

2010 MEN'S INDOOR SEASON BEST PERFORMANCES - Updated 3/8/10

60 METERS (AQ -- 6.63, PQ -- 6.74, SR -- 6.73)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
D'Juan Richardson	6.80	at NCAA Qualifier – 3/6/10	6.80	at NCAA Qualifier – 3/6/10
Zeke Sayon	6.82	at NCAA Qualifier – 3/6/10	6.82	at NCAA Qualifier – 3/6/10
Patrick Richards	6.92	Iowa vs. Illinois – 1/9/10	6.92	Iowa vs. Illinois – 1/9/10
Jordan Cotton	6.98	Iowa Invite – 2/19/10	6.98	Iowa Invite – 2/19/10
Stephen Bee	7.00	Iowa Open – 1/16/10	7.00	Iowa Open – 1/16/10
Kevin Dibbern	7.18	Iowa vs. Illinois – 1/9/10	7.18	Iowa vs. Illinois – 1/9/10
Dan Rollig	7.21	at Big Tens – 2/27/10	7.21	at Big Tens – 2/27/10
Brandon McSkimming	7.36	Iowa Open – 1/16/10	7.36	Iowa Open – 1/16/10
Frank Prill	7.37	at Big Tens – 2/27-28/10	7.35	at Big Ten Championships – 3/1/08
Kyle Reid	7.44	at Jack Johnson Invite – 1/23/10	7.44	at Jack Johnson Invite – 1/23/10

60-METER HURDLES (AQ - 7.70, PQ -- 7.91, SR -- 7.87)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Jordan Mullen	8.02	at Big Tens – 2/28/10	8.02	at Big Tens – 2/28/10
Frank Prill	8.39	at Big Tens – 2/28/10	8.33	Iowa Invite - 2/22/08
Kyle Ried	8.58	at ISU Classic – 2/13/10	8.58	at ISU Classic – 2/13/10
Dan Rolling	8.75	at Big Tens – 2/28/10	8.75	at Big Tens – 2/28/10
Kyle Reid	8.82	at Jack Johnson Invite – 1/23/10	8.82	at Jack Johnson Invite – 1/23/10

200 METERS (AQ -- 21.23, PQ -- 21.63, SR -- 21.11)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Kevin Dibbern	21.81	at Razorback Invite – 1/22/10	21.81	at Razorback Invite – 1/23/10
Stephen Bee	21.91	at Razorback Invite – 1/22/10	21.91	at Razorback Invite – 1/23/10
D'Juan Richardson	21.94	at Meyo Invite – 2/6/10	21.79	at Meyo Invite – 2/7/09
Steven Willey	22.01	at Razorback Invite – 1/22/10	22.01	at Razorback Invite – 1/23/10
Ray Varner	22.13	at Razorback Invite – 1/22/10	22.08	at Iowa State Classic – 2/13/09
Chris Barton	22.44	at Razorback Invite – 1/22/10	22.44	at Razorback Invite – 1/23/10
Zeke Sayon	22.49	T - at ISU Classic – 2/12/10	22.49	T - at ISU Classic – 2/12/10
Jordan Cotton	22.53	at Razorback Invite – 1/22/10	22.53	at Razorback Invite – 1/23/10
Brandon McSkimming	22.54	at Razorback Invite – 1/22/10	22.54	at Razorback Invite – 1/23/10

*P -- NCAA provisional qualifier, * -- school record*

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Jordan Mullen 22.60 at Razorback Invite – 1/22/10 22.60 at Razorback Invite – 1/23/10

300 METERS ()

Name	Season Best	Meet-Date	Collegiate Best	Meet-Date
D’Juan Richardson	34.34	Intrasquad – 12/6/09	34.34	Intrasquad – 12/6/09
Patrick Richards	34.64	Intrasquad – 12/6/09	34.30	Intrasquad – 2008
Kevin Dibbern	34.97	Intrasquad – 12/6/09	34.97	Intrasquad – 12/6/09
Stephen Bee	35.61	Intrasquad – 12/6/09	35.61	Intrasquad – 12/6/09
Zeke Sayon	36.29	Intrasquad – 12/6/09	36.29	Intrasquad – 12/6/09
Jordan Mullen	36.72	Intrasquad – 12/6/09	36.72	Intrasquad – 12/6/09

400 METERS (AQ -- 46.75, PQ -- 47.85, SR -- 46.81)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Steven Willey	46.75 P*	at NCAA Qualifier – 3/6/10	46.75*	at NCAA Qualifier – 3/6/10
Ray Varner	47.93	at ISU Classic – 2/13/10	47.66	at Last Chance Qualifier – 3/8/08
Chris Barton	48.15	at ISU Classic – 2/13/10	48.15	at ISU Classic – 2/13/10
Kevin Dibbern	48.35	at Meyo Invite – 2/6/10	48.35	at Meyo Invite – 2/6/10
Brandon McSkimming	50.28	at Razorback Invite – 1/23/10	50.28	at Razorback Invite – 1/23/10
Zach Splan	50.29	Iowa Invite – 2/19/10	50.29	Iowa Invite – 2/19/10
Connor Elmitt	51.05	at ISU Classic – 2/13/10	49.58	at Last Chance Qualifier – 3/8/08

600 METERS (SR -- 1:18.05)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Erik Sowinski	1:18.38	at Big Tens – 2/27/10	1:18.05	at Big Ten Championships – 2/28/09
Nick Kuczvara	1:19.71	at Big Tens – 2/28/10	1:19.71	at Big Tens – 2/28/10
Steven Willey	1:20.05	Iowa Open – 1/16/10	1:19.03	at Big Ten Championships – 3/1/09
Adam Hairston	1:20.09	Iowa Open – 1/16/10	1:19.55	Iowa Open – 1/17/09
Dan Kuhlman	1:21.07	at Big Tens – 2/27/10	1:21.07	at Big Tens – 2/27/10
Keaton Rickels	1:21.81	at Big Tens – 2/27/10	1:21.81	at Big Tens – 2/27/10
Chris Barton	1:22.13	Iowa Open – 1/16/10	1:22.13	Iowa Open – 1/16/10
Zach Splan	1:23.98	at Jack Johnson Invite – 1/23/10	1:19.39	at Indiana - 3/1/07

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600 YARDS

Name	Season Best	Meet – Date	Collegiate Best	Meet – Date
Dan Kuhlman	1:11.73	at ISU Classic – 2/13/10	1:11.73	at ISU Classic – 2/13/10
Keaton Rickels	1:13.45	at ISU Classic – 2/13/10	1:13.45	at ISU Classic – 2/13/10
Zach Splan	1:14.42	at ISU Classic – 2/13/10	1:14.42	at ISU Classic – 2/13/10

800 METERS (AQ -- 1:48.90, PQ -- 1:51.40, SR -- 1:49.63)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Erik Sowinski	1:48.90 P*	at ISU Classic – 2/13/10	1:48.90*	at ISU Classic – 2/13/10
Adam Hairston	1:49.26 P	at ISU Classic – 2/13/10	1:49.26	at ISU Classic – 2/13/10
Nick Kuczvara	1:49.59 P	at NCAA Qualifier – 3/6/10	1:49.59	at NCAA Qualifier – 3/6/10
Dan Kuhlman	1:53.66	at Meyo Invite – 2/6/10	1:53.66	at Meyo Invite – 2/6/10

1,000 METERS

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Nick Kuczvara	2:25.84	at Husker Invite – 2/6/10	2:25.84	at Husker Invite – 2/6/10
Dan Rolling	2:42.22	at Big Tens – 2/28/10	2:42.22	at Big Tens – 2/28/10
Frank Prill	2:45.52	at Big Tens – 2/28/10	2:42.33	at Big Ten Championships – 3/1/08
Kyle Reid	2:46.80	at Jack Johnson Invite – 1/23/10	2:46.80	at Jack Johnson Invite – 1/23/10

MILE (AQ -- 4:00.80, PQ -- 4:05.30, SR -- 4:04.01)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Jeff Thode	4:03.07P*	at NCAA Qualifier – 3/6/10	4:03.07*	at NCAA Qualifier – 3/6/10
Nick Holmes	4:10.01	at ISU Classic – 2/13/10	4:10.01	at ISU Classic – 2/13/10
Chase Kadlec	4:10.31	at ISU Classic – 2/13/10	4:09.47	at Big Ten Championships – 2/28/09
James Paul	4:11.27	at Big Tens – 2/27/10	4:11.27	at Big Tens – 2/27/10
Brian Marchese	4:12.65	Iowa vs. Illinois – 1/9/10	4:11.89	at Iowa State Classic – 2/14/09
Mark Battista	4:16.37	Iowa Invite – 2/19/10	4:16.37	Iowa Invite – 2/19/10
Jesse Luciano	4:23.72	at Jack Johnson Invite – 1/23/10	4:07.29	at Iowa State Classic – 2/14/09

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3,000 METERS (AQ -- 7:57.20, PQ -- 8:07.70, SR - 8:00.81)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Nick Holmes	8:15.48	at Meyo Invite – 2/6/10	8:15.48	at Meyo Invite – 2/6/10
Mark Battista	8:25.82	at Big Tens – 2/27/10	8:25.82	at Big Tens – 2/27/10
Jesse Luciano	8:17.65	at ISU Classic – 2/13/10	8:17.65	at ISU Classic – 2/13/10
James Paul	8:41.43	Iowa Open – 1/16/10	8:41.43	Iowa Open – 1/16/10

1,600-METER RELAY (AQ -- 3:08.90, PQ -- 3:12.80, SR -- 3:06.80)

Names	Season Best	Meet - Date
Sowinski, Willey, Dibbern, Varner	3:09.83 P	at Meyo Invite – 2/6/10
Varner, Willey, Barton, Sowinski	3:16.67	Iowa vs. Illinois – 1/9/10
Willey, Varner, Kuhlman, Sowinski	3:17.49	Iowa Open – 1/16/10
Reid, Barton, Hairston, McSkimming	3:19.03	Iowa Open – 1/16/10
Richardson, Dibbern, Elmitt, Kuhlman	3:23.67	Iowa vs. Illinois – 1/9/10
Prill, Bee, Splan, Rickels	3:25.61	Iowa Open – 1/16/10
A	3:26.91	at Jack Johnson Invite – 1/23/10

DISTANCE MEDLEY RELAY (AQ -- 9:36.20, PQ -- 9:47.90, SR -- 9:46.83)

Names	Season Best	Meet - Date
Kuczvara, Barton, Kuhlman, Holmes	9:51.05	at ISU Classic – 2/12/10
Paul, Varner, Hairston, Thode	9:52.71	at Big Tens – 2/27/10
Kadlec, McSkimming, Paul, Battista	10:05.33	at ISU Classic – 2/12/10

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HIGH JUMP (AQ -- 2.24 meters, PQ -- 2.14 meters, SR -- 2.21 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Brandon Oest	6-11 (2.11m)	at ISU Classic – 2/12/10	6-11 (2.11m)	at ISU Classic – 2/12/10
Jeffery Herron	6-11 (2.11m)	at ISU Classic – 2/13/10	6-11 (2.11m)	at ISU Classic – 2/13/10
Graham Valdes	6-11 (2.11m)	at Big Tens – 2/28/10	6-11 (2.11m)	at Big Tens – 2/28/10
Dan Rolling	6-9 3/4 (2.08m)	at Big Tens – 2/27/10	6-11 (2.11 m)	at Big Ten Championships - 3/2/08
Matt Newman	6-8 1/4 (2.04m)	Iowa Open – 1/16/10	6-8 1/4 (2.04m)	Iowa Open – 1/16/10
Frank Prill	5-11 1/4 (1.81m)	at Big Tens – 2/27/10	6-0 (1.83m)	at Big Ten Championships – 2/28/09
Kyle Reid	5-6 1/2 (1.69m)	at Jack Johnson Invite – 1/23/10	5-6 1/2 (1.69m)	at Jack Johnson Invite – 1/23/10

POLE VAULT (AQ -- 5.50 meters, PQ -- 5.20 meters, SR -- 5.21 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Alex Zona	16-4 3/4 (5.00m)	Iowa Open – 1/16/10	16-4 3/4 (5.00m)	Iowa Open – 1/16/10
Kyle Reid	16-4 3/4 (5.00m)	Iowa Invite – 2/19/10	16-4 3/4 (5.00m)	Iowa Invite – 2/19/10
Frank Prill	14-11 1/2 (4.56m)	at Big Tens – 2/28/10	14-11 1/2 (4.56 m)	at Big Tens – 2/28/10
Mark Mankivsky	13-11 1/4 (4.25m)	Iowa Invite – 2/19/10	13-11 1/4 (4.25m)	Iowa Invite – 2/19/10
Dan Rolling	13-1 1/2 (4.00m)	Iowa vs. Illinois – 1/9/10	13-3 1/2 (4.08m)	at Big Ten Championships – 5/16/09

LONG JUMP (AQ -- 7.85 meters, PQ -- 7.50 meters, SR -- 8.06 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Josh Bean	22-2 1/2 (6.77m)	at Illinois – 1/9/10	22-2 1/2 (6.77m)	at Illinois – 1/9/10
Jeffery Herron	22-1 3/4 (6.75m)	Iowa Invite – 2/19/10	22-1 3/4 (6.75m)	Iowa Invite – 2/19/10
Frank Prill	21-10 1/4 (6.66m)	Iowa Invite – 2/19/10	22-1 3/4 (6.75m)	at Big Ten Championships – 5/16/08
Dan Rolling	21-5 1/4 (6.53m)	at Big Tens – 2/27/10	21-5 1/4 (6.53m)	at Big Tens – 2/27/10
Kyle Reid	19-6 1/4 (5.95m)	at ISU Classic – 2/12/10	19-6 1/4 (5.95m)	at ISU Classic – 2/12/10

TRIPLE JUMP (AQ -- 16.10 meters, PQ -- 15.40 meters, SR -- 15.88 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Josh Bean	47-6 1/2 (14.49m)	at Big Tens – 2/28/10	48-10 (14.88m)	at Meyo Invite – 2/7/09

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SHOT PUT (AQ -- 19.30 meters, PQ -- 17.75 meters, SR -- 19.20 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Ryan Lamparek	56-10 (17.32 m)	at Big Tens – 2/27/10	56-10 (17.32 m)	at Big Tens – 2/27/10
Matt Banse	55-1 1/2 (16.80 m)	Iowa Invite – 2/19/10	55-1 1/2 (16.80 m)	Iowa Invite – 2/19/10
Nick Brayton	51-5 3/4 (15.69m)	at Jack Johnson Invite – 1/23/10	51-5 3/4 (15.69m)	at Jack Johnson Invite – 1/23/10
Dan Rolling	36-10 1/4 (11.23 m)	Iowa Open – 1/16/10	36-10 1/4 (11.23 m)	Iowa Open – 1/16/10
Kyle Reid	31-7 1/4 (9.63m)	at Jack Johnson Invite – 1/23/10	31-7 1/4 (9.63m)	at Jack Johnson Invite – 1/23/10
Frank Prill	31-10 1/4 (9.71m)	at Big Tens – 2/27/10	32-8 1/4 (9.96 m)	at Gladstein Invite - 1/26/07

WEIGHT THROW (AQ -- 21.50 meters, PQ -- 19.50 meters, SR -- 21.15 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Matt Banse	61-7 1/2 (18.78 m)	Iowa Invite – 2/19/10	61-7 1/2 (18.78 m)	Iowa Invite – 2/19/10
Ryan Lamparek	60-5 1/4 (18.42 m)	at Big Tens – 2/28/10	60-5 1/4 (18.42m)	at Big Tens – 2/28/10
Thomas Reynolds	44-3 1/4 (13.49 m)	Iowa Open – 1/16/10	44-3 1/4 (13.49m)	Iowa Open – 1/16/10

HEPTATHLON (AQ -- 5,650 points, PQ -- 5,300 points, SR -- 5,205 points)

Name	Season Best	Meet - Date	Collegiate Best	Meet – Date
Dan Rolling	5,205*	at Big Tens – 2/28/10	5,205*	at Big Tens – 2/28/10
Frank Prill	5,015	at Big Tens – 2/28/10	5,015	at Big Tens – 2/28/10
Kyle Reid	4,662	at Jack Johnson Invite – 1/23/10	4,662	at Jack Johnson Invite – 1/23/10