

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



TRACK CONTACTS: TRACI WAGNER, NATHAN SHEEHAN

MAY 11, 2009

2009 IOWA TRACK & FIELD OUTDOOR SCHEDULE & RESULTS

Date	Meet	Time (CT)/Result
3/27	at Stanford Invite	0 champs
4/3-4	at Tiger Track Classic	2 champs
4/10	at Mesa Classic	0 champs
4/10-11	at Lee Calhoun Memorial	7 champs
4/11	at Sun Angel Classic	2 champs
4/17-18	at John McDonnell Invite	1 champ
4/18	at Mark Messersmith Invite	8 champs
4/23-25	at Drake Relays	1 champ
5/2	at Illinois Invite	9 champs
	at Payton Jordan Cardinal Invite	0 champs
5/15-17	at Big Ten Championships (Columbus, OH)	All Day
5/29-30	at NCAA Midwest Regional (Norman, OK)	11 a.m.
6/10-13	at NCAA Championships (Fayetteville, AR)	All Day

HAWKEYE COACHING STAFF

The Hawkeye coaching staff has some new faces and responsibilities for the 2009 season. **Larry Wieczorek** is the men's head track and cross country coach, and **Layne Anderson** is the women's head track and cross country coach. The teams now share administrative responsibilities, coordinate their competition schedules and divide coaching responsibilities by event instead of gender.

Assistant **Scott Cappos**, who is in his 13th year at Iowa, will coach the throws, while third-year assistant **Joey Woody** will coach the men's sprints, short hurdles and relays, and women's long sprints and hurdles. First-year assistant **Clive Roberts** will coach the women's short sprints, hurdles and relays, as well as the horizontal jumps for both groups. First-year assistant **Christi Smith** will direct the multi-events and vertical jumps.

THIS WEEK --The University of Iowa men and women's track teams will head to the Big Ten Outdoor Championships May 15-17 at Columbus, OH. All events will be held at Ohio State's Jesse Owens Memorial Stadium. Events at the co-ed meet are set to start at 11 a.m. (CT) Friday, 10:30 a.m. Saturday and 11:30 a.m. Sunday. Live results will be available at www.deltatiming.com.

The Big Ten Network will air a tape-delay telecast of the championships on May 24 at 4 p.m. (CT).

All-session tickets are \$18 for adults and \$10 for students, while single-session tickets are \$7 for adults and \$5 for students. Tickets may be purchased by contacting the Ohio State Athletic Ticket Office at www.ohiostatebuckeyes.com or 1-800-462-8257.

The University of Iowa was originally scheduled to host the 2009 three-day conference event at Francis X. Cretzmeyer Track, but the track complex sustained extensive flood damage last June and is currently under reconstruction. Cretzmeyer Track will reopen for the 2010 outdoor season, and the Hawkeyes are slated to host the 2011 Big Ten outdoor meet.

VARNER LEADS THE BIG TEN -- Hawkeye junior **Ray Varner** has clocked the fastest men's 400-meter hurdles time in the Big Ten this season. The Wadsworth, IL native ran a 51.00 at the John McDonnell Invite in Fayetteville, AR, which ranks third in the NCAA Midwest Region and 18th in the nation. Varner, who was named Big Ten Track Athlete of the Week April 8, is also a member of Iowa's 1,600-meter relay that qualified for the regional meet and ranks third in the Big Ten with a season-best time of 3:08.81. The other relay members are sophomore **Steven Willey** and **Chris Barton**, and freshman **Erik Sowinski**.

SENIORS GET ONE MORE CHANCE FOR BIG TEN TITLES -- Hawkeye seniors **Ryan Kelly**, **John Hickey**, **A.J. Curtis** and **Renee White** will get one more opportunity to take home a Big Ten trophy at the conference championships.

Kelly looks to defend his Big Ten outdoor high jump title. White, who won the Big Ten indoor triple jump in 2008, is looking for her first outdoor conference title. She placed second in that event at the conference outdoor meet in 2007 and fourth in 2008. Her season best marks in the triple jump and long jump rank third and eighth, respectively, in the Big Ten. She also anchored the team-leading 400-meter relay to a 46.89 at Drake, which ranks seventh in the conference.

Hickey, who won the outdoor shot put title in 2007 and placed first at the 2008 indoor meet, could become the fifth Hawkeye in school history to win three Big Ten titles in a field event. His season-best shot

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MEN'S 2009 OUTDOOR SEASON BESTS

Event	Team Leader	Mark
100 Meters	Paul Chaney, Jr.	(R) 10.51
110 Hurdles	D'Juan Richardson	15.01
200 Meters	Paul Chaney, Jr.	(R) 21.14
400 Meters	Steven Willey	(R) 47.04
400 Hurdles	Ray Varner	(R) 51.00
800 Meters	Adam Hairston	(R) 1:49.96
1,500 Meters	Chase Kadlec	3:51.01
3,000 Meters	Brian Marchese	8:25.98
3,000 Steeplechase	Andy Napier	9:07.84
5,000 Meters	Eric MacTaggart	14:15.43
400-Meter Relay		(R) 40.58 <i>(Richardson, Sayon, Richards, Chaney, Jr.)</i>
800-Meter Relay		(SR) 1:24.85 <i>(Richardson, Bee, Richards, Chaney, Jr.)</i>
1,600-Meter Relay		(R) 3:08.81 <i>(Willey, Richards, Barton, Varner)</i>
Sprint Medley Relay		3:20.05 <i>(Richards, Chaney, Jr., Barton, Hairston)</i>
3,200-Meter Relay		7:33.08 <i>(Willey, Braff, Sowinski, Hairston)</i>
Distance Medley Relay		10:02.91 <i>(Kadlec, Sowinski, Braff, E. MacTaggart)</i>
6,400-Meter Relay		17:17.63 <i>(Kadlec, E. MacTaggart, Paul, Marchese)</i>
High Jump	Graham Valdes	6-8 3/4 (2.02 m)
	Ryan Kelly	6-8 3/4 (2.02 m)
Pole Vault	Alex Zona	16-0 3/4 (4.90 m)
Long Jump	Cody Mixon	21-2 3/4 (6.47 m)
Triple Jump	Josh Bean	48-5 3/4 (14.78 m)
Shot Put	John Hickey	(R) 60-1 3/4 (18.33 m)
Discus	Nick Brayton	(R) 180-11 (55.15 m)
Hammer Throw	Matt Banse	187-7 (57.19 m)
Javelin	Zach Schimp	(R) 206-3 (62.88 m)

(R) - NCAA Regional Qualifier, (SR) - School Record

WOMEN'S 2009 OUTDOOR SEASON BESTS

Event	Team Leader	Mark
100 Meters	Rhonda-Kaye Trusty	11.88
100 Hurdles	Karessa Farley	(R) 13.44
200 Meters	Rhonda-Kaye Trusty	24.49
400 Meters	Tiffany Hendricks	56.26
400 Hurdles	Tiffany Hendricks	1:03.54
800 Meters	Besty Flood	2:11.69
1,500 Meters	Betsy Flood	(R) 4:27.33
3,000 Meters	Danielle Berndt	10:20.62
3,000 Steeple	Hannah Roeder	(R) 10:40.86
5,000 Meters	Amanda Hardesty	17:19.78
10,000 Meters	Jolly Burke	36:06.96
400-Meter Relay		46.56 <i>(Farley, Trusty, Hendricks, White)</i>
800-Meter Relay		1:38.79 <i>(Trusty, Hendricks, Graham, Erickson)</i>
1,600-Meter Relay		3:49.92 <i>(Hendricks, Praska, Mims, Erickson)</i>
3,200-Meter Relay		8:53.91 <i>(Flood, Dlhy, L. Hardesty, Docherty)</i>
Distance Medley Relay		12:11.56 <i>(Hawks, Praska, Ellis, Berndt)</i>
6,400-Meter Relay		19:36.43 <i>(Flood, Melander, A. Hardesty, Eilers)</i>
High Jump	Caleigh Bacchus	5-3 (1.60 m)
Long Jump	Renee White	(R) 20-0 1/4 (6.10 m)
Triple Jump	Renee White	(R) 41-3 (12.57 m)
Shot Put	Mandy Chandler	38-5 1/2 (11.72 m)
Hammer Throw	Mandy Chandler	158-4 3/4 (48.28 m)

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IOWA'S REGIONAL QUALIFIERS

Twenty Hawkeyes have qualified for the NCAA Midwest Regional Championships, which will be held May 29-30 in Norman, OK. The regional meet is one of four qualifying events for the NCAA Championships to be held June 10-13 at Fayetteville, AR. The top five finishers in each individual event and the top three relays from each of the four regionals will automatically advance to the national meet. Iowa's qualifiers, their events and qualifying marks, and where they rank in the Big Ten, Midwest region and nation are listed below.

Men's Qualifiers		Big 10/Region/NCAA	
Name	Event	Mark	Rank
Matt Banse	Hammer	187-7 (57.19)	10th/15th/93rd
Chris Barton	1,600-M Relay	3:08.81	3rd/23rd/43rd
Nick Brayton	Discus	180-11 (55.15)	2nd/6th/32nd
Paul Chaney, Jr.	100 Meters	10.51	3rd/13th/56th
	200 Meters	21.14	2nd/20th/65th
	400-M Relay	40.58	3rd/15th/45th
A.J. Curtis	Discus	176-0 (53.65)	4th/12th/50th
	Shot Put	59-5 3/4 (18.13)	4th/7th/23rd
Adam Hairston	800 Meters	1:49.96	4th/14th/46th
John Hickey	Shot Put	60-1 3/4 (18.33)	3rd/2nd/17th
Ryan Lamparek	Discus	177-3 (54.04)	3rd/9th/43rd
Patrick Richards	400-M Relay	40.58	3rd/15th/45th
D'Juan Richardson	400-M Relay	40.58	3rd/15th/45th
Zeke Sayon	400-M Relay	40.58	3rd/15th/45th
Zach Schimp	Javelin	206-3 (62.88)	3rd/17th/68th
Erik Sowinski	1,600-M Relay	3:08.81	3rd/23rd/43rd
Ray Varner	400-M Hurdles	51.00	1st/3rd/18th
	1,600-M Relay	3:08.81	3rd/23rd/43rd
Steven Willey	400 Meters	47.04	5th/17th/59th
	1,600-M Relay	3:08.81	3rd/23rd/43rd

Women's Qualifiers		Big 10/Region/NCAA	
Name	Event	Mark	Rank
Karessa Farley	100-M Hurdles	13.44	3rd/5th/30th
Besty Flood	1,500 Meters	4:27.33	18th/22nd/103rd
McKenzie Melander	1,500 Meters	4:27.34	19th/23rd/104th
Hannah Roeder	3,000 Steeple.	10:40.86	8th/12th/63rd
Renee White	Long Jump	20-0 1/4 (6.10)	8th/15th/54th
	Triple Jump	41-3 (12.57)	3rd/12th/37th

put ranks third in the conference, while Curtis has the fourth-best shot put and discus throws in the Big Ten this season.

The Hawkeyes have had a strong presence in the men's shot put the last four years. Hickey placed second at the 2009 indoor meet, while Curtis placed fourth and redshirt freshman **Ryan Lamparek** placed sixth. At the 2008 outdoor meet, Curtis placed third and former Hawkeye **Shane Maier** placed fifth. Hickey won the 2008 indoor and 2007 outdoor titles while Maier placed second at both events. At the 2006 indoor meet the finish was reversed as Maier won the title and Hickey placed second.

CHANEY, JR. RETURNS TO TRACK -- Hawkeye junior wide receiver **Paul Chaney, Jr.**, made his outdoor season debut April 24th at the Drake Relays, and has made a strong impact in the Iowa sprinting events. He anchored the 400-meter relay to Iowa's first Drake Relays track event title since 2000 and a regional-qualifying time of 40.58 in the prelims. That time ranks third in the Big Ten and 15th in the Midwest region. Chaney, Jr., who ended spring football practice on April 18, also anchored the 800-meter relay to a school-record 1:26.39 for sixth place. He also posted regional qualifying marks in the 100 (10.51) and 200 meters (21.14) at the Illinois Invite May 2. Those times rank third and second, respectively in the Big Ten.

YOUTH MOVEMENT -- Several Hawkeye underclassmen are charging into the Big Ten Championships with some of the top performances in the conference. Sophomores **Karessa Farley** and **Zeke Sayon**, redshirt freshmen **Nick Brayton** and **Lamparek**, and true freshman **Patrick Richards** and **D'Juan Richardson** each have performances that rank in the top three in the Big Ten.

Brayton's best discus throw of 180-11 ranks second in the conference and sixth in the region, while Lamparek's best throw in that events ranks third and ninth, respectively. Farley's 13.44 in the 100-meter hurdles ranks second in school history, third in the

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BIG TEN CHAMPIONSHIPS SCHEDULE OF EVENTS

Friday, May 15

- 11:00 a.m. Decathlon 100 Meters
- 11:15 Heptathlon 100-Meter Hurdles
- 11:45 Decathlon Long Jump
- 11:50 Heptathlon High Jump
- 12:30 p.m. Men's Hammer Throw (trials & finals)
Women's Pole Vault (trials & finals)
- 1:00 Decathlon Shot Put
- 1:45 Decathlon High Jump
- 1:50 Heptathlon Shot Put
- 2:30 Women's Hammer Throw (trials & finals)
- 3:00 Heptathlon 200 Meters
- 4:00 Decathlon 400 Meters
- 7:30 Women's 10,000 Meters
- 8:15 Men's 10,000 Meters

Saturday, May 16

- 8:30 a.m. Decathlon 110-Meter Hurdles
- 9:10 Decathlon Discus
- 9:15 Heptathlon Long Jump
- 10:20 Decathlon Pole Vault
- 10:30 Heptathlon Javelin
- 12:15 p.m. Decathlon Javelin
- 12:20 Men's Long Jump (trials & finals)
- 12:45 Heptathlon 800 Meters
- 1:10 Women's 400-Meter Relay (trials)
- 1:15 Men's High Jump (trials and finals)
- 1:20 Men's 400-Meter Relay (trials)
- 1:30 Women's 1,500 Meters (trials)
- 1:35 Men's Discus (trials & finals)
- 1:50 Men's 1,500 Meters (trials)
- 2:10 Decathlon 1,500 Meters
- 2:20 Women's 400 Meters (trials)
- 2:30 Women's Shot Put (trials & finals)
- 2:35 Men's 400 Meters (trials)
- 2:50 Women's 100 Meters (trials)
- 3:05 Men's 100 Meters (trials)
- 3:20 Women's 100-Meter Hurdles (trials)
- 3:35 Women's Long Jump (trials & finals)

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Big Ten and fifth in the region. She also ran on the team-leading 400-meter relay (46.89) that ranks seventh in the Big Ten. Sayon, Richards and Richardson ran on the regional-qualifying 400-meter relay that ranks third in the Big Ten and 15th in the region.

HAWKEYES IN BIG TEN OUTDOOR HISTORY -- The Iowa men's team has won two Big Ten outdoor team championships (1963, 1967) and 167 conference titles - 55 in individual running events, 40 in field events and 72 in relays - since the first meet was held in 1901.

Iowa's last Big Ten champion in a men's outdoor individual track event was **Micah VanDenend** (10,000 meters) in 2007, while its last individual men's field event champion was senior **Ryan Kelly** (high jump) in 2008. The last Hawkeye men's relay to win a conference title was the 400-meter relay of **Juan Coleman, Adam Kunkel, Russell Peterson** and **Tim Dodge** in 2001.

Four former Hawkeyes hold a spot in the conference record books - two hold overall records and two hold Big Ten meet records. **Anthuan Maybank** holds the overall men's long jump record of 27-1, which he set in 1993, and **Bill Neumann** holds the overall men's javelin record of 244-8, which he set in 2002. In 1997, **Bashir Yamini** tied the Big Ten meet long jump record of 26-8 1/4, set in 1935 by Ohio State's Jesse Owens. **Jon Reimer** holds the retired conference meet 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. **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 29 conference champions since the first meet in 1982 - 13 in individual running events, four in field events and 12 in relays.

Iowa's last Big Ten outdoor champions in a women's individual track event were **Meghan Armstrong** (10,000 meters) and **Diane Nukuri** (5,000 meters) in 2008, while its last women's field event individual champion was **Peaches Roach** (high jump) in 2007. The last Hawkeye women's relay to win an outdoor conference title was the 1,600-meter relay of **Aisha Hume, Nicole Charles, Sarah Steffen** and **Shellene Williams** in 2003.

Former Hawkeye **Aisha James** holds the women's Big Ten overall long jump record with the 22-3 leap she recorded in 2003.

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BIG TEN CHAMPIONSHIPS SCHEDULE OF EVENTS

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3:35	Men's 100-Meter Hurdles (trials)
3:50	Women's 800 Meters (trials)
4:15	Men's 800 Meters (trials)
4:20	Women's Javelin (trials & finals)
4:25	Women's 200 Meters (trials)
4:40	Men's 200 Meters (trials)
4:55	Women's 400-Meter Hurdles (trials)
5:15	Men's 400-Meter Hurdles (trials)
5:30	Women's 3,000-Meter Steeplechase
5:45	Men's 3,000-Meter Steeplechase

Sunday, May 17

9:30 a.m.	Men's Pole Vault (trials & finals)
10:00	Women's Triple Jump (trials & finals) Women's Discus (trials & finals)
11:30	Men's Shot Put (trials & finals) Women's High Jump (trials & finals)
11:45	Women's 400-Meter Relay (finals)
11:55	Men's 400-Meter Relay (finals)
12:05 p.m.	Women's 1,500 Meters (finals)
12:15	Men's 1,500 Meters (finals)
12:25	Women's 100-Meter Hurdles (finals)
12:30	Men's Triple Jump (trials and finals) Men's Javelin (trials and finals)
12:35	Men's 110-Meter Hurdles (finals)
12:40	Women's 400 Meters (finals)
12:45	Men's 400 Meters (finals)
12:50	Women's 100 Meters (finals)
12:55	Men's 100 Meters (finals)
1:03	Women's 800 Meters (finals)
1:08	Men's 800 Meters (finals)
1:18	Women's 400-Meter Hurdles (finals)
1:28	Men's 400-Meter Hurdles (finals)
1:35	Women's 200 Meters (finals)
1:42	Men's 200 Meters (finals)
1:49	Women's 5,000 Meters (finals)
2:11	Men's 5,000 Meters (finals)
2:33	Women's 1,600-Meter Relay (finals)
2:45	Men's 1,600-Meter Relay (finals)

Two Hawkeyes have earned Big Ten Outdoor Freshman of the Year honors. They are **Erica Broomfield** (1998) and **Peaches Roach** (2004). Iowa's highest finish at the conference outdoor meet was third (89 points) in 2004.

2008 BIG TEN OUTDOOR REVIEW -- The Hawkeye women's team crowned two individual champions, while the men's team won one event at the 2008 Big Ten Outdoor Championships in Champaign, IL. The women's team placed sixth with 73 points, while the men's squad placed eighth with 68. Michigan won its first men's title since 1983, and its 31st in school history, with 129 points. Penn State won its first women's title since 2004, and its second in school history, with 151.

Hawkeye senior distance runners **Meghan Armstrong** and **Diane Nukuri** took home titles for the women, while junior high jumper **Ryan Kelly** won a conference title for the men.

Armstrong collected her second career Big Ten title when she won the last event of the first day - the 10,000 meters - in a facility record-setting 33:49.03. The Tualatin, OR, native also won the conference indoor 3,000 meters. She was the sixth two-time conference champion in school history, and Iowa's first Big Ten 10,000-meter champion since **Jennifer Brower** in 1992. Armstrong also placed third in the 5,000 meters (16:28.71).

Nukuri won her first conference track title in the 5,000 meters (16:24.21). She is only the third Hawkeye to win a Big Ten title in that event. **Nan Doak** (1982) and **Tracy Dahl** (1992) were Iowa's other winners. Nukuri also placed third in the 10,000 meters (34:07.50).

The top four men's high jump placewinners each cleared the winning and regional-qualifying height of 6-10 3/4, but Kelly recorded no misses at that height to win the conference title. He was Iowa's fifth Big Ten outdoor high jump champion, and the first since **Bill Hansen** in 1976. Hawkeye senior **Jeremy Petsche** placed fourth in that event with a collegiate-best 6-10 3/4 to also qualify for the regional meet.

Seniors **Tammilee Kerr**, **Kineke Alexander**, **Shane Maier** and **Jessica Schmidt**, juniors **A.J. Curtis**, **Renee White** and **Racheal Marchand**, and sophomore **Adam Hairston** also gave strong performances at the three-day meet.

Kerr placed fourth in the heptathlon and javelin. Her heptathlon point total of 5,532 broke the school record of 5,417 she had set earlier in the season, and automatically qualified for the NCAA Championships. She was in sixth place in the seven-event competition going into Saturday's final three events. She won the javelin (161-8), placed second in the 800 meters (2:27.49) and fourth in the long jump with a collegiate-best 19-4 1/4 to finish fourth. Kerr then went on to place fourth in the javelin with

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HAWKEYES IN THE BIG TEN TOP TEN

Men's Team

Name	Event	Mark	Rk.
Ray Varner	400 Hurdles	51.00	1st
Paul Chaney, Jr.	200 Meters	21.14	2nd
Nick Brayton	Discus	180-11	2nd
Paul Chaney, Jr.	100 Meters	10.51	3rd
John Hickey	Shot Put	60-1 3/4	3rd
Ryan Lamparek	Discus	177-3	3rd
Zachary Schimp	Javelin	206-3	3rd
D'Juan Richardson	400-M Relay	40.58	3rd
Zeke Sayon	400-M Relay	40.58	3rd
Patrick Richards	400-M Relay	40.58	3rd
Paul Chaney, Jr.	400-M Relay	40.58	3rd
Steven Willey	1,600-M Relay	3:08.81	3rd
Erik Sowinski	1,600-M Relay	3:08.81	3rd
Chris Barton	1,600-M Relay	3:08.81	3rd
Ray Varner	1,600-M Relay	3:08.81	3rd
Adam Hairston	800 Meters	1:49.96	4th
A.J. Curtis	Shot Put	59-5 3/4	4th
A.J. Curtis	Discus	176-0 1/4	4th
Steven Willey	400 Meters	47.04	5th
Josh Bean	Triple Jump	48-6	6th
Zach Splan	400 Hurdles	53.76	9th
Patrick Richards	400 Meters	47.68	10th
D'Juan Richardson	400 Hurdles	53.89	10th
Graham Valdes	High Jump	6-8 3/4	10th
Matt Banse	Hammer	187-7	10th

Women's Team

Name	Event	Mark	Rk.
Karessa Farley	100 Hurdles	13.44	3rd
Renee White	Triple Jump	41-3	3rd
Jolly Burke	10,000 Meters	36:06.96	6th
Karessa Farley	400-M Relay	46.89	7th
Rhonda-Kaye Trusty	400-M Relay	46.89	7th
Tiffany Hendricks	400-M Relay	46.89	7th
Renee White	400-M Relay	46.89	7th
Rhonda-Kaye Trusty	100 Meters	11.88	8th
Hannah Roeder	Steeplechase	10:40.86	8th
Renee White	Long Jump	20-0 1/4	8th
Tiffany Hendricks	1,600-M Relay	3:49.92	9th
Bethany Praska	1,600-M Relay	3:49.92	9th
Kelsey Mims	1,600-M Relay	3:49.92	9th
Nicole Erickson	1,600-M Relay	3:49.92	9th

a throw of 163-5, which improved her previous regional-qualifying and collegiate-best mark she threw during the heptathlon.

Schmidt placed fourth in the 3,000-meter steeplechase with a collegiate-best 10:27.18, which broke the school record of 10:34.50 set by Sarah Arens in 2004.

Maier placed second in the discus (174-7) and fifth in the shot put (59-4 1/4, while Curtis placed third in the shot put (59-8 1/4) and fifth in the discus (171-7). Hairston placed third in the 800 meters with a season-best 1:50.68, which was only .6 seconds off the winning time.

Marchand placed fourth in the 10,000 meters with a NCAA provisional qualifying and collegiate best 34:11.48, and fifth in the 5,000 meters (16:40.03). White (triple jump) and Alexander (400 meters) also posted fourth-place finishes. White's wind-aided mark of 42-8 1/4 broke the school record of 42-4 she set earlier in the season in that event.

Also scoring points for the Hawkeyes were senior **Ryan Niver**, junior **Andy Napier** and sophomores **Jesse Luciano**, **Ray Varner** and **Caleigh Bacchus**. Napier was runner-up in the 3,000-meter steeplechase, running a collegiate-best 8:58.21. He was the fifth Hawkeye in school history to break the nine-minute mark in that event. Luciano ran the 10,000 meters for the first time in his Hawkeye career, placing fourth with a team-leading 30:19.92. Niver placed seventh in the decathlon with 6,712 points. Bacchus placed sixth the high jump with a collegiate-best 5-7 1/4, while Varner placed eighth in the 400-meter hurdles (1:05.70).

The men's 400-meter relay of seniors **Max Milder**, **Aaron Reed** and **Lee Elbert** and freshman **Brandon McSkimming** placed fourth with a season best 40.98. The men's 1,600 meter relay of freshman **Steven Willey** and **Chris Barton**, and sophomores **Zach Splan** and Varner placed fifth (3:11.39). The women's 1,600-meter relay of freshman **Bethany Praska** and **Tiffany Hendricks**, and seniors **Monica Mims** and Alexander placed sixth in 3:44.21, while the 400-meter relay of sophomore **Rhonda-Kaye Trusty**, White, Kerr and Hendricks placed eighth (47.29).

LAST TIME OUT -- The Hawkeyes split action between the Illinois Invite at Champaign, IL, and the Payton Jordan Cardinal Invitational, at Stanford, CA. The Hawkeyes crowned a combined nine event champions and saw five regional qualifying performances.

At Illinois, junior **Paul Chaney, Jr.** won the 100 (10.51) and the 200-meters (21.14), both with collegiate bests and regional qualifying times. Junior **Ray Varner** came out with another regional qualifying showing in the 400-meter hurdles (51.29), winning that event. The men's 1,600-meter relay team also worked together for another regional qualifying mark (3rd, 3:09.40). Senior **John Hickey** won the shot put (60-1 3/4) with

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TRACK CONTACTS: TRACI WAGNER, NATHAN SHEEHAN

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2009 HAWKEYE WOMEN'S INDOOR SEASON REVIEW

All-Americans, Event

Karessa Farley, 60-Meter Hurdles
Racheal Marchand, 5,000 Meters

NCAA Automatic Qualifier, Event

Racheal Marchand, 5,000 Meters

NCAA Provisional Qualifiers, Event

Karessa Farley, 60-Meter Hurdles
Betsy Flood, Distance Medley Relay
Tiffany Hendricks, Distance Medley Relay
Racheal Marchand, Distance Medley Relay
McKenzie Melander, Distance Medley Relay
Renee White, Triple Jump

Big Ten Finish, Points

10th place, 25 points

Big Ten Sportmanship Award Winner

Bethany Praska

School Record Broken, Event (Mark)

Karessa Farley, 60-Meter Hurdles (8.21)

2009 HAWKEYE MEN'S INDOOR SEASON REVIEW

All-American, Event

John Hickey, Shot Put

NCAA Provisional Qualifiers, Event

Chris Barton, 1,600-Meter Relay
Adam Hairston, 800 Meters
John Hickey, Shot Put
Patrick Richards, 1,600-Meter Relay
Ray Varner, 1,600-Meter Relay
Steven Willey, 1,600-Meter Relay

Big Ten Finish, Points

9th place, 43 points

Big Ten Athlete of the Week (Date)

John Hickey (Feb. 16)

Big Ten Sportmanship Award Winner

Josh Bean

School Records Broken, Event (Mark)

Erik Sowinski, 600 Meters (1:18.05)
John Hickey, Shot Put (63-0)

a season best regional qualifying toss. Other event winners for the men include sophomore **Brian Marchese** in the 1,500 meters (3:52.19), sophomore **James Paul** in the 3,000 meters (8:34.81), and junior **Zachary Schimp** in the javelin (188-3 1/2).

Sophomore **Karessa Farley** ran a gem in the 100-meter hurdles (2nd, 13.44), cruising to a collegiate best and regional qualifying performance. That time ranks second all-time in women's school history. Senior **Mandy Chandler** won the women's hammer throw (158-4 3/4) with a collegiate-best toss that ranks fourth in school history. Freshman **Brooke Eilers** came out on top in an Iowa-heavy 1,500-meter run (1st, 4:35.29), with junior **Hannah Roeder** (2nd, 4:35.78) and sophomore **Amanda Hardesty** (3rd, 4:37.92) completing the sweep.

Iowa had three distance runners in west-coast action at Stanford's Payton Jordan Cardinal Invitational as well, with senior **Andy Napier** in the 3,000-meter steeplechase (18th, 9:18.95), and senior **Eric MacTaggart** (19th, 14:18.12) and graduate student **Sarah Spencer Perry** (20th, 17:48.19) in the 5,000 meters.

VARNER NAMED BIG TEN TRACK ATHLETE OF THE WEEK -- Junior Ray Varner was named the Big Ten's Men's Co-Track Athlete of the Week April 8, sharing honors with Purdue's Josh Hembrough. It was Varner's first weekly honor, and Iowa's first track athlete honored since Andy Napier in 2008.

Varner earned accolades for his two regional qualifying performances at Auburn's Tiger Track Classic. The Wadsworth, IL, native posted a third place finish in the 400-meter hurdles with a time of 51.82. Later in the meet, Varner anchored Iowa's 1,600-meter relay team, helping them to a fifth-place finish of 3:09.70. The other members of the regional-qualifying relay team were sophomore **Steven Willey**, freshman **Patrick Richards** and sophomore **Chris Barton**.

MEN'S TEAM ANNOUNCES 2009 RECRUITING CLASS

The Hawkeye men's track team has signed four student-athletes to national letters of intent for the 2010 season. Head Coach **Larry Wiczorek** is excited about the immediate impact that hurdler **Ethan Holmes** (Clinton, IA), distance runner **Jeff Thode** (Hoffman Estates, IL) and throwers **Ben Stancombe** (Bloomington, IN) and **Matt Byers** (Wichita, KS) will have on the Hawkeyes next season.

Holmes is the defending Class 4A state 400-meter hurdles champion (53.03), also winning that event at the 2008 Drake Relays. Stancombe is one of the top five returning hammer throwers (202-0) and one of the top nine weight throwers (67-10) in the nation. Competing for South High School, he is also the top returning shot putter (58-0) in the state of Indiana. Byers is one of the top three returning javelin throwers in the nation, recording a personal-

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2008 BIG TEN OUTDOOR REVIEW

Big Ten Finish, Points

Men's Team - 8th, 68 points

Women's Team - 6th, 73 points

Iowa's Event Champions

Meghan Armstrong, 10,000 M (33:49.03)

Ryan Kelly, High Jump (6-10 3/4)

Diane Nukuri, 5,000 M (16:24.21)

Iowa's Runners-Up

Andy Napier, 3,000 Steeplechase (8:58.21)

Shane Maier, Shot Put (174-7)



CURRENT HAWKEYES WHO HAVE PLACED IN THE TOP EIGHT AT THE BIG TEN OUTDOOR MEET

Caleigh Bacchus

2008: 6th - High jump (5-7 1/4)

Chris Barton

2008: 5th - 1,600-M Relay (3:11.39)

Paul Chaney, Jr.

2007: 4th - 100 M (10.62)

6th - 200 M (21.53)

A.J. Curtis

2006: 8th - Discus (163-1)

2007: 2nd - Discus (172-1)

2008: 3rd - Shot Put (59-8 1/4)

5th - Discus (171-7)

Adam Hairston

2008: 3rd - 800 M (1:50.68)

Tiffany Hendricks

2008: 6th - 1,600-M Relay (3:44.21)

8th - 400-M Relay (47.29)

John Hickey

2006: 3rd - Shot Put (57-3 3/4)

2007: 1st - Shot Put (58-4 1/2)

Jesse Luciano

2008: 4th - 10,000 M (30:19.92)

Ryan Kelly

2008: 1st - High Jump (6-10 3/4)

Eric MacTaggart

2005: 8th - 5,000 M (14:41.39)

2006: 8th - 5,000 M (14:20.04)

Brandon McSkimming

2008: 4th - 400-M Relay (40.98)

Andy Napier

2007: 5th - 3,000 SC (9:06.65)

2008: 2nd - 3,000 SC (8:58.21)

Bethany Praska

2008: 6th - 1,600-M Relay (3:44.21)

Mark Schaapveld

2006: 6th - Shot Put (56-8 3/4)

Zach Splan

2008: 5th - 1,600-M Relay (3:11.39)

Trey Stross

2007: 8th - High Jump (6-7 1/2)

Rhonda-Kaye Trusty

2008: 8th - 400-M Relay (47.29)

Ray Varner

2007: 3rd - 400-M Hurdles (50.99)

6th - 1,600-M Relay (3:08.97)

2008: 5th - 1,600-M Relay (3:11.39)

8th - 400 M Hurdles (1:05.70)

Renee White

2007: 2nd - Triple Jump (42-1 1/2)

2008: 4th - Triple Jump (42-8 1/4)

10th - Long Jump (19-10 3/4)

8th - 400-M Relay (47.29)

Steven Willey

2008: 5th - 1,600-M Relay (3:11.39)

best 219-8. He placed second at the Class 6A Kansas state championships, the USTAF Junior Championships and the USATF Junior Olympics last season. Thode is the fourth Illinois state cross country champion to join the Hawkeyes in recent years. He won the large school class at the 2008 state meet in November with a time of 14:18 on the three-mile course. He is also one of the top six returning milers in the nation, posting a 4:10.80 last spring.

WOMEN'S TEAM ANNOUNCES 2009 RECRUITS

The Hawkeye women's track team has signed eight student-athletes to national letters of intent for the 2010 season. Head **Coach Layne Anderson** is excited about the immediate impact that multi-event competitor **Missy Miller** (Tipton, IA), high jumpers **Megan Glisar** (Sergeant Bluff, IA) and **Eva Greenwalt** (Fitchberg, WI), distance runners **Megan Ranegar** (Valparaiso, IN) and **Sarah Boyd** (Dunrobin, Ontario), thrower **Ashlyn Gulvas** (Pinconning, MI), sprinter and jumper **Emily Moore** (Gillette, WY) and sprinter **Raven Moore** (Riverdale, GA) will have on the Hawkeyes next season.

Boyd placed third at the 2007 OFSAA Cross Country Championships (17:56), and has lifetime bests of 2:14 (800 meters) and 4:39 (1500 meters indoor). Glisar is a three-time Class 3A high jump state champion who placed third at the 2007 Nike Outdoor National Championships (5-8 3/4) and won the 2007 USA Youth Outdoor high jump title. Greenwalt qualified for the 2008 state meet in four events, placing third in the high jump. Her lifetime best clearance in that event is 5-8. A 2008 state champion in both the shot put and discus, Gulvas has posted lifetime best performances of 45-3 in the shot and 140-6 in the discus.

Miller is a four-time Class 2A state champion in track, having qualified in the maximum 12 events for three state championships, and a four-time state qualifier in cross country. She

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is a 10-time Drake Relays qualifier, and was part of two state championship cross country and track teams. Emily Moore is an 11-time Class 4A state champion in the jumps and sprints. Wyoming's 2008 Track and Field Gatorade Player of the Year, she holds state records in the long jump (19-2 1/2), triple jump (39-7 1/2) and as a part of the 400-meter relay (48.30). She is a two-time triple jump all-American at the Nike Outdoor National meet, placing fourth in 2007 and second in 2008. Raven Moore was a Class 1A state champion in both the 100 (11.80) and 200 meters (24.50). Ranegar was the 2007 State Cross Country Runner-up and placed 20th at the Footlocker Midwest Regional in a time of 18:24.

IOWA TRACK TO HOST CLINICS & CAMPS -- The Hawkeye coaching staff is scheduled to host a four-day summer camp June 21-25. For more information contact Assistant Coach Scott Cappos at (319) 335-9392 or scott-cappos@uiowa.edu, or visit www.hawkeyetrack.com.

LUCIANO, CROSS COUNTRY TEAMS EARN HONORS -- The Iowa cross country teams were named to the 2008 U.S. Track & Field and Cross Country Coaches Association (USTFCCCA) all-academic team in March. Hawkeye junior **Jesse Luciano** also received individual all-academic honors.

The Iowa women's team, who earned the honor for the sixth-straight season, had a combined GPA of 3.328 and is one of 162 teams to earn the award. The men's team earned a team grade point average of 3.285 and is one of 110 teams to earn the award. For a team to be considered for the USTFCCCA all-academic team award, they must have competed and compiled a team score at an NCAA Regional Meet. The team must also have a minimum 3.00 team cumulative grade point average.

Luciano is one of 40 men's cross country student-athletes to earn USTFCCCA all-academic honors. An accounting major from Villa Park, IL, he placed 15th at the NCAA Midwest Regional (31:32.55) and 43rd at the NCAA Championships (30:17.8). He has been named to the team for the second straight year. To be eligible for the award, a student-athlete must carry a minimum 3.25 cumulative grade point average and must finish in the top 15 (or top 10%) of the field at their respective NCAA regional meet or attain all-American status at the NCAA Championships.

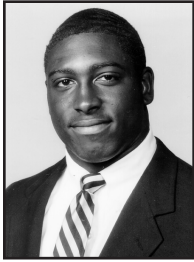
The men's cross country team was also among the NCAA Division I intercollegiate athletics programs singled out in April by the NCAA for ranking in the top 10 percent among their peers in the NCAA's 2008 Academic Progress Rate. Every NCAA Division I institution calculates an APR for each athletics team each academic year. The APR provides a real-time look at a team's academic success each semester or quarter by tracking the academic progress of each student-athlete. The APR includes eligibility, retention, and graduation in the calculation and provides a clear picture of the academic culture in each sport. The NCAA honored 767 Division I teams that earned multi-year APR scores in the top 10 percent of all squads in their respective sports, about 11.8 percent of all 6,484 Division I teams. Last year, 11.4 percent were recognized.

Head Coach **Larry Wieczorek's** squad was one of 35 men's cross country programs to rank among the Top 10 in APR among its peers and was joined by Michigan as the only Big Ten Conference programs included in that elite list.

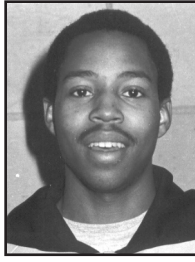
NEXT COMPETITION -- The Hawkeyes will send student-athletes who meet the qualifying standards to the 2009 NCAA Midwest Regional, May 29-30 in Norman, OK. All events will be held at the University of Oklahoma's John Jacobs Track and Field Complex. All-session tickets are \$15 for adults, and \$10 for youth, students and seniors (ages 55 and above). Single session tickets are \$10 for adults, and \$7 for youth, students and seniors (ages 55 and above). Tickets are available at www.soonersports.com or the University of Oklahoma Athletics Ticket Office at 800/456-4668.

The Midwest region will feature 39 schools from Colorado, Iowa, Kansas, Minnesota, Montana, Nebraska, New Mexico, North Dakota, South Dakota, 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 10-13 in Fayetteville, AR. The other three regions are the West (40 men's teams, 42 women's teams), the Midwest (78 men's teams, 81 women's teams) and the East (110 men's teams, 112 women's teams).

MEN'S ALL-TIME TOP TEN OUTDOOR PERFORMERS



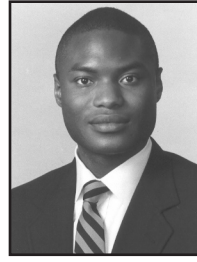
Jeremy Allen



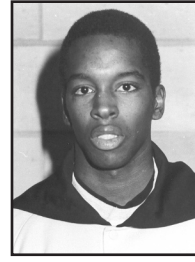
Gordon Beecham



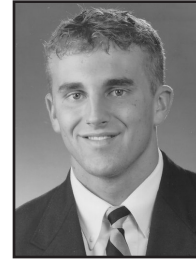
A.J. Curtis



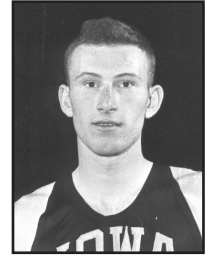
Chris Davis



Terrence Duckett



Scott Faber



Bill Frazier

100 Meters

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

110-Meter High Hurdles

1. Pat McGhee, 198913.50
2. Dion Trowers, 1996.....13.62
3. Ronnie McCoy, 1985.....13.66
4. James Armstrong, 1991...13.89
5. Doug Jones, 198614.06
6. Chris Williams, 198314.24
7. Rajeev Balkrishnan, 1993 14.29
8. Gary Falls, 199214.48
9. Monte Raymond, 199614.51
10. Tony Branch, 199814.58

200 Meters

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

400 Meters

1. Anthuan Maybank, 1993 .44.99
2. Andre Morris, 199545.15
3. Mike Mondane, 196745.20
4. Gary Hollingsworth,.....46.3
5. Harold Leonard, 198646.45
6. Tony Branch, 199946.60
7. Prince Riley, 200746.61
8. George Page, 1996.....46.66
9. Dick Eisenlauer, 1973.....46.74
- Terrence Duckett, 1983....46.74

400-Meter Hurdles

1. Pat McGhee, 198848.83
2. Monte Raymond, 1998....50.09
3. Paul Steele, 198950.45
4. Russell Peterson, 2001.....50.50
5. Adam Kunkel, 2001.....50.73
6. Jon Reimer, 196750.94
7. **Ray Varner, 2007 50.99**
8. Gary Falls, 199151.08
9. Rajeev Balkrishnan, 1993 51.14
10. Scott Williamson, 200051.74

800 Meters

1. Bill Frazier, 1962.....*1:47.64
2. D'Juan Strozier, 19901:47.82
3. Michael Layne, 1999.....1:49.61
4. Bill Thiesen, 1985.....1:49.74
5. **Adam Hairston, 2008 .. 1:49.96**
6. Andy Wiese, 1985.....1:50.22
7. Paul Chepkwony, 1984..1:50.36
8. Rod Chambers, 19891:50.60
9. Jim Donovan, 19981:50.68
10. James Porter, 19941:51.00

1,500 Meters

1. Joel Moeller, 19783:44.01
2. Jim Docherty, 1978.....3:44.30
3. Dan Waters, 19863:46.35
4. Kevin Herd, 19943:46.64
5. John Clark, 19773:46.84
6. Ted Wheeler, 1956.....3:48.24
7. **Jesse Luciano, 2007 3:49.99**
8. M. VanDenend, 20073:50.20
9. John Dobbs, 19853:50.70
10. **Chase Kadlec, 2009 3:51.01**

3,000-Meter Steeplechase

1. Deacon Jones, 1956.....8:47.40
2. Steve Pershing, 19788:54.59
3. Andy Morris, 20008:56.21
4. Matt Gerard, 19948:57.01
5. **Andy Napier, 2008..... 8:57.54**
6. Rollie Kitt, 1967.....9:02.9
7. Al Greene, 1985.....9:02.96
8. Tony Rakaric, 2005.....9:03.29
9. Sean Gale, 1993.....9:08.00
10. Nick Nordheim, 2000....9:12.06

5,000 Meters

1. M. VanDenend, 2007 ..13:49.31
2. Larry Wiczorek, 1968..13:56.0
3. Kevin Herd, 199313:59.0
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, 200714:21.05
9. Brian Rae, 200414:22.83
10. Tony Rakaric, 2003.....14:22.92

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, 199430:05.21
8. Paul Sarris, 200130:08.40
9. Matt Esche, 2004.....30:08.82
10. Eric McDermott, 2002 30:11.16

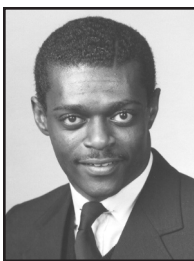
Decathlon

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

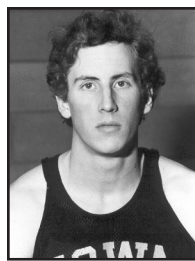
High Jump

1. Bill Hansen, 1978..... 7-4 (2.23)
- Bill Knoedel, 1975 7-4 (2.23)
3. M. Cunningham, 1986 7-1 (2.16)
- Kenneth Lansing, 1988 7-1 (2.16)
5. Pat Meade, 1987 7-0 (2.13)
6. Scott Hudek, 1993 .. 6-11 (2.11)
- Jeremy Petsche, 2008 6-11 (2.11)
7. **Ryan Kelly, 2008 7-10 3/4 (2.10)**
8. Mike Lacy, 1985 6-10 1/2 (2.09)
9. Damion Turner, 1998.6-9 1/2 (2.07)
10. Luke Nessa, 2000 6-8 3/4 (2.05)
- Trey Stross, 2008 6-8 3/4 (2.05)**
- Graham Valdes, 2009 6-8 3/4 (2.05)**

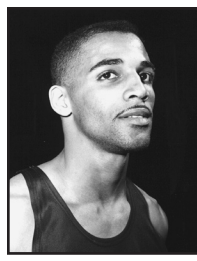
Names in bold are current team members.



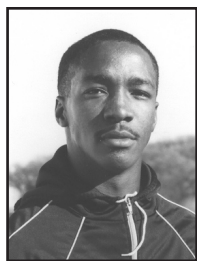
Victor Greer



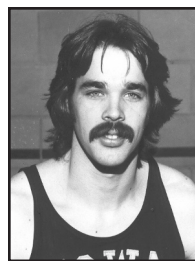
Bill Hansen



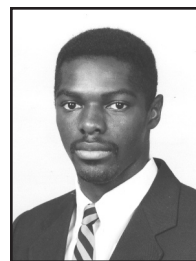
Deacon Jones



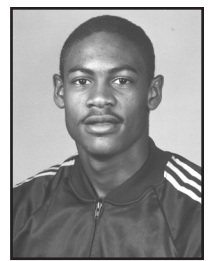
Paul Jones



Bill Knoedel

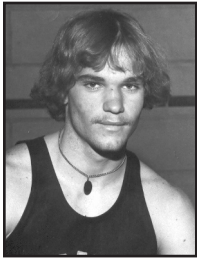


Anthuan Maybank

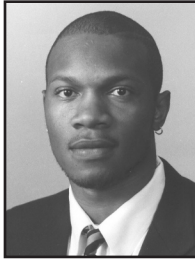


Pat McGhee

MEN'S ALL-TIME TOP TEN OUTDOOR PERFORMERS



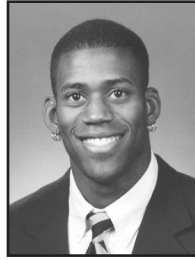
Joel Moeller



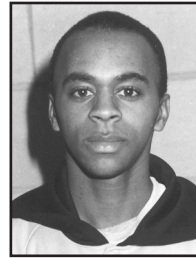
Andre Morris



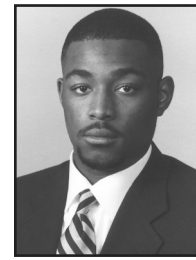
Bill Neumann



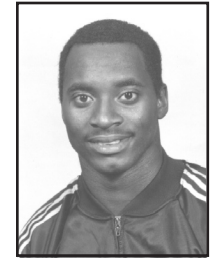
George Page



Jeff Patrick



Ed Rozell



Robert Smith

Long Jump

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

Triple Jump

1. Paul Jones, 1990 52-0 1/2 (15.86)
2. Gordon Finch, 1988 50-9 1/4 (15.47)
3. Mike Lacy, 1984 50-5 (15.36)
4. Pat Miller, 1985..... 49-8 1/2 (15.25)
5. Matty Gorman, 2008 49-2 1/2 (15.00)
6. Owen Gill, 1982 49-1 (14.96)
7. **Josh Bean, 2008 48-9 (14.86)**
8. Ed Gordon, 1931..... 48-0 1/8 (14.63)
9. Mike Means, 1981 47-0 1/2 (14.34)
10. Aaron Reed, 2005 45-3 1/2 (13.80)

Pole Vault

1. Todd Wigginton, 1984 17-0 (5.18)
2. Chad Ohly, 1994..... 16-8 3/4 (5.10)
3. Curt Broek, 1978..... 16-8 (5.08)
4. Phil Wertman, 1971..... 16-7 (5.05)
- Kelly Scott, 1988 16-7 (5.05)
6. John Teffer, 1972..... 16-2 (4.93)
7. **Alex Zona, 2009 16-0 3/4 (4.90)**
8. Steve Brewer, 1983..... 16-0 (4.88)
- Doug Pennino, 1985 16-0 (4.88)
10. Jeff Raymond, 2008 15-11 (4.85)

Shot Put

1. Jeremy Allen, 2001 63-2 3/4 (19.27)
2. Ken Kemeny, 2005 62-3 (18.97)
3. Shane Maier, 2006..... 62-2 1/4 (18.95)
4. Andy Banse, 2005 61-11 1/2 (18.88)
5. **John Hickey, 2008..... 61-9 1/2 (18.83)**
6. Chris Gambol, 1987 60-0 1/2 (18.30)
7. **A.J. Curtis, 2008 59-8 1/4 (18.19)**
8. A. van der Westhuizen, 200058-8 3/4 (17.90)
9. Gary Kostrubala, 1985 58-1 (17.70)
10. Alex Smith, 1998..... 57-9 (17.60)

Discus

1. **A.J. Curtis, 2007202-11 (61.84)**
2. Gary Kostrubala, 1986 202-4 (61.68)
3. Jeremy Allen, 2001 195-4 (59.54)
4. Tim Brodersen, 2005 193-6 (58.98)
5. Brad Daufeldt, 2004..... 185-0 (56.40)
6. **Nick Brayton, 2009180-11 (55.15)**
7. Andy Banse, 2005 180-0 (54.86)
8. Eric Rothwell, 2004..... 179-7 (54.73)
9. Shane Maier, 2008..... 178-7 (54.43)
10. **Ryan Lamparek, 2009 177-3 (54.04)**

Hammer

1. A. van der Westhuizen, 2001222-11 (67.94)
2. Adam Hamilton, 2007..... 222-2 (67.73)
3. Jim Costello, 2002 217-7 (66.32)
4. Brad Daufeldt, 2004..... 207-10 (63.34)
5. Chris Voller, 2005..... 206-0 (62.80)
6. Jeremy Allen, 2001 199-0 (60.66)
7. **Matt Banse, 2009 187-7 (57.19)**
8. Ryan Jordan, 2007 184-6 (56.23)
9. Tim Brodersen, 2004 181-3 (55.24)
10. Kale Katt, 2007..... 181-0 (55.18)

Javelin

1. Bill Neumann, 2002 244-8 (74.58)
2. Dan Ralph, 2000 227-10 (69.44)
3. **Zach Schimp, 2009206-3 (62.88 m)**
3. Kale Katt, 2007..... 204-0 (62.17)
4. Joel Storm, 2004..... 203-5 (62.01)
5. Matt Stank, 2001 199-0 (60.66)
6. A. van der Westhuizen, 1999173-11 (53.00)
7. **Craig Jennings, 2006..... 173-4 (52.83)**
8. Scott Faber, 2000 173-1 (52.78)
9. Justin Silverman, 2000 172-6 (52.58)

400-Meter Relay

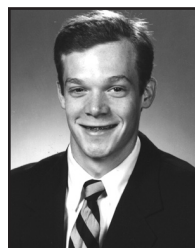
1. Beecham, Duckett, Greer, R. Smith, 198439.48
2. Page, Davis, Rozell, Morris, 199639.73
3. Felix, Branch, Dodge, Yamini, 199939.96
4. Beecham, Duckett, Greer, Patrick, 1983.....39.99
5. Dwight, Branch, Davis, Yamini, 1998.....40.00
- Goode, Fisher, Morris, Maybank, 199440.00
- 199840.00
- Dwight, Branch, Dodge, Yamini, 199940.00
9. Williamson, Dodge, Peterson, Digney, 2002 40.04
10. McCoy, Duckett, Greer, Smith, 1984.....40.07

1,600-Meter Relay

1. Morris, Davis, Page, Rozell, 19953:03.11
2. Branch, Dwight, Dodge, Yamini, 19993:03.29
3. Ferree, Frazier, Mondane, Reimer, 1967 ...3:04.10
4. Rozell, Morris, Davis, Yamini, 1996.....3:04.71
5. Cameron, Williams, McGhee, McCoy, 19853:06.00
6. Rozell, Davis, Dwight, Raymond, 19973:06.06
- Dodge, Kunkel, Coleman, Peterson, 2001 .3:06.06
8. Davis, Rozell, Morris, Raymond, 19963:06.54
9. Williamson, Dodge, Strang, Coleman, 20023:06.69
10. Raymond, Davis, Morris, Page, 1996.....3:06.85

Distance Medley Relay

1. Pershing, Moeller, Slack, Docherty, 1978 ..9:39.94
2. Theisen, Williams, Wiesa, Waters, 1985 ...9:54.04
3. **Luciano, Pierre, Hairston, VanDenend, 20079:54.07**
4. VanDenend, Riley, O'Hollearn, Rakaric, 20069:54.97
5. Feeldy, Eischeid, Novotny, Peters, 19969:55.71
6. Thomas, Wise, Cunningham, S.Allen, 2001 10:01.57
7. Thomas, Wakenight, Dziubski, Rakaric, 200310:01.72
8. Trainor, Coleman, Cunningham, Allen, 2002 10:01.93
9. English, Blackman, Strolier, Chambers, 1988 10:04.25
10. Chambers, Thomas, Bouska, Herd, 1991 10:04.30



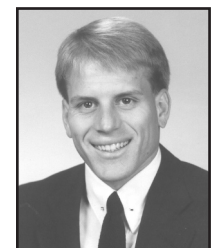
Stetson Steele



Micah
VanDenend



Arno van der
Westhuizen



Todd Wigginton

WOMEN'S ALL-TIME TOP TEN OUTDOOR PERFORMERS



Kineke Alexander



Meghan Armstrong



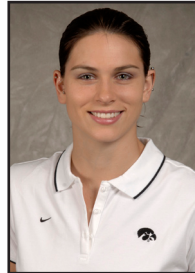
Nicole Charles



Nan Doak



Tina Floyd



Becca Franklin



Yolanda Hobbs

100 Meters

1. Vivien McKenzie, 198511.45
2. Davera Taylor, 1984..... 11.51
3. Erica Broomfield, 1998 11.53
4. Jiselle Providence, 2001 ..11.57
5. Tanja Reid, 1994 11.60
Peaches Roach, 2005 11.60
7. Yolanda Hobbs, 1995 11.62
8. Elanie Jones, 1985 11.69
9. Lakeya Boatright, 200011.77
10. Tamara Dixon, 2002 11.79

100-Meter Hurdles

1. Tiffany Johnson, 2007 13.20
2. **Karessa Farley, 2009 13.44**
3. C. Prendergast, 1999 13.60
Paula Ruen, 2000..... 13.60
5. Sarah Steffen, 2002 13.65
6. Ruqayya Raheem, 1998...13.90
7. Brenda Calhoun, 1984 13.94
8. Wynsome Cole, 1997..... 14.10
9. Kimberley Stanford, 2008.. 14.11
10. **Renee White, 2008 14.20**

200 Meters

1. Shellene Williams, 2004 ..23.50
2. Kineke Alexander, 2006...23.58
3. Davera Taylor, 1984.....23.59
4. Vivien McKenzie, 198523.61
5. Yolanda Hobbs, 1995.....23.65
6. Tanja Reid, 1995 23.75
7. Elaine Jones, 1983 23.84
8. Jiselle Providence, 2001 ..24.00
9. Peaches Roach, 2006.....24.01
10. Lakeya Boatright, 200024.14

400 Meters

1. Kineke Alexander, 2006...51.35
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, 200054.73
9. Alycia Simpson, 1987 55.18
Aisha Hume, 2004 55.18

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. Aditya Jones, 2007.....1:01.65
10. Sherri Hull, 1987 1:02.60

800 Meters

1. Kay Stormo, 1982 2:05.67
2. Michelle Lahann, 2004 .2:06.79
3. Aisha Hume, 2005 2:08.50
4. J. Kruckeberg, 1987 2:08.75
5. Ann Pare, 1997 2:09.25
6. M. Armstrong, 2006 2:10.15
7. **Sophia Poncé, 2007..... 2:10.35**
8. Briana Benning, 1996 ...2:10.47
9. Tami Hoskins, 1990.....2:11.47
10. **Besty Flood, 2009..... 2:11.69**

1,500 Meters

1. M. Armstrong, 20064:17.41
2. J. Kruckeberg 19894:19.71
3. Diane Nukuri, 2007.....4:20.95
4. Penny O'Brien, 1985.....4:21.43
5. Kay Stormo, 19824:22.24
6. Michelle Lahann, 2004 .4:24.00
7. Shannon Stanley, 2006 .4:25.08
8. **Betsy Flood, 2009..... 4:27.33**
9. **McKenzie Melander, 20094:27.34**
10. Tracy Dahl, 19924:27.44

3,000 Meters

1. Diane Nukuri, 2008.....9:18.82
2. Penny O'Brien, 1985.....9:20.61
3. Nan Doak, 19859:23.04
4. Tracy Dahl, 19929:23.53
5. M. Armstrong, 20069:28.03
6. J. Kruckeberg, 19899:30.69
7. Jennifer Brower, 1992 ..9:34.59
8. Jodi Hershberger, 1982 9:36.44
9. Tina Stec, 19949:38.39
10. R. Marchand, 20079:45.50

3,000-Meter Steeplechase

1. Jessica Schmidt, 2008 .10:27.18
2. Sarah Arens, 2004.....10:34.50
3. **Hannah Roeder, 2009 10:40.86**
4. Michelle Lahann, 200311:16.21
5. B. Thompson, 2003.....11:19.50

5,000 Meters

1. Nan Doak, 198515:45.84
2. Diane Nukuri, 2008.....15:59.39
3. M. Armstrong, 2008 ...16:08.83
4. Jenny Spangler, 1983..16:17.21
5. Tracy Dahl, 199216:18.77
6. R. Marchand, 200816:27.02
7. Jennifer Brower, 1991 16:37.09
8. Renee Doyle, 1988.....16:39.46
9. J. Hershberger, 1982...16:48.04
10. A. Dobrowolski, 1984 .16:50.00

10,000 Meters

1. Diane Nukuri, 2008.....33:17.01
2. Jennifer Brower, 1991 33:23.38
3. M. Armstrong, 2008 ...33:28.00
4. Nan Doak, 1985 33:33.03
5. Jenny Spangler, 1983..33:39.24
6. R. Marchand, 200834:05.87
7. Tracy Dahl, 199234:30.09
8. Nikki Chapple, 2004....35:06.35
9. Jenny Johnson, 1992 ..35:45.53
10. A. Dobrowolski, 1985 .35:59.98

Heptathlon

1. Tammilee Kerr, 2008 5,532
2. Kathy Gillespie, 1983 5,262
3. Tiff Pedersen, 2004..... 4,976
4. Janet Adams, 1981 4,855
5. Ruqayya Raheem, 1997.. 4,665
6. Angela Chadwick, 1993 .. 4,493
7. Angie Hensel, 2004..... 4,073
8. Janelle Jaspers, 1987 4,000
9. Marjie Tweto, 1996 3,967



Aisha Hume



Aisha James



Tiffany Johnson



Tammilee Kerr



Vivien McKenzie



Diane Nukuri



Marlene Poole

WOMEN'S ALL-TIME TOP TEN OUTDOOR PERFORMERS



Alana Redfern



Tanja Reid



Peaches Roach



Jessica Schmidt



Sarah Steffen



Kay Stormo



Jessie Strand

High Jump

1. Peaches Roach, 2006.....6-1 1/4 (1.86)
2. Mary Mol, 1983 6-0 (1.83)
3. Lynn McMillan, 1988 5-9 1/4 (1.76)
4. Kacey Childs, 2001.....5-8 1/2 (1.74)
5. Kristi Dinkla, 1985..... 5-8 (1.73)
Becky Kaza, 1995 5-8 (1.73)
Eve Cullinan, 2003 5-8 (1.73)
8. **Caleigh Bacchus, 2008.....5-7 1/4 (1.71)**
9. Jenni Elbert, 2005 5-7 (1.70)
10. Nancy Tessmer, 19915-6 1/2 (1.69)
Tammilee Kerr, 20085-6 1/2 (1.69)

Long Jump

1. Aisha James, 2003 22-3 (6.78)
2. **Renee White, 200820-3 3/4 (6.19)**
3. Becki Borg, 1988.....19-7 1/4 (5.97)
4. Lisa Moats, 1986.....19-6 (5.95)
5. Tammilee Kerr, 200819-4 1/4 (5.90)
6. Yolanda Hobbs, 1993.....19-2 1/2 (5.85)
7. Jane Dunlevy, 1977..... 18-6 (5.64)
8. Ruqayya Raheem, 1997 ..18-5 1/4 (5.62)
Tiff Pedersen, 2004.....18-5 1/4 (5.62)
10. Angie Hensel, 2005..... 18-5 (5.61)

Triple Jump

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

Shot Put

1. Lisa Van Steenwyk, 1992 50-8 (15.44)
2. Gail Smith, 198450-3 1/4 (15.32)
3. Denise Taylor, 1992.....50-1 3/4 (15.28)
4. Kamesha Marshall, 200548-6 3/4 (14.80)
5. Laura Kriener, 199048-2 1/2 (14.69)
6. Jennifer Gilson, 2002 47-10 (14.58)
7. Jennifer Moon, 200047-5 1/4 (14.46)
8. **Mandy Chandler, 2006..... 46-0 (14.02)**
9. Shelley Redies, 1985..... 45-7 (13.89)
10. Megan Maurer, 1998....44-9 3/4 (13.66)

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, 1985146-2 (44.56)
10. Jodi Peterson, 1993142-1 3/4 (43.32)

Hammer Throw

1. Becca Franklin, 2007..... 195-0 (59.45)
2. Erin O'Hern, 2008 168-9 (51.45)
3. Kerri Blackstone, 1999.... 161-10 (49.32)
4. **Mandy Chandler, 2009 158-4 3/4 (48.28)**
5. Megan Maurer, 1998..... 145-6 (44.36)
6. Jennifer Gilson, 2002 142-6 (43.44)
7. Jennifer Moon, 2000 139-3 (42.44)
8. Kara Hinz, 2000.....125-1 (38.14)
9. Katie Hoback, 2002..... 121-11 (37.16)

Javelin

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

Pole Vault

1. Jessie Strand, 200312-10 1/4 (3.92)
2. Sarah Burgett, 2006.....12-1 3/4 (3.70)
3. Gina Shannon, 200111-2 1/4 (3.41)
4. Becky Kaza, 1998 8-6 (2.59)
Amy Kasparbauer, 2001 8-6 (2.59)

Pole Vault (Continued)

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

400-Meter Relay

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

1,600-Meter Relay

1. Hume, Charles, Steffen, Williams, 2003 3:36.26
2. McCalla, Granger, Alexander, Johnson, 2006 3:38.36
3. Alexander, **Graham**, Jones, M. Mims, 2007 .. 3:39.36
4. Jones, Alexander, Johnson, M. Mims, 2007.. 3:39.64
5. McCalla, Alexander, Sheeley, Hume, 2005 3:39.67
6. 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

Distance Medley Relay

1. Hoskins, Powell, Schneckloth, Kruckeberg, 1989 .11:22.18
2. Armstrong, Alexander, Poncé, Stanley, 2007 .11:25.05
3. Stanley, McCalla, Hume, Armstrong, 2005.. 11:34.04
4. Barber, Williams, Hume, Arens, 2004 11:34.56
5. Thompson, Williams, Hume, Arens, 2003... 11:39.02
6. 2000 11:39.83
7. Davenport, xx, xx, xx, 1981 11:41.44
8. Pare, Grant, Benning, Gilchrist, 1997 11:41.92
9. Butler, Hume, Barber, Arens, 2001..... 11:47.16
10. Thompson, Hume, Barber, Lahann, 2003.... 11:52.04



Denise Taylor



Lisa Van Steenwyk



Renee White



Shellene Williams

IOWA'S NCAA MIDWEST REGIONAL QUALIFIERS



Matt Banse
Throws - *Freshman
Strawberry Point, IA
Starmont High School

2009 -- Indoor - led team in weight throw (54-8 1/4)... placed 23rd in weight throw (53-1 1/2) at Big Ten Championships... placed second in weight throw and fourth in shot put against Illinois (54-1 1/2, 52-11 1/2) and at Iowa Invite (52-0, 53-0)... **Outdoor** -- qualified for

regional meet in hammer throw with his collegiate-best 187-7 for second place at Messersmith Invite... that mark leads the team, and ranks seventh in school history, 10th in the Big Ten and 15th in the region... won shot put at Lee Calhoun Memorial with a collegiate-best 54-2... placed ninth in shot put (53-11) and 13th in hammer (172-1) at Tiger Track Classic, 14th in hammer (176-6) at Drake Relays, and fourth in hammer (169-0) and fifth in shot put (51-5 3/4) at Illinois Invite.

Banse's Collegiate Bests

Event	Mark	Meet	Date
Shot Put (O)	54-2 (16.51 m)	at Lee Calhoun Mem.	4/11/09
Wt. Throw (I)	54-8 1/4 (16.67 m)	Iowa Open	1/17/09
Hammer (O)	187-7 (57.19 m)	at Messersmith Invite	4/18/09



Chris Barton
Sprints - Sophomore
Sherman Oaks, CA
Notre Dame High School

2009 -- Indoor - ran third leg on 1,600-meter relay that led team and ran NCAA provisional qualifying 3:09.62 at Last Chance Qualifier... that time ranks 10th on Iowa's all-time best performers list... ran third leg on 1,600-meter relay that placed eighth at Big Ten Championships

(3:14.73)... ran collegiate-best 200 meters (22.47) at Iowa State Classic... ran season-best 400 meters (48.32) at Meyo Invite... **Outdoor** - qualified for regional meet as part of team-leading 1,600-meter relay (3:08.81)... that time ranks third in the Big Ten, 23rd in the region and 43rd in the nation... ran third leg on 1,600-meter relay that placed third at John McDonnell Invite (3:08.81) and fourth at Drake Relays (3:11.46)... ran third leg on sprint medley relay that placed second at Drake Relays in 3:20.05, which ranks third in school history... ran season best 400 meters (47.61) at Illinois Invite.

Barton's Collegiate Bests

Event	Time	Meet	Date
200 Meters (I)	22.47	at Iowa State Classic	2/13/09
400 Meters (O)	47.31	at Tiger Classic	4/5/08



Nick Brayton
Throws - *Freshman
Iowa City, IA
West High School

2009 -- Indoor - placed fourth in shot put with collegiate-best 51-3 1/2 at Iowa Open... posted collegiate-best weight throw (46-11 1/2) against Illinois... placed fifth in shot put (51-0 1/4) at Iowa Invite... **Outdoor** - qualified for regional meet in discus with a

winning 180-11 at Messersmith Invite... that collegiate-best throw leads team, and ranks second in the Big Ten, sixth in the region and school history and 32nd in the nation... placed fifth in discus (173-3) at Tiger Track Classic and seventh (155-4) at Illinois Invite... placed second in discus (163-0) and fifth in shot put (48-6) at Lee Calhoun Memorial.

Brayton's Collegiate Bests

Event	Mark	Meet	Date
Shot Put (I)	51-3 1/2 (15.63 m)	Iowa Open	1/17/09
Wt. Throw (I)	46-11 1/2 (14.31 m)	Iowa vs. Illinois	1/10/09
Discus (O)	180-11 (55.15)	at Messersmith Invite	4/18/09



Paul Chaney, Jr.
Sprints - Junior
St. Louis, MO
University High School

2009 -- Indoor - led team in 60 (6.80) and 200 meters (21.34)... the 60-meter time ranks third and the 200-meter time ranks fourth on Iowa's all-time best performers list... placed fifth in 200 meters (21.45) and sixth in 60 meters (6.84) at Big Ten Championships... won 60 meters

(6.80) at Iowa Invite... **Outdoor** - qualified for regional meet in 100 (10.51) and 200 meters (21.14) at Illinois Invite, and as part of 400-meter relay (40.58)... leads team in 100 and 200 meters, and as part of 400-meter relay... those respective times rank third, second and third in the Big Ten... anchored 400-meter relay to Drake Relays title (40.71)... also anchored 800-meter relay to a school-record 1:24.85 and sixth-place finish at Drake... ran second leg on sprint medley relay that placed second at Drake in 3:20.05, which ranks third in school history... missed the first month of the outdoor season due to spring football practice.

Chaney, Jr.'s Collegiate Bests

Event	Time	Meet	Date
60 Meters (I)	6.80	Iowa Invite	2/20/09
100 Meters (O)	10.51	at Illinois Invite	5/2/09
200 Meters (O)	21.14	at Illinois Invite	5/2/09

IOWA'S NCAA MIDWEST REGIONAL QUALIFIERS



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

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

for the NCAA Midwest Regional (8)... competed in discus at 2008 U.S. Olympic Trials.

2009 -- Indoor - placed fourth in shot put with season-best 57-9 1/2 at Big Ten Championships... that mark ranks ninth on Iowa's all-time best performers list... placed eighth in shot put (56-7 1/4) at New Balance Invite... **Outdoor** - qualified for regional meet in discus (176-0) and shot put (59-5 3/4), giving him the school record for most career times qualified for the regional meet with eight... the shot put mark ranks fourth in the Big Ten, seventh in the region and 23rd in the nation... the discus throw ranks fourth in the Big Ten and 12th in the region... placed second in discus at Illinois Invite (176-0), third at Messersmith Invite (170-4), seventh at Drake Relays (170-2) and ninth at Mesa Classic (172-8)... placed fifth in shot put at Drake Relays (58-0 1/4) and Sun Angel Classic (59-5 3/4).

Curtis' Collegiate Bests

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



Karessa Farley Sophomore - Hurdles Bridgetown, Barbados Queen's College HS

2009 -- Indoor - all-American, placing sixth in 60-meter hurdles (8.23) at NCAA Championships... first Hawkeye in women's school history to earn all-America honors in that event... NCAA provisional qualifier in 60-meter hurdles with a school-record setting time

of 8.21 at Iowa State Last Chance Meet... also won 60-meter hurdles at Iowa State Classic with a then-school record time of 8.30... ran collegiate-best 60 meters (7.88) at Iowa Open... **Outdoor** - qualified for regional meet in 100-meter hurdles (13.44) at Illinois Invite... that mark leads team, and ranks second in school history, third in the Big Ten, fifth in the region and 30th in the nation... placed second in 100-meter hurdles (13.53) at Drake Relays... ran lead leg on team-leading 400-meter relay (46.56) at Drake Relays.

Farley's Collegiate Bests

Event	Time	Meet	Date
60 Meters (I)	7.88	Iowa Open	1/17/09
60-Meter Hurdles (I)	8.21	at Last Chance Qualifier	3/7/09
100 Meters (O)	12.28	at Tiger Track Classic	4/4/09
100-Meter Hurdles (O)	13.44	at Illinois Invite	5/2/09
200 Meters (I)	26.73	at Jack Johnson Classic	1/26/08
300 Meters (I)	42.14	Iowa Open	1/17/09



Betsy Flood Freshman - Distance Des Moines, IA Dowling High School

2009 -- Indoor - ran third leg on team-leading distance medley relay that placed third in 11:27.34 at Big Ten Championships to provisional qualify for NCAA meet... that relay time ranks third on Iowa's all-time best performers list... led team in mile with collegiate

best 4:51.75 she ran at Iowa State Classic... that time ranks ninth in school history... ran 4:52.35 mile at Big Ten Championships... ran collegiate bests in 600 meters (1:35.42) at Iowa Invite and 800 meters (2:16.67) at Jack Johnson Classic... **Outdoor** - qualified for regional meet in 1,500 meters (4:27.33)... that time ranks 18th in the Big Ten and 22nd in the region... ran collegiate-best 800 meters (2:11.69) at Illinois Invite... that time ranks 10th in school history... ran lead legs on team-leading 3,200-meter (8:53.81) and 6,400-meter (19:36.43) relays at Drake Relays... those times rank fourth and second, respectively, in school history.

2008 -- Cross Country - ran collegiate bests in 3,000 meters (10:41) at Hawkeye Invite, 5,000 meters (17:34) at Auburn Invite and 6,000 meters (21:37) at NCAA Midwest Regional... her best 3,000-meter time ranks eighth and her best 6,000-meter time ranks ninth in school history... placed 39th at Big Ten Championships (22:03) and 40th at NCAA Midwest Regional (22:06)... letterwinner.

Flood's Collegiate Bests

Event	Time	Meet	Date
600 Meters (I)	1:35.42	Iowa Invite	2/20/09
800 Meters (O)	2:11.69	at Illinois Invite	5/2/09
1,500 Meters (O)	4:27.33	at Sun Angel Classic	4/12/09
Mile (I)	4:51.75	at Iowa State Classic	2/14/09
3,000 Meters (CC)	10:41	Hawkeye Invite	8/29/08
5,000 Meters (CC)	17:34	at Auburn Invite	10/4/08
6,000 Meters (CC)	21:37	at Pre-Nationals	10/18/08

IOWA'S NCAA MIDWEST REGIONAL QUALIFIERS



Adam Hairston
Middle Distance - Junior
Cedar Rapids, IA
Kennedy High School

2009 -- Indoor - lead team in 800 meters with NCAA provisional qualifying mark of 1:49.82... placed third in 800 meters (1:51.34) at Big Ten Championships... ran third leg on team-leading distance medley relay that placed ninth at Big Ten meet (9:52.52)... that time ranks

fourth on Iowa's all-time best performers list... won 600 meters at Iowa Open (1:19.05)... **Outdoor** - qualified for regional meet in 800 meters with a team-leading and season-best 1:49.96... that time ranks fourth in the Big Ten, 14th in the region and 46th in the nation... won 800 meters at Tiger Track Classic (1:50.56) and placed fourth at John McDonnell Invite (1:49.96), eighth at Drake Relays (1:54.15) and ninth at Sun Angel Classic (1:51.23)... anchored sprint medley relay to second-place finish (3:20.05) and 3,200-meter relay to 11th-place finish (7:33.08) at Drake Relays... those times rank third and second, respectively, in school history.

Hairston's Collegiate Bests

600 Meters (I)	1:19.05	Iowa Open	1/17/09
800 Meters (I)	1:49.63	at Last Chance Qualifier	3/8/08
Mile (I)	4:19.94	Iowa Invite	2/16/07



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

Career Highlights -- two-time all-American... two-time Big Ten shot put champion... all-region honoree... placed second in shot put (58-11 1/2) at 2008 NACAC Under 23 Games in Toluca, Mexico... won shot put (63-3

1/4) at 2006 USATF Junior National Championships... placed fourth in shot put (65-2) at 2006 IAAF World Junior Championships in Beijing, China.

2009 -- Indoor - all-American, placing ninth in shot put (60-3 3/4) at NCAA Championships... NCAA provisional qualifier in shot put with a school-record setting throw of 63-0 at Iowa State Classic... provisionally qualified for NCAA Championships five times during the season... placed second in shot put at Big Ten Championships (60-5 3/4) and New Balance Invite (60-7 3/4)... won shot put at Iowa Open (59-8 1/2), Jack Johnson Classic (58-6), Iowa Invite (58-1 3/4) and against Illinois (56-0 1/2)... named Big Ten Field Event Athlete of

the Week Feb. 16 after setting school shot put record... **Outdoor** - qualified for regional meet in shot put with a team-leading 60-1 3/4 at Illinois Invite... that mark ranks third in the Big Ten, second in the region, and 17th in the nation... won shot put at Illinois Invite (60-1 3/4), placed second at Tiger Track Classic (60-0 1/2), third at Drake Relays (59-0 1/4) and sixth at Sun Angel Classic (59-0).

Hickey's Collegiate Bests

Event	Distance	Meet	Date
Shot Put (I)	63-0 (19.20 m)	at Iowa State Classic	2/14/09
Hammer (O)	171-10 (52.38 m)	Iowa Musco Twilight IX	4/21/07



Ryan Lamparek
Throws - *Freshman
Fairfax, IA
Cedar Rapids Prairie HS

2009 -- Indoor - placed sixth in shot put with collegiate-best 56-8 3/4 at Big Ten Championships... that mark ranks 10th on Iowa's all-time best performers list... runner-up in shot put at Iowa Invite (56-0 1/2), against Illinois (55-6 1/2) and at Iowa Open (54-11 1/4), and

placed third at Jack Johnson Classic (55-1 1/2)... **Outdoor** - qualified for regional meet in discus (177-3)... that mark ranks third in the Big Ten, ninth in the region and 10th in school history... won shot put (53-2 1/4) and placed second in discus (177-3) at Messersmith Invite... placed 14th in discus (159-6) and 18th in shot put (53-5 3/4) at Drake Relays... placed third in shot put and discus (53-3 3/4, 168-0) at Illinois Invite... also qualified for regional meet in discus at Mesa Classic (175-4).

Lamparek's Collegiate Bests

Event	Mark	Meet	Date
Shot Put (I)	56-8 3/4 (17.29 m)	at Big Ten Champ's	2/28/09
Wt. Throw (I)	49-7 (15.11 m)	Iowa vs. Illinois	1/10/09
Discus (O)	177-3 (54.04 m)	at Messersmith Invite	4/18/09

IOWA'S NCAA MIDWEST REGIONAL QUALIFIERS



McKenzie Melander
Freshman - Distance
Apple Valley, MN
Eastview High School

2009 -- Indoor - ran lead leg on team-leading distance medley relay that placed third in 11:27.34 at Big Ten Championships to provisional qualify for NCAA meet... that relay time ranks third on Iowa's all-time best performers list... ran collegiate-best mile (4:51.76)

at Iowa State Classic, which ranks 10th in school history... ran collegiate-best 3,000 meters (9:55.53) at Meyo Invite... **Outdoor** - qualified for regional meet in 1,500 meters (4:27.34)... that time ranks 19th in the Big Ten and 23rd in the region... ran second leg on team-leading 6,400-meter (19:36.43) relay that placed third at Drake Relays... that relay time ranks second in school history... ran collegiate-best 800 meters (2:14.90) at Illinois Invite.

2008 -- Cross Country - ran collegiate bests in 3,000 meters (10:56) at Hawkeye Invite, 5,000 meters (17:45) at Auburn Invite and 6,000 meters (22:57) at Big Ten Championships... letterwinner.

Melander's Collegiate Bests

Event	Time	Meet	Date
800 Meters (O)	2:14.90	at Illinois Invite	5/2/09
1,500 Meters (O)	4:27.34	at Sun Angel Classic	4/12/09
Mile (I)	4:51.76	at Iowa State Classic	2/14/09
3,000 Meters (I)	9:55.53	at Meyo Invite	2/7/09
3,000 Meters (CC)	10:56	Hawkeye Invite	8/29/08
5,000 Meters (CC)	17:45	at Auburn Invite	10/4/08
6,000 Meters (CC)	22:57	at Big Ten Championships	11/2/08



Patrick Richards
Sprints - Freshman
Colorado Springs, CO
Widefield High School

2009 -- Indoor - ran second leg on 1,600-meter relay that led team and ran NCAA provisional qualifying 3:09.62 at Last Chance Qualifier... that time ranks 10th on Iowa's all-time best performers list... placed fifth in 400 meters (47.94) at Big Ten Championships... anchored

1,600-meter relay that placed eighth at Big Ten meet (3:14.73)... ran collegiate-best 400 meters (47.78) at Meyo Invite, which ranks ninth in school history... placed second in 200 meters with collegiate-best 21.78 at Iowa Open... **Outdoor** - qualified for regional meet as part of 400-meter relay (40.58) at Drake Relays... that prelim time leads the team, and ranks third in the Big Ten and 15th in the region... that

relay won Drake title, running a 40.71 in the finals... also ran second leg on two regional qualifying 1,600-meter relays... ran second leg on 800-meter relay that set a school record of 1:24.85 and placed sixth at Drake... ran lead leg on sprint medley relay that placed second at Drake in 3:20.05, which ranks third in school history... ran collegiate bests in 200 (21.68) and 400 meters (47.68) at Illinois Invite.

Richards' Collegiate Bests

Event	Time	Meet	Date
60 Meters (I)	6.97	Iowa vs. Illinois	1/10/09
100 Meters (O)	11.01	at John McDonnell Invite	4/18/09
200 Meters (O)	21.68	at Illinois Invite	5/2/09
400 Meters (O)	47.68	at Illinois Invite	5/2/09



D'Juan Richardson
Hurdles/Sprints - Freshman
Indianapolis, IN
Warren Central High School

2009 -- Indoor - led team in 60-meter hurdles with collegiate-best 6.87 he ran at Iowa Open... that time ranks fifth on Iowa's all-time best performers list... won 200 meters with a collegiate-best 21.59 and placed second in 60 meters with collegiate-best 6.87 at Iowa Open...

the 60-meters time ranks eighth in school history... won 60-meter hurdles (8.46) at Iowa Invite... **Outdoor** - qualified for regional meet as part of 400-meter relay (40.58) at Drake Relays... that prelim time leads the team, and ranks third in the Big Ten and 15th in the region... that relay won Drake title, running a 40.71 in the finals... ran lead leg on 800-meter relay that set a school-record of 1:24.85 and placed sixth at Drake... ran collegiate best 110-meter hurdles (15.01) at Illinois Invite.

Richardson's Collegiate Bests

Event	Time	Meet	Date
60 Meters (I)	6.87	Iowa Open	1/17/09
60 Hurdles (I)	8.20	Iowa Open	1/17/09
100 Meters (O)	10.90	at Mesa Classic	4/10/09
110 Hurdles (O)	15.01	at Illinois Invite	5/2/09
200 Meters (I)	21.59	Iowa Open	1/17/09
400 Hurdles (O)	53.89	at John McDonnell Invite	4/18/09

IOWA'S NCAA MIDWEST REGIONAL QUALIFIERS



Hannah Roeder
Junior - Distance
Des Moines, IA
Roosevelt High School/UCLA

2009 -- Indoor - placed 12th in 3,000 meters (10:05.43) and 22nd in 5,000 meters (17:26.64) at Big Ten Championships... ran collegiate-best mile (5:01.07) at Iowa State Classic... **Outdoor** - qualified for regional meet in 3,000-meter steeplechase (10:40.86)...

that time leads the team, and ranks third in school history, eighth in the Big Ten and 12th in the region... won 3,000-meter steeplechase at Tiger Track Classic (10:40.86) and placed fifth at Drake Relays (10:42.88)... placed second in 1,500 meters with a collegiate-best 4:35.78 at Illinois Invite.

2008 -- Cross Country - Iowa's third finisher at NCAA Championships, running a collegiate-best 6,000 meters (21:39)... placed 39th at NCAA Midwest Regional (22:03) and 51st at Big Ten Championships (22:19)... letterwinner.

Roeder's Collegiate Bests

Event	Time	Meet	Date
1,500 Meters (O)	4:35.78	at Illinois Invite	5/2/09
Mile (I)	5:01.07	at Iowa State Classic	2/14/09
3,000 Meters (I)	10:05.43	at Big Ten Champ's	2/28/09
3,000 Steeplechase (O)	10:40.86	at Tiger Track Classic	4/4/09
5,000 Meters (I)	17:26.64	a Big Ten Champ's	3/1/09
6,000 Meters (CC)	21:39	at NCAA Champ's	11/24/08
10,000 Meters (O)	38:16.45	at Big Ten Champ's	5/16/08



Zeke Sayon
Sprints - Sophomore
Rockford, IL
Harlem High School
University of Illinois-Chicago

2009 -- Indoor - won 60 meters with season-best 6.86 against Illinois... that time ranks sixth on Iowa's all-time best performers list... **Outdoor** - qualified for regional meet as part of 400-meter relay (40.58) at Drake Relays... that prelim

time leads the team, and ranks third in the Big Ten and 15th in the region... that relay won Drake title, running a 40.71 in the finals... also leads team in 100 meters (10.84)... ran collegiate bests in 100 meters (10.73) at Illinois Invite and 200 meters (22.01) at John McDonnell Invite.

Sayon's Collegiate Bests

Event	Time	Meet	Date
55 Meters (I)	6.45	at Carthage Last Chance	3/7/08
60 Meters (I)	6.86	Iowa vs. Illinois	1/10/09
100 Meters (O)	10.73	at Illinois Invite	5/2/09
200 Meters (O)	22.01	at John McDonnell Invite	4/18/09



Zachary Schimp
Throws - Junior
Marietta, PA
Donegal High School
West Chester University

2009 -- Indoor - did not compete... **Outdoor** - qualified for regional meet in javelin (206-3)... his collegiate-best and team-leading throw ranks third in school history, third in the Big Ten and 17th in the region... won javelin at Illi-

nois Invite (188-3), and placed second at Tiger Track Classic (206-3) and third at Drake Relays (204-8)... placed fifth in hammer throw at Lee Calhoun Memorial (152-9) and seventh at Messersmith Invite (150-9).

Schimp's Collegiate Bests

Event	Mark	Meet	Date
Hammer (O)	152-9 (46.56 m)	at Lee Calhoun Memorial	4/11/09
Javelin (O)	206-3 (62.88 m)	at Tiger Track Classic	4/4/09

IOWA'S NCAA MIDWEST REGIONAL QUALIFIERS



Erik Sowinski
Middle Distance - Freshman
Waukesha, WI
West High School

2009 -- Indoor - set school record in 600 meters (1:18.05) in Big Ten Championships prelims, placing eighth with a 1:19.10 time in the finals... ran collegiate-best 1:51.39 in 800 meters at Last Chance Qualifier... that time ranks fifth on Iowa's all-time best performers

list... also ran 800 meters at Meyo Invite (1:52.70), Iowa State Classic (1:52.82), Razorback Invite (1:54.22) and Iowa Open (1:55.22)... **Outdoor** - qualified for regional meet as part of team-leading 1,600-meter relay (3:08.81)... that time ranks third in the Big Ten and 23rd in the region... ran second leg on 1,600-meter relay that placed fourth at Drake in 3:11.46 and third leg on 3,200-meter relay that placed 11th at Drake Relays in 7:33.08, which ranks second in school history... ran second leg on the team-leading distance medley relay (10:02.91) at Drake Relays... ran collegiate-best 800 meters (1:51.10) at John McDonnell Invite.

Sowinski's Collegiate Bests

Event	Distance	Meet	Date
600 Meters (I)	1:18.05	at Big Ten Championships	2/28/09
800 Meters (O)	1:51.10	at John McDonnell Invite	4/18/09



Ray Varner
Hurdles - Junior
Wadsworth, IL
Warren Township High School

2009 -- Indoor - anchored 1,600-meter relay that led team and ran NCAA provisional qualifying 3:09.62 at Last Chance Qualifier... that time ranks 10th on Iowa's all-time best performers list... ran lead leg on 1,600-meter relay that placed eighth (3:14.73) and second leg

on team-leading distance medley relay that placed ninth (9:52.52) at Big Ten Championships... the distance medley relay time ranks fourth on Iowa's all-time best performers list... led team in 400 meters (47.75)... ran collegiate bests in 60-meter hurdles (8.46) at Iowa Open and 200 meters (22.08) at Iowa State Classic... **Outdoor** - qualified for regional meet in 400-meter hurdles (51.00) and as part of team-leading 1,600-meter relay (3:08.81)... the hurdles time leads the team and Big Ten, and ranks third in the region and 18th in the nation... that relay time ranks third in the Big Ten and 23rd in the region... anchored 1,600-meter relay that placed fourth at Drake Relays in 3:11.46... won 400-meter hurdles at Illinois Invite (51.29), and placed second at John McDonnell Invite (51.00) and Drake Relays (51.80), and third at Sun Angel Classic (51.53) and Tiger Track Classic (51.82).

Varner's Collegiate Bests

Event	Time	Meet	Date
60 Hurdles (I)	8.46	Iowa Open	1/17/09
110 Hurdles (O)	15.25	at Illinois Invite	5/2/09
200 Meters (I)	22.08	at Iowa State Classic	2/13/09
400 Meters (I)	47.66	at Last Chance Qualifier	3/8/08
400 Hurdles (O)	50.99	at Big Ten Championships	5/13/07
600 Meters (I)	1:22.23	at Jack Johnson Classic	1/26/08

IOWA'S NCAA MIDWEST REGIONAL QUALIFIERS



Steven Willey
Middle Distance - Sophomore
Onawa, IA
West Monona High School

2009 -- Indoor - ran lead leg on 1,600-meter relay that led team and ran NCAA provisional qualifying 3:09.62 at Last Chance Qualifier... that time ranks 10th on Iowa's all-time best performers list... ran second leg on 1,600-meter relay that placed eighth at Big Ten Champi-

onships (3:14.73)... placed seventh in 600 meters at Big Ten meet with a collegiate-best 1:19.03 that ranks third in school history... ran season-best 200 meters (22.27) at Iowa State Classic and 400 meters (48.22) at Meyo Invite... **Outdoor** - qualified for regional meet in 400 meters (47.04) and as part of team-leading 1,600-meter relay (3:08.81)... the 400 meters leads the team, and ranks fifth in the Big Ten and 17th in the region... the relay time ranks third in the Big Ten and 23rd in the region... ran lead leg on 1,600-meter relay that placed fourth at Drake in 3:11.46 and lead leg on 3,200-meter relay that placed 11th in 7:33.08, which ranks second in school history... won 400 meters at John McDonnell Invite (47.04) and Sun Angel Classic (47.70), and placed ninth at Tiger Track Classic (47.98).

Willey's Collegiate Bests

Event	Time	Meet	Date
200 Meters (I)	22.27	at Iowa State Classic	2/13/09
400 Meters (O)	47.04	at John McDonnell Invite	4/18/09
600 Meters (I)	1:19.03	at Big Ten Championships	3/1/09
800 Meters (O)	1:53.39	at Illinois Invite	5/2/09



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

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

2009 -- Indoor - NCAA provisional qualifier in triple jump (41-7 3/4), leading

the team in that event and the long jump (18-7 3/4)... placed third in triple jump (41-7) and 13th in long jump (18-7 3/4) at Big Ten Championships... placed second in triple jump at Iowa State Classic (41-7 3/4) and third at Iowa State Qualifier (40-11 1/2)... won 60-meter hurdles with a season-best 8.60 at Iowa Invite... **Outdoor** - qualified for regional meet in long jump (20-0 1/4) and triple jump (41-3) with team-leading performances... the triple jump mark ranks third in the Big Ten, 12th in the region and 37th in the nation... the long jump mark ranks eighth in the Big Ten and 15th in the region... anchored team-leading 400-meter relay (46.56) at Drake Relays... won long jump at Messersmith Invite (20-0 1/2) and triple jump at Sun Angel Classic (41-3)... ran collegiate-best 100 meters (12.18) at Messersmith Invite... placed second in triple jump (40-1 1/2) and fourth in long jump (18-8 3/4) at Illinois Invite.

White's Collegiate Bests

Event	Mark	Meet	Date
60 Meters (I)	7.83	at Jack Johnson Classic	1/20/07
60 Hurdles (I)	8.45	at Big Ten Champ's	3/1/08
100 Meters (O)	12.18	at Messersmith Invite	4/18/09
100 Hurdles (O)	14.20	at Auburn Classic	4/5/08
200 Meters (O)	25.31	at Aztec Classic	3/16/07
Long Jump (O)	20-3 3/4 (6.19 m)	at NCAA Regional	5/30/08
Triple Jump (O)	43-10 (13.36 m)	at NCAA Regional	5/31/08