

# THE UNIVERSITY OF IOWA



## HAWKEYE TRACK & FIELD



TRACK CONTACTS: CHRIS BREWER, STEPHANIE DITTMER

NOVEMBER 30, 2010

### 2010-11 IOWA TRACK & FIELD INDOOR SCHEDULE

Date	Meet
Jan. 8	at Illinois Open (Champaign, IL)
Jan. 15	Iowa Open (Iowa City, IA)
Jan. 23	at Gold Country Classic (Minneapolis, MN)
Jan. 29	at UNI Open (Cedar Falls, IA)
Feb. 4	at Husker Invitational (Lincoln, NE) New Balance Invite (New York City)
Feb. 11-12	at Cyclone Classic (Ames, IA)
Feb. 18	Iowa Invitational (Iowa City, IA)
Feb. 26-27	at Big Ten Championships (West Lafayette, IN) (W) (Champaign, IL) (M)
Mar. 5	at NCAA Last Chance Meet (TBA)
Mar. 11-12	at NCAA Championships (Fayetteville, AR)

### IOWA COACHING STAFF

**Layne Anderson** .....Head Women's Coach

**Larry Wieczorek**.....Head Men's Coach

**Scott Cappos** .....Assistant Coach  
.....Men's and Women's Throws

**Clive Roberts** .....Assistant Coach  
.....Horizontal jumps, women's short  
.....sprints, hurdles, relays

**Christi Smith** .....Assistant Coach  
.....Combined events, vertical jumps

**Joey Woody**.....Assistant Coach  
.....Men's sprints, short hurdles and relays  
.....women's long sprints and hurdles

### THIS WEEK

The Hawkeyes open the 2010-11 track and field season Saturday with the Intrasquad meet. The event will be held at the Recreation Building and is scheduled to begin at 4 p.m.

### INDOOR SEASON AT A GLANCE

The Hawkeyes will compete in eight meets prior to the Big Ten Championships, Last Chance Meet and NCAA Championships during the 10-week track and field indoor season.

Iowa will host two meets at the University of Iowa Recreation Building. The Iowa Open is set for Jan. 15th and the Iowa Invitational will take place on Feb. 18th.

The women's 2011 Big Ten Indoor Championships will take place in West Lafayette, IN, on the campus of the University of Purdue, while the men's team will compete in Champaign, Illinois at the University of IL.

The Hawkeyes will compete throughout the season to qualify for the NCAA Indoor Championships, scheduled for March 11-12 in Fayetteville, Arkansas.

### RETURNING ALL-AMERICANS

Iowa welcomes back all-American honorees Patrick Richards, Chris Barton, Steven Willey and Erik Sowinski for the 2011 season. The four student-athletes earned the prestigious recognition following a successful season competing in the 1,600 meter relay. The team, made up of two juniors and two sophomores, capped off the season with a seventh place finish at the NCAA Outdoor Championships after running a time of 3:05.61 in Eugene, Oregon.

### LAYNE ANDERSON

Layne Anderson is in his third year as head coach of the University of Iowa women's cross country and track and field teams. He has served as the Hawkeyes' head women's cross country coach for the past seven seasons, and was the interim head women's track and field coach in 2008. From 2003-07, he served as an assistant women's track and field coach for the Hawkeyes.

In 2010, 14 Hawkeyes qualified in 18 events for the NCAA Outdoor Championships.

### LARRY WIECZOREK

Larry Wieczorek is in his 24th season as head men's cross country coach and is in his 15th season as head men's track and field coach at the University of Iowa. He served as an assistant track and field coach for 12 years before taking the helm in 1997.

Last season, Wieczorek guided 28 qualifiers, made up of 20 student-athletes competing in 13 individual events and two relays to the NCAA Outdoor Championships preliminary round.

University of Iowa Sports Information Office - Carver-Hawkeye Arena, Iowa City, IA 52242

Phone: 319/335-9411 - Fax: 319/335-9417 - [www.hawkeyesports.com](http://www.hawkeyesports.com)

# THE UNIVERSITY OF IOWA



## HAWKEYE TRACK & FIELD



TRACK CONTACTS: CHRIS BREWER, STEPHANIE DITTMER

PAGE 2

### LETTERWINNERS

The Hawkeyes return 52 letterwinners from 2010. The women's squad welcomes back 21 letterwinners, including NCAA Outdoor Championship qualifiers Betsy Flood and Lauren Hardesty. The men's team returns 31 letterwinners, including all-American runners Richards, Barton, Willey and Sowinski.

### NCAA OUTDOOR QUALIFIERS

Thirty-four student-athletes competed for Iowa at the preliminary round of the NCAA Outdoor Championships last season. A number of Hawkeyes qualified in multiple events. Matt Banse, Barton, Richards, D'Juan Richardson, Zeke Sayon, Sowinski, Willey, Karessa Farley, Raven Moore and Rhonda-Kaye Trusty all competed in two or more events in the first round.

Flood and Hardesty both advanced to the women's championships in the 1,500 Meters. Matt Byers, Ryan Lamparek, Ray Varner and Willey each earned bids to the championships in individual events, while Richards, Sowinski, Barton and Willey competed in the 1,600-meter Relay.

### COMING UP

Iowa competes in its first meet of the season at the Illinois Open. The Hawkeyes will compete in Champaign, IL, Jan. 8th. Following the Illinois Open, the Black and Gold prepare to host the Iowa Open January 15th.

## 2009-10 INDOOR SEASON LEADERS

MEN'S		WOMEN'S	
60 meters	D'Juan Richardson 6.80	60 meters	Rhonda-Kaye Trusty 7.55
60 meter hurdles	Jordan Mullen 8.02	60-meter hurdles	Karessa Farley 8.32P
200 meters	Kevin Dibbern 21.81	200 meters	Rhonda-Kaye Trusty 24.05
300 meters	D'Juan Richardson 34.34	300 meters	Raven Moore 40.99
400 meters	Steven Willey 47.15P	400 meters	Tiffany Hendricks 55.98
600 meters	Erik Sowinski 1:18.38	600 meters	Bethany Praska 1:29.35
600 yards	Dan Kuhlman 1:11.73	800 meters	Bethany Praska 2:08.54P
800 meters	Erik Sowinski 1:48.90P	Mile	Lauren Hardesty 4:41.97P
1,000 meters	Nick Kuczvara 2:25.84	3,000 meters	Amanda Hardesty 9:30.17P
Mile	Jeff Thode 4:03.07P	5,000 meters	Hannah Roeder 16:58.95
3,000 meters	Nick Holmes 8:15.48	High Jump	Caleigh Bacchus 5-9 1/4
High Jump	Herron/Oest/Valdes 6-11	Pole Vault	Kirsten Weismantle 11-5 3/4
Pole Vault	Zona/Reid 16-4 3/4	Long Jump	Emily Moore 17-4 3/4
Long Jump	Josh Bean 22-2 1/2	Shot Put	Tiffany Medenwaldt 45-9
Triple Jump	Josh Bean 47-6 1/2	Weight Throw	Kelsey Taylor 53-7 3/4
Shot Put	Ryan Lamparek 56-10	Pentathlon	Missy Miller 2,749
Weight Throw	Matt Banse 61-7 1/2		
Heptathlon	Dan Rolling 5,205	Distance Medley	Flood, Hendricks, Hardesty L., Melander 11:25.01P
Distance Medley	Nick Kuczvara, Chris Barton Dan Kuhlman, Nick Holmes 9:51.05		
1,600 meter relay	Kevin Dibbern, Steven Willey, Ray Varner, Erik Sowinski 3:09.83P	1,600-meter relay	Hendricks, Trusty, Praska, Mims 3:44.29