

UNIVERSITY OF IOWA TRACK & FIELD



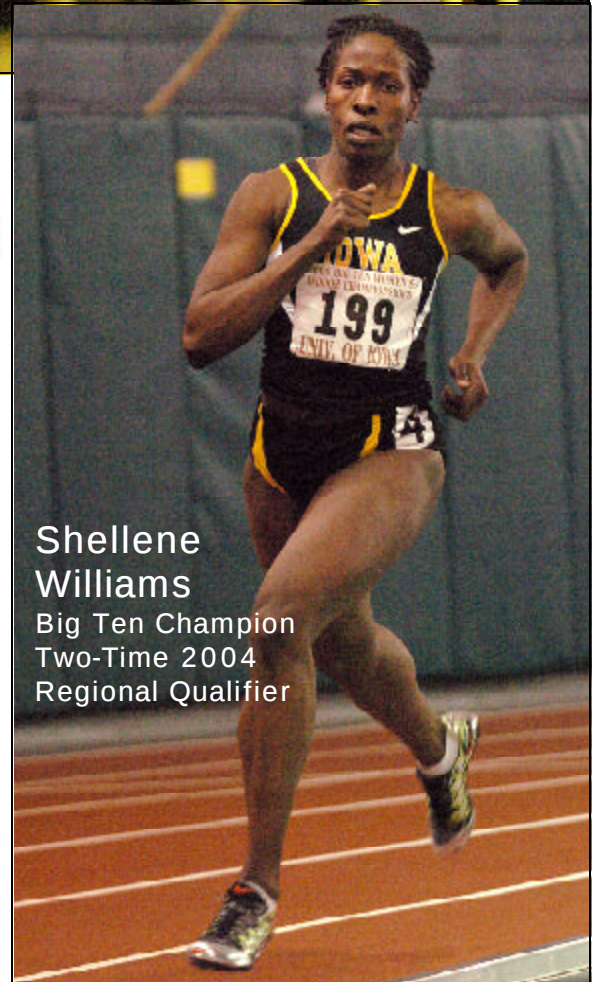
Michelle
Lahann
Two-Time 2004
Regional Qualifier



Russell Peterson
Two-Time 2004
Regional Qualifier



Brad Daufeldt
Two-Time 2004
Regional Qualifier



Shellene
Williams
Big Ten Champion
Two-Time 2004
Regional Qualifier

NCAA MIDWEST REGIONAL CHAMPIONSHIPS

ANDERSON TRACK & FIELD COMPLEX - COLLEGE STATION, TX - MAY 28-29, 2004

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



MEN'S CONTACT: TRACI WAGNER, WOMEN'S CONTACT: AARON BLAU

MAY 24, 2004

2004 MEN'S OUTDOOR SCHEDULE

M 26-27	at Stanford Invitational	0 champs
A 2-3	at Missouri Relays	2 champs
A 9-10	at Sea Ray Relays	0 champs
A 10	at Jim Duncan Invite	4 champs
A 17	at UNI Twilight	3 champs
A 21-24	at Drake Relays	1 champ
M 1	Musco Twilight VI	3rd/4 champs
M 14-16	at Big Ten Champ's 10th/0	champs
M 28-29 at NCAA Midwest Regional		
	<i>(College Station, TX)</i>	
J 9-12	at NCAA Championships	
	<i>(Austin, TX)</i>	

2004 MEN'S OUTDOOR SEASON BESTS

Running Events

100 Meters ...	Zach Digney	10.62
200 Meters ...	Zach Digney	21.29
400 Meters ...	Jason Nolting	48.66
800 Meters ...	Matt O'Hollearn	1:52.22
1,500 Meters	Tony Rakaric	3:56.73
3,000 Meters	Adam Roche	8:46.46
5,000 Meters	Matt Esche	^14:15.73
10,000 Meters	Matt Esche	30:08.82
110 Hurdles ..	Russell Peterson	14.85
400 Hurdles ..	Russell Peterson	^50.86
3,000 M SC ..	Dan Trainor	9:30.41

Relays

400-Meter Relay	40.88
<i>(Holloway, Digney, Strang, Peterson)</i>	
1,600-Meter Relay	^3:08.90
<i>(Nolting, Digney, Coleman, Peterson)</i>	
3,200-Meter Relay	7:35.10
<i>(Long, Tweedy, Dziubski, O'Hollearn)</i>	
Sprint Medley Relay	3:28.66
<i>(Leick, Long, O'Hollearn, Tweedy)</i>	

Field Events

Discus	Eric Rothwell	^179-7
Hammer	Brad Daufeldt	^207-10
Javelin	Joel Storm	^203-5
Shot Put	Ken Kemeny	^62-1 3/4

^ -- NCAA Mid-West Regional Qualifier

THIS WEEK -- The Iowa men's and women's track teams will send athletes who meet the qualifying standards to the 2004 NCAA Midwest Regional, Friday and Saturday in College Station, TX. All events will be held at Anderson Track and Field Complex on the Texas A&M University campus. All-session tickets are \$15 for adults and \$11 for youth, and are available from the athletic ticket office at 888-992-4443 or 979/845-2311, or online at www.aggieathletics.com. Events start at noon each day.

The Midwest region will feature 39 schools from Colorado, Iowa, Kansas, Minnesota, Montana, Nebraska, New Mexico, Oklahoma, Texas and Wyoming. The top five finishers in each individual event and the top three relays from each of the four regions will automatically advance to the NCAA Championships, to be held June 9-12 in Austin, TX. The other three regions are the West (40 men's teams, 42 women's teams), the Mideast (78 men's teams, 81 women's teams) and east (110 men's teams, 112 women's teams).

SCHEDULE OF EVENTS -- Following is the regional meet schedule of events:

Friday, May 28th

4 p.m.	Women's Pole Vault (P&F)
	Men's Hammer Throw (P&F)
4:30	Women's 1,500 Meters (P)
6:00	Men's Shot Put (P&F)
	Women's 400 Meters (P)
7:00	Women's 800 Meters (P)
7:30	Men's 400-Meter Hurdles (P)
8:00	Women's 200 Meters (P)
8:30	Men's 5,000 Meters (F)

P -- prelims, F -- finals

Saturday, May 29th

Noon	Women's High Jump (P&F)
	Men's Javelin (P&F)
3:00	Women's Javelin (P&F)
6:00	Men's Discus (P&F)
6:15	Women's 1,500 Meters (F)
6:50	Women's 400 Meters (F)
7:15	Women's 800 Meters (F)
7:30	Men's 400-Meter Hurdles (F)
7:45	Women's 200 Meters (P)
8:00	Women's Steeplechase (F)
9:00	Men's 1,600-Meter Relay (F)

2004 BIG TEN OUTDOOR REVIEW -- The Iowa men's and women's track teams placed 10th at the Big Ten Championships in West Lafayette, IN, May 14-16. The men's team scored 31 points, while the women's team scored 42. The women's team crowned two event champions, as senior **Shellene Williams** won the 400 meters and freshman **Peaches Roach** won the high jump. **Williams** became the third female student-athlete in school history to win four conference titles, as she won the 400 meters at the 2004 indoor and 2003 outdoor meets and ran on the champion 1,600-meter relay at the 2003 outdoor meet. **Roach** each Big Ten Outdoor Freshman of the Year honors. She is the only Hawkeye in school history to earn the honor during the outdoor season, and only the second competitor to earn it overall. Other top-three finishers were senior **Brad Daufeldt** (Hammer Throw - 2nd), junior **Tiff**

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HAWKEYE TRACK & FIELD



MEN'S CONTACT: TRACI WAGNER, WOMEN'S CONTACT: AARON BLAU

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2004 WOMEN'S OUTDOOR SCHEDULE

M 19-20 at Texas Southern Relays 3 champs
M 27 at Texas-Arlington Invite 1 champ
A 10 at Tom Botts Invite 4 champs
A 15-18 at Mt. SAC Relays 1 champ
A 17 at UNI Twilight 0 champs
A 22-24 at Drake Relays 1 champ
M 1 Musco Twilight VI 3rd/4 champs
M 14-16 at Big Ten Champ's 10th/2 champs
M 28-29 at NCAA Midwest Regional
(College Station, TX)
J 9-12 at NCAA Championships
(Austin, TX)

2004 WOMEN'S OUTDOOR SEASON BESTS

100 Meters Peaches Roach 11.80
200 Meters Shellene Williams ... ^*23.50
400 Meters Shellene Williams ^52.95
800 Meters Michelle Lahann ^2:06.79
1,500 Meters .. Michelle Lahann ^4:24.00
3,000 Meters .. Georgia Millward .. 10:33.12
5,000 Meters .. Sarah Arens 17:19.63
10,000 Meters . Nikki Chapple ^35:06.35
100 Hurdles Tiff Pedersen 14.26
400 Hurdles Katie Herrmann 1:06.13
3,000 SC Sarah Arens ^*10:34.50
400-Meter Relay 46.18
(McCalla, Roach, Johnson, Williams)
1,600-Meter Relay 3:44.24
(Hume, McCalla, Williams, Lahann)
3,200-Meter Relay 8:48.87
(Lahann, Stanley, Hume, Barber)
High Jump Peaches Roach ^5-11 1/4
Long Jump Tiff Pedersen 18-5 1/4
Triple Jump Tiffany Johnson 37-3
Pole Vault Jessie Strand 12-3 1/2
Shot Put Tiff Pedersen 37-7 1/4
Discus Erin O'Hern 106-1
Hammer Becca Franklin 137-5
Javelin Alana Redfern ^149-4
Hepthathlon Tiff Pedersen 4,976 pts.
-- school record, ^ -- regional qualifier,
* -- provisional qualifier

Pedersen (Hepthathlon - 3rd), senior **Eric Rothwell** (Discus - 3rd) and senior **Russell Peterson** (400-Meter Hurdles - 3rd).

NCAA REGIONAL QUALIFIERS -- The Hawkeyes have qualified 23 individuals in 16 individual events and one relay to the NCAA Midwest Regional Championships, which will be held May 28-29 in College Station, TX. Their events, qualifying marks and where they rank in the region and nation are listed below.

Men's Qualifiers

Name	Event	Mark	Region/Nation Rank
Andy Banse	Shot Put	55-10 1/4 (17.02 m)	21st/81st
Robby Beyer	Shot Put	54-1 (16.48 m)	27th/121st
Tim Brodersen	Discus	176-0 (53.66 m)	18th/47th
Juan Coleman	1,600-Meter Relay	3:08.90	19th/51st
Brad Daufeldt	Discus	176-6 (53.79 m)	17th/43rd
	Hammer Throw	207-10 (63.34 m)	5th/16th
Zach Digney	1,600-Meter Relay	3:08.90	19th/51st
Matt Esche	5,000 Meters	14:15.73	25th/96th
Adam Hamilton	Hammer Throw	206-7 (62.98 m)	6th/18th
Ken Kemeny	Shot Put	62-1 3/4 (18.94 m)	4th/14th
Tony Leick	400-Meter Hurdles	51.98	17th/61st
Shane Maier	Shot Put	55-2 1/4 (16.82 m)	23rd/90th
Jason Nolting	1,600-Meter Relay	3:08.90	19th/51st
Russell Peterson	400-Meter Hurdles	50.86	6th/18th
	1,600-Meter Relay	3:08.90	19th/51st
Eric Rothwell	Discus	179-7 (54.73 m)	13th/29th
Joel Storm	Javelin	203-5 (62.01 m)	17th/76th
Chris Voller	Hammer Throw	195-8 (59.64 m)	11th/45th

Women's Qualifiers

Name	Event	Mark	Region/Nation Rank
Sarah Arens	3,000 Steeplechase	10:34.50	4th/44th
Nikki Chapple	10,000 Meters^	35:06.35	6th/37th
Michelle Lahann	800 Meters	2:06.79	3rd/22nd
	1,500 Meters	4:24.00	5th/54th
Alana Redfern	Javelin	149-4 (45.52 m)	11th/49th
Peaches Roach	High Jump	5-11 1/4 (1.81 m)	6th/21st
Jessie Strand	Pole Vault	12-3 1/2 (3.75 m)	23rd/115th
Shellene Williams	200 Meters	23.50	11th/28th
	400 Meters	52.95	5th/23rd

^NCAA provisional qualifier

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2004 OUTDOOR SEASON BESTS

Men's 100 Meters (RQ -- 10.50, SR -- 10.25)

Zach Digney 10.62 ... at Missouri Relays 4/3/04
Warren Holloway . 10.89 ... at Big Ten Championships 5/15/04
Omar Isaacs 10.97 ... at Missouri Relays 4/3/04
Tom Hilaris 11.03 ... at UNI Twilight 4/17/04
Robert Beach 11.25 ... at Missouri Relays 4/3/04

Women's 100 Meters (RQ -- 11.78, SR -- 11.45)

Peaches Roach 11.80 . at TX-Arlington Relays ... 3/27/04
Jodi Ann Raymond 12.32 . at TX-Arlington Relays ... 3/27/04
Kyndra Middleton . 12.69 . at UNI Invitational 4/17/04

Men's 200 Meters (RQ -- 21.19, SR -- 20.47)

Zach Digney 21.29 ... at UNI Twilight 4/17/04
Juan Coleman 21.91 ... at UNI Twilight 4/17/04
Russell Peterson .. 21.98 ... at UNI Twilight 4/17/04
Robert Beach 22.33 ... Iowa Musco Twilight VI 5/1/04
Jason Nolting 22.44 ... at UNI Twilight 4/17/04
Ryan Strang 22.44 ... at UNI Twilight 4/17/04
Omar Isaacs 22.58 ... at Missouri Relays 4/3/04
Tom Hilaris 22.69 ... at UNI Twilight 4/17/04
Jason Wakenight . 22.75 ... at Jim Duncan Invitational 4/10/04
Tony Leick 23.22 ... at UNI Twilight 4/17/04

Women's 200 Meters (RQ -- 23.96, SR -- 23.59)

Shellene Williams .. 23.50* Iowa Musco Twilight VI ... 5/1/04
Tiff Pedersen 25.62# at Big Ten Championships 5/14/04
Angie Hensel 26.40# at Drake Relays 4/21/04
Kyndra Middleton . 26.49 . at UNI Invitational 4/17/04
Latoya Stiffend 26.18 . Iowa Musco Twilight VI ... 5/1/04

Men's 400 Meters (RQ -- 47.26, SR -- 44.99)

Jason Nolting 48.66 ... Iowa Musco Twilight VI 5/1/04
Ryan Strang 48.69 ... at UNI Twilight 4/17/04
Tony Leick 49.34 ... at UNI Twilight 4/17/04
Juan Coleman 49.79 ... Iowa Musco Twilight VI 5/1/04
Matt O'Hollearn .. 50.62 ... at Missouri Relays 4/3/04
Jason Wakenight . 50.66 ... at Jim Duncan Invitational 4/10/04

Women's 400 Meters (RQ -- 54.61, SR -- 52.65)

Shellene Williams .. 52.95* at Drake Relays 4/24/04
Lindsey McCalla ... 57.15 . at Tom Botts Invitational . 4/10/04
Aisha Hume 55.57 . Iowa Musco Twilight VI ... 5/1/04

Men's 800 Meters (RQ -- 1:50.62, SR-- 1:47.64)

Matt O'Hollearn 1:52.22 ... at Big Ten Championships 5/15/04
Josh Tweedy ... 1:53.95 ... Iowa Musco Twilight VI 5/1/04
Rob Long 1:54.55 ... at Sea Ray Relays 4/9/04
Dan Dziubski ... 1:54.73 ... Iowa Musco Twilight VI 5/1/04
Ben Lloyd 1:58.35 ... at Jim Duncan Invitational 4/10/04

Women's 800 Meters (RQ -- 2:10.29, SR -- 2:05.67)

Michelle Lahann . 2:06.79* at Drake Relays 4/23/04
Aisha Hume 2:11.27 . at Mt. SAC Relays 4/18/04
Shannon Stanley . 2:12.01 . at Big Ten Championships 5/15/04
Atalie Barber 2:13.62 . at Mt. SAC Relays 4/18/04
Sarah Arens 2:16.45 . at Texas Southern Relays 3/19/04
Michelle Sokol ... 2:21.21 . at TX-Arlington Relays ... 3/27/04
Tiff Pedersen 2:31.48# at Big Ten Championships 5/15/04
Angie Hensel 2:33.34# at Big Ten Championships 5/15/04

Men's 1,500 Meters (RQ -- 3:48.21, SR -- 3:44.01)

Tony Rakaric ... 3:56.73 ... at Missouri Relays 4/3/04
Matt Esche 3:57.45 ... Iowa Musco Twilight VI 5/1/04
Ben Barron 3:57.78 ... Iowa Musco Twilight VI 5/1/04
Ben Lloyd 4:00.06 ... at UNI Twilight 4/17/04
Adam Roche 4:03.33 ... at UNI Twilight 4/17/04
Brian Rae 4:05.83 ... at Missouri Relays 4/3/04
Dan Trainor 4:08.84 ... at UNI Twilight 4/17/04

Women's 1,500 Meters (RQ -- 4:29.12, SR -- 4:19.71)

Michelle Lahann . 4:24.00* at Mt. SAC Relays 4/18/04
Nikki Chapple 4:36.35 . at TX-Arlington Relays ... 3/27/04
Atalie Barber 4:49.31 . at Tom Botts Invitational . 4/10/04
Michelle Sokol ... 4:49.55 . Iowa Musco Twilight VI ... 5/1/04
Georgia Millward 4:56.41 . at Texas Southern Relays 3/19/04
Ashley Merry 4:53.34 . Iowa Musco Twilight VI ... 5/1/04
Jenni Capista 4:59.54 . at UNI Twilight 4/17/04

Men's 3,000 Meters

Adam Roche 8:46.46 ... at Jim Duncan Invitational 4/10/04
Chris Jensen 8:57.75 ... at Jim Duncan Invitational 4/10/04
Ben Barron 8:58.53 ... at Jim Duncan Invitational 4/10/04

Women's 3,000-Meters (SR -- 9:20.61)

Georgia Millward 10:33.12 at Texas Arlington-Relays 3/27/04

Men's 5,000 Meters (RQ -- 14:18.58, SR -- 13:56.0)

Matt Esche ... *14:15.73 ... at Stanford Invitational..... 3/27/04
Brian Rae 14:22.83 ... at Stanford Invitational..... 3/27/04
Dan Haut 14:42.58 ... Iowa Musco Twilight VI 5/1/04
Tony Rakaric .. 14:42.87 ... at Stanford Invitational..... 3/27/04
Adam Roche ... 14:52.54 ... Iowa Musco Twilight VI 5/1/04
Chris Jensen ... 15:25.20 ... at Missouri Relays 4/2/04
S. Traphagen .. 15:28.60 ... at Missouri Relays 4/2/04

Women's 5,000 Meters (RQ -- 16:56.43, SR -- 15:45.84)

Sarah Arens 17:19.63 . at Big Ten Championships 5/16/04
Nikki Chapple .. 17:21.78 . at Big Ten Championships 5/16/04
Georgia Millward 17:47.2 .. at Tom Botts Invitational . 4/10/04
Christine Kotarba 18:38.28 Iowa Musco Twilight VI ... 5/1/04
Jenni Capista 18:47.14 . Iowa Musco Twilight VI ... 5/1/04
Vanessa Menze . 19:13.17 . Iowa Musco Twilight VI ... 5/1/04



2004 OUTDOOR SEASON BESTS

Men's 10,000 (AQ-29:00.00, PQ-29:45.00, SR-28:44.47)

Matt Esche 30:08.82 ... at Big Ten Championships 5/14/04
 Tony Rakaric .. 30:58.59 ... at Big Ten Championships 5/14/04
 Dan Haut 31:03.98 ... at Big Ten Championships 5/14/04
 Adam Roche... 31:29.88 ... at Big Ten Championships 5/14/04

Women's 10,000 (AQ-34:10.00, RQ-35:15.00, SR- 33:23.38)

Nikki Chapple .. 35:06.35^ at Mt. SAC Relays 4/17/04
 Georgia Millward 37:22.04 at Drake Relays 4/22/04

Men's 110-Meter Hurdles (RQ -- 14.33, SR -- 13.50)

Russell Peterson .. 14.85 ... at Stanford Invitational..... 3/26/04
 Tony Leick 15.34 ... at Stanford Invitational..... 3/26/04

Women's 100-Meter Hurdles (RQ - 13.95, SR - 13.60)

Tiff Pedersen 14.26# at Big Ten Championships 5/14/04
 Latoya Stiffend 14.54 . at Tom Botts Invitational . 4/10/04
 Tiffany Johnson ... 14.73 . at TX-Arlington Relays ... 3/27/04
 Angie Hensel 15.78 . at TX-Arlington Relays ... 3/27/04

Men's 400-Meter Hurdles (RQ -- 52.51, SR -- 48.83)

Russell Peterson *50.86 ... at Big Ten Championships 5/16/04
 Tony Leick *51.98 ... Iowa Musco Twilight VI 5/1/04

Women's 400-Meter Hurdles (RQ-1:00.82, SR- 56.67)

Katie Herrmann .. 1:06.13 . Iowa Musco Twilight VI ... 5/1/04

Men's Steeplechase (RQ -- 9:08.15, SR -- 8:47.40)

Dan Trainor 9:30.41 ... Iowa Musco Twilight VI 5/1/04

Women's Steeplechase (RQ - 10:57.18, SR - 10:38.64)

Sarah Arens 10:34.50* at Big Ten Championships 5/15/04

Men's 400-Meter Relay (RQ -- 40.66, SR -- 39.48)

Holloway, Digney, Strang, Peterson 40.88
at Drake Relays - 4/23/04
 Isaacs, Digney, Beach, Peterson 41.36
at Missouri Relays - 4/3/04
 Holloway, Peterson, Coleman, Beach 41.68
Iowa Musco Twilight VI - 5/1/04

Women's 400-Meter Relay (RQ -- 45.80, SR -- 44.63)

McCalla, Roach, Johnson, Williams 46.18
Iowa Musco Twilight VI - 5/1/04
 Herrmann, Johnson, Pedersen, Raymond 46.49
at Texas Southern Relays - 3/19/04
 McCalla, Williams, Johnson, Roach 46.75
at Long Beach St. Invite - 4/18/04
 Johnson, Williams, Raymond, Roach 46.78
at Texas Arlington Relays - 3/27/04

Women's 800-Meter Relay

Herrmann, McCalla, Raymond, Roach 1:37.66
at Texas Southern Relays - 3/19/04

Men's 1,600-M Relay (RQ -- 3:10.84, SR -- 3:03.11)

Nolting, Digney, Coleman, Peterson *3:08.90
at Drake Relays - 4/23/04
 Digney, Nolting, Peterson, Leick 3:12.78
at Sea Ray Relays - 4/10/04
 Peterson, Digney, Leick, O'Hollearn 3:16.68
at Big Ten Championships - 5/16/04
 Coleman, Leick, O'Hollearn, Peterson 3:17.51
Iowa Musco Twilight VI - 5/1/04
 Peterson, Digney, Leick, Nolting 3:20.70
at Missouri Relays - 4/3/04
 O'Hollearn, Tweedy, Dziubski, Lloyd 3:24.45
at Jim Duncan Invitational - 4/10/04

Women's 1,600-M Relay (RQ -- 3:43.03, SR -- 3:36.26)

Hume, McCalla, Williams, Lahann 3:44.24
at Big Ten Championships - 5/16/04
 Hume, McCalla, Johnson, Williams 3:45.02
Iowa Musco Twilight VI - 5/1/04

Mens' 3,200-Meter Relay

Long, Tweedy, Dziubski, O'Hollearn 7:35.10
at Drake Relays - 4/23/04
 Dziubski, Lloyd, Long, Tweedy 8:03.10
at Missouri Relays - 4/3/04

Women's 3,200-Meter Relay (SR -- 8:46.45)

Lahann, Stanley, Hume, Barber 8:48.87
at Drake Relays - 4/24/04
 Barber, Laney, Sokol, Stanley 9:07.62
at Texas Southern Relays - 3/19/04

Men's Sprint Medley Relay (SR -- 3:15.64)

Leick, Long, O'Hollearn, Tweedy 3:28.66
at Drake Relays - 4/24/04

Heptathlon (AQ-5,500 pts, PQ-5,000 pts, SR- 5,062 pts)

Tiff Pedersen 4,976 points
at Big Ten Championships - 5/15/04
 Angie Hensel 4,073 points
at Drake Relays - 4/22/04

AQ -- NCAA automatic qualifying mark
 PQ -- NCAA provisional automatic qualifying mark,
 RQ -- Regional qualifying mark, SR -- school record,
 * -- regional qualifier, # -- part of heptathlon



2004 OUTDOOR SEASON BESTS

Women's High Jump(RQ -- 1.73 meters, SR -- 1.83 meters)

Peaches Roach	5-11 1/4 (1.81 m)*	at Big Ten Championships	5/16/04
Tiff Pedersen	5-1 3/4 (7.57 m)#	at Drake Relays	4/21/04
Angie Hensel	4-9 (1.45 m)#	at Drake Relays	4/21/04

Women's Long Jump (RQ -- 5.93 meters, SR -- 6.78 meters)

Tiff Pedersen	18-5 1/4 (5.62 m)	at Tom Botts Invitational	4/10/04
Angie Hensel	17-10 3/4 (5.45 m)	Iowa Musco Twilight VI	5/1/04

Women's Triple Jump (RQ -- 12.26 meters, SR -- 12.38 meters)

Tiffany Johnson	37-3 (11.35 m)	at Big Ten Championships	5/16/04
Becca Franklin	36-2 1/4 (11.03 m)	at UNI Twilight	4/17/04

Men's Shot Put (RQ -- 16.47m, SR -- 19.27 m)

Ken Kemeny	*62-1 3/4 (18.94 m)	at Big Ten Championships	5/16/04
Andy Banse	*55-10 1/4 (17.02 m)	Iowa Musco Twilight VI	5/1/04
Shane Maier	*55-2 1/4 (16.82 m)	at Big Ten Championships	5/16/04
Robby Beyer	*54-1 (16.48 m)	Iowa Musco Twilight VI	5/1/04
Adam Hamilton	47-5 3/4 (14.47 m)	at Stanford Invitational	3/26/04

Women's Shot Put (RQ -- 14.24 meters, SR -- 15.54 meters)

Tiff Pedersen	37-7 1/4 (11.46 m)#	at Big Ten Championships	5/14/04
Angie Hensel	32-1 (9.78 m)#	at Big Ten Championships	5/14/04

Men's Discus (RQ -- 51.37m, SR -- 61.68 m)

Eric Rothwell	*179-7 (54.73 m)	at Big Ten Championships	5/15/04
Brad Daufeldt	*176-6 (53.79 m)	at UNI Twilight	4/17/04
Tim Brodersen	*176-0 (53.66 m)	at UNI Twilight	4/17/04
Robby Beyer	168-0 (51.21 m)	at Big Ten Championships	5/15/04
Ken Kemeny	166-1 (50.63 m)	Iowa Musco Twilight VI	5/1/04
Andy Banse	162-6 (49.54 m)	at UNI Twilight	4/17/04
Shane Maier	143-1 (43.61 m)	at Missouri Relays	4/3/04

Women's Discus (RQ -- 46.58 meters, SR -- 48.90 meters)

Erin O'Hearn	106-1 (32.33 m)	Iowa Musco Twilight VI	5/1/04
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Women's Pole Vault (RQ -- 3.75 meters, SR -- 3.91 meters)

Jessie Strand	12-3 2/3 (3.75 m)*	at Drake Relays	4/23/04
Sarah Burgett	10-11 3/4 (3.35 m)	at UNI Twilight	4/17/04

Men's Javelin (RQ -- 61.62m, SR -- 74.58 m)

Joel Storm	*203-5 (62.01 m)	at Sea Ray Relays	4/10/04
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Women's Javelin (RQ -- 42.61 meters, SR -- 49.92 meters)

Alana Redfern	149-4 (45.52 m)*	at Texas Southern Relays	3/19/04
Tiff Pedersen	107-11 (32.90 m)#	at Big Ten Championships	5/15/04
Angie Hensel	9-24 (28.14 m)#	at Big Ten Championships	5/15/04

Men's Hammer (RQ -- 55.63m, SR -- 67.96 m)

Brad Daufeldt	*207-10 (63.34 m)	Iowa Musco Twilight VI	5/1/04
Adam Hamilton	*206-7 (62.98 m)	at Drake Relays	4/24/04
Chris Voller	*195-8 (59.64 m)	at Sea Ray Relays	4/10/04
Tim Brodersen	181-3 (55.24 m)	Iowa Musco Twilight VI	5/1/04

Women's Hammer (RQ -- 52.84 meters, SR -- 49.32 meters)

Becca Franklin	137-5 (41.89 m)	Iowa Musco Twilight VI	5/1/04
Erin O'Hearn	130-08 (39.84 m)	at Tom Botts Invitational	4/10/04



MEN'S TOP 10 OUTDOOR PERFORMERS

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

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. Gary Hollingsworth,	46.3
5. Harold Leonard, 1986	46.45
6. Tony Branch, 1999	46.60
7. George Page, 1996	46.66
8. Dick Eisenlauer, 1973	46.74
Terrence Duckett, 1983	46.74
10. Ed Rozell, 1996	46.78

800 Meters

1. Bill Frazier, 1962	*1:47.64
2. D'Juan Strozier, 1990	1:47.82
3. Michael Layne, 1999	1:49.61
4. Bill Thiesen, 1985	1:49.74
5. Andy Wiese, 1985	1:50.22
6. Paul Chepkwony, 1984	1:50.36
7. Rod Chambers, 1989	1:50.60
8. Jim Donovan, 1998	1:50.68
9. James Porter, 1994	1:51.00
10. Mike Cunningham, 2002	1:51.64

1,500 Meters

1. Joel Moeller, 1978	3:44.01
2. Jim Docherty, 1978	3:44.30
3. Dan Waters, 1986	3:46.35
4. Kevin Herd, 1994	3:46.64
5. John Clark, 1977	3:46.84
6. Ted Wheeler, 1956	3:48.24
7. John Dobbs, 1985	3:50.70
8. Sean Corrigan, 1987	3:51.05
9. Chad Feeldy, 1996	3:51.40
10. Rod Chambers, 1989	3:51.73

5,000 Meters

1. Larry Wiczorek, 1968	13:56.0
2. Kevin Herd, 1993	13:59.0
3. Stetson Steele, 2000	14:02.76
4. Matt Esche, 2004	14:15.73
5. Brian Rae, 2004	14:22.83
6. Danny Waters, 1986	14:23.43
7. Chad Schwitters, 1999	14:30.26
8. Nick Nordheim, 2002	14:31.30
9. L.J. Albrecht, 1991	14:39.03
10. Trent Corey, 1999	14:40.88

10,000 Meters

1. Stetson Steele, 2000	28:44.47
2. Nick Nordheim, 2002	29:44.71
3. Trent Corey, 2002	29:45.25
4. Chad Schwitters, 1999	29:56.00
5. Kevin Herd, 1994	30:05.21
6. Paul Sarris, 2001	30:08.40
7. Matt Esche, 2004	30:08.82
8. Eric McDermott, 2002	30:11.16
9. Tony Rakaric, 2004	30:58.59
10. Dan Haut, 2004	31:03.98

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
6. Chris Williams, 1983	14.24
7. Rajeev Balkrishnan, 1993	14.29
8. Gary Falls, 1992	14.48
9. Monte Raymond, 1996	14.51
10. Tony Branch, 1998	14.58

400-Meter Relay

1. Beecham, Duckett, Greer, 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
Goode, Fisher, Morris, Maybank, 1994	40.00
1998	40.00
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. Cameron, Williams, McGhee, McCoy, 1985	3:06.00
6. Rozell, Davis, Dwight, Raymond, 1997	3:06.06
Dodge, Kunkel, Coleman, Peterson , 2001	3:06.06
8. Davis, Rozell, Morris, Raymond, 1996	3:06.54
9. Williamson, Dodge, Strang, Coleman , 2002	3:06.69
10. Raymond, Davis, Morris, Page, 1996	3:06.85

400-Meter Intermediate Hurdles

1. Pat McGhee, 1988	48.83
2. Monte Raymond, 1998	50.09
3. Paul Steele, 1989	50.45
4. Russell Peterson, 2001	50.50
5. Adam Kunkel, 2001	50.73
6. Jon Reimer, 1967	50.94
7. Gary Falls, 1991	51.08
8. Rajeev Balkrishnan, 1993	51.14
9. Scott Williamson, 2000	51.74
10. Kenny Williams, 1986	51.89

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. Rollie Kitt, 1967	9:02.9
6. Al Greene, 1985	9:02.96
7. Sean Gale, 1993	9:08.00
8. Nick Nordheim, 2000	9:12.06
9. Chad Schwitters, 1998	9:13.58
10. Michael Marotta, 1997	9:20.6

High Jump

1. Bill Hansen, 1978	7-4 (2.23 m)
Bill Knoedel, 1975	7-4 (2.23 m)
3. M. Cunningham, 1986	7-1 (2.16 m)
Kenneth Lansing, 1988	7-1 (2.16 m)
5. Pat Meade, 1987	7-0 (2.13 m)
6. Scott Hudek, 1993	6-11 (2.11 m)
7. Mike Lacy, 1985	6-10 1/2 (2.09 m)
8. Damion Turner, 1998	6-9 1/2 (2.07 m)
9. Luke Nessa, 2000	6-8 3/4 (2.05 m)

MEN'S TOP 10 OUTDOOR PERFORMERS

Long Jump

1. Anthuan Maybank, 1993 27-1 (8.25 m)
2. Bashir Yamini, 1997 26-8 1/4 (8.13 m)
3. Paul Jones, 1989 25-10 1/4 (7.88 m)
4. Darren Smith, 1991 25-9 3/4 (7.86 m)
5. Quinn Early, 1986 25-7 1/4 (7.80 m)
6. Ed Gordon, 1931 25-4 3/8 (7.68 m)
7. Ronnie McCoy, 1985 25-0 (7.62 m)
8. Joe Robinson, 1976 24-2 3/4 (7.38 m)
9. Pat Miller, 1986 23-4 1/2 (7.12 m)
10. Joe Estes, 1993 23-1 3/4 (7.05 m)

Triple Jump

1. Paul Jones, 1990 52-0 1/2 (15.86 m)
2. Gordon Finch, 1988 50-9 1/4 (15.47 m)
3. Mike Lacy, 1984 50-5 (15.36 m)
4. Pat Miller, 1985 49-8 1/2 (15.25 m)
5. Owen Gill, 1982 49-1 (14.96 m)
6. Ed Gordon, 1931 48-0 1/8 (14.63 m)

Pole Vault

1. Todd Wigginton, 1984 17-0 (5.18 m)
2. Chad Ohly, 1994 16-8 3/4 (5.10 m)
3. Curt Broek, 1978 16-8 (5.08 m)
4. Phil Wertman, 1971 16-7 (5.05 m)
- Kelly Scott, 1988 16-7 (5.05 m)
6. John Teffer, 1972 16-2 (4.93 m)
7. Doug Pennino, 1985 16-0 (4.88 m)

Shot Put

1. Jeremy Allen, 2001 63-2 3/4 (19.27 m)
2. **Ken Kemeny, 2004 62-1 3/4 (18.94 m)**
3. Chris Gambol, 1987 60-0 1/2 (18.30 m)
4. Arno van der Westhuizen, 2000 58-8 3/4 (17.90 m)
5. Gary Kostrubala, 1985 58-1 (17.70 m)
6. Alex Smith, 1998 57-9 (17.60 m)
7. Chris Cassata, 2000 57-3 3/4 (17.47 m)
8. Norm Balke, 1984 56-10 1/2 (17.33 m)
9. **Andy Banse, 2004 55-10 1/4 (17.02 m)**
10. **Shane Maier, 2004 55-2 1/4 (16.82 m)**

Discus

1. Gary Kostrubala, 1986 202-4 (61.68 m)
2. Jeremy Allen, 2001 195-4 (59.54 m)
3. **Eric Rothwell, 2004 179-7 (54.73 m)**
4. **Brad Daufeldt, 2001 177-0 (53.96 m)**
5. **Tim Brodersen, 2004 176-0 (53.66 m)**
6. Norm Balke, 1985 175-10 (53.60 m)
7. Chris Gambol, 1987 175-7 (53.52 m)
8. Tom Knutson, 1967 174-8 1/2 (53.24 m)
9. Jim Costello, 2000 173-1 (52.76 m)
10. Scott Joens, 1986 168-8 (51.40 m)

Hammer

1. Arno van der Westhuizen, 2001 222-11 (67.94 m)
2. Jim Costello, 2002 217-7 (66.32 m)
3. **Brad Daufeldt, 2004 207-10 (63.34 m)**
4. **Adam Hamilton, 2004 206-7 (62.98 m)**
5. Jeremy Allen, 2001 199-0 (60.66 m)
6. **Chris Voller, 2004 195-8 (59.64 m)**
7. **Tim Brodersen, 2004 172-1 (52.45 m)**
8. Chris Cassata, 2000 173-11 (53.00 m)

Javelin

1. Bill Neumann, 2002 244-8 (74.58 m)
2. Dan Ralph, 2000 227-10 (69.44 m)
3. **Joel Storm, 2004 203-5 (62.01 m)**
4. Matt Stank, 2001 199-0 (60.66 m)
5. Arno van der Westhuizen, 1999 173-11 (53.00 m)
6. Scott Faber, 2000 173-1 (52.78 m)
7. Justin Silverman, 2000 172-6 (52.58 m)
1. Mark Panther, 1934 ^219-7 3/8 (66.94 m)

Decathlon

1. Scott Faber, 2000 6,839 points
2. Chad Ohly, 1994 6,641 points
3. Gary Kostrubala, 1984 6,498 points
4. Jacob Drewry, 1994 5,820 points
1. Mike Lacy, 1984 %6,860 points

Names in bold are current team members

* -- converted to meters

^ -- distance according to old rules

% -- point total according to 1962-1984 scoring table

WOMEN'S TOP 10 OUTDOOR PERFORMERS

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. Yolanda Hobbs, 1995	11.62
7. Elanie Jones, 1985	11.69
8. Lakeya Boatright, 2000	11.77
9. Tamara Dixon, 2002	11.79
10. Peaches Roach, 2004	11.80

200 Meters

1. Shellene Williams, 2004	23.50
2. Davera Taylor, 1984	23.59
3. Vivien McKenzie, 1985	23.61
4. Yolanda Hobbs, 1995	23.65
5. Tanja Reid, 1995	23.75
6. Elaine Jones, 1983	23.84
7. Jiselle Providence, 2001	24.00
8. Lakeya Boatright, 2000	24.14
9. Wynsome Cole, 1998	24.25
10. Tamara Dixon, 2002	24.52

400 Meters

1. Ellen Grant, 1996	52.65
2. Shellene Williams, 2003	52.68
3. Senta Hawkins, 1988	54.01
4. Marlene Poole, 1994	54.03
5. Nicole Charles, 2001	54.48
6. Stacey-Leigh Bynoe, 2000	54.73
7. Aisha Hume, 2001	55.31
8. Elaine Jones, 1984	55.83
9. Mary Knoblauch, 1983	56.08
10. Kristin Knight, 2002	56.46

800 Meters

1. Kay Stormo, 1982	2:05.67
2. Michelle Lahann, 2004	2:06.79
3. Ann Pare, 1997	2:09.25
4. Briana Benning, 1996	2:10.47
5. Aisha Hume, 2004	2:11.27
6. Tami Hoskins, 1990	2:11.47
7. Shannon Stanley, 2004	2:12.01
8. Christine Salsberry, 1990	2:12.05
9. Jeanne Kruckeberg, 1989	2:12.35
10. Jenny Hayden, 1982	2:12.94

1,500 Meters

1. Jeanne Kruckeberg, 1989	4:19.71
2. Penny O'Brien, 1985	4:21.43
3. Kay Stormo, 1982	4:22.24
4. Michelle Lahann, 2004	4:24.00
5. Jenny Hayden, 1982	4:27.54
6. Tina Stec, 1994	4:28.71
7. Jill Scheibel, 1999	4:29.49
8. Christine Salsberry, 1994	4:30.80
9. Nan Doak, 1984	4:32.24
10. Sarah Arens, 2000	4:34.05

3,000 Meters

1. Penny O'Brien, 1985	9:20.61
2. Nan Doak, 1985	9:23.04
3. Jeanne Kruckeberg, 1989	9:30.69
4. Jodi Hershberger, 1982	9:36.44
5. Tina Stec, 1994	9:38.39
6. Jenny Spangler, 1982	9:47.54
7. Anne Dobrowolski, 1984	9:49.10
8. Judy Parker, 1981	9:51.45
9. Becky Coleman, 1995	9:51.97
10. Sarah Arens, 2000	9:52.17

5,000 Meters

1. Nan Doak, 1985	15:45.84
2. Jenny Spangler, 1983	16:17.21
3. Tracy Dahl, 1992	16:22.01
4. Jennifer Brower, 1991	16:37.09
5. Jodi Hershberger, 1982	16:48.04
6. Anne Dobrowolski, 1984	16:50
7. Penny O'Brien, 1985	17:00.44
8. Erin Boland, 1995	17:04.61
9. Sarah Arens, 2004	17:19.63
10. Nikki Chapple, 2004	17:21.78

10,000 Meters

1. Jennifer Brower, 1991	33:23.38
2. Nan Doak, 1985	33:33.03
3. Jenny Spangler, 1983	33:39.24
4. Nikki Chapple, 2004	35:06.35
5. Tracy Dahl, 1994	35:20.00
6. Anne Dobrowolski, 1985 ..	35:59.98
7. Katie Donlon, 2003	37:17.28
8. Georgia Millward, 2004 ...	37:22.04
9. Erin Boland, 1995	37:27.54
10. Chrissie Kubitz, 1999	38:09.76

100-Meter Hurdles

1. Colleen Prendergast, 1999	13.60
Paula Ruen, 2000	13.60
3. Sarah Steffen, 2002	13.65
4. Ruqayya Raheem, 1998	13.90
5. Brenda Calhoun, 1984	13.94
6. Wynsome Cole, 1997	14.10
7. Tiff Pedersen, 2003	14.23
8. Colleen Prendergast, 2001	14.24
9. Diane Steinhart, 1979	14.25
10. Davera Taylor, 1985	14.30

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. Sherri Hull, 1985	1:03.09
10. Gina Shannon, 1998	1:04.68

3,000-Meter Steeplechase

1. Sarah Arens, 2004	10:34.50
2. Michelle Lahann, 2003 ...	11:16.21
3. Becca Thompson, 2003	11:19.50

400-Meter Relay

1. Poole, Reid, Floyd, Hobbs, 1994	44.63
2. Charles, Williams , Providence, James, 2003	44.71
3. Floyd, Hobbs, Poole, Reid, 1994	44.80
4. Fouchè, Williams , Providence, James, 2003	45.02
5. Underwood, Reid, Philip, Hobbs, 1995	45.50
6. Boatright, Bynoe, Providence, Prendergast, 2000	45.50
7. Prendergast, Cole, Boatright, Broomfield, 1998	45.51
8. Hawkins, McKenzie, Simpson, Taylor, 1986	45.55
9. Knight, Dixon, Providence, Charles, 2001	45.68
10. Floyd, Hobbs, Van Der Hart, Poole, 1993	45.71

1,600-Meter Relay

1. Hume , Charles, Steffen, Williams , 2003	3:36.26
2. Layne, Simpson, Powell, McRell, 1989	3:41.23
3. Bynoe, Cole, Wynter, Grant, 1997	3:41.74
4. Charles, Fouchè, Williams , Hume , 2003	3:42.18
5. Fouchè, Charles, Williams , Hume , 2003	3:42.52
6. Wynter, Grant, Raheem, Bynoe, 1997	3:43.40
7. Knight, Charles, Steffen, Hume , 2001	3:43.68
8. Charles, Hume , Williams , Knight, 2003	3:44.22
9. McCalla , Roach , Johnson , Williams , 2004	3:44.24
10. Charles, Williams , Fouchè, Hume , 2003	3:44.29

WOMEN'S TOP 10 OUTDOOR PERFORMERS

High Jump

1. Mary Mol, 1983 6-0 (1.83 m)
2. **Peaches Roach, 2004** **5-11 1/4 (1.81 m)**
3. Kacey Childs, 2001 5-8 1/2 (1.74 m)
4. Kristi Dinkla, 1985 5-8 (1.73 m)
Becky Kaza, 1995 5-8 (1.73 m)
Eve Cullinan, 2003 5-8 (1.73 m)
7. Nancy Tessmer, 1991 5-6 1/2 (1.69 m)
8. Janet Adams, 1981 5-6 1/4 (1.68 m)
9. Julie Gallery, 2001 5-6 (1.68 m)
10. Kathy Gillespie, 1984 5-4 1/2 (1.64 m)

Long Jump

1. Aisha James, 2003 22-3 (6.78 m)
2. Lisa Moats, 1986 19-6 (5.94 m)
3. Yolanda Hobbs, 1993 19-2 1/2 (5.85 m)
4. Jane Dunlevy, 1977 18-6 (5.64 m)
5. Ruqayya Raheem, 1997 18-5 1/4 (5.62 m)
Tiff Pedersen, 2004 **18-5 1/4 (5.62 m)**
7. Niki Fisher, 1996 18-1 1/2 (5.52 m)
8. Coretta Clarke, 1999 18-0 1/4 (5.49 m)
9. Davera Taylor, 1984 17-11 1/2 (5.47 m)
10. **Angie Hensel, 2004** **17-10 3/4 (5.45 m)**

Triple Jump

1. Becki Borg, 1988 40-7 1/2 (12.38 m)
2. Lynn, 1998 39-0 (11.88 m)
3. Kacey Childs, 2001 37-8 (11.48 m)
4. **Tiffany Johnson, 2004** **37-3 (11.35 m)**
5. **Becca Franklin, 2004** **36-2 1/4 (11.03 m)**
6. Janna Houtz, 1984 33-10 1/2 (10.32 m)
7. Latoya Stiffend, 2002 32-6 (9.90 m)
8. Bridget Besch, 2003 30-10 1/2 (9.41 m)
9. Eve Cullinan, 2003 30-6 1/2 (9.31 m)
10. Stephanie Matsunaga, 1996 30-2 (9.19 m)

Discus

1. Denise Taylor, 1992 160-5 (48.90 m)
2. Lisa Van Steenwyk, 1991 159-1 (48.48 m)
3. Gail Smith, 1983 158-2 (48.22 m)
4. Jennifer Moon, 2000 150-8 (45.92 m)
5. Laura Kriener, 1989 150-3 (45.80 m)
6. **Kamesha Marshall, 2003** **149-5 (45.54 m)**
7. Megan Maurer, 1997 149-2 (45.46 m)
8. Cheryl Bradley, 1982 146-5 (44.62 m)
9. Mickey Schoborg, 1985 146-2 (44.56 m)
10. Jodi Peterson, 1993 142-1 3/4 (43.32 m)

Hammer Throw

1. Kerri Blackstone, 1999 161-10 (49.32 m)
2. Megan Maurer, 1998 145-6 (44.34 m)
3. Jennifer Gilson, 2002 142-6 (43.44 m)
4. Jennifer Moon, 2000 139-3 (42.44 m)
5. **Becca Franklin, 2004** **137-5 (41.89 m)**
6. **Erin O'Hern, 2004** **130-8 (39.84 m)**
7. Kara Hinz, 2000 125-1 (38.12 m)
8. Katie Hoback, 2002 121-11 (37.16 m)

Javelin

1. **Alana Redfern, 2003** **181-5 (55.30 m)**
2. Mandy Beck, 1999 153-4 (46.74 m)
3. Terri Soldan, 1983 152-6 1/4 (46.48 m)
4. Shani Renning, 1990 152-3 (46.40 m)
5. Clara Simon, 1981 149-9 (45.64 m)
6. Janet Adams, 1984 148-7 (45.28 m)
7. Mickey Schoborg, 1985 137-5 1/4 (41.88 m)
8. Kathy Gillespie, 1984 121-8 (37.08 m)
9. Megan Maurer, 1998 111-6 (34.00 m)
10. **Tiff Pedersen, 2003** **109-10 (33.48 m)**

Shot Put

1. Lisa Van Steenwyk, 1992 50-8 (15.44 m)
2. Gail Smith, 1984 50-3 1/4 (15.32 m)
3. Laura Kriener, 1990 48-2 1/2 (14.69 m)
4. Jennifer Gilson, 2002 47-10 (14.58 m)
Kamesha Marshall, 2003 **47-10 (14.58 m)**
6. Jennifer Moon, 2000 47-5 1/4 (14.46 m)
7. Denise Taylor, 1994 47-0 3/4 (14.34 m)
8. Shelley Redies, 1985 45-7 (13.89 m)
9. Megan Maurer, 1998 44-9 3/4 (13.66 m)
10. Katie Hoback, 2002 44-4 (13.51 m)

Pole Vault

1. **Jessie Strand, 2003** **12-10 1/4 (3.92 m)**
2. Gina Shannon, 2001 11-2 1/4 (3.41 m)
3. **Sarah Burgett, 2004** **10-11 3/4 (3.35 m)**
4. Becky Kaza, 1998 8-6 (2.59 m)
Amy Kasparbauer, 2001 8-6 (2.59 m)
6. Kacey Childs, 2000 8-0 1/2 (2.45 m)
7. Gina Shannon, 1998 8-0 (2.44 m)

Heptathlon

1. Kathy Gillespie, 1983 5,262 points/5,448 points*
2. **Tiff Pedersen, 2004** **4,976 points**
3. Janet Adams, 1981 4,855 points
4. Ruqayya Raheem, 1997 4,665 points
5. Angela Chadwick, 1993 4,493 points
6. **Angie Hensel, 2004** **4,073 points**
7. Marjie Tweto, 1996 3,967 points

* -- using old table

Distance Medley Relay

1. Hoskins, Powell, Schneckloth, Kruckeberg, 1989 11:22.18
2. Thompson, **Williams, Hume, Arens**, 2003 11:39.02
3. 2000 11:39.83
4. Davenport, xx, xx, xx, 1981 11:41.44
5. Pare, Grant, Benning, Gilchrist, 1997 11:41.92
6. Butler, **Hume, Barber, Arens**, 2001 11:47.16
7. Thompson, **Hume, Barber, Lahann**, 2003 11:52.04
8. Benning, Raheem, Coleman, Pare, 1996 11:53.60
9. Kruckeberg, Roberts, Brown, Hoskins, 1989 11:54.15
10. Charles, **Hume**, Butler, **Arens**, 2001 11:55.81

MEN'S HEAD COACH LARRY WIECZOREK



Larry Wiecezorek

Head Coach
Eighth Year at Iowa
University of Iowa, 1969

Larry Wiecezorek is in his eighth season as head men's track and field coach at the University of Iowa. He served as an assistant track and field coach for the Hawkeyes for 12 years (1985-96).

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 records in the outdoor 5,000-meters and the indoor two miles, as well as third-fastest mark in the cross country 8,000 meters. He was honored for his collegiate accomplishments by being inducted into the University of Iowa's National Varsity Club Athletics Hall of Fame in 1998.

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, who still has the second-best mark in that event in outdoor school history, and Gary Kostrubala, who was the first discus thrower in the Big Ten's to throw over 200 feet when he set Iowa's current school record of 202-4. Kostrubala was also an NCAA indoor qualifier in the shot put (60-10 3/4) with the second-best mark in that event in indoor school history.

Since he was named head men's track and field coach in 1997, his plan to build a strong sprint program around a national power 1,600-meter relay, and strong throws program is being realized. In his seven years at the helm, Wiecezorek has coached NCAA Champion long jumper Bashir Yamini, 23 all-Americans, 60 national qualifiers and 33 Big Ten Champions. Iowa's 1,600-

meter relay won the 1999 Big Ten outdoor title and has earned all-America honors twice during Wiecezorek's tenure. The Hawkeyes recorded their highest conference indoor placing (fourth place) in 1997, and their highest team finish at the Big Ten Outdoor Championships (second) in 33 years at the 1999 Big Ten outdoor meet.

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. Current NFL standout Tim Dwight was a two-time first team all-America wide receiver and return specialist for the Hawkeye football team from 1994-97. He was named Male Athlete of the 1999 Big Ten Outdoor meet after he won the 100 meters, ran the lead leg on the winning 400-meter relay and the 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. He was a four-time Big Ten Champion and the only thrower in conference history to earn Big Ten Freshman of the Year honors at both the indoor and outdoor conference meets.

While improving in the league standings is considered a priority, the Hawkeyes also concern themselves with performance in the classroom. Under Wiecezorek, Iowa has had an academic all-Big Ten selection each year during his tenure, totaling 40 in track and field.

Wiecezorek came to Iowa after 11 seasons as head track coach at Proviso (IL) West High School. He also served as an assistant 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 at Iowa

Year	Indoor Big 10 Place	Indoor Big 10 Champs	Indoor All-Americans	Outdoor Big 10 Place	Outdoor Big 10 Champs	Outdoor All-Americans
1997	4th	2	1	9th	2	0
1998	5th	2	6	3rd	6	2
1999	7th	1	0	2nd	11	4
2000	8th	1	2	6th	1	1
2001	10th	0	0	5th	6	3
2002	-----	--	1	6th	2	2
2003	9th	0	0	9th	1	1
2004	10th	0	0	10th	0	
Total		6	10		29	12



UNIVERSITY OF IOWA TRACK & FIELD



WOMEN'S HEAD COACH JAMES GRANT



James Grant

Head Coach
Eighth Year at Iowa
Eastern Michigan University, 1971

James Grant is in his eighth season at the helm of the Iowa women's track and field program. He served as an assistant coach at Iowa for 12 years (1985-96).

Grant and the Hawkeyes had two consecutive record-breaking seasons, headlined by their third-place finish at the 2004 Big Ten Indoor Championships and a sixth-place finish at the 2003 Big Ten Outdoor Championships. Both were Iowa's highest placings during Grant's tenure, and the third-place indoor finish tied the team's highest conference finish in school history. Senior Shellene Williams became the third student-athlete in program history to win four Big Ten titles by winning the 400 meters at the 2004 conference outdoor meet. Freshman Peaches Roach gave Iowa its first Big Ten high jump titles, winning that event at the 2004 indoor and outdoor meets.

Grant also had immense success in his first two seasons at the Hawkeye helm. Wynsome Cole earned all-America status in the 400-meter hurdles in 1997, and won a Big Ten title in that event in 1998. Ellen Grant won 400-meter titles at the 1997 conference indoor and outdoor meets. The 400-meter relay of Tara Underwood, Cole, Grant and Kaydene Wynter also won a Big Ten outdoor title. Erica Broomfield won the 200-meter title, and was runner-up in the 55 meters to earn Big Ten Indoor Freshmen of the Year accolades in 1998.

While improving in the league standings is considered a priority, Iowa's track and field team also concerns itself with performance in the classroom. During Grant's tenure, 31 Hawkeyes have earned 54 academic all-Big Ten honors. This includes a team record 11 honorees in 2001.

As Iowa's assistant coach, Grant coached several Hawkeyes to success. In 1995, Yolanda Hobbs earned all-America status in the 55 and 200 meters after winning the 55-meter Big Ten title. In 1994, Iowa's 400 meter-relay of Tina Floyd, Hobbs, Marlene Poole and Tanja Reid became the first in school history to ever win a Big Ten title in that event, setting a school and meet record. The team set records four times that season and earned all-America honors at the NCAA Championships. Karen Layne won the 1990 600-meter Big Ten title, while Senta Hawkins won the Big Ten 400 meters in 1988. In 1989, the 1,600-meter relay placed second at the conference indoor and outdoor meets.

A former Jamaican track standout, Grant coached at the high school level in Jamaica for 11 years prior to joining the Hawkeye program in 1986. From 1982-85, Grant coached the men's and women's track teams at G.C. Foster College of Physical Education and Sport. There he led the men's team to two national championships and three second-place finishes, and the women's team to three national titles. During that time he coached world outdoor champion quarter-miler Bert Cameron, and world indoor champion quarter-miler Devon Morris.

A graduate of Eastern Michigan University, Grant captained the 1970 and 1971 Huron track teams, earning all-America honors while specializing in the 400 meters, 400-meter hurdles, and the mile relay. During this time, he held the Jamaican 400-meter hurdle national record with a time that was ranked in the top-20 in the world. Grant also represented Jamaica at the Pan American Games and the Commonwealth Games for six years. In 1991, he was inducted into the Eastern Michigan Hall of Fame.

He was the 1965 and 1966 Jamaican national champion in both the 200 and 400-meters as a high school athlete at Jamaica's Kingston College.

Grant received his bachelor's degree in sociology and history from Eastern Michigan, and his master's degree in physical education from the German College of Physical Education in Leipzig, Germany.

Grant at Iowa						
Year	Indoor Big 10 Place	Indoor Big 10 Champs	Indoor All-Americans	Outdoor Big 10 Place	Outdoor Big 10 Champs	Outdoor All-Americans
1997	T9th	1	0	10th	5	1
1998	9th	1	0	9th	1	0
1999	9th	0	0	9th	0	0
2000	10th	0	0	9th	0	0
2001	10th	0	0	9th	0	0
2002	9th	0	0	10th	0	0
2003	9th	0	0	6th	6	0
2004	3rd	2	0	10th	2	
Total		4	0		14	1



HAWKEYES TO WATCH



**Andy
Banse**

Junior
Throws
Strawberry Point, IA (Starmont)

2004 -- Indoor - threw season-best shot put (55-0) at NCAA Qualifier... that mark ranks 10th on Iowa's all-time best performers list... placed 10th in shot (54-4 1/2) at Big Ten Championships... tied for 11th at ISU Classic (54-1) and placed 15th (54-1 3/4) at Husker Invite... **Outdoor** - qualified for regional meet in shot put twice... threw collegiate-best 55-10 1/4 at Iowa Musco Twilight VI... that mark ranks ninth on Iowa's all-time bests list... placed 12th in shot (54-4) at Big Ten Championships... runner-up in shot at UNI Twilight (53-10 1/4) and placed 15th at Drake Relays (52-11)... also placed sixth in discus (162-6) at Musco Twilight.

Banse's Personal Bests

Event	Distance	Meet	Date
Shot Put (O)	55-10 1/4 (17.02 m)	at Drake Relays	4/26/02
		Musco Twilight VI	5/1/04
Discus (O)	162-6 (49.54 m)	at UNI Twilight	4/17/04
Weight (I)	52-10 3/4 (16.12 m)	Iowa Open	2/21/03
Hammer (O)	165-6 (50.44 m)	at W. Michigan	3/29/03

**Robby
Beyer**

Senior
Throws
Storm Lake, IA (Buena Vista)

2004 -- Indoor - placed 12th in shot put (52-10 3/4) at Big Ten Championships... runner-up in shot at Iowa Open (54-8), placed fourth at UNI Invite (53-5 1/2) and 10th at ISU Classic (54-2 1/2)... **Outdoor** - qualified for regional meet in shot with a season-best 54-1 at Iowa Musco Twilight VI... won shot (48-2) and placed third in discus (158-8) at Jim Duncan Invite... placed 10th in discus (168-0) and 14th in shot (51-7) at Big Ten meet.

Beyer's Personal Bests

Event	Distance	Meet	Date
Shot Put (I)	54-8 (16.66 m)	Iowa Open	2/20/04
Discus (O)	168-0 (51.21 m)	at Big Ten's	5/15/04



**Tim
Brodersen**

Sophomore
Throws
Vermillion, SD (Vermillion)

2004 -- Indoor - threw collegiate-best weight throw (54-10) at Gold Country Classic... that mark ranks eighth on Iowa's all-time best performers list... placed 18th in weight (54-9 1/2) at Husker Invite... **Outdoor** - qualified for regional meet in discus at UNI Twilight (176-0)... won hammer (171-9) and placed second in discus (162-6) at Jim Duncan Invitational... threw collegiate-best hammer (181-3) at Iowa Musco Twilight VI.

Brodersen's Personal Bests

Event	Distance	Meet	Date
Weight (I)	54-10 (16.71 m)	at Gold Ctry. Classic	1/24/04
Hammer (O)	181-3 (55.24 m)	Musco Twilight VI	5/1/04
Discus (O)	176-0 (53.66 m)	at UNI Twilight	4/17/04



**Juan
Coleman**

Junior
Sprints
Hillside, IL (Proviso West)

2004 -- Indoor - ran collegiate-best 600 meters (1:21.49) at Hawkeye Invite... ran third leg on 1,600-meter relay that placed fifth at Big Ten Championships (3:18.42)... ran lead leg on team-leading 1,600-meter relay (3:13.81)... **Outdoor** - ran third leg on 1,600-meter relay that qualified for regional meet in team-leading 3:08.90 at Drake Relays... placed fifth in 200 (21.91) and 400 (49.98) meters at UNI Twilight.

Coleman's Personal Bests

Event	Time	Meet	Date
200 meters (O)	21.80	at Trojan Classic	3/17/02
400 meters (O)	46.95	at Big Ten Championships	5/20/01
600 meters (I)	1:21.49	at Hawkeye Invitational	1/17/04



HAWKEYES TO WATCH



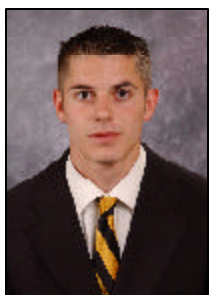
**Brad
Daufeldt**

Senior
Throws
West Liberty, IA (West Liberty)

2004 -- team tri-captain... **Indoor** - led team in weight throw (60-4 1/2)... threw collegiate-best 60-4 1/2 for third place in weight at Hawkeye Invitational... won that event (59-9 1/2) at UNI Invitational, placed third (60-0 1/2) at Iowa Open and 11th (58-5 1/4) at Big Ten Championships... his best weight throw mark ranks fourth on Iowa's all-time best performers list... **Outdoor** - leads team in hammer... qualified for regional meet in hammer throw and discus... threw collegiate-best hammer (207-6) at Iowa Musco Twilight VI for first place... that mark ranks third on Iowa's all-time bests list... runner-up in hammer (203-2) and placed sixth in discus (174-8) at Big Ten Championships... also placed fourth in discus (170-0) at Iowa Musco Twilight VI... won discus (169-8) and placed third in hammer (197-7) at Missouri Relays... placed third in hammer (186-1) and discus (176-6) at UNI Twilight... placed sixth in hammer (196-2) and 11th in discus (166-11) at Drake Relays.

Daufeldt's Collegiate Bests

Event	Distance	Meet	Date
Wt. Throw (I)	60-4 1/2 (18.40m)	Hawkeye Invite	1/17/04
Discus (O)	177-0 (53.94m)	at W.W. Classic	3/17/01
Hammer (O)	207-10 (63.34 m)	Iowa Musco VI	5/1/04



**Zach
Digney**

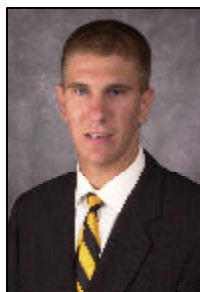
Senior
Sprints
Woodstock, IL (Carthage College)

2004 -- **Indoor** - led team in 200 meters (21.39)... ran anchor leg on team-leading 1,600-meter relay (3:13.81)... placed seventh in 200 meters (21.79) and ran lead leg on 1,600-meter relay that placed fifth (3:18.42) at Big Ten Championships... ran collegiate-best 60 meters (6.90) at Big Tens and NCAA Qualifier and 400 meters (50.04) at Iowa Open... best 60 meters ranks sixth and best 200 meters ranks fifth on Iowa's all-time bests list... **Outdoor** - ran second leg on 1,600-meter relay that qualified for regional meet in 3:08.90 at Drake Relays... leads team in

100 (10.62) and 200 meters (21.29)... ran on team-leading 400 and 1,600-meter relays... won 200 meters with a collegiate-best 21.29 and placed second in 100 meters (10.67) at UNI Twilight... placed ninth in 100 meters (11.18) and ran second leg on 1,600-meter relay that placed eighth (3:16.88) at Big Tens.

Digney's Collegiate Bests

Event	Time	Meet	Date
60 m (I)	6.90	at Big Ten Championships	2/28/04
		at NCAA Qualifier	3/6/04
100 m (O)	10.62	at Missouri Relays	4/3/04
200 m (O)	21.29	at UNI Twilight	4/17/04
400 m (I)	50.04	Iowa Open	2/20/04



**Matt
Esche**

Junior
Distance
Waukesha, WI (West)

2004 -- **Indoor** - led team in 3,000, two miles and 5,000 meters... placed ninth in 3,000 meters with a collegiate-best 8:17.28 at Big Ten Championships... ran collegiate-best mile (4:17.74) at Gold Country Classic... won two miles (9:03.82) at Hawkeye Invite... best 5,000-meter time ranks second and best 3,000-meter time ranks fourth on Iowa's all-time bests list... **Outdoor** - qualified for regional meet in 5,000 meters with a collegiate-best 14:15.73 at Stanford Invite, which ranks fourth on Iowa's all-time bests list... placed ninth in 5,000 meters (14:32.19) and 10th in 10,000 meters (30:08.82) at Big Ten meet... the 10,000 meter time ranks seventh on Iowa's all-time bests list.

2003 -- **Cross Country** - all-region selection, placing 10th at NCAA Midwest Regional (31:26)... placed 27th at Big Ten Championships (25:02), 56th at Roy Griak Invitational (25:18) and 59th (24:37) at Pre-National Invitational... letterwinner.

Esche's Collegiate Bests

Event	Time	Meet	Date
1,500 m (O)	3:54.03	Iowa Musco Twilight IV	5/4/02
Mile (I)	4:17.74	at Gold Country Classic	1/24/04
3,000 m (I)	8:17.28	at Big Ten Championships	2/28/04
Two Miles (I)	9:03.82	Hawkeye Invite	1/17/04
5,000 m (O)	14:15.73	at Stanford Invitational	3/27/04
8,000 m (CC)	24:32	at Pre-National Invite	10/19/02
10,000 m (O)	30:08.82	at Big Ten Championships	5/14/04
10,000 m (CC)	30:10.15	at Midwest Regional	11/16/02



HAWKEYES TO WATCH



**Adam
Hamilton**

Sophomore
Throws
Milford, NH (Milford)

2004 -- Indoor - redshirted... **Outdoor** - qualified for regional meet in hammer... runner-up in hammer with a collegiate-best 206-7 at Drake Relays, which ranks fourth on Iowa's all-time bests list... won hammer at UNI Twilight (202-9), placed second at at Iowa Musco Twilight VI (200-5) and Missouri Relays (198-4), and fifth at Big Ten Championships (196-4).

Hamilton's Collegiate Bests			
Event	Distance	Meet	Date
Wt. Throw (I)	59-5 3/4 (18.13 m)	Iowa Open	2/21/03
Shot Put (I)	50-0 3/4 (15.26 m)	at Panther Classic	2/1/03
Hammer (O)	206-7 (62.98 m)	at Drake Relays	4/24/04



**Ken
Kemeny**

Junior
Throws
Palatine, IL (Fremd)

2004 -- Indoor - provisionally qualified for NCAA Championships in shot put with a season-best 60-0 1/2 at Big Ten Championships for sixth place... that mark ranks third on Iowa's all-time best performers list... led team in that event... won shot at Hawkeye Invitational (58-10 3/4) and Iowa Open (58-9 1/2), placed second (59-5 3/4) at Gold Country Classic, placed third (59-6 3/4) at NCAA Qualifier and seventh (57-9) at Husker Invitational... **Outdoor** - qualified for regional meet in shot put, leading team in that event... placed sixth in shot with a collegiate-best 62-1 3/4, which ranks second on Iowa's all-time bests list, at Big Ten Championships... that mark also met the U.S. Olympic Trials "B" standard... also threw collegiate-best 166-1 in discus at Iowa Musco Twilight VI... won shot put at Drake Relays (59-11 1/4), placed second at Iowa Musco Twilight VI (60-8), fifth (58-7 1/2) at Sea Ray Relays and seventh (59-11) at Stanford Invitational... placed third in shot (57-8 1/2) and fifth in discus (156-2) at Missouri Relays.

Kemeny's Collegiate Bests

Event	Distance	Meet	Date
Shot Put (O)	62-1 3/4 (18.94 m)	at Big Ten's	5/16/04
Discus (O)	166-1 (50.63 m)	Iowa Musco VI	5/1/04



**Tony
Leick**

Senior
Hurdles
Council Bluffs, IA (St. Albert)

2004 -- Indoor - won 600 meters with a collegiate-best 1:21.30 at Iowa Open... placed fourth in 600 meters at Hawkeye Invitational (1:23.22) and UNI Invitational (1:23.01)... placed 10th in 600 yards (1:12.65) at Iowa State Classic and sixth (1:13.01) at Husker Invitational... ran second leg on team-leading distance medley relay (10:02.09)... **Outdoor** - qualified for regional meet in 400-meter hurdles with a season-best 51.98 at Iowa Musco Twilight VI for sixth place... placed third in 400 meters (49.34) at UNI Twilight and sixth in 400-meter hurdles (52.36) at Drake Relays... placed ninth in 400-meter hurdles (52.83) at Big Ten Championships... ran third leg on 1,600-meter relay that placed eighth (3:16.88) at Big Ten Championships.

Leick's Collegiate Bests

Event	Time	Meet	Date
60-m H (I)	8.51	Hawkeye Invitational	1/18/03
		at Gold Country Classic	1/25/03
110-m H (O)	14.85	Iowa Musco Twilight V	5/3/03
200 meters (O)	23.02	at W. Michigan Invite	3/29/03
400 meters (O)	49.26	at Purdue Invitational	3/30/02
400-m H (O)	51.93	at NCAA Regional	5/30/03
500 meters (I)	1:04.92	at Meyo Invitational	2/2/02
600 yards (I)	1:12.17	at Iowa State Classic	2/9/02
600 meters (I)	1:21.30	Iowa Open	2/20/04



HAWKEYES TO WATCH



**Shane
Maier**

Freshman
Throws
Storm Lake, IA (Storm Lake)

2004 -- Indoor - redshirted... **Outdoor** - qualified for regional meet in shot put twice... threw collegiate-best 55-2 1/4 in shot for 10th place at Big Ten Championships... that mark ranks 10th on Iowa's all-time best performers list... threw collegiate-best discus (143-1) at Missouri Relays... placed 11th in shot put at Drake Relays (54-0).

Maier's Collegiate Bests

Event	Distance	Meet	Date
Discus (O)	143-1 (43.61 m)	at Missouri Relays	4/3/04
Shot (O)	55-2 1/4 (16.82 m)	at Big Ten's	5/16/04



**Jason
Nolting**

Sophomore
Sprints
Preston, IA (Preston)

2004 -- Indoor - placed sixth in 400 meters (49.35) at UNI Invitational... ran collegiate best in 60 meters (7.28) at Gold Country Classic... ran second leg on 1,600-meter relay that placed fifth (3:18.42) at Big Ten Championships... **Outdoor** - ran lead leg on 1,600-meter relay that qualified for regional meet with a season-best 3:08.90 at Drake Relays... ran collegiate-best 48.66 in 400 meters at Iowa Musco Twilight VI... ran collegiate-best 200 meters (22.44) at UNI Twilight.

Nolting's Collegiate Bests

Event	Time	Meet	Date
60 meters (I)	7.28	at Gold Country Classic	1/24/04
200 meters (O)	22.44	at UNI Twilight	4/17/04
400 meters (O)	48.66	Iowa Musco VI	5/1/04
600 meters (I)	1:21.03	Hawkeye Invitational	1/17/04



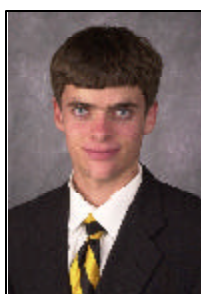
**Russell
Peterson**

Senior
Hurdles/Sprints
Manteno, IL (Manteno)

2004 -- team tri-captain... **Indoor** - led team in 60-meter hurdles... placed eighth in that event at Big Ten Championships, running a collegiate-best 7.97 in semifinals... that time ranks second on Iowa's all-time bests list... also anchored 1,600-meter relay that placed fifth at Big Ten meet (3:18.42)... won 60-meter hurdles (8.08) at Iowa Open... ran season-best 400 meters (48.91) at Iowa State Classic... ran second leg on team-leading 1,600-meter relay (3:13.81)... **Outdoor** - qualified for regional meet in 400-meter hurdles and as part of 1,600-meter relay... leads team in 110 and 400-meter hurdles... placed third in 400-meter hurdles with a season-best 50.86 at Big Ten Championships... ran anchor leg on team-leading 1,600-meter relay (3:08.90) at Drake Relays... ran lead leg on 1,600-meter relay that placed eighth (3:16.88) at Big Ten Championships... placed fourth in 400-meter hurdles at Iowa Musco Twilight VI (51.15)... ran collegiate-best 200 meters (21.98) at UNI Twilight.

Peterson's Collegiate Bests

Event	Time	Meet	Date
60-m H (I)	7.97	at Big Ten Championships	2/28/04
110-m H (O)	14.85	at Stanford Invite	3/26/04
200 meters (O)	21.98	at UNI Twilight	4/17/04
400 meters (O)	47.62	Indiana Quadrangle	4/7/01
400-m H (O)	50.50	Big Ten Championships	5/19/01
600 meters (I)	1:19:12	Minnesota Open	1/27/01



**Brian
Rae**

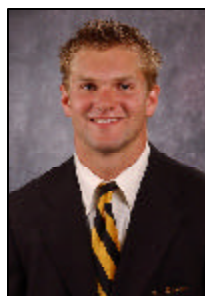
Sophomore
Distance
Naperville, IL (North)

2004 -- Indoor - ran collegiate-best 9:29.37 in two miles at Hawkeye Invitational... placed 11th in 3,000 meters (8:35.93) at Gold Country Classic... **Outdoor** - ran collegiate best 14:22.83 in 5,000 meters at Stanford Invitational, which ranks fifth on Iowa's all-time best performers list... also ran collegiate-best 1,500 meters (4:05.83) at Missouri Relays.



HAWKEYES TO WATCH

2003 -- Cross Country - all-region selection, placing seventh at the NCAA Midwest Regional in 31:19 to lead the team... advanced to the NCAA Championships, placing 199th with a time of 31:47... ran career-best 8,000 meters (24:34) at Pre-National Invitational for 49th place... placed 13th (24:35) at Big Ten Championships, earning second team all-Big Ten honors... also placed fifth (26:00) at Iowa State Open and 73rd (25:31) at Roy Griak Invitational... letterwinner.



**Joel
Storm**

Sophomore
Throws
Elberon, IA (Belle Plaine)

2004 -- Indoor - did not compete... **Outdoor** - qualified for regional meet in javelin with a collegiate-best throw of 203-5 at Sea Ray Relays... that mark ranks third on Iowa's all-time best performers list... leads team in that event... won javelin (202-0) at Missouri Relays and placed ninth at Drake Relays (187-6) and Big Ten Championships (187-2) .

Rae's Collegiate Bests			
Event	Time	Meet	Date
1,500 meters (O)	4:05.83	at Missouri Relays	4/3/04
Mile (I)	4:30.52	Hawkeye Invite	1/18/03
3,000 meters (I)	8:26.2	at Gold Ctry. Classic	1/25/03
Two Miles (I)	9:29.37	Hawkeye Invite	1/17/04
5,000 meters (O)	14:22.83	at Stanford Invite	3/27/04
6,000 meters (CC)	18:57	at N. Illinois Invite	8/30/02
8,000 meters (CC)	24:34	at Pre-National Invite	10/18/03
10,000 meters (CC)	30:52.28	at NCAA Regional	11/16/02

Storm's Collegiate Bests			
Event	Distance	Meet	Date
Javelin (O)	203-5 (62.01 m)	at Sea Ray Relays	4/10/04



**Eric
Rothwell**

Senior
Throws
McFarland, WI (McFarland)

2004 -- Indoor - placed 16th in weight throw (54-6 1/2) at Big Ten Championships... placed fifth in weight throw at Iowa Open (56-3 1/4) and sixth at Hawkeye Invite (55-3 1/2)... **Outdoor** - qualified for regional meet in discus... placed third in discus with a collegiate-best 179-7 at Big Ten Championships... that marks ranks third on Iowa's all-time best performers list... placed third in discus at Drake Relays (177-2), fourth at Missouri Relays (158-8) and sixth at Sea Ray Relays (158-10).

2003 -- Football - started 12 of 13 games, including two games at right guard, two at left guard and final seven games at center... earned Next Man In Award on offense... started at center at Ohio State and played every offensive down, giving him starts at three different positions in the offensive line through first seven games . . . also started at center and played every offensive down vs. Penn State and Purdue.



**Chris
Voller**

Junior
Throws
Naperville, IL (Central)

2004 -- Indoor - placed 13th (57-7 1/2) in weight throw at Big Ten Championships... threw collegiate-best 57-10 1/2 in weight at UNI Invitational for third place... placed fourth in weight (57-0 1/4) at Iowa Open, fourth (56-7 1/4) at Hawkeye Invitational and sixth (56-7 1/4) at Gold Country Classic... **Outdoor** - qualified for regional meet in hammer throw with a collegiate-best 195-8 at Sea Ray Relays... that mark ranks sixth on Iowa's all-time bests list... placed second in hammer at UNI, fifth at Missouri Relays (181-10) and ninth at Big Ten Championships (189-0).

Voller's Collegiate Bests			
Event	Distance	Meet	Date
Wt. Throw (I)	57-10 1/2 (17.64 m)	at UNI Invite	1/31/04
Hammer (O)	195-8 (59.64 m)	at Sea Ray Relays	4/10/04

Rothwell's Collegiate Bests			
Event	Time	Meet	Date
Discus (O)	179-7 (54.73 m)	at Big Ten's	5/15/04
Weight (I)	57-2 1/4 (17.43 m)	at Gold Ctry. Classic	1/26/02



HAWKEYES TO WATCH



**Sarah
Arens**

Senior
Distance
Remsen, IA (Remsen-St. Mary's)



**Nikki
Chapple**

Freshman
Distance
Melbourne, Australia (Balwyn)

2004 -- Indoor - anchored distance medley relay to NCAA provisional qualifying mark of 11:30.36 at Iowa State Classic... that relay ranks fourth on Iowa's all-time bests list... anchored distance medley relay to third-place finish (11:41.77) at Big Ten Championships... ran collegiate-best mile (4:52.18) for eighth place at Iowa State Classic... that time ranks seventh on Iowa's all-time bests list... won mile (5:04.13) and Hawkeye Invitational and placed fifth (5:02.33) at Illinois Invitational... **Outdoor** - qualified for regional meet in 3,000-meter steeplechase, running a collegiate-best 10:34.50 for sixth place at Big Ten Championships... that time broke the school record she set in that event last season... placed 10th in 5,000 meters (17:19.63) at Big Ten meet... that time ranks ninth on Iowa's all-time bests list... won steeplechase with a meet and track record of 10:38.53 at Iowa Musco Twilight VI... ran anchor leg on distance medley relay that placed third (11:34.56) at Drake Relays.

2003 -- Cross Country - led team at NCAA Midwest Regional, placing 16th in 22:00... placed 49th (22:33) at Big Ten Championships... won Hawkeye Invitational (10:41) and placed second (18:32) at Iowa State Open... academic all-Big Ten... WICCCA academic all-American... letterwinner.

Arens' Collegiate Bests

Event	Time	Meet	Date
800 meters (O)	2:16.45	at TX Southern Relays	3/19/04
1,500 meters (O)	4:34.05	at Sea Ray Relays	4/16/00
Mile (I)	4:52.18	at ISU Classic	2/14/04
3,000 meters (O)	9:52.17	at Big Blue Classic	4/5/00
3,000 meters (CC)	10:41	Hawkeye Invite	8/29/03
3,000-m SC (O)	10:34.50	at Big Ten Champ's	5/15/04
5,000 meters (I)	17:16.41	at Big Ten Champ's	2/24/01
5,000 meters (CC)	17:37.96	at Auburn Invite	10/19/02
6,000 meters (CC)	21:58	at Mid. Pre-Regional	9/29/00

2004 -- Indoor - led team in 3,000 (9:34.17) and 5,000 meters (16:48.21)... provisionally qualified in 3,000 meters (9:34.17) at Husker Invitational and in 5,000 meters (16:27.04) at Alex Wilson Invitational... runner-up in 5,000 meters (17:11.68 - 26 laps) and placed third in 3,000 meters (9:37.80) at Big Ten Championships... won 5,000 meters (16:48.21) at ISU Classic and mile (4:59.85) at Gold Country Classic... ranks eighth in mile, fourth in 3,000 meters and sixth in 5,000 meters on Iowa's all-time best performers list... placed third in mile (4:54.92) at Illinois Invitational... **Outdoor** - provisionally qualified for NCAA Championships in 10,000 meters with a collegiate-best 35:06.35 at Mt. SAC Relays... that time ranks fourth on Iowa's all-time bests list... leads team in that event... placed eighth in 10,000 meters (36:23.92) and 11th in 5,000 meters (17:21.78) at Big Ten Championships... her best 5,000-meter time ranks 10th on Iowa's all-time bests list.

2003 -- Cross Country - led team at Big Ten Championships, placing 15th in 21:45... also ran a collegiate-best 6,000 meters (21:45) at Pre-National Invitational... placed 32nd at NCAA Midwest Regional (22:31)... led team in collegiate debut, placing 16th (17:41) at Willamette Invitational... letterwinner.

Chapple's Collegiate Bests

Event	Time	Meet	Date
Mile (I)	4:54.92	at Illinois Invite	1/31/04
1,500 meters (O)	4:36.35	at TX-Arlington Relays	3/27/04
3,000 meters (I)	9:34.17	at Husker Invite	2/7/04
5,000 meters (I)	16:27.04	at Alex Wilson Invite	3/7/04
5,000 meters (CC)	17:41	at Willamette Invite	10/4/03
6,000 meters (CC)	21:45	at Pre-National Invite	10/18/03
		at Big Ten Champ's	11/2/03
10,000 meters (O)	35:06.35	at Mt. SAC Relays	4/17/04



HAWKEYES TO WATCH



**Michelle
Lahann**

Senior
Distance
Wheatland, IA (Calamus-Wheatland)

2004 -- Indoor - led team in 800 meters (2:06.83) and mile (4:47.23)... NCAA provisional qualifier in 800 meters (2:06.83) at Alex Wilson Invitational and mile (4:47.23) at Husker Invitational... her best 800-meter time ranks second and mile time ranks fourth on Iowa's all-time best performers list... ran lead leg on distance medley relay that provisionally qualified (11:30.36) at Iowa State Classic... that relay ranks fourth on Iowa's all-time bests list... competed in 800 meters at NCAA Championships, running a 2:08.21 in the prelims... runner-up in 800 meters (2:10.72) and ran lead leg on distance medley relay that placed third (11:41.77) at Big Ten Championships... runner-up in mile (4:52.73) at Illinois Invitational and 800 meters (2:13.41) at Hawkeye Invitational... **Outdoor** - qualified for regional meet in 800 meters, running a collegiate-best 2:06.79 at Drake Relays, and in 1,500 meters, running a collegiate-best 4:24.00 at Mt. SAC Relays... her 800-meter time ranks second and her 1,500-meter time ranks fourth on Iowa's all-time bests list... won 800 meters (2:10.30) at Tom Botts Invitational, and 1,500 meters at Texas-Arlington Relays (4:30.18) and at Iowa Musco Twilight VI (4:24.18)... leads team in those events... placed sixth in 800 meters (2:10.60) and ran anchor leg on 1,600-meter relay that placed seventh (3:44.24) at Big Ten Championships... ran lead leg on 3,200-meter relay (8:48.87) that placed second at Drake Relays.

Lahann's Collegiate Bests

Event	Time	Meet	Date
800 meters (O)	2:06.79	at Drake Relays	4/23/04
1,500 meters (O)	4:24.00	at Mt. SAC Relays	4/18/04
Mile (I)	4:47.23	at Husker Invite	2/7/04
3,000 meters (I)	10:30.40	at Meyo Invitational	2/5/00
3,000-m SC (O)	11:16.21	at Big Ten Champ's	5/17/02
4,000 meters (CC)	14:41	at Stanford Invite	9/29/01
5,000 meters (O)	17:42.19	at Tiger Invite	4/2/00
5,000 meters (CC)	18:33	at District V Champ's	11/13/99
6,000 meters (CC)	22:51	at Chile Pepper Festival	10/14/00
10,000 meters (O)	39:34.13	at Big Ten Champ's	5/18/01



**Alana
Redfern**

Junior
Throws
Duncan, British Columbia (Cowichan)

2004 -- Indoor - did not compete... **Outdoor** - qualified for regional meet in javelin with a winning 149-4 at Texas Southern Relays... leads team in that event.

Redfern's Collegiate Bests

Event	Mark	Meet	Date
Shot Put (I)	38-3 1/4 (11.66 m)	at Panther Classic	2/1/03
Javelin (O)	181-5 (55.31 m)	Musco Twilight V	5/3/03



**Peaches
Roach**

Freshman
Jumps
Kingston, Jamaica (Alpha Academy)

2004 -- Indoor - led team in high jump (5-11 1/4) with NCAA provisional qualifying mark and in 60 meters (7.48)... those marks ran second on Iowa's all-time bests list... Big Ten high jump champion with a collegiate-best 5-11 1/4... also placed fifth in 60 meters (7.50) at Big Ten Championships, running a collegiate-best 7.48 in prelims... tied for 15th in high jump (5-8) at NCAA Championships... placed third in high jump (5-10 1/2) at Iowa State Classic... **Outdoor** - qualified for regional meet in high jump... Big Ten high jump champion, tying her collegiate best of 5-11 1/4... Big Ten Freshman of the Year... placed fourth in high jump (5-10 3/4) at Drake Relays... leads team in that event and 100 meters (11.80)... her season-best high jump ranks second and best 100 meters ranks 10th on Iowa's all-time bests list... won high jump (5-10 1/4) at Texas Southern Relays... runner-up in high jump (5-8) and placed third in 100 meters (11.80) at Texas-Arlington Relays... ran second leg on team-leading 400-meter relay that placed seventh at Big Ten Championships (46.44) after running a season-best 46.18 in prelims.



HAWKEYES TO WATCH

Roach's Collegiate Bests

Event	Mark	Meet	Date
60 meters (I)	7.48	Big Ten Champ's	2/28/04
100 meters (O)	11.80	at TX-Arlington Relays	3/27/04
200 meters (I)	25.23	at Gold C. Classic	1/24/04
High Jump (I)	5-11 1/4 (1.81 m)	Big Ten's	2/29/04
High Jump (O)	5-11 1/4 (1.81 m)	at Big Ten's	5/16/04



Shellene Williams

Senior/Sprints
Old Harbour, Jamaica
(Veretech/Barton County CC)



Jessie Strand

Senior
Pole Vault
Rockford, IL (Boylan)

2004 -- Indoor - led team in pole vault with an indoor school-record setting mark of 12-5 1/2... runner-up in pole vault (12-5 1/2) at Big Ten Championships... placed sixth in pole vault (12-3 1/2) at NCAA Qualifier... placed fifth in pole vault at Iowa State Classic (11-11 3/4) in season debut... won pole vault (11-8) at Iowa Open... **Outdoor** - leads team in pole vault... placed second in that event at Iowa Musco Twilight VI (12-3 1/2), third at Texas Southern Relays (11-9 3/4) and tied for seventh at Drake Relays (12-3 1/2).

Strand's Collegiate Bests

Event	Mark	Meet	Date
60-m H (I)	10.13	Hawkeye Open	1/15/00
Pole Vault (O)	12-10 1/4 (3.92 m)	at NCAA Regional	5/31/03
Long Jump (I)	18-3 1/4 (5.57 m)	Hawkeye Open	1/15/00
Shot Put (I)	35-9 1/2 (10.91 m)	Hawkeye Invite	1/19/02
Javelin (O)	87-3 (26.60 m)	at UMKC Quad	3/31/02

2004 -- Indoor - Big Ten 400-meter champion (54.17) and runner-up in 200 meters (23.97)... ran second leg on 1,600-meter relay that set school record of 3:44.47 and placed third at Big Ten Championships... led team in 200 (23.62) and 400 meters (52.83)... NCAA automatic qualifier in 400 meters (52.83) at Iowa State Classic, which ranks second on Iowa's all-time bests list... also set school record in 200 meters with a provisional qualifying time of 23.62 at Husker Invitational... ran second leg on distance medley relay that provisionally qualified (11:30.36) at Iowa State Classic... that relay ranks fourth on Iowa's all-time bests list... competed in 200 (23.98) and 400 meters (53.00) at NCAA Championships... ran second leg on distance medley relay that placed sixth (11:38.47) at Alex Wilson Invitational... won 60 meters at Illinois Invitational with a collegiate-best 7.50, which ranks third in Iowa's all-time bests list... won five of the nine individual events she competed in, placing second in two others... **Outdoor** - qualified for regional meet in 200 and 400 meters, leading the team in both events... Big Ten 400-meter champion... is one of only three female student-athletes in program history to win four Big Ten titles during a career... broke 21-year-old school record 200 meters with her winning time of 23.50 at Iowa Musco Twilight VI... won special 400-meter race with a season-best 52.95 at Drake Relays... also won 400 meters (53.61) at Mt. SAC Relays... anchored 400-meter relay (46.44) and ran third leg on 1,600-meter relay (3:44.24) to seventh place finishes at Big Ten Championships.

Williams' Personal Bests

Event	Time	Meet	Date
60 meters (I)	7.50	at Illinois Invite	1/31/04
200 meters (O)	23.50	Iowa Musco VI	5/1/04
400 meters (O)	52.68	at Jamaican Ntl. Champ's	6/21/03

