1994

1994 Track & Field (Men's)

University of Northern Iowa

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University of Northern Iowa

1994 Track and Field
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A campus-wide commitment to great teaching lies at the heart of the University of Northern Iowa's reputation for providing exceptional undergraduate education, as well as complementary 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.

Northern Iowa prides itself on providing a student-centered educational experience. The University's medium size allows it to offer the faculty, facilities and academic choices of a major university, while retaining a friendly, small college atmosphere. Small classes enable the University to foster one-on-one working relationships between faculty and students. More than 90 percent of UNI's classes have 50 or fewer students.

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.

U.S. News and World Report has recognized the University by ranking it seventh among the top 15 colleges and universities and second among best buys in the Midwest Region in its America's Best Colleges book. It also recognized Northern Iowa as one of two "up-and-coming" Midwest regional universities.

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.

Considered a long-time leader in the field of teacher education, UNI has implemented several programs that continue this tradition of excellence. The Regents' 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.

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 consistently competitive programs.

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.

The University 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 65,000 alumni in the United States and other countries.
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Head Coach - Chris Bucknam (Norwich '78)
Assistant Coach - Bill Lawson (Northern Iowa '80)

On the cover: Clockwise from top left - Miklos Arpasi, Matt Casillas, Joey Woody.

Northern Iowa at a Glance
Location: Cedar Falls, Iowa 50614
Founded: 1876
Enrollment: 12,800
Nickname: Panthers
Colors: Purple & Old Gold
President: Dr. Constantine Curris
 Athletic Director: Chris Ritrievi
Home Facility: UNI-Dome (16,400)
National Affiliation: NCAA Division I
Conference: Missouri Valley

Head Track & Field Coach: Chris Bucknam
Assistant Coach: Bill Lawson
Office Phone: (319) 273-6481
Sports Information Director: Nancy Justis
  Office (319) 273-6354
  Home (319) 277-3631
Sports Information Contact: Kevin Kane
  Office (319) 273-3642
  Home (319) 277-6828
If the Northern Iowa track and field team is known for anything, it's the ability to "rise above it," 10th-year head coach Chris Bucknam said.

And Bucknam knows that will be important this spring since the Panthers will be without junior Jason McCleary. The Missouri Valley Conference Field Co-Athlete of the Year last spring after capturing the decathlon and long jump, McCleary tore his anterior cruciate ligament during the football season and is out for the year.

"It's definitely going to be felt," Bucknam said of McCleary's absence. "He's the most versatile athlete in the Missouri Valley...that was a huge blow to our conference chances."

Combine that loss with the departure of All-American hurdler Johnny Westbrook and all-conference sprinter Cole Honeck through graduation, and it's obvious there are some significant holes to fill.

But Bucknam and his team still have plenty of weapons. A two-time runnerup in the league's outdoor race, UNI is gunning for its first Valley track title.

"We're going to prepare as best we can and go in with the attitude we're going for the conference championship," Bucknam said. "Our kids realize we're going to have to be tougher (since McCleary's injury) and we're going to have to find somewhere else to get some of those points."

And Bucknam thinks his team will rise to the challenge.

"The practice after (McCleary) got hurt...it was the best workout of the fall," he said.

Bucknam said one place UNI will have to get more points is in the distance events. Always a tough team during the cross country season, Bucknam said, "we have to get tougher on the track with the distance races."

He's hoping the return of sophomore Jeff Joiner will help bolster these events. Joiner, fifth in the MVC cross country meet last fall, missed last spring's track season with an injury. He's also expecting a lot from freshman Kyle Kepler, who finished 10th in the cross country meet.

"He's going to be a good one," Bucknam said of Kepler.

But while the distance events are the obvious area for needed points, Bucknam said, "you can always find points in every area."

The Panthers return a host of all-conference performers to build around. Miklos Arpasi, a sophomore from Hungary, won the league 400-meter indoor title last year, ran on three championship relays and placed second in the outdoor 800.

Sophomore Joey Woody won the outdoor 400 hurdles title, qualified for the NCAA Championships, and was a member of the winning 1,600 relay along with Arpasi and senior Gregg Garn. Indoors, Woody joined Arpasi and senior Chad Flynn on the championship two-mile relay, and Garn and Arpasi on the winning mile relay.

Bucknam also thinks high jumpers Tim Suchan, Ryan Santi and Pete Herber along with shot putter Matt Casillas have shots at qualifying for the NCAAs. Suchan was second in the conference indoor meet and Herber third, while Santi also cleared seven feet last year. Senior Steve Daugherty is the school recordholder outdoors and has provisionally qualified for the national meet in the past.

"Woody will have a better shot outdoors than indoors," Bucknam said because Woody's specialty, the 400 hurdles, is an outdoor event. "But he will be much improved in the highs."

Casillas, who finished third in both the indoor and outdoor conference meets last season, has a best put of 55-0 1/4.

"He's got a ton of potential," Bucknam said.

The UNI coach also is hoping to get some needed depth from freshmen Kepler (distance), Maceo Strickland (sprints), Dedric Ward (sprints) and Alonzo Clayton (hurdles).

"Alonzo Clayton looks to be an excellent collegiate hurdler," Bucknam said. "He's got great potential."

The MVC outdoor meet is May 17-20 in Wichita, Kan.

"One of the things (assistant coach Bill) Lawson and I wanted to do was be in the Big Three," Bucknam said of Southern Illinois, Illinois State and Indiana State. "We wanted to join that group and be one of those top teams."

It appears UNI has done just that. Since joining the league in 1991, the Panthers have been the most consistent performers in the conference, not finishing below fourth in the past seven MVC meets and averaging a higher finish than any of its conference rivals.

"It's a tough league and that's something we are proud of," Bucknam said.
1994 Outlook

Sprints: The short sprints are unproven, but hold plenty of potential in youngsters like Dedric Ward and Maceo Strickland. The veteran of the short group is Sly Brown, who had the team's top 200 time outdoors a year ago.

Senior Gregg Garn and sophomores Miklos Arpasi and Joey Woody anchor the long sprints, which figures to be a real UNI strength. The trio combined on several conference championship relay teams last season and all made their marks individually as well.

Arpasi is the defending Missouri Valley indoor champion in the 400 meters. Woody was a national qualifier in the hurdles last season as a freshman, but also set the UNI record in the 600 meters.

Garn ranks fourth on the all-time 600 list and is a member of the school recordholding mile relay teams both indoors and out.

Hurdles: Although All-American Johnny Westbrook has graduated, the hurdles should again be a Panther strength with Woody leading the way. The only freshman to qualify for the NCAA's in the 400-meter hurdles a year ago, he won the MVC title and finished third in the 110 highs indoors.

Garn is a two-time all-conference performer in the 400s outdoors and placed third in the Valley meet last year after second the previous season.

Sophomores Alex Garn and Jim Liebermann, and freshmen Mike Wherry and Alonzo Clayton should provide depth. Clayton already has shown great promise by winning his first collegiate race in December.

Middle Distances: Arpasi is UNI's best in the 800 meters, provisionally qualifying for the national championships indoors and outdoors as a freshman. An explosive runner with All-American potential, he already ranks first on the school's all-time indoor list and third outdoors.

Junior Chad Flynn is the top returner in the mile run and 1,500 meters. He placed third in the MVC mile run in '92 and had the team's top times in the mile, 1,000 and 1,500 a year ago.

Also expected to help are sophomores Guy Willey and Matt Mullenix, and freshman Chad Pietig

Distances: A pair of two-time all-conference cross country runners, Jeff Joiner and Jason Meyer, are the headliners. Joiner missed part of last season due to injury, but is back at full strength and should be a major force. Meyer was UNI's top distance man last season, recording the top 5,000 and 10,000 times outdoors.

Freshman Kyle Kepler is being counted on after earning all-conference honors by placing 10th in the league cross country meet last fall.

Vertical Jumps: UNI is one of just a handful of schools who can boast four seven-foot high jumpers, making it the strongest event on the team. Senior Steve Daugherty and juniors Pete Herber, Tim Suchan and Ryan Santi all have strong chances to become national qualifiers.

Horizontal Jumps: Traditionally a Panther strength, the long and triple jumps figure to be a weakness this season, although junior Todd Madsen will likely be a conference contender in the long jump after taking second in the league outdoor meet last season and fourth indoors.

Throws: With plans calling for junior Allan Walz to redshirt, sophomore Matt Casillas will carry the load. In his first collegiate season, he won the shot put in four meets and earned all-MVC honors indoors and out. He ranks in the school's all-time top five in the shot put and 35-lb. weight.

Freshman Mike Maddox also is expected to contribute immediately.

Miklos Arpasi
Coaching Staff

Head Coach
Chris Bucknam

As he gets set to complete a decade as the Northern Iowa head track and field coach, Chris Bucknam has certainly made his mark.

Under his guidance, the Panthers have gone from nine championships in seven seasons in the old Mid-Continent Conference to consistent contenders in the Missouri Valley to a team that must be reckoned with on a national basis anytime it steps on the track.

And Bucknam will tell you right away that any credit due him or his program must be shared with assistant coach Bill Lawson, whom he calls his head coach in charge of field events. The statistics and credentials compiled by Northern Iowa's teams over the last decade have brought the UNI staff recognition as one of the finest in the Midwest.

Bucknam oversaw Northern Iowa's 1991 move to the Missouri Valley Conference, where the Panthers have left an indelible mark on the league in just a short amount of time. Although the MVC historically has been one of the best conferences in the nation, boasting All-Americans and numerous NCAA champions in recent years, UNI stepped in and became one of the top competitors in the league instantly.

In fact, in the first seven MVC meets since UNI's membership in 1991, the Panthers have the best composite record in the league. They have claimed one championship, four runnerup finishes and two fourth places, averaging out as the best finish in the MVC in that span.

"We've really had some pretty strong teams the last six or seven years," Bucknam said. "We've had national qualifiers and nationally-ranked relays, but it's just now being seen because of the move to the Missouri Valley. It's that added exposure and improved competition."

After leading the Panther cross country team to the Missouri Valley Conference title in just its second season in the conference, Bucknam was voted MVC Coach of the Year by his peers in 1992. He was named Mid-Continent Conference Indoor Coach of the Year four times in the last seven seasons UNI was a member of the league, Outdoor Coach of the Year in 1986 and Cross Country Coach of the Year in 1988 and 1990.

During his nine-year tenure, the Panthers have won 10 conference crowns—four in indoor track, five in cross country, and one outdoor title. His teams have never finished lower than fourth in any conference meet. In the past six seasons, Bucknam has sent five qualifiers to the NCAA Indoor Championships, with three earning All-America honors, and three to the Outdoor Championships.

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 12 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 a son, Eric, and daughter, Kate.

Assistant Coach
Bill Lawson

Recognized as one of the greatest athletes in Northern Iowa history, Bill Lawson has been with head coach Chris Bucknam every step of the way as the Panther assistant coach and field event coach the past nine seasons.

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 ranks second on the school's all-time decathlon list. He was a two-time co-captain for the Panthers and was a senior when 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 1992, and has been runnerup three times.

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 98 individual conference championships. The Panther head man is quick to point out that Lawson has played a part just as important to the Panthers' success as his.

"I don't consider Bill my assistant," says Bucknam. "He is a head coach in charge of field events. I sincerely believe he is one of the finest 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 have one or the other, but don't have both. Bill has the rare combination of being able to do both as well as anyone I've seen. Our athletes in the field events are always prepared to compete and do their best."

In addition to his coaching duties, Lawson is a member of the physical education faculty.

Lawson and his wife, Jodie, reside in Waterloo.

Lawson as a Panther athlete (circa 1979)
Panther Profiles

Miklos Arpasi
Sophomore
Long Sprints/Middle Distance
6-2, 170
Paskomliget, Hungary

Made an immediate impact as a freshman in '93, provisionally qualifying for the NCAA meet in the indoor and outdoor 800 meters...ran a team season-best 1:49.30 in the indoor 800 at Iowa State Qualifying meet...took MVC indoor first-place honors in 400 meters, two-mile relay and mile relay... member of MVC outdoor first place 4 x 400-meter relay team, also took second place in the 800 meters...anchored the sprint medley with a 1:47.1 split to lead the Panthers to second place at Drake Relays (3:17.29). Personal best: 400 meters - 48.58 indoor, 47.71 outdoor; 800 meters - 1:49.30 indoor, 1:48.74 outdoor.

Matt Casillas
Sophomore
Shot Put/Hammer/35# Weight
6-4, 250
Davenport, IA/North

Became one of the top throwers in UNI history in his first season a year ago... won the shot put at the Iowa Invitational, UNI-Dome Open, Ole Miss Invitational and Iowa State Holiday Classic... finished second in the shot put at the Central Collegiate Championships and third at MVC indoor and outdoor meets... already ranks second on UNI's all-time list in the 35# weight... redshirted in '92 after an impressive high school career that included runnerup finishes at the state meet and Drake Relays. Personal best: shot put - 63-0 1/4 indoor, 54-10 1/4 outdoor; 35# weight - 57-3.

Alonzo Clayton
Freshman
Hurdles
6-3, 165
Fort Dodge, IA/Fort Dodge

Won the 55-meter hurdles (7.55) in his first collegiate meet at the Cyclone Holiday Classic in December... a two-sport athlete for the Panthers, also a wide receiver on the UNI football team who redshirted this past season... an excellent all-around high school athlete who also was voted all-conference twice in football and baseball... participated in the 1993 Shrine Bowl football game. Personal best: 55-meter hurdles - 7.55.

Steve Daugherty
Senior
High Jump
5-10, 155
Cedar Rapids, IA/Prairie

One of four Panther high jumpers who has cleared seven feet, he set the school indoor record as a sophomore, jumping 7-1 1/2 and provisionally qualifying for the NCAA meet... missed much of '93 season due to injury, but won the Iowa Invitational with a 7-0 leap... finished third in the Missouri Valley outdoor meet in '92 with a career-best 6-11 3/4, placing him third on UNI's all-time outdoor chart... cleared 7-0 1/2 twice and was a provisional NCAA qualifier indoors as a sophomore... won the Mid-Continent indoor title as a freshman and finished third as a sophomore... redshirted '91 outdoor season and finished fourth in the conference meet as a freshman. Personal best: 7-1 1/2 indoor, 6-11 3/4 outdoor.

Chad Flynn
Junior
Middle Distance/Distance
6-1, 155
Wheatland, IA/Calamus-Wheatland

Picked up his second all-conference honor by helping the Panther two-mile relay team to victory at the '93 Missouri Valley indoor meet... picked up first all-MVC honor in 1992 by finishing third in the mile run... recorded the Panthers' top 1,500-meter time in '92 and '93, also was the top Panther runner in the 1,000-meter and mile runs in '93... a stalwart on the cross country team who finished 18th, 21st and 25th in the conference meets in 1991, '92 and '93, respectively... named to the Missouri Valley Conference all-academic team the last two years... won the state high school title as a junior in the 1,600 and 3,200 meters, finishing second in each as a senior. Personal best: mile - 4:10.57; 1,500 meters - 3:52.44; 1,000 meters - 2:29.95.

Alex Garn
Sophomore
Hurdles
5-10, 155
Ames, IA/Ames

As a freshman was a member of school record-holding shuttle hurdle relay team which finished second at the Drake Relays in '93 (57.95)... expected to contribute much more as a sophomore. Personal best: 110-meter high hurdles - 15.50; 400-meter hurdles - 55.55.
Panther Profiles

Gregg Garn
Senior
Long Sprints/Hurdles
5-10, 160
Ames, IA/Ames

Member of school record-holding and '93 Missouri Valley outdoor champion 4 x 400-meter relay squad (3:11.39)...also ran on MVC indoor champion mile relay team... provisionally qualified for NCAA outdoor meet in 400-meter hurdles a year ago... earned all-conference honors by finishing third in the 400 hurdles at '93 outdoor championships... member of UNI's first-place mile relay team at the Kansas Relays... earned his first all-conference honors in 1992 by running on the MVC runnerup team in the indoor mile relay and taking second in the 400 hurdles outdoors... ranks second on UNI's all-time 400 hurdles list and fourth in the 600 meters... his Ames High team never lost a meet in his four years, winning state titles each season... tied for all-time Iowa high school record in the 400-meter low hurdles.

Personal bests: 400 meters - 50.00 indoor; 400-meter hurdles - 51.78; 600 meters - 1:22.61

Kyle Kepler
Freshman
Distance
5-8, 125
Webster City, IA/Webster City

Made an immediate impact for the Panther cross country squad this fall as he was named All-MVC after finishing tenth in the Valley meet... ended a very successful high school track career by repeating as state champ in the 3,200 meters... finished sixth in the '92 state cross country meet... member of Elite All-State '92 cross country squad... earned all-conference track honors six times, and all-conference cross country four times.

Personal best: 3,000 meters - 8:49.41.

Jim Liebermann
Sophomore
Sprints/Hurdles
5-11, 170
Solon, IA/Solon

One of four Panthers with a state championship title... finished ninth in the Missouri Valley meet... took home third-place honors at the MVC indoor meet as a sophomore with a leap of 7-0 1/2... tied for first at the Cyclone Holiday Classic in December... after seeing limited action as a freshman, figures to be an instrumental member of the team this season.

Personal best: 400 meters - 50.31; 400-meter hurdles - 55.61.

Jeff Joiner
Sophomore
Distance
5-9, 130
Luana, IA/Waukon

As a sophomore jumped 24-2 1/4 at Missouri Valley Conference outdoor meet to earn second place and all-conference honors, also finished fourth at conference indoor meet in Cedar Falls... attended Iowa Central Community College in '90-91... won the state championship in the long jump his senior year with a leap of 23-8... all-conference in baseball and track.

Personal best: 24-2 1/4.

Pete Herber
Junior
High Jump
6-3, 160
Dubuque, IA/Senior

One of four Panthers who has cleared 7-0, he did so in his first meet as a freshman... took home third-place honors at the MVC indoor meet as a sophomore with a leap of 7-0 1/2... tied for first at the Cyclone Holiday Classic in '92... currently tied for second on school's all-time indoor high jump list... an all-stater his final two years with the Rams who won the state championship as a senior.

Personal best: 7-0 1/2 indoor, 6-11 outdoor.

Todd Madsen
Junior
Long Jump
5-10, 155
Webster City, IA/Webster City

As a sophomore jumped 24-2 1/4 at Missouri Valley Conference outdoor meet to earn second place and all-conference honors, also finished fourth at conference indoor meet in Cedar Falls... attended Iowa Central Community College in '90-91... won the state championship in the long jump his senior year with a leap of 23-8... all-conference in baseball and track.

Personal best: 24-2 1/4.

Highlighted an outstanding '93 cross country season by placing fifth at the Missouri Valley meet, earning all-conference honors for the second straight year... had the Panthers top time a year ago in the 3,000 meters... redshirted in track and field in 1992... earned cross country all-conference honors in '92 by placing ninth in the Missouri Valley meet... won by UNI, placed 27th as a freshman... voted to the MVC all-academic team the last two years, was a unanimous choice in...
Panther Profiles

Jason Meyer
Junior
Distance
6-0, 150
Dubuque, IA/Hempstead

One of UNI's top cross country runners throughout his career, earning all-conference honors the past two seasons by finishing fifth at the MVC meet in '92 and sixth in '93...also named to the academic all-conference first team the past two years...recorded the team's top outdoor times a year ago in the 5,000 meters and 10,000 meters...redshirted in track three years ago...a cross country high school all-American for the Mustangs in 1989...placed second in the state two-mile and third at Drake Relays as a senior.

Personal best: 3,000 meters - 8:30.94; 5,000 meters - 14:57.67 indoor, 14:49.48 outdoor; 10,000 meters - 31:09.60; 8,000 meters (cross country) - 24:45.

Matt Mullenix
Sophomore
Middle Distance
6-0, 165
Woodbine, IA/Woodbine

Opened '94 season by placing second in the 800 meters (1:54.5) at the Cyclone Holiday Classic in December...gained experience as a freshman in '93 indoors, redshirted outdoors...member of '93 cross country squad...won the state 800 and 1,600 meters, and medley relay titles as a senior...named Southwest Iowa Athlete of the Year in 1992...also named all-state in football and all-conference in basketball; a three-year letterwinner in baseball. Personal best: 600 meters - 1:23.60; 800 meters - 1:54.5 indoor.

Jason McCleary
Junior
Hurdles/Decathlon
6-0, 170
Newton, IA/Newton

Named 1993 Missouri Valley Conference Outdoor Field Co-Athlete of the Year after winning the decathlon and long jump, and finishing second in the 110-meter hurdles...'93 NCAA provisional qualifier in the 55-meter hurdles, indoor long jump and decathlon...won '93 MVC indoor title in the long jump and finished second in the 55-meter hurdles...captured the '93 Central Collegiate Conference title in the 55-meter hurdles...holds school record in the indoor long jump and is a member of the school record-holding shuttle hurdle and sprint medley relay squads...will sit out entire 1994 season due to knee injury incurred during the '93 football season...member of the school record-holding 400-meter relay team that won the MVC outdoor title in '92...second team all-conference defensive back the past two seasons on the Panther football team. Personal best: 55-meter hurdles - 7.32; 110-meter hurdles - 14.11; decathlon - 7,225; long jump - 24-10 1/2.

Ryan Santi
Sophomore
High Jump
6-2, 190
Madrid, IA/Madrid

Became fourth Panther to jump seven feet a year ago...will likely compete in the decathlon this season...finished third at the Missouri Valley Conference outdoor meet and fourth place indoors a year ago with jumps of 6-10 3/4...took third place at Ole Miss Invitational with a 6-10 leap...earned fourth place at prestigious Florida State Relays...first team all-conference football and track, second team basketball as a high school senior. Personal best: 6-10 3/4 indoor, 7-0 outdoor.

Maceo Strickland
Freshman
Sprints
6-1, 195
East Moline, IL/United Township

Began his UNI career by finishing fourth in the 55-meter dash (6.44) at the Cyclone Holiday Classic in December...a three-year high school track team MVP who also earned all-conference honors three years...was a finalist in the state Class AA 100 and 200 meters...redshirted this past season as a member of the Panther football team. Personal best: 55-meter dash - 6.44.

Mike Moats
Sophomore
Long Sprints
6-1, 175
Knoxville, IA/Knoxville

Contributed a year ago as a walk-on...earned fourth place in 400 meters at Cyclone Holiday Classic...as a high school senior, was a member of state 3-A team track champion. Personal best: 400 meters - 50.44 indoor.
Panther Profiles

Tim Suchan
Junior
High Jump
6-4, 190
Cedar Rapids, IA/Kennedy

As a sophomore, earned second place honors at the Missouri Valley indoor meet with a 7-0 1/2 leap...set new meet record at the Ole Miss Invitational by jumping 6-11...also won '93 Cyclone Holiday Classic...sat out '92 season due to injury...enjoyed an outstanding freshman season in 1991, setting school records in the indoor and outdoor high jump; still holds the outdoor mark...was a provisional qualifier to the NCAA Indoor Championships as a freshman...won the Mid-Continent outdoor title in '91 while finishing second indoors...opened the '94 indoor season by winning the Cyclone Holiday Classic with a jump of 7-0. Personal best: 7-0 1/2 indoor, 7-1 outdoor.

Allan Walz
Junior
Throws
6-4, 265
Bondurant, IA/Bondurant-Farrar

School recordholder in the 35-lb. weight...has had the team's top efforts in the 35-lb. weight, discus and hammer in both of his first two years...won the discus at the Ole Miss Invitational...won 35-lb. weight toss at the UNI-Dome Open and Iowa Invitational...finished second in the Missouri Valley discus as a freshman...a highly-recruited high school star who was ranked fifth in the nation as a senior with a 190-2 throw in the discus...participated in the Golden West and Keebler International meets his senior year...holds the Iowa high school and Drake Relays records in the discus. Personal best: 35-lb. weight - 57-7 1/2; discus - 177-0; hammer - 163-4.

Guy Willey
Sophomore
Middle Distance/Distance
5-10, 135
Ames, IA/Ames

Has been a key member of the past two Panther cross country teams, running on '92 MVC champions and '93 runnersup...finished second in 1,000 meters against Arkansas State and third at the UNI-Dome Open a year ago...member of four state championship track teams at Ames High School...being counted on to make an impact in the middle distance and distance events. Personal best: 3,000 meters - 8:59.9 indoor; mile - 4:25.7; 1,000 meters - 2:31.21.

Joey Woody
Sophomore
Long Sprints/Hurdles
6-2, 165
Iowa City, IA/City

Enjoyed an exceptional freshman season highlighted by an appearance in the NCAA Outdoor Championships in the 400-meter hurdles...set the UNI record in the 600 meters (1:20.24) in his first collegiate meet at Cyclone Holiday Classic...won Missouri Valley Conference outdoor titles in 400-meter hurdles and 4 x 400 meter relay, and indoor titles in two-mile relay and mile relay...took third in the Valley 110 hurdles with a personal-best 14.37...member of the championship mile relay team at the Kansas Relays...placed fifth in Drake Relays 400 intermediate hurdles and ran on UNI's second-place teams in the shuttle hurdle and sprint medley relays...began the '94 season by breaking his own school record in the 600 meters (1:18.76) at the Cyclone Holiday Classic...voted top high school athlete at Drake Relays after taking first in the 400-meter hurdles and 1,600-meter relay, and second in the high jump and 110-meter hurdles...a two-time all-stater in track and field and all-state wide receiver in football...also lettered in basketball. Personal best: 600 meters - 1:18.76; 400 meter hurdles - 50.76.
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.

It has been the site of numerous nationally prominent meets such as the Central Collegiate Conference Championships, the Mid-Continent Conference Championships, the AIAW National Championships and is annually the site of the premier indoor high school track meet in Iowa, the A.D. Dickinsion Relays. Last February, in just its second year in the conference, Northern Iowa hosted the Missouri Valley Conference Championships.

A glance at the UNI-Dome records list shows some of America’s finest athletes, both past and present, have competed in the facility in its 18-year history.

The Dome combines the features of a fieldhouse, football stadium and large auditorium. In addition to top track and field events, it also has hosted NCAA football playoffs and will be the home of the 1997 NCAA Division I Wrestling Championships.

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

The facility provides an ideal training atmosphere for the Northern Iowa track and field 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.

With one of the fastest 200-meter indoor tracks in America to call home, the Panthers annually attract some of the finest teams in the Midwest to their home meets.

By the start of the 1995 season, Northern Iowa will be able to claim some of the finest overall track and field facilities anywhere with the 1994 construction of a new outdoor track and field complex on campus.

The new facility will feature a 400-meter track with eight 48-inch lanes, the latest polyurethane surface and all field event stations. Plans also call for a state-of-the-art electronic scoreboard, seating for 3,000 spectators, complete locker facilities and a press box.

UNI-Dome

Northern Iowa Outdoor Facility
(open Spring 1995)

UNI-Dome Records

<table>
<thead>
<tr>
<th>Event</th>
<th>Record</th>
<th>Year(s)</th>
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<tbody>
<tr>
<td>55-Meter Hurdles</td>
<td>7.29, Johnny Westbrook, Northern Iowa (1993)</td>
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<tr>
<td>600 Yards</td>
<td>1:09.81, Frankie Atwater, Iowa State (1990)</td>
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<tr>
<td>600 Meters</td>
<td>1:18.85, Frankie Atwater, Iowa State (1991)</td>
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<tr>
<td>1,000 Yards</td>
<td>2:09.49, Randy Wilson, Unattached (1980)</td>
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</tr>
<tr>
<td>1,000 Meters</td>
<td>2:28.30, Hendrick Malan, Wichita State (1993)</td>
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<tr>
<td>1,500 meters</td>
<td>3:47.74, John Clarke, Iowa T.C. (1977)</td>
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<tr>
<td>Mile Run</td>
<td>4:01.52, Roland Pauwels, Iowa State (1989)</td>
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<tr>
<td>3,000 meters</td>
<td>8:02.24, Barnaba Korir, Iowa State (1988)</td>
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<tr>
<td>Two-Mile Run</td>
<td>8:41.41, Raf Wynn, Iowa State (1985)</td>
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<td>5,000 meters</td>
<td>14:09.59, Don Johns, Eastern Michigan (1988)</td>
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<td>440-yd. Relay</td>
<td>42.50, Northern Iowa (1982)</td>
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<tr>
<td>Sprint Medley Relay</td>
<td>3:34.34, Northern Iowa (1990)</td>
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<tr>
<td>Distance Medley Relay</td>
<td>9:57.37, Notre Dame (1988)</td>
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</tr>
<tr>
<td>Shuttle Hurdle Relay</td>
<td>29.52, Unattached (1980)</td>
<td></td>
</tr>
<tr>
<td>1,000 Meters</td>
<td>2:28.30, Hendrick Malan, Wichita State (1993)</td>
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</tr>
<tr>
<td>Pole Vault</td>
<td>17-9 1/4, Kelly Riley, Arkansas State (1990)</td>
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<tr>
<td>35-lb. Weight Throw</td>
<td>67 1/4, Angus Cooper, Kent State (1988)</td>
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<tr>
<td>Shot Put</td>
<td>66-10 1/2, Al Fuerbach, Pacific Coast T.C. (1976)</td>
<td></td>
</tr>
<tr>
<td>Pole Vault</td>
<td>17-9 1/4, Kelly Riley, Arkansas State (1990)</td>
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</tr>
</tbody>
</table>
Seeds for the creation of the Missouri Valley Conference were planted by eight administrators representing five institutions who gathered at the Midland Hotel in Kansas City, Mo., on January 12, 1907. Basketball became the first competitive sport and served as the initial step in establishing the MVC as one of the most respected leagues in the nation.

While MVC basketball and baseball have flourished in the national spotlight, Valley track and field and cross country athletes have been making their mark nationally as well. MVC teams boast a proud, rich tradition in track and field and cross country and have produced numerous All-Americans over the years. In addition, several track and field athletes representing current MVC schools have competed in the Olympics. The most recent was former Southern Illinois standout Darrin Plab, a two-time national high jump champion in 1991 and '92, who competed in the 1992 Barcelona Games.

National champions and All-Americans aren't anything new for MVC teams. Plab is one of eight SIU national champions, while Drake has had five and Indiana State recently added Chris Lancaster, the 1990 NCAA outdoor high hurdles champion, to the honor roll.

The 1992-93 academic year was a landmark year for the conference when, for the first time ever, it began administering women's programs. The women's squads have brought their share of tradition to the Valley. Two former Southern Illinois stars, Connie Price-Smith and Shelly Zacek, competed in the Olympics for the second time in 1992.

Other recent standouts include Indiana State's Holli Hyche, a double NCAA champion sprinter a year ago.

MVC athletes have excelled in the classroom as well. Peter Bednekoff, a track athlete from Tulsa, earned a Rhodes scholarship in 1988. Indiana State's Kyle Hobbs, an NCAA cross country qualifier in 1991, as an Academic All-American, as was SIU's Mark Stuart in 1992.

In its short history in the MVC, the Northern Iowa men's team has placed more student-athletes on the league's annual all-academic teams than any of its rivals.

In addition to track and field and cross country, the Missouri Valley Conference sponsors the following sports: baseball, men's and women's basketball, men's and women's golf, men's soccer, softball, men's and women's tennis and women's volleyball.

Members of the Missouri Valley Conference include: Bradley University, Creighton University, Drake University, Illinois State University, Indiana State University, the University of Northern Iowa, Southern Illinois University, Southwest Missouri State University, the University of Tulsa, Wichita State University and the University of Evansville, which became the league's 11th member in October, 1993.

<table>
<thead>
<tr>
<th>Composite Standings Since 1991-92</th>
<th>(average finish in MVC meets)</th>
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<tbody>
<tr>
<td>1. NORTHERN IOWA</td>
<td>2.43</td>
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<tr>
<td>2. Illinois State</td>
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<tr>
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<tr>
<td>5. Wichita State</td>
<td>4.86</td>
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<td>6. Southwest Missouri</td>
<td>5.14</td>
</tr>
<tr>
<td>7. Drake</td>
<td>7.00</td>
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</table>

Since joining the Missouri Valley Conference in 1991, Northern Iowa's men's track and field program has been one of the most consistent forces in the league. In fact, in seven conference championships from October 1991 through October 1993, the Panthers have not finished below fourth in an MVC meet, have won a conference title (cross country, 1992) and have averaged a higher finish than any of their competitors.
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 championships meets have been held longer than the 66-year-old CCC outdoor meet, commonly known as “The Central”. In cross country, the CCC meet was the forerunner of the NCAA championship in that sport.

Today’s 24-member conference remains one of the top athletic conferences of its type 67 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. 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.

“We joined the conference to increase our exposure to more Big Ten schools and to test ourselves in a bigger region than the Midwest.”

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.

To maintain eligibility in the league, each member institution must compete in at least one of the three Central Collegiate Championship meets each academic year.

The CCC has provided a legacy of excellence in American track and field for 66 years, with many of the premier names in track and field listed on the roster of CCC champions.

1993 Central Collegiate Conference
Indoor Championships
1. Eastern Michigan 167
2. Northern Iowa 83
3. Western Michigan 77
4. Michigan 75
5. Michigan State 54
6. Notre Dame 53
7. Central Michigan 51
8. Purdue 50
9. Toledo 31
10. Bowling Green 28
11. Loyola 20
12. Marquette 10
13. Detroit Mercy 3

1992

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<tr>
<th>Cross Country</th>
<th>Outdoor</th>
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<tr>
<td>1. NORTHERN IOWA</td>
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<td>2. Illinois State</td>
<td>2. NORTHERN IOWA 124</td>
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<td>3. Illinois State</td>
<td>3. Indiana State 112</td>
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<td>5. Southern Illinois</td>
<td>5. Southwest Missouri 95</td>
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<td>6. Drake</td>
<td>6. Wichita State 43</td>
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<td>7. Tulsa</td>
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<td>9. Drake</td>
<td>9. Tulsa 0</td>
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1993

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<tr>
<td>3. Indiana State</td>
<td>2. Illinois State 115</td>
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<tr>
<td>4. NORTHERN IOWA</td>
<td>3. Indiana State 93.5</td>
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<td>5. Southern Illinois</td>
<td>4. NORTHERN IOWA 65</td>
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<td>6. Southwest Missouri</td>
<td>5. Southwest Missouri 61</td>
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<td>9. Tulsa</td>
<td>8. Bradley 1</td>
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<td>10. Creighton</td>
<td>9. Tulsa 0</td>
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1992

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1993

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## Indoor Records

<table>
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<th>EVENT</th>
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<th>MVC RECORD</th>
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<tbody>
<tr>
<td>55-Meter Dash</td>
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<tr>
<td>55-Meter Hurdles</td>
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<tr>
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<td>2:26.66</td>
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<tr>
<td>Mile Run</td>
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<td>Two-Mile Run</td>
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### Outdoor Records

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<td>Burris, Shedd, Ternillion, Hostager (1990)</td>
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<tr>
<td>Pole Vault</td>
<td>17-4 1/2</td>
<td>17-3</td>
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<tr>
<td>Long Jump</td>
<td>24-10 3/4</td>
<td>25-7 1/2</td>
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<tr>
<td>Triple Jump</td>
<td>51-6 1/4</td>
<td>54-6</td>
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<td>Shot Put</td>
<td>58-6</td>
<td>61-7 3/4</td>
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<tr>
<td>Discus</td>
<td>199-6</td>
<td>193-8</td>
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<td>Javelin</td>
<td>204-8</td>
<td>222-8</td>
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<td>205-1</td>
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<tr>
<td>Decathlon</td>
<td>7.419</td>
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### All-Time Indoor Performances

#### 55-Meter Dash
1. 6.25 Kenny Shedd, 1992
2. 6.34 Joe Fuller, 1984
3. 6.37 Doug Case, 1984
4. 6.44 Bill Hall, 1949
5. 6.44 Frank Robinson, 1957
6. 6.44 Jason McCleary, 1993

#### 55-Meter Hurdles
1. 7.29 Johnny Westbrook, 1993
2. 7.31 Jay Connor, 1984
3. 7.32 Jason McCleary, 1993
4. 7.48 Craig Nordlie, 1981
5. 7.50 Willie Clark, 1987

#### 200 Meters
1. 21.49 Kenny Shedd, 1992
2. 21.79 Jim Turner, 1990
3. 22.14 David Harrington, 1988
4. 22.24 Cole Honeck, 1992, '93
5. 22.38 Rodney Garrett, 1988

#### 400 Meters
1. 47.01 Jim Turner, 1990
2. 48.16 Kenny Shedd, 1991
3. 48.44 Brooks Glasnapp, 1987
4. 48.58 Miklos Arpasi, 1993
5. 49.05 Jeff Burris, 1987

#### 600 Meters
1. 1:18.76 Joey Woody, 1993*
2. 1:20.79 Jason Sweet, 1992
4. 1:22.61 Gregg Garn, 1993
5. 1:23.16 Al Capers, 1993

#### 800 Meters
1. 1:49.30 Miklos Arpasi, 1993*
2. 1:49.56 Jeff Burris, 1989
3. 1:50.70 Kent Terrillion, 1988
4. 1:52.44 Bill Glassmaker, 1978
5. 1:52.54 Roy Eiben, 1953

#### Mile Run
1. 4:07.54 Tom Penningroth, 1989
2. 4:09.77 Bill Glassmaker, 1984
3. 4:09.84 Dennis Schultz, 1974
4. 4:10.57 Chad Flynn, 1993
5. 4:10.90 Dan Hostager, 1989

#### 3,000 Meters
1. 8:02.67 Dan Hostager, 1989
2. 8:15.77 Tom Penningroth, 1989*
3. 8:16.31 Bill Castle, 1991*
4. 8:27.94 Trent Timson, 1988
5. 8:29.54 Marty Greene, 1991

#### 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. 14:33.34 Marty Greene, 1993
5. 14:38.64 Doug Nelson, 1981

#### Pole Vault
1. 17-5 1/4 Brad Miller, 1991
2. 17-1 1/2 Bob Edwards, 1991
3. 16-9 1/2 Troy Becker, 1986
4. 16-9 Russ Adams, 1984
5. 16-0 Tom Rogers, 1979

#### High Jump
1. 7-1 11/2 Steve Daugherty, 1992
2. 7-0 1/2 Tim Suchan, 1991, '93
3. 7-0 1/2 Pete Herber, 1993
4. 7-0 Steve Weaver, 1983
5. 6-10 3/4 Ryan Santi, 1993

#### Long Jump
1. 24-8 1/4 Jason McCleary, 1993
2. 24-0 1/2 Brad Miller, 1991
3. 23-11 Bob Smith, 1993
4. 23-9 Jason Woodford, 1983
5. 23-8 Rodney Garrett, 1988

#### Triple Jump
1. 52-1 Junior Chukukere, 1992
2. 49-0 1/4 Bill Lawson, 1978
3. 46-10 1/4 Bob Williams, 1982
4. 46-9 Brian Makela, 1983
5. 46-6 3/4 Rod Wiese, 1985

#### Shot Put
1. 60-3 1/4 Brent Geringer, 1979
2. 58-2 Tom Reints, 1981
3. 57-0 3/4 Arnie Doden, 1983
4. 56-5 1/4 John Holler, 1978
5. 55-0 1/4 Matt Casillas, 1993

* Size of track over 200 meters
## All-Time Outdoor Performances

### 100 Meters
1. **10.54** John Harland, 1977
2. **10.57** Joe Fuller, 1984
3. **10.64** Doug Case, 1986
4. **10.64** Al Atheron, 1977
5. **10.67** Kenny Shedd, 1992

### 200 Meters
1. **20.95** Kenny Shedd, 1992
2. **21.24** Bob Ruchti, 1967
5. **21.54** Doug Case, 1986

### 400 Meters
1. **46.64** Dennis Roloff, 1972
2. **46.99** Kenny Shedd, 1992
3. **47.40** Brooks Glasnapp, 1986
4. **47.43** Jim Turner, 1991
5. **47.71** Miklos Arpasi, 1993

### 800 Meters
1. **1:48.10** Jeff Burris, 1988
2. **1:48.55** Bill Glassmaker, 1979
3. **1:48.74** Miklos Arpasi, 1993
4. **1:49.70** Kent Terrillion, 1990
5. **1:49.75** Solomon Anderson, 1985

### 1,500 Meters
1. **3:44.06** Bob Friedman, 1979
2. **3:47.65** Mark Feyerheisen, 1980
3. **3:48.23** Joe Teeling, 1979
4. **3:50.74** Carl Burrell, 1984
5. **3:50.84** Jim Erredge, 1980

### 3,000-Meter Steeplechase
1. **9:04.85** Jeff Short, 1991
2. **9:05.74** Steve Gearhart, 1986
3. **9:10.54** Jim Whitcomb, 1983
4. **9:16.04** Steve MacTaggart, 1977
5. **9:21.74** Don Schultz, 1980

### 5,000 Meters
1. **14:20.24** Dan Hostager, 1990
2. **14:21.04** Bill Castle, 1990
3. **14:31.54** Jim Erredge, 1979
4. **14:32.24** Dave O'Brien, 1979
5. **14:35.11** Todd Goodell, 1986

### 10,000 Meters
1. **29:51.64** Chris Leonard, 1985
2. **29:59.24** Bryan Huhnerkoch, 1979
3. **30:13.44** Doug Nelson, 1982
5. **30:22.13** Bill Castle, 1990

### Shot Put
1. **58-6** John Holler, 1978
2. **58-4** Tom Reints, 1982
3. **57-8 3/4** Mike McCready, 1971
4. **57-6 1/4** Brent Geringer, 1979
5. **54-10 1/4** Matt Casillas, 1993

### Javelin (New)
1. **204-8** Mike Raffensperger, 1989
2. **192-9** Scott Sloan, 1986
3. **175-5** Brad Miller, 1992
4. **173-2** Jason McCleary, 1993
5. **165-1** Ross Hawker, 1991

### Javelin (Old)
1. **207-4 3/4** Lloyd Gnagy, 1937
2. **199-6** Gene Chinander, 1974
3. **195-1** Doug Reeves, 1975
4. **193-9** Scott Sloan, 1985
5. **193-5** Gary Whitman, 1980

### Discus
1. **185-9** Tom Reints, 1982
2. **167-6** Ken Schwartz, 1975
3. **165-3** John Holler, 1977
4. **163-4** Allan Walz, 1993
5. **157-3** Mitch Willett, 1980

### Hammer Throw
1. **185-9** Tom Reints, 1982
2. **167-6** Ken Schwartz, 1975
3. **165-3** John Holler, 1977
4. **163-4** Allan Walz, 1993
5. **157-3** Mitch Willett, 1980

### Decathlon
1. **7,419** Brad Miller, 1992
2. **7,314** Bill Lawson, 1980
3. **7,225** Jason McCleary, 1993
4. **6,821** Bill Cook, 1974
5. **6,789** Gary Whitman, 1979

### Pole Vault
1. **17-4 1/2** Bob Edwards, 1992
2. **17-4 1/4** Russ Adams, 1985
3. **17-0** Brad Miller, 1990
4. **16-1** Troy Becker, 1986
5. **16-0 1/4** Chuck Ulin, 1990
Panther Track & Field History

1925 - Arthur Dickinson establishes the school's first track and field team and remains as head coach until 1962.

1935 - Iowa State Teachers College (UNI) changes conference affiliation, moving from the Iowa Conference to the North Central Conference.

1939 - William Jenkins becomes first athlete in school history to earn All-America honors in cross country.

1962 - Jack Jennett succeeds Arthur Dickinson as head coach. During his tenure, Dickinson posted a 128-14 dual record and captured 17 conference championships.

1969 - UNI has its first All-American in 29 years and first ever in Division II as Larry McCready places eighth at the NCAA Championships in the 120-yard hurdles.

1976 - Lynn King takes over as head coach as Jack Jennett resigns after 14 years at the helm. During his reign, Jennett led the Panthers to 11 conference team titles and 19 individual All-America performances.

1976 - UNI-Dome opens, giving Northern Iowa one of the finest indoor track and field facilities in America. Since its opening, the 16,400-seat stadium has hosted numerous major track and field events, including the NCAA Division II Championships.

1978 - Brent Geringer claims Northern Iowa's first national championship by winning the discus at the NCAA Division II Championships.

1979 - UNI joins the Mid-Continent Conference and wins the first-ever league track and field championship.

1981 - Northern Iowa upgrades NCAA affiliation from Division II to Division I.

1984 - Chris Bucknam elevated from assistant to head coach after Lynn King leaves coaching to concentrate on administrative duties. King produced 10 conference titles and 24 All-Americans.

1989 - Jeff Burris and Dan Hostager become All-Americans by placing in the 800 and 3000, respectively.

1990 - Panthers win their final Mid-Continent Conference team championship, the indoor title in the UNI-Dome. From 1984-90, UNI captured nine conference titles.

1991 - UNI joins Missouri Valley Conference and finishes no lower than fourth in three conference meets, including second in its first MVC Outdoor Championship.

1992 - Panthers capture the University's first MVC title in any sport, winning the men's cross country championship.

1993 - Johnny Westbrook earns All-America honors by placing in the 55-meter hurdles as the Panthers finish second at MVC indoor and outdoor championships. Team also posts one of best performances by any Midwest team at Drake Relays with four runnerup finishes, a third and a fifth place.

All-Americans

1939 - William Jenkins (Cross Country)

Division II

1968 - Larry McCready (120 Hurdles)
1969 - Larry McCready (120 Hurdles)
1970 - Wayne Carpenter (Mile)
1971 - Mike McCready (Shot Put)
1972 - Mike McCready (Shot Put)
1973 - Rich Twedt (Cross Country)
1974 - Dennis Schultz (Mile)
1975 - Keith Schmidt (Pole Vault)
1976 - Bill Glassmaker (Decathlon)
1977 - Bill Friedman (1,500 Meters)
1978 - Brent Geringer (Discus)
1979 - Brent Geringer (Discus, Shot Put)
1980 - Bill Lawson (Decathlon)
1981 - Bob Edwards (Pole Vault)
1982 - Bob Friedman (1,500 Meters)
1983 - Brent Geringer (Discus, Shot Put)
1984 - Bill Glassmaker (800 Meters)
1985 - Tom Akers (400 Hurdles)
1986 - Tim Jamerson (Pole Vault)
1987 - Bill Lawson (Pole Vault)
1988 - Jim Eredge (Cross Country)
1989 - Kim Sprain (Cross Country)
1990 - Bill Lawson (Decathlon)

Division I

1979 - Brent Geringer (Discus)
1989 - Jeff Burris (800 Meters)
1990 - Dan Hostager (3,000 Meters)
1993 - Johnny Westbrook (55-Meter Hurdles)

NCAA Division I Qualifiers
(Automatic & Provisional)

1985 - Russ Adams, Pole Vault (Outdoors)
1988 - Jeff Burris, 800 Meters (Indoor)
1989 - Jeff Burris, 800 Meters (Indoor)
1990 - Jim Turner, 400 Meters (Indoor)
1991 - Bill Miller, Pole Vault (Indoor)
1992 - Brad Miller, Pole Vault (Indoor)
1993 - Johnny Westbrook, 55-Meter Hurdles

Joey Woody, 400 Hurdles
Jason McCleary, 55-Meter Hurdles/Decathlon
Miklos Arpasi, 800 Meters (Indoor and Outdoor)
1993 Season Bests

Indoor

55 Meters  
6.52, Jason McCleary (Arkansas State)
55-Meter Hurdles
*7.29, Johnny Westbrook (MVC Championships);  
#7.32, Jason McCleary (MVC Championships)
200 Meters  
22.24, Cole Honeck (Cyclone Classic)
400 Meters  
48.58, Miklos Arpasi (MVC Championships)
600 Meters  
*1:20.24, Joey Woody (Cyclone Classic)
800 Meters  
#1:49.30, Miklos Arpasi (Iowa State Last Chance)
1000 Meters  
2:29.95, Chad Flynn (Arkansas State)
Mile Run  
4:10.57, Chad Flynn (Iowa State Last Chance)
3000 Meters  
8:30.94, Jeff Joiner (Cyclone Classic)
5000 Meters  
14:33.34, Marty Greene (Iowa State Last Chance)
1600-Meter Relay  
Mile Relay  
3:17.78, G. Garn, Woody, Honeck, Arpasi (MVC Championships)
Two-Mile Relay  
7:40.33, Sweet, Flynn, Woody, Arpasi (MVC Championships)
High Jump  
7-0 1/2, Tim Suchan, Pete Herber (MVC Championships)
Long Jump  
*#24-8 1/4, Jason McCleary (MVC Championships)
Triple Jump  
43-4 1/4, Bob Smith (Southwest Missouri)
Shot Put  
55-0 1/4, Matt Casillas (Iowa State Last Chance)
35-lb. Weight  
*57-7 1/2, Allan Walz (UNI-Dome Open)

* UNI Record & UNI-Dome Record # NCAA Provisional Qualifier

Outdoor

100 Meters  
10.97, Jason McCleary (Veishea Invitational)
110-Meter Hurdles  
#13.97, Johnny Westbrook (Centrals)
200 Meters  
22.44, Sly Brown (MVC Championships)
400 Meters  
47.71, Miklos Arpasi (Florida State Relays)
400-Meter Hurdles  
*50.76, Joey Woody (Nebraska Last Chance)
800 Meters  
*48.74, Miklos Arpasi (Nebraska Last Chance)
1500 Meters  
3:52.44, Chad Flynn (Ole Miss Invitational)
3000-Meter Steeplechase  
9:21.45, Jeff Short (Ole Miss Invitational)
5000 Meters  
14:58.34, Jason Meyer (Drake Relays)
10,000 Meters  
31:09.60, Jason Meyer (Florida State Relays)
4 x 100-Meter Relay  
41.88, Brown, McCleary, Westbrook, Honeck (Florida State Relays)
4 x 400-Meter Relay  
*3:11.39, G. Garn, Woody, Arpasi, Honeck (MVC Championships)
Shuttle Hurdle Relay  
*56.95, McCleary, Woody, A. Garn, Westbrook (Drake Relays)
Sprint Medley Relay  
*3:17.29, McCleary, Honeck, Woody, Arpasi (Drake Relays)
Long Jump  
24-10 1/2, Jason McCleary (MVC Championships)
High Jump  
7-0, Ryan Santé (Veishea Invitational)
Shot Put  
54-10 1/4, Matt Casillas (MVC Championships)
Hammer Throw  
163-4, Allan Walz (MVC Championships)
Discus  
170-2, Allan Walz (Ole Miss Invitational)
Javelin  
173-2, Jason McCleary (MVC Championships)
Decathlon  
#7225, Jason McCleary (Tennessee Last Chance)

* UNI Record # NCAA Provisional Qualifier
Two-Sport Athletes

A unique characteristic of the Northern Iowa athletic “family” is the cooperation between programs, allowing student-athletes to compete in more than one sport rather than having to choose one over another. The men’s track and field program has had many student-athletes take advantage of those opportunities over the years, with some of the more prominent of those featured below.

**Kenny Shedd**
Wide Receiver, New York Jets
School Recordholder and Multiple Conference Champion in Sprints

**Jason McCleary**
All-Conference Defensive Back
1993 Missouri Valley Conference Outdoor Track and Field Athlete of the Year

**Craig Nordlie**
All-Conference Return Specialist
School Recordholder in Sprints

**Joe Fuller**
Defensive Back, Ottawa Roughriders (formerly with Green Bay, Minnesota, San Diego)
School Recordholder and Conference Champion in Sprints

“Our football staff has a great relationship with the track and field coaches. We feel like participation in both sports has benefitted everyone involved, but most importantly the student-athletes. And the people that have competed in both since I’ve been here, like Kenny Shedd and Jason McCleary, have certainly proven it’s possible to excel in both. We’re very proud of our track and field program at Northern Iowa and thankful that we have coaches like Chris and Bill to work with.”

—— Northern Iowa Football Coach Terry Allen
## NCAA Qualifying Standards

### Indoor

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<tr>
<td>55-Meter Dash</td>
<td>FAT 6.19</td>
<td>MT --</td>
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<tr>
<td>55-Meter Hurdles</td>
<td>FAT 7.24</td>
<td>MT --</td>
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<tr>
<td>200 Meters</td>
<td>FAT (a) 21.25</td>
<td>MT --</td>
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<tr>
<td></td>
<td>FAT (b) 21.15</td>
<td>MT --</td>
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<td>FAT (c) 20.85</td>
<td>MT --</td>
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<tr>
<td>400 Meters</td>
<td>FAT (a) 47.10</td>
<td>MT 46.8</td>
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<td>FAT (b) 46.70</td>
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<td>FAT (c) 46.10</td>
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### Outdoor

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<td>400 Meters</td>
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<td>MT 45.4</td>
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<td>MT 8:43.7</td>
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<td>Distance Medley - Yards</td>
<td>FAT 9:55.50</td>
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### Notes
- (a) = Size of track under 200m/220y
- (b) = Size of track 200m/220y
- (c) = Size of track over 200m/220y
- (d) = Size of track 200m/220y or less
1993 Cross Country Results

After winning the league title the previous year, Northern Iowa fell just short of defending in the 1993 Missouri Valley Conference Cross Country Championships in Ankeny, Iowa. In the closest Missouri Valley Conference Championship meet since 1960, Southern Illinois coped the team title with 61 points while the Panthers took second with 72, one ahead of pre-meet favorite Illinois State.

The Panthers were the only team in the meet to claim three all-conference runners. Junior Jeff Joiner and senior Jason Meyer each turned in all-conference performances for the second consecutive year, taking fifth and sixth place, respectively. Kyle Kepler finished 10th to win all-conference honors, easily the top finish by a freshman in the field.

The 1993 meet was hosted by Drake University and run on the Otter Creek Golf Course with snow flurries and a wind-chill factor of 14 degrees.

Bradley Invitational
September 10, 1993
Dewteiller Park
Peoria, IL

UNI 16, Bradley 42
UNI 27, Butler 31
UNI 15, Chicago State 49
UNI 15, Evansville 45
UNI 20, DePaul 35
UNI 19, Illinois at Chicago 40
UNI 18, Monmouth 41
UNI 17, Olivet Nazarene 43
UNI 15, St. Louis 46
UNI 22, Wartburg 34
UNI 25, Western Illinois 30
UNI 15, Illinois Wesleyan 45
UNI 15, Creighton 47
Drake 25, UNI 30
Eastern Illinois 25, UNI 34
Illinois 20, UNI 36
Indiana State 25, UNI 30
Wisconsin-Milwaukee 25, UNI 34

UNI Finishers (8K)
1. Jason Meyer 25:15
2. Jeff Joiner 25:23
24. Chad Flynn 26:07
50. Kyle Kepler 26:37
59. Miklos Arpasi 26:52

Illinois State Invitational
September 18, 1993
ISU Golf Course
Normal, IL

1. Northern Iowa 26
2. Illinois State 30

UNI Finishers (8K)
1. Jeff Joiner 25:31
2. Chad Flynn 25:49
3. Jason Meyer 25:50
9. Kyle Kepler 26:47
11. Guy Willey 26:58

Illinois Invitational
September 25, 1993
UI Blue Golf Course
Savoy, IL

1. Indiana 22
2. Ball State 33
3. Illinois 78
4. Northern Iowa 86

UNI Finishers (10K)
8. Jeff Joiner 32:39
23. Chad Flynn 33:41
24. Kyle Kepler 33:44
29. Guy Willey 34:12

Northern Iowa 24, Drake 31
October 8, 1993
Birdsail Park
Cedar Falls, IA

UNI Finishers (8K)
1. Jason Meyer 25:25
2. Jeff Joiner 25:26
5. Chad Flynn 26:18
6. Kyle Kepler 26:20
10. Miklos Arpasi 27:05

Iowa State Memorial Classic
October 16, 1993
Otter Creek Golf Course
Ankeny, IA

1. Iowa State 24
2. Illinois State 96
3. SW Missouri 99
4. Oklahoma 115
5. Kansas State 129
6. Butler Co. CC 141
7. Northern Iowa 147
8. North Dakota St. 193
Mississippi 193

UNI Finishers (8K)
16. Jeff Joiner 26:02
26. Jason Meyer 26:26
33. Chad Flynn 26:39
56. Guy Willey 28:22

Missouri Valley Championships
October 30, 1993
Otter Creek Golf Course
Ankeny, IA

1. Southern Illinois 61
2. Northern Iowa 72
3. Illinois State 73
4. Southwest Missouri 75
5. Indiana State 86
6. Drake 148
7. Wichita State 173
8. Tulsa 186
9. Bradley 270
10. Creighton 294

UNI Finishers (8K)
5. Jeff Joiner 25:38
10. Kyle Kepler 25:51
25. Chad Flynn 26:20
26. Guy Willey 26:24

NCAA District V Championships
November 13, 1993
SIU Campus Course
Carbondale, IL

UNI Finishers (10K)
36. Jeff Joiner 34:16
38. Kyle Kepler 34:24
40. Jason Meyer 34:29
63. Chad Flynn 35:30
71. Guy Willey 36:13
1994 Panthers: Front row (l-r) - Miklos Arpasi, Kory Swart, Guy Willey, Chad Jewell, Joey Woody, Todd Madsen; second row (l-r) - Marshall Blaine, Rob Semelroth, Tim Suchan, Steve Daugherty, Pete Herber, Alex Garn, Chad Pietig; third row (l-r) - Mike Moats, Jim Liebermann, Mike Wherry, Brandon Hardaway, Mike Maddox, Matt Mullenix, Kyle Kepler, Chad Flynn; fourth row (l-r) - assistant coach Bill Lawson, Chad Pietig, Jason Meyer, Jeff Joiner, Gregg Garn, Ryan Santi, Matt Casillas, Allan Walz, head coach Chris Bucknam.
## 1994 Schedule

### Indoor

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<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
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<tr>
<td>Dec. 3</td>
<td>Cyclone Holiday Classic</td>
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<td>Jan. 22</td>
<td>Missouri Valley College</td>
<td>UNI-Dome</td>
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<td>Jan. 29</td>
<td>Illinois State Invitational</td>
<td>Normal, IL</td>
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<tr>
<td>Feb. 4</td>
<td>Mercantile Bank Invitational</td>
<td>UNI-Dome</td>
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<td>Feb. 12</td>
<td>Central Collegiate Conference Championships</td>
<td>Ann Arbor, MI</td>
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<tr>
<td>Feb. 18</td>
<td>UNI-Dome Open</td>
<td>UNI-Dome</td>
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<tr>
<td>Feb. 25</td>
<td>Missouri Valley Conference Championships</td>
<td>Carbondale, IL</td>
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<tr>
<td>Mar. 4</td>
<td>NCAA Qualifying Meet</td>
<td>Ames</td>
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<tr>
<td>Mar. 11-12</td>
<td>NCAA Division I Championships</td>
<td>Indianapolis, IN</td>
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### Outdoor

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
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<tbody>
<tr>
<td>Mar. 26-27</td>
<td>Alabama Relays</td>
<td>Tuscaloosa, AL</td>
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<tr>
<td>Apr. 6-9</td>
<td>Dogwood Relays</td>
<td>Knoxville, TN</td>
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<tr>
<td>Apr. 16</td>
<td>Bulldog Invitational</td>
<td>Des Moines</td>
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<tr>
<td>Apr. 22-23</td>
<td>Kansas Relays</td>
<td>Lawrence, KS</td>
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<td>Apr. 29-30</td>
<td>Drake Relays</td>
<td>Des Moines</td>
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<tr>
<td>May 6-7</td>
<td>National Invitational</td>
<td>Indianapolis, IN</td>
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<td>May 17-20</td>
<td>Missouri Valley Conference Championships</td>
<td>Wichita, KS</td>
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<td>June 1-5</td>
<td>NCAA Division I Championships</td>
<td>Boise, ID</td>
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<td>June 16-18</td>
<td>USATF Championships</td>
<td>Knoxville, TN</td>
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