

UNIVERSITY OF IOWA TRACK & FIELD



**Micah
VanDenend**



Adam Hamilton



**Kineke
Alexander**



**Matty
Gorman**



Peaches Roach



**Tiffany
Johnson**

**2006 BIG TEN OUTDOOR CHAMPIONSHIPS
MICHIGAN STATE UNIVERSITY
RALPH YOUNG TRACK & FIELD FACILITY
MAY 12-14, 2006 -- EAST LANSING, MI**

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



TRACK CONTACTS: TARA MEEKMA, TRACI WAGNER

MAY 8, 2006

2006 WOMEN'S OUTDOOR SCHEDULE & RESULTS

3/17-18	Shamrock Invite	2 champs
3/31-4/1	at Stanford Invite	0 champs
4/1	at Springtime Invite	3 champs
4/8	at Messersmith Invite	5 champs
4/13-15	at Mt. SAC Relays	1 champ
4/14-15	at Tom Botts Invite	0 champs
4/22	Musco Twilight VIII	4 champs
4/27-29	at Drake Relays	2 champs
5/12-14	at Big Ten Championships	
5/26-27	at NCAA Midwest Regional	
6/7-10	at NCAA Championships	

2006 WOMEN'S OUTDOOR SEASON BESTS

100 Meters ... Peaches Roach	^11.71	
100 Hurdles.. Tiffany Johnson	*^13.53	
200 Meters ... Kineke Alexander	^23.58	
400 Meters ... Kineke Alexander	^51.83	
400 Hurdles.. Aditya Jones.....	1:02.85	
800 Meters ... Meghan Armstrong ...	2:10.15	
1,500 Meters Meghan Armstrong .	^4:26.01	
Mile..... Krista Anderson	4:54.98	
3,000 Meters Meghan Armstrong ...	9:28.03	
3,000 Steeple Jessica Schmidt	11:20.85	
5,000 Meters Meghan Armstrong	^16:29.09	
400-Meter Relay.....	^45.11	
<i>(Alexander, Granger, Johnson, Roach)</i>		
800-Meter Relay.....	1:36.19	
<i>(Roach, McCalla, Alexander, Johnson)</i>		
1,600-Meter Relay	^3:38.36	
<i>(McCalla, Granger, Alexander, Johnson)</i>		
Distance Medley Relay	12:06.08	
<i>(Docherty, Jones, Billhardt, Schmidt)...</i>		
High Jump ... Peaches Roach.....	*^6-0 3/4	
Long Jump ... Renee White	^19-9 3/4	
Triple Jump .. Tiffany Johnson .	*^41-3 1/4	
Pole Vault..... Sarah Burgett.....	12-1 3/4	
Shot Put	Mandy Chandler	46-0
Discus.....	Holly Joens.....	120-1
Javelin.....	Tammilee Kerr	141-9
Hammer	Becca Franklin	176-7
^ - regional qualifier, * - school record		

THIS WEEK -- The Iowa men and women's track teams will compete at the Big Ten outdoor championships, Friday through Sunday, in East Lansing, MI. All events will be held at the Ralph Young Track and Field Facility. Tickets are available from the Michigan State University Athletic Ticket Office at (800) 467-8283 or www.msuspartans.com. Tickets are \$10 for adults (Ages 18-54) and \$5 for youth and seniors (Ages 0-17 and 55+) each day.

ALEXANDER, ROACH ATTEMPT TO JOIN HAWKEYE ELITE -- This weekend sophomore **Kineke Alexander** and junior **Peaches Roach** will try to become the third and fourth female student-athletes in school history to win four career Big Ten titles. Both student-athletes have several opportunities to accomplish the feat.

Roach, a three-time conference champion, won high jump titles at the 2004 indoor and outdoor Big Ten meets and at the 2005 indoor meet. The Kingston, Jamaica, native leads the Big Ten in the high jump, anchored the 400-meter relay that leads the conference and is ranked fifth in the 100 meters. **Roach** could also make her mark in the Iowa record books. No female track student-athlete has ever totaled more than four conference titles or won more than three in one event.

Alexander, is a two-time Big Ten champion, winning the 200 and 400 meters at the 2006 Big Ten indoor meet. The native of Mesopotamia, St. Vincent and the Grenadines, leads the Big Ten in the 200 meters and as part of the 400-meter relay. She also ranks second in the 400 meters and as part of the 1,600-meter relay.

The other two Hawkeyes to win four Big Ten titles are **Vivien McKenzie** and **Shellene Williams**. **McKenzie** won three titles in the 100 meters and one in the 55 meters from 1983-85. **Williams** won three titles in the 400 meters and one as part of the 1,600-meter relay from 2003-04.

BRODERSEN LOOKS TO DEFEND DISCUS TITLE -- Hawkeye senior **Tim Brodersen** will try to defend the Big Ten discus title he won at the 2005 championships. The Vermillion, SD, native is Iowa's seventh conference discus champion in school history. **Brodersen's** season-best throw of 187-9 ranks second in the conference. Minnesota's Karl Erickson leads the Big Ten with a season-best toss of 200-6 1/4.

2005 BIG TEN CHAMPIONSHIPS REVIEW -- The Hawkeye men's team placed eighth with 53 points at the 2005 Big Ten Outdoor Championships, while the women's team placed ninth with 52.5. Junior **Tim Brodersen**

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2006 MEN'S OUTDOOR SCHEDULE & RESULTS

Date	Meet	Result
3/31-4/1	at Stanford Invite	1 champ
4/1	at Springtime Invite	4 champs
4/8	at Messersmith Invite	3 champs
4/14-15	at Tom Botts Invite	3 champs
4/14-15	at Sun Angel Classic	1 champ
4/22	Musco Twilight VIII	5 champs
4/27-29	at Drake Relays	0 champs
5/12-14	at Big Ten Championships	
5/26-27	at NCAA Regional Meet	
6/7-10	at NCAA Championships	

2006 MEN'S OUTDOOR SEASON BESTS

100 Meters	David Chaplin.....	10.69
110 Hurdles ...	Brice Wilson	15.61
200 Meters	David Chaplin.....	21.28
400 Meters	Prince Riley.....	47.71
400 Hurdles...	Brice Wilson	59.23
800 Meters	Matt O'Hollearn	1:53.56
1,500 Meters..	Micah VanDenend.....	3:53.39
3,000 Meters..	Dan Haut	8:17.52
3,000 Steeple.	Tony Rakaric	^9:06.46
5,000 Meters..	M. VanDenend ...	*^13:55.96
10,000 Meters	Eric MacTaggart ...	\$28:50.23
400-Meter Relay.....		40.77
	<i>(Milder, Chaplin, Pierre, Gorman)</i>	
1,600-Meter Relay		3:13.90
	<i>(Chaplin, Pierre, Riley, O'Hollearn)</i>	
Distance Medley Relay		9:54.97
	<i>(VanDenend, Riley, O'Hollearn, Rakaric)</i>	
6,400-Meter Relay		16:55.43
	<i>(Rakaric, Webster, MacTaggart, VanDenend)</i>	
High Jump	Jeremy Petsche.....	6-8 3/4
Long Jump	Matty Gorman	^25-1 1/4
Triple Jump ...	Matty Gorman	48-0
Pole Vault.....	Jeff Raymond	15-7
Shot Put	Shane Maier	^60-3 3/4
Discus.....	Tim Brodersen	^187-9
Hammer	Adam Hamilton	^220-6
Javelin.....	Kale Katt	199-2

^ - regional qualifier, * - school record
\$ - NCAA provisional qualifier

won Iowa's lone individual title in the discus. Iowa had three runners-up in senior **Chris Voller** (hammer throw), sophomore **Peaches Roach** (high jump) and sophomore **Tiffany Johnson** (100-meter hurdles).

Seniors **Andy Banse** and **Aisha Hume, Roach** and freshman **Kineke Alexander** each recorded two top-five placings. **Banse** placed third in the shot put (60-10) and fourth in the discus (177-11), **Hume** placed fourth in the 800 meters (2:09.50) and third as part of the 1,600-meter relay (3:40.34), **Roach** placed second in the high jump (5-8 3/4) and third in the 100 meters (11.66) and **Alexander** placed fourth in the 400 meters (53.89) and third as part of the 1,600-meter relay (3:40.34). The Hawkeyes recorded 14 top-five individual finishes.

HAWKEYES IN BIG TEN HISTORY -- The Iowa men's team has won two Big Ten outdoor team championships (1963, 1967) and 106 event titles since the first meet was held in 1901. Two former Hawkeyes hold a spot in the conference record books. In 1997, **Bashir Yamini** tied the long jump record of 26-8 1/4 set in 1935 by Ohio State's Jesse Owens. **Jon Reimer** holds the retired 330-yard hurdles record of 36.1, set in 1965. The Hawkeye men's team has had four student-athletes earn conference individual outdoor track honors. **Pat McGhee** is the lone Hawkeye to earn two awards in the same season, being Male Athlete of the Year and Athlete of the Championships in 1989. Other outdoor honorees were **Anthuan Maybank** (1993 Athlete of the Year), **Jeremy Allen** (1998 Freshman of the Year) and **Tim Dwight** (1999 Athlete of the Championships).

The Iowa women's squad has yet to win a Big Ten outdoor team title, but has crowned 27 event champions in 17 individual running events, five field events and two relays since the first meet was held in 1982. The two Hawkeyes to have earned Big Ten Outdoor Freshman of the Year honors are **Erica Broomfield** (1998) and **Peaches Roach** (2004).

WOMEN'S TEAM MAKES TRACKWIRE 25 -- The Hawkeye women's track team is 21st in the most recent national outdoor rankings released by Trackwire. The list, compiled by Gary Verigin of www.trackwire.com, ranks schools according to a projected hypothetical score for the NCAA outdoor championships, which is generated by a power ranking of the top 12 athletes and relay squads in each NCAA event. Iowa is ranked 21st with 10 points after opening the outdoor season ranked 20th. Texas is first with 61.

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BIG TEN OUTDOOR CHAMPIONSHIPS SCHEDULE OF EVENTS

Friday, May 12

Noon	Decathlon 100 Meters
12:15	Heptathlon 100-Meter Hurdles
12:45	Decathlon Long Jump
12:50	Heptathlon High Jump
1:30	Men's Hammer Throw (T&F) Women's Pole Vault (T&F)
2:00	Decathlon Shot Put
2:45	Decathlon High Jump
2:50	Heptathlon Shot Put
3:30	Women's Hammer Throw (T&F)
4:00	Heptathlon 200 Meters
5:00	Decathlon 400 Meters
7:15	Men's 10,000 Meters
8:00	Women's 10,000 Meters

Saturday, May 13

9:30 a.m.	Decathlon 110-Meter Hurdles
10:10	Decathlon Discus
10:15	Heptathlon Long Jump
11:20	Decathlon Pole Vault
11:30	Heptathlon Javelin
1:15 p.m.	Decathlon Javelin
1:20	Men's Long Jump (T&F)
1:45	Heptathlon 800 Meters
2:10	Women's 1,600-Meter Relay (T)
2:15	Men's High Jump (T&F)
2:20	Men's 400-Meter Relay (T)
2:30	Women's 1,500 Meters (T)
2:35	Men's Discus (T&F)
2:50	Men's 1,500 Meters (T)
3:10	Decathlon 1,500 Meters
3:20	Women's 400 Meters (T)
3:30	Women's Shot Put (T&F)
3:35	Men's 400 Meters (T)
3:50	Women's 100 Meters (T)
4:05	Men's 100 Meters (T)
4:20	Women's 100-Meter Hurdles (T)
4:35	Women's Long Jump (T&F) Men's 110-Meter Hurdles (T)
4:50	Women's 800 Meters (T)

(Continued on Page 4)

NCAA REGIONAL QUALIFIERS -- The Hawkeyes have qualified 17 individuals in 16 events and two relays to the NCAA Midwest Regional Championships, which will be held May 26-27 in Austin, TX. Their events, qualifying marks and where they rank in the Big Ten, region and nation are listed below.

Women's Regional Qualifiers

Name	Event	Mark	Big 10/Region/Nation
Kineke Alexander	200 Meters	23.58	1st/7th/27th
	400 Meters	51.83	2nd/2nd/3rd
	400-Meter Relay	45.11	1st/11th/38th
	1,600-Meter Relay	3:38.36	2nd/11th/37th
Meghan Armstrong	1,500 Meters	4:26.01	5th/11th/54th
	5,000 Meters	16:29.09	5th/5th/33rd
Ashley Granger	400-Meter Relay	45.11	1st/11th/38th
	1,600-Meter Relay	3:38.36	2nd/11th/37th
Tiffany Johnson	100-Meter Hurdles	13.53	2nd/5th/27th
	400-Meter Relay	45.11	1st/11th/38th
Lindsey McCalla	1,600-Meter Relay	3:38.36	2nd/11th/37th
	Triple Jump	41-3 1/4 (12.58 m)	5th/12th/51st
	100 Meters	11.71	5th/17th/73rd
Peaches Roach	400-Meter Relay	45.11	1st/11th/38th
	High Jump	6-0 3/4 (1.85 m)	1st/4th/6th
Renee White	Long Jump	19-9 3/4 (6.04 m)	4th/12th/55th

Men's Regional Qualifiers

Name	Event	Mark	Big 10/Region/Nation
Tim Brodersen	Discus	187-9 (57.24 m)	2nd/7th/16th
A.J. Curtis	Discus	173-11 (53.01 m)	4th/19th/69th
	Shot Put	55-11 (17.04 m)	10th/19th/62nd
Matty Gorman	Long Jump	25-1 1/4 (7.65 m)	1st/8th/13th
Adam Hamilton	Hammer	220-6 (67.20 m)	1st/2nd/6th
Dan Haut	5,000 Meters	14:07.30	6th/4th/37th
John Hickey	Shot Put	58-1 (17.70 m)	4th/14th/40th
Eric MacTaggart	10,000 Meters	28:50.23*	4th/5th/17th
Shane Maier	Discus	171-2 (52.17 m)	5th/23rd/71st
	Shot Put	60-3 3/4 (18.38 m)	2nd/7th/20th
Tony Rakaric	3,000 Steeplechase	9:06.46	7th/13th/63rd
Micah VanDenend	5,000 Meters	13:55.96	2nd/1st/11th

* -- NCAA provisional qualifier

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BIG TEN OUTDOOR CHAMPIONSHIPS SCHEDULE OF EVENTS

Saturday, May 13 (Con't. from Page 3)

- 5:15 Men's 800 Meters (T)
- 5:20 Women's Javelin (T&F)
- 5:25 Women's 200 Meters (T)
- 5:40 Men's 200 Meters (T)
- 5:55 Women's 400-Meter Hurdles (T)
- 6:15 Men's 400-Meter Hurdles (T)
- 6:30 Men's 3,000-M. Steeplechase
- 6:45 Women's 3,000-M. Steeplechase

Sunday, May 14

- 11:40 a.m. Women's Triple Jump (T&F)
- 11:45 Women's Discus (T&F)
- 12:30 p.m. Men's Shot Put (T&F)
Men's Pole Vault (T&F)
- 12:45 Women's 400-Meter Relay (F)
- 12:55 Men's 400-Meter Relay (F)
- 1:05 Women's 1,500 Meters (F)
- 1:15 Men's 1,500 Meters (F)
- 1:20 Women's High Jump (T&F)
- 1:25 Women's 100-Meter Hurdles (F)
- 1:35 Men's 110-Meter Hurdles (F)
- 1:40 Women's 400 Meters (F)
- 1:45 Men's 400 Meters (F)
- 1:50 Women's 100 Meters (F)
- 1:55 Men's 100 Meters (F)
- 2:00 Men's Triple Jump (T&F)
Men's Javelin (T&F)
- 2:03 Women's 800 Meters (F)
- 2:08 Men's 800 Meters (F)
- 2:18 Women's 400-Meter Hurdles (F)
- 2:28 Men's 400-Meter Hurdles (F)
- 2:35 Women's 200 Meters (F)
- 2:42 Men's 200 Meters (F)
- 2:49 Women's 5,000 Meters (F)
- 3:11 Men's 5,000 Meters (F)
- 3:33 Women's 1,600-Meter Relay
- 3:45 Men's 1,600-Meter Relay

Times are local and subject to change based on number of participants in each event.

T - trials, F - finals

HAWKEYES SET RECORDS -- Hawkeye juniors **Micah VanDenend**, **Tiffany Johnson** and **Peaches Roach** have set new school records this outdoor season. **VanDenend** broke a 38-year-old 5,000-meter record at the Stanford Invitational, running a collegiate-best 13:55.96 for sixth place in the event. Iowa Head Coach **Larry Wieczorek** set the previous record of 13:56.0 in 1968. **Johnson** broke her own 100-meter hurdles and triple jump records. Her collegiate-best 13.53 at the Mt. SAC Relays broke the hurdles record of 13.57 she set in 2005, and she smashed the triple jump record of 40-9 1/2 she set in 2005 with her collegiate best 41-3 1/4 leap at the Iowa Musco Twilight VIII. Johnson now holds school records in the indoor and outdoor triple jump, 60-meter hurdles, 100-meter hurdles and as part of the indoor 1,600-meter relay. **Roach** broke the 23-year-old school high jump record of 6-0 set in 1983 by Mary Mol with the collegiate-best 6-0 3/4 at the Mt. SAC Relays. **Roach** holds the school indoor high jump mark, which is also 6-0 3/4.

LAST WEEK -- Iowa crowned two champion at the Drake Relays in Des Moines, IA. Sophomore **Kineke Alexander** won the women's special 400 meters (52.01), while junior **Tiffany Johnson** won the women's University 100-meter hurdles (13.58). Junior **Meghan Armstrong** placed third and qualified for the NCAA regional in the women's special 1,500 meters (4:26.01). For the men's team, sophomore **Shane Maier** placed second in the shot put (59-11 1/4), junior **Adam Hamilton** placed third in the hammer throw (213-6) and sophomore **Matty Gorman** placed third in the long jump (24-8 1/2) and fifth in the triple jump (48-0).

NEXT COMPETITION -- The Hawkeyes will send athletes who meet the qualifying standards to the 2006 NCAA Midwest Regional, May 26-27 in Austin, TX. All events will be held at Mike A. Myers Stadium on the University of Texas campus. Single day tickets are \$10 for adults and \$7 for youth. Tickets can be ordered from the University of Texas Athletic ticket office at 800/982-2386 or www.texasports.com.

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 regionals will automatically advance to the NCAA Championships, to be held June 7-10 in Sacramento, CA. The other three regions are the West (40 men's teams, 42 women's teams), the Midwest (78 men's teams, 81 women's teams) and the East (110 men's teams, 112 women's teams).

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Iowa's Outdoor Season Bests

MEN'S 100 METERS (RQ - 10.50, SR - 10.25)

David Chaplin 10.69 Musco Twilight VIII..4/22/06
Max Milder 10.81 Musco Twilight VIII..4/22/06
David Pierre..... 10.87 at Messersmith Invite 4/8/06
Ryan Niver 11.47 at Messersmith Invite 4/8/06

WOMEN'S 100 METERS (RQ - 11.75, SR - 11.45)

Peaches Roach 11.71 ^ Musco Twilight VIII..4/22/06
Ashley Granger 12.05 at Messersmith Invite 4/8/06
Renee White 12.89 at Shamrock Invite ..3/18/06

MEN'S 110-METER HURDLES (RQ -- 14.30, SR -- 13.63)

Brice Wilson 15.61 at Springtime Invite . 4/1/06
Ryan Niver 18.15 at Springtime Invite . 4/1/06

WOMEN'S 100-METER HURDLES (RQ - 13.92, SR - 13.53)

Tiffany Johnson 13.53 ^* ... at Mt. SAC Relays4/15/06
Tammilee Kerr..... 14.74 at Springtime Invite . 4/1/06

MEN'S 200 METERS (RQ -- 21.19, SR -- 20.47)

David Chaplin 21.28 Musco Twilight VIII..4/22/06
Max Milder 21.97 Musco Twilight VIII..4/22/06

WOMEN'S 200 METERS (RQ - 23.96, SR - 23.50)

Kineke Alexander 23.58 ^ Musco Twilight VIII..4/22/06
Ashley Granger 24.37 at Springtime Invite . 4/1/06
Lindsey McCalla 24.92 at Springtime Invite . 4/1/06

MEN'S 400 METERS (RQ -- 47.26, SR -- 44.99)

Prince Riley 47.71 Musco Twilight VIII..4/22/06
David Pierre..... 47.92 at Sun Angel Classic.4/15/06
David Chaplin 48.78 at Messersmith Invite 4/8/06
Max Milder 49.41 at Springtime Invite . 4/1/06
Jason Nolting 49.59 at Tom Botts Invite..4/15/06
Jason Wakenight..... 49.68 at Tom Botts Invite..4/15/06
Cannon Dolan 49.99 at Tom Botts Invite..4/15/06
Ryan Niver 52.76 % ... at Tom Botts Invite..4/13/06

WOMEN'S 400 METERS (RQ - 54.61, SR - 51.71)

Kineke Alexander 51.83 ^ at Mt. SAC Relays4/15/06
Lindsey McCalla 56.84 Musco Twilight VIII..4/22/06
Monica Mims..... 59.55 at Shamrock Invite ..3/18/06

MEN'S 400-METER HURDLES (RQ -- 52.51, SR -- 48.83)

Brice Wilson 59.23 at Tom Botts Invite..4/15/06

WOMEN'S 400-M. HURDLES (RQ -- 1:00.82, SR -- 56.67)

Aditya Jones 1:02.85 at Tom Botts Invite..4/15/06

MEN'S 800 METERS (RQ -- 1:50.40, SR-- 1:47.64)

Matt O'Hollearn..... 1:53.56 Musco Twilight VIII..4/22/06
Daniel Peoples 1:54.97 at Messersmith Invite 4/8/06
Davis Linden..... 1:55.48 Musco Twilight VIII..4/22/06
Jason Wakenight..... 1:59.08 Musco Twilight VIII..4/22/06
Mike Stout 1:59.11 at Tom Botts Invite..4/15/06

WOMEN'S 800 METERS (RQ - 2:09.80, SR - 2:05.67)

Meghan Armstrong 2:10.15 at Tom Botts Invite..4/15/06
Shannon Stanley..... 2:12.11 at Tom Botts Invite..4/15/06
Jennie Docherty..... 2:17.12 at Tom Botts Invite..4/15/06
Monica Mims..... 2:18.04 Musco Twilight VIII..4/22/06

MEN'S 1,500 METERS (RQ -- 3:47.80, SR -- 3:44.01)

Micah VanDenend..... 3:53.39 Musco Twilight VIII..4/22/06
Tony Rakaric..... 3:55.73 at Tom Botts Invite..4/15/06
Eric MacTaggart..... 3:58.08 Musco Twilight VIII..4/22/06
Jeff Kent..... 3:59.48 at Tom Botts Invite..4/15/06
Alex Webster 3:59.70 Musco Twilight VIII..4/22/06
Heath Moenck..... 4:03.69 Musco Twilight VIII..4/22/06
Blake Schlotzhauer... 4:04.38 at Tom Botts Invite..4/15/06

WOMEN'S 1,500 METERS (RQ - 4:27.80, SR - 4:19.71)

Meghan Armstrong 4:26.01 ^ at Drake Relays4/29/06
Shannon Stanley..... 4:29.34 at Drake Relays4/29/06
Nikki Chapple 4:32.13 at Drake Relays4/29/06
Jennie Docherty..... 4:48.01 Musco Twilight VIII..4/22/06
Allison Billhardt 4:49.05 at Tom Botts Invite..4/15/06
Jessica Schmidt 4:45.58 at Messersmith Invite 4/8/06
Rachel Hawks 5:07.39 at Tom Botts Invite..4/15/06
Brittany Graham 5:16.70 Musco Twilight VIII..4/22/06

WOMEN'S MILE (RQ -- 4:49.60)

Krista Anderson 4:54.98 at Shamrock Invite ..3/18/06
Nikki Chapple 4:57.81 at Shamrock Invite ..3/18/06

MEN'S 3,000 METERS

Dan Haut 8:17.52 Musco Twilight VIII..4/22/06
Matt Esche 8:19.99 Musco Twilight VIII..4/22/06
Brian Rae 9:36.61 at Springtime Invite . 4/1/06

WOMEN'S 3,000 METERS (SP -- 9:20.61)

Meghan Armstrong 9:28.03 Musco Twilight VIII..4/22/06
Krista Anderson 9:45.65 Musco Twilight VIII..4/22/06
Racheal Marchand ... 10:01.49 Musco Twilight VIII..4/22/06
Shannon Stanley..... 10:28.48 at Shamrock Invite ..3/17/06
Rachel Hawks 11:07.70 at Messersmith Inv... 4/8/06

MEN'S 3,000 STEEPLECHASE (RQ -- 9:07.00, SR -- 8:47.4)

Tony Rakaric..... 9:06.46 ^ Musco Twilight VIII..4/22/06
Brian Rae 9:18.89 at Messersmith Inv... 4/8/06

WOMEN'S 3,000 STEEPLECHASE (RQ - 10:50.25, SR - 10:34.50)

Jessica Schmidt 11:20.85 at Shamrock Invite ..3/18/06

MEN'S 5,000 METERS (RQ -- 14:10.00, SR -- 13:55.96)

Micah VanDenend..... 13:55.96 ^* ... at Stanford Invite..... 4/1/06
Dan Haut 14:07.30 ^ at Stanford Invite..... 4/1/06
Matt Esche 14:12.07 at Drake Relays4/27/06
Jeff Kent..... 14:26.29 at Stanford Invite...3/31/06
Adam Roche 15:13.82 at Tom Botts Invite..4/15/06

WOMEN'S 5,000 METERS (RQ - 16:52.00, SR - 15:45.84)

Meghan Armstrong .. 16:29.09 ^ at Stanford Invite...3/31/06
Krista Anderson 16:59.48 at Drake Relays4/27/06
Racheal Marchand ... 17:10.29 at Drake Relays4/27/06

MEN'S 10,000 (AQ -- 28:45.00, PQ -- 29:30.00, SR -- 28:44.47)

Eric MacTaggart..... 28:50.23 \$ at Stanford Invite..... 4/1/06

MEN'S 400-METER RELAY (RQ -- 40.66, SR -- 39.48)

Milder, Chaplin, Pierre, Gorman..... 40.77
at Springtime Invite - 4/1/06
Milder, Chaplin, Pierre, Riley..... 41.43
at Messersmith Invite - 4/8/06

Iowa's Outdoor Season Bests

WOMEN'S 400-METER RELAY (RQ - 45.70, SR - 44.63)

Alexander, Granger, Johnson, Roach	45.11 [^]
<i>at Springtime Invite - 4/1/06</i>	
Johnson, Alexander, White, Roach.....	45.86
<i>at Messersmith Invite - 4/8/06</i>	
Johnson, Alexander, Granger, Roach	46.37
<i>at Mt. SAC Relays - 4/15/06</i>	
Roach, Johnson, White, Granger.....	46.81
<i>at Shamrock Invite - 3/18/06</i>	
Johnson, Alexander, Kerr, Roach	46.96
<i>Musco Twilight VIII - 4/22/06</i>	

WOMEN'S 800-METER RELAY (SR - 1:35.69)

Roach, McCalla, Alexander, Johnson	1:36.19
<i>at Messersmith Invite - 4/8/06</i>	

MEN'S 1,600-METER RELAY (RQ -- 3:10.00, SR -- 3:03.11)

Chaplin, Pierre, Riley, O'Hollearn	3:11.0h
<i>at Sun Angel Classic - 4/15/06</i>	
Chaplin, Riley, Pierre, O'Hollearn	3:12.60
<i>at Drake Relays - 4/28/06</i>	
Chaplin, Milder, Pierre, O'Hollearn	3:13.90
<i>at Springtime Invite - 4/1/06</i>	
Milder, Nolting, Dolan, Peoples	3:18.19
<i>Musco Twilight VIII - 4/22/06</i>	
Iowa	3:18.68
<i>at Messersmith Invite - 4/8/06</i>	

WOMEN'S 1,600-METER RELAY (RQ - 3:42.00, SR - 3:36.26)

McCalla, Granger, Alexander, Johnson	3:38.36 [^]
<i>at Mt. SAC Relays - 4/15/06</i>	
McCalla, Johnson, Jones, Alexander.....	3:43.68
<i>at Drake Relays - 4/28/06</i>	
Jones, McCalla, Mims, Johnson	3:49.06
<i>Musco Twilight VIII - 4/22/06</i>	
Granger Johnson, Kerr, McCalla	3:50.18
<i>at Springtime Invite - 4/1/06</i>	

MEN'S DISTANCE MEDLEY RELAY (SR - 9:39.94)

VanDenend, Riley, O'Hollearn, Rakaric.....	9:54.97
<i>at Drake Relays - 4/29/06</i>	

WOMEN'S DISTANCE MEDLEY RELAY (SR - 9:39.94)

Docherty, Jones, Billhardt, Schmidt.....	12:06.08
<i>at Drake Relays - 4/28/06</i>	

MEN'S 6,400-METER RELAY

Rakaric, Webster, MacTaggart, VanDenend	16:55.43
<i>at Drake Relays - 4/28/06</i>	

MEN'S HIGH JUMP (RQ -- 2.10 m, SR -- 2.23 m)

Jeremy Petsche . 6-8 3/4 (2.05 m) ...	at Springtime Inv. .. 4/1/06
Ryan Niver	6-6 (1.98 m)%
<i>at Tom Botts Inv....4/13/06</i>	
Ryan Kelly.....	6-2 3/4 (1.90 m) ... Musco Twilight VIII
<i>4/22/06</i>	

WOMEN'S HIGH JUMP (RQ - 1.75 meters, SR - 1.85 meters)

Peaches Roach .. 6-0 3/4 (1.85 m) ^{^*}	at Mt. SAC Relays ..4/15/06
Jenni Elbert	5-4 1/4 (1.63 m) ... at Shamrock Inv. ...3/18/06

MEN'S LONG JUMP (RQ -- 7.34 m, SR -- 8.25 m)

Matty Gorman... 25-1 1/4 (7.65 m) [^]	at Springtime Inv. .. 4/1/06
Aaron Reed	22-5 (6.83 m)..... at Springtime Inv. .. 4/1/06
Ryan Niver	22-0 1/4 (6.71 m).. at Messersmith Inv. 4/8/06

WOMEN'S LONG JUMP (RQ - 5.97 meters, SR - 6.78 meters)

Renee White	19-9 3/4 (6.04 m) [^] at Springtime Inv. .. 4/1/06
Tammilee Kerr...	17-10 3/4 (5.45 m) at Shamrock Inv. ...3/18/06

MEN'S TRIPLE JUMP (RQ -- 15.08 m, SR -- 15.86 m)

Matty Gorman... 48-0 (14.63 m)	at Drake Relays4/29/06
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WOMEN'S TRIPLE JUMP (RQ - 12.32 m, SR - 12.43 m)

T. Johnson	41-3 3/4 (12.58 m) ^{^*} . Musco Twilight VIII.....
<i>4/22/06</i>	

MEN'S POLE VAULT (RQ -- 5.05 m, SR -- 5.18 m)

Jeff Raymond.....	15-7 (4.75 m)..... Musco Twilight VIII .
<i>4/22/06</i>	

WOMEN'S POLE VAULT (RQ - 3.80 meters, SR - 3.92 meters)

Sarah Burgett.....	12-1 3/4 (3.70 m) ... Musco Twilight VIII .
<i>4/22/06</i>	

MEN'S SHOT PUT (RQ -- 16.80 m, SR -- 19.27 m)

Shane Maier	60-3 3/4 (18.38 m) [^] ...at Springtime Inv. 4/1/06
John Hickey	58-1 (17.70 m) [^]
<i>Musco Twilight VIII.4/22/06</i>	
A.J. Curtis	55-11 (17.04 m) [^]
<i>Musco Twilight VIII.4/22/06</i>	
M. Schaapveld...	54-3 1/4 (16.54 m) ...at Tom Botts Inv. 4/15/06
Ryan Niver	40-8 3/4 (12.41 m)% at Tom Botts Inv. 4/13/06

WOMEN'S SHOT PUT (RQ - 14.30 meters, SR - 15.54 meters)

Mandy Chandler	46-0 (14.02 m)
<i>at Tom Botts Inv....4/15/06</i>	

MEN'S DISCUS (RQ -- 51.70 m, SR -- 61.68 m)

Tim Brodersen ...	187-9 (57.24 m) [^] ... Musco Twilight VIII.4/22/06
A.J. Curtis.....	173-11 (53.01 m) [^] .. Musco Twilight VIII.4/22/06
Shane Maier	171-2 (52.17 m) [^] ... Musco Twilight VIII.4/22/06
Clint Huntrods...	155-1 (47.27 m)
<i>Musco Twilight VIII.4/22/06</i>	
Ryan Niver	135-0 (41.14 m) at Springtime Inv. .. 4/1/06

WOMEN'S DISCUS (RQ - 47.30 meters, SR - 48.90 meters)

Holly Joens	120-1 (36.60 m)
<i>Musco Twilight VIII.4/22/06</i>	

MEN'S HAMMER (RQ -- 55.60 m, SR -- 67.94 m)

Adam Hamilton. 220-6 (67.20 m) [^] ...	at Messersmith Inv. 4/8/06
Tim Brodersen ...	180-6 (55.02 m)
<i>Musco Twilight VIII.4/22/06</i>	
Kale Katt.....	176-10 (53.89 m)... at Messersmith Inv. 4/8/06
Ryan Jordan	176-10 (53.89 m)... at Tom Botts Inv....4/15/06
M. Schaapveld...	173-9 (52.95 m) at Messersmith Inv. 4/8/06
John Hickey	152-5 (46.46 m) at Springtime Inv. .. 4/1/06

WOMEN'S HAMMER (RQ - 54.15 meters, SR - 55.44 meters)

Becca Franklin ..	176-7 (53.82 m) at Messersmith Inv. 4/8/06
Erin O'Hern	166-0 (50.60 m)
<i>Musco Twilight VIII.4/22/06</i>	

MEN'S JAVELIN (RQ -- 61.60 m, SR -- 74.58 m)

Kale Katt.....	199-2 (60.70 m) at Springtime Inv. .. 4/1/06
Craig Jennings...	173-4 (52.83 m)
<i>Musco Twilight VIII.4/22/06</i>	

WOMEN'S JAVELIN (RQ - 43.45 meters, SR - 55.31 meters)

Tammilee Kerr...	141-9 (43.22 m) .. at Springtime Inv. ... 4/1/06
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RQ/[^] - NCAA Midwest Regional Qualifier
 SR/* - School Record, \$ - NCAA Provisional Qualifier
 % - Decathlon Event

All-Time Top 10 Best Outdoor Performers

Men's 100 Meters

1. George Page, 199610.25
2. Anthuan Maybank, 199410.31
Tim Dwight, 199710.31
4. Bob Lawson, 197610.36
5. Robert Smith, 198410.39
6. Curtis Chung, 198710.40
7. Jeff Patrick, 198310.41
Tim Dodge, 200210.41
9. Jerry Fisher, 199110.45
10. Andre Morris, 199610.47

Women's 100 Meters

1. Vivien McKenzie, 198511.45
2. Davera Taylor, 198411.51
3. Erica Broomfield, 199811.53
4. Jiselle Providence, 200111.57
5. Tanja Reid, 199411.60
Peaches Roach, 2005 11.60
7. Yolanda Hobbs, 199511.62
8. Elanie Jones, 198511.69
9. Lakeya Boatright, 200011.77
10. Tamara Dixon, 200211.79

Men's 110-Meter High Hurdles

1. Pat McGhee, 198913.50
2. Dion Trowers, 199613.62
3. Ronnie McCoy, 198513.66
4. James Armstrong, 199113.89
5. Doug Jones, 198614.06
6. Chris Williams, 198314.24
7. Rajeev Balkrishnan, 199314.29
8. Gary Falls, 199214.48
9. Monte Raymond, 199614.51
10. Tony Branch, 199814.58

Women's 100-Meter Hurdles

1. **Tiffany Johnson, 2006..... 13.53**
2. Colleen Prendergast, 199913.60
Paula Ruen, 200013.60
4. Sarah Steffen, 200213.65
5. Ruqayya Raheem, 199813.90
6. Brenda Calhoun, 198413.94
7. Wynsome Cole, 199714.10
8. Tiff Pedersen, 200214.23
9. Colleen Prendergast, 200114.24
10. Diane Steinhart, 197914.25

Men's 200 Meters

1. Jeff Patrick, 198320.47
2. Anthuan Maybank, 199420.55
3. Andre Morris, 199520.64
4. George Page, 199620.67
5. Terrence Duckett, 198220.74
6. Tim Dodge, 200220.78
7. Bashir Yamini, 199920.82
8. Dennis Kohl, 196620.84
9. Tim Dwight, 199720.91
10. Victor Greer, 198420.98

Women's 200 Meters

1. Shellene Williams, 200423.50
2. **Kineke Alexander, 2006..... 23.58**
3. Davera Taylor, 198423.59
4. Vivien McKenzie, 198523.61
5. Yolanda Hobbs, 199523.65
6. Tanja Reid, 199523.75
7. Elaine Jones, 198323.84
8. Jiselle Providence, 200124.00
9. Lakeya Boatright, 200024.14
10. Wynsome Cole, 199824.25

Men's 400 Meters

1. Anthuan Maybank, 199344.99
2. Andre Morris, 199545.15
3. Mike Mondane, 196745.20
4. Gary Hollingsworth, 46.3
5. Harold Leonard, 198646.45
6. Tony Branch, 199946.60
7. George Page, 199646.66
8. Dick Eisenlauer, 197346.74
Terrence Duckett, 198346.74
10. Ed Rozell, 199646.78

Women's 400 Meters

1. **Kineke Alexander, 2006..... 51.38**
2. Shellene Williams, 200451.94
3. Ellen Grant, 199652.65
4. Senta Hawkins, 198854.01
5. Marlene Poole, 199454.03
6. Elaine Jones, 1983 54.4
7. Nicole Charles, 200154.48
8. Stacey-Leigh Bynoe, 200054.73
9. Alycia Simpson, 198755.18
Aisha Hume, 200455.18

Men's 400-Meter Hurdles

1. Pat McGhee, 198848.83
2. Monte Raymond, 199850.09
3. Paul Steele, 198950.45
4. Russell Peterson, 200150.50
5. Adam Kunkel, 200150.73
6. Jon Reimer, 196750.94
7. Gary Falls, 199151.08
8. Rajeev Balkrishnan, 199351.14
9. Scott Williamson, 200051.74
10. Kenny Williams, 198651.89

Women's 400-Meter Hurdles

1. Mary Knoblauch, 198156.16
2. Wynsome Cole, 199856.67
3. Chris Davenport, 198159.18
4. Sarah Steffen, 200259.59
5. Beverly Powell, 199159.96
6. Diane Steinhart, 19801:00.56
7. Ruqayya Raheem, 19991:00:62
8. Keely Huber, 20021:00.98
9. Sherri Hull, 19871:02.60
10. **Aditya Jones, 2006 1:02.85**

Men's 800 Meters

1. Bill Frazier, 1962 *1:47.64
2. D'Juan Strozier, 19901:47.82
3. Michael Layne, 19991:49.61
4. Bill Thiesen, 19851:49.74
5. Andy Wiese, 19851:50.22
6. Paul Chepkwony, 19841:50.36
7. Rod Chambers, 19891:50.60
8. Jim Donovan, 19981:50.68
9. James Porter, 19941:51.00
10. Mike Cunningham, 20021:51.64

Women's 800 Meters

1. Kay Stormo, 19822:05.67
2. Michelle Lahann, 20042:06.79
3. Aisha Hume, 20052:08.50
4. Jeanne Kruckeberg, 19872:08.75
5. Ann Pare, 19972:09.25
6. **Meghan Armstrong, 2006 .. 2:10.15**
7. Briana Benning, 19962:10.47
8. Tami Hoskins, 19902:11.47
9. **Shannon Stanley, 2004 2:12.01**
10. Christine Salsberry, 19902:12.05

*Names in bold are
current team members.*



2006 Iowa University of Iowa Track & Field



All-Time Top 10 Best Outdoor Performers

Men's 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

Women's 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. **Meghan Armstrong, 2006 .. 4:26.01**
6. Tracy Dahl, 1992 4:27.44
7. Jenny Hayden, 1982 4:27.54
8. Tina Stec, 1994 4:28.71
9. **Shannon Stanley, 2006 4:29.34**
10. Jill Scheibel, 1999 4:29.49

Women's 3,000 Meters

1. Penny O'Brien, 1985 9:20.61
2. Nan Doak, 1985 9:23.04
3. Tracy Dahl, 1992 9:23.53
4. **Meghan Armstrong, 2006 .. 9:28.03**
5. Jeanne Kruckeberg, 1989 9:30.69
6. Jennifer Brower, 1992 9:34.59
7. Jodi Hershberger, 1982 9:36.44
8. Tina Stec, 1994 9:38.39
9. **Krista Anderson 2006 9:45.65**
10. Jenny Spangler, 1982 9:47.54

Men's 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. **Tony Rakaric, 2005 9:03.29**
8. Sean Gale, 1993 9:08.00
9. Nick Nordheim, 2000 9:12.06
10. Chad Schwitters, 1998 9:13.58

Women's 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
4. **Jessica Schmidt, 2006 11:20.85**

Men's 5,000 Meters

1. **Micah VanDenend, 2005 .. 13:55.96**
2. Larry Wiczorek, 1968 13:56.0
3. Kevin Herd, 1993 13:59.0
4. Stetson Steele, 2000 14:02.76
5. **Eric MacTaggart, 2005 14:04.79**
6. **Dan Haut, 2006 14:07.30**
7. **Matt Esche, 2006 14:12.07**
8. **Brian Rae, 2004 14:22.83**
9. **Tony Rakaric, 2003 14:22.92**
10. Danny Waters, 1986 14:23.43

Women's 5,000 Meters

1. Nan Doak, 1985 15:45.84
2. Jenny Spangler, 1983 16:17.21
3. Tracy Dahl, 1992 16:18.77
4. **Meghan Armstrong, 2006 16:29.09**
5. Jennifer Brower, 1991 16:37.09
6. Renee Doyle, 1988 16:39.46
7. Jodi Hershberger, 1982 16:48.04
8. Anne Dobrowolski, 1984 16:50
9. **Krista Anderson, 2006 16:59.48**
10. Penny O'Brien, 1985 17:00.44

Men's 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. Kevin Herd, 1994 30:05.21
7. Paul Sarris, 2001 30:08.40
8. **Matt Esche, 2004 30:08.82**
9. Eric McDermott, 2002 30:11.16
10. **Adam Roche, 2005 30:56.33**

Women's 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. Tracy Dahl, 1992 34:30.09
5. **Nikki Chapple, 2004 35:06.35**
6. Jenny Johnson, 1992 35:45.53
7. Anne Dobrowolski, 1985 35:59.98
8. Renee Doyle, 1987 36:32.4
9. Katie Donlon, 2003 37:17.28
10. Georgia Millward, 2004 37:22.04

Men's 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)
7. Mike Lacy, 1985 6-10 1/2 (2.09)
8. Damion Turner, 1998 .. 6-9 1/2 (2.07)
9. Luke Nessa, 2000 6-8 3/4 (2.05)
Jeremy Petsche, 2006 .6-8 3/4 (2.05)

Women's High Jump

1. **Peaches Roach, 2006 .. 6-0 3/4 (1.85)**
2. Mary Mol, 1983 6-0 (1.83)
3. Lynn McMillan, 1988 .. 5-9 1/4 (1.76)
4. Kacey Childs, 2001 5-8 1/2 (1.74)
5. Kristi Dinkla, 1985 5-8 (1.73)
Becky Kaza, 1995 5-8 (1.73)
Eve Cullinan, 2003 5-8 (1.73)
8. **Jenni Elbert, 2005 5-7 (1.70)**
9. Nancy Tessmer, 1991... 5-6 1/2 (1.69)
10. Janet Adams, 1981 5-6 1/4 (1.68)

Men's 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. Joe Robinson, 1976 .. 24-2 3/4 (7.38)
10. Pat Miller, 1986 23-4 1/2 (7.12)

Women's Long Jump

1. Aisha James, 2003 22-3 (6.78)
2. **Renee White, 2006.. 19-9 3/4 (6.04)**
3. Becki Borg, 1988 19-7 1/4 (5.97)
4. Lisa Moats, 1986 19-6 (5.95)
5. Yolanda Hobbs, 1993 19-2 1/2 (5.85)
6. Jane Dunlevy, 1977 18-6 (5.64)
7. Ruqayya Raheem, 1997 18-5 1/4 (5.62)
Tiff Pedersen, 2004... 18-5 1/4 (5.62)
9. Angie Hensel, 2005 .. 18-4 1/4 (5.59)
10. Niki Fisher, 1996 18-1 1/2 (5.52)



All-Time Top 10 Best Outdoor Performers

Men's Triple Jump

1. Paul Jones, 199052-0 1/2 (15.86)
2. Gordon Finch, 1988 .50-9 1/4 (15.47)
3. Mike Lacy, 198450-5 (15.36)
4. Pat Miller, 1985.....49-8 1/2 (15.25)
5. Owen Gill, 198249-1 (14.96)
6. **Matty Gorman, 2005 48-9 1/2 (14.87)**
7. Ed Gordon, 193148-0 1/8 (14.63)
8. Mike Means, 1981....47-0 1/2 (14.34)
9. **Aaron Reed, 2005 45-3 1/2 (13.80)**

Women's Triple Jump

1. **T. Johnson, 2006 . 41-3 1/4 (12.58)**
2. Becki Borg, 1988.....40-7 1/2 (12.38)
3. Lynn McMillan, 1988 . 39-6 1/2 (12.05)
4. Lynn, 1998.....39-0 (11.88)
5. Kacey Childs, 200137-8 (11.48)
6. **B. Franklin, 2004.. 36-10 1/2 (11.24)**
7. Janna Houtz, 1984 .33-10 1/2 (10.32)
8. Latoya Stiffend, 2002 32-6 (9.90)
9. Bridget Besch, 2003 30-10 1/2 (9.41)
10. Eve Cullinan, 2003 ... 30-6 1/2 (9.31)

Men's 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)
- Kelly Scott, 1988 16-7 (5.05)
6. John Teffer, 1972 16-2 (4.93)
7. Doug Pennino, 1985 16-0 (4.88)

Women's Pole Vault

1. Jessie Strand, 2003 .12-10 1/4 (3.92)
2. **Sarah Burgett, 2006.12-1 3/4 (3.70)**
3. Gina Shannon, 2001 . 11-2 1/4 (3.41)
4. Becky Kaza, 1998..... 8-6 (2.59)
- Amy Kasparbauer, 2001..... 8-6 (2.59)
6. Kacey Childs, 2000 8-0 1/2 (2.45)
7. Gina Shannon, 1998 8-0 (2.44)

Men's Shot Put

1. Jeremy Allen, 2001 .63-2 3/4 (19.27)
2. Ken Kemeny, 2005.....62-3 (18.97)
3. Andy Banse, 2005 . 61-11 1/2 (18.88)
4. **Shane Maier, 2006 60-3 3/4 (18.38)**
5. Chris Gambol, 1987 .60-0 1/2 (18.30)
6. van der Westhuizen, 2000..58-8 3/4 (17.90)
7. Gary Kostrubala, 1985 ...58-1 (17.70)
- John Hickey, 2006..... 58-1 (17.70)**
9. Alex Smith, 199857-9 (17.60)
10. Chris Cassata, 2000..57-3 3/4 (17.47)

Women's Shot Put

1. Lisa Van Steenwyk, 1992 .50-8 (15.44)
2. Gail Smith, 198450-3 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 m)
7. Jennifer Moon, 2000 47-5 1/4 (14.46)
8. **Mandy Chandler, 2006. 46-0 (14.02)**
9. Shelley Redies, 1985.....45-7 (13.89)
10. Megan Maurer, 1998 44-9 3/4 (13.66)

Men's Discus

1. Gary Kostrubala, 1986 . 202-4 (61.68)
2. Jeremy Allen, 2001 195-4 (59.54)
3. **Tim Brodersen, 2005 193-6 (58.98)**
4. Brad Daufeldt, 2004..... 185-0 (56.40)
5. Andy Banse, 2005 180-0 (54.86)
6. Eric Rothwell, 2004 179-7 (54.73)
7. Norm Balke, 1985..... 175-10 (53.60)
8. Chris Gambol, 1987 175-7 (53.52)
9. Tom Knutson, 1967 174-8 1/2 (53.24)
10. **A.J. Curtis, 2006 ... 173-11 (53.01)**

Women's Discus

1. Denise Taylor, 1992 160-5 (48.90)
2. Lisa Van Steenwyk, 1991 159-1 (48.50)
3. Gail Smith, 1983 158-2 (48.22)
4. Kamesha Marshall, 2005. 152-11 (46.62)
5. Jennifer Moon, 2000 ... 150-8 (45.92)
6. Laura Kriener, 1989 150-3 (45.80)
7. Megan Maurer, 1997 149-2 (45.48)
8. Cheryl Bradley, 1982.... 146-5 (44.64)
9. Mickey Schoborg, 1985 146-2 (44.56)
10. Jodi Peterson, 1993..142-1 3/4 (43.32)

Men's Hammer

1. van der Westhuizen, 2001..222-11 (67.94)
2. **Adam Hamilton, 2006 220-6 (67.20)**
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. **Tim Brodersen, 2004 181-3 (55.24)**
8. **Kale Katt, 2006 176-10 (53.89)**
Ryan Jordan, 2006 176-10 (53.89)
10. Chris Cassata, 2000.... 173-11 (53.00)

Women's Hammer Throw

1. **Becca Franklin, 2005 181-11 (55.44)**
2. **Erin O'Hern, 2006 ... 166-0 (50.60)**
3. Kerri Blackstone, 1999 161-10 (49.32)
4. Megan Maurer, 1998 145-6 (44.36)
5. Jennifer Gilson, 2002 .. 142-6 (43.44)
6. Jennifer Moon, 2000 ... 139-3 (42.44)
7. Kara Hinz, 2000 125-1 (38.14)
8. Katie Hoback, 2002 ... 121-11 (37.16)

Men's Javelin

1. Bill Neumann, 2002..... 244-8 (74.58)
2. Dan Ralph, 2000 227-10 (69.44)
3. Joel Storm, 2004..... 203-5 (62.01)
4. **Kale Katt, 2006 199-2 (60.70)**
5. Matt Stank, 2001 199-0 (60.66)
6. van der Westhuizen, 1999..173-11 (53.00)
7. Craig Jennings, 2006 ... 173-4 (52.83)
8. Scott Faber, 2000 173-1 (52.78)
9. Justin Silverman, 2000 172-6 (52.58)

Women's Javelin

1. Alana Redfern, 2003.... 181-5 (55.30)
2. Mandy Beck, 1999..... 153-4 (46.74)
3. Terri Soldan, 1983 . 152-6 1/4 (46.48)
4. Shani Renning, 1990 ... 152-3 (46.40)
5. Clara Simon, 1981 149-9 (45.64)
6. Janet Adams, 1984..... 148-7 (45.28)
7. **Tammilee Kerr, 2006 .. 141-9 (43.22)**
8. M. Schoborg, 1985. 137-5 1/4 (41.88)
9. Sara Joens, 1987 127-1 (38.74)
10. Angela Chadwick, 1992 124-2 (37.86)

Decathlon

1. Scott Faber, 2000 6,839 points
2. Chad Ohly, 1994..... 6,641 points
3. **Ryan Niver, 2005..... 6,531 points**
4. Gary Kostrubala, 1984 ... 6,498 points
5. Jacob Drewry, 1994 5,820 points

Heptathlon

1. Kathy Gillespie, 1983 5,262 points
2. Tiff Pedersen, 2004..... 4,976 points
3. **Tammilee Kerr, 2005 . 4,924 points**
4. Janet Adams, 1981..... 4,855 points
5. Ruqayya Raheem, 1997 .. 4,665 points
6. Angela Chadwick, 1993.. 4,493 points
7. Angie Hensel, 2004 4,073 points
8. Janelle Jaspers, 1987..... 4,000 points
9. Marjie Tweto, 1996..... 3,967 points



All-Time Top 10 Best Outdoor Relays

Men's 400-Meter Relay

1. Beecham, Duckett, Greer, Smith, 198439.48
2. Page, Davis, Rozell, Morris, 199639.73
3. Felix, Branch, Dodge, Yamini, 1999.....39.96
4. Beecham, Duckett, Greer, Patrick, 1983.....39.99
5. Dwight, Branch, Davis, Yamini, 199840.00
Goode, Fisher, Morris, Maybank, 199440.00
199840.00
Dwight, Branch, Dodge, Yamini, 199940.00
9. Williamson, Dodge, Peterson, **Digney**, 2002.....40.04
10. McCoy, Duckett, Greer, Smith, 198440.07

Women's 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. **Alexander, Granger, Johnson, Roach**, 2006..... 45.11
6. **Johnson, Alexander, Granger, Roach**, 2005..... 45.30
7. **Granger, Alexander, Johnson, Roach**, 2005..... 45.39
8. Underwood, Reid, Philip, Hobbs, 1995 45.50
9. Boatright, Bynoe, Providence, Prendergast, 2000..... 45.50
10. Prendergast, Cole, Boatright, Broomfield, 1998 45.51

Women's 800-Meter Relay

1. Hobbs, Reid, Floyd, Poole, 1994 1:35.69
2. **Roach, McCalla, Alexander, Johnson**, 2006 1:36.19
3. Williams, Charles, Fouchè, Providence, 2003 1:37.49
4. Herrmann, **McCalla**, Raymond, **Roach**, 2004..... 1:37.66
5. Charles, Dixon, Knight, Prendergast, 2002..... 1:38.15
6. Prendergast, Dixon, Knight, Providence, 2001..... 1:38.73
7. Dixon, Knight, Prendergast, Providence, 2001..... 1:38.93
8. Dixon, Providence, Knight, Charles, 2001 1:39.68
9. Underwood, Bynoe, Raheem, Wynter, 1997 1:39.72
10. 1999..... 1:39.79

Men's 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

Women's 1,600-Meter Relay

1. Hume, Charles, Steffen, Williams, 2003 3:36.26
2. **McCalla, Granger, Alexander, Johnson**, 2006..... 3:38.36
3. **McCalla, Alexander**, Sheeley, Hume, 2005 3:39.67
4. **McCalla**, Hume, Sheeley, **Alexander**, 2005 3:40.43
5. Layne, Simpson, Powell, McRell, 1989 3:41.23
6. Bynoe, Cole, Wynter, Grant, 1997 3:41.74
7. Charles, Fouchè, Williams, Hume, 2003 3:42.18
8. Fouchè, Charles, Williams, Hume, 2003 3:42.52
9. Powell, Hawkins, Taylor, Simpson, 1988 3:43.04
10. 1992..... 3:43.05

Men's Sprint Medley Relay

1. Armstrong, Thomas, Maybank, Strozier, 1991 3:18.93
2. Yamini, Davis, Dodge, Donovan, 1999 3:19.87
3. McCorkle, Armstrong, Chung, Strozier, 1990 3:20.43
4. Dodge, Yamini, Branch, Donovan, 1999 3:20.83
5. Goode, Fisher, Thomas, Falls, 1992..... 3:21.02
6. Dwight, Davis, Raymond, Donovan, 1997 3:21.05
7. Fisher, Morris, Patterson, Porter, 1994..... 3:21.40
8. Chung, Leonard, Williams, Thiesen, 1986 3:21.65
9. McCoy, Williams, McGhee, Theisen, 1985 3:21.80
10. Digney, Beach, Strang, O'Hollearn, 2003..... 3:23.55

Women's Sprint Medley Relay

1. Reid, Philip, Hobbs, Benning, 1995 3:56.54
2. **Roach, Alexander, McCalla, Stanley**, 2005..... 3:56.99
3. Underwood, Clarke, Philip, Benning, 1995..... 3:59.75
4. 2005..... 4:00.26
5. Dixon, Providence, Hume, Butler, 2001 4:01.11
6. Providence, Dixon, Charles, Hume, 2001 4:03.39
7. 1999..... 4:09.31
8. Broomfield, Boatright, Bynoe, Scheibel, 1998 4:12.59
9. Hume, **McCalla**, Raymond, Williams, 2004 4:13.42

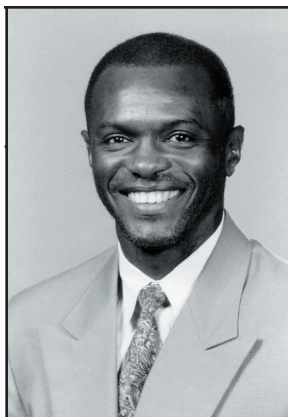
Men's Distance Medley Relay

1. Pershing, Moeller, Slack, Docherty, 1978 9:39.94
2. Theisen, Williams, Wiesa, Waters, 1985 9:54.04
3. **VanDenend, Riley, O'Hollearn, Rakaric**, 2006 9:54.97
4. Feeldy, Eischeid, Novotny, Peters, 1996 9:55.71
5. Thomas, Wise, Cunningham, S.Allen, 200110:01.57
6. Thomas, Wakenight, Dziubski, Rakaric, 200310:01.72
7. Trainor, Coleman, Cunningham, Allen, 200210:01.93
8. English, Blackman, Strolier, Chambers, 1988.....10:04.25
9. Chambers, Thomas, Bouska, Herd, 199110:04.30
10. Esche, Williamson, Cunningham, Allen, 2002.....10:05.58

Women's Distance Medley Relay

1. Hoskins, Powell, Schneckloth, Kruckeberg, 1989 ...11:22.18
2. **Stanley, McCalla**, Hume, **Armstrong**, 200511:34.04
3. Barber, Williams, Hume, Arens, 200411:34.56
4. Thompson, Williams, Hume, Arens, 200311:39.02
5. 2000.....11:39.83
6. Davenport, xx, xx, xx, 198111:41.44
7. Pare, Grant, Benning, Gilchrist, 199711:41.92
8. Butler, Hume, Barber, Arens, 2001.....11:47.16
9. Thompson, Hume, Barber, Lahann, 200311:52.04
10. Benning, Raheem, Coleman, Pare, 1996.....11:53.60

University of Iowa Women's Head Coach



James Grant Head Coach 10th Season

James Grant is in his 10th season at the helm of the Iowa women's track and field program. Grant was the former assistant coach at Iowa for 11 years (1986-96).

Grant has coached eight all-Americans and 21 Big Ten champions during his tenure as head coach. Iowa placed third at the

2004 Big Ten Indoor Championships in Iowa City and sixth at the 2003 conference outdoor meet - the team's highest placings under Grant. The third-place indoor finish tied the team's highest conference finish in school history.

During the 2006 indoor season, sophomore Kineke Alexander became Grant's first NCAA Champion, and the third in school history, when she won the 400 meters at the national meet. Junior Peaches Roach and Meghan Armstrong also earned all-America honors. Alexander won the 200 and 400 meters at the Big Ten Championships, setting the 400-meter meet record.

In 2005, Roach and Alexander became Grant's first indoor all-Americans. Roach defended her Big Ten indoor high jump title to become the second Hawkeye to win two consecutive Big Ten titles in the same event in school history.

In 2004, Shellene Williams became the second student-athlete in program history to win four Big Ten titles, winning three titles in the 400 meters and one as part of the 1,600-meter relay. Roach gave Iowa its first Big Ten high jump titles, winning that event at the indoor and outdoor conference meets to earn outdoor Freshman of the Year honors.

In 2003, the 1,600-meter relay of Aisha Hume, Nicole Charles, Sarah Steffen and Williams shattered the 15-year-old school record of 3:41.23 with the blistering 3:36.26 they ran at the NCAA Midwest Regional. The quartet also won Iowa's first Big Ten title in that event. Aisha James wowed the Drake Relays crowd when she set school, meet, stadium and Trinidad and Tobago records in the long jump with a then-world leading mark of 22-3 (6.78 m). James became the first Big Ten long jump champion in school history and the first Hawkeye field event champion since 1993 with her victory at the conference meet. Alana Redfern qualified for the NCAA Championships for the second straight year when she broke her own school javelin record by almost 20 feet and set the Canadian National record in that event. James and Redfern became Iowa's first Drake Relays champions in the long jump and javelin, respectively.

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, 44 Hawkeyes have earned 76 academic all-Big Ten honors.

As Iowa's assistant coach from 1986-96, Grant coached several Hawkeyes to success. In 1995, Yolanda Hobbs was an all-American 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 won Iowa's first Big Ten title in that event, earned all-America honors and set meet and school records. Karen Layne won the 1990 600-meter Big Ten title, while Senta Hawkins won the Big Ten 400 meters in 1988. In 1989, Iowa's 1,600-meter relay placed second at the Big Ten Indoor and Outdoor Championships.

A former Jamaican track standout, Grant coached at the high school level in Jamaica for 11 years prior to joining the Hawkeye program. From 1982-86, Grant coached men's and women's track at G.C. Foster College of Physical Education and Sport. There he led the men's team to two national titles and two second-place finishes, and the women's team to three national titles.

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. He was the Jamaican 400-meter hurdle national record holder, 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/Champs	Outdoor Big 10 Place/Champs	Indoor/Outdoor All-Americans
1997	T9th/1	10th/5	0/1
1998	9th/1	9th/1	0/0
1999	9th/0	9th/0	0/0
2000	10th/0	9th/0	0/0
2001	10th/0	9th/0	0/0
2002	9th/0	10th/0	0/0
2003	9th/0	6th/6	0/0
2004	3rd/2	10th/2	0/1
2005	9th/1	9th/0	2/1
2006	8th/2		3/
Total	--/7	--/14	5/3

University of Iowa Men's Head Coach



Larry Wieczorek Head Coach 10th Season

Larry Wieczorek is in his 10th season as head men's track and field coach at the University of Iowa. He recently completed his 19th season as head men's cross country coach for the Hawkeyes. He served as an assistant track and field coach for 12 years before taking the helm in 1997.

A six-time Big Ten champion (including two in cross country) and four-time all-American at Iowa, Wieczorek once held conference marks in the one, two, three, four and five-mile runs. A member of Iowa's last Big Ten track championship team in 1967, he still owns Iowa record in the indoor two miles, as well as third-fastest mark in the cross country 8,000 meters. Hawkeye junior Micah VanDenend broke Wieczorek's 38-year-old 5,000-meter school record earlier this month. Wieczorek was honored for his collegiate accomplishments by being inducted into the University of Iowa's National Varsity Club Athletics Hall of Fame in 1998.

Wieczorek returned to his alma mater as a field event coach in 1985 before taking the helm of the cross country program in 1987. He has since shifted his track responsibilities to the distance corps.

Under Wieczorek, the cross country team has placed sixth or higher nine times at the NCAA Regional Championships, has posted 27 all-region selections and qualified for the NCAA Championships four times. In 2002, Wieczorek was named Midwest Region Coach of the Year honors by the United States Cross Country Association after the Hawkeyes won the NCAA Regional for the first time in school history. In 2004, the Hawkeyes recorded their highest placings under Wieczorek at the Big Ten (3rd) and NCAA Championships (13th).

Since he was named head men's track and field coach in 1997, Wieczorek has coached NCAA Champion long jumper Bashir Yamini, 23 all-Americans, 82 national qualifiers, 52 NCAA Midwest Regional qualifiers and 37 Big Ten Champions. Iowa's 1,600-meter relay won the 1999 Big Ten outdoor title and has earned all-America honors twice during Wieczorek's tenure. The Hawkeyes 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.

In 2006, sophomore Matty Gorman won the Big Ten indoor long jump title. He and junior Micah VanDenend (3,000 meters), senior Dan Haut (5,000 meters), sophomore Shane Maier (shot put) and junior Adam Hamilton (hammer throw) achieved

NCAA provisional qualifying marks in their respective events. VanDenend set the school 3,000-meter record, while sophomore Ryan Niver set the school heptathlon mark. During the outdoor season, the team has qualified nine student-athletes for the NCAA Midwest Regional Championships.

Another of Wieczorek's goals as head coach was to create an annual outdoor home event for the Hawkeyes that would be entertaining for the community and feature outstanding competition for participating student-athletes. Now in its eighth year of existence, the annual Iowa Musco Twilight Meet is just that. Named for Musco Lighting of Oskaloosa, IA, who supplies mobile lighting equipment, the co-ed meet which featured 12 teams in 2006, 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, 187 competitors have reached qualifying standards at the twilight meet.

While improving in the league standings is a priority, the Hawkeyes also concern themselves with performance in the classroom. Under Wieczorek, former cross country runners Kevin Herd, Chad Schwitters and Stetson Steele earned academic all-America honors. Iowa has had an academic all-Big Ten selection each year during his tenure, totaling 57 honorees in cross country and 101 in track and field.

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

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

Wieczorek 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		0/
Total	--/7	--/30	10/13

Hawkeyes To Watch



Kineke Alexander
Sophomore
Sprints
Glenside, Mesopotamia
St. Vincent & the Grenadines
St. Joseph's Convent Mariaqua

2006 -- Indoor - NCAA 400-meter champion... won Big Ten titles in 200 and 400 meters... set Big Ten Championships record in 400 meters with her winning 52.31...

set school and University of Wisconsin track records in 200 (23.49) and 400 meters (52.01) at Big Ten Championships... first team all-Big Ten honoree... won 400 meters (52.88) at Husker Invite... won 200 meters at Panther Invite (24.13) and Iowa State Classic (23.87)... won 600 meters (1:36.89) at Hawkeye Open... **Outdoor** - qualified for NCAA Midwest Regional in 200 meters (23.58), 400 meters (51.83) and as part of 400 (45.11) and 1,600-meter relays (3:38.36)... her 400-meter time set school record, ranks second in Big Ten and region and third in the nation... won special invitation 400 meters (52.05) at Drake Relays... won 400 meters (51.83) at Mt. SAC Relays and 200 meters (23.58) at Iowa Musco Twilight VIII... the 200-meter time ranks second on Iowa's all-time best performers list... the 1,600-meter relay time ranks second in the Big Ten and on Iowa's all-time bests list... the 400-meter relay leads the Big Ten and ranks fifth on Iowa's all-time bests list.

Alexander's Collegiate Bests

Event	Time	Meet	Date
200 Meters (I)	23.49	at Big Ten Champ's	2/26/06
400 Meters (O)	51.71	at NCAA Champ's	6/10/05
600 Meters (I)	1:34.58	Iowa Open	1/15/05

The Alexander File

- Two-Time Big Ten Champion •
(2006 Indoor - 200 Meters, 400 Meters)
- 2006 NCAA Indoor 400-Meter Champion •
- Three-Time All-American •
- Big Ten Indoor 400-Meter Record Holder •
- School Record Holder - Indoor 200 & 400 Meters •
- School Record Holder - Outdoor 400 Meters •
- Two-Time All-Region Selection •



Meghan Armstrong
Sophomore
Distance
Tualatin, OR
Tualatin High School

2006 -- Indoor - all-American... placed ninth in mile (4:46.65) at NCAA Championships... placed fourth in mile (4:46.23) at Big Ten Championships... ran collegiate-best mile (4:40.59) at

Alex Wilson Invite to qualify for NCAA meet... that time ranks second on Iowa's all-time best performers list... led team in that event... won mile at Iowa State Classic (4:45.43), Jack Johnson Classic (4:48.14) and Hawkeye Open (4:50.97)...

Outdoor - qualified for NCAA Midwest Regional in 1,500 meters (4:26.01) and 5,000 meters (16:29.09)... both times lead the team... the 5,000-meter time ranks fourth and the 1,500-meter time ranks fifth on Iowa's all-time bests list... ran collegiate-best 800 meters (2:10.15) at Tom Botts Invite, which leads the team and ranks sixth on Iowa's all-time bests list... placed third in special invitation 1,500 meters (4:26.01) at Drake Relays... runner-up in 3,000 meters at Iowa Musco Twilight VIII with a collegiate-best 9:28.03... that time leads team and ranks fourth on Iowa's all-time bests list.

2005 -- Cross Country - led team in 3,000 (10:25), 5,000 (17:04) and 6,000 meters (20:49)... placed ninth at NCAA regional (21:09), earning all-region honors... placed 79th (20:56) at NCAA Championships... first Hawkeye to cross finish line in six races... set school and Ashton Course 3,000-meter record with her winning 10:25 at Hawkeye Invite... placed second (17:04) at Willamette Invite, which ranks seventh in school history... placed 16th (21:43) at Big Ten Championships and 22nd (20:49) at NCAA Pre-Nationals... academic all-Big Ten... letterwinner.

Armstrong's Collegiate Bests

Event	Time	Meet	Date
800 Meters (O)	2:10.15	at Tom Botts Invite	4/15/06
1,500 Meters (O)	4:27.10	at Mt. SAC Relays	4/15/05
Mile (I)	4:40.59	at Alex Wilson Invite	3/4/06
3,000 Meters (O)	9:28.03	Musco Twilight VIII	4/22/06
4,000 Meters (CC)	14:33	Hawkeye Triangular	9/10/04
5,000 Meters (O)	16:29.09	at Stanford Invite	3/31/06
5,000 Meters (CC)	17:04	Williamette Invite	10/1/05
6,000 Meters (CC)	21:39.04	at NCAA Regional	11/13/04



Hawkeyes To Watch



Tim Brodersen
Throws
6-2, 225, Senior
Vermillion, SD
Vermillion High School

2006 -- Indoor - placed third in weight throw (52-7 1/2) at Iowa Open... **Outdoor** - qualified for NCAA Midwest Regional in discus (187-9)... won discus at Springtime Invite (181-11) and

at Tom Botts Invite (180-7)... runner-up in discus at Iowa Musco Twilight VIII (187-9) and at Messersmith Invite (173-7)... has thrown regional qualifying marks in discus four times... leads team in that event... placed third in hammer (180-6) at Iowa Musco Twilight VIII... placed 10th in discus (163-6) at Drake Relays.

Brodersen's Collegiate Bests

Event	Distance	Meet	Date
Wt. Throw (I)	55-8 1/2 (16.98)	Iowa Open	1/15/05
Hammer (O)	181-3 (55.24)	Musco Twilight VI	5/1/04
Discus (O)	193-6 (58.98)	Iowa Throws Fest	6/5/05

The Brodersen File

- 2005 Big Ten Outdoor Discus Champion •
- 2005 All-Midwest Region Selection •



A.J. Curtis
Throws
6-4, 275, Freshman
Brodhead, WI
Brodhead High School

2006 -- Indoor - placed fourth in shot put with a collegiate-best 57-7 3/4 at Big Ten Championships... that mark ranks ninth in school history... **Outdoor** - qualified for NCAA Midwest Regional in

shot put (55-6 1/4) and discus (173-11)... placed third in discus (173-11) and fourth in shot put (55-11) at Iowa Musco Twilight VIII... that discus mark ranks 10th on Iowa's all-time best performers list... placed third in shot put (55-6 1/4) and

fourth in discus (161-1) at Springtime Invite... placed 13th in shot put (53-9 3/4) and 16th in discus (153-10) at Drake Relays.

Curtis' Collegiate Bests

Event	Distance	Meet	Date
Shot Put (I)	57-7 3/4 (17.57)	Big Ten Champ's	2/25/06
Discus (O)	173-11 (53.01)	Musco Twilight VIII	4/22/06



Matty Gorman
Jumps
6-2, 185, Sophomore
Gainesville, FL
Buchholz High School

2006 -- Indoor - Big Ten long jump champion... led team in long jump (24-8 1/2) and triple jump (48-3 1/2)... those marks rank sixth and fifth, respectively, on Iowa's all-time best performers

list... NCAA provisional qualifier in long jump... placed 10th in triple jump (47-7) at Big Ten meet... **Outdoor** - qualified for NCAA Midwest Regional in long jump (25-1 1/4)... won long jump with a collegiate-best 25-1 1/4 at Springtime Invite... that mark leads the Big Ten and ranks seventh on Iowa's all-time bests list... won long jump (24-3) at Iowa Musco Twilight VIII... placed third in long jump (24-8 1/2) and fifth in triple jump (48-0) at Drake Relays.

Gorman's Collegiate Bests

Event	Mark	Meet	Date
100 Meters (O)	11.07	Musco Twilight VII	4/23/05
Long Jump (O)	25-1 1/4 (7.65)	at Springtime Inv.	4/1/06
Triple Jump (O)	48-9 1/2 (14.87)	at Messersmith Inv.	4/9/05
High Jump (I)	6-7 1/2 (2.02)	at Panther Invite	1/28/06

The Gorman File

- 2006 Big Ten Indoor Long Jump Champion •



Hawkeyes To Watch



Ashley Granger
Sophomore
Sprints
Waterloo, IA
Northern Univ. High School

2006 -- Indoor - ran second leg on school-record setting 1,600-meter relay (3:40.52) at Iowa State Classic... provisionally qualified for NCAA Championships as part of 1,600-meter relay... anchored

1,600-meter relay and ran second leg on distance medley relay to second-place finishes at Big Ten Championships... ran collegiate-best 60 meters (7.88) at Hawkeye Open...

Outdoor - qualified for NCAA Midwest Regional as part of 400 (45.11) and 1,600-meter relays (3:38.36)... the 1,600-meter relay time ranks second in the Big Ten and on Iowa's all-time best performers list... the 400-meter relay leads the Big Ten and ranks fifth in school history... ran collegiate-best 200 meters (24.37) at Shamrock Invite.

Granger's Collegiate Bests

Event	Time	Meet	Date
60 Meters (I)	7.88	Hawkeye Open	1/14/06
100 Meters (0)	12.04	Big Ten Championships	5/14/05
200 Meters (0)	24.37	at Shamrock Invite	3/18/06



Adam Hamilton
Throws
6-3, 245, Junior
Milford, NH
Milford High School

2006 -- Indoor - provisionally qualified for NCAA Championships in weight throw... placed third in weight throw (64-7 3/4) at Big Ten Championships... won weight throw at Iowa Open (64-3 1/4), Panther Invite (63-

4 1/4) and Hawkeye Open (62-1 1/4)... led team in that event... **Outdoor** - qualified for NCAA Midwest Regional in hammer throw with the collegiate-best 220-6 he threw at Messersmith Invite... that mark ranks second on Iowa's all-time best performers list... leads Big Ten and ranks second

in Midwest region in that event... also won hammer at Iowa Musco Twilight VIII (218-1) and Sun Angel Classic (204-0)... placed third in hammer (213-6) at Drake Relays.

Hamilton's Collegiate Bests

Event	Distance	Meet	Date
Wt. Throw (I)	66-4 1/4 (20.22)	at Last Chance Meet	3/5/05
Shot Put (I)	50-0 3/4 (15.26)	at Panther Classic	2/1/03
Hammer (0)	220-6 (67.20)	at Messersmith Inv.	4/8/06

The Hamilton File

- 2004 Hammer Throw All-American •



Dan Haut
Distance
6-2, 140, Senior
Lockport, IL
Lockport Township HS

2006 -- Indoor - NCAA provisional qualifier in 5,000 meters with the collegiate-best 14:06.16 he ran at Alex Wilson Invite... led team in that event... that time ranks second on Iowa's all-time best performers list... placed

10th in 3,000 meters (8:20.94) at Big Ten Championships...

Outdoor - qualified for NCAA Midwest Regional in 5,000 meters (14:07.30) at Stanford Invite... that time ranks sixth on Iowa's all-time bests list... set meet and track record with winning 3,000 meters (8:17.52) at Iowa Musco Twilight VIII.

2005 -- Cross Country - placed 20th at NCAA regional (31:31), earning all-region honors... placed 32nd (25:29) at Big Ten Championships and 120th (31:27) at NCAA Championships... first Hawkeye to cross finish line at Griak Invite, placing 18th in 24:44... ran collegiate bests at Hawkeye Invite (18:24-2nd) and Murray Keatinge Invite (24:32-12th)... placed 42nd at NCAA Pre-Nationals... academic all-Big Ten... letterwinner.



Hawkeyes To Watch

Haut's Collegiate Bests

Event	Time	Meet	Date
1,500 Meters (O)	3:58.24	at Tom Botts Invite	4/16/05
3,000 Meters (I)	8:11.36	at Iowa State Classic	2/12/05
Two Miles (I)	9:07.91	Iowa Open	1/15/05
5,000 Meters (O)	14:06.16	at Alex Wilson Invite	3/4/06
6,000 Meters (CC)	18:24	Hawkeye Invite	9/2/05
8,000 Meters (CC)	24:32	at M. Keatinge Invite	10/1/05
Five Miles (CC)	25:51:00	at M. Keatinge Invite	10/2/04
10,000 Meters (O)	31:03.98	at Big Ten Champ's	5/14/04
10,000 Meters (CC)	30:39.41	at NCAA Regional	11/16/02



Tiffany Johnson
Junior
Hurdles/Jumps/Sprints
Danville, IL
Danville High School

2006 -- Indoor - set school records in 60-meter hurdles (8.33) and triple jump (40-10 1/4)... anchored school-record setting 1,600-meter relay (3:40.52) at Iowa State Classic... provisionally qualified for NCAA Championships

in 60-meter hurdles and as part of 1,600-meter relay... placed fourth in triple jump (40-10 1/4) and fifth in 60-meter hurdles (8.43) at Big Ten Championships... ran lead leg on 1,600-meter relay that placed second (3:43.64) at Big Ten meet... won 60-meter hurdles at Jack Johnson Classic (8.46) and Panther Invite (8.57)... **Outdoor** - set school record in 100-meter hurdles (13.53) at Mt. SAC Relays and triple jump (41-3 1/4) at Iowa Musco Twilight VIII... qualified for NCAA Midwest Regional in 100-meter hurdles (13.53) and triple jump (41-3 1/4), and as part of 400 (45.11) and 1,600-meter relays (3:38.36)... the 1,600-meter relay time ranks second in the Big Ten and on Iowa's all-time best performers list... the 400-meter relay leads the Big Ten and ranks fifth in school history... won 100-meter hurdles at Drake Relays (13.58), Springtime Invite (13.63) and Messersmith Invite (13.75)... won triple jump (41-3 1/4) at Iowa Musco Twilight VIII, setting a meet record... runner-up in triple jump (40-9) at Shamrock Invite.

Johnson's Collegiate Bests

Event	Mark	Meet	Date
60 Meters (I)	7.82	at G. Country Classic	1/24/04
60 Hurdles (I)	8.33	at Iowa St. Classic	2/11/06
100 Hurdles (O)	13.53	at Mt. SAC Relays	4/15/06
200 Meters (I)	25:36	Hawkeye Open	1/14/06
400 Hurdles (O)	1:06.14	Musco Twilight VI	5/1/04
Triple Jump (O)	41-3 1/4 (12.58)	Musco Twilight VIII	4/22/06

John Hickey
Throws
5-10, 290, Freshman
Piermont, NY
Tappan Zee High School



2006 -- Indoor - placed sixth in shot put (55-9) at Big Ten Championships... threw collegiate best marks in shot put (57-10 1/2) and weight throw (44-8 3/4) at Iowa Open... the shot put mark ranks eighth on Iowa's all-

time best performers list... runner-up in shot put (55-11) at Panther Invite... **Outdoor** - qualified for NCAA Midwest Regional in shot put (58-1)... placed third in shot put at Iowa Musco Twilight VIII with a collegiate-best 58-1, which ranks seventh on Iowa's all-time bests list... runner-up in shot put (57-0 1/4) at Springtime Invite... placed 14th in shot put (53-6 1/2) at Drake Relays.

Hickey's Collegiate Bests

Event	Distance	Meet	Date
Shot Put (O)	58-1 (17.70)	Musco Twilight VIII	4/22/06
Wt. Throw (I)	44-8 3/4 (13.63)	Iowa Open	2/17/06
Hammer (O)	152-5 (46.46)	at Springtime Inv.	4/1/06

The Johnson File

- School Record Holder - 60-Meter Hurdles •
- School Record Holder - 100-Meter Hurdles •
- School Record Holder - Indoor/Outdoor Triple Jump •



Hawkeyes To Watch



Eric MacTaggart
Distance
6-0, 130, Sophomore
Glen Ellyn, IL
Glenbard South High School

2006 -- Indoor - provisionally qualified for NCAA Championships in 5,000 meters (14:13.41), placing fifth in that event at Big Ten meet... that time ranks third on Iowa's all-time bests list... led team in two miles (9:02.90)... set

then-school record in 3,000 meters (8:08.79) at Meyo Invite...

Outdoor - provisionally qualified for NCAA meet in 10,000 meters at Stanford Invite with a collegiate best 28:50.23... that time leads team and ranks second in school history... placed third in 1,500 meters (3:58.08) at Musco Twilight VIII... ran third leg on 6,400-meter relay that placed 11th and set school record (16:55.43) at Drake Relays.

2005 -- Cross Country - set 6,000-meter Ashton Course record (18:18) at Hawkeye Invite... led team in 6,000 (18:18) and 8,000 meters (24.17)... his best 8,000-meter time ranks third in school history... placed 10th (31:16) at NCAA regional, earning all-region honors... first Hawkeye to cross finish line at Hawkeye Invite (18:18-1st), NCAA Pre-Nationals (24:17-22nd) and NCAA regional (31:16-10th)... placed 29th (25:24) at Big Ten Championships and 108th (31:22) at NCAA Championships... placed 13th at Murray Keatinge Invite (24:32) and 26th (24:58) at Griak Invite... academic all-Big Ten... letterwinner.

MacTaggart's Collegiate Bests

Event	Time	Meet	Date
1,500 Meters (O)	3:56.45	at Tom Botts Invite	4/16/05
Mile (I)	4:15.42	at C/H Alliance Invite	1/29/05
Two Miles (I)	9:02.90	Hawkeye Open	1/14/06
3,000 Meters (I)	8:08.79	at Meyo Invitational	2/4/06
5000 Meters (O)	14:04.79	at Stanford Invite	3/25/05
6,000 Meters (CC)	18:18	Hawkeye Invite	9/2/05
8,000 Meters (CC)	24:17	at Pre-Nationals	10/15/05
Five Miles (CC)	24:36.70	at M. Keating Invite	10/2/04
10,000 Meters (O)	28:50.23	at Stanford Invite	4/1/06
10,000 Meters (CC)	31:16	NCAA Regional	11/12/05

The MacTaggart File

- School Record Holder - 6,400-Meter Relay •



Lindsey McCalla
Junior
Sprints
Moline, IL
Moline High School

2006 -- Indoor - ran lead leg on school-record setting 1,600-meter relay (3:40.52) at Iowa State Classic... provisionally qualified for NCAA Championships as part of 1,600-meter relay... ran second leg on 1,600-meter relay

that placed second at Big Ten Championships... placed ninth in 400 meters (56.63) at Big Ten meet... **Outdoor** - qualified for NCAA Midwest Regional as part of 400 (45.11) and 1,600-meter relays (3:38.36)... the 1,600-meter relay time ranks second in Big Ten and on Iowa's all-time best performers list... the 400-meter relay leads the Big Ten and ranks fifth in school history... ran collegiate-best 200 meters (24.92) at Springtime Invite.

McCalla's Collegiate Bests

Event	Time	Meet	Date
200 Meters (O)	24.92	at Springtime Invite	4/1/06
400 Meters (I)	56.38	at Big Ten Champ's	5/14/05



Shane Maier
Throws
6-3, 285, Sophomore
Storm Lake, IA
Storm Lake High School

2006 -- Indoor - provisionally qualified for NCAA Championships in shot put... won shot put with a collegiate-best 61-2 at Iowa Open... that mark led team and ranks second on Iowa's all-time best performers list... placed third

in shot put at Big Ten Championships (58-10 3/4) and NCAA Qualifier (57-6 1/2)... won shot at Jack Johnson Classic (58-11 1/4) and Panther Invite (57-4 3/4), and placed second at Iowa State Classic (59-5 3/4)... **Outdoor** - qualified for NCAA Midwest Regional in shot put (60-3 3/4) and discus (171-2)... shot put mark leads team and ranks fourth on Iowa's all-time bests list... won shot put at Springtime Invite (60-3

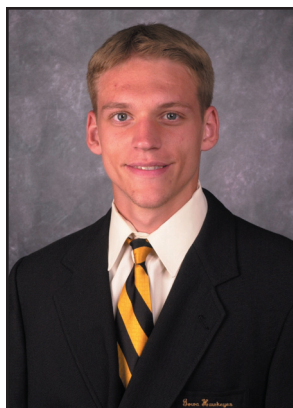


Hawkeyes To Watch

3/4), Tom Botts Invite (59-10 1/4) and Iowa Musco Twilight VIII (59-0 3/4)... runner-up in shot put at Drake Relays (59-11 1/4)... placed fourth in discus (171-2) at Iowa Musco Twilight VIII... qualified for regional meet in shot put each time he's thrown it this season.

Maier's Collegiate Bests

Event	Distance	Meet	Date
Discus (O)	171-2 (52.17)	Musco Twilight VIII	4/22/06
Shot Put (I)	61-2 (18.64)	Iowa Open	2/17/06



Tony Rakaric
Senior
Distance
Palatine, IL
Palatine

2006 -- Indoor - placed 15th in 3,000 meters (8:31.15) at Big Ten Championships... won mile at Iowa Open (4:18.34) and Panther Invite (4:22.70)...
Outdoor - qualified for NCAA

Midwest Regional in 3,000-meter steeplechase (9:06.46)... won steeplechase (9:08.55) at Stanford Invite... ran lead leg on 6,400-meter relay that placed 11th and set school record (16:55.43) at Drake Relays... anchored distance medley relay to sixth-place finish (9:54.97) at Drake Relays, which ranks third on Iowa's all-time bests list.

Rakaric's Collegiate Bests

Event	Time	Meet	Date
800 Meters (I)	1:56.97	Iowa Open	2/20/04
1,000 Meters (I)	2:34.79	at Panther Classic	2/1/03
1,500 Meters (O)	3:53.65	Musco Twilight V	5/3/03
Mile (I)	4:13.11	at Big Ten Champ's	2/26/05
Two Miles (I)	9:39.34	Iowa Open	1/15/05
3,000 Meters (I)	8:20.31	at Iowa State Classic	2/14/03
3,000 Steeple. (O)	9:03.29	at Big Ten Champ's	5/14/05
5,000 Meters (O)	14:22.92	at Stanford Invite	3/28/03
6,000 Meters (CC)	19:41	Iowa Invite	8/29/03
8,000 Meters (CC)	24:28	at Pre-National Inv.	10/18/03
Five Miles (CC)	25:02:00	at M. Keatinge Invite	10/2/04
10,000 Meters (CC)	30:31.42	at NCAA Regional	11/16/02
10,000 Meters (O)	30:58.59	at Big Ten Champ's	5/14/04

The Rakaric File

- School Record Holder - 6,400-Meter Relay •



Peaches Roach
Junior
Jumps/Sprints
Kingston, Jamaica
Alpha Academy

2006 -- Indoor - all-American... placed sixth in high jump (5-10 3/4) at NCAA Championships... provisionally qualified for NCAA Championships in high jump at Iowa Open (6-0) and Iowa State Classic (5-10 3/4)... placed

fifth in high jump (5-8 1/2) and 60 meters (7.48) at Big Ten Championships... **Outdoor** - qualified for NCAA Midwest Regional in 100 meters (10.71), high jump (6-0 3/4) as part of 400-meter relay (45.11)... the 400-meter relay leads the Big Ten and ranks fifth in school history... set school high jump record of 6-0 3/4 at Mt. SAC Relays, breaking Mary Mol's 23-year-old mark... that mark also leads the Big Ten... won high jump at Springtime Invite (5-10 3/4) and Messersmith Invite (5-8 3/4)... won 100 meters (11.71) at Iowa Musco Twilight VIII... placed sixth in special invitation high jump (5-11 1/4) at Drake Relays.

Roach's Collegiate Bests

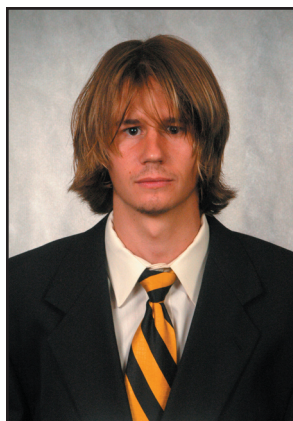
Event	Mark	Meet	Date
60 Meters (I)	7.45	at Big Ten Champ's	2/26/05
100 Meters (O)	11.60	at Big Ten Champ's	5/14/05
200 Meters (I)	24.42	at Panther Invite	1/28/06
High Jump (I/O)	6-0 3/4 (1.85)	at Husker Invite	2/5/04
	6-0 3/4 (1.85)	at Mt. SAC Relays	4/15/06

The Roach File

- Three-Time Big Ten Champion •
(High Jump - 2004-2005 indoor, 2004 outdoor)
- Two-Time All-American •
- School Record Holder - Indoor/Outdoor High Jump •
- 2004 Big Ten Freshman of the Year •
- Two-Time All-Region Selection •



Hawkeyes To Watch



Micah VanDenend
Distance
5-8, 130, Junior
Glen Ellyn, IL
Glenbard South High School

2006 -- Indoor - set school record and provisionally qualified for NCAA Championships in 3,000 meters with the collegiate-best 8:00.81 at Alex Wilson Invite... ran collegiate-best mile (4:08.31) at Iowa State Classic... that time

ranks ninth on Iowa's all-time best performers list... **Outdoor** - qualified for NCAA Midwest Regional in 5,000 meters with his collegiate best 13:55.96... that time broke 38-year-old school record of 13:56.0 set by current Hawkeye Head Coach Larry Wiczorek... that time also leads the region and ranks second in the Big Ten... runner-up in 1,500 meters (3:54.36) at Iowa Musco Twilight VIII... anchored 6,400-meter relay that placed 11th and set school record (16:55.43) at Drake Relays... ran lead leg on distance medley relay to sixth-place finish (9:54.97) at Drake Relays, which ranks third on Iowa's all-time bests list.

2005 -- Cross Country - placed 13th at NCAA regional (31:18), earning all-region honors... placed 16th (24:33) at Murray Keatinge Invite, 38th (24:34) at NCAA Pre-Nationals, 65th (25:31) at Griak Invite and 113th (31.24) at NCAA Championships... letterwinner.

VanDenend's Collegiate Bests

Event	Time	Meet	Date
1,500 Meters (0)	3:54.36	Musco Twilight VIII	4/22/06
Mile (I)	4:08.31	at Iowa State Classic	2/11/06
3,000 Meters (I)	8:00.81	at Alex Wilson Invite	3/4/06
5,000 Meters (0)	13:55.96	at Stanford Invite	4/1/06
6,000 Meters (CC)	19:02	Hawkeye Invite	9/3/04
Five Miles (CC)	25:09:10	at M. Keatinge Invite	10/2/04
8,000 Meters (CC)	24:33	at M. Keatinge Invite	10/1/05
10,000 Meters (CC)	30:26.17	at NCAA Regional	11/16/02

The VanDenend File

- School Record Holder - Indoor 3,000 Meters •
- School Record Holder - Outdoor 5,000 Meters •
- School Record Holder - 6,400-Meter Relay •



Renee White
Freshman
Jumps
Portmore St. Catherine, Jamaica
Wolmer's Girls High School

2006 -- Indoor - led team in long jump... recorded season best long jump (19-3 1/4) at Husker Invite... that marks ranks second on Iowa's all-time best performers list... won long jump (19-1 1/4) at Hawkeye Open... **Outdoor**

- qualified for NCAA Midwest Regional in long jump (19-9 3/4)... that mark leads team and ranks second on Iowa's all-time bests list... won long jump (19-6) at Messersmith Invite.

White's Collegiate Bests

Event	Mark	Meet	Date
60 Meters (I)	7.88	Hawkeye Open	1/14/06
100 Meters (0)	12.89	at Shamrock Invite	3/18/06
Long Jump (0)	19-9 3/4 (6.04)	at Springtime Invite	4/1/06

