

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



TRACK CONTACT: NATHAN SHEEHAN

MAY 25, 2010

2010 IOWA TRACK & FIELD OUTDOOR SCHEDULE

Date	Meet	Location
3/19-20	CCU Shamrock Invite	Myrtle Beach, SC
3/26-27	Stanford Invitational	Palo Alto, CA
3/27	Razorback Spring Invite	Fayetteville, AK
4/2	Central Invitational	Pella, IA
4/2-3	Auburn Classic	Auburn, AL
4/9-10	Sun Angel Classic	Tempe, AZ
4/9-10	Lee Calhoun Memorial	Macomb, IL
4/17	Iowa Invite	Iowa City, IA
4/22-24	Drake Relays	Des Moines, IA
5/1	Musco Twilight XI	Iowa City, IA
5/14-16	Big Ten Championships	Bloomington, IN
5/27-29	NCAA Regional	Austin, TX
6/9-12	NCAA Championships	Eugene, OR

IOWA'S ALL-BIG TEN AWARD WINNERS

First Team All-Big Ten

Name	Year	Hometown
Matt Byers	Fr.	Wichita, KS
Steven Willey	Jr.	Onawa, IA
Ray Varner	Sr.	Wadsworth, IL

Second Team All-Big Ten

Name	Year	Hometown
Chris Barton	Jr.	Sherman Oaks, CA
Jeffery Herron	So.	Richmond, TX
Patrick Richards	So.	Colorado Springs, CO
Zeke Sayon	Jr.	Rockford, IL
Erik Sowinski	So.	Waukesha, WI

THIS WEEK

Iowa will send 34 student-athletes to compete in the preliminary round of the NCAA Championship in Austin, TX, May 27-29. The University of Texas will host the event at the Mike A. Myers Track and Soccer Stadium. Live results can be found at hawkeyesports.com on the Track & Field schedule page. The event will be streamed live at NCAA.com via the NCAA all-access page.

IOWA'S NCAA QUALIFIERS (*first time qualifier)

Name	Event	Time/Distance	Region Rank
Zeke Sayon	100m dash	10.51	47
D'Juan Richardson	400m hurdles	51.97	45
Rhonda-Kaye Trusty	200m dash	23.74	31
Raven Moore*	100m dash	11.78	48
Karessa Farley	100m hurdles	13.50	21
Ethan Holmes*	110 high hurdles	14.49	68
Steven Willey	400m dash	46.12	12
Patrick Richards	400m dash	46.74	24
Chris Barton	400m dash	47.21	49
Ray Varner	400m hurdles	50.24	7
Erik Sowinski	800 meters	1:48.56	11
Jeff Thode*	1,500 meters	3:44.39	31
McKenzie Melander	1,500 meters	4:21.18	18
Lauren Hardesty*	1,500 meters	4:22.81	29
Amanda Hardesty*	1,500 meters	4:25.60	58
Betsy Flood	1,500 meters	4:17.75	9
Chase Kadlec*	5,000 meters	14:14.45	83
Mark Battista*	3,000m Steeple	9:04.60	51
Richardson, Sayon, Bee*, Richards	400m relay	40.43	38
Farley, Trusty, Graham, R. Moore*	400m relay	45.60	44
Sowinski, Willey, Richards, Barton	1,600m relay	3:05.73	9
Hendricks*, Trusty, Erickson*, Praska*	1,600m relay	3:39.88	36
Ryan Lamparek	Shot Put	57-2.75 (17.44m)	26
	Discus	171-3 (52.19m)	51

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>>CONTINUED

Name	Event	Time/Distance	Region Rank
Matt Banse	Hammer	199 (60.66m)	27
	Shot Put	56-9.25 (17.30m)	30
Ben Stancombe*	Hammer	185-11 (56.68m)	47
Tiffany Medenwaldt*	Discus	161-3 (49.16m)	37
Majesty Tutston*	Discus	159-3.75 (48.56)	43
Matt Byers*	Javelin	232-2 (70.76m)	13
Zach Schimp	Javelin	211 (64.32m)	40
Graham Valdes*	High Jump	6-11 (2.11m)	25
Brandon Oest*	High Jump	6-10 3/4 (2.10m)	32
Caleigh Bacchus*	High Jump	5-10 (1.78m)	18
Jeffery Herron*	Long Jump	24-9 (7.54)	24

2010 CHAMPIONSHIP FORMAT

The 2010 NCAA Outdoor Championships structure has changed for Division I since its previous structure, set in 2003. Previously, qualification was based on a set qualifying mark and subsequent placement at a regional meet.

Beginning this season, the country is divided into two regions: East and West. Qualification to the preliminary round competition of the Championship is based on the descending order list for the season. For each individual event, the top 48 declared student-athletes will be accepted into the competition. For each relay event, the top 24 declared relay teams will be accepted. The top 12 individuals or relays in each event from each preliminary site will form a final field of 24 and advance to the NCAA Championships June 9-12 in Eugene, OR. The multi-events athletes are the only competitors that will not compete during the preliminary rounds. The top 24 nationally ranked decathletes will earn an automatic bid to the NCAA final round.

MEN'S HEAD COACH LARRY WIECZOREK ON NCAA QUALIFIERS

"Having such a great number of competitors advance to the NCAA Championships is the icing on the cake for what has been a very good season. These athletes demonstrate the breadth of our program and they have me very optimistic about the immediate and distant future of Iowa track & field. It's a great group that is hungry to win and we're looking forward to having a great competition and advancing some athletes on to Eugene, OR."

WOMEN'S HEAD COACH LAYNE ANDERSON ON NCAA QUALIFIERS

"We're very excited to send this number of athletes to the regional competition. Qualifying for the NCAA meet is a great accomplishment that reflects the level of hard work these student-athletes have committed to throughout the season. I know they're excited to compete and represent themselves and the University of Iowa on a national level."

IOWA REGIONAL MEET HISTORY

Since 2003, the Hawkeye women's team has sent 114 qualifiers to the meet and crowned two champions with 38 all-region selections. The men's team has sent 133 qualifiers and crowned one champion and 29 all-region honorees. Iowa's regional champions were **Kineke Alexander** (400 meters - 2006 and 2007) and **Bill Neumann** (javelin - 2003).

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HAWKEYE TRACK & FIELD



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IOWA REGIONAL RECORDS

The Hawkeye men posted their highest finish in 2008 (12th), while the women's team tallied their highest placing in 2007 (8th).

This season's total of 20 student-athletes for the men's team is a new UI record. The women's total of 14 student-athletes ties a record set in 2007.

Former Hawkeyes **Kineke Alexander**, **Tiffany Johnson** and **Peaches Roach** hold the women's school record for times qualified to the regional meet in a career. All three are 10-time qualifiers. Alexander qualified in three events in 2005, four in 2006, two in 2007 and one in 2008. Johnson advanced in three events in 2005 and 2007, and four events in 2006. Roach qualified in three events in 2005, 2006 and 2007 and one event in 2004.

Former Hawkeye thrower **A.J. Curtis** hold the men's record for most times qualified for the regional with eight. He qualified in the shot put and discus in each of his four seasons at Iowa (2006-09).

VARNER CAPS SENIOR YEAR WITH TITLE

Senior Ray Varner earned his first Big Ten title May 16 in the 400-meter hurdles, clocking in at 50.61. Heading into the conference championships, Varner's season-best performance of 50.24 at the Sun Angel Classic on April 4 led the Big Ten and ranked eighth nationally. Varner is only the second individual to win a 400-meter hurdle title at Iowa, the first being Pat McGhee, Iowa's record-holder in that event, who did it three times in 1986, 1988, and 1989.

WILLEY WINS 400-METER TITLE

Junior Steven Willey entered the Big Ten Championships ranked second in the 400 meters and came out on top, winning the title with a collegiate-best time of 46.12. This moves Willey up to fourth all-time at Iowa in the 400 meters. Willey is Iowa's third 400-meter champion, the first since Andre Morris in 1996. This win marked Willey's first career conference title.

BYERS TOSSES TO CONFERENCE TITLE

Hawkeye freshman Matt Byers continued his impressive rookie campaign, earning a Big Ten title in the javelin, tossing 220-6 (67.22m). Byers' season-best throw came in his collegiate-debut at the Sun Angel Classic on April 9, where he threw 232-2 (70.76m). This distance led the Big Ten, ranked 10th nationally, and second all-time at Iowa. Byers is Iowa's fifth student-athlete to earn a Big Ten title in the javelin, the last being Bill Neumann in 2003.

2010 BIG TEN CHAMPIONSHIPS RECAP

Men's Standings

Place	Team	Points
1.	Minnesota	145
2.	Wisconsin	124
3.	Ohio State	115
4.	Iowa	86
5.	Indiana	82
6.	Illinois	70
T7.	Penn State	52
T7.	Michigan State	52
9.	Purdue	49
10.	Michigan	44

Women's Standings

Place	Team	Points
1.	Penn State	133.5
2.	Minnesota	123
3.	Wisconsin	101.5
4.	Indiana	92.5
5.	Illinois	87
6.	Ohio State	79
7.	Michigan State	63
8.	Michigan	56
9.	Purdue	49.5
10.	Iowa	34

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FLOOD EARNS BIG TEN WEEKLY HONOR

Betsy Flood was named Big Ten Women's Track and Field co-Athlete of the Week on May 5 for her collegiate-best 3,000-meter performance at Musco Twilight XI. The Des Moines, IA native won the race in 9:22.63, which ranks third in the Iowa record books. "This is a tremendous honor for a well-deserving student-athlete," said Women's Head Coach Layne Anderson. "Betsy continues to exemplify what it means to be a Hawkeye on and off the track." The award marked Flood's second career weekly honor. She was named Big Ten Cross Country Runner of the Week on Sept. 8, 2009.

OUTDOOR SEASON LEADERS

MEN'S	WOMEN'S
100 meters..... Zeke Sayon.....10.51	100 meters..... Rhonda-Kaye Trusty..... 11.74
110-meter hurdles..... Jordan Mullen..... 14.06	100-meter hurdles..... Karessa Farley..... 13.50
200 meters..... Steven Willey.....21.23	200 meters..... Rhonda-Kaye Trusty..... 23.83
400 meters..... Steven Willey..... 46.12	400 meters..... Rhonda-Kaye Trusty..... 55.09
400-meter hurdles..... Ray Varner..... 50.24	400-meter hurdles..... Tiffany Hendricks..... 1:01.36
800 meters..... Erik Sowinski..... 1:48.56	800 meters..... Bethany Praska..... 2:10.85
1,500 meters..... Jeff Thode..... 3:44.39	1,500 meters..... Betsy Flood..... 4:17.75
3,000 meters..... Chase Kadlec..... 8:28.64	3,000 meters..... Betsy Flood..... 9:22.63
Steeple Chase..... Mark Battista..... 9:04.60	Steeple Chase..... Danielle Berndt..... 10:56.47
5,000 meters..... Jesse Luciano..... 14:08.71	5,000 meters..... Betsy Flood..... 16:32.34
Shot Put..... R. Lamparek..... 57-2 3/4, 17.44m	10,000 meters..... Megan Lessard..... 35.28.03
Discus..... R. Lamparek..... 171-3, 52.19m	Hammer Throw..... T. Medenwaldt..... 171-11, 52.40m
Hammer..... Matt Banse..... 199-0, 60.66m	Javelin..... Missy Miller..... 105-5, 32.14m
Javelin..... Matt Byers..... 232-2, 70.76m	Discus..... T. Medenwaldt..... 161-3, 49.16m
High Jump..... Oest/Valdes..... 6-11, 2.11m	Shot Put..... T. Medenwaldt..... 45-11 3/4, 14.01m
Long Jump..... Jeff Herron..... 24-9, 7.54m	Long Jump..... Emily Moore..... 18-0 1/4, 5.49m
Triple Jump..... Josh Bean..... 48-10 3/4, 14.90m	High Jump..... Caleigh Bacchus..... 5-10, 1.78m
Pole Vault..... Kyle Reid..... 16-1 1/4, 4.91m	Pole Vault..... Katie Truedson..... 11-5 1/4, 3.49m
Decathlon..... Dan Rolling..... 6,957	400-meter relay..... Farley, Trusty, Graham, R. Moore..... 45.60
400-meter relay..... Richardson, Sayon, Bee, Richards..... 40.43	800-meter relay..... Trusty, Graham, R. Moore, E. Moore..... 1:41.28
1,600-meter relay..... Richards, Barton, Sowinski, Willey..... 3:05.73	1,600-meter relay..... Hendricks, Trusty, Erickson, Praska..... 3:39.88

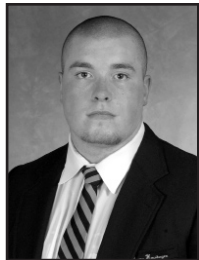
MEN'S ALL-TIME TOP TEN OUTDOOR PERFORMERS



Jeremy Allen



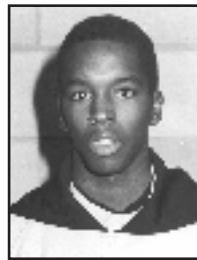
Gordon Beecham



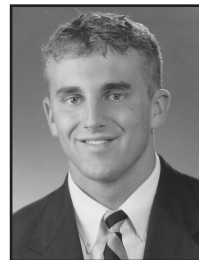
A.J. Curtis



Chris Davis



Terrence Duckett



Scott Faber



Bill Frazier

100 Meters

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

110-Meter High Hurdles

- Pat McGhee, 198913.50
- Dion Trowers, 1996.....13.62
- Ronnie McCoy, 1985.....13.66
- James Armstrong, 1991...13.89
- Doug Jones, 198614.06
Jordan Mullen, 2010 14. 06
- Chris Williams, 198314.24
- Rajeev Balkrishnan, 1993 14.29
- Gary Falls, 199214.48
- Ethan Holmes, 2010 14.49**

200 Meters

- Jeff Patrick, 198320.47
- Anthuan Maybank, 1994 .20.55
- Andre Morris, 199520.64
- George Page, 1996.....20.67
- Terrence Duckett, 1982....20.74
- Tim Dodge, 200220.78
- Bashir Yamini, 199920.82
- Dennis Kohl, 1966.....20.84
- Tim Dwight, 199720.91
- Victor Greer, 198420.98

400 Meters

- Anthuan Maybank, 1993 .44.99
- Andre Morris, 199545.15
- Mike Mondane, 196745.20
- Steven Willey, 2010..... 46.12**
- Gary Hollingsworth,46.30
- Harold Leonard, 1986.....46.45
- Tony Branch, 199946.60
- Prince Riley, 200746.61
- George Page, 1996.....46.66
- Dick Eisenlauer, 1973.....46.74
Terrence Duckett, 1983....46.74

400-Meter Hurdles

- Pat McGhee, 198848.83
- Monte Raymond, 1998....50.09
- Ray Varner, 2010 50.24**
- Paul Steele, 198950.45
- Russell Peterson, 2001....50.50
- Adam Kunkel, 2001.....50.73
- Jon Reimer, 196750.94
- Gary Falls, 199151.08
- Rajeev Balkrishnan, 1993 51.14
- Scott Williamson, 2000....51.74

800 Meters

- Bill Frazier, 1962.....*1:47.64
- D'Juan Strozier, 19901:47.82
- Erik Sowinski, 2010 1:48.56**
- Michael Layne, 1999....1:49.61
- Bill Thiesen, 1985.....1:49.74
- Adam Hairston, 2008 .. 1:49.96**
- Andy Wiese, 1985.....1:50.22
- Paul Chepkwony, 1984..1:50.36
- Rod Chambers, 19891:50.60
- Jim Donovan, 19981:50.68

1,500 Meters

- Joel Moeller, 19783:44.01
- Jim Docherty, 19783:44.30
- Jeff Thode, 2010..... 3:44.39**
- Dan Waters, 19863:46.35
- Kevin Herd, 19943:46.64
- John Clark, 19773:46.84
- Ted Wheeler, 1956.....3:48.24
- Jesse Luciano, 2007 3:49.99**
- M. VanDenend, 20073:50.20
- John Dobbs, 19853:50.70

3,000-Meter Steeplechase

- Deacon Jones, 1956.....8:47.40
- Steve Pershing, 19788:54.59
- Andy Morris, 20008:56.21
- Matt Gerard, 19948:57.01
- Andy Napier, 20088:57.54
- Rollie Kitt, 1967.....9:02.90
- Al Greene, 1985.....9:02.96
- Tony Rakaric, 2005.....9:03.29
- Mark Battista, 2010..... 9:04.60**
- Sean Gale, 1993.....9:08.00

5,000 Meters

- M. VanDenend, 2007 ..13:49.31
- Larry Wiczorek, 1968 13:56.00
- Kevin Herd, 199313:59.00
- Stetson Steele, 2000...14:02.76
- Eric MacTaggart, 2005 14:04.79
- Dan Haut, 2006.....14:07.30
- Jesse Luciano, 2010... 14:08.71**
- Matt Esche, 2006.....14:12.07
- Chase Kadlec, 2010 ... 14:14.45**
- Jeff Kent, 200714:21.05

10,000 Meters

- Stetson Steele, 2000...28:44.47
- Eric MacTaggart, 2006 28:50.23
- Nick Nordheim, 2002..29:44.71
- Trent Corey, 2002.....29:45.25
- Chad Schwitters, 1999 29:56.00
- Nick Holmes, 2010 30:02.31**
- Dan Haut, 2006.....30:03.08
- Kevin Herd, 199430:05.21
- Paul Sarris, 200130:08.40
- Matt Esche, 200430:08.82

Decathlon

- Dan Rolling, 20106,957 pts**
- Scott Faber, 2000 6,839 pts
- Ryan Niver, 2008..... 6,837 pts
- Chad Ohly, 1994..... 6,641 pts
- Gary Kostrubala, 1984 6,498 pts
- Frank Prill, 20086,381 pts**
- Jacob Drewry, 1994 ... 5,820 pts

High Jump

- Bill Hansen, 1978 7-4 (2.23)
- Bill Knoedel, 1975 7-4 (2.23)
- M. Cunningham, 1986 7-1 (2.16)
- Kenneth Lansing, 1988 7-1 (2.16)
- Pat Meade, 1987 7-0 (2.13)
- Scott Hudek, 1993 .. 6-11 (2.11)
- Jeremy Petsche, 2008 6-11 (2.11)
- G. Valdes, 2010 6-11 (2.11)**
- Ryan Kelly, 2008 ..6-10 3/4 (2.10)
- Brandon Oest...6-10 3/4 (2.10)**

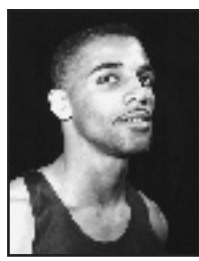
Names in bold are current team members.



Victor Greer



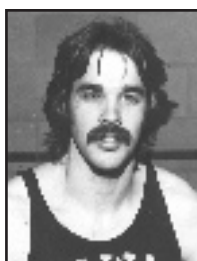
Bill Hansen



Deacon Jones



Paul Jones



Bill Knoedel

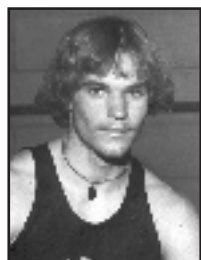


Anthuan Maybank



Pat McGhee

MEN'S ALL-TIME TOP TEN OUTDOOR PERFORMERS



Joel Moeller



Andre Morris



Bill Neumann



George Page



Jeff Patrick



Ed Rozell



Robert Smith

Long Jump

1. Anthuan Maybank, 1993 27-1 (8.25)
2. Bashir Yamini, 1997 26-8 1/4 (8.13)
3. Paul Jones, 1989 25-10 1/4 (7.88)
4. Darren Smith, 1991 25-9 3/4 (7.86)
5. Quinn Early, 1986..... 25-7 1/4 (7.80)
6. Ed Gordon, 1931..... 25-4 3/8 (7.68)
7. Matty Gorman, 2006 25-1 1/4 (7.65)
8. Ronnie McCoy, 1985 25-0 (7.62)
9. **Jeffery Herron, 2010..... 24-9 (7.54)**
10. Joe Robinson, 1976..... 24-2 3/4 (7.38)

Triple Jump

1. Paul Jones, 1990 52-0 1/2 (15.86)
2. Gordon Finch, 1988 50-9 1/4 (15.47)
3. Mike Lacy, 1984 50-5 (15.36)
4. Pat Miller, 1985..... 49-8 1/2 (15.25)
5. Matty Gorman, 2008 49-2 1/2 (15.00)
6. Owen Gill, 1982 49-1 (14.96)
7. **Josh Bean, 2010 48-10 3/4 (14.90)**
8. Ed Gordon, 1931..... 48-0 1/8 (14.63)
9. Mike Means, 1981 47-0 1/2 (14.34)
10. Aaron Reed, 2005 45-3 1/2 (13.80)

Pole Vault

1. Todd Wigginton, 1984 17-0 (5.18)
2. Chad Ohly, 1994..... 16-8 3/4 (5.10)
3. Curt Broek, 1978..... 16-8 (5.08)
4. Phil Wertman, 1971..... 16-7 (5.05)
5. Kelly Scott, 1988 16-7 (5.05)
6. John Teffer, 1972..... 16-2 (4.93)
7. **Kyle Reid, 2010 16-1 1/4 (4.91m)**
8. **Alex Zona, 2009 16-0 3/4 (4.90)**
9. Steve Brewer, 1983 16-0 (4.88)
10. Doug Pennino, 1985 16-0 (4.88)

Shot Put

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

Discus

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

Hammer

1. A. van der Westhuizen, 2001222-11 (67.94)
2. Adam Hamilton, 2007..... 222-2 (67.73)
3. Jim Costello, 2002..... 217-7 (66.32)
4. Brad Daufeldt, 2004..... 207-10 (63.34)
5. Chris Voller, 2005 206-0 (62.80)
6. Jeremy Allen, 2001 199-0 (60.66)
7. **Matt Banse, 2010..... 199-0 (60.66)**
8. **Ben Stancombe, 2010 185-11 (56.68)**
9. Ryan Jordan, 2007 184-6 (56.23)
10. **Ryan Lampraek, 2010..... 181-7 (55.35)**

Javelin

1. Bill Neumann, 2002 244-8 (74.58)
2. **Matt Byers, 2010..... 232-2 (70.76)**
3. Dan Ralph, 2000 227-10 (69.44)
4. **Zach Schimp, 2010 211-0 (64.32)**
5. Kale Katt, 2007..... 204-0 (62.17)
6. Joel Storm, 2004 203-5 (62.01)
7. Matt Stank, 2001 199-0 (60.66)
8. A. van der Westhuizen, 1999173-11 (53.00)
9. Craig Jennings, 2006 173-4 (52.83)
10. Scott Faber, 2000 173-1 (52.78)

400-Meter Relay

1. Beecham, Duckett, Greer, R. Smith, 198439.48
2. Page, Davis, Rozell, Morris, 199639.73
3. Felix, Branch, Dodge, Yamini, 199939.96
4. Beecham, Duckett, Greer, Patrick, 1983.....39.99
5. Dwight, Branch, Davis, Yamini, 199840.00
6. Goode, Fisher, Morris, Maybank, 199440.00
7. 199840.00
8. Dwight, Branch, Dodge, Yamini, 199940.00
9. Williamson, Dodge, Peterson, Digney, 2002 40.04
10. McCoy, Duckett, Greer, Smith, 1984.....40.07

1,600-Meter Relay

1. Morris, Davis, Page, Rozell, 19953:03.11
2. Branch, Dwight, Dodge, Yamini, 19993:03.29
3. Ferree, Frazier, Mondane, Reimer, 1967 ...3:04.10
4. Rozell, Morris, Davis, Yamini, 1996.....3:04.71
5. **Willey, Barton, Richards, Sowinski, 2010.. 3:05.73**
6. Cameron, Williams, McGhee, McCoy, 19853:06.00
7. Rozell, Davis, Dwight, Raymond, 19973:06.06
8. Dodge, Kunkel, Coleman, Peterson, 2001 .3:06.06
9. Davis, Rozell, Morris, Raymond, 1996.....3:06.54
10. Williamson, Dodge, Strang, Coleman, 20023:06.69

Distance Medley Relay

1. Pershing, Moeller, Slack, Docherty, 1978 ..9:39.94
2. **Young, Barton, Kuczwarra, Luciano, 2010.. 9:42.97**
3. Theisen, Williams, Wiesa, Waters, 1985 ...9:54.04
4. **Luciano, Pierre, Hairston, VanDenend, 20079:54.07**
5. VanDenend, Riley, O'Hollearn, Rakaric, 20069:54.97
6. Feeldy, Eischeid, Novotny, Peters, 19969:55.71
7. Thomas, Wise, Cunningham, S.Allen, 2001 10:01.57
8. Thomas, Wakenight, Dziubski, Rakaric, 200310:01.72
9. Trainor, Coleman, Cunningham, Allen, 2002 10:01.93
10. English, Blackman, Stroler, Chambers, 1988 10:04.25



Stetson Steele



Micah
VanDenend



Arno van der
Westhuizen

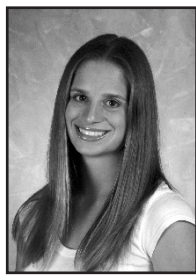


Todd Wigginton

WOMEN'S ALL-TIME TOP TEN OUTDOOR PERFORMERS



Kineke Alexander



Meghan Armstrong



Nicole Charles



Nan Doak



Tina Floyd



Becca Franklin



Yolanda Hobbs

100 Meters

1. Vivien McKenzie, 198511.45
2. Davera Taylor, 1984.....11.51
3. Erica Broomfield, 199811.53
4. Jiselle Providence, 2001 ..11.57
5. Tanja Reid, 199411.60
6. Peaches Roach, 2005.....11.60
7. Yolanda Hobbs, 1995.....11.62
8. Elanie Jones, 198511.69
9. **R.K. Trusty, 2010 11.74**
10. Lakeya Boatright, 2000....11.77

100-Meter Hurdles

1. Tiffany Johnson, 2007..... 13.20
2. **Karessa Farley, 2009..... 13.53**
3. C. Prendergast, 199913.60
4. Paula Ruen, 2000.....13.60
5. Sarah Steffen, 200213.65
6. Ruqayya Raheem, 1998...13.90
7. Brenda Calhoun, 198413.94
8. Wynsome Cole, 1997.....14.10
9. Kimberly Stanford, 2008..14.11
10. **Renee White, 2008 14.20**

200 Meters

1. Shellene Williams, 2004 ..23.50
2. Kineke Alexander, 2006...23.58
3. Davera Taylor, 1984.....23.59
4. Vivien McKenzie, 198523.61
5. Yolanda Hobbs, 1995.....23.65
6. **R.K. Trusty, 2010 23.74**
7. Tanja Reid, 199523.75
8. Elaine Jones, 198323.84
9. Jiselle Providence, 2001 ..24.00
10. Lakeya Boatright, 2000....24.14

400 Meters

1. Kineke Alexander, 2006...51.35
2. Shellene Williams, 2004 ..51.94
3. Ellen Grant, 1996.....52.65
4. Senta Hawkins, 198854.01
5. Marlene Poole, 199454.03
6. Elaine Jones, 198354.40
7. Nicole Charles, 200154.48
8. Stacey-Leigh Bynoe, 200054.73
9. **R.K. Trusty, 2010 55.09**
10. Alycia Simpson, 1987.....55.18
- Aisha Hume, 200455.18

400-Meter Hurdles

1. Mary Knoblauch, 198156.16
2. Wynsome Cole, 1998.....56.67
3. Chris Davenport, 1981.....59.18
4. Sarah Steffen, 200259.59
5. Beverly Powell, 199159.96
6. Diane Steinhart, 1980...1:00.56
7. Ruqayya Raheem, 1999 1:00:62
8. Keely Huber, 20021:00.98
9. **Tiffany Hendricks, 2010 .. 1:01.36**
10. Aditya Jones, 2007.....1:01.65

800 Meters

1. Kay Stormo, 19822:05.67
2. Michelle Lahann, 2004 .2:06.79
3. Aisha Hume, 20052:08.50
4. J. Kruckeberg, 19872:08.75
5. Ann Pare, 19972:09.25
6. M. Armstrong, 20062:10.15
7. **Sophia Poncé, 2007..... 2:10.35**
8. Briana Benning, 1996 ...2:10.47
9. **Bethany Praska, 2010.. 2:10.85**
10. Tami Hoskins, 1990.....2:11.47

1,500 Meters

1. M. Armstrong, 20064:17.41
2. **Betsy Flood, 2010..... 4:17.75**
3. J. Kruckeberg 19894:19.71
4. Diane Nukuri, 20074:20.95
5. **McKenzie Melander, 2010. 4:21.18**
6. Penny O'Brien, 1985.....4:21.43
7. Kay Stormo, 19824:22.24
8. **Lauren Hardesty, 20104:22.81**
9. Michelle Lahann, 2004 .4:24.00
10. Shannon Stanley, 2006 .4:25.08

3,000 Meters

1. Diane Nukuri, 2008.....9:18.82
2. Penny O'Brien, 1985.....9:20.61
3. **Betsy Flood, 2010..... 9:22.63**
4. Nan Doak, 19859:23.04
5. Tracy Dahl, 19929:23.53
6. M. Armstrong, 20069:28.03
7. J. Kruckeberg, 19899:30.69
8. Jennifer Brower, 1992 ..9:34.59
9. Jodi Hershberger, 1982 9:36.44
10. Tina Stec, 19949:38.39

3,000-Meter Steeplechase

1. Jessica Schmidt, 2008 .10:27.18
2. Sarah Arens, 2004.....10:34.50
3. **Hannah Roeder, 2009 10:40.86**
4. **Danielle Berndt, 2010 10:56.47**
5. **Katie Ellis, 2010..... 11:02.62**
6. Michelle Lahann, 200311:16.21
7. B. Thompson, 2003.....11:19.50

5,000 Meters

1. Nan Doak, 198515:45.84
2. Diane Nukuri, 2008.....15:59.39
3. M. Armstrong, 200816:08.83
4. Jenny Spangler, 1983..16:17.21
5. Tracy Dahl, 199216:18.77
6. R. Marchand, 200816:27.02
7. **Betsy Flood, 2010..... 16:32.34**
8. **Amanda Haresty, 2010 16:37.01**
8. Jennifer Brower, 1991 16:37.09
9. Renee Doyle, 1988.....16:39.46

10,000 Meters

1. Diane Nukuri, 2008.....33:17.01
2. Jennifer Brower, 1991 33:23.38
3. M. Armstrong, 2008 ...33:28.00
4. Nan Doak, 198533:33.03
5. Jenny Spangler, 1983..33:39.24
6. R. Marchand, 200834:05.87
7. Tracy Dahl, 199234:30.09
8. Nikki Chapple, 2004....35:06.35
9. **Megan Lessard, 2010... 35:28.03**
10. **Lindsay Anderson, 2010... 35:31.40**

Heptathlon

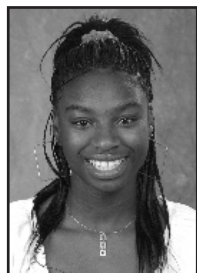
1. Tammilee Kerr, 2008 5,532
2. Kathy Gillespie, 1983 5,262
3. Tiff Pedersen, 2004..... 4,976
4. Janet Adams, 1981 4,855
5. Ruqayya Raheem, 1997 .. 4,665
6. Angela Chadwick, 1993 .. 4,493
7. **Missy Miller, 20104,227**
8. Angie Hensel, 2004..... 4,073
9. Janelle Jaspers, 1987 4,000



Aisha Hume



Aisha James



Tiffany Johnson



Tammilee Kerr



Vivien McKenzie

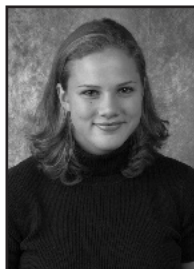


Diane Nukuri

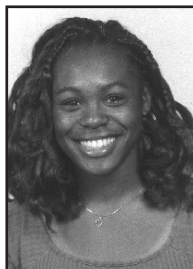


Marlene Poole

WOMEN'S ALL-TIME TOP TEN OUTDOOR PERFORMERS



Alana Redfern



Tanja Reid



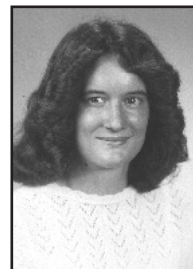
Peaches Roach



Jessica Schmidt



Sarah Steffen



Kay Stormo



Jessie Strand

High Jump

1. Peaches Roach, 2006.....6-1 1/4 (1.86)
2. Mary Mol, 1983 6-0 (1.83)
3. **Caleigh Bacchus, 2010..... 5-10 (1.78)**
4. Lynn McMillan, 1988 5-9 1/4 (1.76)
5. Kacey Childs, 20015-8 1/2 (1.74)
6. Kristi Dinkla, 1985..... 5-8 (1.73)
Becky Kaza, 1995 5-8 (1.73)
Eve Cullinan, 2003 5-8 (1.73)
9. Jenni Elbert, 2005 5-7 (1.70)
10. Nancy Tessmer, 19915-6 1/2 (1.69)
Tammilee Kerr, 20085-6 1/2 (1.69)

Long Jump

1. Aisha James, 2003 22-3 (6.78)
2. Renee White, 2008.....20-3 3/4 (6.19)
3. Becki Borg, 1988.....19-7 1/4 (5.97)
4. Lisa Moats, 1986.....19-6 (5.95)
5. Tammilee Kerr, 200819-4 1/4 (5.90)
6. Yolanda Hobbs, 1993.....19-2 1/2 (5.85)
7. Jane Dunlevy, 1977..... 18-6 (5.64)
8. Ruqayya Raheem, 1997 ..18-5 1/4 (5.62)
Tiff Pedersen, 2004.....18-5 1/4 (5.62)
10. Angie Hensel, 2005..... 18-5 (5.61)

Triple Jump

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

Shot Put

1. Lisa Van Steenwyk, 1992 50-8 (15.44)
2. Gail Smith, 198450-3 1/4 (15.32)
3. Denise Taylor, 1992.....50-1 3/4 (15.28)
4. Kamesha Marshall, 200548-6 3/4 (14.80)
5. Laura Kriener, 199048-2 1/2 (14.69)
6. Jennifer Gilson, 2002 47-10 (14.58)
7. Jennifer Moon, 200047-5 1/4 (14.46)
8. Mandy Chandler, 2006 46-0 (14.02)
9. **T. Medenwaldt, 2010 45-11 3/4 (14.01)**
10. Shelley Redies, 1985..... 45-7 (13.89)

Discus

1. **T. Medenwaldt, 2010 161-3 (49.16)**
2. Denise Taylor, 1992 160-5 (48.90)
3. **Majesty Tutson, 2010..... 159-4 (48.56)**
4. Lisa Van Steenwyk, 1991 .. 159-1 (48.50)
5. Gail Smith, 1983 158-2 (48.22)
6. Kamesha Marshall, 2005 152-11 (46.62)
7. Jennifer Moon, 2000 150-8 (45.92)
8. Laura Kriener, 1989 150-3 (45.80)
9. Megan Maurer, 1997..... 149-2 (45.48)
10. Cheryl Bradley, 1982 146-5 (44.64)

Hammer Throw

1. Becca Franklin, 2007..... 195-0 (59.45)
2. **T. Medenwaldt, 2010.....171-11 (52.40)**
3. Erin O'Hern, 2008 168-9 (51.45)
4. Kerri Blackstone, 1999.... 161-10 (49.32)
5. **Majesty Tutson, 2010.... 156-09 (47.77)**
6. Mandy Chandler, 2009 154-6 (47.09)
7. Megan Maurer, 1998..... 145-6 (44.36)
8. Jennifer Gilson, 2002 142-6 (43.44)
9. Jennifer Moon, 2000 139-3 (42.44)
10. Kara Hinz, 2000.....125-1 (38.14)

Javelin

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

Pole Vault

1. Jessie Strand, 200312-10 1/4 (3.92)
2. Sarah Burgett, 2006.....12-1 3/4 (3.70)
3. **Katie Truedson, 2010 11-5 1/4 (3.49)**
4. **K. Weistmantle, 2010. 11-3 3/4 (3.45m)**

Pole Vault (Continued)

5. Gina Shannon, 200111-2 1/4 (3.41)
6. Kacey Childs, 2000..... 8-0 1/2 (2.45)
7. Gina Shannon, 1998 8-0 (2.44)

400-Meter Relay

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

1,600-Meter Relay

1. Hume, Charles, Steffen, Williams, 2003 3:36.26
2. McCalla, Granger, Alexander, Johnson, 2006 3:38.36
3. Alexander, **Graham**, Jones, M. Mims, 2007 .. 3:39.36
4. Jones, Alexander, Johnson, M. Mims, 2007.. 3:39.64
5. McCalla, Alexander, Sheeley, Hume, 2005 3:39.67
6. **Hendricks, Trusty, Erickson, Praska, 2010.... 3:39.88**
7. McCalla, Hume, Sheeley, Alexander, 2005 3:40.43
8. Layne, Simpson, Powell, McRell, 1989 3:41.23
9. Bynoe, Cole, Wynter, Grant, 1997 3:41.74
10. Charles, Fouchè, Williams, Hume, 2003..... 3:42.18

Distance Medley Relay

1. Hoskins, Powell, Schneckloth, Kruckeberg, 1989 .11:22.18
2. Armstrong, Alexander, Poncé, Stanley, 2007 .11:25.05
3. Stanley, McCalla, Hume, Armstrong, 2005.. 11:34.04
4. Barber, Williams, Hume, Arens, 2004 11:34.56
5. Thompson, Williams, Hume, Arens, 2003... 11:39.02
6. 2000 11:39.83
7. Davenport, xx, xx, xx, 1981 11:41.44
8. Pare, Grant, Benning, Gilchrist, 1997 11:41.92
9. **Dihy, Erickson, Docherty, Anderson, 2010..... 11:43.06**
10. Butler, Hume, Barber, Arens, 2001..... 11:47.16



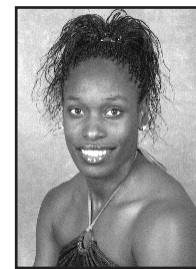
Denise Taylor



Lisa Van Steenwyk



Renee White



Shellene Williams

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



TRACK CONTACT: NATHAN SHEEHAN

Ray Varner

Senior - Hurdles

Wadsworth, IL

Warren Township High School

2010 -- Indoor - ran third leg on 1,600-meter relay that led team and provisionally qualified at the Iowa State Classic (3:09:83)... ran second leg on 1,600-meter relay that placed second at Big Ten Championships (3:12.00)... ran second leg on distance medley relay team that placed second at Big Ten Championships (9:52.71) and ranks sixth all-time at Iowa... won 400 meters at Iowa Invite (48.86).

Outdoor - Big Ten Champion in the 400-meter hurdles (50.61)... first-team all-Big Ten honoree... ran collegiate-best 400-meter hurdles time at Sun Angel Classic (50.24) that led team and Big Ten, ranked eighth nationally and third all-time at Iowa... won 400-meter hurdles at Iowa Invitational (51.68) and Musco Twilight XI (51.07) and placed second at Drake Relays (50.85)... ran lead leg on winning 1,600-meter relay at Tiger Track Classic (3:07.91) and Iowa Invitational (3:15.54), second-place relay at Musco Twilight XI (3:10.45) and third-place squad at Sun Angel Classic (3:07.71).

2009 -- Indoor - anchored 1,600-meter relay that led team and ran NCAA provisional qualifying 3:09.62 at Last Chance Qualifier... that time ranks 10th on Iowa's all-time best performers list... ran lead leg on 1,600-meter relay that placed eighth (3:14.73) and second leg on team-leading distance medley relay that placed ninth (9:52.52) at Big Ten Championships ... the distance medley relay time ranks fourth on Iowa's all-time best performers list... led team in 400 meters (47.75)... ran collegiate bests in 60-meter hurdles (8.46) at Iowa Open and 200 meters (22.08) at Iowa State Classic... **Outdoor** - placed sixth in 400-meter hurdles (51.21) at NCAA Midwest Regional to earn all-region honors after running a season-best 50.54 in the prelims... that time led team... ran a 50.81 in 400-meter hurdles at NCAA Championships prelims and 53.03 in semifinals... qualified for regional meet in 400-meter hurdles (51.00) and as part of team-leading 1,600-meter relay (3:08.81)... placed third in 400-meter hurdles at Big Ten Championships (51.16)... anchored 1,600-meter relay that placed fourth at Drake Relays in 3:11.46... won 400-meter hurdles at Illinois Invite



(51.29), and placed second at John McDonnell Invite (51.00) and Drake Relays (51.80), and third at Sun Angel Classic (51.53) and Tiger Track Classic (51.82)... letterwinner.

2008 -- Indoor - led team in 400 meters (47.66) and anchored team-leading 1,600-meter relay (3:10.74)... ran collegiate best 400 meters (47.66) at Last Chance Qualifier... that time ranks seventh in school history... his collegiate-best 60-meter hurdles time of 8.45 ranks 10th in school history... placed sixth in 400 meters (48.52) and anchored fourth-place finishing 1,600-meter relay (3:15.12) at Big Ten Championships... **Outdoor** - all-region honoree, placing eighth in 400-meter hurdles with a season-best and team-leading 51.07 at NCAA Midwest Regional... ran on fifth-place 1,600-meter relay at Big Ten Championships... placed eighth in 400-meter hurdles (51.27) at Drake Relays and first at Musco Twilight X (52.16) ... letterwinner.

2007 -- Indoor - placed ninth in 400 meters (48.14) at Big Ten Championships... season-best times were

8.73 in 60-meter hurdles, 22.26 in 200 meters and 1:22.24 in 600 meters...

Outdoor - qualified for NCAA regional in 400-meter hurdles with a collegiate-best 50.99 at for sixth place at the Big Ten Championships... that time led team and ranks seventh in school history... placed ninth in that event at NCAA regional (52.93), earning all-region honors... ran third leg on 1,600-meter relay that placed sixth (3:08.97) at Big Ten Championships... letterwinner.

High School -- 2006 Nike all-American, placing fifth in 400-meter hurdles (53.16)... won state 300-meter hurdles title (37.29) and placed second in 110-meter hurdles (14.59) senior year... won conference titles in 200 meters (21.8), 110-meter hurdles (14.24) and 300-meter hurdles (38.3) senior year... three-year all-conference selection... all-state, team MVP and team captain senior year... lettered two years in football... three-year honor roll student... coached by Bill Dawson.

Personal -- born July 21, 1987... son of Ray and Liz Varner... health and sport studies major.

Varner's Collegiate Bests

Event	Time	Meet	Date
60 Hurdles (I)	8.46	Iowa Open	1/17/09
110 Hurdles (O)	15.25	at Illinois Invite	5/2/09
200 Meters (I)	22.08	at Iowa State Classic	2/13/09
400 Meters (I)	47.66	at Last Chance Qualifier	3/8/08
400 Hurdles (O)	50.24	at Sun Angel Classic	4/10/10
600 Meters (I)	1:22.23	at Jack Johnson Classic	1/26/08

University of Iowa Sports Information Office - 157 Carver-Hawkeye Arena, Iowa City, IA 52242

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THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



TRACK CONTACT: NATHAN SHEEHAN

Betsy Flood Sophomore - Middle Distance Des Moines, IA Dowling High School

2010 -- Indoor - ran collegiate-best, provisional qualifying mile at Big Ten Championships (4:42.70), which ranks fifth all-time at Iowa... ran collegiate-best, provisional qualifying 3,000-meter at Mevo Invite (9:32.09), which ranks eighth all-time at Iowa... ran lead leg on provisional qualifying distance medley that placed third at Big Ten Championships (11:25.01) placed second in 800 meters at Iowa Open with collegiate-best 2:17.12... placed third in mile at Jack Johnson Classic (4:52.56) and ISU Classic (4:46.09)...

Outdoor - placed third at Big Ten Championships in 1,500 meters with team-leading collegiate-best 4:17.75 which ranks second all-time at Iowa... won 3,000 meters at Musco Twilight XI with a team-leading collegiate-best 9:22.63 which ranks third all-time at Iowa... placed second in 5,000 meters at Stanford Invite with a collegiate-best team-leading 16:32.34 which ranks seventh all-time at Iowa... ran lead leg on second-place 6,400-meter relay (19:05.63) and fourth-place 3,200-meter relay (8:54.45) at Drake Relays... 6,400-meter relay time is a school record.

2009 -- Indoor - ran third leg on team-leading distance medley relay that placed third in 11:27.34 at Big Ten Championships to provisional qualify for NCAA meet... that relay time ranks third on Iowa's all-time best performers list... led team in mile with collegiate-best 4:51.75 she ran at Iowa State Classic... ran 4:52.35 mile at Big Ten Championships... ran collegiate bests in 600 meters (1:35.42) at Iowa Invite and a season-best 800 meters (2:16.67) at Jack Johnson Classic...

Outdoor - ran a team-leading 4:24.11 in 1,500 meters at NCAA Championships prelims... placed fourth in 1,500 meters (4:25.98) at NCAA Midwest Regional to earn all-region honors and a NCAA automatic bid... qualified for regional meet in 1,500 meters (4:24.91)... placed 10th in 1,500 meters (4:27.39) at Big Ten meet, running a 4:24.91 in the prelims... ran team-leading and collegiate-best 800 meters (2:11.69) at Illinois Invite...ran lead legs on team-leading 3,200-meter (8:53.81) and 6,400-meter (19:36.43) relays at Drake Relays... those times rank fourth and third, respectively, in school history...Iowa's women's track Big Ten



Sportsmanship Award winner... letterwinner... **Cross Country** - placed 26th at Big Ten Championships with a collegiate-best 21:29 (6,000 meters)...that time ranks ninth in school history... placed 44th at NCAA Regional (21:57) and 46th at NCAA Pre-Nationals (21:33)... won Hawkeye Invite with a collegiate-best 10:20 (3,000 meters), which ranks third in school history... also placed 37th at Wisconsin Adidas Invite (17:52)... team earned USTFCCA all-academic honors... academic all-Big Ten... letterwinner.

2008 -- Cross Country - ran collegiate-best 5,000 meters (17:34) at Auburn Invite, and season bests in 3,000 meters (10:41) at Hawkeye Invite, and 6,000 meters (21:37) at NCAA Midwest Regional... placed 39th at Big Ten Championships (22:03) and 40th at NCAA Midwest Regional (22:06)... team earned USTFCCA all-academic honors... letterwinner.

High School -- four-time state champion in track, earning four all-state honors... cross country team won state title her senior year after placing second in 2006... set school records in 800 (2:11) and 1,500 meters (4:33), and was part of 3,200 (9:17) and distance medley relays (4:02)... won 1,500 meters (4:35) and set new 3,200-meter relay record (8:58) at 2006 USATF Nationals... also competed in swimming and basketball... honor roll student, earning academic excellence medal... cross country team MVP as a junior... coaches were Father Jim Kirby and Larry Weier.

Personal -- born March 24, 1990... daughter of Steve and Ann Flood... open major.

Flood's Collegiate Bests

Event	Time	Meet	Date
600 Meters (I)	1:35.42	Iowa Invite	2/20/09
800 Meters (O)	2:11.69	at Illinois Invite	5/2/09
1,500 Meters (O)	4:17.75	at Big Ten Championships	5/16/10
Mile (I)	4:42.70	at Big Ten Championships	2/28/10
3,000 Meters (O)	9:22.63	Musco Twilight XI	5/1/10
5,000 Meters (O)	16:32.34	at Stanford Invite	3/26/10
3,000 Meters (CC)	10:29	Hawkeye Invite	9/4/09
5,000 Meters (CC)	17:34	at Auburn Invite	10/4/08
6,000 Meters (CC)	21:29	at NCAA Pre-Nationals	11/1/09

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



TRACK CONTACT: NATHAN SHEEHAN

Steven Willey

Junior - Middle Distance

Onawa, IA

West Monona High School

2010 -- Indoor - set school record in the 400-meter dash with a provisional qualifying 46.75 at Last Chance Qualifier... ran second leg on provisionally qualifying 1,600-meter relay squad with a season-best 3:09.83 at Meyo Invite... placed second and provisionally qualified in the 400-meter dash at Big Ten Championships (47.48), Meyo Invite (47.22), and ISU Classic (47.15)... placed second in 600 meters at Iowa Open (1:20.05)... **Outdoor** - Big Ten Champion in the 400-meter dash (46.12), a collegiate-best that ranks fourth all-time at Iowa... first team all-Big Ten honoree... placed second in 200-meter prelims at Big Ten Championships with a collegiate-best and team-leading 21.23... placed fourth in 200-meter Big Ten Championships finals (21.55)... ran lead leg on team-leading 1,600-meter relay team (3:05.73) at Drake Relays...ran third leg on second-place sprint medley relay team at Drake Relays (3:17.74)...won 400 meters at Iowa Invitational (46.72) and Razorback Invite(46.31).

2009 -- Indoor - ran lead leg on 1,600-meter relay that led team and ran NCAA provisional qualifying 3:09.62 at Last Chance Qualifier... that time ranks 10th on Iowa's all-time best performers list... ran second leg on 1,600-meter relay that placed eighth at Big Ten Championships (3:14.73)... placed seventh in 600 meters at Big Ten meet with a collegiate-best 1:19.03 that ranks third in school history... ran season-best 200 meters (22.27) at Iowa State Classic and 400 meters (48.22) at Meyo Invite... **Outdoor** - ran a team-leading and collegiate-best 46.67 in 400-meter prelims at NCAA Midwest Regional... that time ranks ninth all-time at Iowa... qualified for regional meet in 400 meters (47.04) and as part of team-leading 1,600-meter relay (3:08.81)... placed sixth in 400 meters (47.23) at Big Ten Championships... ran lead leg on 1,600-meter relay that placed fourth at Drake in 3:11.46 and lead leg on 3,200-meter relay that placed 11th in 7:33.08, which ranks second in school history... won 400 meters at John McDonnell Invite (47.04) and Sun Angel Classic (47.70), and placed ninth at Tiger Track Classic (47.98)... letterwinner.

2008 -- Indoor - ran first leg on team-leading 1,600-meter relay (3:10.74)... ran lead leg on 1,600-meter relay that placed fourth at Big Ten Championships (3:15.12)... ran season-best 600 meters (1:20.66) at Iowa Invite... **Outdoor** - ran lead leg on team-leading 1,600-meter relay (3:11.11) that placed seventh at Drake Relays... ran lead leg on 1,600-meter relay



that placed fifth at Big Ten Championships (3:11.39)... ran season-best 400 meters (47.47) at Big Ten Championships... letterwinner.

High School -- four-time conference champion and three-time runner-up... placed second in 400 (48.9) and 800 meters (1:56), and third in 100 and 200 meters at state meet senior year.

Personal -- born September 17, 1988... son of Greg and Rhonda Willey... pharmacy interest.

Willey's Collegiate Bests

Event	Time	Meet	Date
200 Meters (O)	21.23	at Big Ten Championships	5/15/10
400 Meters (O)	46.12	at Big Ten Championships	5/16/10
600 Meters (I)	1:19.03	at Big Ten Championships	3/1/09
800 Meters (O)	1:53.39	at Illinois Invite	5/2/09

University of Iowa Sports Information Office - 157 Carver-Hawkeye Arena, Iowa City, IA 52242

Phone: 319/335-9411 - Fax: 319/335-9417 - www.hawkeyesports.com

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HAWKEYE TRACK & FIELD



TRACK CONTACT: NATHAN SHEEHAN

Tiffany Medenwaldt

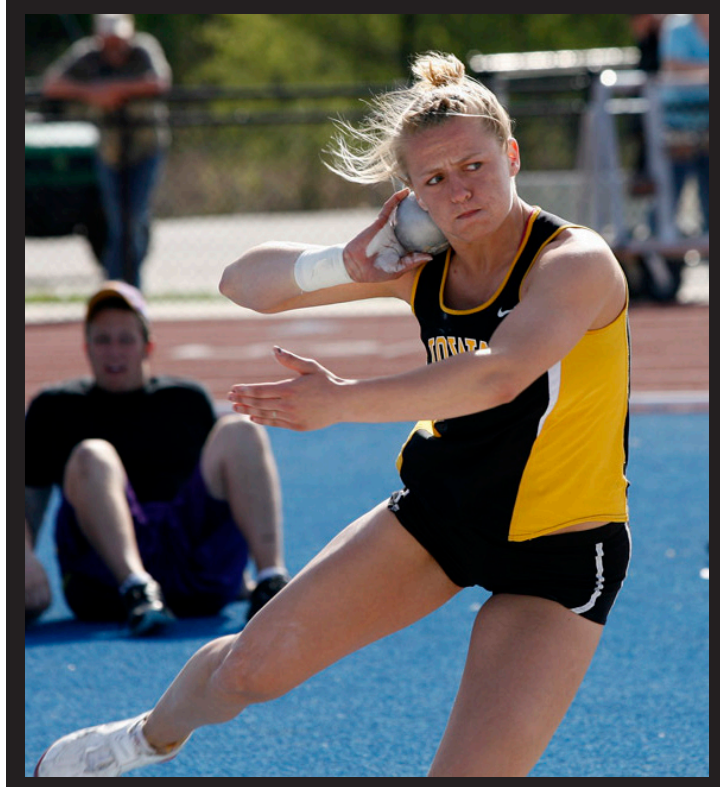
Sophomore - Throws

Lake Mills, WI

Lakeside Lutheran High School

University of South Alabama

2010 – Indoor – led team in shot put with season-best 45-9 (13.94m) at Big Ten Championships...tied for eighth all-time at Iowa...earned collegiate-best in weight throw at Iowa Open (50-8 3/4, 15.46)...ranks seventh all-time at Iowa...placed third in shot put at Jack Johnson Invite (44-8 3/4, 13.63m) and Iowa Invite (42-1 1/4, 12.83m)... placed third in weight throw at Iowa Invite (46-10 1/4, 14.28m)...**Outdoor** – led team in discus (161-3, 49.16m), hammer throw (171-11, 52.40m), and shot put (45-11 3/4, 14.01m)...set school record in discus at Musco Twilight XI...collegiate-best hammer throw ranks second all-time at Iowa...collegiate-best shot put ranks ninth all-time at Iowa...placed eighth in the discus (159-9, 48.69m) and hammer throw (170-7, 51.99m) at Big Ten Championships...placed first in the hammer throw (168-9, 51.45m), second in the shot put (45-3 1/2, 13.80m), and third in the discus (147-10, 45.05m) at the Iowa Invitational.



2009 (at South Alabama) -- Indoor - set school record in weight throw (49-4 1/4) at the Sewanee Invitational... also broke her own school record in the weight throw at the Sewanee Invitational... season best shot put was 39-11 1/2 at SBC Championships... **Outdoor** - set school hammer throw record (155-5)... best performances were 132-8 in discus and 40-2 1/4 in shot put... Presidential scholar, earning a 4.0 grade-point average both semesters.

High School -- won state shot put title (40-5 1/4) senior year, placing fourth in discus (128-1)... three-time sectional champion... set school discus record (138-9... earned all-state honors as a junior... team MVP senior year... also played softball, basketball and volleyball... four-year honor roll student... coached by Jim Bauer and Dan Krueger.

Personal -- born June 26, 1990... daughter of Joel and Gayle Medenwaldt... nursing major.

Medenwaldt's Collegiate Bests

Event	Distance	Meet	Date
Weight Throw (I)	50-8 3/4, 15.46	Iowa Open	1/16/10
Discus (O)	161-3, 49.16m	Musco Twilight XI	5/1/10
Hammer Throw (O)	171-11, 52.40m	Musco Twilight XI	5/1/10
Shot Put (O)	45-11 3/4, 14.01m	at Tiger Track Classic	4/3/10

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TRACK CONTACT: NATHAN SHEEHAN

Zeke Sayon

Junior, Sprints

Rockford, IL

Harlem HS

University of Illinois-Chicago

2010 – Indoor – ran a collegiate-best 6.82 60-meter dash at the Last Chance Qualifier which ranks sixth all-time at Iowa...ran a season-best 22.49 in the 200 meters at the ISU Classic and the Razorback Invitational...placed second in the 60 meters at the Iowa Invite (6.92)...**Outdoor** – ran team-leading collegiate-best 100 meters at Razorback Invite (10.51)...earned second-team all-Big Ten honors, placing second in the 100 meters at the Big Ten Championships (10.64)...ran second leg on team-leading 400-meter relay squad, winning at the Iowa Invitational (40.43), placing second at Musco Twilight XI (40.49), and placing third at Big Ten Championships.



D’Juan Richardson

Sophomore, Hurdles/Sprints

Indianapolis, IN

Warren Central

2010 – Indoor – led team in 60-meter dash with collegiate-best 6.80 at NCAA Qualifier...that time ranks third-all time in Iowa history...place fifth in 60 meters at Big Ten Championships (6.83)...ran season-best 200 meters at Meyo Invite (21.94)...placed second in 60 meters at Iowa Invite (6.82) and Iowa Open (6.84)...**Outdoor** – ran lead leg on team-leading 400-meter relay squad, winning at the Iowa Invitational (40.43), placing second at Musco Twilight XI (40.49), and placing third at Big Ten Championships (40.55)...ran lead leg on sprint medley relay squad that placed second at Drake Relays (3:17.74)...ran collegiate-best 100 meters placing fourth at Musco Twilight XI (10.59)...ran collegiate-best 400-meter hurdles placing second at Iowa Invitational (51.97)...ran collegiate-best 200 meters at Sun Angel Classic (21.74).



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HAWKEYE TRACK & FIELD



TRACK CONTACT: NATHAN SHEEHAN

Rhonda-Kaye Trusty

Senior, Sprints

Brampton, Ontario

St. Marguerite D'youville

2010 – Indoor – led team in 60 (7.55) and 200 meters (24.05)...60-meter mark is a collegiate-best and ranks fifth all-time at Iowa...200-meter time ranks sixth all-time at Iowa...ran second leg on team-leading 1,600-meter relay that placed fifth at ISU Classic (3:44.29) and seventh at Big Ten Championships (3:44.43)...fifth place finish at ISU Classic time ranks fifth all-time at Iowa...won 400 meters at Iowa Open (57.06) and placed third at Jack Johnson Invite with a season-best 56.98...**Outdoor** – led team in 100 (11.74), 200 (23.74), and 400 meters (55.09)...these times rank ninth, sixth, and ninth on Iowa's all-time list, respectively...ran second leg on team-leading 400-meter relay that placed fifth in the Big Ten Championships prelims (45.60) and finals (45.91) and won at the Iowa Invitational (46.82)...ran second leg on team-leading 1,600-meter relay who's season-best 3:39.88 at the Tiger Track Classic ranks sixth all-time at Iowa...ran lead leg on team-leading 800-meter relay (1:41.28) and sprint medley (3:56.53)..won both the 100 (11.74) and 200-meter (23.83) at the Sun Angel Classic



Raven Moore

Freshman, Sprints

Atlanta, GA

Sandy Creek

2010 – Indoor – ran a collegiate-best 7.68 in the 60-meter dash prelims at ISU Classic...that time ranks eighth all-time at Iowa...ran a season-best 24.80 in the 200 meters at Big Ten Championships...won 300 meters at the Iowa Open with a team-leading 40.99...**Outdoor** – ran a collegiate-best 100 (11.78) and 200 meters (24.56) at the Tiger Track Classic...ran a collegiate-best 57.93 in the 400 meters at the Iowa Invite...anchored team-leading 400-meter relay that placed fifth in the Big Ten Championships prelims (45.60) and finals (45.91) and won at the Iowa Invitational (46.82)... ran third leg on team-leading 800-meter relay (1:41.28)...ran second leg on team-leading sprint medley (3:56.53)



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HAWKEYE TRACK & FIELD



TRACK CONTACT: NATHAN SHEEHAN

Karessa Farley

Junior, Hurdles

Bridgetown, Barbados

Queens College

2010 – Indoor – led the team in the 60-meter hurdles with a season-best provisional qualifying time of 8.32 placing second at the NCAA Qualifier... placed third in the 60-meter hurdles at Big Ten Championships (8.33)...won the 60-meter hurdles at the Iowa Invite (8.37)...ran a collegiate-best 7.83 in the 60-meter dash at the Iowa Open...**Outdoor** – led team in the 100-meter hurdles with a season-best 13.50 win at the Iowa Invitational...ran lead leg on team-leading 400-meter relay that placed fifth in the Big Ten Championships prelims (45.60) and finals (45.91) and won at the Iowa Invitational (46.82)...ran collegiate-best 100 meters at Tiger Track Classic (12.38)...ran collegiate-best 200 meters at CCU Shamrock (26.36)



Patrick Richards

Sophomore, Sprints

Colorado Springs, CO

Widefield

2010 – Indoor – ran a collegiate-best 6.92 in the 60-meter dash at the Iowa vs. Illinois dual meet...**Outdoor** – ran third and lead legs on team-leading 1,600-meter relays that placed second at Drake Relays (3:05.73) and Big Ten Championships (3:07.75)...earned second team all-Big Ten honors... ran a collegiate-best 46.74 winning the 400 meters at the Sun Angel Classic... that time ties for tenth all-time at Iowa...ran a collegiate-best 21.44 placing second at the Razorback Invitational... anchored team-leading 400-meter relay squad, winning at the Iowa Invitational (40.43), placing second at Musco Twilight XI (40.49), and placing third at Big Ten Championships...ran second leg on sprint medley relay squad that placed second at Drake Relays (3:17.74)



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HAWKEYE TRACK & FIELD



TRACK CONTACT: NATHAN SHEEHAN

Chris Barton

Junior, Sprints
Sherman Oaks, CA
Notre Dame HS

2010 – Indoor – ran second leg on team-leading distance medley relay (9:51.05)...this time ranks fourth all-time at Iowa...ran collegiate-best 600 meters at Iowa Open (1:22.13)...ran season-best 400 meters at ISU Classic (48.15)...ran season-best 200 meters at Razorback Invite (22.44)...earned a win in the 400 meters at the Iowa Invite (49.03)...**Outdoor** – ran second leg on team-leading 1,600-meter relay that placed second at Drake Relays (3:05.73) and Big Ten Championships (3:07.75)...earned second team all-Big Ten honors... ran second leg on fourth-place distance medley relay at Drake Relays (9:42.97), a time that ranks second all-time at Iowa...ran third leg on winning 1,600-meter relay squad at Iowa Invitational (3:15.54)...placed fifth at Big Ten Championships in 400 meters with collegiate-best 47.21...ran collegiate-best 22.13 in the 200 meters at Iowa Invitational.



Erik Sowinski

Sophomore, Middle Distance
Waukesha, WI
West

2010 – Indoor – set school record in the 800 meters with a provisional qualifying 1:48.90 winning time at the ISU Classic...ran lead leg on team-leading 1,600-meter relay with a season-best provisional qualifying time of 3:09.83 at the Meyo Invite...led team in the 600 meters with a season-best 1:18.38 second-place finish in the Big Ten Championships prelims...won the 800 meters at the Razorback Invite (1:50.09) and placed second at the Meyo Invite (1:49.21) and the NCAA Qualifier (1:48.99)...won the 600 meters at the Iowa Open (1:19.63)...**Outdoor** – anchored team-leading 1,600-meter relay that placed second at Drake Relays (3:05.73) and Big Ten Championships (3:07.75)...earned second team all-Big Ten honors... led team in 800 meters with collegiate-best 1:48.56 at the Sun Angel Classic...this ranks third-all-time at Iowa... anchored sprint medley relay squad that placed second at Drake Relays (3:17.74)... ran collegiate-best 400 meters at Razorback Invite (47.72)...won the 800 meters at the Tiger Track Classic (1:49.66) and Musco Twilight XI (1:50.53).



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HAWKEYE TRACK & FIELD



TRACK CONTACT: NATHAN SHEEHAN

Jeff Thode

Freshman, Distance
Rockford, IL
Schaumburg, IL
James B. Conant

2010 – Indoor – set school record in the mile with a provisional qualifying win at the NCAA Qualifier (4:03.07)...anchored fourth-place distance medley at Big Ten Championships (9:52.71)...**Outdoor** – led team in 1,500 meters with collegiate-best third place finish at Sun Angel Classic (3:44.39), a time that ranks third all-time at Iowa...broke a Francis X. Cretzmeyer facility record and a Musco Twilight meet record with his win in the 1,500 meters at Musco Twilight XI (3:44.51)...ran third leg on eighth-place 6,400-meter relay at Drake Relays (17:01.46)...ran collegiate-best 5,000 meters at Big Ten Championships (4:17.79)



McKenzie Melander

Sophomore, Distance
Apple Valley, MN
Eastview

2010 – Indoor – anchored provisional qualifying distance medley that placed third at Big Ten Championships (11:25.01)...ran collegiate-best mile at Big Ten Championships (4:47.17), a time that ranks eighth all-time at Iowa...ran collegiate-best 3,000 meters at ISU Classic (9:48.25)...**Outdoor** - ran second leg on second-place 6,400-meter relay at Drake Relays (19:05.63) which is a school record...ran a collegiate-best 1,500 meters at Big Ten Championships (4:21.18), a time that ranks fifth all-time at Iowa...ran collegiate-best 800 meters at CCU Shamrock (2:13.18)...ran collegiate-best 5,000 meters at Stanford Invite (16:42.79)...won 1,500 meters at Musco Twilight XI (4:28.77)



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HAWKEYE TRACK & FIELD



TRACK CONTACT: NATHAN SHEEHAN

Lauren Hardesty

Junior, Distance
Valparaiso, IN
Valparaiso

2010 – Indoor – led team in mile with a collegiate-best provisional qualifying 4:41.97 fourth-place finish at Big Ten Championships, a time that ranks third all-time at Iowa... ran third leg on provisional qualifying distance medley that placed third at Big Ten Championships (11:25.01)...ran collegiate-best 3,000 meters with second-place finish at ISU Classic (9:41.05)...won 800 meters at Iowa Open with season-best 2:16.49...**Outdoor** – ran collegiate-best 4:22.81 in 1,500 meters at Big Ten Championships...this ranks eighth all-time at Iowa... anchored school record second-place 6,400-meter relay at Drake Relays (19:05.63)...ran collegiate-best 9:41.53 with fourth-place finish in 3,000 meters at Musco Twilight XI...won the 800 meters with a collegiate-best 2:10.90 at CCU Shamrock.



Mark Battista

Junior, Distance
New Lenox, IL
Lincoln Way Central

2010 – Indoor – ran a collegiate-best 8:25.82 in the 3,000 meters at Big Ten Championships...ran collegiate best 4:16.37 with a second-place finish in the mile at the Iowa Invite...anchored distance medley at ISU Classic (10:05.33)...**Outdoor** – ran a collegiate-best 9:04.60 in the 3,000-meter steeplechase at Drake Relays, a time that ranks ninth all-time at Iowa...ran collegiate-best 1,500 meters at Musco Twilight XI (3:56.00)...ran collegiate-best in 1,500 meters (3:56.26) and season-best in 3,000 meters (8:32.66) at Tiger Track Classic.



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HAWKEYE TRACK & FIELD



TRACK CONTACT: NATHAN SHEEHAN

Stephen Bee

Junior, Sprints

South Elgin, IL

Larkin

2010 – Indoor – ran collegiate-best 60 meters at Iowa Open (7.00)...ran season-best 21.91 in 200-meters at Razorback Invite...ran second leg on 1,600-meter relay at Iowa Open (3:25.61)...**Outdoor** - ran third leg on team-leading 400-meter relay squad, winning at the Iowa Invitational (40.43), placing second at Musco Twilight XI (40.49), and placing third at Big Ten Championships (40.55)...ran collegiate-best 100 meters (10.83) and season-best 200 meters (21.91) at Musco Twilight XI



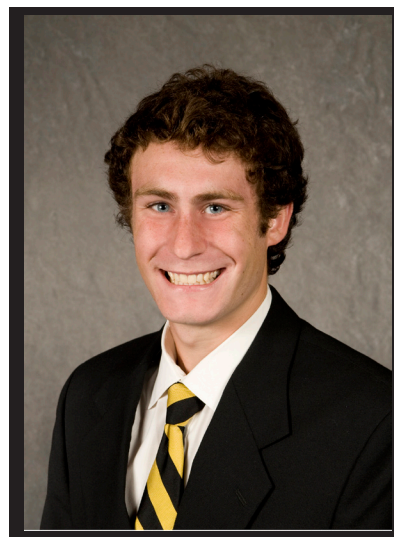
Chase Kadlec

Sophomore, Distance

Wheaton, IL

North

2010 – Indoor – ran a season-best mile at the ISU Classic (4:10.31)...**Outdoor** – ran a collegiate-best 5,000 meters at Big Ten Championships (14:14.45), a time that ranks ninth all-time at Iowa...ran a collegiate-best team-leading 3,000 meters (8:28.64) at the Tiger Track Classic...ran second leg on eighth place 6,400-meter relay at Drake Relays (17:01.46)...posted a collegiate-best 1,500 meters with a third place finish at Musco Twilight XI (3:51.31)...won 3,000 meters at Iowa Invitational (8:30.57)...ran a collegiate-best 800 meters at Iowa Invitational (1:57.02).



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HAWKEYE TRACK & FIELD



TRACK CONTACT: NATHAN SHEEHAN

Ethan Holmes

Freshman, Hurdles
Clinton, IA
Clinton

2010 – Indoor – redshirted...**Outdoor** – posted a collegiate-best 14.49 in the 110-meter hurdles at Big Ten Championships, a time that ranks 10th all-time at Iowa...earned a collegiate-best 52.94 in the 400-meter hurdles at Musco Twilight XI...won 110-meter hurdles at Iowa Invitational (14.87)...ran third leg on second place 1,600-meter relay at Musco Twilight XI (3:10.45)...placed second in the 400-meter hurdles at the Razorback Invite (52.83) and third at the Iowa Invitational (53.16).



Graham Valdes

Junior, High Jump
Moline, IL
Central City

2010 – Indoor – jumped a collegiate-best 6-11 (2.11m) high jump with a sixth-place finish at Big Ten Championships...one of three to hit that mark and led team...tied for seventh all-time at Iowa...placed second in the high jump at the ISU Classic (6-9, 2.06m) and third at the Iowa Open (6-8 1/4, 2.04m)...**Outdoor** – led team in high jump with a collegiate-best 6-11 (2.11m) third-place finish at the Sun Angel Classic...this height ties for sixth all-time at Iowa...placed third in the high jump at Musco Twilight XI (6-8 3/4, 2.05m)



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HAWKEYE TRACK & FIELD



TRACK CONTACT: NATHAN SHEEHAN

Amanda Hardesty

Junior, Distance

Valparaiso, IN

Valparaiso

2010 – Indoor – led team in 3,000 meters (9:30.17)...time is a collegiate-best, provisional qualifying, and ranks seventh all-time at Iowa...ran collegiate-best 4:48.69 mile at ISU Classic...won mile at Iowa Open (4:56.68) and Last Chance Qualifier (4:50.09)...placed second in mile at Jack Johnson Invite (4:52.32)...**Outdoor** - ran third leg on second-place 6,400-meter relay at Drake Relays (19:05.63) which is a school record...ran collegiate-best 16:37.01 in the 5,000 meters at Big Ten Championships...this ranks eighth all-time at Iowa...ran collegiate-best 4:25.60 in 1,500 meters at Sun Angel Classic...won 1,500 meters at CCU Shamrock Invite (4:28.58).



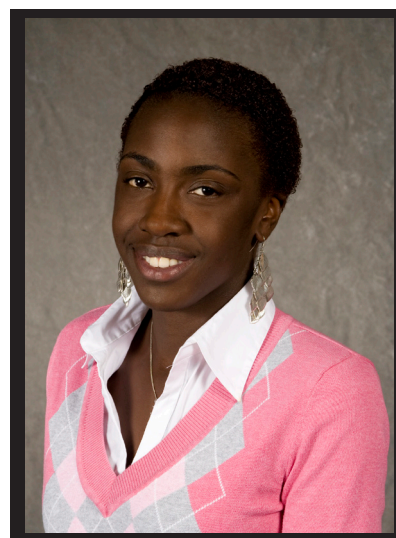
Kara-Aretha Graham

Junior, Sprints

London, United Kingdom

Forest Girls School

2010 – Indoor – ran second leg on winning 1,600-meter relay at Iowa Open (4:00.76)...ran third leg on second place 1,600-meter relay at Jack Johnson Classic (3:47.45)...finished second in 300 meters at Iowa Open with collegiate-best 41.30...ran a season-best in the 200 (25.25) and 400 meters (59.12) at ISU Classic...**Outdoor** – ran third leg on team-leading 400-meter relay that placed fifth in the Big Ten Championships prelims (45.60) and finals (45.91) and won at the Iowa Invitational (46.82)...ran second leg on team-leading 800-meter relay (1:41.28)...ran collegiate-best 200 (24.89) and 400 meters (57.21) at Tiger Track Classic.



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HAWKEYE TRACK & FIELD



TRACK CONTACT: NATHAN SHEEHAN

Brandon Oest
Freshman, High Jump
Geneva, IL
Aurora Christian

2010 – Indoor – ran a collegiate-best 6.82 60-meter dash at the Last Chance Qualifier which ranks sixth all-time at Iowa...ran a season-best 22.49 in the 200 meters at the ISU Classic and the Razorback Invitational...placed second in the 60 meters at the Iowa Invite (6.92)...**Outdoor** – ran team-leading collegiate-best 100 meters at Razorback Invite (10.51)...earned second team all-Big Ten honors, placing second in the 100 meters at the Big Ten Championships (10.64)...ran second leg on team-leading 400-meter relay squad, winning at the Iowa Invitational (40.43), placing second at Musco Twilight XI (40.49), and placing third at Big Ten Championships.



Jeffery Herron
Sophomore, Jumps
Richmond, TX
Fort Bend Austin
University of Texas-San Antonio

2010 – Indoor – jumped a collegiate-best 6-11 (2.11m) height in the high jump at ISU Classic...tied for team lead and seventh-all time at Iowa...won the high jump at the Iowa Open (6-10 1/4, 2.09m)...won the long jump at the Iowa Invite with a season-best 22-1 3/4 (6.75m)...**Outdoor** – led team in long jump with collegiate-best 24-9 (7.54m) with win at Musco Twilight XI, a distance that ranks ninth all-time at Iowa...placed second at Big Ten Championships in long jump (24-1 3/4, 7.36)...earned second team all-Big Ten honors...jumped season-best 6-9 (2.06m) in the high jump, finishing eighth at Big Ten Championships...placed second in high jump at Iowa Invitational (6-8 3/4, 2.05m) and third at Musco Twilight XI (6-8 3/4, 2.05m).



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HAWKEYE TRACK & FIELD



TRACK CONTACT: NATHAN SHEEHAN

Ryan Lamparek

Sophomore, Throws

Fairfax, IA

Cedar Rapids Prairie

2010 – Indoor – led team in shot put with a season-best 56-10 (17.32m) seventh-place finish at the Big Ten Championships, a throw that ranks ninth all-time at Iowa...threw a collegiate-best 60-5 1/4 (18.42m) in the weight throw at Big Ten Championships...ranks seventh all-time at Iowa...won shot put at Iowa Invite (56-9 1/4, 17.30m)...placed second in shot put at Jack Johnson Invite (55-4 1/4, 16.87m) and Iowa Open (56-7 1/2, 17.26m)...

Outdoor – led team in shot put (57-2 3/4, 17.44m) and discus (171-03, 52.19m)...both marks are collegiate-bests...threw collegiate-best 181-7 (55.35m) in hammer at Big Ten Championships...placed sixth at Big Ten Championships in shot put (57-2, 17.42m)...placed third in the shot put at the Sun Angel Classic (54-2 1/2, 16.52m), Musco Twilight XI (55-11 1/4, 17.05m), and Drake Relays (57-2 3/4, 17.44m)...placed third in discus at Iowa Invitational (167-6, 51.05m).



Matt Banse

Sophomore, Throws

Strawberry Point, IA

Starmont

2010 – Indoor – led team in weight throw (61-7 1/2, 18.78m) with win at Iowa Invite, a toss that ranks sixth all-time at Iowa...threw a collegiate-best 55-1 1/2 (16.80m) in shot put with second-place finish at Iowa Invite...

won weight throw (60-4 1/2, 18.40m) and placed third in shot put (52-6, 16.00m) at Iowa Open ...**Outdoor** – led team in hammer throw with collegiate-best 199-0 (60.66m)...tied for sixth all-time at Iowa...threw collegiate-best in the shot put at Big Ten Championships (56-9 1/4, 17.30m)...won hammer throw in three of six competitions this season...won at Tiger Track Classic (190-10, 58.17m), Lee Calhoun Memorial (199-0, 60.66m), and Iowa Invitational (187-7, 57.18m)...won shot put at Lee Calhoun Memorial (52-7 1/4, 16.03m)...placed second in hammer throw at Musco Twilight XI (195-10 3/4, 59.71m)...placed third in shot put at Iowa Invitational (50-8 1/4, 15.45m).



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HAWKEYE TRACK & FIELD



TRACK CONTACT: NATHAN SHEEHAN

Ben Stancombe Freshman, Throws Bloomington, IN South



2010 – Indoor – redshirted...**Outdoor** – threw a collegiate-best 185-11 (56.68m) in the hammer throw with a second-place finish at the Iowa Invitational...ranks eighth all-time at Iowa...placed second in the hammer at the Tiger Track Classic (183-8, 55.99)...placed third in hammer at Lee Calhoun Memorial (171-4, 52.22m).



Matt Beyers Freshman, Javelin Wichita, KS Wichita East

2010 – Indoor – did not compete...**Outdoor** – Big Ten Champion in the javelin (220-6, 67.22m)...first team all-Big Ten honoree...threw a collegiate-best 232-2 (70.76m) in his freshman debut...this ranks second all-time at Iowa...placed third at Drake Relays (205-8, 62.69m) and Musco Twilight XI (205-0 3/4, 62.50m).

Zach Schimp Senior, Throws Marietta, PA Donegal West Chester University



2010 – Indoor – did not compete...**Outdoor** – threw a collegiate-best 211-0, 64.32m at the Sun Angel Classic...this ranks fourth all-time at Iowa...finished fourth at Musco Twilight XI (191-0 1/4, 58.22m).

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HAWKEYE TRACK & FIELD



TRACK CONTACT: NATHAN SHEEHAN

Tiffany Hendricks

Junior, Hurdles
Burlington, IA
Burlington

2010 – Indoor – ran second leg on provisional qualifying distance medley relay that placed third at Big Ten Championships (11:25.01)...ran lead leg on team-leading 1,600-meter relay (3:44.29)...led team in 400 meters with season-best 55.98 in the Big Ten Championships prelims...ran a collegiate-best 200 meters at ISU Classic (25.41)...**Outdoor** – ran lead leg on team-leading 1,600-meter relay who's season-best 3:39.88 at the Tiger Track Classic ranks sixth all-time at Iowa...led team in 400-meter hurdles with collegiate-best 1:01.36 win at the Iowa Invitational, a time that ranks ninth all-time at Iowa...ran lead on team-leading spring medley relay (3:56.53)...ran a collegiate-best 55.19 in the 400 meters at the Sun Angel Classic...placed second in the 400 meters at Musco Twilight XI (55.38).



Nicole Erickson

Sophomore, Sprints
Cedar Rapids, IA
Kennedy

2010 – Indoor – ran collegiate-best 1:36.60 in the 600 meters with second-place finish at Iowa Open...ran a season-best 57.36 in the 400 meters at the Husker Invite...ran third leg on winning 1,600-meter relay at Iowa Open (4:00.76)...**Outdoor** - ran third leg on team-leading 1,600-meter relay who's season-best 3:39.88 at the Tiger Track Classic ranks sixth all-time at Iowa...ran collegiate-best 400 meters (57.19) and 400-meter hurdles (1:02.52) at Sun Angel Classic...ran second leg on team-leading distance medley relay (11:43.06), a time that ranks ninth all-time at Iowa.



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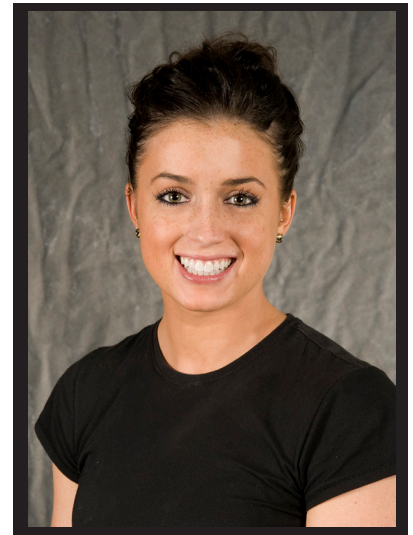


HAWKEYE TRACK & FIELD



TRACK CONTACT: NATHAN SHEEHAN

Bethany Praska
Junior, Sprints/Middle Distance
Longmont, CO
Longmont Christian



2010 – Indoor – led team in 600 (1:29.35) and 800 meters (2:08.54), times that rank second and third all-time, respectively...provisionally qualified with 800-meter time... placed fourth at Big Ten Championships in 600 meters (1:29.35)...ran lead leg on team-leading 1,600-meter relay (3:44.29)... won 800 meters at Husker Invite (2:11.85)... ran second leg on second place 1,600-meter relay at Jack Johnson Classic (3:47.45)...**Outdoor** – led team in 800 meters with season-best 2:10.85 at the Sun Angel Classic...this ranks ninth all-time...anchored team-leading 1,600-meter relay who's season-best 3:39.88 at the Tiger Track Classic ranks sixth all-time at Iowa...anchored team-leading sprint medley relay at Drake Relays (3:56.53)...ran third leg on fourth-place 3,200-meter relay at Drake Relays (8:54.45)...ran a collegiate-best in the 400 meters at CCU Shamrock (56.05)...placed second in the 400 meters at the Iowa Invite (56.40).

Caleigh Bacchus
Senior, High Jump
Cascade, Trinidad & Tobago
Bishop Anstey



2010 – Indoor – led team in high jump with season-best fifth-place finish at Big Ten Championships (5-9 1/4, 1.76m)...ranks fourth all-time at Iowa... won high jump at Iowa Open (5-8, 1.73m) and Jack Johnson Invite (5-8 1/2, 1.74m)...placed second at ISU Classic (5-8, 1.73m) and Last Chance Qualifier (5-8, 1.73m)...**Outdoor** – led team in high jump with collegiate-best 5-10 (1.78m) at the Sun Angel Classic...ranks third all-time at Iowa...placed third at Big Ten Championships (5-9 3/4, 1.77m)...won high jump at CCU Shamrock Invite (5-9, 1.75m)...placed second at Musco Twilight XI (5-8 3/4, 1.75m).

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



TRACK CONTACT: NATHAN SHEEHAN

Majesty Tutson

Freshman, Throws

Iowa City, IA

City High

2010 – Indoor – posted collegiate-best distance in weight throw with win at Iowa Invite (52-8 3/4, 16.07m)...ranks seventh all-time at Iowa...earned collegiate-best in the shot put at Big Ten Championships (43-3, 13.18m)... placed second in the weight throw at the Iowa Open (51-6 1/4, 15.70m)...

Outdoor – posted a collegiate-best in the discus with a third-place finish at Musco Twilight XI (159-4, 48.56m)...ranks third all-time at Iowa...threw a collegiate-best 156-9 (47.77m) in the hammer throw at the Tiger Track Classic...ranks fifth all-time at Iowa...threw a season-best 42-8 3/4 (13.02m) in shot put at Tiger Track Classic...won discus at the Iowa Invitational (154-

4, 47.04m)...placed second in discus at Lee Calhoun Memorial (149-6, 45.57m)...placed third in discus at CCU Shamrock Invite (147-5, 44.93m)...threw collegiate-best in javelin at Big Ten Championships (97-6, 29.71m).

