

1996

## Northern Iowa Track & Field 1996 (Men's)

University of Northern Iowa

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# *Northern Iowa* **TRACK & FIELD**





**1995 Division I Indoor Track and Field  
Team Dual Meet Power Rating  
Week of February 19**

Place	Team	Score
1	North Carolina	215.4
2	Nebraska	214.4
3	Illinois	200.8
4	Fresno State	200.1
5	Purdue	199.6
6	Tennessee	199.3
7	Princeton	198.2
<b>8</b>	<b>Northern Iowa</b>	<b>198.0</b>
9	Indiana State	196.4
10	Washington State	194.7
11	Air Force	194.5
12	Kansas	192.6
13	Penn State	191.3
14	Penn	191.2
15	Indiana	189.4
16	Texas	189.0
17	Colorado	187.6
18	Kansas State	187.4
19	Southern Illinois	185.5
20	Arizona	184.8
21	Rice	181.5
22	Arkansas State	181.4
23	Washington	181.3
24	Michigan	180.4
25	Clemson	179.7

**Credits:**

The 1996 Northern Iowa Men's Track and Field media guide was written and edited by Pat Osterman, with assistance from Kevin Kane and Brett Proskevec.

**On the Cover:**

The Panther seniors display the efforts of their hard work, the 1995 indoor and outdoor conference track championships. Seated (l-r) - Matt Casillas, Joey Woody and Juri Rován; standing (l-r) - Allan Walz and Alex Garn.



# 1996 Panthers

## Northern Iowa Track and Field

Name	Event	Year	Hometown/High School
Marshall Blaine	Distance	Jr.	Indianola, Iowa/Indianola
Sam Burkett	Distance	Fr.	Urbandale, Iowa/Urbandale
Jason Bradley	Sprints	So.	Algona, Iowa/Algona
Jay Brock	Distance	So.	Dubuque, Iowa/Senior
Matt Casillas	Throws	Sr.	Davenport, Iowa/North
Alonzo Clayton	Hurdles	So.	Fort Dodge, Iowa/Fort Dodge
Tate Dunham	Long Jump/Triple Jump	Fr.	Newton, Iowa/Newton
Alex Garn	Long Sprints/Hurdles	Sr.	Ames, Iowa/Ames
Tom Hesse	Distance	Fr.	Cedar Falls, Iowa/Cedar Falls
Corey Janisch	Long Jump/Decathlon	Fr.	Belvidere, Ill./Belvidere
Chad Jewell	High Jump	So.	Des Moines, Iowa/West Des Moines Dowling
Jeff Joiner	Distance	Sr.	Luana, Iowa/Waukon
Dan Joyner	Mid. Distance	Fr.	Iowa City, Iowa/City
Jon Judisch	Long Sprints/Mid. Distance	So.	Tripoli, Iowa/Tripoli
Kyle Kepler	Distance	So.	Webster City, Iowa/Webster City
Justin Kinard	Mid. Distance	Fr.	Cedar Falls, Iowa/Cedar Falls
Kyle Klingman	Distance	Fr.	Cedar Falls, Iowa/Cedar Falls
Mike Maddox	Throws	So.	Girard, Ill./Girard
Brent MacLagan	Long Sprints/Mid. Distance	Fr.	Jefferson, Iowa/Jefferson-Scranton
Ben Mischke	Pole Vault/Decathlon	Fr.	Worland, Wyo./Worland
Mike Moats	Long Sprints/Decathlon	Sr.	Knoxville, Iowa/Knoxville
Matt Mullenix	Mid. Distance	Jr.	Woodbine, Iowa/Woodbine
Scott Nevitt	High Jump/Sprints	Fr.	Runnells, Iowa/Southeast Polk
Billy Nordyke	Sprints	Fr.	Winfield, Iowa/Winfield-Mt. Union
Chad Pietig	Mid. Distance	Jr.	Waterloo, Iowa/Columbus
Eric Potter	Mid. Distance	Fr.	Sioux City, Iowa/Heelan
Jason Potter	Long Sprints	Fr.	Sioux City, Iowa/Heelan
Steve Randall	Distance	Fr.	Cedar Falls, Iowa/Cedar Falls
Juri Rovani	Pole Vault	So.	Brezice, Slovenia
Rob Semelroth	Distance	Jr.	Keystone, Iowa/Benton Community
Maceo Strickland	Sprints	Jr.	East Moline, Ill./United Township
Kory Swart	Distance	Jr.	Belmond, Iowa/Belmond-Klemme
Tony Tatman	Sprints	Fr.	Urbandale, Iowa/Urbandale
Alen Topolovcan	Triple Jump/Long Jump	Fr.	Celje, Slovenia
Allan Walz	Throws	Sr.	Bondurant, Iowa/Bondurant-Farrar
Chad Weber	Mid. Distance	Jr.	Jesup, Iowa/Jesup
Mike Wherry	Hurdles	Jr.	Wayzata, Minn./Wayzata
Guy Willey	Mid. Distance/Distance	Sr.	Ames, Iowa/Ames
Joey Woody	Long Sprints/Hurdles	Sr.	Iowa City, Iowa/City

Head Coach - Chris Bucknam (Norwich '78)

Assistant Coach - Bill Lawson (Northern Iowa '80)

### Northern Iowa at a Glance

Location: Cedar Falls, Iowa 50614

Founded: 1876

Enrollment: 12,800

Nickname: Panthers

Colors: Purple & Old Gold

President: Dr. Robert Koob

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

Assistant SID: Kevin Kane

Office (319) 273-3642

Men's Track & Field Contact: Brett Proskovec

Office (319) 273-3642



# Season Outlook

Northern Iowa Track and Field

by Marty Strasen  
*Waterloo Courier*

Northern Iowa is anxious to break ground on its long-awaited outdoor track facility. And if the result of that hard labor is anything like the product Panther men's track and field coach Chris Bucknam has constructed over the past dozen years, it will have rave reviews in the fall of 1996.

After winning nine championships in seven seasons in the Mid-Continent Conference, Bucknam and assistant coach Bill Lawson have led the Panthers to the top of the powerful Missouri Valley Conference since joining in 1991. UNI swept the league's indoor and outdoor titles in 1995 after winning the cross country championship in 1992.

In rating the average league finish of each school during the cross country, indoor and outdoor meets since 1991, none has been as consistent as UNI. The Panthers were rated ninth in the nation among indoor dual meet schools last season.

"We feel with our national indoor ranking in '95, there's no question we've got our program past the regional level," Bucknam says. "We're a national-class program. We've proven that we can compete at the highest Division I level.

"When you think of football, you can pretty much name the schools that are going to be up there in the Top 20. That's where we want to be in track. We want to be a consistent Top 20 team in the country."



*Allan Walz*



*Joey Woody*

The 1996 Panthers appear to have the balance, depth and leadership to make a strong run at defending their indoor and outdoor league championships.

The incomparable Joey Woody heads a senior class that also includes the likes of national-caliber throwers Matt Casillas and Allan Walz. Woody, however, might redshirt during the outdoor season to prepare for the 1996 United States Olympic Trials. He has qualified in the 400-meter intermediate hurdles.

"He's one of UNI's best-ever in any sport," Bucknam says. "What's so special about him is not just his talent and his work ethic, but his passion for the team to do well. He cares about the team and about everything going on around him, and that's rare for an athlete of his caliber.

"Matt Casillas and Allan Walz are exactly like that in the throwing events, and (hurdler) Alex Garn is another one. They'll do anything for this team. It's just special, and it's guys like this who have made our team so outstanding these last several years."

Woody has finished fifth and seventh in the 400 hurdles at the last two NCAA Outdoor Championships, earning all-America status. He's been named Athlete of the Year at the Drake Relays, District V Championships and the last two outdoor conference meets.

Last year's league outdoor meet was a good example of Woody's value to the team. Ten minutes after winning the 110 high hurdles, he finished third in the open 400 meters. Less than an hour later, he won the 400 hurdles and later ran a leg on the winning mile relay team.

Walz and Casillas both qualified for the NCAA Championships last season, the former in the discus and the latter in the 35-pound weight. Walz earned Field Athlete of the Year honors at the MVC Outdoor meet after winning the discus and finishing second in the hammer throw. Casillas set a school record in the



# Season Outlook

Northern Iowa Track and Field

35-pound weight and ranks among the top five all-time indoors and the outdoor shot put and hammer throw.

"Both went to the NCAAs as juniors and both want to be all-Americans," Bucknam said. "They can really put on a show at the conference meets. One of the best things about them is that they're big-meet throwers. They've both been outstanding when it counted the most."

Garn is coming off his best season, having barely missed qualifying for the NCAAs in the 400 hurdles. Were it not for the presence of Woody, Garn would hold the school record in that event. He has been a key member of Drake and MVC championship relay teams, including the school record-setting mile relay crew that returns intact in 1996. "We feel he'll be a national qualifier," Bucknam said.

UNI was hit hardest by graduation in the field events, where national-caliber athletes like Jason McCleary (long jump, decathlon) and Tim Suchan (high jump) will be missed. Those losses could be eased, however, by the emergence of pole vaulter and javelin thrower Juri Rovani of Slovenia.

Rovani competed for his country in the World University Games and is a potential 1996 Olympian in the pole vault. He owns the Panther record in the javelin (207-7) and Bucknam said he could become the school's first 18-foot vaulter. "He's a sophomore who's really coming into his own," the UNI coach noted.

UNI's recent legacy of outstanding high jumpers appears to fall on the shoulders of sophomore Chad Jewell. "He's been a 6-10 kid and we're hoping he can take that next step and go seven feet," Bucknam said. The top long jumper could be promising Corey Janisch of Belvidere, Ill.

The Panthers figure to improve in the sprints if Maceo Strickland and Alonzo Clayton reach top form after a football playoff season. Strickland won the conference 100-meter dash in 1994 and Clayton took the 55-meter hurdles as a freshman.

Strickland struggled during the 1995 outdoor season and Clayton sat out because of academics.

Jon Judisch of Tripoli enjoyed a sensational freshman season, winning the MVC indoor 400 meters and running a leg on the record-setting mile relay. Also back is junior Matt Mullenix, another member of the mile relay team and the indoor 600-meter champ last season. Freshman Justin Kinard of Cedar Falls figures to help after winning the 800-meter state title.

UNI's distance crew finished second during the 1995 cross country season and is hoping to translate some of that success to the track. In fact, UNI has ended three of the past four cross country seasons either first or second in the MVC.

Kyle Kepler and Jeff Joiner are the most accomplished of the bunch. Kepler is a three-time all-conference runner in cross country and placed third at the Valley meet this past fall. Joiner has won two all-conference awards for his fall efforts and is expected to enter the indoor season healthy after fighting injuries the last two years.

Jay Brock finished fourth at the last MVC cross country meet and was an all-conference track performer on the Panthers' distance medley relay team. And a freshman, Sam Burkett, is coming off a 14th-place conference finish in cross country (third on the team) with hopes of making a similar impact on the track.

Besides Burkett, Janisch and Kinard, at least two other freshman could find themselves becoming early contributors. Brent MacLagan of Jefferson-Scranton High set an Iowa prep record in the 400 low hurdles and is also a strong half miler. Also, Ben Mischke is a two-time Wyoming state champion in the pole vault.

There are some big spikes to fill, to be sure. Most programs would not be able to absorb the departure of a class that included the likes of Suchan, McCleary, Chad Flynn and Ryan Santi and still be able to compete in a rugged league. But Northern Iowa is not most programs, and Bucknam's Panthers are aiming for nothing less than two more championships. Stiff competition is expected to come from Indiana State, Southern Illinois, Illinois State and Wichita State.

"You don't replace people like some of the seniors we lost last year very quickly," Bucknam said. "That was a special group. But I think that we have a special group again this year, and I believe they're going to leave their imprint on school history."



Jon Judisch



# Coaching Staff

Northern Iowa Track and Field



## Head Coach Chris Bucknam

In the 12 years since he first took over the Northern Iowa track and field program, 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 12 MVC meets since UNI's membership in 1991, the Panthers have the best composite record in the league. They have claimed three championships, four runnerup finishes, two third-place spots and two fourth places.

"We've really had some pretty strong teams for the last decade," Bucknam said. "We've had national qualifiers and nationally-ranked relays, but it's just now being seen because we're in the Missouri Valley... it's that added exposure and improved competition."

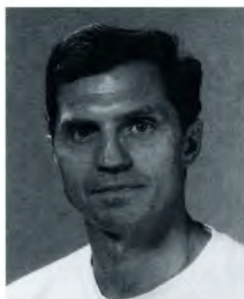
After leading the Panther cross country team to the Missouri Valley Conference title in just its second season in the conference, Bucknam was voted MVC Coach of the Year by his peers in 1992. He was named Mid-Continent Conference Indoor Coach of the Year four times in the last seven seasons UNI was a member of the league, Outdoor Coach of the Year in 1986 and Cross Country Coach of the Year in 1988 and 1990. The Panthers captured the 1995 MVC Indoor and Outdoor track titles, the first two since joining the Valley, and Bucknam was named both Indoor and Outdoor Coach of the Year by his peers. He also was named District V Coach of the Year for the outdoor season.

During his 12-year tenure, the Panthers have won 12 conference crowns--five in indoor track, five in cross country, and two outdoor titles. His teams have never finished lower than fourth in any conference track meet. In the past eight seasons, Bucknam has sent 22 qualifiers to the NCAA Indoor and Outdoor Championships, with five earning All-America honors.

Since his arrival at UNI in 1979 as an assistant to long-time head coach Lynn King, the Panthers have won or shared 18 conference titles in track and field and cross country, and produced 15 all-Americans.

A native of Beverly, Mass., 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 11 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, Minn.

The Carthage, Ill., 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 four times. He also captured the first Master's Pentathlon title two years ago.

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 115 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 our field events coach. 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, have a one-year-old daughter, Abbie.



# Panther Profiles

## Northern Iowa Track and Field

**Matt Casillas**

**Senior**

**Shot Put/Hammer/35# Weight**

**Davenport, Iowa/North**



Shot put - 55-0 1/4 (indoor)  
54-11 1/2 (outdoor)  
35# weight - 65-1 1/4  
Hammer Throw - 184-4

1995: Competed in his first NCAA National Championship in the 35# weight, placing 13th with a throw of 62-10 1/2...finished third in the 35# at the conference meet and third in the shot put at the outdoor conference meet...set the school record in the 35# and also ranks in the top five performers in the shot put, both indoor and outdoor, and hammer throw...named to the academic all-MVC squad. 1994: Won the shot put at Illinois State, WSB Invitational, UNI-Dome Open and Jim Duncan Invitational...named indoor all-conference in the 35# weight, placing third...had team best in the indoor shot put and 35# weight and in the outdoor shot put and discus. 1993: Finished third in the shot put at both indoor and outdoor conference. 1992: Redshirted. Enjoyed an impressive high school career with runner-up finishes at the state meet and Drake Relays.

**Alex Garn**

**Senior**

**Hurdles**

**Ames, Iowa/Ames**



110 hurdles - 14.52  
400 hurdles - 51.69

1995: Had his finest season as a Panther by provisionally qualifying for the NCAA Outdoor meet in the 400-meter hurdles in 51.69... ranks second on the all-time list in the 400 hurdles...member of the winning 4 x 400 relay at the indoor conference meet...placed third in the 400 hurdles at the outdoor conference meet...named to the academic all-MVC squad. 1994: Finished fourth at the ISU Holiday Classic in the 55-meter hurdles in December...a member of the school record-breaking shuttle hurdle relay team. 1993: Finished second at the Drake Relays on the shuttle hurdle relay team.

**Mike Moats**

**Senior**

**Long Sprints/Decathlon**

**Knoxville, Iowa/Knoxville**



400 meters - 49.74 (indoor)

1995: Did not compete with the Panthers. 1994: Ran the anchor leg on the Panthers' top 4 x 400-meter relay team indoors... earned all-conference honors by running on UNI's second-place 4 x 400 team outdoors. 1993: Finished fourth at the Cyclone Holiday Classic. As a high school senior at Knoxville, he was a key member of the Iowa 3-A state track championship team.

**Chad Pietig**

**Senior**

**Middle Distance/Distance**

**Waterloo, Iowa/Columbus**



800 meters - 1:56.19 (indoor)  
1:57.41 (outdoor)

1995: Best finish was fourth in the 800 indoors at the Illinois State Invitational...ran seventh at the Iowa State Holiday Classic and UNI-Dome Open in the 800...posted an outdoor best time of 1:57.41 in the 800 meters at the Missouri Valley Conference Championships...placed 15th at Drake Invitational. 1994: Finished seventh at UNI-Dome Open and WSB Invitational in 800... 1993: Best finish was fourth in 800 in Southwest Missouri State dual...was fifth at Cyclone Holiday Classic...took fifth in the 600 in Arkansas State dual.



# Panther Profiles

Northern Iowa Track and Field

**Kory Swart**  
**Senior**  
**Middle Distance**  
**Belmond, Iowa/Belmond-Klemme**



800 meters - 1:55.78 (indoor)  
1,000 meters - 2:32.09

1995: Earned all-conference honors by running on the third-place distance medley team at the indoor conference meet...ranked 10th overall on the conference best time list in the 1,000 meters...won the 1,000 meters at the Mercantile Bank Invitational and the UNI-Dome Open...finished second in the mile at the Iowa State Holiday Classic...named to the academic all-MVC team. 1994: Won the 1,000 meters at the UNI-Dome Open...a member of the fourth-place distance medley squad at the indoor conference meet...received honorable mention to the academic all-MVC squad...a member of the conference cross country runnerup team. 1993: Member of the cross country squad that won the first-ever Missouri Valley title for UNI.

**Allan Walz**  
**Senior**  
**Throws**  
**Bondurant, Iowa/Bondurant-Farrar**



35# weight - 63-11  
Discus - 184-8  
Hammer - 193-7

1995: Made his first appearance at the NCAA Outdoor Championships in the discus, finishing 12th a toss of 174-7...named MVC Outdoor Field Athlete of the Year by winning the discus and finishing second in the hammer throw...provisionally qualified for nationals in the 35# weight with a personal-best mark of 63-8...won the 35# weight at the conference meet. 1994: Redshirted. 1993: Had the team's top efforts in the 35# weight, discus and hammer throw...won the 35# weight at the UNI-Dome Open and Iowa Invitational. 1992: Team's best efforts in the 35# weight, discus and hammer throw...finished second in the Missouri Valley discus. Ranked on the top five all-time list in the hammer throw, discus, shot put and the 35# weight...highly recruited out of high school...ranked fifth in the nation as a senior with a toss of 190-2 in the discus...participated in the Keebler International and Golden West meets his senior year.

**Guy Willey**  
**Senior**  
**Middle Distance/Distance**  
**Ames, Iowa/Ames**



3,000 meters - 8:41.72 (indoors)  
5,000 meters - 15:08.75

1995-- Had the second best team time in the outdoor 5,000 meters...finished second in the 3,000 meters at the ISU Holiday Classic this season. 1994--Named honorable mention to the academic all-MVC track and field team...finished with a team-best time in the steeplechase (10:04.37) at the Alabama Relays. 1993--Finished third in the UNI-Dome Open in the 1,000 meters. A member of the past three Panther cross country teams, running on the '92 conference championship and '93 runner-up squad...part of four state championship track teams at Ames High.



# Panther Profiles

Northern Iowa Track and Field

**Joey Woody**  
**Senior**  
**Long Sprints/Hurdles**  
**Iowa City, Iowa/City High**



400 meters - 48:54 (indoor)  
47:09 (outdoor)  
600 meters - 1:18.42  
400-meter hurdles - 49.97  
800 meters - 1:48.41 (outdoor)

1995: One of the fastest Panthers in history, he placed seventh at the NCAA Outdoor Championships in the 400 hurdles, his second consecutive all-America honor... named MVC Outdoor Track Athlete of the Year after winning the 110 and 400 hurdles and placing third in the 400 meters...also a member of the record-breaking outdoor 4 x 400 relay and also broke his own school record in the 400 hurdles (49.97)...set the school record in the 600 meters this season at the ISU Holiday Classic...won the 800 meters, placed second in the 55-meter hurdles and ran anchor on the winning 4 x 400 relay at the indoor conference meet. 1994: Earned all-American status by finishing fifth in the 400-meter hurdles at the '94 NCAA Outdoor Championships...named District 5 Athlete of the Year for outdoor season...named 1994 Missouri Valley Conference Outdoor Track Athlete of the Year...named top male athlete at the Drake Relays...earned indoor all-conference honors with a second-place finish in the 1,600-meter relay....a four-event outdoor all-conference honoree, he won the 110 hurdles, 400 hurdles and placed second in the 400 meters and the 4 x 400 relay...broke his own record in the 400-meter hurdles (50.42)...qualified for the 1994 USA National Mobile Track and Field Championships...ran a team-best in the indoor 400, 600, 1600-meter relay and distance medley relay. 1993: Set the school record in the 600 meters in his first collegiate meet. On UNI's all-time top five performers lists in the outdoor 400, 800, 110-meter hurdles and 400-meter hurdles; also in the indoor 400 and 600 meters...voted top high school athlete at the 1992 Drake Relays after winning the 400-meter hurdles and the 1,600-meter relay and finishing 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.

**Marshall Blaine**  
**Junior**  
**Distance**  
**Indianola, Iowa/Indianola**



5,000 meters - 15:22.24 (indoor)

1995: Placed 25th overall and fifth for the Panthers at the Missouri Valley Conference cross country meet...took third in the 5000 at the Iowa State Holiday meet...finished second at UNI-Dome Open in 5000 meters...placed sixth at the Drake Invitational outdoors in the 5000. 1994: Placed sixth in the 3000 meters at the UNI-Dome Open...took fifth in the 3000 vs. Missouri Valley College...ran sixth outdoors in the 5K at the Drake Invitational. Qualified for the state cross country meet...two-time conference MVP in cross country...lettered four times in track and three in cross country.

**Jeff Joiner**  
**Junior**  
**Distance**  
**Luana, Iowa/Waukon**



3,000 meters - 8:30.94

1995: Placed 17th at the Missouri Valley cross country meet in the fall while the team placed second...won the Iowa State Holiday Classic in the 3,000 meters...recorded Panthers' top performance in the 3,000 indoors (8:32.18) by finishing third at the Illinois State Invitational. 1994: Ran a team-best time of 15:02.2 in the outdoor 5,000 meters...sat out most of the cross country season with an injury, received a medical redshirt. 1993: Repeated as all-conference in cross country by placing fifth. 1992: Named all-conference in cross country with a ninth-place finish...redshirted in track and field. Voted to the MVC all-academic team in '92 and '93...won the state cross country title as a senior...qualified for the state track meet his junior and senior years.



# Panther Profiles

Northern Iowa Track and Field

**Matt Mullenix**  
**Junior**  
**Long Sprints**  
**Woodbine, Iowa/Woodbine**



600 meters - 1:22.1  
800 meters - 1:51.14 (indoor)

1995: Took second in the 800 meters at the outdoor conference meet...finished first in the 600 meters and ran the third leg of the winning 4 x 400 relay at indoor conference...won the 800 meters at the ISU Holiday Classic. 1994: Ran on the season-best teams in the mile, two-mile and distance medley relays...finished second in the 800 meters at the Iowa State Holiday Classic and the Illinois State Invitational.. 1993: Redshirted the outdoor track season. Won the state 800 and 1,600 meters and the medley relay as a senior in high school...named Southwest Iowa Athlete of the Year in '92...named all-state in football and all-conference in baseball at Woodbine.

**Maceo Strickland**  
**Junior**  
**Sprints**  
**East Moline, Ill./United Township**



55 meters - 6.38  
100 meters - 10.43  
200 meters - 22.37 (indoor)  
21.76 (outdoor)

1995: Finished fourth at the Missouri Valley Conference indoor meet in the 55-meter dash...posted the team's best times in the 55 (6.38) and 200 meters (22.65)...took third in the 55 dash and fifth in the 200 at the Illinois State Invitational...placed second in 55 dash and fifth in 200 at Mercantile Bank Invitational...won the 55 dash at the Panther Invitational...finished fourth in the 100 and sixth in the 200 at the Drake Invitational. 1994: Won the conference 100-meter dash as a freshman and earned all-conference honors in the 4 x 100 relay...ran team bests in the 55 and 200 indoors and 100, 200, 4 x 100 and sprint medley relays outdoor. Starting defensive back on the Panthers' nationally-ranked football team...a finalist in the Illinois High School meet in the 100 and 200-meter dashes...a three-year track MVP for his team.

**Jay Brock**  
**Sophomore**  
**Middle Distance**  
**Dubuque, Iowa/Senior**



8,000 meters - 25:10  
Steeplechase - 9:20.53

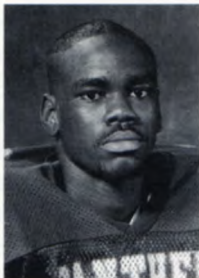
1995: Earned his first all-conference honor by helping the distance medley squad to a third-place finish at the indoor conference meet..placed fourth in the 3000-meter steeplechase at the conference outdoor meet (9:20.53)...ran fourth at the Missouri Valley cross country meet in the fall to pick up all-conference honors. 1994: Made an immediate impact for the cross country squad, spending much of the season as the number two runner and finishing 23rd overall in the Valley meet...had the second-fastest time for a freshman at the Missouri Valley Conference cross country meet. Finished fifth at the 1993 state cross country meet, earning Elite All-State honors...part of the 4 x 800 relay team that won state in 1993 and '94.



# Panther Profiles

Northern Iowa Track and Field

**Alonzo Clayton**  
Sophomore  
Sprints/Hurdles  
Fort Dodge, Iowa/Fort Dodge



55-meter hurdles - 7.55  
Long jump - 23-5 (indoor)

1995: Redshirted. 1994: Won the 55-meter hurdles at the indoor conference championships in 7.55 seconds...jumped 23-2 in the long jump, the best indoor mark of the season for the team. A wide receiver on UNI's nationally-ranked football team who tied an NCAA playoff record with five touchdown catches last December vs. Murray State...an excellent all-around athlete who also was voted all-conference in baseball in high school...played in the '93 Shrine Bowl High School All-Star Game.

**Jon Judisch**  
Sophomore  
Long Sprints  
Tripoli, Iowa/Tripoli



400 meters - 48.09 (indoor)  
48.44 (outdoor)  
200 meters - 22.30 (outdoor)

1995: Enjoyed a spectacular freshman season, winning the conference 400-meter title indoors and running on the winning 4 x 400 relay...in the Panther record book as a member of the outdoor 4 x 400 squad...placed fifth at the outdoor Valley meet in the 400...finished second in the 400 meters in his first collegiate meet at the ISU Holiday Classic. A four-sport athlete in high school, earning 14 letters in football, basketball, track and baseball...named first-team all-state in football and honorable mention all-state in basketball...ran the 400 meters in 48.54 in high school.

**Kyle Kepler**  
Sophomore  
Distance  
Webster City, Iowa/Webster City



8,000 meters - 24:49  
3,000 meters - 8:40.64  
5,000 meters - 15:01.24 (indoor)  
15:09.89 (outdoor)

1995: Earned his second consecutive all-conference honor in cross country with an eighth-place finish...claimed sixth in the 5,000 meters at the Missouri Valley Conference Outdoor Championships...had the second-fastest 10,000-meter time on the team with a 31:32.36. 1994--Redshirted both the indoor and outdoor season...gained his first all-conference honor in cross country. 1992 member of the Elite All-State cross country squad...earned all-conference honors six times in track and four in cross country in high school.

**Mike Maddox**  
Sophomore  
Discus/Shot Put  
Girard, Ill./Girard



Shot put - 50-9 (indoor)  
Discus - 162-3

1995: Had the second-best mark in the discus and outdoor shot put for the Panthers...finished sixth in the discus at the conference meet, the best mark among the freshman...had the second-best mark among freshman in the shot put at outdoor conference. 1994: Redshirted. Runner-up in the discus at the 1992 Illinois state high school meet, winning the title in '93...runner-up in the shot put at the 1993 state meet...all-conference in the shot put and discus in '91, '92 and '93... school record holder in the shot put and discus.



# Panther Profiles

Northern Iowa Track and Field

**Juri Rovn**  
Sophomore  
Pole Vault/Javelin  
Brezice, Slovenia



Pole vault - 16-7 3/4 (indoor)  
17-6 1/2 (outdoor)  
Javelin - 207-7

1995: After joining the squad midway through the indoor season, made an immediate impact by placing fifth at the Valley indoor meet in the pole vault...ranks fifth on UNI's all-time indoor vault list...earned all-conference honors at the MVC outdoor meet by winning the javelin and tied for third in the pole vault...owns the school record in the javelin and ranks third on the all-time outdoor pole vault list.

## Freshmen to Watch...

**Sam Burkett**  
Freshman  
Distance  
Urbandale, Iowa/Urbandale



**Corey Janisch**  
Freshman  
Long Jump/Decathlon  
Belvidere, Ill./Belvidere



**Justin Kinard**  
Freshman  
Middle Distance  
Cedar Falls, Iowa/  
Cedar Falls



**Brent MacLagan**  
Freshman  
Long Sprints/Middle Distance  
Jefferson, Iowa/  
Jefferson-Scranton



**Ben Mischke**  
Freshman  
Pole Vault/Decathlon  
Worland, Wyo./  
Worland



**Alen Topolovcan**  
Freshman  
Triple Jump/Long Jump  
Celje, Slovenia





# Home Sweet Dome

Northern Iowa Track and Field

The UNI-Dome is a unique, multi-purpose athletic facility built in 1976 which has 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. Dickinson Relays. In February of 1993, in just its second year in the conference, Northern Iowa hosted the Missouri Valley Conference Championships and hosts it again in 1996.

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 19-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.



**UNI-Dome**

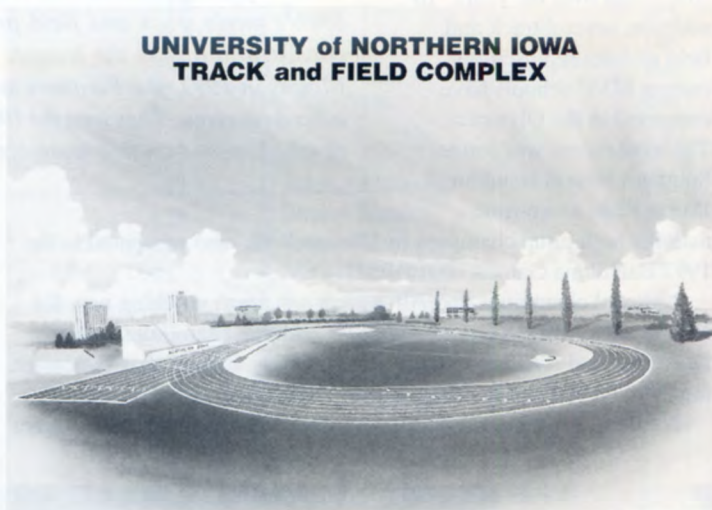
Approximately 16,400 spectators can be seated for football games and track meets and 10,000 for courtside activities.

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.

In the very near future, Northern Iowa will be able to claim some of the finest overall track and field facilities anywhere with the 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. Ground is expected to be broken on the new facility in 1995.



**UNIVERSITY of NORTHERN IOWA  
TRACK and FIELD COMPLEX**

**Proposed Outdoor Facility**

## UNI-Dome Records

55-Meter Dash.....	6.09, Mark Witherspoon, Mizuno/Houston (1994)
55-Meter Hurdles.....	7.20, Reggie Torian, Wisconsin (1995)
200 Meters.....	21.28, Dazel Jules, Eastern Michigan (1988)
400 Meters.....	46.38, Tim Simon, Illinois (1988)
600 Meters.....	1:18.7, Joseph Chepsiror, Iowa State (1994)
800 Meters.....	1:49.42, Brad Horton, Eastern Michigan (1988)
1,000 Meters.....	2:27.92, Dmitry Dorzdov, Iowa State (1994)
Mile Run.....	4:01.52, Roland Pauwels, Iowa State (1989)
3,000 Meters.....	8:02.24, Barnaba Korir, Iowa State (1988)
5,000 meters.....	14:09.59, Don Johns, Eastern Michigan (1988)
Mile Relay.....	3:10.68, Illinois Tolbert, Bridges, Hamer, Simon (1988)
Sprint Medley Relay.....	3:34.34, Northern Iowa Ebenezer, Robers, Froehle, Connell (1976)

Distance Medley Relay.....	9:57.37, Notre Dame Rogan, Harris, O'Connor, Garret (1988)
Shuttle Hurdle Relay.....	29.52, UNI T.C. White, Lathrop, Morrison, Connor (1985)
Two-Mile Relay.....	7:34.54, Eastern Illinois Oaks, Conlon, Neal, Maton (1988)
35-lb. Weight Throw.....	.67-0 1/4, Angus Cooper, Kent State (1988)
Shot Put.....	66-10 1/2, Al Fuerbach, Pacific Coast T.C. (1976)
High Jump.....	7-3 3/4, Tim Suchan, Northern Iowa (1995)
Triple Jump.....	52-2 1/4, Bannon Hayes, Illinois (1988)
Long Jump.....	25-4 1/2, Ed Stewart, Mankato State (1982)
Pole Vault.....	17-9 1/4, Kelly Riley, Arkansas State (1990)



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 in 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.

Northern Iowa has produced perennial NCAA qualifiers in recent

years, including three All-Americans in the last five seasons.

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 Zack, 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, is 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.

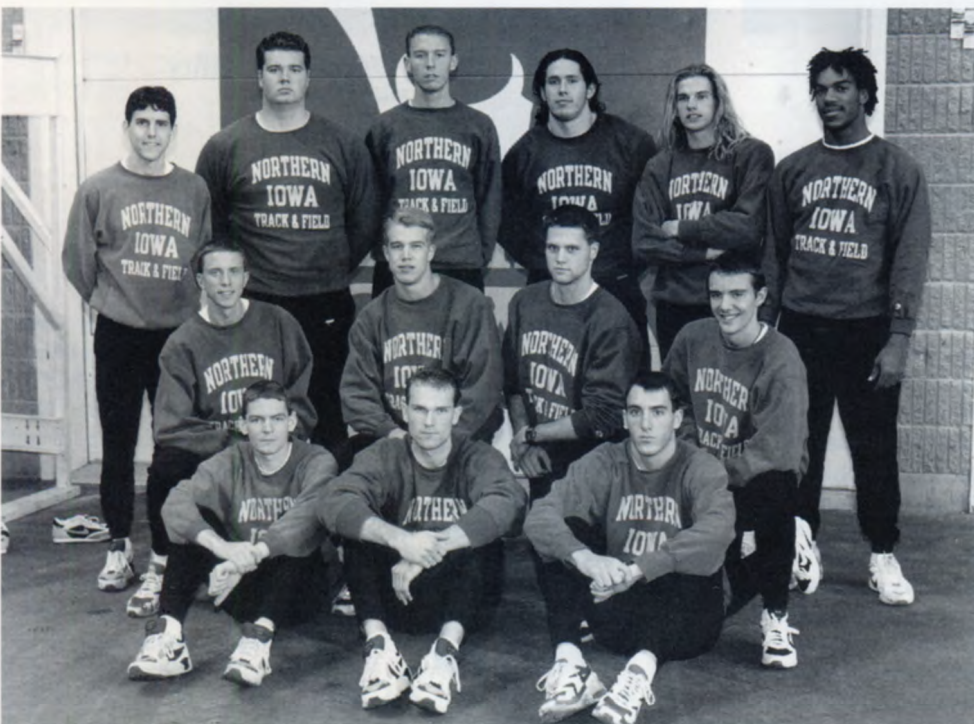
In addition to track and field and cross country, the Missouri Valley Conference sponsors the following sports: baseball, men's and women's basketball, men's and women's golf, men's soccer, softball, men's and women's tennis and women's volleyball.

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 1994.

### Composite Standings Since 1991-92 (average finish in MVC meets)

1. NORTHERN IOWA	2.54
1. Illinois State	2.77
3. Southern Illinois	3.08
4. Indiana State	3.38
5. Wichita State	4.62
6. Southwest Missouri	5.23
7. Drake	6.92

*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. For the first time since Southern Illinois in 1992, the Panthers swept the indoor and outdoor track titles a year ago. They won the 1992 cross country title and also have finished second on five more occasions.*



### UNI's Returning All-MVC Performers:

Front row (l-r) - Jeff Joiner, Joey Woody and Matt Mullenix; middle row (l-r) - Kyle Kepler, Jon Judisch, Mike Moats and Jay Brock; back row

(l-r) - Kory Swart, Allan Walz, Alex Garn, Matt Casillas, Juri Rován and Maceo Strickland.



# MVC Meet Results

Northern Iowa Track and Field

## 1995

### Cross Country

1. Southern Illinois	30
2. NORTHERN IOWA	63
3. Indiana State	104
4. Tulsa	107
5. Illinois State	125
6. Southwest Missouri State	152
7. Wichita State	155
8. Drake	170
9. Evansville	284
10. Bradley	315
11. Creighton	321

### Indoor

1. NORTHERN IOWA	129
2. Indiana State	97.5
3. Illinois State	89
4. Southern Illinois	83.5
5. Wichita State	58
6. Southwest Missouri	56
7. Drake	37
8. Tulsa	6

### Outdoor

1. NORTHERN IOWA	140
2. Southern Illinois	102.5
3. Wichita State	97
4. Indiana State	96
5. Illinois State	83.5
6. Southwest Missouri	82
7. Drake	35
8. Tulsa	15

Matt Mullenix



## 1994

### Cross Country

1. Southern Illinois	33
2. Southwest Missouri	52
3. Indiana State	64
4. Illinois State	122
5. Tulsa	134
6. NORTHERN IOWA	155
7. Drake	163
8. Wichita State	218
9. Bradley	265
10. Creighton	304
11. Evansville	313

### Indoor

1. Illinois State	150
2. Wichita State	95
3. NORTHERN IOWA	85
4. Indiana State	78
5. Southern Illinois	72.5
6. Drake	35.5
7. Southwest Missouri	30
8. Tulsa	12

### Outdoor

1. Wichita State	172
2. Illinois State	120
3. NORTHERN IOWA	100
4. Indiana State	93
5. Southern Illinois	85
6. Drake	40
7. Southwest Missouri	33
8. Tulsa	5

## 1993

### Cross Country

1. Illinois State	68
2. NORTHERN IOWA	69
3. Southwest Missouri	71
4. Indiana State	82
5. Southern Illinois	82
6. Drake	144
7. Wichita State	168
8. Tulsa	182
9. Bradley	268
10. Creighton	294

### Indoor

1. Illinois State	145
2. NORTHERN IOWA	132
3. Indiana State	93
4. Wichita State	58
5. Southern Illinois	55
6. Southwest Missouri	45
7. Drake	29

### Outdoor

1. Indiana State	139
2. NORTHERN IOWA	122
3. Illinois State	115
4. Southern Illinois	99
5. Wichita State	83
6. Southwest Missouri	67
7. Drake	27

## 1992

### Cross Country

1. NORTHERN IOWA	53
2. Illinois State	69
3. Southwest Missouri	73
4. Wichita State	120
5. Indiana State	126
6. Southern Illinois	141
7. Tulsa	175
8. Bradley	186
9. Drake	199
10. Creighton	290

### Indoor

1. Southern Illinois	135
2. Illinois State	115
3. Indiana State	93.5
4. NORTHERN IOWA	65
5. Southwest Missouri	61
6. Wichita State	48.5
7. Drake	39
8. Bradley	1
9. Tulsa	0

### Outdoor

1. Southern Illinois	145
2. NORTHERN IOWA	124
3. Indiana State	112
4. Illinois State	99
5. Southwest Missouri	95
6. Wichita State	43
7. Drake	31
8. Bradley	1
9. Tulsa	0

## 1991

### Cross Country

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



# Track & Field History

Northern Iowa Track and Field

- 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 the 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.
- 1994 -** Joey Woody earns All-American status in the 400-meter hurdles and is named Male Athlete of the Meet at the Drake Relays and Missouri Valley Outdoor Athlete of the Year.
- 1995 -** Northern Iowa becomes the first team in three years to sweep the Missouri Valley Conference indoor and outdoor championships, the school's first MVC track titles. Joey Woody repeats as an All-American in the 400 hurdles.

## All-Americans

- 1939 - William Jenkins (Cross Country)
- Division II**
- 1968 - Larry McCready (120 Hurdles)
- 1969 - Larry McCready (120 Hurdles)  
Wayne Carpenter (Mile)
- 1970 - Wayne Carpenter (Mile)  
Mike McCready (Shot Put)  
Rich Twedt (Cross Country)
- 1971 - Mike McCready (Shot Put, Discus)  
Rich Twedt (Three-Mile, Cross Country)
- 1972 - Mike McCready (Shot Put)  
Rich Twedt (Cross Country)
- 1973 - Rich Twedt (Cross Country)  
Ron Peters (Cross Country)  
Dennis Roloff (Mile)  
Dennis Schultz (Mile)  
Dave Anderson, Mike Byington, Steve DeSerano,  
Dennis Roloff (Mile Relay)
- 1974 - Dennis Schultz (Mile)  
Rich Twedt (Six-Mile)  
Scott Noltensmeier (120 Hurdles)  
Steve Ford (Pole Vault)  
Kent Wessely (High Jump)  
Bill Cook (Decathlon)
- 1975 - Keith Schmidt (Pole Vault)
- 1977 - Bill Friedman (1,500 Meters)  
John Holler (Shot Put)  
Brent Geringer (Discus)  
Bill Glassmaker (800 Meters)  
Bill Lawson (Decathlon)
- 1978 - Brent Geringer (Discus, Shot Put) National Discus Champion  
Bob Friedman (1,500 Meters)  
Bill Glassmaker (800 Meters)  
Bill Lawson (Decathlon)  
Tom Rogers (Pole Vault)
- 1979 - Bob Friedman (1,500 Meters)  
Brent Geringer (Discus, Shot Put)  
Bill Glassmaker (800 Meters)  
Tom Akers (400 Hurdles)  
Tim Jamerson (Pole Vault)  
Bill Lawson (Decathlon)  
Jim Eredge (Cross Country)  
Kim Sprain (Cross Country)  
Bill Lawson (Decathlon)
- 1980 -
- Division I**
- 1979 - Brent Geringer (Discus)
- 1989 - Jeff Burris (800 Meters)  
Dan Hostager (3,000 Meters)
- 1993 - Johnny Westbrook (55-Meter Hurdles)
- 1994 - Joey Woody (400-Meter Hurdles)
- 1995 - Joey Woody (400-Meter Hurdles)

## NCAA Division I Qualifiers

(Automatic & Provisional)

- 1985 - Russ Adams, Pole Vault (Outdoor)
- 1988 - Jeff Burris, 800 Meters (Indoor)
- 1989 - Jeff Burris, 800 Meters (Indoor)  
Dan Hostager, 3,000 Meters (Indoor)
- 1990 - Jim Turner, 400 Meters (Indoor)  
Kenny Shedd, 200 Meters (Indoor)  
Jeff Burris, 800 Meters (Outdoor)
- 1991 - Brad Miller, Pole Vault (Indoor)  
Bob Edwards, Pole Vault (Indoor)  
Steve Daugherty, High Jump (Indoor)  
Tim Suchan, High Jump (Indoor)
- 1992 - Brad Miller, Decathlon
- 1993 - Johnny Westbrook, 55-Meter Hurdles  
Joey Woody, 400 Hurdles  
Jason McCleary, 55-Meter Hurdles/Decathlon  
Miklos Arpasi, 800 Meters (Indoor and Outdoor)
- 1994 - Joey Woody, 400 Hurdles  
Tim Suchan, High Jump (Indoor and Outdoor)  
Pete Herber, High Jump (Indoor)  
Miklos Arpasi, 800 Meters (Indoor and Outdoor)
- 1995 - Tim Suchan, High Jump (Indoor and Outdoor)  
Jason McCleary, 55-Meter Hurdles  
Matt Casillas, 35# Weight  
Joey Woody, 400 Hurdles  
Allan Walz, Discus  
Alex Garn, 400 Hurdles



# Indoor Records

## Northern Iowa Track and Field

EVENT	UNI RECORD	MVC RECORD
55-Meter Dash	6.25 Kenny Shedd (1992)	6.22, Kenny Shedd Northern Iowa (1992)
55-Meter Hurdles	7.29 Johnny Westbrook (1993)	7.26, Chris Lancaster Indiana State (1990)
200 Meters	21.49 Kenny Shedd (1992)	21.15, Kevin Little Drake (1990)
300 Meters	33.95 Jim Turner (1989)	29.81, Michael Franks (300 Yds.) Southern Illinois (1990)
400 Meters	47.01 Jim Turner (1990)	47.87, Erick Pegues Southern Illinois (1989)
600 Yards	1:10.02 Jeff Burris (1990)	Not competed at conference level
600 Meters	1:18.57 Joey Woody (1995)	1:17.80, Nave Wilson Illinois State (1988)
800 Meters	1:49.56 Jeff Burris (1989)	1:49.88, Dave Rzeszutko Illinois State (1992)
1,000 Yards	2:10.84 Bill Glassmaker (1979)	2:08.67, Mike Sullivan Indiana State (1984)
1,000 Meters	2:27.99 Chad Flynn (1995)	2:26.60, Nick Schwartz Southern Illinois (1992)
Mile Run	4:07.54 Tom Penningroth (1989)	4:04.00, Chris Mares Drake (1981)
3,000 Meters	8:02.67 Dan Hostager (1989)	8:20.28, Mike Straza Illinois State (1992)
Two-Mile Run	8:54.70 Dave O'Brien (1979)	8:46.38, Mike Baker Illinois State (1982)
5,000 Meters	14:27.01 Dan Hostager (1989)	14:20.40, Trey Harrison Wichita State (1989)
1,600-Meter Relay	3:12.57 Judisch, Garn, Mullenix, Woody (1995)	3:13.00 Southern Illinois (1982)
Mile Relay	3:16.11 Bartelt, Burris, Terrillion, Glasnapp (1988)	Not competed at conference level
3,200-Meter Relay	7:27.32 Jay, Terrillion, Ross, Burris (1989)	7:34.00 Illinois State (1988)
Two-Mile Relay	7:29.32 Jay, Terrillion, Ross, Burris (1989)	Not competed at conference level
Distance Medley Relay	10:00.22 Brennan, Hopkins, Glassmaker, Friedman (1979)	9:46.51 Southern Illinois (1984)
High Jump	7-4 1/2 Tim Suchan (1995)	7-4 1/2 Kevin Clements, Ill. St. (1990); Darrin Plab, So. Illinois (1991); Tim Suchan (1995)
Long Jump	24-8 1/4 Jason McCleary (1993)	25-7, Brian Bradley Southern Illinois (1988)
Triple Jump	52-1 Junior Chukukere (1992)	52-3 1/2, Dion Simmons Illinois State (1994)
Pole Vault	17-5 1/4 Brad Miller (1991)	17-7 1/2, Mike Heath Wichita State (1992)
Shot Put	60-3 1/4 Brent Geringer (1979)	62-4, John Smith * Southern Illinois (1984)
35-Lb. Weight	65-1 1/4 Matt Casillas (1995)	66-7 1/4, John Hamilton Wichita State (1993)



# Outdoor Records

## Northern Iowa Track and Field

EVENT	UNI RECORD	MVC RECORD
<b>100-Meter Dash</b>	10.43 Maceo Strickland (1994)	10.2 Mike Kee, Southern Illinois (1977); Iziah Adayanju, Wichita State (1990)
<b>110-Meter Hurdles</b>	13.84 Larry McCready (1967)	13.67, Ed Williams Southern Illinois (1992)
<b>200 Meters</b>	20.95 Kenny Shedd (1992)	20.53, Ed Williams Southern Illinois (1992)
<b>400 Meters</b>	46.84 Dennis Roloff (1972)	45.91, Elvis Forde Southern Illinois (1984)
<b>400-Meter Hurdles</b>	49.97 Joey Woody (1995)	49.97, Joey Woody Northern Iowa (1995)
<b>800 Meters</b>	1:48.10 Jeff Burris (1988)	1:48.48, Billy Rainey Southwest Missouri (1992)
<b>1,500 Meters</b>	3:44.06 Bob Friedman (1979)	3:45.00, Chris Mares Drake (1980)
<b>Mile Run</b>	4:03.94 Dennis Schultz (1974)	4:02.74, Allen Walker Wichita State (1973)
<b>3,000-Meter Steeplechase</b>	9:04.85 Jeff Short (1991)	8:39.29 Vern Iwancin, Drake (1981)
<b>5,000 Meters</b>	14:20.24 Dan Hostager (1990)	14:05.12, Carl Davies Illinois State (1993)
<b>10,000 Meters</b>	29:51.64 Chris Leonard (1985)	29:37.91, Mike Keane Southern Illinois (1981)
<b>400-Meter Relay</b>	40.93 Shedd, Westbrook, McCleary, Honeck (1992)	40.26 Drake (1985)
<b>1,600-Meter Relay</b>	3:09.48 Jon Judisch, Alex Garn, Matt Mullenix, Joey Woody (1995)	3:04.60 Southern Illinois (1982)
<b>Sprint Medley Relay</b>	3:17.29 McCleary, Honeck, Woody, Arpasi (1993)	Not competed at conference level
<b>Distance Medley Relay</b>	9:47.70 Burris, Shedd, Terrillion, Hostager (1990)	Not competed at conference level
<b>Shuttle Hurdle Relay</b>	56.95 McCleary, Woody, A. Garn, Westbrook (1993)	Not competed at conference level
<b>High Jump</b>	7-3 3/4 Tim Suchan (1994)	7-8, Darrin Plab Southern Illinois (1992)
<b>Pole Vault</b>	17-6 1/2 Juri Rován (1995)	17-4 1/2, Bob Edwards Northern Iowa (1992)
<b>Long Jump</b>	24-10 3/4 Wayne Simon (1987)	25-7 1/2, Don DuVall Wichita State (1978)
<b>Triple Jump</b>	51-6 1/4 Junior Chukukere (1992)	53-11 3/4, Dion Simmons Illinois State (1992)
<b>Shot Put</b>	58-6 John Holler (1976)	61-7 3/4, Joel Sward Drake (1992)
<b>Discus</b>	199-6 Brent Geringer (1979)	193-8, Dwayne Mayfield West Texas State (1982)
<b>Javelin</b>	207-7 Juri Rován (1995)	274-7, Bob Roggy Southern Illinois (1978)
<b>Hammer Throw</b>	193-07 Allan Walz (1995)	209-2, Matt Quinn Indiana State (1993)
<b>Decathlon</b>	7,419 Brad Miller (1992)	7,574, Keith Stewart West Texas State (1984)



# Indoor Top Five

Northern Iowa Track and Field

## 55-Meter Dash

1. 6.25 Kenny Shedd, 1992
2. 6.34 Joe Fuller, 1984
3. 6.37 Doug Case, 1984
4. 6.38 Maceo Strickland, 1995
5. 6.44 Bill Hall, 1949
- 6.44 Frank Robinson, 1957
- 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. 7.44 Ryan Santi, 1995
5. 7.48 Craig Nordlie, 1981

## 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. 48.09 Jon Judisch, 1995\*
3. 48.16 Kenny Shedd, 1991
4. 48.44 Brooks Glasnapp, 1987
5. 48.54 Joey Woody, 1994

## 600 Meters

1. 1:18.57 Joey Woody, 1995
2. 1:19.59 Miklos Arpasi, 1994
3. 1:20.24 Matt Mullenix, 1995
4. 1:20.75 Gregg Garn, 1994
5. 1:20.79 Jason Sweet, 1992

## 800 Meters

1. 1:49.30 Miklos Arpasi, 1993\*
2. 1:49.32 Joey Woody, 1995
3. 1:49.56 Jeff Burris, 1989
4. 1:50.70 Kent Terrillion, 1988
5. 1:52.03 Matt Mullenix, 1995\*

## 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. 16-2 3/4 Juri Rovani, 1995

## High Jump

1. 7-4 1/2 Tim Suchan, 1995
2. 7-3 1/4 Pete Herber, 1994
3. 7-1 1/2 Steve Daugherty, 1992
4. 7-0 1/2 Ryan Santi, 1994
5. 7-0 Steve Weaver, 1983

## 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, 1995

## 35-lb. Weight

1. 65-1 1/4 Matt Casillas, 1995
2. 63-11 Allan Walz, 1995
3. 52-1 1/2 Kelly Tagtow, 1987
4. 44-6 Mike Maddox, 1995
5. 42-6 Andre Allen, 1995

\* Size of track over 200 meters



Joey Woody



# Outdoor Top Five

Northern Iowa Track and Field

## 100 Meters

1. 10.43 Maceo Strickland, 1994
2. 10.54 John Harland, 1977
3. 10.57 Joe Fuller, 1984
4. 10.64 Doug Case, 1986
- 10.64 Al Atherton, 1977

## 200 Meters

1. 20.95 Kenny Shedd, 1992
2. 21.24 Bob Ruchti, 1967
3. 21.36 Jim Turner, 1991
4. 21.49 Rodney Garrett, 1988
5. 21.54 Doug Case, 1986

## 400 Meters

1. 46.64 Dennis Roloff, 1972
2. 46.99 Kenny Shedd, 1992
3. 47.09 Joey Woody, 1994
4. 47.40 Brooks Glasnapp, 1986
5. 47.43 Jim Turner, 1991

## 800 Meters

1. 1:48.10 Jeff Burris, 1988
2. 1:48.41 Joey Woody, 1994
3. 1:48.46 Miklos Arpasi, 1994
4. 1:48.55 Bill Glassmaker, 1979
5. 1:49.70 Kent Terrillion, 1990

## 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. 3:49.20 Chad Flynn, 1995
5. 3:50.74 Carl Burrell, 1984

## 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. 9:20.53 Jay Brock, 1995

## 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
4. 30:14.59 Todd Goodell, 1986
5. 30:22.13 Bill Castle, 1990

## 110-Meter Hurdles

1. 13.84 Larry McCready, 1967
2. 13.97 Johnny Westbrook, 1993
3. 14.09 Joey Woody, 1994
4. 14.10 Jay Connor, 1984
5. 14.11 Jason McCleary, 1993

## 400-Meter Hurdles

1. 49.97 Joey Woody, 1995
2. 51.69 Alex Garn, 1995
3. 51.78 Gregg Garn, 1993
4. 52.00 Tom Akers, 1979
5. 52.47 Joel Hartman, 1988

## High Jump

1. 7-3 3/4 Tim Suchan, 1991
2. 7-1 3/4 Pete Herber, 1994
3. 7-0 Ryan Santi, 1993
4. 6-11 3/4 Steve Daugherty, 1992
5. 6-11 Steve Weaver, 1983

## Long Jump

1. 24-10 3/4 Wayne Simon, 1987
2. 24-10 1/2 Jason McCleary, 1993
3. 24-2 1/2 Bobby Williams, 1981
4. 24-2 1/4 Todd Madsen, 1993
5. 24-1 3/4 Bob Smith, 1992

## Triple Jump

1. 51-6 1/4 Junior Chukukere, 1992
2. 50-2 Bill Lawson, 1977
3. 49-6 3/4 Bobby Williams, 1982
4. 49-6 1/2 Craig Fay, 1968
5. 47-8 Brian Makela, 1982

## Pole Vault

1. 17-6 1/2 Juri Rován, 1995
2. 17-4 1/2 Bob Edwards, 1992
3. 17-4 1/4 Russ Adams, 1985
4. 17-0 Brad Miller, 1990
5. 16-1 Troy Becker, 1986

## 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. 54-11 1/2 Matt Casillas, 1995

## Javelin (New)

1. 207-7 Juri Rován, 1995
2. 204-8 Mike Raffensperger, 1989
3. 192-9 Scott Sloan, 1986
4. 175-5 Brad Miller, 1992
5. 173-2 Jason McCleary, 1993

## 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. 199-6 Brent Geringer, 1979
2. 187-10 Matt Haven, 1984
3. 184-8 Allan Walz, 1995
4. 178-0 Arnie Doden, 1983
5. 176-3 Kelly Tagtow, 1988

## Hammer Throw

1. 193-7 Allan Walz, 1995
2. 185-9 Tom Reints, 1982
3. 184-4 Matt Casillas, 1995
4. 167-6 Ken Schwartz, 1975
5. 165-3 John Holler, 1977

## 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



# 1995 Season Bests

Northern Iowa Track and Field

## Indoor

55 Meters	6.38, Maceo Strickland (Redbird Invitational, MVC Championships)
55-Meter Hurdles	#7.33, Jason McCleary (Nebraska Last Chance)
200 Meters	22.65, Maceo Strickland (Mercantile Bank Invitational)
400 Meters	48.09, Jon Judisch (ISU Classic)
600 Meters	@1:18.57, Joey Woody (ISU Holiday)
800 Meters	#1:50.32, Joey Woody (ISU Last Chance)
1000 Meters	@2:27.99, Chad Flynn (UNI-Dome Open)
Mile Run	4:11.23, Chad Flynn (ISU Last Chance)
3000 Meters	8:32.18, Jeff Joiner (Redbird Invitational)
5000 Meters	15:03.81, Kyle Kepler (ISU Classic)
4 x 400-meter Relay	@3:12.57, Judisch, Garn, Mullenix, Woody (ISU Classic)
Pole Vault	16-2 3/4, Juri Rován (ISU Classic)
High Jump	@&7-4 1/2, Tim Suchan (MVC Championships)
Long Jump	23-7 1/2, Jason McCleary (MVC Championships)
Shot Put	54-4, Matt Casillas (Panther Invitational)
35-lb. Weight	@#65-1 1/4, Matt Casillas (Nebraska Last Chance)
	#63-8, Allan Walz (Mercantile Bank Invitational)



*Juri Rován*

@ UNI Record

& NCAA Automatic Qualifier

# NCAA Provisional Qualifier

## Outdoor

100 Meters	10.99, Ryan Santi (MVC Championships)
200 Meters	22.30, Jon Judisch (Badger Invitational)
400 Meters	47.23, Joey Woody (MVC Championships)
800 Meters	1:49.56, Joey Woody (Drake Relays)
1,500 Meters	3:49.20, Chad Flynn (Drake Relays)
5,000 Meters	14:59.00, Jason Meyer (Arkansas Invitational)
10,000 Meters	31:21.43, Jason Meyer (Kansas Relays)
Mile	4:14.32, Chad Flynn (Arkansas Invitational)
Steeplechase	9:20.53, Jay Brock (MVC Championships)
110-meter Hurdles	14.16, Joey Woody (Arkansas Invitational)
400-meter Hurdles	@&49.97, Joey Woody (Drake Relays)
	#51.69, Alex Garn (Badger Invitational)
4 x 400-meter Relay	@3:09.48, Judisch, Garn, Mullenix, Woody (Badger Invitational)
Sprint Medley	3:23.00, Judisch, Santi, Garn, Mullenix (Drake Relays)
Distance Medley	9:56.61, Mullenix, Judisch, Swart, Flynn (Alabama Relays)
Shuttle Hurdle	57.83, Santi, Liebermann, Garn, Woody (Drake Relays)
Pole Vault	17-0 3/4, Juri Rován (SeaRay Relays)
Javelin	@207-7, Juri Rován (MVC Championships)
High Jump	#7-3 1/4, Tim Suchan (SeaRay Relays)
Long Jump	22-7 1/4, Todd Madsen (MVC Championships)
Shot Put	54-11 1/2, Matt Casillas (MVC Championships)
Discus	#184-8, Allan Walz (MVC Championships)
Hammer Throw	@193-7, Allan Walz (MVC Championships)
Decathlon	6,748, Ryan Santi (Kansas Relays)
@ UNI Record	& NCAA Automatic Qualifier
	# NCAA Provisional Qualifier



*Alex Garn*



# Strength of Iowa

## Northern Iowa Track and Field

While Northern Iowa's continued success in the past decade can be attributed to the hard work and dedication of student-athletes from across the United States, the Panther tradition of excellence has been built around Iowans. Many high school stars from the state have gone on to achieve success on the national level while attending Northern Iowa. Listed below are the NCAA Division I national qualifiers from Iowa who have represented UNI:



*Jeff Burris*



*Bob Edwards*



*Kenny Shedd*



*Jason McCleary*

Russ Adams, Pocahontas  
 Jeff Burris, Ames  
 Matt Casillas, Davenport  
 Steve Daugherty, Cedar Rapids  
 Bob Edwards, Fort Dodge  
 Alex Garn, Ames  
 Brent Geringer, Mount Ayr  
 Pete Herber, Dubuque  
 Dan Hostager, Audubon  
 Jason McCleary, Newton  
 Kenny Shedd, Davenport  
 Tim Suchan, Cedar Rapids  
 Jim Turner, Marshalltown  
 Allan Walz, Bondurant  
 Joey Woody, Iowa City



*Dan Hostager*



*Jim Turner*



*Tim Suchan*



*Brent Geringer*



# Facilities

Northern Iowa Track and Field



## State-of-the-Art Training Room

## Weight Room



## UNI-Dome



# This is Northern Iowa

Northern Iowa Track and Field

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, humanities and fine arts, and social, behavioral and natural 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

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



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 13th among 119 Midwest regional colleges and universities. The magazine also named UNI the Midwest's most efficient regional university. Northern Iowa also was cited in 1994 as the second best value among 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 U.S. by educators and accounting professionals. In a national survey of 400 accounting faculty, Northern Iowa ranked as one of their top programs.

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 105,000 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.



# NCAA Qualifying

Northern Iowa Track and Field

## Indoor

Event	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
55-Meter Dash	6.19	--	6.28	--
55-Meter Hurdles	7.24	--	7.39	--
200 Meters	(a) 21.30	--	21.75	--
	(b) 21.15	--	21.60	--
	(c) 21.00	--	21.45	--
400 Meters	(a) 46.97	46.7	48.10	47.8
	(b) 46.72	46.4	47.85	47.6
	(c) 46.47	46.2	47.60	47.3
800 Meters	(d) 1:49.25	1:49.0	1:51.00	1:50.7
	(c) 1:48.75	1:48.5	1:50.50	1:50.2
Mile	(d) 4:01.80	4:01.5	4:06.50	4:06.2
	(c) 4:01.00	4:00.7	4:05.70	4:05.4
3,000 Meters	(d) 8:01.50	8:01.2	8:12.00	8:11.7
	(c) 8:00.20	7:59.9	8:10.70	8:10.4
5,000 Meters	(d) 14:00.00	13:59.7	14:18.00	14:17.7
	(c) 13:58.15	13:57.9	14:16.15	14:15.9
1,600 Relay	(a) 3:10.00	3:09.7	3:14.00	3:13.7
	(b) 3:08.50	3:08.2	3:12.50	3:12.2
	(c) 3:07.00	3:06.7	3:11.00	3:10.7
Mile Relay	(a) 3:11.20	3:10.9	3:15.20	3:14.9
	(b) 3:09.70	3:09.4	3:13.70	3:13.4
	(c) 3:08.20	3:07.9	3:12.20	3:11.9
Distance Medley - Meters				
	(d) 9:37.00	9:36.7	9:52.00	9:51.7
	(c) 9:34.75	9:34.5	9:49.75	9:49.5
Distance Medley-Yards				
	(d) 9:40.00	9:39.7	9:55.00	9:54.7
	(c) 9:37.75	9:37.5	9:52.75	9:52.5
High Jump	2.25	7-4 1/2	2.16	7-1
Long Jump	7.90	25-11	7.60	24-11 1/4
Triple Jump	16.25	53-3 3/4	15.65	51-4 1/4
Pole Vault	5.50	18-0 1/2	5.22	17-1 1/2
Shot Put	18.65	61-2 1/4	17.40	57-1
35-Lb. Weight	20.85	68-5	18.40	60-4 1/2

## Outdoor

Event	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
100 Meters	10.20	--	10.45	--
200 Meters	20.55	--	20.93	--
400 Meters	45.60	45.3	46.50	46.2
800 Meters	1:47.40	1:47.1	1:49.00	1:48.7
1,500 Meters	3:41.40	3:41.1	3:46.00	3:45.7
Mile	3:59.09	3:58.8	4:04.06	4:03.8
3,000-Meter Steeplechase				
	8:44.00	8:43.7	8:57.00	8:56.7
5,000 Meters	13:52.50	13:52.2	14:12.00	14:11.7
10,000 Meters	29:10.00	29:09.7	29:55.00	29:54.7
110 Hurdles	13.72	--	14.04	--
400 Hurdles	50.30	50.0	51.65	51.4
400 Relay	39.35	39.1	40.10	39.8
440-Yard Relay	39.55	39.3	40.30	40.0
1,600 Relay	3:04.40	3:04.1	3:07.50	3:07.2
Mile Relay	3:05.60	3:05.3	3:08.70	3:08.4
High Jump	2.25	7-4 1/2	2.18	7-1 3/4
Long Jump	8.05	26-5	7.70	25-3 1/4
Triple Jump	16.45	53-11 3/4	15.75	51- 8 1/4
Pole Vault	5.52	18-1 3/4	5.26	17-3 1/4
Shot Put	18.80	61-8 1/4	17.55	57-7
Discus	59.00	193-7	54.50	178-10
Javelin	73.50	241-2	67.50	221-5
Hammer	67.50	221-5	60.00	196-10
Decathlon	7,550 pts.		7,050 pts.	

(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



# 1995 Cross Country

Northern Iowa Track and Field

After coming off a disappointing 1994 campaign, the Panthers had just one thing on their minds...challenging for the conference title. It was a season of ups and downs, with the Panthers ranked as high as fifth in District V. With only two seniors on the squad, youth was a factor. As it always seems, Northern Iowa answered the challenge at the conference meet. Picked to finish third, the Panthers made a strong run at the title but fell short, finishing in second place. Kyle Kepler earned his third consecutive all-conference honor and Jay Brock ran a personal-best time, finishing right behind Kepler and also earning all-MVC honors.

## September 8, 1995

### Bradley Open Peoria, Ill.

UNI 15, Bradley 50
UNI 20, Butler 42
UNI 21, Drake 38
UNI 20, Eastern Illinois 38
UNI 15, Evansville 50
UNI 15, Illinois-Chicago 50
UNI 20, Illinois State 43
UNI 15, Illinois Wesleyan 50
UNI 20, Iowa 39
UNI 15, Northeastern Illinois 49
UNI 19, Northeast Missouri State 40
UNI 15, Olivet Nazarene 50
UNI 26, Purdue 29
UNI 15, Saint Louis 50
UNI 15, Wisconsin-Green Bay 50
UNI 24, Wisconsin-Milwaukee 33
Illinois 29, UNI 26

#### *Panther Finishers (8K)*

8. Jeff Joiner	25:07
11. Jay Brock	25:10
13. Sam Burkett	25:11
21. Marshall Blaine	25:31
26. Kyle Kepler	25:41

## September 15, 1995

### Illinois State Invitational Normal, Ill.

Wisconsin	16
<b>Northern Iowa</b>	69
Iowa State	72
Illinois State	118
Southern Illinois-Edwardsville	123
Western Illinois	157

#### *Panther Finishers (8K)*

11. Sam Burkett	25:12
13. Marshall Blaine	25:37
14. Jay Brock	25:50
15. Jeff Joiner	25:51
16. Kyle Kepler	25:56

## September 29, 1995

### Illinois Invitational Champaign, IL

Iowa	38
Illinois	42
Ball State	47
<b>Northern Iowa</b>	87

#### *Panther Finishers (10K)*

14. Kyle Kepler	32:35
17. Jeff Joiner	32:47
19. Jay Brock	32:52
23. Sam Burkett	33:16
24. Marshall Blaine	33:24

## October 14, 1995

### Iowa State Invitational Ames, Iowa

1. Stanford	60
2. Iowa State	83
3. North Carolina State	117
4. Tennessee	127
5. Northern Arizona	137
6. Notre Dame	140
7. Villanova	217
8. Alabama	235
9. Illinois	251
10. Colorado State	272
11. Montana State	293
12. Kansas State	319
13. Boston College	367
14. Iowa	374
15. <b>Northern Iowa</b>	376
16. Missouri	392
17. Minnesota	429
18. Marquette	452
19. Georgia Tech	456
20. Drake	591

#### *Panther Finishers (8K)*

56. Kyle Kepler	27:39
65. Jay Brock	27:47
67. Jeff Joiner	27:48
86. Marshall Blaine	28:08
112. Sam Burkett	28:35

## October 29, 1995

### Missouri Valley Championships Tulsa, OK

1. Southern Illinois	30
<b>2. Northern Iowa</b>	63
3. Indiana State	104
4. Tulsa	107
5. Illinois State	125
6. Southwest Missouri State	152
7. Wichita State	155
8. Drake	170
9. Evansville	284
10. Bradley	315
11. Creighton	321

#### *Panther Finishers (8K)*

3. Kyle Kepler	24:55
4. Jay Brock	24:57
14. Sam Burkett	25:34
17. Jeff Joiner	25:38
25. Marshall Blaine	25:48

## November 11, 1995

### NCAA Regional Championships Stillwater, Okla.

1. Oklahoma State	33
2. Iowa State	87
3. Southern Illinois	123
4. Kansas State	161
5. Missouri	163
6. Tulsa	174
<b>7. Northern Iowa</b>	189
8. Nebraska	200
9. Kansas	205
Oklahoma	205
11. Indiana State	220
12. Illinois State	333
13. Southwest Missouri State	361
14. Southeast Missouri State	393
15. Bradley	499
16. Creighton	507
17. St. Louis	511

#### *Panther Finishers (10K)*

20. Kyle Kepler	32:16
33. Jeff Joiner	32:59
38. Sam Burkett	33:08
42. Marshall Blaine	33:12
56. Jay Brock	33:37





**1996 Panthers:** (front row, l-r) -- Chad Pietig, Matt Mullenix, Jeff Joiner, Alex Garn, Guy Willey, Allan Walz, Mike Wherry, Matt Casillas, Joey Woody, Mike Moats; (middle row, l-r) -- Chad Weber, Jason Bradley, Jon Judisch, Tate Dunham, Kory Swart, Rob Semelroth, Marshall Blaine, Maceo Strickland, Kyle Kepler, Jay Brock, Juri Rovon, Steve Randall, Mike Maddox; (back row, l-r) -- assistant coach Bill Lawson, volunteer assistant Bob Edwards, Billy Nordyke, Brent MacLagan, Corey Janisch, Jason Potter, Tom Hesse, Justin Kinard, Dan Joyner, Scott Nevitt, Sam Burkett, Eric Potter, Ben Mischke, Tony Tatman, head coach Chris Bucknam.



# 1996 Schedule

Northern Iowa Track and Field

## Indoor

Dec. 1	Iowa State Holiday Meet	Ames
<b>Jan. 20</b>	Badger Invitational	Madison, Wis.
Jan. 27	Minnesota Invitational	Minneapolis, Minn.
<b>Feb. 2</b>	<b>Mercantile Bank Invitational</b>	<b>Cedar Falls</b>
Feb. 9-10	Husker Invitational	Lincoln, Neb.
<b>Feb. 16</b>	<b>UNI-Dome Open</b>	<b>Cedar Falls</b>
<b>Feb. 23-24</b>	<b>Missouri Valley Conference Championships</b>	<b>Cedar Falls</b>
Mar. 1	Iowa State National Qualifying Meet	Ames
Mar. 7-9	NCAA Division I Championships	Indianapolis, Ind.

## Outdoor

Mar. 22-23	Sun Devil Relays	Tempe, Ariz.
Mar. 30	Arkansas Invitational	Hot Springs, Ark.
Apr. 5-6	Texas Relays	Austin, Texas
Apr. 13	Bulldog Invitational	Des Moines
Apr. 20	Iowa Invitational	Iowa City
	Kansas Relays	Lawrence, Kan.
Apr. 26-27	Drake Relays	Des Moines
May 4	Wisconsin Twilight	Madison, Wis.
May 13-16	Missouri Valley Conference Championships	Terre Haute, Ind.
May 29-June 1	NCAA Division I Championships	Eugene, Ore.