

UNIVERSITY OF IOWA TRACK & FIELD



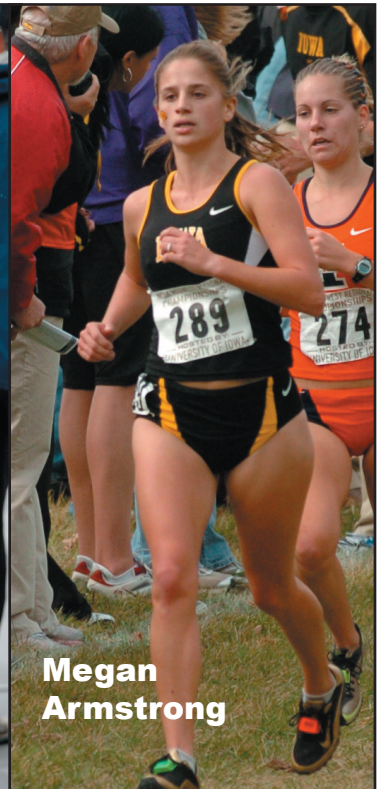
**Micah
VanDenend**



Adam Hamilton



**Kineke
Alexander**



**Megan
Armstrong**



Peaches Roach



**Shane
Maier**

**2006 NCAA MIDWEST REGIONAL
UNIVERSITY OF TEXAS - MIKE A. MYERS STADIUM
MAY 26-27, 2006 -- AUSTIN, TX**

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



TRACK CONTACTS: TARA MEEKMA, TRACI WAGNER

MAY 22, 2006

2006 WOMEN'S OUTDOOR SCHEDULE & RESULTS

3/17-18	Shamrock Invite	2 champs
3/31-4/1	at Stanford Invite	0 champs
4/1	at Springtime Invite	3 champs
4/8	at Messersmith Invite	5 champs
4/13-15	at Mt. SAC Relays	1 champ
4/14-15	at Tom Botts Invite	0 champs
4/22	Musco Twilight VIII	4 champs
4/27-29	at Drake Relays	2 champs
5/12-14	at Big Ten Champ's	8th/0 champs
5/26-27	at NCAA Midwest Regional	
6/7-10	at NCAA Championships	

2006 WOMEN'S OUTDOOR SEASON BESTS

100 Meters ... Peaches Roach	^11.71
100 Hurdles.. Tiffany Johnson	*^13.53
200 Meters ... Kineke Alexander	^23.58
400 Meters ... Kineke Alexander	^51.83
400 Hurdles.. Aditya Jones.....	1:02.85
800 Meters ... Meghan Armstrong ...	2:10.15
1,500 Meters Meghan Armstrong *^4:	17.41
Mile..... Krista Anderson	4:54.98
3,000 Meters Meghan Armstrong ...	9:28.03
3,000 Steeple Jessica Schmidt	11:20.85
5,000 Meters Meghan Armstrong ^16:	29.09
10,000 Meters Racheal Marchand... \$	34:51.68
400-Meter Relay.....	^45.11
<i>(Alexander, Granger, Johnson, Roach)</i>	
800-Meter Relay.....	1:36.19
<i>(Roach, McCalla, Alexander, Johnson)</i>	
1,600-Meter Relay	^3:38.36
<i>(McCalla, Granger, Alexander, Johnson)</i>	
Distance Medley Relay	12:06.08
<i>(Docherty, Jones, Billhardt, Schmidt)...</i>	
High Jump ... Peaches Roach.....	*^6-0 3/4
Long Jump ... Renee White	^19-9 3/4
Triple Jump .. Tiffany Johnson .	*^41-3 1/4
Pole Vault..... Sarah Burgett.....	12-1 3/4
Shot Put Mandy Chandler	46-0
Discus..... Holly Joens.....	120-1
Javelin..... Tammilee Kerr	141-9
Hammer..... Becca Franklin	176-7

^ - regional qualifier, * - school record,
\$ - NCAA provisional qualifier

THIS WEEK -- The Hawkeye men and women's track teams will send athletes who meet the qualifying standards to the 2006 NCAA Midwest Regional, Friday-Saturday in Austin, TX. All events will be held at Mike A. Myers Stadium on the University of Texas campus. Single day tickets are \$10 for adults and \$7 for youth. Tickets can be ordered from the University of Texas Athletic ticket office at 800/982-2386 or www.texasports.com.

The Midwest region will feature 39 schools from Colorado, Iowa, Kansas, Minnesota, Montana, Nebraska, New Mexico, Oklahoma, Texas and Wyoming. The top five finishers in each individual event and the top three relays from each of the four regionals will automatically advance to the NCAA Championships, to be held June 7-10 in Sacramento, CA. The other three regions are the West (40 men's teams, 42 women's teams), the Mideast (78 men's teams, 81 women's teams) and the East (110 men's teams, 112 women's teams).

WOMEN'S NCAA REGIONAL QUALIFIERS -- The Hawkeye women's team has qualified nine student-athletes in nine individual events and two relays to the Midwest Regional. Their events, qualifying marks and where they rank in the region and nation are listed below.

Name	Event	Mark	Regional/National Ranking
Kineke Alexander	200 Meters	23.58	11th/42nd
	400 Meters	51.83	2nd/5th
Meghan Armstrong	400-Meter Relay	45.11	11th/42nd
	1,600-Meter Relay	3:38.36	13th/45th
	1,500 Meters	4:17.41	1st/5th
Ashley Granger	5,000 Meters	16:29.09	9th/44th
	400-Meter Relay	45.11	11th/42nd
Tiffany Johnson	1,600-Meter Relay	3:38.36	13th/45th
	100-Meter Hurdles	13.53	9th/40th
	400-Meter Relay	45.11	11th/42nd
Racheal Marchand	1,600-Meter Relay	3:38.36	13th/45th
	Triple Jump	41-3 1/4 (12.58 m)	15th/66th
Lindsey McCalla	5,000 Meters	16:48.07	15th/106th
	10,000 Meters	34:51.68	*/46th
Peaches Roach	1,600-Meter Relay	3:38.36	13th/45th
	100 Meters	11.71	21st/86th
Shannon Stanley	400-Meter Relay	45.11	11th/42nd
	High Jump	6-0 3/4 (1.85 m)	5th/7th
Renee White	1,500 Meters	4:25.08	11th/59th
	Long Jump	19-9 3/4 (6.04 m)	17th/89th

* - NCAA provisional qualifier

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2006 MEN'S OUTDOOR SCHEDULE & RESULTS

Date	Meet	Result
3/31-4/1	at Stanford Invite	1 champ
4/1	at Springtime Invite	4 champs
4/8	at Messersmith Invite	3 champs
4/14-15	at Tom Botts Invite	3 champs
4/14-15	at Sun Angel Classic	1 champ
4/22	Musco Twilight VIII	5 champs
4/27-29	at Drake Relays	0 champs
5/12-14	at Big Ten Champ's	4th/2 champs
5/26-27	at NCAA Midwest Regional	
6/7-10	at NCAA Championships	

2006 MEN'S OUTDOOR SEASON BESTS

100 Meters	David Chaplin.....	10.55
110 Hurdles...	Brice Wilson.....	15.61
200 Meters	David Chaplin.....	^21.14
400 Meters	Prince Riley.....	47.71
400 Hurdles...	Brice Wilson.....	59.23
800 Meters	Matt O'Hollearn	1:51.90
1,500 Meters..	Micah VanDenend.....	3:53.39
3,000 Meters..	Dan Haut.....	8:17.52
3,000 Steeple.	Tony Rakaric	^9:06.46
5,000 Meters..	M. VanDenend ...	*^13:55.96
10,000 Meters	Eric MacTaggart ...	\$28:50.23
400-Meter Relay.....		^40.65
	(Milder, Chaplin, Pierre, Riley)	
1,600-Meter Relay.....		3:11.52
	(Chaplin, Pierre, Riley, O'Hollearn)	
Distance Medley Relay.....		9:54.97
	(VanDenend, Riley, O'Hollearn, Rakaric)	
6,400-Meter Relay.....		16:55.43
	(Rakaric, Webster, MacTaggart, VanDenend)	
High Jump	Jeremy Petsche.....	6-8 3/4
Long Jump	Matty Gorman	^25-1 1/4
Triple Jump ...	Matty Gorman	48-0
Pole Vault.....	Jeff Raymond	15-7
Shot Put	Shane Maier	^62-2 1/4
Discus.....	Tim Brodersen	^187-9
Hammer.....	Adam Hamilton	^220-6
Javelin.....	Kale Katt	201-7
Decathlon	Ryan Niver	6,409 pts.

^ - regional qualifier, * - school record
\$ - NCAA provisional qualifier

MEN'S NCAA REGIONAL QUALIFIERS -- The Hawkeye men's team has qualified 14 student-athletes in seven individual events and one relay to the NCAA Midwest Regional. Their events, qualifying marks and where they rank in the region and nation are listed below.

Men's Regional Qualifiers			Regional/National
Name	Event	Mark	Ranking
Tim Brodersen	Discus	187-9 (57.24 m)	10th/24th
David Chaplin	200 Meters	21.14	25th/79th
	400-Meter Relay	40.65	20th/89th
A.J. Curtis	Discus	173-11 (53.01 m)	19th/79th
	Shot Put	55-11 (17.04 m)	21st/75th
Matty Gorman	Long Jump	25-1 1/4 (7.65 m)	13th/26th
Adam Hamilton	Hammer	220-6 (67.20 m)	2nd/7th
Dan Haut	5,000 Meters	14:07.30	10th/64th
John Hickey	Shot Put	58-1 (17.70 m)	16th/46th
Eric MacTaggart	10,000 Meters	28:50.23	*/19th
Shane Maier	Discus	171-2 (52.17 m)	24th/87th
	Shot Put	62-2 1/4 (18.95 m)	5th/16th
Max Milder	400-Meter Relay	40.65	20th/89th
David Pierre	400-Meter Relay	40.65	20th/89th
Tony Rakaric	3,000 Steeplechase	9:06.46	20th/91st
Prince Riley	400-Meter Relay	40.65	20th/89th
Mark Schaapveld	Shot Put	56-8 3/4 (17.29 m)	18th/64th
Micah VanDenend	5,000 Meters	13:55.96	4th/23rd

* -- NCAA provisional qualifier

HAWKEYE REGIONAL FACTS -- In the four-year history of the NCAA Midwest Regional meet, the Hawkeyes have experienced success. The women's team has sent 60 qualifiers to the meet and crowned 19 all-region selections. The men's team has sent 60 qualifiers and crowned nine all-region honorees. **Bill Neumann** won Iowa's lone regional title in 2003, when he won the javelin.

Junior **Tiffany Johnson** and sophomore **Kineke Alexander** hold the women's school record for times qualified to the regional meet in a career. Both are seven-time qualifiers - advancing in three events in 2005 and four in 2006. Senior **Tim Brodersen** shares that distinction with former Hawkeye **Brad Daufeldt** for the men's squad, as both are four-time qualifiers. **Brodersen** is the only Hawkeye student-athlete to have qualified for four regional meets, competing in the discus in 2003-06. **Daufeldt** qualified in the discus and hammer in 2003-04.

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NCAA MIDWEST REGIONAL CHAMPIONSHIPS SCHEDULE OF EVENTS

Friday, May 26

- 1:00 p.m. Men's Hammer (T&F)
2:00 Men's Long Jump (T&F)
Women's Long Jump (T&F)
4:00 Women's 400-Meter Relay (P)
4:15 Men's 400-Meter Relay (P)
4:30 Women's 1,500 Meters (P)
5:20 Women's 100-Meter Hurdles (P)
6:00 Men's Discus (T&F)
Women's High Jump (F)
6:40 Women's 100 Meters (P)
8:00 Women's 400 Meters (P)
8:40 Women's 200 Meters (P)
9:00 Men's 200 Meters (P)
9:20 Women's 5,000 Meters (F)
9:40 Men's 5,000 Meters (F)

Saturday, May 27

- 2:00 p.m. Women's Triple Jump (T&F)
3:00 Men's Shot Put (T&F)
5:30 Women's 400-Meter Relay (F)
5:40 Men's 400-Meter Relay (F)
5:50 Women's 1,500 Meters (F)
6:10 Women's 100-Meter Hurdles (F)
6:50 Women's 100 Meters (F)
7:30 Women's 400 Meters (F)
7:50 Women's 200 Meters (F)
8:00 Men's 200 Meters (F)
8:35 Men's 3,000-M. Steeplechase (F)
9:00 Women's 1,600-Meter Relay (F)
9:15 Men's 1,600-Meter Relay (F)

All times are local.

T - trials, P - preliminaries, F - finals

WOMEN'S TEAM MAKES TRACKWIRE 25 -- The Hawkeye women's track team is tied for 18th in the most recent national outdoor rankings released by Trackwire. The list, compiled by Gary Verigin of www.trackwire.com, ranks schools according to a projected hypothetical score for the NCAA outdoor championships, which is generated by a power ranking of the top 12 athletes and relay squads in each NCAA event. Iowa is tied with Texas A&M for 18th in the rankings with 13 points. Texas is first with 65.

HAWKEYES SET RECORDS -- Hawkeye juniors **Micah VanDenend**, **Tiffany Johnson** and **Peaches Roach**, and sophomore **Meghan Armstrong** have set new school records this outdoor season.

VanDenend broke a 38-year-old 5,000-meter record at the Stanford Invitational, running a collegiate-best 13:55.96 for sixth place in the event. Iowa Head Coach **Larry Wiecezorek** set the previous record of 13:56.0 in 1968.

Johnson broke her own 100-meter hurdles and triple jump records. Her collegiate-best 13.53 at the Mt. SAC Relays broke the hurdles record of 13.57 she set in 2005, and she smashed the triple jump mark of 40-9 1/2 she set in 2005 with her collegiate best 41-3 1/4 leap at the Iowa Musco Twilight VIII. **Johnson** now holds school records in the indoor and outdoor triple jump, 60-meter hurdles, 100-meter hurdles and as part of the indoor 1,600-meter relay.

Roach broke the 23-year-old school high jump record of 6-0 set in 1983 by Mary Mol with a collegiate-best 6-0 3/4 at the Mt. SAC Relays. **Roach** holds the school indoor high jump mark, which is also 6-0 3/4.

Armstrong set the school 1,500-meter record with the 4:17.41 she ran at the Big Ten Championships. The previous record of 4:19.71 was set in 1989 by **Jeanne Kruckeberg**.

2006 BIG TEN OUTDOOR CHAMPIONSHIPS REVIEW -- The Iowa men's team placed fourth and the Hawkeye women placed eighth at the Big Ten Outdoor Championships in East Lansing, MI. Despite cold and wet weather, the Hawkeye men recorded their highest team finish since they placing second in 1999. Wisconsin won the men's team title for the third straight year, while the Minnesota women's team won its first conference team title in school history.

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IOWA'S TOP 10 PLACERS AT 2006 BIG TEN OUTDOOR CHAMPIONSHIPS

Men's Top 10 Placers

Event	Student-Athlete	Mark	Place
Hammer	Adam Hamilton	208-1	1st
Discus	Tim Brodersen	181-2	1st
Shot Put	Shane Maier	62-2 1/4	2nd
100 Meters	David Chaplin	10.55	3rd
400-Meter Relay		45.60	3rd
Shot Put	John Hickey	57-3 3/4	3rd
200 Meters	David Chaplin	21.14	4th
5,000 Meters	Micah VanDenend	14:13.13	4th
Javelin	Kale Katt	201-7	4th
1,600-Meter Relay		3:11.52	6th
Shot Put	Mark Schaapveld	56-8 3/4	6th
Decathlon	Ryan Niver	6,409	6th
Long Jump	Matty Gorman	23-6 3/4	7th
Discus	Shane Maier	163-2	7th
5,000 Meters	Eric MacTaggart	14:20.04	8th
Hammer	Tim Brodersen	173-2	8th
Discus	A.J. Curtis	163-1	8th
10,000 Meters	Dan Haut	30:03.08	9th
Shot Put	A.J. Curtis	54-1 3/4	9th
5,000 Meters	Matt Esche	14:26.04	10th
Discus	Clint Huntrods	155-4	10th
Long Jump	Aaron Reed	22-9	10th

Women's Top 10 Placers

Event	Student-Athlete	Mark	Place
100-M. Hurdles	Tiffany Johnson	13.62	2nd
1,500 Meters	Meghan Armstrong	4:17.41	2nd
High Jump	Peaches Roach	5-8 3/4	2nd
Triple Jump	Tiffany Johnson	40-5	3rd
200 Meters	Peaches Roach	24.28	4th
400-Meter Relay		45.90	4th
1,500 Meters	Shannon Stanley	4:25.08	6th
Javelin	Tammilee Kerr	141-0	6th
1,600-Meter Relay		3:46.59	7th
10,000 Meters	Rachael Marchand	34:51.68	8th

The Iowa men were led by Big Ten champions **Tim Brodersen** and **Adam Hamilton**. **Brodersen**, a senior from Vermillion, SD, successfully defended his discus title with a winning throw of 181-2. He became the 17th Hawkeye in school history to win consecutive Big Ten titles in the same event. **Brodersen** also placed eighth in the hammer throw. **Hamilton**, a junior from Milford, NH, won the first title of the meet when he took the hammer throw title (208-1). He also became Iowa's fourth Big Ten hammer throw champion.

Placing in the top three for the men's team were sophomore **Shane Maier** (2nd - shot put), freshman **David Chaplin** (3rd - 100 meters), freshman **John Hickey** (3rd - shot put) and the 400-meter relay of sophomore **Max Milder**, **Chaplin**, junior **David Pierre** and freshman **Prince Riley**.

The women's team was led by juniors **Tiffany Johnson** and **Peaches Roach** and sophomore **Meghan Armstrong**. **Johnson** placed second in the 100-meter hurdles (13.62), third in the triple jump (40-5) and ran on the 400 and 1,600-meter relays that placed fourth and seventh, respectively. **Roach** placed second in the high jump (58-3/4), fourth in the 200 meters (24.28) and anchored the fourth-place 400-meter relay. **Armstrong** placed second in the 1,500 meters (4:17.41), setting a school record that beat her previous collegiate-best by almost nine seconds.

Sophomore **Kineke Alexander** was withheld from competition during the final day so as not to aggravate a nagging injury in the cold and wet conditions. In the prelims, she posted the second-fastest time in the 200 meters, the fourth fastest clocking in the 400 meters, and ran on the 400 and 1,600-meter relays. The 400-meter relay had the top qualifying time. Had she been able to compete on Sunday, Iowa's team finish could have been as high as fifth.

2005 NCAA MIDWEST REGIONAL REVIEW -- The men and women's teams placed 17th at the 2005 NCAA Midwest Regional in Norman, OK. The women's team scored 17 team points, while the men scored 15, and both automatically qualified two competitors to the NCAA Championships. Senior **Ken Kemeny** and junior **Tim Brodersen** automatically qualified in the shot put and discus, respectively. Sophomore **Peaches Roach** and freshman **Kineke Alexander** placed second in the high jump and 400 meters, respectively, to earn automatic bids in those events.

Iowa's Outdoor Season Bests

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

David Chaplin 10.55 at Big Ten Champ's ..5/14/06
Max Milder 10.81 Musco Twilight VIII..4/22/06
David Pierre..... 10.87 at Messersmith Invite 4/8/06
Ryan Niver 11.35 at Big Ten Champ's ..5/12/06

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

Peaches Roach 11.71^ Musco Twilight VIII..4/22/06
Ashley Granger 12.05 at Messersmith Invite 4/8/06
Renee White 12.89 at Shamrock Invite ..3/18/06

MEN'S 110-METER HURDLES (RQ -- 14.30, SR -- 13.63)

Brice Wilson 15.61 at Springtime Invite . 4/1/06
Ryan Niver 16.22% at Big Ten Champ's ..5/13/06

WOMEN'S 100-METER HURDLES (RQ - 13.92, SR - 13.53)

Tiffany Johnson 13.53^* at Mt. SAC Relays4/15/06
Tammilee Kerr..... 14.74 at Springtime Invite . 4/1/06

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

David Chaplin 21.14^ at Big Ten Champ's ..5/14/06
Max Milder 21.80 at Big Ten Champ's ..5/14/06

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

Kineke Alexander 23.58^ Musco Twilight VIII..4/22/06
Peaches Roach 24.01 at Big Ten Champ's ..5/13/06
Ashley Granger 24.37 at Springtime Invite . 4/1/06
Lindsey McCalla 24.92 at Springtime Invite . 4/1/06

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

Prince Riley 47.71 Musco Twilight VIII..4/22/06
David Pierre..... 47.92 at Sun Angel Classic.4/15/06
David Chaplin 48.78 at Messersmith Invite 4/8/06
Max Milder 49.41 at Springtime Invite . 4/1/06
Jason Nolting 49.59 at Tom Botts Invite..4/15/06
Jason Wakenight..... 49.68 at Tom Botts Invite..4/15/06
Cannon Dolan 49.99 at Tom Botts Invite..4/15/06
Ryan Niver 52.76% at Tom Botts Invite..4/13/06

WOMEN'S 400 METERS (RQ - 54.61, SR - 51.71)

Kineke Alexander 51.83^ at Mt. SAC Relays4/15/06
Lindsey McCalla 56.84 Musco Twilight VIII..4/22/06
Monica Mims..... 59.55 at Shamrock Invite ..3/18/06

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

Brice Wilson 59.23 at Tom Botts Invite..4/15/06

WOMEN'S 400-M. HURDLES (RQ -- 1:00.82, SR -- 56.67)

Aditya Jones 1:02.85 at Tom Botts Invite..4/15/06

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

Matt O'Hollearn..... 1:51.90 at Big Ten Champ's ..5/13/06
Daniel Peoples 1:54.27 at Big Ten Champ's ..5/13/06
Davis Linden..... 1:55.41 at Big Ten Champ's ..5/13/06
Jason Wakenight..... 1:59.08 Musco Twilight VIII..4/22/06
Mike Stout 1:59.11 at Tom Botts Invite..4/15/06

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

Meghan Armstrong 2:10.15 at Tom Botts Invite..4/15/06
Shannon Stanley..... 2:12.11 at Tom Botts Invite..4/15/06
Jennie Docherty..... 2:15.69 at Big Ten Champ's ..5/13/06
Monica Mims..... 2:18.04 Musco Twilight VIII..4/22/06

MEN'S 1,500 METERS (RQ -- 3:47.80, SR -- 3:44.01)

Micah VanDenend..... 3:53.39 Musco Twilight VIII..4/22/06
Tony Rakaric..... 3:55.73 at Tom Botts Invite..4/15/06
Eric MacTaggart..... 3:58.08 Musco Twilight VIII..4/22/06
Jeff Kent..... 3:59.48 at Tom Botts Invite..4/15/06
Alex Webster 3:59.70 Musco Twilight VIII..4/22/06
Heath Moenck..... 4:03.69 Musco Twilight VIII..4/22/06
Blake Schlotzhauer... 4:04.38 at Tom Botts Invite..4/15/06
Ryan Niver 5:41.10% at Big Ten Champ's ..5/13/06

WOMEN'S 1,500 METERS (RQ - 4:27.80, SR - 4:17.41)

Meghan Armstrong 4:17.41^* ... at Big Ten Champ's ..5/14/06
Shannon Stanley..... 4:25.08^ at Big Ten Champ's ..5/14/06
Nikki Chapple 4:32.13 at Drake Relays4/29/06
Jennie Docherty..... 4:48.01 Musco Twilight VIII..4/22/06
Allison Billhardt 4:49.05 at Tom Botts Invite..4/15/06
Jessica Schmidt 4:45.58 at Messersmith Invite 4/8/06
Rachel Hawks 5:07.39 at Tom Botts Invite..4/15/06
Brittany Graham 5:16.70 Musco Twilight VIII..4/22/06

WOMEN'S MILE (RQ -- 4:49.60)

Krista Anderson 4:54.98 at Shamrock Invite ..3/18/06
Nikki Chapple 4:57.81 at Shamrock Invite ..3/18/06

MEN'S 3,000 METERS

Dan Haut 8:17.52 Musco Twilight VIII..4/22/06
Matt Esche 8:19.99 Musco Twilight VIII..4/22/06
Brian Rae 9:36.61 at Springtime Invite . 4/1/06

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

Meghan Armstrong 9:28.03 Musco Twilight VIII..4/22/06
Krista Anderson 9:45.65 Musco Twilight VIII..4/22/06
Racheal Marchand ... 10:01.49 Musco Twilight VIII..4/22/06
Shannon Stanley..... 10:28.48 at Shamrock Invite ..3/17/06
Rachel Hawks 11:07.70 at Messersmith Inv... 4/8/06

MEN'S 3,000-METER STEEPLECHASE

(RQ -- 9:07.00, SR -- 8:47.4)

Tony Rakaric..... 9:06.46^ Musco Twilight VIII..4/22/06
Brian Rae 9:18.89 at Messersmith Inv... 4/8/06

*RQ/^ - NCAA Midwest Regional Qualifier
SR/* - School Record, \$ - NCAA Provisional Qualifier
% - Decathlon Event*

Iowa's Outdoor Season Bests

WOMEN'S 3,000-METER STEEPLECHASE

(RQ - 10:50.25, SR - 10:34.50)

Jessica Schmidt 11:20.85 at Shamrock Invite ..3/18/06

MEN'S 5,000 METERS (RQ -- 14:10.00, SR -- 13:55.96)

Micah VanDenend.... 13:55.96^* at Stanford Invite..... 4/1/06

Dan Haut 14:07.30^ at Stanford Invite..... 4/1/06

Matt Esche 14:12.07 at Drake Relays4/27/06

Eric MacTaggart..... 14:20.04 at Big Ten Champ's ..5/14/06

Jeff Kent..... 14:26.29 at Stanford Invite....3/31/06

Blake Schlotzhauer.. 14:55.76 at Big Ten Champ's ..5/14/06

Adam Roche 15:13.82 at Tom Botts Invite..4/15/06

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

Meghan Armstrong .. 16:29.09^ at Stanford Invite....3/31/06

Racheal Marchand ... 16:48.07^ at Big Ten Champ's ..5/14/06

Krista Anderson 16:59.48 at Drake Relays4/27/06

Nikki Chapple 17:11.03 at Big Ten Champ's ..5/14/06

MEN'S 10,000 METERS

(AQ -- 28:45.00, PQ -- 29:30.00, SR -- 28:44.47)

Eric MacTaggart..... 28:50.23\$ at Stanford Invite..... 4/1/06

Dan Haut 30:03.08 at Big Ten Champ's ..5/12/06

Jeff Kent..... 30:34.58 at Big Ten Champ's ..5/12/06

WOMEN'S 10,000 METERS

(AQ - 33:55.00, PQ - 35:00.00, SR - 33:23.38)

Racheal Marchand ... 34:51.68\$ at Big Ten Champ's ..5/12/06

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

Milder, Chaplin, Pierre, Riley..... 40.65^

at Big Ten Championships - 5/14/06

Milder, Chaplin, Pierre, Gorman..... 40.77

at Springtime Invite - 4/1/06

Milder, Chaplin, Pierre, Elbert 41.04

at Big Ten Championships - 5/13/06

WOMEN'S 400-METER RELAY (RQ - 45.70, SR - 44.63)

Alexander, Granger, Johnson, Roach 45.11^

at Springtime Invite - 4/1/06

Johnson, Alexander, Granger, Roach 45.60

at Big Ten Championships - 5/13/06

Johnson, Alexander, White, Roach..... 45.86

at Messersmith Invite - 4/8/06

Roach, Johnson, White, Granger..... 46.81

at Shamrock Invite - 3/18/06

Johnson, Alexander, Kerr, Roach 46.96

Musco Twilight VIII - 4/22/06

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

Roach, McCalla, Alexander, Johnson 1:36.19

at Messersmith Invite - 4/8/06

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

Chaplin, Pierre, Riley, O'Hollearn 3:11.52

at Big Ten Championships - 5/14/06

Chaplin, Riley, Pierre, O'Hollearn 3:12.60

at Drake Relays - 4/28/06

Chaplin, Milder, Pierre, O'Hollearn 3:13.90

at Springtime Invite - 4/1/06

Milder, Nolting, Dolan, Peoples 3:18.19

Musco Twilight VIII - 4/22/06

Iowa 3:18.68

at Messersmith Invite - 4/8/06

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

McCalla, Granger, Alexander, Johnson 3:38.36 ^

at Mt. SAC Relays - 4/15/06

McCalla, Johnson, Jones, Alexander..... 3:43.68

at Drake Relays - 4/28/06

McCalla, Johnson, Alexander, Granger..... 3:46.59

at Big Ten Championships - 5/14/06

Jones, McCalla, Mims, Johnson 3:49.06

Musco Twilight VIII - 4/22/06

Granger Johnson, Kerr, McCalla 3:50.18

at Springtime Invite - 4/1/06

MEN'S DISTANCE MEDLEY RELAY (SR - 9:39.94)

VanDenend, Riley, O'Hollearn, Rakaric..... 9:54.97

at Drake Relays - 4/29/06

WOMEN'S DISTANCE MEDLEY RELAY (SR - 9:39.94)

Docherty, Jones, Billhardt, Schmidt..... 12:06.08

at Drake Relays - 4/28/06

MEN'S 6,400-METER RELAY

Rakaric, Webster, MacTaggart, VanDenend 16:55.43

at Drake Relays - 4/28/06

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

Jeremy Petsche . 6-8 3/4 (2.05 m) ... at Springtime Inv. .. 4/1/06

Ryan Niver 6-6 (1.98 m)% at Tom Botts Inv....4/13/06

Ryan Kelly..... 6-2 3/4 (1.90 m) ... Musco Twilight VIII 4/22/06

WOMEN'S HIGH JUMP (RQ - 1.75 meters, SR - 1.85 meters)

Peaches Roach .. 6-0 3/4 (1.85 m)^* at Mt. SAC Relays ..4/15/06

Jenni Elbert 5-4 1/4 (1.63 m) ... at Shamrock Inv.3/18/06

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

Matty Gorman... 25-1 1/4 (7.65 m)^ at Springtime Inv. .. 4/1/06

Aaron Reed 22-9 (6.93 m)..... at Big Ten Champ's 5/13/06

Ryan Niver 22-0 1/4 (6.71 m).. at Messersmith Inv. 4/8/06

RQ/^ - NCAA Midwest Regional Qualifier
SR/* - School Record, \$ - NCAA Provisional Qualifier
% - Decathlon Event

Iowa's Outdoor Season Bests

WOMEN'S LONG JUMP (RQ - 5.97 meters, SR - 6.78 meters)

Renee White 19-9 3/4 (6.04 m)^ at Springtime Inv. .. 4/1/06
Tammilee Kerr... 17-10 3/4 (5.45 m) at Shamrock Inv. ...3/18/06

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

Matty Gorman... 48-0 (14.63 m) at Drake Relays4/29/06

WOMEN'S TRIPLE JUMP (RQ - 12.32 m, SR - 12.43 m)

T. Johnson.....41-3 3/4 (12.58 m)^* Musco Twilight VIII ... 4/22/06

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

Jeff Raymond ... 15-7 (4.75 m)..... Musco Twilight VIII 4/22/06
at Big Ten Champ's 5/14/06

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

Sarah Burgett ... 12-1 3/4 (3.70 m).. Musco Twilight VIII 4/22/06

MEN'S SHOT PUT (RQ -- 16.80 m, SR -- 19.27 m)

Shane Maier.....62-2 1/4 (18.95 m)^ ...at Big Ten Champ's 5/14/06
John Hickey58-1 (17.70 m)^Musco Twilight VIII 4/22/06
M. Schaapveld.....56-8 3/4 (17.29 m)^ ...at Big Ten Champ's 5/14/06
A.J. Curtis55-11 (17.04 m)^Musco Twilight VIII 4/22/06
Ryan Niver 40-8 3/4 (12.41 m)% at Tom Botts Inv. 4/13/06

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

Mandy Chandler 46-0 (14.02 m) at Tom Botts Inv....4/15/06

MEN'S DISCUS (RQ -- 51.70 m, SR -- 61.68 m)

Tim Brodersen... 187-9 (57.24 m)^... Musco Twilight VIII 4/22/06
A.J. Curtis..... 173-11 (53.01 m)^. Musco Twilight VIII 4/22/06
Shane Maier 171-2 (52.17 m)^... Musco Twilight VIII 4/22/06
Clint Huntrods .. 155-4 (47.34 m) at Big Ten Champ's 5/14/06
Ryan Niver 135-0 (41.14 m) at Springtime Inv. .. 4/1/06

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

Holly Joens 120-1 (36.60 m) Musco Twilight VIII 4/22/06

MEN'S HAMMER (RQ -- 55.60 m, SR -- 67.94 m)

Adam Hamilton. 220-6 (67.20 m)^... at Messersmith Inv. 4/8/06
Tim Brodersen... 180-6 (55.02 m) Musco Twilight VIII 4/22/06
Kale Katt..... 176-10 (53.89 m)... at Messersmith Inv. 4/8/06
Ryan Jordan 176-10 (53.89 m)... at Tom Botts Inv....4/15/06
M. Schaapveld... 173-9 (52.95 m) at Messersmith Inv. 4/8/06
John Hickey 152-5 (46.46 m) at Springtime Inv. .. 4/1/06

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

Becca Franklin .. 176-7 (53.82 m) at Messersmith Inv. 4/8/06
Erin O'Hern..... 166-0 (50.60 m) Musco Twilight VIII 4/22/06

MEN'S JAVELIN (RQ -- 61.60 m, SR -- 74.58 m)

Kale Katt..... 201-7 (61.44 m) at Big Ten Champ's 5/14/06
Craig Jennings .. 173-4 (52.83 m) Musco Twilight VIII 4/22/06
Ryan Niver 154-11 (47.23m)% .at Big Ten Champ's 5/13/06

WOMEN'S JAVELIN (RQ - 43.45 meters, SR - 55.31 meters)

Tammilee Kerr... 141-9 (43.22 m) .. at Springtime Inv. ... 4/1/06

DECATHLON (AQ - 7,500 pts, PQ - 7,000 pts, SR - 6,839 pts)

Ryan Niver 6,409 pts at Big Ten Champ's 5/12-13/06

*RQ/^ - NCAA Midwest Regional Qualifier
SR/* - School Record, \$ - NCAA Provisional Qualifier
% - Decathlon Event*



All-Time Top 10 Best Outdoor Performers

Men's 100 Meters

1. George Page, 199610.25
2. Anthuan Maybank, 199410.31
Tim Dwight, 199710.31
4. Bob Lawson, 197610.36
5. Robert Smith, 198410.39
6. Curtis Chung, 198710.40
7. Jeff Patrick, 198310.41
Tim Dodge, 200210.41
9. Jerry Fisher, 199110.45
10. Andre Morris, 199610.47

Women's 100 Meters

1. Vivien McKenzie, 198511.45
2. Davera Taylor, 198411.51
3. Erica Broomfield, 199811.53
4. Jiselle Providence, 200111.57
5. Tanja Reid, 199411.60
Peaches Roach, 2005 11.60
7. Yolanda Hobbs, 199511.62
8. Elanie Jones, 198511.69
9. Lakeya Boatright, 200011.77
10. Tamara Dixon, 200211.79

Men's 110-Meter High Hurdles

1. Pat McGhee, 198913.50
2. Dion Trowers, 199613.62
3. Ronnie McCoy, 198513.66
4. James Armstrong, 199113.89
5. Doug Jones, 198614.06
6. Chris Williams, 198314.24
7. Rajeev Balkrishnan, 199314.29
8. Gary Falls, 199214.48
9. Monte Raymond, 199614.51
10. Tony Branch, 199814.58

Women's 100-Meter Hurdles

1. **Tiffany Johnson, 2006..... 13.53**
2. Colleen Prendergast, 199913.60
Paula Ruen, 200013.60
4. Sarah Steffen, 200213.65
5. Ruqayya Raheem, 199813.90
6. Brenda Calhoun, 198413.94
7. Wynsome Cole, 199714.10
8. Tiff Pedersen, 200214.23
9. Colleen Prendergast, 200114.24
10. Diane Steinhart, 197914.25

Men's 200 Meters

1. Jeff Patrick, 198320.47
2. Anthuan Maybank, 199420.55
3. Andre Morris, 199520.64
4. George Page, 199620.67
5. Terrence Duckett, 198220.74
6. Tim Dodge, 200220.78
7. Bashir Yamini, 199920.82
8. Dennis Kohl, 196620.84
9. Tim Dwight, 199720.91
10. Victor Greer, 198420.98

Women's 200 Meters

1. Shellene Williams, 200423.50
2. **Kineke Alexander, 2006..... 23.58**
3. Davera Taylor, 198423.59
4. Vivien McKenzie, 198523.61
5. Yolanda Hobbs, 199523.65
6. Tanja Reid, 199523.75
7. Elaine Jones, 198323.84
8. Jiselle Providence, 200124.00
9. **Peaches Roach, 2006 24.01**
10. Lakeya Boatright, 200024.14

Men's 400 Meters

1. Anthuan Maybank, 199344.99
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. George Page, 199646.66
8. Dick Eisenlauer, 197346.74
Terrence Duckett, 198346.74
10. Ed Rozell, 199646.78

Women's 400 Meters

1. **Kineke Alexander, 2006..... 51.38**
2. Shellene Williams, 200451.94
3. Ellen Grant, 199652.65
4. Senta Hawkins, 198854.01
5. Marlene Poole, 199454.03
6. Elaine Jones, 1983 54.4
7. Nicole Charles, 200154.48
8. Stacey-Leigh Bynoe, 200054.73
9. Alycia Simpson, 198755.18
Aisha Hume, 200455.18

Men's 400-Meter Hurdles

1. Pat McGhee, 198848.83
2. Monte Raymond, 199850.09
3. Paul Steele, 198950.45
4. Russell Peterson, 200150.50
5. Adam Kunkel, 200150.73
6. Jon Reimer, 196750.94
7. Gary Falls, 199151.08
8. Rajeev Balkrishnan, 199351.14
9. Scott Williamson, 200051.74
10. Kenny Williams, 198651.89

Women's 400-Meter Hurdles

1. Mary Knoblauch, 198156.16
2. Wynsome Cole, 199856.67
3. Chris Davenport, 198159.18
4. Sarah Steffen, 200259.59
5. Beverly Powell, 199159.96
6. Diane Steinhart, 19801:00.56
7. Ruqayya Raheem, 19991:00:62
8. Keely Huber, 20021:00.98
9. Sherri Hull, 19871:02.60
10. **Aditya Jones, 2006 1:02.85**

Men's 800 Meters

1. Bill Frazier, 1962 *1:47.64
2. D'Juan Strozier, 1990 1:47.82
3. Michael Layne, 1999 1:49.61
4. Bill Thiesen, 1985 1:49.74
5. Andy Wiese, 1985 1:50.22
6. Paul Chepkwony, 1984 1:50.36
7. Rod Chambers, 1989 1:50.60
8. Jim Donovan, 1998 1:50.68
9. James Porter, 1994 1:51.00
10. Mike Cunningham, 2002 1:51.64

Women's 800 Meters

1. Kay Stormo, 1982 2:05.67
2. Michelle Lahann, 2004 2:06.79
3. Aisha Hume, 2005 2:08.50
4. Jeanne Kruckeberg, 1987 2:08.75
5. Ann Pare, 1997 2:09.25
6. **Meghan Armstrong, 2006 .. 2:10.15**
7. Briana Benning, 1996 2:10.47
8. Tami Hoskins, 1990 2:11.47
9. **Shannon Stanley, 2004 2:12.01**
10. Christine Salsberry, 1990 2:12.05

*Names in bold are
current team members.*



All-Time Top 10 Best Outdoor Performers

Men's 1,500 Meters

1. Joel Moeller, 1978 3:44.01
2. Jim Docherty, 1978 3:44.30
3. Dan Waters, 1986 3:46.35
4. Kevin Herd, 1994 3:46.64
5. John Clark, 1977 3:46.84
6. Ted Wheeler, 1956 3:48.24
7. John Dobbs, 1985 3:50.70
8. Sean Corrigan, 1987 3:51.05
9. Chad Feeldy, 1996 3:51.40
10. Rod Chambers, 1989 3:51.73

Women's 1,500 Meters

1. Meghan Armstrong, 2006 .. 4:17.41
2. Jeanne Kruckeberg, 1989 4:19.71
3. Penny O'Brien, 1985 4:21.43
4. Kay Stormo, 1982 4:22.24
5. Michelle Lahann, 2004 4:24.00
6. Shannon Stanley, 2006 4:25.08
7. Tracy Dahl, 1992 4:27.44
8. Jenny Hayden, 1982 4:27.54
9. Tina Stec, 1994 4:28.71
10. Jill Scheibel, 1999 4:29.49

Women's 3,000 Meters

1. Penny O'Brien, 1985 9:20.61
2. Nan Doak, 1985 9:23.04
3. Tracy Dahl, 1992 9:23.53
4. Meghan Armstrong, 2006 .. 9:28.03
5. Jeanne Kruckeberg, 1989 9:30.69
6. Jennifer Brower, 1992 9:34.59
7. Jodi Hershberger, 1982 9:36.44
8. Tina Stec, 1994 9:38.39
9. Krista Anderson 2006 9:45.65
10. Jenny Spangler, 1982 9:47.54

Men's 3,000-Meter Steeplechase

1. Deacon Jones, 1956 8:47.40
2. Steve Pershing, 1978 8:54.59
3. Andy Morris, 2000 8:56.21
4. Matt Gerard, 1994 8:57.01
5. Rollie Kitt, 1967 9:02.9
6. Al Greene, 1985 9:02.96
7. Tony Rakaric, 2005 9:03.29
8. Sean Gale, 1993 9:08.00
9. Nick Nordheim, 2000 9:12.06
10. Chad Schwitters, 1998 9:13.58

Women's 3,000-Meter Steeplechase

1. Sarah Arens, 2004 10:34.50
2. Michelle Lahann, 2003 11:16.21
3. Becca Thompson, 2003 11:19.50
4. Jessica Schmidt, 2006 11:20.85

Men's 5,000 Meters

1. Micah VanDenend, 2005 .. 13:55.96
2. Larry Wieczorek, 1968 13:56.0
3. Kevin Herd, 1993 13:59.0
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. Brian Rae, 2004 14:22.83
9. Tony Rakaric, 2003 14:22.92
10. Danny Waters, 1986 14:23.43

Women's 5,000 Meters

1. Nan Doak, 1985 15:45.84
2. Jenny Spangler, 1983 16:17.21
3. Tracy Dahl, 1992 16:18.77
4. Meghan Armstrong, 2006 16:29.09
5. Jennifer Brower, 1991 16:37.09
6. Renee Doyle, 1988 16:39.46
7. Jodi Hershberger, 1982 16:48.04
8. Racheal Marchand, 2006.. 16:48.07
9. Anne Dobrowolski, 1984 16:50
10. Krista Anderson, 2006 16:59.48

Men's 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, 1994 30:05.21
8. Paul Sarris, 2001 30:08.40
9. Matt Esche, 2004 30:08.82
10. Eric McDermott, 2002 30:11.16

Women's 10,000 Meters

1. Jennifer Brower, 1991 33:23.38
2. Nan Doak, 1985 33:33.03
3. Jenny Spangler, 1983 33:39.24
4. Tracy Dahl, 1992 34:30.09
5. Racheal Marchand, 2006.. 34:51.68
6. Nikki Chapple, 2004 35:06.35
7. Jenny Johnson, 1992 35:45.53
8. Anne Dobrowolski, 1985 35:59.98
9. Renee Doyle, 1987 36:32.4
10. Katie Donlon, 2003 37:17.28

Men's 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)
7. Mike Lacy, 1985 6-10 1/2 (2.09)
8. Damion Turner, 1998 .. 6-9 1/2 (2.07)
9. Luke Nessa, 2000 6-8 3/4 (2.05)
- Jeremy Petsche, 2006 . 6-8 3/4 (2.05)

Women's High Jump

1. Peaches Roach, 2006 .. 6-0 3/4 (1.85)
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. Jenni Elbert, 2005 5-7 (1.70)
9. Nancy Tessmer, 1991... 5-6 1/2 (1.69)
10. Janet Adams, 1981 5-6 1/4 (1.68)

Men's 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. Pat Miller, 1986 23-4 1/2 (7.12)

Women's Long Jump

1. Aisha James, 2003 22-3 (6.78)
2. Renee White, 2006.. 19-9 3/4 (6.04)
3. Becki Borg, 1988 19-7 1/4 (5.97)
4. Lisa Moats, 1986 19-6 (5.95)
5. Yolanda Hobbs, 1993 19-2 1/2 (5.85)
6. Jane Dunlevy, 1977 18-6 (5.64)
7. Ruqayya Raheem, 1997 18-5 1/4 (5.62)
- Tiff Pedersen, 2004... 18-5 1/4 (5.62)
9. Angie Hensel, 2005 .. 18-4 1/4 (5.59)
10. Niki Fisher, 1996 18-1 1/2 (5.52)



All-Time Top 10 Best Outdoor Performers

Men's Triple Jump

1. Paul Jones, 199052-0 1/2 (15.86)
2. Gordon Finch, 1988 .50-9 1/4 (15.47)
3. Mike Lacy, 198450-5 (15.36)
4. Pat Miller, 1985.....49-8 1/2 (15.25)
5. Owen Gill, 198249-1 (14.96)
6. **Matty Gorman, 2005 48-9 1/2 (14.87)**
7. Ed Gordon, 193148-0 1/8 (14.63)
8. Mike Means, 1981....47-0 1/2 (14.34)
9. **Aaron Reed, 2005 45-3 1/2 (13.80)**

Women's Triple Jump

1. **T. Johnson, 2006 . 41-3 1/4 (12.58)**
2. Becki Borg, 1988.....40-7 1/2 (12.38)
3. Lynn McMillan, 1988 . 39-6 1/2 (12.05)
4. Lynn, 1998.....39-0 (11.88)
5. Kacey Childs, 200137-8 (11.48)
6. **B. Franklin, 2004.. 36-10 1/2 (11.24)**
7. **Renee White, 2006 . 36-9 1/2 (11.21)**
8. Janna Houtz, 1984 .33-10 1/2 (10.32)
9. Latoya Stiffend, 2002 32-6 (9.90)
10. Bridget Besch, 2003 30-10 1/2 (9.41)

Men's 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. Doug Pennino, 1985 16-0 (4.88)

Women's Pole Vault

1. Jessie Strand, 2003 .12-10 1/4 (3.92)
2. **Sarah Burgett, 2006.12-1 3/4 (3.70)**
3. Gina Shannon, 2001 . 11-2 1/4 (3.41)
4. Becky Kaza, 1998..... 8-6 (2.59)
Amy Kasparbauer, 2001..... 8-6 (2.59)
6. Kacey Childs, 2000 8-0 1/2 (2.45)
7. Gina Shannon, 1998 8-0 (2.44)

Men's 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. Chris Gambol, 1987 .60-0 1/2 (18.30)
6. van der Westhuizen, 2000..58-8 3/4 (17.90)
7. Gary Kostrubala, 1985 ...58-1 (17.70)
John Hickey, 2006..... 58-1 (17.70)
9. Alex Smith, 199857-9 (17.60)
10. Chris Cassata, 2000..57-3 3/4 (17.47)

Women's 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, 1990 .48-2 1/2 (14.69)
6. Jennifer Gilson, 200247-10 (14.58 m)
7. Jennifer Moon, 200047-5 1/4 (14.46)
8. **Mandy Chandler, 2006. 46-0 (14.02)**
9. Shelley Redies, 1985.....45-7 (13.89)
10. Megan Maurer, 1998 44-9 3/4 (13.66)

Men's Discus

1. Gary Kostrubala, 1986 .202-4 (61.68)
2. Jeremy Allen, 2001 195-4 (59.54)
3. **Tim Brodersen, 2005193-6 (58.98)**
4. Brad Daufeldt, 2004..... 185-0 (56.40)
5. Andy Banse, 2005 180-0 (54.86)
6. Eric Rothwell, 2004 179-7 (54.73)
7. Norm Balke, 1985..... 175-10 (53.60)
8. Chris Gambol, 1987 175-7 (53.52)
9. Tom Knutson, 1967174-8 1/2 (53.24)
- 10.**A.J. Curtis, 2006 ... 173-11 (53.01)**

Women's 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, 1993..142-1 3/4 (43.32)

Men's Hammer

1. van der Westhuizen, 2001..222-11 (67.94)
2. **Adam Hamilton, 2006 220-6 (67.20)**
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. **Tim Brodersen, 2004181-3 (55.24)**
8. **Kale Katt, 2006 176-10 (53.89)**
Ryan Jordan, 2006 176-10 (53.89)
10. Chris Cassata, 2000.... 173-11 (53.00)

Women's Hammer Throw

1. **Becca Franklin, 2005 181-11 (55.44)**
2. **Erin O'Hern, 2006 ... 166-0 (50.60)**
3. Kerri Blackstone, 1999 161-10 (49.32)
4. Megan Maurer, 1998 145-6 (44.36)
5. Jennifer Gilson, 2002 .. 142-6 (43.44)
6. Jennifer Moon, 2000 ... 139-3 (42.44)
7. Kara Hinz, 2000 125-1 (38.14)
8. Katie Hoback, 2002 ... 121-11 (37.16)

Men's Javelin

1. Bill Neumann, 2002..... 244-8 (74.58)
2. Dan Ralph, 2000 227-10 (69.44)
3. Joel Storm, 2004..... 203-5 (62.01)
4. **Kale Katt, 2006 201-7 (61.44)**
5. Matt Stank, 2001 199-0 (60.66)
6. 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)

Women's Javelin

1. Alana Redfern, 2003.... 181-5 (55.30)
2. Mandy Beck, 1999..... 153-4 (46.74)
3. Terri Soldan, 1983 . 152-6 1/4 (46.48)
4. Shani Renning, 1990 ... 152-3 (46.40)
5. Clara Simon, 1981 149-9 (45.64)
6. Janet Adams, 1984..... 148-7 (45.28)
7. **Tammilee Kerr, 2006 .. 141-9 (43.22)**
8. M. Schoborg, 1985. 137-5 1/4 (41.88)
9. Sara Joens, 1987 127-1 (38.74)
10. Angela Chadwick, 1992 124-2 (37.86)

Decathlon

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

Heptathlon

1. Kathy Gillespie, 1983.....5,262 points
2. Tiff Pedersen, 2004.....4,976 points
3. **Tammilee Kerr, 2005 . 4,924 points**
4. Janet Adams, 1981.....4,855 points
5. Ruqayya Raheem, 1997 ..4,665 points
6. Angela Chadwick, 1993..4,493 points
7. Angie Hensel, 20044,073 points
8. Janelle Jaspers, 1987.....4,000 points
9. Marjie Tweto, 1996.....3,967 points



All-Time Top 10 Best Outdoor Relays

Men's 400-Meter Relay

1. Beecham, Duckett, Greer, Smith, 198439.48
2. Page, Davis, Rozell, Morris, 199639.73
3. Felix, Branch, Dodge, Yamini, 1999.....39.96
4. Beecham, Duckett, Greer, Patrick, 1983.....39.99
5. Dwight, Branch, Davis, Yamini, 199840.00
Goode, Fisher, Morris, Maybank, 199440.00
199840.00
Dwight, Branch, Dodge, Yamini, 199940.00
9. Williamson, Dodge, Peterson, **Digney**, 2002.....40.04
10. McCoy, Duckett, Greer, Smith, 198440.07

Women's 400-Meter Relay

1. Poole, Reid, Floyd, Hobbs, 1994 44.63
2. Charles, Williams, Providence, James, 2003..... 44.71
3. Floyd, Hobbs, Poole, Reid, 1994 44.80
4. Fouchè, Williams, Providence, James, 2003..... 45.02
5. **Alexander, Granger, Johnson, Roach**, 2006..... 45.11
6. **Johnson, Alexander, Granger, Roach**, 2005..... 45.30
7. **Granger, Alexander, Johnson, Roach**, 2005..... 45.39
8. Underwood, Reid, Philip, Hobbs, 1995 45.50
9. Boatright, Bynoe, Providence, Prendergast, 2000..... 45.50
10. Prendergast, Cole, Boatright, Broomfield, 1998 45.51

Women's 800-Meter Relay

1. Hobbs, Reid, Floyd, Poole, 1994 1:35.69
2. **Roach, McCalla, Alexander, Johnson**, 2006 1:36.19
3. Williams, Charles, Fouchè, Providence, 2003 1:37.49
4. Herrmann, **McCalla**, Raymond, **Roach**, 2004..... 1:37.66
5. Charles, Dixon, Knight, Prendergast, 2002..... 1:38.15
6. Prendergast, Dixon, Knight, Providence, 2001..... 1:38.73
7. Dixon, Knight, Prendergast, Providence, 2001..... 1:38.93
8. Dixon, Providence, Knight, Charles, 2001 1:39.68
9. Underwood, Bynoe, Raheem, Wynter, 1997..... 1:39.72
10. 1999..... 1:39.79

Men's 1,600-Meter Relay

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

Women's 1,600-Meter Relay

1. Hume, Charles, Steffen, Williams, 2003 3:36.26
2. **McCalla, Granger, Alexander, Johnson**, 2006..... 3:38.36
3. **McCalla, Alexander**, Sheeley, Hume, 2005 3:39.67
4. **McCalla**, Hume, Sheeley, **Alexander**, 2005 3:40.43
5. Layne, Simpson, Powell, McRel, 1989 3:41.23
6. Bynoe, Cole, Wynter, Grant, 1997 3:41.74
7. Charles, Fouchè, Williams, Hume, 2003 3:42.18
8. Fouchè, Charles, Williams, Hume, 2003 3:42.52
9. Powell, Hawkins, Taylor, Simpson, 1988 3:43.04
10. 1992..... 3:43.05

Men's Sprint Medley Relay

1. Armstrong, Thomas, Maybank, Strozier, 1991 3:18.93
2. Yamini, Davis, Dodge, Donovan, 1999 3:19.87
3. McCorkle, Armstrong, Chung, Strozier, 1990 3:20.43
4. Dodge, Yamini, Branch, Donovan, 1999 3:20.83
5. Goode, Fisher, Thomas, Falls, 1992..... 3:21.02
6. Dwight, Davis, Raymond, Donovan, 1997 3:21.05
7. Fisher, Morris, Patterson, Porter, 1994..... 3:21.40
8. Chung, Leonard, Williams, Thiesen, 1986 3:21.65
9. McCoy, Williams, McGhee, Theisen, 1985 3:21.80
10. Digney, Beach, Strang, O'Hollearn, 2003..... 3:23.55

Women's Sprint Medley Relay

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

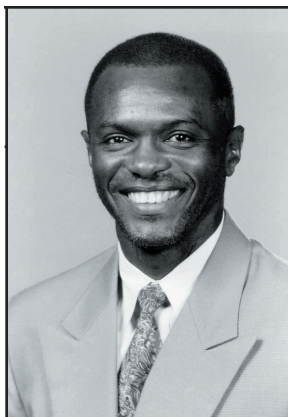
Men's Distance Medley Relay

1. Pershing, Moeller, Slack, Docherty, 1978 9:39.94
2. Theisen, Williams, Wiesa, Waters, 1985 9:54.04
3. **VanDenend, Riley, O'Hollearn, Rakaric**, 2006 9:54.97
4. Feeldy, Eischeid, Novotny, Peters, 1996 9:55.71
5. Thomas, Wise, Cunningham, S.Allen, 200110:01.57
6. Thomas, Wakenight, Dziubski, Rakaric, 200310:01.72
7. Trainor, Coleman, Cunningham, Allen, 200210:01.93
8. English, Blackman, Strolier, Chambers, 1988.....10:04.25
9. Chambers, Thomas, Bouska, Herd, 199110:04.30
10. Esche, Williamson, Cunningham, Allen, 2002.....10:05.58

Women's Distance Medley Relay

1. Hoskins, Powell, Schneckloth, Kruckeberg, 1989 ...11:22.18
2. **Stanley, McCalla**, Hume, **Armstrong**, 200511:34.04
3. Barber, Williams, Hume, Arens, 200411:34.56
4. Thompson, Williams, Hume, Arens, 200311:39.02
5. 2000.....11:39.83
6. Davenport, xx, xx, xx, 198111:41.44
7. Pare, Grant, Benning, Gilchrist, 199711:41.92
8. Butler, Hume, Barber, Arens, 2001.....11:47.16
9. Thompson, Hume, Barber, Lahann, 200311:52.04
10. Benning, Raheem, Coleman, Pare, 1996.....11:53.60

University of Iowa Women's Head Coach



James Grant Head Coach 10th Season

James Grant is in his 10th season at the helm of the Iowa women's track and field program. Grant was the former assistant coach at Iowa for 11 years (1986-96).

Grant has coached eight all-Americans, 21 Big Ten champions and 60 NCAA Midwest Regional qualifier during his tenure as head

coach. Iowa placed third at the 2004 Big Ten Indoor Championships in Iowa City and sixth at the 2003 conference outdoor meet - the team's highest placings under Grant. The third-place indoor finish tied the team's highest conference finish in school history.

During the 2006 indoor season, sophomore Kineke Alexander became Grant's first NCAA Champion, and the third in school history, when she won the 400 meters at the national meet. Junior Peaches Roach and Meghan Armstrong also earned all-America honors. Alexander won the 200 and 400 meters at the Big Ten Championships, setting the 400-meter meet record.

In 2005, Roach and Alexander became Grant's first indoor all-Americans. Roach defended her Big Ten indoor high jump title to become the second Hawkeye to win two consecutive Big Ten titles in the same event in school history.

In 2004, Shellene Williams became the second student-athlete in program history to win four Big Ten titles, winning three titles in the 400 meters and one as part of the 1,600-meter relay. Roach gave Iowa its first Big Ten high jump titles, winning that event at the indoor and outdoor conference meets to earn outdoor Freshman of the Year honors.

In 2003, the 1,600-meter relay of Aisha Hume, Nicole Charles, Sarah Steffen and Williams shattered the 15-year-old school record of 3:41.23 with the blistering 3:36.26 they ran at the NCAA Midwest Regional. The quartet also won Iowa's first Big Ten title in that event. Aisha James wowed the Drake Relays crowd when she set school, meet, stadium and Trinidad and Tobago records in the long jump with a then-world leading mark of 22-3 (6.78 m). James became the first Big Ten long jump champion in school history and the first Hawkeye field event champion since 1993 with her victory at the conference meet. Alana Redfern qualified for the NCAA Championships for the second straight year when she broke her own school javelin record by almost 20 feet and set the Canadian National record in that event. James and Redfern became Iowa's first Drake Relays champions in the long jump and javelin, respectively.

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, 44 Hawkeyes have earned 76 academic all-Big Ten honors.

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

A former Jamaican track standout, Grant coached at the high school level in Jamaica for 11 years prior to joining the Hawkeye program. From 1982-86, Grant coached men's and women's track at G.C. Foster College of Physical Education and Sport. There he led the men's team to two national titles and two second-place finishes, and the women's team to three national titles.

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. He was the Jamaican 400-meter hurdle national record holder, with a time that was ranked in the top-20 in the world. Grant also represented Jamaica at the Pan American Games and the Commonwealth Games for six years. In 1991, he was inducted into the Eastern Michigan Hall of Fame.

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

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

Grant at Iowa

Year	Indoor Big 10 Place/Champs	Outdoor Big 10 Place/Champs	Indoor/Outdoor All-Americans
1997	T9th/1	10th/5	0/1
1998	9th/1	9th/1	0/0
1999	9th/0	9th/0	0/0
2000	10th/0	9th/0	0/0
2001	10th/0	9th/0	0/0
2002	9th/0	10th/0	0/0
2003	9th/0	6th/6	0/0
2004	3rd/2	10th/2	0/1
2005	9th/1	9th/0	2/1
2006	8th/2	8th/0	3/
Total	--/7	--/14	5/3

University of Iowa Men's Head Coach



Larry Wiecezorek Head Coach 10th Season

Larry Wiecezorek is in his 10th season as head men's track and field coach at Iowa. He recently completed his 19th season as head men's cross country coach for the Hawkeyes. He served as an assistant track coach for 12 years before taking the helm in 1997.

A six-time Big Ten champion (including two in cross country) and four-time all-American at Iowa, Wiecezorek once held conference marks in the one, two, three, four and five-mile runs. A member of Iowa's last Big Ten track championship team in 1967, he still owns Iowa record in the indoor two miles, as well as third-fastest mark in the cross country 8,000 meters. Hawkeye junior Micah VanDenend broke Wiecezorek's 38-year-old 5,000-meter school record earlier this month. Wiecezorek was honored for his collegiate accomplishments by being inducted into the University of Iowa's National Varsity Club Athletics Hall of Fame in 1998.

Wiecezorek returned to his alma mater as a field event coach in 1985 before taking the helm of the cross country program in 1987. He has since shifted his track responsibilities to the distance corps.

Under Wiecezorek, the cross country team has placed sixth or higher nine times at the NCAA Regional Championships, has posted 27 all-region selections and qualified for the NCAA Championships four times. In 2002, Wiecezorek was named Midwest Region Coach of the Year honors by the United States Cross Country Association after the Hawkeyes won the NCAA Regional for the first time in school history. In 2004, the Hawkeyes recorded their highest placings under Wiecezorek at the Big Ten (3rd) and NCAA Championships (13th).

Since he was named head men's track and field coach in 1997, Wiecezorek has coached NCAA Champion long jumper Bashir Yamini, 23 all-Americans, 82 national qualifiers, 60 NCAA Midwest Regional qualifiers and 39 Big Ten Champions. Iowa's 1,600-meter relay won the 1999 Big Ten outdoor title and earned all-America honors twice during Wiecezorek's tenure. The Hawkeyes recorded their highest conference indoor placing (fourth) in 1997, and their highest team finish at the Big Ten outdoor meet (second) in 33 years in 1999.

In 2006, sophomore Matty Gorman won the Big Ten indoor long jump title. Five Hawkeyes achieved NCAA provisional qualifying marks. Junior Micah VanDenend set the school 3,000-meter record, while sophomore Ryan Niver set the school heptathlon mark. During the outdoor season, Iowa recorded its highest Big Ten placing since 1999 with its fourth-place finish at the

conference meet. Senior Tim Brodersen successfully defended his Big Ten discus title, becoming the 17th Hawkeye in school history to win back-to-back conference titles in the same event. Hamilton was Iowa's other conference champion, taking home the hammer throw title. VanDenend also broke Wiecezorek's 38-year-old 5,000-meter record of 13:56.0, running a 13:55.96 early in the season.

Another of Wiecezorek's goals as head coach was to create an annual outdoor home event for the Hawkeyes that would be entertaining for the community and feature outstanding competition for participating student-athletes. Now in its eighth year of existence, the annual Iowa Musco Twilight Meet is just that. Named for Musco Lighting of Oskaloosa, IA, who supplies mobile lighting equipment, the co-ed meet which featured 12 teams in 2006, starts in the late afternoon and extends into the night. In its first four years, the meet had produced 43 NCAA provisional qualifiers. Since the creation of the regional qualifying system in 2003, 187 competitors have reached qualifying standards at the twilight meet.

While improving in the league standings is a priority, the Hawkeyes also concern themselves with performance in the classroom. Under Wiecezorek, former cross country runners Kevin Herd, Chad Schwitters and Stetson Steele earned academic all-America honors. Iowa has had an academic all-Big Ten selection each year during his tenure, totaling 57 honorees in cross country and 101 in track and field.

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

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

Wiecezorek at Iowa

Year	Indoor Big 10 Place/Champs	Outdoor Big 10 Place/Champs	Indoor/Outdoor All-Americans
1997	4th/2	9th/2	1/0
1998	5th/2	3rd/6	6/2
1999	7th/1	2nd/11	0/4
2000	8th/1	6th/1	2/1
2001	10th/0	5th/6	0/3
2002	---/--	6th/2	1/2
2003	9th/0	9th/1	0/1
2004	10th/0	10th/0	0/1
2005	10th/0	8th/1	0/0
2006	7th/1	4th/2	0/
Total	--/7	--/32	10/13

Hawkeyes To Watch



Kineke Alexander
Sophomore
Sprints
Glenside, Mesopotamia
St. Vincent & the Grenadines
St. Joseph's Convent Mariaqua

2006 -- Indoor - NCAA 400-meter champion... won Big Ten titles in 200 and 400 meters... set Big Ten Championships record in 400 meters with her winning 52.31...

set school and University of Wisconsin track records in 200 (23.49) and 400 meters (52.01) at Big Ten Championships... first team all-Big Ten honoree... won 400 meters (52.88) at Husker Invite... won 200 meters at Panther Invite (24.13) and Iowa State Classic (23.87)... won 600 meters (1:36.89) at Hawkeye Open... **Outdoor** - qualified for NCAA Midwest Regional in 200 meters (23.58), 400 meters (51.83) and as part of 400 (45.11) and 1,600-meter relays (3:38.36)... her 400-meter time set school record, ranks second in region and fifth in nation... won special invitation 400 meters (52.05) at Drake Relays... won 400 meters (51.83) at Mt. SAC Relays and 200 meters (23.58) at Iowa Musco Twilight VIII... the 200-meter time ranks second on Iowa's all-time best performers list... the 1,600-meter relay time ranks second in the Big Ten and on Iowa's all-time bests list... the 400-meter relay leads the Big Ten and ranks fifth on Iowa's all-time bests list... did not compete in the Big Ten Championships finals due to injury... posted second-fastest time in 200-meters and fourth-fastest time in 400 meters in Big Ten prelims.

Alexander's Collegiate Bests

Event	Time	Meet	Date
200 Meters (I)	23.49	at Big Ten Champ's	2/26/06
400 Meters (O)	51.71	at NCAA Champ's	6/10/05
600 Meters (I)	1:34.58	Iowa Open	1/15/05

The Alexander File

- Two-Time Big Ten Champion •
- 2006 NCAA Indoor 400-Meter Champion •
- Three-Time All-American •
- Big Ten Indoor 400-Meter Record Holder •
- School Record Holder - Indoor 200 & 400 Meters •
- School Record Holder - Outdoor 400 Meters •
- Two-Time All-Region Selection •



Meghan Armstrong
Sophomore
Distance
Tualatin, OR
Tualatin High School

2006 -- Indoor - all-American... placed ninth in mile (4:46.65) at NCAA Championships... placed fourth in mile (4:46.23) at Big Ten Championships... ran collegiate-best mile (4:40.59) at Alex Wilson

Invite to qualify for NCAA meet... that time ranks second on Iowa's all-time best performers list... led team in that event... won mile at Iowa State Classic (4:45.43), Jack Johnson Classic (4:48.14) and Hawkeye Open (4:50.97)... **Outdoor** - qualified for NCAA Midwest Regional in 1,500 meters (4:17.41) and 5,000 meters (16:29.09)... set school record in 1,500 meters (4:17.41) with runner-up finish at Big Ten Championships... that time leads region and ranks fifth in nation... the 5,000-meter time leads team and ranks fourth on Iowa's all-time bests list... ran collegiate-best 800 meters (2:10.15) at Tom Botts Invite, which leads the team and ranks sixth in school history... placed third in special invitation 1,500 meters (4:26.01) at Drake Relays... runner-up in 3,000 meters at Iowa Musco Twilight VIII with a collegiate-best 9:28.03 that leads team and ranks fourth in school history.

2005 -- Cross Country - led team in 3,000 (10:25), 5,000 (17:04) and 6,000 meters (20:49)... placed ninth at NCAA regional (21:09), earning all-region honors... placed 79th (20:56) at NCAA Championships... first Hawkeye to cross finish line in six races... set school and Ashton Course 3,000-meter record with her winning 10:25 at Hawkeye Invite... placed second (17:04) at Willamette Invite, which ranks seventh in school history... placed 16th (21:43) at Big Ten Championships and 22nd (20:49) at NCAA Pre-Nationals... academic all-Big Ten... letterwinner.

Armstrong's Collegiate Bests

Event	Time	Meet	Date
800 Meters (O)	2:10.15	at Tom Botts Invite	4/15/06
1,500 Meters (O)	4:17.41	at Big Ten Champ's	5/14/06
Mile (I)	4:40.59	at Alex Wilson Invite	3/4/06
3,000 Meters (O)	9:28.03	Musco Twilight VIII	4/22/06
4,000 Meters (CC)	14:33	Hawkeye Triangular	9/10/04
5,000 Meters (O)	16:29.09	at Stanford Invite	3/31/06
5,000 Meters (CC)	17:04	Willamette Invite	10/1/05
6,000 Meters (CC)	21:39.04	at NCAA Regional	11/13/04



Hawkeyes To Watch

The Armstrong File

- School Record Holder - Outdoor 1,500 Meters •
- School Record Holder - Cross Country 3,000 Meters •
- Ashton C.C. Course 3,000-Meter Record Holder •
- 2005 All-Region Selection in Cross Country •



Tim Brodersen
Senior
Throws
Vermillion, SD
Vermillion High School

2006 -- Indoor - placed third in weight throw (52-7 1/2) at Iowa Open... **Outdoor** - qualified for NCAA Midwest Regional in discus (187-9)... Big Ten discus champion (181-2)... became the

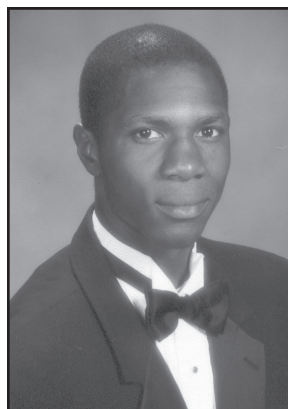
17th Hawkeye in men's school history to win consecutive conference titles in the same event with the discus win... won discus at Springtime Invite (181-11) and at Tom Botts Invite (180-7)... runner-up in discus at Iowa Musco Twilight VIII (187-9) and at Messersmith Invite (173-7)... has thrown regional qualifying marks in discus five times... leads team in that event... placed third in hammer at Iowa Musco Twilight VIII (180-6) and eighth at Big Ten Championships (173-2)... placed 10th in discus (163-6) at Drake Relays.

Brodersen's Collegiate Bests

Event	Distance	Meet	Date
Wt. Throw (I)	55-8 1/2 (16.98)	Iowa Open	1/15/05
Hammer (0)	181-3 (55.24)	Musco Twilight VI	5/1/04
Discus (0)	193-6 (58.98)	Iowa Throws Fest	6/5/05

The Brodersen File

- Two-Time Big Ten Discus Champion (2005, 2006) •
- 2005 All-Midwest Region Selection •



David Chaplin
Freshman
Sprints
Stone Mountain, GA
Redan High School

2006 -- Indoor - placed fifth in 200 meters (21.91) at Big Ten Championships... led team in that event with his season-best 21.49 at NCAA Qualifier... ran collegiate-best 6.90 in 60 meters in Big Ten semifinals... his 60 and 200-meter times rank seventh on Iowa's all-time best performers list... **Outdoor** - qualified for NCAA Midwest Regional in 200 meters (21.14) and as part of 400-meter relay (40.65)... placed third in 100 meters (10.55) and fourth in 200 meters (21.14) at Big Ten Championships... ran second leg on third-place 400-meter relay (40.65) and lead leg on sixth-place 1,600-meter relay (3:11.52) at Big Ten meet... placed fifth in 100 meters (10.87) at Drake Relays.

Chaplin's Collegiate Bests

Event	Time	Meet	Date
60 Meters (I)	6.86	Big Ten Champ's	2/25/06
100 Meters (0)	10.55	at Big Ten Champ's	5/14/06
200 Meters (0)	21.14	at Big Ten Champ's	5/14/06
400 Meters (0)	48.78	at Messersmith Invite	4/8/06



A.J. Curtis
Freshman
Throws
Brodhead, WI
Brodhead High School

2006 -- Indoor - placed fourth in shot put with a collegiate-best 57-7 3/4 at Big Ten Championships... that mark ranks ninth in school history... **Outdoor** - qualified for NCAA Midwest Regional in shot put (55-6 1/4) and discus (173-11)... placed third in discus (173-11) and fourth in shot put (55-11) at Iowa Musco Twilight VIII... that discus mark ranks 10th on Iowa's all-time best performers list... placed eighth in discus (163-1) and ninth in shot put (54-1 3/4) at Big Ten Championships...

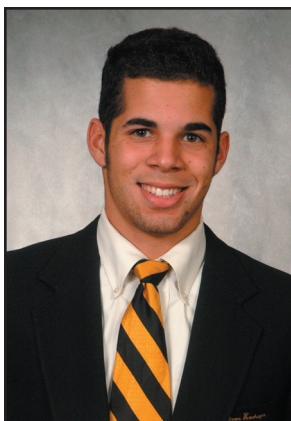


Hawkeyes To Watch

placed third in shot put (55-6 1/4) and fourth in discus (161-1) at Springtime Invite... placed 13th in shot put (53-9 3/4) and 16th in discus (153-10) at Drake Relays.

Curtis' Collegiate Bests

Event	Distance	Meet	Date
Shot Put (I)	57-7 3/4 (17.57)	Big Ten Champ's	2/25/06
Discus (O)	173-11 (53.01)	Musco Twilight VIII	4/22/06



Matty Gorman
Sophomore
Jumps
Gainesville, FL
Buchholz High School

2006 -- Indoor - Big Ten long jump champion... led team in long jump (24-8 1/2) and triple jump (48-3 1/2)... those marks rank sixth and fifth, respectively, on Iowa's all-time best performers

list... NCAA provisional qualifier in long jump... placed 10th in triple jump (47-7) at Big Ten meet... **Outdoor** - qualified for NCAA Midwest Regional in long jump (25-1 1/4)... won long jump with a collegiate-best 25-1 1/4 at Springtime Invite... that mark leads team and ranks seventh on Iowa's all-time bests list... placed seventh in long jump (23-6 3/4) at Big Ten Championships... won long jump (24-3) at Iowa Musco Twilight VIII... placed third in long jump (24-8 1/2) and fifth in triple jump (48-0) at Drake Relays.

Gorman's Collegiate Bests

Event	Mark	Meet	Date
100 Meters (O)	11.07	Musco Twilight VII	4/23/05
Long Jump (O)	25-1 1/4 (7.65)	at Springtime Inv.	4/1/06
Triple Jump (O)	48-9 1/2 (14.87)	at Messersmith Inv.	4/9/05
High Jump (I)	6-7 1/2 (2.02)	at Panther Invite	1/28/06

The Gorman File

- 2006 Big Ten Indoor Long Jump Champion •



Ashley Granger
Sophomore
Sprints
Waterloo, IA
Northern Univ. High School

2006 -- Indoor - ran second leg on school-record setting 1,600-meter relay (3:40.52) at Iowa State Classic... provisionally qualified for NCAA Championships as part of 1,600-meter relay... anchored

1,600-meter relay and ran second leg on distance medley relay to second-place finishes at Big Ten Championships... the distance medley relay time (11:29.54) ranks third in school history... ran collegiate-best 60 meters (7.88) at Hawkeye Open... **Outdoor** - qualified for NCAA Midwest Regional as part of 400 (45.11) and 1,600-meter relays (3:38.36)... the 1,600-meter relay time ranks second on Iowa's all-time best performers list... the 400-meter relay ranks fifth in school history... ran collegiate-best 200 meters (24.37) at Shamrock Invite... ran on 400-meter relay that placed fourth (45.90) and 1,600-meter relay that placed seventh (3:46.59) at Big Ten Championships.

Granger's Collegiate Bests

Event	Time	Meet	Date
60 Meters (I)	7.88	Hawkeye Open	1/14/06
100 Meters (O)	12.04	Big Ten Championships	5/14/05
200 Meters (O)	24.37	at Shamrock Invite	3/18/06



Hawkeyes To Watch



Adam Hamilton

Junior
Throws
Milford, NH
Milford High School

2006 -- Indoor - provisionally qualified for NCAA Championships in weight throw... placed third in weight throw (64-7 3/4) at Big Ten Championships... won weight throw at Iowa Open (64-3 1/4), Panther Invite (63-4 1/4)

and Hawkeye Open (62-1 1/4)... led team in that event...

Outdoor - qualified for NCAA Midwest Regional in hammer throw with the collegiate-best 220-6 he threw at Messersmith Invite... that mark ranks second on Iowa's all-time best performers list, second in region and seventh in the nation in that event... Big Ten hammer throw champion (208-1)... also won hammer at Iowa Musco Twilight VIII (218-1) and Sun Angel Classic (204-0)... placed third in hammer (213-6) at Drake Relays.

Hamilton's Collegiate Bests

Event	Distance	Meet	Date
Wt. Throw (I)	66-4 1/4 (20.22)	at Last Chance Meet	3/5/05
Shot Put (I)	50-0 3/4 (15.26)	at Panther Classic	2/1/03
Hammer (O)	220-6 (67.20)	at Messersmith Inv.	4/8/06

The Hamilton File

- 2004 Hammer Throw All-American •
- 2006 Hammer Throw Big Ten Champion •



Dan Haut

Senior
Distance
Lockport, IL
Lockport Township HS

2006 -- Indoor - NCAA provisional qualifier in 5,000 meters with the collegiate-best 14:06.16 he ran at Alex Wilson Invite... led team in that event... that time ranks second on Iowa's all-time best performers list... placed

10th in 3,000 meters (8:20.94) at Big Ten Championships...

Outdoor - qualified for NCAA Midwest Regional in 5,000 meters (14:07.30) at Stanford Invite... that time ranks sixth on Iowa's all-time bests list... placed ninth in 10,000 meters with a collegiate-best 30:03.08 at Big Ten Championships... that time ranks sixth on Iowa's all-time bests list... set meet and track record with winning 3,000 meters (8:17.52) at Iowa Musco Twilight VIII.

2005 -- Cross Country - placed 20th at NCAA regional (31:31), earning all-region honors... placed 32nd (25:29) at Big Ten Championships and 120th (31:27) at NCAA Championships... first Hawkeye to cross finish line at Griak Invite, placing 18th in 24:44... ran collegiate bests at Hawkeye Invite (18:24-2nd) and Murray Keatinge Invite (24:32-12th)... placed 42nd at NCAA Pre-Nationals... academic all-Big Ten... letterwinner.

Haut's Collegiate Bests

Event	Time	Meet	Date
1,500 Meters (O)	3:58.24	at Tom Botts Invite	4/16/05
3,000 Meters (I)	8:11.36	at Iowa State Classic	2/12/05
Two Miles (I)	9:07.91	Iowa Open	1/15/05
5,000 Meters (O)	14:06.16	at Alex Wilson Invite	3/4/06
6,000 Meters (CC)	18:24	Hawkeye Invite	9/2/05
8,000 Meters (CC)	24:32	at M. Keatinge Invite	10/1/05
Five Miles (CC)	25:51:00	at M. Keatinge Invite	10/2/04
10,000 Meters (O)	30:03.08	at Big Ten Champ's	5/12/06
10,000 Meters (CC)	30:39.41	at NCAA Regional	11/16/02



Hawkeyes To Watch



John Hickey
Freshman
Throws
Piermont, NY
Tappan Zee High School

2006 -- Indoor - placed sixth in shot put (55-9) at Big Ten Championships... threw collegiate best marks in shot put (57-10 1/2) and weight throw (44-8 3/4) at Iowa Open... the shot put mark ranks eighth on Iowa's all-

time best performers list... runner-up in shot put (55-11) at Panther Invite... **Outdoor** - qualified for NCAA Midwest Regional in shot put (58-1)... placed third in shot put at Iowa Musco Twilight VIII with a collegiate-best 58-1, which ranks seventh on Iowa's all-time bests list... placed third in shot put (57-3 3/4) at Big Ten Championships... qualified for regional meet in shot put four times this season... runner-up in shot put (57-0 1/4) at Springtime Invite... placed 14th in shot put (53-6 1/2) at Drake Relays.

Hickey's Collegiate Bests

Event	Distance	Meet	Date
Shot Put (O)	58-1 (17.70)	Musco Twilight VIII	4/22/06
Wt. Throw (I)	44-8 3/4 (13.63)	Iowa Open	2/17/06
Hammer (O)	152-5 (46.46)	at Springtime Inv.	4/1/06

The Johnson File

- School Record Holder - 60-Meter Hurdles •
- School Record Holder - 100-Meter Hurdles •
- School Record Holder - Indoor/Outdoor Triple Jump •



Tiffany Johnson
Junior
Hurdles/Jumps/Sprints
Danville, IL
Danville High School

2006 -- Indoor - set school records in 60-meter hurdles (8.33) and triple jump (40-10 1/4)... anchored school-record setting 1,600-meter relay (3:40.52) at Iowa State Classic... provisionally qualified for NCAA Championships

in 60-meter hurdles and as part of 1,600-meter relay... placed fourth in triple jump (40-10 1/4) and fifth in 60-meter hurdles (8.43) at Big Ten Championships... ran lead leg on 1,600-meter relay that placed second (3:43.64) at Big Ten meet... won 60-meter hurdles at Jack Johnson Classic (8.46) and Panther Invite (8.57)... **Outdoor** - set school record in 100-meter hurdles (13.53) at Mt. SAC Relays and triple jump (41-3 1/4) at Iowa Musco Twilight VIII... qualified for NCAA Midwest Regional in 100-meter hurdles (13.53) and triple jump (41-3 1/4), and as part of 400 (45.11) and 1,600-meter relays (3:38.36)... the 1,600-meter relay time ranks second and the 400-meter relay ranks fifth on Iowa's all-time best performers list... runner-up in 100-meter hurdles (13.62) and placed third in triple jump (40-5) at Big Ten Championships... also ran on fourth-place 400-meter relay (40.65) and seventh-place 1,600-meter relay (3:46.59) at Big Ten meet... won 100-meter hurdles at Drake Relays (13.58), Springtime Invite (13.63) and Messersmith Invite (13.75)... won triple jump (41-3 1/4) at Iowa Musco Twilight VIII, setting a meet record... runner-up in triple jump (40-9) at Shamrock Invite.

Johnson's Collegiate Bests

Event	Mark	Meet	Date
60 Meters (I)	7.82	at G. Country Classic	1/24/04
60 Hurdles (I)	8.33	at Iowa St. Classic	2/11/06
100 Hurdles (O)	13.53	at Mt. SAC Relays	4/15/06
200 Meters (I)	25:36	Hawkeye Open	1/14/06
400 Hurdles (O)	1:06.14	Musco Twilight VI	5/1/04
Triple Jump (O)	41-3 1/4 (12.58)	Musco Twilight VIII	4/22/06



Hawkeyes To Watch



Eric MacTaggart
Sophomore
Distance
Glen Ellyn, IL
Glenbard South High School

2006 -- Indoor - provisionally qualified for NCAA Championships in 5,000 meters (14:13.41), placing fifth in that event at Big Ten meet... that time ranks third on Iowa's all-time bests list... led team in two miles (9:02.90)... set

then-school record in 3,000 meters (8:08.79) at Meyo Invite...

Outdoor - provisionally qualified for NCAA meet in 10,000 meters at Stanford Invite with a collegiate best 28:50.23... that time leads team and ranks second in school history... placed third in 1,500 meters (3:58.08) at Musco Twilight VIII... ran third leg on 6,400-meter relay that placed 11th and set school record (16:55.43) at Drake Relays... placed eighth in 5,000 meters (14:20.04) at Big Ten Championships.

2005 -- Cross Country - set 6,000-meter Ashton Course record (18:18) at Hawkeye Invite... led team in 6,000 (18:18) and 8,000 meters (24:17)... his best 8,000-meter time ranks third in school history... placed 10th (31:16) at NCAA regional, earning all-region honors... first Hawkeye to cross finish line at Hawkeye Invite (18:18-1st), NCAA Pre-Nationals (24:17-22nd) and NCAA regional (31:16-10th)... placed 29th (25:24) at Big Ten Championships and 108th (31:22) at NCAA Championships... placed 13th at Murray Keatinge Invite (24:32) and 26th (24:58) at Griak Invite... academic all-Big Ten... letterwinner.

MacTaggart's Collegiate Bests

Event	Time	Meet	Date
1,500 Meters (O)	3:56.45	at Tom Botts Invite	4/16/05
Mile (I)	4:15.42	at C/H Alliance Invite	1/29/05
Two Miles (I)	9:02.90	Hawkeye Open	1/14/06
3,000 Meters (I)	8:08.79	at Meyo Invitational	2/4/06
5000 Meters (O)	14:04.79	at Stanford Invite	3/25/05
6,000 Meters (CC)	18:18	Hawkeye Invite	9/2/05
8,000 Meters (CC)	24:17	at Pre-Nationals	10/15/05
Five Miles (CC)	24:36.70	at M. Keating Invite	10/2/04
10,000 Meters (O)	28:50.23	at Stanford Invite	4/1/06
10,000 Meters (CC)	31:16	NCAA Regional	11/12/05

The MacTaggart File

- School Record Holder - 6,400-Meter Relay •



Shane Maier
Sophomore
Throws
Storm Lake, IA
Storm Lake High School

2006 -- Indoor - provisionally qualified for NCAA Championships in shot put... won shot put with a collegiate-best 61-2 at Iowa Open... that mark led team and ranks second on Iowa's all-time best performers list... placed third

in shot put at Big Ten Championships (58-10 3/4) and NCAA Qualifier (57-6 1/2)... won shot at Jack Johnson Classic (58-11 1/4) and Panther Invite (57-4 3/4), and placed second at Iowa State Classic (59-5 3/4)... **Outdoor** - qualified for NCAA Midwest Regional in shot put (62-2 1/4) and discus (171-2)... runner-up in shot put (62-2 1/4) and placed seventh in discus (163-2) at Big Ten Championships... shot put mark leads team and ranks third on Iowa's all-time bests list... won shot put at Springtime Invite (60-3 3/4), Tom Botts Invite (59-10 1/4) and Iowa Musco Twilight VIII (59-0 3/4)... runner-up in shot put at Drake Relays (59-11 1/4)... placed fourth in discus (171-2) at Iowa Musco Twilight VIII... qualified for regional meet in shot put each time he's thrown it this season.

Maier's Collegiate Bests

Event	Distance	Meet	Date
Discus (O)	171-2 (52.17)	Musco Twilight VIII	4/22/06
Shot Put (I)	61-2 (18.64)	Iowa Open	2/17/06



Hawkeyes To Watch



Racheal Marchand
Distance
Sophomore
Valparaiso, IN
Valparaiso High School

2006 -- Indoor - placed 11th in 3,000 meters (10:02.38) at Big Ten Championships... **Outdoor** - qualified for NCAA Midwest Regional in 5,000 meters (16:48.07)... provisionally

qualified for NCAA Championships in 10,000 meters (34:51.68), leading team in that event... the 5,000-meter time ranks eighth and the 10,000-meter time ranks fifth on Iowa's all-time best performers list... placed eighth in 10,000 meters (34:51.68) and 11th in 5,000 meters (16:48.07) at Big Ten Championships... placed 14th in 5,000 meters (17:10.29) at Drake Relays... won 3,000 meters (10:28.45) at Shamrock Invite... placed fifth in 3,000 meters with a collegiate-best 10:01.49 at Iowa Musco Twilight VIII.

2005 - Cross Country - placed 18th (21:38) at NCAA regional, earning all-region honors... that time ranks third in school history... placed 22nd (21:59) at Big Ten Championships... placed sixth (10:53) at Hawkeye Invite, which ranks fifth in school history... placed 31st with a collegiate-best 18:11 at Willamette Invite... placed 72nd (21:41) at NCAA Pre-Nationals... letterwinner.

Marchand's Collegiate Bests

Event	Time	Meet	Date
1,500 Meters (O)	4:41.96	at Big Ten Champ's	5/14/05
Mile (I)	5:12.16	at Husker Invite	2/4/06
3,000 Meters (O)	10:01.49	Musco Twilight VIII	4/22/06
4,000 Meters (CC)	14:48	Hawkeye Triangular	9/10/04
5,000 Meters (O)	16:48.07	at Big Ten Champ's	5/14/06
5,000 Meters (CC)	18:18:30	at M. Keating Invite	10/2/05
6,000 Meters (CC)	21:45:07	at NCAA Regional	11/13/05
10,000 Meters (O)	34:51.68	at Big Ten Champ's	5/12/06



Lindsey McCalla
Junior
Sprints
Moline, IL
Moline High School

2006 -- Indoor - ran lead leg on school-record setting 1,600-meter relay (3:40.52)... provisionally qualified for NCAA Championships as part of 1,600-meter relay... ran on runner-up 1,600-meter relay

and placed ninth in 400 meters (56.63) at Big Ten meet... **Outdoor** - qualified for NCAA Midwest Regional as part of 400 (45.11) and 1,600-meter relays (3:38.36)... the 1,600-meter relay time ranks second and the 400-meter relay ranks fifth on Iowa's all-time best performers list... ran on fourth-place 400-meter relay (40.65) and seventh-place 1,600-meter relay (3:46.59) at Big Ten meet.

McCalla's Collegiate Bests

Event	Time	Meet	Date
200 Meters (O)	24.92	at Springtime Invite	4/1/06
400 Meters (I)	56.38	at Big Ten Champ's	5/14/05



Max Milder
Sophomore
Sprints
Council Bluffs, IA
Lincoln High School

2006 -- Indoor - ran collegiate-best 60 meters (6.93) at Big Ten Championships... **Outdoor** - qualified for NCAA Midwest Regional as part of 400-meter relay (40.65)... ran lead leg

on 400-meter relay (40.65) that placed third at Big Ten Championships... placed third in 100 meters with collegiate-best 10.81 at Iowa Musco Twilight VIII.

Milder's Collegiate Bests

Event	Time	Meet	Date
60 Meters (I)	6.93	Big Ten Champ's	2/25/06
100 Meters (O)	10.81	Musco Twilight VIII	4/22/06
200 Meters (O)	21.80	at Big Ten Champ's	5/14/06
400 Meters (O)	49.41	at Springtime Invite	4/1/06



Hawkeyes To Watch



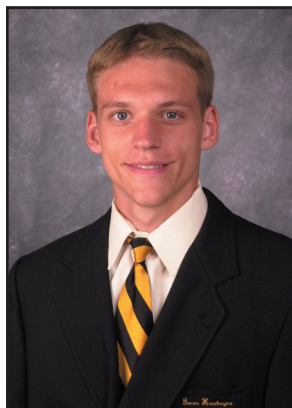
David Pierre
Junior
Sprints
Miami, FL
South High School
University of Dubuque

2006 -- Indoor - ran season-best 100 meters (7.10) at Hawkeye Open, 200 meters (22.26) at Big Ten Championships and 400 meters (48.64) at Meyo Invite...

Outdoor - qualified for NCAA Midwest Regional as part of 400-meter relay (40.65)... ran third leg on 400-meter relay (40.65) that placed third at Big Ten Championships... ran second leg on 1,600-meter relay that placed sixth (3:11.52) at Big Ten meet... placed third in 100 meters (10.87) at Messersmith Invite... ran collegiate-best 400 meters (47.92) at Sun Angel Classic.

Pierre's Collegiate Bests

Event	Time	Meet	Date
60 Meters (I)	7.10	Hawkeye Open	1/14/06
100 Meters (O)	10.87	at Messersmith Invite	4/8/06
200 Meters (I)	22.30	at Panther Invitational	1/28/06
400 Meters (O)	47.92	at Sun Angel Classic	4/15/06



Tony Rakaric
Senior
Distance
Palatine, IL
Palatine

2006 -- Indoor - placed 15th in 3,000 meters (8:31.15) at Big Ten Championships... won mile at Iowa Open (4:18.34) and Panther Invite (4:22.70)...

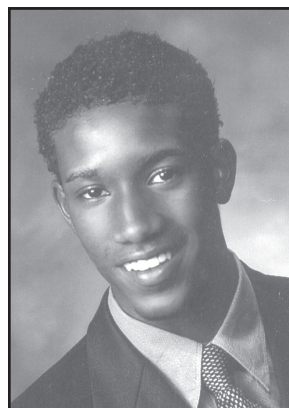
Outdoor - qualified for NCAA Midwest Regional in 3,000-meter steeplechase (9:06.46)... won steeplechase (9:08.55) at Stanford Invite... ran lead leg on 6,400-meter relay that placed 11th and set school record (16:55.43) at Drake Relays... anchored distance medley relay to sixth-place finish (9:54.97) at Drake Relays, which ranks third on Iowa's all-time bests list... placed 12th (9:24.13) in 3,000-meter steeplechase at Big Ten Championships.

Rakaric's Collegiate Bests

Event	Time	Meet	Date
800 Meters (I)	1:56.97	Iowa Open	2/20/04
1,000 Meters (I)	2:34.79	at Panther Classic	2/1/03
1,500 Meters (O)	3:53.65	Musco Twilight V	5/3/03
Mile (I)	4:13.11	at Big Ten Champ's	2/26/05
Two Miles (I)	9:39.34	Iowa Open	1/15/05
3,000 Meters (I)	8:20.31	at Iowa State Classic	2/14/03
3,000 Steeple. (O)	9:03.29	at Big Ten Champ's	5/14/05
5,000 Meters (O)	14:22.92	at Stanford Invite	3/28/03
6,000 Meters (CC)	19:41	Iowa Invite	8/29/03
8,000 Meters (CC)	24:28	at Pre-National Inv.	10/18/03
Five Miles (CC)	25:02:00	at M. Keatinge Invite	10/2/04
10,000 Meters (CC)	30:31.42	at NCAA Regional	11/16/02
10,000 Meters (O)	30:58.59	at Big Ten Champ's	5/14/04

The Rakaric File

- School Record Holder - 6,400-Meter Relay •



Prince Riley
Freshman
Sprints
Oak Brook Terrace, IL
Neuqua Valley High School

2006 -- Indoor - led team in 400 meters (48.54)... won 400 meters (50.17) at Panther Invitational... ran season-best 400 meters (48.54) at Iowa State Classic..

Outdoor - qualified for NCAA Midwest Regional as part of 400-meter relay (40.65)... anchored 400-meter relay (40.65) that placed third at Big Ten Championships... ran third leg on 1,600-meter relay that placed sixth (3:11.52) at Big Ten meet... runner-up in 400 meters with collegiate-best 47.71 at Iowa Musco Twilight VIII... leads team in 400 meters... ran second leg on distance medley (9:54.67) that placed sixth at Drake Relays and ranks third on Iowa's all-time best performers list.

Riley's Collegiate Bests

Event	Time	Meet	Date
400 Meters (O)	47.71	Musco Twilight VIII	4/22/06
600 Meters (I)	1:25.02	Hawkeye Open	1/14/06



Hawkeyes To Watch



Peaches Roach
Junior
Jumps/Sprints
Kingston, Jamaica
Alpha Academy

2006 -- Indoor - all-American... placed sixth in high jump (5-10 3/4) at NCAA Championships... provisionally qualified for NCAA Championships in high jump at Iowa Open (6-0) and Iowa State Clasic (5-10 3/4)... placed

fifth in high jump (5-8 1/2) and 60 meters (7.48) at Big Ten Championships... **Outdoor** - qualified for NCAA Midwest Regional in 100 meters (10.71), high jump (6-0 3/4) as part of 400-meter relay (45.11)... the 400-meter relay ranks fifth in school history... set school high jump record of 6-0 3/4 at Mt. SAC Relays, breaking Mary Mol's 23-year-old mark... that mark ranks fifth in the region and seventh in the nation... placed second in high jump (5-8 3/4), fourth in 200 meters (24.28) and ran on 400-meter relay that placed fourth (45.90) at Big Ten Championships... ran collegiate-best 24.01 in Big Ten 200-meter prelims, which ranks ninth on Iowa's all-time bests list... won high jump at Springtime Invite (5-10 3/4) and Messersmith Invite (5-8 3/4)... won 100 meters (11.71) at Iowa Musco Twilight VIII... placed sixth in special invitation high jump (5-11 1/4) at Drake Relays.

Roach's Collegiate Bests

Event	Mark	Meet	Date
60 Meters (I)	7.45	at Big Ten Champ's	2/26/05
100 Meters (O)	11.60	at Big Ten Champ's	5/14/05
200 Meters (O)	24.01	at Big Ten Champ's	5/13/06
High Jump (I/O)	6-0 3/4 (1.85)	at Husker Invite	2/5/04
	6-0 3/4 (1.85)	at Mt. SAC Relays	4/15/06

The Roach File

- Three-Time Big Ten Champion •
(High Jump - 2004-2005 indoor, 2004 outdoor)
- Two-Time All-American •
- School Record Holder - Indoor/Outdoor High Jump •
 - 2004 Big Ten Freshman of the Year •
 - Two-Time All-Region Selection •



Mark Schaapveld
***Freshman**
Throws
Iowa City, IA
West High School

2006 -- Indoor - runner-up in hammer throw with a collegiate-best 48-4 1/2 at Jack Johnson Classic... **Outdoor** - qualified for NCAA Midwest Regional in shot put (56-8 3/4)... placed sixth

in shot put (56-8 3/4) at Big Ten Championships... threw collegiate-best hammer (173-9) at Messersmith Invite.

Schaapveld's Collegiate Bests

Event	Distance	Meet	Date
Wt. Throw (I)	48-4 1/2 (14.74)	at Johnson Classic	1/21/06
Shot Put (O)	56-8 3/4 (17.29)	at Big Ten Champ's	5/14/06
Hammer (O)	173-9 (52.95)	at Messersmith Inv.	4/8/06



Shannon Stanley
Junior
Distance
Rochester Hills, MI
Adams High School

2006 -- Indoor - led team in 800 meters (2:17.32)... ran third leg on distance medley relay that placed second at Big Ten Championships in 11:29.54, which ranks third on Iowa's all-

time best performers list... **Outdoor** - qualified for NCAA Midwest Regional in 1,500 meters (4:25.08)... placed sixth in 1,500 meters with a collegiate-best 4:25.08, which ranks sixth on Iowa's all-time bests list... placed fifth in 1,500 meters (4:29.34) at Drake Relays.

2005 -- Cross Country - ran collegiate-best 6,000 meters (21:58) at NCAA Pre-Nationals, which ranks fourth in school history... placed 44th (22:47) at Big Ten Championships and 51st (22:46) at NCAA regional... runner-up (10:27) at Hawkeye Invite and placed 21st (17:49) at Willamette Invite... letterwinner.



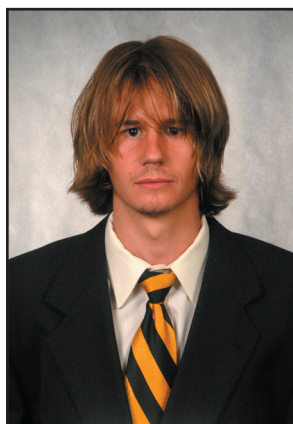
Hawkeyes To Watch

Stanley's Collegiate Bests

Event	Time	Meet	Date
800 Meters (O)	2:12.01	at Big Ten Champ's	5/15/04
1,500 Meters (O)	4:25.08	at Big Ten Champ's	5/14/06
Mile (I)	5:01.54	at Husker Invite	2/5/05
3,000 Meters (O)	10:28.48	at Shamrock Invite	3/17/06
3,000 Meters (CC)	10:27	Hawkeye Invite	9/3/04
4,000 Meters (CC)	14:32	Hawkeye Triangular	9/10/04
5,000 Meters (CC)	17:47:40	at M. Keatinge Invite	10/2/04
6,000 Meters (CC)	22:02:4	at Pre-Nationals	10/16/04

VanDenend's Collegiate Bests

Event	Time	Meet	Date
1,500 Meters (O)	3:54.36	Musco Twilight VIII	4/22/06
Mile (I)	4:08.31	at Iowa State Classic	2/11/06
3,000 Meters (I)	8:00.81	at Alex Wilson Invite	3/4/06
5,000 Meters (O)	13:55.96	at Stanford Invite	4/1/06
6,000 Meters (CC)	19:02	Hawkeye Invite	9/3/04
Five Miles (CC)	25:09:10	at M. Keatinge Invite	10/2/04
8,000 Meters (CC)	24:33	at M. Keatinge Invite	10/1/05
10,000 Meters (CC)	30:26.17	at NCAA Regional	11/16/02



Micah VanDenend
Distance
5-8, 130, Junior
Glen Ellyn, IL
Glenbard South High School

2006 -- Indoor - set school record and provisionally qualified for NCAA Championships in 3,000 meters with the collegiate-best 8:00.81 at Alex Wilson Invite... ran collegiate-best mile (4:08.31) at Iowa State Classic... that time

ranks ninth on Iowa's all-time best performers list... **Outdoor** - qualified for NCAA Midwest Regional in 5,000 meters with his collegiate best 13:55.96... that time broke 38-year-old school record of 13:56.0 set by current Hawkeye Head Coach Larry Wiczorek... that time ranks fourth in region and 23rd in nation... placed fourth in 5,000 meters (14:13.13) at Big Ten Championships... runner-up in 1,500 meters (3:54.36) at Iowa Musco Twilight VIII... anchored 6,400-meter relay that placed 11th and set school record (16:55.43) at Drake Relays... ran lead leg on distance medley relay to sixth-place finish (9:54.97) at Drake Relays, which ranks third on Iowa's all-time bests list.

2005 -- Cross Country - placed 13th at NCAA regional (31:18), earning all-region honors... placed 16th (24:33) at Murray Keatinge Invite, 38th (24:34) at NCAA Pre-Nationals, 65th (25:31) at Griak Invite and 113th (31.24) at NCAA Championships... letterwinner.

The VanDenend File

- School Record Holder - Indoor 3,000 Meters •
- School Record Holder - Outdoor 5,000 Meters •
- School Record Holder - 6,400-Meter Relay •



Renee White
Freshman
Jumps
Portmore St. Catherine, Jamaica
Wolmer's Girls High School

2006 -- Indoor - led team in long jump... recorded season best long jump (19-3 1/4) at Husker Invite... that marks ranks second on Iowa's all-time best performers list... won long jump (19-1 1/4) at Hawkeye Open... **Outdoor**

- qualified for NCAA Midwest Regional in long jump (19-9 3/4)... that mark leads team and ranks second on Iowa's all-time bests list... won long jump (19-6) at Messersmith Invite... placed 14th in long jump (18-7) and 16th in triple jump (36-9 1/2) at Big Ten Championships... the triple jump mark ranks seventh on Iowa's all-time bests list.

White's Collegiate Bests

Event	Mark	Meet	Date
60 Meters (I)	7.88	Hawkeye Open	1/14/06
100 Meters (O)	12.89	at Shamrock Invite	3/18/06
Long Jump (O)	19-9 3/4 (6.04)	at Springtime Invite	4/1/06
Triple Jump (O)	36-9 1/2 (11.21)	at Big Ten Champ's	5/14/06

