



ONE TRACK MIND



IOWA TRACK AND FIELD

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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 Nondiscrimination Statement

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2012 Cross Country Schedule

Aug. 31	Western Illinois Early Bird Open	Macomb, Ill.
Sept. 7	Bradley Open	Peoria, Ill.
Sept. 21	Toledo Bubble Buster	Toledo, Ohio
Sept. 29	Roy Griak Invitational	Minneapolis
Oct. 12	Wisconsin Adidas Invitational	Madison, Wis.
Oct. 13	Pre-National Invitational	Louisville, Ky.
Oct. 28	Big Ten Championships	East Lansing, Mich.
Nov. 9	NCAA Midwest Regional	Springfield, Mo.
Nov. 17	NCAA Championships	Louisville, Ky.

2013 Indoor Track and Field Schedule

Jan. 12	Iowa Open	Iowa City, Iowa
Jan. 19	at Adidas Classic	Lincoln, Neb.
Jan. 25-26	at Bill Bergen Invitational	Ames, Iowa
Jan. 26	at Illinois Invitational	Champaign, Ill.
Feb. 1-2	at Meyo Invitational	South Bend, Ind.
Feb. 8-9	at Cyclone Classic	Ames, Iowa
	at Tyson Invitation	Fayetteville, Ark.
	at Husky Invitational	Seattle, Wash.
Feb. 15	Iowa Invitational	Iowa City, Iowa
Feb. 22-23	at Big Ten Championships	Geneva, Ohio
Mar. 2	at Last Chance Meet	Ames, Iowa
	at Last Chance Meet	Notre Dame, Ind.
Mar. 8-9	at NCAA Championships	Fayetteville, Ark.

2013 Outdoor Track and Field Schedule

Mar. 22-23	at Alabama Invitational	Tuscaloosa, Ala.
Mar. 27	at Central Invitational	Pella, Iowa
Mar. 29-30	at Stanford Invitational	Palo Alto, Calif.
Apr. 4-6	at Jim Click Invitational	Tempe, Ariz.
Apr. 13	at Tom Botts Invite	Columbia, Mo.
Apr. 20	Musco Twilight XIV	Iowa City, Iowa
Apr. 25-27	at Drake Relays	Des Moines, Iowa
May 3	at UNI Invitational	Cedar Falls, Iowa
May 10-12	at Big Ten Championships	Columbus, Ohio
May 23-25	at NCAA Regionals	TBA
June 5-8	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.



IOWA TRACK AND FIELD

2012-13 MEDIA GUIDE

Name	Event	Yr.	Hometown (Last School)
Babatunde Amosu	Jumps	So.	London, England (Texas A&M)
Thomas Anthony	Distance	Fr.	Santa Clara, Calif. (Cupertino HS)
Ardian Asani	Long Jump	Fr.	Algonquin, Ill. (Dundee Crown HS)
Justin Austin	Sprints	Sr.	Milwaukee, Wis. (University of Kentucky)
Jon Michael Brandt	Distance	Jr.	Winona, Minn. (Winona HS)
Keith Brown	Sprints/Hurdles	So.	Milwaukee, Wis. (Iowa Wesleyan)
Matt Butler	Distance	Fr.	Bettendorf, Iowa (Bettendorf HS)
Matt Byers	Throws	Sr.	Wichita, Kan. (Wichita East HS)
Andrew Carman	Throws	Jr.	Jefferson, Iowa (Jefferson-Scranton HS)
Sam Chaney	Distance	Jr.	Columbus Junction, Iowa (Columbus Junction HS)
Kody Dailey	Throws	Fr.	Iowa City, Iowa (City HS)
Brennan Davey	Middle Distance	So.	Indianola, Iowa (Indianola HS)
Kerry Dean Jr.	Jumps	Fr.	Evergreen Park, Ill. (Mount Carmel HS)
Klyvens Delaunay	Jumps	Fr.	Claremont, Calif. (Claremont HS)
Jack Eckert	Combined Events	Jr.	Sellersburg, Ind. (Silver Creek HS)
Nate Ferree	Distance	Fr.	Appleton, Wis. (Xavier HS)
Neil Flattery	Middle Distance	Fr.	Fort Dodge, Iowa (Saint Edmond HS)
Sam Fourman	Distance	So.	Oak Park, Ill. (Oak Park HS)
Anthony Gregorio	Distance	Fr.	Palatine, Ill. (Palatine HS)
Michael Hart	Distance	Fr.	West Branch, Iowa (West Branch HS)
Ethan Holmes	Hurdles	Sr.	Clinton, Iowa (Clinton HS)
Nick Holmes	Distance	Sr.	Peoria, Ill. (Limestone HS)
Daniel Huff	Distance	Fr.	Waverly, Iowa (Waverly-Shell Rock HS)
Gabe Hull	Throws	So.	Bloomington, Ind. (South HS)
Sam Joens	Throws	*Fr.	Cedar Rapids, Iowa (Prairie HS)
Josh Larney	Jumps	Sr.	Cleveland, Ohio (Iowa Central CC)
Kevin Lewis	Distance	So.	Ottumwa, Iowa (Ottumwa HS)
Nate Lonsway	Distance	Sr.	Dublin, Ohio (Eastern Michigan)
Caleb Mere	Jumps	So.	Hiawatha, Iowa (Kennedy HS)
Avery Meyers	Throws	Fr.	West Liberty, Iowa (West Liberty HS)
Tevin-Cee Mincy	Sprints	Jr.	Altoona, Iowa (S.E. Polk HS)
Jordan Mullen	Hurdles	Sr.	Atlantic, Iowa (Atlantic HS)
Austin Murphy	Throws	Fr.	Iowa City, Iowa (City HS)
David Nsbua	Jumps	Fr.	Ontario, Canada
Brandon Oest	High Jump	Sr.	Geneva, Ill. (Aurora Christian HS)
Nathan Prom	Middle Distance	Jr.	East Dundee, Ill. (Dundee Crown HS)
Kyle Reid	Combined Events	Sr.	Schaumburg, Ill. (James B. Conant HS)
Keaton Rickels	Sprints/Middle Distance	Sr.	Iowa Falls, Iowa (Iowa Falls-Alden HS)
Cameron Rieger	Distance	Sr.	Mundelein, Ill. (Carmel Catholic HS)
Cullen Shanrock	Distance	So.	Wabasha, Minn. (Gustavus Adolphus)
Kyle Slaymaker	Sprints/Middle Distance	Sr.	Cedar Rapids, Iowa (University of Northern Iowa)
Taylor Soltys	Distance	Fr.	Naperville, Ill. (Neuqua Valley HS)
Kevin Spejcher	High Jump	Fr.	Bloomington, Ind. (Lake Park HS)
Ben Stancombe	Throws	Sr.	Bloomington, Ind. (South HS)
Will Teubel	Middle Distance	Fr.	Lisbon, Iowa (Mount Vernon HS)
Brendan Thompson	Sprints	Fr.	Fort Madison, Iowa (Fort Madison HS)
Kaleb VanCleave	Sprints	So.	Des Moines, Iowa (Hoover HS)
Ryan Weir	Middle Distance	Sr.	Ripon, Wis. (Univ. of Wisconsin-Milwaukee)
Kyle Wheeler	Middle Distance	So.	Glenwood, Iowa (Glenwood HS)
Caleb Wilfong	Distance	Fr.	Columbia, Mo. (Rock Bridge HS)
Ben Witt	Distance	So.	Burlington, Iowa (Burlington HS)
Mitch Wolff	Sprints/Hurdles	Fr.	Plainfield, Ill. (Plainfield South HS)
Josh Zeiser	Sprints/Hurdles	Fr.	Maxwell, Iowa (Collins-Maxwell-Baxter HS)

* - redshirt

Pronunciation Guide

Name	Pronunciation
Babatunde Amosu	...bob-ah-TOON-day AH-moo-sue
Ardian Asani	...ARE-dee-an ah-SAW-knee
Klyvens Delaunay	...DUE-la-nay
Nate Ferree	...fuh-REE
Sam Joens	...JONES
David Nsbua	...sa-BOO-ah
Brandon Oest	...OHST
Cameron Rieger	...REE-guhr
Taylor Soltys	...SOUL-stiss
Kevin Spejcher	...SPAY-shur
Will Teubel	...TUE-bull
Ryan Weir	...WEER
Josh Zeiser	...ZIE-ZUR
Head Coach Larry Wiecezorek	...wuh-ZOR-ik



Name	Event
Adrienne Alexia	Sprints
Rachel Ballard	Sprints/Jumps
Kayla Beattie	Distance
Nicole Benson	Distance
Brooke Bierhaus	Middle Distance
Jordan Bucher	Distance
Chelsea Colpitts	Throws
Rachel Curry	Throws
Mackenzie Eland	Distance
Kassidy Ellis	Combined Events
Shannen Rose Forde	Sprints/Hurdles/Jumps
Courtney Fritz	Throws
Brooke Gambrall	Distance
Allison Gattone	Javelin
Dakotah Goodell	Throws
Lisa Gordon	Distance
Ashlyn Gulvas	Throws
Grace Haerr	Distance
Kelsey Hart	Distance
MonTayla Holder	Sprints/Hurdles
Brittany Holst	Pole Vault
Amanda Houston	Throws
Ali Krogman	Distance
Lake Kwaza	Sprints
Carisa Leacock	Jumps
Taylor Lynch	Sprints/Hurdles
Courtney Martin	Distance
Shannon Maser	Distance
Kailey Mikulec	Distance
Zinnia Miller	Combined Events
Gina Montagna	Jumps
Lauren Moore	Sprints
Raven Moore	Sprints
Kaitlyn Nelson	Sprints
Gina O'Brien	Distance
Tayo Oladele-Ajose	High Jump
Lena Placzek	Distance
Rachel Price	Distance
Megan Ranegar	Distance
Katherin Rehn	Distance
Sarah Ryan	Combined Events/Jumps
Cindy Saliba	Distance
Mareike Schrulle	Distance
Lauren Scott	Distance
Jasmine Simpson	Throws
Annemie Smith	Throws
Amanda Stahle	Throws
Gabrielle Stearnes	Middle Distance
Haleigh Theuerkauf	Throws
Jocelyn Todd	Distance
Katie Truedson	Pole Vault
Majesty Tutson	Throws
Maisie Vachuska	Middle Distance
Kirsten Weismantle	Pole Vault
Khanishah Williams	High Jump

Yr.	Hometown (Last School)
Jr.	Grundy Center, Iowa (Grundy Center HS)
Fr.	Saint Joseph, Ill. (Saint Joseph-Ogden HS)
So.	Woodstock, Ill. (Woodstock HS)
Sr.	Peoria, Ill. (Bradley University)
So.	Davenport, Iowa (Pleasant Valley HS)
Fr.	Rochester, Minn. (Meyo Senior HS)
Jr.	Council Bluffs, Iowa (Iowa Western CC)
Sr.	Homestead, Iowa (Williamsburg HS)
Fr.	Burlington, Iowa (Burlington HS)
Fr.	Bakersfield, Calif. (Bakersfield HS)
Fr.	Marietta, Ga. (Dominion Christian HS)
Jr.	Coralville, Iowa (Iowa City West HS)
Sr.	Holland, Mich. (Holland Christian HS)
Fr.	Libertyville, Ill. (Libertyville HS)
Fr.	Williamsburg, Iowa (Williamsburg HS)
Fr.	Western Springs, Ill. (Lyons Township HS)
Jr.	Standish, Mich. (Standish-Sterling HS)
Fr.	Schaumburg, Ill. (Schaumburg HS)
Sr.	West Branch, Iowa (West Branch HS)
Fr.	Indianapolis, Ind. (Lawrence Central HS)
So.	Alrip, Ill. (Marist HS)
Fr.	Fort Madison, Iowa (Fort Madison HS)
Fr.	Atlantic, Iowa (Atlantic HS)
Fr.	Sycamore, Ill. (Sycamore HS)
Jr.	Port of Spain, Trinidad (Bishop Anstey HS)
Fr.	Homewood, Ill. (Homewood-Flossmoor HS)
Fr.	Ames, Iowa (Ames HS)
Jr.	Stilwell, Kan. (Blue Valley West HS)
Fr.	Naperville, Ill. (Naperville Central HS)
Jr.	Abaco, Bahamas (Florida Air Academy)
Fr.	West Liberty, Iowa (West Liberty HS)
So.	Griswold, Iowa (Griswold HS)
*Jr.	Atlanta, Ga. (Sandy Creek HS)
Fr.	West Des Moines, Iowa (Valley HS)
Fr.	Naperville, Ill. (Naperville Valley HS)
Fr.	Mediapolis, Iowa (Mediapolis HS)
Jr.	Poznan, Poland (St. Maria Magdalena HS)
So.	Chicago, Ill. (Loyola Academy HS)
Sr.	Valparaiso, Ind. (Valparaiso HS)
Jr.	Western Springs, Ill. (Lyons Township HS)
So.	Ottumwa, Iowa (Ottumwa HS)
Fr.	Tulsa, Okla. (Holland Hall HS)
Gr.	Arnsburg, Germany (University of Sport)
Fr.	Bangor, Northern Ireland (University of Birmingham)
*Jr.	Wheaton, Ill. (Glenbard South HS)
So.	George, South Africa (Hoerskool Outeniqua)
Jr.	Bettendorf, Iowa (Bettendorf HS)
Fr.	Ames, Iowa (Gilbert HS)
Fr.	Batavia, Ill. (Batavia HS)
So.	St. Louis, Mo. (Ladue Horton Watkins HS)
*Jr.	Oak Brook, Ill. (Hinsdale Central HS)
Sr.	Iowa City, Iowa (City HS)
So.	Chicago, Ill. (Whitney Young Magnet HS)
Sr.	Oak Park, Ill. (Oak Park River Forest HS)
So.	Burlington, Iowa (Burlington HS)

Pronunciation Guide

Name	Pronunciation
Kayla Beattie	BEE-tee
Brooke Bierhaus	beer-HOUSE
Ashlyn Gulvas	GULL-vus
Lake Kwaza	KWAH-za
Kailey Mikulec	mah-COOL-lick
Zinnia Miller	zuh-NEE-uh
Gina Montagna	mon-TAG-na
Tayo Oladele-Ajose	oh-la-duh uh-joe-see
Lena Placzek	PLAH-zhek
Megan Ranegar	ran-UH-gurr
Katherin Rehn	RAIN
Mareike Schrulle	mah-RYE-kuh SHREW-luh
Annemie Smith	ahn-UH-mee
Amanda Stahle	stay-LEE
Haleigh Theuerkauf	TIRE-coff
Maisie Vachuska	vah-SHOE-skuh
Kirsten Weismantle	WHYS-man-tull
Khanishah Williams	kah-NEE-shuh

* - redshirt



IOWA TRACK AND FIELD

2012-13 MEDIA GUIDE

2013 QUICK FACTS

General Information

Location: Iowa City, IA
Founded: 1847
Enrollment: 30,893
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 Wiecek (26th)
Events: Cross Country, Distance
Alma Mater, Yr.: Iowa, 1969
E-Mail Address: larry-wiecek@uiowa.edu
Head Cross Country/Track & Field Coach (Yr. at Iowa): Layne Anderson (10th)
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 (17th)
Events: Throws
Alma Mater, Yr.: Indiana, 1992
E-Mail Address: scott-cappos@uiowa.edu
Assistant Coach (Yr. at Iowa): Clive Roberts (4th)
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): Mike Scott (1st)
Events: Combined Events, Vertical Jumps
Alma Mater, Yr.: University of Missouri, 1998
E-Mail Address: michael-scott-1@uiowa.edu
Assistant Coach (Yr. at Iowa): Joey Woody (6th)
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

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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

2012 Big Ten Indoor Championships Place (Points): 8th (45)
2012 Big Ten Indoor Champions Returning/Lost: 0/2
2012 Indoor All-Big Ten Competitors Returning/Lost: 0/2
2012 NCAA Indoor Championships Qualifiers Returning/Lost: 0/2
2012 Indoor All-Americans Returning/Lost: 0/2
2012 Big Ten Outdoor Championships Place (Points): 5th (80.5)
2012 Big Ten Outdoor Champions Returning/Lost: 1/1
2012 Outdoor All-Big Ten Competitors Returning/Lost: 2/1
2012 NCAA Outdoor Championships Qualifiers Returning/Lost: 2/4
2012 Outdoor All-Americans Returning/Lost: 0/2
2012 Letterwinners Returning/Lost: 25/13

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: 58 student-athletes, 109 honors
NCAA Champions/Qualifiers: 1/174
Big Ten Indoor Champions: 86 champions, 112 titles
Big Ten Outdoor Champions: 141 champions, 175 titles
All-Big Ten Honorees: 110 honors
Academic All-Big Ten Honorees: 82 student-athletes, 158 honors

Women's Track & Field Team Information

2012 Big Ten Indoor Championships Place (Points): 10th (21)
2012 Big Ten Indoor Champions Returning/Lost: 0/0
2012 Indoor All-Big Ten Competitors Returning/Lost: 0/0
2012 NCAA Indoor Championships Qualifiers Returning/Lost: 0/0
2012 Indoor All-Americans Returning/Lost: 0/0
2012 Big Ten Outdoor Championships Place (Points): 8th (53)
2012 Big Ten Outdoor Champions Returning/Lost: 0/1
2012 Outdoor All-Big Ten Competitors Returning/Lost: 0/3
2012 NCAA Outdoor Championships Qualifiers Returning/Lost: 0/2
2012 Outdoor All-Americans Returning/Lost: 0/0
2012 Letterwinners Returning/Lost: 15/12

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: 3/132
Big Ten Championships (Indoor/Outdoor): 31/24
All-Big Ten Honorees: 75 honors
Academic All-Big Ten Honorees: 122 student-athletes, 203 honors



The University of Iowa track and field team enters the 2013 season with all-around potential, according to head coach Layne Anderson. With a roster peppered with All-Americans and a decorated recruiting class, the team looks to mix experience with talented newcomers in order to drive up the Big Ten Standings.

"I'm excited about the potential of the entire group," Anderson said. "We began to establish more of a presence in some events last year, and I think we can build off of that and get some production out of our newcomers. If we do that, our goal to move up and improve will occur, and it will be more evident in the teams' placing and where we finish at the Big Ten Championships."

Anderson, who is in his 10th year at Iowa, expects his team to point scorers in every event this season.

"It's a group that we can take to a meet and feel like from the very first event to the mile relay at the end we are going to have people that are going to be competing and competing well," Anderson said.

The women's distance group returns an experienced field. Graduate student Mareike Schrulle returns to the track following an All-America cross country season, and redshirt freshman Kayla Beattie's return will make an immediate impact for the Hawkeyes. Sophomore Khanishah Williams and junior Zinnia Miller return to the high jump, while freshman Tayo Oladela-Ajose looks to add depth to the event. Newcomers MonTayla Holder and Lake Kwaza are expected to quickly establish themselves as scorers in a young and talented group of sprinters.

The men's team will rely on a strong group of returning athletes to lead the team in 2013, said director of track and field Larry Wiecek.

"We still have a great core of athletes that were on our Big Ten Championship team in 2011, and those athletes are going to be the foundation for what I foresee as being a very successful year," Wiecek said. "We have those national level guys that can do some big things this year."

Senior All-American Matt Byers, the school record holder in the javelin, enters the 2013 season with a chance to become the first Hawkeye to win four-straight Big Ten titles in the same event. Senior All-American Justin Austin returns as the school record holder in the indoor 60 and 200 meters and the outdoor 100 and 200 meters. Senior Ethan Holmes comes into the 2013 season with a pair of honorable mention All-America honors after competing in the 110- and 400-meter hurdles at that outdoor national meet. Sophomore Gabe Hull also returns for the Hawkeyes after leading the team in discus throughout his freshman campaign.

Although the team loses two All-Americans, Troy Doris and Erik Sowinski, to graduation, they add what Wiecek describes as a "fun group of competitive guys" to the roster.

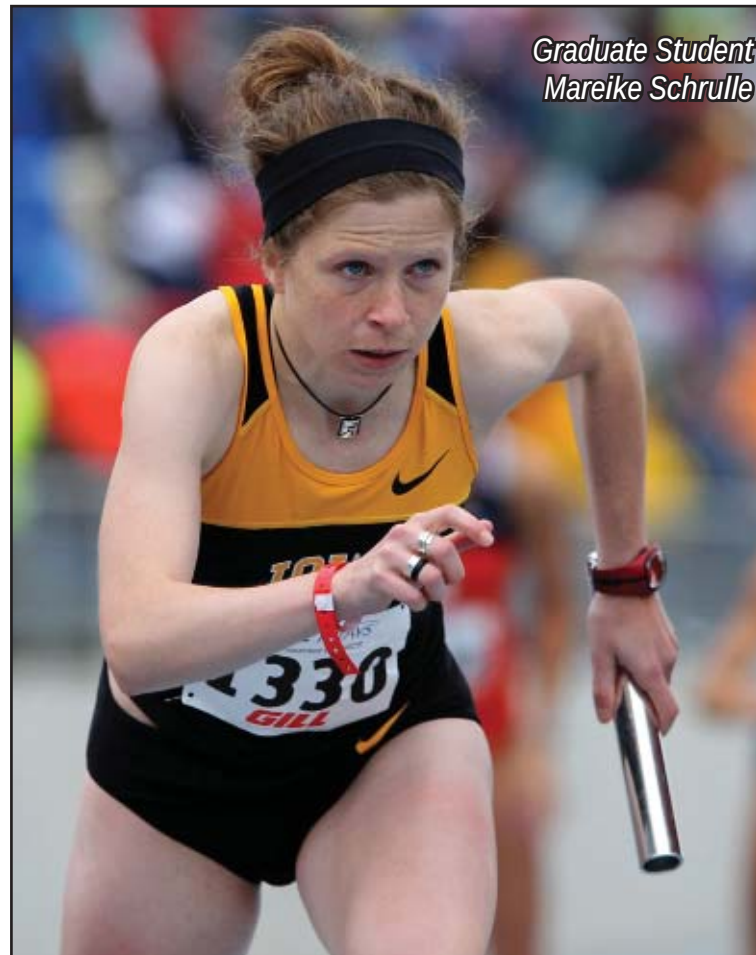
"Even though we have good people here, it's tough to replace guys of that level," Wiecek said. "We have able bodied replacements, but it's all about how quickly they can develop. I think we are really excited about the well-rounded aspect of our team and the people we have to develop."

Wiecek, who is in his 26th year at Iowa, is excited about the team's potential. He has set a high bar, and he is optimistic the Hawkeyes can hurdle it.

"To be a good contending team at the Big Ten Championships, you have to score over 100 points," Wiecek said. "That is going to be our goal. If we can reach that, I think it's going to be a really successful year and we are going to place high at the Big Ten Championships."



Senior Ethan Holmes



Graduate Student
Mareike Schrulle



Sprints/Hurdles/Relays

Junior Raven Moore and sophomore Khanishah Williams return after leading the team in the 100 meter events. Moore posted the fastest time in the 100 meter sprint (11.78), while Williams led the team in the 100-meter hurdles (14.59) throughout 2012. Newcomer Lake Kwaza, a Sycamore, Ill., native, looks to score points for the Hawkeyes this season. Kwaza was a three-time state runner up in the 100 meters. Freshman MonTayla Holder could make an immediate impact in the hurdles. The Indianapolis native placed third in the 100-meter hurdles her senior year.

All-American Justin Austin returns for his senior campaign. Austin stands as the school record holder in the 60 (6.69) and 200 (20.80) meters (indoor), and the 100 (10.21) and 200 (20.31) meters (outdoor). Austin earned second team All-America accolades when he finished 13th (20.71) in the 200 meters at the 2012 NCAA Championships.

Senior Ethan Holmes returns after qualifying for the 2012 NCAA Outdoor Championship in two events. Holmes earned honorable mention All-America honors when he finish 18th in the 400-meter hurdles (51.68) and 19th in the 100-meter hurdles (13.93). Holmes was the Big Ten runner-up in the 110-meter hurdles (51.10). He also ran the third leg on the 1,600-meter relay team that placed fourth at the Big Ten Outdoor Championships.

Middle Distance

Although the women's middle distance team lost All-Big Ten performer Betsy Flood to graduation, the Hawkeyes return two juniors that could score valuable points. Adrienne Alexia led the team in the 800 meters (2:11.04) in 2012, while Lena Placzek could potentially score points in both the 800 and 1,500 meters. Hawkeye newcomer and North Ireland native Lauren Scott could make an impact for the Hawkeyes. Scott placed third at the 2010 Irish U23 Track and Field Championships in the 800 meters. Freshman Gabrielle Stearnes could also see action in the middle distance events. Stearnes, an Ames, Iowa, native, was the state runner-up in the 800 and 1500 meters her junior season. Stearnes also ran on the championship winning distance medley team her junior season.

The Hawkeyes lost All-American and NCAA runner-up Erik Sowinski to graduation; however, a solid recruiting class looks to help the Hawkeyes score points this season. Freshmen Will Teubel and Neil Flattery come to Iowa with impressive accomplishments. Teubel was an Iowa state champion in the 400, 800 and 3,200-meter relay his senior year. He also ran on the 1,600-meter relay team that finished sixth at the state meet the same season. Flattery was an Iowa state champion in the 400, 800, and 3,200-meter relay his junior year and a distance medley champion his senior year. Flattery was also the state runner-up in the 800 and 3,200-meter relay his senior season.

Senior Keaton Rickels looks to add experience to the group. Rickels placed fourth in the 600 meters at the Big Ten Indoor Championships. His time of 1:18.19 currently ranks third all-time at Iowa. He also ran second leg on the distance medley relay that placed third at the Big Ten Indoor Championships with a school record-setting time of 9:45.41.

Team Roster By Event

Men's Sprints

Justin Austin
Keith Brown
Tevin-Cee Mincy
Keaton Rickels
Kyle Slaymaker
Brendan Thompson
Kaleb VanCleave
Mitch Wolff
Josh Zeiser

Women's Sprints

Adrienne Alexia
Rachel Ballard
Shannen Rose Forde
MonTayla Holder
Lake Kwaza
Taylor Lynch
Lauren Moore
Raven Moore
Kaitlyn Nelson

Men's Hurdles

Keith Brown
Ethan Holmes
Jordan Mullen
Mitch Wolff
Josh Zeiser

Women's Hurdles

Shannen Rose Forde
MonTayla Holder
Taylor Lynch

Men's Middle Distance

Brennan Davey
Neil Flattery
Nathan Prom
Keaton Rickels
Kyle Slaymaker
Will Teubel
Ryan Weir
Kyle Wheeler

Women's Middle Distance

Brooke Bierhaus
Gabrielle Stearnes
Maisie Vachuska

Men's Distance

Thomas Anthony
Jon Michael Brandt
Matt Butler
Sam Chaney
Nate Ferree
Sam Fourman
Anthony Gregorio
Michael Hart
Nick Holmes
Daniel Huff
Kevin Lewis
Nate Lonsway
Cameron Rieger
Cullen Shanrock
Taylor Soltys
Caleb Wilfong
Ben Witt

Women's Distance

Kayla Beattie
Nicole Benson
Jordan Bucher
Mackenzie Eland
Brooke Gambrall
Lisa Gordon
Grace Haerr
Kelsey Hart
Ali Krogman
Courtney Martin
Shannon Maser
Kailey Mikulec
Gina O'Brien
Lena Placzek
Rachel Price
Megan Ranegar
Katherin Rehn
Cindy Saliba
Mareike Schrulle
Lauren Scott
Jocelyn Todd

Men's High Jump

Brandon Oest
Kevin Spejcher

Women's High Jump

Tayo Oladele-Ajose
Khanishah Williams

Men's Long/Triple Jump

Ardian Asani
Kerry Dean Jr.
Klyvens Delaunay
Josh Larney
Caleb Mere

Women's Long/Triple Jump

Rachel Ballard
Shannen Rose Forde
Carisa Leacock
Gina Montagna
Sarah Ryan

Women's Pole Vault

Brittany Holst
Katie Truedson
Kirsten Weismantle

Men's Throws

Matt Byers
Andrew Carman
Kody Daily
Gabe Hull
Sam Joens
Avery Meyers
Austin Murphy
Ben Stancombe

Women's Throws

Chelsea Colpitts
Rachel Curry
Courtney Fritz
Allison Gattone
Dakotah Goodell
Ashlyn Gulvas
Amanda Houston
Jasmine Simpson
Annemie Smith
Amanda Stahle
Haleigh Theuerkauf
Majesty Tutson

Men's Combined Events

Jack Eckert
Kyle Reid

Women's Combined Events

Kassidy Ellis
Zinnia Miller
Sarah Ryan



Distance

The women's team says goodbye to Big Ten Champion McKenzie Melander, but welcomes back All-American Mareike Schrulle. The graduate student wrapped up a successful 2012 cross country campaign where she finished seventh at the NCAA Championships. Schrulle's best 5,000 meter indoor time of 16:29.41 currently ranks 10th all-time at Iowa, while her personal best outdoor 5,000 meter time (16:13.73) ranks seventh. Redshirt freshman Kayla Beattie looks to make her Hawkeye debut this season. Beattie ran to a second place finish in the 5,000 meters (17:00.95) at the Musco Twilight XIII while running unattached.

Nick Holmes returns to the distance category for the Hawkeye men. The senior led the team in the 5,000 meters (14:29.77) in 2012, and his 1,500 meters time of 3:49.53 ranks eighth all-time at Iowa. Sophomore Kevin Lewis also returns for the Hawkeyes. Lewis led the team in the 3,000 (8:35.86) and 10,000 meters (29:54.02) in 2012. His 10,000 meter time currently ranks fifth all-time at Iowa.

Throws/Jumps/Combined Events

The women's throwers and field event competitors return a talented field. Majesty Tutson enters her senior year with experience. Tutson led the team in discus in 2012, and currently holds the school record in the event (172-11; 52.72m). The senior also captured an eighth place finish (163-2; 49.74m) in the discus at the 2012 Big Ten Outdoor Championships.

Sophomore Annemie Smith returns after a solid freshman campaign. Smith led the team in hammer throw (187-7; 57.19m) throughout the 2012 season. Her mark currently ranks second all-time at Iowa. Smith placed ninth in the event at the Big Ten Outdoor Championships (187-1; 57.03m).



Senior Majesty Tutson

The team returns a pair of high jumpers in junior Zinnia Miller and sophomore Khanishah Williams. The duo tied for the team lead in the event in 2012 (5-7 ¼; 1.71m). That mark currently ranks ninth all-time at Iowa. Newcomer Tayo Oladela-Ajose, a native of Mediapolis, Iowa, won the state title in the high jump her senior year, and should add depth to the event.

Carisa Leacock returns to the triple jump after recording a career best leap of 40-10 ½ (12.46m) in her 2012 outdoor campaign. Her mark stands as the third best all-time at Iowa. Leacock also led the team in the long jump (19-0 ¾; 5.81m).

All-American Matt Byers enters his senior season with championship experience. He earned All-America status when he placed 10th in the javelin at the 2012 NCAA Outdoor Championships. Byers is also a three-time Big Ten Outdoor Champion and the school record holder (245-8; 74.89m) in the event.

Gabe Hull enters his sophomore campaign after a successful freshman season. Hull led the team in discus in 2012, and his personal best mark of 192-7 (58.70m) currently ranks fifth all-time at Iowa.

With All-American Troy Doris lost to graduation, the Hawkeyes look to a pair of freshman to score points in the triple jump. Evergreen Park, Ill., native, Kerry Dean Jr. was the 2012 indoor USATF National Champion in the event. Dean was also a 2012 Indoor USATF All-American in the long jump. Claremont, Calif., native, Klyvens Delaunay also joins the team. Delaunay was the California state champion in the triple jump his senior season.

The Hawkeyes open the indoor season on Jan. 12, hosting the Iowa Open. It is the first of two meets at the UI Recreation Building. The Iowa Invite is scheduled for Feb. 15. The outdoor season opens on March 22 with the Alabama Invite. The Hawkeyes will host the Musco Twilight XIV on Apr. 20.



Senior Matt Byers



Layne Anderson Head Cross Country/Track & Field Coach 10th Year at Iowa

Layne Anderson is in his second 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 six All-Americans, three NCAA Midwest Regional champions, one Big Ten champion and 17 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 and Racheal Marchand had outstanding Hawkeye careers under Anderson's tutelage. The trio combined for five All-America honors, three NCAA Midwest Regional titles, eight All-Region honors and five 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 nine times, while Sarah Arens (2003), Armstrong (2005) and Brooke Eilers (2009) 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 57 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 43 All-Americans and 13 Big Ten champions, qualified 124 Hawkeyes for post-season competition and earned 78 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 ac-

cumulated. 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

- 6 Cross Country All-Americans
- 43 Track All-Americans
- 3 NCAA Midwest Regional Cross Country Champions
- 3 NCAA Midwest Regional Cross Country Athletes of the Year
- 16 NCAA All-Midwest Region Cross Country Performers
- 14 NCAA All-Midwest Region Track Performers
- 1 Big Ten Cross Country Champion
- 13 Big Ten Track & Field Champions
- 9 USTFCCCA Academic All-America Cross Country Team Awards
- 3 USTFCCCA Academic All-America Track & Field Team Awards
- 135 Academic All-Big Ten Performers In Cross Country and Track

Anderson At Iowa - Cross Country

	Big Ten	Regional	National	Academic
Year	Finish/Points	Finish/Points	Finish/Points	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

Anderson At Iowa - Track & Field

	Indoor Big Ten	Outdoor Big Ten	National	Academic
Year	Finish/Points	Finish/Points	Finish/Points	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	8th/56	8th/59	--/--	16
2012	8th/45 (m) 10th/21 (w)	5th/80.5 (m) 8th/53 (w)	--/--	27

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





Larry Wiecek

Director of Track & Field
26th Season at Iowa

Larry Wiecek, the 2011 Big Ten Coach of the Year, is in his second 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 26 seasons (1987-2012) and head men's track and field coach for 16 seasons (1997-2012). Wiecek 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, Wiecek 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, Wiecek 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 Wiecek was named Big Ten and USTFCCA Midwest Region Coach of the Year.

Wiecek 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.

Wiecek 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.

Wiecek 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.

Wiecek 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, Wiecek 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 Wiecek 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 15 years at the helm, Wiecek 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 All-America honors five times during Wiecek'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, Wiecek 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 Wiecek 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 Wiecek 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.



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



Another of Wiecezorek'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 14th 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 Cretzmeier Track.

While improving in the league standings is considered a priority, the Hawkeyes also concern themselves with performance in the classroom. Under Wiecezorek, 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 85 honorees in cross country and 184 in track and field.

Wiecezorek 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. Wiecezorek was inducted into the Illinois High School Track and Cross Country Coaches Hall of Fame in 2000.

Wiecezorek 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.



Wiecezorek'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) 10th/0 (w)	5th/2 (m) 8th/1 (w)	2/2 2/2
Total	16	47	24/32

*first team All-Americans

Wiecezorek'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	---



Scott Cappos
Director of Field Events
17th Year at Iowa

Scott Cappos is in his 17th 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 fourth season of coaching the men and women throwers. He was named USTF-CCCA 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 16 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 11 times, and a shot put medalist on 10 occasions. Cappos has also 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 and Big Ten javelin 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, Brodersen 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-Present)

2012 All-American, three-time Big Ten Champion, school and Big Ten javelin 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-Present)

All-Big Ten, School Record Holder in Discus & Weight Throw

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
Fourth Season

Clive Roberts is in his fourth 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, 10 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.

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' 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

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, and son, Quentin.



Mike Scott

Assistant Coach

First Season

Mike Scott enters his first season as interim assistant coach. He will assist with the pole vault, high jump and combined events. He joins the staff in an interim capacity after serving last season as the team's volunteer assistant coach.

Scott's collegiate coaching experience includes stops at Ohio Northern University, where he helped the Polar Bears capture four Ohio Athletic Conference Championships from 2010-11. He was also a graduate assistant at Central Missouri from 2006-08, where he helped the Mules and Jennies combine for five Mid-American Intercollegiate Athletic Association titles.

Scott was a sprinter at the University of Missouri before completing his undergraduate degree in 1998. He then coached high school track in Missouri from 2000-06 before eventually returning to his alma mater to finish his PhD course work in 2009. Scott earned his first USATF certification in 2001, and recently earned his USTFCCA Academy certification in jumps and combined events. He is originally from Festus, Mo., and currently resides in Coralville, Iowa.



2013 University of Iowa Track & Field Team

Front Row (l-r): Kyle Reid, Brennan Davey, Josh Larney, Justin Austin, Kaleb VanCleave, Matt Butler, Kevin Lewis, Raven Moore, Grace Haerr, MonTayla Holder, Katie Truedson, Jocelyn Todd, Lisa Gordon, Rachel Ballard, Shannen Rose Forde, Jordan Bucher, Kelsey Hart. Row 2 (l-r): Neil Flattery, Sam Chaney, Cameron Rieger, Klyvens Delaunay, Anthony Gregorio, Jon Michael Brandt, Ben Stancombe, Nathan Prom, Nate Lonsway, Lauren Moore, Katie Steingreaber, Adrienne Alexia, Lake Kwaza, Taylor Lynch, Rachel Price, Cassidy Ellis, Courtney Martin, Kailey Mikulec, Gina O'Brien, Cindy Saliba. Row 3 (l-r women only): Kirsten Weismantle, Lauren Scott, Shannon Maser, Amanda Houston, Allison Gattone, Haleigh Theuerkauf, Dakotah Goodell, Kayla Beattie, Mackenzie Eland. Row 4 (l-r): Keaton Rickels, Caleb Mere, Caleb Wilfong, Daniel Huff, Taylor Soltys, Nick Holmes, Ben Witt, Ryan Weir, Khanishah Williams, Majesty Tutson, Amanda Stahle, Brittany Holst, Carisa Leacock, Maise Vachuska, Katherin Rehn, Zinnia Miller, Sarah Ryan. Row 5 (l-r): Mitch Wolff, Thomas Anthony, Nate Feree, Tevin-Cee Mincy, Rodney Silliman, Will Teubel, Michael Hart, Courtney Fritz, Lena Placzek, Nicole Benson, Brooke Bierhaus, Alyssa Cunningham, Kaitlyn Nelson, Tayo Oladele-Ajose, Ali Krogman. Row 6 (l-r men only): Alec Clasen, Kerry Dean Jr., Jordan Mullen, Sam Fourman, Ethan Holmes, Kyle Slaymaker, Jack Eckert. Row 7 (l-r): Austin Murphy, Kevin Speicher, Brandon Oest, Brendan Thompson, Cullen Shanrock, Ardian Asani, Avery Meyers, Matt Byers, Annemie Smith, Kayla Hyche, Chelsea Colpitts, Rachel Curry, Gina Montagna, Mareike Schrulle, Gabrielle Stearnes. Back row (l-r): Andrew Carman, Kody Daily, Keith Brown, Conrad Thompson, Josh Zeiser, Gabe Hull, Sam Joens, Hayes Obinna-Uzoh, David Nsabua.



Joey Woody

Assistant Coach
Sixth Season at Iowa

Iowa City native and World Champion runner Joey Woody is in his sixth 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 six Big Ten individual titles, one conference relay title and 24 All-America honors.

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

In 2011, he was named USTFCCA Midwest Region Coach of the Year following the indoor and outdoor seasons, helping Iowa capture its first Big Ten team title in 44 years. 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.

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 qualifying 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.



IOWA TRACK AND FIELD 2012-13 MEDIA GUIDE

HAWKEYE SUPPORT STAFF



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



Aaron Iau
Volunteer Assistant Coach



John Raffensperger
Volunteer Assistant Coach



Russ Peterson
Volunteer Assistant Coach



Kyle Wickwire
Volunteer Assistant Coach



Jenny Ludwig
Graduate Assistant Athletic Trainer



Jon Bihl
Undergraduate Athletic Training Student



Micaela Haight
Student Coach



Natalie Erickson
Student Coach



Billy Wunderlich
Student Coach



Throughout the years, student-athletes from all parts of the United States and the world have worn the Iowa Hawkeye black and gold with pride. Following is a list of the 2012-13 Hawkeyes and where they are from:

Bahamas - 1

Zinnia Miller (Abaco)

California - 3

Thomas Anthony (Santa Clara)

Klyvens Delaunay (Claremont)

Kassidy Ellis (Bakersfield)

England - 1

Babatunde Amosu (London)

Georgia - 2

Shannen Rose Forde (Marietta)

Raven Moore (Atlanta)

Germany - 1

Mareike Schrulle (Arnsburg)

Illinois - 30

Ardian Asani (Algonquin)

Rachel Ballard (Saint Joseph)

Kayla Beattie (Woodstock)

Nicole Benson (Peoria)

Kerry Dean Jr. (Evergreen Park)

Sam Fourman (Oak Park)

Allison Gattone (Libertyville)

Anthony Gregorio (Palatine)

Lisa Gordon (Western Springs)

Grace Haerr (Schaumburg)

Nick Holmes (Peoria)

Brittany Holst (Alrip)

Lake Kwaza (Sycamore)

Taylor Lynch (Homewood)

Kailey Mikulec (Naperville)

Gina O'Brien (Naperville)

Brandon Oest (Geneva)

Rachel Price (Chicago)

Nathan Prom (East Dundee)

Katherin Rehn (Western Springs)

Kyle Reid (Schaumburg)

Cameron Rieger (Mundelein)

Jasmine Simpson (Wheaton)

Taylor Soltys (Naperville)

Kevin Speicher (Bloomington)

Haleigh Theuerkauf (Batavia)

Katie Truedson (Oak Brook)

Maisie Vachuska (Chicago)

Kirsten Weismantle (Oak Park)

Mitch Wolff (Plainfield)

Indiana - 5

Jack Eckert (Sellersburg)

MonTayla Holder (Indianapolis)

Gabe Hull (Bloomington)

Megan Ranegar (Valparaiso)

Ben Stancombe (Bloomington)

**Iowa - 44**

Adrienne Alexia (Grundy Center)

Brooke Bierhaus (Davenport)

Matt Butler (Bettendorf)

Andrew Carmen (Jefferson)

Sam Chaney (Columbus Junction)

Chelsea Colpitts (Council Bluffs)

Rachel Curry (Homestead)

Kody Daily (Iowa City)

Brennan Davey (Indianola)

Mackenzie Eland (Burlington)

Neil Flattery (Fort Dodge)

Courtney Fritz (Coralville)

Dakotah Goodell (Williamsburg)

Kelsey Hart (West Branch)

Michael Hart (West Branch)

Ethan Holmes (Clinton)

Amanda Houston (Fort Madison)

Daniel Huff (Waverly)

Sam Joens (Cedar Rapids)

Ali Krogman (Atlantic)

Kevin Lewis (Ottumwa)

Courtney Martin (Ames)

Caleb Mere (Hiawatha)

Avery Meyers (West Liberty)

Tevin-Cee Mincy (Altoona)

Gina Montagna (West Liberty)

Lauren Moore (Griswold)

Jordan Mullen (Atlantic)

Iowa - 44 (Con't)

Austin Murphy (Iowa City)

Kaitlyn Nelson (West Des Moines)

Tayo Oladele-Ajose (Mediapolis)

Keaton Rickels (Iowa Falls)

Sarah Ryan (Ottumwa)

Kyle Slaymaker (Cedar Rapids)

Amanda Stahle (Bettendorf)

Gabrielle Stearnes (Ames)

Will Teubel (Lisbon)

Brendan Thompson (Fort Madison)

Majesty Tutson (Iowa City)

Kaleb VanCleave (Des Moines)

Kyle Wheeler (Glenwood)

Khanishah Williams (Burlington)

Ben Witt (Burlington)

Josh Zeiser (Maxwell)

Ireland - 1

Lauren Scott (Bangor)

Kansas - 2

Matt Byers (Wichita)

Shannon Maser (Stilwell)

Michigan - 2

Brooke Gambrall (Holland)

Ashlyn Gulvas (Standish)

Minnesota - 3

Jon Michael Brandt (Winona)

Jordan Bucher (Rochester)

Cullen Shanrock (Wabasha)

Missouri - 2

Jocelyn Todd (St. Louis)

Caleb Wilfong (Columbia)

Ohio - 2

Josh Larney (Cleveland)

Nate Lonsway (Dublin)

Oklahoma - 1

Cindy Saliba (Tulsa)

Poland - 1

Lena Placzek (Poznan)

South Africa - 1

Annemie Smith (George)

Trinidad & Tobago - 1

Carisa Leacock (Port of Spain)

Wisconsin - 4

Justin Austin (Milwaukee)

Keith Brown (Milwaukee)

Nate Ferree (Appleton)

Ryan Weir (Ripon)



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 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.

**Hawkeye Locker Rooms**



IOWA TRACK AND FIELD

2012-13 MEDIA GUIDE

2012 MEN'S SEASON REVIEW

2012 Indoor Results

Date	Meet	Result
1/4	New Year's Classic	11 champs
1/21	at Adidas Classic	2nd, 133 pts.
1/27-28	Razorback Invite	2 champs
2/3-4	at Meyo Invite	0 champs
	at New Balance Invite	0 champs
2/10-11	at Iowa State Classic	1 champ
2/11	at Husky Invite	0 champs
2/17	Iowa Invite	9 champs
2/24-25	at Big Ten Champ's	8th, 45 pts.
3/3	at NCAA Last Chance	2 champs
3/9-10	at NCAA Champ's	2 All-Americans

Big Ten Indoor Team Results

	Team	Points
1.	Indiana	104
2.	Minnesota	100
3.	Nebraska	99
4.	Ohio State	94.33
5.	Wisconsin	75
6.	Penn State	51.33
7.	Illinois	49
8.	IOWA	45
9.	Michigan State	32.33
10.	Michigan	30
11.	Purdue	21

2012 Outdoor Results

Date	Meet	Result
3/30-31	at Arkansas Invite	3 champs
4/6-7	at Stanford Invite	0 champs
4/7	at LSU Invite	3rd/91 pts.
4/13-14	at Tom Botts Invite	1st/130 pts.
4/20-21	Musco Twilight XIII	8 champs
4/26-28	at Drake Relays	1 champ
5/4	at Messersmith Invite	0 champs
5/11-13	at Big Ten Champ's	5th/80.5 pts.
5/24-26	at NCAA West Prelim	6 qualifiers
6/6-9	at NCAA Champ's	2 All-Americans

Big Ten Outdoor Team Results

	Team	Points
1.	Wisconsin	121
2.	Nebraska	115.5
3.	Indiana	115
4.	Ohio State	86
5.	IOWA	80.5
6.	Penn State	80
7.	Minnesota	70.5
8.	Illinois	65
9.	Michigan	50
10.	Michigan State	19
11.	Purdue	15.5

Indoor Season Bests

Event	Athlete	Mark
60 Meters	Troy Doris	6.75
60-Meter Hurdles	Jordan Mullen	7.78
200 Meters	Justin Austin	21.22
400 Meters	Patrick Richards	47.51
600 Yards	Keaton Rickels	1:10.59
600 Meters	Erik Sowinski	1:16.91 *
800 Meters	Erik Sowinski	1:47.62 *&
1,000 Meters	Jack Eckert	2:46.85
Mile	Jeff Thode	4:06.11
3,000 Meters	Jeff Thode	8:06.03
Two Miles	Jeff Thode	8:53.91 *
5,000 Meters	Kevin Lewis	14:37.22
1,600-Meter Relay	Richards, Rickels, Van Cleave, Sowinski	3:09.34
Distance Medley Relay	Prom, Rickels, Sowinski, Thode	9:45.41 *
High Jump	Jeffery Herron	6-10 3/4 (2.10m)
Pole Vault	Kyle Reid	15-8 1/2 (4.78m)
Long Jump	Jeffery Herron	24-0 3/4 (7.33m)
Triple Jump	Troy Doris	53-5 (16.28m)
Shot Put	Matt Banse	57-3 3/4 (17.47m)
Weight Throw	Matt Banse	67-8 (20.62m)
Heptathlon	Jack Eckert	4,840 points

Outdoor Season Bests

Event	Athlete	Mark
100 Meters	Justin Austin	10.40
110-Meter Hurdles	Ethan Holmes	13.74
200 Meters	Justin Austin	20.65
400 Meters	Erik Sowinski	46.81
400-Meter Hurdles	Ethan Holmes	51.10
800 Meters	Erik Sowinski	1:45.90 *
1,500 Meters	Jeff Thode	3:46.32
3,000 Meters	Kevin Lewis	8:35.86
5,000 Meters	Nick Holmes	14:29.77
10,000 Meters	Kevin Lewis	29:54.02
400-Meter Relay	Richardson, Larney, Mincy, Austin	40.18
1,600-Meter Relay	Richards, Davey, E. Holmes, Sowinski	3:05.77
Sprint Medley	Richards, Larney, Davey, Sowinski	3:17.25
3,200-Meter Relay	Prom, Slaymaker, Wheeler, Weir	7:38.15
Distance Medley Relay	N. Holmes, Van Cleave, Sowinski, Thode	9:41.59
6,400-Meter Relay	N. Holmes, Witt, Thode, Lewis	17:02.26
High Jump	Jeffery Herron	7-4 1/4 (2.24m) *
Long Jump	Jeffery Herron	24-7 (7.49m)
Pole Vault	Kyle Reid	15-9 1/4 (4.81m)
Triple Jump	Troy Doris	54-8 (16.66m) *
Shot Put	Matt Banse	56-11 1/2 (17.36m)
Discus	Gabe Hull	192-7 (58.70m)
Hammer Throw	Matt Banse	201-11 (61.55m)
Javelin	Matt Byers	223-8 (68.18m)
Decathlon	Jack Eckert	6,813 points

* - school record, & - Big Ten meet record

**Top Eight Placers at Big Ten Indoor Championships**

Event.....	Athlete	Mark.....	Place
800 Meters.....	Erik Sowinski	1:47.90	1st
Triple Jump.....	Troy Doris	52-1 3/4 (15.89m)	1st
Distance Medley.....	Prom, Rickels, Sowinski, Thode	9:45.41 *	3rd
600 Meters.....	Keaton Rickels	1:18.19	4th
High Jump	Jeffery Herron.....	6-10 3/4 (2.10m)	4th
60 Meters.....	Troy Doris	6.83	6th
1,600-Meter Relay.....	Richards, Van Cleave, Rickels, Sowinski	3:10.52	6th
400 Meters.....	Patrick Richards	47.99	7th
Mile	Jeff Thode.....	4:09.14	8th

Top Placers at NCAA Indoor Championships

Event.....	Athlete	Mark.....	Place
800 Meters.....	Erik Sowinski	1:48.93	3rd ^
Triple Jump.....	Troy Doris	53-1 (16.18m)	4th ^

Top Eight Placers at Big Ten Outdoor Championships

Event.....	Athlete	Mark.....	Place
Triple Jump.....	Troy Doris	54-8 (16.66m) *	1st \$
Javelin	Matt Byers	222-10 (67.94m)	1st \$
110-Meter Hurdles	Ethan Holmes.....	13.74	2nd %
200 Meters	Justin Austin	20.65	3rd
800 Meters.....	Erik Sowinski	1:47.18	3rd
High Jump	Jeffery Herron.....	7-1 1/2 (2.17m)	3rd
100 Meters.....	Justin Austin	10.52	4th
400-Meter Relay	Richardson, Larney, Mincy, Austin.....	40.18	4th
1,600-Meter Relay.....	Richards, Davey, E. Holmes, Sowinski.....	3:05.77	4th
110-Meter Hurdles.....	Jordan Mullen.....	13.97	5th
400-Meter Hurdles.....	Ethan Holmes.....	51.10	5th
Discus.....	Gabe Hull	187-1 (57.03m)	5th
110-Meter Hurdles	Dan Davis.....	14.05	6th
400-Meter Hurdles.....	Keaton Rickels	51.69	7th
Long Jump.....	Jeffery Herron.....	24-7 (7.49m)	7th
Hammer Throw.....	Matt Banse	198-5 (60.49m)	8th

Top Placers at NCAA Outdoor Championships

Event.....	Athlete	Mark.....	Place
800 Meters.....	Erik Sowinski	1:45.90 *	2nd ^
Triple Jump.....	Troy Doris	54-1 (16.48m)	5th ^
Javelin	Matt Byers	237-6 (72.39m)	10th
200 Meters.....	Justin Austin	20.71	13th
400-Meter Hurdles.....	Ethan Holmes.....	51.68	18th
110-Meter Hurdles.....	Ethan Holmes.....	13.93	19th
Hammer Throw.....	Matt Banse	197-11 (60.33m).....	20th

* -- school record, ^ -- All-American, \$ -- All-Big Ten, % -- second team All-Big Ten

Post-Season QualifiersNCAA Indoor Championships

Troy Doris	Triple Jump
Erik Sowinski	800 Meters

NCAA West Preliminary Round

Justin Austin	200 Meters, 400-M Relay
Matt Banse	Shot Put, Hammer
Matt Byers	Javelin
Brennan Davey	400 Meters, 1,600-M Relay
Dan Davis	110-Meter Hurdles
Troy Doris	Triple Jump
Jeffery Herron	High Jump, Long Jump
Ethan Holmes	110-Meter Hurdles

	400-Meter Hurdles
	1,600-Meter Relay

Gabe Hull	Discus
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Ryan Lamparek	Discus
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Josh Larney	400-Meter Relay
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Kevin Lewis	10,000 Meters
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Tevin-Cee Mincy	400-Meter Relay
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Brandon Oest	High Jump
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Patrick Richards	1,600-Meter Relay
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D'Juan Richardson	400-Meter Hurdles
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	400-Meter Relay
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Keaton Rickels	400-Meter Hurdles
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Erik Sowinski	800 Meters, 1,600-M Relay
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Ben Stancombe	Hammer
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Graham Valdes	High Jump
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NCAA Outdoor Championships - Final Round

Justin Austin	200 Meters
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Matt Banse	Hammer Throw
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Matt Byers	Javelin
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Troy Doris	Triple Jump
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Ethan Holmes	110-Meter Hurdles
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	400-Meter Hurdles
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Erik Sowinski	800 Meters
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Big Ten Sportsmanship Award

Keaton Rickels (Indoor)

Jeffery Herron (Outdoor)



IOWA TRACK AND FIELD

2012-13 MEDIA GUIDE

2012 WOMEN'S SEASON REVIEW

2012 Indoor Results

Date	Meet	Result
1/4	New Year's Classic	13 champs
1/21	at Adidas Classic	3rd, 98 pts.
1/27-28	Razorback Invite	0 champs
2/3-4	at Meyo Invite	0 champs
	at New Balance Invite	0 champs
2/10-11	at Iowa State Classic	0 champs
2/17	Iowa Invite	3 champs
2/24-25	at Big Ten Champ's	10th, 21 pts.

Big Ten Indoor Team Results

	Team	Points
1.	Nebraska	114.50
2.	Ohio State	106
3.	Penn State	99
4.	Illinois	79
5.	Michigan State	77.50
6.	Wisconsin	58
7.	Michigan	57
8.	Indiana	48
9.	Purdue	31
10.	IOWA	21
11.	Minnesota	11

2012 Outdoor Results

Date	Meet	Result
3/30-31	at Arkansas Invite	1 champ
4/6-7	at Stanford Invite	0 champs
4/7	at LSU Invite	8th/54 pts.
4/13-14	at Tom Botts Invite	2nd/130 pts.
4/20-21	Musco Twilight XIII	6 champs
4/26-28	at Drake Relays	1 champ
5/4	at Messersmith Invite	2 champs
5/11-13	at Big Ten Champ's	8th/53 pts.
5/24-26	at NCAA West Prelim	2 qualifiers
6/6-9	at NCAA Champ's	2 qualifiers

Big Ten Outdoor Team Results

	Team	Points
1.	Ohio State	117
2.	Illinois	110
	Nebraska	110
4.	Penn State	87
5.	Wisconsin	78
6.	Michigan State	72
7.	Michigan	67
8.	IOWA	53
9.	Minnesota	45
10.	Indiana	40
	Purdue	40

Indoor Season Bests

Event	Athlete	Mark
60 Meters	Raven Moore	7.63
60-Meter Hurdles	Khanishah Williams	8.96
200 Meters	Erin Jones	24.31
400 Meters	Ashley Liverpool	54.81
600 Yards	Nicole Erickson	1:22.61
600 Meters	Nicole Erickson	1:31.71
800 Meters	Lena Placzek	2:16.54
Mile	Brooke Eilers	4:50.15
3,000 Meters	Mareike Schrulle	9:23.97
5,000 Meters	Mareike Schrulle	16:29.41
1,600-Meter Relay	Simonson, Liverpool, Erickson, Sack	3:41.78
Distance Medley	Laesch, Simonson, Placzek, Ranegar	11:48.78
High Jump	Khanishah Williams	5-8 (1.73m)
Long Jump	Carissa Leacock	19-2 (5.84m)
Triple Jump	Carissa Leacock	40-5 1/2 (12.33m)
Pole Vault	Kirsten Weismantle, Brittany Holst	11-3 (3.43m)
Shot Put	Rachel Curry	48-1 3/4 (14.67m)
Weight Throw	Jasmine Simpson	57-7 (17.55m)
Pentathlon	Zinnia Miller	3,416 points

Outdoor Season Bests

Event	Athlete	Mark
100 Meters	Raven Moore	11.78
100-Meter Hurdles	Khanishah Williams	14.59
200 Meters	Erin Jones	23.71
400 Meters	Ashley Liverpool	52.47
400-Meter Hurdles	Hannah Simonson	59.54
800 Meters	Adrienne Alexia	2:11.04
1,500 Meters	Betsy Flood	4:19.62
3,000 Meters	McKenzie Melander	9:21.59
3,000 Steeplechase	Danielle Berndt	10:39.17
5,000 Meters	McKenzie Melander	15:57.13
10,000 Meters	McKenzie Melander	34:29.83
400-Meter Relay	Jones, R. Moore, Liverpool, Simonson	45.45
1,600-Meter Relay	Simonson, Liverpool, Erickson, Sack	3:37.57
Sprint Medley Relay	Jones, R. Moore, Erickson, Alexia	4:00.19
Distance Medley Relay	Schrulle, Erickson, Placzek, Eilers	11:40.57
6,400-Meter Relay	Flood, Laesch, Ranegar, Melander	19:16.73
High Jump	Zinnia Miller	5-7 1/4 (1.71m)
	Khanishah Williams	5-7 1/4 (1.71m)
Long Jump	Carisa Leacock	19-0 3/4 (5.81m)
Triple Jump	Carisa Leacock	40-10 1/2 (12.46m)
Pole Vault	Kirsten Weismantle	11-11 3/4 (3.65m)
Shot Put	Sarah Ryan	34-5 3/4 (10.51m)
Discus	Majesty Tutson	172-11 (52.72m) *
Javelin	Amanda Stahle	141-5 (43.10m)
Hammer Throw	Annemie Smith	187-7 (57.19m)
Heptathlon	Sarah Ryan	4,819 points

*-school record

**Top Performances at Big Ten Indoor Championships**

Event.....	Athlete.....	Mark.....	Place
3,000 Meters.....	Mareike Schrulle	9:27.47	5th
400 Meters.....	Ashley Liverpool.....	54.81	6th
1,600-Meter Relay.....	Simonson, Liverpool, Erickson, Sack.....	3:41.78	6th
3,000 Meters.....	Brooke Eilers.....	9:27.92	6th
5,000 Meters.....	Mareike Schrulle	16:29.41	6th
3,000 Meters.....	McKenzie Melander	9:29.71	7th
5,000 Meters.....	Brooke Eilers.....	16:38.87	7th
600 Meters.....	Nicole Erickson	1:31.71	8th

Top Performances at Big Ten Outdoor Championships

Event.....	Athlete.....	Mark.....	Place
5,000 Meters.....	McKenzie Melander	16:14.03	1st \$
400 Meters.....	Ashley Liverpool.....	52.47	2nd ^
5,000 Meters.....	Betsy Flood	16:21.21	2nd ^
10,000 Meters.....	McKenzie Melander	34:29.83	2nd ^
1,500 Meters.....	Betsy Flood	4:19.62	4th
400-Meter Relay.....	Jones, R. Moore, Liverpool, Simonson	45.51	4th
1,600-Meter Relay.....	Simonson, Liverpool, Quinn, Erickson	3:38.49	5th
200 Meters.....	Erin Jones	23.88	7th
10,000 Meters.....	Megan Ranegar	35:13.29	8th
Discus.....	Majesty Tutson.....	163-2 (49.74m).....	8th
Javelin	Amanda Stahle	141-5 (43.10m).....	8th

Top Performances at NCAA Outdoor Championships

Event.....	Athlete.....	Mark.....	Place
400 Meters.....	Ashley Liverpool.....	52.81	13th
5,000 Meters.....	McKenzie Melander	16:44.78	14th

\$ -- first team All-Big Ten, ^ second team All-Big Ten

Drake Relays 6,400-Meter Relay Champions**Post-Season Qualifiers**NCAA Outdoor Championships - West Regional

Ashley Liverpool	400 Meters
	1,600-Meter Relay
Nicole Erickson	400-Meter Hurdles
	1,600-Meter Relay
Betsy Flood	5,000 Meters
Erin Jones	200 Meters
Jackie Laesch	1,500 Meters
Carisa Leacock	Triple Jump
McKenzie Melander	5,000 Meters
Kelsey Quinn	400-Meter Hurdles
Megan Ranegar	5,000 Meters
Victoria Sack	1,600-Meter Relay
Mareike Schrulle	5,000 Meters
Hannah Simonson	400-Meter Hurdles
	1,600-Meter Relay
Annemie Smith	Hammer
Majesty Tutson	Discus

NCAA Outdoor Championships - Final Round

Ashley Liverpool	400 Meters
McKenzie Melander	5,000 Meters

Big Ten Sportsmanship Awards

Nicole Erickson (Indoor)
Betsy Flood (Outdoor)

Big Ten Outstanding Sportsmanship Award

Betsy Flood



"The reason I chose the University of Iowa is because Iowa is the perfect fit for me - not only athletically but also academically. Iowa has a great campus and a great community. I feel like the track coaching staff at Iowa is one of the best in the nation, and this is a place where I can come in, improve at my event and become better. The team is great - they make it feel like it's a big family."

Matt Byers

Senior - Wichita, Kansas



"I chose to come to Iowa because I felt it would be a great fit for me on many levels. Personally, I'm not too far from home and my parents can still be actively involved. Academically, the University Hospital offers great opportunities for studying in the health care fields. Athletically, I saw Coach Anderson as someone who would help lead me to achieving my goals. I am happy that I've come to Iowa. The resources for student-athletes at Iowa are certainly in place to ensure everyone has a great experience."

Kayla Beattie

Sophomore - Woodstock, Ill.



"When I came on my visit everyone on the team was really cool. It didn't take any time at all to start connecting with them, and by the end of my visit I felt like I was already part of the team."

Ethan Holmes

Senior - Clinton, Iowa



"I chose to come to the University of Iowa for many reasons. The campus seemed perfect to me. It was big, yet small enough to where you do not have to walk very far to get to class. Also, I felt like the University of Iowa track and field and cross country team was the best fit for me. I got along with the coaches better here than anywhere else. I can tell that everyone here is ready to step up and achieve greatness, which is exactly what I was looking for."

Nick Holmes

Senior - Peoria, Illinois



"I chose to attend the University of Iowa because I saw it as an opportunity to grow athletically and academically. The atmosphere and work ethics are exactly what I was looking for; to achieve the goals I saw for myself in the future. I love that the campus is nice and spacious, and I also feel at home with the track team and the coaching staff. I could not see myself anywhere else."

Carisa Leacock

Junior - Port of Spain, Trinidad



"I chose to attend the University of Iowa because of the size of the school, the atmosphere and the overall excitement of the University. I could have attended somewhere else, but I knew that in Iowa I could become the best that I could be."

Gabe Hull

Sophomore - Bloomington, Ind.

**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*Amsterdam, 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, Australia*

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



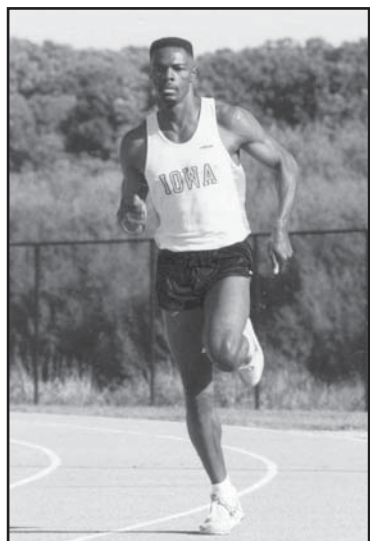
Kineke Alexander



Frank Cuhel



Ed Gordon



Anthuan Maybank



George Saling



Ted Wheeler





Kineke Alexander
2006 - 400 Meters



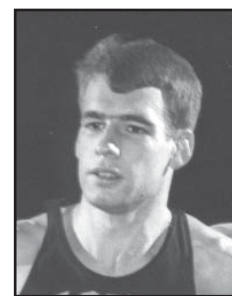
Tracy Dahl
1992 - 5,000 Meters
1993 - 5,000 Meters



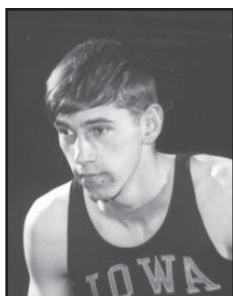
Nan Doak
1985 - 10,000 Meters



Rich Ferguson
1953 - Two Miles



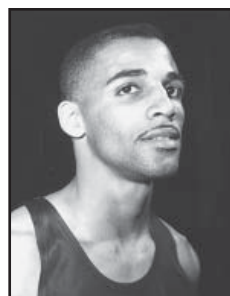
Fred Ferree
1967 - Mile Relay



Carl Frazier
1967 - Mile Relay



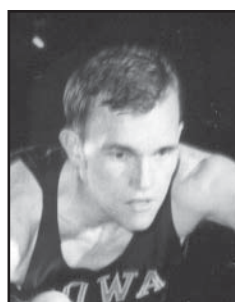
Ed Gordon
1929-31 - Long Jump



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.

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

Year	Athlete, Event
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 Wiecezorek, Indoor Mile Larry Wiecezorek, 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

Year	Athlete, Event
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 John 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)^

^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

Year	Athlete, Event
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)*

^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)
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NCAA Woman of the Year

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

Wilma Rudolph Award

2008	Diane Nukuri
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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
2005	Chris Voller	Hammer - 196-7 (59.91 m)	7th
	Ken Kemeny	Shot Put - 62-3 (18.97 m)	2nd
	Tim Brodersen	Discus - 179-1 (54.59 m)	3rd
2006	Chris Voller	Hammer - 195-4 (59.55 m)	8th
	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
2008	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
2009	Aaron Reed	400-Meter Relay - 42.53	8th
	Lee Elbert	400-Meter Relay - 42.53	8th
	John Hickey	Shot Put - 61-4 1/4 (18.70 m)	2nd
2009	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
2009	Shane Maier	Shot Put - 56-11 1/2 (17.36 m)	7th
	Ray Varner	400 Hurdles - 51.07	8th
	Adam Hairston	800 Meters - 1:48.87	5th
2009	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
2009	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
2004	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
2005	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
2006	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
2007	Michelle Lahann	800 Meters - 2:09.34	6th
	Kineke Alexander	400 Meters - 52.34	2nd
	Peaches Roach	High Jump - 5-11 1/4 (1.81 m)	2nd
2008	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
2009	Erin Sheeley	1,600-Meter Relay - 3:39.67	8th
	Kineke Alexander	400 Meters - 51.75	1st
	Meghan Armstrong	1,500 Meters - 4:23.33	2nd
2009	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
2009	Shannon Stanley	1,500 Meters - 4:30.98	8th
	Kineke Alexander	400 Meters - 52.34	1st
	Tiffany Johnson	100-Meter Hurdles - 13.22	1st
2009	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
2009	Racheal Marchand	5,000 Meters - 16:27.72	6th
	Peaches Roach	High Jump - 5-9 1/4 (1.76 m)	7th
	Kineke Alexander	400 Meters - 52.24	2nd
2009	Renee White	Triple Jump - 43-10 (13.36 m)	6th
	Renee White	Long Jump - 20-3 3/4 (6.19 m)	8th
	Karessa Farley	100-Meter Hurdles - 13.34	3rd
2009	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, 19225.4	1,500 Meters Ed DeLashmutt, 19803:49.90
55-Meter Hurdles Dion Trowers, 19987.27	Mile Ted Wheeler, 19564:12.5 Charles Jones, 19574:13.8 Charles Jones, 19584:10.5 Gary Fischer, 19634:13.7 Larry Wiczorek, 19664:09.7 Larry Wiczorek, 19674:05.3
60 Yards Lee Farmer, 19426.3	Two Miles Harold Phelps, 19259:32.6 Leonard Hunn, 19279:44.2 Charles Jones, 19579:23.3 Charles Jones, 19589:09.6 Larry Wiczorek, 19688:54.3
70-Yard High Hurdles Frank Cuhel, 19288.8 George Saling, 19328.7 Russell Merkel, 19508.8	Long Jump Lee Farmer, 194223-9 1/4 Earl Smith, 195424-0 3/4 Quinn Early, 198624-7 1/4 Anthuan Maybank, 199226-5 1/2 Anthuan Maybank, 199326-5 Bashir Yamini, 199725-9 1/4 Bashir Yamini, 199824-11 1/4 Bashir Yamini, 199925-6 1/2 Matty Gorman, 200524-8 1/2
70-Yard Low Hurdles Russell Merkel, 19508.1	High Jump *Ed Schrader, 19135-11 1/2 *Edgar Hoffman, 19206-0 *Donald Craig, 19295-9 5/8 *H. Workhoven, 19295-9 5/8 Les Stevens, 19566-6 3/8 Bill Knoedel, 19757-1
200 Meters George Page, 199721.63 Justin Austin, 201121.23	Triple Jump Troy Doris, 201154-0 Troy Doris, 201252-1 3/4
440 Yards George Baird, 192850.1 Vaughn Stevenson, 192951.2 Bernard Page, 193551.5 Carl Teufel, 193849.8 John Brown, 196048.6 Gary Hollingsworth, 196348.5 Mike Mondane, 196747.9 Mike Mondane, 196847.6 Dick Eisenlauer, 197247.8	Pole Vault *Xavier Boyles, 192612-6 *Henry Canby, 192913-7 1/2 Ken Steinbeck, 194313-3 Dave Nielsen, 197516-10
400 Meters Anthuan Maybank, 199047.55	Shot Put Ray Danber, 192646-2 1/2 Jeremy Allen, 200061-4 1/4 Shane Maier, 200760-11 1/4 John Hickey, 200861-9 3/4
600 Yards Leroy Ebert, 19541:11.4 Caesar Smith, 19561:14.0 Tom Ecker, 19571:13.7 Bill Frazier, 19621:12.2 Roger Kerr, 19631:10.0 Mike Mondane, 19661:11.2	
600 Meters D'Juan Strozier, 19901:20.26	
880 Yards Ted Wheeler, 19561:55.1 Bill Frazier, 19631:51.8 D'Juan Strozier, 19921:51.54	
800 Meters Erik Sowinski, 20121:47.90	
1,000 Yards Gary Fischer, 19612:16.8 Joel Moeller, 19782:12.4	

Women's Indoor Champions

55 Meters Vivien McKenzie, 19856.92 Yolanda Hobbs, 19956.83	880 Yards Jeanne Kruckeberg, 19872:11.71
60 Yards Elaine Jones, 19836.92 Elaine Jones, 19846.91	3,000 Meters Nan Doak, 19859:38.5 Meghan Armstrong, 20089:18.30
200 Meters Erica Broomfield, 199823.88 Kineke Alexander, 200623.49 Kineke Alexander, 200723.67	Three Miles Nan Doak, 198215:27.53
300 Yards Elaine Jones, 198434.59	5,000 Meters Tracy Dahl, 199216:36.13
400 Meters Senta Hawkins, 198855.66 Ellen Grant, 199754.39 Shellene Williams, 200454.17 Kineke Alexander, 200652.01 Kineke Alexander, 200752.23	High Jump Peaches Roach, 20045-11 1/4 Peaches Roach, 20055-10 3/4 Peaches Roach, 20075-10
600 Meters Kay Stormo, 19791:33 Karen Layne, 19901:31.45 Bethany Praska, 20111:28.99	Triple Jump Renee White, 200842-4
800 Yards Kay Stormo, 19822:09.35	Shot Put Gail Smith, 198551-0 Lisa Van Steenwyk, 199350-5 1/4
	Pentathlon Kathy Gillespie, 19834.079 pts.

Men's Indoor Relay Champions

Mile Relay Morrow, Noll, Brookins, Wilson, 19233:29.6 Morrow, Kohn, Roberts, Coulter, 19243:33.2 Beatty, Phelps, Baird, Cuhel, 19273:29.5 Stevenson, Stamats, Baird, Cuhel, 19283:24.2 Thomas, Ferguson, Depping, Stevenson, 19293:25.6 Boylan, Wheeler, Ebert, Scott, 19523:18.3 Richards, Rocker, Hollingsworth, Kerr, 19633:14.7 Ferree, Frazier, Mondane, Reimer, 19673:13.1 Greer, Williams, Smith, Duckett, 19843:09.24 Richards, Holmes, Sowinski, Willey, 20113:12.13
Two Mile Relay English, Blackman, Strozier, Chambers, 19897:36.20

Women's Indoor Relay Champions

3,200-Meter Relay Schlader, Mitchell, Drapcho, Stormo, 19799:10.0 Hoskins, Kruckeberg, Roberts, Schneckloth, 19898:53.01



Men's Outdoor Champions

100 Yards

Dennis Kohl, 19669.6

120-Yard High Hurdles

Russell Merkel, 195014.4

Les Stevens, 195614.2

100 Meters

George Page, 199510.50

George Page, 199610.08

Tim Dwight, 199910.51

110-Meter High Hurdles

Pat McGhee, 198913.74

220 Yards

Eric Wilson, 192122.0

Eric Wilson, 192321.2

John Everingham, 192722.0

Dennis Kohl, 196620.6

220-Yard Low Hurdles

Charles Brookins, 192223.8

Charles Brookins, 192323.2

Charles Brookins, 192423.8

Frank Cuhel, 192623.9

Frank Cuhel, 192724.2

Frank Cuhel, 192823.6

George Saling, 193223.0

200 Meters

Andre Morris, 199520.64

Bashir Yamini, 199821.10

Bashir Yamini, 199921.39

Justin Austin, 201120.46

330-Yard Int. Hurdles

Donald Gardner, 196337.7

Jon Reimer, 196536.1

440 Yards

Chan Coulter, 192450.4

George Baird, 192749.1

John Brown, 195948.1

Mike Mondane, 196746.4

Mike Mondane, 196847.5

Dick Eisenlauer, 197547.1

440-Yard Int. Hurdles

Jon Reimer, 196550.8

400 Meters

Anthuan Maybank, 199145.76

Anthuan Maybank, 199345.91

Andre Morris, 199545.39

Andre Morris, 199646.38

Steven Willey, 201046.12

400-Meter Hurdles

Pat McGhee, 198650.94

Pat McGhee, 198850.01

Pat McGhee, 198949.63

Ray Varner, 201050.61

660 Yards

Roger Kerr, 19631:17.4

Mike Mondane, 19661:17.7

880 Yards

Harry Morrow, 19241:57.0

Ted Wheeler, 19561:51.7

Bill Frazier, 19621:50.1

Bill Frazier, 19631:50.6

800 Meters

D'Juan Strozier, 19901:47.17

Mile

Ted Wheeler, 19564:12.7

Charles Jones, 19574:17.0

Charles Jones, 19584:09.2

3,000-Meter Steeplechase

Rollie Kitt, 19679:02.9

Steve Pershing, 19779:00.1

Two Miles

Richard Ferguson, 19529:19.0

Richard Ferguson, 19539:26.6

Charles Jones, 19579:14.0

Three Miles

Larry Wiczorek, 196813:58.0

10,000 Meters

Kevin Herd, 199430:05.21

Micah VanDenend, 200730:28.50

Long Jump

Edward Gordon, 192924-1 3/4

Edward Gordon, 193024-8 1/4

Edward Gordon, 193124-1 1/2

Earl Smith, 195423-1

Quinn Early, 198624-11

Anthuan Maybank, 199325-9 1/2

Bashir Yamini, 199726-8 1/4

High Jump

E.J. Baker, 19055-10 1/4

*Edward Gordon, 19296-0

Bill Knoedel, 19757-3

Bill Hansen, 19767-2

Ryan Kelly, 20086-10 3/4

Triple Jump

Troy Doris, 201153-8 1/2

Troy Doris, 201254-8

Pole Vault

*Xavier Boyles, 192612 9 1/2

Bill Burnette, 196615 3

Phil Wertman, 197116 1 1/2

John Tefer, 197216 0

Todd Wigginton, 198417 0

Discus

C.H. Swift, 1902118-9

C.H. Swift, 1903117-7 1/2

Merle Alderman, 1910129-8 1/2

John Hancock, 1925138-2

Jeremy Allen, 1998185-9

Jeremy Allen, 2001194-5

Tim Brodersen, 2005187-0

Tim Brodersen, 2006181-2

Shot Put

Chris Gambol, 198760-0 1/2

Jeremy Allen, 200162-2 1/4

John Hickey, 200758-4 1/2

Hammer

A. van der Westhuizen, 1999202-3

A. van der Westhuizen, 2000218-5

Jim Costello, 2002217-7

Adam Hamilton, 2006208-1

Javelin

L.D. Weldon, 1930184-5 1/2

L.D. Weldon, 1931191-4 1/2

Mark Panther, 1934208-2

Mark Panther, 1935219-7 3/8

Bushnell Lamb, 1936194-4 1/2

Bushnell Lamb, 1938202-8

Bill Neumann, 2002231-8

Bill Neumann, 2003238-2

Matt Byers, 2010220-6

Matt Byers, 2011235-4

Matt Byers, 2012222-10

Men's Outdoor Relay Champions

400-Meter Relay

Beecham, Duckett, Greer, Patrick, 198339.99

McCoy, Duckett, Greer, Smith, 198440.11

Davis, Morris, Rozell, Page, 199540.03

Dwight, Branch, Davis, Yamini, 199840.27

Branch, Dwight, Dodge, Yamini, 199940.66

Coleman, Kunkel, Peterson, Dodge, 200140.15

400-Yard Relay

Johnson, Lake, Eisenlauer, Wellington, 197441.2

Mile Relay

Beck, Noll, Keppler, Wilson, 19223:20.0

Stevenson, Stamats, Baird, Cuhel, 19283:20.2

Stevenson, Ferguson, Depping, Baird, 19293:20.7

Levinson, Boylan, Ebert, Scott, 19533:16.4

Richards, Hollingsworth, Frazier, Kerr, 19623:12.3

Richards, Hollingsworth, Frazier, Kerr, 19633:11.2

Thompson, Feree, Randolph, Reimer, 19653:12.1

Ferree, Frazier, Mondane, Reimer, 19673:08.7

Teberg, Stevens, Frazier, Mondane, 19683:13.3

1,600-Meter Relay

Chung, Williams, McGhee, Leonard, 19863:07.05

Branch, Dwight, Dodge, Yamini, 19993:09.09



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
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800 Meters

Bethany Praska, 2011	2:05.63
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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
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Long Jump

Aisha James, 2003	21-4
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Triple Jump

Renee White, 2009	43-10 3/4
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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)

Track Athlete of the Meet

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

2007	Kineke Alexander (I)
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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	Gary Kostrubala.....1986
Justin Austin 2011	Adam Kunkel2001
Chris Barton.....2010-11	Harold Leonard.....1986
St. Clair Blackman.....1989	Shane Maier2006-08
Tony Branch1998-99	Anthuan Maybank.....1990-94
Tim Brodersen.....2005-06	Ronnie McCoy.....1984
Matt Byers2010-12	Pat McGhee.....1986, 1988-89
Rodney Chambers.....1989	Andre Morris.....1995-96
Jim Costello2002	Andy Napier.....2008
Curtis Chung.....1986, 1989	Bill Neumann2002-03
Juan Coleman2001	George Page1995-97
A.J. Curtis2007, 2009	Russell Peterson2001
Chris Davis1995, 1998	Patrick Richards2010
Tim Dodge1999, 2001	Ed Rozell1995
Troy Doris2011-12	Zeke Sayon2010
Terrence Duckett.....1984	Caesar Smith.....1984
Tim Dwight.....1998-99	Robert Smith.....1984
Quinn Early.....1986	Erik Sowinski2010-12
Louis English1989	D'Juan Strozier1989-90, 1992
Chris Gambol.....1987	Dion Trowers1998
Matty Gorman.....2006	Micah VanDenend2007
Victor Greer1984	Ray Varner2010
Adam Hairston.....2008-09	Arno van der Westhuizen2000
Adam Hamilton2006-07	Todd Wigginton1984
Kevin Herd.....1994	Steven Willey.....2010-11
Jeffery Herron.....2010	Kenny Williams.....1984, 1986
John Hickey.....2007-09	Chris Voller.....2005
Ethan Holmes.....2011-12	Bashir Yamini1997-99
Ryan Kelly2008	

Women's Honorees

Kineke Alexander2006-08	Ashley Liverpool2011-12
Krista Anderson2006	Racheal Marchand2009
Meghan Armstrong2006, 2008	Lindsey McCalla2006
Erica Broomfield1998	Vivien McKenzie.....1984-86
Jennifer Brower1992	McKenzie Melander.....2012
Nicole Charles2003	Diane Nukuri.....2007-08
Wynsome Cole1997-98	Marlene Poole1994
Tracy Dahl1992-93	Bethany Praska 2011
Nan Doak.....1985	Alana Redfern.....2003
Nicole Erickson..... 2011	Tanja Reid1994
Betsy Flood.....2011-12	Peaches Roach2004-07
Tina Floyd.....1994	Rachelle Roberts.....1989-90
Ashley Granger.....2006	Kim Schneckloth.....1989
Ellen Grant.....1997	Gail Smith.....1985
Senta Hawkins.....1988	Shannon Stanley2006
Tiffany Hendricks..... 2011	Sarah Steffen.....2003
Yolanda Hobbs1994-95	Jessie Strand.....2003
Tami Hoskins.....1989	Majesty Tutson 2011
Aisha Hume2003	Tara Underwood.....1997
Aisha James2003	Lisa Van Steenwyk.....1993
Tiffany Johnson2005-06	Renee White.....2007-09
Elaine Jones.....1984	Shellene Williams2003-04
Jeanne Kruckeberg1987-89	Kaydene Wynter1997
Karen Layne1990	

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 DahlMar. 1992
Tracy DahlFeb. 1993
Yolanda HobbsMar. 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

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
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
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
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
Kyle Reid.....	2011-12
Jay Renaud.....	2008
Thomas Reynolds.....	2010
Keaton Rickels.....	2011-12
Cameron Rieger.....	2012
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.....	2011-12
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

Women's Honorees

Adrianne Alexia.....	2012
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 Dlhj.....	2011
Jennie Docherty.....	2009
Katie Donlon.....	2005
Brooke Eilers.....	2012
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
Sheila Galbraith.....	1992
Keelin Gorman.....	2012
Ashley Granger.....	2006
Maggie Hall.....	1999
Amanda Hardesty.....	2010-11
Kelsey Hart.....	2011-12
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
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

Big Ten Distinguished Scholars

Men's Honorees

Sam Bailin.....	2010
A.J. Curtis.....	2009
Connor Elmitt.....	2010
Mark Mankivsky.....	2010
Andy Napier.....	2009
Kyle Reid.....	2012
Keaton Rickels.....	2011-12
Ben Stancombe.....	2012
Brice Wilson.....	2009

Women's Honorees

Jolly Burke.....	2009
Jennie Docherty.....	2009
Brooke Eilers.....	2011
Kelsey Hart.....	2011
Amanda Hardesty.....	2010-11
Rachel Hawks.....	2009
McKenzie Melander.....	2011
Hannah Roeder.....	2009, 2011
Kirsten Weismantle.....	2012

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.

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.



Academic All-Big Ten Honorees

Kelsey (Labs) Quinn 2011-12	Kristi Schmidt..... 2000	Michelle Sokol 2004-05	Tara Underwood..... 1998
Ruqauua Raheem 1998	Jessica Schmidt..... 2007	Amanda Stahle 2012	Sheri Van Der Hart 1991-93
Megan Ranegar 2011-12	Kim Schneckloth..... 1987-90	Shannon Stanley 2007	Kim Vinton 1992
Alana Redfern..... 2003	Jennifer Schoonover..... 1995	Tina Stec 1992-94	Jamie Voss..... 1992-93
Peaches Roach 2005-07	Gina Shannon..... 1999-2001	Sarah Steffen..... 2001-03	Kirsten Weismantle..... 2011-12
Ericka Roberts..... 2001-02	Anna Shearer 2000-01	Jessie Strand..... 2001-04	Renee White..... 2007
Hannah Roeder 2009-11	Erin Sheeley 2005	Kelsey Stueland..... 2010	Beth Wilson 1989
Janeth Salazar..... 1988	Hannah Simonson..... 2011-12	Sherri Suppelsa..... 1987	
Christine Salsberry 1991, 1993-94	Jasmine Simpson 2011-12	Rhonda-Kaye Trusty..... 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

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



IOWA TRACK AND FIELD

2012-13 MEDIA GUIDE

VARSITY CLUB HALL OF FAME



George Baird
Athlete 1926-29
Inducted 1994



George Bresnahan
Coach 1921-48
Inducted 1991



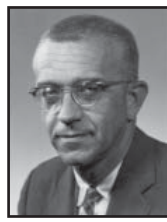
Lester Belding
Athlete 1921-24
Inducted 1991



Charles Brookins
Athlete 1921-24
Inducted 1990



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



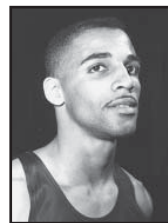
Bill Frazier
Athlete 1962-65
Inducted 2012



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



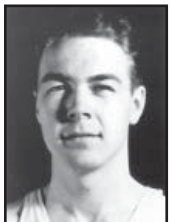
Kay Stormo
Athlete 1979-82
Inducted 2008



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: 7.75 Jordan Mullen, 2011
 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 DeLashmutter, 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: 5,205 points..... Dan Rolling, 2010
 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: 60-4 1/2 (18.40 m) Kelsey Taylor, 2011
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

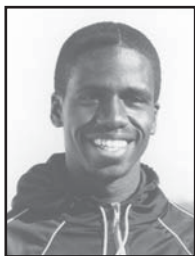
School: 37.82 Elaine Jones, 1984

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. Troy Doris, 2012	6.75
4. Tony Branch, 1999.....	6.78
5. Paul Chaney, Jr., 2009.....	6.80
D'Juan Richardson, 2010	6.80
7. Derrick Burks, 2005	6.81
Tevin-Cee Mincy, 2012	6.81
9. Zeke Sayon, 2010.....	6.82
10. Tim Dodge, 2001	6.83

60-Meter Hurdles

1. Jordan Mullen, 2011.....	7.75
2. Dion Trowers, 1997.....	7.87
3. Russell Peterson, 2004.....	7.97
4. Dan Davis, 2012	8.02
5. DeRocco Reed, 2000	8.03
6. Ethan Holmes, 2011.....	8.08
7. Torrey Campbell, 2012.....	8.09
8. Jordan Crosby, 2005.....	8.16
9. D'Juan Richardson, 2009	8.20
10. Justin Poots, 2001	8.22

200 Meters

1. Justin Austin, 2011	20.80
2. Anthuan Maybank, 1993.....	21.11
3. Bashir Yamini, 1999	21.19
4. Tim Dodge, 2000	21.26
5. Paul Chaney, Jr., 2009.....	21.34
6. George Page, 1997	21.35
7. Zach Digney, 2004.....	21.39
8. Tony Branch, 1998	21.46
9. David Chaplin, 2006	21.49
10. Adam Kunkel, 2001	21.55

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. Curtis Chung, 1989.....	47.65
10. Ray Varner, 2008	47.66

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. Chris Barton, 2011	1:18.75
6. Adam Hairston, 2009	1:19.05
7. Monte Raymond, 1997	1:19.18
8. Scott Williamson, 2001	1:19.19
Brennan Davey, 2012	1:19.19
10. D'Juan Strozier, 1990	1:19.20

800 Meters

1. Erik Sowinski, 2012	1:47.62
2. Adam Hairston, 2010	1:49.26
3. Nick Kuczwara, 2010	1:49.59
4. Nathan Prom, 2012	1:50.90
5. Dave Novotny, 1996.....	1:51.27
6. Jim Docherty, 1973	1:51.30
7. Rod Chambers, 1989.....	1:51.33
8. Jim Donovan, 1999	1:51.52
9. Michael Layne, 1997.....	1:51.54
10. Bill Frazier, 1963	1:51.80

Mile

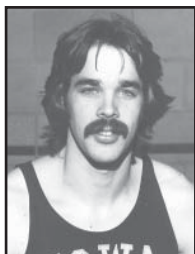
1. Jeff Thode, 2011	3:58.72
2. Ed DeLashmutt, 1981	4:04.01
3. Larry Wiecezorek, 1968.....	4:04.40
4. John Clark, 1972.....	4:05.94
5. Adam Thomas, 2002.....	4:07.13
6. Kevin Herd, 1992	4:07.26
7. Jesse Luciano, 2009.....	4:07.29
8. Jake Berns, 2006.....	4:07.43
9. Micah VanDenend, 2007.....	4:07.54
10.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

3,000 Meters

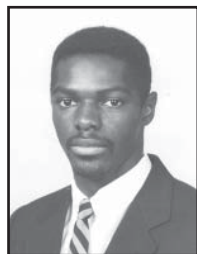
1. Jeff Thode, 2011	8:00.38
2. Micah VanDenend, 2006.....	8:00.81
3. Eric MacTaggart, 2006.....	8:08.79
4. Stetson Steele, 2000	8:09.54
5. Dan Haut, 2005.....	8:11.36
6. Kevin Herd, 1994	8:11.51
7. Nick Holmes, 2010	8:15.48
8. Andy Napier, 2008	8:15.70
9. Larry Wiecezorek, 1968.....	8:17.00
10. Matt Esche, 2004.....	8:17.28

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. Matt Esche, 2004.....	14:18.43
7. Jeff Kent, 2007.....	14:18.86
8. Jesse Luciano, 2009.....	14:20.99
9. Nick Nordheim, 2002	14:22.99
10. Kevin Herd, 1994	14:27.57



Bill Knoedel



Anthuan Maybank



Jordan Mullen



Nathan Prom



Patrick Richards



Keaton Rickels



Dan Rolling



Erik Sowinski



Jeff Thode



Micah VanDenend



Todd Wigginton



Steven Willey

Heptathlon

1. Dan Rolling, 2010 5,205 points
2. Ryan Niver, 2008 5,149 points
3. Frank Prill, 2010 5,015 points
4. Jack Eckert, 2012 4,840 points
5. Scott Faber, 2000 4,784 points
6. Cam Appleman, 1997 4,685 points
7. Kyle Reid, 2010 4,662 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. Curt Brock, 1979 16-6 (5.03)
4. Alex Zona, 2010 16-4 3/4 (5.00)
- Kyle Reid, 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. Ronnie McCoy, 1984 24-9 (7.54)
6. Matty Gorman, 2006 24-8 1/2 (7.53)
7. Charles Jones, 1980 24-8 1/4 (7.52)
8. Quinn Early, 1986 24-7 1/4 (7.50)
9. Jeffery Herron, 2011 24-7 (7.49m)
10. Lee Farmer, 1942 23-9 1/4 (7.24)

Triple Jump

1. Troy Doris, 2011 54-0 (16.46)
2. Paul Jones, 1990 52-1 1/4 (15.88)
3. Mike Lacy, 1983 49-0 (14.93)
4. Owen Gill, 1982 48-10 3/4 (14.90)
5. Josh Bean, 2009 48-10 (14.88)
6. Gordon Finch, 1988 48-3 3/4 (14.72)
7. Matty Gorman, 2006 48-3 1/2 (14.72)
8. Pat Miller, 1984 47-11 (14.60)
9. Brian Quarles, 1980 46-9 3/4 (14.26)
10. Darren Smith, 1992 46-3 1/2 (14.11)

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. Ryan Jordan, 2008 59-0 (17.98)
10. Ben Stancombe 57-4 3/4 (17.49)

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



Senta Hawkins



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
7.	Angela Menson, 1982	7.57
8.	Raven Moore, 2012	7.63
9.	Tamara Dixon, 2002	7.64
10.	Lakeya Boatright, 1999	7.68

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.	Erin Jones, 2011	24.01
7.	Rhonda-Kaye Trusty, 2010	24.05
8.	Peaches Roach, 2007	24.09
9.	Jiselle Providence, 2002	24.44
10.	Raven Moore, 2012	24.45

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.	Aisha Hume, 2002	56.33
	Lindsey McCalla, 2006	56.33

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.	Karen Layne, 1990	1:31.45
5.	Nicole Erickson, 2012	1:31.71
6.	Kay Stormo, 1982	1:32.30
7.	Aisha Hume, 2004	1:32.41
8.	Sophia Chow, 2002	1:33.54
9.	Tiffany Hendricks, 2011	1:34.16
10.	Ann Pare, 1997	1:34.95

800 Meters

1.	Bethany Praska, 2011	2:03.78
2.	Jeanne Kruckeberg, 1989	2:06.38
3.	Michelle Lahann, 2004	2:06.83
4.	Briana Benning, 1996	2:09.22
5.	Kay Stormo, 1981	2:11.04
6.	Ann Pare, 1997	2:11.19
7.	Lauren Hardesty, 2011	2:11.80
8.	Atalie Barber, 2003	2:12.10
9.	Shannon Stanley, 2005	2:12.13
10.	Betsy Flood, 2011	2:12.73

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



IOWA TRACK AND FIELD

2012-13 MEDIA GUIDE

ALL-TIME TOP 10 PERFORMERS

WOMEN'S INDOOR



Diane Nukuri



Bethany Praska



Peaches Roach



Gail Smith



Jessie Strand



Kelsey Taylor



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.	Becky Kaza, 1995	5-9 3/4 (1.77)
4.	Caleigh Bacchus, 2010	5-9 1/4 (1.76)
5.	Kristi Dinkla, 1985	5-8 1/2 (1.74)
	Kacey Childs, 2001	5-8 1/2 (1.74)
7.	Traci Claussen, 1987	5-8 (1.73)
	Khanishah Williams, 2012	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, 2012	11-3 (3.43)
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.	Tiffany Johnson, 2007	19-2 1/2 (5.85)
4.	Carisa Leacock, 2012	19-2 (5.84)
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, 2012	18-7 (5.66)
9.	Catharine Parmiter, 2000	18-7 1/2 (5.68)
10.	Jessie Strand, 2000	18-3 1/4 (5.57)

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)

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, 2012	48-1 3/4 (14.67)
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.	Kelsey Taylor, 2011	60-4 1/2 (18.40)
2.	Majesty Tutson, 2011	58-4 (17.78)
3.	Becca Franklin, 2007	58-3 1/4 (17.76)
4.	Jasmine Simpson, 2012	57-7 (17.55)
5.	Annemie Smith, 2012	57-3 3/4 (17.47)
6.	Ashlyn Gulvas, 2012	57-0 3/4 (17.39)
7.	Erin O'Hern, 2008	56-3 (17.14)
8.	Mandy Chandler, 2009	54-4 1/2 (16.57)
9.	Kerri Blackstone, 1999	50-9 3/4 (15.48)
10.	Tiffany Medenwaldt, 2010	50-8 3/4 (15.45)

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.	Maureen Abel, 1979	3,427 points
6.	Zinnia Miller, 2012	3,416 points
7.	Sarah Ryan, 2012	3,368 points
8.	Janet Adams, 1981	3,360 points
9.	Janelle Jaspers, 1987	3,366 points
10.	Kacey Childs, 1999	3,224 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.	White, Alexander, Kerr, Hendricks, 2008	3:43.83

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: 39.48 Beecham, Duckett, Greer, Smith - 1984
 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: 6,957 points Dan Rolling, 2010
 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

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: 172-11 (52.72 m) Majesty Tutson, 2012
Facility: 192-3 (58.59 m) Gina Smallwood, Unattached, 2012

Hammer

School: 195-0 (59.45 m) Becca Franklin, 2007
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

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



Jeremy Allen



Justin Austin



Matt Byers



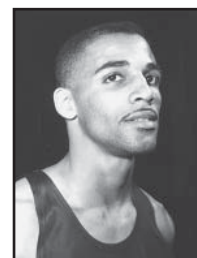
A.J. Curtis



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
5. Bob Lawson, 1976	10.36
6. Robert Smith, 1984.....	10.39
7. Curtis Chang, 1987.....	10.40
8. Jeff Patrick, 1983.....	10.41
Tim Dodge, 2002	10.41
10. Jerry Fisher, 1991.....	10.45

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, 2011	13.79
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, 2011.....	50.65
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. Andy Wiese, 1985	1:50.22
8. Paul Chepkwony, 1984.....	1:50.36
9. Rod Chambers, 1989	1:50.60
10. Jim Donovan, 1998.....	1:50.68

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 Wiczorek, 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. Jesse Luciano, 2010.....	14:08.71
8. Matt Esche, 2006.....	14:12.07
9. Jeff Thode, 2011	14:12.40
10. Chase Kadlec, 2010	14:14.45

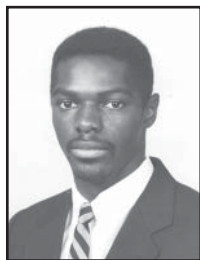


IOWA TRACK AND FIELD

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ALL-TIME TOP 10 PERFORMERS

MEN'S OUTDOOR



Anthuan Maybank



Pat McGhee



Dan Rolling



Erik Sowinski



Stetson Steele



Jeff Thode



Micah VanDenend

10,000 Meters

1. Stetson Steele, 200028:44.47
2. Eric MacTaggart, 2006.....28:50.23
3. Nick Nordheim, 200229:44.71
4. Trent Corey, 200229:45.25
5. Kevin Lewis, 201229:54.02
6. Chad Schwitters, 199929:56.00
7. Nick Holmes, 201030:02.31
8. Dan Haut, 200630:03.08
9. Kevin Herd, 199430:05.21
10. Paul Sarris, 200130:08.40

Decathlon

1. Dan Rolling, 20106,957 pts
2. Scott Faber, 20006,839 pts
3. Ryan Niver, 20086,837 pts
4. Jack Eckert, 20126,813 pts
5. Chad Ohly, 19946,641 pts
6. Gary Kostrubala, 19846,498 pts
7. Frank Prill, 20086,381 pts
8. Jacob Drewry, 19945,820 pts

High Jump

1. Jeffery Herron, 20127-4 1/4 (2.24)
2. Bill Hansen, 19787-4 (2.23)
- Bill Knoedel, 19757-4 (2.23)
4. M. Cunningham, 19867-1 (2.16)
- Kenneth Lansing, 19887-1 (2.16)
6. Pat Meade, 19877-0 1/4 (2.14)
7. Graham Valdes, 20126-11 3/4 (2.12)
8. Peter Hlavin, 19796-11 (2.11)
- Scott Hudek, 19936-11 (2.11)
- Jeremy Petsche, 20086-11 (2.11)
- Brandon Oest, 20126-11 (2.11)

Long Jump

1. Anthuan Maybank, 199327-1 (8.25)
2. Bashir Yamini, 199726-8 1/4 (8.13)
3. Paul Jones, 198925-10 1/4 (7.88)
4. Darren Smith, 199125-9 3/4 (7.86)
5. Quinn Early, 198625-7 1/4 (7.80)
6. Ed Gordon, 193125-4 3/8 (7.68)
7. Matty Gorman, 200625-1 1/4 (7.65)
8. Ronnie McCoy, 198525-0 (7.62)
9. Jeffery Herron, 201024-9 (7.54)
10. Joe Robinson, 197624-2 3/4 (7.38)

Triple Jump

1. Troy Doris, 201254-8 (16.66)
2. Paul Jones, 199052-0 1/2 (15.86)
3. Gordon Finch, 198850-9 1/4 (15.47)
4. Mike Lacy, 198450-5 (15.36)
5. Pat Miller, 198549-8 1/2 (15.25)
6. Matty Gorman, 200849-2 1/2 (15.00)
7. Owen Gill, 198249-1 (14.96)
8. Josh Bean, 201048-10 3/4 (14.90)
9. Ed Gordon, 193148-0 1/8 (14.63)
10. Mike Means, 198147-0 1/2 (14.34)

Pole Vault

1. Todd Wigginton, 198417-0 (5.18)
2. Chad Ohly, 199416-8 3/4 (5.10)
3. Curt Broek, 197816-8 (5.08)
4. Phil Wertman, 197116-7 (5.05)
- Kelly Scott, 198816-7 (5.05)
6. John Teffer, 197216-2 (4.93)
7. Kyle Reid, 201016-1 1/4 (4.91m)
8. Alex Zona, 200916-0 3/4 (4.90)
9. Steve Brewer, 198316-0 (4.88)
- Doug Pennino, 198516-0 (4.88)

Shot Put

1. Jeremy Allen, 200163-2 3/4 (19.27)
2. Ken Kemeny, 200562-3 (18.97)
3. Shane Maier, 200662-2 1/4 (18.95)
4. Andy Banse, 200561-11 1/2 (18.88)
5. John Hickey, 200861-9 1/2 (18.83)
6. Chris Gambol, 198760-0 1/2 (18.30)
7. A.J. Curtis, 200859-8 1/4 (18.19)
8. A. van der Westhuizen, 200058-8 3/4 (17.90)
9. Ryan Lamparek, 201058-4 (17.78)
10. Gary Kostrubala, 198558-1 (17.70)

Discus

1. A.J. Curtis, 2007202-11 (61.84)
2. Gary Kostrubala, 1986202-4 (61.68)
3. Jeremy Allen, 2001195-4 (59.54)
4. Tim Brodersen, 2005193-6 (58.98)
5. Gabe Hull, 2012192-7 (58.70)
6. Brad Daufeldt, 2004185-0 (56.40)
7. Nick Brayton, 2009180-11 (55.15)
8. Andy Banse, 2005180-0 (54.86)
9. Eric Rothwell, 2004179-7 (54.73)
10. Shane Maier, 2008178-7 (54.43)

Hammer

1. A. van der Westhuizen, 2001222-11 (67.94)
2. Adam Hamilton, 2007222-2 (67.73)
3. Jim Costello, 2002217-7 (66.32)
4. Brad Daufeldt, 2004207-10 (63.34)
5. Chris Voller, 2005206-0 (62.80)
6. Matt Banse, 2012201-11 (61.55)
7. Jeremy Allen, 2001199-0 (60.66)
8. Ben Stancombe, 2011197-6 (60.20)
9. Ryan Jordan, 2007184-6 (56.23)
10. Ryan Lamparek, 2010181-7 (55.35)

Javelin

1. Matt Byers, 2011245-8 (74.89)
2. Bill Neumann, 2002244-8 (74.58)
3. Dan Ralph, 2000227-10 (69.44)
4. Zach Schimp, 2010211-0 (64.32)
5. Kale Katt, 2007204-0 (62.17)
6. Joel Storm, 2004203-5 (62.01)
7. Matt Stank, 2001199-0 (60.66)
8. Jack Eckert, 2012187-0 (57.01)
9. A. van der Westhuizen, 1999173-11 (53.00)
10. Craig Jennings, 2006173-4 (52.83)



Kineke Alexander



Meghan Armstrong



Danielle Berndt



Nan Doak



Becca Franklin



Aisha James



Tiffany Johnson

100 Meters

1. Vivien McKenzie, 198511.45
2. Davera Taylor, 198411.51
3. Erica Broomfield, 199811.53
4. Jiselle Providence, 2001.....11.57
5. Tanja Reid, 199411.60
6. Peaches Roach, 200511.60
7. Yolanda Hobbs, 199511.62
8. Elanie Jones, 198511.69
9. Rhonda Kaye Trusty, 201011.74
10. Lakeya Boatright, 2000.....11.77

100-Meter Hurdles

1. Tiffany Johnson, 200713.20
2. Karessa Farley, 200913.53
3. C. Prendergast, 199913.60
4. Paula Ruen, 200013.60
5. Sarah Steffen, 2002.....13.65
6. Ruqayya Raheem, 1998.....13.90
7. Brenda Calhoun, 1984.....13.94
8. Wynsome Cole, 199714.10
9. Kimberly Stanford, 200814.11
10. Renee White, 2008.....14.20

200 Meters

1. Shellene Williams, 200423.50
2. Kineke Alexander, 200623.58
3. Davera Taylor, 198423.59
4. Vivien McKenzie, 198523.61
5. Yolanda Hobbs, 199523.65
6. Erin Jones, 2012.....23.71
7. Rhonda Kaye Trusty, 201023.74
8. Tanja Reid, 199523.75
9. Elaine Jones, 198323.84
10. Ashley Liverpool, 201223.98



Majesty Tutson



Lisa Van Steenwyk



Renee White



Shellene Williams

400 Meters

1. Kineke Alexander, 200651.35
2. Shellene Williams, 200451.94
3. Ashley Liverpool, 201252.47
4. Ellen Grant, 1996.....52.65
5. Senta Hawkins, 1988.....54.01
6. Bethany Praska, 201154.01
7. Marlene Poole, 199454.03
8. Elaine Jones, 198354.40
9. Nicole Charles, 200154.48
10. Stacey-Leigh Bynoe, 200054.73

400-Meter Hurdles

1. Mary Knoblauch, 1981.....56.16
2. Wynsome Cole, 199856.67
3. Chris Davenport, 1981.....59.18
4. Hannah Simonson, 201259.54
5. Sarah Steffen, 2002.....59.59
6. Tiffany Hendricks, 2011.....59.63
7. Nicole Erickson, 2012.....59.77
8. Beverly Powell, 199159.96
9. Kelsey Quinn, 201259.99
10. Diane Steinhart, 19801:00.56

800 Meters

1. Bethany Praska, 20112:03.78
2. Kay Stormo, 1982.....2:05.67
3. Michelle Lahann, 20042:06.79
4. Aisha Hume, 20052:08.50
5. Jeanne Kruckeberg, 19872:08.75
6. Ann Pare, 1997.....2:09.25
7. Meghan Armstrong, 20062:10.15
8. Sophia Poncé, 20072:10.35
9. Briana Benning, 19962:10.47
10. Lauren Hardesty, 20102:10.90

1,500 Meters

1. Meghan Armstrong, 20064:17.41
2. Betsy Flood, 2010.....4:17.75
3. Jeanne Kruckeberg 19894:19.71
4. McKenzie Melander, 20124:20.22
5. Lauren Hardesty, 20094:20.40
6. Diane Nukuri, 20074:20.95
7. Penny O'Brien, 19854:21.43
8. Kay Stormo, 19824:22.24
9. Michelle Lahann, 20044:24.00
10. Shannon Stanley, 20064:25.08

3,000 Meters

1. Diane Nukuri, 2008.....9:18.82
2. Penny O'Brien, 19859:20.61
3. McKenzie Melander, 2012.....9:21.59
4. Betsy Flood, 2010.....9:22.63
5. Nan Doak, 1985.....9:23.04
6. Tracy Dahl, 19929:23.53
7. Meghan Armstrong, 20069:28.03
8. Brooke Eilers, 20119:30.08
9. Jeanne Kruckeberg, 19899:30.69
10. Jennifer Brower, 19929:34.59

3,000-Meter Steeplechase

1. Danielle Berndt, 201110:26.54
2. Jessica Schmidt, 2008.....10:27.18
3. Sarah Arens, 2004.....10:34.50
4. Hannah Roeder, 201110:35.22
5. Kelsey Hart, 2011.....10:47.56
6. Katie Ellis, 2010.....11:02.62
7. Michelle Lahann, 200311:16.21
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, 200816:08.83
6. Brooke Eilers, 201116:11.86
7. Mareike Schrulle, 201216:13.73
8. Jenny Spangler, 1983.....16:17.21
9. Tracy Dahl, 199216:18.77
10. Racheal Marchand, 200816:27.02



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ALL-TIME TOP 10 PERFORMERS WOMEN'S OUTDOOR



Diane Nukuri



Tammilee Kerr



Vivien McKenzie



Bethany Praska



Alana Redfern



Peaches Roach



Jessie Strand

10,000 Meters

1. Diane Nukuri, 2008.....33:17.01
2. Jennifer Brower, 199133:23.38
3. Meghan Armstrong, 200833:28.00
4. Nan Doak, 1985.....33:33.03
5. Jenny Spangler, 1983.....33:39.24
6. Racheal Marchand, 200834:05.87
7. McKenzie Melander, 201234:29.83
8. Tracy Dahl, 199234:30.09
9. Betsy Flood, 2011.....35:05.10
10. Nikki Chapple, 200435:06.35

Heptathlon

1. Tammilee Kerr, 20085,633 pts
2. Kathy Gillespie, 1983.....5,262 pts
3. Tiff Pedersen, 20044,976 pts
4. Janet Adams, 1981.....4,855 pts
5. Sarah Ryan, 2012.....4,819 pts
6. Ruqayya Raheem, 19974,665 pts
7. Angela Chadwick, 1993.....4,493 pts
8. Missy Miller, 2010.....4,227 pts
9. Angie Hensel, 20044,073 pts
10. Janelle Jaspers, 1987.....4,000 pts

High Jump

1. Peaches Roach, 20066-1 1/4 (1.86)
2. Mary Mol, 1983.....6-0 (1.83)
3. Caleigh Bacchus, 2010.....5-10 (1.78)
4. Lynn McMillan, 1988.....5-9 1/4 (1.76)
5. Kacey Childs, 2001.....5-8 1/2 (1.74)
6. Kristi Dinkla, 1985.....5-8 (1.73)
- Becky Kaza, 1995.....5-8 (1.73)
- Eve Cullinan, 20035-8 (1.73)
9. Zinnia Miller, 2012.....5-7 1/4 (1.71)
- Khanishah Williams, 2012.....5-7 1/4 (1.71)

Long Jump

1. Aisha James, 200322-3 (6.78)
2. Renee White, 2008.....20-3 3/4 (6.19)
3. Carisa Leacock, 201119-11 1/2 (6.08)
4. Becki Borg, 198819-7 1/4 (5.97)
5. Lisa Moats, 198619-6 (5.95)
6. Tammilee Kerr, 200819-4 1/4 (5.90)
7. Yolanda Hobbs, 1993.....19-2 1/2 (5.85)
8. Jane Dunlevy, 1977.....18-6 (5.64)
9. Ruqayya Raheem, 199718-5 1/4 (5.62)
- Tiff Pedersen, 200418-5 1/4 (5.62)

Triple Jump

1. Renee White, 2008.....43-10 3/4 (13.36)
2. Tiffany Johnson, 200741-8 3/4 (12.72)
3. Carisa Leacock, 201240-10 1/2 (12.46)
4. Becki Borg, 198840-7 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, 198433-10 1/2 (10.32)
10. Latoya Stiffend, 2002.....32-6 (9.90)

Pole Vault

1. Jessie Strand, 2003.....12-10 1/4 (3.92)
2. Sarah Burgett, 200612-1 3/4 (3.70)
3. Kirsten Weistmantle, 201112-0 (3.66)
4. Katie Truedson, 201011-5 1/4 (3.49)
5. Gina Shannon, 2001.....11-2 1/4 (3.41)
6. Brittany Holst, 201211-0 1/4 (3.36)
7. Kacey Childs, 2000.....8-0 1/2 (2.45)

Shot Put

1. Lisa Van Steenwyk, 199250-8 (15.44)
2. Gail Smith, 1984.....50-3 1/4 (15.32)
3. Denise Taylor, 199250-1 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. Jennifer Moon, 2000.....47-5 1/4 (14.46)
8. Rachel Curry, 201146-5 (14.03)
9. Mandy Chandler, 200646-0 (14.02)
10. Tiffany Medenwaldt, 2010 ..45-11 3/4 (14.01)

Discus

1. Majesty Tutson, 2012172-11 (52.72)
2. Tiffany Medenwaldt, 2010161-3 (49.16)
3. Denise Taylor, 1992160-5 (48.90)
4. Lisa Van Steenwyk, 1991159-1 (48.50)
5. Gail Smith, 1983.....158-2 (48.22)
6. Ashlyn Gulvas, 2011.....154-11 (47.23)
7. Courtney Fritz, 2012154-1 (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. Becca Franklin, 2007195-0 (59.45)
2. Annemie Smith, 2012187-7 (57.19)
3. Ashlyn Gulvas, 2011.....182-3 (55.55)
4. Jasmine Simpson, 2012181-10 (55.42)
5. Kelsey Taylor, 2011.....177-0 (53.95)
6. Tiffany Medenwaldt, 2010171-11 (52.40)
7. Erin O'Hern, 2008.....168-9 (51.45)
8. Kerri Blackstone, 1999161-10 (49.32)
9. Majesty Tutson, 2010156-9 (47.77)
10. Mandy Chandler, 2009154-6 (47.09)

Javelin

1. Alana Redfern, 2003.....181-5 (55.30)
2. Tammilee Kerr, 2008163-5 (49.81)
3. Mandy Beck, 1999.....153-4 (46.74)
4. Terri Soldan, 1983.....152-6 1/4 (46.48)
5. Shani Renning, 1990152-3 (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, 1985137-5 1/4 (41.88)
10. Sara Joens, 1987127-1 (38.74)

400-Meter Relay

1.	Beecham, Duckett, Greer, R. Smith, 1984	39.48
2.	Page, Davis, Rozell, Morris, 1996	39.73
3.	Mincy, Sayon, Chaney, Jr., Austin, 2011	39.86
4.	Richardson, Sayon, Chaney, Jr., Bee, 2009	39.94
5.	Felix, Branch, Dodge, Yamini, 1999	39.96
6.	Beecham, Duckett, Greer, Patrick, 1983	39.99
7.	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.	Barclay, McCalister, Jensen, Elliott, 1979	1:26.39
3.	Thomas, Balkrishnan, Patterson, Freidrich 1991	1:28.38
4.	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, Sowinski, 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.	Sayon, Austin, Willey, Sowinski, 2011	3:16.18
2.	Richards, Larney, Davey, Sowinski, 2012	3:17.25
3.	Richardson, Richards, Willey, Sowinski, 2010	3:17.74
4.	Armstrong, Thomas, Maybank, Strozier, 1991	3:18.93
5.	Yamini, Davis, Dodge, Donovan, 1999	3:19.87
6.	Richards, Chaney, Jr., Barton, Hairston, 2009	3:20.05
7.	McCorkle, Armstrong, Chung, Strozier, 1990	3:20.43
8.	Dodge, Yamini, Branch, Donovan, 1999	3:20.83
9.	Goode, Fisher, Thomas, Falls, 1992	3:21.02
10.	Dwight, Davis, Raymond, Donovan, 1997	3:21.05

3,200 Meter Relay

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.	Theisen, Williams, Wiesa, Waters, 1985	9:54.04
6.	Luciano, Pierre, Hairston, VanDenend, 2007	9:54.07
7.	VanDenend, Riley, O'Hollearn, Rakaric, 2006	9:54.97
8.	Feeldy, Eischeid, Novotny, Peters, 1996	9:55.71
9.	Thomas, Wise, Cunningham, S. Allen, 2001	10:01.57
10.	Thomas, Wakenight, Dziubski, Rakaric, 2003	10:01.72

6,400 Meter Relay

1.	Rakaric, Webster, MacTaggart, VanDenend, 2006	16:55.43
2.	Paul, Kadlec, Thode, Luciano, 2010	17:01.46
3.	N. Holmes, Witt, Thode, Lewis, 2012	17:02.26
4.	Thomas, Allen, Rakaric, Lloyd, 2003	17:06.27
5.	Pittman, Novotny, Feeldy, Marquardt, 1995	17:12.49
6.	Bakker, Feeldy, Peters, Pittman, 1996	17:13.10
7.	Allen, Trainor, McDermott, Esche, 2002	17:14.53
8.	Kadlec, E. MacTaggart, Paul, Marchese, 2009	17:17.63
9.	Schwitters, Nordheim, Moeller, Thomas, 1999	17:18.04
10.	White, Roehl, Wood, Roseman, 1992	17:28.90

1,600-Meter

School: 3:03.11 Morris, Davis, Page, Rozell - 1995

Facility: 3:05.56 Olson, Homewood, Rock, Woody,
Unattached - 2007Sprint 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



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ALL-TIME TOP 10 RELAYS

WOMEN'S OUTDOOR

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.	Simonson, 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.	Trusty, R. Moore, Hendricks, Praska, 2010.....	3:56.53
3.	Reid, Philip, Hobbs, Benning, 1995.....	3:56.54
4.	Roach, Alexander, McCalla, Stanley, 2005.....	3:56.99
5.	Clarke, Graham, Jones, Poncé, 2007.....	3:59.34
6.	Underwood, Clarke, Philip, Benning, 1995.....	3:59.75
7.	Jones, R. Moore, Erickson, Alexia, 2012.....	4:00.19
8.	2005.....	4:00.26
9.	Dixon, Providence, Hume, Butler, 2001.....	4:01.11
10.	Providence, Dixon, Charles, Hume, 2001.....	4:03.39

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, Dlh, 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

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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
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7.	Schrulle, Erickson, Placzek, Eilers, 2012.....	11:40.57
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9.	Pare, Grant, Benning, Gilchrist, 1997.....	11:41.92
10.	Dlh, Erickson, Docherty, Anderson, 2010.....	11:43.06

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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
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6.	Chapple, Laney, Donlon, Sokol, 2005.....	20:39.12
7.	Arens, Barber, Butler, Roberts, 2001.....	20:40.89
8.	Benning, Boland, Fleck, Coleman, 1995.....	20:43.07
9.	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 who 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



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HAWKEYE WOMEN'S ELITE COMPETITORS



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
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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
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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
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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
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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
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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
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U.S. Junior C.C. Championships

Jolly Burke	2006
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U.S. Master's Marathon Champ's

Bev Docherty	1988, 2000, 2002
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U.S. Road Mile Championships

Meghan Armstrong	2009
Rachael Marchand	2009

U.S. Seven Mile Road Championships

Meghan Armstrong	2009
Rachael 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
Rachael 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



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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.



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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.



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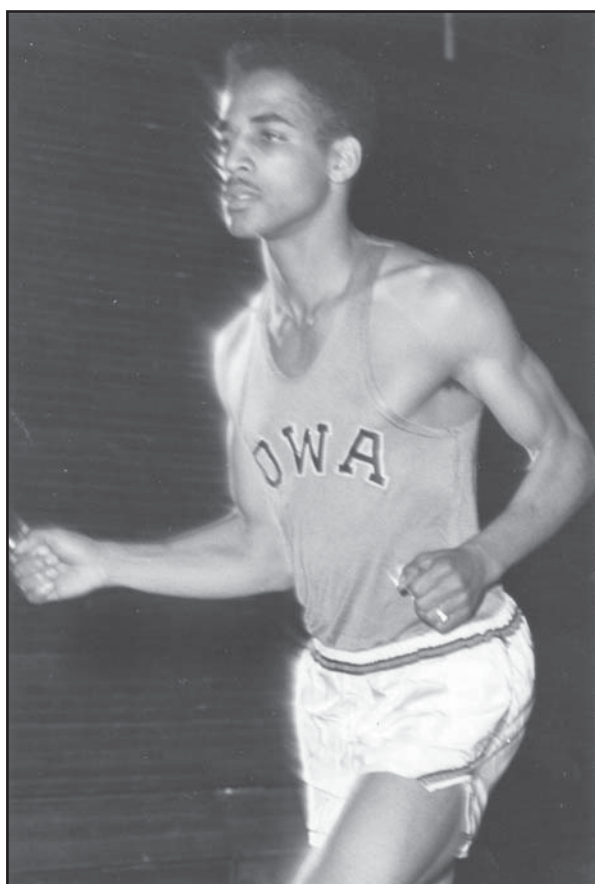
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Jensen, James.....1973-76
Jerrel, Burton.....1928
Joens, Doug.....1989-91
Joens, Jason.....1990-91, 1993
Joens, Scott.....1985-87
Johnson, Craig.....1971, 1974
Johnson, Isaiah.....1945-46, 1948
Johnstone, Alexander.....1923
Jones, Charles.....1957-58
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
Kolb, John C.....1963



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 into the University of Iowa Varsity Club Hall of Fame as a member of the charter class in 1989.



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



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.



IOWA TRACK AND FIELD

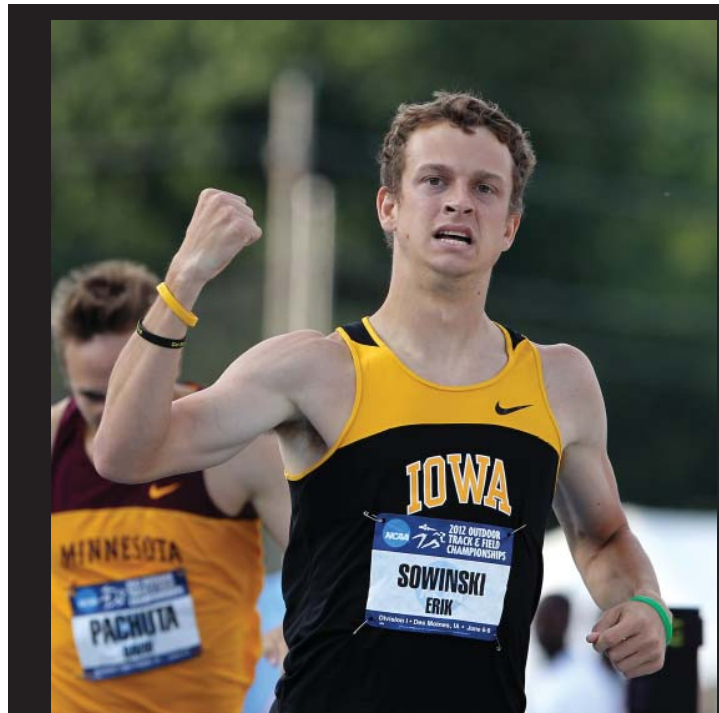
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MEN'S ALL-TIME LETTERWINNERS

Morton, Raymond A.....1900	Page, George.....1995-97	Raymond, Monte.....1996-98	Sayon, Zeke.....2009-11
Moschella, Mike.....1991	Paige, Ralph.....1918	Read, Harold.....1923	Scarr, F.M.....1903
Mosley, Dennis E.....1980	Palmer, George B.....1953	Reed, Aaron.....2005-08	Schaapveld, Mark.....2006-09
Moulton, Graham.....1934	Palumbo, Richard.....1988-91	Reed, F.C.....1910-11	Schimp, Zachary.....2009-10
Moulton, Jack A.....1928-30	Panther, Mark A.....1934-36	Rehder, Dennis.....1959-60	Schlaser, Verne.....1935
Mullen, James C.....1926	Pape, Oran.....1929	Reichelt, W.L.....1912	Schlauder, Arthur.....1940-42
Mullen, Jordan.....2010-12	Park, William H.....1891	Reid, Kyle.....2010, 2012	Schlotzhauer, Blake.....2006
Munson, Harry C.....1923	Parker, Guerdon D.....1920-21	Reid, Morrison.....1972-74	Schmidt, Christi.....1934
Murchison, Ira J.....1952	Parker, Louis F.....1916	Reif, William E.....1961-62	Schmidt, John W.....1937-38
Myers, F.M.....1910	Parker, Mark.....1977	Reimer, Jonathan.....1965-67	Schnoor, Carl F.....1940
Myler, Melvin W.....1904-05	Parsons, Charles L.....1913-15	Remley, Robert G.....1907-08	Schoof, Steve.....1996
Napier, Andy.....2007-09	Parsons, Harry C.....1903-05	Renshaw, Fred E.....1906-07	Schum, Robert L.....1970-72
Neal, Fred W.....1891-1893	Patrick, Jeff.....1983	Rerko, Rodney.....1994-96	Schwengel, Franklin.....1953
Nelson, Carl.....1935	Patterson, Audwin.....1991, 93-94	Reyes, William.....1965	Switters, Chad.....1996-99
Nelson, Donald F.....1935	Paul, James.....2008-11	Reynolds, Thomas.....2010	Scott, Gary.....1951-53
Nelson, Emerson.....1926-28	Paul, Joe.....1977, 80	Rice, Harry H.....1925, 27	Scott, Kelly.....1987-88
Nelson, Murray.....1980	Pedelt, Jay.....1969-70	Rich, Edward G.....1921	Seiling, Fred O.....1921
Nelson, Oscar E.....1930-32	Pennino, Doug.....1983-85	Richards, Gary L.....1962-64	Sewell, Pat.....1979
Nelson, Paul H.....1935-36	Peoples, Daniel.....2006-07, 2009	Richards, Patrick.....2009-12	Seymour, Michael.....1994
Nelson, Robert.....1936-37	Perry, Lawrence.....1955-57	Richardson, D'Juan.....2009-12	Shakoor, Damini.....1994-96
Nelson, Robert E.....1948	Pershing, Steve.....1976-78	Rickels, Keaton.....2010-12	Shaver, Leroy G.....1945
Nessa, Luke.....2001, 2003	Peterman, Lester.....1920-22	Rieger, Cameron.....2012	Sheedy, CC.....1919
Neuman, Scott.....1990	Peters, Chris.....1993-97	Riemcke, CA.....1903, 1906-07	Sheehan, Daniel.....1946
Neumann, Bill.....2001-03, 2005	Peterson, Donald.....1955-56	Riley, Prince.....2006-07	Sheldon, Jay A.....1973-76
Newell, Greg.....1973	Peterson, Joseph.....1949	Riley, Steve.....1979	Sherman, Robert.....1962
Newman, Matt.....2010	Peterson, Russell.....2000-02, 2004	Riley, William F.....1905-07	Shope, Richard E.....1920, 1922-23
Nichols, E.C.....1886-88	Petsche, Jeremy.....2006-08	Ringena, E.J.....1906	Shrader, E.G.....1913-15
Nie, Bruce.....1990	Phelps, Garry L.....1968-69	Ristine, Leonard.....1920, 1922	Sidney, Earl W.....1961, 1963
Nielsen, David W.....1973-75	Phelps, Harold R.....1923-25	Roberts, Dale A.....1938-39	Simons, James D.....1908
Niver, Ryan.....2006-08	Phelps, Lowell D.....1925-27	Roberts, Fred.....1928-30	Simpson, Jack S.....1947-50
Noff, Bruce O.....1954	Phillips, Van L.....1935-36	Roberts, Orthel.....1924-26	Skinner, Eugene.....1935-37
Noll, Gerhard B.....1921-23	Pierre, David.....2006-07	Robinson, Joseph.....1973-76	Skowbo, Stuart W.....1930-31
Nolting, Jason.....2004-06	Pinsker, William A.....1929	Robinson, Leonard.....1894-95	Slack, Thomas.....1976-79
Nordheim, Nick.....1998-02	Piper, James P.....1964	Roche, Adam.....2004-06	Slater, Albert L.....1945
Novotny, David.....1993-96	Piper, Nick J.....1954-56	Rock, J.J.....1914	Slater, Frederick.....1919-21
Nugent, Leo C.....1917-18	Pirk, Jeff.....1984-86	Rocker, Sidney.....1963-64	Slaymaker, Kyle.....2012
Nugnis, Walter G.....1932	Pittman, Jared.....1995-96, 1998	Roehl, Marc.....1994	Slingsby, Tim.....1989
Oakley, John B.....1956	Pleskac, Tim.....1998-00	Rolling, Dan.....2007-10	Smith, Alex.....1998-99
O'Brien, Willis J.....1910	Ploen, Rex H.....1946, 48	Rorick, E.E.....1908	Smith Jr, Ambrose.....1945-46
O'Conner, Pat.....1980-82	Poots, Justin.....1999, 2001-02	Rose, Winston.....1993	Smith, Andrew.....2011
O'Hollearn, Matt.....2003-06	Porter, James.....1994	Rosebaugh, Arthur.....1919	Smith, Caesar.....1983-85
Oehlert, Lewis.....1923-24	Powers Jr., John L.....1916	Roseman, Garry.....1990-93	Smith, C.W.....1905
Oest, Brandon.....2010-12	Prall, Jonathan.....1898	Rosen, Melvin.....1950	Smith, Charles E.....1921-23
Oestenstad, Kevin.....1997-98	Presley, Bruce.....1969-71	Ross, Charles W.....1902-04	Smith, Darrin.....1991, 1993
Ohly, Chad.....1991, 1993-95	Prill, Frank.....2007-10	Rothwell, Eric.....2000-01, 2003-04	Smith Jr, Earl H.....1954
Okerlin, John.....1932	Pristine, Leonard.....1920-22	Rowe, Dewitt.....1915	Smith, Floyd.....1910
Oliver, Ronald.....1975-78	Price, Brad.....1981	Rozell, Edward.....1995-98	Smith, J. Ty.....1920
Olson, Dustin.....2000	Price, John.....1965	Russell, Fred.....2001	Smith, L.L.....1919
Olson, Harry.....1959	Prom, Nathan.....2011-12	Rybarczyk, Matt.....1990	Smith, Lamar F.....1935
Olson, Marvin L.....1973, 76	Prudhon, Wayne M.....1918	Ryerson, Karl E.....1940	Smith, Lowell E.....1918-20
O'Neil, Kevin B.....1975, 77	Pullman, Norman.....1942	Safley, Thomas E.....1968	Smith, Bob L.....1984-85
Orris, William C.....1958-60	Purnell, Mark.....1975-77	Saling, George J.....1929-30, 1932	Smith, Wardell.....1956
Otte, F. Lowell.....1924	Quarles, Brian.....1980	Salter, Robert.....1974-75, 1977	Smith, William L.....1966
Oveson, Lynn.....1970-72	Rae, Brian.....2003-06	Sametz, Rob.....1980	Snook, William H.....1950
Owen III, Eugene.....1960	Rakaric, Tony.....2003-06	Sampson, Linwood.....1967	Sorenson, Alfred.....1925
Owen, James C.....1935	Ralph, Dan.....1998-01	Sangster, Tom.....1948-50	Sorenson, Einer.....1925-26
Oxley, John R.....1948	Randolph, Alvin.....1964-66	Sansen, Oliver M.....1931-32	Sowinski, Erik.....2009-12
Page, Bernard A.....1933-35	Rauker, James L.....1961	Santino, William.....1976-78	Spencer, William.....1942
Page, Floyd.....1919	Raymond, Jeff.....2006-08	Sarris, Paul.....1997-98, 2001-01	Splan, Zach.....2007-10



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



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, the 3,200-meter relay and the sprint medley relay.



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WOMEN'S ALL-TIME LETTERWINNERS

Abel, Maureen1978-80	Bynoe, Stacey-Leigh1996-99	Drapcho, Rosemary1978-81	Gallery, Julie1998, 2000-02
Abel, Sara1981	Calhoun, Brenda1984	Dresselhaus, Ann1978-80	Gantz, Ellen1997-99
Adam, Carol1984	Camarigg, Denise1981	Drewry, Allison1995-96	Garmanian, Debbie1977
Adams, Janet1981-84	Campbell, LauraNA	Drulis, Julie1997-98	Gaupp, Colleen1978-81
Adams, Kristen1986-88	Capista, Jenni2002, 2005	Duhaney, Dahlia1989	Giampapa, Michelle1986
Adams-Brown, Lacey2001	Carr, Lori1986	Dunlevy, Jane1977	Gilbaugh, Laura1983
Albert, Janet1984-87	Casey, JoyceNA	Dunlop, Amy1977-79	Gilchrist, Alienor1997
Alexander, Kineke2005-08	Cervin, Judith1980	Egan, Bridgette1991-93	Gillespie, Kathy1982-85
Alexia, Adrienne2011-12	Chadwick, Angela1989-92	Eilers, Brooke2009, 2011-12	Gilson, Jennifer2002
Almquist, HeidiNA	Chandler, Mandy2006-07, 2009	Elbert, Jenni2005-06	Gnage, Lynn1983
Althoff, MarthaNA	Chapman, Carrie1977-78	Emmons, Diane1979-80	Goetsch, Shelley1988
Ambrose, Suzanne1982-83	Chapple, Nikki2004-06	Ellis, Katie2008-09	Gooch, Susan1977
Amenda, Barbara1979	Charles, Nicole2001-03	Erickson, Nicole2009-12	Gorman, Keelin2011-12
Anderson, Blair2002	Chatterson, Joyce1979	Esche, Molly2005-08	Graber, Kim1976-78
Anderson, DebraNA	Cevalleau, Karen1989	Fabian, Cynthia1981-82	Graham, Kara-Aretha2007-10
Anderson, Krista2006-08	Childs, Kacey1998-2001	Fallon, Fionna2009-10	Granger, Ashley2005-06
Anderson, Lindsey2009	Chow, Sophia2001-03	Farley, Karessa2008-10	Grant, Ellen1994-97
Andrews, Amy1983	Choynacki, Gretchen1983	Feltes, Teresa1977-78	Griffin, Maggie1997-00
Andrews, Karen1978-80	Christensen, Mari1983	Fisher, Niki1996	Griffin, Sara1986-89
Anton, ChristenNA	Clapperton, Gaye1978-79	Fishwald, Karen1981	Gripp, Sue1978
Arens, Sarah2000-04	Clarke, Megan2007	Fleck, Shawn1995-96	Gritters, Stephanie1982-84
Armstrong, Meghan2005-08	Clarke, Coretta1995, 1999	Flood, Betsy2009-12	Gulvas, Ashlyn2011-12
Bacchus, Caleigh2007-10	Claussen, Traci1986-89	Floyd, Ida "Tina"1991-95	Haefke, Kristen1997-98
Bain, Robin1985	Cole, Wynsome1994-98	Flynn, Anne1982-85	Haggerty, Laura1985-86
Barber, Atalie2001-04	Colegrove, EricaNA	Flynn, Erin1978-82	Haight, Micaela2011
Bare, Wendy1987	Coleman, Becky1994-97	Fouché, Jessica2003	Hall, Maggie1998-99
Barnes, Holly1992-93	Combs, Anne1982	Franklin, Becca2005-07	Hamilton, Jana1979-80
Beck, Mandy1999-2002	Connelly, Michelle1978	Fraser, Melissa1995-97	Hardesty, Amanda2008-11
Bennett, Stephanie1983, 1985	Cook, MargaretNA	Freed, Jill1988-89	Hardesty, Lauren2008-11
Benning, Briana1994-97	Cooper, Susan1977-78	Freund, Kay1978-81	Harris, SusanNA
Bentler, Catherine1990-92	Corcoran, KellyNA	Friedlander, Laura1985-86	Hart, Kelsey2011
Bergman, Julie1985	Costello, Beth1980	Fritz, Courtney2011-12	Hassin, Kathryn1977
Berndt, Danielle2009-12	Crossett, Lisa1983-87	Galbraith, Sheila1992-93	Hawes, Michelle1984-86
Betz, AnneNA	Cullinan, Eve2001-03		
Betz, Michelle1983	Curry, Rachel2010-11		
Billman, Angela1992-93	Dahl, Tracy1990-94		
Blackstone, Kerri1996-99	Damron, Leatha1985		
Blossfeld, Suzanne1978-79	Daniel, Megan1993-94		
Blum, VirginiaNA	Dankof, Sarah2002		
Boatright, Lakeya1998-99	Darland, Sheila1994-95		
Boddicker, Bev1978-80	Davenport, Chris1981-83		
Boland, Erin1992-95	Davis, Diane1983		
Borg, Becki1987-89	Davis, Eileen1978-79		
Bouska, Any1989-92	Davis, Lynne1983-86		
Bradley, Cheryl1982	Davis, Stephanie1988		
Brandt, JanNA	Davis, Vickie1986		
Bray, EmilyNA	Deldin, Patricia1982		
Brennen, Catherine1981	Deluca, Sarah C. Abel1979-81		
Brooks, Marta1979-80	Dickerson, Cristy1981-82		
Broomfield, Erica1998	Dinkla, Kristi1985-86		
Brower, Jennifer1989-92	Dixon, Pamela1978		
Brown, Leslie1989	Dixon, Tamara2001-02		
Brown, Nicole1995-97	DIhy, Brittany2009-12		
Burgett, Sarah2004-07	Doak, Nan1981-85		
Burke, Jolly2007-09	Dobrowolski, Anne1982-86		
Burnham, Vicki1978	Docherty, Beverly1977-80		
Burris, Anne1979	Docherty, Jennie2006, 2009		
Butler, Katie1999-2001	Donlon, Katie2002-05		
Buysse, Kathy1986	Doyle, Renee1986-89		



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.



Hawks, Rachel.....	2009	Hoeman, Cari	1998-99
Hawkins, Senta.....	1985-88	Holly, Karen	1981-83
Hayden, Jenny.....	1982-83	Holmes, Christa	1990-92
Healy, Patty	1982	Holst, Mindy.....	1991-92
Heath, Maureen.....	1977-80	Hornof, Debbie	1981-82
Hedlund, Laurie	1977-78	Hoskins, Tami	1988-92
Hendricks, Tiffany	2008-11	Hosmer, Rachel.....	1990-92
Henize, Sarah.....	2008	Houmiel, Tami.....	1988-91
Hensel, Angie	2004-05	Houtz, Janna.....	1983-84
Hentges, Leah	1999-2000	Hovorka, Julia.....	NA
Heppner, Molly.....	1983	Huber, Keely.....	2002-03
Herrmann, Katie	2003-04	Hull, Sherri.....	1983, 1985-87
Hershberger, Jodi	1981-83, 1985	Hume, Aisha	2001-05
Hill, Shelley.....	NA	Hyde, Leslie.....	NA
Hinz, Kara.....	2000-01	Hynes, Mary	1977
Hoback, Katie	2002	Jackson, Jennifer.....	1983
Hobbs, Yolanda	1991-95	Jackson, Kathy	1982-83
Hoehle, Zanetta.....	1978-81	Jackson, Staci	1989



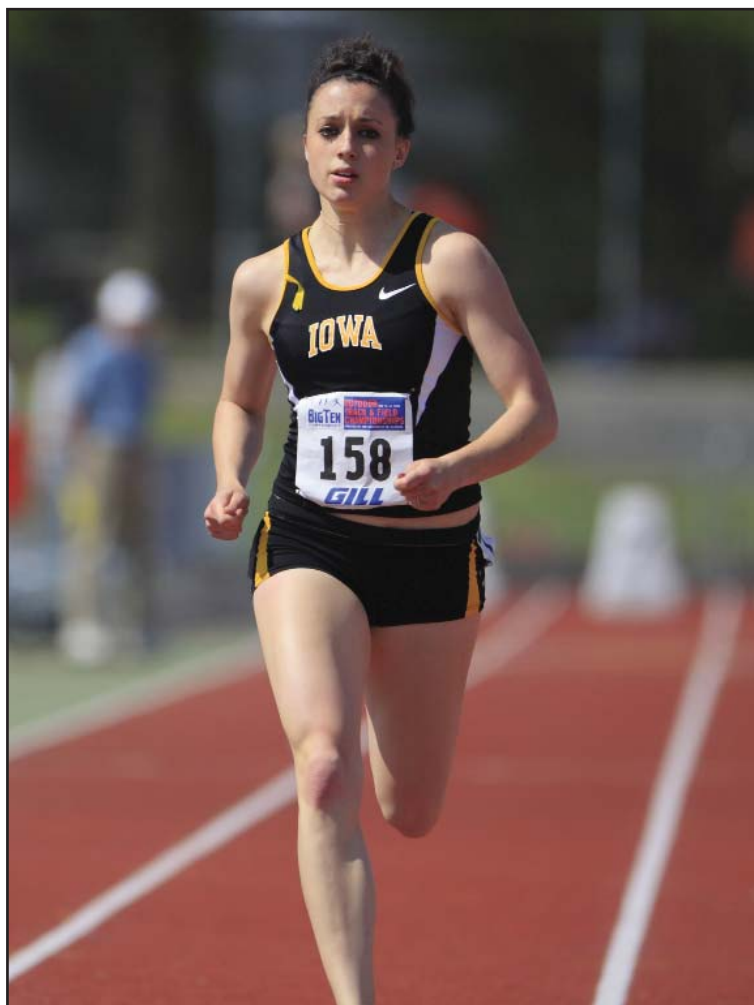
Diane Nukuri (2006-07) was a three-time All-American, two-time NCAA Midwest Region Cross Country Champion and Female Athlete of the Year and the 2008 Univeristy of Iowa Female Athlete of the Year. She set school records in eight events, and holds the Ashton Course marks in the 3,000 and 4,000 meters. 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.

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



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WOMEN'S ALL-TIME LETTERWINNERS



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.

Parker, Judy.....1981-82
Parmiter, Catherine.....2000
Parsons, Jodi.....1991-94
Paterno, Janey1977
Pauling, Kiersten1994-96
Pearson, Laura.....2005
Pedersen, Tiff2002-05
Perkins, Tiffany.....2002
Perry, Sarah Spencer2009
Peterson, Jodi.....1989-93
Peth, Maria.....NA
Philip, Maria.....1996
Pisha, Stephanie1978
Placzek, Lena.....2011
Poncè, Sophia2007-10
Poole, Marlene1991, 1993-95
Powell, Beverly1988-89
Powers, Mary.....1983
Praska, Bethany2008-11
Prendergast, Colleen.....1997-99, 2001
Providence, Jiselle.....2001-03

Quigley, Kristina.....1999-2000
Quinn, Kelsey2012
Radakovich, Bobby.....1992-94
Raheem, Ruqayya.....1996-99
Ranegar, Megan.....2010-12
Redfern, Alana.....2002-03
Redies, Shelly.....1984-86
Reid, Tanja.....1994-95
Rehn, Katherin.....2011
Renning, Shani.....1990, 1992-94
Reynolds, Roxanne1988
Richardson, Holly1977
Riedl, Carrie.....1978
Rimpson, Michelle1986
Roach, Peaches.....2004-07
Roberts, Ericka.....2000-03
Roberts, Rachelle.....1987-89
Roeder, Hannah2008-11
Roehl, Becky1994-97
Romic, Kimberly1987-88
Rozycki, Laurie.....1996

Ruden, Lindsey.....1994
Ruen, Paula.....1996-99
Ruffcorn, Ann.....1999-2000
Russo, Diane1979-82
Ryan, Sara.....2012
Ryken, Karen.....1977
Salazar, Nina1986-88
Salsberry, Christine1991-93
Sas, Kathryn.....1983
Sasseen, Dee.....1986
Sasseen, D'anNA
Sather, Mari1983
Scheibel, Jill.....1996-99
Schlueter, Janna.....1983-84
Schmidt, Jessica.....2005-08
Schmidt, Kristi.....2000
Schneckloth, Kim.....1987-89
Schneider, Ann1980
Schoborg, Mickey.....1984-86
Schoonover, Jennifer.....1994
Sears, Laura1984-87
See, Maribeth.....1983-86
Selsor, Kristin.....1982-85
Shannon, Gina.....1998-2001
Shearer, Anna.....1999
Sheeley, Erin2005
Sheetz, Terri1977
Simon, Clara.....1981
Simonson, Hannah2011-12
Simpson, Alycia.....1986-89
Simpson, Jasmine2011-12
Sims, Sharon1977-78
Slocum, WendyNA
Smith, Annemie2012
Smith, Gail.....1982-85
Snow, Kathy.....1986-87
Snow, Shari1981
Sokol, Michelle2002-03, 2005
Soldan, Terri1981-83
Spangler, Jenni.....1982, 1984-86
Sparks, Staci1993-94
Spinks, Natalie.....1983
Sproles, Lakesha.....1996-98
Stahle, Amanda2011-12
Stanford, Kimberly.....2008
Stanley, Shannon2004-07
Stec, Tina1991-94
Steelhammer, Jill.....1977-78
Steffen, Sarah.....2000-03
Steinhart, Diane.....1979-82
Steinhart, Laurie1981
Stiffend, Latoya.....2002-03, 2005
Stippel, Lori.....1979
Stormo, Kay.....1979-82
Strand, Jessie.....2002-04
Strobel, Belina1981
Strub, Charlotte1977
Strueland, Kelsey2010
Sullivan, Traci.....1986-89

Suppelsa, Sherri.....1984-88
Swaim, Mandy.....1997-98
Swartzrock, Diane1978-80
Taylor, Barbara1977
Taylor, Davera.....1984-87
Taylor, Denise.....1990, 1992-94
Taylor, Kelsey2011
Teague, Kimberly.....NA
Tessmer, Nancy.....1989-92
Thompson, Becca.....2000-03
Thurber, Anne.....NA
Tillman, CatherineNA
Todd, Stephanie.....1977-80
Tremmel, Laura1983
Tripp, Shawna1990-92
Truedson, Katie2010
Trusty, Rhonda-Kaye2007-10
Tully, Penny1981-84
Tutson, Majesty2010-12
Tweto, Marjorie1996
Tyson, Adrienne.....1998
Underwood, Tara1995-98
Van Der Hart, Sheri1990-93
Vandersteen, Laura1983
Vandervoort, Martha1991-94
VanSteenwyk, Lisa1989-93
Vaughan, Jennifer.....1983
Vesely, Trisha1988-89
Villhauer, Holly.....1976-78
Vinton, Kimberly1992-93
Vitense, Mandi.....1997-99
VonMuenster, Shannon2002
Voss, Jamie1992-93
Watters, Kristen1986-89
Weber, Zanette1981
Weiland, Melissa1987-88
Weismantle, Kirsten.....2011
Westhoff, Sherry.....NA
Wheeler, MaryNA
Whelchel, Christie.....1980-83
White, Renee2006-09
Wiese, Suzanne1983-84
Weismantle, Kristen.....2010, 2012
Wight, Jena.....1983
Wiley, Sadie.....1992-93
Wilkinson, Ashley.....2011-12
Williams, Julie.....1979-81
Williams, Khanishah2012
Williams, Shellene2003-04
Wilson, Beth1989
Winjum, Kristin.....1982-85
Winn, Nicole1992-93
Winter, Catherine.....1990-92
Winter, Ester.....NA
Wodek, Janet.....1984-87
Woodard, Christann.....1979
Wymore, Sue1978
Wynter, Kaydene1996
Young, Deborah.....1981-83

**Men's Team Roster**

Name	Yr.	Hometown (Last School)
Thomas Anthony	Fr.	Santa Clara, Calif. (Cupertino)
Jon-Michael Brandt	Jr.	Winona, Minn. (Winona HS)
Matt Butler	Fr.	Bettendorf, Iowa (Bettendorf)
Sam Chaney	Jr.	Columbus Junction, Iowa (Columbus Junction HS)
Nate Ferree	Fr.	Appleton, Wis. (Xavier)
Sam Fourman	So.	Oak Park, Ill. (Oak Park HS)
Anthony Gregorio	Fr.	Palatine, Ill. (Palatine)
Harry Harper	Sr.	Wavertree, Liverpool (England)
Michael Hart	Fr.	West Branch, Iowa (West Branch)
Nick Holmes	Sr.	Peoria, Ill. (Limestone HS)
Daniel Huff	Fr.	Waverly, Iowa (Waverly-Shell Rock)
Kevin Lewis	So.	Ottumwa, Iowa (Ottumwa HS)
Nate Lonsway	Sr.	Dublin, Ohio (Eastern Michigan)
Cameron Rieger	Sr.	Mundelein, Ill. (Carmel Catholic HS)
Cullen Shanrock	So.	Wabasha, Minn. (Gustavus Adolphus)
Taylor Soltys	Fr.	Naperville, Ill. (Neuqua Valley)
Caleb Wilfong	Fr.	Columbia, Mo. (Rock Bridge)
Ben Witt	So.	Burlington, Iowa (Burlington HS)

Women's Team Roster

Name	Yr.	Hometown (Last School)
Kayla Beattie	So.	Woodstock, Ill. (Woodstock HS)
Nicole Benson	Sr.	Peoria, Ill. (Bradley)
Brooke Bierhaus	*Fr.	Davenport, Iowa (Pleasant Valley)
Jordan Bucher	Fr.	Rochester, Minn. (Meyo Senior)
McKenzie Eland	Fr.	Burlington, Iowa (Burlington)
Lisa Gordon	Fr.	Western Springs, Illinois (Lyons Township)
Keelin Gorman	Jr.	Dublin, Ohio (Sciota HS)
Grace Haerr	Fr.	Schaumburg, Ill. (Schaumburg)
Kelsey Hart	Sr.	West Branch, Iowa (West Branch HS)
Ali Krogman	Fr.	Atlantic, Iowa (Atlantic)
Courtney Martin	Fr.	Ames, Iowa (Ames)
Shannon Maser	*Fr.	Stillwell, Kan. (Blue Valley West)
Kailey Mikulec	Fr.	Naperville, Ill. (Naperville Central)
Gina O'Brien	Fr.	Naperville, Ill. (Naperville Valley)
Lena Placzek	Jr.	Poznan, Poland (St. Maria Magdalena)
Rachel Price	*Fr.	Chicago, Ill. (Loyola Academy)
Megan Ranegar	Jr.	Valparaiso, Ind. (Valparaiso HS)
Katherin Rehn	Jr.	Western Springs, Ill. (Lyons Township HS)
Cynthia Saliba	Fr.	Tulsa, Okla. (Holland Hall)
Mareike Schrulle	Gr.	Arnsburg, Germany (University of Sport)
Lauren Scott	Fr.	Northern Ireland (University of Birmingham)
Gabrielle Stearnes	Fr.	Ames, Iowa (Gilbert)
Jocelyn Todd	*Fr.	St. Louis, Mo. (Ladue Watkins HS)

Men's Cross Country Team Quick Facts

2012 Big Ten Cross Country Championship Finish (Pts.):	10th (267)
2012 NCAA Regional Cross Country Finish (Pts.):	13th (392)
NCAA Qualifiers Returning/Lost	1/1
All-Region Returning/Lost:	2/1
All-Big Ten Honorees Returning/Lost:	0/0
Academic All-Big Ten Returning/Lost:	1/0
Letterwinners Returning/Lost:	8/1

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:	19 student-athletes, 38 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:	35 student-athletes, 79 honors

Women's Cross Country Team Quick Facts

2012 Big Ten Cross Country Finish (Points):	10th (228)
2012 NCAA Midwest Regional Finish (Points):	6th (220)
All-Region Returning/Lost:	1/1
All-Big Ten Honorees Returning/Lost:	0/1
Academic All-Big Ten Returning/Lost:	4/5
Letterwinners Returning/Lost:	6/6

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:	10 student-athletes, 13 honors
NCAA Regional Champions:	2 student-athletes, 3 honors
All-Region Honorees:	11 student-athletes, 16 honors
Big Ten Champions:	2 - Tracy Dahl, 1992; Diane Nukuri, 2007
All-Big Ten Honorees:	13 student-athletes, 18 honors
USTFCCCA All-Academic Team Members:	3 student-athletes, 4 honors
Academic All-Big Ten Honorees:	64 student-athletes, 116 honors



IOWA TRACK AND FIELD

2012-13 MEDIA GUIDE

CROSS COUNTRY

2012 MEN'S SEASON REVIEW

Western Illinois Early Bird

August 31 - Macomb, Ill.

6,000 meters - 1st/18 teams

Individual Results

Place	Name	Time
1.	Kevin Lewis	18:35
2.	Jon Michael Brandt	18:44
3.	Sam Chaney	18:53
5.	Anthony Gregorio	18:58
7.	Taylor Soltys	19:10
8.	Sam Fourman	19:12

Bradley Open

September 7 - Peoria, Ill.

8,000 Meters - No team scores

Individual Results

Place	Name	Time
4.	Jon Michael Brandt	25:17
8.	Sam Chaney	25:34
10.	Caleb Wilfong	25:42
11.	Cameron Rieger	25:45
12.	Nick Holmes	25:50
16.	Ben Witt	26:12
23.	Nate Lonsway	26:41
43.	Nathan Prom	28:14

Roy Griak Invitational

September 29 - Minneapolis, Minn.

8,000 meters - 6th/15 teams

Individual Results

Place	Name	Time
24.	Jon Michael Brandt	25:20
26.	Kevin Lewis	25:28
31.	Nick Holmes	25:35
54.	Anthony Gregorio	26:06
57.	Taylor Soltys	26:07
62.	Cameron Rieger	26:13
70.	Ben Witt	26:21

Pre-National Invitational

October 13 - Louisville, Ky.

8,000 meters - 33rd/40 teams

Individual Results

Place	Name	Time
81.	Nick Holmes	24:34
127.	Jon Michael Brandt	24:40
164.	Anthony Gregorio	24:59
189.	Kevin Lewis	25:09
221.	Ben Witt	25:32
237.	Cameron Rieger	25:44
259.	Caleb Wilfong	26:19

Big Ten Championships

October 28 - East Lansing, Mich.

8,000 Meters - 10th/11 teams

Team Results

Place	Team	Points
1.	Wisconsin	33
2.	Michigan	65
3.	Indiana	79
4.	Illinois	86
5.	Minnesota	141
6.	Penn State	169
7.	Michigan State	183
8.	Ohio State	210
9.	Purdue	213
10.	Iowa	267
11.	Nebraska	333

Individual Results

Place	Athlete	Time
31.	Nick Holmes	24:34
50.	Ben Witt	24:55
59.	Jon Michael Brandt	25:07
62.	Kevin Lewis	25:13
65.	Caleb Wilfong	25:17
67.	Anthony Gregorio	25:28
68.	Taylor Soltys	25:30

NCAA Midwest Regional

November 9 - Springfield, Mo.

10,000 meters - 13th/29 teams

Team Results - Top 15 Teams

Place	Team	Points
1.	Oklahoma	45
	Oklahoma State	45
3.	Tulsa	47
4.	Illinois	154
5.	Missouri	173
6.	Kansas	194
7.	Minnesota	221
8.	Iowa State	227
9.	Southern Illinois	248
10.	Loyola (Ill.)	326
11.	South Dakota State	340
12.	South Dakota	379
13.	Iowa	392
14.	Wichita State	416
15.	UMKC	482

Individual Results

Place	Athlete	Time
62.	Jon Michael Brandt	31:57
73.	Nick Holmes	32:17
75.	Cameron Rieger	32:19
87.	Caleb Wilfong	32:36
96.	Ben Witt	32:45
102.	Anthony Gregorio	32:54
150.	Sam Chaney	34:00

2012 Season Best Times

Athlete	6,000 Meters	8,000 Meters	10,000 Meters
Jon Michael Brandt	18:44	24:40	31:57
Sam Chaney	18:53	25:34	34:00
Sam Fourman	19:12	----	----
Anthony Gregorio	18:58	24:59	32:54
Nick Holmes	----	24:18	32:17
Kevin Lewis	18:35	25:09	----

Athlete	6,000 Meters	8,000 Meters	10,000 Meters
Nate Lonsway	----	26:41	----
Nathan Prom	----	28:14	----
Cameron Rieger	----	25:44	32:19
Taylor Soltys	19:10	25:30	----
Caleb Wilfong	----	25:17	32:36
Ben Witt	----	24:55	32:45

**Western Illinois Early Bird**

August 31 - Macomb, Ill.

4,000 meters - 1st/5 teams (21 points)

Individual Results

Place	Name	Time
1.	Katherin Rehn	14:51
2.	Lena Placzek	15:05
4.	Jocelyn Todd	15:41
6.	Rachel Price	15:52
8.	Brooke Bierhaus	16:10

Bradley Open

September 7 - Peoria, Ill.

3 Miles - No team scores

Individual Results

Place	Name	Time
1.	Kayla Beattie	16:44
2.	Mareike Schrulle	16:52
3.	Megan Ranegar	17:07
4.	Nicole Benson	17:14
8.	Kelsey Hart	17:39
9.	Cindy Saliba	17:50
10.	Lisa Gordon	17:56
17.	Lena Placzek	18:14
19.	Katherin Rehn	18:17
23.	Courtney Martin	18:28
32.	Jocelyn Todd	18:51
40.	Rachel Price	19:14
45.	Brooke Bierhaus	19:42

Toledo Bubble Buster

September 21 - Toledo, Ohio

4,000 meters - 7th/14 teams (147 points)

Individual Results

Place	Name	Time
17.	Kayla Beattie	13:41
21.	Megan Ranegar	13:45
22.	Mareike Schrulle	13:47
27.	Nicole Benson	13:52
69.	Lisa Gordon	14:17
78.	Kelsey Hart	14:21
89.	Cindy Saliba	14:28
98.	Courtney Martin	14:36
107.	Lena Placzek	14:44
140.	Katherin Rehn	15:12
142.	Jocelyn Todd	15:15
163.	Shannon Maser	15:53

Roy Griak Invitational

September 29 - Minneapolis, Minn.

6,000 meters

Individual Results

Place	Name	Time
5.	Mareike Schrulle	21:17
19.	Megan Ranegar	21:52
57.	Kelsey Hart	22:41

Wisconsin Adidas Invitational

October 12 - Madison, Wis.

6,000 meters - 37th/48 teams (864 points)

Individual Results

Place	Name	Time
12.	Mareike Schrulle	19:57
79.	Megan Ranegar	20:43
245.	Nicole Benson	21:42
259.	Cindy Saliba	21:48
269.	Kelsey Hart	21:54
301.	Courtney Martin	22:24

Big Ten Championships

October 28 - East Lansing, Mich.

6,000 meters - 10th/12 teams (228 points)

Team Results

Place	Team	Points
1.	Michigan	55
2.	Michigan State	75
3.	Penn State	96
4.	Minnesota	134
5.	Wisconsin	147
6.	Ohio State	170
7.	Northwestern	185
8.	Indiana	197
9.	Illinois	216
10.	Iowa	228
11.	Purdue	248
12.	Nebraska	397

Individual Results

Place	Athlete	Time
2.	Mareike Schrulle	% 20:17
50.	Megan Ranegar	21:29
51.	Nicole Benson	21:29
54.	Kelsey Hart	21:35
71.	Cindy Saliba	22:06
76.	Lisa Gordon	22:21
77.	Courtney Martin	22:27

NCAA Midwest Regional

November 9 - Springfield, Mo.

6,000 meters - 6th/31 teams (220 points)

Team Results - Top 10 Teams

Place	Team	Points
1.	Iowa State	63
2.	Oklahoma State	95
3.	Minnesota	96
4.	Northwestern	204
5.	Tulsa	218
6.	Iowa	220
7.	North Dakota State	232
8.	Illinois State	278
9.	Illinois	290
10.	Saint Louis	292

Individual Results

Place	Athlete	Time
3.	Mareike Schrulle	# 20:17
15.	Megan Ranegar	# 21:07
42.	Nicole Benson	21:49
77.	Kelsey Hart	22:27
89.	Cindy Saliba	22:37
99.	Lisa Gordon	22:45
129.	Courtney Martin	23:19

NCAA Championships

November 17 - Louisville, Ky.

6,000 meters

Individual Results

Place	Athlete	Time
7.	Mareike Schrulle	\$ 19:43

% - first team all-Big Ten

-- all-region

\$ -- All-American

2012 Season Best Times

Athlete	4,000 Meters	3 Miles	6,000 Meters
Kayla Beattie	13:41	16:44	----
Nicole Benson	13:52	17:14	21:29
Brooke Bierhaus	16:10	19:42	----
Lisa Gordon	14:17	17:56	22:21
Kelsey Hart	14:21	17:39	21:35
Courtney Martin	14:36	18:28	22:24
Shannon Maser	15:53	----	----
Lena Placzek	14:44	18:14	----
Rachel Price	15:52	19:14	----
Megan Ranegar	13:45	17:07	20:43
Katherin Rehn	14:51	18:17	----
Cindy Saliba	14:28	17:50	21:48
Mareike Schrulle	13:47	16:52	19:43
Jocelyn Todd	15:15	18:51	----



Men's Top 10 All-Time Best Performers

6,000 Meters

1. Eric MacTaggart.....18:182005 Hawkeye Invite
2. Jeff Thode.....18:212009 Hawkeye Invite
3. Dan Haut18:242005 Hawkeye Invite
4. Jeff Kent.....18:272005 Hawkeye Invite
5. Nick Holmes18:302009 Hawkeye Invite
6. Adam Roche.....18:332005 Hawkeye Invite
Sam Bailin18:332009 Hawkeye Invite
8. Kevin Lewis18:352012 Early Bird Invite
9. Jesse Luciano.....18:402008 Hawkeye Invite
10. Tommy Tate18:41at 2006 Early Bird Invite

8,000 Meters

1. Jesse Luciano.....23:01at 2008 Auburn Invite
2. Micah VanDenend23:39at 2006 Pre-Nationals
3. Eric MacTaggart.....23:24at 2008 Auburn Invite
4. Jeff Thode.....23:27at 2010 Bradley Classic
5. Sam Bailin23:36at 2008 Auburn Invite
6. Tommy Tate23:46at 2008 Auburn Invite
7. Mark Battista.....23:48at 2008 Auburn Invite
8. Andy Napier.....23:56at 2008 Auburn Invite
9. Brendan Camplin.....24:01at 2008 Auburn Invite
10. Bruce MacTaggart24:04at 2008 Auburn Invite

10,000 Meters

1. Jeff Thode.....29:55at 2010 NCAA Regional
2. Matt Esche.....30:10at 2002 NCAA Regional
3. Jesse Luciano.....30:17at 2008 NCAA Champ's
4. Micah VanDenend30:26at 2002 NCAA Regional
5. Kevin Herd.....30:281993
6. Joe Welter.....30:28at 2002 NCAA Regional
7. Tony Rakaric.....30:31at 2002 NCAA Regional
8. Dan Haut30:39at 2002 NCAA Regional
9. Alex Webster30:40at 2006 NCAA Regional
10. Nick Holmes30:43at 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 Invitational - 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.....9:472006 Hawkeye Open
2. Meghan Armstrong10:012006 Hawkeye Open
3. Brooke Eilers.....10:152010 Iowa Invite
4. Besty Flood10:182010 Iowa Invite
5. Amanda Hardesty.....10:212009 Hawkeye Invite
Lauren Hardesty.....10:212010 Hawkeye Invite
7. Kelsey Hart.....10:222011 Iowa Invite
8. Shannon Stanley10:252006 Hawkeye Open
Krista Anderson10:252006 Hawkeye Open
Racheal Marchand10:252008 Hawkeye Invite

4,000 Meters

1. Diane Nukuri.....13:142007 Hawkeye Open
2. Kayla Beattie13:412012 Toledo Bubble Buster
3. Megan Ranegar.....13:452012 Toledo Bubble Buster
4. Meghan Armstrong13:472007 Hawkeye Open
Mareike Schrulle.....13:472012 Toledo Bubble Buster
6. Nicole Benson13:522012 Toledo Bubble Buster
7. Jolly Burke.....14:032007 Hawkeye Open
8. Nikki Chapple14:092004 Hawkeye Triangular
9. Krista Anderson14:142007 Hawkeye Open
10. Lisa Gordon14:172012 Toledo Bubble Buster

5,000 Meters

1. Diane Nukuri.....15:55at 2007 Auburn Invite
2. Racheal Marchand16:15at 2008 Auburn Invite
3. Meghan Armstrong16:25at 2007 Auburn Invite
4. Nan Doak16:31at 1983 Big Ten Champ's
5. Jolly Burke.....16:33at 2007 Auburn Invite
6. Jenny Spangler16:34at 1983 Big Ten Champ's
7. Renee Doyle.....16:41at 1986 Purdue Invite
8. Tracy Dahl16:42at 1991 Illinois St. Invite
9. Sarah Spencer Perry.....16:50at 2008 Auburn Invite
10. Brooke Eilers.....16:53at 2008 Auburn Invite

6,000 Meters

1. Diane Nukuri.....19:37at 2007 NCAA Regional
at 2007 Big Ten Champ's*
2. Mareike Schrulle.....19:43at 2012 NCAA Champ's
3. Racheal Marchand19:54at 2008 NCAA Champ's
4. Meghan Armstrong20:07at 2007 NCAA Regional
5. Jolly Burke.....20:20at 2007 Big Ten Champ's
6. Betsy Flood20:22at 2010 NCAA Regional
7. McKenzie Melander.....20:41at 2011 Big Ten Champ's
8. Megan Ranegar.....20:43at 2012 NCAA Champ's
9. Kayla Beattie20:54at 2011 Wisconsin Invite
10. Nikki Chapple21:04at 2004 NCAA Regional

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



Meghan Armstrong



Jennifer Brower



Tracy Dahl



Nan Doak



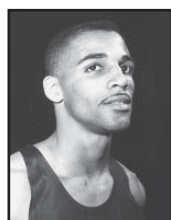
Renee Doyle



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 Wiczorek

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 Wiczorek 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
Jesse Luciano 2007-08
Eric MacTaggart 2005-06, 2008
Nick Nordheim 1998-99, 2001
Jared Pittman 1997
Brian Rae 2003

NCAA All-Region Team (Con't)

Men's (Con't)

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
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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
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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
Cameron Rieger.....	2011
Ben Witt.....	2012

Women's

Brooke Eilers.....	2009
Kelsey Hart.....	2010
Sarah Spencer Perry.....	2008
Mareike Schrulle.....	2011, 2012

Graduate Student Mareike Schrulle



Senior Cameron Rieger



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

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

Big Ten Distinguished Scholar

Men's

Sam Bailin 2008

Women's

Fionna Fallon 2008

Kelsey Hart 2012

McKenzie Melander 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

Brendan Camplin 2007-10

Trent Corey 2000-01

Matt Gerard 1992-94

Dan Haut 2002, 2004-05

Kevin Herd 1990, 1992-93

Alan Jackson 2005

Chase Kadlec 2009-11

Kevin Lewis 2012

Ben Lloyd 2002-03

Academic All-Big Ten (Con't)

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

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

Betsy Flood 2009-11

Alienor Gilchrist 1997

Keelin Gorman 2011

Kristin Haefke 1998

Amanda Hardesty 2010

Kelsey Hart 2010-12

Rachel Hawks 2006-07

Academic All-Big Ten (Con't)

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

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

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

Jamie Voss 1992



IOWA TRACK AND FIELD 2012-13 MEDIA GUIDE

CROSS COUNTRY

MEN'S ALL-TIME LETTERWINNERS

Albrecht, L.J.....1988-90	Esche, Matt.....2002-05	Jones, Charles N.....1955-58	Lewis, Kevin2011-12
Albright, Robert.....1941	Everingham, Will.....1928	Jones, Douglas H.1968	Lillwitz, Tim1999-2000
Allen, Shaun1998-01	Everman, Wayne1954-55	Kadlec, Chase2008-11	Lindeman, James1977
Ashton, George C.....1921-22	Fanthouser, John.....1942	Keatinge, Murray1954-56	Lister, Donald.....1914-15
Ashton, James Ed1962-63	Fearing, Ken1959-62	Keil, Richard L.1941-42	Lloyd, Ben.....2002-03
Ashton, William.....1960	Feeldy, Chad1994-96	Keller, Keith1947-48	Loechel, Thomas.....1970-73
Atkins, Bobby.....1999-00	Ferguson, Richard.....1951-55	Kelly, Thomas1928-30	Lord, Richard.....1943
Bailin, Sam2007-08, 2010	Ferree, Tom1978-80	Kent, Jeff2004-06	Luciano, Jesse.....2006-09
Baker, Lawrence.....1961	Fischer, Gary W.1960-63	Kitt, Roland1966-69	Lyle, James1936-38
Bakker, Mike1994-95, 97-98	Fishba, Ugh H. RI1949	Knoedel, James J.1970-71	Lyle, Ralph.....1957-58
Barron, Ben2003	Flage, David1933-34	Kramer, Larry.....1961-64	MacDonald, Peter.....1964-66
Battista, Mark.....2007-10	Fletcher, Robert Ash.....1956-59	Kruse, Arthur.....1919-20	MacTaggart, Bruce2008
Bender, Arnold N.1924	Foster, Richard1922	Kurth, Steve1995-97	MacTaggart, Eric.....2004-06, 2008
Benjerdas, T.D.1920	Frazier, Carl.....1966-69	Labond, Curtis1966-68	Maiden, Sydner1945
Bentz, Robert LE1943	Frazier, Harry.....1956	Lainson, Bernard1951	Mak, Leo.....1913
Betz, Leighton A.1959	Frazier, William.....1961-65	Langer, Dave1979	Marasco, Frank.....1917-18
Biderman, Mike.....2001	Fritsch, Raymond1940	Layne, Michael1997-99	Marshall, Steve.....1991-93
Brady, Frank H.....1927-28	Fudge, Arthur.....1951-54	Lewis, Bernard.....1945	Mawe, William1960
Brandenberg, H.1921	Furst, Don.....1975-76	Lewis, H. Mount.....1909-11	McCabe, Dennis.....1969
Brandt, Jon Michael.....2010-12	Gale, Sean.....1992-94		
Branigan, Bill1992	Gardner, Russell.....1928		
Brown, David1987, 1989-90	Gee, George.....1916		
Brown, Keith Lav.....1948-55	Gerard, Matthew.....1992-94		
Brown, Ray Kenne.....1979-81	Greenlee, Donald1959-61		
Brubacher, Theod.....1964-67	Greenlee, Ron1965		
Burney, William.....1944	Gregorio, Anthony.....2012		
Bush, Warren L.....1968	Griffith, Ron1965-68		
Bye, Bill E.1949	Griswold, Joe.....1949		
Camplin, Brendan.....2007-09	Hakes, Montague1928		
Campisi, Leo A.1932-34	Hanson, Mark1995		
Carlson, Herman1923	Hartmann, H.W.1915-16		
Carman, Kenneth1949-50	Hass, Edward1934-35		
Chaney, Sam2012	Hassen, Galen.....1951		
Clancy, Thomas R.1974-78	Hausler, Leland.....1916-17		
Clark, John Jay.....1969-73	Haut, Dan2001-02, 2004-05		
Clarke, Eric Lloyd1957-58	Henderson, Robert.....1933-34		
Clarke, George W.1962-63	Herd, Kevin J.1989-94		
Coffie, Harry E.1927	Hermeier, Raymond.....1957-59		
Collins, John1949	Hermeier, Richard.....1955-59		
Cook, Dale.....1912	Hill, Jack L.1957-60		
Copeland, Jack.....1948-49	Hindt, William.....1913-15		
Corey, Trent.....1997-01	Hinrich, Joel H.1940-41		
Criswell, John W.1969-71	Holland, Stephen.....1971-72		
Cue, John L.1927	Hollatz, Troy.....1993		
Cutler, Allan J.....1942	Holmes, Nick2009, 2011-12		
Davis, S. Jack.....1949-51	Hotz, William.....1906-08		
Delashmutt, Ed.....1979-81	Hunn, Leonard E.1925-28		
Donovan, James.....1995	Hunter, William1914-15		
Dotseth, Frank.....1958-59	Hymon, W. Paul.....1912-13		
Drew, John.....1957	Ingram, Robert.....2007		
Duggan, Earle.....1949-52	Jackson, Alan2005		
Dunsworth, Ira W.1954-56	Jamison, Orlin.....1916		
Eastland, Dave1968-71	Jans, Paul A.....1910-11		
Ebert, Leroy1952-54	Jeffers, Clyde.....1904-05		
Eckhardt, Gerald.....1944	Jensen, Chris.....2003		
Edwards, James.....1978	Jensen, Richard.....1968-70		



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.



McClanahan, 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
 Pershing, Steve 1975-77
 Peters, Chris 1995
 Phelps, Harold R. 1923-25

Pinkerton, Volne 1928
 Pirkil, 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
 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
 Wiczorek, Lawrence 1965-67
 Wilfong, Caleb 2012
 Wilkes, Quenten 1956
 Williams, Derrick 1963
 Wisgerhof, Max V. 1934
 Witt, Ben 2011-12
 Workman, Robert 1941-42
 Wren, Richard T. 1946
 Young, Nick 2011
 Zacher, Eugene R. 1922
 Zaruba, Arnold J. 1944



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.



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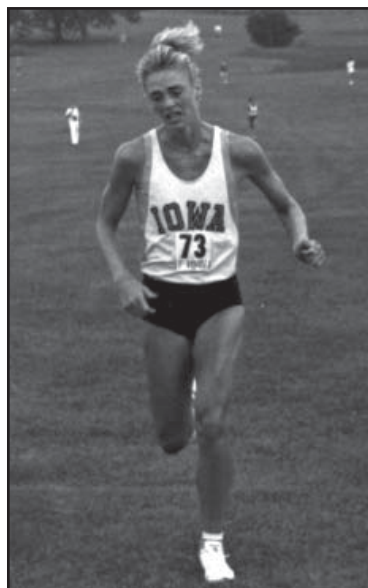
CROSS COUNTRY

ALL-TIME WOMEN'S LETTERWINNERS

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



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.

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	Todd, Stephanie.....1977-80	Vandervoort, Martha.....1991-94	Vitense, Mandi.....1996-98	Von Muenster, Shannon.....2001	Williams, Julie.....1979-81
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