

UNIVERSITY OF IOWA

TRACK & FIELD



Tiffany Johnson
Three-Time
Regional Qualifier



Peaches Roach
Three-Time Regional Qualifier



Kineke Alexander
Three-Time
Regional Qualifier



Ken Kemeny
2004 Drake Relays Shot Put Champion



2005 DRAKE RELAYS

JIM DUNCAN TRACK AT DRAKE STADIUM

APRIL 27-30, 2005 -- DES MOINES, IA

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



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

APRIL 25, 2005

2005 WOMEN'S OUTDOOR SCHEDULE & RESULTS

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

2005 WOMEN'S OUTDOOR SEASON BESTS

100 MetersPeaches Roach%	11.70
100 Hurdles	...Tiffany Johnson^	13.64
200 MetersLindsey McCalla	25.65
400 MetersKineke Alexander^	52.73
800 MetersAisha Hume	2:10.59
1,500 Meters	..Meghan Armstrong	...^	4:27.10
3,000 Meters	..Meghan Armstrong	9:49.70
3,000 SCJessica Schmidt	11:28.23
5,000 Meters	..Nikki Chapple	17:13.15
400-Meter Relay^	45.39
	<i>(Granger, Alexander, Johnson, Roach)</i>		
800-Meter Relay	1:41.04
	<i>(Alexander, Sheeley, Roach, Granger)</i>		
1,600-Meter Relay^	3:40.43
	<i>(McCalla, Hume, Sheeley, Alexander)</i>		
Sprint Medley Relay	3:56.99
	<i>(Roach, Alexander, McCalla, Stanley)</i>		
High JumpPeaches Roach^	5-10 3/4
Long JumpAngie Hensel	18-4 1/4
Triple Jump	...Tiffany Johnson	...^*	40-9 1/2
Pole VaultSarah Burgett	11-1 3/4
Shot PutKamesha Marshall	48-0 3/4
DiscusKamesha Marshall	152-11
JavelinTammilee Kerr	136-11
HammerBecca Franklin^*	181-11
^ - regional qualifier, * - school record, % - wind aided			

THIS WEEK -- The Hawkeye men and women's track teams will compete in the 96th running of the Drake Relays, Wednesday thru Saturday, in Des Moines, IA. Events will be held on Jim Duncan Track in Drake Stadium. The school is hoping for its 40th consecutive sellout in the 18,000 seat Drake Stadium, which is the longest streak in U.S. track history. Tickets are available at (515) 261-3647. Following are ticket prices:

Competition Day	Ticket Price	Ticket Type
Thursday	\$5	General Admission
Friday	\$30	Adult Reserved
	\$15	Child Reserved (Ages 14 and under)
Saturday	\$30	Reserved

2004 DRAKE RELAYS REVIEW -- The Hawkeyes crowned two champions at the 95th annual Drake Relays. Hawkeye senior **Shellene Williams** won the women's special invitation 400 meters, and junior **Ken Kemeny** won the University men's shot put.

Williams became the Hawkeye women's seventh individual event champion at Drake and Iowa's first 400-meter champion with her winning time of 52.95. Kemeny was the Hawkeye men's 26th individual Drake champion and Iowa's second shot put champion with his winning throw of 59-11 1/4. He beat runner-up Bradford Williams of Georgia by over a foot.

Several other Hawkeyes posted strong finishes at Drake. Sophomore **Adam Hamilton** placed second in the hammer throw (206-7) and senior **Eric Rothwell** placed third in the discus (177-2). The women's 3,200-meter relay of seniors **Michelle Lahann** and **Atalie Barber**, junior **Aisha Hume** and freshman **Shannon Stanley** placed second (8:48.87). **Lahann** placed third in the 800 meters (2:06.79), and the distance medley relay of **Barber, Williams, Hume** and senior **Sarah Arens** placed third in 11:34.56. Junior **Tiff Pedersen** placed fourth in the heptathlon with 4,864 points.

BREAKIN' RECORDS -- Two Hawkeyes have set school records during the outdoor season. Sophomore **Tiffany Johnson** broke the triple jump record of 40-7 1/2 set in 1988 by Becki Borg with her collegiate-best leap of 40-9 1/2 at the Mt. SAC Relays. Sophomore **Becca Franklin** now holds the hammer throw record with the 181-11 she threw at the Iowa Musco Twilight VII last weekend. Franklin originally broke the record of 161-10 set by Kerri Blackstone in 1999 with her winning mark of 163-1 at the Jim Duncan Invitational two weeks ago.

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PAGE 2

2005 MEN'S OUTDOOR SCHEDULE & RESULTS

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

2005 MEN'S OUTDOOR SEASON BESTS

100 MetersMax Milder10.89
200 MetersJuan Coleman21.87
400 MetersJason Nolting47.55
400 Hurdles	...Steve Ketels57.87
800 MetersMatt O'Hollearn1:52.07
1,500 Meters	.Eric MacTaggart3:56.45
3,000 Meters	.Adam Roche8:43.93
3,000 SCTony Rakaric^9:04.19
5,000 Meters	.Eric MacTaggart^14:04.79
400-Meter Relay41.51
	<i>(Beach, Burks, Gorman, Milder)</i>	
1,600-Meter Relay3:22.12
	<i>(Gajewski, O'Hollearn, Tweedy, Linden)</i>	
High JumpRyan Niver6-4 3/4
Jeremy Petsche6-4 3/4
Long JumpMatty Gorman23-9 1/2
Triple Jump	...Matty Gorman48-9 1/2
Pole VaultJeff Raymond14-7 1/4
Shot PutAndy Banse^61-11 1/2
DiscusTim Brodersen^190-8
HammerChris Voller^200-0
JavelinBill Neumann193-8

^ - regional qualifier, * - school record

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

Name	Event	Mark	NCAA/Midwest/Big 10 Rank
Kineke Alexander	400 Meters	52.73	5th/1st/1st
	400-Meter Relay	45.39	T39th/11th/1st
	1,600-Meter Relay	3:40.43	35th/11th/2nd
Meghan Armstrong	1,500 Meters	4:27.10	52nd/6th/5th
Andy Banse	Discus	180-0 (54.86 m)	23rd/10th/2nd
	Shot Put	61-11 1/2 (18.88 m)	12th/2nd/2nd
Tim Brodersen	Discus	190-8 (58.12 m)	7th/1st/1st
Becca Franklin	Hammer	181-11 (55.44 m)	52nd/13th/6th
Ashley Granger	400-Meter Relay	45.39	T39th/11th/1st
Dan Haut	5,000 Meters	14:08.90	47th/8th/6th
Aisha Hume	1,600-Meter Relay	3:40.43	35th/11th/2nd
Tiffany Johnson	Triple Jump	40-9 1/2 (12.43 m)	46th/11th/4th
	100 Hurdles	13.64	T34th/10th/1st
	400-Meter Relay	45.39	T39th/11th/1st
Ken Kemeny	Shot Put	60-5 3/4 (18.43 m)	19th/5th/3rd
Eric MacTaggart	5,000 Meters	14:04.79	31st/6th/4th
Kamesha Marshall	Shot Put	48-0 3/4 (14.68 m)	57th/9th/4th
Lindsey McCalla	1,600-Meter Relay	3:40.43	35th/11th/2nd
Tony Rakaric	Steeplechase	9:04.19	41st/10th/8th
Peaches Roach	High Jump	5-10 3/4 (1.80 m)	12th/2nd/1st
	100 Meters	11.75	59th/15th/2nd
	400-Meter Relay	45.39	T39th/11th/1st
Erin Sheeley	1,600-Meter Relay	3:40.43	35th/11th/2nd
Chris Voller	Hammer	200-0 (60.97 m)	28th/6th/2nd

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PAGE 3

THE UNIVERSITY OF IOWA'S PAST DRAKE RELAYS CHAMPIONS

Women's Champions (7 Individuals, 4 Relays)

Event	Athlete, Year
1,500-Meters	Jeanne Kruckeberg, 1989
10,000 Meters	Jennifer Brower, 1992
100-Meter Hurdles	Paula Ruen, 1998
400-Meter Hurdles	Wynsome Cole, 1998
Javelin	Alana Redfern, 2003
Long Jump	Aisha James, 2003
3,200-Meter Relay	1990
Distance Medley Relay	1989, 1990
Shuttle Hurdle Relay	1998

Men's Champions (26 Individuals, 23 Relays)

Event	Athlete, Year
100 Meters	George Page, 1996
100 Meters	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	Mitchell, 1928
Long Jump	Bashir Yamini, 1996
Long Jump	Anthuan Maybank, 1993
Long Jump	Ed Gordon, 1929-31
Pole Vault	Boyles, 1927
High Jump	Bill Hansen, 1978
High Jump	Bill Knoedel, 1976
High Jump	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
Distance Medley Relay	1956
Shuttle Hurdle Relay	1932, 1955, 1984
Sprint Medley Relay	1952, 1956, 1992
SI -- Special Invitation Race, w -- wind aided	

LAST WEEK -- The Hawkeyes hosted Drake, Missouri and Minnesota at a cold, windy Musco Twilight VII Saturday at Francis X. Cretzmeyer Track in Iowa City. Despite the weather, 24 athletes from all four schools qualified for the NCAA Regional meet.

Iowa did especially well in the throwing events, qualifying several athletes. The Hawkeye men went 1-2 in the discus and shot put. Senior **Tim Brodersen** won the discus (186-0) and **Ken Kemeny** won the shot put (60-5 1/4). Senior **Andy Banse** placed second in both events (180-0, 58-2 1/4). Sophomore **Becca Franklin** smashed her own hammer throw school record set last week with a winning throw of 181-11. Senior **Chris Voller** won the hammer throw with a personal best 200-0. Senior **Kamesha Marshall** took third in the women's shot put with a qualifying throw of 48-0 3/4.

Another highlight of the meet was **Meghan Armstrong's** performance in the 3,000 meter run. The freshman set a new Musco Twilight record with a time of 9:49.70.

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

NEXT COMPETITION -- The men and women's teams will compete at the Big Ten Outdoor Championships, May 13-15, in Columbus, OH. All events will be held at Jesse Owens Memorial Stadium. Tickets are available from the Ohio State University Athletic Ticket Office. All-session tickets are \$15 for adults and \$10 for students. Single session tickets are \$10 for adults and \$5 for students.

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Iowa's Outdoor Season Bests

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

Max Milder 10.89 at Messersmith Invite .4/9/05
Matty Gorman 11.11 at Messersmith Invite .4/9/05
Robert Beach 11.12 at Tom Botts Invite... 4/16/05
Ryan Niver 11.32 at Messersmith Invite .4/9/05

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

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

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

Tiffany Johnson *13.64 at Messersmith Invite .4/9/05
Tiff Pedersen 14.46 at Jim Duncan Invite 4/16/05
Tammilee Kerr 14.80 Musco Twilight VII.. 4/23/05
Latoya Stiffend 15.06 Musco Twilight VII.. 4/23/05

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

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

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

Kineke Alexander 24.96 Musco Twilight VII.. 4/23/05
Lindsay McCalla 25.65 at Shamrock Invite ... 3/19/05
Ashley Granger 26.06 at Shamrock Invite ... 3/19/05
Erin Sheeley 26.19 Musco Twilight VII.. 4/23/05
Aditya Jones 26.47 Musco Twilight VII.. 4/23/05

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

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

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

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

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

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

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

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

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

Aisha Hume 2:10.59 at Long Beach Invite 4/16/05
Shannon Stanley 2:14.90 at Long Beach Invite 4/16/05
Michelle Sokol 2:17.20 at Jim Duncan Invite 4/16/05
Ashley Merry 2:24.50 Musco Twilight VII.. 4/23/05
Allison Billhardt 2:26.16 Musco Twilight VII.. 4/23/05
Monica Mims 2:29.48 at Jim Duncan Invite 4/16/05

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

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

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

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

MEN'S 3,000 METERS

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

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

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

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

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

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

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

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

Eric MacTaggart *14:04.79 at Stanford Invite 3/25/05
Dan Haut *14:08.90 at Stanford Invite 3/25/05
Jeff Kent 14:28.70 at Stanford Invite 3/25/05
Adam Roche 14:47.59 at Stanford Invite 3/25/05
Matt Esche 15:00.06 at Tom Botts Invite... 4/16/05

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

Nikki Chapple 17:13.15 at Mt. SAC Relays ... 4/15/05
Racheal Marchand 18:10.12 at Mt. SAC Relays ... 4/15/05
Katie Donlon 18:12.49 at Mt. SAC Relays ... 4/15/05



Iowa's Outdoor Season Bests

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

Beach, Burks, Gorman, Milder 41.51
at Tom Botts Invite - 4/16/05

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

Granger, Alexander, Johnson, Roach *45.39
at Mt. SAC Relays - 4/17/05
Johnson, Alexander, Granger, Roach 46.12
at Messersmith Invite - 4/9/05
at Iowa Musco Twilight - 4/23/05

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

Alexander, Sheeley, Roach, Granger 1:41.04
at Messersmith Invite - 4/9/05

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

Gajewski, O'Hollearn, Tweedy, Linden 3:22.12
at Tom Botts Invite - 4/16/05
Milder, Gajewski, Tweedy, Ketels 3:28.50
at Iowa Musco Twilight - 4/23/05

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

McCalla, Hume, Sheeley, Alexander *3:40.43
at Mt. SAC Relays - 4/17/05
Sheeley, Alexander, Granger, Roach 3:51.13
at Messersmith Invite - 4/9/05
Sheeley, McCalla, Jones, Hume 3:51.18
at Shamrock Invite - 4/9/05

WOMEN'S SPRINT MEDLEY RELAY (SR - 3:56.54)

Roach, Alexander, McCalla, Stanley 3:56.99
at Florida Relays - 3/25/05
Iowa "B" 4:00.26
at Florida Relays - 3/25/05

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

Ryan Niver 6-4 3/4 (1.95 m)at Cal St. Northridge .4/2/05
Jeremy Petsche..6-4 3/4 (1.95 m)at Messersmith Invite 4/9/05

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

Peaches Roach ..*5-10 3/4 (1.80 m) ..at Messersmith Invite 4/9/05
Jenni Elbert5-7 (1.70 m)at Shamrock Invite ..3/19/05
Tammilee Kerr ..5-0 1/4 (1.53 m)at Shamrock Invite ..3/19/05

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

Matty Gorman ..23-9 1/2 (7.25 m)at Messersmith Invite 4/9/05
Aaron Reed23-0 1/2 (7.02 m)at Messersmith Invite 4/9/05
Ryan Niver21-8 1/4 (6.61 m)at Messersmith Invite 4/9/05

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

Angie Hensel.....18-4 1/4 (5.59 m)at Messersmith Invite 4/9/05
Tammilee Kerr ..18-0 1/2 (5.50 m)at Messersmith Invite 4/9/05

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

Matty Gorman...48-9 1/2 (14.87 m) ..at Messersmith Invite 4/9/05
Aaron Reed45-3 1/2 (13.80 m) ..at Tom Botts Invite..4/16/05

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

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

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

Jeff Raymond14-7 1/4 (4.45 m)at Messersmith Invite 4/9/05
at Tom Botts Invite..4/16/05
Ryan Niver14-4 (4.37 m)Musco Twilight VII.4/23/05

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

Sarah Burgett11-1 3/4 (3.40 m).....at Jim Duncan Invite 4/16/05

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

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

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

K. Marshall*48-0 3/4 (14.65 m) Musco Twilight VII.4/23/05
Tiff Pedersen35-5 3/4 (10.81 m) ..Musco Twilight VII.4/23/05
Tammilee Kerr ..33-9 1/2 (10.30 m) ..Musco Twilight VII.4/23/05

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

Tim Brodersen...*190-8 (58.12 m)at Messersmith Invite 4/9/05
Andy Banse*180-0 (54.86 m)at Messersmith Invite 4/9/05
Clint Huntrods...154-11 (47.21 m)Musco Twilight VII.4/23/05
Ryan Niver125-10 (38.35 m)at Cal St. Northridge 4/2/05

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

K. Marshall152-11 (46.62 m)at Messersmith Invite 4/9/05

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

Chris Voller*200-0 (60.97 m)Musco Twilight VII.4/23/05
Tim Brodersen...173-4 (52.83 m)at Tom Botts Invite..4/15/05
Ryan Jordan.....168-0 (51.20 m)Musco Twilight VII.4/23/05
Kale Katt160-2 (48.83 m)at Messersmith Invite 4/9/05

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

Becca Franklin...^*181-11 (55.44 m) ..Musco Twilight VII.4/23/05
Erin O'Hern158-0 (48.17 m)Musco Twilight VII.4/23/05

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

Bill Neumann....193-8 (59.02 m)Musco Twilight VII.4/23/05
Kale Katt187-1 (57.02 m)at Messersmith Invite 4/9/05

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

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

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



All-Time Top 10 Outdoor Best Performers

Men's 100 Meters

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

Women's 100 Meters

1. Vivien McKenzie, 1985	11.45
2. Davera Taylor, 1984	11.51
3. Erica Broomfield, 1998	11.53
4. Jiselle Providence, 2001	11.57
5. Tanja Reid, 1994	11.60
6. Yolanda Hobbs, 1995	11.62
7. Elanie Jones, 1985	11.69
8. Peaches Roach, 2005	11.70
9. Lakeya Boatright, 2000	11.77
10. Tamara Dixon, 2002	11.79

Men's 110-Meter High Hurdles

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

Women's 100-Meter Hurdles

1. Colleen Prendergast, 1999	13.60
Paula Ruen, 2000	13.60
3. Tiffany Johnson, 2005	13.64
4. Sarah Steffen, 2002	13.65
5. Ruqayya Raheem, 1998	13.90
6. Brenda Calhoun, 1984	13.94
7. Wynsome Cole, 1997	14.10
8. Tiff Pedersen, 2002	14.23
9. Colleen Prendergast, 2001	14.24
10. Diane Steinhart, 1979	14.25

Men's 200 Meters

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

Women's 200 Meters

1. Shellene Williams, 2004	23.50
2. Davera Taylor, 1984	23.59
3. Vivien McKenzie, 1985	23.61
4. Yolanda Hobbs, 1995	23.65
5. Tanja Reid, 1995	23.75
6. Elaine Jones, 1983	23.84
7. Jiselle Providence, 2001	24.00
8. Lakeya Boatright, 2000	24.14
9. Wynsome Cole, 1998	24.25
10. Alycia Simpson, 1987	24.35

Men's 400 Meters

1. Anthuan Maybank, 1993	44.99
2. Andre Morris, 1995	45.15
3. Mike Mondane, 1967	45.20
4. Gary Hollingsworth,	46.3
5. Harold Leonard, 1986	46.45
6. Tony Branch, 1999	46.60
7. George Page, 1996	46.66
8. Dick Eisenlauer, 1973	46.74
Terrence Duckett, 1983	46.74
10. Ed Rozell, 1996	46.78

Women's 400 Meters

1. Shellene Williams, 2004	51.94
2. Ellen Grant, 1996	52.65
3. Kineke Alexander, 2005	52.73
4. Senta Hawkins, 1988	54.01
5. Marlene Poole, 1994	54.03
6. Elaine Jones, 1983	54.4
7. Nicole Charles, 2001	54.48
8. Stacey-Leigh Bynoe, 2000	54.73
9. Alycia Simpson, 1987	55.18
Aisha Hume, 2004	55.18



All-Time Top 10 Outdoor Best Performers

Men's 400-Meter Hurdles

1. Pat McGhee, 1988.....	48.83
2. Monte Raymond, 1998	50.09
3. Paul Steele, 1989.....	50.45
4. Russell Peterson, 2001	50.50
5. Adam Kunkel, 2001	50.73
6. Jon Reimer, 1967.....	50.94
7. Gary Falls, 1991.....	51.08
8. Rajeev Balkrishnan, 1993	51.14
9. Scott Williamson, 2000.....	51.74
10. Kenny Williams, 1986	51.89

Women's 400-Meter Hurdles

1. Mary Knoblauch, 1981	56.16
2. Wynsome Cole, 1998	56.67
3. Chris Davenport, 1981	59.18
4. Sarah Steffen, 2002	59.59
5. Beverly Powell, 1991.....	59.96
6. Diane Steinhart, 1980.....	1:00.56
7. Ruqayya Raheem, 1999	1:00:62
8. Keely Huber, 2002	1:00.98
9. Sherri Hull, 1987.....	1:02.60
10. Gina Shannon, 1998.....	1:04.68

Men's 800 Meters

1. Bill Frazier, 1962.....	*1:47.64
2. D'Juan Strozier, 1990.....	1:47.82
3. Michael Layne, 1999	1:49.61
4. Bill Thiesen, 1985	1:49.74
5. Andy Wiese, 1985	1:50.22
6. Paul Chepkwony, 1984	1:50.36
7. Rod Chambers, 1989.....	1:50.60
8. Jim Donovan, 1998.....	1:50.68
9. James Porter, 1994	1:51.00
10. Mike Cunningham, 2002	1:51.64

Women's 800 Meters

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

Men's 1,500 Meters

1. Joel Moeller, 1978.....	3:44.01
2. Jim Docherty, 1978	3:44.30
3. Dan Waters, 1986	3:46.35
4. Kevin Herd, 1994.....	3:46.64
5. John Clark, 1977	3:46.84
6. Ted Wheeler, 1956	3:48.24
7. John Dobbs, 1985.....	3:50.70
8. Sean Corrigan, 1987.....	3:51.05
9. Chad Feeldy, 1996.....	3:51.40
10. Rod Chambers, 1989.....	3:51.73

Women's 1,500 Meters

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

Women's 3,000 Meters

1. Penny O'Brien, 1985.....	9:20.61
2. Nan Doak, 1985	9:23.04
3. Tracy Dahl, 1992.....	9:23.53
4. Jeanne Kruckeberg, 1989.....	9:30.69
5. Jennifer Brower, 1992	9:34.59
6. Jodi Hershberger, 1982	9:36.44
7. Tina Stec, 1994.....	9:38.39
8. Jenny Spangler, 1982	9:47.54
9. Kim Schneckloth, 1987.....	9:48.81
10. Anne Dobrowolski, 1984.....	9:49.10

Men's 3,000-Meter Steeplechase

1. Deacon Jones, 1956	8:47.40
2. Steve Pershing, 1978.....	8:54.59
3. Andy Morris, 2000.....	8:56.21
4. Matt Gerard, 1994	8:57.01
5. Rollie Kitt, 1967.....	9:02.9
6. Al Greene, 1985	9:02.96
7. Tony Rakaric, 2005	9:04.19
8. Sean Gale, 1993	9:08.00
9. Nick Nordheim, 2000	9:12.06
10. Chad Schwitters, 1998	9:13.58



All-Time Top 10 Outdoor Best Performers

Women's 3,000-Meter Steeplechase

1. Sarah Arens, 2004 10:34.50
2. Michelle Lahann, 2003 11:16.21
3. Becca Thompson, 2003 11:19.50
4. **Jessica Schmidt, 2005..... 11:28.23**

Men's 5,000 Meters

1. Larry Wiecezorek, 1968..... 13:56.0
2. Kevin Herd, 1993 13:59.0
3. Stetson Steele, 2000 14:02.76
4. **Eric MacTaggart, 200514:04.79**
5. **Dan Haut, 2005.....14:08.90**
6. **Matt Esche, 200414:15.73**
7. **Brian Rae, 200414:22.83**
8. **Tony Rakaric, 200314:22.92**
9. Danny Waters, 1986 14:23.43
10. **Jeff Kent, 2005.....14:28.70**

Women's 5,000 Meters

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

Men's 10,000 Meters

1. Stetson Steele, 200028:44.47
2. Nick Nordheim, 200229:44.71
3. Trent Corey, 200229:45.25
4. Chad Schwitters, 199929:56.00
5. Kevin Herd, 199430:05.21
6. Paul Sarris, 200130:08.40
7. **Matt Esche, 200430:08.82**
8. Eric McDermott, 200230:11.16
9. **Tony Rakaric, 200430:58.59**
10. **Dan Haut, 2004.....31:03.98**

Women's 10,000 Meters

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

Men's 400-Meter Relay

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

Women's 400-Meter Relay

1. Poole, Reid, Floyd, Hobbs, 1994 44.63
2. Charles, Williams, Providence, James, 2003 44.71
3. Floyd, Hobbs, Poole, Reid, 1994 44.80
4. Fouchè, Williams, Providence, James, 2003 45.02
5. **Granger, Alexander, Johnson, Roach, 2005 45.39**
6. Underwood, Reid, Philip, Hobbs, 1995 45.50
7. Boatright, Bynoe, Providence, Prendergast, 2000 45.50
8. Prendergast, Cole, Boatright, Broomfield, 1998 45.51
9. Hawkins, McKenzie, Simpson, Taylor, 1986 45.55
10. Knight, Dixon, Providence, Charles, 2001 45.68

Women's 800-Meter Relay

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



All-Time Top 10 Outdoor Best Performers

Men's 1,600-Meter Relay

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

Women's 1,600-Meter Relay

1. Hume, Charles, Steffen, Williams, 2003..... 3:36.26
2. **McCalla, Hume, Sheeley, Alexander, 2005..... 3:40.43**
3. Layne, Simpson, Powell, McRell, 1989..... 3:41.23
4. Bynoe, Cole, Wynter, Grant, 1997..... 3:41.74
5. Charles, Fouchè, Williams, Hume, 2003..... 3:42.18
6. Fouchè, Charles, Williams, Hume, 2003..... 3:42.52
7. Powell, Hawkins, Taylor, Simpson, 1988..... 3:43.04
8. 1992..... 3:43.05
9. Wynter, Grant, Raheem, Bynoe, 1997..... 3:43.40
10. Hawkins, Taylor, Simpson, McKenzie, 1986..... 3:43.58

Women's Sprint Medley Relay

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

Women's Distance Medley Relay

1. Hoskins, Powell, Schneckloth, Kruckeberg, 1989..... 11:22.18
2. Barber, Williams, **Hume**, Arens, 2004..... 11:34.56
3. Thompson, Williams, **Hume**, Arens, 2003..... 11:39.02
4. 2000..... 11:39.83
5. Davenport, xx, xx, xx, 1981..... 11:41.44
6. Pare, Grant, Benning, Gilchrist, 1997..... 11:41.92
7. Butler, **Hume**, Barber, Arens, 2001..... 11:47.16
8. Thompson, **Hume**, Barber, Lahann, 2003..... 11:52.04
9. Benning, Raheem, Coleman, Pare, 1996..... 11:53.60
10. Kruckeberg, Roberts, Brown, Hoskins, 1989..... 11:54.15

Men's Long Jump

1. Anthuan Maybank, 1993..... 27-1 (8.25 m)
2. Bashir Yamini, 1997..... 26-8 1/4 (8.13 m)
3. Paul Jones, 1989..... 25-10 1/4 (7.88 m)
4. Darren Smith, 1991..... 25-9 3/4 (7.86 m)
5. Quinn Early, 1986..... 25-7 1/4 (7.80 m)
6. Ed Gordon, 1931..... 25-4 3/8 (7.68 m)
7. Ronnie McCoy, 1985..... 25-0 (7.62 m)
8. Joe Robinson, 1976..... 24-2 3/4 (7.38 m)
9. **Matty Gorman, 2005..... 23-9 1/2 (7.25 m)**
10. Pat Miller, 1986..... 23-4 1/2 (7.12 m)

Women's Long Jump

1. Aisha James, 2003..... 22-3 (6.78 m)
2. Becki Borg, 1988..... 19-7 1/4 (5.97 m)
3. Lisa Moats, 1986..... 19-6 (5.95 m)
4. Yolanda Hobbs, 1993..... 19-2 1/2 (5.85 m)
5. Jane Dunlevy, 1977..... 18-6 (5.64 m)
6. Ruqayya Raheem, 1997..... 18-5 1/4 (5.62 m)
Tiff Pedersen, 2004..... 18-5 1/4 (5.62 m)
8. **Angie Hensel, 2005..... 18-4 1/4 (5.59 m)**
9. Niki Fisher, 1996..... 18-1 1/2 (5.52 m)
10. **Tammilee Kerr, 2005..... 18-0 1/2 (5.50 m)**

Men's High Jump

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

Women's High Jump

1. Mary Mol, 1983..... 6-0 (1.83 m)
2. **Peaches Roach, 2004..... 5-11 1/4 (1.81 m)**
3. Lynn McMillan, 1988..... 5-9 1/4 (1.76 m)
4. Kacey Childs, 2001..... 5-8 1/2 (1.74 m)
5. Kristi Dinkla, 1985..... 5-8 (1.73 m)
Becky Kaza, 1995..... 5-8 (1.73 m)
Eve Cullinan, 2003..... 5-8 (1.73 m)
8. **Jenni Elbert, 2005..... 5-7 (1.70 m)**
9. Nancy Tessmer, 1991..... 5-6 1/2 (1.69 m)
10. Janet Adams, 1981..... 5-6 1/4 (1.68 m)



All-Time Top 10 Outdoor Best Performers

Men's Triple Jump

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

Women's Triple Jump

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

Men's Pole Vault

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

Women's Pole Vault

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

Men's Shot Put

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

Women's Shot Put

1. Lisa Van Steenwyk, 1992..... 50-8 (15.44 m)
2. Gail Smith, 1984..... 50-3 1/4 (15.32 m)
3. Denise Taylor, 1992..... 50-1 3/4 (15.28 m)
4. Laura Kriener, 1990..... 48-2 1/2 (14.69 m)
5. **Kamesha Marshall, 2005..... 48-0 3/4 (14.65 m)**
6. Jennifer Gilson, 2002..... 47-10 (14.58 m)
7. Jennifer Moon, 2000..... 47-5 1/4 (14.46 m)
8. Shelley Redies, 1985..... 45-7 (13.89 m)
9. Megan Maurer, 1998..... 44-9 3/4 (13.66 m)
10. Katie Hoback, 2002..... 44-4 (13.51 m)

Men's Discus

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

Women's Discus

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



All-Time Top 10 Outdoor Best Performers

Men's Hammer

1. Arno van der Westhuizen, 2001.....222-11 (67.94 m)
2. Jim Costello, 2002.....217-7 (66.32 m)
3. **Adam Hamilton, 2004.....208-11 (63.68 m)**
4. Brad Daufeldt, 2004.....207-10 (63.34 m)
5. **Chris Voller, 2005.....200-0 (60.97 m)**
6. Jeremy Allen, 2001.....199-0 (60.66 m)
7. **Tim Broderson, 2004.....181-3 (55.24 m)**
8. Chris Cassata, 2000.....173-11 (53.00 m)
9. Andy Banse, 2003.....172-11 (52.72 m)

Women's Hammer Throw

1. **Becca Franklin, 2005.....181-11 (55.44 m)**
2. Kerri Blackstone, 1999.....161-10 (49.32 m)
3. **Erin O'Hern, 2005.....158-0 (48.17 m)**
4. Megan Maurer, 1998.....145-6 (44.36 m)
5. Jennifer Gilson, 2002.....142-6 (43.44 m)
6. Jennifer Moon, 2000.....139-3 (42.44 m)
7. Kara Hinz, 2000.....125-1 (38.14 m)
8. Katie Hoback, 2002.....121-11 (37.16 m)

Men's Javelin

1. **Bill Neumann, 2002.....244-8 (74.58 m)**
2. Dan Ralph, 2000.....227-10 (69.44 m)
3. Joel Storm, 2004.....203-5 (62.01 m)
4. Matt Stank, 2001.....199-0 (60.66 m)
5. **Kale Katt, 2005.....187-1 (57.02 m)**
6. Arno van der Westhuizen, 1999.....173-11 (53.00 m)
7. Scott Faber, 2000.....173-1 (52.78 m)
8. Justin Silverman, 2000.....172-6 (52.58 m)

1. Mark Panther, 1934.....*219-7 3/8

* distance according to old rules

Women's Javelin

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

Decathlon

1. Scott Faber, 2000.....6,839
2. Chad Ohly, 1994.....6,641
3. Gary Kostrubala, 1984.....6,498
4. Jacob Drewry, 1994.....5,820

1. Mike Lacy, 1984.....6,860

* point total according to 1962-1984 scoring table

Heptathlon

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

1. Kathy Gillespie, 1983.....5,448 points*

* point total according to 1962-1984 scoring table



University of Iowa Women's Head Coach



JAMES GRANT
HEAD COACH

20TH SEASON AT IOWA
EASTERN MICHIGAN, 1971

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

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

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

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

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

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

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

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

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

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

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

Grant at Iowa

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



University of Iowa Men's Head Coach



LARRY WICZOREK
HEAD COACH

21ST SEASON AT IOWA
UNIVERSITY OF IOWA, 1969

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

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

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

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

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

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

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

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

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

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



Hawkeyes To Watch



KINEKE ALEXANDER

SPRINTS

FRESHMAN

Glenside, Mesopotamia

St. Vincent & The Grenadines

St. Joseph's Convent Mariaqua



MEGHAN ARMSTRONG

DISTANCE

FRESHMAN

Tualatin, OR

Tualatin High School

2005 -- Indoor - all-American, placing sixth in 400 meters (54.06) at NCAA Championships... provisionally qualified for NCAA Indoor Championships in 400 meters (53.11)... that time ranks third on Iowa's all-time best performers list... runner-up in 400 meters (54.31) at Big Ten Championships... ran anchor leg on 1,600-meter relay that placed fifth at Big Ten meet (3:48.54)... led team in 200, 400 and 600 meters, and ran on team-leading 1,600-meter and distance medley relays... won 600 meters (1:34.58) at Iowa Open and 200 meters (24.94) at Gold Country Classic... **Outdoor** - qualified for NCAA Midwest Regional in 400 meters (52.73) and as part of 400 (45.39) and 1,600-meter (3:40.43) relays... won 400 meters at Mt. SAC Relays with a collegiate-best 52.73, which leads team and ranks third on Iowa's all-time bests list... her best 400-meter time leads the Big Ten and Midwest Region and ranks fifth in the nation... anchored third-place 1,600-meter relay to a 3:40.43 finish at Mt. SAC, which leads the team and ranks second in the conference and on Iowa's all-time bests list... ran second leg on winning 400-meter relay (45.39) at Mt. SAC, which leads the team and conference and ranks fifth on Iowa's all-time bests list... leads team in 200 meters (24.96).

Alexander's Collegiate Bests

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

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

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

Armstrong's Collegiate Bests

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



Hawkeyes To Watch



ANDY BANSE THROWS

SENIOR
STRAWBERRY POINT, IA
STARMONT High School

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

Banse's Collegiate Bests

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



TIM BRODERSEN THROWS

JUNIOR
VERMILLION, SD
VERMILLION High School

2005 -- Indoor - threw collegiate-best weight throw (55-8 1/2) at Iowa Open... that mark ranks ninth on Iowa's all-time best performers list... placed 18th in that event at Big Ten Championships (55-7)... **Outdoor** - qualified for NCAA Midwest Regional in discus four times... threw collegiate-best discus (190-8) at Mark Messersmith Invite for second place... that mark leads the team, conference and region, and ranks

third on Iowa's all-time bests list... won discus at Iowa Musco Twilight VII (186-0) and placed second at Florida Relays (177-5) and Cal State Northridge 8-Way (177-7).

Brodersen's Collegiate Bests

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



NIKKI CHAPPLE DISTANCE

SOPHOMORE
MELBOURNE, AUSTRALIA
BALWAY High School

2005 -- Indoor - led team in 3,000 (9:38.19) and 5,000 meters (17:04.12)... placed fifth in 3,000 meters (9:42.90) and ninth in 5,000 meters (17:04.12) at Big Ten Championships... placed third in 3,000 meters (9:38.19) at Husker Invite... **Outdoor** - ran collegiate-best 4:30.76 in 1,500 meters at Florida Relays... won 1,500 meters at Mark Messersmith Invite (4:43.66) and placed second at Shamrock Invite (4:35.35).

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

Chapple's Collegiate Bests

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



Hawkeyes To Watch



JUAN COLEMAN

SPRINTS

SENIOR
Hillside, IL
PROVISO WEST High School

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

Coleman's Collegiate Bests

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



ASHLEY GRANGER

SPRINTS

FRESHMAN
Waterloo, IA
NORTHERN UNIVERSITY HS

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

Granger's Collegiate Bests

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



BECCA FRANKLIN

THROWS

SOPHOMORE
EAST MOLINE, IL
RIVERDALE High School

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

Franklin's Collegiate Bests

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



DAN HAUT

DISTANCE

JUNIOR
Lockport, IL
Lockport Township

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

2004 -- Cross Country - ran in all eight races... led team in 10,000 meters (30:55.16)... first Hawkeye to cross finish line at



Hawkeyes To Watch

NCAA Midwest Regional (30:55.16), placing 10th... all-region selection... placed 33rd at Murray Keatinge Invite (25:51.00), 39th at Big Ten Championships (25:13) and 152nd at NCAA Championships (33:30)... placed third at Hawkeye Invite (18:50) and fifth at Hawkeye Triangular (25:23)... academic all-Big Ten... letterwinner.



TIFFANY JOHNSON HURDLES/JUMPS

Sophomore
Danville, IL
Danville High School

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

Haut's Collegiate Bests

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



AISHA HUME SPRINTS/MIDDLE DISTANCE

Senior
Oropouche, Trinidad
St. Joseph's Convent SF

2005 -- Indoor - did not compete... **Outdoor** - qualified for NCAA Midwest Regional at part of 1,600-meter relay (3:40.43)... leads team in 800 meters (2:10.59)... ran second leg on 1,600-meter relay (3:40.43) that placed third at Mt. SAC Relays... that time leads the team and ranks second on in the conference and on Iowa's all-time best performers list... ran collegiate-best 2:10.59 in 800 meters at Long Beach State Invite... that time ranks sixth on Iowa's all-time bests list... won 800 meters (2:13.43) at Mark Messersmith Invite, placed second at Iowa Musco Twilight VII (2:14.56) and fourth at Mt. SAC Relays (2:10.74).

Hume's Collegiate Bests

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

Johnson's Collegiate Bests

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



Hawkeyes To Watch



KEN KEMENY

THROWS

SENIOR

PALATINE, IL

FREMD High School

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

Kemeny's Collegiate Bests

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

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

MacTaggart's Collegiate Bests

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



RACHEAL MARCHAND

DISTANCE

FRESHMAN

VALPARAISO, IN

VALPARAISO High School

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

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

Marchand's Collegiate Bests

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



ERIC MACTAGGART

DISTANCE

FRESHMAN

GLEN ELLYN, IL

GLENBARD South High School

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

2004 -- **Cross Country** - competed in all eight races... second Hawkeye to cross finish line in five races... placed 16th at



Hawkeyes To Watch



KAMESHA MARSHALL
MULTI-EVENTS/THROWS

SENIOR
SAV-LA-MAR, JAMAICA
MANNINGS HS/RANGER CC

2005 -- Indoor - NCAA provisional qualifier in pentathlon (3,701 points)... led team in that event, shot put (49-2 1/4) and long jump (18-7)... placed third in shot put (49-2 1/4) at Big Ten Championships... that mark ranks third on Iowa's all-time best performers list... scored 3,701 points in pentathlon at Husker Invite, which ranks second on Iowa's all-time bests list... **Outdoor** - NCAA Midwest Regional qualifier in shot put (48-0 3/4)... leads team in shot put (48-0 3/4) and discus (152-11)... placed third in shot put with collegiate-best 48-0 3/4 at Iowa Musco Twilight VII, which ranks fifth on Iowa's all-time bests list... also placed sixth in discus (131-4) at Iowa Musco Twilight VII... won shot put (46-9) and placed second in discus (152-11) at Mark Messersmith Invite... runner-up in shot put (42-7 1/4) at Shamrock Invite.

Marshall's Collegiate Bests

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



LINDSEY McCALLA
SPRINTS

SOPHOMORE
MOLINE, IL
MOLINE High School

2005 -- Indoor - won 200 meters (25.70) at Iowa Open... ran lead leg on team-leading 1,600-meter relay (3:45.73)... ran on two winning 1,600-meter relays... **Outdoor** - qualified for NCAA Midwest Regional as part of 1,600-meter relay (3:40.43)... ran lead leg on 1,600-meter relay (3:40.43) that placed third at Mt. SAC Relays... that time leads the team, and ranks second in the conference and on Iowa's all-time best performers list... ran collegiate-best 400 meters (56.53) at Long Beach State Invite... placed fourth in 200 meters (25.65) at Shamrock Invite.

McCalla's Collegiate Bests

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



BILL NEUMANN
JAVELIN

SENIOR
COMOX, BRITISH COLUMBIA
HIGHLAND SECONDARY

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

Neumann's Collegiate Bests

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



Hawkeyes To Watch



JASON NOLTING
SPRINTS

JUNIOR
PRESTON, IA
PRESTON High School

2005 -- Indoor - led team in 400 meters (49.79) and ran second leg on team-leading 1,600-meter relay (3:16.95)... ran collegiate-best 600 meters (1:20.51) at Carle/Health Alliance Classic... **Outdoor** - leads team in 400 meters (47.55)... placed second in 400 meters with collegiate-best 47.55 at Cal State Northridge 8-Way.

Nolting's Collegiate Bests

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



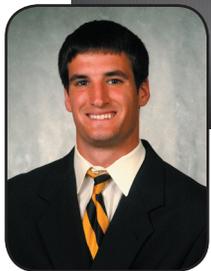
TIFF PEDERSEN
HURDLES/MULTI-EVENTS

SENIOR
ATLANTIC, IA
ATLANTIC High School

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

Pedersen's Collegiate Bests

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



MATT O'HOLLEARN
MIDDLE DISTANCE

SENIOR
JOHNSTON, IA
JOHNSTON High School

2005 -- Indoor - did not compete... **Outdoor** - ran collegiate-best 800 meters (1:52.07) at Tom Botts Invite... won 800 meters (1:52.59) at Cal State Northridge 8-Way, placed third at Iowa Musco Twilight VII (1:54.20) and fourth at Mark Messersmith Invite (1:54.42).

O'Hollearn's Collegiate Bests

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



Hawkeyes To Watch



PEACHES ROACH JUMPS

SOPHOMORE
KINGSTON, JAMAICA
ALPHA ACADEMY

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

Roach's Collegiate Bests

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



ERIN SHEELEY SPRINTS

SOPHOMORE
Postville, IA
Postville High School

2005 -- Indoor - ran third leg on team-leading 1,600-meter relay (3:45.73)... ran on 1,600-meter relay that placed fifth (3:48.54) at Big Ten Championships... **Outdoor** - qualified for NCAA Midwest Regional as part of 1,600-meter relay... ran third leg on 1,600-meter relay that placed third (3:40.43) at Mt.

SAC Relays... that time leads the team and ranks second in the conference and on Iowa's all-time bests list... ran collegiate-best 400 meters (58.35) at Long Beach State.

Sheeley's Collegiate Bests

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



CHRIS VOLLER THROWS

6-2, 240, SENIOR
NAPERVILLE, IL
CENTRAL

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

Voller's Collegiate Bests

Event	Distance	Meet	Date
Weight (I)	62-10 3/4 (19.17)	at Gold Ctry. Classic	1/22/05
Hammer (O)	200-0 (60.97)	Musco Twilight VII	4/23/05

