

1992

1992 Northern Iowa Women's Track and Field

University of Northern Iowa

Let us know how access to this document benefits you

Copyright ©1992 Athletics, University of Northern Iowa

Follow this and additional works at: <https://scholarworks.uni.edu/amg>



Part of the [Higher Education Commons](#)

Recommended Citation

University of Northern Iowa, "1992 Northern Iowa Women's Track and Field" (1992). *Athletics Media Guides*. 184.

<https://scholarworks.uni.edu/amg/184>

This Book is brought to you for free and open access by the Athletics at UNI ScholarWorks. It has been accepted for inclusion in Athletics Media Guides by an authorized administrator of UNI ScholarWorks. For more information, please contact scholarworks@uni.edu.

Offensive Materials Statement: Materials located in UNI ScholarWorks come from a broad range of sources and time periods. Some of these materials may contain offensive stereotypes, ideas, visuals, or language.

1992 Northern Iowa Women's Track & Field



Sophomore Shantel Twiggs



Senior Amy Wheeler



®

1992 Women's Track & Field

NORTHERN IOWA

This is Northern Iowa

For 115 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 program at the master's, specialist's and doctoral levels. At Northern Iowa, you may earn a bachelor's degree in more than 120 majors. In addition to the traditional strength in teacher education, UNI's accounting and business programs are 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 of Northern Iowa 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 the students. The University has moved into the future with a library automation system, a \$10.2 million home for the College of Business Administration 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 approximate 13,200 students come from every county in Iowa, students from more than 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 (1-AA in football) with major conference affiliations. The Panthers boast a nationally recognized coaching staff to maintain strong programs in basketball, wrestling, football, volleyball, track and field, and softball. All have made recent appearances in the NCAA Division I Championships.

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 approximately 110,000 and combines big city opportunities with small town friendliness.

UNI Quick Facts

Location:Cedar Falls, IA 50614
Enrollment:13,163
Colors:Purple and Old Gold
Nickname:Panthers
Women's Conference:Gateway Collegiate Athletic
National Affiliation:NCAA Division I
Interim Director of Athletics:Eldon Miller
Head Women's Track Coach:Lea Ann Shaddox (7th year)
Assistant Coach:Terri Soldan
Coach's Phone:(319) 273-6157
Director of Sports Information:Nancy Justis (319) 273-6354
Student Assistant SID (Women's Track):Jodi Proskovec (Home 319-273-3199)
Head Trainer:Terry Noonan
NCAA Faculty Representative:Dr. Jack Wilkinson



On the Cover – (l-r) Senior Sherry Shedd, junior Dyan Fluhrer

1992 Northern Iowa Roster

Name	Event	Year	Hometown
Erin Algoe	Distance	So.	Anamosa, IA
Melissa Appleget	Middle Distance	So.	Oelwein, IA
Jacque Askeland	Sprints	Fr.	Armstrong, IA
Kellie Atkins	Shot/Discus/Javelin	Fr.	Muscatine, IA
Brandy Bramblette	Distance	Fr.	Cedar Falls, IA
Jessica Brant	Middle Distance	So.	Fairbank, IA
Heather Brown	Middle Distance	So.	Davenport, IA
Trish Cather	Middle Distance	Fr.	Davenport, IA
Carla Decker	Shot/Discus/Javelin	So.	Walker, IA
Rachele Depew	Sprints	So.	Council Bluffs, IA
Dyan Fluhrer	Sprints	Jr.	Charles City, IA
Amy Gielau	Middle Distance	Fr.	Waverly, IA
Keri Hamilton	Multi-event	Fr.	Cedar Falls, IA
Heidi Heiar	Distance	Fr.	Peosta, IA
Lori Herbst	Shot/Discus/Javelin	Fr.	Dubuque, IA
Jennifer Ibeling	Middle Distance	Fr.	Durant, IA
Becky Klarenbeek	Sprints	Fr.	Inwood, IA
Julie Mazzitelli	Distance	Fr.	Eyota, MN
Paulette Nemmers	Sprints	So.	LeMars, IA
Alisa Osier	Sprints	So.	Cedar Rapids, IA
Molly Ostrander	Heptathlon	So.	Iowa City, IA
Valerie Patterson	Pentathlon/Heptathlon	Jr.	Des Moines, IA
Valerie Ripperger	Distance	Fr.	Lacona, IA
Heidi Schmitt	Shot/Discus/Javelin	Fr.	Jackson Junction, IA
Sherry Shedd	Sprints	Sr.	Davenport, IA
Marchelle Short	Middle Distance	Jr.	Cedar Falls, IA
Jill Terrillion	Middle Distance	So.	Marshalltown, IA
Shantel Twiggs	Sprints	So.	St. Louis, MO
Kelly VanDePol	Middle Distance	So.	Bondurant, IA
Amy Wheeler	Pentathlon/Heptathlon	Sr.	Waverly, IA
Michelle Wing	Middle Distance	So.	Wilton, IA
Jody Yahnke	Distance	So.	Cedar Falls, IA

Front row (l-r) – Melissa Appleget, Valerie Ripperger, Trish Cather, Jennifer Ibeling, Becky Klarenbeek, Sherry Shedd, Valerie Patterson, Erin Algoe.

Middle row (l-r) – Kelly VanDePol, Paulette Nemmers, Amy Gielau, Michelle Wing, Kellie Atkins, Alisa Osier, Amy Wheeler, Keri Hamilton.

Standing (l-r) – Jill Terrillion, Julie Mazzitelli, Jessica Brant, Heidi Heiar, Brandy Bramblette, Heidi Schmitt, Carla Decker, Jody Yahnke, Marchelle Short, Rachele Depew, Jacque Askeland, Shantel Twiggs, Dyan Fluhrer, Lori Herbst, Molly Ostrander, Heather Brown.



OUTLOOK

During the 1991 season the Northern Iowa track and field team was blessed with an abundance of experience and senior leadership. Many of those who led the Panthers to a third-place finish at last year's Gateway Conference Championships have graduated. Although those losses will most certainly leave a void, many more experienced women are expected to step in and take over. In 1992, there are 18 veterans to lead the way for 14 first-year team members.

Head coach Lea Ann Shaddox, last year's conference indoor coach of the year now in her seventh season, is counting on another experienced squad with some strong freshmen.

"The team looks very strong and experienced," said Shaddox. "In addition to the advantage of our squad consisting of more veterans than first-year women, the cross country team had a very successful season (in the fall). A couple of those freshmen on the cross country team should come through for us in the distance events."

The sprints should again be a Panther strong suit with senior tri-captain Sherry Shedd the most experienced of the group. She is the school recordholder in the 55- and 200-meter dashes and is a member of several relay teams which have set school standards.

"Sherry had a great season last year," said Shaddox. "She was hampered by a foot injury late in the season and underwent foot surgery over the summer. There's no doubt in my mind that she will come back stronger than ever."

Another returning record-breaker for the Panthers is sophomore Shantel Twiggs. Twiggs holds the UNI mark in the outdoor 100-meter dash and

several relays.

"Shantel had a tough indoor season, but she did exceptionally well outdoors," Shaddox said. "With her only being a sophomore and running the kind of times she is, her potential is unlimited."

The strong 400- and 800-meter relay teams should again be among the best in the Gateway with three of

the four members returning. Last season's record-breaking 400-meter team returns junior tri-captain Dyan Fluhrer, Twiggs and Shedd.

Fluhrer again figures to be one of the top conference performers in the 400 meters, where she already owns the UNI record. Shaddox thinks freshman Jacque Askeland

will be pushing Fluhrer to her full potential.

With Julie Davis and Diane Black having exhausted their eligibility, Askeland appears to be a top contender to join the 800-meter relay team.

Leading the way in the longer events is the third team captain, Erin Algoe. Algoe has been one of UNI's top cross country performers the past two seasons and, with the departure of all-conference performer Kathy Allen due to graduation, will be counted on in the distances. "Erin had a very impressive cross country season and we look for her to contribute a lot this season," said Shaddox.

Other talented veterans to look for are Marchelle Short, Heather Brown, Kelly VanDePol, Paulette Nemmers and Jody Yahnke, all with considerable experience in the distances.

Shaddox believes freshmen Heidi Heiar, Julie Mazzitelli and Brandy Bramlette will make an immediate impact in the distances. Heiar and

"... a chance to be our best team in years."



Tri-captains (l-r) Dyan Fluhrer, Sherry Shedd, Erin Algoe

Mazzitelli were the Panthers' top two cross country runners by season's end last fall.

"Heidi and Julie really adapted to college competition well," Shaddox added. "We couldn't be more excited about their possibilities."

The field events should be solid for UNI with veteran thrower Carla Decker and freshmen Kellie Atkins and Lori Herbst.

Senior Amy Wheeler is the top returning pentathlete and hurdler for UNI, holding the school record in the 55-meter hurdles. Other returners in the pentathlon who figure to push Wheeler are Valerie Patterson, Molly Ostrander and newcomer Keri Hamilton, who also specializes in the high jump.

"I see a lot of records being broken this season," Shaddox said. "I think all our sprint records will be in jeopardy along with some of our relays and the high jump. This team should be very competitive throughout the season with a chance to be our best team in years."

COACHES



Head Coach Lea Ann Shaddox

Lea Ann Shaddox begins her seventh season heading the Northern Iowa women's track and field program. She was appointed head coach in May of 1985 after serving as a graduate assistant at the University of Iowa.

Shaddox specializes in coaching the middle distance and distance runners and also heads the UNI cross country

program. In 1990, Shaddox was voted Gateway Conference Indoor Coach of the Year by her peers.

A Bernard, IA, native, Shaddox graduated from Aquin High School in Cascade, IA, in 1973. She received her bachelor's degree in Spanish with minors in physical education and English and a coaching endorsement from UNI in 1977. She earned her master's degree in physical education from Iowa in 1985.

From 1977 through 1984, Shaddox was a secondary teacher and head women's track and cross country coach and assistant

women's basketball coach at Marquette Catholic School in West Point, IA. She coached several state cross country and track qualifiers at Marquette.



Assistant Coach Terri Soldan

Terri Soldan is in her sixth season as a full-time assistant coach with the Panthers. She joined Coach Lea Ann Shaddox's staff in August of 1986 after completing work on her master's degree in physical education at the University of Iowa.

Soldan, a native of Richmond, MI, competed in track and field, throwing the shot, discus and javelin while an undergraduate at Iowa.

After completing her B.A., she became a graduate assistant at Iowa and it was there she met Shaddox, who also was a graduate assistant at the time.

Soldan specializes in coaching the throwers, jumpers, sprinters and hurdlers.

PANTHER PROFILES

Sherry Shedd



Senior, Sprinter
Hometown (High School)—Davenport, IA (West)

Major—General Studies
Born—July 19, 1969
Parents—Bill and Etta Shedd

UNI recordholder in the 55- and 200-meter dashes indoors and the 100- and 200-meter dashes outdoors, earning all-conference honors in 1990 in each...the defending Gateway champ in the 55 meters indoors while placing second in the 200...holder of

records for the 100- and 200-meter dashes at Davenport West, also member of the recordholding sprint medley relay team...serves as one of UNI's tri-captains...chief ambitions are to regain the indoor 55-meter title, to earn the 200-meter dash title and to qualify for the Nationals...brother, Kenny, is a member of the UNI football and track teams...Coach Soldan—"Being the defending conference champ and one of the greatest sprinters in UNI history just isn't enough for Sherry. She is on a mission in her senior year. In her mind, success at the national meet is a must before her collegiate career is complete. Knowing Sherry to never accept anything less than her very best, I expect her to make the trip."

Amy Wheeler



Senior, Heptathlon/ Pentathlon/
Hurdles
Hometown (High School)—Waverly, IA (Waverly-Shell Rock)
Major—Community Health
Born—August 26, 1970
Parent—Glen Wheeler

UNI recordholder in the 55-meter hurdles...an academic all-conference selection a year ago...winner of 10 letters in three sports in high school...played in state high school basketball tournament...chief ambition is to do her best in sports and studies...Coach Soldan—"The added incentive of knowing she is so close (118 points) to the school pentathlon record combined with her tremendous desire to be successful make Amy a top contender for all-conference honors in her senior year."

Dyan Fluhrer



Junior, Sprinter
Hometown (High School)—Charles City, IA (Charles City)
Major—Physical Education
Born—November 17, 1990
Parents—Pat and Bill Fluhrer

UNI recordholder in the indoor 400m dash...earned all-conference honors a year ago both indoors and outdoors as a member of the mile and 4 x 200 relay teams...was also all-conference as a freshman by placing

third in the 400 meters...a high school state champion in the 400 meters in 1989, placed second in the long jump and third in the 200 meters...serves as one of UNI's tri-captains...Coach Soldan—"A great personality and tremendous work ethic make Dyan a team leader on and off the track. With numerous UNI records and all-conference honors already, Dyan will surely become one of our greatest track and field athletes."

Valerie Patterson



Junior, Heptathlon/Pentathlon
Hometown (High School)—Des Moines, IA (West Des Moines Dowling)
Major—Elementary Education/Special Education
Born—March 15, 1971
Parents—Gary and Vickie Patterson

Lettered as a sophomore, placing fifth in the Gateway heptathlon ... lettered eight times in high school...placed third in the long jump

at state in 1988...placed sixth in 400m dash at state in 1989...Coach Soldan—"Hard work in the off season has helped Val make some needed improvements in a couple of her weaker events. I look for her to make a name for herself in the Gateway this season."

Marchelle Short



Junior, Middle Distance
Hometown (High School)—Cedar Falls, IA (Cedar Falls)
Major—Early Childhood/Elementary Education
Born—August 29, 1971
Parents—David and Marcia Short

Lettered three times at Northern Iowa, twice indoor, once outdoor ... lettered four times while at Cedar Falls High...chief ambition is to become a team leader and improve

times...brother, Jeff, member of the UNI cross country and track and field teams...Coach Shaddox—"Marchelle is a very driven person who is coming off a tremendous year. I look to her for team leadership."

Erin Algoe



Sophomore, Distance
Hometown—Anamosa, IA (Anamosa)
Major—Communications/Public Relations
Born—November 6, 1971
Parents—Robert and Darla Algoe

Proved to be a pleasant surprise on the cross country team for the last two seasons, placing among UNI's top four consistently for both seasons... one of UNI's tri-captains this

season...earned high school all-state honors in the 4 x 800 relay...enjoys snow and water skiing and biking... chief ambition is to meet goal times by the end of the season and to maintain good grades...Coach Shaddox—"Erin is a very strong runner with leadership abilities. She is more self-assured now, yet she's not satisfied with just herself. Erin is a very team-oriented person and that is evidenced by the fact that her teammates voted her distance captain."

Heather Brown



Sophomore, Distance
Hometown (High School)—Davenport, IA (West)
Major—Undecided
Born—May 31, 1972
Parents—Dennis and Carol Brown

Holds the West High records in the 1500- and 3000-meter runs...placed fifth at state in the 3000 and eighth in the 1500 as a junior...a state cross country qualifier as a senior...member of all-conference academic team in

high school...enjoys biking, reading and skiing...chief ambition is to achieve her goals set in cross country, track, and in class...Coach Shaddox—"Heather has made huge strides since joining our program. She's very dedicated and willing to do the extras it takes to be a competitive person. When she increases her self-confidence level, she will become a strong force for the team."

Shantel Twigg



Sophomore, Sprinter
Hometown (High School)—St. Louis, MO (Hazelwood East)
Major—Nursing
Born—October 4, 1972
Parent—Thelma Twigg

Earned all-conference honors as a freshman, placing third in the 100 meters and running the opening leg on the 4 x 200 relay team that placed second indoors...high school conference and district champion and

all-state selection in the 100m and 200m...lettered seven times in two sports...enjoys watching old movies and playing basketball in her spare time...chief ambition is to surpass her believed potential both academically and athletically, which she hopes will one day put her in the number one spot...Coach Soldan—"Shantel is gifted with extraordinary talent and after a great all-conference and school record performance to complete her freshman season, she now has the confidence needed to be a force on the national level."

Jacque Askeland



Freshman, Sprinter
Hometown (High School)—
Armstrong, IA (Armstrong-Ringsted)
Major—Undecided
Born—February 19, 1973
Parents—Tyrone and Peggy Askeland

Lettered 11 times in high school in track and field, volleyball and basketball...Iowa high school champ in the 400-meter dash...nicknamed "Jake"...enjoys water skiing, listening to music, watching T.V. and

shopping...chief ambition is to graduate from college with a degree in social work...Coach Soldan—"A two-time Iowa high school champ in the 400-meters, hard work and great success is habit for Jacque. She has some large shoes to fill in the quarter mile, but we think she'll be up to the task."

Kellie Atkins



Freshman, Shot Put
Hometown (High School)—
Muscatine, IA (Muscatine)
Major—Computer Science
Born—July 4, 1973
Parents—Leroy and Bonnie Atkins

Lettered four times in track and field while at Muscatine, placed sixth in discus at state in 1990, first in shot put at state indoor in 1991, third in shot put at state outdoor in 1991...enjoys all sports...chief

ambition is to be competitive...Coach Soldan—"When Kellie makes some needed improvements in technique, combined with her natural physical attributes, we expect her to have an impact in the conference as a freshman."

Amy Jo "Brandy" Bramblette



Freshman, Middle Distance
Hometown (High School)—Cedar Falls, IA (Cedar Falls)
Major—Business
Born—April 13, 1973
Parents—Denis and Karen Bramblette

A three-time all-conference performer for the Tigers who was a conference and metro champion...also received honorable mention all-state...lettered six times...enjoys golfing and

shopping...Coach Shaddox—"She has a lot of potential. It will take a little while for her to fully develop. She is very unselfish and dedicated. Brandy is willing to put forth the time and effort it takes to be on top."

Keri Hamilton



Freshman, Multi-Event
Hometown (High School)—Cedar Falls, IA (Cedar Falls)
Major—Undecided
Born—October 16, 1972
Parents—Larry and Barb Hamilton

Lettered 11 times in volleyball, basketball, softball and track and field at Cedar Falls...placed third in state high jump in 1991, all-conference in volleyball and softball...enjoys being with friends and all different

sports...Coach Soldan—"Keri is a tremendously gifted athlete who thrives on competition of any kind. She is expected to have an impact on any event she competes in."

Heidi Heiar



Freshman, Distance
Hometown (High School)—Peosta, IA (Dubque Wahlert)
Major—Undecided
Born—May 10, 1973
Parents—Bill and Jane Heiar

UNI's top finisher at the conference cross country meet in the fall...a two-time all-stater in track and field and cross country who was also voted to the Mississippi Valley All-Academic Team a year ago...lettered

11 times in basketball, track and field, and cross country for the Golden Eagles...enjoys golfing and shopping in spare time...Coach Shaddox—"Heidi is one of the most even tempered people we have on the team. She is very concerned about the team. She should have a definite impact on the team this season and seasons to come."

Julie Mazzitelli



Freshman, Distance
Hometown (High School)—Eyota, MN (Dover-Eyota)
Major—Accounting
Born—June 10, 1973
Parents—Mike and Nancy Mazzitelli

Made an immediate impact on the cross country team in the fall, consistently placing among UNI's top finishers...lettered 13 times in three sports in high school...Coach Shaddox—"Julie has a lot of speed.

She doesn't have too much endurance background, so when she builds up and mentally adjusts, she's going to be extremely tough."

UNI-DOME

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.

UNI-Dome Records

55m Dash	Sherry Shedd	Northern Iowa	7.10	1991
55m Hurdles	Scyla Murray	Western Illinois	7.01	1991
60y* Dash	Merlene Ottey	Nebraska	6.61	1982
60y* Hurdles	Benita Fitzgerald	Tennessee	7.54	1982
200m Dash	Angela Hayes	Illinois State	24.75	1991
300y* Dash	Merlene Ottey	Nebraska	32.63	1982
400m	Melodie Turner	Bradley	56.87	1991
440y* Dash	Lori McCauley	Rutgers	54.12	1982
600m Dash	Diane Black	Northern Iowa	1:34.5	1991
600y Dash	Delisa Walton	Tennessee	1:17.38	1982
800m Run	Jane Brooker	Unattached	2:14.56	1988
880y* Run	Doraine McClive	Cornell University	2:05.34	1982
1000m Run	Kathy Allen	Northern Iowa	2:56.51	1991
1000y Run	Joetta Clark	Tennessee	2:26.70	1982
1500m Run	Jane Brooker	Unattached	4:40.74	1988
3000m Run	Kathy Campbell	Western Illinois	9:45.90	1991
5000m Run	Debbie Ramseyer	Indiana State	17:34.62	1991
Mile Run	Rosalind Cassidy	Illinois State	4:52.37	1987
Two Mile Run	Bernadette Madigan	Kentucky	9:58.22	1982
Three Mile Run*	Kellie Cathy	Oklahoma	15:18.47	1982
High Jump	Gale Charmaine	Arizona	6-1 3/4	1982
Long Jump	Donna Thomas	N. Texas State	20-8 1/2	1982
Shot Put	Rosemarie Blauch	Tennessee	54-11 3/4	1982
Triple Jump	Becky Borg	Iowa	39-6	1987
Pentathlon	Julie White	Boston U.	4,286 pts.	1982
880y Relay		Nebraska	1:37.70	1982
Mile Relay		Texas	3:44.66	1982
Two Mile Relay		Florida State	8:47.26	1982
Distance Medley		Virginia	11:21.92	1982

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

UNI VARSITY RECORDS

Indoor

50y Dash*	JoeAnn Jackson	6.28	1982
55m Dash	Sherry Shedd	7.07	1991
60y Dash*	JoeAnn Jackson	6.9	1983
60m Dash*	Karla Federspiel	7.8	1980
50y Hurdles*	Cathy Rardin	7.18	1982
55m Hurdles	Amy Wheeler	8.69	1991
60y Hurdles*	Sue Buffington	8.2	1976
60m Hurdles*	Roxanne Meyer	9.2	1983
220y Dash*	Karla Federspiel	26.57	1980
200m Dash	Sherry Shedd	24.81	1991
300y Dash	Karla Federspiel	36.57	1982
300m Dash	Karla Federspiel	41.00	1982
400y Dash*	Karla Federspiel	57.7	1983
400m Dash	Dyan Fluhrer	57.93	1991
500m Dash	Natalie Sueppel	1:18.99	1985
600y Dash*	J'ne Day	1:27.9	1982
600m Dash	Diane Black	1:33.60	1990
880y Run*	Darsi Evans	2:16.85	1987
800m Run	Kathy Allen	2:15.39	1990
1000y Run	Natalie Sueppel	2:35.72	1987
1000m Run	Barb Clark	2:54.74	1988
Mile Run	Kris Skov Wallace	5:01.2	1982
1500m Run	Kris Skov Wallace	4:41.7	1982
Two Mile Run	Suzie Scheer	10:40.4	1984
3000m Run	Jenny Owens	10:07.09	1989
Three Mile Run*	Sandy Elsberry	16:29.0	1985
5000m Run	Sandy Elsberry	17:37.8	1983
4x110yd Relay*	T. Wentzein, B. Strub, C. Norris, J. Franke	52.9	1983
4x160yd Relay*	J. Jackson, C. Ropa, S. Soehner, K. Federspiel	1:24.1	1983
4x220yd Relay	S. Twiggs, D. Fluhrer, D. Black, S. Shedd	1:43.07	1991
4x200m Relay	J. Davis, D. Black, D. Fluhrer, S. Shedd	1:41.73	1990
4x440yd Relay	D. Fluhrer, E. Jeschke, J. Isaacson, D. Black	3:54.94	1991
4x400m Relay	S. Shedd, E. Jeschke, J. Isaacson, D. Black	3:48.09	1991
4x880yd Relay	D. Organ, B. Clark, D. Evans, N. Sueppel	9:06.60	1987
4x800m Relay	N. Sueppel, B. Clark, K. Allen, D. Organ	9:05.64	1988
Distance Medley Relay	J. Day, K. Federspiel, S. Elsberry, K. Skov Wallace	12.23.1	1982
Shot Put	Lisa Tatman	48-3 1/4	1989
Long Jump	Sheila Soehner	17-11 3/4	1984
High Jump	Karen Smith	5-7 3/4	1987
Triple Jump	Rhonda Butt	37-0	1984
Pentathlon	Karen Smith	3,314 pts.	1987

* No longer competed

Outdoor

100m Dash	Shantel Twiggs	11.98	1991
100m Hurdles	Sue Buffington	14.6	1977
220yd Dash*	Tracy Wentzien	25.91	1979
200m Dash	Sherry Shedd	24.29	1990
400m Hurdles	Deb Schmeling	1:05.0	1980
400m Dash	Diane Black	55.27	1991
880yd Run*	Deb Schmeling	2:21.61	1980
800m Run	Barb Clark	2:11.43	1988
Mile Run	Kris Skov Wallace	5:04.6	1982
1500m Run	J'ne Day	4:33.46.9	1982
Two Mile Run	Shirley Walker	11:09.47	1979
3000m Run	Sandy Elsberry	9:52.5	1984
5000m Run	Sandy Elsberry	17:10.9	1984
Six Mile Run*	Terri Leisinger	37:57.7	1979
10km Run*	Suzie Scheer	36:05.8	1984
440yd Relay	C. Howard, T. Wentzien, K. Kenney, K. Federspiel	50.32	1980
400m Relay	S. Twiggs, D. Fluhrer, D. Black, S. Shedd	46.95	1991
800m Relay	J. Davis, D. Fluhrer, D. Black, S. Shedd	1:40.00	1991
880m Medley Relay (110-110-220-440)	J. Jackson, C. Ropa, K. Federspiel, C. Rardin	1:45.15	1982
800m Medley Relay (100-100-200-400)	J. Jackson, C. Ropa, K. Federspiel, C. Rardin	1:44.43	1991
Mile Relay	C. Rardin, K. Federspiel, R. Roemig, J. Day	3:54.30	1982
1600m Relay	D. Fluhrer, E. Jeschke, J. Isaacson, D. Black	3:46.39	1991
Two-Mile Relay	K. Evans, J. Saunders, B. Clark, N. Sueppel	9:21.7	1986
3200m Relay	D. Evans, B. Clark, D. Organ, N. Sueppel	9:02.56	1987
Distance Medley	S. Mulherin, D. Black, K. Allen, J. Owens	12:27.06	1989
Sprint Medley Relay	S. Shedd, J. Davis, D. Black, K. Allen	4:00.37	1990
Shot Put	Lisa Tatman	48-0	1988
Discus	Kristie Oleen	146-0	1990
Javelin	Donna Wheeler	148-7	1988
Long Jump	Sheila Soehner	18-6 3/4	1982
High Jump	Karen Smith	5-7	1987
Triple Jump	Rhonda Butt	37-3	1985
Heptathlon	Karen Smith	4,639 pts.	1987

* No longer competed

Academics and Athletics - The Proper Balance

Winning in the classroom and achieving an academic degree are the primary goals 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.

The key to Northern Iowa's academic program is the individual—the student-athlete gets out of the system what he or she 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.

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.

1992 SCHEDULE

Indoor

Dec. 6	Iowa State Open	Ames
Jan. 18	Illinois State Invitational	Normal, IL
Jan. 25	Panther Invitational	Cedar Falls
Feb. 1	Minnesota Invitational	Minneapolis, MN
Feb. 7-8	Frank Sevigne Husker Invitational	Lincoln, NE
Feb. 15	Iowa State Memorial	Ames
Feb. 21	Lady Panther Evening Invitational	Cedar Falls
Feb. 28-29	Gateway Conference Championships	Normal, IL

Outdoor

March 20-21	Williams Invitational	Tucson, AZ
March 28	Lee Calhoun Memorial	Macomb, IL
April 11	Jim Duncan Invitational	Des Moines
April 15-18	Kansas Relays	Lawrence, KS
April 24-25	Drake Relays	Des Moines
May 1	Veisha Invitational	Ames
May 14-17	Gateway Conference Championships	Des Moines