

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



WOMEN'S CONTACT: AARON BLAU

MARCH 9, 2004

2004 IOWA WOMEN'S INDOOR SCHEDULE & RESULTS

J 17	Hawkeye Invite	12 champs
J 24	at Gold Country Classic	4 champs
J 30-31	at UNI Invitational	1 champ
J 31	at Illinois Invite.	4th/1 champ
F 7	at Husker Invitational	1 champ
F 13-14	at ISU Classic	3 champs
F 20	Iowa Open	5 champs
F 28-29	Big Ten Champ's	3rd/2 champs
M 5	at Alex Wilson Invite	1 champ
M 6	at NCAA Last Chance	0 champs
M 12-13	at NCAA Championships (Fayetteville, AR)	

2004 IOWA WOMEN'S INDOOR SEASON BESTS

60 MetersPeaches Roach 7.48
200 Meters	...Shellene Williams ^!23.62
400 Meters	...Shellene Williams \$!52.83
600 YardsAisha Hume 1:21.74
600 Meters	...Aisha Hume 1:32.41
800 Meters	...Michelle Lahann 2:06.83
MileMichelle Lahann ^4:47.23
3,000 Meters	Nikki Chapple ^9:34.17
5,000 Meters	Nikki Chapple 16:27.04
60 HurdlesTiffany Johnson 8.62
High JumpPeaches Roach ^5-11 1/4
Long Jump	...Tiff Pedersen 17-6 1/4
Triple Jump	..Tiffany Johnson 38-9 3/4
Pole VaultJessie Strand !12-5 1/2
Shot PutKamesha Marshall	...46-4 1/4
Wt. Throw	...Erin O'Hearn 41-5 3/4
PentathlonTiff Pedersen 3,511
1600-Meter Relay	!3:44.47 (McCalla, Williams, Sheeley, Hume)
Distance Medley Relay	^11:30.36 (Lahann, Williams, Stanley, Arens)

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

THIS WEEK -- The Iowa women's track team qualified three competitors for the 2004 NCAA Indoor Championships Friday and Saturday in Fayetteville, AR. All events will be held at the Randal Tyson Indoor Track on the University of Arkansas campus.

NCAA QUALIFIERS -- Seniors Shellene Williams and Michelle Lahann, and freshman Peaches Roach have qualified for the NCAA Indoor Championships. Williams will be competing in the 200 and 400 meters, Lahann in the 800 meters and Roach in the high jump. Following is a list of their events, qualifying marks, where they rank in the NCAA and when they are scheduled to compete at the national meet. All times are Central.

Athlete	Event-Mark	Rank	Competing
Shellene Williams	200 Meters-23.62	14th	Friday-7:20 p.m.
	400 Meters-52.83	10th	Friday-5:40 p.m.
Michelle Lahann	800 Meters-2:06.83	15th	Friday-4:30 p.m.
Peaches Roach	High Jump-5-11 1/4 (1.81 m)	14th	Saturday-4:45 p.m.

HAWKEYES CRACK TOP 20 -- The Hawkeyes are ranked 18th in the nation in the most recent United States Track Coaches Association Team Power Ranking. Teams are assigned a point total and ranked based on quality of athletic performance, team depth and dual meet scoring potential. Iowa has earned a score of 263.66. Nebraska is ranked first with a 313.95 score.

LAST MEET -- The Iowa women's team sent competitors to the Alex Wilson Invitational in Notre Dame, IN, and the NCAA Last Chance Qualifier in Ames, IA, in a final attempt to qualify more athletes for the 2004 NCAA Indoor Championships.

At the Alex Wilson Invitational, senior Michelle Lahann bettered her previous provisional qualifying 800-meter mark of 2:09.75 by over three seconds with a time of 2:06.83. The new mark is Lahann's collegiate-best and is .45 off the school record. Freshman Nikki Chapple provisionally qualified in the 5,000 meters with a collegiate-best 16:27.04, cutting over 20 seconds off her previous best. The distance medley relay of Lahann, Williams, freshman Shannon Stanley and senior Sarah Arens placed sixth in 11:38.47, but did not better their previous provisional qualifying mark of 11:30.36.

At the NCAA Last Chance Qualifier, senior Jessie Strand placed sixth in the pole vault (12-3 1/2) and freshman Peaches Roach placed third in the high jump (5-7 3/4). Neither bettered their previous provisional qualifying marks.

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HEAD COACH JAMES GRANT



James Grant

Head Coach
Eighth Year at Iowa
Eastern Michigan University, 1971

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

Grant and the Hawkeyes have had two consecutive record-breaking seasons, headlined by their third-place finish at the 2004 Big Ten Indoor Championships and a sixth-place finish at the 2003 Big Ten Outdoor Championships. Both were Iowa's highest placings during Grant's tenure, and the third-place finish indoors tied the team's highest conference finish in school history.

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

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

As Iowa's assistant coach from 1986-96, Grant coached several Hawkeyes to success. In 1995, Yolanda Hobbs earned all-America status in the 55 and 200 meters after

winning the 55-meter Big Ten title. In 1994, Iowa's 400 meter-relay of Tina Floyd, Hobbs, Marlene Poole and Tanja Reid became the first in school history to ever win a Big Ten title in that event, setting a school and meet record. The team set records four times that season and earned all-America honors at the NCAA Championships. Karen Layne won the 1990 600-meter Big Ten title, while Senta Hawkins won the Big Ten 400 meters in 1988. In 1989, the 1,600-meter relay placed second at the conference indoor and outdoor meets.

A former Jamaican track standout, Grant coached at the high school level in Jamaica for 11 years prior to joining the Hawkeye program in 1986. From 1982-85, Grant coached the men's and women's track teams at G.C. Foster College of Physical Education and Sport. There he led the men's team to two national championships and three second-place finishes, and the women's team to three national titles. During that time he coached world outdoor champion quarter-miler Bert Cameron, and world indoor champion quarter-miler Devon Morris.

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

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

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

Year	Grant at Iowa					
	Indoor Big 10 Place	Indoor Big 10 Champs	Indoor All-Americans	Outdoor Big 10 Place	Outdoor Big 10 Champs	Outdoor All-Americans
1997	T9th	1	0	10th	5	1
1998	9th	1	0	9th	1	0
1999	9th	0	0	9th	0	0
2000	10th	0	0	9th	0	0
2001	10th	0	0	9th	0	0
2002	9th	0	0	10th	0	0
2003	9th	0	0	6th	6	0
2004	3rd	2				
Total		4	0		12	1



HAWKEYES TO WATCH



Michelle Lahann

Senior
Distance
Wheatland, IA (Calamus-Wheatland)

2004 -- Indoor - leads team in 800 meters (2:06.83) and mile (4:47.23)... NCAA provisional qualifier in 800 meters (2:06.83) at Alex Wilson Invite and mile (4:47.23) at Husker Invite... 800-meter time ranks second on Iowa's all-time best performers list and 15th in the nation... mile time ranks fourth on Iowa's all-time best performers list and 44th in the nation... ran lead leg on distance medley relay that provisionally qualified (11:30.36) at Iowa State Classic... that relay ranks fourth on Iowa's all-time bests list and 19th in the nation... placed fifth in 800 meters (2:09.75) at Iowa State Classic... runner-up in 800 meters (2:10.72) and ran lead leg on distance medley relay that placed third (11:41.77) at Big Ten Championships... runner-up in mile (4:52.73) at Illinois Invitational and 800 meters (2:13.41) at Hawkeye Invitational.

Lahann's Collegiate Bests

Event	Time	Meet	Date
800m (I)	2:06.83	Alex Wilson Invite	3/6/04
1,500m (O)	4:45.13	Tulane Invite	4/6/02
Mile (I)	4:47.23	Husker Invite	2/7/04
3,000m (I)	10:30.40	Meyo Invitational	2/5/00
3,000 SC (O)	11:16.21	Big Ten Champ's	5/17/02
4,000m (CC)	14:41	Stanford Invite	9/29/01
5,000m (O)	17:42.19	Tiger Invite	4/2/00
5,000m (CC)	18:33	District V Champ's	11/13/99
6,000m (CC)	22:51	Chile Pepper Festival	10/14/00
10,000m (O)	39:34.13	Big Ten Champ's	5/18/01



Peaches Roach

Freshman
Jumps
Kingston, Jamaica (Alpha Academy)

2004 -- Indoor - leads team in high jump (5-11 1/4 - 1.81 meters) with NCAA provisional qualifying mark... that height ranks second on Iowa's all-time bests list and 15th in the

nation... Big Ten high jump champion with a collegiate-best 5-11 1/4... also placed fifth in 60 meters (7.50) at Big Ten Championships, running a collegiate-best 7.48 in prelims... won high jump (5-7 3/4) and placed second in 60 meters (7.63) at Hawkeye Invitational... placed third in high jump (5-10 1/2) and fourth in 60 meters (7.57) at Iowa State Classic... best 60-meter time ranks second on Iowa's all-time best performers list.

Roach's Collegiate Bests

Event	Mark	Meet	Date
60m (I)	7.48	Big Ten Champ's	2/28/04
200m (I)	25.23	Gold Cty. Classic	1/24/04
H. Jump (I)	5-11 1/4 (1.81 m)	Big Ten Champ's	2/29/04



Shellene Williams

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

2004 -- Indoor - Big Ten 400-meter champion (54.17) and runner-up in 200 meters (23.97)... ran second leg on 1,600-meter relay that set school record of 3:44.47 and placed third at Big Ten Championships... leads team in 200 (23.62) and 400 meters (52.83)... NCAA automatic qualifier in 400 meters at Iowa State Classic with a school-record setting time of 52.83 that ranks 10th in nation... also set school record in 200 meters with a provisional qualifying time of 23.62 at Husker Invitational... that time ranks 14th in nation... ran second leg on distance medley relay that provisionally qualified (11:30.36) at Iowa State Classic... that relay ranks fourth on Iowa's all-time bests list and 20th in nation... ran second leg on distance medley relay that placed third (11:41.77) at Big Ten Championships and sixth (11:38.47) at Alex Wilson Invitational... won 60 meters at Illinois Invitational with a collegiate-best 7.50, which ranks third in Iowa's all-time bests list... has won five of the seven individual events she has competed in this season, placing second in the other two.

Williams' Personal Bests

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

