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On The Covers

Front - Seniors Renee White and Racheal Marchand, junior Jolly Burke.

Back - Juniors Caleigh Bacchus and Rhonda-Kaye Trusty, sophomore Bethany Praska.

UI Nondiscrimination 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.

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.

Practice Attendance & Interviews

Practices are open to the media, and interviews may be conducted 15 minutes before or after practice. The cross country team practices daily from 4-6 p.m. at Ashton Cross Country Course. The track team practices daily from 3-6 p.m. at the Rec Building during the indoor season. An outdoor practice time and venue is still to be determined. All interviews should be coordinated by the Iowa Sports Information Office.

2008 Cross Country Schedule

Aug. 29	Hawkeye Invite	Iowa City, IA
Sept. 12	Iowa Invite	Iowa City, IA
Sept. 27	at Loyola Lakefront Invite	Chicago, IL
Oct. 4	at Auburn Invite	Auburn, AL
Oct. 18	at Pre NCAA Invite	Terre Haute, IN
Nov. 2	at Big Ten Championships	Ann Arbor, MI
Nov. 15	at NCAA Midwest Regional	Stillwater, OK
Nov. 24	at NCAA Championships	Terre Haute, IN

2009 Indoor Track & Field Schedule

Jan. 17	Hawkeye Invite	Iowa City, IA
Jan. 23-24	at Jack Johnson Invite	Minneapolis, MN
Feb. 6-7	at Husker Classic	Lincoln, NE
	at Meyo Classic	South Bend, IN
Feb. 13-14	at Cyclone Classic	Ames, IA
	at Husky Classic	Seattle, WA
Feb. 20	Iowa Invite	Iowa City, IA
Feb. 28-Mar. 1	at Big Ten Championships	Bloomington, IN
Mar. 6-7	at Last Chance Invite	Ames, IA
	at Last Chance Invite	South Bend, IN
Mar. 13-14	at NCAA Championships	College Station, TX

2009 Outdoor Track & Field Schedule

Mar. 20-21	at Spring Invite	Hattiesburg, MS
Mar. 28	at LSU Invite	Baton Rouge, LA
	at Kohawk Invite	Cedar Rapids, IA
Apr. 4	at Razorback Invite	Fayetteville, AR
	at Stanford Invite	Stanford, CA
	at Auburn Invite	Auburn, AL
Apr. 10-11	at Mizzou Invite	Columbia, MO
	at Sun Angel Classic	Tempe, AZ
	at Lee Calhoun Invite	Macomb, IL
Apr. 23-25	at Drake Relays	Des Moines, IA
May 15-17	at Big Ten Championships	Columbus, OH
May 29-30	at NCAA Midwest Regional	Norman, OK
June 10-13	at NCAA Championships	Fayetteville, AR
June 24-28	at USATF Championships	Eugene, OR

Credits

The University of Iowa women's track and field and cross country media guide was designed and edited by Assistant Sports Information Director Traci Wagner. Editorial assistance provided by Assistant Sports Information Directors Matt Weitzel and Aaron Blau. Photographs provided by Chris Donahue, Darren Miller, the University Relations Photo Unit and the University of Iowa CMP Photo Services. Cover artwork designed by Matt Ellison and Mindy Heidgerken. Printing done by University of Iowa Printing in Iowa City, IA.



IOWA TRACK & FIELD

2009 Track & Field Roster

Name	Event	Yr.	Hometown (High School/Last School)
Krista Anderson	Distance	Sr.	Leeds, ND (Leeds)
Lindsay Anderson	Distance	Fr.	Leeds, ND (Leeds)
Caleigh Bacchus	Jumps	Jr.	Cascade, Trinidad & Tobago (Bishop Anstey)
Danielle Berndt	Distance	Fr.	Bloomington, MN (Kennedy)
Jolly Burke	Distance	Jr.	Parker, CO (Madison-Edgewood, WI)
Mandy Chandler	Throws	Sr.	Chariton, IA (Chariton)
Brittany Dlhj	Distance	Fr.	West Branch, IA (West Branch)
Jennie Docherty	Middle Distance	Sr.	St. Paul, MN (Cretin-Derham Hall)
Brooke Eilers	Distance	Fr.	Holland, MI (Holland Christian)
Katie Ellis	Distance	Jr.	Barrington, IL (Wauconda)
Nicole Erickson	Sprints	Fr.	Cedar Rapids, IA (Kennedy)
Fionna Fallon	Distance	Jr.	Des Moines, IA (Roosevelt/Portland State)
Karessa Farley	Hurdles	So.	Bridgetown, Barbados (Queen's College HS)
Besty Flood	Middle Distance	Fr.	Des Moines, IA (Dowling)
Kara-Aretha Graham	Sprints	So.	London, United Kingdom (Forest Girls School)
Kathryn Guess	Distance	So.	Des Moines, IA (Lincoln)
Amanda Hardesty	Distance	So.	Valparaiso, IN (Valparaiso)
Lauren Hardesty	Distance	So.	Valparaiso, IN (Valparaiso)
Rachel Hawks	Distance	Sr.	Marshalltown, IA (Marshalltown)
Tiffany Hendricks	Hurdles/Jumps/Multi-Events	So.	Burlington, IA (Burlington)
Sarah Henize	Distance	Gr.	Bucyrus, OH (Bucyrus/Miami University of Ohio)
Courtney Johnson	Multi-Events/Sprints	Fr.	Marion, IA (Linn-Mar)
Susan Kuhl	Distance	Fr.	Beaman, IA (BCLUW)
Jackie Laesch	Distance	Fr.	Wheaton, IL (North)
Racheal Marchand	Distance	Sr.	Valparaiso, IN (Valparaiso)
McKenzie Melander	Distance	Fr.	Apple Valley, MN (Eastview)
Lisa Mellecker	Sprints/Pole Vault	*Fr.	Coralville, IA (Iowa City West)
Kelsey Mims	Sprints	*Fr.	Iowa City, IA (City)
Abbie Mumpower	Hurdles/Multi-Events/Sprints	*Fr.	Quincy, IL (Quincy)
Sarah Spencer Perry	Distance	Gr.	Sioux Falls, SD (Lincoln/Grinnell College)
Sophia Poncé	Sprints/Middle Distance	Jr.	Rockton, IL (Hononegah)
Bethany Praska	Sprints/Middle Distance	So.	Longmont, CO (Longmont Christian)
Hannah Roeder	Distance	So.	Des Moines, IA (Roosevelt/UCLA)
Kelsey Stueland	Middle Distance	Jr.	Tipton, IA (Tipton)
Josie Takes	Sprints	Fr.	Solon, IA (Solon)
Rhonda-Kaye Trusty	Sprints	Jr.	Brampton, Ontario (St. Marguerite D'youville)
Renee White	Jumps/Sprints	Sr.	Portmore, Jamaica (Wolmer's Girl's School)
Jordan Williams	Distance	Fr.	Glenwood, IA (St. Albert)
Caitlin Wooldridge	Distance	So.	Fox River Grove, IL (Cary-Grove)

Pronunciation Guide

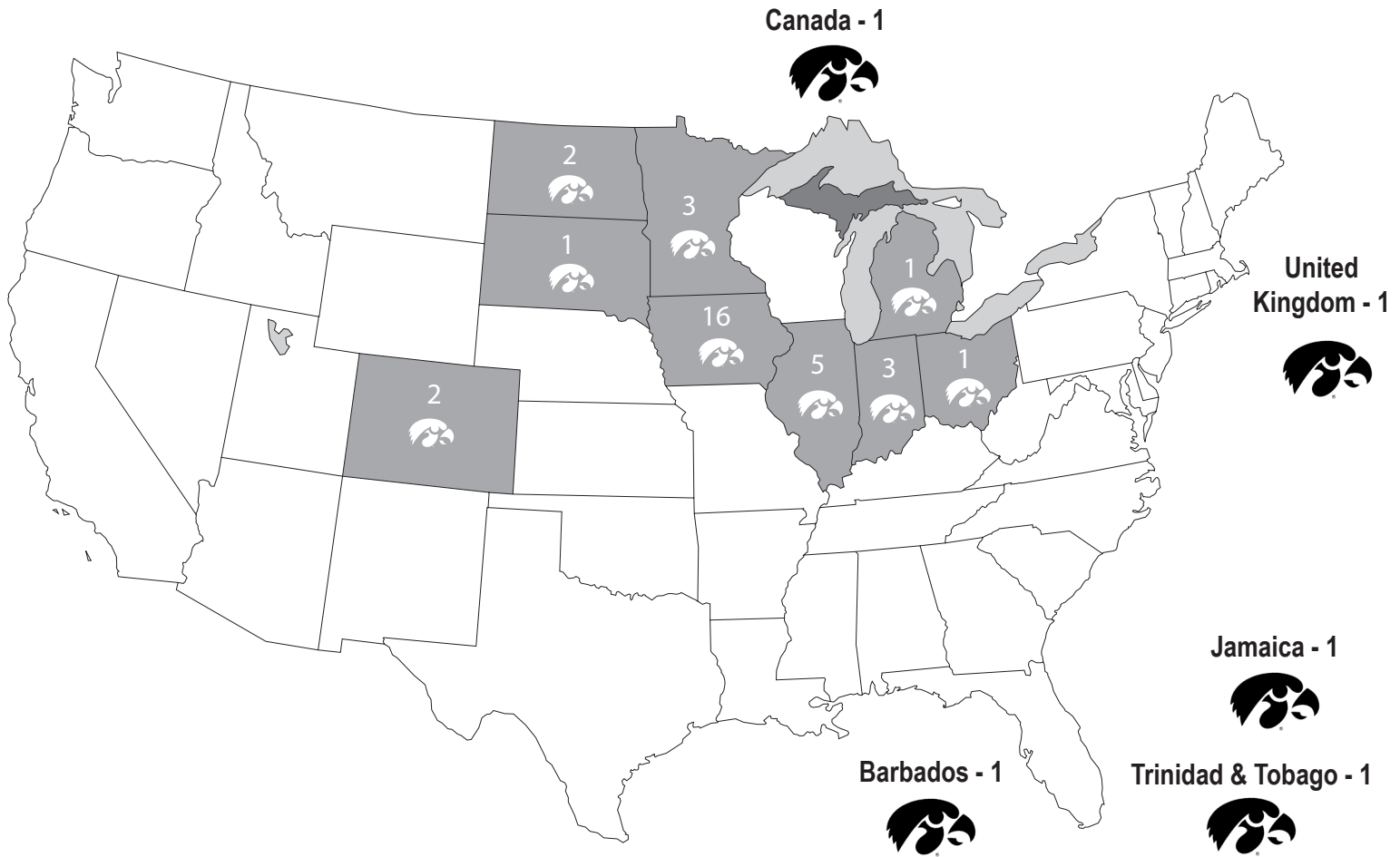
Name.....	Pronunciation
Brittany Dlhj	duh-LIE
Jennie Docherty.....	DOCK-ir-tee
Brooke Eilers	EYE-lerrz
Fionna Fallon.....	FEE-own-uh
Amanda/Lauren Hardesty.....	har-des-TEE
Jackie Laesch.....	LEHSH

Name.....	Pronunciation
Racheal Marchand	MAR-shand
McKenzie Melander.....	MEE-land-err
Lisa Mellecker.....	mell-ECK-err
Sophia Poncé	POHN-see
Hannah Roeder	RAY-derr
Josie Takes.....	TAY-kiss



2009 University of Iowa Women's Track & Field Team

Front Row (l-r): Jordan Williams, Brooke Eilers, Lauren Hardesty, Krista Anderson, Jolly Burke, McKenzie Melander, Kathryn Guess, Caitlin Wooldridge, Lisa Mellecker, Nicole Erickson. **Second Row (l-r):** Jackie Laesch, Lindsay Anderson, Sarah Henize, Amanda Hardesty, Hannah Roeder, Katie Ellis, Rachel Hawks, Brittany Dlh, Josie Takes. **Third Row (l-r):** Kelsey Stueland, Sarah Spencer Perry, Danielle Berndt, Susan Kuhl, Racheal Marchand, Besty Flood, Jennie Docherty, Bethany Praska, Tiffany Hendricks. **Fourth Row (l-r):** Courtney Johnson, Abbie Mumpower, Sophia Poncè, Karessa Farley, Caleigh Bacchus, Renee White, Mandy Chandler, Rhonda-Kaye Trusty, Kelsey Mims. **Back Row (l-r):** Assistant Coach Clive Roberts, Head Coach Layne Anderson, Volunteer Assistant Coach Shellene Williams, Student Assistant Coach Diane Nukuri, Volunteer Assistant Coach Tony Guerra, Assistant Coach Christi Smith. **Not Pictured:** Kara-Aretha Graham, Fionna Fallon.



Homes of the Hawkeyes

Throughout the years, student-athletes from all parts of the United States and the world have worn the black and gold of the Iowa Hawkeyes with pride. Following is a list of the 2008-09 Hawkeyes and where they are from:

United States

Colorado (2)

Jolly Burke - Parker
Bethany Praska - Longmont

Illinois (5)

Katie Ellis - Barrington
Jackie Laesch - Wheaton
Abbie Mumpower - Quincy
Sophia Poncé - Rockton
Caitlin Wooldridge - Fox River Grove

Indiana (3)

Amanda Hardesty - Valparaiso
Lauren Hardesty - Valparaiso
Racheal Marchand - Valparaiso

Iowa (16)

Mandy Chandler - Chariton
Brittany Dlhý - West Branch
Nicole Erickson - Cedar Rapids
Fionna Fallon - Des Moines
Besty Flood - Des Moines
Kathryn Guess - Des Moines
Rachel Hawks - Marshalltown
Tiffany Hendricks - Burlington
Courtney Johnson - Marion
Susan Kuhl - Beaman
Lisa Mellecker - Coralville
Kelsey Mims - Iowa City
Hannah Roeder - Des Moines
Kesley Stueland - Tipton
Josie Takes - Solon
Jordan Williams - Glenwood

Michigan (1)

Brooke Eilers - Holland

Minnesota (3)

Danielle Berndt - Bloomington
Jennie Docherty - St. Paul
McKenzie Melander - Apple Valley

North Dakota (2)

Krista Anderson - Leeds
Lindsay Anderson - Leeds

Ohio (1)

Sarah Henize - Bucyrus

South Dakota (1)

Sarah Spencer Perry - Lincoln

International

Barbados (1)

Karessa Farley - Bridgetown

Canada (1)

Rhonda-Kaye Trusty - Brampton

Jamaica (1)

Renee White - Portmore

Trinidad & Tobago (1)

Caleigh Bacchus - Cascade

United Kingdom (1)

Kara-Aretha Graham - London



GENERAL INFORMATION

Location: Iowa City, IA
 Founded: 1847
 Enrollment: 30,561
 Conference: Big Ten
 School Colors: Black and Gold (PMS 116)
 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

Head Women's Coach (Year at Iowa): Layne Anderson (6th)
 Events: Cross Country, Distance
 Alma Mater, Year: The Citadel, 1989
 E-Mail Address: layne-anderson@uiowa.edu

Head Men's Coach (Year at Iowa): Larry Wieczorek (22nd)
 Events: Cross Country, Distance
 Alma Mater, Year: Iowa, 1969
 E-Mail Address: larry-wieczorek@uiowa.edu

Assistant Coach (Year at Iowa): Scott Cappos (13th)
 Events: Throws
 Alma Mater, Year: Indiana, 1992
 E-Mail Address: scott-cappos@uiowa.edu

Assistant Track Coach (Year at Iowa): Clive Roberts (1st)
 Events: Horizontal Jumps; Women's Short Sprints, Hurdles & Relays
 Alma Mater, Year: Central Michigan, 2003
 E-Mail Address: clive-roberts@uiowa.edu

Assistant Track Coach (Year at Iowa): Christi Smith (1st)
 Events: Multi-Events, Vertical Jumps
 Alma Mater, Year: Akron (2002)
 E-Mail Address: christi-smith@uiowa.edu

Assistant Coach (Year at Iowa): Joey Woody (3rd)
 Events: Men's Sprints, Hurdles & Relays; Women's Long Sprints & Hurdles
 Alma Mater, Year: Northern Iowa, 1997
 E-Mail Address: joey-woody@uiowa.edu

Cross Country/Track Administrator: Paula Jantz
Cross Country/Track Secretary: Kristi Higby
Office Phone: (319) 335-9257
Office Address: 250 Carver-Hawkeye Arena, Iowa City, IA 52242

MEDIA INFORMATION

Cross Country/Track & Field SID: Nathan Sheehan
 E-Mail Address: nathan-sheehan@uiowa.edu
Sports Information Office Phone: (319) 335-9411
Sports Information Office Fax: (319) 335-9417
Web Site: hawkeyesports.com
Office Address: 157 Carver-Hawkeye Arena, Iowa City, IA 52242

CROSS COUNTRY TEAM INFORMATION

2007 Big Ten Cross Country Finish (Points): 6th (103)
 2007 NCAA Midwest Regional Finish (Points): 3rd (111)
 2007 NCAA Championships Finish (Points): 10th (397)
 All-Americans Returning/Lost: 1/2
 All-Region Returning/Lost: 2/2
 All-Big Ten Honorees Returning/Lost: 2/2
 Academic All-Big Ten Returning/Lost: 5/3
 Letterwinners Returning/Lost: 6/4

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: 9 student-athletes, 12 honors
 NCAA Regional Champions: 2 - Diane Nukuri, 2006 & 2007
 All-Region Honorees: 6 student-athletes, 10 honors
 Big Ten Champions: 2 - Tracy Dahl, 1992; Diane Nukuri, 2007
 All-Big Ten Honorees: 11 student-athletes, 15 honors
 USTFCCA All-Academic Team Members: 2 student-athletes, 3 honors
 Academic All-Big Ten Honorees: 55 student-athletes, 98 honors

TRACK & FIELD TEAM INFORMATION

2008 Big Ten Indoor Championships Place (Points): 5th (60)
 2008 Big Ten Indoor Champions Returning/Lost: 1/1
 2008 Indoor All-Americans Returning/Lost: 0/1
 2008 NCAA Indoor Championships Qualifiers Returning/Lost: 3/11
 2008 Big Ten Outdoor Championships Place (Points): 6th (73)
 2008 Big Ten Outdoor Champions Returning/Lost: 0/2
 2008 NCAA Midwest Regional Place (Points): 18th (12)
 2008 Regional Qualifiers Returning/Lost: 2/9
 2008 NCAA Outdoor Championships Place (Points): 43rd (6)
 2008 Outdoor All-Americans Returning/Lost: 0/4
 2008 NCAA Outdoor Championships Qualifiers Returning/Lost: 1/5
 2008 Letterwinners Returning/Lost: 15/10

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: 4
 All-Americans: 30 student-athletes, 56 honors
 NCAA Regional Champions/Qualifiers: 3/90
 All-Region Honorees: 17 student-athletes, 32 honors
 Big Ten Champions (Indoor/Outdoor): 36/32
 All-Big Ten Honorees: 39 student-athletes, 59 honors
 Academic All-Big Ten Honorees: 87 student-athletes, 160 honors