1990

1989-90 Northern Iowa Women's Track

University of Northern Iowa

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QUICK FACTS

Location: Cedar Falls, IA 50614
Founded: 1876
Enrollment: 11,800
Colors: Purple and Old Gold
Nickname: Panthers
Conference: Gateway
Collegiate Athletic Affiliation: NCAA Division I
Director of Athletics: Robert Bowlsby
President: Dr. Constantine Curris

Head Coach: Lea Ann Shaddox (5th Year)
Assistant Coach: Terri Soldan
Student Assistant: Karen Smith
Coaches Phone: (319) 273-6157
Director of Sports Information: Nancy Justis (319-273-6354)
Student Assistant SID: Josh Lehman (319-277-0551, Home)
Head Trainer: Terry Noonan

Credits

The 1989-90 women's track brochure was written and designed by Josh Lehman, student assistant sports information director. Editing by Kevin Kane, assistant SID.
Photography by David Wagner, UNI office of public relations.
A special thank you to Doyle Cowles, Karol Lindell and the entire staff of the Star Clipper Dinner Train for allowing us to use their train as a setting for the photographs in this brochure.


The University of Northern Iowa is an equal opportunity educator and employer with a comprehensive plan for affirmative action.
Head Coach Lea Ann Shaddox

Now in her fifth year at the helm, Lea Ann Shaddox specializes in coaching the middle distance and distance runners, and also coaches cross country.

Shaddox, a graduate of Cascade (IA) High School, received her bachelor's degree in Spanish from UNI with minors in English and physical education (with a coaching endorsement).

She then went on to teach and coach at Marquette High School in West Point, IA. She was head girls' track coach and assistant girls' basketball coach. Shaddox enrolled at the University of Iowa and received her master's degree in physical education in 1985. During that time she served as a graduate assistant track coach.
Assistant Coach Terri Soldan

Terri Soldan received her master's degree in physical education from the University of Iowa in 1986 and then became a fulltime assistant at UNI. Soldan, who competed in the javelin, shot and discus at Iowa, met Shaddox while they were both graduate assistants with the Hawkeyes. With the Panthers, Soldan is in charge of handling the sprinters, hurdlers, jumpers and throwers.

Graduate Assistant Karen Smith

Karen Smith is in her second year with the Panthers coaching staff. After wrapping up a career at UNI two years ago, Smith brought her success to the staff. She is the current holder of UNI's pentathalon and heptathalon records, as well as the indoor and outdoor high jump marks.

The Gateway Collegiate Athletic Conference

In 1982, the NCAA allowed 10 Midwestern schools to bind their athletic and academic interests and form the Gateway Collegiate Athletic Conference. Northern Iowa, Drake, Bradley, Western Illinois, Indiana State, Wichita State, Illinois State, Eastern Illinois, Southern Illinois and Southwest Missouri State are the charter and current members of the conference.

On August 21, 1985, the conference decided to add football to the list of conference sports, making Commissioner Patty Viverito the first woman to head a conference that includes a men's sport.

The conference headquarters are in St. Louis, MO. The GCAC sponsors championships in nine Division I women's sports, including cross country, golf, volleyball, basketball, indoor and outdoor track, swimming and diving, tennis, softball and Division IAA football.
**1990 Outlook**

As was the case with last year's team, the 1990 Panthers are young. Very young, in fact, since no seniors are on this year's squad.

Head coach Lea Ann Shaddox, now in her fifth season as the Panthers' leader, says that for the first time, UNI has a host of sprinters. In the past, UNI has excelled in the middle distance and distance events.

"We're still good in the longer events, but now we have a good group of sprinters to back them up," Shaddox said. "It's very exciting and should be for our fans as well."

The top four sprinters for UNI are all newcomers to the squad. Tri-captain Sherry Shedd (*Davenport, IA*), a transfer from Iowa State, will not be able to compete until January. But Shaddox said she is in tremendous shape and will be a fine addition to the team.

Other top sprinters are Julie Davis (*Cedar Rapids, IA*), a transfer from the University of Wisconsin-Madison; Dyan Fluhrer (*Charles City, IA*), a very dedicated worker and a winner; and Toni Ferguson (*Waterloo, IA*), a freshman the coaches feel has unlimited potential.

The other two tri-captains can be found in the longer events. Shaddox says junior Diane Black (*Newton, IA*), although in her first year as captain, is looked up to by the other athletes and is very concerned about the team. Black is the holder of the UNI indoor record in the 200m, 400m and 600m dashes.

Another potential recordbreaker is junior Kathy Allen (*Bloomfield, IA*). A co-MVP of this year's Panther cross country team (along with Jenny Owens), Shaddox said she feels that because of the great shape she is in, and her experience, many indoor and outdoor records could fall for Allen, who runs middle distance. She is already co-holder of the UNI 4×880m relay record.

The talent level doesn't stop there, either. With returnees like Jenny Owens (*Neenah, WI*), who finished third at the conference cross country meet this year, Jill Isaacson (*Ames, IA*), the co-holder of several UNI indoor relay records, and Amy Wheeler (*Waverly, IA*), who set the 55m hurdle indoor record last season, the team seems poised for an outstanding season.

Shaddox feels the same way. "With the experience we have back, I am very excited about the upcoming season," she says. "We have a definite chance to improve on last year. Despite our key losses (shot putter Lisa Tatman, and former captains Donna Wheeler and Brenda Bumgardner), I feel this team can have an outstanding year."
Juniors: (L-R) Erika Jeschke, Jill Isaacson, Cindy Jeffries, Diane Black, Julie Davis, Sherry Shedd, Kathy Allen

Kathy Allen-Junior-Middle Distance

Hometown (High School) — Bloomfield, IA (Davis Co.)
Major — Elementary Education
Born — February 3, 1969
Parents — Wayne and Rosemary Allen
Earned a total of eight letters in track and cross country in high school ... Twice letterwinner at UNI for indoor track ... Three year member of UNI cross country team ... Co-MVP 1989 cross country team ... Twice captain of track team, including 1989-90 ... Enjoys swimming and biking ... Coach Shaddox: “Kathy is so tough and strong this year, she is all set to have the best year of her career.”

Diane Black-Junior-Sprinter

Hometown (High School) — Newton, IA (Newton)
Major — Elementary Education/Early Childhood
Born — February 11, 1969
Parents — Don and Sharon Black
While at Newton High, earned 13 letters in four sports ... Has earned two letters while at UNI ... Tri-captain for 1989-90 season ... Won state 4x400 relay when senior in H.S. at both Drake Relays and state meet ... Lists chief ambition as to reach potential academically and athletically ... Coach Shaddox: “She is very well respected by our other athletes, and is very team-oriented. That's the kind of captain we need.”
Julie Davis-Junior-Sprinter/Jumper

Hometown (High School) — Cedar Rapids, IA (Jefferson)
Major — Elementary Education/Early Childhood
Born — September 28, 1967
Parents — Ron and Jennie Davis

Transfer from University of Wisconsin (Madison) . . . Won two letters with Badgers . . . At Jefferson H.S., was long jump champ ’85, 200 champ ’86, and member of several championship relays . . . Lists chief ambition as to teach young people . . . Coach Soldan: “Julie brings valuable maturity, leadership and experience to our young sprinters. If she can stay healthy she could re-write the record books.”

Stephanie Davis-Junior-Jumper

Hometown (High School) — Dubuque, IA (Senior)
Major — Education
Born — March 22, 1969
Parents — John and Sue Davis

Lettered in three sports at Senior High . . . Competed all four years at state track meet, with two top ten finishes in high jump . . . All conference in three sports . . . Also member of UNI Women’s basketball team . . . Coach Soldan: “Steph possesses all the tools to be all-conference or even all-american for us in the high jump. She wants to be, and can be, the best.”

Jill Isaacson-Junior-Sprinter

Hometown (High School) — Ames, IA (Ames)
Major — Business Administration
Born — June 17, 1969
Parents — Dean Isaacson and Kathy Isaacson

Earned three track letters at Ames . . . Two time qualifier in state meet . . . Co-holder of several Panther indoor relay records . . . Coach Soldan: “We’re looking to Jill to be a leader of our young sprint group. She has an outstanding committment to be the best.”

Erika Jeschke-Junior-Sprinter/Middle Distance

Hometown (High School) — Poynette, WI (Poynette)
Major — Psychology
Born — March 14, 1969
Parents — Ed and Dorothy Jeschke

All state track four years in a row at Poynette . . . 200 meter state champ 1984 and 85 . . . Nicknamed “Jet” . . . Lists hobbies as running, dancing, skiing . . . Coach Shaddox: “Erika is a sprinter who could, and we’re hoping will, add needed depth to our team. She could easily become one of our top runners.”
Sophomores (T-B) Jenny Owens, Ann Boyd, Shawn Magnall, Dianna Kenneally

Ann Boyd-Sophomore-Distance/Middle Distance

Hometown (High School) — DePere, WI (East DePere)
Major — Advertising
Born — May 27, 1970
Parents — James and Pat Boyd

Lettered in 10 sports at East DePere . . . Winner of state 1600 in 1987 . . . Winner conference 1600 and 3200 four years . . . Desires to be like her sister Casey . . . Coach Shaddox: "Ann had an injury that kept her out of last season, but I know she’ll be at top form this year to help us."
Shawn Magnall—Sophomore—Distance

Hometown (High School) — Waverly, IA (Waverly-Shell Rock)
Major — Business/German
Born — January 15, 1970
Parents — Richard and Kathy Magnall

Four years qualifier for state track meet . . . Two year letterwinner on Panther cross country team . . . Lists hobbies as walking, swimming and friends . . . Coach Shaddox: “Shawn is very strong aerobically and dedicated to doing well. She has quite a bit of mental toughness and I have confidence in her to be one of the better runners for us.”

Jenny Owens—Sophomore—Distance

Hometown (High School) — Neenah, WI (Neenah)
Major — Health Education
Born — August 11, 1969
Parents — Gary and Karen Riemer

Lettered all four years in both track and cross country at Neenah high . . . Has earned four letters at UNI . . . Finished 3rd at GCAC Cross Country championships this year, the highest finish ever for a Panther . . . Two years in a row cross country MVP . . . Hobbies are running and shopping . . . Coach Shaddox: “Jenny could be the best in the conference. After coming off her great cross country season, I would expect her to be near the top all year.”

Sherry Shedd—Sophomore—Sprinter

Hometown (High School) — Davenport, IA (West)
Major — Fashion Merchandising
Born — July 19, 1969
Parents — Bill and Etta Shedd

One of Panther Tri-Captains for 1989-90 season . . . Transfer from Iowa State University . . . Earned all conference honors . . . Holds high school records in 100, 200 and sprint medley . . . Wants to compete in nationals and possibly 1996 Olympics . . . Coach Soldan: “Unfortunately for Sherry, she had to wait two years to compete. But now she’s ready to explode! The sky is the limit.”

Amy Wheeler—Sophomore—Pentathalon/Heptathalon

Hometown (High School) — Waverly, IA (Waverly-Shell Rock)
Major — Psychology
Born — August 26, 1970
Parents — Glen and Jo Wheeler

Won 10 letters in three sports in H.S . . . Played in state basketball tournament . . . Holds UNI record in 55m hurdles . . . Desires to have fun and compete to the best of her ability . . . Coach Soldan: “Amy will settle for nothing less than the best, thus a conference championship is a definite possibility.”
Cindy Jeffries-Freshman-Thrower

Hometown (High School) — Johnston, IA (Johnston)
Major — History/Secondary Education
Born — May 19, 1969
Parents — Bill and Dee Jeffries
  Transfer from Iowa State University . . . Earned seven letters at
  Johnston High . . . Lists chief ambition as to teach and coach at high
  school level . . . Coach Soldan: "Cindy sometimes is so driven she
  frustrates herself unnecessarily. She is making great progress, however,
  and should contribute."

Valerie Patterson-Freshman-Pentathalon/Heptathalon

Hometown (High School) — Des Moines, IA (Dowling)
Major — Education
Born — March 15, 1971
Parents — Gary and Vickie Patterson
  Earned eight straight letters at Dowling high . . . Four straight letters in
  track . . . Lists hobbies as horseback riding, basketball, swimming and
  jogging . . . Coach Soldan: "She has lots of talent, it just needs to be
  developed. She works hard, and she will be one to watch in the future."

Marchelle Short-Freshman-Middle Distance

Hometown (High School) — Cedar Falls, IA (Cedar Falls)
Major — Undecided
Born — August 29, 1971
Parents — David and Marcia Short
  Earned a total of six letters for Cedar Falls . . . Was all-conference, and
  team captain for both track and cross country . . . Brother Jeff Short is
  member of UNI men's track team . . . Coach Shaddox: "Marchelle is
  injured right now. When she comes back, we'll see what she can do for us.
  We hope she can fit in as a freshman and contribute."

Vicki White-Freshman-Thrower

Hometown (High School) — Webster City, IA (Webster City)
Major — American Humanics
Born — December 13, 1969
Parents — Jerry and Thelma White
  Earned 14 letters in high school, including four in track . . . Lettered on
  softball team last year . . . State 3-A Champion shot put and discus in
  Soldan: "Vicki has consented to throw for us indoors even though she
  plays softball at UNI. With her great work ethic, she is expected to
  continue the Panther dominance of the GCAC shot put event."
Freshmen

Freshman (L-R) Valerie Patterson, Toni Ferguson, Marchelle Short, Vicki White, Michelle Wing, Dyan Fluhrer

Toni Ferguson-Freshman-Sprinter

Hometown (High School) — Waterloo, IA (East)
Major — Education
Born — October 16, 1970
Parent — Greg Ferguson

Qualifier all four years at East for state track meet ... Was all conference and all state ... Chief goal is to reach her potential ... Enjoys playing basketball ... Coach Soldan: "She's never been really tested. She has a lot of natural talent; I can't wait to see what she can really do!"

Dyan Fluhrer-Freshman-Sprinter

Hometown (High School) — Charles City, IA (Charles City)
Major — Physical Education
Born — November 17, 1970
Parents — Bill and Pat Fluhrer

Four-year participant in state track meet at Charles City ... Senior year, finished first in the 400, second in long jump, 3rd in the 200 ... Coach Soldan: "She's just got so much potential. She's very motivated, and accepts nothing less than the best from herself."
Michelle Wing-Freshman-Distance/Middle Distance

Hometown (High School) — Wilton, IA (Wilton)
Major — Home Economics/Interior Design
Born — November 7, 1970
Parents — Jerry and Rita Sloan

Earned 14 total letters in high school, including four in track . . . Was 3000 meter champ and 1500 meter runner up in high school . . . Was one of top runners on Panther cross country team this fall . . . Lists hobbies as skiing, sewing, and shopping . . . Coach Shaddox: "Michelle has done so much for us as a freshman. She was very good in cross country, and I look for that trend to continue."

1988-89 RESULTS

Cross Country
@Bradley Open
@Midwest Collegiate Open
@Iowa State Open
@Nike Invitational
@Iowa Open
@Western Open
DRAKE
@Gateway Conference Meet
@NCAA District V Championships

<table>
<thead>
<tr>
<th>Meet</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>@Bradley Open</td>
<td>No Team Scores</td>
</tr>
<tr>
<td>@Midwest Collegiate Open</td>
<td>18th of 27 teams</td>
</tr>
<tr>
<td>@Iowa State Open</td>
<td>No Team Scores</td>
</tr>
<tr>
<td>@Nike Invitational</td>
<td>13th of 19 teams</td>
</tr>
<tr>
<td>@Iowa Open</td>
<td>4th of 4 teams</td>
</tr>
<tr>
<td>@Western Open</td>
<td>3rd of 8 teams</td>
</tr>
<tr>
<td>DRAKE</td>
<td>31-24</td>
</tr>
<tr>
<td>@Gateway Conference Meet</td>
<td>5th of 10 teams</td>
</tr>
<tr>
<td>@NCAA District V Championships</td>
<td>8th of 8 teams</td>
</tr>
</tbody>
</table>

Indoor
@Illinois State Open
@Northwest Open
UNI OPEN
@Iowa Open
@Frank Sevinge Husker Invitational
LADY PANTHER EVENING INVITATIONAL
@Gateway Conference Championships

<table>
<thead>
<tr>
<th>Meet</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>@Illinois State Open</td>
<td>No Team Scores</td>
</tr>
<tr>
<td>@Northwest Open</td>
<td>No Team Scores</td>
</tr>
<tr>
<td>UNI OPEN</td>
<td>No Team Scores</td>
</tr>
<tr>
<td>@Iowa Open</td>
<td>7th of 10 teams</td>
</tr>
<tr>
<td>@Frank Sevinge Husker Invitational</td>
<td>No Team Scores</td>
</tr>
<tr>
<td>LADY PANTHER EVENING INVITATIONAL</td>
<td>No Team Scores</td>
</tr>
<tr>
<td>@Gateway Conference Championships</td>
<td>8th of 10 teams</td>
</tr>
</tbody>
</table>

Outdoor
@Hawkeye Open
@Drake Invitational
@Kansas Relays
@Drake Relays
@St. Thomas Invitational
@Gateway Conference Championships

<table>
<thead>
<tr>
<th>Meet</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>@Hawkeye Open</td>
<td>No Team Scores</td>
</tr>
<tr>
<td>@Drake Invitational</td>
<td>No Team Scores</td>
</tr>
<tr>
<td>@Kansas Relays</td>
<td>No Team Scores</td>
</tr>
<tr>
<td>@Drake Relays</td>
<td>No Team Scores</td>
</tr>
<tr>
<td>@St. Thomas Invitational</td>
<td>No Team Scores</td>
</tr>
<tr>
<td>@Gateway Conference Championships</td>
<td>7th of 10 teams</td>
</tr>
</tbody>
</table>
UNI Indoor Records

50yd Hurdles  Cathy Rardin  :07.18  1982
55m Hurdles  Amy Wheeler       08.5       1989
60yd Hurdles  Sue Buffington  :08.2       1976
60m Hurdles  Roxanne Meyer     :09.2       1983
50yd Dash    JoeAnn Jackson    :06.28      1982
55m Dash     JoeAnn Jackson    :07.3       1984
60yd Dash    JoeAnn Jackson    :06.9       1983
60m Dash     Karla Federspiel  :07.8       1980
220yd Dash   Karla Federspiel  :26.57      1980
200m Dash    Diane Black       :26.99      1988
300yd Dash   Karla Federspiel  :36.57      1982
300m Dash    Karla Federspiel  :41.00      1982
400yd Dash   Karla Federspiel  :57.7       1983
400m Dash    Diane Black       :58.73      1988
500m Dash    Natalie Sueppel   1:18.99     1985
600yd Dash   J'ne Day          1:27.9      1982
600m Dash    J'ne Day          1:36.9      1982
600m Run     Diane Black       1:36.75     1989
880yd Run    Darsi Evans       2:16.85     1987
800m Run     Natalie Sueppel   2:19.06     1988
1,000yd Run  Natalie Sueppel   2:35.72     1987
1,000m Run   Barb Clark        2:54.74     1988
Mile Run     Kris Skov Wallace  5:01.2      1982
1,500m Run   Kris Skov Wallace  4:41.7      1982
Two Mile Run Suzie Scheer     10:40.4     1984
3,000m Run   Jan Jacobson     10:10.45     1988
Three Mile Run Sandy Elsberry 16:29.0      1985
5,000m Run   Sandy Elsberry    17:37.8     1983
4 × 110yd Relay T. Wentzein, B. Strub, C. Norris, J. Franke  52.9  1983
4 × 160yd Relay J. Jackson, C. Ropa, S. Soehner, K. Federspiel  1:24.1  1983
4 × 220yd Relay J. Jackson, C. Ropa, C. Van Deest, K. Federspiel  1:46.3  1982
4 × 200m Relay D. Black, J. Isaacson, A. Bergquist, L. Case  1:48.44  1988
4 × 440yd Relay M. Bohlken, C. Rardin, J. Day, K. Federspiel  4:00.5  1982
4 × 400m Relay D. Black, J. Isaacson, L. Case, N. Sueppel  4:00.9  1988
4 × 880yd Relay D. Organ, B. Clark, D. Evans, N. Sueppel  9:06.60  1987
4 × 880m Relay N. Sueppel, B. Clark, K. Allen, D. Organ  9:05.64  1988
Distance Medley Relay J. Day, K. Federspiel, S. Elsberry, K. Skov Wallace  12:23.1  1982
Shot Put     Lisa Tatman       48-3¼     1989
Long Jump   Sheila Soehner    17-11¼     1984
High Jump   Karen Smith       5-7¼       1987
Triple Jump Rhonda Butt       37-0       1984
Pentathlon  Karen Smith       3,314 pts.  1987
### UNI Outdoor Records

<table>
<thead>
<tr>
<th>Event</th>
<th>Name</th>
<th>Time</th>
<th>Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>100m Hurdles</td>
<td>Sue Buffington</td>
<td>14.6</td>
<td>1977</td>
</tr>
<tr>
<td>100m Dash</td>
<td>Ann Bader, Michelle Dunagan</td>
<td>11.8</td>
<td>1976, 85</td>
</tr>
<tr>
<td>220yd Dash</td>
<td>Tracy Wentzien</td>
<td>25.91</td>
<td>1979</td>
</tr>
<tr>
<td>200m Dash</td>
<td>Tracy Wentzien</td>
<td>24.85</td>
<td>1979</td>
</tr>
<tr>
<td>400m Hurdles</td>
<td>Deb Schmeling</td>
<td>1:05.0</td>
<td>1980</td>
</tr>
<tr>
<td>400m Dash</td>
<td>Laura Case</td>
<td>57.74</td>
<td>1987</td>
</tr>
<tr>
<td>880yd Run</td>
<td>Deb Schmeling</td>
<td>2:21.61</td>
<td>1980</td>
</tr>
<tr>
<td>800m Run</td>
<td>Barb Clark</td>
<td>2:11.43</td>
<td>1988</td>
</tr>
<tr>
<td>Mile Run</td>
<td>Kris Skov</td>
<td>5:04.6</td>
<td>1982</td>
</tr>
<tr>
<td>1500m Run</td>
<td>J'ne Day</td>
<td>4:33.46</td>
<td>1982</td>
</tr>
<tr>
<td>Two Mile Run</td>
<td>Shirley Walker</td>
<td>11:09.47</td>
<td>1979</td>
</tr>
<tr>
<td>3000m Run</td>
<td>Sandy Elsberry</td>
<td>9:52.5</td>
<td>1984</td>
</tr>
<tr>
<td>5000m Run</td>
<td>Sandy Elsberry</td>
<td>17:10.9</td>
<td>1984</td>
</tr>
<tr>
<td>Six Mile Run</td>
<td>Terri Leisinger</td>
<td>37:57.5</td>
<td>1979</td>
</tr>
<tr>
<td>10km Run</td>
<td>Suzie Scheer</td>
<td>36:05.8</td>
<td>1984</td>
</tr>
<tr>
<td>440yd Relay</td>
<td>C. Howard, T. Wentzien, K. Kenney, K. Federspiel</td>
<td>50.32</td>
<td>1980</td>
</tr>
<tr>
<td>400m Relay</td>
<td>M. Jaycox, J. Jackson, C. Ropa, C. Rardin</td>
<td>48.06</td>
<td>1982</td>
</tr>
<tr>
<td>880yd Medley Relay</td>
<td>J. Jackson, C. Ropa, K. Federspiel, C. Rardin</td>
<td>1:45.15</td>
<td>1982</td>
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<tr>
<td>800m Medley Relay</td>
<td>J. Jackson, C. Ropa, K. Federspiel, C. Rardin</td>
<td>1:47.28</td>
<td>1982</td>
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<tr>
<td>Mile Relay</td>
<td>C. Rardin, K. Federspiel, R. Roemig, J. Day</td>
<td>3:54.30</td>
<td>1982</td>
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<tr>
<td>1600m Relay</td>
<td>J. Roemig, K. Federspiel, J. Day, C. Rardin</td>
<td>3:55.2</td>
<td>1982</td>
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<tr>
<td>3200m Relay</td>
<td>D. Evans, B. Clark, D. Organ, N. Sueppel</td>
<td>9:02.56</td>
<td>1987</td>
</tr>
<tr>
<td>Distance Medley</td>
<td>Shelly Mulherin, Diane Black, Kathy Allen, Jenny Owens</td>
<td>12:27.06</td>
<td>1989</td>
</tr>
<tr>
<td>Shot Put</td>
<td>Lisa Tatman</td>
<td>48-0</td>
<td>1988</td>
</tr>
<tr>
<td>Discus</td>
<td>Lisa Tatman</td>
<td>144-3</td>
<td>1988</td>
</tr>
<tr>
<td>Javelin</td>
<td>Donna Wheeler</td>
<td>148-7</td>
<td>1988</td>
</tr>
<tr>
<td>Long Jump</td>
<td>Shelia Soehner</td>
<td>18-6¾</td>
<td>1982</td>
</tr>
<tr>
<td>High Jump</td>
<td>Karen Smith</td>
<td>5-7</td>
<td>1987</td>
</tr>
<tr>
<td>Triple Jump</td>
<td>Rhonda Butt</td>
<td>37-3</td>
<td>1985</td>
</tr>
<tr>
<td>Heptathlon</td>
<td>Karen Smith</td>
<td>4,639 pts.</td>
<td>1987</td>
</tr>
</tbody>
</table>

### UNI Cross Country Records

<table>
<thead>
<tr>
<th>Event</th>
<th>Name</th>
<th>Time</th>
<th>Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>Three Mile</td>
<td>Sandy Elsberr</td>
<td>18:22</td>
<td>1982</td>
</tr>
<tr>
<td>Five Kilometer</td>
<td>Sandy Elsberr</td>
<td>17:21</td>
<td>1983</td>
</tr>
</tbody>
</table>
### UNI-Dome Records*

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>Athlete</th>
<th>School</th>
<th>Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>55m Hurdles</td>
<td>:07.1</td>
<td>Adrienne Pannier</td>
<td>Drake</td>
<td>1989</td>
</tr>
<tr>
<td>55m Dash</td>
<td>:06.9</td>
<td>Yolanda Rogan</td>
<td>W. Illinois</td>
<td>1989</td>
</tr>
<tr>
<td>60y Hurdles</td>
<td>:07.54</td>
<td>Benita Fitzgerald</td>
<td>Tennessee</td>
<td>1982</td>
</tr>
<tr>
<td>60y Dash</td>
<td>:06.61</td>
<td>Merlene Ottey</td>
<td>Nebraska</td>
<td>1982</td>
</tr>
<tr>
<td>200m Dash</td>
<td>:24.80</td>
<td>Davera Taylor</td>
<td>Nebraska</td>
<td>1982</td>
</tr>
<tr>
<td>300y Dash</td>
<td>:32.63</td>
<td>Merlene Ottey</td>
<td>Illinois St.</td>
<td>1989</td>
</tr>
<tr>
<td>400m Dash</td>
<td>:57.6</td>
<td>Metria Bell</td>
<td>Rutgers</td>
<td>1982</td>
</tr>
<tr>
<td>440y Dash</td>
<td>:54.12</td>
<td>Lori McCauley</td>
<td>Iowa St.</td>
<td>1989</td>
</tr>
<tr>
<td>600m Run</td>
<td>:1:35.7</td>
<td>Deb Betz</td>
<td>Tennessee</td>
<td>1982</td>
</tr>
<tr>
<td>600y Run</td>
<td>:1:17.38</td>
<td>Delisa Walton</td>
<td>Unattached</td>
<td>1988</td>
</tr>
<tr>
<td>800m Run</td>
<td>:2:14.56</td>
<td>Jane Brooker</td>
<td>Cornell University</td>
<td>1982</td>
</tr>
<tr>
<td>880y Run</td>
<td>:2:05.34</td>
<td>Doraine McClive</td>
<td>Iowa St.</td>
<td>1989</td>
</tr>
<tr>
<td>1000m Run</td>
<td>:2:58.4</td>
<td>Mimi Walz</td>
<td>Tennessee</td>
<td>1982</td>
</tr>
<tr>
<td>1000y Run</td>
<td>:2:26.7</td>
<td>Joetta Clark</td>
<td>Unattached</td>
<td>1988</td>
</tr>
<tr>
<td>1500m Run</td>
<td>:4:40.74</td>
<td>Jane Brooker</td>
<td>Drake</td>
<td>1989</td>
</tr>
<tr>
<td>3000m Run</td>
<td>:10:04.7</td>
<td>Karla Burds</td>
<td>Unattached</td>
<td>1989</td>
</tr>
<tr>
<td>5000m Run</td>
<td>:18:39.6</td>
<td>Jane Asimus</td>
<td>Kentucky</td>
<td>1982</td>
</tr>
<tr>
<td>Two Mile Run</td>
<td>:9:58.22</td>
<td>Bernadette Madigan</td>
<td>Oklahoma</td>
<td>1982</td>
</tr>
<tr>
<td>Three Mile Run</td>
<td>:15:18.47</td>
<td>Kellie Cathy</td>
<td>Arizona</td>
<td>1982</td>
</tr>
<tr>
<td>High Jump</td>
<td>:6-1¾</td>
<td>Gale Charmaine</td>
<td>N. Texas State</td>
<td>1982</td>
</tr>
<tr>
<td>Shot Put</td>
<td>:54-11¼</td>
<td>Rosemarie Blauch</td>
<td>Iowa</td>
<td>1987</td>
</tr>
<tr>
<td>Pentathlon</td>
<td>:1:37.70</td>
<td>Nebraska</td>
<td>1982</td>
<td></td>
</tr>
<tr>
<td>880y Relay</td>
<td>:3:44.66</td>
<td>Texas</td>
<td>1982</td>
<td></td>
</tr>
<tr>
<td>Mile Relay</td>
<td>:8:47.26</td>
<td>Florida State</td>
<td>1982</td>
<td></td>
</tr>
<tr>
<td>Two Mile Relay</td>
<td>:11:21.92</td>
<td>Virginia</td>
<td>1982</td>
<td></td>
</tr>
</tbody>
</table>

*UNI-Dome track converted from standard to metric in 1988
UNI-Dome

The UNI-Dome is one of the midwest's most unique and most versatile indoor arenas. The Dome, completed in 1976, serves the purpose of three buildings in one — a football stadium, a fieldhouse and a large arena. Events held in the Dome range from football and basketball games to wrestling and track meets, to rallies, concerts, exhibitions and trade shows.

Some of the bigger events that have been held in the Dome are the state high school football playoffs, tractor pulls, the NCAA gymnastics and wrestling championships and concerts by The Who, the Rolling Stones and the Police, among others.

The UNI-Dome can accommodate 16,400 spectators for football games and 10,000 for courtside activities. For stage productions such as concerts and commencement, the Dome can seat up to 25,000.

The Dome's roof, made of woven teflon, encompasses 168,000 square feet and weighs approximately 49 tons. The center of the Dome rises 124 feet above the stadium floor, and the outer edges are anchored to concrete walls 70 feet high.

Two new electronic scoreboards were installed in the fall of 1986 and are located at each end of the Dome. They are programmed by computers located in the press box and add an interesting, as well as entertaining, way to flash messages and information to spectators of all Dome events.

Locker facilities are available in the Physical Education Center, connected to the Dome by an enclosed passageway.
The University of Northern Iowa was founded in 1876 as the Iowa State Normal School. From one building on a 40-acre campus, the University has blossomed into a campus that includes more than 40 major buildings, 675 faculty members and 11,500 students.

The University offers programs at the undergraduate, master's and doctoral levels. UNI is known for its excellent teacher education programs and the reputation of the UNI School of Business has increased since a major publication ranked it as one of the top business schools in the Midwest. The College of Humanities and Fine Arts, College of Natural Sciences and College of Social and Behavioral Sciences also provide excellent education.

Campus landmarks include the Campanile, the Education Center, Strayer-Wood Theater, Maucker University Union and the UNI-Dome. The main library houses over 667,000 volumes of reference material. The campus is highly accessible to the handicapped.

Northern Iowa is home to the magazine North American Review, a quarterly journal of literature that has received two National Magazine Awards in the fiction category. The two public radio stations on campus, KUNI and KHKE, have the largest listenerships in the United States. The Management Development Center and the Small Business Development Center are just two more ways that the University serves the community.

Northern Iowa competes in Division I-AA in football and Division I in all other men’s and women’s sports. In recent years, the football team has been ranked nationally and the women’s softball team has won the AIAW Division II World Series.

Northern Iowa is a state assisted University along with the University of Iowa and Iowa State University. The University’s more than 50,000 alumni throughout the world provide additional support through the UNI Foundation and various other alumni programs.
# 1989-90 Schedules

## Indoor

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Place</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dec. 8</td>
<td>@Illinois St. Open</td>
<td>Normal, IL</td>
<td>6 pm</td>
</tr>
<tr>
<td>Jan. 20</td>
<td><strong>UNI OPEN INVITATIONAL</strong></td>
<td>CEDAR FALLS, IA</td>
<td>11:30 am</td>
</tr>
<tr>
<td>Jan. 26</td>
<td>@Reebok Invitational</td>
<td>Minneapolis, MN</td>
<td>3:30 pm</td>
</tr>
<tr>
<td>Feb. 3</td>
<td>@Iowa Hawkeye Open</td>
<td>Iowa City, IA</td>
<td>10:30 am</td>
</tr>
<tr>
<td>Feb. 9-10</td>
<td>@Husker Invitational</td>
<td>Lincoln, NE</td>
<td>4 pm</td>
</tr>
<tr>
<td>Feb. 16</td>
<td>LADY PANTHER EVENING</td>
<td>CEDAR FALLS, IA</td>
<td>6:30 pm</td>
</tr>
<tr>
<td>Feb. 23-24</td>
<td>@Gateway Conference</td>
<td>Carbondale, IL</td>
<td>TBA</td>
</tr>
</tbody>
</table>

## Outdoor

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Place</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mar. 31</td>
<td>@Western Relays</td>
<td>Macomb, IL</td>
<td></td>
</tr>
<tr>
<td>Apr. 7</td>
<td>@Hawkeye Open</td>
<td>Iowa City, IA</td>
<td></td>
</tr>
<tr>
<td>Apr. 14</td>
<td>@Drake Invitational</td>
<td>Des Moines, IA</td>
<td></td>
</tr>
<tr>
<td>Apr. 18-21</td>
<td>@Kansas Relays</td>
<td>Lawrence, KS</td>
<td></td>
</tr>
<tr>
<td>Apr. 27-28</td>
<td>@Drake Relays</td>
<td>Des Moines, IA</td>
<td></td>
</tr>
<tr>
<td>May 2</td>
<td>@St. Thomas College</td>
<td>St. Paul, MN</td>
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</tr>
<tr>
<td>May 10-12</td>
<td>@Gateway Conference</td>
<td>Normal, IL</td>
<td>TBA</td>
</tr>
<tr>
<td>May 30- Jun 2</td>
<td>@Nationals</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>