

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



TRACK CONTACTS: TRACI WAGNER, NATHAN SHEEHAN

MARCH 10, 2009

2009 IOWA TRACK & FIELD INDOOR SCHEDULE & RESULTS

Date	Meet	Time (CT)/Result
1/10	Illinois %	W, 92-77
1/17	Iowa Open	13 champs
1/23-24	at Razorback Invite %	0 champs
1/24	at Jack Johnson Classic &	1 champ
1/30-31	at Jack Jennett Invite &	2 champs
1/30	at Millrose Games %	0 champs
2/6-7	at Meyo Invite & at New Balance Invite%	0 champs 0 champs
2/13-14	at Iowa St. Classic &	3 champs
2/20	Iowa Invite &	18 champs
2/28-3/1	at Big Ten Championships % 9th, at Big Ten Championships ^ 10th,	43 points 25 points
3/7	at Last Chance Meet &	1 champ
3/13-14	at NCAA Championships & (College Station, TX)	

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

HAWKEYE COACHING STAFF

The Hawkeye coaching staff has some new faces and responsibilities for the 2009 season. **Larry Wieczorek** is the men's head track and cross country coach, and **Layne Anderson** is the women's head track and cross country coach. The teams now share administrative responsibilities, coordinate their competition schedules and divide coaching responsibilities by event instead of gender.

Assistant **Scott Cappos**, who is in his 13th year at Iowa, will coach the throws, while third-year assistant **Joey Woody** will coach the men's sprints, short hurdles and relays, and women's long sprints and hurdles. First-year assistant **Clive Roberts** will coach the women's short sprints, hurdles and relays, as well as the horizontal jumps for both groups. First-year assistant **Christi Smith** will direct the multi-events and vertical jumps.

THIS WEEK -- Three members of the Hawkeye track team will compete at the NCAA Championships Friday and Saturday in College Station, TX. Seniors **Racheal Marchand** (5,000 meters) and **John Hickey** (shot put), and sophomore **Karessa Farley** (60-meter hurdles) will compete for the Hawkeyes. Hickey earned all-America honors at the 2008 NCAA Indoor Championships. This is Farley and Marchand's first trip to the NCAA indoor meet.

All events will be held at Gilliam Indoor Track Stadium in College Station, TX, on the Texas A&M University campus. Tickets for the meet are available from the Texas A&M Athletic Ticket Office at www.aggieathletics.com. Live results will be available throughout the championships at www.aggieathletics.com.

NCAA QUALIFIERS -- The Hawkeyes have qualified three student-athletes for the NCAA Indoor Championships. Their event, qualifying marks and where they rank, in their event, are listed below.

Name	Event	Mark	Rank
Karessa Farley	60-Meter Hurdles	8.21	13th
John Hickey	Shot Put	63-0 (19.20 m)	6th
Racheal Marchand	5,000 Meters	15:55.70	4th

NCAA SCHEDULE OF EVENTS -- Following is the schedule of events for Iowa's NCAA qualifiers:

Day	Event	Time (CT)	Competitor
Friday	Women's 60-M Hurdles - Prelims	4:30 p.m.	Farley
	Men's Shot Put - Prelims & Finals	6:50 p.m.	Hickey
	Women's 5,000 Meters - Finals	7:05 p.m.	Marchand
Saturday	Women's 60-M Hurdles - Prelims	5:20 p.m.	Farley

IOWA'S NCAA HISTORY -- The Hawkeye women's team has crowned four individual champions; **Nan Doak** (10,000 meters-1985), **Tracey Dahl** (5,000 meters-1992, 1993) and **Kineke Alexander** (400 meters-2006). Iowa has also produced 56 all-Americans. The 1982 season produced the most all-Americans by Iowa in one year with 12. Iowa's last indoor all-American was **Kineke Alexander** (400 meters) in 2008.

The Iowa men's track team has crowned one NCAA individual champion and made 14 appearances at the NCAA Indoor Championships. Former Hawkeye **Bashir Yamini** won the long jump in 1998 with a leap of 26-0 1/4. The Hawkeyes have a combined total of 84 all-Americans during the indoor and outdoor seasons. Iowa's last indoor all-American was **John Hickey** in the shot put in 2008.

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2008 NCAA INDOOR REVIEW -- The Hawkeyes had two all-Americans at the 2008 NCAA Indoor Championships in Fayetteville, AR. Senior **Kineke Alexander** earned her seventh career all-America honor in the 400 meters, placing fifth in 52.72. With that performance, Alexander set the school record for most all-America honors earned. Junior **John Hickey** became the first all-American for the Hawkeye men since 2002 when he placed seventh in the shot put (60-8 1/2). The Piermont, NY, native was the second Hawkeye to earn all-America honors in the shot put. Former Hawkeye **Jeremy Allen** was a two-time all-American in that event (2000, 2001).

Also competing for the Hawkeye women's team were seniors **Meghan Armstrong**, **Tammilee Kerr** and **Diane Nukuri**. Nukuri placed 12th in the 5,000 meters (16:35.05), Armstrong placed 13th in the 3,000 meters (9:37.54), and Kerr placed 15th in the pentathlon (3,836 points).

LAST MEET -- The Hawkeyes set a new school record and added some NCAA qualifiers at the Iowa State Last Chance Meet in Ames last weekend.

Sophomore **Karessa Farley** smashed the 60-meter hurdles school record of 8.30 that she set at Iowa State on Valentine's Day with her winning mark of 8.21.

Juniors **Adam Hairston** and **Paul Chaney, Jr.**, and the men's 1,600-meter relay team of sophomore **Steven Willey**, freshman **Patrick Richards**, sophomore **Chris Barton**, and junior **Ray Varner** also posted NCAA provisional qualifying performances. Hairston ran a season-best 1:49.81 in the 800 meters to place fourth, while Chaney, Jr. ran a collegiate-best 21.34 in the 200 meters. Chaney, Jr.'s time ranks fourth in school history. The 1,600-meter relay team ran a season-best 3:09.62, which ranks 10th in school history. Freshman Erik Sowinski ran a collegiate-best 1:51.39 in the 800 meters, which ranks fifth in school history.

NEXT UP -- The Hawkeyes will open the 2009 outdoor season March 27-28 at the Stanford Invite at Stanford, CA, and the Viking Olympics at Rock Island, IL.

MEN'S 2009 INDOOR SEASON BESTS

Event	Team Leader	Mark
60 Meters	Paul Chaney, Jr.	6.80
60 Hurdles	D'Juan Richardson	8.20
200 Meters	Paul Chaney, Jr.	(P) 21.34
400 Meters	Ray Varner	47.75
600 Meters	Adam Hairston	* 1:18.05
800 Meters	Adam Hairston	(P) 1:49.82
1,000 Meters	Dan Rolling	2:43.10
Mile	Jesse Luciano	4:07.29
3,000 Meters	Eric MacTaggart	8:17.25
5,000 Meters	Jesse Luciano	14:20.99
1,600-Meter Relay		(P) 3:09.62 <i>(Willey, Richards, Barton, Varner)</i>
Distance Medley Relay		9:52.52 <i>(Marchese, Varner, Hairston, Luciano)</i>
High Jump	Dan Rolling	6-10 1/4 (2.09 m)
Pole Vault	Alex Zona	16-0 3/4 (4.90 m)
Long Jump	Cody Mixon	21-4 1/2 (6.51 m)
Triple Jump	Josh Bean	48-10 (14.88 m)
Shot Put	John Hickey	* (P) 63-0 (19.20 m)
Wt. Throw	Matt Banse	54-8 1/4 (16.67 m)
Heptathlon	Dan Rolling	4,909 points

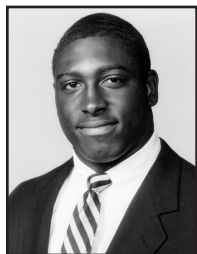
*P - NCAA Provisional Qualifier, * - School Record*

WOMEN'S 2009 INDOOR SEASON BESTS

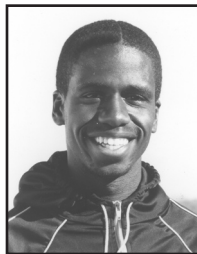
Event	Team Leader	Mark
60 Meters	Rhonda-Kaye Trusty	7.61
60 Hurdles	Karessa Farley	* (P) 8.21
200 Meters	Rhonda-Kaye Trusty	24.44
300 Meters	Rhonda-Kaye Trusty	40.15
400 Meters	Bethany Praska	56.42
500 Meters	Sophia Poncè	1:19.08
600 Yards	Bethany Praska	1:23.12
600 Meters	Bethany Praska	1:31.33
800 Meters	Lauren Hardesty	2:12.39
Mile	Betsy Flood	4:51.75
3,000 Meters	Racheal Marchand	9:35.25
5,000 Meters	Racheal Marchand	(A) 15:55.70
1,600-Meter Relay		3:46.98 <i>(Erickson, Hendricks, Poncè, Trusty)</i>
Distance Medley Relay		(P) 11:27.34 <i>(Melander, Hendricks, Flood, Marchand)</i>
Long Jump	Renee White	18-7 3/4 (5.68 m)
Triple Jump	Renee White	(P) 41-7 3/4 (13.09 m)
Shot Put	Mandy Chandler	42-11 1/2 (13.09 m)
Wt. Throw	Mandy Chandler	54-4 1/2 (16.57 m)

*A - NCAA Automatic Qualifier, P - NCAA Provisional Qualifier
* - School Record*

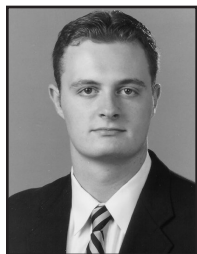
MEN'S ALL-TIME TOP TEN INDOOR PERFORMERS



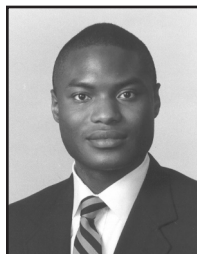
Jeremy Allen



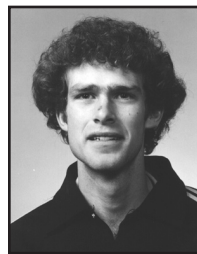
Rodney Chambers



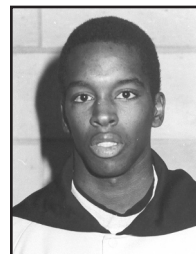
Jim Costello



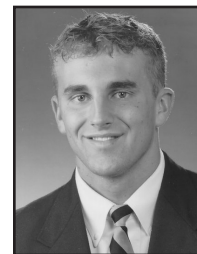
Chris Davis



Ed DeLashmutt



Terrence Duckett



Scott Faber

60 Meters

1. Kurt Felix, 1999.....	6.73
2. Tony Branch, 1999.....	6.78
3. Paul Chaney, Jr., 2009	6.80
4. Derrick Burks, 2005.....	6.81
5. Tim Dodge, 2001.....	6.83
6. Lee Elbert, 2006.....	6.86
Zeke Sayon, 2009.....	6.86
8. D’Juan Richardson, 2009.....	6.87
9. Adam Kunkel, 2001.....	6.89
10. Zach Digney, 2004.....	6.90
Omar Isaacs, 2004.....	6.90
David Chaplin, 2006.....	6.90

60-Meter Hurdles

1. Dion Trowers, 1997.....	7.87
2. Russell Peterson, 2004.....	7.97
3. DeRocco Reed, 2000.....	8.03
4. Jordan Crosby, 2005.....	8.16
5. D’Juan Richardson, 2009.....	8.20
6. Justin Poots, 2001.....	8.22
7. Tony Branch, 1999.....	8.24
8. Monte Raymond, 1997.....	8.29
Brice Wilson, 2008.....	8.29
10. Frank Prill, 2008.....	8.33

200 Meters

1. Anthuan Maybank, 1993.....	21.11
2. Bashir Yamini, 1999.....	21.19
3. Tim Dodge, 2000.....	21.26
4. Paul Chaney, Jr., 2009	21.34
5. George Page, 1997.....	21.35
6. Zach Digney, 2004.....	21.39
7. Tony Branch, 1998.....	21.46
8. David Chaplin, 2006.....	21.49
9. Adam Kunkel, 2001.....	21.55
10. Tim Dwight, 1997.....	21.56

400 Meters

1. Terrence Duckett, 1984.....	46.81
2. Andre Morris, 1995.....	47.15
3. Monte Raymond, 1998.....	47.18
4. Anthuan Maybank, 1990.....	47.25
5. Juan Coleman, 2002.....	47.40
6. Curtis Chung, 1989.....	47.65
7. Ray Varner, 2008.....	47.66
8. Ed Rozell, 1997.....	47.73
9. Patrick Richards, 2009.....	47.78
10. David Pierre, 2007.....	47.79

600 Meters

1. Erik Sowinski, 2009.....	1:18.05
2. Pat McGhee, 1988.....	1:18.30
3. Steven Willey, 2009	1:19.03
4. Adam Hairston, 2009	1:19.05
5. Monte Raymond, 1997.....	1:19.18
6. Scott Williamson, 2001.....	1:19.19
7. D’Juan Strozier, 1990.....	1:19.20
8. Gary Falls, 1991.....	1:19.32
9. Zach Splan, 2007.....	1:19.39
10. Matt O’Holearn, 2006.....	1:19.54

800 Meters

1. Adam Hairston, 2008	1:49.63
2. Dave Novotny, 1996.....	1:51.27
3. Jim Docherty, 1973.....	1:51.30
4. Rod Chambers, 1989.....	1:51.33
5. Erik Sowinski, 2009.....	1:51.39
6. Jim Donovan, 1999.....	1:51.52
7. Michael Layne, 1997.....	1:51.54
8. Bill Frazier, 1963.....	1:51.80
9. Mike Cunningham, 2002.....	1:51.98
10. John Clark, 1973.....	1:52.20

Mile

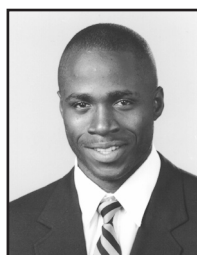
1. Ed DeLashmutt, 1981.....	4:04.01
2. Larry Wiczorek, 1968.....	4:04.40
3. John Clark, 1972.....	4:05.94
4. Adam Thomas, 2002.....	4:07.13
5. Kevin Herd, 1992.....	4:07.26
6. Jesse Luciano, 2009.....	4:07.29
7. Jake Berns, 2006.....	4:07.43
8. Micah VanDenend, 2007.....	4:07.54
9. Ted Wheeler, 1956.....	4:07.74
10. Jim Docherty, 1978.....	4:07.80

3,000 Meters

1. Micah VanDenend, 2006.....	8:00.81
2. Eric MacTaggart, 2006.....	8:08.79
3. Stetson Steele, 2000.....	8:09.54
4. Dan Haut, 2005.....	8:11.36
5. Kevin Herd, 1994.....	8:11.51
6. Andy Napier, 2008	8:15.70
7. Larry Wiczorek, 1968.....	*8:17.00
8. Matt Esche, 2004.....	8:17.28
9. Jim Docherty, 1978.....	*8:17.40
10. Danny Waters, 1986.....	*8:18.83

5,000 Meters

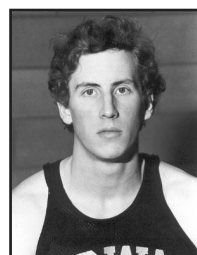
1. Micah VanDenend, 2007.....	13:56.46
2. Stetson Steele, 2000.....	14:00.52
3. Dan Haut, 2006.....	14:06.16
4. Eric MacTaggart, 2006.....	14:13.41
5. Matt Esche, 2004.....	14:18.43
6. Jeff Kent, 2007.....	14:18.86
7. Jesse Luciano, 2009.....	14:20.99
8. Nick Nordheim, 2002.....	14:22.99
9. Kevin Herd, 1994.....	14:27.57
10. Tony Rakaric, 2005.....	14:31.45



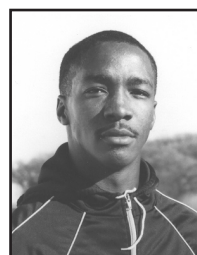
Kurt Felix



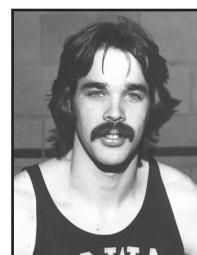
Adam Hairston



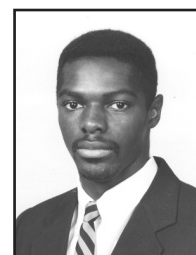
Bill Hansen



Paul Jones



Bill Knoedel

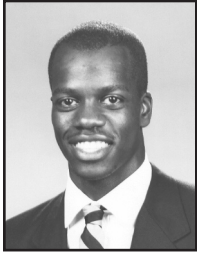


Anthuan Maybank

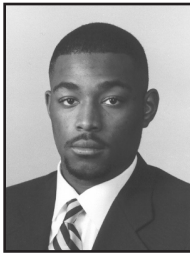


Ryan Niver

MEN'S ALL-TIME TOP TEN INDOOR PERFORMERS



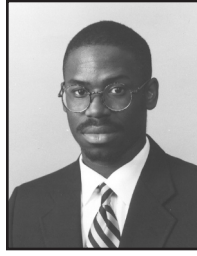
Monte Raymond



Ed Rozell



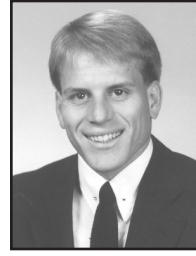
Erik Sowinski



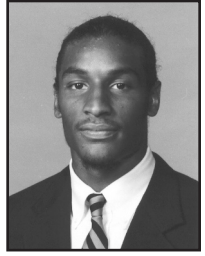
Dion Trowers



Micah VanDenend



Todd Wigginton



Bashir Yamini

Pentathlon

1. Scott Faber, 2000..... 3,460 points
2. Joe Estes, 1993..... 3,451 points
3. Cam Appleman, 1997..... 3,208 points
Chad Ohly, 1993 3,208 points

Heptathlon

1. Ryan Niver, 2008..... 5,149 points
2. **Dan Rolling, 2009..... 4,909 points**
3. **Frank Prill, 2009..... 4,902 points**
4. Scott Faber, 2000..... 4,784 points
5. Cam Appleman, 1997..... 4,685 points
6. **Bobby Windauer, 2007 .. 4,644 points**
7. Jacob Drewry, 1995 4,612 points
8. **Mark Mankivsky, 2008... 4,453 points**

High Jump

1. Bill Knoedel, 1976.....7-3 (2.21)
Bill Hansen, 1978.....7-3 (2.21)
3. Scott Hudek, 1993 7-0 1/2 (2.15)
4. Pat Meade, 1987 7-0 1/4 (2.14)
5. Mike Lacy, 1984.....7-0 (2.13)
6. M. Cunningham, 1984. 6-11 1/4 (2.11)
7. **Dan Rolling, 2008.....6-11 (2.11)**
8. Ken Lansing, 1989 6-10 3/4 (2.10)
Jeremy Petsche, 2006.. 6-10 3/4 (2.10)
- 10.**Ryan Kelly, 2009..... 6-10 1/4 (2.09)**

Pole Vault

1. Todd Wigginton, 198417-1 (5.21)
2. Dave Nielsen, 1975.....16-10 (5.13)
3. Curt Brock, 1979.....16-6 (5.03)
4. Phil Wertman, 197116-4 (4.98)
5. Jeff Raymond, 200816-2 (4.93)
6. John Teffer, 197216-1 (4.90)
7. **Alex Zona, 200916-0 3/4 (4.90)**
8. Chad Ohly, 199515-9 (4.80)
Rich Palumbo, 1989.....15-9 (4.80)
- 10.Steve Brewer, 1983..... 15-6 1/4 (4.73)

Long Jump

1. A. Maybank, 1992 26-5 1/2 (8.06)
2. Bashir Yamini, 1998 26-0 1/4 (7.93)
3. Darren Smith, 199125-2 (7.67)
4. Paul Jones, 1990..... 24-11 1/4 (7.60)
5. Ronnie McCoy, 1984.....24-9 (7.54)
6. Matty Gorman, 2006... 24-8 1/2 (7.53)
7. Charles Jones, 1980..... 24-8 1/4 (7.52)
8. Quinn Early, 1986 24-7 1/4 (7.50)
9. Lee Farmer, 1942..... 23-9 1/4 (7.24)
- 10.Aaron Reed, 2006.....23-8 (7.21)

Triple Jump

1. Paul Jones, 1990..... 52-1 1/4 (15.88)
2. Mike Lacy, 1983.....49-0 (14.93)
3. Owen Gill, 1982..... 48-10 3/4 (14.90)
4. **Josh Bean, 2009.....48-10 (14.88)**
5. Gordon Finch, 1988... 48-3 3/4 (14.72)
6. Matty Gorman, 2006. 48-3 1/2 (14.72)
7. Pat Miller, 198447-11 (14.60)
8. Brian Quarles, 1980... 46-9 3/4 (14.26)
9. Darren Smith, 1992 ... 46-3 1/2 (14.11)
- 10.Aaron Reed, 2006..... 45-5 1/4 (13.85)

Shot Put

1. **John Hickey, 200963-0 (19.20)**
2. Jeremy Allen, 2001 .. 62-10 1/2 (19.16)
3. Shane Maier, 2006.....61-2 (18.64)
4. G. Kostrubala, 1986. 60-10 3/4 (18.55)
5. Andy Banse, 2005..... 60-9 1/4 (18.52)
6. Ken Kemeny, 2004..... 60-0 1/2 (18.30)
7. Chris Gambol, 198759-0 (17.98)
8. van der Westhuizen, 199958-10 3/4 (17.95)
9. **A.J. Curtis, 2008.....57-9 1/2 (17.61)**
- 10.**Ryan Lamparek, 200956-8 3/4 (17.29)**

Weight Throw

1. Jim Costello, 2002 69-4 3/4 (21.15)
2. A. van der Westhuizen, 200167-7 1/2 (20.61)
3. Adam Hamilton, 200766-9 1/4 (20.35)
4. Jeremy Allen, 2001 .. 65-10 1/4 (20.07)
5. Chris Voller, 2005.....63-4 (19.30)
6. Brad Daufeldt, 2004 .. 60-4 1/2 (18.40)
7. Ryan Jordan, 200859-0 (17.98)
8. Eric Rothwell, 2002.... 57-2 1/4 (17.43)
9. Chris Cassata, 2000 ... 56-1 3/4 (17.11)
- 10.Tim Brodersen, 2005 . 55-8 1/2 (16.98)

1,600-Meter Relay

1. Rozell, Davis, Raymond, Yamini, 19983:06.80
2. Coleman, Faber, Strang, Peterson, 2002 ..3:07.44
3. Greer, Williams, Smith, Duckett, 1984.....3:08.14
4. Card, Coleman, Williamson, Dodge, 20013:08.21
5. Davis, Rozell, Page, Morris, 1995.....3:08.77
6. Dodge, Williamson, Card, Peterson, 20013:08.82
7. Branch, Dodge, Donovan, Yamini, 1999 ...3:08.99
8. Dodge, Card, Williamson, Peterson, 20003:09.33
9. Dodge, Branch, Felix, Yamini, 19993:09.37
- 10.**Willey, Richards, Barton, Varner, 2009 ...3:09.62**

3,200 Meter Relay

1. Cooke, Nie, Monsey, Chambers, 1990.....7:13.02
2. Corrigan, Blackman, Strozier, Chambers, 19897:29.00
3. English, Blackman, Strozier, Chambers, 19897:36.20
4. 19777:39.40
5. 19867:40.90
6. Bouske, Herd, Chambers, Koon, 19927:43.94
7. Bouska, Cook, White, Herd, 1992.....7:48.63
8. 19927:49.86
9. 19867:50.10
- 10.Roseman, Rerko, Novotny, Branigan, 19937:51.36

Distance Medley Relay

1. 19999:46.83
2. 19779:48.80
3. 19789:49.70
4. **Marchese, Varner, Hairston, Luciano, 20099:52.52**
5. Trainor, Faber, Cunningham, Allen, 2002..9:58.14
6. Newell, Eisenlauer, Tice, Clark, 1973.....10:00.0
7. Criswell, Hexum, Schum, Eastland, 197110:01.40
8. Atkins, Olson, Layne, Allen, 200010:01.54
9. Layne, Raymond, Donovan, Bakker, 199810:02.06
- 10.Trainor, Leick, Tweedy, Rakaric, 200410:02.09

Names in bold are current team members.

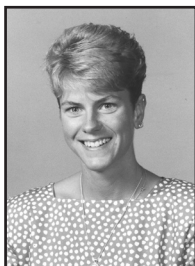
WOMEN'S ALL-TIME TOP TEN INDOOR PERFORMERS



Kineke Alexander



Meghan Armstrong



Tracy Dahl



Karessa Farley



Becca Franklin



Ashley Granger



Senta Hawkins

60 Meters

1. Elaine Jones, 1983..... 7.43
2. Peaches Roach, 2005 7.45
3. Shellene Williams, 2004..... 7.50
4. Jiselle Providence, 2002 7.52
5. Angela Menson, 1982 7.57
6. **Rhonda-Kaye Trusty, 2009 7.61**
7. Tamara Dixon, 2002 7.64
8. Lakeya Boatright, 1999..... 7.68
9. Kamesha Marshall, 2004..... 7.72
10. Diane Emmons, 1979 7.74
Davera Taylor, 1984..... 7.74

60-Meter Hurdles

1. **Karessa Farley, 2009 8.21**
2. Tiffany Johnson, 2006 8.33
3. Paula Ruen, 1998 8.39
4. Sarah Steffen, 2002 8.45
5. **Renee White, 2008 8.45**
6. Colleen Prendergast, 2000..... 8.57
7. Tammilee Kerr, 2008 8.60
8. Kimberly Stanford, 2008 8.63
9. Diane Steinhart, 1981 8.64
10. Ruqayya Raheem, 1999 8.74

200 Meters

1. Kineke Alexander, 2006..... 23.49
2. Shellene Williams, 2004..... 23.62
3. Marlene Poole, 1994..... 23.66
Yolanda Hobbs, 1995 23.66
5. Erica Broomfield, 1998..... 23.81
6. Peaches Roach, 2007 24.09
7. Jiselle Providence, 2002 24.44
8. **Rhonda-Kaye Trusty, 2009 24.44**
9. Tanja Reid, 1994..... 24.67
10. Tamara Dixon, 2002 24.71

400 Meters

1. Kineke Alexander, 2007..... 51.48
2. Ellen Grant, 1996 52.65
3. Shellene Williams, 2004..... 52.83
4. Marlene Poole, 1993..... 55.20
5. Wynsome Cole, 1997 55.45
6. Nicole Charles, 2002 55.59
7. Senta Hawkins, 1988..... 55.66
8. Aisha Hume, 2002 56.33
Lindsey McCalla, 2006..... 56.33
10. **Bethany Praska, 2009 56.42**

600 Yards

1. Senta Hawkins, 1987..... 1:21.06
2. Aisha Hume, 2004..... 1:21.74
3. Kay Stormo, 1982..... 1:22.49
4. **Bethany Praska, 2009 1:23.12**
5. Chris Davenport, 1982 1:24.14
6. **Sophia Poncè, 2007 1:24.55**
7. Wynsome Cole, 1995 1:24.83
8. Keely Huber, 2002 1:25.81
9. Briana Benning, 1996..... 1:26.05
10. Sherri Hull, 1983 1:26.10

600 Meters

1. Kineke Alexander, 2008..... 1:27.45
2. Senta Hawkins, 1987..... * 1:30.77
3. **Bethany Praska, 2009 1:31.33**
4. Karen Layne, 1990..... 1:31.45
5. Kay Stormo, 1982..... 1:32.3
6. Aisha Hume, 2004..... 1:32.41
7. Sophia Chow, 2002..... 1:33.54
8. Ann Pare, 1997..... 1:34.95
9. Chris Davenport, 1981 1:35.34
10. Ellen Grant, 1997 1:35.46
Monica Mims, 2007 1:35.54

800 Meters

1. Jeanne Kruckeberg, 1989..... 2:06.38
2. Michelle Lahann, 2004..... 2:06.83
3. Briana Benning, 1996..... 2:09.22
4. Kay Stormo, 1981 2:11.4
5. Ann Pare, 1997..... 2:11.19
6. Atalie Barber, 2003..... 2:12.10
7. Shannon Stanley, 2005..... 2:12.13
8. **Lauren Hardesty, 2009 2:12.39**
9. Tracy Dahl, 1993..... 2:12.74
10. Meghan Armstrong, 2007 2:12.79

Mile

1. Jeanne Kruckeberg, 1989..... 4:40.19
2. Meghan Armstrong, 2006..... 4:40.59
3. Tina Stec, 1994..... 4:42.63
4. Penny O'Brien, 1981 4:43.72
5. Diane Nukuri, 2007 4:46.25
6. Michelle Lahann, 2004..... 4:47.23
7. Tracy Dahl, 1992..... 4:48.92
8. Nan Doak, 1982..... 4:51.46
9. **Betsy Flood, 2009 4:51.75**
10. **McKenzie Melander, 2009 4:51.76**

3,000 Meters

1. Tracy Dahl, 1993..... 9:15.57
2. Meghan Armstrong, 2008 9:17.50
3. Diane Nukuri, 2008 9:20.07
4. Nan Doak, 1982..... 9:21.60
5. Jenny Spangler, 1986..... 9:22.41
6. **Krista Anderson, 2006 9:29.75**
7. Nikki Chapple, 2004 9:34.17
8. **Racheal Marchand, 2009 9:35.25**
9. Jennifer Brower, 1992 9:41.02
10. **Amanda Hardesty, 2009..... 9:50.76**



Lauren Hardesty



Tiffany Johnson



Elaine Jones



Tammilee Kerr

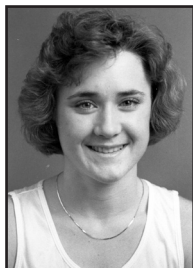


Jeanne Kruckeberg

WOMEN'S ALL-TIME TOP TEN INDOOR PERFORMERS



Lindsey McCalla



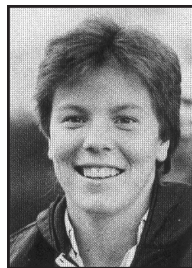
Lisa Moats



Diane Nukuri



Peaches Roach



Gail Smith



Jessie Strand



Renee White

5,000 Meters

1. Tracy Dahl, 1993..... 15:49.52
2. Nan Doak, 1985..... 15:55.45
3. **Racheal Marchand, 200915.55.70**
4. Diane Nukuri, 200816:01.36
5. Jenny Spangler, 1982..... 16:08.74
6. Judy Parker, 198116:16.63
7. Jennifer Brower, 199216:22.19
8. Nikki Chapple, 2004 16:27.04
9. Jodi Hersberger, 1982 16:32.24
10. Meghan Armstrong, 2008..... 16:38.78

High Jump

1. Peaches Roach, 2005 6-0 3/4 (1.85)
2. Mary Mol, 1983 6-0 (1.83)
3. Becky Kaza, 1995..... 5-9 3/4 (1.77)
4. Kristi Dinkla, 1985 5-8 1/2 (1.74)
5. Kacey Childs, 2001 5-8 1/2 (1.74)
6. Traci Claussen, 1987..... 5-8 (1.73)
7. Kathy Gillespie, 1983..... 5-7 3/4 (1.72)
8. Lynn McMillan, 1988..... 5-7 1/4 (1.71)
9. Tammilee Kerr, 2008 5-7 1/4 (1.71)
10. Julie Gallery, 2002 5-7 (1.70)
11. Jenni Elbert, 2006 5-7 (1.70)
12. **Caleigh Bacchus, 2008 5-7 (1.70)**

Pole Vault

1. Jessie Strand, 2004..... 12-5 1/2 (3.80)
2. Sarah Burgett, 2007 11-10 (3.61)
3. Gina Shannon, 2001..... 10-6 (3.20)
4. Kacey Childs, 2001 9-0 (2.75)
5. Amy Kasparbauer, 2000 8-0 (2.44)

Long Jump

1. Lisa Moats, 1986 19-6 (5.95)
2. **Renee White, 2006 19-3 1/4 (5.87)**
3. Tiffany Johnson, 2007 ... 19-2 1/2 (5.85)
4. Davera Taylor, 1984..... 19-1 1/2 (5.83)
5. Yolanda Hobbs, 1993 19-1 (5.80)
6. Kamesha Marshall, 2005 18-11 1/4 (5.77)
7. Catharine Parmiter, 2000 18-7 1/2 (5.68)
8. Jessie Strand, 2000..... 18-3 1/4 (5.57)
9. Tiff Pedersen, 2003 18-2 1/2 (5.55)
10. Tammilee Kerr, 2005 18-1 3/4 (5.53)

Triple Jump

1. **Renee White, 2008.....42-4 (12.90)**
2. Tiffany Johnson, 2007 .. 41-3 3/4 (12.59)
3. Becki Borg, 1987 39-6 (12.04)
4. Lynn McMillan, 1988..... 38-2 (11.63)
5. Lisa Moats, 1985 35-1 (10.69)
6. Becca Franklin, 2004 34-3 (10.44)

Shot Put

1. Gail Smith, 1985..... 51-0 (15.54)
2. Lisa Van Steenwyk, 1993 50-5 1/4 (15.37)
3. Kamesha Marshall, 2005 49-2 1/4 (14.99)
4. Denise Taylor, 1992 48-9 (14.86)
5. Megan Maurer, 1995 .. 47-5 3/4 (14.47)
6. Laura Kriener, 1990 47-5 (14.45)
7. Jennifer Gilson, 2002..... 46-11 (14.30)
8. Jennifer Moon, 2000..... 45-9 (13.94)
9. Shelly Redies, 1985 45-0 1/4 (13.73)
10. **Mandy Chandler, 2006 43-2 1/4 (13.16)**

Weight Throw

1. Becca Franklin, 2007 ... 58-3 1/4 (17.76)
2. Erin O'Hern, 2008 56-3 (17.14)
3. **Mandy Chandler, 2009 54-4 1/2 (16.57)**
4. Kerri Blackstone, 1999 50-9 3/4 (15.48)
5. Megan Maurer, 1998 48-10 1/4 (14.89)
6. Jennifer Moon, 2000. 47-10 3/4 (14.60)
7. Jennifer Gilson, 2002... 46-7 1/4 (14.20)
8. Katie Hoback, 2002 42-8 (13.00)
9. Missy Fraser, 1997..... 41-10 3/4 (12.77)
10. Kara Hinz, 2000 37-4 1/2 (11.39)

Pentathlon

1. Tammilee Kerr, 2008 3,974 points
2. Chris Davenport, 1983 3,798 points
3. Kamesha Marshall, 2005... 3,701 points
4. Tiff Pedersen, 2004 3,511 points
5. Maureen Abel, 1979 3,427 points
6. Janet Adams, 1981..... 3,360 points
7. Janelle Jaspers, 1987..... 3,366 points
8. Kacey Childs, 1999 3,224 points
9. Katie Herrmann, 2004..... 3,154 points
10. Marjie Tweto, 1996..... 2,896 points

1,600-Meter Relay

1. McCalla, Granger, Alexander, Johnson, 2006 3:40.52
2. Johnson, McCalla, Alexander, Granger, 2006 3:42.44
3. Alexander, Johnson, **Poncè, M. Mims, 2007 3:42.75**
4. **White, Alexander, Kerr, Hendricks, 2008 3:43.83**
5. McCalla, Williams, Sheeley, Hume, 2004 3:44.47
6. Bynoe, Cole, Raheem, Grant, 1996 3:44.58
7. Simpson, McRell, Layne, Powell, 1989 3:44.75
8. Hume, Charles, Barber, Knight, 2002 3:45.33
9. Floyd, Poole, Hobbs, Layne, 1992 3:45.38
10. Williams, Charles, Hume, Fouchè, 2003..... 3:45.50

Distance Medley Relay

1. Armstrong, Alexander, **L. Hardesty, Nukuri, 2008..... 11:20.11**
2. Stormo, Davenport, Williams, O'Brien, 1981 11:23.02
3. **Melander, Hendricks, Flood, Marchand, 2009 11:27.34**
4. Benning, Poole, Salsberry, Stec, 1994 11:28.03
5. Stormo, Davenport, Hayden, Doak, 1982 11:29.54
6. Armstrong, Granger, Stanley, **K. Anderson, 2006 11:29.54**
7. Lahann, Williams, Stanley, Arens, 2004 11:30.36
8. Thompson, Williams, Barber, Lahann, 2003..... 11:30.38
9. Doak, xx, Hayden, xx, 1982 11:35.07
10. 2005 11:39.29

HAWKEYES TO WATCH



Karessa Farley Hurdles - Sophomore Bridgetown, Barbados Queen's College HS

2009 -- Indoor - NCAA provisional qualifier in 60-meter hurdles with a school-record setting time of 6.21 at Iowa State Last Chance Meet... also won 60-meter hurdles at Iowa State Classic with a then-school record time of 8.30.

2008 -- Indoor - placed eighth in 60-meter hurdles (8.70) at Big Ten Championships... ran collegiate-best 8.46 in that event at Meyo Invite... ran collegiate-best 200 meters (26.73) at Jack Johnson Classic... **Outdoor** - redshirted... letterwinner.

High School -- 100-meter hurdles high school champion senior year... named high school athlete of the year as a senior... four-time competitor at CARIFTA Games, earning bronze medal in 2006... best 100-meter hurdles time was 13.92... also competed at Central American Games and Pan American Junior Championships... coached by Brian Holder and Gabriel Burnett... two-time national netball team member.

Personal -- born December 8, 1988... daughter of Matthew Farley and Alphine Farley... open major.

Farley's Collegiate Bests

Event	Time	Meet	Date
60 Meters	6.88	Iowa Open	1/17/09
60-Meter Hurdles (I)	8.21	at ISU Last Chance	3/8/09
200 Meters (I)	26.73	at Jack Johnson Classic	1/26/08
300 Meters (I)	42.14	Iowa Open	1/17/09



John Hickey Throws - Senior Piermont, NY Tappan Zee High School

Career Highlights -- all-American... two-time Big Ten shot put champion... all-region honoree... placed second in shot put (58-11 1/2) at 2008 NACAC Under 23 Games in Toluca, Mexico... won shot put (63-3 1/4) at 2006 USATF

Junior National Championships... placed fourth in shot put (65-2) at 2006 IAAF World Junior Championships in Beijing, China.

2009 -- Indoor - NCAA provisional qualifier in shot put with a school-record setting throw of 63-0 at Iowa State Classic... that mark ranks sixth in the nation... has provisionally qualified for the NCAA Championships five times this season... placed second in shot put at Big Ten Championships (60-5 3/4) and New Balance Invite (60-7 3/4)... won shot put at Iowa Open (59-8 1/2), Jack Johnson Classic (58-6), Iowa Invite (58-1 3/4) and vs. Illinois (56-0 1/2).

2008 -- Indoor - all-American, placing seventh in shot put (60-8 1/2) at NCAA Championships... Big Ten shot put champion (61-9 3/4)... won shot put at Iowa Invite with a collegiate-best 62-8... that mark ranks second in school history... named Big Ten Field Athlete of the Week Jan. 22... **Outdoor** - placed second in shot put (61-4 1/4) at NCAA Midwest Regional, earning all-region honors and automatically qualifying for NCAA Championships... won shot put (58-0 1/4) at Hawkeye Invite and placed second (60-3 1/4) at Drake Relays... led team in shot put (61-9 1/2)... that mark ranks fifth in school history... placed 16th in shot (57-10 1/2) at NCAA Championships... letterwinner... placed second in shot put (58-11 1/2) at NACAC Under 23 Games in Toluca, Mexico.

2007 -- Indoor - runner-up in shot put (60-2 1/2) at Big Ten meet... won that event and provisionally qualified for NCAA Championships twice... **Outdoor** - Big Ten shot put champion (58-4 1/2)... qualified for NCAA regional in shot put with winning 60-1 1/4 at Iowa Musco Twilight IX... letterwinner.

2006 -- Indoor - placed sixth in shot put (55-9) at Big Ten Championships... season-best shot put was 57-10 1/2... runner-up in shot put (55-11) at Panther Invite... **Outdoor** - qualified for NCAA Midwest Regional in shot put (58-1)... placed third in shot put at Musco Twilight VIII with a season-best 58-1... placed third in shot put (57-3 3/4) at Big Ten Championships... won shot put (63-3 1/4) with 6 kilogram implement at USATF Junior National Championships... ranked in the top 10 in the world for age 19 and under in the shot put... represented United States at IAAF World Junior Championships in Beijing, China, in August... letterwinner.

High School -- won shot put (63-4) at 2005 New Balance indoor nationals and placed second (62-6) at 2005 Nike indoor national meet... placed third in shot (64-4) at 2005 Nike outdoor nationals... five-time shot put state champion, winning discus once..., won 2005 Penn Relays shot title (64-10) and setting sectional record (64-11)... set school records in shot (64-11 3/4) and discus (172-3)... two-time team MVP and outstanding male performer... lettered three years in football... track coach was Bob Favre.

Personal -- born September 29, 1987... son of John and Lori Hickey... elementary education major.

Hickey's Collegiate Bests

Event	Distance	Meet	Date
Shot Put (I)	63-0 (19.20 m)	at Iowa State Classic	2/14/09
Hammer (O)	171-10 (52.38 m)	Musco Twilight IX	4/21/07

HAWKEYES TO WATCH



Racheal Marchand
Senior - Distance
Valparaiso, IN
Valparaiso High School

Career Highlights -- three-time all-American... two-time all-region honoree... 2008 NCAA Midwest Regional Cross Country Champion and Athlete of the Year.

2009 -- Indoor - NCAA automatic qualifier in 5,000 meters (15:55.70)... that mark ranks fifth in the nation and third in Iowa school history... anchored distance medley relay to third-place finish at Big Ten Championships with a provisionally qualifying 11:27.34... that time ranks third in school history... placed second in 5,000 meters at Big Ten Championships (15:55.70) and Iowa State Classic (16:18.23)... ran collegiate-best 3,000 meters (9:35.25) at Meyo Invite, which ranks eighth in school history.

2008 -- Indoor - ran mile (5:04.90) at Jack Johnson Classic, 3,000 meters (10:08.38) at Meyo Invite and 5,000 meters (17:03.79) at Husky Classic... **Outdoor** - all-American, placing eighth in 10,000 meters at NCAA Championships with a collegiate-best 34:05.87... that mark ranks sixth in school history... NCAA provisional qualifier in 10,000 meters (34:11.98) and NCAA regional qualifier in 5,000 meters (16:27.02)... the 5,000-meter time ranks sixth in school history... ran second leg on school-record setting 6,400-meter relay (19:15.42)... placed fourth in 10,000 meters (34:11.48) and fifth in 5,000 meters (16:40.03) at Big Ten Championships... won 5,000 meters (16:27.02) at Musco Twilight X... runner-up in 1,500 meters (4:31.23) at Iowa Invite... letterwinner... **Cross Country** - all-American, placing fifth with a collegiate-best 19:54 at NCAA Championships... broke the 20-minute mark in a 6,000-meter race for the first time in her career at the NCAA meet... NCAA Midwest Regional champion, winning the race in 20:32... earned NCAA Midwest Region Female Cross Country Athlete of the Year honors for her performance... placed third at Big Ten Championships (20:28)... ran collegiate bests in 3,000 meters (10:25) at Hawkeye Invite and 5,000 meters (16:15) at Auburn Invite... those times rank third and second, and her best 6,000-meter time ranks second in school history... named Big Ten Female Cross Country Athlete of the Week Oct. 7... was Iowa's top finisher in six races... letterwinner.

2007 -- Indoor - placed 11th in 5,000 meters at Big Ten Championships (17:04.29) and 13th at Cyclone Classic (17:19.60)... placed 31st in 3,000 meters (10:13.79) at Meyo Invite... **Outdoor** - placed sixth in 5,000 meters (16:27.72) at NCAA regional, earning all-region honors... ran 16:41.35 in 5,000-meter prelims at NCAA Championships... NCAA provisional qualifier in 10,000 meters with season-best 34:50.37 for third place at Big Ten meet... qualified for NCAA regional in 5,000 meters (16:35.04) at Drake Relays... placed third in 3,000 meters (9:45.50) at Musco Twilight IX, which ranks ninth in school history... letterwinner... **Cross Country** - redshirted.

2006 -- Indoor - placed 11th in 3,000 meters (10:01.58) at Big Ten Championships... **Outdoor** - placed seventh in 5,000 meters (17:17.01) at NCAA regional, earning all-region honors... qualified for regional meet in 5,000 meters (16:48.07)... provisionally qualified for NCAA Championships in 10,000 meters (34:51.68), leading team in that event... placed eighth in 10,000 meters (34:51.68) and 11th in 5,000 meters (16:48.07) at Big Ten Championships... placed 14th in 5,000 meters (17:10.29) at Drake Relays... placed fifth in 3,000 meters (10:01.49) at Iowa Musco Twilight VIII... won 3,000 meters (10:28.45) at Shamrock Invite... letterwinner... **Cross Country** - all-American, placing 30th (21:18) at NCAA Championships... placed ninth at NCAA regional (21:07), earning all-region honors... placed 12th at Big Ten Championships (21.05), earning second team all-Big Ten honors... ran collegiate bests at Hawkeye Open (10:29-3,000 meters), Auburn Invite (17:02-5,000 meters) and NCAA Pre-Nationals (20:53-6,000 meters)... those times rank sixth, ninth and third, respectively, on Iowa's all-time bests list... team earned USTFCCCA all-academic honors... letterwinner.

2005 -- Indoor - placed 20th in mile (5:12.34) at Minnesota Invite... **Outdoor** - placed 27th in 5,000 meters (18:08.54) and ran season-best 1,500 meters (4:41.96) at Big Tens... letterwinner... **Cross Country** - placed 18th (21:38) at NCAA regional, earning all-region honors... placed 22nd at Big Tens (21:59), 31st at Willamette Invite (18:11) and sixth at Hawkeye Invite (10:53)... placed 72nd (21:41) at NCAA Pre-Nationals... team earned USTFCCCA all-academic honors... letterwinner.

2004 -- Cross Country - competed in five races... ran season best 6,000 meters (21:45:07) for 41st place at NCAA regional... placed 21st at Big Ten Championships and 28th (18:18:30) at Murray Keatinge Invite... team earned USTFCCCA all-academic honors... letterwinner.

High School -- all-American, placing 10th at Footlocker National Cross Country meet and fourth at regional meet senior year... won two conference titles... four-time all-conference and all-state, earning three all-area honors... two-time team MVP... team captain senior year... set school records in 800 meters (2:15), 3,200 meters (10:45) and cross country 4,000 meters (14:12)... coaches were Karen DeVries, Mick Cavanaugh and Jim McCall.

Personal -- born December 23, 1985... daughter of Hector and Debbie Marchand... interdisciplinary studies major.

Marchand's Collegiate Bests

Event	Time	Meet	Date
1,500 Meters (O)	4:31.23	Iowa Invite	4/19/08
Mile (I)	5:04.90	at Jack Johnson Classic	1/26/08
3,000 Meters (I)	9:35.25	at Meyo Invite	2/7/09
3,000 Meters (CC)	10:25	Hawkeye Invite	8/29/08
4,000 Meters (CC)	14:48	Hawkeye Triangular	9/10/04
5,000 Meters (I)	15:55.70	at Big Ten Championships	3/1/09
5,000 Meters (CC)	16:15	at Auburn Invite	10/4/08
6,000 Meters (CC)	19:54	at NCAA Championships	11/24/08
10,000 Meters (O)	34:05.87	at NCAA Championships	6/12/08