, Providence, Hume, Butler, 2001 ..... 4:01.11
6. Providence, Dixon, Charles, Hume, 2001 ..... 4:03.39
7. 1999..... 4:09.31
8. Broomfield, Boatright, Bynoe, Scheibel, 1998 ..... 4:12.59
9. **Hume, McCalla, Raymond, Williams, 2004..... 4:13.42**

## Men's 3,200 Meter Relay

1. Corrigan, Blackman, Strozier, Chambers, 1989 .... 7:29.00
2. **Tweedy, Gajewski, Linden, O'Hollearn, 2005 ... 7:33.12**
3. Cunningham, Tweedy, S. Allen, Thomas, 2001 .... 7:34.12
4. Long, Tweedy, Dziubski, O'Hollearn, 2004 ..... 7:35.10
5. 1999..... 7:36.43
6. 1986..... 7:40.18
7. Novotny, Holtkamp, Rerko, Feeldy, 1995..... 7:44.68
8. Steussay, Tice, Olson, Newell, 1973 ..... 7:54.10
9. Dziubski, Lloyd, Long, Tweedy, 2004 ..... 8:03.10
10. 1985..... 9:08.82

## Women's 3,200-Meter Relay

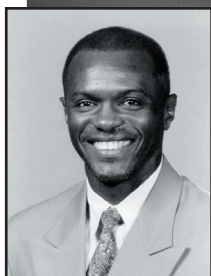
1. Suppelsa, Wodek, Kruckeberg, Schneckloth, 1987 8:46.45
2. Lahann, Stanley, Hume, Barber, 2004 ..... 8:48.87
3. Schneckloth, Roberts, Hawkins, Kruckeberg, 1989... 8:49.38
4. **Armstrong, Stanley, Laney, Hume, 2005 ..... 8:54.27**
5. O'Brien, Camarigg, Williams, Stormo, 1981..... 8:54.36
6. Drapcho, Schlader, Williams, Stormo, 1980..... 8:56.14
7. Drapcho, Mitchell, Schlader, Stormo, 1979..... 8:57.24
8. Lahann, Hume, Thompson, Barber, 2003 ..... 9:02.58
9. Chow, Barber, Thompson, Sokol, 2003 ..... 9:03.74
10. Coleman, Benning, Pauling, Pare, 1996 ..... 9:04.41

## Women's Distance Medley Relay

1. Hoskins, Powell, Schneckloth, Kruckeberg, 1989 11:22.18
2. **Stanley, McCalla, Hume, Armstrong, 2005 ..... 11:34.04**
3. Barber, Williams, **Hume, Arens, 2004..... 11:34.56**
4. Thompson, Williams, **Hume, Arens, 2003 ..... 11:39.02**
5. 2000..... 11:39.83
6. Davenport, xx, xx, xx, 1981 ..... 11:41.44
7. Pare, Grant, Benning, Gilchrist, 1997 ..... 11:41.92
8. Butler, **Hume, Barber, Arens, 2001 ..... 11:47.16**
9. Thompson, **Hume, Barber, Lahann, 2003 ..... 11:52.04**
10. Benning, Raheem, Coleman, Pare, 1996 ..... 11:53.60



# University of Iowa Women's Head Coach



**JAMES GRANT**  
HEAD COACH

**20th SEASON AT IOWA**  
**EASTERN MICHIGAN, 1971**

James Grant is in his ninth season at the helm of the Iowa women's track and field program. Grant was the former assistant coach at Iowa for 11 years (1986-96).

The past three seasons have been outstanding ones for Grant and the Hawkeyes. Iowa placed third at the 2004 Big Ten Indoor Championships in Iowa City and sixth at the 2003 conference outdoor meet. Both were Iowa's highest placings during Grant's tenure, and the third-place indoor finish tied the team's highest conference finish in school history. In the last three seasons, the Hawkeyes have crowned 11 Big Ten Champions, 37 regional qualifiers, 13 all-region selections, 22 NCAA qualifiers and three all-Americans, and set 15 school records.

In 2004, Shellene Williams became the second student-athlete in program history to win four Big Ten titles, winning three titles in the 400 meters and one as part of the 1,600-meter relay. Despite the fact that she only competed for the Hawkeyes for two seasons (2003-04), she holds school records in three individual events and two relays. Peaches Roach gave Iowa its first Big Ten high jump titles, winning that event at the indoor and outdoor conference meets to earn outdoor Freshman of the Year honors.

In 2005, Roach and freshman Kineke Alexander became Grant's first indoor all-Americans during his tenure as head coach. Roach defended her Big Ten indoor high jump title to become the second Hawkeye to win two consecutive Big Ten titles in the same event in school history. She also set the indoor school record in that event, breaking the 6-0 mark for the first time of her collegiate career. Sophomore Tiffany Johnson set the school triple jump records, both indoors and outdoors, while sophomore Becca Franklin broke the hammer throw record.

Grant also had immense success in his first two seasons at the Hawkeye helm. Wynsome Cole was an all-American in the 400-meter hurdles at the 1997 NCAA Championships. Iowa won six Big Ten event titles in those two seasons, and Erica Broomfield was named 1998 Big Ten Indoor Freshman of the Year.

While improving in the league standings is considered a priority, Iowa's track and field team also concerns itself with performance in the classroom. During Grant's tenure, 34 Hawkeyes have earned 63 academic all-Big Ten honors.

As Iowa's assistant coach from 1986-96, Grant coached several Hawkeyes to success. In 1995, Yolanda Hobbs was an all-American in the 55 and 200 meters after winning the 55-meter Big Ten title. In 1994, Iowa's 400 meter-relay of Tina Floyd, Hobbs, Marlene Poole and Tanja Reid earned a spot in the Hawkeye record books it won Iowa's first Big Ten title in that event, earned all-America honors and set meet and school records. Karen Layne won the 1990 600-meter Big Ten title, while Senta Hawkins won the Big Ten 400 meters in 1988. In 1989, Iowa's 1,600-meter relay placed second at the Big Ten Indoor and Outdoor Championships.

A former Jamaican track standout, Grant coached at the high school level in Jamaica for 11 years prior to joining the Hawkeye program. From 1982-86, Grant coached men's and women's track at G.C. Foster College of Physical Education and Sport. There he led the men's team to two national championships and two second-place finishes, and the women's team to three national titles. During that time he coached world outdoor champion quarter-miler Bert Cameron, and world indoor champion quarter-miler Devon Morris.

A graduate of Eastern Michigan University, Grant captained the 1970 and 1971 Huron track teams, earning all-America honors while specializing in the 400 meters, 400-meter hurdles, and the mile relay. During this time, he was the Jamaican 400-meter hurdle national record holder, with a time that was ranked in the top-20 in the world. Grant also represented Jamaica at the Pan American Games and the Commonwealth Games for six years. In 1991, he was inducted into the Eastern Michigan Hall of Fame.

He was the 1965 and 1966 Jamaican national champion in both the 200 and 400 meters as a high school athlete at Jamaica's Kingston College.

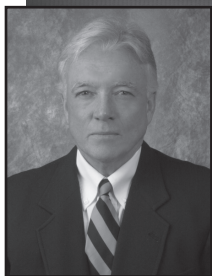
Grant received his bachelor's degree in sociology and history from Eastern Michigan, and his master's degree in physical education from the German College of Physical Education in Leipzig, Germany.

## Grant at Iowa

Year	Indoor Big 10 Place/Champs	Outdoor Big 10 Place/Champs	Indoor/Outdoor All-Americans
1997	T9th/1	10th/5	0/1
1998	9th/1	9th/1	0/0
1999	9th/0	9th/0	0/0
2000	10th/0	9th/0	0/0
2001	10th/0	9th/0	0/0
2002	9th/0	10th/0	0/0
2003	9th/0	6th/6	0/0
2004	3rd/2	10th/2	0/1
2005	9th/1		2/
<b>Total</b>	<b>--/5</b>	<b>--/14</b>	<b>2/2</b>



# University of Iowa Men's Head Coach



## LARRY WICZOREK HEAD COACH

**21ST SEASON AT IOWA  
UNIVERSITY OF IOWA, 1969**

Larry Wiczorek is in his ninth season as head men's track and field coach at Iowa, and recently completed his 18th season as head men's cross country coach. He served as an assistant track and field coach for 12 years before taking the helm in 1997.

A six-time Big Ten champion and four-time all-American at Iowa, Wiczorek once held conference marks in the one, two, three, four and five-mile runs. A member of Iowa's last Big Ten track championship team in 1967, he still owns Iowa records in the outdoor 5,000-meters and the indoor two miles, as well as third-fastest mark in the cross country 8,000 meters. He was inducted into Iowa's National Varsity Club Athletics Hall of Fame in 1998.

Under Wiczorek, the cross country team has placed sixth or higher eight times at the NCAA Regional Championships, posted 22 all-region selections and qualified for the NCAA Championships three times. In 2002, Wiczorek was named Midwest Regional Coach of the Year honors by the United States Cross Country Association after the Hawkeyes won the NCAA Regional for the first time in school history and advancing to the NCAA Championships for the second time in five years. Iowa also tied a school record with five NCAA all-Region selections. In 2004, the Hawkeyes recorded their highest placing at the Big Ten Championships (3rd) and NCAA Championships (13th) under Wiczorek. Hawkeye sophomore Micah VanDenend earned second team all-Big Ten honors with his 14th place finish at the conference meet, which was hosted by Iowa on Ashton Cross Country Course. Iowa also crowned four all-region selections in seniors Matt Esche and Tony Rakaric, and juniors Dan Haut and Adam Roche.

Since Wiczorek was named head men's track and field coach in 1997, his plan to build a strong sprint program around a national power 1,600-meter relay, and strong throws program is being realized. In his nine years at the helm, Wiczorek has coached NCAA Champion long jumper Bashir Yamini, 23 all-Americans, 73 national qualifiers, 40 regional qualifiers and 33 Big Ten Champions. Iowa's 1,600-meter relay won the 1999 Big Ten outdoor title and has earned all-America honors twice during Wiczorek's tenure. The Hawkeyes recorded their highest conference indoor placing (fourth) in 1997, and their highest

team finish at the Big Ten Outdoor Championships (second) in 33 years at the 1999 Big Ten outdoor meet.

Another of Wiczorek's goals as head coach was to create an annual outdoor home event for the Hawkeyes that would be entertaining for the community and feature outstanding competition for participating student-athletes. Now in its seventh year of existence, the annual Iowa Musco Twilight Meet is just that. Named for Musco Lighting of Oskaloosa, IA, who supplies mobile lighting equipment, the co-ed meet which features five teams in 2005, starts in the late afternoon and extends into the night. In its first four years, the meet had produced 43 NCAA provisional qualifiers. Since the creation of the regional qualifying system in 2003, 130 competitors have reached qualifying standards.

While improving in the league standings is considered a priority, the Hawkeyes also concern themselves with performance in the classroom. Under Wiczorek, former cross country runners Kevin Herd, Chad Schwitters and Stetson Steele earned academic all-America honors. Iowa has had an academic all-Big Ten selection each year during his tenure, totaling 53 honorees in cross country and 47 in track.

Wiczorek came to Iowa after 11 seasons as head track coach at Proviso (IL) West High School. He also served as an assistant there for three years. His prep teams were consistent placers on the state level and several of his athletes won state titles. He served on the Illinois track advisory board and founded the prestigious Proviso Indoor Track Classic. Wiczorek was inducted into the Illinois High School Track and Cross Country Coaches Hall of Fame in 2000.

Wiczorek was born on September 11, 1946, in Chicago, IL. He received his B.S. degree in physical education from Iowa in 1969 and his M.S. degree in physical education from Northern Illinois University in 1973. His wife's name is Jackie.

Wiczorek at Iowa			
Year	Indoor Big 10 Place/Champs	Outdoor Big 10 Place/Champs	Indoor/Outdoor All-Americans
1997	4 <sup>th</sup> /2	9 <sup>th</sup> /2	1/0
1998	5 <sup>th</sup> /2	3 <sup>rd</sup> /6	6/2
1999	7 <sup>th</sup> /1	2 <sup>nd</sup> /11	0/4
2000	8 <sup>th</sup> /1	6 <sup>th</sup> /1	2/1
2001	10 <sup>th</sup> /0	5 <sup>th</sup> /6	0/3
2002	---/--	6 <sup>th</sup> /2	1/2
2003	9 <sup>th</sup> /0	9 <sup>th</sup> /1	0/1
2004	10 <sup>th</sup> /0	10 <sup>th</sup> /0	0/1
2005	10 <sup>th</sup> /0		0/
<b>Total</b>	<b>--/6</b>	<b>--/29</b>	<b>10/13</b>



**2005 Iowa University of Iowa Track & Field**



# Hawkeyes To Watch



## KINEKE ALEXANDER

### SPRINTS

**FRESHMAN**  
**GLNSIDE, MESAPOTAMIA**  
**ST. VINCENT & THE GRENADINES**  
**ST. JOSEPH'S CONVENT MARIAQUA**



## MEGHAN ARMSTRONG

### DISTANCE

**FRESHMAN**  
**TUALATIN, OR**  
**TUALATIN High School**

**2005 -- Indoor** - all-American, placing sixth in 400 meters (54.06) at NCAA Championships... provisionally qualified for NCAA Indoor Championships in 400 meters (53.11)... that time ranks third on Iowa's all-time best performers list... runner-up in 400 meters (54.31) at Big Ten Championships... ran anchor leg on 1,600-meter relay that placed fifth at Big Ten meet (3:48.54)... led team in 200, 400 and 600 meters, and ran on team-leading 1,600-meter and distance medley relays... won 600 meters (1:34.58) at Iowa Open and 200 meters (24.94) at Gold Country Classic... **Outdoor** - qualified for NCAA Midwest Regional in 400 meters (52.73) and as part of 400 (45.30) and 1,600-meter (3:40.35) relays... won 400 meters at Mt. SAC Relays with a collegiate-best 52.73, which leads team and ranks third on Iowa's all-time bests list... her best 400-meter time leads the Big Ten, ranks second in the Midwest Region and seventh in the nation... ran second leg on 1,600-meter relay that placed third at Drake Relays in 3:40.35, which leads the team, ranks second on Iowa's all-time bests list and third in the conference... ran second leg on 400-meter relay that placed eighth at Drake Relays (45.30), which leads the team and conference, and ranks fifth on Iowa's all-time bests list... placed eighth in special invitation 400 meters (54.94) at Drake Relays... leads team in 200 meters (24.96).

**2005 -- Indoor** - led team in mile (4:53.38)... placed 16th in 5,000 meters (17:29.42) at Big Ten Championships... ran collegiate-best mile (4:53.38) at Iowa State Classic, which ranks ninth on Iowa's all-time best performers list... runner-up in 800 meters (2:18.30) at Iowa Open... **Outdoor** - qualified for NCAA Midwest Regional in 1,500 meters (4:27.10)... ran collegiate-best 4:27.10 in 1,500-meters at Mt. SAC Relays... that time leads the team, ranks fifth in the conference and on Iowa's all-time bests list, and seventh in the Midwest Region... won 3,000 meters with collegiate-best 9:49.70 at Musco Twilight VII... won 1,500 meters (4:33.61) at Shamrock Invite and placed 10th (4:32.00) at Florida Relays... runner-up in 800 meters (2:16.54) at Mark Messersmith Invite... anchored seventh-place distance medley relay (11:34.04) at Drake Relays, which ranks second on Iowa's all-time bests list... ran lead leg on 3,200-meter relay that placed seventh at Drake (8:54.27), which ranks fourth in school history.

**2004 -- Cross Country** - competed in five of six races... placed third (14:33) in 4,000 meters at Hawkeye Triangular in collegiate debut... ran collegiate best 5,000 meters (18:01:30) at Murray Keatinge Invite... finished 24th (22:02) in 6,000 meters at Big Ten Championships and 36th (21:39:04) at NCAA Midwest Regional... letterwinner.

### Alexander's Collegiate Bests

Event	Mark	Meet	Date
200 meters (I)	24.94	at Gold Country Classic	1/22/05
400 meters (O)	52.73	at Mt. SAC Relays	4/15/05
600 meters (I)	1:34.58	Iowa Open	1/15/05

### Armstrong's Collegiate Bests

Event	Mark	Meet	Date
800 meters (O)	2:16.54	at Messersmith Invite	4/9/05
1,500 meters (O)	4:27.10	at Mt. SAC Relays	4/15/05
Mile (I)	4:53.38	at Iowa State Classic	2/12/05
3,000 meters (O)	9:49.70	Musco Twilight VII	4/23/05
5,000 meters (I)	17:29.42	at Big Ten Champs	2/27/05
5,000 meters (CC)	18:01:30	at NCAA Regionals	11/13/04
6,000 meters (CC)	21:39	at NCAA Regionals	11/13/04





# Hawkeyes To Watch



## ANDY BANSE THROWS

**SENIOR**  
**STRAWBERRY POINT, IA**  
**STARMONT High School**

**2005 -- Indoor** - provisionally qualified for NCAA Championships in shot put five times... led team in that event... won shot (60-9 1/4) at Last Chance Meet, which ranks third on Iowa's all-time best performers list... placed fifth in shot (56-8) at Big Ten Championships... won shot put at Gold Country Classic (58-5 3/4), Hawkeye Open (59-1 1/2) and at Carle/Health Alliance (60-2), and placed second at Iowa Open (57-1 1/2) and Panther Classic (58-6 1/2)... **Outdoor** -- qualified for NCAA Midwest Regional five times in shot put and discus... leads team in shot put... threw collegiate-best shot put (61-11 1/2) to win at Cal State Northridge... that mark ranks third on Iowa's all-time bests list... best discus mark (180-0) ranks fifth in school history... ranks third in Big Ten in shot put and discus... won shot put at Mark Messersmith Invite (59-11)... runner-up in shot (58-2 1/2) and discus (180-0) at Musco Twilight VII... placed sixth in special invitational shot put (61-2 3/4) and 13th in discus (166-3) at Drake Relays.

### Banse's Collegiate Bests

Event	Distance	Meet	Date
Shot (O)	61-11 1/2 (18.88)	at Cal Northridge	4/2/05
Discus (O)	180-0 (54.86)	Musco Twilight VII	4/23/05
Weight (I)	52-10 3/4 (16.12)	Iowa Open	2/21/03
Hammer (O)	165-6 (50.44)	at W. Michigan Invite	3/29/03



## TIM BRODERSEN THROWS

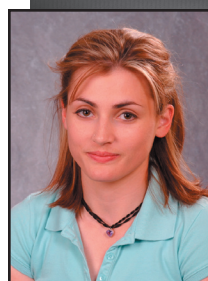
**JUNIOR**  
**VERMILLION, SD**  
**VERMILLION High School**

**2005 -- Indoor** - threw collegiate-best weight throw (55-8 1/2) at Iowa Open... that mark ranks ninth on Iowa's all-time best performers list... placed 18th in that event at Big Ten Championships (55-7)... **Outdoor** - qualified for NCAA Midwest Regional in discus five times... threw collegiate-best

discus (190-8) at Mark Messersmith Invite for second place... that mark leads the team and Midwest Region ranks second in the conference and third on Iowa's all-time bests list... won discus at Musco Twilight VII (186-0) and placed second at Florida Relays (177-5) and Cal State Northridge (177-7)... placed third in discus (177-0) at Drake Relays.

### Brodersen's Collegiate Bests

Event	Distance	Meet	Date
Weight (I)	55-8 1/2 (16.98)	Iowa Open	1/15/05
Hammer (O)	181-3 (55.24)	Musco Twilight VI	5/1/04
Discus (O)	190-8 (58.12)	at Messersmith Invite	4/9/05



## NIKKI CHAPPLE DISTANCE

**SOPHOMORE**  
**MELBOURNE, AUSTRALIA**  
**BALWAYN High School**

**2005 -- Indoor** - led team in 3,000 (9:38.19) and 5,000 meters (17:04.12)... placed fifth in 3,000 meters (9:42.90) and ninth in 5,000 meters (17:04.12) at Big Ten Championships... placed third in 3,000 meters (9:38.19) at Husker Invite... **Outdoor** - ran collegiate-best 4:30.76 in 1,500 meters at Florida Relays... won 1,500 meters at Mark Messersmith Invite (4:43.66) and placed second at Shamrock Invite (4:35.35)... ran lead leg on school-record setting 6,400-meter relay (20:40.89) that placed 11th at Drake Relays... placed third in women's category in Drake Relays 8,000-meter road race (28:54).

**2004 -- Cross Country** - led Iowa in five consecutive meets, including the Big Ten Championship... broke her own 6,000-meter school record with a collegiate-best 21:04.36 at NCAA Midwest Regional... led team in 5,000 (17:18.30) and 6,000 meters (21:04.36)... placed 18th at Big Ten Championships (21:48) and 46th at NCAA Pre-Nationals (21:39.7)... won Hawkeye Triangular (14:09), runner-up at Hawkeye Invite (10:28)... letterwinner.



# Hawkeyes To Watch

## Chapple's Collegiate Bests

Event	Time	Meet	Date
800 meters (I)	2:23.43	Iowa Open	1/15/05
Mile (I)	4:54.92	at Illinois Invite	1/31/04
1,500 meters (O)	4:30.76	at Florida Relays	3/25/05
3,000 meters (I)	9:34.17	at Husker Invite	2/7/04
3,000 meters (CC)	10:28	Hawkeye Invite	9/3/04
4,000 meters (CC)	14:09	Hawkeye Triangular	9/10/04
5,000 meters (I)	16:27.04	at Alex Wilson Inv.	3/7/04
5,000 meters (CC)	17:18:30	at M. Keatinge Inv.	10/2/03
6,000 meters (CC)	21:04	at NCAA Regional	11/13/04
		at Big Ten Champ's	11/2/03
10,000 meters (O)	35:06.35	at Mt. SAC Relays	4/17/04



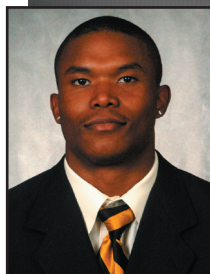
## BECCA FRANKLIN THROWS

**Sophomore**  
**EAST MOLINE, IL**  
**RIVERDALE High School**

**2005 -- Indoor** - led team in weight throw (49-5).. runner-up in weight throw with collegiate-best 49-5 at Hawkeye Open... **Outdoor** - qualified for NCAA Midwest Regional and set school record in hammer throw at Musco Twilight VII (181-11)... won hammer at Jim Duncan Invite (163-1) and placed second at Mark Messersmith Invite (152-1)... placed 12th in hammer (170-11) at Drake Relays.

## Franklin's Collegiate Bests

Event	Mark	Meet	Date
Weight (I)	49-5 (15.06)	Hawkeye Open	2/18/05
Hammer (O)	181-11 (55.44)	Musco Twilight VII	4/23/05
T. Jump (O)	36-10 1/2 (11.24)	Musco Twilight VI	5/1/04



## JUAN COLEMAN SPRINTS

**Senior**  
**Hillside, IL**  
**PROVISO WEST High School**

**2005 --** team captain... **Indoor** - did not compete... **Outdoor** - placed second in 200 meters (21.87) and sixth in 400 meters (48.97) at Tom Botts Invite.

## Coleman's Collegiate Bests

Event	Time	Meet	Date
200 meters (O)	21.80	at Trojan Classic	3/17/02
400 meters (O)	46.95	at Big Ten Champ's	5/20/01
600 meters (I)	1:21.49	at Hawkeye Invite	1/17/04



## ASHLEY GRANGER SPRINTS

**FRESHMAN**  
**WATERLOO, IA**  
**NORTHERN UNIVERSITY HS**

**2005 -- Indoor** - ran collegiate-best 60 meters (7.95) at Husker Invite... ran collegiate-best 200 meters (25.87) at Iowa State Classic... **Outdoor** - qualified for NCAA Midwest Regional as part of 400-meter relay (45.30)... ran third leg on 400-meter relay that placed eighth at Drake Relays (45.30), which leads the team and conference, and ranks fifth on Iowa's all-time bests list... ran lead leg on winning 400-meter relay (45.39) at Mt. SAC Relays... runner-up in 100 meters with collegiate-best 12.15 at Mark Messersmith Invite.

## Granger's Collegiate Bests

Event	Time	Meet	Date
60 meters (I)	7.95	at Husker Invite	2/5/05
100 meters (O)	12.15	at Messersmith Invite	2/9/05
200 meters (I)	25.87	at Iowa State Classic	2/11/05



# Hawkeyes To Watch



**DAN HAUT**  
DISTANCE

**JUNIOR**  
**Lockport, IL**  
**Lockport Township**



**AISHA HUME**  
SPRINTS/MIDDLE DISTANCE

**SENIOR**  
**Oropouche, Trinidad**  
**St. Joseph's Convent SF**

**2005 -- Indoor** - led team in 3,000 meters (8:11.36) and two miles (9:07.91)... provisionally qualified for NCAA Championships in 5,000 meters (14:14.85) at Alex Wilson Invite... that mark ranks third on Iowa's all-time best performers list... placed seventh with collegiate-best 3,000 meters (8:11.36) at Iowa State Classic, which ranks second on Iowa's all-time bests list... won two miles (9:07.91) at Iowa Open and placed second in 3,000 meters (8:20.97) at Carle/Health Alliance Classic... placed 11th in 3,000 meters (8:19.37) at Big Ten Championships... **Outdoor** - qualified for NCAA Midwest Regional in 5,000 meters with a collegiate-best 14:08.90 at Stanford Invite... that mark ranks fifth on Iowa's all-time bests list... ran collegiate-best 1,500 meters (3:58.24) at Tom Botts Invite... placed ninth in 5,000 meters (14:16.73) at Drake Relays.

**2004 -- Cross Country** - ran in all eight races... led team in 10,000 meters (30:55.16)... first Hawkeye to cross finish line at NCAA Midwest Regional (30:55.16), placing 10th... all-region selection... placed 33rd at Murray Keatinge Invite (25:51.00), 39th at Big Ten Championships (25:13) and 152nd at NCAA Championships (33:30)... placed third at Hawkeye Invite (18:50) and fifth at Hawkeye Triangular (25:23)... academic all-Big Ten... letterwinner.

**2005 -- Indoor** - did not compete... **Outdoor** - qualified for NCAA Midwest Regional at part of 1,600-meter relay (3:40.35)... leads team in 800 meters (2:10.59)... ran anchor leg on 1,600-meter relay that placed third at Drake Relays in 3:40.35, which leads the team, ranks second on Iowa's all-time bests list and third in the conference... ran collegiate-best 2:10.59 in 800 meters at Long Beach State Invite... that time ranks sixth on Iowa's all-time bests list... won 800 meters (2:13.43) at Mark Messersmith Invite, placed second at Musco Twilight VII (2:14.56) and fourth at Mt. SAC Relays (2:10.74)... ran third leg on seventh-place distance medley relay (11:34.04) at Drake Relays, which ranks second on Iowa's all-time bests list... anchored 3,200-meter relay that placed seventh at Drake (8:54.27), which ranks fourth in school history

## Hume's Collegiate Bests

Event	Time	Meet	Date
400 meters (O)	55.18	at Big Ten Champ's	5/16/04
500 meters (I)	1:16.94	at Meyo Invite	2/2/01
600 meters (I)	1:32.41	Big Ten Champ's	2/29/04
600 yards (I)	1:21.74	at ISU Classic	2/14/04
800 meters (O)	2:10.59	at Long Beach Invite	4/16/05

## Haut's Collegiate Bests

Event	Time	Meet	Date
1,500 meters (O)	3:58.24	at Tom Botts Invite	4/16/05
3,000 meters (I)	8:11.36	at ISU Classic	2/12/05
Two miles (I)	9:07.91	Iowa Open	1/15/05
5,000 meters (I)	14:08.90	at Stanford Invite	3/25/05
6,000 meters (CC)	18:50	Hawkeye Invite	9/3/04
8,000 meters (CC)	24:49.6	at Big Ten Champ's	10/28/01
Five miles (CC)	25:51.00	at M. Keating Invite	10/2/04
10,000 meters (O)	31:03.98	at Big Ten Champ's	5/14/04
10,000 meters (CC)	30:39.41	at NCAA Regional	11/16/02



# Hawkeyes To Watch



**TIFFANY JOHNSON**  
**HURDLES/JUMPS**

**Sophomore**  
**Danville, IL**  
**Danville High School**

**2005 -- Indoor** - set school record in triple jump (39-7 3/4), placing ninth at Big Ten Championships... led team in 60-meter hurdles (8.50) and triple jump (39-7 3/4) and anchored team-leading 1,600-meter relay (3:45.73)... placed fifth in 60-meter hurdles with a collegiate-best 8.50 at Big Ten meet... that time ranks third on Iowa's all-time best performers list... **Outdoor** - qualified for NCAA Midwest Regional in triple jump (40-9 1/2), 100-meter hurdles (13.64) and as part of 400-meter relay (45.30)... set school record in triple jump with her runner-up finish of 40-9 1/2 at Mt. SAC Relays... ran second leg on 400-meter relay that placed eighth at Drake Relays (45.30), which leads the team and conference, and ranks fifth on Iowa's all-time bests list... placed sixth in 100-meter hurdles (13.88) at Drake Relays... ran third leg on winning 400-meter relay (45.39) at Mt. SAC Relays... won 100-meter hurdles (13.64) and triple jump (39-7 3/4) at Mark Messersmith Invite... won 100-meter hurdles (13.98) and placed second in triple jump (40-4 3/4) at Shamrock Invite... won 100-meter hurdles (13.71) at Iowa Musco Twilight VII.

### Johnson's Collegiate Bests

Event	Mark	Meet	Date
60 meters (I)	7.82	at Gold Classic	1/24/04
60 hurdles (I)	8.50	Big Ten Champs	2/27/05
100 hurdles (O)	13.64	at Messersmith	2/9/05
400 hurdles (O)	1:06.14	Musco Twilight VI	5/1/04
Trip. Jump (O)	40-9 1/2 (12.43)	at Mt. SAC Relays	4/17/05



**KEN KEMENY**  
**THROWS**

**Senior**  
**Palatine, IL**  
**Fremd High School**

**Iowa Item** -- his collegiate-best outdoor shot put of 62-1 3/4 met the 2004 U.S. Olympic Trials "B" standard... **2005** - team captain... **Indoor** - provisionally qualified for NCAA Championships in shot put at Hawkeye Open (58-11 1/2)... placed fourth in shot (58-11 1/2) at Big Ten Championships... won shot put (57-5 1/2) at Iowa Open, placed second at Gold Country Classic (57-9 1/2) and Hawkeye Open (58-8 1/2), and third at Carle/Health Alliance Classic (56-10)... **Outdoor** - qualified for NCAA Midwest Regional in shot put four times... won shot put at Musco Twilight VII (60-5 1/4), placed second at Cal State Northridge (60-5 3/4) and Drake Relays (59-0 3/4), and sixth at Tom Botts Invite (57-5 1/2).

### Kemeny's Collegiate Bests

Event	Distance	Meet	Date
Shot (O)	62-1 3/4 (18.94)	at Big Ten Champ's	5/16/04
Discus (O)	171-6 (52.28)	at Olympic Trials L. Chance	6/24/04



**ERIC MACTAGGART**  
**DISTANCE**

**FRESHMAN**  
**Glen Ellyn, IL**  
**Glenbard South High School**

**2005 -- Indoor** - NCAA provisional qualifier in 5,000 meters, (14:14.34)... that time ranks second on Iowa's all-time bests list... led team in that event... placed 12th in 3,000 meters (8:19.90) at Big Ten Championships... won mile at Iowa Open (4:21.90) and placed fourth at Carle/Health Alliance Classic (4:15.42)... **Outdoor** - qualified for NCAA Midwest Regional in 5,000 meters, running a collegiate-best 14:04.79 at Stanford Invite... that time ranks fourth on Iowa's all-time bests list... leads team in 1,500 and 5,000 meters... ran collegiate-best 1,500 meters (3:56.45) at Tom Botts Invite... placed sixth in 5,000 meters (14:14.26) at Drake Relays.

**2004 -- Cross Country** - competed in all eight races... second



# Hawkeyes To Watch

Hawkeye to cross finish line in five races... placed 16th at Big Ten Championships (24:40), 28th at NCAA Midwest Regional (31:24.02) and 59th at NCAA Championships (32:27)... runner-up at Hawkeye Invite (18:47), placed fourth at Hawkeye Triangular (25:23) and sixth at Murray Keatinge Invite (24:36.70)... letterwinner.

## MacTaggart's Collegiate Bests

Event	Mark	Meet	Date
1,500 meters (O)	3:56.45	at Tom Botts Invite	4/16/05
Mile (I)	4:15.42	at CH Alliance Inv.	1/29/05
3,000 meters (I)	8:19.38	at Iowa State Classic	2/12/05
5000 meters (O)	14:04.79	at Stanford Invite	3/25/05
6,000 meters (CC)	18:47	Hawkeye Invite	9/3/04
8,000 meters (CC)	24:40	Big Ten Champ's	10/31/04
Five miles (CC)	24:36.70	at M. Keatinge Invite	10/2/04
10,000 meters (CC)	31:24.02	at NCAA Regional	11/13/04



## KAMESHA MARSHALL

### MULTI-EVENTS/THROWS

**SENIOR**

**SAV-LA-MAR, JAMAICA**

**MANNINGS HS/RANGER CC**

**2005 -- Indoor** - NCAA provisional qualifier in pentathlon (3,701 points)... led team in that event, shot put (49-2 1/4) and long jump (18-7)... placed third in shot put (49-2 1/4) at Big Ten Championships... that mark ranks third on Iowa's all-time best performers list... scored 3,701 points in pentathlon at Husker Invite, which ranks second on Iowa's all-time bests list...

**Outdoor** - NCAA Midwest Regional qualifier in shot put (48-6 3/4)... leads team in shot put (48-6 3/4) and discus (152-11)... placed ninth in shot put with an outdoor collegiate-best 48-6 3/4 at Drake Relays... that mark ranks fourth in the Big Ten and fourth on Iowa's all-time bests list... placed third in shot put (48-0 3/4) and sixth in discus (131-4) at Musco Twilight VII... won shot put (46-9) and placed second in discus (152-11) at Mark Messersmith Invite... runner-up in shot put (42-7 1/4) at Shamrock Invite.



## RACHEAL MARCHAND

### DISTANCE

**FRESHMAN**

**VALPARAISO, IN**

**VALPARAISO HIGH SCHOOL**

**2005 -- Indoor** - placed 20th in mile (5:12.34) at Minnesota Invite... **Outdoor** - ran collegiate-best 1,500 meters (4:48.95) at Florida Relays and collegiate-best 5,000 meters (18:12.49) at Mt. SAC Relays.

**2004 -- Cross Country** - competed in five of six races... placed sixth (14:48) in collegiate debut at Hawkeye Triangular... ran collegiate best 6,000 meters (21:45:07) for 41st place at NCAA Midwest Regional... placed 21st at Big Ten Championships and 28th (18:18:30) at Murray Keatinge Invite... letterwinner.

## Marchand's Collegiate Bests

Event	Mark	Meet	Date
1,500 meters (O)	4:48.95	at Florida Relays	3/25/05
Mile (I)	5:12.34	at Gold Cty. Classic	1/22/05
5,000 meters (O)	18:12.49	at Mt. SAC Relays	4/15/05
5,000 meters (CC)	18:18:30	at M. Keatinge Invite	10/2/05
6,000 meters (CC)	21:45:07	at NCAA Regional	11/13/05

## Marshall's Collegiate Bests

Event	Mark	Meet	Date
60 meters (I)	7.72	Iowa Open	2/20/04
60 hurdles (I)	8.77	Iowa Open	1/15/05
800 meters (I)	2:34.53	Big Ten Champ's	2/28/04
Discus (O)	154-6 (47.10)	at NJCAA Champ's	5/02
Shot Put (I)	49-2 1/4 (14.99)	at Big Ten Champ's	2/26/05
High Jump (I)	5-3 (1.60)	Iowa Open	1/15/05
Long Jump (I)	17-5 1/2 (5.32)	Big Ten Champ's	2/28/04
Pentathlon (I)	3,701 points	at Husker Invite	2/5/05



# Hawkeyes To Watch



## LINDSEY McCALLA

### SPRINTS

**Sophomore**  
**Moline, IL**  
**Moline High School**

**2005 -- Indoor** - won 200 meters (25.70) at Iowa Open... ran lead leg on team-leading 1,600-meter relay (3:45.73)... ran on two winning 1,600-meter relays... **Outdoor** - qualified for NCAA Midwest Regional as part of 1,600-meter relay (3:40.35)... ran second leg on 1,600-meter relay that placed third at Drake Relays in 3:40.35, which leads the team, ranks second on Iowa's all-time bests list and third in the conference... ran second leg on seventh-place distance medley relay (11:34.04) at Drake Relays, which ranks second on Iowa's all-time bests list... ran collegiate-best 400 meters (56.53) at Long Beach State Invite... placed fourth in 200 meters (25.65) at Shamrock Invite.

#### McCalla's Collegiate Bests

Event	Time	Meet	Date
200 meters (O)	25.65	at Shamrock Invite	3/19/05
400 meters (O)	56.53	at Long Beach Invite	4/16/05



## JASON NOLTING

### SPRINTS

**Junior**  
**Preston, IA**  
**Preston High School**

**2005 -- Indoor** - led team in 400 meters (49.79) and ran second leg on team-leading 1,600-meter relay (3:16.95)... ran collegiate-best 600 meters (1:20.51) at Carle/Health Alliance Classic... **Outdoor** - leads team in 400 meters (47.55)... placed second in 400 meters with collegiate-best 47.55 at Cal State Northridge.

#### Nolting's Collegiate Bests

Event	Mark	Meet	Date
200 meters (O)	22.44	at UNI Twilight	4/17/04
400 meters (O)	47.55	at Cal Northridge	4/2/05
600 meters (I)	1:20.51	at CH Alliance Invite	1/29/05



## BILL NEUMANN

### JAVELIN

**Senior**  
**Comox, British Columbia**  
**Highland Secondary**

**2005 --** team captain... **Indoor** - did not compete... **Outdoor** - won javelin (193-8) at Musco Twilight VII in season debut.

#### Neumann's Collegiate Bests

Event	Mark	Meet	Date
Javelin (O)	244-8 (74.57 m)	at NCAA Champ's	5/30/02



## MATT O'HOLLEARN

### MIDDLE DISTANCE

**Senior**  
**Johnston, IA**  
**Johnston High School**

**2005 -- Indoor** - did not compete... **Outdoor** - ran collegiate-best 800 meters (1:52.07) at Tom Botts Invite... won 800 meters (1:52.59) at Cal State Northridge, placed third at Musco Twilight VII (1:54.20) and fourth at Mark Messersmith Invite (1:54.42)... anchored ninth-place 3,200-meter relay at Drake Relays (7:33.12), which ranks second on Iowa's all-time best performers list.

#### O'Hollearn's Collegiate Bests

Event	Time	Meet	Date
400 meters (I)	48.84	at KT Woodman Classic	4/12/03
600 meters (I)	1:20.95	at Big Ten Championships	3/1/03
800 meters (O)	1:52.07	at Tom Botts Invite	4/16/05

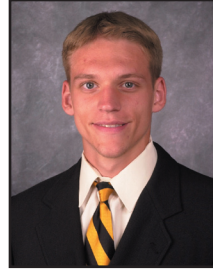


# Hawkeyes To Watch



**TIFF PEDERSEN**  
HURDLES/MULTI-EVENTS

**SENIOR**  
ATLANTIC, IA  
ATLANTIC High School



**TONY RAKARIC**  
DISTANCE

**SENIOR**  
PALATINE, IL  
(PALATINE)

**2005 -- Indoor** - placed 12th in pentathlon at Big Ten Championships, scoring 3,481 points... scored 3,306 points in pentathlon at Husker Invite... **Outdoor** - threw collegiate-best javelin (116-1) and placed second in 100-meter hurdles (14.46) at Jim Duncan Invite... placed fourth in javelin (96-1), fifth in 100-meter hurdles (14.50) and eighth in shot put (35-5 3/4) at Iowa Musco Twilight VII... placed fifth in heptathlon 100-meter hurdles (14.45) and heptathlon shot put (35-10 3/4) at Drake Relays.

**2005 -- Indoor** - ran collegiate-best mile (4:13.11) at Big Ten Championships and two miles (9:39.34) at Iowa Open... won mile (4:15.17) at Hawkeye Open... **Outdoor** - qualified for NCAA Midwest Regional in 3,000-meter steeplechase (9:04.19)... won steeplechase with collegiate-best 9:04.19 at Tom Botts Invite and placed 13th (9:18.45) at Drake Relays.

**2004 -- Cross Country** - team captain... ran in seven of eight races... placed 24th (31:19:98) at NCAA Midwest Regional, earning all-region honors... placed 15th (25:02.00) at Murray Keatinge Invite, 16th (26:42) at Hawkeye Triangular, 43rd (25:22) at Big Ten Championships and 129th (33:17) at NCAA Championships... letterwinner.

## Pedersen's Collegiate Bests

Event	Mark	Meet	Date
60 hurdles (I)	8.80	Iowa Open	2/20/04
100 meters (O)	12.47	at Messersmith Inv.	2/9/05
100 hurdles (O)	14.23	Musco Twilight IV	5/4/02
200 meters (O)	25.62	at Big Ten's	5/14/04
800 meters (O)	2:31.48	Big Ten's	5/15/04
L. Jump (O)	18-5 1/4 (5.62)	at Tom Botts Inv.	4/10/04
H. Jump (I)	5-3 (1.60)	Big Ten's	2/28/04
Shot Put (O)	37-7 1/4 (11.46)	at Big Ten's	5/14/04
Javelin (O)	116-1 (35.38)	at Jim Duncan Inv.	4/16/05
Heptathlon (O)	4,976 points	at Big Ten's	5/15/04
Pentathlon (I)	3,511 points	Big Ten's	2/28/04

## Rakaric's Collegiate Bests

Event	Time	Meet	Date
800 meters (I)	1:56.97	Iowa Open	2/20/04
1,000 meters (I)	2:34.79	at Panther Classic	2/1/03
1,500 meters (O)	3:53.65	Musco Twilight V	5/3/03
Mile (I)	4:13.11	at Big Ten Champ's	1/29/05
3,000 meters (I)	8:20.31	at Iowa State Classic	2/14/03
3,000 SC (O)	9:04.19	at Tom Botts Invite	4/16/05
Two Miles (I)	9:39.34	Iowa Open	1/15/05
5,000 meters (O)	14:22.92	at Stanford Invite	3/28/03
6,000 meters (CC)	19:41	Iowa Invite	8/29/03
Five Miles (CC)	25:02:00	at Murray Keatinge Inv.	10/2/04
8,000 meters (CC)	24:28	at Pre-National Inv.	10/18/03
10,000 meters (CC)	30:31.42	at NCAA Regional	11/16/02
10,000 meters (O)	20:58.59	at Big Ten Champ's	5/14/04



# Hawkeyes To Watch



## PEACHES ROACH JUMPS

**SOPHOMORE**  
**KINGSTON, JAMAICA**  
**ALPHA ACADEMY**

**2005 -- Indoor** - all-American... placed sixth in high jump (6-0) at NCAA Championships... automatically qualified for NCAA Championships in high jump with school-record setting 6-0 3/4 at Husker Invite... Big Ten high jump champion (5-10 3/4) and placed fourth in 60 meters with a collegiate-best 7.45... that 60-meter mark ranks second on Iowa's all-time best performers list... won 60 meters and high jump at Iowa Open (7.68, 5-10 3/4) and Gold Country Classic (7.56, 6-0 1/2)... **Outdoor** - qualified for NCAA Midwest Regional in high jump (5-10 3/4), 100 meters (11.75) and as part of 400-meter relay (45.30), leading team in those events... ran second leg on 400-meter relay that placed eighth at Drake Relays (45.30), which leads the team and conference, and ranks fifth on Iowa's all-time bests list... anchored winning 400-meter relay (45.39) at Mt. SAC Relays... won 100 meters (11.70) and high jump (5-10 3/4) at Mark Messersmith Invite... won 100 meters (11.75) at Musco Twilight VII... ranked second in conference in 100 meters... placed third in special invitation high jump (5-9 3/4) at Drake Relays.

### Roach's Collegiate Bests

Event	Mark	Meet	Date
60 meters (I)	7.45	at Big Ten's	2/26/05
100 meters (O)	11.70	at Messersmith Inv.	4/9/05
200 meters (I)	25.23	at Gold Ctry. Classic	1/24/04
High Jump (I)	6-0 3/4 (1.85)	at Husker Invite	2/5/04



## ERIN SHEELEY SPRINTS

**SOPHOMORE**  
**POSTVILLE, IA**  
**POSTVILLE HIGH SCHOOL**

**2005 -- Indoor** - ran third leg on team-leading 1,600-meter relay (3:45.73)... ran on 1,600-meter relay that placed fifth (3:48.54) at Big Ten Championships... **Outdoor** - qualified for NCAA

Midwest Regional as part of 1,600-meter relay (3:40.45)... ran second leg on 1,600-meter relay that placed third at Drake Relays in 3:40.35, which leads the team, ranks second on Iowa's all-time bests list and third in the conference... ran collegiate-best 400 meters (58.35) at Long Beach State.

### Sheeley's Collegiate Bests

Event	Mark	Meet	Date
200 meters (I)	26.12	at Illinois Invite	1/31/04
400 meters (O)	58.35	at Long Beach Invite	4/16/05



## CHRIS VOLLER THROWS

**6-2, 240, SENIOR**  
**NAPERVILLE, IL**  
**CENTRAL**

**2005 -- Indoor** - provisionally qualified for NCAA Championships in weight throw with a collegiate-best 62-10 3/4 at Gold Country Classic... that mark ranks fifth on Iowa's all-time best performers list... runner-up in weight throw at Iowa Open (62-2 1/4), Gold Country Classic (62-10 3/4) and Hawkeye Open (63-4), and placed third at Carle/Health Alliance Classic (60-8 1/2)... placed ninth in weight throw (62-5) at Big Ten Championships... **Outdoor** - qualified for NCAA Midwest Regional in hammer throw five times... placed third in hammer at Drake Relays with a collegiate-best 203-1... that mark ranks second in the conference, fifth on Iowa's all-time bests list and seventh in the Midwest Region... won hammer with Musco Twilight VII (200-0) and placed second at Cal State Northridge (197-8), Tom Botts Invite (196-5) and Mark Messersmith Invite (199-6).

### Voller's Collegiate Bests

Event	Distance	Meet	Date
Weight (I)	62-10 3/4 (19.17)	at Gold Ctry. Classic	1/22/05
Hammer (O)	203-1 (61.91)	at Drake Relays	4/30/05

