

UNIVERSITY OF IOWA WOMEN'S TRACK & FIELD



Senior Michelle Lahann
NCAA Provisional Qualifier
(Mile, Distance Medley Relay)



Senior Shellene Williams
NCAA Automatic Qualifier
(400 Meters)
NCAA Provisional Qualifier
(200 Meters, Distance Medley Relay)

2004 BIG TEN CHAMPIONSHIPS

UNIVERSITY RECREATION BUILDING
IOWA CITY, IA -- FEBRUARY 28-29, 2004

THE UNIVERSITY OF IOWA



HAWKEYE WOMEN'S TRACK & FIELD



WOMEN'S CONTACT: AARON BLAU

FEBRUARY 23, 2004

2004 IOWA WOMEN'S INDOOR SCHEDULE & RESULTS

J 17	Hawkeye Invite	12 champs
J 24	at Gold Country Classic	4 champs
J 30-31	at UNI Invitational	1 champ
J 31	at Illinois Invite.	4th/1 champ
F 7	at Husker Invitational	1 champ
F 13-14	at ISU Classic	3 champs
F 20	Iowa Open	5 champs
F 28-29	Big Ten Championships (Iowa City, IA)	
M 6	at NCAA Last Chance (Ames, IA)	
M 12-13	at NCAA Championships (Fayetteville, AR)	

2004 IOWA WOMEN'S INDOOR SEASON BESTS

60 MetersShellene Williams7.50
200 Meters	...Shellene Williams ^123.62
400 Meters	...Shellene Williams \$152.83
600 YardsAisha Hume 1:21.74
600 Meters	...Aisha Hume 1:33.44
800 Meters	...Michelle Lahann 2:09.75
MileMichelle Lahann ^4:47.23
3,000 Meters	Nikki Chapple ^9:34.17
5,000 Meters	Nikki Chapple 16:48.21
60 HurdlesTiffany Johnson 8.62
High JumpPeaches Roach ^5-10 1/2
Long Jump	...Tiff Pedersen 17-5 1/4
Triple Jump	..Tiffany Johnson 38-9 3/4
Pole VaultJessie Strand 11-11 3/4
Shot PutKamesha Marshall	.. 46-4 1/4
Wt. Throw	...Erin O'Hearn 41-5 3/4
PentathlonTiff Pedersen 3,269
1600-Meter Relay	3:48.08
	(McCalla, Hume, Barber, Sheeley)	
Distance Medley Relay	^11:30.36
	(Lahann, Williams, Stanley, Arens)	

\$ NCAA Automatic Qualifier
 ^NCAA Provisional Qualifier
 !School Record

THIS WEEK -- The Iowa women's track team will host the 2004 Big Ten Indoor Championships Saturday and Sunday in Iowa City, IA. All events will be held at the University Recreation Building. Tickets are \$7 per day for adults and \$5 per day for youth and students. All seats are general admission.

HAWKEYES CRACK TOP 20 -- The Hawkeyes are ranked 13th in the nation in the most recent United States Track Coaches Association Team Power Ranking. Teams are assigned a point total and ranked based on quality of athletic performance, team depth and dual meet scoring potential. Iowa has earned a score of 258.89. Nebraska is ranked first with a 300.73 score. Other Big Ten teams ranked in the top 20 are Penn State (3rd-284.31), Ohio State (6th-270.32) and Indiana (10th-263.40).

WILLIAMS LEADS THE PACK -- Hawkeye senior **Shellene Williams** is on track for another outstanding season at Iowa. In her first full indoor season with the Hawkeyes, **Williams** has automatically qualified for the NCAA Indoor Championships in the 400 meters, and provisionally qualified in the 200 meters and as part of the distance medley relay. Her qualifying times in the 200 and 400 meters also set school indoor records. **Williams** also leads the team in the 60 meters. Her season-best time of 7.50 ranks second on Iowa's all-time best performers list.

Williams is looking to carry momentum from her 2003 outdoor accomplishments into 2004 indoor post-season competition. She won the 400 meters and ran the anchor leg of Iowa's winning 1,600-meter relay at the 2003 Big Ten Outdoor meet. She became the fourth female student-athlete in school history to win two events at the same conference meet. The 1,600-meter relay of Aisha Hume, Nicole Charles, Sarah Steffen and **Williams** went on from winning the school's first conference title in that event to shattering the 15-year-old school record of 3:41.23 by almost five seconds. They ran a blistering 3:36.26 at the NCAA Midwest Regional.

Williams has a chance to make a permanent mark in the Iowa record books. With two conference titles under her belt, and an indoor and outdoor meet left to compete in, she has the chance to catch Iowa's four three-time champions and the Hawkeyes' lone four-time champion, Vivien McKenzie. McKenzie won three consecutive 100-meter titles (1983-85) and the 1985 55-meter title. **Williams** and the rest of the squad have the chance to end Iowa's drought at the Big Ten meet. Iowa's last Big Ten indoor champion was Yolanda Hobbs, in the 55 meters, in 1995.

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THE UNIVERSITY OF IOWA



HAWKEYE WOMEN'S TRACK & FIELD



WOMEN'S CONTACT: AARON BLAU

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BIG TEN SCHEDULE OF EVENTS

Saturday, February 28

9:00 a.m.	Pentathlon 60-Meter Hurdles
9:45	Pentathlon High Jump
11:30	Pentathlon Shot Put
12:30 p.m.	Pentathlon Long Jump
2:00	Pentathlon 800 Meters
	Pole Vault (Trials & Finals)
2:30	Shot Put (Trials & Finals)
2:50	One Mile (Trials)
3:15	400 Meters (Trials)
	Long Jump (Trials & Finals)
3:35	60 Meters (Trials)
3:45	800 Meters (Trials)
4:10	60-Meter Hurdles (Trials)
4:20	600 Meters (Trials)
4:35	200 Meters (Trials)
5:00	3,000 Meters (Finals)
5:20	Distance Medley Relay

Sunday, February 29

10:00 a.m.	Weight Throw (Trials & Finals)
11:45	Triple Jump (Trials & Finals)
1:00 p.m.	High Jump (Trials & Finals)
1:50	One Mile (Finals)
2:00	400 Meters (Finals)
2:10	60 Meters (Finals)
2:25	800 Meters (Finals)
2:30	60-Meter Hurdles (Finals)
2:40	600 Meters (Finals)
2:50	200 Meters (Finals)
3:00	5,000 Meters (Finals)
3:30	1,600-Meter Relay (Finals)
3:50	Championship Presentation

BIG TEN TEAM TITLE HISTORY

Here is the break down of team titles in the 22-year history of the conference indoor meet:

7	Wisconsin
6	Michigan
5	Illinois
3	Indiana
1	Purdue
0		Iowa, Ohio State, Michigan State, Minnesota, Penn State

NCAA QUALIFIERS & INDIVIDUAL RANKINGS -- Iowa has qualified nine student-athletes for the 2004 NCAA Indoor Championships, to be held March 12-13 in Fayetteville, AR, in five individual events and one relay. Eleven athletes are ranked in the top eight in their respective events in the Big Ten. Their events, best performances, whether they are an automatic or provisional qualifier, and where they rank in the nation and Big Ten are listed below.

Athlete	Event	Qualifier	Mark	Nation/Big 10
Sarah Arens	Dist. Med. Relay	PQ	11:30.36	19th/2nd
Atalie Barber	1,600-M Relay	---	3:48.08	--/6th
Nikki Chapple	3,000 Meters	PQ	9:34.17	37th/2nd
	5,000 Meters	---	16:48.21	---/6th
Aisha Hume	600 Meters	---	1:33.44	--/5th
	1,600-M Relay	---	3:48.08	--/6th
Tiffany Johnson	60-Meter Hurdles	---	8.62	--/5th
Michelle Lahann	Mile	PQ	4:47.23	30th/3rd
	800 Meters	---	2:09.75	--/2nd
	Dist. Med. Relay	PQ	11:30.36	19th/2nd
Lindsey McCalla	1,600-M Relay	---	3:48.08	--/6th
Peaches Roach	High Jump	PQ	5-10 1/2 (1.79 m)	20th/1st
	60 Meters	---	7.57	--/8th
Erin Sheeley	1,600-M Relay	---	3:48.08	--/6th
Shannon Stanley	Dist. Med. Relay	PQ	11:30.36	19th/2nd
Shellene Williams	200 Meters	PQ	23.62	13th/2nd
	400 Meters	AQ	52.83	9th/1st
	Dist. Med. Relay	PQ	11:30.36	19th/2nd
	60 Meters	---	7.50	--/5th

PQ -- provisional qualifier, AQ -- automatic qualifier

2003 INDOOR BIG TEN REVIEW -- Iowa placed ninth with 29.5 points at the 2003 Big Ten Indoor Championships in Bloomington, IN. Michigan won the team title. The Hawkeyes were led by **Aisha Hume**, who placed sixth in the 500 meters (1:32.90). **Hume** also ran the third leg on the 1,600 meter relay of **Jessica Fouche**, **Nicole Charles** and **Sarah Steffen** that placed fifth in 3:48.06. **Michelle Lahann** placed fifth in the mile (4:54.75) and anchored the distance medley relay of **Becca Thompson**, **Shellene Williams** and **Atalie Barber** to a fifth-place finish in 11:51.71. **Jessie Strand** also placed fifth in the pole vault (11-11 3/4). **Tiff Pedersen** placed sixth in the pentathlon with 3,451 points, **Steffen** placed seventh in the 60-meter hurdles (8.59), and **Jiselle Providence** placed seventh in the 200 meters (24.72) and eighth in the 60 meters (7.66).

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2004 INDOOR SEASON BESTS

60-METER DASH (AQ -- 7.30, PQ -- 7.44, School record -- 7.43)

Shellene Williams	7.50	Illinois Invitational	1/31/04
Peaches Roach	7.57	ISU Classic	2/14/04
Kamesha Marshall	7.72	Iowa Open	2/20/04
Tiffany Johnson	7.82	Gold Country Classic	1/24/04
Stacy Lawrence	7.97	UNI Inviational	1/31/04
Kyndra Middleton	8.15	Iowa Open	2/20/04
Latoya Stiffend	8.18	Hawkeye Invitational	1/17/04

60-METER HURDLES (AQ -- 8.15, PQ -- 8.43, School record -- 8.39)

Tiffany Johnson	8.62	Husker Invitational	2/7/04
Tiff Pedersen	8.80	Iowa Open	2/20/04
Latoya Stiffend	9.02	ISU Classic	2/14/04
Kamesha Marshall	9.20	Iowa Open	2/20/04
Katie Herrmann	9.30	Iowa Open	2/20/04
Angie Hensel	9.60	Iowa Open	2/20/04

200-METER DASH (AQ -- 23.70, PQ -- 24.20, School record -- 23.62)

Shellene Williams	23.62* ^	Husker Invitational	2/7/04
Peaches Roach	25.23	Gold Country Classic	1/24/04
Lindsay McCalla	25.98	Gold Country Classic	1/24/04
Erin Sheeley	26.12	Illinois Invitational	1/31/04
Latoya Stiffend	#26.24	ISU Classic	2/13/04
Stacy Lawrence	26.73	UNI Invitational	1/31/04
Kyndra Middleton	27.09	Iowa Open	2/20/04

400-METER DASH (AQ -- 53.20, PQ -- 54.80, School record -- 52.83)

Shellene Williams	#52.83@ ^	ISU Classic	2/14/04
Lindsey McCalla	57.14	Husker Invitational	2/7/04
Aisha Hume	57.20	Husker Invitational	2/7/04
Erin Sheeley	58.43	Husker Invitational	2/7/04
Katie Herrmann	1:00.00	Husker Invitational	2/7/04

600-YARD RUN

Aisha Hume	#1:21.74	ISU Classic	2/14/04
Jordan Laney	#1:29.05	ISU Classic	2/14/04

600-METER RUN (School record -- 1:30.77)

Aisha Hume	1:33.44	Hawkeye Invitational	1/17/04
Atalie Barber	1:35.68	Gold Country Classic	1/24/04
Shannon Stanley	1:35.85	Gold Country Classic	1/24/04
Monica Mims	1:40.20	Hawkeye Invitational	1/17/04
Keely Huber	1:43.30	Hawkeye Invitational	1/17/04
Leah Koesters	1:44.58	Gold Country Classic	1/24/04

@ - NCAA Automatic Qualifier, * - NCAA Provisional Qualifier, ^ - School Record, % - Pentathlon Event,
- Run on an oversized track, AQ/PQ - Automatic/Provisional Qualifying Mark



2004 INDOOR SEASON BESTS

800-METER RUN (AQ -- 2:06.05, PQ -- 2:09.40, School record -- 2:06.38)

Michelle Lahann	#2:09.75	ISU Classic	2/14/04
Shannon Stanley	2:13.38	Hawkeye Invitational	1/17/04
Atalie Barber	#2:13.85	ISU Classic	2/14/04
Aisha Hume	2:13.87	Gold Country Classic	1/24/04
Jordan Laney	2:19.57	Husker Invitational	2/7/04
Chloe Millward	2:24.07	UNI Invitational	1/31/04
Leah Koesters	#2:24.78	ISU Classic	2/14/04
Monica Mims	2:25.65	Gold Country Classic	1/24/04
Katie Herrmann	2:29.83%	UNI Invitational	1/30/04
Kamesha Marshall	2:50.45	UNI Invitational	1/30/04
Tiff Pedersen	2:51.05	UNI Invitational	1/30/04

MILE RUN (AQ -- 4:39.10, PQ -- 4:49.00, School record -- 4:40.19)

Michelle Lahann	4:47.23*	Husker Invitational	2/7/04
Sarah Arens	#4:52.18	ISU Classic	2/14/04
Nikki Chapple	4:54.92	Illinois Invitational	1/31/04
Atalie Barber	5:06.03	Hawkeye Invitational	1/17/04
Ashley Merry	#5:16.40	ISU Classic	2/14/04
Shannon Stanley	#5:17.65	ISU Classic	2/14/04
Georgia Millward	5:18.66	Gold Country Classic	1/24/04
Jenni Capista	5:22.58	UNI Invitational	1/31/04
Jordan Laney	5:22.92	Illinois Invitational	1/31/04
Laura Spencer	5:24.14	Iowa Open	2/20/04
Vanessa Menze	5:37.37	UNI Invitational	1/31/04

3,000-METER RUN (AQ -- 9:16.80, PQ -- 9:35.80, School record -- 9:15.57)

Nikki Chapple	9:34.17*	Husker Invitational	2/7/04
Georgia Millward	10:22.01	Husker Invitational	2/7/04
Vanessa Menze	11:15.44	Iowa Open	2/20/04

5,000-METER RUN (AQ -- 16:16.55, PQ -- 16:46.55, School record -- 15:49.52)

Nikki Chapple	#16:48.21	ISU Classic	2/14/04
Georgia Millward	#17:41.09	ISU Classic	2/14/04

1,600-METER RELAY (AQ -- 3:37.00, PQ -- 3:43.20, School record -- 3:44.58)

McCalla, Hume, Barber, Sheeley	#3:48.08	ISU Classic	2/14/04
Williams, McCalla, Hume, Barber	3:48.75	Husker Invitational	2/7/04
Herrmann, Stanley, Barber, Sheeley	3:58.98	Gold Country Classic	1/24/04
Johnson, McCalla, Huber, Hume	4:01.77	Hawkeye Invitational	1/17/04
Mims, Sheeley, Koesters, Barber	4:04.20	Hawkeye Invitational	1/17/04
Lawrence, Koesters, Middleton, Mims	4:05.56	Iowa Open	2/20/04
Stanley, Herrmann, Lawrence, Middleton	4:14.99	Hawkeye Invitational	1/17/04

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2004 INDOOR SEASON BESTS

DISTANCE MEDLEY RELAY (AQ -- 11:17.00, PQ -- 11:38.00, School record -- 11:23.02)

Lahann, Williams, Stanley, Arens #11:30.36* ISU Classic 2/14/04

HIGH JUMP (AQ -- 1.84 meters, PQ -- 1.78 meters, School record -- 1.83 meters)

Peaches Roach 5-10 1/2 (1.79 m)* ISU Classic 2/14/04

Tiff Pedersen 5-0 1/2 (1.54 m)% UNI Invitational 1/30/04

Kamesha Marshall 5-0 1/4 (1.53 m) Iowa Open 2/20/04

Angie Hensel 5-0 1/4 (1.53 m) Iowa Open 2/20/04

Katie Herrman 4-11 3/4 (1.52 m) Hawkeye Invitational 1/17/04

LONG JUMP (AQ -- 6.40 meters, PQ -- 6.20 meters, School record -- 5.95 meters)

Tiff Pedersen 17-11 (5.46 m)% UNI Invitational 1/30/04

Angie Hensel 17-4 1/4 (5.29 m) ISU Classic 2/14/04

Kamesha Marshall 17-3 1/4 (5.26 m) Gold Country Classic 1/24/04

Katie Herrmann 15-9 3/4 (4.82 m) Iowa Open 2/20/04

TRIPLE JUMP (AQ -- 13.30 meters, PQ -- 12.65 meters, School record -- 12.04 meters)

Tiffany Johnson 38-9 3/4 (11.83 m) Hawkeye Invitational 1/17/04

Becca Franklin 34-3 (10.44 m) Iowa Open 2/20/04

POLE VAULT (AQ -- 4.20 meters, PQ -- 3.95 meters, School record -- 3.66 meters)

Jessie Strand 11-11 3/4 (3.65 m) ISU Classic 2/14/04

Sarah Burgett 10-6 3/4 (3.22 m) Hawkeye Invitational 1/17/04

SHOT PUT (AQ -- 16.50 meters, PQ -- 15.20 meters, School record -- 15.54 meters)

Kamesha Marshall 46-4 1/4 (14.13 m) Gold Country Classic 1/24/04

Tiff Pedersen 35-10 3/4 (10.94 m) Iowa Open 2/20/04

Katie Herrmann 35-3 3/4 (10.76 m) Iowa Open 2/20/04

WEIGHT THROW (AQ -- 19.90 m, PQ -- 18.50 m, School record -- 15.47 m)

Erin O'Hearn 43-9 1/4 (13.34 m) Iowa Open 2/20/04

Becca Franklin 41-7 1/4 (12.68 m) Iowa Open 2/20/04

PENTATHLON (AQ -- 4,050 points, PQ -- 3,700 points, School Record -- 3,798 points)

Tiff Pederson 3,269 points UNI Invitational 1/30/04

Kamesha Marshall 3,185 points UNI Invitational 1/30/04

Katie Herrmann 3,126 points UNI Invitational 1/30/04

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ALL-TIME TOP 10 INDOOR PERFORMERS

60 Meters

1. Elaine Jones, 1983	7.43
2. Shellene Williams, 2004	7.50
3. Jiselle Providence, 2002	7.52
4. Angela Menson, 1982	7.57
 Peaches Roach, 2004	7.57
6. Tamara Dixon, 2002	7.64
7. Lakeya Boatright, 1999	7.68
8. Kamesha Marshall, 2004	7.72
9. Diane Emmons, 1979	7.74
Davera Taylor, 1984	7.74

60-Meter Hurdles

1. Paula Ruen, 1998	8.39
2. Sarah Steffen, 2002	8.45
3. Colleen Prendergast, 2000	8.57
4. Tiffany Johnson, 2004	8.62
5. Diane Steinhart, 1981	8.64
6. Ruqayya Raheem, 1999	8.74
7. Tiff Pedersen, 2003	8.80
8. Latoya Stiffend, 2003	8.98
9. Chris Davenport, 1983	9.05
10. Kathy Gillespie, 1983	9.07
Blair Anderson, 2002	9.07

200 Meters

1. Shellene Williams, 2004	23.62
2. Marlene Poole, 1994	23.66
Yolanda Hobbs, 1995	23.66
4. Erica Broomfield, 1998	23.81
5. Jiselle Providence, 2002	24.44
6. Marlene Poole, 1993	24.59
7. Tanja Reid, 1994	24.67
8. Tamara Dixon, 2002	24.71
9. Tina Floyd, 1993	25.01
10. Diane Emmons, 1979	25.04

400 Meters

1. Shellene Williams, 2004	52.83
2. Ellen Grant, 1996	52.95
3. Marlene Poole, 1993	55.20
4. Wynsome Cole, 1997	55.45
5. Nicole Charles, 2002	55.59
6. Senta Hawkins, 1988	55.66
7. Aisha Hume, 2002	56.33
8. Tina Floyd, 1992	56.79
9. Karen Layne, 1989	56.82
10. Stacey-Leigh Bynoe, 1998	56.84

600 Meters

1. Senta Hawkins, 1987	1:30.77*
2. Karen Layne, 1990	1:31.45
3. Kay Stormo, 1982	1:32.54
4. Aisha Hume, 2003	1:32.69
5. Sophia Chow, 2002	1:33.54

600 Meters (Continued)

6. Ann Pare, 1997	1:34.95
7. Chris Davenport, 1981	1:35.34
8. Ellen Grant, 1997	1:35.46
9. Atalie Barber, 2004	1:35.68
10. Keely Huber, 2002	1:35.69

800 Meters

1. Jeanne Kruckeberg, 1989	2:06.38
2. Briana Benning, 1996	2:09.22
3. Michelle Lahann, 2004	2:09.75
4. Ann Pare, 1997	2:11.19
5. Atalie Barber, 2003	2:12.10
6. Tracy Dahl, 1993	2:12.74
7. Anna Shearer, 1999	2:12.89
8. Shannon Stanley, 2004	2:13.38
9. Aisha Hume, 2004	2:13.87
10. Katie Butler, 2000	2:15.32

1,000 Meters

1. Jenny Hayden, 1982	2:38.44
2. Jeanne Kruckeberg, 1987	2:45.36
3. Kay Stormo, 1982	2:52.64
4. Nan Doak, 1982	2:52.74
5. Ann Pare, 1996	2:53.03
6. Atalie Barber, 2002	2:53.16
7. Amy McRell, 1992	2:55.84
8. Jenny Spangler, 1982	2:56.34
9. Jullie Williams, 1981	2:56.94
10. Jill Scheibel, 1999	3:04.41

Mile

1. Jeanne Kruckeberg, 1989	4:40.19
2. Tina Stec, 1994	4:42.63
3. Penny O'Brien, 1981	4:43.72
4. Michelle Lahann, 2004	4:47.23
5. Tracy Dahl, 1992	4:48.92
6. Nan Doak, 1982	4:51.46
7. Sarah Arens, 2004	4:52.18
8. Nikki Chapple, 2004	4:54.92
9. Anne Dobrowolski, 1984	4:55
10. Ann Pare, 1996	4:55.25

3,000 Meters

1. Tracy Dahl, 1993	9:15.57
2. Nan Doak, 1982	9:21.60
3. Jenny Spangler, 1986	9:22.41
4. Nikki Chapple, 2004	9:34.17
5. Sarah Arens, 2000	9:56.85
6. Penny O'Brien, 1985	9:58.65
7. Kiersten Pauling, 1997	10:05.41
8. Michaela McClure, 1998	10:06.15
9. Katie Donlon, 2003	10:08.60
10. Becky Coleman, 1997	10:12.72



ALL-TIME TOP 10 INDOOR PERFORMERS

5,000 Meters

1. Tracy Dahl, 1993 15:49.52
2. Nan Doak, 1985 15:55.45
3. Jenny Spangler, 1982 16:08.74
4. Judy Parker, 1981 16:16.63
5. Jennifer Brower, 1992 16:22.19
6. Jodi Hersberger, 1982 16:32.24
7. **Nikki Chapple, 2004** **16:48.21**
8. Zanetta Weber, 1981 16:54.64
9. Anne Dobrowolski, 1982 17:15.44
10. **Sarah Arens, 2001** **17:16.41**

Long Jump

1. Lisa Moats, 1986 19-6 (5.94 m)
2. Davera Taylor, 1984 19-1 1/2 (5.83 m)
3. Yolanda Hobbs, 1993 19-1 (5.81 m)
4. Catharine Parmiter, 2000 18-7 1/2 (5.67 m)
5. **Jessie Strand, 2000** **18-3 1/4 (5.57 m)**
6. **Tiff Pedersen, 2003** **18-2 1/2 (5.55 m)**
7. Chris Davenport, 1983 18-1 (5.51 m)
8. Kathy Gillespie, 1983 18-0 (5.48 m)
9. Lori Mashek, 1981 17-10 1/2 (5.44 m)
10. Maureen Abel, 1978 17-7 1/4 (5.36 m)

Triple Jump

1. Becki Borg, 1987 39-6 (12.04 m)
2. **Tiffany Johnson, 2004** **38-9 3/4 (11.83 m)**
3. Lisa Moats, 1985 35-1 (10.69 m)
4. **Becca Franklin, 2004** **34-3 (10.44 m)**

High Jump

1. Mary Mol, 1983 6-0 (1.83 m)
2. **Peaches Roach, 2004** **5-10 1/2 (1.79 m)**
3. Becky Kaza, 1995 5-9 3/4 (1.77 m)
4. Kristi Dinkla, 1985 5-8 1/2 (1.74 m)
- Kacey Childs, 2001 5-8 1/2 (1.74 m)
6. Kathy Gillespie, 1983 5-7 3/4 (1.72 m)
7. Julie Gallery, 2002 5-7 (1.70 m)
8. Janet Adams, 1981 5-6 (1.68 m)
- Eve Cullinan, 2002 5-6 (1.68 m)
10. Bridget Besch, 2003 5-5 (1.65 m)

Pole Vault

1. **Jessie Strand, 2003** **12-0 (3.66 m)**
2. **Sarah Burgett, 2004** **10-6 3/4 (3.22 m)**
3. Gina Shannon, 2001 10-6 (3.20 m)
4. Kacey Childs, 2001 9-0 (2.74 m)
5. Amy Kasparbauer, 2000 8-0 (2.44 m)

Shot Put

1. Gail Smith, 1985 51-0 (15.54 m)
2. Lisa Van Steenwyk, 1993 50-5 1/4 (15.37 m)
3. Denise Taylor, 1992 47-11 (14.60 m)
4. Megan Maurer, 1995 47-5 3/4 (14.47 m)
5. Laura Kriener, 1990 47-5 (14.45 m)

Shot Put (Continued)

6. Jennifer Gilson, 2002 46-11 (14.30 m)
7. **Kamesha Marshall, 2004** **46-4 1/4 (14.13 m)**
8. Jennifer Moon, 2000 45-9 (13.94 m)
9. Shelly Redies, 1985 45-0 1/4 (13.72 m)
10. Mandy Beck, 2002 43-1 1/2 (13.14 m)

Weight Throw

1. Kerri Blackstone, 1999 50-9 3/4 (15.48 m)
2. Megan Maurer, 1998 48-10 1/4 (14.89 m)
3. Jennifer Moon, 2000 47-10 3/4 (14.60 m)
4. Jennifer Gilson, 2002 46-7 1/4 (14.20 m)
5. **Erin O'Hearn, 2004** **43-9 1/4 (13.34 m)**
6. Katie Hoback, 2002 42-8 (13.00 m)
7. Missy Fraser, 1997 41-10 3/4 (12.77 m)
8. **Becca Franklin, 2004** **41-7 1/4 (12.68 m)**
9. Kara Hinz, 2000 37-4 1/2 (11.39 m)

Pentathlon

1. Chris Davenport, 1983 3,798 pts.
2. **Tiff Pedersen, 2003** **3,451 pts.**
3. Maureen Abel, 1980 3,369 pts.
4. Janet Adams, 1981 3,360 pts.
5. Kacey Childs, 1999 3,224 pts.
6. **Kamesha Marshall, 2004** **3,185 pts.**
7. **Katie Herrmann, 2003** **3,150 pts.**
7. Marjie Tweto, 1996 2,896 pts.
8. Margo Levang, 1998 2,890 pts.

1. Kathy Gillespie, 1982 4,079 pts.^
- ^point total according to old scoring table

1,600-Meter Relay

1. Bynoe, Cole, Raheem, Grant, 1996 3:44.58
2. Simpson, McRell, Layne, Powell, 1989 3:44.75
3. **Hume, Charles, Barber, Knight, 2002** 3:45.33
4. Floyd, Poole, Hobbs, Layne, 1992 3:45.38
5. **Williams, Charles, Hume, Fouché, 2003** 3:45.50
6. 1997 3:45.93
7. Fouché, Charles, Steffen, **Hume, 2003** 3:46.34
8. 1997 3:46.55
9. Hobbs, Layne, Floyd, Poole, 1992 3:47.34
10. Charles, Chow, **Hume, Barber, 2002** 3:47.69

Distance Medley Relay

1. Stormo, Davenport, Williams, O'Brien, 1981 11:23.02
2. Benning, Poole, Salsberry, Stec, 1994 11:28.03
3. Stormo, Davenport, Hayden, Doak, 1982 11:29.54
4. **Lahann, Williams, Stanley, Arens, 2004** .. **11:30.36**
5. Thompson, **Williams, Barber, Lahann, 2003** 11:30.38
6. Doak, xx, Hayden, xx, 1982 11:35.07
7. Camarigg, Stormo, Williams, O'Brien, 1981 . 11:41.44
8. Davenport, Stormo, Williams, Marshall, 1982 11:46.94
9. Barber, **Hume, Butler, Arens, 2001** 11:47.50
10. 1996 11:51.66



HEAD COACH JAMES GRANT



James Grant

Head Coach
Eighth Year at Iowa
University of Iowa, 1969

James Grant is in his eighth season at the helm of the Iowa women's track and field program. Grant was the former assistant coach at Iowa for 12 years.

Grant and the Hawkeyes had a monumental season in 2003, headlined by their sixth-place finish at the Big Ten Outdoor Championships - Iowa's highest placing at that meet during Grant's tenure. Iowa crowned a school-record six Big Ten Champions at the meet, including two-time winner Shellene Williams, who is the fourth student-athlete in school history to win two events at the same conference meet. The Hawkeyes showed signs of a well-rounded team throughout the season, but this was highlighted at the conference outdoor meet where they recorded 15 top-10 placings in 14 different events and scored their highest team-point total (70) since 1992. Seven Hawkeyes advanced from the NCAA Midwest Regional to compete at the NCAA Outdoor Championships.

Grant also had immense success in his first two seasons at the Hawkeye helm. Wynsome Cole earned all-America status in the 400-meter hurdles in 1997, and won a Big Ten title in that event in 1998. Ellen Grant won 400-meter titles at the 1997 conference indoor and outdoor meets. The 400-meter relay of Tara Underwood, Cole, Grant and Kaydene Wynter also won a Big Ten outdoor title. Erica Broomfield won the 200-meter title, and was runner-up in the 55 meters to earn Big Ten Indoor Freshmen of the Year accolades in 1998.

While improving in the league standings in considered a priority, Iowa's track and field team also concerns itself with performance in the classroom. During Grant's tenure, 31 Hawkeyes have earned 54 academic all-Big Ten honors. This includes a team record 11 honorees in 2001.

As Iowa's assistant coach from 1986-96, Grant coached several Hawkeyes to success. In 1995, Yolanda Hobbs earned all-America status 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 became the first in school history to ever win a Big Ten title in that event, setting a school and meet record. The team set records four times that season and earned all-America honors at the NCAA Championships. Karen Layne won the 1990 600-meter Big Ten title, while Senta Hawkins won the Big Ten 400 meters in 1988. In 1989, the 1,600-meter relay placed second at the conference indoor and outdoor meets.

A former Jamaican track standout, Grant coached at the high school level in Jamaica for 11 years prior to joining the Hawkeye program in 1986. From 1982-85, Grant coached the men's and women's track teams at G.C. Foster College of Physical Education and Sport. There he led the men's team to two national championships and three 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			Outdoor		
	Big 10 Place	Big 10 Champs	All-Americans	Big 10 Place	Big 10 Champs	All-Americans
1997	T9th	1	0	10th	5	1
1998	9th	1	0	9th	1	0
1999	9th	0	0	9th	0	0
2000	10th	0	0	9th	0	0
2001	10th	0	0	9th	0	0
2002	9th	0	0	10th	0	0
2003	9th	0	0	6th	6	0
Total		2	0		12	1



HAWKEYES TO WATCH



**Sarah
Arens**

Senior
Distance
Remsen, IA (Remsen-St. Mary's)

2004 -- Indoor - anchored distance medley relay to provisional qualifying mark of 11:30.36 at Iowa State Classic... that relay is ranked second in the Big Ten, fourth on Iowa's all-time bests list and 19th in the nation... ran collegiate-best in mile (4:52.18) for eighth place at Iowa State Classic... that time ranks seventh on Iowa's all-time bests list... won mile (5:04.13) and Hawkeye Invitational and placed fifth (5:02.33) at Illinois Invitational.

2003 -- Cross Country - led team at NCAA Midwest Regional, placing 16th in 22:00... placed 49th (22:33) at Big Ten Championships... won Hawkeye Invitational (10:41) and placed second (18:32) at Iowa State Open... academic all-Big Ten.

Arens' Collegiate Bests			
Event	Time	Meet	Date
1,500m (O)	4:34.05	Sea Ray Relays	4/16/00
Mile (I)	4:52.18	ISU Classic	2/14/04
3,000m (O)	9:52.17	Big Blue Classic	4/5/00
3,000m (CC)	10:41	Hawkeye Invite	8/29/03
3,000 SC (O)	10:38.64	Iowa Musco Twilight V	5/3/03
5,000m (I)	17:16.41	Big Ten Champ's	2/24/01
5,000m (CC)	17:37.96	Auburn Invite	10/19/02
6,000m (CC)	21:58	Midwest Pre-Regional	9/29/00



**Nikki
Chapple**

Freshman
Distance
Melbourne, Australia (Balwyn)

2004 -- Indoor - leads team in 3,000 (9:34.17) and 5,000 meters (16:48.21)... provisionally qualified in 3,000 meters (9:34.17) at Husker Invite... won 5,000 meters (16:48.21) at ISU Classic and mile (4:59.85) at Gold Country Classic... ranks second in Big Ten and 37th in nation in 3,000 meters, and sixth in Big Ten in 5,000 meters... ranks eighth in mile, fourth in 3,000 meters and seventh in 5,000 meters on

Iowa's all-time bests list... placed third in mile (4:54.92) at Illinois Invitational.

2003 -- Cross Country - led team at Big Ten Championships, placing 15th in 21:45... also ran a collegiate-best 6,000 meters (21:45) at Pre-National Invitational... placed 32nd at NCAA Midwest Regional (22:31)... led team in collegiate debut, placing 16th (17:41) at Willamette Invitational.

Chapple's Collegiate Bests			
Event	Time	Meet	Date
Mile (I)	4:54.92	Illinois Invite	1/31/04
3,000m (I)	9:34.17	Husker Invite	2/7/04
5,000m (I)	16:48.21	ISU Classic	2/14/04
5,000m (CC)	17:41	Willamette Invite	10/4/03
6,000m (CC)	21:45	Pre-National Invite	10/18/03
		Big Ten Champ's	11/2/03



**Aisha
Hume**

Junior; Sprints/Middle Distance
Oropouche, Trinidad
(St. Joseph's Convent San Fernando)

2004 -- Indoor - leads team in 600 yards (1:21.74) and 600 meters (1:33.44)... ran second leg on 1,600-meter relay that leads the team (3:48.08) and is ranked sixth in Big Ten... ranks fifth in 600 meters in Big Ten... won 600 yards at Iowa State Classic, breaking the meet record she set last season with a collegiate-best 1:21.74... runner-up in 800 meters (2:13.87) at Gold Country Classic, which ranks ninth on Iowa's all-time bests list...won 600 meters (1:33.44) at Hawkeye Invitational and placed second in 800 meters (2:14.62) at Illinois Invitational.

Hume's Collegiate Bests			
Event	Time	Meet	Date
400m (O)	55.31	KT Woodman Classic	4/12/03
500m (I)	1:16.94	Meyo Invite	2/2/01
600m (I)	1:32.69	Big Ten Championships	3/1/03
600y (I)	1:21.74	ISU Classic	2/14/04
800m (O)	2:11.78	Iowa Musco Twilight V	5/3/03



HAWKEYES TO WATCH



**Tiffany
Johnson**

Freshman
Sprints
Danville, IL (Danville)

2004 -- Indoor - leads team in 60-meter hurdles (8.62) and triple jump (38-9 3/4)... ranks fifth in the Big Ten and fourth on Iowa's all-time bests list in 60-meter hurdles, and second in Iowa's all-time list in triple jump... won 60-meter hurdles and triple jump at Hawkeye Invitational and Gold Country Classic... placed third in 60-meter hurdles (8.77) at Illinois Invitational and fourth (8.62) at Husker Invitational.

Johnson's Collegiate Bests

Event	Time	Meet	Date
60m (I)	7.82	Gold Ctry. Classic	1/24/04
60H (I)	8.62	Husker Invite	2/7/04
T. Jump (I)	38-9 3/4 (11.83m)	Hawkeye Invite	1/17/04



**Michelle
Lahann**

Senior
Distance
Wheatland, IA (Calamus-Wheatland)

2004 -- Indoor - leads team in 800 meters (2:09.75) and mile (4:47.23)... NCAA provisional qualifier in mile with collegiate-best 4:47.23 at Husker Invite... that time ranks third in the Big Ten, fourth on Iowa's all-time bests list and 30th in the nation... ran lead leg on distance medley relay that provisionally qualified (11:30.36) at Iowa State Classic... that relay is ranked second in the Big Ten, fourth on Iowa's all-time bests list and 19th in the nation... placed fifth with collegiate-best 800 meters (2:09.75) at Iowa State Classic, which ranks second in the Big Ten and third on Iowa's all-time bests list... runner-up in mile (4:52.73) at Illinois Invitational and 800 meters (2:13.41) at Hawkeye Invitational.

Lahann's Collegiate Bests

Event	Time	Meet	Date
800m (I)	2:09.75	ISU Classic	2/14/04
1,500m (O)	4:45.13	Tulane Invite	4/6/02
Mile (I)	4:47.23	Husker Invite	2/7/04
3,000m (I)	10:30.40	Meyo Invitational	2/5/00
3,000 SC (O)	11:16.21	Big Ten Champ's	5/17/02
4,000m (CC)	14:41	Stanford Invite	9/29/01
5,000m (O)	17:42.19	Tiger Invite	4/2/00
5,000m (CC)	18:33	District V Champ's	11/13/99
6,000m (CC)	22:51	Chile Pepper Festival	10/14/00
10,000m (O)	39:34.13	Big Ten Champ's	5/18/01



**Kamesha
Marshall**

Senior
Throws
Sav-la-Mar, Jamaica (Ranger JC)

2004 -- Indoor - leads team in shot put (46-4 1/4)... placed sixth in pentathlon (3,185) at UNI Invitational, which ranks sixth on Iowa's all-time best performers list... placed third in shot put with a season-best 46-4 1/4, which ranks seventh on Iowa's all-time best performers list, and third in long jump with collegiate-best 17-3 1/4 at Gold Country Classic... won shot put (44-11 3/4) at Hawkeye Invitational... won 60 meters with collegiate-best 7.72, which ranks eighth on Iowa's all-time best performers list, at Iowa Open... also placed fourth in 60-meter hurdles (9.38), running a collegiate-best 9.20 in prelims, and placed sixth in high jump with a collegiate-best 5-0 1/4 at Iowa Open.

Marshall's Personal Bests

Event	Distance	Meet	Date
60m (I)	7.72	Iowa Open	2/20/04
60H (I)	9.20	Iowa Open	2/20/04
800m (I)	2:50.45*	UNI Invite	1/30/04
H. Jump (I)	5-0 1/4 (1.53m)	Iowa Open	2/20/04
Discus (O)	154-6	NJCAA Champ's	5/02
Shot Put (O)	47-10 (14.58m)	NCAA Regional	5/30/03
L. Jump (I)	17-3 1/4 (5.26m)	Gold Cty. Classic	1/24/04
Pentathlon (I)	3,185 points	UNI Invite	1/30/04

* -- as part of pentathlon



HAWKEYES TO WATCH



Lindsey McCalla

Freshman
Sprints
Moline, IL (Moline)

2004 -- Indoor - ran lead leg on 1,600-meter relay (3:48.08) that leads the team and is ranked sixth in the Big Ten... won 400 meters (57.99) in collegiate debut at Hawkeye Invitational... placed fourth in 200 meters (25.98) at Gold Country Classic, 16th in 400 meters (57.14) at Husker Invite and 24th in 400 meters (57.32) at Iowa State Classic.

McCalla's Collegiate Bests

Event	Time	Meet	Date
200m (I)	25.98	Gold Country Classic	1/24/04
400m (I)	57.14	Husker Invite	2/7/04



Tiff Pedersen

Junior
Hurdles/Multi-Events
Atlantic, IA (Atlantic)

2004 -- Indoor - leads team in long jump (17-5 1/4) and pentathlon (3,269 points)... placed fifth in pentathlon at UNI Invitational, placing second in 60-meter hurdles (9.16) and long jump (17-11) as part of that event... won 60-meter hurdles (8.98) after running a collegiate-best 8.80 in prelims at Iowa Open... that time ranks seventh on Iowa's all-time best performers list... also placed fifth in high jump (5-0 1/4) and sixth in shot put with a season-best 35-10 3/4 at Iowa Open... placed 13th in long jump (17-5 1/4) at Iowa State Classic... won long jump (17-4 3/4) and placed third in 60-meter hurdles (9.05) at Hawkeye Invitational.

Pedersen's Collegiate Bests

Event	Mark	Meet	Date
60H (I)	8.80	Iowa Open	2/20/04
100m (O)	13.01	UMKC Quad	3/31/02
100H (O)	14.23	Musco IV	5/4/02
200m (O)	25.7	Drake Relays	4/24/03
800m (I)	2:38.80	Big Ten's	3/1/03
L. Jump (I)	18-2 1/2 (5.55m)	Panther Classic	2/1/03
H. Jump (I)	5-1 1/4 (1.56m)	Big Ten's	3/1/03
Shot Put (O)	37-3 (11.35m)	Big Ten's	5/16/03
Javelin (O)	109-10 (33.47m)	Big Ten's	5/17/03
Heptathlon (O)	4,633 points	Big Ten's	5/16-17/03
Pentathlon (I)	3,451 points	Big Ten's	3/1/03



Peaches Roach

Freshman
Jumps
Kingston, Jamaica (Alpha Academy)

2004 -- Indoor - leads team in high jump (5-10 1/2) with NCAA provisional qualifying mark... that height ranks first in the Big Ten, second on Iowa's all-time bests list and 20th in the nation... won high jump (5-7 3/4) and placed second in 60 meters (7.63) at Hawkeye Invitational... placed third in high jump (5-10 1/2) and fourth in 60 meters (7.57) at Iowa State Classic... best 60-meter time ranks fourth on Iowa's all-time bests list and eighth in Big Ten.

Roach's Collegiate Bests

Event	Mark	Meet	Date
60m (I)	7.57	ISU Classic	2/14/04
200m (I)	25.23	Gold Cty. Classic	1/24/04
H. Jump (I)	5-10 1/2 (1.79m)	ISU Classic	2/14/04



HAWKEYES TO WATCH



Shannon Stanley

Freshman
Distance
Rochester Hills, MI (Adams)

2004 -- Indoor - ran third leg on distance medley relay that provisionally qualified (11:30.36) at Iowa State Classic... that relay is ranked second in the Big Ten, fourth on Iowa's all-time bests list and 19th in nation... won 800 meters with collegiate-best 2:13.38 in collegiate debut at Hawkeye Invitational... that time ranks eighth on Iowa's all-time best performers list... placed 13th in 800 meters (2:14.24) at Husker Invitational

2003 -- Cross Country - one of four Hawkeyes and the only Hawkeye freshman to compete in all six meets... ran collegiate bests in 5,000 meters at Willamette Invitational (18:30) and 6,000 meters at NCAA Midwest Regional (23:09)... placed 74th (23:40) at Big Ten Championships... placed fourth (11:14) at Hawkeye Invitational and eighth (19:50) at Iowa State Open.

Stanley's Collegiate Bests

Event	Time	Meet	Date
600m (I)	1:35.85	Gold Country Classic	1/24/04
800m (I)	2:13.38	Hawkeye Invite	1/17/04
Mile (I)	5:17.65	ISU Classic	2/14/04
3,000m (CC)	11:14	Hawkeye Invite	8/29/03
5,000m (CC)	18:30	Willamette Invite	10/4/03
6,000m (CC)	23:09	Midwest Regional	11/15/03



Jessie Strand

Senior
Pole Vault
Rockford, IL (Boylan)

2004 -- Indoor - leads team in pole vault (11-11 3/4)... placed fifth in pole vault at Iowa State Classic (11-11 3/4) in season debut... won pole vault (11-8) at Iowa Open.

Strand's Collegiate Bests

Event	Mark	Meet	Date
60H (I)	10.13	Hawkeye Open	1/15/00
Pole Vault (O)	12-10 1/4 (3.92 m)	NCAA Regional	5/31/03
L. Jump (I)	18-3 1/4 (5.57 m)	Hawkeye Open	1/15/00
Shot Put (I)	35-9 1/2 (10.91 m)	Hawkeye Invite	1/19/02
Javelin (O)	87-3 (26.60 m)	UMKC Quad	3/31/02



Shellene Williams

Senior/Sprints
Old Harbour, Jamaica
(Veretech/Barton County CC)

2004 -- Indoor - leads team in 60 meters (7.50), 200 meters (23.62) and 400 meters (52.83)... NCAA automatic qualifier in 400 meters at Iowa State Classic with a school-record setting time of 52.83 that leads Big Ten and ranks ninth in nation... also set school record in 200 meters with a provisional qualifying time of 23.62 at Husker Invitational... that time ranks second in Big Ten and 13th in nation... ran second leg on distance medley relay that provisionally qualified (11:30.36) at Iowa State Classic... that relay is ranked second in Big Ten, fourth on Iowa's all-time bests list and 19th in nation... won 60 meters at Illinois Invitational with a collegiate-best 7.50, which ranks second in Iowa's all-time bests list... has won four of the five events she has competed in this season, placing second in the fifth.

Williams' Personal Bests

Event	Time	Meet	Date
60m (I)	7.50	Illinois Invite	1/31/04
200m (I)	23.62	Husker Invite	2/7/04
400m (O)	52.68	Jamaican Ntl. Champ's	6/21/03

