



2010-2011 IOWA TRACK AND FIELD

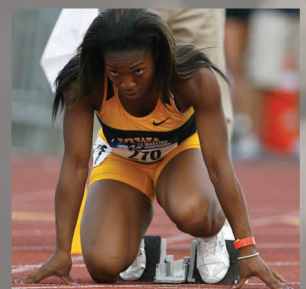




IOWA TRACK AND FIELD

January 8 Illinois Dual (M)
January 15 Iowa Open @ Iowa
January 21-22 Gold Country Classic @ Minnesota
Razorback Invite @ Arkansas (M)
January 29 UNI Open @ UNI
February 4-5 New Balance Invite @ NYC
Meyo Invite @ Notre Dame
February 5 Husker Invite @ Nebraska
Hilltop Invite @ Cornell College
February 11-12 Cyclone Classic @ Iowa State
Tyson Invite @ Arkansas
Husky Invitational
February 18 Iowa Invite @ Iowa
February 26-27 Big Ten Championships @ Illinois (M)
February 26-27 Big Ten Championships @ Purdue (W)
March 5 Last Chance Meet @ Iowa State
Last Chance Meet @ Notre Dame
March 11-12 NCAA Championships @ Arkansas
March 18-19 Shamrock Invite @ Coastal Carolina
Willie Williams Classic @ Arizona
March 19 Spring Break Invite @ UC Irvine
Trojan Invite @ USC

March 25-26 Baldy Castillo Invite @ Arizona State
Stanford Invite @ Stanford
San Francisco Invite @ SFSU
Arkansas Invite @ Arkansas
April 1-2 LSU Invitational @ Louisiana State
Auburn Invite @ Auburn
Central Open @ Central College
Sun Angel Classic @ Arizona State
Mesa Classic @ Mesa College
Lee Calhoun @ Western Illinois
Cornell College Open @ Cornell
JJK Invite @ UCLA
April 8-9
April 15-17 Mt. SAC Relays @ Mt. SAC
April 23 Musco Twilight XII @ Iowa
April 28-30 Drake Relays @ Drake
May 6 Central Invite @ Central College
May 13-15 Big Ten Championships @ IOWA
May 26-28 NCAA Regional @ Oregon
June 8-11 NCAA Championships @ Drake Stadium
June 23-26 USATF Nationals @ Eugene, Oregon



IOWA TRACK & FIELD

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Practice Attendance & Interviews

All practices are open to the media, and interviews may be conducted 15 minutes prior to or at the completion of practice. The cross country team practices daily from 3-6 p.m. at the Ashton Cross Country Course. The track team practices daily from 1:30-6 p.m. at the Recreation Building during the indoor season. All interviews should be coordinated by either Chris Brewer, Stephanie Dittmer, or Patrick Sojka in the Sports Information Office so the interview time does not interfere with the student-athlete's schedules.

Athletics Department Mission Statement

The mission of the Department of Athletics is to provide the administrative and coaching support, facilities, resources and equipment necessary for student-athletes to graduate from The University of Iowa while participating in broad-based championship-caliber athletic competition. The overall well-being of the participant and the integrity of the program will be paramount in all that we do.

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Credits

The University of Iowa men's track and field and cross country media guide was written, designed and edited by Sports Information Student Interns Patrick Sojka and Stephanie Dittmer and Assistant Sports Information Directors Traci Wagner and Chris Brewer. Photographs provided by Chris Donahue, Darren Miller and University of Iowa CMP Photo Services. Cover artwork designed by Mindy Heidgerken. Printing done by University of Iowa Printing.

2010 Cross Country Schedule

Sept. 3	Hawkeye Invitational*	Iowa City, IA
Sept. 18	Iowa Invitational*	Iowa City, IA
Oct. 1	at Notre Dame Invitational*	South Bend, IN
Oct. 2	at Wisconsin Inter Regional*	Madison, WI
Oct. 16	at Pre-Nationals*	Terra Haute, IN
Oct. 31	at Big Ten Championships*	Madison, WI
Nov. 13	at NCAA Regional*	Peoria, IL
Nov. 22	at NCAA Championships*	Terra Haute, IN

2011 Indoor Track and Field Schedule

Jan. 8	at Illinois Dual#	Champaign, IL
Jan. 15	Iowa Open*	Iowa City, IA
Jan. 21-22	at Gold Country Classic*	Minneapolis, MN
	at Razorback Invite#	Fayetteville, AR
Jan. 29	at UNI Open*	Cedar Falls, IA
Feb. 4-5	at New Balance Invite*	New York City, NY
	at Mayo Invite*	South Bend, IN
Feb. 5	at Husker Invite*	Lincoln, NE
	Hilltop Invite*	Mt. Vernon, IA
Feb. 11-12	at Cyclone Classic*	Ames, IA
	at Tyson Invite*	Fayetteville, AR
	at Husky Invitational*	Seattle, WA
Feb. 18	Iowa Invitational*	Iowa City, IA
Feb. 26-27	at Big Ten Championships#	Champaign, IL
	at Big Ten Championships&	West Lafayette, IN
Mar. 5	at Last Chance Meet*	Ames, IA/South Bend, IN
Mar. 11-12	NCAA Championships*	Fayetteville, AR

2011 Outdoor Track and Field Schedule

Mar. 18-19	at Shamrock Invite*	Conway, SC
	at Willie Williams Classic*	Tucson, AZ
Mar. 19	at Spring Break Invite*	Irvine, CA
	at Trojan Invite*	Los Angeles, CA
Mar. 25-26	at Baldy Castilla Invite*	Tempe, AZ
	at Stanford Invite*	Stanford, CA
	at San Francisco Invite*	San Francisco, CA
	at Arkansas Invite*	Fayetteville, AR
Apr. 1-2	at Florida Relays*	Gainesville, FL
	at Auburn Invite*	Auburn, AL
	at Central Open*	Pella, IA
Apr. 8-9	at Sun Angel Classic&	Tempe, AZ
	Mesa Classic*	Mesa, AZ
	at Lee Calhoun*	Macomb, IL
	at Cornell College Open*	Mt. Vernon, IA
	at JJK Invite*	Los Angeles, CA
Apr. 15-17	at Mt. SAC Relays*	Walnut, CA
Apr. 23	Musco Twilight XII*	Iowa City, IA
Apr. 28-30	at Drake Relays*	Des Moines, IA
May 6	at Central Invite*	Pella, IA
May 13-15	Big Ten Championships*	Iowa City, IA
May 26-28	at NCAA Regional*	TBA
June 8-11	at NCAA Championships*	Eugene, OR
June 23-26	at USATF Nationals*	TBA

Home meets in bold.

*# - Men's Event, & - Women's Event, * - Co-Ed Event*

IOWA TRACK & FIELD

Name	Event	Yr.	Hometown (Last School)
Justin Austin	Sprints	So.	Milwaukee, WI (Kentucky)
Matt Banse	Throws	Jr.	Strawberry Point, IA (Starmont HS)
Chris Barton	Sprints	Sr.	Sherman Oaks, CA (Notre Dame HS)
Mark Battista	Distance	Sr.	New Lenox, IL (Lincoln Way Central HS)
Stephen Bee	Sprints	Jr.	South Elgin, IL (Larkin HS)
Jon-Michael Brandt	Distance	Fr.	Winona, MN (Winona HS)
Nick Brayton	Throws	Jr.	Iowa City, IA (West HS)
Matt Byers	Throws	So.	Wichita, KS (Wichita East HS)
Andrew Carman	Throws	Fr.	Jefferson, IA (Jefferson-Scranton HS)
Paul Chaney, Jr.	Sprints	Sr.	St. Louis, MO (University HS)
Sam Chaney	Distance	Fr.	Columbus Junction, IA (Columbus Junction HS)
Kevin Dibbern	Sprints	So.	Iowa City, IA (City HS)
Troy Doris	Jumps	Jr.	Bollingbrook, IL (College of DuPage)
Jack Eckert	Combined Events	Fr.	Sellersburg, IN (Silver Creek HS)
Adam Hairston	Middle Distance	Sr.	Cedar Rapids, IA (Kennedy HS)
Jeffery Herron	Jumps	Jr.	Richmond, TX (Univ. of Texas-San Antonio)
Ethan Holmes	Hurdles	So.	Clinton, IA (Clinton HS)
Nick Holmes	Distance	So.	Peoria, IL (Limestone HS)
Chase Kadlec	Distance	Jr.	Wheaton, IL (North HS)
Nick Kuczvara	Middle Distance	Sr.	Elmhurst, IL (Eastern Illinois)
Dan Kuhlman	Middle Distance	Sr.	Glen Ellyn, IL (Glenbard South HS)
Ryan Lamparek	Throws	Jr.	Fairfax, IA (Cedar Rapids Prairie HS)
Brian Marchese	Distance	Sr.	Elmhurst, IL (College of DuPage)
Tevin-Lee Mincy	Sprints	Fr.	Altoona, IA (S.E. Polk)
Jordan Mullen	Hurdles	So.	Atlantic, IA (Atlantic HS)
Matt Newman	High Jump	So.	Arlington Heights, IL (Buffalo Grove HS)
Brandon Oest	High Jump	So.	Geneca, IL (Aurora Christian HS)
James Paul	Middle Distance	Sr.	Queenston, Canada (Churchill S.S.)
Nathan Prom	Middle Distance	Fr.	Carpentersville, IL (Dunder Crown HS)
Kyle Reid	Combined Events	So.	Schaumburg, IL (James B. Conant HS)
Patrick Richards	Sprints	Jr.	Colorado Springs, CO (Widefield HS)
D'Juan Richardson	Hurdles/Sprints	Jr.	Indianapolis, IN (Warren Central HS)
Keaton Rickels	Sprints/Middle Distance	So.	Iowa Falls, IA (Iowa Falls-Alden HS)
Cameron Rieger	Distance	So.	Mundelein, IL (Carmel Catholic HS)
Alex Robinson	High Jump	Fr.	Lynwood, IL
Zeke Sayon	Sprints	Sr.	Rockford, IL (University of Illinois Chicago)
Kyle Slaymaker	Sprints/Mid Distance	So.	Cedar Rapids, IA (UNI)
Andrew Smith	Distance	Fr.	Elmhurst, IL (York Community HS)
Erik Sowinski	Middle Distance	Jr.	Waukesha, WI (West HS)
Ben Stancombe	Throws	So.	Bloomington, IN (South HS)
Jeff Thode	Distance	So.	Schaumburg, IL (James B. Conant HS)
Andy Thomas	Combined Events	Fr.	What Cheer, IA (Tri-County HS)
Graham Valdes	High Jump	Sr.	Moline, IL (Central City HS)
Steven Willey	Middle Distance	Sr.	Onawa, IA (West Monona HS)
Nick Young	Distance	So.	Bettendorf, IA (Bettendorf HS)

Pronunciation Guide

Name	Pronunciation
Matt Banse	BANS
Mark Battista	bah-TEE-stuh
Chase Kadlec	KAD-lehck
Nick Kuczvara	KOOZ-wahr-uh
Dan Kuhlman	COOL-muhn
Ryan Lamparek	lam-PAHR-ik
Brian Marchese	Marr-KAY-zee
Brandon Oest	OHST
Cameron Rieger	REE-guhr
D'Juan Richardson	duh-WAHN
Zeke Sayon	ZEEK SAY-on
Jeff Thode	THO-dee
Graham Valdes	val-DEZ
Head Coach Larry Wieczorek	wuh-ZOR-ik
Steven Willey	WILL-ee

IOWA TRACK & FIELD

Name	Event	Yr. Hometown (Last School)
Adrienne Alexia	Sprints	Fr. Grundy Center, IA (Grundy Center HS)
Nicole Benson	Distance	Jr. Peoria, IL (Bradley)
Danielle Berndt	Distance	Jr. Bloomington, MN (Kennedy HS)
Rachel Curry	Throws	So. Homestead, IA (Williamsburg HS)
Brittany Dlh	Distance	Jr. West Branch, IA (West Branch HS)
Alissa Duffy	Distance	Jr. West Des Moines, IA (Iowa State)
Brooke Eilers	Distance	So. Holland, MI (Holland Christian HS)
Nicole Erickson	Sprints	Jr. Cedar Rapids, IA (Kennedy HS)
Fionna Fallon	Distance	Gs. Des Moines, IA (Portland State)
Betsy Flood	Middle Distance	Jr. Des Moines, IA (Dowling HS)
Courtney Fritz	Throws	Fr. Coralville, IA (Iowa City West)
Keelin Gorman	Middle Distance	Fr. Dublin, OH (Dublin Scioto HS)
Eva Greenwalt	High Jump	So. Fitchburg, WI (Verona HS)
Julia Gross	Distance	Fr. Batavia, IL (Batavia HS)
Ashlyn Gulvas	Throws	*Fr. Standish, MI (Standish-Sterling HS)
Micaela Haight	Throws	Fr. Iowa City, IA (West HS)
Amanda Hardesty	Distance	Sr. Valparaiso, IN (Valparaiso HS)
Lauren Hardesty	Distance	Sr. Valparaiso, IN (Valparaiso HS)
Kelsey Hart	Distance	So. West Branch, IA (West Branch HS)
Tiffany Hendricks	Hurdles/Combined Events	Sr. Burlington, IA (Burlington HS)
Nia Hermansen	Middle Distance	*Fr. Minnetonka, MN (Minnetonka HS)
Chloe Hoagland	Hurdles/Sprints	Fr. Coralville, IA (West)
Erin Jones	Sprints	Fr. Highland Village, TX (Marcus)
Mariah Jordan	Hurdles/Sprints	So. Iowa City, IA (City HS)
Kasey Krum	Middle Distance	Fr. Arlington Heights, IL (Prospect HS)
Susan Kuhl	Distance	Jr. Beaman, IA (BCLUW HS)
Kelsey Labs	Hurdles/Sprints	*Fr. Marion, IA (Marion HS)
Jackie Laesch	Distance	Jr. Wheaton, IL (North HS)
Carissa Leacock	Jumps	Fr. Port of Spain, Trinidad (Bishop Anstey HS)
Ashley Liverpool	Sprints	Fr. Cincinnati, OH (Walnut Hills)
Hannah Lubner	Distance	Fr. Fayetteville, NY (Fayetteville-Manlius HS)
McKenzie Melander	Distance	Jr. Apple Valley, MN (Eastview HS)
Missy Miller	High Jump/Combined Events	So. Tipton, IA (Tipton HS)
Zinnia Miller	Combined Events	Fr. Abaco, Bahamas (Florida Air Academy)
Kelsey Mims	Sprints	Jr. Iowa City, IA (City HS)
Raven Moore	Sprints	So. Atlanta, GA (Sandy Creek HS)
Lena Placzek	Distance	Fr. Poznan, Poland (St. Maria Magdalena)
Bethany Praska	Sprints/Middle Distance	Sr. Longmont, CO (Longmont Christian HS)
Megan Ranegar	Distance	So. Valparaiso, IN (Valparaiso HS)
Katherin Rehn	Distance	Fr. Western Springs, IL (Lyons Township HS)
Hannah Roeder	Distance	Gs. Des Moines, IA (UCLA)
Mary Schleusner	Middle Distance	Fr. Rock Rapids, IA (Central Lyon HS)
Mary Kate Schmitt	Hurdles/Sprints	Fr. Cedar Rapids, IA (Washington HS)
Hannah Simonson	Hurdles	So. Jefferson, IA (Jefferson-Scranton HS)
Jasmine Simpson	Throws	*Fr. Wheaton, IL (Glenbard South HS)
Amanda Stahle	Throws	Fr. Bettendorf, IA (Bettendorf HS)
Kelsey Taylor	Throws	So. Camp Point, IL (Camp Point Central HS)
Emelia Thompson	Hurdles	*Fr. Norway, IA (Benton Community HS)
Katie Truedson	Pole Vault	So. Oak Brook, IL (Hinsdale Central HS)
Majesty Tutson	Throws	So. Iowa City, IA (City HS)
Kirsten Weismantle	Pole Vault	So. Oak Park, IL (Oak Park River Forest HS)
Ashley Wilkinson	Sprints	Fr. Iowa City, IA (City HS)

Pronunciation Guide

Name	Pronunciation
Brittany Dlh	duh-LIE
Brooke Eilers	EYE-Ierrz
Fionna Fallon	fee-OWN-uh
Ashlyn Gulvas	GULL-vus
Micaela Haight	mi-KAY-luh HATE
Amanda/Lauren Hardesty	har-des-TEE
Nia Hermansen	NEE-uh
Chloe Hoagland	KLOW-ee
Jackie Laesch	LEHSH
Hannah Lubner	LOO-burr
Zinnia Miller	
McKenzie Melander	MEE-land-err
Lena Placzek	
Megan Ranegar	ran-UH-gurr
Katherin Rehn	
Hannah Roeder	RAY-derr
Mary Schleusner	
Amanda Stahle	
Kirsten Weismantle	WHYS-man-tull

IOWA TRACK & FIELD



2011 University of Iowa Track & Field Team

Front Row (l-r): Chase Kadlec, Cameron Riger, Sam Mate, James Paul, Troy Doris, Nathan Prom, Sam Bailin, Nia Hermansen, Katie Truedson, Mary Kenney, Adriana Alexia, Julia Gross, Jackie Laesch, Ashley Wilkinson, Raven Moore. Second Row (l-r): Alex Robinson, Sam Chaney, Jack Eckert, Ebose Ohorum, Justin Austin, Jon Michael Brandt, Zeke Sayon, Patrick Richards, Katherine Rehn, Betsy Flood, Chloe Hoagland, Tiffany Hendricks, Megan Ranegar, Bethany Praska, Ashley Liverpool. Third Row (l-r): Ben Stancombe, Brian Marchese, Nick Holmes, Andrew Smith, Jeff Thode, Mark Battista, Mike Marbach, Nick Young, Kirsten Weismantle, Eva Greenwalt, Mary Kate Schmitt, Elizabeth Wigginton, Caitlin Schwark, Missy Miller, Erin Jones. Fourth Row (l-r): Jordan Mullen, Erik Sowinski, Dan Kuhlman, Kevin Dibbern, Kyle Slaymaker, Nick Kuczwara, Jeffery Herron, William Wunderlich, Zinnia Miller, Keelin Gorman, Hannah Luber, Mary Schleusner, Kelsey Hart, Nicole Benson, Mariah Jordan. Fifth Row (l-r): Keaton Rickels, Ethan Holmes, Adam Hairston, Matt Byers, Brandon Oest, Graham Valdes, Kelsey Labs, Kelsey Mims, Madeline Rizor, Lena Placzek, Emelia Thompson, Kasey Krum, Alissa Duffy, Ashlyn Gulvas. Sixth Row (l-r): Andrew Carman, Ryan Lamparek, Matt Banse, Thomas Reynolds, Nick Brayton, Steven Willey, Kelsey Taylor, Micaela Haight, Amanda Stahle, Courtney Fritz, Jasmine Simpson, Danielle Berndt, Fionna Fallon, Rachel Curry. Seventh Row (l-r): Scott Cappos, John Raffensperger, Jason Wakenight, John Hickey, Joey Woody, Larry Wiczorek, Layne Anderson, Christi Smith, Kyle Wickwire, Tad Hulst, Clive Roberts.

IOWA TRACK & FIELD

Throughout the years, student-athletes from all parts of the United States and the world have worn the Iowa Hawkeye black and gold with pride. Following is a list of the 2010-11 Hawkeyes and where they are from:

Bahamas - 1

Zinnia Miller - Abaco

California - 1

Chris Barton - Sherman Oaks

Canada - 1

James Paul - Queenston

Colorado - 2

Bethany Praska - Longmont

Patrick Richards - Colorado Springs

Georgia - 1

Raven Moore - Atlanta

Illinois - 27

Mark Battista - New Lenox

Stephen Bee - South Elgin

Nicole Benson - Peoria

Julia Gross - Batavia

Nick Holmes - Peoria

Chase Kadlec - Wheaton

Kasey Krum - Arlington Heights

Nick Kuczwara - Elmhurst

Dan Kuhlman - Glen Ellyn

Jackie Laesch - Wheaton

Brian Marchese - Elmhurst

Matt Newman - Arlington Heights

Brandon Oest - Geneca

Katherin Rehn - Western Springs

Kyle Reid - Schaumburg

Cameron Riegar - Mundelein

Alex Robinson - Lynwood

Zeke Sayon - Rockford

Caitlin Schwark - Wheaton

Jasmine Simpson - Wheaton

Andrew Smith - Elmhurst

Kelsey Taylor - Camp Point

Jeff Thode - Schaumburg

Katie Truedson - Oak Brook

Graham Valdes - Moline

Kirsten Weismantle - Oak Park

Elizabeth Marie Wiggington - Atlanta

Indiana - 6

Jack Eckert - Sellersburg

Amanda Hardesty - Valparaiso

Lauren Hardesty - Valparaiso

Megan Ranegar - Valparaiso

D'Juan Richardson - Indianapolis

Ben Stancombe - Bloomington



Iowa - 40

Adrienne Alexia - Grundy Center

Matt Banse - Strawberry Point

Nick Brayton - Iowa City

Andrew Carman - Jefferson

Sam Chaney - Columbus Junction

Rachel Curry - Homestead

Kevin Dibbern - Iowa City

Brittany Dlh - West Branch

Alissa Duffy - West Des Moines

Nicole Erickson - Cedar Rapids

Fionna Fallon - Des Moines

Betsy Flood - Des Moines

Courtney Fritz - Coralville

Micaela Haight - Iowa City

Adam Hairston - Cedar Rapids

Kelsey Hart - West Branch

Tiffany Hendricks - Burlington

Chloe Hoagland - Coralville

Ethan Holmes - Clinton

Mariah Jordan - Iowa City

Susan Kuhl - Beaman

Kelsey Labs - Marion

Ryan Lamparek - Fairfax

Missy Miller - Tipton

Iowa - 40 (Con't)

Kelsey Mims - Iowa City

Jordan Mullen - Atlantic

Keaton Rickels - Iowa Falls

Madeline Rizer - Cedar Rapids

Hannah Roeder - Des Moines

Mary Schleusner - Rock Rapids

Mary Kate Schmitt - Cedar Rapids

Hannah Simonson - Jefferson

Amanda Stahle - Bettendorf

Andy Thomas - What Cheer

Emelia Thompson - Norway

Majesty Tutson - Iowa City

Steven Willey - Onawa

Nick Young - Bettendorf

Ashley Wilkinson - Iowa City

Ashley Wink - Iowa City

Kansas - 1

Matt Byers - Wichita

Michigan - 2

Brooke Eilers - Holland

Ashlyn Gulvas - Standish

Minnesota - 4

Danielle Berndt - Bloomington

Jon-Michael Brandt - Winona

Nia Hermansen - Minnetonka

McKenzie Melander - Apple Valley

Missouri - 1

Paul Chaney, Jr. - St. Louis

New York - 1

Hannah Luber - Fayetteville

Ohio - 2

Keelin Gorman - Dublin

Ashley Liverpool - Cincinnati

Poland - 1

Lena Placzek

Texas - 2

Jeffery Herron - Richmond

Erin Jones - Highland Village

Trinidad & Tobago - 1

Carissa Leacock - Port of Spain

Wisconsin - 2

Eva Greenwalt - Fitchburg

Erik Sowinski - Waukesha

IOWA TRACK & FIELD

The women's track and field team mixes a talented, experienced base with quality newcomers in 2010-11. With few athletes lost to graduation, the 2011 women's track and field team looks stronger than ever with runners like junior **Betsy Flood**, junior **Danielle Berndt**, sophomore **Raven Moore** and junior **McKenzie Melander** returning for the Hawkeyes. Iowa's field events have the potential to score big points for the team in competition with newcomers **Micaela Haight** (throws) and **Carissa Leacock** (long jump). **Ashlyn Gulvas** and **Rachel Curry** will also have more of an impact in the throws on the 2011 team as redshirt freshmen.

"I am really excited about this season," said Head Women's Cross Country and Track Coach **Layne Anderson** said. "We have a great year coming up and good opportunities to keep improving. We have a great core of returners in **Betsy Flood**, **Amanda Hardesty**, **Hannah Roeder** and **McKenzie Melander**. We expect all of them to be big point scorers for us and lead the team to reach its potential, especially in Big Ten competition."

Anderson, who is in his eighth year as the head women's cross country coach and third as the head women's track and field coach, expects his team to be very competitive this season.

"The athletes are competitive," said Anderson. "The excitement of improved competition is across all events for us. All of the athletes have improved through last season and the off season, and we want them to bring that to the meets this year. **Hannah Roeder** and **Jackie Laesch** both had great seasons last year and building off of that, they are very capable of making a positive impact this season."

The men's track and field team expects to build on a very successful 2010 with arguably the best complete team in school history. Two of Iowa's three 2010 Big Ten outdoor champions - senior **Steven Willey** and sophomore **Matt Byers** - return for another year. The Hawkeyes also welcome back 17 of the teams 20 NCAA regional qualifiers and eight of the nine NCAA Championships qualifiers, including Byers and junior **Ryan Lamparek**, both field event qualifiers.

Head Coach **Larry Wiecezorek** is very optimistic about the potential his talented team has. The veteran coach thinks this may be the most talented and well-rounded team he's coached in his 24 years at Iowa.

"We have a lot of experience this year," Wiecezorek said. "In almost every event, we have a team that is among the best ever at Iowa. On paper, we look great. We have lots of athletes that have the top times in program history



Senior Steven Willey



*Senior
Bethany Praska*

IOWA TRACK & FIELD

returning for another season. The team is very well-rounded in all events and has great potential, so we are very optimistic. A lot of this year's success will be dependent on how we compete on the day of the event."

The men's team is no stranger to performing under pressure, however. Three Big Ten outdoor champions and 20 NCAA regional qualifiers proved to be primed for competing against the top athletes around the region and country.

"Last year we finished fourth in the Big Ten Outdoor Championships," said Wieczorek. "We had three champions and sent 20 guys to the NCAA regionals. We are starting to build from that point. Lamparek, Byers and Willey all return for us, so we are very positive going into the season."

With the 2011 Big Ten Outdoor Championships being held in Iowa City, Wieczorek thinks his team has all the makings for a successful run in the upcoming year.

"We are excited for the new facility and to be able to host the Big Ten Championships," Wieczorek said. "It will be fun to compete at home at such a great facility."

Here is an event-by-event breakdown of the 2010-11 Hawkeyes:

Sprints/Hurdles/Relays

Although the women's team lost its two leading sprinters, the team will return a young group of talented competitors, including Moore, senior **Tiffany Hendricks** and sophomore **Mariah Jordan**. Moore was the leading runner in the 300 meters during the indoor season, as well as a member of the 400-meter, 800-meter and sprint medley relays that led the team. Hendricks was also a member of the sprint medley relay that recorded a 3:56.53 at the Drake Relays in April.

The men's sprinters return nearly all of the top performers from the 2010 season. Senior **Zeke Sayon**, Willey, sophomore **Ethan Holmes** and junior **D'Juan Richardson** will compete for Iowa this season. The sprint medley group, consisting of Richardson, Willey, and juniors **Patrick Richards** and **Erik Sowinski**, returns all four sprinters from a relay that was just two seconds shy of breaking a school record at the Drake Relays. Sayon and Willey bring NCAA regional experience to the 2010 season and will be a great core for the team to build upon.

Middle Distance

The women's middle distance runners look ahead to 2011 with last season's top performer, **Bethany Praska**, returning to lead the team for her senior campaign. Praska will be pushed by senior **Lauren Hardesty**, Melander and Flood. While some of Iowa's middle distance athletes were lost to graduation, a few less experienced runners are expected to produce competitive times, including **Brittany Dlh**, who has the ability to run top times for the Hawkeyes.

The men's team is heading into the 2011 season with a very experienced core of 800 meters runners. Sowinski set the indoor school record of 1:48.90, and the 1:48.00 he posted at the 2010 NCAA Regional ranks third in school history. Seniors **Adam Hairston**, **Dan Kuhlman**, and **Nick Kuczwar** are all within seconds of Sowinski's best. All of the team's top

Team Roster By Event

Men's Sprints

Chris Barton
Stephen Bee
Paul Chaney, Jr.
Kevin Dibbern
Patrick Richards
D'Juan Richardson
Zeke Sayon

Women's Sprints

Adrienne Alexia
Nicole Erickson
Chloe Hoagland
Erin Jones
Mariah Jordan
Kelsey Labs
Ashley Liverpool
Kelsey Mims
Raven Moore
Bethany Praska
Madeline Rizer
Mary Kate Schmitt
Ashley Wilkinson
Elizabeth Marie Wigginton

Men's Hurdles

Ethan Holmes
Jordan Mullen
D'Juan Richardson
Keaton Rickels

Women's Hurdles

Tiffany Hendricks
Chloe Hoagland
Mariah Jordan
Kelsey Labs
Mary Kate Schmitt
Hannah Simonson
Emelia Thompson

Men's Middle Distance

Connor Elmitt
Adam Hairston
Nick Kuczwar
Dan Kuhlman
James Paul
Keaton Rickels
Erik Sowinski
Steven Willey

Women's Middle Distance

Keelin Gorman
Nia Hermansen
Kasey Krum
Bethany Praska
Mary Schleusner

Men's Distance

Mark Battista
Jon-Michael Brandt
Sam Chaney
Nick Holmes
Chase Kadlec
Brian Marchese
Cameron Riegar
Andrew Smith
Jeff Thode
Nick Young

Women's Distance

Nicole Benson
Danielle Berndt
Brittany Dlh
Alissa Duffy
Brooke Eilers
Fionna Fallon
Betsy Flood
Julia Gross
Amanda Hardesty
Lauren Hardesty
Kelsey Hart
Susan Kuhl
Jackie Laesch
Hannah Luber
McKenzie Melander
Megan Ranegar
Katherin Rehn
Hannah Roeder

Men's High Jump

Matt Newman
Brandon Oest
Alex Robinson
Graham Valdes

Women's High Jump

Eva Greenwalt
Missy Miller

Men's Long/Triple Jump

Jeffery Herron
Alex Robinson

Women's Long/Triple Jump

Carissa Leacock

Women's Pole Vault

Katie Truedson
Kirsten Weismantle

Men's Throws

Matt Banse
Nick Brayton
Matt Byers
Andrew Carman
Ryan Lamparek
Ben Stancombe

Women's Throws

Rachel Curry
Courtney Fritz
Ashlyn Gulvas
Micaela Haight
Jasmine Simpson
Amanda Stahle
Kelsey Taylor
Majesty Tutson

Men's Combined Events

Jack Eckert
Kyle Reid
Andy Thomas

Women's Combined Events

Tiffany Hendricks
Missy Miller
Zinnia Miller

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performers from 2010 are returning for the upcoming season. The group of juniors and seniors will also be pushed by many of the newcomers.

Distance

Iowa's women's distance runners return with a wealth of experience. Nearly all of the Hawkeyes' top runners from last season return for another year. Competitors like Flood, senior **Amanda Hardesty** and Melander, three athletes that recorded collegiate bests at the Big Ten Championships in May, led a talented core of runners. Berndt, a top runner in the 3,000 meter steeple, also returns for her junior season.

Last season's freshman standout sophomore **Jeff Thode** will be joined by sophomore **Nick Holmes** and junior **Chase Kadlec** for his sophomore season. The trio of athletic runners said good-bye to four-time letterwinner Jesse Luciano, but this year's captain, senior **Mark Battista** won't be without talent. The distance runners have an experienced base including, senior **James Paul**, sophomore **Nick Young** that will push the Hawkeyes to score points for the team's effort.

Throws/Jumps/Multi-Events

The women's throwers and field event competitors head into 2011 with a mix of returning experience and new faces. Sophomore **Missy Miller** returns after a successful freshman campaign, leading the team in the pentathlon (2,749 points) and heptathlon (4,227 points). Sophomores **Kirsten Weismantle** and **Katie Truedson** lead Iowa in the pole vault, and sophomore **Kelsey Taylor** led the Hawkeyes in the weight throw (53-7 3/4) during the indoor season.

Iowa welcomes **Carisa Leacock**, an athlete with international experience, **Courtney Fritz**, Iowa state champion discus thrower in 2009, and **Micaela Haight**, a four-time state qualifier in the shot put.

The men's team had a year for the books in 2010, and with the return of NCAA Championship qualifiers Lamparek and Byers, 2010 looks to be just as promising. Lamparek, a junior who threw his collegiate best 58-4 (17.78m) in the shot put event at the NCAA regional qualifier event last spring, and Byers, a sophomore who threw the javelin for his career best 232-2 (70.76m) at the Sun Angel Classic, will be natural leaders for the team that welcomes back juniors **Nick Brayton** and **Matt Banse** as well as sophomores **Thomas Reynolds** and **Ben Stancombe**, all names in the top performers from last season. **Andy Carmen** joins the Hawkeyes after a successful high school career, throwing discus at three consecutive Iowa high school state track meets as well as competing in the shot put event in the 2010.

Men's field events lost some experience to graduation, but jumpers like senior **Graham Valdes** and junior **Jeffery Herron** will provide a solid nucleus of returners. Newcomer **Jack Eckert** will add depth to the pole vault and high jump events, while Troy Doris and Alex Robinson will be expected to contribute in the triple jump and long jump.

Cross Country

The women's cross country team may have fallen short of earning its fourth consecutive NCAA Championships bid in 2009, but instead of dwelling on the missed chance, the 2010 harriers are looking ahead to a competitive season. Many of the athletes showed considerable improvement during the outdoor track



*Sophomore
Matt Byers*



Junior Betsy Flood

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season and have taken that positive improvement through the summer training.

"Our pre-season will be very important," Anderson explains. "We have a very strong team with a lot of depth, but staying healthy and running well is crucial if we are going to compete at 100% in all events. Top to bottom, we need to do the work it takes to get us to Terra Haute in November."

Anderson stresses to his team that the chance to run through the post-season is not a right, but an opportunity that must be earned every day. With the quality athletes this season's roster boasts, working hard and pushing each other should not be a concern.

Iowa's upperclassmen of Flood, junior **Brooke Eilers**, and the Hardesty twins will be challenged by quality up-and-comers and newcomers alike. Flood was the top finisher in two of Iowa's six events last season, while Eilers was the highest placed Hawkeye in three events. The returners' efforts will be complemented by redshirt freshman **Megan Ranegar**. The team welcomes nine Hawkeye newcomers in 2010 to a team that boasts a wealth of ability. Anderson believes it will be a source of motivation for each individual runner and add to the team's ability to compete with the top teams in the country.

"It is really exciting," Anderson says of the team's depth. "It won't be the same person at the top every meet with this balanced group. The course, weather and physical condition will really determine who is going to be our top performer. It is great to have an equal chance to be at the top because it adds motivation. It is rewarding and satisfying to have that opportunity every meet."



*Junior
Ryan Lamparek*

The men's team is just as determined to extend its season into November. The Hawkeyes hope to utilize the talented core of returners, including senior captain Battista and 2009 freshman standout **Jeff Thode**, both all-region honorees.

"We have a great nucleus of runners," Wiecezorek said. "Losing Jesse Luciano is definitely going to affect us, but I think this team is capable of competing as one of the top-three in the Big Ten. We hope to get to that upper echelon and have the hard work through the off-season and season pay off with a trip to the NCAA Championships."

Like the women's team, the core of runners returning for the 2010 season had the opportunity to improve during the outdoor track season. Bailin, senior **Brian Marchese** and Kadlec all had successful track seasons and are expected to continue that success throughout the upcoming cross country season.

Incoming freshmen **Andrew Smith**, Illinois' 3,200 meter state champion in 2009; **Jon-Michael Brandt**, a two-time cross country conference champion; **Sam Chaney**, a two-time conference and district champion and **Nick Young** are also expected to be competitors for Iowa's top-five scores.

"I think it is a definite possibility that we can have a different guy in the front at each race," said Wiecezorek. "We have some great recruits coming in that can push our older guys. Andrew Smith and Jon-Michael Brandt are just a couple of the incoming freshmen that we expect to have an immediate impact."



*Sophomore
Missy Miller*

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**Layne Anderson**

Women's Head Coach
Eighth Year at Iowa

Layne Anderson is in his third 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 seven 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 seven years with the cross country team, the Hawkeyes have made strong strides toward recapturing the program's success of the 1980s. The team qualified for the NCAA Championships three straight years (2006-08) after a 14-year absence from the meet.

In 2009, the cross country team finished fifth at the Big Ten meet and, behind an all-region performance from Brooke Eilers, fifth at the NCAA Midwest Regional. Tiffany Medenwalt led a young Hawkeye squad in 2010, setting a school record in the discus. Seven Hawkeyes provisionally qualified for the NCAA Indoor Championships and 14 Hawkeyes qualified in 18 events for the NCAA Outdoor Championships.

In 2008, the Hawkeyes placed sixth at the Big Ten meet and fourth at the NCAA Midwest Regional, marking the third straight season that Iowa has placed sixth or higher at the conference race and fourth or higher at the regional meet. During Anderson's tenure, the Hawkeyes have also set school records in the 3,000, 4,000, 5,000 and 6,000 meters.

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

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

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

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

The Iowa cross country team has also had success in the classroom under Anderson. The team earned USTFCCCA all-academic honors all seven seasons, while Arens (2003), Armstrong (2005) Eilers (2009) earned individual all-academic recognition. Armstrong was Iowa's Big Ten Medal of Honor recipient in 2007, while Arens was Iowa's nominee for NCAA Woman of the Year in 2004. Eilers was the Hawkeyes Big Ten Sportsmanship nominee in 2009. Thirty-five Hawkeyes have earned academic all-Big Ten honors.

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

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

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

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al qualifiers and 13 regional qualifiers. Iowa was one of four schools in the nation to have NCAA indoor qualifying marks in the 800 meters, mile, 3,000 meters, 5,000 meters and distance medley relay in 2004. Tennessee, Stanford and Kentucky were the other three schools to achieve those standards.

Prior to joining the Hawkeyes, Anderson served as head-men's and women's cross country coach and assistant track coach at Auburn University (1997-2002). During his tenure, he coached seven all-Americans, two SEC champions, 15 all-SEC honorees and 58 academic all-SEC performers. He also coached eight individual school record holders and four relays to school records. Anderson helped the men's team to four top-15 finishes at the NCAA Outdoor Championships and two top-20 placings at the NCAA Indoor Championships; and the women's squad to three top-15 finishes at the national indoor meet and one at the NCAA outdoor meet. The men's highest national finish was third place in 2000, while the women's was 11th in 2002.

The Tiger cross country team produced four all-South Region performers, two NCAA individual qualifiers, four team titles, three individual titles and two SEC Athlete of the Week Award recipients under Anderson. He served as meet director for the annual Auburn Cross Country Invitational, which featured over 600 runners, and the 2000 NCAA South Regional Championships.

Before his stint at Auburn, Anderson was an assistant men's cross country and track and field coach at Texas Tech (1996-97), where he coached six Red Raiders to nine all-America honors. In 1997, the men's track and field team placed 11th at the NCAA Outdoor Championships and 21st at the national indoor meet. He also coached one GTE academic all-district award recipient.

He served as the administrative assistant to the Faculty Athletics Representative at Auburn (1994-96), which included a one-year stint as administrative assistant to the Graduate Program Officer (1994-95). Anderson was a graduate teaching assistant at Auburn (1991-94) and The Citadel (1989-91). During his graduate assistantship at Auburn, he worked with 1991 World Champion and 1996 Olympic silver medallist Samuel Matete and two-time Olympian Tommy Asinga.

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

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

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

Anderson At Iowa - Cross Country

	Big Ten	Regional	National
Year	Finish/Points	Finish/Points	Finish/Points
2003	11th/241	9th/283	--/--
2004	7th/170	7th/235	--/--
2005	7th/170	6th/182	--/--
2006	6th/112	3rd/118	17th/409
2007	5th/103	3rd/111	10th/387
2008	6th/151	4th/126	24th/538
2009	6th/150	5th/160	--/--

Anderson At Iowa - Track & Field

	Indoor Big Ten	Outdoor Big Ten	Regional
Year	Finish/Points	Finish/Points	Finish/Points
2008	5th/60	6th/73	18th/12
2009	10th/25	10th/31	21st/13
2010	9th/36	10th/34	n/a

The Anderson File

- 5 Cross Country All-Americans
- 29 Track All-Americans
- 3 NCAA Midwest Regional Cross Country Champions
- 3 NCAA Midwest Regional Cross Country Athletes of the Year
- 13 NCAA All-Midwest Region Cross Country Performers
- 14 NCAA All-Midwest Region Track Performers
- 1 Big Ten Cross Country Champion
- 5 Big Ten Track & Field Champions
- 61 Iowa All-Time Top 10 Performers in Cross Country
- 132 Iowa All-Time Top 10 Performers in Track
- 7 USTFCCCA Academic All-America Cross Country Team Awards
- 3 USTFCCCA Academic All-America Track & Field Team Awards
- 88 Academic All-Big Ten Performers In Cross Country and Track



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Larry Wiecezorek

Men's Head Coach

24th Season at Iowa

Larry Wiecezorek is in his 24th season as head men's cross country coach and is in his 15th 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, Wiecezorek once held conference marks in the one, two, three, four and five-mile runs. A member of Iowa's last Big Ten track championship team in 1967, he still owns Iowa's indoor two-mile school record and his indoor mile and outdoor 5,000-meter marks rank second in school history. He was honored for his collegiate accomplishments by being inducted into the University of Iowa's National Varsity Club Athletics Hall of Fame in 1998.

Wiecezorek 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 indoor mark in school history.

Wiecezorek 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 11 times at the NCAA Regional Championships, has posted 35 all-region selections and qualified for the NCAA Championships five times. In 2002, Wiecezorek 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 Wiecezorek 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

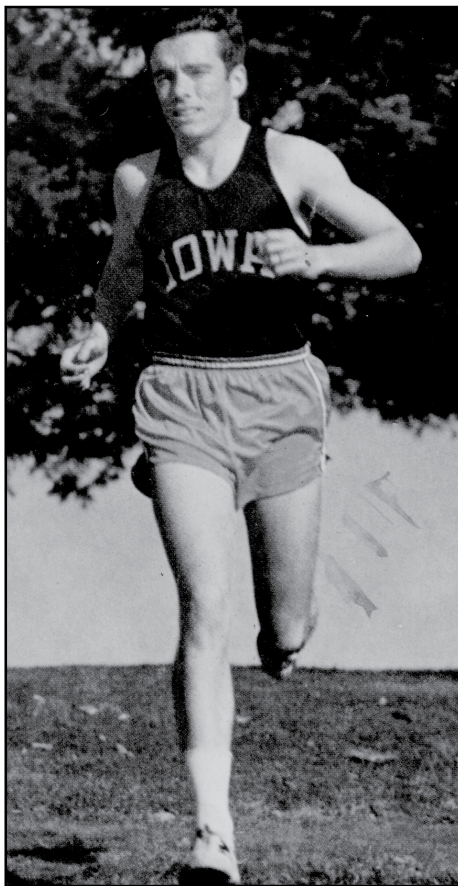
the Year honorees in Jared Pittman (1993) and Reed Steele (1998).

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 14 years at the helm, Wiecezorek has coached NCAA Champion long jumper Bashir Yamini, 32 all-Americans, 117 national qualifiers, 132 NCAA 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 three times during Wiecezorek's tenure. The Hawkeyes have also had at least one all-American in the throws eight of the last 10 seasons, crowning a total of 16 all-Americans and 21 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, Wiecezorek 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 Wiecezorek in 1967. In 2006, MacTaggart earned all-America

honors in the 10,000 meters. VanDenend won Iowa's second conference title in the 10,000 meters in 2007, running that event for the first time in his career. VanDenend holds the school indoor 3,000 and 5,000-meter records, as well as the outdoor 5,000-meter mark.

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



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

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and outdoor conference meets. Hawkeye senior Paul Chaney, Jr. had an strong outdoor season for the Hawkeyes in 2009 after rejoining the team after spring football practice ended on April 18. In his outdoor season debut at the 100th annual Drake Relays, Chaney, Jr. anchored the winning men's 400-meter relay (40.71) and the Iowa's men's 800-meter relay to a school-record (1:24.85). He earned Iowa's Big Ten Outdoor Sportmanship Award last season, qualifying for the NCAA regional and scoring points at the Big Ten outdoor meet in three events. He led the team in the 60 and 200 meters from 2007-09.

— Another of Wiecezorek's goals as head coach was to create an annual outdoor home event for the Hawkeyes that would be entertaining for the community and feature outstanding competition for participating student-athletes. Now in its 12th 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 starts in the late afternoon and extends into the night. In its first four years, the meet had produced 43 NCAA provisional qualifiers. Since the creation of the regional qualifying system in 2003, 253 competitors have reached qualifying standards at the twilight meet. The meet was cancelled in 2009 due to ongoing renovations at Cretzmeyer Track.

While improving in the league standings is considered a priority, the Hawkeyes also concern themselves with performance in the classroom. Under Wiecezorek, cross country runners Kevin Herd, Chad Schwitters, Stetson Steele and Jesse Luciano earned national academic honors. Iowa has had an academic all-Big Ten selection each year during his tenure, totaling 77 honorees in cross country and 151 in track and field. Iowa's 12 track and field academic all-Big Ten honorees in 2009 was only one off the school record of 13 set in 2008, and the seven cross country honorees in 2008 set a new Hawkeye best.

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

Wiecezorek was born on September 11, 1946, in Chicago, 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.

Wiecezorek's Track Results at Iowa

Year	Indoor Big 10 Place/Champs	Outdoor Big 10 Place/Champs	Indoor/Outdoor All-Americans
1997	4th/2	9th/2	1/0
1998	5th/2	3rd/6	6/2
1999	7th/1	2nd/11	0/4
2000	8th/1	6th/1	2/1
2001	10th/0	5th/6	0/3
2002	----/--	6th/2	1/2
2003	9th/0	9th/1	0/1
2004	10th/0	10th/0	0/1
2005	10th/0	8th/1	0/0
2006	7th/1	4th/2	0/1
2007	7th/1	7th/2	0/1
2008	8th/1	8th/1	1/0
2009	9th/0	7th/0	1/0
2010	5th/0	4th/3	0/5
Total	9	38	12/20

Wiecezorek's Cross Country Results at Iowa

Year	Big Ten Finish	Regional Finish	National Finish
1987	10th	---	---
1988	9th	---	---
1989	5th	16th	---
1990	7th	13th	---
1991	10th	21st	---
1992	7th	11th	---
1993	7th	10th	---
1994	9th	10th	---
1995	8th	14th	---
1997	5th	6th	---
1998	5th	2nd	21st
1999	9th	6th	---
2000	8th	6th	---
2001	8th	4th	---
2002	7th	1st	29th
2003	5th	3rd	---
2004	3rd	3rd	13th
2005	4th	2nd	19th
2006	5th	3rd	28th
2007	5th	9th	---
2008	7th	7th	---
2009	6th	6th	--

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Scott Cappos Assistant Coach 15th Year at Iowa

The 2007 USTFCCA Men's Midwest Region Throws Coach of the Year, Scott Cappos is in his 15th 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 third season of coaching the men and women throwers.

Since joining the staff in 1997, Cappos has helped create a strong Hawkeye throws program. During his tenure, Iowa has crowned 17 all-Americans and 21 Big Ten champions in the field events, setting 17 school records. The Hawkeyes have also had at least one all-American in the throws eight of the last 11 seasons. Iowa has crowned at least one all-Big Ten performer in the hammer throw nine of the past 13 years, a Hawkeye has finished first or second in the discus in 11 of the last 14 Big Ten meets and an Iowa thrower has placed in the top three in the shot put at 10 of the last 11 conference meets. From 2003-09, 53 Hawkeye field event competitors qualified for the chance to advance to the NCAA Championships and 17 have earned all-region honors. Former Hawkeye A.J. Curtis holds the men's school record for most times qualified for the regional meet with eight. In 2010, the Hawkeye sent eight qualifiers to the NCAA Outdoor Championships, including Tiffany Medenwaldt, who broke the Hawkeye's school record in the discus, and freshman Matt Byers, who earned first team conference honors after winning the javelin at the Big Ten Championships.

The Hawkeye throwers have recorded numerous team highlights under Cappos. In 2004, Iowa qualified 10 throwers for the NCAA regional, which was the most of any team in the nation. In 2005, the Hawkeyes qualified five throwers to the NCAA Indoor Championships, which tied for the most of any school in the nation. Iowa swept Big Ten titles in the shot put in 2007 and 2008, and broke the 21-year-old school discus record in 2007.

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

Cappos joined the Hawkeyes staff after serving as an assistant coach at Western Michigan University from 1995-96. He trained seven all-Americans during his tenure, and Western Michigan won the MAC and CCC team titles both seasons. He started his coaching career at West Salem High School in Wisconsin (1992-1994). Several of his former athletes have represented their countries in various international competitions, including the Olympic Games and World Championships.

Cappos, a five-time Canadian national champion, competed in several international competitions including, the Pan American Games in Argentina, the Francophonie 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 (6), and a daughter, Amelia (4).

Cappos' Coaching Philosophy

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

Student-Athlete Success Under Cappos

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

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

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

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

Matt Byers - Javelin (2009-Present)

Big Ten Champion

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

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

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

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

A.J. Curtis - Discus, Shot Put (2006-09)

Two-Time All-Region, Discus School Record Holder, Three-Time Academic All-Big Ten, Competed in Discus at 2008 U.S. Olympic Trials

Adam Hamilton - Hammer, Weight Throw (2003-07)

Two-Time All-American, Big Ten Champion, Four-Time Academic All-Big Ten, Met Hammer "B" Standard for 2008 U.S. Olympic Trials

John Hickey - Shot Put (2006-09)

Three-Time All-American & Big Ten Champion, Indoor Shot Put School Record Holder, Met Shot Put "B" Standard for 2008 U.S. Olympic Trials, Competed in Shot Put at 2008 NACAC Under 23 Games, U.S. Jr. Champion, Placed Fourth in Shot Put at 2006 World Jr. Champ's

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

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

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

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

Tiffany Medenwaldt - Weight Throw, Shot Put, Discus (2009-)

Discus School Record Holder

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

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

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

IOWA TRACK & FIELD



Clive Roberts

Assistant Coach

Third Season

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

In 2010, Roberts oversaw 11 events that cracked the program's all-time top performer's list.

In his first season with the Hawkeyes, Roberts coached all-American hurdler Karessa Farley and Big Ten outdoor triple jump champion Renee White. Farley set the school 60-meter hurdles record (8.21), while White broke her own outdoor triple jump school mark with a collegiate-best 43-10 3/4. Farley earned all-region honors in the 100-meter hurdles, and both competed at the NCAA Outdoor Championships.

A native of Toronto, Canada, Roberts served as an assistant coach for the Bowling Green State University women's team during the 2007 and 2008 seasons. During his first indoor season with the Falcons, he guided sprinter Jessica White and hurdler Nicole Standback to successful seasons. White set the school record in the 60 meters (7.53) and placed third in the 100 meters at the MAC Championships. Her season-best time of 11.58 ranked second in school history and qualified her for the NCAA Regional, making her the Falcons' first sprinter to qualify since 2004. Standback placed third in the 60-meter hurdles and 100-meter hurdles at the conference meet, posting the third fastest 100-meter hurdles time (14.03) in school history.

Before joining the Bowling Green staff, Roberts served as a graduate assistant at his alma mater, Central Michigan University. During his stint with the Chippewas, Roberts coached 13 MAC Champions, two indoor all-Americans, and one USA Track Championship qualifier. The men's squad won the 2005 MAC indoor and outdoor team titles, and Roberts guided conference champions Pierre Vinson and Clarence Glenn to all-America honors at the NCAA indoor meet. Roberts coached the top placers in the 60, 200 and 400 meters, 60-meter hurdles, and 1,600-meter relay at the 2005 conference indoor meet, and the 100, 200 and 400 meters, and 110 and 400-meter hurdles champions at the conference outdoor meet. Vinson received the Most Valuable Participant award at both the indoor and outdoor championships. Vinson's personal best under Roberts was 10.29 in the 100 meters and Glenn's personal best under Roberts was 13.60 in the 110-meter hurdles.

Roberts was a hurdler Central Michigan, qualifying for nationals and placing second in the 60-meter hurdles at the MAC Championships. He was a Canadian Junior Champion in the 110-meter hurdles during his high school career.

Roberts currently is a Level II USATF certified coach in sprints, hurdles, jumps and throws. He is also a certified USATF instructor.

Roberts graduated with a degree in finance from Central Michigan in 2003 and a Master of Arts also from Central Michigan University in 2007. He has a daughter, Makaylah (7) and son Quentin (4).

Roberts' Coaching Philosophy

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

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

Student-Athlete Success Under Roberts

Pierre Vinson, Central Michigan University

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

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

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

Clarence Glenn, Central Michigan University

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

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

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

Steve Wezner, Central Michigan University

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

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

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

Jessica White, Bowling Green State University

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

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

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

Amanda Sefcik, Bowling Green State University

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

Collegiate Bests: Long Jump-19-7



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

IOWA TRACK & FIELD



Christi Smith Assistant Coach Third Season

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

In her second season at Iowa, Smith guided Dan Rolling to school records in the heptathlon (5,205) points and decathlon (6,957). Rolling led the decathlon after one day of competi-

tion before placing eighth at the 101st Drake Relays. In 2010, Smith's athletes posted 17 marks on the school's all-time top 10 performer's list.

In her first season with the Hawkeyes, Smith coached Hawkeye combined-eventers Rolling and Frank Prill (4,902) to collegiate-best scores in the heptathlon that then ranked second and third, respectively, all-time at Iowa. She also coached Rolling to a fifth-place finish in his first contested decathlon with a score of 6,811 points at the Big Ten Outdoor Championships.

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

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

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

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

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

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



IOWA TRACK & FIELD



Joey Woody

Assistant Coach

Fifth Season at Iowa

Iowa City native and World Champion runner Joey Woody is in his fifth 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 four seasons at Iowa, Woody has made an immediate impact on the team. Last season, Woody helped four athletes earn all-America honors at the NCAA Outdoor Championships, including junior Steven Willey, who was a two-time all-American following his performances in the 400 meters and 1,600-meter relay. Willey was joined on the seventh-place relay by junior Chris Barton and sophomores Erik Sowinski and Patrick Richards. Senior Ray Varner also qualified for the NCAA Championships following his Big Ten title in the 400-meter hurdles. Willey also nabbed first team Big Ten honors after capturing the 400 meter championship.

In 2009, the men's 400-meter relay of sophomore D'Juan Richardson, junior Zeke Sayon, sophomore Patrick Richards and senior Paul Chaney, Jr. won Iowa's first Drake Relays title since 1998, placed third at the Big Ten Championships and qualifying for the NCAA Midwest Regional. The 400-meter relay of Richardson, Sayon, junior Stephen Bee and Chaney, Jr., earned all-region honors. Chaney, Jr., and Sayon placed third and fifth, respectively, in the 100 meters at the Big Ten Championships, while Chaney placed fourth in the conference 200 meters. Senior Ray Varner earned his third all-region honor in the 400-meter hurdles, earning a bid to the national meet. Varner, junior Connor Elmitt and Richardson placed third, seventh and eighth, respectively, in the 400-meter hurdles at the Big Ten meet. The 1,600-meter relay of junior Chris Barton, Richards, Varner and junior Steven Willey provisionally qualified for the NCAA indoor meet, while the squad of Barton, sophomore Erik Sowinski, Varner and Willey qualified for the NCAA Midwest Regional.

In 2008, Varner earned his second all-region honor in the 400-meter hurdles after making a strong run at the Big Ten title in that event. Both 1,600-meter relays and the outdoor 400-meter relay each earned top five finishes at the Big Ten Championships.

In 2007, Varner and the 400-meter relay team of Max Milder, Aaron Reed, Lee Elbert, Chaney, Jr. earned all-region honors. Chaney, Jr., Varner, Prince Riley and the 1,600-meter relay of David Pierre, Elbert, Varner and Riley all scored team points for Iowa at the Big Ten meet.

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

During the past decade Woody has run competitively on the international track circuit, earning a spot on three United States World teams. In 2003, he won the silver medal in the 400-meter hurdles at the World Championships and was ranked second in the world in the event. Woody was also part of the 1,600-meter relay which won the World Championships gold medal in 1999. In 2000, he was a member of the 3,200-meter relay which set a world record and he missed qualifying for the United States Olympic team by .37 seconds in the 400-meter hurdles.

Woody was a four-time all-American at Northern Iowa, winning the 1997 NCAA title in the 400-meter hurdles. He was inducted into the Drake Relays Hall of Fame in 2002. He is the only athlete in Drake Relays history to win the Athlete of the Meet award in high school (1992) and college (1994). Woody earned a B.A. in public relations and 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 (8) and Isabelle (6). Heather was an all-conference track student-athlete at Northern Iowa, and currently owns Heather Woody Unlimited, INC., which is a corporate and personal success coaching practice.

IOWA TRACK & FIELD



Paula Jantz
Administration



Syrena Evens
Secretary



Andy Winkelmann
Academic Advisor



Randy Jensen
Facilities



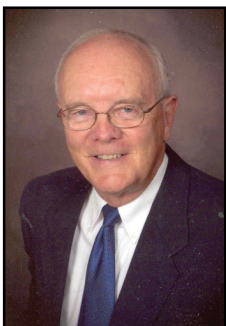
Randy McCray
Facilities



Rusty Burney
Strength Coach



Dan Hammes
Strength Coach



John Raffensperger
Volunteer
Assistant Coach



Jason Wakenight
Volunteer
Assistant Coach



Diane Nukuri
Volunteer
Assistant Coach



Terry Noonan
Director of Athletic
Training



Karla Popp
Graduate
Athletic Trainer



Kyle Wickwire
Student
Athletic Trainer



Tad Hulst
Director of
Operations



Mike Marbach
Manager



Laura Burgett
Manager

IOWA TRACK & FIELD

General Information

Location: Iowa City, IA
 Founded: 1847
 Enrollment: 30,328
 Conference: Big Ten
 School Colors: Black and Gold
 President: Sally Mason
 Director of Athletics: Gary Barta
 Nickname/Mascot: Hawkeyes/Herky the Hawk
 Cross Country Facility: Bill and Jim Ashton Cross Country Course
 Indoor Track & Field Facility: UI Recreation Building
 Outdoor Track & Field Facility: Francis X. Cretzmeyer Track

Coaching & Staff Information

Head Men's Coach (Year at Iowa): Larry Wiecezorek (24th)
 Events: Cross Country, Distance
 Alma Mater, Year: Iowa, 1969
 E-Mail Address: larry-wieczorek@uiowa.edu
 Head Women's Coach (Year at Iowa): Layne Anderson (8th)
 Events: Cross Country, Distance
 Alma Mater, Year: The Citadel, 1989
 E-Mail Address: layne-anderson@uiowa.edu
 Assistant Coach (Year at Iowa): Scott Cappos (15th)
 Events: Throws
 Alma Mater, Year: Indiana, 1992
 E-Mail Address: scott-cappos@uiowa.edu
 Assistant Coach (Year at Iowa): Clive Roberts (3rd)
 Events: Horizontal Jumps; Women's Short Sprints, Hurdles & Relays
 Alma Mater, Year: Central Michigan, 2003
 E-Mail Address: clive-roberts@uiowa.edu
 Assistant Coach (Year at Iowa): Christi Smith (3rd)
 Events: Multi-Events, Vertical Jumps
 Alma Mater, Year: Akron (2002)
 E-Mail Address: christi-smith@uiowa.edu
 Assistant Coach (Year at Iowa): Joey Woody (5th)
 Events: Men's Sprints, Hurdles & Relays; Women's Long Sprints & Hurdles
 Alma Mater, Year: Northern Iowa, 1997
 E-Mail Address: joey-woody@uiowa.edu
 Cross Country/Track Administrator: Paula Jantz
 Men's Cross Country/Track Secretary: Joyce Rossie
 Men's Office Phone: (319) 335-9743
 Women's Cross Country/Track Secretary: Kristi Higby
 Women's Office Phone: (319) 335-9257
 Office Address: Carver-Hawkeye Arena, Iowa City, IA 52242

Media Information

Cross Country SID: Patrick Sojka
 E-Mail Address: patrick-sojka@uiowa.edu
 Track & Field SID: Stephanie Dittmer
 E-Mail Address: stephanie-dittmer@uiowa.edu
 Sports Information Phone: (319) 335-9411
 Sports Information Fax: (319) 335-9417
 Office Address: Carver-Hawkeye Arena, Iowa City, IA 52242
 Web Site: www.hawkeyesports.com

Men's Track & Field Team Information

2010 Big Ten Indoor Championships Place (Points): 5th (56)
 2010 NCAA Indoor Championships Qualifiers Returning/Lost: 7/2
 2010 Big Ten Outdoor Championships Place (Points): 4th (86)
 2010 Big Ten Outdoor Champions Returning/Lost: 2/1
 2010 Regional Qualifiers Returning/Lost: 8/1
 2010 NCAA Outdoor Championships Qualifiers Returning/Lost: 7/0
 2009 Outdoor All-Americans Returning/Lost: 4/0
 Academic All-Big Ten Returning/Lost: 6/4
 2010 Letterwinners Returning/Lost: 35/8

Men's Track & Field Historical Information

Highest Big Ten Indoor Team Place (Yrs.): 1st (1926, 1929, 1963)
 Highest NCAA Indoor Champ's Team Place (Yrs.): 11th (1967, 1998)
 Highest Big Ten Outdoor Champ's Team Place (Yrs.): 1st (1963, 1967) Highest
 NCAA Regional Team Finish (Pts., Yr.): 12th (25, 2008)
 Highest NCAA Outdoor Champ's Team Place (Yr.): 7th (1967)
 NCAA Champions: 10 champions, 12 titles
 All-Americans: 50 student-athletes, 89 honors
 NCAA Regional Champions/Qualifiers: 1/133
 All-Region Honorees: 25 student-athletes, 34 honors
 Big Ten Indoor Champions: 78 champions, 104 titles
 Big Ten Outdoor Champions: 136 champions, 170 titles
 All-Big Ten Honorees: 54 student-athletes, 86 honors
 Academic All-Big Ten Honorees: 68 student-athletes, 142 honors

Women's Track & Field Team Information

2010 Big Ten Indoor Championships Place (Points): 9th (36)
 2010 NCAA Indoor Championships Qualifiers Returning/Lost: 7/0
 2010 Big Ten Outdoor Championships Place (Points): 10th (34)
 2010 Regional Qualifiers Returning/Lost: 2/0
 2010 NCAA Outdoor Championships Qualifiers Returning/Lost: 2/0
 2010 Academic All-Big Ten Returning/Lost: 11/8
 2010 Letterwinners Returning/Lost: 21/8

Women's Track & Field Historical Information

Highest Big Ten Indoor Team Place (Pts., Yr.): 3rd (65, 1981; 89, 2004)
 Highest NCAA Indoor Champ's Team Place (Pts., Yr.): 14th (10, 1993)
 Highest AIAW Indoor Champ's Team Place (Pts., Yr.): 10th (15, 1982)
 Highest Big Ten Outdoor Champ's Team Place (Pts., Yr.): 3rd (75, 1981)
 Highest NCAA Regional Team Finish (Pts., Yr.): 8th (34.5, 2007)
 Highest NCAA Outdoor Champ's Team Place (Pts., Yr.): 19th (12, 1992)
 Highest AIAW Outdoor Champ's Team Place (Pts., Yr.): 10th (21, 1982)
 NCAA Champions: 3 Champions, 4 Titles
 All-Americans: 30 student-athletes, 56 honors
 NCAA Regional Champions/Qualifiers: 3/113
 All-Region Honorees: 20 student-athletes, 35 honors
 Big Ten Championships (Indoor/Outdoor): 30/21
 All-Big Ten Honorees: 40 student-athletes, 61 honors
 Academic All-Big Ten Honorees: 93 student-athletes, 170 honors

IOWA TRACK & FIELD

**Matt Banse**

Junior - Throws

Strawberry Point, IA

Starmont High School

2010 -- Indoor - led team in weight throw (61-7 1/2, 18.78m) with win at Iowa Invite, a toss that ranks sixth all-time at Iowa... threw a collegiate-best 55-1 1/2 (16.80m) in shot put with second-place finish at Iowa Invite... won weight throw (60-4 1/2, 18.40m) and placed third in shot put (52-6, 16.00m) at Iowa Open... **Outdoor** - led team in hammer throw with collegiate-best 199-0 (60.66m)... tied for sixth all-time at Iowa... competed in hammer throw (17th, 196-1, 59.76m) and shot put (39th, 52-2, 15.90m) at NCAA West Regional... threw collegiate-best in the shot put at Big Ten Championships (56-9 1/4, 17.30m)... won hammer throw in three of six competitions this season... won at Tiger Track Classic (190-10, 58.17m), Lee Calhoun Memorial (199-0, 60.66m), and Iowa Invitational (187-7, 57.18m)... won shot put at Lee Calhoun Memorial (52-7 1/4, 16.03m)... placed second in hammer throw at Musco Twilight XI (195-10 3/4, 59.71m)... placed third in shot put at Iowa Invitational (50-8 1/4, 15.45m)... letterwinner. **2009 -- Indoor** - led team in weight throw (54-8 1/4)... placed 23rd in weight throw (53-1 1/2) at Big Ten Championships... placed second in weight throw and fourth in shot put against Illinois (54-1 1/2, 52-11 1/2) and at Iowa Invite (52-0, 53-0)... **Outdoor** - placed 24th in hammer (165-5) at NCAA Midwest Regional... qualified for regional meet in hammer throw with his season-best 187-7 for second place at Messersmith Invite... that mar led the team... won shot put at Lee Calhoun Memorial with a season-best 54-2... placed 17th in hammer (175-6) at Big Ten Championships... placed ninth in shot put (53-11) and 13th in hammer (172-1) at Tiger Track Classic, 14th in hammer (176-6) at Drake Relays, and fourth in hammer (169-0) and fifth in shot put (51-5 3/4) at Illinois Invite... letterwinner. **2008 -- Track** - redshirted **High School** -- four-time state champion and six-time conference champion... won Drake Relays shot put title senior year... set school shot put (61-4) and discus (173-11) records... coached by Doug Guilford and Matt Lee... lettered four years in baseball, two in football and one in wrestling... National Honor Society member... honor roll student. **Personal** -- born January 29, 1988... son of Tom and Bonnie Banse... his brother, Andy, was a four-year letterwinner in track (2002-05) at Iowa... sports studies major.

Banse's Collegiate Bests

Event	Mark	Meet	Date
Shot Put (O)	56-9 1/4 (17.30m)	at Big Ten Championships	5/16/10
Wt. Throw (I)	61-7 1/2 (18.78 m)	Iowa Invite	2/19/10
Hammer (O)	199-0 (60.66m)	at Lee Calhoun	4/10/10

IOWA TRACK & FIELD

**Chris Barton**

Senior - Sprints
Sherman Oaks, CA
Notre Dame High School

2010 -- Indoor - ran second leg on team-leading distance medley relay (9:51.05)... this time ranks fourth all-time at Iowa... ran collegiate-best 600 meters at Iowa Open (1:22.13)... ran season-best 400 meters at ISU Classic (48.15)... ran season-best 200 meters at Razorback Invite (22.44)... earned a win in the 400 meters at the Iowa Invite (49.03)... **Outdoor** - ran second leg

on team-leading 1,600-meter relay that placed second at Drake Relays (3:05.73) and Big Ten Championships (3:07.75)... earned second team all-Big Ten honors... ran second leg on fourth-place distance medley relay at Drake Relays (9:42.97)... this time ranks second all-time at Iowa... ran third leg on winning 1,600-meter relay squad at Iowa Invitational (3:15.54)... placed fifth at Big Ten Championships in 400 meters with collegiate-best 47.21... ran collegiate-best 22.13 in the 200 meters at Iowa Invitational. **2009 -- Indoor** - ran third leg on 1,600-meter relay that led team and ran NCAA provisional qualifying 3:09.62 at Last Chance Qualifier... that time ranks 10th on Iowa's all-time best performers list... ran third leg on 1,600-meter relay that placed eighth at Big Ten Championships (3:14.73)... ran collegiate-best 200 meters (22.47) at Iowa State Classic... ran season-best 400 meters (48.32) at Mayo Invite... **Outdoor** - qualified for regional meet as part of team-leading 1,600-meter relay (3:08.81)... ran third leg on 1,600-meter relay that placed third at John McDonnell Invite (3:08.81) and fourth at Drake Relays (3:11.46)... ran third leg on sprint medley relay that placed second at Drake Relays in 3:20.05, which ranks third in school history... ran season-best 400 meters (47.61) at Illinois Invite... letterwinner. **2008 -- Indoor** - ran season-best 400 meters (48.16) at Last Chance Qualifier... ran third leg on 1,600-meter relay that led team (3:10.74) and placed fourth at Big Ten Championships (3:15.12)... **Outdoor** - led team in 400 meters (47.31) and anchored team-leading 1,600-meter relay (3:11.11)... also ran third leg on team-leading sprint medley relay (3:21.14)... that time ranks eighth in school history... placed third in 400 meters at Tiger Classic with a collegiate-best 47.31... letterwinner. **High School** -- member of state champion 400-meter relay (41.83) junior year... placed third 400 meters (47.7) at state meet junior year... all-district and all-conference as a junior... team captain senior year... two-time most valuable sprinter. **Personal** -- born April 13, 1989... son of Don and Kathy Barton... father competed in track at USC... electrical and computer engineering major.

Barton's Collegiate Bests

Event	Time	Meet	Date
200 Meters (O)	22.13	Iowa Invitational	4/17/10
400 Meters (O)	47.04	at NCAA Regional	5/27/10
600 Meters (I)	1:22.13	Iowa Open	1/16/10

**Mark Battista**

Senior - Distance
New Lenox, IL
Lincoln Way Central HS

2010 -- Indoor - ran a collegiate-best 8:25.82 in the 3,000 meters at Big Ten Championships... ran collegiate best 4:16.37 with a second-place finish in the mile at the Iowa Invite... anchored distance medley at ISU Classic (10:05.33)...

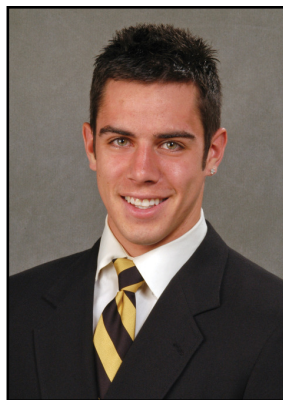
Outdoor - ran a collegiate-best 9:04.60 in the 3,000-meter steeplechase at Drake Relays, a

time that ranks ninth all-time at Iowa... competed in 3,000-meter steeple chase at NCAA West Regional (34th, 9:10.34)... ran collegiate-best 1,500 meters at Musco Twilight XI (3:56.00)... ran collegiate-best in 1,500 meters (3:56.26) and season-best in 3,000 meters (8:32.66) at Tiger Track Classic... letterwinner. **2009 -- Indoor** - placed third in 3,000 meters at Last Chance Qualifier (8:40.20)... ran season best in mile (4:24.73) at Jack Jennet Invite and collegiate-best in the 5,000 meters (15:00.63) at Iowa State Classic... **Outdoor** - runner-up in 3,000-meter steeplechase (9:37.20) at Lee Calhoun Memorial... placed fourth in 1,500 meters (4:08.60) at Messersmith Invite and 3,000 meters (8:42.11) at Illinois Invite... **Cross Country** - all-region honoree, placing 25th at NCAA Regional with a collegiate-best 31:42 (10,000 meters)... placed 34th at Big Ten Championships (26:18)... one of four Hawkeyes to compete in every race... ran collegiate-best 6,000 meters (19:08) at Hawkeye Invite... placed third at Iowa State Intercollegiate (25:24)... also competed at Wisconsin Adidas Invite (25:07) and NCAA Pre-Nationals (25:02)... letterwinner. **2008 -- Track** - redshirted... **Cross Country** - ran collegiate-best 8,000 meters (23:48) at Auburn Invite and season-best 6,000 meters (19:28) at Iowa Invite... his 8,000-meter time ranks sixth in school history... placed 55th at NCAA Midwest Regional with a season-best 32:37 (10,000 meters)... placed 39th at Big Ten Championships (25:31)... team earned USTFCCA academic all-America honors... letterwinner. **2007 -- Cross Country** - placed 57th with season-best 8,000 meters (25:26) at Big Ten Championships... placed 60th with collegiate-best 10,000 meters (31:53) at NCAA Midwest Regional... team earned USTFCCA academic all-America honors... letterwinner. **High School** -- two-time conference and sectional cross country champ and two-time conference runner-up in track two miles... two-time sectional 3,200-meter champion... placed sixth at cross country state meet senior year... five-time all-conference and all-section, three-time all-region and two-time all-state... bests were 4:18 in mile and 9:15 in two miles. **Personal** -- born March 12, 1989... son of Mark and Pamela Battista... business major.

Battista's Collegiate Bests

Event	Time	Meet	Date
1,500 Meters (O)	3:56.00	Musco Twilight XI	5/1/10
3,000 Meters (O)	8:32.66	at Tiget Track Classic	4/3/10
Mile (I)	4:16.37	Iowa Invite	2/19/10
3,000 Meters (I)	8:25.82	at Big Tens	2/27/10
3,000 Steeplechase (O)	9:04.60	at Drake Relays	4/22/10
5,000 Meters (I)	15:00.63	at Iowa State Classic	2/13/09
6,000 Meters (CC)	19:08	Hawkeye Invite	9/4/09
8,000 Meters (CC)	23:48	at Auburn Invite	10/4/08
5.2 Miles (CC)	26:18	at Big Ten Championships	11/1/09
10,000 Meters (CC)	31:42	at NCAA Regional	11/14/09

IOWA TRACK & FIELD

**Stephen Bee**

Junior - Sprints

South Elgin, IL

Larkin High School

2010 -- Indoor - ran collegiate-best 60 meters at Iowa Open (7.00)... ran season-best 21.91 in 200-meters at Razorback Invite... ran second leg on 1,600-meter relay at Iowa Open (3:25.61)... **Outdoor** - ran third leg on team-leading 400-meter relay squad, winning at the Iowa Invitational (40.43), placing second at Musco Twilight XI (40.49), and placing third at

Big Ten Championships (40.55)... ran third leg on 400-meter relay team at NCAA West Regional (17th, 40.31)... ran collegiate-best 100 meters (10.83) and season-best 200 meters (21.91) at Musco Twilight XI... letterwinner. **2009 -- Indoor** - ran season bests in 60 meters (7.03) at Iowa Invite and 200 meters (22.64) at Iowa Open... **Outdoor** - ran third leg on 400-meter relay that placed fifth at NCAA Midwest Regional (40.33)... that relay ran a team-leading and season best time of 39.94 in the prelims, which ranks third all-time at Iowa... ran on team-leading 800-meter relay that placed sixth and set school record of 1:24.85 at Drake Relays... ran season bests in 100 meters (10.92) at Illinois Invite and 200 meters (21.58) at Big Ten meet... letterwinner. **2008 -- Track** - redshirted. **High School** -- section and conference 200-meter champion (22.0), placing second in conference 55 meters (6.57) senior year... three-time all-conference... two-time state qualifier... all-area senior year... team co-captain and MVP junior year. **Personal** -- born November 11, 1987... son of Richard and Christa Bee... math and education major.

Bee's Collegiate Bests

Event	Time	Meet	Date
60 Meters (I)	7.00	Iowa Open	1/16/10
100 Meters (O)	10.83	Musco Twilight XI	5/1/10
200 Meters (O)	21.58	at Big Ten Championships	5/16/09

IOWA TRACK & FIELD

**Danielle Berndt**

Junior - Distance
Bloomington, MN
Kennedy High School

2010 -- Indoor - ran collegiate-best mile at the ISU Classic (5:12.62)... **Outdoor** - led the team in steeplechase (10:56.47) with a win at Iowa Invite that is a collegiate-best and ranks fourth all-time at Iowa... ran a season-best 4:42.53 in the 1,500 meters with a third-place finish at Lee Calhoun Memorial... finished second in 1,500 meters at Central Invite (4:45.77)...

placed second in steeplechase at Musco Twilight XI (11:00.50)... letterwinner.

2009 -- Indoor - ran season-best mile (5:17.31) at Mayo Invite... **Outdoor** - led team in 3,000 meters (10:20.62)... ran collegiate-best 1,500 meters (4:40.02) at Messersmith Invite... placed fourth in 1,500 meters (4:46.68) at Lee Calhoun Memorial... anchored team-leading distance medley relay (12:11.56) at Drake Relays... letterwinner... **Cross Country** - redshirted. **2008 -- Cross Country** - ran collegiate bests in 3,000 meters (11:03) at Hawkeye Invite and 5,000 meters (19:06) at Auburn Invite... team earned USTFCCA all-academic honors... letterwinner. **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.

Berndt's Collegiate Bests

Event	Time	Meet	Date
1,500 Meters (O)	4:40.02	at Messersmith Invite	4/18/09
Mile (I)	5:12.62	at ISU Classic	2/12/10
3,000 Meters (I)	10:19.57	at Iowa State Classic	2/13/09
3,000 Steeplechase (O)	10:56.47	at Iowa Invitational	4/17/10
3,000 Meters (CC)	11:03	Hawkeye Invite	8/29/08
5,000 Meters (CC)	19:06	at Auburn Invite	10/4/08

**Nick Brayton**

Junior - Throws
Iowa City, IA
West High School

2010 -- Indoor - threw a collegiate-best 51-5 3/4 (15.69m) in the shot put at the Jack Johnson Invite... placed third in the shot put at the Iowa Invite (50-4 1/2, 15.35m)... **Outdoor** - threw a season-best 166-1 1/4 (50.63m) in the discus at Musco Twilight XI... placed seventh in discus at Big Ten Championships (161-7, 49.26m)... letterwinner. **2009 -- Indoor** - placed fourth in

shot put with season-best 51-3 1/2 at Iowa Open... posted collegiate-best weight throw (46-11 1/2) against Illinois... placed fifth in shot put (51-0 1/4) at Iowa Invite...

Outdoor - placed 16th in discus (168-11) at NCAA Midwest Regional... qualified for regional meet in discus with a winning 180-11 at Messersmith Invite... that collegiate-best throw lead team and ranks sixth in school history... placed fifth in discus at Tiger Track Classic (173-3), seventh at Illinois Invite (155-4) and 12th at Big Ten Championships (156-3)... placed second in discus (163-0) and fifth in shot put (48-6) at Lee Calhoun Memorial... letterwinner. **2008 -- Track** - redshirted... placed fourth in discus (171-9) at Musco Twilight X while competing unattached.

High School -- won Class 4-A state title in the discus as a senior, setting a state meet record of 192-6... won Drake Relays discus title ... lettered three years in track and field, three in wrestling and two in football... second team all-state and first-team all-conference in football as a senior... named to the 2007 Nike all-American Track and Field team, USA Today High School all-American and the Press Citizen Athlete of the Year... was captain of West High's state champion wrestling team and state champion track and field team in 2007... football captain in 2006... honor roll student. **Personal** -- born June 12, 1989... son of Doug and Diana Brayton... open major.

Brayton's Collegiate Bests

Event	Mark	Meet	Date
Shot Put (I)	51-5 3/4 (15.69m)	at Jack Johnson Invite	1/23/10
Weight Throw (I)	46-11 1/2 (14.31 m)	Iowa vs. Illinois	1/10/09
Discus (O)	180-11 (55.15)	at Messersmith Invite	4/18/09

IOWA TRACK & FIELD

**Matt Byers****Sophomore - Throws****Wichita, KS****Wichita East High School**

2010 -- Indoor - did not compete... **Outdoor** - Big Ten Champion in the javelin (220-6, 67.22m)... first team all-Big Ten honoree... threw a collegiate-best 232-2 (70.76m) in his freshman debut... this ranks second all-time at Iowa... placed third at Drake Relays (205-8, 62.69m) and Musco Twilight XI (205-0 3/4, 62.50m). **High School** -- member of 2009

USA Pan-American team... two-time runner-up in javelin at USA Junior National Championships... two-time conference javelin champion, placing second at state meet twice... set school javelin record (219-8)... also lettered three years in basketball... coached by Brian Byers and Mike Draut. **Personal** -- born November 12, 1990... son of Brian and Debbie Byers... open major.

Byers' Collegiate Bests

Event	Mark	Meet	Date
Javelin	232-2 (70.76m)	at Sun Angel Classic	4/10/10

**Paul Chaney, Jr.****Senior - Sprints****St. Louis, MO****University High School**

2010 -- did not compete... **2009 -- Indoor** - led team in 60 (6.80) and 200 meters (21.34)... the 60-meter time ranks third and the 200-meter time ranks fourth on Iowa's all-time best performers list... placed fifth in 200 meters (21.45) and sixth in 60 meters (6.84) at Big Ten Championships... won 60 meters (6.80) at Iowa Invite... **Outdoor** - anchored team-leading 400-meter relay to

fifth-place (40.33) at NCAA Midwest Regional... that relay ran a team-leading and season-best time of 39.94 in the prelims, which ranks third all-time at Iowa... also ran team-leading collegiate-bests in 100 (10.46) and 200 meters (21.04) at regional meet... the 100-meter time ranks 10th all-time at Iowa... placed third in 100 (10.59) and fourth in 200 meters (21.17), and anchored 400-meter relay to third place (40.85) at Big Ten meet... anchored 400-meter relay to Drake Relays title (40.71)... also anchored 800-meter relay to a school-record 1:24.85 at Drake... ran second leg on sprint medley relay that placed second at Drake in 3:20.05, which ranks third in school history... missed the first month of the outdoor season due to spring football practice... Iowa's Big Ten Sportsmanship Award winner... letterwinner. **2008 -- Indoor** - led team in 60 (6.85) and 200 meters (21.65)... placed eighth in 60 (6.92) and 200 meters (22.07) at Big Ten Championships... **Outdoor** - redshirted... letterwinner... **Football** - played in six games at wide receiver... caught two passes for 19 yards against Maine. **2007 -- Indoor** - led team in 60 (6.89) and 200 meters (21.45)... placed seventh in 200 (21.67) and eighth in 60 meters (6.91) at the Big Ten Championships... **Outdoor** - qualified for NCAA regional as part of winning 400-meter relay (40.58) at Musco Twilight IX... ran on 400-meter relay that placed eighth (42.53) and earned all-region honors at NCAA regional after running a season-best and team-

leading 40.54 in prelims... led team in 200 meters (21.53)... placed fourth in 100 meters (10.62) and sixth in 200 meters (21.53) at Big Ten Championships... rejoined the track team after spring football practice ended on April 21... letterwinner... **Football** - ranked 10th in the Big Ten in kickoff returns average (18.0) for all games... played in 10 games, catching 19 passes for 210 yards and one touchdown... returned 13 kickoffs for 234 yards, which ranks second on team... returned three punts for 13 yards... letterwinner. **2006 -- Football** - redshirted at wide receiver. **High School** -- state champion in 100 (10.52) and 200 meters (21.04)... the 200-meter time tied state record... posted the sixth-fastest 100-meter time in the nation as a junior... runner-up in 200 meters at nationals... lettered three years in track and football and two in basketball... earned three letters in track and two in basketball. **Personal** -- born June 22, 1987... son of Paul and Susan Chaney... finance major.

Chaney, Jr.'s Collegiate Bests

Event	Time	Meet	Date
60 Meters (I)	6.80	Iowa Invite	2/20/09
100 Meters (O)	10.46	at NCAA Regional	5/29/09
200 Meters (O)	21.04	at NCAA Regional	5/29/09

**Rachel Curry****Sophomore - Throws****Homestead, IA****Williamsburg High School**

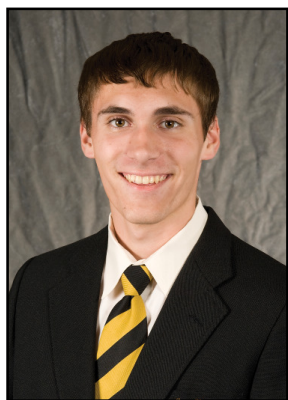
2010 -- Indoor - redshirted... **Outdoor** - threw a collegiate-best 45-1 3/4 (13.76m) in the shot put, placing third at Musco Twilight XI... threw a collegiate-best 142-1 (43.32m) in the discus at the Lee Calhoun Memorial... placed third in the shot put at the Lee Calhoun Memorial (43-6, 13.26m) and the Iowa Invitational (43-4 1/2, 13.22). **High School** -- state champion in discus

and placed second in shot put at state meet senior year... four-time Drake Relays qualifier... best marks are 44-0 1/4 in shot put and 135-11 in discus... coached by Nick Nordheim. **Personal** -- born June 28, 1991... daughter of Sam and Janelle Curry... chemistry/pre-medicine major.

Curry's Collegiate Bests

Event	Distance	Meet	Date
Shot Put (O)	45-1 3/4 (13.76m)	Musco Twilight XI	5/1/10
Discus (O)	142-1 (43.32)	Lee Calhoun Memorial	4/10/10

IOWA TRACK & FIELD

**Kevin Dibbern**

Sophomore - Sprints
Iowa City, IA
City High School

2010 -- Indoor - led team in 200 meters, running a season-best 21.81 at the Razorback Invite... ran third leg on team-leading 1,600-meter relay that provisionally qualified with a time of 3:09.83 at the Mayo Invite...placed fourth in the 400 meters at Big Ten Championships (48.73)...ran a season-best 400 meters at the Mayo Invite (48.35)...ran a collegiate-best 60 meters at the

Iowa vs. Illinois dual meet (7.18)...**Outdoor** - ran a collegiate-best 200 meters with a win at the Razorback Invite (21.33)...ran a collegiate-best 400 meters at the Tiger Track Classic (48.04)...letterwinner. **High School** -- two-time state champion in 400 meters... the personal-best 47.77 he ran his senior year ranks sixth in state meet history... won two conference titles in 400 meters, and one each in 100 meters and as part of 1,600-meter relay... team won conference title his freshman year... best times were 10.70 in 100 meters and 21.56 in 200 meters... four-time all-conference, three-time all-district and all-state... two-time team MVP... academic all-state and all-conference senior year, and team captain... also competed in football and cross country... 2009 *Iowa City Press-Citizen* Male Track Athlete of the Year... ended senior year ranked first in the Heartland in 400 meters... National Honor Society member... coached by Tom Carey, Mike Moore, Tim Casey, Jayme Skay, Ryan Ahlers, Andrew Smith and Josh Hildebrand. **Personal** -- born July 25, 1990... son of Bill and Karla Dibbern... engineering major.

Dibbern's Collegiate Bests

Event	Time	Meet	Date
60 Meters (I)	7.18	Iowa vs. Illinois	1/9/10
200 Meters (O)	21.33	at Razorback Invite	3/17/10
400 Meters (O)	48.04	at Tiger Track Classic	4/3/10

**Brittany Dlhhy**

Junior - Distance
West Branch, IA
West Branch High School

2010 -- Indoor - ran collegiate-best 800 meters at Big Ten Championships (2:12.91)... ran collegiate-best mile with fourth place finish at ISU Classic (5:00.57)... **Outdoor** - ran lead leg on team-leading distance medley relay at the Drake Relays (11:43.06), a time that ranks ninth all-time at Iowa... ran season-best 1,500 meters while placing fourth at the Stanford In-

invite (4:38.37)... ran season-best 2:17.70 in the 800 meters at the CCU Shamrock... letterwinner. **2009 -- Indoor** - ran collegiate best in 600 meters (1:36.50) at Iowa Invite ...ran season best in 800 meters (2:14.37) at Big Ten Championships... placed 13th in 800 meters at Iowa State Classic (2:16.96) and Last Chance Qualifier (2:16.58)... **Outdoor** - ran collegiate-best 1,500 meters (4:35.91) at Big Ten Championships... ran second leg on team-leading 3,200-meter relay that placed sixth in 8:53.91 at Drake Relays... that time ranks fourth in school history... letterwinner. **2008 -- Cross Country** - redshirted. **High School** -- four-time first team all-conference and all-district in cross country, earning elite all state honors... 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... five-time team most valuable runner in cross country and track... cross country team advanced to 2006 Nike Team Nationals... four-time placewinner at state cross country meet... 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... anchored runner-up distance medley relay and third-place 3,200-meter relay at state meet freshman year... 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 and national scholar-athlete award winner... coaches were Harlan Ferguson, Carol Lumpa and Tom Mittman. **Personal** -- born August 31, 1990... daughter of Ken Dlhhy and Wendy Fowler... open major.

Dlhhy's Collegiate Bests

Event	Time	Meet	Date
600 Meters (I)	1:36.50	Iowa Invite	2/20/09
800 Meters (I)	2:12.91	at Big Ten Championships	2/27/10
1,500 Meters (O)	4:35.91	at Big Ten Championships	5/16/09
Mile (I)	5:00.57	at ISU Classic	2/12/10

IOWA TRACK & FIELD



Alissa Duffy

Junior - Distance
West Des Moines, IA
Valley High School
Iowa State University

2010 -- Indoor - ran collegiate-best mile at Iowa Invite (5:31.37)... **Outdoor** - ran collegiate-best 1,500 meters at Iowa Invitational (5:10.50)... letterwinner. **2009 -- Cross Country** - placed 18th at Hawkeye Invite (11:21)... team earned USTFCCA all-academic honors. **2007-08 --**

competed in cross country and track at Iowa State. **High School --** two-time district 3,000-meter champion, winning conference title... four-time all-state, all-district and all-conference in cross country and track... team won four district and conference track team titles and three district and conference cross country team titles... best times were 4:54 in 1,500 meters, 10:46 in 3,000 meters and 14:32 in cross country 4,000 meters... cross country team MVP senior year... coached by Aaron Herman, Keith Borness and Bob Hardin... also played soccer on Valley's state champion team. **Personal --** born January 4, 1989... daughter of Brian and Sharon Duffy... her sister, Shanna, competed in cross country and track at Iowa and her sister, Tiffin, rowed at Iowa... integrative physiology major.

Duffy's Collegiate Bests

Event	Time	Meet	Date
1,500 Meters (O)	5:10.50	Iowa Invite	4/17/10
1,600 Meters (I)	5:31.37	Iowa Invite	2/19/10



Brooke Eilers

Sophomore - Distance
Holland, MI
Holland Christian High School

2010 -- Indoor - did not compete... **Outdoor** - redshirted. **2009 -- Indoor** - redshirted... **Outdoor** - anchored team-leading 6,400-meter relay to third-place finish (19:36.43) at Drake Relays... that time ranks second in school history... ran collegiate bests in 1,500 meters (4:34.44) at Sun Angel Classic and 5,000 meters (17:20.73) at Stanford Invite... won 1,500

meters (4:35.29) at Illinois Invite... letterwinner... **Cross Country** - earned all-region honors by placing 13th at NCAA Regional (21:14-6,000 meters)... Iowa's top finisher in three races... placed 10th at Wisconsin Adidas Invite (17:30), 29th at NCAA Pre-Nationals (21:17) and 32nd at Big Ten Championships (21:34)... ran collegiate-best 3,000 meters (10:24) at Hawkeye Invite for third place... that time ranks fifth in school history... Iowa's Big Ten Sportsmanship Award honoree... earned USTFCCA all-academic honors as individual and part of team... academic all-Big Ten... letterwinner. **2008 -- Cross Country** - ran collegiate-best 5,000 meters (16:53) at Auburn Invite and 6,000 meters (21:06) at NCAA Pre-Nationals... the 6,000-meter time ranks sixth and the 5,000-meter time ranks 10th in school history... ran season-best 3,000 meters (10:43) at Hawkeye Invite... placed 31st (21:50) at NCAA Midwest Regional and 38th (22:03) at Big Ten Championships... team earned USTFCCA all-academic honors... letterwinner. **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 placemaker 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.

Eilers' Collegiate Bests

Event	Time	Meet	Date
1,500 Meters (O)	4:34.44	at Sun Angel Classic	4/12/09
3,000 Meters (CC)	10:43	Hawkeye Invite	8/29/08
5,000 Meters (O)	17:20.73	at Stanford invite	3/27/09
5,000 Meters (CC)	16:53	at Auburn Invite	10/4/08
6,000 Meters (CC)	21:06	at Pre-Nationals	10/18/08



Nicole Erickson

Junior - Sprints
Cedar Rapids, IA
Kennedy High School

2010 -- Indoor - ran collegiate-best 1:36.60 in 600 meters with second-place finish at Iowa Open... ran a season-best 57.36 in 400 meters at Husker Invite... ran third leg on winning 1,600-meter relay at Iowa Open (4:00.76)...

Outdoor - ran on team-leading 1,600-meter relay with season-best 3:39.88 at Tiger Track Classic, a mark that ranks sixth all-time at

Iowa... ran on 1,600-meter relay at NCAA West Regional (19th, 3:41.66)... ran collegiate-best 400 meters (57.19) and 400-meter hurdles (1:02.52) at Sun Angel Classic... ran on team-leading distance medley relay (11:43.06), a time that ranks ninth all-time at Iowa. **2009 -- Indoor** - ran on team-leading 1,600-meter relay that placed eighth in 3:46.98 at Big Ten meet... ran collegiate-best 600 yards (1:26.52) at Iowa State Classic...ran season-best 600 meters (1:40.26) at Iowa Open... **Outdoor** - ran collegiate-best in 200 meters (26.48) at Messersmith Invite... anchored team-leading 800-meter relay (1:38.79) at Drake Relays and 1,600-meter relay (3:48.22) at Big Ten meet... the 800-meter relay time ranks sixth in school history... letterwinner. **High School --** five-time conference champion... won 400 and placed third in 200 meters at 2008 state indoor meet... seven-time all-conference... three-time team MVP... team captain... ran on winning 800-meter relay at 2008 Senior Spotlight meet... best times were 57.03 in 400 meters and 25.26 in 200 meters... lettered four years in track and three in cross country... academic letterwinner... coach was Joe Bunch. **Personal --** born October 26, 1989... daughter of Scott and Cindy Erickson... integrative psychology major.

Erickson's Collegiate Bests

Event	Time	Meet	Date
200 Meters (O)	26.48	at Messersmith Invite	4/18/09
400 Meters (O)	57.19	at Sun Angel Classic	4/9/10
400-Meter Hurdles (O)	1:02.52	at Sun Angel Classic	4/9/10
600 Yards (I)	1:26.52	at Iowa State Classic	2/13/09
600 Meters (I)	1:36.60	Iowa Open	1/16/10

IOWA TRACK & FIELD



Fionna Fallon
Graduate Student - Distance
Des Moines, IA
Portland State University

2010 -- Indoor - did not compete... **Outdoor** - ran a personal best 36:35.95 in the 10,000 meters at the Big Ten Championships... ran a season best 4:54.80 in the 1,500 meters at the Iowa Invitational... ran a season best 10:24.81 in the 3,000 meters at CCU Shamrock. **2009 -- Track** - did not compete... **Cross Country** - placed ninth at Hawkeye Invite with a

collegiate-best 3,000 meters (10:44)... also placed 57th at Wisconsin Adidas Invite (18:13)... team earned USTFCCCA all-academic honors... academic all-Big Ten... letterwinner. **2008 -- Indoor** - ran collegiate-best mile (5:15.51) at Iowa Open and 5,000 meters (17:54.33) at Mayo 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... **Cross Country** - ran collegiate-best 5,000 meters (17:39) at Auburn Invite and 6,000 meters (22:21) at NCAA Midwest Regional, and season-best 3,000 meters (11:07) at Iowa Invite... also competed at NCAA Pre-Nationals (22:24) and NCAA Championships (22:30)... academic all-Big Ten... team earned USTFCCCA all-academic honors... 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	9/15/07
Mile (I)	5:15.51	Iowa Open	1/19/08
3,000 Meters (O)	10:16.76	Iowa Invite	4/19/08
3,000 Meters (CC)	10:44	Hawkeye Invite	9/4/09
4,000 Meters (CC)	15:38	Hawkeye Invite	9/15/07
5,000 Meters (I)	17:54.33	at Mayo Invite	2/9/08
5,000 Meters (CC)	17:39	at Auburn Invite	10/4/08
6,000 Meters (CC)	22:21	at NCAA Regional	11/15/08
10,000 Meters	36:35.95	at Big Ten Championships	5/14/10



Betsy Flood
Junior - Middle Distance
Des Moines, IA
Dowling High School

2010 -- Indoor - ran collegiate-best, provisional qualifying mile at Big Ten Championships (4:42.70), which ranks fifth all-time at Iowa... ran collegiate-best, provisional qualifying 3,000-meter at Mayo Invite (9:32.09), which ranks eighth all-time at Iowa... ran lead leg on provisional qualifying distance medley that placed third at Big Tens (11:25.01)... placed second in 800 me-

ters at Iowa Open with collegiate-best 2:17.12... placed third in mile at Jack Johnson Classic (4:52.56) and ISU Classic (4:46.09)... **Outdoor** - placed 10th in 1,500 meters at NCAA Regional (4:20.20)... placed third at Big Tens in 1,500 meters with team-leading collegiate-best 4:17.75 which ranks second all-time at Iowa... won 3,000 meters at Musco Twilight XI with a team-leading collegiate-best 9:22.63 which ranks third all-time at Iowa... placed second in 5,000 meters at Stanford Invite with a collegiate-best team-leading 16:32.34, which ranks seventh all-time at Iowa... ran lead leg on second-place 6,400-meter relay (19:05.63) and fourth-place 3,200-meter relay (8:54.45) at Drake Relays... 6,400-meter relay time is a school record. **2009 -- Indoor** - ran third leg on team-leading distance medley relay that placed third in 11:27.34 at Big Ten Championships to provisional qualify for NCAA meet... that relay time ranks third on Iowa's all-time best performers list... led team in mile with collegiate-best 4:51.75 she ran at Iowa State Classic... that time ranks ninth in school history... ran 4:52.35 mile at Big Ten Championships... ran collegiate bests in 600 meters (1:35.42) at Iowa Invite and 800 meters (2:16.67) at Jack Johnson Classic... **Outdoor** - ran a team-leading and collegiate-best 4:24.11 in 1,500 meters at NCAA Championships prelims... that time ranks seventh all-time at Iowa... placed fourth in 1,500 meters (4:25.98) at NCAA Midwest Regional to earn all-region honors and a NCAA automatic bid... qualified for regional meet in 1,500 meters (4:24.91)... placed 10th in 1,500 meters (4:27.39) at Big Ten meet, running a 4:24.91 in the prelims... ran team-leading and collegiate-best 800 meters (2:11.69) at Illinois Invite... that time ranks 10th in school history... ran lead legs on team-leading 3,200-meter (8:53.81) and 6,400-meter (19:36.43) relays at Drake Relays... those times rank fourth and second, respectively, in school history... Iowa's women's track Big Ten Sportsmanship Award winner... letterwinner... **Cross Country** - placed 26th at Big Ten Championships with a collegiate-best 21:29 (6,000 meters)... that time ranks ninth in school history... placed 44th at NCAA Regional (21:57) and 46th at NCAA Pre-Nationals (21:33)... won Hawkeye Invite with a collegiate-best 10:20 (3,000 meters), which ranks third in school history... also placed 37th at Wisconsin Adidas Invite (17:52)... team earned USTFCCCA all-academic honors... academic all-Big Ten... letterwinner. **2008 -- Cross Country** - ran collegiate-best 5,000 meters (17:34) at Auburn Invite, and season bests in 3,000 meters (10:41) at Hawkeye Invite, and 6,000 meters (21:37) at NCAA Midwest Regional... placed 39th at Big Ten Championships (22:03) and 40th at NCAA Midwest Regional (22:06)... team earned USTFCCCA all-academic honors... letterwinner. **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.

IOWA TRACK & FIELD

Flood's Collegiate Bests

Event	Time	Meet	Date
600 Meters (I)	1:35.42	Iowa Invite	2/19/10
800 Meters (O)	2:11.69	at Illinois Invite	5/2/09
1,500 Meters (O)	4:17.75	at Big Ten Championships	5/14/10
Mile (I)	4:42.70	at Big Ten Championships	2/27/10
3,000 Meters (O)	9:22.63	Musco Twilight XI	5/1/10
3,000 Meters (CC)	10:29	Hawkeye Invite	9/4/09
5,000 Meters (O)	16:32.34	Stanford Invite	3/26/10
5,000 Meters (CC)	17:34	at Auburn Invite	10/4/08
6,000 Meters (CC)	21:29	at NCAA Pre-Nationals	11/1/09

**Eva Greenwalt**

Sophomore - High Jump
Fitchburg, WI
Verona High School

2010 -- Indoor - posted collegiate-best high jump at Jack Johnson Invite (5-3 3/4, 1.62m)... placed third in high jump at Iowa Open (5-2 1/4, 1.58m)... **Outdoor** - recorded season-best height of 5-3 (1.60m), placing fourth at the Iowa Invitational... placed second in the high jump at the Central Invite (4-11 3/4, 1.52m)... letterwinner. **High School** -- six-time conference

champion and 12-time state qualifier... placed third in high jump at state meet junior year, earning first team all-state honors... team won three conference, regional and sectional titles... four-time team most valuable athlete and jumper of the year... set school records in high jump (5-8) and long jump (17-9 3/4)... two-year letterwinner in basketball... graduated with highest honors... National Honor Society member... coached by Mark Happel. **Personal** -- born January 14, 1991... daughter of Rick and Katy Greenwalt... health promotion major.

Greenwalt's Collegiate Bests

Event	Mark	Meet	Date
High Jump (I)	5-3 3/4 (1.62m)	Jack Johnson	1/23/10

**Ashlyn Gulvas**

Redshirt Freshman - Throws
Standish, MI
Standish-Sterling High School

2010 -- Track - redshirted. **High School** -- two-time state champion in both discus and shot put... four-time all-state and all-conference honoree... set school records in shot put (47-0 1/4) and discus (144-6), and as part of 1,600-meter relay... also played varsity basketball... coached by Paul Walderzak, Gary Hagnebuch and Dennis Pruder. **Personal** --

born March 25, 1991... daughter of Bill and Faye Gulvas... criminal law major.

**Adam Hairston**

Senior - Middle Distance
Cedar Rapids, IA
Kennedy High School

2010 -- Indoor - provisionally qualified in the 800 meters at the ISU Classic with a collegiate-best 1:49.26, a time that ranks second all-time at Iowa... placed fifth at Big Ten Championships in 800 meters (1:51.85)... ran third leg on fourth-place distance medley relay at Big Ten Championships (9:52.71), which ranks sixth all-time at Iowa... ran season-best 600 meters

with third place finish at Iowa Open (1:20.09)... **Outdoor** - redshirted. **2009 -- Indoor** - led team in 800 meters with NCAA provisional qualifying 1:49.82... placed third in 800 meters (1:51.34) at Big Ten Championships... ran third leg on team-leading distance medley relay that placed ninth at Big Ten meet (9:52.52)... that time ranks fourth all-time at Iowa... won 600 meters at Iowa Open (1:19.05)...

Outdoor - ran a season-best 1:48.53 in 800 meters at NCAA prelims and a 1:49.12 in the semifinals... that time led the team... placed fifth in 800 meters (1:48.87) at NCAA Midwest Regional to earn all-region honors and a NCAA automatic bid... runner-up in 800 meters (1:50.16) at Big Ten meet... won 800 meters at Tiger Track Classic (1:50.56) and placed fourth at John McDonnell Invite (1:49.96), eighth at Drake Relays (1:54.15) and ninth at Sun Angel Classic (1:51.23)... anchored sprint medley relay to second-place finish (3:20.05) and 3,200-meter relay to 11th-place finish (7:33.08) at Drake Relays... those times rank third and second, respectively, in school history... letterwinner. **2008 -- Indoor** - set school 800-meter record (1:49.63) at Last Chance Qualifier... provisionally qualified for NCAA Championships in 800 meters twice... runner-up in 800 meters (1:53.30) at Big Ten Championships... won that event at Mevo Invite (1:49.86)... **Outdoor** - led team in 800 meters (1:50.68)... anchored team-leading sprint medley relay (3:21.14) to runner-up finish at Drake Relays... that time ranks eighth in school history... placed third in 800 meters (1:50.68) at Big Ten Championships... won 800 meters at Tiger Classic (1:50.72) and Hawkeye Invite (1:51.84)... letterwinner.

2007 -- Indoor - led team in 800 meters (1:53.20), placing eighth at Big Ten meet (1:53.22)... **Outdoor** - qualified for NCAA regional in 800 meters with a season-best and team-leading 1:49.99 at Big Ten meet... that time ranks fifth in school history... placed ninth in 800 meters (1:51.76) at Big Tens... ran on fourth-place distance medley relay (9:54.07) at Drake Relays... that time ranks third all-time at Iowa... letterwinner... placed third in 800 meters (1:50.98) at USATF Junior Nationals, earning all-America honors. **High School** -- placed 10th at state cross country meet senior year, earning first team all-state honors... four-time conference and three-time district champion... conference athlete of the year in cross country and track as a senior... won 1,600 meters and ran on runner-up distance medley relay at Drake Relays senior year... four-year honor roll student and academic athlete award winner... coached by Brian Annis and Dennis Roloff. **Personal** -- born July 6, 1988... son of John and Ruth Hairston... his father played basketball at Iowa, his uncle Gordon Beecham ran track at Iowa, his uncle Lew Montgomery played football at Iowa and his sister Kristin played basketball at Southwest Minnesota State... marketing and communication studies major.

Hairston's Collegiate Bests

Event	Time	Meet	Date
600 Meters (I)	1:19.05	Iowa Open	1/17/09
800 Meters (O)	1:48.53	at NCAA Championships	6/10/09
800 Meters (I)	1:49.26	at ISU Classic	2/13/10
Mile (I)	4:19.94	Iowa Invite	2/16/07

IOWA TRACK & FIELD



Amanda Hardesty

Senior - Distance

Valparaiso, IN

Valparaiso High School

2010 -- Indoor - led team in 3,000 meters (9:30.17)... time is a collegiate-best, provisional qualifier, and ranks seventh all-time at Iowa... ran collegiate-best 4:48.69 mile at ISU Classic... won mile at Iowa Open (4:56.68) and Last Chance Qualifier (4:50.09)... placed second in mile at Jack Johnson Invite (4:52.32)...

Outdoor - competed in 1,500 meters at NCAA

West Regional (34th, 4:31.14)... ran third leg on second-place 6,400-meter relay at Drake Relays (19:05.63) which is a school record... ran collegiate-best 16:37.01 in the 5,000 meters at Big Ten Championships, a time that ranks eighth all-time at Iowa... ran collegiate-best 4:25.60 in 1,500 meters at Sun Angel Classic... won 1,500 meters at CCU Shamrock Invite (4:28.58)... letterwinner. **2009 -- Indoor** - placed eighth in 3,000 meters at Big Ten Championships with a season-best 9:50.76... won mile with season-best 5:04.46 at Iowa Invite... **Outdoor** - led team in 5,000 meters with the season-best 17:01.58 she clocked for 16th place at Big Ten Championships... ran third leg on team-leading 6,400-meter relay that placed third (19:36.43) at Drake Relays... that time ranks second in school history... placed third in 1,500 meters at Sun Angel with a season-best 4:32.17... placed 11th in 5,000 meters (17:19.78) at Drake Relays... letterwinner... **Cross Country** - placed 33rd at Big Ten Championships with a collegiate-best 21:38 (6,000 meters)... placed 35th at NCAA Regional (21:49.7), 43rd at Wisconsin Adidas Invite (17:58) and 65th at NCAA Pre-Nationals (21:48)... placed second at Hawkeye Invite with a collegiate-best 10:21 (3,000 meters), which ranks fourth in school history... team earned USTFCCA all-academic honors... letterwinner. **2008 -- Indoor** - redshirted... **Outdoor** - ran second leg on team-leading distance medley relay (12:03.66)... ran season-best 1,500 meters (4:45.76) at Musco Twilight X... letterwinner... **Cross Country** - ran collegiate-best 5,000 meters (17:36) at Auburn Invite, and season bests in 3,000 meters (10:55) at Hawkeye Invite and 6,000 meters (22:06) at NCAA Championships... team earned USTFCCA academic all-America honors... letterwinner. **2007 -- Cross Country** - placed 57th at Big Ten Championships with a season-best 21:53 (6,000 meters)... also ran collegiate best at Hawkeye Invite (15:03-4,000 meters)... team earned USTFCCA 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.

A. Hardesty's Collegiate Bests

Event	Time	Meet	Date
1,500 Meters (O)	4:25.60	at Sun Angel Classic	4/9/10
Mile (I)	4:48.69	at ISU Classic	2/12/10
3,000 Meters (I)	9:30.17	at Big Ten Championships	2/28/09
3,000 Meters (CC)	10:21	Hawkeye Invite	9/4/09
4,000 Meters (CC)	15:03	Hawkeye Invite	9/15/07
5,000 Meters (O)	16:37.01	at Big Ten Championships	5/14/10
5,000 Meters (CC)	17:36	at Auburn Invite	10/4/08
6,000 Meters (CC)	21:38	at Big Ten Championships	11/1/09



Lauren Hardesty

Senior - Distance

Valparaiso, IN

Valparaiso High School

2010 -- Indoor - led team in mile with a collegiate-best provisional qualifying 4:41.97 fourth-place finish at Big Ten Championships, a time that ranks third all-time at Iowa... ran third leg on provisional qualifying distance medley that placed third at Big Ten Championships (11:25.01)... ran collegiate-best 3,000 meters with second-place finish at ISU Classic (9:41.05)... won 800

meters at Iowa Open with season-best 2:16.49... **Outdoor** - ran collegiate-best 1,500 meters at NCAA Regional (4:20.40)... this time ranks fourth all-time at Iowa... ran 4:22.81 in 1,500 meters at Big Ten Championships... anchored school record second-place 6,400-meter relay at Drake Relays (19:05.63)... ran collegiate-best 9:41.53 with fourth-place finish in 3,000 meters at Musco Twilight XI... won the 800 meters with a collegiate-best 2:10.90 at CCU Shamrock. **2009 -- Indoor** - led team in 800 meters with collegiate-best 2:12.39 at Big Ten Championships, a time that ranks eighth in school history... ran season-best mile (5:01.60) at Iowa State Classic... **Outdoor** - ran third leg on team-leading 3,200-meter relay that placed sixth in 8:53.91 at Drake Relays... that time ranks fourth in school history... ran season bests in 800 meters (2:18.24) at Sun Angel Classic and 1,500 meters (4:40.59) at Stanford Invite... letterwinner... **Cross Country** - placed 10th at Hawkeye Invite with a collegiate-best 10:49 (3,000 meters)... 31st at Big Ten Championships (21:32), 42nd at Wisconsin Adidas Invite (17:55), 45th at NCAA Regional (22:00)... team earned USTFCCA all-academic honors... letterwinner. **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 season-best 1,500 meters (4:41.70) at Auburn Classic... letterwinner... **Cross Country** - ran collegiate-best 5,000 meters (17:40) at Auburn Invite... ran season bests in 3,000 meters (10:58) at Hawkeye Invite and 6,000 meters (22:04) at NCAA Pre-Nationals... team earned USTFCCA academic all-America honors... letterwinner. **2007 -- Cross Country** - placed 49th with season-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... the 4,000-meter time ranks seventh in school history... placed 36th (18:05-5,000 meters) at Auburn Invite and 56th (21:52-6,000 meters) at Big Ten Championships... team earned USTFCCA 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

IOWA TRACK & FIELD

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.

L. Hardesty's Collegiate Bests

Event	Time	Meet	Date
600 Meters (I)	1:36.44	Iowa Invite	2/20/09
800 Meters (O)	2:10.90	Shamrock Invite	3/20/10
1,500 Meters (O)	4:20.40	at NCAA Regional	5/28/29
Mile (I)	4:41.97	at Big Ten Championships	2/27/10
3,000 Meters (O)	9:41.53	Musco Twilight XI	5/1/10
4,000 Meters (CC)	14:28	Hawkeye Invite	9/15/07
5,000 Meters (CC)	17:40	at Auburn Invite	10/4/08
6,000 Meters (CC)	21:32	at Big Ten Championships	11/1/09



Kelsey Hart

Sophomore - Distance
West Branch, IA
West Branch High School

2010 -- Indoor - ran collegiate-best mile with third place finish at Iowa Invite (5:15.82)... ran collegiate-best 3,000 meters at ISU Classic (10:34.93)... **Outdoor** - ran a collegiate-best 1,500 meters with fourth-place finish at the Central Invite (4:54.70)... letterwinner. **2009 -- Cross Country** - Iowa's top finisher at Iowa State Intercollegiate (19:23)... also ran at Hawk-

eye Invite (11:12) and Wisconsin Adidas Invite (19:04)... team earned USTFCCA all-academic honors... letterwinner. **High School** -- three-time conference champion in track, placing second in 3,000 meters at state meet senior year... two-time first team all-conference in cross country, earning second team honors twice... two-time cross country team MVP and track MVP her senior year... her team won two state cross country titles, competed at Nike Team Nationals, and one conference track title... best times were 4:55 in 1,500 meters, 10:37 in 3,000 meters and 14:48 in cross country 4,000 meters... four-year honor roll student, academic all-conference and academic letterwinner... earned her school's outstanding scholar-athlete award... National Honor Society member... coached by Harlan Ferguson, Carol Lumpa, Scot Patrick and Tom Mittman. **Personal** -- born May 30, 1991... daughter of Doug and Jacqui Hart... open major.

Hart's Collegiate Bests

Event	Time	Meet	Date
3,000 Meters (CC)	11:12	Hawkeye Invite	9/4/09
5,000 Meters (CC)	19:04	at Wisconsin Adidas Invite	10/3/09
1,600 Meters (I)	5:15.82	Iowa Invite	2/19/10
3,000 (I)	10:34.93	ISU Classic	2/12/10
1,500 Meters (O)	4:54.70	Central Invite	4/3/10



Tiffany Hendricks

Senior
Combined Events/Hurdles
Burlington, IA
Burlington High School

2010 -- Indoor - ran second leg on provisional qualifying distance medley relay that placed third at Big Ten Championships (11:25.01)... ran lead leg on team-leading 1,600-meter relay (3:44.29)... led team in 400 meters with season-best 55.98 at Big Ten Championships prelims...

ran a collegiate-best 200 meters at ISU Classic (25.41)... **Outdoor** - ran lead leg on team-leading 1,600-meter relay (3:39.88), which ranks sixth all-time at Iowa... led team in 400-meter hurdles with collegiate-best (1:01.36), which ranks ninth all-time at Iowa... ran second leg on 1,600-meter relay at NCAA West Regional (19th, 3:41.66)... ran lead on team-leading sprint medley relay (3:56.53)... ran a collegiate-best 55.19 in the 400 meters at the Sun Angel Classic... placed second in the 400 meters at Musco Twilight XI (55.38)... letterwinner. **2009 -- Indoor** - ran second leg on team-leading distance medley relay that placed third in 11:27.34 at Big Ten meet to provisional qualify for NCAA meet... that time ranks third all-time at Iowa... ran second leg on team-leading 1,600-meter relay that placed eighth in 3:46.98 at Big Ten meet... ran season bests in 60 meters (8.04) at Iowa Invite, 200 meters (25.61) at Iowa State Classic and 400 meters (57.07) at Mevo Invite... **Outdoor** - led team in 400 meters (56.26) and 400-meter hurdles (1:03.00)... ran second leg on team-leading 800-meter relay (1:38.79) at Drake Relays and lead leg on team-leading 1,600-meter relay (3:48.22) at Big Ten meet... the 800-meter relay time ranks sixth in school history and the 1,600-meter relay placed sixth... ran collegiate bests in 200 (25.02) and 400 meters (56.26) at Tiger Track Classic... letterwinner. **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 meet... 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 meet... 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	Mark	Meet	Date
60 Meters (I)	8.04	Iowa Open	1/17/09
200 Meters (O)	25.02	at Tiger Track Classic	4/4/09
300 Meters (I)	40.97	Iowa Open	1/17/09
400 Meters (O)	56.26	at Tiger Track Classic	4/4/09
400 Hurdles (O)	1:03.00	at Big Ten Championships	5/16/09
600 Meters (I)	1:42.42	Iowa Open	1/19/08

IOWA TRACK & FIELD

**Nia Hermansen**

Redshirt Freshman
Middle Distance
Minnetonka, MN
Minnetonka High School

2010 -- Track - reshirted. **High School** -- ran on state and conference champion 3,200-meter relay senior year... two-time all-conference in cross country and track, earning all-state and team captain honors senior year... team won conference titles in cross country twice and

track once... best times were 60.1 in 400 meters, 47.6 in 300-meter hurdles, 2:19 in 800 meters and 15:32 in cross country 4,000 meters... also competed in figure skating... coached by Jane Morgan, Krista Larson and Amy Mayer. **Personal** -- born February 20, 1991... daughter of Mike and Mary Hermansen... open major.

**Jeffery Herron**

Junior - Jumps
Richmond, TX
Fort Bend Austin High School
University of Texas-San Antonio

2010 -- Indoor - jumped a collegiate-best 6-11 (2.11m) height in the high jump at ISU Classic... tied for team lead and seventh-all time at Iowa... won the high jump at the Iowa Open (6-10 1/4, 2.09m)... won the long jump at the Iowa Invite with a season-best 22-1 3/4 (6.75m)... **Outdoor** - led team in long jump with collegiate-best 24-9 (7.54m) with win at Musco

Twilight XI, a distance that ranks ninth all-time at Iowa... placed second at Big Ten Championships in long jump (24-1 3/4, 7.36)... earned second team all-Big Ten honors... competed in long jump at NCAA West Regional (15th, 24-4 1/2, 7.43m)... jumped season-best 6-9 (2.06m) in the high jump, finishing eighth at Big Ten Championships... placed second in high jump at Iowa Invitational (6-8 3/4, 2.05m) and third at Musco Twilight XI (6-8 3/4, 2.05m). **2008-09** -- placed fourth in high jump (6-10 3/4) and 10th in long jump (22-7 3/4) at conference meets while competing for the University of Texas at San Antonio. **High School** -- three-time all-district in high jump, winning two titles... runner-up in high jump (6-10) at state meet senior year... two-time team MVP... set school high jump record (6-10)... played football senior year... ran 400 meters (49.64) at 2008 Rice Bayou Classic and 200 meters (22.43) at Pearl Regional Qualifier... coached by Coach Burlingame and Coach Castle. **Personal** -- born April 22, 1990... son of Greatha Williams... mechanical engineering major.

Herron's Collegiate Bests

Event	Mark	Meet	Date
High Jump (I)	6-11 (2.11m)	at ISU Classic	2/13/10
Long Jump (O)	24-8 3/4 (7.54m)	Musco Twilight XI	5/1/10

**Ethan Holmes**

Sophomore - Hurdles
Clinton, IA
Clinton High School

2010 -- Indoor - redshirted... **Outdoor** - posted a collegiate-best 14.49 in the 110-meter hurdles at Big Ten Championships, a time that ranks 10th all-time at Iowa... competed in 110-meter hurdles at NCAA West Regional (40th, 14.91)... earned a collegiate-best 52.94 in the 400-meter hurdles at Musco Twilight XI... won 110-meter hurdles at Iowa Invitational (14.87)... ran third

leg on second place 1,600-meter relay at Musco Twilight XI (3:10.45)... placed second in the 400-meter hurdles at the Razorback Invite (52.83) and third at the Iowa Invitational (53.16). **High School** -- state champion in 110-meter hurdles as a senior and in 400-meter hurdles as a junior... two-time state runner-up in 400-meter hurdles, placing second in 110-meter hurdles, 800-meter relay and 1,600-meter relay once... six-time conference and district hurdles champion... also ran on conference and district champion 800 and 1,600-meter relays senior year... set school record in 400-meter hurdles (52.71)... other best times are 14.33 in 110-meter hurdles and 49.6 in 400 meters... three-time team MVP... two-time team captain... also lettered in swimming and cross country... two-time member of school's 3.0 club... coached by Anthony Smith and Wes Golden. **Personal** -- born March 16, 1991... son of Dan and Renee Holmes... open major.

Holmes' Collegiate Bests

Event	Time	Meet	Date
110 Hurdles (O)	14.49	at Big Ten Championships	5/15/10
400 Hurdles (O)	52.49	Musco Twilight XI	5/1/10

IOWA TRACK & FIELD



Nick Holmes
Sophomore - Distance
Peoria, IL
Limestone High School

2010 -- Indoor - ran collegiate-best 3,000 meters at 8:15.48, a time which ranks sixth all-time at Iowa... anchored team-leading distance medley relay, earning a season-best 9:51.05 at the ISU Classic, a time which ranks fourth all-time at Iowa... ran a collegiate-best mile at the ISU Classic (4:10.01)... placed second in the mile at the Iowa Open (4:20.89) and fourth at

the Last Chance Qualifier (4:10.14)... placed fourth in the 3,000 meters at the Jack Johnson Invite (8:31.53)... **Outdoor** - led the team in the 10,000 meters, earning a collegiate-best 30:02.31 at Big Ten Championships, which ranks sixth all-time at Iowa... ran a collegiate-best 1,500 meters, placing second at 3:50.27, which ranks tenth all-time at Iowa... ran a collegiate-best 5,000 meters at Drake Relays (14:33.73)... letterwinner. **2009 -- Track** - redshirted... **Cross Country** - placed 41st at Big Ten Championships (26:37) and 49th at NCAA Regional (32:28)... runner-up at Hawkeye Invite with collegiate-best 18:30 (6,000 meters), which ranks fifth in school history... also placed ninth at Iowa State Intercollegiate (26:26)... letterwinner. **2008 -- Cross Country** - won Hawkeye Invite (18:33) in collegiate debut... team earned USTFCCA academic all-America honors. **High School** -- won Class 2A state cross country title senior year (14:21)... placed fifth in 3,200 meters (9:13.12) at state track meet as a senior... named Athlete of the Meet at 2008 Illinois Prep Top Times Classic after winning indoor mile in a meet record-setting 4:13.72... placed 11th in 1,600 meters (4:13) at 2008 Nike Outdoor Nationals... four-time conference champion, winning two titles in cross country and two in track... four-time first team all-conference in cross country, earning all-state honors in cross country and track as a senior... track all-conference honoree senior year... two-time team captain... set school records in 1,600 meters (4:10), 3,200 meters (9:04), cross country three miles (14:21), and as part of 3,200-meter relay (8:04)... National Honor Society member... coached by Clint Lafary. **Personal** -- born August 31, 1990... son of Tim and Janet Holmes... history major.

Holmes' Collegiate Bests

Event	Time	Meet	Date
Mile (I)	4:10.01	at ISU Classic	2/13/10
1,500 Meters (O)	3:50.27	Musco Twilight XI	5/1/10
3,000 Meters (I)	8:15.48	at Meyo Invite	2/6/10
5,000 Meters (O)	14:33.73	at Drake Relays	4/22/10
6,000 Meters (CC)	18:30	Hawkeye Invite	9/4/09
8,000 Meters (CC)	26:26	at ISU Intercollegiate	9/19/09
5.2 Miles (CC)	26:37	at Big Ten Championships	11/1/09
10,000 Meters (O)	30:02.31	at Big Ten Championships	5/14/10
10,000 Meters (CC)	32:28	at NCAA Regional	11/14/09



Mariah Jordan
Sophomore - Hurdles/Sprints
Iowa City, IA
City High School

2010 -- Indoor - ran a collegiate-best 60-meter hurdles at the Iowa Open, placing second at 9.02... ran collegiate-best 60 meters at Husker Invite (8.31)... placed third in the 60-meter hurdles at Jack Johnson Invite (9.04) and the Iowa Invite (9.19)... **Outdoor** - ran a collegiate-best 100-meter hurdles at Musco Twilight XI, placing third at 14.45... ran a collegiate-best 200-me-

ters at the CCU Shamrock Invite (27.35)... ran a collegiate-best 100 meters at the Central Invite (13.08)... placed third in the 100-meter hurdles at the Iowa Invitational (14.60) and fourth at the Lee Calhoun Memorial (14.67)... letterwinner. **High School** -- two-time state champion, winning one title in 100-meter hurdles and one as part of shuttle hurdle relay... shuttle hurdle team also won two conference and one Drake Relays title... four-time qualifier for state meet and Drake Relays... set school and state record in 100-meter hurdles (14.3)... other best times are 12.5 in 100 meters and 26.3 in 200 meters... three-time team most valuable hurdler, earning team captain and overall most valuable runner honors as a senior... ran on cross country team that placed second at state meet once and track team that placed second at state meet three times... also played volleyball... coached by Tom Mittman, Terry Coleman, Elaine Rydze and Nathan Cooper. **Personal** -- born January 17, 1991... daughter of Jordan and Fonda Jordan... biology major and Spanish minor.

Jordan's Collegiate Bests

Event	Time	Meet	Date
60 Meters (I)	8.31	Husker Invite	2/6/10
60-Meter Hurdles (I)	9.02	Iowa Open	1/16/10
100 Meters (O)	13.08	Central Invite	4/3/10
100-Meter Hurdles (O)	14.45	Musco Twilight XI	5/1/10
200 Meters (O)	27.35	Shamrock Invite	3/20/10

IOWA TRACK & FIELD

**Chase Kadlec**

Junior - Distance
Wheaton, IL
North High School

2010 -- Indoor - ran a season-best mile at the ISU Classic (4:10.31)... **Outdoor** - ran a collegiate-best 5,000 meters at Big Ten Championships (14:14.45), a time that ranks ninth all-time at Iowa... ran a collegiate-best team-leading 3,000 meters (8:28.64) at the Tiger Track Classic... ran second leg on eighth place 6,400-meter relay at Drake Relays (17:01.46)...

posted a collegiate-best 1,500 meters with a third place finish at Musco Twilight XI (3:51.31)... won 3,000 meters at Iowa Invitational (8:30.57)... ran a collegiate-best 800 meters at Iowa Invitational (1:57.02)... letterwinner. **2009 -- Indoor** - ran collegiate bests in 800 meters (1:57.69) at Iowa Open and mile (4:09.47) at Big Ten Championships... also ran mile at Iowa State Classic (4:14.88), Mevo Invite (4:15.84), Jack Johnson Classic (4:16.37) and against Illinois (4:17.21)... **Outdoor** - led team in 1,500 meters (3:51.01) and ran lead legs on team-leading distance medley (10:02.91) and 6,400-meter relays (17:17.63)... the 6,400-meter relay ranks sixth and the distance medley relay ranks ninth in school history... ran season-best 1,500 meters (3:51.01) at John McDonnell Invite... placed fourth in 1,500 meters (3:51.49) and sixth in 3,000 meters (8:32.10) at Tiger Track Classic... also ran 1,500 meters at Big Ten Championships (3:58.11)... letterwinner... placed sixth in the men's 1,500 meters (3:53.31) at the USATF Outdoor Junior National Championships... **Cross Country** - ran collegiate-best 19:05 (6,000 meters) at Hawkeye Invite for fourth place... placed 13th at ISU Intercollegiate (26:42), 68th at Big Ten Championships (27:20) and 77th at Wisconsin Adidas Invite (25:30)... also ran at NCAA Pre-Nationals (26:01)... academic all-Big Ten... letterwinner. **2008 -- Cross Country** - ran collegiate-best 8,000 meters (25:08) at Auburn Invite and season-best 6,000 meters (19:29) at Hawkeye Invite... also competed at Roy Griak Invite (25:50) and Big Ten Championships (26:42)... team earned USTFCCCA all-academic honors... letterwinner. **High School** -- placed third in 1,600 meters (4:14.02) at state track meet senior year... placed 12th at Class 2A state cross country meet as a senior (14:41)... three-time conference champion... six-time all-conference, earning three honors in cross country and three in track... three-time all-area in track... three-time all-state, earning two all-section and one all-region honor... set school records in indoor 3,200 meters (9:29.9) and outdoor 1,600 meters (4:14.02), and ran on school record-setting indoor 3,200-meter relay (8:03.04)... two-year competitor on varsity swimming team... four-year academic all-conference and honor roll student... coaches were Nate Roe, Don Helberg, Jeff Potter and Pete Macabobby. **Personal** -- born June 20, 1990... son of Tom and Le Kadlec... accounting and finance major.

Kadlec's Collegiate Bests

Event	Time	Meet	Date
800 Meters (O)	1:57.02	Iowa Invitational	4/17/10
1,500 Meters (O)	3:51.31	Musco Twilight XI	5/1/10
Mile (I)	4:09.47	at Big Ten Championships	2/28/09
3,000 Meters (O)	8:28.64	at Tiger Track Classic	4/3/10
5,000 Meters (O)	14:14.45	at Big Ten Championships	5/16/10
6,000 Meters (CC)	19:05	Hawkeye Invite	9/4/09
8,000 Meters (CC)	25:08	at Auburn Invite	10/4/08
5.2 Miles (CC)	27:20	at Big Ten Championships	11/1/09

**Susan Kuhl**

Junior - Distance
Beaman, IA
BCLUW High School

2010 -- Indoor - ran a collegiate-best mile at the Iowa Invite (5:30.91)... **Outdoor** - ran a collegiate-best 1,500 meters at Iowa Invitational (5:01.53). **2009 -- Indoor** - ran 800 meters (2:22.41) at Iowa State Classic... **Outdoor** - placed seventh in 800 meters at Messersmith Invite (2:24.07) and 12th at Lee Calhoun Memorial (2:27.76)... **Cross Country** - ran

at Hawkeye Invite (11:32) and Iowa State Intercollegiate (20:23)... team earned USTFCCCA all-academic honors. **2008 -- Cross Country** - ran 3,000 meters (11:47) at Iowa Invite... team earned USTFCCCA all-academic honors. **High School** -- six-time track conference champion... four-time medalist at state track meet... 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... 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.

Kuhl's Collegiate Bests

Event	Time	Meet	Date
Mile (I)	5:30.91	Iowa Invite	2/19/10
800 Meters (I)	2:22.41	at Iowa State Classic	2/14/09
1,500 Meters (O)	5:01.53	Iowa Invite	4/17/10
3,000 Meters (CC)	11:32	Hawkeye Invite	9/4/09
5,000 Meters (CC)	20:23	at ISU Intercollegiate	9/19/09

**Nick Kuczvara**

Senior - Middle Distance
Elmhurst, IL
York High School
Eastern Illinois University

2010 -- Indoor - provisionally qualified in the 800 meters at the Last Chance Qualifier, placing fourth at 1:49.59, a time that ranks third all-time at Iowa... led team in the 1,000 meters, earning a collegiate-best 2:25.84 with a win at the Husker Invite... ran lead leg on team-

leading distance medley relay, earning a season-best 9:51.05 at the ISU Classic, a time which ranks fourth all-time at Iowa... earned a collegiate-best in the 600 meters at Big Ten Championships, placing eighth at 1:19.71... won the 600 meters at the Iowa Invite (1:19.74)... placed fourth in the 600 meters at the Iowa Open (1:20.95)... placed fourth in the 800 meters at the Last Chance Qualifier (1:49.59)... **Outdoor** - earned a season-best in the 800 meters at the Tiger Track Classic, placing third at 1:51.73... won the 800 meters at the Iowa Invitational (1:53.22)... ran third leg on team-leading distance medley relay, earning a season-best 9:42.97 at the Drake Relays, a time which ranks second all-time at Iowa... letterwinner. **2009 -- Cross Country** - redshirted. **At Eastern Illinois** -- placed

IOWA TRACK & FIELD

25th at 2008 OVC cross country championships... redshirted 2008 outdoor track season... ran 800m and mile during 2008 indoor track, placing eighth in mile at conference meet... ran in two events in the fall of 2007 with a top 8,000-meter time of 26:07 at Bradley Invite. **High School** -- competed in three different events at 2007 state track meet, anchoring state champion 3,200-meter relay... placed 3rd at the state meet as part of 1,600-meter relay... finished 42nd at the 2006 state cross country meet after finishing 26th as a junior... won the 2006 Niles West Sectional Championship... ran as the anchor leg on York HS national championship distance medley relay and national runner-up 3,200-meter relay teams in 2006. **Personal** -- born December 9, 1988... son of Steve and Gina Stine, and Glen Kuczwar... health and sport studies major.

Kuczwar's Collegiate Bests

Event	Time	Meet	Date
600 Meters (I)	1:19.71	at Big Tens	2/28/10
800 Meters (I)	1:49.59	at NCAA Qualifier	3/6/10
1,000 Meters (I)	2:25.84	at Husker Invite	2/6/10



Dan Kuhlman
Senior - Middle Distance
Glen Ellyn, IL
Glenbard South High School

2010 -- Indoor - competed in the 600 meters (1:21.07) at the Big Ten Championships... ran a collegiate-best 600 yards (1:11.73) at the ISU Indoor Classic... matched a collegiate best in the 800 meters (1:53.66) at the Mayo Invite... ran the third leg on the first place 1,600-meter relay team (3:17.49) at the Iowa Open... ran the third leg on the distance medley relay that

finished second (9:51.05) at the ISU Classic. **Outdoor** - ran an outdoor-best 800 meters (1:53.90) at the Musco Twilight meet.

2009 -- Indoor - placed third with collegiate-best 600 meters (1:20.84) at Iowa Open... ran collegiate-best 800 meters (1:53.82) at Iowa State Classic... **Outdoor** - ran season-best 800 meters (1:54.60) at Tiger Track Classic... also ran 800 meters at Messersmith Invite (1:55.97)... letterwinner. **2008 -- Indoor** - runner-up in 800 meters at Iowa Invite (1:57.49)... **Outdoor** - ran season-best 800 meters (1:56.07) at Hawkeye Invite. **High School** -- three-time conference champion and two-time runner-up... ran on 3,200-meter relay that won title at 2007 Nike Outdoor Nationals... eight-time all-conference and four-time all-state... team captain senior year... named most improved runner as a sophomore. **Personal** -- born January 31, 1989... son of Thomas and Judy Kuhlman... brother Kevin ran cross country and track at Illinois... political science major.

Kuhlman's Collegiate Bests

Event	Time	Meet	Date
600 Yards (I)	1:11.73	ISU Classic	2/13/10
600 Meters (I)	1:20.84	Iowa Open	1/17/09
800 Meters (I)	1:53.66	at Mayo Invite	2/6/10
800 Meters (O)	1:53.90	Musco Twilight XI	5/1/10



Kelsey Labs
Redshirt Freshman
Hurdles/Sprints
Marion, IA
Marion High School

2010 -- Track - redshirted. **High School** -- five-time conference champion and all-conference, four-time all-district and first team all-Metro and three-time all-WAMAC... set school records in 100 (15.09) and 400-meter hurdles (1:05.24), and as part of 1,600-meter relay (4:03.48)...

team captain, earning outstanding performer and top points awards as a senior... lettered four years in track, and in cross country and cheerleading... four-year honor roll student, earning academic all-state honors as a senior... coached by Sherryl Gaffney-Paige, Marc Ferguson, Matt Thornton and Emily Logan. **Personal** -- born July 1, 1990... daughter of Martin and Kathy Labs... open major.



Jackie Laesch
Junior - Distance
Wheaton, IL
North High School

2010 -- Indoor - ran a collegiate-best mile at the ISU Classic (5:17.28)... **Outdoor** - ran a collegiate-best 800 meters at Big Ten Championships (2:17.26)... ran collegiate-best in 1,500 meters at Musco Twilight XI (4:39.70)... placed third in 800 meters at Iowa Invitational (2:18.44)... letterwinner. **2009 -- Indoor** - ran season bests in 800 meters (2:21.31) at Iowa

State Classic and mile (5:18.30) at Iowa Invite... **Outdoor** - placed sixth in 800 meters (2:22.18) at Messersmith Invite... **Cross Country** - ran at Hawkeye Invite (11:03) and Iowa State Intercollegiate (20:11)... team earned USTFCCA all-academic honors. **2008 -- Cross Country** - ran season-best 3,000 meters (11:22) at Hawkeye Invite... team earned USTFCCA all-academic honors. **High School** -- ran on state champion 3,200-meter relay... three-time conference champion in track... eight-time all-conference in cross country and track... conference runner-up in cross country... 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.

Laesch's Collegiate Bests

Event	Time	Meet	Date
800 Meters (O)	2:17.26	at Big Ten Championships	5/14/10
Mile (I)	5:17.28	at Iowa State Classic	2/12/10
1,500 Meters (O)	4:39.70	Musco Twilight XI	5/1/10
3,000 Meters (CC)	11:03	Hawkeye Invite	9/4/09
5,000 Meters (CC)	20:11	at ISU Intercollegiate	9/19/09

IOWA TRACK & FIELD

**Ryan Lamparek**

Junior - Throws

Fairfax, IA

Cedar Rapids Prairie HS

2010 -- Indoor - led team in shot put with a season-best 56-10 (17.32m) seventh place finish at the Big Ten Championships... this ranks ninth all-time at Iowa... threw a collegiate-best 60-5 1/4 (18.42m) in the weight throw at Big Ten Championships... ranks seventh all-time at Iowa... won shot put at Iowa Invite (56-9 1/4, 17.30m)... placed second in shot put at Jack Johnson Invite (55-4 1/4,

16.87m) and Iowa Open (56-7 1/2, 17.26m)... **Outdoor** - led team in shot put (57-2 3/4, 17.44m) and discus (171-03, 52.19m)... both marks are collegiate-bests... threw collegiate-best 181-7 (55.35m) in hammer at Big Ten Championships... placed sixth at Big Ten Championships in shot put (57-2, 17.42m)... placed third in the shot put at the Sun Angel Classic (54-2 1/2, 16.52m), Musco Twilight XI (55-11 1/4, 17.05m), and Drake Relays (57-2 3/4, 17.44m)... placed third in discus at Iowa Invitational (167-6, 51.05m). **2009 -- Indoor** - placed sixth in shot put with collegiate-best 56-8 3/4 at Big Ten Championships... that mark ranks 10th on Iowa's all-time best performers list... runner-up in shot put at Iowa Invite (56-0 1/2), against Illinois (55-6 1/2) and at Iowa Open (54-11 1/4), and placed third at Jack Johnson Classic (55-1 1/2)... **Outdoor** - placed 11th in discus (174-11) at NCAA Midwest Regional... won shot put (53-2 1/4) and placed second in discus (177-3) at Messersmith Invite... that collegiate-best discus mark ranks 10th all-time at Iowa... placed fifth in discus (167-8) and 16th in shot put (53-1) at Big Ten meet... placed 14th in discus (159-6) and 18th in shot put (53-5 3/4) at Drake Relays... placed third in shot put and discus (53-3 3/4, 168-0) at Illinois Invite... also qualified for regional meet in discus at Mesa Classic (175-4)... academic all-Big Ten... letterwinner. **2008 -- Track** - redshirted... threw season bests in discus (166-6) and shot put (54-9 1/2) at Musco Twilight X while competing unattached. **High School** -- state shot put champion (59-7) and discus runner-up senior year... two-time Drake Relays champion... four-time conference champion... six-time all-conference and all-metro... set school shot put record (61-1)... best discus mark was 183-2 in discus... coached by Bill Swartz and Jeff Moeller... lettered four years in track and two in football... two-time track team captain and one-time football team captain... high honor roll award winner. **Personal** -- born April 24, 1989... son of Gary and Darla Lamparek... both parents competed in track at Northern Iowa... pre-chiropractic major.

Lamparek's Collegiate Bests

Event	Mark	Meet	Date
Shot Put (O)	58-4 (17.78m)	at NCAA Regional	5/27/10
Weight Throw (I)	60-5 1/4 (18.42 m)	at Big Tens	2/28/10
Discus (O)	177-3 (54.04 m)	at Messersmith Invite	4/18/09
Hammer Throw (O)	181-7 (55.35m)	at Big Ten Championships	5/14/10

**Brian Marchese**

Senior - Distance

Elmhurst, IL

York High School

College of DuPage

2010 -- Indoor - earned a season-best time in the mile at the Iowa vs. Illinois dual meet (4:12.65)... placed second in the mile at the Jack Johnson Invite (4:13.45)... **Outdoor** - did not compete. **2009 -- Indoor** - ran lead leg on team-leading distance medley relay that placed

ninth at Big Ten meet (9:52.52)... that time ranks fourth on Iowa's all-time best performers list... won non-seeded mile with collegiate-best 4:11.89 at Iowa State Classic... placed third in 800 meters (1:58.60) at Iowa Invite... **Outdoor** - led team in 3,000 meters (8:25.98) and anchored team-leading 6,400-meter relay (17:17.63) at Drake Relays... the relay time ranks sixth in school history... won 1,500 meters (3:52.19) and placed second in 3,000 meters (8:37.38) at Illinois Invite... ran collegiate-best 3,000 meters (8:25.98) at Tiger Track Classic... also ran 1,500 meters at Tiger Track Classic (3:55.67), John McDonnell Invite (3:56.74) and Big Ten Championships (3:56.75)... letterwinner... **Cross Country** - ran at Wisconsin Adidas Invite (26:38) and Iowa State Intercollegiate (27:14). **High School** -- two-time all-American in track, earning all-state honors as a junior... three-time all-conference... ran on conference champion 3,200-meter relay... track team won three conference titles... best times were 1:56.8 in 800 meters, 4:17.08 in 1,600 meters and 9:20.00 in 3,200 meters... coaches were Charlie Kern, Stanley Reddel and Joe Newton. **Personal** -- born January 31, 1988... son of Steven and Peggy Marchese.

Marchese's Collegiate Bests

Event	Time	Meet	Date
800 Meters (I)	1:58.60	Iowa Invite	2/20/09
1,500 Meters (O)	3:52.19	at Illinois Invite	5/2/09
Mile (I)	4:12.65	Iowa vs. Illinois	1/9/10
3,000 Meters (O)	8:25.98	at Tiger Track Classic	4/4/09
8,000 Meters (CC)	26:38	at Wisconsin Adidas Invite	10/3/09

IOWA TRACK & FIELD



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

2010 -- Indoor - anchored provisional qualifying distance medley that placed third at Big Ten Championships (11:25.01)... ran collegiate-best mile at Big Ten meet (4:47.17), which ranks eighth all-time at Iowa... ran collegiate-best 3,000 meters at ISU Classic (9:48.25)... **Out-**

door - ran second leg on school-record setting 6,400-meter relay at Drake Relays (19:05.63)... ran a collegiate-best 1,500 meters at Big Ten meet (4:21.18), a time that ranks fifth all-time at Iowa... competed in 1,500 meters at NCAA West Regional (27th, 4:26.94)... ran collegiate-best 800 meters at CCU Shamrock (2:13.18)... ran collegiate-best 5,000 meters at Stanford Invite (16:42.79)... won 1,500 meters at Musco Twilight XI (4:28.77)... letterwinner. **2009 -- Indoor** - ran lead leg on team-leading distance medley relay that placed third in 11:27.34 at Big Ten Championships to provisional qualify for NCAA meet... that relay time ranks third on Iowa's all-time best performers list... ran season-best mile (4:51.76) at Iowa State Classic... ran season-best 3,000 meters (9:55.53) at Mayo Invite... **Outdoor** - placed seventh in 1,500 meters (4:30.83) at NCAA Midwest Regional to earn all-region honors... placed ninth in 1,500 meters at Big Ten meet (4:27.36), running a collegiate-best and regional qualifying 4:26.99 in the prelims... the prelim time ranks ninth all-time at Iowa... ran second leg on team-leading 6,400-meter (19:36.43) relay that placed third at Drake Relays... that relay time ranks second in school history... ran collegiate-best 800 meters (2:14.90) at Illinois Invite... USTFCCCA all-academic team honoree... letterwinner... **Cross Country** - ran at Wisconsin Adidas Invite (18:07)... academic all-Big Ten... team earned USTFCCCA all-academic honors... letterwinner. **2008 -- Cross Country** - ran collegiate bests in 3,000 meters (10:56) at Hawkeye Invite, 5,000 meters (17:45) at Auburn Invite and 6,000 meters (22:57) at Big Ten Championships... team earned USTFCCCA all-academic honors... letterwinner. **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.

Melander's Collegiate Bests

Event	Time	Meet	Date
800 Meters (O)	2:13.18	at Shamrock Invite	3/20/10
1,500 Meters (O)	4:21.18	at Big Ten Championships	5/14/10
Mile (I)	4:47.17	at Big Ten Championships	2/27/10
3,000 Meters (I)	9:48.25	at ISU Classic	2/12/10
3,000 Meters (CC)	10:56	Hawkeye Invite	8/29/08
5,000 Meters (CC)	17:45	at Auburn Invite	10/4/08
6,000 Meters (CC)	22:57	at Big Ten Championships	11/2/08



Missy Miller
Sophomore
High Jump/Combined Events
Tipton, IA
Tipton High School

2010 -- Indoor - led team in pentathlon, scoring a collegiate-best 2,749 at the Jack Johnson Invite... earned collegiate-bests in the 60 meter-hurdles (9.78) and shot put (30-9 3/4, 9.39m) during the Jack Johnson Invite pentathlon... earned season-bests during the Jack Johnson Invite pentathlon in the 800 meters (2:32.19),

long jump (13-1 1/2, 4.00m), and high jump (4-8 1/4, 1.43m)... **Outdoor** - led team in heptathlon, earning a collegiate-best 4,227 at Big Ten Championships, a point total that ranks seventh all-time at Iowa... earned collegiate-bests in five heptathlon events: 200 meters (28.40), 800 meters (2:25.60), high jump (5-0 1/2, 1.54m), long jump (15-5 1/2, 4.71m), and javelin (105-5, 32.14m), leading the team in the javelin... ran a collegiate-best 100-meter hurdles at the Tiger Track Classic (15.96)... placed fifth in the high jump at the Lee Calhoun Memorial (4-11 3/4, 1.52m)... letterwinner. **High School** -- four-time state and conference champion in track... 12-time state track qualifier, competing on two state champion teams... four-time all-conference and all-district in cross country, earning all-state honors three times... three-time team MVP in cross country... won cross country conference title as a junior, placing second at conference, district and state meet senior year... set school records in high jump (5-7) and 400-meter hurdles (1:04.45)... lettered four years in basketball and two in softball... earned all-state honors in basketball and led the state in scoring for the 2008-09 season before suffering a season-ending injury... National Honor Society member... honor roll student... coached by Dave Fetterman and Jenny King. **Personal** -- born February 14, 1991... daughter of Darren and Ann Miller... her sister, Ashley, runs cross country and track at the University of Nebraska... elementary education major.

Miller's Collegiate Bests

Event	Mark	Meet	Date
60-Meter Hurdles (I)	9.78	Jack Johnson Invite	1/23/10
200 Meters (O)	28.40	Big Ten Championships	5/14/10
800 Meters (O)	2:25.60	Big Ten Championships	5/14/10
High Jump (O)	5-0 1/4 (1.54m)	Big Ten Championships	5/14/10
Long Jump (O)	15-5 1/2 (4.71m)	Big Ten Championships	5/14/10
Shot Put (I)	30-9 3/4 (9.39)	Jack Johnson Invite	1/23/10
Javelin (O)	105-5 (32.14m)	Big Ten Championships	5/14/10
Pentathlon (I)	2,749 points	Jack Johnson Invite	1/23/10
Heptathlon (O)	4,227 points	Big Ten Championships	5/14/10

IOWA TRACK & FIELD

**Kelsey Mims****Junior - Sprints****Iowa City, IA****City High School**

2010 -- Indoor - anchored team-leading 1,600-meter relay team, earning a season-best 3:44.29 with a fifth-place finish at the ISU Classic, a time which ranks fifth all-time at Iowa... ran a season-best 400 meters at ISU Classic (58.18)... **Outdoor** - ran a collegiate-best 400 meters at the Sun Angel Classic (56.81)... ran a collegiate-best 400-meter

hurdles with a fourth-place finish at Musco Twilight XI (1:03.38)... won the 400-meter hurdles at the Central Invite (1:04.69)... placed fourth in the 400-meter hurdles at the Iowa Invitational (1:04.50)... ran second-leg on second-place 1,600-meter relay team at Musco Twilight XI (3:45.11)... letterwinner. **2009 -- Indoor** - did not compete... **Outdoor** - ran season-best 400 meters (58.99) at Tiger Track Classic and 400-meter hurdles (1:07.42) at Lee Calhoun Memorial... academic all-Big Ten... letterwinner. **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, ran track at the University of Kansas and her sister, Monica, was a four-year track letterwinner at Iowa... open major.

Mims' Collegiate Bests

Event	Time	Meet	Date
400 Meters (O)	56.81	at Sun Angel Classic	4/9/10
400 Hurdles (O)	1:03.38	Musco Twilight XI	5/1/10

**Raven Moore****Sophomore - Sprints****Atlanta, GA****Sandy Creek High School**

2010 -- Indoor - ran a collegiate-best 7.68 in the 60-meter dash prelims at ISU Classic, a time that ranks eighth all-time at Iowa... ran a season-best 24.80 in the 200 meters at Big Ten Championships... won 300 meters at the Iowa Open with a team-leading 40.99... **Outdoor** - competed in 100 meters at NCAA West Regional (42nd, 12.10)... ran collegiate-

bests in the 100 (11.78) and 200 meters (24.56) at the Tiger Track Classic... ran a collegiate-best 57.93 in the 400 meters at the Iowa Invite... anchored team-leading 400-meter relay that placed fifth in the Big Ten Championships prelims (45.60) and finals (45.91), competed at the NCAA West Regional (19th, 45.81), and won

at the Iowa Invitational (46.82)... ran third leg on team-leading 800-meter relay (1:41.28)... ran second leg on team-leading sprint medley (3:56.53)... letterwinner.

High School -- four-time state champion, winning two titles each in 100 and 200 meters... earned award for scoring most team points by an individual at state meet freshman year... two-time runner-up in 100 meters at state meet... set school records in 100 meters (11.9) and 200 meters (24.9)... also played softball and basketball... four-year principal's honor roll student... honor graduate... coached by Coach Courtney, Coach Glover, Coach Chatam and Coach Mathis. **Personal** -- born May 1, 1991... daughter of Antoinette Moore... nursing major.

Moore's Collegiate Bests

Event	Time	Meet	Date
60 Meters (I)	7.68	ISU Classic	2/12/10
100 Meters (O)	11.78	Tiger Track Classic	4/2/10
200 Meters (O)	24.56	Tiger Track Classic	4/2/10
400 Meters (O)	57.93	Iowa Invite	4/17/10

**Jordan Mullen****Sophomore - Hurdles****Atlantic, IA****Atlantic High School**

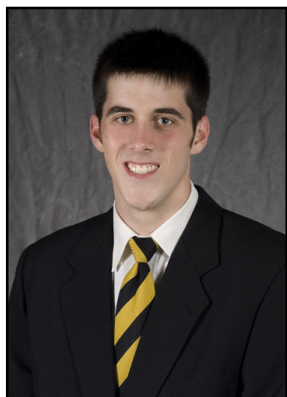
2010 -- Indoor - led team in 60-meter hurdles, earning a collegiate-best fifth-place finish at Big Ten Championships (8.02), a time which ranks third all-time at Iowa... ran a season-best 200 meters at the Razorback Invitational (22.60)... placed second in the 60-meter hurdles (8.28) and fifth in the 200 meters (22.95) at the Iowa Open... placed fourth in the 60-meter hurdles at

the Mayo Invite (8.03)... **Outdoor** - led team in 110-meter hurdles, with a collegiate-best 14.06 at the Tiger Track Classic which ranks fifth all-time at Iowa... ran a collegiate-best 200 meters, placing fifth at the Razorback Invite (21.78)... earned a collegiate-best finish in the 400-meter hurdles at the Tiger Track Classic... won the 110-meter hurdles at the Lee Calhoun Memorial (14.17)... placed second in the 110-meter hurdles at the Razorback Invite (14.27). **High School** -- seven-time state champion... set Class 3A state meet records in 110 (14.08) meter hurdles senior year... two-time Drake Relays 110-meter hurdles champion, setting a meet record of 14.04 senior year... set conference 110-meter hurdles record (13.8)... two-time elite all-state and two-time all-state selection... set school records in 110-meter hurdles (13.8), 400-meter hurdles (52.58) and 200 meters (21.9), and as part of 800-meter (1:29.6) and shuttle hurdle relays... coached by Josh Rasmussen. **Personal** -- born April 6, 1990... son of Claudia Mullen and Steve Mullen... business major.

Mullen's Collegiate Bests

Event	Time	Meet	Date
60 Hurdles (I)	8.02	at Big Tens	2/28/10
110 Meters (O)	14.06	at Tiger Track Classic	4/3/10
200 Meters (O)	21.78	at Razorback Invite	3/17/10
400 Hurdles (O)	56.48	at Tiger Track Classic	4/3/10

IOWA TRACK & FIELD

**Matt Newman**

Sophomore - High Jump
Arlington Heights, IL
Buffalo Grove High School

2010 -- Indoor - jumped a collegiate-best 6-8 1/4 (2.04m) in the high jump with a second-place finish at the Iowa Open... placed fifth in the high jump at the Iowa Open (6-7, 2.01m)...

Outdoor - earned a collegiate-best height in the high jump, placing second at Musco Twilight XI (6-8 3/4, 2.05m)... placed third in the high jump at the Lee Calhoun Memorial (6-8, 2.03m)

and fifth at the Iowa Invitational (6-4 3/4, 1.95m)... letterwinner. **High School** -- three-time conference high jump champion... placed second at state meet as a senior and third as a junior and sophomore... set school high jump record (6-10)... two-time team MVP... also played varsity basketball for three years... coached by Jamie Clots and Sean Murrin. **Personal** -- born May 24, 1991... son of John Newman and Eileen Newman... anthropology major.

Newman's Collegiate Bests

Event	Mark	Meet	Date
High Jump (O)	6-8 3/4 (2.05m)	Musco Twilight XI	5/1/10

**Brandon Oest**

Sophomore - High Jump
Geneca, IL
Aurora Christian High School

2010 -- Indoor - Placed first with a career-best 6-11 (2.11m) at the ISU Classic... placed 11th at Big Ten Championships (6-9 3/4, 2.08m) and sixth at NCAA last Chance Qualifier ((6-9, 2.06m) **Outdoor** - placed third with a jump of 6-10 3/4 (2.10m) at the Tiger Track Classic... first place finish at the Iowa Invitational with a jump of 6-10 3/4 (2.10m)... first place finishes with a

jump of 6-10 3/4 at Musco Twilight Meet... placed 12th at Big Ten Championships (6-6, 1.98m) and 20th at NCAA Regionals (6-9, 2.06m).

High School — Three-time conference champion... district champion and state qualifier during junior and senior seasons... placed fourth at the Illinois indoor state track meet... qualified in the high jump and 4x100 events, placing fourth and eighth, respectively... holds school record in high jump, 4x100 and 200 meters... lettered three times in football.

Personal — Born March 12, 1991... son of Duane and Debra Oest... has one brother, Doug, and two sisters, Jen and Haliegh... pre-business major... high school coach was Jeff Shutt.

Oest's Collegiate Bests

Event	Mark	Meet	Date
High Jump	6-11 (2.11m)	ISU Classic	12/12/10

**James Paul**

Senior - Middle Distance
Queenston, Ontario
Sir Winston Churchill SS

2010 -- Indoor - ran a collegiate-best mile at Big Ten Championships (4:11.27)... ran a collegiate-best 8:41.43 in the 3,000 meters, placing third at the Iowa Open... won the mile at the Iowa Invite (4:15.07)... ran lead leg on fourth-place distance medley relay at Big Ten Championships (9:52.71)...

Outdoor - earned a collegiate-best 3:52.50 in the 1,500 meters,

placing third at the Tiger Track Classic... earned a collegiate-best 1:56.42 in the 800 meters at the Iowa Invitational... placed second in the 1,500 meters at the Stanford Invite (3:53.09)... letterwinner. **2009 -- Indoor** - ran collegiate-best mile (4:12.49) at Iowa State Classic... won 800 meters at Iowa Invite (1:57.07) and placed fourth at Iowa Open (1:57.73)... won mile at Jack Jennet Invite (4:18.70)...

Outdoor - ran third leg on team-leading distance medley relay (17:17.63) at Drake Relays... that time ranks sixth in school history... won 3,000 meters at Illinois Invite (8:34.81) and placed second at Lee Calhoun Memorial (8:45.10)... ran 1,500 meters at Tiger Track Classic (3:53.86), John McDonnell Invite (3:53.49) and Illinois Invite (3:58.63)... academic all-Big Ten... letterwinner...

Cross Country - one of four Hawkeyes to compete in all six races... placed 61st at Big Ten Championships (27:08) and 63rd at NCAA Regional (32:55)... ran collegiate-best 6,000 meters (19:06) at Hawkeye Invite and 10,000 meters (32:55) at NCAA Regional... also competed at Iowa State Intercollegiate (26:18), Wisconsin Adidas Invite (25:28) and NCAA Pre-Nationals (25:33)... academic all-Big Ten... letterwinner. **2008**

-- **Indoor** - led team in mile (4:13.85)... ran lead leg on team-leading distance medley relay (10:03.14) that placed eighth at Big Ten Championships... **Outdoor**

- anchored team-leading distance medley relay (10:17.87) at Drake Relays... ran 1,500 meters at Tiger Classic (3:57.65) and Hawkeye Invite (4:05.63)... letterwinner...

Cross Country - ran collegiate-best 8,000 meters (24:29) at Auburn Invite and season-best 6,000 meters (19:33) at Hawkeye Invite... also competed at Iowa invite (20:24) and Roy Griak Invite (27:07)... academic all-Big Ten... team

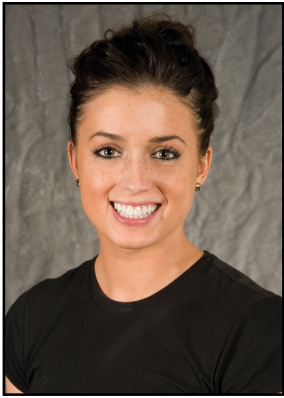
earned USTFCCCA all-academic honors... letterwinner. **High School** -- placed fourth at all-Ontario meet in 1,500 meters (3:57)... two-time all-Ontario winning team member in cross country... best 1,500-meter time was 3:52.14. **Personal**

-- born March 19, 1989... son of Ian and Paula Paul... brother, Jonathan, ran cross country and track at Harvard... brother, Blair, currently runs cross country and track for Coastal Carolina... pre-medicine major.

Paul's Collegiate Bests

Event	Time	Meet	Date
800 Meters (O)	1:56.42	Iowa Invitational	4/17/10
1,500 Meters (O)	3:52.50	at Tiger Track Classic	4/3/10
Mile (I)	4:11.27	at Big Tens	2/27/10
3,000 Meters (O)	8:29.36	at Tiger Track Classic	4/3/10
6,000 Meters (CC)	19:06	Hawkeye Invite	9/4/09
8,000 Meters (CC)	24:29	at Auburn Invite	10/4/08
5.2 Miles (CC)	27:08	at Big Ten Championships	11/1/09
10,000 Meters (CC)	32:55	at NCAA Regional	11/14/09

IOWA TRACK & FIELD

**Bethany Praska**

Senior
Sprints/Middle Distance
Longmont, CO
Longmont Christian HS

2010 -- Indoor - led team in 600 (1:29.35) and 800 meters (2:08.54), which rank second and third all-time, respectively... provisionally qualified with 800-meter time... placed fourth at Big Ten meet in 600 meters (1:29.35)... ran lead leg on team-leading 1,600-meter relay (3:44.29)... won 800 meters at Husker Invite (2:11.85)... ran

second leg on second place 1,600-meter relay at Jack Johnson Classic (3:47.45)...

Outdoor - led team in 800 meters with season-best 2:10.85 at Sun Angel Classic, which ranks ninth all-time... anchored team-leading 1,600-meter relay at Tiger Track Classic (3:39.88), which ranks sixth all-time at Iowa... ran third leg on 1,600-meter relay at NCAA West Regional (19th, 3:41.66)... anchored team-leading sprint medley relay at Drake Relays (3:56.53)... ran third leg on fourth-place 3,200-meter relay at Drake Relays (8:54.45)... ran a collegiate-best in the 400 meters at CCU Shamrock (56.05)... placed second in 400 meters at Iowa Invite (56.40)... letterwinner. **2009 -- Indoor** - led team in 400 meters (56.42), 600 yards (1:23.12) and 600 meters (1:31.33)... the 600 yards time ranks fourth and the 400 meters time ranks 10th all-time at Iowa... placed sixth in 600 meters (1:31.80) at Big Ten meet... ran collegiate-best 56.42 in 400 meters at Mayo Invite... Iowa's women's track Big Ten Sportsmanship award winner... **Outdoor** - ran second legs on team-leading 1,600-meter (3:48.22) and distance medley relays (12:11.56)... the 1,600-meter relay placed sixth at Big Ten meet... ran season bests in 200 (25.91) and 400 meters (57.08) at Illinois Invite... academic all-Big Ten... letterwinner. **2008 -- Indoor** - ran season-best 1:34.66 in 600-meter prelims at Big Ten meet... ran 400 meters at Jack Johnson Classic (58.57), Mayo 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 season-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
60 Meters (I)	8.17	Iowa Open	1/17/09
200 Meters (O)	25.69	at Shamrock Invite	3/22/08
400 Meters (I)	56.05	at Shamrock Invite	3/20/10
600 Yards (I)	1:23.12	at Iowa State Classic	2/13/09
600 Meters (I)	1:31.33	at Big Ten Championships	2/28/09

**Megan Ranegar**

Sophomore - Distance
Valparaiso, IN
Valparaiso High School

2010 -- Indoor - ran a collegiate-best mile placing fifth at Iowa Open (5:19.94)... ran collegiate-best 3,000 meters at the Husker Invite (9:55.98)... ran season-best 5,000 meters at ISU Classic (17:34.02)... **Outdoor** - ran collegiate-best 1,500 meters at CCU Shamrock Invite (4:45.04)... ran season-best 3,000 meters at Musco Twilight XI (10:17.14)...

earned collegiate-best in 5,000 meters at Stanford Invite (17:09.77)... ran collegiate-best 37:22.35 in 10,000 meters at Big Ten Championships... placed fifth in 1,500 meters at Iowa Invitational (4:45.49)... letterwinner. **2009 -- Cross Country** - ran at Hawkeye Invite (10:52)... team earned USTFCCA all-academic honors. **High School** -- won state 3,200-meter title senior year... placed second at state cross country meet junior year... three-time conference champion in 3,200 meters, winning one conference cross country title... ran on conference champion 3,200-meter relay... set school record in 3,200 meters (10:43)... other best times were 5:05 in 1,600 meters and 18:19 in cross country 5,000 meters... runner-up at Nike Team Regional... Indiana's top finishers at Midwest Meet of Champions, placing eighth overall... National Honor Society member... graduated with honors... coached by Karen DeVries, Mick Cavanaugh, Jim McCall and Matt Snoeynk. **Personal** -- born June 20, 1990... daughter of Anthony and Kimberly Ranegar... integrative physiology major.

Ranegar's Collegiate Bests

Event	Time	Meet	Date
1,500 Meters (O)	4:45.04	CCU Shamrock Invite	3/20/10
3,000 Meters (I)	9:55.98	ISU Classic	2/12/10
5,000 Meters (O)	17:09.77	Stanford Invite	3/26/10
10,000 Meters (O)	37:22.35	Big Ten Championships	5/14/10

**Kyle Reid**

Sophomore - Combined Events
Schaumburg, IL
James B. Conant High School

2010 -- Indoor - earned collegiate-best 4,662 points in the heptathlon at the Jack Johnson Classic... earned collegiate-best marks in five heptathlon events: 60 meters (7.44), 60-meter hurdles (8.82), 1,000 meters (2:46.80), high jump (5-6 1/2, 1.69m), and shot put (31-7 1/4, 9.63m)... vaulted a collegiate-best 16-4 3/4 (5.00m) in the pole vault at the Iowa Invite...

earned a collegiate-best in the long jump at the ISU Classic (19-6 1/4, 5.95m)... won the pole vault at the Iowa Invite (16-4 3/4, 5.00m) and placed second at the Iowa Open (14-11, 4.55m)... **Outdoor** - led the team in the pole vault, earning a season-best 16-1 1/4 (4.91m) at the Sun Angel Classic... earned collegiate-bests in the 110-meter hurdles (15.42) and shot put (34-1 1/2, 10.40m) at the Iowa

IOWA TRACK & FIELD

Invitational. **High School** -- set school pole vault record (15-3)... won conference titles in 110 and 300-meter hurdles, and as part of 1,600-meter relay... named most valuable athlete junior year, most valuable sprinter sophomore year and most outstanding newcomer freshman year... also competed in soccer and wrestling... coached by Brett Anderson and John Powers. **Personal** -- born July 22, 1991... son of Darren and Laura Reid... mathematics major.

Reid's Collegiate Bests

Event	Mark	Meet	Date
60 Meters (I)	7.44	at Jack Johnson Invite	1/23/10
60 Hurdles (I)	8.82	at Jack Johnson Invite	1/23/10
110 Hurdles (O)	15.42	Iowa Invitational	4/17/10
1,000 Meters (I)	2:46.80	at Jack Johnson Invite	1/23/10
High Jump (I)	5-6 1/2 (1.69m)	at Jack Johnson Invite	1/23/10
Pole Vault (I)	16-4 3/4 (5.00m)	Iowa Invite	2/19/10
Shot Put (O)	34-1 1/2 (10.40m)	Iowa Invitational	4/17/10
Long Jump (I)	19-6 1/4 (5.95m)	at ISU Classic	2/12/10
Heptathlon (I)	4,662 points	at Jack Johnson Invite	1/23/10

**Patrick Richards****Junior - Sprints****Colorado Springs, CO****Widefield High School**

2010 -- Indoor - ran a collegiate-best 6.92 in the 60-meter dash at the Iowa vs. Illinois dual meet... **Outdoor** - ran third and lead legs on team-leading 1,600-meter relays that placed second at Drake Relays (3:05.73) and Big Ten Championships (3:07.75)... earned second team all-Big Ten honors... ran a collegiate-best 46.74 winning the 400 meters at the Sun

Angel Classic... that time ties for tenth all-time at Iowa... ran a collegiate-best 21.44 placing second at the Razorback Invitational... anchored team-leading 400-meter relay squad, winning at the Iowa Invitational (40.43), placing second at Musco Twilight XI (40.49), and placing third at Big Ten Championships... ran second leg on sprint medley relay squad that placed second at Drake Relays (3:17.74). **2009 -- Indoor** - ran second leg on 1,600-meter relay that led team and ran NCAA provisional qualifying 3:09.62 at Last Chance Qualifier... that time ranks 10th on Iowa's all-time best performers list... placed fifth in 400 meters (47.94) at Big Ten Championships... anchored 1,600-meter relay that placed eighth at Big Ten meet (3:14.73)... ran collegiate-best 400 meters (47.78) at Mayo Invite, which ranks ninth in school history... placed second in 200 meters with collegiate-best 21.78 at Iowa Open... **Outdoor** - ran on 400-meter relay that won title at Drake Relays (40.71), running a regional-qualifying 40.58 in the prelims... ran third leg on 400-meter relay that placed third at Big Ten Championships in 40.85... also ran second leg on two regional qualifying 1,600-meter relays... ran second leg on 800-meter relay that set a school record of 1:24.85 and placed sixth at Drake... ran lead leg on sprint medley relay that placed second at Drake in 3:20.05, which ranks third in school history... ran collegiate bests in 100 (10.88) and 200 (21.61) meters at Dr. Keeler Invite... letterwinner. **High School** -- won 400 meters (47.50) at state meet senior year, placing second in 100 and 200 meters (10.83, 21.55)... state runner-up in 200 and 400 meters and placed fifth in 100 meters junior year... set school 400-meter record (47.50)... two-time all-state... team captain senior year... four-year letterwinner... ran on 400-meter relay (40.64) at 2008 Great Southwest Track Classic, placing third as part of 1,600-meter relay at that meet in 2007... ran on 400-meter relay that placed seventh at 2006 USATF Nationals... coached by Fred Marjerrison and Ronald White. **Personal** -- born August 6, 1990... son of Patrick and Deborah Richards... pre-business major.

Richards' Collegiate Bests

Event	Time	Meet	Date
60 Meters (I)	6.92	Iowa vs. Illinois	1/9/10
100 Meters (O)	10.88	at Dr. Keeler Invite	5/8/09
200 Meters (O)	21.44	at Razorback Invite	3/27/10
400 Meters (O)	46.74	at Sun Angel Classic	4/10/10

IOWA TRACK & FIELD



D'Juan Richardson
Junior - Hurdles/Sprints
Indianapolis, IN
Warren Central High School

2010 -- Indoor - led team in 60 meters with collegiate-best 6.80 at NCAA Qualifier... that time ranks third-all time at Iowa... placed fifth in 60 meters at Big Ten meet (6.83)... ran season-best 200 meters at Mayo Invite (21.94)... placed second in 60 meters at Iowa Invite (6.82) and

Iowa Open (6.84)... **Outdoor** - ran on team-leading 400-meter relay squad, winning at Iowa Invite (40.43), placing second at Musco Twilight XI (40.49), and placing third at Big Ten meet (40.55)... competed in 400 meters (25th, 52.01) and ran lead leg in the 400-meter relay (17th, 40.31) at NCAA West Regional... ran lead leg on sprint medley relay squad that placed second at Drake Relays (3:17.74)... ran collegiate-best 100 meters placing fourth at Musco Twilight XI (10.59)... ran collegiate-best 400-meter hurdles placing second at Iowa Invite (51.97)... ran collegiate-best 200 meters at Sun Angel Classic (21.74)... letterwinner. **2009 -- Indoor** - led team in 60-meter hurdles with collegiate-best 6.87 he ran at Iowa Open... that time ranks sixth all-time at Iowa... won 200 meters with a collegiate-best 21.59 and placed second in 60 meters with season-best 6.87 at Iowa Open... won 60-meter hurdles (8.46) at Iowa Invite... **Outdoor** - ran lead leg on 400-meter relay that placed fifth at NCAA Midwest Regional (40.33)... that relay ran a team-leading and season-best time of 39.94 in the prelims, which ranks third all-time at Iowa... ran on 400-meter relay that won title at Drake Relays (40.71), running a regional-qualifying 40.58 in the prelims... ran lead leg on 400-meter relay that placed third at Big Ten Championships (40.85)... placed eighth in 400-meter hurdles (54.42) at Big Ten meet... ran lead leg on 800-meter relay that set a school-record of 1:24.85 and placed sixth at Drake... ran collegiate best 110-meter hurdles (15.01) at Illinois Invite... letterwinner... placed sixth in the men's 400-meter hurdles (52.64) at the USATF Outdoor Junior National Championships. **High School** -- placed eighth in 110-meter hurdles (14.43) at 2008 USATF Junior Nationals... three-time state champion... won state titles in 110 and 300-meter hurdles (13.96, 37.18) senior year... ran on state champion 400-meter relay as a sophomore... seven-time conference champion... 13-time all-state, 14-time all-conference and 15-time all-county honoree... set school records in 110-meter hurdles (13.96), and as part of 400-meter (41.18), shuttle hurdle (57.66), indoor sprint medley (3:26.64), outdoor sprint medley (1:32.16), indoor 1,600-meter (3:21.95), outdoor 1,600-meter (3:17.36) and indoor 800-meter (1:29.26) relays... the indoor sprint medley relay time ranks seventh in U.S. history for a high school race... three-year competitor at National Scholastic Indoor Championships... placed ninth in 110-meter hurdles at 2006 Junior Olympics... four-year scholar athlete... coaches were Dennis McNulty, Dean Carbone and Bruce Hickman. **Personal** -- born January 1, 1990... son of Dorothy Castile and Earl Richardson... biology major.

Richardson's Collegiate Bests

Event	Time	Meet	Date
60 Meters (I)	6.80	at NCAA Qualifier	3/6/10
60 Hurdles (I)	8.20	Iowa Open	1/17/09
100 Meters (O)	10.59	Musco Twilight XI	5/1/10
110 Hurdles (O)	15.01	at Illinois Invite	5/2/09
200 Meters (I)	21.59	Iowa Open	1/17/09
400 Hurdles (O)	51.97	Iowa Invitational	4/17/10



Keaton Rickels
Sophomore
Sprints/Middle Distance
Iowa Falls, IA
Iowa Falls-Alden High School

2010 -- Indoor - ran a collegiate-best 600 meters at Big Ten Championships (1:21.81)... placed third in the 600 meters at the Iowa Invite (1:22.03)... ran a collegiate-best 600 yards at the ISU Classic (1:13.45)... **Outdoor** - ran a collegiate-best 400-meter hurdles at Musco

Twilight XI (53.39)... placed fifth in the 400-meter hurdles at the Razorback Invite (55.05)... **High School** -- two-time all-state, placing second in 800 meters and 400-meter hurdles senior year... five-time conference champion and two-time runner-up... set school records in 400 meters (50.2), 400-meter hurdles (52.98), 800 meters (1:55.6) and 1,600 meters (4:32.8)... two-time first team all-district selection in football... four-time team MVP... five-time team captain (twice in track and wrestling, and once football)... three-time academic all-state in football... four-time honor roll student... National Honor Society member... coached by David and Ronn Rickels. **Personal** -- born September 17, 1990... son of Ronn & Alene Rickels... his father wrestled and his mother rank track at the University of Northern Iowa... biology major.

Rickels' Collegiate Bests

Event	Time	Meet	Date
400 Hurdles (O)	53.39	Musco Twilight XI	5/1/10
600 Meters (I)	1:21.81	at Big Tens	2/27/10



Cameron Rieger
Sophomore - Distance
Mundelein, IL
Carmel Catholic High School

2010 -- Indoor - Outdoor.

2009 -- Cross Country - redshirted. **High School** -- conference cross country champion senior year, earning all-conference honors three seasons... won 3,200-meter conference title junior year, earning all-conference honors four years... two-time all-sectional in track... two-time all-regional and team MVP in cross country,

earning all-sectional honors and qualifying for state meet senior year... set school record in cross country three miles (14:28)... other best times are 2:01 in 800 meters, 4:31 in 1,600 meters and 9:28 in 3,200 meters... 2009 ESCC Student-Athlete of the Year, earning IHSA scholar award... National Honor Society member... coached by Jim Halford and Lisa Halford. **Personal** -- born June 12, 1991... son of Richard and Lori Rieger... marketing major.

IOWA TRACK & FIELD

**Hannah Roeder**

Graduate Student - Distance
Des Moines, IA
Roosevelt High School
UCLA

2010 -- Indoor - led the team in the 5,000 meters, earning a collegiate-best at the ISU Classic (16:58.95)... ran a collegiate-best 3,000 meters with a fifth-place finish at the Husker Invite (9:54.62)... ran a season-best mile at the Iowa Open, placing fourth at 5:15.92... **Outdoor** - redshirted. **2009 -- Indoor** - placed 12th

in 3,000 meters (10:05.43) and 22nd in 5,000 meters (17:26.64) at Big Ten Championships... ran collegiate-best mile (5:01.07) at Iowa State Classic... **Outdoor** - placed 13th in 3,000-meter steeplechase (10:40.85) at NCAA Midwest Regional... placed eighth in 3,000-meter steeplechase (10:35.26) and 21st in 5,000 meters (17:23.59) at Big Ten Championships... the steeplechase time led the team and ranks third all-time at Iowa... won 3,000-meter steeplechase at Tiger Track Classic (10:40.86) and placed fifth at Drake Relays (10:42.88)... placed second in 1,500 meters with a collegiate-best 4:35.78 at Illinois Invite... academic all-Big Ten... USTFCCCA all-academic team honoree... received Big Ten distinguished scholar award... letterwinner... **Cross Country** - placed 28th at Big Ten Championships, running a collegiate-best 21:31 (6,000 meters), which ranks 10th all-time at Iowa... placed 36th at NCAA Regional (21:51)... ran collegiate-best 3,000 meters (10:41) at Hawkeye Invite... also ranced at NCAA Pre-Nationals (21:50) and Wisconsin Adidas Invite (18:20)... academic all-Big Ten... team earned USTFCCCA all-academic honors... letterwinner. **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... also ran 1,500 meters at Iowa Invite (4:51.18), Auburn Classic (4:51.23) and Lee Calhoun Memorial (5:05.50)... letterwinner... **Cross Country** - Iowa's third finisher at NCAA Championships, running a season-best 6,000 meters (21:39)... placed 39th at NCAA Midwest Regional (22:03) and 51st at Big Ten Championships (22:19)... team earned USTFCCCA all-academic honors... 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)	4:35.78	at Illinois Invite	5/2/09
Mile (I)	5:01.07	at Iowa State Classic	2/14/09
3,000 Meters (I)	9:54.52	at Husker Invite	2/6/10
3,000 Steeplechase (O)	10:35.26	at Big Ten Championships	5/16/09
3,000 Meters (CC)	10:41	Hawkeye Invite	9/4/09
5,000 Meters (I)	17:26.64	at Big Ten Championships	3/1/09
6,000 Meters (CC)	21:31	at Big Ten Championships	11/1/09

**Zeke Sayon**

Senior - Sprints
Rockford, IL
Harlem High School
University of Illinois-Chicago

2010 -- Indoor - ran a collegiate-best 6.82 60-meter dash at the Last Chance Qualifier which ranks sixth all-time at Iowa... ran a season-best 22.49 in the 200 meters at the ISU Classic and the Razorback Invitational... placed second in the 60 meters at the Iowa Invite (6.92)... **Outdoor** - ran team-leading collegiate-

best 100 meters (10.51) at Razorback Invite and NCAA West Regional... earned second-team all-Big Ten honors, placing second in the 100 meters at the Big Ten Championships (10.64)... ran second leg on team-leading 400-meter relay squad, winning at the Iowa Invitational (40.43), placing second at Musco Twilight XI (40.49), and placing third at Big Ten Championships... ran second leg on 400-meter relay team at NCAA West Regional (17th, 40.31)... letterwinner. **2009 -- Indoor** - won 60 meters with season-best 6.86 vs. Illinois... that time ranks sixth in school history... **Outdoor** - ran on 400-meter relay that placed fifth at NCAA regional (40.33)... that relay ran a team-leading and season-best time of 39.94 in prelims, which ranks third all-time at Iowa... ran on 400-meter relay that won title at Drake Relays (40.71), running a regional-qualifying 40.58 in the prelims... ran second leg on 400-meter relay that placed third at Big Ten meet (40.85)... placed fifth in 100 meters (10.72) at Big Ten meet, and ran collegiate-best 200 meters (21.96) in Big Ten prelims... letterwinner. **2007-08** -- competed at University of Illinois-Chicago, leading Flames in 55 (6.45), 60 (6.97) and 200 meters (22.67) indoors, and the 100 (10.76) and 200 meters (22.30) outdoors. **High School** -- three-time state qualifier and conference champ... USATF and AAU national qualifier as a senior, placing third in 100 meters, seventh in 200 meters and third as part of 400-meter relay at AAU regional meet... competed for Ben Newson TC... set club records in 100 meters (10.69) and 400-meter relay (41.9)... club coach was Brian Newson and high school coach was Richard Johnson. **Personal** -- born July 27, 1989... son of Judele Kpor and Annie Kpor.

Sayon's Collegiate Bests

Event	Time	Meet	Date
55 Meters (I)	6.45	at Carthage Last Chance	3/7/08
60 Meters (I)	6.82	at NCAA Qualifier	3/6/109
100 Meters (O)	10.51	at NCAA Regional	5/27/10
200 Meters (O)	21.65	at Razorback Invite	3/17/10

IOWA TRACK & FIELD



Hannah Simonson
Sophomore - Hurdles
Jefferson, IA
Jefferson-Scranton High School

2010 -- Indoor - ran a collegiate-best 400 meters at the Iowa Invite, placing third at 1:01.59... ran a collegiate-best 300 meters at the Iowa Open (43.70)... **Outdoor** - did not compete. **High School** -- placed third in 100-meter hurdles and fourth in 400-meter hurdles at state meet senior

year... 12-time state qualifier... set school records in 100-meter hurdles (14.7) and 400-meter hurdles (1:05.05), and as part of shuttle hurdle relay (1:07.67)... four-time team MVP... two-year letterwinner in basketball and swimming... set medley relay school record in swimming and earned honorable mention all-conference honors in basketball... academic all-state in track and basketball... four-year high honor roll student... National Honor Society member... coached by Kelly Simpson. **Personal** -- born March 13, 1991... daughter of David and Janie Simonson... integrative physiology/pre-medicine major.

Simonson's Collegiate Bests

Event	Time	Meet	Date
400 Meters (I)	1:01.59	Iowa Invite	2/19/10



Jasmine Simpson
Redshirt Freshman - Throws
Wheaton, IL
Glenbard South High School

2010 -- Track - redshirted. **High School** -- two-time all-conference in shot put and discus, winning two conference shot put titles... team captain as a junior... set school records in indoor shot put (40-7)... other best marks are 41-0 in outdoor shot put and 113-7 in discus... lettered two years in basketball... four-year honor roll student... National Honor Society member...

coached by Ryan Chrissey and Mark Tacchi. **Personal** -- born April 9, 1991... daughter of Kevin and Sandra Simpson... her sister, Nikki, currently plays softball at the University of Illinois... secondary education major.



Erik Sowinski
Junior - Middle Distance
Waukesha, WI
West High School

2010 -- Indoor - set school record in the 800 meters with a provisional qualifying 1:48.90 winning time at the ISU Classic... ran lead leg on team-leading 1,600-meter relay with a season-best provisional qualifying time of 3:09.83 at the Meyo Invite... 1,600-meter relay earned second team all-Big Ten honors (3:12.00)... led team in the 600 meters with a season-best 1:18.38

second-place finish in the Big Ten Championships prelims... won the 800 meters at the Razorback Invite (1:50.09) and placed second at the Meyo Invite (1:49.21) and the NCAA Qualifier (1:48.99)... won the 600 meters at the Iowa Open (1:19.63)...

Outdoor - ran third leg on 1,600-meter relay that qualified for NCAA Championships (3:05.84)... anchored team-leading 1,600-meter relay that placed second at Drake Relays (3:05.73) and Big Ten Championships (3:07.75)... earned second team all-Big Ten honors... led team in 800 meters with collegiate-best 1:48.56 at the Sun Angel Classic... this ranks third-all-time at Iowa... anchored sprint medley relay squad that placed second at Drake Relays (3:17.74)... ran collegiate-best 400 meters at Razorback Invite (47.72)... won the 800 meters at the Tiger Track Classic (1:49.66) and Musco Twilight XI (1:50.53). **2009 -- Indoor** - set school record in 600 meters (1:18.05) in Big Ten prelims, placing eighth with a 1:19.10 time in the finals... ran season-best 1:51.39 in 800 meters at Last Chance Qualifier... that time ranks fifth on Iowa's all-time best performers list... also ran 800 meters at Meyo Invite (1:52.70), Iowa State Classic (1:52.82), Razorback Invite (1:54.22) and Iowa Open (1:55.22)... **Outdoor** - qualified for NCAA Midwest Regional as part of team-leading 1,600-meter relay (3:08.81)... ran second leg on 1,600-meter relay that placed fourth at Drake in 7:33.08, which ranks second in school history... ran second leg on the team-leading distance medley relay (10:02.91) at Drake Relays... ran collegiate-best 800 meters (1:51.10) at John McDonnell Invite... letterwinner. **High School** -- won state 800-meter title (1:54.29), anchored state champion 3,200-meter relay (7:50.96) and ran on fifth-place 1,600-meter relay (3:22.08) senior year... five-time all-conference, earning all-state honors in track twice... two-time track team MVP... two-time conference champion, winning 400 (49.46) and 800 meters (1:56.33) senior year... set school records in 400 (49.46) and 800 meters (1:54.29), and as part of 3,200-meter (7:50.96) and sprint medley relays (3:28.15)... ran on sprint medley relay that placed fourth (3:28.15) and 3,200-meter relay that placed 19th at Nike Outdoor Nationals... lettered two years in basketball, earning all-conference honors... captained track and cross country teams as a senior, and basketball team three years... National Honor Society member... four-year honor roll student... Brady academic all-star and WIAA scholar athlete as a senior... academic all-state in cross country as a senior... coaches were Josh Johnson, Bill Megna and Tom Lahiff. **Personal** -- born December 21, 1989... son of Bryan and Jane Sowinski... integrative physiology major.

Sowinski's Collegiate Bests

Event	Time	Meet	Date
400 Meters (O)	47.72	at Razorback Invite	3/17/10
600 Meters (I)	1:18.38	at Big Tens	2/27/10
800 Meters (O)	1:48.56	at Sun Angel Classic	4/10/10

IOWA TRACK & FIELD

**Ben Stancombe**

Sophomore - Throws
Bloomington, IN
South High School

2010 -- Indoor - redshirted... **Outdoor** - threw a collegiate-best 185-11 (56.68m) in the hammer throw with a second-place finish at the Iowa Invitational... ranks eighth all-time at Iowa... competed in the hammer throw at the NCAA West Regional (41st, 177-3, 54.04m)... placed second in the hammer at the Tiger Track Classic (183-8, 55.99)... placed third in hammer at Lee

Calhoun Memorial (171-4, 52.22m)... letterwinner. **High School --** two-time Nike all-American, placing sixth in weight throw indoors and fourth in hammer throw outdoors... placed second in shot put (58-0) and sixth in discus (165-8) at state meet senior year... two-time conference shot put champion, earning all-state and all-conference honors twice... team captain as a senior... set school record in shot put (60-4)... other best marks are 178-4 in discus, 218-4 in 12-pound hammer throw, 197-4 in 6-kilogram hammer throw and 67-10 in 25-pound weight throw... lettered four years in track and three in football... named football team captain, earning all-conference honors... academic all-state honorable mention, academic all-conference and National Honor Society member... coached by Larry Williams, Wil Fleming, Ryan Ketchum and Doug Ballard. **Personal --** born March 29, 1990... son of Brian and Beth Stancombe... chemistry major.

Stancombe's Collegiate Bests

Event	Mark	Meet	Date
Hammer (O)	185-11 (56.68m)	Iowa Invitational	4/17/10

**Kelsey Taylor**

Sophomore - Throws
Camp Point, IL
Camp Point Central High School

2010 -- Indoor - led the team in the weight throw, earning a collegiate-best at Big Ten Championships (53-7 3/4, 16.35m), a mark that ranks fourth all-time at Iowa... placed second in the weight throw at Iowa Invite (52-6 3/4, 16.02m) and third at Jack Johnson Invite (52-10, 16.10m)... **Outdoor** - redshirted. **High School**

-- two-time conference discus champion, earning

all-county second team honors... set school records in shot put (34-2) and discus (132-5)... four-year track letterwinner... also lettered in volleyball and played basketball... four-year high honor roll student... National Honor Society member... coached by Lane Glick and Rod Schoonover. **Personal --** born January 31, 1991... daughter of Don and Terri Taylor... marketing major.

Taylor's Collegiate Bests

Event	Mark	Meet	Date
Weight Throw (I)	53-7 3/4 (16.35m)	Big Ten Championships	11/1/10

**Jeff Thode**

Sophomore - Distance
Schaumburg, IL
James B. Conant High School

2010 -- Indoor - set school record in the mile with a provisional qualifying win at the NCAA Qualifier (4:03.07)... anchored fourth-place distance medley at Big Ten Championships (9:52.71)... **Outdoor** - set a school record in the 1,500 meters at the NCAA West Regional preliminaries (3:43.02)... broke a Francis X. Cretzmeyer facility record and a Musco Twi-

light meet record with his win in the 1,500 meters at Musco Twilight XI (3:44.51)... ran third leg on eighth-place 6,400-meter relay at Drake Relays (17:01.46)... ran collegiate-best 5,000 meters at Big Ten Championships (4:17.79)... letterwinner **2009 -- Cross Country** - placed 21st at NCAA Regional with a collegiate-best 31:27 (10,000 meters), earning all-region honors... placed 17th at Big Ten Championships (25:52) and 19th at NCAA Pre-Nationals (24:15)... won Hawkeye Invite (18:21-6,000 meters) and Iowa State Intercollegiate (24:50)... placed second at Wisconsin Adidas Invite (23:55-8,000 meters)... the 6,000-meter time ranks second and the 8,000-meter time ranks seventh all-time at Iowa... Iowa's top finisher in five of six races... one of four Hawkeyes to compete in all six races... letterwinner.

High School -- won state titles in cross country and 1,600 meters senior year... all-state and all-conference honoree, earning team MVP and athlete of the year honors as a senior... placed fifth in two miles at 2009 national meet, finishing ninth as part of 3,200-meter relay and 12th as part of distance medley relay in 2008... set school records in 800 meters (1:53.710, 1,600 meters (4:05.00) and as part of 3,200-meter relay (7:51.9)... four-year letterwinner in cross country and track... two-time Illinois High School Scholar-Athlete award winner... coached by Russel Dahl and John Powers. **Personal --** born September 10, 1990... son of Jim and Terry Thode... biology major.

Thode's Collegiate Bests

Event	Time	Meet	Date
Mile (I)	4:03.07	at NCAA Qualifier	3/6/10
1,500 Meters (O)	3:43.02	at NCAA Regional	5/27/10
5,000 Meters (O)	14:17.79	at Big Ten Championships	5/16/10
6,000 Meters (CC)	18:21	Hawkeye Invite	9/4/09
8,000 Meters (CC)	23:55	at Wisconsin Adidas Invite	10/3/09
5.2 Miles (CC)	25:52	at Big Ten Championships	11/1/09
10,000 Meters (CC)	31:27	at NCAA Regional	11/14/09

IOWA TRACK & FIELD



Katie Truedson

Sophomore - Pole Vault
Oak Brook, IL
Hinsdale Central High School

2010 -- Indoor - earned a season-best 10-11 3/4 (3.35m) in the pole vault at the ISU Classic and the Iowa Invite, where she placed second... placed third in the pole vault at the Iowa Open (10-0, 3.05m)... **Outdoor** - led the team in the pole vault, earning a collegiate-best at the Lee Calhoun Memorial, placing third at 11-5 1/4 (3.49m)... placed fifth in the pole vault at the Tiger Track Classic (10-8, 3.25m)... letterwinner. **High School** -- won conference indoor pole vault title (10-9) senior year, placing second outdoors (10-6)... won pole vault at 2009 Glenbard West Invite (11-0)... helped team to indoor and outdoor conference titles as a senior... 2009 Oak Brook Athlete of the Year... also competed in gymnastics and pom squad... earned HC Scholar Athlete Award twice... earned conference senior athletic award... coached by Pat Richards, Dave Knecht and James Conyers. **Personal** -- born April 4, 1991... daughter of Tom and Patti Truedson... marketing major.

ger Track Classic (10-8, 3.25m)... letterwinner. **High School** -- won conference indoor pole vault title (10-9) senior year, placing second outdoors (10-6)... won pole vault at 2009 Glenbard West Invite (11-0)... helped team to indoor and outdoor conference titles as a senior... 2009 Oak Brook Athlete of the Year... also competed in gymnastics and pom squad... earned HC Scholar Athlete Award twice... earned conference senior athletic award... coached by Pat Richards, Dave Knecht and James Conyers. **Personal** -- born April 4, 1991... daughter of Tom and Patti Truedson... marketing major.

Truedson's Collegiate Bests

Event	Mark	Meet	Date
Pole Vault (O)	11-5 3/4 (3.49m)	Lee Calhoun Memorial	4/10/10



Majesty Tutson

Sophomore - Throws
Iowa City, IA
City High School

2010 -- Indoor - posted collegiate-best distance in weight throw with win at Iowa Invite (52-8 3/4, 16.07m), a mark that ranks seventh all-time at Iowa... earned collegiate-best in the shot put at Big Ten Championships (43-3, 13.18m)... placed second in the weight throw at the Iowa Open (51-6 1/4, 15.70m)... **Outdoor** - posted a collegiate-best in the discus with a third-place

finish at Musco Twilight XI (159-4, 48.56m), a mark that ranks third all-time at Iowa... competed in discus at NCAA West Regional (45th, 113-8, 34.64m)... threw a collegiate-best 156-9 (47.77m) in the hammer throw at the Tiger Track Classic... ranks fifth all-time at Iowa... threw a season-best 42-8 3/4 (13.02m) in shot put at Tiger Track Classic... won discus at the Iowa Invitational (154-4, 47.04m)... placed second in discus at Lee Calhoun Memorial (149-6, 45.57m)... placed third in discus at CCU Shamrock Invite (147-5, 44.93m)... threw collegiate-best in javelin at Big Ten Championships (97-6, 29.71m). **High School** -- placed second in discus and shot put at state and conference meets senior year... Drake Relays discus champion senior year... all-conference and team captain senior year... two-time team throws MVP... best marks are 138-9 1/2 in discus and 41-9 1/2 in shot put... all-academic honoree... three-year letterwinner in basketball, helping team to 2008 state title... coached by Tom Mittman. **Personal** -- born May 2, 1991... daughter of James and LaVerne Tutson... open major.

Tutson's Collegiate Bests

Event	Mark	Meet	Date
Shot Put (I)	43-3 (13.19m)	Iowa Open	1/16/10
Weight Throw (I)	52-8 (16.07m)	Iowa Invite	2/19/10
Discus (O)	159-4 (48.56m)	Musco Twilight XI	5/1/10
Hammer Throw (O)	156-9 (47.77)	Tiger Track Classic	4/2/10
Javelin (O)	97-6 (29.71)	Big Ten Championships	5/14/10



Graham Valdes

Senior - High Jump
Moline, IL
Central City High School

2010 -- Indoor - jumped a collegiate-best 6-11 (2.11m) high jump with a sixth-place finish at Big Ten Championships... one of three to hit that mark and led team... tied for seventh all-time at Iowa... placed second in the high jump at the ISU Classic (6-9, 2.06m) and third at the Iowa Open (6-8 1/4, 2.04m)... **Outdoor** - led team in high jump with a collegiate-best 6-11 (2.11m)

third-place finish at the Sun Angel Classic... this height ties for sixth all-time at Iowa... competed in high jump at NCAA West Regional (34th, 6-7, 2.01m)... placed third in the high jump at Musco Twilight XI (6-8 3/4, 2.05m)... letterwinner. **2009 -- Indoor** - placed 13th in high jump (6-7 1/2) at Big Ten Championships... posted season-best high jump of 6-9 1/2 at Iowa State Classic... won high jump against Illinois (6-8), placed second at Jack Johnson Classic (6-6 1/4) and fourth at Iowa Open (6-7 1/2)... **Outdoor** - won high jump with a season-best 6-8 3/4 at Lee Calhoun Memorial... that mark ranks 10th in school history... also competed in high jump at Big Ten Championships (6-7 1/2), Messersmith Invite (6-6 3/4) and Illinois Invite (6-6 3/4)... academic all-Big Ten... letterwinner. **2008 -- Indoor** - placed 16th in high jump (6-5) at Big Ten Championships... runner-up in high jump with season-best 6-8 1/4 at Iowa Invite... **Outdoor** - redshirted... letterwinner. **High School** -- two-time district high jump champion, winning conference title senior year... placed fourth at state meet senior year... coached by Chris Curry, Matt Weis and Bob Mudd... lettered three years in football and basketball... all-district senior year in football... three-time all-conference in basketball, leading state in rebounds and blocks senior year... played in Tri-Rivers all-star basketball game senior year. **Personal** -- born August 12, 1988... son of Chad and Lisa Steckel, and Ricardo Valdes... mother played basketball at Bradley... history/pre-law major.

Valdes' Collegiate Bests

Event	Mark	Meet	Date
High Jump (I)	6-11 (2.11m)	at Big Tens	2/28/10
High Jump (O)	6-11 (2.11m)	at Sun Angel Classic	4/10/10

IOWA TRACK & FIELD



Kirsten Weismantle

Sophomore - Pole Vault
Oak Park, IL
Oak Park River Forest HS

2010 -- Indoor - led the team in pole vault with a collegiate-best win at Iowa Invite (11-5 3/4, 3.50m)... placed fourth in pole vault at Iowa Open (10-0, 3.05m)... **Outdoor** - earned a season-best in pole vault at Musco Twilight XI (10-10, 3.30m)... placed third in pole vault at Lee

Calhoun Memorial (11-5 1/4, 3.49m) and fifth at Tiger Track Classic (10-8, 3.25m)... letterwinner. **High School** -- three-time state qualifier, winning conference pole vault title as a junior and two sectional pole vault titles... three-time all-conference and two-time all-section honoree... all-academic and pole vault team captain senior year... best pole vault mark was 10-9... lettered four years in cross country and track... coached by Sarah McCabe and Tim Gamble. **Personal** -- born October 12, 1990... daughter of Peter Weismantle and Sandy Williams... art education major.

Weismantle's Collegiate Bests

Event	Mark	Meet	Date
Pole Vault (I)	11-5 3/4 (3.50m)	Iowa Invite	2/19/10



Steven Willey

Senior - Middle Distance
Onawa, IA
West Monona High School

2010 -- Indoor - set school record in 400 meters with a provisional qualifying 46.75 at Last Chance Qualifier... ran second leg on provisionally qualifying 1,600-meter relay with a season-best 3:09.83 at Meyo Invite... placed second and provisionally qualified in 400 meters at Big Ten Championships (47.48), Meyo Invite (47.22), and ISU Classic (47.15)...

second team all-Big Ten honoree in 400 meters and 1,600-meter relay... placed second in 600 meters at Iowa Open (1:20.05)... **Outdoor** - ran a collegiate-best 45.78 in 400 meters at NCAA Regional, which time ranks fourth all-time at Iowa... anchored NCAA Championships qualifying 1,600-meter relay team at NCAA Regional (3:05.84)... Big Ten Champion in 400 meters (46.12), placing fourth in 200 meters (21.55)... first team all-Big Ten honoree... ran collegiate-best and team-leading 21.23 in 200-meter prelims at Big Ten meet... ran lead leg on team-leading 1,600-meter relay team (3:05.73) at Drake Relays... ran third leg on second-place sprint medley relay team at Drake Relays (3:17.74)... won 400 meters at Iowa Invitational (46.72) and Razorback Invite (46.31). **2009 -- Indoor** - ran lead leg on 1,600-meter relay that led team and ran NCAA provisional qualifying 3:09.62 at Last Chance Qualifier... that time ranks 10th all-time at Iowa... ran second leg on 1,600-meter relay that placed eighth at Big Ten Championships (3:14.73)... placed seventh in 600 meters at Big Ten meet with a collegiate-best 1:19.03 that ranks third in school history... ran season-best 200 meters (22.27) at Iowa State Classic and 400 meters (48.22) at Meyo Invite... **Outdoor** - ran a team-leading and

season-best 46.67 in 400-meter prelims at NCAA Midwest Regional... qualified for regional meet in 400 meters (47.04) and as part of team-leading 1,600-meter relay (3:08.81)... placed sixth in 400 meters (47.23) at Big Ten meet... ran lead leg on 1,600-meter relay that placed fourth at Drake in 3:11.46 and lead leg on 3,200-meter relay that placed 11th in 7:33.08, which ranks second in school history... won 400 meters at John McDonnell Invite (47.04) and Sun Angel Classic (47.70), and placed ninth at Tiger Track Classic (47.98)... letterwinner. **2008 -- Indoor** - ran first leg on team-leading 1,600-meter relay (3:10.74)... ran lead leg on 1,600-meter relay that placed fourth at Big Ten Championships (3:15.12)... ran season-best 600 meters (1:20.66) at Iowa Invite... **Outdoor** - ran lead leg on team-leading 1,600-meter relay (3:11.11) that placed seventh at Drake Relays... ran lead leg on 1,600-meter relay that placed fifth at Big Ten Championships (3:11.39)... ran season-best 400 meters (47.47) at Big Ten Championships... letterwinner. **High School** -- four-time conference champion and three-time runner-up... placed second in 400 (48.9) and 800 meters (1:56), and third in 100 and 200 meters at state meet senior year. **Personal** -- born September 17, 1988... son of Greg and Rhonda Willey... pharmacy interest.

Willey's Collegiate Bests

Event	Time	Meet	Date
200 Meters (O)	21.23	at Big Ten Championships	5/15/10
400 Meters (O)	45.78	at NCAA Regional	5/27/10
600 Meters (I)	1:19.03	at Big Ten Championships	3/1/09
800 Meters (O)	1:53.39	at Illinois Invite	5/2/09



Nick Young

Sophomore - Distance
Bettendorf, IA
Bettendorf High School

2010 -- Indoor - redshirted... **Outdoor** - ran lead leg on team-leading distance medley relay (9:42.97) at Drake Relays... that time ranks second all-time at Iowa... ran a collegiate-best 800 meters at the Iowa Invitational (1:55.11)... earned a collegiate-best in the 1,500 meters at Musco Twilight XI (3:52.78)... ran a collegiate-best 3,000 meters at Tiger Track Classic

(8:36.12)... placed third in 1,500 meters at Razorback Invite (3:56.66) and fourth at Tiger Track Classic (3:52.96)... letterwinner. **2009 -- Cross Country** - redshirted. **High School** -- two-time all-conference in track, earning all-state honors in cross country senior year... placed fourth in 1,600 meters (4:24) at state meet junior year... best times are 51.5 in 400 meters, 1:55.6 in 800 meters, 4:23.6 in 1,600 meters and 9:33.6 in 3,200 meters... two-time team MVP in cross country, earning track team MVP honors as a junior... also played basketball and football... honor roll student, earning academic letters in cross country and track... earned 2009 Presidential academic award... all-academic team member in cross country and track... coached by Joe Lopez and Ben Pennington. **Personal** -- born October 3, 1990... son of Tom and Joan Young... business major.

Young's Collegiate Bests

Event	Time	Meet	Date
800 Meters (O)	1:55.11	Iowa Invitational	4/17/10
1,500 Meters (O)	3:52.78	Musco Twilight XI	5/1/10
3,000 Meters (O)	8:36.12	at Tiger Track Classic	4/3/10

IOWA TRACK & FIELD



Adrianne Alexia

Freshman - Sprints
Grundy Center, IA
Grundy Center High School

High School -- three-time state champion in track, earning places in six events and first-team all-state honors junior year... set state record as part of sprint medley relay (1:49.61)... set school track records in 400 meters (58.18), 400-meter relay (52.85), 1,600-meter relay (4:01.68), sprint medley relay (1:49.61) and distance medley relay (4:17.70)... four-time cross-country team

MVP, earning track team MVP honors twice... eight-time conference track champion... selected two-time NICL West Most Outstanding Woman Athlete... three-time first team all-conference in track and three-time second team all-conference in cross-country... finished ninth at conference cross-country meet in 2008 and 2009... also competed in basketball and was part of dance team... named valedictorian of her graduating class... Governor's Scholar Recognition Award winner in 2010... IGHSAU Distinguished Academic Achievement award winner... National Honor Society member... coaches were Todd Rohler and Sam Iverson. **Personal** -- born October 16, 1991... daughter of Barry and Glenda Alexia... father competed in Track and Field at Central Michigan University... pre-medicine major.



Justin Austin

Sophomore - Sprints
Milwaukee, WI
Kentucky

2009 - Outdoor - After an impressive indoor season, red-shirted outdoor competition after incurring an injury after Penn Relays in late April ... At Penn Relays, ran the third leg of the 4x100m relay squad that crossed the finish line at 40.31 to place sixth in the college final ... Posted a fourth-place time of 10.35 in the 100m dash at the Sea Ray Relays; the personal-best

time ranks 11th in school history ... Achieved three regional-qualifying marks in the 200m dash and as a member of two relay squads at Florida Relays ... Placed seventh overall during his Wildcat outdoor debut in the 200m dash in Gainesville, clocking in a 20.99 to rank ninth all-time at UK ... Ran on the 4x400m relay that posted a season-best time of 3:05.77 in Florida and competed on the 4x100m relay that placed fifth overall, crossing the finish in 40.03. Indoor - At the NCAA Championships, ran an opening split of 47.00 to help team record time of 3:09.15 for an 11th-place national finish ... At SEC Championships in Lexington, ran as a member of the third-place 4x400m relay team that posted a time of 3:06.78 to rank fourth all-time in school history ... Broke the 200m dash freshman record twice during the SEC Championships, turning in a personal-best mark of 20.99 in the final to place sixth in the conference and tie for fourth all-time at UK with teammate Jose Acevedo in the event ... Also earned points for the Cats at the league championships in the 60m dash, finishing the race in eighth place at 6.73 ... Made sure his collegiate debut in the 200m dash did not go unnoticed at Iowa State Classic, winning the race with a scorching time of 21.13 to originally top DeMarcus Lindsey's 16-year old freshman UK mark of 21.23 ... Made debut in the Blue and White at the Kentucky Invitational by breaking former Olympian Tim Harden's 16-year-old converted freshman record mark of 6.72 in the 60m dash by posting a third-place time of 6.71 that ranks eighth all-time in the UK record books. **High School** - Three-time state champion in Wisconsin Division 2 for the 100m and 200m dashes as sophomore,

junior and senior ... As a result, named MVP of the year in each of those seasons within Wisconsin ... Member of 4x100m relay state championship team as a senior in Wisconsin Division 2 ... Holds Wisconsin state record for most gold medals in track and field career ... Led track and field team to a Wisconsin state championship as a senior after runner-up finishes during his sophomore and freshman seasons ... Ran on two relay teams that claimed Wisconsin state records: the 4x100m relay as a sophomore and the 4x200m relay as a freshman ... In addition claims the 100m dash Wisconsin state record ... Holds school records in the 100m dash, 200m dash, long jump, 4x100m relay and 4x200m relay ... Coached by Rob Green. **Personal** -- Born October 8, 1989... Son of Tanz Robertson... has three siblings, Jerrell, Dionna and Milton... engineering major... high school coaches were Rob Green and Corey Folds.



Nicole Benson

Junior - Distance
Peoria, IL
Limestone High School
Bradley University

2008-2010 -- ran cross country and track at Bradley University... earned all-conference honors in cross country and track... named Missouri Valley Conference Cross Country Athlete of the Week three times as a redshirt freshman... led Bradley in all seven cross country races she competed in during 2009 season... runner-up at 2009 MVC Championships and placed 24th at

NCAA Regional, matching highest finishes for a Bradley individual runner at those races since 2002... her best 5,000-meter (17:37) and 6,000-meter (21:34.40) times rank second and third, respectively, all-time at Bradley... won individual cross country titles at Western Illinois Early Bird and Border War meets... two-time A.D. honor roll student. **High School** -- earned four varsity letters, and finished first at the 2007 state meet... earned three all-state honors finished second in 1,600 meters in 2008... coached by Clint LaFary. **Personal** -- born August 21, 1990... daughter of Bill and Connie Benson... art education major.

Benson's Collegiate Bests

Event	Time	Meet	Date
5,000 Meters (CC)	17:37	Notre Dame Invitational	10/2/09
6,000 Meters (CC)	21:34	at NCAA Midwest Regional	11/14/09



Jon-Michael Brandt

Freshman - Distance
Winona, MN
Winona High School

High School -- four-time state qualifier in cross-country, placing seventh senior year... two-time conference cross country champion... three-time all-state in cross country, earning all-state honors in track senior year... three-time 3,200-meter conference champion... two-time

state qualifier in track... also competed in Nordic Skiing... coaches were Jed Reissiter, Nate Uselding and John Rugeburg. **Personal** -- born June 27, 1991... son of Tom and Chris Brandt... recreation and leisure studies major.

IOWA TRACK & FIELD



Andrew Carman
Freshman - Throws
Jefferson, IA
Jefferson-Scranton High School

High School... holds school record in discus (186'6") and shot put (57'11.5")... finished second in discus and fourth in shot put at 2010 state meet... finished second in the discus and shot put at the 2010 Drake Relays... won the discus and shot put at 2010 conference meet... led his team to first place finish in 2010 conference meet... finished third in discus at 2009 state

meet and state qualifier in the shot put... finished seventh in the discus at the 2009 Drake Relays... won discus and finished second in the shot put at 2009 conference meet... led his team to first place finish at 2009 conference meet... finished seventh in discus at 2008 state meet... coaches were Dave Waskow and John Turpin
Personal -- born May 21, 1991... Parents are Doug and Karen Carman... has two siblings, Robert and Elizabeth... business major



Sam Chaney
Freshman - Distance
Columbus Junction, IA
Columbus Junction High School

High School -- four-time all-conference selection for cross country... three-time track team captain and MVP, earning honors twice in cross country... two-time conference and district champion in cross country, winning conference 1,600 meters... three-time all-conference and all-district in track... five-time state qualifier... set school record in indoor and outdoor mile

(4:28; 4:24)... member of the National Honor Society... coached by Mike Jay,
Personal -- born May 21, 1992... son of Mike and Jacque Chaney... integrated physiology major.



Troy Doris
Junior - Jumps
Hometown
College of DuPage



Jack Eckert
Freshman - Combined Events
Sellersburg, IN
Silver Creek High School

High School -- set school records in pole vault (15-1) and 300-meter hurdles (39.26)... unable to participate in track senior season due to injury... won pole vault (14-9) and 400 meters (51.1), and placed third in long jump (18-8) at 2009 conference meet... also won conference pole vault title freshman year (13-8) and placed second (14-6) as a sophomore... all-state as a

junior and all-conference as a freshman... won regional pole vault title and sectional 300-meter hurdles title as a junior... also competed in cross country, basketball and swimming... Army National Guard Award winner in 2010... National Honor Society member... coaches were Todd Balmer and Al Eckert. **Personal** -- born July 3, 1991... son of Al and Wendy Eckert... father competed in cross country at Indiana University Southeast... engineering major.



Courtney Fritz
Freshman - Throws
Coralville, IA
Iowa City West High School

High School -- team won three state and conference titles... placed fourth in discus (137-5) and shot put (40-6) at state meet senior year... placed seventh in discus (139-1) at state meet as a junior and fifth (119-1) as a sophomore... won conference discus title (127-5) junior year, placing second as a senior (126-1)... discus runner-up at 2010 Drake Relays, placing third junior year...

2009 *Iowa City Press-Citizen* honorable mention for athlete of the year... also played basketball and volleyball... academic all-conference and IBCA academic award winner... National Honor Society member... coached by Mike Parker and Peggy Steva.
Personal -- born April 1, 1992... daughter of Michael and Denise Fritz... brother runs track and cross country at Northern Iowa... marketing major.



Keelin Gorman
Freshman - Middle Distance
Dublin, OH
Dublin Scioto High School

High School -- three-time all-conference and all-district... two-time conference champion... cross country team won 2009 conference title... part of the school record-setting 3,200-meter relay (9:27)... member of the cheerleading squad and national champion dance teams... named Academic All-Ohio... coached by Matt Suttle and Ben Gadfield. **Personal** -- born November

15, 1991... daughter of Nancie Campbell and Mark Gorman.

IOWA TRACK & FIELD



Julia Gross
Freshman - Distance
Batavia, IL
Batavia High School

High School -- member of the 2009 state championships 1600-meter relay... three-time state championship participant... school record holder in 800-meter relay and 1600-meter relay... two-time academic all-conference... earned Carolyn Regan Leadership award in 2010... appears on Batavia's top 10 all-time performers list six times... high school coach was Chad Hill-

man. **Personal** -- born Feb. 4, 1992... parents are Mike and Karen Gross... has two brothers, Danny and Joey... business and graphic design major.



Micaela Haight
Freshman - Throws
Iowa City, IA
Iowa City West High School

High School -- three-time shot put state champion, earning all-state honors... team won three state titles... earned all-state discus honors... two-time conference shot put champion... won 2010 Drake Relays shot put title (44-3 1/2)... member of the state runner-up soccer team in 2009... also played volleyball... National Honor Society member... coached by high school Mike

Parker, Brad Weimer and Peggy Steva. **Personal** -- born March 31, 1992... daughter of Mike and Polly Haight... father is former University of Iowa football tackle... uncle Dave also competed on the Hawkeye football team... her sister, Danica, competes on the University of Michigan track and field team... elementary education major.



Chloe Hoagland
Freshman - Hurdles/Sprints
Coralville, IA
West High School

High School -- member of team that holds state 400 and 800 meter relay record... 400 meter relay Drake Relays record holder... holds school records as part of 400 meter (47.89) and 800 meter (1:42.54) relay teams... led team state championship senior year... won 400 and 800 meter relays at 2010 state meet... led team to

runner-up finish at 2009 state meet... placed second as member of 400 meter and Sprint Medley relay teams... qualified for state meet in 100 meters junior year... two-time Drake Relays qualifier... led team to conference championships in 2009 and 2010... high school coaches were Mike Parker and Peggy Steva. **Personal** -- born October 13, 1991... daughter of Todd Hoagland and Carlette Washington Hoagland... father competed in track and field at Drake University and Central College... mother is an administrator at the University of Iowa... sports medicine/pre-physical therapy major.



Erin Jones
Freshman - Sprints
Highland Village, TX
Marcus High School

High School -- holds school records in the 100 meters (11.8) and the 200 meters (24.1)... part of 400 meter relay team that holds school record... regional qualifier in 100 and 200 meters senior year... district champion in 100 and 200 meters junior season... 100 and 200 meter regional qualifier as sophomore... competed on varsity during freshman year... competed in

gymnastics for nine years... high school coach was Steve Teleaneous. **Personal** -- born July 16, 1992... daughter of Calvin and Karen Jones... has two siblings, Erika (21) and Calving (15)... father is scout for Los Angeles Dodgers... business major.



Kasey Krum
Freshman - Middle Distance
Arlington Heights, IL
Prospect High School

High School -- two-time state qualifier in cross-country and track... selected most dedicated by team twice in cross country and track... was part of 3,200-meter relays that placed at 2008 and 2009 state meets... ran on 3,200-meter relay that placed second at two conference meets... 2009 track team MVP... National Honor Society member... coached by David Wurster. **Personal** -- born February 22, 1992... daughter of Mark and Lori Krum... business major.



Carissa Leacock
Freshman - Jumps
Port of Spain, Trinidad
Bishop Anstey High School

High School -- Finished first and set personal best in long jump (20-4) at 2010 National Championships... won long jump (19-7) at 2010 Field Events Festival... runner-up in long jump (19-9) at 2010 CARIFTA Games... placed fourth in long jump (18-11 3/4) at 2010 CAC Juniors... has personal best of 5-3 (1.6 m) in the high jump... academic achievement award winner... coached by Albert King and Heathcliffe Thorne. **Personal** -- born January 15, 1991... daughter of Clifford and Wendy Leacock... sports medicine major.

IOWA TRACK & FIELD



Ashley Liverpool

Freshman - Sprints
Cincinnati, OH
Walnut Hills High School

High School -- four-time state qualifier, winning titles as part of 800-meter and 1,600-meter relays in 2008... two-time 400-meter runner-up at state meet... set school records in 400 meters (54.94), and as part of 400-meter (47.7), sprint medley (1:42.87), distance medley (4:03.39), 1,600-meter and 800-meter relays... led her team to league and regional titles in 2010 and a state title

in 2008... four-time all-conference and all-state... named high school's best female athlete in 2010... also played soccer... two-time scholar athlete... coached by Karl Kauffman. **Personal** -- born February 11, 1992... daughter of Lee and Jackqueline May Jr. and Gregory Liverpool, Jr.... her brother, Lee May Jr., plays in New York Mets minor league system and her brother, Jacob May, plays collegiate baseball at Coastal Carolina University... exercise physiology/psychology major.



Hannah Luber

Freshman - Distance
Fayetteville, NY
Fayetteville-Manlius High School

High School -- four-time state qualifier... set school 3,200-meter relay record (8:46)... led team to three titles at cross country sectional meet, state meet and Nike Nationals in 2009... runner-up at 2009 Manhattan Invite... four-time all-state and all-Central New York... won 3,200-meter relay title at New Balance Nationals... ran on 3,200-meter relay that placed second

at state and first at regional meet in 2010... won 2007 sectional title, earning runner of the year honors... won title at 2008 Tully Invite... also played lacrosse and soccer... National Honor Society member... coached by Bill and John Aris. **Personal** -- born October 30, 1991... daughter of Larry and Carrie Luber... open major.



Zinnia Miller

Freshman - Combined Events
Abaco, Bahamas
Florida Air Academy

High School -- Named the team MVP during her junior season at Florida Air Academy... two-time state runner-up in high jump... placed second at the Florida state track and field meet in the long jump and 200 meters in 2010... competed on the basketball, volleyball and soccer teams... earned first lieutenant in 2009-10...

coached by Chris Kulac and Jim O'Malley. **Personal** -- born March 22, 1992... daughter of Robert and Sophia Miller... pre-veterinary medicine major.



Tevin-Lee Mincy

Freshman - Sprints
Altoona, IA
S.E. Polk

IOWA TRACK & FIELD

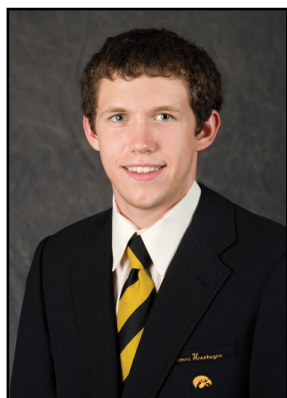


Lena Placzek

Freshman - Distance
Poznan, Poland
St. Maria Magdalena

High School -- Placed third at the 2010 Polish Cross Country Nationals... competed at the World Junior Cross Country Championships in 2009... ran a personal best 2:08.80 in the 800 meters in 2009... ran a personal best 4:23.80 in the 1,500 meters in 2009... ran a personal best 2:48.81 in the 1,000 meters in 2009. **Personal** -- born Nov. 22, 1991... mother was a medalist

at the World Kayaking Championships... daughter of Piotr and Beata Placzek... one sister, Olga... integrative Physiology major.



Nathan Prom

Freshman - Middle Distance
Carpentersville, IL
Dunder Crown

High School—Three-time state qualifier in cross country... placed second in the Illinois state track and field in the 800 meter event... placed 10th in the 2007 state cross country meet... holds the Dundee-Crown high school record in the 800 meters (1:53.26) and the 4x800... Illinois State Scholar... National Honor Society... member of the Beta Club. **Personal**—

Born January 16, 1992... son of Patrick and Laurel Prom... has one sister, Emily, and one brother, Jared... engineering major... high school coach was Tom Smith.



Katherin Rehn

Freshman - Distance
Western Springs, IL
Lyons Township High School

High School -- Three-time cross country state qualifier... set school freshman two-mile course record, Lyons Township varsity course record (17:54) and three-mile at state meet (17:31)... unable to compete in cross country senior year due to injury... three-time all-state, all-regional, all-sectional and all-conference honoree... two-time team MVP... *Doings Newspaper* Athlete of

the Week after performance at 2008 state meet... led team to second place finish at 2007 state meet... 2006 IHSA Regional Champion... four-time state qualifier in track... set school record as part of 3,200-meter relay (9:16.87)... anchored 3,200-meter relay that placed fifth at two state meets and won 2009 sectional title... won mile at 2010 Arkansas High School Invitational... qualified for 2010 Nike Indoor Nationals... two-time all-section and all-conference in track... National Honor Society member... coached by Stetson Steele, Greg Fransden and Janet Leet. **Personal** -- born April 30, 1992... daughter of Mark and Emily Rehn... integrative physiology major.



Alex Robinson

Freshman - Jumps
Lynwood, IL
High School



Mary Schleusner

Freshman - Middle Distance
Rock Rapids, IA
Central Lyon High School

High School -- Four-time state qualifier and all-conference selection... three-time state champion, winning two as part of 3,200-meter relay and one as part of distance medley... set school records in 800 meters, and as part of 3,200-meter and distance medley relays... lettered four times in basketball and softball, and three in volleyball... National Honor Society

President... earned top-three in class her senior year... four-year high honor roll student... coached by Toby Lorenzen and Dan Snyder. **Personal** -- born April 4, 1991... daughter of Jeff and Mercedes Schleusner... integrative physiology major.

IOWA TRACK & FIELD



Mary Kate Schmitt

Freshman - Hurdles/Sprints
Cedar Rapids, IA
Washington High School

High School -- track team won three conference titles... two time all-conference and all-metro shuttle hurdler selection... elite all-state selection following her senior season... two-time team hurdle captain... four time state qualifier in shuttle hurdle relay... set shuttle hurdle relay record set in 2010... lettered in cross country and basketball... class valedictorian...

Outstanding Math, Science, Social Sciences and Foreign Language scholar... two-time class president... Special Olympics basketball and track coach... coached by Frank Scherrman and Robert Johnson. **Personal** -- born January 21, 1992... daughter of Kimberly TenEick and Dave Schmitt... psychology major.



Kyle Slaymaker

Freshman - Middle Distance
Hometown
High School

2010 —Completed for Northern Iowa in 2009-10... recorded a time of 1:54.03 in the 800 meter run. **High School**—Four-time all-conference selection... named the conference's most valuable following his senior season... three-time elite all-state selection... competed in four events at the Iowa state track and field meet in 2008 and 2009... placed first in the 800 meter

run in 2009... anchored the championship distance medley team that ran 3:28.08, the third best time in the nation... holds three school records in the 800 meter run, 4x200 and distance medley... placed second in the distance medley at the Drake Relays in 2009... lettered in football at Cedar Rapids Kennedy. **Personal**—Born August 27, 1990... son of Stuart and Kathy Slaymaker... has one brother, Chad... actuarial science major... high school coach was Dennis Roloff.



Andrew Smith

Freshman - Distance
Elmhurst, IL
York Community High School

High School -- Three-time state qualifier in cross country and track ... two-time runner-up at state cross country meet, winning conference title senior year... selected first-team All-Midwest and team MVP in 2009... led team to track state title in 2009 and conference title in 2010... won 3,200-meter state title senior year, earning all-state and all-American honors... six-

time all-conference in cross country and track, earning track all-state honors in 2009... coached by Charlie Kern, Stan Reddle, and Joe Newton. **Personal** -- born December 4, 1991... son of Bob and Pat Smith... sociology major.



Amanda Stahle

Freshman - Throws
Bettendorf, IA
Bettendorf High School

High School -- three-time state qualifier... set school record in discus (148-9)... runner-up in discus (142-9) at 2010 state meet... led her team to second place finish at two conference meets... two-time conference discus champion... district champion in both discus and shot put in 2010... Quad City All-Area first-team selection in 2010... finished sixth in discus (116-

2) at 2009 state meet... also competed in softball, volleyball, and swimming... President's Award for Outstanding Academic Excellence in 2010... National Honor Society member... coached by was John Lavelle. **Personal** -- born December 12, 1991... daughter of Mike and Amy Stahle... marketing major.



Andy Thomas

Freshman - Combined Events
What Cheer, IA
Tri-County High School

High School -- two-time track team MVP... eight-time state qualifier as part of the 400-meter and 800-meter relays and in the shot put and discus... six-time conference champion... ran on school-record setting 400-meter relay (43.8)... four time letterwinner as the football quarterback... three-time all-district baseball selection... three sport all-state academic selection...

member of the student council... class president... National Honor Society member... coached by Bill Cox. **Personal** -- born January 30, 1992... son of Roger and Margie Thomas... his sister, Katie, and brother, Tyler, are throwers on the St. Ambrose University track and field team... biology major.

IOWA TRACK & FIELD



Emelia Thompson

Freshman - Hurdles

Norway, IA

Benton High School

High School -- two-time state champion, placing three other events at state meet... nine-time conference champion... team won two state, four district and three conference titles... set school record as part of 400-meter relay (49.30)... four-time all-conference and all-district, two-time all-state and one-time elite all-state selection... also competed in soccer and volleyball... academic

all-state in 2009... National Honor Society member... coached by Marty Thomaes.

Personal -- born November 29, 1990... daughter of Bill and Teri Thompson... pre-medicine major.



Ashley Wilkinson

Freshman - Sprints

Iowa City, IA

City High School

High School -- four-time all-state and elite all-state honoree, and team MVP... ran on sprint medley relay that won titles at state meet and Drake Relays her freshman year... named 2010 MVC Athlete of the Year... set school records in 100 meters (12.24) and as part of 800-meter relay (1.42)... set conference 200-meter record... four-year honor roll student... Youth Salute

nominee... participates in the Best Buddies program... coached by Tom Mittman and Nathan Cooper. **Personal --** born September 3, 1992... daughter of John and Stephanie Wilkinson... English major.

IOWA TRACK & FIELD

Student-athletes who have the talent, and the desire, to excel in two sports at the NCAA Division I level have the opportunity to do so at the University of Iowa. The list of former Iowa track and field student-athletes who have excelled in a second sport includes such standouts as Tim Dwight, Bashir Yamini, Jeremy Allen, Quinn Early, Chris Gambol, Gary Kostrubala, Tim Dodge, Nick Bell, Trey Stoss, Robert Smith and Eric Rothwell.

Two current team members are listed on both the track and football rosters. Wide receiver Paul Chaney, Jr. is set to compete on the gridiron this fall and the track next spring. Chaney, Jr., is a four-time NCAA regional qualifier who anchored the winning men's 400-meter relay (40.71) and the Iowa's men's 800-meter relay to a school-record (1:24.85) at the 2009 Drake Relays. The St. Louis, MO, native also ran the second leg on Iowa's sprint medley relay that placed second in 3:20.05, which ranks third in school history. He led the team in the 60 and 200 meters indoors the last three seasons, and led the Hawkeyes in the 100 and 200 meters last outdoor season, as well as ran on the team-leading 400-meter, 800-meter and sprint medley relays.

Dwight leads the list of former two-sport standouts, earning all-America honors in both football and track before moving on to a career in the NFL. A senior all-American in 1997, Dwight returned to compete for Iowa's track team after his rookie season with the Atlanta Falcons. He earned all-America honors as a member of the 1,600-meter relay team. Dwight was named Athlete of the Meet at the 1999 Big Ten Outdoor Championships when he won the 100 meters and ran the second legs of Iowa's winning 400 and 1,600-meter relays.

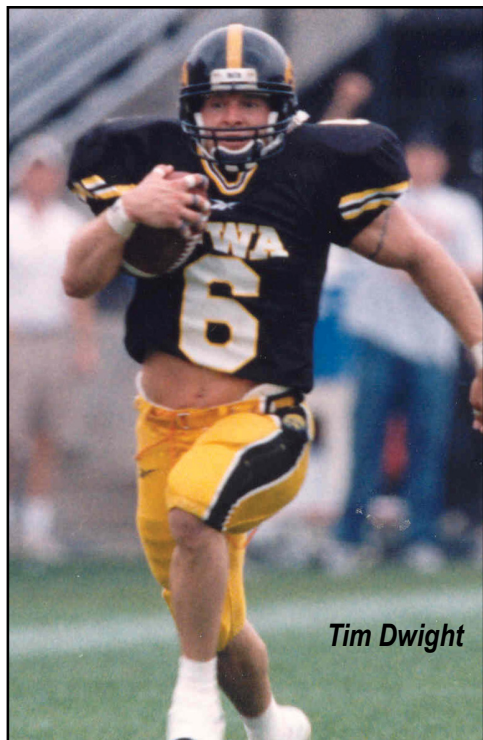
Yamini is Iowa's most recent NCAA champion, winning the long jump in 1998. He still shares the Big Ten Outdoor Championships long jump record of 26-8 1/4 with the legendary Jesse Owens of Ohio State. A nine-time Big Ten champion and six-time all-American from 1996-99, Yamini used his 1999 stint at wide receiver as a stepping stone to a career in the NFL.

Allen is the only thrower in conference history to win Big Ten Freshman of the Year honors during the indoor and outdoor seasons of his rookie year. He was a four-time Big Ten champion and five-time all-American for the Hawkeyes from 1998-2001. Allen was a two-year starter at fullback who signed an NFL contract with the Minnesota Vikings following the 2002 NFL Draft.

Dodge, a senior on the 2001 Hawkeye football squad, earned all-America honors while competing in sprint events for Iowa's track team. Dodge played both wide receiver and defensive back in football and led the team in punt and kickoff returns in 1999. He signed an NFL contract with the Tennessee Titans following the 2002 NFL Draft and remains active in arena football.

Bell, the recipient of the Chicago Tribune's Silver Football as the 1990 Big Ten Player of the Year, ran indoor track during the off season leading into his senior year with the Iowa football team. He saw running track as an opportunity to work on his speed and explosiveness.

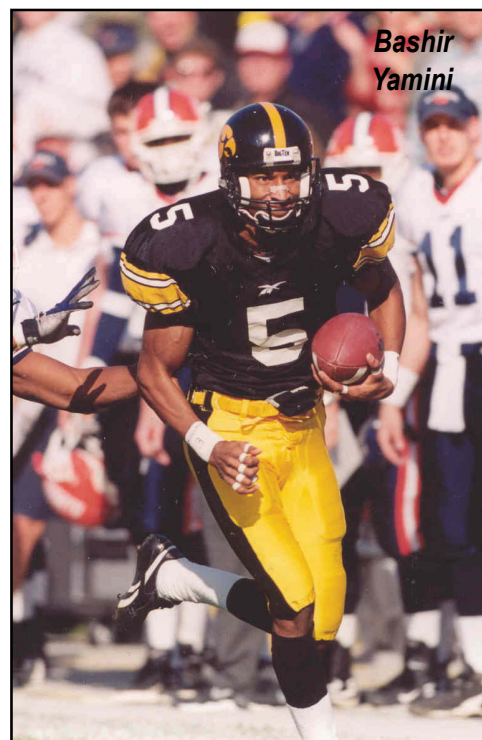
Early, a four-year football letterman who played wide receiver for the NFL's San Diego Chargers, New Orleans Saints and Buffalo Bills, won Big Ten long jump titles at the indoor and outdoor meets in 1986. His collegiate best (25-7 1/4) still ranks fifth in Iowa outdoor history.



Tim Dwight



Jeremy Allen



Bashir Yamini

IOWA TRACK & FIELD



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

Matt Byers

Sophomore - Wichita, Kansas



"I didn't spend much time looking into many colleges or universities, and chose Iowa because it seemed like a comfortable fit. My lack of search turned out to be one of the biggest blessings I have ever encountered. I can't imagine a better school, team, or atmosphere. Everything and everyone surrounding me has created a wonderful positive place that could set any person up to thrive in any situation whether it be in the classroom, on the track, or with friendships. I am so thankful that I came to Iowa and lucky to be a part of such a great program."

Betsy Flood

Junior - Des Moines, Iowa



"I chose to come to Iowa because it's a great school that has so much to offer. I liked the team and coach. I could really picture myself being happy and successful here."

Amanda Hardesty

Senior - Valparaiso, Indiana



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

Ethan Holmes

Sophomore - Clinton, Iowa



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

Nick Holmes

Sophomore - Peoria, Illinois



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

Carisa Leacock

Freshman - Port of Spain, Trinidad



"I chose Iowa because I loved the campus, and they have a great major that goes along with what I want to do in life. Also, I thought Joey Woody would be the best coach for me out of all my other college choices. The best thing I like about the team is the closeness that everybody has with each other. It feels more like a family than a team."

D'Juan Richardson

Junior - Indianapolis, Indiana

IOWA TRACK & FIELD

Ashton Cross Country Course



Ashton Cross Country Course



UI Recreation Building



Ashton Cross Country Course

The Bill and Jim Ashton Cross Country Course is located west of Finkbine Golf Course and adjacent to the University's West Campus project, which includes the Athletic Hall of Fame and soccer fields. It is able to accommodate races of 5,000, 6,000, 8,000 and 10,000 meters.

The course boasts a rolling terrain with an outstanding rhythm for running. The Hawkeye cross country squads have the advantage of a large grass area for training and racing. Some features include a 2,000-meter perimeter and a layout that will enable spectators to view the entire race, from start to finish, from one vantage point. The first event held on the course was the Iowa Invitational on August 29, 2003. The course was dedicated on October 31, 2004, in conjunction with Iowa hosting the Big Ten Championships. The Hawkeyes also hosted the NCAA Midwest Regional on November 12, 2005.

The leadership gift for the course was made by former Hawkeyes Bill and Jim Ashton. Bill, of Davenport, IA, graduated from the University's College of Engineering in 1962, and earned his master's degree in 1963. Jim, a 1964 University of Iowa College of Engineering graduate, currently resides in Dallas, TX. The Ashton brothers lettered in cross country under former Hawkeye men's coach, the late Francis X. Cretzmeyer, and made the lead gift for the course in his honor.

UI Recreation Building

Iowa's indoor practice and competition facility is the multi-million dollar University of Iowa Recreation Building. Located within walking distance of the University's west-side dormitories, Kinnick Stadium and Carver-Hawkeye Arena, the Recreation Building houses a six-lane mondo-Turf circuit that was resurfaced in 2002.

Locker rooms, weight training and athletic training space for the Iowa track and field, and cross country teams is also located in the Recreation Building.

The Hawkeyes hosted the Big Ten Indoor Men's Championships in 1989, 1997 and 2006, and the Big Ten Indoor Women's Championships in 1991 and 2004 at the facility.

IOWA TRACK & FIELD

Francis X. Cretzmeyer Track

The University of Iowa track and field team practices and competes at the Francis X. Cretzmeyer Track during the outdoor season. Located within walking distance of Carver-Hawkeye Arena and Pearl Field, the track was completed in 1986. The facility was named after the late Francis X. Cretzmeyer, who coached the men's cross country and track teams from 1948-78 and led the Hawkeyes to five Big Ten team titles.

In June 2008, floodwaters and debris damaged the entire track complex, which will be completely reconstructed and refinished for competition in 2010. Cretzmeyer Track features an IAAF certified, BSS 1000 track and field surface designed by Benyon Sports Surfaces. The state of the art full-pour polyurethane surface provides the resiliency and return of energy necessary for NCAA athletes to compete at the highest level and train intensively without injury.

Iowa hosted the 1987 and 2000 Big Ten Championships at Cretzmeyer Track, as well as the annual Iowa Musco Twilight Invitational. The Hawkeyes are scheduled to host the 2011 Big Ten Outdoor Championships.



Francis X. Cretzmeyer Track

Hawkeye Locker Rooms



Francis X. Cretzmeyer Track



IOWA TRACK & FIELD

2010 Indoor Results

Date	Meet	Result
1/9	vs. Illinois	W, 80.5-79.5
1/16	Iowa Open	5 champs
1/22-23	at Razorback Invite	1 champ
1/22-23	at Jack Johnson	0 champs
2/5-6	at Husker Invite	1 champ
2/6	at Meyo Invite	0 champs
2/6	at New Balance Invite	0 champs
2/12-13	at ISU Classic	1 champ
2/19	Iowa Invite	7 champs
2/27-28	at Big Tens	0 champs
3/6	at Last Chance Meet	1 champ

Big Ten Indoor Team Results

	Team	Points
1.	Minnesota	160.5
2.	Ohio State	112.5
3.	Wisconsin	81
4.	Purdue	67
5.	Iowa	56
T6.	Penn State	51
T6.	Indiana	51
8.	Michigan	42
9.	Michigan State	41
10.	Illinois	40

2010 Outdoor Results

Date	Meet	Result
3/26	at Stanford Invite	1 champ
3/27	at Razorback Invite	3 champs
4/2-3	at Tiger Track Classic	3 champs
4/9-10	at Lee Calhoun	5 champs
4/9-10	at Sun Angel Classic	1 champ
4/17	Iowa Invitational	11 champs
4/21-24	at Drake Relays	0 champs
5/2	Musco Twilight XI	6 champs
5/14-16	at Big Tens	3 champs
5/27-29	at NCAA Regional	8 qualifiers
6/8-12	at NCAA's	6 qualifiers

Big Ten Outdoor Team Results

	Team	Points
1.	Minnesota	145
2.	Wisconsin	124
3.	Ohio State	115
4.	Iowa	86
5.	Indiana	82
6.	Illinois	70
7.	Penn State	52
	Michigan State	52
9.	Purdue	49
10.	Michigan	44

Indoor Season Bests

Event	Athlete	Mark
60 Meters	D'Juan Richardson	6.80 \$
60-Meter Hurdles	Jordan Mullen	8.02 \$
200 Meters	Kevin Dibbern	21.81 #
400 Meters	Steven Willey	46.75 *!
600 Meters	Erik Sowinski	1:18.38
800 Meters	Erik Sowinski	1:48.90 *!
1,000 Meters	Nick Kuczvara	2:25.84 #
Mile	Jeff Thode	4:03.07 *!
3,000 Meters	Nick Holmes	8:15.48 \$
1,600-Meter Relay	Sowinski, Willey, Dibbern, Varner	3:09.83 !
Dist. Medley Relay	Kuczvara, Barton, Kuhlman, N. Holmes	9:51.05 \$
High Jump	Brandon Oest	6-11 (2.11 m) \$
	Jeffery Herron	6-11 (2.11 m) \$
	Graham Valdes	6-11 (2.11 m) \$
Pole Vault	Alex Zona	16-4 3/4 (5.00 m) \$
	Kyle Reid	16-4 3/4 (5.00 m) \$
Long Jump	Josh Bean	22-2 1/2 (6.77 m) #
Triple Jump	Josh Bean	47-6 1/2 (14.49 m)
Shot Put	Ryan Lamparek	56-10 (17.32 m) \$
Weight Throw	Matt Banse	61-7 1/2 (18.78 m) \$
Heptathlon	Dan Rolling	5,205 points *

Outdoor Season Bests

Event	Athlete	Mark
100 Meters	Zeke Sayon	10.51 ^
110-Meter Hurdles	Jordan Mullen	14.06
200 Meters	Steven Willey	21.23
400 Meters	Steven Willey	45.78 ^
400-Meter Hurdles	Ray Varner	50.24 ^
800 Meters	Erik Sowinski	1:48.00 ^
1,500 Meters	Jeff Thode	3:43.02 *^
3,000 Meters	Chase Kadlec	8:28.64
3,000-Meter Steeplechase	Mark Battista	9:04.60 ^
5,000 Meters	Jesse Luciano	14:08.71
10,000 Meters	Nick Holmes	30:02.31
400-Meter Relay	Richardson, Sayon, Bee, Richards	40.31 ^
1,600-Meter Relay	Richards, Willey, Sowinski, Barton	3:05.61 ^
Sprint Medley Relay	Richardson, Richards, Willey, Sowinski	3:17.74
Distance Medley Relay	Young, Barton, Kuczvara, Luciano	9:42.97
6,400-Meter Relay	Paul, Kadlec, Thode, Luciano	17:01.46
High Jump	Graham Valdes	6-11 (2.11 m) ^
Pole Vault	Kyle Reid	16-1 1/4 (4.91 m)
Long Jump	Jeffery Herron	24-8 3/4 (7.54 m) ^
Triple Jump	Josh Bean	48-10 3/4 (14.90 m)
Shot Put	Ryan Lamparek	58-4 (17.78 m) ^
Discus	Ryan Lamparek	171-3 (52.19m)
Hammer Throw	Matt Banse	199-0 (60.66m) ^
Javelin	Matt Byers	232-2 (70.76 m) ^
Decathlon	Dan Rolling	6,957 points *

! - NCAA provisional qualifier, * - school record, \$ - school record (top ten),

^ - NCAA regional qualifier, # - collegiate best, @ - heptathlon event

IOWA TRACK & FIELD

Top Performances at Big Ten Indoor Championships

Event	Athlete	Mark	Place
400 Meters	Steven Willey	47.48	2nd [^]
1,600-Meter Relay	Willey, Varner, Dibbern, Sowinski	3:12.00	2nd [^]
Distance Medley Relay	Paul, Varner, Hairston, Thode	9:52.71	4th
400 Meters	Kevin Dibbern	48.73	4th
600 Meters	Erik Sowinski	1:18.50	4th
Mile	Jeff Thode	4:09.19	5th
800 Meters	Adam Hairston	1:51.85	5th
60-Meter Hurdles	Jordan Mullen	8.02	5th
60 Meters	D'Juan Richardson	6.83	5th

Top Performances at Big Ten Outdoor Championships

Event	Athlete	Mark	Place
Javelin	Matt Byers	220-6 (67.22m)	1st \$
400-Meter Hurdles	Ray Varner	50.61	1st \$
400 Meters	Steven Willey	46.12	1st \$
Long Jump	Jeffery Herron	24-1 3/4 (7.36m)	2nd [^]
100 Meters	Zeke Sayon	10.64	2nd [^]
1,600-Meter Relay	Richards, Barton, Sowinski, Willey	3:07.75	2nd [^]
400-Meter Relay	Richardson, Sayon, Bee, Richards	40.55	3rd
200 Meters	Steven Willey	21.55	4th
800 Meters	Erik Sowinski	1:49.39	5th
400 Meters	Chris Barton	47.21	5th

Top Performances at NCAA West Regional

Event	Athlete	Mark	Place
1,600-Meter Relay	Richards, Sowinski, Barton, Willey	3:05.84	7th
Javelin	Matt Byers	220-9 (67.28m)	9th
400-Meter Hurdles	Ray Varner	50.42	10th
400 Meters	Steven Willey	45.78	11th
Shot Put	Ryan Lamparek	58-4 (17.78m)	11th

Top Performances at NCAA Outdoor Championships

Event	Athlete	Mark	Place
1,600-Meter Relay	Richards, Sowinski, Barton, Willey	3:05.61	7th
Shot Put	Ryan Lamparek	57-2 (17.42m)	20th
Javelin	Matt Byers	202-8 (61.77)	21st

* -- all-American, # -- all-region, \$ - Big Ten Champion, ^ - second team all-Big Ten

All-Big Ten Teams

First Team

Matt Byers
Steven Willey
Ray Varner

Second Team

Chris Barton
Jeffery Herron
Patrick Richards
Zeke Sayon
Erik Sowinski

Big Ten Sportsmanship Awards

Adam Hairston (Indoor)
Ray Varner (Outdoor)

Post-Season Qualifiers

NCAA Indoor Championships

Kevin Dibbern	1,600-Meter Relay #
Adam Hairston	800 Meters #
Nick Kuczvara	800 Meters #
Erik Sowinski	800 Meters #
	1,600-Meter Relay #
Jeff Thode	Mile #
Ray Varner	1,600-Meter Relay
Steven Willey	400 Meters #
	1,600-Meter Relay #

- provisional qualifier

NCAA West Regional

Matt Banse	Shot Put
	Hammer Throw
Chris Barton	400 Meters
	1,600-Meter Relay
Mark Battista	3,000-Meter Steeplechase
Matt Byers	Javelin
Stephen Bee	400-Meter Relay
Jeffery Herron	Long Jump
Ethan Holmes	110-Meter Hurdles
Chase Kadlec	5,000 Meters
Ryan Lamparek	Shot Put
Brandon Oest	High Jump
Patrick Richards	400 Meters
	400-Meter Relay
	1,600-Meter Relay
D'Juan Richardson	400-Meter Hurdles
	400-Meter Relay
Zeke Sayon	100 Meters
	400-Meter Relay
Zach Schimp	Javelin
Erik Sowinski	800 Meters
	1,600-Meter Relay
Ben Stancombe	Hammer Throw
Jeff Thode	1,500 Meters
Graham Valdes	High Jump
Ray Varner	400-Meter Hurdles
Steven Willey	400 Meters
	1,600 Meter Relay

NCAA Outdoor Championships

Chris Barton	1,600-Meter Relay
Matt Byers	Javelin
Ryan Lamparek	Shot Put
Patrick Richards	1,600-Meter Relay
Erik Sowinski	1,600-Meter Relay
Ray Varner	400-Meter Hurdles
Steven Willey	1,600-Meter Relay
	400 Meters

IOWA TRACK & FIELD

2010 Indoor Results

Date	Meet.....	Result
1/16	Iowa Open.....	6 champs
1/22-23	at Jack Johnson Classic	1 champ
2/5-6	at Husker Invite	1 champ
2/6	at Meyo Invite	0 champs
2/12-13	at ISU Classic	1 champ
2/19	Iowa Invite	4 champs
2/27-28	at Big Tens	9th/0 champs
3/6	at Last Chance Qualifier.....	1 champ

Big Ten Indoor Team Results

1.	Penn State	111
2.	Ohio State	88
3.	Indiana	83
4.	Minnesota	82
5.	Wisconsin	72
6.	Purdue	71
7.	Illinois	67
8.	Michigan	61
9.	Iowa	36
10.	Michigan State	30

2010 Outdoor Results

Date	Meet	Result
3/21	at CCU Shamrock Invite.....	3 champs
3/26	at Stanford Invite	0 champs
4/2-3	at Tiger Track Classic.....	0 champs
4/3	at Central Invite	1 champ
4/9-10	at Lee Calhoun Memorial	0 champs
4/9-10	at Sun Angel Classic	2 champs
4/17	Iowa Invite	7 champs
4/21-24	at Drake Relays.....	0 champs
5/1	Musco Twilight XI.....	3 champs
5/14-16	at Big Tens.....	10th/0 champs
5/27-29	at NCAA Regionals.....	12 Qualifiers
6/8-12	at NCAA Championships.....	2 Qualifiers

Big Ten Outdoor Team Results

1.	Penn State	133.5
2.	Minnesota.....	123
3.	Wisconsin.....	101.5
4.	Indiana	92.5
5.	Illinois	87
6.	Ohio State	79
7.	Michigan State	63
8.	Michigan.....	56
9.	Purdue.....	49.5
10.	Iowa.....	34

Indoor Season Bests

Event.....	Athlete	Mark
60 Meters.....	Rhonda-Kaye Trusty.....	7.55
60-Meter Hurdles.....	Karessa Farley	8.32 !
200 Meters.....	Rhonda-Kaye Trusty.....	24.05
300 Meters.....	Raven Moore	40.99 #
400 Meters.....	Tiffany Hendricks.....	55.98
600 Meters.....	Bethany Praska	1:29.35
800 Meters.....	Bethany Praska	2:08.54 !
Mile	Lauren Hardesty	4:41.97 !
3,000 Meters.....	Amanda Hardesty.....	9:30.17 !
5,000 Meters.....	Hannah Roeder	16:58.95 #
1,600-Meter Relay	Hendricks, Trusty, Praska, Mims	3:44.29
Distance Medley Relay.....	Flood, Hendricks, L. Hardesty, Melander	11:25.01 !
Long Jump.....	Emily Moore	17-4 3/4 (5.30m) #
High Jump	Caleigh Bacchus	5-9 1/4 (1.76m)
Pole Vault	Kirsten Weismantle.....	11-5 3/4 (3.50m)
Shot Put.....	Tiffany Medenwaldt	45-9 (13.94m)
Weight Throw	Kelsey Taylor	53-7 3/4 (16.35m)
Pentathlon	Missy Miller.....	2,749 points #

Outdoor Season Bests

Event.....	Athlete	Mark
100 Meters.....	Rhonda-Kaye Trusty.....	11.74
100-Meter Hurdles.....	Karessa Farley	13.50
200 Meters.....	Rhonda-Kaye Trusty.....	23.74
400 Meters.....	Rhonda-Kaye Trusty.....	55.09
400-Meter Hurdles.....	Tiffany Hendricks.....	1:01.36
800 Meters.....	Bethany Praska	2:10.85
1,500 Meters.....	Betsy Flood	4:17.75
3,000 Meters.....	Betsy Flood	9:22.63
3,000-Meter Steeplechase	Danielle Berndt.....	10:56.47
5,000 Meters.....	Betsy Flood	16:32.34
10,000 Meters.....	Megan Lessard.....	35:28.03
400-Meter Relay.....	Farley, Trusty, Graham, R. Moore	45.60
1,600-Meter Relay	Hendricks, Trusty, Erickson, Praska	3:39.88
Distance Medley Relay.....	DiIhy, Erickson, Docherty, Anderson	11:43.06
High Jump	Caleigh Bacchus	5-10 (1.78m)
Long Jump.....	Emily Moore	17-7 (5.36m)
Shot Put.....	Tiffany Medenwaldt	45-11 3/4 (14.01m)
Discus.....	Tiffany Medenwaldt	161-3 (49.16m) *
Javelin	Missy Miller.....	105-5 (32.14m)
Pole Vault	Katie Truedson	11-5 1/4 (3.49m)
Hammer Throw	Tiffany Medenwaldt	171-11 (52.40m)
Heptathlon	Missy Miller.....	4,227

!-NCAA provisional qualifier, ^-regional qualifier, *-school record, # - collegiate best

IOWA TRACK & FIELD

Top Performances at Big Ten Indoor Championships

Event.....	Athlete.....	Mark.....	Place
Distance Medley Relay	Flood, Hendricks, L. Hardesty, Melander	11:25.01	3rd
60-Meter Hurdles	Karessa Farley	8.33	3rd
600 Meters	Bethany Praska	1:29.35	4th
Mile	Lauren Hardesty	4:41.97	4th
Mile	Betsy Flood	4:42.70	5th
High Jump	Caleigh Bacchus	5-9 1/4 (1.76m)	5th
Mile	McKenzie Melander	4:47.17	7th
60 Meters	Rhonda-Kaye Trusty	7.60	7th
1,600-Meter Relay	Hendricks, Trusty, Mims, Praska	3:44.43	7th

Top Performances at Big Ten Outdoor Championships

Event.....	Athlete.....	Mark.....	Place
200 Meters	Rhonda-Kaye Trusty	23.92	3rd
High Jump	Caleigh Bacchus	5-9 3/4 (1.77m)	3rd
1,500 Meters	Betsy Flood	4:17.75	3rd
400-Meter Relay	Farley, Trusty, Graham, R. Moore	45.91	5th
1,500 Meters	McKenzie Melander	4:21.18	6th
100 Meters	Rhonda-Kaye Trusty	11.94	6th
5,000 Meters	Betsy Flood	16:34.26	6th
5,000 Meters	Amanda Hardesty	16:37.01	7th
1,500 Meters	Lauren Hardesty	4:22.81	8th
Discus	Tiffany Medenwaldt	159-9 (48.69m)	8th
Hammer	Tiffany Medenwaldt	170-7 (51.99m)	8th
1,600-Meter Relay	Hendricks, Mims, Erickson, Praska	3:44.46	8th

Top Performances at NCAA West Regional

Event.....	Athlete.....	Mark.....	Place
1,500 Meters	Betsy Flood	4:20.20	10th
1,500 Meters	Lauren Hardesty	4:20.40	11th

Top Performances at NCAA Outdoor Championships

Event.....	Athlete.....	Mark.....	Place
1,500 Meters	Betsy Flood	4:19.75	15th
1,500 Meters	Lauren Hardesty	4:26.01	20th

Post-Season Qualifiers**NCAA Indoor Championships**

Karessa Farley	60-Meter Hurdles #
Betsy Flood	Mile #
	Distance Medley Relay #
Amanda Hardesty	3,000 Meters #
Lauren Hardesty	Mile #
	Distance Medley Relay #
Tiffany Hendricks	Distance Medley Relay #
McKenzie Melander	Distance Medley Relay #
Bethany Praska	800 Meters #

NCAA West Regional

Caleigh Bacchus	High Jump
Nicole Erickson	1,600-Meter Relay
Karessa Farley	100-Meter Hurdles
	400-Meter Relay
Betsy Flood	1,500 Meters
Kara-Aretha Graham	400-Meter Relay
Amanda Hardesty	1,500 Meters
Lauren Hardesty	1,500 Meters
Tiffany Hendricks	1,600-Meter Relay
Tiffany Medenwaldt	Discus
McKenzie Melander	1,500 Meters
Raven Moore	100 Meters
	400-Meter Relay
Bethany Praska	1,600-Meter Relay
Rhonda-Kaye Trusty	200 Meters
	400-Meter Relay
	1,600-Meter Relay
Majesty Tutson	Discus

NCAA Outdoor Championships

Betsy Flood	1,500 Meters
Lauren Hardesty	1,500 Meters

- NCAA provisional qualifier

Big Ten Sportsmanship Awards

McKenzie Melander (Indoor)
Lindsay Anderson (Outdoor)

OLYMPIANS

IOWA TRACK & FIELD



1904 Games

St. Louis, MO

Jerry Barker, High Jump

1924 Games

Paris, France

Charles Brookins, 400-Meter Hurdles

Chan Coulter, 400-Meter Hurdles

Harold Phelps, 5,000 Meters

Eric Wilson, 400 Meters

1928 Games

Amsterdam, Holland

George Baird, 1,600-Meter Relay (G)

Frank Cuhel, 400-Meter Hurdles (S)

1932 Games

Los Angeles, CA

Ed Gordon, broad jump (G)

George Saling, 110-Meter Hurdles (G)

1956 Games

Melbourne, Australia

Rich Ferguson, 5,000 Meters

Deacon Jones, 3,000 Meters

Ira Murchison, 100 Meters

Ted Wheeler, 1,500 Meters

1960 Games

Rome, Italy

Deacon Jones,

3,000-Meter Steeplechase

1996 Games

Atlanta, GA

Anthuan Maybank 1,600-M Relay (G)

Jenny Spangler, Marathon

2008 Games

Beijing, China

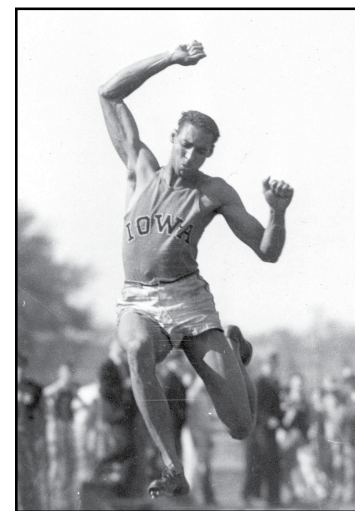
Kineke Alexander, 400 Meters



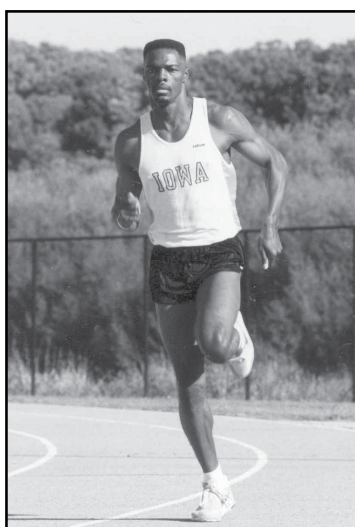
Kineke Alexander



Frank Cuhel



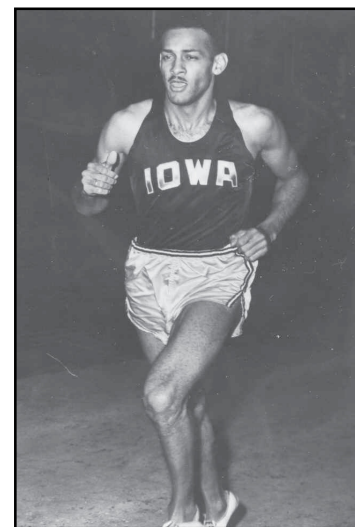
Ed Gordon



Anthuan Maybank



George Saling



Ted Wheeler

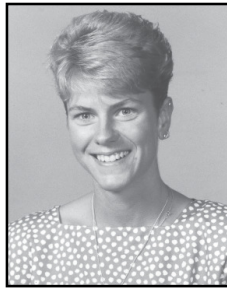
G = Gold Medalist

S = Silver Medalist

IOWA TRACK & FIELD



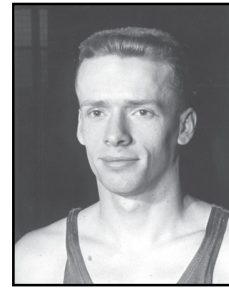
Kineke Alexander
2006 - 400 Meters



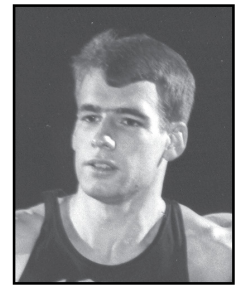
Tracy Dahl
1992 - 5,000 Meters
1993 - 5,000 Meters



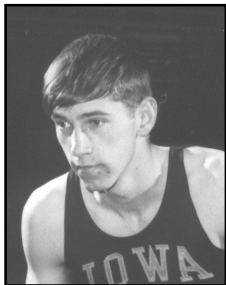
Nan Doak
1985 - 10,000 Meters



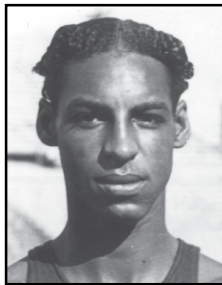
Rich Ferguson
1953 - Two Miles



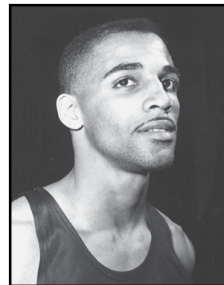
Fred Ferree
1967 - Mile Relay



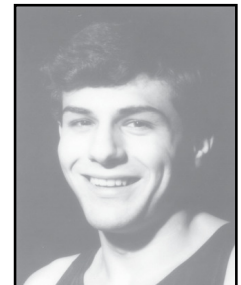
Carl Frazier
1967 - Mile Relay



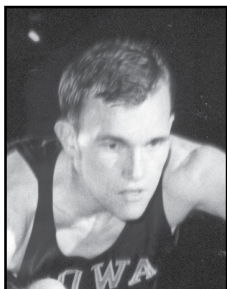
Ed Gordon
1929-31 - Long Jump



Deacon Jones
1957 - Two Miles



Mike Mondane
1967 - Mile Relay



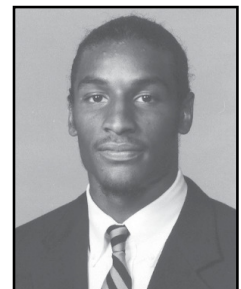
Jon Reimer
1964 - Mile Relay



George Sailing
1932 -120 Hurdles



Eric Wilson
1921, 1923 - 220



Bashir Yamini
1998 - Long Jump

IOWA TRACK & FIELD



Bashir Yamini was a nine-time Big Ten Champion for Iowa from 1996-99. The six-time all-American is the most recent NCAA Champion for the Hawkeye men, winning the outdoor long jump title in 1998. He was named Big Ten Indoor Freshman of the Year in 1996. He also shares the Big Ten Outdoor Championships long jump record of 26-8 1/4 with Ohio State's Jesse Owens.

Year	Athlete, Event	Year	Athlete, Event
1921	Charles Brookins, 220 Hurdles	1995	Andre Morris, 400 Meters
	Harold Crawford, Hurdles		Andre Morris, 1,600-Meter Relay
	Eric Wilson, 220		Chris Davis, 1,600-Meter Relay
1922	Charles Brookins, Hurdles		George Page, 1,600-Meter Relay
	Eric Wilson, 220		Ed Rozell, 1,600-Meter Relay
1923	Eric Wilson, 220	1996	Andre Morris, 1,600-Meter Relay
1929	Ed Gordon, Long Jump		Chris Davis, 1,600-Meter Relay
1930	Ed Gordon, Long Jump		Ed Rozell, 1,600-Meter Relay
1931	Ed Gordon, Long Jump		Bashir Yamini, 1,600-Meter Relay
1932	George Salings, 120 Hurdles	1997	Bashir Yamini, Long Jump
1952	Ted Wheeler, 800	1998	Jeremy Allen, Discus
1953	Rick Ferguson, Two Miles		Dion Trowers, 55-Meter Hurdles
1956	Jack Matthews, Low Hurdles		Bashir Yamini, Long Jump
	Ted Wheeler, 1,500		Bashir Yamini, Long Jump
1957	Deacon Jones, Two Miles		Tony Branch, 1,600-Meter Relay
1962	Bill Frazier, 600 Yards		Chris Davis, 1,600-Meter Relay
1965	Jon Reimer, 440 Hurdles		Ed Rozell, 1,600-Meter Relay
1967	Mike Mondane, 440 Yards		Bashir Yamini, 1,600-Meter Relay
	Jon Reimer, 440 Hurdles	1999	Tony Branch, 1,600-Meter Relay
	Larry Wieczorek, Indoor Mile		Tim Dodge, 1,600-Meter Relay
	Larry Wieczorek, Outdoor Mile		Tim Dwight, 1,600-Meter Relay
	Fred Ferree, Mile Relay		Bashir Yamini, 1,600-meter relay
	Carl Frazier, Mile Relay	2000	Jeremy Allen, Shot Put
	Mike Mondane, Mile Relay		Jeremy Allen, Weight Throw
	Jon Reimer, Mile Relay		Stetson Steele, 5,000 Meters
1968	Mike Mondane, 440 Yards		Stetson Steele, 10,000 Meters
1973	Dick Eisenlauer, 440 Yards	2001	Jeremy Allen, Discus
1975	Bill Knoedel, High Jump		Jeremy Allen, Shot Put
1978	Bill Hansen, High Jump	2002	Jim Costello, Weight Throw
1979	Joe Paul, Dist. Medley Relay		Jim Costello, Hammer Throw
	Tom Slack, Dist. Medley Relay		Bill Neumann, Javelin
	James Docherty, Dist. Medley Relay	2003	Bill Neumann, Javelin
	Joel Moeller, Dist. Medley Relay	2004	Adam Hamilton, Hammer Throw
1983	Ronnie McCoy, 110 Hurdles	2006	Eric MacTaggart, 10,000 Meters
1984	Terrance Duckett, Mile Relay	2007	Adam Hamilton, Hammer Throw
	Victor Greer, Mile Relay	2008	John Hickey, Shot Put
	Caesar Smith, Mile Relay	2009	John Hickey, Shot Put
	Kenny Williams, Mile Relay		Johh Hickey, Shot Put
1985	Ronnie McCoy, 110 Hurdles	2010	Patrick Richards, 1,600-meter relay
1988	Pat McGhee, 400 Hurdles		Steven Willey, 1,600-meter relay
1989	Pat McGhee, 110 Hurdles		Erik Sowinski, 1,600-meter relay
	Pat McGhee, 400 Hurdles		Chris Barton, 1,600-meter relay
1992	Anthuan Maybank, Long Jump		Steven Willey, 400 Meters
	Anthuan Maybank, 400 Meters		
1993	Kevin Herd, 5,000 Meters		
	Anthuan Maybank, Long Jump		
	Anthuan Maybank, 400 Meters		
1994	Kevin Herd, 5,000 Meters		

IOWA TRACK & FIELD

All-Americans

Year	Athlete, Event
1982	Chris Davenport, Dist. Medley Relay
	Nan Doak, Two Miles
	Nan Doak, Three Miles
	Nan Doak, 5,000 Meters
	Nan Doak, Dist. Medley Relay
	Kathy Gillespie, Heptathlon
	Jenny Hayden, Dist. Medley Relay
	Jodi Hershberger, 3,000 Meters
	Jenny Spangler, 10,000 Meters
	Kay Stormo, 880 Yards
	Kay Stormo, 800 Meters
	Kay Stormo, Dist. Medley Relay
1983	Nan Doak, 5,000 Meters
	Mary Mol, High Jump
	Jenny Spangler, 10,000 Meters
1985	Penny O'Brien, 3,000 Meters
	Nan Doak, 10,000 Meters
1987	Jeanne Kruckeberg, 3,200-Meter Relay
	Kim Schneckloth, 3,200-Meter Relay
	Sherri Suppelsa, 3,200-Meter Relay
	Janet Wodek, 3,200-Meter Relay
1988	Jeanne Kruckeberg, Mile
1989	Jeanne Kruckeberg, 800 Meters
1990	Rachelle Roberts, Mile
1992	Jennifer Brower, 10,000 Meters
	Tracy Dahl, 5,000 Meters
	Lisa Van Steenwyk, Shot Put
1993	Tracy Dahl, 5,000 Meters
1994	Tina Floyd, 400-Meter Relay
	Yolanda Hobbs, 400-Meter Relay
	Marlene Poole, 400-Meter Relay
	Tanja Reid, 4=00-Meter Relay
	Tina Stec, Mile
	Tina Stec, 3,000 Meters
1995	Yolanda Hobbs, 55 Meters
	Yolanda Hobbs, 200 Meters
1997	Wynsome Cole, 400-Meter Hurdles
2004	Shellene Williams, 400 Meters
2005	Kineke Alexander, 400 Meters
	Peaches Roach, High Jump
	Kineke Alexander, 400 Meters
2006	Kineke Alexander, 400 Meters
	Peaches Roach, High Jump
	Meghan Armstrong, Mile
	Kineke Alexander, 400 Meters
	Peaches Roach, High Jump

Year	Athlete, Event
2007	Kineke Alexander, 400 Meters
	Meghan Armstrong, Mile
	Kineke Alexander, 400 Meters
	Peaches Roach, High Jump
	Diane Nukuri, 10,000 Meters
2008	Kineke Alexander, 400 Meters
	Kineke Alexander, 400 Meters
	Meghan Armstrong, 10,000 Meters
	Tammilee Kerr, Heptathlon
	Racheal Marchand, 10,000 Meters
2009	Karessa Farley, 100-Meter Hurdles
	Racheal Marchand, 5,000 Meters

National & School Honors

CoSIDA Academic All-America

1986	Danny Waters
1989	Kim Schneckloth
1990	Lisa Skidmore
1997	Chad Schwitters
2000	Stetson Steele

USTFCCCA All-Academic

2006	Meghan Armstrong
2006	Krista Anderson
2009	Hannah Roeder
2009	McKenzie Melander

Honda Sports Award

2008	Diane Nukuri (finalist)
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NCAA Woman of the Year

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

Wilma Rudolph Award

2008	Diane Nukuri
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Iowa Female Athlete of the Year

1983	Nan Doak
1989	Jeanne Kruckeberg
1992	Tracy Dahl
1993	Tracy Dahl
2006	Kineke Alexander
2007	Kineke Alexander
2008	Diane Nukuri
2009	Racheal Marchand



The 2006 NCAA indoor 400-meter champion, Kineke Alexander was an eight-time all-American and five-time Big Ten champion at Iowa from 2005-08. She holds Iowa school records in four individual events and two relays, and set the Big Ten Indoor Championships 400-meter record (52.23) in 2007.

IOWA TRACK & FIELD



Kineke Alexander
Two-Time Midwest
Regional Champion
400 Meters



Tiffany Johnson
2007 Midwest
Regional Champion
100-Meter Hurdles



Bill Neumann
2003 Midwest
Regional Champion
Javelin

Men's All-Region Honorees

Year	Athlete	Event - Mark	Place
2003	Bill Neumann	Javelin - 227-0 (69.20 m)	1st
	Tony Leick	400-Meter Hurdles - 53.16	7th
	Chris Voller	Hammer - 192-2 (58/58)	8th
2004	Ken Kemeny	Shot Put - 61-4 1/4 (18.70 m)	4th
	Brad Daufelt	Hammer - 205-4 (62.59 m)	4th
	Russell Peterson	400-Meter Hurdles - 51.18	6th
2005	Chris Voller	Hammer - 196-7 (59.91 m)	7th
	Ken Kemeny	Shot Put - 62-3 (18.97 m)	2nd
	Tim Brodersen	Discus - 179-1 (54.59 m)	3rd
2006	Chris Voller	Hammer - 195-4 (59.55 m)	8th
	Adam Hamilton	Hammer - 217-11 (66.42 m)	2nd
	Shane Maier	Shot Put - 61-0 1/4 (18.60 m)	5th
2007	Shane Maier	Shot Put - 58-6 1/2 (17.84 m)	2nd
	Adam Hamilton	Hammer - 215-7 (65.70 m)	2nd
	Ray Varner	400-Meter Hurdles - 52.93	8th
2008	Micah VanDenend	5,000 Meters - 14:14.62	8th
	Max Milder	400-Meter Relay - 42.53	8th
	Paul Chaney, Jr.	400-Meter Relay - 42.53	8th
2009	Aaron Reed	400-Meter Relay - 42.53	8th
	Lee Elbert	400-Meter Relay - 42.53	8th
	John Hickey	Shot Put - 61-4 1/4 (18.70 m)	2nd
2010	A.J. Curtis	Shot Put - 59-5 1/2 (18.12 m)	3rd
	A.J. Curtis	Discus - 176-8 (53.85 m)	3rd
	Andy Napier	3,000 Steeplechase - 8:57.54	7th
2011	Shane Maier	Shot Put - 56-11 1/2 (17.36 m)	7th
	Ray Varner	400 Hurdles - 51.07	8th
	Adam Hairston	800 Meters - 1:48.87	5th
2012	D'Juan Richardson	400-Meter Relay - 40.33	5th
	Zeke Sayon	400-Meter Relay - 40.33	5th
	Stephen Bee	400-Meter Relay - 40.33	5th
2013	Paul Chaney, Jr.	400-Meter Relay - 40.33	5th
	Ray Varner	400 Hurdles - 51.21	6th
	John Hickey	Shot Put - 58-11 1/4 (17.96 m)	6th

Regional Awards

Midwest Regional Female Athlete of the Year

Kineke Alexander, 2007

Women's All-Region Honorees

Year	Athlete	Event - Mark	Place
2003	Alana Redfern	Javelin - 159-8 (48.68 m)	3rd
	Jessie Strand	Pole Vault - 12-10 1/4 (3.92 m)	3rd
	Sarah Arens	3,000 Steeplechase - 10:42.42	5th
2004	Nicole Charles	1,600-Meter Relay - 3:36.26	5th
	Aisha Hume	1,600-Meter Relay - 3:36.26	5th
	Sarah Steffen	1,600-Meter Relay - 3:36.26	5th
2005	Shellene Williams	1,600-Meter Relay - 3:36.26	5th
	Shellene Williams	400 Meters - 53.09	6th
	Sarah Steffen	400-Meter Hurdles - 1:00.10	8th
2006	Sarah Arens	3,000 Steeplechase - 10:39.31	2nd
	Shellene Williams	400 Meters - 52.41	4th
	Peaches Roach	High Jump - 5-10 1/2 (1.79 m)	5th
2007	Michelle Lahann	800 Meters - 2:09.34	6th
	Kineke Alexander	400 Meters - 52.34	2nd
	Peaches Roach	High Jump - 5-11 1/4 (1.81 m)	2nd
2008	Kineke Alexander	1,600-Meter Relay - 3:39.67	8th
	Aisha Hume	1,600-Meter Relay - 3:39.67	8th
	Lindsey McCalla	1,600-Meter Relay - 3:39.67	8th
2009	Erin Sheeley	1,600-Meter Relay - 3:39.67	8th
	Kineke Alexander	400 Meters - 51.75	1st
	Meghan Armstrong	1,500 Meters - 4:23.33	2nd
2010	Peaches Roach	High Jump - 6-0 1/2 (18.4 m)	3rd
	Racheal Marchand	5,000 Meters - 17:17.01	7th
	Tiffany Johnson	100-Meter Hurdles - 13.53	8th
2011	Shannon Stanley	1,500 Meters - 4:30.98	8th
	Kineke Alexander	400 Meters - 52.34	1st
	Tiffany Johnson	100-Meter Hurdles - 13.22	1st
2012	Meghan Armstrong	1,500 Meters - 4:21.56	5th
	Diane Nukuri	1,500 Meters - 4:24.30	6th
	Becca Franklin	Hammer - 192-2 (58.58 m)	6th
2013	Racheal Marchand	5,000 Meters - 16:27.72	6th
	Peaches Roach	High Jump - 5-9 1/4 (1.76 m)	7th
	Kineke Alexander	400 Meters - 52.24	2nd
2014	Renee White	Triple Jump - 43-10 (13.36 m)	6th
	Renee White	Long Jump - 20-3 3/4 (6.19 m)	8th
	Karessa Farley	100-Meter Hurdles - 13.34	3rd
2015	Betsy Flood	1,500 Meters - 4:25.98	4th
	McKenzie Melander	1,500 Meters - 4:30.83	7th

****In 2010 the NCAA altered the format for athletes to qualify and advance to the NCAA Championships, therefore there is no longer a regional based qualifying competition.**

IOWA TRACK & FIELD

Men's Indoor Champions

50 Yards

Charles Brookins, 1922 5.4

55-Meter Hurdles

Dion Trowers, 1998 7.27

60 Yards

Lee Farmer, 1942 6.3

70-Yard High Hurdles

Frank Cuhel, 1928 8.8

George Saling, 1932 8.7

Russell Merkel, 1950 8.8

70-Yard Low Hurdles

Russell Merkel, 1950 8.1

200 Meters

George Page, 1997 21.63

440 Yards

George Baird, 1928 50.1

Vaughn Stevenson, 1929 51.2

Bernard Page, 1935 51.5

Carl Teufel, 1938 49.8

John Brown, 1960 48.6

Gary Hollingsworth, 1963 48.5

Mike Mondane, 1967 47.9

Mike Mondane, 1968 47.6

Dick Eisenlauer, 1972 47.8

400 Meters

Anthuan Maybank, 1990 47.55

600 Yards

Leroy Ebert, 1954 1:11.4

Caesar Smith, 1956 1:14.0

Tom Ecker, 1957 1:13.7

Bill Frazier, 1962 1:12.2

Roger Kerr, 1963 1:10.0

Mike Mondane, 1966 1:11.2

600 Meters

D'Juan Strozier, 1990 1:20.26

880 Yards

Ted Wheeler, 1956 1:55.1

Bill Frazier, 1963 1:51.8

D'Juan Strozier, 1992 1:51.54

1,000 Yards

Gary Fischer, 1961 2:16.8

Joel Moeller, 1978 2:12.4

1,500 Meters

Ed DeLashmutt, 1980 3:49.90

Mile

Ted Wheeler, 1956 4:12.5

Charles Jones, 1957 4:13.8

Charles Jones, 1958 4:10.5

Gary Fischer, 1963 4:13.7

Larry Wiecezorek, 1966 4:09.7

Larry Wiecezorek, 1967 4:05.3

Two Miles

Harold Phelps, 1925 9:32.6

Leonard Hunn, 1927 9:44.2

Charles Jones, 1957 9:23.3

Charles Jones, 1958 9:09.6

Larry Wiecezorek, 1968 8:54.3

Long Jump

Lee Farmer, 1942 23-9 1/4

Earl Smith, 1954 24-0 3/4

Quinn Early, 1986 24-7 1/4

Anthuan Maybank, 1992 26-5 1/2

Anthuan Maybank, 1993 26-5

Bashir Yamini, 1997 25-9 1/4

Bashir Yamini, 1998 24-11 1/4

Bashir Yamini, 1999 25-6 1/2

Matty Gorman, 2005 24-8 1/2

High Jump

*Ed Schrader, 1913 5-11 1/2

*Edgar Hoffman, 1920 6-0

*Donald Craig, 1929 5-9 5/8

*H. Workhoven, 1929 5-9 5/8

Les Stevens, 1956 6-6 3/8

Bill Knoedel, 1975 7-1

Pole Vault

*Xavier Boyles, 1926 12-6

*Henry Canby, 1929 13-7 1/2

Ken Steinbeck, 1943 13-3

Dave Nielsen, 1975 16-10

Shot Put

Ray Danber, 1926 46-2 1/2

Jeremy Allen, 2000 61-4 1/4

Shane Maier, 2007 60-11 1/4

John Hickey, 2008 61-9 3/4

Women's Indoor Champions

55 Meters

Vivien McKenzie, 1985 6.92

Yolanda Hobbs, 1995 6.83

60 Yards

Elaine Jones, 1983 6.92

Elaine Jones, 1984 6.91

200 Meters

Erica Broomfield, 1998 23.88

Kineke Alexander, 2006 23.49

Kineke Alexander, 2007 23.67

300 Yards

Elaine Jones, 1984 34.59

400 Meters

Senta Hawkins, 1988 55.66

Ellen Grant, 1997 54.39

Shellene Williams, 2004 54.17

Kineke Alexander, 2006 52.01

Kineke Alexander, 2007 52.23

600 Meters

Kay Stormo, 1979 1:33

Karen Layne, 1990 1:31.45

800 Yards

Kay Stormo, 1982 2:09.35

880 Yards

Jeanne Kruckeberg, 1987 2:11.71

3,000 Meters

Nan Doak, 1985 9:38.5

Meghan Armstrong, 2008 9:18.30

Three Miles

Nan Doak, 1982 15:27.53

5,000 Meters

Tracy Dahl, 1992 16:36.13

High Jump

Peaches Roach, 2004 5-11 1/4

Peaches Roach, 2005 5-10 3/4

Peaches Roach, 2007 5-10

Triple Jump

Renee White, 2008 42-4

Shot Put

Gail Smith, 1985 51-0

Lisa Van Steenwyk, 1993 50-5 1/4

Pentathlon

Kathy Gillespie, 1983 4.079 pts.

Men's Indoor Relay Champions

Mile Relay

Morrow, Noll, Brookins, Wilson, 1923 3:29.6

Morrow, Kohn, Roberts, Coulter, 1924 3:33.2

Beatty, Phelps, Baird, Cuhel, 1927 3:29.5

Stevenson, Stamats, Baird, Cuhel, 1928 3:24.2

Thomas, Ferguson, Depping, Stevenson, 1929 3:25.6

Boylan, Wheeler, Ebert, Scott, 1952 3:18.3

Richards, Rocker, Hollingsworth, Kerr, 1963 3:14.7

Ferree, Frazier, Mondane, Reimer, 1967 3:13.1

Greer, Williams, Smith, Duckett, 1984 3:09.24

Two Mile Relay

English, Blackman, Strozier, Chambers, 1989 7:36.20

Women's Indoor Relay Champions

3,200-Meter Relay

Schlader, Mitchell, Drapcho, Stormo, 1979 9:10.0

Hoskins, Kruckeberg, Roberts, Schneckloth, 1989 8:53.01

IOWA TRACK & FIELD

Men's Outdoor Champions

100 Yards

Dennis Kohl, 1966 9.6

120-Yard High Hurdles

Russell Merkel, 1950 14.4

Les Stevens, 1956 14.2

100 Meters

George Page, 1995 10.50

George Page, 1996 10.08

Tim Dwight, 1999 10.51

110-Meter High Hurdles

Pat McGhee, 1989 13.74

220 Yards

Eric Wilson, 1921 22.0

Eric Wilson, 1923 21.2

John Everingham, 1927 22.0

Dennis Kohl, 1966 20.6

220-Yard Low Hurdles

Charles Brookins, 1922 23.8

Charles Brookins, 1923 23.2

Charles Brookins, 1924 23.8

Frank Cuhel, 1926 23.9

Frank Cuhel, 1927 24.2

Frank Cuhel, 1928 23.6

George Saling, 1932 23.0

200 Meters

Andre Morris, 1995 20.64

Bashir Yamini, 1998 21.10

Bashir Yamini, 1999 21.39

330-Yard Int. Hurdles

Donald Gardner, 1963 37.7

Jon Reimer, 1965 36.1

440 Yards

Chan Coulter, 1924 50.4

George Baird, 1927 49.1

John Brown, 1959 48.1

Mike Mondane, 1967 46.4

Mike Mondane, 1968 47.5

Dick Eisenlauer, 1975 47.1

440-Yard Int. Hurdles

Jon Reimer, 1965 50.8

400 Meters

Anthuan Maybank, 1991 45.76

Anthuan Maybank, 1993 45.91

Andre Morris, 1995 45.39

Andre Morris, 1996 46.38

Steven Willey, 2010 46.12

400-Meter Hurdles

Pat McGhee, 1986 50.94

Pat McGhee, 1988 50.01

Pat McGhee, 1989 49.63

Ray Varner, 2010 50.61

660 Yards

Roger Kerr, 1963 1:17.4

Mike Mondane, 1966 1:17.7

880 Yards

Harry Morrow, 1924 1:57.0

Ted Wheeler, 1956 1:51.7

Bill Frazier, 1962 1:50.1

Bill Frazier, 1963 1:50.6

800 Meters

D'Juan Strozier, 1990 1:47.17

Mile

Ted Wheeler, 1956 4:12.7

Charles Jones, 1957 4:17.0

Charles Jones, 1958 4:09.2

3,000-Meter Steeplechase

Rollie Kitt, 1967 9:02.9

Steve Pershing, 1977 9:00.1

Two Miles

Richard Ferguson, 1952 9:19.0

Richard Ferguson, 1953 9:26.6

Charles Jones, 1957 9:14.0

Three Miles

Larry Wieczorek, 1968 13:58.0

10,000 Meters

Kevin Herd, 1994 30:05.21

Micah VanDenend, 2007 30:28.50

Long Jump

Edward Gordon, 1929 24-1 3/4

Edward Gordon, 1930 24-8 1/4

Edward Gordon, 1931 24-1 1/2

Earl Smith, 1954 23-1

Quinn Early, 1986 24-11

Anthuan Maybank, 1993 25-9 1/2

Bashir Yamini, 1997 26-8 1/4

High Jump

E.J. Baker, 1905 5-10 1/4

*Edward Gordon, 1929 6-0

Bill Knoedel, 1975 7-3

Bill Hansen, 1976 7-2

Ryan Kelly, 2008 6-10 3/4

Pole Vault

*Xavier Boyles, 1926 12 9 1/2

Bill Burnette, 1966 15 3

Phil Wertman, 1971 16 1 1/2

John Tefer, 1972 16 0

Todd Wigginton, 1984 17 0

Discus

C.H. Swift, 1902 118-9

C.H. Swift, 1903 117-7 1/2

Merle Alderman, 1910 129-8 1/2

John Hancock, 1925 138-2

Jeremy Allen, 1998 185-9

Jeremy Allen, 2001 194-5

Tim Brodersen, 2005 187-0

Tim Brodersen, 2006 181-2

Shot Put

Chris Gambol, 1987 60-0 1/2

Jeremy Allen, 2001 62-2 1/4

John Hickey, 2007 58-4 1/2

Hammer

A. van der Westhuizen, 1999 202-3

A. van der Westhuizen, 2000 218-5

Jim Costello, 2002 217-7

Adam Hamilton, 2006 208-1

Javelin

L.D. Weldon, 1930 184-5 1/2

L.D. Weldon, 1931 191-4 1/2

Mark Panther, 1934 208-2

Mark Panther, 1935 219-7 3/8

Bushnell Lamb, 1936 194-4 1/2

Bushnell Lamb, 1938 202-8

Bill Neumann, 2002 231-8

Bill Neumann, 2003 238-2

Matt Byers, 2010 220-6

Men's Outdoor Relay Champions

400-Meter Relay

Beecham, Duckett, Greer, Patrick, 1983 39.99

McCoy, Duckett, Greer, Smith, 1984 40.11

Davis, Morris, Rozell, Page, 1995 40.03

Dwight, Branch, Davis, Yamini, 1998 40.27

Branch, Dwight, Dodge, Yamini, 1999 40.66

Coleman, Kunkel, Peterson, Dodge, 2001 40.15

400-Yard Relay

Johnson, Lake, Eisenlauer, Wellington, 1974 41.2

Mile Relay

Beck, Noll, Keppler, Wilson, 1922 3:20.0

Stevenson, Stamats, Baird, Cuhel, 1928 3:20.2

Stevenson, Ferguson, Depping, Baird, 1929 3:20.7

Levinson, Boylan, Ebert, Scott, 1953 3:16.4

Richards, Hollingsworth, Frazier, Kerr, 1962 3:12.3

Richards, Hollingsworth, Frazier, Kerr, 1963 3:11.2

Thompson, Feree, Randolph, Reimer, 1965 3:12.1

Feree, Frazier, Mondane, Reimer, 1967 3:08.7

Teberg, Stevens, Frazier, Mondane, 1968 3:13.3

1,600-Meter Relay

Chung, Williams, McGhee, Leonard, 1986 3:07.05

Branch, Dwight, Dodge, Yamini, 1999 3:09.09

IOWA TRACK & FIELD

Women's Outdoor Champions

100 Meters

Vivien McKenzie, 1983	11.90
Vivien McKenzie, 1984	11.50
Vivien McKenzie, 1985	11.63

400 Meters

Ellen Grant, 1997	52.82
Shellene Williams, 2003	53.58
Shellene Williams, 2004	52.97
Kineke Alexander, 2007	52.15

400-Meter Hurdles

Wynsome Cole, 1998	56.67
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5,000 Meters

Nan Doak, 1982	16:26.63
Tracy Dahl, 1992	16:22.01
Diane Nukuri, 2008	16:24.21

10,000 Meters

Jennifer Brower, 1992	34:29.61
Meghan Armstrong, 2008	33:49.03

High Jump

Peaches Roach, 2004	5-11 1/4
Peaches Roach, 2007	6-0

Shot Put

Lisa Van Steenwyk, 1993	47-4 1/2
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Long Jump

Aisha James, 2003	21-4
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Triple Jump

Renee White, 2009	43-10 3/4
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Women's Outdoor Relay Champions

400-Meter Relay

Floyd, Hobbs, Poole, Reid, 1994	44.80
Underwood, Cole, Grant, Wynter, 1997	46.53

1,600-Meter Relay

Hume, Charles, Steffen, Williams, 2003	3:38.95
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Big Ten Championships Honors

Men's AwardsAthlete of the Year

1989	Pat McGhee (O)
1993	Anthuan Maybank (O)

Track Athlete of the Meet

1989	Pat McGhee (O)
1999	Tim Dwight (O)

Freshman of the Year

1996	Bashir Yamini (I)
1998	Jeremy Allen (I, O)

I - Indoor, O - Outdoor

Women's AwardsTrack Athlete of the Year

2007	Kineke Alexander (I)
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Track Athlete of the Meet

2007	Kineke Alexander (I)
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Freshman of the Year

1998	Erica Broomfield (I)
2004	Peaches Roach (O)

I - Indoor, O - Outdoor

All-Big Ten Honorees

Women's Team

Kineke Alexander	2006-08
Krista Anderson	2006
Meghan Armstrong	2006, 2008
Erica Broomfield	1998
Jennifer Brower	1992
Nicole Charles	2003
Wynsome Cole	1997-98
Tracy Dahl	1992-93
Nan Doak	1985
Tina Floyd	1994
Ashley Granger	2006
Ellen Grant	1997
Senta Hawkins	1988
Yolanda Hobbs	1994-95
Tami Hoskins	1989
Aisha Hume	2003
Aisha James	2003
Tiffany Johnson	2005-06
Elaine Jones	1984
Jeanne Kruckeberg	1987-89
Karen Layne	1990
Racheal Marchand	2009
Lindsey McCalla	2006
Vivien McKenzie	1984-86
Diane Nukuri	2007-08
Marlene Poole	1994
Alana Redfern	2003
Tanja Reid	1994
Peaches Roach	2004-07
Rachelle Roberts	1989-90
Kim Schneckloth	1989
Gail Smith	1985
Shannon Stanley	2006
Sarah Steffen	2003
Jessie Strand	2003
Tara Underwood	1997
Lisa Van Steenwyk	1993
Renee White	2007-09
Shellene Williams	2003-04
Kaydene Wynter	1997

Men's Team

Jeremy Allen	1998, 2000-01
Chris Barton	2010
St. Clair Blackman	1989
Tony Branch	1998-99
Tim Brodersen	2005-06
Matt Byers	2010

Men's Team (Continued)

Rodney Chambers	1989
Jim Costello	2002
Curtis Chung	1986, 1989
Juan Coleman	2001
A.J. Curtis	2007, 2009
Chris Davis	1995, 1998
Tim Dodge	1999, 2001
Terrence Duckett	1984
Tim Dwight	1998-99
Quinn Early	1986
Louis English	1989
Chris Gambol	1987
Matty Gorman	2006
Victor Greer	1984
Adam Hairston	2008-09
Adam Hamilton	2006-07
Kevin Herd	1994
Jeffery Herron	2010
John Hickey	2007-09
Ryan Kelly	2008
Gary Kostrubala	1986
Adam Kunkel	2001
Harold Leonard	1986
Shane Maier	2006-08
Anthuan Maybank	1990-94
Ronnie McCoy	1984
Pat McGhee	1986, 1988-89
Andre Morris	1995-96
Andy Napier	2008
Bill Neumann	2002-03
George Page	1995-97
Russell Peterson	2001
Patrick Richards	2010
Ed Rozell	1995
Zeke Sayon	2010
Caesar Smith	1984
Robert Smith	1984
Erik Sowinski	2010
D'Juan Strozier	1989-90, 1992
Dion Trowers	1998
Micah VanDenend	2007
Ray Varner	2010
Arno van der Westhuizen	2000
Todd Wigginton	1984
Steven Willey	2010
Kenny Williams	1984, 1986
Chris Voller	2005
Bashir Yamini	1997-99

IOWA TRACK & FIELD

Men's Academic All-Big Ten

Name.....	Years	Name.....	Years
L. J. Albrecht.....	1989-92	Eric MacTaggart.....	2006, 2008-09
Rajeev Balkrishnan.....	1993	Shane Maier.....	2005-06
Andy Banse.....	2003-05	Mark Mankivsky.....	2010
Jake Berns.....	2006	Steve Marshall.....	1991, 1994
Ravi B'Have.....	1995, 1998	Brad McCorkle.....	1990
Tim Brodersen.....	2003-06	Pete McDowell.....	1994
David Brown.....	1988-91	Pat Meade.....	1987, 1989
Brendan Camplin.....	2008-09	Sean Moeller.....	1999-02
Chris Cassata.....	1999-00	Andy Morris.....	1998-00
Trent Corey.....	1999-02	Steve Morrissey.....	1991
Jim Costello.....	2001-02	Andy Napier.....	2007-09
Mike Cunningham.....	1999, 2001-02	Ryan Niver.....	2008
A.J. Curtis.....	2007-09	Jason Nolting.....	2004-06
Cannon Dolan.....	2007-09	Chad Ohly.....	1993-95
Jim Donovan.....	1997-99	Matt O'Hollearn.....	2004-06
Peter Eischeid.....	1996-98	James Paul.....	2009
Lee Elbert.....	2007-08	Chris Peters.....	1997
Connor Elmitt.....	2009	Tim Pleskac.....	2000
Joe Estes.....	1994-96	Justin Poots.....	2001
Scott Faber.....	1999, 2002	Jay Renaud.....	2008
Andy Flaherty.....	1988	Thomas Reynolds.....	2010
Matt Gerard.....	1992-94	Marc Roehl.....	1993-95
Mike Gorsline.....	1989-91	Paul Sarris.....	1998
Adam Hairston.....	2010	Mark Schaapveld.....	2008-09
Adam Hamilton.....	2004-07	Zachary Schimp.....	2009-10
Dan Haut.....	2004-06	Chad Schwitters.....	1996-99
Kevin Herd.....	1991-93	Eric Sowinski.....	2010
Mark Holtkamp.....	1996	Stetson Steele.....	1997, 1999-00
Jason Joens.....	1993	Dion Trowers.....	1997
Scott Joens.....	1987	Jonathan Tullett.....	1994
Richard Johnson.....	2007	Josh Tweedy.....	2004-05
Chase Kadlec.....	2010	Graham Valdes.....	2009
Ben Lloyd.....	2003	David White.....	1991-92
Marco Loureiro.....	1995-96	Andy Wiese.....	1987
Ryan Lamparek.....	2009	Brice Wilson.....	2008
Jesse Luciano.....	2008-10	Bobby Windauer.....	2007-08

Recipients of the Academic All-Big Ten award must be letterwinners in their second academic year at their institution and achieve a minimum grade-point average of 3.0 or higher for their academic career. The inaugural award was presented in 1986-87.

Big Ten Distinguished Scholars

Recipients of the Big Ten Distinguished Scholar award must be letterwinners in their second academic year at their institution and achieve a minimum grade-point average of 3.7 or higher for the previous academic year. The inaugural award was presented in 2008-09.

Name.....	Year	Name.....	Year
Sam Bailin.....	2010	Rachel Hawks.....	2009
Jolly Burke.....	2009	Mark Mankivsky.....	2010
A.J. Curtis.....	2009	Andy Napier.....	2009
Jennie Docherty.....	2009	Hannah Roeder.....	2009
Connor Elmitt.....	2010	Brice Wilson.....	2009
Amanda Hardesty.....	2010		

Women's Academic All-Big Ten

Name.....	Years	Name.....	Years
Krista Anderson.....	2007-08	Natalie Kleinfelter.....	1994
Lindsay Anderson.....	2010	Christine Kotarba.....	2005
Sarah Arens.....	2001-04	Jeanne Kruckeberg ...	1988, 1990-91
Meghan Armstrong.....	2006-08	Kimberly Kruk.....	1994
Caleigh Bacchus.....	2009	Christine Kubitz.....	1999
Atalie Barber.....	2002, 2004	Jackie Laesch.....	2010
Holly Barnes.....	1994	Michelle Lahann.....	2001-04
Briana Benning.....	1995-97	Jordan Laney.....	2005
Danielle Berndt.....	2010	Meg Maurer.....	1997
Allison Billhardt.....	2005	Amy McRell.....	1990-93
Kerri Blackstone.....	1997-99	McKenzie Melander.....	2010
Becky Borg.....	1988-89	Georgia Millward.....	2002-04
Jennifer Brower.....	1991-92	Kelsey Mims.....	2009
Nicole Brown.....	1997	Monica Mims.....	2005-07
Sarah Burgett.....	2005-07	Jennifer Moore.....	1988-89
Jolly Burke.....	2008-09	Amy Murphy.....	2000-01
Katie Butler.....	2001	Sara Murray.....	1994
Jenni Capista.....	2004-05	Erin O'Hern.....	2005-06
Nicole Charles.....	2001-03	Valerie Oltman.....	2000
Kacey Childs.....	2000-01	Kiersten Pauling.....	1995-97
Traci Claussen.....	1988-89	Sophia Ponce.....	2010
Megan Daniel.....	1994	Beverly Powell.....	1991
Sarah Dankoff.....	2002	Bethany Praska.....	2009
Jennie Docherty.....	2009	Ruqauua Raheem.....	1998
Katie Donlon.....	2005	Alana Redfern.....	2003
Jenni Elbert.....	2006	Peaches Roach.....	2005-07
Katie Ellis.....	2008-09	Ericka Roberts.....	2001-02
Molly Esche.....	2006-08	Hannah Roeder.....	2009
Fionna Fallon.....	2010	Janeth Salazar.....	1988
Shawn Fleck.....	1996	Christine Salsberry ...	1991, 1993-94
Betsy Flood.....	2010	Kristi Schmidt.....	2000
Becca Franklin.....	2007	Jessica Schmidt.....	2007
Melissa Fraser.....	1997	Kim Schneckloth.....	1987-90
Jill Freed.....	1989	Jennifer Schoonover.....	1995
Sheila Galbraith.....	1992	Gina Shannon.....	1999-2001
Ashley Granger.....	2006	Anna Shearer.....	2000-01
Maggie Hall.....	1999	Erin Sheeley.....	2005
Amanda Hardesty.....	2010	Michelle Sokol.....	2004-05
Rachel Hawks.....	2008-09	Shannon Stanley.....	2007
Tiffany Hendricks.....	2010	Tina Stec.....	1992-94
Sarah Henize.....	2009	Sarah Steffen.....	2001-03
Katie Herrmann.....	2004	Jessie Strand.....	2001-04
Aisha Hume.....	2002-05	Kelsey Stueland.....	2010
Janelle Jaspers.....	1988-89	Sherri Suppelsa.....	1987
Jennifer Johnson.....	1992-93	Rhonda-Kaye Trusty.....	2008-09
Tiffany Johnson.....	2005-07	Tara Underwood.....	1998
Aditya Jones.....	2006-07	Sheri Van Der Hart.....	1991-93
Amy Kasparbauer.....	2000	Kim Vinton.....	1992
Rebecca Kaza.....	1997-99	Jamie Voss.....	1992-93
Tammilee Kerr.....	2006-07	Renee White.....	2007
Jennifer Kiciak.....	1997-98	Beth Wilson.....	1989
Tricia Kiraly.....	1988-89		

IOWA TRACK & FIELD

Drake Relays Champions

Men's Champions

Event.....	Athlete, Year - Performance
100 Meters.....	Leicester Farmer, 1942 - 10.1
100 Meters.....	George Page, 1996 - 10.42
200 Meters (SI).....	Jeff Patrick, 1983 - 20.47
200 Meters (SI).....	Anthuan Maybank, 1994 - 20.82
400 Meters (SI).....	Anthuan Maybank, 1993 - 44.99
Mile.....	Deacon Jones, 1957 - 4:10.7
Two Miles.....	Deacon Jones, 1957 - N/A
5,000 Meters.....	Stetson Steele, 2000 - 14:02.76
110-Meter Hurdles.....	Pat McGhee, 1988 - 14.15
400-Meter Relay.....	1927 - 41.8; 1928 - 42.2; 1935 - 41.7; 1952 - 41.5
400-Meter Relay.....	Trowers, Branch, Davis, Yamini, 1998 - 40.24
400-Meter Relay.....	Richardson, Sayon, Richards, Chaney, Jr., 2009 - 40.71
800-Meter Relay.....	1929 - 1:28.23
1,600-Meter Relay.....	1923 - 3:16.9; 1924 - 3:21.5; 1926 - 3:27.1; 1927 - 3:20.5; 1928 - 3:22.2; 1929 - 3:25.4; 1938 - 3:15.4; 1963 - 3:13.5; 1967 - 3:07.4
3,200-Meter Relay.....	1929 - 7:57.3
Dist. Medley Relay.....	1956 - 10:14.3
Shuttle Hurdle Relay.....	1932 - 1:01.6; 1955 - 59.3; 1984 - 58.77
Sprint Medley Relay.....	1952 - 3:23.5; 1956 - 3:23.4; 1992 - 3:21.02
High Jump.....	Milton Kuhl (5-way tie), 1942.....6-4 (1.93 m)
High Jump.....	Bill Knoedel, 1976.....7-1 3/4 (2.18 m)
High Jump.....	Bill Hansen, 1978.....7-1 3/4 (2.18 m)
Long Jump.....	Ed Gordon, 1929 - 24-0 3/4 (7.33 m)
Long Jump.....	Ed Gordon, 1930 - 24-0 (7.31 m)

Men's Champions - Continued

Event.....	Athlete, Year - Performance
Long Jump.....	Ed Gordon, 1931 - 23-10 1/2 (7.28 m)
Long Jump.....	Anthuan Maybank, 1993... (w) - 27-6 3/4 (8.40 m)
Long Jump.....	Bashir Yamini, 1996 - 25-1 1/4 (7.65 m)
Pole Vault.....	Xavier Boyles, 1927 - 12-9 (3.89 m)
Shot Put.....	Chris Gambol, 1987 - 59-3 (18.06 m)
Shot Put.....	Ken Kemeny, 2004 - 59-11 1/4 (18.27 m)
Discus.....	Robert Mitchell, 1928 - 141-9 (43.22 m)
Javelin.....	L.D. Weldon, 1930 - 202-5 (61.70 m)
Javelin.....	Mark Panther, 1935 - 210-7 (64.18 m)
Javelin.....	Paul Fagerlind, 1945 - 205-2 (62.54 m)
Javelin.....	Bill Neumann, 2003 - 238-11 (72.83 m)

Women's Champions

Event.....	Athlete, Year - Performance
100-Meter Hurdles.....	Paula Ruen, 1998 - 13.96
100-Meter Hurdles.....	Tiffany Johnson, 2006 - 13.58
100-Meter Hurdles.....	Tiffany Johnson, 2007 - 13.27
400 Meters (SI).....	Kineke Alexander, 2006 - 52.05
400-Meter Hurdles.....	Wynsome Cole, 1998 - 57.44
1,500-Meters.....	Jeanne Kruckeberg, 1989 - N/A
5,000 Meters.....	Diane Nukuri, 2007 - 16:15.28
10,000 Meters.....	Jennifer Brower, 1992 - 34:11.58
Shuttle Hurdle Relay.....	1998 - 56.54
3,200-Meter Relay.....	1990 - 8:54.49
Dist. Medley Relay.....	1989 - 11:22.18; 1990 - 11:24.12
Javelin.....	Alana Redfern, 2003 - 157-9
Long Jump.....	Aisha James, 2003 - 22-3

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

Big Ten Athletes of the Month/Week

Women's Big Ten Athlete of the Month

Tracy Dahl.....	March 1992
Tracy Dahl.....	February 1993
Yolanda Hobbs.....	March 1995

Women's Big Ten Athlete of the Week

Mandy Beck.....	March 22, 1999
Aisha James.....	April 28, 2003
Alana Redfern.....	May 5, 2003
Peaches Roach (F).....	Feb. 20, 2007
Meghan Armstrong (T).....	March 25, 2008
Diane Nukuri (T).....	April 8, 2008
Betsy Flood.....	May 5, 2010

T - track athlete, F - field athlete

Men's Big Ten Athlete of the Month

Anthuan Maybank.....	April 1993
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Men's Big Ten Athlete of the Week

Jeremy Allen.....	Jan. 19, 1999
Tony Branch.....	Jan. 26, 1999
Arno van der Westhuizen.....	Apr. 12, 1999
Jeremy Allen.....	Jan. 24, 2001
Jim Costello.....	Jan. 31, 2001
Bill Neumann.....	Apr. 8, 2003
Shane Maier (F).....	Jan. 16, 2007
Micah VanDenend (T).....	Apr. 3, 2007
A.J. Curtis (F).....	Apr. 10, 2007
Adam Hamilton (F).....	May 1, 2007
John Hickey (F).....	Jan. 22, 2008
Andy Napier (T).....	Apr. 8, 2008
John Hickey (F).....	Feb. 16, 2009
Ray Varner (T).....	Apr. 8, 2009

Big Ten Medal of Honor

Men's Honorees

1932	Stuart Skowbo
1934	Tom Moore
1936	Francis Cretzmeyer
1947	John Hunter
1948	Herbert Wilkinson
1955	LeRoy Ebert
1959	James Van Young
1963	Ralph Trimble
1991	David Brown
1994	Kevin Herd
2000	Stetson Steele
2009	Eric MacTaggart

Women's Honorees

1992	Jennifer Brower
1994	Tina Stec
2008	Meghan Armstrong

IOWA TRACK & FIELD

Running Events**60 Meters**

School: 6.73 Kurt Felix, 1999
 Facility: 6.70 Demi Omole, Wisconsin, 2006

60-Meter Hurdles

School: 7.87 Dion Trowers, 1997
 Facility: 7.83 Ricky Pinkney, Purdue, 2006

200 Meters

School: 21.11 Anthuan Maybank, 1993
 Facility: 21.21 David Neville, Indiana, 2006

400 Meters

School: 46.81* Terrence Duckett, 1984
 Facility: 47.11 David Neville, Indiana, 2006

600 Meters

School: 1:18.05 Erik Sowinski, 2009
 Facility: 1:17.22 Trammel Smith, Illinois, 2006

800 Meters

School: 1:48.90 Erik Sowinski, 2010
 Facility: 1:50.87 Joseph Loner, Penn State, 1997

Mile

School: 4:03.07 Jeff Thode, 2010
 Facility: 4:02.1 Ken Popejoy, Michigan State, 1972

3,000 Meters

School: 8:00.81 Micah VanDenend, 2006
 Facility: 7:54.13 Chris Solinsky, Wisconsin, 2006

5,000 Meters

School: 13:56.46 Micah VanDenend, 2007
 Facility: 13:51.34 Chris Solinsky, Wisconsin, 2006

Relays**1,600-Meter**

School: 3:06.80 Rozell, Davis, Raymond, Yamini - 1998
 Facility: 3:11.83 Greer, Smith, Williams, Duckett, Iowa - 1984

3,200-Meter

School: 7:13.02 Cooke, Nie, Monsey, Chambers - 1990
 Facility: 7:32.25 Brown, Koning, Blumke, Gledhill,
 Michigan State - 1992

Distance Medley

School: 9:46.83 1999
 Facility: 9:47.78 Candella, Griffin, Gourley, See,
 Ohio State - 2006

* - distance conversion

Big Ten Championships Records**1,500 Meters (Retired)**

Meet.....3:49.90Ed DeLashmutt, 1981

Mile Relay (Retired)

Meet.....3:09.24Greer, Williams, Smith, Duckett - 1984

Field Events**High Jump**

School: 7-3 (2.21 m)..... Bill Knoedel, 1976;
 7-3 (2.21 m)..... Bill Hansen, 1978
 Facility: 7-4 1/2 (2.25 m)..... Staffan Strand, Minnesota, 1997

Long Jump

School: 26-5 1/2 (8.06 m)..... Anthuan Maybank, 1992
 Facility: 26-1 3/4 (7.97 m)..... Anthuan Maybank, Iowa, 1992

Triple Jump

School: 52-1 1/4 (15.88 m)..... Paul Jones, 1990
 Facility: 53-4 1/4 (16.26 m)..... Bannon Hayes, Illinois, 1989

Pole Vault

School: 17-1 (5.21 m)..... Todd Wigginton, 1984
 Facility: 18-1 1/4 (5.52 m)..... Tye Harvey, Minnesota, 1997

Shot Put

School: 63-0 (19.20 m)..... John Hickey, 2009
 Facility: 63-7 3/4 (19.40 m)..... Karl Erickson, Minnesota, 2006

Weight Throw

School: 69-4 3/4 (21.15 m)..... Jim Costello, 2002
 Facility: 68-2 1/4 (20.78 m)..... Leonard Jatsek, Ohio State, 2006

Pentathlon

School: 3,460 points..... Scott Faber, 2000

Heptathlon

School: 5,205 points..... Dan Rolling, 2010
 Facility: 5,648 points..... Benjamin Jensen, Minnesota, 1997

Iowa Retired Records**55 Meters**

School: 6.23 Robert Smith, 1984
 Facility: 6.27 Cory Pryor, Michigan State, 1989

55-Meter Hurdles

School: 7.14 Pat McGhee, 1989
 Facility: 7.07 Reggie Torian, Wisconsin, 1997

300 Yards

School: 30.08 Victor Greer, 1984
 Facility: 30.54 Terrence Duckett, Iowa, 1984

300 Meters

School: 36.02 Rajeev Balkrishnan, Iowa, 1992
 Facility: 34.41 Ron Brown, Purdue, 1992

600 Yards

School: 1:09.60 Terrence Duckett, 1984
 Facility: 1:09.54 Ray Armstead, NE Missouri State, 1984

1,000 Yards

School: 2:10.0 Joel Moeller, 1977
 Facility: 2:10.0 Joel Moeller, Iowa, 1977

1,000 Meters

School: 2:24.53 Bill Theisen, 1986
 Facility: 2:27.69 Brian Peppard, Notre Dame, 1992

Two Miles

School: 8:54.0 Larry Wiecezorek, 1968
 Facility: 8:47.5 Dave Johnson, Minnesota, 1977

IOWA TRACK & FIELD

Running Events**100 Meters**

School: 10.25 George Page, 1996
 Facility: 10.18 Michael Bennett, Wisconsin, 2000

110-Meter Hurdles

School: 13.63 Pat McGhee, 1989
 13.50^ Pat McGhee, 1989
 Facility: 13.72 Sherman Armstrong, Illinois, 2000

200 Meters

School: 20.47 Jeff Patrick, 1983
 Facility: 20.46 Harry Reynolds, Ohio State, 1987

400 Meters

School: 44.99 Anthuan Maybank, 1992
 Facility: 44.87 Andrew Pierce, Ohio State, 2000

400-Meter Hurdles

School: 48.83 Pat McGhee, 1989
 Facility: 48.94 Joey Woody, Unattached, 2004

800 Meters

School: 1:47.64 Bill Frazier, 1962
 Facility: 1:47.82 D'Juan Strozier, Iowa, 1990

1,500 Meters

School: 3:43.02 Jeff Thode, 2010
 Facility: 3:46.47 Rob Myers, Ohio State, 2000

3,000-Meter Steeplechase

School: 8:47.4 Deacon Jones, 1956
 Facility: 8:38.07 Charles Marsala, Indiana, 1987

5,000 Meters

School: 13:49.31 Micah VanDenend, 2007
 Facility: 13:47.39 Scott Fry, Wisconsin, 1987

10,000 Meters

School: 28:44.47 Stetson Steele, 2000
 Facility: 29:11.72 Chris Brewster, Michigan, 1987

Relays**400-Meter**

School: 39.48 Beecham, Duckett, Greer, Smith - 1984
 Facility: 39.64 Herring, Bennett, Nelson, Tucker,
 Wisconsin - 2000

800-Meter

School: 1:24.85 Richardson, Bee, Richards, Chaney, Jr. - 2009

1,600-Meter

School: 3:03.11 Morris, Davis, Page, Rozell - 1995
 Facility: 3:05.56 Olson, Homewood, Rock, Woody,
 Unattached - 2007

3,200-Meter

School: 7:18.60 Schum, Christensen, Steffen, Criswell - 1971

6,400-Meter

School: 16:27.70 Pershing, Fuller, Moeller, Docherty - 1978

Sprint Medley

School: 3:15.64 McCorkle, Jones, Chung, Strozier - 1990

Distance Medley

School: 9:39.94 Pershing, Moeller, Slack, Docherty - 1978

Field Events**High Jump**

School: 7-4 (2.23 m) Bill Hansen, 1978
 7-4 (2.23 m) Bill Knoedel, 1975
 Facility: 7-3 3/4 (2.23 m) Jon Baer, Wisconsin, 1987

Long Jump

School: 27-1 (8.25 m) Anthuan Maybank, 1993
 27-6 3/4 (8.40 m)^ Anthuan Maybank, 1993
 Facility: 26-2 1/4 (7.98 m) Bashir Yamini, Iowa, 1997

Triple Jump

School: 52-0 1/2 (15.86 m) Paul Jones, 1990
 Facility: 55-2 (16.81 m) Greg Yeldell, Indiana, 2000

Pole Vault

School: 17-0 (5.18 m) Todd Wigginton, 1984
 Facility: 17-2 3/4 (5.25 m) Matt Novak, Wis.-LaCrosse, 2006

Shot Put

School: 63-2 3/4 (19.27 m) Jeremy Allen, 2001
 Facility: 70-4 1/2 (21.45 m) Christian Cantwell, Missouri, 2002

Discus

School: 202-11 (61.84 m) A.J. Curtis, 2007
 Facility: 199-10 (60.92 m) Mark White, Unattached, 1999

Javelin

School: 244-8 (74.58 m) Bill Neumann, 2002
 Facility: 238-3 (72.62 m) Bill Neumann, Iowa, 2003

Hammer

School: 222-11 (67.94 m) Arno van der Westhuizen, 2001
 Facility: 219-9 (66.98 m) A.G. Kruger, Unattached, 2003

Decathlon

School: 6,957 points Dan Rolling, 2010
 Facility: 7,148 points Glenn Lindqvist, Minnesota, 2000

^ - wind-aided

Big Ten Championship Records**Long Jump**

Meet: 26-8 1/4 (8.13 m) Bashir Yamini, 1997*
 * Shared with Ohio State's Jesse Owens

330-yard Hurdles (Retired)

Meet: 36.1 Jon Reimer, 1965

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Running Events**100 Meters**

School: 11.45 Vivien McKenzie, 1985
 Facility: 11.35 Donica Merriman, Ohio State, 2000

100-Meter Hurdles

School: 13.20 Tiffany Johnson, 2007
 Facility: 12.89 Donica Merriman, Ohio State, 2000

200 Meters

School: 23.50 Shellene Williams, 2004
 Facility: 23.32 Donica Merriman, Ohio State, 2000

400 Meters

School: 51.35 Kineke Alexander, 2006
 Facility: 52.73 Adriane Diamond, Indiana, 1987

400-Meter Hurdles

School: 56.67 Wynsome Cole, 1998
 Facility: 57.97 Victoria Fulcher, Illinois, 1987

800 Meters

School: 2:05.67 Kay Stormo, 1982
 Facility: 2:07.05 Suzy Favor, Wisconsin, 1987

1,500 Meters

School: 4:17.41 Meghan Armstrong, 2006
 Facility: 4:10.93 Suzy Favor, Wisconsin, 1987

3,000 Meters

School: 9:18.82 Diane Nukuri, 2008
 Facility: 9:15.83 Colette Gudreau, Indiana, 1987

3,000-Meter Steeplechase

School: 10:27.18 Jessica Schmidt, 2008
 Facility: 10:16.71 Emily Brown, Minnesota, 2006

5,000 Meters

School: 15:45.84 Nan Doak, 1985
 Facility: 16:22.71 Kathryn Monard, Ohio State, 1987

10,000 Meters

School: 33:17.01 Diane Nukuri, 2008
 Facility: 33:43.88 Mary Shea, Michigan State, 1987

Marathon

School: 2:33:51 Jenny Spangler, 1983

Iowa Retired Records**Women's Heptathlon**

School:.....5,448 points.....Kathy Gillespie, 1983

Men's Mile

School:.....4:01.11John Clark, 1973

Men's Javelin

School:.....219 7 3/8Mark Panther, 1934

Men's Decathlon

School:.....6,860 points.....Mike Lacy, 1984

Relays**400-Meter**

School: 44.63 Floyd, Hobbs, Reid, Poole - 1994
 Facility: 44.40 Boone, Carruthers, Richmond, Dunlop,
 Indiana - 2000

800-Meter

School: 1:35.69 Hobbs, Reid, Floyd, Poole - 1994

800-Meter Medley

School: 1:42.70 Taylor, Vesely, Powell, Hawkins - 1998

1,600-Meter

School: 3:36.26 Hume, Charles, Steffen, Williams - 2003
 Facility: 3:37.24 Reece, Calloway, Johnson, Merriman,
 Ohio State - 2000

3,200 Meter

School: 8:46.45 Suppelsa, Wodek, Kruckeberg, Schneckloth, 1987

6,400-Meter

School: 19:05.63 Flood, Melander, A. Hardesty, L. Hardesty - 2010

Shuttle Hurdle

School: 56.44 Prendergast, Cole, Raheem, Ruen, 1998

Sprint Medley

School: 3:56.54 Reid, Philip, Hobbs, Benning, 1995

Distance Medley

School: 11:22.18 Hoskins, Powell, Schneckloth, Kruckeberg, 1989

Field Events**High Jump**

School: 6-1 1/4 (1.86 m).....Peaches Roach, 2006
 Facility: 6-0 (1.83 m).....Tia Hensler, Purdue, 1987

Long Jump

School: 22-3 (6.78 m).....Aisha James, 2003
 Facility: 20-4 1/2 (6.21 m).....Ineta Radevica, Wichita St., 2002

Triple Jump

School: 43-10 3/4 (13.36 m).....Renee White, 2009
 Facility: 43-9 3/4 (13.35 m).....C. Gulbrandsen, Minnesota, 2000

Pole Vault

School: 12-10 1/4 (3.92 m).....Jessie Strand, 2003
 Facility: 12-11 1/2 (3.95 m).....Andrea Smith, Minnesota, 2007

Shot Put

School: 50-8 (15.54 m).....Lisa VanSteenwyk, 1992
 Facility: 54-1 (16.48 m).....Rachel Jansen, Northern Iowa, 2008

Hammer

School: 195-0 (59.45 m).....Becca Franklin, 2007
 Facility: 202-7 (61.76 m).....Rachel Jansen, Northern Iowa, 2008

Discus

School: 161-3 (49.16 m).....Tiffany Medenwald, 2010
 Facility: 171-1 (52.16 m).....Rachel Jansen, Northern Iowa, 2008

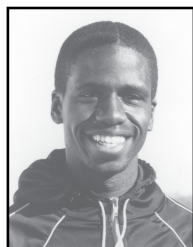
Javelin

School: 181-5 (55.31 m).....Alana Redfern, 2003
 Facility: 181-5 (55.31 m).....Alana Redfern, Iowa, 2003

Heptathlon

School: 5,633 points.....Tammilee Kerr, 2008
 Facility: 5,922 points.....Cathey Tyree, Purdue, 1987

IOWA TRACK & FIELD



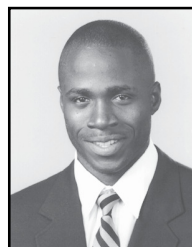
Rodney Chambers



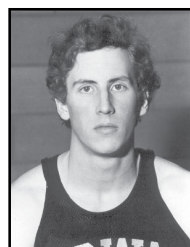
Jim Costello



Chris Davis



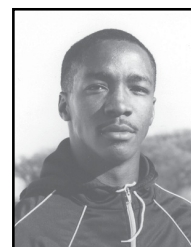
Kurt Felix



Bill Hansen



John Hickey



Paul Jones

60 Meters

1. Kurt Felix, 1999.....	6.73
2. Tony Branch, 1999.....	6.78
3. Paul Chaney, Jr., 2009.....	6.80
D'Juan Richardson, 2010	6.80
5. Derrick Burks, 2005.....	6.81
6. Zeke Sayon, 2010.....	6.82
7. Tim Dodge, 2001	6.83
8. Lee Elbert, 2006	6.86
9. Adam Kunkel, 2001	6.89

60-Meter Hurdles

1. Dion Trowers, 1997.....	7.87
2. Russell Peterson, 2004.....	7.97
3. Jordan Mullen, 2010	8.02
4. DeRocco Reed, 2000	8.03
5. Jordan Crosby, 2005.....	8.16
6. D'Juan Richardson, 2009	8.20
7. Justin Poots, 2001	8.22
8. Tony Branch, 1999.....	8.24
9. Monte Raymond, 1997	8.29
Brice Wilson, 2008.....	8.29

200 Meters

1. Anthuan Maybank, 1993.....	21.11
2. Bashir Yamini, 1999	21.19
3. Tim Dodge, 2000	21.26
4. Paul Chaney, Jr., 2009.....	21.34
5. George Page, 1997	21.35
6. Zach Digney, 2004	21.39
7. Tony Branch, 1998.....	21.46
8. David Chaplin, 2006	21.49
9. Adam Kunkel, 2001	21.55
10. Tim Dwight, 1997	21.56

400 Meters

1. Steven Willey, 2010	46.75
2. Terrence Duckett, 1984.....	46.81
3. Andre Morris, 1995	47.15
4. Monte Raymond, 1998	47.18
5. Anthuan Maybank, 1990.....	47.25
6. Juan Coleman, 2002.....	47.40
7. Curtis Chung, 1989.....	47.65
8. Ray Varner, 2008	47.66
9. Ed Rozell, 1997	47.73
10. Patrick Richards, 2009.....	47.78

600 Meters

1. Erik Sowinski, 2009	1:18.05
2. Pat McGhee, 1988.....	1:18.30
3. Steven Willey, 2009	1:19.03
4. Adam Hairston, 2009	1:19.05
5. Monte Raymond, 1997	1:19.18
6. Scott Williamson, 2001	1:19.19
7. D'Juan Strozier, 1990	1:19.20
8. Gary Falls, 1991	1:19.32
9. Zach Splan, 2007.....	1:19.39
10. Matt O'Hollearn, 2006.....	1:19.54

800 Meters

1. Erik Sowinski, 2010	1:48.90
2. Adam Hairston, 2010	1:49.26
3. Nick Kuczvara, 2010	1:50.84
4. Dave Novotny, 1996.....	1:51.27
5. Jim Docherty, 1973.....	1:51.30
6. Rod Chambers, 1989.....	1:51.33
7. Jim Donovan, 1999.....	1:51.52
8. Michael Layne, 1997.....	1:51.54
9. Bill Frazier, 1963	1:51.80
10. Mike Cunningham, 2002.....	1:51.98

Mile

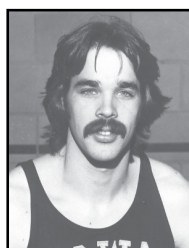
1. Jeff Thode, 2010	4:03.07
2. Ed DeLashmutt, 1981	4:04.01
3. Larry Wiecezorek, 1968.....	4:04.40
4. John Clark, 1972.....	4:05.94
5. Adam Thomas, 2002.....	4:07.13
6. Kevin Herd, 1992.....	4:07.26
7. Jesse Luciano, 2009.....	4:07.29
8. Jake Berns, 2006.....	4:07.43
9. Micah VanDenend, 2007.....	4:07.54
10. Ted Wheeler, 1956.....	4:07.74

3,000 Meters

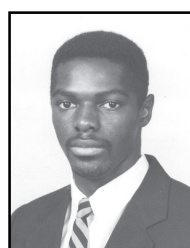
1. Micah VanDenend, 2006.....	8:00.81
2. Eric MacTaggart, 2006.....	8:08.79
3. Stetson Steele, 2000	8:09.54
4. Dan Haut, 2005.....	8:11.36
5. Kevin Herd, 1994	8:11.51
6. Nick Holmes, 2010.....	8:15.48
7. Andy Napier, 2008	8:15.70
8. Larry Wiecezorek, 1968.....	*8:17.00
9. Matt Esche, 2004.....	8:17.28
10. Jim Docherty, 1978	*8:17.40

5,000 Meters

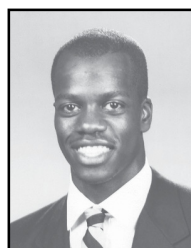
1. Micah VanDenend, 2007.....	13:56.46
2. Stetson Steele, 2000	14:00.52
3. Dan Haut, 2006.....	14:06.16
4. Eric MacTaggart, 2006.....	14:13.41
5. Matt Esche, 2004.....	14:18.43
6. Jeff Kent, 2007.....	14:18.86
7. Jesse Luciano, 2009.....	14:20.99
8. Nick Nordheim, 2002	14:22.99
9. Kevin Herd, 1994	14:27.57
10. Tony Rakaric, 2005	14:31.45



Bill Knoedel



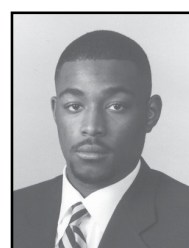
Anthuan Maybank



Monte Raymond



Dan Rolling

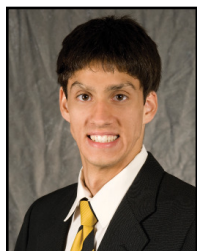


Ed Rozell

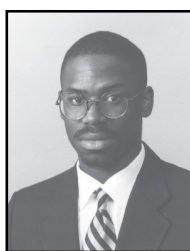


Erik Sowinski

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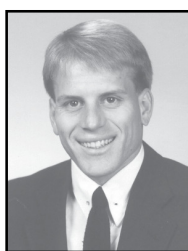
Jeff Thode



Dion Trowers



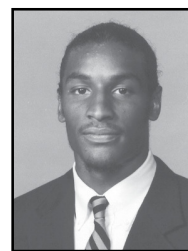
Micah VanDenend



Todd Wigginton



Steven Willey



Bashir Yamini

Heptathlon

1. Dan Rolling, 20105,205 points
2. Ryan Niver, 20085,149 points
3. Frank Prill, 20105,015 points
4. Scott Faber, 20004,784 points
5. Cam Appleman, 19974,685 points
6. Kyle Reid, 20104,662 points
7. Bobby Windauer, 20074,644 points
8. Jacob Drewry, 19954,612 points
9. Mark Mankivsky, 20084,453 points

High Jump

1. Bill Knoedel, 19767-3 (2.21)
- Bill Hansen, 19787-3 (2.21)
3. Scott Hudek, 19937-0 1/2 (2.15)
4. Pat Meade, 19877-0 1/4 (2.14)
5. Mike Lacy, 19847-0 (2.13)
6. M. Cunningham, 19846-11 1/4 (2.11)
7. Dan Rolling, 20086-11 (2.11)
- Brandon Oest, 20106-11 (2.11)
- Jeffery Herron, 20106-11 (2.11)
- Graham Valdes, 20106-11 (2.11)

Pole Vault

1. Todd Wigginton, 198417-1 (5.21)
2. Dave Nielsen, 197516-10 (5.13)
3. Curt Brock, 197916-6 (5.03)
4. Alex Zona, 201016-4 3/4 (5.00)
- Kyle Reid, 201016-4 3/4 (5.00)
6. Phil Wertman, 197116-4 (4.98)
7. Jeff Raymond, 200816-2 (4.93)
8. John Teffer, 197216-1 (4.90)
9. Chad Ohly, 199515-9 (4.80)
- Rich Palumbo, 198915-9 (4.80)

Long Jump

1. Anthuan Maybank, 199226-5 1/2 (8.06)
2. Bashir Yamini, 199826-0 1/4 (7.93)
3. Darren Smith, 199125-2 (7.67)
4. Paul Jones, 199024-11 1/4 (7.60)
5. Ronnie McCoy, 198424-9 (7.54)
6. Matty Gorman, 200624-8 1/2 (7.53)
7. Charles Jones, 198024-8 1/4 (7.52)
8. Quinn Early, 198624-7 1/4 (7.50)
9. Lee Farmer, 194223-9 1/4 (7.24)
10. Aaron Reed, 200623-8 (7.21)

Triple Jump

1. Paul Jones, 199052-1 1/4 (15.88)
2. Mike Lacy, 198349-0 (14.93)
3. Owen Gill, 198248-10 3/4 (14.90)
4. Josh Bean, 200948-10 (14.88)
5. Gordon Finch, 198848-3 3/4 (14.72)
6. Matty Gorman, 200648-3 1/2 (14.72)
7. Pat Miller, 198447-11 (14.60)
8. Brian Quarles, 198046-9 3/4 (14.26)
9. Darren Smith, 199246-3 1/2 (14.11)
10. Aaron Reed, 200645-5 1/4 (13.85)

Shot Put

1. John Hickey, 200963-0 (19.20)
2. Jeremy Allen, 200162-10 1/2 (19.16)
3. Shane Maier, 200661-2 (18.64)
4. G. Kostrubala, 198660-10 3/4 (18.55)
5. Andy Banse, 200560-9 1/4 (18.52)
6. Ken Kemeny, 200460-0 1/2 (18.30)
7. Chris Gambol, 198759-0 (17.98)
8. van der Westhuizen, 199958-10 3/4 (17.95)
9. Ryan Lamparek, 201056-10 (17.32)
10. A.J. Curtis, 200857-9 1/2 (17.61)

Weight Throw

1. Jim Costello, 200269-4 3/4 (21.15)
2. A. van der Westhuizen, 200167-7 1/2 (20.61)
3. Adam Hamilton, 200766-9 1/4 (20.35)
4. Jeremy Allen, 200165-10 1/4 (20.07)
5. Chris Voller, 200563-4 (19.30)
6. Matt Banse, 201061-7 1/2 (18.78)
7. Ryan Lamparek, 201060-5 1/4 (18.42)
8. Brad Daufeldt, 200460-4 1/2 (18.40)
9. Ryan Jordan, 200859-0 (17.98)
10. Eric Rothwell, 200257-2 1/4 (17.43)

1,600-Meter Relay

1. Rozell, Davis, Raymond, Yamini, 19983:06.80
2. Coleman, Faber, Strang, Peterson, 20023:07.44
3. Greer, Williams, Smith, Duckett, 19843:08.14
4. Card, Coleman, Williamson, Dodge, 20013:08.21
5. Davis, Rozell, Page, Morris, 19953:08.77
6. Dodge, Williamson, Card, Peterson, 20013:08.82
7. Branch, Dodge, Donovan, Yamini, 19993:08.99
8. Dodge, Card, Williamson, Peterson, 20003:09.33
9. Dodge, Branch, Felix, Yamini, 19993:09.37
10. Willey, Richards, Barton, Varner, 20093:09.62

3,200 Meter Relay

1. Cooke, Nie, Monsey, Chambers, 19907:13.02
2. Corrigan, Blackman, Strozier, Chambers, 19897:29.00
3. English, Blackman, Strozier, Chambers, 19897:36.20
4. 19777:39.40
5. 19867:40.90
6. Bouske, Herd, Chambers, Koon, 19927:43.94
7. Bouska, Cook, White, Herd, 19927:48.63
8. 19927:49.86
9. 19867:50.10
10. Roseman, Rerko, Novotny, Branigan, 19937:51.36

Distance Medley Relay

1. 19999:46.83
2. 19779:48.80
3. 19789:49.70
4. Kuczvara, Barton, Kuhlman, Holmes, 20109:51.05
5. Marchese, Varner, Hairston, Luciano, 20099:52.52
6. Paul, Varner, Hairston, Thode, 20109:52.71
7. Trainor, Faber, Cunningham, Allen, 20029:58.14
8. Newell, Eisenlauer, Tice, Clark, 197310:00.00
9. Criswell, Hexum, Schum, Eastland, 197110:01.40
10. Atkins, Olson, Layne, Allen, 200010:01.54

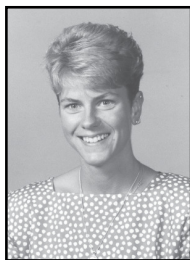
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Kineke Alexander



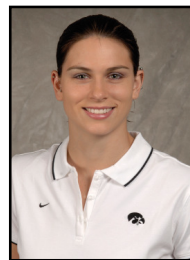
Meghan Armstrong



Tracy Dahl



Karessa Farley



Becca Franklin



Ashley Granger



Senta Hawkins

60 Meters

1. Elaine Jones, 1983	7.43
2. Peaches Roach, 2005	7.45
3. Shellene Williams, 2004	7.50
4. Jiselle Providence, 2002	7.52
5. Rhonda-Kaye Trusty, 2010	7.55
6. Angela Menson, 1982	7.57
7. Tamara Dixon, 2002	7.64
8. Lakeya Boatright, 1999	7.68
Raven Moore, 2010	7.68
10. Kamesha Marshall, 2004	7.72

60-Meter Hurdles

1. Karessa Farley, 2009	8.21
2. Tiffany Johnson, 2006	8.33
3. Paula Ruen, 1998	8.39
4. Sarah Steffen, 2002	8.45
Renee White, 2008	8.45
6. Colleen Prendergast, 2000	8.57
7. Tammilee Kerr, 2008	8.60
8. Kimberly Stanford, 2008	8.63
9. Diane Steinhart, 1981	8.64
10. Ruqayya Raheem, 1999	8.74

200 Meters

1. Kineke Alexander, 2006	23.49
2. Shellene Williams, 2004	23.62
3. Marlene Poole, 1994	23.66
Yolanda Hobbs, 1995	23.66
5. Erica Broomfield, 1998	23.81
6. Rhonda-Kaye Trusty, 2010	24.05
7. Peaches Roach, 2007	24.09
8. Jiselle Providence, 2002	24.44
9. Tanja Reid, 1994	24.67
10. Tamara Dixon, 2002	24.71

400 Meters

1. Kineke Alexander, 2007	51.48
2. Ellen Grant, 1996	52.65
3. Shellene Williams, 2004	52.83
4. Marlene Poole, 1993	55.20
5. Wynsome Cole, 1997	55.45
6. Nicole Charles, 2002	55.59
7. Senta Hawkins, 1988	55.66
8. Tiffany Hendricks, 2010	55.98
9. Aisha Hume, 2002	56.33
Lindsey McCalla, 2006	56.33

600 Yards

1. Senta Hawkins, 1987	1:21.06
2. Aisha Hume, 2004	1:21.74
3. Kay Stormo, 1982	1:22.49
4. Bethany Praska, 2009	1:23.12
5. Chris Davenport, 1982	1:24.14
6. Sophia Poncè, 2007	1:24.55
7. Wynsome Cole, 1995	1:24.83
8. Keely Huber, 2002	1:25.81
9. Briana Benning, 1996	1:26.05
10. Sherri Hull, 1983	1:26.10

600 Meters

1. Kineke Alexander, 2008	1:27.45
2. Bethany Praska, 2010	1:29.35
3. Senta Hawkins, 1987	1:30.77
4. Karen Layne, 1990	1:31.45
5. Kay Stormo, 1982	1:32.3
6. Aisha Hume, 2004	1:32.41
7. Sophia Chow, 2002	1:33.54
8. Ann Pare, 1997	1:34.95
9. Chris Davenport, 1981	1:35.34
10. Ellen Grant, 1997	1:35.46

800 Meters

1. Jeanne Kruckeberg, 1989	2:06.38
2. Michelle Lahann, 2004	2:06.83
3. Bethany Praska, 2010	2:08.54
4. Briana Benning, 1996	2:09.22
5. Kay Stormo, 1981	2:11.04
6. Ann Pare, 1997	2:11.19
7. Atalie Barber, 2003	2:12.10
8. Shannon Stanley, 2005	2:12.13
9. Lauren Hardesty, 2009	2:12.39
10. Tracy Dahl, 1993	2:12.74

Mile

1. Jeanne Kruckeberg, 1989	4:40.19
2. Meghan Armstrong, 2006	4:40.59
3. Lauren Hardesty, 2010	4:41.97
4. Tina Stec, 1994	4:42.63
5. Betsy Flood, 2010	4:42.70
6. Penny O'Brien, 1981	4:43.72
7. Diane Nukuri, 2007	4:46.25
8. McKenzie Melander, 2010	4:47.17
9. Michelle Lahann, 2004	4:47.23
10. Amanda Hardesty, 2010	4:48.69

3,000 Meters

1. Tracy Dahl, 1993	9:15.57
2. Meghan Armstrong, 2008	9:17.50
3. Diane Nukuri, 2008	9:20.07
4. Nan Doak, 1982	9:21.60
5. Jenny Spangler, 1986	9:22.41
6. Krista Anderson, 2006	9:29.75
7. Amanda Hardety, 2010	9:30.17
8. Betsy Flood, 2010	9:32.09
9. Nikki Chapple, 2004	9:34.17
10. Racheal Marchand, 2009	9:35.25



Lauren Hardesty



Tiffany Johnson



Elaine Jones



Tammilee Kerr



Jeanne Kruckeberg

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Lindsey McCalla



Lisa Moats



Diane Nukuri



Peaches Roach



Gail Smith



Jessie Strand



Renee White

5,000 Meters

1. Tracy Dahl, 1993 15:49.52
2. Nan Doak, 1985 15:55.45
3. Racheal Marchand, 2009 15:55.70
4. Diane Nukuri, 2008 16:01.36
5. Jenny Spangler, 1982 16:08.74
6. Judy Parker, 1981 16:16.63
7. Jennifer Brower, 1992 16:22.19
8. Nikki Chapple, 2004 16:27.04
9. Jodi Hersberger, 1982 16:32.24
10. Meghan Armstrong, 2008 16:38.78

High Jump

1. Peaches Roach, 2005 6-0 3/4 (1.85)
2. Mary Mol, 1983 6-0 (1.83)
3. Becky Kaza, 1995 5-9 3/4 (1.77)
4. Caleigh Bacchus, 2010 5-9 1/4 (1.76m)
5. Kristi Dinkla, 1985 5-8 1/2 (1.74)
6. Kacey Childs, 2001 5-8 1/2 (1.74)
7. Traci Claussen, 1987 5-8 (1.73)
8. Kathy Gillespie, 1983 5-7 3/4 (1.72)
9. Lynn McMillan, 1988 5-7 1/4 (1.71)
10. Tammilee Kerr, 2008 5-7 1/4 (1.71)

Pole Vault

1. Jessie Strand, 2004 12-5 1/2 (3.80)
2. Sarah Burgett, 2007 11-10 (3.61)
3. K. Weismantle, 2010 11-5 3/4 (3.50)
4. Katie Truedson, 2010 10-11 3/4 (3.35)
5. Gina Shannon, 2001 10-6 (3.20)
6. Kacey Childs, 2001 9-0 (2.75)
7. Amy Kasparbauer, 2000 8-0 (2.44)

Long Jump

1. Lisa Moats, 1986 19-6 (5.95)
2. Renee White, 2006 19-3 1/4 (5.87)
3. Tiffany Johnson, 2007 19-2 1/2 (5.85)
4. Davera Taylor, 1984 19-1 1/2 (5.83)
5. Yolanda Hobbs, 1993 19-1 (5.80)
6. Kamesha Marshall, 2005 18-11 1/4 (5.77)
7. Catharine Parmiter, 2000 18-7 1/2 (5.68)
8. Jessie Strand, 2000 18-3 1/4 (5.57)
9. Tiff Pedersen, 2003 18-2 1/2 (5.55)
10. Tammilee Kerr, 2005 18-1 3/4 (5.53)

Triple Jump

1. Renee White, 2008 42-4 (12.90)
2. Tiffany Johnson, 2007 41-3 3/4 (12.59)
3. Becki Borg, 1987 39-6 (12.04)
4. Lynn McMillan, 1988 38-2 (11.63)
5. Lisa Moats, 1985 35-1 (10.69)
6. Becca Franklin, 2004 34-3 (10.44)

Shot Put

1. Gail Smith, 1985 51-0 (15.54)
2. Lisa Van Steenwyk, 1993 50-5 1/4 (15.37)
3. Kamesha Marshall, 2005 49-2 1/4 (14.99)
4. Denise Taylor, 1992 48-9 (14.86)
5. Megan Maurer, 1995 47-5 3/4 (14.47)
6. Laura Kriener, 1990 47-5 (14.45)
7. Jennifer Gilson, 2002 46-11 (14.30)
8. Jennifer Moon, 2000 45-9 (13.94)
9. Tiffany Medenwaldt, 2010 45-9 (13.94)
10. Shelly Redies, 1985 45 1/4 (13.73)

Weight Throw

1. Becca Franklin, 2007 58-3 1/4 (17.76)
2. Erin O'Hern, 2008 56-3 (17.14)
3. Mandy Chandler, 2009 54-4 1/2 (16.57)
4. Kelsey Taylor, 2010 53-7 3/4 (16.35)
5. Majesty Tutson, 2010 52-8 3/4 (16.07)
6. Kerri Blackstone, 1999 50-9 3/4 (15.48)
7. Tiffany Medenwaldt, 2010 50-8 3/4 (15.45)
8. Megan Maurer, 1998 48-10 1/4 (14.89)
9. Jennifer Moon, 2000 47-10 3/4 (14.60)
10. Jennifer Gilson, 2002 46-7 1/4 (14.20)

Pentathlon

1. Tammilee Kerr, 2008 3,974 points
2. Chris Davenport, 1983 3,798 points
3. Kamesha Marshall, 2005 3,701 points
4. Tiff Pedersen, 2004 3,511 points
5. Maureen Abel, 1979 3,427 points
6. Janet Adams, 1981 3,360 points
7. Janelle Jaspers, 1987 3,366 points
8. Kacey Childs, 1999 3,224 points
9. Katie Herrmann, 2004 3,154 points

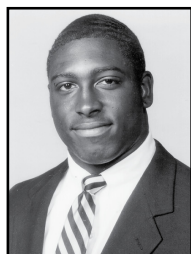
1,600-Meter Relay

1. McCalla, Granger, Alexander, Johnson, 2006 3:40.52
2. Johnson, McCalla, Alexander, Granger, 2006 3:42.44
3. Alexander, Johnson, Poncè, M. Mims, 2007 3:42.75
4. White, Alexander, Kerr, Hendricks, 2008 3:43.83
5. Hendricks, Trusty, Praska, Mims, 2010 3:44.29
6. McCalla, Williams, Sheeley, Hume, 2004 3:44.47
7. Bynoe, Cole, Raheem, Grant, 1996 3:44.58
8. Simpson, McRell, Layne, Powell, 1989 3:44.75
9. Hume, Charles, Barber, Knight, 2002 3:45.33
10. Floyd, Poole, Hobbs, Layne, 1992 3:45.38

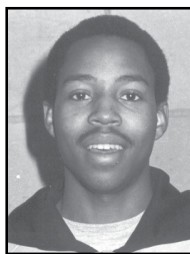
Distance Medley Relay

1. Armstrong, Alexander, L. Hardesty, Nukuri, 2008 11:20.11
2. Stormo, Davenport, Williams, O'Brien, 1981 11:23.02
3. Flood, Hendricks, Hardesty L., Melander, 2010 11:25.01
4. Melander, Hendricks, Flood, Marchand, 2009 11:27.34
5. Benning, Poole, Salsberry, Stec, 1994 11:28.03
6. Stormo, Davenport, Hayden, Doak, 1982 11:29.54
7. Armstrong, Granger, Stanley, K. Anderson, 2006 11:29.54
8. Lahann, Williams, Stanley, Arens, 2004 11:30.36
9. Thompson, Williams, Barber, Lahann, 2003 11:30.38
10. Doak, xx, Hayden, xx, 1982 11:35.07

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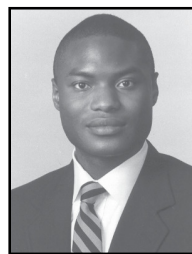
Jeremy Allen



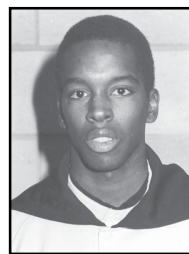
Gordon Beecham



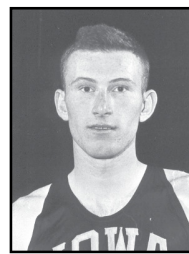
A.J. Curtis



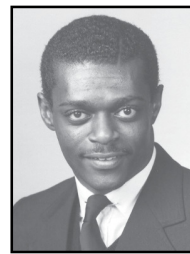
Chris Davis



Terrence Duckett



Bill Frazier



Victor Greer

100 Meters

1. George Page, 1996.....10.25
2. Anthuan Maybank, 1994.....10.31
- Tim Dwight, 1997.....10.31
4. Bob Lawson, 1976.....10.36
5. Robert Smith, 1984.....10.39
6. Curtis Chang, 1987.....10.40
7. Jeff Patrick, 1983.....10.41
- Tim Dodge, 2002.....10.41
9. Jerry Fisher, 1991.....10.45
10. Andre Morris, 1996.....10.47

110-Meter High Hurdles

1. Pat McGhee, 1989.....13.50
2. Dion Trowers, 1996.....13.62
3. Ronnie McCoy, 1985.....13.66
4. James Armstrong, 1991.....13.89
5. Doug Jones, 1986.....14.06
- Jordan Mullen, 2010.....14.06
7. Chris Williams, 1983.....14.24
8. Rajeev Balkrishnan, 1993.....14.29
9. Gary Falls, 1992.....14.48
10. Ethan Holmes, 2010.....14.49

200 Meters

1. Jeff Patrick, 1983.....20.47
2. Anthuan Maybank, 1994.....20.55
3. Andre Morris, 1995.....20.64
4. George Page, 1996.....20.67
5. Terrence Duckett, 1982.....20.74
6. Tim Dodge, 2002.....20.78
7. Bashir Yamini, 1999.....20.82
8. Dennis Kohl, 1966.....20.84
9. Tim Dwight, 1997.....20.91
10. Victor Greer, 1984.....20.98

400 Meters

1. Anthuan Maybank, 1993.....44.99
2. Andre Morris, 1995.....45.15
3. Mike Mondane, 1967.....45.20
4. Steven Willey, 2010.....45.78
5. Gary Hollingsworth.....46.30
6. Harold Leonard, 1986.....46.45
7. Tony Branch, 1999.....46.60
8. Prince Riley, 2007.....46.61
9. George Page, 1996.....46.66
10. Dick Eisenlauer, 1973.....46.74
- Terrence Duckett, 1983.....46.74

400-Meter Hurdles

1. Pat McGhee, 1988.....48.83
2. Monte Raymond, 1998.....50.09
3. Ray Varner, 2010.....50.24
4. Paul Steele, 1989.....50.45
5. Russell Peterson, 2001.....50.50
6. Adam Kunkel, 2001.....50.73
7. Jon Reimer, 1967.....50.94
8. Gary Falls, 1991.....51.08
9. Rajeev Balkrishnan, 1993.....51.14
10. Scott Williamson, 2000.....51.74

800 Meters

1. Bill Frazier, 1962.....*1:47.64
2. D'Juan Strozier, 1990.....1:47.82
3. Erik Sowinski, 2010.....1:48.00
4. Michael Layne, 1999.....1:49.61
5. Bill Thiesen, 1985.....1:49.74
6. Adam Hairston, 2008.....1:49.96
7. Andy Wiese, 1985.....1:50.22
8. Paul Chepkwony, 1984.....1:50.36
9. Rod Chambers, 1989.....1:50.60
10. Jim Donovan, 1998.....1:50.68

1,500 Meters

1. Jeff Thode, 2010.....3:43.02
2. Joel Moeller, 1978.....3:44.01
3. Jim Docherty, 1978.....3:44.30
4. Dan Waters, 1986.....3:46.35
5. Kevin Herd, 1994.....3:46.64
6. John Clark, 1977.....3:46.84
7. Ted Wheeler, 1956.....3:48.24
8. Jesse Luciano, 2007.....3:49.99
9. M. VanDenend, 2007.....3:50.20
10. John Dobbs, 1985.....3:50.70

3,000-Meter Steeplechase

1. Deacon Jones, 1956.....8:47.40
2. Steve Pershing, 1978.....8:54.59
3. Andy Morris, 2000.....8:56.21
4. Matt Gerard, 1994.....8:57.01
5. Andy Napier, 2008.....8:57.54
6. Rollie Kitt, 1967.....9:02.90
7. Al Greene, 1985.....9:02.96
8. Tony Rakaric, 2005.....9:03.29
9. Mark Battista, 2010.....9:04.60
10. Sean Gale, 1993.....9:08.00

5,000 Meters

1. Micah VanDenend, 2007..13:49.31
2. Larry Wiczorek, 1968.....13:56.00
3. Kevin Herd, 1993.....13:59.00
4. Stetson Steele, 2000.....14:02.76
5. Eric MacTaggart, 2005.....14:04.79
6. Dan Haut, 2006.....14:07.30
7. Jesse Luciano, 2010.....14:08.71
8. Matt Esche, 2006.....14:12.07
9. Chase Kadlec, 2010.....14:14.45
10. Jeff Kent, 2007.....14:21.05

10,000 Meters

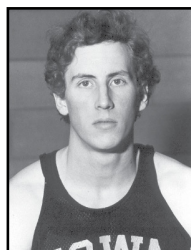
1. Stetson Steele, 2000.....28:44.47
2. Eric MacTaggart, 2006.....28:50.23
3. Nick Nordheim, 2002.....29:44.71
4. Trent Corey, 2002.....29:45.25
5. Chad Schwitters, 1999.....29:56.00
6. Nick Holmes, 2010.....30:02.31
7. Dan Haut, 2006.....30:03.08
8. Kevin Herd, 1994.....30:05.21
9. Paul Sarris, 2001.....30:08.40
10. Matt Esche, 2004.....30:08.82

Decathlon

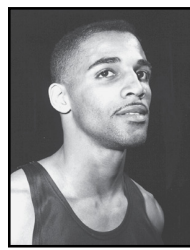
1. Dan Rolling, 2010.....6,957 pts
2. Scott Faber, 2000.....6,839 pts
3. Ryan Niver, 2008.....6,837 pts
4. Chad Ohly, 1994.....6,641 pts
5. Gary Kostrubala, 1984.....6,498 pts
6. Frank Prill, 2008.....6,381 pts
7. Jacob Drewry, 1994.....5,820 pts

High Jump

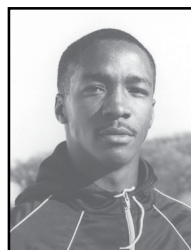
1. Bill Hansen, 1978.....7-4 (2.23)
- Bill Knoedel, 1975.....7-4 (2.23)
3. M. Cunningham, 1986.....7-1 (2.16)
- Kenneth Lansing, 1988.....7-1 (2.16)
5. Pat Meade, 1987.....7-0 (2.13)
6. Scott Hudek, 1993.....6-11 (2.11)
- Jeremy Petsche, 2008.....6-11 (2.11)
- G. Valdes, 2010.....6-11 (2.11)
9. Ryan Kelly, 2008.....6-10 3/4 (2.10)
- Brandon Oest.....6-10 3/4 (2.10)



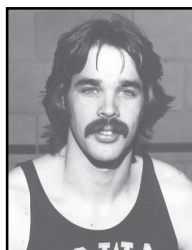
Bill Hansen



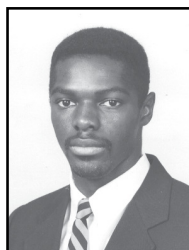
Deacon Jones



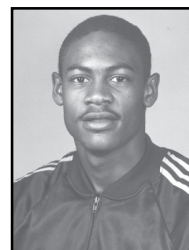
Paul Jones



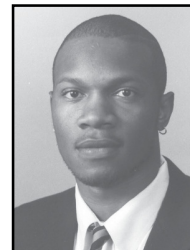
Bill Knoedel



Anthuan Maybank



Pat McGhee

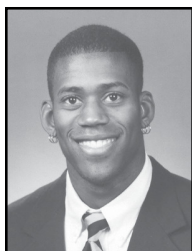


Andre Morris

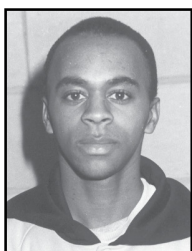
IOWA TRACK & FIELD



Bill Neumann



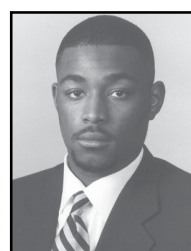
George Page



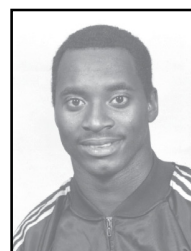
Jeff Patrick



Dan Rolling



Ed Rozell



Robert Smith



Stetson Steele

Long Jump

1. Anthuan Maybank, 1993.....27-1 (8.25)
2. Bashir Yamini, 1997.....26-8 1/4 (8.13)
3. Paul Jones, 1989.....25-10 1/4 (7.88)
4. Darren Smith, 1991.....25-9 3/4 (7.86)
5. Quinn Early, 1986.....25-7 1/4 (7.80)
6. Ed Gordon, 1931.....25-4 3/8 (7.68)
7. Matty Gorman, 2006.....25-1 1/4 (7.65)
8. Ronnie McCoy, 1985.....25-0 (7.62)
9. Jeffery Herron, 2010.....24-9 (7.54)
10. Joe Robinson, 1976.....24-2 3/4 (7.38)

Triple Jump

1. Paul Jones, 1990.....52-0 1/2 (15.86)
2. Gordon Finch, 1988.....50-9 1/4 (15.47)
3. Mike Lacy, 1984.....50-5 (15.36)
4. Pat Miller, 1985.....49-8 1/2 (15.25)
5. Matty Gorman, 2008.....49-2 1/2 (15.00)
6. Owen Gill, 1982.....49-1 (14.96)
7. Josh Bean, 2010.....48-10 3/4 (14.90)
8. Ed Gordon, 1931.....48-0 1/8 (14.63)
9. Mike Means, 1981.....47-0 1/2 (14.34)
10. Aaron Reed, 2005.....45-3 1/2 (13.80)

Pole Vault

1. Todd Wigginton, 1984.....17-0 (5.18)
2. Chad Ohly, 1994.....16-8 3/4 (5.10)
3. Curt Broek, 1978.....16-8 (5.08)
4. Phil Wertman, 1971.....16-7 (5.05)
5. Kelly Scott, 1988.....16-7 (5.05)
6. John Teffer, 1972.....16-2 (4.93)
7. Kyle Reid, 2010.....16-1 1/4 (4.91m)
8. Alex Zona, 2009.....16-0 3/4 (4.90)
9. Steve Brewer, 1983.....16-0 (4.88)
10. Doug Pennino, 1985.....16-0 (4.88)

Shot Put

1. Jeremy Allen, 2001.....63-2 3/4 (19.27)
2. Ken Kemeny, 2005.....62-3 (18.97)
3. Shane Maier, 2006.....62-2 1/4 (18.95)
4. Andy Banse, 2005.....61-11 1/2 (18.88)
5. John Hickey, 2008.....61-9 1/2 (18.83)
6. Chris Gambol, 1987.....60-0 1/2 (18.30)
7. A.J. Curtis, 2008.....59-8 1/4 (18.19)
8. A. van der Westhuizen, 2000.....58-8 3/4 (17.90)
9. Ryan Lamparek, 2010.....58-4 (17.78)
10. Gary Kostrubala, 1985.....58-1 (17.70)

Discus

1. A.J. Curtis, 2007.....202-11 (61.84)
2. Gary Kostrubala, 1986.....202-4 (61.68)
3. Jeremy Allen, 2001.....195-4 (59.54)
4. Tim Brodersen, 2005.....193-6 (58.98)
5. Brad Daufeldt, 2004.....185-0 (56.40)
6. Nick Brayton, 2009.....180-11 (55.15)
7. Andy Banse, 2005.....180-0 (54.86)
8. Eric Rothwell, 2004.....179-7 (54.73)
9. Shane Maier, 2008.....178-7 (54.43)
10. Ryan Lamparek, 2009.....177-3 (54.04)

Hammer

1. A. van der Westhuizen, 2001.....222-11 (67.94)
2. Adam Hamilton, 2007.....222-2 (67.73)
3. Jim Costello, 2002.....217-7 (66.32)
4. Brad Daufeldt, 2004.....207-10 (63.34)
5. Chris Voller, 2005.....206-0 (62.80)
6. Jeremy Allen, 2001.....199-0 (60.66)
7. Matt Banse, 2010.....199-0 (60.66)
8. Ben Stancombe, 2010.....185-11 (56.68)
9. Ryan Jordan, 2007.....184-6 (56.23)
10. Ryan Lamparek, 2010.....181-7 (55.35)

Javelin

1. Bill Neumann, 2002.....244-8 (74.58)
2. Matt Byers, 2010.....232-2 (70.76)
3. Dan Ralph, 2000.....227-10 (69.44)
4. Zach Schimp, 2010.....211-0 (64.32)
5. Kale Katt, 2007.....204-0 (62.17)
6. Joel Storm, 2004.....203-5 (62.01)
7. Matt Stank, 2001.....199-0 (60.66)
8. A. van der Westhuizen, 1999.....173-11 (53.00)
9. Craig Jennings, 2006.....173-4 (52.83)
10. Scott Faber, 2000.....173-1 (52.78)

400-Meter Relay

1. Beecham, Duckett, Greer, R. Smith, 1984.....39.48
2. Page, Davis, Rozell, Morris, 1996.....39.73
3. Felix, Branch, Dodge, Yamini, 1999.....39.96
4. Beecham, Duckett, Greer, Patrick, 1983.....39.99
5. Dwight, Branch, Davis, Yamini, 1998.....40.00
6. Goode, Fisher, Morris, Maybank, 1994.....40.00
7. 1998.....40.00
8. Dwight, Branch, Dodge, Yamini, 1999.....40.00
9. Williamson, Dodge, Peterson, Digney, 2002.....40.04
10. McCoy, Duckett, Greer, Smith, 1984.....40.07

1,600-Meter Relay

1. Morris, Davis, Page, Rozell, 1995.....3:03.11
2. Branch, Dwight, Dodge, Yamini, 1999.....3:03.29
3. Ferree, Frazier, Mondane, Reimer, 1967.....3:04.10
4. Rozell, Morris, Davis, Yamini, 1996.....3:04.71
5. Willey, Barton, Richards, Sowinski, 2010.....3:05.61
6. Cameron, Williams, McGhee, McCoy, 1985.....3:06.00
7. Rozell, Davis, Dwight, Raymond, 1997.....3:06.06
8. Dodge, Kunkel, Coleman, Peterson, 2001.....3:06.06
9. Davis, Rozell, Morris, Raymond, 1996.....3:06.54
10. Williamson, Dodge, Strang, Coleman, 2002.....3:06.69

Distance Medley Relay

1. Pershing, Moeller, Slack, Docherty, 1978.....9:39.94
2. Young, Barton, Kuczwara, Luciano, 2010.....9:42.97
3. Theisen, Williams, Wiesa, Waters, 1985.....9:54.04
4. Luciano, Pierre, Hairston, VanDenend, 2007.....9:54.07
5. VanDenend, Riley, O'Hollearn, Rakaric, 2006.....9:54.97
6. Feeldy, Eischeid, Novotny, Peters, 1996.....9:55.71
7. Thomas, Wise, Cunningham, S.Allen, 2001.....10:01.57
8. Thomas, Wakenight, Dziubski, Rakaric, 2003.....10:01.72
9. Trainor, Coleman, Cunningham, Allen, 2002.....10:01.93
10. English, Blackman, Stroler, Chambers, 1988.....10:04.25



Jeff Thode



Micah
VanDenend



Arno van der
Westhuizen



Todd Wigginton

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Kineke Alexander



Meghan Armstrong



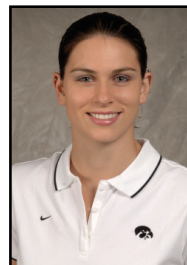
Nicole Charles



Nan Doak



Tina Floyd



Becca Franklin



Yolanda Hobbs

100 Meters

1. Vivien McKenzie, 1985 11.45
2. Davera Taylor, 1984..... 11.51
3. Erica Broomfield, 1998..... 11.53
4. Jiselle Providence, 2001 11.57
5. Tanja Reid, 1994..... 11.60
6. Peaches Roach, 2005..... 11.60
7. Yolanda Hobbs, 1995 11.62
8. Elanie Jones, 1985 11.69
9. R.K. Trusty, 2010 11.74
10. Lakeya Boatright, 2000 11.77

100-Meter Hurdles

1. Tiffany Johnson, 2007 13.20
2. Karessa Farley, 2009 13.53
3. C. Prendergast, 1999..... 13.60
4. Paula Ruen, 2000 13.60
5. Sarah Steffen, 2002 13.65
6. Ruqayya Raheem, 1998 13.90
7. Brenda Calhoun, 1984 13.94
8. Wynsome Cole, 1997..... 14.10
9. Kimberly Stanford, 2008..... 14.11
10. Renee White, 2008 14.20

200 Meters

1. Shellene Williams, 2004..... 23.50
2. Kineke Alexander, 2006..... 23.58
3. Davera Taylor, 1984..... 23.59
4. Vivien McKenzie, 1985 23.61
5. Yolanda Hobbs, 1995 23.65
6. R.K. Trusty, 2010 23.74
7. Tanja Reid, 1995..... 23.75
8. Elaine Jones, 1983 23.84
9. Jiselle Providence, 2001 24.00
10. Lakeya Boatright, 2000 24.14

400 Meters

1. Kineke Alexander, 2006..... 51.35
2. Shellene Williams, 2004..... 51.94
3. Ellen Grant, 1996 52.65
4. Senta Hawkins, 1988 54.01
5. Marlene Poole, 1994 54.03
6. Elaine Jones, 1983 54.40
7. Nicole Charles, 2001 54.48
8. Stacey-Leigh Bynoe, 2000 54.73
9. R.K. Trusty, 2010 55.09
10. Alycia Simpson, 1987 55.18
11. Aisha Hume, 2004 55.18

400-Meter Hurdles

1. Mary Knoblauch, 1981 56.16
2. Wynsome Cole, 1998..... 56.67
3. Chris Davenport, 1981 59.18
4. Sarah Steffen, 2002 59.59
5. Beverly Powell, 1991..... 59.96
6. Diane Steinhart, 1980 1:00.56
7. Ruqayya Raheem, 1999 1:00.62
8. Keely Huber, 2002 1:00.98
9. Tiffany Hendricks, 2010 1:01.36
10. Aditya Jones, 2007 1:01.65

800 Meters

1. Kay Stormo, 1982 2:05.67
2. Michelle Lahann, 2004 2:06.79
3. Aisha Hume, 2005 2:08.50
4. J. Kruckeberg, 1987 2:08.75
5. Ann Pare, 1997 2:09.25
6. M. Armstrong, 2006..... 2:10.15
7. Sophia Poncé, 2007..... 2:10.35
8. Briana Benning, 1996 2:10.47
9. Bethany Praska, 2010..... 2:10.85
10. Tami Hoskins, 1990 2:11.47

1,500 Meters

1. Meghan Armstrong, 2006... 4:17.41
2. Betsy Flood, 2010 4:17.75
3. J. Kruckeberg 1989 4:19.71
4. Lauren Hardesty, 2010 4:20.40
5. Diane Nukuri, 2007 4:20.95
6. McKenzie Melander, 2010 4:21.18
7. Penny O'Brien, 1985 4:21.43
8. Kay Stormo, 1982 4:22.24
9. Michelle Lahann, 2004 4:24.00
10. Shannon Stanley, 2006..... 4:25.08

3,000 Meters

1. Diane Nukuri, 2008 9:18.82
2. Penny O'Brien, 1985 9:20.61
3. Betsy Flood, 2010 9:22.63
4. Nan Doak, 1985 9:23.04
5. Tracy Dahl, 1992..... 9:23.53
6. M. Armstrong, 2006..... 9:28.03
7. J. Kruckeberg, 1989..... 9:30.69
8. Jennifer Brower, 1992..... 9:34.59
9. Jodi Hershberger, 1982..... 9:36.44
10. Tina Stec, 1994..... 9:38.39

3,000-Meter Steeplechase

1. Jessica Schmidt, 2008 10:27.18
2. Sarah Arens, 2004 10:34.50
3. Hannah Roeder, 2009..... 10:40.86
4. Danielle Berndt, 2010 10:56.47
5. Katie Ellis, 2010 11:02.62
6. Michelle Lahann, 2003..... 11:16.21
7. B. Thompson, 2003..... 11:19.50

5,000 Meters

1. Nan Doak, 1985 15:45.84
2. Diane Nukuri, 2008 15:59.39
3. M. Armstrong, 2008..... 16:08.83
4. Jenny Spangler, 1983 16:17.21
5. Tracy Dahl, 1992..... 16:18.77
6. R. Marchand, 2008 16:27.02
7. Betsy Flood, 2010 16:32.34
8. Amanda Haresty, 2010 16:37.01
9. Jennifer Brower, 1991 16:37.09
10. Renee Doyle, 1988 16:39.46

10,000 Meters

1. Diane Nukuri, 2008 33:17.01
2. Jennifer Brower, 1991 33:23.38
3. M. Armstrong, 2008..... 33:28.00
4. Nan Doak, 1985 33:33.03
5. Jenny Spangler, 1983 33:39.24
6. R. Marchand, 2008 34:05.87
7. Tracy Dahl, 1992..... 34:30.09
8. Nikki Chapple, 2004..... 35:06.35
9. Megan Lessard, 2010 35:28.03
10. Lindsay Anderson, 2010 .. 35:31.40

Heptathlon

1. Tammilee Kerr, 2008..... 5,532
2. Kathy Gillespie, 1983 5,262
3. Tiff Pedersen, 2004..... 4,976
4. Janet Adams, 1981 4,855
5. Ruqayya Raheem, 1997 4,665
6. Angela Chadwick, 1993 4,493
7. Missy Miller, 2010 4,227
8. Angie Hensel, 2004..... 4,073
9. Janelle Jaspers, 1987 4,000



Aisha Hume



Aisha James



Tiffany Johnson



Tammilee Kerr



Vivien McKenzie



Tiffany Medenwalt



Diane Nukuri

IOWA TRACK & FIELD



Marlene Poole



Alan Redfern



Peaches Roach



Jessica Schmidt



Sarah Steffen



Kay Stormo

High Jump

1. Peaches Roach, 2006.....6-1 1/4 (1.86)
2. Mary Mol, 1983.....6-0 (1.83)
3. Caleigh Bacchus, 2010.....5-10 (1.78)
4. Lynn McMillan, 1988.....5-9 1/4 (1.76)
5. Kacey Childs, 2001.....5-8 1/2 (1.74)
6. Kristi Dinkla, 1985.....5-8 (1.73)
7. Becky Kaza, 1995.....5-8 (1.73)
8. Eve Cullinan, 2003.....5-8 (1.73)
9. Jenni Elbert, 2005.....5-7 (1.70)
10. Nancy Tessmer, 1991.....5-6 1/2 (1.69)
- Tammilee Kerr, 2008.....5-6 1/2 (1.69)

Long Jump

1. Aisha James, 2003.....22-3 (6.78)
2. Renee White, 2008.....20-3 3/4 (6.19)
3. Becki Borg, 1988.....19-7 1/4 (5.97)
4. Lisa Moats, 1986.....19-6 (5.95)
5. Tammilee Kerr, 2008.....19-4 1/4 (5.90)
6. Yolanda Hobbs, 1993.....19-2 1/2 (5.85)
7. Jane Dunlevy, 1977.....18-6 (5.64)
8. Ruqayya Raheem, 1997.....18-5 1/4 (5.62)
- Tiff Pedersen, 2004.....18-5 1/4 (5.62)
10. Angie Hensel, 2005.....18-5 (5.61)

Triple Jump

1. Renee White, 2008.....43-10 (13.36)
2. Tiffany Johnson, 2007.....41-8 3/4 (12.72)
3. Becki Borg, 1988.....40-7 1/2 (12.38)
4. Lynn McMillan, 1988.....39-6 1/2 (12.05)
5. Lynn, 1998.....39-0 (11.88)
6. Kacey Childs, 2001.....37-8 (11.48)
7. Becca Franklin, 2004.....36-10 1/2 (11.24)
8. Janna Houtz, 1984.....33-10 1/2 (10.32)
9. Latoya Stiffend, 2002.....32-6 (9.90)
10. Bridget Besch, 2003.....30-10 1/2 (9.41)

Shot Put

1. Lisa Van Steenwyk, 1992.....50-8 (15.44)
2. Gail Smith, 1984.....50-3 1/4 (15.32)
3. Denise Taylor, 1992.....50-1 3/4 (15.28)
4. Kamesha Marshall, 2005.....48-6 3/4 (14.80)
5. Laura Kriener, 1990.....48-2 1/2 (14.69)
6. Jennifer Gilson, 2002.....47-10 (14.58)
7. Jennifer Moon, 2000.....47-5 1/4 (14.46)
8. Mandy Chandler, 2006.....46-0 (14.02)
9. Tiffany Medenwaldt, 2010.....45-11 3/4 (14.01)
10. Shelley Redies, 1985.....45-7 (13.89)

Discus

1. Tiffany Medenwaldt, 2010.....161-3 (49.16)
2. Denise Taylor, 1992.....160-5 (48.90)
3. Majesty Tutson, 2010.....159-4 (48.56)
4. Lisa Van Steenwyk, 1991.....159-1 (48.50)
5. Gail Smith, 1983.....158-2 (48.22)
6. Kamesha Marshall, 2005.....152-11 (46.62)
7. Jennifer Moon, 2000.....150-8 (45.92)
8. Laura Kriener, 1989.....150-3 (45.80)
9. Megan Maurer, 1997.....149-2 (45.48)
10. Cheryl Bradley, 1982.....146-5 (44.64)

Hammer Throw

1. Becca Franklin, 2007.....195-0 (59.45)
2. Tiffany Medenwaldt, 2010.....171-11 (52.40)
3. Erin O'Hern, 2008.....168-9 (51.45)
4. Kerri Blackstone, 1999.....161-10 (49.32)
5. Majesty Tutson, 2010.....156-09 (47.77)
6. Mandy Chandler, 2009.....154-6 (47.09)
7. Megan Maurer, 1998.....145-6 (44.36)
8. Jennifer Gilson, 2002.....142-6 (43.44)
9. Jennifer Moon, 2000.....139-3 (42.44)
10. Kara Hinz, 2000.....125-1 (38.14)

Javelin

1. Alana Redfern, 2003.....181-5 (55.30)
2. Tammilee Kerr, 2008.....163-5 (49.81)
3. Mandy Beck, 1999.....153-4 (46.74)
4. Terri Soldan, 1983.....152-6 1/4 (46.48)
5. Shani Renning, 1990.....152-3 (46.40)
6. Clara Simon, 1981.....149-9 (45.64)
7. Janet Adams, 1984.....148-7 (45.28)
8. Mickey Schoborg, 1985.....137-5 1/4 (41.88)
9. Sara Joens, 1987.....127-1 (38.74)
10. Angela Chadwick, 1992.....124-2 (37.86)

Pole Vault

1. Jessie Strand, 2003.....12-10 1/4 (3.92)
2. Sarah Burgett, 2006.....12-1 3/4 (3.70)
3. Katie Truedson, 2010.....11-5 1/4 (3.49)
4. K. Weistmantle, 2010.....11-3 3/4 (3.45m)

Pole Vault (Continued)

5. Gina Shannon, 2001.....11-2 1/4 (3.41)
6. Kacey Childs, 2000.....8-0 1/2 (2.45)
7. Gina Shannon, 1998.....8-0 (2.44)

400-Meter Relay

1. Poole, Reid, Floyd, Hobbs, 1994.....44.63
2. Charles, Williams, Providence, James, 2003.....44.71
3. Floyd, Hobbs, Poole, Reid, 1994.....44.80
4. Fouché, Williams, Providence, James, 2003.....45.02
5. Alexander, Granger, Johnson, Roach, 2006.....45.11
6. Johnson, Roach, Clarke, Trusty, 2007.....45.21
7. Johnson, Alexander, Granger, Roach, 2005.....45.30
8. Granger, Johnson, Alexander, Roach, 2005.....45.39
9. Underwood, Reid, Philip, Hobbs, 1995.....45.50
10. Boatright, Bynoe, Providence, Prendergast, 2000.....45.50

1,600-Meter Relay

1. Hume, Charles, Steffen, Williams, 2003.....3:36.26
2. McCalla, Granger, Alexander, Johnson, 2006.....3:38.36
3. Alexander, Graham, Jones, M. Mims, 2007.....3:39.36
4. Jones, Alexander, Johnson, M. Mims, 2007.....3:39.64
5. McCalla, Alexander, Sheeley, Hume, 2005.....3:39.67
6. Hendricks, Trusty, Erickson, Praska, 2010.....3:39.88
7. McCalla, Hume, Sheeley, Alexander, 2005.....3:40.43
8. Layne, Simpson, Powell, McRell, 1989.....3:41.23
9. Bynoe, Cole, Wynter, Grant, 1997.....3:41.74
10. Charles, Fouché, Williams, Hume, 2003.....3:42.18

Distance Medley Relay

1. Hoskins, Powell, Schneckloth, Kruckeberg, 1989 11:22.18
2. Armstrong, Alexander, Poncé, Stanley, 2007.....11:25.05
3. Stanley, McCalla, Hume, Armstrong, 2005.....11:34.04
4. Barber, Williams, Hume, Arens, 2004.....11:34.56
5. Thompson, Williams, Hume, Arens, 2003.....11:39.02
6. 2000.....11:39.83
7. Davenport, xx, xx, xx, 1981.....11:41.44
8. Pare, Grant, Benning, Gilchrist, 1997.....11:41.92
9. Dhy, Erickson, Docherty, Anderson, 2010.....11:43.06
10. Butler, Hume, Barber, Arens, 2001.....11:47.16



Jessie Strand



Lisa Van Steenwyk



Renee White



Shellene Williams

IOWA TRACK & FIELD



George Baird
Athlete 1926-29
Inducted 1994



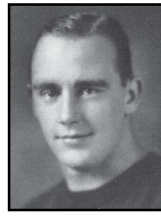
George Bresnahan
Coach 1921-48
Inducted 1991



Lester Belding
Athlete 1921-24
Inducted 1991



Charles Brookins
Athlete 1921-24
Inducted 1990



Dick Crayne
Athlete 1934
Inducted 1992



Francis X. Cretzmeyer
Coach 1948-78
Inducted 1993



Frank Cuהל
Athlete 1925-28
Inducted 1993



Tracy Dahl
Athlete 1989-93
Inducted 2010



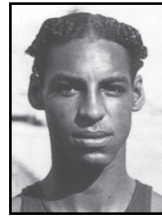
Aubrey Devine
Athlete 1920-22
Inducted 1989



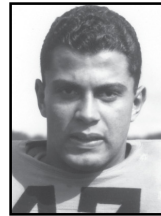
Nan Doak
Athlete 1981-85
Inducted 1999



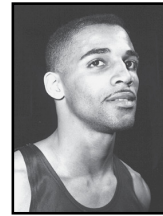
Rich Ferguson
Athlete 1952-55
Inducted 2004



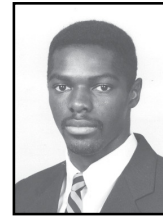
Ed Gordon
Athlete 1929-31
Inducted 1989



Homer E. Harris
Athlete 1936-37
Inducted 2002



Deacon Jones
Athlete 1955-58
Inducted 1989



Anthuan Maybank
Athlete 1966-68
Inducted 2010



Michael Mondane
Athlete 1966-68
Inducted 2002



Emerson "Spike" Nelson
Athlete 1925-28
Inducted 1995



George Sailing
Athlete 1929-32
Inducted 1989



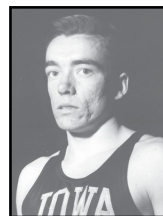
Fred "Duke" Slater
Athlete 1919-22
Inducted 1989



Kay Stormo
Athlete 1979-82
Inducted 2008



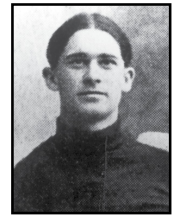
Ted Wheeler
Athlete 1952-53, 56
Inducted 2000



Larry Wiecezorek
Athlete 1965-68
Inducted 1998



Herbert Wilkinson
Athlete 1945-46
Inducted 1999



Samuel "Clyde" Williams
Athlete 1900-02
Inducted 1993



Eric Wilson
Athlete 1921-24
SID 1924-68
Inducted 1989



National Iowa Varsity Club Hall of Fame

Inductees are selected by a vote of all dues-paying members of the National Iowa Varsity Club. All former Hawkeye athletes who have won at least one major letter and completed their eligibility at least 10 years prior to selection are eligible for the Hall of Fame. A coach or administrator must have retired or left the university at least five years prior to selection. A maximum of seven inductees may be selected to the Hall of Fame each year. Pictured below are the 23 inductees from the University of Iowa track and field program. Listed below each name is the individual's years of participation at Iowa and the year they were inducted into the Hall of Fame.



IOWA TRACK & FIELD

Bally Invitational

Vivien McKenzie	1985, 1986
Rachelle Roberts	1994
Davera Taylor	1985, 1986

Bonne Bell 10K

Nan Doak	1984
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Central American Games

Tammilee Kerr	2010
Rachael Marchand	2010
Peaches Roach	2010

Grandma's Marathon

Jenny Spangler	1983
Bev Docherty	1994

Houston-Tennessee Marathon

Jenny Spangler	1984
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Jamaican Olympic Trials

Wynsome Cole	1998
Shellene Williams	2004
Tammilee Kerr	2008
Peaches Roach	2008



Former Hawkeye Jolly Burke on the awards stand at the 2006 U.S. Junior Cross Country Championships.

Jamaican National Championships

Karen Layne	1990
Davera Taylor	1988
Shellene Williams	2003, 2005

Mason-Dixon Games

Elaine Jones	1983
Mary Mol	1984

Mobile I Invitational

Briana Benning	1994
Marlene Poole	1994
Christine Salsberry	1994
Tina Stec	1994

NACAC Jr. C. C. Championships

Jolly Burke	2006
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NACAC Games

Kineke Alexander	2006, 2007, 2008
Meghan Armstrong	2008
Tammilee Kerr	2008
Peaches Roach	2007

Olympic Games

Jenny Spangler	1996
Kineke Alexander	2008

Olympic Sports Festival

Kathy Gillespie	1983
Elaine Jones	1983
Vivien McKenzie	1985, 1986
Gail Smith	1985
Kay Stormo	1982

Sunkist Invitational

Penny O'Brien	1985
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Pan-American Games

Shellene Williams	2003
Kineke Alexander	2007
Peaches Roach	2007
Kimberly Stanford (Juniors)	2007
Karessa Farley (Juniors)	2007

Panasonic-Millrose Games

Tami Hoskins	1990, 1991
Elaine Jones	1984
Laura Kriener	1990, 1991
Jeanne Kruckeberg	1990
Vivien McKenzie	1985
Mary Mol	1985
Rachelle Roberts	1990
Kim Schneckloth	1990

Puerto Rican National Championships

Rachael Marchand	2010
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TAC Cross Country Nationals

Nan Doak	1982, 1983, 1984
Jenny Spangler	1983

TAC Track & Field Nationals

Gail Smith	1980
Kay Stormo	1982

USA v. Canada/TAC Pentathlon

Kathy Gillespie	1983
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U.S. Junior C.C. Championships

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

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

Meghan Armstrong	2009
Racheal Marchand	2009

U.S. Seven Mile Road Championships

Meghan Armstrong	2009
Racheal Marchand	2009

U.S. Olympic Trials

Jennifer Brower	1992
Chris Davenport	1980
Tracy Dahl	1992
Nan Doak	1984, 1988
Bev Docherty	1984, 1988, 1992, 1996, 2000, 2004
Amy Dunlop	1980
Elaine Jones	1984
Vivien McKenzie	1984
Jenny Spangler	1984, 1988, 1996
Diane Steinhart	1980
Davera Taylor	1984
Lisa Van Steenwyk	1992

U.S. National Track Championships

Meghan Armstrong	2009
Tracy Dahl	1993
Racheal Marchand	2009
Marlene Poole	1993, 1994
Tina Stec	1994
Lisa Van Steenwyk	1993

World Cross Country Championships

Nan Doak	1984, 1985, 1986, 1987
Jolly Burke (Juniors)	2006

World Outdoor Track Championships

Aisha James	2003
Shellene Williams	2003
Kineke Alexander	2009

IOWA TRACK & FIELD



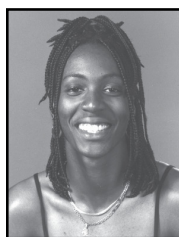
Kineke Alexander



Meghan Armstrong



Jennifer Brower



Wynsome Cole



Tracy Dahl



Chris Davenport

The University of Iowa women's track and field program is rich in honor and tradition. Iowa athletes compete annually at national and international events, representing the UI with pride. Here are brief bios on some Hawkeyes who have left their marks in the Iowa record books.

Kineke Alexander, 2005-08

- 2008 St. Vincent & The Grenadines Olympic Team Member
- 2006 NCAA Indoor 400-Meter Champion
- Eight-time all-American
- Five-time Big Ten Champion
- Two-time NCAA Regional 400-Meter Champ
- Drake Relays Champion, 400 Meters
- Five-time all-region
- Two-time NACAC Games bronze medalist
- Iowa's nominee for Big Ten Female Athlete of the Year twice (2006, 2007)
- 2007 Big Ten Indoor Athlete of the Year
- 2007 Big Ten Indoor Athlete of the Meet
- 2007 Midwest Regional Athlete of the Year
- Set six school records

Meghan Armstrong, 2004-08

- Four-time all-American
- NCAA Academic all-American
- Four-time all-region
- Two-time Big Ten champion
- Two-time second team all-Big Ten
- Six-time academic all-Big Ten
- Set school records in 1,500 meters (track) and 6,000 meters (cross country)
- Big Ten Medal of Honor winner (2008)

Jennifer Brower, 1988-92

- Three-time all-American
- NCAA Academic all-American
- Big 10 & Drake Relays Champion
- Kansas Relays 5,000-m Champion
- Big Ten runner-up, Cross Country
- U.S. Olympic Trials participant
- Track Academic Athlete of the Decade
- NCAA Woman of the Year nominee

Wynsome Cole, 1994-98

- Three-time NCAA & NAIA qualifier
- Two-time Big Ten Champion
- All-American, 400-meter hurdles
- Drake Relays Champion

Tracy Dahl, 1989-94

- Two-time NCAA 5,000-m Champion
- Five-time all-American
- Four-time Big Ten Champion
- U.S. Olympic Trials participant
- Kansas Relays Champion
- Big Ten Cross Country and Two-time Iowa Female Athlete of the Year

Chris Davenport, 1980-83

- U.S. Olympic Trials participant
- All-American
- Runner-up at Kansas & Drake Relays

Nan Doak, 1980-85

- NCAA champion, 10,000 meters
- NCAA runner-up, cross country
- Nine-time all-American
- World recordholder, indoor 3-miles
- Three-time Big Ten Champion
- U.S. Olympic Trials participant
- World sixth place, Cross Country
- TAC 5,000 and 10,000-m champion
- Iowa Female Athlete of the Decade
- National Iowa Varsity Club Hall of Fame inductee

Kathy Gillespie, 1982-85

- NCAA runner-up, heptathlon
- Big Ten champion/former recordholder
- Member of U.S. Pentathlon team

Ellen Grant, 1994-97

- Two-time Big Ten Champion
- World Junior representative

Yolanda Hobbs, 1991-95

- Three-time all-American
- Big Ten 55-meter Champion
- Iowa Female Athlete of the Year
- Daily Iowan Female Athlete of the Year



Jeanne Kruckebert



Racheal Marchand



Vivien McKenzie



Mary Mol



Diane Nukuri



Peaches Roach

IOWA TRACK & FIELD



Nan Doak



Kathy Gillespie



Ellen Grant



Yolanda Hobbs



Tiffany Johnson



Elaine Jones

Tiffany Johnson, 2004-07

- First Hawkeye to win consecutive Drake Relays titles (100-m hurdles in 2006, 2007)
- 2007 NCAA Regional Champion, 100 Hurdles
- Two-time all-region
- Ten-time regional qualifier

Elaine Jones, 1982-85

- Five-time Big Ten Champion
- TAC Champion 400-m relay member
- U.S. Olympic Trials participant
- Olympic Sports Festival selection
- Mason-Dixon Games Champion

Jeanne Kruckeberg, 1987-90

- NCAA 800-meter runner-up
- Three-time all-American
- Big Ten Champion
- Drake Relays Female Athlete of the Meet
- Two-time Drake Relays Champion
- Three-time Kansas Relays Champion
- Iowa Female Athlete of the Year

Vivien McKenzie, 1983-86

- Four-time Big Ten Champion
- TAC Champion 400-m relay member
- U.S. Olympic Trials participant
- Olympic Sports Festival selection

Racheal Marchand, 2005-08

- Four-time all-American
- Three-time all-region
- 2009 Midwest Region Cross Country Female of the Year
- 2009 Iowa Female Athlete of the Year
- 2010 Puerto Rico 5K National Champion

Mary Mol, 1982-85

- NCAA runner-up
- Big Ten runner-up
- Mason-Dixon Games Champion
- Runner-up at Drake & Kansas Relays

Diane Nukuri, 2006-08

- Three-time all-American
- Two-time NCAA Midwest Region Cross Country Champion (2006, 2007)
- Two-time NCAA Midwest Region Cross Country Female Athlete of the Year (2006, 2007)
- 2007 Drake Relays Champion, 5,000 Meters
- Two-time all-region
- Set eight school records
- 2008 Iowa Female Athlete of the Year
- 2008 Wilma Rudolph Award winner
- 2007 Honda Sports Award finalist

Peaches Roach, 2004-07

- Four-time all-American
- Five-time Big Ten Champion, High Jump
- 2004 Big Ten Outdoor Freshman of the Year
- Four-time all-region
- Ten-time regional qualifier

Gail Smith, 1982-85

- Big Ten Champion
- Olympic Sports Festival selection

Jenny Spangler, 1982-86

- Three-time all-American
- U.S. Olympic Trials participant
- Iowa Female Athlete of the Year
- Set 19-and-under world marathon record (2:33)
- 1996 USA Olympic team, marathon

Tina Stec, 1990-94

- Two-time all-American
- Big Ten runner-up, 3,000 meters
- NCAA Academic all-American
- Iowa Academic Athlete of the Year
- Iowa Female Athlete of the Year
- NCAA Woman of the Year finalist

Kay Stormo, 1979-82

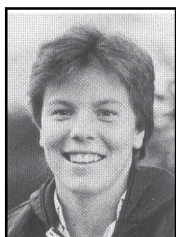
- 800-meter NCAA runner-up
- Three-time all-American
- Three-time Big Ten Champion
- Iowa Female Athlete of the Year
- National Iowa Varsity Club Hall of Fame inductee

Lisa Van Steenwyk, 1989-93

- All-American, Shot Put
- Two-time Big Ten Champion
- U.S. Olympic Trials participant

Shellene Williams, 2004

- Jamaican National Team member
- Four-time Big Ten Champion
- All-American, 400 Meters



Gail Smith



Jenny Spangler



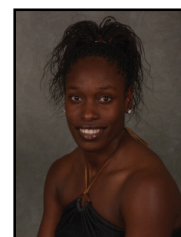
Tina Stec



Kay Stormo



Lisa Van Steenwyk



Shellene Williams

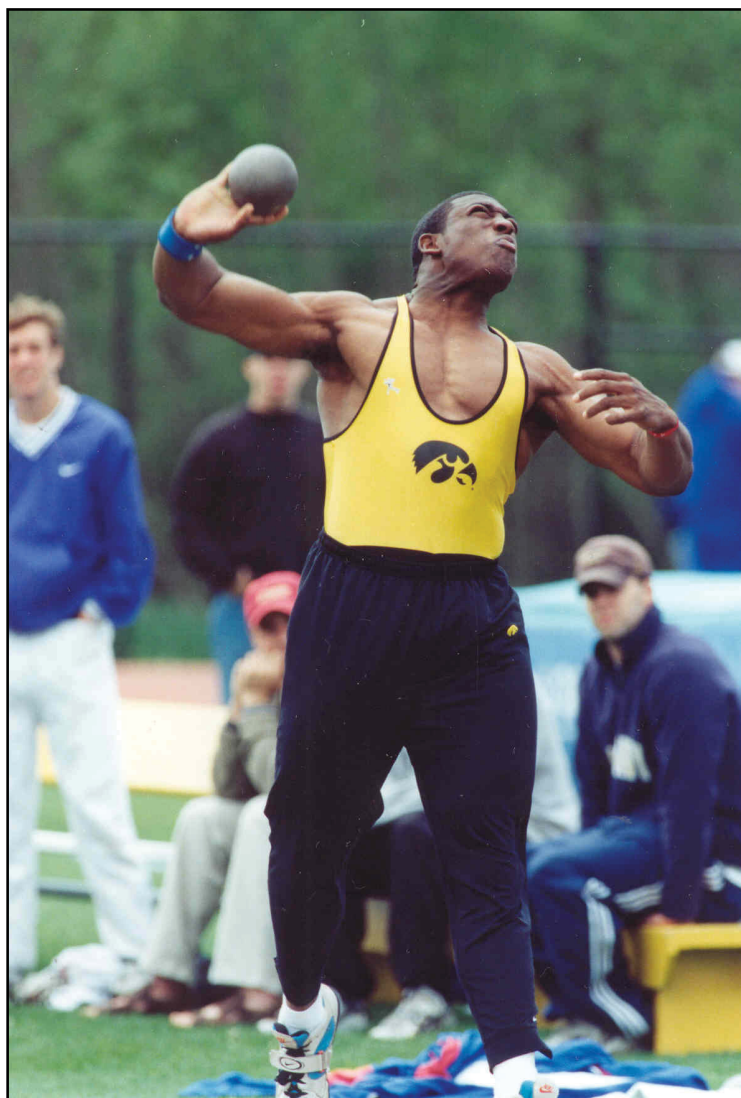
IOWA TRACK & FIELD

Adams, Don.....1973-76
 Adamson, Robert.....1931-32
 Albrecht, L.J.....1989-91
 Albright, Justin.....1930
 Alderman, Merle.....1910
 Alexander, Jack S.....1938
 Allen, Jeremy.....1998-01
 Allen, Shaun.....1999, 2001-03
 Allison, William.....1895-96
 Anderson, Carl J.....1959
 Anderson, Kent J.....1975-76
 Anderson, R.M.....1900-03
 Appelman, Cameron.....1997
 Armstrong, James.....1988-89, 1991

Ashton, George C.....1922-23
 Atkins, Bobby.....2000
 Bailey, F.S.....1900
 Bailey, Merrill M.....1919-21
 Bailin, Sam.....2010
 Baird, George H.....1927-29
 Bakker, Michael.....1994, 1996, 1998
 Balke, Norm.....1983-86
 Balkrishnan, Rajeev.....1991, 1993
 Banse, Andy.....2002-05
 Banse, Matt.....2009-10
 Barber, Nathan B.....1896-99
 Barclay, Tom.....1979
 Barker, Dale.....1932-33

Barker, E.E.....1905
 Barker, Ervin J.....1902-05
 Barnes, Howard M.....1921
 Barnett, Robert.....1973
 Barton, Chris.....2008-10
 Bateman, Howard.....1903
 Battista, Mark.....2010
 Beach, Robert.....2003, 2005
 Bean, Josh.....2008-10
 Beatty, Ernest J.....1926-27
 Beck, Lester R.....1922
 Becker, Edward C.....1934
 Beckner, John O.....1930
 Bee, Stephen.....2009-10
 Beebe, Robert E.....1936
 Beecham, Gordon.....1983-85
 Beecham, Todd.....1982
 Beelman, Jeff.....1981-82
 Belding, Lester.....1920-22
 Berger, Charles.....1977
 Berne, Clarence.....1924
 Berns, Jake.....2005-06
 Berrien, Clifford R.....1918
 Betz, Jon A.....1982-83
 Bevan, Sargent.....1896
 Bever, William H.....1971
 Beyer, Robbie.....2004
 Bhawe, Ravi.....1998
 Billig, Milton.....1937-39
 Blackman, St. Cl.....1986
 Blasier, Herbert E.....1878, 1882
 Boardman, Benjamin.....1900-01
 Boston, Marcellu.....1950
 Bott, Richard E.....1933
 Bouska, Paul.....1990
 Bowers, John.....1981
 Bowles, Robert S.....1943
 Boyd, William.....1959
 Boyer, John.....1979-82
 Boylan, Charles.....1952-53
 Boyles, Xavier P.....1924, 1926-27
 Brackett, M.....1899, 1901-03
 Brackett, O.T.....1901
 Braff, Zack.....2009
 Branch, Tony.....1997-00
 Brandmill, Pote.....1921-23
 Brandt, Barry.....1975
 Brayton, Nick.....2009-10
 Bream, Alan.....1968-69
 Brewer, Steve.....1981-83
 Brewton, Cecil H.....1944
 Briggs, Charles.....1903
 Briggs, Clyde.....1935-36
 Briggs, Wilbur.....1918
 Brigham, Leon H.....1918-20
 Brodersen, Tim.....2003-06
 Broek, Curt.....1976-79

Brookins, Charles.....1922-24
 Brown, Brad.....1980
 Brown, C.A.....1901
 Brown, David.....1987-88, 1990-91
 Brown, Earl.....1905
 Brown, Jeff A.....1980
 Brown, Jeff.....1979
 Brown, Keith L.....1949-50, 1955
 Brown, John Anthony.....1958-60
 Brubucher, Theodore.....1965-67
 Bryant, Huges J.....1931
 Burkheimer, I. A.....1907
 Burks, Derrick.....2003, 2005
 Burnette, William.....1965-67
 Burrier, Emmett.....1899-1901
 Burrows, Tom G.....1957-59
 Burton, William.....1953-55
 Bye, Bill E.....1949
 Byers, Matt.....2010
 Byre, James O.....1962
 Cada, Jon.....1961
 Cadwallader, Joseph.....1932
 Cahalan, Jim.....1977-78
 Cahn, Bernard.....1961
 Call, Roy G.....1902
 Camamo, Joseph A.....1956-58
 Cameron, Robert.....1985-86
 Campbell, Cameron.....1937-38, 1940
 Campbell, D.....1910
 Camplin, Brendan.....2009
 Canby, Henry F.....1929-31
 Carberry, William.....1906
 Card, Liam.....2000
 Carr, E. Michael.....1960-61
 Carr, Leslie.....1913
 Cassata, Chris.....1998-00
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 Chambers, Rodney.....1988-91
 Chaney Jr., Paul.....2007-09
 Chantland, William.....1894
 Chaplin, David.....2006
 Chepkwony, Paul.....1983-84
 Choate, Rufus.....1900-01
 Christensen, CHA.....1970-72
 Chung, Curtis.....1986, 1988-90
 Clancy, Michael.....1983
 Clancy, Roy.....1976, 1978
 Clark, George H.....1890
 Clark, John Jay.....1971-73
 Clark, Robert J.E.....1952
 Clarke, George W.....1963
 Clarissimeaux, Evan.....1982-83
 Clements, Keith.....1973-76
 Cline, Hubert.....1943
 Cobb, Dave.....1980
 Cochran, J H Ray.....1930
 Coffey, Vernon.....1948



Jeremy Allen is the only thrower in conference history to win Big Ten Freshman of the Year honors during the indoor and outdoor seasons. Allen was a four-time Big Ten champion and five-time all-American at Iowa from 1998-2001.

IOWA TRACK & FIELD

Colby, Charles 1919-20, 1922	Dobbs, John 1984-86	Felix, Kurt 1999	Frazier, William 1962-65
Coleman, Juan 2001-02, 2004-05	Dobson, Glenn 1923-24	Ferguson, Richard 1952-55	Freels Jr, Eugene 1946, 1950
Coleman, Merrill 1997-00	Docherty, James 1977-78	Ferree, Fred 1965-67	Freeman, Ralph 1954
Collinge, John 1938-39	Dodge, Tim 1998-02	Ferree, Thomas 1978	Friedlander, J.M. 1920-21
Collins, John 1949	Dolan, Cannon 2007-09	Ferren, William 1891	Friedrich, Kurt 1991
Conn, Max 1920-22	Donalan, J.J. 1905	Fiala, Harold L.E. 1943	Frohwein, George 1961
Conway, Paul 1930-31	Donovan, Jim 1997-99	Fieseler, Michael 1975-76	Fudge, Arthur 1953-54
Cook, Robert 1989-90	Dooley, Andrew 1935-37	Finazzo, Vincent 1939	Fuller, Levi 1891
Cook, Robert F. 1933-34	Dotseth, Frank 1959	Finch, Gastonia 1956-57	Fuller Jr., Richard 1978
Copeland, Jack 1949	Doty, Lewis 1892	Finch, Gordon 1987-90	Furst, Don 1976
Corcoran, Thomas 1933	Dougherty, Robert 1959	Findlay, Palmer 1890	Gableman, H.H. 1912
Corey, Trent 1999, 2001-02	Drewry, Jacob 1994	Findley, Thomas 1890	Gajewski, Joe 2005
Cornog, Robert 1931-33	Driebelbis, Roy 1952	Finney, Otis 1946	Gale, Sean 1994
Corrigan, Sean 1986-89	Duckett, Terence 1981-84	Fischer, Gary 1961-63	Gambol, Chris 1984-87
Costello, Jim 2000-02	Dunsorth, Ira 1954-56	Fisher, Jerry 1993-94	Gardner, Clyde 1952, 1954
Cotton, Jordon 2010	Dupont, Glenn 1980	Flage, David 1934	Garnder, Donald 1961-63
Coulter, Channing 1923-25	Dutton, William 1915-17	Flaherty, Andy 1988-90	Garland, Dick 1975
Cox, Leroy 1894	Dwight, Tim 1996-99	Fletcher, Robert 1959	Garretson, Herman 1915
Craig, Donald 1929	Dye, Charles 1900	Flood Jr, Elmer 1945	Gentry, Nolden I. 1959
Crain, Maurea 1990-91	Dyke, Lester M. 1919-20	Folwell, John 1926	Gerard, Matt 1993-94
Crane, E.H. 1903-04	Dziubski, Dan 2003-05	Forwarld, Charles 1927-29	Gershenson, Rich. 1968-70
Crawford, Harold 1921, 1923-24	Eastland, David 1969-71	Foster, James F. 1972	Gibbs, Richard 1965-67
Crayne, Richard 1934	Ebert, LeRoy 1952-54	Fowler, Richard 1952-54	Gilchrist, John 1929-30
Cretzmeyer, Francis X 1934-36	Ecker, Tom 1956-57	Franke, Walter 1915	Gill, Owen 1982-83
Criswell, John W. 1969-71	Edwards, Jim 1975, 1978	Frazier, Carl 1967-69	Gillette, Charles 1892
Crossan, John 1903, 1904, 1908	Egbert, Thomas 1962		
Crozier, M.V. 1922	Eiel, Robert 1942		
Crum, Jonathan 1894-95	Eischeid, Peter 1995-98		
Cuhel, Frank JOS 1926-28	Eisenlauer, Dick 1972-75		
Cumberland, John 1919	Elbert, Lee 2006-08		
Cummins, Richard 1965-66	Elliott, Edward 1939-40		
Cunningham, M. 1998-99, 2001-02	Elliott, Randy 1979		
Cunningham, Mike 1984-1986	Elliott, Wallace 1926-27		
Curtis, A.J. 2006-09	Ellis, Kevin 1980-82		
Daine, Henry 1923-25	Ellwein, Orin 1972-73		
Daley, Ryan 1998	Elmitt, Connor 2009-10		
Darling, Charles 1950-51	Ely, Howard Lyle 1938		
Dauber, Ray G 1924-26	Ende, August 1896		
Daufeldt, Brad 2001-04	English, Louis 1986-89		
Davis, Charles 1918, 1920	English, Steve 1997-99		
Davis, Chris 1995-98	Engstrom, George 1909-10, 1912		
Davis, Elmer, R. 1904-05	Erdenberger, Rick 1948-50		
Davis, Severt 1950	Erickson, Merlin 1939-40		
Dean, Walter S. 1932-34	Esche, Matt 2002, 2004, 2006		
Deheer, Floyd 1936-37	Estes, Joe 1993-96		
DeLashmutt, Ed 1981	Everingham, John 1925-27		
Depping, Reuben 1929-30	Everman, Wayne 1955		
Dertinger, Stephen 1969	Faas, Lewis 1973-74		
Deuel, Dean 1950-51	Faber, Scott 1999-02		
Devine, Aubrey A. 1920-22	Fagerline, Paul 1945-46		
Devine Jr., Aubrey A. 1944	Falk, Walter 1913		
Dey, Curtis 1892-95	Falls, Gary 1989-91		
Dibbern, Kevin 2010	Farmer, Leicester 1942-43		
Dick, Leo 1914	Farrell, Jerome 1923-24		
Dietz, Duwayne 1950-52	Farroh, Mike Alb 1929		
Digney, Zach 2002-05	Fearing, Kenneth 1962		
Diment, Michael 1982	Feeldy, Chad 1995-96		



Iowa City native Tim Dwight, one of Iowa's several multi-sport athletes, was named Outstanding Male Athlete of the 1999 Big Ten Outdoor meet after leading the team to a runner-up finish. Earlier that year, he scored a touchdown in the Super Bowl for the Atlanta Falcons. He was an all-American and three-time Big Ten Champion in track from 1996-99, and a two-time first team all-American for the Hawkeye football team from 1994-97.

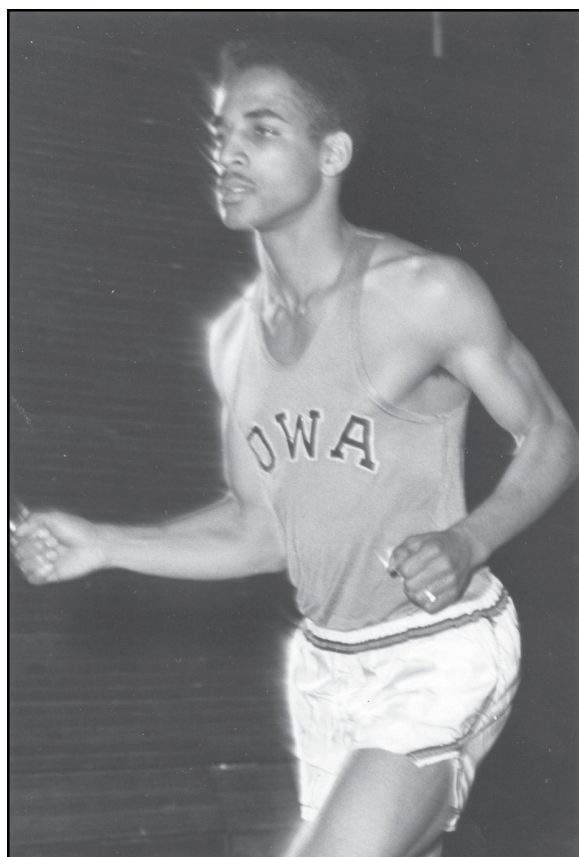
IOWA TRACK & FIELD

Gilliland, F.H. 1914
 Goldston, Stephen 1964-65
 Goodrich, Benjamin 1922, 1924
 Gordon, Edward L. 1929-31
 Gordon, Maurice 1934
 Gorman, Matty 2005-06, 2008
 Gorsline, Mike 1989-91
 Gotthardt, Keith 1945-46
 Graves, John 1937-39
 Green, Al 1985-86
 Greenlee, Donald 1960-61
 Greenwood, Glenn 1918-19
 Greer, Victor 1981-84
 Grelck, Henry 1921
 Griffith, Ronald 1966-68
 Grosser, Ernest 1938
 Grubb, Frank 1916
 Gunderson, Eric 1932
 Gunn, Joseph 1928-29
 Hager, Matt 1989-91
 Hagerty, Lorin 1928
 Haines, Randall 1966-68
 Hairston, Adam 2007-10
 Hall, John W. 1952
 Hall, Thomas M. 1947
 Hamilton, Adam 2003-07
 Hammer, Leroy 1908-10
 Hammon, Victor 1893
 Hampson, J.A. 1905
 Hancock, John 1923-25
 Handorf, Everett 1930-32
 Hands, Sidney G. 1903-05
 Handy, Elvin 1924-25
 Hanley, C.P. 1899-1900
 Hanlon, Thomas 1908
 Hansell, WW 1912
 Hansen, Robert H. 1958, 1960
 Hansen, William 1975-78
 Hanson, Daniel 1960
 Hanson, John 1912
 Harkness, Merrill 1937-39
 Harper, Craig T. 1950-51
 Harris, Homer E. 1936-37
 Hart, James O. 1930
 Hartman, Frederick 1957
 Hartmann, H.W. 1915-16
 Hartuppee, Harry 1910
 Hartzler, Jeffrey 1974-76, 1978
 Hass, Edward 1935
 Haugo, Thomas 1969
 Haut, Dan 2004-06
 Hawkins, Reggie 1997
 Hazard, A.M. 1906-08
 Hazard, Charles 1908
 Hazard, P.L. 1910
 Heard, Bernard 1989-91
 Heck, Thomas G. 1972

Hempel, Stephen 1970-71
 Henard Jr, Robert 1951-53
 Hendricks, John 1968
 Henry, Armando 1975
 Henry, Russell 1933-34
 Herd, Kevin J. 1990, 1993-94
 Hermeier, Raymond 1959
 Herron, Jeffery 2010
 Hertzberg, Thomas 1960, 1962
 Hesseltine, Glen 1952, 1954
 Hexum, Richard 1970-71, 1973

Hickey, John 2006-09
 Hill, Jack 1958-60
 Hill, Joel 1919, 1921
 Hill, John V. 1958-60
 Hindt, William 1915
 Hines, Hugh 1957-58
 Hlavin, James 1978
 Hlavin, Peter 1977-80
 Hobbs, Samuel 1897-98
 Hoerner, Lester 1943, 1947
 Hoffman, Edgar 1920-22

Hoffman, Gary D. 1974
 Holbrook, Frank 1896-97
 Holliday, Herman 1918
 Hollingsworth, Gary 1962-64
 Holloway, Warren 2003-04
 Holmes, Barry 1987-88
 Holmes, Ethan 2010
 Holmes, Nick 2010
 Holtkamp, Mark 1995-96
 Hoskinson, Calvin 1932-33
 Hotz, William 1908
 Howell, Lloyd 1899-1900
 Hoyt, Lyman 1923-24
 Hubbard, Clarence 1930
 Hudek, Scott 1993, 1996
 Hull, Elmer C. 1900-01
 Hunn, Leonard 1926-28
 Hunter, John 1944-46
 Huntrods, Clint 2005-06
 Hutton, Clyde 1932
 Hyde, Thomas 1959-61
 Hyland, Mark 1908-1910
 Ingram, David 1957
 Isaacs, Omar 2003-05
 Jackson III, Harvey 1982
 Jackson, Miles 1932
 Jacobson, Gary 1983-84
 Jaeger, Charles 1970-72
 Jans, John 1910, 1912
 Jaqua, Franklin 1920, 1922
 Jeffers, Clyde 1904
 Jennett, Clair 1948-50
 Jennings, Craig 2009
 Jensen, Andy 1977-80
 Jensen, Chris 2004
 Jensen, James 1973-76
 Jerrel, Burton 1928
 Joens, Doug 1989-91
 Joens, Jason 1990-91, 1993
 Joens, Scott 1985-87
 Johnson, Craig 1971, 1974
 Johnson, Isaiah 1945-46, 1948
 Johnstone, Alexander 1923
 Jones, Charles 1957-58
 Jones, Charlie 1978-81
 Jones, Doug 1985-88
 Jones, Paul 1987-90
 Jones, Paul G. 1923-25
 Jones, Thomas 1968
 Jordan, Ryan 2005-08
 Joslyn, A.A. 1911-12
 Justin, Raymond 1918-20
 Kadlec, Chase 2009-10
 Katt, Kale 2005-07
 Keder, Lloyd 1922-24
 Keatinge, Murray 1955-56
 Keller II, Clyne 1966-67



Deacon Jones was a two-time NCAA champion, two-time all-American and seven-time Big Ten champion for the Hawkeyes (1954-58). He won Iowa's first and only individual cross country national title in 1955, becoming the first African-American and sophomore national cross country champion in history. The seven-time Big Ten champion also won the national two-mile track title in 1957. During the 1957 track season, Jones was unbeaten in the college mile and two mile. He set Big Ten indoor and outdoor records in the one and two mile races, and still holds the school record in the 3,000-meter steeplechase (8:47.40). He was a two-time Olympian, running the 3,000-meter steeplechase at the 1956 games in Melbourne, Australia, and the 1960 games in Rome. Jones was inducted in to the University of Iowa Varsity Club Hall of Fame as a member of the charter class in 1989.

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Keller, Keith 1948	Leonard, Harold 1986	McCorkle, Brad 1990	McGilmer, Ben 1966
Kelley, John 1966-67	Lester, H.S. 1893-95	McCoy, B.E. 1904	McIntire, G.S. 1921
Kelly, John 1930	Leuz, William 1939-40	McCoy, Ricky 1982, 1984-85	McMahon, Thomas 1905-06
Kelly, Ryan 2007-09	Levinson, Stanley 1952-54	McCoy, Ronnie 1982-85	McSkimming, Brandon 2008-09
Kelso, Tom 1979, 1981	Leytze, Rudolph 1934	McDermott, Eric 2002	Meade, Pat 1987, 1989
Kemeny, Ken 2001-02, 2004-05	Linden, Davis 2005-06	McDonald, Elliot 1949	Means, Mike 1981
Kent, Jeff 2005-07	Lindenmeyer, Frederick 1938	McDonald, John 1958	Meder, Lloyd 1922-24
Kepler, Richard 1895-96	Lindenmeyer, John 1936	McDowell, Bruce E. 1918	Meeks, Gary W. 1957
Keppler, Karl 1922	Linnan, Luke 1916	McDowell, Mike 1977-78	Meggars, Frank H. 1898
Kerr, Roger 1961-63	Lloyd, Ben 2003-04	McDowell, Pete 1993-94	Menke, Roger 1966-68
Kettlewell, Irvin 1903	Loechel, Thomas 1972-73	McElhinney, William 1936	Mercer, Nick 1997
Killingier, Louis 1918	Long, Rob 2004	McGhee, Patrick 1986, 1988-89	Merkel, John E. 1950
Kitch, Paul 1955-56	Louis, Jonathan 1897-99		
Kitt, Roland 1967-69	Loureiro, Marco 1994, 1996		
Klewin, Harold 1932	Luciano, Jesse 2007-10		
Klindt, Fred 1923-25	Lund, Tom 1983		
Knoedel, Andy 1979-80	Luthans, Fred 1960-61		
Knoedel, William 1973-76	Lyle, James 1936-38		
Knutson, Thomas 1965-67	Lyle, Ralph 1958		
Kohl, Alvin 1909	MacTaggart, Eric 2005-06, 2008-09		
Kohl, Dennis R. 1964-66	Mahoney, Edward 1941		
Kohl, Gerald 1924	Maiden Jr., Sidney 1944		
Kolb, John C. 1963	Maier, Shane 2004-08		
Koon, Doug 1990	Maine, Ernest 1896		
Korb, Tom 1981-83	Mankivsky, Mark 2008-10		
Kostlan, F L 1919-20	Mann, Ray 1926-28		
Kostrubala, Gary 1983-86	Mann, William 1925		
Kostrubala, Mark 1989-90	Marasco, Frank 1918		
Kouba, Lumir J. 1933	Marchese, Brian 2009		
Krakow, Alfred C. 1914	Marchi, Bruno G. 1925		
Kramer, Larry 1962-64	Marrota, Mike 1997-98		
Kreamer, Robert 1962-63	Marquis, Fred 1926, 28		
Kriz, Leo 1923-24	Marschall, John 1923-25		
Kruse, Arthur G. 1919-20	Marsh, Richard 1973		
Kuczwara, Nick 2010	Marske, Herbert 1959		
Kuhl, Milton B. 1941-42	Martin, Thomas E. 1914-1916		
Kuhlman, Dan 2009-10	Maske, Norman 1963		
Kunkel, Adam 2001	Massey, Wayne 1930-32		
Kunz, Craig 1986	Mather, Anders V. 1913		
Labond, Curtis 1967-68	Mathis, Louis 1951		
Lacy, Mike 1981, 1983-85	Mathews, John 1955-57		
Ladick, Gary 1975	Mathies, Elgar C. 1931		
Lake, Royd 1974-78	Matteson, Orval 1936		
Lamar, David 1982, 1984	Matthews, Alvin 1970-73		
Lamb, Laird 1936-38	Mathis, Louis B. 1951		
Lambert, Joe 1922, 1924	Matteson, Orval 1936		
Lamparek, Ryan 2009-10	Matthews, Alvin 1970-73		
Lansing, Kenneth 1987-89	Matthey, Carl 1919-20		
Lapp, Vernon 1926-28	Mau, Cecil T. 1926-27		
Larsen, David 1969-70	Mau, Charles 1934-35		
Latham, Raymond W. 1934-36	Mawe, William 1960-62		
Lawson, Robert 1975-76	Maybank, Anthuan 1990-91, 1993		
Layne, Michael 1997-99	McCalister, William 1977-80		
Leahy, Philip W. 1954-56	McCammon, John 1929		
Leazer, Richard 1961-62	McClanahan, Richard 1947		
Leick, Tony 2000, 2002-04	McCluskey, Henry L. 1893		
Leonard, Larry 1964-65	McCollister, Edwin 1938-39		



Anthuan Maybank is Iowa's most recent Olympic gold medalist, running on the winning 1,600-meter relay at the 1996 Games in Atlanta. He was a four-time all-American and seven-time Big Ten Champion for the Hawkeyes from 1990-93. Maybank was named Big Ten Athlete of the Year in 1993, and still holds school records in the long jump, indoor 200 meters and outdoor 400 meters.

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Merkel, Russell	1948-50	Nichols, E.C.	1886-88	Peterson, Joseph	1949	Riley, Steve	1979
Merrell, T. Eugene	1969	Nie, Bruce	1990	Peterson, Russell	2000-02, 2004	Riley, William F.	1905-07
Messer, Kenneth	1965	Nielsen, David W.	1973-75	Petsche, Jeremy	2006-08	Ringena, E.J.	1906
Meyer, Mark C.	1968-69	Niver, Ryan	2006-08	Phelps, Garry L.	1968-69	Ristine, Leonard	1920, 1922
Meyering, Albert	1951	Noff, Bruce O.	1954	Phelps, Harold R.	1923-25	Roberts, Dale A.	1938-39
Meyers, C.C.	1907	Noll, Gerhard B.	1921-23	Phelps, Lowell D.	1925-27	Roberts, Fred	1928-30
Meyers, Harry C.	1908	Nolting, Jason	2004-06	Phillips, Van L.	1935-36	Roberts, Orthel	1924-26
Meyers, Joseph H.	1898	Nordheim, Nick	1998-02	Pierre, David	2006-07	Robinson, Joseph	1973-76
Milani, James G.	1952	Novotny, David	1993-96	Pinsker, William A.	1929	Robinson, Leonard	1894-95
Milder, Max	2005-08	Nugent, Leo C.	1917-18	Piper, James P.	1964	Roche, Adam	2004-06
Miller, D.G.	1903-04	Nugnis, Walter G.	1932	Piper, Nick J.	1954-56	Rock, J.J.	1914
Miller, Henry G.	1930	Oakley, John B.	1956	Pirkil, Jeff	1984-86	Rocker, Sidney	1963-64
Miller, Pat	1983-86	O'Brien, Willis J.	1910	Pittman, Jared	1995-96, 1998	Roehl, Marc	1994
Miller, Robert E.	1907-08	O'Connor, Pat	1980-82	Pleskac, Tim	1998-00	Rolling, Dan	2007-10
Mitchell, Robert	1928	O'Hollearn, Matt	2003-06	Ploen, Rex H.	1946, 48	Rorick, E.E.	1908
Mockmore, Charles	1918-20	Oehlert, Lewis	1923-24	Poots, Justin	1999, 2001-02	Rose, Winston	1993
Moeller, Joel D.	1976-78	Oest, Brandon	2010	Porter, James	1994	Rosebaugh, Arthur	1919
Moeller, Sean	1998-99, 2001-02	Oestenstad, Kevin	1997-98	Powers Jr., John L.	1916	Roseman, Garry	1990-93
Moenck, Heath	2008	Ohly, Chad	1991, 1993-95	Prall, Jonathan	1898	Rosen, Melvin	1950
Mondane, Michael	1966-68	Okerlin, John	1932	Presley, Bruce	1969-71	Ross, Charles W.	1902-04
Moore, Edward M.	1951	Oliver, Ronald	1975-78	Prill, Frank	2007-10	Rothwell, Eric	2000-01, 2003-04
Moore, George J.	1945	Olson, Dustin	2000	Pristine, Leonard	1920-22	Rowe, Dewitt	1915
Moore, Tom W.	1932-34	Olson, Harry	1959	Price, Brad	1981	Rozell, Edward	1995-98
Morch, Herbert O.	1953	Olson, Marvin L.	1973, 76	Price, John	1965	Russell, Fred	2001
Morford, J.	1908	O'Neil, Kevin B.	1975, 77	Prudhon, Wayne M.	1918	Rybarczyk, Matt	1990
Morris, Andre	1995-96	Orris, William C.	1958-60	Pullman, Norman	1942	Ryerson, Karl E.	1940
Morris, Andrew	1997-00	Otte, F. Lowell	1924	Purnell, Mark	1975-77	Safley, Thomas E.	1968
Morrissey, Steve	1990-92	Oveson, Lynn	1970-72	Quarles, Brian	1980	Saling, George J.	1929-30, 1932
Morrow, Harry	1922-24	Owen III, Eugene	1960	Rae, Brian	2003-06	Salter, Robert	1974-75, 1977
Mortimore, M.E.	1914	Owen, James C.	1935	Rakaric, Tony	2003-06	Sametz, Rob	1980
Mortimore, Roy H.	1916	Oxley, John R.	1948	Ralph, Dan	1998-01	Sampson, Linwood	1967
Morton, Raymond A.	1900	Page, Bernard A.	1933-35	Randolph, Alvin	1964-66	Sangster, Tom	1948-50
Moschella, Mike	1991	Page, Floyd	1919	Rauker, James L.	1961	Sansen, Oliver M.	1931-32
Mosley, Dennis E.	1980	Page, George	1995-97	Raymond, Jeff	2006-08	Santino, William	1976-78
Moulton, Graham	1934	Paige, Ralph	1918	Raymond, Monte	1996-98	Sarris, Paul	1997-98, 2001-01
Moulton, Jack A.	1928-30	Palmer, George B.	1953	Read, Harold	1923	Sayon, Zeke	2009-10
Mullen, James C.	1926	Palumbo, Richard	1988-91	Reed, Aaron	2005-08	Scarr, F.M.	1903
Mullen, Jordan	2010	Panther, Mark A.	1934-36	Reed, F.C.	1910-11	Schaapveld, Mark	2006-09
Munson, Harry C.	1923	Pape, Oran	1929	Rehder, Dennis	1959-60	Schimp, Zachary	2009-10
Murchison, Ira J.	1952	Park, William H.	1891	Reichelt, W.L.	1912	Schlaser, Verne	1935
Myers, F.M.	1910	Parker, Guerdon D.	1920-21	Reid, Kyle	2010+	Schlauder, Arthur	1940-42
Myler, Melvin W.	1904-05	Parker, Louis F.	1916	Reid, Morrison	1972-74	Schlotzhauer, Blake	2006
Napier, Andy	2007-09	Parker, Mark	1977	Reif, William E.	1961-62	Schmidt, Christi	1934
Neal, Fred W.	1891-1893	Parsons, Charles L.	1913-15	Reimer, Jonathan	1965-67	Schmidt, John W.	1937-38
Nelson, Carl	1935	Parsons, Harry C.	1903-05	Remley, Robert G.	1907-08	Schnoor, Carl F.	1940
Nelson, Donald F.	1935	Patrick, Jeff	1983	Renshaw, Fred E.	1906-07	Schoof, Steve	1996
Nelson, Emerson	1926-28	Patterson, Audwin	1991, 93-94	Rerko, Rodney	1994-96	Schum, Robert L.	1970-72
Nelson, Murray	1980	Paul, James	2008-10	Reyes, William	1965	Schwengel, Franklin	1953
Nelson, Oscar E.	1930-32	Paul, Joe	1977, 80	Reynolds, Thomas	2010	Switters, Chad	1996-99
Nelson, Paul H.	1935-36	Pedelt, Jay	1969-70	Rice, Harry H.	1925, 27	Scott, Gary	1951-53
Nelson, Robert	1936-37	Pennino, Doug	1983-85	Rich, Edward G.	1921	Scott, Kelly	1987-88
Nelson, Robert E.	1948	Peoples, Daniel	2006-07, 2009	Richards, Gary L.	1962-64	Seiling, Fred O.	1921
Nessa, Luke	2001, 2003	Perry, Lawrence	1955-57	Richards, Patrick	2009-10	Sewell, Pat	1979
Neuman, Scott	1990	Pershing, Steve	1976-78	Richardson, D'Juan	2009-10	Seymour, Michael	1994
Neumann, Bill	2001-03, 2005	Peterman, Lester	1920-22	Rickels, Keaton	2010	Shakoor, Damini	1994-96
Newell, Greg	1973	Peters, Chris	1993-97	Riemcke, CA	1903, 1906-07	Shaver, Leroy G.	1945
Newman, Matt	2010	Peterson, Donald	1955-56	Riley, Prince	2006-07	Sheedy, CC	1919

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Sheehan, Daniel.....	1946	Stross, Trey.....	2007-08	Ventura, Scott.....	1986	Williams, Samuel.....	1900-02
Sheldon, Jay A.....	1973-76	Strozier, D'Juan.....	1988-89	Ventura, Scott.....	1987-88	Williamson, Scott.....	2000-02
Sherman, Robert.....	1962	Stubbard, Ira D.....	1913	Vollenweider, Henry.....	1940-42	Wilmoth, Charles.....	1928
Shope, Richard E.....	1920, 1922-23	Stutsman, Issac.....	1908-09	Voller, Chris.....	2002-05	Wilson, Arlo.....	1910-11
Shrader, E.G.....	1913-15	Sumner, M.L.....	1913	Vonahsen, Virgil.....	1951	Wilson, Brice.....	2008-09
Sidney, Earl W.....	1961, 1963	Sundberg, Richard.....	1969	Waddelow, Dan.....	1978	Wilson, Dennis B.....	1973
Simons, James D.....	1908	Swedberg, Rodger.....	1954	Wahl, Ernest F.....	1918-19	Wilson, Eric C.....	1921-23
Simpson, Jack S.....	1947-50	Swenson, William.....	1923-24, 1926	Wallace, Thomas.....	1971	Wilson Jr, Eric C.....	1946, 1948
Skinner, Eugene.....	1935-37	Swift, CH.....	1902-04	Wallen, Allen.....	1916, 1919-20	Wilson, James L.....	1939-40
Skowbo, Stuart W.....	1930-31	Swisher, Michael.....	1973	Walter, Todd.....	1941	Wilson, James P.....	1955
Slack, Thomas.....	1976-79	Sykes, Leonard L.....	1951-52	Wakenight, Jason.....	2004, 2006	Wilson, L.A.....	1899-1901
Slater, Albert L.....	1945	Szabo, Steve.....	1966-67	Waples, Eliot O.....	1936-37	Wilson, Lawrence.....	1968-70
Slater, Frederick.....	1919-21	Tabb, Charles L.....	1933	Waples, Robert S.....	1938	Windauer, Bobby.....	2007, 2009
Slingsby, Tim.....	1989	Tate, Tommy.....	2007, 2009	Warner, Joseph S.....	1898-1900	Wise, Kevin.....	2001
Smith, Alex.....	1998-99	Taylor, Charles.....	1917	Warren, John R.....	1958-60	Wisgerhof, Max V.....	1934-35
Smith Jr, Ambrose.....	1945-46	Teberg, Dale.....	1967-68	Warrington, John.....	1931	Wolf, Irvin.....	1941-42
Smith, Caesar.....	1983-85	Tefer, John.....	1970-72	Washington, Richard.....	1946, 1948	Wolfe, Daniel A.....	1965-67
Smith, C.W.....	1905	Teufel, John C.....	1937-39	Waters, Danny.....	1983, 1985-86	Wood, David.....	1990
Smith, Charles E.....	1921-23	Teufel, William.....	1937-39	Waymire, Pat.....	1991	Wood, Richard R.....	1958
Smith, Darrin.....	1991, 1993	Theisen, Bill.....	1984-86	Webb, Cloyd W.....	1961-63	Workhoven, Harry.....	1929
Smith Jr, Earl H.....	1954	Thode, Jeff.....	2010	Webster, Alex.....	2006	Workman, Robert.....	1942
Smith, Floyd.....	1910	Thomas, Adam.....	1999-01, 2003	Weik, John.....	1948, 1950-51	Wright, George E.....	1953
Smith, J. Ty.....	1920	Thomas, Arthur W.....	1929	Weiland, F.H.....	1900, 1902	Wright, John.....	1986
Smith, L.L.....	1919	Thomas, Brian.....	1991	Weinrich, AF.....	1903	Wyatt, Bernard T.....	1961
Smith, Lamar F.....	1935	Thomas, David.....	1925-27	Weldon, LD.....	1930-31	Wyland, Guido.....	1917
Smith, Lowell E.....	1918-20	Thomas, John W.....	1961-62	Wellington, Rodney.....	1973-75	Yamini, Bashir.....	1996-99
Smith, Bob L.....	1984-85	Thomas, Pat.....	1973	Welter, Joe.....	2000-03	Yavorsky, G.W.....	1902-03
Smith, Wardell.....	1956	Thompson, Dale C.....	1965-66	Wertman, Phil.....	1969-71	Young, D.R.....	1918
Smith, William L.....	1966	Thorpe, Walter R.....	1945	Wheeler, Ted.....	1952-53, 1956	Young, H.E.....	1903-05
Snook, William H.....	1950	Thurston, Larue.....	1930-32	Weldon, L.D.....	1930-31	Young, James V.....	1956-58
Sorenson, Alfred.....	1925	Tiernan, Stephen.....	1965	Wellington, Rodney.....	1973-75	Young, Nick.....	2010
Sorenson, Einer.....	1925-26	Todd, Walter C.....	1941	Wertman, Philip.....	1969-71	Young, Richard D.....	1918
Sowinski, Erik.....	2009-10	Trainor, Dan.....	2002, 2004	Wheeler, Ted S.....	1952-53, 56	Youngerman, Wesley.....	1930-32
Spencer, William.....	1942	Traphagen, Stephen.....	2004	White, David.....	1990-91	Zell, Edward H.....	1922-23
Splan, Zach.....	2007-10	Trimble, Ralph.....	1961-63	White, George H.....	1956, 1958	Zittnan, David D.....	1975, 78
Stamats, Ralph I.....	1928-29	Triplett, Orle F.....	1916	White, Roy A.....	1908	Zona, Alex.....	2007-10
Stancombe, Ben.....	2010	Trott, Emil G.....	1932	Whitworth, Rex H.....	1944		
Stanfield, S.E.....	1905	Troughton, Edward.....	1965	Wickey, Howard.....	1931		
Stank, Matt.....	2001	Trowers, Dion.....	1995-98	Wieczorek, Larry.....	1966-68		
Stanley, Arthur.....	1930	Tucker, James.....	1960-62	Wiese, Andy.....	1984-87		
Stanowski, Craig.....	1980	Tullett, Jonathan.....	1994-95	Wiggins, Edward.....	1938-39		
Steele, Paul.....	1986-89	Tupper, Richard.....	1949	Wigginton, Todd.....	1984-86		
Steele, Stetson.....	1996-97, 1999-00	Turner, Byron M.....	1929	Wilcox, Francis.....	1928, 1930		
Steffen, Mark.....	1970-72	Turner, Damion.....	1998	Wilcox, Kenneth.....	1934		
Stein, Robert A.....	1979	Tweedy, Josh.....	2003-05	Wilkerson, Edward.....	1942		
Steinbeck, Kenneth.....	1942-43	Tyler, Samuel.....	1913-14	Wilkinson, Herbert.....	1945-46		
Steinberg, Albert.....	1911-12	Ure, Samuel R.....	1892-93	Wilkinson, John.....	1967		
Steussy, William.....	1970, 1972-73	Utsinger, Donald A.....	1967-69	Willer, James F.....	1930-31		
Stevens, Jerry L.....	1968	Valdes, Graham.....	2008-10	Willet, F.E.....	1905		
Stevens, Lester.....	1954-56	Valentine, Dennis.....	1961	Willey, Steven.....	2008-10		
Stevens, Stephen.....	1974	Vana, Rudolph.....	1928	Williams, Chris.....	1980-83		
Stevenson, W.V.....	1928-29	VanDenend, Micah.....	2006-08	Williams, Earl H.....	1926		
Stoner, Harold E.....	1918-19	Van Der Westhuizen, Arno.....	1999-01	Williams, Fred A.....	1896, 1898-99		
Storm, Joel.....	2002, 2004	Van Dyke, Gardner.....	1955-57	Williams, Jerry.....	1960-62		
Story, Raymond E.....	1932	Van Ness, J. Everett.....	1924	Williams, John S.....	1972-73		
Strang, Ryan.....	2003-05	Van Oosterhout, Peter.....	1892	Williams, Joseph.....	1894		
Streeter, Stanley.....	1911-13	Varner, Ray.....	2007-10	Williams, Kenny.....	1983-86		

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Abel, Maureen.....1978-80	Buysse, Kathy.....1986	Docherty, Jennie.....2006, 2009	Freund, Kay.....1978-81
Abel, Sara.....1981	Bynoe, Stacey-Leigh.....1996-99	Donlon, Katie.....2002-05	Friedlander, Laura.....1985-86
Adam, Carol.....1984	Calhoun, Brenda.....1984	Doyle, Renee.....1986-89	Galbraith, Sheila.....1992-93
Adams, Janet.....1981-84	Camarrig, Denise.....1981	Drapcho, Rosemary.....1978-81	Gallery, Julie.....1998, 2000-02
Adams, Kristen.....1986-88	Campbell, Laura.....NA	Dresselhaus, Ann.....1978-80	Gantz, Ellen.....1997-99
Adams-Brown, Lacey.....2001	Capista, Jenni.....2002, 2005	Drewry, Allison.....1995-96	Garmanian, Debbie.....1977
Albert, Janet.....1984-87	Carr, Lori.....1986	Drulis, Julie.....1997-98	Gaupp, Colleen.....1978-81
Alexander, Kineke.....2005-08	Casey, Joyce.....NA	Duhaney, Dahlia.....1989	Giampapa, Michelle.....1986
Almquist, Heidi.....NA	Cervin, Judith.....1980	Dunlevy, Jane.....1977	Gilbaugh, Laura.....1983
Althoff, Martha.....NA	Chadwick, Angela.....1989-92	Dunlop, Amy.....1977-79	Gilchrist, Alienor.....1997
Ambrose, Suzanne.....1982-83	Chandler, Mandy.....2006-07, 2009	Egan, Bridgette.....1991-93	Gillespie, Kathy.....1982-85
Amenda, Barbara.....1979	Chapman, Carrie.....1977-78	Eilers, Brooke.....2009	Gilson, Jennifer.....2002
Anderson, Blair.....2002	Chapple, Nikki.....2004-06	Elbert, Jenni.....2005-06	Gnage, Lynn.....1983
Anderson, Debra.....NA	Charles, Nicole.....2001-03	Emmons, Diane.....1979-80	Goettsch, Shelley.....1988
Anderson, Krista.....2006-08	Chatterson, Joyce.....1979	Ellis, Katie.....2008-09	Gooch, Susan.....1977
Anderson, Lindsey.....2009	Cevalleau, Karen.....1989	Erickson, Nicole.....2009-10	Graber, Kim.....1976-78
Andrews, Amy.....1983	Childs, Kacey.....1998-2001	Esche, Molly.....2005-08	Graham, Kara-Aretha.....2007-10
Andrews, Karen.....1978-80	Chow, Sophia.....2001-03	Fabian, Cynthia.....1981-82	Granger, Ashley.....2005-06
Anton, Christen.....NA	Choynacki, Gretchen.....1983	Fallon, Fionna.....2009-10	Grant, Ellen.....1994-97
Arens, Sarah.....2000-04	Christensen, Mari.....1983	Farley, Karessa.....2008-10	Griffin, Maggie.....1997-00
Armstrong, Meghan.....2005-08	Clapperton, Gaye.....1978-79	Feltes, Teresa.....1977-78	Griffin, Sara.....1986-89
Bacchus, Caleigh.....2007-10	Clarke, Megan.....2007	Fisher, Niki.....1996	Gripp, Sue.....1978
Bain, Robin.....1985	Clarke, Coretta.....1995, 1999	Fishwald, Karen.....1981	Gritters, Stephanie.....1982-84
Barber, Atalie.....2001-04	Claussen, Traci.....1986-89	Fleck, Shawn.....1995-96	Haefke, Kristen.....1997-98
Bare, Wendy.....1987	Cole, Wynsome.....1994-98	Flood, Betsy.....2009-10	Haggerty, Laura.....1985-86
Barnes, Holly.....1992-93	Colegrove, Erica.....NA	Floyd, Ida "Tina".....1991-95	Hall, Maggie.....1998-99
Beck, Mandy.....1999-2002	Coleman, Becky.....1994-97	Flynn, Anne.....1982-85	Hamilton, Jana.....1979-80
Bennett, Stephanie.....1983, 1985	Combs, Anne.....1982	Flynn, Erin.....1978-82	Hardesty, Amanda.....2008-10
Benning, Briana.....1994-97	Connelly, Michelle.....1978	Fouché, Jessica.....2003	Hardesty, Lauren.....2008-10
Bentler, Catherine.....1990-92	Cook, Margaret.....NA	Franklin, Becca.....2005-07	Harris, Susan.....NA
Bergman, Julie.....1985	Cooper, Susan.....1977-78	Fraser, Melissa.....1995-97	Hassin, Kathryn.....1977
Berndt, Danielle.....2009-10	Corcoran, Kelly.....NA	Freed, Jill.....1988-89	Hawes, Michelle.....1984-86
Betz, Anne.....NA	Costello, Beth.....1980		
Betz, Michelle.....1983	Crossett, Lisa.....1983-87		
Billman, Angela.....1992-93	Cullinan, Eve.....2001-03		
Blackstone, Kerri.....1996-99	Curry, Rachel.....2010		
Blossfeld, Suzanne.....1978-79	Dahl, Tracy.....1990-94		
Blum, Virginia.....NA	Damron, Leatha.....1985		
Boatright, Lakeya.....1998-99	Daniel, Megan.....1993-94		
Boddicker, Bev.....1978-80	Dankof, Sarah.....2002		
Boland, Erin.....1992-95	Darland, Sheila.....1994-95		
Borg, Becki.....1987-89	Davenport, Chris.....1981-83		
Bouska, Any.....1989-92	Davis, Diane.....1983		
Bradley, Cheryl.....1982	Davis, Eileen.....1978-79		
Brandt, Jan.....NA	Davis, Lynne.....1983-86		
Bray, Emily.....NA	Davis, Stephanie.....1988		
Brennen, Catherine.....1981	Davis, Vickie.....1986		
Brooks, Marta.....1979-80	Deldin, Patricia.....1982		
Broomfield, Erica.....1998	Deluca, Sarah C. Abel.....1979-81		
Brower, Jennifer.....1989-92	Dickerson, Cristy.....1981-82		
Brown, Leslie.....1989	Dinkla, Kristi.....1985-86		
Brown, Nicole.....1995-97	Dixon, Pamela.....1978		
Burgett, Sarah.....2004-07	Dixon, Tamara.....2001-02		
Burke, Jolly.....2007-09	Dlhy, Brittany.....2009-10		
Burnham, Vicki.....1978	Doak, Nan.....1981-85		
Burris, Anne.....1979	Dobrowolski, Anne.....1982-86		
Butler, Katie.....1999-2001	Docherty, Beverly.....1977-80		



Peaches Roach was a four-time all-American and five-time Big Ten Champion in the high jump (2004-07). She is the only Hawkeye to win five Big Ten titles in one event.

WOMEN'S ALL-TIME LETTERWINNERS

IOWA TRACK & FIELD

Hawks, Rachel.....2009
 Hawkins, Senta.....1985-88
 Hayden, Jenny.....1982-83
 Healy, Patty.....1982
 Heath, Maureen.....1977-80
 Hedlund, Laurie.....1977-78
 Hendricks, Tiffany.....2008-10
 Henize, Sarah.....2008
 Hensel, Angie.....2004-05
 Hentges, Leah.....1999-2000
 Heppner, Molly.....1983
 Herrmann, Katie.....2003-04
 Hershberger, Jodi.....1981-83, 1985
 Hill, Shelley.....NA
 Hinz, Kara.....2000-01
 Hoback, Katie.....2002

Hobbs, Yolanda.....1991-95
 Hoehle, Zanetta.....1978-81
 Hoeman, Cari.....1998-99
 Holly, Karen.....1981-83
 Holmes, Christa.....1990-92
 Holst, Mindy.....1991-92
 Hornof, Debbie.....1981-82
 Hoskins, Tami.....1988-92
 Hosmer, Rachel.....1990-92
 Houmiel, Tami.....1988-91
 Houtz, Janna.....1983-84
 Hovorka, Julia.....NA
 Huber, Keely.....2002-03
 Hull, Sherri.....1983, 1985-87
 Hume, Aisha.....2001-05
 Hyde, Leslie.....NA

Hynes, Mary.....1977
 Jackson, Jennifer.....1983
 Jackson, Kathy.....1982-83
 Jackson, Staci.....1989
 Jacobsen, Julie.....1977
 James, Aisha.....2003
 Jaspers, Janelle.....1986-89
 Joens, Angela.....NA
 Joens, Sara.....1986-89
 Johns, Jennifer.....NA
 Johnson, Jeanne.....1979
 Johnson, Jennifer.....1991-94
 Johnson, Nichole.....1991-93
 Johnson, Tiffany.....2004-07
 Jones, Aditya.....2005-07
 Jones, Elaine.....1982-85
 Jones, Patricia.....1989-91
 Jones, Peggy.....1978
 Jordan, Mariah.....2010
 Kasparbauer, Amy.....2001
 Kaufman, Dominique.....1995
 Kaza, Rebecca.....1995-99
 Kerr, Tammilee.....2005-08
 Kiciak, Jennifer.....1996-97
 Kilmer, Margaret.....NA
 Kintzel, Denise.....1977-78
 Kiraly, Tricia.....1986-89
 Kirgis, Lori.....1980
 Kleinfelter, Natalie.....1993-94
 Knight, Kristin.....2001-03
 Knoblauch, Mary.....1981
 Knox, Nancy.....1977
 Koch, Suzanne.....1982-83
 Kotarba, Christine.....2004-05
 Krekeler, Rebecca Ann.....1978-79
 Kreiner, Laura.....1989-92
 Kruckenberg, Jeanne.....1987-90
 Kruck, Kim.....1993-95
 Kruse, Renee.....1986-89
 Kubitz, Christine.....1996-97, 1999
 Kull, Carolyn.....1978-79
 Kull, Marcia.....1977-78
 Laesch, Jackie.....2010
 Lahann, Michelle.....2000-04
 Lambrecht, Carol.....1977-78
 Laney, Jordan.....2004-05, 2007
 Larson, Erica.....1978
 Layne, Karen.....1989-92
 Lessard, Megan.....2010
 Levang, Margo.....1998
 Leydens, Connie.....1980
 Linner, Michelle.....1979-80
 Lisy, Jennifer.....1992-93
 Lund, Yvonne Irene.....1979-80
 Lundquist, Lisa.....1978
 Lynberg, Michele.....1977-78
 Maki, Stephanie.....1982-84

Marchand, Racheal.....2005-09
 Marconi, Janelle.....1987-89
 Marks, Tricia.....1986-89
 Marshall, Kamesha.....2003-05
 Marshall, Sue.....1978
 Mashek, Lori.....1980-81
 Mason, Jacolyn.....1984
 Matsunaga, Stephanie.....1996
 Mattingly, Marianne.....1978-80
 Maurer, Megan.....1995-98
 McCalla, Lindsey.....2004-06
 McClure, Michaela.....1998
 McDougall, Elizabeth.....1989
 McDowell, Tina.....1991-94
 McGarahan, Kimberly.....1987-88
 McGuire, Margaret.....1989
 McGuire, Michelle.....1983
 McKenzie, Vivien.....1983-86
 McManus, Maureen.....1980
 McMillan, Lynn.....1986-88
 McReil, Amy.....1989-93
 Medenwaldt, Tiffany.....2010
 Melander, McKenzie.....2009-10
 Menson, Angela.....1982
 Merry, Ashley.....2005
 Mettelmann, Perriann.....1979
 Mikkelsen, Peggy.....1980
 Millange, Michele.....1976-77
 Miller, Missy.....2010
 Millward, Georgia.....2001-05
 Mims, Kelsey.....2009-10
 Mims, Monica.....2005-08
 Mims, Susan.....1977-80
 Mitchell, Elizabeth.....1978-79
 Moats, Lisa.....1986-87
 Mol, Mary.....1982-85
 Molony, Terry.....NA
 Moon, Jennifer.....2000
 Moore, Jackie.....1984
 Moore, Jennifer.....1987-89
 Moore, Jennifer S.....1991-93
 Moore, Raven.....2010
 Moreno, Susan.....1977-79
 Mugge, Jill.....1978
 Mumford, Suzanne.....1983-84
 Murphy, Amy.....1999-00
 Murray, Sara.....1993
 Neighbors, Jill.....1983
 Nelson, Major Sue.....1977-78
 Newbrough, Haley.....1997
 Newman, Ronda.....1977
 Nukuri, Diane.....2007-08
 O'Brien, Penny.....1981, 1983-85
 O'Hern, Erin.....2005-06, 2008
 O'Neil, Erin.....1981-82
 O'Leary, Jeann.....1976-79
 Orr, Davera.....1984-87

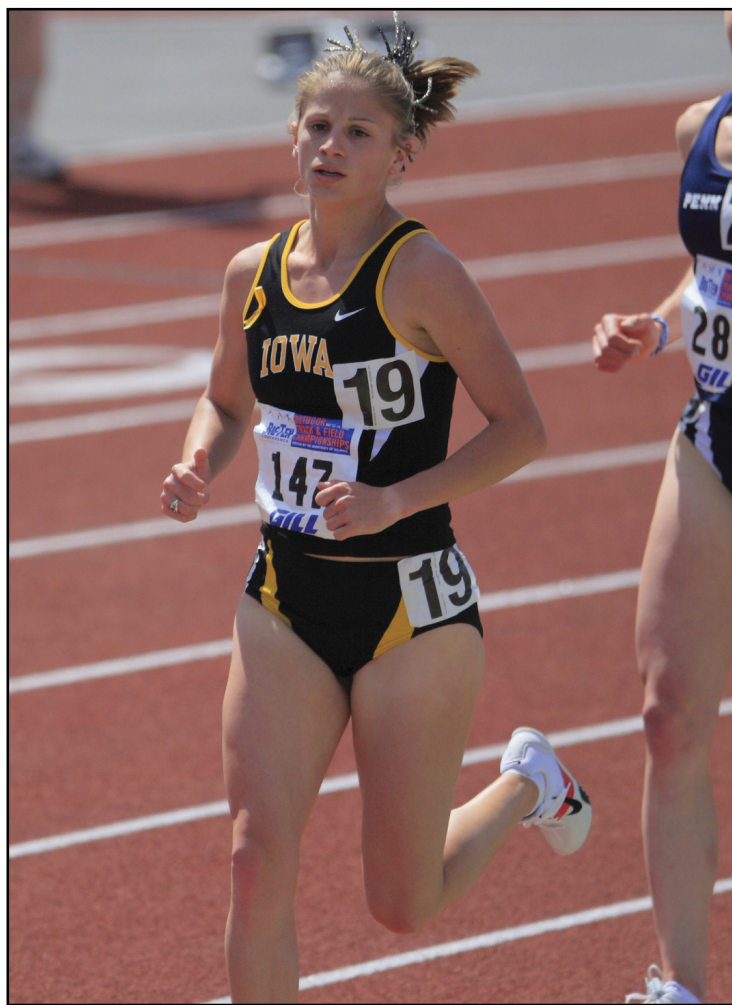


Diane Nukuri (2006-07) was a three-time all-American, two-time NCAA Midwest Region Cross Country Champion and Female Athlete of the Year and the 2008 Univeristy of Iowa Female Athlete of the Year. She set school records in eight events, and holds the Ashton Course marks in the 3,000 and 4,000 meters. She won the 2007 Big Ten cross country title, earning Big Ten Women's Cross Country Athlete of the Year honors. She also won the 2007 Drake Relays 5,000 meters. A 2007 Honda Sports Award finalist, she received the 2008 Wilma Rudolph award.

WOMEN'S ALL-TIME LETTERWINNERS

IOWA TRACK & FIELD

Otii, Helen..... 1993	Schnecko, Kim..... 1987-89	Tweto, Marjorie..... 1996	Welchel, Christie..... 1980-83
Owens, Maria..... 1999	Schneider, Ann..... 1980	Tyson, Adrienne..... 1998	White, Renee..... 2006-09
Pare, Anne..... 1996	Schoborg, Mickey..... 1984-86	Underwood, Tara..... 1995-98	Wiese, Suzanne..... 1983-84
Parker, Judy..... 1981-82	Schoonover, Jennifer..... 1994	Van Der Hart, Sheri..... 1990-93	Weismantle, Kristen..... 2010
Parmiter, Catherine..... 2000	Sears, Laura..... 1984-87	Vandersteen, Laura..... 1983	Wight, Jena..... 1983
Parsons, Jodi..... 1991-94	See, Maribeth..... 1983-86	Vandervoort, Martha..... 1991-94	Wiley, Sadie..... 1992-93
Paterno, Janey..... 1977	Selsor, Kristin..... 1982-85	VanSteenwyk, Lisa..... 1989-93	Williams, Julie..... 1979-81
Pauling, Kiersten..... 1994-96	Shannon, Gina..... 1998-2001	Vaughan, Jennifer..... 1983	Williams, Shellene..... 2003-04
Pearson, Laura..... 2005	Shearer, Anna..... 1999	Vesely, Trisha..... 1988-89	Wilson, Beth..... 1989
Pedersen, Tiff..... 2002-05	Sheeley, Erin..... 2005	Villhauer, Holly..... 1976-78	Winjum, Kristin..... 1982-85
Perkins, Tiffany..... 2002	Sheetz, Terri..... 1977	Vinton, Kimberly..... 1992-93	Winn, Nicole..... 1992-93
Perry, Sarah Spencer..... 2009	Simon, Clara..... 1981	Vitense, Mandi..... 1997-99	Winter, Catherine..... 1990-92
Peterson, Jodi..... 1989-93	Simpson, Alycia..... 1986-89	VonMuenster, Shannon..... 2002	Winter, Ester..... NA
Peth, Maria..... NA	Sims, Sharon..... 1977-78	Voss, Jamie..... 1992-93	Wodek, Janet..... 1984-87
Philip, Maria..... 1996	Slocum, Wendy..... NA	Watters, Kristen..... 1986-89	Woodard, Christann..... 1979
Pisha, Stephanie..... 1978	Smith, Gail..... 1982-85	Weber, Zanette..... 1981	Wymore, Sue..... 1978
Poncè, Sophia..... 2007-10	Snow, Kathy..... 1986-87	Weiland, Melissa..... 1987-88	Wynter, Kaydene..... 1996
Poole, Marlene..... 1991, 1993-95	Snow, Shari..... 1981	Westhoff, Sherry..... NA	Young, Deborah..... 1981-83
Powell, Beverly..... 1988-89	Sokol, Michelle..... 2002-03, 2005	Wheeler, Mary..... NA	
Powers, Mary..... 1983	Soldan, Terri..... 1981-83		
Praska, Bethany..... 2008-10	Spangler, Jenni..... 1982, 1984-86		
Prendergast, Colleen..... 1997-99, 2001	Sparks, Staci..... 1993-94		
Providence, Jiselle..... 2001-03	Spinks, Natalie..... 1983		
Quigley, Kristina..... 1999-2000	Sproles, Lakesha..... 1996-98		
Radakovich, Bobby..... 1992-94	Stanford, Kimberly..... 2008		
Raheem, Ruqayya..... 1996-99	Stanley, Shannon..... 2004-07		
Ranegar, Megan..... 2010	Stec, Tina..... 1991-94		
Redfern, Alana..... 2002-03	Steelhammer, Jill..... 1977-78		
Redies, Shelly..... 1984-86	Steffen, Sarah..... 2000-03		
Reid, Tanja..... 1994-95	Steinhart, Diane..... 1979-82		
Renning, Shani..... 1990, 1992-94	Steinhart, Laurie..... 1981		
Reynolds, Roxanne..... 1988	Stiffend, Latoya..... 2002-03, 2005		
Richardson, Holly..... 1977	Stippel, Lori..... 1979		
Riedl, Carrie..... 1978	Stormo, Kay..... 1979-82		
Rimpson, Michelle..... 1986	Strand, Jessie..... 2002-04		
Roach, Peaches..... 2004-07	Strobel, Belina..... 1981		
Roberts, Ericka..... 2000-03	Strub, Charlotte..... 1977		
Roberts, Rachelle..... 1987-89	Strueland, Kelsey..... 2010		
Roeder, Hannah..... 2008-10	Sullivan, Traci..... 1986-89		
Roehl, Becky..... 1994-97	Suppelsa, Sherri..... 1984-88		
Romic, Kimberly..... 1987-88	Swaim, Mandy..... 1997-98		
Rozycki, Laurie..... 1996	Swartzrock, Diane..... 1978-80		
Ruden, Lindsey..... 1994	Taylor, Barbara..... 1977		
Ruen, Paula..... 1996-99	Taylor, Davera..... 1984-87		
Ruffcorn, Ann..... 1999-2000	Taylor, Denise..... 1990, 1992-94		
Russo, Diane..... 1979-82	Teague, Kimberly..... NA		
Ryken, Karen..... 1977	Tessmer, Nancy..... 1989-92		
Salazar, Nina..... 1986-88	Thompson, Becca..... 2000-03		
Salsberry, Christine..... 1991-93	Thurber, Anne..... NA		
Sas, Kathryn..... 1983	Tillman, Catherine..... NA		
Sasseen, Dee..... 1986	Todd, Stephanie..... 1977-80		
Sasseen, D'an..... NA	Tremmel, Laura..... 1983		
Sather, Mari..... 1983	Tripp, Shawna..... 1990-92		
Scheibel, Jill..... 1996-99	Truedson, Katie..... 2010		
Schlueter, Janna..... 1983-84	Trusty, Rhonda-Kaye..... 2007-10		
Schmidt, Jessica..... 2005-08	Tully, Penny..... 1981-84		
Schmidt, Kristi..... 2000	Tutson, Majesty..... 2010		



Meghan Armstrong (2004-07) was a four-time all-American, four-time all-region and two-time Big Ten champion in cross country and track. The six-time academic all-Big Ten honoree was awarded Iowa's Big Ten Medal of Honor in 2008.

IOWA CROSS COUNTRY

Men's Team Roster

Name	Yr.	Hometown (Last School)
Sam Bailin	Jr.	Urbandale, IA (Valley HS)
Mark Battista	Sr.	New Lenox, IL (Lincoln Way Central HS)
Jon-Michael Brandt	Fr.	Winona, MN (Winona HS)
Sam Chaney	Fr.	Columbus Junction, IA (Columbus Junction HS)
Nick Holmes	So.	Peoria, IL (Limestone HS)
Chase Kadlec	Jr.	Wheaton, IL (North HS)
Brian Marchese	Sr.	Elmhurst, IL (College of DuPage)
James Paul	Jr.	Queenston, Canada (Sir Winston Churchill S.S.)
Cameron Rieger	So.	Mundelein, IL (Carmel Catholic HS)
Andrew Smith	Fr.	Elmhurst, IL (York HS)
Jeff Thode	So.	Schaumburg, IL (James B. Conant HS)
Nick Young	Fr.	Bettendorf, IA (Bettendorf HS)

Women's Team Roster

Name	Yr.	Hometown (Last School)
Nicole Benson	Jr.	Peoria, IL (Bradley)
Danielle Berndt	So.	Bloomington, MN (Kennedy HS)
Brittany Dlh	Jr.	West Branch, IA (West Branch HS)
Alissa Duffy	Jr.	West Des Moines, IA (Iowa State)
Brooke Eilers	Jr.	Holland, MI (Holland Christian HS)
Betsy Flood	Jr.	Des Moines, IA (Dowling HS)
Keelin Gorman	Fr.	Dublin, OH (Sciota HS)
Julia Gross	Fr.	Batavia, IL (Batavia)
Amanda Hardesty	Sr.	Valparaiso, IN (Valparaiso HS)
Lauren Hardesty	Sr.	Valparaiso, IN (Valparaiso HS)
Kelsey Hart	So.	West Branch, IA (West Branch HS)
Nia Hermansen	*Fr.	Minnetonka, MN (Minnetonka HS)
Kasey Krum	Fr.	Arlington Heights, IL (Prospect HS)
Susan Kuhl	Jr.	Beaman, IA (BCLUW HS)
Jackie Laesch	Jr.	Wheaton, IL (North HS)
Hannah Lubner	Fr.	Fayetteville, NY (Manlius HS)
McKenzie Melander	Jr.	Apple Valley, MN (Eastview HS)
Lena Placzek	Fr.	Poznan, Poland (St. Maria Magdalena)
Megan Ranegar	*Fr.	Valparaiso, IN (Valparaiso HS)
Katherin Rehn	Fr.	Western Springs, IL (Lyons Township HS)
Hannah Roeder	Gs.	Des Moines, IA (UCLA)
Mary Schleusner	Fr.	Rock Rapids, IA (Central Lyon HS)
Ashley Wink	So.	Waukee, IA (Waukee HS)

Men's Cross Country Team Quick Facts

2009 Big Ten Cross Country Championship Finish (Pts.):	6th (149)
2009 NCAA Regional Cross Country Finish (Pts.):	6th (170)
NCAA Qualifiers Returning/Lost	0/0
All-Region Returning/Lost:	2/1
All-Big Ten Honorees Returning/Lost:	0/1
Letterwinners Returning/Lost:	5/4

Men's Cross Country Historical Quick Facts

Highest Big Ten Championships Team Place (Yr.s):	1st (1961, 1966)
Highest NCAA Regional Team Place (Pts., Yr.):	1st (79, 2002)
Highest NCAA Championships Team Place (Yr.):	2nd (1955)
NCAA Champions:	1 - Deacon Jones, 1955
All-Americans:	5 student-athletes, 7 honors
NCAA Regional Champions:	1 - Micah VanDenend, 2006
All-Region Honorees:	18 student-athletes, 36 honors
Big Ten Champions:	6 student-athletes, 9 titles
All-Big Ten Honorees:	7 student-athletes, 9 honors
USTFCCCA All-Academic Team Members:	6 student-athletes, 6 honors
Academic All-Big Ten Honorees:	34 student-athletes, 78 honors

Women's Cross Country Team Quick Facts

2009 Big Ten Cross Country Finish (Points):	6th (150)
2009 NCAA Midwest Regional Finish (Points):	5th (160)
All-Region Returning/Lost:	1/0
All-Big Ten Honorees Returning/Lost:	0/0
Academic All-Big Ten Returning/Lost:	5/3
Letterwinners Returning/Lost:	8/4

Women's Cross Country Historical Information

Highest Big Ten Championships Team Place (Pts., Yr.):	1st (74, 1982)
Highest NCAA Regional Team Place (Pts., Yr.):	3rd (118, 2006; 111, 2007)
Highest NCAA District Champ's Team Place (Yr.):	2nd (1986, 1991)
Highest NCAA Championships Team Place (Pts., Yr.):	8th (249, 1982)
All-Americans:	10 student-athletes, 13 honors
NCAA Regional Champions:	2 student-athletes, 3 honors
All-Region Honorees:	8 student-athletes, 13 honors
Big Ten Champions:	2 - Tracy Dahl, 1992; Diane Nukuri, 2007
All-Big Ten Honorees:	11 student-athletes, 16 honors
USTFCCCA All-Academic Team Members:	3 student-athletes, 4 honors
Academic All-Big Ten Honorees:	61 student-athletes, 107 honors

IOWA CROSS COUNTRY

Hawkeye InviteSeptember 4 - Iowa City, IA
6,000 meters - 1st/2 teams

Place	Name	Time
1.	Jeff Thode	18:21.70
2.	Nick Holmes	18:30.56
3.	Sam Bailin	18:33.97
4.	Chase Kadlec	19:05.18
5.	James Paul	19:06.35
6.	Mark Battista	19:08.20
7.	Tommy Tate	19:16.79
9.	Jay Renaud	19:46.63
10.	Mike Marbach	19:51.39

Intercollegiate MeetSeptember 19 - Ames, IA
8,000 meters - 1st/10 teams

Place	Name	Time
1.	Jeff Thode	24:50
2.	Jesse Luciano	25:21
3.	Mark Battista	25:24
5.	Brendan Camplin	25:50
6.	Tommy Tate	26:09
7.	James Paul	26:18
9.	Nick Holmes	26:26
11.	Jay Renaud	26:31
13.	Chase Kadlec	26:42
16.	Brian Marchese	27:14
21.	Mike Marbach	27:23

Wisconsin Adidas InvitationalOctober 3 - Madison, WI
8,000 meters - 5th/13 teams

Place	Name	Time
2.	Jeff Thode	23:55
14.	Jesse Luciano	24:17
45.	Mark Battista	25:07
53.	Tommy Tate	25:20
62.	James Paul	25:28
64.	Chase Kadlec	25:30
74.	Jay Renaud	26:02

NCAA Pre-NationalsOctober 17 - Terre Haute, IN
8,000 meters - 16th/34 teams

Place	Name	Time
19.	Jeff Thode	24:15.9
68.	Jesse Luciano	24:51.0
87.	Mark Battista	25:02.5
115.	Tommy Tate	25:23.2
135.	James Paul	25:33.4
174.	Chase Kadlec	26:01.0
207.	Jay Renaud	26:31.4

Big Ten ChampionshipsNovember 1 - University Park, PA
5.2 Miles - 6th/10 teams

Place	Team	Points
1.	Wisconsin	26
2.	Ohio State	91
3.	Minnesota	97
4.	Indiana	106
5.	Michigan	117
6.	Iowa	149
7.	Illinois	166
8.	Michigan State	188
9.	Penn State	232
10.	Purdue	279

Individual Results

Place	Athlete	Time
13.	Jesse Luciano	25:42.6
17.	Jeff Thode	25:52.1
34.	Mark Battista	26:18.8
41.	Nick Holmes	26:37.5
50.	Brendan Camplin	26:53.6
55.	Tommy Tate	27:00.5
61.	James Paul	27:08.6
68.	Chase Kadlec	27:20.9
77.	Jay Renaud	27:50.0

NCAA Midwest RegionalNovember 14 - Springfield, MO
10,000 meters - 6th/25 teams

Place	Team	Points
1.	Oklahoma State	50
2.	Oklahoma	71
3.	Iowa State	109
4.	Minnesota	125
5.	Southern Illinois	160
6.	Iowa	170
7.	Tulsa	174
8.	Nebraska	248
9.	Kansas	252
10.	Illinois	278
11.	Missouri	302
12.	Illinois State	333
13.	South Dakota State	375
14.	Loyola (Illinois)	400
15.	Illinois-Chicago	452
16.	Wichita State	469
17.	DePaul	477
18.	North Dakota State	499
19.	Drake	504
20.	Kansas State	547
21.	Bradley	601
22.	Southeast Missouri	607
23.	Saint Louis	626
24.	Eastern Illinois	632
25.	Creighton	721

Individual Results

Place	Athlete	Time
21.	Jeff Thode	31:27.9
25.	Mark Battista	31:42.4
40.	Jesse Luciano	32:06.0
47.	Tommy Tate	32:23.8
49.	Nick Holmes	32:28.2
61.	Brendan Camplin	32:47.9
63.	James Paul	32:55.8

2009 Season Best Times

Athlete	6,000 Meters	8,000 Meters	5.2 Miles	10,000 Meters
Sam Bailin	18:33	---	---	---
Mark Battista	19:08	25:02	26:18	31:42
Brendan Camplin	---	25:50	26:53	32:47
Nick Holmes	18:30	26:26	26:37	32:28
Chase Kadlec	19:05	25:30	27:20	---
Jesse Luciano	---	24:17	25:42	32:06
Mike Marbach	19:51	27:16	---	---
Brian Marchese	---	26:38	---	---
James Paul	19:06	25:28	27:08	32:55
Jay Renaud	19:46	26:02	27:50	---
Tommy Tate	19:16	25:20	27:00	32:23
Jeff Thode	18:21	23:55	25:52	31:27

IOWA CROSS COUNTRY

Hawkeye Invite

September 4 - Iowa City, IA
3,000 meters - 1st/2 teams

Place	Name	Time
1.	Betsy Flood	10:20.25
2.	Amanda Hardesty	10:21.51
3.	Brooke Eilers	10:24.51
5.	Lindsay Anderson	10:36.73
6.	Megan Lessard	10:40.20
7.	Hannah Roeder	10:41.26
8.	Jennifer Docherty	10:42.34
9.	Fionna Fallon	10:44.61
10.	Lauren Hardesty	10:49.56
12.	Megan Ranegar	10:52.68
13.	Katie Ellis	10:55.08
14.	Jackie Laesch	11:03.18
17.	Kelsey Hart	11:12.54
18.	Alissa Duffy	11:21.11
22.	Susan Kuhl	11:32.02
23.	Kelsey Stueland	11:33.20

Iowa State Intercollegiate

September 19 - Ames, IA
5,000 meters - 5th/10 teams

Place	Name	Time
3.	Kelsey Hart	19:23
22.	Kelsey Stueland	20:04
23.	Jackie Laesch	20:11
27.	Susan Kuhl	20:23
31.	Sarah Boyd	20:32
65.	Jordan Williams	23:04

Wisconsin Adidas Invite

October 3 - Madison, WI
5,000 meters - 6th/12 teams

Place	Name	Time
10.	Brooke Eilers	17:03.2
29.	Megan Lessard	17:48.3
37.	Betsy Flood	17:52.6
42.	Lauren Hardesty	17:55.3
43.	Amanda Hardesty	17:58.1
47.	McKenzie Melander	18:07.3
57.	Fionna Fallon	18:13.1
68.	Hannah Roeder	18:20.7
76.	Lindsay Anderson	18:28.0
97.	Kelsey Hart	19:04.2
104.	Katie Ellis	19:23.2

NCAA Pre-Nationals

October 17 - Terre Haute, IN
6,000 meters - 8th/37 teams

Place	Name	Time
29.	Brooke Eilers	21:17.6
46.	Betsy Flood	21:33.4
65.	Amanda Hardesty	21:48.9
67.	Hannah Roeder	21:50.8
76.	Megan Lessard	21:53.7
90.	Lauren Hardesty	21:59.2

Big Ten Championships

November 1 - University Park, PA
6,000 meters - 6th/11 teams

Place	Team	Points
1.	Penn State	71
2.	Illinois	77
3.	Minnesota	80
4.	Michigan	122
5.	Michigan State	137
6.	Iowa	150
7.	Indiana	161
8.	Ohio State	164
9.	Purdue	204
10.	Wisconsin	254
11.	Northwestern	326

Individual Results

Place	Athlete	Time
26.	Betsy Flood	21:29
28.	Hannah Roeder	21:31
31.	Lauren Hardesty	21:32
32.	Brooke Eilers	21:34
33.	Amanda Hardesty	21:38
51.	Megan Lessard	22:14
55.	Lindsay Anderson	22:17

NCAA Midwest Regional

November 14 - Springfield, MO
6,000 Meters - 5th/22 teams

Place	Team	Points
1.	Minnesota	60
2.	Illinois	86
3.	Iowa State	106
4.	Nebraska	147
5.	Iowa	160
6.	Wichita State	200
7.	Missouri	202
8.	Tulsa	220
9.	Kansas State	222
10.	Kansas	247
11.	Bradley	325
12.	Missouri State	330
13.	Illinois State	332
14.	Northwestern	389
15.	Oral Roberts	407
16.	Drake	433
17.	DePaul	437
18.	South Dakota State	439
19.	Loyola-Illinois	473
20.	Creighton	583
21.	Saint Louis	593
22.	Illinois-Chicago	639

Individual Results

Place	Athlete	Time
13.	Brooke Eilers	21:14.3
35.	Amanda Hardesty	21:49.7
36.	Hannah Roeder	21:51.5
44.	Betsy Flood	21:57.5
45.	Lauren Hardesty	22:00.4
46.	Lindsay Anderson	22:00.6
55.	Megan Lessard	22:14.3

2009 Season Best Times

Athlete	3,000	5,000	6,000
Lindsay Anderson	10:36	18:28	22:00
Sarah Boyd	---	20:32	---
Jennie Docherty	10:42	---	---
Alissa Duffy	11:21	---	---
Brooke Eilers	10:24	17:30	21:14
Katie Ellis	10:55	19:23	---
Fionna Fallon	10:44	18:13	---
Betsy Flood	10:20	17:52	21:29
Amanda Hardesty	10:21	17:58	21:38
Lauren Hardesty	10:49	17:55	21:32

Athlete	3,000	5,000	6,000
Kelsey Hart	11:12	19:04	---
Susan Kuhl	11:32	20:23	---
Jackie Laesch	11:03	20:11	---
Megan Lessard	10:40	17:48	21:53
McKenzie Melander	---	18:07	---
Megan Ranegar	10:52	---	---
Hannah Roeder	10:41	18:20	21:31
Kelsey Stueland	11:33	20:04	---
Jordan Williams	---	23:04	---

IOWA CROSS COUNTRY

Men's Top 10 All-Time Best Performers**6,000 Meters**

1. Eric MacTaggart..... 18:182005 Hawkeye Invite
2. Jeff Thode..... 18:212009 Hawkeye Invite
3. Dan Haut 18:242005 Hawkeye Invite
4. Jeff Kent..... 18:272005 Hawkeye Invite
5. Nick Holmes 18:302009 Hawkeye Invite
6. Adam Roche..... 18:332005 Hawkeye Invite
Sam Bailin 18:332009 Hawkeye Invite
8. Jesse Luciano..... 18:402008 Hawkeye Invite
9. Tommy Tate 18:41at 2006 Early Bird Invite
10. Dan Trainor..... 18:42at 2002 N. Illinois Invite

8,000 Meters

1. Jesse Luciano..... 23:01at 2008 Auburn Invite
2. Micah VanDenend 23:39at 2006 Pre-Nationals
3. Eric MacTaggart..... 23:24at 2008 Auburn Invite
4. Sam Bailin 23:36at 2008 Auburn Invite
5. Tommy Tate 23:46at 2008 Auburn Invite
6. Mark Battista..... 23:48at 2008 Auburn Invite
7. Jeff Thode..... 23:55at 2009 Wisconsin Invite
8. Andy Napier..... 23:56at 2008 Auburn Invite
9. Brendan Camplin..... 24:01at 2008 Auburn Invite
10. Bruce MacTaggart 24:04at 2008 Auburn Invite

10,000 Meters

1. Matt Esche..... 30:10at 2002 NCAA Regional
2. Jesse Luciano..... 30:17at 2008 NCAA Champ's
3. Micah VanDenend 30:26at 2002 NCAA Regional
4. Kevin Herd..... 30:281993
5. Joe Welter..... 30:28at 2002 NCAA Regional
6. Tony Rakaric..... 30:31at 2002 NCAA Regional
7. Dan Haut 30:39at 2002 NCAA Regional
8. Alex Webster 30:40at 2006 NCAA Regional
9. Jared Pittman 30:481995
10. Stetson Steele 30:521995

Ashton Cross Country Course Records**Women's 3,000 Meters**

Diane Nukuri, Iowa - Hawkeye Open - 9/9/06 9:47

Women's 4,000 Meters

Diane Nukuri, Iowa - Hawkeye Open - 9/15/07 13:14

Women's 6,000 Meters

Danette Doetzel, Michigan St. - Big Ten Champ's - 10/31/04..... 20:33

Men's 6,000 Meters

Eric MacTaggart, Iowa - Hawkeye Invitational - 9/2/05 18:18

Men's 8,000 Meters

Simon Bairu, Wisconsin - Big Ten Champ's - 10/31/04 23:45

Men's 10,000 Meters

Antonio Vega, Minnesota - NCAA Regional - 11/12/05 30:52

Women's Top 10 All-Time Best Performers**3,000 Meters**

1. Diane Nukuri..... 9:472006 Hawkeye Open
2. Meghan Armstrong 10:012006 Hawkeye Open
3. Besty Flood 10:202009 Hawkeye Invite
4. Amanda Hardesty..... 10:212009 Hawkeye Invite
5. Brooke Eilers 10:242009 Hawkeye Invite
6. Shannon Stanley 10:252006 Hawkeye Open
Krista Anderson 10:252006 Hawkeye Open
Racheal Marchand 10:252008 Hawkeye Invite
9. Nikki Chapple 10:282004 Hawkeye Invite
10. Lindsay Anderson 10:362009 Hawkeye Invite

4,000 Meters

1. Diane Nukuri..... 13:142007 Hawkeye Open
2. Meghan Armstrong 13:472007 Hawkeye Open
3. Jolly Burke..... 14:032007 Hawkeye Open
4. Nikki Chapple 14:092004 Hawkeye Triangular
5. Krista Anderson 14:142007 Hawkeye Open
6. Jessica Schmidt 14:212007 Hawkeye Open
7. Lauren Hardesty..... 14:282007 Hawkeye Open
8. Shannon Stanley 14:322004 Hawkeye Triangular
9. Katie Donlon 14:34at 2001 Stanford Invite
10. Georgia Millward 14:36at 2001 Stanford Invite

5,000 Meters

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

6,000 Meters

1. Diane Nukuri..... 19:37at 2007 NCAA Regional
..... at 2007 Big Ten Champ's*
2. Racheal Marchand 19:54at 2008 NCAA Champ's
3. Meghan Armstrong 20:07at 2007 NCAA Regional
4. Jolly Burke..... 20:20at 2007 Big Ten Champ'
5. Nikki Chapple 21:04at 2004 NCAA Regional
6. Brooke Eilers 21:06at 2008 NCAA Pre-Nationals
7. Sarah Spencer Perry 21:12at 2008 NCAA Pre-Nationals
8. Jessica Schmidt 21:20at 2007 Big Ten Champ's
9. Betsy Flood 21:29at 2009 Big Ten Champ's
10. Hannah Roeder 21:31at 2009 NCAA Pre-Nationals

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

IOWA CROSS COUNTRY



Meghan
Armstrong



Jennifer
Brower



Tracy Dahl



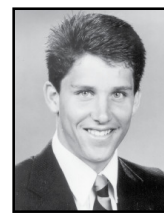
Nan Doak



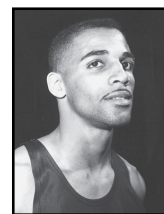
Renee Doyle



Rich Ferguson



Kevin Herd



Deacon Jones



Jeanne
Kruckeberg



Racheal
Marchand



Diane Nukuri



Stetson Steele



Micah
VanDenend



Ted Wheeler



Larry
Wieczorek

National, Regional & Big Ten Champions & Honorees

NCAA Champion

Deacon Jones 1957

Men's All-Americans

Kevin Herd 1992-93
Deacon Jones 1957
Stetson Steele 1998
Ted Wheeler 1952
Larry Wieczorek 1966-67

Women's All-Americans

Meghan Armstrong 2007
Jennifer Brower 1991
Tracy Dahl 1991-92
Nan Doak 1980, 1982-83
Renee Doyle 1986
Jeanne Kruckeberg 1990
Racheal Marchand 2006, 2008
Diane Nukuri 2006-07
Jenny Spangler 1983

Honda Sports Awards Nominee

Nan Doak 1983
Diane Nukuri 2007

Men's NCAA Regional Champion

Micah VanDenend 2006

Women's NCAA Regional Champion

Diane Nukuri 2006-07
Racheal Marchand 2008

Men's Regional Athlete of the Year

Micah VanDenend 2006

Women's Regional Athlete of the Year

Diane Nukuri 2006-07
Racheal Marchand 2008

Men's NCAA All-Region Team

Mark Battista 2009
Trent Corey 1997, 2001
Matt Esche 2002-05
Dan Haut 2002, 2004-05
Jesse Luciano 2007-08
Eric MacTaggart 2005-06, 2008
Nick Nordheim 1998-99, 2001
Jared Pittman 1997
Brian Rae 2003
Tony Rakaric 2002, 2004
Adam Roche 2004-05
Paul Sarris 1998-99
Chad Schwitters 1998
Reed Steele 1998
Stetson Steele 1997-98
Jeff Thode 2009
Micah VanDenend 2002, 2005-06
Joe Welter 2001-02

Women's NCAA All-Region Team

Sarah Arens 2003
Meghan Armstrong 2005-07
Jolly Burke 2007
Nikki Chapple 2004
Brooke Eilers 2009
Racheal Marchand 2005-06, 2008
Diane Nukuri 2006-07
Sarah Spencer Perry 2008

Men's Big Ten Champions

Rich Ferguson 1952-53
Jock Hunn 1926
Deacon Jones 1958
H.R. Phelps 1923-24
James Tucker 1961
Larry Wieczorek 1966-67

Women's Big Ten Champions

Tracy Dahl 1992
Diane Nukuri 2007

Women's Big Ten Athlete of the Year

Tracy Dahl 1992
Diane Nukuri 2007

Women's Big Ten Coach of the Year

Jerry Hassard 1989

Men's Big Ten Freshman of the Year

Jared Pittman 1993
Reed Steele 1998

IOWA CROSS COUNTRY

Men's All-Big Ten Honorees

Jesse Luciano.....	2008-09
Eric MacTaggart.....	2006
Brian Rae.....	2003
Tony Rakaric.....	2003
Chad Schwitters.....	1997
Stetson Steele.....	1996
Micah VanDenend.....	2004, 2006

Women's All-Big Ten Honorees

Meghan Armstrong.....	2006-07
Erin Boland.....	1994
Jennifer Brower.....	1991
Jolly Burke.....	2007
Tracy Dahl.....	1991-92
Renee Doyle.....	1986-88
Tami Hoskins.....	1989
Jennifer Johnson.....	1991
Jeanne Kruckeberg.....	1989
Racheal Marchand.....	2006, 2008
Diane Nukuri.....	2007

Men's Big Ten Athlete of the Month

Kevin Herd.....	September 1992
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Men's Big Ten Athlete of the Week

Trent Corey.....	Sept. 11, 2001
Matt Esche.....	Sept. 7, 2004
Jesse Luciano.....	Oct. 7, 2008
Eric MacTaggart.....	Sept. 6, 2005
Micah VanDenend.....	Sept. 17, 2002

Women's Big Ten Athlete of the Month

Tracy Dahl.....	September 1990
Tracy Dahl.....	October 1992
Tracy Dahl.....	November 1992

Women's Big Ten Athlete of the Week

Sarah Arens.....	Sept. 3, 2003
Meghan Armstrong.....	Sept. 6, 2005
Betsy Flood.....	Sept. 8, 2009
Racheal Marchand.....	Oct. 7, 2008
Diane Nukuri.....	Sept. 18, 2007
Diane Nukuri.....	Oct. 2, 2007
Diane Nukuri.....	Oct. 16, 2007

CoSIDA Academic All-American

Chad Schwitters.....	1997
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CoSIDA Academic All-District

Kevin Herd.....	1990, 1992-93
Stetson Steele.....	1996, 1998

Men's USTFCCA All-Academic

Dan Haut.....	2004
Kevin Herd.....	1993
Jesse Luciano.....	2007-08
Chad Schwitters.....	1998
Stetson Steele.....	1998

Women's USTFCCA All-Academic

Meghan Armstrong.....	2004-05
Sarah Arens.....	2004
Brooke Eilers.....	2009

Women's USTFCCA Academic Team

2003, 2004, 2005, 2006, 2007, 2008, 2009

Men's Big Ten Distinguished Scholar

Sam Bailin.....	2008
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Women's Big Ten Distinguished Scholar

Fionna Fallon.....	2008
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Men's Academic All-Big Ten

L.J. Albrecht.....	1988-90
Ravi B'Have.....	1994, 1996
Sam Bailin.....	2008
Mike Biderman.....	2001
Bill Branigan.....	1992
David Brown.....	1987-90
Brendan Camplin.....	2007-09
Trent Corey.....	2000-01
Matt Gerard.....	1992-94
Dan Haut.....	2002, 2004-05
Kevin Herd.....	1990, 1992-93
Alan Jackson.....	2005
Chase Kadlec.....	2009
Ben Lloyd.....	2002-03
Jesse Luciano.....	2007-09
Eric MacTaggart.....	2005-06, 2008
Steve Marshall.....	1991-93
Pete McDowell.....	1993-94
Sean Moeller.....	1998-99, 2001
Andy Morris.....	1997, 1999
Steve Morrissey.....	1990-91
Andy Napier.....	2005-08
James Paul.....	2008-09
Jared Pittman.....	1995-96
Tim Pleskac.....	1998-99
Jay Renaud.....	2007-09
Marc Roehl.....	1991-94
Paul Sarris.....	1997
Blake Schlotzhauer.....	2006
Chad Schwitters.....	1995-98
Stetson Steele.....	1996-98
Adam Thomas.....	2001
Andy Weise.....	1986
David White.....	1990-91

Women's Academic All-Big Ten

Krista Anderson.....	2006-07
Lindsay Anderson.....	2009
Sarah Arens.....	2000, 2002-03
Meghan Armstrong.....	2005-07
Atalie Barber.....	2001, 2003
Holly Barnes.....	1992
Briana Benning.....	1994-97

Women's Academic All-Big Ten (Con't)

Allison Billhardt.....	2005
Kerri Blackstone.....	1996
Jennifer Brower.....	1989-91
Jolly Burke.....	2007
Katie Butler.....	2000
Jenni Capista.....	2003-04
Megan Daniel.....	1994
Jennie Docherty.....	2006, 2009
Katie Donlon.....	2005
Brooke Eilers.....	2009
Katie Ellis.....	2007, 2009
Molly Esche.....	2005-07
Fionna Fallon.....	2008-09
Shawn Fleck.....	1995
Betsy Flood.....	2009
Alienor Gilchrist.....	1997
Kristin Haefke.....	1998
Rachel Hawks.....	2006-07
Jennifer Johnson.....	1991-93
Patricia Jones.....	1991
Jennifer Kiciak.....	1996-97
Tricia Kiraly.....	1988
Natalie Kleinfelter.....	1993-94
Christine Kotarba.....	2004, 2007
Jeanne Kruckeberg.....	1987-89
Kimberly Kruk.....	1994
Michelle Lahann.....	2000-02
Jennifer Lisy.....	1992
Amy McRell.....	1991-92
McKenzie Melander.....	2009
Georgia Millward.....	2001-03
Jennifer Moore.....	1987-89
Amy Murphy.....	1999
Sarah Murray.....	1993
Haley Newbrough.....	1997
Val Oltman.....	1999
Kiersten Pauling.....	1994-96
Ericka Roberts.....	2000-02
Hannah Roeder.....	2009
Janeth Salazar.....	1987
Christine Salsberry.....	1990-93
Jill Scheibel.....	1996
Jessica Schmidt.....	2007
Kristi Schmidt.....	1999
Kim Schneckloth.....	1986-89
Jennifer Schoonover.....	1994
Anna Shearer.....	1999-2000
Michelle Sokol.....	2002, 2004
Jenny Spangler.....	1985
Laura Spencer.....	2004
Shannon Stanley.....	2004
Tina Stec.....	1991-93
Sherri Suppelsa.....	1986
Jamie Voss.....	1992

IOWA CROSS COUNTRY

Albrecht, L.J..... 1988-90	Everingham, Will..... 1928	Jones, Douglas H. 1968	Lewis, H. Mount..... 1909-11
Albright, Robert..... 1941	Everman, Wayne 1954-55	Kadlec, Chase 2008-09	Lillwitz, Tim 1999-2000
Allen, Shaun 1998-01	Fanthouser, John..... 1942	Keatinge, Murray 1954-56	Lindeman, James 1977
Ashton, George C..... 1921-22	Fearing, Ken 1959-62	Keil, Richard L. 1941-42	Lister, Donald..... 1914-15
Ashton, James Ed 1962-63	Feeldy, Chad 1994-96	Keller, Keith 1947-48	Lloyd, Ben..... 2002-03
Ashton, William..... 1960	Ferguson, Richard 1951-55	Kelly, Thomas 1928-30	Loechel, Thomas 1970-73
Atkins, Bobby..... 1999-00	Ferree, Tom 1978-80	Kent, Jeff 2004-06	Lord, Richard 1943
Bailin, Sam 2007-08	Fischer, Gary W. 1960-63	Kitt, Roland 1966-69	Luciano, Jesse..... 2006-09
Baker, Lawrence..... 1961	Fishba, Ugh H. RI 1949	Knoedel, James J. 1970-71	Lyle, James 1936-38
Bakker, Mike 1994-95, 97-98	Flage, David 1933-34	Kramer, Larry..... 1961-64	Lyle, Ralph..... 1957-58
Barron, Ben 2003	Fletcher, Robert Ash 1956-59	Kruse, Arthur..... 1919-20	MacDonald, Peter..... 1964-66
Battista, Mark..... 2007-09	Foster, Richard 1922	Kurth, Steve..... 1995-97	MacTaggart, Bruce 2008
Bender, Arnold N. 1924	Frazier, Carl..... 1966-69	Labond, Curtis 1966-68	MacTaggart, Eric..... 2004-06, 2008
Benjerdas, T.D. 1920	Frazier, Harry 1956	Lainson, Bernard 1951	Maiden, Sydner 1945
Bentz, Robert LE 1943	Frazier, William 1961-65	Langer, Dave 1979	Mak, Leo..... 1913
Betz, Leighton A. 1959	Fritsch, Raymond 1940	Layne, Michael 1997-99	Marasco, Frank..... 1917-18
Biderman, Mike..... 2001	Fudge, Arthur..... 1951-54	Lewis, Bernard..... 1945	Marshall, Steve..... 1991-93
Brady, Frank H..... 1927-28	Furst, Don 1975-76		
Brandenberg, H. 1921	Gale, Sean..... 1992-94		
Branigan, Bill 1992	Gardner, Russell..... 1928		
Brown, David 1987, 1989-90	Gee, George..... 1916		
Brown, Keith Lav..... 1948-55	Gerard, Matthew..... 1992-94		
Brown, Ray Kenne..... 1979-81	Greenlee, Donald 1959-61		
Brubacher, Theod 1964-67	Greenlee, Ron 1965		
Burney, William..... 1944	Griffith, Ron 1965-68		
Bush, Warren L..... 1968	Griswold, Joe..... 1949		
Bye, Bill E. 1949	Hakes, Montague 1928		
Camplin, Brendan 2007-09	Hanson, Mark 1995		
Campisi, Leo A. 1932-34	Hartmann, H.W. 1915-16		
Carlson, Herman 1923	Hass, Edward 1934-35		
Carman, Kenneth 1949-50	Hassen, Galen..... 1951		
Clancy, Thomas R. 1974-78	Hausler, Leland..... 1916-17		
Clark, John Jay 1969-73	Haut, Dan 2001-02, 2004-05		
Clarke, Eric Lloyd 1957-58	Henderson, Robert 1933-34		
Clarke, George W. 1962-63	Herd, Kevin J. 1989-94		
Coffie, Harry E. 1927	Hermeier, Raymond..... 1957-59		
Collins, John 1949	Hermeier, Richard..... 1955-59		
Cook, Dale..... 1912	Hill, Jack L. 1957-60		
Copeland, Jack..... 1948-49	Hindt, William..... 1913-15		
Corey, Trent..... 1997-01	Hinrich, Joel H. 1940-41		
Criswell, John W. 1969-71	Holland, Stephen 1971-72		
Cue, John L. 1927	Hollatz, Troy..... 1993		
Cutler, Allan J..... 1942	Holmes, Nick 2009		
Davis, S. Jack..... 1949-51	Hotz, William..... 1906-08		
Delashmutt, Ed..... 1979-81	Hunn, Leonard E. 1925-28		
Donovan, James..... 1995	Hunter, William 1914-15		
Dotseth, Frank..... 1958-59	Hymon, W. Paul..... 1912-13		
Drew, John..... 1957	Ingram, Robert..... 2007		
Duggan, Earle..... 1949-52	Jackson, Alan 2005		
Dunsworth, Ira W. 1954-56	Jamison, Orlin..... 1916		
Eastland, Dave 1968-71	Jans, Paul A..... 1910-11		
Ebert, Leroy..... 1952-54	Jeffers, Clyde..... 1904-05		
Eckhardt, Gerald..... 1944	Jensen, Chris..... 2003		
Edwards, James 1978	Jensen, Richard..... 1968-70		
Esche, Matt..... 2002-05	Jones, Charles N, 1955-58		



Stetson Steele was a three-time all-American, two-time all-region and six-time academic all-Big Ten honoree in cross country and track from 1996-2000. He holds the school 10,000-meter record, and in 2000 he won the Drake Relays 5,000-meter title and was Iowa's Big Ten Medal of Honor winner.

IOWA CROSS COUNTRY

Mawe, William 1960	Murray, Jack A. 1944-45	Pratt, Raymond O. 1934, 36	Steinberg, Albert 1911
McCabe, Dennis 1969	Napier, Andy 2005-08	Presteman, Gregory 1978	Stevenson, Gerold 1941
McClanahan, Rich 1946-48	Naylor, Myrel 1930	Price, Bradley D. 1979-81	Stiller, Martin 1936
McDermott, Eric 2000	Nelson, Paul H. 1935	Prince, Earl S. 1942	Stone, Gerald L. 1950
McDowell, Peter 1993-94	Nelson, Robert 1936	Pristine, Leonard 1921	Sumner, M.L. 1912-13
McElroy, Robert 1933	Nie, Bruce 1988-89	Purvis, Donald L. 1936	Swift, Mark 1974
Melnick, Sidney 1934	Nordheim, Nick 1998-01	Rae, Brian 2002-05	Swisher, Michael 1972
Messer, Kenneth 1964-65	Novotny, David 1994-95	Rakaric, Tony 2001-04	Szabo, Steve 1966-68
Meyer, David 1941	Oxley, John R. 1946-47	Reid, Morrison 1971-72	Tate, Tommy 2006-09
Miller, Fred 1921	Paul, James 2008-09	Renaud, Jay 2007-09	Terbell, Floyd O. 1924
Mitvalsky, Richard 1932	Paul, Joe 1976-77	Rerko, Rodney 1992-95	Tice, Robert W. 1971
Moeller, Sean 1998-01	Payne, Arthur 1922-23	Reyes, William A. 1964-65	Thode, Jeff 2009
Moenck, Heath 2007	Pershing, Steve 1975-77	Ristine, Leonard 1920-21	Thomas, Adam 1998-01
Moldenhauer, Way 1954	Peters, Chris 1995	Roche, Adam 2003-05	Tiernan, Stephen 1964
Morch, Herbert O. 1951-53	Phelps, Harold R. 1923-25	Roehl, Mark 1991-93	Trainor, Dan 2001-03
Morris, Andy 1997-00	Pinkerton, Volne 1928	Roller, Robert J. 1970	Traphagen, Stephen 2002-03
Morrissey, Steve 1991-92	Pirkil, Jeff 1982-83, 85-86	Roseman, Garry 1990-93	Trimble, Bruce W. 1957-59
Murphy, W. H. 1944-45	Pittman, Jared 1994-98	Rosenberg, Norman 1931-32	Trimble, Ralph 1960-62
Murray, Harold H. 1920-21	Pleskac, Tim 1998-00	Santino, William 1974-76	Tucker, Jim 1959-61
		Sarris, Paul 1997-00	Tupper, Richard 1947-48
		Saur, Wayne 1974	Vack, George J. 1940
		Schlotzhauer, Blake 2005-06	Vanatta, Lyell 1930
		Schutman, Ben 2000	Vanderwilt, Robert 1943
		Schum, Robert L. 1969-71	VanDenend, Micah 2002, 2004-06
		Schwitters, Chad 1995-99	Vonahsen, Virgil 1950-52
		Seashore, Robert 1922	Walker, Leland C. 1963
		Shaw, Robert J. 1914	Webster, Alex 2005
		Sheets, Lawrence 1963-64	Welt, Donald 1941
		Sheldon, Jay A. 1972, 74-75	Welter, Joe 2000-02
		Sheldon, John H. 1922	Wheeler, Ted S. 1951-52, 55
		Sitko, John 1934	Wickey, Howard 1929-30
		Slater, Albert L. 1943-44	Wieczorek, Lawrence 1965-67
		Slingsby, Tim 1988-89	Wilkes, Quenten 1956
		Smith, N.E. 1912	Williams, Derrick 1963
		Snook, William H. 1949	Wisgerhof, Max V. 1934
		Speers, Maurice 1925-26	Workman, Robert 1941-42
		Stark, Maurie 1942	Wren, Richard T. 1946
		Steele, Ryan 1998-99	Zacher, Eugene R. 1922
		Steele, Stetson 1995-99	Zaruba, Arnold J. 1944
		Steffen, Mark A. 1970-72	



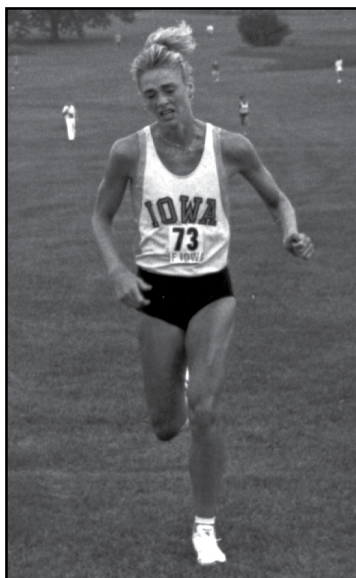
Micah VanDenend holds three school records and won the 2007 Big Ten 10,000-meter outdoor track title. He was the 2006 NCAA Midwest Regional Cross Country Meet Champion and Male Athlete of the Year. The four-time all-region honoree competed for Iowa from 2002-07.

IOWA CROSS COUNTRY

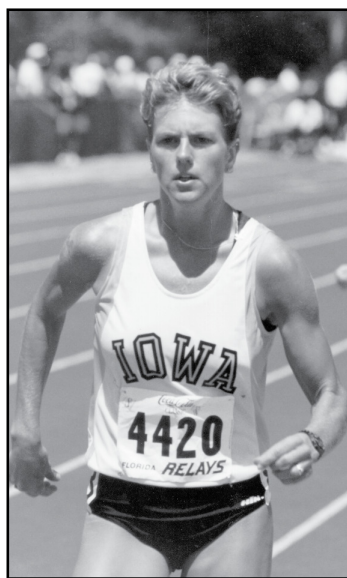
Anderson, Krista.....2006-07	Deluca, Sarah C. Abel.....1979-81	Hardesty, Amanda.....2007-09	McDowell, Tina.....1991-94
Anderson, Lindsay.....2008-09	Dixon, Pamela.....1978	Hardesty, Lauren.....2007-09	Melander, McKenzie.....2009
Andrews, Karen.....1978-80	Doak (Davis), Nan.....1980-84	Hart, Kelsey.....2009	Millward, Georgia.....2000-03
Arens, Sarah.....1999-2000, 2002-03	Dobrowolski, Anne.....1981-85	Hawks, Rachel.....2006	Mims, Susan.....1977-80
Armstrong, Meghan.....2004-07	Docherty, Beverly.....1977-80	Hedlund, Laurie.....1977-78	Mitchell, Elizabeth.....1978-79
Ballweg, Rachel.....1997	Docherty, Jennie.....2006, 2009	Hentges, Leah.....1999	Murphy, Amy.....1998-99
Barber, Atalie.....2000-03	Donlon, Katie.....2001-03	Hoehle, Zanetta.....1978-81	Murray, Megan.....1998
Benning, Briana.....1993-96	Doyle, Renee.....1985-88	Hoeman, Carissa.....1998	Nelson, Major Sue.....1977-78
Berndt, Danielle.....2008	Drapcho, Rosemary.....1978-81	Hoskins, Tami.....1987-91	Newbrough, Haley.....1996-97
Billhart, Allison.....2005	Dresselhaus, Ann.....1978-80	Johnson, Jennifer.....1990-93	Nukuri, Diane.....2006-07
Blossfeld, Suzanne.....1978-79	Drulis, Julie.....1997-98	Kiciak, Jennifer.....1995-96	Oltman, Valerie.....1998
Boddicker, Bev.....1977	Dunlop, Amy.....1977-79	Kintzel, Denise.....1977-78	Pare, Anne.....1996
Boland, Erin.....1991-94	Eilers, Brooke.....2008-09	Kleinfelter, Natalie.....1993-95	Pauling, Kiersten.....1993-96
Brower, Jennifer.....1988-91	Ellis, Katie.....2006-07, 2009	Kotarba, Christine.....2004, 2007	Pearson, Laura.....2004
Brown, Nicole.....1994-96	Esche, Molly.....2004-07	Krekeler, Rebecca Ann.....1978-79	Perry, Sarah Spencer.....2008
Burke, Jolly.....2006-07	Fallon, Fionna.....2008-09	Kruckeberg, Jeanne.....1987-89	Quigley, Kristina.....1999
Butler, Katie.....1999-00	Feltes, Teresa.....1977-78	Kruck, Kim.....1994	Roberts, Ericka.....1999-2002
Capista, Jenni.....2001, 2003-04	Fleck, Shawn.....1993-95	Kubitz, Christine.....1995-96, 1998	Roeder, Hannah.....2008-09
Chapple, Nikki.....2003-05	Flood, Betsy.....2008-09	Lahann, Michelle.....1999-2002	Roehl, Becky.....1994-97
Chow, Sophia.....2000	Flynn, Erin.....1978-82	Lambrech, Carol.....1977-78	Ruffcorn, Ann.....1999
Coleman, Becky.....1993-96	Freund, Kay.....1978-81	Lessard, Megan.....2009	Salazar, Nina.....1998
Connelly, Michelle.....1977	Gilchrist, Alienor.....1996-97	Lund, Yvonne Irene.....1979-80	Salsberry, Christine.....1991-93
Dahl, Tracy.....1989-92	Griffin, Maggie.....1996-99	Lynberg, Michele M. Dr.....1977-78	Schaefer, Chrissy.....2006
Daniel, Megan.....1993	Gripp, Sue.....1977	Marchand, Racheal.....2004-06, 2008	Scheibel, Jill.....1995-98
Davis, Eileen.....1978-79	Haefke, Kristen.....1997-98	Marshall, Sue.....1977	Schmidt, Jessica.....2004-07
	Hamilton, Jana.....1979-80		Schmidt, Kristi.....1998-99
			Schoonover, Jennifer.....1993
			Shearer, Anna.....1998
			Sims, Sharon.....1977-78
			Sokol, Michelle.....2001-02, 2004
			Spangler, Jenny.....1981-83
			Sparks, Staci.....1993
			Spencer, Laura.....2004
			Stanley, Shannon.....2003-06
			Stec, Tina.....1990-93
			Swartzrock, Diane.....1978-80
			Thompson, Becca.....1999-00, 2002
			Todd, Stephanie.....1977-80
			Vandervoort, Martha.....1991-94
			Vitense, Mandi.....1996-98
			Von Muenster, Shannon.....2001
			Williams, Julie.....1979-81



Nan Doak was Iowa's first cross country all-American, earning a total of three honors (1980, 1982-82).



Jennifer Brower was an all-American for the Hawkeyes in 1991. She also ran on the 1991 Iowa squad that posted a second-place finish at the NCAA district meet - its highest finish there in school history.



Tracy Dahl was Iowa's first Big Ten Cross Country Champion. The two-time all-American (1991-92) won the title and was named Big Ten Female Cross Country Athlete of the Year in 1992.

IOWA CROSS COUNTRY



Gary Barta

Director of Athletics

"Hope is not a strategy," is a common refrain of the University of Iowa's Gary Barta. So, as Barta enters his fifth year as the UI's director of intercollegiate athletics – and his 24th year in athletics administration – he does so diligently working a plan that contributed to historic success for the Iowa Hawkeyes in 2009-10 and is setting the stage for more of the same in the years ahead.

Competitively, two events stand alone at the top of the list of achievements by UI teams in 2009-10: Iowa's dominating victory over Georgia

Tech in the 2010 FedEx Orange Bowl and yet another national championship for the UI wrestling program.

The victory over the Yellow Jackets in Land Shark Stadium in Miami was Iowa's 11th of the college football season and its first in a Bowl Championship Series event since the Hawkeyes' victory over California in the 1959 Rose Bowl. It was the final chapter in a season that opened with a school-record nine straight victories by Kirk Ferentz's squad, a streak that electrified fans of the Hawkeyes and triggered another pilgrimage of fans of the team to their second BCS appearance under Ferentz.

Tom Brands' Iowa wrestling squad crowned three national champions and eight Hawkeyes earned all-America honors while leading the UI to its 23rd NCAA title in school history. The championship was the third straight under Brands and it came rather handily – Iowa finished 44.5 points ahead of its nearest competitor – and, as more often than not – after yet another Big Ten Conference championship.

As inspiring as the achievements of Iowa's football and wrestling teams were, they weren't the alone. Iowa's women's basketball team overcame a series of injuries to secure 20 victories, reach the championship game of the post-season Big Ten Tournament, and advance to NCAA Tournament play for the third straight year.

The Iowa men's golf team used a second place finish at the 2010 Big Ten Conference Championship to secure an at-large invitation to NCAA Regional play where it finished tied for sixth and just one stroke shy of its second straight appearance in the national championship.

First-year coach Katie Dougherty guided the UI's women's tennis team to its first NCAA post-season action since 2006. The squad was powered by the nationally-ranked doubles team of Merel Beelen and Sonja Molnar.

The Iowa baseball team won seven of its last eight regular season league games to advance to the Big Ten Tournament when the Hawkeyes marched to the championship game for the first time since the 1983 season.

The Iowa men's track and field team advanced 32 athletes to NCAA post-season competition after a fourth-place finish by the men's squad at the Big Ten Championships. That finish was the Hawkeyes' best since 2006 and was sparked by three individual champions.

Barta and the UI Athletics Department also enjoyed historic success out of competition including, most notably, significant improvements to the facilities used by the more than 700 student-athletes who represent the UI in intercollegiate athletics competition.

In September 2009, the University of Iowa and the UI Athletics Department dedicated the \$7 million P. Sue Beckwith, M.D. Boathouse, a 20,000-square-foot facility built right on the bank of the Iowa River off of Dubuque Street in Terrill Mill Park.

In November 2009, the UI broke ground on a multi-million dollar addition and renovation of Carver-Hawkeye Arena, the 28-year-old competitive home of the Hawkeye men's and women's basketball, wrestling and volleyball programs. The Carver-Hawkeye Arena Revitalization Project will greatly improve the practice, strength training, and conditioning facilities for a myriad of sports programs in addition to providing new office space for the vast majority of Iowa's administrative and coaching staffs in addition to new locker room and support facilities for Iowa's men's and women's basketball, wrestling and volleyball teams.

In fall 2010, Barta will join the campus community in celebrating the opening of the \$69 million Campus Wellness and Recreation Center. The facility will provide unparalleled recreational opportunity for UI students, faculty and staff, and the greater Iowa City community in addition to being the new full-time home of the UI's men's and women's swimming and diving programs.

The UI also expects to break ground on an addition to the facilities used by the Iowa football program during the 2010-11 year. Funded entirely through private support, the project is an important next phase of the master facilities plan for Hawkeye football. The project will include the construction of a new indoor practice facility, upgraded and improved locker rooms, team rooms, strength and conditioning facilities, and spaces used for the day-to-day operation of the UI's football program. The construction of the Ron and Margaret Kenyon Outdoor Practice Facility – a facility envied by many collegiate programs and NFL franchises – and the \$89 million renovation of historic Kinnick Stadium were phases 1 and 2 of the master plan.

While Iowa continues to move the facilities it makes available to student-athletes forward, the UI's commitment to the academic piece of the student-athlete experience remains paramount – and successful.

According to information released annually by the NCAA, the graduation rate for student-athletes who enrolled at the University of Iowa in the fall of the 2002-03 academic year was 70 percent, six percentage points better than the national average and two points better than a year ago. The graduation rate for UI student-athletes was also four percentage points better than the rate for all UI students.

The football program at the UI – with a Graduation Success Rate of 74 – ranked second only to Cincinnati among the ten teams invited to participate in the five 2010 Bowl Championship Series events. Iowa also ranked third among the seven bowl-bound Big Ten Conference teams.

The UI's field hockey, softball and men's cross country teams were among the NCAA Division I intercollegiate athletics programs singled out by the NCAA for Academic Progress Reports (APR) in the top 10 percent of all teams in their specific sport. In fact, for the second straight year all 24 of Iowa's teams exceeded the NCAA's APR benchmark and compared favorably to their peers in the Big Ten and nationally.

Barta's involvement in the UI campus community extends well beyond intercollegiate athletics. He is a member of the cabinet comprised of vice presidents and other campus leaders that provides counsel to UI President Sally Mason.

Barta also represents the UI and the Hawkeyes at the conference and national level as well. During his first four years at the UI, he has participated in the creation and implementation of the Big Ten Network, the expansion of the Big Ten Conference and realignment of athletics conferences nationally, and the Big Ten's post-season bowl game agreements that go into effect this college football season.

Nationally, Barta remains active in the Division IA Athletics Directors Association, the National Association of College Directors of Athletics, and currently serves on the NCAA Football Committee Board of Directors.

As the director of athletics at the University of Wyoming for three years, seven different UW coaches were named Mountain West Conference Coach of the Year. He also spearheaded a fund-raising effort that netted the Cowboy athletics program \$11 million in private support and \$11 million in matching state fund.

As the senior associate athletics director at the University of Washington, he directed the "Campaign for the Student-Athlete," was a participant in the design, construction and/or renovation of several UW athletics facilities including Bank of America Arena and the Dempsey Indoor Practice Facility. In addition to almost doubling the amount of annual private support received by UW, Barta also managed the department's external affairs division, a task that included corporate sponsorship and radio contracts.

The roots of his development experience extend to his first two positions: director of athletics development and external relations at the University of Northern Iowa and director of development at his alma mater, North Dakota State University.

Barta earned a Bachelor of Science degree in mass communication and broadcast journalism from NDSU in 1987. He was an option quarterback for Bison football squads that won the Division II NCAA national championship in 1983, 1985 and 1986.

Barta, and his wife, Connie, have a son, Luke (12) and a daughter, Madison (10). He was born September 4, 1963, in Minneapolis, MN.

IOWA TRACK & FIELD

When student-athletes consider their future, they should consider prospects beyond athletics. A list of all University of Iowa alumni who have distinguished themselves professionally would be difficult to assemble and could never be complete. However, some are truly outstanding in their area of expertise.

Business

Leland C. Adams, Former president, Amoco Production Co.

John J. Balles, Former president, Federal Reserve Bank of San Francisco

Arthur A. Collins, Founder, Collins Radio (Rockwell Collins)

Kathleen A. Dore, Executive vice president and general manager, Bravo Television Network & the Independent Film Channel

John W. English, Former vice president and chief investment officer, Ford Foundation

H. John Hawkinson, Former president and director of funds, Kemper Financial Services Inc.

Richard O. Jacobson, President, Jacobson Warehouse Co.

Bill Krause, President, Krause Gentle Corp.

Richard Levitt, Chairman & CEO, Nellis Corporation

John Pappajohn, Venture capitalist, entrepreneur; President, Equity Dynamics, Inc.

Henry Tippie, Presiding director for Rollins, Inc.; Chairman of the Board, Dover Motorsports & Dover Downs Entertainment

Education

Joseph N. Crowley, President, University of Nevada at Reno and former NCAA president

R. Wayne Duke, Former commissioner, Big Ten Conference

E.F. Lindquist, Co-founder, American College Testing (ACT) Program

John B. McLendon, First black coach inducted into The Basketball Hall of Fame

Eddie Robinson, Legendary football coach, Grambling State University

Wilbur Schramm, International authority on communications and founder, Iowa Writers' Workshop

Richard Schultz, Executive Director, United States Olympic Committee; Former Executive Director, NCAA

James Van Allen, Space Physicist

Entertainment

Diablo Cody, Oscar Award winning writer of *Juno*

Simon Estes, International opera star

John Falsey, Executive producer of television's *Northern Exposure* & *I'll Fly Away*

Al Jarreau, Grammy Award-winning singer

Mark Johnson, Film producer and Oscar Award winner for *Rainman*

Alex Karras, former NFL All-Pro, Detroit Lions; actor, *Victor, Victoria*; *Blazing Saddles*; *Webster*

Barry Kemp, television producer, creator of the hit series *Coach*

Dave Keuning, guitarist, *The Killers*

Shirley Rich Krohn, Casting director for *Kramer vs. Kramer*, *Three Days of the Condor*, *Taps*, *Saturday Night Fever*

Richard Maibaum, Writer of James Bond motion picture scripts

Brandon Routh, Actor, *Superman Returns*

Gene Wilder, Actor, *Silver Streak*, *Young Frankenstein*, *Stir Crazy*

Government

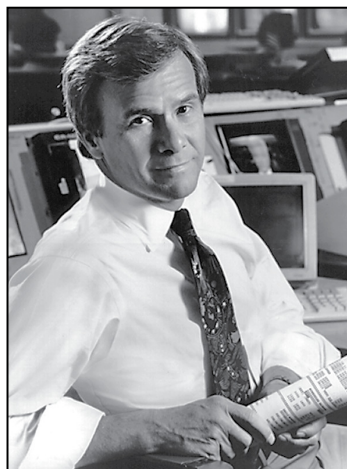
David Bonior, U.S. House of Representatives, Mt. Clemons, MI

Terry Branstad, former Governor of Iowa

General Charles A. Horner, Architect of the US air war against Iraq during the Persian Gulf War/Desert Storm

Mary Louise Smith, noted political party leader and civil rights proponent

Juanita Kidd Stout, First black woman elected to a state Supreme Court



Tom Brokaw
NBC News



Mark Shapiro
Former ESPN Vice-President

Literature

Mildred Wirt Benson, Author of 23 Nancy Drew mysteries and first woman to receive master's degree in journalism at Iowa

John Irving, Writer, *The World According to Garp*, *The Cider House Rules*

W.P. Kinsella, Writer, *Shoeless Joe*

Margaret Walker, Writer, *Jubilee*

Media

Alan Abelson, Editor, *Barron's*

Tom Brokaw, Former Anchorman, *NBC News*

John Cochran, Correspondent, *ABC News*

Paul Conrad, Political cartoonist and three-time winner of the Pulitzer Prize

Wayne Drehs, General Assignment Writer, *ESPN.com*

George Gallup, Founder, The Gallup Poll

Charles Guggenheim, Documentary filmmaker, Peabody and Oscar award winner

Bob Miller, Broadcaster, Los Angeles Kings

Herbert Nipson, Executive Editor, *Ebony*

Brian Ross, Correspondent, *ABC News*, *NBC News*; Peabody and Emmy award winner

Carole Simpson, Anchor, *ABC News*

Science and Medicine

Dr. Nancy Andreasen, Psychiatrist renowned for her research on schizophrenia, as well as creativity

Dr. Johann L. Ehrenhaft, Pioneer in field of open heart surgery

Dr. Robert C. Hardin, Developed blood bank protocols during WW II based on seminal work on blood preservation

Dr. Don H. O'Donoghue, sports medicine pioneer

James Van Allen, World famous physicist and discoverer of two radiation belts (the Van Allen Belts) that surround the earth.

Dr. Emory D. Warner, World recognized pathologist

Pulitzer Prize Winners

Marquis Childs, 1970, *St. Louis Post Dispatch*

Rita Dove, 1987, *Thomas and Beulah*; U.S. Poet Laureate

Jorie Graham, 1996, *The Dream of the Unified Field*; *New and Selected Poems*

J. Tracy Kidder, 1982, *The Soul of a New Machine*

James A. McPherson, 1978, *Elbow Room*

Jane Smiley, 1992, *A Thousand Acres*

Tennessee Williams, 1948, *A Streetcar Named Desire*; 1955, *Cat on a Hot Tin Roof*

IOWA CROSS COUNTRY

The UI Department of Athletics is under the direction of Gary Barta and is regarded as one of the top intercollegiate programs in the nation. Once again, the Hawkeyes enjoyed success both athletically and academically in 2009-10.

Thirty-seven Hawkeyes earned all-conference accolades, while 15 were recognized as all-Americans. Hawkeye student-athletes excelled in the classroom, as well with 178 earning academic all-Big Ten laurels. The graduation rate of Iowa's student-athletes has improved in each of the past 10 years and has consistently ranked above the graduation rate of all UI students.

Paced by its men's cross country and field hockey teams -- each with perfect APR scores of 1,000 for the second straight year -- all 24 of Iowa's intercollegiate athletics programs achieved at a rate that surpasses the national benchmark established by the NCAA. Iowa's men's tennis, women's golf, women's tennis and volleyball all ranked in the upper 90 percent of its peers.

The support of their efforts and attendance by Hawkeye fans ranks among the best across the country.

While the Hawkeyes compete with the best in the nation in a variety of sports, Iowa boasts some of the most impressive athletic facilities in the nation, operated by one of the most respected departments.

Several new projects are underway on the Iowa campus. Some of the latest additions to the UI campus include the completion of the new Campus Recreation and Wellness Center, which houses the swimming and diving teams, and the state-of-the-art \$7 rowing boathouse. In addition to the brand new swimming and rowing facilities, the Roy G. Karro Athletics Hall of Fame and Visitors Center, the Russell and Ann Gerdin Athletic Learning Center and the Hawkeye Tennis and Recreation Center completed construction in recent years. Furthermore, the UI is in the middle of a \$43 million Carver-Hawkeye Arena renovation project that is expected to be completed the summer of 2011.

Kinnick Stadium received a major up-grading and renovation that was completed just prior to the 2006 season. The \$89 million project included the replacing of the south end zone stands and building of a four-level press box that houses 47 guest suites. New scoreboards, video walls, concession stands and new rest rooms were also part of the project.

Iowa athletes have been recognized as all-Americans in their sport on 268 occasions during the past 18 years, including 15 this past season.



The 2010 Iowa Hawkeye wrestling team won its 23rd NCAA championship along with its 34th Big Ten title. Iowa crowned eight all-Americans en route to its third-straight national and league championships.



The Iowa women's basketball team finished runner-up at the Big Ten Tournament and advanced to the second round of the NCAA Tournament last season.

IOWA TRACK & FIELD



The Iowa football team boasted an 11-2 record a year ago, was ranked as high as fourth nationally, and recorded a dominating 24-14 Orange Bowl victory over Georgia Tech.

During the 2009-10 athletic year, the Hawkeyes continued their trend of success on the playing fields and in academic pursuits. Below are some examples of recent Hawkeye success.

The Hawkeye wrestling team continued its dominance on the mat claiming its 23rd and third-straight NCAA national championship and its 34th and third-straight Big Ten title. Ten Hawkeyes earned all-American laurels en route to the team championship. Tom Brands was tabbed Big Ten Coach of the Year, while Matt McDonough was honored as the league's top freshman.

Iowa football continued its stellar play, winning 11 of its 13 games in 2009, and earned a national ranking as high as fourth. The year culminated with a dominating 24-14 performance over Georgia Tech in the Orange Bowl. The return trip to Miami marked Iowa's sixth January bowl game in eight years. Kirk Ferentz was named Big Ten Coach of the Year, while Bryan Bulaga was honored as the conference's Offensive Lineman of the Year.

Iowa's field hockey team has won the Big Ten Tournament championship three of the last four years and finished third nationally, advancing all the way to the Final Four in 2008. A total of 39 Hawkeyes have garnered all-Big Ten accolades under Head Coach Tracey Griesbaum.

The Hawkeye baseball team surged last season, winning 11 of its last 14 games to finish third in the Big Ten and earn runner-up honors in the conference tournament. Three Hawkeyes and two incoming recruits were drafted in the Major League Draft following the season.

The women's basketball team had another outstanding season, finishing third in the league, earning runner-up honors at the Big Ten Tournament and advancing to the NCAA Second Round. Lisa Bluder, who was named Big Ten Coach of the Year for the third time, coached Kachine Alexander to honorable mention all-America status and Jamie Printy to Big Ten Freshman of the Year laurels.

Under first-year Head Coach Katie Dougherty, the women's tennis team ascended in the national rankings to 18th and earned a NCAA Tournament berth. Also, Iowa's doubles team of Sonja Molnar and Merel Beelen ranked 14th nationally competed in the national tournament at the end of the year. Molnar is a two-time all-Big Ten performer and was tabbed the league's Freshman of the Year in 2009.

Head Coach Mark Hankins continued to have his men's golfers play at a high level. The Hawkeyes finished second, only three strokes from first, at the Big Ten Championships and was only one stroke from advancing to its second-straight NCAA Championships when it placed sixth at Regionals this past spring.

The aforementioned list of team and individual accomplishments are just a sampling of the recent excellence achieved in Iowa City.

Whether it's the top-notch athletic or academic performances, the outstanding community and fan support or the impressive facilities, it's easy to understand why Iowa fans everywhere truly believe, "It's great to be a Hawkeye."

IOWA CROSS COUNTRY

Since its inception in 1979, Athletics Student Services has evolved from a two-person, academic support service to a broad-based, nationally prominent student support services operation. Its purpose is to offer academic and personal support services that will assist student-athletes in making timely progress toward their degrees while preparing to become tomorrow's leaders. Athletics Student Services focuses on four important areas - academic counseling and monitoring, educational and support programs, retention programs and compliance education and services - when working with student-athletes. Following are descriptions of some of the programs, services and opportunities available in those areas.

Gerdin Athletics Learning Center

The \$4.6 million Russell A. and Ann Gerdin Athletics Learning Center opened in August of 2003 and gives all Iowa student-athletes a state of the art facility to support their educational goals. The Athletics Learning Center is a 20,000 square foot facility which provides a computer lab, study lounges, seminar and meeting places for all Hawkeye student-athletes. The Learning Center features an auditorium that converts into two classrooms, separate study rooms for under and upper-class student-athletes with 28 study carrels, a computer lab, tutorial rooms, the book loan repository, offices for Iowa's Student Services staff and a display area to recognize the academic and athletic accomplishments of Iowa's student-athletes.

Academic Counseling & Monitoring

Athletics coordinators work closely with student-athletes and their university-assigned advisors from the time they arrive on campus until the time they leave the University. Along with focusing on academic planning matters such as goal-setting, plans of study, choosing majors and degree requirements, athletics coordinators also help student-athletes understand NCAA, Big Ten and University academic policies. They also solicit feedback from instructors on academic progress made by student-athletes.

Tutoring

Tutoring is available free of charge to all student-athletes. Tutors, who are graduate and professional students, current and former teachers, help with course content as well as study strategies and are available in virtually all general education program subjects.



The \$4.6 million Russell A. and Ann Gerdin Athletics Learning Center opened in August of 2003 and gives all Iowa student-athletes a state of the art facility to support their educational goals.

Career Guidance & Development

Planning a meaningful career and a fulfilling life is an ongoing process of expanding and narrowing choices, beginning when student-athletes arrive on campus and continuing throughout their college career and lifetime. The professional staff works with other career development professionals on campus to offer individual consultation, career development seminars, workshops, referrals to other campus offices and special events like the Senior Recognition Banquet for graduating student-athletes.

Educational Programs

A full menu of educational programs are offered to student-athletes to ensure their academic success and personal development as they grow from Today's Hawkeyes to Tomorrow's Leaders. Through collaboration with other University of Iowa student services offices, and in partnership with the NCAA CHAMPS/Life Skills Program, programs address such quality of life issues as alcohol safety, healthy lifestyles, tolerance and respect, career development, professional conduct and leadership development.

Retention

Through the retention program student-athletes, who may need tailored academic assistance and structure, are identified and receive individualized learning plans to help them succeed. Such plans may include daily and weekly planning sessions with athletics coordinators and retention staff, tutoring, study groups, mainstreaming into on-campus services like the writing center, math labs and services for students with learning disabilities.

Transition Seminar

All new student-athletes attend an eight-week transition seminar during the fall semester that is geared toward helping them make the transition from high school to college successfully. Seminar topics include time management skills, learning and study strategies, the culture and rules of the university and Division I Big Ten intercollegiate athletics, and personal leadership and life skills concerning alcohol safety, healthy relationships and intimacy, diversity and inclusion, tolerance, values and character.

IOWA TRACK & FIELD



Minority Enrichment Program

This program offers a culturally supportive environment in which minority student-athletes develop friendships and a support network in the university. A core focus group of students and staff coordinate programs such as guest speakers, holiday celebrations, community service activities with the local neighborhood centers, events with Cultural Centers and networking with minority faculty, staff, professional and business leaders.

Leadership Development through Iowa SAAC

Through the Iowa SAAC (Student-Athlete Advisory Committee), student-athlete representatives selected by their coaches and teammates represent the interests and concerns of their teams to Athletics Administrators. They meet regularly to plan community service, personal development, career education and social programs advised and supported by Athletics Student Services staff. They are consulted about emerging department policies and NCAA proposed legislation. SAAC representatives learn about and participate in the athletics governance structure by serving on department advisory committees.



Compliance Education and Services

Athletics Student Services administers a comprehensive compliance program to ensure that all staff and student-athletes act in accordance with NCAA, Big Ten Conference and University of Iowa regulations. Staff members oversee and assist with the recruiting of prospective student-athletes. They monitor the continuing eligibility of student-athletes. They oversee and administer student-athlete financial aid. They conduct rules education programs for coaches, staff, student-athletes and boosters. They monitor staff and student-athlete behavior to ensure conformity with the NCAA, Big Ten Conference, University of Iowa and Athletic Department policies and rules.



Compare the Numbers

Iowa's student-athletes have outperformed the University's entire student population each year since the NCAA started requiring a report of student-athlete graduation rates.

The Russell A. and Ann Gerdin Athletics Learning Center includes a large computer lab (middle left), as well as areas for group and independent study (top and bottom left).

IOWA CROSS COUNTRY

Athletic Training & Sports Medicine

Continuing to set the standard in athletic training and Sports Medicine Service, The University of Iowa provides the student-athlete with exemplary medical care. Athletic Training Services is the largest component of the University of Iowa Sports Medicine program. UI Sports Medicine is a multidisciplinary health-care team housed within the UI Sports Medicine Center, as part of University Hospitals & Clinics (UIHC), striving to provide exemplary everyday care all student-athletes. The team consists of Athletic Training, Orthopaedics, Primary Care, Physician Assistants, Radiology, Physical Therapy, and Nursing. In addition, Athletic Training Services connect student-athletes to UIHC resources and specialty areas. Iowa's staff of 12 full-time licensed athletic trainers and six graduate assistant licensed athletic trainers provide health care services within four athletic training rooms and ancillary facilities, involving injury rehabilitation and prevention programs among other health care services. When injuries and illness occur Iowa's athletic trainers provide treatment and rehabilitation programs to facilitate appropriate return to participation.

Services from the UIHC, among the world's largest university-owned teaching hospitals, support the efforts of the athletic trainers and other specialty sports medicine staff. Located next to Kinnick Stadium, the hospital offers a cutting-edge environment where staff physicians, sports medicine fellows, sports physical therapists, and athletic trainers care for student-athletes and

produce successful outcomes. Dedicated research and education result in outstanding care. During the fall of 2009 the Institute for Orthopaedics, Sports Medicine and Rehabilitation (IOSMR) will open to further enhance the care for student athletes and will house the UI Sports Medicine Center.

Athletic trainers form a team with orthopaedic and primary care physicians for every Hawkeye sport. Many of the physicians are fellowship trained in their specialty area and lecture locally, nationally, and around the world. In addition each athlete has access to orthodontists, nutritionists, psychologists, and specialty physicians at the UIHC. Priority access to see physicians and other health care professionals provides expertise for comprehensive health care that returns the student-athlete to practice and competition promptly and safely.

Recreation Building Athletic Training Room

The Recreation Building athletic training room is used by the Hawkeye baseball, men's and women's cross country, men's and women's track and field, and softball teams. It supports health care with modalities (moist hot packs, ultrasound, electrical stimulation, Hivamat, and TENS), Hydroworx polar and thermal plunge pools with therapy jets and massage hoses to aid in self administration of deep tissue massage, cardiovascular equipment (LeMond independent pedal bike with Power Cranks, the Keiser Functional Trainer, Pre-Cor Ellipticals and Adaptive Motion Trainer), and a private physicians office.



The Recreation Building athletic training room is equipped with modalities, Hydroworx polar and thermal plunge pools with therapy jets and massage hoses to aid in self administration of deep tissue massage, cardiovascular equipment and a private physicians office.

IOWA TRACK & FIELD

The Hawkeye Strength Training Program

The program is designed to develop strength, explosiveness, speed, coordination, balance and flexibility. All qualities are developed through progression of exercises in four phases of training: work capacity - ability to perform work for a prolonged time and recover quickly, strength - ability to exert force, power - ability to exert strength quickly, and speed - ability to move the body in shortest time possible.

The highest level of performance is achieved by training under close supervision, in a year-round program. Improvement is monitored closely through the newest and best technology. Electronic timing devices are used to measure sprints, while a microcomputer device is used to monitor peak velocity and power outputs in weight training movements. With this technological support, the athletes are constantly receiving immediate feedback on their development.

Strength & Conditioning Philosophy

The philosophy of this program consists mainly of two components. The first is to continually develop a scientifically sound program that will maximize strength, power and explosiveness in order to allow the athlete to get the utmost out of their genetic potential, and to reduce the chance of injury. This will primarily be accomplished through the use of ground based free weight exercises and the progressive incorporation of functional movements and plyometrics. The second is to establish a culture which will develop the discipline, character and mental toughness within each athlete and team as a whole so that they are able to make the sacrifices in their training, leave their comfort zone and develop a Championship ATTITUDE. This will encourage them to make the most out of every situation and opportunity given to them in athletics, so that they might know what it is to be fully committed to something in at least one area of their life. When these two converge, they are not only able to reach their full potential; they become champions on and off the playing field.



The 1,800-square foot Recreation Building strength training facility is equipped with eight Olympic platforms, squat racks, medicine balls, physio balls and over 10,000 pounds of free weights.

IOWA CROSS COUNTRY

An Exceptional Choice

Since 1847, The University of Iowa has distinguished itself as a leader among public universities. Today its programs in health, business, engineering, education, law, the arts, communications, and the sciences are known worldwide for their excellence and innovation.

Outstanding Academic Opportunities

Iowa offers degrees in 11 colleges: Business, Dentistry, Education, Engineering, Law, Liberal Arts and Sciences, Medicine, Nursing, Pharmacy, Public Health, and the Graduate College. Undergraduates can choose from more than 100 areas of study.

A Fun Place to Call Home

Iowa City is a classic university town where learning and creating truly matter. The city blends the vibrant University campus and the natural beauty of the Iowa River with nearby shopping, entertainment, and residential areas.

Commanding Resources

The University operates one of the largest research library systems in the country. Iowa equips its classrooms and laboratories with the latest in computer technology. Students benefit from this technology-rich environment coupled with the high personal attention of University faculty and staff. Visit the University's web site at www.uiowa.edu to about its multifaceted education, research and service programs.

More Than a Taste of the Arts

Although temporarily displaced from their buildings by a summer 2008 flood, Hancher Auditorium and the UI Museum of Art continue to offer performances, exhibits and special events in alternate venues. Premier works of art are displayed in most University buildings and plazas throughout campus. Students may participate in theater, music, and dance groups.

Time and Space to Play

Every year about 90 percent of Iowa's students make use of the University's recreational facilities. Each season offers a full schedule of intramural and club sports, ranging from rugby, tennis, and golf to volleyball, soccer, and swimming. Individual workouts are a part of many students' daily routines. Students also make use of campus walking and running trails, bikeways, ski trails, golf courses, and canoe and sailboat rentals to relax and enjoy leisure time.

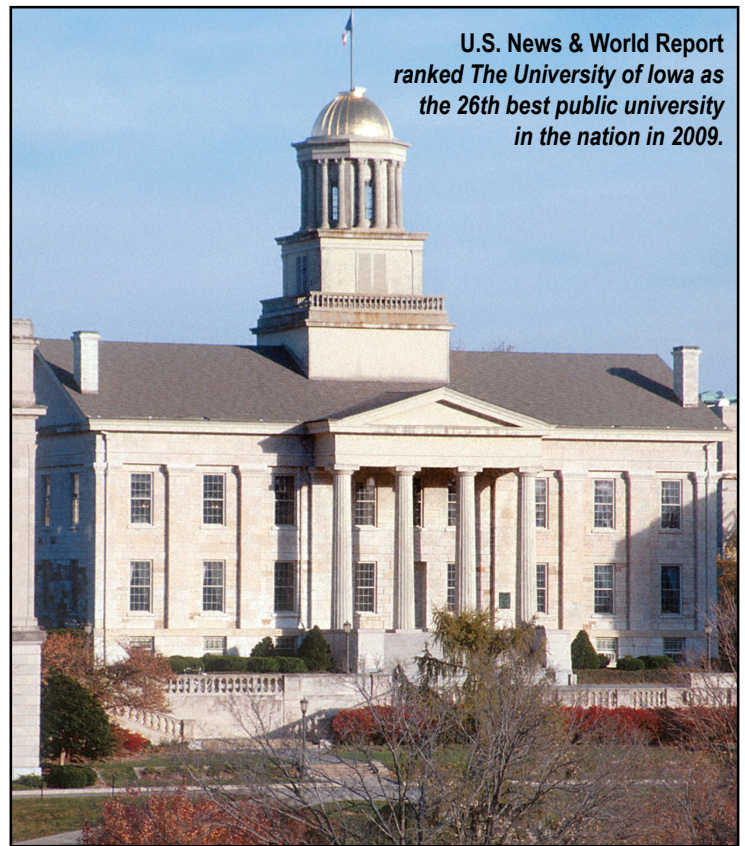
What Distinguishes an Iowa Education?

Success. Iowa's philosophy is that if students meet the entrance requirements, the University is going to do everything it can to help students to graduate. An Iowa degree spells success in the job market, giving students the skills to continue learning and growing throughout their careers.

Excellence. The faculty is stellar. Students are amazed not only at how much they know but at how enthused they are about sharing that knowledge and getting students excited about their subject.

Comfortable class sizes

Attending a large university does not necessarily mean having large class sizes. More than 30,000 students are enrolled at Iowa, but the UI has a student-to-faculty ratio of 15:1. Large lecture halls host a few of the most popular undergraduate courses, with several hundred students in attendance. However, most lectures are complemented by classroom discussions among smaller groups. Altogether, 92 percent of undergraduate classes have fewer than 50 students in them; 80 percent have fewer than 30 students. Less than 4 percent of undergraduate classes have more than 100 students in them.



U.S. News & World Report
ranked The University of Iowa as
the 26th best public university
in the nation in 2009.

Consider Iowa's Advantages

- According to the Fiske Guide to Colleges, the University of Iowa is a "Best Buy" for an outstanding, affordable education.
- Iowa celebrates diversity—the University attracts students from 100 countries and all 50 U.S. states.
- Iowa's students and faculty have an enthusiasm for learning and for having fun.
- Iowa is part of the Big Ten Conference, sharing academic and athletic traditions among a group of America's leading universities.
- Iowa's faculty members not only offer a full range of academic offerings for students, they actively engage in innovative research projects within their specialty areas.
- Students can easily travel a half day by car to a number of large American cities, including Chicago, Minneapolis/St. Paul, Kansas City, St. Louis, and Omaha.
- Iowa City holds a cosmopolitan charm all its own as a gathering place for the world's writers, for world-renowned artists, and for noted visiting lecturers.
- The University's 400+ student organizations include fraternities, sororities, and many professional and cultural societies.
- The University's career and placement services match students with companies for internships and other professional experiences throughout their education.
- The University's graduates excel in their careers, often holding leadership positions within their professions and communities.

IOWA TRACK & FIELD

The Colleges

Most freshmen who enroll at The University of Iowa are admitted to either the College of Liberal Arts and Sciences or the College of Engineering. The General Education Program allows students to sample courses in more than 100 areas of study. At Iowa, students are required to take electives, major courses, and general education course work.

Liberal Arts & Sciences

Undergraduate Degrees Offered - Bachelor of Arts (BA) and Science (BS) in 58 major fields; Bachelor of Fine Arts (BFA) in Music (BM) and of Liberal Studies (BLS). **Admission** - Freshmen and transfer students are to meet the college's admissions requirements.

Engineering

Undergraduate Degrees Offered - Bachelor of Science in Engineering (BSE) in six majors- biomedical, chemical, civil, electrical, industrial, and mechanical engineering. **Admission** - Students must meet the college's high admissions requirements.

Business

Undergraduate Degrees Offered - Bachelor of Business Administration (BBA) in six majors: accounting, economics, finance, management, management information systems, and marketing. **Admission** - Usually requires two years of pre-business study in the College of Liberal Arts and Sciences. Details at www.biz.uiowa.edu/upo/admissions/.

Education

Teacher Education Programs - Elementary Education, Art Education, English Education, Foreign Language Education, Mathematics Education, Music Education, Science Education, and Social Studies Education. Additional teaching minors in Coaching, ESL (English as a Second Language), Hearing Impaired, Journalism, and Talented and Gifted. **Admission** - Review all admission requirements and program guides at www.education.uiowa.edu/tess/

Nursing

Undergraduate Degrees Offered: Bachelor of Science in Nursing (BSN).

Admission: Students typically complete one year of pre-requisite courses in the College of Liberal Arts and Sciences and apply for admission during the second semester of the first year. The College of Nursing has competitive admission. The BSN requires three years of study once the student earns admission.

Pharmacy

Professional Degree Offered - Doctor of Pharmacy (PharmD).

Admission - Students must successfully complete required pre-pharmacy course work in the College of Liberal Arts and Sciences. These requirements may be met in two years but do not guarantee admission. Students must also complete the Pharmacy College Admission Test (PCAT).

Graduate and Professional Degrees

Many student-athletes who have attended The University of Iowa and completed their undergraduate degrees continue their education at the University. Student-athletes who attend graduate or professional school must first complete course work toward a bachelor's degree in their field of study. The University also offers undergraduates the opportunity to participate in research and overseas study programs, as well as internships that will help prepare them for graduate school.



The Tappan School of Management's MBA program was recently ranked 20th best in the country by Forbes magazine.

IOWA CROSS COUNTRY

Housing

Each athletics team has its own rules regarding residence of incoming freshmen. Across the University, about 90 percent of freshmen choose to live on campus in one of the 10 residence halls. Most student-athletes live at least two years on campus.

The residence halls have full-service dining rooms, study lounges, laundry facilities, recreational facilities, vending, and bank machines. Each room has high-speed computer connections for e-mail and Internet access, plus there are wireless networking hot spots in a variety of locations across campus. Iowa also offers wireless networking in 110 buildings and several outdoor areas, providing more than 2,000 access points across campus.

Safety

- 11:55 p.m. - 2:10 a.m.: Free SafeRide buses take students home Fridays and Saturdays during the fall and spring semesters.
- Public Safety offers Nite Ride, a safe means of late night transportation for women only. Nite Ride operates 10 p.m.-3 p.m. Thursday, Friday and Saturday.
- Special telephones with blue lights are stationed across campus with a direct link to the UI Department of Public Safety.
- University of Iowa Police personnel educate students on safety during summer orientation.
- The Rape Victim Advocacy Program cooperates with the UI Department of Public Safety and participates in Sexual Crime Awareness Week.

Campus

There are six primary bus routes throughout the Iowa campus. The University Campus provides over three million free rides to class and to the dorms for students each year. Some routes run seven days a week, and some run until 2:30 a.m. Campus also operates a specialized transportation service for persons with disabilities.

Health Services

The University of Iowa provides the student-athlete with the most up-to-date and highest-quality medical care available. Students at Iowa can go to Student Health Service, which is open Monday through Friday. The service is supported by a fee paid by all full-time students. It offers students unlimited free office visits (there is a charge for other procedures done in the office, such as blood tests).

Libraries

The University of Iowa Libraries supports the academic achievement of all student-athletes with specialized courses, one-on-one consultations with librarians, 24/7 access to electronic resources through the web site (www.lib.uiowa.edu), and extended hours, which can accommodate complicated practice and travel schedules. UI Librarians help students find answers, whether they're on a web site, in a book, journal, government document, or database. Librarians also plan and teach students how to find, evaluate, and use information from a variety of sources--skills they will use throughout their lives.



Career Planning

Finding and pursuing a career takes careful planning. The Pomerantz Career Center is extremely valuable for student-athletes and can help identify skills that transfer from athletics to the workplace. The program suggests a timeline each student-athlete may follow throughout his or her stay at Iowa. The components of the program include individualized career advising, career education programs, summer job/internship opportunities, resume and cover letter development and preparing for life after college athletics.

Computers

There are 26 Instructional Technology Centers all over the campus which are filled over 1,000 computers. These facilities are open at least 50 hours a week. Some are open 24 hours. Also, the Information Arcade in the Main Library provides a variety of specialized computing tools. The Computer Demo Center provides information for students who want to purchase computers and software.

Skills Labs & Support

Many academic departments offer skills labs to help students improve skills necessary to succeed at Iowa, such as writing, speaking, math, science, and foreign language. Assistance with skills such as note-taking, time-management, and test-taking are available through resources such as the College Transition Seminar (a credit-bearing course offered through University College), University Counseling Services, and Athletic Student Services staff.

Cultural Centers

Four cultural centers on campus provide a welcoming setting where students from various cultures can find cultural, academic, and personal support services: the Latino and Native American Cultural Center, the Afro American Cultural Center, the Asian Pacific American Cultural Center, and the Lesbian, Gay, Bisexual, and Transgender Resource and Education Center.

IOWA TRACK & FIELD

Iowa City is a diverse, highly cosmopolitan community of 60,000 set in the natural scenic beauty of Iowa's rolling hills and woods along the tree-lined banks of the Iowa River. Iowa City has all the art galleries, ethnic foods, historic architecture and vibrant atmosphere of a much larger city, but with the compactness and friendly feeling of a small town.

As a place to live, Iowa City keeps winning awards and accolades - Named one of the 10 most enlightened towns in the country by Utne Reader, listed in the book *The 100 Best Small Art Towns in America* and selected the number-one place to live in the nation by *Editor & Publisher* magazine.

Economically, businesses such as Rockwell Collins, American College Testing and Procter & Gamble help keep the city booming. In Coralville, a branch office of Geico Auto Insurance has provided many residents with employment opportunities.

Culturally, Iowa City is alive with concerts, art exhibits, readings, plays and art events of all kinds. Located on the University of Iowa campus, Hancher Auditorium is a nationally-known performance center that brings in the best of Broadway, classical and jazz music, dance and other performances. The University of Iowa Theatre Arts department also produces a full schedule of plays each year, featuring the work of student performers and directors. So whether you enjoy the arts as a spectator or as an outlet for your own creativity, Iowa City has the opportunities.

Residents of Iowa City are not only economically and culturally enriched, they also take advantage of the numerous recreational facilities offered around town. The area's more than 30 parks provide opportunities for year-round activities including boating, hiking, swimming, fishing and skiing.

The city's greatest charm, however, remains the sincere friendliness of its citizens, the cosmopolitan atmosphere and the successful partnership built between the community and the University.

Old Capitol

One of the most recognizable sites in Iowa City is the gold dome of the Old Capitol which is situated in the heart of downtown. Built in 1840, it is Iowa City's most historic building. The Old Capitol was the site of the first governor inauguration as well as the first six Iowa General Assemblies. It is also where the state's Constitution was drafted. When the capital was moved to Des Moines in 1857, the Old Capitol was dedicated to The University of Iowa, becoming the first building owned by the University.

Coralville Lake

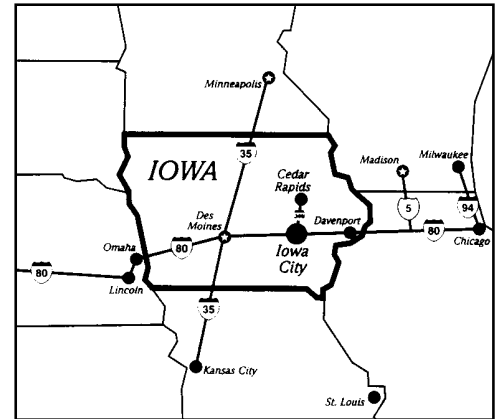
Just north of Iowa City is Coralville Lake, an outdoor recreational area that offers a variety of opportunities for the public. Coralville Lake offers picnic shelters, biking, hiking, fishing, boating, swimming, hunting, camping, snowmobiling, cross country skiing, golf and disc golf.

City Plaza

Located downtown and in walking distance of many of the University's dormitories is the City Plaza. It is a perfect place to sit outside and study or hang out with friends. During the fall, spring and summer months there are concerts and art festivals in the "Ped" Mall.

Coral Ridge Mall

The Coral Ridge Mall is a 1.2-million-square-foot shopping center located just minutes from campus. The center combines a mix of over 120 specialty shops and strong department stores including Dillards, JC Penney, Sears, Target and Younkers. Coral Ridge also offers entertainment features such as an NHL-regulation-sized indoor ice arena, state-of-the-art 10-screen movie theatre and a large carousel along with a 1,000-seat food court with sit-down restaurants. Specialty stores include Abercrombie & Fitch, Barnes & Noble, Gap, Old Navy, Scheels All Sports and Pier 1 Imports.



Iowa City is located in eastern Iowa and is an easy trip to such cities as Des Moines (the capital of Iowa), Chicago, St. Louis, Kansas City, and Minneapolis. Also, Cedar Rapids, a city of more than 150,000, is just a short drive north of Iowa City. The Eastern Iowa Airport, which links residents to every major airport in the Midwest, nation and world, is only 20 minutes away.

For More Information Contact:
Iowa City/Coralville
Convention & Visitors Bureau
900 First Avenue
Coralville 52241
319/337-6592 or 800/283-6592
www.iowacitycoralville.org



IOWA CROSS COUNTRY

The Hawkeye Nickname

The University of Iowa borrowed its athletic nickname from the state of Iowa many years ago. The name Hawkeye was originally the name of the hero in the fictional novel, *The Last of the Mohicans*, written by James Fenimore Cooper. Cooper had the Delaware Indians bestow the name on a white scout who lived with them.

In 1838, 12 years after the book was published, people in the territory of Iowa acquired the nickname, chiefly through the efforts of Judge David Rorer of Burlington and James Edwards of Fort Madison.

Edwards, editor of the Fort Madison Patriot, moved his paper to Burlington in 1843 and renamed it the Burlington Hawkeye. The two men continued their campaign to popularize the name, and territorial officials eventually gave it their formal approval.

Herky The Hawkeye

The Hawkeye nickname gained a tangible symbol in 1948 when a cartoon character, later to be named Herky the Hawkeye was hatched. The creator was Richard Spencer III, instructor of journalism at Iowa.

The impish Hawk was an immediate hit and acquired a name through a statewide contest staged by the athletic department. John Franklin, a Belle Plaine alumnus, was the man who suggested Herky.

Since his birth more than 45 years ago, Herky has symbolized Iowa athletics and epitomized University life. He even donned a military uniform during the Korean War and became the insignia of the 124th Fighter Squadron.

During the mid-1950s, Herky came to life at a football game as the Iowa mascot. Since that time, Herky has been a familiar figure at Iowa athletics events.

School Colors

For 40 years Iowa was without school colors, but in 1887 a group of 50 seniors met on the steps of the Old Capitol to decide what are now the school official colors. They chose Old Gold, the color of Iowa's vast corn fields and Black, the color of the rich soil.



School Fight Song

The Iowa Fight Song was written in 1950 by Mason City, Iowa, native Meredith Willson. Best known as the creator of Broadway's "The Music Man," Willson was awarded a 1963 University of Iowa Alumni Association Distinguished Service Award for "setting the spirit of Iowa to music." The lively cheer is sung hundreds of times during Iowa athletics events the year around.

*The word is Fight, Fight, Fight for IOWA
Let every loyal Iowan sing;*

*The word is Fight, Fight, Fight for IOWA
Until the walls and rafters ring (Go Hawks!)
Come on and cheer, cheer, cheer for IOWA
Come on and cheer until you hear the final gun.*

*The word is Fight, Fight, Fight for IOWA
Until the game is won.*



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