

2008 WOMEN'S OUTDOOR SEASON SCHEDULE

- 3/20-22 at Shamrock Invite 3 champs
(Conway, SC)
- 4/4-5 at Tiger Classic 0 champs
(Auburn, AL)
- at Stanford Invite 0 champs
(Stanford, CA)
- 4/11-12 at Sun Angel Classic1 champ
(Tempe, AZ)
- 4/12 at Calhoun Memorial ...1 champ
(Macomb, IL)
- 4/19 Hawkeye Invitational
(Iowa City, IA)**
- 4/24-26 at Drake Relays
(Des Moines, IA)
- 5/3 Iowa Musco Twilight X
(Iowa City, IA)
- 5/16-18 at Big Ten Championships
(Champaign, IL)
- 5/30-31 at NCAA Midwest Regional
(Lincoln, NE)
- 6/11-14 at NCAA Championships
(Des Moines, IA)

2008 MEN'S OUTDOOR SEASON SCHEDULE

- 4/4-5 at Tiger Classic 2 champs
(Auburn, AL)
- 4/5 at Central Invite ...1st/2 champs
(Pella, IA)
- 4/11 at Mesa Classic..... 0 champs
(Mesa, AZ)
- 4/11-12 at Sun Angel Classic ...0 champs
(Tempe, AZ)
- 4/19 Hawkeye Invitational
(Iowa City, IA)**
- 4/24-26 at Drake Relays
(Des Moines, IA)
- 4/25 at Kip Janvrin Open
(Indianola, IA)
- 5/1 at Forest Rittgers Open
(Cedar Rapids, IA)
- 5/3 Iowa Musco Twilight X
(Iowa City, IA)
- 5/9 at Central Open
(Pella, IA)
- 5/16-18 at Big Ten Championships
(Champaign, IL)
- 5/30-31 at NCAA Midwest Regional
(Lincoln, NE)
- 6/11-14 at NCAA Championships
(Des Moines, IA)

THE UNIVERSITY OF IOWA

HAWKEYE TRACK & FIELD



TRACK CONTACTS: TRACI WAGNER, JAKE HOLTORF

APRIL 15, 2008

THIS WEEK -- The University of Iowa men and women's teams will host their first home meet of the outdoor season Saturday at Francis X. Cretzmeyer Track in Iowa City. Teams scheduled to participate in the co-ed event include Bradley, Drake, Iowa State, South Dakota State, Illinois-Chicago, Northern Iowa, Wisconsin, Marquette and Western Illinois. Field events are scheduled to start at 11 a.m., and running events are set to begin at 1:15 p.m. Admission is free.

NCAA QUALIFIERS -- Ten Hawkeyes have qualified for the NCAA Midwest Regional Championships, which will be held May 30-31 in Lincoln, NE. Seniors Diane Nukuri and Meghan Armstrong have automatically qualified for the NCAA Championships in the 10,000 meters. The national meet will be held June 11-14 in Des Moines, IA. Their event, qualifying marks and where they rank in the Big Ten, region and the nation are listed below.

Name	Event	Mark	Big 10/Region/NCAA
			Ranking
Meghan Armstrong	1,500 Meters	4:26.62	7th/11th/36th
	10,000 Meters	33:28.00	2nd/3rd/4th
A.J. Curtis	Discus	172-7 (52.62 m)	2nd/11th/56th
	Shot Put	57-5 1/2 (17.51 m)	6th/6th/36th
Matty Gorman	Triple Jump	49-2 1/2 (15.00 m)	4th/16th/56th
John Hickey	Shot Put	61-9 1/2 (18.83 m)	1st/1st/7th
Tammilee Kerr	Javelin	153-6 (45.34 m)	3rd/11th/34th
Rachael Marchand	5,000 Meters	16:35.83	1st/2nd/18th
Andy Napier	3,000 Steeplechase	9:01.20	2nd/6th/17th
Diane Nukuri	10,000 Meters	33:17.01	1st/2nd/2nd
Jessica Schmidt	3,000 Steeplechase	10:32.50	4th/8th/21st
Ray Varner	400-Meter Hurdles	51.70	1st/6th/25th
Renee White	Triple Jump	42-4 (12.90 m)	1st/9th/19th

LAST TIME OUT -- Hawkeye juniors **Andy Napier, A.J. Curtis, John Hickey** and **Renee White** led the University of Iowa men and women's track teams last week in Arizona by posting NCAA regional qualifying performances. The Hawkeye men sent competitors to the Mesa Classic at Mesa Community College, while members of both squads competed at the Sun Angel Classic in Tempe.

White broke her own school triple jump record with her winning mark of 42-4. She set the previous Hawkeye best of 42-2 1/2 last season. A native of Portmore, Jamaica, White posted a jump of 42-2 to win the preliminary round and then added an extra two inches to her total in the first jump of the final round to secure the victory. The new school record also bettered her previous regional qualifying mark.

Curtis posted regional qualifying performances in the discus at Mesa and the shot put at Tempe. The Brodhead, WI, native placed seventh in the discus (172-7) and second in the shot put (57-5 1/2).

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2008 WOMEN'S OUTDOOR SEASON BESTS

Event	Name	Mark
100 Meters	Rhonda-Kaye Trusty	12.05
100 Hurdles	Kimberly Stanford	14.11
200 Meters	Rhonda-Kaye Trusty	24.39
400 Meters	Monica Mims	56.46
800 Meters	Sarah Henize	2:17.44
1,500 Meters	Meghan Armstrong	^ 4:26.62
3,000 Meters	Fionna Fallon	10:33.57
3,000 Steeple	Jessica Schmidt	^ 10:32.50
5,000 Meters	Racheal Marchand	^ 16:35.83
10,000 Meters	Diane Nukuri	*\$ 33:17.01
400-Meter Relay	(White, Alexander, Kerr, Trusty)	45.78
800-Meter Relay	(Hendricks, Trusty, White, Stanford)	1:39.74
1,600-Meter Relay	(Mims, Hendricks, Praska, Poncé)	3:49.65
High Jump	Caleigh Bacchus	5-5
Long Jump	Renee White	19-0 1/2
Triple Jump	Renee White	*^ 42-4
Shot Put	Amanda Chandler	39-0 1/4
Hammer	Erin O'Hern	168-9
Javelin	Tammilee Kerr	153-6

2008 MEN'S OUTDOOR SEASON BESTS

Event	Name	Mark
100 Meters	Max Milder	10.98
110 Hurdles	Brice Wilson	% 15.02
200 Meters	Max Milder	21.90
400 Meters	Chris Barton	47.31
400 Hurdles	Ray Varner	^ 51.70
800 Meters	Adam Hairston	1:50.72
1,500 Meters	Jesse Luciano	3:51.99
3,000 Steeple	Andy Napier	^9:01.20
5,000 Meters	Brendan Camplin	15:20.42
10,000 Meters	Tommy Tate	33:13.33
1,600 Meter Relay	(Willey, Elbert, Barton, Varner)	3:11.21
High Jump	Ryan Kelly	6-9 3/4
Long Jump	Matty Gorman	23-0 3/4
Triple Jump	Matty Gorman	^ 49-2 1/2
Pole Vault	Jeff Raymond	15-7
Shot Put	John Hickey	^ 61-9 1/2
Discus	A.J. Curtis	^ 172-7
Hammer	Mark Schaapveld	175-4

\$ - NCAA automatic qualifier

^ - NCAA regional qualifier

* - school record, % - wind-aided

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Hickey, who was making his outdoor season debut, placed fourth in the invitational shot put with a throw of 60-7 3/4 Saturday. The Piermont, NY, native threw 61-9 1/2 in the prelims to qualify for the regional meet.

Napier placed second in the 3,000-meter steeplechase with a collegiate-best 9:01.20, which knocked over two seconds off his previous best and regional qualifying mark. Napier is from Antioch, IL.

Hawkeye junior **Krista Anderson** also won the 1,500 meters (4:43.73) at the Lee Calhoun Memorial in Macomb, IL, last Saturday. That was the only event the team competed in at the meet.

WOMEN'S TRACK SIGNS 2008-09 CLASS -- The Iowa women's track team has signed five student-athlete distance runners for the 2008-09 season. **Lindsay Anderson** (Leeds, ND), **Betsy Flood** (Des Moines, IA), **Brooke Eilers** (Holland, MI), **McKenzie Melander** (Apple Valley, MN) and **Danielle Berndt** (Bloomington, MN) will all be joining the Hawkeyes.

Anderson, sister of current Hawkeye **Krista Anderson**, is a two-time North Dakota Gatorade Athlete of the Year. She is an 11-time state champion, winning four titles in cross country, five in the 1,600 meters and two in the 3,200 meters. She is a three-time Footlocker National High School Cross Country meet qualifier.

Flood is one of the top all-around prep runners in Iowa, winning state titles in the 800 and 1,500 meters and the distance medley relay. She is a member of the AAU record setting 3,200 meter relay team. Entering her senior season her personal best in the 800 meters is 2:13 and 4:35 the 1,500 meters.

Eilers has received all-state accolades in cross country and track. Her has a personal best time of 4:59 in the 1,600 meters and 10:49 in the 3,200 meters.

Melander posted a state runner-up performance in the 1,600 and 3,200 meters in 2007. Her personal best time in the 1,600 is 4:59 and in the 3,200 is 10:52.

Berndt placed second in the state 3,200 meters (10:49) and fourth at the state cross country championships. She is also an excellent nordic skier having recently qualified for the national championships in Alaska.

MEN'S TRACK SIGNS 2008-09 CLASS -- The Hawkeye men's track program has signed four student-athletes to its 2008-09 recruiting class. Head Coach Larry Wieczorek announced the signing of **D'Juan Richardson** (Indianapolis, IN), **Thomas Reynolds** (Coralville, IA), **Nick Holmes** (Bartonville, IL) and **Patrick Richards** (Colorado Springs, CO) to national letters of intent.

"I feel like this is an exceptional recruiting class," said Wieczorek. "Each of these student-athletes can come in and make an immediate impact on our program next season. They are outstanding students and individuals, as well as athletes."

HAWKEYE INVITATIONAL SCHEDULE OF EVENTS

Field Events

- 11:00 a.m. Long Jump (M/W)
Pole Vault (W/M)
Javelin (M/W)
Hammer (W/M)
High Jump (M/W)
- 1:30 p.m. Discus (W/M)
Shot Put (M/W)
Triple Jump (M/W)

Running Events

- 12:00 p.m. National Anthem
- 12:10 110-Meter Hurdles - Prelims
100-Meter Hurdles - Prelims
- 12:40 100 Meter - Prelims (M/W)
- 1:15 * 3,000-M. Steeplechase (M/W)
- 1:45 p.m. 400-Meter Relay (M/W)
- 2:05 1,500 Meters (M/W)
- 2:30 100-Meter Hurdles - Finals
110-Meter Hurdles - Finals
- 2:40 400 Meters (M/W)
- 3:00 100 Meters (M/W)
- 3:10 800 Meters (M/W)
- 3:30 400-Meter Hurdles (M/W)
- 4:00 200 Meters (M/W)
- 4:30 3,000 Meters (M/W)
- 5:00 1,600-Meter Relay (M/W)

* Rolling time schedule starts

COMPETING TEAMS

Bradley University
Drake University
Iowa State University
South Dakota State University
University of Illinois-Chicago
University of Northern Iowa
University of Wisconsin
Marquette University
Western Illinois University

M - men's event, W - women's event

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Richardson ran sprints and hurdles on the 2007 state champion Warren Central High School team. He won the 2008 state 55-meter hurdles title (7.41), placing third in the 110-meter hurdles (14.08) and the intermediate hurdles (37.4) at the state meet last season. He is currently ranked in the top 20 returning 110-meter hurdlers in the nation.

Reynolds was a thrower on the 2007 state champion Iowa City West High School team. He placed third in the discus at the state meet as a junior with a toss of 176-11. He has already thrown 181-10 in the discus and 57-8 in the shot put this season.

Holmes was selected Athlete of the Meet at the 2008 Illinois Prep Top Times Classic, winning the indoor mile with a meet record-setting 4:13.72. He also won the 2007 state 2A cross country championships for Limestone High School (14:21 - three miles), beating the runner-up by 27 seconds.

Richards was runner-up at the 2007 Colorado state track meet in the 200 (21.55) and 400 meters (47.66). He competes for Widefield High School.

HAWKEYE WOMEN'S COACHING STAFF -- Head Coach **Layne Anderson** is in his first year as head women's track coach at Iowa. In his four seasons as an assistant with the track team, there has been one national champion, 22 all-Americans and 18 Big Ten Champions. While competing for The Citadel in college, Anderson set 10 school records on his way to becoming a three-time Southern Conference champion. He is assisted by four-time Auburn all-American, 1996 decathlon national champion and Olympian **Victor Houston** and Hawkeye all-American and four-time Big Ten Champion **Shellene Williams**.

HAWKEYE MEN'S COACHING STAFF -- Head Coach **Larry Wieczorek** is in his 12th season at the helm of the Iowa men's track team. He has coached 25 all-Americans and 42 Big Ten Champions at Iowa. The team's highest conference meet finishes during his tenure are second at the 1999 outdoor meet and fourth at the 1997 indoor meet. As a runner, **Wieczorek** was a six-time Big Ten champion for Iowa - winning four track and two cross country titles - and a four-time all-American. In 1998, **Wieczorek** was inducted into the National Iowa Varsity Club Hall of Fame. He is assisted by three-time Indiana all-American **Scott Cappos** and World Champion and four-time Northern Iowa all-American **Joey Woody**.

IOWA MUSCO TWILIGHT X -- The Hawkeyes will host the 10th annual co-ed Musco Twilight Meet May 3 at Francis X. Cretzmeyer Track in Iowa City. The Big Ten Network will air a tape-delay broadcast of the meet on May 14 at 7 p.m. (CT). Competing teams include Drake, Minnesota, Northern Iowa and Wisconsin. Events are scheduled to start at 3 p.m. Admission is \$3 for adults and \$2 each for groups of 15 or more. University of Iowa students and fans ages 18 and under will be admitted free of charge.