Northern Iowa Men's Track and Field 1990

University of Northern Iowa
Northern Iowa Men's Track and Field 1990
<table>
<thead>
<tr>
<th>Name</th>
<th>Event — (Best Performance)</th>
<th>Ht.</th>
<th>Wt.</th>
<th>Yr.</th>
<th>Hometown</th>
</tr>
</thead>
<tbody>
<tr>
<td>Greg Anderson</td>
<td>Discus — (147-2)</td>
<td>6-1</td>
<td>200</td>
<td>Jr.</td>
<td>Waterloo, IA</td>
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<tr>
<td>John Bunge</td>
<td>Pole Vault — (15-1)</td>
<td>5-11</td>
<td>170</td>
<td>Sr.</td>
<td>Osage, IA</td>
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<tr>
<td>Jeff Burris</td>
<td>600y — (1:10.29), 800m — (1:48.10)</td>
<td>5-3</td>
<td>180</td>
<td>Sr.</td>
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<tr>
<td>Bill Castle</td>
<td>3000m — (8:30.32), 5000m — (14:41.50)</td>
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<tr>
<td>Junior Chukukere</td>
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<td>170</td>
<td>So.</td>
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<tr>
<td>Dave Cleveland</td>
<td>High Jump — (6-10)</td>
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<tr>
<td>Steve Daugherty</td>
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<td>160</td>
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<td>Storm Lake, IA</td>
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<tr>
<td>Chad Dirkx</td>
<td>Sprints</td>
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<td>Bob Edwards</td>
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<td>Matt Ellison</td>
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<td>Erick Followwill</td>
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<td>Todd Possey</td>
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<tr>
<td>Mark Hagen</td>
<td>1000y — (2:24.09), 1500m</td>
<td>6-0</td>
<td>160</td>
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<tr>
<td>Ross Hukker</td>
<td>Decathlon — (5,541)</td>
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<td>195</td>
<td>Jr.</td>
<td>Greene, IA</td>
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<tr>
<td>Cole Horneck</td>
<td>100m — (10.98), 200m — (21.98)</td>
<td>5-11</td>
<td>155</td>
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<td>Hampton, IA</td>
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<tr>
<td>Dan Hostager</td>
<td>3000m — (8:02.67), 5000m — (14:25.20)</td>
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<td>170</td>
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<tr>
<td>Steve Jay</td>
<td>Mile — (4:17.23)</td>
<td>5-7</td>
<td>135</td>
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<td>Jim Johnson</td>
<td>Mile — (4:20.0), 3000m — (8:39.61)</td>
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<tr>
<td>Matt Lindaman</td>
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<td>175</td>
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<td>Brad Miller</td>
<td>Pole Vault — (16-1 1/4), Decathlon — (6,300), 110m — H. Hurdles — (14.8)</td>
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<td>215</td>
<td>Sr.</td>
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<tr>
<td>Pat Patterson</td>
<td>Shot Put — (53-8 1/2)</td>
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<td>275</td>
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<td>Brad Person</td>
<td>Shot Put</td>
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<td>200</td>
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<td>Steve Phye</td>
<td>High Jump — (6-10)</td>
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<tr>
<td>Mike Pontius</td>
<td>Decathlon — (5,750)</td>
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<td>Jamey Quelle</td>
<td>High Jump — (6-9)</td>
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<td>Tim Ross</td>
<td>800m — (1:54.77)</td>
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<td>Rick Schafer</td>
<td>800m</td>
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<td>Mike Shaffer</td>
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<td>Kenny Shedd</td>
<td>55m, 100m — (10.4), 200m — (21.4)</td>
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<td>Jeff Short</td>
<td>Mile — (4:22.1), 3000m — (8:39.28)</td>
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<td>Bob Smith</td>
<td>Long Jump — (23-6)</td>
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<td>Brad Stalzer</td>
<td>3000m, 5000m</td>
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<td>130</td>
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<td>Kent Terrillion</td>
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<td>Eric Thomas</td>
<td>Long Jump — (23-7)</td>
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<td>Trent Timson</td>
<td>Triple Jump — (46-6)</td>
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<td>Jim Turner</td>
<td>200m — (21.4), 400m — (47.50)</td>
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<td>Chuck Ulin</td>
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<td>Kevin Valeu</td>
<td>400 IM Hurdles</td>
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<td>Joel VanRoekel</td>
<td>110 H. Hurdles — (15.01)</td>
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<td>165</td>
<td>Sr.</td>
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<td>Johnny Westbrook</td>
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For 113 years, the University of Northern Iowa has been committed to providing quality undergraduate education for its students.

The University has expanded its historic mission of teacher preparation to include a number of outstanding programs in business, natural sciences, humanities and fine arts, and social and behavioral sciences, with complementary graduate programs at the master's, specialist's and doctoral levels. At Northern Iowa, you may earn a bachelor's degree in more than 120 different majors. In addition to the traditional strength in teacher education, UNI's accounting program is ranked among the best in the nation. But the options don't end there: strong academic programs ranging from art to marketing, biology to music, and industrial technology to social work are just a few of the avenues to be explored.

The University is small enough to offer individualized attention, yet large enough to provide a variety of resources and opportunities.

Although several historical buildings dot the campus, it is steadily growing to meet the academic needs of students. The University is moving into the future with a new library computer automation system, a $10.2 million College of Business Administration building under construction and expansion of the Maucker University Union. A variety of computer resources are available to students in more than a dozen areas on campus.

Although the majority of UNI's 11,800 students come from every county in Iowa, students from 40 states and 28 countries foster a rich, diverse atmosphere.

Students enter the University well-prepared, demonstrated by their selection of high school courses and rank in class. In recent years, over 90 percent of the entering freshmen ranked in the top 50 percent of their high school classes, with about 60 percent ranking in the top 30 percent.

Northern Iowa's 19 men's and women's intercollegiate athletics programs compete at the NCAA Division I level with major conference affiliations. The Panthers boast a nationally recognized coaching staff to maintain strong programs in football, basketball, track and field, wrestling, volleyball and softball.

UNI is located in Cedar Falls, an inviting and historic northeast Iowa community of about 35,000 people. Together with the adjacent city of Waterloo, the metropolitan area has a population of 110,000 and combines big city opportunities with small town friendliness.
1990 Outlook

by Kevin Evans

The gun is loaded and the Panthers track team is gunning for some AMCU hardware.

After a year of two second-place finishes in the conference meets, the Panthers are ready to start shooting the bullet rather than biting it.

Nine conference champions return and by the time the outdoor season rolls around, the 1990 team could be among the best ever fielded by the Panthers.

“We were a little disappointed last year we did not get one of those titles,” said coach Chris Bucknam of the two second-place finishes behind Eastern Illinois.

“By no means did we run poorly, we just ran up against a dual-meet type team. We were more of a big meet, tournament-type team.”

This year the Panthers expect to be a combination of both.

The return of those nine conference winners, a group of redshirts and a fine recruiting year all go together to raise hopes high.

“With the addition of our freshmen, plus the redshirts, this will be one of the strongest teams in years,” said assistant coach Bill Lawson. “A lot of years.”

That includes a lot of past glory, including the previous eight teams the Panthers have fielded in Division I competition.

Each year things seem to get a little better for the Panthers and 1989 was no exception.

Two Panthers—Jeff Burris and Dan Hostager—qualified for the NCAA indoor championships and Hostager came out with All-American honors for his 11th place finish in the 3,000 meters. Burris finished ninth overall and was the fifth fastest American-born athlete in the field.

“Technically, he should be an All-American with Hostager,” Bucknam said. “The top six Americans in the finals earn that status, but the eight-man final prevented that.

“But what a season he had. Winning the 800 at the Central Collegiates at Notre Dame was a great win.”

School records fell like Iowa’s winter temperatures, especially indoors.

The record book now includes nine entries from the 1989 indoor season and two more for the outdoor campaign.

Jim Turner, UNI’s No. 1 long sprinter, accounted for three of those along with two AMCU titles.

Still, there were no conference team championships and that is what Bucknam’s teams always have as a top priority.

“We were not disappointed in our performance indoors last year. We won eight events and finished second three more times. We almost won 11 events,” he said.

“That shows how strong we were up front, but just didn’t have the numbers to back it up.

“This year we feel we brought in some freshmen and two transfers that will help us a great deal in that category. We had an excellent recruiting class. It should give us a better outlook than last year at this time.”

The transfers Bucknam is counting on are Pat Patterson and Junior Chukukere.

Patterson transferred from Iowa State and should give immediate help in the shot put and the 35-pound weight. He has one year of competition left.

Chukukere has three years of eligibility remaining after transferring from Iowa Wesleyan. Bucknam hopes he will challenge the 50-foot mark in the triple jump.

The field events are the area Bucknam thinks improved the most from last year but the strength of the team will again be middle distance and distance events and the vertical jumps.

By the time the outdoor season rolls around Burris, Dave Cleveland, Hostager and John Bunge will be able to compete making the Panthers even stronger. Those four were redshirted during the outdoor season last year after fine indoor seasons. Jeff Short, Brad Miller and John Westbrook were withheld from both campaigns last year.

“The redshirting was a combination of things,” Bucknam said. “Some were because of injury, some by design and a couple were freshmen who chose to sit out to gain a year of maturity and strength.”

The key performers redshirted were Burris and Hostager.

“An extra year of maturity and rest makes a lot of difference in track and field,” said Bucknam.

“They (Burris and Hostager) are such great athletes and they were going to be around one more year academically anyway. We decided to give them some rest. Those two guys had been competing for three and a half years without missing a race, without a bad performance.

“They have been some of the most consistent athletes we have had around here. They are solid every week and that takes a toll on a kid.”

“The bottom line,” said Lawson, “is we would have wasted those guys outside.”

That gets it back to the team goal-oriented program that places a high priority on conference championships.

“The team championship is important not only to the coaches but to the kids and whole program,” said Bucknam.

“Our seniors came in winning conference titles and we want to have them leaving winning one.

“The team goals have always been to win the AMCU Championships first. Eastern (Illinois) got two from us last year and we want to get them back. We have more titles than anyone else since the AMCU was formed in 1982. We are the only school that has won all three (cross country, indoor track and outdoor track). That is our No. 1 team goal.

“Our second goal is the Central Collegiate Championships. We shoot for a top 10 finish out of the 25 schools and last year we accomplished that with our best finish ever, both indoors and outdoors.”

Bucknam points to that strong finish as an example of the kind of year 1989 was.

“That is a perfect example of what kind of a team we had,” he said. “We did the best we ever have at the Central by finishing 10th and three weeks later we finish second in the AMCU.

“It was one of those seasons as far as team goals go.”

The Panthers have the people to once again challenge for a top 10 finish in the Central Collegiate Championships and dethrone Eastern Illinois a couple of times.

“We want to start the 90s with a bang,” said Bucknam.

“This could be one of the best teams we have had in the last ten years.”
Coaching Staff

Head Coach Chris Bucknam

As he begins his sixth season at the helm of the Northern Iowa track and cross country programs, 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 Coach of the Year three times in the past five seasons (1985-86, 1988), Outdoor Coach of the Year in 1986 and Cross Country Coach of the Year in 1988.

During his five-year tenure, the Panthers have won seven conference crowns—three each in indoor track and cross country, and an outdoor title. His teams have never finished lower than third in any conference meet. The 1988 cross country squad posted the highest finish ever by an AMCU school at the NCAA Region Championships. In the past two seasons, Bucknam has sent three qualifiers to the NCAA Indoor Championships with one earning All-America honors last season.

Since his arrival at UNI in 1979 as an assistant to long-time head coach Lynn King, the Panthers have won or shared 13 conference titles in track and field and cross country, and produced 11 All-Americans.

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 two-year-old son, Eric.

Assistant Coach Bill Lawson

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

A 1980 UNI graduate, Lawson 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 1977-80 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 coach Chris Bucknam was named assistant coach in 1979. He qualified for national competition in the decathlon, pole vault and triple jump four times.

Lawson won the National Master's Decathlon Championship in 1987 and was runnerup the past two years.

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.

Along with Bucknam, he has coached UNI athletes to 54 conference championships.

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, reside in Waterloo.

UNI in Conference

The Association of Mid-Continent Universities

From the formation of the Mid-Continent Conference in 1978 thru the expansion which now includes 10 institutions, Northern Iowa has never finished lower than third place in a MCC or AMCU track and field or cross country meet. In the 28 meets held through 1989, the Panthers have been champions 14 times and runners-up 11 times. Members of the AMCU include: Northern Iowa, Akron, Cleveland State, Eastern Illinois, Illinois at Chicago, Northern Illinois, Southwest Missouri State, Valparaiso, Western Illinois and Wisconsin-Green Bay.

The Central Collegiate Conference

Northern Iowa is one of only three programs in the AMCU to also belong to the prestigious Central Collegiate Conference, a league which contains members from the Big Ten and Mid-America Conferences along with several of the major independents from around the Midwest. The Panthers joined the CCC in 1985 to provide additional quality competition for their athletes during the season. Members of the CCC include Northern Iowa, Akron, Bowling Green, Bradley, Central Michigan, Cleveland State, DePaul, Detroit, Eastern Michigan, Illinois, Illinois State, Iowa, Kent State, Loyola, Marquette, Michigan, Michigan State, Minnesota, Northwestern, Notre Dame, Ohio, Purdue, Toledo, Western Michigan and Wisconsin.

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<thead>
<tr>
<th>Indoor Track</th>
<th>Outdoor Track</th>
<th>Cross Country</th>
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<tr>
<td>1985</td>
<td>10th</td>
<td>10th</td>
</tr>
<tr>
<td>1986</td>
<td>15th</td>
<td>22nd</td>
</tr>
<tr>
<td>1987</td>
<td>13th</td>
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<td>1988</td>
<td>11th</td>
<td>14th</td>
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<tr>
<td>1989</td>
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The Panthers: Event-by-Event

Sprints: One of UNI’s weakest areas last season, the short sprints should be improved in 1990 with the addition of redshirt freshman Johnny Westbrook and true freshmen Kenny Shedd. The long sprints are in very good shape with junior Jim Turner, a school recordholder in the 200-, 300- and 400-meter dashes and two-time AMCU titlist. Shedd and another freshman, Cole Honeck, will also see duty in the long sprints. The mile relay team should be a good one, especially outdoors, with the addition of Jeff Burris.

Hurdles: The Panthers will depend on two freshmen with redshirt Westbrook being counted on heavily. True freshman Todd Fosse shows much potential and may contribute in his initial collegiate season while senior Joel VanRoekel returns to provide depth. Sophomore Brad Miller will see action in the hurdles as well as the pole vault and decathlon after being a state finalist as an Illinois prep. In the outdoor hurdles, UNI has one of the top prep low hurdlers from two years ago, Kevin Valeu, who redshirted last season. Fosse and Westbrook will also compete in the 400 IM hurdles. However, the Panthers lost two-time conference champion Joel Hartman to graduation.

Middle Distances: Traditionally a UNI strong suit, 1990 should be no exception. A corps of seniors will carry the load with three eligible indoors—Kent Terrillion, Steve Jay and Tim Ross. Add Burris, a two-time NCAA qualifier, outdoors and UNI boasts a middle distance quartet that holds a combined eight school records and 10 conference championships. The most proven of the middle distances is the 800 meters where Burris and Terrillion have been among the best in the Midwest. Bucknam also looks for great things from Jay. He will run the 800 and 1,500 and, according to Bucknam, “is ready to bust loose” after some past injury problems. The 3,200-meter relay team, consisting of those four, will be together for the final time outdoors and, after being ranked 10th in the nation indoors last year, could be one of the very best in the nation. Bucknam points to junior Mike Shaffer and freshman Jeff Short as others who could make their move this season.

Distances: The Panthers will be very strong again with three of the last four conference cross country runners of the year represented in Dan Hostager and Bill Castle. Hostager won the honor in 1986 and ’88, with Castle copping the award last fall. Hostager was an All-American in the indoor 3,000 last season and is the holder of three school records, seven conference titles and was the AMCU Indoor Athlete of the Year in 1989. Castle was Cross Country Runner of the Year last fall and, after placing 22nd at the Region V Championships, will take over as the top indoor distance runner. Hostager has an outdoor season of eligibility remaining and has an excellent chance to qualify for nationals. After winning the top conference cross country and indoor track awards last year, he will be going for the hat trick in ’90. Also expected to contribute is junior Trent Timson, a two-time all-conference performer in cross country who has been plagued by injuries throughout his collegiate career. Bucknam is very high on Short and forsees him as the #1 steeplechase this season.

Vertical Jumps: The Panthers have their top two pole vaulters together this season after Brad Miller redshirted last year with an injury. Bucknam feels he can challenge the 17-foot barrier. Bob Edwards vaulted 16-9 last season as a sophomore and was runnerup in both conference meets after winning the outdoor title as a freshman. Senior John Bunge is another solid vaulter who has never failed to score in an AMCU meet.

Two freshmen will be relied upon indoors in Steve Daugherty and Jamie Quelle; they jumped 6-10 and 6-9, respectively, in high school. Senior Dave Cleveland will be back for his final outdoor season after winning the indoor championship last year. Senior Steve Phyfe will add more experience when he joins the team following the basketball season. He jumped as high as 6-10 last spring.

Horizontal Jumps: One of the areas targeted for improvement over the off-season, Bucknam feels he has brought in some “excellent people”. In addition to being a fine sprinter, Cole Honeck was the state high school champ in the long jump. Bob Smith jumped 23-6 as an Illinois prep last year and appears to have excellent potential. Junior Chukukere, a transfer from Iowa Wesleyan, is an outstanding triple jumper who could challenge the 50-foot barrier. Returning from last season is Eric Thomas, who suffered through a disappointing freshman season but still shows much potential.

Throws: Newcomers will also be in the picture in the throwing events with Pat Patterson, a transfer from Iowa State, showing the most promise. He looks to be a conference title contender in the shot put. Sophomore Brad Person returns in the shot put after placing sixth in last year’s conference meet. Freshman Chad Monson will be looking to make an immediate impact after winning the Iowa high school shot put championship last year. Junior Greg Anderson will carry the discus load after placing sixth at last year’s conference outdoor meet.

Decathlon: Miller was a very good decathlete as a freshman and has made much improvement after redshirting last year. Bucknam is confident he can be an excellent decathlete already this season and may challenge the 7,000-point mark.
**UNI-Dome**

**Facilities**

The UNI-Dome is a unique, multi-purpose athletic facility built in 1976 which has gained a reputation as one of the finest indoor track facilities in America. In the past, it has been the site of the Central Collegiate Conference 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 large auditorium. It contains accommodations for a variety of events such as concerts, exhibitions, trade shows and convocations, as well as 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.

Approximately 16,400 spectators can be seated for football games and track meets and 10,000 for courtside 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.

**UNI-Dome Records**

<table>
<thead>
<tr>
<th>Event</th>
<th>Record</th>
<th>Athlete</th>
<th>Institution</th>
<th>Year</th>
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<tbody>
<tr>
<td>35-lb. Weight Throw</td>
<td>67 1/4</td>
<td>Angus Cooper</td>
<td>Kent State</td>
<td>1988</td>
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<tr>
<td>Shot Put</td>
<td>66-10 1/2</td>
<td>Al Fuerbach</td>
<td>Pacific Coast T.C.</td>
<td>1976</td>
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<tr>
<td>High Jump</td>
<td>7-3</td>
<td>Brian Tietjens</td>
<td>North Central-Manly H.S.</td>
<td>1981</td>
</tr>
<tr>
<td>Triple Jump</td>
<td>52-2 1/4</td>
<td>Bannon Hayes</td>
<td>Illinois</td>
<td>1988</td>
</tr>
<tr>
<td>Long Jump</td>
<td>25-4 1/2</td>
<td>Ed Stewart</td>
<td>Mankato State</td>
<td>1982</td>
</tr>
<tr>
<td>Pole Vault</td>
<td>16-9 1/2</td>
<td>Troy Becker</td>
<td>Northern Iowa</td>
<td>1986</td>
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<tr>
<td>55m Dash</td>
<td>6.23</td>
<td>Jeff Byrd</td>
<td>Lincoln University</td>
<td>1981</td>
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<tr>
<td>55m H. Hurdles</td>
<td>7.31</td>
<td>Jay Connor</td>
<td>Northern Iowa</td>
<td>1984</td>
</tr>
<tr>
<td>400 meters</td>
<td>46.38</td>
<td>Tim Simon</td>
<td>Illinois</td>
<td>1988</td>
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<tr>
<td>600 yards</td>
<td>1:10.22</td>
<td>Ken Williams</td>
<td>Iowa</td>
<td>1984</td>
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<tr>
<td>800 meters</td>
<td>1:47.52</td>
<td>Brad Horton</td>
<td>Eastern Michigan</td>
<td>1988</td>
</tr>
<tr>
<td>1,000 yards</td>
<td>2:09.49</td>
<td>Randy Wilson</td>
<td>Unattached</td>
<td>1980</td>
</tr>
<tr>
<td>1,500 meters</td>
<td>3:47.74</td>
<td>John Clarke</td>
<td>Iowa T.C.</td>
<td>1977</td>
</tr>
<tr>
<td>Mile Run</td>
<td>4:01.52</td>
<td>Roland Pauwels</td>
<td>Iowa State</td>
<td>1989</td>
</tr>
<tr>
<td>3,000 meters</td>
<td>8:02.24</td>
<td>Barnaba Korir</td>
<td>Iowa State</td>
<td>1988</td>
</tr>
<tr>
<td>Two-Mile Run</td>
<td>8:41.41</td>
<td>Raf Wynn</td>
<td>Iowa State</td>
<td>1985</td>
</tr>
<tr>
<td>5,000 meters</td>
<td>14:09.59</td>
<td>Don Johns</td>
<td>Eastern Michigan</td>
<td>1988</td>
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<tr>
<td>440yd. Relay</td>
<td>42.50</td>
<td>Northern Iowa - Williams, Ellis, Case, Samuel</td>
<td>1982</td>
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<tr>
<td>Mile Relay</td>
<td>3:10.68</td>
<td>Illinois - Tolbert, Bridges, Hamer, Simon</td>
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<tr>
<td>Sprint Medley Relay</td>
<td>3:34.34</td>
<td>Northern Iowa - Ebenezer, Robers, Froehle, Connell</td>
<td>1976</td>
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<tr>
<td>Distance Medley Relay</td>
<td>9:57.37</td>
<td>Notre Dame - Rogan, Harris, O'Connor, Garret</td>
<td>1988</td>
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<tr>
<td>Shuttle Hurdle Relay</td>
<td>29.52</td>
<td>Unattached - White, Lathrop, Morrison, Connor</td>
<td>1985</td>
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<td>Two-Mile Relay</td>
<td>7:34.54</td>
<td>Eastern Illinois - Oaks, Conlon, Neal, Maton</td>
<td>1988</td>
<td></td>
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</tbody>
</table>
Panther All-Americans

1939
William Jenkins (Cross Country)

1969
Larry McCready (120 yd. Hurdles)
Wayne Carpenter (Mile)

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

1971
Mike McCready (Shot Put, Discus)
Rich Twedt (Three-Mile, Cross Country)

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

1973
Rich Twedt (Cross Country)
Ron Peters (Cross Country)
Dennis Roloff (Mile)
Dennis Schultz (Mile)
Dave Anderson, Mike Byington,
Steve DeSerano, Dennis Roloff (Mile Relay)

1974
Dennis Schultz (Mile)
Rich Twedt (Six-Mile)
Scott Noltenmeier (120 yd. Hurdles)
Steve Ford (Pole Vault)
Kent Wessely (High Jump)
Bill Cook (Decathlon)

1975
Keith Schmidt (Pole Vault)

1977
Bill Friedman (1,500 Meters)
John Holler (Shot Put)
Brent Geringer (Discus)
Bill Glassmaker (800 Meters)
Bill Lawson (Decathlon)

1978
*Brent Geringer (Discus, Shot Put)
Bob Friedman (1,500 Meters)
Bill Glassmaker (800 Meters)
Bill Lawson (Decathlon)
Tom Rogers (Pole Vault)

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

1980
Bill Lawson (Decathlon)

1981
Bill Cook (Decathlon)
Tom Rogers (Pole Vault)

1989
Doug Nelson (Cross Country)

1989
Dan Hostager (3,000 Meters)

Academics and Athletics
The Proper Balance

Winning in the classroom and achieving an academic degree is the primary goal for the student-athlete at the University of Northern Iowa. It is the University's chief objective to allow each individual to have the maximum opportunity to participate in a positive educational experience and ultimately earn a college degree.

As a medium-sized public university with a faculty committed to quality undergraduate education, Northern Iowa is proud of its student-athletes' performance in the classroom. Student-athlete grade averages are consistently in the 2.7 to 3.0 range, showing the concern of students and faculty for the importance of education. In the spring semester of 1989, 37 percent of UNI's 387 athletes recorded a grade point average of 3.0 or better.

The men's track and field program has been particularly successful in recent years at striking the balance between academics and athletics. Northern Iowa's was the only program with at least one track athlete receiving AMCU All-Conference and All-Academic honors in the spring of 1989—UNI had five. Of the 11 conference track athletes named to the All-Academic team, eight were from UNI.

The key to Northern Iowa's academic program is the individual—the student-athlete gets out of the system what he puts into it. UNI has geared its academic program to make its student-athletes better individuals. It is important that the student-athletes develop a sense of pride in themselves as students, as athletes, as citizens, and as representatives of the University of Northern Iowa.

Students can take advantage of the Academic Advising Service and the Office of Academic Achievement to provide the academic and personal support service which will help make obtaining a degree a reality.

In some instances, individuals who possess outstanding athletic abilities receive awards and recognition only for that aspect of their college experience. However, Northern Iowa recognizes the academic achievements of student-athletes by honoring those with 3.0 grade point averages or above each semester with the Coach's and Director's Awards.

Being a student-athlete at the University of Northern Iowa is truly a unique experience. One can participate in Division I athletics with the best there is in collegiate sports and, at the same time, have an outstanding educational experience where graduation is not only possible but a reality, and where dedicated faculty share in that goal.

The pursuit of academic and athletic excellence—that is the main goal of the student-athlete at the University of Northern Iowa.
### 1989 Season Bests

#### Indoor

<table>
<thead>
<tr>
<th>Event</th>
<th>Best</th>
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<tbody>
<tr>
<td>35-lb. Weight Throw</td>
<td>42-3 1/2, Greg Anderson</td>
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<tr>
<td>Shot Put</td>
<td>43-3 3/4, Brad Person</td>
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<tr>
<td>Long Jump</td>
<td>22-4 1/4, Eric Thomas</td>
</tr>
<tr>
<td>Triple Jump</td>
<td>44-7, Eric Thomas</td>
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<tr>
<td>High Jump</td>
<td>6-9, Dave Cleveland</td>
</tr>
<tr>
<td>Pole Vault</td>
<td>16-6, Bob Edwards</td>
</tr>
<tr>
<td>55m High Hurdles</td>
<td>7.84, Johnny Westbrook</td>
</tr>
<tr>
<td>200 meters</td>
<td>21.84, Jim Turner</td>
</tr>
<tr>
<td>300 meters</td>
<td>33.95, Jim Turner</td>
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<tr>
<td>400 meters</td>
<td>48.09, Jim Turner</td>
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<tr>
<td>600 yards</td>
<td>1:10.42, Jeff Burris</td>
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<tr>
<td>800 meters</td>
<td>1:49.56, Jeff Burris</td>
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<tr>
<td>1,000 yards</td>
<td>2:12.68, Steve Jay</td>
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<tr>
<td>Mile</td>
<td>4:07.54, Tom Penningroth</td>
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<tr>
<td>3,000 meters</td>
<td>8:02.67, Dan Hostager</td>
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<tr>
<td>5,000 meters</td>
<td>14:27.01, Dan Hostager</td>
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<tr>
<td>Mile Relay</td>
<td>3:22.14, Kent Terrillion, Jim Turner, Tyrone Wilson, Jeff Burris</td>
</tr>
<tr>
<td>Two-Mile Relay</td>
<td>7:27.32, Steve Jay, Kent Terrillion, Tim Ross, Jeff Burris</td>
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</table>

* UNI Record
& AMCU Record
# National Qualifier

#### Outdoor

<table>
<thead>
<tr>
<th>Event</th>
<th>Best</th>
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</thead>
<tbody>
<tr>
<td>Decathlon</td>
<td>5,556, Mike Pontius</td>
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<tr>
<td>Shot Put</td>
<td>44-10, Brad Person</td>
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<tr>
<td>Discus</td>
<td>147-2, Greg Anderson</td>
</tr>
<tr>
<td>Javelin</td>
<td>204-8, Mike Raffensperger</td>
</tr>
<tr>
<td>Triple Jump</td>
<td>43-8 3/4, Eric Thomas</td>
</tr>
<tr>
<td>High Jump</td>
<td>6-10, Steve Phyfe</td>
</tr>
<tr>
<td>Pole Vault</td>
<td>16-10 1/4, Bob Edwards</td>
</tr>
<tr>
<td>110m High Hurdles</td>
<td>15.13, Joel Van Roekel</td>
</tr>
<tr>
<td>200 meters</td>
<td>21.55, Jim Turner</td>
</tr>
<tr>
<td>400 meters</td>
<td>47.77, Jim Turner</td>
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<tr>
<td>400 IM Hurdles</td>
<td>54.22, Joel Hartman</td>
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<tr>
<td>800 meters</td>
<td>1:51.54, Kent Terrillion</td>
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<tr>
<td>1,500 meters</td>
<td>3:51.6, Tom Penningroth</td>
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<tr>
<td>3,000 meters</td>
<td>8:38.9, Tom Penningroth</td>
</tr>
<tr>
<td>3,000m Steeplechase</td>
<td>9:22.9, John Ruth</td>
</tr>
<tr>
<td>5,000 meters</td>
<td>14:22.44, Dan Hostager</td>
</tr>
<tr>
<td>10,000 meters</td>
<td>31:04.8, Bill Castle</td>
</tr>
<tr>
<td>400m Relay</td>
<td>43.3, Bob Edwards, Mike Raffensperger, Eric Thomas, Jim Turner</td>
</tr>
<tr>
<td>Sprint Medley Relay</td>
<td>3:25.95, Jim Turner, Eric Thomas, Joel Hartman, Tim Ross</td>
</tr>
<tr>
<td>3,200m Relay</td>
<td>7:35.4, Tom Penningroth, Steve Jay, Tim Ross, Kent Terrillion</td>
</tr>
<tr>
<td>Distance Medley Relay</td>
<td>9:50.71, Steve Jay, Jim Turner, Kent Terrillion, Tom Penningroth</td>
</tr>
</tbody>
</table>

* UNI Record

- UNI's nationally-ranked 3,200-meter relay team (Terrillion, Ross, Burris, Jay)
UNI's Conference Champions

### Indoor

#### North Central Conference

**1960**
- Jerry Stillwell, Broad Jump
- Bill Kaufmann, High Jump
- Jim Duea, Vault
- Hal Byram, 440y Dash
- Dennis Corwin, 880y Run
- John States, 60y L. Hurdles

**1961**
- Paul Diefke, High Jump
- Dick Dotson, Vault
- Jim Miller, Mile Run
- Dick Sherman, Shot Put
- Max Huffman, Broad Jump
- Gary Shoemaker, 60y H. Hurdles
- Dick Juhl, Two Mile Run
- Eight Lap Relay

**1962**
- Team Champions
  - Delbert Lowery/Dave Suntken, High Jump
  - Bill Hood, Shot Put
- Jay Prichard, Mile Run
- John Begley, Broad Jump
- Larry Markley, 440y Dash
- Larry Markley, 880y Run
- John Raffensperger, 60y L. Hurdles
- Jim Miller, 1,000y Run

**1963**
- Hank Sattari, High Jump
- George McBee, Broad Jump
- George McBee, Vault
- Jim Erickson, Shot Put
- Jay Prichard, Mile Run
- Jay Prichard, Two Mile Run
- Dave Linder, 440y Dash
- Dave Linder, 880y Run
- Gary Shoemaker, 60y H. Hurdles
- Doug Larson, 60y L. Hurdles

**1964**
- Team Champions
  - George McBee, Broad Jump
  - George McBee, Vault
  - Glenn Conner, Triple Jump
  - Dave Suntken, 440y Dash
  - Bill Bergan, 600y Dash
  - Jay Prichard, Two Mile Run
  - Doug Larson, 60y L. Hurdles
- Eight Lap Relay

**1965**
- Team Champions; individual champions not available

**1966**
- Mark Harper, Shot Put
- Bill Rauhauser, Long Jump
- Bill Rauhauser, Triple Jump
- Jim Drouby, Pole Vault
- Ron Gerard, 50y H. Hurdles
- Sprint Medley Relay

**1967**
- Team Champions
  - Larry McCready, 60y H. Hurdles
  - Larry McCready, 60y L. Hurdles
  - Larry McCready, Mile Relay

**1968**
- Team Champions
  - Larry Daniels, 440y Dash
  - Larry McCready, 60y H. Hurdles
  - Larry McCready, 60y L. Hurdles
  - Craig Pay, Triple Jump

**1969**
- Team Champions
  - Rich Franklin, Long Jump
  - Larry McCready, 60y H. Hurdles
  - Larry McCready, 60y L. Hurdles
  - Wayne Carpenter, 1,000y Run
  - Larry Daniels, 880y Run

**1970**
- Wayne Carpenter, Mile Run

**1971**
- No Conference Champions

**1972**
- Dennis Rolf, 440y Dash

**1973**
- Team Champions
  - Dennis Schultz, 1,000y Run
  - Dennis Schultz, 880y Run
  - Dennis Rolf, 600y Dash
  - Kent Wessely, 60y L. Hurdles

**1974**
- Results not available

**1975**
- John Holler, Shot Put

**1976**
- John Holler, Shot Put

**1977**
- Al Atherton, 60y Dash
- John Holler, Shot Put
- Bill Classmaker, 1,000y Run
- Bill Classmaker, 600y Dash
- Mile Relay

**1978**
- Kelly Ellis, 60y Dash
- Kelly Ellis, 300y Dash
- John Holler, Shot Put
- Bill Classmaker, 600y Dash
- Rick Friedman, 880y Run
- Mile Relay

**1979-83**
- No conference meet

### AMCU Conference

**1984**
- Team Champions
  - Jay Connor, 60y High Hurdles
  - Steve Muntz, 880y Run
  - Russ Adams, Pole Vault
  - Distance Medley Relay

**1985**
- Team Champions
  - Paul Egger, 1,000y Run
  - Troy Becker, Pole Vault
  - Todd Goodell, Two Mile Run
  - Distance Medley Relay

**1986**
- Team Champions
  - Joe Fuller, 60y Dash
  - Wayne Simon, Long Jump
  - Wayne Simon, Triple Jump
  - Brooks Glassnapp, 600y Dash
  - Jeff Burris, 880y Run
  - Todd Goodell, Two Mile Run
  - Mile Relay

**1987**
- Jeff Burris, 880y Run
- Dan Hostager, Two Mile Run
- Mile Relay

**1988**
- Team Champions
  - Kelly Tagtow, 35-lb. Weight
  - Brad Miller, Pole Vault
  - Tom Penningroth, 3,000m Run
  - Dave Cleveland, High Jump
  - Kent Terrillon, 800m Run
  - Dan Hostager, 5,000m Run
  - Mile Relay

**1989**
- Dan Hostager, 3,000m Run
- Dan Hostager, 5,000m Run
- Jim Turner, 400m Dash
- Jeff Burris, 600y Dash
- Kent Terrillon, 800m Run
- Steve Jay, 1,000y Run
- Dave Cleveland, High Jump
- Two Mile Relay

### Outdoor

#### North Central Conference

**1960**
- Hal Byram, 440y Dash
- Dick Dotson, Pole Vault
- Mile Relay

**1961**
- Dick Dotson, Pole Vault

**1962**
- Team Champions
  - Dave Suntken, 440y Dash
  - John Raffensperger, 220y Dash
Delbert Lowery, High Jump
Dick Dotson, Pole Vault
Hank Sattari, Javelin

1963
Dave Suntken, 440y Dash
Dave Linder, 880y Run
Hank Sattari, Javelin
Mile Relay

1964
Team Champions
Hank Sattari, Javelin
Jay Prichard, Mile Run
Dave Suntken, High Jump
Rich Engel, 880y Run
George McBee, Pole Vault

1965
Bill Rauhauser, Broad Jump
Bill Rauhauser, Triple Jump
Ron Gerard, 120y H. Hurdles
Mike Long, 330y I. Hurdles

1966
Ron Gerard, 120y H. Hurdles
Bob Ruchti, 220y Dash

1967
Team Champions
Larry McCready, High Jump
Larry McCready, 120y H. Hurdles
Bob Ruchti, 100y Dash
Bob Ruchti, 220y Dash
Ken Huelman, Shot Put
Mark Sanborn, 440y I. Hurdles

1968
Team Champions
Dick Miller, Discus
Larry McCready, 120y H. Hurdles
Skip Anderson, High Jump
Craig Fay, Triple Jump
440y Relay

1969
Team Champions
Mike McCready, Discus
Mike McCready, Shot Put
Larry McCready, 120y H. Hurdles
Wayne Carpenter, Mile Run
Larry Daniels, 440y Dash
Craig Fay, Triple Jump
440y Relay

1970
Mike McCready, Discus
Mike McCready, Shot Put
Wayne Carpenter, Mile Run
Wayne Carpenter, 880y Run

1971
Mike McCready, Discus
Mike McCready, Shot Put

1972
Mike McCready, Shot Put
Dennis Roloff, 440y Dash

1973
Team Champions
Mark Chardoulias, Long Jump
Scott Noltensmeier, 120 H. Hurdles
Dennis Roloff, 440y Dash
440y Relay
Mile Relay

1974
Team Champions
Dennis Roloff, 440y Dash
Scott Noltensmeier, 120y H. Hurdles
Kenny Jackson, Long Jump
Dennis Schultz, 880y Run
Gene Chinander, Javelin
440y Relay

1975
Ken Schwartz, Shot Put
Keith Schmidt, Pole Vault
440y Relay

1976
Bob Friedman

1977
Brent Geringer, Discus
John Holler, Shot Put
Tom Akers, 110y H. Hurdles
Bill Glassmaker, 440m Dash

1978
Team Champions
Bill Lawson, Decathlon
Brent Geringer, Discus
Tom Akers, 110y H. Hurdles
John Holler, Shot Put
Bill Glassmaker, 400m Dash
1,600m Relay

1979
Mid-Continent Conference
1980
Bill Lawson, Decathlon
Tom Reints, Hammer Throw
Tom Reints, Shot Put
Rick Friedman, High Jump
Brent Geringer, Discus

1981
Tom Reints, Hammer Throw
Tom Reints, Shot Put
Tim Jameison, Pole Vault
Bob Williams, Long Jump

1982
Team Champions
Tom Reints, Hammer Throw
Tom Reints, Shot Put
Doug Nelson, 10,000m Run
Russ Adams, Pole Vault

1983
Team Champions
Jay Connor, 400m I. Hurdles
Jason Woodford, Long Jump
Kirk Anderson, 800m Run
Brian Makela, Triple Jump
Russ Adams, Decathlon
Russ Adams, Pole Vault
Arnie Doden, Shot Put
Arnie Doden, Discus
400y Relay
Mile Relay

1984
Team Champions
Kirk Anderson, 800m Run
Steve Weaver, High Jump
John Place, Decathlon
Matt Haven, Discus

1985
Chris Leonard, 5,000m Run
Chris Leonard, 10,000m Run
Solomon Anderson, 800m Run
Steve Weaver, High Jump
Russ Adams, Pole Vault

1986
Team Champions
Eric White, 110m H. Hurdles
Eric White, 400m I. Hurdles
Dave Swanson, 5,000m Run
Todd Goodell, 10,000m Run
Brooks Glasnapp, 400m Dash
Steve Gearhart, 3,000m Steeplechase
Jeff Burriss, 800m Run
Troy Becker, Pole Vault
400y Relay
Mile Relay

1987
Dan Hostager, 5,000m Run
Joel Hartman, 400m I. Hurdles
Brent Wright, High Jump
Mile Relay

1988
Rodney Garrett, Long Jump
Dan Hostager, 5,000m Run
Dan Hostager, 10,000m Run
Kelly Tagtow, Discus
Bob Edwards, Pole Vault
Joel Hartman, 400m I. Hurdles

1989
John Ruth, 3,000m Steeplechase
Mike Raffensperger, Javelin
Jim Turner, 200m Dash
Kent Terrillion, 800m Run
Steve Jay, 1,500m Run
Tom Penningroth, 5,000m Runnnnn
### All-Time Indoor Bests

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Record</th>
<th>Athlete</th>
<th>Year</th>
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<tbody>
<tr>
<td>55m Dash</td>
<td>6.34</td>
<td>Joe Fuller</td>
<td>1984</td>
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<tr>
<td>60m Dash</td>
<td>6.35</td>
<td>Joe Fuller</td>
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<td>60m H.</td>
<td>6.37</td>
<td>Doug Case</td>
<td>1984</td>
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<td>6.37</td>
<td>Doug Case</td>
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<td>60m H.</td>
<td>6.38</td>
<td>Joe Fuller</td>
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### All-Time Outdoor Bests

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<th>Year</th>
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<td>100m Dash</td>
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<td>John Harland</td>
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<td>Bob Ruchti</td>
<td>1967</td>
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<td>500m Run</td>
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<td>100m Hurdles</td>
<td>9.07</td>
<td>Steve Weaver</td>
<td>1983</td>
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<td>400m Hurdles</td>
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<td>Dennis Roloff</td>
<td>1972</td>
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<td>800m Run</td>
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<td>Jeff Burris</td>
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<td>1,500m Run</td>
<td>3:46.04</td>
<td>Bob Friedman</td>
<td>1979</td>
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<td>3,000m Steeplechase</td>
<td>9:05.74</td>
<td>Steve Gearhart</td>
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<td>Mile Relay</td>
<td>3:56.11</td>
<td>Bill Lawson</td>
<td>1978</td>
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<tr>
<td>Two Mile Relay</td>
<td>7:29.32</td>
<td>Bill Geringer</td>
<td>1979</td>
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<tr>
<td>5,000m Run</td>
<td>14:22.44</td>
<td>Dan Hostager</td>
<td>1989</td>
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<tr>
<td>10,000m Run</td>
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<td>Chris Leonard</td>
<td>1985</td>
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</tr>
<tr>
<td>110m High Hurdles</td>
<td>13.84</td>
<td>Larry McCreary</td>
<td>1967</td>
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<tr>
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<td>Tom Aker</td>
<td>1979</td>
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<td>Steve Stein</td>
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<td>Dan Hostager</td>
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<td>Chris Leonard</td>
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## UNI Varsity Records

### Indoor

<table>
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<tr>
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<tr>
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<tr>
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<tr>
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</tr>
<tr>
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</tr>
<tr>
<td>Shot Put</td>
<td>60-3 1/4</td>
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<tr>
<td>35 lb. Weight</td>
<td>52-1 1/2</td>
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### Outdoor

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<tr>
<td>*Mile Run</td>
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</tr>
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<tr>
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<td>Pole Vault</td>
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<td>Javelin</td>
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*All Times are Fully Automatic*

*Converted from manual to FAT (.24 seconds added)*
## Indoooor

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**Mile Relay** ................................ 3:16.11  
Two-Mile Relay .................. .................... 7:34.54  
35-Pound Weight .................. 58-5 1/2  
Shot Put ................................ 59-4 1/4  
Long Jump ......................... 25-2 1/4  
Triple Jump ...................... 49-0 3/4  
High Jump ................................ 6-10

Pole Vault.................................. 16-1 1/4

**Outdoor**

<table>
<thead>
<tr>
<th>Event</th>
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<tbody>
<tr>
<td>100 Meters</td>
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<tr>
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Arnold Johnson, Western Illinois (1989)  
Jim Turner, Northern Iowa (1989)  
Fred Neal, Eastern Illinois (1988)  
Kent Terrillion, Northern Iowa (1988)  
Tom Penningroth, Northern Iowa (1988)  
Todd Goodell, Northern Iowa (1986)  
Dan Hostager, Northern Iowa (1989)  
Northern Iowa (Kirk Anderson, Solomon Anderson, Carl Burrell, Brian Glassmaker), 1984  
Northern Iowa (Brad Bartelt, Kent Terrillion, Jeff Burris, Brooks Glasnapp), 1988  
Eastern Illinois (Al Oaks, Steve Conlon, Fred Neal, Jim Maton), 1988  
Marion Matas, Western Illinois (1987)  
Marion Matas, Western Illinois (1987)  
Claude Magee, Eastern Illinois (1985)  
DuBois McDavis, Western Illinois (1987)  
Steve Weaver, Northern Iowa (1985)  
Curt Brand, Southwest Missouri State (1986)  
Andy Boyce, Illinois at Chicago (1985)  
Keith Ganson, Western Illinois (1985)  
Claude Magee, Eastern Illinois (1985)  
Claude Magee, Eastern Illinois (1985)  
Wendell McKmekey, Western Illinois (1985)  
Branton White, Southwest Missouri State (1984)  
Chris Leonard, Northern Iowa (1985)  
Tim Warneke, Eastern Illinois (1983)  
Oliver Porter, Cleveland State (1985)  
Jebal Hartman, Northern Iowa (1988)  
DuBois McDavis, Western Illinois (1987)  
DuBois McDavis, Western Illinois (1986)  
Curt Brand, Southwest Missouri State (1986)  
Russ Adams, Northern Iowa (1985)  
Marion Matas, Western Illinois (1987)  
Jim Lail, Eastern Illinois (1985)  
Marion Matas, Western Illinois (1987)  
Larry Priebe, Eastern Illinois (1985)  
Western Illinois (Chris Chatman, Ulysses Dantzler, DuBois McDavis, Wendell McKmekey), 1985  
Western Illinois (Ulysses Dantzler, Mike Stevenson, DuBois McDavis, Wendell McKmekey), 1985  
Northern Iowa (Jeff Burris, Brad Bartelt, Eric White, Brooks Glasnapp), 1986
1989 Cross Country Results

Missouri Invitational (8,000m)
September 16, 1989
Columbia, MO
1. Northern Iowa 25
2. Missouri 49
3. Missouri-Rolla 51

Bill Castle 1st 26:18
Jeff Short 4th 26:58
Matt Lindaman 6th 27:28
Mike Shaffer 9th 27:50

Illinois State Quadrangular (8,000m)
September 23, 1989
Normal, IL
Northern Iowa 26, Illinois State 20, Iowa 21, Western Illinois 30

Bill Castle 4th 25:01
Mike Shaffer 11th 25:41
Jeff Short 13th 25:44
Trent Timson 19th 26:09
Matt Lindaman 21st 26:18

UNI vs. Drake (5 miles)
September 30, 1989
Cedar Falls, IA
Northern Iowa 27, Drake 28

Bill Castle 1st 25:06
Jeff Short 5th 26:04
Trent Timson 6th 26:21
Mike Shaffer 7th 26:38
Matt Lindaman 8th 26:45

Central Collegiate Conference Championships (8,000m)
October 14, 1989
Chicago, IL
1. Central Michigan 45
2. Illinois State 64
3. Western Michigan 65
4. Loyola 120
5. Eastern Michigan 125
6. Iowa 143
7. Marquette 170
8. Northern Iowa 192

Bill Castle 22nd 31:37.11
Trent Timson 35th 32:18.59
Jeff Short 55th 33:16.40
Matt Lindaman 75th 34:50.78
Jim Johnson 76th 35:03.30

AMCU Championships (8,000m)
October 28, 1989
Chicago, IL
1. Southwest Missouri State 37
2. Northern Iowa 73
3. Western Illinois 75
4. Eastern Illinois 82
5. Cleveland State 100
6. Akron 163
7. Illinois at Chicago 179
8. Valparaiso 217
9. Wisconsin-Green Bay 266

Bill Castle 1st 25:21
Trent Timson 6th 25:53
Jeff Short 13th 26:30
Mike Shaffer 14th 26:32
Jim Johnson 39th 27:37

NCAA Region V Championships (10,000m)
November 11, 1989
Terre Haute, IN
1. Iowa State 33
2. Nebraska 90
3. Kansas 98
4. Illinois State 99
5. Kansas State 113
6. Oklahoma State 125
7. Southern Illinois 170
8. Northern Iowa 255
9. Indiana State 257
10. Missouri 258
11. Southwest Missouri 273
12. Wichita State 278
13. Bradley 305

Bill Castle 22nd 31:37.11
Trent Timson 35th 32:18.59
Jeff Short 55th 33:16.40
Matt Lindaman 75th 34:50.78
Jim Johnson 76th 35:03.30

Running Mates

"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 the meets and work in the office. They also help with fundraising events and participate in various social events.

Front Row (L-R): Jenny Rich, Chris Knock, Christy Kiefer, Connie Ihde
Back Row (L-R): Kristal Koberg, Heather Gerst, Daniell Strasburger, Angela Barickman, Devon Doughty
Not Pictured: Dana Bramblette, Katie Moss
## 1990 Schedule

### Indoor

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<thead>
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<th>Date</th>
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<td>Panther Open</td>
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<tr>
<td>Jan. 27</td>
<td>Illinois State Invitational</td>
<td>Normal, IL</td>
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<tr>
<td>Feb. 3</td>
<td>Minnesota, Iowa</td>
<td>Minneapolis, MN</td>
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<td>Feb. 9-10</td>
<td>Central Collegiate Conference Championships</td>
<td>Madison, WI</td>
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<td>Feb. 17</td>
<td>UNI-Dome Open</td>
<td>Cedar Falls</td>
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<td>Feb. 23-24</td>
<td>AMCU Conference Championships</td>
<td>Cedar Falls</td>
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<td>Mar. 2</td>
<td>Hoosier Hills Invitational</td>
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<td>Mar. 8-10</td>
<td>NCAA Division I Championships</td>
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### Outdoor

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<td>Jonesboro, AR</td>
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<td>Drake Relays</td>
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