Northern Iowa Men's Track and Field 1989

University of Northern Iowa

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Northern Iowa Men’s
Track and Field 1989
<table>
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<th>Name</th>
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<th>Yr.</th>
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<td>Greg Anderson</td>
<td>Discus — 147-0</td>
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<td>190</td>
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<td>John Bunge</td>
<td>Pole Vault — 15-1</td>
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<td>Jeff Burris</td>
<td>400m — 46.3; 600y — 1:10.29; 800m — 1:48.10</td>
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<td>Bill Castle</td>
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<td>Dave Cleveland</td>
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<td>Bob Edwards</td>
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<td>400 IM — 52.47</td>
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<td>Ross Hawker</td>
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<td>Dan Hostager</td>
<td>3000m — 8:20.6; 5000m — 14:25.20; 10,000m — 30:38.0</td>
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<td>Steve Jay</td>
<td>800m — 1:52.18; 1,000y — 2:12.40</td>
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<td>Jim Johnson</td>
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<td>Matt Lindaman</td>
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<td>Brad Martin</td>
<td>10,000m — 32:33.0</td>
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<td>Brad Miller</td>
<td>Pole Vault — 16-1/2; Decathlon — 6,300; 110m High Hurdles — 14.8</td>
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<td>175</td>
<td>So.</td>
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<td>Pat Patterson</td>
<td>Shot Put/Discus/35 lb. Wt. — 53-8 1/2</td>
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<td>205</td>
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<td>Tom Penningroth</td>
<td>1,500m — 3:52.8; 3,000m — 8:19.33; 5,000m — 14:37.0</td>
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<td>Mike Pontius</td>
<td>Decathlon — 5,750</td>
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<td>175</td>
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<td>Morton, IL</td>
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<td>Mike Raffensperger</td>
<td>Javelin — 194-0; High Jump — 6-8</td>
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<td>175</td>
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<td>Tim Ross</td>
<td>800m — 1:54.95</td>
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<td>Mike Shaffer</td>
<td>Mile Run — 4:16.9</td>
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<td>Brian Sorenson</td>
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<td>Kent Terrillion</td>
<td>800m — 1:49.5</td>
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<td>Eric Thomas</td>
<td>Long Jump — 23-7; Triple Jump — 46-6</td>
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<td>Trent Timson</td>
<td>5,000m — 14:41.4</td>
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<td>200m — 22.40; 400m — 48.86</td>
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<td>Chuck Ulin</td>
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<td>Joel Van Roekel</td>
<td>110 H. Hurdles — 15.01</td>
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<td>Brent Wright</td>
<td>High Jump — 6-10 1/2</td>
<td>6-2</td>
<td>170</td>
<td>Sr.</td>
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</table>
The University of Northern Iowa

The University of Northern Iowa, located in Cedar Falls, Iowa 50614, was founded in 1876 as the Iowa State Normal School. From a single building on a 40-acre campus, the University has grown to include more than 40 major buildings, a 723-acre campus, 675 faculty members and 11,500 students.

Northern Iowa emphasizes outstanding undergraduate education, with complementary graduate programs at the master's, specialist's and doctoral levels. Building on its traditional strength in teacher education, Northern Iowa has developed other excellent programs in its School of Business, College of Humanities and Fine Arts, College of Natural Sciences and College of Social and Behavioral Sciences.

Campus landmarks include the Campanile, the Education Center, Strayer-Wood Theater, Maucker University Union and the UNI-Dome. Currently under construction and scheduled for completion in 1990 is a $10.2 million, state-of-the-art building which will be the new home for the School of Business. Other special academic resources include the 500,000-volume University Library, the Industrial Technology Center and the Communication Arts Center. The campus, classrooms and residence halls are highly accessible to the handicapped.

Northern Iowa is the home of The North American Review, a quarterly journal of literature that has received two National Magazine Awards in the fiction category. The University also operates KUNI-FM and KHKE-FM, whose 4,000-member "Friends" organization makes them two of the most popular public radio stations in the United States.

Northern Iowa competes in men's and women's athletics at the NCAA Division I level. In addition to traditionally strong wrestling, football (NCAA Division I-AA) and track programs, UNI has been competitive in men's basketball. In women's athletics, the volleyball team has placed first in the NCAA Championships two of the past three years and the softball team won the AIAW Division II College World Series in 1977 and 1982.

Northern Iowa is a state-assisted university, part of the Iowa Regents system that also includes the University of Iowa and Iowa State University. The University's more than 40,000 alumni in the United States and other countries lend additional support through the UNI Foundation and other alumni programs.
In this day of individual stars in the collegiate track and field world, Northern Iowa coach Chris Bucknam still values the team concept.

And why not? That team philosophy has brought Bucknam and UNI 12 AMCU indoor, outdoor and cross country titles since the league formed in 1982.

And, Bucknam says, his Panthers will need a total team effort if they plan on repeating as indoor champions and winning the outdoor title in 1989.

"We've got a lot of guys who are consistently scoring points in the conference championships when the title is on the line," said Bucknam, who enters his fifth season at UNI with top assistant Bill Lawson, graduate assistant Sterling Martin and student assistant Kelly Tagtow.

"We rely on 28 guys that are on the track," he added. "Everyone has to score. Whether you score six points or you score one, you are just as important."

One reason the team concept is so important this year is that the Panthers are weak in the short sprint events.

"We're going to rely on a couple of freshmen and, quite frankly, in this league that's going to be tough," Bucknam said. "We are going to have to really gang up in our strong events. We will have to pull some sweeps off to override the loss of sprinters."

The Panthers will be loaded in the middle distance and distance events and have some talented field event performers, especially in the high jump and pole vault.

Top returners are seniors Dan Hostager, Jeff Burris, Joel Hartman, Tom Penningroth and Dave Cleveland, junior Kent Terrillion and sophomore pole vaulters Bob Edwards and Brad Miller.

Hostager, who Bucknam calls, "the premiere distance runner in the conference," is a two-time AMCU cross country runner of the year. He also won the 5,000- and 10,000-meter league outdoor titles last spring as well as the 5,000 indoor crown. His 14 minute, 25.20 clocking in the 5,000 is a school record.

Burris was a national indoor qualifier last year, racing to a 1:49.70 clocking in the 800 meters. He ran 1:48.1 outdoors while finishing third in last year's Drake Relays special invitational 800. Burris also is a member of the school- and conference record-holding mile relay and school-record holding two-mile team.

Hartman is the defending conference 400 intermediate hurdle champ, Penningroth holds the school indoor record in the 3,000 and Cleveland won the indoor AMCU high jump title last season with a 6-feet, 10-inch leap.

Terrillion won the league's outdoor 800 title and also is a member of the mile and two-mile relay teams. Edwards is the reigning conference outdoor vault champ and Miller is the defending indoor titleist. Edwards has a best of 16 feet one-half inch, Miller 16 feet one-quarter inch.

Bucknam said a couple of Illinois freshmen — Eric Thomas and Johnny Westbrook of Harvey Thornton High School — could contribute this season. Thomas has personal-bests of 23-7 in the long jump and 43-6 in the triple jump. Westbrook has turned in a 13.90-second clocking in the 110 high hurdles.

"1988 was a good year for us," Bucknam noted, adding that UNI won the indoor title for the fourth time in five years, finished second at the outdoor meet and placed 11th in the Central Collegiate Conference Championships, an alignment that includes several Big Ten schools.

"Obviously, we are off to a good start with the (fall) cross country title already," he added. "We're encouraged and excited about this upcoming season."

One goal of Bucknam's is to break into the top 10 at the Central Collegiate meet.

"We've been very successful in the AMCU," he said. "We joined the Central Collegiate Conference to give our athletes a notch up on the competition for the national championships."

"We really consider ourselves a developmental Division 1 program ... to steal a quote from coach Lawson," he said. "If you are a good school boy athlete who wants to run Division 1 ... this is the premiere place to be."
The UNI-Dome — Home of Champions

The UNI-Dome, a unique, multi-purpose athletic facility built in 1976, has gained a reputation as one of the finest indoor track arenas in America. In the past, it has been the site of the prestigious Central Collegiate Championships, the AMCU (Association of Mid-Continent Universities) Championships, and is annually the site of the premier indoor high school track meet in Iowa, the A.D. Dickinson Relays.

The Dome combines the features of a fieldhouse, football stadium and a large auditorium. It contains accommodations for a variety of events, such as concerts, exhibitions, trade shows and convocations, in addition to football, basketball, softball, wrestling and track events. It has been host to NCAA football playoffs and gymnastic and wrestling championships, high school basketball, the Iowa high school football playoffs, concerts and many other non-athletic events.

The versatility of the Dome allows for football one day and basketball or track the next. The artificial turf for football can be installed in 36 hours or less. 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 could be played simultaneously.

Approximately 16,400 spectators can be seated for football games and track meets and 11,000 for court-side activities. For stage productions such as commencements, concerts and speakers' series, total capacity can reach 25,000.

The 168,000-square-foot Dome rises 124 feet above the arena floor and is supported entirely by a network of 12-stranded steel cables and four air blowers. A concrete and steel ring around the top of the 70-foot high stadium wall holds the cables, which weigh 47 tons.

The air-supported, fiberglass-fabric roof was constructed at a cost equal to half that of conventional-roof facilities. Because of the roof's translucence, ample natural light is available during daylight hours resulting in a sizable savings on utilities. The roof is made of 49 tons of woven fiberglass coated with Teflon.

A spacious press box atop the East stands has facilities for 20 radio stations, television capabilities, and seating for 125 people. A photography darkroom, photo bay, concession area and scouting booths are other features. Two huge electronic color scoreboards flash messages and information to spectators throughout the events.

A new meeting room at the Northeast concourse level of the arena is being constructed and expansion of weight and locker facilities in the adjoining Physical Education Center is currently underway.
Coaching Staff

Head Coach Chris Bucknam

As he begins his fifth season at the helm of the Northern Iowa track and cross country program, head coach Chris Bucknam has carried the Panther tradition of excellence to new heights. The statistics and credentials compiled by his teams have brought Bucknam recognition as one of the finest coaches in the Midwest.

Bucknam has been named AMCU Indoor Track Coach of the Year three of the last four seasons ('85, '86 and '88), Outdoor Coach of the Year in 1986 and Cross Country Coach of the Year in 1988.

During his four-year tenure, the Panthers have won three indoor and an outdoor track title and two cross country championships, never finishing lower than third in any conference meet. The 1988 cross country team posted the highest finish ever by an AMCU school at the NCAA Region Championships.

Since his arrival at UNI as an assistant to long-time head coach Lynn King in 1979, the Panthers have won or shared 12 conference titles in cross country and track and field.

Bucknam has a reputation as a proven developer of talent and a strong recruiter.

A native of Beverly, Massachusetts, Bucknam attended Norwich University in Northfield, Vermont, where he was a four-time letterwinner in track, specializing in the middle and long distances. He was elected co-captain his senior year and graduated in 1978 with a bachelor's degree in physical education. He earned his master's degree in physical education from Northern Iowa in 1982.

Bucknam and his wife, Cindy, have a one-year-old son, Eric.

Assistant Coach Bill Lawson

The greatest decathlete in Northern Iowa history, Bill Lawson is in his fifth season as assistant track and field coach with the Panthers.

Lawson, a 1980 UNI graduate, returned to his alma mater after serving three years as boys' and girls' track and field and cross country coach, and girls' basketball coach at John Marshall High School in Rochester, Minnesota.

The Carthage, Illinois, native was a four-time All-American at UNI from 1977 thru 1980 and is the school recordholder in the decathlon and triple jump. He was a two-time co-captain for the Panthers and was a senior when current UNI head coach Chris Bucknam was named assistant track coach in 1979. He qualified for national competition in the decathlon, pole vault and triple jump, four times. He won the National Master's Decathlon Championship in 1987 and was runnerup last summer.

His duties with the Panthers include coordinating the fall track program and conditioning, and coaching the field events and decathlon during the indoor and outdoor seasons. He is recognized as an excellent field event coach and motivator.

In addition to his coaching duties, Lawson is a member of the physical education faculty and is involved with fundraising in the I-Club, an athletic letterwinners' organization.

Lawson and his wife, Jodie, were married last summer.

UNI in Conference

The Association of Mid-Continent Universities

Since the formation of the Mid-Continent Conference in 1978, Northern Iowa has never finished lower than third place in an M-CC or AMCU track and field or cross country meet. In the 25 conference meets held through 1988, the Panthers have been champions 13 times and runnersup seven times.

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The Central Collegiate Conference

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<td>T22nd of 23</td>
<td>12th of 16</td>
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<td>1988</td>
<td>T11th of 19</td>
<td>14th of 21</td>
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1989 Panthers

Hurdlers

Sitting, L-R: Sean Graves, Brad Miller
Standing, L-R: Scott Clark, Johnny Westbrook, Tyrone Wilson

"The addition of Johnny Westbrook, an Illinois state champ in Class AA, is going to be a big boost to our hurdling corps. He will need time to adjust to college highs, but he's got good size and he's strong and we feel he will be a hurdler to reckon with in the future, not only in the conference race, but as a future national qualifier. He is that good of an athlete, so we look for some great things from him. Joel Hartman is a two-time conference champion in the intermediate hurdles and we look for more of the same from him. Outside, he is definitely among the elite in the conference with a real shot to break 52 seconds in the intermediates. He is much improved this year in his base work and we feel that's a very attainable record for him. Brad Miller was also a good high school high hurdler and we feel he can be a conference-level performer as well."

Sean Graves
5-9
170
Junior
Davenport, IA
Undecided

Joel Hartman
6-3
165
Senior
Hiawatha, IA
Energy and Power Technology

High School: Member of state champion sprint medley relay team that was ranked third in the nation... member of Drake Relays 4 x 400m relay team... Drake Relays 400m low hurdles champion... state 400m low hurdles champion as a senior... member of state championship 4 x 800m relay team as a junior... lettered three times in track and field and cross country.
College: Holder of the AMCU (52.47) and UNI freshman (53.44) 400 LM. hurdles records... AMCU champion in the 400 LM. hurdles in 1987 and '88.

Brad Miller
6-0
175
Sophomore
Glen Ellyn, IL
Undecided

High School: Runnerup in state pole vault as a junior, third as a senior... fourth in state 110 high hurdles as a senior... received all-state honors in pole vault two years, hurdles one year... was named all-conference three years... a four-year track letterwinner.
College: Won the AMCU indoor pole vault championship and set a UNI freshman record with a 16-0¼ vault last season... recorded a team season-best in the 55m hurdles last year (7.90) and finished seventh (7.96) at the AMCU meet... established himself as UNI's top decathlete as a freshman, finishing third at the conference meet and posting a team season-high 6,300.

Sprinters

L-R: Jim Turner, Johnny Westbrook, Sean Graves, Eric Thomas

"We are going to be weak in the short sprints, but stronger in the long sprints. Jim Turner has shown us great potential in the 200 and 400. He is very strong, probably the strongest sprinter we have ever had here. He redshirted last outdoor season, so he will just be a sophomore outdoors. Jim needs to build a little more confidence in himself and when he does that, we feel every long sprint record is in jeopardy. Johnny Westbrook will also see some sprint action, particularly in the 55-meter dash indoors and the 200 indoor and outdoor."

Jim Turner
6-1
175
Junior
Marshalltown, IA
Accounting
High School: State 400m champion as a senior, posting the second fastest 400m time in Iowa high school history... placed fourth in the National Junior Olympics... all-conference in the 200m and 4 x 400m relay as a senior, all-state in the 4 x 400m as a junior and the 400m as a senior... national honorable mention as a junior in the 4 x 400m relay, USA Today All-American as a senior... three-time track and field letterman... personal bests: 21.67 in the 200m, 47.83 in the 400m, 1:56.5 in the 800m.
College: Finished fourth in the 200 and fifth in the 400 at the 1988 AMCU indoor meet... an integral member of several relay teams.

Johnny Westbrook
6-0
160
Freshman
Madison, IL

Joel Van Roekel
6-2
160
Junior
Ottumwa, IA
Pre-Physical Therapy
High School: State champion in the Class 4-A high hurdles as a junior, runnerup as a senior... lettered three years in track, one in swimming.
College: Has participated the past two years.

Tyrone Wilson
5-6
135
Freshman
Madison, IL

Harvey, IL

Joel Van Roekel
6-2
160
Junior
Ottumwa, IA
Pre-Physical Therapy
High School: State champion in the Class 4-A high hurdles as a junior, runnerup as a senior... lettered three years in track, one in swimming.
College: Has participated the past two years.

Johnny Westbrook
6-0
160
Freshman
Madison, IL

Tyrone Wilson
5-6
135
Freshman
Madison, IL

Harvey, IL

Undecided
Pole Vaulters

We should be strong in the pole vault. We've got probably the two best vaulters we've ever had as freshman in Bob Edwards and Brad Miller. Both went 16 feet and won conference titles and we feel these two guys could be national-caliber vaulters by the time they graduate — 17 plus vaulters. They're very strong and we are obviously looking confident we can dominate the conference in the vault and have two best vaulters we've ever had as freshman in Bob Edwards and Brad Miller.

John Bunge 5-11 165 Senior Marketing
High School: Won the Dickinson Relays pole vault as a senior, finished fourth at the Drake Relays ... won the conference championship as a senior ... finished sixth in the state meet his junior year ... lettered four years in track, two in football.
College: Took third at the AMCU indoor meet last season and tied for fifth outdoors.

Bob Edwards 6-0 175 Sophomore Pre-Physical Therapy
High School: Won the state high school and Dickinson Relays championships in 1986 and '87 ... won Drake Relays as a senior after a second-place finish as a junior ... three-year letterwinner in track and football.
College: Set a freshman outdoor record last season (16-1) ... won the AMCU outdoor pole vault and was runnerup indoors.

John Lyle 5-10 165 Sophomore
Leawood, KS

Brad Miller 6-0 175 Sophomore
Glen Ellyn, IL

Throwers

Greg Anderson 6-1 190 Junior Marketing
Waterloo, IA
High School: Two-year letterwinner at West High who was co-captain of his team ... placed fifth in the discus at the Drake Relays ... threw discus in the 160-foot range in high school.
College: Placed fourth (141-7 1/2) in '88 and seventh in '87 AMCU discus.

Pat Patterson 5-11 205 Junior Broadcasting
Des Moines, IA

Mike Raffensperger 6-0 175 Senior Broadcasting
Iowa City, IA
High School: Three-time conference champion in the high jump ... finished seventh at the National Junior Olympics ... three-year letterwinner in track, football and baseball; one in basketball.
College: Set a UNI record in the "new" javelin last season with a 196-9 throw ... the freshman record holder in the javelin with a 181-10 mark in 1986 ... placed fourth and fifth in the conference meet in '87 and '88, respectively ... has lettered three years in track and field.

Chuck Ulin 5-9 145 Sophomore Pole Vault
Richland, IA
High School: State pole vault champion as a senior, third as a junior ... two-time conference champion ... Drake Relays participant as a senior ... three-year letterwinner in track and football, four years in wrestling.
College: Tied for fifth at last year's AMCU outdoor meet.
Standing, L-R: Mike Shaffer, Bill Castile, Matt Lindaman, Jim Johnson, John Ruth, Jeff Short, Trent Timson, Brad Martin

Sitting, L-R: Tom Penningroth, Dan Hostager

"The distances should be one of our very strong areas this year. We've got great leadership and excellent talent up front with Tom Penningroth and Dan Hostager. I don't think enough can be said about what they've done the last two years in both cross country and track. They're extremely strong and getting stronger every race. They're very confident runners and are setting a new level of standards for UNI distance runners. We look for great things from them both indoors and outdoors. Hostager was first and Penningroth third in the conference cross country meet in the fall and were the two highest finishers ever in the district championships and we see that type of performance continuing through the indoor and outdoor seasons. There is a good possibility Hostager will be redshirted outside so he will have that fifth year of cross country. We'll be looking for a stronger performance from Bill Castile in his sophomore year; he was all-conference in cross country. Trent Timson will also be heavily depended on, especially outside, and we feel Mike Shaffer, Jeff Short and Jim Johnson are up-and-coming runners for the future when Tom (Penningroth) and Dan (Hostager) graduate. We feel confident we have the best distance runners in the conference, both cross country and on the track."

Bill Castle
Mapleton, IA 5-11 145 Sophomore Business
High School: Finished second in state 3,200m and third in 1,600m... was named all-conference in track, football and baseball.
College: One of the premiere distance/cross country runners in UNI history... school and conference recordholder in the indoor 5,000m (15:03.65) and sixth in outdoor 5,000m (15:34.71) ... has been a consistent top five runner on the cross country team the last two seasons, including an eighth-place finish and all-conference honors at the 1988 conference meet.

Trent Timson
Audubon, IA 6-1 165 Senior Business
High School: Won the state 3,200m championship as a junior... was runnerup in the state cross country meet as a senior... four-year letterwinner in track and cross country, one in basketball.
College: One of the premiere distance/cross country runners in UNI history... school and conference recordholder in the indoor 5,000m (14:25.20 in 1987)... the defending conference champion in the indoor 5,000m (last two years) and 10,000m, and the indoor 5,000m... was named AMCU Cross Country Runner of the Year in 1986 and 1988 with individual titles in both conference meets... recorded highest finish ever by an AMCU runner in the cross country Region championships last fall (16th)... has been named to the conference all-academic team each semester he has been eligible.

Jim Johnson
Central City, IA 6-1 155 Sophomore Business
High School: Runnerup in the state and Drake Relays two-mile runs as a senior... finished in the top five at the state cross country meet three consecutive years... a three-time all-stater in track and cross country... earned all-conference honors all four years... earned four letters in track and cross country and two each in basketball and baseball.
College: A member of the cross country team last two seasons.

Brad Martin
Sac City, IA 5-7 130 Senior Psychology/Business
High School: State cross country qualifier as a senior... four-year letterwinner in track and cross country.
College: Finished eighth in the conference outdoor 10,000m last season... he was a four-year member of the cross country team, playing a key role in the Panthers' championship last fall.

Tom Penningroth
Tipton, IA 6-0 160 Senior Business
High School: Two-time state and three-time conference 3,200m champion... two-time conference 800 and 1,600m champion... lettered four years in track, three in cross country.
College: UNI and AMCU recordholder in the indoor 3,000m (8:19.33) ... defending conference champion in the indoor 3,000m and third-placer in the indoor 5,000m... placed second in the outdoor 1,500m and third in the outdoor 5,000m last year... runnerup in the conference two-mile run in '87... a top cross country runner the past three years, finishing second for the Panthers in most meets... placed third at the AMCU cross country meet last fall, earning all-conference recognition.

John Ruth
Iowa City, IA 5-10 145 Senior Accounting
High School: Twice finished second in the conference cross country meet... four-year letterwinner in cross country, one year in basketball.
College: Finished sixth in last year's AMCU outdoor 3,000m steeplechase... earned AMCU cross country honors by placing fifth at AMCU Championships... a consistent finisher for the cross country team last fall... three-year letterwinner in cross country and track.

Mike Shaffer
Shelbyville, IL 5-9 135 Sophomore Physical Education
High School: Conference champion in the 800m, 1,600m and 3,200m... was runnerup in the Illnois Class A 1,600m and anchored third place 3,200m relay team... finished sixth in state Class A cross country meet... a four-year letterwinner in track and cross country.
College: Ran fifth in the 1,000 yd. run at 1988 AMCU indoor meet, seventh in the mile run... placed sixth in the outdoor 1,500m at conference... just missed all-conference honors last fall in cross country, finishing 11th in the AMCU meet.

Jeff Short
Cedar Falls, IA 5-11 155 Freshman undecided

Mike Smith
Des Moines, IA 6-0 145 Freshman undecided

Trent Timson
Cedar Falls, IA 5-10 140 Junior Sports Medicine/Physical Therapy
High School: Two-time champion in the conference, state and Drake Relays two-mile run... three-time conference and two-time state champion in the mile, finished second in the Drake Relays mile... conference champion in the 880 yd. run... named Iowa's "Outstanding Distance Runner of 1986"... four-year letterwinner in track, three in cross country, two in basketball and one in baseball.
College: Ran seventh at last season's AMCU outdoor 5,000m... a key member of the conference championship cross country team last fall... UNI's top cross country finisher at the 1987 Central Collegiate Championships... a 1987 all-conference performer in cross country... placed third in the '87 AMCU indoor two-mile run.
Middle Distances

Sitting, L-R: Kent Terrillion, Jeff Burris
Standing, L-R: Eric Toot, Mike Smith, Dan Fretheim, Tim Ross, Mark Hagen, Steve Jay, Mike Bowser

"This is definitely a very strong area for us right now. Jeff Burris is back, a national qualifier last year in the 800, as is Kent Terrillion, giving us a tremendous 1-2 punch in the 800. They also run on the relay teams for us; they're both national-caliber runners. I think we'll redshirt Jeff outside so he'll have a fifth year in the 800. K.T. (Terrillion) definitely improved last year with a 1:50.70 time indoors and we look for more improvement from him in the outdoor season. His next step is to put together a strong indoor and outdoor season. A strong third man for us who is often overlooked is Tim Ross. Tim has always been a steady competitor for us who has worked in the shadow of Jeff and K.T., but he has finished second the last two years in the 800 indoors. Another athlete who was out of the picture last year because of an injury, but will be back this year, is Steve Jay. He was one of the top freshmen in the Central Collegiate Conference two years ago. Steve could really bolster our two-mile relay and, individually, could be as strong as Burris or Terrillion. He is going to be someone to be reckoned with in the conference; he's very strong and quick, and has a big heart. We're extremely excited to have him back this year."

Jeff Burris 6-3 175 Senior
Ames, IA International Business
High School: State champion in the 800m as a senior as well as a member of the state runnerup and nationally-ranked sprint medley relay team... named all-state three years in track and two in cross country... one of the state's most highly recruited athletes in the state out of high school.
College: School recordholder in the 600 yd. (1:10.29), 800 meter (1:49.80) and 880 yd. (1:52.02) runs indoors as well as a member of the recordholding mile (3:16.11) and two-mile (7:34.72) relay teams... holds the 800m outdoor record (1:48.10) and is a member of the 1,600m relay team which holds the UNI mark (3:11.94)... holds the freshman indoor 600 yd. (1:11.73) and 880 yd. (1:53.34) records and the outdoor 800m record (1:50.16)... placed second in last year's AMCU indoor 600 yd. run and outdoor 800m run... was runnerup in the 1987 Central Collegiate Conference 800 meters.

Steve Jay 5-7 135 Sophomore
Marshalltown, IA Physical Education
High School: Conference champion in the 800m and 1,600m as a junior and senior... state runnerup in the 800m and a member of the state championship 4 x 800m and 1,600m medley relay teams as a senior... lettered four years in cross country and three in track.
College: UNI's freshman recordholder in the 1,000 yd. run (2:12.40)... an 800m finalist in the Central Collegiate Championships in 1987... missed most of last season due to injury.

Tim Ross 5-10 150 Junior
Glenwood, IA Criminology/Sociology
High School: A member of the state championship two-mile relay team as a senior... runnerup in the state 400m hurdles as a senior... four-year letterwinner in track and baseball, three in cross country and basketball, one in football.
College: Member of the UNI recordholding two-mile relay team (7:34.72)... has finished second in the AMCU indoor 800m run the past two seasons.

Kent Terrillion 6-0 150 Junior
Marshalltown, IA Marketing
High School: Conference champion and state runnerup in the 400m as a senior... member of the state and Drake Relays champion 4 x 800m relay team and state champion 4 x 400m distance medley relay team... three-year letterwinner in track and cross country.
College: Conference champion in the indoor 800m last season, third in the outdoor 800m... member of the UNI recordholding indoor two-mile (7:34.72), and outdoor 1,600m (3:11.94) and sprint medley (3:20.17) relay teams.
Horizontal/Vertical Jumpers

Sitting, L-R: Brian Sorenson, Eric Thomas
Standing, L-R: Mike Raffensperger, Dave Cleveland, Brent Wright

"This is probably going to be one of our strongest areas with Dave Cleveland and Brent Wright, two seniors who have been conference champions, and we expect more of the same from them. Individual goals for them are to clear the seven-foot barrier and I think they have a definite chance to do that. Mike Raffensperger also has a personal best of 6-8 3/4 indoors and we look for him to score some points for us as well. We have added Brian Sorenson, a freshman from Muscatine, who looks to be a good jumper in the future for us."

Dave Cleveland
6-3
185
Senior
Belmond, IA
Biology
High School: All-conference in track, football and baseball...qualified for the Drake Relays...lettered three years in track, four in baseball and one in football.
College: Last year's conference champion in the indoor high jump, finished third outdoors...had UNI's season bests both indoors (6-9 1/2) and outdoors (6-7) last year...tied for second on UNI's top 10 outdoor list (6-10).

Mike Raffensperger
6-0
175
Senior
Iowa City, IA
Broadcasting
High School: Three-time conference champion in the high jump...finished seventh at the National Junior Olympics...three-year letterwinner in track, football and baseball; one in basketball.
College: Finished fourth in last season's AMCU indoor high jump and eighth outdoors...set a UNI record in the "new" javelin last season with a 196-9 throw, a season best...the freshman recordholder in the javelin with a 181-10 mark in 1986...placed fourth and fifth in the conference meet in '87 and '88, respectively...has lettered three years in track and field.

Brian Sorenson
6-1
150
Freshman
Muscatine, IA
Undecided
Brent Wright
6-2
170
Senior
Huxley, IA
Communications

"We're very shallow in this area with really only one jumper in both the long and triple jump and that's Eric Thomas, a freshman from Chicago. He's in the high 23's (long jump) and middle 46's (triple jump) and we look for him to be jumping close to 24 feet as a freshman in the long jump and to be a 47-plus triple jumper, which would be a good combination for his freshman year."

Eric Thomas
5-8
155
Freshman
Harvey, IL
UNDecided

Decathletes

L-R: Mike Pontius, Brad Miller, Ross Hawker

"Our top returner will be sophomore Brad Miller, who it looks like will be redshirting indoors. He's also the conference champ in the indoor pole vault at 16 feet and with the addition of Mike Pontius and Ross Hawker, we look for all three to be conference-level decathletes. Eventually, we hope Miller can be a national-caliber performer."

Brad Miller
6-0
175
Sophomore
Glen Ellyn, IL
Undecided
High School: Runnerup in state pole vault as a junior, third as a senior...fourth in state 110 high hurdles as a senior...received all-state honors in pole vault two years, hurdles one year...was named all conference three years...a four-year track letterwinner.
College: Won the AMCU indoor pole vault championship and set a UNI freshman record with a 16-0 1/4 vault last season...recorded a team season-best in the 55m hurdles last year (7.90) and finished seventh (7.96) at the AMCU meet...established himself as UNI's top decathlete as a freshman, finishing third at the conference meet and posting a team season-high 6,300.

Mike Pontius
5-10
175
Junior
Morton, IL
Physical Education
High School: Conference champion in the 110 high hurdles...four-time letterwinner in track and field, one in cross country, two in basketball.

Ross Hawker
6-3
195
Sophomore
Greene, IA

"The Running Mates are important people in our program and we really appreciate and respect them for their loyalty and support," Coach Bucknam says. Over the years, the volunteer organization has grown into an integral part of the program. The Running Mates help with practices, staff meets and work in the office. They also help with fund-raising events and participate in various social events."
1988 Cross Country Results

Missouri Invitational (8,000m) September 17, 1988 Columbia, MO
Dan Hostager 1st 25:34
Bill Castle 2nd 26:06
Tom Penningroth 5th 26:51
Jeff Short 11th 27:23

UNI vs. Illinois State, Iowa and Western Illinois (8,000m) September 24, 1988
Iowa City, IA
Dan Hostager 1st 25:08
Tom Penningroth 3rd 25:36
Bill Castle 4th 25:40
Trent Timson 11th 26:13
Mike Shaffer 12th 26:18

UNI vs. Iowa, Iowa State and Illinois (8,000m) October 7, 1988
Iowa City, IA
Dan Hostager 1st 24:43 (course record)
Bill Castle 6th 25:13
Tom Penningroth 8th 25:24
Trent Timson 13th 25:57
John Ruth 18th 26:15

Iowa State Memorial (10,000m) October 17, 1988 Ames, Iowa
Dan Hostager 18th 30:45
Bill Castle 47th 31:23
Tom Penningroth 58th 31:38
Mike Shaffer 88th 32:31
Brad Martin 91st 32:35

AMCU Championship (8,000m) October 29, 1988 Cleveland, OH
Dan Hostager 1st 24:59
Tom Penningroth 3rd 25:45
John Ruth 5th 26:08
Bill Castle 8th 26:12
Mike Shaffer 11th 26:18

UNI dominated the conference meet, October 29 in Cleveland, by capturing the team title and placing five runners in the top 11, four gaining all-conference status. Hostager was named conference Runner of the Year for the second time in three seasons and coach Chris Bucknam was named AMCU Coach of the Year.

NCAA Region V Championships (10,000m) November 12, 1988
Granger, IA

The Northern Iowa cross country squad completed one of its most successful seasons in history with its fourth AMCU title in the seven years of conference competition and a fifth-place finish at the NCAA Region V Championships, the highest ever by an AMCU school. Senior Dan Hostager’s 16th-place finish was also the highest ever by a conference runner. Throughout the season, Hostager was one of the dominant individuals in the Midwest, with first-place finishes at the Missouri Invitational, Iowa Invitational and the AMCU meet. As a team, the Panthers proved to be a force in the region with first-place finishes in three of those meets against some of the top teams in the Big Eight, Big Ten and Missouri Valley.

UNI dominated the conference meet, October 29 in Cleveland, by capturing the team title and placing five runners in the top 11, four gaining all-conference status. Hostager was named conference Runner of the Year for the second time in three seasons and coach Chris Bucknam was named AMCU Coach of the Year.
UNI All-American Roll

1939
William Jenkins (Cross Country)

1969
Larry McCready (120 yd. H.H.)
Wayne Carpenter (Mile Run)

1970
Wayne Carpenter (Mile Run)
Mike McCready (Shot Put)
Rich Twedt (Cross Country)

1971
Mike McCready (Shot Put & Discus)
Rich Twedt (Cross Country & 3-Mile Run)

1972
Mike McCready (Shot Put)
Rich Twedt (Cross Country)

1973
Rich Twedt (Cross Country)
Ron Peters (Cross Country)

Dennis Roloff (Mile Run)
Dennis Schultz (Mile Run)
Dave Anderson, Mike Byington,
Steve DeSerano, Dennis Roloff
(Mile Relay)

1974
Dennis Schultz (Mile Run)
Rich Twedt (6-Mile Run)
Scott Noltensmeier (120 yd. H.H.)
Steve Ford (Pole Vault)
Kent Wessely (High Jump)
Bill Cook (Decathlon)

1975
Keith Schmidt (Pole Vault)

1977
Bill Friedman (1,500m Run)
John Holler (Shot Put)
Brent Geringer (Discus)
Bill Glassmaker (800m Run)

1978
Brent Geringer (Shot Put, Discus-
National Champion)
Bob Friedman (1,500m Run)
Bill Glassmaker (800m Run)
Bill Lawson (Decathlon)
Tom Rogers (Pole Vault)

1979
Bob Friedman (1,500m Run)
Brent Geringer (Shot Put, Discus)
Bill Glassmaker (800m Run)
Tom Akers (400m H.H.)
Tim Jamerson (Pole Vault)
Bill Lawson (Decathlon)
Jim Eredge (Cross Country)
Kim Sprain (Cross Country)

1980
Bill Lawson (Decathlon)

1981
Doug Nelson (Cross Country)

UNI-Dome Records

35-lb. Weight
Throw ................ 67 1/4, Angus Cooper (Kent State), 1988
Shot Put ................ 66 10 1/2, Al Fuerbach (Pacific Coast TC),
                      1976
High Jump ............. 7-3, Brian Tietjens (North Central-Manly
                      HS), 1981
Triple Jump .......... 52 2/4, Bannon Hayes (Illinois), 1988
Long Jump ........... 25 4/4, Ed Stewart (Mankato State), 1982
Pole Vault ........... 16 9/4, Troy Becker (Northern Iowa),
                      1986
55m Dash ............. 6.23, Jeff Byrd (Lincoln University), 1981
55m H.H. ............. 7.31, Jay Connor (Northern Iowa), 1984
200m Dash ........... 21.28, Dazel Jules (Eastern Michigan),
                      1988
400m Dash ........... 46.38, Tim Simon (Illinois), 1988
600 yd. Dash ......... 1:10.22, Ken Williams (Iowa), 1984
800m Run ............. 1:47.52, Brad Horton (Eastern Michigan),
                      1988
1,000 yd. Run ....... 2:09.49, Randy Wilson (Unattached),
                      1980
1,500m Run .......... 3:47.74, John Clarke (Iowa TC), 1977
Mile Run ........... 4:05.72, David Urich (Marquette), 1983
3,000m Run .......... 8:02.24, Barnaba Korir (Iowa State), 1988
2-Mile Run .......... 8:41.41, Ral Wyns (Iowa State), 1985
5,000m Run .......... 14:09.59, Don Johns (Eastern Michigan),
                    1988
440 yd. Relay ........ 42.50, Northern Iowa (Williams, Ellis,
                    Case, Samuel), 1982
Mile Relay .......... 3:10.68, Illinois (Tolbert, Bridges, Hamer,
                    Simon), 1988
Sprint Medley
Relay .......... 3:34.34, Northern Iowa (Ebenezer,
               Robers, Froehle, Connell), 1976
Distance Medley
Relay .......... 9:57.37, Notre Dame (Rogan, Harris,
                O'Conner, Garret), 1988
Shuttle Hurdle
Relay .......... 29.52, White, Lathrop, Morrison, Connor
               (Unattached), 1985
2-Mile Relay ..... 7:34.54, Eastern Illinois (Oaks, Conlon,
                  Neal, Maton), 1988
1988 Season Bests

**Indoor**

<table>
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<tr>
<th>Event</th>
<th>Best</th>
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<tr>
<td>Shot Put</td>
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<tr>
<td>35 Lb. Weight</td>
<td>35 Lb.</td>
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<tr>
<td>Throw</td>
<td>51-3½, Kelly Tagtow</td>
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<tr>
<td>Long Jump</td>
<td>23-8, Rodney Garrett</td>
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<tr>
<td>Triple Jump</td>
<td>46-2, Richie Harris</td>
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<tr>
<td>High Jump</td>
<td>6-9 ½, Dave Cleveland</td>
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<tr>
<td>Pole Vault</td>
<td>&amp;#16-1/4, Brad Miller</td>
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<tr>
<td>Hurdles</td>
<td>7.90, Brad Miller</td>
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<tr>
<td>200m Dash</td>
<td>*22.14, David Harrington</td>
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<td>400m Dash</td>
<td>*48.72, Brooks Glasnapp</td>
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<td>600 yd. Dash</td>
<td>*1:10.29, Jeff Burris</td>
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<td>2:12.94, Jeff Burris</td>
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**Outdoor**

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<td>Discus</td>
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<tr>
<td>Javelin</td>
<td>196-9, Mike Raffensperger</td>
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<tr>
<td>Long Jump</td>
<td>23-8 ¼, Rodney Garrett</td>
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<tr>
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<td>46-5 ½, Richard Harris</td>
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<td>High Jump</td>
<td>6-7, Dave Cleveland</td>
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<tr>
<td>Pole Vault</td>
<td>#16-1, Bob Edwards</td>
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<td>100m Dash</td>
<td>10.68, Rodney Garrett</td>
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<td>110m High Hurdles</td>
<td>14.7, Eric White</td>
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<td>1,500m Run</td>
<td>3:42.8, Tom Penningroth</td>
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<td>3,000m</td>
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<td>440 yd. Relay</td>
<td>*41.59, Rodney Garrett, Brooks Glasnapp, Brad Bartelt, David Harrington</td>
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<td>*1:26.19, Rodney Garrett, Brooks Glasnapp, David Harrington, Brad Bartelt</td>
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<td>1,600m Relay</td>
<td>*3:11.94, Brooks Glasnapp, Jeff Burris, Richard Harris, Kent Terrillio</td>
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<tr>
<td>Sprint Medley Relay</td>
<td>*3:20.17, Rodney Garrett, Brooks Glasnapp, David Harrington, Kent Terrillio</td>
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<tr>
<td>Distance Medley Relay</td>
<td>9:54.28, Tom Penningroth, Brooks Glasnapp, Kent Terrillio, Dan Hostager</td>
</tr>
</tbody>
</table>

\*AMCU Record
\*UNI Record
\#UNI Freshman Record
%National Qualifier
Past Conference Champions

Indoor

Iowa State Teachers College
North Central Conference
1960—Jerry Stilwell, Broad Jump, (21-9)
Bill Kaufmann, High Jump, (6-1½)
Jim Duea, Vault, (13-4½)
Hal Byram, 440y Run, (51.9)
Dennis Corwin, 880y Run, (1:58.3)
John States, 60 y L. Hurdles, (7.3)

1961—Paul Dieck, High Jump, (6-1½)
Dick Dotson, Vault, (12-6)
Jim Miller, Mile Run, (4:32.2)
Max Huffman, Broad Jump, (22-1½)
Gary Shoemaker, 60 y H. Hurdles, (7.8)
Dick Juhl, Two-Mile Run, (1:19.3)
Eight-Lap Relay, (3:20.4)

State College of Iowa
1962—Team Champions
Delbert Lowry/Dave Suntken, High Jump, (6-0)
Bill Hood, Shot Put, (47-3½)
Dick Dotson/Bob Crane, Vault, (12-0)
Jay Prichard, Mile Run, (4:27.4)
Jay Prichard, Two-Mile Run, (10:10.6)
John Begley, Broad Jump, (22-3½)
Larry Markley, 440y Run, (51.6)
Larry Markley, 880y Run, (2:01.7)
John Rolffen, 60 y L. Hurdles, (7.1)
Jim Miller, 1,000y Run, (2:29.4)

1963—Hank Sattari, High Jump, (6-0)
George McBee, Broad Jump, (21-11¾)
George McBee, Vault, (13-0)
Jim Erickson, Shot Put, (48-2½)
Jay Prichard, Mile Run, (4:28.8)
Jay Prichard, Two-Mile Run, (9:51.0)
Dave Linder, 440y Run, (51.2)
Dave Linder, 880y Run, (2:02.7)
Gary Shoemaker, 60 y H. Hurdles, (7.9)
Doug Larson, 60 y L. Hurdles, (7.2)

1964—Team Champions
George McBee, Broad Jump, (22-2¼)
George McBee, Vault, (13-1)
Glenn Conner, Triple Jump, (42-9¾)
Dave Suntken, 440y Run, (50.4)
Bill Bergan, 600y Run, (1:19.8)
Jay Prichard, Two-Mile Run, (9:45.5)
Doug Larson, 60 y L. Hurdles, (7.3)
Eight-Lap Relay, (3:20.4)

1965—Team Champions; individual champions not available

1966—Mark Harper, Shot Put, (47-4½)
Bill Rauhauser, Long Jump, (22-7½)
Bill Rauhauser, Triple Jump, (46-7)
Sprint Medley, (3:27.1)
Jim Dlouhy, Pole Vault, (13-0)
Ron Gerdes, 50 y H. Hurdles, (6.5)

1967—Team Champions
Larry McCready, 60 y H. Hurdles, (7.4)
Larry McCready, 60 y L. Hurdles, (6.9)
Mile Relay, (3:28.6)

University of Northern Iowa
1968—Team Champions
Larry Daniels, 440y Run, (50.8)
Larry McCready, 60 y H. Hurdles, (7.4)
Larry McCready, 60 y L. Hurdles, (7.0)
Craig Fay, Triple Jump, (44-4½)

1969—Team Champions
Rich Franklin, Long Jump, (22-10)

Larry McCready, 60 y H. Hurdles, (7.4)
Larry McCready, 60 y L. Hurdles, (6.8)
Wayne Carpenter, 1,000y Run, (2:18.5)
Larry Daniels, 880y Run, (2:00.5)

1970—Wayne Carpenter, Mile Run, (4:16.8)

1971—No Conference Champions

1972—Dennis Schultz, 440y Run, (49.4)

1973—Team Champions
Dennis Schultz, 1,000y Run, (2:14.8)
Dennis Schultz, 880y Run, (1:55.7)
Dennis Schultz, 600y Run, (1:16.0)
Kent Wessely, 60 y H. Hurdles, (7.2)

1974—Not available

1975—John Holler, Shot Put, (51-7½)

1976—John Holler, Shot Put, (53-4½)
Joel Rogers, 60 y H. Hurdles, (7.6)

1977—Al Atherton, 60 y Dash, (6.42)
John Holler, Shot Put, (55-1½)
Bill Glassmaker, 1,000y Run, (2:13.26)
Bill Glassmaker, 600y Run, (1:14.04)
Mile Relay, (3:26.02)

1978—Kelly Ellis, 60 y Dash, (6.4)
Kelly Ellis, 300y Dash, (31.7)
John Holler, Shot Put, (56-1½)
Bill Glassmaker, 600y Run, (1:12.5)
Rick Friedman, 880y Run, (1:55.4)
Mile Relay, (3:22.8)

1979-1983—No Conference Meet

AMCU Conference
1984—Team Champions
Jay Connor, 60 y H. Hurdles, (7.36)
Steve Muntz, 880y Run, (1:57.4)
Russ Adams, Pole Vault, (16-0)
Distance Medley Relay, (10:10.03)

1985—Team Champions
Paul Egger, 1,000y Run, (2:15.31)
Troy Becker, Pole Vault, (16-0)
Todd Goodell, Two-Mile Run, (9:07.67)
Distance Medley Relay, (10:22.5)

1986—Team Champions
Joe Fuller, 60 y Dash, (6.41)
Wayne Simon, Long Jump, (23-4½)
Wayne Simon, Triple Jump, (45-5½)
Brooks Glasnapp, 600y Run, (1:11.95)
Jeff Burris, 880y Run, (1:53.39)
Todd Goodell, Two-Mile Run, (9:04.0)
Mile Relay, (3:17.15)

1987—Jeff Burris, 880y Run, (1:52.02)
Dan Hostager, Two-Mile Run, (9:10.84)
Mile Relay, (3:16.12)

1988—Team Champions
Kelly Tagtow, 35-lb. Weight Throw, (51-2½)
Brad Miller, Pole Vault, (16-0)
Tom Penningroth, 3,000m Run, (8:19.33)
Dave Cleveland, High Jump, (6-9)
Kent Terrillon, 800m Run, (1:52.46)
Dan Hostager, 5,000m Run, (14:39.39)
Mile Relay, (3:16.11)

Outdoor

Iowa State Teachers College
North Central Conference
1969—Hal Byram, 440y Dash, (50.3)
Mile Relay, (3:23.1)

1966—Dick Dotson, Pole Vault, (12-6)

1961—Dick Dotson, Pole Vault (12-11¾)

State College of Iowa
1962—Team Champions
Dave Suntken, 440y Dash, (48.6)
1963--Dave Suntken, 440y Dash, (49.7)  
Dave Linder, 440y Run, (1:56.2)  
Mile Relay, (3:173)  
Hank Sattari, Javelin, (190-10)  

1964--Team Champions  
Hank Sattari, Javelin, (188-2)  
Jay Pritchard, Mile Run, (4:21.4)  
Dave Suntken, High Jump, (6-2%)  
Rich Engel, 880y Run, (1:54.7)  
Jack McBea, Pole Vault, (13-0)  
Ron Gerard, 120 H. Hurdles, (15.1)  
Mike Long, 330 I. Hurdles, (40.6)  

1965--Team Champions  
Hank Sattari, Javelin, (188-2)  
Jay Pritchard, Mile Run, (4:21.4)  
Dave Suntken, High Jump, (6-2%)  
Ron Gerard, 120 H. Hurdles, (15.1)  
Mike Long, 330 I. Hurdles, (40.6)  

1966--Team Champions  
Ron Gerard, 120 H. Hurdles, (14.8)  
Bob Ruchti, 220y Dash, (22.3)  

1967--Team Champions  
Larry McCready, High Jump, (6-2)  
Larry McCready, 120 H. Hurdles, (14.1)  
Bob Ruchti, 100y Dash, (9.7)  
Bob Ruchti, 220y Dash, (21.9)  
Ken Huelman, Shot Put, (51-11)  
Mark Sanborn, 440 I. Hurdles, (54-7)  

University of Northern Iowa  
1968--Team Champions  
Dick Miller, Discus, (140-10)  
440y Relay, (43.4)  
Larry McCready, 120 H. Hurdles, (14.4)  
Skip Anderson, High Jump, (6-2½)  
Craig Fay, Triple Jump, (47-1½)  

1969--Team Champions  
Mike McCready, Discus, (149-7½)  
Mike McCready, Shot Put, (53-10½)  
Larry McCready, 120 H. Hurdles, (14.4)  
440y Relay, (41.9)  
Wayne Carpenter, Mile Run, (4:16.0)  
Larry Daniels, 440y Dash, (49.1)  
Craig Fay, Triple Jump, (46-7)  

1970--Team Champions  
Mike McCready, Discus, (154-11)  
Mike McCready, Shot Put, (52-1)  
Wayne Carpenter, Mile Run, (4:20.8)  
Wayne Carpenter, 880y Run, (1:53.2)  

1971--Team Champions  
Mike McCready, Discus, (159-0)  
Mike McCready, Shot Put, (54-3)  

1972--Team Champions  
Mike McCready, Discus, (159-0)  
Mike McCready, Shot Put, (54-3)  

1973--Team Champions  
Mark Chardilias, Long Jump, (22-5½)  
440y Relay, (42.2)  
Scott Nollensmeier, 120 H. Hurdles, (14.5)  
Dennis Roloff, 440y Dash, (48.2)  
Mile Relay, (3:17.7)  

1974--Team Champions  
Dennis Roloff, 440y Dash, (47.5)  
Scott Nollensmeier, 120 H. Hurdles, (14.3)  
440y Relay, (42.0)  
Kenny Jackson, Long Jump, (24-0½)  
Dennis Schultz, 880y Run, (1:50.7)  
Gene Chinander, Javelin, (199-6)  

1975--Team Champions  
Ken Schwartz, Shot Put, (50-8½)  
Keith Schmidt, Pole Vault, (15-6)  
440y Relay, (42.3)  

1976--Team Champions  
Bob Friedman, 1500m, (3:55.7)  
Brent Geringer, Discus, (163-8)  
John Holler, Shot Put, (54-5)  
Tom Akers, 110 H. Hurdles, (14.1)  
Bill Glassmaker, 440m Dash, (48.8)  

1978--Team Champions  
Bill Lawson, Decathlon, (6,978)  
Brent Geringer, Discus, (171-5)  
440m Relay, (42.0)  

Tom Akers, 110 H. Hurdles, (14.1)  
John Holler, Shot Put, (56-7)  
Bill Glassmaker, 440m Run, (48.36)  
1600m Relay, (3:17.75)  

Mid-Continent Conference  
1979--Team Champions  
Bill Lawson, Decathlon, (6,994)  
Tom Reints, Hammer Throw, (161-9)  
Tom Reints, Shot Put, (54-9½)  
Rick Friedman, High Jump, (6-6)  
Brent Geringer, Discus, (194-3)  

1980--Team Champions  
Bill Lawson, Decathlon, (7,128)  
Mitch Willett, Hammer Throw, (157-3)  
Mark Feyereisen, 1,500m Run, (4:05.4)  
Tom Reints, Hammer Throw, (174-7)  
Tom Reints, Shot Put, (57-3)  
Tim Jameson, Pole Vault, (16-0)  
Bob Williams, Long Jump, (24-2½)  

1982--Team Champions  
Tom Reints, Hammer Throw, (174-3)  
Tom Reints, Shot Put, (56-8)  
Doug Nelson, 10,000m Run, (30:13.2)  
Russ Adams, Pole Vault, (15-6)  
Bob Williams, Long Jump, (23-10½)  
Bob Williams, Triple Jump, (49-6½)  
Matt Haven, Discus, (170-2)  
Brian Glassmaker, 1,500m Run, (3:54.48)  
Mile Relay, (3:17.00)  

AMCU Conference  
1983--Team Champions  
Jay Connor, 400 I. Hurdles, (54.01)  
Jason Woodford, Long Jump, (23-4½)  
Kirk Anderson, 800m Run, (1:50.84)  
Brian Makela, Triple Jump, (46-7¾)  
Russ Adams, Decathlon, (5,973)  
Russ Adams, Pole Vault, (16-0)  
400y Relay, (42.19)  
Arnie Doden, Shot Put, (54-5½)  
Arnie Doden, Discus, (169-10½)  
Mile Relay, (3:16.53)  

1984--Team Champions  
Kirk Anderson, 800m Run, (1:51.2)  
Steve Weaver, High Jump, (6-6)  
John Place, Decathlon, (6,359)  
Matt Haven, Discus, (173-7½)  

1985--Team Champions  
Chris Leonard, 5,000m Run, (14:44.4)  
Chris Leonard, 10,000m Run, (30:09.9)  
Solomon Anderson, 800m Run, (1:51.23)  
Steve Weaver, High Jump, (6-10)  
Russ Adams, Pole Vault, (17-0)  

1986--Team Champions  
Eric White, 110m H. Hurdles, (15.35)  
Eric White, 400 I. Hurdles, (53.71)  
Dave Swanson, 5,000m Run, (14:54.20)  
Todd Goodell, 10,000m Run, (31:17.9)  
Brooks Glassnapp, 400m Dash, (47.40)  
Steve Gearhart, 3,000m Steeplechase, (9:25.11)  
Jeff Burriss, 800m Run, (1:50.16)  
Troy Becker, Pole Vault, (15-6)  
400y Relay, (41.82)  
Mile Relay, (3:13.72)  

1987--Dan Hostager, 5,000m Run, (15:08.48)  
Joel Hartman, 400 I. Hurdles, (52.5)  
Brent Wright, High Jump, (6-10)  
Mile Relay, (3:14.8)  

Dan Hostager, 10,000m Run, (30:38.0)  
Dan Hostager, 5,000m Run, (14:54.99)  
Kelly Tagtow, Discus, (162-2½)  
Bob Edwards, Pole Vault, (16-0)  
Joel Hartman, 400 I. Hurdles, (52.47)
### Top 10 Indoor Performances

#### 55m Dash
1. 6.34 Joe Fuller, 1984
2. 6.35 Joe Fuller, 1984
3. 6.37 Doug Case, 1984
4. 6.37 Doug Case, 1984
5. 6.38 Joe Fuller, 1985
6. 6.38 Joe Fuller, 1985
7. 6.39 Joe Fuller, 1984
8. 6.40 Joe Fuller, 1984
9. 6.41 Joe Fuller, 1984
10. 6.41 Doug Case, 1984
11. 6.41 Doug Case, 1986
12. 6.41 Joe Fuller, 1986

#### 1,000 yd. Run
1. 2:10.84 Bill Glassmaker, 1979
2. 2:10.94 Dennis Schultz, 1974
3. 2:10.99 Bill Glassmaker, 1979
4. 2:12.24 Mike Lind, 1981
5. 2:12.40 Steve Jay, 1987
6. 2:12.59 Bill Glassmaker, 1977
7. 2:12.90 Bill Glassmaker, 1977
8. 2:12.94 Jeff Burris, 1983
10. 2:13.04 Paul Egger, 1984

#### Mile Run
1. 4:03.77 Bill Glassmaker, 1984
2. 4:09.84 Dennis Schultz, 1974
3. 4:11.25 Dennis Schultz, 1973
4. 4:11.44 Dennis Schultz, 1974
5. 4:11.49 Brian Glassmaker, 1985
6. 4:16.68 Brian Glassmaker, 1985
7. 4:17.74 Rich Twedt, 1974
8. 4:12.09 Bob Friedman, 1978
9. 4:12.44 Dennis Schultz, 1972
10. 4:12.44 Dennis Schultz, 1972

#### 2-Mile Run
1. 8:54.70 Dave O'Brien, 1979
2. 8:57.34 Doug Nelson, 1982
3. 8:57.43 Todd Goodell, 1986
4. 8:58.74 Dan Fick, 1983
5. 8:58.84 Rich Twedt, 1973
6. 8:59.04 Todd Goodell, 1986
7. 8:59.25 Kim Sprain, 1980
8. 8:59.84 Dan Fick, 1983
9. 9:00.36 Todd Goodell, 1986
10. 9:01.74 Dan Fick, 1983

#### 3,000m Run
1. 8:19.33 Tom Penningroth, 1988
2. 8:20.60 Dan Hostager, 1988
3. 8:27.94 Trent Timson, 1988
4. 8:28.19 Dan Hostager, 1988
5. 8:29.92 Bill Case, 1988
6. 8:32.14 Bill Case, 1988
7. 8:33.24 Dan Hostager, 1988
8. 8:36.39 Trent Timson, 1988
9. 8:41.94 Pat McDaniel, 1988
10. 8:42.24 Tom Penningroth, 1988

#### 5,000m Run
1. 14:29.69 Chris Leonard, 1983
2. 14:32.95 Dan Fick, 1985
3. 14:38.64 Doug Nelson, 1981
5. 14:46.14 Bryan Huhnerkoch, 1979
6. 14:49.94 Dan Fick, 1984
7. 14:53.65 Chris Leonard, 1985
8. 14:54.08 Bill Case, 1988
10. 15:03.40 Tom Penningroth, 1988

#### 55m Hurdles
1. 7.31 Jay Connor, 1984
2. 7.36 Jay Connor, 1984
3. 7.36 Jay Connor, 1984
4. 7.36 Jay Connor, 1984
5. 7.39 Jay Connor, 1984
6. 7.40 Jay Connor, 1984
7. 7.41 Jay Connor, 1984
8. 7.42 Jay Connor, 1984
9. 7.43 Jay Connor, 1984

#### Mile Relay
1. 3:16.11 in 1988
2. 3:16.12 in 1987
3. 3:17.13 in 1986
4. 3:17.15 in 1986
5. 3:17.80 in 1986
6. 3:17.90 in 1986
7. 3:17.95 in 1987
8. 3:18.28 in 1986
9. 3:18.54 in 1986
10. 3:18.67 in 1987

#### 2-Mile Relay
1. 7:34.72 in 1988
2. 7:37.66 in 1987
3. 7:43.79 in 1978
4. 7:45.89 in 1986
5. 7:46.44 in 1979
6. 7:51.50 in 1980
7. 7:53.44 in 1980
8. 7:54.87 in 1982
9. 7:56.34 in 1982
10. 7:56.38 in 1980

#### Distance Medley Relay
1. 10:00.54 in 1978
2. 10:02.04 in 1984
3. 10:08.60 in 1980
4. 10:10.03 in 1978
5. 10:14.18 in 1978
6. 10:17.79 in 1981
7. 10:18.14 in 1976
8. 10:18.24 in 1974
9. 10:19.82 in 1982
10. 10:22.64 in 1977

#### 440 yd. Relay
1. 42.50 in 1982
2. 42.78 in 1986
3. 43.60 in 1986
4. 43.34 in 1978
5. 43.38 in 1984
6. 43.44 in 1977
7. 43.50 in 1979
8. 43.59 in 1985
9. 43.63 in 1986
10. 43.70 in 1981

#### Shuttle Hurdle Relay (240 Yards)
1. 29.50 in 1982
2. 29.54 in 1982
3. 29.56 in 1982
4. 29.74 in 1984
5. 29.74 in 1982
6. 30.18 in 1981
7. 30.44 in 1979
8. 30.69 in 1980
### Top 10 Outdoor Performances

#### 100m Dash

<table>
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<th>Competitor</th>
<th>Year</th>
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<td>John Harland</td>
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#### 200m Dash

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#### 400m Dash

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#### 800m Run

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<td>1:34.90</td>
<td>Joe Teeling</td>
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<td>Bob Friedman</td>
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<td>10</td>
<td>1:35.00</td>
<td>Kirk Anderson</td>
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#### 3,000m Steeplechase

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#### Long Jump

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<td>Wayne Simone</td>
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<td>Bobby Williams</td>
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<td>Kevin Jackson</td>
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#### Decathlon

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<td>8,592</td>
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<td>8,553</td>
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#### Javelin (New)

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<td>Lloyd Gagny</td>
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<td>Gene Chinander</td>
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<td>Doug Reeves</td>
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#### Javelin (Old)

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<td>Bill Lawson</td>
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<td>Dan Hostage</td>
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**Varsity Indoor Records**

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<td>7.31</td>
<td>Jay Connor, 1984</td>
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<td>Larry McCreedy, 1969</td>
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<td>60 yd. I.H.</td>
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<td>70 yd. H.H.</td>
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<td>Tom Akers, 1978; Craig Nordlie, 1979</td>
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<td>Long Jump</td>
<td>23-9</td>
<td>Jason Woodford, 1983</td>
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<td>Triple Jump</td>
<td>49-5</td>
<td>Bill Lawson, 1978</td>
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<td>Pole Vault</td>
<td>16-9</td>
<td>Troy Becker, 1986</td>
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<tr>
<td>Shot Put</td>
<td>60-3¾</td>
<td>Brent Geringer, 1979</td>
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<tr>
<td>35-lb. Weight Toss</td>
<td>52-2½</td>
<td>Kelly Tagrow, 1987</td>
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<tr>
<td>440 yd. Relay</td>
<td>42.74</td>
<td>Robert Williams, 1971</td>
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<td>Mile Relay</td>
<td>3:16.11</td>
<td>Brad Bartelt, 1987</td>
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<tr>
<td>2-Mile Relay</td>
<td>3:34.72</td>
<td>Tim Ross, 1979</td>
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<td>240 yd. S.H. Relay</td>
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<td>Jay Connor, 1984</td>
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*(No longer run)*  
*(All times converted to automatic. Subtract 24 seconds for manual.)*

**Varsity Outdoor Records**

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<td>Rodney Garrett, 1988</td>
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<td>800m Relay</td>
<td>1:26.19</td>
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<tr>
<td>1600m Relay</td>
<td>3:11.94</td>
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<td>3000m Relay</td>
<td>7:25.95</td>
<td>Joe Teeling, 1977</td>
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<td>41.59</td>
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<td>1:26.33</td>
<td>Wes Dickson, 1979</td>
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<td>4,400m R.</td>
<td>7:43.79</td>
<td>Bob Bourne, 1980</td>
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<td>15:48</td>
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<td>10,000m R.</td>
<td>29:50</td>
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<td>300yd. H.</td>
<td>7.34</td>
<td>Larry McCreedy, 1966</td>
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<td>400yd. H.</td>
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<td>Kelly Ellis, 1982</td>
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<td>1:09.1</td>
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<td>3:25.14</td>
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<td>3-Mile Relay</td>
<td>4:47.39</td>
<td>Bob Bartelt, 1987</td>
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<tr>
<td>5-Mile Relay</td>
<td>14:34</td>
<td>Dave Anderson, 1978</td>
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<td>10,000m R.</td>
<td>29:50</td>
<td>Jay Connor, 1984</td>
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<td>Marathon</td>
<td>2:14.18</td>
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*(All times converted to automatic. Subtract 24 seconds for manual.)*

**Freshman Indoor Records**

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<td>Jeff Burris, 1986</td>
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<td>4:15.04</td>
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<td>8:54.94</td>
<td>Dave O'Brien, 1979</td>
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*(No longer run)*  
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**Freshman Outdoor Records**

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<td>220 yd. Dash</td>
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<td>Rick Freeberg, 1972</td>
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*(No longer run)*  
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**Distance Medley Relay**

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**Distance Medley Relay**

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*(All times converted to automatic. Subtract 24 seconds for manual.)*
### 1989 Indoor Schedule

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<th>Event</th>
<th>Location</th>
<th>Time</th>
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<td>January 21</td>
<td>Alumni Meet</td>
<td>UNI-Dome</td>
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<tr>
<td>January 28</td>
<td>UNI, Iowa, Illinois</td>
<td>UNI-Dome</td>
<td>12 noon</td>
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<tr>
<td>February 3</td>
<td>Panther Invitational</td>
<td>UNI-Dome</td>
<td>7 p.m.</td>
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<tr>
<td>February 10-11</td>
<td>Central Collegiate Conference Championships</td>
<td>South Bend, IN</td>
<td>TBA</td>
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<td>February 18</td>
<td>UNI-Dome Open</td>
<td>UNI-Dome</td>
<td>10 a.m.</td>
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<td>February 24-25</td>
<td>AMCU Championships</td>
<td>Charleston, IL</td>
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<td>March 3</td>
<td>UNI Last Chance Meet</td>
<td>UNI-Dome</td>
<td>7 p.m.</td>
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<td>March 9-11</td>
<td>NCAA Division I National Championships</td>
<td>Indianapolis, IN</td>
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### 1989 Outdoor Schedule

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<td>Normal, IL</td>
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<td>April 7-8</td>
<td>S.E. Motion Relays</td>
<td>Cape Girardeau, MO</td>
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<td>April 15</td>
<td>Iowa Invitational</td>
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<td>Drake Relays</td>
<td>Des Moines, IA</td>
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<td>May 4-6</td>
<td>AMCU Championships</td>
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