

1992

## 1992 Northern Iowa Track and Field

University of Northern Iowa

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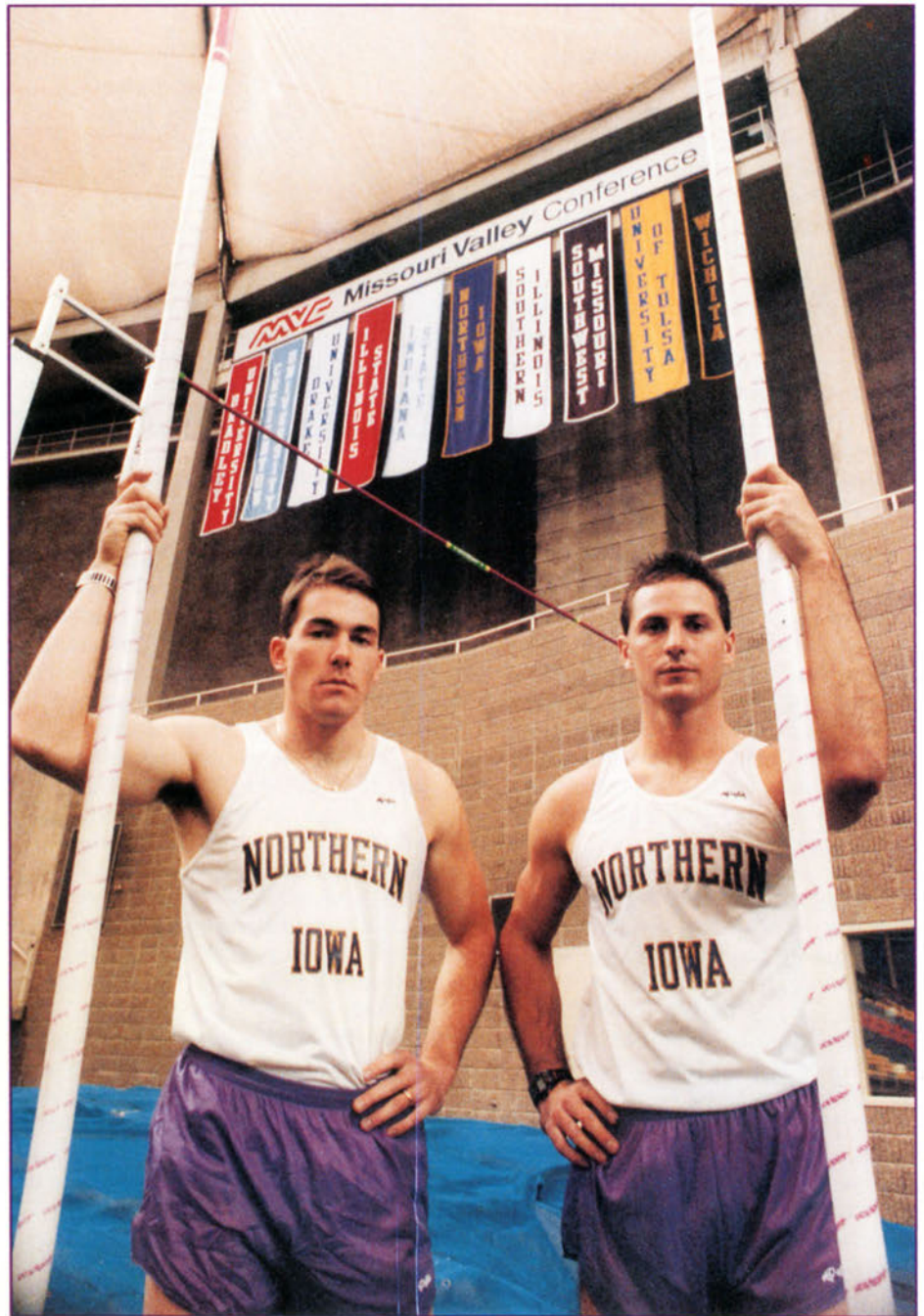
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# 1992 NORTHERN IOWA

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# *Track & Field*

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Northern Iowa Panthers  
Inaugural Year  
1991-92



**Missouri Valley**  
Conference



# THIS IS NORTHERN IOWA

For 115 years, the University of Northern Iowa has emphasized outstanding undergraduate education, with complementary graduate programs at the master's, specialist's and doctoral levels. Building on its historic strength in teacher education, the University has developed a number of outstanding programs in business, natural sciences, humanities and fine arts, and social and behavioral sciences. Enrollment stands at approximately 13,200 students from every county in Iowa, 36 states and 44 countries.

Considered a long-time leader in the field of teacher education, Northern Iowa has implemented several programs that continue this tradition of excellence. UNI's Regent's Center for Early Developmental Education is a leading setting for research and training in the education of young children. The Center is the only educational resource of its kind in Iowa. The University's mathematics and science education programs have been recognized among the best in the country.

The College of Business Administration has become the largest undergraduate business school in Iowa. The College's Department of Accounting is ranked among the 10 best in the country by educators and accounting professionals. In a national survey of 400 accounting faculty, Northern Iowa ranked as one of their top programs. UNI's accounting graduates continue the tradition of scoring well on the CPA exam. UNI has an average pass rate of 65 percent, compared to the national pass rate of 20 percent. All seven of Iowa's national accountancy award winners in 1990 were graduates of Northern Iowa.

UNI was ranked seventh among the top 15 colleges and universities in the Midwest in U.S. News and World Report's 1991 American's Best Colleges Book. U.S. News also ranked UNI second among "Best Buys".

Realizing the value of a liberal arts education, UNI has implemented a rigorous general education curriculum that equips students with a broad understanding and knowledge of how to apply and acquire new information throughout life.

Northern Iowa is a university that values teaching. That means faculty



members rather than teaching assistants (graduate students) teach in the classroom. It also means the opportunity to work with faculty members on research and other scholarly activities as an undergraduate student. Small classes enable the University to foster one-to-one working relationships between faculty and students. Nearly 90 percent of UNI's classes have 50 or fewer students.

Northern Iowa's heritage and philosophy place great value on providing a student-centered educational experience. The University nurtures a premiere learning environment—it is small enough to offer its students individualized attention, yet large enough to provide a variety of resources and opportunities as well as a distinguished faculty.

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. The average undergraduate arrives at UNI with an ACT score of 23.

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.

The Northern Iowa campus combines the grandeur of early 1900s architecture with striking, modern building designs that have characterized an impressive growth period over the past dozen years. The attractive, park-like campus contains more than 40 major buildings on 861 acres, yet is compact enough to cross in a 10-minute walk.

UNI is located in Cedar Falls, an inviting and historic community of about 35,000 people. Together with the adjacent city of Waterloo, the metropolitan area has a culturally diverse population of 115,000 and combines big city opportunities with small town friendliness. Cedar Falls/Waterloo is a center for industry, finance, commerce, recreation and cultural activities for northeast Iowa.

Northern Iowa was founded in 1876 and is one of three state-assisted universities administered by the Iowa State Board of Regents. Additional private support is provided by the UNI Foundation and Northern Iowa Alumni Association, representing more than 60,000 alumni in the United States and other countries.



# 1992 NORTHERN IOWA ROSTER

Name	Event	Class	Hometown/High School (Jr. College)
Brian Abeling	Middle Distance	So.	Monticello, IA/Monticello
Brad Bailey	Sprints	Fr.	New London, IA/New London
John Barnett	Sprints	Fr.	Ames, IA/Ames
Matt Cassillas	Throws	Fr.	Davenport, IA/North
Junior Chukukere	Triple Jump	Sr.	Nigeria/Ardingly
Steve Daugherty	High Jump	Jr.	Cedar Rapids, IA/Prairie
Bob Edwards	Pole Vault	Sr.	Ft. Dodge, IA/Ft. Dodge
Toby Evans	Middle Distance	Jr.	Burlington, IA/Burlington
Chad Flynn	Distance	So.	Wheatland, IA/Calamus-Wheatland
Todd Fossey	Hurdles	Jr.	Denver, IA/Denver
Gregg Garn	Hurdles	So.	Ames, IA/Ames
Tom Gifford	Long Jump	Sr.	Elkader, IA/Central Elkader
Marty Greene	Distance	Sr.	Ruthven, IA/Ruthven-Ayrshire
Pete Herber	High Jump	Fr.	Dubuque, IA/Senior
Cole Honeck	Sprints	Jr.	Hampton, IA/Hampton
Jeff Joiner	Distance	Fr.	Luana, IA/Waukon
Matt Lindaman	Distance	Jr.	Humboldt, IA/Humboldt
Todd Madsen	Long Jump	Fr.	Webster City, IA/Webster City
Jason McCleary	Sprints	So.	Newton, IA/Newton
Jason Meyer	Distance	So.	Dubuque, IA/Hempstead
Tim Mikulecky	Pole Vault	Fr.	Roselle, IL/Lake Park
Brad Miller	Decathlon/P. Vault	Sr.	Glen Ellyn, IL/Glen Ellyn
Chad Monson	Shot Put	So.	Runnells, IA/Southeast Polk
Ryan Richards	Throws	Fr.	Clinton, IA/Clinton
Bob Shea	Throws	Jr.	Wheaton, IL/North (College of DuPage)
Kenny Shedd	Sprints	Jr.	Davenport, IA/West
Jeff Short	Middle Distance	Jr.	Cedar Falls, IA/Cedar Falls
Bob Smith	Long Jump	Jr.	Naperville, IL/Central
Tim Suchan	High Jump	So.	Cedar Rapids, IA/Kennedy
Jason Sweet	Sprints	Fr.	Waterloo, IA/East
Allan Walz	Discus	Fr.	Bondurant, IA/Bondurant-Farrar
Johnny Westbrook	Hurdles	Jr.	Matteson, IL/Thornton

Head Coach - Chris Bucknam (Norwich '78)

Assistant Coach - Bill Lawson (Northern Iowa '80)

## ON THE COVER

*Northern Iowa's 17-foot pole vaulters: Senior Brad Miller (l) and Senior Bob Edwards (r).*

## UNI QUICK FACTS

Location: Cedar Falls, IA 50614

Founded: 1876

Enrollment: 13,200

Nickname: Panthers

Colors: Purple & Old Gold

President: Dr. Constantine Curris

Director of Athletics: Eldon Miller  
(Interim)

Home Facility: UNI-Dome (16,400)

National Affiliation: NCAA Division I

Conference: Missouri Valley

Head Track Coach: Chris Bucknam

Track Office Phone: 319/273-6481

Assistant Coach: Bill Lawson

Student Assistant: Ross Hawker

Director of Sports Information:

Nancy Justis (Office Phone - 319/273-6354; Home Phone - 319/277-3631)

Assistant Director of Sports

Information (Track): Kevin Kane  
(Office Phone - 319/273-3642;  
Home Phone - 319/277-6828)

Head Trainer: Terry Noonan

Faculty Representative: Dr. Jack Wilkinson



# 1992 OUTLOOK

**Y**ou can feel it throughout the campus community. It's like when a little boy moves to a new neighborhood and inherits a new set of friends. He tries his hardest to fit in and show that he belongs. The same is true this year at the University of Northern Iowa.

Nowhere in Panther Athletics is the move to the Missouri Valley Conference taken more seriously and with such vigor as the men's track and field program.

After capturing 16 league titles in the Mid-Continent Conference in 10 seasons, Northern Iowa is moving up to the next level of competition which will offer new challenges to head coach Chris Bucknam and his staff.

"This move to the Missouri Valley is a monumental move for our program," Bucknam said. "I'm sure I'm speaking for the whole department, but for track, it's the best thing that could have happened to us. We had done everything we could in the Mid-Continent and it was time for us to have a stronger conference affiliation."

"Yes, it makes the going tougher for us, but that's the kind of atmosphere we want. I believe the higher you raise the standards for your athletes, they seem to rise to that level. The number of national qualifiers coming out of the Valley is very comparable to the Big Eight and Big Ten. This is exactly where Northern Iowa track and field needs to be," he added.

"We are firmly committed to winning conference championships in the Missouri Valley. It's a very tough and balanced conference with national-caliber athletes.

"We're not changing our philosophy in any way, shape or form. We're not going to predict we're going to win it, but we're going to go for a win. We never step on the track without thinking we have a chance to win."

## SPRINTS

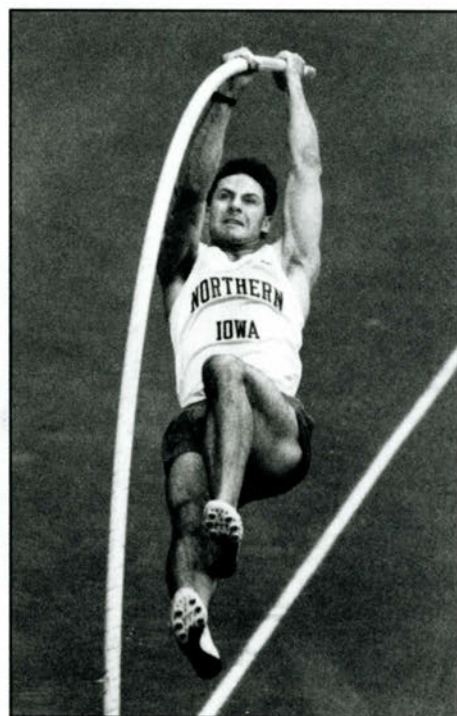
An area that is a question mark, the sprints have the potential to be a Panther strong suit. Although Jim Turner has graduated after rewriting the school record books and qualifying for the NCAA Championships, a former national qualifier and conference champion in the 200 could ease the loss considerably. Junior Kenny Shedd, a second team All-American on the football team, is the school recordholder and a provisional NCAA qualifier in the 200. With the football team's success last season in reaching the national playoffs and the season not ending until mid-December, Shedd is not likely to join the track team until the season starts. If he is able to work into top shape by February, he is a definite conference contender.

Another football player, senior Rich Wellbrock, could add depth in the short sprints, but it is unknown yet whether he will compete. Freshman Brad Bailey is a former Iowa state champion but is unproven at the collegiate level.

Although much of Northern Iowa's success in the short sprints depends upon Shedd, the long sprints show promise with Cole Honeck, a junior who "doesn't know his potential", leading the way. Bucknam believes Honeck has

the ability to run near the 48-second barrier indoors and in the low 47s outdoors in the 400 meters.

Freshman Jason Sweet just missed setting the school record a year ago in the indoor 600 and could contribute but will likely concentrate more on the half mile. Freshman John Barnett, a multiple state champion from Ames, shows great promise in the 400 meters and could have an immediate impact but will also compete in several other events.



Bob Edwards

## HURDLES

Junior Johnny Westbrook will carry the load for the Panthers in the hurdles after taking runnerup honors in both conference meets a year ago. He has the second fastest 110-meter time in school history and is known as a great competitor who rises to the occasion against tough competition. "There's no question in my mind he should be consistently under 14 seconds this year," said Bucknam. "He's very capable of qualifying for the national meet."

Added depth will be provided by Gregg Garn, a sophomore with excellent potential who narrowly missed the school freshman record in the 400 hurdles last year. Bucknam feels Garn could surprise this year and become a force to be reckoned with in the MVC.

Bucknam is also hopeful for the return of sophomore Jason McCleary, another football player, who made a good adjustment to the collegiate highs a year ago.

## MIDDLE DISTANCE

A traditional Northern Iowa strength, the middle distances will be one of the least experienced areas in 1992. Most of the hopes will be pinned on Jason Sweet, who ran long sprints last season but will see much action this year in the 800 meters, "where his future is".

Junior Toby Evans, a transfer from Kentucky, could be a factor with continued improvement and sophomore Brian Abeling shows potential to run in the low 1:50s, according to Bucknam.



## DISTANCE

Bucknam hopes his distance corps can pick up in the indoor season where his cross country squad left off in the fall. After a slow start, the cross country team came on strong toward the end of the season to place fourth in the Valley meet. Junior Jeff Short, an all-conference cross country performer and school recordholder in the 3000-meter steeplechase, will be counted on to lead a talented but inexperienced group of distance runners. Perhaps Short's greatest asset is his versatility. In addition to the steeplechase, he will likely compete in the mile and 5000. "Jeff has exceptional foot speed, a lot of range and has made great progress in the last six months," Bucknam added.

Another solid performer who can be counted on if healthy is senior Marty Greene, who joined the team a year ago after transferring from South Dakota. Coming off a stress fracture in his leg which sidelined him the latter half of the cross country season, Greene is a very consistent runner who Bucknam says he can count on to score in the conference meets.

A pair of sophomores that have the Panther coaching staff excited are Chad Flynn and Jason Meyer. "The only thing these two lack is experience," Bucknam said. "They are loaded with talent and once they gain that experience, they'll be very good conference runners." Both were consistent top three performers on last fall's cross country team.

Jeff Joiner may be redshirted after finishing 27th as a true freshman at the league cross country meet, but he is being counted on as an integral member of the distance corps in the future.

## VERTICAL JUMPS

Perhaps the strongest area on the team, the Panthers are blessed with three seven-foot high jumpers and two 17-foot pole vaulters.

Junior Steve Daugherty and sophomore Tim Suchan were both provisional NCAA qualifiers a year ago in the high jump and spent most of the season trying to top the other for the school record. They have been joined by freshman Pete Herber who went 7-0 in his first collegiate meet in December.

The pole vault fortunes rest with seniors Brad Miller and Bob Edwards, both past conference champions who, like the



Johnny Westbrook

high jumpers, have spent much of the last two seasons passing the school record back and forth. Miller was an NCAA provisional qualifier last year after going 17-5 1/4. He has both an indoor and outdoor season of eligibility remaining while Edwards will be back only for the outdoor campaign.

Waiting in the wings to carry on the tradition of great Northern Iowa vaulters is redshirt freshman Tim Mikulecky, who field event coach Bill Lawson feels will break the 16-foot mark this season.

## HORIZONTAL JUMPS

Although UNI is blessed with only one triple jumper, senior Junior Chukukere is a great competitor who is a three-time conference champ and school recordholder. The only question mark with Chukukere is his health. He was bothered by tendonitis in the knee during the outdoor season last year and has been bothered somewhat in pre-season.

The long jump will be headed by Brad Miller and junior Bob Smith. Miller set the school indoor record last year, clearing 24 feet, but his additional responsibilities in the pole vault, hurdles and decathlon make it difficult to devote quality time to the long jump.

Lawson expects Smith to rebound from a sub-par sophomore season and return to the form that saw him jump 23-9 as a freshman. The long jump is Smith's specialty, making him the man to count on for the Panthers.

Senior Tom Gifford may also contribute after being injury-free entering a season for the first time in three years. If he can remain healthy, Lawson looks for Gifford to jump in the 23-foot range.

## THROWS

The throwing events could go from a recent Northern Iowa weakness to one of its strongest events in one season. An exceptional recruiting effort landed two-time junior college All-American Bob Shea from College of DuPage and one of the nation's most sought-after high school recruits, Allan Walz of Bondurant, IA.

Shea has thrown over 55 feet in the shot and 160 feet in the discus while Walz was ranked fifth in the nation in the discus a year ago with a 190-4 effort as a prep. He also finished in the top 10 in the college discus at last year's junior national meet.

The third recruit is Matt Cassillas of Davenport, IA, who has thrown the high school shot 56-10 and figures to round out a trio of newcomers who should have an immediate impact. In addition, sophomore Chad Monson will be back after breaking the 50-foot barrier in the shot last season.

## DECATHLON

Already number two on UNI's all-time list, Brad Miller figures to challenge Lawson's school decathlon marks this season. He posted several high finishes at some of the Midwest's top meets last season and with another year of experience and added confidence, he is considered a potential national qualifier.



# COACHES

## HEAD COACH CHRIS BUCKNAM

As he begins his eighth season at the helm of the Northern Iowa track and field 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 was named Mid-Continent Conference Indoor Coach of the Year four times in the last seven seasons, Outdoor Coach of the Year in 1986 and Cross Country Coach of the Year in 1988 and 1990.

During his seven-year tenure, the Panthers have won nine conference crowns—four 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 a Mid-Continent school at the NCAA Region Championships. In the past four seasons, Bucknam has sent four qualifiers to the NCAA Indoor Championships with one earning All-America honors in 1990.

Since his arrival at UNI in 1979 as an assistant to long-time head coach Lynn King, the Panthers have won or shared 16 conference titles in track and field and cross country, and produced 11 All-Americans.

A native of Beverly, MA, Bucknam attended Norwich University in Northfield, VT, 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 one son, Eric.

## ASSISTANT COACH BILL LAWSON

Recognized as the greatest decathlete in Northern Iowa history, Bill Lawson is in his eighth 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, MN.

The Carthage, IL native was a four-time All-American at UNI from 1977-80 and is the school recordholder in the decathlon. 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 has been runnerup twice.

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 70 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.





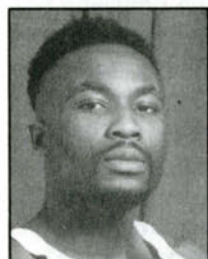
# MEET THE PANTHERS

## JOHN BARNETT

Freshman \* Sprints/Decathlon  
6-1 \* 180 \* Ames, IA/Ames

Named to the Gatorade Circle of Champions last year, signifying the top high school boys track athlete in the state...won state titles as a senior in the Class 4A 400 meters and long jump, and was member of the Ames 1600-meter medley and 4 x 400-meter relay teams that won state titles...a versatile athlete who will likely compete in the decathlon when outdoor season arrives.

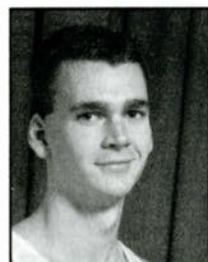
## JUNIOR CHUKUKERE



Senior \* Triple Jump  
6-0 \* 175 \* Nigeria/Ardingly College

Transferred to Northern Iowa two years ago and began his assault on the school record book immediately...holds the UNI records in the triple jump both indoors and outdoors...has won the last two conference indoor titles while taking the outdoor championship last season...a great competitor who has won numerous meets on his last jump. Personal best: 51-2 3/4 indoor, 50-11 1/2 outdoor.

## STEVE DAUGHERTY



Junior \* High Jump  
5-10 \* 155 \* Cedar Rapids, IA/Prairie

One of two Panther high jumpers to clear seven feet a year ago, he cleared 7-0 1/2 twice and was a provisional NCAA qualifier indoors...won the conference indoor title as a freshman and finished third last season...redshirted last outdoor season and finished fourth in the conference meet as a freshman. Personal best: 7-0 1/2 indoor, 6-8 outdoor.

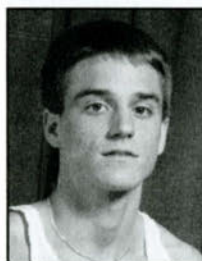
## BOB EDWARDS



Senior \* Pole Vault  
6-1 \* 175 \* Ft. Dodge, IA/Ft. Dodge

After redshirting last season, has only an outdoor season of eligibility remaining...one of UNI's two 17-foot pole vaulters...won the conference outdoor championship as a freshman in 1988 and the indoor title in 1990...holds the UNI freshman record outdoors (16-1)...has the third and fifth-best indoor vaults in school history at 17-1 1/2 and 16-9 3/4, respectively. Personal best: 17-1 1/2 indoor, 16-10 1/4 outdoor.

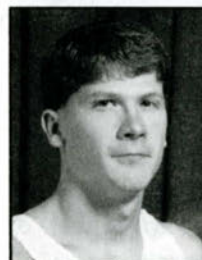
## CHAD FLYNN



Sophomore \* Distance  
6-1 \* 150 \* Wheatland, IA/Calamus-Wheatland

A stalwart on the cross country team the past two seasons who figures to be an important member of the distance corps in track...finished second for the Panthers at last fall's Missouri Valley cross country championships, 21st overall...won the state title as a junior in the 1600 and 3200, finishing second in each event as a senior. Personal best: mile - 4:17.75.

## MARTY GREENE



Senior \* Distance  
6-0 \* 155 \* Ruthven, IA/Ruthven-Ayrshire

Transferred to UNI from South Dakota prior to his junior season and has been a consistent performer ever since...won the conference indoor 5000-meter title last season and finished second outdoors in the 5000 and 10,000 meters...has consistently been one of the Panthers' top two cross country runners the last two seasons, but was sidelined due to injury the latter half of the 1991 season. Personal best: 5000 meters - 14:46.95 indoor, 14:47.84 outdoor; 10,000 meters - 32:16.2.

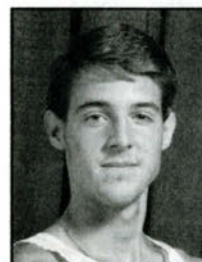
## COLE HONECK



Junior \* Sprints  
5-11 \* 160 \* Hampton, IA/Hampton

Northern Iowa's top returning long sprinter who has been a key contributor since his freshman season...earned all-conference honors in his first conference meet by running on the championship mile relay team...placed fourth in the indoor 400 last year and the indoor 200 as a freshman at the conference meet. Personal best: 200 meters - 22.47 indoor, 22.07 outdoor; 400 meters - 49.92 indoor, 49.37 outdoor.

## JASON MEYER



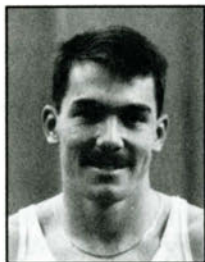
Sophomore \* Distance  
6-0 \* 145 \* Dubuque, IA/Hempstead

A consistent performer on the cross country team the past two seasons, expected to play a major role in the distance events in track...was UNI's top finisher in the Illinois State Invitational



last cross country season while placing second on the team three times, including the Region 5 Championships...a high school All-American in cross country in 1989. Personal best: 3000 meters - 8:40.88.

## BRAD MILLER



Senior \* Pole Vault/Decathlon  
6-0 \* 180 \* Glen Ellyn, IL/Glen Ellyn

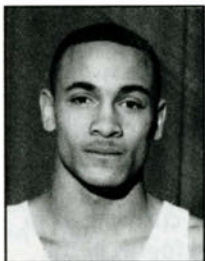
One of the most versatile athletes in recent Northern Iowa history...a three-time conference pole vault champion, winning titles indoors in 1991 and 1988 while taking the outdoor championship in 1990...set the school record in the indoor pole vault last season (17-5 1/4) and qualified provisionally for the NCAA Championships...also won the conference decathlon last season after placing second the previous year...established a new school record in the indoor long jump a year ago (24-0 1/2) and also had the team's best outdoor effort of the season (22-4 1/4). Personal best: pole vault - 17-5 1/4 indoor, 17-0 outdoor; decathlon - 7130 points; long jump - 24-0 1/4 indoor, 23-0 outdoor.

## BOB SHEA

Junior \* Throws  
6-0 \* 280 \* Wheaton, IL/North (College of DuPage)

Transferred to Northern Iowa at the semester after twice earning junior college All-America honors at College of DuPage in Illinois...was a JC All-American in the shot and discus...has thrown over 55 feet in the shot and 160 feet in the discus...along with some outstanding high school recruits, figures to give the Panthers a strong weight crew.

## KENNY SHEDD



Junior \* Sprints  
5-9 \* 160 \* Davenport, IA/West

Joined the team in January after earning second team All-America honors as a wide receiver on the football team...UNI recordholder in the 200 meters...has captured the conference indoor 200 championship the past two seasons and the 400 last year...also a member of the championship mile relay team in 1990...was an NCAA provisional qualifier in the 200 in 1990. Personal best: 200 meters - 21.51 indoor, 21.78 outdoor; 400 meters - 48.16 indoor.

## JEFF SHORT



Junior \* Middle Distance/Distance  
6-0 \* 150 \* Cedar Falls, IA/Cedar Falls

An extremely versatile runner who can compete in the mile, 10,000 meters and anything in between...the school recordholder in the 3000-meter steeplechase...finished second last year in

the conference steeplechase and the Alabama Relays...finished eighth at last fall's conference cross country to become the first UNI athlete to earn all-conference in the Missouri Valley. Personal best: mile - 4:16.22; 3000-meter steeplechase - 9:04.85.

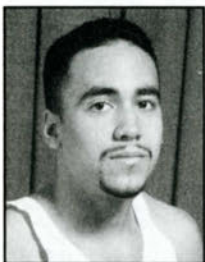
## TIM SUCHAN



Sophomore \* High Jump  
6-4 \* 190 \* Cedar Rapids, IA/Kennedy

Enjoyed an outstanding freshman season in 1991, setting school records in the indoor and outdoor high jump...was a provisional qualifier to the NCAA Indoor Championships a year ago...won the Mid-Continent outdoor title last year while finishing second indoors...won the Minnesota Invitational outdoors...one of three Panthers who have broken the 7-0 barrier. Personal best: 7-0 1/2 indoor, 7-1 outdoor.

## JASON SWEET



Sophomore \* Sprints  
5-10 \* 155 \* Waterloo, IA/East

Came within one-half second of the school record in the 600 meters as a freshman last year...had UNI's best times in the 600 yards and 600 meters...could move up to the 800 in 1992...has four years eligibility remaining outdoors after redshirting last season. Personal best: 600 meters - 1:21.55.

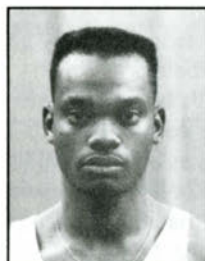
## ALLAN WALZ



Freshman \* Throws  
6-4 \* 265 \* Bondurant, IA/Bondurant-Farrar

A highly-recruited prep who was ranked fifth in the nation last year with a 190-2 throw in the discus...participated in the Golden West and Keebler International meets last year...holds the Iowa high school and Drake Relays records in the discus...figures to make an immediate impact for the Panthers.

## JOHNNY WESTBROOK



Junior \* Hurdles  
6-1 \* 170 \* Matteson, IL/Thornton

A fine competitor who rises to the occasion in the big meets...was runner-up at last year's indoor and outdoor conference meets in the 55- and 110-meter hurdles, respectively...wons UNI's second fastest time in the 110...finished second at the Kansas Relays in 1990 and sixth at last year's Alabama Relays. Personal best: 55-meter hurdles - 7.39; 110-meter hurdles - 14.06.



# 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 premiere 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 facility provides an ideal training atmosphere for the UNI track program. The Panthers are able to train in

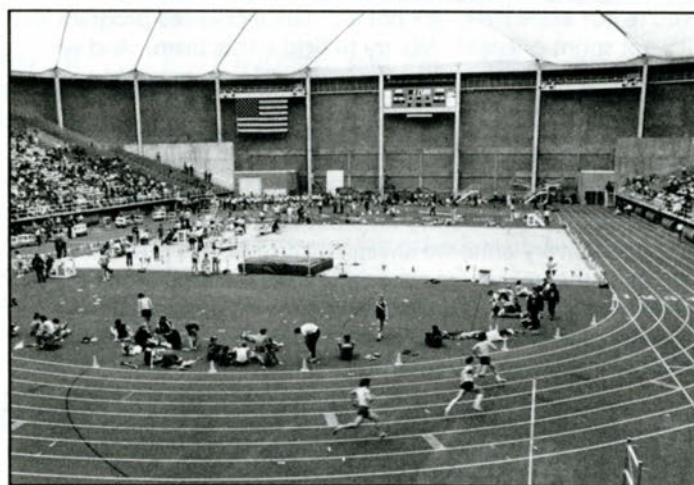


the Dome from November to April, utilizing all the field event stations simultaneously due to the spacious arrangement on the arena floor.

Due to the facilities and fast track, the Panthers annually attract some of the finest teams in the Midwest to their home meets.

# 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 T.C. (1976)
High Jump .....	7-3, Brian Tietjens, North Central-Manly H.S. (1981)
Triple Jump .....	52-2 1/4, Bannon Hayes, Illinois (1988)
Long Jump .....	25-4 1/2, Ed Stewart, Mankato State (1982)
Pole Vault .....	17-9 1/4, Kelly Riley, Arkansas State (1990)
55m Dash.....	6.22, Obinna Eregbu, Iowa State (1991)
55m H. Hurdles .....	7.31, Jay Connor, Northern Iowa (1984)
200 meters .....	21.28, Dazel Jules, Eastern Michigan (1988)
400 meters .....	46.38, Tim Simon, Illinois (1988)
600 yards.....	1:09.81, Frankie Atwater, Iowa State (1990)
600 meters .....	1:18.85, Frankie Atwater, Iowa State (1991)
800 meters .....	1:49.42, Brad Horton, Eastern Michigan (1988)
1,000 yards.....	2:09.49, Randy Wilson, Unattached (1980)
1,500 meters .....	3:47.74, John Clarke, Iowa T.C. (1977)
Mile Run .....	4:01.52, Roland Pauwels, Iowa State (1989)
3,000 meters .....	8:02.24, Barnaba Korir, Iowa State (1988)
Two-Mile Run .....	8:41.41, Raf Wyns, Iowa State (1985)
5,000 meters .....	14:09.59, Don Johns, Eastern Michigan (1988)
440yd. 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'Connor, Garret (1988)
Shuttle Hurdle Relay.....	29.52, Unattached - White, Lathrop, Morrison, Connor (1985)
Two-Mile Relay .....	7:34.54, Eastern Illinois - Oaks, Conlon, Neal, Maton (1988)



# Q & A — CHRIS BUCKNAM

***What do you have to say to a high school student-athlete who is considering continuing his athletic career in college? What does Northern Iowa have to offer that other institutions don't in terms of track and field?***

"I think there are three main things that come into play when we visit with potential student-athletes about coming to Northern Iowa. First, it's a combination of a Division I university in terms of academics and athletics. There are few state universities in the country that can offer the type of undergraduate education available at Northern Iowa—that is the mission of this university. That's a great combination, coming into a school that is mid-sized, but yet not too big, a combination of great Division I athletics and a small college type of atmosphere in the classroom. It's a place where you can have professors from your freshman year through your senior year. They're also going to have the facilities and the coaching to help them reach their goals. What better facility could you have than the UNI-Dome. And the coaches are going to spend time with them and pay attention to their progress and what's going on on a daily basis. On top of that, having that daily contact with coaches allows the freedom to work around class schedules so the athlete can go to school, not miss class and still be a good athlete.

Secondly, the atmosphere we offer when our people come to practice. We are not a club-type program; we're very team-oriented. All you have to do is come to our office and look at the conference championships trophies we've won over the last decade and you'll realize that. The atmosphere of coming to practice and knowing there are good vaulters, good high jumpers, good sprinters and hurdlers...people in every event. You're not alone here. It's not a distance-oriented program and it's not sprint-oriented. We try to field a true team. And we believe that type of environment, knowing there are good people in every event, brings you to another level.

Thirdly, and this ties in to the team concept, is that our top priority is to win a Missouri Valley Conference championship in cross country and indoor and outdoor track. Realistically, that's not going to happen every time but we want to be in a position to do that every time, we always want to be in a position to win. We think that makes for a meaningful experience, when our alums can look back on the great teams we've had here at Northern Iowa and the togetherness of trying to win a team championship."

***Growing up in New England as you did, what impresses you most about the Northern Iowa community and the area in general?***

"The thing that impresses me the most about Northern Iowa is it's a people place, an atmosphere where it's easy to make friends, good friends. It's a place where hard work does pay off. The people in this community seem to care about what you're doing and how well you're doing. You can see it in the coaching staff and the faculty. I hate to use a cliché, but it's such a positive, progressive place."



***Ideally, what do you want a young man to accomplish in the time he spends at Northern Iowa?***

"I think there are two main things I'd like to see. First, the athlete reach his potential physically. By the time they graduate, I want them to feel 'Hey, I performed as well as I could.' We want them to feel like they've been trained properly and done the things they've needed to do.

Equally as important to a young man is a quality education. They are preparing for a lifetime and we want them to leave here as prepared for a career as they can possibly be.

We want those elements to mesh together and feel like they had a meaningful experience in track and field and in the classroom at the same time. We want them to feel confident and present themselves in a favorable fashion."

***You've referred to assistant coach Bill Lawson as a co-coach. Can you elaborate on his contributions to the program?***

"I don't consider Bill my assistant. Bill is a head coach in charge of field events and I think it's important that our runners and field event athletes realize that it's a total team atmosphere. And people that know our program know it's a team concept at the coaching level as well. I've received these conference coach of the year awards and every one of those honors is certainly a reflection of Bill's coaching just as much as mine. Even though I'm singled out as the head coach, I consider those awards for our coaching staff, not for myself.

I sincerely believe he is one of the finest young coaches in the country. He has a rare combination of not only having a tremendous knowledge of the field events, but the ability to motivate at the same time. There are a lot of coaches who can't do both, coaches who are smart but can't teach or don't know how to get it across. There are those who can teach, but can't motivate in a competitive atmosphere. But Bill is able to do that as well as anyone I've seen. Our athletes in the field events are always prepared to compete and do their best. I believe people are starting to realize that with the type of recruits we're getting in the field events.

The best move I've ever made as a head coach was the first move I made and that was hiring Bill."



# PANTHERS IN THE CONFERENCE

**A**s the Northern Iowa men's athletics programs officially joined the tradition-rich Missouri Valley Conference last July 1, they did so with unbridled enthusiasm for their new home while at the same time leaving behind a legacy as one of the original members of the Mid-Continent Conference.

The Northern Iowa team which undoubtedly left the biggest mark on the Mid-Continent was the men's track and field program, headed by Lynn King at the time the league was conceived in 1978. Panther successes on the track did not skip a beat when King passed the torch to current coach Chris Bucknam in 1984 as UNI captured 16 conference titles in track and field and cross country. The Panthers finished second in the league meet another 14 times and never finished lower than third.

With that history of success, the Panthers enter the Missouri Valley determined to make a similar impact. Bucknam made that intention clear at the press conference announcing the move to the Valley on February 14, 1991.

"As much success as we've had in the past," he said, "it's time to move to that next level and we're certainly doing that by entering the Missouri Valley. It has a strong tradition in track with some world-class athletes. We're definitely turning it up a notch and we intend to be right in the thick of it."

A commitment to excellence, both in the classroom and the athletic arena, has been a trademark of the Missouri Valley Conference since its inception in the winter of 1907. Athletic accomplishments of Missouri Valley institutions through the years have included four national basketball championships, 17 trips to the NCAA Final Four and recognition as one of America's premier baseball conferences, including a recent national championship. The Valley also boasts a number of national track and field champions through the years including national champs each of the past two seasons.

Valley athletes have also produced in the classroom with a pair of recent MVC student-athletes having earned Rhodes Scholarships. The past two years have seen a record number of

student-athletes named to the Commissioner's List, demonstrating the academic commitment and excellence among conference athletes.

Since the early years of the conference, some 31 institutions in 13 states have at one time or another been a part of the MVC. League membership has stabilized over the last dozen years, which has helped make the Missouri Valley one of the most respected intercollegiate conferences in the nation.

When Northern Iowa joined the conference as the tenth member last summer, it joined Bradley, Creighton, Drake, Illinois State, Indiana State, Southern Illinois, Southwest Missouri State, Tulsa and Wichita State.

Another historic event will take place in July of 1992, when the MVC begins sponsorship of women's programs for the first time. Women's athletics at MVC institutions have been a part of the Gateway Conference, which will merge with the MVC at the start of the 1992 academic year.

## CENTRAL COLLEGIATE CONFERENCE

The Northern Iowa men's track and field program is fortunate to be in a unique situation in which it competes in two conferences—the Missouri Valley and the Central Collegiate Conference.

The Central Collegiate Conference (CCC) can be called a senior citizen when measured against other major track and field and cross country championship meets.

Only the famed Drake and Penn Relays, the NCAA outdoor championships and a smattering of conference championship meets have been held longer than the 65-year-old CCC outdoor meet, commonly known as "The Centrals". In cross country, the



CCC meet was the forerunner of the NCAA competition in that sport.

Today's 24-member conference remains one of the top athletic conferences of its type 65 years after its founding. Its members include independents as well as institutions from the Big Ten, Missouri Valley, Mid-American, Midwestern and Great Midwest conferences.

Geographically, the CCC is comprised of members from seven states (Ohio, Michigan, Indiana, Illinois, Wisconsin, Minnesota and Iowa) and extends from southeastern Ohio to as far west as central Iowa and as far north as eastern Minnesota.

"Although the Missouri Valley is the main impetus to our program,"

Bucknam said, "the addition of the CCC Championships adds another dimension to our program. It expands our competition east towards Michigan and Ohio, something a lot of Missouri Valley or Big Eight teams can't offer, thus improving our schedule and quality of competition."

In addition to Northern Iowa, membership in the CCC includes Akron, Bowling Green, Bradley, Central Michigan, Cleveland State, DePaul, Detroit, Drake, Eastern Michigan, Illinois, Iowa, Kent, Loyola, Marquette, Michigan, Michigan State, Minnesota, Notre Dame, Ohio, Purdue, Toledo, Western Michigan and Wisconsin.

The CCC has provided a legacy of excellence in American track and field for 65 years, with many of the premier names in track and field listed on the roster of CCC champions.



# UNI TRACK & FIELD RECORDS

## INDOOR

55 Meters .....	6.25, Kenny Shedd (1992)
200 Meters .....	21.51, Kenny Shedd (1990)
300 Yards .....	31.03, Brooks Glasnapp (1986)
300 Meters .....	33.95, Jim Turner (1989)
400 Meters .....	47.01, Jim Turner (1990)
600 Yards .....	1:10.02, Jeff Burris (1990)
600 Meters .....	1:20.79, Jason Sweet (1992)
800 Meters .....	1:49.56, Jeff Burris (1989)
1,000 Yards .....	2:10.84, Bill Glassmaker (1979)
Mile Run .....	4:07.54, Tom Penningroth (1989)
Two Mile Run .....	8:54.70, Dave O'Brien (1979)
3,000 Meters .....	8:02.67, Dan Hostager (1989)
5,000 Meters .....	14:27.01, Dan Hostager (1989)
55m High Hurdles.....	7.31, Jay Connor (1984)
1600-Meter Relay .....	3:15.18, Honeck, Terrillion, Turner, Shedd (1990)
Mile Relay .....	3:16.11, Bartelt, Burris, Terrillion, Glasnapp (1988)
3200-Meter Relay .....	7:27.32, Jay, Terrillion, Ross, Burris (1989)
Two Mile Relay .....	7:29.32, Jay, Terrillion, Ross, Burris (1989)
Distance Medley .....	10:00.22, Brennan, Hopkins, Glassmaker, Friedman (1978)
High Jump .....	7-0 1/2, Steve Daugherty (1991); Tim Suchan (1991)
Long Jump .....	24-0 1/2, Brad Miller (1991)
Triple Jump .....	51-2 3/4, Junior Chukukere (1991)
Pole Vault .....	17-5 1/4, Brad Miller (1991)
Shot Put .....	60-3 1/4, Brent Geringer (1979)
35 lb. Weight.....	52-1 1/2, Kelly Tagtow (1987)



*Brad Miller*

## OUTDOOR

*100 Meters.....	10.54, John Harland (1977)
*200 Meters.....	21.24, Bob Ruchti (1967)
*400 Meters.....	46.40, Dennis Roloff (1972)
800 Meters .....	1:48.10, Jeff Burris (1988)
1,500 Meters .....	3:44.06, Bob Friedman (1979)
*Mile Run.....	4:03.94, Dennis Schultz (1974)
3,000m Steeplechase.....	9:04.85, Jeff Short (1991)
5,000 Meters .....	14:20.24, Dan Hostager (1990)
10,000 Meters .....	29:51.64, Chris Leonard (1985)
*110m High Hurdles .....	13.84, Larry McCreedy (1967)
400m Int. Hurdles.....	52.00, Tom Akers (1979)
400 Meter Relay.....	41.20, Garrett, Glasnapp, Bartelt, Harrington (1988)
800 Meter Relay.....	1:25.73, Dickerson, Ellis, Hopkins, Shaw (1978)
*1,600 Meter Relay .....	3:11.64, Shedd, Burris, Terrillion, Honeck (1990)
3,200 Meter Relay.....	7:25.95, Ecker, Teeling, Friedman, Glassmaker (1979)
Sprint Medley Relay .....	3:18.32, Honeck, Westbrook, Shedd, Burris (1990)
Distance Medley Relay .....	9:47.70, Burris, Shedd, Terrillion, Hostager (1990)
Shuttle Hurdle Relay.....	58.90, Nordlie, Ewan, King, Akers (1979)
High Jump .....	7-1, Tim Suchan (1991)
Pole Vault .....	17-4 1/4, Russ Adams (1985)
Long Jump .....	24-10 3/4, Wayne Simon (1987)
Triple Jump .....	50-11 1/2, Junior Chukukere (1990)
Shot Put .....	58-6, John Holler (1976)
Discus.....	199-6, Brent Geringer (1979)
Javelin.....	204-8, Mike Raffensperger (1989)
Hammer Throw .....	185-9, Tom Reints (1982)
Decathlon.....	7,316, Bill Lawson (1980)



*Junior Chukukere*



# UNI'S ALL-TIME TOP PERFORMANCES

## TOP INDOOR PERFORMANCES

### 55m Dash

1. 6.25.....Kenny Shedd, 1992
2. 6.34.....Joe Fuller, 1984
3. 6.35.....Joe Fuller, 1984
4. 6.37.....Doug Case, 1984
- 6.37.....Doug Case, 1984

### 55m H. Hurdles

1. 7.31.....Jay Connor, 1984
2. 7.36.....Jay Connor, 1984
- 7.36.....Jay Connor, 1984
- 7.36.....Jay Connor, 1984
5. 7.39.....Jay Connor, 1984
- 7.39.....Johnny Westbrook, 1991

### 200 Meters

1. 21.51.....Kenny Shedd, 1990
2. 21.59.....Kenny Shedd, 1990
3. 21.71.....Kenny Shedd, 1990
4. 21.76.....Kenny Shedd, 1991
5. 21.79.....Jim Turner, 1990

### 300 Yards

1. 31.03.....Brooks Glasnapp, 1986
2. 31.40.....Brooks Glasnapp, 1987
3. 31.42.....Doug Case, 1986
4. 31.47.....John Wisman, 1982
5. 31.52.....Brooks Glasnapp, 1985

### 400 Meters

1. 47.01.....Jim Turner, 1990
2. 47.56.....Jim Turner, 1990
3. 48.16.....Kenny Shedd, 1991
4. 48.29.....Jim Turner, 1989
5. 48.30.....Jim Turner, 1990

### 600 Yards

1. 1:10.29.....Jeff Burris, 1988
2. 1:10.37.....Jeff Burris, 1988
3. 1:10.42.....Jeff Burris, 1989
4. 1:10.79.....Brad Bartelt, 1987
5. 1:10.84.....Jeff Burris, 1989

### 800 Meters

1. 1:49.56.....Jeff Burris, 1989
2. 1:49.64.....Jeff Burris, 1989
3. 1:49.80.....Jeff Burris, 1988
4. 1:50.55.....Jeff Burris, 1988
5. 1:50.70.....Kent Terrillion, 1988

### 1,000 Yards

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

### Mile Run

1. 4:07.54.....Tom Penningroth, 1989
2. 4:09.77.....Bill Glassmaker, 1984
3. 4:09.84.....Dennis Schultz, 1974
4. 4:10.90.....Dan Hostager, 1989
5. 4:11.25.....Dennis Schultz, 1973

### 3,000 Meters

1. 8:02.67.....Dan Hostager, 1989
2. 8:12.55.....Dan Hostager, 1989
3. 8:13.22.....Dan Hostager, 1989
4. 8:15.77.....Tom Penningroth, 1989
5. 8:16.31.....Bill Castle, 1991

### Two-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

### 5,000 Meters

1. 14:27.01.....Dan Hostager, 1989
2. 14:29.69.....Chris Leonard, 1983
3. 14:32.95.....Dan Fick, 1985
4. 14:38.64.....Doug Nelson, 1981
5. 14:39.39.....Dan Hostager, 1988

### Pole Vault

1. 17-5 1/4.....Brad Miller, 1991
2. 17-2 1/4.....Brad Miller, 1991
3. 17-1 1/2.....Bob Edwards, 1991
4. 16-10.....Brad Miller, 1990
5. 16-9 3/4.....Bob Edwards, 1991

### High Jump

1. 7-0 1/2.....Steve Daugherty, 1991
- 7-0 1/2.....Steve Daugherty, 1991
- 7-0 1/2.....Tim Suchan, 1991
4. 7-0.....Steve Weaver, 1983
- 7-0.....Steve Daugherty, 1991

### Long Jump

1. 24-0 1/2.....Brad Miller, 1991
2. 23-11.....Brad Miller, 1991
3. 23-9.....Jason Woodford, 1983; Bob Smith, 1990
5. 23-8.....Rodney Garrett, 1988

### Triple Jump

1. 51-2 3/4.....Junior Chukukere, 1991
2. 50-9 1/2.....Junior Chukukere, 1991
3. 50-8.....Junior Chukukere, 1990
4. 50-7.....Junior Chukukere, 1990
5. 50-6 1/4.....Junior Chukukere, 1991

### Shot Put

1. 60-3 1/4.....Brent Geringer, 1979
2. 58-8 1/4.....Brent Geringer, 1979
3. 58-2.....Tom Reints, 1981
4. 57-11.....Brent Geringer, 1979
5. 57-9.....Tom Reints, 1982

### Mile Relay

1. 3:15.18 in 1990
2. 3:16.11 in 1988
3. 3:16.12 in 1987
4. 3:17.13 in 1986
5. 3:17.15 in 1986

### Two Mile Relay

1. 7:29.32 in 1989
2. 7:29.72 in 1989
3. 7:30.12 in 1989
4. 7:34.72 in 1988
5. 7:37.66 in 1987

### Distance Medley Relay

1. 10:00.22 in 1978
2. 10:00.54 in 1978
3. 10:02.04 in 1984
4. 10:08.60 in 1988
5. 10:10.03 in 1984

### 440 Yard Relay

1. 42.50 in 1982
2. 42.78 in 1983
3. 43.00 in 1986
4. 43.34 in 1978
5. 43.38 in 1984

### Shuttle Hurdle Relay

1. 29.50 in 1982
2. 29.54 in 1982
3. 29.56 in 1982
4. 29.74 in 1984
- 29.74 in 1982
- 29.74 in 1979

### 35-lb. Weight

1. 52-1 1/2.....Kelly Tagtow, 1987
2. 51-2 1/2.....Kelly Tagtow, 1988
3. 50-6.....Kelly Tagtow, 1988
4. 50-5 1/4.....Kelly Tagtow, 1988
5. 50-4 1/2.....Kelly Tagtow, 1988

## TOP OUTDOOR PERFORMANCES

### 100m Dash

1. 10.54.....John Harland, 1977
2. 10.57.....Joe Fuller, 1984
3. 10.64.....Doug Case, 1986
- 10.64.....Al Atherton, 1977
5. 10.68.....Rodney Garrett, 1988

### 200m Dash

1. 21.24.....Bob Ruchti, 1967
2. 21.36.....Jim Turner, 1991
3. 21.48.....Jim Turner, 1991
4. 21.49.....Rodney Garrett, 1988
5. 21.54.....Doug Case, 1986

### 400m Dash

1. 46.40.....Dennis Roloff, 1972
2. 47.40.....Brooks Glasnapp, 1986
3. 47.43.....Jim Turner, 1991
4. 47.55.....Brooks Glasnapp, 1985
5. 47.68.....Brooks Glasnapp, 1986
- 47.68.....Brooks Glasnapp, 1985

### 800m Run

1. 1:48.10.....Jeff Burris, 1988
2. 1:48.21.....Jeff Burris, 1987
3. 1:48.55.....Bill Glassmaker, 1979
4. 1:48.64.....Jeff Burris, 1990
5. 1:48.79.....Bill Glassmaker, 1978

### 1,500m Run

1. 3:44.06.....Bob Friedman, 1979
2. 3:46.10.....Bob Friedman, 1978
3. 3:47.65.....Mark Feyerheisen, 1980
4. 3:48.23.....Joe Teeling, 1979
5. 3:48.68.....Bob Friedman, 1979

### 3,000m Steeplechase

1. 9:04.85.....Jeff Short, 1991
2. 9:05.74.....Steve Gearhart, 1986
3. 9:06.31.....Steve Gearhart, 1987
4. 9:07.24.....Steve Gearhart, 1986
5. 9:10.54.....Jim Whitcomb, 1983

*continued on page 12*



### 5,000m Run

1. 14:20.24 ....Dan Hostager, 1990
2. 14:21.04 ....Bill Castle, 1990
3. 14:22.44 ....Dan Hostager, 1989
4. 14:25.20 ....Dan Hostager, 1987
5. 14:28.69 ....Dan Hostager, 1988

### 10,000m Run

1. 29:51.64 ....Chris Leonard, 1985
2. 29:59.24 ....Bryan Huhnerkoch, 1979
3. 30:10.14 ....Chris Leonard, 1985
4. 30:13.44 ....Doug Nelson, 1982
5. 30:14.59 ....Todd Goodell, 1986

### 110m High Hurdles

1. 13.84 .....Larry McCready, 1967
2. 14.06 .....Johnny Westbrook, 1991
3. 14.09 .....Johnny Westbrook, 1991
4. 14.10 .....Jay Connor, 1984
- 14.10 .....Jay Connor, 1984

### 400m Intermediate Hurdles

1. 52.00 .....Tom Akers, 1979
2. 52.29 .....Tom Akers, 1979
3. 52.47 .....Joel Hartman, 1988
4. 52.65 .....Tom Akers, 1979
5. 52.66 .....Tom Akers, 1979

### High Jump

1. 7-1 .....Tim Suchan, 1991
2. 6-11 .....Steve Weaver, 1983
3. 6-10 1/4 ....Dave Cleveland, 1990
4. 6-10 .....Steve Phyfe, 1989
- 6-10 .....Steve Weaver, 1984
- 6-10 .....Steve Weaver, 1985
- 6-10 .....Dave Cleveland, 1987
- 6-10 .....Brent Wright, 1987
- 6-10 .....Dave Cleveland, 1990

### Long Jump

1. 24-10 3/4 ..Wayne Simon, 1987
2. 24-2 1/2.....Bobby Williams, 1981
3. 24-2 1/4.....Bobby Williams, 1981
4. 24-1 .....Jason Woodford, 1982
5. 24-1/2.....Ken Jackson, 1974

### Triple Jump

1. 50-11 1/2...Junior Chukukere, 1990
2. 50-8 .....Junior Chukukere, 1990
3. 50-2 .....Bill Lawson, 1977
4. 50-1 1/4.....Junior Chukukere, 1990
5. 49-9 .....Junior Chukukere, 1991

### Pole Vault

1. 17-4 1/4.....Russ Adams, 1985
2. 17-2 .....Russ Adams, 1985
3. 17-0 .....Russ Adams, 1985
- 17-0 .....Russ Adams, 1985
- 17-0 .....Russ Adams, 1985
- 17-0 .....Brad Miller, 1990

### Shot Put

1. 58-6 .....John Holler, 1978
2. 58-4 .....Tom Reints, 1982
3. 57-11 .....Tom Reints, 1982
4. 57-8 3/4.....Mike McCready, 1971
5. 57-6 1/4.....Brent Geringer, 1979

### Javelin

1. 204-8 .....Mike Raffensperger, 1989
2. 197-3 .....Mike Raffensperger, 1989
3. 196-9 .....Mike Raffensperger, 1988
4. 195-7 .....Mike Raffensperger, 1989
5. 193-9 .....Mike Raffensperger, 1989

### Discus

1. 199-6 .....Brent Geringer, 1979
2. 194-3 .....Brent Geringer, 1979
3. 187-10 .....Matt Haven, 1984
4. 187-6 .....Brent Geringer, 1977
5. 186-9 .....Brent Geringer, 1979

### Hammer Throw

1. 185-9 .....Tom Reints, 1982
2. 177-7 .....Tom Reints, 1981
3. 174-3 .....Tom Reints, 1982
4. 168-5 .....Tom Reints, 1978
5. 166-0 .....Tom Reints, 1979

### Decathlon

1. 7,314 .....Bill Lawson, 1980
2. 7,233 .....Bill Lawson, 1979
3. 7,132 .....Bill Lawson, 1980
4. 7,130 .....Brad Miller, 1990
5. 7,128 .....Bill Lawson, 1980

### 4 x 100m Relay

1. 41.20 in 1988
2. 41.28 in 1984
3. 41.34 in 1988
4. 41.35 in 1987
5. 41.44 in 1978

### 4 x 200m Relay

1. 1:25.73 in 1978
2. 1:26.19 in 1988
3. 1:26.39 in 1988
4. 1:26.68 in 1984
5. 1:26.69 in 1984

### 4 x 400m Relay

1. 3:11.64 in 1990
2. 3:11.94 in 1988
3. 3:12.07 in 1986
4. 3:12.14 in 1988
5. 3:12.19 in 1990

### Sprint Medley Relay

1. 3:18.32 in 1990
2. 3:19.62 in 1990
3. 3:20.17 in 1988
4. 3:22.74 in 1973
5. 3:24.30 in 1988

### 3,200m Relay

1. 7:25.95 in 1979
2. 7:28.83 in 1987
3. 7:30.49 in 1984
4. 7:35.47 in 1984
5. 7:35.64 in 1989

### Distance Medley Relay

1. 9:47.70 in 1990
2. 9:48.13 in 1978
3. 9:49.67 in 1981
4. 9:50.71 in 1989
5. 9:51.15 in 1985

## NCAA ALL-AMERICANS

### 1939

William Jenkins (Cross Country)

### 1969

Larry McCready (120 yd. H. 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 Noltensmeier (120 yd. H. 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)

### 1989

Dan Hostager (3,000 Meters)  
Jeff Burris (800 Meters)

\* National Champion in discus

## NCAA QUALIFIERS

1985 Russ Adams, Pole Vault (outdoor)

1988 - Jeff Burris, 800 meters (indoor)

1989 - Jeff Burris, 800 meters (indoor)  
Dan Hostager, 3000 meters (indoor)

1990 - Jim Turner, 400 meters (indoor)  
Kenny Shedd, 200 meters (indoor)  
Jeff Burris, 800 meters (outdoor)

1991 - Brad Miller, Pole Vault (indoor)  
Steve Daugherty, High Jump (indoor)  
Tim Suchan, High Jump (indoor)



# MISSOURI VALLEY CONFERENCE RECORDS

## INDOOR

55 Meters.....	6.24 Iziag Adeyanju, Wichita State (1990)
55-Meter Hurdles .....	7.26 Chris Lancaster, Indiana State (1990)
200 Meters.....	21.15 Kevin Little, Drake (1990)
300 Yards.....	29.81 Michael Franks, Southern Illinois (1985)
400 Meters.....	47.87 Eric Pegues, Southern Illinois (1989)
600 Meter .....	1:17.80 Nave Wilson, Illinois State (1988)
800 Meters.....	1:52.10 Tom Saggau, Wichita State (1989)
1000 Meters.....	2:27.19 Paul Burkinshaw, Southern Illinois (1990)
Mile .....	4:04.00 Chris Mares, Drake (1981)
3000 Meters.....	8:21.90 Trey Harrison, Wichita State (1989)
Two-Mile.....	8:46.38 Mike Baker, Illinois State (1982)
5000 Meters.....	14:20.40 Trey Harrison, Wichita State (1989)
1600-Meter Relay .....	3:13.00 Southern Illinois (1982)
3200-Meter Relay .....	7:34.00 Illinois State (1988)
Two-Mile Relay.....	7:34.30 Southern Illinois (1986)
Distance Medley Relay...	9:46.51 Southern Illinois (1984)
High Jump.....	7-4 1/2 Kevin Clements, Illinois State (1990)
Long Jump .....	25-7 Brian Bradley, Southern Illinois (1988)
Pole Vault.....	17-6 John Sayre, Southern Illinois (1984)
Shot Put.....	62-4 John Smith, Southern Illinois (1984)
35-Pound Weight.....	64-10 Bruce Ewen, Illinois State (1985)
Triple Jump .....	51-10 1/2 Ken Lorraway, Southern Illinois (1978)

## OUTDOOR

100 Meters.....	10.31 Mike Kee, Southern Illinois (1976)
110-Meter Hurdles .....	13.84 Chris Lancaster, Indiana State (1990)
200 Meters.....	20.75 Michael Franks, Southern Illinois (1985)
400 Meters.....	45.91 Elvis Forde, Southern Illinois (1984)
400-Meter Hurdles .....	49.99 David Lee, Southern Illinois (1981)
800 Meters.....	1:49.75 Mike Elliott, Southern Illinois (1986)
1500 Meters.....	3:45.00 Chris Mares, Drake (1984)
5000 Meters.....	14:08.82 Vern Iwancin, Drake (1981)
10,000 Meters.....	29:37.81 Mike Keane, Southern Illinois (1982)
4 x 100-Meter Relay .....	39.64 Memphis State (1972)
4 x 400-Meter Relay .....	3:04.60 Southern Illinois (1984)
High Jump.....	7-5 Tom Smith, Illinois State (1988)
Long Jump .....	25-7 1/2 Don Duvall, Wichita State (1978)
Triple Jump .....	54-6 Phil Robins, Southern Illinois (1976)
Pole Vault.....	17-3 Mike Heath, Wichita State (1991)
Shot Put .....	61-5 John Marks, Southern Illinois (1978)
Discus .....	193-8 D. Mayfield, West Texas State (1985)
Javelin .....	222-8 Ron Harrer, Southern Illinois (1988)
Hammer.....	197-9 Bruce Ewen, Illinois State (1985)
Decathlon .....	7574 Keith Stewart, West Texas State (1984)



TM



# 1991 SEASON BESTS

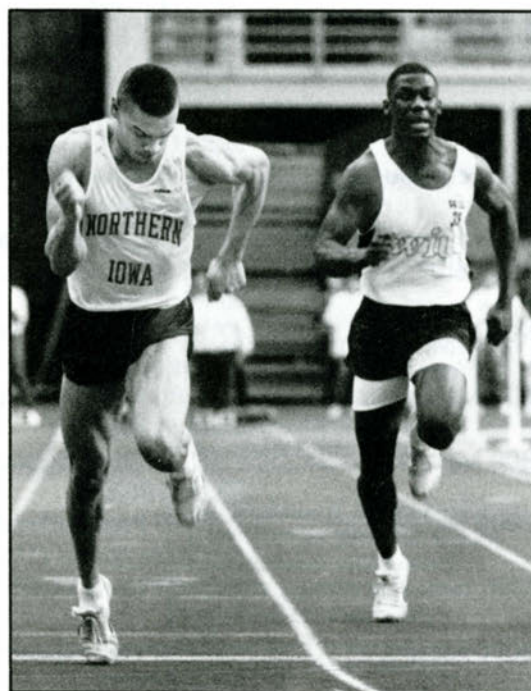
## INDOOR

55m Dash.....	6.45, Kenny Shedd
55m Hurdles.....	7.39, Johnny Westbrook
200m Dash.....	21.76, Kenny Shedd
300m Dash.....	36.71, Jason Sweet
400m Dash.....	48.16, Kenny Shedd
600y Dash.....	1:14.09, Jason Sweet
600m Dash.....	1:21.61, Jason Sweet
800m Run.....	1:54.24, Steve Jay
Mile Run.....	4:12.45, Bill Castle
3000m Run.....	8:16.31, Bill Castle
5000m Run.....	14:46.95, Marty Greene
Mile Relay.....	3:22.76, Santi, Sweet, Garn, Honeck
High Jump.....	*#7-0 1/2, Steve Daugherty, Tim Suchan
Long Jump.....	*24-0 1/2, Brad Miller
Triple Jump.....	*@51-2 3/4, Junior Chukukere
Pole Vault.....	*#@17-5 1/4, Brad Miller
Shot Put.....	46-10 1/2, Chad Monson

\* UNI Record

# NCAA Provisional Qualifier

@ Mid-Continent Record



*Kenny Shedd*

## OUTDOOR

Decathlon.....	7,109, Brad Miller
100m Dash.....	11.0, Johnny Westbrook
110m Hurdles.....	14.06, Johnny Westbrook
200m Dash.....	21.36, Jim Turner
400m Dash.....	47.43, Jim Turner
400m Hurdles.....	53.35, Gregg Garn
800m Run.....	1:55.18, Brian Abeling
1500m Run.....	3:52.90, Bill Castle
3000m Steeplechase.....	*9:04.85, Jeff Short
5000m Run.....	14:47.48, Bill Castle
10,000m Run.....	32:16.2, Marty Greene
400m Relay.....	41.66
4 x 400m Relay.....	3:22.64
Sprint Medley Relay.....	3:28.46
Long Jump.....	22-4 1/4, Brad Miller
Triple Jump.....	49-9, Junior Chukukere
High Jump.....	*7-1, Tim Suchan
Pole Vault.....	16-0 3/4, Brad Miller
Shot Put.....	50-2 1/2, Chad Monson
Javelin.....	165-1, Ross Hawker

\* UNI Record



*Steve Daugherty*



# 1992 NCAA QUALIFYING STANDARDS

## INDOOR

Event	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
55 Meter Dash	6.18	—	6.28	—
55-Meter Hurdles	7.24	—	7.38	—
200 Meters	(a) 21.36 (b) 21.16 (c) 20.86	— — —	21.70 21.50 21.20	— — —
400 Meters	(a) 47.50 (b) 46.70 (c) 46.10	47.2 46.4 45.8	48.40 47.60 47.00	48.1 47.3 46.7
800 Meters	(d) 1:49.10 (c) 1:48.20	1:48.8 1:47.9	1:50.84 1:49.50	1:50.1 1:49.2
Mile Run	(d) 4:01.80 (c) 4:00.20	4:01.5 3:59.9	4:05.00 4:03.40	4:04.7 4:03.1
3,000 Meters	(d) 8:01.20 (c) 7:58.60	8:00.9 7:58.3	8:10.00 8:07.40	8:09.7 8:07.1
5,000 Meters	(d) 13:57.00 (c) 13:53.30	13:56.7 13:53.0	14:12.50 14:08.80	14:12.2 14:08.5
1,600-Meter Relay	(a) 3:11.80 (b) 3:09.00 (c) 3:06.20	3:11.5 3:08.7 3:05.9	3:15.80 3:13.00 3:10.20	3:15.5 3:12.7 3:09.9
Mile Relay	(a) 3:13.00 (b) 3:10.20 (c) 3:07.40	3:12.7 3:09.9 3:07.1	3:17.00 3:14.20 3:11.40	3:16.7 3:13.9 3:11.1
3,200-Meter Relay	(d) 7:25.43 (c) 7:21.83	7:25.1 7:25.5	7:32.00 7:28.40	7:31.7 7:28.1
Two-Mile Relay	(d) 7:28.43 (c) 7:24.83	7:28.1 7:24.5	7:35.00 7:31.40	7:34.7 7:31.1
High Jump	2.25 (7-4½)		2.16 (7-1)	
Long Jump	7.87 (25-10)		7.62 (25-0)	
Triple Jump	16.15 (53-0)		15.70 (51-6¼)	
Shot Put	18.60 (61-0¼)		17.50 (57-5)	
Pole Vault	5.45 (17-10½)		5.28 (17-3¾)	
35-Pound Weight	19.50 (63-11¾)		18.40 (60-4½)	

(a) = Size of track under 200m/220y  
 (b) = Size of track 200m/200y  
 (c) = Size of track over 200m/220y  
 (d) = Size of track 200m/220y or less

## OUTDOOR

Event	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
100 Meters	10.22	—	10.40	—
200 Meters	20.55	—	20.87	—
400 Meters	45.80	45.5	46.60	46.3
800 Meters	1:47.50	1:47.2	1:48.80	1:48.5
1,500 Meters	3:41.	40 3:41.1	3:45.00	3:44.7
Mile	3:59.10	3:58.8	4:03.00	4:02.7
3,000-Meter Steeplechase	8:43.00	8:42.7	8:52.00	8:51.7
5,000 Meters	13:48.50	13:48.2	14:07.00	14:06.7
10,000 Meters	28:54.00	28:53.7	29:25.00	29:34.7
110-Meter Hurdles	13.72	—	14.02	—
400-Meter Hurdles	50.70	50.4	51.30	51.0
400-Meter Relay	39.50	39.2	40.00	39.7
440-Yard Relay	39.70	39.4	40.20	39.9
1,600-Meter Relay	3:04.00	3:03.7	3:07.00	3:06.7
Mile Relay	3:05.20	3:04.9	3:08.20	3:07.9
High Jump	2.25 (7-4½)		2.18 (7-1¾)	
Long Jump	8.08 (26-6¼)		7.80 (25-7¼)	
Triple Jump	16.30 (53-5¾)		15.85 (52-0)	
Pole Vault	5.52 (18-1¾)		5.34 (17-6¼)	
Shot Put	18.75 (61-6¼)		17.80 (58-4¾)	
Discus	58.50 (191-11)		54.50 (178-10)	
Javelin	74.00 (242-9)		67.00 (219-10)	
Hammer	63.00 (206-8)		58.00 (190-3)	
Decathlon	7,700 pts.		7,200 pts.	



# 1991 CROSS COUNTRY

## Hawkeye Open September 7, 1991 Iowa City, IA

Northern Iowa 27, Augustana 28  
Iowa 22, Northern Iowa 33  
Loyola 15, Northern Iowa 40

### UNI Finishers (4 miles)

8. Marty Greene .....21:21  
12. Jason Meyer .....21:35  
14. Jeff Short .....21:40  
17. Matt Lindaman.....21:56  
18. Jeff Joiner.....21:58

## Illinois State Invitational September 20, 1991 Normal, IL

1. Illinois State .....28  
2. Northern Iowa .....37  
3. Western Illinois .....86  
4. Lewis .....94  
5. SIU-Edwardsville .....117

### UNI Finishers (5 miles)

3. Jason Meyer .....25:02.1  
4. Chad Flynn.....25:03.2  
5. Marty Greene .....25:07.2  
8. Jeff Short .....25:14.4  
17. Matt Lindaman.....25:48.5



Jeff Short

## Minnesota Invitational October 5, 1991 Falcon Heights, MN

1. South Florida .....57  
2. Adams State .....72  
3. Wisconsin .....77  
4. Iowa State .....116  
5. Portland .....134  
20. Northern Iowa .....569  
21. St. Thomas .....589  
22. Mankato State .....637  
23. St. Cloud State .....651  
24. Mississippi State .....701  
25. Hastings College.....733  
26. North Dakota .....746  
27. North Dakota State .....770  
28. South Dakota .....771  
29. Midland Lutheran .....852  
30. Winona State.....930  
31. Lakehead.....1004  
32. Minnesota-Duluth .....1033  
33. Wisconsin-River Falls.....1040

### UNI Finishers (5 miles)

82. Jeff Short .....26:06  
88. Jason Meyer.....26:11  
115. Chad Flynn.....26:34  
130. Matt Lindaman.....26:56  
154. Jeff Joiner.....27:18

## Jim Garrison Memorial October 19, 1991 Des Moines, IA

1. Drake .....26  
2. Southwest Missouri State.....43  
3. Northern Iowa .....54  
4. Creighton.....110

### UNI Finishers (4 miles)

5. Jeff Short .....20:46  
6. Jason Meyer .....20:48  
11. Chad Flynn.....21:06  
15. Matt Lindaman.....21:22  
17. Jeff Joiner.....21:32

## Missouri Valley Conference Championships November 2, 1991 Terre Haute, IN

1. Southern Illinois.....47  
2. Wichita State .....56  
3. Illinois State .....78  
4. Northern Iowa .....132  
5. Indiana State .....137  
6. Drake .....142  
7. Southwest Missouri State.....165  
8. Tulsa .....190  
9. Bradley .....191  
10. Creighton.....300

### UNI Finishers (8K)

8. Jeff Short .....25:40.10  
21. Chad Flynn.....26:14.57  
27. Jeff Joiner.....26:25.03  
36. Matt Lindaman.....26:49.83  
40. Jason Meyer .....26:58.66

## NCAA Region 5 Championships November 16, 1991 Wichita, KS

1. Iowa State .....29  
2. Kansas .....64  
3. Kansas State .....116  
4. Southern Illinois.....156  
5. Nebraska .....163  
6. Illinois State.....171  
7. Oklahoma State.....175  
8. Wichita State .....222  
9. Indiana State .....228  
10. Drake .....262  
11. Southwest Missouri State.....271  
12. Missouri .....294  
13. Northern Iowa .....309  
14. Tulsa .....348  
15. Bradley .....398

### UNI Finishers (10K)

42. Jeff Short .....32:52.90  
46. Jason Meyer .....33:02.80  
64. Matt Lindaman.....33:26.60  
72. Chad Flynn.....33:48.50  
84. Jeff Joiner.....34:39.90





## 1992 NORTHERN IOWA TRACK & FIELD

*Front Row (l-r) - Tim Mikulecky, Jeff Joiner, Jason Sweet, Marty Greene, Bob Smith, Gregg Garn, Chad Flynn.*

*Middle Row (l-r) - Tom Gifford, Todd Fossey, Jason Meyer, John Barnett, Pete Herber, Brian Abeling, Bob Edwards.*

*Standing (l-r) - Student Assistant Coach Ross Hawker, Assistant Coach Bill Lawson, Toby Evans, Jeff Short, Matt Lindaman, Cole Honeck, Todd Madsen, Brad Bailey, Brad Miller, Tim Suchan, Steve Daugherty, Matt Cassillas, Allan Walz, Johnny Westbrook, Head Coach Chris Bucknam, Junior Chukukere.*



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# 1992 SCHEDULE

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## *Track & Field*

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### *Indoor*

Dec. 6	Cyclone Holiday Classic Ames
Jan. 18	Illinois State/Missouri/Indiana State Normal, IL
Jan. 25	Eastern Illinois/Western Illinois Cedar Falls
Feb. 8	Iowa/Minnesota Iowa City
Feb. 14-15	Central Collegiate Conference Championships Iowa City
Feb. 21	UNI-Dome Open Cedar Falls
Feb. 28-29	Missouri Valley Conference Championships Normal, IL
Mar. 6	Iowa State Qualifying Meet Ames
Mar. 12-14	NCAA Division I Championships Indianapolis, IN

### *Outdoor*

Mar. 18-21	Florida State Relays Tallahassee, FL
Apr. 3-4	Eastern Illinois Charleston, IL
	Texas Relays Austin, TX
Apr. 11	Bulldog Invitational Des Moines
Apr. 17-18	Kansas Relays Lawrence, KS
Apr. 24-25	Drake Relays Des Moines
May 1	Veisha Invitational Ames
May 14-17	Missouri Valley Conference Championships Des Moines
May 23	Missouri Valley/Mid-American All-Star Meet Terre Haute, IN
June 3-6	NCAA Division I Championships Austin, TX

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