



Krista Anderson
Senior - Distance
Leeds, ND
Leeds High School

2008 -- Indoor - redshirted... **Outdoor** - ran collegiate-best 1,500 meters (4:35.52) at Iowa Invite... anchored team-leading distance medley relay (12:03.66) to seventh place at Drake Relays... placed third in 1,500 meters at Auburn Classic (4:36.76) and ran 4:36.75 in Big Ten prelims... runner-

up in 5,000 meters (17:28.09) at Musco Twilight X and placed 18th (17:35.80) at Big Ten Championships... academic all-Big Ten... letterwinner.

2007 -- Indoor - runner-up in mile with season-best 4:55.35 at Hawkeye Invite... placed fourth in 3,000 meters with a season-best 9:43.77 at Iowa State Classic... **Outdoor** - redshirted... academic all-Big Ten... letterwinner... **Cross Country** - ran collegiate-best 6,000 meters (21:46) at Pre-Nationals, which ranks eighth in school history... placed 25th at Auburn Invite (17:43), 53rd at Big Ten meet (21:47) and 62nd at NCAA regional (21:48)... placed sixth in 4,000 meters at Hawkeye Invite with a collegiate-best 14:14... that time ranks fifth in school history... academic all-Big Ten... team earned USTFCCCA all-academic honors... letterwinner.

2006 -- Indoor - provisionally qualified for NCAA meet in 3,000 meters... led team in 3,000 (9:29.75) and 5,000 meters (16:48.95)... the 3,000-meter mark ranks sixth in school history... placed 12th in 5,000 meters (16:48.95) at Big Ten meet... anchored runner-up distance medley relay (11:29.54) at Big Tens, which ranks fourth in school history... second team all-Big Ten... runner-up in mile (4:51.79) at Hawkeye Open, which ranks ninth in school history... **Outdoor** - placed third in 3,000 meters (9:45.65) at Musco Twilight VIII and 10th in 5,000 meters (16:59.48) at Drake Relays... the 3,000-meter time ranks 10th in school history... placed 19th in 5,000 meters (17:02.33) at Big Tens... letterwinner... **Cross Country** - placed fifth at Hawkeye Open (10:25-3,000 meters) and 12th at Auburn Invite (17:26-5,000 meters) with collegiate-best times which rank third and 10th, respectively, in school history... ran season-best 6,000 meters (21:48) at NCAA Pre-Nationals ... placed 35th (22:09) at Big Tens and 59th (22:36) at NCAA regional... placed 225th (23:35) at NCAA meeg... team earned USTFCCCA all-academic honors... academic all-Big Ten... letterwinner.

2005 -- Cross Country - redshirted.
High School -- five-time 3,200-meter state champion, setting state record in that event... two-time North Dakota female Gatorade track and field athlete of the year... three-time all-American, placing second at Nike national indoor meet senior year... two-time state cross country champion, placing second twice... ran on two state champion 3,200-meter relays... set school record in 3,200 meters (10:36.95)... Wendy's High School Heisman state winner senior year... 2005 North Dakota state sportswriters and sportscasters athlete of the year... state female senior athlete of the year in cross country and track... National Honor Society member... class salutatorian... coached by Greg and Karen Anderson, and Jeff Manley.

Personal -- born May 30, 1986... daughter of Greg and Karen Anderson... her sister, Lindsay, is also a member of the Hawkeye track and cross country teams... elementary education major.

Anderson's Collegiate Bests

Event	Time	Meet	Date
1,500 Meters (O)	4:35.52	Iowa Invite	4/19/08
Mile (I)	4:51.79	Hawkeye Open	1/14/06
3,000 Meters (I)	9:29.75	at Alex Wilson Invite	3/4/06
3,000 Meters (CC)	10:25	Hawkeye Open	9/9/06
4,000 Meters (CC)	14:14	Hawkeye Invite	9/15/07
5,000 Meters (I)	16:48.95	at Big Ten Championships	2/26/06
5,000 Meters (CC)	17:26	at Auburn Invite	9/30/06
6,000 Meters (CC)	21:46	at Pre-Nationals	10/13/07



Caleigh Bacchus
Junior - Jumps
Cascade, Trinidad & Tobago
Bishop Anstey High School

2008 -- Indoor - posted season-best high jump (5-7) at Iowa State Classic... that mark ranks 10th in school history... placed 10th in that event at Big Ten Championships (5-5 1/4)... posted collegiate-best long jump (17-11)... **Outdoor** - led team in high jump with the collegiate-best 5-7 1/4 she posted for

sixth place at Big Ten Championships... that mark ranks eighth in school history... placed third in high jump at Auburn Classic (5-5) and Iowa Invite (5-5)... also leapt 5-5 at Musco Twilight X and Sun Angel Classic... Iowa's female Big Ten Sportsmanship honoree... letterwinner.

2007 -- Indoor - placed third in high jump (5-5) at Carle/Health Alliance Classic... posted season-best long jump (17-1 1/2) at Husker Invite... **Outdoor** - placed sixth in high jump (5-5) at Auburn Tiger Classic and 12th (5-4 1/4) at Big Ten Championships... placed second in high jump at Aztec Classic (5-3), third at Simpson Invite (5-4 1/4) and fourth at Musco Twilight IX (5-3)... letterwinner.

High School -- best marks were 5-8 1/2 in high jump and 18-7 in long jump... placed third in high jump and seventh in long jump at 2006 CARIFTA Games, placing fourth in high jump and ninth in long jump at that meet in 2005... coached by Heathcliffe Thorne... earned outstanding academic achievement honor.

Personal -- born June 4, 1988... daughter of Reginald and Phyllis Bacchus... mass communications major.

Bacchus' Collegiate Bests

Event	Mark	Meet	Date
Long Jump (I)	17-11 (5.46 m)	at Jack Johnson Classic	1/26/08
High Jump (O)	5-7 1/4 (1.71 m)	at Big Ten Championships	5/18/08



Jolly Burke

Junior - Distance
Parker, CO
Madison-Edgewood (WI) HS

Career Highlights -- 2007 U.S. Junior National Cross Country team member.

2008 -- Indoor - NCAA provisional qualifier in 5,000 meters (16:43.14)... that collegiate-best time ranks 10th in school history... placed 13th in 5,000 meters (17:05.63) at Big Ten meet... ran collegiate-best 3,000

meters (9:54.62) at Jack Johnson Classic, which ranks ninth in school history... **Outdoor** - did not compete... academic all-Big Ten... letterwinner.

2007 -- Indoor - placed fourth in mile (5:03.47) at Hawkeye Invite... anchored distance medley relay to ninth-place finish (12:31.55) at Big Ten Championships... **Outdoor** - redshirted... letterwinner... **Cross Country** - all-region, placing 19th (20:57) at NCAA Midwest Regional... second team all-Big Ten... placed ninth at Big Ten Championships with a collegiate-best 20:20 in 6,000 meters... that time ranks third in school history... placed 34th (21:09) at NCAA Championships and 17th (20:41) at Pre-Nationals... placed fourth with collegiate bests at Hawkeye Invite (14:03-4,000 meters) and Auburn Invite (16:33-5,000 meters)... the 4,000-meter time ranks third and the 5,000-meter time ranks fourth in school history... team earned USTFCCCA all-academic honors... academic all-Big Ten... letterwinner.

2006 -- Cross Country - placed 42nd (22:26) at Big Ten meet, 71st at NCAA regional (22:51) and 211th at NCAA meet (23:20)... ran collegiate best 3,000 meters (10:43) at Hawkeye Open, which ranks eighth in school history... team earned USTFCCCA all-academic honors... letterwinner... placed fifth (22:16) at U.S. Junior Cross Country Championships in Boulder, CO, qualifying for a spot on the U.S. Junior National team.

High School -- runner-up at state cross country meet senior year (14:32), placing third as a junior (15:20)... placed fourth in 1,600 (5:13) and 3,200 (11:19) meters at state meet senior year... placed 20th at 2006 USA Junior Cross Country Nationals (21:57-6,000 meters)... won 3,200 meters (11:09) at Midwest senior spotlight meet... placed 11th (17:55-5,000 meters) at 2005 Footlocker Midwest Cross Country Regional... three-time conference champion and two-time runner-up... city and sectional cross country champion senior year... two-time city track champion, winning sectional title as a senior... earned runner of the year honors as a senior... first team all-state in cross country senior year... three-time track team MVP, earning honor twice in cross country... set school records in cross country 4,000 meters (14:19), cross country 5,000 meters (18:19) and track 3,200 meters (10:57)... lettered two years in soccer, earning all-conference, team MVP and team captain honors and making the state leading points list... class valedictorian... National Honor Society member... conference academic top 10... coached by Gary Thornton and Kara Lynch.

Personal -- born January 29, 1988... daughter of Jeff and Julie Burke... psychology major.

Burke's Collegiate Bests

Event	Time	Meet	Date
Mile (I)	5:02.53	Iowa Open	1/19/08
3,000 Meters (I)	9:54.62	at Jack Johnson Classic	1/26/08
3,000 Meters (CC)	10:43	Hawkeye Open	9/9/06
4,000 Meters (CC)	14:03	Hawkeye Invite	9/15/07
5,000 Meters (CC)	16:33	at Auburn Invite	9/29/07
5,000 Meters (I)	16:43.14	at Husky Classic	2/16/08
6,000 Meters (CC)	20:20	at Big Ten Championships	10/29/07



Mandy Chandler

Senior - Throws
Chariton, IA
Chariton High School

2008 -- Indoor - posted collegiate-best weight throw (49-7 1/4) at Meyo Invite... that mark ranks fourth in school history... placed 17th in that event at Big Ten Championships (44-2 1/2)... **Outdoor** - led team in shot put (39-0 1/4)... posted collegiate-best hammer throw (146-3) at Musco Twi-

light X... that mark ranks fourth in school history.

2007 -- Indoor - led team in shot put (41-4 1/4)... threw season-best shot put (41-4 1/4) at Carle/Health Alliance Classic... placed second in shot put (40-6 3/4) and fifth in weight throw (46-4) at Iowa Invite... **Outdoor** - led team in shot put (39-1 1/4)... posted season-best hammer throw (138-1) at Auburn Tiger Classic... placed 10th in shot put (39-1 1/4) and 19th in hammer throw (117-10) at Musco Twilight IX... letterwinner.

2006 -- Indoor - led team in shot put (43-2 1/4)... threw season-best shot put (43-2 1/4) at Jack Johnson Classic... that mark ranks 10th in school history... won shot at Hawkeye Open (41-6) and Iowa Open (41-1 1/2)...

Outdoor - led team in shot put with a collegiate-best 46-0 at Tom Botts Invite... that mark ranks eighth in school history... letterwinner.

High School -- state and conference champion in shot put as a senior... placed 15th in discus at state meet (111-3) and 2nd at conference meet (119-6) senior year... two-time all-state in track... best marks are 40-10 in shot put and 119-6 in discus... lettered three years in basketball and volleyball, earning all-conference honors in both sports... National Honor Society member... principal's honor roll student... coaches were Jim Swanson and Deb Seufferer.

Personal -- born November 25, 1986... daughter of Greg and Kristi Chandler... pre-physical therapy major.

Chandler's Collegiate Bests

Event	Mark	Meet	Date
Shot Put (O)	46-0 (14.02 m)	at Tom Botts Invite	4/15/06
Weight Throw (I)	49-4 1/4 (15.12 m)	at Meyo Invite	2/9/08
Hammer Throw (O)	146-3 (44.57 m)	Musco Twilight X	5/3/08



Jennie Docherty

Senior - Middle Distance
St. Paul, MN
Cretin-Derham Hall HS

2008 -- Indoor - did not compete... **Outdoor** - ran season-best 1,500 meters (4:52.76) at Iowa Invite... ran on team-leading 3,200-meter relay (9:14.66) at Drake Relays.

2007 -- redshirted.

2006 -- Indoor - ran season-best 800 meters (2:18.67) at Iowa State Classic...

runner-up in 800 meters (2:19.00) at Iowa Open... **Outdoor** - ran collegiate-best 800 meters (2:15.69) at Big Ten Championships... ran collegiate-best 1,500 meters (4:48.01) at Musco Twilight VIII... letterwinner... **Cross Country** - placed fifth (15:09-4,000 meters) at Early Bird Invite, 26th (11:07) at Hawkeye Open and 63rd (18:36) at Auburn Invite, with collegiate best performances... academic all-Big Ten... team earned USTFCCCA all-academic honors... letterwinner.

2005 -- Cross Country - redshirted.

High School -- all-state and team captain senior year... conference 800-meter champion as a sophomore... ran on 3,200-meter relay that placed fifth at state meet and second at sectionals senior year... set school records in 800 meters (2:20.71) and as part of 1,600 (4:03.90) and 3,200-meter relays (9:27)... lettered four years in track, three in soccer and two in basketball... soccer team won sectional and conference team titles... earned nine distinguished academic achievement awards... National Honor Society member... earned four academic letters and was on President's list four years... school's top female student-athlete senior year... coaches were Andy Bischoff and Chris Babcock.

Personal -- born May 21, 1987... daughter of Jim and Bev Docherty... both her parents ran track and cross country at Iowa... business major.

Docherty's Collegiate Bests

Event	Time	Meet	Date
800 Meters (O)	2:15.69	at Big Ten Championships	5/13/06
1,500 Meters (O)	4:48.01	Iowa Musco Twilight VIII	4/22/06
3,000 Meters (CC)	11:07	Hawkeye Open	9/9/06
4,000 Meters (CC)	15:09	at Early Bird Invite	9/1/06
5,000 Meters (CC)	18:36	at Auburn Invite	9/30/06



Katie Ellis

Junior - Distance
Barrington, IL
Wauconda High School

2008 -- Indoor - led team in 1,000 meters (3:07.75)... ran collegiate-best mile (5:13.18) at Jack Johnson Classic... runner-up in mile (5:16.99) at Iowa Invite...

Outdoor - anchored team-leading 3,200-meter relay (9:14.66) at Drake Relays... ran collegiate-best 1,500 meters (4:45.12)

at Iowa Invite... academic all-Big Ten... letterwinner.

2007 -- Indoor - won mile (5:15.32) at Iowa Invite... **Outdoor** - placed fifth in 1,500 meters (4:48.60) at Aztec Classic... **Cross Country** - placed 21st with a collegiate-best 14:48 (4,000 meters) at Hawkeye Invite... placed 45th (18:25-5,000 meters) at Auburn Invite... placed 78th with a collegiate-best 22:35 (6,000 meters) at Big Ten Championships... team earned USTFCCCA all-academic honors... academic all-Big Ten... letterwinner.

2006 -- Cross Country - placed eighth at Early Bird Invite (15:45-4,000 meters), 18th at Auburn Invite (17:45-5,000 meters) and 22nd at Hawkeye Open (10:57-3,000 meters)... team earned USTFCCCA all-academic honors... letterwinner.

High School -- two-time conference and sectional champion... six-time all-conference, five-time all-section and two-time all-state in track... placed sixth in 3,200 meters (11:13) and ninth in 1,600 meters (5:17) at state meet sophomore year... four-time all-conference in cross country, earning all-region and all-section honors senior year... three-time cross country and two-time track team MVP ... set school records in 800 meters (2:18.3), 1,600 meters (5:08.7), 3,200 meters (11:02.5), cross country three miles (17:57), cross country 5,000 meters (19:14) and as part of 3,200-meter relay (10:21.9)... Illinois state scholar... academic all-state and all-conference... National Honor Society member... coached by Al Willhoit and Chuck Neary.

Personal -- born July 13, 1988... daughter of Steve and Nancy Ellis... sister, Jenny, runs track and cross country at Olivet Nazarene... English and cinema major.

Ellis' Collegiate Bests

Event	Time	Meet	Date
1,000 Meters (I)	3:07.75	at Meyo Invite	2/9/08
1,500 Meters (O)	4:45.12	Iowa Invite	4/19/08
Mile (I)	5:12.58	at Jack Johnson Classic	1/26/08
3,000 Meters (CC)	10:57	Hawkeye Open	9/9/06
4,000 Meters (CC)	14:48	Hawkeye Invite	9/15/07
5,000 Meters (CC)	17:45	at Auburn Invite	9/30/06
6,000 Meters (CC)	22:35	at Big Ten Championships	10/29/07



Fionna Fallon

Junior - Distance
Des Moines, IA
Roosevelt High School
Portland State University

2008 -- Indoor - ran collegiate-best mile (5:15.51) at Iowa Open and 5,000 meters (17:54.33) at Meyo Invite... placed 24th in 3,000 meters (10:21.95) at Big Ten Championships... **Outdoor** - ran collegiate-best 1,500 meters (4:49.54) at Auburn Classic

and 3,000 meters (10:16.76) at Iowa Invite... placed 12th in 10,000 meters (38:55.95) at Drake Relays... letterwinner.

2007 -- Track - redshirted indoor track season at Portland State University... ran 10:45 in 3,000 meters and 18:10 in 5,000 meters at Willamette Invite during outdoor season... best 1,500-meter time was 4:59... **Cross Country** - led team with ninth-place finish at Early Bird Invite (24:26-6,000 meters)... placed 41st (15:38-4,000 meters) at Hawkeye Invite... team earned USTFCCCA all-academic honors.

High School -- three-time state cross country qualifier... best cross country 4,000-meter time was 15:20... three-time Drake Relays and two-time state track meet competitor... ran best 3,000 meters (10:37) at Lincoln Invite... four-time all-conference in cross country and two time in track...two-time all-state and three-time all-district... ran on school-record setting 3,200-meter relay (9:36)... other best times were 4:55 in 1,500 meters, 10:37 in 3,000 meters, 15:20 in 4,000 meters, 18:10 in 5,000 meters and 24:26 in 6,000 meters... also played soccer for two years... graduated in top 15 percent of class... "A" and "B" honor roll student... coached by Jacob Kaemmer.

Personal -- born October 17, 1987... daughter of Ed Fallon and Kristin Maahs... psychology major.

Fallon's Collegiate Bests

Event	Time	Meet	Date
1,500 Meters (O)	4:49.54	at Auburn Classic	4/5/08
Mile (I)	5:15.51	Iowa Open	1/19/08
3,000 Meters (O)	10:16.76	Iowa Invite	4/19/08
4,000 Meters (CC)	15:38	Hawkeye Invite	9/15/07
5,000 Meters (I)	17:54.33	at Meyo Invite	2/9/08
6,000 Meters (CC)	24:26	at Early Bird Invite	8/31/07



Karessa Farley

Sophomore - Hurdles
Bridgetown, Barbados
Queen's College HS

2008 -- Indoor - placed eighth in 60-meter hurdles (8.70) at Big Ten Championships... ran collegiate-best 8.46 in that event at Meyo Invite, which ranks fifth in school history... ran collegiate-best 200 meters (26.73) at Jack Johnson Classic... **Outdoor** - redshirted... letterwinner.

High School -- 100-meter hurdles high school champion senior year... named high school athlete of the year as a senior... four-time competitor at CARIFTA Games, earning bronze medal in 2006... best 100-meter hurdles time was 13.92... also competed at Central American Games and Pan American Junior Championships... coached by Brian Holder and Gabriel Burnett... two-time national netball team member.

Personal -- born December 8, 1988... daughter of Matthew Farley and Alphine Farley... open major.

Farley's Collegiate Bests

Event	Time	Meet	Date
60-Meter Hurdles (I)	8.46	at Meyo Invite	2/9/08
200 Meters (I)	26.73	at Jack Johnson Classic	1/26/08



Kara-Aretha Graham

Sophomore - Sprints
London, United Kingdom
Forest Girls School

2008 -- Track - redshirted.

2007 -- Indoor - won 200 meters at Iowa Invite (26.12)... part of runner-up 1,600-meter relay at Iowa Invite (3:58.23)... ran 200 meters at the Frank Sevigne Husker Invite (25.68) and Big Ten meet (25.83)...

Outdoor - qualified for NCAA regional as part of 1,600-meter relay that placed sixth in 3:39.36 at Drake Relays... that time ranks third in school history... placed sixth in 200 meters at Musco Twilight IX (25.34) and seventh at John Jacobs Invite (25.05)... member of ninth-place sprint medley relay (3:59.34) at Drake Relays... that time ranks third in school history... letterwinner.

High School -- member of the 2004 national champion team at English schools (Essex)... 2006 national relay champions at English schools (London)... school record holder in the 100 and 200 meters and long jump... seven-time district champion... team captain 2002-04... best times were 12.52 in 100 meters, 24.38 in 200 meters, 40.22 in 300 meters and 58.27 in 400 meters... coached by Christine Bowemaker and Lloyd Cowan.

Personal -- born June 2006... daughter of Beverley and Carl Graham... psychology major.

Graham's Collegiate Bests

Event	Time	Meet	Date
200 Meters (O)	25.05	at John Jacobs Invite	4/14/07
400 Meters (O)	59.80	at Missouri Relays	3/31/07



Kathryn Guess

Sophomore - Distance
Des Moines, IA
Lincoln High School

2008 -- Indoor - ran mile at Hawkeye (5:33.93) and Iowa Invites (5:34.70), and ISU Classic (5:28.00)... **Outdoor** - ran 1,500 meters at Iowa Invite (5:06.42), Lee Calhoun Memorial (5:11.29) and Musco Twilight X (5:12.14).

2007 -- Cross Country - placed 17th (25:02-6,000 meters) at Early Bird Invite and 44th (15:51-4,000 meters) at Hawkeye Invite... team earned USTFCCCA all-academic honors.

High School -- cross country team captain senior year... placed 15th at state meet (11:05) and third at conference meet (11:19) in 3,000 meters as a senior... best times were 5:14 in 1,500 meters, 11:05 in 3,000 meters and 15:50 in 2.4 miles... coaches were Dawn Stallman, Darin Dowling and

Megan Dabroski... also played basketball and softball... graduated in top 15 percent of high school class.

Personal -- born May 25, 1989... daughter of Mark and Sue Guess... performing arts entrepreneurship major.

Guess' Collegiate Bests

Event	Time	Meet	Date
1,500 Meters (O)	5:06.42	Iowa Invite	4/19/08
Mile (I)	5:28.00	at ISU Classic	2/16/08
4,000 Meters (CC)	15:51	Hawkeye Invite	9/15/07
6,000 Meters (CC)	25:02	Early Bird Invite	8/31/07



Amanda Hardesty

Sophomore - Distance
Valparaiso, IN
Valparaiso High School

2008 -- Indoor - redshirted... **Outdoor** - ran second leg on team-leading distance medley relay (12:03.66)... ran collegiate-best 1,500 meters (4:45.76) at Musco Twilight X... letterwinner.

2007 -- Cross Country - placed 57th at Big Ten Championships with a collegiate-best

21:53 (6,000 meters)... that time ranks 10th in school history... also ran collegiate bests at Hawkeye Invite (15:03-4,000 meters) and Auburn Invite (18:18-5,000 meters)... placed 99th (22:24-6,000 meters) at NCAA Midwest Regional and 211th (23:37-6,000 meters) at NCAA Championships... team earned USTFCCCA all-academic honors... letterwinner.

High School -- four time all-state cross country and two time in track... cross country team MVP and state all-star in cross country senior year... conference, sectional, and regional cross country champion senior year... second team all-regional at Footlocker meet... placed fifth as a junior and senior, 16th as a sophomore and 32nd as a freshman at the state cross country meet... ran on 3,200-meter relay that placed second and placed seventh in mile at state track meet... her team placed second at state track meet... also competed in swimming... National Honor Society member... graduated with academic honors... coached were Karen Devries, Mick Cavanaugh and Jim McCall.

Personal -- born December 11, 1988... daughter of Mark and Mary Hardesty... twin sister, Amanda, also runs track and cross country at Iowa... pre-nursing major.

Hardesty's Collegiate Bests

Event	Time	Meet	Date
1,500 Meters (O)	4:45.76	Musco Twilight X	5/3/08
4,000 Meters (CC)	15:03	Hawkeye Invite	9/15/07
5,000 Meters (CC)	18:18	at Auburn Invite	9/29/07
6,000 Meters (CC)	21:53	at Big Ten Championships	10/29/07



Lauren Hardesty

Sophomore - Distance
Valparaiso, IN
Valparaiso High School

2008 -- Indoor - ran third leg on distance medley relay that set school record (11:20.11) and provisionally qualified for NCAA Championships... led team in 800 meters (2:15.45)... **Outdoor** - ran second leg on team-leading distance medley relay (12:03.66)... ran collegiate-best 1,500 me-

ters (4:41.70) at Auburn Classic... letterwinner.

2007 -- Cross Country - placed 49th with collegiate-best 21:38 (6,000 meters) at NCAA Midwest Regional... also ran collegiate-best 14:28 (4,000 meters) for ninth place at Hawkeye Invite... those times rank seventh in school history... placed 36th (18:05-5,000 meters) at Auburn Invite, 56th (21:52-6,000 meters) at Big Ten Championships, 143rd (22:18-6,000 meters) at Pre-Nationals and 180th (22:40-6,000 meters) at NCAA Championships... team earned USTFCCCA all-academic honors... letterwinner.

High School -- state 1,600-meter champion (4:56) junior year... four-time first team all-state in cross country and two-time in track... three-time cross country and track team MVP... state all-star in cross country senior year... conference (5:04) and district (5:10) 1,600-meter champion senior year... placed fifth at state cross country meet sophomore year, seventh as a junior, 11th as a senior and 12th as a freshman... placed sixth in 1,600 meters, ninth in 800 meters and placed second as part of 3,200-meter relay at state meet senior year... coaches were Karen Devries, Mick Cavanaugh and Jim McCall... also competed in basketball and swimming... graduated with academic honors.

Personal -- born December 11, 1988... daughter of Mark and Mary Hardesty... twin sister, Amanda, also runs track and cross country at Iowa... open major.

Hardesty's Collegiate Bests

Event	Time	Meet	Date
800 Meters (I)	2:15.45	Iowa Open	1/19/08
1,500 Meters (O)	4:41.70	at Auburn Classic	4/5/08
Mile (I)	4:59.68	at Jack Johnson Classic	1/26/08
4,000 Meters (CC)	14:28	Hawkeye Invite	9/15/07
5,000 Meters (CC)	18:05	at Auburn Invite	9/29/07
6,000 Meters (CC)	21:38	at NCAA Regional	11/11/07



Rachel Hawks

Senior - Distance
Marshalltown, IA
Marshalltown High School

2008 -- Indoor - ran 800 meters (2:20.35) at Iowa Invite... ran mile at Hawkeye Invite (5:32.16) and ISU Classic (5:18.42)... **Outdoor** - ran 800 meters (2:22.68) at Iowa Invite, and 1,500 meters at Lee Calhoun Memorial (5:14.48) and Musco Twilight X (5:07.28)... academic all-Big Ten.

2007 -- Indoor - placed fourth with season-best mile (5:21.37) at Iowa Invite... **Outdoor** - ran season-best 800 meters (2:29.74) at Musco Twilight IX and collegiate-best 1,500 meters (5:02.91) at John Jacobs Invite... **Cross Country** - placed 39th (15:36-4,000 meters) at Hawkeye Invite and 64th (18:50-5,000 meters) at Auburn Invite... academic all-Big Ten team earned USTFCCCA all-academic honors.

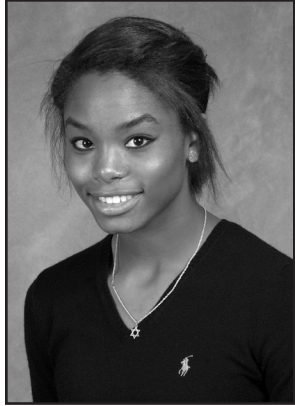
2006 -- Indoor - placed second in mile with season-best 5:25.97 at Iowa Open... **Outdoor** - ran season-best 1,500 meters (5:07.39) at Tom Botts Invite and collegiate-best 3,000 meters (11:07.70) at Messersmith Invite... **Cross Country** - placed third at Early Bird Invite (15:33-4,000 meters) and 31st at Hawkeye Open (11:30-3,000 meters)... academic all-Big Ten... team earned USTFCCCA all-academic honors... letterwinner.

2005 -- Cross Country - placed 50th (11:58) at Hawkeye Invite.
High School -- two-time all-conference in cross country, earning all-district honors as a junior... best times were 2:27 in 800, 11:37 in 3,000 and 15:13 in cross country... academic all-state in cross country, graduating with a 4.0 grade-point average... honor roll student... coaches were Larry Kester, Doug Bacon and Mark Chardulious.

Personal -- born December 28, 1986... daughter of Bruce and Deb Hawks... biomedical engineering major.

Hawks' Collegiate Bests

Event	Time	Meet	Date
800 Meters (O)	2:20.35	Iowa Invite	2/22/08
1,500 Meters (O)	5:02.91	at John Jacobs Invite	4/13/07
Mile (I)	5:18.42	at ISU Classic	2/16/08
3,000 Meters (O)	11:07.70	at Messersmith Invite	4/8/06
3,000 Meters (CC)	11:30	Hawkeye Open	9/9/06
4,000 Meters (CC)	15:33	at Early Bird Invite	9/1/06
5,000 Meters (CC)	18:50	at Auburn Invite	10/29/07



Tiffany Hendricks

Freshman
Hurdles/Jumps/Multi-Events
Burlington, IA
Burlington High School

2008 -- Indoor - anchored team-leading 1,600-meter relay (3:43.83)... that time ranks fourth in school history... ran third leg on 1,600-meter relay that placed fifth (3:47.34) at Big Ten Championships...

Outdoor - ran third leg on team-leading

1,600-meter relay (3:44.21) that placed sixth at Big Ten Championships... ran third leg on team-leading distance medley relay (12:03.66) at Drake Relays... ran lead leg on team-leading 800-meter relay (1:39.74)... anchored eighth-place 400-meter relay (47.29) at Big Ten Championships... ran collegiate-best 400 meters (57.90) at Auburn Classic... letterwinner.

High School -- state champion as part of shuttle hurdle relay sophomore year, placing second as a senior... also placed fourth as part of sprint medley relay, fourth as part of 400-meter relay and fifth in long jump at state meet senior year... four-time district champion and five-time district runner-up... two-time conference champion and three-time runner-up... two-time all-state, elite all-state and all-conference... three-time four-event qualifier at state meet... set school records in long jump (18-3 1/2) and as part of shuttle hurdle relay (1:00.96) and sprint medley relay (1:50.11)... other best times were 12.52 in 100 meters, 25.84 in 200 meters and 59.0 in 400 meters... coach was Maureen Heath... three-year letterwinner in volleyball... four-year honor roll student.

Personal -- born January 9, 1989... daughter of Michael and Gwendolyn Hendricks... psychology/pre-law major.

Hendricks' Collegiate Bests

Event	Time	Meet	Date
200 Meters (O)	25.41	at Shamrock Invite	3/22/08
400 Meters (I)	57.90	at Auburn Classic	4/5/08
600 Meters (I)	1:42.42	Iowa Open	1/19/08



Sarah Henize

Graduate - Distance
Bucyrus, OH
Bucyrus High School
Miami University of Ohio

2008 -- Indoor - ran collegiate-best mile (4:56.91) at Jack Johnson Classic and Meyo Invite... **Outdoor** - ran third leg on school-record setting 6,400-meter relay (19:15.42) at Drake Relays... ran collegiate-best 1,500 meters (4:29.54) at Big Ten Champion-

ships... won 1,500 meters (4:30.06) at Iowa Invite... letterwinner.

High School -- state 800-meter champion senior year, placing second as a junior and fourth as a sophomore in that event... placed 12th at state cross country meet as a junior and 13th as a senior... graduated first in her class with a 4.0 grade-point average... multiple time academic all-state honoree.

Personal -- born September 1, 1986... daughter of Frank and Shannon Henize... graduated with a B.A. in zoology with a minor in molecular biology from Miami of Ohio... currently pursuing a graduate degree in public health with a subtrack of community and behavioral health and a focus on addiction studies at Iowa.

Henize's Collegiate Bests

Event	Time	Meet	Date
800 Meters (O)	2:17.44	at Shamrock Invite	3/22/08
1,500 Meters (O)	4:29.54	at Big Ten Championships	5/17/08
Mile (I)	4:56.91	at Meyo Invite	2/9/08



Racheal Marchand

Senior - Distance

Valparaiso, IN

Valparaiso High School

Career Highlights -- two-time all-American... two-time all-region honoree.

2008 -- Indoor - ran mile (5:04.90) at Jack Johnson Classic, 3,000 meters (10:08.38) at Meyo Invite and 5,000 meters (17:03.79) at Husky Classic... **Outdoor** - all-American, placing eighth in 10,000 meters at NCAA

Championships with a collegiate-best 34:05.87... that mark ranks sixth in school history... NCAA provisional qualifier in 10,000 meters (34:11.98) and NCAA regional qualifier in 5,000 meters (16:27.02)... the 5,000-meter time ranks sixth in school history... ran second leg on school-record setting 6,400-meter relay (19:15.42)... placed fourth in 10,000 meters (34:11.48) and fifth in 5,000 meters (16:40.03) at Big Ten Championships... won 5,000 meters (16:27.02) at Musco Twilight X... runner-up in 1,500 meters (4:31.23) at Iowa Invite... letterwinner.

2007 -- Indoor - placed 11th in 5,000 meters at Big Ten Championships (17:04.29) and 13th at Cyclone Classic (17:19.60)... placed 31st in 3,000 meters (10:13.79) at Meyo Invite... **Outdoor** - placed sixth in 5,000 meters (16:27.72) at NCAA regional, earning all-region honors... ran 16:41.35 in 5,000-meter prelims at NCAA Championships... NCAA provisional qualifier in 10,000 meters with season-best 34:50.37 for third place at Big Ten meet... qualified for NCAA regional in 5,000 meters (16:35.04) at Drake Relays... placed third in 3,000 meters (9:45.50) at Musco Twilight IX, which ranks ninth in school history... letterwinner... **Cross Country** - redshirted.

2006 -- Indoor - placed 11th in 3,000 meters (10:01.58) at Big Ten Championships... **Outdoor** - placed seventh in 5,000 meters (17:17.01) at NCAA regional, earning all-region honors... qualified for regional meet in 5,000 meters (16:48.07)... provisionally qualified for NCAA Championships in 10,000 meters (34:51.68), leading team in that event... placed eighth in 10,000 meters (34:51.68) and 11th in 5,000 meters (16:48.07) at Big Ten Championships... placed 14th in 5,000 meters (17:10.29) at Drake Relays... placed fifth in 3,000 meters (10:01.49) at Iowa Musco Twilight VIII... won 3,000 meters (10:28.45) at Shamrock Invite... letterwinner... **Cross Country** - all-American, placing 30th (21:18) at NCAA Championships... placed ninth at NCAA regional (21:07), earning all-region honors... placed 12th at Big Ten Championships (21.05), earning second team all-Big Ten honors... ran collegiate bests at Hawkeye Open (10:29-3,000 meters), Auburn Invite (17:02-5,000 meters) and NCAA Pre-Nationals (20:53-6,000 meters)... those times rank sixth, ninth and third, respectively, on Iowa's all-time bests list... team earned USTFCCCA all-academic honors... letterwinner.

2005 -- Indoor - placed 20th in mile (5:12.34) at Minnesota Invite... **Outdoor** - placed 27th in 5,000 meters (18:08.54) and ran season-best 1,500 meters (4:41.96) at Big Tens... letterwinner... **Cross Country** - placed 18th (21:38) at NCAA regional, earning all-region honors... placed 22nd at Big Tens (21:59), 31st at Willamette Invite (18:11) and sixth at Hawkeye Invite (10:53)... placed 72nd (21:41) at NCAA Pre-Nationals... team earned

USTFCCCA all-academic honors... letterwinner.

2004 -- Cross Country - competed in five races... ran season best 6,000 meters (21:45:07) for 41st place at NCAA regional... placed 21st at Big Ten Championships and 28th (18:18:30) at Murray Keatinge Invite... team earned USTFCCCA all-academic honors... letterwinner.

High School -- all-American, placing 10th at Footlocker National Cross Country meet and fourth at regional meet senior year... won two conference titles... four-time all-conference and all-state, earning three all-area honors... two-time team MVP... team captain senior year... set school records in 800 meters (2:15), 3,200 meters (10:45) and cross country 4,000 meters (14:12)... coaches were Karen DeVries, Mick Cavanaugh and Jim McCall.

Personal -- born December 23, 1985... daughter of Hector and Debbie Marchand... interdisciplinary studies major.

Marchand's Collegiate Bests

Event	Time	Meet	Date
1,500 Meters (O)	4:31.23	Iowa Invite	4/19/08
Mile (I)	5:04.90	at Jack Johnson Classic	1/26/08
3,000 Meters (O)	9:45.50	Musco Twilight IX	4/21/07
3,000 Meters (CC)	10:29	Hawkeye Open	9/9/06
4,000 Meters (CC)	14:48	Hawkeye Triangular	9/10/04
5,000 Meters (O)	16:27.02	Musco Twilight X	5/3/08
5,000 Meters (CC)	17:02	at Auburn Invite	9/30/06
6,000 Meters (CC)	20:53	at Pre-Nationals	10/14/06
10,000 Meters (O)	34:05.87	at NCAA Championships	6/12/08



Lisa Mellecker

*Freshman - Pole Vault/Sprints

Coralville, IA

Iowa City West High School

2008 -- Track - redshirted.

High School -- four-time elite all-state and all-conference... ran on state champion distance medley relay freshman year... placed second in 200 meters as a junior and third as a senior and sophomore... ran on 800-meter relay that placed third at state meet

three times... eight-time district champion and three-time runner-up... three-time conference champion and seven-time runner-up... set school records in 100 (12.31) and 200 meters (25.18), and as part of 400 (48.74), 800 (1:43.27), 1,600-meter (3:54.03) and sprint medley relays (1:49.81)... coach was Mike Parker... also played basketball.

Personal -- born October 29, 1988... daughter of Dave and Margaret Mellecker... open major.



Kelsey Mims

*Freshman - Sprints
Iowa City, IA
City High School

2008 -- Track - redshirted.
High School -- ran on three state champion cross country teams and one state champion track team... ran on state runner-up distance medley relay senior year... ran on two conference champion track and cross country teams... four-time Drake

Relays qualifier... best times were 59.70 in 400 meters and 2:28 in 800 meters... coaches were Tom Mittman and Terry Coleman... also played basketball and was a member of high school dance team.

Personal -- born August 1, 1989... daughter of Fred and Susan Mims... father played basketball and baseball at Iowa, played baseball for the Houston Astros and is one of Iowa's Associate Athletics Directors... mother ran track and cross country at Iowa... her brother, Jeremy, runs track for Nike, her brother, Corey, runs track at the University of Kansas and her sister, Monica, was a four-year track letterwinner at Iowa... open major.



Abbie Mumpower

*Freshman
Hurdles/Multi-Events/Sprints
Quincy, IL
Quincy High School

2008 -- Track - redshirted.
High School -- 2007 Quincy Herald Whig all-area track team member... won section and conference titles senior year... all-conference in track and cross country senior year... two-time team MVP... three-

time state qualifier... four-year track letterwinner... set school record in 100-meter hurdles (15.1)... other best marks were 47.9 in 300-meter hurdles, 12.5 in 100 meters, 27.6 in 200 meters, 62.8 in 400 meters, 2:45.3 in 800 meters, 2,478 points in pentathlon, 4-10 in high jump, 7-0 in pole vault, 28-5 in shot put, 64-8 in discus and 8.84 in 55-meter hurdles... coaches were Kerry Anders and Darren Bishop... also participated in cross country and gymnastics... academic all-conference in track and cross country senior year.

Personal -- born September 22, 1988... daughter of Curt and Ellen Mumpower... open major.



Sophia Poncé

Junior - Sprints/Middle Distance
Rockton, IL
Hononegah High School

2008 -- Indoor - runner-up in 600 meters (1:38.54) at Iowa Invite... ran season-best 800 meters (2:19.36) at ISU Classic... **Outdoor** - ran 400 meters at Shamrock Invite (1:02.10) and Iowa Invite (1:02.52), and 800 meters (2:22.80) at Musco Twilight X... letterwinner.

2007 -- Indoor - led team in 600 yards (1:24.55) and ran on team-leading 1,600 (3:42.75) and distance medley (12:31.55) relays... the 600-yard time ranks fifth and the 1,600-meter relay time ranks third in school history... ran on 1,600-meter relay that placed sixth (3:45.45) and distance medley relay that placed ninth (12:31.55) at Big Ten Championships... placed second in 600 meters at Hawkeye Invite (1:36.59) and seventh at Jack Johnson Classic (1:36.57)... **Outdoor** - led team in 800 meters (2:10.35) and ran on team-leading sprint medley (3:59.34) and distance medley (11:25.05) relays... the distance medley time ranks second and the sprint medley time ranks third in school history... placed ninth in 800 meters (2:13.40) at Big Ten Championships, running a collegiate-best 2:10.35 in the prelims... that time ranks seventh in school history... placed third in 800 meters (2:13.36) at Musco Twilight IX... ran on distance medley relay that placed sixth (11:25.05) and sprint medley relay that placed ninth (3:59.34) at Drake Relays... letterwinner... **Cross Country** - placed 48th at Hawkeye Invite (16:19-4,000 meters).

High School -- won 400-meter state title (55.40) senior year, anchoring runner-up 800-meter medley relay to school record (1:45.61)... four-time conference champion... three-time conference and team MVP... three-time all-state, earning all-America honors as a junior... four-time all-conference... team captain senior year... set school records in 200 meters (25:11), 400 meters (55.31), 800 meters (2:21) and mile (5:18)... 2006 President's outstanding academic excellence award winner... coached by Mark McLarty.

Personal -- born April 9, 1988... daughter of Kenneth and Kathleen Poncé... chemistry major.

Poncé's Collegiate Bests

Event	Time	Meet	Date
400 Meters (I)	58.61	at Cyclone Invitational	2/10/07
600 Yards (I)	1:24.55	at Seignie Husker Invite	2/2/07
600 Meters (I)	1:36.57	at Jack Johnson Classic	1/20/07
800 Meters (O)	2:10.35	Big Ten Championships	5/12/07
4,000 Meters (CC)	16:19	Hawkeye Invite	9/15/07



Bethany Praska

Sophomore
Sprints/Middle Distance
Longmont, CO
Longmont Christian HS

2008 -- Indoor - ran collegiate-best 1:34.66 in 600-meter prelims at Big Ten Championships... that time ranks seventh in school history... ran 400 meters at Jack Johnson Classic (58.57), Meyo Invite (57.70) and ISU Classic (58.60)... **Outdoor** - ran lead

leg on 1,600-meter relay that led team (3:44.21) and placed sixth at Big Ten Championships... ran on team-leading 3,200-meter relay (9:14.66) at Drake Relays... ran collegiate-best 400 meters (57.25) at Sun Angel Classic... also ran 400 meters at Auburn Classic (58.42), Iowa Invite (58.00), Musco Twilight X (57.79) and Big Ten Championships (57.40)... letterwinner.

High School -- three-time state champion and two-time runner-up... three-time all-state and all-region, earning all-conference honors twice... team MVP and conference track athlete of the year as a sophomore... six-time district champion and three-time runner-up... five-time conference champion and three-time runner-up... set school record in 400 meters (55.7)... other best times were 12.9 in 100 meters, 25.13 in 200 meters and 21:21 in 800 meters... three-time state Junior Olympics champion... coach was Tim McIntire... two-time letterwinner in volleyball, earning all-state honorable mention and second team all-league honorable mention honors senior year... set school kill record in volleyball... also lettered in soccer... four-year honor roll student and academic letterwinner... Colorado High School Athletic Association athletic academic first team senior year.

Personal -- born June 10, 1989... daughter of Mark and Kathy Praska... pre-physical therapy major.

Praska's Collegiate Bests

Event	Time	Meet	Date
200 Meters (O)	25.69	at Shamrock Invite	3/22/08
400 Meters (O)	57.25	at Sun Angel Classic	4/12/08
600 Meters (I)	1:34.66	at Big Ten Championships	3/1/08



Hannah Roeder

Junior - Distance
Des Moines, IA
Roosevelt High School
UCLA

2008 -- Indoor - ran mile at Iowa Invite (5:19.26) and ISU Classic (5:27.64)...

Outdoor - placed 16th in 10,000 meters (38:16.45) at Big Ten Championships... placed sixth in 3,000-meter steeplechase (11:43.16) at Musco Twilight X... that

time ranks fifth in school history... also rank 1,500 meters at Iowa Invite (4:51.18), Auburn Classic (4:51.23) and Lee Calhoun Memorial (5:05.50)... letterwinner.

High School -- three-time state champion... three-time regional and four-time conference cross country champion... four-sport state qualifier and letterwinner (basketball, soccer, track and cross country... set school records in 1,500 meters (4:38) and as part of 3,200-meter relay... other best times were 2:14 in 800 meters and 10:14 in 3,000 meters... two-time AP National scholar... 2006 state of Iowa female AP scholar... high school Heisman state winner... Siemens award winner... National Honor Society and NCYL member.

Personal -- born November 27, 1987... daughter of Phil Roeder and Mary Tabor... international studies and integrative physiology major.

Roeder's Collegiate Bests

Event	Time	Meet	Date
1,500 Meters (O)	4:51.18	Iowa Invite	4/19/08
Mile (I)	5:19.26	Iowa Invite	2/22/08
3,000 Steeplechase (O)	11:43.16	Musco Twilight X	5/3/08
10,000 Meters (O)	38:16.45	at Big Ten Championships	5/16/08



Kelsey Stueland
 Sophomore - Middle Distance
 Tipton, IA
 Tipton High School

2008 -- Track - redshirted.
2007 -- Indoor - ran season-best mile (5:31.25) at Iowa State Classic... **Outdoor** - placed 20th in 1,500 meters (5:15.66) at Musco Twilight IX.

High School -- three-time team state champion in track and cross-country... four-time track conference champion... four-time team cross-country conference champion... four-time all-conference and all-district in cross-country... qualified for state cross country meet four times and state track meet eight times... placed fourth at the state cross-country meet as a junior... placed eighth at the state meet in the 1,500 meters as a junior... ran at the Drake relays on the 3,200-meter relay as a senior... best times were 15:15 in the 4,000 meters, 10:57 in the 3,000 meters, 4:58 in the 1,500 meters and 2:27 in the 800 meters... also played basketball... coached by Dave Vogelgesang, Jenny King and Dave Fetterman.

Personal -- born September 10, 1987... daughter of Mark and Karen Stueland... nursing major.

Stueland's Collegiate Bests

Event	Time	Meet	Date
1,500 Meters (O)	5:20.61	Musco Twilight IX	4/21/07
Mile (I)	5:31.25	at Cyclone Invite	2/10/07



Rhonda-Kaye Trusty
 Junior - Sprints
 Brampton, Ontario
 St. Marguerite D'youville HS

2008 -- Indoor - led team in 60 meters (7.61)... that time ranks sixth in school history... ran season-best 24.55 in 200 meters at Meyo Invite... that time ranks eighth in school history... placed sixth in 60 meters

(7.61) at Big Ten Championships... won 60 meters at Iowa Invite (7.65), Hawkeye Invite (7.74) and Jack Johnson Classic (7.70)... won 200 meters at Hawkeye Invite (25.00) and placed second at Jack Johnson Classic (25.10)... also ran 60 and 200 meters at Meyo Invite (7.65, 24.55) and ISU Classic (7.76, 24.99)... **Outdoor** - led team in 100 (11.90) and 200 meters (24.39), and ran on team-leading 400 (45.78) and 800-meter (1:39.74) relays... ran lead leg on 400-meter relay that placed eighth at Big Ten Championships (47.29)... ran 100 meters at Auburn Classic (12.05), Iowa Invite (12.12), Drake Relays (11.90) and Big Ten Championships (11.99)... ran 200 meters at Auburn Classic (24.39), Sun Angel Classic (24.64), Musco Twilight X (24.54) and Big Ten Championships (24.76)... academic all-Big Ten... letterwinner.

2007 -- Indoor - won 60 meters with a season-best 7.63 at Iowa Invite... ran season-best 200 meters (24.94) at Iowa State Classic... **Outdoor** - led team in 200 meters (24.23)... qualified for NCAA regional as part of 400-meter relay (45.21) at Drake Relays... that time led team and ranks sixth in school history... ran collegiate bests in 100 meters (12.04) at Auburn Tiger Classic and 200 meters (24.23) at Aztec Classic... runner-up in 200 meters (24.55) at Musco Twilight IX... letterwinner.

High School -- four-time OFSAA champion... runner-up at Canadian Junior Nationals as a freshman and third as a sophomore... earned Myrtle Cook Trophy Award for best Canadian athlete age 16 and under... semifinalist in 100 meters at 2003 World Junior Championships... Canadian Pan-American Games team members... best times were 11.85 in 100 meters and 24.72 in 200 meters... coached by Randy Gillon.

Personal -- born January 10, 1988... daughter of Roy and Erica Trusty... biology major.

Trusty's Collegiate Bests

Event	Mark	Meet	Date
60 Meters (I)	7.61	at Big Ten Championships	3/1/08
100 Meters (O)	11.90	at Drake Relays	4/25/08
200 Meters (O)	24.23	at Aztec Classic	3/17/07



Renee White
Senior - Jumps/Sprints
Portmore, Jamaica
Wolmer's Girl's High School

Career Highlights -- 2008 Big Ten indoor triple jump champion (42-4)... set school indoor and outdoor triple jump records (42-4, 43-10)... two-time all-region honoree.

2008 -- Indoor - Big Ten triple jump champion (42-4) breaking her own school record in that event by almost one foot and provisionally qualifying for the NCAA Championships... led team in 60-meter hurdles (8.45) and long jump (19-0 3/4), and ran lead leg on team-leading 1,600-meter relay (3:43.83)... the hurdles time ranks third in school history... placed seventh in 60-meter hurdles (8.48) and 10th in long jump (18-10 3/4) at Big Ten Championships... won triple jump at Iowa Invite (41-6 1/2), ISU Classic (41-5 1/4) and Alex Wilson Invite (41-11 1/4), and placed second at Meyo Invite (42-0 1/2)... won long jump (19-0 3/4) at Hawkeye Invite... **Outdoor** - broke her own school triple jump record with sixth-place performance of 43-10 at NCAA Midwest Regional... all-region honoree... also placed eighth in long jump at NCAA regional with a collegiate-best 20-3 3/4, jumping over 20 feet for the first time in her collegiate career... that mark ranks second in school history... placed fourth in triple jump (42-18 1/4), 10th in long jump (19-10 3/4) and ran second leg on 400-meter relay that placed eighth (47.29) and placed at Big Ten Championships... placed 11th in triple jump (43-4 1/4) at NCAA Championships, posting a 43-3 3/4 in the prelims... qualified for NCAA regional in triple and long jump, leading team in those events... also ran on team-leading 400 (45.78) and 800-meter (1:39.74) relays... won triple jump (42-4) and placed 13th in long jump (19-0 1/2) at Sun Angel Classic... letterwinner.

2007 -- Indoor - set then-school triple jump record (41-5 3/4) at Iowa State Classic... placed seventh in triple jump (40-10 1/2) and eighth in long jump (19-2 1/2) at Big Ten Championships... won triple jump (40-0 3/4) at Carle/Health Alliance Classic... won long jump (18-0 1/2) and 60 meters (7.88) at Hawkeye Invite... **Outdoor** - qualified for regional in triple jump with winning and then-school-record setting 42-1 1/2 for second place at Big Ten Championships... first Hawkeye in school history to jump over 42 feet in that event... won triple jump at Auburn Tiger Classic (41-3 3/4)... also led team in long jump (19-1 1/4)... placed sixth in triple jump (41-2 1/2) at Drake Relays... placed 12th in triple jump (41-0 1/2) at NCAA regional... won triple jump (40-7 3/4) and placed third in long jump (19-1 1/4) at Missouri Relays... won triple jump (40-3 1/4) and ran on winning 400-meter relay (46.23) at Musco Twilight IX... placed second in long jump at Aztec Classic (18-8 1/2) and fourth at John Jacobs Invite (18-9).

2006 -- Indoor - led team in long jump (19-3 1/4)... recorded season best long jump (19-3 1/4) at Husker Invite, which ranks second on Iowa's all-time best performers list... won long jump (19-1 1/4) at Hawkeye Open... **Outdoor** - qualified for NCAA regional in long jump with a team-leading 19-9 3/4... placed 19th in long jump (19-2 3/4) at NCAA regional... won long jump (19-6) at Messersmith Invite... placed 14th in long jump (18-7) and

16th in triple jump (36-9 1/2) at Big Ten Championships... letterwinner. **High School** -- represented Jamaica at CAC Games in Grenada, earning most outstanding athlete honors and winning three gold and one bronze medal... Class 4 champion at Boys and Girls Championships, winning gold in the hurdles and long jump... also won Class 3 gold medal in long jump and silver in hurdles, Class 2 silver medal in long jump and ran first leg on Class 1 bronze medal 400-meter relay... best marks are 19-11 3/4 in long jump and 40-0 3/4 in triple jump... coach was Michael Carr.

Personal -- born November 8, 1986... daughter of Cecil White, and Edward and Lorna Tingle... biology major.

White's Collegiate Bests

Event	Mark	Meet	Date
60 Meters (I)	7.83	at Jack Johnson Classic	1/20/07
60 Hurdles (I)	8.45	at Big Ten Championships	3/1/08
100 Meters (O)	12.34	at Missouri Relays	3/31/07
100 Hurdles (O)	14.20	at Auburn Classic	4/5/08
200 Meters (O)	25.31	at Aztec Classic	3/16/07
Long Jump (O)	20-3 3/4 (6.19 m)	at NCAA Regional	5/30/08
Triple Jump (O)	43-10 (13.36 m)	at NCAA Regional	5/31/08



Caitlin Wooldridge
Sophomore - Distance
Fox River Grove, IL
Cary-Grove High School

2008 -- Indoor - ran mile at Iowa Invite (5:50.16) and Hawkeye Invite (5:58.31)...

Outdoor - ran 1,500 meters at Iowa invite (5:23.73) and Musco Twilight X (5:36.42).

2007 -- Cross Country - placed 23rd at Early Bird Invite (25:50-6,000 meters) and 51st at Hawkeye Invite (17:05-4,000 meters)... team earned USTFCCCA all-academic honors.

High School -- three-time all-conference... two-time all-region, all-section, all-area and state qualifier... two-time team captain and MVP... placed third at conference cross country meet sophomore year (21:06) and fifth as a junior (19:14)... set school indoor records in 1,000 (3:24.1), 1,600 (5:43.5) and 3,200 meters (12:23.0)... coached by Mark Anderson... three-year letterwinner in soccer, earning all-conference and team captain honors senior year... four-year honor roll student... academic all-conference.

Personal -- born March 2, 1989... daughter of Gary and Janie Wooldridge... integrated physiology major.

Wooldridge's Collegiate Bests

Event	Time	Meet	Date
1,500 Meters (O)	5:23.73	Iowa Invite	4/19/08
Mile (I)	5:50.16	Iowa Invite	2/22/08
4,000 Meters (CC)	17:05	Hawkeye Invite	9/15/07
6,000 Meters (CC)	25:50	at Early Bird Invite	8/31/07



Lindsay Anderson
Freshman - Distance
Leeds, ND
Leeds High School

High School -- Fourteen-time state champion in track, winning 1,600 meters six times, 3,200 meters three times and 800 meters twice... also ran on three state champion 3,200-meter relays... North Dakota Senior Athlete of the Year in both cross country and track... won state cross

country meet four times, placing second twice... placed second in 3,200 meters (10:35) at 2008 Golden West Invite... placed seventh at 2007 Regional Foot Locker Cross Country meet in 2005 (17:44) and 2007 (17:55)... Nike indoor freshman mile winner (5:03) and outdoor runner-up (4:57)... placed 25th at National Foot Locker Cross Country meet in 2005 and 34th in 2007... set school records in 800 meters (2:15) and 1,600-meters (4:55)... valedictorian of her graduating class... highest honor roll student... National Honor Society member... coached by Jeff Manley and Greg Anderson.

Personal -- born November 11, 1989... daughter of Greg and Karen Anderson... her sister, Krista, also runs on the Hawkeye cross country and track teams... open major.



Danielle Berndt
Freshman - Distance
Bloomington, MN
Kennedy High School

High School -- Eleven-time all-state, earning six honors in cross country and five in track... twelve-time all-conference and varsity letterwinner, earning six each in cross country and track... five-time conference champion... thirteen-time placewinner at state meet... placed fifth at

state cross country meet senior year and fourth as a junior... set school records in cross country (4,000 meters - 14:17), 1,600 meters (5:04) and 3,200 meters (10:49)... five-time sectional champion, placing second three times... all-American Nordic skier, qualifying for Junior Olympics three times... four-time all-conference, five-time team MVP, six-time letterwinner and two-time state medalist in Nordic skiing, winning one conference title... three-year academic letterwinner... four-year top 10 scholar, National Merit Commended Scholar honors in 2007... National Honor Society member... coaches were Pete Svien, Beth Holger, Josh Coval and Krystal Lehner.

Personal -- born May 9, 1990... daughter of Michael and Sue Berndt... undeclared engineering major.



Brittany Dlh
Freshman - Distance
West Branch, IA
West Branch High School

High School -- four-time first team all-conference and all-district in cross country, earning elite all state honors as a sophomore... two-time cross country conference athlete of the year... *Iowa City Press Citizen's* 2007 Female Cross Country Athlete of the Year runner-up and

2007 West Branch Athlete of the Year... three-time team most valuable runner in cross country, earning the honor twice in track... cross country team advanced to 2006 Nike Team Nationals... placed fourth at state cross country meet sophomore year, 11th as a junior, 13th as a senior and 14th as a freshman... team won two state cross country titles, placing second her freshman year and third her senior season... runner-up in 800 meters at state track meet senior year, placing fourth as a junior and third as a sophomore... anchored runner-up distance medley relay and third-place 3,200-meter relay at state meet freshman year... placed seventh in 800 meters at 2008 Drake Relays... set school records in 800 meters (2:15.31) and as part of 3,200-meter relay (9:44)... four-year letterwinner in basketball... two-time academic all-conference... honor roll student... national scholar-athlete award winner... coaches were Harlan Ferguson, Carol Lumpa and Tom Mittman.

Personal -- born August 31, 1990... daughter of Ken Dlh and Wendy Fowler... open major.



Brooke Eilers
Freshman - Distance
Holland, MI
Holland Christian High School

High School -- won state titles in 3,200 meters (10:59.65) and as part of 3,200-meter relay (9:28.98) senior year... five-time placewinner at state track meet, finishing third at state cross country meet as a sophomore... nine-time conference champion in track... won seven regional

titles in track and two in cross country... set school records in 1,600 (4:59.68) and 3,200 meters (10:49.54)... runner-up in 3,200 meters (10:50) at 2008 Midwest Meet of Champions... placed 11th in two miles (10:37.93) at 2008 Nike Outdoor Nationals, and fifth in mile (5:00.43) in 2007... also competed in volleyball and basketball... National Honor Society member... three-time academic all-state... coaches were Mike Verkaik and Dave DeKruyter.

Personal -- born June 28, 1989... daughter of Kim and Lee Eilers... open major.



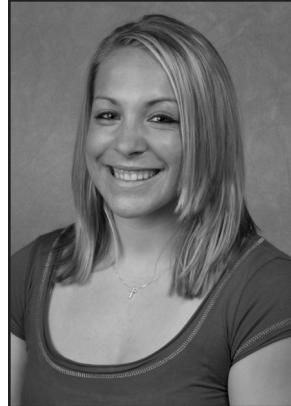
Nicole Erickson

Freshman - Sprints
Cedar Rapids, IA
Kennedy High School

High School -- five-time conference champion... placed fifth in 400 meters and as part of sprint medley relay, and eight in 800-meter relay at state meet senior year... won 400 meters and placed third in 200 meters at 2008 state indoor meet... seven-time all-conference... three-time

team MVP... track and cross country team captain... ran on winning 800-meter relay at 2008 Senior Spotlight meet... ran on sprint medley relay that placed sixth at 2008 Drake Relays... best times were 57.03 in 400 meters and 25.26 in 200 meters... lettered four years in track and three in cross country... second team all-region and honorable mention all-conference in cross country... academic letterwinner... coach was Joe Bunch.

Personal -- born October 26, 1989... daughter of Scott and Cindy Erickson... integrative psychology major.



Courtney Johnson

Freshman - Multi-Events/Sprints
Marion, IA
Linn-Mar High School

High School -- two-time all-conference... 10-time state qualifier, placing sixth in 400 meters (58.7) and eighth at part of sprint medley relay senior year... ran on sprint medley relay that placed eighth at Drake Relays in 2007 and 12th in 2008... lettered four years in track... three-year academic

letterwinner... National Honor Society member... also competed in gymnastics... coached by Marek Wensel and Ken McClelland.

Personal -- born February 26, 1990... daughter of Hugh and Cheryl Johnson... photography major.



Betsy Flood

Freshman - Distance
Des Moines, IA
Dowling High School

High School -- four-time state champion in track, earning four all-state honors... cross country team won state title her senior year after placing second in 2006... set school records in 800 (2:11) and 1,500 meters (4:33), and as part of 3,200 (9:17) and distance medley relays (4:02)... won

1,500 meters (4:35) and set new 3,200-meter relay record (8:58) at 2006 USATF Nationals... also competed in swimming and basketball... honor roll student, earning academic excellence medal... cross country team MVP as a junior... coaches were Father Jim Kirby and Larry Weier.

Personal -- born March 24, 1990... daughter of Steve and Ann Flood... open major.



Susan Kuhl

Freshman - Distance
Beaman, IA
BCLUW High School

High School -- six-time conference champion in track... four-time medalist at state track meet... placed eight in 1,500 meters (5:02) and third as part of 3,200-meter relay (9:49) at state meet senior year, earning all-state honors... four-time all-conference and state qualifier in cross

country... set school records in 1,500 and 3,000 meters, and as part of 3,200-meter and distance medley relays... set conference track records 1,500 meters and as part of 3,200-meter relay... honor roll student... National Honor Society member... coached by Dave Weldon, Theresa Penick and Donna Fiscus.

Personal -- born July 31, 1990... daughter of Dave and Linda Kuhl... open major.



Jackie Laesch
Freshman - Distance
Wheaton, IL
North High School

High School -- ran on state champion 3,200-meter relay sophomore year... three-time conference champion in track... eight-time all-conference in cross country and track... conference runner-up in cross country senior year... cross country team won three conference titles...

placed seventh at state cross country meet as a sophomore and 10th as a freshman, earning all-state honors... ran school and state record-setting 3,200-meter relay (9:07)... four-year honor roll student... National Honor Society member... coaches were Ron Piro, Peter Anderson, Ken Fasshauer and Frank Anderson.

Personal -- February 22, 1990... daughter of Tom and Kelley Laesch... her dad played basketball and ran track at Wisconsin Eau Claire... her sister, Amanda, runs cross country and track at North Central College... elementary education major.



McKenzie Melander
Freshman - Distance
Apple Valley, MN
Eastview High School

High School -- cross country conference champion as a junior, winning regional title as a sophomore... placed third at state cross country meet junior year... ran on third-place 3,200-meter relay at state meet

senior year, placing second in 1,600 and 3,200 meters as a junior... team won state title senior year... eight-time all-conference and five-time all-state in cross country and track... set school records in 1,600 meters (4:59.25), 3,200 meters (10:52.32) and cross country 4,000 meters (14:28)... five-time academic all-state... three-time most valuable distance runner on track team and two-time cross country team MVP... two-year letterwinner in ice hockey... four-year academic letterwinner... graduated with high honors, as an AP scholar... 2008 Wendy's High School Heisman award winner... National Honor Society member... coach was Jorjean Fischer.

Personal -- born October 12, 1989... daughter of Mark and DeeDee Melander... pre-health major.



Sarah Spencer Perry
Graduate - Distance
Sioux Falls, SD
Lincoln High School
Grinnell College

Collegiate Competition -- ran cross country and track at Grinnell College, earning all-America honors three times... two-time cross country conference champion,

placing second as a freshman... eight-time academic all-conference, earning academic all-America honors three times... six-time team MVP... five-time track conference champion, provisionally qualifying for NCAA meet four times... won Drake Relays 10,000 meters as a junior... placed third at national cross country meet as a sophomore and sixth as a junior... two-time runner-up at regional cross country meet, earning all-region honors... earned three all-conference honors in cross country and seven in track... set school cross country records in 5,000 meters (17:59) and 6,000 meters (21:28), and indoor track records in 3,000 (10:12) and 5,000 meters (17:36)... Dean's List student... coached by Evelyn Freeman.

High School -- six-time all-state and eight-time all-conference in cross country and track... anchored state champion sprint medley relay... set school 3,200-meter record (11:05)... honor roll student and National Merit Scholar... academic all-state honoree... coached by Bob Garry, Phil Biteler, Mark Greeno and John Rodman.

Personal -- born April 13, 1985... daughter of Craig and Suzy Spencer... graduated Phi Beta Kappa from Grinnell in 2007 with honors and degrees in mathematics and Chinese... her husband, Kyle, played football and ran track at Grinnell... biostatistics major in the master's program at Iowa.



Josie Takes

Freshman - Sprints

Solon, IA

Solon High School

High School -- won 14 medals at state track meet... won 100 meters, placed second in 200 meters and as part of 400-meter relay at state meet senior year... seven-time conference champion, earning all-state and all-district honors four times... set school records in 100 and 200 meters,

and as part of 400 and 800-meter relays... ran on 800-meter relay that set record at 2008 senior all-star meet... lettered four years in track, four in basketball, three in volleyball and three in softball... her softball team placed second at the state tournament her freshman year and third her sophomore year... played on state qualifier basketball team junior year... National Honor Society member... coached by Brent Sands.

Personal -- born October 29, 1989... daughter of Daniel and Debbie Takes... business major.



Jordan Williams

Freshman - Distance

Glenwood, IA

St. Albert High School

High School -- three-time all-district and runner of the year in cross country... set school record in 1,500 meters (5:13) and all course records for her high school cross country team... cross country team won 2007 state title... runner-up in her age group at 2007 nationals in 2000-meter

steeplechase (7:46)... National Honor Society member... coaches were Bob Weidman and Scott Milner.

Personal -- born October 26, 1989... daughter of Jon and Jennifer Williams... father competed in track and cross country at Peru State College... comprehensive biology/pre-medicine major.