

# THE UNIVERSITY OF IOWA



## HAWKEYE TRACK & FIELD



WOMEN'S CONTACT: AARON BLAU

April 5, 2004

### 2004 WOMEN'S OUTDOOR SCHEDULE

M 19-20 at Texas Southern Relays 3 champs  
 M 27 at UTA Invitational 1 champ  
**A 10 at Tom Botts Invitational**  
*(Columbia, MO)*  
 A 15-18 at Mt. SAC Relays - Walnut, CA  
 A 17 at UNI Invitational - Cedar Falls  
 A 22-24 at Drake Relays - Des Moines  
 M 1 Musco Twilight VI - Iowa City  
 M 14-16 at Big Ten Championships  
*(East Lansing, MI)*  
 M 28-29 at NCAA Regional Championships  
*(College Station, TX)*  
 J 9-12 at NCAA Championships  
*(Austin, TX)*

### 2004 WOMEN'S OUTDOOR SEASON BESTS

100 Meters ... Peaches Roach ..... 11.80  
 100 Hurdles .. Tiff Pedersen ..... 14.50  
 200 Meters ... Shellene Williams ..... \*23.61  
 800 Meters ... Aisha Hume ..... 2:11.52  
 1500 Meters .Michelle Lahann ..... 4:30.18  
 3000 Meters .Georgia Millward .... 10:33.12  
 4x100 Meter Relay ..... 46.49  
*(Herrmann, Johnson, Pedersen, Raymond)*  
 4x200 Meter Relay ..... 1:37.66  
*(Herrmann, McCalla, Raymond, Roach)*  
 4x800 Meter Relay ..... 9:07.62  
*(Barber, Laney, Sokol, Stanley)*  
 1,600 Sprint Medley Relay ..... 4:13.42  
*(Hume, McCalla, Raymond, Williams)*  
 Javelin ..... Alana Redfern ..... \*45.52  
 Pole Vault ..... Jessie Strand ..... 3.60  
 High Jump .... Peaches Roach ..... \*1.78  
 Long Jump ... Tiff Pedersen ..... 5.36

\* - NCAA Regional Qualifier

**THIS WEEK** -- The University of Iowa women's track team will travel to Columbia, MO this weekend to compete at the Tom Botts Invitational. Competition will take place April 9-10 at the Audrey J. Walton Track on the campus of the University of Missouri.

**RESTED UP** -- The Hawkeyes took last weekend off but added another regional qualifier at the University of Texas-Arlington Invitational on March 27. Senior **Shellene Williams** qualified in the 200 meters with a collegiate-best time of 23.61. Her qualifying time was only .02 seconds off the school record. The Hawkeyes took first and second place in the 1,500 meters as well. Senior **Michelle Lahann** won the event in 4:30.18 and freshman **Nikki Chapple** finished second with a time of 4:36.35. On the day, the Iowa women had 10 top five finishes.

**HAWKEYES IN THE RANKINGS** -- Iowa has qualified three student-athletes for the 2004 NCAA Regional Championships. The Hawkeyes also have several athletes ranked in the Big Ten and in the nation. Their events, best performances and where they rank are listed below.

Athlete	Event	Mark	Nation/Big Ten
Peaches Roach	High Jump	*1.78 m	9th/1st
	100 meters	11.80	--/2nd
Tiff Pedersen	Long Jump	5.36 m	--/9th
	100 hurdles	14.50	--/3rd
Shellene Williams	200 meters	*23.61	7th/1st
Michelle Lahann	1,500 meters	4:30.18	--/1st
Nikki Chapple	1,500 meters	4:36.35	--/2nd
Herrmann, Johnson, Pedersen, Raymond	400 meter relay	46.49	--/2nd
Alana Redfern	Javelin	*45.52 m	25th/1st

\* -- NCAA Regional Qualifier

**HAWKEYE COACHES** -- **James Grant** is in his eighth year at the helm of the women's track and field program. The Hawkeyes crowned two individual champions and recorded their highest placing under Grant (third) and their highest team point total (89) in school history at the 2004 Big Ten indoor championships. During his career at Iowa, Grant has coached eight all-Americans and 16 Big Ten Champions. As a runner, Grant captained Eastern Michigan University's 1970 and 1971 track teams, earning all-America honors while specializing in the 400-meter dash, 400-meter hurdles and the mile relay. Grant is assisted by **Steve Callaway**, who was a decathlete and pole vault school record holder at Indiana, and **Layne Anderson**, a three-time Southern Conference champion who set 10 school records at The Citadel.

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