

# THE UNIVERSITY OF IOWA



## HAWKEYE TRACK & FIELD



TRACK CONTACTS: TRACI WAGNER, NATHAN SHEEHAN

JANUARY 12, 2009

### 2009 IOWA TRACK & FIELD INDOOR SCHEDULES

- 1/10 Illinois % W, 92-77  
**1/17 Iowa Open & 11 a.m.**  
*(Iowa City, IA)*
- 1/23-24 at Jack Johnson Classic &  
*(Minneapolis, MN)*  
 at Razorback Invite %  
*(Fayetteville, AR)*
- 1/31 at UNI Open %  
*(Cedar Falls, IA)*
- 2/6-7 at Meyo Classic &  
*(South Bend, IN)*  
 at Husker Classic ^  
*(Lincoln, NE)*  
 at New Balance Invite %  
*(New York, NY)*
- 2/13-14 at Cyclone Classic &  
*(Ames, IA)*  
 at Husky Classic &  
*(Seattle, WA)*
- 2/20 Iowa Invite & 4 p.m.  
*(Iowa City, IA)*
- 2/28-3/1 at Big Ten Champ's %  
*(University Park, PA)*  
 at Big Ten Champ's ^  
*(Bloomington, MN)*
- 3/6-7 at Alex Wilson Invite &  
*(South Bend, IN)*  
 at Washington Qualifier %  
*(Seattle, WA)*
- 3/7 at Last Chance Meet &  
*(Ames, IA)*
- 3/14-15 NCAA Championships &  
*(College Station, TX)*

& - co-ed event  
 ^ - women's only event  
 % - men's only event

### THIS WEEK

The Hawkeye men and women's track and field teams will host the annual Iowa Open Saturday at the University of Iowa Recreation Building in Iowa City. Events are scheduled to start at 11 a.m. Competing teams include Central Methodist, Truman State, Wisconsin-Whitewater and Chicago State. Admission to the event is free.

### LAST MEET - IOWA 92, ILLINOIS 77

The University of Iowa men's track team opened the 2009 indoor season with a 92-77 win over Big Ten rival Illinois (Jan. 10) at the UI Recreation Building in Iowa City. Iowa crowned 10 event champions and posted 21 collegiate bests at the meet.

Sophomores **Josh Bean** and **Zeke Sayon** were event winners with collegiate-best performances that broke into the Hawkeye record books. Bean's winning triple jump mark of 48-6 ranks fourth on Iowa's all-time bests list, and Sayon's winning 60 meters time of 6.86 ranks sixth in school history.

Freshman **D'Juan Richardson** had a strong collegiate debut winning two events. The Indianapolis, IN, native won the 60-meter hurdles (8.33) and 200 meters (21.95) with collegiate-best times. The hurdles time also ranks ninth in school history.

Also winning for Iowa were seniors **John Hickey** (shot put) and **Eric MacTaggart** (3,000 meters), juniors **Adam Hairston** (800 meters), **Jesse Luciano** (mile) and **Alex Zona** (pole vault), and sophomore **Graham Valdes** (high jump).

### IOWA OPEN SCHEDULE OF EVENTS

#### Field Events

Time	Event
11:00	Long Jump
	Weight Throw
	Pole Vault
1:00	High Jump
	Triple Jump
	Shot Put

#### Running Events

Time	Event
12:05	60-Meter Hurdles (Prelims)
12:30	60 Meters (Prelims)
1:00	Mile
1:25	60-Meter Hurdles (Finals)
1:35	400 Meters
1:55	300 Meters
2:05	600 Meters
2:25	60 Meters (Finals)
2:35	800 Meters
2:50	200 Meters
3:15	Boy Scout Races
3:30	1,200 Meters
3:50	3,000 Meters
4:15	1,600-Meter Relay



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### MEN'S 2009 INDOOR SEASON BESTS

Event	Team Leader	Mark
60 Meters	Zeke Sayon	6.86
60 Hurdles	D'Juan Richardson	8.33
200 Meters	D'Juan Richardson	21.95
400 Meters	Ray Varner	48.94
600 Meters	Erik Sowinski	1:21.25
800 Meters	Adam Hairston	1:52.27
Mile	Jesse Luciano	4:14.79
3,000 Meters	Eric MacTaggart	8:25.94
1,600-Meter Relay	(Varner, Willey, Sowinski, Barton)	3:15.05
Distance Medley Relay	(Hairston, Splan, Paul, Kadlec)	10:55.61
High Jump	Graham Valdes	6-8 (2.03 m)
	Dan Rolling	6-8 (2.03 m)
Pole Vault	Alex Zona	15-1(4.60 m)
Long Jump	Cody Mixon	21-4 1/2(6.51 m)
Triple Jump	Josh Bean	48-6 (14.78 m)
Shot Put	John Hickey	56-0 1/2 (17.08 m)
Wt. Throw	Matt Banse	54-2 1/2 (16.52 m)

### 2009 WOMEN'S SEASON PREVIEW

The 2009 Hawkeyes will rely on several inexperienced returnees and talented newcomers after graduating five individuals (**Kineke Alexander**, **Meghan Armstrong**, **Tammilee Kerr**, **Diane Nukuri** and **Jessica Schmidt**) who combined for one NCAA title, 16 all-America honors, four regional titles, 13 all-region honors, nine Big Ten titles, 16 school records and nine academic all-Big Ten honors.

Defending Big Ten indoor triple jump champion **Renee White** returns for her senior campaign, after earning all-region honors in both the triple and long jumps (20-3 3/4, 43-10) and breaking her own school records in the indoor and outdoor triple jumps (42-4, 43-10) last season.

Iowa will rely heavily on a group of inexperienced returnees and talented newcomers in every event. Senior **Krista Anderson**, juniors **Katie Ellis** and **Fionna Fallon**, sophomores **Amanda** and **Lauren Hardesty** and **Hannah Roeder** are looking for breakout seasons in the distance events, while senior high jumper **Caleigh Bacchus**, senior

thrower **Mandy Chandler**, junior sprinters **Rhonda-Kaye Trusty** and **Sophia Poncé**, sophomore sprinters **Tiffany Hendricks** and **Bethany Praska**, and sophomore hurdler **Karessa Farley** will try to do the same in their events.

Iowa's newcomers also bring outstanding credentials to campus. The group consists of transfer **Sarah Spencer Perry** (Sioux Falls, SD) and freshmen **Lindsay Anderson** (Leeds, ND), **Danielle Berndt** (Bloomington, MN), **Brittany Dlh** (West Branch, IA), **Brooke Eilers** (Holland, MI), **Nicole Erickson** (Cedar Rapids, IA), **Betsy Flood** (Des Moines, IA), **Courtney Johnson** (Marion, IA), **Susan Kuhl** (Beaman, IA), **Jackie Laesch** (Wheaton, IL), **McKenzie Melander** (Apple Valley, MN) and **Josie Takes** (Solon, IA).

### HAWKEYE TRACK STAFF

The Hawkeye coaching staff has some new faces and responsibilities for the 2009 season. **Larry Wieczorek** will remain the men's head track and cross country coach, and **Layne Anderson** will remain the women's head track and cross country coach, but the teams will 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.

### NEXT UP

The Hawkeyes will send split squads to different meets the weekend of Jan. 23-24. Some Hawkeyes will compete at the co-ed Jack Johnson Classic in Minneapolis, MN. Events are scheduled to start at 3 p.m. on Jan. 23 and 9 a.m. on Jan. 24, and will be held at the University of Minnesota Fieldhouse. The rest of the team will head to the Razorback Invitational in Fayetteville, AR. Events are scheduled to start at Noon Jan. 23 and 11 a.m. Jan. 24, and will be held at the University of Arkansas Randal Tyson Track Center.