1983

1983 Northern Iowa Women's Track & Field

University of Northern Iowa

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Final Records

1983 Northern Iowa
Women's Track & Field
Indoor & Outdoor
Head Coach Sharon Huddleston

The growth and success of the Panther women's track and field program has largely been due to the hard work and coaching expertise of Sharon Huddleston. Huddleston has been head coach at UNI since the beginning of the program, with the exception of a two-year leave-of-absence to work on her Ph.D. She also has doubled as head women's cross country coach.

Huddleston received her B.S. and M.Ed. degrees from Stephen F. Austin State University in Texas. While an undergraduate, she was a four-year member of the track and field and volleyball intercollegiate teams. In 1968 she was invited to join the Texas Track Club, an AAU track and field club in Abilene, TX. With the TTC, she competed five years in cross country, 400m dash, 100m hurdles, high jump and the javelin at the national and international level.

Huddleston's coaching career began in 1969 at Midwestern University in Texas. After one year, she returned to Stephen F. Austin State University and led her team to a second place finish in the state the first year and a state championship the second year.

Huddleston came to UNI in 1973 and in 1974 initiated the women's track and field program. The 1983 season begins her seventh year as head coach. To date, her teams have qualified a total of 64 athletes for AIAW regional championships and 13 athletes for AIAW national championships. Six of the 13 national qualifiers gained All-American status.

She received her Ph.D. in Sport Psychology in December, 1981, from the University of Iowa.

Assistant Coach M. Karen Ruder

A new addition to the Panther women's track and field staff this year is California-born Karen Ruder, assistant coach. After graduating from Longwood College in Virginia in 1966, she remained in that state to teach and coach for eight years. During that time, her track and field teams claimed two district championships and a fifth place in the 1974 state championship meet.

From 1970 to 1972, she was the assistant coach for the Sports International Track Club, an AAU track and field club in Washington, D.C. During those two years, she coached several Olympians.

After receiving her M.S. degree from Indiana University, Ruder accepted a head coaching position at Ball State University. While there, seven of her athletes qualified for the AIAW national championships.

From there, she moved to the State University of New York in 1976. By her third year as head coach, she led her team to a second place finish in the state championships. She also had one athlete qualify for the national championships two straight years.

Ruder just completed her Ph.D. in Sport Psychology from the University of Iowa.

On the cover: UNI's three returning All-Americans, Karla Federspiel, Chris Ropa and on the bottom, Joe Ann Jackson.
1983 Outlook

Coach Sharon Huddleston's UNI women's track and field team is entering its first year in Division I competition. Huddleston has a young squad consisting of over half freshmen and sophomores. Within that group, the Panthers return nine Division II national outdoor track and field qualifiers, with each owning at least one UNI track record. That group includes Maren Seehusen (shot put), Joe Ann Jackson (sprints), Karla Federspiel (sprints), J'ne Day (middle distance), Sandy Elsberry (distance), Sheila Soehner (long jump), Jess Roemig (sprints), Mary Jaycox (sprints) and Chris Ropa (sprints).

Huddleston also looks for immediate help from three freshmen recruits - Linda Brockenstedt (hurdles and sprints), Carey Calvert (middle distance) and Suzie Scheer (distance). Two other freshmen also figure to help the squad, including Roxanne Meyer (hurdles and middle distance) and Amy Usher (sprints, hurdles and long jump).

"We are really counting on the returning people to lead the way and our recruits and walk-ons to give strong support," said Huddleston. "We also need strong emotional leadership from seniors Day, Federspiel and Ropa to keep the athletes working hard all through the season."

Northern Iowa has a "strong nucleus" and Huddleston feels if her sophomores and freshmen perform up to their potential, the Panthers will have a fine season.

1982 In Review

Indoor Results
Drake Indoor Open — No Team Scores

UNI Invitational — 4th of 6 Teams
Minnesota 124 Northern Iowa 65
Mankato State 98 Drake 46
Nebraska-Omaha 91 Central 30

Iowa Indoor Relays — No Team Scores

UNI Iowa Open — 3rd of 7 Teams
Iowa State 146 Nebraska-Omaha 32
Drake 129 Wisconsin 25
Northern Iowa 62 Iowa 16
Wisconsin-Eau Claire 16

Outdoor Results
Northern Illinois Roadrunner Invitational — 1st of 6 Teams
Northern Iowa 235
Northern Illinois 133
Wisconsin-Milwaukee 110
Harper 33
Wisconsin-Parkside 23
Loyola 9

Wisconsin-River Falls Invitational — 4th of 10 Teams
Wisconsin-LaCrosse 127 1/2
Wisconsin-Eau Claire 93 3/4
Wisconsin-River Falls 86 1/4

Northern Iowa 84
Wisconsin-Stout 52
Minnesota-Duluth 50
Augsburg 28
Wisconsin-Superior 4
Rochester Community College 1
Minneapolis Community College 0

Central College Invitational — 2nd of 6 Teams
Big Four Meet — No Team Scores
Midwest Classic — No Team Scores

AIAW Division II Nationals — Tie for 38th of 62 Teams
6 All-Americans

Cross Country Results (40-39)
UNI Invitational — 1st of 3 Teams
Northern Iowa 21
Central 38
Drake 71

Norsemen Invitational — 5th of 14 Teams
Mid-American Championships — 15th of 23 Teams

Iowa State Invitational — 9th of 9 Teams
Iowa State 61 Minnesota 100
Iowa 82 St. Thomas 139
South Dakota 87 Wisconsin-LaCrosse 150
Drake 95 Nebraska 169
Northern Iowa 219

Drake Midwest Classic — 3rd of 7 Teams
St. Thomas 28
Drake 60
Northern Iowa 73
Nebraska-Omaha 80
Luther 146
Northwest Missouri State 150
Bradley 179

Central Invitational — 1st of 8 Teams
Gateway Collegiate Conference Championships —
7th of 10 Teams
Eastern Illinois 132
Illinois State 42
Wichita State 90
Northern Iowa 156
Southwest Missouri St 93
Indiana State 182
Western Illinois 97
Southern Illinois 182

NCAA District Championships — 6th of 8 Teams
Iowa State 43
Kansas State 44
Missouri 58
Colorado 83
Southwest Missouri State 128
Northern Iowa 181
Kansas 185
Oklahoma 193
Karla Federspiel  
Sr.  
LaPorte City, IA  
Karla has had a very productive career at UNI. She was a national AIAW qualifier last year and holds nine indoor and five outdoor records and also was a two-year member of the cross country team. Coach Huddleston calls her "the emotional leader and UNI's best sprinter."

Joe Ann Jackson  
So.  
Waterloo, IA  
Joe Ann is a talented sprinter who is improving with every meet. She was a national AIAW Division II qualifier last year and holds three indoor records and three outdoor records. "J.J. is living up to past performances by leading the team in the short sprints," said Huddleston.

Paula Overberg  
Fr.  
Salem, IA  
Paula was a four-year high school track and cross country runner. She qualified for the state meet in the 400 meter hurdles as a senior. Look for Paula to compete in the 100, 200, 400 and 800 meter events.

Chris Ropa  
Sr.  
Stanwood, IA  
Chris has been on UNI's track team four years and is a member of three school record-holding relays. She also qualified for the AIAW nationals last year. Chris' abilities add depth to the short sprints. This makes her a candidate for most sprint relays, said Huddleston.

Steph Steinbruck  
Fr.  
Atlantic, IA  
Steph was a four-year member of her high school track team. In her junior season, she qualified for the state meet. Look for Steph in the 100 and 200 meters.

Carla Van Deest  
Fr.  
Manchester, IA  
Carla was a four-year member of her high school track team and competed at the state meet her last three years. She is a talented sprinter with good speed for the 200, 300 and 400 meter sprints and sprint relays.

Jess Roemig  
So.  
Osage, IA  
Jess was an AIAW Division II national qualifier in two relays last season. Both of those relays set school records. Look for Jess in the 400 meter dash, mile relay and medley relay.

Linda Bockenstedt  
Fr.  
Strawberry Point, IA  
In 1981, Linda was the Iowa State High School 400 meter hurdle champion. She competed all four years in high school and will help in the sprints and 400 meter hurdles.

Roxanne Meyer  
Fr.  
Davenport, IA  
Roxanne was a member of her high school's cross country and track teams. She currently holds UNI's indoor 55 meter hurdle record. Roxanne is a talented hurdler with a promising future at UNI.

Christy Sutton  
Fr.  
Shell Rock, IA  
In Christy's high school years, she qualified for the state meet three years in the 400 meter hurdles. Christy also will give help to the middle distance corps by running the half mile.

Patti Vincent  
So.  
Paullina, IA  
Patti was a state high school qualifier one year and a four-year member of her high school track team. The 400 meter hurdles will be Patti's specialty.
Middle Distances

Carey Calvert  Fr.  Sioux City, IA
Carey had a very successful high school track and cross country career. She qualified for the state meet four years and finished second in the state cross country meet her senior year. In that same year, she placed sixth in the 800 meter dash at the Drake Relays.

Cindy McGohan  Jr.  Mt. Pleasant, IA
Cindy was a valuable member of the cross country team last fall and is improving her times in the middle distance events. Cindy will run the 800 meter Mile and Two-Mile events.

Distances

J'ne Day  Sr.  Gilmore City, IA
J'ne was an outdoor national AIAW Division II qualifier in the 1500 meters and holds eight school records at UNI. She also has been a member of the cross country team three years. This season, J'ne is concentrating on the longer distances. Unfortunately, after the indoor season J'ne's eligibility will have run out and she will not compete in the outdoor season.

Sandy Elsberry  So.  Atlantic, IA
Although just a sophomore, Sandy already has broken seven relay records and six individual school records. She is a member of the cross country team and was a national AIAW Division II qualifier last spring in the 5000 meters. Coach Huddleston calls her "the most successful female athlete ever to run at UNI."

Suzie Scheer  Fr.  Rochester, MN
Suzie was a Minnesota state track qualifier and is a member of UNI's cross country team. Last fall, Suzie suffered a stress fracture in her right foot and was forced to redshirt. "Suzie is coming off her injury nicely and is again running strong," says Huddleston. Suzie will specialize in the 5,000 and 10,000 meter runs.

High Jump

Tracy Carberry  Jr.  Des Moines, IA
Tracy competed four years in high school track and was a high jumper and 400 meter hurdler. Look for Tracy to clear 5-4 and compete in the Heptathlon.

Carol Powers  Jr.  Muscatine, IA
Carol was a four-year member of her high school cross country and track teams. Along with high jumping, Carol will run the 100 and 400 meter hurdles.

Jill Muehlbauer  Fr.  Milwaukee, WI
This is Jill's first year in track. Her 30-inch vertical jump should help her to be a fine high jumper. Jill also will run some sprinting events for the Panthers.
Shot and Discus

Darla Fusselman  So.  Des Moines, IA
Combining speed with good technique, Darla hopes to throw with the better shot putters in the Gateway Conference. Coach Huddleston talking about Darla: "... fast improving athlete with excellent potential."

Vickie Judkins  So.  Johnston, IA
Last year, Vickie threw the discus 111-2½. With the improvement she has made, Coach Huddleston feels she can throw beyond 120 feet.

Maren Seehusen  Jr.  Hockessin, DE
Maren holds both the indoor and outdoor shot put school records. Was a national Division II AIAW qualifier last season. Maren is a steady performer and should throw beyond 45 feet. In addition to throwing the shot, she is looking to break the school discus record in 1983.

Tammy Seltrecht  So.  Cedar Rapids, IA
Tammy hopes to throw the shot 40 feet this season. Improvement in her technique should give UNI added depth in this event.

Long Jump

Amy Usher  Fr.  Davenport, IA
Amy will help the Panthers in several events this season. In high school, she ran cross country, the 400 meter hurdles, the quarter mile and the long jump. Her best jump in high school was 17-1½.

Sheila Soehner  Jr.  Hilton, NY
Sheila was a national AIAW Division II qualifier last season. She also holds the school record with a jump of 18-6¾. "Sheila has only scratched the surface of her ability. I expect her to jump 20 feet by the end of her career," said Huddleston.

Javelin

Denise Still  Jr.  Miles, IA
Denise was a member of UNI's field hockey team last year. She competed in high school track and looks to give help in the javelin event.

Debbie Vangellow  So.  Fairport, NY
Debbie threw the javelin four years in high school. She also competed in the discus and Coach Huddleston feels that her much improved technique will help the Panthers in both events.

<table>
<thead>
<tr>
<th>Name</th>
<th>Event</th>
<th>Class</th>
<th>Hometown</th>
</tr>
</thead>
<tbody>
<tr>
<td>Linda Bockenstedt</td>
<td>Hurdles, Sprints</td>
<td>Fr.</td>
<td>Strawberry Point, IA</td>
</tr>
<tr>
<td>Carey Calvert</td>
<td>Middle Distance</td>
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<td>Darla Fusselman</td>
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<td>Vickie Judkins</td>
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<td>Cindy McGohan</td>
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<td>Christy Sutton</td>
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<td>Maren Seehusen</td>
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<td>Micky Illingsworth</td>
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<td>Jeanette Brown</td>
<td>5-9</td>
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<td>Cathy Rardin</td>
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<td>Sue Buffington</td>
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<td>Micky Illingsworth</td>
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<td>J'ne Day</td>
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<td>Donna Groesbeck Dawes</td>
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<td>Gini Edson</td>
<td>3:03.4</td>
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<td>Mile Run</td>
<td>Kris Skov</td>
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<td>1500 M Run</td>
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<td>2 Mile Run</td>
<td>Sandy Elsberry</td>
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<td>3 Mile Run</td>
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<td>Tracy Wentzein, Beth Strub, C. Norris, J. Franke</td>
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<td>880 Yd. Relay</td>
<td>Joe Ann Jackson, Cathy Rardin, Chris Rapa, Karla Federspiel</td>
<td>1:46.6</td>
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<td>Mile Relay</td>
<td>M. Bohlken, Cathy Rardin, J'ne Day, Karla Federspiel</td>
<td>4:00.5</td>
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<td>2 Mile Relay</td>
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<td>Distance Medley Relay</td>
<td>J'ne Day, Karla Federspiel, Sandy Elsberry, Kris Skov</td>
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<td>400 M Dash</td>
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<td>Roxanne Meyer</td>
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Outdoor Record Book

Shot Put
Discus
Javelin
Long Jump
High Jump
100 m. Hurdles
100 m. Dash
220 yd. Dash
200 m. Dash
400 m. Hurdles
400 m. Dash
880 yd. Run
800 m. Run
Mile Run
1500 m. Run
Two Mile Run
3000 m. Run
5000 m. Run
Six Mile Run
10,000 m. Run
440 yd. Relay
800 yd. Relay
1600 m. Relay
3200 m. Relay
Pentathlon
Shot Put
Long Jump
High Jump
100 m. Hurdles
800 m. Run

Maren Seehusen 43 1982
Sue Anderson 126-8½ 1981
Joan Sexton 120-7 1981
Sheila Soehner 18-6¾ 1982
Jeanette Brown 5-7 1982
Sue Buffington 14.6 1977
Ann Bader 11.8 1976
Tracy Wentzien 25.91 1979
Tracy Wentzien 24.85 1979
Deb Schmeling 1.05.0 1980
Marny Hingsworth 4:00.1 1980

880 yd. Medley Relay (110-110-220-440)
800 m. Medley Relay (100-100-200-400)

M. Jaycox, J. Jackson, K. Kenney, K. Federspiel
C. Howard, T. Wentziein

C. Ropa, C. Rardin
J. Jackson, C. Ropa
K. Federspiel, C. Rardin
J. Jackson, C. Ropa
K. Federspiel, C. Rardin
C. Rardin, K. Federspiel
J. Romig, J. Day
J. Romig, K. Federspiel
J. Day, C. Rardin
S. Walker, D. McGohan, K. Kessler, P. Vanderbeek
Jan Messerschmidt 3381 points 1980
UNI-Dome — One of America's Premier Indoor Facilities

UNI supporters and the entire State of Iowa realized a dream come true with the completion of the UNI-Dome — a completely covered, multi-purpose facility with an air-supported roof — in February of 1975.

UNI-Dome, the prefix standing for the University of Northern Iowa, as well as meaning unique, combines the features of three buildings — a football stadium, fieldhouse and large auditorium. It hosts such events as concerts, exhibitions, trade shows, pageants, rallies and convocations, as well as football, basketball, softball and field hockey games and wrestling and track meets.

Multi-Purpose Use

The UNI-Dome was designed with "something for everyone." Its artificial turf for football games and practices can be rolled up in 45 minutes. Underneath, on a synthetic floor area, are basketball and tennis courts and an eight-lane, 220-yard oval running track. As many as 12 tennis matches and two basketball games can take place simultaneously at the field level.

Approximately 16,400 spectators can be seated for football and 7,254 for court-side activities. For stage activities, such as commencement, concerts and artist or speaker series, total capacity — using movable bleachers and folding chairs — can reach 25,000.

The University of Northern Iowa

The University of Northern Iowa, one of the nation's leading institutions of higher learning, is the outgrowth of the Iowa State Normal School established by the General Assembly in 1876.

From a single building on a 40-acre campus, the University has grown to include over 40 major buildings, a 723-acre campus, more than 600 faculty members and approximately 11,000 on-campus students.

In 1909 the institution was renamed the Iowa State Teachers College and attained a reputation as one of the nation's outstanding institutions for preparation of teachers.

On July 5, 1961, the Iowa General Assembly on recommendation of the Regents changed the name of the school to the State College of Iowa and redefined its function to include the offering of liberal arts degrees.

On July 1, 1967, the General Assembly approved university status. The name was changed to University of Northern Iowa and its function was again redefined.

Although teacher education remains an important program, the University offers degrees to students majoring in a wide variety of subjects. UNI has two bachelor of arts degrees, one with certification to teach and one without certification. A bachelor of technology degree can be earned with or without certification to teach, and since 1969, the bachelor of music degree has been offered. A bachelor of fine arts degree was approved by the Regents in 1976. The bachelor of liberal studies is an external degree available through the cooperative efforts of the three Iowa Regents universities. This degree was approved in 1977.

On the graduate level, courses leading to the degree of master of arts in education were offered for the first time in the summer of 1952 and a sixth-year program leading to the specialist in education degree began in 1960. A sixth-year specialist degree with a program in science education was inaugurated in 1970.

In 1964, the master of arts degree was approved by the Regents. The master of business administration degree was approved in 1975, and the master of music in 1976. The graduate program was further extended in 1978 with the addition of UNI’s first doctoral degree, the doctor of industrial technology. The doctor of education degree was approved in 1982.
Directory

(AC for all numbers is: 319)

Administration
Bob Bowlsby (Asst. A.D.-Facilities) .............. 273-6218
John "Jersey" Jermier (Assoc. A.D.) .............. 273-3097
Chuck Patten (Asst. to A.D.) ...................... 273-2470
Stan Sheriff (A.D.) ................................. 273-2470
Sandra Williamson (Assoc. A.D.) ................. 273-6033

Staff
Loretta Arends (Ath. Secretary) ................. 273-2470
Barb Beecher (Ath. Secretary) .................... 273-2471
Russ Bloom (Ticket Man.) ......................... 273-2689
Janet Ellis (SID Secretary) ....................... 273-3100
Jim Husbands (Asst. to A.D.-Marketing) ........ 273-6443
Nancy Justis (SID) ................................. 273-6354
Dave Starr (Asst. SID) ............................ 273-3642

Coaches
Iradge Ahrabi-Fard (Volleyball) .................. 273-6480
Terry Allen (Asst. FB) .............................. 273-6006
J.D. Anderson (Women's Basketball, Baseball) ... 273-2520
Meredith Bakley (Softball) ......................... 273-2520
Jim Berry (Men's Basketball) ...................... 273-6472
Janice Bittner (Asst. Volleyball) ................. 273-6480
Jeff Boss (Men's Swimming) ....................... 273-2503
Don Briggs (Wrestling) ............................. 273-6473
Chris Bucknam (Asst. Track, Cross Country) .... 273-6481
Terri Craft (Asst. Women's Basketball) ........... 273-2520
Ken Green (Men's Golf) ............................ 273-6055
John Gregory (Asst. FB) .......................... 273-6725
Roxanne Gunderson (Asst. Women's Basketball) ... 273-2792
Jamie Hancock (Men's & Women's Diving) ........ 273-2503
Sharon Huddleston (Women's Track, Cross Country) ... 273-2730
Lynn King (Men's Track, Cross Country) ........... 273-6481
Mike Kolling (Asst. FB) ........................... 273-6470
Jeanette Marsh (Women's Golf) ............. 273-2071
Pete Mazula (Men's & Women's Tennis) .......... 273-2069
Keith Mourlam (Asst. Wrestling) ................. 273-6473
Darrell Mudra (Head FB) .......................... 273-6471
Dennis Remmert (Asst. FB) ....................... 273-3099
Tim Roche (Asst. FB) ............................... 273-6474
Karen Ruder (Asst. Women's Track, Cross Country) ... 273-2730
Doug Sams (Asst. FB) ............................... 273-6436
Paul Swanson (Asst. Men's Basketball) ......... 273-6477
Shauna Thomaswick (Women's Swimming) .......... 273-2406
Dan Traeger (Asst. Men's Basketball) .......... 273-6477

Trainers
Dave Burton (Head Ath. Trainer) ................. 273-6369
Steve Marti (Asst. Trainer) ....................... 273-6476
Brenda Sneed (Asst. Trainer) ...................... 273-6369

University Quick Facts

Location: Cedar Falls, IA 50614
Enrollment: 10,954
President: Dr. John J. Kamerick
Conference: Gateway Collegiate (NCAA I)
Nickname: Panthers
Colors: Purple and Old Gold
Facility: UNI-Dome
# Track & Field Schedule

## Indoor

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
</tr>
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<tbody>
<tr>
<td>January 22</td>
<td>at Iowa Eye Opener</td>
<td>Iowa City, IA</td>
</tr>
<tr>
<td>January 29</td>
<td>at Mankato State Invitational</td>
<td>Mankato, MN</td>
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<tr>
<td>February 5</td>
<td>at Golden Track Shoe Invitational</td>
<td>Madison, WI</td>
</tr>
<tr>
<td>February 12</td>
<td>UNI INVITATIONAL</td>
<td>Cedar Falls</td>
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<tr>
<td>February 25-26</td>
<td>at Gateway Conference Championships</td>
<td>Charleston, IL</td>
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<tr>
<td>March 5</td>
<td>UNI TRIANGULAR</td>
<td>Cedar Falls</td>
</tr>
<tr>
<td>March 11-12</td>
<td>at NCAA Division I Nationals</td>
<td>Pontiac, MI</td>
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</tbody>
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## Outdoor

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
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<tbody>
<tr>
<td>April 2</td>
<td>Central College Invitational</td>
<td>Pella, IA</td>
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<tr>
<td>April 8-9</td>
<td>Western Illinois Invitational</td>
<td>Macomb, IL</td>
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<tr>
<td>April 15-16</td>
<td>Drake Invitational</td>
<td>Des Moines, IA</td>
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<tr>
<td>April 22-23</td>
<td>Bradley University Invitational</td>
<td>Peoria, IL</td>
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<tr>
<td>April 29-30</td>
<td>Drake Relays</td>
<td>Des Moines, IA</td>
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<tr>
<td>May 7</td>
<td>Iowa Big 4 Meet at ISU</td>
<td>Ames, IA</td>
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<tr>
<td>May 13-14</td>
<td>Mid-West Track Classic</td>
<td>Des Moines, IA</td>
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<tr>
<td>May 17-18</td>
<td>Gateway Conference Championships</td>
<td>Macomb, IL</td>
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<tr>
<td>June 1-4</td>
<td>NCAA Division I National Championships</td>
<td>Houston, TX</td>
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