



IOWA HAWKEYE TRACK & FIELD

2009 Women's Season Review

2009 Indoor Results

Date	Meet	Result
1/17	Iowa Open	4 champs
1/23	at Jack Johnson Classic	0 champ
1/23-24	at Razorback Invite	0 champs
1/30-31	at Jack Jennet Invite	1 champ
2/6	at New Balance Invite	0 champs
2/6-7	at Meyo Invite	0 champs
2/13-14	at Iowa State Classic	2 champs
2/20	Iowa Invite	6 champs
2/28-3/1	at Big Ten's	10th, 0 champs
3/7	at Last Chance Qualifier	1 champ
3/14-15	at NCAA's	2 all-Americans

Big Ten Indoor Team Results

1.	Minnesota	129
2.	Penn State	125
3.	Michigan	121.5
4.	Indiana	69.5
5.	Illinois	60
6.	Michigan State	53.5
7.	Wisconsin	46
8.	Purdue	38.5
9.	Ohio State	33
10.	Iowa	25

2009 Outdoor Results

Date	Meet	Result
3/27	at Stanford Invite	0 champs
4/3-4	at Tiger Track Classic	1 champ
4/10-11	at Lee Calhoun	1 champ
4/11	at Sun Angel Classic	1 champ
4/17-18	at McDonnell Invite	0 champs
4/18	at Messersmith Invite	4 champs
4/23-25	at Drake Relays	0 champs
5/2	at Illini Invite	2 champs
5/2	at PJ Cardinal Invite	0 champs
5/15-17	at Big Ten's	10th, 31 pts.
5/29-30	at NCAA Regional	21st, 13 pts.
6/10-13	at NCAA's	0 all-Americans

Big Ten Outdoor Team Results

1.	Penn State	139
2.	Michigan	138.7
3.	Minnesota	131.5
4.	Illinois	100
5.	Indiana	74.2
6.	Purdue	64
7.	Michigan State	57.2
8.	Ohio State	45
9.	Wisconsin	38.2
10.	Iowa	31

Indoor Season Bests

Event	Athlete	Mark
60 Meters	Rhonda-Kaye Trusty	7.61 #
60 Hurdles	Karessa Farley	8.21 !*
200 Meters	Rhonda-Kaye Trusty	24.44
300 Meters	Rhonda-Kaye Trusty	40.15 #
400 Meters	Bethany Praska	56.42 #
500 Meters	Sophia Ponce	1:19.08 #
600 Yards	Bethany Praska	1:23.12 #
600 Meters	Bethany Praska	1:31.33 #
800 Meters	Lauren Hardesty	2:12.39 #
Mile Run	Betsy Flood	4:51.75 #
3,000 Meters	Racheal Marchand	9:35.25 #
5,000 Meters	Racheal Marchand	15:55.70 \$#
1,600-Meter Relay	Erickson, Hendricks, Ponce, Trusty	3:46.98
Distance Med. Relay	Melander, Hendricks, Flood, Marchand	11:27.34 !
Long Jump	Renee White	18-7 3/4 (5.68m)
Triple Jump	Renee White	41-7 3/4 (12.90) !
Shot Put	Mandy Chandler	42-11 1/2 (13.09)
Weight Throw	Mandy Chandler	54-4 1/2 (16.57) #

Outdoor Season Bests

Event	Athlete	Mark
100 Meters	Rhonda-Kaye Trusty	11.85 #
100 Hurdles	Karessa Farley	13.34 ^#
200 Meters	Rhonda-Kaye Trusty	23.83 ^#
400 Meters	Tiffany Hendricks	56.26 #
400M Hurdles	Tiffany Hendricks	1:03.00 #
800 Meters	Betsy Flood	2:11.69 #
1,500 Meters	Betsy Flood	4:24.11 ^#
3,000 Meters	Danielle Berndt	10:20.62
3,000 Steeplechase	Hannah Roeder	10:35.26 ^#
5,000 Meters	Amanda Hardesty	17:01.58 #
10,000 Meters	Jolly Burke	36:06.96 #
400-Meter Relay	Farley, Trusty, Graham, White	45.83
800-Meter Relay	Trusty, Hendricks, Graham, Erickson	1:38.79
1,600-Meter Relay	Hendricks, Praska, Docherty, Erickson	3:48.22
3,200-Meter Relay	Flood, Dlh, L. Hardesty, Docherty	8:53.91
Distance Med. Relay	Hawks, Praska, Ellis, Berndt	12:11.56
6,400-Meter Relay	Flood, Melander, A. Hardesty, Eilers	19:36.43
High Jump	Caleigh Bacchus	5-5 (1.65)
Long Jump	Renee White	20-0 1/4 (6.10) ^
Triple Jump	Renee White	43-10 3/4 (13.36) ^*#
Shot Put	Mandy Chandler	38-5 1/2 (11.72)
Hammer Throw	Mandy Chandler	158-4 3/4 (48.28) #

\$ - NCAA automatic qualifier, ! - NCAA provisional qualifier, ^ - regional qualifier,
 * - school record, # - collegiate best, @ - all-American, & - all-region,
 + - first team all-Big Ten, % - second team all-Big Ten



Top Eight Placers at Big Ten Indoor Championships

Event	Athlete	Mark	Place
5,000 Meters	Racheal Marchand	15:55.70 \$	2nd %
Triple Jump	Renee White	41-7 (12.67)!	3rd
Dist. Med. Relay	Melander, Hendricks, Flood, Marchand	11:27.34 #	3rd
600 Meters	Bethany Praska	1:31.80	6th
3,000 Meters	Amanda Hardesty	9:50.76	8th
1,600-M Relay	Erickson, Hendricks, Poncè, Trusty	3:46.98	8th

Top Performances at NCAA Indoor Championships

Event	Athlete	Mark	Place
5,000 Meters	Racheal Marchand	15.59.44	3rd @
60 Hurdles	Karessa Farley	8.23	6th @

Top Eight Placers at Big Ten Outdoor Championships

Event	Athlete	Mark	Place
Triple Jump	Renee White	43-10 3/4 (13.38)	1st +
100 Meters	Rhonda-Kaye Trusty	11.85	4th
200 Meters	Rhonda-Kaye Trusty	24.11	4th
100 Hurdles	Karessa Farley	13.56	4th
400-M Relay	Farley, Trusty, Graham, White	46.30	6th
10,000 Meters	Jolly Burke	36:23.33	7th
3,000 Steeplechase	Hannah Roeder	10:35.26	8th

Top Eight Placers at NCAA Midwest Regional

100-Meter Hurdles	Karessa Farley	13.34	3rd &
1,500 Meters	Betsy Flood	4:25.98	4th &
1,500 Meters	McKenzie Melander	4:30.83	7th &

Top Performances at NCAA Outdoor Championships

Event	Athlete	Mark	Place
Triple Jump	Renee White	42-4 3/4 (12.92 m)	14th
100 Hurdles	Karessa Farley	13.56	17th
1,500 Meters	Betsy Flood	4:24.11	23rd

NCAA Midwest Regional

(Top 5 Plus Iowa)

1.	Texas A&M	96
2.	Texas Tech	61
3.	Texas	59
4.	Texas Christian	55
5.	Oklahoma	43.5
21.	Iowa	13

Post-Season Qualifiers

NCAA Indoor Championships

Karessa Farley	60-Meter Hurdles !
Betsy Flood	Distance Medley Relay !
Tiffany Hendricks	Distance Medley Relay !
Racheal Marchand	5,000 Meters \$
	Distance Medley Relay !
McKenzie Melander	Distance Medley Relay !
Renee White	Triple Jump !

NCAA Midwest Regional

Karessa Farley	100-Meter Hurdles
Betsy Flood	1,500 Meters
McKenzie Melander	1,500 Meters
Hannah Roeder	3,000-Meter Steeplechase
Renee White	Triple Jump, Long Jump

NCAA Outdoor Championships

Karessa Farley	100-Meter Hurdles
Betsy Flood	1,500 Meters
Renee White	Triple Jump

Big Ten Awards

Big Ten Sportsmanship Awards

Bethany Praska (Indoor)
Betsy Flood (Outdoor)



All-American
Racheal Marchand



All-American Karessa Farley