



2010 University of Iowa Cross Country & Track & Field Coaching Staff

Front Row (l-r): Assistant Coach Scott Cappos, Head Women's Coach Layne Anderson, Student Assistant Coach Renee White, Head Men's Coach Larry Wiecezorek. **Back Row (l-r):** Assistant Coach Clive Roberts, Volunteer Assistant Coach John Raffensperger, Volunteer Assistant Coach Jason Wakenight, Assistant Coach Joey Woody, Assistant Coach Christi Smith.



IOWA HAWKEYE TRACK & FIELD

Head Women's Coach Layne Anderson



Layne Anderson Women's Head Coach Seventh Year at Iowa

Layne Anderson is in his second year as head coach of the University of Iowa women's cross country and track and field teams. He has served as the Hawkeyes' head women's cross country coach for the past six seasons, and was the interim head women's track and field coach in 2008. From 2003-07, he served

as an assistant women's track and field coach for the Hawkeyes.

In Anderson's six years with the cross country team, the Hawkeyes have made strong strides toward recapturing the program's success of the 1980s. The team qualified for the NCAA Championships the last three seasons after a 14-year absence from the meet. In 2008, the Hawkeyes placed sixth at the Big Ten meet and fourth at the NCAA Midwest Regional, marking the third straight season that Iowa has placed sixth or higher at the conference race and fourth or higher at the regional meet. During Anderson's tenure, the Hawkeyes have also set school records in the 3,000, 4,000, 5,000 and 6,000 meters.

Racheal Marchand led an inexperienced team in 2008, becoming the third Hawkeye in school history to win the NCAA regional race and take home NCAA Midwest Regional Female Athlete of the Year honors. She carried that momentum into the NCAA meet, placing fifth to earn her second all-America honor. It was the third straight year that Iowa posted a top-10 finisher in the national race, and only two other schools in the nation - Texas Tech and Michigan State - have accomplished the same feat. Graduate student Sarah Spencer Perry also earned all-region honors in her lone season with the Hawkeyes.

Diane Nukuri and Meghan Armstrong closed out phenomenal Hawkeye careers earning all-America honors in 2007. Nukuri defended her NCAA Midwest Regional title and 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 Honda award in cross country, Nukuri set school records in the 4,000, 5,000 and 6,000 meters in 2007, already holding the 3,000-meter mark from 2006. She also set four course records during the season. 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, placing 79th at the 2005 national meet.

In 2006, Nukuri, Armstrong and Marchand paced the team. Nukuri and Marchand earned all-America honors, making Iowa one of nine schools to crown two all-Americans. Nukuri was named Midwest Region Runner of the Year when she won the regional meet title. All three earned all-region honors, while Armstrong and Marchand earned all-Big Ten honors. Nukuri set school records in the 3,000 and 5,000 meters, while she and Armstrong shared the 6,000-meter mark.

In 2005, Armstrong and Marchand earned all-region honors, becoming the third and fourth all-region honorees during Anderson's tenure. Sarah Arens (2003) was the first Hawkeye to earn the honors under Anderson, and Nikki Chapple (2004) was the second.

The Iowa cross country team has also had success in the classroom under Anderson. The team earned USTFCCCA all-academic honors all six seasons, while Arens (2003) and Armstrong (2005) each 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. Twenty-seven Hawkeyes have earned academic all-Big Ten honors.

In Anderson's first season as head women's track and field coach, Marchand (5,000 meters) and junior Karessa Farley (60-meter hurdles) earned all-America honors at the NCAA Indoor Championships, and Renee White won the Big Ten outdoor triple jump title. The Hawkeyes posted seven NCAA indoor qualifiers, and three of their five NCAA Midwest Regional qualifiers earned all-region honors. As a team, Iowa was named to the USTFCCCA all-academic squad for the sixth-straight year and posted 10 academic all-Big Ten honorees.

Anderson served as interim head coach for the women's track team for the 2008 season after the passing of former Hawkeye Head Coach James Grant. Under Anderson's direction, Iowa crowned five all-Americans and won four Big Ten individual titles. The Hawkeyes posted 14 NCAA indoor provisional qualifiers, four NCAA outdoor automatic qualifiers, two NCAA outdoor provisional qualifiers and qualified nine competitors for the NCAA Midwest Regional. Seven Hawkeyes were named to the academic all-Big Ten squad. Armstrong, Nukuri, Marchand, White, and seniors Kineke Alexander and Tammilee Kerr each posted outstanding individual performances.

Alexander picked up her eighth all-America honor in the 400 meters, which is the most any Hawkeye in school history has ever accumulated. The 2006 NCAA 400-meter champion and two-time NCAA Midwest Regional Champion won five Big Ten titles and set school records



Coach Anderson with Hawkeye all-American Racheal Marchand at the 2008 NCAA Cross Country Championships.



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.

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.

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 re-

ords. 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.

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 medalist 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 a son, Sawyer, and are expecting their second child in April.

Anderson At Iowa - Cross Country

Year	Big Ten Finish/Points	Regional Finish/Points	National Finish/Points
2003	11th/241	9th/283	--/--
2004	7th/170	7th/235	--/--
2005	7th/170	6th/182	--/--
2006	6th/112	3rd/118	17th/409
2007	5th/103	3rd/111	10th/387
2008	6th/151	4th/126	24th/538

Anderson At Iowa - Track & Field

Year	Indoor Big Ten Finish/Points	Outdoor Big Ten Finish/Points	Regional Finish/Points
2008	5th/60	6th/73	18th/12
2009	10th/25	10th/31	21st/13

The Anderson File

- 5 Cross Country All-Americans
- 29 Track All-Americans
- 3 NCAA Midwest Regional Cross Country Champions
- 3 NCAA Midwest Regional Cross Country Athletes of the Year
- 12 NCAA All-Midwest Region Cross Country Performers
- 14 NCAA All-Midwest Region Track Performers
- 1 Big Ten Cross Country Champion
- 5 Big Ten Track & Field Champions
- 59 Iowa All-Time Top 10 Performers in Cross Country
- 119 Iowa All-Time Top 10 Performers in Track
- 6 USTFCCCA Academic All-America Cross Country Team Awards
- 2 USTFCCCA Academic All-America Track & Field Team Awards
- 63 Academic All-Big Ten Performers In Cross Country and Track



Larry Wieczorek **Men's Head Coach** **23rd Season at Iowa**

Larry Wieczorek is in his 23rd season as head men's cross country coach and is in his 14th season as head men's track and field coach at the University of Iowa. He served as an assistant track and field coach for 12 years before taking the helm in 1997.

A six-time Big Ten champion (including two in cross country) and four-time all-American at Iowa, Wieczorek once held conference marks in the one, two, three, four and five-mile runs. A member of Iowa's last Big Ten track championship team in 1967, he still owns Iowa's indoor two-mile school record and his indoor mile and outdoor 5,000-meter marks rank 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's to throw over 200. Kostrubala was also an NCAA indoor qualifier in the shot put (60-10 3/4) with the third-best mark in that event in indoor school history.

Wieczorek took over the men's cross country program in 1987, and has since shifted his track responsibilities to the distance corps. During his tenure, the cross country team has placed sixth or higher 10 times at the NCAA Regional Championships, has posted 33 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 has 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).

Since he was named head men's track and field coach in 1997, his goal was to build a

strong Hawkeye squad around a well-balanced team. In his 13 years at the helm, Wieczorek has coached NCAA Champion long jumper Bashir Yamini, 27 all-Americans, 109 national qualifiers, 104 NCAA Midwest Regional qualifiers and 44 Big Ten Champions. Iowa's 1,600-meter relay won the 1999 Big Ten outdoor title and has earned all-America honors twice during Wieczorek's tenure. The Hawkeyes have also had at least one all-American in the throws eight of the last nine seasons, crowning a total of 16 all-Americans and 20 Big Ten champions in the field events since 1997. The Hawkeyes recorded their highest conference indoor placing (fourth) in 1997, and their highest team finish at the Big Ten Outdoor Championships (second) in 33 years at the 1999 Big Ten outdoor meet.

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 holds the school indoor 3,000 and 5,000-meter records, as well as the outdoor 5,000-meter mark.



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

When Wieczorek joined the Iowa staff, several of his athletes were also members of the nationally-ranked Iowa football team. He has continued to foster a strong relationship with the Iowa football staff, which has 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 only thrower in conference history to earn Big Ten Freshman of the Year honors at both the indoor and outdoor conference meets. Hawkeye senior Paul Chaney, Jr. had an strong outdoor season for the Hawkeyes in 2009 after rejoining the team after spring football practice ended on April 18. 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 last season, qualifying for the NCAA regional and scoring points at the Big Ten outdoor meet in three events. He has led the team in the 60 and 200 meters the past three seasons.

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 11th year of existence, the annual Iowa Musco Twilight Meet is just that. Named for Musco Lighting of Oskaloosa, IA, who supplies mobile lighting equipment, the co-ed meet which featured 10 teams in 2008, starts in the late afternoon and extends into the night. In its first four years, the meet had produced 43 NCAA provisional qualifiers. Since the creation of the regional qualifying system in 2003, 253 competitors have reached 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 has had an academic all-Big Ten selection each year during his tenure, totaling 72 honorees in cross country and 141 in track and field. Iowa's 12 track and field academic all-Big Ten honorees in 2009 was only one off the school record of 13 set in 2008, and the seven cross country honorees in 2008 set a new Hawkeye best.

Wieczorek came to Iowa after 11 seasons as head track coach at Proviso (IL) 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, IL. 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
Total	9	35	12/15

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	---



IOWA HAWKEYE TRACK & FIELD

Assistant Coach Scott Cappos



Scott Cappos

Assistant Coach

14th Year at Iowa

The 2007 USTFCCA Men's Midwest Region Throws Coach of the Year, Scott Cappos is in his 14th 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 second season of coaching the men and women throwers.

Since joining the staff in 1997, Cappos has helped create a strong Hawkeye throws program. During his tenure, Iowa has crowned 17 all-Americans and 20 Big Ten champions in the field events, setting 16 school records. The Hawkeyes have also had at least one all-American in the throws eight of the last 10 seasons. Iowa has crowned at least one all-Big Ten performer in the hammer throw nine of the past 12 years, a Hawkeye has finished first or second in the discus in 11 of the last 13 Big Ten meets and Iowa thrower has placed in the top three in the shot put at the last 10 conference meets. Since the creation of the outdoor regional qualification system in 2003, 53 Hawkeye field event competitors have qualified for the chance to advance to the NCAA Championships and 17 have earned all-region honors. Former Hawkeye A.J. Curtis holds the men's school record for most times qualified for the regional meet with eight.

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 school discus record in 2007.

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, Brodersen won two Big Ten titles, and his collegiate-best mark of 193-6 ranks fourth 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 (5), and a daughter, Amelia (3).

Cappos' Coaching Philosophy

I utilize my experience, knowledge, values, beliefs and judgment to help student-athletes achieve goals - academically, athletically and personally. I blend the art and science of coaching and teach the basics to my athletes. I plan, implement and evaluate scientifically-proven training methods, use goal setting and have a plan of action for each student-athlete. I want to build solid relationships with my student-athletes based on respect and common goals. The ultimate objective is for the student-athlete to have a positive experience, graduate with a meaningful degree and be prepared to succeed after graduation.

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

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)

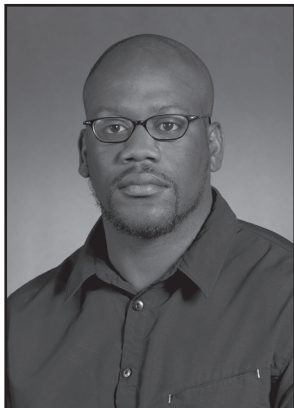
Two-Time All-American, Two-Time Big Ten Champion, Drake Relays Champion, NCAA Midwest Regional Champion, Two-Time All-Region, School Record Holder, Big Ten Meet Javelin Record Holder

Dan Ralph - Javelin (1998-2001)

All-Big Ten

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
Second Season

Clive Roberts is in his second season as an assistant coach for the University of Iowa track and field team. He oversees the horizontal jumps, and women's sprints, hurdles and relays.

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 certified 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 (6) and son Quentin (3).

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

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

Jessica White, Bowling Green State University

High School Bests: 100 m-12.08, 200 m-25.45

Collegiate Bests: 60 m-7.50, 100 m-11.57, 200 m-24.38

Honors: Bowling Green 60-m Record Holder, 2006 Regional Qualifier

Amanda Sefcik, Bowling Green State University

High School Bests: Long Jump-18-11 (Blew ACL First year of College)

Collegiate Bests: Long Jump-19-7



Coach Roberts with Big Ten outdoor triple jump champion Renee White (left) and All-American hurdler Karessa Farley (right).



Christi Smith

**Assistant Coach
Second Season**

Christi Smith enters her second season as an assistant coach for the University of Iowa track and field team. Her main areas of responsibility include combined events, pole vault and vertical jumps.

In her first season with the Hawkeyes, Smith coached Hawkeye combined-eventers Dan Rolling (4,909) and Frank Prill (4,902) to collegiate-best scores in

the heptathlon that rank second and third, respectively, all-time at Iowa. She also coached Rolling to a fifth-place finish in his first contested decathlon with a score of 6,811 points at the Big Ten Outdoor Championships.

The 2000 NCAA heptathlon champion, Smith joined the Iowa staff after serving as an assistant coach at Kent State in 2008. She was responsible for coaching the heptathlon, horizontal jumps, high jump and sprints for the Flashes. Shamel Smith excelled under Smith's tutelage in 2008, jumping 7-1 3/4 in regular season and qualifying for the NCAA Outdoor Championships. Smith also mentored Marc Johnson to a pair of NCAA provisional marks in 2007. Johnson clocked a 6.67 in the 60 meters to win the 2007 Mid-American Conference Indoor Championships and followed it up by recording a 10.45 in the 100 meters to win the 2007 MAC Outdoor Championships.

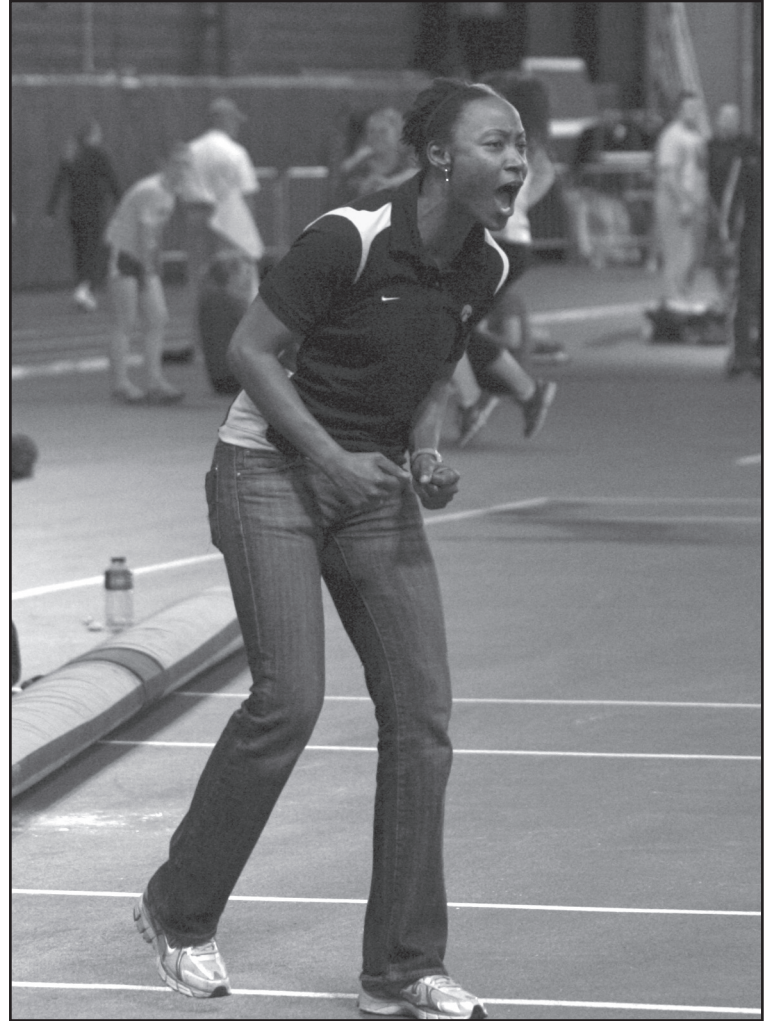
Before arriving at Kent State, Smith was an assistant coach at Ohio University for two seasons. While at Ohio she was responsible for coaching the jumps, sprints and combined event programs. In 2006 Smith helped to coach Scott (Nathan) Mayle to 26-00 feet to win an NCAA regional title.

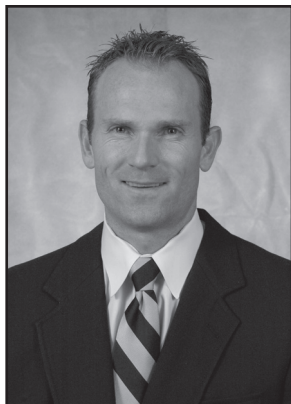
Her other coaching experience includes serving as a volunteer coach at the New World Track Club where she worked with youth athletes in the long jump, sprints, shot put and relays. She was also a student assistant track coach at her alma mater, Akron University, in 2002.

Smith was the Zips' first NCAA champion and one of the most decorated student-athletes in school history. While at Akron, she won 11 MAC titles in various events, including long jump, triple jump, pentathlon, and heptathlon. A two-time all-American, she placed second in the NCAA heptathlon in 1999. She was a three-time recipient of the Caroline J. Pardee award, which is annually presented to Akron's Female Athlete of the Year. Smith was also a finalist for the NCAA's James E. Sullivan Leadership Award, and was selected to participate at the NCAA Leadership Conference.

A native of Columbus, OH, Smith was a two-time state champion in the long jump for Bexley High School. She set the long jump state record of 19-3.

Smith was born February 23, 1977. She graduated from Akron in 2002 with a bachelor's degree in physical education.





Joey Woody Assistant Coach Fourth Season at Iowa

Iowa City native and World Champion runner Joey Woody is in his fourth 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, and women's long sprints and hurdles.

In his first three seasons at Iowa, Woody has made an immediate impact on the team. Last season, the men's 400-meter relay of sophomore D'Juan Richardson, junior Zeke Sayon, sophomore Patrick Richards and senior Paul Chaney, Jr. won Iowa's first Drake Relays title since 1998, placed third at the Big Ten Championships and qualifying for the NCAA Midwest Regional. The 400-meter relay of Richardson, Sayon, junior 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 placed fourth in the conference 200 meters. Senior Ray Varner earned his third all-region honor in the 400-meter hurdles, earning a bid to the national meet. Varner, junior 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 junior Chris Barton, Richards, Varner and junior Steven Willey provisionally qualified for the NCAA indoor meet, while the squad of Barton, sophomore Erik Sowinski, Varner and Willey qualified for the NCAA Midwest 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).

During the past decade Woody has 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 com-



munications 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 (7) and Isabelle (5). 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.



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Track & Field Support Staff



Paula Jantz
Administration



Joyce Rossie
Men's Secretary



Kristi Higby
Women's
Secretary



Andy Winkelmann
Academic Advisor



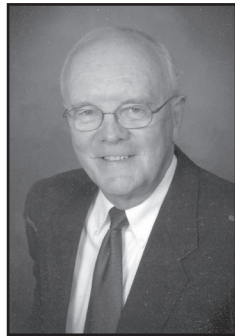
Randy Jensen
Facilities



Randy McCray
Facilities



Rusty Burney
Strength Coach



John Raffensperger
Volunteer
Assistant Coach



Jason Wakenight
Volunteer
Assistant Coach



Diane Nukuri
Volunteer
Assistant Coach



Renee White
Student
Assistant Coach



Doug West
Athletic Trainer



Karla Popp
Graduate
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Chris Burk
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Athletic Trainer



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