

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



TRACK CONTACTS: TRACI WAGNER, NATHAN SHEEHAN

JUNE 3, 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	Women - 21st Men - 19th
6/10-13	at NCAA Championships (Fayetteville, AR)	All Day

IOWA'S NCAA OUTDOOR QUICK FACTS

Highest Outdoor Team Finish

Men's Team - 7th, 1967

Women's Team - 10th, 1992

Individual Champions

Men's Team - 13

Women's Team - 4

Most Recent Outdoor Champion

Men's Team - Mile Relay, 1967

(Ferree, Frazier, Mondane, Reimer)

Women's Team - Nan Doak, 10,000 Meters, 1985

All-Americans

Men's Team - 84

Women's Team - 59

THIS WEEK -- The University of Iowa men and women's track teams will send six competitors to the 2009 NCAA Outdoor Championships, June 10-13 in Fayetteville, AR. Events are scheduled to start at 10:30 a.m. Wednesday and Thursday, 11 a.m. Friday and 10 a.m. Saturday. All events will be held at the University of Arkansas' John McDonnell Field.

Tickets are \$30 for general admission and \$40 for reserved season, and are available from the University of Arkansas Athletics Ticket Office at 800/982-4647 or www.arkansasrazorbacks.com.

IOWA'S NCAA QUALIFIERS -- Six Hawkeyes have qualified for the NCAA Championships. Junior **Adam Hairston** (800 meters), sophomore **Karessa Farley** (100-meter hurdles) and freshman **Betsy Flood** (1,500 meters) earned automatic bids based on their top-five finishes at the NCAA Midwest Regional in Norman, OK, last month. Seniors **Renee White** (triple jump) and **John Hickey** (shot put) and junior **Ray Varner** (400-meter hurdles) earned at-large bids based on their season-best performances. Their events, qualifying marks and where they rank in the nation are listed below.

Name	Event	Mark	NCAA Rank
Adam Hairston	800 Meters	1:48.87	23rd
John Hickey	Shot Put	60-1 3/4 (18.33)	19th
Ray Varner	400-M Hurdles	50.54	15th
Karessa Farley	100-M Hurdles	13.34	21st
Betsy Flood	1,500 Meters	4:24.91	27th
Renee White	Triple Jump	43-10 3/4 (13.38)	10th

IOWA IN NCAA CHAMPIONSHIPS HISTORY -- The Iowa men's track team has crowned 13 NCAA champions and 84 all-Americans. Its highest finish at the NCAA outdoor meet was a tie for seventh in 1967. The women's team has crowned four NCAA champions and 59 all-Americans, and its highest finish at the NCAA outdoor meet was 10th in 1992.

IOWA CROWNS ALL-AMERICANS AT 2008 NCAA OUTDOORS -- Iowa sent eight competitors to the 2008 NCAA Outdoor Championships in Des Moines, IA, and came away with four all-Americans. Senior **Meghan Armstrong** recorded Iowa's highest finish of the meet, placing sixth in the 10,000 meters in 34:01.87. Junior **Racheal Marchand** ran a 34:05.87 to place eighth in that event. Senior **Kineke Alexander** earned her eighth career all-America honor in the 400 meters, placing eighth in 52.53. Senior **Tammilee Kerr** placed eighth in the heptathlon with a school-record 5,633 points.

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



TRACK CONTACTS: TRACI WAGNER, NATHAN SHEEHAN

PAGE 2

MEN'S 2009 OUTDOOR SEASON BESTS

Event	Team Leader	Mark
100 Meters	Paul Chaney, Jr.	(R) 10.46
110 Hurdles	D'Juan Richardson	15.01
200 Meters	Paul Chaney, Jr.	(R) 21.04
400 Meters	Steven Willey	(R) 46.67
400 Hurdles	Ray Varner	(R) 50.54
800 Meters	Adam Hairston	(R) 1:48.87
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) 39.94
<i>(Richardson, Sayon, Chaney, Jr., Bee)</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	11.85
100 Hurdles	Karessa Farley	(R) 13.34
200 Meters	Rhonda-Kaye Trusty	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, Dlh, 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)

HAWKEYES TO HOST SUMMER CAMP

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.

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



TRACK CONTACTS: TRACI WAGNER, NATHAN SHEEHAN

PAGE 3

IOWA'S NCAA EVENT SCHEDULE

Wednesday, June 10

3:00 p.m. Men's Shot Put (Qualifier)
5:45 p.m. Men's 800 Meters (1st Rd.)
6:20 p.m. Men's 400 Hurdles (1st Rd.)

Thursday, June 11

5:30 p.m. Women's 100 Hurdles (1st Rd.)
6:15 p.m. Men's Shot Put (Final)
7:00 p.m. Men's 400 Hurdles (Semifinal)
7:25 p.m. Men's 800 Meters (Semifinal)
7:55 p.m. Women's 1,500 Meters (Semifinal)

Friday, June 12

3:00 p.m. Women's Triple Jump (Qualifier)
6:55 p.m. Women's 100 Hurdles (Semifinal)
8:05 p.m. Men's 400 Hurdles (Final)

Saturday, June 13

Noon Women's Triple Jump (Final)
12:28 p.m. Men's 800 Meters (Final)
12:52 p.m. Women's 100 Hurdles (Final)
1:09 p.m. Women's 1,500 Meters (Final)

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

PAST NCAA OUTDOOR FINISHES BY IOWA'S 2009 QUALIFIERS

John Hickey

2008: 16th - Shot Put (57-10 1/2)

Renee White

2008: 11th - Triple Jump (43-4 1/2)

2008 NCAA OUTDOOR REVIEW

Women's Team Finish

43rd, 6 points

Iowa's All-Americans

Meghan Armstrong - 10,000 (6th - 34:01.87)
Racheal Marchand - 10,000 (8th - 34:05.87)
Kineke Alexander - 400 Meters (8th, 52.53)
Tammilee Kerr - Heptathlon (8th - 5,633 pts.)

Also placing for the Hawkeyes were junior **Renee White** in the triple jump (11th - 43-4 1/4), Kerr in the javelin (12th - 143-6), junior **John Hickey** in the shot put (16th - 57-10 1/2) and junior **A.J. Curtis** in the discus (17th - 167-5) and shot put (20th - 57-7). Senior **Diane Nukuri** ran second in the 10,000 meters for most of the race, but was forced to pull out with stomach cramps with about a mile remaining.

2009 NCAA MIDWEST REGIONAL REVIEW -- Hawkeye junior **Adam Hairston**, sophomore **Karessa Farley** and freshman **Betsy Flood** earned automatic bids to the 2009 NCAA Outdoor Championships with their top-five finishes at the NCAA Midwest Regional May 29-30 in Norman, OK. Farley placed third in the 100-meter hurdles with a collegiate-best 13.34, which ranks second all-time at Iowa. Hairston placed fifth with a diving finish and collegiate-best 1:48.87, which ranks third in school history. Flood placed fourth in the 1,500 meters in 4:25.98. The men's team placed 19th with 14 points, while the Iowa women placed 21st with 13.

Seniors **Renee White** (triple jump) and **John Hickey** (shot put), and junior **Ray Varner** (400-meter hurdles) earned NCAA at-large bids based on their season-best performances in those events. Varner placed sixth in the 400-meter hurdles (51.21), running a collegiate-best 50.54 that ranks fifth all-time at Iowa in the prelims. Hickey placed sixth in the shot put (58-11 1/4), while White placed 12th in the triple jump (41-7 1/4) and 13th in the long jump (19-2 1/2).

The men's 400-meter relay of freshman **D'Juan Richardson**, sophomores **Zeke Sayon** and **Stephen Bee** and junior **Paul Chaney, Jr.** placed fifth in 40.33 after clocking a season-best 39.94 in the prelims. That time ranks third all-time at Iowa. Freshman **McKenzie Melander** also scored team points for the Hawkeye women, placing seventh in the 1,500 meters (4:30.83).

TRACKSTERS NAMED TO SPRING ACADEMIC ALL-BIG TEN LIST -- Twenty-two Hawkeye track team members were recently named to the 2009 academic all-Big Ten list. To be eligible for an academic all-Big Ten selection, student-athletes must be letterwinners in at least their second academic year at their institution and carry a career grade point average of 3.0 or better. Three women's team members - juniors Jolly Burke, Katie Ellis and Hannah Roeder - earned extra recognition for their perfect 4.0 grade-point averages.

Iowa's honorees included graduate student **Sarah Henize**, seniors **Brendan Camplin**, **A.J. Curtis**, **Jennie Docherty**, **Cannon Dolan**, **Rachel Hawks**, **Eric MacTaggart**, **Andy Napier** and **Mark Schaapveld**, juniors **Caleigh Bacchus**, **Burke**, **Ellis**, **Jesse Luciano**, **Roeder**, **Zachary Schimp** and **Rhonda-Kaye Trusty**, and sophomores **Connor Elmitt**, **Ryan Lamparek**, **Kelsey Mims**, **James Paul**, **Bethany Praska** and **Graham Valdes**.

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



TRACK CONTACTS: TRACI WAGNER, NATHAN SHEEHAN

PAGE 4

2009 HAWKEYE NCAA MIDWEST REGIONAL REVIEW

Women's Team Standings (Top 10 Plus Iowa)

Place	Team	Points
1.	Texas A&M	96
2.	Texas Tech	61
3.	Texas	59
4.	Texas Christian	55
5.	Oklahoma	43.5
6.	Minnesota.....	38.5
7.	Southern Methodist.....	36
	Texas-El Paso	36
9.	Baylor	33
10.	Nebraska	29.5
21.	Iowa	13

Men's Team Standings (Top 10 Plus Iowa)

Place	Team	Points
1.	Texas A&M	98
2.	Nebraska	84.25
3.	Texas Tech	49
4.	Texas	47
5.	Oklahoma	40
6.	Texas-El Paso	34
7.	Minnesota.....	32.25
8.	Baylor	32
9.	New Mexico	25
	Sam Houston State	25
	Kansas State	25
19.	Iowa	14

Iowa's All-Region Honorees

Stephen Bee - 400-Meter Relay
Paul Chaney, Jr. - 400-Meter Relay
Karessa Farley - 100-Meter Hurdles
Betsy Flood - 1,500 Meters
Adam Hairston - 800 Meters
John Hickey - Shot Put
McKenzie Melander - 1,500 Meters
D'Juan Richardson - 400-Meter Relay
Zeke Sayon - 400-Meter Relay
Ray Varner - 400-Meter Hurdles

MACTAGGART EARNS BIG TEN MEDAL OF HONOR -- Winners of the Big Ten's oldest award, the Medal of Honor, were recently announced by the Big Ten conference office. Among those honored were Iowa distance runner **Eric MacTaggart** and field hockey player Lauren Pfeiffer. First awarded in 1914, the Big Ten endowed a Medal of Honor to be given annually to a student in the graduating class of each university that demonstrated proficiency in scholarship and athletics. In 1982, the Medal of Honor was expanded to include a senior female athlete from each institution.

MacTaggart earned all-America honors in outdoor track and is a six-time NCAA qualifier. A three-time all-region honoree in cross country, he has been named to the academic all-Big Ten team four times during his Hawkeye career. The Glen Ellyn, IL, native was named the UI's 2008 Robert F. Ray award winner, which is annually presented to a male and female student-athlete who demonstrate outstanding academic and athletic excellence and leadership. A music major, MacTaggart missed the 2007 cross country season to fulfill an academic requirement to play in the Hawkeye Marching Band.

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**.

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.

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



TRACK CONTACTS: TRACI WAGNER, NATHAN SHEEHAN

PAGE 5

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

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.

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

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



TRACK CONTACTS: TRACI WAGNER, NATHAN SHEEHAN

PAGE 6

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)

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 (USTFCCCA) 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 USTFCCCA 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 USTFCCCA 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 inter-collegiate 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.

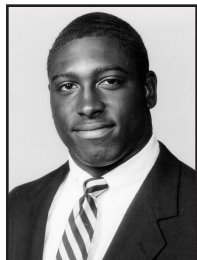
Head Coach **Larry Wiecezorek**'s squad was one of 35 men's cross country programs to rank among the Top 10 in APR among its peers and was joined by Michigan as the only Big Ten Conference programs included in that elite list.

University of Iowa Sports Information Office

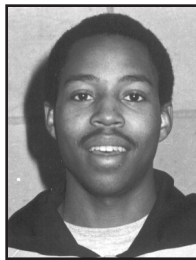
157 Carver-Hawkeye Arena, Iowa City, IA 52242

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

MEN'S ALL-TIME TOP TEN OUTDOOR PERFORMERS



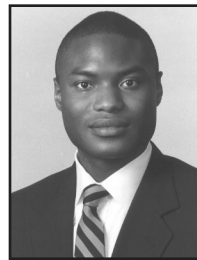
Jeremy Allen



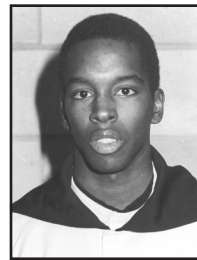
Gordon Beecham



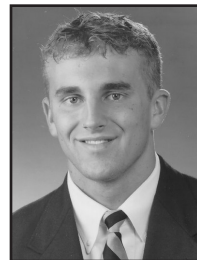
A.J. Curtis



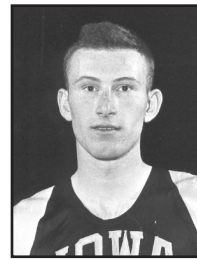
Chris Davis



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. **Paul Chaney, Jr., 2009..... 10.46**

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, 1986.....46.45
6. Tony Branch, 199946.60
7. Prince Riley, 200746.61
8. George Page, 1996.....46.66
9. **Steven Willey, 2009..... 46.67**
10. 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. **Ray Varner, 2009 50.54**
6. Adam Kunkel, 2001.....50.73
7. Jon Reimer, 196750.94
8. Gary Falls, 199151.08
9. Rajeev Balkrishnan, 1993 51.14
10. Scott Williamson, 2000....51.74

800 Meters

1. Bill Frazier, 1962..... *1:47.64
2. D'Juan Strozier, 19901:47.82
3. **Adam Hairston, 2009 .. 1:48.87**
4. Michael Layne, 1999.....1:49.61
5. Bill Thiesen, 1985.....1:49.74
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, 200430:08.82
10. Eric McDermott, 2002 30:11.16

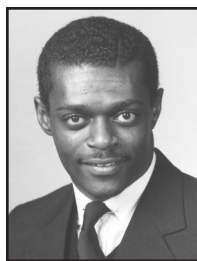
Decathlon

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, 19846,498 pts
6. **Frank Prill, 20096,429 pts**
7. Jacob Drewry, 1994 ... 5,820 pts

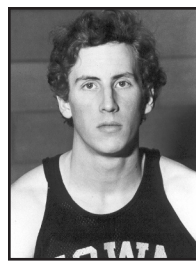
High Jump

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 6-8 3/4 (2.05)

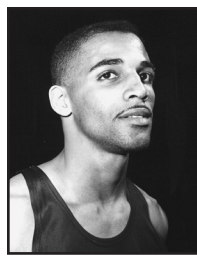
Names in bold are
current team members.



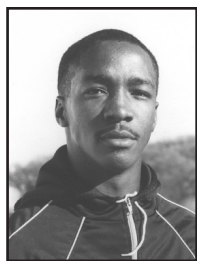
Victor Greer



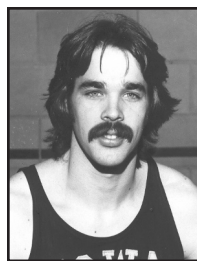
Bill Hansen



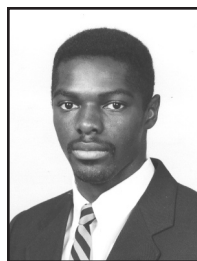
Deacon Jones



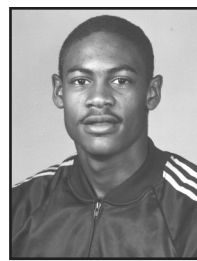
Paul Jones



Bill Knoedel

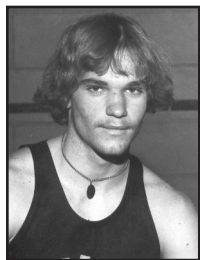


Anthuan Maybank

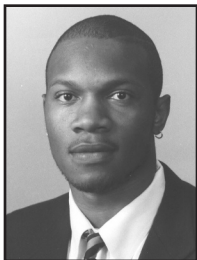


Pat McGhee

MEN'S ALL-TIME TOP TEN OUTDOOR PERFORMERS



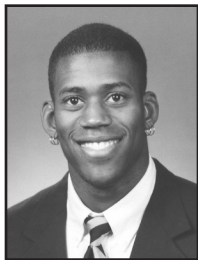
Joel Moeller



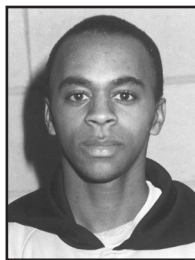
Andre Morris



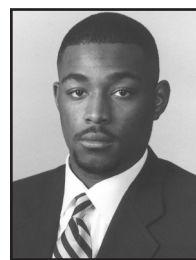
Bill Neumann



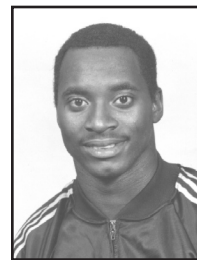
George Page



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, 2000 58-8 3/4 (17.90)
9. Gary Kostrubala, 1985 58-1 (17.70)
10. Alex Smith, 1998..... 57-9 (17.60)

Discus

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

Hammer

1. A. van der Westhuizen, 2001 222-11 (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, 2009 206-3 (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, 1999 173-11 (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

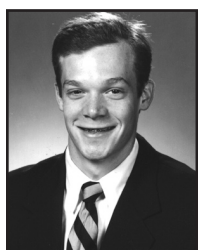
1. Beecham, Duckett, Greer, R. Smith, 1984 39.48
2. Page, Davis, Rozell, Morris, 1996 39.73
3. **Richardson, Sayon, Chaney, Jr., Bee, 2009 .. 39.94**
4. Felix, Branch, Dodge, Yamini, 1999 39.96
5. Beecham, Duckett, Greer, Patrick, 1983..... 39.99
6. Dwight, Branch, Davis, Yamini, 1998 40.00
- Goode, Fisher, Morris, Maybank, 1994 40.00
- 1998 40.00
- Dwight, Branch, Dodge, Yamini, 1999 40.00
10. Williamson, Dodge, Peterson, Digney, 2002 40.04

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
- 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

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, 2007 9:54.07**
4. VanDenend, Riley, O'Hollearn, Rakaric, 2006 9:54.97
5. Feeldy, Eischeid, Novotny, Peters, 1996 9:55.71
6. Thomas, Wise, Cunningham, S.Allen, 2001 10:01.57
7. Thomas, Wakenight, Dziubski, Rakaric, 2003 10:01.72
8. Trainor, Coleman, Cunningham, Allen, 2002 10:01.93
9. English, Blackman, Stroler, Chambers, 1988 10:04.25
10. Chambers, Thomas, Bouska, Herd, 1991 10:04.30



Stetson Steele



Micah
VanDenend

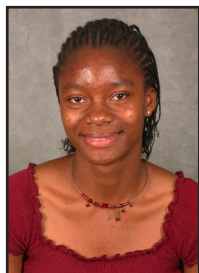


Arno van der
Westhuizen



Todd Wigginton

WOMEN'S ALL-TIME TOP TEN OUTDOOR PERFORMERS



Kineke Alexander



Meghan Armstrong



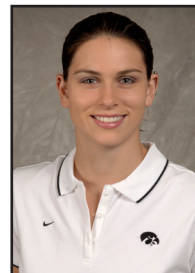
Nicole Charles



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
6. Peaches Roach, 200511.60
7. Yolanda Hobbs, 1995.....11.62
8. Elanie Jones, 198511.69
9. Lakeya Boatright, 200011.77
10. Tamara Dixon, 200211.79

100-Meter Hurdles

1. Tiffany Johnson, 200713.20
2. **Karessa Farley, 2009..... 13.34**
3. C. Prendergast, 199913.60
4. Paula Ruen, 2000.....13.60
5. Sarah Steffen, 200213.65
6. Ruqayya Raheem, 1998...13.90
7. Brenda Calhoun, 198413.94
8. Wynsome Cole, 1997.....14.10
9. Kimberly Stanford, 2008..14.11
10. **Renee White, 2008 14.20**

200 Meters

1. Shellene Williams, 2004 ..23.50
2. Kineke Alexander, 2006...23.58
3. Davera Taylor, 1984.....23.59
4. Vivien McKenzie, 198523.61
5. Yolanda Hobbs, 1995.....23.65
6. 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
10. Aisha Hume, 200455.18

400-Meter Hurdles

1. Mary Knoblauch, 198156.16
2. Wynsome Cole, 1998.....56.67
3. Chris Davenport, 1981.....59.18
4. Sarah Steffen, 200259.59
5. Beverly Powell, 199159.96
6. Diane Steinhart, 1980...1:00.56
7. Ruqayya Raheem, 1999 1:00:62
8. Keely Huber, 20021:00.98
9. 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, 1992.....16:18.77
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, 1992.....34:30.09
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, 199250-1 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, 19988-0 (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, 200045.50

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 OUTDOOR CHAMPIONSHIP QUALIFIERS



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** - placed third in 100-meter hurdles with a collegiate-best 13.34 at NCAA Midwest Regional to earn all-region honors and a NCAA automatic bid... that time ranks second all-time at Iowa... qualified for regional meet in 100-meter hurdles (13.44) at Illinois Invite... 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)	13.34	at NCAA Regional	5/30/09
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** - placed fourth in 1,500 meters (4:25.98) at NCAA Midwest Regional to earn all-region honors and a NCAA automatic bid... qualified for regional meet in 1,500 meters (4:24.91)... placed 10th in 1,500 meters (4:27.39) at Big Ten meet, running a team-leading and collegiate-best 4:24.91 in the prelims... that time ranks seventh all-time at Iowa... 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 OUTDOOR CHAMPIONSHIP 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** - placed fifth in 800 meters with a collegiate-best 1:48.87 at NCAA Midwest Regional to earn all-region honors and a NCAA automatic bid... that time leads the team and ranks third in school history... 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 (O)	1:48.87	at NCAA Regional	5/30/09
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... two-time 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** - placed sixth in shot put (58-11 1/4) at NCAA Midwest Regional, earning all-region honors... won shot put with team-leading 60-1 3/4 at Illinois Invite... placed third in shot put at Big Ten meet (59-9 1/2)... placed second in shot put 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

IOWA'S NCAA OUTDOOR CHAMPIONSHIP QUALIFIERS



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** - placed sixth in 400-meter hurdles (51.21) at NCAA Midwest Regional to earn all-region honors after running a collegiate-best 50.54 in the prelims... that time ranks fifth all-time at Iowa... qualified for regional meet in 400-meter hurdles (51.00) and as part of team-leading 1,600-meter relay (3:08.81)... placed third in 400-meter hurdles at Big Ten Championships (51.16)... anchored 1,600-meter relay that placed fourth at Drake Relays in 3:11.46... won 400-meter hurdles at Illinois Invite (51.29), and placed second at John McDonnell Invite (51.00) and Drake Relays (51.80), and third at Sun Angel Classic (51.53) and Tiger Track Classic (51.82).

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)	50.54	at NCAA Regional	5/29/09
600 Meters (I)	1:22.23	at Jack Johnson Classic	1/26/08



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 qualifier 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... placed 12th in triple jump (41-7 1/4) and 13th in long jump (19-2 1/2) at NCAA Midwest Regional... 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