

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



TRACK CONTACTS: TRACI WAGNER, NATHAN SHEEHAN

APRIL 20, 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	9:30 a.m./8 a.m./8 a.m.
	<i>(Des Moines, IA)</i>	
5/2	at Illinois Invite	
	<i>(Champaign, IL)</i>	
5/15-17	at Big Ten Championships	
	<i>(Columbus, OH)</i>	
5/29-30	at NCAA Midwest Regional	
	<i>(Norman, OK)</i>	
6/10-13	at NCAA Championships	
	<i>(Fayetteville, AR)</i>	

HAWKEYE COACHING STAFF

The Hawkeye coaching staff has some new faces and responsibilities for the 2009 season. **Larry Wiczorek** 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 Iowa men and women's track team will compete at the 100th running of the Drake Relays, Thursday-Saturday, in Des Moines, IA. Events will be held on Jim Duncan Track in Drake Stadium (18,000). Tickets are available at (515) 271-3647 or at www.drakebulldogs.com. Events are scheduled to start at 9:30 a.m. Thursday, 8 a.m. Friday and 8 a.m. Saturday.

The Saturday session of the Drake Relays will be shown, taped delayed, on ESPN2. The air time will be 1 p.m. (CT) Sunday.

TICKET INFORMATION -- Tickets for the 100th annual Drake Relays are available at (515) 271-3647 or at www.drakebulldogs.com. The Saturday's event finals has sold out 42 consecutive years, which is the longest streak in U.S. track history. Following are ticket prices:

Reserved Ticket Packages

Package (Days) - Price

All-Session - \$85

All-American (Friday Night and Saturday) - \$55

Gold (Friday Day & Saturday) - \$70

Friday & Friday Night - \$45

Single Session Prices

Competition Day (Ticket Type) - Price

Thursday (General Admission - All Ages) - \$5

Friday Day (Reserved Adult/Youth) - \$35/\$20

Friday Night Only (Reserved Adult/Youth) - \$20/\$10

Saturday (Reserved Adult) - \$40

IOWA AT THE DRAKE RELAYS -- The Hawkeye men's team has won 25 individual events and 23 relays during the Drake Relays 100 years of existence. The Iowa women have won 10 individual events and four relays.

The last Drake Relays individual champions for the Hawkeye women were **Tiffany Johnson** (100-meter hurdles) and **Diane Nukuri** (5,000 meters) in 2007. The Iowa women's last winning relay was the shuttle hurdle relay in 1998. Former Hawkeye **Ken Kemeny** was the last Drake Relays individual champion for the Iowa men, winning the shot put in 2004. Iowa's last winning relay for the men's squad was the 1992 sprint medley relay.

Two Hawkeyes hold Drake Relays event records - both in the long jump. Former Hawkeye **Anthuan Maybank** set the men's long jump mark of 27-1 in 1993. Maybank, who was named outstanding performer at the 1993 meet, remains the only man to break the 27-foot barrier

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in the long jump in addition to the 45-second barrier in the 400 meters. He was inducted into the Drake Relays Hall of Fame in 2008.

Former Hawkeye **Aisha James** set the women's Drake Relays long jump record of 22-3 in 2003. Her jump was a world-leading mark at the time and bested the Drake Stadium and Iowa school records. It was also the best long jump for a native of Trinidad.

2008 DRAKE RELAYS REVIEW -- The Hawkeyes saw two women's school records fall and several placewinners at the 99th annual Drake Relays in Des Moines, April 24-26.

Senior **Tammilee Kerr** broke her own heptathlon school record of 5,332 with her runner-up total of 5,417. That performance also provisionally qualified Kerr for the NCAA Championships.

The Hawkeye women's 6,400-meter relay of senior **Diane Nukuri**, junior **Racheal Marchand**, graduate student **Sarah Henize** and senior **Meghan Armstrong** shattered the school record of 20:39.12 by over one minute with their third-place finish of 19:15.42. Former Hawkeyes **Nikki Chapple**, **Jordan Laney**, **Katie Donlon** and **Michelle Sokol** set the previous record in 2005.

Iowa's other top placewinners were senior **Jessica Schmidt** (5th-3,000 steeplechase) and the distance medley relay of freshmen **Lauren Hardesty**, **Amanda Hardesty** and **Tiffany Hendricks**, and junior **Krista Anderson** (7th).

The Hawkeye men were led by shot putters **John Hickey**, **A.J. Curtis** and **Shane Maier**. The trio placed second (60-3 1/4), third (57-11 3/4) and fourth (56-4) - respectively - in that event. The Hawkeye sprint medley relay of seniors **Max Milder** and **Lee Elbert**, freshman **Chris Barton** and sophomore

MEN'S 2009 OUTDOOR SEASON BESTS

Event	Team Leader	Mark
100 Meters	Zeke Sayon	10.84
110 Hurdles	Frank Prill	15.19
200 Meters	Patrick Richards	21.70
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		41.06
<i>(Richardson, Sayon, Richards, Varner)</i>		
1,600-Meter Relay		(R) 3:08.81
<i>(Willey, Richards, Barton, Varner)</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) 60-0 1/2 (18.30 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

WOMEN'S 2009 OUTDOOR SEASON BESTS

Event	Team Leader	Mark
100 Meters	Rhonda-Kaye Trusty	12.12
100 Hurdles	Karessa Farley	(R) 13.78
200 Meters	Tiffany Hendricks	25.02
400 Meters	Tiffany Hendricks	56.26
400 Hurdles	Tiffany Hendricks	1:04.72
800 Meters	Jennie Docherty	2:14.12
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	Brooke Eilers	17:20.73
10,000 Meters	Jolly Burke	36:06.96
400-Meter Relay		46.90
<i>(Farley, Trusty, Hendricks, White)</i>		
1,600-Meter Relay		3:51.03
<i>(Hendricks, Praska, Mims, Erickson)</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	154-6 (47.09 m)

(R) - NCAA Regional Qualifier

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Adam Hairston also placed second (3:21.24). Senior **Ryan Niver** placed seventh in the decathlon with a collegiate-best 6,837 points, which fell two points shy of the school record. Iowa's other top placewinners were junior **Andy Napier** (6th-3,000 steeplechase), sophomore **Ray Varner** (8th-400-meter hurdles) and **Hairston** (8th-800 meters).

Three former Hawkeyes and a coaching staff member also competed at Drake. Former Hawkeye **Peaches Roach** placed third in the heptathlon (5,412). Two-time Drake Relays University 100-meter hurdles champion **Tiffany Johnson** placed fifth in the special invitation 100-meter hurdles (13.74). Johnson is the only women's student-athlete in Hawkeye school history to win consecutive Drake titles in the same event. Former Hawkeye sprinter and current women's assistant coach **Shellene Williams** placed fifth in the women's 400 meters (53.62). Hawkeye assistant coach **Joey Woody** placed fourth in the men's 400-meter hurdles (50.93), competing in his last race at Drake.

LAST WEEK -- The Hawkeyes posted eight regional qualifying performances and crowned nine event champions between the John McDonnell Invite in Fayetteville, AR, and the Messersmith Invite in Cedar Falls, IA, last weekend.

At Fayetteville, AR, sophomore **Steven Willey** won the 400 meters with a regional qualifying and collegiate best 47.04. Junior **Adam Hairston** regionally qualified in the 800 meters with a season best 1:49.96 for fourth place. It was business as usual for junior **Ray Varner**, as he again came out with a season-best and regional qualifying mark in the 400-meter hurdles of 51.00 for second place. Varner's finish was only two-hundredths of a second away from breaking his collegiate best in that event. Freshman **Patrick Richards** (8th, 21.70) had a strong showing in the 200 meters. It earned him a new collegiate best and was only less than four-tenths of a second away from a the regional qualifying mark of 21.35.

At Cedar Falls, senior **Renee White** had a very strong season debut in the long jump, netting a win (20-0 1/4) with a regional qualifying mark. Iowa swept the top three spots in the men's discus with three regional qualifying performances from freshmen **Nick Brayton** (1st, 180-11), and **Ryan Lamparek** (2nd, 177-3), and senior **A.J. Curtis** (3rd, 170-4). Brayton and

IOWA'S PAST DRAKE RELAYS CHAMPIONS

Women's Champions (10 Individuals, 4 Relays)

Event	Athlete, Year
100-Meter Hurdles	Paula Ruen, 1998
100-Meter Hurdles	Tiffany Johnson, 2006-07
400 Meters (SI)	Kineke Alexander, 2006
400-Meter Hurdles	Wynsome Cole, 1998
1,500-Meters	Jeanne Kruckeberg, 1989
5,000 Meters	Diane Nukuri, 2007
10,000 Meters	Jennifer Brower, 1992
Shuttle Hurdle Relay	1998
3,200-Meter Relay	1990
Dist. Medley Relay	1989, 1990
Javelin	Alana Redfern, 2003
Long Jump	Aisha James, 2003

Men's Champions (25 Individuals, 23 Relays)

Event	Athlete, Year
100 Meters	George Page, 1996
100 Meters	Leicester Farmer, 1942
200 Meters (SI)	Anthuan Maybank, 1994
200 Meters (SI)	Jeff Patrick, 1983
400 Meters (SI)	Anthuan Maybank, 1993
Mile	Deacon Jones, 1957
Two Miles	Deacon Jones, 1957
5,000 Meters	Stetson Steele, 2000
110-Meter Hurdles	Pat McGhee, 1988
Javelin	Bill Neumann, 2003
Javelin	Paul Fagerlind, 1945
Javelin	Mark Panther, 1935
Javelin	L.D. Weldon, 1930
Shot Put	Ken Kemeny, 2004
Shot Put	Chris Gambol, 1987
Discus	Robert Mitchell, 1928
Long Jump	Bashir Yamini, 1996
Long Jump	Anthuan Maybank, 1993
Long Jump	Ed Gordon, 1929-31
Pole Vault	Xavier Boyles, 1927
High Jump	Bill Hansen, 1978
High Jump	Bill Knoedel, 1976
High Jump	Milton Kuhl (5-way tie), 1942
400-Meter Relay	1927, 1928, 1935, 1952, 1998
800-Meter Relay	1929
1,600-Meter Relay	1923-24, 1926-29, 1938, 1963, 1967
3,200-Meter Relay	1929
Dist. Medley Relay	1956
Shuttle Hurdle Relay	1932, 1955, 1984
Sprint Medley Relay	1952, 1956, 1992

SI -- Special Invitation Race, w -- wind aided

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IOWA'S REGIONAL QUALIFIERS

Sixteen 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
Chris Barton	1,600-M Relay	3:08.81	3rd/13th/26th
Matt Banse	Hammer	187-7 (57.19)	8th/12th/79th
Nick Brayton	Discus	180-11 (55.15)	2nd/4th/19th
A.J. Curtis	Discus	172-8 (52.64)	6th/13th/47th
	Shot Put	59-5 3/4 (18.13)	3rd/4th/16th
Adam Hairston	800 Meters	1:49.96	4th/11th/34th
John Hickey	Shot Put	60-0 1/2 (18.30)	2nd/2nd/11th
Ryan Lamparek	Discus	177-3 (54.04)	3rd/7th/32nd
Patrick Richards	1,600-M Relay	3:09.55	5th/15th/36th
Zach Schimp	Javelin	206-3 (62.88)	3rd/14th/58th
Erik Sowinski	1,600-M Relay	3:08.81	3rd/13th/26th
Steven Willey	400 Meters	47.04	4th/14th/44th
	1,600-M Relay	3:08.81	3rd/13th/26th
Ray Varner	400-M Hurdles	51.00	1st/3rd/15th
	1,600-M Relay	3:08.81	3rd/13th/26th

Women's Qualifiers		Big 10/Region/NCAA	
Name	Event	Mark	Rank
Karessa Farley	100-M Hurdles	13.78	5th/9th/50th
Besty Flood	1,500 Meters	4:27.33	15th/15th/78th
McKenzie Melander	1,500 Meters	4:27.34	16th/16th/79th
Hannah Roeder	3,000 Steeple.	10:40.86	8th/11th/45th
Renee White	Long Jump	20-0 1/4 (6.10)	3rd/11th/36th
	Triple Jump	41-3 (12.57)	3rd/11th/25th

Lamparek's tosses rank sixth and ninth, respectively, all-time at Iowa. Freshman **Matt Banse** earned his qualifying mark in the hammer throw (2nd, 187-7) with a collegiate best mark that ranks seventh in school history.

In addition to White and Brayton, six other Hawkeyes were crowned event champions at the Messersmith Invite: Senior **Jennie Docherty** (800 meters - 2:14.68), junior **Jay Renaud** (1,500 meters - 4:01.54) and freshman **Ryan Lamparek** (shot put - 53-2 1/4) won individual events, while the women's 400-meter relay of sophomore **Karessa Farley**, and **Tiffany Hendricks**, junior **Rhonda-Kaye Trusty** and White (46.90), the women's 1,600-meter relay of redshirt freshman **Kelsey Mims**, freshman **Courtney Johnson** and **Nicole Erickson** and junior **Sophia Ponce** (3:58.67), and men's 1,600-meter relay of sophomores **Dan Kuhlman**, **Brandon McSkimming**, **Matt Rammelsberg** and junior **Zach Splan** (3:21.72) also won titles.

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.

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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 Wieczorek** 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-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 RECRUITING CLASS

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.

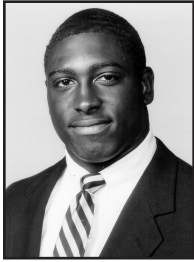
Boyd placed third at the 2007 OFSAA Cross Country Championships (17:56), and has lifetime best performances of 2:14 (800 meters) and 4:39 (1500 meters indoor). Glisar is a three-time Class 3A high jump state champion who placed third at the 2007 Nike Outdoor National Championships (5-8 3/4) and won the 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.

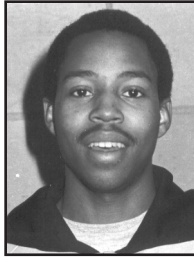
Miller is a four-time Class 2A state champion in track, having qualified in the maximum 12 events for three state championships, and a four-time state qualifier in cross country. She is a 10-time Drake Relays qualifier, and was part of two state championship cross country and track teams. Emily Moore 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.

NEXT UP -- In their final event before the Big Ten Outdoor Championships, the Hawkeyes will compete at the Illinois Invite Saturday, May 2, at Champaign, IL. Events will be held at the University of Illinois Track and Soccer Stadium and are scheduled to start at Noon (CT).

MEN'S ALL-TIME TOP TEN OUTDOOR PERFORMERS



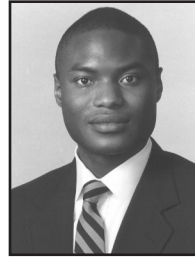
Jeremy Allen



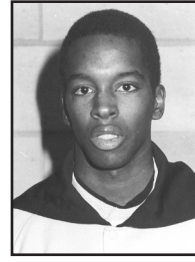
Gordon Beecham



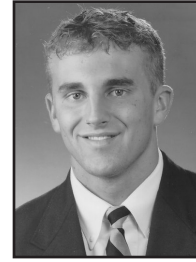
A.J. Curtis



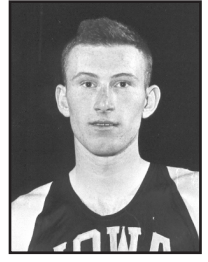
Chris Davis



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

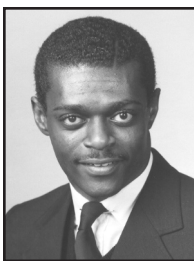
Decathlon

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

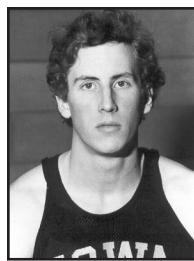
High Jump

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)**

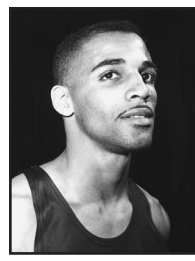
Names in bold are current team members.



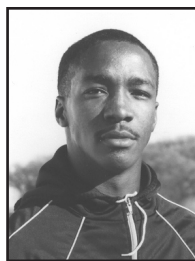
Victor Greer



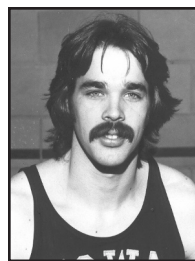
Bill Hansen



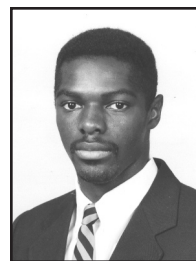
Deacon Jones



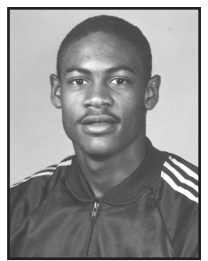
Paul Jones



Bill Knoedel

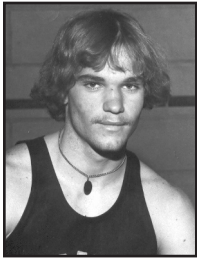


Anthuan Maybank

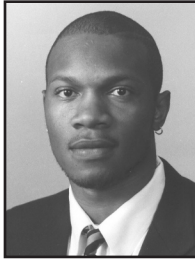


Pat McGhee

MEN'S ALL-TIME TOP TEN OUTDOOR PERFORMERS



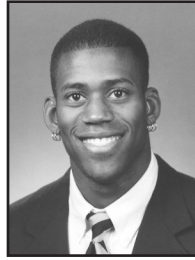
Joel Moeller



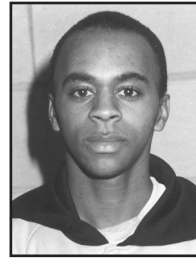
Andre Morris



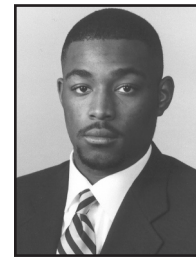
Bill Neumann



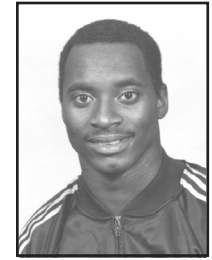
George Page



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, 2000 58-8 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, 2007 202-11 (61.84)**
2. Gary Kostrubala, 1986 202-4 (61.68)
3. Jeremy Allen, 2001 195-4 (59.54)
4. Tim Brodersen, 2005 193-6 (58.98)
5. Brad Daufeldt, 2004 185-0 (56.40)
6. **Nick Brayton, 2009 180-11 (55.15)**
7. Andy Banse, 2005 180-0 (54.86)
8. Eric Rothwell, 2004 179-7 (54.73)
9. Shane Maier, 2008 178-7 (54.43)
10. **Ryan Lamparek, 2009 177-3 (54.04)**

Hammer

1. A. van der Westhuizen, 2001 222-11 (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, 2009 206-3 (62.88 m)**
4. 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, 1999 173-11 (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

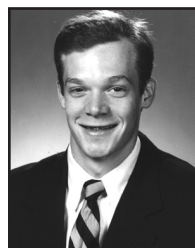
1. Beecham, Duckett, Greer, R. Smith, 1984 39.48
2. Page, Davis, Rozell, Morris, 1996 39.73
3. Felix, Branch, Dodge, Yamini, 1999 39.96
4. Beecham, Duckett, Greer, Patrick, 1983 39.99
5. Dwight, Branch, Davis, Yamini, 1998 40.00
- Goode, Fisher, Morris, Maybank, 1994 40.00
- 1998 40.00
- Dwight, Branch,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

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

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, 2007 9:54.07**
4. VanDenend, Riley, O'Hollearn, Rakaric, 2006 9:54.97
5. Feeldy, Eischeid, Novotny, Peters, 1996 9:55.71
6. Thomas, Wise, Cunningham, S.Allen, 2001 10:01.57
7. Thomas, Wakenight, Dziubski, Rakaric, 2003 10:01.72
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



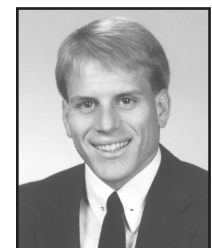
Stetson Steele



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, 199811.53
4. Jiselle Providence, 2001 ..11.57
5. Tanja Reid, 199411.60
Peaches Roach, 200511.60
7. Yolanda Hobbs, 1995.....11.62
8. Elanie Jones, 198511.69
9. Lakeya Boatright, 2000....11.77
10. Tamara Dixon, 200211.79

100-Meter Hurdles

1. Tiffany Johnson, 2007.....13.20
2. C. Prendergast, 199913.60
Paula Ruen, 2000.....13.60
4. Sarah Steffen, 200213.65
5. **Karessa Farley, 2009.....13.78**
6. Ruqayya Raheem, 1998...13.90
7. Brenda Calhoun, 198413.94
8. Wynsome Cole, 1997.....14.10
9. Kimberley Stanford, 2008..14.11
10. **Renee White, 200814.20**

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, 199523.75
7. Elaine Jones, 198323.84
8. Jiselle Providence, 2001 ..24.00
9. Peaches Roach, 2006.....24.01
10. Lakeya Boatright, 2000....24.14

400 Meters

1. Kineke Alexander, 2006...51.35
2. Shellene Williams, 2004 ..51.94
3. Ellen Grant, 1996.....52.65
4. Senta Hawkins, 198854.01
5. Marlene Poole, 199454.03
6. Elaine Jones, 198354.40
7. Nicole Charles, 2001.....54.48
8. Stacey-Leigh Bynoe, 200054.73
9. Alycia Simpson, 1987.....55.18
Aisha Hume, 200455.18

400-Meter Hurdles

1. Mary Knoblauch, 198156.16
2. Wynsome Cole, 1998.....56.67
3. Chris Davenport, 1981.....59.18
4. Sarah Steffen, 200259.59
5. Beverly Powell, 199159.96
6. Diane Steinhart, 1980...1:00.56
7. Ruqayya Raheem, 19991:00:62
8. Keely Huber, 20021:00.98
9. Aditya Jones, 2007.....1:01.65
10. Sherri Hull, 19871:02.60

800 Meters

1. Kay Stormo, 19822:05.67
2. Michelle Lahann, 2004 .2:06.79
3. Aisha Hume, 20052:08.50
4. J. Kruckeberg, 19872:08.75
5. Ann Pare, 19972:09.25
6. M. Armstrong, 20062:10.15
7. **Sophia Poncé, 2007.....2:10.35**
8. Briana Benning, 1996 ...2:10.47
9. Tami Hoskins, 1990.....2:11.47
10. Shannon Stanley, 2004 .2:12.01

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, 198533:33.03
5. Jenny Spangler, 1983..33:39.24
6. R. Marchand, 200834:05.87
7. Tracy Dahl, 199234:30.09
8. Nikki Chapple, 2004....35:06.35
9. 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

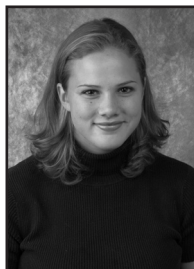


Diane Nukuri



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, 2008 20-3 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, 1985 146-2 (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 154-6 (47.09)**
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