



# IOWA HAWKEYE TRACK & FIELD

## 2009 Men's Season Review

### 2009 Indoor Results

Date	Meet.....	Result
1/10	vs. Illinois.....	W, 92-77
1/17	Iowa Open .....	9 champs
1/23	at Jack Johnson Classic..	1 champ
1/23-24	at Razorback Invite .....	0 champs
1/30	at Millrose Games.....	0 champs
1/30-31	at Jack Jennet Invite....	2 champs
2/6	at New Balance Invite .	0 champs
2/6-7	at Meyo Invite.....	0 champs
2/13-14	at Iowa State Classic .....	1 champ
2/20	Iowa Invite .....	12 champs
2/28-3/1	at Big Ten's .....	9th/0 champs
3/7	at Last Chance Meet ...	0 champs
3/14-15	at NCAA's .....	1 all-American

### Big Ten Indoor Team Results

	Team .....	Points
1.	Minnesota .....	135
2.	Michigan .....	93
3.	Penn State.....	78
4.	Ohio State .....	77.5
5.	Wisconsin.....	69
6.	Indiana .....	61
7.	Illinois.....	55
8.	Michigan State .....	49
9.	<b>Iowa .....</b>	<b>43</b>
10.	Purdue .....	41.5

### 2009 Outdoor Results

Date	Meet.....	Result
4/3-4	at Tiger Track Classic.....	1 champ
4/10	at Mesa Classic.....	0 champs
4/10-11	at Lee Calhoun .....	6 champs
4/11	at Sun Angel Classic .....	1 champ
4/17-18	at McDonnell Invite .....	1 champ
4/18	at Messersmith Invite .	4 champs
4/23-25	at Drake Relays .....	1 champ
5/2	at Illini Invite .....	7 champs
5/2	at PJ Cardinal Invite.....	0 champs
5/15-17	at Big Ten's.....	7th, 69 pts.
5/29-30	at NCAA Regional ...	19th, 14 pts.
6/10-13	at NCAA's .....	1 all-American

### Big Ten Outdoor Team Results

	Team .....	Points
1.	Minnesota .....	130
2.	Ohio State .....	103
3.	Michigan .....	100
4.	Purdue .....	81
5.	Penn State.....	80
6.	Wisconsin.....	76
7.	<b>Iowa .....</b>	<b>69</b>
8.	Michigan State .....	62
9.	Illinois.....	60
10	Indiana .....	58

### Indoor Season Bests

Event.....	Athlete .....	Mark
60 Meters .....	Paul Chaney, Jr. ....	6.80 #
60-Meter Hurdles.....	D'Juan Richardson .....	8.20 #
200 Meters .....	Paul Chaney, Jr. ....	21.34 #
400 Meters .....	Ray Varner .....	47.75
600 Meters .....	Erik Sowinski.....	1:18.05 *
800 Meters .....	Adam Hairston.....	1:49.82 !
1,000 Meters .....	Dan Rolling.....	2:43.10 #@
Mile .....	Jesse Luciano .....	4:07.29 #
3,000 Meters .....	Eric MacTaggart .....	8:17.25
5,000 Meters .....	Jesse Luciano .....	14:20.99 #
1,600-Meter Relay.....	Willey, Richards, Barton, Varner .....	3:09.62 !
Dist. Medley Relay.....	Marchese, Varner, Hairston, Luciano.....	9:52.52
High Jump.....	Dan Rolling.....	6-10 1/4 (2.09 m) @
	Ryan Kelly .....	6-10 1/4 (2.09 m)
Pole Vault .....	Alex Zona .....	16-0 3/4 (4.90 m) #
Long Jump .....	Cody Mixon.....	21-4 1/4 (6.51 m)
Triple Jump .....	Josh Bean.....	48-10 (14.88 m) #
Shot Put.....	John Hickey.....	63-0 (19.20 m) !##*
Weight Throw.....	Matt Banse .....	54-8 1/4 (16.67 m) #
Heptathlon .....	Dan Rolling.....	4,909 points #

### Outdoor Season Bests

Event.....	Athlete .....	Mark
100 Meters .....	Paul Chaney, Jr. ....	10.46 ^#
110-M. Hurdles.....	D'Juan Richardson .....	15.01 #
200 Meters .....	Paul Chaney, Jr. ....	21.04 ^#
400 Meters .....	Steven Willey .....	46.67 ^#
400-M. Hurdles.....	Ray Varner .....	50.54 ^
800 Meters .....	Adam Hairston.....	1:48.53 ^
1,500 Meters .....	Chase Kadlec.....	3:51.01 #/\$
3,000 Meters .....	Brian Marchese.....	8:25.98 #
3,000-M Steeplechase..	Andy Napier.....	9:07.84
5,000 Meters .....	Eric MacTaggart .....	14:15.43
10,000 Meters .....	Eric MacTaggart .....	30:57.35
400-Meter Relay.....	Richardson, Sayon, Bee, Chaney, Jr.....	39.94 ^
800-Meter Relay .....	Richardson, Bee, Richards, Chaney, Jr.....	1:24.85 *
1,600-Meter Relay.....	Willey, Sowinski, Barton, Varner.....	3:08.81 ^
Sprint Medley Relay .....	Richards, Chaney, Jr., Barton, Hairston .....	3:20.05
3,200-Meter Relay.....	Willey, Braff, Sowinski, Hairston .....	7:33.08
Dist. Medley Relay.....	Kadlec, Sowinski, Braff, E. MacTaggart.....	10:02.91
6,400-Meter Relay.....	Kadlec, E. MacTaggart, Paul, Marchese .....	17:17.63
High Jump.....	Ryan Kelly .....	6-9 (2.06 m)
Pole Vault .....	Alex Zona .....	16-0 3/4 (4.90 m) #/\$
Long Jump .....	Cody Mixon.....	21-2 3/4 (6.47 m)
Triple Jump .....	Josh Bean.....	48-9 1/2 (14.87 m) #
Shot Put.....	John Hickey.....	60-1 3/4 (18.33 m) ^
Discus .....	Nick Brayton .....	180-11 (55.15 m) ^#/\$
Hammer Throw .....	Matt Banse .....	187-7 (57.19 m) ^#/\$
Javelin.....	Zachary Schimp.....	206-3 (62.88 m) ^#/\$
Decathlon .....	Dan Rolling.....	6,811 points #/\$

! - NCAA provisional qualifier, \* - school record, \$ - school record (top 10),

^ - NCAA regional qualifier, # - collegiate best, @ - heptathlon event



### Top Eight Placers at Big Ten Indoor Championships

Event	Athlete	Mark	Place
Shot Put	John Hickey	60-5 3/4 (18.43m)	2nd <sup>^</sup>
800 Meters	Adam Hairston	1:51.34	3rd
Shot Put	A.J. Curtis	57-9 1/2 (17.61m)	4th
200 Meters	Paul Chaney, Jr.	21.45	5th
400 Meters	Patrick Richards	47.94	5th
60 Meters	Paul Chaney, Jr.	6.84	6th
High Jump	Ryan Kelly	6-10 1/4 (2.09m)	6th
Triple Jump	Josh Bean	48-7 1/2 (14.82m)	6th
Shot Put	Ryan Lamparek	56-8 3/4 (17.29m)	6th
600 Meters	Steven Willey	1:19.03	7th
600 Meters	Erik Sowinski	1:19.10	8th
1,600-Meter Relay	Varner, Willey, Barton, Richards	3:14.73	8th

### Top Placers at NCAA Indoor Championships

Event	Athlete	Mark	Place
Shot Put	John Hickey	60-3 3/4 (18.38 m)	9th *

### Top Eight Placers at Big Ten Outdoor Championships

Event	Athlete	Mark	Place
800 Meters	Adam Hairston	1:50.16	2nd <sup>^</sup>
Discus	A.J. Curtis	170-5, 51.94m	2nd <sup>^</sup>
Shot Put	John Hickey	59-9 1/2, 18.22m	3rd
100 Meters	Paul Chaney, Jr.	10.59	3rd
400 Hurdles	Ray Varner	51.16	3rd
400-Meter Relay	Richardson, Sayon, Richards, Chaney, Jr.	40.85	3rd
200 Meters	Paul Chaney, Jr.	21.17	4th
100 Meters	Zeke Sayon	10.72	5th
Discus	Ryan Lamparek	167-8, 51.12m	5th
400 Meters	Steven Willey	47.23	6th
3,000 Steeplechase	Andy Napier	9:10.82	6th
400 Hurdles	Connor Elmitt	54.41	7th
400 Hurdles	D'Juan Richardson	54.42	8th
10,000 Meters	Eric MacTaggart	30:57.35	8th
Pole Vault	Alex Zona	15-11 3/4, 4.87m	8th
Triple Jump	Josh Bean	48-9 1/2, 14.87m	8th

### Top Eight Placers at NCAA Midwest Regional

Event	Athlete	Mark	Place
800 Meters	Adam Hairston	1:48.87	5th #
400-Meter Relay	Richardson, Sayon, Bee, Chaney, Jr.	40.33	5th #
400 Hurdles	Ray Varner	51.21	6th #
Shot Put	John Hickey	58-11 1/4 (17.96 m)	6th #

### Top Placers at NCAA Outdoor Championships

Event	Athlete	Mark	Place
Shot Put	John Hickey	57-11 3/4 (17.67 m)	11th *
800 Meters	Adam Hairston	1:49.12	15th
400 Hurdles	Ray Varner	53.03	18th

\* -- all-American, # -- all-region, ^ - second team all-Big Ten

### NCAA Midwest Regional

(Top 5 plus Iowa)	
Team	Points
1. Texas A&M	98
2. Nebraska	84.25
3. Texas Tech	49
4. Texas	47
5. Oklahoma	40
<b>19. Iowa</b>	<b>14</b>

### Post-Season Qualifiers

#### NCAA Indoor Championships

Chris Barton	1,600-Meter Relay #
Adam Hairston	800 Meters #
John Hickey	Shot Put #
Patrick Richards	1,600-Meter Relay #
Ray Varner	1,600-Meter Relay #
Steven Willey	1,600-Meter Relay #
# - provisional qualifier	

#### NCAA Midwest Regional

Matt Banse	Hammer
Chris Barton	1,600-Meter Relay
Nick Brayton	Discus
Paul Chaney, Jr.	100 Meters, 200 Meters, 400-Meter Relay
A.J. Curtis	Discus, Shot Put
Adam Hairston	800 Meters
John Hickey	Shot Put
Ryan Lamparek	Discus
Patrick Richards	400-Meter Relay
D'Juan Richardson	400-Meter Relay
Zeke Sayon	400-Meter Relay
Zachary Schimp	Javelin
Erik Sowinski	1,600-Meter Relay
Ray Varner	400-Meter Hurdles, 1,600-Meter Relay
Steven Willey	400 Meters, 1,600-Meter Relay

#### NCAA Outdoor Championships

Adam Hairston	800 Meters
John Hickey	Shot Put
Ray Varner	400-Meter Hurdles

### Big Ten Awards

#### Big Ten Athlete of the Week

Feb. 16	John Hickey
Apr. 8	Ray Varner

#### Big Ten Medal of Honor

Eric MacTaggart

#### Big Ten Sportsmanship Award

Josh Bean (Indoor)  
Paul Chaney, Jr. (Outdoor)