1996

Northern Iowa Track & Field 1996 (Men's)

University of Northern Iowa

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

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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 Rovan; standing (l-r) - Allan Walz and Alex Garn.

Matt Casillas
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Head Coach - Chris Bucknam (Norwich ’78)
Assistant Coach - Bill Lawson (Northern Iowa ’80)
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."

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."

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
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 NCAA 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 McClear (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 Jurij Rovan of Slovenia.

Rovan 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."

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Jon Judisch
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

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

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

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

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.
Joe Woody  
Senior  
Long Sprints/Hurdles  
Iowa City, Iowa/City High

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, 1,600-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

1995: Placed 25th overall and fifth for the Panthers at the Missouri Valley Conference cross county 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

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

Matt Mullenix
Junior
Long Sprints
Woodbine, Iowa/Woodbine

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 4x400 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

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 4x100 relay...ran team bests in the 55 and 200 indoors and 100, 200, 4x100 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

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 4x800 relay team that won state in 1993 and '94.
Panther Profiles

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

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

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

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

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.
Juri Rovan
Sophomore
Pole Vault/Javelin
Brežice, Slovenia

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

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.

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

UNI-Dome Records

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>Record Holder</th>
</tr>
</thead>
<tbody>
<tr>
<td>55-Meter Dash</td>
<td>6.09</td>
<td>Mark Witherspoon, Mizzou/Houston (1994)</td>
</tr>
<tr>
<td>55-Meter Hurdles</td>
<td>7.20</td>
<td>Reggie Torian, Wisconsin (1995)</td>
</tr>
<tr>
<td>600 Meters</td>
<td>1:18.7</td>
<td>Joseph Chepsior, Iowa State (1994)</td>
</tr>
<tr>
<td>1,000 Meters</td>
<td>2:27.92</td>
<td>Dmitriy Dorzhev, Iowa State (1994)</td>
</tr>
<tr>
<td>Mile Run</td>
<td>4:01.52</td>
<td>Roland Pawels, Iowa State (1989)</td>
</tr>
<tr>
<td>3,000 Meters</td>
<td>8:02.24</td>
<td>Barnaba Korir, Iowa State (1988)</td>
</tr>
<tr>
<td>Mile Relay</td>
<td>3:10.68</td>
<td>Illinois</td>
</tr>
</tbody>
</table>

Tolbert, Bridges, Hamer, (1988)

Sprint Medley Relay           | 3:34.34       | Northern Iowa                          |

Ebenzer, 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                       |

Oak, 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)        |


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.

<table>
<thead>
<tr>
<th>Composite Standings Since 1991-92</th>
</tr>
</thead>
<tbody>
<tr>
<td>(average finish in MVC meets)</td>
</tr>
<tr>
<td>1. NORTHERN IOWA 2.54</td>
</tr>
<tr>
<td>1. Illinois State 2.77</td>
</tr>
<tr>
<td>3. Southern Illinois 3.08</td>
</tr>
<tr>
<td>4. Indiana State 3.38</td>
</tr>
<tr>
<td>5. Wichita State 4.62</td>
</tr>
<tr>
<td>6. Southwest Missouri 5.23</td>
</tr>
<tr>
<td>7. Drake 6.92</td>
</tr>
</tbody>
</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. 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 Rovan and Maceo Strickland.
MVC Meet Results

**1995**

**Cross Country**
1. Southern Illinois
2. Northwestern Iowa
3. Indiana State
4. Tulsa
5. Illinois State
6. Southwest Missouri State
7. Wichita State
8. Drake
9. Evansville
10. Bradley
11. Creighton

**Indoor**
1. Northwestern Iowa
2. Indiana State
3. Illinois State
4. Southern Illinois
5. Wichita State
6. Southwest Missouri
7. Drake
8. Tulsa

**Outdoor**
1. Northwestern Iowa
2. Southern Illinois
3. Wichita State
4. Illinois State
5. Southern Illinois
6. Drake
7. Southwest Missouri
8. Tulsa

**1994**

**Cross Country**
1. Southern Illinois
2. Southwest Missouri
3. Indiana State
4. Illinois State
5. Tulsa
6. Northwestern Iowa
7. Drake
8. Wichita State
9. Bradley
10. Creighton
11. Evansville

**Indoor**
1. Illinois State
2. Wichita State
3. Northwestern Iowa
4. Indiana State
5. Southern Illinois
6. Drake
7. Southwest Missouri
8. Tulsa

**Outdoor**
1. Wichita State
2. Illinois State
3. Northwestern Iowa
4. Indiana State
5. Southern Illinois
6. Drake
7. Southwest Missouri
8. Tulsa

**1993**

**Cross Country**
1. Illinois State
2. Northwestern Iowa
3. Southwest Missouri
4. Indiana State
5. Southern Illinois
6. Drake
7. Wichita State
8. Tulsa
9. Bradley
10. Creighton

**Indoor**
1. Illinois State
2. Northwestern Iowa
3. Indiana State
4. Wichita State
5. Southern Illinois
6. Southwest Missouri
7. Drake

**Outdoor**
1. Southern Illinois
2. Wichita State
3. Illinois State
4. Northwestern Iowa
5. Indiana State
6. Southwest Missouri
7. Drake

**1992**

**Cross Country**
1. Northwestern Iowa
2. Illinois State
3. Southwest Missouri
4. Wichita State
5. Indiana State
6. Southern Illinois
7. Tulsa
8. Bradley
9. Drake
10. Creighton

**Indoor**
1. Southern Illinois
2. Illinois State
3. Indiana State
4. Northwestern Iowa
5. Southwest Missouri
6. Wichita State
7. Drake
8. Bradley
9. Tulsa
10. Creighton

**Outdoor**
1. Southern Illinois
2. Wichita State
3. Illinois State
4. Northwestern Iowa
5. Indiana State
6. Southwest Missouri
7. Drake
8. Bradley
9. Tulsa

**1991**

**Cross Country**
1. Southern Illinois
2. Wichita State
3. Illinois State
4. Northwestern Iowa
5. Indiana State
6. Drake
7. Southwest Missouri
8. Tulsa
9. Bradley
10. Creighton

Matt Mullenix
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

<table>
<thead>
<tr>
<th>Year</th>
<th>Name</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>1939</td>
<td>William Jenkins</td>
<td>Cross Country</td>
</tr>
<tr>
<td>1968</td>
<td>Larry McCready</td>
<td>120 Hurdles</td>
</tr>
<tr>
<td>1969</td>
<td>Larry McCready</td>
<td>120 Hurdles</td>
</tr>
<tr>
<td>1970</td>
<td>Wayne Carpenter</td>
<td>Mile</td>
</tr>
<tr>
<td>1970</td>
<td>Mike McCready</td>
<td>Shot Put</td>
</tr>
<tr>
<td>1971</td>
<td>Mike McCready</td>
<td>Cross Country</td>
</tr>
<tr>
<td>1972</td>
<td>Mike McCready</td>
<td>Shot Put</td>
</tr>
<tr>
<td>1973</td>
<td>Rich Tweddle</td>
<td>Cross Country</td>
</tr>
<tr>
<td>1974</td>
<td>Dave Anderson</td>
<td>Shot Put</td>
</tr>
<tr>
<td>1974</td>
<td>Danny Schultz</td>
<td>Mile</td>
</tr>
<tr>
<td>1975</td>
<td>Bill Cook</td>
<td>Decathlon</td>
</tr>
<tr>
<td>1977</td>
<td>Bill Friedman</td>
<td>1500 Meters</td>
</tr>
<tr>
<td>1977</td>
<td>John Hailer</td>
<td>Shot Put</td>
</tr>
<tr>
<td>1977</td>
<td>Brent Geringer</td>
<td>Discus</td>
</tr>
<tr>
<td>1978</td>
<td>Bill Glassmaker</td>
<td>800 Meters</td>
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<tr>
<td>1978</td>
<td>Bill Lawson</td>
<td>Decathlon</td>
</tr>
<tr>
<td>1979</td>
<td>Bob Friedman</td>
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<td>1979</td>
<td>Bill Glassmaker</td>
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<td>Tom Rogers</td>
<td>Pole Vault</td>
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<tr>
<td>1989</td>
<td>Jeff Burris</td>
<td>800 Meters</td>
</tr>
<tr>
<td>1992</td>
<td>Johnny Westbrook</td>
<td>55-Meter Hurdles</td>
</tr>
<tr>
<td>1994</td>
<td>Joey Woody</td>
<td>400-Meter Hurdles</td>
</tr>
<tr>
<td>1995</td>
<td>Joey Woody</td>
<td>400-Meter Hurdles</td>
</tr>
</tbody>
</table>

### NCAA Division I Qualifiers

(Selections & Provisional)

1985 - Russ Adams, Pole Vault (Outdoor)
1988 - Jeff Burris, 800 Meters (Indoor)
1989 - Jeff Burris, 800 Meters (Indoor)
1990 - Dan Hostager, 3000 Meters (Indoor)
1990 - Tim Suchan, 3000 Meters (Outdoor)
1991 - Brad Miller, Pole Vault (Indoor)
1991 - Brad Miller, Decathlon
1992 - Johnny Westbrook, 55-Meter Hurdles
1993 - Joey Woody, 400 Hurdles
1994 - Mike Arpasi, 400 Hurdles
1995 - Jason McCleary, 55-Meter Hurdles
1996 - Matt Casillas, 35# Weight
1997 - Joey Woody, 400 Hurdles
1998 - Alex Gann, 400 Hurdles
### Indoor Records

<table>
<thead>
<tr>
<th>EVENT</th>
<th>UNI RECORD</th>
<th>MVC RECORD</th>
</tr>
</thead>
<tbody>
<tr>
<td>55-Meter Dash</td>
<td>6.25</td>
<td>6.22</td>
</tr>
<tr>
<td>55-Meter Hurdles</td>
<td>7.29</td>
<td>7.26</td>
</tr>
<tr>
<td>200 Meters</td>
<td>21.49</td>
<td>21.15</td>
</tr>
<tr>
<td>300 Meters</td>
<td>33.95</td>
<td>29.81</td>
</tr>
<tr>
<td>400 Meters</td>
<td>47.01</td>
<td>47.87</td>
</tr>
<tr>
<td>600 Yards</td>
<td>1:10.02</td>
<td>Not competed at conference level</td>
</tr>
<tr>
<td></td>
<td>Jeff Burris (1990)</td>
<td></td>
</tr>
<tr>
<td>600 Meters</td>
<td>1:18.57</td>
<td>1:17.80</td>
</tr>
<tr>
<td>800 Meters</td>
<td>1:49.56</td>
<td>1:49.88</td>
</tr>
<tr>
<td>1,000 Yards</td>
<td>2:10.84</td>
<td>2:08.67</td>
</tr>
<tr>
<td>1,000 Meters</td>
<td>2:27.99</td>
<td>2:26.60</td>
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<tr>
<td>Mile Run</td>
<td>4:07.54</td>
<td>4:04.00</td>
</tr>
<tr>
<td>3,000 Meters</td>
<td>8:02.67</td>
<td>8:20.28</td>
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<tr>
<td>Two-Mile Run</td>
<td>8:54.70</td>
<td>8:46.38</td>
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<tr>
<td>5,000 Meters</td>
<td>14:27.01</td>
<td>14:20.40</td>
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<tr>
<td>1,600-Meter Relay</td>
<td>3:12.57</td>
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<td>John Smith (1994)</td>
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<td>Burris, Shedd, Terrillion, Hostager (1990)</td>
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<td><strong>Shuttle Hurdle Relay</strong></td>
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<tr>
<td><strong>High Jump</strong></td>
<td>7-3 3/4</td>
<td>7-8, Darrin Plab</td>
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<tr>
<td><strong>Pole Vault</strong></td>
<td>17-6 1/2</td>
<td>17-4 1/2, Bob Edwards</td>
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<tr>
<td><strong>Long Jump</strong></td>
<td>24-10 3/4</td>
<td>25-7 1/2, Don DuVall</td>
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<td><strong>Triple Jump</strong></td>
<td>51-6 1/4</td>
<td>53-11 3/4, Dion Simmons</td>
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<td><strong>Shot Put</strong></td>
<td>58-6</td>
<td>61-7 3/4, Joel Sward</td>
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<td><strong>Discus</strong></td>
<td>199-6</td>
<td>193-8, Dwayne Mayfield</td>
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<tr>
<td><strong>Javelin</strong></td>
<td>207-7</td>
<td>274-7, Bob Roggy</td>
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<tr>
<td><strong>Hammer Throw</strong></td>
<td>193-07</td>
<td>209-2, Matt Quinn</td>
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<tr>
<td><strong>Decathlon</strong></td>
<td>7,419</td>
<td>7,574, Keith Stewart</td>
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Indoor Top Five

55-Meter Dash
1. 6.25 Kenny Shed, 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 Shed, 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 Shed, 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 Burns, 1989
4. 1:50.70 Kent Terrillon, 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

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

Northern Iowa Track and Field

55-Meter Dash
1. 6.25 Kenny Shed, 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 Shed, 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 Shed, 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 Burns, 1989
4. 1:50.70 Kent Terrillon, 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
# Outdoor Top Five

## 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
5. 10.64 - Al Atherton, 1977

## 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
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. 50-10 - 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 Rovan, 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 Rovan, 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. 195-7 - Allan Walz, 1995
2. 185-9 - Tom Reints, 1982
3. 184-4 - Matt Casillas, 1995
4. 176-7 - Ken Schwartz, 1975
5. 165-3 - John Holler, 1977

## Decathlon
1. 7198 - Brad Miller, 1992
2. 7134 - Bill Lawson, 1980
3. 7122 - Jason McCleary, 1993
4. 6821 - Bill Cook, 1974
5. 6789 - Gary Whitman, 1979
# 1995 Season Bests

## Indoor

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<th>Event</th>
<th>Best Time/Note</th>
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<tr>
<td>55 Meters</td>
<td>6.38, Maceo Strickland (Redbird Invitational, MVC Championships)</td>
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<tr>
<td>55-Meter Hurdles</td>
<td>#7.33, Jason McCleary (Nebraska Last Chance)</td>
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<tr>
<td>200 Meters</td>
<td>22.65, Maceo Strickland (Mercantile Bank Invitational)</td>
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<tr>
<td>400 Meters</td>
<td>48.09, Jon Judisch (ISU Classic)</td>
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<td>600 Meters</td>
<td>@1:18:57, Joey Woody (ISU Holiday)</td>
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<td>800 Meters</td>
<td>#1:50.32, Joey Woody (ISU Last Chance)</td>
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<td>1000 Meters</td>
<td>@2:27.99, Chad Flynn (UNI-Dome Open)</td>
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<td>Mile Run</td>
<td>4:11.23, Chad Flynn (ISU Last Chance)</td>
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<td>3000 Meters</td>
<td>8:32.18, Jeff Joiner (Redbird Invitational)</td>
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<td>5000 Meters</td>
<td>15:03.81, Kyle Kepler (ISU Classic)</td>
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<td>4 x 400-meter Relay</td>
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<td>Pole Vault</td>
<td>16:2 3/4, Juri Rovan (ISU Classic)</td>
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<td>High Jump</td>
<td>@&amp;7-4 1/2, Tim Suchan (MVC Championships)</td>
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<td>Long Jump</td>
<td>23-7 1/2, Jason McCleary (MVC Championships)</td>
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<td>Shot Put</td>
<td>54-4, Matt Casillas (Panther Invitational)</td>
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<td>#63-8, Allan Walz (Mercantile Bank Invitational)</td>
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@ UNI Record & NCAA Automatic Qualifier

## Outdoor

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

@ UNI Record & NCAA Automatic Qualifier

# NCAA Provisional Qualifier
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:

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
Facilities

Northern Iowa Track and Field

State-of-the-Art Training Room

Weight Room

UNI-Dome
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 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.

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 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

### Indoor

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<th>Event</th>
<th>AUTOMATIC</th>
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<td>55-Meter Dash</td>
<td>6.19</td>
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<tr>
<td>55-Meter Hurdles</td>
<td>7.24</td>
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<td>200 Meters (a)</td>
<td>21.30</td>
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<td>200 Meters (b)</td>
<td>21.15</td>
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<td>400 Meters (a)</td>
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<td>400 Meters (b)</td>
<td>46.72</td>
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</tr>
<tr>
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(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

### Outdoor

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<tr>
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<td>2.18</td>
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<tr>
<td>Long Jump</td>
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</table>

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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

September 15, 1995
Illinois State Invitational
Normal, Ill.

Wisconsin 16
Northern Iowa 69
Illinois State 72
Illinois State 118
Southern Illinois-Edwardsville 123
Western Illinois 157

Panther Finishers (8K)
11. Sam Burkett 25:12
15. Jeff Joiner 25:51

September 29, 1995
Illinois Invitational Champaign, IL

Iowa 38
Illinois 42
Ball State 47
Northern Iowa 87

Panther Finishers (10K)
17. Jeff Joiner 32:47
19. Jay Brock 32:52
23. Sam Burkett 33:16

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. Northern Iowa 376
16. Missouri 392
17. Minnesota 429
18. Marquette 452
19. Georgia Tech 456
20. Drake 591

October 29, 1995
Missouri Valley Championships Tulsa, OK

1. Southern Illinois 30
2. Northern Iowa 63
3. Indiana State 104
4. Tulsa 107
5. Illinois State 125
6. Southwest Missouri State 132
7. Wichita State 155
8. Drake 170
9. Evansville 284
10. Bradley 315
11. Creighton 321

Panther Finishers (8K)
4. Jay Brock 24:57
14. Sam Burkett 25:34
17. Jeff Joiner 25:38

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
7. Northern Iowa 189
8. Nebraska 200
9. Kansas 205
10. 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

Panther Finishers (1OK)

1996 Panthers: (front row, 1-r) -- Chad Pietig, Matt Mullenix, Jeff Joiner, Alex Garn, Guy Willey, Allan Walz, Mike Wherry, Matt Casillas, Joey Woody, Mike Moats; (middle row, 1-r) -- Chad Weber, Jason Bradley, Jon Judisch, Tate Dunham, Kory Swart, Rob Semelroth, Marshall Blaine, Maceo Strickland, Kyle Kepler, Jay Brock, Juri Rovan, Steve Randall, Mike Maddox; (back row, 1-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
Jan. 20 Badger Invitational Madison, Wis.
Jan. 27 Minnesota Invitational Minneapolis, Minn.
Feb. 2 Mercantile Bank Invitational Cedar Falls
Feb. 9-10 Husker Invitational Lincoln, Neb.
Feb. 16 UNI-Dome Open Cedar Falls
Feb. 23-24 Missouri Valley Conference Championships Cedar Falls
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
Apr. 26-27 Kansas Relays Lawrence, Kan.
May 4 Drake Relays Des Moines
May 13-16 Wisconsin Twilight Madison, Wis.
May 29-June 1 Missouri Valley Conference Championships Terre Haute, Ind.

NCAA Division I Championships Eugene, Ore.