

1996

Northern Iowa Track & Field 1996 (Women's)

University of Northern Iowa

Let us know how access to this document benefits you

Copyright ©1996 Athletics, University of Northern Iowa

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



Part of the [Higher Education Commons](#)

Recommended Citation

University of Northern Iowa, "Northern Iowa Track & Field 1996 (Women's)" (1996). *Athletics Media Guides*. 220.

<https://scholarworks.uni.edu/amg/220>

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

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

Northern Iowa Track & Field 1996



Reel Machines

Waterloo, Ia.

ROCK'n'ROLL



Breaking

more records!

This is Northern Iowa

A campus-wide commitment to great teaching lies at the heart of the University of Northern Iowa's reputation for providing exceptional undergraduate education, as well as complementary programs at the master's, specialist's and doctoral levels. Building on its historic strength in teacher education, the University has developed a number of outstanding programs in business, natural sciences, humanities and fine arts, and social and behavioral sciences.

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

Students enter the University well-prepared, demonstrated by their selection of high school courses and rank in class. In recent years, over 90 percent of the entering freshmen ranked in the top 50 percent of their high school classes, with about 60 percent ranking in the top 30 percent. The average undergraduate arrives at UNI with an ACT score of 23.

U.S. News and World Report has recognized the University by ranking it 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 country by educators and accounting professionals. In a national survey of 400 accounting faculty, Northern Iowa ranked as one of their top programs.

Considered a long-time leader in the field of teacher education, UNI has implemented several programs that continue this tradition of excellence. The Regents' Center for Early Developmental Education is a leading setting for research and training in the education of young children. The Center is the only educational resource of its kind in Iowa.

Northern Iowa's 19 men's and women's intercollegiate athletics programs compete at the NCAA Division I level with major conference affiliations. The Panthers boast a nationally recognized coaching staff to maintain consistently competitive programs.

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

UNI is located in Cedar Falls, an inviting and historic community of about 35,000 people. Together with the adjacent city of Waterloo, the metropolitan area has a culturally diverse population of 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.

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: Lea Ann Shaddox

Assistant Coach: Terri Soldan

Office Phone: (319) 273-6157

Sports Information Director: Nancy Justis

Office (319) 273-6354

Home (319) 277-3631

Assistant SID: Kevin Kane

Office (319) 273-3642

Women's Track & Field Contact: Marci Watson

Office (319) 273-3642



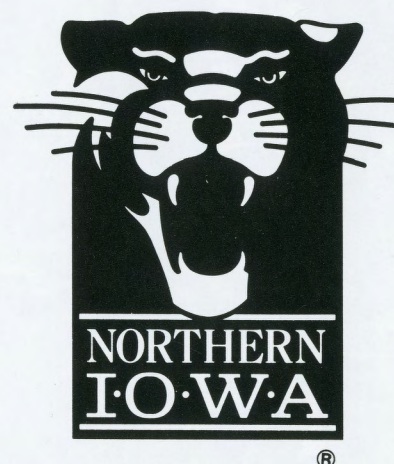
1996 Roster

| Name | Event | Yr. | Hometown/High School |
|---------------------|-------------------------------|-----|-------------------------------------|
| Monica Carlson | Distance | So. | Coggon, Iowa/North Linn |
| Keri Clevenger | Distance | So. | Wilton, Iowa/Wilton |
| Mechile Davis | Distance | Jr. | Barnes City, Iowa/North Mahaska |
| Nikki Dillard | Sprints | Sr. | Fort Dodge, Iowa/Fort Dodge |
| Rhonda Eiben | Sprints | Jr. | Sigourney, Iowa/Sigourney |
| Amy Engle | High Jump | Fr. | Newton, Iowa/Newton |
| Brenna Fleishman | Hurdles/Sprints | So. | Carlisle, Iowa/Carlisle |
| Amy Goodlaxson | Sprints | So. | Guthrie Center, Iowa/Guthrie Center |
| Jenny Jackson | Middle Distance | So. | Cedar Rapids, Iowa/Jefferson |
| Dawn Kingery | Sprints | So. | Mount Pleasant, Iowa/Mt. Pleasant |
| Dianna Leftridge | Long Jump/Triple Jump/Sprints | Sr. | Waukee, Iowa/Johnston |
| Elizabeth Lewman | Sprints | Fr. | Eddyville, Iowa/Eddyville |
| Laura Little | Middle Distance | Sr. | Des Moines, Iowa/Roosevelt |
| Jacque Moats | Sprints | Sr. | Armstrong, Iowa/Armstrong-Ringsted |
| Emily Montgomery | Middle Distance | Sr. | Woodbury, Minn./Woodbury |
| Mandy Mueller | Middle Distance | Fr. | Cedar Falls, Iowa/Cedar Falls |
| Heather Muilenburg | Distance | So. | Hospers, Iowa/MOC-Floyd Valley |
| Janna Riso | Sprints | Jr. | Council Bluffs, Iowa/Lewis Central |
| Denise Sauerbrei | Sprints | Jr. | Sumner, Iowa/Sumner |
| Cindra Schelling | Distance | So. | Sheldon, Iowa/Sheldon |
| Heather Sellers | Sprints | Sr. | Chariton, Iowa/Chariton |
| Kendra Stannard | Long Jump/Sprints | So. | Cedar Rapids, Iowa/Washington |
| Charlene Sundermann | Sprints | Jr. | Algona, Iowa/Garrigan |
| Michelle Surber | Sprints | Jr. | Woodbine, Iowa/Woodbine |
| Arlene Truss | Throws | Jr. | Carethersville, Mo./Carethersville |
| Megan Wagner | Distance | So. | Cascade, Iowa/Cascade |
| Stephanie Wainscott | Throws | Fr. | Bolivar, Mo./Bolivar |
| Kari Whitman | Middle Distance | Fr. | Grand Mound, Iowa/Calamus-Wheatland |
| Melissa Yerk | Throws | Fr. | Belvidere, Ill./Belvidere |

Head Coach - Lea Ann Shaddox (Northern Iowa '77)

Assistant Coach - Terri Soldan (Iowa '83)

1996 Panthers: front row (l-r) - Emily Montgomery and Jacque Moats; second row (l-r) - Jenny Jackson, Denise Sauerbrei, Rhonda Eiben, Michelle Surber, Heather Sellers and Nikki Dillard; third row (l-r) - Megan Wagner, Cindra Schelling, Dawn Kingery, Janna Riso, Amy Goodlaxson, Amy Engle, Brenna Fleishman and Elizabeth Lewman; fourth row (l-r) - Kendra Stannard, Kari Whitman, Lorinda Dekkers, Mechile Davis, Mandy Mueller, Keri Clevenger, Heather Muilenburg, Dianna Leftridge and volunteer assistant coach Toby Evans; back row (l-r) - assistant coach Terri Soldan, Melissa Yerk, Stephanie Wainscott, Karen Patterson, Nikki Zimmerman, Monica Carlson, Laura Little and head coach Lea Ann Shaddox. Not pictured - Charlene Sundermann and Arlene Truss.



1996 Outlook

A season filled with optimism lies ahead for head coach Lea Ann Shaddox and her 1996 Northern Iowa track and field team. On paper, the 1996 version of Panther track and field is the most experienced and talented in school history. Ten school records were broken a year ago and all but one of those record-breakers return from that team that placed fourth indoors and seventh outdoors in the Missouri Valley Conference.

"This is the year for us," said Shaddox. "We have the depth and experience for a championship team. We just need to do it now."

Six talented seniors lead the Panther attack with all of them not only being all-conference performers, but owning at least one school record.

One of those leaders already has jumped into the national spotlight by becoming only the second UNI woman ever to earn Division I All-American honors. Dianna Leftridge finished seventh in the long jump at the NCAA indoor meet, cementing her spot among the all-time Panther greats after already rewriting the school record book. Leftridge owns or shares six Panther records and is on course to tally up more in her final season. She was voted Missouri Valley Conference Field Athlete of the Year indoors as she scored 28 of UNI's 38 points at the MVC meet after winning the pentathlon and resetting the conference record in the long jump. Leftridge owns the school record in each event along with the triple jump and 55-meter dash.

Another national qualifier from a year ago, senior Emily Montgomery, should lead a deep middle distance corps. Montgomery, who holds or shares school records in six events, made her first trip to the NCAA's by running in the outdoor 800 a year ago. She is coming off a cross country season in which she finished seventh at the conference meet after ranking among the best in the Valley in the 800, 1500 and mile last year.

"Emily has really come on strong in the last year or so," Shaddox said. "She's gained that confidence needed to go to the next level."

Adding to the Panther jumpers will be senior Nikki Dillard, who Shaddox believes will be a big contributor not only in the long jump, but in the sprints as well. After running for the Panthers her freshman year and earning all-conference honors, Dillard took her quickness to the basketball floor, but has returned to the track for her final year of eligibility.

Emily Montgomery



Dianna Leftridge

The long sprints should be a strength for the Panthers with plenty of experience and depth available, headed by a quartet of all-conference performers. Senior Heather Sellers, who took third at the conference indoor meet a year ago, heads the group, and is joined by a trio of juniors—Rhonda Eiben, Denise (Schmitz) Sauerbrei and Michelle Surber.

Eiben contributed to four Panther-best times last season, including the 200-meter dash on her own, and won the 300-meter title at a pre-holiday meet this season. Sauerbrei is a contributor in the sprint relays and has been a consistent contender in the 200 meters. Surber's strength lies in the 200 and 400, but she also broke a 15-year-old school record last year in the 400-meter hurdles.

The middle distances look once again to be robust as three more seniors lead the attack. In addition to Montgomery, Laura Little has made consistent improvement over the past three years and is coming off her best cross country season, finishing 15th at the Valley meet. Jacque (Askeland) Moats will rejoin the Panthers after missing last season. She was one of the conference's best sprinters/middle distance runners two years ago and her return to form would be a bonus for the Panthers. Sophomore Cindra Schelling is coming off an impressive first year and showed much improvement in the fall cross country season.

In the distance events, the Panthers will rely on a pair of sophomores—Keri Clevenger and Heather Muilenburg. They are both coming off solid fall cross country seasons in which they placed 29th and 34th, respectively, in the league cross country meet.

The throws should be vastly improved this season after several years as one of the team's real weaknesses. Three throwers are new on the scene with junior Arlene Truss expected to make an immediate impact. Truss will compete at the Division I level for the first time after winning the NCAA Division III shot put title at William Penn College. Freshmen Melissa Yerk and Stephanie Wainscott also hope to make their mark in their first year of collegiate competition.

Depthwise, the Panthers are thin in the high jump and the hurdles. Freshman Amy Engle is the only high jumper listed on the roster while Surber and Brenna Fleishman will anchor the hurdles.

"This team has the talent and experience to be a conference contender," she added. "But, even more important than that, they have the drive, determination and work ethic to succeed and win a championship."

Coaches



Head Coach Lea Ann Shaddox

The Northern Iowa women's track and field program has reached a new level of success in the 10 years Lea Ann Shaddox has headed the Panther program. As Shaddox enters her 11th season at the helm, Northern Iowa has become consistently competitive in the tough Missouri Valley Conference and, although the Panthers haven't captured

a conference title yet, they have moved up in the standings nearly every year.

Shaddox was appointed head coach in May of 1985 after serving as a graduate assistant at the University of Iowa.

Shaddox specializes in coaching UNI's middle distance and distance runners and also heads the Panther cross country program. In 1991, she was voted Gateway Conference Coach of the Year by her peers after leading the Panthers to a third-place finish. Also in '91, UNI had its first qualifier to an NCAA meet and, just last season, had its first All-American.

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

From 1977 through 1984, Shaddox was a secondary teacher and head women's track and cross country coach and assistant women's basketball coach at Marquette School in West Point, Iowa. She coached several state cross country and track qualifiers at Marquette.



Assistant Coach Terri Soldan

Terri Soldan is in her 10th season as a full-time assistant coach with the Panthers. She joined Coach Lea Ann Shaddox's staff in August of 1986 after completing work on her master's degree in physical education at the University of Iowa.

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

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

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

Panther Profiles



Nikki Dillard

Senior, Sprints
Fort Dodge, Iowa (Fort Dodge H.S.)

AT UNI: A four-year letterwinner on the basketball team who was an all-conference track performer as a freshman in 1992...ran on the conference runnerup 4 x 100 outdoor team...led the basketball team in steals last season and was the squad's fourth-leading

scorer as a point guard.

BEFORE UNI: State champion in the 100-meter dash and long jump at Fort Dodge High School...all-state in track and basketball...a member of the state all-tournament basketball team after leading the Dodgers to a second-place finish.

PERSONAL: Born November 2, 1972...daughter of Brenda Dillard...majoring in Psychology and Social Work.



Jacque Askeland Moats

Senior, Long Sprints
Armstrong, Iowa (Armstrong-Ringsted H.S.)

AT UNI: A three-year letterwinner who redshirted last season...won the 600-meter title at the Iowa State Holiday Classic in December in first collegiate competition in two years...took second at the Valley meet in the 600 in '94 and ran on the third-place 4 x 400

team...school recordholder in the 600-yard dash and a member of the recordholding 4 x 440-yard team...also captured all-conference honors as a sophomore by running on the runnerup teams in the indoor and outdoor mile relay...had UNI's top times in the 600 meters as a sophomore and junior.

BEFORE UNI: Won the state 400-meter title as a high school senior...a four-time all-conference selection in track and basketball, three times in volleyball.

PERSONAL: Born February 2, 1973...daughter of Tyrone and Peggy Askeland...married to Mike Moats of the Panther men's track team; they have a son, Jacob...majoring in Community Health Education.

Panther Profiles



Dianna Leftridge

Senior, Long Jump/Triple Jump/Sprints
Waukee, Iowa (Johnston H.S.)

AT UNI: One of the greatest jumpers in Northern Iowa history, she holds the school record in the long and triple jumps both indoors and outdoors...finished seventh in the long jump at the NCAA indoor meet a year ago to earn all-America honors...set a school record in the

triple jump in her first UNI meet in 1994 while competing in the event for the first time...has won the Missouri Valley Conference long jump title indoors and outdoors the past two seasons; finished second in the indoor triple jump and third outdoors last season...named Missouri Valley Conference Indoor Field Athlete of the Year in 1995...won the pentathlon at last year's Valley indoor meet, setting a school record...also holds Northern Iowa records in the 55-meter hurdles and outdoors in the 4 x 100, 4 x 200 and sprint medley relays...has competed at the NCAA Outdoor Championships in the long jump the past two years; finished 17th in 1994 and also provisionally qualified in the triple jump...runs on the school recordholding 4 x 100 relay team that provisionally qualified for the NCAA meet.

BEFORE UNI: Transferred to UNI after lettering as a freshman at Iowa State...a four-time high school letterwinner who won the Illinois long jump title...scored more points than any other competitor in the state meet as a senior...ran in the Junior TAC Olympics and placed 10th and 11th...also lettered in basketball.

PERSONAL: Born January 14, 1973...daughter of David and Mahalie Leftridge...majoring in Geography.



Laura Little

Senior, Middle Distance
Des Moines, Iowa (Roosevelt H.S.)

AT UNI: A three-year letterwinner who earned her second and third all-conference honors last year by running on the runnerup distance medley relay team indoors and the third-place 4 x 800 outdoor team...a member of the distance medley team that holds the school

record...recorded the team's top 1000-meter time a year ago...was named to the all-conference team for the first time by running on the third-place indoor distance medley team as a sophomore...coming off a strong cross country season in which she placed second among UNI's runners and 15th overall at the Missouri Valley Conference Championships...was UNI's lone academic all-conference representative.

BEFORE UNI: Won the Drake Relays 4 x 400 in 1991...part of relay team that won state track in 4 x 100, 4 x 400 and distance medley...finished third in state cross country meet in 1991.

PERSONAL: Born December 18, 1973...daughter of Bill Little...majoring in Finance and Economics.



Emily Montgomery

Senior, Middle Distance
Woodbury, Minn. (Woodbury H.S.)

AT UNI: Coming off her best track and cross country seasons in 1995...earned her first trip to the NCAAs last outdoor season, qualifying in the 800 meters, but did not place...picked up her second all-conference cross country honor in the fall, finishing seventh at the

Valley meet...had a hand in breaking five school records a year ago--1500 meters, sprint medley, distance medley, 800 meters (outdoor) and mile run...also owns the school mark in the indoor 800...placed second in the 1500 and third in the mile at last year's MVC meets...placed fifth at the conference cross country meet as a sophomore and 12th as a junior...UNI's top runner in 13 of last 14 cross country meets...set the school record in the indoor 800 meters in her first collegiate meet as a freshman.

BEFORE UNI: A three-time all-stater in cross country in high school...earned all-state honors three years in track in three events—high jump, 400 meters and 800 meters...won the Minnesota state high jump title in 1989...earned all-conference honors three years in cross country skiing.

PERSONAL: Born November 12, 1973...daughter of Richard Montgomery...majoring in Community Health.



Heather Sellers

Senior, Sprints
Chariton, Iowa (Chariton H.S.)

AT UNI: Earned her second and third all-conference honors last season by placing third in the 600 meters and running on the third-place outdoor 4 x 400 relay team...her first Division I all-conference honor came two years ago when she ran on the third-place 4 x 400

indoor relay team...a member of the school recordholding sprint medley relay team...recorded the Panthers' top times last season in the 400 and 600 meters indoors.

BEFORE UNI: Transferred to Northern Iowa three years ago after earning NCAA Division III indoor and outdoor all-American honors the previous year as a freshman at Simpson College...placed three seasons at the state high school meet...also named to the all-conference softball team.

PERSONAL: Born December 2, 1973...daughter of Bruce and Terry Sellers...majoring in Public Relations.

Panther Profiles



Rhonda Eiben

Junior, Sprints
Sigourney, Iowa (Sigourney H.S.)

AT UNI: Won all-Missouri Valley accolades last year as a member of the outdoor 4 x 400 outdoor team that ran third...picked up three all-conference awards in her first collegiate season, all while competing on relay teams--

the conference championship 4 x 400 team outdoors, the 4 x 400 squad that finished third indoors and the runnerup 4 x 100 team outdoors...a contributor to four Panther best-times last outdoor...ran the opening leg on the school recordholding 4 x 100 and 4 x 200 outdoor relays...had the Panthers' top 400-meter outdoor time as a freshman and the top 200-meter indoor time last year (25.38)...won the 300-meter title in December at the Iowa State Holiday Classic.

BEFORE UNI: The Iowa high school champion in 100, 200 and 400 meters as a senior...a member of the Drake Relays 4 x 100-meter champion in 1992...Drake Relays 100-meter champion in 1990...holder of seven track records at Sigourney High...four-time letterwinner in track and basketball...three-time letterwinner in volleyball.

PERSONAL: Born December 20, 1994...daughter of Jerry and Cindy Eiben...majoring in Elementary Education.



Denise Schmitz Sauerbrei

Junior, Sprints
Sumner, Iowa (Sumner H.S.)

AT UNI: Ran on the 4 x 100-meter relay team that finished second at the conference outdoor meet, broke the school record and provisionally qualified for the NCAA Championships in 1994...had the eighth-best time in the MVC in the indoor 200 during her sophomore season and best time on the squad...a member of the school recordholding 4 x 200 relay team outdoors...last indoor season, was a member of the 4 x 300, 4 x 400 and mile relay squads that had season-best times.

BEFORE UNI: Took second place in the 100 and 200 at '93 state track meet...also named all-conference in volleyball.

BEFORE UNI: Took second place in the 100 and 200 at '93 state track meet...also named all-conference in volleyball.

PERSONAL: Born December 7, 1974...daughter of Gary and Cathy Schmitz...majoring in Business.



Michelle Surber

Junior, Long Sprints/Hurdles
Woodbine, Iowa (Woodbine H.S.)

AT UNI: Broke the 15-year-old school record last outdoor season in the 400-meter hurdles (1:04.17)...received all-conference honors outdoors by running on the third-place 4 x 400 team...a key member of the Panthers' relay teams, running on five quartets that posted

season-best times a year ago...finished fourth in the 600 meters in the Valley last season.

BEFORE UNI: A state qualifier in track and cross country as a senior...led her Woodbine team to the state track title in 1993...also lettered in softball and basketball.

PERSONAL: Born July 19, 1975...daughter of Dennis Surber...majoring in Speech Pathology.

Arlene Truss

Junior, Throws
Caruthersville, Mo. (Caruthersville H.S.)

BEFORE UNI: A transfer from William Penn College, where she won the Division III national championship in the shot put last season with a toss of 46-4 1/2, just two feet shy of the Northern Iowa school record...won the Iowa Conference shot put title in '95...named the conference MVP in '94...a high school all-stater in basketball, volleyball and track.

PERSONAL: Born July 15, 1975...daughter of Joyce Truss...majoring in Physical Education.



Cindra Schelling

Sophomore, Middle Distance
Sheldon, Iowa (Sheldon H.S.)

AT UNI: The only freshman on the squad to be named all-conference last year after finishing third in the indoor 800 at the Missouri Valley meet...also a member of the all-conference distance medley and 4 x 800 relay teams...her distance medley team set a school record.

BEFORE UNI: State champion in 1500 meters her senior year...holder of four high school records...all-state and all-conference cross country and track...all-academic cross country and track...state runnerup in cross country...state runnerup in 800 meters in 1993.

PERSONAL: Born November 24, 1975...daughter of Hank and Bev Schelling...majoring in Sports Psychology.

Facilities

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 will enjoy the same honor 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 20-year history.

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



UNI-Dome

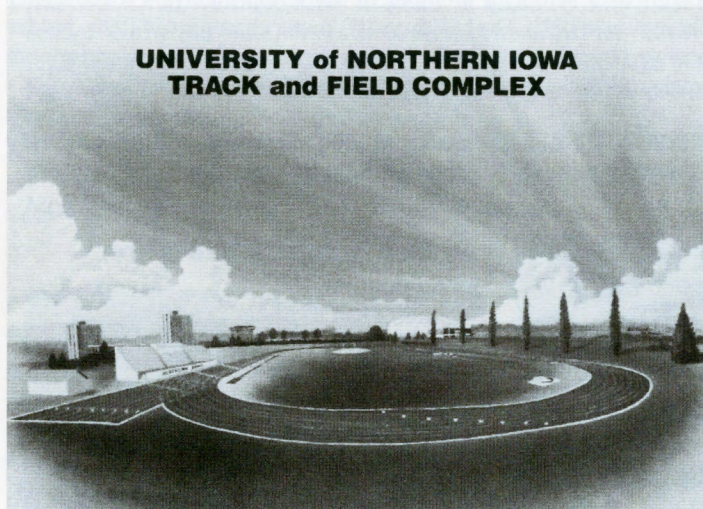
Approximately 16,400 spectators can be seated for football games and track meets and 10,000 for courtside activities.

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 1996.



Proposed Outdoor Facility

UNI-Dome Records

| | | | |
|-----------------------|--|-------------------------|--|
| 55-Meter Dash..... | 6.76, Holli Hyche, Indiana State (1993) | 5000 Meters..... | 17:34.62, Debbie Ramseyer, Indiana St. (1991) |
| 55-Meter Hurdles..... | 7.82, Scyla Murray, Western Illinois (1991) | 4 x 220-Yard Relay..... | 1:37.70, Nebraska (1982) |
| 200 Meters..... | 23.18, Holli Hyche, Indiana State (1993) | Mile Relay..... | 3:44.66, Texas (1982) |
| 400 Meters..... | 56.15, Angie Kent, Illinois State (1993) | Two-Mile Relay..... | 8:47.26, Florida State (1982) |
| 600 Meters..... | 1:32.39, Metria Bell, Illinois State (1993) | Distance Medley..... | 11:21.92, Virginia (1982) |
| 800 Meters..... | 2:12.11, Gina DeWitt, Drake (1994) | High Jump..... | 6-1 3/4, Gale Charmaine, Arizona (1982) |
| 1000 Meters..... | 2:52.44, Joanna Johnson, Drake (1993) | Long Jump..... | 20-8 1/2, Donna Thomas, North Texas (1982) |
| 1500 Meters..... | 4:40.74, Jane Brooker, Unattached (1988) | Shot Put..... | 54-11 3/4, Rosemarie Blauch, Tennessee (1982) |
| Mile Run..... | 4:52.37, Rosalind Cassidy, Illinois State (1987) | Triple Jump.... | 40-2 3/4, Dianna Leftridge, Northern Iowa (1995) |
| 3000 Meters..... | 9:45.90, Kathy Campbell, Western Illinois (1991) | Pentathlon..... | 4,286 pts., Julie White, Boston Univ. (1982) |

Missouri Valley Conference

Seeds for the creation of the Missouri Valley Conference were planted by eight administrators representing five institutions who gathered at the Midland Hotel in Kansas City, Mo., on January 12, 1907. Basketball became the first competitive sport and served as the initial step in establishing the MVC as one of the most respected leagues in the nation.

While MVC basketball and baseball have flourished in the national spotlight, Valley track and field and cross country athletes have been making their mark nationally as well.

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

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

The 1992-93 academic year was a landmark year for the conference when, for the first time ever, it began administering women's programs.

The women's squads have brought their share of tradition to the Valley. Two former Southern Illinois stars, Connie Price-Smith and Shelly Zack, competed in the Olympics for the second time in 1992.

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

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 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.

1995 MVC Championships Results

Indoor

| | |
|-----------------------------|-----|
| 1. Indiana State | 124 |
| 2. Southern Illinois | 106 |
| 3. Illinois State | 93 |
| 4. Northern Iowa | 65 |
| 5. Southwest Missouri State | 57 |
| 6. Drake | 49 |
| 7. Wichita State | 24 |
| 8. Tulsa | 9 |

Outdoor

| | |
|-----------------------------|--------|
| 1. Southern Illinois | 141 |
| 2. Illinois State | 125 |
| 3. Indiana State | 104.67 |
| 4. Southwest Missouri State | 93 |
| 5. Drake | 59 |
| 6. Wichita State | 57.33 |
| 7. Northern Iowa | 38 |
| 8. Tulsa | 2 |

Cross Country

| | |
|-----------------------------|-----|
| 1. Drake | 33 |
| 2. Illinois State | 54 |
| 3. Indiana State | 79 |
| 4. Southern Illinois | 111 |
| 5. Northern Iowa | 117 |
| 6. Southwest Missouri State | 169 |
| 7. Tulsa | 171 |
| 8. Bradley | 191 |
| 9. Evansville | 234 |
| 10. Wichita State | 242 |
| 11. Creighton | 290 |

Northern Iowa Records

Indoor

| | |
|-----------------------|--|
| 55-Meter Dash | 6.85, Shantel Twiggs (1994) |
| 55-Meter Hurdles | 8.40, Dianna Leftridge (1995) |
| 200 Meters | 24.12, Shantel Twiggs (1994) |
| 300 Meters | 39.72, Shantel Twiggs (1994) |
| 400 Meters | 57.00, Dyan Fluhrer (1992) |
| 600 Meters | 1:33.60, Diane Black (1990) |
| 600 Yards | 1:24.97, Jacque Askeland (1993) |
| 800 Meters | 2:11.93, Emily Montgomery (1995) |
| 1000 Meters | 2:54.74, Barb Clark (1988) |
| Mile Run | 4:46.96, Emily Montgomery (1995) |
| 3000 Meters | 9:59.64, Julie Mazzitelli (1993) |
| 5000 Meters | 17:38.04, Sandy Elsberry (1983) ✦ |
| 4 x 160-Meter Relay | 1:24.1, Jackson, Ropa, Soehner, Federspiel (1983) |
| 4 x 200-Meter Relay | 1:41.30, Twiggs, Fluhrer, Depew, Shedd (1992) |
| 4 x 220-Yard Relay | 1:42.99, Twiggs, Fluhrer, Depew, Shedd (1992) |
| 4 x 400-Meter Relay | 3:48.09, Shedd, Jeschke, Isaacson, Black (1991) |
| 4 x 440-Yard Relay | 3:52.56, Twiggs, Depew, Askeland, Fluhrer (1993) |
| 4 x 800-Meter Relay | 9:05.64, Sueppel, Clark, Allen, Organ (1988) |
| Distance Medley Relay | 11:54.64, Nemmers, Little, VanDePol, Montgomery (1994) |
| Shot Put | 48-3 1/4, Lisa Tatman (1989) |
| Long Jump | 20-5 3/4, Dianna Leftridge (1995) |
| High Jump | 5-7 3/4, Karen Smith (1987) |
| Triple Jump | 40-2 3/4, Dianna Leftridge (1995) |
| Pentathlon | 3,683, Dianna Leftridge (1995) |

Events No Longer Competed or Competed Infrequently

| | |
|--------------------|---|
| 50-Yard Dash | 6.28, JoeAnn Jackson (1982) |
| 60-Yard Dash | 7.14, JoeAnn Jackson (1983) |
| 60-Meter Dash | 8.04, Karla Federspiel (1980) |
| 50-Yard Hurdles | 8.18, Cathy Rardin (1982) |
| 60-Yard Hurdles | 8.44, Sue Buffington (1976) |
| 60-Meter Hurdles | 9.44, Roxanne Meyer (1983) |
| 220 Yards | 26.57, Karla Federspiel (1980) |
| 300 Yards | 36.57, Karla Federspiel (1982) |
| 440 Yards | 57.94, Karla Federspiel (1983) |
| 500 Meters | 1:18.99, Natalie Sueppel (1985) |
| 880 Yards | 2:16.85, Darsi Evans (1987) |
| 1000 Yards | 2:35.72, Natalie Sueppel (1987) |
| 1500 Meters | 4:41.94, Kris Skov Wallace (1982) |
| Two-Mile Run | 10:40.40, Suzie Scheer (1984) |
| Three-Mile Run | 16:29.24, Sandy Elsberry (1985) |
| 4 x 110-Yard Relay | 53.14, Wentzein, Strub, Norris, Franke (1979) |
| 4 x 880-Yard Relay | 9:06.60, Organ, Clark, Evans, Sueppel (1987) |

Outdoor

| | |
|---------------------|---|
| 100-Meter Dash | 11.20, Shantel Twiggs (1994) |
| 100-Meter Hurdles | 14.84, Sue Buffington (1977); Cathy Rardin (1982) |
| 400-Meter Hurdles | 1:04.17, Michelle Surber (1995) |
| 200 Meters | 23.12, Shantel Twiggs (1994) |
| 400 Meters | 53.74, Sherry Shedd (1992) |
| 800 Meters | 2:08.39, Emily Montgomery (1995) |
| 1500 Meters | 4:33.45, Emily Montgomery (1995) |
| Mile Run | 5:04.84, Kris Skov Wallace (1982) |
| 3000 Meters | 9:52.74, Sandy Elsberry (1984) ✦ |
| 5000 Meters | 17:11.14, Sandy Elsberry (1984) ✦ |
| 10,000 Meters | 36:06.04, Suzie Scheer (1984) |
| 4 x 100-Meter Relay | 45.52, Eiben, Leftridge, Schmitz, Twiggs (1994) |
| 4 x 200-Meter Relay | 1:37.38, Eiben, Leftridge, Schmitz, Twiggs (1994) |
| 4 x 400-Meter Relay | 3:45.07, Fluhrer, Depew, Twiggs, Shedd (1992) |
| 4 x 800-Meter Relay | 9:02.56, Evans, Clark, Organ, Sueppel (1987) |
| Mile Relay | 3:50.44, Twiggs, Depew, Askeland, Fluhrer (1993) |
| Distance Medley | 11:46.69, Little, Lux, Schelling, Montgomery (1995) |
| Sprint Medley Relay | 3:59.75, Leftridge, Eiben, Sellers, Montgomery (1995) |
| Shot Put | 48-0, Lisa Tatman (1988) |
| Discus | 146-0, Kristie Oleen (1990) |
| Javelin | 148-7, Donna Wheeler (1988) |
| Long Jump | 21-3, Dianna Leftridge (1994) |
| High Jump | 5-7, Jeanette Brown (1982); Karen Smith (1987) |
| Triple Jump | 41-9 1/4, Dianna Leftridge (1994) |
| Heptathlon | 4,639 pts., Karen Smith (1987) |

Events No Longer Competed or Competed Infrequently

| | |
|------------------|--|
| 220 Yards | 25.91, Tracy Wentzien (1979) |
| 880 Yards | 2:21.61, Deb Schmeling (1980) |
| Two-Mile Run | 11:09.47, Shirley Walker (1979) |
| Six-Mile Run | 37:57.74, Terri Leisinger (1979) |
| 440-Yard Relay | 50.32, Howard, Wentzien, Kenney, Federspiel (1980) |
| 880-Yard Medley | 1:45.15, Jackson, Ropa, Federspiel, Rardin (1982) |
| 800-Meter Medley | 1:44.43, Twiggs, Davis, Shedd, Black (1990) |
| Mile Relay | 3:50.44, Twiggs, Depew, Askeland, Fluhrer (1993) |
| Two-Mile Relay | 9:21.94, Evans, Saunders, Clark, Sueppel (1986) |

NCAA Qualifying Standards

Indoor

| Event | AUTOMATIC | | PROVISIONAL | |
|--------------------------|-------------|----------|-------------|----------|
| | FAT | MT | FAT | MT |
| 55-Meter Dash | 6.84 | -- | 6.98 | -- |
| 55-Meter Hurdles | 7.72 | -- | 7.98 | -- |
| 200 Meters | (a)24.08 | -- | 24.65 | -- |
| | (b)23.88 | -- | 24.45 | -- |
| | (c)23.68 | -- | 24.25 | -- |
| 400 Meters | (a)54.00 | 53.7 | 55.50 | 55.2 |
| | (b)53.70 | 53.4 | 55.20 | 54.9 |
| | (c)53.40 | 53.1 | 54.90 | 54.6 |
| 800 Meters | (d)2:07.50 | 2:07.2 | 2:10.80 | 2:10.5 |
| | (c)2:07.10 | 2:06.8 | 2:10.40 | 2:10.1 |
| Mile | (d)4:44.00 | 4:43.7 | 4:51.00 | 4:50.7 |
| | (c)4:43.30 | 4:43.0 | 4:50.30 | 4:50.0 |
| 3,000 Meters | (d)9:26.00 | 9:25.7 | 9:47.00 | 9:46.7 |
| | (c)9:24.90 | 9:24.6 | 9:45.90 | 9:45.6 |
| 5,000 Meters | (d)16:20.00 | 16:19.7 | 17:00.00 | 16:59.7 |
| | (c)16:18.45 | 16:18.2 | 16:58.45 | 16:58.2 |
| 1,600 Relay | (a)3:39.75 | 3:39.5 | 3:45.50 | 3:45.2 |
| | (b)3:37.75 | 3:37.5 | 3:43.50 | 3:43.2 |
| | (c)3:35.75 | 3:35.5 | 3:41.50 | 3:41.2 |
| Mile Relay | (a)3:41.00 | 3:40.7 | 3:46.75 | 3:46.5 |
| | (b)3:39.00 | 3:38.7 | 3:44.75 | 3:44.5 |
| | (c)3:37.00 | 3:36.7 | 3:42.75 | 3:42.5 |
| Distance Medley - Meters | | | | |
| | (d)11:23.00 | 11:22.7 | 11:42.00 | 11:41.7 |
| | (c)11:21.00 | 11:20.7 | 11:40.00 | 11:39.7 |
| Distance Medley-Yards | | | | |
| | (d)11:26.50 | 11:26.2 | 11:45.50 | 11:45.2 |
| | (c)11:24.50 | 11:24.2 | 11:43.50 | 11:43.2 |
| High Jump | 1.86 | 6-1 1/4 | 1.77 | 5-9 3/4 |
| Long Jump | 6.34 | 20-9 3/4 | 6.04 | 19-9 3/4 |
| Triple Jump | 12.90 | 42-4 | 12.35 | 40-6 1/4 |
| Shot Put | 16.00 | 52-6 | 14.55 | 47-9 |
| 20-Pound Weight | 17.37 | 57-0 | 14.94 | 49-0 1/4 |

Outdoor

| Event | AUTOMATIC | | PROVISIONAL | |
|----------------|--------------|-----------|--------------|----------|
| | FAT | MT | FAT | MT |
| 100 Meters | 11.38 | -- | 11.65 | -- |
| 200 Meters | 23.18 | -- | 23.80 | -- |
| 400 Meters | 52.60 | 52.3 | 54.15 | 53.9 |
| 800 Meters | 2:05.00 | 2:04.7 | 2:09.00 | 2:08.7 |
| 1,500 Meters | 4:19.50 | 4:19.2 | 4:26.00 | 4:25.7 |
| Mile | 4:39.76 | 4:39.5 | 4:47.28 | 4:47.0 |
| 3,000 Meters | 9:19.00 | 9:18.7 | 9:45.00 | 9:44.7 |
| 5,000 Meters | 16:22.00 | 16:21.7 | 17:00.00 | 16:59.7 |
| 10,000 Meters | 34:20.00 | 34:19.7 | 35:40.00 | 35:39.7 |
| 100 Hurdles | 13.35 | -- | 13.85 | -- |
| 400 Hurdles | 57.65 | 57.4 | 59.95 | 59.7 |
| 400 Relay | 44.38 | 44.1 | 45.40 | 45.1 |
| 440-Yard Relay | 44.58 | 44.3 | 45.60 | 45.3 |
| 1,600 Relay | 3:33.50 | 3:33.2 | 3:40.00 | 3:39.7 |
| Mile Relay | 3:34.70 | 3:34.4 | 3:41.20 | 3:40.9 |
| High Jump | 1.87 | 6-1 1/2 | 1.76 | 5-9 1/4 |
| Long Jump | 6.50 | 21-4 | 6.15 | 20-2 1/4 |
| Triple Jump | 13.10 | 42-11 3/4 | 12.50 | 41-0 1/4 |
| Shot Put | 16.05 | 52-8 | 14.55 | 47-9 |
| Discus | 53.00 | 173-11 | 48.50 | 159-1 |
| Javelin | 51.74 | 169-9 | 46.50 | 152-7 |
| Hammer | 53.34 | 175-0 | 45.72 | 150-0 |
| Heptathlon | 5,500 points | | 5,075 points | |

(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

1996 Schedule

Indoor

| | | |
|-------------------|---|--------------------|
| Dec. 2 | Iowa State Holiday Meet | Ames |
| Jan. 20 | Badger Classic | Madison, Wis. |
| Jan. 27 | Redbird Invitational | Normal, Ill. |
| Feb. 2 | Mercantile Bank Invitational | Cedar Falls |
| Feb. 9-10 | Cyclone Classic | Ames |
| Feb. 16 | UNI-Dome Open | Cedar Falls |
| Feb. 23-24 | Missouri Valley Conference Championships | Cedar Falls |
| Mar. 3 | ISU National Qualifying Meet | Ames |
| Mar. 8-9 | NCAA Division I Championships | Indianapolis, Ind. |

Outdoor

| | | |
|-------------------|--|---------------------|
| Mar. 16 | New Mexico Invitational | Albuquerque, N.M. |
| Apr. 5-6 | SEMotion Relays | Cape Girardeau, Mo. |
| Apr. 12-13 | Jim Duncan Invitational | Des Moines |
| Apr. 18-20 | Kansas Relays | Lawrence, Kan. |
| Apr. 25-27 | Drake Relays | Des Moines |
| May 4 | Nike Invitational | Minneapolis, Minn. |
| May 17-18 | Missouri Valley Conference Championships | Terre Haute, Ind. |
| May 29- June 1 | NCAA Division I Championships | Eugene, Ore. |