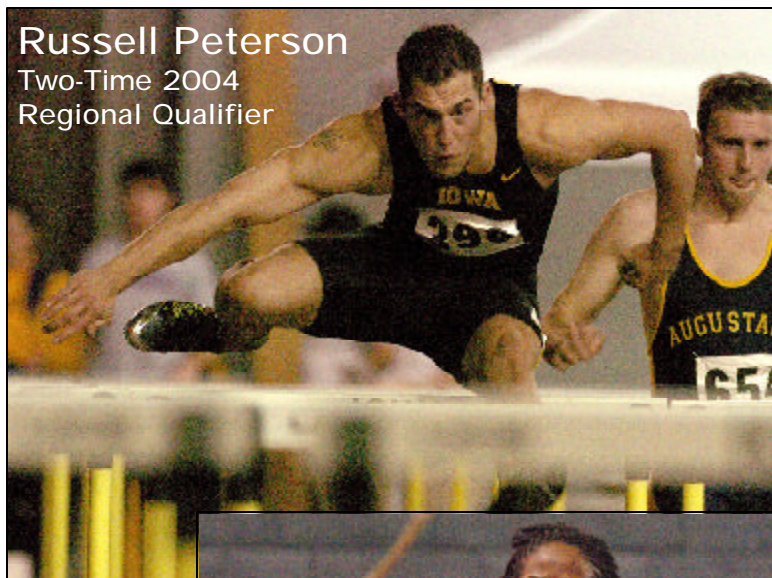


UNIVERSITY OF IOWA TRACK & FIELD



Michelle
Lahann
Two-Time 2004
Regional Qualifier



Russell Peterson
Two-Time 2004
Regional Qualifier



Brad Daufeldt
Two-Time 2004
Regional Qualifier



Shellene
Williams
Two-Time 2004
Regional Qualifier

2004 BIG TEN OUTDOOR CHAMPIONSHIPS

RANKIN TRACK & FIELD -- MAY 14-16 -- WEST LAFAYETTE, IN

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



MEN'S CONTACT: TRACI WAGNER, WOMEN'S CONTACT: AARON BLAU

MAY 10, 2004

2004 MEN'S OUTDOOR SCHEDULE

M 26-27	at Stanford Invitational	0 champs
A 2-3	at Missouri Relays	2 champs
A 9-10	at Sea Ray Relays	0 champs
A 10	at Jim Duncan Invite	4 champs
A 17	at UNI Twilight	3 champs
A 21-24	at Drake Relays	1 champ
M 1	Musco Twilight VI	3rd/4 champs
M 14-16	at Big Ten Championships <i>(West Lafayette, IN)</i>	
M 28-29	at NCAA Midwest Regional <i>(College Station, TX)</i>	
J 9-12	at NCAA Championships <i>(Austin, TX)</i>	

2004 MEN'S OUTDOOR SEASON BESTS

Running Events

100 Meters	...Zach Digney	10.62
200 Meters	...Zach Digney	21.29
400 Meters	...Jason Nolting	48.66
800 Meters	...Matt O'Hollearn	1:53.25
1,500 Meters	Tony Rakaric	3:56.73
3,000 Meters	Adam Roche	8:46.46
5,000 Meters	Matt Esche	^14:15.73
110 Hurdles	..Russell Peterson	14.85
400 Hurdles	..Russell Peterson	^51.15
3,000 M SC	..Dan Trainor	9:30.41

Relays

400-Meter Relay	40.88
<i>(Holloway, Digney, Strang, Peterson)</i>	
1,600-Meter Relay	^3:08.90
<i>(Nolting, Digney, Coleman, Peterson)</i>	
3,200-Meter Relay	7:35.10
<i>(Long, Tweedy, Dziubski, O'Hollearn)</i>	
Sprint Medley Relay	3:28.66
<i>(Leick, Long, O'Hollearn, Tweedy)</i>	

Field Events

DiscusEric Rothwell	^177-2
HammerBrad Daufeldt	^207-10
JavelinJoel Storm	^203-5
Shot PutKen Kemeny	^60-8

^ -- NCAA Mid-West Regional Qualifier

THIS WEEK -- The Hawkeye men's and women's track teams will compete at the Big Ten Outdoor Championships, May 14-16 in West Lafayette, IN. All events will be held at Rankin Track and Field on the Purdue University campus. All-session tickets are \$15 for adults and \$9 for seniors, students and youth. Single-session tickets are \$8 for adults and \$5 for seniors, students and youth. Tickets are available at www.purduesports.com or at the athletic ticket office at 800/497-7678.

2003 BIG TEN OUTDOOR REVIEW -- The Iowa women's team won three events en route to a sixth place finish at the 2003 Big Ten Outdoor Championships in Minneapolis, MN. It was the highest placing for a Hawkeye women's track and field team since 1994, when the team tied for fourth. Iowa's 70 points was the most scored by a Hawkeye women's team since the 1992 conference outdoor meet when it scored 75. It was also only the second time in school history, and the first time at the conference outdoor meet, than an Iowa squad won three events at the same Big Ten meet. Their three titles ended a five-year absence from the winner's stand as Iowa's last Big Ten outdoor champion was **Wynsome Cole** in the 400-meter hurdles in 1998.

Winning events for the Hawkeyes and earning first team all-Big Ten honors were junior **Shellene Williams** in the 400 meters, junior **Aisha James** in the long jump and the 1,600-meter relay of senior **Nicole Charles**, sophomore **Aisha Hume**, senior **Sarah Steffen** and **Williams**. **James** became Iowa's first Big Ten long jump champion with her winning leap of 21-4. The 1,600-meter relay also won Iowa's first conference title in that event, shattering a 14-year-old school record with a winning time of 3:39.95. **Williams** became the third student-athlete in program history to win two Big Ten titles at the same meet with her first-place finish in the 400 meters (53.58). Former Hawkeyes **Elaine Jones** (1984) and **Ellen Grant** (1997) also accomplished that feat.

Sophomore **Alana Redfern** and junior **Jessie Strand** each earned second team all-Big Ten honors with their runner-up finishes in the javelin and pole vault, respectively. **Redfern**, who at one time led the nation in the javelin with her collegiate-best and school record-setting throw of 181-5, placed second with a throw of 166-1. **Strand** broke the school pole vault record of 12-6 that she'd set earlier that month with her second-place mark of 12-10.

The men's team placed ninth with 27 points at the conference outdoor meet. Junior **Bill Neumann** led the Hawkeyes by winning his second straight Big Ten javelin title with a throw of 238-2. He is the fourth javelin thrower in school history to win two Big Ten titles in that event, and the first back-to-

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THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



MEN'S CONTACT: TRACI WAGNER, WOMEN'S CONTACT: AARON BLAU

PAGE 2

2004 WOMEN'S INDOOR SCHEDULE

M 19-20	at Texas Southern Relays	3 champs
M 27	at Texas-Arlington Invite	1 champ
A 10	at Tom Botts Invite	4 champs
A 15-18	at Mt. SAC Relays	1 champ
A 17	at UNI Twilight	0 champs
A 22-24	at Drake Relays	1 champ
M 1	Musco Twilight VI	3rd/4 champs
M 14-16 at Big Ten Championships (West Lafayette, IN)		
M 28-29	at NCAA Midwest Regional	
	(College Station, TX)	
J 9-12	at NCAA Championships	
	(Austin, TX)	

2004 WOMEN'S INDOOR SEASON BESTS

100 Meters Peaches Roach 11.80
200 Meters Shellene Williams	... ^*23.50
400 Meters Shellene Williams ^52.95
800 Meters Michelle Lahann ^2:06.79
1,500 Meters	.. Michelle Lahann ^4:24.00
3,000 Meters	.. Georgia Millward	.. 10:33.12
5,000 Meters	.. Georgia Millward	.. 17:47.2h
10,000 Meters	. Nikki Chapple ^35:06.35
100 Hurdles Tiff Pedersen 14.29
400 Hurdles Katie Herrmann 1:06.13
3,000 SC Sarah Arens ^10:38.31
400-Meter Relay	46.40
	(McCalla, Roach, Johnson, Williams)	
1,600-Meter Relay	3:45.02
	(Hume, McCalla, Johnson, Williams)	
3,200-Meter Relay	8:48.87
	(Lahann, Stanley, Hume, Barber)	
High Jump Peaches Roach ^5-10 3/4
Long Jump Tiff Pedersen 18-5 1/4
Triple Jump Becca Franklin 36-2 1/4
Pole Vault Jessie Strand 12-3 1/2
Shot Put Tiff Pedersen 36-0 3/4
Discus Erin O'Hern 106-1
Hammer Becca Franklin 137-5
Javelin Alana Redfern ^149-4
Hepthathlon Tiff Pedersen 4,864 pts.

-- school record, ^ -- regional qualifier,
* -- provisional qualifier

back Big Ten champion in the same event for the Hawkeyes since **Arno van der Westhuizen** won the hammer throw in 1999 and 2000.

NCAA REGIONAL QUALIFIERS -- The Hawkeyes have qualified 23 individuals in 15 individual events and one relay to the NCAA Midwest Regional Championships, which will be held May 28-29 in College Station, TX. Their events, qualifying marks and where they rank in the Big Ten, region and nation are listed below.

Men's Qualifiers

Name	Event	Mark	Rank In The Big 10/Region/Nation
Andy Banse	Shot Put	55-10 1/4 (17.02 m)	9th/17th/67th
Robby Beyer	Shot Put	54-1 (16.48 m)	11th/23rd/104th
Tim Brodersen	Discus	181-3 (55.24 m)	6th/18th/40th
Juan Coleman	1,600-Meter Relay	3:08.90	3rd/14th/39th
Brad Daufeldt	Discus	176-6 (53.79 m)	4th/17th/37th
	Hammer Throw	207-19 (63.34 m)	4th/5th/12th
Zach Digney	1,600-Meter Relay	3:08.90	3rd/14th/39th
Matt Esche	5,000 Meters	14:15.73	15th/23rd/83rd
Adam Hamilton	Hammer Throw	206-7 (62.98 m)	5th/6th/16th
Ken Kemeny	Shot Put	60-8 (18.49 m)	5th/5th/19th
Tony Leick	400-Meter Hurdles	51.98	5th/11th/43rd
Shane Maier	Shot Put	55-0 (16.76 m)	10th/20th/82nd
Jason Nolting	1,600-Meter Relay	3:08.90	3rd/14th/39th
Russell Peterson	400-Meter Hurdles	51.15	3rd/4th/14th
	1,600-Meter Relay	3:08.90	3rd/14th/39th
Eric Rothwell	Discus	177-2 (54.01 m)	4th/16th/35th
Joel Storm	Javelin	203-5 (62.01 m)	6th/16th/63rd
Chris Voller	Hammer Throw	195-8 (59.64 m)	10th/11th/42nd

Women's Qualifiers

Name	Event	Mark	Rank In The Big 10/Region/Nation
Sarah Arens	3,000 Steeplechase	10:38.31	9th/4th/44th
Nikki Chapple	10,000 Meters^	35:06.35	2nd/6th/37th
Michelle Lahann	800 Meters	2:06.79	1st/1st/14th
	1,500 Meters	4:24.00	2nd/2nd/36th
Alana Redfern	Javelin	149-4 (45.52 m)	5th/8th/37th
Peaches Roach	High Jump	5-10 3/4 (1.80 m)	1st/5th/18th
Jessie Strand	Pole Vault	12-3 1/2 (3.75 m)	6th/18th/75th
Shellene Williams	200 Meters	23.50	2nd/8th/17th
	400 Meters	52.95	1st/5th/16th

^NCAA provisional qualifier

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PAGE 3

BIG TEN OUTDOOR CHAMPIONSHIPS SCHEDULE OF EVENTS

Friday, May 14th

- Noon Decathlon 100 Meters
- 12:15 Heptathlon 100-Meter Hurdles
- 12:45 Decathlon Long Jump
- 12:55 Heptathlon High Jump
- 1:30 Men's Hammer Throw (T&F)
- 1:30 Women's Pole Vault (T&F)
- 2:00 Decathlon Shot Put
- 2:45 Decathlon High Jump
- 2:50 Heptathlon Shot Put
- 3:30 Women's Hammer Throw (T&F)
- 4:00 Heptathlon 200 Meters
- 5:00 Decathlon 400 Meters
- 6:30 Women's 10,000 Meters
- 7:15 Men's 10,000 Meters

Saturday, May 15th

- 9:30 Decathlon 110-Meter Hurdles
- 10:10 Decathlon Discus
- 10:15 Heptathlon Long Jump
- 11:20 Decathlon Pole Vault
- 11:30 Heptathlon Javelin
- 1:15 Decathlon Javelin
- 1:20 Men's Long Jump (T&F)
- 1:45 Heptathlon 800 Meters
- 2:10 Women's 400-Meter Relay (T)
- 2:15 Men's High Jump (T&F)
- 2:20 Men's 400-Meter Relay (T)
- 2:30 Women's 1,500 Meters (T)
- 2:35 Men's Discus (T&F)
- 2:50 Men's 1,500 Meters (T)
- 3:10 Decathlon 1,500 Meters
- 3:20 Women's 400 Meters (T)
- 3:30 Women's Shot Put (T&F)
- 3:35 Men's 400 Meters (T)
- 3:50 Women's 100 Meters (T)
- 4:05 Men's 100 Meters (T)
- 4:20 Women's 100-Meter Hurdles (T)
- 4:35 Women's Long Jump (T&F)
- 4:35 Men's 110-Meter Hurdles (T)
- 4:50 Women's 800 Meters (T)
- 5:15 Men's 800 Meters (T)

(Continued Page 4)

HAWKEYES IN BIG TEN HISTORY -- The Iowa men's team has won two Big Ten outdoor team championships (1963 and 1967) and 105 event titles since the first meet was held in 1901. Three former Hawkeyes hold a spot in the conference record books. In 1997, **Bashir Yamini** tied the long jump record of 26-8 1/4 set in 1935 by Ohio State's Jesse Owens, and in 2000 **Arno van der Westhuizen** set the conference hammer throw record of 218-5. **Jon Reimer** holds the retired 330-yard hurdles record of 36.1, set in 1965. The Hawkeye men's team has had four student-athletes earn conference individual outdoor track honors. Current Iowa assistant coach **Pat McGhee** is the lone Hawkeye to earn two awards in the same season, being named Athlete of the Year and Athlete of the Championships in 1989. Other outdoor honorees were **Anthuan Maybank** (1993 Athlete of the Year), **Jeremy Allen** (1998 Freshman of the Year) and **Tim Dwight** (1999 Athlete of the Championships).

The Iowa women's squad has yet to win a Big Ten outdoor team title, but has crowned 25 event champions in 16 individual running events, four field events and two relays since the first meet was held in 1982. Former Hawkeye **Erica Broomfield** is the lone Iowa individual conference honoree, earning Big Ten Outdoor Freshman of the Year accolades in 1998.

LAST WEEK -- The University of Iowa men's and women's track and field teams won a combined total of six events at the annual Iowa Musco Twilight VI Saturday. The Hawkeyes also set two meet records and one Francis X. Cretzmeyer track record at the meet. In all, five meet records and three track records fell on the day, while 50 student-athletes recorded regional qualifying marks.

Minnesota won both the men's and women's team titles, scoring 153.5 and 171.5 points, respectively. The Iowa men's and women's teams both placed third, scoring 106 and 115 points, respectively.

Senior **Shellene Williams** won the 200 meters, setting a meet record of 23.50. She also broke the 21-year-old school record of 23.59 set by Davera Taylor in 1984. Senior **Sarah Arens** also won the 3,000-meter steeplechase with a track and meet record of 10:38.53. The women's 1,600-meter relay of junior **Aishe Hume**, freshmen **Lindsey McCalla** and **Tiffany Johnson** and **Williams** won their race in 3:45.02 in their first time out this season. Other Iowa winners were senior **Michelle Lahann** in the 1,500 meters (4:24.18), senior **Brad Daufeldt** in the ham-

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PAGE 4

BIG TEN OUTDOOR CHAMPIONSHIPS SCHEDULE OF EVENTS

Saturday, May 15th (Continued from Page 3)

- 5:20 Women's Javelin (T&F)
- 5:25 Women's 200 Meters (T)
- 5:40 Men's 200 Meters (T)
- 5:55 Women's 400-Meter Hurdles (T)
- 6:15 Men's 400-Meter Hurdles (T)
- 6:30 Women's 3,000-Meter Steeplechase
- 6:45 Men's 3,000-Meter Steeplechase

Sunday, May 16th

- 11:40 Women's Triple Jump (T&F)
- 11:45 Women's Discus (T&F)
- 12:30 Men's Shot Put (T&F)
- 12:30 Men's Pole Vault (T&F)
- 12:45 Women's 400-Meter Relay (F)
- 12:45 Men's 400-Meter Relay (F)
- 1:05 Women's 1,500 Meters (F)
- 1:15 Men's 1,500 Meters (F)
- 1:20 Women's High Jump (T&F)
- 1:25 Women's 100-Meter Hurdles (F)
- 1:35 Men's 110-Meter Hurdles (F)
- 1:40 Women's 400 Meters (F)
- 1:45 Men's 400 Meters (F)
- 1:50 Women's 100 Meters (F)
- 1:55 Men's 100 Meters (F)
- 2:00 Men's Triple Jump (T&F)
- 2:00 Men's Javelin (T&F)
- 2:03 Women's 800 Meters (F)
- 2:08 Men's 800 Meters (F)
- 2:18 Women's 400-Meter Hurdles (F)
- 2:28 Men's 400-Meter Hurdles (F)
- 2:35 Women's 200 Meters (F)
- 2:42 Men's 200 Meters (F)
- 2:49 Women's 5,000 Meters (F)
- 3:11 Men's 5,000 Meters (F)
- 3:33 Women's 1,600-Meter Relay
(sections if necessary)
- 3:45 Men's 1,600-Meter Relay
(sections if necessary)

mer throw (207-10) and freshman **Ben Barron** in the B Section 1,500 meters (3:57.78). While they didn't win the event, all of the Iowa men's shot putters posted regional qualifying marks.

Unattached competitor and Iowa City native Joey Woody ran fastest time in the United States to date this year, setting a meet and track record in the 400-meter hurdles with his winning time of 48.94.

INTERNET INFORMATION -- Press releases and event results for the Iowa men's and women's track and field teams are available at www.hawkeyesports.com throughout the season. Live updates from the Big Ten Outdoor Championships will also be available at www.bigten.org.

NEXT COMPETITION -- The Hawkeyes will send athletes who meet the qualifying standards to the 2004 NCAA Midwest Regional, May 28-29 in College Station, TX. All events will be held at Anderson Track and Field Complex on the Texas A&M University campus. All-session tickets are \$15 for adults and \$11 for youth, and are available from the athletic ticket office at 888-992-4443 or 979/845-2311, or online at www.aggieathletics.com. Events start at noon each day.

The Midwest region will feature 39 schools from Colorado, Iowa, Kansas, Minnesota, Montana, Nebraska, New Mexico, Oklahoma, Texas and Wyoming. Competitors will advance to the NCAA Outdoor Championships, to be held June 9-12 in Austin, TX, based on their performances at the regional meet.

2004 MEN'S OUTDOOR SEASON BESTS

100 METERS (RQ -- 10.50, SR -- 10.25)

Zach Digney	10.62	at Missouri Relays	4/3/04
Omar Isaacs	10.97	at Missouri Relays	4/3/04
Tom Hilaris	11.03	at UNI Twilight	4/17/04
Robert Beach	11.25	at Missouri Relays	4/3/04
Warren Holloway	11.25	Iowa Musco Twilight VI	5/1/04

200 METERS (RQ -- 21.19, SR -- 20.47)

Zach Digney	21.29	at UNI Twilight	4/17/04
Juan Coleman	21.91	at UNI Twilight	4/17/04
Russell Peterson	21.98	at UNI Twilight	4/17/04
Robert Beach	22.33	Iowa Musco Twilight VI	5/1/04
Jason Nolting	22.44	at UNI Twilight	4/17/04
Ryan Strang	22.44	at UNI Twilight	4/17/04
Omar Isaacs	22.58	at Missouri Relays	4/3/04
Tom Hilaris	22.69	at UNI Twilight	4/17/04
Jason Wakenight	22.75	at Jim Duncan Invitational	4/10/04
Tony Leick	23.22	at UNI Twilight	4/17/04

400 METERS (RQ -- 47.26, SR -- 44.99)

Jason Nolting	48.66	Iowa Musco Twilight VI	5/1/04
Ryan Strang	48.69	at UNI Twilight	4/17/04
Tony Leick	49.34	at UNI Twilight	4/17/04
Juan Coleman	49.79	Iowa Musco Twilight VI	5/1/04
Matt O'Hollearn	50.62	at Missouri Relays	4/3/04
Jason Wakenight	50.66	at Jim Duncan Invitational	4/10/04

800 METERS (RQ -- 1:50.62, SR-- 1:47.64)

Matt O'Hollearn	1:53.25	Iowa Musco Twilight VI	5/1/04
Josh Tweedy	1:53.95	Iowa Musco Twilight VI	5/1/04
Rob Long	1:54.55	at Sea Ray Relays	4/9/04
Dan Dziubski	1:54.73	Iowa Musco Twilight VI	5/1/04
Ben Lloyd	1:58.35	at Jim Duncan Invitational	4/10/04

1,500 METERS (RQ -- 3:48.21, SR -- 3:44.01)

Tony Rakaric	3:56.73	at Missouri Relays	4/3/04
Matt Esche	3:57.45	Iowa Musco Twilight VI	5/1/04
Ben Barron	3:57.78	Iowa Musco Twilight VI	5/1/04
Ben Lloyd	4:00.06	at UNI Twilight	4/17/04
Adam Roche	4:03.33	at UNI Twilight	4/17/04
Brian Rae	4:05.83	at Missouri Relays	4/3/04
Dan Trainor	4:08.84	at UNI Twilight	4/17/04

3,000 METERS

Adam Roche	8:46.46	at Jim Duncan Invitational	4/10/04
Chris Jensen	8:57.75	at Jim Duncan Invitational	4/10/04
Ben Barron	8:58.53	at Jim Duncan Invitational	4/10/04

5,000 METERS (RQ -- 14:18.58, SR -- 13:56.0)

Matt Esche	*14:15.73	at Stanford Invitational	3/27/04
Brian Rae	14:22.83	at Stanford Invitational	3/27/04
Dan Haut	14:42.58	Iowa Musco Twilight VI	5/1/04
Tony Rakaric	14:42.87	at Stanford Invitational	3/27/04
Adam Roche	14:52.54	Iowa Musco Twilight VI	5/1/04
Chris Jensen	15:25.20	at Missouri Relays	4/2/04
Stephen Traphagen	15:28.60	at Missouri Relays	4/2/04



2004 MEN'S OUTDOOR SEASON BESTS

110-METER HURDLES (RQ -- 14.33, SR -- 13.50)

Russell Peterson	14.85	at Stanford Invitational	3/26/04
Tony Leick	15.34	at Stanford Invitational	3/26/04

400-METER HURDLES (RQ -- 52.51, SR -- 48.83)

Russell Peterson	*51.15	Iowa Musco Twilight VI	5/1/04
Tony Leick	*51.98	Iowa Musco Twilight VI	5/1/04

3,000-METER STEEPLECHASE (RQ -- 9:08.15, SR -- 8:47.40)

Dan Trainor	9:30.41	Iowa Musco Twilight VI	5/1/04
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400-METER RELAY (RQ -- 40.66, SR -- 39.48)

Holloway, Digney, Strang, Peterson	40.88	at Drake Relays	4/23/04
Isaacs, Digney, Beach, Peterson	41.36	at Missouri Relays	4/3/04
Holloway, Peterson, Coleman, Beach	41.68	Iowa Musco Twilight VI	5/1/04
Iowa	41.80	at UNI Twilight	4/17/04

1,600-METER RELAY (RQ -- 3:10.84, SR -- 3:03.11)

Nolting, Digney, Coleman, Peterson	*3:08.90	at Drake Relays	4/23/04
Digney, Nolting, Peterson, Leick	3:12.78	at Sea Ray Relays	4/10/04
Coleman, Leick, O'Hollearn, Peterson	3:17.51	Iowa Musco Twilight VI	5/1/04
Peterson, Digney, Leick, Nolting	3:20.70	at Missouri Relays	4/3/04
O'Hollearn, Tweedy, Dziubski, Lloyd	3:24.45	at Jim Duncan Invitational	4/10/04

3,200-METER RELAY

Long, Tweedy, Dziubski, O'Hollearn	7:35.10	at Drake Relays	4/23/04
Dziubski, Lloyd, Long, Tweedy	8:03.10	at Missouri Relays	4/3/04

SPRINT MEDLEY RELAY (SR -- 3:15.64)

Leick, Long, O'Hollearn, Tweedy	3:28.66	at Drake Relays	4/24/04
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SHOT PUT (RQ -- 16.47m, SR -- 19.27 m)

Ken Kemeny	*60-8 (18.49 m)	Iowa Musco Twilight VI	5/1/04
Andy Banse	*55-10 1/4 (17.02 m)	Iowa Musco Twilight VI	5/1/04
Shane Maier	*55-0 (16.76 m)	Iowa Musco Twilight VI	5/1/04
Robby Beyer	*54-1 (16.48 m)	Iowa Musco Twilight VI	5/1/04
Adam Hamilton	47-5 3/4 (14.47 m)	at Stanford Invitational	3/26/04

HAMMER THROW (RQ -- 55.63m, SR -- 67.96 m)

Brad Daufeldt	*207-10 (63.34 m)	Iowa Musco Twilight VI	5/1/04
Adam Hamilton	*206-7 (62.98 m)	at Drake Relays	4/24/04
Chris Voller	*195-8 (59.64 m)	at Sea Ray Relays	4/10/04
Tim Brodersen	181-3 (55.24 m)	Iowa Musco Twilight VI	5/1/04

DISCUS (RQ -- 51.37m, SR -- 61.68 m)

Eric Rothwell	*177-2 (54.01 m)	at Drake Relays	4/23/04
Brad Daufeldt	*176-6 (53.79 m)	at UNI Twilight	4/17/04
Tim Brodersen	*176-0 (53.66 m)	at UNI Twilight	4/17/04
Robby Beyer	166-2 (50.65 m)	Iowa Musco Twilight VI	5/1/04
Ken Kemeny	166-1 (50.63 m)	Iowa Musco Twilight VI	5/1/04
Andy Banse	162-6 (49.54 m)	at UNI Twilight	4/17/04
Shane Maier	143-1 (43.61 m)	at Missouri Relays	4/3/04

JAVELIN (RQ -- 61.62m, SR -- 74.58 m)

Joel Storm	*203-5 (62.01 m)	at Sea Ray Relays	4/10/04
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RQ -- regional qualifying mark, SR -- school record, * -- regional qualifier



UNIVERSITY OF IOWA TRACK & FIELD



2004 WOMEN'S OUTDOOR SEASON BESTS

100-METERS (RQ -- 11.78, SR -- 11.45)

Peaches Roach	11.80	at Texas-Arlington Relays	3/27/04
Jodi Ann Raymond	12.32	at Texas-Arlington Relays	3/27/04
Kyndra Middleton	12.69	at UNI Invitational	4/17/04

100-METER HURDLES (RQ -- 13.95, SR -- 13.60)

Tiff Pedersen	14.29	Iowa Musco Twilight VI	5/1/04
Latoya Stiffend	14.54	at Tom Botts Invitational	4/10/04
Tiffany Johnson	14.73	at Texas-Arlington Relays	3/27/04
Angie Hensel	15.78	at Texas-Arlington Relays	3/27/04

200 METERS (RQ -- 23.96, SR -- 23.59)

Shellene Williams	23.50*	Iowa Musco Twilight VI	5/1/04
Angie Hensel	26.40#	at Drake Relays	4/21/04
Tiff Pedersen	25.77#	at Drake Relays	4/21/04
Kyndra Middleton	26.49	at UNI Invitational	4/17/04
Latoya Stiffend	26.18	Iowa Musco Twilight VI	5/1/04

400-METERS (RQ -- 54.61, SR -- 52.65)

Shellene Williams	52.95*	at Drake Relays	4/24/04
Lindsey McCalla	57.15	at Tom Botts Invitational	4/10/04
Aisha Hume	55.57	Iowa Musco Twilight VI	5/1/04

400-METER HURDLES (RQ -- 1:00.82, SR -- 56.67)

Katie Herrmann	1:06.13	Iowa Musco Twilight VI	5/1/04
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800 METERS (RQ -- 2:10.29, SR -- 2:05.67)

Michelle Lahann	2:06.79*	at Drake Relays	4/23/04
Aisha Hume	2:11.27	at Mt. SAC Relays	4/18/04
Atalie Barber	2:13.62	at Mt. SAC Relays	4/18/04
Shannon Stanley	2:13.76	at Mt. SAC Relays	4/18/04
Sarah Arens	2:16.45	at Texas Southern Relays	3/19/04
Michelle Sokol	2:21.21	at Texas-Arlington Relays	3/27/04
Tiff Pedersen	2:34.56#	at Drake Relays	4/22/04
Angie Hensel	2:36.31#	at Drake Relays	4/22/04

1,500 METERS (RQ -- 4:29.12, SR -- 4:19.71)

Michelle Lahann	4:24.00*	at Mt. SAC Relays	4/18/04
Nikki Chapple	4:36.35	at Texas-Arlington Relays	3/27/04
Atalie Barber	4:49.31	at Tom Botts Invitational	4/10/04
Michelle Sokol	4:49.55	Iowa Musco Twilight VI	5/1/04
Georgia Millward	4:56.41	at Texas Southern Relays	3/19/04
Ashley Merry	4:53.34	Iowa Musco Twilight VI	5/1/04
Jenni Capista	4:59.54	at UNI Twilight	4/17/04

3,000-METERS (SR -- 9:20.61)

Georgia Millward	10:33.12	at Texas Arlington-Relays	3/27/04
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3,000-METER STEEPLECHASE (RQ -- 10:57.18, SR -- 10:38.64)

Sarah Arens	10:38.31*	at Tom Botts Invitational	4/10/04
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5,000 METERS (RQ -- 16:56.43, SR -- 15:45.84)

Georgia Millward	17:47.2	at Tom Botts Invitational	4/10/04
Christine Kotarba	18:38.28	Iowa Musco Twilight VI	5/1/04
Jenni Capista	18:47.14	Iowa Musco Twilight VI	5/1/04
Venessa Menze	19:13.17	Iowa Musco Twilight VI	5/1/04



2004 WOMEN'S OUTDOOR SEASON BESTS

10,000 METERS (AQ RQ -- 34:10.00, PQ RQ -- 35:15.00, SR -- 33:23.38)

Nikki Chapple	35:06.35 [^]	at Mt. SAC Relays	4/17/04
Georgia Millward	37:22.04	at Drake Relays	4/22/04

400-METER RELAY (RQ -- 45.80, SR -- 44.63)

McCalla, Roach, Johnson, Williams	46.40	Iowa Musco Twilight VI	5/1/04
Herrmann, Johnson, Pedersen, Raymond	46.49	at Texas Southern Relays	3/19/04
McCalla, Williams, Johnson, Roach	46.75	at Long Beach State Invitational	4/18/04
Johnson, Williams, Raymond, Roach	46.78	at Texas Arlington Relays	3/27/04

800-METER RELAY

Herrmann, McCalla, Raymond, Roach	1:37.66	at Texas Southern Relays	3/19/04
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1,600-METER RELAY (RQ -- 3:43.03, SR -- 3:36.26)

Hume, McCalla, Johnson, Williams	3:45.02	Iowa Musco Twilight VI	5/1/04
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3,200-METER RELAY (SR -- 8:46.45)

Lahann, Stanley, Hume, Barber	8:48.87	at Drake Relays	4/24/04
Barber, Laney, Sokol, Stanley	9:07.62	at Texas Southern Relays	3/19/04

HIGH JUMP (RQ -- 1.73 meters, SR -- 1.83 meters)

Peaches Roach	5-10 ³ / ₄ (1.80 m)*	at Drake Relays	4/24/04
Tiff Pedersen	5-1 ³ / ₄ (7.57 m)#	at Drake Relays	4/21/04
Angie Hensel	4-9 (1.45 m)#	at Drake Relays	4/21/04

LONG JUMP (RQ -- 5.93 meters, SR -- 6.78 meters)

Tiff Pedersen	18-5 ¹ / ₄ (5.62 m)	at Tom Botts Invitational	4/10/04
Angie Hensel	17-10 ³ / ₄ (5.45 m)	Iowa Musco Twilight VI	5/1/04

TRIPLE JUMP (RQ -- 12.26 meters, SR -- 12.38 meters)

Becca Franklin	36-2 ¹ / ₄ (11.03 m)	at UNI Twilight	4/17/04
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SHOT PUT (RQ -- 14.24 meters, SR -- 15.54 meters)

Tiff Pedersen	36-0 ³ / ₄ (10.99 m)#	at Drake Relays	4/21/04
Angie Hensel	31-3 ¹ / ₄ (9.53 m)#	at Drake Relays	4/21/04

DISCUS THROW (RQ -- 46.58 meters, SR -- 48.90 meters)

Erin O'Hearn	106-1 (32.33 m)	Iowa Musco Twilight VI	5/1/04
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POLE VAULT (RQ -- 3.75 meters, SR -- 3.91 meters)

Jessie Strand	12-3 ¹ / ₂ (3.75 m)*	at Drake Relays	4/23/04
Sarah Burgett	10-11 ³ / ₄ (3.35 m)	at UNI Twilight	4/17/04

JAVELIN THROW (RQ -- 42.61 meters, SR -- 49.92 meters)

Alana Redfern	149-4 (45.52 m)*	at Texas Southern Relays	3/19/04
Tiff Pedersen	107-01 (32.65 m)#	at Drake Relays	4/22/04
Angie Hensel	67-2 (20.47 m)#	at Drake Relays	4/22/04

HAMMER THROW (RQ -- 52.84 meters, SR -- 49.32 meters)

Becca Franklin	137-5 (41.89 m)	Iowa Musco Twilight VI	5/1/04
Erin O'Hearn	130-08 (39.84 m)	at Tom Botts Invitational	4/10/04

HEPTATHLON (AQ RQ -- 5,500 points, PQ RQ -- 5,000 points, SR -- 5,062 points)

Tiff Pedersen	4,864 points	at Drake Relays	4/22/04
Angie Hensel	4,073 points	at Drake Relays	4/22/04

*AQ -- NCAA automatic qualifying mark, PQ -- NCAA provisional automatic qualifying mark,
RQ -- , SR -- school record, * -- regional qualifier*



MEN'S TOP 10 OUTDOOR PERFORMERS

100 Meters

- George Page, 199610.25
- Anthuan Maybank, 199410.31
Tim Dwight, 199710.31
- Bob Lawson, 197610.36
- Robert Smith, 198410.39
- Curtis Chang, 198710.40
- Jeff Patrick, 198310.41
Tim Dodge, 200210.41
- Jerry Fisher, 199110.45
- Andre Morris, 199610.47

200 Meters

- Jeff Patrick, 198320.47
- Anthuan Maybank, 199420.55
- Andre Morris, 199520.64
- George Page, 199620.67
- Terrence Duckett, 198220.74
- Tim Dodge, 200220.78
- Bashir Yamini, 199920.82
- Dennis Kohl, 196620.84
- Tim Dwight, 199720.91
- Victor Greer, 198420.98

400 Meters

- Anthuan Maybank, 199344.99
- Andre Morris, 199545.15
- Mike Mondane, 196745.20
- Gary Hollingsworth,46.3
- Harold Leonard, 198646.45
- Tony Branch, 199946.60
- George Page, 199646.66
- Dick Eisenlauer, 197346.74
Terrence Duckett, 198346.74
- Ed Rozell, 199646.78

800 Meters

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

1,500 Meters

- Joel Moeller, 1978 3:44.01
- Jim Docherty, 1978 3:44.30
- Dan Waters, 1986 3:46.35
- Kevin Herd, 1994 3:46.64
- John Clark, 1977 3:46.84
- Ted Wheeler, 1956 3:48.24
- John Dobbs, 1985 3:50.70
- Sean Corrigan, 1987 3:51.05
- Chad Feeldy, 1996 3:51.40
- Rod Chambers, 1989 3:51.73

5,000 Meters

- Larry Wieczorek, 1968 13:56.0
- Kevin Herd, 1993 13:59.0
- Stetson Steele, 2000 14:02.76
- Matt Esche, 2004 14:15.73**
- Brian Rae, 2004 14:22.83**
- Danny Waters, 1986 14:23.43
- Chad Schwitters, 1999 14:30.26
- Nick Nordheim, 2002 14:31.30
- L.J. Albrecht, 1991 14:39.03
- Trent Corey, 1999 14:40.88

10,000 Meters

- Stetson Steele, 2000 28:44.47
- Nick Nordheim, 2002 29:44.71
- Trent Corey, 2002 29:45.25
- Chad Schwitters, 1999 29:56.00
- Kevin Herd, 1994 30:05.21
- Paul Sarris, 2001 30:08.40
- Eric McDermott, 2002 30:11.16
- Joe Welter, 2002 31:08.88
- Jared Pittman, 1998 31:12.39
- Dave Brown, 1991 31:22.96

110-Meter High Hurdles

- Pat McGhee, 1989 13.50
- Dion Trowers, 1996 13.62
- Ronnie McCoy, 1985 13.66
- James Armstrong, 1991 13.89
- Doug Jones, 1986 14.06
- Chris Williams, 1983 14.24
- Rajeev Balkrishnan, 1993 14.29
- Gary Falls, 1992 14.48
- Monte Raymond, 1996 14.51
- Tony Branch, 1998 14.58

400-Meter Relay

- Beecham, Duckett, Greer, Smith, 1984 39.48
- Page, Davis, Rozell, Morris, 1996 39.73
- Felix, Branch, Dodge, Yamini, 1999 39.96
- Beecham, Duckett, Greer, Patrick, 1983 39.99
- Dwight, Branch, Davis, Yamini, 1998 40.00
Goode, Fisher, Morris, Maybank, 1994 40.00
1998 40.00
Dwight, Branch, Dodge, Yamini, 1999 40.00
- Williamson, Dodge, **Peterson, Digney**, 2002 40.04
- McCoy, Duckett, Greer, Smith, 1984 40.07

1,600-Meter Relay

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

400-Meter Intermediate Hurdles

- Pat McGhee, 1988 48.83
- Monte Raymond, 1998 50.09
- Paul Steele, 1989 50.45
- Russell Peterson, 2001 50.50**
- Adam Kunkel, 2001 50.73
- Jon Reimer, 1967 50.94
- Gary Falls, 1991 51.08
- Rajeev Balkrishnan, 1993 51.14
- Scott Williamson, 2000 51.74
- Kenny Williams, 1986 51.89

3,000-Meter Steeplechase

- Deacon Jones, 1956 8:47.40
- Steve Pershing, 1978 8:54.59
- Andy Morris, 2000 8:56.21
- Matt Gerard, 1994 8:57.01
- Rollie Kitt, 1967 9:02.9
- Al Greene, 1985 9:02.96
- Sean Gale, 1993 9:08.00
- Nick Nordheim, 2000 9:12.06
- Chad Schwitters, 1998 9:13.58
- Michael Marotta, 1997 9:20.6

High Jump

- Bill Hansen, 1978 7-4 (2.23 m)
Bill Knoedel, 1975 7-4 (2.23 m)
- M. Cunningham, 1986 7-1 (2.16 m)
Kenneth Lansing, 1988 7-1 (2.16 m)
- Pat Meade, 1987 7-0 (2.13 m)
- Scott Hudek, 1993 6-11 (2.11 m)
- Mike Lacy, 1985 .6-10 1/2 (2.09 m)
- Damion Turner, 1998 .6-9 1/2 (2.07 m)
- Luke Nessa, 2000 .6-8 3/4 (2.05 m)

MEN'S TOP 10 OUTDOOR PERFORMERS

Long Jump

1. Anthuan Maybank, 1993 27-1 (8.25 m)
2. Bashir Yamini, 1997 26-8 1/4 (8.13 m)
3. Paul Jones, 1989 25-10 1/4 (7.88 m)
4. Darren Smith, 1991 25-9 3/4 (7.86 m)
5. Quinn Early, 1986 25-7 1/4 (7.80 m)
6. Ed Gordon, 1931 25-4 3/8 (7.68 m)
7. Ronnie McCoy, 1985 25-0 (7.62 m)
8. Joe Robinson, 1976 24-2 3/4 (7.38 m)
9. Pat Miller, 1986 23-4 1/2 (7.12 m)
10. Joe Estes, 1993 23-1 3/4 (7.05 m)

Triple Jump

1. Paul Jones, 1990 52-0 1/2 (15.86 m)
2. Gordon Finch, 1988 50-9 1/4 (15.47 m)
3. Mike Lacy, 1984 50-5 (15.36 m)
4. Pat Miller, 1985 49-8 1/2 (15.25 m)
5. Owen Gill, 1982 49-1 (14.96 m)
6. Ed Gordon, 1931 48-0 1/8 (14.63 m)

Pole Vault

1. Todd Wigginton, 1984 17-0 (5.18 m)
2. Chad Ohly, 1994 16-8 3/4 (5.10 m)
3. Curt Broek, 1978 16-8 (5.08 m)
4. Phil Wertman, 1971 16-7 (5.05 m)
- Kelly Scott, 1988 16-7 (5.05 m)
6. John Teffer, 1972 16-2 (4.93 m)
7. Doug Pennino, 1985 16-0 (4.88 m)

Shot Put

1. Jeremy Allen, 2001 63-2 3/4 (19.27 m)
2. **Ken Kemeny, 2004** **60-8 (18.49 m)**
3. Chris Gambol, 1987 60-0 1/2 (18.30 m)
4. Arno van der Westhuizen, 2000 58-8 3/4 (17.90 m)
5. Gary Kostrubala, 1985 58-1 (17.70 m)
6. Alex Smith, 1998 57-9 (17.60 m)
7. Chris Cassata, 2000 57-3 3/4 (17.47 m)
8. Norm Balke, 1984 56-10 1/2 (17.33 m)
9. **Andy Banse, 2004** **55-10 1/4 (17.02 m)**
10. Pat O'Connor, 1982 55-0 1/2 (16.77 m)

Discus

1. Gary Kostrubala, 1986 202-4 (61.68 m)
2. Jeremy Allen, 2001 195-4 (59.54 m)
3. **Eric Rothwell, 2004** **177-2 (54.01 m)**
4. **Brad Daufeldt, 2001** **177-0 (53.96 m)**
5. **Tim Brodersen, 2004** **176-0 (53.66 m)**
6. Norm Balke, 1985 175-10 (53.60 m)
7. Chris Gambol, 1987 175-7 (53.52 m)
8. Tom Knutson, 1967 174-8 1/2 (53.24 m)
9. Jim Costello, 2000 173-1 (52.76 m)
10. Scott Joens, 1986 168-8 (51.40 m)

Hammer

1. Arno van der Westhuizen, 2001 222-11 (67.94 m)
2. Jim Costello, 2002 217-7 (66.32 m)
3. **Brad Daufeldt, 2004** **207-10 (63.34 m)**
4. **Adam Hamilton, 2004** **206-7 (62.98 m)**
5. Jeremy Allen, 2001 199-0 (60.66 m)
6. **Chris Voller, 2004** **195-8 (59.64 m)**
7. **Tim Brodersen, 2004** **172-1 (52.45 m)**
8. Chris Cassata, 2000 173-11 (53.00 m)

Javelin

1. Bill Neumann, 2002 244-8 (74.58 m)
2. Dan Ralph, 2000 227-10 (69.44 m)
3. **Joel Storm, 2004** **203-5 (62.01 m)**
4. Matt Stank, 2001 199-0 (60.66 m)
5. Arno van der Westhuizen, 1999 173-11 (53.00 m)
6. Scott Faber, 2000 173-1 (52.78 m)
7. Justin Silverman, 2000 172-6 (52.58 m)
1. Mark Panther, 1934 ^219-7 3/8 (66.94 m)

Decathlon

1. Scott Faber, 2000 6,839 points
2. Chad Ohly, 1994 6,641 points
3. Gary Kostrubala, 1984 6,498 points
4. Jacob Drewry, 1994 5,820 points
1. Mike Lacy, 1984 %6,860 points

Names in bold are current team members

* -- converted to meters

^ -- distance according to old rules

% -- point total according to 1962-1984 scoring table

WOMEN'S TOP 10 OUTDOOR PERFORMERS

100 Meters

1. Vivien McKenzie, 1985 11.45
2. Davera Taylor, 1984 11.51
3. Erica Broomfield, 1998 11.53
4. Jiselle Providence, 2001 11.57
5. Tanja Reid, 1994 11.60
6. Yolanda Hobbs, 1995 11.62
7. Elanie Jones, 1985 11.69
8. Lakeya Boatright, 2000 11.77
9. Tamara Dixon, 2002 11.79
- 10. Peaches Roach, 2004 11.80**

200 Meters

1. **Shellene Williams, 2004 23.50**
2. Davera Taylor, 1984 23.59
3. Vivien McKenzie, 1985 23.61
4. Yolanda Hobbs, 1995 23.65
5. Tanja Reid, 1995 23.75
6. Elaine Jones, 1983 23.84
7. Jiselle Providence, 2001 24.00
8. Lakeya Boatright, 2000 24.14
9. Wynsome Cole, 1998 24.25
10. Tamara Dixon, 2002 24.52

400 Meters

1. Ellen Grant, 1996 52.65
- 2. Shellene Williams, 2003 52.68**
3. Senta Hawkins, 1988 54.01
4. Marlene Poole, 1994 54.03
5. Nicole Charles, 2001 54.48
6. Stacey-Leigh Bynoe, 2000 54.73
- 7. Aisha Hume, 2001 55.31**
8. Elaine Jones, 1984 55.83
9. Mary Knoblauch, 1983 56.08
10. Kristin Knight, 2002 56.46

800 Meters

1. Kay Stormo, 1982 2:05.67
- 2. Michelle Lahann, 2004 2:06.79**
3. Ann Pare, 1997 2:09.25
4. Briana Benning, 1996 2:10.47
- 5. Aisha Hume, 2004 2:11.27**
6. Tami Hoskins, 1990 2:11.47
7. Christine Salsberry, 1990 2:12.05
8. Jeanne Kruckeberg, 1989 2:12.35
9. Jenny Hayden, 1982 2:12.94
10. Katie Butler, 2001 2:12.97

1,500 Meters

1. Jeanne Kruckeberg, 1989 4:19.71
2. Penny O'Brien, 1985 4:21.43
3. Kay Stormo, 1982 4:22.24
- 4. Michelle Lahann, 2004 4:24.00**
5. Jenny Hayden, 1982 4:27.54
6. Tina Stec, 1994 4:28.71
7. Jill Scheibel, 1999 4:29.49
8. Christine Salsberry, 1994 4:30.80
9. Nan Doak, 1984 4:32.24
- 10. Sarah Arens, 2000 4:34.05**

3,000 Meters

1. Penny O'Brien, 1985 9:20.61
2. Nan Doak, 1985 9:23.04
3. Jeanne Kruckeberg, 1989 9:30.69
4. Jodi Hershberger, 1982 9:36.44
5. Tina Stec, 1994 9:38.39
6. Jenny Spangler, 1982 9:47.54
7. Anne Dobrowolski, 1984 9:49.10
8. Judy Parker, 1981 9:51.45
9. Becky Coleman, 1995 9:51.97
- 10. Sarah Arens, 2000 9:52.17**

5,000 Meters

1. Nan Doak, 1985 15:45.84
2. Jenny Spangler, 1983 16:17.21
3. Tracy Dahl, 1992 16:22.01
4. Jennifer Brower, 1991 16:37.09
5. Jodi Hershberger, 1982 16:48.04
6. Anne Dobrowolski, 1984 16:50
7. Penny O'Brien, 1985 17:00.44
8. Erin Boland, 1995 17:04.61
9. Bev Boddicker, 1980 17:33.04
- 10. Sarah Arens, 2003 17:35.95**

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. Nikki Chapple, 2004 35:06.35**
5. Tracy Dahl, 1994 35:20.00
6. Anne Dobrowolski, 1985 .. 35:59.98
- 7. Katie Donlon, 2003 37:17.28**
- 8. Georgia Millward, 2004 ... 37:22.04**
9. Erin Boland, 1995 37:27.54
10. Chrissie Kubitz, 1999 38:09.76

100-Meter Hurdles

1. Colleen Prendergast, 1999 13.60
- Paula Ruen, 2000 13.60
3. Sarah Steffen, 2002 13.65
4. Ruqayya Raheem, 1998 13.90
5. Brenda Calhoun, 1984 13.94
6. Wynsome Cole, 1997 14.10
- 7. Tiff Pedersen, 2003 14.23**
8. Colleen Prendergast, 2001 14.24
9. Diane Steinhart, 1979 14.25
10. Davera Taylor, 1985 14.30

400-Meter Hurdles

1. Mary Knoblauch, 1981 56.16
2. Wynsome Cole, 1998 56.67
3. Chris Davenport, 1981 59.18
4. Sarah Steffen, 2002 59.59
5. Beverly Powell, 1991 59.96
6. Diane Steinhart, 1980 1:00.56
7. Ruqayya Raheem, 1999 1:00.62
- 8. Keely Huber, 2002 1:00.98**
9. Sherri Hull, 1985 1:03.09
10. Gina Shannon, 1998 1:04.68

3,000-Meter Steeplechase

- 1. Sarah Arens, 2004 10:38.31**
- 2. Michelle Lahann, 2003 ... 11:16.21**
3. Becca Thompson, 2003 11:19.50

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. Underwood, Reid, Philip, Hobbs, 1995 45.50
6. Boatright, Bynoe, Providence, Prendergast, 2000 45.50
7. Prendergast, Cole, Boatright, Broomfield, 1998 45.51
8. Hawkins, McKenzie, Simpson, Taylor, 1986 45.55
9. Knight, Dixon, Providence, Charles, 2001 45.68
10. Floyd, Hobbs, Van Der Hart, Poole, 1993 45.71

1,600-Meter Relay

1. **Hume**, Charles, Steffen, **Williams**, 2003 3:36.26
2. Layne, Simpson, Powell, McRell, 1989 3:41.23
3. Bynoe, Cole, Wynter, Grant, 1997 3:41.74
4. Charles, Fouchè, **Williams**, **Hume**, 2003 3:42.18
5. Fouchè, Charles, **Williams**, **Hume**, 2003 3:42.52
6. Wynter, Grant, Raheem, Bynoe, 1997 3:43.40
7. Knight, Charles, Steffen, **Hume**, 2001 3:43.68
8. Charles, **Hume**, **Williams**, Knight, 2003 3:44.22
9. Charles, **Williams**, Fouchè, **Hume**, 2003 3:44.29
10. 1997 3:44.78

WOMEN'S TOP 10 OUTDOOR PERFORMERS

High Jump

1. Mary Mol, 1983 6-0 (1.83 m)
2. **Peaches Roach, 2004 5-10 3/4 (1.80 m)**
3. Kacey Childs, 2001 5-8 1/2 (1.74 m)
4. Kristi Dinkla, 1985 5-8 (1.73 m)
Becky Kaza, 1995 5-8 (1.73 m)
Eve Cullinan, 2003 5-8 (1.73 m)
7. Nancy Tessmer, 1991 5-6 1/2 (1.69 m)
8. Janet Adams, 1981 5-6 1/4 (1.68 m)
9. Julie Gallery, 2001 5-6 (1.68 m)
10. Kathy Gillespie, 1984 5-4 1/2 (1.64 m)

Long Jump

1. Aisha James, 2003 22-3 (6.78 m)
2. Lisa Moats, 1986 19-6 (5.94 m)
3. Yolanda Hobbs, 1993 19-2 1/2 (5.85 m)
4. Jane Dunlevy, 1977 18-6 (5.64 m)
5. Ruqayya Raheem, 1997 18-5 1/4 (5.62 m)
Tiff Pedersen, 2004 18-5 1/4 (5.62 m)
7. Niki Fisher, 1996 18-1 1/2 (5.52 m)
8. Coretta Clarke, 1999 18-0 1/4 (5.49 m)
9. Davera Taylor, 1984 17-11 1/2 (5.47 m)
10. **Angie Hensel, 2004 17-10 3/4 (5.45 m)**

Triple Jump

1. Becki Borg, 1988 40-7 1/2 (12.38 m)
2. Lynn, 1998 39-0 (11.88 m)
3. Kacey Childs, 2001 37-8 (11.48 m)
4. **Becca Franklin, 2004 36-2 1/4 (11.03 m)**
5. Janna Houtz, 1984 33-10 1/2 (10.32 m)
6. Latoya Stiffend, 2002 32-6 (9.90 m)
7. Bridget Besch, 2003 30-10 1/2 (9.41 m)
8. Eve Cullinan, 2003 30-6 1/2 (9.31 m)
9. Stephanie Matsunaga, 1996 30-2 (9.19 m)

Discus

1. Denise Taylor, 1992 160-5 (48.90 m)
2. Lisa Van Steenwyk, 1991 159-1 (48.48 m)
3. Gail Smith, 1983 158-2 (48.22 m)
4. Jennifer Moon, 2000 150-8 (45.92 m)
5. Laura Kriener, 1989 150-3 (45.80 m)
6. **Kamesha Marshall, 2003 149-5 (45.54 m)**
7. Megan Maurer, 1997 149-2 (45.46 m)
8. Cheryl Bradley, 1982 146-5 (44.62 m)
9. Mickey Schoborg, 1985 146-2 (44.56 m)
10. Jodi Peterson, 1993 142-1 3/4 (43.32 m)

Hammer Throw

1. Kerri Blackstone, 1999 161-10 (49.32 m)
2. Megan Maurer, 1998 145-6 (44.34 m)
3. Jennifer Gilson, 2002 142-6 (43.44 m)
4. Jennifer Moon, 2000 139-3 (42.44 m)
5. **Becca Franklin, 2004 137-5 (41.89 m)**
6. **Erin O'Hern, 2004 130-8 (39.84 m)**
7. Kara Hinz, 2000 125-1 (38.12 m)
8. Katie Hoback, 2002 121-11 (37.16 m)

Javelin

1. **Alana Redfern, 2003 181-5 (55.30 m)**
2. Mandy Beck, 1999 153-4 (46.74 m)
3. Terri Soldan, 1983 152-6 1/4 (46.48 m)
4. Shani Renning, 1990 152-3 (46.40 m)
5. Clara Simon, 1981 149-9 (45.64 m)
6. Janet Adams, 1984 148-7 (45.28 m)
7. Mickey Schoborg, 1985 137-5 1/4 (41.88 m)
8. Kathy Gillespie, 1984 121-8 (37.08 m)
9. Megan Maurer, 1998 111-6 (34.00 m)
10. **Tiff Pedersen, 2003 109-10 (33.48 m)**

Shot Put

1. Lisa Van Steenwyk, 1992 50-8 (15.44 m)
2. Gail Smith, 1984 50-3 1/4 (15.32 m)
3. Laura Kriener, 1990 48-2 1/2 (14.69 m)
4. Jennifer Gilson, 2002 47-10 (14.58 m)
Kamesha Marshall, 2003 47-10 (14.58 m)
6. Jennifer Moon, 2000 47-5 1/4 (14.46 m)
7. Denise Taylor, 1994 47-0 3/4 (14.34 m)
8. Shelley Redies, 1985 45-7 (13.89 m)
9. Megan Maurer, 1998 44-9 3/4 (13.66 m)
10. Katie Hoback, 2002 44-4 (13.51 m)

Pole Vault

1. **Jessie Strand, 2003 12-10 1/4 (3.92 m)**
2. Gina Shannon, 2001 11-2 1/4 (3.41 m)
3. **Sarah Burgett, 2004 10-11 3/4 (3.35 m)**
4. Becky Kaza, 1998 8-6 (2.59 m)
Amy Kasparbauer, 2001 8-6 (2.59 m)
6. Kacey Childs, 2000 8-0 1/2 (2.45 m)
7. Gina Shannon, 1998 8-0 (2.44 m)

Heptathlon

1. Kathy Gillespie, 1983 5,262 points/5,448 points*
2. **Tiff Pedersen, 2004 4,864 points**
3. Janet Adams, 1981 4,855 points
4. Ruqayya Raheem, 1997 4,665 points
5. Angela Chadwick, 1993 4,493 points
6. **Angie Hensel, 2004 4,073 points**
7. Marjie Tweto, 1996 3,967 points

* -- using old table

Distance Medley Relay

1. Hoskins, Powell, Schneckloth, Kruckeberg, 1989 11:22.18
2. Thompson, **Williams, Hume, Arens**, 2003 11:39.02
3. 2000 11:39.83
4. Davenport, xx, xx, xx, 1981 11:41.44
5. Pare, Grant, Benning, Gilchrist, 1997 11:41.92
6. Butler, **Hume, Barber, Arens**, 2001 11:47.16
7. Thompson, **Hume, Barber, Lahann**, 2003 11:52.04
8. Benning, Raheem, Coleman, Pare, 1996 11:53.60
9. Kruckeberg, Roberts, Brown, Hoskins, 1989 11:54.15
10. Charles, **Hume, Butler, Arens**, 2001 11:55.81

MEN'S HEAD COACH LARRY WIECZOREK



**Larry
Wiczorek**

Head Coach
Eighth Year at Iowa
University of Iowa, 1969

Larry Wiczorek is in his eighth season as head men's track and field coach at the University of Iowa. He served as an assistant track and field coach for the Hawkeyes for 12 years (1985-96).

A six-time Big Ten champion (including two in cross country) and four-time all-American at Iowa, Wiczorek 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 records in the outdoor 5,000-meters and the indoor two miles, as well as third-fastest mark in the cross country 8,000 meters. He was honored for his collegiate accomplishments by being inducted into the University of Iowa's National Varsity Club Athletics Hall of Fame in 1998.

Wiczorek has coaching experience in all events. Returning to his alma mater as a field event coach at Iowa in 1985, he developed a strong squad that included two-time Big Ten long jump champion Quinn Early, Iowa's first-ever outdoor Big Ten shot put champion Chris Gambol, who still has the second-best mark in that event in outdoor school history, and Gary Kostrubala, who was the first discus thrower in the Big Ten's to throw over 200 feet when he set Iowa's current school record of 202-4. Kostrubala was also an NCAA indoor qualifier in the shot put (60-10 3/4) with the second-best mark in that event in indoor school history.

Since he was named head men's track and field coach in 1997, his plan to build a strong sprint program around a national power 1,600-meter relay, and strong throws program is being realized. In his seven years at the helm, Wiczorek has coached NCAA Champion long jumper Bashir Yamini, 23 all-Americans, 60 national qualifiers and 33 Big Ten Champions. Iowa's 1,600-

meter relay won the 1999 Big Ten outdoor title and has earned all-America honors twice during Wiczorek's tenure. The Hawkeyes recorded their highest conference indoor placing (fourth place) in 1997, and their highest team finish at the Big Ten Outdoor Championships (second) in 33 years at the 1999 Big Ten outdoor meet.

When Wiczorek joined the Iowa staff, several of his athletes were also members of the nationally-ranked Iowa football team. He has continued to foster a strong relationship with the Iowa football staff, which has resulted in outstanding contributions from several multi-sport athletes. Current NFL standout Tim Dwight was a two-time first team all-America wide receiver and return specialist for the Hawkeye football team from 1994-97. He was named Male Athlete of the 1999 Big Ten Outdoor meet after he won the 100 meters, ran the lead leg on the winning 400-meter relay and the second leg on the winning 1,600-meter relay, and placed second in the 200 meters. In 2001, fullback Jeremy Allen became Iowa's only five-time all-American in the throws. He was a four-time Big Ten Champion and the only thrower in conference history to earn Big Ten Freshman of the Year honors at both the indoor and outdoor conference meets.

While improving in the league standings is considered a priority, the Hawkeyes also concern themselves with performance in the classroom. Under Wiczorek, Iowa has had an academic all-Big Ten selection each year during his tenure, totaling 40 in track and field.

Wiczorek came to Iowa after 11 seasons as head track coach at Proviso (IL) West High School. He also served as an assistant 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. Wiczorek was inducted into the Illinois High School Track and Cross Country Coaches Hall of Fame in 2000.

Wiczorek 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.

Wiczorek at Iowa

Year	Indoor Big 10 Place	Indoor Big 10 Champs	Indoor All-Americans	Outdoor Big 10 Place	Outdoor Big 10 Champs	Outdoor All-Americans
1997	4th	2	1	9th	2	0
1998	5th	2	6	3rd	6	2
1999	7th	1	0	2nd	11	4
2000	8th	1	2	6th	1	1
2001	10th	0	0	5th	6	3
2002	----	--	1	6th	2	2
2003	9th	0	0	9th	1	1
2004	10th	0	0			
Total		6	10		29	12



WOMEN'S HEAD COACH JAMES GRANT



James Grant

Head Coach
Eighth Year at Iowa
Eastern Michigan University, 1971

James Grant is in his eighth season at the helm of the Iowa women's track and field program. He served as an assistant coach at Iowa for 12 years (1985-96).

Grant and the Hawkeyes have had two consecutive record-breaking seasons, headlined by their third-place finish at the 2004 Big Ten Indoor Championships and a sixth-place finish at the 2003 Big Ten Outdoor Championships. Both were Iowa's highest placings during Grant's tenure, and the third-place indoor finish tied the team's highest conference finish in school history.

Grant also had immense success in his first two seasons at the Hawkeye helm. Wynsome Cole earned all-America status in the 400-meter hurdles in 1997, and won a Big Ten title in that event in 1998. Ellen Grant won 400-meter titles at the 1997 conference indoor and outdoor meets. The 400-meter relay of Tara Underwood, Cole, Grant and Kaydene Wynter also won a Big Ten outdoor title. Erica Broomfield won the 200-meter title, and was runner-up in the 55 meters to earn Big Ten Indoor Freshmen of the Year accolades in 1998.

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, 31 Hawkeyes have earned 54 academic all-Big Ten honors. This includes a team record 11 honorees in 2001.

As Iowa's assistant coach, Grant coached several Hawkeyes to success. In 1995, Yolanda Hobbs earned all-America status 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 became the first in school history to ever win a Big Ten title in that event, setting a school and meet record. The team set records four times that season and earned all-America honors at the NCAA Championships. Karen Layne won the 1990 600-meter Big Ten title, while Senta Hawkins won the Big Ten 400 meters in 1988. In 1989, the 1,600-meter relay placed second at the conference indoor and outdoor meets.

A former Jamaican track standout, Grant coached at the high school level in Jamaica for 11 years prior to joining the Hawkeye program in 1986. From 1982-85, Grant coached the men's and women's track teams at G.C. Foster College of Physical Education and Sport. There he led the men's team to two national championships and three second-place finishes, and the women's team to three national titles. During that time he coached world outdoor champion quarter-miler Bert Cameron, and world indoor champion quarter-miler Devon Morris.

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. During this time, he held the Jamaican 400-meter hurdle national record 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	Indoor Big 10 Champs	Indoor All-Americans	Outdoor Big 10 Place	Outdoor Big 10 Champs	Outdoor All-Americans
1997	T9th	1	0	10th	5	1
1998	9th	1	0	9th	1	0
1999	9th	0	0	9th	0	0
2000	10th	0	0	9th	0	0
2001	10th	0	0	9th	0	0
2002	9th	0	0	10th	0	0
2003	9th	0	0	6th	6	0
2004	3rd	2	0			
Total		4	0		12	1



HAWKEYES TO WATCH

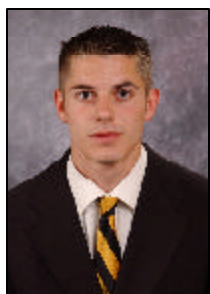


**Brad
Daufeldt**

Senior
Throws
West Liberty, IA (West Liberty)

2004 -- team tri-captain... **Indoor** - led team in weight throw (60-4 1/2)... threw collegiate-best 60-4 1/2 for third place in weight at Hawkeye Invitational... won that event (59-9 1/2) at UNI Invitational, placed third (60-0 1/2) at Iowa Open, fourth (59-1 1/2) at Gold Country Classic, eighth (59-5) at Iowa State Classic and 11th (58-5 1/4) at Big Ten Championships... his best weight throw mark ranks fourth on Iowa's all-time best performers list... **Outdoor** - leads team in hammer... has qualified for regional meet in hammer throw each time and in discus three of the six times he's thrown it... threw collegiate-best hammer (207-6) at Iowa Musco Twilight VI for first place... that mark ranks third on Iowa's all-time bests list... also placed fourth in discus (170-0) at Iowa Musco Twilight VI... won discus (169-8) and placed third in hammer (197-7) at Missouri Relays... placed third in hammer (176-6) and discus (186-1) and UNI Twilight and fourth (168-11, 195-0) at Sea Ray Relays... placed sixth in hammer (196-2) and 11th in discus (166-11) at Drake Relays... placed second in hammer (198-1) and ninth in discus (167-8) at Stanford Invitational.

Daufeldt's Collegiate Bests			
Event	Distance	Meet	Date
Wt. Throw (I)	60-4 1/2 (18.40m)	Hawkeye Invite	1/17/04
Discus (O)	177-0 (53.94m)	at W.W. Classic	3/17/01
Hammer (O)	207-10 (63.34 m)	Iowa Musco VI	5/1/04



**Zach
Digney**

Senior
Sprints
Woodstock, IL (Carthage College)

2004 -- Indoor - led team in 200 meters (21.39)... ran anchor leg on team-leading 1,600-meter relay (3:13.81)... placed seventh in 200 meters (21.79) and ran lead leg on 1,600-meter relay that placed fifth in 3:18.42 at Big Ten Championships... ran collegiate-best 60 meters (6.90) at Big Ten Championships and NCAA Qualifier, 200 meters (21.39) at NCAA Qualifier and 400 meters

(50.04) at Iowa Open... his best 60 meters ranks sixth and his best 200 meters ranks fifth on Iowa's all-time bests list... runner-up in 60 meters (6.97) and placed third (22.40) in 200 meters at Hawkeye Invitational... placed 11th in 200 meters (21.90) at Iowa State Classic... **Outdoor** - ran second leg on 1,600-meter relay that qualified for regional meet with a season-best 3:08.90 at Drake Relays... leads team in 100 (10.62) and 200 meters (21.29)... ran on team-leading 400 and 1,600-meter relays... won 200 meters with a collegiate-best 21.29 and placed second in 100 meters (10.67) at UNI Twilight... placed second in 100 (10.63) and fourth in 200 meters (21.50) at Missouri Relays.

Digney's Collegiate Bests			
Event	Time	Meet	Date
60 m (I)	6.90	at Big Ten Championships	2/28/04
		at NCAA Qualifier	3/6/04
100 m (O)	10.63	at Big Ten Championships	5/17/03
200 m (O)	21.29	at UNI Twilight	4/17/04
400 m (I)	50.04	Iowa Open	2/20/04



**Matt
Esche**

Junior
Distance
Waukesha, WI (West)

2004 -- Indoor - led team in 3,000, two miles and 5,000 meters... placed ninth in 3,000 meters with a collegiate-best 8:17.28 at Big Ten Championships... ran collegiate-best mile (4:17.74) at Gold Country Classic... won two miles (9:03.82) at Hawkeye Invite... placed eighth in 5,000 meters (14:18.43) at Iowa State Classic and 10th in 3,000 meters (8:18.63) at Husker Invite... his best 5,000-meter time ranks second and his best 3,000-meter time ranks fourth on Iowa's all-time best performers list... **Outdoor** - qualified for regional meet in 5,000 meters with a collegiate-best 14:15.73 at Stanford Invitational, which ranks fourth on Iowa's all-time bests list... placed ninth in 1,500 meters (3:57.45) at Iowa Musco Twilight VI.
2003 -- Cross Country - all-region selection, placed 10th at NCAA Midwest Regional (31:26)... placed 27th at Big Ten Championships (25:02)... also placed 56th at Roy Griak Invitational (25:18) and 59th (24:37) at Pre-National Invitational... letterwinner.



HAWKEYES TO WATCH

Esche's Collegiate Bests

Event	Time	Meet	Date
1,500 m (O)	3:54.03	Iowa Musco Twilight IV	5/4/02
Mile (I)	4:17.74	at Gold Country Classic	1/24/04
3,000 m (I)	8:17.28	at Big Ten Championships	2/28/04
Two Miles (I)	9:03.82	Hawkeye Invite	1/17/04
5,000 m (O)	14:15.73	at Stanford Invitational	3/27/04
8,000 m (CC)	24:32	at Pre-National Invite	10/19/02
10,000 m (CC)	30:10.15	at Midwest Regional	11/16/02

(58-10 3/4) and Iowa Open (58-9 1/2), placed second (59-5 3/4) at Gold Country Classic, placed third (59-6 3/4) at NCAA Qualifier and placed seventh (57-9) at Husker Invitational... **Outdoor** - leads team in shot... qualified for regional meet in that event five times... runner-up in shot with a collegiate-best 60-8 at Iowa Musco Twilight VI, which ranks second on Iowa's all-time bests list... also threw collegiate-best 166-1 in discus at Iowa Musco Twilight VI... won shot put at Drake Relays (59-11 1/4), placed fifth (58-7 1/2) at Sea Ray Relays and seventh (59-11) at Stanford Invitational... placed third in shot (57-8 1/2) and fifth in discus (156-2) at Missouri Relays.



Adam Hamilton

Sophomore
Throws
Milford, NH (Milford)

2004 -- Indoor - redshirted... **Outdoor** - qualified for regional meet in hammer throw each time he's thrown it... runner-up in hammer with a collegiate-best 206-7 at Drake Relays, which ranks fourth on Iowa's all-time best performers list... won hammer at UNI Twilight (202-9), placed second at Missouri Relays (198-4), sixth at Sea Ray Relays (194-1) and ninth at Stanford Invite (195-10)... runner-up in hammer (200-5) and placed 13th in shot put (46-2 3/4) at Iowa Musco Twilight VI.

Hamilton's Collegiate Bests

Event	Distance	Meet	Date
Wt. Throw (I)	59-5 3/4 (18.13 m)	Iowa Open	2/21/03
Shot Put (I)	50-0 3/4 (15.26 m)	at Panther Classic	2/1/03
Hammer (O)	206-7 (62.98 m)	at Drake Relays	4/24/04

Kemeny's Collegiate Bests

Event	Distance	Meet	Date
Shot Put (O)	60-8 (18.49 m)	Iowa Musco VI	5/1/04
Discus (O)	166-1 (50.63 m)	Iowa Musco VI	5/1/04



Tony Leick

Senior
Hurdles
Council Bluffs, IA (St. Albert)

2004 -- Indoor - won 600 meters with a collegiate-best 1:21.30 at Iowa Open... placed fourth in 600 meters at Hawkeye Invitational (1:23.22) and UNI Invitational (1:23.01)... placed 10th in 600 yards (1:12.65) at Iowa State Classic and sixth (1:13.01) at Husker Invitational... ran second leg on team-leading distance medley relay (10:02.09)... **Outdoor** - qualified for regional meet in 400-meter hurdles with a season-best 51.98 at Iowa Musco Twilight VI for sixth place... placed third in 400 meters (49.34) at UNI Twilight and sixth in 400-meter hurdles (52.36) at Drake Relays... ran anchor leg on team-leading 1,600-meter relay (3:12.78) at Sea Ray Relays... ran lead leg on sprint medley relay that placed 10th (3:28.66) at Drake Relays.



Ken Kemeny

Senior
Throws
Palatine, IL (Fremd)

2004 -- Indoor - provisionally qualified for NCAA Championships in shot put with a season-best 60-0 1/2 at Big Ten Championships for sixth place... that mark ranks third on Iowa's all-time best performers list... NCAA provisional qualifier seven times in shot put... won shot at Hawkeye Invitational

Leick's Collegiate Bests

Event	Time	Meet	Date
60-m H (I)	8.51	Hawkeye Invitational	1/18/03
		at Gold Country Classic	1/25/03
110-m H (O)	14.85	Iowa Musco Twilight V	5/3/03
200 meters (O)	23.02	at W. Michigan Invite	3/29/03
400 meters (O)	49.26	at Purdue Invitational	3/30/02
400-m H (O)	51.93	at NCAA Regional	5/30/03
500 meters (I)	1:04.92	at Meyo Invitational	2/2/02
600 yards (I)	1:12.17	at Iowa State Classic	2/9/02
600 meters (I)	1:21.30	Iowa Open	2/20/04



HAWKEYES TO WATCH



**Shane
Maier**

Freshman
Throws
Storm Lake, IA (Storm Lake)

2004 -- Indoor - redshirted... **Outdoor** - threw collegiate-bests in discus (143-1) at Missouri Relays and shot put (55-0) at Iowa Musco Twilight VI... placed fourth in shot put at UNI Twilight (53-8 1/4), fifth at Missouri Relays (53-10 1/2) and 11th at Drake Relays (54-0).

Maier's Collegiate Bests

Event	Distance	Meet	Date
Discus (O)	143-1 (43.61 m)	at Missouri Relays	4/3/04
Shot (O)	55-0 (16.76 m)	Iowa Musco VI	5/1/04



**Jason
Nolting**

Sophomore
Sprints
Preston, IA (Preston)

2004 -- Indoor - placed sixth in 400 meters (49.35) at UNI Invitational... ran collegiate best in 60 meters (7.28) at Gold Country Classic... ran second leg on 1,600-meter relay that placed fifth (3:18.42) at Big Ten Championships... **Outdoor** - ran lead leg on 1,600-meter relay that qualified for regional meet with a season-best 3:08.90 at Drake Relays... ran collegiate-best 48.66 in 400 meters at Iowa Musco Twilight VI... placed sixth in 400 meters (49.98) at Missouri Relays... ran collegiate-best 200 meters (22.44) at UNI Twilight.

Nolting's Collegiate Bests

Event	Time	Meet	Date
60 meters (I)	7.28	at Gold Country Classic	1/24/04
200 meters (O)	22.44	at UNI Twilight	4/17/04
400 meters (O)	48.66	Iowa Musco VI	5/1/04
600 meters (I)	1:21.03	Hawkeye Invitational	1/17/04



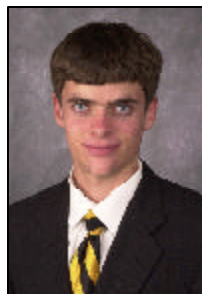
**Russell
Peterson**

Senior
Hurdles/Sprints
Manteno, IL (Manteno)

2004 -- team tri-captain... **Indoor** - led team in 60-meter hurdles... placed eighth in 60-meter hurdles at Big Ten Championships, running a collegiate-best 7.97 in semifinals... that time ranks second on Iowa's all-time best performers list... also anchored 1,600-meter relay that placed fifth at Big Ten meet (3:18.42)... won 60-meter hurdles (8.08) and placed third in 200 meters (20.10) at Iowa Open... ran season-best 400 meters (48.91) at Iowa State Classic... won 400 meters (49.75) at Hawkeye Invitational... ran second leg on team-leading 1,600-meter relay (3:13.81)... **Outdoor** - qualified for regional meet in 400-meter hurdles and as part of 1,600-meter relay... leads team in 110 and 400-meter hurdles... ran anchor leg on team-leading 1,600-meter relay (3:08.90) at Drake Relays... placed fourth in 400-meter hurdles with season-best 51.15 at Iowa Musco Twilight VI... placed third in 400-meter hurdles (52.81) at Missouri Relays... ran collegiate-best 200 meters (21.98) at UNI Twilight for sixth place.

Peterson's Collegiate Bests

Event	Time	Meet	Date
60-m H (I)	7.97	at Big Ten Championships	2/28/04
110-m H (O)	14.85	at Stanford Invite	3/26/04
200 meters (O)	21.98	at UNI Twilight	4/17/04
400 meters (O)	47.62	Indiana Quadrangle	4/7/01
400-m H (O)	50.50	Big Ten Championships	5/19/01
600 meters (I)	1:19:12	Minnesota Open	1/27/01



**Brian
Rae**

Sophomore
Distance
Naperville, IL (North)

2004 -- Indoor - ran collegiate-best 9:29.37 in two miles at Hawkeye Invitational... placed 11th in 3,000 meters (8:35.93) at Gold Country Classic... **Outdoor** - ran collegiate best 14:22.83 in 5,000 meters at Stanford Invitational, which ranks fifth on Iowa's all-time best performers list... also ran collegiate-best



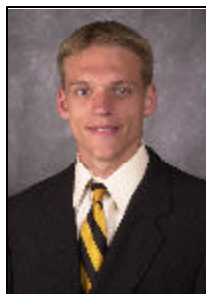
HAWKEYES TO WATCH

1,500 meters (4:05.83) at Missouri Relays.

2003 -- Cross Country - all-region selection, placing seventh at the NCAA Midwest Regional in 31:19 to lead the team... advanced to the NCAA Championships, placing 199th with a time of 31:47... ran career-best 8,000 meters (24:34) at Pre-National Invitational for 49th place... placed 13th (24:35) at Big Ten Championships, earning second team all-Big Ten honors... also placed fifth (26:00) at Iowa State Open and 73rd (25:31) at Roy Griak Invitational... letterwinner.

Rae's Collegiate Bests

Event	Time	Meet	Date
1,500 meters (O)	4:05.83	at Missouri Relays	4/3/04
Mile (I)	4:30.52	Hawkeye Invite	1/18/03
3,000 meters (I)	8:26.2	at Gold Ctry. Classic	1/25/03
Two Miles (I)	9:29.37	Hawkeye Invite	1/17/04
5,000 meters (O)	14:22.83	at Stanford Invite	3/27/04
6,000 meters (CC)	18:57	at N. Illinois Invite	8/30/02
8,000 meters (CC)	24:34	at Pre-National Invite	10/18/03
10,000 meters (CC)	30:52.28	at NCAA Regional	11/16/02



Tony Rakaric

Junior
Distance
Palatine, IL (Palatine)

2004 -- Indoor - ran anchor leg on team-leading distance medley relay (10:02.09)... placed 12th in 3,000 meters (8:26.75) at Big Ten Championships... won mile (4:17.83) at UNI Invitational... placed fourth in two miles (9:14.22) at Hawkeye Invitational... ran season-best mile (4:16.64) at Husker Invitational... placed third in 800 meters (1:56.97) at Iowa Open... **Outdoor** - leads team in 1,500 meters (3:56.73)... placed fifth in 5,000 meters (14:59.84) at Iowa Musco Twilight VI.

2003 -- Cross Country - placed 31st (32:12) at NCAA Midwest Regional... placed 11th (24:33) at Big Ten Championships, earning second team all-Big Ten honors... ran a career-best 8,000 meters (24:28) at Pre-National Invitational... also placed 16th (19:41) at Iowa Invitational, 18th (26:44) at Iowa State Open and 98th (25:45) at Roy Griak Invitational... letterwinner.

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	Iowa Musco Twilight	5/3/03
Mile (I)	4:14.41	Iowa Open	2/21/03
3,000 meters (I)	8:20.31	at Iowa State Classic	2/14/03
5,000 meters (O)	14:22.92	at Stanford Invitational	3/28/03
6,000 meters (CC)	19:41	Iowa Invitational	8/29/03
8,000 meters (CC)	24:28	at Pre-National Invite	10/18/03
10,000 meters (CC)	30:31.42	at NCAA Regional	11/16/02



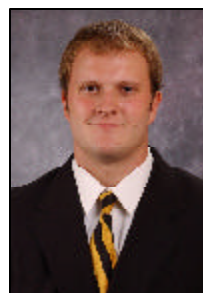
Joel Storm

Sophomore
Throws
Elberon, IA (Belle Plaine)

2004 -- Indoor - did not compete... **Outdoor** - qualified for regional meet in javelin with a collegiate-best throw of 203-5 at Sea Ray Relays... that mark ranks third on Iowa's all-time best performers list... leads team in that event... won javelin (202-0) at Missouri Relays and placed ninth (187-6) at Drake Relays.

Storm's Collegiate Bests

Event	Distance	Meet	Date
Javelin (O)	203-5 (62.01 m)	at Sea Ray Relays	4/10/04



Chris Voller

Junior
Throws
Naperville, IL (Central)

2004 -- Indoor - placed 13th (57-7 1/2) in weight throw at Big Ten Championships... threw collegiate-best 57-10 1/2 in weight at UNI Invitational for third place... placed fourth in weight (57-0 1/4) at Iowa Open, fourth (56-7 1/4) at Hawkeye Invitational and sixth (56-7 1/4) at Gold Country Classic... **Outdoor** - qualified for regional meet in hammer throw with a collegiate-best 195-8 at Sea Ray Relays... that mark ranks sixth on Iowa's all-time bests list... placed second in hammer at UNI



HAWKEYES TO WATCH

Twilight (193-4), fourth at Iowa Musco Twilight VI (191-6) and fifth at Missouri Relays (181-10).



Nikki Chapple

Freshman
Distance
Melbourne, Australia (Balwyn)

Voller's Collegiate Bests			
Event	Distance	Meet	Date
Wt. Throw (I)	57-10 1/2 (17.64 m)	at UNI Invite	1/31/04
Hammer (O)	195-8 (59.64 m)	at Sea Ray Relays	4/10/04



Sarah Arens

Senior
Distance
Remsen, IA (Remsen-St. Mary's)

2004 -- Indoor - anchored distance medley relay to NCAA provisional qualifying mark of 11:30.36 at Iowa State Classic... that relay ranks fourth on Iowa's all-time bests list... anchored distance medley relay to third-place finish (11:41.77) at Big Ten Championships... ran collegiate-best mile (4:52.18) for eighth place at Iowa State Classic... that time ranks seventh on Iowa's all-time bests list... won mile (5:04.13) and Hawkeye Invitational and placed fifth (5:02.33) at Illinois Invitational... **Outdoor** - qualified for regional meet in 3,000-meter steeplechase with a winning and collegiate-best time of 10:38.31 at Tom Botts Invitational... that time broke the school record she set in that event last season... won steeplechase with a meet and track record of 10:38.53 at Iowa Musco Twilight VI... placed fourth in 800 meters (2:16.45) at Texas Southern Relays and eighth in steeplechase (10:48.85) at Mt. SAC Relays... ran anchor leg on distance medley relay that placed third (11:34.56) at Drake Relays.

2003 -- Cross Country - led team at NCAA Midwest Regional, placing 16th in 22:00... placed 49th (22:33) at Big Ten Championships... won Hawkeye Invitational (10:41) and placed second (18:32) at Iowa State Open... academic all-Big Ten... WICCCA academic all-American... letterwinner.

2004 -- Indoor - led team in 3,000 (9:34.17) and 5,000 meters (16:48.21)... provisionally qualified in 3,000 meters (9:34.17) at Husker Invitational and in 5,000 meters (16:27.04) at Alex Wilson Invitational... runner-up in 5,000 meters (17:11.68 - 26 laps) and placed third in 3,000 meters (9:37.80) at Big Ten Championships... won 5,000 meters (16:48.21) at ISU Classic and mile (4:59.85) at Gold Country Classic... ranks eighth in mile, fourth in 3,000 meters and sixth in 5,000 meters on Iowa's all-time best performers list... placed third in mile (4:54.92) at Illinois Invitational... **Outdoor** - provisionally qualified for NCAA Championships in 10,000 meters with a collegiate-best 35:06.35 at Mt. SAC Relays... that time ranks fourth on Iowa's all-time bests list... leads team in that event... runner-up in 1,500 meters (4:36.35) at Texas-Arlington Relays and placed sixth (4:38.16) at Tom Botts Invitational.

2003 -- Cross Country - led team at Big Ten Championships, placing 15th in 21:45... also ran a collegiate-best 6,000 meters (21:45) at Pre-National Invitational... placed 32nd at NCAA Midwest Regional (22:31)... led team in collegiate debut, placing 16th (17:41) at Willamette Invitational... letterwinner.

Chapple's Collegiate Bests			
Event	Time	Meet	Date
Mile (I)	4:54.92	at Illinois Invite	1/31/04
1,500 meters (O)	4:36.35	at TX-Arlington Relays	3/27/04
3,000 meters (I)	9:34.17	at Husker Invite	2/7/04
5,000 meters (I)	16:27.04	at Alex Wilson Invite	3/7/04
5,000 meters (CC)	17:41	at Willamette Invite	10/4/03
6,000 meters (CC)	21:45	at Pre-National Invite	10/18/03
		at Big Ten Champ's	11/2/03
10,000 meters (O)	35:06.35	at Mt. SAC Relays	4/17/04

Arens' Collegiate Bests			
Event	Time	Meet	Date
800 meters (O)	2:16.45	at TX Southern Relays	3/19/04
1,500 meters (O)	4:34.05	at Sea Ray Relays	4/16/00
Mile (I)	4:52.18	at ISU Classic	2/14/04
3,000 meters (O)	9:52.17	at Big Blue Classic	4/5/00
3,000 meters (CC)	10:41	Hawkeye Invite	8/29/03
3,000-m SC (O)	10:38.31	at Tom Botts Invite	4/10/04
5,000 meters (I)	17:16.41	at Big Ten Champ's	2/24/01
5,000 meters (CC)	17:37.96	at Auburn Invite	10/19/02
6,000 meters (CC)	21:58	at Mid. Pre-Regional	9/29/00



HAWKEYES TO WATCH



**Aisha
Hume**

Junior; Sprints/Middle Distance
Oropouche, Trinidad
(St. Joseph's Convent San Fernando)

2004 -- Indoor - led team in 600 yards (1:21.74) and 600 meters (1:32.41)... ran anchor leg on school-record setting 1,600-meter relay (3:44.47) at Big Ten Championships... won 600 yards at Iowa State Classic, breaking the meet record she set last season with a collegiate-best 1:21.74... placed fourth in 600 meters with a collegiate-best 1:32.41 at Big Ten Championships... her best 600-yard time ranks second, her best 600-meter time ranks third and her best 800-meter time ranks ninth on Iowa's all-time best performers list... won 600 meters (1:33.44) at Hawkeye Invitational and placed second in 800 meters at Gold Country Classic (2:13.87) and Illinois Invitational (2:14.62)... **Outdoor** - ran collegiate-best 2:11.27 in 800 meters at Mt. SAC Relays... that time ranks fifth on Iowa's all-time bests list... runner-up in 400 meters (55.57) and ran lead leg on winning 1,600-meter relay (3:45.02) at Iowa Musco Twilight VI... placed second in 800 meters at Texas-Arlington Relays (2:11.52) and fourth at Tom Botts Invitational (2:15.88)... ran third legs on 3,200-meter relay and distance medley relay that placed second and third, respectively, (8:48.87, 11:34.56) at Drake Relays.

Hume's Collegiate Bests			
Event	Time	Meet	Date
400 meters (O)	55.31	at KT Woodman Classic	4/12/03
500 meters (I)	1:16.94	at Meyo Invite	2/2/01
600 meters (I)	1:32.41	Big Ten Championships	2/29/04
600 yards (I)	1:21.74	at ISU Classic	2/14/04
800 meters (O)	2:11.27	at Mt. SAC Relays	4/18/04



**Michelle
Lahann**

Senior
Distance
Wheatland, IA (Calamus-Wheatland)

2004 -- Indoor - led team in 800 meters (2:06.83) and mile (4:47.23)... NCAA provisional qualifier in 800 meters (2:06.83) at Alex Wilson Invitational and mile (4:47.23) at Husker Invitational... her best 800-meter time ranks second and mile

time ranks fourth on Iowa's all-time best performers list... ran lead leg on distance medley relay that provisionally qualified (11:30.36) at Iowa State Classic... that relay ranks fourth on Iowa's all-time bests list... competed in 800 meters at NCAA Championships, running a 2:08.21 in the prelims... runner-up in 800 meters (2:10.72) and ran lead leg on distance medley relay that placed third (11:41.77) at Big Ten Championships... runner-up in mile (4:52.73) at Illinois Invitational and 800 meters (2:13.41) at Hawkeye Invitational... **Outdoor** - qualified for regional meet in 800 meters, running a collegiate-best 2:06.79 at Drake Relays, and in 1,500 meters, running a collegiate-best 4:24.00 at Mt. SAC Relays... her 800-meter time ranks second and her 1,500-meter time ranks fourth on Iowa's all-time bests list... won 800 meters (2:10.30) at Tom Botts Invitational, and 1,500 meters at Texas-Arlington Relays (4:30.18) and at Iowa Musco Twilight VI (4:24.18)... leads team in those events... ran lead leg on 3,200-meter relay (8:48.87) that placed second at Drake Relays.

Lahann's Collegiate Bests			
Event	Time	Meet	Date
800 meters (O)	2:06.79	at Drake Relays	4/23/04
1,500 meters (O)	4:24.00	at Mt. SAC Relays	4/18/04
Mile (I)	4:47.23	at Husker Invite	2/7/04
3,000 meters (I)	10:30.40	at Meyo Invitational	2/5/00
3,000-m SC (O)	11:16.21	at Big Ten Champ's	5/17/02
4,000 meters (CC)	14:41	at Stanford Invite	9/29/01
5,000 meters (O)	17:42.19	at Tiger Invite	4/2/00
5,000 meters (CC)	18:33	at District V Champ's	11/13/99
6,000 meters (CC)	22:51	at Chile Pepper Festival	10/14/00
10,000 meters (O)	39:34.13	at Big Ten Champ's	5/18/01



**Tiff
Pedersen**

Junior
Hurdles/Multi-Events
Atlantic, IA (Atlantic)

2004 -- Indoor - led team in long jump (17-11) and pentathlon (3,511 points)... that point total ranks second on Iowa's all-time best performers list... placed fifth in pentathlon at Big Ten Championships (3,511 points)... placed fifth in pentathlon at UNI Invitational, placing second in 60-meter hurdles (9.16) and long jump (17-11) as part of that event... won 60-meter hurdles (8.98) after running a collegiate-best 8.80 in prelims at Iowa Open... that time ranks seventh on Iowa's all-time bests list... also placed fifth in high jump (5-0 1/4) and sixth in shot put



HAWKEYES TO WATCH

with a season-best 35-10 3/4) at Iowa Open... won long jump (17-4 3/4) and placed third in 60-meter hurdles (9.05) at Hawkeye Invitational... **Outdoor** - leads team in heptathlon (4,864 points), 100-meter hurdles (14.29), long jump (18-5 1/4) and shot put (32-5 3/4)... placed fourth in heptathlon at Drake Relays, scoring a collegiate-best point total of 4,864, which ranks second on Iowa's all-time bests list... ran career-best 800 meters (2:34.56) and threw season bests in shot put (36-0 3/4) and javelin (107-1) in Drake heptathlon... placed fourth in long jump (18-5 1/4), which rank fifth on Iowa's all-time best performers list, and sixth in shot put (32-5 3/4) at Tom Botts Invitational... placed third in 100-meter hurdles (14.50) and 11th in long jump (17-7) at Texas-Arlington Relays.. placed fourth in long jump (18-2 1/2) and fifth in 100-meter hurdles (14.53) at Iowa Musco Twilight VI.



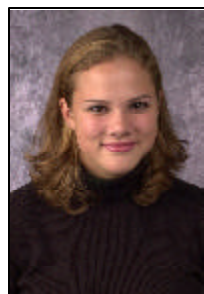
Peaches Roach

Freshman
Jumps
Kingston, Jamaica (Alpha Academy)

2004 -- Indoor - led team in high jump (5-11 1/4) with NCAA provisional qualifying mark in 60 meters (7.48)... those marks ran second on Iowa's all-time bests list... Big Ten high jump champion with a collegiate-best 5-11 1/4... also placed fifth in 60 meters (7.50) at Big Ten Championships, running a collegiate-best 7.48 in prelims... tied for 15th in high jump (5-8) at NCAA Championships... won high jump (5-7 3/4) and placed second in 60 meters (7.63) at Hawkeye Invitational... placed third in high jump (5-10 1/2) and fourth in 60 meters (7.57) at Iowa State Classic... placed third in high jump (5-7 3/4) at NCAA Last Chance Qualifier... **Outdoor** - qualified for regional meet in high jump with a season-best 5-10 3/4 at Drake Relays, placing fourth... leads team in that event and 100 meters (11.80)... her season-best high jump ranks second and best 100 meters ranks 10th on Iowa's all-time best performers list... won high jump (5-10 1/4) at Texas Southern Relays... runner-up in high jump (5-8) and placed third in 100 meters (11.80) at Texas-Arlington Relays... runner-up in high jump (5-8) and placed fourth in 100 meters (12.01) at Iowa Musco Twilight VI.

Pedersen's Collegiate Bests

Event	Mark	Meet	Date
60-m H (I)	8.80	Iowa Open	2/20/04
100 meters (O)	13.01	at UMKC Quad	3/31/02
100-m H (O)	14.23	Musco IV	5/4/02
200 meters (O)	25.7	at Drake Relays	4/24/03
800 meters (O)	2:34.56	at Drake Relays	4/22/04
Long Jump (O)	18-5 1/4 (5.62m)	at Tom Botts Inv.	4/10/04
High Jump (I)	5-3 (1.60m)	at Big Ten's	2/28/04
Shot Put (O)	37-3 (11.35m)	at Big Ten's	5/16/03
Javelin (O)	109-10 (33.47m)	at Big Ten's	5/17/03
Heptathlon (O)	4,864 points	at Drake R.	4/21-22/04
Pentathlon (I)	3,511 points	at Big Ten's	2/28/04



Alana Redfern

Junior
Throws
Duncan, British Columbia (Cowichan)

2004 -- Indoor - did not compete... **Outdoor** - qualified for regional meet in javelin with a winning 149-4 at Texas Southern Relays... leads team in that event.

Redfern's Collegiate Bests

Event	Mark	Meet	Date
Shot Put (I)	38-3 1/4 (11.66 m)	at Panther Classic	2/1/03
Javelin (O)	181-5 (55.31 m)	Musco Twilight V	5/3/03

Roach's Collegiate Bests

Event	Mark	Meet	Date
60 meters (I)	7.48	Big Ten Champ's	2/28/04
100 meters (O)	11.80	at TX-Arlington Relays	3/27/04
200 meters (I)	25.23	at Gold C. Classic	1/24/04
High Jump (I)	5-11 1/4 (1.81 m)	Big Ten Champ's	2/29/04



Shannon Stanley

Freshman
Distance
Rochester Hills, MI (Adams)

2004 -- Indoor - ran third leg on distance medley relay that provisionally qualified for NCAA Championships at Iowa State Classic (11:30.36)... that relay ranks fourth on Iowa's all-time best performers list... placed seventh in 800 meters (2:16.51) at



HAWKEYES TO WATCH

Big Ten Championships, running a collegiate-best 2:12.48 in prelims... that time ranks sixth on Iowa's all-time bests list... won 800 meters (2:13.38) in collegiate debut at Hawkeye Invitational... placed 13th in 800 meters (2:14.24) at Husker Invitational... **Outdoor** - placed third in 800 meters with a collegiate-best 2:12.08 at Iowa Musco Twilight VI... placed fifth in 800 meters (2:14.20) at Texas-Arlington Relays and eighth (2:22.98) at Tom Botts Invitational... ran second leg on 3,200-meter relay that placed second in 8:48.87 at Drake Relays.

2003 -- Cross Country - one of four Hawkeyes and the only Hawkeye freshman to compete in all six meets... ran collegiate bests in 5,000 meters at Willamette Invitational (18:30) and 6,000 meters at NCAA Midwest Regional (23:09)... placed 74th (23:40) at Big Ten Championships... placed fourth (11:14) at Hawkeye Invitational and eighth (19:50) at Iowa State Open... letterwinner.

Stanley's Collegiate Bests

Event	Time	Meet	Date
600 meters (I)	1:35.85	at Gold Country Classic	1/24/04
800 meters (O)	2:12.08	Iowa Musco VI	5/1/04
Mile (I)	5:17.65	at ISU Classic	2/14/04
3,000 meters (CC)	11:14	Hawkeye Invite	8/29/03
5,000 meters (CC)	18:30	at Willamette Invite	10/4/03
6,000 meters (CC)	23:09	at Midwest Regional	11/15/03



Jessie Strand

Senior
Pole Vault
Rockford, IL (Boylan)

2004 -- Indoor - led team in pole vault with an indoor school-record setting mark of 12-5 1/2... runner-up in pole vault (12-5 1/2) at Big Ten Championships... placed sixth in pole vault (12-3 1/2) at NCAA Qualifier... placed fifth in pole vault at Iowa State Classic (11-11 3/4) in season debut... won pole vault (11-8) at Iowa Open... **Outdoor** - leads team in pole vault... placed second in that event at Iowa Musco Twilight VI (12-3 1/2), third at Texas Southern Relays (11-9 3/4) and tied for seventh at Drake Relays (12-3 1/2).

Strand's Collegiate Bests

Event	Mark	Meet	Date
60-m H (I)	10.13	Hawkeye Open	1/15/00
Pole Vault (O)	12-10 1/4 (3.92 m)	at NCAA Regional	5/31/03
Long Jump (I)	18-3 1/4 (5.57 m)	Hawkeye Open	1/15/00
Shot Put (I)	35-9 1/2 (10.91 m)	Hawkeye Invite	1/19/02
Javelin (O)	87-3 (26.60 m)	at UMKC Quad	3/31/02



Shellene Williams

Senior/Sprints
Old Harbour, Jamaica
(Veretech/Barton County CC)

2004 -- Indoor - Big Ten 400-meter champion (54.17) and runner-up in 200 meters (23.97)... ran second leg on 1,600-meter relay that set school record of 3:44.47 and placed third at Big Ten Championships... led team in 200 (23.62) and 400 meters (52.83)... NCAA automatic qualifier in 400 meters (52.83) at Iowa State Classic, which ranks second on Iowa's all-time bests list... also set school record in 200 meters with a provisional qualifying time of 23.62 at Husker Invitational... ran second leg on distance medley relay that provisionally qualified (11:30.36) at Iowa State Classic... that relay ranks fourth on Iowa's all-time bests list... competed in 200 (23.98) and 400 meters (53.00) at NCAA Championships... ran second leg on distance medley relay that placed sixth (11:38.47) at Alex Wilson Invitational... won 60 meters at Illinois Invitational with a collegiate-best 7.50, which ranks third in Iowa's all-time bests list... won five of the nine individual events she competed in, placing second in two others... **Outdoor** - qualified for regional meet in 200 and 400 meters, leading the team in both events... broke 21-year-old school record 200 meters with her winning time of 23.50 at Iowa Musco Twilight VI... won special 400-meter race with a season-best 52.95 at Drake Relays... also won 400 meters (53.61) at Mt. SAC Relays... ran anchor leg on winning 1,600-meter relay (3:45.02) and runner-up 400-meter relay (46.40) at Iowa Musco Twilight VI.

Williams' Personal Bests

Event	Time	Meet	Date
60 meters (I)	7.50	at Illinois Invite	1/31/04
200 meters (O)	23.50	Iowa Musco VI	5/1/04
400 meters (O)	52.68	at Jamaican Ntl. Champ's	6/21/03

