



Layne Anderson

Women's Head Coach

Sixth Year at Iowa

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

women's track and field coach for the Hawkeyes.

In Anderson's five years with the cross country team, the Hawkeyes have made strong strides toward recapturing the program's success of the 1980's. The team qualified for the NCAA Championships the last two seasons after a 14-year absence from the meet. The Hawkeyes also placed sixth at the Big Ten meet - which is the team's highest finish since 1993 - and third at the NCAA Midwest Regional - which is Iowa's highest finish under Anderson - the last two years. During his tenure, the Hawkeyes have either improved or maintained their finish at the Big Ten and regional meets each of the last five years, and set school records in the 3,000, 4,000, 5,000 and 6,000 meters.

Diane Nukuri and Meghan Armstrong closed out phenomenal Hawkeye careers earning all-America honors in 2007. Nukuri defended her NCAA Midwest Regional title and became only the second Hawkeye in school history to win a Big Ten title. She earned Athlete of the Year honors and set meet records at both the Big Ten and regional championships. A finalist for the national Honda award in cross country, Nukuri set school records in the 4,000, 5,000 and 6,000 meters in 2007, already holding the 3,000-meter mark from 2006. She also set four course records during the season. Armstrong became the first women's cross country competitor in school history to earn three all-region honors. She was Anderson's first NCAA cross country qualifier at Iowa, placing 79th at the 2005 national meet.

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

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

The Iowa cross country team has also had success in the classroom under Anderson. The team earned academic all-America honors from the USTFCCA all five seasons, while Arens (2003) and Armstrong (2005) each earned individual academic all-America recognition. Armstrong was Iowa's Big Ten Medal of Honor recipient in 2007, while Arens was Iowa's nominee for NCAA Woman of the Year in 2004. Twenty-six Hawkeyes have earned academic all-Big Ten honors.

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

Alexander picked up her eighth all-America honor in the 400 meters, which is the most any Hawkeye in school history has ever accumulated. The 2006 NCAA 400-meter champion and two-time NCAA Midwest Regional Champion won five Big Ten titles and set school records in four individual events and two relays during her Hawkeye career. Armstrong and Nukuri kept the momentum going from cross country, with Armstrong winning two Big Ten titles and Nukuri and White each snagging one. Armstrong, Marchand and Kerr earned all-America honors outdoors. Nukuri earned the Wilma Rudolph Award and was Iowa's nominee for Big Ten Female Athlete of the Year.

As an assistant track coach for the Hawkeyes from 2003-07, Anderson had success with the middle distance and distance corps. During that time the Hawkeyes crowned three all-Americans, posted 19 national qualifiers and 13 regional qualifiers. Iowa was one of four schools in the nation to



All-Americans Diane Nukuri and Meghan Armstrong pose with Hawkeye Head Coach Layne Anderson after the 2007 NCAA Cross Country 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.

have NCAA indoor qualifying marks in the 800 meters, mile, 3,000 meters, 5,000 meters and distance medley relay in 2004. Tennessee, Stanford and Kentucky were the other three schools to achieve those standards.

Anderson served as head men's and women's cross country coach and assistant track coach at Auburn University (1997-2002). During his tenure, he coached seven all-Americans, two SEC champions, 15 all-SEC honorees and 58 academic all-SEC performers. He also coached eight individual school record holders and four relays to school 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.

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

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

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

Anderson At Iowa - Cross Country

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

Anderson At Iowa - Track & Field

Year	Indoor Big Ten Finish/Points	Outdoor Big Ten Finish/Points	Regional Finish/Points
2008	5th/60	6th/73	18th/12

The Anderson File

- 4 Cross Country All-Americans
- 27 Track All-Americans
- 2 NCAA Midwest Regional Cross Country Champions
- 2 NCAA Midwest Regional Cross Country Athletes of the Year
- 10 NCAA All-Midwest Region Cross Country Performers
- 11 NCAA All-Midwest Region Track Performers
- 1 Big Ten Cross Country Champion
- Four Big Ten Track & Field Champions
- 48 Iowa All-Time Top 10 Performers in Cross Country
- 95 Iowa All-Time Top 10 Performers in Track
- 5 USTFCCCA Academic All-America Cross Country Team Awards
- 1 USTFCCCA Academic All-America Track & Field Team Awards
- 52 Academic All-Big Ten Performers In Cross Country and Track



Larry Wieczorek

Men's Head Coach

22nd Season at Iowa

Larry Wieczorek is in his 22nd season as head men's cross country coach and is in his 13th season as head men's track and field coach at the University of Iowa. He served as an assistant track and field coach for 12 years before taking the helm in 1997.

A six-time Big Ten champion (including two in cross country) and four-time all-American at Iowa, Wieczorek once held conference marks in the one, two, three, four and five-mile runs. A member of Iowa's last Big Ten track championship team in 1967, he still owns Iowa's indoor two-mile school record and has the sixth-fastest mark in the cross country 8,000 meters. He was honored for his collegiate accomplishments by being inducted into the University of Iowa's National Varsity Club Athletics Hall of Fame in 1998.

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

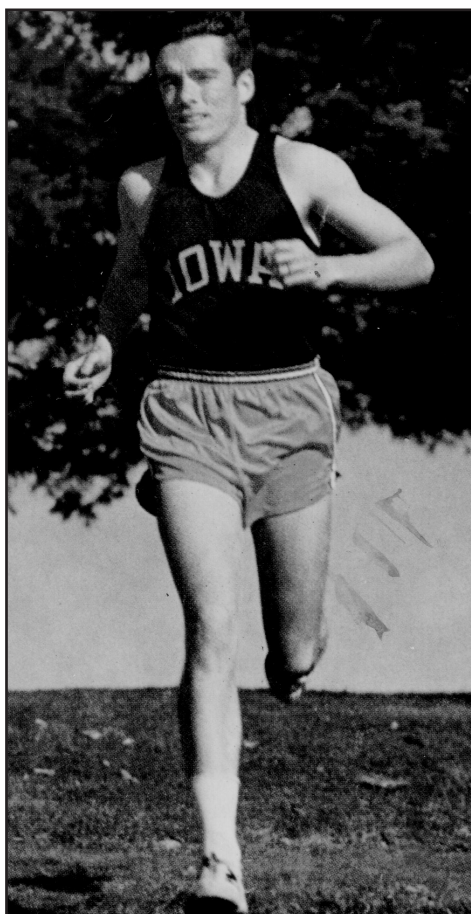
Wieczorek took over the men's cross country program in 1987, and has since shifted his track responsibilities to the distance corps. During his tenure, the cross country team has placed sixth or higher 10 times at the NCAA Regional Championships, has posted 31 all-region selections and qualified for the NCAA Championships five times. In 2002, Wieczorek was named Midwest Region Coach of the Year honors by the United States Cross Country Association after the Hawkeyes won the NCAA Regional for the first time in school history. In 2004, the Hawkeyes recorded their highest placings under Wieczorek at the Big Ten (3rd) and NCAA Championships (13th). He has coached several Hawkeyes to individual honors - including 2006 NCAA Midwest Regional Men's Athlete of the Year Micah VanDenend and Iowa's two Big Ten Cross Country Freshman of the Year honorees in Jared Pittman (1993) and Reed Steele (1998).

Since he was named head men's track and field coach in 1997, his goal was to build a strong Hawkeye squad around a well-balanced team. In his 12 years at the helm, Wieczorek has coached NCAA Champion long jumper Bashir Yamini, 26 all-Americans, 100 national qualifiers, 84 NCAA Midwest Regional qualifiers and 44 Big Ten Champions. Iowa's 1,600-meter relay won the 1999 Big Ten outdoor title and has earned all-America honors twice during Wieczorek's tenure. The Hawkeyes have also had at least one all-American in the throws seven of the last eight seasons, crowning a total of 15 all-Americans and 20 Big Ten champions in the field events since 1997. The Hawkeyes recorded their highest conference indoor placing (fourth) in 1997, and their highest team finish at the Big Ten Outdoor Championships (second) in 33 years at the 1999 Big Ten outdoor meet.

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

that event for the first time in his career. VanDenend holds the school indoor 3,000 and 5,000-meter records, as well as the outdoor 5,000-meter mark.

When Wieczorek joined the Iowa staff, several of his athletes were also members of the nationally-ranked Iowa football team. He has continued to foster a strong relationship with the Iowa football staff, which has resulted in outstanding contributions from several multi-sport athletes. Current NFL standout Tim Dwight was a two-time first team all-America wide receiver and return specialist for the Hawkeye football team from 1994-97, who scored a touchdown in the 1999 Super Bowl for the Atlanta Falcons. Dwight returned to Iowa City a few months later to compete for the track team during the outdoor season. He was named Male Athlete of the 1999 Big Ten Outdoor Championships after he won the 100 meters, ran the lead leg on the winning 400-meter relay and second leg on the winning 1,600-meter relay, and placed second in the 200 meters. In 2001, fullback Jeremy Allen became Iowa's only five-time all-American in the throws and the only Hawkeye to earn the honors solely in an individual event. He was a four-time Big Ten Champion and the only thrower in conference history to earn Big Ten Freshman of the Year honors at both the indoor and outdoor conference meets. In 2007, football players Paul Chaney, Jr. (sprints) and Trey Stross (high jump) scored team points for the Hawkeyes at the Big Ten indoor and outdoor meets, while working around spring football practice. Chaney, Jr. ran on



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



the all-region 400-meter relay that season, and has led the team in the 60 and 200 meters the past two years.

Another of Wieczorek's goals as head coach was to create an annual outdoor home event for the Hawkeyes that would be entertaining for the community and feature outstanding competition for participating student-athletes. Now in its 11th year of existence, the annual Iowa Musco Twilight Meet is just that. Named for Musco Lighting of Oskaloosa, IA, who supplies mobile lighting equipment, the co-ed meet which featured 10 teams in 2008, starts in the late afternoon and extends into the night. In its first four years, the meet had produced 43 NCAA provisional qualifiers. Since the creation of the regional qualifying system in 2003, 253 competitors have reached qualifying standards at the twilight meet.

While improving in the league standings is considered a priority, the Hawkeyes also concern themselves with performance in the classroom. Under Wieczorek, cross country runners Kevin Herd, Chad Schwitters, Stetson Steele and Jesse Luciano earned academic all-America honors. Iowa has had an academic all-Big Ten selection each year during his tenure, totaling 65 honorees in cross country and 129 in track and field. Iowa's 13 track and field academic all-Big Ten honorees in 2008 nearly doubled the previous school record of eight, and the five cross country honorees in 2007 tied the previous Hawkeye best.

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

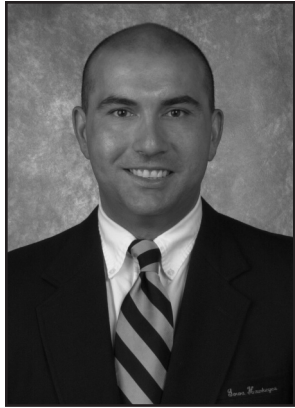
Wieczorek was born on September 11, 1946, in Chicago, IL. He received his B.S. degree in physical education from Iowa in 1969 and his M.S. degree in physical education from Northern Illinois University in 1973. His wife's name is Jackie.

Wieczorek's Track Results at Iowa

Year	Indoor Big 10 Place/Champs	Outdoor Big 10 Place/Champs	Indoor/Outdoor All-Americans
1997	4th/2	9th/2	1/0
1998	5th/2	3rd/6	6/2
1999	7th/1	2nd/11	0/4
2000	8th/1	6th/1	2/1
2001	10th/0	5th/6	0/3
2002	---/--	6th/2	1/2
2003	9th/0	9th/1	0/1
2004	10th/0	10th/0	0/1
2005	10th/0	8th/1	0/0
2006	7th/1	4th/2	0/1
2007	7th/1	7th/2	0/1
2008	8th/1	8th/1	1/0
Total	9	35	11/15

Wieczorek's Cross Country Results at Iowa

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



Scott Cappos

Assistant Coach
13th Year at Iowa

The 2007 USTFCCA Men's Midwest Region Throws Coach of the Year, Scott Cappos is in his 13th 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 first season of coaching the throws for the newly consolidated program.

Since joining the staff in 1997, Cappos has helped create a strong Hawkeye throws program. During his tenure, Iowa has crowned 15 all-Americans and 20 Big Ten champions in the field events, setting 15 school records. The Hawkeyes have also had at least one all-American in the throws seven of the last nine seasons. Iowa has crowned at least one all-Big Ten performer in the hammer throw nine of the past 11 years, and a Hawkeye has placed in the top three in the shot put at the last eight conference meets. Since the creation of the outdoor regional qualification system in 2003, 46 Hawkeye field event competitors have qualified for the chance to advance to the NCAA Championships and 16 have earned all-region honors. Two Hawkeye throwers hold the men's school record for most times qualified for the regional meet, with each qualifying six times.

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 the past two seasons, and broke the 21-year-old school discus record in 2007.

Iowa has also had success with walk-on competitors under Cappos. Former Hawkeyes Brad Daufeldt (discus and hammer) and Chris Voller (hammer) joined the team as walk-ons and left as all-Big Ten honorees. Former Hawkeye Tim Brodersen also came to Iowa as a walk-on with a personal-best 174-0 in the discus. During his Hawkeye career he won two Big Ten titles, and his collegiate-best mark of 193-6 ranks fourth in school history.

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 (4), and a daughter, Amelia (2).

Cappos' Coaching Philosophy

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

Student-Athlete Success Under Cappos

Jeremy Allen - Discus, Shot Put (1998-2001)

Five-Time All-American, Four-Time Big Ten Champion, Shot Put School Record Holder, 1998 Big Ten Freshman of the Year, U.S. Junior Champion, Placed Fourth at 1998 World Junior Championships

Andy Banse - Discus, Shot Put (2002-05)

Three-Time Academic All-Big Ten, Met Shot Put "B" Standard for 2004 U.S. Olympic Trials, NSCA All-American

Tim Brodersen - Discus, Shot Put (2003-06)

Two-Time Big Ten Champion, Four-Time Academic All-Big Ten

Jim Costello - Shot Put, Hammer, Weight Throw (2000-02)

Two-Time All-American, Big Ten Champion, Weight Throw School Record Holder, Two-Time Academic All-Big Ten

A.J. Curtis - Discus, Shot Put (2006-Present)

Two-Time All-Region, School Discus Record Holder, Two-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-Present)

Two-Time Big Ten Champion, Met Shot Put "B" Standard for 2008 U.S. Olympic Trials, Competed in Shot Put at 2008 NACAC Under 23 Games, U.S. Junior Champion, Placed Fourth in Shot Put at 2006 World Junior Championships

Ken Kemeny - Discus, Shot Put (2001-02, 2004-05)

Drake Relays Champion, Two-Time All-Region, Met Shot Put "B" Standard for 2004 U.S. Olympic Trials

Shane Maier - Shot Put, Discus (2004-08)

Big Ten Champion, Three-Time All-Region, Two-Time Academic All-Big Ten

Bill Neumann - Javelin (2001-03, 2005)

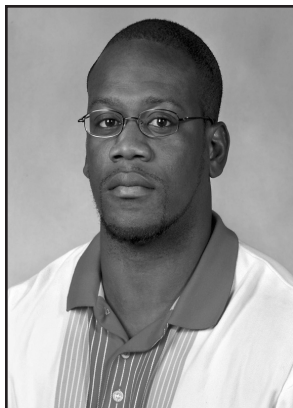
Two-Time All-American, Two-Time Big Ten Champion, Drake Relays Champion, NCAA Midwest Regional Champion, Two-Time All-Region, School Record Holder, Big Ten Meet Javelin Record Holder

Dan Ralph - Javelin (1998-2001)

All-Big Ten

Arno van der Westhuizen - Hammer, Shot Put (1999-2001)

Two-Time Big Ten Champion, Hammer School Record Holder, Former Big Ten Hammer Record Holder



Clive Roberts

Assistant Coach

First Season

Clive Roberts enters his first season as an assistant coach for the University of Iowa track and field team. He will oversee the horizontal jumps, and women's short sprints, hurdles and relays.

A native of Toronto, Canada, Roberts spent the past two seasons as an assistant coach for the Bowling Green State University women's team. 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-meter, 200-meter, 400-meter, 60-meter hurdles, and 4x400-meter relay at the 2005 conference indoor meet, and the 100-meter, 200-meter, 400-meter, 110-meter hurdles and 400-meter hurdles champions at the conference outdoor meet. Vinson received the Most Valuable Participant award at both the indoor and outdoor championships.

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 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, 5, and son Quentin, 2.

Anderson on Roberts

"I would consider Clive a rising star in the coaching profession. He has enjoyed tremendous success in his previous two positions and will certainly raise the level of performance at Iowa in the event areas he directly oversees."

Roberts' Coaching Philosophy

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

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

Student-Athlete Success Under Roberts

Pierre Vinson, Central Michigan University

High School Bests: 60 m-6.95, 100 m-10.60, 200 m-22.30

Collegiate Bests: 60 m-6.67, 100 m-10.29, 200 m-21.10

Honors: Eight-Time MAC Champion, All-American, 2005 MAC Indoor and Outdoor Most Valuable Recipient, Three-Time Regional Qualifier, Two-Time National Qualifier

Clarence Glenn, Central Michigan University

High School Bests: 60-m hurdles-8.60, 110-m hurdles-14.90

Collegiate Bests: 60-m hurdles-7.79, 110-m hurdles-13.60

Honors: Two-Time MAC Champion, All-American, 2005 Regional and National Qualifier, 2005 USA Championship Semifinalist

Steve Wezner, Central Michigan University

High School Bests: 200 m-22.50, 400 m-48.89

Collegiate Bests: 200 m-21.49, 400 m-46.99

Honors: Six-Time MAC Champion, Three-Time Regional Qualifier

Jessica White, Bowling Green State University

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

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

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

Amanda Sefcik, Bowling Green State University

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

Collegiate Bests: Long Jump-19'7



Christi Smith Assistant Coach First Season

Christi Smith enters her first season as an assistant coach for the University of Iowa track and field team. Her main areas of responsibility include multi-events and vertical jumps.

The 2000 NCAA heptathlon champion, Smith joins the Iowa staff after serving as an assistant coach at Kent State last season. She was responsible for coaching the heptathlon, horizontal jumps, high jump and sprints for the Flashes. Shamel Smith excelled under Smith's tutelage in 2008, jumping 7-1 in regular

season and qualifying for the NCAA Outdoor Championships. Smith also mentored Marc Johnson to a pair of NCAA provisional marks in 2007. Johnson clocked a 6.67 in the 60 meters to win the 2007 Mid-American Conference Indoor Championships and followed it up by recording a 10.45 in the 100 meters to win the 2007 MAC Outdoor Championships.

Before arriving at Kent State, Smith was an assistant coach at Ohio University for two seasons. While at Ohio she was responsible for coaching the jumps, sprints and combined event programs. In 2006 Smith helped to coach Scott (Nathan) Mayle to 26-00 feet to win an NCAA regional title. Mayle is currently a wide receiver in the National Football League for the Kansas City Chiefs.

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

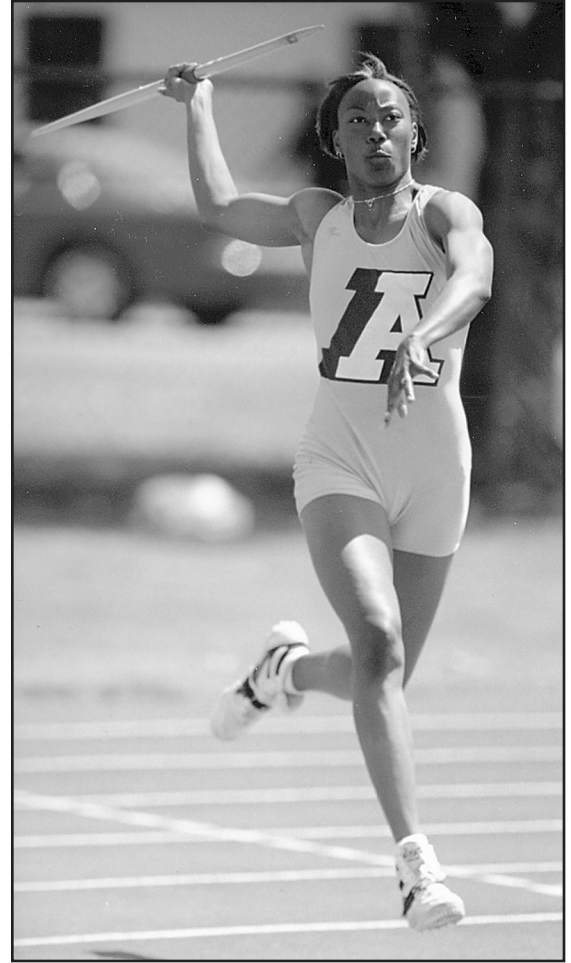
Smith was the Zips' first NCAA champion and one of the most decorated track and field student-athletes in school history. While at Akron, she won 11 MAC titles in various events, including long jump, triple jump, pentathlon and heptathlon. A two-time all-American, she placed second in the NCAA heptathlon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

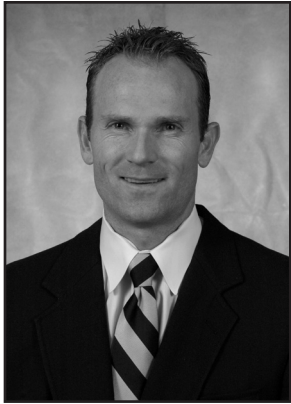
A native of Columbus, OH, Smith was a two-time state champion in the long jump for Bexley High School. She set the long jump state record of 19-3.

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

Anderson on Smith

"As with Clive, Christi shows tremendous potential as an up and coming star in the coaching profession. She arrives highly recommended and has enjoyed tremendous success from her days as a student-athlete through her first two coaching stops."





Joey Woody

Assistant Coach
Third Season at Iowa

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

In his first two seasons with the Hawkeyes, Woody has made an immediate impact on the team. Last season sophomore Ray 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 juniors Max Milder, Aaron Reed and Lee Elbert, and freshman Paul Chaney, Jr. earned all-region honors. Chaney, Jr., Varner, junior sprinter Prince Riley and the 1,600-meter relay of senior David Pierre, Elbert, Varner and Riley all scored team points for the Hawkeyes at the Big Ten Championships.

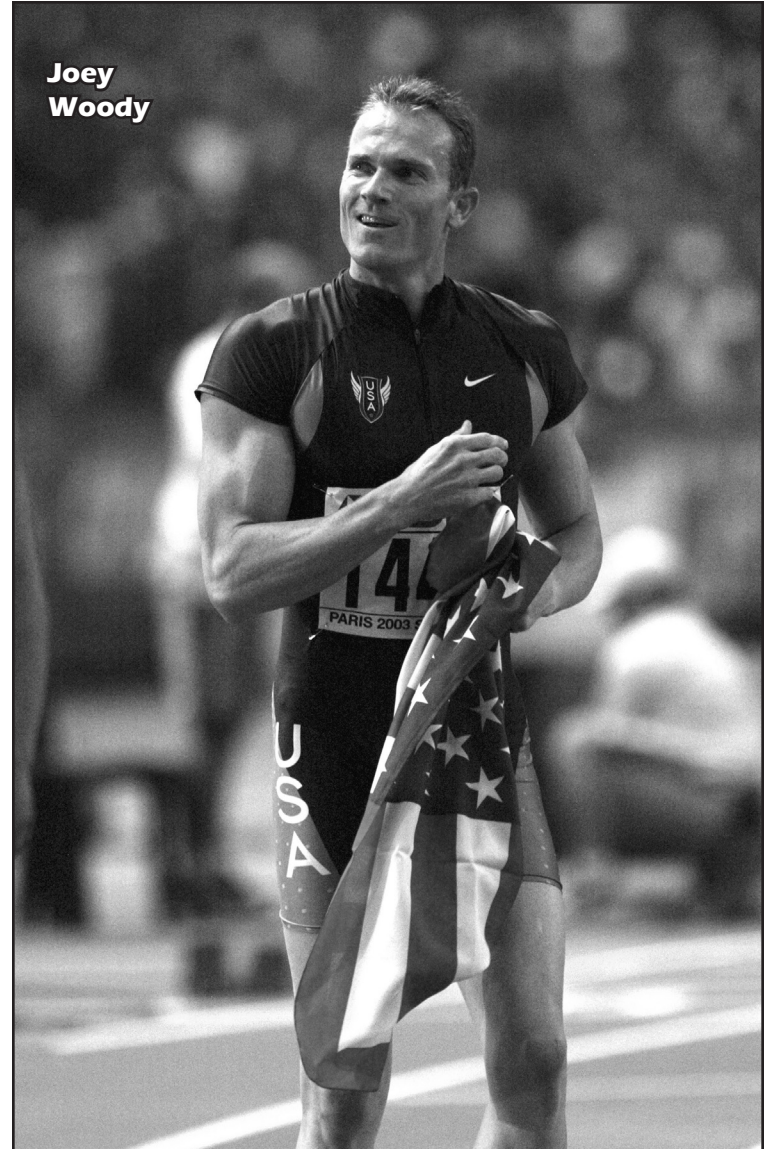
Woody joined Iowa's full-time staff after serving as a volunteer assistant coach with the Hawkeye sprinters and middle distance runners in 2006. He also served as sports performance director and co-owner of Velocity Sports Performance in Cedar Rapids (2005-06).

During the past decade Woody has run competitively on the international track circuit, earning a spot on three United States World teams. In 2003, he won the silver medal in the 400-meter hurdles at the World Championships and was ranked second in the world in the event. Woody was also part of the 1,600-meter relay which won the World Championships gold medal in 1999. In 2000, he ran on 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 (6) and Isabelle (4). 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.



Joey
Woody



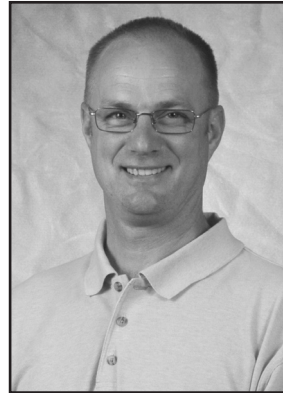
Paula Jantz
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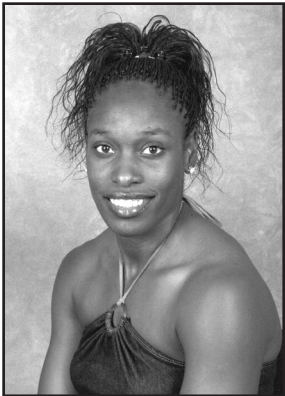
Andy Winkelmann
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Randy Jensen
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Shellene Williams
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Tony Guerra
Volunteer Assistant
Coach



Lakeysha Benzing
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Coach



Diane Nukuri
Student Assistant
Coach



Laura Burgett
Manager



Doug West
Athletic Trainer



Susan Butcher
Athletic Training
Graduate Student



Brittany Keyes
Athletic Training
Student



Youth is something that people chase after. Those people are not collegiate coaches. While graduating successful student-athletes is both a job requirement and a sign of a successful program, most coaches would prefer to balance the losses with returning experience. Head Coach **Layne Anderson**, in his first official season leading both the Hawkeye women's cross country and track and field programs, will have the task of turning youthful, inexperienced squads into contenders after losing five of the most decorated student-athletes in Hawkeye history to graduation.

One new component of the 2008-09 squads is the consolidation of the men and women's coaching staffs in September. **Wieczorek** will remain the men's head track and cross country coach, and **Layne Anderson** will remain the women's head track and cross country coach, but the teams will share administrative responsibilities, coordinate their competition schedules and divide coaching responsibilities by event instead of gender. Assistant Coach **Scott Cappos**, who is in his 13th year at Iowa, will coach the throws, while third-year assistant **Joey Woody** will oversee the men's sprints, short hurdles and relays, and women's long sprints and hurdles. First-year assistant **Clive Roberts** will oversee the women's short sprints, hurdles and relays, as well as the horizontal jumps for both groups. First-year assistant **Christi Smith** will direct the multi-events and vertical jumps for the combined program.

During his time at Iowa, Anderson has had the pleasure of coaching some of the most accomplished student-athletes in school history and leading both teams to success on the national, regional and conference levels. Former Hawkeyes **Kineke Alexander**, **Meghan Armstrong**, **Tammilee Kerr**, **Diane Nukuri** and **Jessica Schmidt** combined for one NCAA title, 16 all-America honors, four regional titles, 13 all-region honors, nine Big Ten titles, 16 school records and nine academic all-Big Ten honors during their collegiate careers. As a result of the individual successes, the Hawkeye cross country team has qualified for the NCAA Championships the last two seasons, after a 14-year absence, and either improved or maintained their finish at the Big Ten and regional meets. In 2008, the track and field team crowned five all-Americans and won four Big Ten individual titles. The Hawkeyes had 14 NCAA indoor provisional qualifiers, four NCAA outdoor automatic qualifiers, two NCAA outdoor provisional qualifiers and qualified nine for the NCAA Midwest regional.

"We have a lot of work to do in both cross country and track," explained Anderson. "We lost the student-athletes who scored the bulk of our points at the Big Ten and NCAA meets the past couple of years, and are replacing them with a very young and inexperienced team. We are definitely thin in a lot of events. There really isn't one area that we can lean on to make up some of those points."

The cupboard is far from empty as seniors **Renee White** and **Racheal Marchand**, along with junior **Jolly Burke** return with conference and national experience. White won the 2008 Big Ten indoor triple jump (42-4) and earned all-region honors in both the long and triple jumps (20-3 3/4, 43-10), last season. Marchand is a two-time all-American and all-region distance runner, who has eligibility for cross country and indoor track. Her best cross country times rank in the top 10 in school history. Burke was Iowa's third finisher behind Nukuri and Armstrong during the 2007 cross country season, earning all-Big Ten and all-region honors. The junior missed out on all-America honors by less than a second at the NCAA



Senior Renee White

Championships. Burke also brings national experience to the group, as she was a member of the 2007 U.S. World Junior Cross Country Team.

Anderson and his staff will rely heavily on a group of inexperienced returnees and talented newcomers in every event. Senior **Krista Anderson**, juniors **Katie Ellis** and **Fionna Fallon**, sophomores **Amanda** and **Lauren Hardesty** and **Hannah Roeder** are looking for breakout seasons in cross country and the track distance events, while senior high jumper **Caleigh Bacchus**, senior thrower **Mandy Chandler**, junior sprinters **Rhonda-Kaye Trusty** and **Sophia Poncé**, sophomore sprinters **Tiffany Hendricks** and **Bethany Praska**, and sophomore hurdler **Karessa Farley** will try to improve.

"There are a lot of unanswered questions when it comes to our returnees," said Anderson. "We, obviously, need several people to step in and immediately contribute in multiple events. The good part is we have numerous candidates on the verge of great performances."

Iowa's newcomers also bring outstanding credentials to campus, and Anderson will be counting on each one. The group consists of transfer **Sarah Spencer Perry** (Sioux Falls, SD) and freshmen **Lindsay Anderson** (Leeds, ND), **Danielle Berndt** (Bloomington, MN), **Brittany Dlh** (West Branch, IA), **Brooke Eilers** (Holland, MI), **Nicole Erickson** (Cedar Rapids, IA), **Betsy Flood** (Des Moines, IA), **Courtney Johnson** (Marion, IA), **Susan**

Kuhl (Beaman, IA), **Jackie Laesch** (Wheaton, IL), **McKenzie Melander** (Apple Valley, MN) and **Josie Takes** (Solon, IA). Spencer Perry, a three-time NCAA Division III all-American in cross country and track for Grinnell College, will add immediate firepower. Her best time of 21:28 in the 6,000 meters would rank seventh in Iowa history. She also won two cross country conference titles at Grinnell and the 2007 Drake Relays 10,000 meters. Anderson, who is the younger sister of senior Krista Anderson, was a two-time Footlocker finalist and 14-time state champion in cross country and track. Eilers won two state track titles in the distance events, while Flood won four state titles and set state records in the 800 (2:11), 1500 (4:33) and 3,000 meters (9:58). Berndt and Melander were two of the top distance runners in Minnesota last year. Berndt was also a high school all-American in nordic skiing.

The Iowa cross country and track teams are set to compete at top quality meets across the country in 2008-09. The cross country squad opens the



*Senior
Racheal Marchand*

2008 season Aug. 29 with the Hawkeye Invite at Ashton Cross Country Course in Iowa City. The Hawkeyes will also host the Iowa Invite (Sept. 12). The team will then head to the Loyola Lakefront Invite in Chicago (Sept. 27) and the Auburn Invite (Oct. 4) before testing the NCAA course in Terre Haute, IN, at the Pre-Nationals on Oct. 18. The University of Michigan will host the Big Ten Championships (Nov. 2). Iowa will then head to Stillwater, OK, for the NCAA Midwest regional and a chance to qualify for the season-ending NCAA Championships in Terre Haute (Nov. 24).

Iowa will open the 2009 indoor track season Jan. 17 with the Hawkeye Invite at the University of Iowa Recreation Building. The Hawkeyes will travel across the nation in January and February to prepare for the Big Ten Championships in Bloomington, IN and qualify for the NCAA Championships in College Station, TX (Mar. 13-14). The team will try to capitalize on warm temperatures in the southern and western United States for the first part of the outdoor season before heading to Des Moines for the Drake Relays (Apr. 23-25). Iowa's outdoor facility - Francis X. Cretzmeier track - was damaged by flooding in June, and will be undergoing repairs and renovations during the 2009 outdoor season. As a result, the Hawkeyes will not be able to host any home outdoor events this season. Iowa's outdoor post-season will kick off May 15-17 with the Big Ten Championships in Columbus, OH. Student-athletes who post qualifying marks will travel to the NCAA Midwest regional championships in Norman, OK (May 29-30) with the potential to advance to the NCAA Championships in Fayetteville, AR (June 10-13).

Following is an event-by-event breakdown for the 2008-09 season:

Sprints & Relays

Replacing Kineke Alexander is next to impossible. The 2006 NCAA Indoor 400-meter champion, she became Iowa's first eight-time all-American and won five Big Ten and two regional titles. The task will be up to Trusty, Praska, Poncé, White, Erickson, Johnson and Takes. Redshirt freshmen **Kelsey Mims**, **Lisa Mellecker** and **Abbie Mumpower** will also compete. Trusty led the team in the 60 (7.61), 100 (11.90) and 200 meters (24.39) last season. Her best 60-meter time ranks sixth in school history, and she placed sixth in that event at the 2008 Big Ten Championships. White and Trusty ran on the team-leading 400-meter relay last year, while White, Hendricks and Praska each ran on the team's top 1,600-meter relay. Praska and Poncé will compete in the longer sprints and middle distances. Praska's best 600-meter time (1:34.66) ranks seventh in school history, while Poncé's 600-yard (1:24.55) and 800-meter (2:10.35) marks rank seventh on Iowa's all-time best performers list.

Hurdles

White led the Hawkeyes in the 60-meter hurdles last season, placing seventh at the Big Ten meet. Her best time of 8.45 in that event ranks third in school history, while her best 100-meter hurdles mark of 14.20 ranks ninth. Farley was a close second in the 60-meter hurdles, placing eighth at the conference meet and posting a collegiate-best 8.46, which ranks fifth in school history. Impressed with Farley's potential after one indoor season of competition, Anderson compared her to former Hawkeye great **Tiffany Johnson**, who holds the 60 and 100-meter school records. Hendricks and Mumpower will also compete in the hurdles events.



Distance

Armstrong and Nukuri provided a one-two knockout punch the last two seasons, but the Hawkeyes definitely have depth and potential in the distance events to maintain a level of success. Burke, the Hardesty twins, Krista Anderson and graduate student **Sarah Henize** all return with experience. The addition of 10 talented newcomers, including Spencer Perry and Lindsay Anderson, will only help matters. Burke was a NCAA indoor provisional qualifier in the 5,000 meters last season, and holds Iowa's ninth and 10th best times in the indoor 3,000 and 5,000 meters. Lauren Hardesty led Iowa in the indoor 800 meters (2:15.45), and she ran on the school-record setting indoor distance medley relay that provisionally qualified for the NCAA Championships. Henize ran the third leg on the school-record setting 6,400-meter relay at the 2008 Drake Relays, while Krista Anderson holds the school's ninth-fastest mile of 4:51.79.

Jumps

White will lead the team in the horizontal jumps, and Anderson expects her to be a factor at the Big Ten and NCAA levels. In addition to winning the 2008 Big Ten indoor triple jump title, she holds the school indoor and outdoor triple jump marks (42-4, 43-10), and is the only jumper in school history to go over 42 feet during either season. White also holds Iowa's second-best marks in the indoor and outdoor long jump (19-3 1/4, 20-3 3/4). She placed 11th in the triple jump at the NCAA Outdoor Championships, and provisionally qualified for the national indoor meet in that event.

Bacchus returns in the high jump after placing sixth at the Big Ten Outdoor Championships with a team-leading and collegiate-best 5-7 1/4. Anderson hopes she can use last season's success as a stepping stone for a breakout season in 2009.

Throws & Multi-Events

These are some of Iowa's least experienced events. Kerr was Iowa's first heptathlon all-American since 1982, and was a mainstay and NCAA qualifier in the javelin. Chandler returns in the shot put after leading the team in that event the past two outdoor seasons. Her best marks rank in the school's top 10 in that event. Hendricks and Mumpower are also listed as multi-event competitors.

Cross Country

The cross country squad has enjoyed team and individual success the past five seasons and Anderson thinks this can continue, despite the losses of Nukuri and Armstrong.

The Hawkeyes have qualified for the last two NCAA meets and placed sixth at the Big Ten meet - which is the team's highest finish since 1993 - and third at the NCAA Midwest regional - which is Iowa's highest finish under Anderson - the last two years. During his tenure, the Hawkeyes have set school records in the 3,000, 4,000, 5,000 and 6,000 meters.

With only two years at Iowa, Nukuri made a lasting impact on the Hawkeye record books. She won two NCAA Midwest regional titles, earned two all-America honors and became only the second Hawkeye in school history to win a Big Ten title. She earned Athlete of the Year honors and set meet records at both the Big Ten and regional championships. A finalist for the national Honda Award in cross country, Nukuri holds all four school

cross country records and four course records. Armstrong became the first women's cross country competitor in school history to earn three all-region honors. She was Anderson's first NCAA cross country qualifier at Iowa, placing 79th at the 2005 national meet.

"Even with our recent cross country success, the one element missing was the quality depth we needed to make a run at a top five NCAA finish," Anderson explained. "We have individuals who should challenge for all-America honors, but our gap from fourth to seventh place finishers should be much closer than it has been. Our goal is to get back to the national meet as a team, and I think we have the ability to do it."

Marchand and Burke have the most successful experience of the returning group, and will be expected to lead the squad. Krista Anderson, who has junior eligibility in cross country, and the Hardesty's all raced in the top five at different times last season, and will need to do that consistently this year. Krista Anderson's top times in each of the four distances rank in the top 10 in school history, Lauren Hardesty ranks seventh in the 4,000 and 6,000 meters and Amanda Hardesty ranks 10th in the 6,000 meters. Fallon, Roeder and Ellis will provide experience depth. Newcomers Spencer Perry, Lindsay Anderson, Eilers, Melander, Berndt and Flood should also contribute immediately.



Junior Jolly Burke