



2005 INDOOR SEASON REVIEW

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2005 Indoor Results

Meet	Result
Iowa Open	9 champs
Gold Country Classic	4 champs
Panther Classic	0 champs
Sevigne Husker Invite	1 champ
Iowa State Classic	1 champ
Iowa Open	3 champs
Big Ten Championships	9th/1 champ
NCAA Championships	0 champs

Big Ten Indoor Meet

Team	Points
1. Michigan	130
2. Illinois	117.5
3. Minnesota	79
4. Penn State	74
5. Ohio State	67.5
6. Michigan State	65
7. Indiana	52
8. Wisconsin	50
9. Iowa	39
10. Purdue	27

2005 Outdoor Results

Meet	Result
Shamrock Invite	8 champs
Florida Relays	0 champs
Mark Messersmith Invite	10 champs
Mt. SAC Relays	2 champs
Jim Duncan Invite	3 champs
Long Beach Invite	0 champs
Iowa Musco Twilight VII	5 champs
Drake Relays	0 champs
Big Ten Championships	0 champs
NCAA Midwest Regional	0 champs
NCAA Championships	0 champs

Big Ten Outdoor Meet

Team	Points
1. Illinois	135
2. Penn State	112.50
3. Michigan	110.50
4. Minnesota	92
5. Ohio State	85
6. Wisconsin	67
7. Purdue	64.50
8. Indiana	63
9. Iowa	52.50
10. Michigan State	36

Indoor Season Bests

Event	Athlete	Mark
60 Meters	Peaches Roach	7.45
60-Meter Hurdles	Tiffany Johnson	8.43*
200 Meters	Kineke Alexander	24.94
400 Meters	Kineke Alexander	53.11*
600 Yards	Leah Koesters	1:29.84
600 Meters	Kineke Alexander	1:34.58
800 Meters	Shannon Stanley	2:12.13
Mile Run	Meghan Armstrong	4:53.38
3,000 Meters	Nikki Chapple	9:38.19*
5,000 Meters	Nikki Chapple	17:04.12
1,600-Meter Relay	McCalla, Alexander, Sheeley, Johnson	3:45.73*
Distance Medley Relay	Armstrong, Alexander, Stanley, Chapple	11:39.29
High Jump	Peaches Roach	6-0 3/4 (1.85 m)^\$
Long Jump	Kamesha Marshall	18-11 1/4 (5.77 m)
Triple Jump	Tiffany Johnson	39-7 3/4 (12.08)^
Shot Put	Kamesha Marshall	49-2 1/4 (14.99)
Pole Vault	Sarah Burgett	11-6 1/4 (3.51 m)
Weight Throw	Becca Franklin	49-5 (15.06 m)
Pentathlon	Kamesha Marshall	3,701 points*

Outdoor Season Bests

Event	Athlete	Mark
100 Meters	Peaches Roach	11.60!
100-Meter Hurdles	Tiffany Johnson	13.57^!
200 Meters	Kineke Alexander	24.96
400 Meters	Kineke Alexander	51.71^
800 Meters	Aisha Hume	2:08.50
1,500 Meters	Meghan Armstrong	4:27.10!
3,000 Meters	Meghan Armstrong	9:49.70
3,000-M Steeplechase	Jessica Schmidt	11:28.23
5,000 Meters	Nikki Chapple	17:13.15
10,000 Meters	Nikki Chapple	37:34.52
400-Meter Relay	Johnson, Alexander, Granger, Roach	45.30!
800-Meter Relay	Alexander, Sheeley, Roach, Granger	1:41.04
1,600-Meter Relay	McCalla, Alexander, Sheeley, Hume	3:39.67
3,200-Meter Relay	Armstrong, Stanley, Laney, Hume	8:54.27
6,400-Meter Relay	Chapple, Laney, Donlon, Sokol	20:39.12^
Sprint Medley Relay	Roach, Alexander, McCalla, Stanley	3:56.99
Distance Medley Relay	Stanley, McCalla, Hume, Armstrong	11:34.04
High Jump	Peaches Roach	5-11 1/4 (1.81 m)
Long Jump	Angie Hensel	18-5 (5.61 m)
Triple Jump	Tiffany Johnson	40-9 1/2 (12.43 m)^!
Pole Vault	Sarah Burgett	11-1 3/4 (3.40 m)
Shot Put	Kamesha Marshall	48-6 3/4 (14.80 m)
Discus	Kamesha Marshall	152-11 (46.62 m)
Hammer Throw	Becca Franklin	181-11 (55.44 m)^!
Javelin	Tammilee Kerr	136-11 (41.74 m)
Heptathlon	Tammilee Kerr	4,924 points

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Top 10 Placers at Big Ten Indoor Meet

Event	Athlete	Mark	Place
High Jump	Peaches Roach	5-10 3/4 (1.80 m)	1st
400 Meters	Kineke Alexander	54.31	2nd
Shot Put	Kamesha Marshall	49-2 1/4 (14.99 m)	3rd
60-Meter Hurdles	Tiffany Johnson	8.50	5th
3,000 Meters	Nikki Chapple	9:42.90	5th
1,600-Meter Relay	Stanley, Granger, Sheeley, Alexander	3:48.54	5th
60 Meters	Peaches Roach	7.54	6th
5,000 MEters	Nikke Chapple	17:04.12	9th
Triple Jump	Tiffany Johnson	39-7 3/4 (12.08 m)	9th
Dist. Medley Relay	Schmidt, Chapple, Sokol, Laney	12:31.48	10th

Top Performances at NCAA Indoor Championships

Event	Athlete	Mark	Place
400 Meters	Kineke Alexander	54.06	6th#
High Jump	Peaches Roach	6-0 (1.84 m)	6th#

Top 10 Placers at Big Ten Outdoor Meet

Event	Athlete	Mark	Place
100-Meter Hurdles	Tiffany Johnson	13.88	2nd
High Jump	Peaches Roach	5-8 3/4 (1.75 m)	2nd
100 Meters	Peaches Roach	11.66	3rd
1,600-Meter Relay	McCalla, Alexander, Sheeley, Hume	3:40.34	3rd
400 Meters	Kineke Alexander	53.89	4th
1,500 Meters	Meghan Armstrong	4:27.68	5th
High Jump	Jenni Elbert	5-7 (1.70 m)	T5th
Triple Jump	Tiffany Johnson	39-8 1/2 (12.10 m)	6th
Shot Put	Kamesha Marshall	46-9 (14.25 m)	6th
Hammer Throw	Becca Franklin	176-7 (53.82 m)	9th
1,500 Meters	Shannon Stanley	4:35.32	10th
Discus	Kamesha Marshall	143-2 (43.63 m)	10th
Heptathlon	Tammilee Kerr	4,924 points	10th

Top 10 Placers at NCAA Midwest Regional Championships

Event	Athlete	Mark	Place
400 Meters	Kineke Alexander	52.34&	2nd
High Jump	Peaches Roach	5-11 1/4 (1.81 m)&	2nd
1,600-Meter Relay	McCalla, Alexander, Hume, Sheeley	3:39.67&	8th
1,500 Meters	Meghan Armstrong	4:33.58	9th
Shot Put	Kamesha Marshall	47-9 (14.55 m)	9th

Top Performances at NCAA Outdoor Championships

Event	Athlete	Mark	Place
400 Meters	Kineke Alexander	51.94	7th#
High Jump	Peaches Roach	5-10 3/4	9th

NCAA Midwest Regional**(Top 5 Plus Iowa)**

1. Texas	75
2. Nebraska	65.5
3. Texas Tech	62
4. Baylor	58
5. Kansas State	46
17. Iowa	17

Post-Season Qualifiers**NCAA Indoor Championships**

Kineke Alexander	400 Meters
Kamesha Marshall	Pentathlon
Peaches Roach	High Jump

NCAA Midwest Regional

Kineke Alexander	400 Meters
	400-Meter Relay
	1,600-Meter Relay
Megham Armstrong	1,500 Meters
Becca Franklin	Hammer Throw
Ashley Granger	400-Meter Relay
Aisha Hume	800 Meters
	1,600-Meter Relay
Tiffany Johnson	Triple Jump
	100-Meter Hurdles
	400-Meter Relay
Kamesha Marshall	Shot Put
Lindsey McCalla	1,600-Meter Relay
Peaches Roach	High Jump
	100 Meters
	400-Meter Relay
Erin Sheeley	1,600-Meter Relay

NCAA Outdoor Championships

Kineke Alexander	400 Meters
Peaches Roach	High Jump

Big Ten Honors**First Team All-Big Ten - Indoor**

Peaches Roach

Second Team All-Big Ten - Indoor

Kineke Alexander

Second Team All-Big Ten - Outdoor

Tiffany Johnson

Peaches Roach

\$ -- NCAA Automatic Qualifier, * -- NCAA Provisional Qualifier,
! -- NCAA Regional Qualifier, & -- All-Region, ^ -- School Record, # -- All-American