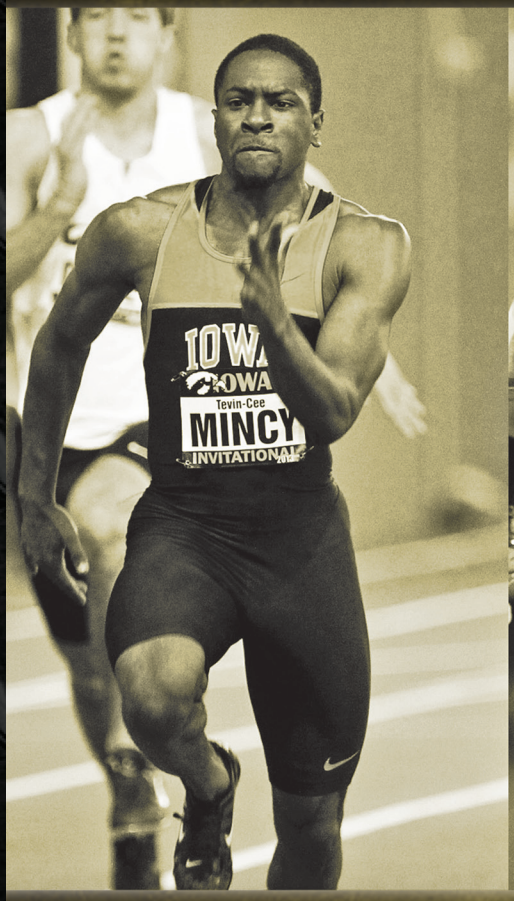
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IOWA TRACK AND FIELD

Table of Contents

Track Team Rosters....2-3
2014 Quick Facts:....4
Coaching & Support Staff:....6-13
Hawkeye Facilities:....14-15
2013 Track & Field Season Reviews:....16-19
Iowa's Olympians:....20
Track & Field NCAA Champions:....21
Track & Field All-Americans & National Honorees:....22-23
Track & Field Regional Champions & Honorees:....24
Track & Field Big Ten Champions & Honorees:....25-30
Drake Relays Champions:....30
National Iowa Varsity Club Hall of Fame:....31
Track & Field Indoor School & Facility Records:....32-33
Track & Field Indoor Top 10 Performers:....34-37
Track & Field Outdoor School & Facility Records:....38-39
Track & Field Outdoor Top 10 Performers:....40-45
Hawkeye Women's Elite Competitors:....46-48
All-Time Track & Field Letterwinners:....49-57
Cross Country Team Rosters & Quick Facts:....58
2013 Cross Country Season Reviews:....59-60
Cross Country School & Course Records:....61
Cross Country Awards & Honors:....62-64
All-Time Cross Country Letterwinners:....65-67

Practice Attendance & Interviews

All practices are open to the media, and interviews may be conducted 15 minutes prior to or at the completion of practice. **The cross country team practices daily from 3-6 p.m. at the Ashton Cross Country Course. The track team practices daily from 1:30-6 p.m. at the Recreation Building during the indoor season and from 1:30-6 p.m. at Francis X. Cretzmeyer Track during the outdoor season.** All interviews should be coordinated by either Chris Brewer or Brandee Britt in the Athletic Communications Office so the interview time does not interfere with the student-athlete's schedules.

Athletics Department Mission Statement

The mission of the Department of Athletics is to provide the administrative and coaching support, facilities, resources and equipment necessary for student-athletes to graduate from The University of Iowa while participating in broad-based championship-caliber athletic competition. The overall well-being of the participant and the integrity of the program will be paramount in all that we do.

UI Nondescrimination Statement

The University of Iowa prohibits discrimination in employment, educational programs, and activities on the basis of race, national origin, color, creed, religion, sex, age, disability, veteran status, sexual orientation, gender identity, or associational preference. The University also affirms its commitment to providing equal opportunities and equal access to University facilities. For additional information, contact the Office of Equal Opportunity and Diversity, (319) 335-0705.

2013 Cross Country Schedule

Sept. 6	**Iowa Open**	**Iowa City, Iowa**
Sept. 13	**Iowa Invite**	**Iowa City, Iowa**
Sept. 28	Roy Griak Invite	Minneapolis
Oct. 19	Pre National Invite	Terre Haute, Ind.
Oct. 27	Big Ten Championships	West Lafayette, Ind.
Nov. 15	NCAA Midwest Regional	Ames, Iowa
Nov. 23	NCAA Championships	Terre Haute, Ind.

2014 Indoor Track and Field Schedule

Jan. 18	**Big 4 Invitational**	**Iowa City, Iowa**
Jan. 24-25	at Gold Country Classic	Minneapolis, Minn.
Jan. 31-Feb. 1	at Bill Bergen Invitational	Ames, Iowa
Feb. 7-8	at Husker Invite	Lincoln, Neb.
Feb. 14-15	at Cyclone Classic	Ames, Iowa
	at Tyson Invitation	Fayetteville, Ark.
Feb. 21	**Iowa Invitational**	**Iowa City, Iowa**
Feb. 28-Mar. 1	at Big Ten Championships	Geneva, Ohio
Mar. 14-15	at NCAA Championships	Albuquerque, N.M.

2014 Outdoor Track and Field Schedule

Mar. 28-29	at Arizona State Invitational	Phoenix, Ariz.
Apr. 4-5	at Arkansas Invitational	Fayetteville, Ark.
	at Stanford Invitational	Palo Alto, Calif.
Apr. 12	at Lee Calhoun Invitational	Macomb, Ill.
Apr. 18-19	Mt. Sac Relays	Walnut, Calif.
Apr. 24-26	at Drake Relays	Des Moines, Iowa
May 2-3	**Musco Twilight**	**Iowa City, Iowa**
May 16-18	at Big Ten Championships	West Lafayette, Ind.
May 29-31	at NCAA Regionals	Fayetteville, Ark.
June 11-14	at NCAA Championships	Eugene, Ore.

Credits

The University of Iowa men's track and field and cross country media guide was written, designed and edited by Sports Information Student Intern Brandee Britt and Assistant Athletic Communication Directors Traci Wagner and Chris Brewer. Photographs provided by Chris Donahue, Darren Miller and University of Iowa CMP Photo Services. Cover artwork designed by Mindy Heidgerken. Printing done by University of Iowa Printing.

Name	Event	Yr.	Hometown (Last School)
Babatunde Amosu	Jumps	Jr.	London, England (Texas A&M)
Ben Anderson	Distance	Fr.	Clive, Iowa (West Des Moines Valley HS)
Jon Michael Brandt	Distance	Sr.	Winona, Minn. (Winona HS)
Keith Brown	Sprints/Hurdles	Jr.	Milwaukee, Wis. (Iowa Wesleyan)
Matt Butler	Distance	So.	Bettendorf, Iowa (Bettendorf HS)
Andrew Carman	Throws	Jr.	Jefferson, Iowa (Jefferson-Scranton HS)
Sam Chaney	Distance	Sr.	Columbus Junction, Iowa (Columbus Junction HS)
Drew Clark	Throws	Sr.	Marion, Iowa (Marion HS)
Alec Cranford	Combined Events	Fr.	Dana Point, Calif. (Dana Hills)
Brennan Davey	Middle Distance	Jr.	Indianola, Iowa (Indianola HS)
Kerry Dean Jr.	Jumps	So.	Evergreen Park, Ill. (Mount Carmel HS)
Klyvens Delaunay	Jumps	So.	Claremont, Calif. (Claremont HS)
Kevin Docherty	Distance	Fr.	Saint Paul, Minn. (Saint Paul HS)
William Dougherty	Middle Distance	Fr.	Moville, Iowa (Woodbury Central HS)
Jack Eckert	Combined Events	Sr.	Sellersburg, Ind. (Silver Creek HS)
Nate Ferree	Distance	So.	Appleton, Wis. (Xavier HS)
Neil Flattery	Middle Distance	So.	Fort Dodge, Iowa (Saint Edmond HS)
Sam Fourman	Distance	Jr.	Oak Park, Ill. (Oak Park HS)
Jared Ganshow	Sprints	Fr.	Oxford, Iowa (Clear Creek Amana HS)
Anthony Gregorio	Distance	So.	Palatine, Ill. (Palatine HS)
James Harrington	Sprints	So.	Cedar Falls, Iowa (University of Alabama)
Michael Hart	Distance	So.	West Branch, Iowa (West Branch HS)
Ethan Holmes	Hurdles	Sr.	Clinton, Iowa (Clinton HS)
Daniel Huff	Distance	So.	Waverly, Iowa (Waverly-Shell Rock HS)
Gabe Hull	Throws	Jr.	Bloomington, Ind. (South HS)
Connor Janu	Hurdles	Fr.	Blaine, Minn. (Spring Lake Park HS)
Nick Jensen	Sprints/High Jump	Fr.	Iowa Falls, Iowa (Iowa Falls-Alden HS)
Sam Joens	Throws	Jr.	Cedar Rapids, Iowa (Prairie HS)
Ryan Larson	Distance	Fr.	Minneapolis, Minn. (Southwest HS)
Kevin Lewis	Distance	Jr.	Ottumwa, Iowa (Ottumwa HS)
Aaron Mallett	Hurdles	Fr.	St. Louis, Mo. (McCluer North HS)
Sam McElhiney	Distance	Fr.	Bettendorf, Iowa (Pleasant Valley HS)
Avery Meyers	Throws	*Fr.	West Liberty, Iowa (West Liberty HS)
Tevin-Cee Mincy	Sprints	Sr.	Altoona, Iowa (S.E. Polk HS)
Brook Price	Distance	Fr.	Iowa City, Iowa (City HS)
Nathan Prom	Middle Distance	Sr.	East Dundee, Ill. (Dundee Crown HS)
Kyle Reid	Combined Events	Sr.	Schaumburg, Ill. (James B. Conant HS)
Vinnie Saucer, Jr.	Sprints	Fr.	Valencia, Calif. (Oaks Christian HS)
Quentin Shaffer	Distance	Fr.	Mount Prospect, Ill. (Prospect HS)
Connor Simmons	Distance	Fr.	Des Moines, Iowa (Waukee HS)
Josh Sindelar	Distance	Fr.	Council Bluffs, Iowa (Council Bluffs St. Albert HS)
Taylor Soltys	Distance	So.	Naperville, Ill. (Neuqua Valley HS)
Kevin Spejcher	High Jump	So.	Bloomingdale, Ill. (Lake Park HS)
Will Teubel	Middle Distance	So.	Lisbon, Iowa (Mount Vernon HS)
Brendan Thompson	Sprints	So.	Fort Madison, Iowa (Fort Madison HS)
Mohamed Traore	Middle Distance	Fr.	Iowa City, Iowa (City HS)
Kaleb VanCleave	Sprints	Jr.	Des Moines, Iowa (Hoover HS)
Carlos Varela-Hernandez	Throws	Fr.	Naperville, Ill. (Neuqua Valley HS)
Kyle Wheeler	Middle Distance	Jr.	Glenwood, Iowa (Glenwood HS)
Caleb Wilfong	Distance	So.	Columbia, Mo. (Rock Bridge HS)
O'Shea Wilson	Sprints/Jumps	Fr.	Houston, Texas (Fort Bend Bush HS)
Ben Witt	Distance	Jr.	Burlington, Iowa (Burlington HS)
Mitch Wolff	Sprints/Hurdles	So.	Plainfield, Ill. (Plainfield South HS)

* - *redshirt freshman*

Pronunciation Guide

Name	Pronunciation
Babatunde Amosu	bob-ah-TOON-day AH-moo-sue
Klyvens Delaunay	DUE-lay-knee
Nate Ferree	fuh-REE
Connor Janu	JAN-knew
Sam Joens	JONES
Taylor Soltys	SOUL-stiss
Kevin Spejcher	SPAY-shur
Mohamed Traore	TRAY-or
Will Teubel	TUE-bull
Head Coach Larry Wieczorek	wuh-ZOR-ik

Name	Event	Yr.	Hometown (Last School)
Katie Adams	Distance	Fr.	Marengo, Ill. (Marengo HS)
Adrianne Alexia	Sprints	Sr.	Grundy Center, Iowa (Grundy Center HS)
Kelly Breen	Distance	Fr.	Palatine, Ill. (Fremd HS)
Brittany Brown	Sprints	Fr.	Upland, Calif. (Claremont HS)
Rachel Curry	Throws	Sr.	Homestead, Iowa (Williamsburg HS)
Kassidy Ellis	Combined Events	So.	Bakersfield, Calif. (Bakersfield HS)
Courtney Fritz	Throws	Sr.	Coralville, Iowa (Iowa City West HS)
Allison Gattone	Javelin	So.	Libertyville, Ill. (Libertyville HS)
Dakotah Goodell	Throws	So.	Williamsburg, Iowa (Williamsburg HS)
Lisa Gordon	Distance	So.	Western Springs, Ill. (Lyons Township HS)
Ashlyn Gulvas	Throws	Sr.	Standish, Mich. (Standish-Sterling HS)
Elexis Guster	Sprints/Hurdles	Fr.	Atlanta, Ga. (Berkmar HS)
Grace Haerr	Distance	So.	Schaumburg, Ill. (Schaumburg HS)
Alexis Hernandez	Sprints	Fr.	San Diego, Calif. (Mount Carmel HS)
Lindsay Herra	Throws	Fr.	Rockford, Ill. (Boylan Catholic HS)
MonTayla Holder	Sprints/Hurdles	So.	Indianapolis, Ind. (Lawrence Central HS)
Alexa Hunt	Throws	Fr.	Des Moines, Iowa (Roosevelt HS)
Alana Jones	Distance	Fr.	Laguna Hills, Calif. (Laguna Hills HS)
Brooklynn Kascel	Distance	So.	Marion, Iowa (Linn-Mar HS)
Sydney Keith	Sprints	Fr.	Wheeling, Ill. (Wheeling HS)
Lake Kwaza	Sprints	So.	Sycamore, Ill. (Sycamore HS)
Carisa Leacock	Jumps	Sr.	Port of Spain, Trinadad (Bishop Anstey HS)
Taylor Lynch	Sprints/Hurdles	So.	Homewood, Ill. (Homewood-Flossmoor HS)
Courtney Martin	Distance	So.	Ames, Iowa (Ames HS)
Shannon Maser	Distance	Jr.	Stilwell, Kan. (Blue Valley West HS)
Zinnia Miller	Combined Events	Sr.	Abaco, Bahamas (Florida Air Academy)
Astrid Montuclard	Distance	Fr.	Papeete, Tahiti (Paul Gauguin HS)
Kaitlyn Nelson	Sprints	So.	West Des Moines, Iowa (Valley HS)
Carolyn Newhouse	Distance	Fr.	Marion, Iowa (Linn-Mar HS)
Claire Nolan	Throws	Fr.	Taylorville, Ill. (Taylorville HS)
Tayo Oladele-Ajose	High Jump	So.	Mediapolis, Iowa (Mediapolis HS)
Lena Placzek	Distance	Sr.	Poznan, Poland (St. Maria Magdalena HS)
Rachel Price	Distance	So.	Chicago, Ill. (Loyola Academy HS)
Madison Rouw	High Jump	Fr.	Clive, Iowa (Waukee HS)
Sarah Ryan	Combined Events/Jumps	Jr.	Ottumwa, Iowa (Ottumwa HS)
Cindy Saliba	Distance	So.	Tulsa, Okla. (Holland Hall HS)
Jasmine Simpson	Throws	Sr.	Wheaton, Ill. (Glenbard South HS)
Jordyn Sindt	Middle Distance	Fr.	Griswold, Iowa (Griswold HS)
Annemie Smith	Throws	Jr.	George, South Africa (Hoerskool Outeniqua)
Amanda Stahle	Throws	Sr.	Bettendorf, Iowa (Bettendorf HS)
Jocelyn Todd	Distance	Jr.	St. Louis, Mo. (Ladue Horton Watkins HS)
Katharina Trost	Middle Distance	Fr.	Piding, Germany (Karlsgumnasium)
Cambria Tudor	Distance	Fr.	Shafter, Calif. (Shafter HS)
Mahnee Watts	Middle Distance	Fr.	Bettendorf, Iowa (Bettendorf HS)
Tess Wilberding	Distance	Fr.	Troy, Michigan (Birmingham Seaholm HS)
Khanishah Williams	High Jump	So.	Burlilngton, Iowa (Burlington HS)
Samantha Zishka	Distance	Fr.	Lancaster, Ohio (Lancaster HS)

** - redshirt freshman*

Pronunciation Guide

Name	Pronunciation
Ashlyn Gulvas	GULL-vus
Grace Haerr	HAIR
Lake Kwaza	KWAH-za
Shannon Maser	MAY-zer
Zinnia Miller	zuh-NEE-uh
Tayo Oladele-Ajose	OH-la-duh ah-JOE-see
Lena Placzek	PLAH-zhek
Annemie Smith	ahn-UH-mee
Amanda Stahle	stay-LEE
Khanishah Williams	kah-NEE-shuh

General Information

Location: ..... Iowa City, IA
Founded: 1847
Enrollment: 31,065
Conference: ..... Big Ten
School Colors: ..... Black and Gold
President: ..... Sally Mason
Director of Athletics: ..... Gary Barta
Nickname/Mascot: ..... Hawkeyes/Herky the Hawk
Cross Country Facility: ..... Bill and Jim Ashton Cross Country Course
Indoor Track & Field Facility: ..... UI Recreation Building
Outdoor Track & Field Facility: ..... Francis X. Cretzmeyer Track

Coaching & Staff Information

Director of Track & Field (Yr. at Iowa): ..... Larry Wieczorek (27th)
Events: ..... Cross Country, Distance
Alma Mater, Yr.: ..... Iowa, 1969
E-Mail Address: ..... larry-wieczorek@uiowa.edu
Head Cross Country/Track & Field Coach (Yr. at Iowa): Layne Anderson (11th)
Events: ..... Cross Country, Distance
Alma Mater, Yr.: ..... The Citadel, 1989
E-Mail Address: ..... layne-anderson@uiowa.edu
Director of Field Events (Yr. at Iowa): ..... Scott Cappos (18th)
Events: ..... Throws
Alma Mater, Yr.: ..... Indiana, 1992
E-Mail Address: ..... scott-cappos@uiowa.edu
Assistant Coach (Yr. at Iowa): ..... Clive Roberts (5th)
Events: ..... Horizontal Jumps; Women's Short Sprints, Hurdles & Relays
Alma Mater, Yr.: ..... Central Michigan, 2003
E-Mail Address: ..... clive-roberts@uiowa.edu
Assistant Coach (Yr. at Iowa): ..... Molly Jones (1st)
Events: ..... Pole Vault, High Jump, Combined Events,
Alma Mater, Yr.: ..... Princeton, 2006
E-Mail Address: ..... molly-jones-1@hawkeyetrack.com
Assistant Coach (Yr. at Iowa): ..... Joey Woody (8th)
Events: ..... Men's Sprints, Hurdles & Relays; Women's Long Sprints & Hurdles
Alma Mater, Yr.: ..... Northern Iowa, 1997
E-Mail Address: ..... joey-woody@uiowa.edu
Cross Country/Track Administrator: ..... Paula Jantz
Cross Country/Track Secretary: ..... Syrena Even
Office Phone: ..... (319) 335-9257
Office Address: ..... Carver-Hawkeye Arena, Iowa City, IA 52242

Media Information

Cross Country/Track and Field SID: ..... Brandee Britt
E-Mail Address: ..... brandee-britt@uiowa.edu
Sports Information Phone: ..... (319) 335-9411
Sports Information Fax: ..... (319) 335-9417
Office Address: ..... Carver-Hawkeye Arena, Iowa City, IA 52242
Web Site: ..... www.hawkeyesports.com

Men's Track & Field Team Information

2013 Big Ten Indoor Championships Place (Points): 7th (49)
2013 Big Ten Indoor Champions Returning/Lost: 0/1
2013 Indoor All-Big Ten Competitors Returning/Lost: 1/2
2013 NCAA Indoor Championships Qualifiers Returning/Lost: 0/1
2013 Indoor All-Americans Returning/Lost: 0/0
2013 Big Ten Outdoor Championships Place (Points): 5th (85)
2013 Big Ten Outdoor Champions Returning/Lost: 0/4
2013 Outdoor All-Big Ten Competitors Returning/Lost: 0/5
2013 NCAA Outdoor Championships Qualifiers Returning/Lost: 3/5
2013 Outdoor All-Americans Returning/Lost: 3/4
2013 Letterwinners Returning/Lost: 17/14

Men's Track & Field Historical Information

Highest Big Ten Indoor Team Place (Yrs.): 1st (1926, 1929, 1963)
Highest NCAA Indoor Champ's Team Place (Yrs.): 8th (2011)
Highest Big Ten Outdoor Champ's Team Place (Yrs.): 1st (1963, 1967, 2011)
Highest NCAA Regional Team Finish (Pts., Yr.): 12th (25, 2008)
Highest NCAA Outdoor Champ's Team Place (Yr.): 7th (1967)
NCAA Champions: ..... 10 champions, 12 titles
All-Americans: ..... 65 student-athletes, 118 honors
NCAA Champions/Qualifiers: 1/182
Big Ten Indoor Champions: ..... 87 champions, 113 titles
Big Ten Outdoor Champions: ..... 145 champions, 179 titles
All-Big Ten Honorees: ..... 117 honors
Academic All-Big Ten Honorees: ..... 91 student-athletes, 167 honors

Women's Track & Field Team Information

2013 Big Ten Indoor Championships Place (Points): 11th (11)
2013 Big Ten Indoor Champions Returning/Lost: 0/0
2013 Indoor All-Big Ten Competitors Returning/Lost: 0/0
2013 NCAA Indoor Championships Qualifiers Returning/Lost: 0/0
2013 Indoor All-Americans Returning/Lost: 0/0
2013 Big Ten Outdoor Championships Place (Points): 11th (31)
2013 Big Ten Outdoor Champions Returning/Lost: 0/0
2013 Outdoor All-Big Ten Competitors Returning/Lost: 0/2
2013 NCAA Outdoor Championships Qualifiers Returning/Lost: 0/1
2013 Outdoor All-Americans Returning/Lost: 0/0
2013 Letterwinners Returning/Lost: 21/7

Women's Track & Field Historical Information

Highest Big Ten Indoor Team Place (Pts., Yr.): 3rd (65, 1981; 89, 2004)
Highest NCAA Indoor Champ's Team Place (Pts., Yr.): 14th (10, 1993)
Highest AIAW Indoor Champ's Team Place (Pts., Yr.): 10th (15, 1982)
Highest Big Ten Outdoor Champ's Team Place (Pts., Yr): 3rd (75, 1981)
Highest NCAA Regional Team Finish (Pts., Yr.): 8th (34.5, 2007)
Highest NCAA Outdoor Champ's Team Place (Pts., Yr.): 19th (12, 1992)
Highest AIAW Outdoor Champ's Team Place (Pts., Yr.): 10th (21, 1982)
NCAA Champions: ..... 3 champions, 4 titles
All-Americans: ..... 37 student-athletes, 64 honors
NCAA Champions/Qualifiers: 3/133
Big Ten Championships (Indoor/Outdoor): 31/24
All-Big Ten Honorees: ..... 77 honors
Academic All-Big Ten Honorees: ..... 135 student-athletes, 216 honors



Layne Anderson

Head Cross Country/Track & Field Coach
11th Year at Iowa

Layne Anderson is in his third year as head cross country and track and field coach at the University of Iowa. He previously served as head coach of the Hawkeye women's cross country team (2003-11) and Hawkeye women's track and field team (2008-12). From 2003-07, he served as an assistant women's track and field coach for the Hawkeyes.

During Anderson's tenure with the women's cross country team, Iowa has crowned seven All-Americans, three NCAA Midwest Regional champions, one Big Ten champion and 18 all-region honorees. The team qualified for the NCAA Championships three straight years (2006-08) after a 14-year absence from the meet. The Hawkeyes have also set school records in the 3,000, 4,000, 5,000 and 6,000 meters, as well as Ashton Cross Country Course facility records in the 3,000 and 4,000 meters.

Former Hawkeyes Diane Nukuri, Meghan Armstrong, Racheal Marchand and Mareike Schrulle had outstanding Hawkeye careers under Anderson's tutelage. The quartet combined for six All-America honors, three NCAA Midwest Regional titles, nine All-Region honors and six All-Big Ten honors.

In 2007, Nukuri became only the second Hawkeye in school history to win a Big Ten title. She earned Athlete of the Year honors and set meet records at both the Big Ten and regional championships. A finalist for the national 2007 Honda Sports Award in cross country, Nukuri still holds school records in the 3,000, 4,000, 5,000 and 6,000 meters, as well as Ashton Cross Country Course facility records in the 3,000 and 4,000 meters. Armstrong became the first women's cross country competitor in school history to earn three all-region honors. She was Anderson's first NCAA cross country qualifier at Iowa. Marchand was the second Hawkeye in school history to win the NCAA Midwest Regional and take home NCAA Midwest Regional Female Athlete of the Year honors. Nukuri and Marchand were Iowa's Female Athlete of the Year honorees in 2008 and 2009, respectively.

The Iowa cross country team has also had success in the classroom under Anderson. The team earned USTFCCCA all-academic honors 10 times, while Sarah Arens (2003), Armstrong (2005), Brooke Eilers (2009), Megan Ranegar (2013) and Mareike Schrulle (2013) earned individual all-academic recognition. Armstrong was Iowa's Big Ten Medal of Honor recipient in 2007, while Arens was Iowa's nominee for NCAA Woman of the Year in 2004. Since 2003, the Hawkeyes have received 66 Academic All-Big Ten honors, including a school-record nine honorees in 2011.

Anderson served as the head women's track and field coach from 2009-11 before being named head coach of the combined program in 2012. He served as interim head coach in 2008 after the passing of former Hawkeye Head Coach James Grant. Under Anderson's direction, Iowa has crowned 50 All-Americans and 17 Big Ten champions, qualified 171 Hawkeyes for postseason competition and earned 100 academic All-Big Ten honors.

Former Hawkeyes Kineke Alexander, Karessa Farley, Renee White, Tammilee Kerr, Bethany Praska, Armstrong, Nukuri and Marchand have earned national and conference recognition during Anderson's tenure.

In 2008, Marchand (5,000 meters) and Farley (60-meter hurdles) earned All-America honors. Alexander picked up her eighth All-America honor in the 400 meters, which is the most any Hawkeye in school history has every accumulated. The 2006 NCAA 400-meter champion and two-time NCAA Midwest Regional Champion won five Big Ten titles and set school records in four individual events and two relays during her Hawkeye career. Armstrong and Nukuri kept the momentum going from cross country, with Armstrong winning two Big Ten titles and Nukuri and White each snagging one. Armstrong, Marchand and Kerr earned All-America honors outdoors. Nukuri earned the Wilma Rudolph Award and was Iowa's nominee for Big Ten Female Athlete of the Year. White was a two-time Big Ten outdoor triple jump champion (2008-09). Praska is Iowa's most recent All-American (800 meters) and Big Ten champion, winning conference titles in the indoor 600 meters, outdoor 800 meters and as part of the outdoor 1,600-meter relay in 2011.

As an assistant track coach for the Hawkeyes from 2003-07, Anderson had success with the middle distance and distance corps. During that time the Hawkeyes crowned three All-Americans, posted 19 national qualifiers and 13 regional qualifiers. Iowa was one of four schools in the nation to have NCAA indoor qualifying marks in the 800 meters, mile, 3,000 meters, 5,000 meters and distance medley relay in 2004. Tennessee, Stanford and Kentucky were the other three schools to achieve those standards.

Prior to joining the Hawkeyes, Anderson served as head men's and women's cross country coach and assistant track coach at Auburn University (1997-2002). During his tenure, he coached seven All-Americans, two SEC champions, 15 all-SEC honorees and 58 academic all-SEC performers. He also coached eight individual school record holders and four relays to school records. Anderson helped the men's team to four top-15 finishes at the NCAA Outdoor Championships and two top-20 placings at the NCAA Indoor Championships; and the women's squad to three top-15 finishes at the national indoor meet and one at the NCAA outdoor meet. The men's highest national finish was third place in 2000, while the women's was 11th in 2002.



Coach Anderson with former Hawkeyes McKenzie Melander (left) and Betsy Flood (right) that placed first and second, respectively, at the 2012 Big Ten Outdoor Championships.

The Tiger cross country team produced four all-South Region performers, two NCAA individual qualifiers, four team titles, three individual titles and two SEC Athlete of the Week Award recipients under Anderson. He served as meet director for the annual Auburn Cross Country Invitational, which featured over 600 runners, and the 2000 NCAA South Regional Championships.

Before his stint at Auburn, Anderson was an assistant men's cross country and track and field coach at Texas Tech (1996-97), where he coached six Red Raiders to nine All-America honors. In 1997, the men's track and field team placed 11th at the NCAA Outdoor Championships and 21st at the national indoor meet. He also coached one GTE academic all-district award recipient.

He served as the administrative assistant to the Faculty Athletics Representative at Auburn (1994-96), which included a one-year stint as administrative assistant to the Graduate Program Officer (1994-95). Anderson was a graduate teaching assistant at Auburn (1991-94) and The Citadel (1989-91). During his graduate assistantship at Auburn, he worked with 1991 World Champion and 1996 Olympic silver medallist Samuel Matete and two-time Olympian Tommy Asinga.

A three-time Southern Conference individual champion, Anderson set 10 school records at The Citadel and was named team MVP three times. He was a member of a USATF national champion distance medley relay. A three-time academic all-conference selection, Anderson was named to the Dean's List four times and the Gold Stars list twice.

The son of an Army Officer, Anderson graduated from Frankfurt American High School in 1985. He was a five-time Department of Defense Schools champion in the 800 and 1,500 meters and was named Department of Defense Schools European High School Runner of the Year twice.

Anderson holds two degrees from The Citadel. He earned a bachelor's (1989) and masters of education (1991), both in health and physical education. Anderson and his wife, Alexis, have two sons, Sawyer and Griffin.

The Anderson File

- 7 Cross Country All-Americans
- 50 Track All-Americans
- 3 NCAA Midwest Regional Cross Country Champions
- 3 NCAA Midwest Regional Cross Country Athletes of the Year
- 18 NCAA All-Midwest Region Cross Country Performers
- 14 NCAA All-Midwest Region Track Performers
- 1 Big Ten Cross Country Champion
- 17 Big Ten Track & Field Champions
- 10 USTFCCCA Academic All-America Cross Country Team Awards
- 3 USTFCCCA Academic All-America Track & FIeld Team Awards
- 166 Academic All-Big Ten Performers In Cross Country and Track

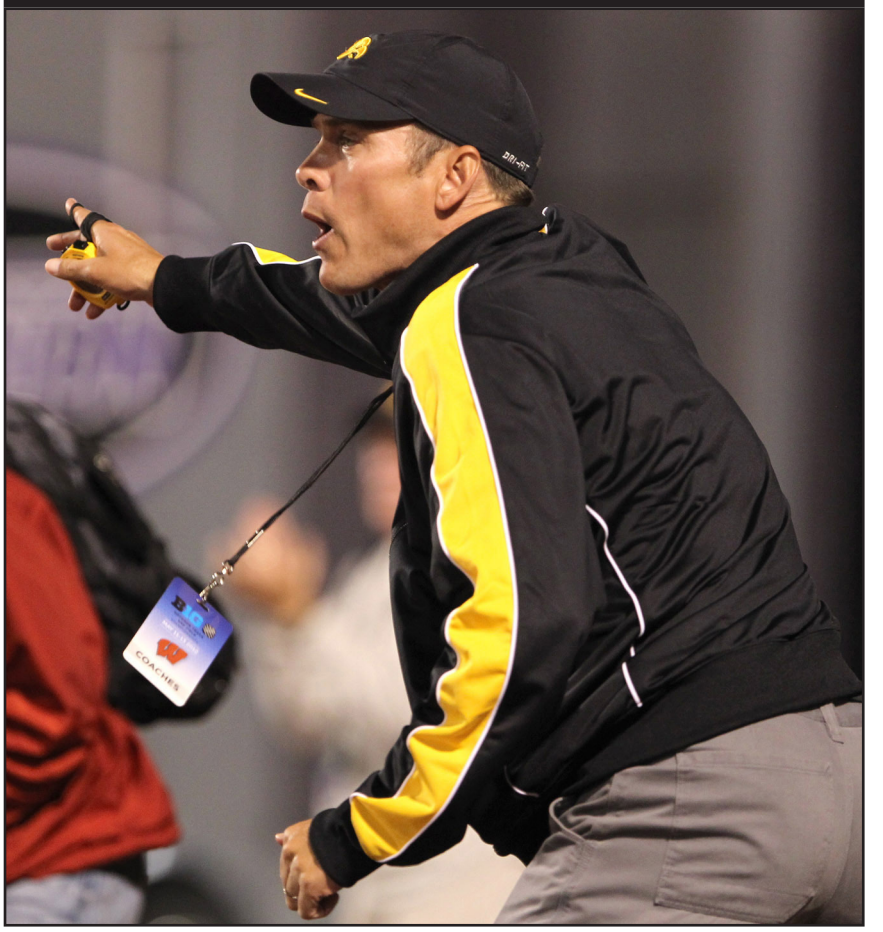
Anderson At Iowa - Cross Country

Year	Big Ten Finish/Points	Regional Finish/Points	National Finish/Points	Academic All-Big Ten Honorees
2003	11th/241	9th/283	--/--	4
2004	7th/170	7th/235	--/--	5
2005	7th/170	6th/182	--/--	4
2006	6th/112	3rd/118	17th/409	5
2007	5th/103	3rd/111	10th/387	8
2008	6th/151	4th/126	24th/538	1
2009	6th/150	5th/160	--/--	8
2010	8th/190	7th/208	--/--	7
2011	6th/149	4th/146	--/--	9
2012	10th/228	6th/220	--/--	6
2013	12th/369	21st/512	--/--	4

Anderson At Iowa - Track & Field

Year	Indoor Big Ten Finish/Points	Outdoor Big Ten Finish/Points	National Finish/Points	Academic All-Big Ten Honorees
2008	5th/60	6th/73	18th/12	7
2009	10th/25	10th/31	21st/13	10
2010	9th/36	10th/34	--/--	18
2011	T8th/56	8th/59	--/--	16
2012	8th/45 (m)	5th/80.5 (m)	--/--	27
	10th/21 (w)	8th/53 (w)	--/--	
2013	7th/49 (m)	5th/85 (m)	--/--	22
	11th/11 (w)	11th/31	--/--	

m - men's team, w - women's team





Larry Wieczorek

Director of Track & Field
27th Season at Iowa

Larry Wieczorek, the 2011 Big Ten Coach of the Year, is in his third season as Director of Track and Field for the University of Iowa. He served as head men's cross country coach for the Hawkeyes for 27 seasons (1987-2013) and head men's track and field coach for 15 seasons (1997-2011). Wieczorek served as an assistant track and field coach for 12 years (1985-96).

A six-time Big Ten champion (including two in cross country) and four-time All-American student-athlete at Iowa, Wieczorek once held conference marks in the one, two, three, four and five-mile runs. A member of Iowa's Big Ten track championship team in 1967, Wieczorek led the Hawkeyes back to the top of the Big Ten by capturing the 2011 Big Ten Outdoor Championship. The Hawkeye men crowned three conference champions on their home track, and Wieczorek was named Big Ten and USTFCCCA Midwest Region Coach of the Year.

Wieczorek led Iowa to an eighth place finish at the 2011 NCAA Indoor Championships, the highest finish in school history, and led the Hawkeyes to top 25 finishes at the 2012 NCAA Indoor and Outdoor Championships.

Wieczorek's outdoor 5,000-meter marks curently ranks second in school history. He was honored for his collegiate accomplishments by being inducted into the University of Iowa's National Varsity Club Athletics Hall of Fame in 1998.

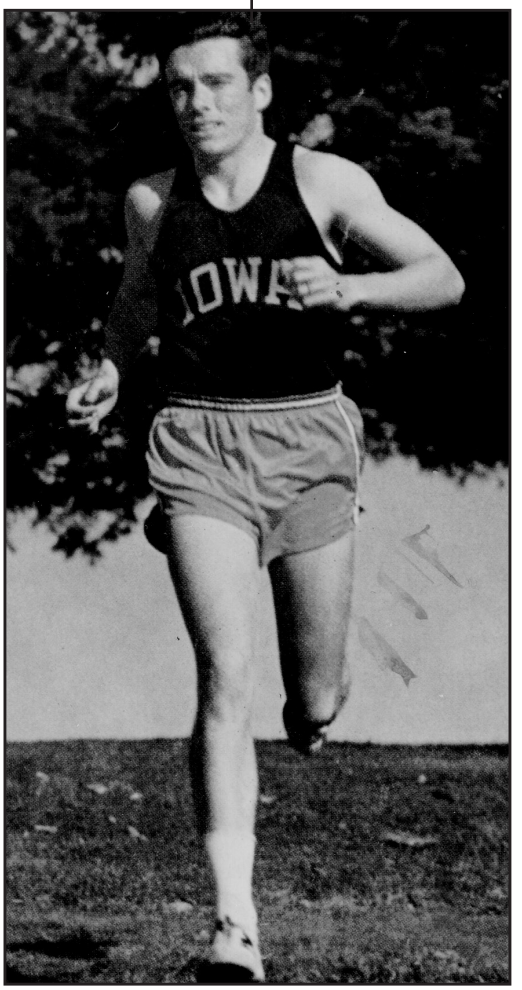
Wieczorek has coaching experience in all events. Returning to his alma mater as a field event coach at Iowa in 1985, he developed a strong squad that included two-time Big Ten long jump champion Quinn Early, Iowa's first-ever outdoor Big Ten shot put champion Chris Gambol and Gary Kostrubala, who was the first discus thrower in the Big Ten to throw over 200. Kostrubala was also an NCAA indoor qualifier in the shot put (60-10 3/4) with the third-best indoor mark in school history.

Wieczorek took over the men's cross country program in 1987 and shifted his track responsibilities to the distance corps. During his tenure, the cross country team placed sixth or higher 11 times at the NCAA Regional Championships, posted 38 all-region selections and qualified for the NCAA Championships five times. In 2002, Wieczorek was named Midwest Region Coach of the Year honors by the United States Cross Country Association after the Hawkeyes won the NCAA Regional for the first time in school history. In 2004, the Hawkeyes recorded their highest placings under Wieczorek at the Big Ten (3rd) and NCAA Championships (13th). He coached several Hawkeyes to individual honors - including 2006 NCAA Midwest Regional Men's Athlete of the Year Micah VanDenend and Iowa's two Big Ten Cross Country Freshman of the Year honorees in Jared Pittman (1993) and Reed Steele (1998).

One of his goals as head men's track and field coach was to build a strong Hawkeye squad around a well-balanced team. In his 16 years at the helm, Wieczorek coached NCAA Champion long jumper Bashir Yamini, 48 All-Americans, 135 national qualifiers, 150 NCAA Regional qualifiers and 50 Big Ten Champions. Iowa's 1,600-meter relay won the 2011 Big Ten indoor title, the 1999 Big Ten outdoor title and has earned Al-America honors five times during Wieczorek's tenure. The Hawkeyes also had at least one All-American in the throws eight times, crowning a total of 18 All-Americans and 23 Big Ten champions in the field events.

On the track, Wieczorek coached All-American distance runners Kevin Herd, Stetson Steele and Eric MacTaggart and Big Ten Champion Micah VanDenend. Herd, a two-time All-American in the 5,000 meters (1993-94) won Iowa's first-ever Big Ten 10,000-meter title in 1994. Steele earned both indoor and outdoor All-America honors in 2000, becoming the first Hawkeye distance runner to earn both in the same year since Wieczorek in 1967. In 2006, MacTaggart earned All-America honors in the 10,000 meters. VanDenend won Iowa's second conference title in the 10,000 meters in 2007, running that event for the first time in his career. VanDenend still holds the school indoor and outdoor 5,000 meter records.

When Wieczorek joined the Iowa staff, several of his athletes were also members of the nationally-ranked Iowa football team. He continued to foster a strong relationship with the Iowa football staff, which resulted in outstanding contributions from several multi-sport athletes. Tim Dwight was a two-time first team All-America wide receiver and return specialist for the Hawkeye football team from 1994-97, who scored a touchdown in the 1999 Super Bowl for the Atlanta Falcons. Dwight returned to Iowa City a few months later to compete for the track team during the outdoor season. He was named Male Athlete of the 1999 Big Ten Outdoor Championships after he won the 100 meters, ran the lead leg on the winning 400-meter relay and second leg on the winning 1,600-meter relay, and placed second in the 200 meters. In 2001, fullback Jeremy Allen became Iowa's only five-time All-American in the throws and the only Hawkeye to earn the honors solely in an individual event. He was a four-time Big Ten Champion and the first thrower in conference history to earn Big Ten Freshman of the Year honors at both the indoor and outdoor conference meets. Paul Chaney, Jr. had an strong outdoor season for the Hawkeyes in 2009 after rejoining the team after spring football practice. In his outdoor season debut at the 100th annual Drake Relays, Chaney, Jr. anchored the winning men's 400-meter relay (40.71) and the Iowa's men's 800-meter relay to a school-record (1:24.85). He earned Iowa's Big Ten Outdoor Sportmanship Award in 2009, qualifying for the NCAA regional and scoring points at the Big Ten outdoor meet in three events. He led the team in the 60 and 200 meters from 2007-09.



Wieczorek was a six-time Big Ten champion and four-time All-American at Iowa (1966-68).

Another of Wieczorek's goals as head coach was to create an annual outdoor home event for the Hawkeyes that would be entertaining for the community and feature outstanding competition for participating student-athletes. Now in its 15th year of existence, the annual Iowa Musco Twilight Meet is just that. Named for Musco Lighting of Oskaloosa, Iowa, who supplies mobile lighting equipment, the co-ed meet starts in the late afternoon and extends into the night. In its first four years, the meet had produced 43 NCAA provisional qualifiers. From 2003-08, 253 competitors reached NCAA qualifying standards at the twilight meet. The meet was cancelled in 2009 due to ongoing renovations at Cretzmeyer Track.

While improving in the league standings is considered a priority, the Hawkeyes also concern themselves with performance in the classroom. Under Wieczorek, cross country runners Kevin Herd, Chad Schwitters, Stetson Steele and Jesse Luciano earned national academic honors. Iowa had an academic All-Big Ten selection each year during his tenure, totaling 89 honorees in cross country and 184 in track and field.

Wieczorek came to Iowa after 11 seasons as head track coach at Proviso (Ill.) West High School. He also served as an assistant at Proviso West for three years. His prep teams were consistent placers on the state level and several of his athletes won state titles. He served on the Illinois track advisory board and founded the prestigious Proviso Indoor Track Classic. Wieczorek was inducted into the Illinois High School Track and Cross Country Coaches Hall of Fame in 2000.

Wieczorek was born on September 11, 1946, in Chicago, Ill. He received his B.S. degree in physical education from Iowa in 1969 and his M.S. degree in physical education from Northern Illinois University in 1973. His wife's name is Jackie.



Wieczorek's Track Results at Iowa

Year	Indoor Big 10 Place/Champs	Outdoor Big 10 Place/Champs	Indoor/Outdoor All-Americans*
1997	4th/2	9th/2	1/0
1998	5th/2	3rd/6	6/2
1999	7th/1	2nd/11	0/4
2000	8th/1	6th/1	2/1
2001	10th/0	5th/6	0/3
2002	----/--	6th/2	1/2
2003	9th/0	9th/1	0/1
2004	10th/0	10th/0	0/1
2005	10th/0	8th/1	0/0
2006	7th/1	4th/2	0/1
2007	7th/1	7th/2	0/1
2008	8th/1	8th/1	1/0
2009	9th/0	7th/0	1/0
2010	5th/0	4th/3	0/5
2011	4th/3	1st/3	8/8
2012	8th/2 (m)	5th/2 (m)	2/2
	10th/0 (w)	8th/1 (w)	0/0
2013	7th/1 (m)	5th/7 (m)	0/6
	11th/0 (w)	11th/0 (w)	0/0
Total	**15**	**51**	**21/37**

**first team All-Americans*

Wieczorek's Cross Country Results at Iowa

Year	Big Ten Finish	Regional Finish	National Finish
1987	10th	---	---
1988	9th	---	---
1989	5th	16th	---
1990	7th	13th	---
1991	10th	21st	---
1992	7th	11th	---
1993	7th	10th	---
1994	9th	10th	---
1995	8th	14th	---
1997	5th	6th	---
1998	5th	2nd	21st
1999	9th	6th	---
2000	8th	6th	---
2001	8th	4th	---
2002	7th	1st	29th
2003	5th	3rd	---
2004	3rd	3rd	13th
2005	4th	2nd	19th
2006	5th	3rd	28th
2007	5th	9th	---
2008	7th	7th	---
2009	6th	6th	---
2010	9th	7th	---
2011	10th	9th	---
2012	10th	13th	---
2013	10th	14th	---



Scott Cappos

Director of Field Events
18th Season

Scott Cappos is in his 18th year as an assistant coach at the University of Iowa. A USATF Level II Certified Coach in the throws and jumps, Cappos is in his fifth season of coaching the men and women throwers. He was named USTFCCCA Men's Midwest Region Throws Coach of the Year in 2007. He was named an assistant coach on the United States Pan American Junior Athletics Championship team in 2011.

Since joining the staff in 1997, Cappos has helped create a strong Hawkeye throws program. During his tenure, Iowa has crowned 19 All-Americans and 24 Big Ten champions in the field events, breaking school records numerous times.

The Hawkeyes have earned 19 All-America honors in throwing events under Cappos' direction. Iowa has had an All-Big Ten hammer thrower nine times, a discus conference gold or silver medalist 12 times, and a shot put medalist on 10 occasions. Cappos coached Matt Byers to three straight conference titles in the javelin (2010-12). Byers is only the fifth Hawkeye in school history to win a conference title in the same event three years in a row. He holds the school record with a mark of 245-8 (74.89m).

The Hawkeye throwers have recorded numerous team highlights under Cappos. In 2004, Iowa qualified 10 throwers for the NCAA regional, which was the most of any team in the nation. In 2005, the Hawkeyes qualified five throwers to the NCAA Indoor Championships, which tied for the most of any school in the nation. Iowa swept Big Ten titles in the shot put in 2007 and 2008, and broke the 21-year-old men's school discus record in 2007. From 2003-09, 53 Hawkeye field event competitors qualified for the NCAA Championships and 17 earned all-region honors. In the last four seasons, 24 throwers have earned a spot at the national championships.

Iowa has also had success with walk-on competitors under Cappos. Former Hawkeyes Brad Daufeldt (discus and hammer) and Chris Voller (hammer) joined the team as walk-ons and left as All-Big Ten honorees. Former Hawkeye Tim Brodersen also came to Iowa as a walk-on with a personal-best 174-0 in the discus. During his Hawkeye career, Broderson won two Big Ten titles, and his collegiate-best mark of 206-0 ranks fifth all-time at Iowa.

Cappos joined the Hawkeyes staff after serving as an assistant coach at Western Michigan University from 1995-96. He trained seven All-Americans during his tenure, and Western Michigan won the MAC and CCC team titles both seasons. He started his coaching career at West Salem High School in Wisconsin (1992-1994). Several of his former athletes have represented their countries in various international competitions, including the Olympic Games and World Championships.

Cappos, a five-time Canadian national champion, competed in several international competitions including, the Pan American Games in Argentina, the Francophenic Games in France, the World University Games in England and the Commonwealth Games in Canada.

A three-time All-American at Indiana University, Cappos was the Big Ten shot put champion in 1990 and 1991. He earned his B.S. degree in Kinesiology with a minor in social science and an emphasis in political science from Indiana in 1992. He and his wife, Jennifer, have a son, Sam, and a daughter, Amelia.

Student-Athlete Success Under Cappos

Jeremy Allen - Discus, Shot Put (1998-2001)
Five-Time All-American, Four-Time Big Ten Champion, Outdoor Shot Put School Record Holder, 1998 Big Ten Freshman of the Year, U.S. Junior Champion, Placed Fourth at 1998 World Jr. Champ's

Andy Banse - Discus, Shot Put (2002-05)
Three-Time Academic All-Big Ten, Met Shot Put "B" Standard for 2004 U.S. Olympic Trials, NSCA All-American

Matt Byers - Javelin (2010-13)
2012-13 All-American, three-time Big Ten Champion, school record holder

Tim Brodersen - Discus, Shot Put (2003-06)
Two-Time Big Ten Champion, Four-Time Academic All-Big Ten

Jim Costello - Shot Put, Hammer, Weight Throw (2000-02)
Two-Time All-American, Big Ten Champion, Weight Throw School Record Holder, Two-Time Academic All-Big Ten

A.J. Curtis - Discus, Shot Put (2006-09)
Two-Time All-Region, Discus School Record Holder, Three-Time Academic All-Big Ten, Competed in Discus at 2008 U.S. Olympic Trials

Adam Hamilton - Hammer, Weight Throw (2003-07)
Two-Time All-American, Big Ten Champion, Four-Time Academic All-Big Ten, Met Hammer "B" Standard for 2008 U.S. Olympic Trials

John Hickey - Shot Put (2006-09)
Three-Time All-American & Big Ten Champion, Indoor Shot Put School Record Holder, Met Shot Put "B" Standard for 2008 U.S. Olympic Trials, Competed in Shot Put at 2008 NACAC Under 23 Games, U.S. Jr. Champion, Placed Fourth in Shot Put at 2006 World Jr. Champ's

Ken Kemeny - Discus, Shot Put (2001-02, 2004-05)
Drake Relays Champion, Two-Time All-Region, Met Shot Put "B" Standard for 2004 U.S. Olympic Trials

Shane Maier - Shot Put, Discus (2004-08)
Big Ten Champion, Three-Time All-Region, Two-Time Academic All-Big Ten

Bill Neumann - Javelin (2001-03, 2005)
Two-Time All-American, Two-Time Big Ten Champion, Drake Relays Champion, NCAA Midwest Regional Champion, Two-Time All-Region, Former School Record Holder

Majesty Tutston - Discus, Weight, Hammer, Shot Put (2010-13)
2013 All-American, All-Big Ten, School Record Holder in Discus

Arno van der Westhuizen - Hammer, Shot Put (1999-2001)
Two-Time Big Ten Champion, Hammer School Record Holder, Former Big Ten Hammer Record Holder



Clive Roberts

Assistant Coach
Fifth Season

Clive Roberts is in his fifth season as an assistant coach for the University of Iowa track and field team. Since 2009, he has overseen women's sprints and hurdles (short and long), women's relays and men's and women's horizontal jumps. He added the title of Director of Recruiting in 2011.

Since arriving on campus, Roberts has led his student-athletes to eight Big Ten titles, 12 All-America honors, and nine school records. He coached four-time All-American and school record holder Troy Doris to four Big Ten triple jump titles in four conference championships.

In 2013, he guided freshman Klyvens Delaunay to a first team All-America finish at the NCAA Championships. Delaunay hit a season-best 52-2 1/2 (15.91) in the finals to place eighth in the triple jump. Roberts also coach Josh Larney to All-America honors in 2013. Larney earned honorable mention in the 100 meters and anchored the 400-meter relay to a sixth place finish.

The Hawkeyes set five school records in 2011, including two individual marks by Bethany Praska. Praska set the indoor and outdoor 800 meter records, and contributed to the record setting 1,600-meter (indoor/outdoor) and sprint medley relays. Roberts also coached Praska to conference titles in the indoor 600 meters and the outdoor 800 meters. The women's 1,600-meter relay also earned Big Ten gold at the outdoor championships.

In his first season with the Hawkeyes, Roberts coached All-American hurdler Karessa Farley and Big Ten outdoor triple jump champion Renee White. Farley set the school 60-meter hurdles record (8.21), while White broke her own outdoor triple jump school mark with a collegiate-best 43-10 3/4. Farley earned all-region honors in the 100-meter hurdles, and both competed at the NCAA Outdoor Championships.

A native of Toronto, Canada, Roberts served as an assistant coach for the Bowling Green State University women's team during the 2007 and 2008 seasons. During his first indoor season with the Falcons, he guided sprinter Jessica White and hurdler Nicole Standback to successful seasons. White set the school record in the 60 meters (7.53) and placed third in the 100 meters at the MAC Championships. Her season-best time of 11.58 ranked second in school history and qualified her for the NCAA Regional, making her the Falcons' first sprinter to qualify since 2004. Standback placed third in the 60-meter hurdles and 100-meter hurdles at the conference meet, posting the third fastest 100-meter hurdles time (14.03) in school history.

Before joining the Bowling Green staff, Roberts served as a graduate assistant at his alma mater, Central Michigan University. During his stint with the Chippewas, Roberts coached 13 MAC Champions, two indoor all-Americans, and one USA Track Championship qualifier. The men's squad won the 2005 MAC indoor and outdoor team titles, and Roberts guided conference champions Pierre Vinson and Clarence Glenn to all-America honors at the NCAA indoor meet. Roberts coached the top placers in the 60, 200 and 400 meters, 60-meter hurdles, and 1,600-meter relay at the 2005 conference indoor meet, and the 100, 200 and 400 meters, and 110 and 400-meter hurdles champions at the conference outdoor meet. Vinson received the Most Valuable Participant award at both the indoor and outdoor championships. Vinson's personal best under Roberts was 10.29 in the 100 meters and Glenn's personal best under Roberts was 13.60 in the 110-meter hurdles.

Roberts was a hurdler Central Michigan, qualifying for nationals and placing second in the 60-meter hurdles at the MAC Championships. He was a Canadian Junior Champion in the 110-meter hurdles during his high school career.

Roberts currently is a Level II USATF certifiied coach in sprints, hurdles, jumps and throws. He is also a certified USATF instructor.

Roberts graduated with a degree in finance from Central Michigan in 2003 and a Master of Arts also from Central Michigan University in 2007. He has a daughter, Makaylah, and son, Alexander. He and his wife, Niki, reside in Iowa City.

Roberts' Coaching Philosophy

I coach because I love the sports of track and field and because I feel it is what God created me to do. I feel a great responsibility to meet the needs of my student athletes both athletically and personally. There is no greater responsibility than to be given the opportunity to make a positive difference in someone's life. I want to win and have successful teams but I will never make the success of the team more important than the welfare of the individuals I coach. It is my job to assist the head coach in leading the team in the right direction through emphasis on academics and ethical behavior, and to guide them athletically using training methods that are sound and have proven success. It is also my job to make sure that I am always taking the individual into account and what will work best for them to reach their full potential in all areas of life. A successful team is built around successful people. Without quality individuals as a foundation the team cannot be successful.

- Open communication is the key to having a good coach to athlete relationship. Without open communication the athlete and the coach will not be on the same page.
- There must be clear expectations for behavior and work ethic spelled out in the team rules and voiced throughout the year.
- Athletes must be held accountable for their behavior inside and outside of practice. Anyone who breaks team rules or puts himself or herself or the team in a negative position will have to be disciplined.
- All student-athletes will be expected to ultimately be responsible for their academic success and their athletic success. The coach's job is to lead the athlete but the athlete must be the one to follow the lead and take responsibility for his or her success and failure.

Student-Athlete Success Under Roberts

Bethany Praska, Iowa
High School Bests: 800 m-2:21.21
Collegiate Bests: 800 m-2:03.78
Honors: Three-time Big Ten Champion, All-American

Troy Doris, Iowa
Collegiate Best: 54-8 (16.66m)
Honors: Four-Time Big Ten Champion, Four-Time All-American

Pierre Vinson, Central Michigan University
High School Bests: 60 m-6.95,100 m-10.60, 200 m-22.30
Collegiate Bests: 60 m-6.67, 100 m-10.29, 200 m-21.10
Honors: Eight-Time MAC Champion, All-American, 2005 MAC Indoor and Outdoor Most Valuable Recipient, Three-Time Regional Qualifier, Two-Time National Qualifier

Clarence Glenn, Central Michigan University
High School Bests: 60-m hurdles-8.60, 110-m hurdles-14.90
Collegiate Bests: 60-m hurdles-7.79, 110-m hurdles-13.60
Honors: Two-Time MAC Champion, All-American, 2005 Regional and National Qualifier, 2005 USA Championship Semifinalist

Steve Wezner, Central Michigan University
High School Bests: 200 m-22.50, 400 m-48.89
Collegiate Bests: 200 m-21.49,400 m-46.99
Honors: Six-Time MAC Champion, Three-Time Regional Qualifier



Molly Jones

Assistant Coach
First Season

Molly Jones is in her first season as assistant coach for the University of Iowa track and field team. She coaches pole vault, high jump, and multi-events, including the heptathlon and decathlon.

Prior to joining the Hawkeyes, Jones spent two seasons as a volunteer coach at Florida State. From 2011-13, she assisted with short sprints, jumps, multi-events and javelin. She worked with six NCAA All-Americans, and helped guide the Seminoles to ACC championships in 2012 and 2013. She also coached nine conference champions and five Olympians during her time in Tallahassee.

Jones earned a Bachelor of Arts degree from Princeton University in 2006, and a Master of Science degree from Florida State in 2012. She is a certified sports nutritionist from the International Society of Sports Nutrition, and earned her USTFCCCA Technical Coaches Certification in 2012. In July 2013, she added the USTFCCCA Track and Field Academy Jump Specialist Certification.



2014 University of Iowa Track & Field Team

Front Row (l-r): Caleb Wilfong, Keith Brown, Nick Jensen, Matt Butler, Anthony Gregorio, Clive Roberts, Larry Wieczorek, Layne Anderson, Molly Jones, Grace Haerr, Cindy Saliba, Ashlyn Gulvas, Amanda Stahle, Mahnee Watts, Alexis Hernandez, Elexis Guster. Row 2 (l-r): Ben Anderson, Connor Simmons, John Michael Brandt, Jared Ganshow, Nathan Prom, Mohamed Traore, Kevin Lewis, Kaleb VanCleave, Astrid Montuclard, Katie Adams, Carolyn Newhouse, Lake Kwaza, Adreianne Alexia, Katharina Trost, MonTayla Holder, Brittany Brown, Jocelyn Todd. Row 3 (l-r): Ben Witt, Sam Chaney, Brennan Davey, Conor Janu, Tevin-Cee Mincy, Kyle Reid, Josh Sindelar, Tess Wilberding, Courtney Martin, Taylor Lynch, Shannon Maiser, Sarah Ryan, Samantha Zishka, Jordyn Sindt, Alana Jones. Row 4 (l-r): Nate Lonsway, Sam Fourman, Brendan Thompson, Mitch Wolff, Kevin Docherty, Jack Eckert, Vinnie Saucer, Kassidy Ellis, Khanishah Williams, Brooklynn Kascel, Courtney Bruns, Kelly Breen, Rachel Price, Marisa Evers. Row 5 (l-r): Taylor Soltys, Quinten Shaffer, Will Tuebel, Nate Ferree, Daniel Huff, Klyvens Delaunay, Bobatunde Amosu, Ryan Larson, Jenna Brandhorst, Tayo Oladele-Ajose, Kaitlyn Nelson, Madison Rouw, Sydney Keith, Cambria Tudor. Row 6 (l-r): Drew Clark, Sam McElhiney, Kevin Spejcher, Kerry Dean Jr., Alec Cranford, Ethan Holmes, Brook Price. Row 7 (l-r): Austin Murphy, Neil Flattery, Josh Zeiser, Aaron Mallett, O'Shea Wilson, William Dougherty, Jasmine Simpson, Courtney Fritz, Allison Gattone, Zinnia Miller, Carisa Leacock, Shannen Rose Forde. Row 8 (l-r): Avery Meyers, Sam Joens, Andrew Carman, Gable Hull, Carlos Varela-Hernandez, James Harrington, Michael Hart, Annemie Smith, Alexa Hunt, Lindsay Herra, Claire Nolan, Lena Placzek. Row 9 (l-r): Chase Schneider, John Raffensperger, David Vidal, Grant Sammers, Billy Wunderlich, Joey Woody, Scott Cappos, Russ Peterson.



Joey Woody

Assistant Coach
Eighth Season

Iowa City native and World Champion runner Joey Woody is in his eighth season as an assistant coach with the University of Iowa track team. His main area of concentration is the men's sprints, short hurdles and relays.

Since arriving on campus, Woody has led Iowa to 10 Big Ten individual titles, two conference relay titles and 29 All-America honors.

In 2013, the Hawkeyes earned four individual conference titles and won the Big Ten championship in the 400-meter relay for the first time since 2001. The relay also twice broke the school record, topping out at 39.31 at the NCAA Championships. Woody earned his second career USTFCCCA Midwest Region Coach of the Year honor. He also earned the honor in 2011 when Iowa captured its first Big Ten team title in 44 years.

In 2012, Woody coached Erik Sowinski to the Big Ten Indoor 800 meter title, and a runner-up finish in the 800 meters at the NCAA Championships.

Woody led Iowa to three Big Ten titles and saw the Hawkeyes break eight school records in 2011. The men's indoor 1,600-meter relay of Patrick Richards, Ethan Holmes, Sowinski and Steven Willey won its first conference championship since 1984. Woody led Justin Austin to four school records and a 200 meter outdoor conference championship. Austin's 2011 performance earned him Big Ten Track Athlete of the Year and Big Ten Track Athlete of the Championships honors. He is just the fourth Hawkeye in school history to earn either honor, and he repeated the effort by sweeping both awards in 2013.

Woody also helped Holmes qualify for three events at the NCAA Outdoor Championships. Holmes was a member of Iowa's mile relay, and was the only NCAA student-athlete to qualify for both the 110- and 400-meter hurdles.

In 2010, Woody helped four athletes earn All-America honors at the NCAA Outdoor Championships, including Willey, who was a two-time All-American following his performances in the 400 meters and 1,600-meter relay. Willey was joined on the seventh-place relay by Barton, Sowinski and Richards. Ray Varner qualified for the NCAA Championships following his Big Ten title in the 400-meter hurdles. Willey also nabbed first team Big Ten honors after capturing the 400-meter title.

In 2009, the men's 400-meter relay of D'Juan Richardson, Zeke Sayon, Richards and Paul Chaney, Jr. won Iowa's first Drake Relays title since 1998, placing third at the Big Ten meet and qualifing for the NCAA regional. The 400-meter relay of Richardson, Sayon, Stephen Bee and Chaney, Jr., earned all-region honors. Chaney, Jr., and Sayon placed third and fifth, respectively, in the 100 meters at the Big Ten Championships, while Chaney, Jr., placed fourth in the conference 200 meters. Varner earned his third all-region honor in the 400-meter hurdles, earning a bid to the national meet. Varner, Connor Elmitt and Richardson placed third, seventh and eighth, respectively, in the 400-meter hurdles at the Big Ten meet. The 1,600-meter relay of Barton, Richards, Varner and Willey provisionally qualified for the NCAA indoor meet, while the squad of Barton, Sowinski, Varner and Willey qualified for the NCAA regional.

In 2008, Varner earned his second all-region honor in the 400-meter hurdles after making a strong run at the Big Ten title in that event. Both 1,600-meter relays and the outdoor 400-meter relay each earned top five finishes at the Big Ten Championships.

In 2007, Varner and the 400-meter relay team of Max Milder, Aaron Reed, Lee Elbert, Chaney, Jr. earned all-region honors. Chaney, Jr., Varner, Prince Riley and the 1,600-meter relay of David Pierre, Elbert, Varner and Riley all scored team points for Iowa at the Big Ten meet.



Woody joined Iowa's full-time staff after serving as a volunteer assistant coach with the Hawkeye sprinters and middle distance runners in 2006. He also served as sports performance director and co-owner of Velocity Sports Performance in Cedar Rapids (2005-06).

Woody has also run competitively on the international track circuit, earning a spot on three United States World teams. In 2003, he won the silver medal in the 400-meter hurdles at the World Championships and was ranked second in the world in the event. Woody was also part of the 1,600-meter relay which won the World Championships gold medal in 1999. In 2000, he was a member of the 3,200-meter relay which set a world record and he missed qualifying for the United States Olympic team by .37 seconds in the 400-meter hurdles.

Woody was a four-time All-American at Northern Iowa, winning the 1997 NCAA title in the 400-meter hurdles. He was inducted into the Drake Relays Hall of Fame in 2002. He is the only athlete in Drake Relays history to win the Athlete of the Meet award in high school (1992) and college (1994). Woody earned a B.A. in public relations and communications from UNI in 1997, and is currently pursuing an M.A. in physical education with an exercise science emphasis.

He served as assistant coach for men and women's track at UNI for five seasons (1997-2002). During that time the Panthers won six Missouri Valley Conference team titles, including the first-ever women's title in 2002. He coached one individual All-American and assisted in coaching two All-American relays.

Woody and his wife, Heather, have two children, Drake and Isabelle. Heather was an all-conference track student-athlete at Northern Iowa, and currently owns Heather Woody Unlimited, INC., which is a corporate and personal success coaching practice.



Paula Jantz
Administration



Syrena Even
Secretary



Andy Winkelmann
Academic Advisor



Randy Jensen
Facilities



Kelly Moran-Miller
Sports Psychologist



Terry Noonan
Director of Athletic Training



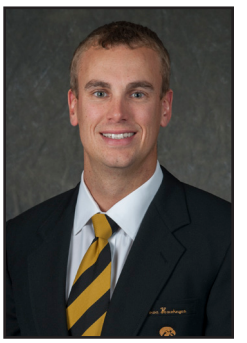
Bill Maxwell
Head
Strength Coach



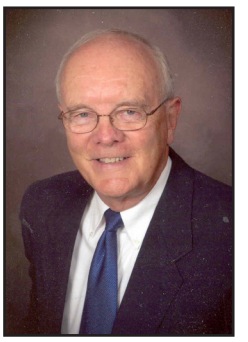
Landon Evans
Assistant
Strength Coach



Gabby Quiggle
Assistant
Strength Coach



Chase Schneider
Volunteer
Assistant Coach



John Raffensperger
Volunteer
Assistant Coach



Russ Peterson
Volunteer
Assistant Coach



Katie Staiert
Graduate Assistant
Athletic Trainer



Kevin Moehn
Undergraduate
Athletic Training
Student



Grant Lammers
Manager



Micaela Haight
Student Coach



Natalie Erickson
Manager



Billy Wunderlich
Manager


Ashton Cross Country Course


Ashton Cross Country Course


UI Recreation Building

Ashton Cross Country Course

The Bill and Jim Ashton Cross Country Course is located west of Finkbine Golf Course and adjacent to the University's West Campus project, which includes the Athletic Hall of Fame and soccer fields. It is able to accommodate races of 5,000, 6,000, 8,000 and 10,000 meters. The course will host the 2016 NCAA Regional on Nov. 11.

The course boasts a rolling terrain with an outstanding rhythm for running. The Hawkeye cross country squads have the advantage of a large grass area for training and racing. Some features include a 2,000-meter perimeter and a layout that will enable spectators to view the entire race, from start to finish, from one vantage point. The first event held on the course was the Iowa Invitational on August 29, 2003. The course was dedicated on October 31, 2004, in conjunction with Iowa hosting the Big Ten Championships. The Hawkeyes also hosted the NCAA Midwest Regional on November 12, 2005.

The leadership gift for the course was made by former Hawkeyes Bill and Jim Ashton. Bill, of Davenport, IA, graduated from the University's College of Engineering in 1962, and earned his master's degree in 1963. Jim, a 1964 University of Iowa College of Engineering graduate, currently resides in Dallas, TX. The Ashton brothers lettered in cross country under former Hawkeye men's coach, the late Francis X. Cretzmeyer, and made the lead gift for the course in his honor.

UI Recreation Building

Iowa's indoor practice and competition facility is the multi-million dollar University of Iowa Recreation Building. Located within walking distance of the University's west-side dormitories, Kinnick Stadium and Carver-Hawkeye Arena, the Recreation Building houses a six-lane mondo-Turf circuit that was resurfaced in 2011.

Locker rooms, weight training and athletic training space for the Iowa track and field, and cross country teams is also located in the Recreation Building.

The Hawkeyes hosted the Big Ten Indoor Men's Championships in 1989, 1997 and 2006, and the Big Ten Indoor Women's Championships in 1991 and 2004 at the facility.

Francis X. Cretzmeyer Track

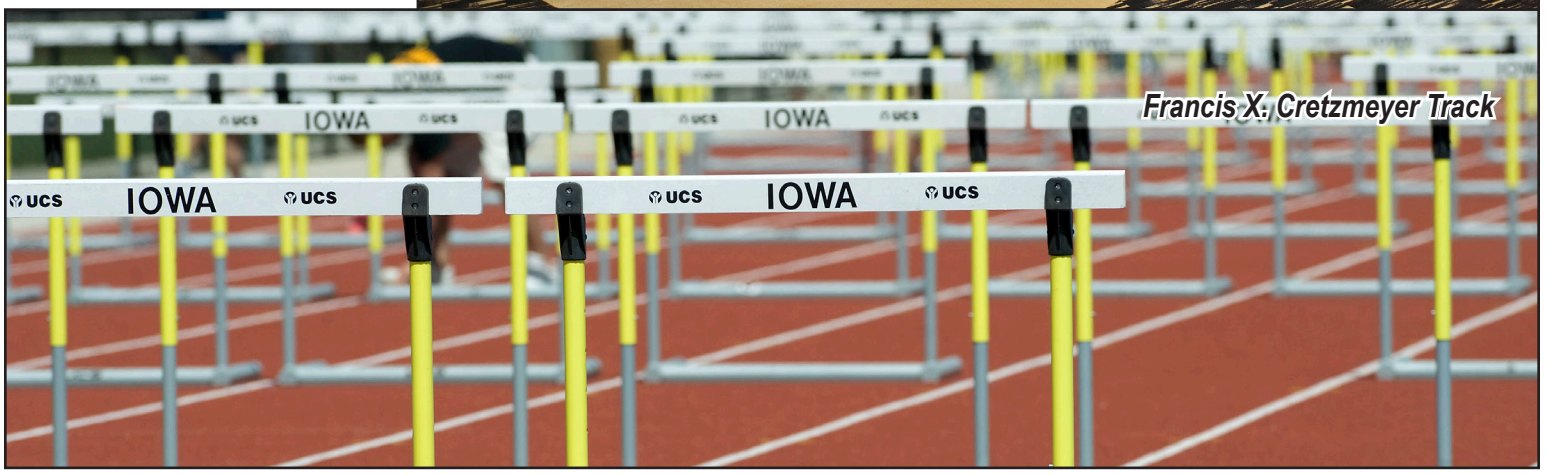
The University of Iowa track and field team practices and competes at the Francis X. Cretzmeyer Track during the outdoor season. Located within walking distance of Carver-Hawkeye Arena and Pearl Field, the track was completed in 1986. The facility was named after the late Francis X. Cretzmeyer, who coached the men's cross country and track teams from 1948-78 and led the Hawkeyes to five Big Ten team titles.

In June 2008, floodwaters and debris damaged the entire track complex, which was completely reconstructed and refinished for competition in 2010. The track features an IAAF certified, BSS 1000 track and field surface designed by Benyon Sports Surfaces. The state of the art full-pour polyurethane surface provides the resiliency and return of energy necessary for NCAA athletes to compete at the highest level.

Iowa hosted the 1987, 2000 and 2011 Big Ten Championships at Cretzmeyer Track, as well as the annual Iowa Musco Twilight Invitational.


Francis X. Cretzmeyer Track


Hawkeye Locker Rooms



Francis X. Cretzmeyer Track

2013 Indoor Results

Date	Meet	Result
1/12	Iowa Open	7 champs
1/19	at Adidas Classic	2nd, 3 champs
1/25-26	at Bill Bergan Invite	3rd, 2 champs
2/1-2	at Meyo Invite	0 champs
2/8-9	at Iowa State Classic	2 champs
	at Tyson Invite	0 champs
2/15	Iowa Invite	10 champs
2/22-23	at Big Ten Champ's	7th/49 pts.
3/2	at ISU Qualifier	5 champs
3/8-9	NCAA Championships	1 qualifier

Big Ten Indoor Team Results

	Team	Points
1.	Wisconsin	90
2.	Illinois	87.5
3.	Penn State	87
4.	Nebraska	86.6666
5.	Minnesota	86
6.	Indiana	72
7.	**IOWA**	**49**
8.	Ohio State	40
9.	Michigan	39
10.	Purdue	35.8333
11.	Michigan State	29

2013 Outdoor Results

Date	Meet	Result
3/22-23	at Alabama Relays	2 champs
3/28	at Central Invite	1 champ
3/29	at Standord Invite	0 champs
4/4-6	at Jim Click Invite	8 champs; 2nd
4/12-13	at Lee Calhoun Invite	8 champs; 2nd
4/20	Musco Twilight XIV	8 champs
4/25-27	at Drake Relays	0 champs
5/10-12	at Big Ten Champ's	4 champs; 5th
5/23-25	at NCAA First Round	0 champs

Big Ten Outdoor Team Results

	Team	Points
1.	Nebraska	131.5
2.	Minnesota	93
3.	Wisconsin	86.5
4.	Illinois	86
5.	**IOWA**	**85**
6.	Ohio State	84
7.	Indiana	67.5
8.	Penn State	59
9.	Purdue	56
10.	Michigan	36
11.	Michigan State	33.5

Indoor Season Bests

Event	Athlete	Mark
60 Meters	Josh Larney	6.74
60-Meter Hurdles	Jordan Mullen	7.70 *
200 Meters	Ethan Holmes	21.23
400 Meters	Ethan Holmes	47.63
500 Meters	Keaton Rickels	1:04.85
600 Meters	Ryan Weir	1:18.62
800 Meters	Ryan Weir	1:49.11
1,000 Meters	Sam Fourman	2:27.31
Mile	Kevin Lewis	4:10.05
3,000 Meters	Kevin Lewis	8:12.36
5,000 Meters	Kevin Lewis	14:16.74
1,600-Meter Relay	E. Holmes, VanCleave, Rickels, Weir	3:10.32
Distance Medley Relay	Prom, VanCleave, Weir, Lewis	10:02.02
High Jump	Kevin Spejcher	6-10 1/4 (2.09m)
Pole Vault	Kyle Reid	16-6 3/4 (5.05m)
Long Jump	Josh Larney	24-10 (7.57m)
Triple Jump	Klyvens Delauney	51-3 1/2 (15.63m)
Shot Put	Gabe Hull	56-4 (17.17m)
Weight Throw	Gabe Hull	59-5 3/4 (18.13m)
Heptathlon	Kyle Reid	5,354 points *

Outdoor Season Bests

Event	Athlete	Mark
100 meters	Justin Austin	10.22
110-meter hurdles	Jordan Mullen	13.76
200 meters	Justin Austin	20.53
400 meters	Kaleb VanCleave	47.94
400-meter hurdles	Ethan Holmes	50.51
800 meters	Ryan Weir	1:50.01
1,500 meters	Ben Witt	3:52.72
3,000 meters	Jon Michael Brandt	8:46.09
3,000 meter steeple	Caleb Wilfong	9:14.36
5,000 meters	Kevin Lewis	14:08.04
10,000 meters	Kevin Lewis	30:15.29
High Jump	Kevin Spejecher	6-9 (2.06m)
Shot Put	Gabe Hull	56-9 1/4 (17.30m)
Discus	Gabe Hull	196-2 (59.80m)
Hammer	Ben Stancombe	193-6 (58.98m)
Javelin	Matt Byers	237-8 (72.45m)
Long Jump	Josh Larney	24-0 3/4 (7.33m)
Triple Jump	Klyvens Delaunay	52-2 1/2 (15.91m)
Pole Vault	Kyle Reid	16-8 3/4 (5.10m)
Decathlon	Kyle Reid	7,203 points *
400-meter Relay	Mincy, Austin, Holmes, Larney	39.31 *
1,600-meter Relay	VanCleave, Rickels, Flattery, Weir	3:10.43

** - school record*

Post-Season Qualifiers

NCAA Indoor Championships

Jordan Mullen	60-Meter Hurdles

NCAA West Preliminary Round

Justin Austin	100, 200, 4x1
Matt Byers	javelin
Klyvens Delaunay	triple jump
Ethan Holmes	400m hurdles, 4x1
Gabe Hull	discus, shot put
Sam Joens	javelin
Josh Larney	100, 4x1
Kevin Lewis	5,000 meters
Tevin-Cee Mincy	4x1
Jordan Mullen	110m hurdles, 4x1
Kyle Reid	Pole Vault
Keaton Rickels	400m hurdles
Ben Stancombe	hammer
Ryan Weir	800 meters

NCAA Outdoor Championships

Justin Austin	100, 200, 4x1
Matt Byers	javelin
Klyvens Delaunay	triple jump
Ethan Holmes	400m hurdles, 4x1
Gabe Hull	discus
Josh Larney	100, 4x1
Tevin-Cee Mincy	4x1
Jordan Mullen	110m hurdles, 4x1

Men's Academic All-Big Ten

Andrew Carman	Kyle Reid
Jack Eckert	Keaton Rickels
Kevin Lewis	Cameron Rieger
Nathan Prom	Ben Stancombe
	Ben Witt

Big Ten Athlete of the Week

April 10 Justin Austin (Track)

Big Ten Athlete of the Championships

Justin Austin (Track)

Big Ten Athlete of the Year

Justin Austin (Track)

Big Ten Sportsmanship Award

Josh Larney (Indoor)
Kyle Reid (Outdoor)

Top Eight Placers at Big Ten Indoor Championships

Event	Athlete	Mark	Place
60-Meter Hurdles	Jordan Mullen	7.70 *	1st $
60 Meters	Josh Larney	6.75	2nd %
Triple Jump	Babatunde Amosu	50-10 3/4 (15.51m)	2nd %
Long Jump	Josh Larney	24-10 (7.57m)	4th
Triple Jump	Klyvens Delaunay	50-10 (15.49m)	4th
60-Meter Hurdles	Ethan Holmes	7.88	6th
200 Meters	Ethan Holmes	21.38	6th
1,600-Meter Relay	E. Holmes, VanCleave, Rickels, Weir	3:10.32	7th
Long Jump	Klyvens Delaunay	24-0 1/4 (7.32m)	7th
Heptathlon	Kyle Reid	5,354 points *	7th
Triple Jump	David Nsabua	48-9 (14.86m)	8th

Top Eight Placers at Big Ten Outdoor Championships

Event	Athlete	Mark	Place
4x1 Relay	Mullen, Austin, E. Holmes, Larney	40.20	1st $
100 meters	Justin Austin	10.27	1st $
200 meters	Justin Austin	20.86	1st $
400m hurdles	Ethan Holmes	50.78	1st $
100 meters	Josh Larney	10.39	2nd ^
110m hurdles	Jordan Mullen	13.76	2nd ^
Javelin	Matt Byers	237-8 1/2 (72.45m)	2nd ^
Discus	Gabe Hull	188-11 (57.58m)	3rd
Javelin	Sam Joens	206-9 1/2 (63.03m)	5th
400m hurdles	Keaton Rickels	53.12	6th
Decathlon	Kyle Reid	7,203	6th
110m hurdles	Ethan Holmes	14.44	7th

Top Placers at NCAA Indoor Championships

Event	Athlete	Mark	Place
60-meter hurdles	Jordan Mullen	7.726	9th

Top Placers at NCAA Outdoor Championships

Event	Athlete	Mark	Place
200 meters	Justin Austin	20.71	6th *
4x1 relay	Mincy, Austin, Holmes, Larney	39.77	6th *
Triple Jump	Klyvens Delaunay	52-2 1-2 (15.91m)	8th *
400-Meter Hurdles	Ethan Holmes	50.69	10th #
Javelin	Matt Byers	222-11 (67.96m)	14th #
Discus	Gabe Hull	184-6 (56.25m)	15th #
100 Meters	Justin Austin	10.26	17th +
110-Meter Hurdles	Jordan Mullen	14.04	19th +
100 Meters	Josh Larney	10.35	24th +

*! school record; * All-American; # second team All-American; + honorable mention All-American; $ first team all-Big Ten; ^ second team all-Big Ten*

Men's Letterwinners

Babatudne Amosu	Justin Austin	Jon Michael Brandt	Keith Brown Jr.
Matt Byers	Torrey Campbell	Andrew Carman	Brennan Davey
Klyvens Delaunay	Jack Eckert	Neil Flattery	Same Fourman
Ethan Holmes	Nick Holmes	Gabe Hull	Josh Larney
Kevin Lewis	Tevin-Cee Mincy	Jordan Mullen	Brandon Oest
Nathan Prom	Kyle Reid	Cameron Rieger	Kevin Spejcher
Ben Stancombe	Kyle Slaymaker	Will Tuebel	Kaleb Van Cleave
Ryan Wier	Caleb Wilfong	Ben Witt	

2013 Indoor Results

Date	Meet	Result
1/12	Iowa Open	6 champs
1/19	at Adidas Classic	3rd, 2 champs
1/25-26	at Bill Bergan Invite	7th, 0 champs
2/1-2	at Meyo Invite	1 champ
2/8-9	at Iowa State Classic	0 champs
	at Tyson Invite	1 champ
2/15	Iowa Invite	4 champs
2/22-23	at Big Ten Champ's	11th/11 pts.
3/2	at ISU Qualifier	1 champ

Big Ten Indoor Team Results

	Team	Points
1.	Illinois	115
2.	Nebraska	112
3.	Michigan	89
4.	Penn State	73
5.	Ohio State	66
6.	Michigan State	57
7.	Minnesota	56
8.	Wisconsin	54
9.	Purdue	36
10.	Indiana	33
11.	**Iowa**	**11**

2013 Outdoor Results

Date	Meet	Result
3/22-23	at Alabama Relays	1 champ
3/28	at Central Invite	2 champs
3/29	at Standord Invite	0 champs
4/4-6	at Jim Click Invite	1 champ; 5th
4/12-13	at Lee Calhoun Invite	10 champs; 1st
4/20	Musco Twilight XIV	5 champs
4/25-27	at Drake Relays	1 champs
5/10-12	at Big Ten Champ's	0 champs; 11th
5/23-25	at NCAA First Round	0 champs

Big Ten Outdoor Team Results

	Team	Points
1.	Penn State	133
2.	Illinois	120
3.	Ohio State	86
4.	Michigan	82
5.	Michigan State	76
6.	Nebraska	75
7.	Wisconsin	74.5
8.	Minnesota	66.5
9.	Indiana	38
10.	Purdue	37
11.	**IOWA**	**31**

Indoor Season Bests

Event	Athlete	Mark
60 Meters	Lake Kwaza/Raven Moore	7.55
60-Meter Hurdles	Khanishah Williams	8.96
200 Meters	Raven Moore	24.00
400 Meters	MonTayla Holder	55.33
500 Meters	Kaitlyn Nelson	1:15.43
600 Meters	MonTayla Holder	1:30.80
800 Meters	Adrianne Alexia	2:08.95
1,000 Meters	Adrianne Alexia	2:54.12
Mile	Lauren Scott	4:54.99
3,000 Meters	Mareike Schrulle	9:36.03
5,000 Meters	Kelsey Hart	18:05.54
1,600-Meter Relay	Holder, R. Moore, Nelson, Alexia	3:43.80
Distance Medley Relay	Alexia, Nelson, Holder, Price	11:47.15
High Jump	Khanishah Williams	5-11 1/4 (1.81m)
Pole Vault	Brittany Holst	11-3 3/4 (3.45m)
Long Jump	Carissa Leacock	19-2 3/4 (5.86m)
Triple Jump	Carissa Leacock	39-11 1/4 (12.17m)
Shot Put	Rachel Curry	48-2 1/2 (14.69m)
Weight Throw	Ashlyn Gulvas	63-6 (19.35m) *
Pentathlon	Sarah Ryan	3,472 points

Outdoor Season Bests

Event	Athlete	Mark
100 meters	Lake Kwaza	11.56
100-meter hurdles	Khanishah Williams	14.49
200 meters	Raven Moore	24.00
400 meters	Tayo Oladele-Ajose	1:00.61
400-meter hurdles	MonTayla Holder	59.71
800 meters	Adrianne Alexia	2:08.61
1,500 meters	Lisa Gordon	4:29.16
3,000 meters	Lisa Gordon	9:42.19
5,000 meters	Mareike Schrulle	16:12.66
Hammer Throw	**Jasmine Simpson**	**197-7 (60.23m) ***
Javelin	Amanda Stahle	139-10 (42.64m)
Discus	**Majesty Tutson**	**181-1 (55.19m) ***
Shot Put	Rachel Curry	47-9 1/4 (14.56m)
Long Jump	Sarah Ryan	18-11 3/4 (5.78m)
Triple Jump	Carisa Leacock	40-0 (12.19m)
High Jump	Khanishah Williams	5-11 1/4 (1.81m)
Pole Vault	Brittany Holst	11-1 (3.38m)
Heptathlon	Sarah Ryan	4,567 points
400-meter Relay	Kwaza, Moore, Holder, Miller	45.61
1,600-meter Relay	Holder, Moore, Kwaza, Nelson	3:43.13

** - school record*

Post-Season Qualifiers

NCAA West Preliminary Round

Adrianna Alexia	800 meters
Ashlyn Gulvas	hammer
MonTayla Holder	400m hurdles
Lake Kwaza	100 meters
Kaitlyn Nelson	800 meters
Mareike Schrulle	5,000 meters
Jasmine Simpson	hammer
Annemie Smith	hammer
Majesty Tutson	discus

NCAA Outdoor Championships

Majesty Tutson	discus

Women's Letterwinners

Adrianne Alexia
Nicole Benson
Rachel Curry
Courtney Fritz
Brooke Gambrall (Eilers)
Allison Gattone
Ashlyn Gulvas
Kelsey Hart
MonTayla Holder
Brittany Holst
Lake Kwaza
Carisa Leacock
Zinnia Miller
Kaitlyn Nelson
Adetayo Loadele-Ajose
Rachel Price
Megan Ranegar
Dakotah Reicks Goodell
Sarah Ryan
Mareike Schrulle
Lauren Scott
Jasmine Simpson
Annemie Smith
Amanda Stahle
Joceyln Todd
Katie Truedson
Kirsten Weismantle
Khanishah Williams

Top Eight Placers at Big Ten Indoor Championships

Event	Athlete	Mark	Place
High Jump	Khanishah Williams	5-9 3/4 (1.77m)	3rd
200 Meters	Raven Moore	24.29	6th
600 Meters	MonTayla Holder	1:31.31	8th
Weight Throw	Jasmine Simpson	61-2 3/4 (18.66m)	8th

Top Eight Placers at Big Ten Outdoor Championships

Event	Athlete	Mark	Place
5,000 meters	Mareike Schrulle	16:12.66	2nd ^
Discus	Majesty Tutson	170-8 1/2 (52.03m)	2nd ^
100 meters	Lake Kwaza	11.56	4th
Hammer	Ashlyn Gulvas	189-6 (57.76m)	5th
Triple Jump	Carisa Leacock	40-0 (12.19m)	7th
Hammer	Jasmine Simpson	186-1 1/2 (56.73m)	7th
High Jump	Khanishah Williams	5-6 1/2 (1.69m)	8th

Top Placers at NCAA Outdoor Championships

Event	Athlete	Mark	Place
Discus	Majesty Tutson	148-3 (45.18m)	22nd +

Women's Academic All-Big Ten

Adrianne Alexia
Courtney Fritz
Brooke Gambrall
Kelsey Hart
Raven Moore
Rachel Price
Sarah Ryan
Mareike Schrulle
Jasmine Simpson
Annemie Smith
Amanda Stahle
Jocelyn Todd
Kirsten Weismantle

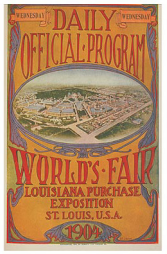
Big Ten Sportsmanship Award

Raven Moore (Indoor)
Raven Moore (Outdoor)

Big Ten Outstanding Sportsmanship Award

Mareike Schrulle

** All-American*
 # second team All-American
+ honorable mention All-American
$ first team all-Big Ten
^ second team all-Big Ten





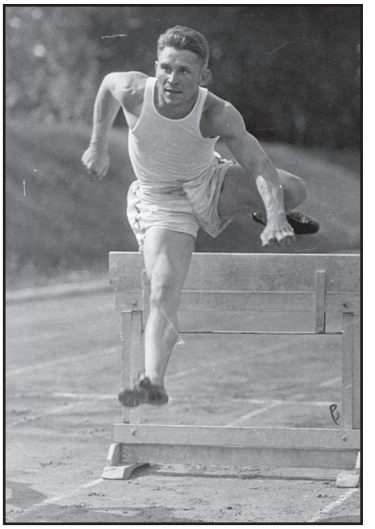




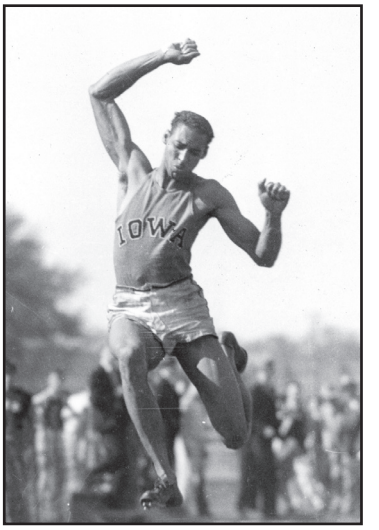




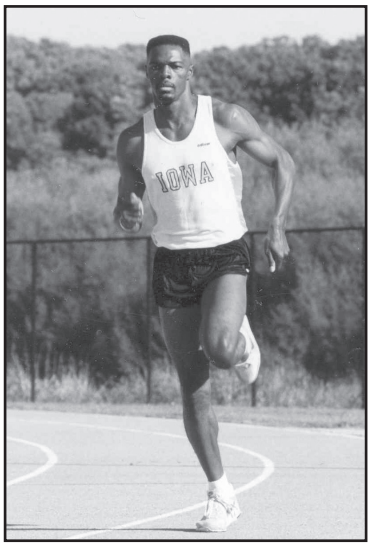
Kineke Alexander



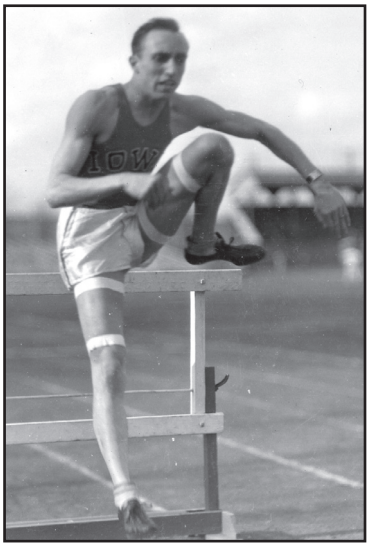
Frank Cuhel



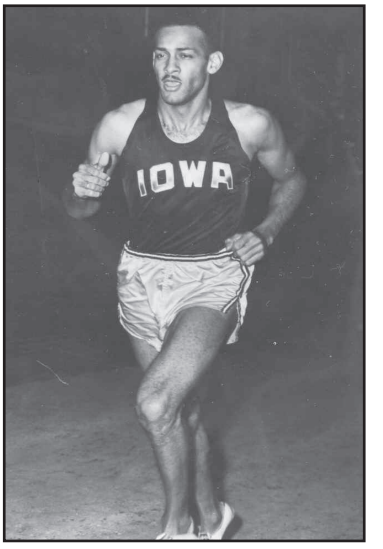
Ed Gordon



Anthuan Maybank



George Saling



Ted Wheeler









1904 Games
St. Louis, MO
Jerry Barker, High Jump

1924 Games
Paris, France
Charles Brookins, 400-Meter Hurdles
Chan Coulter, 400-Meter Hurdles
Harold Phelps, 5,000 Meters
Eric Wilson, 400 Meters

1928 Games
Amesterdam, Holland
George Baird, 1,600-Meter Relay (G)
Frank Cuhel, 400-Meter Hurdles (S)
Ed Gordon, long jump

1932 Games
Los Angeles, CA
Ed Gordon, long jump (G)
George Saling, 110-Meter Hurdles (G)

1952 Games
Helsinki, Finland
Rich Ferguson, 5,000 Meters

1956 Games
Melbourne, Austraila
Deacon Jones, 3,000 Meters
Ira Murchison, 100 Meters
Ira Murchison, 400-M Relay (G)
Ted Wheeler, 1,500 Meters

1960 Games
Rome, Italy
Deacon Jones,
3,000-Meter Steeplechase

1996 Games
Atlanta, GA
Anthuan Maybank 1,600-M Relay (G)
Jenny Spangler, Marathon

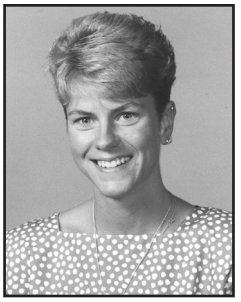
2008 Games
Beijing, China
Kineke Alexander, 400 Meters

2012 Games
London, England
Kineke Alexander, 400 Meters
Diane Nukuri-Johnson, Marathon

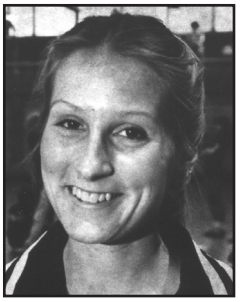
G = Gold Medalist; S = Silver Medalist



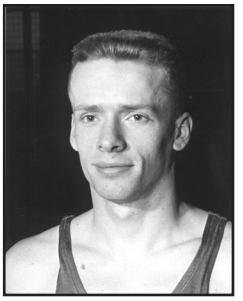
Kineke Alexander
2006 - 400 Meters



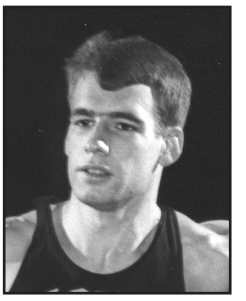
Tracy Dahl
1992 - 5,000 Meters
1993 - 5,000 Meters



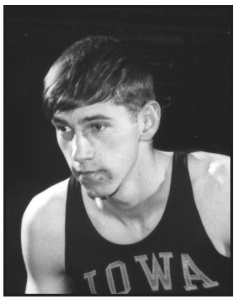
Nan Doak
1985 - 10,000 Meters



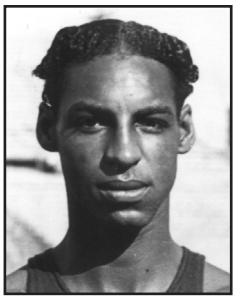
Rich Ferguson
1953 - Two Miles



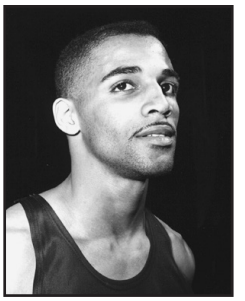
Fred Ferree
1967 - Mile Relay



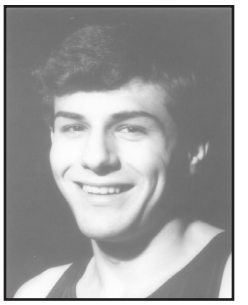
Carl Frazier
1967 - Mile Relay



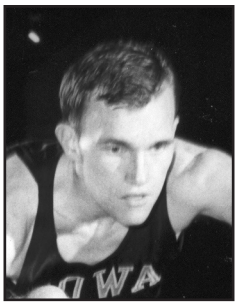
Ed Gordon
1929-31 - Long Jump



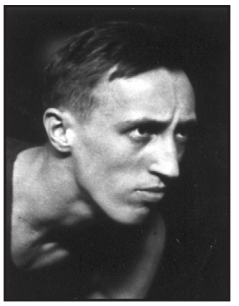
Deacon Jones
1957 - Two Miles



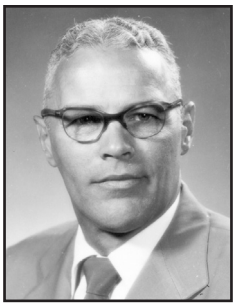
Mike Mondane
1967 - Mile Relay



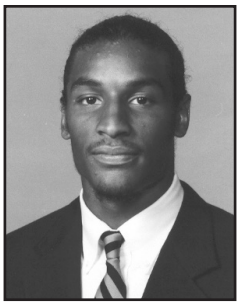
Jon Reimer
1964 - Mile Relay



George Sailing
1932 -120 Hurdles



Eric Wilson
1921, 1923 - 220



Bashir Yamini
1998 - Long Jump



Bashir Yamini was a nine-time Big Ten Champion for Iowa from 1996-99. The six-time All-American is the most recent NCAA Champion for the Hawkeye men, winning the outdoor long jump title in 1998. He was named Big Ten Indoor Freshman of the Year in 1996. He also shares the Big Ten Outdoor Championships long jump record of 26-8 1/4 with Ohio State's Jesse Owens.

Men's All-Americans

Year	Athlete, Event
1921	Charles Brookins, 220 Hurdles
	Harold Crawford, Hurdles
	Eric Wilson, 220
1922	Charles Brookins, Hurdles
	Eric Wilson, 220
1923	Eric Wilson, 220
1929	Ed Gordon, Long Jump
1930	Ed Gordon, Long Jump
1931	Ed Gordon, Long Jump
1932	George Salings, 120 Hurdles
1952	Ted Wheeler, 800
1953	Rick Ferguson, Two Miles
1956	Jack Matthews, Low Hurdles
	Ted Wheeler, 1,500
1957	Deacon Jones, Two Miles
1962	Bill Frazier, 600 Yards
1965	Jon Reimer, 440 Hurdles
1967	Mike Mondane, 440 Yards
	Jon Reimer, 440 Hurdles
	Larry Wieczorek, Indoor Mile
	Larry Wieczorek, Outdoor Mile
	Fred Ferree, Mile Relay
	Carl Frazier, Mile Relay
	Mike Mondane, Mile Relay
	Jon Reimer, Mile Relay
1968	Mike Mondane, 440 Yards
1973	Dick Eisenlauer, 440 Yards
1975	Bill Knoedel, High Jump
1978	Bill Hansen, High Jump
1979	Joe Paul, Dist. Medley Relay
	Tom Slack, Dist. Medley Relay
	James Docherty, Dist. Medley Relay
	Joel Moeller, Dist. Medley Relay
1983	Ronnie McCoy, 110 Hurdles
1984	Terrance Duckett, Mile Relay
	Victor Greer, Mile Relay
	Caesar Smith, Mile Relay
	Kenny Williams, Mile Relay
1985	Ronnie McCoy, 110 Hurdles
1988	Pat McGhee, 400 Hurdles
1989	Pat McGhee, 110 Hurdles
	Pat McGhee, 400 Hurdles
1992	Anthuan Maybank, Long Jump
	Anthuan Maybank, 400 Meters
1993	Kevin Herd, 5,000 Meters
	Anthuan Maybank, Long Jump
	Anthuan Maybank, 400 Meters
1994	Kevin Herd, 5,000 Meters
1995	Andre Morris, 400 Meters
	Andre Morris, 1,600-Meter Relay
	Chris Davis, 1,600-Meter Relay
	George Page, 1,600-Meter Relay
	Ed Rozell, 1,600-Meter Relay
1996	Andre Morris, 1,600-Meter Relay
	Chris Davis, 1,600-Meter Relay
	Ed Rozell, 1,600-Meter Relay
	Bashir Yamini, 1,600-Meter Relay
1997	Bashir Yamini, Long Jump
1998	Jeremy Allen, Discus
	Dion Trowers, 55-Meter Hurdles
	Bashir Yamini, Long Jump
	Bashir Yamini, Long Jump
	Tony Branch, 1,600-Meter Relay
	Chris Davis, 1,600-Meter Relay
	Ed Rozell, 1,600-Meter Relay
	Bashir Yamini, 1,600-Meter Relay
1999	Tony Branch, 1,600-Meter Relay
	Tim Dodge, 1,600-Meter Relay
	Tim Dwight, 1,600-Meter Relay
	Bashir Yamini, 1,600-meter relay
2000	Jeremy Allen, Shot Put
	Jeremy Allen, Weight Throw
	Stetson Steele, 5,000 Meters
	Stetson Steele, 10,000 Meters
2001	Jeremy Allen, Discus
	Jeremy Allen, Shot Put
2002	Jim Costello, Weight Throw
	Jim Costello, Hammer Throw
	Bill Neumann, Javelin
2003	Bill Neumann, Javelin
2004	Adam Hamilton, Hammer Throw
2006	Eric MacTaggart, 10,000 Meters
2007	Adam Hamilton, Hammer Throw
2008	John Hickey, Shot Put
2009	John Hickey, Shot Put
	Johh Hickey, Shot Put
2010	Patrick Richards, 1,600-Meter Relay
	Steven Willey, 1,600-Meter Relay
	Erik Sowinski, 1,600-Meter Relay
	Chris Barton, 1,600-Meter Relay
	Steven Willey, 400 Meters
2011	Troy Doris, Triple Jump (I)
	Troy Doris, Triple Jump (O)
	Erik Sowinski, 800 Meters (I)
	Erik Sowinski, 1,600-Meter Relay (I)
	Erik Sowinski, 1,600-Meter Relay (O)^
	Chris Barton, 1,600-Meter Relay (I)
	Chris Barton, 1,600-Meter Relay (O)^
	Patrick Richards, 1,600-Meter Relay (I)
	Patrick Richards, 1,600-Meter Relay (O)^
	Steven Willey, 1,600-Meter Relay (I)
	Steven Willey, 1,600-Meter Relay (O)^
	Jeffery Herron, High Jump (O)^
	Ethan Holmes, 400-Meter Hurdles (O)^
	Ethan Holmes, 110-Meter Hurdles (I)*
	Justin Austin, 200 Meters (I)
	Justin Austin, 200 Meters (O)*
	Jeff Thode, Mile (I)
	Jordan Mullen, 60m hurdles (I)^
2012	Troy Doris, Triple Jump (I)
	Erik Sowinski, 800 Meters (I)
	Troy Doris, Triple Jump (O)
	Erik Sowinski, 800 Meters (O)
	Matt Byers, javelin (O)^
	Justin Austin, 200 meters (O)^
	Ethan Holmes, 400m hurdles (O)*
	Ethan Holmes, 110m hurdles (O)*
	Matt Banse, hammer (O)*
2013	Justin Austin, 200 meters (O)
	Justin Ausin, 400-meter relay (O)
	Tevin-Cee Mincy, 400-meter relay (O)
	Ethan Holmes, 400-meter relay (O)
	Josh Larney, 400-meter relay (O)
	Klyvens Delaunay, Triple Jump (O)
	Ethan Holmes, 400-meter hurdles (O)^
	Mat Byers, Javelin (O)^
	Gabe Hull, Discus (O)^
	Justin Austin, 100 meters (O)*
	Jordan Mullen, 100-meter hurdles (O)*
	Josh Larney, 100 meters (O)*

*^second team, *honorable mention*
I - indoor, O - outdoor

Women's All-Americans

Year	Athlete, Event
1982	Chris Davenport, Dist. Medley Relay
	Nan Doak, Two Miles
	Nan Doak, Three Miles
	Nan Doak, 5,000 Meters
	Nan Doak, Dist. Medley Relay
	Kathy Gillespie, Heptathlon
	Jenny Hayden, Dist. Medley Relay
	Jodi Hershberger, 3,000 Meters
	Jenny Spangler, 10,000 Meters
	Kay Stormo, 880 Yards
	Kay Stormo, 800 Meters
	Kay Stormo, Dist. Medley Relay
1983	Nan Doak, 5,000 Meters
	Mary Mol, High Jump
	Jenny Spangler, 10,000 Meters
1985	Penny O'Brien, 3,000 Meters
	Nan Doak, 10,000 Meters
1987	Jeanne Kruckeberg, 3,200-Meter Relay
	Kim Schneckloth, 3,200-Meter Relay
	Sherri Suppelsa, 3,200-Meter Relay
	Janet Wodek, 3,200-Meter Relay
1988	Jeanne Kruckeberg, Mile
1989	Jeanne Kruckeberg, 800 Meters
1990	Rachelle Roberts, Mile
1992	Jennifer Brower, 10,000 Meters
	Tracy Dahl, 5,000 Meters
	Lisa Van Steenwyk, Shot Put
1993	Tracy Dahl, 5,000 Meters
1994	Tina Floyd, 400-Meter Relay
	Yolanda Hobbs, 400-Meter Relay
	Marlene Poole, 400-Meter Relay
	Tanja Reid, 400-Meter Relay
	Tina Stec, Mile
	Tina Stec, 3,000 Meters
1995	Yolanda Hobbs, 55 Meters
	Yolanda Hobbs, 200 Meters
1997	Wynsome Cole, 400-Meter Hurdles
2004	Shellene Williams, 400 Meters
2005	Kineke Alexander, 400 Meters
	Peaches Roach, High Jump
	Kineke Alexander, 400 Meters
2006	Kineke Alexander, 400 Meters
	Peaches Roach, High Jump
	Meghan Armstrong, Mile
	Kineke Alexander, 400 Meters
	Peaches Roach, High Jump
2007	Kineke Alexander, 400 Meters
	Meghan Armstrong, Mile
	Kineke Alexander, 400 Meters
	Peaches Roach, High Jump
	Diane Nukuri, 10,000 Meters
2008	Kineke Alexander, 400 Meters
	Kineke Alexander, 400 Meters
	Meghan Armstrong, 10,000 Meters
	Tammilee Kerr, Heptathlon
	Racheal Marchand, 10,000 Meters
2009	Karessa Farley, 100-Meter Hurdles
	Racheal Marchand, 5,000 Meters
2011	Bethany Praska, 800 Meters (I)
	McKenzie Melander, Mile (I)^
	Betsy Flood, 5,000 Meters (O)^
	Brooke Eilers, 5,000 Meters (O)*
	Nicole Erickson, 1,600-Meter Relay (O)*
	Tiffany Hendricks, 1,600-Meter Relay (O)*
	Ashley Liverpool, 1,600-Meter Relay (O)*
	Bethany Praska, 1,600-Meter Relay (O)*
2013	Majesty Tutson, Discus (O)*

*^second team, *honorable mention*
I - indoor, O - outdoor

National & School Honors

CoSIDA Academic All-America

1986	Danny Waters
1989	Kim Schneckloth
1990	Lisa Skidmore
1997	Chad Schwitters
1998	Chad Schwitters
2000	Stetson Steele
2012	Erik Sowinski

CoSIDA Academic All-District

1986	Danny Waters
1989	Kim Schneckloth
1990	Lisa Skidmore
1997	Chad Schwitters
1998	Chad Schwitters
2000	Stetson Steele
2006	Tim Brodersen
2006	Adam Hamilton
2008	Jolly Burke
2012	McKenzie Melander
2012	Erik Sowinski

USTFCCCA All-Academic

2006	Meghan Armstrong
2006	Krista Anderson
2009	Hannah Roeder
2009	McKenzie Melander

Honda Sports Award

2008	Diane Nukuri (finalist)

NCAA Woman of the Year

1992	Jennifer Brower (state winner)
1994	Tina Stec (national finalist)

Wilma Rudolph Award

2008	Diane Nukuri

Iowa Female Athlete of the Year

1983	Nan Doak
1989	Jeanne Kruckeberg
1992	Tracy Dahl
1993	Tracy Dahl
2006	Kineke Alexander
2007	Kineke Alexander
2008	Diane Nukuri
2009	Racheal Marchand



Kineke Alexander
Two-Time Midwest Regional Champion
400 Meters



Tiffany Johnson
2007 Midwest Regional Champion
100-Meter Hurdles



Bill Neumann
2003 Midwest Regional Champion
Javelin

Men's All-Region Honorees

Year	Athlete	Event - Mark	Place
2003	Bill Neumann	Javelin - 227-0 (69.20 m)	1st
	Tony Leick	400-Meter Hurdles - 53.16	7th
	Chris Voller	Hammer - 192-2 (58/58)	8th
2004	Ken Kemeny	Shot Put - 61-4 1/4 (18.70 m)	4th
	Brad Daufelt	Hammer - 205-4 (62.59 m)	4th
	Russell Peterson	400-Meter Hurdles - 51.18	6th
	Chris Voller	Hammer - 196-7 (59.91 m)	7th
2005	Ken Kemeny	Shot Put - 62-3 (18.97 m)	2nd
	Tim Brodersen	Discus - 179-1 (54.59 m)	3rd
	Chris Voller	Hammer - 195-4 (59.55 m)	8th
2006	Adam Hamilton	Hammer - 217-11 (66.42 m)	2nd
	Shane Maier	Shot Put - 61-0 1/4 (18.60 m)	5th
2007	Shane Maier	Shot Put - 58-6 1/2 (17.84 m)	2nd
	Adam Hamilton	Hammer - 215-7 (65.70 m)	2nd
	Ray Varner	400-Meter Hurdles - 52.93	8th
	Micah VanDenend	5,000 Meters - 14:14.62	8th
	Max Milder	400-Meter Relay - 42.53	8th
	Paul Chaney, Jr.	400-Meter Relay - 42.53	8th
	Aaron Reed	400-Meter Relay - 42.53	8th
	Lee Elbert	400-Meter Relay - 42.53	8th
2008	John Hickey	Shot Put - 61-4 1/4 (18.70 m)	2nd
	A.J. Curtis	Shot Put - 59-5 1/2 (18.12 m)	3rd
	A.J. Curtis	Discus - 176-8 (53.85 m)	3rd
	Andy Napier	3,000 Steeplechase - 8:57.54	7th
	Shane Maier	Shot Put - 56-11 1/2 (17.36 m)	7th
	Ray Varner	400 Hurdles - 51.07	8th
2009	Adam Hairston	800 Meters - 1:48.87	5th
	D'Juan Richardson	400-Meter Relay - 40.33	5th
	Zeke Sayon	400-Meter Relay - 40.33	5th
	Stephen Bee	400-Meter Relay - 40.33	5th
	Paul Chaney, Jr.	400-Meter Relay - 40.33	5th
	Ray Varner	400 Hurdles - 51.21	6th
	John Hickey	Shot Put - 58-11 1/4 (17.96 m)	6th

Regional Awards

Midwest Regional Female Athlete of the Year
Kineke Alexander, 2007

Women's All-Region Honorees

Year	Athlete	Event - Mark	Place
2003	Alana Redfern	Javelin - 159-8 (48.68 m)	3rd
	Jessie Strand	Pole Vault - 12-10 1/4 (3.92 m)	3rd
	Sarah Arens	3,000 Steeplechase - 10:42.42	5th
	Nicole Charles	1,600-Meter Relay - 3:36.26	5th
	Aisha Hume	1,600-Meter Relay - 3:36.26	5th
	Sarah Steffen	1,600-Meter Relay - 3:36.26	5th
	Shellene Williams	1,600-Meter Relay - 3:36.26	5th
	Shellene Williams	400 Meters - 53.09	6th
	Sarah Steffen	400-Meter Hurdles - 1:00.10	8th
2004	Sarah Arens	3,000 Steeplechase - 10:39.31	2nd
	Shellene Williams	400 Meters - 52.41	4th
	Peaches Roach	High Jump - 5-10 1/2 (1.79 m)	5th
	Michelle Lahann	800 Meters - 2:09.34	6th
2005	Kineke Alexander	400 Meters - 52.34	2nd
	Peaches Roach	High Jump - 5-11 1/4 (1.81 m)	2nd
	Kineke Alexander	1,600-Meter Relay - 3:39.67	8th
	Aisha Hume	1,600-Meter Relay - 3:39.67	8th
	Lindsey McCalla	1,600-Meter Relay - 3:39.67	8th
	Erin Sheeley	1,600-Meter Relay - 3:39.67	8th
2006	Kineke Alexander	400 Meters - 51.75	1st
	Meghan Armstrong	1,500 Meters - 4:23.33	2nd
	Peaches Roach	High Jump - 6-0 1/2 (18.4 m)	3rd
	Racheal Marchand	5,000 Meters - 17:17.01	7th
	Tiffany Johnson	100-Meter Hurdles - 13.53	8th
	Shannon Stanley	1,500 Meters - 4:30.98	8th
2007	Kineke Alexander	400 Meters - 52.34	1st
	Tiffany Johnson	100-Meter Hurdles - 13.22	1st
	Meghan Armstrong	1,500 Meters - 4:21.56	5th
	Diane Nukuri	1,500 Meters - 4:24.30	6th
	Becca Franklin	Hammer - 192-2 (58.58 m)	6th
	Racheal Marchand	5,000 Meters - 16:27.72	6th
	Peaches Roach	High Jump - 5-9 1/4 (1.76 m)	7th
2008	Kineke Alexander	400 Meters - 52.24	2nd
	Renee White	Triple Jump - 43-10 (13.36 m)	6th
	Renee White	Long Jump - 20-3 3/4 (6.19 m)	8th
2009	Karessa Farley	100-Meter Hurdles - 13.34	3rd
	Betsy Flood	1,500 Meters - 4:25.98	4th
	McKenzie Melander	1,500 Meters - 4:30.83	7th

In 2010 the NCAA altered the format for athletes to qualify and advance to the NCAA Championships, therefore there is no longer a regional based qualifying competition.

Men's Indoor Champions

50 Yards
Charles Brookins, 1922 .....5.4

55-Meter Hurdles
Dion Trowers, 1998 .....7.27

60 Yards
Lee Farmer, 1942 .....6.3

60-Meter Hurdles
Jordan Mullen, 2013 .....7.70

70-Yard High Hurdles
Frank Cuhel, 1928 .....8.8
George Saling, 1932.....8.7
Russell Merkel, 1950 .....8.8

70-Yard Low Hurdles
Russell Merkel, 1950 .....8.1

200 Meters
George Page, 1997 .....21.63
Justin Austin, 2011.....21.23

440 Yards
George Baird, 1928 .....50.1
Vaughn Stevenson, 1929 .....51.2
Bernard Page, 1935 .....51.5
Carl Teufel, 1938 .....49.8
John Brown, 1960.....48.6
Gary Hollingsworth, 1963 .....48.5
Mike Mondane, 1967 .....47.9
Mike Mondane, 1968 .....47.6
Dick Eisenlauer, 1972.....47.8

400 Meters
Anthuan Maybank, 1990.....47.55

600 Yards
Leroy Ebert, 1954 ..... 1:11.4
Caesar Smith, 1956.....1:14.0
Tom Ecker, 1957.....1:13.7
Bill Frazier, 1962.....1:12.2
Roger Kerr, 1963 .....1:10.0
Mike Mondane, 1966 ..... 1:11.2

600 Meters
D'Juan Strozier, 1990 .....1:20.26

880 Yards
Ted Wheeler, 1956.....1:55.1
Bill Frazier, 1963.....1:51.8
D'Juan Strozier, 1992 .....1:51.54

800 Meters
Erik Sowinski, 2012 .....1:47.90

1,000 Yards
Gary Fischer, 1961 .....2:16.8
Joel Moeller, 1978 .....2:12.4

1,500 Meters
Ed DeLashmutt, 1980.....3:49.90

Mile
Ted Wheeler, 1956.....4:12.5
Charles Jones, 1957.....4:13.8
Charles Jones, 1958.....4:10.5
Gary Fischer, 1963 .....4:13.7
Larry Wieczorek, 1966.....4:09.7
Larry Wieczorek, 1967.....4:05.3

Two Miles
Harold Phelps, 1925.....9:32.6
Leonard Hunn, 1927.....9:44.2
Charles Jones, 1957.....9:23.3
Charles Jones, 1958.....9:09.6
Larry Wieczorek, 1968.....8:54.3

Long Jump
Lee Farmer, 1942 .....23-9 1/4
Earl Smith, 1954 .....24-0 3/4
Quinn Early, 1986 .....24-7 1/4
Anthuan Maybank, 1992.....26-5 1/2
Anthuan Maybank, 1993.....26-5
Bashir Yamini, 1997.....25-9 1/4
Bashir Yamini, 1998.....24-11 1/4
Bashir Yamini, 1999.....25-6 1/2
Matty Gorman, 2005.....24-8 1/2

High Jump
*Ed Schrader, 1913 .....5-11 1/2
*Edgar Hoffman, 1920 6-0
*Donald Craig, 1929 .....5-9 5/8
*H. Workhoven, 1929 .....5-9 5/8
Les Stevens, 1956.....6-6 3/8
Bill Knoedel, 1975.....7-1

Triple Jump
Troy Doris, 2011 54-0
Troy Doris, 2012 .....52-1 3/4

Pole Vault
*Xavier Boyles, 1926 12-6
*Henry Canby, 1929 .....13-7 1/2
Ken Steinbeck, 1943 13-3
Dave Nielsen, 1975 16-10

Shot Put
Ray Danber, 1926.....46-2 1/2
Jeremy Allen, 2000 .....61-4 1/4
Shane Maier, 2007 .....60-11 1/4
John Hickey, 2008 .....61-9 3/4

Women's Indoor Champions

55 Meters
Vivien McKenzie, 1985 .....6.92
Yolanda Hobbs, 1995 .....6.83

60 Yards
Elaine Jones, 1983 .....6.92
Elaine Jones, 1984 .....6.91

200 Meters
Erica Broomfield, 1998 .....23.88
Kineke Alexander, 2006.....23.49
Kineke Alexander, 2007.....23.67

300 Yards
Elaine Jones, 1984 .....34.59

400 Meters
Senta Hawkins, 1988.....55.66
Ellen Grant, 1997.....54.39
Shellene Williams, 2004 .....54.17
Kineke Alexander, 2006.....52.01
Kineke Alexander, 2007.....52.23

600 Meters
Kay Stormo, 1979.....1:33
Karen Layne, 1990 .....1:31.45
Bethany Praska, 2011 .....1:28.99

800 Yards
Kay Stormo, 1982.....2:09.35

880 Yards
Jeanne Kruckeberg, 1987..... 2:11.71

3,000 Meters
Nan Doak, 1985.....9:38.5
Meghan Armstrong, 2008 .....9:18.30

Three Miles
Nan Doak, 1982.....15:27.53

5,000 Meters
Tracy Dahl, 1992 .....16:36.13

High Jump
Peaches Roach, 2004 .....5-11 1/4
Peaches Roach, 2005 .....5-10 3/4
Peaches Roach, 2007 5-10

Triple Jump
Renee White, 2008.....42-4

Shot Put
Gail Smith, 1985 51-0
Lisa Van Steenwyk, 1993.....50-5 1/4

Pentathlon
Kathy Gillespie, 1983..... 4.079 pts.

Men's Indoor Relay Champions

Mile Relay
Morrow, Noll, Brookins, Wilson, 1923.....3:29.6
Morrow, Kohn, Roberts, Coulter, 1924 .....3:33.2
Beatty, Phelps, Baird, Cuhel, 1927.....3:29.5
Stevenson, Stamats, Baird, Cuhel, 1928.....3:24.2
Thomas, Ferguson, Depping, Stevenson, 1929 .....3:25.6
Boylan, Wheeler, Ebert, Scott, 1952.....3:18.3
Richards, Rocker, Hollingsworth, Kerr, 1963 .....3:14.7
Ferree, Frazier, Mondane, Reimer, 1967.....3:13.1
Greer, Williams, Smith, Duckett, 1984 .....3:09.24
Richards, Holmes, Sowinski, Willey, 2011 .....3:12.13

Two Mile Relay
English, Blackman, Strozier, Chambers, 1989 .....7:36.20

Women's Indoor Relay Champions

3,200-Meter Relay
Schlader, Mitchell, Drapcho, Stormo, 1979 .....9:10.0
Hoskins, Kruckeberg, Roberts, Schneckloth, 1989 .....8:53.01

Men's Outdoor Champions

100 Yards
Dennis Kohl, 1966 ..... 9.6

120-Yard High Hurdles
Russell Merkel, 1950 ..... 14.4
Les Stevens, 1956 ..... 14.2

100 Meters
George Page, 1995 ..... 10.50
George Page, 1996 ..... 10.08
Tim Dwight, 1999 ..... 10.51
Justin Ausin, 2013 ..... 10.27

110-Meter High Hurdles
Pat McGhee, 1989 ..... 13.74

220 Yards
Eric Wilson, 1921 ..... 22.0
Eric Wilson, 1923 ..... 21.2
John Everingham, 1927 ..... 22.0
Dennis Kohl, 1966 ..... 20.6

220-Yard Low Hurdles
Charles Brookins, 1922 ..... 23.8
Charles Brookins, 1923 ..... 23.2
Charles Brookins, 1924 ..... 23.8
Frank Cuhel, 1926 ..... 23.9
Frank Cuhel, 1927 ..... 24.2
Frank Cuhel, 1928 ..... 23.6
George Saling, 1932 ..... 23.0

200 Meters
Andre Morris, 1995 ..... 20.64
Bashir Yamini, 1998 ..... 21.10
Bashir Yamini, 1999 ..... 21.39
Justin Austin, 2011 ..... 20.46
Justin Austin, 2013 ..... 20.86

330-Yard Int. Hurdles
Donald Gardner, 1963 ..... 37.7
Jon Reimer, 1965 ..... 36.1

440 Yards
Chan Coulter, 1924 ..... 50.4
George Baird, 1927 ..... 49.1
John Brown, 1959 ..... 48.1
Mike Mondane, 1967 ..... 46.4
Mike Mondane, 1968 ..... 47.5
Dick Eisenlauer, 1975 ..... 47.1

440-Yard Int. Hurdles
Jon Reimer, 1965 ..... 50.8

400 Meters
Anthuan Maybank, 1991 ..... 45.76
Anthuan Maybank, 1993 ..... 45.91
Andre Morris, 1995 ..... 45.39
Andre Morris, 1996 ..... 46.38
Steven Willey, 2010 ..... 46.12

400-Meter Hurdles
Pat McGhee, 1986 ..... 50.94
Pat McGhee, 1988 ..... 50.01
Pat McGhee, 1989 ..... 49.63
Ray Varner, 2010 ..... 50.61
Ethan Holmes, 2013 ..... 50.78

660 Yards
Roger Kerr, 1963 ..... 1:17.4
Mike Mondane, 1966 ..... 1:17.7

880 Yards
Harry Morrow, 1924 ..... 1:57.0
Ted Wheeler, 1956 ..... 1:51.7
Bill Frazier, 1962 ..... 1:50.1
Bill Frazier, 1963 ..... 1:50.6

800 Meters
D'Juan Strozier, 1990 ..... 1:47.17

Mile
Ted Wheeler, 1956 ..... 4:12.7
Charles Jones, 1957 ..... 4:17.0
Charles Jones, 1958 ..... 4:09.2

3,000-Meter Steeplechase
Rollie Kitt, 1967 ..... 9:02.9
Steve Pershing, 1977 ..... 9:00.1

Two Miles
Richard Ferguson, 1952 ..... 9:19.0
Richard Ferguson, 1953 ..... 9:26.6
Charles Jones, 1957 ..... 9:14.0

Three Miles
Larry Wieczorek, 1968 ..... 13:58.0

10,000 Meters
Kevin Herd, 1994 ..... 30:05.21
Micah VanDenend, 2007 ..... 30:28.50

Long Jump
Edward Gordon, 1929 ..... 24-1 3/4
Edward Gordon, 1930 ..... 24-8 1/4
Edward Gordon, 1931 ..... 24-1 1/2
Earl Smith, 1954 23-1
Quinn Early, 1986 24-11
Anthuan Maybank, 1993 ..... 25-9 1/2
Bashir Yamini, 1997 ..... 26-8 1/4

High Jump
E.J. Baker, 1905 ..... 5-10 1/4
*Edward Gordon, 1929 6-0
Bill Knoedel, 1975 7-3
Bill Hansen, 1976 7-2
Ryan Kelly, 2008 ..... 6-10 3/4

Triple Jump
Troy Doris, 2011 ..... 53-8 1/2
Troy Doris, 2012 54-8

Pole Vault
*Xavier Boyles, 1926 ..... 12 9 1/2
Bill Burnette, 1966 ..... 15 3
Phil Wertman, 1971 ..... 16 1 1/2
John Tefer, 1972 ..... 16 0
Todd Wigginton, 1984 ..... 17 0

Discus
C.H. Swift, 1902 118-9
C.H. Swift, 1903 ..... 117-7 1/2
Merle Alderman, 1910 ..... 129-8 1/2
John Hancock, 1925 138-2
Jeremy Allen, 1998 185-9
Jeremy Allen, 2001 194-5
Tim Brodersen, 2005 187-0
Tim Brodersen, 2006 181-2

Shot Put
Chris Gambol, 1987 ..... 60-0 1/2
Jeremy Allen, 2001 ..... 62-2 1/4
John Hickey, 2007 ..... 58-4 1/2

Hammer
A. van der Westhuizen, 1999 202-3
A. van der Westhuizen, 2000 218-5
Jim Costello, 2002 217-7
Adam Hamilton, 2006 208-1

Javelin
L.D. Weldon, 1930 ..... 184-5 1/2
L.D. Weldon, 1931 ..... 191-4 1/2
Mark Panther, 1934 208-2
Mark Panther, 1935 ..... 219-7 3/8
Bushnell Lamb, 1936 ..... 194-4 1/2
Bushnell Lamb, 1938 202-8
Bill Neumann, 2002 231-8
Bill Neumann, 2003 238-2
Matt Byers, 2010 220-6
Matt Byers, 2011 235-4
Matt Byers, 2012 222-10

Men's Outdoor Relay Champions

400-Meter Relay
Beecham, Duckett, Greer, Patrick, 1983 ..... 39.99
McCoy, Duckett, Greer, Smith, 1984 ..... 40.11
Davis, Morris, Rozell, Page, 1995 ..... 40.03
Dwight, Branch, Davis, Yamini, 1998 ..... 40.27
Branch, Dwight, Dodge, Yamini, 1999 ..... 40.66
Coleman, Kunkel, Peterson, Dodge, 2001 ..... 40.15
Mullen, Austin, E. Holmes, Larney, 2013 ..... 40.20

400-Yard Relay
Johnson, Lake, Eisenlauer, Wellington, 1974 ..... 41.2

Mile Relay
Beck, Noll, Keppler, Wilson, 1922 ..... 3:20.0
Stevenson, Stamats, Baird, Cuhel, 1928 ..... 3:20.2
Stevenson, Ferguson, Depping, Baird, 1929 ..... 3:20.7
Levinson, Boylan, Ebert, Scott, 1953 ..... 3:16.4
Richards, Hollingsworth, Frazier, Kerr, 1962 ..... 3:12.3
Richards, Hollingsworth, Frazier, Kerr, 1963 ..... 3:11.2
Thompson, Feree, Randolph, Reimer, 1965 ..... 3:12.1
Ferree, Frazier, Mondane, Reimer, 1967 ..... 3:08.7
Teberg, Stevens, Frazier, Mondane, 1968 ..... 3:13.3

1,600-Meter Relay
Chung, Williams, McGhee, Leonard, 1986 ..... 3:07.05
Branch, Dwight, Dodge, Yamini, 1999 ..... 3:09.09

Women's Outdoor Champions

100 Meters
Vivien McKenzie, 1983 ..... 11.90
Vivien McKenzie, 1984 ..... 11.50
Vivien McKenzie, 1985 ..... 11.63

400 Meters
Ellen Grant, 1997 ..... 52.82
Shellene Williams, 2003 ..... 53.58
Shellene Williams, 2004 ..... 52.97
Kineke Alexander, 2007 ..... 52.15

400-Meter Hurdles
Wynsome Cole, 1998 ..... 56.67

800 Meters
Bethany Praska, 2011 ..... 2:05.63

5,000 Meters
Nan Doak, 1982 ..... 16:26.63
Tracy Dahl, 1992 ..... 16:22.01
Diane Nukuri, 2008 ..... 16:24.21
McKenzie Melander, 2012 ... 16:14.03

10,000 Meters
Jennifer Brower, 1992 ..... 34:29.61
Meghan Armstrong, 2008 .... 33:49.03

High Jump
Peaches Roach, 2004 ..... 5-11 1/4
Peaches Roach, 2007 6-0

Shot Put
Lisa Van Steenwyk, 1993 ..... 47-4 1/2

Long Jump
Aisha James, 2003 21-4

Triple Jump
Renee White, 2009 ..... 43-10 3/4

Women's Outdoor Relay Champions

400-Meter Relay
Floyd, Hobbs, Poole, Reid, 1994 ..... 44.80
Underwood, Cole, Grant, Wynter, 1997 ..... 46.53

1,600-Meter Relay
Hume, Charles, Steffen, Williams, 2003 ..... 3:38.95
Praska, Hendricks, Erickson, Liverpool, 2011 ..... 3:36.51

Big Ten Championships Honors

Men's Awards

Athlete of the Year
1989 Pat McGhee (O)
1993 Anthuan Maybank (O)
2011 Justin Austin (O)
2013 Justin Austin (O)

Track Athlete of the Meet
1989 Pat McGhee (O)
1999 Tim Dwight (O)
2011 Justin Austin (O)
2013 Jusin Austin (O)

Freshman of the Year
1996 Bashir Yamini (I)
1998 Jeremy Allen (I, O)

I - Indoor, O - Outdoor

Women's Awards

Track Athlete of the Year
2007 Kineke Alexander (I)

Track Athlete of the Meet
2007 Kineke Alexander (I)

Freshman of the Year
1998 Erica Broomfield (I)
2004 Peaches Roach (O)

I - Indoor, O - Outdoor



The 2006 NCAA indoor 400-meter champion, Kineke Alexander was an eight-time All-American and five-time Big Ten champion at Iowa from 2005-08. She holds Iowa school records in four individual events and two relays, and set the Big Ten Indoor Championships 400-meter record (52.23) in 2007.

All-Big Ten Honorees

Men's Honorees

Jeremy Allen.....1998, 2000-01
Babatunde Amosu.....2013
Justin Austin.....2011, 2013
Chris Barton.....2010-11
St. Clair Blackman.....1989
Tony Branch.....1998-99
Tim Brodersen.....2005-06
Matt Byers.....2010-12
Rodney Chambers.....1989
Jim Costello.....2002
Curtis Chung.....1986, 1989
Juan Coleman.....2001
A.J. Curtis.....2007, 2009
Chris Davis.....1995, 1998
Tim Dodge.....1999, 2001
Troy Doris.....2011-12
Terrence Duckett.....1984
Tim Dwight.....1998-99
Quinn Early.....1986
Louis English.....1989
Chris Gambol.....1987
Matty Gorman.....2006
Victor Greer.....1984
Adam Hairston.....2008-09
Adam Hamilton.....2006-07
Kevin Herd.....1994
Jeffery Herron.....2010
John Hickey.....2007-09
Ethan Holmes.....2011-13
Ryan Kelly.....2008
Gary Kostrubala.....1986
Adam Kunkel.....2001
Josh Larney.....2013
Harold Leonard.....1986
Shane Maier.....2006-08
Anthuan Maybank.....1990-94
Ronnie McCoy.....1984
Pat McGhee.....1986, 1988-89
Andre Morris.....1995-96
Jordan Mullen.....2013
Andy Napier.....2008
Bill Neumann.....2002-03
George Page.....1995-97
Russell Peterson.....2001
Patrick Richards.....2010
Ed Rozell.....1995
Zeke Sayon.....2010
Caesar Smith.....1984
Robert Smith.....1984
Erik Sowinski.....2010-12
D'Juan Strozier.....1989-90, 1992
Dion Trowers.....1998
Micah VanDenend.....2007
Ray Varner.....2010
Arno van der Westhuizen.....2000
Todd Wigginton.....1984
Steven Willey.....2010-11
Kenny Williams.....1984, 1986
Chris Voller.....2005
Bashir Yamini.....1997-99

Women's Honorees

Kineke Alexander.....2006-08
Krista Anderson.....2006
Meghan Armstrong.....2006, 2008
Erica Broomfield.....1998
Jennifer Brower.....1992
Nicole Charles.....2003
Wynsome Cole.....1997-98
Tracy Dahl.....1992-93
Nan Doak.....1985
Nicole Erickson.....2011
Betsy Flood.....2011-12
Tina Floyd.....1994
Ashley Granger.....2006
Ellen Grant.....1997
Senta Hawkins.....1988
Tiffany Hendricks.....2011
Yolanda Hobbs.....1994-95
Tami Hoskins.....1989
Aisha Hume.....2003
Aisha James.....2003
Tiffany Johnson.....2005-06
Elaine Jones.....1984
Jeanne Kruckeberg.....1987-89
Karen Layne.....1990
Ashley Liverpool.....2011-12
Racheal Marchand.....2009
Lindsey McCalla.....2006
Vivien McKenzie.....1984-86
McKenzie Melander.....2012
Diane Nukuri.....2007-08
Marlene Poole.....1994
Bethany Praska.....2011
Alana Redfern.....2003
Tanja Reid.....1994
Peaches Roach.....2004-07
Rachelle Roberts.....1989-90
Kim Schneckloth.....1989
Marieke Schrulle.....2013
Gail Smith.....1985
Shannon Stanley.....2006
Sarah Steffen.....2003
Jessie Strand.....2003
Majesty Tutson.....2011, 2013
Tara Underwood.....1997
Lisa Van Steenwyk.....1993
Renee White.....2007-09
Shellene Williams.....2003-04
Kaydene Wynter.....1997

Big Ten Medal of Honor

Men's Honorees

1932 Stuart Skowbo
1934 Tom Moore
1936 Francis Cretzmeyer
1947 John Hunter
1948 Herbert Wilkinson
1955 LeRoy Ebert
1959 James Van Young
1963 Ralph Trimble
1991 David Brown
1994 Kevin Herd
2000 Stetson Steele
2009 Eric MacTaggart
2012 Erik Sowinski

Women's Honorees

1992 Jennifer Brower
1994 Tina Stec
2008 Meghan Armstrong
2011 Bethany Praska
2012 McKenzie Melander

Big Ten Athletes of the Month/Week

Big Ten Athlete of the Month

Men's Honorees

Anthuan Maybank..... Apr. 1993

Women's Honorees

Tracy Dahl.....Mar. 1992
Tracy Dahl.....Feb. 1993
Yolanda Hobbs.....Mar. 1995

Big Ten Athlete of the Week

Women's Honorees

Mandy Beck.....Mar. 22, 1999
Aisha James..... Apr. 28, 2003
Alana Redfern.....May 5, 2003
Peaches Roach (F).....Feb. 20, 2007
Meghan Armstrong (T).Mar. 25, 2008
Diane Nukuri (T)..... Apr. 8, 2008
Betsy Flood (T).....May 5, 2010

Men's Honorees

Jeremy Allen.....Jan. 19, 1999
Tony Branch.....Jan. 26, 1999
A. van der Westhuizen Apr. 12, 1999
Jeremy Allen.....Jan. 24, 2001
Jim Costello.....Jan. 31, 2001
Bill Neumann..... Apr. 8, 2003
Shane Maier (F).....Jan. 16, 2007
Micah VanDenend (T).... Apr. 3, 2007
A.J. Curtis (F)..... Apr. 10, 2007
Adam Hamilton (F).....May 1, 2007
John Hickey (F).....Jan. 22, 2008
Andy Napier (T)..... Apr. 8, 2008
John Hickey (F).....Feb. 16, 2009
Ray Varner (T)..... Apr. 8, 2009
Erik Sowinski (T).....Apr. 13, 2011
Troy Doris (F).....Jan. 30, 2012
Justin Austin (T)..... Apr. 10, 2013

T - track athlete, F - field athlete

Academic All-Big Ten Honorees

Men's Honorees

L. J. Albrecht....1989-92
Rajeev Balkrishnan....1993
Andy Banse....2003-05
Jake Berns....2006
Ravi B'Have....1995, 1998
Tim Brodersen....2003-06
David Brown....1988-91
Brendan Camplin....2008-09
Andrew Carman....2012-13
Chris Cassata....1999-00
Trent Corey....1999-02
Jim Costello....2001-02
Mike Cunningham....1999, 2001-02
A.J. Curtis....2007-09
Cannon Dolan....2007-09
Jim Donovan....1997-99
Jack Eckert....2012-13
Peter Eischeid....1996-98
Lee Elbert....2007-08
Connor Elmitt....2009-10
Joe Estes....1994-96
Scott Faber....1999, 2002
Andy Flaherty....1988
Matt Gerard....1992-94
Mike Gorsline....1989-91
Adam Hairston....2010
Adam Hamilton....2004-07
Dan Haut....2004-06
Kevin Herd....1991-93
Mark Holtkamp....1996
Jason Joens....1993
Scott Joens....1987
Richard Johnson....2007
Chase Kadlec....2010, 2012
Ryan Lamparek....2009-12
Kevin Lewis....2013
Ben Lloyd....2003
Marco Loureiro....1995-96
Jesse Luciano....2008-10
Eric MacTaggart....2006, 2008-09
Shane Maier....2005-06
Mark Mankivsky....2010
Steve Marshall....1991, 1994
Brad McCorkle....1990
Pete McDowell....1994
Pat Meade....1987, 1989
Sean Moeller....1999-02
Andy Morris....1998-00
Steve Morrissey....1991
Andy Napier....2007-09
Ryan Niver....2008
Jason Nolting....2004-06
Chad Ohly....1993-95
Matt O'Hollearn....2004-06
James Paul....2009-11
Chris Peters....1997
Tim Pleskac....2000
Justin Poots....2001
Nathan Prom....2012-13
Kyle Reid....2011-13
Jay Renaud....2008
Thomas Reynolds....2010
Keaton Rickels....2011-13
Cameron Rieger....2012-13
Marc Roehl....1993-95
Paul Sarris....1998
Mark Schaapveld....2008-09
Zachary Schimp....2009-10
Chad Schwitters....1996-99
Eric Sowinski....2010-12
Ben Stancombe....2011-13
Stetson Steele....1997, 1999-00
Dion Trowers....1997
Jonathan Tullett....1994
Josh Tweedy....2004-05
Graham Valdes....2009
David White....1991-92
Andy Wiese....1987
Brice Wilson....2008
Bobby Windauer....2007-08
Ben Witt....2013

Women's Honorees

Adrianne Alexia....2012-13
Krista Anderson....2007-08
Lindsay Anderson....2010
Sarah Arens....2001-04
Meghan Armstrong....2006-08
Caleigh Bacchus....2009
Atalie Barber....2002, 2004
Holly Barnes....1994
Briana Benning....1995-97
Danielle Berndt....2010-12
Allison Billhardt....2005
Kerri Blackstone....1997-99
Becky Borg....1988-89
Jennifer Brower....1991-92
Nicole Brown....1997
Sarah Burgett....2005-07
Jolly Burke....2008-09
Katie Butler....2001
Jenni Capista....2004-05
Nicole Charles....2001-03
Kacey Childs....2000-01
Traci Claussen....1988-89
Megan Daniel....1994
Sarah Dankoff....2002
Brittany Dlhy....2011
Jennie Docherty....2009
Katie Donlon....2005
Brooke Eilers (Gambrall)....2012-13
Jenni Elbert....2006
Katie Ellis....2008-09
Molly Esche....2006-08
Fionna Fallon....2010
Shawn Fleck....1996
Betsy Flood....2010-12
Becca Franklin....2007
Melissa Fraser....1997
Jill Freed....1989
Courtney Fritz....2012-13
Sheila Galbraith....1992
Keelin Gorman....2012
Ashley Granger....2006
Maggie Hall....1999
Amanda Hardesty....2010-11
Kelsey Hart....2011-13
Rachel Hawks....2008-09
Tiffany Hendricks....2010
Sarah Henize....2009
Katie Herrmann....2004
Aisha Hume....2002-05
Janelle Jaspers....1988-89
Jennifer Johnson....1992-93
Tiffany Johnson....2005-07
Aditya Jones....2006-07
Amy Kasparbauer....2000
Rebecca Kaza....1997-99
Tammilee Kerr....2006-07
Jennifer Kiciak....1997-98
Tricia Kiraly....1988-89
Natalie Kleinfelter....1994
Christine Kotarba....2005
Jeanne Kruckeberg....1988, 1990-91
Kimberly Kruk....1994
Christine Kubitz....1999
Jackie Laesch....2010-12
Michelle Lahann....2001-04
Jordan Laney....2005
Meg Maurer....1997
Amy McRell....1990-93
McKenzie Melander....2010-12
Georgia Millward....2002-04
Kelsey Mims....2009-12
Monica Mims....2005-07
Jennifer Moore....1988-89
Raven Moore....2013
Amy Murphy....2000-01
Sara Murray....1994
Erin O'Hern....2005-06
Valerie Oltman....2000
Kiersten Pauling....1995-97
Lena Placzek....2012
Sophia Ponce....2010
Beverly Powell....1991
Bethany Praska....2009-11
Rachel Price....2013
Kelsey (Labs) Quinn....2011-12
Ruqauua Raheem....1998
Megan Ranegar....2011-12
Alana Redfern....2003
Peaches Roach....2005-07
Ericka Roberts....2001-02
Hannah Roeder....2009-11
Sarah Ryan....2013
Janeth Salazar....1988
Christine Salsberry....1991, 1993-94
Kristi Schmidt....2000
Jessica Schmidt....2007
Kim Schneckloth....1987-90
Jennifer Schoonover....1995
Mareike Schrulle....2013
Gina Shannon....1999-2001
Anna Shearer....2000-01
Erin Sheeley....2005
Hannah Simonson....2011-12
Jasmine Simpson....2011-13
Annemie Smith....2013
Michelle Sokol....2004-05
Amanda Stahle....2012-13
Shannon Stanley....2007
Tina Stec....1992-94
Sarah Steffen....2001-03
Jessie Strand....2001-04
Kelsey Stueland....2010
Sherri Suppelsa....1987
Jocelyn Todd....2013
Rhonda-Kaye Trusty....2008-09
Tara Underwood....1998
Sheri Van Der Hart....1991-93
Kim Vinton....1992
Jamie Voss....1992-93
Kirsten Weismantle....2011-13
Renee White....2007
Beth Wilson....1989

Recipients of the Academic All-Big Ten award must be letterwinners in their second academic year at their institution and achieve a minimum grade-point average of 3.0 or higher for their academic career. The inaugural award was presented in 1986-87.

Big Ten Distinguished Scholars

Men's Honorees		Women's Honorees		Women's Honorees (Cont.)	
Sam Bailin	2010	Jolly Burke	2009	Sarah Ryan	2013
A.J. Curtis	2009	Jennie Docherty	2009	Jasmine Simpson	2013
Connor Elmitt	2010	Brooke Eilers	2011	Kirsten Weismantle	2012-13
Mark Mankivsky	2010	Courtney Fritz	2013		
Andy Napier	2009	Kelsey Hart	2011		
Kyle Reid	2012	Amanda Hardesty	2010-11		
Keaton Rickels	2011-13	Rachel Hawks	2009		
Ben Stancombe	2012-13	McKenzie Melander	2011		
Brice Wilson	2009	Hannah Roeder	2009, 2011		

Recipients of the Big Ten Distinguished Scholar award must be letterwinners in their second academic year at their institution and achieve a minimum grade-point average of 3.7 or higher for the previous academic year. The inaugural award was presented in 2008-09.

Drake Relays Champions

Men's Champions

Event	Athlete, Year - Performance
100 Meters	Leicester Farmer, 1942 - 10.1
100 Meters	George Page, 1996 - 10.42
200 Meters (SI)	Jeff Patrick, 1983 - 20.47
200 Meters (SI)	Anthuan Maybank, 1994 - 20.82
400 Meters (SI)	Anthuan Maybank, 1993 - 44.99
Mile	Deacon Jones, 1957 - 4:10.7
Two Miles	Deacon Jones, 1957 - N/A
5,000 Meters	Stetson Steele, 2000 - 14:02.76
110-Meter Hurdles	Pat McGhee, 1988 - 14.15
400-Meter Relay	1927 - 41.8; 1928 - 42.2; 1935 - 41.7; 1952 - 41.5
400-Meter Relay	Trowers, Branch, Davis, Yamini, 1998 - 40.24
400-Meter Relay	Richardson, Sayon, Richards, Chaney, Jr., 2009 - 40.71
800-Meter Relay	1929 - 1:28.23
1,600-Meter Relay	1923 - 3:16.9; 1924 - 3:21.5; 1926 - 3:27.1; 1927 - 3:20.5; 1928 - 3:22.2; 1929 - 3:25.4; 1938 - 3:15.4; 1963 - 3:13.5; 1967 - 3:07.4
3,200-Meter Relay	1929 - 7:57.3
Dist. Medley Relay	1956 - 10:14.3
Shuttle Hurdle Relay	1932 - 1:01.6; 1955 - 59.3; 1984 - 58.77
Sprint Medley Relay	1952 - 3:23.5; 1956 - 3:23.4; 1992 - 3:21.02; Sayon, Austin, Willey, Sowinski, 2011 - 3:16.18
High Jump	Milton Kuhl (5-way tie), 1942 - 6-4 (1.93 m)
High Jump	Bill Knoedel, 1976 - 7-1 3/4 (2.18 m)
High Jump	Bill Hansen, 1978 - 7-1 3/4 (2.18 m)
Long Jump	Ed Gordon, 1929 - 24-0 3/4 (7.33 m)
Long Jump	Ed Gordon, 1930 - 24-0 (7.31 m)
Long Jump	Ed Gordon, 1931 - 23-10 1/2 (7.28 m)
Long Jump	Anthuan Maybank, 1993 (w) - 27-6 3/4 (8.40 m)
Long Jump	Bashir Yamini, 1996 - 25-1 1/4 (7.65 m)

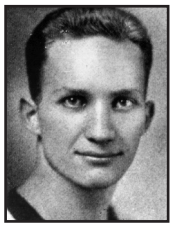
Men's Champions - Continued

Event	Athlete, Year - Performance
Triple Jump	Troy Doris, 2012 - 53-10 1/4 (16.41m)
Pole Vault	Xavier Boyles, 1927 - 12-9 (3.89 m)
Shot Put	Chris Gambol, 1987 - 59-3 (18.06 m)
Shot Put	Ken Kemeny, 2004 - 59-11 1/4 (18.27 m)
Discus	Robert Mitchell, 1928 - 141-9 (43.22 m)
Javelin	L.D. Weldon, 1930 - 202-5 (61.70 m)
Javelin	Mark Panther, 1935 - 210-7 (64.18 m)
Javelin	Paul Fagerlind, 1945 - 205-2 (62.54 m)
Javelin	Bill Neumann, 2003 - 238-11 (72.83 m)

Women's Champions

Event	Athlete, Year - Performance
100-Meter Hurdles	Paula Ruen, 1998 - 13.96
100-Meter Hurdles	Tiffany Johnson, 2006 - 13.58
100-Meter Hurdles	Tiffany Johnson, 2007 - 13.27
400 Meters (SI)	Kineke Alexander, 2006 - 52.05
400-Meter Hurdles	Wynsome Cole, 1998 - 57.44
1,500-Meters	Jeanne Kruckeberg, 1989 - N/A
5,000 Meters	Diane Nukuri, 2007 - 16:15.28
10,000 Meters	Jennifer Brower, 1992 - 34:11.58
Shuttle Hurdle Relay	Cole, Prendergast, Raheem, Ruen, 1998 - 56.54
3,200-Meter Relay	1990 - 8:54.49
Sprint Medley Relay	Jones, Hendricks, Liverpool, Praska, 2011 - 3:48.63
Dist. Medley Relay	1989 - 11:22.18; 1990 - 11:24.12
6,400-Meter Relay	Flood, Laesch, Ranegar, Melander, 2012 - 19:16.73
Javelin	Alana Redfern, 2003 - 157-9
Long Jump	Aisha James, 2003 - 22-3
Discus	Majesty Tutson, 2013 - 181-1 (55.19m)

SI -- Special Invitation Race, w -- wind aided



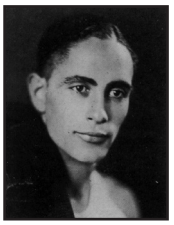
George Baird
Athlete 1926-29
Inducted 1994



George Bresnahan
Coach 1921-48
Inducted 1991



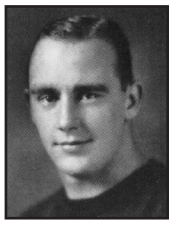
Lester Belding
Athlete 1921-24
Inducted 1991



Charles Brookins
Athlete 1921-24
Inducted 1990



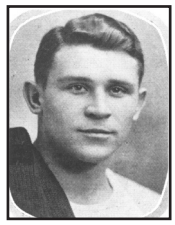
Jennifer Brower
Athlete 1988-92
Inducted 2013



Dick Crayne
Athlete 1934
Inducted 1992



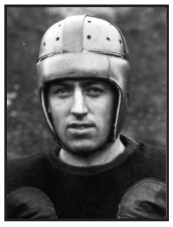
Francis X. Cretzmeyer
Coach 1948-78
Inducted 1993



Frank Cuhel
Athlete 1925-28
Inducted 1993



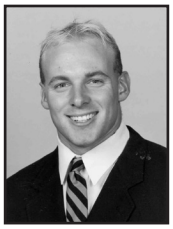
Tracy Dahl
Athlete 1989-93
Inducted 2010



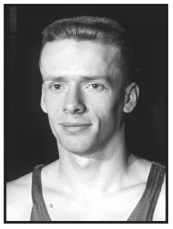
Aubrey Devine
Athlete 1920-22
Inducted 1989



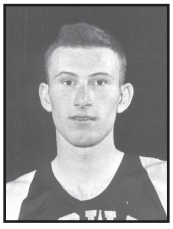
Nan Doak
Athlete 1981-85
Inducted 1999



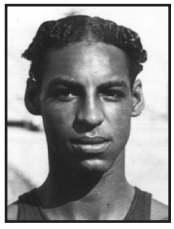
Tim Dwight
Athlete 1996-99
Inducted 2011



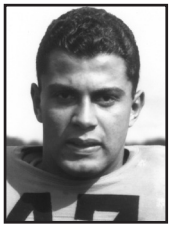
Rich Ferguson
Athlete 1952-55
Inducted 2004



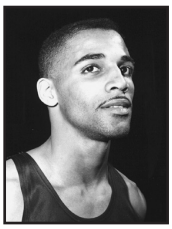
Bill Frazier
Athlete 1962-65
Inducted 2012



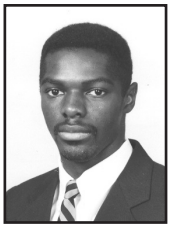
Ed Gordon
Athlete 1929-31
Inducted 1989



Homer E. Harris
Athlete 1936-37
Inducted 2002



Deacon Jones
Athlete 1955-58
Inducted 1989



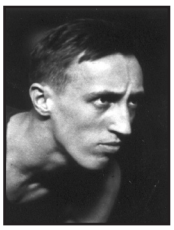
Anthuan Maybank
Athlete 1966-68
Inducted 2010



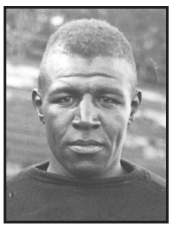
Michael Mondane
Athlete 1966-68
Inducted 2002



Emerson "Spike" Nelson
Athlete 1925-28
Inducted 1995



George Sailing
Athlete 1929-32
Inducted 1989



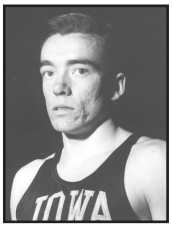
Fred "Duke" Slater
Athlete 1919-22
Inducted 1989



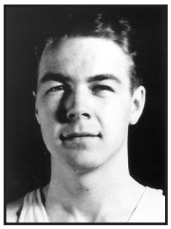
Kay Stormo
Athlete 1979-82
Inducted 2008



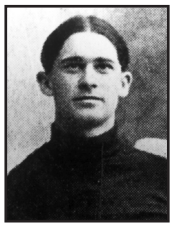
Ted Wheeler
Athlete 1952-53, 56
Inducted 2000



Larry Wieczorek
Athlete 1965-68
Inducted 1998



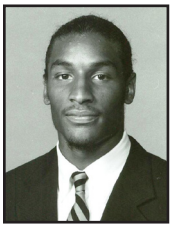
Herbert Wilkinson
Athlete 1945-46
Inducted 1999



Samuel "Clyde" Williams
Athlete 1900-02
Inducted 1993



Eric Wilson
Athlete 1921-24
SID 1924-68
Inducted 1989



Bashir Yamini
Athlete 1996-99
Inducted 2012

National Iowa Varsity Club Hall of Fame

Inductees are selected by a vote of all dues-paying members of the National Iowa Varsity Club. All former Hawkeye athletes who have won at least one major letter and completed their eligibility at least 10 years prior to selection are eligible for the Hall of Fame. A coach or administrator must have retired or left the university at least five years prior to selection. A maximum of seven inductees may be selected to the Hall of Fame each year. Pictured are the 28 inductees from the University of Iowa track and field program. Listed below each name is the individual's years of participation at Iowa and the year they were inducted into the Hall of Fame.

Running Events

60 Meters
School: 6.69 ..... Justin Austin, 2011
Facility: 6.70 ..... Demi Omole, Wisconsin, 2006

60-Meter Hurdles
School: 7.70 ..... Jordan Mullen, 2013
Facility: 7.83 ..... Ricky Pinkney, Purdue, 2006

200 Meters
School: 20.80 ..... Justin Austin, 2011
Facility: 21.21 ..... David Neville, Indiana, 2006

400 Meters
School: 46.75 ..... Steven Willey, 2011
Facility: 47.11 ..... David Neville, Indiana, 2006

600 Meters
School: 1:16.91 ..... Erik Sowinski, 2012
Facility: 1:17.22 ..... Trammel Smith, Illinois, 2006

800 Meters
School: 1:47.62 ..... Erik Sowinski, 2012
Facility: 1:50.87 ..... Joseph Loner, Penn State, 1997

Mile
School: 3:58.72 ..... Jeff Thode, 2011
Facility: 4:02.1 ..... Ken Popejoy, Michigan State, 1972

3,000 Meters
School: 8:00.38 ..... Jeff Thode, 2011
Facility: 7:54.13 ..... Chris Solinsky, Wisconsin, 2006

5,000 Meters
School: 13:56.46 ..... Micah VanDenend, 2007
Facility: 13:51.34 ..... Chris Solinsky, Wisconsin, 2006

Relays

1,600-Meter
School: 3:06.66 ..... Richards, Holmes, Sowinski, Willey - 2011
Facility: 3:11.83 ..... Greer, Smith, Williams, Duckett, Iowa - 1984

3,200-Meter
School: 7:13.02 ..... Cooke, Nie, Monsey, Chambers - 1990
Facility: 7:32.25 Brown, Koning, Blumke, Gledhill, Michigan State - 1992

Distance Medley
School: 9:45.41 ..... Prom, Rickels, Sowinski, Thode, 2012
Facility: 9:47.78 ..... Candella, Griffin, Gourley, See, Ohio State - 2006

** - distance conversion*

Big Ten Championships Records

800 Meters
Meet 1:47.62 ..... Erik Sowinski, 2012

Big Ten Championships Records

1,500 Meters (Retired)
Meet 3:49.90 ..... Ed DeLashmutt, 1981

Mile Relay (Retired)
Meet 3:09.24 ..... Greer, Williams, Smith, Duckett - 1984

Field Events

High Jump
School: 7-3 (2.21 m)..... Bill Knoedel, 1976;
7-3 (2.21 m)..... Bill Hansen, 1978
Facility: 7-4 1/2 (2.25 m)..... Staffan Strand, Minnesota, 1997

Long Jump
School: 26-5 1/2 (8.06 m)..... Anthuan Maybank, 1992
Facility: 26-1 3/4 (7.97 m)..... Anthuan Maybank, Iowa, 1992

Triple Jump
School: 54-0 (16.46 m)..... Troy Doris, 2011
Facility: 53-4 1/4 (16.26 m)..... Bannon Hayes, Illinois, 1989

Pole Vault
School: 17-1 (5.21 m)..... Todd Wigginton, 1984
Facility: 18-1 1/4 (5.52 m)..... Tye Harvey, Minnesota, 1997

Shot Put
School: 63-0 (19.20 m)..... John Hickey, 2009
Facility: 63-7 3/4 (19.40 m)..... Karl Erickson, Minnesota, 2006

Weight Throw
School: 69-4 3/4 (21.15 m)..... Jim Costello, 2002
Facility: 68-2 1/4 (20.78 m)..... Leonard Jatsek, Ohio State, 2006

Pentathlon
School: 3,460 points..... Scott Faber, 2000

Heptathlon
School: 5,354 points..... Kyle Reid, 2013
Facility: 5,648 points..... Benjamin Jensen, Minnesota, 1997

Iowa Retired Records

55 Meters
School: 6.23 ..... Robert Smith, 1984
Facility: 6.27 ..... Cory Pryor, Michigan State, 1989

55-Meter Hurdles
School: 7.14 ..... Pat McGhee, 1989
Facility: 7.07 ..... Reggie Torian, Wisconsin, 1997

300 Yards
School: 30.08 ..... Victor Greer, 1984
Facility: 30.54 ..... Terrence Duckett, Iowa, 1984

300 Meters
School: 36.02 ..... Rajeev Balkrishnan, Iowa, 1992
Facility: 34.41 ..... Ron Brown, Purdue, 1992

600 Yards
School: 1:09.60 ..... Terrence Duckett, 1984
Facility: 1:09.54 ..... Ray Armstead, NE Missouri State, 1984

1,000 Yards
School: 2:10.0 ..... Joel Moeller, 1977
Facility: 2:10.0 ..... Joel Moeller, Iowa, 1977

1,000 Meters
School: 2:24.53 ..... Bill Theisen, 1986
Facility: 2:27.69 ..... Brian Peppard, Notre Dame, 1992

Two Miles
School: 8:53.91 ..... Jeff Thode, 2012
Facility: 8:47.5 ..... Dave Johnson, Minnesota, 1977

Running Events

60 Meters
School: 7.43 ..... Elaine Jones, 1983
Facility: 7.27 ..... Consuella Moore, Penn State, 2004

60-Meter Hurdles
School: 8.21 ..... Karessa Farley, 2009
Facility: 8.32 ..... Yvonne Mensah, Illinois, 2004

200 Meters
School: 23.49 ..... Kineke Alexander, 2006
Facility: 23.44 ..... Consuella Moore, Penn State, 2004

400 Meters
School: 51.48 ..... Kineke Alexander, 2007
Facility: 54.17 ..... Shellene Williams, Iowa, 2004

600 Yards
School: 1:21.06 ..... Senta Hawkins, 1987

600 Meters
School: 1:27.45 ..... Kineke Alexander, 2008
Facility: 1:27.45 ..... Kineke Alexander, 2008

800 Meters
School: 2:03.78 ..... Bethany Praska, 2011
Facility: 2:09.57 ..... Amy Bannister, Michigan, 1991

1,000 Meters
School: 2:38.44 ..... Jenny Hayden, 1982

Mile
School: 4:39.78 ..... McKenzie Melander, 2011
Facility: 4:45.05 ..... Hilary Edmondson, Wisconsin, 2004

3,000 Meters
School: 9:15.57 ..... Tracy Dahl , 1993
Facility: 9:37.80 ..... Hilary Edmondson, Wisconsin, 2004

5,000 Meters
School: 15:49.52 ..... Tracy Dahl , 1993
Facility: 16:47.41 ..... Amy Legacki, Indiana, 1991

Relays

1,600-Meter
School: 3:36.97 ..... Liverpool, Hendricks, Erickson, Praska - 2011
Facility: 3:41.80 ..... Huber, Ray, Clausing, Maddox, Indiana - 2004

3,200-Meter
School: 8:41.38* ..... Schneckloth, Roberts, Hoskins, Kruckeberg - 1989
Facility: 8:57.61 ..... Nortz, Kluge, Yates, Bannister, ... Michigan - 1991

Distance Medley
School: 11:20.11 ..... Armstrong, Alexander, L. Hardesty, Nukuri - 2008
Facility: 11:33.76 ..... Parker, Simms, Hirtle, Erdman, Michigan - 2004

** - distance conversion*

Field Events

High Jump
School: 6-0 3/4 (1.85 m).....Peaches Roach, 2005
Facility: 6-0 (1.83 m).....Carri Long, Unattached, 2002
6-0 (1.83 m).....Peaches Roach, Iowa, 2007

Long Jump
School: 19-6 (5.95 m).....Lisa Moats, 1986
Facility: 20-9 (6.32 m).....Rosalind Goodwin, Ohio State, 2004

Triple Jump
School: 42-4 (12.90 m).....Renee White, 2008
Facility: 43-6 1/2 (13.27 m).....Rosalind Goodwin, Ohio St., 2004

Pole Vault
School: 12-5 1/2 (3.80 m).....Jessie Strand, 2004
Facility: 12-11 3/4 (3.96 m).....Elizabeth Metzinger, Purdue, 2002

Shot Put
School: 51-0 (15.54 m).....Gail Smith, 1985
Facility: 55-2 (16.81 m).....Ja'Nai O'Conner, Penn St., 2004

Weight Throw
School: 63-6 (19.35m).....Ashlyn Gulvas, 2013
Facility: 65-7 3/4 (20.01 m).....Keturah Lofton, Ohio St., 2004

Pentathlon
School: 3,974 points.....Tammilee Kerr, 2008
Facility: 3,751 points.....Melissa Talbot, Wisconsin, 2004

Big Ten Championships Records

400 Meters
Meet 52.23 ..... Kineke Alexander, 2007

Iowa Retired Records

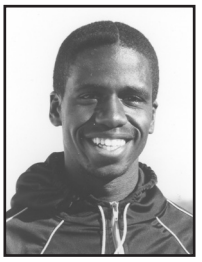
55 Meters
School: 6.80 ..... Elaine Jones, 1983
Facility: 6.94 ..... Regina Frye, Indiana, 1991

55-Meter Hurdles
School: 7.91 ..... Davera Taylor, 1985
Facility: 7.75 ..... Tonja Buford, Illinois, 1991

300 Meters
School: 37.82 ..... Elaine Jones, 1984

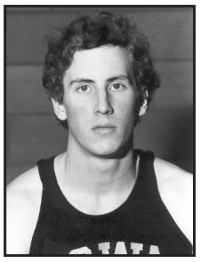
Pentathlon
School: 4,079 points..... Kathy Gillespie, 1982


Justin Austin


Rodney Chambers


Jim Costello


Troy Doris


Bill Hansen


John Hickey


Ethan Holmes

60 Meters

1.	Justin Austin, 2011	6.69
2.	Kurt Felix, 1999	6.73
3.	Josh Larney, 2013	6.74
4.	Troy Doris, 2012	6.75
5.	Tony Branch, 1999	6.78
6.	Paul Chaney, Jr., 2009	6.80
	D'Juan Richardson, 2010	6.80
8.	Derrick Burks, 2005	6.81
	Tevin-Cee Mincy, 2012	**6.81**
10.	Zeke Sayon, 2010	6.82

60-Meter Hurdles

1.	Jordan Mullen, 2013	7.70
2.	**Ethan Holmes, 2013**	**7.82**
3.	Dion Trowers, 1997	7.87
4.	Russell Peterson, 2004	7.97
5.	Dan Davis, 2012	8.02
6.	DeRocco Reed, 2000	8.03
7.	Torrey Campbell, 2012	8.09
8.	Jordan Crosby, 2005	8.16
9.	D'Juan Richardson, 2009	8.20
10.	**Keith Brown, 2013**	**8.21**

200 Meters

1.	Justin Austin, 2011	20.80
2.	Anthuan Maybank, 1993	21.11
3.	Bashir Yamini, 1999	21.19
4.	**Ethan Holmes, 2013**	**21.23**
5.	Tim Dodge, 2000	21.26
6.	Paul Chaney, Jr., 2009	21.34
7.	George Page, 1997	21.35
8.	Zach Digney, 2004	21.39
9.	Tony Branch, 1998	21.46
10.	David Chaplin, 2006	21.49

400 Meters

1.	Steven Willey, 2010	46.75
2.	Terrence Duckett, 1984	46.81
3.	Andre Morris, 1995	47.15
4.	Monte Raymond, 1998	47.18
5.	Anthuan Maybank, 1990	47.25
6.	Patrick Richards, 2011	47.35
7.	Juan Coleman, 2002	47.40
8.	Justin Austin, 2012	47.61
9.	**Ethan Holmes, 2013**	**47.63**
10.	Curtis Chung, 1989	47.65

600 Meters

1.	Erik Sowinski, 2012	1:16.91
2.	Steven Willey, 2011	1:17.94
3.	Keaton Rickels, 2012	1:18.19
4.	Pat McGhee, 1988	1:18.30
5.	Ryan Weir, 2013	1:18.62
6.	Chris Barton, 2011	1:18.75
7.	Adam Hairston, 2009	1:19.05
8.	**Neil Flattery, 2013**	**1:19.13**
9.	Monte Raymond, 1997	1:19.18
10.	Scott Williamson, 2001	1:19.19
	Brennan Davey, 2012	**1:19.19**

800 Meters

1.	Erik Sowinski, 2012	1:47.62
2.	Ryan Weir, 2013	1:49.11
3.	Adam Hairston, 2010	1:49.26
4.	**Nathan Prom, 2013**	**1:49.29**
5.	Nick Kuczwara, 2010	1:49.59
6.	Dave Novotny, 1996	1:51.27
7.	Jim Docherty, 1973	1:51.30
8.	Rod Chambers, 1989	1:51.33
9.	Jim Donovan, 1999	1:51.52
10.	Michael Layne, 1997	1:51.54

Mile

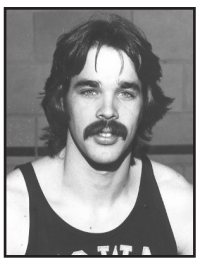
1.	Jeff Thode, 2011	3:58.72
2.	Ed DeLashmutt, 1981	4:04.01
3.	Larry Wieczorek, 1968	4:04.40
4.	John Clark, 1972	4:05.94
5.	Adam Thomas, 2002	4:07.13
6.	Kevin Herd, 1992	4:07.26
7.	Jesse Luciano, 2009	4:07.29
8.	Jake Berns, 2006	4:07.43
9.	Micah VanDenend, 2007	4:07.54
10.	Ted Wheeler, 1956	4:07.74

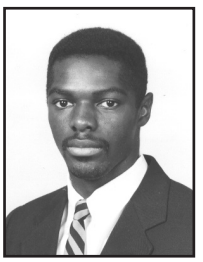
3,000 Meters

1.	Jeff Thode, 2011	8:00.38
2.	Micah VanDenend, 2006	8:00.81
3.	Eric MacTaggart, 2006	8:08.79
4.	Stetson Steele, 2000	8:09.54
5.	Dan Haut, 2005	8:11.36
6.	Kevin Herd, 1994	8:11.51
7.	**Kevin Lewis, 2013**	**8:12.36**
8.	Nick Holmes, 2010	8:15.48
9.	Andy Napier, 2008	8:15.70
10.	Larry Wieczorek, 1968	8:17.00

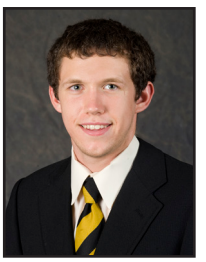
5,000 Meters

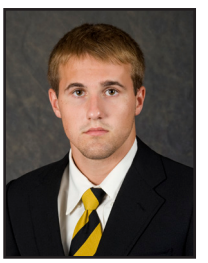
1.	Micah VanDenend, 2007	13:56.46
2.	Stetson Steele, 2000	14:00.52
3.	Dan Haut, 2006	14:06.16
4.	Eric MacTaggart, 2006	14:13.41
5.	Jeff Thode, 2011	14:16.00
6.	**Kevin Lewis, 2013**	**14:16.74**
7.	Matt Esche, 2004	14:18.43
8.	Jeff Kent, 2007	14:18.86
9.	Jesse Luciano, 2009	14:20.99
10.	Nick Nordheim, 2002	14:22.99


Bill Knoedel


Anthuan Maybank


Jordan Mullen


Nathan Prom


Kyle Reid


Patrick Richards

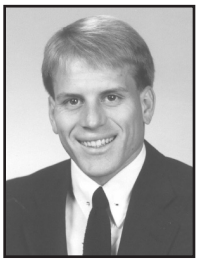

Keaton Rickels


Dan Rolling


Erik Sowinski


Jeff Thode


Micah VanDenend


Todd Wigginton


Steven Willey

Heptathlon

1. **Kyle Reid, 2013 ..... 5,354 points**
2. Dan Rolling, 2010 ..... 5,205 points
3. Ryan Niver, 2008 ..... 5,149 points
4. **Jack Eckert, 2013..... 5,071 points**
5. Frank Prill, 2010..... 5,015 points
6. Scott Faber, 2000 ..... 4,784 points
7. Cam Appleman, 1997 ..... 4,685 points
8. Bobby Windauer, 2007 ..... 4,644 points
9. Jacob Drewry, 1995 ..... 4,612 points
10. Mark Mankivsky, 2008 ..... 4,453 points

High Jump

1. Bill Knoedel, 1976.....7-3 (2.21)
   Bill Hansen, 1978.....7-3 (2.21)
3. Scott Hudek, 1993 .....7-0 1/2 (2.15)
4. Pat Meade, 1987 .....7-0 1/4 (2.14)
5. Mike Lacy, 1984.....7-0 (2.13)
6. M. Cunningham, 1984 .....6-11 1/4 (2.11)
7. Jeffery Herron, 2010 .....6-11 (2.11)
   Peter Hlavin, 1980 .....6-11 (2.11)
   Brandon Oest, 2010.....6-11 (2.11)
   Dan Rolling, 2008 .....6-11 (2.11)
   Graham Valdes, 2010 .....6-11 (2.11)

Pole Vault

1. Todd Wigginton, 1984 .....17-1 (5.21)
2. Dave Nielsen, 1975 .....16-10 (5.13)
3. **Kyle Reid, 2013 .....16-6 3/4 (5.05)**
4. Curt Brock, 1979.....16-6 (5.03)
5. Alex Zona, 2010.....16-4 3/4 (5.00)
6. Phil Wertman, 1971 .....16-4 (4.98)
7. Jeff Raymond, 2008.....16-2 (4.93)
8. John Teffer, 1972 .....16-1 (4.90)
9. Chad Ohly, 1995 .....15-9 (4.80)
   Rich Palumbo, 1989 .....15-9 (4.80)

Long Jump

1. Anthuan Maybank, 1992.....26-5 1/2 (8.06)
2. Bashir Yamini, 1998 .....26-0 1/4 (7.93)
3. Darren Smith, 1991.....25-2 (7.67)
4. Paul Jones, 1990 .....24-11 1/4 (7.60)
5. Josh Larney, 2013.....24-10 (7.57)
6. Ronnie McCoy, 1984.....24-9 (7.54)
7. Matty Gorman, 2006 .....24-8 1/2 (7.53)
8. Charles Jones, 1980.....24-8 1/4 (7.52)
9. Quinn Early, 1986 .....24-7 1/4 (7.50)
10. Jeffery Herron, 2011 .....24-7 (7.49m)

Triple Jump

1. Troy Doris, 2011.....54-0 (16.46)
2. Paul Jones, 1990 .....52-1 1/4 (15.88)
3. **Klyvens Delaunay, 2013 ... 51-3 1/2 (15.63)**
4. **Babatunde Amosu, 2013 50-10 3/4 (15.51)**
5. Mike Lacy, 1983.....49-0 (14.93)
6. Owen Gill, 1982 .....48-10 3/4 (14.90)
7. Josh Bean, 2009.....48-10 (14.88)
8. David Nsabua, 2013 .....48-9 (14.86)
9. Gordon Finch, 1988 .....48-3 3/4 (14.72)
10. Matty Gorman, 2006 .....48-3 1/2 (14.72)

Shot Put

1. John Hickey, 2009.....63-0 (19.20)
2. Jeremy Allen, 2001 .....62-10 1/2 (19.16)
3. Shane Maier, 2006.....61-2 (18.64)
4. G. Kostrubala, 1986.....60-10 3/4 (18.55)
5. Andy Banse, 2005 .....60-9 1/4 (18.52)
6. Ken Kemeny, 2004.....60-0 1/2 (18.30)
7. Chris Gambol, 1987.....59-0 (17.98)
8. A. van der Westhuizen, 1999 58-10 3/4 (17.95)
9. A.J. Curtis, 2008 .....57-9 1/2 (17.61)
10. Matt Banse, 2012.....57-3 3/4 (17.47)

Weight Throw

1. Jim Costello, 2002 .....69-4 3/4 (21.15)
2. Matt Banse, 2012.....67-8 (20.62)
3. A. van der Westhuizen, 2001..67-7 1/2 (20.61)
4. Adam Hamilton, 2007 .....66-9 1/4 (20.35)
5. Jeremy Allen, 2001 .....65-10 1/4 (20.07)
6. Chris Voller, 2005.....63-4 (19.30)
7. Ryan Lamparek, 2012 .....61-2(18.62)
8. Brad Daufeldt, 2004.....60-4 1/2 (18.40)
9. **Gabe Hull, 2013.....59-5 3/4 (18.13)**
10. Ryan Jordan, 2008 .....59-0 (17.98)

1,600-Meter Relay

1. Richards, **E. Holmes**, Sowinski, Willey, 2011 3:06.66
2. Rozell, Davis, Raymond, Yamini, 1998.....3:06.80
3. Coleman, Faber, Strang, Peterson, 2002 .....3:07.44
4. Richards, Sowinski, **E. Holmes**, Willey, 2011 3:07.84
5. Greer, Williams, Smith, Duckett, 1984 .....3:08.14
6. Card, Coleman, Williamson, Dodge, 2001.....3:08.21
7. Davis, Rozell, Page, Morris, 1995 .....3:08.77
8. Dodge, Williamson, Card, Peterson, 2001.....3:08.82
9. Richards, **E. Holmes**, Barton, Willey, 2011 .....3:08.85
10. Branch, Dodge, Donovan, Yamini, 1999.....3:08.99

3,200 Meter Relay

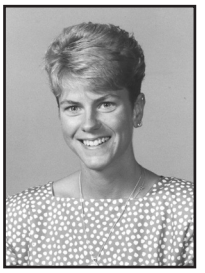
1. Cooke, Nie, Monsey, Chambers, 1990 .....7:13.02
2. Corrigan, Blackman, Strozier, Chambers, 1989.....7:29.00
3. English, Blackman, Strozier, Chambers, 1989 .7:36.20
4. 1977.....7:39.40
5. 1986.....7:40.90
6. Bouske, Herd, Chambers, Koon, 1992 .....7:43.94
7. Bouska, Cook, White, Herd, 1992 .....7:48.63
8. 1992.....7:49.86
9. 1986.....7:50.10
10. Roseman, Rerko, Novotny, Branigan, 1993.....7:51.36

Distance Medley Relay

1. **Prom,** Rickels**,** Sowinski, Thode**,** 2012.....9:45.41
2. 1999.....9:46.83
3. 1977.....9:48.80
4. 1978.....9:49.70
5. Kuczwara, Barton, Kuhlman, N. Holmes, 2010.....9:51.05
6. Marchese, Varner, Hairston, Luciano, 2009.....9:52.52
7. Paul, Varner, Hairston, Thode, 2010.....9:52.71
8. **Prom**, Richardson, Sowinski, Thode, 2011 .....9:57.44
9. Trainor, Faber, Cunningham, Allen, 2002 .....9:58.14
10. Newell, Eisenlauer, Tice, Clark, 1973 .....10:00.0


Kineke Alexander


Meghan Armstrong


Tracy Dahl


Nicole Erickson


Karessa Farley


Ashlyn Gulvas


Lauren Hardesty

60 Meters

1.	Elaine Jones, 1983	7.43
2.	Peaches Roach, 2005	7.45
3.	Shellene Williams, 2004	7.50
4.	Jiselle Providence, 2002	7.52
5.	Rhonda-Kaye Trusty, 2010	7.55
	Erin Jones, 2011	7.55
	Lake Kwaza, 2013	**7.55**
	Raven Moore, 2013	7.55
9.	Angela Menson, 1982	7.57
10.	Tamara Dixon, 2002	7.64

60-Meter Hurdles

1.	Karessa Farley, 2009	8.21
2.	Tiffany Johnson, 2006	8.33
3.	Paula Ruen, 1998	8.39
4.	Sarah Steffen, 2002	8.45
	Renee White, 2008	8.45
6.	Colleen Prendergast, 2000	8.57
7.	Tammilee Kerr, 2008	8.60
8.	Kimberly Stanford, 2008	8.63
9.	Diane Steinhart, 1981	8.64
10.	Ruqayya Raheem, 1999	8.74

200 Meters

1.	Kineke Alexander, 2006	23.49
2.	Shellene Williams, 2004	23.62
3.	Marlene Poole, 1994	23.66
	Yolanda Hobbs, 1995	23.66
5.	Erica Broomfield, 1998	23.81
6.	Raven Moore, 2013	24.00
7.	Erin Jones, 2011	24.01
8.	Rhonda-Kaye Trusty, 2010	24.05
9.	Peaches Roach, 2007	24.09
10.	Jiselle Providence, 2002	24.44

400 Meters

1.	Kineke Alexander, 2007	51.48
2.	Ellen Grant, 1996	52.65
3.	Shellene Williams, 2004	52.83
4.	Ashley Liverpool, 2011	54.09
5.	Tiffany Hendricks, 2011	55.06
6.	Wynsome Cole, 1997	55.45
7.	Nicole Charles, 2002	55.59
8.	Senta Hawkins, 1988	55.66
9.	Marlene Poole, 1993	55.20
10.	**MonTayla Holder, 2013**	**55.33**

600 Yards

1.	Senta Hawkins, 1987	1:21.06
2.	Aisha Hume, 2004	1:21.74
3.	Kay Stormo, 1982	1:22.49
4.	Nicole Erickson, 2012	1:22.61
5.	Bethany Praska, 2009	1:23.12
6.	Hannah Simonson, 2012	1:23.18
7.	Chris Davenport, 1982	1:24.14
8.	Sophia Poncè, 2007	1:24.55
9.	Wynsome Cole, 1995	1:24.83
10.	**Maisie Vachuska, 2012**	**1:25.38**

600 Meters

1.	Kineke Alexander, 2008	1:27.45
2.	Bethany Praska, 2011	1:28.14
3.	Senta Hawkins, 1987	1:30.77
4.	**MonTayla Holder, 2013**	**1:30.80**
5.	**Kaitlyn Nelson, 2013**	**1:31.44**
6.	Karen Layne, 1990	1:31.45
7.	Nicole Erickson, 2012	1:31.71
8.	Kay Stormo, 1982	1:32.30
9.	Aisha Hume, 2004	1:32.41
10.	Sophia Chow, 2002	1:33.54

800 Meters

1.	Bethany Praska, 2011	2:05.01
2.	Jeanne Kruckeberg, 1989	2:06.38
3.	Michelle Lahann, 2004	2:06.83
4.	**Adrianne Alexia, 2013**	**2:08.95**
5.	Briana Benning, 1996	2:09.22
6.	**Kaitlyn Nelson, 2013**	**2:09.58**
7.	Kay Stormo, 1981	2:11.04
8.	Ann Pare, 1997	2:11.19
9.	Lauren Hardesty, 2011	2:11.80
10.	Atalie Barber, 2003	2:12.10

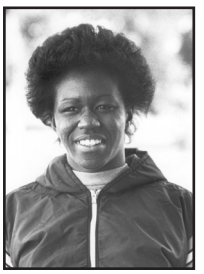
Mile

1.	McKenzie Melander, 2011	4:39.78
2.	Jeanne Kruckeberg, 1989	4:40.19
3.	Meghan Armstrong, 2006	4:40.59
4.	Lauren Hardesty, 2011	4:41.01
5.	Tina Stec, 1994	4:42.63
6.	Betsy Flood, 2010	4:42.70
7.	Penny O'Brien, 1981	4:43.72
8.	Diane Nukuri, 2007	4:46.25
9.	Michelle Lahann, 2004	4:47.23
10.	Amanda Hardesty, 2010	4:48.69

3,000 Meters

1.	Tracy Dahl, 1993	9:15.57
2.	Meghan Armstrong, 2008	9:17.50
3.	Diane Nukuri, 2008	9:20.07
4.	Betsy Flood, 2011	9:20.09
5.	Nan Doak, 1982	9:21.60
6.	Jenny Spangler, 1986	9:22.41
7.	Mareike Schrulle, 2012	9:23.97
8.	Brooke Eilers, 2012	9:27.92
9.	McKenzie Melander, 2012	9:29.71
10.	Krista Anderson, 2006	9:29.75

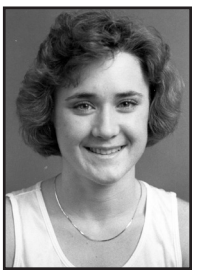

Tiffany Hendricks


Elaine Jones

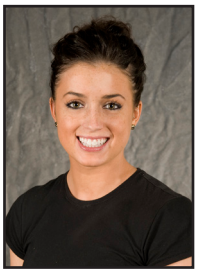

Tammilee Kerr


Ashley Liverpool

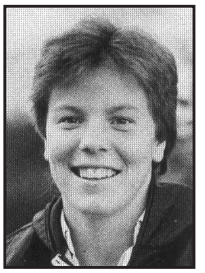

McKenzie Melander


Lisa Moats


Diane Nukuri


Bethany Praska


Peaches Roach


Gail Smith


Jessie Strand


Renee White

5,000 Meters

1.	Tracy Dahl, 1993	15:49.52
2.	Nan Doak, 1985	15:55.45
3.	Racheal Marchand, 2009	15.55.70
4.	Diane Nukuri, 2008	16:01.36
5.	Jenny Spangler, 1982	16:08.74
6.	Judy Parker, 1981	16:16.63
7.	Betsy Flood, 2011	16:20.67
8.	Jennifer Brower, 1992	16:22.19
9.	Nikki Chapple, 2004	16:27.04
10.	Mareike Schrulle, 2012	16:29.41

High Jump

1.	Peaches Roach, 2005	6-0 3/4 (1.85)
2.	Mary Mol, 1983	6-0 (1.83)
3.	**Khanishah Williams, 2013**	**5-11 1/4 (1.81)**
4.	Becky Kaza, 1995	5-9 3/4 (1.77)
5.	Caleigh Bacchus, 2010	5-9 1/4 (1.76)
6.	Kristi Dinkla, 1985	5-8 1/2 (1.74)
	Kacey Childs, 2001	5-8 1/2 (1.74)
8.	Traci Claussen, 1987	5-8 (1.73)
9.	Kathy Gillespie, 1983	5-7 3/4 (1.72)
10.	Lynn McMillan, 1988	5-7 1/4 (1.71)
	Tammilee Kerr, 2008	5-7 1/4 (1.71)

Pole Vault

1.	Jessie Strand, 2004	12-5 1/2 (3.80)
2.	Sarah Burgett, 2007	11-10 (3.61)
3.	Kirsten Weismantle, 2011	11-5 3/4 (3.50)
4.	Brittany Holst, 2013	11-3 3/4 (3.45)
5.	Katie Truedson, 2010	10-11 3/4 (3.35)
6.	Gina Shannon, 2001	10-6 (3.20)
7.	Kacey Childs, 2001	9-0 (2.75)
8.	Amy Kasparbauer, 2000	8-0 (2.44)

Long Jump

1.	Lisa Moats, 1986	19-6 (5.95)
2.	Renee White, 2006	19-3 1/4 (5.87)
3.	**Carisa Leacock, 2013**	**19-2 3/4 (5.86)**
4.	Tiffany Johnson, 2007	19-2 1/2 (5.85)
5.	Davera Taylor, 1984	19-1 1/2 (5.83)
6.	Yolanda Hobbs, 1993	19-1 (5.80)
7.	Kamesha Marshall, 2005	18-11 1/4 (5.77)
8.	**Zinnia Miller, 2013**	**18-9 (5.71)**
9.	**Sarah Ryan, 2013**	**18-8 (5.69)**
10.	Catharine Parmiter, 2000	18-7 1/2 (5.68)

Triple Jump

1.	Renee White, 2008	42-4 (12.90)
2.	Tiffany Johnson, 2007	41-3 3/4 (12.59)
3.	**Carisa Leacock, 2012**	**40-5 1/2 (12.33)**
4.	Becki Borg, 1987	39-6 (12.04)
5.	Lynn McMillan, 1988	38-2 (11.63)
6.	Lisa Moats, 1985	35-1 (10.69)
7.	Becca Franklin, 2004	34-3 (10.44)
	Rachel Ballard, 2013	34-3 (10.44)

Shot Put

1.	Gail Smith, 1985	51-0 (15.54)
2.	Lisa Van Steenwyk, 1993	50-5 1/4 (15.37)
3.	Kamesha Marshall, 2005	49-2 1/4 (14.99)
4.	Denise Taylor, 1992	48-9 (14.86)
5.	Rachel Curry, 2013	48-2 1/2(14.69)
6.	Megan Maurer, 1995	47-5 3/4 (14.47)
7.	Laura Kriener, 1990	47-5 (14.45)
8.	Jennifer Gilson, 2002	46-11 (14.30)
9.	Jennifer Moon, 2000	45-9 (13.94)
	Tiffany Medenwaldt, 2010	45-9 (13.94)
	Micaela Haight, 2011	45-9 (13.94)

Weight Throw

1.	**Ashlyn Gulvas, 2013**	**63-6 (19.35)**
2.	**Jasmine Simpson, 2013**	**62-6 1/2 (19.06)**
3.	Kelsey Taylor, 2011	60-4 1/2 (18.40)
4.	**Annemie Smith, 2013**	**60-0 1/4 (18.29)**
5.	Majesty Tutson, 2011	58-4 (17.78)
6.	Becca Franklin, 2007	58-3 1/4 (17.76)
7.	Chelsea Colpitts, 2013	56-4 (17.17)
8.	Erin O'Hern, 2008	56-3 (17.14)
9.	Mandy Chandler, 2009	54-4 1/2 (16.57)
10.	Kerri Blackstone, 1999	50-9 3/4 (15.48)

Pentathlon

1.	Tammilee Kerr, 2008	3,974 points
2.	Chris Davenport, 1983	3,798 points
3.	Kamesha Marshall, 2005	3,701 points
4.	Tiff Pedersen, 2004	3,511 points
5.	**Sarah Ryan, 2013**	**3,472 points**
6.	Maureen Abel, 1979	3,427 points
7.	**Zinnia Miller, 2012**	**3,416 points**
8.	Janet Adams, 1981	3,360 points
9.	Janelle Jaspers, 1987	3,366 points
10.	**Khanishah Williams, 2013**	**3,273 points**

1,600-Meter Relay

1.	Liverpool, Hendricks, Praska, Erickson, 2011	3:36.97
2.	Liverpool, Hendricks, Erickson, Praska, 2011	3:37.58
3.	Hendricks, Erickson, Praska, Liverpool, 2011	3:39.15
4.	Hendricks, Praska, Erickson, Liverpool, 2011	3:40.42
5.	McCalla, Granger, Alexander, Johnson, 2006	3:40.52
6.	Simonson, Liverpool, Erickson, Sack, 2012	3:41.78
7.	Simonson, Erickson, Sack, Liverpool, 2012	3:42.42
8.	Johnson, McCalla, Alexander, Granger, 2006	3:42.44
9.	Alexander, Johnson, Poncè, M. Mims, 2007	3:42.75
10.	**Holder,** R. Moore**, Nelson, Alexia,** 2013	3:43.80

Distance Medley Relay

1.	Armstrong, Alexander, L. Hardesty, Nukuri, 2008	11:20.11
2.	Melander, Hendricks, L. Hardesty, Eilers, 2011	11:22.44
3.	Stormo, Davenport, Williams, O'Brien, 1981	11:23.02
4.	Melander, Praska, Hendricks, Flood, 2011	11:24.47
5.	Flood, Hendricks, L. Hardesty, Melander, 2010	11:25.01
6.	Melander, Hendricks, Flood, Marchand, 2009	11:27.34
7.	Benning, Poole, Salsberry, Stec, 1994	11:28.03
8.	Stormo, Davenport, Hayden, Doak, 1982	11:29.54
	Armstrong, Granger, Stanley, K. Anderson, 2006	11:29.54
10.	Lahann, Williams, Stanley, Arens, 2004	11:30.36

Running Events

100 Meters
School: 10.21 ..... Justin Austin, 2011
Facility: 10.18 ..... Shane Crawford, Purdue, 2011

110-Meter Hurdles
School: 13.63 ..... Pat McGhee, 1989
13.50^ ..... Pat McGhee, 1989
Facility: 13.49 ..... Andrew Riley, Illinois, 2011

200 Meters
School: 20.31 ..... Justin Austin, 2011
Facility: 20.46 ..... Justin Austin, 2011

400 Meters
School: 44.99 ..... Anthuan Maybank, 1992
Facility: 44.87 ..... Andrew Pierce, Ohio State, 2000

400-Meter Hurdles
School: 48.83 ..... Pat McGhee, 1989
Facility: 48.94 ..... Joey Woody, Unattached, 2004

800 Meters
School: 1:45.90 ..... Erik Sowinski, 2012
Facility: 1:47.59 ..... Edward Kemboi, Unattached, 2012

1,500 Meters
School: 3:43.02 ..... Jeff Thode, 2010
Facility: 3:44.51 ..... Jeff Thode, Iowa, 2011

3,000-Meter Steeplechase
School: 8:47.4 ..... Deacon Jones, 1956
Facility: 8:38.07 ..... Charles Marsala, Indiana, 1987

5,000 Meters
School: 13:49.31 ..... Micah VanDenend, 2007
Facility: 13:47.39 ..... Scott Fry, Wisconsin, 1987

10,000 Meters
School: 28:44.47 ..... Stetson Steele, 2000
Facility: 29:04.79 ..... Hassan Mead, Minnesota, 2011

Relays

400-Meter
School: 39.35 ..... Mincy, Austin, E. Holmes, Larney, 2013
Facility: 39.64 ..... Herring, Bennett, Nelson,Tucker, Wisconsin - 2000

800-Meter
School: 1:24.85 ..... Richardson, Bee, Richards, Chaney, Jr. - 2009

1,600-Meter
School: 3:03.11 ..... Morris, Davis, Page, Rozell - 1995
Facility: 3:05.56 ..... Olson, Homewood, Rock, Woody, Unattached - 2007

Sprint Medley
School: 3:15.64 ..... McCorkle, Jones, Chung, Strozier - 1990

3,200-Meter
School: 7:18.60 ..... Schum, Christensen, Steffen, Criswell - 1971

Distance Medley
School: 9:39.94 ..... Pershing, Moeller, Slack, Docherty - 1978

6,400-Meter
School: 16:27.70 ..... Pershing, Fuller, Moeller, Docherty - 1978

Field Events

High Jump
School: 7-4 1/4 (2.24 m)..... Jeffery Herron, 2012
Facility: 7-3 3/4 (2.23 m)..... Jon Baer, Wisconsin, 1987

Long Jump
School: 27-1 (8.25 m)..... Anthuan Maybank, 1993
27-6 3/4 (8.40 m)^..... Anthuan Maybank, 1993
Facility: 26-2 1/4 (7.98 m)..... Bashir Yamini, Iowa, 1997

Triple Jump
School: 54-8 (16.66 m)..... Troy Doris, 2012
Facility: 55-2 (16.81 m)..... Greg Yeldell, Indiana, 2000

Pole Vault
School: 17-0 (5.18 m)..... Todd Wigginton, 1984
Facility: 17-6 3/4 (5.35 m)..... Jacob Pauli, 2010

Shot Put
School: 63-2 3/4 (19.27 m)..... Jeremy Allen, 2001
Facility: 70-4 1/2 (21.45 m)..... Christian Cantwell, Missouri, 2002

Discus
School: 202-11 (61.84 m)..... A.J. Curtis, 2007
Facility: 199-10 (60.92 m)..... Mark White, Unattached, 1999

Hammer
School: 222-11 (67.94 m)..... Arno van der Westhuizen, 2001
Facility: 219-9 (66.98 m)..... A.G. Kruger, Unattached, 2003

Javelin
School: 245-8 (74.89 m)..... Matt Byers, 2011
Facility: 238-3 (72.62 m)..... Bill Neumann, Iowa, 2003

Decathlon
School: 7,203 points ..... Kyle Reid, 2013
Facility: 7,208 points ..... Heath Nickles, Ohio State, 2011

^ - *wind-aided*

Big Ten Conference Men's Records

Long Jump
All-Time Best: ..27-0 3/4 (8.25 m).... Anthuan Maybank, 1993
Meet:.....26-8 1/4 (8.13 m).... Bashir Yamini, 1997*

Javelin
All-Time Best: ..245-8 (74.89 m)..... Matt Byers, 2011
** Shared with Ohio State's Jesse Owens*

330-yard Hurdles (Retired)
Meet:.....36.1 .....Jon Reimer, 1965

Iowa Men's Retired Records

Mile
School.....4:01.11 .....John Clark, 1973

Javelin
School:.....219 7 3/8 .....Mark Panther, 1934

Decathlon
School:.....6,860 points.....Mike Lacy, 1984

Running Events

100 Meters
School: 11.45 ..... Vivien McKenzie, 1985
Facility: 11.29 ..... Christina Manning, Ohio State, 2011

100-Meter Hurdles
School: 13.20 ..... Tiffany Johnson, 2007
Facility: 12.86 ..... Christina Manning, Ohio State, 2011

200 Meters
School: 23.50 ..... Shellene Williams, 2004
Facility: 23.22 ..... Madison Mcnary, Ohio State, 2011

400 Meters
School: 51.35 ..... Kineke Alexander, 2006
Facility: 52.73 ..... Adriane Diamond, Indiana, 1987

400-Meter Hurdles
School: 56.16 ..... Mary Knoblauch, 1981
Facility: 57.35 ..... Megan Duncan, Penn State, 2011

800 Meters
School: 2:03.78 ..... Bethany Praska, 2011
Facility: 2:05.63 ..... Bethany Praska, Iowa, 2011

1,500 Meters
School: 4:17.41 ..... Meghan Armstrong, 2006
Facility: 4:10.93 ..... Suzy Favor, Wisconsin, 1987

3,000 Meters
School: 9:18.82 ..... Diane Nukuri, 2008
Facility: 9:15.83 ..... Colette Gudreau, Indiana, 1987

3,000-Meter Steeplechase
School: 10:26.54 ..... Danielle Berndt, 2011
Facility: 10:15.05 ..... Sarah Pease, 2011

5,000 Meters
School: 15:45.84 ..... Nan Doak, 1985
Facility: 16:09.10 ..... Emily MacLeod, Michigan State, 2011

10,000 Meters
School: 33:17.01 ..... Diane Nukuri, 2008
Facility: 35:02.33 ..... Kara Millhouse, Penn State, 2011

Marathon
School: 2:33:51 ..... Jenny Spangler, 1983

Big Ten Conference Women's Records

Triple Jump
Meet:.....43-10 3/4 (13.38 m)..Renee White, 2010

Iowa Women's Retired Records

Women's Heptathlon
School:.....5,448 points.....Kathy Gillespie, 1983

Relays

400-Meter
School: 44.63 ..... Floyd, Hobbs, Reid, Poole - 1994
Facility: 43.94 ..... Wright, Mcnary, Sykes, Manning - 2011

Shuttle Hurdle
School: 56.44 ..... Prendergast, Cole, Raheem, Ruen, 1998

800-Meter
School: 1:35.69 ..... Hobbs, Reid, Floyd, Poole - 1994

800-Meter Medley
School: 1:42.70 ..... Taylor, Vesely, Powell, Hawkins - 1998

1,600-Meter
School: 3:35.93 ..... Praska, Hendricks, Liverpool, Erickson - 2011
Facility: 3:36.51 ..... Praska, Hendricks, Erickson, Liverpool - 2011

Sprint Medley
School: 3:48.63 ..... Jones, Hendricks, Liverpool, Praska, 2011

3,200 Meter
School: 8:46.45 ..... Suppelsa, Wodek, Kruckeberg, Schneckloth, 1987

Distance Medley
School: 11:22.18 .... Hoskins, Powell, Schneckloth, Kruckeberg, 1989

6,400-Meter
School: 19:05.63.....Flood, Melander, A. Hardesty, L. Hardesty - 2010

Field Events

High Jump
School: 6-1 1/4 (1.86 m).....Peaches Roach, 2006
Facility: 6-0 1/2 (1.84 m).....Peaches Roach, 2010

Long Jump
School: 22-3 (6.78 m).....Aisha James, 2003
Facility: 20-4 1/2 (6.21 m).....Ineta Radevica, Wichita St., 2002

Triple Jump
School: 43-10 3/4 (13.36 m).....Renee White, 2009
Facility: 43-9 3/4 (13.35 m).....C. Gulbrandsen, Minnesota, 2000

Pole Vault
School: 12-10 1/4 (3.92 m).....Jessie Strand, 2003
Facility: 14-3 1/4 (4.36 m).....Vera Neuenswander, Indiana, 2011

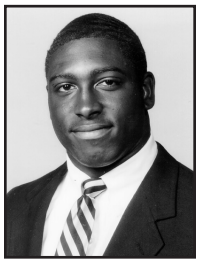
Shot Put
School: 50-8 (15.54 m).....Lisa VanSteenwyk, 1992
Facility: 54-1 (16.48 m).....Rachel Jansen, Northern Iowa, 2008

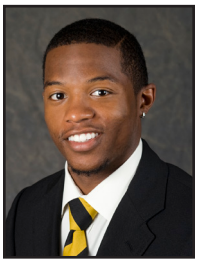
Discus
School: 181-1 (55.19m).....Majesty Tutson, 2013
Facility: 192-3 (58.59 m).....Gina Smallwood, Unattached, 2012

Hammer
School: 197-7 (60.23m).....Jasmine Simpson, 2013
Facility: 197-9 (60.28 m).....Beth Rohl, Michigan State, 2011

Javelin
School: 181-5 (55.31 m).....Alana Redfern, 2003
Facility: 181-5 (55.31 m).....Alana Redfern, Iowa, 2003

Heptathlon
School: 5,633 points.....Tammilee Kerr, 2008
Facility: 5,922 points.....Cathey Tyree, Purdue, 1987


Jeremy Allen

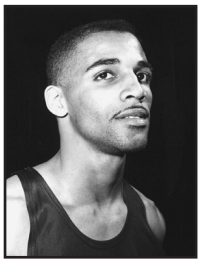

Justin Austin


Matt Byers


A.J. Curtis


Troy Doris


Jeffery Herron


Deacon Jones

100 Meters

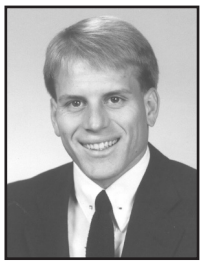
1.	Justin Austin, 2011	10.21
2.	George Page, 1996	10.25
3.	Anthuan Maybank, 1994	10.31
	Tim Dwight, 1997	10.31
	Josh Larney, 2013	10.31
6.	Bob Lawson, 1976	10.36
7.	Robert Smith, 1984	10.39
8.	Curtis Chang, 1987	10.40
9.	Jeff Patrick, 1983	10.41
	Tim Dodge, 2002	10.41

110-Meter High Hurdles

1.	Pat McGhee, 1989	13.50
2.	Dion Trowers, 1996	13.62
3.	Ronnie McCoy, 1985	13.66
4.	**Ethan Holmes, 2011**	**13.73**
5.	Jordan Mullen, 2013	13.76
6.	James Armstrong, 1991	13.89
7.	Dan Davis, 2012	14.01
8.	Doug Jones, 1986	14.06
9.	Chris Williams, 1983	14.24
10.	Rajeev Balkrishnan, 1993	14.29

200 Meters

1.	Justin Austin, 2011	20.31
2.	Jeff Patrick, 1983	20.47
3.	Anthuan Maybank, 1994	20.55
4.	Andre Morris, 1995	20.64
5.	George Page, 1996	20.67
6.	Terrence Duckett, 1982	20.74
7.	Tim Dodge, 2002	20.78
8.	Bashir Yamini, 1999	20.82
9.	Dennis Kohl, 1966	20.84
10.	Tim Dwight, 1997	20.91


Todd Wigginton


Arno van der Westhuizen

400 Meters

1.	Anthuan Maybank, 1993	44.99
2.	Andre Morris, 1995	45.15
3.	Mike Mondane, 1967	45.20
4.	Steven Willey, 2010	45.78
5.	Gary Hollingsworth,	46.30
6.	Harold Leonard, 1986	46.45
7.	Tony Branch, 1999	46.60
8.	Prince Riley, 2007	46.61
9.	George Page, 1996	46.66
10.	Dick Eisenlauer, 1973	46.74
	Terrence Duckett, 1983	46.74
	Patrick Richards, 2010	46.74

400-Meter Hurdles

1.	Pat McGhee, 1988	48.83
2.	Monte Raymond, 1998	50.09
3.	Ray Varner, 2010	50.24
4.	Paul Steele, 1989	50.45
5.	Russell Peterson, 2001	50.50
6.	**Ethan Holmes, 2013**	**50.51**
7.	Adam Kunkel, 2001	50.73
8.	Jon Reimer, 1967	50.94
9.	Gary Falls, 1991	51.08
10.	D'Juan Richardson, 2011	51.12

800 Meters

1.	Erik Sowinski, 2012	1:45.90
2.	Bill Frazier, 1962	1:47.64
3.	D'Juan Strozier, 1990	1:47.82
4.	Adam Hairston, 2009	1:48.53
5.	Michael Layne, 1999	1:49.61
6.	Bill Thiesen, 1985	1:49.74
7.	Ryan Weir, 2013	1:50.01
8.	Andy Wiese, 1985	1:50.22
9.	Paul Chepkwony, 1984	1:50.36
10.	Rod Chambers, 1989	1:50.60

1,500 Meters

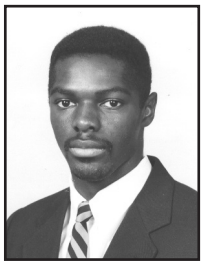
1.	Jeff Thode, 2010	3:43.02
2.	Joel Moeller, 1978	3:44.01
3.	Jim Docherty, 1978	3:44.30
4.	Dan Waters, 1986	3:46.35
5.	Kevin Herd, 1994	3:46.64
6.	John Clark, 1977	3:46.84
7.	Ted Wheeler, 1956	3:48.24
8.	Nick Holmes, 2012	3:49.53
9.	Jesse Luciano, 2007	3:49.99
10.	Micah VanDenend, 2007	3:50.20

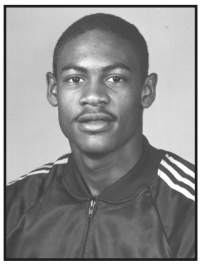
3,000-Meter Steeplechase

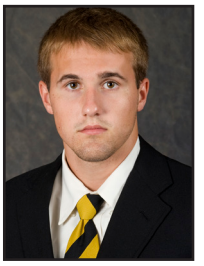
1.	Deacon Jones, 1956	8:47.40
2.	Steve Pershing, 1978	8:54.59
3.	Andy Morris, 2000	8:56.21
4.	Matt Gerard, 1994	8:57.01
5.	Andy Napier, 2008	8:57.54
6.	Rollie Kitt, 1967	9:02.90
7.	Al Greene, 1985	9:02.96
8.	Tony Rakaric, 2005	9:03.29
9.	Mark Battista, 2010	9:04.60
10.	Sean Gale, 1993	9:08.00

5,000 Meters

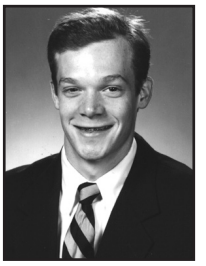
1.	Micah VanDenend, 2007	13:49.31
2.	Larry Wieczorek, 1968	13:56.00
3.	Kevin Herd, 1993	13:59.00
4.	Stetson Steele, 2000	14:02.76
5.	Eric MacTaggart, 2005	14:04.79
6.	Dan Haut, 2006	14:07.30
7.	**Kevin Lewis, 2013**	**14:08.04**
8.	Jesse Luciano, 2010	14:08.71
9.	Matt Esche, 2006	14:12.07
10.	Jeff Thode, 2011	14:12.40


Anthuan Maybank


Pat McGhee


Kyle Reid


Erik Sowinski


Stetson Steele


Jeff Thode


Micah VanDenend

10,000 Meters

1.	Stetson Steele, 2000	28:44.47
2.	Eric MacTaggart, 2006	28:50.23
3.	Nick Nordheim, 2002	29:44.71
4.	Trent Corey, 2002	29:45.25
5.	**Kevin Lewis, 2012**	**29:54.02**
6.	Chad Schwitters, 1999	29:56.00
7.	Nick Holmes, 2010	30:02.31
8.	Dan Haut, 2006	30:03.08
9.	Kevin Herd, 1994	30:05.21
10.	Paul Sarris, 2001	30:08.40

Decathlon

1.	**Kyle Reid, 2013**	**7,203 pts**
2.	Dan Rolling, 2010	6,957 pts
3.	Scott Faber, 2000	6,839 pts
4.	Ryan Niver, 2008	6,837 pts
5.	**Jack Eckert, 2012**	**6,813 pts**
6.	Chad Ohly, 1994	6,641 pts
7.	Gary Kostrubala, 1984	6,498 pts
8.	Frank Prill, 2008	6,381 pts
9.	Jacob Drewry, 1994	5,820 pts

High Jump

1.	Jeffery Herron, 2012	7-4 1/4 (2.24)
2.	Bill Hansen, 1978	7-4 (2.23)
	Bill Knoedel, 1975	7-4 (2.23)
4.	M. Cunningham, 1986	7-1 (2.16)
	Kenneth Lansing, 1988	7-1 (2.16)
6.	Pat Meade, 1987	7-0 1/4 (2.14)
7.	Graham Valdes, 2012	6-11 3/4 (2.12)
8.	Peter Hlavin, 1979	6-11 (2.11)
	Scott Hudek, 1993	6-11 (2.11)
	Jeremy Petsche, 2008	6-11 (2.11)
	Brandon Oest, 2012	6-11 (2.11)

Pole Vault

1.	Todd Wigginton, 1984	17-0 (5.18)
2.	Chad Ohly, 1994	16-8 3/4 (5.10)
	Kyle Reid, 2013	16-8 3/4 (5.10)
4.	Curt Broek, 1978	16-8 (5.08)
5.	Phil Wertman, 1971	16-7 (5.05)
	Kelly Scott, 1988	16-7 (5.05)
7.	John Teffer, 1972	16-2 (4.93)
8.	Alex Zona, 2009	16-0 3/4 (4.90)
9.	Steve Brewer, 1983	16-0 (4.88)
	Doug Pennino, 1985	16-0 (4.88)

Long Jump

1.	Anthuan Maybank, 1993	27-1 (8.25)
2.	Bashir Yamini, 1997	26-8 1/4 (8.13)
3.	Paul Jones, 1989	25-10 1/4 (7.88)
4.	Darren Smith, 1991	25-9 3/4 (7.86)
5.	Quinn Early, 1986	25-7 1/4 (7.80)
6.	Ed Gordon, 1931	25-4 3/8 (7.68)
7.	Matty Gorman, 2006	25-1 1/4 (7.65)
8.	Ronnie McCoy, 1985	25-0 (7.62)
9.	Jeffery Herron, 2010	24-9 (7.54)
10.	Joe Robinson, 1976	24-2 3/4 (7.38)

Triple Jump

1.	Troy Doris, 2012	54-8 (16.66)
2.	**Klyvens Delaunay, 2013**	**52-21/2 (15.91)**
3.	Paul Jones, 1990	52-0 1/2 (15.86)
4.	Gordon Finch, 1988	50-9 1/4 (15.47)
5.	Mike Lacy, 1984	50-5 (15.36)
6.	**Babatunde Amosu, 2013**	**50-3 1/4 (15.32)**
7.	Pat Miller, 1985	49-8 1/2 (15.25)
8.	Matty Gorman, 2008	49-2 1/2 (15.00)
9.	Owen Gill, 1982	49-1 (14.96)
10.	Josh Bean, 2010	48-10 3/4 (14.90)

Shot Put

1.	Jeremy Allen, 2001	63-2 3/4 (19.27)
2.	Ken Kemeny, 2005	62-3 (18.97)
3.	Shane Maier, 2006	62-2 1/4 (18.95)
4.	Andy Banse, 2005	61-11 1/2 (18.88)
5.	John Hickey, 2008	61-9 1/2 (18.83)
6.	Chris Gambol, 1987	60-0 1/2 (18.30)
7.	A.J. Curtis, 2008	59-8 1/4 (18.19)
8.	A. van der Westhuizen, 2000	58-8 3/4 (17.90)
9.	Ryan Lamparek, 2010	58-4 (17.78)
10.	Gary Kostrubala, 1985	58-1 (17.70)

Discus

1.	A.J. Curtis, 2007	202-11 (61.84)
2.	Gary Kostrubala, 1986	202-4 (61.68)
3.	**Gabe Hull, 2013**	**196-2 (59.80)**
4.	Jeremy Allen, 2001	195-4 (59.54)
5.	Tim Brodersen, 2005	193-6 (58.98)
6.	Brad Daufeldt, 2004	185-0 (56.40)
7.	Nick Brayton, 2009	180-11 (55.15)
8.	Andy Banse, 2005	180-0 (54.86)
9.	Eric Rothwell, 2004	179-7 (54.73)
10.	Shane Maier, 2008	178-7 (54.43)

Hammer

1.	A. van der Westhuizen, 2001	222-11 (67.94)
2.	Adam Hamilton, 2007	222-2 (67.73)
3.	Jim Costello, 2002	217-7 (66.32)
4.	Brad Daufeldt, 2004	207-10 (63.34)
5.	Chris Voller, 2005	206-0 (62.80)
6.	Matt Banse, 2012	201-11 (61.55)
7.	Jeremy Allen, 2001	199-0 (60.66)
8.	Ben Stancombe, 2011	197-6 (60.20)
9.	Ryan Jordan, 2007	184-6 (56.23)
10.	Ryan Lamparek, 2010	181-7 (55.35)

Javelin

1.	Matt Byers, 2011	245-8 (74.89)
2.	Bill Neumann, 2002	244-8 (74.58)
3.	Dan Ralph, 2000	227-10 (69.44)
4.	Zach Schimp, 2010	211-0 (64.32)
5.	**Sam Joens, 2013**	**206-9 (63.03)**
6.	Kale Katt, 2007	204-0 (62.17)
7.	Joel Storm, 2004	203-5 (62.01)
8.	Matt Stank, 2001	199-0 (60.66)
9.	**Jack Eckert, 2012**	**187-0 (57.01)**
10.	**Kyle Reid, 2013**	**182-10 (55.73)**


Kineke Alexander


Meghan Armstrong


Danielle Berndt


Nan Doak


Aisha James


Tiffany Johnson

100 Meters

1.	Vivien McKenzie, 1985	11.45
2.	Davera Taylor, 1984	11.51
3.	Erica Broomfield, 1998	11.53
4.	**Lake Kwaza, 2013**	**11.56**
5.	Jiselle Providence, 2001	11.57
6.	Tanja Reid, 1994	11.60
	Peaches Roach, 2005	11.60
8.	Yolanda Hobbs, 1995	11.62
9.	Elanie Jones, 1985	11.69
10.	Rhonda Kaye Trusty, 2010	11.74

100-Meter Hurdles

1.	Tiffany Johnson, 2007	13.20
2.	Karessa Farley, 2009	13.53
3.	C. Prendergast, 1999	13.60
	Paula Ruen, 2000	13.60
5.	Sarah Steffen, 2002	13.65
6.	Ruqayya Raheem, 1998	13.90
7.	Brenda Calhoun, 1984	13.94
8.	Wynsome Cole, 1997	14.10
9.	Kimberly Stanford, 2008	14.11
10.	Renee White, 2008	14.20

200 Meters

1.	Shellene Williams, 2004	23.50
2.	Kineke Alexander, 2006	23.58
3.	Davera Taylor, 1984	23.59
4.	Vivien McKenzie, 1985	23.61
5.	Yolanda Hobbs, 1995	23.65
6.	Erin Jones, 2012	23.71
7.	Rhonda Kaye Trusty, 2010	23.74
8.	Tanja Reid, 1995	23.75
9.	Elaine Jones, 1983	23.84
10.	Ashley Liverpool, 2012	23.98

400 Meters

1.	Kineke Alexander, 2006	51.35
2.	Shellene Williams, 2004	51.94
3.	Ashley Liverpool, 2012	52.47
4.	Ellen Grant, 1996	52.65
5.	Senta Hawkins, 1988	54.01
	Bethany Praska, 2011	54.01
7.	Marlene Poole, 1994	54.03
8.	Elaine Jones, 1983	54.40
9.	Nicole Charles, 2001	54.48
10.	Stacey-Leigh Bynoe, 2000	54.73

400-Meter Hurdles

1.	Mary Knoblauch, 1981	56.16
2.	Wynsome Cole, 1998	56.67
3.	Chris Davenport, 1981	59.18
4.	Hannah Simonson, 2012	59.54
5.	Sarah Steffen, 2002	59.59
6.	Tiffany Hendricks, 2011	59.63
7.	**MonTayla Holder, 2013**	**59.71**
8.	Nicole Erickson, 2012	59.77
9.	Beverly Powell, 1991	59.96
10.	Kelsey Quinn, 2012	59.99

800 Meters

1.	Bethany Praska, 2011	2:03.78
2.	Kay Stormo, 1982	2:05.67
3.	Michelle Lahann, 2004	2:06.79
4.	Aisha Hume, 2005	2:08.50
5.	**Adrianne Alexia, 2013**	**2:08.61**
6.	Jeanne Kruckeberg, 1987	2:08.75
7.	**Kaitlyn Nelson, 2013**	**2:08.83**
8.	Ann Pare, 1997	2:09.25
9.	Meghan Armstrong, 2006	2:10.15
10.	Sophia Poncé, 2007	2:10.35

1,500 Meters

1.	Meghan Armstrong, 2006	4:17.41
2.	Betsy Flood, 2010	4:17.75
3.	Jeanne Kruckeberg 1989	4:19.71
4.	McKenzie Melander, 2012	4:20.22
5.	Lauren Hardesty, 2009	4:20.40
6.	Diane Nukuri, 2007	4:20.95
7.	Penny O'Brien, 1985	4:21.43
8.	Kay Stormo, 1982	4:22.24
9.	Michelle Lahann, 2004	4:24.00
10.	Shannon Stanley, 2006	4:25.08

3,000 Meters

1.	Diane Nukuri, 2008	9:18.82
2.	Penny O'Brien, 1985	9:20.61
3.	McKenzie Melander, 2012	9:21.59
4.	Betsy Flood, 2010	9:22.63
5.	Nan Doak, 1985	9:23.04
6.	Tracy Dahl, 1992	9:23.53
7.	Meghan Armstrong, 2006	9:28.03
8.	Brooke Eilers, 2011	9:30.08
9.	Jeanne Kruckeberg, 1989	9:30.69
10.	Jennifer Brower, 1992	9:34.59

3,000-Meter Steeplechase

1.	Danielle Berndt, 2011	10:26.54
2.	Jessica Schmidt, 2008	10:27.18
3.	Sarah Arens, 2004	10:34.50
4.	Hannah Roeder, 2011	10:35.22
5.	Kelsey Hart, 2011	10:47.56
6.	Katie Ellis, 2010	11:02.62
7.	Michelle Lahann, 2003	11:16.21
8.	Becca Thompson, 2003	11:19.50

5,000 Meters

1.	Nan Doak, 1985	15:45.84
2.	McKenzie Melander, 2012	15:57.13
3.	Diane Nukuri, 2008	15:59.39
4.	Betsy Flood, 2011	16:04.46
5.	Meghan Armstrong, 2008	16:08.83
6.	Brooke Eilers, 2011	16:11.86
7.	Mareike Schrulle, 2013	16:12.66
8.	Jenny Spangler, 1983	16:17.21
9.	Tracy Dahl, 1992	16:18.77
10.	Racheal Marchand, 2008	16:27.02


Majesty Tutson


Lisa Van Steenwyk

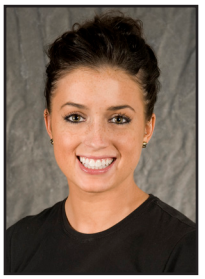

Renee White


Shellene Williams


Diane Nukuri


Tammilee Kerr


Vivien McKenzie


Bethany Praska


Alana Redfern


Peaches Roach


Jasmine Simpson

10,000 Meters

1.	Diane Nukuri, 2008	33:17.01
2.	Jennifer Brower, 1991	33:23.38
3.	Meghan Armstrong, 2008	33:28.00
4.	Nan Doak, 1985	33:33.03
5.	Jenny Spangler, 1983	33:39.24
6.	Racheal Marchand, 2008	34:05.87
7.	McKenzie Melander, 2012	34:29.83
8.	Tracy Dahl, 1992	34:30.09
9.	Betsy Flood, 2011	35:05.10
10.	Nikki Chapple, 2004	35:06.35

Heptathlon

1.	Tammilee Kerr, 2008	5,633 pts
2.	Kathy Gillespie, 1983	5,262 pts
3.	Tiff Pedersen, 2004	4,976 pts
4.	Janet Adams, 1981	4,855 pts
5.	**Sarah Ryan, 2012**	**4,819 pts**
6.	Ruqayya Raheem, 1997	4,665 pts
7.	Angela Chadwick, 1993	4,493 pts
8.	Missy Miller, 2010	4,227 pts
9.	Angie Hensel, 2004	4,073 pts
10.	Janelle Jaspers, 1987	4,000 pts

High Jump

1.	Peaches Roach, 2006	6-1 1/4 (1.86)
2.	Mary Mol, 1983	6-0 (1.83
3.	**Khanishah Williams, 2013**	**5-11 1/4 (1.81)**
4.	Caleigh Bacchus, 2010	5-10 (1.78)
5.	Lynn McMillan, 1988	5-9 1/4 (1.76)
6.	Kacey Childs, 2001	5-8 1/2 (1.74)
7.	Kristi Dinkla, 1985	5-8 (1.73)
	Becky Kaza, 1995	5-8 (1.73)
	Eve Cullinan, 2003	5-8 (1.73)
10.	**Zinnia Miller, 2012**	**5-7 1/4 (1.71)**

Pole Vault

1.	Jessie Strand, 2003	12-10 1/4 (3.92)
2.	Sarah Burgett, 2006	12-1 3/4 (3.70)
3.	Kirsten Weismantle, 2011	12-0 (3.66)
4.	Katie Truedson, 2010	11-5 1/4 (3.49)
5.	Gina Shannon, 2001	11-2 1/4 (3.41)
6.	Brittany Holst, 2013	11-1 (3.38)
7.	Kacey Childs, 2000	8-0 1/2 (2.45)

Long Jump

1.	Aisha James, 2003	22-3 (6.78)
2.	Renee White, 2008	20-3 3/4 (6.19)
3.	**Carisa Leacock, 2011**	**19-11 1/2 (6.08)**
4.	Becki Borg, 1988	19-7 1/4 (5.97)
5.	Lisa Moats, 1986	19-6 (5.95)
6.	Tammilee Kerr, 2008	19-4 1/4 (5.90)
7.	Yolanda Hobbs, 1993	19-2 1/2 (5.85)
8.	**Sarah Ryan, 2013**	**18-11 3/4 (5.78)**
9.	Jane Dunlevy, 1977	18-6 (5.64)
10.	Ruqayya Raheem, 1997	18-5 1/4 (5.62)
	Tiff Pedersen, 2004	18-5 1/4 (5.62)

Triple Jump

1.	Renee White, 2008	43-10 3/4 (13.36)
2.	Tiffany Johnson, 2007	41-8 3/4 (12.72)
3.	**Carisa Leacock, 2012**	**40-10 1/2 (12.46)**
4.	Becki Borg, 1988	40-7 1/2 (12.38)
5.	Lynn McMillan, 1988	39-6 1/2 (12.05)
6.	Lynn, 1998	39-0 (11.88)
7.	Kacey Childs, 2001	37-8 (11.48)
8.	Becca Franklin, 2004	36-10 1/2 (11.24)
9.	Janna Houtz, 1984	33-10 1/2 (10.32)
10.	Latoya Stiffend, 2002	32-6 (9.90)

Shot Put

1.	Lisa Van Steenwyk, 1992	50-8 (15.44)
2.	Gail Smith, 1984	50-3 1/4 (15.32)
3.	Denise Taylor, 1992	50-1 3/4 (15.28)
4.	Kamesha Marshall, 2005	48-6 3/4 (14.80)
5.	Laura Kriener, 1990	48-2 1/2 (14.69)
6.	Jennifer Gilson, 2002	47-10 (14.58)
7.	**Rachel Curry, 2013**	**47-9 1/4 (14.56)**
8.	Jennifer Moon, 2000	47-5 1/4 (14.46)
9.	Mandy Chandler, 2006	46-0 (14.02)
10.	Tiffany Medenwaldt, 2010	45-11 3/4 (14.01)

Discus

1.	Majesty Tutson, 2013	181-1 (55.19)
2.	Tiffany Medenwaldt, 2010	161-3 (49.16)
3.	Denise Taylor, 1992	160-5 (48.90)
4.	Lisa Van Steenwyk, 1991	159-1 (48.50)
5.	Gail Smith, 1983	158-2 (48.22)
6.	**Ashlyn Gulvas, 2011**	**154-11 (47.23)**
7.	**Courtney Fritz, 2012**	**154-1 (46.96)**
8.	Kamesha Marshall, 2005	152-11 (46.62)
9.	Jennifer Moon, 2000	150-8 (45.92)
10.	Laura Kriener, 1989	150-3 (45.80)

Hammer Throw

1.	**Jasmine Simpson, 2013**	**197-7 (60.23)**
2.	Becca Franklin, 2007	195-0 (59.45)
3.	**Ashlyn Gulvas, 2013**	**189-6 (57.76)**
4.	**Annemie Smith, 2013**	**188-7 (57.49)**
5.	Kelsey Taylor, 2011	177-0 (53.95)
6.	Tiffany Medenwaldt, 2010	171-11 (52.40)
7.	Erin O'Hern, 2008	168-9 (51.45)
8.	Chelsea Colpitts, 2013	162-5 (49.51)
9.	Kerri Blackstone, 1999	161-10 (49.32)
10.	Majesty Tutson, 2013	161-5 (49.20)

Javelin

1.	Alana Redfern, 2003	181-5 (55.30)
2.	Tammilee Kerr, 2008	163-5 (49.81)
3.	Mandy Beck, 1999	153-4 (46.74)
4.	Terri Soldan, 1983	152-6 1/4 (46.48)
5.	Shani Renning, 1990	152-3 (46.40)
6.	Clara Simon, 1981	149-9 (45.64)
7.	Janet Adams, 1984	148-7 (45.28)
8.	**Amanda Stahle, 2012**	**141-5 (43.10)**
9.	Mickey Schoborg, 1985	137-5 1/4 (41.88)
10.	**Allison Gattone, 2013**	**138-8 (42.27)**

400-Meter Relay

1.	**Mincy,** Austin, **E. Holmes**, Larney, 2013	39.31
2.	Beecham, Duckett, Greer, R. Smith, 1984	39.48
3.	Mullen, Austin, **E. Holmes**, Larney, 2013	39.66
4.	Page, Davis, Rozell, Morris, 1996	39.73
5.	**Mincy**, Sayon, Chaney, Jr., Austin, 2011	39.86
6.	Richardson, Sayon, Chaney, Jr., Bee, 2009	39.94
7.	Felix, Branch, Dodge, Yamini, 1999	39.96
8.	Beecham, Duckett, Greer, Patrick, 1983	39.99
9.	Dwight, Branch, Davis, Yamini, 1998	40.00
	Goode, Fisher, Morris, Maybank, 1994	40.00
	1998	40.00
	Dwight, Branch, Dodge, Yamini, 1999	40.00

Shuttle Hurdle Relay

1.	McGhee, Armstrong, Falls, Stelle, 1989	57.80
2.	Wigginton, Jones, Lacey, McCoy, 1985	59.77
3.	1975	1:05.20

800-Meter Relay

1.	Richardson, Sayon, Richards, Chaney, Jr., 2009	1:24.85
2.	Austin, **Brown,** Larney**, VanCleave,** 2013	1:25.60
3.	Barclay, McCalister, Jensen, Elliott, 1979	1:26.39
4.	Thomas, Balkrishnan, Patterson, Freidrich 1991	1:28.38
5.	Balkrishnan, Patterson, Thomas, Freidrich, 1991	1:29.04

1,600-Meter Relay

1.	Morris, Davis, Page, Rozell, 1995	3:03.11
2.	Branch, Dwight, Dodge, Yamini, 1999	3:03.29
3.	Ferree, Frazier, Mondane, Reimer, 1967	3:04.10
4.	Rozell, Morris, Davis, Yamini, 1996	3:04.71
5.	Willey, Barton, Richards, Sowinski, 2010	3:05.61
6.	Willey, Richards, Sowinski, Barton, 2011	3:05.64
7.	Richards, **Davey**, **E. Holmes**, Sowsinski, 2012	3:05.77
8.	Cameron, Williams, McGhee, McCoy, 1985	3:06.00
9.	Rozell, Davis, Dwight, Raymond, 1997	3:06.06
	Dodge, Kunkel, Coleman, Peterson, 2001	3:06.06

Sprint Medley Relay

1.	McCorkle, Jones, Chung, Strozier, 1990	3:15.64
2.	Sayon, Austin, Willey, Sowinski, 2011	3:16.18
3.	Richards, Larney, **Davey**, Sowinski, 2012	3:17.25
4.	Richardson, Richards, Willey, Sowinski, 2010	3:17.74
5.	Armstrong, Thomas, Maybank, Strozier, 1991	3:18.93
6.	Yamini, Davis, Dodge, Donovan, 1999	3:19.87
7.	Richards, Chaney, Jr., Barton, Hairston, 2009	3:20.05
8.	McCorkle, Armstrong, Chung, Strozier, 1990	3:20.43
9.	Dodge, Yamini, Branch, Donovan, 1999	3:20.83
10.	Goode, Fisher, Thomas, Falls, 1992	3:21.02

3,200 Meter Relay

1.	Schum, Christensen, Steffen, Criswell, 1971	7:18.60
1.	Hairston, **Prom**, Thode, Sowinski, 2011	7:23.77
2.	Corrigan, Blackman, Strozier, Chambers, 1989	7:29.00
3.	Willey, Braff, Sowinski, Hairston, 2009	7:33.08
4.	Tweedy, Gajewski, Linden, O'Hollearn, 2005	7:33.12
5.	Cunningham, Tweedy, S. Allen, Thomas, 2001	7:34.12
6.	Long, Tweedy, Dziubski, O'Hollearn, 2004	7:35.10
7.	1999	7:36.43
8.	**Prom**, Slaymaker, **Wheeler**, Weir, 2012	7:38.15
9.	1986	7:40.18
10.	Novotny, Holtkamp, Rerko, Feeldy, 1995	7:44.68

Distance Medley Relay

1.	Pershing, Moeller, Slack, Docherty, 1978	9:39.94
2.	Kuczwara, Barton, Hairston, Thode, 2011	9:41.37
3.	N. Holmes, **Van Cleave**, Sowinski, Thode, 2012	9:41.59
4.	Young, Barton, Kuczwara, Luciano, 2010	9:42.97
5.	**Prom,** Davey, Weir**, Witt,** 2013	9:53.83
6.	Theisen, Williams, Wiesa, Waters, 1985	9:54.04
7.	**Wilfong,** Slaymaker**, Teubel, Witt,** 2013	9:54.05
8.	Luciano, Pierre, Hairston, VanDenend, 2007	9:54.07
9.	VanDenend, Riley, O'Hollearn, Rakaric, 2006	9:54.97
10.	Feeldy, Eischeid, Novotny, Peters, 1996	9:55.71

6,400 Meter Relay

1.	Pershing, Fuller, Moeller, Docherty, 1978	16:27.70
2.	Rakaric, Webster, MacTaggart, VanDenend, 2006	16:55.43
3.	Paul, Kadlec, Thode, Luciano, 2010	17:01.46
4.	N. Holmes, **Witt**, Thode, **Lewis**, 2012	17:02.26
5.	Thomas, Allen, Rakaric, Lloyd, 2003	17:06.27
6.	Pittman, Novotny, Feeldy, Marquardt, 1995	17:12.49
7.	Bakker, Feeldy, Peters, Pittman, 1996	17:13.10
8.	Allen, Trainor, McDermott, Esche, 2002	17:14.53
9.	Kadlec, E. MacTaggart, Paul, Marchese, 2009	17:17.63
10.	Schwitters, Nordheim, Moeller, Thomas, 1999	17:18.04

400-Meter Relay

1.	Poole, Reid, Floyd, Hobbs, 1994	44.63
2.	Charles, Williams, Providence, James, 2003	44.71
3.	Floyd, Hobbs, Poole, Reid, 1994	44.80
4.	Fouchè, Williams, Providence, James, 2003	45.02
5.	Alexander, Granger, Johnson, Roach, 2006	45.11
6.	Johnson, Roach, Clarke, Trusty, 2007	45.21
7.	Johnson, Alexander, Granger, Roach, 2005	45.30
8.	Granger, Johnson, Alexander, Roach, 2005	45.39
9.	Jones, R. Moore, Liverpool, Simonson, 2012	45.45
10.	Underwood, Reid, Philip, Hobbs, 1995	45.50
	Boatright, Bynoe, Providence, Prendergast, 2000	45.50

Shuttle Hurdle Relay

1.	Prendergast, Cole, Raheem, Ruen, 1998	56.44
2.	Cole, Prendergast, Raheem, Ruen, 1998	56.54
3.	Raheem, Prendergast, Cole, Ruen, 1998	57.53

800-Meter Relay

1.	Hobbs, Reid, Floyd, Poole, 1994	1:35.69
2.	Roach, McCalla, Alexander, Johnson, 2006	1:36.19
3.	Williams, Charles, Fouchè, Providence, 2003	1:37.49
4.	Herrmann, McCalla, Raymond, Roach, 2004	1:37.66
5.	Charles, Dixon, Knight, Prendergast, 2002	1:38.15
6.	Trusty, Hendricks, Graham, Erickson, 2009	1:38.79
7.	Prendergast, Dixon, Knight, Providence, 2001	1:38.73
8.	Dixon, Knight, Prendergast, Providence, 2001	1:38.93
9.	Dixon, Providence, Knight, Charles, 2001	1:39.68
10.	Underwood, Bynoe, Raheem, Wynter, 1997	1:39.72

1,600-Meter Relay

1.	Praska, Hendricks, Liverpool, Erickson, 2011	3:35.93
2.	Hume, Charles, Steffen, Williams, 2003	3:36.26
3.	Praska, Hendricks, Erickson, Liverpool, 2011	3:36.51
4.	Simsonson, Liverpool, Erickson, Sack, 2012	3:37.57
5.	McCalla, Granger, Alexander, Johnson, 2006	3:38.36
6.	Simonson, Liverpool, Quinn, Erickson, 2012	3:38.49
7.	Liverpool, Jones, Erickson, Quinn, 2012	3:38.68
8.	Alexander, Graham, Jones, M. Mims, 2007	3:39.36
9.	Jones, Alexander, Johnson, M. Mims, 2007	3:39.64
10.	McCalla, Alexander, Sheeley, Hume, 2005	3:39.67

Sprint Medley Relay

1.	Jones, Hendricks, Liverpool, Praska, 2011	3:48.63
2.	**Kwaza,** R. Moore**, Holder, Alexia,** 2013	3:54.51
3.	Trusty, R. Moore, Hendricks, Praska, 2010	3:56.53
4.	Reid, Philip, Hobbs, Benning, 1995	3:56.54
5.	Roach, Alexander, McCalla, Stanley, 2005	3:56.99
6.	**Kwaza,** R. Moore**, Alexia, Nelson,** 2013	3:58.72
7.	Clarke, Graham, Jones, Poncé, 2007	3:59.34
8.	Underwood, Clarke, Philip, Benning, 1995	3:59.75
9.	Jones, R. Moore, Erickson, **Alexia**, 2012	4:00.19
10.	2005	4:00.26

3,200-Meter Relay

1.	Suppelsa, Wodek, Kruckeberg, Schneckloth, 1987	8:46.45
2.	Lahann, Stanley, Hume, Barber, 2004	8:48.87
3.	Schneckloth, Roberts, Hawkins, Kruckeberg, 1989	8:49.38
4.	Flood, Dlhy, L. Hardesty, Docherty, 2009	8:53.91
5.	Armstrong, Stanley, Laney, Hume, 2005	8:54.27
6.	O'Brien, Camarigg, Williams, Stormo, 1981	8:54.36
7.	Flood, Melander, Praska, Hardesty, 2010	8:54.45
8.	Drapcho, Schlader, Williams, Stormo, 1980	8:56.14
9.	Drapcho, Mitchell, Schlader, Stormo, 1979	8:57.24
10.	Lahann, Hume, Thompson, Barber, 2003	9:02.58

Distance Medley Relay

1.	Hoskins, Powell, Schneckloth, Kruckeberg, 1989	11:22.18
2.	Armstrong, Alexander, Poncé, Stanley, 2007	11:25.05
3.	Stanley, McCalla, Hume, Armstrong, 2005	11:34.04
4.	Barber, Williams, Hume, Arens, 2004	11:34.56
5.	Thompson, Williams, Hume, Arens, 2003	11:39.02
6.	2000	11:39.83
7.	Schrulle, Erickson, **Placzek**, Eilers, 2012	11:40.57
8.	Davenport, xx, xx, xx, 1981	11:41.44
9.	Pare, Grant, Benning, Gilchrist, 1997	11:41.92
10.	Dlhy, Erickson, Docherty, Anderson, 2010	11:43.06

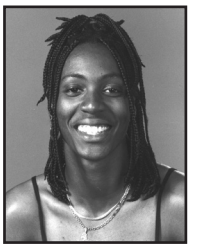
6,400-Meter Relay

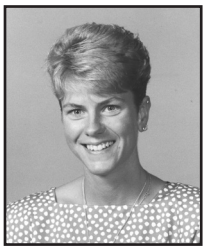
1.	Flood**,** Melander**,** A. Hardesty, L. Hardesty, 2010	19:05.63
2.	Nukuri, Marchand, Henize, Armstrong, 2008	19:15.42
3.	Flood, Laesch, Ranegar, Melander, 2012	19:16.73
4.	Flood, Eilers, Melander, L. Hardesty, 2011	19:17.52
5.	Flood, Melander, A. Hardesty, Eilers, 2009	19:36.43
6.	Scott**, Gordon,** Schrulle, Gambrall, 2013	19:41.15
7.	Chapple, Laney, Donlon, Sokol, 2005	20:39.12
8.	Arens, Barber, Butler, Roberts, 2001	20:40.89
9.	Benning, Boland, Fleck, Coleman, 1995	20:43.07
10.	Arens, Sokol, Barber, Donlon, 2003	20:48.08


Kineke Alexander


Meghan Armstrong


Jennifer Brower


Wynsome Cole


Tracy Dahl


Chris Davenport

The University of Iowa women's track and field program is rich in honor and tradition. Iowa athletes compete annually at national and international events, representing the UI with pride. Here are brief bios on some Hawkeyes have have left their marks in the Iowa record books.

Kineke Alexander, 2005-08
- 2008 & 2012 St. Vincent & The Grenadines Olympic Team Member
- 2006 NCAA Indoor 400-Meter Champion
- Eight-time all-American
- Five-time Big Ten Champion
- Two-time NCAA Regional 400-Meter Champ
- Drake Relays Champion, 400 Meters
- Five-time all-region
- Two-time NACAC Games bronze medalist
- Iowa's nominee for Big Ten Female Athlete of the Year twice (2006, 2007)
- 2007 Big Ten Indoor Athlete of the Year
- 2007 Big Ten Indoor Athlete of the Meet
- 2007 Midwest Regional Athlete of the Year
- Set six school records

Meghan Armstrong, 2004-08
- Four-time all-American
- NCAA Academic all-American
- Four-time all-region
- Two-time Big Ten champion
- Two-time second team all-Big Ten
- Six-time academic all-Big Ten
- Set school records in 1,500 meters (track) and 6,000 meters (cross country)
- Big Ten Medal of Honor winner (2008)

Jennifer Brower, 1988-92
- Three-time all-American
- NCAA Academic all-American
- Big 10 & Drake Relays Champion
- Kansas Relays 5,000-m Champion
- Big Ten runner-up, Cross Country
- U.S. Olympic Trials participant
- Track Academic Athlete of the Decade
- NCAA Woman of the Year nominee

Wynsome Cole, 1994-98
- Three-time NCAA & NAIA qualifier
- Two-time Big Ten Champion
- All-American, 400-meter hurdles
- Drake Relays Champion

Tracy Dahl, 1989-94
- Two-time NCAA 5,000-m Champion
- Five-time all-American
- Four-time Big Ten Champion
- U.S. Olympic Trials participant
- Kansas Relays Champion
- Big Ten Cross Country and Two-time Iowa Female Athlete of the Year

Chris Davenport, 1980-83
- U.S. Olympic Trials participant
- All-American
- Runner-up at Kansas & Drake Relays

Nan Doak, 1980-85
- NCAA champion, 10,000 meters
- NCAA runner-up, cross country
- Nine-time all-American
- World recordholder, indoor 3-miles
- Three-time Big Ten Champion
- U.S. Olympic Trials participant
- World sixth place, Cross Country
- TAC 5,000 and 10,000-m champion
- Iowa Female Athlete of the Decade
- National Iowa Varsity Club Hall of Fame inductee

Kathy Gillespie, 1982-85
- NCAA runner-up, heptathlon
- Big Ten champion/former recordholder
- Member of U.S Pentathlon team

Ellen Grant, 1994-97
- Two-time Big Ten Champion
- World Junior representative

Yolanda Hobbs, 1991-95
- Three-time all-American
- Big Ten 55-meter Champion
- Iowa Female Athlete of the Year
- Daily Iowan Female Athlete of the Year

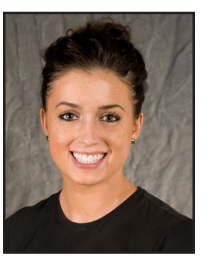

Jeanne Kruckeberg


Racheal Marchand


Vivien McKenzie


Mary Mol


Diane Nukuri


Bethany Praska


Peaches Roach


Nan Doak


Kathy Gillespie


Ellen Grant


Yolanda Hobbs


Tiffany Johnson


Elaine Jones

Tiffany Johnson, 2004-07
- First Hawkeye to win consecutive Drake Relays titles (100-m hurdles in 2006, 2007)
- 2007 NCAA Regional Champion, 100 Hurdles
- Two-time all-region
- Ten-time regional qualifier

Elaine Jones, 1982-85
- Five-time Big Ten Champion
- TAC Champion 400-m relay member
- U.S. Olympic Trials participant
- Olympic Sports Festival selection
- Mason-Dixon Games Champion

Jeanne Kruckeberg, 1987-90
- NCAA 800-meter runner-up
- Three-time all-American
- Big Ten Champion
- Drake Relays Female Athlete of the Meet
- Two-time Drake Relays Champion
- Three-time Kansas Relays Champion
- Iowa Female Athlete of the Year

Racheal Marchand, 2005-08
- Four-time all-American
- Three-time all-region
- 2009 Midwest Region Cross Country Female of the Year
- 2009 Iowa Female Athlete of the Year
- 2010 Puerto Rico 5K National Champion

Vivien McKenzie, 1983-86
- Four-time Big Ten Champion
- TAC Champion 400-m relay member
- U.S. Olympic Trials participant
- Olympic Sports Festival selection

Mary Mol, 1982-85
- NCAA runner-up
- Big Ten runner-up
- Mason-Dixon Games Champion
- Runner-up at Drake & Kansas Relays

Diane Nukuri, 2006-08
- 2012 Burundi Olympic Team Member
- Three-time All-American
- Two-time NCAA Midwest Region Cross Country Champion (2006, 2007)
- Two-time NCAA Midwest Region Cross Country Female Athlete of the Year (2006, 2007)
- 2007 Drake Relays Champion, 5,000 Meters
- Two-time all-region
- Set eight school records
- 2008 Iowa Female Athlete of the Year
- 2008 Wilma Rudolph Award winner
- 2007 Honda Sports Award finalist

Bethany Praska, 2008-11
- Two-time all-American
- Three-time Big Ten Champion
- Holds five school records

Peaches Roach, 2004-07
- Four-time all-American
- Five-time Big Ten Champion, High Jump
- 2004 Big Ten Outdoor Freshman of the Year
- Four-time all-region
- Ten-time regional qualifier

Gail Smith, 1982-85
- Big Ten Champion
- Olympic Sports Festival selection

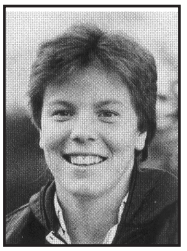
Jenny Spangler, 1982-86
- Three-time all-American
- U.S. Olympic Trials participant
- Iowa Female Athlete of the Year
- Set 19-and-under world marathon record (2:33)
- 1996 USA Olympic team, marathon

Tina Stec, 1990-94
- Two-time all-American
- Big Ten runner-up, 3,000 meters
- NCAA Academic all-American
- Iowa Academic Athlete of the Year
- Iowa Female Athlete of the Year
- NCAA Woman of the Year finalist

Kay Stormo, 1979-82
- 800-meter NCAA runner-up
- Three-time all-American
- Three-time Big Ten Champion
- Iowa Female Athlete of the Year
- National Iowa Varsity Club Hall of Fame inductee

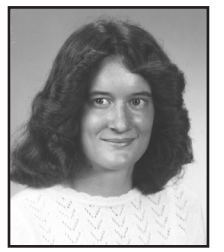
Lisa Van Steenwyk, 1989-93
- All-American, Shot Put
- Two-time Big Ten Champion
- U.S. Olympic Trials participant

Shellene Williams, 2004
- Jamaican National Team member
- Four-time Big Ten Champion
- All-American, 400 Meters


Gail Smith


Jenny Spangler


Tina Stec


Kay Stormo


Lisa Van Steenwyk


Shellene Williams

Bally Invitational
Vivien McKenzie 1985, 1986
Rachelle Roberts 1994
Davera Taylor 1985, 1986

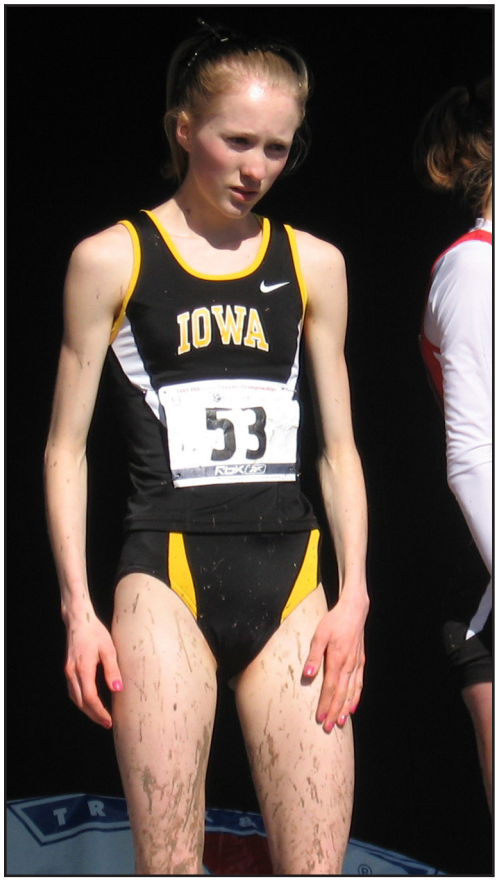
Bonne Bell 10K
Nan Doak 1984

Central American Games
Tammilee Kerr 2010
Rachael Marchand 2010
Peaches Roach 2010

Grandma's Marathon
Jenny Spangler 1983
Bev Docherty 1994

Houston-Tennessee Marathon
Jenny Spangler 1984

Jamaican Olympic Trials
Wynsome Cole 1998
Shellene Williams 2004
Tammilee Kerr 2008
Peaches Roach 2008



Former Hawkeye Jolly Burke on the awards stand at the 2006 U.S. Junior Cross Country Championships.

Jamaican National Championships
Karen Layne 1990
Davera Taylor 1988
Shellene Williams 2003, 2005

Mason-Dixon Games
Elaine Jones 1983
Mary Mol 1984

Mobile I Invitational
Briana Benning 1994
Marlene Poole 1994
Christine Salsberry 1994
Tina Stec 1994

NACAC Jr. C. C. Championships
Jolly Burke 2006

NACAC Games
Kineke Alexander 2006, 2007, 2008
Meghan Armstrong 2008
Tammilee Kerr 2008
Peaches Roach 2007

Olympic Games
Kineke Alexander 2008, 2012
Diane Nukuri 2012
Jenny Spangler 1996

Olympic Sports Festival
Kathy Gillespie 1983
Elaine Jones 1983
Vivien McKenzie 1985, 1986
Gail Smith 1985
Kay Stormo 1982

Sunkist Invitational
Penny O'Brien 1985

Pan-American Games
Shellene Williams 2003
Kineke Alexander 2007
Peaches Roach 2007
Kimberly Stanford (Juniors) 2007
Karessa Farley (Juniors) 2007
Kayla Beattie (Juniors) 2011

Panasonic-Millrose Games
Tami Hoskins 1990, 1991
Elaine Jones 1984
Laura Kriener 1990, 1991
Jeanne Kruckeberg 1990
Vivien McKenzie 1985
Mary Mol 1985
Rachelle Roberts 1990
Kim Schneckloth 1990

Puerto Rican National Championships
Rachael Marchand 2010

TAC Cross Country Nationals
Nan Doak 1982, 1983, 1984
Jenny Spangler 1983

TAC Track & Field Nationals
Gail Smith 1980
Kay Stormo 1982

USA v. Canada/TAC Pentathlon
Kathy Gillespie 1983

U.S. Junior C.C. Championships
Jolly Burke 2006

U.S. Master's Marathon Champ's
Bev Docherty 1988, 2000, 2002

U.S. Road Mile Championships
Meghan Armstrong 2009
Racheal Marchand 2009

U.S. Seven Mile Road Championships
Meghan Armstrong 2009
Racheal Marchand 2009

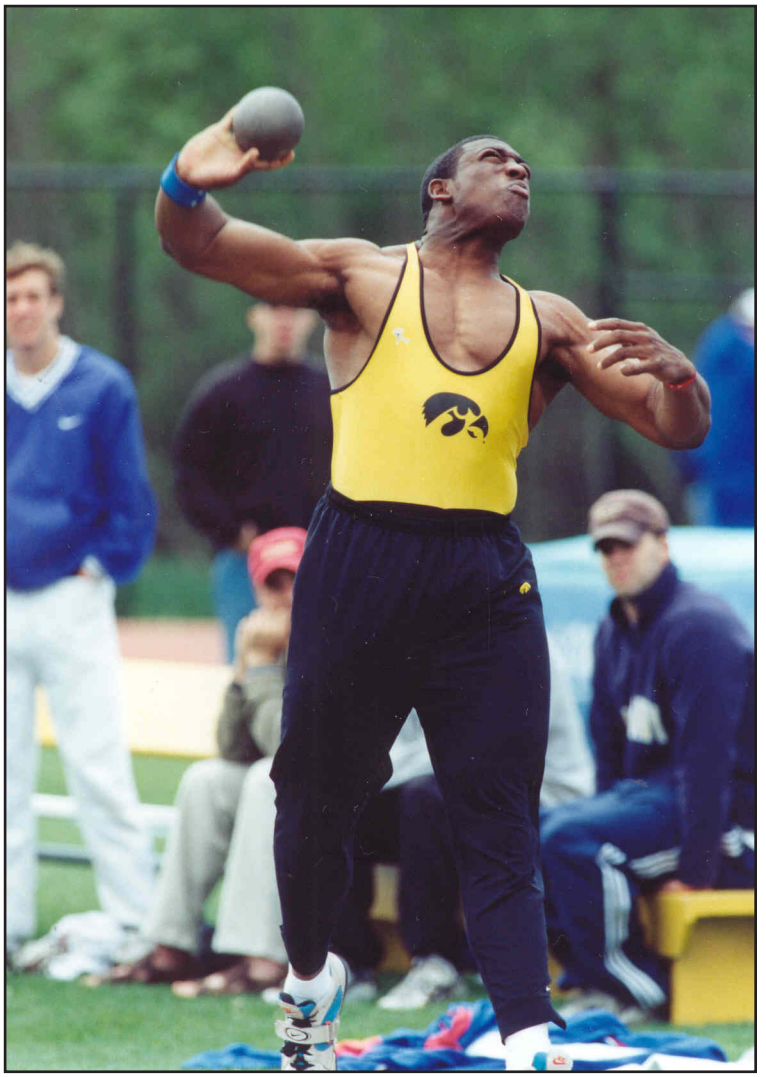
U.S. Olympic Trials
Jennifer Brower 1992
Chris Davenport 1980
Tracy Dahl 1992
Nan Doak 1984, 1988
Bev Docherty 1984, 1988, 1992, 1996, 2000, 2004
Amy Dunlop 1980
Elaine Jones 1984
Vivien McKenzie 1984
Jenny Spangler 1984, 1988, 1996
Diane Steinhart 1980
Davera Taylor 1984
Lisa Van Steenwyk 1992

U.S. National Track Championships
Meghan Armstrong 2009
Tracy Dahl 1993
Racheal Marchand 2009
Marlene Poole 1993, 1994
Bethany Praska 2011
Tina Stec 1994
Lisa Van Steenwyk 1993

World Cross Country Championships
Nan Doak 1984, 1985, 1986, 1987
Jolly Burke (Juniors) 2006

World Outdoor Track Championships
Aisha James 2003
Shellene Williams 2003
Kineke Alexander 2009

Adams, Don....1973-76
Adamson, Robert....1931-32
Albrecht, L.J....1989-91
Albright, Justin....1930
Alderman, Merle....1910
Alexander, Jack S....1938
Allen, Jeremy....1998-01
Allen, Shaun....1999, 2001-03
Allison, William....1895-96
Amosu, Babatunde....2013
Anderson, Carl J....1959
Anderson, Kent J....1975-76
Anderson, R.M....1900-03
Appleman, Cameron....1997
Armstrong, James....1988-89, 1991
Ashton, George C....1922-23
Atkins, Bobby....2000
Austin, Justin....2011-13
Bailey, F.S....1900
Bailey, Merrill M....1919-21
Bailin, Sam....2010
Baird, George H....1927-29
Bakker, Michael....1994, 1996, 1998
Balke, Norm....1983-86
Balkrishnan, Rajeev....1991, 1993
Banse, Andy....2002-05
Banse, Matt....2009-12
Barber, Nathan B....1896-99
Barclay, Tom....1979
Barker, Dale....1932-33
Barker, E.E....1905
Barker, Ervin J....1902-05
Barnes, Howard M....1921
Barnett, Robert....1973
Barton, Chris....2008-11
Bateman, Howard....1903
Battista, Mark....2010-11
Beach, Robert....2003, 2005



Jeremy Allen was the first thrower in conference history to win Big Ten Freshman of the Year honors during the indoor and outdoor seasons. Allen was a four-time Big Ten champion and five-time All-American at Iowa from 1998-2001.

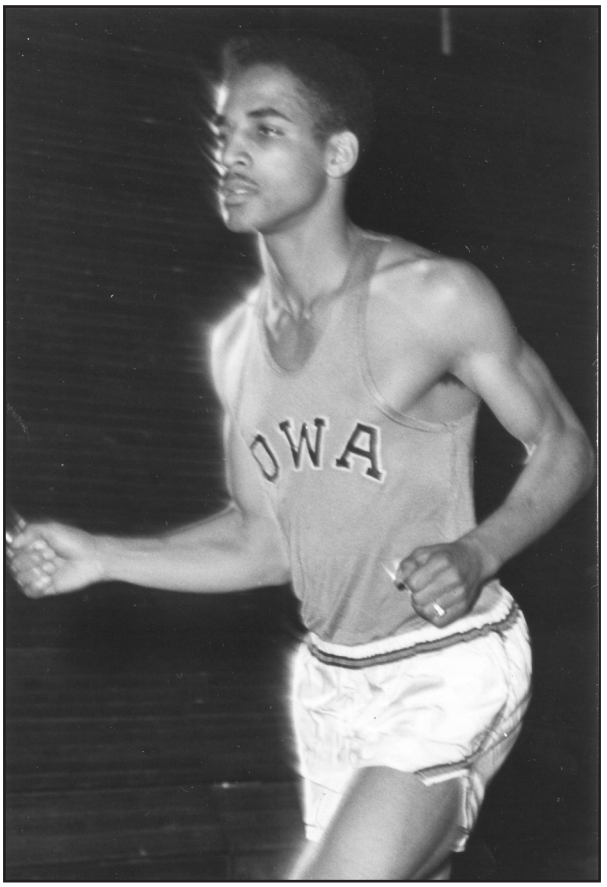
Bean, Josh....2008-10
Beatty, Ernest J....1926-27
Beck, Lester R....1922
Becker, Edward C....1934
Beckner, John O....1930
Bee, Stephen....2009-11
Beebe, Robert E....1936
Beecham, Gordon....1983-85
Beecham, Todd....1982
Beelman, Jeff....1981-82
Belding, Lester....1920-22
Berger, Charles....1977
Berne, Clarence....1924
Berns, Jake....2005-06
Berrien, Clifford R....1918
Betz, Jon A....1982-83
Bevan, Sargant....1896
Bever, William H....1971
Beyer, Robbie....2004
Bhave, Ravi....1998
Billig, Milton....1937-39
Blackman, St. Cl....1986
Blasier, Herbert E....1878, 1882
Boardman, Benjamin....1900-01
Boston, Marcellu....1950
Bott, Richard E....1933
Bouska, Paul....1990
Bowers, John....1981
Bowles, Robert S....1943
Boyd, William....1959
Boyer, John....1979-82
Boylan, Charles....1952-53
Boyles, Xavier P....1924, 1926-27
Brackett, M....1899, 1901-03
Brackett, O.T....1901
Braff, Zack....2009
Branch, Tony....1997-00
Brandmill, Potte....1921-23
Brandt, Barry....1975
Brandt, Jon-Michael....2012-13
Brayton, Nick....2009-12
Bream, Alan....1968-69
Brewer, Steve....1981-83
Brewton, Cecil H....1944
Briggs, Charles....1903
Briggs, Clyde....1935-36
Briggs, Wilbur....1918
Brigham, Leon H....1918-20
Brodersen, Tim....2003-06
Broek, Curt....1976-79
Brookins, Charles....1922-24
Brown, Brad....1980
Brown, C.A....1901
Brown, David....1987-88, 1990-91
Brown, Earl....1905
Brown, Jeff A....1980
Brown, Jeff....1979
Brown, Keith L....1949-50, 1955
Brown, Keith Jr....2013
Brown, John Anthony....1958-60
Brubucher, Theodore....1965-67
Bryant, Huges J....1931
Burkheimer, I. A....1907
Burks, Derrick....2003, 2005
Burnette, William....1965-67
Burrier, Emmett....1899-1901
Burrows, Tom G....1957-59
Burton, William....1953-55
Bye, Bill E....1949
Byers, Matt....2010-13
Byre, James O....1962
Cada, Jon....1961
Cadwallader, Joseph....1932
Cahalan, Jim....1977-78
Cahn, Bernard....1961
Call, Roy G....1902
Camamo, Joseph A....1956-58
Cameron, Robert....1985-86
Campbell, Cameron....1937-38, 1940
Campbell, D....1910
Campbell, Torrey....2012-13
Camplin, Brendan....2009
Canby, Henry F....1929-31
Carberry, William....1906
Card, Liam....2000
Carmen, Andrew....2012-13
Carr, E. Michael....1960-61
Carr, Leslie....1913
Cassata, Chris....1998-00
Chalmers, Andrew....1905-06
Chambers, Rodney....1988-91
Chaney Jr., Paul....2007-09
Chantland, William....1894
Chaplin, David....2006
Chepkwony, Paul....1983-84
Choate, Rufus....1900-01
Christensen, CHA....1970-72
Chung, Curtis....1986, 1988-90
Clancy, Michael....1983
Clancy, Roy....1976, 1978
Clark, George H....1890
Clark, John Jay....1971-73
Clark, Robert J.E....1952
Clarke, George W....1963
Clarrissimeaux, Evan....1982-83
Clements, Keith....1973-76
Cline, Hubert....1943
Cobb, Dave....1980
Cochran, J H Ray....1930
Coffey, Vernon....1948
Colby, Charles....1919-20, 1922
Coleman, Juan....2001-02, 2004-05
Coleman, Merrill....1997-00
Collinge, John....1938-39
Collins, John....1949
Conn, Max....1920-22
Conway, Paul....1930-31
Cook, Robert....1989-90

Cook, Robert F. 1933-34
Copeland, Jack 1949
Corcoran, Thomas 1933
Corey, Trent 1999, 2001-02
Cornog, Robert 1931-33
Corrigan, Sean 1986-89
Costello, Jim 2000-02
Cotton, Jordon 2010
Coulter, Channing 1923-25
Cox, Leroy 1894
Craig, Donald 1929
Crain, Maurea 1990-91
Crane, E.H. 1903-04
Crawford, Harold 1921, 1923-24
Crayne, Richard 1934
Cretzmeyer, Francis X. 1934-36
Criswell, John W. 1969-71
Crossan, John 1903, 1904, 1908
Crozier, M.V. 1922
Crum, Jonathan 1894-95
Cuhel, Frank JOS 1926-28
Cumberland, John 1919
Cummins, Richard 1965-66
Cunningham, M. 1998-99, 2001-02
Cunningham, Mike 1984-1986
Curtis, A.J. 2006-09
Daine, Henry 1923-25
Daley, Ryan 1998
Darling, Charles 1950-51
Dauber, Ray G. 1924-26
Daufeldt, Brad 2001-04
Davey, Brennan 2012-13
Davis, Charles 1918, 1920
Davis, Chris 1995-98
Davis, Daniel 2012
Davis, Elmer, R. 1904-05
Davis, Severt 1950
Dean, Walter S. 1932-34
Deheer, Floyd 1936-37
DeLashmutt, Ed 1981
Delaunay, Klyvens 2013
Depping, Reuben 1929-30
Dertinger, Stephen 1969
Deuel, Dean 1950-51
Devine, Aubrey A. 1920-22
Devine Jr., Aubrey A. 1944
Dey, Curtis 1892-95
Dibbern, Kevin 2010
Dick, Leo 1914
Dietz, Duwayne 1950-52
Digney, Zach 2002-05
Diment, Michael 1982
Dobbs, John 1984-86
Dobson, Glenn 1923-24
Docherty, James 1977-78
Dodge, Tim 1998-02
Dolan, Cannon 2007-09
Donalan, J.J. 1905
Donovan, Jim 1997-99
Dooley, Andrew 1935-37
Doris, Troy 2011-12
Dotseth, Frank 1959
Doty, Lewis 1892
Dougherty, Robert 1959
Drewry, Jacob 1994
Driebelbis, Roy 1952
Duckett, Terence 1981-84
Dunsorth, Ira 1954-56
Dupont, Glenn 1980
Dutton, William 1915-17
Dwight, Tim 1996-99
Dye, Charles 1900
Dyke, Lester M. 1919-20
Dziubski, Dan 2003-05
Eastland, David 1969-71
Ebert, LeRoy 1952-54
Ecker, Tom 1956-57
Eckert, Jack 2012-13
Edwards, Jim 1975, 1978
Egbert, Thomas 1962
Eiel, Robert 1942
Eischeid, Peter 1995-98
Eisenlauer, Dick 1972-75
Elbert, Lee 2006-08
Elliott, Edward 1939-40
Elliott, Randy 1979
Elliott, Wallace 1926-27
Ellis, Kevin 1980-82
Ellwein, Orin 1972-73
Elmitt, Connor 2009-10
Ely, Howard Lyle 1938
Ende, August 1896
English, Louis 1986-89
English, Steve 1997-99
Engstrom, George 1909-10, 1912
Erdenberger, Rick 1948-50
Erickson, Merlin 1939-40
Esche, Matt 2002, 2004, 2006
Estes, Joe 1993-96
Everingham, John 1925-27
Everman, Wayne 1955
Faas, Lewis 1973-74
Faber, Scott 1999-02
Fagerline, Paul 1945-46
Falk, Walter 1913
Falls, Gary 1989-91
Farmer, Leicester 1942-43
Farrell, Jerome 1923-24
Farroh, Mike Alb 1929
Fearing, Kenneth 1962
Feeldy, Chad 1995-96
Felix, Kurt 1999
Ferguson, Richard 1952-55
Ferree, Fred 1965-67
Ferree, Thomas 1978
Ferren, William 1891
Fiala, Harold L.E. 1943
Fieseler, Michael 1975-76
Finazzo, Vincent 1939
Finch, Gastonia 1956-57
Finch, Gordon 1987-90
Findlay, Palmer 1890
Findley, Thomos 1890
Finney, Otis 1946
Fischer, Gary 1961-63
Fisher, Jerry 1993-94
Flage, David 1934
Flaherty, Andy 1988-90
Neil Flattery 2013
Fletcher, Robert 1959
Flood Jr, Elmer 1945
Folwell, John 1926
Forwarld, Charles 1927-29
Foster, James F. 1972
Fourman, Sam 2013
Fowler, Richard 1952-54
Franke, Walter 1915
Frazier, Carl 1967-69
Frazier, William 1962-65
Freels Jr, Eugene 1946, 1950
Freeman, Ralph 1954
Friedlander, J.M. 1920-21
Friedrich, Kurt 1991
Frohwein, George 1961
Fudge, Arthur 1953-54
Fuller, Levi 1891
Fuller Jr., Richard 1978
Furst, Don 1976
Gableman, H.H. 1912
Gajewski, Joe 2005
Gale, Sean 1994
Gambol, Chris 1984-87
Gardner, Clyde 1952, 1954
Garnder, Donald 1961-63
Garland, Dick 1975
Garretson, Herman 1915
Gentry, Nolden I. 1959
Gerard, Matt 1993-94
Gershenzon, Rich 1968-70
Gibbs, Richard 1965-67
Gilchrist, John 1929-30
Gill, Owen 1982-83
Gillette, Charles 1892
Gilliland, F.H. 1914
Goldston, Stephen 1964-65
Goodrich, Benjamin 1922, 1924
Gordon, Edward L. 1929-31
Gordon, Maurice 1934
Gorman, Matty 2005-06, 2008
Gorsline, Mike 1989-91
Gotthardt, Keith 1945-46
Graves, John 1937-39
Green, Al 1985-86
Greenlee, Donald 1960-61
Greenwood, Glenn 1918-19
Greer, Victor 1981-84



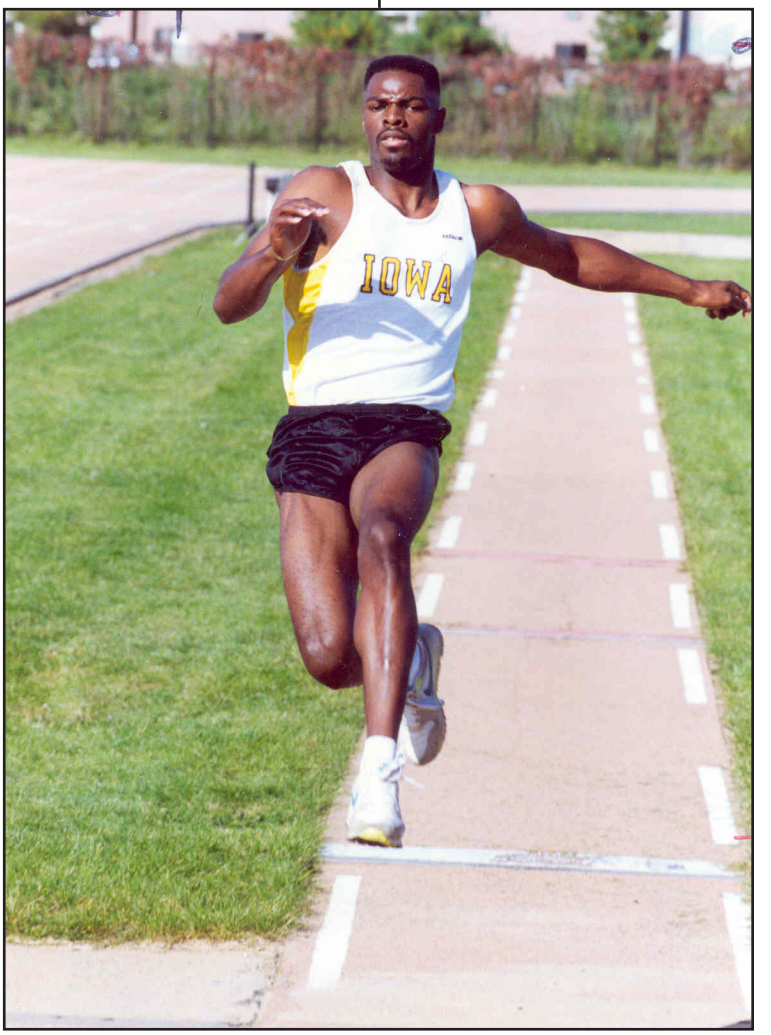
Iowa City native Tim Dwight, one of Iowa's several multi-sport athletes, was named Outstanding Male Athlete of the 1999 Big Ten Outdoor meet after leading the team to a runner-up finish. Earlier that year, he scored a touchdown in the Super Bowl for the Atlanta Falcons. He was an All-American and three-time Big Ten Champion in track from 1996-99, and a two-time first team All-American for the Hawkeye football team from 1994-97.

Grelck, Henry....1921
Griffith, Ronald....1966-68
Grosser, Ernest....1938
Grubb, Frank....1916
Gunderson, Eric....1932
Gunn, Joseph....1928-29
Hager, Matt....1989-91
Hagerty, Lorin....1928
Haines, Randall....1966-68
Hairston, Adam....2007-11
Hall, John W.....1952
Hall, Thomas M.....1947
Hamilton, Adam....2003-07
Hammer, Leroy....1908-10
Hammon, Victor....1893
Hampson, J.A.....1905
Hancock, John....1923-25
Handorf, Everett....1930-32
Hands, Sidney G.....1903-05
Handy, Elvin....1924-25
Hanley, C.P.....1899-1900
Hanlon, Thomas....1908
Hansell, WW....1912
Hansen, Robert H.....1958, 1960
Hansen, William....1975-78
Hanson, Daniel....1960
Hanson, John....1912
Harkness, Merril....1937-39
Harper, Craig T.....1950-51
Harris, Homer E.....1936-37
Hart, James O.....1930
Hartman, Frederick....1957
Hartmann, H.W.....1915-16
Hartupee, Harry....1910
Hartzler, Jeffrey.....1974-76, 1978
Hass, Edward....1935
Haugo, Thomas....1969
Haut, Dan....2004-06
Hawkins, Reggie....1997
Hazard, A.M.....1906-08
Hazard, Charles....1908
Hazard, P.L.....1910
Heard, Bernard....1989-91
Heck, Thomas G.....1972
Hempel, Stephen....1970-71
Henard Jr, Robert....1951-53
Hendricks, John....1968
Henry, Armando....1975
Henry, Russell....1933-34
Herd, Kevin J.....1990, 1993-94
Hermeier, Raymond....1959
Herron, Jeffery....2010-12
Hertzberg, Thomas.....1960, 1962
Hesseltine, Glen.....1952, 1954
Hexum, Richard.....1970-71, 1973
Hickey, John....2006-09
Hill, Jack....1958-60
Hill, Joel.....1919, 1921
Hill, John V.....1958-60
Hindt, William....1915
Hines, Hugh....1957-58
Hlavin, James....1978
Hlavin, Peter....1977-80
Hobbs, Samuel....1897-98
Hoerner, Lester.....1943, 1947
Hoffman, Edgar.....1920-22
Hoffman, Gary D.....1974
Holbrook, Frank....1896-97
Holliday, Herman.....1918
Hollingsworth, Gary.....1962-64
Holloway, Warren....2003-04
Holmes, Barry....1987-88
Holmes, Ethan....2010-13
Holmes, Nick.....2010, 2012-13
Holtkamp, Mark.....1995-96
Hoskinson, Calvin....1932-33
Hotz, William.....1908
Howell, Lloyd.....1899-1900
Hoyt, Lyman.....1923-24
Hubbard, Clarence.....1930
Hudek, Scott.....1993, 1996
Hull, Elmer C.....1900-01
Hull, Gabe....2012-13
Hunn, Leonard....1926-28
Hunter, John.....1944-46
Huntrods, Clint....2005-06
Hutton, Clyde....1932
Hyde, Thomas.....1959-61
Hyland, Mark.....1908-1910
Ingram, David.....1957
Isaacs, Omar.....2003-05
Jackson III, Harvey.....1982
Jackson, Miles.....1932
Jacobson, Gary.....1983-84
Jaeger, Charles.....1970-72
Jans, John.....1910, 1912
Jaqua, Franklin.....1920, 1922
Jeffers, Clyde.....1904
Jennett, Clair.....1948-50
Jennings, Craig.....2009
Jensen, Andy.....1977-80
Jensen, Chris.....2004
Jensen, James.....1973-76
Jerrel, Burton.....1928
Joens, Doug.....1989-91
Joens, Jason.....1990-91, 1993
Joens, Scott.....1985-87
Johnson, Craig.....1971, 1974
Johnson, Isaiah.....1945-46, 1948
Johnstone, Alexander.....1923
Jones, Charles.....1957-58
Jones, Charlie.....1978-81
Jones, Doug.....1985-88
Jones, Paul.....1987-90
Jones, Paul G.....1923-25
Jones, Thomas.....1968
Jordan, Ryan.....2005-08
Joslyn, A.A.....1911-12
Justin, Raymond.....1918-20
Kadlec, Chase.....2009-10, 2012
Katt, Kale.....2005-07
Keder, Lloyd.....1922-24
Keatinge, Murray.....1955-56
Keller II, Clyne.....1966-67
Keller, Keith.....1948
Kelley, John.....1966-67
Kelly, John.....1930
Kelly, Ryan.....2007-09
Kelso, Tom.....1979, 1981
Kemeny, Ken.....2001-02, 2004-05
Kent, Jeff.....2005-07
Kepler, Richard.....1895-96
Keppler, Karl.....1922
Kerr, Roger.....1961-63
Kettlewell, Irvin.....1903
Killinger, Louis.....1918
Kitch, Paul.....1955-56
Kitt, Roland.....1967-69
Klewin, Harold.....1932
Klindt, Fred.....1923-25
Knoedel, Andy.....1979-80
Knoedel, William.....1973-76
Knutson, Thomas.....1965-67
Kohl, Alvin.....1909
Kohl, Dennis R.....1964-66
Kohl, Gerald.....1924



Deacon Jones was a two-time NCAA champion, two-time All-American and seven-time Big Ten champion for the Hawkeyes (1954-58). He won Iowa's first and only individual cross country national title in 1955, becoming the first African-American and sophomore national cross country champion in history. The seven-time Big Ten champion also won the national two-mile track title in 1957. During the 1957 track season, Jones was unbeaten in the college mile and two mile. He set Big Ten indoor and outdoor records in the one and two mile races, and still holds the school record in the 3,000-meter steeplechase (8:47.40). He was a two-time Olympian, running the 3,000-meter steeplechase at the 1956 games in Melbourne, Australia, and the 1960 games in Rome. Jones was inducted in to the University of Iowa Varsity Club Hall of Fame as a member of the charter class in 1989.

Kolb, John C. 1963
Koon, Doug 1990
Korb, Tom 1981-83
Kostlan, F L 1919-20
Kostrubala, Gary 1983-86
Kostrubala, Mark 1989-90
Kouba, Lumir J. 1933
Krakow, Alfred C. 1914
Kramer, Larry 1962-64
Kreamer, Robert 1962-63
Kriz, Leo 1923-24
Kruse, Arthur G. 1919-20
Kuczwara, Nick 2010-12
Kuhl, Milton B. 1941-42
Kuhlman, Dan 2009-11
Kunkel, Adam 2001
Kunz, Craig 1986
Labond, Curtis 1967-68
Lacy, Mike 1981, 1983-85
Ladick, Gary 1975
Lake, Royd 1974-78
Lamar, David 1982, 1984
Lamb, Laird 1936-38
Lambert, Joe 1922, 1924
Lamparek, Ryan 2009-12
Lansing, Kenneth 1987-89
Lapp, Vernon 1926-28
Larney, Josh 2012-13
Larsen, David 1969-70
Latham, Raymond W. 1934-36
Lawson, Robert 1975-76
Layne, Michael 1997-99
Leahy, Philip W. 1954-56
Leazer, Richard 1961-62
Leick, Tony 2000, 2002-04
Leonard, Larry 1964-65
Leonard, Harold 1986
Lester, H.S. 1893-95
Leuz, William 1939-40
Levinson, Stanley 1952-54
Lewis, Kevin 2012-13
Leytze, Rudolph 1934
Linden, Davis 2005-06
Lindenmeyer, Frederick 1938
Lindenmeyer, John 1936
Linnan, Luke 1916
Lloyd, Ben 2003-04
Loechel, Thomas 1972-73
Long, Rob 2004
Louis, Jonathan 1897-99
Loureiro, Marco 1994, 1996
Luciano, Jesse 2007-10
Lund, Tom 1983
Luthans, Fred 1960-61
Lyle, James 1936-38
Lyle, Ralph 1958
MacTaggart, Eric 2005-06, 2008-09
Mahoney, Edward 1941
Maiden Jr., Sidney 1944
Maier, Shane 2004-08
Maine, Ernest 1896
Mankivsky, Mark 2008-10
Mann, Ray 1926-28
Mann, William 1925
Marasco, Frank 1918
Marbach, Mike 2011
Marchese, Brian 2009
Marchi, Bruno G. 1925
Marrota, Mike 1997-98
Marquis, Fred 1926, 28
Marschall, John 1923-25
Marsh, Richard 1973
Marske, Herbert 1959
Martin, Thomas E. 1914-1916
Maske, Norman 1963
Massey, Wayne 1930-32
Mather, Anders V. 1913
Mathis, Louis 1951
Mathews, John 1955-57
Mathies, Elgar C. 1931
Matteson, Orval 1936
Matthews, Alvin 1970-73
Mathis, Louis B. 1951
Matteson, Orval 1936
Matthews, Alvin 1970-73
Matthey, Carl 1919-20
Mau, Cecil T. 1926-27
Mau, Charles 1934-35
Mawe, William 1960-62
Maybank, Anthuan 1990-91, 1993
McCalister, William 1977-80
McCammon, John 1929
McClanahan, Richard 1947
McCluskey, Henry L. 1893
McCollister, Edwin 1938-39
McCorkle, Brad 1990
McCoy, B.E. 1904
McCoy, Ricky 1982, 1984-85
McCoy, Ronnie 1982-85
McDermott, Eric 2002
McDonald, Elliot 1949
McDonald, John 1958
McDowell, Bruce E. 1918
McDowell, Mike 1977-78
McDowell, Pete 1993-94
McElhinney, William 1936
McGhee, Patrick 1986, 1988-89
McGilmer, Ben 1966
McIntire, G.S. 1921
McMahon, Thomas 1905-06
McSkimming, Brandon 2008-09
Meade, Pat 1987, 1989
Means, Mike 1981
Meder, Lloyd 1922-24
Meeks, Gary W. 1957
Meggars, Frank H. 1898
Menke, Roger 1966-68
Mercer, Nick 1997
Merkel, John E. 1950
Merkel, Russell 1948-50
Merrell, T. Eugene 1969
Messer, Kenneth 1965
Meyer, Mark C. 1968-69
Meyering, Albert 1951
Meyers, C.C. 1907
Meyers, Harry C. 1908
Meyers, Joseph H. 1898
Milani, James G. 1952
Milder, Max 2005-08
Miller, D.G. 1903-04
Miller, Henry G. 1930
Miller, Pat 1983-86
Miller, Robert E. 1907-08
Mincy, Tevin-Cee 2011-13
Mitchell, Robert 1928
Mockmore, Charles 1918-20
Moeller, Joel D. 1976-78
Moeller, Sean 1998-99, 2001-02
Moenck, Heath 2008
Mondane, Michael 1966-68
Moore, Edward M. 1951
Moore, George J. 1945
Moore, Tom W. 1932-34
Morch, Herbert O. 1953
Morford, J. 1908
Morris, Andre 1995-96
Morris, Andrew 1997-00
Morrissey, Steve 1990-92
Morrow, Harry 1922-24
Mortimore, M.E. 1914
Mortimore, Roy H. 1916
Morton, Raymond A. 1900
Moschella, Mike 1991
Mosley, Dennis E. 1980



Anthuan Maybank is Iowa's most recent Olympic gold medalist, running on the winning 1,600-meter relay at the 1996 Games in Atlanta. He was a four-time All-American and seven-time Big Ten Champion for the Hawkeyes from 1990-93. Maybank was named Big Ten Athlete of the Year in 1993, and still holds school records in the long jump and outdoor 400 meters.

Moulton, Graham....1934
Moulton, Jack A. 1928-30
Mullen, James C.....1926
Mullen, Jordan....2010-13
Munson, Harry C. 1923
Murchison, Ira J.....1952
Myers, F.M. 1910
Myler, Melvin W. 1904-05
Napier, Andy 2007-09
Neal, Fred W.....1891-1893
Nelson, Carl....1935
Nelson, Donald F. 1935
Nelson, Emerson....1926-28
Nelson, Murray 1980
Nelson, Oscar E. 1930-32
Nelson, Paul H.....1935-36
Nelson, Robert.....1936-37
Nelson, Robert E. 1948
Nessa, Luke.....2001, 2003
Neuman, Scott....1990
Neumann, Bill 2001-03, 2005
Newell, Greg....1973
Newman, Matt 2010
Nichols, E.C.....1886-88
Nie, Bruce....1990
Nielsen, David W. 1973-75
Niver, Ryan....2006-08
Noff, Bruce O.....1954
Noll, Gerhard B.....1921-23
Nolting, Jason....2004-06
Nordheim, Nick....1998-02
Novotny, David 1993-96
Nugent, Leo C. 1917-18
Nugnis, Walter G. 1932
Oakley, John B. 1956
O'Brien, Willis J. 1910
O'Conner, Pat....1980-82
O'Hollearn, Matt.....2003-06
Oehlert, Lewis.....1923-24
Oest, Brandon 2010-13
Oestenstad, Kevin 1997-98
Ohly, Chad.....1991, 1993-95
Okerlin, John 1932
Oliver, Ronald....1975-78
Olson, Dustin....2000
Olson, Harry 1959
Olson, Marvin L. 1973, 76
O'Neil, Kevin B. 1975, 77
Orris, William C.....1958-60
Otte, F. Lowell....1924
Oveson, Lynn 1970-72
Owen III, Eugene....1960
Owen, James C.....1935
Oxley, John R. 1948
Page, Bernard A. 1933-35
Page, Floyd 1919
Page, George 1995-97
Paige, Ralph 1918
Palmer, George B.....1953
Palumbo, Richard 1988-91
Panther, Mark A.....1934-36
Pape, Oran 1929
Park, William H. 1891
Parker, Guerdon D.....1920-21
Parker, Louis F.....1916
Parker, Mark 1977
Parsons, Charles L. 1913-15
Parsons, Harry C. 1903-05
Patrick, Jeff....1983
Patterson, Audwin.....1991, 93-94
Paul, James.....2008--11
Paul, Joe.....1977, 80
Pedelty, Jay 1969-70
Pennino, Doug.....1983-85
Peoples, Daniel 2006-07, 2009
Perry, Lawrence.....1955-57
Pershing, Steve 1976-78
Peterman, Lester 1920-22
Peters, Chris....1993-97
Peterson, Donald.....1955-56
Peterson, Joseph.....1949
Peterson, Russell 2000-02, 2004
Petsche, Jeremy.....2006-08
Phelps, Garry L.....1968-69
Phelps, Harold R. 1923-25
Phelps, Lowell D.....1925-27
Phillips, Van L. 1935-36
Pierre, David.....2006-07
Pinsker, William A. 1929
Piper, James P.....1964
Piper, Nick J.....1954-56
Pirkl, Jeff.....1984-86
Pittman, Jared 1995-96, 1998
Pleskac, Tim 1998-00
Ploen, Rex H. 1946, 48
Poots, Justin.....1999, 2001-02
Porter, James 1994
Powers Jr., John L. 1916
Prall, Jonathan.....1898
Presley, Bruce 1969-71
Prill, Frank 2007-10
Pristine, Leonard 1920-22
Price, Brad.....1981
Price, John.....1965
Prom, Nathan 2011-13
Prudhon, Wayne M. 1918
Pullman, Norman.....1942
Purnell, Mark 1975-77
Quarles, Brian.....1980
Rae, Brian.....2003-06
Rakaric, Tony.....2003-06
Ralph, Dan.....1998-01
Randolph, Alvin.....1964-66
Rauker, James L.....1961
Raymond, Jeff 2006-08
Raymond, Monte 1996-98
Read, Harold 1923
Reed, Aaron.....2005-08
Reed, F.C.....1910-11
Rehder, Dennis.....1959-60
Reichelt, W.L. 1912
Reid, Kyle 2010, 2012-13
Reid, Morrison 1972-74
Reif, William E. 1961-62
Reimer, Jonathan 1965-67
Remley, Robert G. 1907-08
Renshaw, Fred E. 1906-07
Rerko, Rodney.....1994-96
Reyes, William.....1965
Reynolds, Thomas.....2010
Rice, Harry H. 1925, 27
Rich, Edward G. 1921
Richards, Gary L.....1962-64
Richards, Patrick 2009-12
Richardson, D'Juan 2009-12
Rickels, Keaton.....2010-12
Rieger, Cameron 2012-13
Riemcke, CA.....1903, 1906-07
Riley, Prince.....2006-07
Riley, Steve.....1979
Riley, William F. 1905-07
Ringena, E.J. 1906
Ristine, Leonard 1920, 1922
Roberts, Dale A. 1938-39
Roberts, Fred.....1928-30
Roberts, Orthel 1924-26
Robinson, Joseph.....1973-76
Robinson, Leonard 1894-95
Roche, Adam.....2004-06
Rock, J.J. 1914
Rocker, Sidney 1963-64
Roehl, Marc 1994
Rolling, Dan 2007-10
Rorick, E.E.....1908
Rose, Winston 1993
Rosebaugh, Arthur.....1919
Roseman, Garry 1990-93
Rosen, Melvin.....1950
Ross, Charles W. 1902-04
Rothwell, Eric..... 2000-01, 2003-04
Rowe, Dewitt 1915
Rozell, Edward 1995-98
Russell, Fred 2001
Rybarczyk, Matt.....1990
Ryerson, Karl E. 1940
Safley, Thomas E. 1968
Saling, George J.....1929-30, 1932
Salter, Robert.....1974-75, 1977
Sametz, Rob.....1980
Sampson, Linwood.....1967
Sangster, Tom.....1948-50
Sansen, Oliver M. 1931-32
Santino, William.....1976-78
Sarris, Paul 1997-98, 2001-01
Sayon, Zeke 2009-11
Scarr, F.M. 1903
Schaapveld, Mark.....2006-09
Schimp, Zachary.....2009-10
Schlaser, Verne 1935
Schlauder, Arthur 1940-42
Schlotzhauer, Blake.....2006
Schmidt, Christi 1934
Schmidt, John W.....1937-38
Schnoor, Carl F. 1940
Schoof, Steve 1996
Schum, Robert L.....1970-72
Schwengel, Franklin 1953
Scwitters, Chad 1996-99
Scott, Gary 1951-53
Scott, Kelly.....1987-88
Seiling, Fred O.....1921
Sewell, Pat.....1979
Seymour, Michael.....1994
Shakoor, Damini 1994-96
Shaver, Leroy G.....1945
Sheedy, CC 1919
Sheehan, Daniel.....1946
Sheldon, Jay A.....1973-76
Sherman, Robert 1962
Shope, Richard E. 1920, 1922-23
Shrader, E.G.....1913-15
Sidney, Earl W. 1961, 1963
Simons, James D. 1908
Simpson, Jack S.....1947-50
Skinner, Eugene 1935-37
Skowbo, Stuart W. 1930-31
Slack, Thomas.....1976-79
Slater, Albert L. 1945
Slater, Frederick 1919-21
Slaymaker, Kyle.....2012-13
Slingsby, Tim 1989
Smith, Alex.....1998-99
Smith Jr, Ambrose 1945-46
Smith, Andrew 2011
Smith, Caesar.....1983-85
Smith, C.W.....1905
Smith, Charles E.....1921-23
Smith, Darrin.....1991, 1993
Smith Jr, Earl H.....1954
Smith, Floyd.....1910
Smith, J. Ty.....1920
Smith, L.L. 1919
Smith, Lamar F. 1935
Smith, Lowell E.....1918-20
Smith, Bob L. 1984-85
Smith, Wardell 1956
Smith, William L.....1966
Snook, William H. 1950
Sorenson, Alfred.....1925
Sorenson, Einer.....1925-26
Sowinski, Erik 2009-12
Kevin Spejcher 2013
Spencer, William.....1942
Splan, Zach 2007-10
Stamats, Ralph I. 1928-29
Stancombe, Ben.....2010-13
Stanfield, S.E.....1905
Stank, Matt 2001

Stanley, Arthur 1930
Stanowski, Craig 1980
Steele, Paul 1986-89
Steele, Stetson 1996-97, 1999-00
Steffen, Mark 1970-72
Stein, Robert A. 1979
Steinbeck, Kenneth 1942-43
Steinberg, Albert 1911-12
Steussy, William 1970, 1972-73
Stevens, Jerry L. 1968
Stevens, Lester 1954-56
Stevens, Stephen 1974
Stevenson, W.V. 1928-29
Stoner, Harold E. 1918-19
Storm, Joel 2002, 2004
Story, Raymond E. 1932
Strang, Ryan 2003-05
Streeter, Stanley 1911-13
Stross, Trey 2007-08
Strozier, D'Juan 1988-89
Stubbard, Ira D. 1913
Stutsman, Issac 1908-09
Sumner, M.L. 1913
Sundberg, Richard 1969
Swedberg, Rodger 1954
Swenson, William 1923-24, 1926
Swift, CH. 1902-04
Swisher, Michael 1973
Sykes, Leonard L. 1951-52
Szabo, Steve 1966-67
Tabb, Charles L. 1933
Tate, Tommy 2007, 2009
Taylor, Charles 1917
Teberg, Dale 1967-68
Tefer, John 1970-72
Teufel, John C. 1937-39
Teufel, William 1937-39
Theisen, Bill 1984-86
Thode, Jeff 2010-12
Thomas, Adam 1999-01, 2003
Thomas, Arthur W. 1929
Thomas, Brian 1991
Thomas, David 1925-27
Thomas, John W. 1961-62
Thomas, Pat 1973
Thompson, Dale C. 1965-66
Thorpe, Walter R. 1945
Thurston, Larue 1930-32
Tiernan, Stephen 1965
Todd, Walter C. 1941
Trainor, Dan 2002, 2004
Traphagen, Stephen 2004
Trimble, Ralph 1961-63
Triplett, Orle F. 1916
Trott, Emil G. 1932
Troughton, Edward 1965
Trowers, Dion 1995-98
Tucker, James 1960-62
Tuebel, Will 2013
Tullett, Jonathan 1994-95
Tupper, Richard 1949
Turner, Byron M. 1929
Turner, Damion 1998
Tweedy, Josh 2003-05
Tyler, Samuel 1913-14
Ure, Samuel R. 1892-93
Utsinger, Donald A. 1967-69
Valdes, Graham 2008-12
Valentine, Dennis 1961
Vana, Rudolph 1928
Van Cleave, Kaleb 2012-13
VanDenend, Micah 2006-08
Van Der Westhuizen, Arno 1999-01
Van Dyke, Gardner 1955-57
Van Ness, J. Everett 1924
Van Oosterhout, Peter 1892
Varner, Ray 2007-10
Ventura, Scott 1986
Ventura, Scott 1987-88
Vollenweider, Henry 1940-42
Voller, Chris 2002-05
Vonahsen, Virgil 1951
Waddelow, Dan 1978
Wahl, Ernest F. 1918-19
Wallace, Thomas 1971
Wallen, Allen 1916, 1919-20
Walter, Todd 1941
Wakenight, Jason 2004, 2006
Waples, Eliot O. 1936-37
Waples, Robert S. 1938
Warner, Joseph S. 1898-1900
Warren, John R. 1958-60
Warrington, John 1931
Washington, Richard 1946, 1948
Waters, Danny 1983, 1985-86
Waymire, Pat 1991
Webb, Cloyd W. 1961-63
Webster, Alex 2006
Weik, John 1948, 1950-51
Weiland, F.H. 1900, 1902
Weinrich, AF 1903
Weir, Ryan 2012-13
Weldon, LD 1930-31
Wellington, Rodney 1973-75
Welter, Joe 2000-03
Wertman, Phil 1969-71
Wheeler, Ted 1952-53, 1956
Weldon, L.D. 1930-31
Wellington, Rodney 1973-75
Wertman, Philip 1969-71
Wheeler, Kyle 2012
Wheeler, Ted S. 1952-53, 56
White, David 1990-91
White, George H. 1956, 1958
White, Roy A. 1908
Whitworth, Rex H. 1944
Wickey, Howard 1931
Wieczorek, Larry 1966-68
Wiese, Andy 1984-87
Wiggins, Edward 1938-39
Wigginton, Todd 1984-86
Wilcox, Francis 1928, 1930
Wilcox, Kenneth 1934
Caleb Wilfong 2013
Wilkerson, Edward 1942
Wilkinson, Herbert 1945-46
Wilkinson, John 1967
Willer, James F. 1930-31
Willet, F.E. 1905
Willey, Steven 2008-11
Williams, Chris 1980-83
Williams, Earl H. 1926
Williams, Fred A. 1896, 1898-99
Williams, Jerry 1960-62
Williams, John S. 1972-73
Williams, Joseph 1894
Williams, Kenny 1983-86
Williams, Samuel 1900-02
Williamson, Scott 2000-02
Wilmoth, Charles 1928
Wilson, Arlo 1910-11
Wilson, Brice 2008-09
Wilson, Dennis B. 1973
Wilson, Eric C. 1921-23
Wilson Jr, Eric C. 1946, 1948
Wilson, James L. 1939-40
Wilson, James P. 1955
Wilson, L.A. 1899-1901
Wilson, Lawrence 1968-70
Windauer, Bobby 2007, 2009
Wise, Kevin 2001
Wisgerhof, Max V. 1934-35
Witt, Ben 2012-13
Wolf, Irvin 1941-42
Wolfe, Daniel A. 1965-67
Wood, David 1990
Wood, Richard R. 1958
Workhoven, Harry 1929
Workman, Robert 1942
Wright, George E. 1953
Wright, John 1986
Wyatt, Bernard T. 1961
Wyland, Guido 1917
Yamini, Bashir 1996-99
Yavorsky, G.W. 1902-03
Young, D.R. 1918
Young, H.E. 1903-05
Young, James V. 1956-58
Young, Nick 2010
Young, Richard D. 1918
Youngerman, Wesley 1930-32
Zell, Edward H. 1922-23
Zittnan, David D. 1975, 78
Zona, Alex 2007-10



Erik Sowinski is the most decorated 800 meter runner in school history. He is a seven time All-American, and the 2012 Big Ten Indoor 800 meters champion. He currently holds school records in the indoor and outdoor 800 meters, and ran on the school-recond-setting 3,200 meter and sprint medley relays.

Abel, Maureen 1978-80
Abel, Sara 1981
Adam, Carol 1984
Adams, Janet 1981-84
Adams, Kristen 1986-88
Adams-Brown, Lacey 2001
Albert, Janet 1984-87
Alexander, Kineke 2005-08
Alexia, Adrianne 2011-13
Almquist, Heidi ..... NA
Althoff, Martha ..... NA
Ambrose, Suzanne 1982-83
Amenda, Barbara 1979
Anderson, Blair 2002
Anderson, Debra ..... NA
Anderson, Krista 2006-08
Anderson, Lindsey 2009
Andrews, Amy 1983
Andrews, Karen 1978-80
Anton, Christen ..... NA
Arens, Sarah 2000-04
Armstrong, Meghan 2005-08
Bacchus, Caleigh 2007-10
Bain, Robin 1985
Barber, Atalie 2001-04
Bare, Wendy 1987
Barnes, Holly 1992-93
Beck, Mandy 1999-2002
Bennett, Stephanie 1983, 1985
Benning, Briana 1994-97
Benson, Nicole 2013
Bentler, Catherine 1990-92
Bergman, Julie 1985
Berndt, Danielle 2009-12
Betz, Anne ..... NA
Betz, Michelle 1983
Billman, Angela 1992-93
Blackstone, Kerri 1996-99
Blossfeld, Suzanne 1978-79
Blum, Virginia ..... NA
Boatright, Lakeya 1998-99
Boddicker, Bev 1978-80
Boland, Erin 1992-95
Borg, Becki 1987-89
Bouska, Any 1989-92
Bradley, Cheryl 1982
Brandt, Jan ..... NA
Bray, Emily ..... NA
Brennen, Catherine 1981
Brooks, Marta 1979-80
Broomfield, Erica 1998
Brower, Jennifer 1989-92
Brown, Leslie 1989
Brown, Nicole 1995-97
Burgett, Sarah 2004-07
Burke, Jolly 2007-09
Burnham, Vicki 1978
Burris, Anne 1979
Butler, Katie 1999-2001
Buysse, Kathy 1986
Bynoe, Stacey-Leigh 1996-99
Calhoun, Brenda 1984
Camarigg, Denise 1981
Campbell, Laura ..... NA
Capista, Jenni 2002, 2005
Carr, Lori 1986
Casey, Joyce ..... NA
Cervin, Judith 1980
Chadwick, Angela 1989-92
Chandler, Mandy 2006-07, 2009
Chapman, Carrie 1977-78
Chapple, Nikki 2004-06
Charles, Nicole 2001-03
Chatterson, Joyce 1979
Cevalleau, Karen 1989
Childs, Kacey 1998-2001
Chow, Sophia 2001-03
Choynacki, Gretchen 1983
Christensen, Mari 1983
Clapperton, Gaye 1978-79
Clarke, Megan 2007
Clarke, Coretta 1995, 1999
Claussen, Traci 1986-89
Cole, Wynsome 1994-98
Colegrove, Erica ..... NA
Coleman, Becky 1994-97
Combs, Anne 1982
Connelly, Michelle 1978
Cook, Margaret ..... NA
Cooper, Susan 1977-78
Corcoran, Kelly ..... NA
Costello, Beth 1980
Crossett, Lisa 1983-87
Cullinan, Eve 2001-03
Curry, Rachel 2010-13
Dahl, Tracy 1990-94
Damron, Leatha 1985
Daniel, Megan 1993-94
Dankof, Sarah 2002
Darland, Sheila 1994-95
Davenport, Chris 1981-83
Davis, Diane 1983
Davis, Eileen 1978-79
Davis, Lynne 1983-86
Davis, Stephanie 1988
Davis, Vickie 1986
Deldin, Patricia 1982
Deluca, Sarah C. Abel 1979-81
Dickerson, Cristy 1981-82
Dinkla, Kristi 1985-86
Dixon, Pamela 1978
Dixon, Tamara 2001-02
Dlhy, Brittany 2009-12
Doak, Nan 1981-85
Dobrowolski, Anne 1982-86
Docherty, Beverly 1977-80
Docherty, Jennie 2006, 2009
Donlon, Katie 2002-05
Doyle, Renee 1986-89
Drapcho, Rosemary 1978-81
Dresselhaus, Ann 1978-80
Drewry, Allison 1995-96
Drulis, Julie 1997-98
Duhaney, Dahlia 1989
Dunlevy, Jane 1977
Dunlop, Amy 1977-79
Egan, Bridgette 1991-93
Eilers, Brooke 2009, 2011-13
Elbert, Jenni 2005-06
Emmons, Diane 1979-80
Ellis, Katie 2008-09
Erickson, Nicole 2009-12
Esche, Molly 2005-08
Fabian, Cynthia 1981-82
Fallon, Fionna 2009-10
Farley, Karessa 2008-10
Feltes, Teresa 1977-78
Fisher, Niki 1996
Fishwald, Karen 1981
Fleck, Shawn 1995-96
Flood, Betsy 2009-12
Floyd, Ida "Tina" 1991-95
Flynn, Anne 1982-85
Flynn, Erin 1978-82
Fouché, Jessica 2003
Franklin, Becca 2005-07
Fraser, Melissa 1995-97
Freed, Jill 1988-89
Freund, Kay 1978-81
Friedlander, Laura 1985-86
Fritz, Courtney 2011-13
Galbraith, Sheila 1992-93
Gallery, Julie 1998, 2000-02
Gantz, Ellen 1997-99
Garmanian, Debbie 1977
Gattone, Allison 2013
Gaupp, Colleen 1978-81
Giampapa, Michelle 1986
Gilbaugh, Laura 1983
Gilchrist, Alienor 1997
Gillespie, Kathy 1982-85
Gilson, Jennifer 2002
Gnage, Lynn 1983
Goettsch, Shelley 1988
Gooch, Susan 1977
Goodell , Dakotah Reicks 2013
Gorman, Keelin 2011-12
Graber, Kim 1976-78
Graham, Kara-Aretha 2007-10
Granger, Ashley 2005-06
Grant, Ellen 1994-97
Griffin, Maggie 1997-00
Griffin, Sara 1986-89
Gripp, Sue 1978
Gritters, Stephanie 1982-84
Gulvas, Ashlyn 2011-13
Haefke, Kristen 1997-98
Haggerty, Laura 1985-86
Haight, Micaela 2011
Hall, Maggie 1998-99
Hamilton, Jana 1979-80
Hardesty, Amanda 2008-11
Hardesty, Lauren 2008-11
Harris, Susan ..... NA



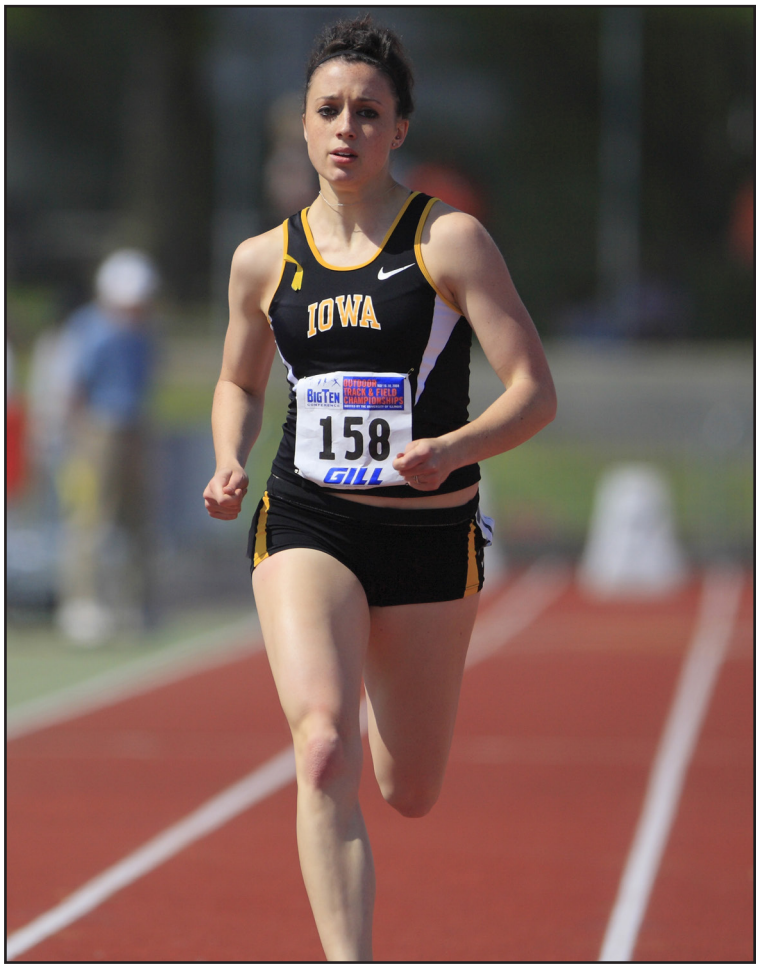
Peaches Roach was a four-time All-American and five-time Big Ten Champion in the high jump (2004-07). She is the only Hawkeye to win five Big Ten titles in one event.

Hart, Kelsey 2011,2013
Hassin, Kathryn 1977
Hawes, Michelle 1984-86
Hawks, Rachel 2009
Hawkins, Senta 1985-88
Hayden, Jenny 1982-83
Healy, Patty 1982
Heath, Maureen 1977-80
Hedlund, Laurie 1977-78
Hendricks, Tiffany 2008-11
Henize, Sarah 2008
Hensel, Angie 2004-05
Hentges, Leah 1999-2000
Heppner, Molly 1983
Herrmann, Katie 2003-04
Hershberger, Jodi 1981-83, 1985
Hill, Shelley ..... NA
Hinz, Kara 2000-01
Hoback, Katie 2002
Hobbs, Yolanda 1991-95
Hoehle, Zanetta 1978-81
Hoeman, Cari 1998-99
Holder, MonTayla 2013
Holly, Karen 1981-83
Holmes, Christa 1990-92
Holst, Brittany 2013
Holst, Mindy 1991-92
Hornof, Debbie 1981-82
Hoskins, Tami 1988-92
Hosmer, Rachel 1990-92
Houmiel, Tami 1988-91
Houtz, Janna 1983-84
Hovorka, Julia ..... NA
Huber, Keely 2002-03
Hull, Sherri 1983, 1985-87
Hume, Aisha 2001-05
Hyde, Leslie ..... NA
Hynes, Mary 1977
Jackson, Jennifer 1983
Jackson, Kathy 1982-83



Diane Nukuri (2006-07) was a three-time All-American, two-time NCAA Midwest Region Cross Country Champion and Female Athlete of the Year and the 2008 Univeristy of Iowa Female Athlete of the Year. She set school records in eight events, and holds the Ashton Course marks in the 3,000 and 4,000 meters. She won the 2007 Big Ten cross country title, earning Big Ten Women's Cross Country Athlete of the Year honors. She also won the 2007 Drake Relays 5,000 meters. A 2007 Honda Sports Award finalist, she received the 2008 Wilma Rudolph award.

Jackson, Staci 1989
Jacobsen, Julie 1977
James, Aisha 2003
Jaspers, Janelle 1986-89
Joens, Angela ..... NA
Joens, Sara 1986-89
Johns, Jennifer ..... NA
Johnson, Jeanne 1979
Johnson, Jennifer 1991-94
Johnson, Nichole 1991-93
Johnson, Tiffany 2004-07
Jones, Aditya 2005-07
Jones, Elaine 1982-85
Jones, Erin 2011-12
Jones, Patricia 1989-91
Jones, Peggy 1978
Jordan, Mariah 2010
Kasparbauer, Amy 2001
Kaufman, Dominque 1995
Kaza, Rebecca 1995-99
Kerr, Tammilee 2005-08
Kiciak, Jennifer 1996-97
Kilmer, Margaret ..... NA
Kintzel, Denise 1977-78
Kiraly, Tricia 1986-89
Kirgis, Lori 1980
Kleinfelter, Natalie 1993-94
Knight, Kristin 2001-03
Knoblauch, Mary 1981
Knox, Nancy 1977
Koch, Suzanne 1982-83
Kotarba, Christine 2004-05
Krekeler, Rebecca Ann 1978-79
Kreiner, Laura 1989-92
Kruckenberg, Jeanne 1987-90
Kruck, Kim 1993-95
Kruse, Renee 1986-89
Kubitz, Christine 1996-97, 1999
Kull, Carolyn 1978-79
Kull, Marcia 1977-78
Lake Kwaza 2013
Labs, Kelsey 2011
Laesch, Jackie 2010, 2012
Lahann, Michelle 2000-04
Lambrecht, Carol 1977-78
Laney, Jordan 2004-05, 2007
Larson, Erica 1978
Layne, Karen 1989-92
Leacock, Carissa 2011-13
Lessard, Megan 2010
Levang, Margo 1998
Leydens, Connie 1980
Linner, Michelle 1979-80
Lisy, Jennifer 1992-93
Liverpool, Ashley 2011-12
Lund, Yvonne Irene 1979-80
Lundquist, Lisa 1978
Lynberg, Michele 1977-78
Maks, Stephanie 1982-84
Marchand, Racheal 2005-09
Marconi, Janelle 1987-89
Marks, Tricia 1986-89
Marshall, Kamesha 2003-05
Marshall, Sue 1978
Mashek, Lori 1980-81
Mason, Jacolyn 1984
Matsunaga, Stephanie 1996
Mattingly, Marianne 1978-80
Maurer, Megan 1995-98
McCalla, Lindsey 2004-06
McClure, Michaela 1998
McDougall, Elizabeth 1989
McDowell, Tina 1991-94
McGarrahan, Kimberly 1987-88
McGuire, Margaret 1989
McGuire, Michelle 1983
McKenzie, Vivien 1983-86
McManus, Maureen 1980
McMillan, Lynn 1986-88
McRell, Amy 1989-93
Medenwaldt, Tiffany 2010
Melander, McKenzie 2009-12
Menson, Angela 1982
Merry, Ashley 2005
Mettelmann, Perriann 1979
Mikkelsen, Peggy 1980
Millange, Michele 1976-77
Miller, Missy 2010
Miller, Zinnia 2011-13
Millward, Georgia 2001-05
Mims, Kelsey 2009-11
Mims, Monica 2005-08
Mims, Susan 1977-80
Mitchell, Elizabeth 1978-79
Moats, Lisa 1986-87
Mol, Mary 1982-85
Molony, Terry ..... NA
Moon, Jennifer 2000
Moore, Jackie 1984
Moore, Jennifer 1987-89
Moore, Jennifer S. 1991-93
Moore, Raven 2010, 2012
Moreno, Susan 1977-79
Mugge, Jill 1978
Mumford, Suzanne 1983-84
Murphy, Amy 1999-00
Murray, Sara 1993
Neighbors, Jill 1983
Nelson, Kaitlyn 2013
Nelson, Major Sue 1977-78
Newbrough, Haley 1997
Newman, Ronda 1977
Nukuri, Diane 2007-08
O'Brien, Penny 1981, 1983-85
O'Hern, Erin 2005-06, 2008
Oladele-Ajose, Tayo 2013
O'Leary, Jeann 1976-79
O'Neil, Erin 1981-82



Bethany Praska was a two-time All-American and three-time Big Ten champion in 2011. She was a three-time academic All-Big Ten honoree (2009-11) for the Hawkeyes.

Orr, Davera 1984-87
Otii, Helen 1993
Owens, Maria 1999
Pare, Anne 1996
Parker, Judy 1981-82
Parmiter, Catherine 2000
Parsons, Jodi 1991-94
Paterno, Janey 1977
Pauling, Kiersten 1994-96
Pearson, Laura 2005
Pedersen, Tiff 2002-05
Perkins, Tiffany 2002
Perry, Sarah Spencer 2009
Peterson, Jodi 1989-93
Peth, Maria ..... NA
Philip, Maria 1996
Pisha, Stephanie 1978
Placzek, Lena 2011
Poncè, Sophia 2007-10
Poole, Marlene 1991, 1993-95
Powell, Beverly 1988-89
Powers, Mary 1983
Praska, Bethany 2008-11
Prendergast, Colleen 1997-99, 2001
Price, Rachel 2013
Providence, Jiselle 2001-03
Quigley, Kristina 1999-2000
Quinn, Kelsey 2012
Radakovich, Bobby 1992-94
Raheem, Ruqayya 1996-99
Ranegar, Megan 2010-13
Redfern, Alana 2002-03
Redies, Shelly 1984-86
Reid, Tanja 1994-95
Rehn, Katherin 2011
Renning, Shani 1990, 1992-94
Reynolds, Roxanne 1988
Richardson, Holly 1977
Riedl, Carrie 1978
Rimpson, Michelle 1986
Roach, Peaches 2004-07
Roberts, Ericka 2000-03
Roberts, Rachelle 1987-89
Roeder, Hannah 2008-11
Roehl, Becky 1994-97
Romic, Kimberly 1987-88
Rozycki, Laurie 1996
Ruden, Lindsey 1994
Ruen, Paula 1996-99
Ruffcorn, Ann 1999-2000
Russo, Diane 1979-82
Ryan, Sarah 2012-13
Ryken, Karen 1977
Salazar, Nina 1986-88
Salsberry, Christine 1991-93
Sas, Kathryn 1983
Sasseen, Dee 1986
Sasseen, D'an ..... NA
Sather, Mari 1983
Scheibel, Jill 1996-99
Schlueter, Janna 1983-84
Schmidt, Jessica 2005-08
Schmidt, Kristi 2000
Schneckloth, Kim 1987-89
Schneider, Ann 1980
Schoborg, Mickey 1984-86
Schoonover, Jennifer 1994
Schrulle, Mareike 2013
Scott, Lauren 2013
Sears, Laura 1984-87
See, Maribeth 1983-86
Selsor, Kristin 1982-85
Shannon, Gina 1998-2001
Shearer, Anna 1999
Sheeley, Erin 2005
Sheetz, Terri 1977
Simon, Clara 1981
Simonson, Hannah 2011-12
Simpson, Alycia 1986-89
Simpson, Jasmine 2011-13
Sims, Sharon 1977-78
Slocum, Wendy ..... NA
Smith, Annemie 2012-13
Smith, Gail 1982-85
Snow, Kathy 1986-87
Snow, Shari 1981
Sokol, Michelle 2002-03, 2005
Soldan ,Terri 1981-83
Spangler, Jenni 1982, 1984-86
Sparks, Staci 1993-94
Spinks, Natalie 1983
Sproles, Lakesha 1996-98
Stahle, Amanda 2011-13
Stanford, Kimberly 2008
Stanley, Shannon 2004-07
Stec, Tina 1991-94
Steelhammer, Jill 1977-78
Steffen, Sarah 2000-03
Steinhart, Diane 1979-82
Steinhart, Laurie 1981
Stiffend, Latoya 2002-03, 2005
Stippel, Lori 1979
Stormo, Kay 1979-82
Strand, Jessie 2002-04
Strobel, Belina 1981
Strub, Charlotte 1977
Strueland, Kelsey 2010
Sullivan, Traci 1986-89
Suppelsa, Sherri 1984-88
Swaim, Mandy 1997-98
Swartzrock, Diane 1978-80
Taylor, Barbara 1977
Taylor, Davera 1984-87
Taylor, Denise 1990, 1992-94
Taylor, Kelsey 2011
Teague, Kimberly ..... NA
Tessmer, Nancy 1989-92
Thompson, Becca 2000-03
Thurber, Anne ..... NA
Tillman, Catherine ..... NA
Todd, Jocelyn 2013
Todd, Stephanie 1977-80
Tremmel, Laura 1983
Tripp, Shawna 1990-92
Truedson, Katie 2010, 2013
Trusty, Rhonda-Kaye 2007-10
Tully, Penny 1981-84
Tutson, Majesty 2010-12
Tweto, Marjorie 1996
Tyson, Adrienne 1998
Underwood, Tara 1995-98
Van Der Hart, Sheri 1990-93
Vandersteen, Laura 1983
Vandervoort, Martha 1991-94
VanSteenwyk, Lisa 1989-93
Vaughan, Jennifer 1983
Vesely, Trisha 1988-89
Villhauer, Holly 1976-78
Vinton, Kimberly 1992-93
Vitense, Mandi 1997-99
VonMuenster, Shannon 2002
Voss, Jamie 1992-93
Watters, Kristen 1986-89
Weber, Zanette 1981
Weiland, Melissa 1987-88
Weismantle, Kirsten 2011
Westhoff, Sherry ..... NA
Wheeler, Mary ..... NA
Whelchel, Christie 1980-83
White, Renee 2006-09
Wiese, Suzanne 1983-84
Weismantle, Kristen 2010, 2012-13
Wight, Jena 1983
Wiley, Sadie 1992-93
Wilkinson, Ashley 2011-12
Williams, Julie 1979-81
Williams, Khanishah 2012-13
Williams, Shellene 2003-04
Wilson, Beth 1989
Winjum, Kristin 1982-85
Winn, Nicole 1992-93
Winter, Catherine 1990-92
Winter, Ester ..... NA
Wodek, Janet 1984-87
Woodard, Christann 1979
Wymore, Sue 1978
Wynter, Kaydene 1996
Young, Deborah 1981-83

Men's Team Roster

Name	Yr.	Hometown (Last School)
Ben Anderson	Fr.	Clive, Iowa (West Des Moines Valley HS)
Jon-Michael Brandt	Sr.	Winona, Minn. (Winona HS)
Matt Butler	So.	Bettendorf, Iowa (Bettendorf HS)
Sam Chaney	Sr.	Columbus Junction, Iowa (Columbus Junction HS)
Kevin Docherty	Fr.	Saint Paul, Minn. (Saint Paul HS)
Nate Ferree	So.	Appleton, Wis. (Xavier HS)
Sam Fourman	Jr.	Oak Park, Ill. (Oak Park HS)
Anthony Gregorio	So.	Palatine, Ill. (Palatine HS)
Michael Hart	So.	West Branch, Iowa (West Branch HS)
Daniel Huff	So	Waverly, Iowa (Waverly-Shell Rock HS)
Ryan Larson	Fr.	Minneapolis, Minn. (Southwest HS)
Kevin Lewis	Jr.	Ottumwa, Iowa (Ottumwa HS)
Nate Lonsway	Sr.	Dublin, Ohio (Eastern Michigan)
Samuel McElhiney	Fr.	Bettendorf, Iowa (Pleasant Valley HS)
Brook Price	Fr.	Iowa City, Iowa (City HS)
Quentin Shaffer	Fr.	Mount Prospect, Ill. (Prospect HS)
Josh Sindelar	Fr.	Honey Creek, Iowa (St. Albert Catholic HS)
Taylor Soltys	So.	Naperville, Ill. (Neuqua Valley HS)
Caleb Wilfong	So.	Columbia, Mo. (Rock Bridge HS)
Ben Witt	Jr.	Burlington, Iowa (Burlington HS)

Women's Team Roster

Name	Yr.	Hometown (Last School)
Katie Adams	Fr.	Marengo, Ill. (Marengo HS)
Brooke Bierhaus	So.	Davenport, Iowa (Pleasant Valley HS)
Kelly Breen	Fr.	Palatine, Ill. (Fremd HS)
Courtney Bruns	Fr.	West Branch, Iowa (West Branch HS)
Lisa Gordon	So.	Western Springs, Illinois (Lyons Township HS)
Grace Haerr	So.	Schaumburg, Ill. (Schaumburg HS)
Alana Jones	Fr.	Laguna Hills, Calif. (Laguna Hills HS)
Brooklyn Kascel	So.	Marion, Iowa (Linn-Mar HS)
Courtney Martin	So.	Ames, Iowa (Ames)
Shannon Maser	So.	Stillwell, Kan. (Blue Valley West)
Astrid Montuclard	Fr.	Papeete, Tahiti (Paul Gauguin HS)
Carolyn Newhouse	So.	Marion, Iowa (Linn-Mar HS)
Gina O'Brien	So.	Naperville, Ill. (Naperville Valley HS)
Lena Placzek	Sr.	Poznan, Poland (St. Maria Magdalena)
Rachel Price	So.	Chicago, Ill. (Loyola Academy)
Cindy Saliba	So.	Tulsa, Okla. (Holland Hall HS)
Jordyn Sindt	Fr.	Griswold, Iowa (Griswold HS)
Jocelyn Todd	So.	St. Louis, Mo. (Ladue Watkins HS)
Katharina Trost	Fr.	Piding, Germany (Karlsgymnasium)
Cambria Tudor	Fr.	Shafter, Calif. (Shafter HS)
Tess Wilberding	Fr.	Troy, Mich. (Birmingham Seaholm HS)
Samantha Zishka	Fr.	Lancaster, Ohio (Lancaster HS)

Men's Cross Country Team Quick Facts

2013 Big Ten Cross Country Championship Finish (Pts.): 10th (275)
2013 NCAA Regional Cross Country Finish (Pts.): 14th (370)
NCAA Qualifiers Returning/Lost 0/0
All-Region Returning/Lost:..... 1/0
All-Big Ten Honorees Returning/Lost: 0/0
Academic All-Big Ten Returning/Lost: 4/0
Letterwinners Returning/Lost:..... 8/0

Men's Cross Country Historical Quick Facts

Highest Big Ten Championships Team Place (Yrs.): 1st (1961, 1966)
Highest NCAA Regional Team Place (Pts., Yr.):..... 1st (79, 2002)
Highest NCAA Championships Team Place (Yr.): 2nd (1955)
NCAA Champions:..... 1 - Deacon Jones, 1955
All-Americans: .....5 student-athletes, 7 honors
NCAA Regional Champions: .....1 - Micah VanDenend, 2006
All-Region Honorees: .....20 student-athletes, 39 honors
Big Ten Champions: ..... 6 student-athletes, 9 titles
All-Big Ten Honorees:.....7 student-athletes, 9 honors
USTFCCCA All-Academic Team Members:.....6 student-athletes, 6 honors
Academic All-Big Ten Honorees: .....40 student-athletes, 86 honors

Women's Cross Country Team Quick Facts

2013 Big Ten Cross Country Finish (Points):.....12th (369)
2013 NCAA Midwest Regional Finish (Points): 21st (512)
NCAA Qualifiers Returning/Lost 0/0
All-Region Returning/Lost:..... 0/0
All-Big Ten Honorees Returning/Lost: 0/0
Academic All-Big Ten Returning/Lost: 3/1
Letterwinners Returning/Lost:..... 7/2

Women's Cross Country Historical Information

Highest Big Ten Championships Team Place (Pts., Yr.):..... 1st (74, 1982)
Highest NCAA Regional Team Place (Pts., Yr.):..... 3rd (118, 2006; 111, 2007)
Highest NCAA District Champ's Team Place (Yr.):.....2nd (1986, 1991)
Highest NCAA Championships Team Place (Pts., Yr.):.....8th (249, 1982)
All-Americans: ..... 11 student-athletes, 14 honors
NCAA Regional Champions: .....2 student-athletes, 3 honors
All-Region Honorees: .....12 student-athletes, 17 honors
Big Ten Champions: ..... 2 - Tracy Dahl, 1992; Diane Nukuri, 2007
All-Big Ten Honorees:.....14 student-athletes, 19 honors
USTFCCCA All-Academic Team Members:.....5 student-athletes, 6 honors
Academic All-Big Ten Honorees: .....71 student-athletes, 126 honors

Hawkeye Early Bird Invitational

August 30 - Iowa City, Iowa
4,000 meters - 1st/2 teams (19 points)

Individual Results

Place	Name	Time
1.	Kevin Docherty	12:34.52
3.	Sam Chaney	12:43.61
4.	Ben Anderson	12:45.56
5.	Caleb Wilfong	12:48.32
6.	Sam Fourman	12:48.99
10.	Nate Ferree	13:04.57
12.	Michael Hart	13:14.52
15.	Nate Lonsway	13:21.82
16.	Matt Butler	13:24.65
17.	Daniel Huff	13:30.86

Iowa Black & Gold Invitational

September 13 - Iowa City, Iowa
6,000 Meters - 1st/3 teams (18 points)

Individual Results

Place	Name	Time
1.	Kevin Lewis	18:33.68
2.	Ben Witt	18:50.43
3.	Sam Chaney	18:53.69
5.	Kevin Docherty	18:56.64
7.	Quentin Shaffer	18:58.28
11.	Nate Ferree	19:01.90
20.	Caleb Wilfong	19:28.12
22.	Matt Butler	19:32.70
27.	Daniel Huff	19:55.58
32.	Nate Lonsway	20:07.09

Roy Griak Invitational

September 28 - Minneapolis, Minn.
8,000 meters - 15th/24 teams (381 points)

Individual Results

Place	Name	Time
26.	Kevin Lewis	24:59.5
55.	Ben Witt	25:17.6
96.	Kevin Docherty	25:44.6
99.	Nate Ferree	25:46.3
125.	Sam Chaney	25:58.5
134.	Quentin Shaffer	26:03.4
152	Ben Anderson	26:10.7
203.	Matt Butler	26:55.5
229.	Michael Hart	27:52.3

Pre-National Invitational

October 19 - Terre Haute, Ind.
8,000 meters - 24th/52 teams (677 points)

Individual Results

Place	Name	Time
53.	Kevin Lewis	24:15.09
128.	Ben Witt	24:48.71
153.	Nate Ferree	24:58.11
162.	Quentin Shaffer	25:01.01
181.	Kevin Docherty	25:05.61
270.	Caleb Wilfong	25:38.65
298.	Sam Chaney	25:53.95

Big Ten Championships

November 2 - West Lafayette, Ind.
8,000 Meters - 10th/11 teams

Team Results

Place	Team	Points
1.	Indiana	51
2.	Michigan	66
3.	Wisconsin	71
4.	Minnesota	136
5.	Illinois	140
6.	Purdue	163
7.	Michigan State	170
8.	Ohio State	182
9.	Penn State	209
10.	**Iowa**	**275**
11.	Nebraska	314

Individual Results

Place	Athlete	Time
26.	Kevin Lewis	25:03.9
59.	Quentin Shaffer	25:34.3
64.	Ben Witt	25:39.6
67.	Kevin Docherty	25:43.8
81.	Caleb Wilfong	26:02.6
90.	Nate Ferree	26:48.7
91.	Sam Chaney	27:00.8
94.	Matt Butler	27:38.9

NCAA Midwest Regional

November 15 - Ames, Iowa
10,000 meters - 14th/29 teams

Team Results - Top 20 Teams

Place	Team	Points
1.	Oklahoma State	45
2.	Tulsa	57
3.	Iowa State	113
4.	Oklahoma	156
5.	Minnesota	156
6.	Kansas	158
7.	Illinois	210
8.	Missouri	212
9.	Nebraska	320
10.	South Dakota State	328
11.	Southern Illinois	349
12.	South Dakota	353
13.	Bradley	361
14.	**Iowa**	**370**
15.	Illinois State	399
16.	Eastern Illinois	418
17.	Loyola (Ill.)	426
18.	Wichita State	437
19.	UMKC	476
20.	North Dakota State	478

Individual Results

Place	Athlete	Time
15.	Kevin Lewis	* 30:47.84
76.	Nate Ferree	32:04.74
81.	Caleb Wilfong	32:06.14
82.	Ben Witt	32:06.84
123.	Kevin Docherty	32:42.94
142.	Sam Chaney	33:06.74
185.	Quentin Shaffer	34:52.34

** -- All-Region*

2013 Season Best Times

Athlete	4,000 Meters	6,000 Meters	8,000 Meters	10,000 Meters
Ben Anderson	12:45.56	--	26:10.7	--
Matt Butler	13:24.65	19:32.70	26:55.5	--
Sam Chaney	12:43.61	18:53.69	25:53.95	33:06.74
Kevin Docherty	12:34.52	18:56.64	25:05.61	32:42.94
Nate Ferree	13:04.57	19:01.90	25:46.3	32:04.74
Sam Fourman	12:48.99	--	--	--
Michael Hart	13:14.52	--	27:52.3	--
Daniel Huff	13:30.86	19:55.58	--	--
Kevin Lewis	--	18:33.68	24:15.09	30:47.84
Nate Lonsway	13:21.82	20:07.09	--	--
Quentin Shaffer	--	18:58.28	25:01.01	34:52.34
Caleb Wilfong	12:48.32	19:28.12	25:38.65	32:06.14
Ben Witt	--	18:50.43	24:48.71	32:06.84

Hawkeye Early Bird Invitational
August 30 - Iowa City, Iowa
3,000 meters - 1st/2 teams (21 points)

Individual Results

Place	Name	Time
2.	Lena Placzek	11:07.97
3.	Tess Wilberding	11:08.26
4.	Courtney Martin	11:08.33
5.	Samantha Zishka	11:08.50
7.	Jocelyn Todd	11:14.79
9.	Shannon Maser	11:24.57
11.	Rachel Price	11:30.09
14.	Katie Adams	11:40.22
17.	Grace Haerr	11:58.69
18.	Gina O'Brien	12:02.35

Iowa Black & Gold Invitational
September 13 - Iowa City, Iowa
4,000 Meters - 4th/4 teams (97 points)

Individual Results

Place	Name	Time
14.	Samantha Zishka	14:34.32
15.	Katie Adams	14:37.84
21.	Lena Placzek	14:44.45
23.	Rachel Price	14:45.63
25.	Courtney Martin	14:47.37
29.	Shannon Maser	14:56.14
30.	Lisa Gordon	15:02.56
37.	Grace Haerr	16:00.27

Roy Griak Invitational
September 28 - Minneapolis, Minn.
6,000 meters - 21st/28 teams (614 points)

Individual Results

Place	Name	Time
113.	Courtney Martin	22:40.70
134.	Samantha Zishka	22:53.60
146.	Shannon Maser	23:02.25
199.	Katie Adams	23:27.50
208.	Lena Placzek	23:35.25
214.	Rachel Price	23:41.05
219.	Tess Wilberding	23:47.35
272.	Alana Jones	25:00.80

Pre-National Invitational
October 19 - Terre Haute, Ind.
6,000 meters - 13th/35 teams (414 points)

Individual Results - White Race

Place	Name	Time
66.	Katie Adams	22:16.88
68.	Shannon Maser	22:21.59
69.	Courtney Martin	22:22.54
86.	Tess Wilberding	22:36.41
130.	Rachel Price	23:03.69

Pre-National Invitational
October 19 - Terre Haute, Ind. - 6,000 meters

Individual Results - Open Race

Place	Name	Time
47.	Alana Jones	23:13.57
51	Jocelyn Todd	23:19.15

Big Ten Championships
November 2 - West Lafayette, Ind.
6,000 meters - 12th/12 teams (369 points)

Team Results

Place	Team	Points
1.	Michigan State	43
2.	Michigan	55
3.	Minnesota	68
4.	Penn State	143
5.	Ohio State	157
6.	Indiana	158
7.	Wisconsin	158
8.	Purdue	221
9.	Illinois	241
10.	Northwestern	264
11.	Nebraska	320
12.	**Iowa**	**369**

Individual Results

Place	Athlete	Time
78.	Courtney Martin	22:53.4
82	Katie Adams	23:04.8
84.	Rachel Price	23:08.3
86.	Tess Wilberding	23:10.9
90.	Shannon Maser	23:17.5
95.	Jocelyn Todd	23:26.1
104.	Alana Jones	24:46.2

NCAA Midwest Regional
November 15 - Ames, Iowa
6,000 meters - 21st/30 teams (512 points)

Team Results - Top 20 Teams Plus Iowa

Place	Team	Points
1.	Iowa State	39
2.	Minnesota	59
3.	Oklahoma State	192
4.	Southern Illinois	217
5.	Kansas	218
6.	Missouri	261
7.	Bradley	265
8.	Illinois	270
9.	Northwestern	274
10.	Loyola (Ill.)	277
11.	Illinois State	286
12.	Tulsa	309
13.	Kansas State	317
14.	Saint Louis	415
15.	South Dakota State	433
16.	Wichita State	451
17.	Drake	503
18.	North Dakota State	504
19.	UMKC	506
20.	Nebraska	509
21.	**Iowa**	**512**

Individual Results

Place	Athlete	Time
66.	Shannon Maser	21:49.23
77.	Courtney Martin	21:51.58
92.	Katie Adams	21:59.83
136.	Rachel Price	22:35.48
153.	Tess Wilberding	22:53.63

2013 Season Best Times

Athlete	3,000 Meters	4,000 Meters	6,000 Meters
Katie Adams	11:40.22	14:37.84	21:59.83
Lisa Gordon	--	15:02.06	--
Grace Haerr	11:58.69	16:00.27	--
Alana Jones	--	--	24:46.2
Courtney Martin	11:08.33	14:47.37	21:51.58
Shannon Maser	11:24.57	14:56.14	21:49.53
Gina O'Brien	12:02.35	--	--
Lena Placzek	11:07.97	14:44.45	23:35.25
Rachel Price	11:30.09	14:45.63	22:35.48
Jocelyn Todd	11:14.79	--	23:26.1
Tess Wilberding	11:08.26	--	22:36.41
Samantha Zishka	11:08.50	14:34.32	22:53.60

Men's Top 10 All-Time Best Performers

6,000 Meters

1.	Eric MacTaggart	18:18		2005 Hawkeye Invite
2.	Jeff Thode	18:21		2009 Hawkeye Invite
3.	Dan Haut	18:24		2005 Hawkeye Invite
4.	Jeff Kent	18:27		2005 Hawkeye Invite
5.	Nick Holmes	18:30		2009 Hawkeye Invite
6.	Adam Roche	18:33		2005 Hawkeye Invite
	Sam Bailin	18:33		2009 Hawkeye Invite
	Kevin Lewis	18:33		2013 Iowa Invite
9.	Jesse Luciano	18:40		2008 Hawkeye Invite
10.	Tommy Tate	18:41		at 2006 Early Bird Invite

8,000 Meters

1.	Jesse Luciano	23:01		at 2008 Auburn Invite
2.	Micah VanDenend	23:39		at 2006 Pre-Nationals
3.	Eric MacTaggart	23:24		at 2008 Auburn Invite
4.	Jeff Thode	23:27		at 2010 Bradley Classic
5.	Sam Bailin	23:36		at 2008 Auburn Invite
6.	Tommy Tate	23:46		at 2008 Auburn Invite
7.	Mark Battista	23:48		at 2008 Auburn Invite
8.	Andy Napier	23:56		at 2008 Auburn Invite
9.	Brendan Camplin	24:01		at 2008 Auburn Invite
10.	Bruce MacTaggart	24:04		at 2008 Auburn Invite

10,000 Meters

1.	Jeff Thode	29:55		at 2010 NCAA Regional
2.	Matt Esche	30:10		at 2002 NCAA Regional
3.	Jesse Luciano	30:17		at 2008 NCAA Champ's
4.	Micah VanDenend	30:26		at 2002 NCAA Regional
5.	Kevin Herd	30:28		1993
6.	Joe Welter	30:28		at 2002 NCAA Regional
7.	Tony Rakaric	30:31		at 2002 NCAA Regional
8.	Dan Haut	30:39		at 2002 NCAA Regional
9.	Alex Webster	30:40		at 2006 NCAA Regional
10.	Nick Holmes	30:43		at 2011 Chili Pepper Festival

Ashton Cross Country Course Records

Women's 3,000 Meters
Diane Nukuri, Iowa - Hawkeye Open - 9/9/06 ..... 9:47

Women's 4,000 Meters
Diane Nukuri, Iowa - Hawkeye Open - 9/15/07 ..... 13:14

Women's 6,000 Meters
Danette Doetzel, Michigan St. - Big Ten Champ's - 10/31/04..... 20:33

Men's 6,000 Meters
Eric MacTaggart, Iowa - Hawkeye Invitatonal - 9/2/05 ..... 18:18

Men's 8,000 Meters
Simon Bairu, Wisconsin - Big Ten Champ's - 10/31/04 ..... 23:45

Men's 10,000 Meters
Antonio Vega, Minnesota - NCAA Regional - 11/12/05 ..... 30:52

Women's Top 10 All-Time Best Performers

3,000 Meters

1.	Diane Nukuri	9:47		2006 Hawkeye Open
2.	Meghan Armstrong	10:01		2006 Hawkeye Open
3.	Brooke Eilers	10:15		2010 Iowa Invite
4.	Besty Flood	10:18		2010 Iowa Invite
5.	Amanda Hardesty	10:21		2009 Hawkeye Invite
	Lauren Hardesty	10:21		2010 Hawkeye Invite
7.	Kelsey Hart	10:22		2011 Iowa Invite
8.	Shannon Stanley	10:25		2006 Hawkeye Open
	Krista Anderson	10:25		2006 Hawkeye Open
	Racheal Marchand	10:25		2008 Hawkeye Invite

4,000 Meters

1.	Diane Nukuri	13:14		2007 Hawkeye Open
2.	Kayla Beattie	13:41		2012 Toledo Bubble Buster
3.	Megan Ranegar	13:45		2012 Toledo Bubble Buster
4.	Meghan Armstrong	13:47		2007 Hawkeye Open
	Mareike Schrulle	13:47		2012 Toledo Bubble Buster
6.	Nicole Benson	13:52		2012 Toledo Bubble Buster
7.	Jolly Burke	14:03		2007 Hawkeye Open
8.	Nikki Chapple	14:09		2004 Hawkeye Triangular
9.	Krista Anderson	14:14		2007 Hawkeye Open
10.	Lisa Gordon	14:17		2012 Toledo Bubble Buster

5,000 Meters

1.	Diane Nukuri	15:55		at 2007 Auburn Invite
2.	Racheal Marchand	16:15		at 2008 Auburn Invite
3.	Meghan Armstrong	16:25		at 2007 Auburn Invite
4.	Nan Doak	16:31		at 1983 Big Ten Champ's
5.	Jolly Burke	16:33		at 2007 Auburn Invite
6.	Jenny Spangler	16:34		at 1983 Big Ten Champ's
7.	Renee Doyle	16:41		at 1986 Purdue Invite
8.	Tracy Dahl	16:42		at 1991 Illinois St. Invite
9.	Sarah Spencer Perry	16:50		at 2008 Auburn Invite
10.	Brooke Eilers	16:53		at 2008 Auburn Invite

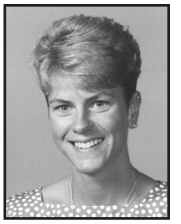
6,000 Meters

1.	Diane Nukuri	19:37		at 2007 NCAA Regional
				at 2007 Big Ten Champ's*
2.	Mareike Schrulle	19:43		at 2012 NCAA Champ's
3.	Racheal Marchand	19:54		at 2008 NCAA Champ's
4.	Meghan Armstrong	20:07		at 2007 NCAA Regional
5.	Jolly Burke	20:20		at 2007 Big Ten Champ's
6.	Betsy Flood	20:22		at 2010 NCAA Regional
7.	McKenzie Melander	20:41		at 2011 Big Ten Champ's
8.	Megan Ranegar	20:43		at 2012 NCAA Champ's
9.	Kayla Beattie	20:54		at 2011 Wisconsin Invite
10.	Nikki Chapple	21:04		at 2004 NCAA Regional

** - This time is also the Big Ten Championships Record.*

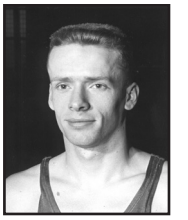

Meghan Armstrong

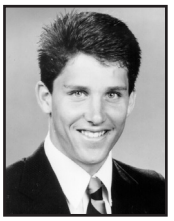

Jennifer Brower

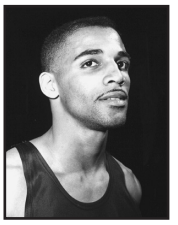

Tracy Dahl


Nan Doak


Renee Doyle


Rich Ferguson


Kevin Herd


Deacon Jones


Jeanne Kruckeberg


Racheal Marchand


Diane Nukuri


Mareike Schrulle

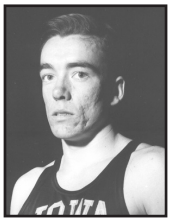

Jenny Spangler


Stetson Steele


Jeff Thode


Micah VanDenend


Ted Wheeler


Larry Wieczorek

National & Regional Champions & Honorees

NCAA Champion

Deacon Jones 1957

All-Americans

Men's

Kevin Herd 1992-93
Deacon Jones 1957
Stetson Steele 1998
Jeff Thode 2010
Ted Wheeler 1952
Larry Wieczorek 1966-67

Women's

Meghan Armstrong 2007
Jennifer Brower 1991
Tracy Dahl 1991-92
Nan Doak 1980, 1982-83
Renee Doyle 1986
Jeanne Kruckeberg 1990
Racheal Marchand 2006, 2008
Diane Nukuri 2006-07
Mareike Schrulle 2012
Jenny Spangler 1983

Honda Sports Awards Nominee

Nan Doak 1983
Diane Nukuri 2007

NCAA Regional Champion & Athlete of the Year

Men's

Micah VanDenend 2006

Women's

Diane Nukuri 2006-07
Racheal Marchand 2008

NCAA All-Region Team

Men's

Mark Battista 2009
Trent Corey 1997, 2001
Matt Esche 2002-05
Dan Haut 2002, 2004-05
Nick Holmes 2011
Kevin Lewis 2013
Jesse Luciano 2007-08
Eric MacTaggart 2005-06, 2008
Nick Nordheim 1998-99, 2001
Jared Pittman 1997

NCAA All-Region Team (Con't)

Men's (Con't)

Brian Rae 2003
Tony Rakaric 2002, 2004
Adam Roche 2004-05
Paul Sarris 1998-99
Chad Schwitters 1998
Reed Steele 1998
Stetson Steele 1997-98
Jeff Thode 2009-11
Micah VanDenend 2002, 2005-06
Joe Welter 2001-02

Women's

Sarah Arens 2003
Meghan Armstrong 2005-07
Kayla Beattie 2011
Jolly Burke 2007
Nikki Chapple 2004
Brooke Eilers 2009
Betsy Flood 2010
Racheal Marchand 2005-06, 2008
McKenzie Melander 2011
Diane Nukuri 2006-07
Megan Ranegar 2012
Mareike Schrulle 2012
Sarah Spencer Perry 2008

Big Ten Champions

Men's

Rich Ferguson 1952-53
Jock Hunn 1926
Deacon Jones 1958
H.R. Phelps 1923-24
James Tucker 1961
Larry Wieczorek 1966-67

Women's

Tracy Dahl 1992
Diane Nukuri 2007

Big Ten Athlete of the Year

Women's

Tracy Dahl 1992
Diane Nukuri 2007

Big Ten Coach of the Year

Women's

Jerry Hassard 1989

Big Ten Freshman of the Year

Men's

Jared Pittman 1993
Reed Steele 1998

All-Big Ten Honorees

Men's

Jesse Luciano 2008-09
Eric MacTaggart 2006
Brian Rae 2003
Tony Rakaric 2003
Chad Schwitters 1997
Stetson Steele 1996
Jeff Thode 2010
Micah VanDenend 2004, 2006

Women's

Meghan Armstrong 2006-07
Erin Boland 1994
Jennifer Brower 1991
Jolly Burke 2007
Tracy Dahl 1991-92
Renee Doyle 1986-88
Betsy Flood 2010
Tami Hoskins 1989
Jennifer Johnson 1991
Jeanne Kruckeberg 1989
Racheal Marchand 2006, 2008
McKenzie Melander 2011
Diane Nukuri 2007
Mareike Schrulle 2012

Big Ten Athlete of the Month

Men's

Kevin Herd ..... September 1992

Women's

Tracy Dahl ..... Sept. 1990, Oct. 1992, Nov. 1992

Big Ten Athlete of the Week

Men's

Trent Corey ..... Sept. 11, 2001
Matt Esche ..... Sept. 7, 2004
Jesse Luciano ..... Oct. 7, 2008
Eric MacTaggart ..... Sept. 6, 2005
Jeff Thode ..... Oct. 19, 2010
Micah VanDenend ..... Sept. 17, 2002

Women's

Sarah Arens ..... Sept. 3, 2003
Meghan Armstrong ..... Sept. 6, 2005
Kayla Beattie ..... Sept. 11, 2012
Betsy Flood ..... Sept. 8, 2009
Lauren Hardesty ..... Sept. 7, 2010
Racheal Marchand ..... Oct. 7, 2008
Diane Nukuri ..... Sept. 18, 2007
Diane Nukuri ..... Oct. 2, 2007
Diane Nukuri ..... Oct. 16, 2007
Mareike Schrulle ..... Oct. 16, 2012

Big Ten Sportsmanship Award

Men's

Sam Bailin 2008
Mark Battista 2010
Brendan Camplin 2009
Nate Ferree 2013
Cameron Rieger 2011
Ben Witt 2012

Women's

Brooke Eilers 2009
Kelsey Hart 2010
Shannon Maser 2013
Sarah Spencer Perry 2008
Mareike Schrulle 2011, 2012



Shannon Maser



Kevin Lewis

CoSIDA Academic All-American
Chad Schwitters 1997

CoSIDA Academic All-District
Kevin Herd 1990, 1992-93
Stetson Steele 1996, 1998

USTFCCCA Academic Team
Men's
2007, 2008, 2010

Women's
1995, 1997, 1999, 2000, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012

USTFCCCA All-Academic Honorees
Men's
Dan Haut 2004
Kevin Herd 1993
Jesse Luciano 2007-08
Chad Schwitters 1998
Stetson Steele 1998

Women's
Meghan Armstrong 2004-05
Sarah Arens 2004
Brooke Eilers 2009
Megan Ranegar 2012
Mareike Schrulle 2012

Big Ten Distinguished Scholar
Men's
Sam Bailin 2008

Women's
Fionna Fallon 2008
Kelsey Hart 2011-12
McKenzie Melander 2011
Lena Placzek 2012
Marieke Schrulle 2012
Jocelyn Todd 2012

Academic All-Big Ten
Men's
L.J. Albrecht 1988-90
Ravi B'Have 1994, 1996
Sam Bailin 2008, 2010
Mike Biderman 2001
Bill Branigan 1992
David Brown 1987-90
Matt Butler 2013
Brendan Camplin 2007-10
Trent Corey 2000-01
Nate Ferree 2013

Academic All-Big Ten (Con't)
Matt Gerard 1992-94
Dan Haut 2002, 2004-05
Kevin Herd 1990, 1992-93
Alan Jackson 2005
Chase Kadlec 2009-11
Kevin Lewis 2012-13
Ben Lloyd 2002-03
Jesse Luciano 2007-10
Eric MacTaggart 2005-06, 2008
Steve Marshall 1991-93
Pete McDowell 1993-94
Sean Moeller 1998-99, 2001
Andy Morris 1997, 1999
Steve Morrissey 1990-91
Andy Napier 2005-08
James Paul 2008-10
Jared Pittman 1995-96
Tim Pleskac 1998-99
Jay Renaud 2007-10
Cameron Rieger 2011-12
Marc Roehl 1991-94
Paul Sarris 1997
Blake Schlotzhauer 2006
Chad Schwitters 1995-98
Stetson Steele 1996-98
Adam Thomas 2001
Andy Weise 1986
David White 1990-91
Ben Witt 2012-13

Women's
Krista Anderson 2006-07
Lindsay Anderson 2009-10
Sarah Arens 2000, 2002-03
Meghan Armstrong 2005-07
Atalie Barber 2001, 2003
Holly Barnes 1992
Briana Benning 1994-97
Danielle Berndt 2010-11
Allison Billhardt 2005
Kerri Blackstone 1996
Jennifer Brower 1989-91
Jolly Burke 2007
Katie Butler 2000
Jenni Capista 2003-04
Megan Daniel 1994
Jennie Docherty 2006, 2009-10
Katie Donlon 2005
Brooke Eilers 2009-11
Katie Ellis 2007, 2009-10
Molly Esche 2005-07
Fionna Fallon 2008-10
Shawn Fleck 1995

Academic All-Big Ten (Con't)
Betsy Flood 2009-11
Alienor Gilchrist 1997
Keelin Gorman 2011
Kristin Haefke 1998
Amanda Hardesty 2010
Kelsey Hart 2010-12
Rachel Hawks 2006-07
Jennifer Johnson 1991-93
Patricia Jones 1991
Jennifer Kiciak 1996-97
Tricia Kiraly 1988
Natalie Kleinfelter 1993-94
Christine Kotarba 2004, 2007
Jeanne Kruckeberg 1987-89
Kimberly Kruk 1994
Michelle Lahann 2000-02
Jackie Laesch 2011
Jennifer Lisy 1992
Shannon Maser 2012-13
Amy McRell 1991-92
McKenzie Melander 2009-11
Georgia Millward 2001-03
Jennifer Moore 1987-89
Amy Murphy 1999
Sarah Murray 1993
Haley Newbrough 1997
Val Oltman 1999
Kiersten Pauling 1994-96
Lena Placzek 2012-13
Rachel Price 2013
Megan Ranegar 2010-12
Katherin Rehn 2011
Ericka Roberts 2000-02
Hannah Roeder 2009-10
Janeth Salazar 1987
Christine Salsberry 1990-93
Jill Scheibel 1996
Jessica Schmidt 2007
Kristi Schmidt 1999
Kim Schneckloth 1986-89
Jennifer Schoonover 1994
Mareike Schrulle 2012
Anna Shearer 1999-2000
Michelle Sokol 2002, 2004
Jenny Spangler 1985
Laura Spencer 2004
Shannon Stanley 2004
Tina Stec 1991-93
Sherri Suppelsa 1986
Jocelyn Todd 2012-13
Jamie Voss 1992

Albrecht, L.J. 1988-90
Albright, Robert 1941
Allen, Shaun 1998-01
Ashton, George C. 1921-22
Ashton, James Ed 1962-63
Ashton, William 1960
Atkins, Bobby 1999-00
Bailin, Sam 2007-08, 2010
Baker, Lawrence 1961
Bakker, Mike 1994-95, 97-98
Barron, Ben 2003
Battista, Mark 2007-10
Bender, Arnold N. 1924
Benjerdes, T.D. 1920
Bentz, Robert LE 1943
Betz, Leighton A. 1959
Biderman, Mike 2001
Brady, Frank H. 1927-28
Brandenberg, H. 1921
Brandt, Jon Michael 2010-12
Branigan, Bill 1992
Brown, David 1987, 1989-90
Brown, Keith Lav. 1948-55
Brown, Ray Kenne 1979-81
Brubacher, Theod 1964-67
Burney, William 1944
Bush, Warren L. 1968
Butler, Matt 2013
Bye, Bill E. 1949
Camplin, Brendan 2007-09
Campisi, Leo A. 1932-34
Carlson, Herman 1923
Carman, Kenneth 1949-50
Chaney, Sam 2012-13
Clancy, Thomas R. 1974-78
Clark, John Jay 1969-73
Clarke, Eric Lloyd 1957-58
Clarke, George W. 1962-63
Coffie, Harry E. 1927
Collins, John 1949
Cook, Dale 1912
Copeland, Jack 1948-49
Corey, Trent 1997-01
Criswell, John W. 1969-71
Cue, John L. 1927
Cutler, Allan J. 1942
Davis, S. Jack 1949-51
Delashmutt, Ed 1979-81
Docherty, Kevin 2013
Donovan, James 1995
Dotseth, Frank 1958-59
Drew, John 1957
Duggan, Earle 1949-52
Dunsworth, Ira W. 1954-56
Eastland, Dave 1968-71
Ebert, Leroy 1952-54
Eckhardt, Gerald 1944
Edwards, James 1978
Esche, Matt 2002-05
Everingham, Will 1928
Everman, Wayne 1954-55
Fanthouser, John 1942
Fearing, Ken 1959-62
Feeldy, Chad 1994-96
Ferguson, Richard 1951-55
Ferree, Nate 2013
Ferree, Tom 1978-80
Fischer, Gary W. 1960-63
Fishba, Ugh H. RI 1949
Flage, David 1933-34
Fletcher, Robert Ash 1956-59
Foster, Richard 1922
Frazier, Carl 1966-69
Frazier, Harry 1956
Frazier, William 1961-65
Fritsch, Raymond 1940
Fudge, Arthur 1951-54
Furst, Don 1975-76
Gale, Sean 1992-94
Gardner, Russell 1928
Gee, George 1916
Gerard, Matthew 1992-94
Greenlee, Donald 1959-61
Greenlee, Ron 1965
Gregorio, Anthony 2012
Griffith, Ron 1965-68
Griswold, Joe 1949
Hakes, Montague 1928
Hanson, Mark 1995
Hartmann, H.W. 1915-16
Hass, Edward 1934-35
Hassen, Galen 1951
Hausler, Leland 1916-17
Haut, Dan 2001-02, 2004-05
Henderson, Robert 1933-34
Herd, Kevin J. 1989-94
Hermeier, Raymond 1957-59
Hermeier, Richard 1955-59
Hill, Jack L. 1957-60
Hindt, William 1913-15
Hinrich, Joel H. 1940-41
Holland, Stephen 1971-72
Hollatz, Troy 1993
Holmes, Nick 2009, 2011-12
Hotz, William 1906-08
Hunn, Leonard E. 1925-28
Hunter, William 1914-15
Hymon, W. Paul 1912-13
Ingram, Robert 2007
Jackson, Alan 2005
Jamison, Orlin 1916
Jans, Paul A. 1910-11
Jeffers, Clyde 1904-05
Jensen, Chris 2003
Jensen, Richard 1968-70
Jones, Charles N, ... 1955-58
Jones, Douglas H. 1968
Kadlec, Chase 2008-11
Keatinge, Murray 1954-56
Keil, Richard L. 1941-42
Keller, Keith 1947-48
Kelly, Thomas 1928-30
Kent, Jeff 2004-06
Kitt, Roland 1966-69
Knoedel, James J. 1970-71
Kramer, Larry 1961-64
Kruse, Arthur 1919-20
Kurth, Steve 1995-97
Labond, Curtis 1966-68
Lainson, Bernard 1951
Langer, Dave 1979
Layne, Michael 1997-99
Lewis, Bernard 1945
Lewis, H. Mount 1909-11
Lewis, Kevin 2011-13
Lillwitz, Tim 1999-2000
Lindeman, James 1977
Lister, Donald 1914-15
Lloyd, Ben 2002-03
Loechel, Thomas 1970-73
Lord, Richard 1943
Luciano, Jesse 2006-09
Lyle, James 1936-38
Lyle, Ralph 1957-58
MacDonald, Peter 1964-66
MacTaggart, Bruce 2008
MacTaggart, Eric 2004-06, 2008
Maiden, Sydner 1945
Mak, Leo 1913
Marasco, Frank 1917-18



Stetson Steele was a three-time All-American, two-time all-region and six-time academic all-Big Ten honoree in cross country and track from 1996-2000. He holds the school 10,000-meter record, and in 2000 he won the Drake Relays 5,000-meter title and was Iowa's Big Ten Medal of Honor winner.

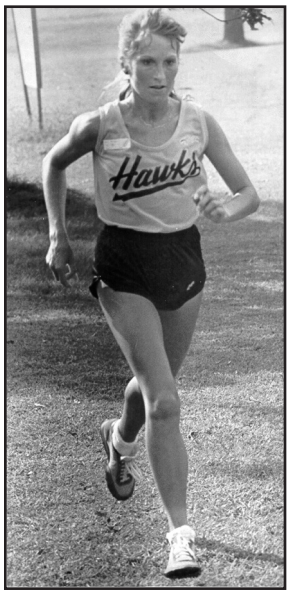
Marshall, Steve 1991-93
Mawe, William 1960
McCabe, Dennis 1969
McCllanahan, Rich 1946-48
McDermott, Eric 2000
McDowell, Peter 1993-94
McElroy, Robert 1933
Melnick, Sidney 1934
Messer, Kenneth 1964-65
Meyer, David 1941
Miller, Fred 1921
Mitvalsky, Richard 1932
Moeller, Sean 1998-01
Moenck, Heath 2007
Moldenhauer, Way 1954
Morch, Herbert O. 1951-53
Morris, Andy 1997-00
Morrissey, Steve 1991-92
Murphy, W. H. 1944-45
Murray, Harold H. 1920-21
Murray, Jack A. 1944-45
Napier, Andy 2005-08
Naylor, Myrel 1930
Nelson, Paul H. 1935
Nelson, Robert 1936
Nie, Bruce 1988-89
Nordheim, Nick 1998-01
Novotny, David 1994-95
Oxley, John R. 1946-47
Paul, James 2008-10
Paul, Joe 1976-77
Payne, Arthur 1922-23



Micah VanDenend holds three school records and won the 2007 Big Ten 10,000-meter outdoor track title. He was the 2006 NCAA Midwest Regional Cross Country Meet Champion and Male Athlete of the Year. The four-time all-region honoree competed for Iowa from 2002-07.

Pershing, Steve 1975-77
Peters, Chris 1995
Phelps, Harold R. 1923-25
Pinkerton, Volne 1928
Pirkl, Jeff 1982-83, 85-86
Pittman, Jared 1994-98
Pleskac, Tim 1998-00
Pratt, Raymond O. 1934, 36
Presteman, Gregory 1978
Price, Bradley D. 1979-81
Prince, Earl S. 1942
Pristine, Leonard 1921
Purvis, Donald L. 1936
Rae, Brian 2002-05
Rakaric, Tony 2001-04
Reid, Morrison 1971-72
Renaud, Jay 2007-09
Rerko, Rodney 1992-95
Reyes, William A. 1964-65
Rieger, Cameron 2011-12
Ristine, Leonard 1920-21
Roche, Adam 2003-05
Roehl, Mark 1991-93
Roller, Robert J. 1970
Roseman, Garry 1990-93
Rosenberg, Norman 1931-32
Santino, William 1974-76
Sarris, Paul 1997-00
Saur, Wayne 1974
Schlotzhauer, Blake 2005-06
Schutman, Ben 2000
Schum, Robert L. 1969-71
Schwitters, Chad 1995-99
Seashore, Robert 1922
Selsor, Evan 2011
Shaffer, Quentin 2013
Shaw, Robert J. 1914
Sheets, Lawrence 1963-64
Sheldon, Jay A. 1972, 74-75
Sheldon, John H. 1922
Sitko, John 1934
Slater, Albert L. 1943-44
Slingsby, Tim 1988-89
Smith, Andrew 2010
Smith, N.E. 1912
Snook, William H. 1949
Soltys, Taylor 2012
Speers, Maurice 1925-26
Stark, Maurie 1942
Steele, Ryan 1998-99
Steele, Stetson 1995-99
Steffen, Mark A. 1970-72
Steinberg, Albert 1911
Stevenson, Gerold 1941
Stiller, Martin 1936
Stone, Gerald L. 1950
Sumner, M.L. 1912-13
Swift, Mark 1974
Swisher, Michael 1972
Szabo, Steve 1966-68
Tate, Tommy 2006-09
Terbell, Floyd O. 1924
Tice, Robert W. 1971
Thode, Jeff 2009-11
Thomas, Adam 1998-01
Tiernan, Stephen 1964
Trainor, Dan 2001-03
Traphagen, Stephen 2002-03
Trimble, Bruce W. 1957-59
Trimble, Ralph 1960-62
Tucker, Jim 1959-61
Tupper, Richard 1947-48
Vacik, George J. 1940
Vanatta, Lyell 1930
Vanderwilt, Robert 1943
VanDenend, Micah 2002, 2004-06
Vonahsen, Virgil 1950-52
Walker, Leland C. 1963
Webster, Alex 2005
Welt, Donald 1941
Welter, Joe 2000-02
Wheeler, Ted S. 1951-52, 55
Wickey, Howard 1929-30
Wieczorek, Lawrence 1965-67
Wilfong, Caleb 2012-13
Wilkes, Quenten 1956
Williams, Derrick 1963
Wisgerhof, Max V. 1934
Witt, Ben 2011-13
Workman, Robert 1941-42
Wren, Richard T. 1946
Young, Nick 2011
Zacher, Eugene R. 1922
Zaruba, Arnold J. 1944

Adams, Katie 2013
Anderson, Krista 2006-07
Anderson, Lindsay.....2008-09
Andrews, Karen 1978-80
Arens, Sarah..... 1999-2000, 2002-03
Armstrong, Meghan 2004-07
Ballweg, Rachel.....1997
Barber, Atalie 2000-03
Beattie, Kayla 2011
Benning, Briana 1993-96
Benson, Nicole 2011-12
Berndt, Danielle.....2008, 2010-11
Billhart, Allison 2005
Blossfeld, Suzanne.....1978-79
Boddicker, Bev.....1977
Boland, Erin 1991-94
Brower, Jennifer.....1988-91
Brown, Nicole 1994-96
Burke, Jolly 2006-07
Butler, Katie 1999-00
Capista, Jenni.....2001, 2003-04
Chapple, Nikki 2003-05
Chow, Sophia 2000
Coleman, Becky 1993-96
Connelly, Michelle.....1977
Dahl, Tracy 1989-92
Daniel, Megan 1993
Davis, Eileen.....1978-79
Deluca, Sarah C. Abel 1979-81
Dixon, Pamela 1978
Doak (Davis), Nan 1980-84
Dobrowolski, Anne.....1981-85
Docherty, Beverly 1977-80
Docherty, Jennie.....2006, 2009
Donlon, Katie 2001-03
Doyle, Renee.....1985-88
Drapcho, Rosemary.....1978-81
Dresselhaus, Ann 1978-80
Drulis, Julie 1997-98
Dunlop, Amy 1977-79
Eilers, Brooke 2008-11
Ellis, Katie.....2006-07, 2009
Esche, Molly 2004-07
Fallon, Fionna.....2008-09
Feltes, Teresa 1977-78
Fleck, Shawn 1993-95
Flood, Betsy.....2008-11
Flynn, Erin 1978-82
Freund, Kay.....1978-81
Gilchrist, Alienor.....1996-97
Gordon, Lisa 2012
Gorman, Keelin.....2011
Griffin, Maggie 1996-99
Gripp, Sue 1977
Haefke, Kristen 1997-98
Hamilton, Jana.....1979-80
Hardesty, Amanda 2007-10
Hardesty, Lauren 2007-10
Hart, Kelsey 2009-12
Hawks, Rachel.....2006
Hedlund, Laurie 1977-78
Hentges, Leah 1999
Hoehle, Zanetta 1978-81
Hoeman, Carissa.....1998
Hoskins, Tami 1987-91
Johnson, Jennifer 1990-93
Jones, Alana 2013
Kiciak, Jennifer 1995-96
Kintzel, Denise.....1977-78
Kleinfelter, Natalie.....1993-95
Kotarba, Christine.....2004, 2007
Krekeler, Rebecca Ann 1978-79
Kruckeberg, Jeanne 1987-89
Kruck, Kim 1994
Kubitz, Christine 1995-96, 1998
Laesch, Jackie.....2011
Lahann, Michelle 1999-2002
Lambrecht, Carol 1977-78
Lessard, Megan.....2009
Luber, Hannah 2010
Lund, Yvonne Irene 1979-80
Lynberg, Michele M. Dr.....1977-78
Marchand, Racheal.....2004-06, 2008
Marshall, Sue.....1977
Martin, Courtney 2012-13
Maser, Shannon 2012-13
McDowell, Tina 1991-94
Melander, McKenzie 2009-11
Millward, Georgia.....2000-03
Mims, Susan.....1977-80
Mitchell, Elizabeth.....1978-79
Murphy, Amy.....1998-99
Murray, Megan.....1998
Nelson, Major Sue 1977-78
Newbrough, Haley 1996-97
Nukuri, Diane.....2006-07
Oltman, Valerie 1998
Pare, Anne.....1996
Pauling, Kiersten 1993-96
Pearson, Laura 2004
Perry, Sarah Spencer 2008
Placzek, Lena 2012-13
Price, Rachel 2013
Quigley, Kristina.....1999
Ranegar, Megan 2010-12
Rehn, Katherin.....2010-11
Roberts, Ericka 1999-2002
Roeder, Hannah 2008-09
Roehl, Becky 1994-97
Ruffcorn, Ann 1999
Salazar, Nina 1998
Saliba, Cindy 2012
Salsberry, Christine 1991-93
Schaefer, Chrissy 2006
Scheibel, Jill.....1995-98
Schleusner, Mary.....2010
Schmidt, Jessica.....2004-07
Schmidt, Kristi.....1998-99
Schoonover, Jennifer.....1993
Schrulle, Mareike.....2011-12
Shearer, Anna.....1998
Sims, Sharon 1977-78
Sokol, Michelle 2001-02, 2004
Spangler, Jenny.....1981-83
Sparks, Staci 1993
Spencer, Laura 2004
Stanley, Shannon 2003-06
Stec, Tina 1990-93
Swartzrock, Diane 1978-80
Thompson, Becca.....1999-00, 2002
Todd, Jocelyn.....2012-13
Todd, Stephanie.....1977-80
Vandervoort, Martha 1991-94
Vitense, Mandi.....1996-98
Von Muenster, Shannon 2001
Wilberding, Tess 2013
Williams, Julie.....1979-81
Zishka, Samantha.....2013



Nan Doak was Iowa's first cross country all-American, earning a total of three honors (1980, 1982-82).



Jennifer Brower was an all-American for the Hawkeyes in 1991. She also ran on the 1991 Iowa squad that posted a second-place finish at the NCAA district meet - its highest finish there in school history.



Tracy Dahl was Iowa's first Big Ten Cross Country Champion. The two-time all-American (1991-92) won the title and was named Big Ten Female Cross Country Athlete of the Year in 1992.