

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



TRACK CONTACTS: TRACI WAGNER, NATHAN SHEEHAN

MAY 26, 2009

2009 IOWA TRACK & FIELD OUTDOOR SCHEDULE & RESULTS

Date	Meet	Time (CT)/Result
3/27	at Stanford Invite	0 champs
4/3-4	at Tiger Track Classic	2 champs
4/10	at Mesa Classic	0 champs
4/10-11	at Lee Calhoun Memorial	7 champs
4/11	at Sun Angel Classic	2 champs
4/17-18	at John McDonnell Invite	1 champ
4/18	at Mark Messersmith Invite	8 champs
4/23-25	at Drake Relays	1 champ
5/2	at Illinois Invite	9 champs
	at Payton Jordan Cardinal Invite	0 champs
5/15-17	at Big Ten Championships	Women - 10th Men - 7th
5/29-30	at NCAA Midwest Regional (Norman, OK)	11 a.m.
6/10-13	at NCAA Championships (Fayetteville, AR)	All Day

IOWA'S REGIONAL QUICK FACTS

Highest Team Finish

Men's Team - 12th, 2008
Women's Team - 8th, 2007

Individual Champions

Bill Neumann, Javelin - 2003
Kineke Alexander, 400 Meters - 2006
Kineke Alexander, 400 Meters - 2007

Most Times Qualified By An Individual

Women's Team - 10
Kineke Alexander (2005-08),
Tiffany Johnson (2005-07)
Peaches Roach (2004-07)

Men's Team - 8
A.J. Curtis (2006-09)

Events Most Qualified In

Women's Team - 5,000 Meters (8 qualifiers)
Men's Team - Shot Put & Discus (18 qualifiers each)

THIS WEEK -- The University of Iowa men and women's track teams will send 20 competitors to the 2009 NCAA Midwest Regional, Friday and Saturday in Norman, OK. All events will be held at the University of Oklahoma's John Jacobs Track and Field Complex.

All-session tickets are \$15 for adults, and \$10 for youth, students and seniors (ages 55 and above). Single session tickets are \$10 for adults, and \$7 for youth, students and seniors (ages 55 and above). Tickets are available at www.soonersports.com or the University of Oklahoma Athletics Ticket Office at 800/456-4668. Live results will be available throughout the meet at www.soonersports.com.

Iowa's qualifiers, their events and qualifying marks, and where they rank in the region and nation are listed below.

Men's Qualifiers

Name	Event	Mark	Region/NCAA Rank
Matt Banse	Hammer	187-7 (57.19)	20th/107th
Chris Barton	1,600-M Relay	3:08.81	24th/53rd
Nick Brayton	Discus	180-11 (55.15)	9th/40th
Paul Chaney, Jr.	100 Meters	10.51	26th/92nd
	200 Meters	21.14	24th/86th
	400-M Relay	40.58	22nd/72nd
A.J. Curtis	Shot Put	59-5 3/4 (18.13)	7th/26th
	Discus	176-0 (53.65)	14th/57th
Adam Hairston	800 Meters	1:49.96	20th/85th
John Hickey	Shot Put	60-1 3/4 (18.33)	4th/20th
Ryan Lamparek	Discus	177-3 (54.04)	12th/50th
Patrick Richards	400-M Relay	40.58	22nd/72nd
D'Juan Richardson	400-M Relay	40.58	22nd/72nd
Zeke Sayon	400-M Relay	40.58	22nd/72nd
Zach Schimp	Javelin	206-3 (62.88)	18th/85th
Erik Sowinski	1,600-M Relay	3:08.81	24th/53rd
Ray Varner	400-M Hurdles	51.00	5th/26th
	1,600-M Relay	3:08.81	24th/53rd
Steven Willey	400 Meters	47.04	20th/80th
	1,600-M Relay	3:08.81	24th/53rd

Women's Qualifiers

Name	Event	Mark	Region/NCAA Rank
Karessa Farley	100-M Hurdles	13.44	6th/29th
Betsy Flood	1,500 Meters	4:24.91	16th/81st
McKenzie Melander	1,500 Meters	4:26.99	23rd/111th
Hannah Roeder	3,000 Steeple.	10:35.26	15th/62nd
Renee White	Long Jump	20-0 1/4 (6.10)	19th/69th
	Triple Jump	43-10 3/4 (13.38)	3rd/7th

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MEN'S 2009 OUTDOOR SEASON BESTS

Event	Team Leader	Mark
100 Meters	Paul Chaney, Jr.	(R) 10.51
110 Hurdles	D'Juan Richardson	15.01
200 Meters	Paul Chaney, Jr.	(R) 21.14
400 Meters	Steven Willey	(R) 47.04
400 Hurdles	Ray Varner	(R) 51.00
800 Meters	Adam Hairston	(R) 1:49.96
1,500 Meters	Chase Kadlec	3:51.01
3,000 Meters	Brian Marchese	8:25.98
3,000 Steeplechase	Andy Napier	9:07.84
5,000 Meters	Eric MacTaggart	14:15.43
10,000 Meters	Eric MacTaggart	30:57.35
400-Meter Relay		(R) 40.58 <i>(Richardson, Sayon, Richards, Chaney, Jr.)</i>
800-Meter Relay		(SR) 1:24.85 <i>(Richardson, Bee, Richards, Chaney, Jr.)</i>
1,600-Meter Relay		(R) 3:08.81 <i>(Willey, Richards, Barton, Varner)</i>
Sprint Medley Relay		3:20.05 <i>(Richards, Chaney, Jr., Barton, Hairston)</i>
3,200-Meter Relay		7:33.08 <i>(Willey, Braff, Sowinski, Hairston)</i>
Distance Medley Relay		10:02.91 <i>(Kadlec, Sowinski, Braff, E. MacTaggart)</i>
6,400-Meter Relay		17:17.63 <i>(Kadlec, E. MacTaggart, Paul, Marchese)</i>
High Jump	Ryan Kelly	6-9 (2.06 m)
Pole Vault	Alex Zona	16-0 3/4 (4.90 m)
Long Jump	Cody Mixon	21-2 3/4 (6.47 m)
Triple Jump	Josh Bean	48-9 1/2 (14.87 m)
Shot Put	John Hickey	(R) 60-1 3/4 (18.33 m)
Discus	Nick Brayton	(R) 180-11 (55.15 m)
Hammer Throw	Matt Banse	187-7 (57.19 m)
Javelin	Zach Schimp	(R) 206-3 (62.88 m)
Decathlon	Dan Rolling	6,811 points

(R) - NCAA Regional Qualifier, (SR) - School Record

WOMEN'S 2009 OUTDOOR SEASON BESTS

Event	Team Leader	Mark
100 Meters	Rhonda-Kaye Trusty	11.88
100 Hurdles	Karessa Farley	(R) 13.44
200 Meters	Rhonda-Kaye Trusty	(R) 23.83
400 Meters	Tiffany Hendricks	56.26
400 Hurdles	Tiffany Hendricks	1:03.00
800 Meters	Besty Flood	2:11.69
1,500 Meters	Betsy Flood	(R) 4:24.91
3,000 Meters	Danielle Berndt	10:20.62
3,000 Steeple	Hannah Roeder	(R) 10:35.26
5,000 Meters	Amanda Hardesty	17:01.58
10,000 Meters	Jolly Burke	36:06.96
400-Meter Relay		45.83 <i>(Farley, Trusty, Graham, White)</i>
800-Meter Relay		1:38.79 <i>(Trusty, Hendricks, Graham, Erickson)</i>
1,600-Meter Relay		3:48.22 <i>(Hendricks, Praska, Docherty, Erickson)</i>
3,200-Meter Relay		8:53.91 <i>(Flood, Dlhy, L. Hardesty, Docherty)</i>
Distance Medley Relay		12:11.56 <i>(Hawks, Praska, Ellis, Berndt)</i>
6,400-Meter Relay		19:36.43 <i>(Flood, Melander, A. Hardesty, Eilers)</i>
High Jump	Caleigh Bacchus	5-5 (1.65 m)
Long Jump	Renee White	(R) 20-0 1/4 (6.10 m)
Triple Jump	Renee White	(SR/R) 43-10 3/4 (13.38 m)
Shot Put	Mandy Chandler	38-5 1/2 (11.72 m)
Hammer Throw	Mandy Chandler	158-4 3/4 (48.28 m)

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IOWA'S REGIONAL EVENT SCHEDULE

Friday, May 29

- 12:15 p.m. Men's Shot Put (T&F)
1:00 Women's Long Jump (T&F)
2:30 Men's Javelin (T&F)
3:45 Men's 400-Meter Relay (P)
4:00 Women's 1,500 Meters (P)
4:40 Women's 100-Meter Hurdles (P)
5:40 Men's 100 Meters (P)
6:20 Men's 400 Meters (P)
7:00 Men's 800 Meters (P)
7:40 Men's 400-Meter Hurdles (P)
8:00 Women's 200 Meters (P)
8:20 Men's 200 Meters (P)

Saturday, May 30

- 11:00 a.m. Men's Hammer (T&F)
1:00 p.m. Women's Triple Jump (T&F)
5:10 Men's 400-Meter Relay (F)
5:20 Women's 1,500 Meters (F)
5:30 Men's Discus (T&F)
5:45 Women's 100-Meter Hurdles (F)
6:10 Men's 100 Meters (F)
6:20 Men's 400 Meters (F)
6:30 Men's 800 Meters (F)
6:50 Men's 400-Meter Hurdles (F)
7:00 Women's 200 Meters (F)
7:05 Men's 200 Meters (F)
7:15 Women's 3,000 Steeplechase (F)
8:20 Men's 1,600-Meter Relay (F)

Times are Central and subject to change based on number of participants in each event.

T - trials, P - prelims, F - finals

NCAA MIDWEST REGION FACTS -- The NCAA Midwest Regional is one of four qualifying meets for the NCAA Championships to be held June 10-13 in Fayetteville, AR. The top five finishers in each individual event and the top three relays from each of the four regionals will automatically advance to the national meet.

The Midwest regional features 39 schools from Colorado, Iowa, Kansas, Minnesota, Montana, Nebraska, New Mexico, North Dakota, South Dakota, Oklahoma, Texas and Wyoming. The other three regions are the West in Eugene, OR, (40 men's teams, 42 women's teams), the Mideast in Louisville, KY, (78 men's teams, 81 women's teams) and the East in Greensboro, NC, (110 men's teams, 112 women's teams).

HAWKEYE REGIONAL FACTS -- In the seven-year history of the NCAA Midwest Regional, the Hawkeye women's team has sent 96 qualifiers to the meet and crowned two champions and 35 all-region selections. The men's team has sent 105 qualifiers and crowned one champion and 25 all-region honorees. Iowa's regional champions were **Kineke Alexander** (400 meters - 2006 and 2007) and **Bill Neumann** (javelin - 2003).

The Hawkeye men posted their best finish - 12th - in 2008, while the women's team tallied their highest placing - eighth - in 2007.

Former Hawkeyes **Kineke Alexander**, **Tiffany Johnson** and **Peaches Roach** hold the women's school record for times qualified to the regional meet in a career. All three are 10-time qualifiers. Alexander qualified in three events in 2005, four in 2006, two in 2007 and one in 2008. Johnson advanced in three events in 2005 and 2007, and four events in 2006. Roach qualified in three events in 2005, 2006 and 2007 and one event in 2004. The Hawkeye women posted the most qualifiers in school history in 2007 (21). In all the events, the Hawkeyes have qualified the most in the 5,000 meters (8).

Hawkeye senior **A.J. Curtis** hold the men's school record for most times qualified for the regional with eight. He has qualified in the shot put and discus each of the past four seasons (2006-09). Iowa's 20 qualifiers this season is a new school record, and the Hawkeyes have qualified the most student-athletes in the shot put (18) and discus (18) since the first regional meet.

2008 NCAA REGIONAL REVIEW -- Hawkeye senior **Kineke Alexander** and juniors **A.J. Curtis** and **John Hickey** used their top-five individual finishes at the NCAA Midwest Regional in Lincoln, NE, to earn automatic bids to the NCAA Outdoor Championships. Eight Hawkeyes also earned all-region honors by placing in the top eight in their events.

The Hawkeye men posted their highest finish in the six-year history of the regional meet, placing 12th with 25 points. Their previous best team finish was 15th in 2004. The Iowa women's team placed 18th with 12 points.

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2008 HAWKEYE NCAA MIDWEST REGIONAL REVIEW

Women's Team Standings (Top 3 Plus Iowa)

Place	Team	Points
1.	Texas A&M	116
2.	Texas Tech	66.5
3.	Minnesota	53.5
18.	Iowa	12

Men's Team Standings (Top 3 Plus Iowa)

Place	Team	Points
1.	Texas A&M	87
2.	Nebraska	68.5
3.	Colorado	55
	Texas	54
12.	Iowa	25

Iowa's All-Region Honorees

Kineke Alexander - 400 Meters
A.J. Curtis - Shot Put, Discus
John Hickey - Shot Put
Shane Maier - Shot Put
Andy Napier - 3,000-Meter Steeplechase
Ray Varner - 400-Meter Hurdles
Renee White - Triple Jump, Long Jump

PAST NCAA REGIONAL FINISHES BY IOWA'S 2009 QUALIFIERS

A.J. Curtis

2006: 16th - Shot (54-6); 22nd - Discus (151-8)
2007: 13th - Discus (172-2)
2008: 3rd - Shot (59-5 1/2); 3rd - Discus (176-8)

John Hickey

2006: 14th - Shot Put (55-7)
2007: 11th - Shot Put (53-9)
2008: 2nd - Shot Put (61-4 1/4)

Ray Varner

2007: 8th - 400 M Hurdles (52.93)
2008: 8th - 400 M Hurdles (51.07)

Renee White

2006: 19th - Long Jump (19-2 3/4)
2007: 12th - Triple Jump (41-0 1/2)
2008: 6th - T. Jump (43-10); 8th - L. Jump (20-3 3/4)

Alexander placed second in the 400 meters with a season-best 52.24, Hickey placed second in the shot put (61-4 1/4) and Curtis placed third in both the discus (176-8) and shot put (59-5 1/2).

Six of Iowa's other regional competitors placed in the top 12 in their events to earn a spot in the at-large pool. Junior **Renee White** led the group with her record-breaking triple jump performance. White broke her own school record by over a foot, recording a 43-10 on her first jump of the competition to place sixth. White had an outstanding meet, placing eighth in the long jump (20-3 3/4) and jumping over 20 feet in that event for the first time in her career. Junior **Andy Napier** ran a collegiate-best 8:57.54 in the 3,000-meter steeplechase for seventh place, and sophomore **Ray Varner** placed eighth in the 400-meter hurdles with a season-best 51.07. Senior **Tammilee Kerr** placed 10th in the javelin (155-8), senior **Jeremy Petsche** placed 10th in the high jump with a collegiate-best 6-11 and senior **Shane Maier** placed seventh in the shot put (56-11 1/2) and 11th in the discus (164-2).

2009 BIG TEN OUTDOOR REVIEW -- Hawkeye senior **Renee White** made her final attempt count, winning the Big Ten women's outdoor triple jump with a school and meet record-breaking leap of 43-10 3/4.

The Hawkeye women finished the final day of the three-day Big Ten Championships in Columbus, OH, in 10th place with 31 points, while the Iowa men placed seventh with 69. Penn State won the women's team title with 139, while Minnesota won the men's team race with 130. The event was held May 15-17 at Ohio State's Jesse Owens Memorial Stadium.

White gave the Hawkeyes an outstanding start on the final day of competition, winning her second career Big Ten triple jump title. Her mark broke the Big Ten meet record of 41-8 set in 1997 by Michigan's Tania Longe and White's own school record of 43-10 that she set last season. White beat runner-up Casey Taylor of Michigan by over nine inches, and her winning mark was over two feet more than her previous season best in that event. The senior from Portmore, Jamaica, is the first Hawkeye in women's school history to win an outdoor conference title in the triple jump. White, who won the 2008 Big Ten indoor triple jump title, is the seventh two-time Big Ten champion in women's school history.

Also scoring points for the Hawkeye women were junior **Rhonda-Kaye Trusty**, who placed fourth in the 100 (11.85) and 200 meters (24.11), and sophomore **Karessa Farley**, who placed fourth in 100-meter hurdles (13.56). Farley, Trusty, White and sophomore **Kara-Aretha Graham** ran on the 400-meter relay that placed sixth in 46.30. In the distance events, junior **Jolly Burke** placed seventh in the 10,000 meters with a collegiate-best 36:23.33, while senior **Hannah Roeder** improved her regional-qualifying time in the 3,000-meter steeplechase by running a collegiate-best 10:35.26 for eighth place.

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2009 BIG TEN OUTDOOR CHAMPIONSHIPS REVIEW

Women's Team Standings

Place	Team	Points
1.	Penn State	139
2.	Michigan	138.75
3.	Minnesota	131.5
4.	Illinois	100
5.	Indiana	74.25
6.	Purdue	64
7.	Michigan State	57.25
8.	Ohio State	45
9.	Wisconsin	38.25
10.	Iowa	31

Men's Team Standings

Place	Team	Points
1.	Minnesota	130
2.	Ohio State	103
3.	Michigan	100
4.	Purdue	81
5.	Penn State	80
6.	Wisconsin	76
7.	Iowa	69
8.	Michigan State	62
9.	Illinois	60
10.	Indiana	58

Iowa's Top Five Placewinners

Name, Event	Place
Renee White, Triple Jump	1st
Adam Hairston, 800 Meters	2nd
A.J. Curtis, Discus	2nd
Paul Chaney, Jr., 100 Meters	3rd
John Hickey, Shot Put	3rd
Men's 400-Meter Relay (Richardson, Sayon, Richards, Chaney, Jr.)	3rd
Ray Varner, 400 Hurdles	4th
Paul Chaney, Jr., 200 Meters	4th
Rhonda-Kaye Trusty, 100 Meters	4th
Rhonda-Kaye Trusty, 200 Meters	4th
Karessa Farley, 100 Hurdles	4th
Ryan Lamparek, Shot Put	5th
Dan Rolling, Decathlon	5th

The Hawkeye men posted several top-eight finishes throughout the event to add to their team point total, but a disqualified relay and some missed opportunities resulted in a seventh-place finish.

Senior **A.J. Curtis** and junior **Adam Hairston** posted Iowa's top individual finishes, with Curtis placing second in the discus (170-5) and Hairston placing second in the 800 meters (1:150.16). Senior **John Hickey** placed third in the shot put (59-9 1/2) in his final Big Ten event. Junior **Paul Chaney, Jr.** placed third in the 100 meters (10.59), fourth in the 200 meters (21.17), and anchored the 400-meter relay of freshman **D'Juan Richardson**, sophomore **Zeke Sayon** and freshman **Patrick Richards** to place third in 40.85. Sayon also placed fifth with a season-best 10.72 in the 100 meters.

Iowa's three finalists in the 400-meter hurdles produced points as junior **Ray Varner** placed third (51.16), sophomore **Conor Elmitt** placed seventh (54.41) and Richardson placed eighth (54.42). Junior **Dan Rolling** placed fifth in the decathlon with a collegiate-best 6,811 points, which ranks third all-time at Iowa in the decathlon, and redshirt freshman **Ryan Lamparek** placed fifth in the discus (167-8). Sophomore **Steven Willey** placed sixth in the 400 meters (47.23), senior **Andy Napier** placed sixth in the 3,000-meter steeplechase (9:10.82), senior **Eric MacTaggart** placed eighth in the 10,000 meters (30:57.35), and sophomore **Josh Bean** placed eighth in triple jump with a season-best 48-9 1/2 to round out Iowa's top-eight finishers.

The 1,600-meter relay of Willey, sophomore **Chris Barton**, freshman **Erik Sowinski** and Varner brought the third-fastest time in the Big Ten to Columbus, but was disqualified after the race for impeding another team's runner after a baton exchange.

VARNER NAMED BIG TEN TRACK ATHLETE OF THE WEEK -- Junior **Ray Varner** was named the Big Ten's Men's Co-Track Athlete of the Week April 8, sharing honors with Purdue's Josh Hembrough. It was Varner's first weekly honor, and Iowa's first track athlete honored since Andy Napier in 2008.

Varner earned accolades for his two regional qualifying performances at Auburn's Tiger Track Classic. The Wadsworth, IL, native posted a third place finish in the 400-meter hurdles with a time of 51.82. Later in the meet, Varner anchored Iowa's 1,600-meter relay team, helping them to a fifth-place finish of 3:09.70. The other members of the regional-qualifying relay team were sophomore **Steven Willey**, freshman **Patrick Richards** and sophomore **Chris Barton**.

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2009 HAWKEYE WOMEN'S INDOOR SEASON REVIEW

All-Americans, Event

Karessa Farley, 60-Meter Hurdles
Racheal Marchand, 5,000 Meters

NCAA Automatic Qualifier, Event

Racheal Marchand, 5,000 Meters

NCAA Provisional Qualifiers, Event

Karessa Farley, 60-Meter Hurdles
Betsy Flood, Distance Medley Relay
Tiffany Hendricks, Distance Medley Relay
Racheal Marchand, Distance Medley Relay
McKenzie Melander, Distance Medley Relay
Renee White, Triple Jump

Big Ten Finish, Points

10th place, 25 points

Big Ten Sportmanship Award Winner

Bethany Praska

School Record Broken, Event (Mark)

Karessa Farley, 60-Meter Hurdles (8.21)

2009 HAWKEYE MEN'S INDOOR SEASON REVIEW

All-American, Event

John Hickey, Shot Put

NCAA Provisional Qualifiers, Event

Chris Barton, 1,600-Meter Relay
Adam Hairston, 800 Meters
John Hickey, Shot Put
Patrick Richards, 1,600-Meter Relay
Ray Varner, 1,600-Meter Relay
Steven Willey, 1,600-Meter Relay

Big Ten Finish, Points

9th place, 43 points

Big Ten Athlete of the Week (Date)

John Hickey (Feb. 16)

Big Ten Sportmanship Award Winner

Josh Bean

School Records Broken, Event (Mark)

Erik Sowinski, 600 Meters (1:18.05)
John Hickey, Shot Put (63-0)

HAWKEYE COACHING STAFF -- The Hawkeye coaching staff has some new faces and responsibilities for the 2009 season. **Larry Wiecezorek** 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.

MEN'S TEAM ANNOUNCES 2009 RECRUITING CLASS -- The Hawkeye men's track team has signed four student-athletes to national letters of intent for the 2010 season. Head Coach **Larry Wiecezorek** is excited about the immediate impact that hurdler **Ethan Holmes** (Clinton, IA), distance runner **Jeff Thode** (Hoffman Estates, IL) and throwers **Ben Stancombe** (Bloomington, IN) and **Matt Byers** (Wichita, KS) will have on the Hawkeyes next season.

Holmes is the defending Class 4A state 400-meter hurdles champion (53.03), also winning that event at the 2008 Drake Relays. Stancombe is one of the top five returning hammer throwers (202-0) and one of the top nine weight throwers (67-10) in the nation. Competing for South High School, he is also the top returning shot putter (58-0) in the state of Indiana. Byers is one of the top three returning javelin throwers in the nation, recording a personal-best 219-8. He placed second at the Class 6A Kansas state championships, the USTAF Junior Championships and the USATF Junior Olympics last season. Thode is the fourth Illinois state cross country champion to join the Hawkeyes in recent years. He won the large school class at the 2008 state meet in November with a time of 14:18 on the three-mile course. He is also one of the top six returning milers in the nation, posting a 4:10.80 last spring.

WOMEN'S TEAM ANNOUNCES 2009 RECRUITS -- The Hawkeye women's track team has signed eight student-athletes to national letters of intent for the 2010 season. Head Coach **Layne Anderson** is excited about the immediate impact that multi-event competitor **Missy Miller** (Tipton, IA), high jumpers **Megan Glisar** (Sergeant Bluff, IA) and **Eva Greenwalt** (Fitchberg, WI), distance runners **Megan Ranegar** (Valparaiso, IN) and **Sarah Boyd** (Dunrobin, Ontario), thrower **Ashlyn Gulvas** (Pinconning, MI), sprinter and jumper **Emily Moore** (Gillette, WY) and sprinter **Raven Moore** (Riverdale, GA) will have on the Hawkeyes next season.

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Boyd placed third at the 2007 OFSAA Cross Country Championships (17:56), and has lifetime bests of 2:14 (800 meters) and 4:39 (1500 meters indoor). Glisar is a three-time Class 3A high jump state champion who placed third at the 2007 Nike Outdoor National Championships (5-8 3/4) and won the 2007 USA Youth Outdoor high jump title. Greenwalt qualified for the 2008 state meet in four events, placing third in the high jump. Her lifetime best clearance in that event is 5-8. A 2008 state champion in both the shot put and discus, Gulvas has posted lifetime best performances of 45-3 in the shot and 140-6 in the discus.

Miller is a four-time Class 2A state champion in track, having qualified in the maximum 12 events for three state championships, and a four-time state qualifier in cross country. She is a 10-time Drake Relays qualifier, and was part of two state championship cross country and track teams. Emily Moore is an 11-time Class 4A state champion in the jumps and sprints. Wyoming's 2008 Track and Field Gatorade Player of the Year, she holds state records in the long jump (19-2 1/2), triple jump (39-7 1/2) and as a part of the 400-meter relay (48.30). She is a two-time triple jump all-American at the Nike Outdoor National meet, placing fourth in 2007 and second in 2008. Raven Moore was a Class 1A state champion in both the 100 (11.80) and 200 meters (24.50). Ranegar was the 2007 State Cross Country Runner-up and placed 20th at the Footlocker Midwest Regional in a time of 18:24.

LUCIANO, CROSS COUNTRY TEAMS EARN HONORS -- The Iowa cross country teams were named to the 2008 U.S. Track & Field and Cross Country Coaches Association (USTFCCA) all-academic team in March. Hawkeye junior **Jesse Luciano** also received individual all-academic honors.

The Iowa women's team, who earned the honor for the sixth-straight season, had a combined GPA of 3.328 and is one of 162 teams to earn the award. The men's team earned a team grade point average of 3.285 and is one of 110 teams to earn the award. For a team to be considered for the USTFCCA all-academic team award, they must have competed and compiled a team score at an NCAA Regional Meet. The team must also have a minimum 3.00 team cumulative grade point average.

Luciano is one of 40 men's cross country student-athletes to earn USTFCCA all-academic honors. An accounting major from Villa Park, IL, he placed 15th at the NCAA Midwest Regional (31:32.55) and 43rd at the NCAA Championships (30:17.8). He has been named to the team for the second straight year. To be eligible for the award, a student-athlete must carry a minimum 3.25 cumulative grade point average and must finish in the top 15 (or top 10%) of the field at their respective NCAA regional meet or attain all-American status at the NCAA Championships.

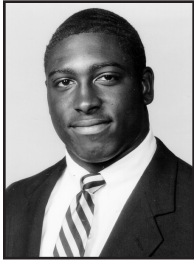
The men's cross country team was also among the NCAA Division I intercollegiate athletics programs singled out in April by the NCAA for ranking in the top 10 percent among their peers in the NCAA's 2008 Academic Progress Rate. Every NCAA Division I institution calculates an APR for each athletics team each academic year. The APR provides a real-time look at a team's academic success each semester or quarter by tracking the academic progress of each student-athlete. The APR includes eligibility, retention, and graduation in the calculation and provides a clear picture of the academic culture in each sport. The NCAA honored 767 Division I teams that earned multi-year APR scores in the top 10 percent of all squads in their respective sports, about 11.8 percent of all 6,484 Division I teams. Last year, 11.4 percent were recognized.

Head Coach **Larry Wieczorek's** squad was one of 35 men's cross country programs to rank among the Top 10 in APR among its peers and was joined by Michigan as the only Big Ten Conference programs included in that elite list.

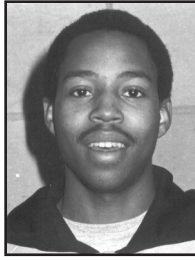
IOWA TRACK TO HOST CLINICS & CAMPS -- The Hawkeye coaching staff is scheduled to host a four-day summer camp June 21-25. For more information contact Assistant Coach Scott Cappos at (319) 335-9392 or scott-cappos@uiowa.edu, or visit www.hawkeyetrack.com.

NEXT COMPETITION -- The Hawkeye track teams will send qualifying student-athletes to the 2009 NCAA Championships, June 10-13 in Fayetteville, AR. All events will be held at the University of Arkansas' John McDonnell Field. For ticket information contact the University of Arkansas Athletics Ticket Office at 800/982-4647 or www.arkansasrazorbacks.com.

MEN'S ALL-TIME TOP TEN OUTDOOR PERFORMERS



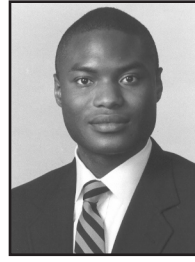
Jeremy Allen



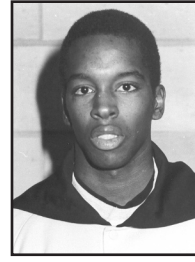
Gordon Beecham



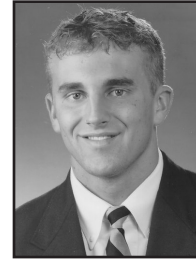
A.J. Curtis



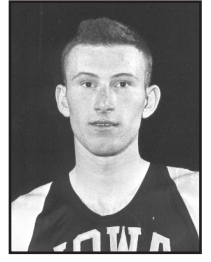
Chris Davis



Terrence Duckett



Scott Faber



Bill Frazier

100 Meters

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

110-Meter High Hurdles

1. Pat McGhee, 198913.50
2. Dion Trowers, 1996.....13.62
3. Ronnie McCoy, 1985.....13.66
4. James Armstrong, 1991...13.89
5. Doug Jones, 198614.06
6. Chris Williams, 198314.24
7. Rajeev Balkrishnan, 1993 14.29
8. Gary Falls, 199214.48
9. Monte Raymond, 199614.51
10. Tony Branch, 199814.58

200 Meters

1. Jeff Patrick, 198320.47
2. Anthuan Maybank, 1994 .20.55
3. Andre Morris, 199520.64
4. George Page, 1996.....20.67
5. Terrence Duckett, 1982....20.74
6. Tim Dodge, 200220.78
7. Bashir Yamini, 199920.82
8. Dennis Kohl, 1966.....20.84
9. Tim Dwight, 199720.91
10. Victor Greer, 198420.98

400 Meters

1. Anthuan Maybank, 1993 .44.99
2. Andre Morris, 199545.15
3. Mike Mondane, 196745.20
4. Gary Hollingsworth,.....46.3
5. Harold Leonard, 198646.45
6. Tony Branch, 199946.60
7. Prince Riley, 200746.61
8. George Page, 1996.....46.66
9. Dick Eisenlauer, 1973.....46.74
- Terrence Duckett, 1983....46.74

400-Meter Hurdles

1. Pat McGhee, 198848.83
2. Monte Raymond, 1998....50.09
3. Paul Steele, 198950.45
4. Russell Peterson, 2001.....50.50
5. Adam Kunkel, 2001.....50.73
6. Jon Reimer, 196750.94
7. **Ray Varner, 2007 50.99**
8. Gary Falls, 199151.08
9. Rajeev Balkrishnan, 1993 51.14
10. Scott Williamson, 200051.74

800 Meters

1. Bill Frazier, 1962.....*1:47.64
2. D'Juan Strozier, 19901:47.82
3. Michael Layne, 1999.....1:49.61
4. Bill Thiesen, 1985.....1:49.74
5. **Adam Hairston, 2009 .. 1:49.96**
6. Andy Wiese, 1985.....1:50.22
7. Paul Chepkwony, 1984..1:50.36
8. Rod Chambers, 19891:50.60
9. Jim Donovan, 19981:50.68
10. James Porter, 19941:51.00

1,500 Meters

1. Joel Moeller, 19783:44.01
2. Jim Docherty, 1978.....3:44.30
3. Dan Waters, 19863:46.35
4. Kevin Herd, 19943:46.64
5. John Clark, 19773:46.84
6. Ted Wheeler, 1956.....3:48.24
7. **Jesse Luciano, 2007 3:49.99**
8. M. VanDenend, 20073:50.20
9. John Dobbs, 19853:50.70
10. **Chase Kadlec, 2009 3:51.01**

3,000-Meter Steeplechase

1. Deacon Jones, 1956.....8:47.40
2. Steve Pershing, 19788:54.59
3. Andy Morris, 20008:56.21
4. Matt Gerard, 19948:57.01
5. **Andy Napier, 2008..... 8:57.54**
6. Rollie Kitt, 1967.....9:02.9
7. Al Greene, 1985.....9:02.96
8. Tony Rakaric, 2005.....9:03.29
9. Sean Gale, 1993.....9:08.00
10. Nick Nordheim, 2000....9:12.06

5,000 Meters

1. M. VanDenend, 2007 ..13:49.31
2. Larry Wiczorek, 1968..13:56.0
3. Kevin Herd, 199313:59.0
4. Stetson Steele, 2000...14:02.76
5. **Eric MacTaggart, 2005 14:04.79**
6. Dan Haut, 2006.....14:07.30
7. Matt Esche, 2006.....14:12.07
8. Jeff Kent, 200714:21.05
9. Brian Rae, 200414:22.83
10. Tony Rakaric, 2003.....14:22.92

10,000 Meters

1. Stetson Steele, 2000...28:44.47
2. **Eric MacTaggart, 2006 28:50.23**
3. Nick Nordheim, 2002..29:44.71
4. Trent Corey, 2002.....29:45.25
5. Chad Schwitters, 1999 29:56.00
6. Dan Haut, 2006.....30:03.08
7. Kevin Herd, 199430:05.21
8. Paul Sarris, 200130:08.40
9. Matt Esche, 2004.....30:08.82
10. Eric McDermott, 2002 30:11.16

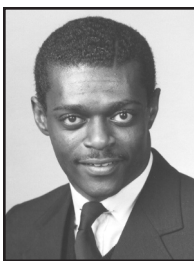
Decathlon

1. Scott Faber, 2000 6,839 pts
2. Ryan Niver, 2008..... 6,837 pts
3. **Dan Rolling, 20096,811 pts**
4. Chad Ohly, 1994..... 6,641 pts
5. Gary Kostrubala, 1984,498 pts
6. **Frank Prill, 20096,429 pts**
7. Jacob Drewry, 1994 ... 5,820 pts

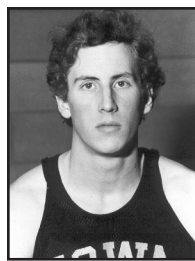
High Jump

1. Bill Hansen, 1978 7-4 (2.23)
- Bill Knoedel, 1975 7-4 (2.23)
3. M. Cunningham, 1986 7-1 (2.16)
- Kenneth Lansing, 1988 7-1 (2.16)
5. Pat Meade, 1987 7-0 (2.13)
6. Scott Hudek, 1993 .. 6-11 (2.11)
- Jeremy Petsche, 2008 6-11 (2.11)
7. **Ryan Kelly, 2008 7-10 3/4 (2.10)**
8. Mike Lacy, 1985 6-10 1/2 (2.09)
9. Damion Turner, 1998.6-9 1/2 (2.07)
10. Luke Nessa, 2000 6-8 3/4 (2.05)
- Trey Stross, 2008 6-8 3/4 (2.05)**
- Graham Valdes, 2009 6-83 3/4 (2.05)**

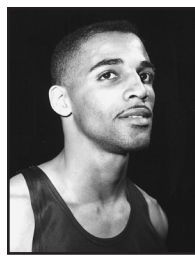
Names in bold are current team members.



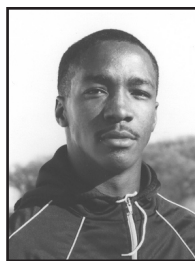
Victor Greer



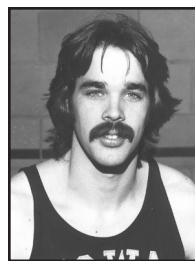
Bill Hansen



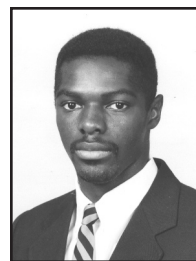
Deacon Jones



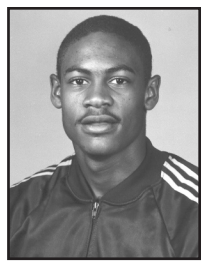
Paul Jones



Bill Knoedel

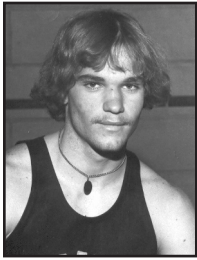


Anthuan Maybank

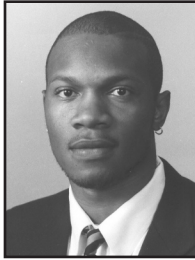


Pat McGhee

MEN'S ALL-TIME TOP TEN OUTDOOR PERFORMERS



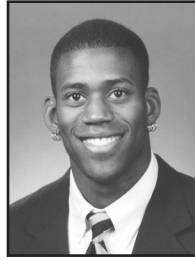
Joel Moeller



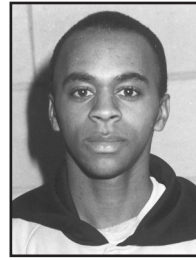
Andre Morris



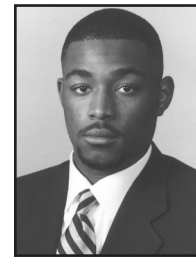
Bill Neumann



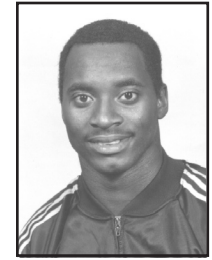
George Page



Jeff Patrick



Ed Rozell



Robert Smith

Long Jump

1. Anthuan Maybank, 1993 27-1 (8.25)
2. Bashir Yamini, 1997 26-8 1/4 (8.13)
3. Paul Jones, 1989 25-10 1/4 (7.88)
4. Darren Smith, 1991 25-9 3/4 (7.86)
5. Quinn Early, 1986..... 25-7 1/4 (7.80)
6. Ed Gordon, 1931..... 25-4 3/8 (7.68)
7. Matty Gorman, 2006 25-1 1/4 (7.65)
8. Ronnie McCoy, 1985..... 25-0 (7.62)
9. Joe Robinson, 1976..... 24-2 3/4 (7.38)
10. Aaron Reed, 2007 23-8 (7.21)

Triple Jump

1. Paul Jones, 1990 52-0 1/2 (15.86)
2. Gordon Finch, 1988 50-9 1/4 (15.47)
3. Mike Lacy, 1984 50-5 (15.36)
4. Pat Miller, 1985..... 49-8 1/2 (15.25)
5. Matty Gorman, 2008 49-2 1/2 (15.00)
6. Owen Gill, 1982 49-1 (14.96)
7. **Josh Bean, 2009 48-9 1/2(14.87)**
8. Ed Gordon, 1931..... 48-0 1/8 (14.63)
9. Mike Means, 1981 47-0 1/2 (14.34)
10. Aaron Reed, 2005 45-3 1/2 (13.80)

Pole Vault

1. Todd Wigginton, 1984 17-0 (5.18)
2. Chad Ohly, 1994..... 16-8 3/4 (5.10)
3. Curt Broek, 1978..... 16-8 (5.08)
4. Phil Wertman, 1971..... 16-7 (5.05)
- Kelly Scott, 1988 16-7 (5.05)
6. John Teffer, 1972..... 16-2 (4.93)
7. **Alex Zona, 2009 16-0 3/4 (4.90)**
8. Steve Brewer, 1983..... 16-0 (4.88)
- Doug Pennino, 1985 16-0 (4.88)
10. Jeff Raymond, 2008 15-11 (4.85)

Shot Put

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

Discus

1. **A.J. Curtis, 2007202-11 (61.84)**
2. Gary Kostrubala, 1986 202-4 (61.68)
3. Jeremy Allen, 2001 195-4 (59.54)
4. Tim Brodersen, 2005 193-6 (58.98)
5. Brad Daufeldt, 2004..... 185-0 (56.40)
6. **Nick Brayton, 2009180-11 (55.15)**
7. Andy Banse, 2005 180-0 (54.86)
8. Eric Rothwell, 2004..... 179-7 (54.73)
9. Shane Maier, 2008..... 178-7 (54.43)
10. **Ryan Lamparek, 2009 177-3 (54.04)**

Hammer

1. A. van der Westhuizen, 2001222-11 (67.94)
2. Adam Hamilton, 2007..... 222-2 (67.73)
3. Jim Costello, 2002 217-7 (66.32)
4. Brad Daufeldt, 2004..... 207-10 (63.34)
5. Chris Voller, 2005..... 206-0 (62.80)
6. Jeremy Allen, 2001 199-0 (60.66)
7. **Matt Banse, 2009 187-7 (57.19)**
8. Ryan Jordan, 2007 184-6 (56.23)
- Mark Schaapveld, 2009 184-6 (56.23)**
10. Tim Brodersen, 2004 181-3 (55.24)

Javelin

1. Bill Neumann, 2002 244-8 (74.58)
2. Dan Ralph, 2000 227-10 (69.44)
3. **Zach Schimp, 2009206-3 (62.88 m)**
3. Kale Katt, 2007..... 204-0 (62.17)
4. Joel Storm, 2004..... 203-5 (62.01)
5. Matt Stank, 2001 199-0 (60.66)
6. A. van der Westhuizen, 1999173-11 (53.00)
7. **Craig Jennings, 2006..... 173-4 (52.83)**
8. Scott Faber, 2000 173-1 (52.78)
9. Justin Silverman, 2000 172-6 (52.58)

400-Meter Relay

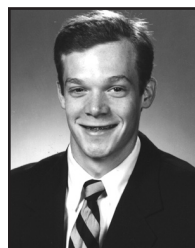
1. Beecham, Duckett, Greer, R. Smith, 198439.48
2. Page, Davis, Rozell, Morris, 199639.73
3. Felix, Branch, Dodge, Yamini, 199939.96
4. Beecham, Duckett, Greer, Patrick, 1983.....39.99
5. Dwight, Branch, Davis, Yamini, 1998.....40.00
- Goode, Fisher, Morris, Maybank, 199440.00
- 199840.00
- Dwight, Branch, Dodge, Yamini, 199940.00
9. Williamson, Dodge, Peterson, Digney, 2002 40.04
10. McCoy, Duckett, Greer, Smith, 1984.....40.07

1,600-Meter Relay

1. Morris, Davis, Page, Rozell, 19953:03.11
2. Branch, Dwight, Dodge, Yamini, 19993:03.29
3. Ferree, Frazier, Mondane, Reimer, 1967 ...3:04.10
4. Rozell, Morris, Davis, Yamini, 1996.....3:04.71
5. Cameron, Williams, McGhee, McCoy, 19853:06.00
6. Rozell, Davis, Dwight, Raymond, 19973:06.06
- Dodge, Kunkel, Coleman, Peterson, 2001 .3:06.06
8. Davis, Rozell, Morris, Raymond, 19963:06.54
9. Williamson, Dodge, Strang, Coleman, 20023:06.69
10. Raymond, Davis, Morris, Page, 1996.....3:06.85

Distance Medley Relay

1. Pershing, Moeller, Slack, Docherty, 1978 ..9:39.94
2. Theisen, Williams, Wiesa, Waters, 1985 ...9:54.04
3. **Luciano, Pierre, Hairston, VanDenend, 20079:54.07**
4. VanDenend, Riley, O'Hollearn, Rakaric, 20069:54.97
5. Feeldy, Eischeid, Novotny, Peters, 19969:55.71
6. Thomas, Wise, Cunningham, S.Allen, 2001 10:01.57
7. Thomas, Wakenight, Dziubski, Rakaric, 200310:01.72
8. Trainor, Coleman, Cunningham, Allen, 2002 10:01.93
9. English, Blackman, Strolier, Chambers, 1988 10:04.25
10. Chambers, Thomas, Bouska, Herd, 1991 10:04.30



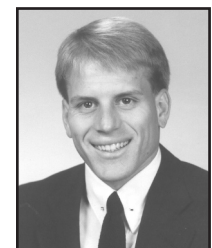
Stetson Steele



Micah
VanDenend



Arno van der
Westhuizen



Todd Wigginton

WOMEN'S ALL-TIME TOP TEN OUTDOOR PERFORMERS



Kineke Alexander



Meghan Armstrong



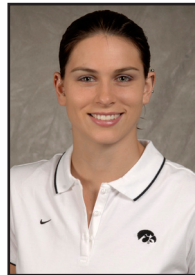
Nicole Charles



Nan Doak



Tina Floyd



Becca Franklin



Yolanda Hobbs

100 Meters

1. Vivien McKenzie, 198511.45
2. Davera Taylor, 1984.....11.51
3. Erica Broomfield, 199811.53
4. Jiselle Providence, 2001 ..11.57
5. Tanja Reid, 199411.60
Peaches Roach, 200511.60
7. Yolanda Hobbs, 1995.....11.62
8. Elanie Jones, 198511.69
9. Lakeya Boatright, 2000....11.77
10. Tamara Dixon, 200211.79

100-Meter Hurdles

1. Tiffany Johnson, 2007.....13.20
2. **Karessa Farley, 2009..... 13.44**
3. C. Prendergast, 199913.60
Paula Ruen, 2000.....13.60
5. Sarah Steffen, 200213.65
6. Ruqayya Raheem, 1998...13.90
7. Brenda Calhoun, 198413.94
8. Wynsome Cole, 1997.....14.10
9. Kimberley Stanford, 2008...14.11
10. **Renee White, 2008 14.20**

200 Meters

1. Shellene Williams, 2004 ..23.50
2. Kineke Alexander, 2006...23.58
3. Davera Taylor, 1984.....23.59
4. Vivien McKenzie, 198523.61
5. Yolanda Hobbs, 1995.....23.65
6. Tanja Reid, 199523.75
7. **Rhonda-Kaye Trusty, 2009 23.83**
8. Elaine Jones, 198323.84
9. Jiselle Providence, 2001 ..24.00
10. Peaches Roach, 2006.....24.01

400 Meters

1. Kineke Alexander, 2006...51.35
2. Shellene Williams, 2004 ..51.94
3. Ellen Grant, 1996.....52.65
4. Senta Hawkins, 198854.01
5. Marlene Poole, 199454.03
6. Elaine Jones, 198354.40
7. Nicole Charles, 2001.....54.48
8. Stacey-Leigh Bynoe, 200054.73
9. Alycia Simpson, 1987.....55.18
Aisha Hume, 200455.18

400-Meter Hurdles

1. Mary Knoblauch, 198156.16
2. Wynsome Cole, 1998.....56.67
3. Chris Davenport, 1981.....59.18
4. Sarah Steffen, 200259.59
5. Beverly Powell, 199159.96
6. Diane Steinhart, 1980...1:00.56
7. Ruqayya Raheem, 19991:00:62
8. Keely Huber, 20021:00.98
9. Aditya Jones, 2007.....1:01.65
10. Sherri Hull, 19871:02.60

800 Meters

1. Kay Stormo, 19822:05.67
2. Michelle Lahann, 2004 .2:06.79
3. Aisha Hume, 20052:08.50
4. J. Kruckeberg, 19872:08.75
5. Ann Pare, 19972:09.25
6. M. Armstrong, 20062:10.15
7. **Sophia Poncé, 2007..... 2:10.35**
8. Briana Benning, 1996 ...2:10.47
9. Tami Hoskins, 1990.....2:11.47
10. **Besty Flood, 2009..... 2:11.69**

1,500 Meters

1. M. Armstrong, 20064:17.41
2. J. Kruckeberg 19894:19.71
3. Diane Nukuri, 2007.....4:20.95
4. Penny O'Brien, 1985.....4:21.43
5. Kay Stormo, 19824:22.24
6. Michelle Lahann, 2004 .4:24.00
7. **Betsy Flood, 2009..... 4:24.91**
8. Shannon Stanley, 2006 .4:25.08
9. **McKenzie Melander, 20094:26.99**
10. Tracy Dahl, 19924:27.44

3,000 Meters

1. Diane Nukuri, 2008.....9:18.82
2. Penny O'Brien, 1985.....9:20.61
3. Nan Doak, 19859:23.04
4. Tracy Dahl, 19929:23.53
5. M. Armstrong, 20069:28.03
6. J. Kruckeberg, 19899:30.69
7. Jennifer Brower, 1992 ..9:34.59
8. Jodi Hershberger, 1982 9:36.44
9. Tina Stec, 19949:38.39
10. R. Marchand, 20079:45.50

3,000-Meter Steeplechase

1. Jessica Schmidt, 2008 .10:27.18
2. Sarah Arens, 2004.....10:34.50
3. **Hannah Roeder, 2009 10:35.26**
4. Michelle Lahann, 200311:16.21
5. B. Thompson, 2003.....11:19.50

5,000 Meters

1. Nan Doak, 198515:45.84
2. Diane Nukuri, 2008.....15:59.39
3. M. Armstrong, 2008 ...16:08.83
4. Jenny Spangler, 1983..16:17.21
5. Tracy Dahl, 199216:18.77
6. R. Marchand, 200816:27.02
7. Jennifer Brower, 1991 16:37.09
8. Renee Doyle, 1988.....16:39.46
9. J. Hershberger, 1982...16:48.04
10. A. Dobrowolski, 1984 .16:50.00

10,000 Meters

1. Diane Nukuri, 2008.....33:17.01
2. Jennifer Brower, 1991 33:23.38
3. M. Armstrong, 2008 ...33:28.00
4. Nan Doak, 198533:33.03
5. Jenny Spangler, 1983..33:39.24
6. R. Marchand, 200834:05.87
7. Tracy Dahl, 199234:30.09
8. Nikki Chapple, 2004....35:06.35
9. Jenny Johnson, 1992 ..35:45.53
10. A. Dobrowolski, 1985 .35:59.98

Heptathlon

1. Tammilee Kerr, 2008 5,532
2. Kathy Gillespie, 1983 5,262
3. Tiff Pedersen, 2004..... 4,976
4. Janet Adams, 1981 4,855
5. Ruqayya Raheem, 1997.. 4,665
6. Angela Chadwick, 1993 .. 4,493
7. Angie Hensel, 2004..... 4,073
8. Janelle Jaspers, 1987 4,000
9. Marjie Tweto, 1996 3,967



Aisha Hume



Aisha James



Tiffany Johnson



Tammilee Kerr



Vivien McKenzie



Diane Nukuri



Marlene Poole

WOMEN'S ALL-TIME TOP TEN OUTDOOR PERFORMERS



Alana Redfern



Tanja Reid



Peaches Roach



Jessica Schmidt



Sarah Steffen



Kay Stormo



Jessie Strand

High Jump

1. Peaches Roach, 2006.....6-1 1/4 (1.86)
2. Mary Mol, 1983 6-0 (1.83)
3. Lynn McMillan, 1988 5-9 1/4 (1.76)
4. Kacey Childs, 2001.....5-8 1/2 (1.74)
5. Kristi Dinkla, 1985..... 5-8 (1.73)
Becky Kaza, 1995 5-8 (1.73)
Eve Cullinan, 2003 5-8 (1.73)
8. **Caleigh Bacchus, 2008.....5-7 1/4 (1.71)**
9. Jenni Elbert, 2005 5-7 (1.70)
10. Nancy Tessmer, 19915-6 1/2 (1.69)
Tammilee Kerr, 20085-6 1/2 (1.69)

Long Jump

1. Aisha James, 2003 22-3 (6.78)
2. **Renee White, 200820-3 3/4 (6.19)**
3. Becki Borg, 1988.....19-7 1/4 (5.97)
4. Lisa Moats, 1986.....19-6 (5.95)
5. Tammilee Kerr, 200819-4 1/4 (5.90)
6. Yolanda Hobbs, 1993.....19-2 1/2 (5.85)
7. Jane Dunlevy, 1977..... 18-6 (5.64)
8. Ruqayya Raheem, 1997 ..18-5 1/4 (5.62)
Tiff Pedersen, 2004.....18-5 1/4 (5.62)
10. Angie Hensel, 2005..... 18-5 (5.61)

Triple Jump

1. **Renee White, 2008 ... 43-10 3/4 (13.38)**
2. Tiffany Johnson, 2007...41-8 3/4 (12.72)
3. Becki Borg, 1988.....40-7 1/2 (12.38)
4. Lynn McMillan, 198839-6 1/2 (12.05)
5. Lynn, 1998 39-0 (11.88)
6. Kacey Childs, 2001..... 37-8 (11.48)
7. Becca Franklin, 2004...36-10 1/2 (11.24)
8. Janna Houtz, 198433-10 1/2 (10.32)
9. Latoya Stiffend, 2002..... 32-6 (9.90)
10. Bridget Besch, 2003.....30-10 1/2 (9.41)

Shot Put

1. Lisa Van Steenwyk, 1992 50-8 (15.44)
2. Gail Smith, 198450-3 1/4 (15.32)
3. Denise Taylor, 1992.....50-1 3/4 (15.28)
4. Kamesha Marshall, 200548-6 3/4 (14.80)
5. Laura Kriener, 199048-2 1/2 (14.69)
6. Jennifer Gilson, 2002 47-10 (14.58)
7. Jennifer Moon, 200047-5 1/4 (14.46)
8. **Mandy Chandler, 2006..... 46-0 (14.02)**
9. Shelley Redies, 1985.....45-7 3/4 (13.89)
10. Megan Maurer, 1998....44-9 3/4 (13.66)

Discus

1. Denise Taylor, 1992 160-5 (48.90)
2. Lisa Van Steenwyk, 1991 ..159-1 (48.50)
3. Gail Smith, 1983 158-2 (48.22)
4. Kamesha Marshall, 2005 152-11 (46.62)
5. Jennifer Moon, 2000 150-8 (45.92)
6. Laura Kriener, 1989 150-3 (45.80)
7. Megan Maurer, 1997..... 149-2 (45.48)
8. Cheryl Bradley, 1982 146-5 (44.64)
9. Mickey Schoborg, 1985 146-2 (44.56)
10. Jodi Peterson, 1993142-1 3/4 (43.32)

Hammer Throw

1. Becca Franklin, 2007..... 195-0 (59.45)
2. Erin O'Hern, 2008 168-9 (51.45)
3. Kerri Blackstone, 1999.... 161-10 (49.32)
4. **Mandy Chandler, 2009 158-4 3/4 (48.28)**
5. Megan Maurer, 1998..... 145-6 (44.36)
6. Jennifer Gilson, 2002 142-6 (43.44)
7. Jennifer Moon, 2000 139-3 (42.44)
8. Kara Hinz, 2000.....125-1 (38.14)
9. Katie Hoback, 2002..... 121-11 (37.16)

Javelin

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

Pole Vault

1. Jessie Strand, 200312-10 1/4 (3.92)
2. Sarah Burgett, 2006.....12-1 3/4 (3.70)
3. Gina Shannon, 200111-2 1/4 (3.41)
4. Becky Kaza, 1998 8-6 (2.59)
Amy Kasparbauer, 2001 8-6 (2.59)

Pole Vault (Continued)

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

400-Meter Relay

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

1,600-Meter Relay

1. Hume, Charles, Steffen, Williams, 2003 3:36.26
2. McCalla, Granger, Alexander, Johnson, 2006 3:38.36
3. Alexander, **Graham**, Jones, M. Mims, 2007 .. 3:39.36
4. Jones, Alexander, Johnson, M. Mims, 2007.. 3:39.64
5. McCalla, Alexander, Sheeley, Hume, 2005 3:39.67
6. McCalla, Hume, Sheeley, Alexander, 2005 3:40.43
7. Layne, Simpson, Powell, McRell, 1989..... 3:41.23
8. Bynoe, Cole, Wynter, Grant, 1997..... 3:41.74
9. Charles, Fouchè, Williams, Hume, 2003..... 3:42.18
10. Fouchè, Charles, Williams, Hume, 2003..... 3:42.52

Distance Medley Relay

1. Hoskins, Powell, Schneckloth, Kruckeberg, 1989 .11:22.18
2. Armstrong, Alexander, Poncé, Stanley, 2007 .11:25.05
3. Stanley, McCalla, Hume, Armstrong, 2005.. 11:34.04
4. Barber, Williams, Hume, Arens, 2004 11:34.56
5. Thompson, Williams, Hume, Arens, 2003... 11:39.02
6. 2000 11:39.83
7. Davenport, xx, xx, xx, 1981 11:41.44
8. Pare, Grant, Benning, Gilchrist, 1997 11:41.92
9. Butler, Hume, Barber, Arens, 2001..... 11:47.16
10. Thompson, Hume, Barber, Lahann, 2003.... 11:52.04



Denise Taylor



Lisa Van Steenwyk



Renee White



Shellene Williams

IOWA'S NCAA MIDWEST REGIONAL QUALIFIERS



Matt Banse
Throws - *Freshman
Strawberry Point, IA
Starmont High School

2009 -- Indoor - led team in weight throw (54-8 1/4)... placed 23rd in weight throw (53-1 1/2) at Big Ten Championships... placed second in weight throw and fourth in shot put against Illinois (54-1 1/2, 52-11 1/2) and at Iowa Invite (52-0, 53-0)... **Outdoor** -- qualified for

regional meet in hammer throw with his collegiate-best 187-7 for second place at Messersmith Invite... that mark leads the team, and ranks seventh in school history and 20th in the region... won shot put at Lee Calhoun Memorial with a collegiate-best 54-2... placed 17th in hammer (175-6) at Big Ten Championships... placed ninth in shot put (53-11) and 13th in hammer (172-1) at Tiger Track Classic, 14th in hammer (176-6) at Drake Relays, and fourth in hammer (169-0) and fifth in shot put (51-5 3/4) at Illinois Invite.

Banse's Collegiate Bests

Event	Mark	Meet	Date
Shot Put (O)	54-2 (16.51 m)	at Lee Calhoun Mem.	4/11/09
Wt. Throw (I)	54-8 1/4 (16.67 m)	Iowa Open	1/17/09
Hammer (O)	187-7 (57.19 m)	at Messersmith Invite	4/18/09



Chris Barton
Sprints - Sophomore
Sherman Oaks, CA
Notre Dame High School

2009 -- Indoor - ran third leg on 1,600-meter relay that led team and ran NCAA provisional qualifying 3:09.62 at Last Chance Qualifier... that time ranks 10th on Iowa's all-time best performers list... ran third leg on 1,600-meter relay that placed eighth at Big Ten Championships

(3:14.73)... ran collegiate-best 200 meters (22.47) at Iowa State Classic... ran season-best 400 meters (48.32) at Meyo Invite... **Outdoor** - qualified for regional meet as part of team-leading 1,600-meter relay (3:08.81)... that time ranks 24th in the region... ran third leg on 1,600-meter relay that placed third at John McDonnell Invite (3:08.81) and fourth at Drake Relays (3:11.46)... ran third leg on sprint medley relay that placed second at Drake Relays in 3:20.05, which ranks third in school history... ran season best 400 meters (47.61) at Illinois Invite.

Barton's Collegiate Bests

Event	Time	Meet	Date
200 Meters (I)	22.47	at Iowa State Classic	2/13/09
400 Meters (O)	47.31	at Tiger Classic	4/5/08



Nick Brayton
Throws - *Freshman
Iowa City, IA
West High School

2009 -- Indoor - placed fourth in shot with collegiate-best 51-3 1/2 at Iowa Open... posted collegiate-best weight throw (46-11 1/2) against Illinois...

Outdoor - qualified for regional meet in discus with a winning 180-11 at Messersmith Invite... that collegiate-best

throw leads team, and ranks sixth in school history, ninth in the region and 40th in the nation... placed fifth in discus at Tiger Track Classic (173-3), seventh at Illinois Invite (155-4) and 12th at Big Ten Championships (156-3)... placed second in discus (163-0) and fifth in shot put (48-6) at Lee Calhoun Memorial.

Brayton's Collegiate Bests

Event	Mark	Meet	Date
Shot Put (I)	51-3 1/2 (15.63 m)	Iowa Open	1/17/09
Wt. Throw (I)	46-11 1/2 (14.31 m)	Iowa vs. Illinois	1/10/09
Discus (O)	180-11 (55.15)	at Messersmith Invite	4/18/09



Paul Chaney, Jr.
Sprints - Junior
St. Louis, MO
University High School

2009 -- Indoor - led team in 60 (6.80) and 200 meters (21.34)... the 60-meter time ranks third and the 200-meter time ranks fourth in school history... placed fifth in 200 meters (21.45) and sixth in 60 meters (6.84) at Big Ten meet... won 60 meters (6.80) at Iowa Invite... **Outdoor** - quali-

fied for regional meet in 100 (10.51) and 200 meters (21.14), and as part of 400-meter relay (40.58), leading team in those events... the relay ranks 22nd, the 200-meter time ranks 24th and the 100-meter time ranks 26th in the region... placed third in 100 (10.59) and fourth in 200 meters (21.17), and anchored 400-meter relay to third place (40.85) at Big Ten meet... anchored 400-meter relay to Drake Relays title (40.71)... also anchored 800-meter relay to a school-record 1:24.85 at Drake... ran second leg on sprint medley relay that placed second at Drake in 3:20.05, which ranks third in school history... missed the first month of the outdoor season due to spring football practice... Iowa's Big Ten Sportsmanship Award winner.

Chaney, Jr.'s Collegiate Bests

Event	Time	Meet	Date
60 Meters (I)	6.80	Iowa Invite	2/20/09
100 Meters (O)	10.51	at Illinois Invite	5/2/09
200 Meters (O)	21.14	at Illinois Invite	5/2/09

IOWA'S NCAA MIDWEST REGIONAL QUALIFIERS



A.J. Curtis
Throws - Senior
Brodhead, WI
Brodhead High School

Career Highlights -- set school discus record (202-11)... is one of only two Hawkeyes in school history and one of four student-athletes in Big Ten history to throw over 200 feet in that event... two-time all-region honoree... set school record for most times qualified

for the NCAA Midwest Regional (8)... competed in discus at 2008 U.S. Olympic Trials.

2009 -- Indoor - placed fourth in shot put with season-best 57-9 1/2 at Big Ten Championships... that mark ranks ninth on Iowa's all-time best performers list... placed eighth in shot put (56-7 1/4) at New Balance Invite... **Outdoor** - qualified for regional meet in discus (176-0) and shot put (59-5 3/4), giving him the school record for most career times qualified for the regional meet with eight... the shot put mark ranks seventh in the region and 26th in the nation... the discus throw ranks 14th in the region... runner-up in discus (170-5) at Big Ten meet, placing 12th in shot put (54-9 1/2)... placed second in discus at Illinois Invite (176-0), third at Messersmith Invite (170-4), seventh at Drake Relays (170-2) and ninth at Mesa Classic (172-8)... placed fifth in shot put at Drake Relays (58-0 1/4) and Sun Angel Classic (59-5 3/4).

Curtis' Collegiate Bests

Event	Distance	Meet	Date
Shot Put (O)	59-8 1/4 (18.19 m)	at Big Ten Champ's	5/18/08
Discus (O)	202-11 (61.84 m)	at Central College Invite	4/6/07



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

2009 -- Indoor - all-American, placing sixth in 60-meter hurdles (8.23) at NCAA Championships... first Hawkeye in women's school history to earn all-America honors in that event... NCAA provisional qualifier in 60-meter hurdles with a school-record setting time

of 8.21 at Iowa State Last Chance Meet... also won 60-meter hurdles at Iowa State Classic with a then-school record time of 8.30... ran collegiate-best 60 meters (7.88) at Iowa Open... **Outdoor** - qualified for regional meet in 100-meter hurdles (13.44) at Illinois Invite... that mark leads team, and ranks second in school history, sixth in the region and 29th in the nation... placed second in 100-meter

hurdles at Drake Relays (13.53) and fourth at Big Ten Championships (13.56)... ran lead leg on 400-meter relay that placed sixth at Big Ten meet, running a team-leading 45.83 in the prelims.

Farley's Collegiate Bests

Event	Time	Meet	Date
60 Meters (I)	7.88	Iowa Open	1/17/09
60-Meter Hurdles (I)	8.21	at Last Chance Qualifier	3/7/09
100 Meters (O)	12.28	at Tiger Track Classic	4/4/09
100-Meter Hurdles (O)	13.44	at Illinois Invite	5/2/09
200 Meters (I)	26.73	at Jack Johnson Classic	1/26/08
300 Meters (I)	42.14	Iowa Open	1/17/09



Betsy Flood
Freshman - Distance
Des Moines, IA
Dowling High School

2009 -- Indoor - ran third leg on team-leading distance medley relay that placed third in 11:27.34 at Big Ten Championships to provisional qualify for NCAA meet... that relay time ranks third on Iowa's all-time best performers list... led team in mile with collegiate

best 4:51.75 she ran at Iowa State Classic... that time ranks ninth in school history... ran 4:52.35 mile at Big Ten Championships... ran collegiate bests in 600 meters (1:35.42) at Iowa Invite and 800 meters (2:16.67) at Jack Johnson Classic... **Outdoor** - qualified for regional meet in 1,500 meters (4:24.91)... placed 10th in 1,500 meters (4:27.39) at Big Ten meet, running a team-leading and collegiate-best 4:24.91 in the prelims... that time ranks seventh in school history and 16th in the region... ran team-leading and collegiate-best 800 meters (2:11.69) at Illinois Invite... that time ranks 10th in school history... ran lead legs on team-leading 3,200-meter (8:53.81) and 6,400-meter (19:36.43) relays at Drake Relays... those times rank fourth and second, respectively, in school history... Iowa's Big Ten Sportsmanship Award winner.

2008 -- Cross Country - ran collegiate bests in 3,000 meters (10:41) at Hawkeye Invite, 5,000 meters (17:34) at Auburn Invite and 6,000 meters (21:37) at NCAA Midwest Regional... her best 3,000-meter time ranks eighth and her best 6,000-meter time ranks ninth in school history... placed 39th at Big Ten Championships (22:03) and 40th at NCAA Midwest Regional (22:06)... letterwinner.

Flood's Collegiate Bests

Event	Time	Meet	Date
600 Meters (I)	1:35.42	Iowa Invite	2/20/09
800 Meters (O)	2:11.69	at Illinois Invite	5/2/09
1,500 Meters (O)	4:24.91	at Big Ten Championships	5/16/09
Mile (I)	4:51.75	at Iowa State Classic	2/14/09
3,000 Meters (CC)	10:41	Hawkeye Invite	8/29/08
5,000 Meters (CC)	17:34	at Auburn Invite	10/4/08
6,000 Meters (CC)	21:37	at Pre-Nationals	10/18/08

IOWA'S NCAA MIDWEST REGIONAL QUALIFIERS



Adam Hairston
Middle Distance - Junior
Cedar Rapids, IA
Kennedy High School

2009 -- Indoor - lead team in 800 meters with NCAA provisional qualifying mark of 1:49.82... placed third in 800 meters (1:51.34) at Big Ten Championships... ran third leg on team-leading distance medley relay that placed ninth at Big Ten meet (9:52.52)... that time ranks fourth

on Iowa's all-time best performers list... won 600 meters at Iowa Open (1:19.05)... **Outdoor** - qualified for regional meet in 800 meters with a team-leading and season-best 1:49.96... that time ranks 20th in the region... runner-up in 800 meters (1:50.16) at Big Ten meet... won 800 meters at Tiger Track Classic (1:50.56) and placed fourth at John McDonnell Invite (1:49.96), eighth at Drake Relays (1:54.15) and ninth at Sun Angel Classic (1:51.23)... anchored sprint medley relay to second-place finish (3:20.05) and 3,200-meter relay to 11th-place finish (7:33.08) at Drake Relays... those times rank third and second, respectively, in school history.

Hairston's Collegiate Bests

600 Meters (I)	1:19.05	Iowa Open	1/17/09
800 Meters (I)	1:49.63	at Last Chance Qualifier	3/8/08
Mile (I)	4:19.94	Iowa Invite	2/16/07



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

Career Highlights -- two-time 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 - all-American, placing ninth in shot put (60-3 3/4) at NCAA Championships... NCAA provisional qualifier in shot put with a school-record setting throw of 63-0 at Iowa State Classic... provisionally qualified for NCAA Championships five times during the 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 against Illinois (56-0 1/2)... named Big Ten Field Event Athlete

of the Week Feb. 16 after setting school shot put record... **Outdoor** - qualified for regional meet in shot put with a team-leading 60-1 3/4 at Illinois Invite... that mark ranks fourth in the region, and 20th in the nation... placed third in shot put at Big Ten meet (59-9 1/2)... won shot put at Illinois Invite (60-1 3/4), placed second at Tiger Track Classic (60-0 1/2), third at Drake Relays (59-0 1/4) and sixth at Sun Angel Classic (59-0).

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)	Iowa Musco Twilight IX	4/21/07



Ryan Lamparek
Throws - *Freshman
Fairfax, IA
Cedar Rapids Prairie HS

2009 -- Indoor - placed sixth in shot put with collegiate-best 56-8 3/4 at Big Ten Championships... that mark ranks 10th on Iowa's all-time best performers list... runner-up in shot put at Iowa Invite (56-0 1/2), against Illinois (55-6 1/2) and at Iowa Open (54-11 1/4), and

placed third at Jack Johnson Classic (55-1 1/2)... **Outdoor** - qualified for regional meet in discus (177-3)... that mark ranks 10th in school history and 12th in the region... won shot put (53-2 1/4) and placed second in discus (177-3) at Messersmith Invite... placed fifth in discus (167-8) and 16th in shot put (53-1) at Big Ten meet... placed 14th in discus (159-6) and 18th in shot put (53-5 3/4) at Drake Relays... placed third in shot put and discus (53-3 3/4, 168-0) at Illinois Invite... also qualified for regional meet in discus at Mesa Classic (175-4).

Lamparek's Collegiate Bests

Event	Mark	Meet	Date
Shot Put (I)	56-8 3/4 (17.29 m)	at Big Ten Champ's	2/28/09
Wt. Throw (I)	49-7 (15.11 m)	Iowa vs. Illinois	1/10/09
Discus (O)	177-3 (54.04 m)	at Messersmith Invite	4/18/09

IOWA'S NCAA MIDWEST REGIONAL QUALIFIERS



McKenzie Melander
Freshman - Distance
Apple Valley, MN
Eastview High School

2009 -- Indoor - ran lead leg on team-leading distance medley relay that placed third in 11:27.34 at Big Ten Championships to provisional qualify for NCAA meet... that relay time ranks third on Iowa's all-time best performers list... ran collegiate-best mile (4:51.76)

at Iowa State Classic, which ranks 10th in school history... ran collegiate-best 3,000 meters (9:55.53) at Meyo Invite... **Outdoor** - qualified for regional meet in 1,500 meters (4:26.99)... that time ranks ninth in school history and 23rd in the region... placed ninth in 1,500 meters at Big Ten meet (4:27.36), running a collegiate-best 4:26.99 in the prelims... ran second leg on team-leading 6,400-meter (19:36.43) relay that placed third at Drake Relays... that relay time ranks second in school history... ran collegiate-best 800 meters (2:14.90) at Illinois Invite.

2008 -- Cross Country - ran collegiate bests in 3,000 meters (10:56) at Hawkeye Invite, 5,000 meters (17:45) at Auburn Invite and 6,000 meters (22:57) at Big Ten Championships... letterwinner.

Melander's Collegiate Bests

Event	Time	Meet	Date
800 Meters (O)	2:14.90	at Illinois Invite	5/2/09
1,500 Meters (O)	4:26.99	at Big Ten Championships	5/16/09
Mile (I)	4:51.76	at Iowa State Classic	2/14/09
3,000 Meters (I)	9:55.53	at Meyo Invite	2/7/09
3,000 Meters (CC)	10:56	Hawkeye Invite	8/29/08
5,000 Meters (CC)	17:45	at Auburn Invite	10/4/08
6,000 Meters (CC)	22:57	at Big Ten Championships	11/2/08



Patrick Richards
Sprints - Freshman
Colorado Springs, CO
Widefield High School

2009 -- Indoor - ran second leg on 1,600-meter relay that led team and ran NCAA provisional qualifying 3:09.62 at Last Chance Qualifier... that time ranks 10th on Iowa's all-time best performers list... placed fifth in 400 meters (47.94) at Big Ten Championships... anchored

1,600-meter relay that placed eighth at Big Ten meet (3:14.73)... ran collegiate-best 400 meters (47.78) at Meyo Invite, which ranks ninth in school history... placed second in 200 meters with collegiate-best 21.78 at Iowa Open... **Outdoor** - qualified for regional meet as part

of 400-meter relay (40.58) at Drake Relays... that prelim time leads the team and ranks 22nd in the region... that relay won Drake title, running a 40.71 in the finals... ran third leg on 400-meter relay that placed third at Big Ten Championships in 40.85... also ran second leg on two regional qualifying 1,600-meter relays... ran second leg on 800-meter relay that set a school record of 1:24.85 and placed sixth at Drake... ran lead leg on sprint medley relay that placed second at Drake in 3:20.05, which ranks third in school history... ran collegiate bests in 200 (21.68) and 400 meters (47.68) at Illinois Invite.

Richards' Collegiate Bests

Event	Time	Meet	Date
60 Meters (I)	6.97	Iowa vs. Illinois	1/10/09
100 Meters (O)	11.01	at John McDonnell Invite	4/18/09
200 Meters (O)	21.68	at Illinois Invite	5/2/09
400 Meters (O)	47.68	at Illinois Invite	5/2/09



D'Juan Richardson
Hurdles/Sprints - Freshman
Indianapolis, IN
Warren Central High School

2009 -- Indoor - led team in 60-meter hurdles with collegiate-best 6.87 he ran at Iowa Open... that time ranks fifth on Iowa's all-time best performers list... won 200 meters with a collegiate-best 21.59 and placed second in 60 meters with collegiate-best 6.87 at Iowa Open...

the 60-meters time ranks eighth in school history... won 60-meter hurdles (8.46) at Iowa Invite... **Outdoor** - qualified for regional meet as part of 400-meter relay (40.58) at Drake Relays... that prelim time leads the team and ranks 22nd in the region... that relay won Drake title, running a 40.71 in the finals... ran lead leg on 400-meter relay that placed third at Big Ten Championships in 40.85... placed eighth in 400-meter hurdles (54.42) at Big Ten meet, running a collegiate-best 53.58 in the prelims... ran lead leg on 800-meter relay that set a school-record of 1:24.85 and placed sixth at Drake... ran collegiate best 110-meter hurdles (15.01) at Illinois Invite.

Richardson's Collegiate Bests

Event	Time	Meet	Date
60 Meters (I)	6.87	Iowa Open	1/17/09
60 Hurdles (I)	8.20	Iowa Open	1/17/09
100 Meters (O)	10.90	at Mesa Classic	4/10/09
110 Hurdles (O)	15.01	at Illinois Invite	5/2/09
200 Meters (I)	21.59	Iowa Open	1/17/09
400 Hurdles (O)	53.58	at Big Ten Championships	5/16/09

IOWA'S NCAA MIDWEST REGIONAL QUALIFIERS



Hannah Roeder
Junior - Distance
Des Moines, IA
Roosevelt High School/UCLA

2009 -- Indoor - placed 12th in 3,000 meters (10:05.43) and 22nd in 5,000 meters (17:26.64) at Big Ten Championships... ran collegiate-best mile (5:01.07) at Iowa State Classic... **Outdoor** - qualified for regional meet in 3,000-meter steeplechase (10:35.26)...

that time leads the team, ranks third in school history and 15th in the region... placed eighth in 3,000-meter steeplechase (10:35.26) and 21st in 5,000 meters (17:23.59) at Big Ten Championships... won 3,000-meter steeplechase at Tiger Track Classic (10:40.86) and placed fifth at Drake Relays (10:42.88)... placed second in 1,500 meters with a collegiate-best 4:35.78 at Illinois Invite.

2008 -- Cross Country - Iowa's third finisher at NCAA Championships, running a collegiate-best 6,000 meters (21:39)... placed 39th at NCAA Midwest Regional (22:03) and 51st at Big Ten Championships (22:19)... letterwinner.

Roeder's Collegiate Bests

Event	Time	Meet	Date
1,500 Meters (O)	4:35.78	at Illinois Invite	5/2/09
Mile (I)	5:01.07	at Iowa State Classic	2/14/09
3,000 Meters (I)	10:05.43	at Big Ten Champ's	2/28/09
3,000 Steeplechase (O)	10:35.26	at Big Ten Champ's	5/16/09
5,000 Meters (I)	17:26.64	at Big Ten Champ's	3/1/09
6,000 Meters (CC)	21:39	at NCAA Champ's	11/24/08
10,000 Meters (O)	38:16.45	at Big Ten Champ's	5/16/08



Zeke Sayon
Sprints - Sophomore
Rockford, IL
Harlem High School
University of Illinois-Chicago

2009 -- Indoor - won 60 meters with season-best 6.86 against Illinois... that time ranks sixth on Iowa's all-time best performers list... **Outdoor** - qualified for regional meet as part of 400-meter relay (40.58) at Drake Relays... that prelim

time leads the team and ranks 22nd in the region... that relay won Drake title, running a 40.71 in the finals... ran second leg on 400-meter relay that placed third at Big Ten Championships in 40.85... placed fifth in 100 meters with a collegiate-best 10.72 at Big Ten meet, and ran collegiate-best 200 meters (21.96) in prelims.

Sayon's Collegiate Bests

Event	Time	Meet	Date
55 Meters (I)	6.45	at Carthage Last Chance	3/7/08
60 Meters (I)	6.86	Iowa vs. Illinois	1/10/09
100 Meters (O)	10.72	at Big Ten Championships	5/17/09
200 Meters (O)	21.96	at Big Ten Championships	5/16/09



Zachary Schimp
Throws - Junior
Marietta, PA
Donegal High School
West Chester University

2009 -- Indoor - did not compete... **Outdoor** - qualified for regional meet in javelin (206-3)... his collegiate-best and team-leading throw ranks third in school history and 18th in the region... won javelin at Illinois Invite (188-3), and

placed second at Tiger Track Classic (206-3), third at Drake Relays (204-8) and 10th at Big Ten Championships (187-0)... placed fifth in hammer throw at Lee Calhoun Memorial (152-9) and seventh at Messersmith Invite (150-9).

Schimp's Collegiate Bests

Event	Mark	Meet	Date
Hammer (O)	152-9 (46.56 m)	at Lee Calhoun Memorial	4/11/09
Javelin (O)	206-3 (62.88 m)	at Tiger Track Classic	4/4/09

IOWA'S NCAA MIDWEST REGIONAL QUALIFIERS



Erik Sowinski
Middle Distance - Freshman
Waukesha, WI
West High School

2009 -- Indoor - set school record in 600 meters (1:18.05) in Big Ten Championships prelims, placing eighth with a 1:19.10 time in the finals... ran collegiate-best 1:51.39 in 800 meters at Last Chance Qualifier... that time ranks fifth on Iowa's all-time best performers

list... also ran 800 meters at Meyo Invite (1:52.70), Iowa State Classic (1:52.82), Razorback Invite (1:54.22) and Iowa Open (1:55.22)... **Outdoor** - qualified for regional meet as part of team-leading 1,600-meter relay (3:08.81)... that time ranks 24th in the region... ran second leg on 1,600-meter relay that placed fourth at Drake in 3:11.46 and third leg on 3,200-meter relay that placed 11th at Drake Relays in 7:33.08, which ranks second in school history... ran second leg on the team-leading distance medley relay (10:02.91) at Drake Relays... ran collegiate-best 800 meters (1:51.10) at John McDonnell Invite.

Sowinski's Collegiate Bests

Event	Distance	Meet	Date
600 Meters (I)	1:18.05	at Big Ten Championships	2/28/09
800 Meters (O)	1:51.10	at John McDonnell Invite	4/18/09



Ray Varner
Hurdles - Junior
Wadsworth, IL
Warren Township High School

2009 -- Indoor - anchored 1,600-meter relay that led team and ran NCAA provisional qualifying 3:09.62 at Last Chance Qualifier... that time ranks 10th on Iowa's all-time best performers list... ran lead leg on 1,600-meter relay that placed eighth (3:14.73) and second leg

on team-leading distance medley relay that placed ninth (9:52.52) at Big Ten Championships... the distance medley relay time ranks fourth on Iowa's all-time best performers list... led team in 400 meters (47.75)... ran collegiate bests in 60-meter hurdles (8.46) at Iowa Open and 200 meters (22.08) at Iowa State Classic... **Outdoor** - qualified for regional meet in 400-meter hurdles (51.00) and as part of team-leading 1,600-meter relay (3:08.81)... the hurdles time leads the team, and ranks fifth in the region and 26th in the nation, while the relay time ranks 24th in the region... placed third in 400-meter hurdles at Big Ten Championships (51.16)... anchored 1,600-meter relay that placed fourth at Drake Relays in 3:11.46... won 400-meter hurdles at Illinois Invite (51.29), and placed second at John McDonnell Invite (51.00) and Drake Relays (51.80), and third at Sun Angel Classic (51.53) and Tiger Track Classic (51.82).

Varner's Collegiate Bests

Event	Time	Meet	Date
60 Hurdles (I)	8.46	Iowa Open	1/17/09
110 Hurdles (O)	15.25	at Illinois Invite	5/2/09
200 Meters (I)	22.08	at Iowa State Classic	2/13/09
400 Meters (I)	47.66	at Last Chance Qualifier	3/8/08
400 Hurdles (O)	50.99	at Big Ten Championships	5/13/07
600 Meters (I)	1:22.23	at Jack Johnson Classic	1/26/08

IOWA'S NCAA MIDWEST REGIONAL QUALIFIERS



Steven Willey
Middle Distance - Sophomore
Onawa, IA
West Monona High School

2009 -- Indoor - ran lead leg on 1,600-meter relay that led team and ran NCAA provisional qualifying 3:09.62 at Last Chance Qualifier... that time ranks 10th on Iowa's all-time best performers list... ran second leg on 1,600-meter relay that placed eighth at Big Ten Champi-

onships (3:14.73)... placed seventh in 600 meters at Big Ten meet with a collegiate-best 1:19.03 that ranks third in school history... ran season-best 200 meters (22.27) at Iowa State Classic and 400 meters (48.22) at Meyo Invite... **Outdoor** - qualified for regional meet in 400 meters (47.04) and as part of team-leading 1,600-meter relay (3:08.81)... the 400 meters leads the team and ranks 20th in the region, while the relay time ranks 24th in the region... placed sixth in 400 meters (47.23) at Big Ten Championships... ran lead leg on 1,600-meter relay that placed fourth at Drake in 3:11.46 and lead leg on 3,200-meter relay that placed 11th in 7:33.08, which ranks second in school history... won 400 meters at John McDonnell Invite (47.04) and Sun Angel Classic (47.70), and placed ninth at Tiger Track Classic (47.98).

Willey's Collegiate Bests

Event	Time	Meet	Date
200 Meters (I)	22.27	at Iowa State Classic	2/13/09
400 Meters (O)	47.04	at John McDonnell Invite	4/18/09
600 Meters (I)	1:19.03	at Big Ten Championships	3/1/09
800 Meters (O)	1:53.39	at Illinois Invite	5/2/09



Renee White
Senior - Jumps/Sprints
Portmore, Jamaica
Wolmer's Girl's High School

Career Highlights -- two-time Big Ten triple jump champion... set school indoor and outdoor triple jump records (42-4, 43-10 3/4)... set Big Ten outdoor meet triple jump record (43-10 3/4)... two-time all-region honoree.

2009 -- Indoor - NCAA provisional quali-

fier in triple jump (41-7 3/4), leading the team in that event and the long jump (18-7 3/4)... placed third in triple jump (41-7) and 13th in long jump (18-7 3/4) at Big Ten Championships... placed second in triple jump at Iowa State Classic (41-7 3/4) and third at Iowa State Qualifier (40-11 1/2)... won 60-meter hurdles with a season-best 8.60 at Iowa Invite... **Outdoor** - Big Ten triple jump champion, setting a school and conference meet record with a winning 43-10 3/4 on her final attempt... qualified for regional meet in long jump (20-0 1/4) and triple jump (43-10 3/4) with team-leading performances... the triple jump mark third in the region and seventh in the nation, while the long jump mark ranks 19th in the region... anchored 400-meter relay to sixth place at Big Ten Meet (46.30), running a team-leading 45.83 in the prelims... also placed 14th in long jump (18-4 1/4) at Big Ten meet... won long jump at Messersmith Invite (20-0 1/2) and triple jump at Sun Angel Classic (41-3)... ran collegiate-best 100 meters (12.18) at Messersmith Invite... placed second in triple jump (40-1 1/2) and fourth in long jump (18-8 3/4) at Illinois Invite.

White's Collegiate Bests

Event	Mark	Meet	Date
60 Meters (I)	7.83	at J. Johnson Classic	1/20/07
60 Hurdles (I)	8.45	at Big Ten Champ's	3/1/08
100 Meters (O)	12.18	at Messersmith Invite	4/18/09
100 Hurdles (O)	14.20	at Auburn Classic	4/5/08
200 Meters (O)	25.31	at Aztec Classic	3/16/07
Long Jump (O)	20-3 3/4 (6.19 m)	at NCAA Regional	5/30/08
Triple Jump (O)	43-10 3/4 (13.38 m)	at Big Ten Champ's	5/17/09