

UNIVERSITY OF IOWA

TRACK & FIELD

Tiffany Johnson

Three-time
regional qualifier



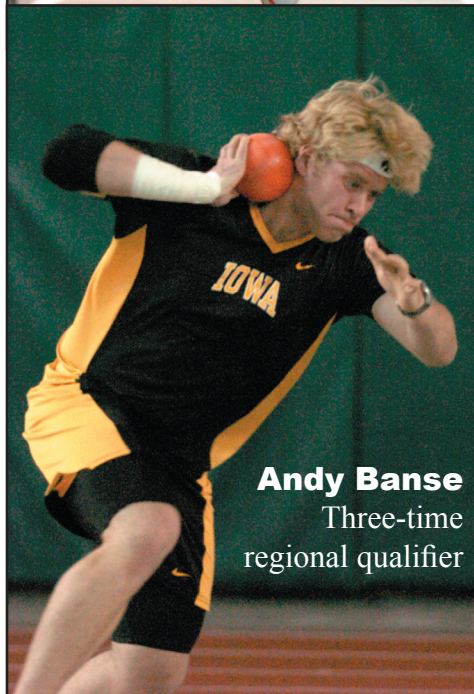
Bill Neumann

2003 Regional Javelin Champion



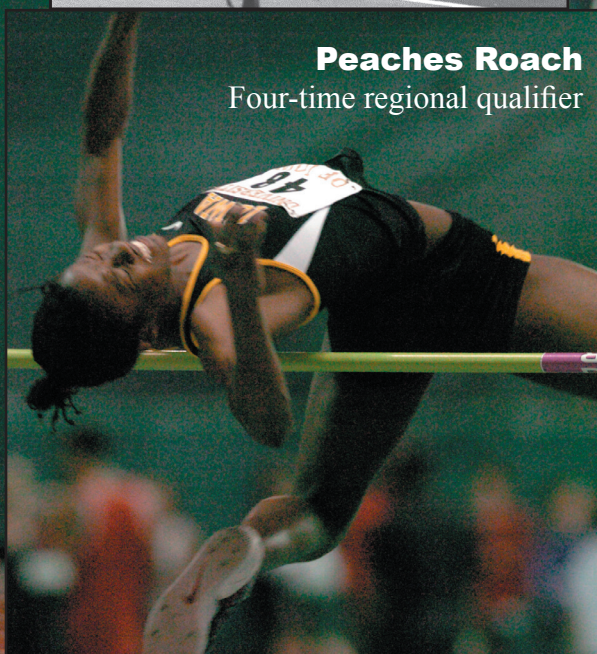
Kineke Alexander

Three-time regional qualifier



Andy Banse

Three-time
regional qualifier



Peaches Roach

Four-time regional qualifier



Ken Kemeny

Three-time regional qualifier

2005 NCAA MIDWEST REGIONAL CHAMPIONSHIPS

JOHN JACOBS TRACK -- MAY 27-28 -- NORMAN, OK

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



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

MAY 23, 2005

2005 WOMEN'S OUTDOOR SCHEDULE & RESULTS

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

2005 WOMEN'S OUTDOOR SEASON BESTS

100 MetersPeaches Roach*11.60
100 Hurdles	...Tiffany Johnson^*13.57
200 MetersKineke Alexander24.96
400 MetersKineke Alexander*52.73
800 MetersAisha Hume2:09.50
1,500 MetersMeghan Armstrong	..*4:27.10
3,000 MetersMeghan Armstrong9:49.70
3,000 SCJessica Schmidt11:28.23
5,000 MetersNikki Chapple17:13.15
10,000 M.Nikki Chapple37:34.52
400-Meter Relay*45.30
	<i>(Johnson, Alexander, Granger, Roach)</i>	
1,600-Meter Relay*3:40.34
	<i>(McCalla, Alexander, Sheeley, Hume)</i>	
Distance Medley Relay11:34.04
	<i>(Stanley, McCalla, Hume, Armstrong)</i>	
6,400-Meter Relay^20:39.12
	<i>(Chapple, Laney, Donlon, Sokol)</i>	
High JumpPeaches Roach*5-10 3/4
Long JumpAngie Hensel18-5 3/4
Triple Jump	...Tiffany Johnson^*40-9 1/2
Pole VaultSarah Burgett11-1 3/4
Shot PutKamesha Marshall48-6 3/4
DiscusKamesha Marshall152-11
JavelinTammilee Kerr136-11
HammerBecca Franklin^*181-11
HeptathlonTammilee Kerr4,924 pts.

^ - regional qualifier; * - school record, % - wind aided

THIS WEEK -- The Iowa men and women's track teams will send athletes who meet the qualifying standards to the 2005 NCAA Midwest Regional, May 27-28 in Norman, OK. All events will be held at John Jacobs Track on the University of Oklahoma campus. All-session tickets are \$15 for adults and \$10 for youth. Single day tickets are \$10 for adults and \$7 for youth. Tickets can be ordered from the University of Oklahoma Athletic Ticket Office at 800/456-4668 or www.soonersports.com. Events will start each day at noon.

The Midwest region features 39 schools from Colorado, Iowa, Kansas, Minnesota, Montana, Nebraska, New Mexico, Oklahoma, Texas and Wyoming. The top five in each individual event and the top three relays from each of the four regionals automatically advance to the NCAA Championships, June 8-11 in Sacramento, CA. The other three regions are the West (40 men's teams, 42 women's teams), the Mideast (78/81) and the East (110/112).

2004 NCAA MIDWEST REGIONAL REVIEW -- Iowa automatically qualified five student-athletes for the 2004 NCAA Championships at the Midwest Regional in College Station, TX. The women's team finished tied for 12th place with 20 points, while the men's team finished 15th with 15. The Nebraska men (86.25) and Texas women (110) won team titles. Hawkeye seniors **Sarah Arens**, **Shellene Williams** and **Brad Daufeldt**, junior **Ken Kemeny** and freshman **Peaches Roach** automatically qualified for the national meet. **Arens** placed second in the 3,000-meter steeplechase (10:39.31). **Williams** set a school record in the 400 meters, placing fourth in 52.41. **Daufeldt** placed fourth in the hammer throw (205-4), and also qualified in the discus. **Kemeny** placed fourth in the shot put (61-4 1/4) and **Roach** placed fifth in the high jump (5-10 1/2). Sophomore **Adam Hamilton** (hammer throw) and senior **Russell Peterson** (400-meter hurdles) also qualified for the NCAA meet.

BREAKIN' RECORDS -- Iowa has set four school records during the outdoor season. Sophomore **Tiffany Johnson** set records in the triple jump and 100-meter hurdles. She broke the triple jump record of 40-7 1/2 set in 1988 by **Becki Borg** with her leap of 40-9 1/2 at the Mt. SAC Relays. She also broke the 100-meter hurdles record of 13.60 set in 1999 by **Colleen Prendergast** and in 2000 by **Paula Ruen** with the 13.57 she ran in the Big Ten Championship prelims. Sophomore **Becca Franklin** shattered the hammer throw record of 161-10 set in 1999 by **Kerri Blackstone** with an 181-11 at the Iowa Musco Twilight VII. The 6,400-meter relay of sophomores **Nikki Chapple** and **Jordan Laney**, and seniors **Katie Donlon** and **Michelle Sokol** also set a school record (20:39.12) at the Drake Relays. The previous record was 20:40.89 set in 2001 by **Sarah Arens**, **Atalie Barber**, **Katie Butler** and **Ericka Roberts**.

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2005 MEN'S OUTDOOR SCHEDULE & RESULTS

M 25-26	at Florida Relays	0 champs
M 25-26	at Cardinal Open	0 champs
A 2	at Cal St. Northridge	2 champs
A 9	at M. Messersmith Invite	4 champs
A 15-16	at Tom Botts Invite	3 champs
A 23	Iowa Musco Twilight VII	4 champs
A 27-30	at Drake Relays	0 champs
M 13-15	at Big Ten Champ's	8th/1 champ
M 27-28 at NCAA Midwest Regional (Norman, OK)		
J 8-11	at NCAA Championships	
	(Sacramento, CA)	

2005 MEN'S OUTDOOR SEASON BESTS

100 MetersDerrick Burks.....	10.67
100 Hurdles	...Ryan Niver.....	#15.98
200 MetersJuan Coleman.....	21.87
400 MetersJason Nolting.....	47.55
400 Hurdles	...Steve Ketels.....	57.87
800 MetersMatt O'Hollearn.....	1:52.07
1,500 MetersEric MacTaggart.....	3:56.45
3,000 MetersAdam Roche.....	8:43.93
3,000 SCTony Rakaric.....	*9:03.29
5,000 MetersEric MacTaggart.....	*14:04.79
10,000 MAdam Roche.....	30:56.33
400-Meter Relay	41.51
	<i>(Beach, Burks, Gorman, Milder)</i>	
1,600-Meter Relay	3:16.76
	<i>(Nolting, Coleman, O'Hollearn, Beach)</i>	
3,200-Meter Relay	7:33.12
	<i>(Tweedy, Gajewski, Linden, O'Hollearn)</i>	
High JumpR. Niver/J. Petsche.....	6-4 3/4
Long JumpMatty Gorman.....	*24-1 3/4
Triple JumpMatty Gorman.....	48-9 1/2
Pole VaultJeff Raymond.....	14-7 1/4
Shot PutAndy Banse.....	*61-11 1/2
DiscusTim Brodersen.....	*190-8
HammerChris Voller.....	*206-0
JavelinBill Neumann.....	205-3
DecathlonRyan Niver.....	6,531 pts.

^ - regional qualifier; # - decathlon event

NCAA REGIONAL QUALIFIERS -- Iowa has qualified 19 student-athletes in 15 individual events and two relays for the NCAA Midwest Regional Championships, which will be held May 27-28 in Norman, OK. The qualifiers, their events, marks and rankings in the nation and Midwest region are listed below.

Men's Qualifiers

Name	Event	Mark	NCAA/Region Rank
Andy Banse	Discus	180-0 (54.86 m)	29th/7th
	Shot Put	61-11 1/2 (18.88 m)	19th/3rd
Tim Brodersen	Discus	190-8 (58.12 m)	11th/1st
Matty Gorman	Long Jump	24-1 3/4 (7.36 m)	86th/23rd
Dan Haut	5,000 Meters	14:08.90	80th/18th
Ken Kemeny	Discus	168-3 (51.28 m)	119th/33rd
	Shot Put	60-9 1/4 (18.52 m)	27th/5th
Eric MacTaggart	5,000 Meters	14:04.79	56th/14th
Bill Neumann	Javelin	205-3 (62.56 m)	71st/17th
Tony Rakaric	Steeplechase	9:03.29	72nd/13th
Chris Voller	Hammer	206-0 (62.80 m)	24th/8th

Women's Qualifiers

Name	Event	Mark	NCAA/Region Rank
Kineke Alexander	400 Meters	52.73	13th/5th
	400-Meter Relay	45.30	60th/18th
	1,600-Meter Relay	3:40.34	54th/17th
Meghan Armstrong	1,500 Meters	4:27.10	79th/12th
Becca Franklin	Hammer	181-11 (55.44 m)	66th/14th
Ashley Granger	400-Meter Relay	45.30	60th/18th
Aisha Hume	800 Meters	2:09.50	84th/15th
	1,600-Meter Relay	3:40.34	54th/17th
Tiffany Johnson	Triple Jump	40-9 1/2 (12.43 m)	73rd/16th
	100 Hurdles	13.64	42nd/10th
	400-Meter Relay	45.30	60th/18th
Kamesha Marshall	Shot Put	48-6 3/4 (14.80 m)	58th/11th
Lindsey McCalla	1,600-Meter Relay	3:40.34	54th/17th
Peaches Roach	High Jump	5-10 3/4 (1.80 m)	20th/7th
	100 Meters	11.60	51st/11th
	400-Meter Relay	45.30	60th/18th
Erin Sheeley	1,600-Meter Relay	3:40.34	54th/17th

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IOWA'S NCAA MIDWEST REGIONAL SCHEDULE OF EVENTS

Friday, May 27

Noon	Men's Discus (T&F)
3:00	Women's Hammer Throw (T&F) Men's Javelin (T&F)
4:00	Women's 400-Meter Relay (P)
4:30	Women's 1,500 Meters (P)
5:00	Women's 100-Meter Hurdles (P)
5:30	Women's 400 Meters (P)
6:00	Men's Shot Put (T&F) Men's Long Jump (T&F) Women's 100 Meters (P)
6:30	Women's 800 Meters (P)
8:20	Men's 5,000 Meters (F)

Saturday, May 28

Noon	Women's High Jump (T&F)
3:00	Men's Hammer Throw (T&F)
5:00	Women's 400-Meter Relay (F)
5:15	Women's 1,500 Meters (F)
5:37	Women's 100-Meter Hurdles (F)
5:45	Women's 400 Meters (F)
6:00	Women's Shot Put (T&F) Women's Triple Jump (T&F) Women's 100 Meters (F)
6:15	Women's 800 Meters (F)
7:30	Men's 3,000-Meter Steeplechase (F)
8:00	Women's 1,600-Meter Relay (F)

All times are local.

T - trials, P - preliminaries, F - finals

HAWKEYE REGIONAL FACTS -- In the two-year history of the NCAA Midwest Regional meet, the Hawkeyes have experienced lots of success. The women's team has sent 41 qualifiers to the meet and crowned 13 all-region selections. The men's team has sent 43 qualifiers and crowned six all-region honorees. Senior **Bill Neumann** won Iowa's lone regional title in 2003, when he won the javelin.

Former Hawkeye **Shellene Williams** holds the school record for times qualified in a career, as she advanced to the regional meet a total of five times between 2003-04. Former Hawkeye **Brad Daufeldt** holds that distinction with the men's team, qualifying four times between 2003-04. Four members of the women's team have qualified in three events in one year. They are **Williams** (2003) and freshman **Kineke Alexander** (2005) and sophomores **Peaches Roach** (2005) and **Tiffany Johnson** (2005). Five members of the men's team have qualified in two events in one year. They are **Daufeldt** (2003, 2004), former Hawkeye **Russell Peterson** (2004) and seniors **Andy Banse** (2005) and **Ken Kemeny** (2005).

Hawkeye junior **Tim Brodersen** and senior **Chris Voller** are the only team members to qualify for all three of the regional meets. **Brodersen** qualified in the discus and **Voller** in the hammer throw in 2003, 2004 and 2005.

2005 BIG TEN CHAMPIONSHIPS REVIEW -- The Hawkeye men's team placed eighth with 53 points at the 2005 Big Ten Outdoor Championships, while the women's team placed ninth with 52.5. Junior **Tim Brodersen** won Iowa's lone individual title, throwing a 187-0 in the discus. Iowa had three runners-up in senior **Chris Voller** (hammer throw), sophomore **Peaches Roach** (high jump) and sophomore **Tiffany Johnson** (100-meter hurdles).

Seniors **Andy Banse** and **Aisha Hume**, **Roach** and freshman **Kineke Alexander** each recorded two top-five placings. **Banse** placed third in the shot put (60-10) and fourth in the discus (177-11), **Hume** placed fourth in 800 meters (2:09.50) and third as part of the 1,600-meter relay (3:40.34), **Roach** placed second in the high jump (5-8 3/4) and third in the 100 meters (11.66) and **Alexander** placed fourth in the 400 meters (53.89) and third as part of the 1,600-meter relay (3:40.34). In all, the Hawkeyes recorded 14 top-five individual finishes.

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Iowa's Outdoor Season Bests

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

Derrick Burks..... 10.67 at Big Ten Champ's... 5/14/05
Max Milder 10.87 at Big Ten Champ's... 5/14/05
Matty Gorman..... 11.07 Musco Twilight VII.. 4/23/05
Robert Beach..... 11.12 at Tom Botts Invite... 4/16/05
Ryan Niver 11.32 at Messersmith Invite .4/9/05

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

Peaches Roach *11.60 at Big Ten Champ's... 5/14/05
Ashley Granger 12.04 at Big Ten Champ's... 5/14/05
Tiffany Pedersen %12.47 at Messersmith Invite .4/9/05
Angie Hensel..... %13.68 at Jim Duncan Invite 4/16/05

MEN'S 100 HURDLES (RQ - 14.33, SR - 13.63)

Ryan Niver &15.98 at Big Ten Champ's... 5/14/05

WOMEN'S 100 HURDLES (RQ - 13.95, SR - 13.57)

Tiffany Johnson..... *^13.57 at Big Ten Champ's... 5/14/05
Tiff Pedersen 14.41 at Messersmith Invite .4/9/05
Tammilee Kerr #14.63 at Big Ten Champ's... 5/13/05
Latoya Stiffend..... 15.06 Musco Twilight VII.. 4/23/05

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

Juan Coleman..... 21.87 at Tom Botts Invite... 4/16/05
Max Milder 22.27 at Tom Botts Invite... 4/16/05
Derrick Burks..... 22.91 at Big Ten Champ's... 5/14/05

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

Kineke Alexander..... 24.96 Musco Twilight VII.. 4/23/05
Lindsay McCalla 25.65 at Shamrock Invite ... 3/19/05
Tammilee Kerr #25.73 at Big Ten Champ's... 5/13/05
Ashley Granger 26.06 at Shamrock Invite ... 3/19/05
Erin Sheeley 26.19 Musco Twilight VII.. 4/23/05
Aditya Jones..... 26.47 Musco Twilight VII.. 4/23/05
Tiff Pedersen #26.42 at Big Ten Champ's... 5/13/05

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

Jason Nolting 47.55 at Cal St. Northridge ... 4/2/05
Juan Coleman..... 48.26 at Big Ten Champ's... 5/14/05
Robert Beach..... 50.25 at Messersmith Invite .4/9/05
Ryan Niver 52.18 at Tom Botts Invite... 4/16/05

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

Kineke Alexander..... *52.73 at Mt. SAC Relays ... 4/15/05
Lindsay McCalla 56.38 at Big Ten Champ's... 5/14/05
Aisha Hume 57.06 at Shamrock Invite ... 3/19/05
Erin Sheeley 58.35 at Long Beach Invite 4/16/05
Aditya Jones 59.09 at Jim Duncan Invite 4/16/05

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

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

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

Matt O'Hollearn..... 1:52.07 at Tom Botts Invite... 4/16/05
Joe Gajewski 1:53.62 at Tom Botts Invite... 4/16/05
Josh Tweedy..... 1:54.64 Musco Twilight VII.. 4/23/05
Davis Linden..... 1:55.58 at Tom Botts Invite... 4/16/05
Dan Dziubski 1:58.98 at Big Ten Champ's... 5/14/05

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

Aisha Hume *2:09.50 at Big Ten Champ's... 5/15/05
Shannon Stanley..... 2:14.90 at Long Beach Invite 4/16/05
Meghan Armstrong 2:16.54 at Messersmith Invite .4/9/05
Jordan Laney 2:17.13 at Shamrock Invite ... 3/18/05
Michelle Sokol 2:17.20 at Jim Duncan Invite 4/16/05
Ashley Merry 2:24.50 Musco Twilight VII.. 4/23/05
Allison Billhardt..... 2:26.16 Musco Twilight VII.. 4/23/05
Monica Mims 2:29.48 at Jim Duncan Invite 4/16/05
Tammilee Kerr #2:31.86 at Big Ten Champ's... 5/14/05
Tiff Pedersen #2:52.26 at Big Ten Champ's... 5/14/05

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

Eric MacTaggart..... 3:56.45 at Tom Botts Invite... 4/16/05
Adam Roche..... 3:57.88 at Tom Botts Invite... 4/16/05
Dan Haut 3:58.24 at Tom Botts Invite... 4/16/05
Josh Tweedy..... 4:00.38 at Tom Botts Invite... 4/16/05
Tony Rakaric 4:03.39 Musco Twilight VII.. 4/23/05
Jeff Kent..... 4:07.98 at Tom Botts Invite... 4/16/05
Ryan Niver &5:26.67 at Big Ten Champ's... 5/14/05

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

Meghan Armstrong *4:27.10 at Mt. SAC Relays ... 4/15/05
Nikki Chapple 4:30.76 at Florida Relays 3/25/05
Shannon Stanley..... 4:32.99 at Big Ten Champ's... 5/14/05
Racheal Marchand 4:41.96 at Big Ten Champ's... 5/14/05
Jordan Laney 4:45.40 at Jim Duncan Invite 4/16/05
Michelle Sokol 4:46.87 Musco Twilight VII.. 4/23/05
Katie Donlon..... 4:49.88 at Florida Relays 3/25/05
Jessica Schmidt 4:52.42 at Jim Duncan Invite 4/16/05
Molly Esche 4:52.56 at Jim Duncan Invite 4/16/05
Ashley Merry 4:52.70 at Jim Duncan Invite 4/16/05
Jenni Capista 4:59.82 at Jim Duncan Invite 4/16/05
Christine Kotarba 5:01.19 at Shamrock Invite ... 3/19/05

MEN'S 3,000 METERS

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



Iowa's Outdoor Season Bests

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

Meghan Armstrong9:49.70 Musco Twilight VII..4/23/05
Molly Esche 10:31.34 Musco Twilight VII..4/23/05
Jenni Capista 10:43.95 Musco Twilight VII..4/23/05

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

Tony Rakaric *9:03.29 at Big Ten Champ's..5/14/05

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

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

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

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

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

Nikki Chapple 17:13.15 at Mt. SAC Relays ...4/15/05
Meghan Armstrong 17:29.53 at Big Ten Champ's..5/15/05
Racheal Marchand 18:08.54 at Big Ten Champ's..5/15/05
Katie Donlon 18:12.49 at Mt. SAC Relays ...4/15/05

MEN'S 10,000 M. (PQ - 29:45.00, SR - 28:44.77)

Adam Roche..... 30:56.33 at Big Ten Champ's..4/14/05
Dan Haut 31:12.33 at Big Ten Champ's..4/14/05

WOMEN'S 10,000 M. (PQ - 35:15.00, SR - 33:23.38)

Nikki Chapple 37:34.52 at Big Ten Champ's..4/14/05
Molly Esche 38:45.97 at Big Ten Champ's..4/14/05
Katie Donlon 38:55.23 at Big Ten Champ's..4/14/05

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

Beach, Burks, Gorman, Milder 41.51
..... at Tom Botts Invite - 4/16/05
Beach, Burks, Coleman, Milder..... 41.94
..... at Drake Relays - 4/29/05
Iowa..... 42.06
..... at Big Ten Championships - 5/15/05

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

Johnson, Alexander, Granger, Roach *45.30
..... at Drake Relays - 4/30/05
Granger, Alexander, Johnson, Roach *45.39
..... at Mt. SAC Relays - 4/17/05

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

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

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

Nolting, Coleman, O'Hollearn, Beach..... 3:16.76
..... at Drake Relays - 4/29/05
Iowa..... 3:17.63
..... at Big Ten Championships - 5/15/05
Gajewski, O'Hollearn, Tweedy, Linden..... 3:22.12
..... at Tom Botts Invite - 4/16/05
Milder, Gajewski, Tweedy, Ketels 3:28.50
..... at Iowa Musco Twilight - 4/23/05

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

McCalla, Alexander, Sheeley, Hume *3:40.34
..... at Big Ten Championships - 5/15/05
McCalla, Hume, Sheeley, Alexander *3:40.43
..... at Mt. SAC Relays - 4/17/05
Sheeley, Alexander, Granger, Roach..... 3:51.13
..... at Messersmith Invite - 4/9/05
Sheeley, McCalla, Jones, Hume..... 3:51.18
..... at Shamrock Invite - 4/9/05

MEN'S SPRINT MEDLEY RELAY (SR - 3:18.93)

Milder, Coleman, Nolting, O'Hollearn 3:26.12
..... at Drake Relays - 4/30/05

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

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

MEN'S 3,200-METER RELAY (SR - 7:29.00)

Tweedy, Gajewski, Linden, O'Hollearn 7:33.12
..... at Drake Relays - 4/30/05

WOMEN'S 3,200-METER RELAY

Armstrong, Stanley, Laney, Hume 8:54.27
..... at Drake Relays - 4/30/05

WOMEN'S DISTANCE MED. RELAY (SR - 11:22.18)

Stanley, McCalla, Hume, Armstrong 11:34.04
..... at Drake Relays - 4/29/05

WOMEN'S 6,400-METER RELAY (SR - 20:39.12)

Chapple, Laney, Donlon, Sokol ^20:39.12
..... at Drake Relays - 4/28/05



Iowa's Outdoor Season Bests

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

Ryan Niver6-4 3/4 (1.95)at Cal St. Northridge 4/2/05
Jeremy Petsche...6-4 3/4 (1.95)at Messersmith Invite 4/9/05

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

Peaches Roach ...*5-10 3/4 (1.80)at Messersmith Invite 4/9/05
Jenni Elbert5-7 (1.70)at Shamrock Invite ..3/19/05
5-7 (1.70).....at Big Ten Champ's.5/15/05
Tiff Pedersen5-1 3/4 (1.57)at Drake Relays4/27/05
Tammilee Kerr ..5-0 1/4 (1.53)at Shamrock Invite ..3/19/05
#5-0 1/4 (1.53)at Big Ten Champ's.5/14/05

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

Matty Gorman ...*24-1 3/4 (7.36)at Big Ten Champ's.5/14/05
Aaron Reed23-3 1/2 (7.10)at Big Ten Champ's.5/14/05
Ryan Niver21-8 1/4 (6.61)at Messersmith Invite 4/9/05

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

Angie Hensel.....18-5 3/4 (5.61)at Simpson Twilight 4/29/05
Tammilee Kerr ...18-0 1/2 (5.50)at Messersmith Invite 4/9/05
Tiff Pedersen#17-2 3/4 (5.25)at Big Ten Champ's.5/14/05

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

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

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

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

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

Jeff Raymond.....14-7 1/4 (4.45)at Messersmith Invite 4/9/05
14-7 1/4 (4.45)at Tom Botts Invite..4/16/05
Ryan Niver14-4 (4.37).....Musco Twilight VII.4/23/05

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

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

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

Andy Banse.....*61-11 1/2 (18.88) ..at Cal Northridge4/2/05
Ken Kemeny*60-9 1/4 (18.52) ..at Big Ten Champ's.5/15/05
Ryan Niver&37-8 3/4 (11.50) ..at Big Ten Champ's.5/13/05

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

K. Marshall*48-6 3/4 (14.80) ..at Drake Relays4/29/05
Tiff Pedersen36-5 3/4 (11.12)at Shamrock Invite ..3/18/05
Tammilee Kerr ...#37-6 (11.43)at Big Ten Champ's.5/13/05

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

Tim Brodersen....*190-8 (58.12).....at Messersmith Invite 4/9/05
Andy Banse.....*180-0 (54.86).....at Messersmith Invite 4/9/05
Ken Kemeny*168-3 (51.28).....at Big Ten Champ's.5/14/05
Clint Huntrods....154-11 (47.21).....Musco Twilight VII.4/23/05
Ryan Niver125-10 (38.35).....at Cal St. Northridge 4/2/05

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

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

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

Chris Voller*206-0 (62.80).....at Big Ten Champ's.5/13/05
Tim Brodersen....173-4 (52.83).....at Tom Botts Invite..4/15/05
Ryan Jordan.....168-0 (51.20).....Musco Twilight VII.4/23/05
Kale Katt160-2 (48.83).....at Messersmith Invite 4/9/05

WOMEN'S HAMMER (RQ - 54.15 m, SR - 55.44 m)

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

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

Bill Neumann....*205-3 (62.56).....at Big Ten Champ's.5/14/05
Kale Katt187-3 (57.07).....at Big Ten Champ's.5/14/05
Ryan Niver162-5 (49.50).....at Big Ten Champ's.5/14/05

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

Tammilee Kerr ...136-11 (41.74)at Shamrock Invite ..3/19/05
Tiff Pedersen116-1 (35.38).....at Jim Duncan Inv. ..4/16/05

DECATHLON (PQ - 7,000 points; SR - 6,839 points)

Ryan Niver6,531 points.....at Big Ten Champ's.5/14/05

HEPTATHLON (PQ - 5,000 pts., SR - 5,262 pts.)

Tammilee Kerr ...4,924 points.....at Big Ten Champ's.5/14/05
Tiff Pedersen4,379 points.....at Big Ten Champ's.5/14/05

RQ/ -- regional qualifying mark, SR/^ -- school record,
PQ -- provisional qualifier, % -- wind-aided performance,
- heptathlon event, \$ - decathlon event*



All-Time Top 10 Outdoor Best Performers

Men's 100 Meters

1. George Page, 199610.25
2. Anthuan Maybank, 1994.....10.31
Tim Dwight, 199710.31
4. Bob Lawson, 197610.36
5. Robert Smith, 198410.39
6. Curtis Chung, 198710.40
7. Jeff Patrick, 198310.41
Tim Dodge, 200210.41
9. Jerry Fisher, 199110.45
10. Andre Morris, 1996.....10.47

Women's 100 Meters

1. Vivien McKenzie, 198511.45
2. Davera Taylor, 1984.....11.51
3. Erica Broomfield, 1998.....11.53
4. Jiselle Providence, 200111.57
5. Tanja Reid, 199411.60
Peaches Roach, 200511.60
7. Yolanda Hobbs, 199511.62
8. Elanie Jones, 1985.....11.69
9. Lakeya Boatright, 2000.....11.77
10. Tamara Dixon, 2002.....11.79

Men's 110-Meter High Hurdles

1. Pat McGhee, 1989.....13.50
2. Dion Trowers, 1996.....13.62
3. Ronnie McCoy, 198513.66
4. James Armstrong, 1991.....13.89
5. Doug Jones, 1986.....14.06
6. Chris Williams, 1983.....14.24
7. Rajeev Balkrishnan, 199314.29
8. Gary Falls, 199214.48
9. Monte Raymond, 1996.....14.51
10. Tony Branch, 1998.....14.58

Women's 100-Meter Hurdles

1. **Tiffany Johnson, 2005.....13.57**
2. Colleen Prendergast, 199913.60
Paula Ruen, 200013.60
4. Sarah Steffen, 200213.65
5. Ruqayya Raheem, 199813.90
6. Brenda Calhoun, 1984.....13.94
7. Wynsome Cole, 199714.10
8. **Tiff Pedersen, 2002.....14.23**
9. Colleen Prendergast, 200114.24
10. Diane Steinhart, 1979.....14.25

Men's 200 Meters

1. Jeff Patrick, 198320.47
2. Anthuan Maybank, 1994.....20.55
3. Andre Morris, 1995.....20.64
4. George Page, 199620.67
5. Terrence Duckett, 198220.74
6. Tim Dodge, 200220.78
7. Bashir Yamini, 1999.....20.82
8. Dennis Kohl, 196620.84
9. Tim Dwight, 199720.91
10. Victor Greer, 1984.....20.98

Women's 200 Meters

1. Shellene Williams, 200423.50
2. Davera Taylor, 198423.59
3. Vivien McKenzie, 198523.61
4. Yolanda Hobbs, 199523.65
5. Tanja Reid, 199523.75
6. Elaine Jones, 1983.....23.84
7. Jiselle Providence, 2001.....24.00
8. Lakeya Boatright, 2000.....24.14
9. Wynsome Cole, 199824.25
10. Alycia Simpson, 198724.35

Men's 400 Meters

1. Anthuan Maybank, 1993.....44.99
2. Andre Morris, 1995.....45.15
3. Mike Mondane, 196745.20
4. Gary Hollingsworth,.....46.3
5. Harold Leonard, 198646.45
6. Tony Branch, 199946.60
7. George Page, 199646.66
8. Dick Eisenlauer, 197346.74
Terrence Duckett, 198346.74
10. Ed Rozell, 1996.....46.78

Women's 400 Meters

1. Shellene Williams, 200451.94
2. Ellen Grant, 199652.65
3. **Kineke Alexander, 200552.73**
4. Senta Hawkins, 1988.....54.01
5. Marlene Poole, 199454.03
6. Elaine Jones, 1983.....54.4
7. Nicole Charles, 2001.....54.48
8. Stacey-Leigh Bynoe, 2000.....54.73
9. Alycia Simpson, 198755.18
Aisha Hume, 200455.18

Men's 400-Meter Hurdles

1. Pat McGhee, 1988.....48.83
2. Monte Raymond, 1998.....50.09
3. Paul Steele, 1989.....50.45
4. Russell Peterson, 200150.50
5. Adam Kunkel, 200150.73
6. Jon Reimer, 196750.94
7. Gary Falls, 199151.08
8. Rajeev Balkrishnan, 199351.14
9. Scott Williamson, 200051.74
10. Kenny Williams, 1986.....51.89

Women's 400-Meter Hurdles

1. Mary Knoblauch, 198156.16
2. Wynsome Cole, 1998.....56.67
3. Chris Davenport, 198159.18
4. Sarah Steffen, 200259.59
5. Beverly Powell, 1991.....59.96
6. Diane Steinhart, 1980.....1:00.56
7. Ruqayya Raheem, 19991:00:62
8. Keely Huber, 20021:00.98
9. Sherri Hull, 1987.....1:02.60
10. Gina Shannon, 1998.....1:04.68

Men's 800 Meters

1. Bill Frazier, 1962*1:47.64
2. D'Juan Strozier, 1990.....1:47.82
3. Michael Layne, 1999.....1:49.61
4. Bill Thiesen, 19851:49.74
5. Andy Wiese, 19851:50.22
6. Paul Chepkwony, 19841:50.36
7. Rod Chambers, 1989.....1:50.60
8. Jim Donovan, 19981:50.68
9. James Porter, 19941:51.00
10. Mike Cunningham, 2002.....1:51.64

Women's 800 Meters

1. Kay Stormo, 19822:05.67
2. Michelle Lahann, 20042:06.79
3. Jeanne Kruckeberg, 1987.....2:08.75
4. Ann Pare, 1997.....2:09.25
5. **Aisha Hume, 20052:09.50**
6. Briana Benning, 19962:10.47
7. Tami Hoskins, 19902:11.47
8. **Shannon Stanley, 20042:12.01**
9. Christine Salsberry, 19902:12.05
10. Janet Wodek, 19872:12.74



All-Time Top 10 Outdoor Best Performers

Men's 1,500 Meters

1. Joel Moeller, 1978.....3:44.01
2. Jim Docherty, 19783:44.30
3. Dan Waters, 1986.....3:46.35
4. Kevin Herd, 1994.....3:46.64
5. John Clark, 19773:46.84
6. Ted Wheeler, 19563:48.24
7. John Dobbs, 1985.....3:50.70
8. Sean Corrigan, 1987.....3:51.05
9. Chad Feeldy, 1996.....3:51.40
10. Rod Chambers, 1989.....3:51.73

Women's 1,500 Meters

1. Jeanne Kruckeberg, 19894:19.71
2. Penny O'Brien, 1985.....4:21.43
3. Kay Stormo, 19824:22.24
4. Michelle Lahann, 20044:24.00
5. **Meghan Armstrong, 2005 . 4:27.10**
6. Tracy Dahl, 1992.....4:27.44
7. Jenny Hayden, 1982.....4:27.54
8. Tina Stec, 1994.....4:28.71
9. Jill Scheibel, 19994:29.49
10. Sherri Suppelsa, 19874:29.53

Women's 3,000 Meters

1. Penny O'Brien, 1985.....9:20.61
2. Nan Doak, 19859:23.04
3. Tracy Dahl, 1992.....9:23.53
4. Jeanne Kruckeberg, 19899:30.69
5. Jennifer Brower, 19929:34.59
6. Jodi Hershberger, 19829:36.44
7. Tina Stec, 1994.....9:38.39
8. Jenny Spangler, 19829:47.54
9. Kim Schneckloth, 1987.....9:48.81
10. Anne Dobrowolski, 19849:49.10

Men's 3,000 Steeplechase

1. Deacon Jones, 1956.....8:47.40
2. Steve Pershing, 1978.....8:54.59
3. Andy Morris, 2000.....8:56.21
4. Matt Gerard, 19948:57.01
5. Rollie Kitt, 1967.....9:02.9
6. Al Greene, 19859:02.96
7. **Tony Rakaric, 2005 9:03.29**
8. Sean Gale, 19939:08.00
9. Nick Nordheim, 2000.....9:12.06
10. Chad Schwitters, 19989:13.58

Women's 3,000 Steeplechase

1. Sarah Arens, 200410:34.50
2. Michelle Lahann, 200311:16.21
3. Becca Thompson, 200311:19.50
4. **Jessica Schmidt, 2005.....11:28.23**

Men's 5,000 Meters

1. Larry Wiczorek, 1968.....13:56.0
2. Kevin Herd, 199313:59.0
3. Stetson Steele, 200014:02.76
4. **Eric MacTaggart, 2005 ... 14:04.79**
5. **Dan Haut, 2005..... 14:08.90**
6. **Matt Esche, 2004 14:15.73**
7. **Brian Rae, 2004 14:22.83**
8. **Tony Rakaric, 2003 14:22.92**
9. Danny Waters, 198614:23.43
10. **Jeff Kent, 2005..... 14:28.70**

Women's 5,000 Meters

1. Nan Doak, 198515:45.84
2. Jenny Spangler, 198316:17.21
3. Tracy Dahl, 1992.....16:18.77
4. Jennifer Brower, 199116:37.09
5. Renee Doyle, 1988.....16:39.46
6. Jodi Hershberger, 198216:48.04
7. Anne Dobrowolski, 198416:50
8. Penny O'Brien, 1985.....17:00.44
9. Erin Boland, 199517:04.61
10. Renee Doyle, 198717:06.71

Men's 10,000 Meters

1. Stetson Steele, 200028:44.47
2. Nick Nordheim, 2002.....29:44.71
3. Trent Corey, 2002.....29:45.25
4. Chad Schwitters, 199929:56.00
5. Kevin Herd, 1994.....30:05.21
6. Paul Sarris, 200130:08.40
7. **Matt Esche, 2004 30:08.82**
8. Eric McDermott, 200230:11.16
9. **Adam Roche, 2005..... 30:56.33**
10. **Tony Rakaric, 2004 30:58.59**

Women's 10,000 Meters

1. Jennifer Brower, 199133:23.38
2. Nan Doak, 198533:33.03
3. Jenny Spangler, 198333:39.24
4. Tracy Dahl, 1992.....34:30.09
5. **Nikki Chapple, 2004..... 35:06.35**
6. Jenny Johnson, 199235:45.53
7. Anne Dobrowolski, 1985 ...35:59.98
8. Renee Doyle, 198736:32.4
9. Katie Donlon, 200337:17.28
10. Georgia Millward, 200437:22.04

Decathlon

1. Scott Faber, 20006,839 points
2. Chad Ohly, 19946,641 points
3. **Ryan Niver, 2005 6,531 points**
4. Gary Kostrubala, 1984 .6,498 points
5. Jacob Drewry, 1994.....5,820 points
1. *Mike Lacy, 19846,860 points

Heptathlon

1. Kathy Gillespie, 1983 ..5,262 points
2. **Tiff Pedersen, 2004.... 4,976 points**
3. **Tammilee Kerr, 2005. 4,924 points**
4. Janet Adams, 19814,855 points
5. Ruqayya Raheem, 19974,665 points
6. Angela Chadwick, 19934,493 points
7. **Angie Hensel, 2004 4,073 points**
8. Janelle Jaspers, 19874,000 points
9. Marjie Tweto, 19963,967 points

1. Kathy Gillespie, 1983 5,448 points*
* according to 1962-1984 scoring table

Men's High Jump

1. Bill Hansen, 1978.....7-4 (2.23 m)
- Bill Knoedel, 19757-4 (2.23 m)
3. M. Cunningham, 1986 .7-1 (2.16 m)
- Kenneth Lansing, 1988 7-1 (2.16 m)
5. Pat Meade, 1987.....7-0 (2.13 m)
6. Scott Hudek, 1993.....6-11 (2.11 m)
7. Mike Lacy, 1985 . 6-10 1/2 (2.09 m)
8. Damion Turner, 19986-9 1/2 (2.07 m)
9. Luke Nessa, 2000.. 6-8 3/4 (2.05 m)



All-Time Top 10 Outdoor Best Performers

Women's High Jump

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

Men's Long Jump

1. Anthuan Maybank, 1993 27-1 (8.25 m)
2. Bashir Yamini, 1997 26-8 1/4 (8.13 m)
3. Paul Jones, 1989 25-10 1/4 (7.88 m)
4. Darren Smith, 1991 25-9 3/4 (7.86 m)
5. Quinn Early, 1986 25-7 1/4 (7.80 m)
6. Ed Gordon, 1931 25-4 3/8 (7.68 m)
7. Ronnie McCoy, 1985 25-0 (7.62 m)
8. Joe Robinson, 1976 24-2 3/4 (7.38 m)
9. **Matty Gorman, 2005** **24-1 3/4 (7.36 m)**
10. Pat Miller, 1986 23-4 1/2 (7.12 m)

Women's Long Jump

1. Aisha James, 2003 22-3 (6.78 m)
2. Becki Borg, 1988 19-7 1/4 (5.97 m)
3. Lisa Moats, 1986 19-6 (5.95 m)
4. Yolanda Hobbs, 1993 19-2 1/2 (5.85 m)
5. Jane Dunlevy, 1977 18-6 (5.64 m)
6. **Angie Hensel, 2005** **18-5 3/4 (5.61 m)**
- Ruqayya Raheem, 1997 18-5 1/4 (5.62 m)
- Tiff Pedersen, 2004** **18-5 1/4 (5.62 m)**
9. Niki Fisher, 1996 18-1 1/2 (5.52 m)
10. **Tammilee Kerr, 2005** **18-0 1/2 (5.50 m)**

Men's Triple Jump

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

Women's Triple Jump

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

Men's Pole Vault

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

Women's Pole Vault

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

Men's Shot Put

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



All-Time Top 10 Outdoor Best Performers

Women's Shot Put

1. Lisa Van Steenwyk, 199250-8 (15.44 m)
2. Gail Smith, 1984 50-3 1/4 (15.32 m)
3. Denise Taylor, 1992 50-1 3/4 (15.28 m)
4. **Kamesha Marshall, 2005 48-6 3/4 (14.80 m)**
5. Laura Kriener, 1990 48-2 1/2 (14.69 m)
6. Jennifer Gilson, 200247-10 (14.58 m)
7. Jennifer Moon, 2000 47-5 1/4 (14.46 m)
8. Shelley Redies, 198545-7 (13.89 m)
9. Megan Maurer, 1998 44-9 3/4 (13.66 m)
10. Katie Hoback, 200244-4 (13.51 m)

Men's Discus

1. Gary Kostrubala, 1986202-4 (61.68 m)
2. Jeremy Allen, 2001195-4 (59.54 m)
3. **Tim Brodersen, 2005 190-8 (58.12 m)**
4. Brad Daufeldt, 2004185-0 (56.40 m)
5. **Andy Banse, 2005 180-0 (54.86 m)**
6. Eric Rothwell, 2004179-7 (54.73 m)
7. Norm Balke, 1985175-10 (53.60 m)
8. Chris Gambol, 1987175-7 (53.52 m)
9. Tom Knutson, 1967 174-8 1/2 (53.24 m)
10. Jim Costello, 2000173-1 (52.76 m)

Women's Discus

1. Denise Taylor, 1992160-5 (48.90 m)
2. Lisa Van Steenwyk, 1991159-1 (48.50 m)
3. Gail Smith, 1983158-2 (48.22 m)
4. **Kamesha Marshall, 2005152-11 (46.62 m)**
5. Jennifer Moon, 2000150-8 (45.92 m)
6. Laura Kriener, 1989150-3 (45.80 m)
7. Megan Maurer, 1997149-2 (45.48 m)
8. Cheryl Bradley, 1982146-5 (44.64 m)
9. Mickey Schoborg, 1985146-2 (44.56 m)
10. Jodi Peterson, 1993 142-1 3/4 (43.32 m)

Men's Hammer

1. Arno van der Westhuizen, 2001222-11 (67.94 m)
2. Jim Costello, 2002217-7 (66.32 m)
3. **Adam Hamilton, 2004208-11 (63.68 m)**
4. Brad Daufeldt, 2004207-10 (63.34 m)
5. **Chris Voller, 2005 206-0 (62.80 m)**
6. Jeremy Allen, 2001199-0 (60.66 m)
7. **Tim Brodersen, 2004 181-3 (55.24 m)**
8. Chris Cassata, 2000173-11 (53.00 m)
9. Andy Banse, 2003172-11 (52.72 m)

Women's Hammer Throw

1. **Becca Franklin, 2005181-11 (55.44 m)**
2. Kerri Blackstone, 1999161-10 (49.32 m)
3. **Erin O'Hern, 2005 158-0 (48.17 m)**
4. Megan Maurer, 1998145-6 (44.36 m)
5. Jennifer Gilson, 2002142-6 (43.44 m)
6. Jennifer Moon, 2000139-3 (42.44 m)
7. Kara Hinz, 2000125-1 (38.14 m)
8. Katie Hoback, 2002121-11 (37.16 m)

Men's Javelin

1. **Bill Neumann, 2002 244-8 (74.58 m)**
2. Dan Ralph, 2000227-10 (69.44 m)
3. Joel Storm, 2004203-5 (62.01 m)
4. Matt Stank, 2001199-0 (60.66 m)
5. **Kale Katt, 2005 187-3 (57.07 m)**
6. Arno van der Westhuizen, 1999173-11 (53.00 m)
7. Scott Faber, 2000173-1 (52.78 m)
8. Justin Silverman, 2000172-6 (52.58 m)
1. Mark Panther, 1934 *219-7 3/8

* distance according to old rules

Women's Javelin

1. Alana Redfern, 2003181-5 (55.30 m)
2. Mandy Beck, 1999153-4 (46.74 m)
3. Terri Soldan, 1983 152-6 1/4 (46.48 m)
4. Shani Renning, 1990152-3 (46.40 m)
5. Clara Simon, 1981149-9 (45.64 m)
6. Janet Adams, 1984148-7 (45.28 m)
7. Mickey Schoborg, 1985 137-5 1/4 (41.88 m)
8. **Tammilee Kerr, 2005136-11 (41.74 m)**
9. Sara Joens, 1987127-1 (38.74 m)
10. Angela Chadwick, 1992124-2 (37.86 m)

Men's 400-Meter Relay

1. Beecham, Duckett, Greer, Smith, 198439.48
2. Page, Davis, Rozell, Morris, 199639.73
3. Felix, Branch, Dodge, Yamini, 199939.96
4. Beecham, Duckett, Greer, Patrick, 198339.99
5. Dwight, Branch, Davis, Yamini, 199840.00
- Goode, Fisher, Morris, Maybank, 199440.00
- 199840.00
- Dwight, Branch, Dodge, Yamini, 199940.00
9. Williamson, Dodge, Peterson, **Digney**, 200240.04
10. McCoy, Duckett, Greer, Smith, 198440.07



All-Time Top 10 Outdoor Best Performers

Women's 400-Meter Relay

1. Poole, Reid, Floyd, Hobbs, 1994 44.63
2. Charles, Williams, Providence, James, 2003 44.71
3. Floyd, Hobbs, Poole, Reid, 1994 44.80
4. Fouchè, Williams, Providence, James, 2003 45.02
5. **Johnson, Alexander, Granger, Roach, 2005 45.30**
6. **Granger, Alexander, Johnson, Roach, 2005 45.39**
7. Underwood, Reid, Philip, Hobbs, 1995 45.50
8. Boatright, Bynoe, Providence, Prendergast, 2000 45.50
9. Prendergast, Cole, Boatright, Broomfield, 1998 45.51
10. Hawkins, McKenzie, Simpson, Taylor, 1986 45.55

Women's 800-Meter Relay

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

Alexander, Sheeley, Roach, Granger, 2005 1:41.04

Men's 1,600-Meter Relay

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

Women's 1,600-Meter Relay

1. Hume, Charles, Steffen, Williams, 2003 3:36.26
2. **McCalla, Alexander, Sheeley, Hume, 2005 3:40.34**
3. **McCalla, Hume, Sheeley, Alexander, 2005 3:40.43**
4. Layne, Simpson, Powell, McRell, 1989 3:41.23
5. Bynoe, Cole, Wynter, Grant, 1997 3:41.74
6. Charles, Fouchè, Williams, **Hume, 2003 3:42.18**
7. Fouchè, Charles, Williams, **Hume, 2003 3:42.52**
8. Powell, Hawkins, Taylor, Simpson, 1988 3:43.04
9. 1992 3:43.05
10. Wynter, Grant, Raheem, Bynoe, 1997 3:43.40

Women's Sprint Medley Relay

1. Reid, Philip, Hobbs, Benning, 1995 3:56.54
2. **Roach, Alexander, McCalla, Stanley, 2005 3:56.99**
3. Underwood, Clarke, Philip, Benning, 1995 3:59.75
4. **2005 4:00.26**
5. Dixon, Providence, Hume, Butler, 2001 4:01.11
6. Providence, Dixon, Charles, Hume, 2001 4:03.39
7. 1999 4:09.31
8. Broomfield, Boatright, Bynoe, Scheibel, 1998 4:12.59
9. **Hume, McCalla, Raymond, Williams, 2004 4:13.42**

Men's 3,200 Meter Relay

1. Corrigan, Blackman, Strozier, Chambers, 1989 7:29.00
2. **Tweedy, Gajewski, Linden, O'Hollearn, 2005 ... 7:33.12**
3. Cunningham, Tweedy, S. Allen, Thomas, 2001 7:34.12
4. Long, Tweedy, Dziubski, O'Hollearn, 2004 7:35.10
5. 1999 7:36.43
6. 1986 7:40.18
7. Novotny, Holtkamp, Rerko, Feeldy, 1995 7:44.68
8. Steussay, Tice, Olson, Newell, 1973 7:54.10
9. Dziubski, Lloyd, Long, Tweedy, 2004 8:03.10
10. 1985 9:08.82

Women's 3,200-Meter Relay

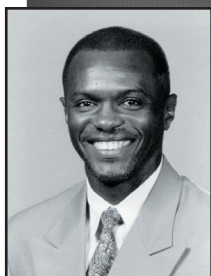
1. Suppelsa, Wodek, Kruckeberg, Schneckloth, 1987 8:46.45
2. Lahann, **Stanley, Hume, Barber, 2004 8:48.87**
3. Schneckloth, Roberts, Hawkins, Kruckeberg, 1989... 8:49.38
4. **Armstrong, Stanley, Laney, Hume, 2005 8:54.27**
5. O'Brien, Camarigg, Williams, Stormo, 1981 8:54.36
6. Drapcho, Schlader, Williams, Stormo, 1980 8:56.14
7. Drapcho, Mitchell, Schlader, Stormo, 1979 8:57.24
8. Lahann, **Hume, Thompson, Barber, 2003 9:02.58**
9. Chow, Barber, Thompson, **Sokol, 2003 9:03.74**
10. Coleman, Benning, Pauling, Pare, 1996 9:04.41

Women's Distance Medley Relay

1. Hoskins, Powell, Schneckloth, Kruckeberg, 1989 11:22.18
2. **Stanley, McCalla, Hume, Armstrong, 2005 11:34.04**
3. Barber, Williams, **Hume, Arens, 2004 11:34.56**
4. Thompson, Williams, **Hume, Arens, 2003 11:39.02**
5. 2000 11:39.83
6. Davenport, xx, xx, xx, 1981 11:41.44
7. Pare, Grant, Benning, Gilchrist, 1997 11:41.92
8. Butler, **Hume, Barber, Arens, 2001 11:47.16**
9. Thompson, **Hume, Barber, Lahann, 2003 11:52.04**
10. Benning, Raheem, Coleman, Pare, 1996 11:53.60



University of Iowa Women's Head Coach



JAMES GRANT
HEAD COACH

20th SEASON AT IOWA
EASTERN MICHIGAN, 1971

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

The past three seasons have been outstanding ones for Grant and the Hawkeyes. Iowa placed third at the 2004 Big Ten Indoor Championships in Iowa City and sixth at the 2003 conference outdoor meet. Both were Iowa's highest placings during Grant's tenure, and the third-place indoor finish tied the team's highest conference finish in school history. In the last three seasons, the Hawkeyes have crowned 11 Big Ten Champions, 38 regional qualifiers, 13 all-region selections, 22 NCAA qualifiers and three all-Americans, and set 17 school records.

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

In 2005, Roach and freshman Kineke Alexander became Grant's first indoor all-Americans. Roach defended her Big Ten indoor high jump title to become the second Hawkeye to win two consecutive Big Ten titles in the same event in school history. She also set the indoor school record in that event, breaking the 6-0 mark for the first time of her collegiate career. Sophomore Tiffany Johnson set school records in the indoor and outdoor triple jump and 100-meter hurdles, while sophomore Becca Franklin shattered the hammer throw record by over 20 feet. The 6,400-meter relay of sophomores Nikki Chapple and Jordan Laney, and seniors Katie Donlon and Michelle Sokol also set a school record.

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

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

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

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

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

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

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

Grant at Iowa

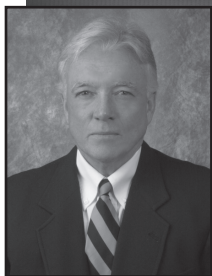
Year	Indoor Big 10 Place/Champs	Outdoor Big 10 Place/Champs	Indoor/Outdoor All-Americans
1997	T9th/1	10th/5	0/1
1998	9th/1	9th/1	0/0
1999	9th/0	9th/0	0/0
2000	10th/0	9th/0	0/0
2001	10th/0	9th/0	0/0
2002	9th/0	10th/0	0/0
2003	9th/0	6th/6	0/0
2004	3rd/2	10th/2	0/1
2005	9th/1	9th/0	2/
Total	--/5	--/14	2/2



2005 Iowa University of Iowa Track & Field



University of Iowa Men's Head Coach



LARRY WIECZOREK
HEAD COACH

21ST SEASON AT IOWA
UNIVERSITY of IOWA, 1969

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

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

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

Since Wiecek was named head men's track and field coach in 1997, his plan to build a strong sprint program around a national power 1,600-meter relay, and strong throws program is being realized. In his nine years at the helm, Wiecek has coached NCAA Champion long jumper Bashir Yamini, 23 all-Americans, 73 national qualifiers, 43 regional qualifiers and 36 Big Ten Champions. Iowa's 1,600-meter relay won the 1999 Big Ten outdoor title and has earned all-America honors twice during Wiecek's tenure. The Hawkeyes recorded their highest conference indoor placing (fourth) in 1997, and their highest

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

Another of Wiecek's goals as head coach was to create an annual outdoor home event for the Hawkeyes that would be entertaining for the community and feature outstanding competition for participating student-athletes. Now in its seventh year of existence, the annual Iowa Musco Twilight Meet is just that. Named for Musco Lighting of Oskaloosa, IA, who supplies mobile lighting equipment, the co-ed meet which featured five teams in 2005, starts in the late afternoon and extends into the night. In its first four years, the meet had produced 43 NCAA provisional qualifiers. Since the creation of the regional qualifying system in 2003, 154 competitors have reached qualifying standards.

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

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

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

Wiecek at Iowa			
Year	Indoor Big 10 Place/Champs	Outdoor Big 10 Place/Champs	Indoor/Outdoor All-Americans
1997	4th/2	9th/2	1/0
1998	5th/2	3rd/6	6/2
1999	7th/1	2nd/11	0/4
2000	8th/1	6th/1	2/1
2001	10th/0	5th/6	0/3
2002	----/--	6th/2	1/2
2003	9th/0	9th/1	0/1
2004	10th/0	10th/0	0/1
2005	10th/0	8th/1	0/
Total	--/6	--/30	10/13



2005 Iowa University of Iowa Track & Field



Hawkeyes To Watch



KINEKE ALEXANDER

SPRINTS

FRESHMAN
Glenside, Mesopotamia
St. Vincent & The Grenadines
St. Joseph's Convent Mariaqua

2005 -- Indoor - all-American, placing sixth in 400 meters (54.06) at NCAA Championships... provisionally qualified for NCAA Indoor Championships in 400 meters (53.11)... that time ranks third on Iowa's all-time best performers list... runner-up in 400 meters (54.31) at Big Ten Championships... ran anchor leg on 1,600-meter relay that placed fifth at Big Ten meet (3:48.54)... led team in 200, 400 and 600 meters, and ran on team-leading 1,600-meter and distance medley relays... won 600 meters (1:34.58) at Iowa Open and 200 meters (24.94) at Gold Country Classic... **Outdoor** - qualified for NCAA Midwest Regional in 400 meters (52.73) and as part of 400 (45.30) and 1,600-meter (3:40.34) relays... won 400 meters at Mt. SAC Relays with a collegiate-best 52.73, which leads team and ranks third on Iowa's all-time bests list... her best 400-meter time ranks fifth in the Midwest Region and 13th in the nation... ran second leg on 1,600-meter relay that placed third at Big Ten Championships (3:40.34)... that mark leads the team and ranks second on Iowa's all-time bests list... ran second leg on 400-meter relay that placed eighth at Drake Relays (45.30), which leads the team, and ranks fifth on Iowa's all-time bests list... placed fourth in 400 meters (53.89) at Big Ten Championships... placed eighth in special invitation 400 meters (54.94) at Drake Relays... leads team in 200 meters (24.96).

Alexander's Collegiate Bests

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



MEGHAN ARMSTRONG

DISTANCE

FRESHMAN
Tualatin, OR
Tualatin High School

2005 -- Indoor - led team in mile (4:53.38)... placed 16th in 5,000 meters (17:29.42) at Big Ten Championships... ran collegiate-best mile (4:53.38) at Iowa State Classic, which ranks ninth on Iowa's all-time best performers list... runner-up in 800 meters (2:18.30) at Iowa Open... **Outdoor** - qualified for NCAA Midwest Regional in 1,500 meters (4:27.10)... ran collegiate-best 4:27.10 in 1,500-meters at Mt. SAC Relays... that time leads the team and ranks fifth on Iowa's all-time bests list... won 3,000 meters with collegiate-best 9:49.70 at Musco Twilight VII... placed fifth in 1,500 meters (4:27.68) and 20th in 5,000 meters (17:29.53) at Big Ten Championships... won 1,500 meters (4:33.61) at Shamrock Invite... runner-up in 800 meters (2:16.54) at Mark Messersmith Invite... anchored seventh-place distance medley relay (11:34.04) at Drake Relays, which ranks second on Iowa's all-time bests list... ran lead leg on 3,200-meter relay that placed seventh at Drake (8:54.27), which ranks fourth in school history.

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

Armstrong's Collegiate Bests

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



Hawkeyes To Watch



ANDY BANSE
THROWS

SENIOR
STRAWBERRY POINT, IA
STARMONT High School

2005 -- Indoor - provisionally qualified for NCAA Championships in shot put five times... led team in that event... won shot (60-9 1/4) at Last Chance Meet, which ranks third on Iowa's all-time best performers list... placed fifth in shot (56-8) at Big Ten Championships... won shot put at Gold Country Classic (58-5 3/4), Hawkeye Open (59-1 1/2) and at Carle/Health Alliance (60-2), and placed second at Iowa Open (57-1 1/2) and Panther Classic (58-6 1/2)... **Outdoor** - qualified for NCAA Midwest Regional six times in shot put and discus... leads team in shot put... threw collegiate-best shot put (61-11 1/2) to win at Cal State Northridge... that mark ranks third on Iowa's all-time bests list... best discus mark (180-0) ranks fifth in school history... ranks third in Midwest Region in shot put and seventh in discus... placed third in shot put (60-10) and fourth in discus (177-11) at Big Ten Championships... won shot put at Mark Messersmith Invite (59-11)... runner-up in shot (58-2 1/2) and discus (180-0) at Musco Twilight VII... placed sixth in special invitational shot put (61-2 3/4) and 13th in discus (166-3) at Drake Relays.

Banse's Collegiate Bests

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



TIM BRODERSEN
THROWS

JUNIOR
VERMILLION, SD
VERMILLION High School

2005 -- Indoor - threw collegiate-best weight throw (55-8 1/2) at Iowa Open... that mark ranks ninth on Iowa's all-time bests list... placed 18th in weight at Big Ten Championships (55-7)... **Outdoor** - qualified for NCAA Midwest Regional in discus six times... threw collegiate-best discus (190-8) at Messersmith Invite... that mark leads team and region, ranks third in school history and 11th in the nation... Big Ten discus champion (187-0)... won discus at Musco Twilight VII (186-0), placed second at Florida Relays (177-5) and Cal State Northridge (177-7), and placed third at Drake Relays (177-0).

Brodersen's Collegiate Bests

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



BECCA FRANKLIN
THROWS

SOPHOMORE
EAST MOLINE, IL
RIVERDALE High School

2005 -- Indoor - led team in weight throw (49-5)... runner-up in weight with collegiate-best 49-5 at Hawkeye Open... **Outdoor** - qualified for NCAA Midwest Regional and set school record in hammer at Musco Twilight VII (181-11)... won hammer at Jim Duncan Invite (163-1) and placed second at Messersmith Invite (152-1)... placed ninth in hammer at Big Ten Championships (176-7) and 12th at Drake Relays (170-11).

Franklin's Collegiate Bests

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



Hawkeyes To Watch



MATTY GORMAN

SPRINTS/JUMPS

FRESHMAN
GAINESVILLE, FL
Buchholz High School

2005 -- Indoor - led team in long (22-9 3/4) and triple jumps (47-10 1/2)... placed eighth in triple jump (47-10 1/2) and 22nd in long jump (21-8) at Big Ten Championships... best triple jump mark ranks sixth on Iowa's all-time bests list... won long jump at Gold Country Classic (22-9 3/4) and Hawkeye Open (22-4 1/4)... **Outdoor** - qualified for NCAA Midwest Regional in long jump... leads team in long (24-1 3/4) and triple jumps (48-9 1/2)... those marks ranks ninth and sixth, respectively, in school history... placed fourth in long jump with a collegiate-best 24-1 3/4 and eighth in triple jump (47-11 3/4) at Big Ten Championships... won triple jump with a collegiate-best 48-9 1/2 and long jump (23-9 1/2) at Messersmith Invite... won triple jump (46-11 3/4) at Tom Botts Invite.

Gorman's Collegiate Bests

Event	Mark	Meet	Date
100 meters (O)	11.07	Musco Twilight VII	4/23/05
L. Jump (O)	24-1 3/4 (7.36)	at Big Ten's	5/14/05
T. Jump (O)	48-9 1/2 (14.87)	at Messersmith Inv.	4/9/05
H. Jump (I)	6-2 3/4 (1.90)	at G. Ctry. Classic	1/22/05



ASHLEY GRANGER

SPRINTS

FRESHMAN
WATERLOO, IA
NORTHERN UNIVERSITY HS

2005 -- Indoor - ran collegiate-best 60 meters (7.95) at Husker Invite... ran collegiate-best 200 meters (25.87) at Iowa State Classic... **Outdoor** - qualified for NCAA Midwest Regional as part of 400-meter relay (45.30)... ran third leg on 400-meter relay that placed eighth at Drake Relays (45.30), which leads the team, and ranks fifth on Iowa's all-time bests list... ran lead leg on winning 400-meter relay (45.39) at Mt. SAC Relays... ran collegiate-best 100 meters (12.04) at Big Ten Championships.

Granger's Collegiate Bests

Event	Time	Meet	Date
60 meters (I)	7.95	at Husker Invite	2/5/05
100 meters (O)	12.04	at Big Ten Champ's	5/14/05
200 meters (I)	25.87	at Iowa State Classic	2/11/05



DAN HAUT

DISTANCE

JUNIOR
LOCKPORT, IL
LOCKPORT TOWNSHIP

2005 -- Indoor - led team in 3,000 meters (8:11.36) and two miles (9:07.91)... provisionally qualified for NCAA Championships in 5,000 meters (14:14.85) at Alex Wilson Invite, which ranks third in school history... placed seventh with collegiate-best 3,000 meters (8:11.36) at Iowa State Classic, which ranks second in school history... won two miles (9:07.91) at Iowa Open... placed 11th in 3,000 meters (8:19.37) at Big Ten Championships... **Outdoor** - qualified for NCAA Midwest Regional in 5,000 meters with a collegiate-best 14:08.90 at Stanford Invite... that mark ranks fifth in school history.. ran collegiate-best 1,500 meters (3:58.24) at Tom Botts Invite... placed ninth in 5,000 meters (14:16.73) at Drake Relays and 14th in 10,000 meters (31:12.33) at Big Ten Championships.
2004 -- Cross Country - ran in all eight races... led team in 10,000 meters (30:55.16)... first Hawkeye to cross finish line at NCAA Midwest Regional (30:55.16), placing 10th... all-region selection... placed 33rd at Murray Keatinge Invite (25:51.00), 39th at Big Ten Championships (25:13) and 152nd at NCAA Championships (33:30)... placed third at Hawkeye Invite (18:50) and fifth at Hawkeye Triangular (25:23)... academic all-Big Ten... letterwinner.

Haut's Collegiate Bests

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



2005 Iowa University of Iowa Track & Field



Hawkeyes To Watch



AISHA HUME SPRINTS/MIDDLE DISTANCE

SENIOR
OROPOUCHE, TRINIDAD
ST. JOSEPH'S CONVENT SF

2005 -- Indoor - did not compete... **Outdoor** - qualified for NCAA Midwest Regional in 800 meters (2:09.50) and as part of 1,600-meter relay (3:40.34)... placed fourth in 800 meters at Big Ten Championships with a collegiate-best 2:09.50... that mark leads the team and ranks fifth on Iowa's all-time bests list... ran anchor leg on 1,600-meter relay that placed third at Big Ten Championships in 3:40.34, which leads the team and ranks second on Iowa's all-time bests list... won 800 meters (2:13.43) at Messersmith Invite, placed second at Musco Twilight VII (2:14.56) and fourth at Mt. SAC Relays (2:10.74)... ran third leg on seventh-place distance medley relay (11:34.04) at Drake Relays, which ranks second on Iowa's all-time bests list... anchored 3,200-meter relay that placed seventh at Drake (8:54.27), which ranks fourth in school history

Hume's Collegiate Bests

Event	Time	Meet	Date
400 meters (O)	55.18	at Big Ten Champ's	5/16/04
500 meters (I)	1:16.94	at Meyo Invite	2/2/01
600 meters (I)	1:32.41	Big Ten Champ's	2/29/04
600 yards (I)	1:21.74	at ISU Classic	2/14/04
800 meters (O)	2:09.50	at Big Ten Champ's	5/15/05



TIFFANY JOHNSON HURDLES/JUMPS

SOPHOMORE
DANVILLE, IL
DANVILLE HIGH SCHOOL

2005 -- Indoor - set school record in triple jump (39-7 3/4), placing ninth at Big Ten Championships... led team in 60-meter hurdles (8.50) and triple jump (39-7 3/4) and anchored team-leading 1,600-meter relay (3:45.73)... placed fifth in 60-meter hurdles with a collegiate-best 8.50 at Big Ten meet... that time ranks third on Iowa's all-time bests list... **Outdoor** - qualified for NCAA Midwest Regional in triple jump (40-9

1/2), 100-meter hurdles (13.57) and as part of 400-meter relay (45.30)... set school record in triple jump (40-9 1/2) at Mt. SAC Relays... placed second in 100-meter hurdles (13.88) at Big Ten Championships, setting a school record 13.57 in prelims... ran second leg on 400-meter relay that placed eighth at Drake Relays (45.30), which leads the team and ranks fifth on Iowa's all-time bests list... placed sixth in 100-meter hurdles (13.88) at Drake Relays and sixth in triple jump (39-8 1/2) at Big Ten Championships... ran third leg on winning 400-meter relay (45.39) at Mt. SAC Relays... won 100-meter hurdles (13.64) and triple jump (39-7 3/4) at Mark Messersmith Invite... won 100-meter hurdles (13.71) at Iowa Musco Twilight VII.

Johnson's Collegiate Bests

Event	Mark	Meet	Date
60 meters (I)	7.82	at Gold Classic	1/24/04
60 hurdles (I)	8.50	Big Ten Champs	2/27/05
100 hurdles (O)	13.57	at Big Ten's	5/15/05
400 hurdles (O)	1:06.14	Musco Twilight VI	5/1/04
Trip. Jump (O)	40-9 1/2 (12.43)	at Mt. SAC Relays	4/17/05



KEN KEMENY THROWS

SENIOR
PALATINE, IL
FREM'D HIGH SCHOOL

Iowa Item -- his collegiate-best outdoor shot put of 62-1 3/4 met the 2004 U.S. Olympic Trials "B" standard... **2005** - team captain... **Indoor** - provisionally qualified for NCAA Championships in shot put at Hawkeye Open (58-11 1/2)... placed fourth in shot (58-11 1/2) at Big Ten Championships... won shot (57-5 1/2) at Iowa Open and placed second at Gold Country Classic (57-9 1/2) and Hawkeye Open (58-8 1/2)... **Outdoor** - qualified for NCAA Midwest Regional in shot put five times and discus once... placed fifth in shot put (60-9 1/2) and eighth in discus (168-3) at Big Ten Championships... won shot put at Musco Twilight VII (60-5 1/4), placed second at Cal State Northridge (60-5 3/4) and Drake Relays (59-0 3/4), and sixth at Tom Botts Invite (57-5 1/2).

Kemeny's Collegiate Bests

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



2005 Iowa University of Iowa Track & Field



Hawkeyes To Watch



ERIC MACTAGGART

DISTANCE

FRESHMAN

GLEN ELLYN, IL

GLENBARD SOUTH HIGH SCHOOL



KAMESHA MARSHALL

THROWS

SENIOR

SAV-LA-MAR, JAMAICA

MANNINGS HS/RANGER CC

2005 -- Indoor - NCAA provisional qualifier in 5,000 meters, (14:14.34)... that time ranks second on Iowa's all-time bests list... led team in that event... placed 12th in 3,000 meters (8:19.90) at Big Ten Championships... won mile at Iowa Open (4:21.90) and placed fourth at Carle/Health Alliance Classic (4:15.42)... **Outdoor** - qualified for NCAA Midwest Regional in 5,000 meters, running a collegiate-best 14:04.79 at Stanford Invite... that time ranks fourth on Iowa's all-time bests list... leads team in 1,500 and 5,000 meters... ran collegiate-best 1,500 meters (3:56.45) at Tom Botts Invite... placed sixth in 5,000 meters at Drake Relays (14:14.26) and eighth at Big Ten Championships (14:41.39).

2004 -- Cross Country - competed in all eight races... second Hawkeye to cross finish line in five races... placed 16th at Big Ten Championships (24:40), 28th at NCAA Midwest Regional (31:24.02) and 59th at NCAA Championships (32:27)... runner-up at Hawkeye Invite (18:47), placed fourth at Hawkeye Triangular (25:23) and sixth at Murray Keatinge Invite (24:36.70)... letterwinner.

MacTaggart's Collegiate Bests

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

2005 -- Indoor - NCAA provisional qualifier in pentathlon (3,701 points)... led team in that event, shot put (49-2 1/4) and long jump (18-7)... placed third in shot put (49-2 1/4) at Big Ten Championships... that mark ranks third on Iowa's all-time best performers list... scored 3,701 points in pentathlon at Husker Invite, which ranks second on Iowa's all-time bests list... **Outdoor** - NCAA Midwest Regional qualifier in shot put (48-6 3/4)... leads team in shot put (48-6 3/4) and discus (152-11)... placed ninth in shot put with an outdoor collegiate-best 48-6 3/4 at Drake Relays... that mark ranks fourth on Iowa's all-time bests list... placed sixth in shot put (46-9) and 10th in discus (143-2) at Big Ten Championships... placed third in shot put (48-0 3/4) and sixth in discus (131-4) at Musco Twilight VII... won shot put (46-9) and placed second in discus (152-11) at Mark Messersmith Invite... runner-up in shot put (42-7 1/4) at Shamrock Invite.

Marshall's Collegiate Bests

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



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Hawkeyes To Watch



LINDSEY McCALLA

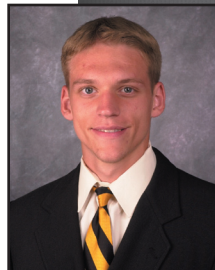
SPRINTS

Sophomore
Moline, IL
Moline High School

2005 -- Indoor - won 200 meters (25.70) at Iowa Open... ran lead leg on team-leading 1,600-meter relay (3:45.73)... ran on two winning 1,600-meter relays... **Outdoor** - qualified for NCAA Midwest Regional as part of 1,600-meter relay (3:40.34)... ran lead leg on 1,600-meter relay that placed third at Big Ten Championships in 3:40.34, which leads the team and ranks second on Iowa's all-time bests list... ran second leg on seventh-place distance medley relay (11:34.04) at Drake Relays, which ranks second on Iowa's all-time bests list... ran collegiate-best 400 meters (56.53) at Long Beach State Invite... placed fourth in 200 meters (25.65) at Shamrock Invite.

McCalla's Collegiate Bests

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



TONY RAKARIC

DISTANCE

Senior
Palatine, IL
(Palatine)

2005 -- Indoor - ran collegiate-best mile (4:13.11) at Big Ten Championships and two miles (9:39.34) at Iowa Open... won mile (4:15.17) at Hawkeye Open... **Outdoor** - qualified for NCAA Midwest Regional in 3,000-meter steeplechase (9:03.29)... placed eighth in steeplechase with a collegiate-best 9:03.29 at Big Ten Championships... that mark ranks seventh on Iowa's all-time bests list... won steeplechase at Tom Botts Invite (9:04.19) and placed 13th (9:18.45) at Drake Relays.

2004 -- Cross Country - team captain... ran in seven of eight races... placed 24th (31:19:98) at NCAA Midwest Regional, earning all-region honors... placed 15th (25:02.00) at Murray Keatinge Invite, 16th (26:42) at Hawkeye Triangular, 43rd (25:22) at Big Ten Championships and 129th (33:17) at NCAA Championships... letterwinner.

Rakaric's Collegiate Bests

Event	Time	Meet	Date
800 meters (I)	1:56.97	Iowa Open	2/20/04
1,000 meters (I)	2:34.79	at Panther Classic	2/1/03
1,500 meters (O)	3:53.65	Musco Twilight V	5/3/03
Mile (I)	4:13.11	at Big Ten Champ's	1/29/05
3,000 meters (I)	8:20.31	at Iowa State Classic	2/14/03
3,000 SC (O)	9:03.29	at Big Ten Champ's	4/15/05
Two Miles (I)	9:39.34	Iowa Open	1/15/05
5,000 meters (O)	14:22.92	at Stanford Invite	3/28/03
6,000 meters (CC)	19:41	Iowa Invite	8/29/03
Five Miles (CC)	25:02:00	at Murray Keatinge Inv.	10/2/04
8,000 meters (CC)	24:28	at Pre-National Inv.	10/18/03
10,000 meters (CC)	30:31.42	at NCAA Regional	11/16/02
10,000 meters (O)	20:58.59	at Big Ten Champ's	5/14/04



BILL NEUMANN

JAVELIN

Senior
Comox, British Columbia
Highland Secondary

2005 -- team captain... **Indoor** - did not compete... **Outdoor** - qualified for NCAA Midwest Regional in javelin (205-3)... placed third in javelin (205-3) at Big Ten Championships... leads team in that event... won javelin (193-8) at Musco Twilight VII in season debut.

Neumann's Collegiate Bests

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



Hawkeyes To Watch



PEACHES ROACH JUMPS

Sophomore
Kingston, Jamaica
Alpha Academy

2005 -- Indoor - all-American... placed sixth in high jump (6-0) at NCAA Championships... automatically qualified for NCAA meet in high jump with school-record setting 6-0 3/4 at Husker Invite... Big Ten high jump champion (5-10 3/4)... placed fourth in 60 meters at Big Ten meet with a collegiate-best 7.45, which ranks second on Iowa's all-time best performers list... won 60 meters and high jump at Iowa Open (7.68, 5-10 3/4) and Gold Country Classic (7.56, 6-0 1/2)... **Outdoor** - qualified for NCAA Midwest Regional in high jump (5-10 3/4), 100 meters (11.60) and as part of 400-meter relay (45.30), leading team in those events... ran second leg on 400-meter relay that placed eighth at Drake Relays (45.30), which leads the team and ranks fifth on Iowa's all-time bests list... placed second in high jump (5-8 3/4) and third in 100 meters (11.66) at Big Ten Championships... ran collegiate-best 11.60 in 100 meters during Big Ten prelims, which ranks fifth on Iowa's all-time bests list... won 100 meters (11.70) and high jump (5-10 3/4) at Messersmith Invite... won 100 meters (11.75) at Musco Twilight VII... placed third in special invite high jump (5-9 3/4) at Drake Relays.

Roach's Collegiate Bests

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

for NCAA Midwest Regional as part of 1,600-meter relay (3:40.34)... ran third leg on 1,600-meter relay that placed third at Big Ten Championships in 3:40.34, which leads the team and ranks second on Iowa's all-time bests list... ran collegiate-best 400 meters (58.35) at Long Beach State.

Sheeley's Collegiate Bests

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



CHRIS VOLLER THROWS

6-2, 240, Senior
Naperville, IL
Central

2005 -- Indoor - provisionally qualified for NCAA Championships in weight throw with a collegiate-best 62-10 3/4 at Gold Country Classic... that mark ranks fifth on Iowa's all-time best performers list... runner-up in weight throw at Iowa Open (62-2 1/4), Gold Country Classic (62-10 3/4) and Hawkeye Open (63-4), and placed third at Carle/Health Alliance Classic (60-8 1/2)... placed ninth in weight throw (62-5) at Big Ten Championships... **Outdoor** - qualified for NCAA Midwest Regional in hammer throw six times... runner-up in hammer with a collegiate-best 206-0 at Big Ten Championships... that mark ranks fifth on Iowa's all-time bests list and eighth in the Midwest Region... won hammer with Musco Twilight VII (200-0), placed second at Cal State Northridge (197-8), Tom Botts Invite (196-5) and Mark Messersmith Invite (199-6), and third at Drake Relays (203-1).

Voller's Collegiate Bests

Event	Distance	Meet	Date
Weight (I)	62-10 3/4 (19.17)	at Gold Ctry. Classic	1/22/05
Hammer (O)	206-0 (62.80)	at Big Ten Champ's	4/30/05



ERIN SHEELEY SPRINTS

Sophomore
Postville, IA
Postville High School

2005 -- Indoor - ran third leg on team-leading 1,600-meter relay (3:45.73)... ran on 1,600-meter relay that placed fifth (3:48.54) at Big Ten Championships... **Outdoor** - qualified



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