



Lindsay Anderson

Sophomore - Distance
Leeds, ND
Leeds High School

2009 -- Indoor - ran collegiate bests in mile (5:00.43) at Jack Johnson Classic and 3,000 meters (10:03.81) at Meyo Invite... placed 16th in 3,000 meters (10:17.33) at Big Ten Championships... placed third in mile (5:04.49) at Iowa Invite and fifth in 3,000

meters (10:05.89) at Iowa State Classic... **Outdoor** - ran season-best 5,000 meters (18:27.04) at Stanford Invite... letterwinner.

2008 -- Cross Country - ran collegiate bests in 3,000 meters (11:11) at Hawkeye Invite, 5,000 meters (17:56) at Auburn Invite and 6,000 meters (22:53) at Big Ten Championships... team earned USTFCCCA all-academic honors... letterwinner.

High School -- Fourteen-time state champion in track, winning 1,600 meters six times, 3,200 meters three times and 800 meters twice... also ran on three state champion 3,200-meter relays... North Dakota Senior Athlete of the Year in both cross country and track... won state cross country meet four times, placing second twice... placed second in 3,200 meters (10:35) at 2008 Golden West Invite... placed seventh at 2007 Regional Foot Locker Cross Country meet in 2005 (17:44) and 2007 (17:55)... Nike indoor freshman mile winner (5:03) and outdoor runner-up (4:57)... placed 25th at National Foot Locker Cross Country meet in 2005 and 34th in 2007... set school records in 800 meters (2:15) and 1,600-meters (4:55)... valedictorian of her graduating class... highest honor roll student... National Honor Society member... coached by Jeff Manley and Greg Anderson.

Personal -- born November 11, 1989... daughter of Greg and Karen Anderson... her sister, Krista, lettered for the Hawkeyes from 2006-08 in track and cross country... open major.

Anderson's Collegiate Bests

Event	Time	Meet	Date
Mile (I)	5:00.43	at Jack Johnson Classic	1/24/09
3,000 Meters (I)	10:03.81	at Meyo Invite	2/7/09
3,000 Meters (CC)	11:11	Hawkeye Invite	8/29/08
5,000 Meters (O)	18:27.04	at Stanford Invite	3/27/09
5,000 Meters (CC)	17:56	at Auburn Invite	10/4/08
6,000 Meters (CC)	22:53	at Big Ten Championships	11/2/08



Caleigh Bacchus

Senior - High Jump
Cascade, Trinidad & Tobago
Bishop Anstey High School

2009 -- Indoor - did not compete... **Outdoor** - placed 16th in high jump (5-5) at Big Ten Championships... placed third in high jump at Illinois Invite (5-3) and 16th at Sun Angel Classic (5-3)... academic all-Big Ten... letterwinner.

2008 -- Indoor - posted season-best high jump (5-7) at Iowa State Classic... that mark

ranks 10th in school history... placed 10th in that event at Big Ten Championships (5-5 1/4)... posted collegiate-best long jump (17-11)... **Outdoor**

- led team in high jump with the collegiate-best 5-7 1/4 she posted for sixth place at Big Ten Championships... that mark ranks eighth in school history... placed third in high jump at Auburn Classic (5-5) and Iowa Invite (5-5)... also leapt 5-5 at Musco Twilight X and Sun Angel Classic... Iowa's women's track Big Ten Sportsmanship honoree... letterwinner.

2007 -- Indoor - placed third in high jump (5-5) at Carle/Health Alliance Classic... posted season-best long jump (17-1 1/2) at Husker Invite... **Outdoor**

- placed sixth in high jump (5-5) at Auburn Tiger Classic and 12th (5-4 1/4) at Big Ten Championships... placed second in high jump at Aztec Classic (5-3), third at Simpson Invite (5-4 1/4) and fourth at Musco Twilight IX (5-3)... letterwinner.

High School -- best marks were 5-8 1/2 in high jump and 18-7 in long jump... placed third in high jump and seventh in long jump at 2006 CARIFTA Games, placing fourth in high jump and ninth in long jump at that meet in 2005... coached by Heathcliffe Thorne... earned outstanding academic achievement honor.

Personal -- born June 4, 1988... daughter of Reginald and Phyllis Bacchus... mass communications major.

Bacchus' Collegiate Bests

Event	Mark	Meet	Date
Long Jump (I)	17-11 (5.46 m)	at Jack Johnson Classic	1/26/08
High Jump (O)	5-7 1/4 (1.71 m)	at Big Ten Championships	5/18/08



Sam Bailin

Junior - Distance
Urbandale, IA
Valley West High School

2009 -- Indoor - ran collegiate bests in 3,000 meters (8:30.31) at Last Chance Qualifier and 5,000 meters (15:00.26) at Iowa State Classic... won 3,000 meters (8:35.85) at Iowa Invite... **Outdoor** - did not compete.

2008 -- Track - redshirted... placed sixth in 3,000 meters (9:00.42) at Iowa Open and sixth in 5,000 meters (15:16.65) at Musco Twilight X while competing unattached... **Cross Country** - ran collegiate bests in 6,000 meters (18:57) at Hawkeye Invite, 8,000 meters (23:36) at Auburn Invite and 10,000 meters (32:36) at NCAA Midwest Regional... his 8,000-meter time ranks fourth in school history... placed 50th at Big Ten Championships (25:40) and 54th at NCAA Midwest Regional (32:36)... academic all-Big Ten... Iowa's Big Ten Sportsmanship Award honoree... team earned USTFCCA all-academic honors... received Big Ten distinguished scholar award... letterwinner.

2007 -- Cross Country - ran season bests in 8,000 meters (25:27) at NCAA Pre-Nationals and 10,000 meters (33:24) at NCAA Midwest Regional... competed in all six races... team earned USTFCCA all-academic honors... letterwinner.

High School -- conference 1,600-meter champion (4:40) and runner-up in 3,200 meters (9:41) senior year... two-time all-conference and all-district... team captain senior year.

Personal -- born July 19, 1988... son of Steven Bailin and Audrey Porter... microbiology major.

Bailin's Collegiate Bests

Event	Time	Meet	Date
3,000 Meters (I)	8:30.31	at Last Chance Qualifier	3/7/09
5,000 Meters (I)	15:00.26	at Iowa State Classic	2/13/09
6,000 Meters (CC)	18:57	Hawkeye Invite	8/29/08
8,000 Meters (CC)	23:36	at Auburn Invite	10/4/08
10,000 Meters (CC)	32:36	at NCAA Regional	11/15/08



Matt Banse

Sophomore - Throws
Strawberry Point, IA
Starmont High School

2009 -- Indoor - led team in weight throw (54-8 1/4)... placed 23rd in weight throw (53-1 1/2) at Big Ten Championships... placed second in weight throw and fourth in shot put against Illinois (54-1 1/2, 52-11 1/2) and at Iowa Invite (52-0, 53-0)... **Outdoor** - placed 24th in hammer (165-5)

at NCAA Midwest Regional... qualified for regional meet in hammer throw with his collegiate-best 187-7 for second place at Messersmith Invite... that team-leading mark ranks seventh in school history... won shot put at Lee Calhoun Memorial with a collegiate-best 54-2... placed 17th in hammer (175-6) at Big Ten Championships... placed ninth in shot put (53-11) and 13th in hammer (172-1) at Tiger Track Classic, 14th in hammer (176-6) at Drake Relays, and fourth in hammer (169-0) and fifth in shot put (51-5 3/4) at Illinois Invite... letterwinner.

2008 -- Track - redshirted

High School -- four-time state champion and six-time conference champion... won Drake Relays shot put title senior year... set school shot put (61-4) and discus (173-11) records... coached by Doug Guilford and Matt Lee... lettered four years in baseball, two in football and one in wrestling... National Honor Society member... honor roll student.

Personal -- born January 29, 1988... son of Tom and Bonnie Banse... his brother, Andy, was a four-year letterwinner in track (2002-05) at Iowa... sports studies major.

Banse's Collegiate Bests

Event	Mark	Meet	Date
Shot Put (O)	54-2 (16.51 m)	at Lee Calhoun Memorial	4/11/09
Wt. Throw (I)	54-8 1/4 (16.67 m)	Iowa Open	1/17/09
Hammer (O)	187-7 (57.19 m)	at Messersmith Invite	4/18/09



Chris Barton

Junior - Sprints
 Sherman Oaks, CA
 Notre Dame High School

2009 -- Indoor - ran third leg on 1,600-meter relay that led team and ran NCAA provisional qualifying 3:09.62 at Last Chance Qualifier... that time ranks 10th on Iowa's all-time best performers list... ran third leg on 1,600-meter relay that placed eighth at Big Ten Championships (3:14.73)... ran collegiate-best 200 meters (22.47) at

Iowa State Classic... ran season-best 400 meters (48.32) at Meyo Invite...

Outdoor - qualified for regional meet as part of team-leading 1,600-meter relay (3:08.81)... ran third leg on 1,600-meter relay that placed third at John McDonnell Invite (3:08.81) and fourth at Drake Relays (3:11.46)... ran third leg on sprint medley relay that placed second at Drake Relays in 3:20.05, which ranks third in school history... ran season-best 400 meters (47.61) at Illinois Invite... letterwinner.

2008 -- Indoor - ran season-best 400 meters (48.16) at Last Chance Qualifier... ran third leg on 1,600-meter relay that led team (3:10.74) and placed fourth at Big Ten Championships (3:15.12)... **Outdoor** - led team in 400 meters (47.31) and anchored team-leading 1,600-meter relay (3:11.11)... also ran third leg on team-leading sprint medley relay (3:21.14)... that time ranks eighth in school history... placed third in 400 meters at Tiger Classic with a collegiate-best 47.31... letterwinner.

High School -- member of state champion 400-meter relay (41.83) junior year... placed third 400 meters (47.7) at state meet junior year... all-district and all-conference as a junior... team captain senior year... two-time most valuable sprinter.

Personal -- born April 13, 1989... son of Don and Kathy Barton... father competed in track at USC... electrical and computer engineering major.

Barton's Collegiate Bests

Event	Time	Meet	Date
200 Meters (I)	22.47	at Iowa State Classic	2/13/09
400 Meters (O)	47.31	at Tiger Classic	4/5/08



Mark Battista

Junior - Distance
 New Lenox, IL
 Lincoln Way Central HS

2009 -- Indoor - placed third in 3,000 meters at Last Chance Qualifier (8:40.20)... ran collegiate bests in mile (4:24.73) at Jack Jennet Invite and 5,000 meters (15:00.63) at Iowa State Classic... **Outdoor** - runner-up in 3,000-meter steeplechase (9:37.20) at Lee Calhoun Memorial... placed fourth in

1,500 meters (4:08.60) at Messersmith Invite and 3,000 meters (8:42.11) at Illinois Invite.

2008 -- Track -- redshirted... **Cross Country** - ran collegiate bests in 6,000 meters (19:28) at Iowa Invite and 8,000 meters (23:48) at Auburn Invite... his 8,000-meter time ranks sixth in school history... placed 55th at NCAA Midwest Regional with a season-best 32:37 (10,000 meters)... placed 39th at Big Ten Championships (25:31)... team earned USTFCCCA academic all-America honors... letterwinner.

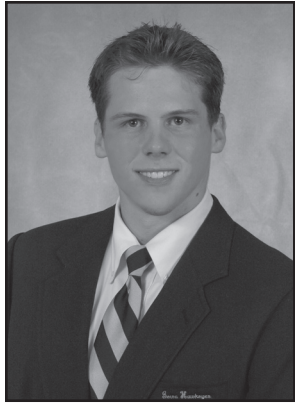
2007 -- Cross Country - placed 57th with season-best 8,000 meters (25:26) at Big Ten Championships... placed 60th with collegiate-best 10,000 meters (31:53) at NCAA Midwest Regional... team earned USTFCCCA academic all-America honors... letterwinner.

High School -- two-time conference and sectional cross country champ and two-time conference runner-up in track two miles... two-time sectional 3,200-meter champion... placed sixth at cross country state meet senior year... five-time all-conference and all-section, three-time all-region and two-time all-state... bests were 4:18 in mile and 9:15 in two miles.

Personal -- born March 12, 1989... son of Mark and Pamela Battista... business major.

Battista's Collegiate Bests

Event	Time	Meet	Date
1,500 Meters (O)	4:08.60	at Messersmith Invite	4/18/09
Mile (I)	4:24.73	at Jack Jennet Invite	1/31/09
3,000 Meters (I)	8:40.20	at Last Chance Qualifier	3/7/09
3,000 Steeplechase (O)	9:37.20	at Lee Calhoun Memorial	4/11/09
5,000 Meters (I)	15:00.63	at Iowa State Classic	2/13/09
6,000 Meters (CC)	19:28	Iowa Invite	9/12/08
8,000 Meters (CC)	23:48	at Auburn Invite	10/4/08
10,000 Meters (CC)	31:53	at NCAA Regional	11/10/07



Josh Bean
Junior - Jumps
Highland Park, IL
Highland Park High School

2009 -- Indoor - led team in triple jump with the collegiate-best 48-10 he posted at Meyo Invite... that mark ranks fourth on Iowa's all-time best performers list... placed sixth in triple jump (48-7 1/2) at Big Ten Championships... won triple jump against Illinois (48-6) and placed second at Iowa State Classic (48-3 1/4)... Iowa's men's

track Big Ten Sportsmanship award winner... **Outdoor** - placed eighth in triple jump with a team-leading 48-9 1/2 at Big Ten Championships... that mark ranks seventh in school history... placed third in triple jump at Tiger Track Classic (48-3 1/4), ninth at Drake Relays (47-8 1/2) and 10th at Sun Angel Classic (48-5 3/4)... letterwinner.

2008 -- Indoor - won triple jump with a season-best 46-10 3/4 at Iowa Invite ... **Outdoor** - placed second in triple jump at Musco Twilight X with a season-best 48-9... that mark ranks seventh in school history... placed 10th in triple jump (48-2 3/4) at Big Ten Championships... letterwinner.

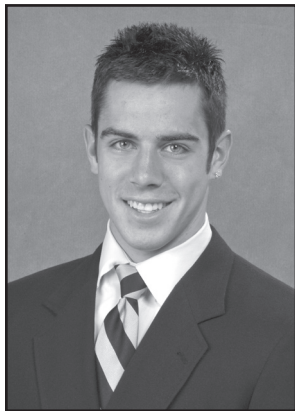
2007 -- Track - redshirted.

High School - two-time all-conference and all-area... team captain and MVP senior year... received the National Army Reserve Scholar Athlete Award... set school facility outdoor triple jump record (45-7 1/2)... coached by Kevin Caines... lettered in football, setting state record for most field goals scored in a Class 7A playoff game (3)... graduated with honors.

Personal -- born September 15, 1987... son of Allen and Cindy Bean... marketing major.

Beans' Collegiate Bests

Event	Mark	Meet	Date
Triple Jump (I)	48-10 (14.88 m)	at Meyo Invite	2/7/09



Stephen Bee
Sophomore - Sprints
South Elgin, IL
Larkin High School

2009 -- Indoor - ran season bests in 60 meters (7.03) at Iowa Invite and 200 meters (22.64) at Iowa Open... **Outdoor** - ran third leg on 400-meter relay that placed fifth at NCAA Midwest Regional (40.33)... that relay ran a team-leading and season best time of 39.94 in the prelims, which ranks third all-time at Iowa... ran on

team-leading 800-meter relay that placed sixth and set school record of 1:24.85 at Drake Relays... ran season bests in 100 meters (10.92) at Illinois Invite and 200 meters (21.58) at Big Ten Championships... letterwinner.

2008 -- Track - redshirted.

High School -- section and conference 200-meter champion (22.0), placing second in conference 55 meters (6.57) senior year... three-time

all-conference... two-time state qualifier... all-area senior year... team co-captain and MVP junior year.

Personal -- born November 11, 1987... son of Richard and Christa Bee... math and education major.

Bee's Collegiate Bests

Event	Time	Meet	Date
60 Meters (I)	7.03	Iowa Invite	2/20/09
100 Meters (O)	10.92	at Illinois invite	5/2/09
200 Meters (O)	21.58	at Big Ten Championships	5/16/09



Danielle Berndt
Freshman - Distance
Bloomington, MN
Kennedy High School

2009 -- Indoor - ran collegiate-best mile (5:17.31) at Meyo Invite... **Outdoor** - led team in 3,000 meters (10:20.62)... ran collegiate-best 1,500 meters (4:40.02) at Messersmith Invite... placed fourth in 1,500 meters (4:46.68) at Lee Calhoun Memorial... anchored team-leading distance medley relay (12:11.56) at Drake

Relays... letterwinner.

2008 -- Cross Country - ran collegiate bests in 3,000 meters (11:03) at Hawkeye Invite and 5,000 meters (19:06) at Auburn Invite... team earned USTFCCCA all-academic... letterwinner.

High School -- Eleven-time all-state, earning six honors in cross country and five in track... twelve-time all-conference and varsity letterwinner, earning six each in cross country and track... five-time conference champion... thirteen-time placewinner at state meet... placed fifth at state cross country meet senior year and fourth as a junior... set school records in cross country (4,000 meters - 14:17), 1,600 meters (5:04) and 3,200 meters (10:49)... five-time sectional champion, placing second three times... all-American Nordic skier, qualifying for Junior Olympics three times... four-time all-conference, five-time team MVP, six-time letterwinner and two-time state medalist in Nordic skiing, winning one conference title... three-year academic letterwinner... four-year top 10 scholar, National Merit Commended Scholar honors in 2007... National Honor Society member... coaches were Pete Svien, Beth Holger, Josh Coval and Krystal Lehner.

Personal -- born May 9, 1990... daughter of Michael and Sue Berndt... undeclared engineering major.

Berndt's Collegiate Bests

Event	Time	Meet	Date
1,500 Meters (O)	4:40.02	at Messersmith Invite	4/18/09
3,000 Meters (I)	10:19.57	at Iowa State Classic	2/13/09
3,000 Meters (CC)	11:03	Hawkeye Invite	8/29/08
5,000 Meters (CC)	19:06	at Auburn Invite	10/4/08



Zack Braff
Sophomore - Middle Distance
Marion, IA
Linn-Mar High School

2009 -- Indoor - ran season-best 800 meters (1:52.65) at Big Ten Championships... also ran 800 meters at Razorback Invite (1:53.72) and Meyo Invite (1:53.97)... **Outdoor** - ran second leg on team-leading 3,200-meter relay (7:33.08) and third leg on team-leading distance medley relay (10:02.91) at Drake Relays... the 3,200-meter relay time

ranks second and the distance medley relay time ranks ninth in school history... ran collegiate-best 800 meters (1:52.38) at Illinois Invite... won 800 meters at Lee Calhoun Memorial (1:54.26)... also ran 800 meters at Big Ten Championships (1:53.85) and Messersmith Invite (1:54.68)... letterwinner... placed 13th in the men's 800-meter prelims (1:53.18) at the USATF Outdoor Junior National Championships.

High School -- four-time elite all-state and 11-time all-conference... placed second at state meet in 800 meters (1:52.90) and as part of 1,600-meter medley relay (3:29.25) senior year... also placed fourth in 800 meters at state as a junior (1:55.07) and sixth as a sophomore (1:55.68)... ran on state champion 3,200-meter relay as a freshman... that relay also won Drake Relays title his sophomore year... set school 800-meter record (1:52.45) while placing ninth at 2008 Nike Outdoor Nationals... won 800 meters (1:54.27) at Senior All-Star Meet... placed sixth at Iowa state pentathlon (2,966 points) as a junior... also competed in basketball and cross country... academic letterwinner... earned two IHSAA distinguished academic achievement awards... coaches were Clark Weaver, Tim Stamp, Ken Hopkins, Bob Read.

Personal -- born January 9, 1990... son of Roger and Diane Braff... athletic training major.

Braff's Collegiate Bests

Event	Time	Meet	Date
600 Meters (I)	1:22.85	Iowa Open	1/17/09
800 Meters (O)	1:52.38	at Illinois Invite	5/2/09



Nick Brayton
Sophomore - Throws
Iowa City, IA
West High School

2009 -- Indoor - placed fourth in shot put with collegiate-best 51-3 1/2 at Iowa Open... posted collegiate-best weight throw (46-11 1/2) against Illinois... placed fifth in shot put (51-0 1/4) at Iowa Invite...

Outdoor - placed 16th in discus (168-11) at NCAA Midwest Regional... qualified for regional meet in discus with a winning

180-11 at Messersmith Invite... that collegiate-best throw lead team and ranks sixth in school history... placed fifth in discus at Tiger Track Classic (173-3), seventh at Illinois Invite (155-4) and 12th at Big Ten Championships (156-3)... placed second in discus (163-0) and fifth in shot put (48-6) at Lee Calhoun Memorial... letterwinner.

2008 -- Track - redshirted... placed fourth in discus (171-9) at Musco Twilight X while competing unattached.

High School -- won Class 4-A state title in the discus as a senior, setting a state meet record of 192-6... won Drake Relays discus title ... lettered three years in track and field, three in wrestling and two in football... second team all-state and first-team all-conference in football as a senior... honor roll student.

Personal -- born June 12, 1989... son of Doug and Diana Brayton... open major.

Brayton's Collegiate Bests

Event	Mark	Meet	Date
Shot Put (I)	51-3 1/2 (15.63 m)	Iowa Open	1/17/09
Weight Throw (I)	46-11 1/2 (14.31 m)	Iowa vs. Illinois	1/10/09
Discus (O)	180-11 (55.15)	at Messersmith Invite	4/18/09



Brendan Camplin

Senior - Distance
Batavia, IL
Batavia High School

2009 -- Indoor - placed 11th in 3,000 meters (8:19.97) and 22nd in 5,000 meters (14:37.87) at Big Ten Championships, both with collegiate best times... ran collegiate-best mile (4:18.47) at Jack Johnson Classic... **Outdoor** - placed 15th in 10,000 meters (31:42.25) and 22nd in 5,000 meters (15:19.36) at Big Ten Championships...

placed 11th in 5,000 meters at Drake Relays (14:55.56) and 16th at Sun Angel Classic (14:47.68)... academic all-Big Ten... letterwinner.

2008 -- Indoor - won 3,000 meters with a season-best 8:39.68 at Iowa Invite... **Outdoor** - ran season-best 5,000 meters (15:01.70) at Musco Twilight X... academic all-Big Ten... **Cross Country** - ran collegiate bests in 6,000 meters (19:10) at Hawkeye Invite, 8,000 meters (24:01) at Auburn Invite and 10,000 meters (32:33) at NCAA Midwest Regional... his 8,000-meter time ranks eighth in school history... placed 51st at NCAA Regional... academic all-Big Ten... team earned USTFCCA all-academic honors... letterwinner.

2007 -- Indoor - ran season bests in 3,000 meters at Jack Johnson Classic (8:46.54) and mile at Hawkeye Invite (4:27.09)... placed fourth in 3,000 meters (8:52.17) at Iowa Invite... **Outdoor** - placed eighth in 3,000 meters at Musco Twilight IX (8:55.56)... **Cross Country** - ran season bests in 8,000 meters (25:32) at NCAA Pre-Nationals and 10,000 meters (32:38) at NCAA Midwest Regional... academic all-Big Ten... team earned USTFCCA all-academic honors... letterwinner.

2006 -- Track - redshirted... **Cross Country** - placed sixth with a season-best 19:24 at Early Bird Invite.

2005 -- Cross Country - redshirted.

High School -- conference runner-up in cross country and 800 meters senior year... four-time all-conference in track, earning honors twice in cross country... also lettered in basketball and soccer... graduated fourth in his class with highest honors... National Honor Society member... coached by Mike DiDomenico and Chris Wheaton.

Personal -- born January 14, 1987... son of Eric and Janine Camplin... biomedical engineering major.

Camplin's Collegiate Bests

Event	Time	Meet	Date
Mile (I)	4:18.47	at Jack Johnson Classic	1/24/09
3,000 Meters (I)	8:19.97	at Big Ten Championships	2/28/09
5,000 Meters (I)	14:37.87	at Big Ten Championships	3/1/09
6,000 Meters (CC)	19:10	Hawkeye Invite	8/29/08
8,000 Meters (CC)	24:01	at Auburn Invite	10/4/08
10,000 Meters (O)	31:42.25	at Big Ten Championships	5/15/09
10,000 Meters (CC)	32:33	at NCAA Regional	11/15/08



Paul Chaney, Jr.

Senior - Sprints
St. Louis, MO
University High School

2009 -- Indoor - led team in 60 (6.80) and 200 meters (21.34)... the 60-meter time ranks third and the 200-meter time ranks fourth on Iowa's all-time best performers list... placed fifth in 200 meters (21.45) and sixth in 60 meters (6.84) at Big Ten Championships... won 60 meters (6.80) at Iowa Invite... **Outdoor** - anchored team-

leading 400-meter relay to fifth-place (40.33) at NCAA Midwest Regional... that relay ran a team-leading and season-best time of 39.94 in the prelims, which ranks third all-time at Iowa... also ran team-leading collegiate-bests in 100 (10.46) and 200 meters (21.04) at regional meet... the 100-meter time ranks 10th all-time at Iowa... placed third in 100 (10.59) and fourth in 200 meters (21.17), and anchored 400-meter relay to third place (40.85) at Big Ten meet... anchored 400-meter relay to Drake Relays title (40.71)... also anchored 800-meter relay to a school-record 1:24.85 at Drake... ran second leg on sprint medley relay that placed second at Drake in 3:20.05, which ranks third in school history... missed the first month of the outdoor season due to spring football practice... Iowa's Big Ten Sportsmanship Award winner... letterwinner.

2008 -- Indoor - led team in 60 (6.85) and 200 meters (21.65)... placed eighth in 60 (6.92) and 200 meters (22.07) at Big Ten Championships...

Outdoor - redshirted... letterwinner... **Football** - played in six games at wide receiver... caught two passes for 19 yards against Maine.

2007 -- Indoor - led team in 60 (6.89) and 200 meters (21.45)... placed seventh in 200 (21.67) and eighth in 60 meters (6.91) at the Big Ten Championships... **Outdoor** - qualified for NCAA regional as part of winning 400-meter relay (40.58) at Musco Twilight IX... ran on 400-meter relay that placed eighth (42.53) and earned all-region honors at NCAA regional after running a season-best and team-leading 40.54 in prelims... led team in 200 meters (21.53)... placed fourth in 100 meters (10.62) and sixth in 200 meters (21.53) at Big Ten Championships... rejoined the track team after spring football practice ended on April 21... letterwinner... **Football** - ranked 10th in the Big Ten in kickoff returns average (18.0) for all games... played in 10 games, catching 19 passes for 210 yards and one touchdown... returned 13 kickoffs for 234 yards, which ranks second on team... returned three punts for 13 yards... letterwinner.

2006 -- Football - redshirted at wide receiver.

High School -- state champion in 100 (10.52) and 200 meters (21.04)... the 200-meter time tied state record... posted the sixth-fastest 100-meter time in the nation as a junior... runner-up in 200 meters at nationals... lettered three years in track and football and two in basketball... earned three letters in track and two in basketball.

Personal -- born June 22, 1987... son of Paul and Susan Chaney... finance major.

Chaney, Jr.'s Collegiate Bests

Event	Time	Meet	Date
60 Meters (I)	6.80	Iowa Invite	2/20/09
100 Meters (O)	10.46	at NCAA Regional	5/29/09
200 Meters (O)	21.04	at NCAA Regional	5/29/09



Will Cranford

Redshirt Freshman

Hurdles/Jumps

Redford, MI

Inkster High School

2009 -- Track - redshirted.

High School -- placed seventh at Nike Indoor National meet in long jump (22-3)... Dye Stat national indoor qualifier... two-time runner-up in long jump (22-2 1/4) at state meet, earning first team all-state

honors... eight-time conference champion... team won three conference titles... set school records in long jump (22-10), 110 (13.9) and 300-meter hurdles (38.3)... four-time all-league and three-time all-region... two-time team captain and MVP... lettered two years in basketball... four-year honor roll student... track coaches were Eugene Thomas and James Hall.

Personal -- born August 29, 1990... guardian is Jazmine Cranford... his cousin, Alvin Cranford, played eight season for the NBA's Phoenix Suns.



Brittany Dlhly

Sophomore - Distance

West Branch, IA

West Branch High School

2009 -- Indoor - ran collegiate bests in 600 meters (1:36.50) at Iowa Invite and 800 meters (2:14.37) at Big Ten Championships... placed 13th in 800 meters at Iowa State Classic (2:16.96) and Last Chance Qualifier (2:16.58)... **Outdoor** - ran collegiate-best 1,500 meters (4:35.91) at Big Ten Championships... ran second leg on team-leading

3,200-meter relay that placed sixth in 8:53.91 at Drake Relays... that time ranks fourth in school history... letterwinner.

2008 -- Cross Country - redshirted.

High School -- four-time first team all-conference and all-district in cross country, earning elite all state honors... two-time cross country conference athlete of the year... *Iowa City Press Citizen's* 2007 Female Cross Country Athlete of the Year runner-up and 2007 West Branch Athlete of the Year... five-time team most valuable runner in cross country and track... cross country team advanced to 2006 Nike Team Nationals... four-time placewinner at state cross country meet... team won two state cross country titles, placing second her freshman year and third her senior season... runner-up in 800 meters at state track meet senior year... anchored runner-up distance medley relay and third-place 3,200-meter relay at state meet freshman year... set school records in 800 meters (2:15.31) and as part of 3,200-meter relay (9:44)... four-year letterwinner in basketball... two-time academic all-conference... honor roll student and national scholar-athlete award winner... coaches were Harlan Ferguson, Carol Lumpa and Tom Mittman.

Personal -- born August 31, 1990... daughter of Ken Dlhly and Wendy Fowler... open major.

Dlhly's Collegiate Bests

Event	Time	Meet	Date
600 Meters (I)	1:36.50	Iowa Invite	2/20/09
800 Meters (I)	2:14.37	at Big Ten Championships	2/28/09
1,500 Meters (O)	4:35.91	at Big Ten Championships	5/16/09



Jennie Docherty

Senior - Middle Distance

St. Paul, MN

Cretin-Derham Hall

2009 -- Indoor - placed third in 600 meters with a collegiate-best 1:35.91 at Iowa Invite... also ran collegiate bests in 800 meters (2:13.39) at Big Ten meet and mile (5:01.53) at Last Chance Qualifier... **Outdoor** - anchored team-leading 3,200-meter relay to sixth-place finish (8:53.91) at Drake Relays... that time ranks fourth in

school history... ran on team-leading 1,600-meter relay (3:48.22) at Big Ten meet... ran season-best 800 meters (2:14.12) at Sun Angel Classic and collegiate-best 1,500 meters (4:37.75) at Tiger Track Classic... academic all-Big Ten and Big Ten distinguished scholar... letterwinner.

2008 -- Indoor - did not compete... **Outdoor** - ran season-best 1,500 meters (4:52.76) at Iowa Invite... ran on team-leading 3,200-meter relay (9:14.66) at Drake Relays... **Cross Country** - ran collegiate bests in 3,000 meters (11:02) at Hawkeye Invite and 5,000 meters (18:17) at Auburn Invite... team earned USTFCCA all-academic honors.

2007 -- redshirted.

2006 -- Indoor - ran season-best 800 meters (2:18.67) at Iowa State Classic... **Outdoor** - ran season bests in 800 meters (2:15.69) at Big Ten meet and 1,500 meters (4:48.01) at Musco Twilight VIII... letterwinner... **Cross Country** - placed fifth (15:09) at Early Bird Invite, 26th (11:07) at Hawkeye Open and 63rd (18:36) at Auburn Invite, with season bests... academic all-Big Ten... team earned USTFCCA all-academic honors... letterwinner.

2005 -- Cross Country - redshirted.

High School -- all-state and team captain senior year... conference 800-meter champion as a sophomore... set school records in 800 meters (2:20.71) and as part of 1,600 (4:03.90) and 3,200-meter relays (9:27)... lettered four years in track, three in soccer and two in basketball... earned nine distinguished academic achievement awards... National Honor Society member... four-time academic letterwinner and President's list student... school's top female student-athlete senior year... coaches were Andy Bischoff and Chris Babcock.

Personal -- born May 21, 1987... daughter of Jim and Bev Docherty... both her parents ran track and cross country at Iowa... business major.

Docherty's Collegiate Bests

Event	Time	Meet	Date
600 Meters (I)	1:35.91	Iowa Invite	2/20/09
800 Meters (I)	2:13.39	at Big Ten Championships	2/28/09
1,500 Meters (O)	4:37.75	at Tiger Track Classic	4/4/09
Mile (I)	5:01.53	at Last Chance Qualifier	3/7/09
3,000 Meters (CC)	11:02	Hawkeye Invite	8/29/08
4,000 Meters (CC)	15:09	at Early Bird Invite	9/1/06
5,000 Meters (CC)	18:17	at Auburn Invite	10/4/08



Brooke Eilers

Sophomore - Distance
Holland, MI
Holland Christian High School

2009 -- Indoor - redshirted... **Outdoor** - anchored team-leading 6,400-meter relay to third-place finish (19:36.43) at Drake Relays... that time ranks second in school history... ran collegiate bests in 1,500 meters (4:34.44) at Sun Angel Classic and 5,000 meters (17:20.73) at Stanford Invite... won 1,500 meters (4:35.29) at Illinois Invite...

letterwinner.

2008 -- Cross Country - ran collegiate bests in 3,000 meters (10:43) at Hawkeye Invite, 5,000 meters (16:53) at Auburn Invite and 6,000 meters (21:06) at NCAA Pre-Nationals... those times rank 10th, 10th, and sixth, respectively, in school history... placed 31st (21:50) at NCAA Midwest Regional and 38th (22:03) at Big Ten Championships... was the third Iowa finisher at both those meets... team earned USTFCCCA all-academic honors... letterwinner.

High School -- won state titles in 3,200 meters (10:59.65) and as part of 3,200-meter relay (9:28.98) senior year... five-time placewinner at state track meet, finishing third at state cross country meet as a sophomore... nine-time conference champion in track... won seven regional titles in track and two in cross country... set school records in 1,600 (4:59.68) and 3,200 meters (10:49.54)... runner-up in 3,200 meters (10:50) at 2008 Midwest Meet of Champions... placed 11th in two miles (10:37.93) at 2008 Nike Outdoor Nationals, and fifth in mile (5:00.43) in 2007... also competed in volleyball and basketball... National Honor Society member... three-time academic all-state... coaches were Mike Verkaik and Dave DeKruyter.

Personal -- born June 28, 1989... daughter of Kim and Lee Eilers... open major.

Eilers' Collegiate Bests

Event	Time	Meet	Date
1,500 Meters (O)	4:34.44	at Sun Angel Classic	4/12/09
3,000 Meters (CC)	10:43	Hawkeye Invite	8/29/08
5,000 Meters (O)	17:20.73	at Stanford invite	3/27/09
5,000 Meters (CC)	16:53	at Auburn Invite	10/4/08
6,000 Meters (CC)	21:06	at Pre-Nationals	10/18/08



Katie Ellis

Senior - Distance
Barrington, IL
Wauconda High School

2009 -- Indoor - runner-up in mile with a collegiate-best 5:05.84... also ran collegiate best 3,000 meters (10:06.59) at Iowa State Classic... placed 18th in 3,000 meters (10:32.92) at Big Ten Championships and 11th in mile (5:06.65) at Jack Johnson Classic... **Outdoor** - ran collegiate-best 1,500 meters (4:42.22) at Messersmith Invite...

ran third leg on team-leading distance medley relay (12:11.56) at Drake Relays... academic all-Big Ten... letterwinner.

2008 -- Indoor - led team in 1,000 meters (3:07.75)... ran season-best mile (5:13.18) at Jack Johnson Classic... **Outdoor** - anchored team-leading 3,200-meter relay (9:14.66) at Drake Relays... ran season-best 1,500 meters (4:45.12) at Iowa Invite... academic all-Big Ten... letterwinner... **Cross Country** - ran season-best 3,000 meters (11:26) at Iowa Invite... team earned USTFCCCA all-academic honors.

2007 -- Indoor - won mile (5:15.32) at Iowa Invite... **Outdoor** - placed fifth in 1,500 meters (4:48.60) at Aztec Classic... **Cross Country** - placed 21st with a collegiate-best 14:48 (4,000 meters) at Hawkeye Invite... placed 45th (18:25-5,000 meters) at Auburn Invite... placed 78th with a collegiate-best 22:35 (6,000 meters) at Big Ten Championships... team earned USTFCCCA all-academic honors... academic all-Big Ten... letterwinner.

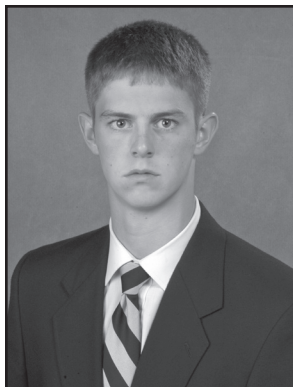
2006 -- Cross Country - placed eighth at Early Bird Invite (15:45-4,000 meters), 18th at Auburn Invite (17:45-5,000 meters) and 22nd at Hawkeye Open (10:57-3,000 meters)... team earned USTFCCCA all-academic honors... letterwinner.

High School -- two-time conference and sectional champion... six-time all-conference, five-time all-section and two-time all-state in track... four-time all-conference in cross country, earning all-region and all-section honors senior year... three-time cross country and two-time track team MVP ... set school records in 800 meters (2:18.3), 1,600 meters (5:08.7), 3,200 meters (11:02.5), cross country three miles (17:57), cross country 5,000 meters (19:14) and as part of 3,200-meter relay (10:21.9)... Illinois state scholar... academic all-state and all-conference... National Honor Society member... coached by Al Willhoit and Chuck Neary.

Personal -- born July 13, 1988... daughter of Steve and Nancy Ellis... English and cinema major.

Ellis' Collegiate Bests

Event	Time	Meet	Date
1,000 Meters (I)	3:07.75	at Meyo Invite	2/9/08
1,500 Meters (O)	4:42.22	at Messersmith Invite	4/18/09
Mile (I)	5:05.84	Iowa Invite	2/20/09
3,000 Meters (I)	10:06.59	at Iowa State Classic	2/13/09
3,000 Meters (CC)	10:57	Hawkeye Open	9/9/06
4,000 Meters (CC)	14:48	Hawkeye Invite	9/15/07
5,000 Meters (CC)	17:45	at Auburn Invite	9/30/06
6,000 Meters (CC)	22:35	at Big Ten Championships	10/29/07



Connor Elmitt

Sophomore - Hurdles/M. Distance
Johnston, IA
Johnston High School

2009 -- Indoor - ran season-best 400 meters at Iowa Invite (49.61)... **Outdoor** - placed seventh in 400-meter hurdles (54.41) at Big Ten meet... academic all-Big Ten... letterwinner.

2008 -- Indoor - ran 400 meters (49.58) at ISU Qualifier... **Outdoor** - redshirted.

High School -- placed third in 400 meters and seventh in 400-meter hurdles at state meet senior year... six-time conference champion... two time all-conference, all-district and all-state...academic all-state.

Personal -- born December 29, 1988... son of Brad and Lori Elmitt... pre-dentistry major.

Elmitt's Collegiate Bests

Event	Time	Meet	Date
400 Meters (I)	49.58	at Last Chance Qualifier	3/8/08
400 Hurdles (O)	54.23	at Dr. Keeler Invite	5/8/09



Nicole Erickson

Sophomore - Sprints
Cedar Rapids, IA
Kennedy High School

2009 -- Indoor - ran on team-leading 1,600-meter relay that placed eighth in 3:46.98 at Big Ten meet... ran collegiate bests in 400 meters (57.73) at Big Ten meet, 600 yards (1:26.52) at Iowa State Classic and 600 meters (1:40.26) at Iowa Open... **Outdoor** - ran collegiate-best in 200 meters (26.48) at Messersmith Invite...

anchored team-leading 800-meter relay (1:38.79) at Drake Relays and 1,600-meter relay (3:48.22) at Big Ten meet... the 800-meter relay time ranks sixth in school history... letterwinner.

High School -- five-time conference champion... won 400 and placed third in 200 meters at 2008 state indoor meet... seven-time all-conference... three-time team MVP... team captain... ran on winning 800-meter relay at 2008 Senior Spotlight meet... best times were 57.03 in 400 meters and 25.26 in 200 meters... lettered four years in track and three in cross country... academic letterwinner... coach was Joe Bunch.

Personal -- born October 26, 1989... daughter of Scott and Cindy Erickson... integrative psychology major.

Erickson's Collegiate Bests

Event	Time	Meet	Date
200 Meters (O)	26.48	at Messersmith Invite	4/18/09
400 Meters (I)	57.73	at Big Ten Championships	2/28/09
600 Yards (I)	1:26.52	at Iowa State Classic	2/13/09
600 Meters (I)	1:40.26	Iowa Open	1/17/09



Fionna Fallon

Senior - Distance
Des Moines, IA
Roosevelt High School
Portland State University

2009 -- Track - did not compete.

2008 -- Indoor - ran collegiate-best mile (5:15.51) at Iowa Open and 5,000 meters (17:54.33) at Meyo Invite... placed 24th in 3,000 meters (10:21.95) at Big Ten Championships... **Outdoor** - ran collegiate-best 1,500 meters (4:49.54) at Auburn Classic

and 3,000 meters (10:16.76) at Iowa Invite... placed 12th in 10,000 meters (38:55.95) at Drake Relays... letterwinner... **Cross Country** - ran collegiate bests in 3,000 meters (11:07) at Iowa Invite, 5,000 meters (17:39) at Auburn Invite and 6,000 meters (22:21) at NCAA Midwest Regional... also competed at NCAA Pre-Nationals (22:24) and NCAA Championships (22:30)... academic all-Big Ten... team earned USTFCCA all-academic honors... letterwinner.

2007 -- Track - redshirted indoor track season at Portland State University... ran 10:45 in 3,000 meters and 18:10 in 5,000 meters at Willamette Invite during outdoor season... best 1,500-meter time was 4:59... **Cross Country** - led team with ninth-place finish at Early Bird Invite (24:26-6,000 meters)... placed 41st (15:38-4,000 meters) at Hawkeye Invite... team earned USTFCCA all-academic honors.

High School -- three-time state cross country qualifier... best cross country 4,000-meter time was 15:20... three-time Drake Relays and two-time state track meet competitor... ran best 3,000 meters (10:37) at Lincoln Invite... four-time all-conference in cross country and two time in track... two-time all-state and three-time all-district... ran on school-record setting 3,200-meter relay (9:36)... other best times were 4:55 in 1,500 meters, 10:37 in 3,000 meters, 15:20 in 4,000 meters, 18:10 in 5,000 meters and 24:26 in 6,000 meters... also played soccer for two years... graduated in top 15 percent of class... "A" and "B" honor roll student... coached by Jacob Kaemmer.

Personal -- born October 17, 1987... daughter of Ed Fallon and Kristin Maahs... psychology major.

Fallon's Collegiate Bests

Event	Time	Meet	Date
1,500 Meters (O)	4:49.54	at Auburn Classic	4/5/08
Mile (I)	5:15.51	Iowa Open	1/19/08
3,000 Meters (O)	10:16.76	Iowa Invite	4/19/08
3,000 Meters (CC)	11:07	Iowa Invite	9/12/08
4,000 Meters (CC)	15:38	Hawkeye Invite	9/15/07
5,000 Meters (I)	17:54.33	at Meyo Invite	2/9/08
5,000 Meters (CC)	17:39	at Auburn Invite	10/4/08
6,000 Meters (CC)	22:21	at NCAA Regional	11/15/08



Karessa Farley

Junior - Hurdles
Bridgetown, Barbados
Queen's College HS

Career Highlights -- all-American, placing sixth in 60-meter hurdles (8.23) at 2009 NCAA Indoor Championships... first Hawkeye in women's school history to earn all-America honors in that event.

2009 -- Indoor - all-American, placing sixth in 60-meter hurdles (8.23) at NCAA Championships... first Hawkeye in women's

school history to earn all-America honors in that event... NCAA provisional qualifier in 60-meter hurdles with a school-record setting time of 8.21 at Iowa State Last Chance Meet... also won 60-meter hurdles at Iowa State Classic with a then-school record time of 8.30... ran collegiate-best 60 meters (7.88) at Iowa Open... **Outdoor** - placed third in 100-meter hurdles with a collegiate-best 13.34 at NCAA Midwest Regional to earn all-region honors and a NCAA automatic bid... that time ranks second all-time at Iowa... qualified for regional meet in 100-meter hurdles (13.44) at Illinois Invite... placed second in 100-meter hurdles at Drake Relays (13.53) and fourth at Big Ten Championships (13.56)... ran 13.56 in NCAA Championships semifinal race to finish 17th after running a 13.65 in the prelims... ran lead leg on 400-meter relay that placed sixth at Big Ten meet, running a team-leading 45.83 in the prelims... letterwinner.

2008 -- Indoor - placed eighth in 60-meter hurdles (8.70) at Big Ten Championships... ran season-best 8.46 in that event at Meyo Invite... ran collegiate-best 200 meters (26.73) at Jack Johnson Classic... **Outdoor** - red-shirted... letterwinner.

High School -- 100-meter hurdles high school champion senior year... named high school athlete of the year as a senior... four-time competitor at CARIFTA Games, earning bronze medal in 2006... best 100-meter hurdles time was 13.92... also competed at Central American Games and Pan American Junior Championships... coached by Brian Holder and Gabriel Burnett... two-time national netball team member.

Personal -- born December 8, 1988... daughter of Matthew Farley and Aphine Farley.

Farley's Collegiate Bests

Event	Time	Meet	Date
60 Meters (I)	7.88	Iowa Open	1/17/09
60-Meter Hurdles (I)	8.21	at Last Chance Qualifier	3/7/09
100 Meters (O)	12.28	at Tiger Track Classic	4/4/09
100-Meter Hurdles (O)	13.34	at NCAA Regional	5/30/09
200 Meters (I)	26.73	at Jack Johnson Classic	1/26/08
300 Meters (I)	42.14	Iowa Open	1/17/09



Betsy Flood

Sophomore - Middle Distance
Des Moines, IA
Dowling High School

2009 -- Indoor - ran third leg on team-leading distance medley relay that placed third in 11:27.34 at Big Ten Championships to provisional qualify for NCAA meet... that relay time ranks third on Iowa's all-time best performers list... led team in mile with collegiate-best 4:51.75 she ran at Iowa State Classic... that time ranks ninth

in school history... ran 4:52.35 mile at Big Ten Championships... ran collegiate bests in 600 meters (1:35.42) at Iowa Invite and 800 meters (2:16.67) at Jack Johnson Classic... **Outdoor** - ran a team-leading and collegiate-best 4:24.11 in 1,500 meters at NCAA Championships prelims... that time ranks seventh all-time at Iowa... placed fourth in 1,500 meters (4:25.98) at NCAA Midwest Regional to earn all-region honors and a NCAA automatic bid... qualified for regional meet in 1,500 meters (4:24.91)... placed 10th in 1,500 meters (4:27.39) at Big Ten meet, running a 4:24.91 in the prelims... ran team-leading and collegiate-best 800 meters (2:11.69) at Illinois Invite... that time ranks 10th in school history... ran lead legs on team-leading 3,200-meter (8:53.81) and 6,400-meter (19:36.43) relays at Drake Relays... those times rank fourth and second, respectively, in school history... Iowa's women's track Big Ten Sportsmanship Award winner... letterwinner.

2008 -- Cross Country - ran collegiate bests in 3,000 meters (10:41) at Hawkeye Invite, 5,000 meters (17:34) at Auburn Invite and 6,000 meters (21:37) at NCAA Midwest Regional... her best 3,000-meter time ranks eighth and her best 6,000-meter time ranks ninth in school history... placed 39th at Big Ten Championships (22:03) and 40th at NCAA Midwest Regional (22:06)... team earned USTFCCA all-academic honors... letterwinner.

High School -- four-time state champion in track, earning four all-state honors... cross country team won state title her senior year after placing second in 2006... set school records in 800 (2:11) and 1,500 meters (4:33), and as part of 3,200 (9:17) and distance medley relays (4:02)... won 1,500 meters (4:35) and set new 3,200-meter relay record (8:58) at 2006 USATF Nationals... also competed in swimming and basketball... honor roll student, earning academic excellence medal... cross country team MVP as a junior... coaches were Father Jim Kirby and Larry Weier.

Personal -- born March 24, 1990... daughter of Steve and Ann Flood... open major.

Flood's Collegiate Bests

Event	Time	Meet	Date
600 Meters (I)	1:35.42	Iowa Invite	2/20/09
800 Meters (O)	2:11.69	at Illinois Invite	5/2/09
1,500 Meters (O)	4:24.11	at NCAA Championships	6/11/09
Mile (I)	4:51.75	at Iowa State Classic	2/14/09
3,000 Meters (CC)	10:41	Hawkeye Invite	8/29/08
5,000 Meters (CC)	17:34	at Auburn Invite	10/4/08
6,000 Meters (CC)	21:37	at Pre-Nationals	10/18/08



**Kara-Aretha
Graham**
Junior - Sprints
London, United Kingdom
Forest Girls School

2009 -- Indoor - did not compete... **Outdoor** - ran third legs on team-leading 400-meter (45.83) and 800-meter relays (1:38.79)... the 400-meter relay placed third at Big Ten Championships and the 800-meter relay time ranks sixth in school history... ran season

bests in 200 meters (25.34) at Illinois Invite and 400 meters (1:00.33) at Messersmith Invite.

2008 -- **Track** - redshirted.

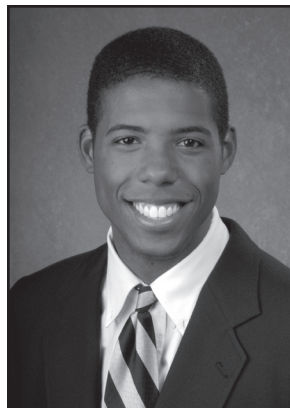
2007 -- **Indoor** - won 200 meters at Iowa Invite (26.12)... part of runner-up 1,600-meter relay at Iowa Invite (3:58.23)... ran 200 meters at the Frank Sevigne Husker Invite (25.68) and Big Ten meet (25.83)... **Outdoor** - qualified for NCAA regional as part of 1,600-meter relay that placed sixth in 3:39.36 at Drake Relays... that time ranks third in school history... placed sixth in 200 meters at Musco Twilight IX (25.34) and seventh at John Jacobs Invite (25.05)... member of ninth-place sprint medley relay (3:59.34) at Drake Relays... that time ranks third in school history... letterwinner.

High School -- member of the 2004 national champion team at English schools (Essex)... 2006 national relay champions at English schools (London)... school record holder in the 100 and 200 meters and long jump... seven-time district champion... team captain 2002-04... best times were 12.52 in 100 meters, 24.38 in 200 meters, 40.22 in 300 meters and 58.27 in 400 meters... coached by Christine Bowemaker and Lloyd Cowan.

Personal -- born June 2006... daughter of Beverley and Carl Graham... psychology major.

Graham's Collegiate Bests

Event	Time	Meet	Date
200 Meters (O)	25.05	at John Jacobs Invite	4/14/07
400 Meters (O)	59.80	at Missouri Relays	3/31/07



Adam Hairston
Senior - Distance
Cedar Rapids, IA
Kennedy High School

2009 -- **Indoor** - led team in 800 meters with NCAA provisional qualifying 1:49.82... placed third in 800 meters (1:51.34) at Big Ten Championships... ran third leg on team-leading distance medley relay that placed ninth at Big Ten meet (9:52.52)... that time ranks fourth all-time at Iowa... won 600 meters at Iowa Open (1:19.05)...

Outdoor - ran a collegiate-best 1:48.53 in 800 meters at NCAA prelims and a 1:49.12 in the semifinals... that time led the team and ranks third all-time at Iowa... placed fifth in 800 meters (1:48.87) at NCAA Midwest Regional to earn all-region honors and a NCAA automatic bid... runner-up in 800 meters (1:50.16) at Big Ten meet... won 800 meters at Tiger Track Classic (1:50.56) and placed fourth at John McDonnell Invite (1:49.96), eighth at Drake Relays (1:54.15) and ninth at Sun Angel Classic (1:51.23)... anchored sprint medley relay to second-place finish (3:20.05) and 3,200-meter relay to 11th-place finish (7:33.08) at Drake Relays... those times rank third and second, respectively, in school history... letterwinner.

2008 -- **Indoor** - set school 800-meter record (1:49.63) at Last Chance Qualifier... provisionally qualified for NCAA Championships in 800 meters twice... runner-up in 800 meters (1:53.30) at Big Ten Championships... won that event at Meyo Invite (1:49.86)... **Outdoor** - led team in 800 meters (1:50.68)... anchored team-leading sprint medley relay (3:21.14) to runner-up finish at Drake Relays... that time ranks eighth in school history... placed third in 800 meters (1:50.68) at Big Ten Championships... won 800 meters at Tiger Classic (1:50.72) and Hawkeye Invite (1:51.84)... letterwinner.

2007 -- **Indoor** - led team in 800 meters (1:53.20), placing eighth at Big Ten meet (1:53.22)... **Outdoor** - qualified for NCAA regional in 800 meters with a season-best and team-leading 1:49.99 at Big Ten meet... that time ranks fifth in school history... placed ninth in 800 meters (1:51.76) at Big Tens... ran on fourth-place distance medley relay (9:54.07) at Drake Relays... that time ranks third all-time at Iowa... letterwinner... placed third in 800 meters (1:50.98) at USATF Junior Nationals, earning all-America honors.

High School -- placed 10th at state cross country meet senior year, earning first team all-state honors... four-time conference and three-time district champion... conference athlete of the year in cross country and track as a senior... won 1,600 meters and ran on runner-up distance medley relay at Drake Relays senior year... four-year honor roll student and academic athlete award winner... coached by Brian Annis and Dennis Roloff.

Personal -- born July 6, 1988... son of John and Ruth Hairston... his father played basketball at Iowa, his uncle Gordon Beecham ran track at Iowa, his uncle Lew Montgomery played football at Iowa and his sister Kristin played basketball at Southwest Minnesota State... marketing and communication studies major.

Hairston's Collegiate Bests

Event	Time	Meet	Date
600 Meters (I)	1:19.05	Iowa Open	1/17/09
800 Meters (O)	1:48.53	at NCAA Championships	6/10/09
Mile (I)	4:19.94	Iowa Invite	2/16/07



Amanda Hardesty

Junior - Distance
Valparaiso, IN
Valparaiso High School

2009 -- Indoor - placed eighth in 3,000 meters at Big Ten Championships with a collegiate-best 9:50.76... that time ranks 10th on Iowa's all-time best performers list... won mile with collegiate-best 5:04.46 at Iowa Invite... **Outdoor** - led team in 5,000 meters with the collegiate-best 17:01.58 she clocked for 16th place at Big

Ten Championships... ran third leg on team-leading 6,400-meter relay that placed third (19:36.43) at Drake Relays... that time ranks second in school history...placed third in 1,500 meters at Sun Angel with a collegiate-best 4:32.17... placed 11th in 5,000 meters (17:19.78) at Drake Relays... letterwinner.

2008 -- Indoor - redshirted... **Outdoor** - ran second leg on team-leading distance medley relay (12:03.66)... ran season-best 1,500 meters (4:45.76) at Musco Twilight X... letterwinner... **Cross Country** - ran collegiate bests in 3,000 meters (10:55) at Hawkeye Invite and 5,000 meters (17:36) at Auburn Invite... ran season-best 6,000 meters (22:06) at NCAA Championships... team earned USTFCCCA academic all-America honors... letterwinner.

2007 -- Cross Country - placed 57th at Big Ten Championships with a collegiate-best 21:53 (6,000 meters)... also ran collegiate best at Hawkeye Invite (15:03-4,000 meters) ... team earned USTFCCCA all-academic honors... letterwinner.

High School -- four time all-state cross country and two time in track... cross country team MVP and state all-star in cross country senior year... conference, sectional, and regional cross country champion senior year... second team all-regional at Footlocker meet... placed fifth as a junior and senior, 16th as a sophomore and 32nd as a freshman at the state cross country meet... ran on 3,200-meter relay that placed second and placed seventh in mile at state track meet... her team placed second at state track meet... also competed in swimming... National Honor Society member... graduated with academic honors... coached were Karen Devries, Mick Cavanaugh and Jim McCall.

Personal -- born December 11, 1988... daughter of Mark and Mary Hardesty... twin sister, Amanda, also runs track and cross country at Iowa... pre-nursing major.

Hardesty's Collegiate Bests

Event	Time	Meet	Date
1,500 Meters (O)	4:32.17	at Sun Angel Classic	4/12/09
Mile (I)	5:04.46	Iowa Invite	2/20/09
3,000 Meters (I)	9:50.76	at Big Ten Championships	2/28/09
3,000 Meters (CC)	10:55	Hawkeye Invite	8/29/08
4,000 Meters (CC)	15:03	Hawkeye Invite	9/15/07
5,000 Meters (O)	17:01.58	at Big Ten Championships	5/17/09
5,000 Meters (CC)	17:36	at Auburn Invite	10/4/08
6,000 Meters (CC)	21:53	at Big Ten Championships	10/29/07



Lauren Hardesty

Junior - Distance
Valparaiso, IN
Valparaiso High School

2009 -- Indoor - led team in 800 meters with collegiate-best 2:12.39 at Big Ten Championships... that time ranks eighth in school history... ran season-best mile (5:01.60) at Iowa State Classic... **Outdoor** - ran third leg on team-leading 3,200-meter relay that placed sixth in 8:53.91 at Drake Relays... that time ranks fourth in school

history... ran season bests in 800 meters (2:18.24) at Sun Angel Classic and 1,500 meters (4:40.59) at Stanford Invite... letterwinner.

2008 -- Indoor - ran third leg on distance medley relay that set school record (11:20.11) and provisionally qualified for NCAA Championships... led team in 800 meters (2:15.45)... **Outdoor** - ran second leg on team-leading distance medley relay (12:03.66)... ran season-best 1,500 meters (4:41.70) at Auburn Classic... letterwinner... **Cross Country** - ran collegiate bests in 3,000 meters (10:58) at Hawkeye Invite and 5,000 meters (17:40) at Auburn Invite... ran season-best 6,000 meters (22:04) at NCAA Pre-Nationals... team earned USTFCCCA academic all-America honors... letterwinner.

2007 -- Cross Country - placed 49th with collegiate-best 21:38 (6,000 meters) at NCAA Midwest Regional... also ran collegiate-best 14:28 (4,000 meters) for ninth place at Hawkeye Invite... those times rank 10th and seventh, respectively, in school history... placed 36th (18:05-5,000 meters) at Auburn Invite and 56th (21:52-6,000 meters) at Big Ten Championships ... team earned USTFCCCA all-academic honors... letterwinner.

High School -- state 1,600-meter champion (4:56) junior year... four-time first team all-state in cross country and two-time in track... three-time cross country and track team MVP... state all-star in cross country senior year... conference (5:04) and district (5:10) 1,600-meter champion senior year... placed fifth at state cross country meet sophomore year, seventh as a junior, 11th as a senior and 12th as a freshman... placed sixth in 1,600 meters, ninth in 800 meters and placed second as part of 3,200-meter relay at state meet senior year... coaches were Karen Devries, Mick Cavanaugh and Jim McCall... also competed in basketball and swimming... graduated with academic honors.

Personal -- born December 11, 1988... daughter of Mark and Mary Hardesty... twin sister, Amanda, also runs track and cross country at Iowa.

Hardesty's Collegiate Bests

Event	Time	Meet	Date
600 Meters (I)	1:36.44	Iowa Invite	2/20/09
800 Meters (I)	2:12.39	at Big Ten Championships	2/28/09
1,500 Meters (O)	4:40.59	at Stanford Invite	3/27/09
Mile (I)	4:59.68	at Jack Johnson Classic	1/26/08
3,000 Meters (CC)	10:58	Hawkeye Invite	8/29/08
4,000 Meters (CC)	14:28	Hawkeye Invite	9/15/07
5,000 Meters (CC)	17:40	at Auburn Invite	10/4/08
6,000 Meters (CC)	21:38	at NCAA Regional	11/11/07



Tiffany Hendricks

Junior
Combined Events/Hurdles
Burlington, IA
Burlington High School

2009 -- Indoor - ran second leg on team-leading distance medley relay that placed third in 11:27.34 at Big Ten Championships to provisional qualify for NCAA meet... that relay time ranks third on Iowa's all-time best performers list... ran second leg on team-leading 1,600-meter relay that

placed eighth in 3:46.98 at Big Ten Championships... ran season bests in 60 meters (8.04) at Iowa Invite, 200 meters (25.61) at Iowa State Classic and 400 meters (57.07) at Meyo Invite... **Outdoor** - led team in 400 meters (56.26) and 400-meter hurdles (1:03.00)... ran second leg on team-leading 800-meter relay (1:38.79) at Drake Relays and lead leg on team-leading 1,600-meter relay (3:48.22) at Big Ten Championships... the 800-meter relay time ranks sixth in school history and the 1,600-meter relay placed sixth... ran collegiate bests in 200 (25.02) and 400 meters (56.26) at Tiger Track Classic and 400 meters (1:03.00) at Big Ten Championships... letter-winner.

2008 -- Indoor - anchored team-leading 1,600-meter relay (3:43.83)... that time ranks fourth in school history... ran third leg on 1,600-meter relay that placed fifth (3:47.34) at Big Ten Championships... **Outdoor** - ran third leg on team-leading 1,600-meter relay (3:44.21) that placed sixth at Big Ten Championships... ran third leg on team-leading distance medley relay (12:03.66) at Drake Relays... ran lead leg on team-leading 800-meter relay (1:39.74)... anchored eighth-place 400-meter relay (47.29) at Big Ten Championships... ran collegiate-best 400 meters (57.90) at Auburn Classic... letterwinner.

High School -- state champion as part of shuttle hurdle relay sophomore year, placing second as a senior... also placed fourth as part of sprint medley relay, fourth as part of 400-meter relay and fifth in long jump at state meet senior year... four-time district champion and five-time district runner-up... two-time conference champion and three-time runner-up... two-time all-state, elite all-state and all-conference... three-time four-event qualifier at state meet... set school records in long jump (18-3 1/2) and as part of shuttle hurdle relay (1:00.96) and sprint medley relay (1:50.11)... other best times were 12.52 in 100 meters, 25.84 in 200 meters and 59.0 in 400 meters... coach was Maureen Heath... three-year letterwinner in volleyball... four-year honor roll student.

Personal -- born January 9, 1989... daughter of Michael and Gwendolyn Hendricks... psychology/pre-law major.

Hendricks' Collegiate Bests

Event	Time	Meet	Date
60 Meters (I)	8.04	Iowa Open	1/17/09
200 Meters (O)	25.02	at Tiger Track Classic	4/4/09
300 Meters (I)	40.97	Iowa Open	1/17/09
400 Meters (O)	56.26	at Tiger Track Classic	4/4/09
400 Hurdles (O)	1:03.00	at Big Ten Championships	5/16/09
600 Meters (I)	1:42.42	Iowa Open	1/19/08



Nick Holmes

Redshirt Freshman - Distance
Peoria, IL
Limestone High School

2009 -- Track - redshirted.

2008 -- Cross Country - won Hawkeye Invite (18:33) in collegiate debut... that 6,000-meter time ranks fourth in school history team earned USTFCCCA academic all-America honors.

High School -- won Class 2A state cross country title senior year (14:21)... placed fifth in 3,200 meters (9:13.12) at state track

meet as a senior... named Athlete of the Meet at 2008 Illinois Prep Top Times Classic after winning indoor mile in a meet record-setting 4:13.72... placed 11th in 1,600 meters (4:13) at 2008 Nike Outdoor Nationals... four-time conference champion, winning two titles in cross country and two in track... four-time first team all-conference in cross country, earning all-state honors in cross country and track as a senior... track all-conference honoree senior year... two-time team captain... set school records in 1,600 meters (4:10), 3,200 meters (9:04), cross country three miles (14:21), and as part of 3,200-meter relay (8:04)... National Honor Society member... coached by Clint Lafary.

Personal -- born August 31, 1990... son of Tim and Janet Holmes... history major.

Holmes' Collegiate Bests

Event	Time	Meet	Date
6,000 Meters (CC)	18:33	Hawkeye Invite	8/29/08



Courtney Johnson

Sophomore
Combined Events/Sprints
Marion, IA
Linn-Mar High School

2009 -- Indoor - redshirted... **Outdoor** - placed fifth in 400 meters (1:01.33) at Lee Calhoun Memorial.

High School -- two-time all-conference... 10-time state qualifier, placing sixth in 400 meters (58.7) and eighth at part of sprint medley relay senior year... ran on

sprint medley relay that placed eighth at Drake Relays in 2007 and 12th in 2008... lettered four years in track... three-year academic letterwinner... National Honor Society member... also competed in gymnastics... coached by Marek Wensel and Ken McClelland.

Personal -- born February 26, 1990... daughter of Hugh and Cheryl Johnson.

Johnson's Collegiate Bests

Event	Time	Meet	Date
400 Meters (O)	1:01.33	Lee Calhoun Memorial	4/11/09



Chase Kadlec

Sophomore - Distance
Wheaton, IL
North High School

2009 -- Indoor - ran collegiate bests in 800 meters (1:57.69) at Iowa Open and mile (4:09.47) at Big Ten Championships... also ran mile at Iowa State Classic (4:14.88), Meyo Invite (4:15.84), Jack Johnson Classic (4:16.37) and against Illinois (4:17.21)...

Outdoor - led team in 1,500 meters (3:51.01) and ran lead legs on team-

leading distance medley (10:02.91) and 6,400-meter relays (17:17.63)... the 6,400-meter relay ranks sixth and the distance medley relay ranks ninth in school history... ran collegiate-best 1,500 meters (3:51.01) at John McDonnell Invite, which ranks 10th in school history... placed fourth in 1,500 meters (3:51.49) and sixth in 3,000 meters (8:32.10) at Tiger Track Classic... also ran 1,500 meters at Big Ten Championships (3:58.11)... letterwinner... placed sixth in the men's 1,500 meters (3:53.31) at the USATF Outdoor Junior National Championships.

2008 -- Cross Country - ran collegiate bests in 6,000 meters (19:29) at Hawkeye Invite and 8,000 meters (25:08) at Auburn Invite... also competed at Roy Griak Invite (25:50) and at Big Ten Championships (26:42)... team earned USTFCCCA all-academic honors... letterwinner.

High School -- placed third in 1,600 meters (4:14.02) at state track meet senior year... placed 12th at Class 2A state cross country meet as a senior (14:41)... three-time conference champion... six-time all-conference, earning three honors in cross country and three in track... three-time all-area in track... three-time all-state, earning two all-section and one all-region honor... set school records in indoor 3,200 meters (9:29.9) and outdoor 1,600 meters (4:14.02), and ran on school record-setting indoor 3,200-meter relay (8:03.04)... two-year competitor on varsity swimming team... four-year academic all-conference and honor roll student... coaches were Nate Roe, Don Helberg, Jeff Potter and Pete Macabobby.

Personal -- born June 20, 1990... son of Tom and Le Kadlec... accounting and finance major.

Kadlec's Collegiate Bests

Event	Time	Meet	Date
800 Meters (I)	1:57.69	Iowa Open	1/17/09
Mile (I)	4:09.47	at Big Ten Championships	2/28/09
3,000 Meters (O)	8:32.10	at Tiger Track Classic	4/4/09
6,000 Meters (CC)	19:29	Hawkeye Invite	8/29/08
8,000 Meters (CC)	25:08	at Auburn Invite	10/4/08



Susan Kuhl

Sophomore - Distance
Beaman, IA
BCLUW High School

2009 -- Indoor - ran 800 meters (2:22.41) at Iowa State Classic... **Outdoor** - placed seventh in 800 meters at Messersmith Invite (2:24.07) and 12th at Lee Calhoun Memorial (2:27.76).

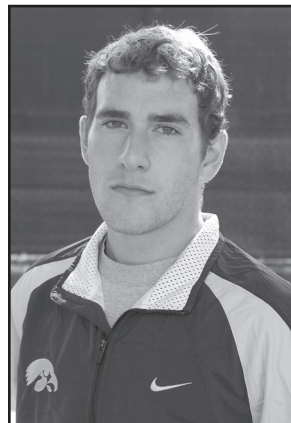
2008 -- Cross Country - ran 3,000 meters (11:47) at Iowa Invite... team earned USTFCCCA all-academic honors.

High School -- six-time track conference champion... four-time medalist at state track meet... four-time all-conference and state qualifier in cross country... set school records in 1,500 and 3,000 meters, and as part of 3,200-meter and distance medley relays... honor roll student... National Honor Society member... coached by Dave Weldon, Theresa Penick and Donna Fiscus.

Personal -- born July 31, 1990... daughter of Dave and Linda Kuhl... open major.

Kuhl's Collegiate Bests

Event	Time	Meet	Date
800 Meters (I)	2:22.41	at Iowa State Classic	2/14/09
3,000 Meters (CC)	11:47	Iowa Invite	9/12/08



Dan Kuhlman

Junior - Middle Distance
Glen Ellyn, IL
Glenbard South High School

2009 -- Indoor - placed third with collegiate-best 600 meters (1:20.84) at Iowa Open... ran collegiate-best 800 meters (1:53.82) at Iowa State Classic... **Outdoor** - ran season-best 800 meters (1:54.60) at Tiger Track Classic... also ran 800 meters at Messersmith Invite (1:55.97)... letterwinner.

2008 -- Indoor - runner-up in 800 meters at Iowa Invite (1:57.49)... **Outdoor** - ran season-best 800 meters (1:56.07) at Hawkeye Invite.

High School -- three-time conference champion and two-time runner-up... ran on 3,200-meter relay that won title at 2007 Nike Outdoor Nationals... eight-time all-conference and four-time all-state... team captain senior year... named most improved runner as a sophomore.

Personal -- born January 31, 1989... son of Thomas and Judy Kuhlman... brother Kevin ran cross country and track at Illinois... political science major.

Kuhlman's Collegiate Bests

Event	Time	Meet	Date
600 Meters (I)	1:20.84	Iowa Open	1/17/09
800 Meters (I)	1:53.82	at Iowa State Classic	2/14/09



Jackie Laesch

Sophomore - Distance
Wheaton, IL
North High School

2009 -- Indoor - ran season bests in 800 meters (2:21.31) at Iowa State Classic and mile (5:18.30) at Iowa Invite... **Outdoor** - placed sixth in 800 meters (2:22.18) at Messersmith Invite.

2008 -- Cross Country - ran collegiate-best 3,000 meters (11:22) at Hawkeye Invite... team earned USTFCCCA all-academic

honors.

High School -- ran on state champion 3,200-meter relay sophomore year... three-time conference champion in track... eight-time all-conference in cross country and track... conference runner-up in cross country senior year... cross country team won three conference titles... placed seventh at state cross country meet as a sophomore and 10th as a freshman, earning all-state honors... ran school and state record-setting 3,200-meter relay (9:07)... four-year honor roll student... National Honor Society member... coaches were Ron Piro, Peter Anderson, Ken Fasshauer and Frank Anderson.

Personal -- February 22, 1990... daughter of Tom and Kelley Laesch... her dad played basketball and ran track at Wisconsin Eau Claire... her sister, Amanda, runs cross country and track at North Central College... elementary education major.

Laesch's Collegiate Bests

Event	Time	Meet	Date
800 Meters (I)	2:21.31	at Iowa State Classic	2/14/09
Mile (I)	5:18.30	Iowa Invite	2/20/09
3,000 Meters (CC)	11:22	Hawkeye Invite	8/29/08



Ryan Lamparek

Sophomore - Throws
Fairfax, IA
Cedar Rapids Prairie HS

2009 -- Indoor - placed sixth in shot put with collegiate-best 56-8 3/4 at Big Ten Championships... that mark ranks 10th on Iowa's all-time best performers list... runner-up in shot put at Iowa Invite (56-0 1/2), against Illinois (55-6 1/2) and at Iowa Open (54-11 1/4), and placed third at Jack Johnson Classic (55-1 1/2)... **Outdoor** -

placed 11th in discus (174-11) at NCAA Midwest Regional... won shot put (53-2 1/4) and placed second in discus (177-3) at Messersmith Invite... that collegiate-best discus mark ranks 10th all-time at Iowa... placed fifth in discus (167-8) and 16th in shot put (53-1) at Big Ten meet... placed 14th in discus (159-6) and 18th in shot put (53-5 3/4) at Drake Relays... placed third in shot put and discus (53-3 3/4, 168-0) at Illinois Invite... also qualified for regional meet in discus at Mesa Classic (175-4)... academic all-Big Ten... letterwinner.

2008 -- Track - redshirted... threw season bests in discus (166-6) and shot put (54-9 1/2) at Musco Twilight X while competing unattached.

High School -- state shot put champion (59-7) and discus runner-up senior year... two-time Drake Relays champion... four-time conference champion... six-time all-conference and all-metro... set school shot put record (61-1)... best discus mark was 183-2 in discus... coached by Bill Swartz and Jeff Moeller... lettered four years in track and two in football... two-time track team captain and one-time football team captain... high honor roll award winner.

Personal -- born April 24, 1989... son of Gary and Darla Lamparek... both parents competed in track at Northern Iowa... pre-chiropractic major.

Lamparek's Collegiate Bests

Event	Mark	Meet	Date
Shot Put (I)	56-8 3/4 (17.29 m)	at Big Ten Championships	2/28/09
Weight Throw (I)	49-7 (15.11 m)	Iowa vs. Illinois	1/10/09
Discus (O)	177-3 (54.04 m)	at Messersmith Invite	4/18/09



IOWA HAWKEYE TRACK & FIELD

Meet The Hawkeyes



Jesse Luciano

Senior - Distance

Villa Park, IL

Willowbrook High School

2009 -- Indoor - led team in mile (4:07.29) and 5,000 meters (14:20.99)... the mile time ranks sixth and the 5,000-meter time ranks seventh on Iowa's all-time best performers list... anchored team-leading distance medley relay that placed ninth at Big Ten meet (9:52.52)... that time ranks fourth in school history... placed 17th in

5,000 meters (14:31.58) at Big Ten Championships... placed fourth in mile (4:07.29) at Iowa State Classic and sixth in 5,000 meters (14:20.99) at Meyo Invite... **Outdoor** - redshirted... academic all-Big Ten... letterwinner.

2008 -- Indoor - redshirted... **Outdoor** - led team in 1,500 (3:51.99), 5,000 (14:27.31) and 10,000 meters (30:19.92)... placed fourth in 10,000 meters (30:19.92) at Big Ten Championships, running that event for the first time in his career... ran season bests in 1,500 meters (3:51.99) at Tiger Classic and 5,000 meters (14:27.31) at Drake Relays... academic all-Big Ten... letterwinner... **Cross Country** - lone Hawkeye to compete at NCAA Championships, placing 43rd with a collegiate-best 30:17 (10,000 meters)... that time ranks second in school history... set school 6,000-meter record (23:01) with his fourth-place finish at Auburn Invite... earned Big Ten Men's Cross Country Athlete of the Week honors Oct. 7 for that performance... Iowa's top finisher in six of eight races... led team in 8,000 (23:01) and 10,000 meters (30:17)... placed ninth at Big Ten Championships (24:52), earning all-Big Ten honors... placed 15th at NCAA Midwest Regional (31:32), earning all-region honors... also placed second at Hawkeye Invite (18:40), which ranks sixth in school history... placed 14th at Roy Griak Invite (24:40) and 55th at NCAA Pre-Nationals (24:31)... academic all-Big Ten... named to national individual USTFCCCA all-academic team, while entire team earned USTFCCCA all-academic honors... letterwinner.

2007 -- Indoor - won 800 meters with a collegiate-best 1:55.94 at Iowa Invite... ran season-best mile (4:10.68) at Cyclone Classic... **Outdoor** - ran collegiate-best 1,500 meters (3:49.99) at Stanford Invite... that time led team and ranks seventh in school history... placed third in 1,500 meters at Musco Twilight IX (3:50.59)... ran lead leg on team-leading distance medley relay (9:54.07)... that time ranks third in school history... letterwinner... **Cross Country** - placed 15th at NCAA Midwest Regional with a season-best 30:30, earning all-region honors... placed 20th at Big Ten Championships (24:24) and 41st at NCAA Pre-Nationals (23:59)... led team in five of six races.. won Early Bird Invite (25:26), placed second at Loyola Lakefront Invite (24:41) and third at Hawkeye Open (25:27)... academic all-Big Ten... earned individual and team USTFCCCA all-academic honors... letterwinner.

2006 -- Cross Country - placed 45th (32:11) at NCAA Midwest Regional and 66th (24:34) at NCAA Pre-Nationals ... placed sixth at Hawkeye Open (6,000 meters-18:51)... placed 87th at Roy Griak Invite (26:12)... letterwinner.

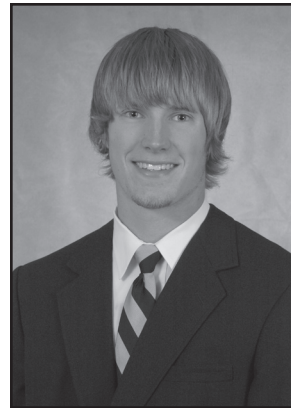
High School -- placed sixth (14:26) at state cross country meet senior year and 10th (14:44) as a junior... six-time conference and two-time sectional champion... four-time all-conference, three-time team MVP and two-time all-state in cross country... named Booster Club most outstanding athlete, track team MVP and cross country team captain senior year... best 1,600-meter time was 4:13... soccer team MVP... Illinois state scholar...

academic all-conference... coached by T.J. Artman, Mike Brosseau and Romelle Taylor.

Personal -- born January 10, 1988... son of Geri Luciano and Dominic Luciano... health and sport studies major.

Luciano's Collegiate Bests

Event	Time	Meet	Date
800 Meters (I)	1:55.94	Iowa Invite	2/16/07
1,500 Meters (O)	3:49.99	at Stanford Invite	3/31/07
Mile (I)	4:07.29	at Iowa State Classic	2/14/09
5,000 Meters (O)	14:20.99	at Meyo Invite	2/6/09
6,000 Meters (CC)	18:40	Hawkeye Invite	8/29/08
8,000 Meters (CC)	23:01	at Auburn Invite	10/4/08
10,000 Meters (O)	30:19.92	at Big Ten Championships	5/16/08
10,000 Meters (CC)	30:17	at NCAA Championships	11/24/08



Mark Mankivsky

Senior - Pole Vault

Naperville, IL

Waubonsie Valley High School

2009 -- Indoor - placed second in pole vault (14-1 1/4) against Illinois... **Outdoor** - did not compete.

2008 -- Indoor - placed 17th in heptathlon (3,989 points) at Big Ten Championships... scored collegiate-best 4,453 points at UNI Invite, which ranks eighth on Iowa's all-time best performers list... academic all-Big

Ten... letterwinner.

2007 -- Indoor - placed 17th in heptathlon with a season-best 4,023 points at Big Ten Championships... **Outdoor** - redshirted.

High School -- runner-up at Illinois prep top times decathlon... three-time all-conference and all-academic selection, earning all-section honors senior year... two-time state qualifier... Illinois state scholar and Indian Prairie scholar... coached by Steve Luke, Dave Severance, Brian Beyers, Kevin Rafferty and Christ Mattson.

Personal -- born August 17, 1987... son of Tom and Linda Ziemann and Dan and Laura Mankivsky... his step-brother Chris Ziemann was an offensive lineman at the University of Michigan, playing on the 1998 Rose Bowl team, and has played in the NFL for the New York Giants, Jacksonville Jaguars and Tampa Bay Buccaneers... business major.

Mankivsky's Collegiate Bests

Event	Mark	Meet	Date
Pole Vault (O)	14-9 (4.50 m)	Iowa Invite	4/19/08
Heptathlon (I)	4,453 points	at UNI Invite	2/1-2/08



Mike Marbach
Redshirt Freshman - Distance
Orland Park, IL
Carl Sandburg High School

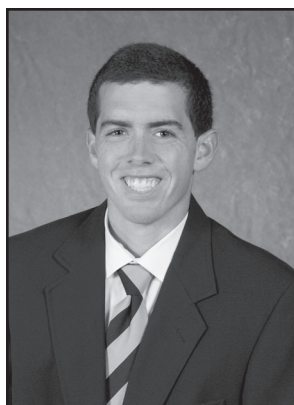
2009 -- **Track** - redshirted.
2008 -- **Cross Country** - ran collegiate-best 6,000 meters (20:21) at Hawkeye Invite... also ran 20:52 at Iowa Invite... team earned USTFCCA all-academic honors.
High School -- four-time all-conference and three-time all-section in track... two-time varsity all-conference in cross country,

earning all-region and all-section honors as a senior... ran on school record-setting 3,200-meter relay (7:49.1)... ran on 6,400-meter relay that placed 10th at 2007 Nike Outdoor National meet... best times were 1:58 in 800 meters, 4:24.5 in mile, 9:45 in two miles and 14:51 in cross country three miles... National Honor Society member... coach was John O'Malley.

Personal -- born May 5, 1990... son of Paul and Jean Marbach... pre-business major.

Marbach's Collegiate Bests

Event	Time	Meet	Date
6,000 Meters (CC)	20:21	Hawkeye Invite	8/29/08



Brian Marchese
Junior - Distance
Elmhurst, IL
York High School
College of DuPage

2009 -- **Indoor** - ran lead leg on team-leading distance medley relay that placed ninth at Big Ten meet (9:52.52)... that time ranks fourth on Iowa's all-time best performers list... won non-seeded mile with collegiate-best 4:11.89 at Iowa State Classic... placed third in 800 meters

(1:58.60) at Iowa Invite... **Outdoor** - led team in 3,000 meters (8:25.98) and anchored team-leading 6,400-meter relay (17:17.63) at Drake Relays... the relay time ranks sixth in school history... won 1,500 meters (3:52.19) and placed second in 3,000 meters (8:37.38) at Illinois Invite... ran collegiate-best 3,000 meters (8:25.98) at Tiger Track Classic... also ran 1,500 meters at Tiger Track Classic (3:55.67), John McDonnell Invite (3:56.74) and Big Ten Championships (3:56.75)... letterwinner.

High School -- two-time all-American in track, earning all-state honors as a junior... three-time all-conference... ran on conference champion 3,200-meter relay... track team won three conference titles... best times were 1:56.8 in 800 meters, 4:17.08 in 1,600 meters and 9:20.00 in 3,200 meters... coaches were Charlie Kern, Stanley Reddel and Joe Newton.

Personal -- born January 31, 1988... son of Steven and Peggy Marchese.

Marchese's Collegiate Bests

Event	Time	Meet	Date
800 Meters (I)	1:58.60	Iowa invite	2/20/09
1,500 Meters (O)	3:52.19	at Illinois Invite	5/2/09
Mile (I)	4:11.89	at Iowa State Classic	2/14/09
3,000 Meters (O)	8:25.98	at Tiger Track Classic	4/4/09



Brandon McSkimming
Junior - Sprints
West Des Moines, IA
Valley High School

2009 -- **Indoor** - ran collegiate-best 200 meters (22.44) at Iowa Open... won 400 meters with season-best 49.31 at Iowa Invite... **Outdoor** - ran season-best 200 meters (22.57) at Tiger Track Classic and 400 meters (49.57) at Messersmith Invite...

letterwinner.

2008 -- **Indoor** - ran second leg on team-leading distance medley relay that placed eighth at Big Ten Championships (10:03.14)... ran season bests in 200 (22.83) and 400 meters (49.89) at ISU Classic... **Outdoor** - ran second leg on 400-meter relay that led team and placed fourth at Big Ten Championships (40.98)... ran collegiate-best 400 meters (49.17) at Big Ten Championships... letterwinner.

High School -- four-time state champion and five-time conference champion... four-time all-conference, three-time all-district and two-time all-state... team captain senior year... team won two conference and one state title... best 400-meter time was 48.5.

Personal -- born November 19, 1988... son of Brad McSkimming and Cindy Essex... chemistry major.

McSkimming's Collegiate Bests

Event	Time	Meet	Date
200 Meters (I)	22.44	Iowa Open	1/17/09
400 Meters (O)	49.17	at Big Ten Championships	5/17/08



McKenzie Melander

Sophomore - Distance
Apple Valley, MN
Eastview High School

2009 -- Indoor - ran lead leg on team-leading distance medley relay that placed third in 11:27.34 at Big Ten Championships to provisional qualify for NCAA meet... that relay time ranks third on Iowa's all-time best performers list... ran collegiate-best

mile (4:51.76) at Iowa State Classic, which ranks 10th in school history... ran collegiate-best 3,000 meters (9:55.53) at Meyo Invite... **Outdoor** - placed seventh in 1,500 meters (4:30.83) at NCAA Midwest Regional to earn all-region honors... placed ninth in 1,500 meters at Big Ten meet (4:27.36), running a collegiate-best and regional qualifying 4:26.99 in the prelims... the prelim time ranks ninth all-time at Iowa... ran second leg on team-leading 6,400-meter (19:36.43) relay that placed third at Drake Relays... that relay time ranks second in school history... ran collegiate-best 800 meters (2:14.90) at Illinois Invite... USTFCCA all-academic team honoree... letterwinner.

2008 -- Cross Country - ran collegiate bests in 3,000 meters (10:56) at Hawkeye Invite, 5,000 meters (17:45) at Auburn Invite and 6,000 meters (22:57) at Big Ten Championships... team earned USTFCCA all-academic honors... letterwinner.

High School -- cross country conference champion as a junior, winning regional title as a sophomore... placed third at state cross country meet junior year... ran on third-place 3,200-meter relay at state meet senior year, placing second in 1,600 and 3,200 meters as a junior... team won state title senior year... eight-time all-conference and five-time all-state in cross country and track... set school records in 1,600 meters (4:59.25), 3,200 meters (10:52.32) and cross country 4,000 meters (14:28)... five-time academic all-state... three-time most valuable distance runner on track team and two-time cross country team MVP... two-year letterwinner in ice hockey... four-year academic letterwinner... graduated with high honors, as an AP scholar... 2008 Wendy's High School Heisman award winner... National Honor Society member... coach was Jorjean Fischer.

Personal -- born October 12, 1989... daughter of Mark and DeeDee Melander... pre-health major.

Melander's Collegiate Bests

Event	Time	Meet	Date
800 Meters (O)	2:14.90	at Illinois Invite	5/2/09
1,500 Meters (O)	4:26.99	at Big Ten Championships	5/16/09
Mile (I)	4:51.76	at Iowa State Classic	2/14/09
3,000 Meters (I)	9:55.53	at Meyo Invite	2/7/09
3,000 Meters (CC)	10:56	Hawkeye Invite	8/29/08
5,000 Meters (CC)	17:45	at Auburn Invite	10/4/08
6,000 Meters (CC)	22:57	at Big Ten Championships	11/2/08



Kelsey Mims

Sophomore - Sprints
Iowa City, IA
City High School

2009 -- Indoor - did not compete... **Outdoor** - ran collegiate-best 400 meters (58.99) at Tiger Track Classic and 400-meter hurdles (1:07.42) at Lee Calhoun Memorial... academic all-Big Ten... letterwinner.

2008 -- Track - redshirted.

High School -- ran on three state champion cross country teams and one state champion track team... ran on state runner-up distance medley relay senior year... ran on two conference champion track and cross country teams... four-time Drake Relays qualifier... best times were 59.70 in 400 meters and 2:28 in 800 meters... coaches were Tom Mittman and Terry Coleman... also played basketball and was a member of high school dance team.

Personal -- born August 1, 1989... daughter of Fred and Susan Mims... father played basketball and baseball at Iowa, played baseball for the Houston Astros and is one of Iowa's Associate Athletics Directors... mother ran track and cross country at Iowa... her brother, Jeremy, runs track for Nike, her brother, Corey, ran track at the University of Kansas and her sister, Monica, was a four-year track letterwinner at Iowa... open major.

Mims' Collegiate Bests

Event	Time	Meet	Date
400 Meters (O)	58.99	at Tiger Track Classic	4/4/09
400 Hurdles (O)	1:07.42	at Lee Calhoun Memorial	4/11/09



James Paul
 Junior - Middle Distance
 Queenston, Ontario
 Sir Winston Churchill HS

2009 -- Indoor - ran collegiate-best mile (4:12.49) at Iowa State Classic... won 800 meters at Iowa Invite (1:57.07) and placed fourth at Iowa Open (1:57.73)... won mile at Jack Jennet Invite (4:18.70)... **Outdoor** - ran third leg on team-leading distance medley relay (17:17.63) at Drake Relays... that time ranks sixth in school history...

won 3,000 meters at Illinois Invite (8:34.81) and placed second at Lee Calhoun Memorial (8:45.10)... ran 1,500 meters at Tiger Track Classic (3:53.86), John McDonnell Invite (3:53.49) and Illinois Invite (3:58.63)... academic all-Big Ten... letterwinner.

2008 -- Indoor - led team in mile (4:13.85)... ran lead leg on team-leading distance medley relay (10:03.14) that placed eighth at Big Ten Championships... **Outdoor** - anchored team-leading distance medley relay (10:17.87) at Drake Relays... ran 1,500 meters at Tiger Classic (3:57.65) and Hawkeye Invite (4:05.63)... letterwinner... **Cross Country** - ran collegiate-best 6,000 meters (19:33) at Hawkeye Invite and 8,000 meters (24:29) at Auburn Invite... also competed at Iowa invite (20:24) and Roy Griak Invite (27:07)... academic all-Big Ten... team earned USTFCCA all-academic honors... letterwinner.

High School -- placed fourth at all-Ontario meet in 1,500 meters (3:57)... two-time all-Ontario winning team member in cross country... best 1,500-meter time was 3:52.14.

Personal -- born March 19, 1989... son of Ian and Paula Paul... brother, Jonathan, ran cross country and track at Harvard... brother, Blair, currently runs cross country and track for Coastal Carolina... pre-medicine major.

Paul's Collegiate Bests

Event	Time	Meet	Date
800 Meters (I)	1:57.07	Iowa Invite	2/20/09
1,500 Meters (O)	3:53.49	at John McDonnell Invite	4/18/09
Mile (I)	4:12.49	at Iowa State Classic	2/14/09
3,000 Meters (O)	8:34.81	at Illinois Invite	5/2/09
6,000 Meters (CC)	19:33	Hawkeye Invite	8/29/08
8,000 Meters (CC)	24:29	at Auburn Invite	10/4/08



Sophia Poncé
 Senior - Sprints/Middle Distance
 Rockton, IL
 Hononegah High School

2009 -- Indoor - ran second leg on team-leading 1,600-meter relay that placed eighth in 3:46.98 at Big Ten Championships... runner-up in 600 meters at Iowa Invite with a collegiate-best 1:35.52... ran 400 meters (59.13) and 600 yards (1:26.85) at Iowa State Classic... **Outdoor** - ran season-best 800 meters (2:15.82) at Sun Angel

Classic... letterwinner.

2008 -- Indoor - runner-up in 600 meters (1:38.54) at Iowa Invite... ran season-best 800 meters (2:19.36) at ISU Classic... **Outdoor** - ran 400 meters at Shamrock Invite (1:02.10) and Iowa Invite (1:02.52), and 800 meters (2:22.80) at Musco Twilight X... letterwinner.

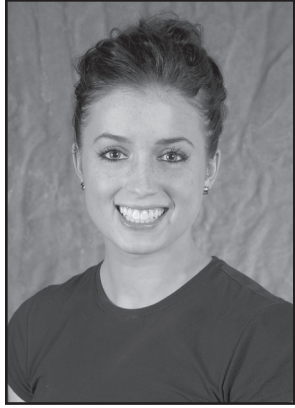
2007 -- Indoor - led team in 600 yards (1:24.55) and ran on team-leading 1,600 (3:42.75) and distance medley (12:31.55) relays... the 600-yard time ranks sixth and the 1,600-meter relay time ranks third in school history... ran on 1,600-meter relay that placed sixth (3:45.45) and distance medley relay that placed ninth (12:31.55) at Big Ten Championships... placed second in 600 meters at Hawkeye Invite (1:36.59) and seventh at Jack Johnson Classic (1:36.57)... **Outdoor** - led team in 800 meters (2:10.35) and ran on team-leading sprint medley (3:59.34) and distance medley (11:25.05) relays... the distance medley time ranks second and the sprint medley time ranks third in school history... placed ninth in 800 meters (2:13.40) at Big Ten Championships, running a collegiate-best 2:10.35 in the prelims... that time ranks seventh in school history... placed third in 800 meters (2:13.36) at Musco Twilight IX... ran on distance medley relay that placed sixth (11:25.05) and sprint medley relay that placed ninth (3:59.34) at Drake Relays... letterwinner... **Cross Country** - placed 48th at Hawkeye Invite (16:19-4,000 meters).

High School -- won 400-meter state title (55.40) senior year, anchoring runner-up 800-meter medley relay to school record (1:45.61)... four-time conference champion... three-time conference and team MVP... three-time all-state, earning all-America honors as a junior... four-time all-conference... team captain senior year... set school records in 200 meters (25:11), 400 meters (55.31), 800 meters (2:21) and mile (5:18)... 2006 President's outstanding academic excellence award winner... coached by Mark McLarty.

Personal -- born April 9, 1988... daughter of Kenneth and Kathleen Poncé... chemistry major.

Poncé's Collegiate Bests

Event	Time	Meet	Date
400 Meters (I)	58.61	at Cyclone Invitational	2/10/07
500 Meters (I)	1:19.08	at Meyo Invite	2/6/09
600 Yards (I)	1:24.55	at Sevigne Husker Invite	2/2/07
600 Meters (I)	1:35.52	Iowa Invite	2/20/09
800 Meters (O)	2:10.35	Big Ten Championships	5/12/07



Bethany Praska

Sophomore
Sprints/Middle Distance
Longmont, CO
Longmont Christian HS

2009 -- Indoor - led team in 400 meters (56.42), 600 yards (1:23.12) and 600 meters (1:31.33)... the 600 meters time ranks third, the 600 yards time ranks fourth and the 400 meters time ranks 10th on Iowa's all-time best performers list... placed sixth in 600 meters (1:31.80) at Big Ten Championships...

ran collegiate-best 56.42 in 400 meters at Meyo Invite... Iowa's women's track Big Ten Sportsmanship award winner... **Outdoor** - ran second legs on team-leading 1,600-meter (3:48.22) and distance medley relays (12:11.56)... the 1,600-meter relay placed sixth at Big Ten Championships... ran season bests in 200 (25.91) and 400 meters (57.08) at Illinois Invite... academic all-Big Ten... letterwinner.

2008 -- Indoor - ran season-best 1:34.66 in 600-meter prelims at Big Ten Championships... ran 400 meters at Jack Johnson Classic (58.57), Meyo Invite (57.70) and ISU Classic (58.60)... **Outdoor** - ran lead leg on 1,600-meter relay that led team (3:44.21) and placed sixth at Big Ten Championships... ran on team-leading 3,200-meter relay (9:14.66) at Drake Relays... ran season-best 400 meters (57.25) at Sun Angel Classic... also ran 400 meters at Auburn Classic (58.42), Iowa Invite (58.00), Musco Twilight X (57.79) and Big Ten Championships (57.40)... letterwinner.

High School -- three-time state champion and two-time runner-up... three-time all-state and all-region, earning all-conference honors twice... team MVP and conference track athlete of the year as a sophomore... six-time district champion and three-time runner-up... five-time conference champion and three-time runner-up... set school record in 400 meters (55.7)... other best times were 12.9 in 100 meters, 25.13 in 200 meters and 21:21 in 800 meters... three-time state Junior Olympics champion... coach was Tim McIntire... two-time letterwinner in volleyball, earning all-state honorable mention and second team all-league honorable mention honors senior year... set school kill record in volleyball... also lettered in soccer... four-year honor roll student and academic letterwinner... Colorado High School Athletic Association athletic academic first team senior year.

Personal -- born June 10, 1989... daughter of Mark and Kathy Praska... pre-physical therapy major.

Praska's Collegiate Bests

Event	Time	Meet	Date
60 Meters (I)	8.17	Iowa Open	1/17/09
200 Meters (O)	25.69	at Shamrock Invite	3/22/08
400 Meters (I)	56.42	at Meyo Invite	2/7/09
600 Yards (I)	1:23.12	at Iowa State Classic	2/13/09
600 Meters (I)	1:31.33	at Big Ten Championships	2/28/09



Frank Prill

Senior - Multi-Events
Chicago, IL
St. Patrick High School

2009 -- Indoor - placed 10th in heptathlon with collegiate-best 4,902 points at Big Ten Championships... that total ranks third on Iowa's all-time best performers list... placed second in 60-meter hurdles (8.42), fourth in 1,000 meters (2:47.27) and sixth in pole vault (14-5 1/4) as part of Big Ten heptathlon... placed seventh in heptathlon

(4,784 points) at Jack Jennet Invite... **Outdoor** - placed 12th in decathlon at Big Ten Championships with a collegiate-best 6,429 points... that total ranks sixth in school history... placed second in 400 meters (50.02) and fourth in 110-meter hurdles (15.15) and pole vault (14-3 1/4) as part of decathlon... letterwinner.

2008 -- Indoor - placed 12th in heptathlon with season-best 4,880 points at Big Ten Championships... posted collegiate best in 60 (7.35) and 1,000 meters (2:42.33) as part of Big Ten heptathlon... placed fifth in heptathlon (4,717 points) at UNI Open... ran collegiate-best 8.33 in 60-meter hurdles at Iowa Invite... that time ranks 10th in school history... **Outdoor** - placed 11th in decathlon with a season-best 6,381 points at Big Ten Championships... letterwinner.

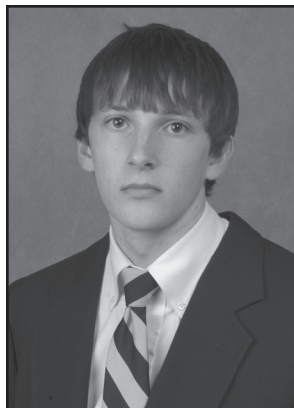
2007 -- Indoor - led team in heptathlon (4,651 points) and 60-meter hurdles (8.46)... placed second in heptathlon at Gladstein Invite (4,651 points) and 13th at Big Ten Championships (4,606 points)... **Outdoor** - led team in 110-meter hurdles (14.94)... placed fourth in 110-meter hurdles (14.94), 14th in pole vault (14-1 1/4).

High School -- Junior Olympics all-American in decathlon... 11-time all-district and nine-time all-conference... two-time team MVP and captain... also lettered two years in golf and once in basketball... honor roll student... coached by Anthony Enright.

Personal -- born April 20, 1988... son of Frank Prill, Sr. and Sharon Prill... pre-pharmacy major.

Prill's Collegiate Bests

Event	Mark	Meet	Date
60 Meters (I)	7.35	at Big Ten Championships	3/1/08
60 Hurdles (I)	8.33	Iowa Invite	2/22/08
100 Meters (O)	11.43	at Big Ten Championships	5/16/08
110 Hurdles (O)	14.94	Musco Twilight IX	4/21/07
400 Meters (O)	50.02	at Big Ten Championships	5/15/09
1,000 Meters (I)	2:42.33	at Big Ten Championships	3/1/08
1,500 Meters (O)	4:41.42	at Drake Relays	4/24/08
High Jump (I)	6-0 (1.83 m)	at Big Ten Championships	2/28/09
Long Jump (I)	22-1 3/4 (6.75m)	at Big Ten Championships	5/16/08
Pole Vault (I)	14-5 1/4 (4.40 m)	at Big Ten Championships	3/1/09
Shot Put (I)	32-8 1/4 (9.96 m)	at Gladstein Invite	1/26/07
Discus (O)	99-3 (30.26 m)	at Drake Relays	4/24/08
Javelin (O)	143-2 (43.65 m)	at Big Ten Championships	5/17/08
Heptathlon (I)	4,902 points	at Big Ten Championships	2/28-3/1/09
Decathlon (O)	6,429 points	at Big Ten Championships	5/15-16/09



Matt Rammelsberg
Junior - Hurdles
Atkins, IA
Benton Community High School

2009 -- Indoor - redshirted... **Outdoor** - ran collegiate-best 400-meter hurdles (54.98) at Messersmith Invite.

2008 -- Indoor - ran collegiate bests in 60-meter hurdles (8.53) at Iowa Invite...

Outdoor - placed fifth in 400-meter hurdles

with a season-best 55.68 at Musco Twilight X.

High School -- state champion in 400-meter hurdles (54.4) and runner-up in 110-meter hurdles (15.1) senior year... five-time conference champion... team won two conference title... coached by Ryan Junge and Todd Donald... two-time first team all-district in football... football team captain as a senior... four-year honor roll student.

Personal -- born July 6, 1988... son of Brian and Jeanne Rammelsberg... interdepartmental studies major.

Rammelsberg Collegiate Bests

Event	Time	Meet	Date
60 Hurdles (I)	8.53	Iowa Invite	2/22/08
110 Hurdles (O)	15.67	Iowa Invite	4/19/08
400 Hurdles (O)	54.98	at Messersmith Invite	4/18/09



Jay Renaud
Senior - Distance
Mt. Prospect, IL
Prospect High School

2009 -- Indoor - placed fourth in 3,000 meters with collegiate-best 8:42.35 at Last Chance Qualifier... ran collegiate-best mile at Iowa Invite (4:21.86) and 5,000 meters at Iowa State Classic (15:14.49)... **Outdoor** - won 1,500 meters at Messersmith Invite (4:01.54).

2008 -- Indoor - redshirted... **Outdoor** - ran

1,500 meters at Hawkeye Invite (4:07.54) ... academic all-Big Ten... **Cross Country** - ran collegiate bests in 6,000 meters (19:36) at Hawkeye Invite and 8,000 meters (24:28) at Auburn Invite... also competed at Iowa Invite (20:01) and Roy Griak Invite (26:18)... academic all-Big Ten... letterwinner.

2007 -- Indoor - placed sixth in 3,000 meters (8:58.25) and 13th in mile (4:37.05) at Iowa Invite... **Cross Country** - ran season-best 8,000 meters (25:45) at NCAA Pre-Nationals and collegiate-best 10,000 meters (32:34) at NCAA Midwest Regional... academic all-Big Ten... team earned USTFCCA all-academic honors... letterwinner.

2006 -- Indoor - ran collegiate best mile (4:22.93) at Iowa State... **Outdoor** - redshirted... **Cross Country** - ran collegiate-best 6,000 meters (19:22) at Early Bird Invite for fifth place.

2005 -- Cross Country - redshirted.

High School -- ran on state champion 3,200-meter relay junior year, placing second as a senior... team placed ninth at state cross country meet senior year... two-time conference champion as part of 3,200-meter relay... National Honor Society member... eight-time honor student... coaches were Mike Stokes and Pete Wintermute.

Personal -- born November 8, 1986... son of Martin and Jill Renaud... history major.

Renaud's Collegiate Bests

Event	Time	Meet	Date
1,500 Meters (O)	3:59.47	at Illinois Invite	5/2/09
Mile (I)	4:21.86	Iowa Invite	2/20/09
3,000 Meters (I)	8:42.35	at Last Chance Qualifier	3/7/09
5,000 Meters (I)	15:14.49	at Iowa State Classic	2/13/09
6,000 Meters (CC)	19:36	Hawkeye Invite	8/29/08
8,000 Meters (CC)	24:28	at Auburn Invite	10/4/08
10,000 Meters (CC)	32:34	at NCAA Regional	11/10/07



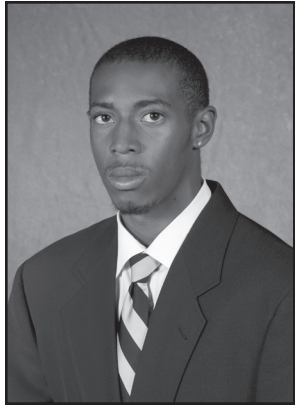
Thomas Reynolds
Redshirt Freshman - Throws
Coralville, IA
Iowa City West High School

2009 -- Track - redshirted... placed 13th in the men's discus (168-11) at the USATF Outdoor Junior National Championships.

High School -- won state discus (191-10) and shot put (57-0) titles as a senior... also won discus (191-0) and placed third in shot put (54-8 1/4) at 2008 Drake Relays... placed third in discus (175-4) at state meet

junior year... two-time elite all-state, national qualifier and conference champion... team won three conference and one state title... set indoor shot put school record (56-10 1/4)... placed 11th in discus (173-0) at 2008 Nike Outdoor Nationals and 15th (166-0) in 2007... lettered two years in football, earning first team all-conference honors at defensive end... coached by Brian Martz and Brad Wymer.

Personal -- born April 7, 1990... son of Greta Reynolds... athletic training major.



Patrick Richards

Sophomore - Sprints
 Colorado Springs, CO
 Widefield High School

2009 -- Indoor - ran second leg on 1,600-meter relay that led team and ran NCAA provisional qualifying 3:09.62 at Last Chance Qualifier... that time ranks 10th on Iowa's all-time best performers list... placed fifth in 400 meters (47.94) at Big Ten Championships... anchored 1,600-meter relay that placed eighth at

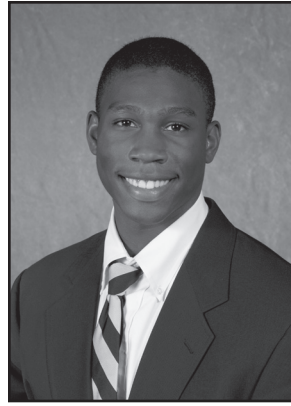
Big Ten meet (3:14.73)... ran collegiate-best 400 meters (47.78) at Meyo Invite, which ranks ninth in school history... placed second in 200 meters with collegiate-best 21.78 at Iowa Open... **Outdoor** - ran on 400-meter relay that won title at Drake Relays (40.71), running a regional-qualifying 40.58 in the prelims... ran third leg on 400-meter relay that placed third at Big Ten Championships in 40.85... also ran second leg on two regional qualifying 1,600-meter relays... ran second leg on 800-meter relay that set a school record of 1:24.85 and placed sixth at Drake... ran lead leg on sprint medley relay that placed second at Drake in 3:20.05, which ranks third in school history... ran collegiate bests in 100 (10.88) and 200 (21.61) meters at Dr. Keeler Invite... letterwinner.

High School -- won 400 meters (47.50) at state meet senior year, placing second in 100 and 200 meters (10.83, 21.55)... state runner-up in 200 and 400 meters and placed fifth in 100 meters junior year... set school 400-meter record (47.50)... two-time all-state... team captain senior year... four-year letterwinner... ran on 400-meter relay (40.64) at 2008 Great Southwest Track Classic, placing third as part of 1,600-meter relay at that meet in 2007... ran on 400-meter relay that placed seventh at 2006 USATF Nationals... coached by Fred Marjerrison and Ronald White.

Personal -- born August 6, 1990... son of Patrick and Deborah Richards... pre-business major.

Richards' Collegiate Bests

Event	Time	Meet	Date
60 Meters (I)	6.97	Iowa vs. Illinois	1/10/09
100 Meters (O)	10.88	at Dr. Keeler Invite	5/8/09
200 Meters (O)	21.61	at Dr. Keeler Invite	5/8/09
400 Meters (O)	47.68	at Illinois Invite	5/2/09



D'Juan

Richardson

Sophomore - Hurdles/Sprints
 Indianapolis, IN
 Warren Central High School

2009 -- Indoor - led team in 60-meter hurdles with collegiate-best 6.87 he ran at Iowa Open... that time ranks fifth on Iowa's all-time best performers list... won 200 meters with a collegiate-best 21.59 and placed second in 60 meters with collegiate-

best 6.87 at Iowa Open... the 60-meters time ranks eighth in school history... won 60-meter hurdles (8.46) at Iowa Invite... **Outdoor** - ran lead leg on 400-meter relay that placed fifth at NCAA Midwest Regional (40.33)... that relay ran a team-leading and season-best time of 39.94 in the prelims, which ranks third all-time at Iowa... ran on 400-meter relay that won title at Drake Relays (40.71), running a regional-qualifying 40.58 in the prelims... ran lead leg on 400-meter relay that placed third at Big Ten Championships (40.85)... placed eighth in 400-meter hurdles (54.42) at Big Ten meet... ran lead leg on 800-meter relay that set a school-record of 1:24.85 and placed sixth at Drake... ran collegiate best 110-meter hurdles (15.01) at Illinois Invite... letterwinner... placed sixth in the men's 400-meter hurdles (52.64) at the USATF Outdoor Junior National Championships.

High School -- placed eighth in 110-meter hurdles (14.43) at 2008 USATF Junior Nationals... three-time state champion... won state titles in 110 and 300-meter hurdles (13.96, 37.18) senior year after placing third as a junior and fifth as a sophomore... ran on state champion 400-meter relay as a sophomore... seven-time conference champion... 13-time all-state, 14-time all-conference and 15-time all-county honoree... set school records in 110-meter hurdles (13.96), and as part of 400-meter (41.18), shuttle hurdle (57.66), indoor sprint medley (3:26.64), outdoor sprint medley (1:32.16), indoor 1,600-meter (3:21.95), outdoor 1,600-meter (3:17.36) and indoor 800-meter (1:29.26) relays... the indoor sprint medley relay time ranks seventh in U.S. history for a high school race... three-year competitor at National Scholastic Indoor Championships... placed ninth in 110-meter hurdles at 2006 Junior Olympics... four-year scholar athlete... coaches were Dennis McNulty, Dean Carbone and Bruce Hickman.

Personal -- born January 1, 1990... son of Dorothy Castile and Earl Richardson... biology major.

Richardson's Collegiate Bests

Event	Time	Meet	Date
60 Meters (I)	6.87	Iowa Open	1/17/09
60 Hurdles (I)	8.20	Iowa Open	1/17/09
100 Meters (O)	10.84	at Dr. Keeler Invite	5/8/09
110 Hurdles (O)	15.01	at Illinois Invite	5/2/09
200 Meters (I)	21.59	Iowa Open	1/17/09
400 Hurdles (O)	52.64	at USA Jr. Nationals	6/28/09



Hannah Roeder

Junior - Distance
Des Moines, IA
Roosevelt High School
UCLA

2009 -- Indoor - placed 12th in 3,000 meters (10:05.43) and 22nd in 5,000 meters (17:26.64) at Big Ten Championships... ran collegiate-best mile (5:01.07) at Iowa State Classic... **Outdoor** - placed 13th in 3,000-meter steeplechase (10:40.85) at NCAA Midwest Regional... placed eighth in

3,000-meter steeplechase (10:35.26) and 21st in 5,000 meters (17:23.59) at Big Ten Championships... the steeplechase time led the team and ranks third all-time at Iowa... won 3,000-meter steeplechase at Tiger Track Classic (10:40.86) and placed fifth at Drake Relays (10:42.88)... placed second in 1,500 meters with a collegiate-best 4:35.78 at Illinois Invite... academic all-Big Ten... USTFCCA all-academic team honoree... received Big Ten distinguished scholar award... letterwinner.

2008 -- Indoor - ran mile at Iowa Invite (5:19.26) and ISU Classic (5:27.64)...

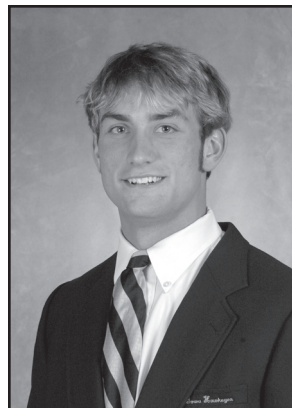
Outdoor - placed 16th in 10,000 meters (38:16.45) at Big Ten Championships... placed sixth in 3,000-meter steeplechase (11:43.16) at Musco Twilight X... also ran 1,500 meters at Iowa Invite (4:51.18), Auburn Classic (4:51.23) and Lee Calhoun Memorial (5:05.50)... letterwinner... **Cross Country** - Iowa's third finisher at NCAA Championships, running a collegiate-best 6,000 meters (21:39)... placed 39th at NCAA Midwest Regional (22:03) and 51st at Big Ten Championships (22:19)... team earned USTFCCA all-academic honors... letterwinner.

High School -- three-time state champion... three-time regional and four-time conference cross country champion... four-sport state qualifier and letterwinner (basketball, soccer, track and cross country... set school records in 1,500 meters (4:38) and as part of 3,200-meter relay... other best times were 2:14 in 800 meters and 10:14 in 3,000 meters... two-time AP National scholar... 2006 state of Iowa female AP scholar... high school Heisman state winner... Siemens award winner... National Honor Society and NCYL member.

Personal -- born November 27, 1987... daughter of Phil Roeder and Mary Tabor... international studies and integrative physiology major.

Roeder's Collegiate Bests

Event	Time	Meet	Date
1,500 Meters (O)	4:35.78	at Illinois Invite	5/2/09
Mile (I)	5:01.07	at Iowa State Classic	2/14/09
3,000 Meters (I)	10:05.43	at Big Ten Championships	2/28/09
3,000 Steeplechase (O)	10:35.26	at Big Ten Championships	5/16/09
5,000 Meters (I)	17:26.64	at Big Ten Championships	3/1/09
6,000 Meters (CC)	21:39	at NCAA Championships	11/24/08



Dan Rolling

Senior
High Jump/Combined Events
Milford, IA
Okoboji High School

2009 -- Indoor - led team in high jump (6-10 1/4) and heptathlon (4,909 points)... placed third in heptathlon with collegiate-best 4,909 points that ranks second all-time at Iowa at Jack Jennet Invite... placed 12th in high jump at Big Ten Championships (6-9)...

Outdoor - led team in decathlon (6,811 points)... placed fifth in decathlon with a collegiate-best total of 6,811 at Big Ten meet, which ranks third all-time at Iowa... won 400 meters (49.68) and placed second in 100 (11.21) and 1,500 meters (4:33.81) as part of Big Ten decathlon, posting collegiate best marks in six of 10 events... letterwinner.

2008 -- Indoor - led team in high jump (6-11), placing third at Big Ten meet... that collegiate-best mark ranks seventh in school history... won "B" section of heptathlon at UNI Invite (4,634)... **Outdoor** - placed 13th in high jump (6-6 1/4) at Big Ten meet... placed fourth in high jump at Tiger Classic (6-5 1/2), Sun Angel Classic (6-4 3/4) and Musco Twilight X (6-6 3/4) and 17th at Drake Relays (6-6 3/4)... letterwinner.

2007 -- Indoor - placed 13th in high jump (6-6 3/4) at Big Ten Championships... posted season-best high jump (6-8 1/4) for third place at Iowa Invite... posted collegiate-best marks in 60 meters (7.24) at Hawkeye Invite and shot put (36-5 1/2) at Jack Johnson Classic... **Outdoor** - placed 14th in high jump (6-6) at Big Ten Championships... letterwinner.

2006 -- Track - redshirted.

High School -- state high jump champion (6-9) senior year, placing second as part of sprint medley relay... ran on state champion 400 and 800-meter relays as a sophomore, helping team to state title... 11-time conference champion, helping team to three conference titles... six-time district champion... lettered four years in track, three in football and two in basketball... two-time all-district and team captain in football, earning team MVP honors as a senior... all-conference in basketball... National Honor Society member... coached by George Ashman.

Personal -- son of Phil and Mary Kay Rolling... art major.

Rolling's Collegiate Bests

Event	Time	Meet	Date
60 Meters (I)	7.24	at Jack Jennet Invite	1/31/09
60 Hurdles (I)	8.99	Iowa vs. Illinois	1/10/09
100 Meters (O)	11.21	at Big Ten Championships	5/15/09
100 Hurdles (O)	15.65	at Big Ten Championships	5/16/09
400 Meters (O)	49.68	at Big Ten Championships	5/15/09
1,000 Meters (I)	2:43.10	at Jack Jennet Invite	1/31/09
1,500 Meters (O)	4:33.81	at Big Ten Championships	5/16/09
High Jump (I)	6-11 (2.11 m)	at Big Ten Championships	3/2/08
Pole Vault (O)	13-3 1/2 (4.08 m)	at Big Ten Championships	5/16/09
Long Jump (O)	20-7 (6.27 m)	at Kip Janvrin Open	4/27/07
Shot Put (O)	36-7 (11.15 m)	at Big Ten Championships	5/15/09
Javelin (O)	150-1 (45.76 m)	at Illinois Invite	5/2/09
Heptathlon (I)	4,909 points	at Jack Jennet Invite	1/30-31/09
Decathlon (O)	6,811 points	at Big Ten Champ's	5/15-16/09



Zeke Sayon

Junior - Sprints
Rockford, IL
Harlem High School
University of Illinois-Chicago

2009 -- Indoor - won 60 meters with season-best 6.86 vs. Illinois... that time ranks sixth in school history... **Outdoor** - ran on 400-meter relay that placed fifth at NCAA regional (40.33)... that relay ran a team-leading and season-best time of 39.94 in prelims, which ranks third all-time

at Iowa... ran on 400-meter relay that won title at Drake Relays (40.71), running a regional-qualifying 40.58 in the prelims... ran second leg on 400-meter relay that placed third at Big Ten meet (40.85)... placed fifth in 100 meters (10.72) at Big Ten meet, and ran collegiate-best 200 meters (21.96) in Big Ten prelims... letterwinner.

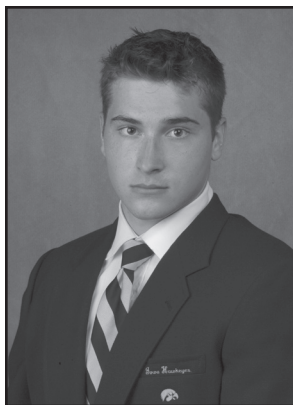
2007-08 -- competed at University of Illinois-Chicago, leading Flames in 55 (6.45), 60 (6.97) and 200 meters (22.67) indoors, and the 100 (10.76) and 200 meters (22.30) outdoors.

High School -- three-time state qualifier and conference champ... USATF and AAU national qualifier as a senior, placing third in 100 meters, seventh in 200 meters and third as part of 400-meter relay at AAU regional meet... competed for Ben Newson TC... set club records in 100 meters (10.69) and 400-meter relay (41.9)... club coach was Brian Newson and high school coach was Richard Johnson.

Personal -- born July 27, 1989... son of Judele Kpor and Annie Kpor.

Sayon's Collegiate Bests

Event	Time	Meet	Date
55 Meters (I)	6.45	at Carthage Last Chance	3/7/08
60 Meters (I)	6.86	Iowa vs. Illinois	1/10/09
100 Meters (O)	10.70	at Dr. Keeler Invite	5/8/09
200 Meters (O)	21.96	at Big Ten Championships	5/16/09



Zachary Schimp

Senior - Throws
Marietta, PA
Donegal High School
West Chester University

2009 -- Indoor - did not compete... **Outdoor** - placed second in javelin at Tiger Track Classic with a team-leading, regional-qualifying and collegiate-best throw of 206-3... that mark ranks third all-time at Iowa... won javelin at Illinois Invite (188-3), and placed third at Drake

Relays (204-8), 10th at Big Ten Championships (187-0) and 17th at NCAA Midwest Regional (194-8)... placed fifth in hammer throw at Lee Calhoun Memorial (152-9) and seventh at Messersmith Invite (150-9)... academic all-Big Ten... letterwinner.

2008 -- Track - redshirted.

2006-07 -- led team in shot put and javelin at West Chester University... placed fifth in shot put (51-6) at 2007 PSAC indoor meet.

High School -- all-state and all-district in shot put... placed eighth at outdoor state meet in shot (51-3)... best javelin throw is 172-2... lettered twice in football.

Personal -- born September 17, 1986... son of Eric and Nadine Schimp... transferred from West Chester University... health promotions major.

Schimp's Collegiate Bests

Event	Mark	Meet	Date
Hammer (O)	152-9 (46.56 m)	at Lee Calhoun Memorial	4/11/09
Javelin (O)	206-3 (62.88 m)	at Tiger Track Classic	4/4/09



Erik Sowinski

Sophomore - Middle Distance
Waukesha, WI
West High School

2009 -- Indoor - set school record in 600 meters (1:18.05) in Big Ten prelims, placing eighth with a 1:19.10 time in the finals... ran season-best 1:51.39 in 800 meters at Last Chance Qualifier... that time ranks fifth on Iowa's all-time best performers list... also ran 800 meters at Meyo Invite (1:52.70), Iowa State Classic (1:52.82), Razorback

Invite (1:54.22) and Iowa Open (1:55.22)... **Outdoor** - qualified for NCAA Midwest Regional as part of team-leading 1,600-meter relay (3:08.81)... ran second leg on 1,600-meter relay that placed fourth at Drake in 3:11.46 and third leg on 3,200-meter relay that placed 11th at Drake Relays in 7:33.08, which ranks second in school history... ran second leg on the team-leading distance medley relay (10:02.91) at Drake Relays... ran collegiate-best 800 meters (1:51.10) at John McDonnell Invite... letterwinner.

High School -- won state 800-meter title (1:54.29), anchored state champion 3,200-meter relay (7:50.96) and ran on fifth-place 1,600-meter relay (3:22.08) senior year... five-time all-conference, earning all-state honors in track twice... two-time track team MVP... two-time conference champion, winning 400 (49.46) and 800 meters (1:56.33) senior year... set school records in 400 (49.46) and 800 meters (1:54.29), and as part of 3,200-meter (7:50.96) and sprint medley relays (3:28.15)... ran on sprint medley relay that placed fourth (3:28.15) and 3,200-meter relay that placed 19th at Nike Outdoor Nationals... lettered two years in basketball, earning all-conference honors... captained track and cross country teams as a senior, and basketball team three years... National Honor Society member... four-year honor roll student... Brady academic all-star and WIAA scholar athlete as a senior... academic all-state in cross country as a senior... coaches were Josh Johnson, Bill Megna and Tom Lahiff.

Personal -- born December 21, 1989... son of Bryan and Jane Sowinski... integrative physiology major.

Sowinski's Collegiate Bests

Event	Distance	Meet	Date
600 Meters (I)	1:18.05	at Big Ten Championships	2/28/09
800 Meters (O)	1:51.10	at John McDonnell Invite	4/18/09



Zach Splan

Senior - Sprints
Naperville, IL
Neuqua Valley High School

2009 -- Indoor - placed fifth in 600 meters at Iowa open (1:22.76) and Jack Johnson Classic (1:22.75)... **Outdoor** - placed second in 400-meter hurdles with a season-best 53.76 at Illinois Invite... also ran 400-meter hurdles at Tiger Track Classic (54.93), Messersmith Invite (55.02) and Big Ten Championships (56.71)... letterwinner.

2008 -- Indoor - led team in 600 meters (1:20.25) and ran second leg on team-leading 1,600-meter relay (3:10.74)... ran collegiate-best 400 meters (49.14) at Last Chance Qualifier... **Outdoor** - ran on team-leading distance medley relay (10:17.87) at Drake Relays... ran second leg on fifth-place finishing 1,600-meter relay (3:11.39) and ran season-best 400-meter hurdles (55.41) at Big Ten Championships... letterwinner.

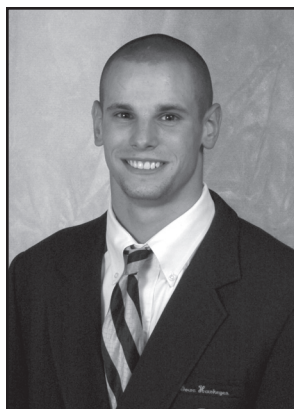
2007 -- Indoor - led team in 600 yards (1:13.62) and 600 meters (1:19.39), and ran on team-leading 1,600-meter relay (3:12.18)... ran collegiate-best 600 meters (1:19.39) at Big Ten Championships prelims, which ranks ninth in school history... **Outdoor** - placed third in 800 meters with a collegiate-best 1:53.83 at Central Open... ran season-best 400 meters (49.41) at John Jacobs Invite... letterwinner.

High School -- placed fourth in 400 meters (48.2)... two-time all-state, all-conference and team captain... team MVP and all-section honoree as a senior... lettered three times in football and once in cross country... coached by Mike Kennedy.

Personal -- born September 27, 1987... son of Chris and Angela Splan... art major.

Splan's Collegiate Bests

Event	Time	Meet	Date
400 Hurdles (O)	53.76	at Illinois Invite	5/2/09
600 Meters (I)	1:19.39	Hawkeye Invite	1/13/07
800 Meters (O)	1:53.83	at Central College Open	5/4/07



Trey Stross

Senior - High Jump
Avon Lake, OH
Avon Lake High School

2009 -- Track - did not compete.

2008 -- Indoor - posted season-best high jump (6-7) at Cyclone Classic... **Outdoor** - placed third in high jump with season-best 6-8 3/4 at Musco Twilight X... that mark ranks 10th in school history... letterwinner.

2007 -- Indoor - placed fourth in high jump with collegiate-best 6-9 3/4 at Big Ten

Championships... that mark ranks 10th in school history... placed fourth in high jump (6-6 3/4) at Iowa Invite... **Outdoor** - placed eighth in high jump (6-7 1/2) at Big Ten Championships... rejoined the track team after

spring football practice ended... letterwinner... Football - played in eight games, catching eight passes for 16 yards and four touchdowns... missed four games due to injury... letterwinner.

2005 -- Football - redshirted... earned offensive Team Leader Award.

High School -- state high jump champion (6-7) and placed ninth in long jump (21-9)... placed sixth at state meet in high jump (6-4) junior year... also ran 400 meters and competed on 400 and 800-meter relays.

Personal -- born June 29, 1986... son of Anthony and Trudy Stross... health and sport studies major.

Stross' Collegiate Bests

Event	Mark	Meet	Date
High Jump (I)	6-9 3/4 (2.08 m)	at Big Ten Championships	2/25/07



Kelsey Stueland

Senior - Middle Distance
Tipton, IA
Tipton High School

2009 -- Indoor - ran mile at both Iowa Invites (5:38.20, 5:45.61)... **Outdoor** - placed 10th in 1,500 meters (5:08.68) at Messersmith Invite.

2008 -- Track - redshirted.

2007 -- Indoor - ran season-best mile (5:31.25) at Iowa State Classic... **Outdoor** - placed 20th in 1,500 meters (5:15.66) at

Musco Twilight IX.

High School -- three-time team state champion in track and cross-country... four-time track conference champion... four time team cross-country conference champion... four-time all-conference and all-district in cross-country... qualified for state cross country meet four times and state track meet eight times... placed fourth at the state cross-country meet as a junior... placed eighth at the state meet in the 1,500 meters as a junior... ran at the Drake relays on the 3,200-meter relay as a senior... best times were 15:15 in the 4,000 meters, 10:57 in the 3,000 meters, 4:58 in the 1,500 meters and 2:27 in the 800 meters... also played basketball... coached by Dave Vogelgesang, Jenny King and Dave Fetterman.

Personal -- born September 10, 1987... daughter of Mark and Karen Stueland... nursing major.

Stueland's Collegiate Bests

Event	Time	Meet	Date
1,500 Meters (O)	5:08.68	at Messersmith Invite	4/18/09
Mile (I)	5:31.25	at Cyclone Invite	2/10/07



IOWA HAWKEYE TRACK & FIELD

Meet The Hawkeyes



Tommy Tate

Senior - Distance
Galesburg, IL
Galesburg High School

2009 -- **Indoor** - placed 18th in 5,000 meters (14:31.65) and 20th in 3,000 meters (8:31.71) at Big Ten Championships... ran collegiate bests in mile (4:18.32) at Iowa Invite and 3,000 meters (8:24.80) at Iowa State Classic... **Outdoor** - won 3,000 meters (8:38.27) and placed second in 1,500 meters (3:57.11) at Lee Calhoun Memorial... placed

21st in 5,000 meters (15:26.73) at Drake Relays... letterwinner.

2008 -- **Indoor** - redshirted... **Outdoor** - placed second in 10,000 meters (33:13.33) at Central Invite and ninth in 3,000 meters (8:57.97) at Hawkeye Invite... **Cross Country** - ran collegiate-best 8,000 meters (23:46) at Auburn Invite... that time ranks fifth in school history... also competed at Iowa Invite (19:43), Roy Griak Invite (26:15), NCAA Pre-Nationals (25:19), at Big Ten Championships (26:16) and NCAA Midwest Regional (32:55)... team earned USTFCCCA all-academic honors... letterwinner.

2007 -- **Indoor** - placed 14th in 3,000 meters (8:31.28) at Big Ten Championships... ran collegiate-best mile (4:21.14) at Iowa Invite... **Outdoor** - led team in 3,000 meters (8:31.67)... placed 10th in 10,000 meters (31:05.23) at Big Ten meet ... letterwinner... **Cross Country** - ran season-best 8,000 meters (25:04) at NCAA Pre-Nationals and collegiate-best 10,000 meters (32:08) at NCAA Midwest Regional... placed third (25:51) at Early Bird Invite, fifth (25:33) at Hawkeye Open, 18th (25:25) at Loyola Lakefront Invite and 50th (25:09) at Big Ten Championships... team earned USTFCCCA all-academic honors... letterwinner.

2006 -- **Indoor** - won 3,000 meters (8:53.86) at Panther Invite... ran season-best 3,000 meters (8:47.05) at Iowa State Classic... **Outdoor** - redshirted. **Cross Country** - won Early Bird Invite with collegiate-best 18:41 in 6,000 meters... that time ranks fifth on Iowa's all-time best performers list... placed 65th at NCAA Midwest Regional (32:47)... placed 75th at Big Ten Championships (27:02)... placed 11th (19:12) at Hawkeye Open, 175th (27:14) at Roy Griak Invite, 193rd (25:42) at NCAA Pre-Nationals and 238th (34:44) at NCAA Championships... letterwinner.

2005 -- **Cross Country** - redshirted. **High School** -- two-time conference track champion... regional cross country champion and all-state honoree senior year... trained in karate for nine years, earning a gold medal in weapons... coaches were Jerry Albright and Craig Hiller. **Personal** -- born April 7, 1987... son of Thomas and Jean Tate.

Tate's Collegiate Bests

Event	Time	Meet	Date
1,500 Meters (O)	3:57.11	at Lee Calhoun Memorial	4/11/09
Mile (I)	4:18.32	Iowa Invite	2/20/09
3,000 Meters (I)	8:24.80	at Iowa State Classic	2/14/09
5,000 Meters (I)	14:31.65	at Big Ten Championships	3/1/09
6,000 Meters (CC)	18:41	at Early Bird Invite	9/1/06
8,000 Meters (CC)	23:46	at Auburn Invite	10/4/08
10,000 Meters (O)	31:05.23	at Big Ten Championships	5/11/07
10,000 Meters (CC)	32:08	at NCAA Regional	11/10/07



Rhonda-Kaye Trusty

Senior - Sprints
Brampton, Ontario
St. Marguerite D'youville HS

2009 -- **Indoor** - led team in 60 (7.61), 200 (24.44) and 300 meters (40.15)... ran on team-leading 1,600-meter relay that placed eighth in 3:46.98 at Big Ten meet... her 60-meter time ranks sixth and 200 meters time ranks seventh all time at Iowa...

ran season bests in 60 (7.61) and 200 meters (24.44) at Meyo Invite... won 300 meters (40.15) at Iowa Invite... **Outdoor** - led team in 100 (11.85) and 200 meters (23.83), and ran on team-leading 400 (45.83) and 800-meter (1:38.79) relays... placed fourth in 100 (11.85) and 200 (24.11) meters at Big Ten meet... ran second leg on 400-meter relay that placed sixth (46.30)... the collegiate-best 200-meter time ranks seventh and the 800-meter relay time ranks sixth in school history... academic all-Big Ten... letterwinner.

2008 -- **Indoor** - led team in 60 meters (7.61)... that time ranks sixth in school history... ran season-best 24.55 in 200 meters at Meyo Invite... placed sixth in 60 meters (7.61) at Big Ten Championships... won 60 meters at Iowa Invite (7.65), Hawkeye Invite (7.74) and Jack Johnson Classic (7.70)... won 200 meters at Hawkeye Invite (25.00) and placed second at Jack Johnson Classic (25.10)... also ran 60 and 200 meters at Meyo Invite (7.65, 24.55) and ISU Classic (7.76, 24.99)... **Outdoor** - led team in 100 (11.90) and 200 meters (24.39), and ran on team-leading 400 (45.78) and 800-meter (1:39.74) relays... ran lead leg on 400-meter relay that placed eighth at Big Ten Championships (47.29)... ran 100 meters at Auburn Classic (12.05), Iowa Invite (12.12), Drake Relays (11.90) and Big Ten Championships (11.99)... ran 200 meters at Auburn Classic (24.39), Sun Angel Classic (24.64), Musco Twilight X (24.54) and Big Ten Championships (24.76)... academic all-Big Ten... letterwinner.

2007 -- **Indoor** - won 60 meters with a season-best 7.63 at Iowa Invite... ran season-best 200 meters (24.94) at Iowa State Classic... **Outdoor** - led team in 200 meters (24.23)... qualified for NCAA regional as part of 400-meter relay (45.21) at Drake Relays... that time led team and ranks sixth in school history... ran collegiate bests in 100 meters (12.04) at Auburn Tiger Classic and 200 meters (24.23) at Aztec Classic... runner-up in 200 meters (24.55) at Musco Twilight IX... letterwinner.

High School -- four-time OFSAA champion... runner-up at Canadian Junior Nationals as a freshman and third as a sophomore... earned Myrtle Cook Trophy Award for best Canadian athlete age 16 and under... semifinalist in 100 meters at 2003 World Junior Championships... Canadian Pan-American Games team members... best times were 11.85 in 100 meters and 24.72 in 200 meters... coached by Randy Gillon. **Personal** -- born January 10, 1988... daughter of Roy and Erica Trusty... biology major.

Trusty's Collegiate Bests

Event	Mark	Meet	Date
60 Meters (I)	7.61	at Meyo Invite	2/7/09
100 Meters (O)	11.85	at Big Ten Championships	5/17/09
200 Meters (O)	23.83	at Big Ten Championships	5/16/09
300 Meters (I)	40.15	Iowa Open	1/17/09



Graham Valdes

Junior - High Jump
Moline, IL
Central City High School

2009 -- Indoor - placed 13th in high jump (6-7 1/2) at Big Ten Championships... posted collegiate-best high jump of 6-9 1/2 at Iowa State Classic... won high jump against Illinois (6-8), placed second at Jack Johnson Classic (6-6 1/4) and fourth at Iowa Open (6-7 1/2)... **Outdoor** - won high jump with a season-best 6-8 3/4 at Lee Calhoun

Memorial... that mark ranks 10th in school history... also competed in high jump at Big Ten Championships (6-7 1/2), Messersmith Invite (6-6 3/4) and Illinois Invite (6-6 3/4)... academic all-Big Ten... letterwinner.

2008 -- Indoor - placed 16th in high jump (6-5) at Big Ten Championships... runner-up in high jump with season-best 6-8 1/4 at Iowa Invite... **Outdoor** - redshirted... letterwinner.

High School -- two-time district high jump champion, winning conference title senior year... placed fourth at state meet senior year... coached by Chris Curry, Matt Weis and Bob Mudd... lettered three years in football and basketball... all-district senior year in football... three-time all-conference in basketball, leading state in rebounds and blocks senior year... played in Tri-Rivers all-star basketball game senior year.

Personal -- born August 12, 1988... son of Chad and Lisa Steckel, and Ricardo Valdes... mother played basketball at Bradley... history/pre-law major.

Valdes' Collegiate Bests

Event	Mark	Meet	Date
High Jump (I)	6-9 1/2 (2.07 m)	at Iowa State Classic	2/13/09



Ray Varner

Senior - Hurdles
Wadsworth, IL
Warren Township High School

2009 -- Indoor - anchored 1,600-meter relay that led team and ran NCAA provisional qualifying 3:09.62 at Last Chance Qualifier... that time ranks 10th on Iowa's all-time best performers list... ran lead leg on 1,600-meter relay that placed eighth (3:14.73) and second leg on team-leading distance medley relay that placed

ninth (9:52.52) at Big Ten Championships ... the distance medley relay time ranks fourth on Iowa's all-time best performers list... led team in 400 meters (47.75)... ran collegiate bests in 60-meter hurdles (8.46) at Iowa Open and 200 meters (22.08) at Iowa State Classic... **Outdoor** - placed sixth in 400-meter hurdles (51.21) at NCAA Midwest Regional to earn all-region honors after running a collegiate-best 50.54 in the prelims... that time led team and ranks fifth all-time at Iowa... ran a 50.81 in 400-meter hurdles at NCAA Championships prelims and 53.03 in semifinals... qualified for

regional meet in 400-meter hurdles (51.00) and as part of team-leading 1,600-meter relay (3:08.81)... placed third in 400-meter hurdles at Big Ten Championships (51.16)... anchored 1,600-meter relay that placed fourth at Drake Relays in 3:11.46... won 400-meter hurdles at Illinois Invite (51.29), and placed second at John McDonnell Invite (51.00) and Drake Relays (51.80), and third at Sun Angel Classic (51.53) and Tiger Track Classic (51.82)... letterwinner.

2008 -- Indoor - led team in 400 meters (47.66) and anchored team-leading 1,600-meter relay (3:10.74)... ran collegiate best 400 meters (47.66) at Last Chance Qualifier... that time ranks seventh in school history... his collegiate-best 60-meter hurdles time of 8.45 ranks 10th in school history... placed sixth in 400 meters (48.52) and anchored fourth-place finishing 1,600-meter relay (3:15.12) at Big Ten Championships...

Outdoor - all-region honoree, placing eighth in 400-meter hurdles with a season-best and team-leading 51.07 at NCAA Midwest Regional... ran on fifth-place 1,600-meter relay at Big Ten Championships... placed eighth in 400-meter hurdles (51.27) at Drake Relays and first at Musco Twilight X (52.16) ... letterwinner.

2007 -- Indoor - placed ninth in 400 meters (48.14) at Big Ten Championships... season-best times were 8.73 in 60-meter hurdles, 22.26 in 200 meters and 1:22.24 in 600 meters... **Outdoor** - qualified for NCAA regional in 400-meter hurdles with a collegiate-best 50.99 at for sixth place at the Big Ten Championships... that time led team and ranks seventh in school history... placed ninth in that event at NCAA regional (52.93), earning all-region honors... ran third leg on 1,600-meter relay that placed sixth (3:08.97) at Big Ten Championships... letterwinner.

High School -- 2006 Nike all-American, placing fifth in 400-meter hurdles (53.16)... won state 300-meter hurdles title (37.29) and placed second in 110-meter hurdles (14.59) senior year... won conference titles in 200 meters (21.8), 110-meter hurdles (14.24) and 300-meter hurdles (38.3) senior year... three-year all-conference selection... all-state, team MVP and team captain senior year... lettered two years in football... three-year honor roll student... coached by Bill Dawson.

Personal -- born July 21, 1987... son of Ray and Liz Varner... health and sport studies major.

Varner's Collegiate Bests

Event	Time	Meet	Date
60 Hurdles (I)	8.46	Iowa Open	1/17/09
110 Hurdles (O)	15.25	at Illinois Invite	5/2/09
200 Meters (I)	22.08	at Iowa State Classic	2/13/09
400 Meters (I)	47.66	at Last Chance Qualifier	3/8/08
400 Hurdles (O)	50.54	at NCAA Regional	5/29/09
600 Meters (I)	1:22.23	at Jack Johnson Classic	1/26/08



Steven Willey

Junior - Middle Distance

Onawa, IA

West Monona High School

2009 -- Indoor - ran lead leg on 1,600-meter relay that led team and ran NCAA provisional qualifying 3:09.62 at Last Chance Qualifier... that time ranks 10th on Iowa's all-time best performers list... ran second leg on 1,600-meter relay that placed eighth at Big Ten Championships (3:14.73)... placed seventh in 600 meters

at Big Ten meet with a collegiate-best 1:19.03 that ranks third in school history... ran season-best 200 meters (22.27) at Iowa State Classic and 400 meters (48.22) at Meyo Invite... **Outdoor** - ran a team-leading and collegiate-best 46.67 in 400-meter prelims at NCAA Midwest Regional... that time ranks ninth all-time at Iowa... qualified for regional meet in 400 meters (47.04) and as part of team-leading 1,600-meter relay (3:08.81)... placed sixth in 400 meters (47.23) at Big Ten Championships... ran lead leg on 1,600-meter relay that placed fourth at Drake in 3:11.46 and lead leg on 3,200-meter relay that placed 11th in 7:33.08, which ranks second in school history... won 400 meters at John McDonnell Invite (47.04) and Sun Angel Classic (47.70), and placed ninth at Tiger Track Classic (47.98)... letterwinner.

2008 -- Indoor - ran first leg on team-leading 1,600-meter relay (3:10.74)... ran lead leg on 1,600-meter relay that placed fourth at Big Ten Championships (3:15.12)... ran season-best 600 meters (1:20.66) at Iowa Invite... **Outdoor** - ran lead leg on team-leading 1,600-meter relay (3:11.11) that placed seventh at Drake Relays... ran lead leg on 1,600-meter relay that placed fifth at Big Ten Championships (3:11.39)... ran season-best 400 meters (47.47) at Big Ten Championships... letterwinner.

High School -- four-time conference champion and three-time runner-up... placed second in 400 (48.9) and 800 meters (1:56), and third in 100 and 200 meters at state meet senior year.

Personal -- born September 17, 1988... son of Greg and Rhonda Willey... pharmacy interest.

Willey's Collegiate Bests

Event	Time	Meet	Date
200 Meters (I)	22.27	at Iowa State Classic	2/13/09
400 Meters (O)	46.67	at NCAA Regional	5/29/09
600 Meters (I)	1:19.03	at Big Ten Championships	3/1/09
800 Meters (O)	1:53.39	at Illinois Invite	5/2/09



Jordan Williams

Sophomore - Distance

Glenwood, IA

St. Albert High School

2009 -- Indoor - ran mile at both Iowa Invites (5:46.93, 5:53.32)... **Outdoor** - placed 12th in 1,500 meters (5:15.47) at Messersmith Invite.

2008 -- Cross Country - ran collegiate-best 3,000 meters (12:59) at Iowa Invite... team earned USTFCCA all-academic honors.

High School -- three-time all-district and runner of the year in cross country... set school record in 1,500 meters (5:13)... cross country team won 2007 state title... runner-up in her age group at 2007 nationals in 2000-meter steeplechase (7:46)... National Honor Society member... coaches were Bob Weidman and Scott Milner.

Personal -- born October 26, 1989... daughter of Jon and Jennifer Williams... comprehensive biology/pre-medicine major.

Williams' Collegiate Bests

Event	Time	Meet	Date
1,500 Meters (O)	5:15.47	at Messersmith Invite	4/18/09
3,000 Meters (CC)	12:59	Iowa Invite	9/12/08



Alex Zona

Senior - Pole Vault

Dyer, IN

Lake Central High School

2009 -- Indoor - won pole vault with collegiate-best 16-0 3/4 at Iowa Invite... that mark ranks seventh in school history... placed fifth in pole vault (15-7 3/4) at Jack Jennet Invite... **Outdoor** - led team in pole vault with a collegiate-best 16-0 3/4 at Messersmith Invite... that mark ranks seventh in school history... placed eighth in pole vault at Big Ten meet (15-11 3/4)... letterwinner.

2008 -- Indoor - posted season-best pole vault (15-7 3/4) at Jack Johnson Classic... **Outdoor** - placed seventh in pole vault (15-1) and fifth in javelin (143-0) at Musco Twilight X... letterwinner.

2007 -- Indoor - tied for 14th in pole vault (15-7) at Big Tens... letterwinner. **High School** -- placed fourth in pole vault (15-3) at state meet... two-time sectional pole vault champion, AAU Northern indoor national champion and record holder (16-0) in pole vault senior year... set school records in high jump (6-6 1/4) and pole vault (15-3)... lettered four years in track... coached by Rudy Skoropa and Tim Johnson.

Personal -- born July 19, 1987... son of Terry and Susan Zona.

Zona's Collegiate Bests

Event	Time	Meet	Date
Pole Vault (O)	16-0 3/4 (4.90 m)	Messersmith Invite	4/18/09