2021 IOWA CROSS COUNTRY SCHEDULE

<table>
<thead>
<tr>
<th>Date</th>
<th>Meet</th>
<th>Results</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 3</td>
<td>Hawkeye Invite</td>
<td>M: 1st / W: 3rd</td>
</tr>
<tr>
<td>Sept. 18</td>
<td>Dirksen-Greeno Invite</td>
<td>M: 3rd / W: 1st</td>
</tr>
<tr>
<td>Oct. 1</td>
<td>Gans Creek Classic</td>
<td>M: 5th / W: 3rd</td>
</tr>
<tr>
<td>Oct. 15</td>
<td>Bradley Pink Classic</td>
<td>M: 4th / W: 2nd</td>
</tr>
<tr>
<td>Oct. 29</td>
<td>Big Ten Championships</td>
<td>(University Park, Pa.)</td>
</tr>
<tr>
<td>Nov. 12</td>
<td>NCAA Midwest Regional</td>
<td>(Iowa City, Iowa)</td>
</tr>
<tr>
<td>Nov. 20</td>
<td>NCAA Championships</td>
<td>(Tallahassee, Fla.)</td>
</tr>
</tbody>
</table>

IN THE RANKINGS

The University of Iowa men’s cross country team is ranked No. 8 in the USTFCCCA Midwest Region Week Five poll, and the Hawkeye women head into the weekend ranked ninth in the region. Wisconsin sits atop the Big Ten men’s side as the nation’s 10th-ranked squad, and is joined in the top 30 by No. 15 Michigan and No. 29 Minnesota. Five Big Ten women’s teams occupy spots in the national top 30, led by Minnesota at No. 6.

LAST TIME OUT

Freshman Brooke McKee led the women to a runner-up finish, taking a 15th-place finish while setting a new PR (21:26.7). Junior Gabby Skopec (23rd; 21:34.9) and freshman Lauren McMahon (26th; 21:35.9) were next in for the Hawkeyes -- McMahon also ran a new personal-best 6K time. Skopec moved up 50 places from the first 2,000-meters to the finish. Senior Jessica McKee was fourth in for the Hawkeyes (35th; 21:44.7), setting a new PR — and senior Emma Gordon rounded out Iowa’s scoring (37th; 21:49.2). Freshman Miriam Sandeen and sophomore Kelli Tosis finished 40th and 49th as the sixth and seventh runners, and Sandeen recorded a new career best in her effort. Sophomore Nick Trattner was once again the leader for the men, finishing eighth in a time of 24:14.5 to guide Iowa to a fourth-place finish. Trattner has led the Hawkeyes for the first two races of the season (Jeff Thode in 2010). Thode is one of the most decorated Hawkeyes in history, recording two individual national championship appearances and one All-America honor in 2010, placing 30th. Trattner finished third at the Hawkeye Invite and sixth at the Dirkersen-Greeno Invite. Trattner added a ninth-place finish on Oct. 1 at the Gans Creek Classic, finishing behind senior teammate Noah Healy. Trattner led the Hawkeyes for the third time this season in Iowa’s last time out at the Bradley Pink Classic, finishing eighth to log his fourth top-10 finish in as many races.

HAWKEYES TO WATCH

- **Nick Trattner**
  - Four top-10 finishes
  - 8K PR: 24:14.5

- **Noah Healy**
  - Four top-20 finishes
  - 8K PR: 24:08.4

- **Emma Gordon**
  - Scored in all four races
  - 6K PR: 21:36.2

- **Brooke McKee**
  - Scored in all three races
  - 6K PR: 21:26.5

THIS WEEK

The University of Iowa men’s and women’s cross country teams return to action Friday at the 2021 Big Ten Championships at the Blue River Cross Country Course in University Park, Pennsylvania. The men’s 5.2-mile race will take place at 9:45 a.m. (CT), followed by the women’s 6K at 10:45 a.m.

HOW TO FOLLOW

Results are posted on the Iowa cross country Twitter account: @iowaXC_TF and online at hawkeyesports.com/tracklive.

2021 #B1GXC Live Results: bit.ly/2ZolXRU

FIGHT FOR IOWA
Senior Noah Healy is back for his fourth cross country season with the Hawkeyes. In 2019, Healy was Iowa’s second finisher at the Midwest Regional, running a collegiate-best 10K in 31:58. Healy started his 2021 campaign with a pair of top-eight finishes at the Hawkeye Invite and Dirksen-Greeno Invite, and finished fifth at the Gans Creek Classic on Oct. 1, setting a new 8K PR (24:08.4). Sophomore Nick Trattner finished second at the 2021 Hawkeye Invite on Sept. 3 to lead Iowa to a team win in the season opener, and has led the Hawkeyes in every race but one thanks to top-10 finishes in every race this season.

WOMEN’S TOP RUNNERS
Junior Gabby Skopec returns for her third cross country season at Iowa. At the Big Ten Championships in 2020, Skopec was the top finisher for the Hawkeyes (50th). Sophomore Kelli Totic finished 61st in the same race in 22:06 -- a freshman at the time, it was the first race of Totic’s career. Totic has been the team’s top finisher in three of four races this season, and led the Hawkeyes to a team win in Lincoln at the Dirksen-Greeno Invite. Brooke McKee has had an excellent freshman campaign, scoring in all three races she has competed, including a 15th-place finish to lead Iowa to a runner-up finish at the Bradley Pink Classic on Oct. 15. Senior Emma Gordon has also scored in all four races this season, and senior Jessica McKee has scored in both of her races this year.

HAWKEYE NEWCOMERS
The University of Iowa cross country team added 16 student-athletes to its 2021 roster. Six men join the Hawkeyes: Will Arbanas, Jack Gschwendtner, Isaac Hartman, Blake Hayden, Colin Hill and Yohana Yual. On the women’s side, the ten new Hawkeyes include Laney Fitzpatrick, Jaiden Iston, Kaitlin Knape, Lauren McMahon, Sarah Murphy, Miriam Sandeen, Lillian Schmidt, Chloe Skidmore, Sam Strauss, and Kathryn Vortherrms.

HAWKEYE STATE
Of the 30 women on Iowa’s roster, 21 hail from the Hawkeye State. Seven additional states, including Wisconsin (2), Illinois, Indiana, Michigan, Minnesota, Kansas, and Texas are represented, as well as Japan. On the men’s side, four of the 17 members are from Iowa. Illinois is represented by 7 student-athletes, while Wisconsin is the home of three. Seven additional states, including Wisconsin (2), Illinois, Indiana, Michigan, Minnesota, Kansas, and Texas are represented, as well as Japan. On the men’s side, four of the 17 members are from Iowa. Illinois is represented by 7 student-athletes, while Wisconsin is the home of three.

NEXT UP FOR THE HAWKEYES
The Hawkeyes return home to Iowa City to host the NCAA Midwest Regional at the Ashton Cross Country Course on Friday, Nov. 12, with racing set to gun at 11 a.m. (CT).

LINK UP WITH THE HAWKEYES
For an inside look at the Iowa cross country program and to access exclusive coverage, “like” The University of Iowa Cross Country and Track & Field Facebook page and follow the Hawks on Twitter (@IowaXC_TF) and Instagram (@iowaxctf).

2021 ROSTER

<table>
<thead>
<tr>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>Will Arbanas..................................</td>
<td>Amber Aeosop ..................................</td>
</tr>
<tr>
<td>Ian Geisler....................................</td>
<td>Logan Akason ...................................</td>
</tr>
<tr>
<td>Jack Gschwendtner.........................</td>
<td>Maddie Block ....................................</td>
</tr>
<tr>
<td>Isaac Hartman...............................</td>
<td>Alli Bookin-Nobsisch.........................</td>
</tr>
<tr>
<td>Blake Hayden...............................</td>
<td>Grace Bookin-Nobsisch.........................</td>
</tr>
<tr>
<td>Noah Healy....................................</td>
<td>Claire Edmonson ................................</td>
</tr>
<tr>
<td>Colin Hill....................................</td>
<td>Laney Fitzpatrick................................</td>
</tr>
<tr>
<td>Aidan King....................................</td>
<td>Bryce Gidel ....................................</td>
</tr>
<tr>
<td>Daniel Klysh..................................</td>
<td>Emma Gordon ....................................</td>
</tr>
<tr>
<td>Kelli Tosic...................................</td>
<td>Maggie Gutwein ................................</td>
</tr>
<tr>
<td>Kal Lewis......................................</td>
<td>Jaiden Iston ....................................</td>
</tr>
<tr>
<td>Max Murphy....................................</td>
<td>Mallory King ....................................</td>
</tr>
<tr>
<td>Jack Pendergrast.............................</td>
<td>Kaitlin Knape ..................................</td>
</tr>
<tr>
<td>Jeff Roberts..................................</td>
<td>Leah Kravetz ....................................</td>
</tr>
<tr>
<td>Konnor Sommer...............................</td>
<td>Brooke McKee ....................................</td>
</tr>
<tr>
<td>Nick Trattner...............................</td>
<td>Jessica McKee ..................................</td>
</tr>
<tr>
<td>Eli Ward......................................</td>
<td>Lauren McMahon .................................</td>
</tr>
<tr>
<td>Yohana Yual...................................</td>
<td>Katie Moore ....................................</td>
</tr>
<tr>
<td></td>
<td>Sarah Murphy ....................................</td>
</tr>
<tr>
<td></td>
<td>Clare Pitcher ...................................</td>
</tr>
<tr>
<td></td>
<td>Wren Renquist .................................</td>
</tr>
<tr>
<td></td>
<td>Abby Ryan .......................................</td>
</tr>
<tr>
<td></td>
<td>Miriam Sandeen .................................</td>
</tr>
<tr>
<td></td>
<td>Lillian Schmidt ...............................</td>
</tr>
<tr>
<td></td>
<td>Gabby Skopec ..................................</td>
</tr>
<tr>
<td></td>
<td>Sam Strauss .....................................</td>
</tr>
<tr>
<td></td>
<td>Kelli Totic ....................................</td>
</tr>
<tr>
<td></td>
<td>Ellie Tweed .....................................</td>
</tr>
<tr>
<td></td>
<td>Kathyrn Vortherrms.............................</td>
</tr>
</tbody>
</table>

Men

Women
- Mo.  - Iowa  - Iowa  - Iowa  - Iowa  - Iowa  - Iowa  - Iowa  - Iowa  - Iowa  - Iowa  - Iowa  - Iowa  - Iowa  - Iowa  - Iowa  - Iowa  - Iowa  - Iowa  - Iowa  - Iowa  - Iowa  - Iowa  - Iowa  - Iowa  - Iowa  - Iowa  - Iowa  - Iowa
Men’s Top 10 All-Time Best Performers

6,000 Meters
1. Ian Eklin .......... 18:10 ... 2017 Hawkeye Invite
2. Michael Melchert ... 18:12 ... 2016 Hawkeye Invite
3. Nathan Mylenek ... 18:16 ... 2019 Hawkeye Invite
4. Eric MacTaggart ... 18:18 ... 2005 Hawkeye Invite
5. Daniel Murphy ... 18:19 ... 2019 Hawkeye Invite
6. Jeff Thode ....... 18:21 ... 2009 Hawkeye Invite
7. Luke Sampson ...... 18:22 ... 2019 Hawkeye Invite
Nick Trattner ....... 18:22 ... 2021 Hawkeye Invite
9. Dan Haut .......... 18:24 ... 2005 Hawkeye Invite
10. Spencer Smith ... 18:25 ... 2019 Hawkeye Invite

8,000 Meters
1. Jesse Luciano ....... 23:01 ... at 2008 Auburn Invite
2. Micah VanDenend ... 23:39 ... at 2006 Pre-Nationals
3. Eric MacTaggart ... 23:24 ... at 2008 Auburn Invite
4. Jeff Thode .. ... 23:27 ... at 2010 Bradley Classic
5. Sam Bailin ....... 23:36 ... at 2008 Auburn Invite
6. Tommy Tate ....... 23:46 ... at 2008 Auburn Invite
7. Mark Battista ... 23:48 ... at 2008 Auburn Invite
8. Kevin Lewis ....... 23:52 ... at 2014 Big Ten Champ’s
9. Nathan Mylenek ... 23:53 ... at 2019 NCAA Pre-Nationals
10. Andy Napier ..... 23:56 ... at 2008 Auburn Invite

10,000 Meters
1. Nathan Mylenek ... 29:53 ... at 2017 NCAA Regional
2. Jeff Thode ...... 29:55 ... at 2010 NCAA Regional
3. Daniel Soto ....... 30:04 ... at 2017 NCAA Regional
4. Matt Esche ....... 30:10 ... at 2002 NCAA Regional
5. Jesse Luciano ... 30:17 ... at 2008 NCAA Champ’s
6. Micah VanDenend ... 30:26 ... at 2002 NCAA Regional
7. Kevin Herd ....... 30:28 ... 1993
8. Joe Welter ....... 30:28 ... at 2002 NCAA Regional
9. Brandon Cooley ... 30:29 ... at 2017 NCAA Regional
10. Tony Rakaric ... 30:31 ... at 2002 NCAA Regional

Women’s Top 10 All-Time Best Performers

3,000 Meters
1. Diane Nukuri ....... 9:47 ... 2006 Hawkeye Open
2. Meghan Armstrong ... 10:01 ... 2006 Hawkeye Open
3. Brooke Eilers ....... 10:15 ... 2010 Iowa Invite
4. Besty Flood ....... 10:18 ... 2010 Iowa Invite
5. Tess Wilberding ... 10:20 ... 2016 Hawkeye Invite
6. Amanda Hardesty ... 10:21 ... 2009 Hawkeye Invite
7. Lauren Hardesty ... 10:21 ... 2010 Hawkeye Invite
8. Madison Waymire ... 10:21 ... 2016 Hawkeye Invite
9. Kelsey Hart ....... 10:22 ... 2011 Iowa Invite
10. Shannon Stanley ... 10:25 ... 2006 Hawkeye Open

4,000 Meters
1. Diane Nukuri ....... 13:14 ... 2007 Hawkeye Open
2. Kayla Beattie ....... 13:41 ... 2012 Toledo Bubble Buster
3. Megan Ranegar ... 13:45 ... 2012 Toledo Bubble Buster
4. Meghan Armstrong ... 13:47 ... 2007 Hawkeye Open
5. Mareike Schrulle ... 13:47 ... 2012 Toledo Bubble Buster
6. Nicole Benson .. 13:52 ... 2012 Toledo Bubble Buster
7. Andrea Shine ... 13:58 ... 2017 Hawkeye Invite
8. Jolly Burke ....... 14:03 ... 2007 Hawkeye Open
9. Madison Waymire ... 14:03 ... 2017 Hawkeye Invite
10. Nikki Chapple ... 14:09 ... 2004 Hawkeye Triangular

5,000 Meters
1. Diane Nukuri ....... 15:55 ... at 2007 Auburn Invite
2. Racheal Marchand ... 16:15 ... at 2008 Auburn Invite
3. Meghan Armstrong ... 16:25 ... at 2007 Auburn Invite
4. Nan Doak ....... 16:31 ... at 1983 Big Ten Champ’s
5. Jolly Burke ....... 16:33 ... at 2007 Auburn Invite
6. Jenny Spangler ... 16:34 ... at 1983 Big Ten Champ’s
7. Renee Doyle ....... 16:41 ... at 1986 Purdue Invite
8. Tracy Dahl ....... 16:42 ... at 1991 Illinois St. Invite
9. Sarah Spencer Perry ... 16:50 ... at 2008 Auburn Invite
10. Brooke Eilers ... 16:53 ... at 2008 Auburn Invite

6,000 Meters
1. Diane Nukuri ....... 19:37 ... at 2007 NCAA Regional
2. Mareike Schrulle ... 19:43 ... at 2012 NCAA Champ’s
3. Racheal Marchand ... 19:54 ... at 2008 NCAA Champ’s
4. Meghan Armstrong ... 20:07 ... at 2007 NCAA Regional
5. Jolly Burke ....... 20:20 ... at 2007 Big Ten Champ’s
6. Betsy Flood ....... 20:22 ... at 2010 NCAA Regional
7. McKenzie Melander ... 20:41 ... at 2011 Big Ten Champ’s
8. Megan Ranegar ... 20:43 ... at 2012 NCAA Champ’s
9. Andrea Shine ....... 20:46 ... at 2017 NCAA Regional
10. Kayla Beattie ....... 20:54 ... at 2011 Wisconsin Invite

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
Leah O’Connor, Michigan St. - Big Ten Champs. - 11/2/14 ...... 19:26

Men’s 6,000 Meters
Festus Lagat, Iowa State - Hawkeye Invitational - 9/1/17 ...... 17:49

Men’s 8,000 Meters

Men’s 10,000 Meters
Antonio Vega, Minnesota - NCAA Regional - 11/12/05 ........ 30:52
2021 Men’s Team Results & Scorers

Sept. 3 | Hawkeye Invite | 6K | 1st Place | 35 points
2. Nick Trattner ............ 18:22.1
4. Noah Healy ............ 18:26.1
5. Jack Pendergast .... 18:46.7
10. Ian Geisler ............ 18:55.0
14. Kal Lewis ............ 19:07.4

Sept. 18 | Dirksen-Greeno Invite | 8K | 3rd Place | 87 points
6. Nick Trattner ............ 24:34.6
8. Noah Healy ............ 24:37.8
25. Kal Lewis ............ 25:34.1
26. Ian Geisler ............ 25:34.5
28. Jeff Roberts ............ 25:41.5

Oct. 1 | Gans Creek Classic | 8K | 5th Place | 138 points
5. Noah Healy ............ 24:08.4 (PR)
9. Nick Trattner ............ 24:14.6 (PR)
39. Jack Pendergast .... 24:57.7 (PR)
44. Kal Lewis ............ 24:57.3 (PR)
46. Jeff Roberts ............ 24:59.4 (PR)

Oct. 15 | Bradley Pink Classic | 8K | 4th Place | 151 points
8. Nick Trattner ............ 24:14.5 (PR)
19. Noah Healy ............ 24:33.5
29. Kal Lewis ............ 24:49.3 (PR)
33. Jack Pendergast .... 24:51.1 (PR)
62. Ian Geisler ............ 25:11.3 (PR)

2021 Women’s Team Results & Scorers

Sept. 3 | Hawkeye Invite | 4K | 3rd Place | 81 points
11. Kelli Tosic ............ 14:23.4
13. Gabby Skopec ............ 14:25.7
16. Lauren McMahon .... 14:33.3
19. Emma Gordon ............ 14:35.7
22. Miriam Sandeen ............ 14:38.8

Sept. 18 | Dirksen-Greeno Invite | 5K | 1st Place | 38 points
6. Kelli Tosic ............ 17:40.3
7. Emma Gordon ............ 17:40.8
8. Brooke McKee ............ 17:41.7
10. Lauren McMahon .... 17:42.8
12. Miriam Sandeen ............ 17:54.2

Oct. 1 | Gans Creek Classic | 6K | 3rd Place | 101 points
12. Kelli Tosic ............ 21:24.8 (PR)
20. Gabby Skopec ............ 21:34.0 (PR)
21. Brooke McKee ............ 21:35.6 (PR)
22. Emma Gordon ............ 21:36.2 (PR)
27. Jessica McKee ............ 21:45.9 (PR)

Oct. 15 | Bradley Pink Classic | 6K | 2nd Place | 136 points
15. Brooke McKee ............ 21:26.5 (PR)
23. Gabby Skopec ............ 21:34.9
26. Lauren McMahon .... 21:35.9 (PR)
35. Jessica McKee ............ 21:44.7 (PR)
37. Emma Gordon ............ 21:49.2