Northern Iowa Panthers 1997 (Men's Track & Field)

University of Northern Iowa

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Northern Iowa PANTHERS

faster than...

more powerful than...

able to leap...

[ well, you know the rest ]

1997
Composite Standings Since 1991-92
(Average Finish in MVC meets)

1. NORTHERN IOWA 2.50
2. Illinois State 2.88
3. Indiana State 3.19
4. Southern Illinois 3.38
5. Wichita State 4.50
6. Southwest Missouri State 5.13
7. Drake 6.94

Since joining the Missouri Valley Conference in 1991, the Northern Iowa men's track and field program has been one of the most consistent forces in the league. In 1996, the Panthers won their second consecutive MVC indoor championship and finished second at the MVC outdoor championships.

"We pride ourselves on our consistency. That's why those composite standings are so important to us at Northern Iowa. We don't want to have major rebuilding years or be up one year and down the next. Our goal is to maintain a consistent program that has a chance to compete for a Missouri Valley Conference Championship every year."

-- Head Coach Chris Bucknam

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Northern Iowa

Track & Field Information

Head Coach.......................................................... Chris Bucknam
Assistant Head Coach........................................... Bill Lawson
Track & Field Phone............................................. (319) 273-6481
Outdoor Track.................................................... Completion Date: 1997
Indoor Track........................................................ UNI-Dome
1996 Missouri Valley Conference Indoor Finish.................. 1st
1996 Missouri Valley Conference Outdoor Finish................ 2nd

Northern Iowa Administration

Director of Athletics.............................................. Chris Ritrievi
Associate AD........................................................ John "Jersey" Jermier
Associate AD........................................................ Sandra Williamson
Assistant AD/Facilities........................................... Jim Egli
NCAA Faculty Representative.............................. Dr. Jack Wilkinson
Marketing Director.............................................. Ann Brett Gillespie
Business Manager.............................................. Julie Bright
Athletic Media Relations Director.......................... Nancy Justis
Office Phone....................................................... (319) 273-6354
Home Phone......................................................... (319) 277-3631
Assistant Athletic Media Relations Director.................. Kevin Kane
Office Phone....................................................... (319) 273-3642
Men's Track & Field Contact................................. Brett Proskovec
Office Phone....................................................... (319) 273-3642
Fax Number........................................................ (319) 273-3602

Quick Facts

Location............................................................... Cedar Falls, Iowa
Founded............................................................. 1876
Enrollment........................................................... 13,000
Nickname............................................................ Panthers
Colors................................................................. Purple & Old Gold
President.............................................................. Dr. Robert Koob
Affiliation.......................................................... NCAA Division I
Conference......................................................... Missouri Valley

On The Cover

Panther senior Joey Woody (l) and junior Juri Rovan. Woody is a former Missouri Valley Conference and Drake Relays Athlete of the Year. This past summer, he qualified for the finals at the U.S. Olympic Trials in the 400-meter hurdles. Rovan is the defending Missouri Valley Conference outdoor champion in the pole vault. He holds school records indoors and outdoors in the pole vault and the javelin.
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<thead>
<tr>
<th>Name</th>
<th>Event</th>
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<td>Eddie Berlin</td>
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<td>Joey Woody</td>
<td>Long Sprints</td>
<td>Sr.</td>
<td>Iowa City, Iowa</td>
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Head Coach: Chris Bucknam (Norwich '78)
Assistant Head Coach: Bill Lawson (Northern Iowa ‘80)
Student Assistant: Tim Suchan
The University of Northern Iowa's academic reputation again has proven a key factor in landing a spot as the only public institution in *U.S. News & World Report*'s top 15 regional universities in the Midwest for 1996.

UNI's 11th-place ranking is two places higher than last year's rating. This marks the second year in a row that UNI was the only public university ranked in the top 15, which are chosen from more than 100 public and private institutions in the region.

UNI received a "1" rating in academic reputation, the highest of any of the top 15 universities in the Midwest region. That rating consistently has improved over the past four years, from 26 in 1993, 20 in 1994 and 13 in 1995.

The magazine also named UNI the Midwest's most efficient regional university and first in "best value".

This marks the fifth time in the past six years that UNI has been cited by the magazine's "America's Best Colleges" issue in such categories as overall "best", "best buy," "up and coming" and "most efficient".

UNI emphasizes outstanding undergraduate education, with complementary graduate programs at the master's specialists' and doctoral levels. Building on its historic strength in teacher education, the University has developed a number of outstanding programs in its various Colleges. UNI also participates in the bachelor of liberal studies program offered by the Regents Universities, and its Division of Continuing Education and Special Programs sponsors classes off-campus in centers throughout the state. Enrollment on its 860-acre campus stands at about 13,000 students from every county in Iowa, 40 states and 48 foreign countries.

UNI's heritage and philosophy place great value on providing a student-centered educational experience. The University nurtures a premier learning environment -- it is small enough to offer its students individualized attention, yet large to provide a variety of resources and opportunities, as well as distinguished faculty. The University prides itself on being a great teaching university, and most courses are taught by full-time faculty members (600) who are committed to helping students grow intellectually and personally.

UNI was founded in 1876 as the Iowa State Normal School. In 1909, it became Iowa State Teachers College. In 1961, the name was changed to State College of Iowa, and in 1967, the Iowa Legislature acted to change the status of the institution to that of a university under its present title.

While maintaining its primary emphasis on teacher education, the University has continued its metamorphosis toward a multi-purpose institution, with nationally acclaimed programs in many disciplines. UNI's accounting program continues to be ranked among the best in the nation.

UNI student groups ranging from chemistry to conservation to public relations have been recognized by their respective national groups for the excellence of their programs.

UNI's outreach also extends to the Iowa business community through programs of the External Services Division of the College of Business Administration, including the Institute for Decision Making, Small Business Development Center, Small Business Institute, Management & Professional Development Center, Market Development Program and Industrial Site Location Program. The Iowa Waste Reduction Center provides free, non-regulatory consulting services on waste management to the state's small and medium-sized companies. The Iowa Plastics Technology Center and the Center for Applied Research in Metal Casting are among UNI's newest service programs designed to diversify, expand and strengthen Iowa's economy.

UNI offers a wide variety of cultural programs, lectures and conferences. The Continuing Education division, often in conjunction with the University's Office of Conference and Visitor Services, also cooperates with business and industry in programs of study and development on the campus.
Since Northern Iowa joined the Missouri Valley Conference five years ago, five different track and field teams have won the men's conference outdoor championship.

No team, however, has been as consistent as the Panthers, who continue to lead the overall points race that combines league success in cross country and both indoor and outdoor track. Chris Bucknam's squad still leads Illinois State in those standings over the last half-decade, and continuing that pace is part of a three-fold goal for the Panthers in 1997.

The other two parts -- three-peat as conference indoor champions, and win back the outdoor crown last captured by UNI in 1995. Both are rugged challenges, but Northern Iowa has been a big-meet team that has thrived on such standards in recent years.

"The last five Missouri Valley outdoor championships have had five different winners," notes Bucknam, whose team followed its second straight indoor crown in 1996 with a second-place finish in the outdoor campaign. "That's unheard of in most conferences to have that kind of balance."

Balance has been crucial for the Panthers over the years, and the loss of several standout performers and school record-holders from last year's squad could put a premium on developing more depth in 1997. Most notable among the losses to graduation are champion throwers Matt Casillas and Allan Walz, the latter having earned all-American honors in the 35-pound weight.

"You can't replace people like that," Bucknam says. "The kids we graduated, not only were they great performers -- they were great leaders, too. They were the kids who helped get this program up to a championship level, and we're obviously going to miss them."

Providing a huge boost during the 1997 outdoor season will be the return of all-American Joey Woody, who redshirted during the 1996 outdoor season to train for the United States Olympic Trials in the 400-meter hurdles. Woody reached the final at the Trials and barely missed a return trip to Atlanta for the 1996 Games.

Woody has his sights set on a national championship in the 400 hurdles and is a former Athlete of the Year at the Drake Relays and District V championships. His presence, Bucknam says, will not only provide valuable meet points but is certain to feed the competitive fuel of those around him.

"He's one of the best athletes ever at Northern Iowa, in any sport," Bucknam says. "He really craves a national title, but team goals are just as important to Joey. He wants to help his team win another conference championship."

For that to happen, especially without Woody during the indoor season, Bucknam says his upper-echelon performers will need big efforts due to his team's relative lack of proven depth. And, as usual, those top-notch athletes are quite capable.

Two of the better ones hail from Slovenia. Juri Rovan broke a school pole vault record when he cleared 18 feet, 1 inch at a meet this past summer and just missed the qualifying standard for the Atlanta Olympics. He also won the conference outdoor title last season. Rovan's countryman, Alen Topolovcan, placed second outdoors in both the long jump and triple jump.
The losses of Walz and Casillas do not leave the Panthers dry in the throwing events. Mike Maddox, third in the shot put both indoors and outdoors last year, hopes to continue the Panthers' fine tradition of strong weight men.

"He looks very good," Bucknam says of Maddox. "He has a chance to emerge from the shadow of those other two, so to speak, and he has his sights set on qualifying nationally. He's a great competitor."

Sophomore Corey Janisch gave the Panthers a second-place finish in the MVC decathlon last spring and has a chance to jump a level in his second season. The Panthers' top high jumper could be freshman Eddie Berlin, a state high school champion from Urbandale.

UNI's strengths on the track look to be the middle and long distances. Jon Judisch of Tripoli enters his junior season after an all-conference effort last spring in the 400 meters and an indoor league championship. He was also a key member of the Panthers' title-winning mile relay team. Matt Mullenix was also a member of that squad and the fifth-year senior has been a mainstay in the program.

"They should be right in the thick of the Missouri Valley championships in the relays and individual events," Bucknam says. "Matt has been so valuable to the whole program, and he has the potential to be a national qualifier."

Also in the middle-distance mix is Brent MacLagan, who was slowed by a hamstring injury last indoor season and redshirted as a freshman outdoors. He's a former prep standout from Jefferson who once broke Woody's high school record in the 400 hurdles. Jason Bradley has been a steady relay performer and Northwestern (Iowa) transfer Terry Dykstra could also help.

The distances are another traditional UNI strength, and Jay Brock is coming off a cross country season in which he recorded the third-fastest 8K race in school history. Sam Burkett placed as a freshman indoors in the 3,000 and 5,000 before taking a redshirt season last spring.

Kyle Kepler is a proven standout who missed the past cross country season with a hamstring injury. Bucknam is hopeful his former all-conference runner will be back to full strength in 1997. Adding punch to the distance lineup will be Rob Semelroth, who comes off an improved cross country campaign.

The sprints are an admitted concern to Bucknam entering the 1997 season. Tony Tatman comes off a redshirt and could surprise, and freshman Phil Wagner is a former state champion from West Union. Another freshman standout, Jeff Adam, ran into NCAA Clearinghouse problems and will have to redshirt.

"We're young and untested in the sprints," Bucknam says, "and that's not the way to go into the Missouri Valley Conference."

Overall, however, Bucknam sees plenty of potential in this year's squad. Illinois State, he says, is a clear favorite indoors, but the outdoor title could again be up for grabs.

And the Panthers, as usual, plan to be in the thick of the race.

"We pride ourselves on our consistency," Bucknam says. "That's why those overall standing (for indoor, outdoor and cross country) are so important to us at Northern Iowa. We don't want to have major rebuilding years or be up one year and down the next. Our goal is to maintain a consistent program that has a chance to compete for a championship every year."
In the 13 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 15 MVC meets since UNI’s membership began in 1991, the Panthers have the best composite record in the league. They have claimed four titles, six runner-up 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 nationally-ranked relays, but it’s just now being seen because we’re in the MVC...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. In 1996, he directed the Panthers to the MVC Indoor title and was named Indoor Coach of the Year.

During his 13-year tenure, the Panthers have won 13 conference crowns—six 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 26 qualifiers to the NCAA Indoor and Outdoor Championships, with six 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 19 conference titles in track and field and cross country, and produced 16 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.

### Conference Championships Under Bucknam & Lawson

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<tr>
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<td>1984</td>
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</table>

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 Head 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 12 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 girl's basketball coach at John Marshall High School in Rochester, Minn.

The Carthage, Ill., native was a four-time all-American at UNI from 1977-1980 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. He also captured the first national Master's Pentathlon title three 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 119 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. He and his wife, Jodie, have a two-year-old daughter, Abbie, and a baby boy named T.J.

### UNI's Track All-Americans & NCAA Qualifiers

<table>
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<th>All-Americans</th>
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<td>1993 Johnny Westbrook, 55-Meter Hurdles</td>
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<td>1994 Joey Woody, 400-Meter Hurdles</td>
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<td>1996 Miklos Arpasi, 800 Meters (Ind./Out.)</td>
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<td>1995 Jason Mc Cleary, 55-Meter Hurdles</td>
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<td>1996 Alex Garn, 400-Meter Hurdles</td>
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### MVC Track Athletes of the Year

| 1994 Joey Woody (Outdoor) |
| 1995 Joey Woody (Outdoor) |

### UNI's Field All-Americans & NCAA Qualifiers

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<td>1991 Brad Miller, Pole Vault (Indoor)</td>
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<td>1992 Steve Daugherty, High Jump (Indoor)</td>
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<td>1993 Brad Miller, Decathlon</td>
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<td>1994 Tim Suchan, High Jump (Ind./Out.)</td>
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<td>1995 Tim Suchan, High Jump (Ind./Out.)</td>
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<td>1996 Matt Casillas, 35# Weight</td>
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</tbody>
</table>

### MVC Field Athletes of the Year

| 1993 Jason Mc Cleary (Outdoor) |
| 1995 Allan Walz (Outdoor) |
| 1995 Tim Suchan (Indoor) |
Marshall Blaine
Senior
Distance
Indianola, Iowa
Major: Mathematics

1996: Placed 21st overall and third for the Panthers at the Missouri Valley Conference cross country meet...took second in the 3,000 meters at the UNI-Dome Open...finished third in the 5,000 meters at the ISU Holiday Classic...placed fourth in the 10,000 meters at the SEMotion Relays. 1995: Placed 25th overall and fifth for the Panthers at the Missouri Valley Conference cross country meet...took third in the 5,000 meters at the Iowa State Holiday meet...finished second at UNI-Dome Open in 5,000 meters...placed sixth at the Drake Invitational outdoors in the 5000. 1994: Placed sixth in the 3,000 meters at the UNI-Dome Open...took fifth in the 3,000 meters vs. Missouri Valley College...ran sixth outdoors in 5K at the Drake Invitational. High School: Qualified for the state cross country meet...two-time conference MVP in cross country...lettered four times in track and three in cross country.

Matt Mullenix
Senior
Middle Distance
Woodbine, Iowa
Major: Accounting

1996: Member of the MVC all-conference team...ran a team-best 1:51.91 in the 800 meters outdoors...tied for first in the 600 meters at the MVC indoor conference meet...in the Panther record book as a member of the indoor and outdoor 1,600-meter relay teams...finished first in the 800 meters at the Iowa State Holiday Classic...was second in the 600 meters at the Mercantile Bank Classic...took the 800-meter title at the Dr. Keeler Invitational and Hawkeye Invitational...placed fourth in the 1,000 meters at the indoor conference meet. 1995: Took second in the 800 meters at the outdoor conference meet...finished first in the 600 meters and ran the third leg of the winning 4 x 400 relay at indoor conference...won the 800 meters at the ISU Holiday Classic. 1994: Ran on the season-best teams in the mile, two-mile and distance medley relays...finished second in the 800 meters at the Iowa State Holiday Classic and the Illinois State Invitational. 1993: Redshirted the outdoor track season. High School: 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 1992...named all-state in football and all-conference in baseball at Woodbine.

Kory Swart
Senior
Distance
Belmond, Iowa
Major: Mathematics

1996: Earned all-conference honors indoors in the mile run with a third place showing...ran a team-best 4:10.68 in the mile run...finished second in the 1,000 meters at the UNI-Dome Open...placed third in the 1,000 at the Mercantile Bank Classic. 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 Classic and UNI-Dome Open...named to the academic all-MVC team. 1994: Won the 1,000 meters at the UNI-Dome Open...a member of the conference cross country runnerup team. 1993: Member of the cross country squad that won first-ever MVC title.
Joey Woody
Senior
Long Sprints
Iowa City, Iowa
Major: Public Relations

Personal Bests
400 Hurdles: 48.62
600 Meters: 1:16.85
800 Meters: 1:47.75

1996: Redshirted the outdoor season to participate at the Olympic Trials...reached the final in the 400 hurdles at the Trials finishing seventh...broke his own school record in the 400 hurdles at the Trials with a 48.62 clocking...set the school record in the 600 and 800 meters during the indoor season...anchored the school-record indoor 4 x 400 meter relay...placed fifth at the NCAA Indoor Championships in the 800 meters and earned all-America honors...finished second in the 800 meters at the MVC indoor championships. 1995: Placed seventh at the NCAA Outdoor Championships in the 400 hurdles, his second consecutive all-America honor in the event...named MVC Outdoor Track Athlete of the Year after winning the 110 and 400 hurdles and placing third in the 400 meters...District 5 Outdoor Athlete of the Year...also a member of the record-breaking outdoor 4 x 400 relay and broke his school record in the 400 hurdles (49.97)...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 top male athlete at the Drake Relays...earned indoor all-conference honors with a second-place finish in the 1,600-meter relay...four event outdoor conference honoree, he won the 110 hurdles, 400 hurdles and placed second in the 400 meters and the 4 x 400 relay...broke his own record in the 400-meter hurdles (50.42)...qualified for the 1994 USA National Mobile Track and Field Championships...ran a team-best in the indoor 400, 600, 1600-meter relay and distance medley relay. 1993: Set the school record in the 600 meters in his first collegiate meet. High School: 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.

Jay Brock
Junior
Distance
Dubuque, Iowa
Major: Business

Personal Bests
Steeplechase: 9:11.09
1,500 Meters: 3:58.48
8K: 24:27

1996: Won the steeplechase at the conference meet and Hawkeye Invitational...ran a team best time of 9:11.09 in the 3,000-meter steeplechase...was second in the steeplechase at the Sea Ray Relays...finished fourth at the MVC cross country meet and earned all-conference honors for the second year in a row...ran the third fastest 8K (24:27) in school history. 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 steeplechase at the conference outdoor meet...ran fourth at the MVC cross country meet in the fall to pick up all-conference honors. 1994: Had the second fastest time for a freshman at the MVC cross country meet. High School: Finished fifth at the 1993 state cross country meet...named to the elite all-state cross country team in 1993...a member of the state championship 4 x 800 relay in 1993 and 1994.
Northern Iowa

Alonzo Clayton
Junior
Hurdles/Long Jump
Fort Dodge, Iowa
Major: General Studies

Personal Bests
Long Jump: 23-5
55-Meter Hurdles: 7.49
110-Hurdles: 14.60

1996: Finished fourth at the indoor MVC championships in the 55-meter hurdles...placed second in the 110-meter high hurdles at the Wisconsin MVC Twilight Meet and SEMotion Relays...was second in the long jump at the Badger Classic...was fourth in the long jump and third in the 110 hurdles at the Arizona Invitational...earned first team all-conference honors as a receiver on UNI's national semi-finalist football team. 1995: Redshirted. A wide receiver on UNI's nationally-ranked football team who tied an NCAA playoff record with five touchdown catches vs. Murray State. 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. High School: An excellent all-around athlete who also was voted all-conference in baseball in high school...played in the 1993 Shrine Bowl High School All-Star game.

Jon Judisch
Junior
Long Sprints
Tripoli, Iowa
Major: Pre-Med

Personal Bests
400 Meters:
47.92 (Outdoor)
48.09 (Indoor)

1996: Won his second consecutive MVC indoor 400-meter title...was a member of the indoor MVC first-place 4 x 400 meter relay team...a member of the school record indoor 4 x 400 meter relay team...placed second in the 400 meters at the outdoor MVC meet...ran the fastest 400 meters on the team both indoors and outdoors...won the 400-meter title at the ISU Holiday Classic and Dr. Keeler Invitational...a member of the 1996 MVC All-Academic team...voted Third Team Academic All-America by the College Sports Information Directors of America. 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. High School: 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 baseball...ran the 400 meters in 48.54 in high school.

Kyle Kepler
Junior
Distance
Webster City, Iowa
Major: Education

Personal Bests
3,000 Meters: 8:34.67
5,000 Meters: 14:44.08
10,000 Meters: 30:30.93
8K: 24:49

1996: Finished first in the 3,000 meters at the UNI-Dome Open...was first in the 5,000 meters at the ISU Holiday Classic...ran the fastest 5,000 meters on the team both indoors and outdoors...ran the fastest 10,000 meters on the team...earned all-conference honors after finishing third in the 5,000 meters at the indoor MVC meet...a member of the MVC All-Academic team...finished first in the 5,000 meters at the SEMotion Relays...redshirted during the cross country season. 1995: Earned his third straight 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 second all-conference honor in cross country after an eighth-place finish at the conference meet. 1993: Finished 10th at the MVC cross country meet as a freshman to earn his first all-conference honor. High School: Was a member of the 1992 Elite All-State cross country squad...earned all-conference honors six times in track and four in cross country in high school.
1996: Earned all-conference honors in the shot put as a result of his third-place showing at the Missouri Valley Conference indoor and outdoor meets...was second in the shot at the UNI-Dome Open...placed fifth in the discus at the Hawkeye Invitational...finished second in the discus at the SEMotion Relays. 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 freshmen...had the second-best mark among freshmen in the shot put at the outdoor conference. 1994: Redshirted. High School: 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
Junior
Pole Vault/Javelin
Brezice, Slovenia
Major: Physical Education

1996: Set the indoor school record in the pole vault and finished first at the Husker Invitational with a vault of 17-5 1/2...set the outdoor pole vault school record at a meet in Slovenia this summer where he vaulted 18-1...won pole vault titles at the UNI-Dome Open, Mercantile Bank Classic, ISU Holiday Classic, MVC outdoor meet, Wisconsin Twilight Invitational, Hawkeye Invitational, and SEMotion Relays...was third at the MVC indoor meet to earn all-conference honors...competed at the NCAA Indoor Championships after provisionally qualifying in the pole vault...placed third in the javelin at the MVC outdoor meet. 1995: After joining the squad midway through the indoor season, he made an immediate impact by placing fifth at the Valley indoor meet in the pole vault...earned all-conference honors at the MVC outdoor meet by winning the javelin and tied for third in the pole vault...set the school record in the javelin with a toss of 207-7 to win the event at the MVC championships.

Rob Semelroth
Junior
Distance
Keystone, Iowa
Major: Psychology

1996: Emerged as one of the top runners on the cross country team and finished among the top five Panther finishers in every meet...best finish was fifth in the 5,000 meters at the Jim Duncan Invitational...was sixth in the 3,000 meters at the Hawkeye Invitational...finished 11th at the MVC indoor championships in the 5,000 meters...was sixth in the 3,000 meters at the UNI-Dome Open with a personal best time of 8:59.6. 1995: Placed sixth at the ISU Holiday Classic in the 3,000 meters...was third in the 5,000 meters at the UNI-Dome Open...High School: Won eight letters at Benton Community High School...four-time all-conference cross country selection...finished fifth twice and sixth once at the state cross country championships.
Northern Iowa

Sam Burkett
Sophomore
Distance
Urbandale, Iowa
Major: Biology

Personal Bests
3,000 Meters: 8:33.36
5,000 Meters: 15:08.69
8K: 25:11

1996: Best finish was third in the mile run at the UNI-Dome Open where he ran a personal-best 4:21.76...was also third in the 3,000 meters at the ISU Holiday Classic...finished fifth at the Mercantile Bank Classic in the 3,000 meters...ran sixth at the Missouri Valley Conference indoor meet in the 5,000 meters and 3,000 meters...redshirted during the outdoor season...was a member of the cross country team, finishing 18th at the MVC championships...was fourth at the Minnesota dual meet in cross country...placed seventh at the Iowa Invitational cross country meet. 1995: Was a member of the second-place MVC cross country team...ran a personal-best 25:11 at the Bradley Invitational...finished 11th at the Illinois State Invitational.

Jason Bradley
Sophomore
Short Sprints
Algona, Iowa
Major: Business

Personal Bests
200 Meters: 22.69
400 Meters: 49.07

1996: Ran a team-best 22.69 in the 200 meters indoors...placed second in the 200 meters at the ISU Holiday Classic...was fifth in the 200 at the UNI-Dome Invitational...placed 10th in the 200 at the Mercantile Bank Classic...ran a personal best in the 400 meters (49.07) at the ISU National Qualifier Meet...redshirted the outdoor season. High School: Participated at the state meet all four years of high school...all-conference his senior year...ran the fastest 400 time in the state his senior year.

Corey Janisch
Sophomore
Long Jump/Decathlon
Belvidere, Illinois
Major: Undecided

Personal Bests
Long Jump: 22-4 3/4
Decathlon: 6,277

1996: Won the long jump at the ISU Holiday Classic with a personal-best leap of 22-4 3/4...placed second in the decathlon at his first Missouri Valley Conference outdoor championship...earned all-conference honors in the decathlon...was fourth in the long jump at the UNI-Dome Open...placed ninth in the decathlon at the Kansas Relays...finished third in the 200 meters at the ISU Holiday Classic. High School: Finished eighth in the long jump at state meet...placed fourth in the high jump, fourth in the long jump at AAU National High School meet...was team MVP his senior year in high school.
Brent MacLagan
Sophomore
Long Sprints/400 Hurdles
Jefferson, Iowa
Major: Biology

Personal Bests
600 Meters: 1:19.71
800 Meters: 1:53.98

1996: Ran the third-fastest 600-meter time in UNI history at the ISU Holiday Classic with a time of 1:19.71...was fifth in the 600 meters at the Mercantile Bank Classic...finished second in the 600 at the ISU Holiday Classic...placed sixth in the 400 hurdles at the Arizona Invitational...redshirted outdoor season due to injury. High School: Won three state titles in the 400-meter hurdles and one in the 1,600 meters...was named first team all-state in football for two years.

Ben Mischke
Sophomore
Pole Vault/Decathlon
Worlan, Wyoming
Major: Education

Personal Bests
Pole Vault:
(Indoors) 16-1 1/4
(Outdoors) 15-10
Javelin 167'

1996: Best indoor finish in the pole vault came at the ISU Holiday Classic where he finished third...vaulted a personal best 16-1 1/4 at the MVC indoor championships where he finished seventh...was sixth at the UNI-Dome Open in the pole vault...placed seventh outdoors in the pole vault at the MVC championships...was fourth at the Wisconsin Twilight Invitational in the pole vault. High School: Two year all-state performer in the pole vault...a member of the all-conference team in basketball...won a total of 10 letters during his high school career, four came in track and field.

Tony Tatman
Sophomore
Short Sprints
Urbandale, Iowa
Major: Undecided

Personal Bests
200 Meters: 22.80
55 Meters: 6.68

1996: Best finish was in the 200 meters at the ISU Holiday Classic where he ran a personal best 23.14...placed fifth in the 55-meter dash at the ISU Holiday Classic...finished 15th in the 200 meter dash at the Mercantile Bank Classic...redshirted during the outdoor season. High School: won letters in track, football, and baseball...was a member of the track all-conference team.
Alen Topolovcan
Sophomore
Long Jump/Triple Jump
Celje, Slovenia
Major: General Studies

Personal Bests
Long Jump: 23-9
Triple Jump: 50-7 1/4

1996: Won the triple jump at the Dr. Keeler Invitational, Wisconsin Twilight Meet and UNI-Dome Open...placed second in the long jump and triple jump at the Missouri Valley Conference outdoor meet and earned all-conference honors in the process...earned all-conference honors after finishing third in the triple jump at the indoor conference meet...had a team-best leap in both the long jump and triple jump indoors and outdoors...was second at the Hawkeye Invitational in the triple jump and second in the long jump at the Wisconsin Twilight Meet.

Freshmen To Watch...

Eddie Berlin
Freshman
High Jump
Urbandale, Iowa
Major: Business

Dave Repass
Freshman
Distance
Clinton, Iowa
Major: Undecided

Dave Jennings
Freshman
Throws
Nevada, Iowa
Major: Undecided

Luke Stater
Freshman
Long Sprints
Cedar Falls, Iowa
Major: Undecided
The Northern Iowa track and field team has excelled under head coach Chris Bucknam, winning 13 conference championships in 13 seasons during his tenure. Not only do Panther athletes excel on the track, but also in the classroom.

Since joining the Missouri Valley Conference in 1991, the Panthers have consistently placed a large contingent of athletes on the MVC All-Academic teams in cross country and track and field.

To be named to the academic all-MVC cross country team, a student-athlete must be at least a sophomore in academic and athletic standing and have at least a 3.0 cumulative GPA. The athlete must finish among the leaders at the MVC championship, with the top 10 runners who meet the criteria named to the team.

In order to be named to the all-MVC track and field team, a student-athlete must have a cumulative grade point average of 3.0 or better, and he must have placed in the top six at the MVC indoor or outdoor championship.

Northern Iowa placed the largest number of student-athletes on the 1996 all-MVC track and field team with nine honorees.

Judisch's Hard Work in the Classroom is Rewarded With Academic Honor

Jon Judisch a junior sprinter from Triopolii, Iowa was honored for his excellence in the classroom as well as the track in 1996. Judisch was voted to the GTE Academic All-America District VII At-Large Team by the College Sports Information Directors of America.

Judisch has maintained a 3.85 grade-point average while majoring in biology. On the track, he has won the Missouri Valley Conference indoor 400-meter title his first two years and has been a member of the Panthers' winning mile relay team. He has recorded UNI's top 400-meter times both indoors and outdoors the past two seasons.

Student-athletes eligible for the team included those with a 3.20 GPA or higher in four spring sports from nine states in the Midwest and Rocky Mountain region.
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.

MVC teams boast a proud, rich tradition in track and field and cross country and have produced numerous All-Americans over the years. In terms of individual performances, a number of MVC student-athletes represented the league at the NCAA Championships and the 1996 Atlanta Olympic Games.

National champions and All-Americans aren't anything new for MVC teams. In indoor track and field, 14 student-athletes qualified for the NCAA Championships a year ago with five -- Illinois State's Cedric Chapman (35-lb. weight throw), Indiana State's Tony Mescall (pole vault), Northern Iowa's Joey Woody (800 meters) and Allan Walz (35-lb. weight), Wichita State's Einars Tupuritis (800 meters) and Ryan Barkdull (pole vault) -- earning All-America honors. In fact, Tupuritis clocked an NCAA meet record time of 1:45.80 at the RCA Dome in Indianapolis to win the 800 meters.

Northern Iowa has produced perennial NCAA qualifiers in recent years, including four All-Americans in the last six seasons.

Woody finished fifth in the 800 meters at the 1996 NCAA Indoor Championships to earn All-America honors and has earned All-America honors in 1994 and 1995 in the 400-meter hurdles outdoors.

As for the Olympics, Woody and UNI graduate Tim Suchan were invited to compete at the 1996 Olympic tryouts. Woody finished seventh in the 400 hurdles with Suchan finishing in a tie for seventh in the high jump.

Since joining the Missouri Valley Conference in 1991, Northern Iowa's men's track and field program has been one of the most consistent forces in the league. In fact, in the first 15 MVC meets since UNI's membership, the Panthers have the best composite record in the league (see inside front cover).

The Panthers had four individuals qualify for the NCAA Indoor Championships in 1996, the most ever for a Northern Iowa squad. Woody in the 800, Walz and teammate Matt Casillas in the 35-lb. weight, and Juri Rovan in the pole vault.

During the outdoor track and field season, 27 student-athletes qualified for the NCAA championships with five -- Wichita State's Tupuritis (800 meters) and Katie Panek (hammer throw), Drake's Gina DeWitt (800 meters), Illinois State's Cedric Chapman (discus) and Southwest Missouri State's Melinda Sallins (400-meter hurdles) -- earning All-America honors. In cross country, Southern Illinois' men's squad advanced to the NCAA Championship.

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 standout include Indiana State's Holli Hyche, a double NCAA champion sprinter in 1994.

MVC athletes have excelled in the classroom as well. 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.

Members of the Missouri Valley Conference include: Bradley, Creighton, Drake, Evansville, Illinois State, Indiana State, Northern Iowa, Southern Illinois, Southwest Missouri State and Wichita State.
## 1996
### Cross Country
1. Indiana State 59
2. Southern Illinois 69
3. Southwest Missouri 76
4. **NORTHERN IOWA** 107
5. Wichita State 120
6. Drake 147
7. Illinois State 206
8. Bradley 262
9. Creighton 293
10. Evansville 313

### Indoor Track
1. **NORTHERN IOWA** 131
2. Illinois State 88
3. Indiana State 79
4. Wichita State 73
5. Southern Illinois 61
6. Southwest Missouri 58
7. Tulsa 44
8. Drake 23

### Outdoor Track
1. Illinois State 152
2. **NORTHERN IOWA** 128
3. Indiana State 101
4. Wichita State 78
5. Southern Illinois 61
6. Southwest Missouri 59
7. Drake 50
8. Tulsa 21

### 1995 Cross Country
1. Southern Illinois 30
2. **NORTHERN IOWA** 63
3. Indiana State 104
4. Tulsa 107
5. Illinois State 125
6. Southwest Missouri 152
7. Wichita State 155
8. Drake 170
9. Evansville 284
10. Bradley 315
11. Creighton 321

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

### 1993 Cross Country
1. Illinois State 68
2. **NORTHERN IOWA** 69
3. Southwest Missouri 71
4. Indiana State 82
5. Southern Illinois 82
6. Drake 144
7. Wichita State 168
8. Tulsa 182
9. Bradley 268
10. Creighton 294

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

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

### 1992
#### Cross Country
1. **NORTHERN IOWA** 53
2. Illinois State 69
3. Southwest Missouri 73
4. Wichita State 120
5. Indiana State 126
6. Southern Illinois 141
7. Tulsa 175
8. Bradley 186
9. Drake 199
10. Creighton 290

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

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

### 1991
#### (1st Year in MVC)
#### Cross Country
1. Southern Illinois 47
2. Wichita State 56
3. Illinois State 78
4. **NORTHERN IOWA** 132
5. Indiana State 137
6. Drake 142
7. Southwest Missouri 165
8. Tulsa 190
9. Bradley 191
10. Creighton 300
Northern Iowa

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 did the same 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 21-year history.

The Dome combines the features of a fieldhouse, football stadium and large amphitheater. 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 court side 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.

Construction will be completed on the new outdoor track located on campus in 1997, and will allow UNI to have some of the finest overall track and field facilities anywhere.

The new facility will feature a 400-meter track with eight 48-inch lanes, the latest polyurethane surface and all field event stations.

Facilities

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

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18
Head Coach Chris Bucknam's Coaching Honors

1985 - Mid-Continent Indoor Coach of the Year
1986 - Mid-Continent Outdoor Coach of the Year
1988 - Mid-Continent Cross Country Coach of the Year
1990 - Mid-Continent Cross Country Coach of the Year
1992 - MVC Cross Country Coach of the Year
1995 - MVC Indoor Coach of the Year
1996 - MVC Indoor Coach of the Year

District V Outdoor Coach of the Year
Finalist for National Coach of the Year

All-District Cross Country Performers Since 1983

All-District performers are those who finish in the top 25 at the District V Championships.
Distance is 10K.

1995 - Kyle Kepler 20th 32:16
1992 - Jeff Joiner 20th 32:05
1989 - Marty Greene 22nd 32:07
1988 - Bill Castle 22nd 31:37
1988 - Dan Hostager 16th 31:11
1983 - Tom Penningroth 20th 31:21
1983 - Chris Leonard 22nd 32:31

UNI's All-Americans

1939 - William Jenkins (1939)

Division II

1968 - Larry McCready (120 Hurdles)
1969 - Larry McCready (120 Hurdles)
1970 - Wayne Carpenter (Mile)
1971 - Mike McCready (Shot Put)
1972 - Mike McCready (Shot Put)
1973 - Rich Twedt (Cross Country)
1974 - Dennis Schultz (Mile)
1975 - Keith Schmidt (Pole Vault)
1976 - Scott Noltensmeyer (120 Hurdles)
1977 - Brent Geringer (Discus, Shot Put)
1978 - Bill Friedman (1,500 Meters)
1979 - Bob Friedman (1,500 Meters)
1980 - Bill Lawson (Decathlon)
1981 - Brent Geringer (Discus, Shot Put)
1982 - Bob Friedman (1,500 Meters)
1983 - Brent Geringer (Discus, Shot Put)
1984 - Bill Glassmaker (800 Meters)
1985 - Tom Rogers (Pole Vault)
1986 - Brent Geringer (Discus, Shot Put)
1987 - Bill Glassmaker (800 Meters)
1988 - Bill Rogers (Pole Vault)
1989 - Tom Akers (400 Hurdles)
1990 - Tom Jamerson (Pole Vault)
1991 - Bill Glassmaker (800 Meters)
1992 - Tom Akers (400 Hurdles)
1993 - Bill Lawson (Decathlon)
1994 - Jim Eredge (Cross Country)
1995 - Kim Sprain (Cross Country)
1996 - Bill Lawson (Decathlon)

Division I

1979 - Brent Geringer (Discus)
1989 - Jeff Burris (800 Meters)
1993 - Johnny Westbrook (55-Meter Hurdles)
1994 - Joey Woody (400 Meter Hurdles)
1995 - Joey Woody (400 Meter Hurdles)
1996 - Joey Woody (800 Meters)
1997 - Allan Walz (35 lb. Weight)
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<tr>
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<th>MVC MEET RECORD</th>
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</thead>
<tbody>
<tr>
<td>300 Meters</td>
<td>33.95, Jim Turner (1989)</td>
<td>29.81, Michael Franks (300yds), Southern Illinois (1990)</td>
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<tr>
<td>400 Meters</td>
<td>47.01, Jim Turner (1990)</td>
<td>47.87, Erick Pegues, Southern Illinois (1989)</td>
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<td>600 Yards</td>
<td>1:10.02, Jeff Burris (1990)</td>
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<tr>
<td>1,000 Yards</td>
<td>2:10.84, Bill Glassmaker (1979)</td>
<td>2:08.67, Mike Sullivan, Indiana State (1984)</td>
</tr>
<tr>
<td>Triple Jump</td>
<td>52-1, Junior Chukukere (1992)</td>
<td>52-1 1/4, Dion Simmons, Illinois State (1993)</td>
</tr>
</tbody>
</table>

Track & Field
### 55-Meter Dash
1. 6.25  Kenny Shedd, 1992
2. 6.34  Joe Fuller, 1982
3. 6.37  Doug Case, 1984
4. 6.38  Maceo Strickland, 1995
5. 6.44  Bill Hall (1949)
6. 6.44  Frank Robinson (1957)
6. 6.44  Jason McCleary (1993)
6. 6.44  Dedric Ward (1996)

### 55-Meter Hurdles
1. 7.29  Johnny Westbrook, 1993
2. 7.31  Jay Connor, 1984
3. 7.32  Jason McCleary, 1993
4. 7.38  Joey Woody, 1996
5. 7.44  Ryan Santi, 1995

### 200 Meters
1. 21.49
2. 21.79
3. 22.14
4. 22.24
5. 22.38

### 400 Meters
1. 47.01  Jim Turner, 1990
2. 48.09  Jon Judisch, 1995*
3. 48.16  Kenny Shedd, 1991
4. 48.44  Brooks Glassnapp, 1987
5. 48.54  Joey Woody, 1994

### 600 Meters
1. 1:16.85  Joey Woody, 1995
2. 1:19.59  Miklos Arpasi, 1994
3. 1:19.71  Brent MacLagan, 1995
4. 1:20.13  Matt Mullenix, 1995
5. 1:20.75  Gregg Garn, 1994

### 800 Meters
1. 1:47.75  Joey Woody, 1996*
2. 1:49.30  Miklos Arpasi, 1993*
3. 1:49.56  Jeff Burris, 1989
4. 1:50.70  Kent Terrillion, 1988
5. 1:52.03  Matt Mullenix, 1995*

### Mile Run
1. 4:07.54  Tom Penningroth, 1989
2. 4:09.77  Bill Glassmaker, 1984
3. 4:09.84  Dennis Schultz, 1974
4. 4:10.57  Chad Flynn, 1993
5. 4:10.68  Kory Swart, 1996

### 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

### 5000 Meters
1. 14:27.01  Dan Hostager, 1989
2. 14:29.69  Chris Leonard, 1983
3. 14:32.95  Dan Fick, 1985
4. 14:33.34  Marty Greene, 1993
5. 14:38.64  Doug Nelson, 1981

### Pole Vault
1. 17-5 1/2  Juri Rovan, 1996
2. 17-5 1/4  Brad Miller, 1991
3. 17-1 1/2  Bob Edwards, 1991
4. 16-9 1/2  Troy Becker, 1986
5. 16-9  Russ Adams, 1984

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

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

### Triple Jump
1. 52-1  Junior Chukukere, 1992
2. 49-7  Alan Topolovcan, 1996
3. 49-0 1/4  Bill Lawson, 1978
4. 46-10 1/4  Bob Williams, 1982
5. 46-9  Brian Makela, 1983

### Shot Put
1. 60-3 1/4  Brent Geringer, 1979
2. 58-2  Tom Reints, 1981
3. 57-0 3/4  Arnie Doden, 1983
4. 56-5 1/4  John Holler, 1978
5. 55-10 1/2  Matt Casillas, 1996

### 35-lb. Weight
1. 67-7  Matt Casillas, 1996
2. 66-3 3/4  Allan Walz, 1996
3. 52-1 1/2  Kelly Tagtow, 1987
4. 49-11  Mike Maddox, 1996
5. 48-11 1/2  Billy Nordyke, 1996

* Size of track over 200 meters

### Indoor Bests

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**Track & Field** 21
## Panther Outdoor Records

### Northern Iowa

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<tr>
<th>EVENT</th>
<th>UNI RECORD</th>
<th>MVC MEET RECORD</th>
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<tbody>
<tr>
<td><strong>400 Meters</strong></td>
<td>46.84, Dennis Roloff (1972)</td>
<td>45.91, Elvis Forde, Southern Illinois (1984)</td>
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<tr>
<td><strong>1,500 Meters</strong></td>
<td>3:44.06, Bob Friedman (1979)</td>
<td>3:45.00, Chris Mares, Drake (1980)</td>
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<tr>
<td><strong>Mile Run</strong></td>
<td>4:03.94, Dennis Schultz (1974)</td>
<td>4:02.74, Allen Walker, Wichita State (1973)</td>
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<td><strong>Sprint Medley Relay</strong></td>
<td>3:17.29, McCleary, Honeck, Woody, Arpasi (1993)</td>
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<td><strong>Distance Medley Relay</strong></td>
<td>9:47.70, Burris, Shedd, Terrillon, Hostager (1990)</td>
<td>Not competed at conference level</td>
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<tr>
<td><strong>Shuttle Hurdle Relay</strong></td>
<td>56.95, McCleary, Woody, A. Garn, Westbrook (1993)</td>
<td>Not competed at conference level</td>
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<tr>
<td><strong>Shot Put</strong></td>
<td>58-6, John Holler (1976)</td>
<td>61-7 3/4, Joel Sward, Drake (1992)</td>
</tr>
<tr>
<td><strong>Discus</strong></td>
<td>199-6, Brent Geringer (1979)</td>
<td>193-8, Dwayne Mayfield, West Texas State (1982)</td>
</tr>
</tbody>
</table>
### 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

### 200 Meters
1. 20.95 Kenny Shed, 1992
2. 21.24 Bob Rucht, 1967
3. 21.36 Jim Turner, 1991
4. 21.49 Rodney Garrett, 1988
5. 21.54 Doug Case, 1986

### 400 Meters
1. 46.94 Dennis Roloff, 1972
2. 46.99 Kenny Shed, 1992
3. 47.09 Joey Woody, 1994
4. 47.40 Brooks Glassnapp, 1986
5. 47.43 Jim Turner, 1991

### 800 Meters
1. 1:48.10 Jeff Short, 1991
2. 1:48.41 Steve Gearhart, 1986
3. 1:48.46 Jim Whitcomb, 1983
4. 1:48.55 Jay Brock, 1996
5. 1:49.70 Steve MacTaggart, 1977

### 1500 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

### 3000-Meter Steeplechase
1. 9:04.85 Jeff Short, 1991
2. 9:05.74 Steve Gearhart, 1986
3. 9:10.54 Jim Whitcomb, 1983
4. 9:11.09 Jay Brock, 1996
5. 9:12.04 Steve MacTaggart, 1977

### 5000 Meters
2. 14:21.04 Bill Castle, 1990
3. 14:31.54 Jim Erredge, 1979
5. 14:35.11 Todd Goodell, 1986

### 10,000 Meters
1. 29:51.64 Chris Leonard, 1985
2. 29:59.24 Bryan Huherkoch, 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
4. 14.10 Jay Connor, 1984
5. 14.11 Jason McCleary, 1993

### 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

### 400-Meter Hurdles
1. 48.62 Joe Woody, 1996
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 1/2 Ryan Santini, 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. 50-7 1/4 Alan Topolovean, 1996
3. 50-2 Bill Lawson, 1977
4. 49-6 3/4 Bobby Williams, 1982
5. 49-6 1/2 Craig Fay, 1968

### Pole Vault
1. 18-1 Juri Rovan, 1996
2. 17-4 1/2 Bob Edwards, 1992
3. 17-4 1/4 Russ Adams, 1983
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

### Hammer Throw
1. 197-11 Allan Walz, 1996
2. 195-7 Matt Casillas, 1996
3. 185-9 Tom Reints, 1982
4. 167-6 Ken Schwartz, 1975
5. 165-3 John Holler, 1977

### Discus
1. 199-6 Brent Geringer, 1979
2. 187-10 Matt Haven, 1984
3. 184-8 Allan Walz, 1985
4. 178-0 Arnie Doden, 1983
5. 177-2 Mike Maddox, 1996

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

### Javelin
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

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**Northern Iowa**

**Track & Field**

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Note: The table above lists the winners of various track and field events at the Northern Iowa Outdoor Bests. The years and years are not specified in the provided text, but they are included in the table for context.
## Indoor Track

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<thead>
<tr>
<th>Distance</th>
<th>Best Performers</th>
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<td>55 Meters</td>
<td>6.39, Maceo Strickland (MVC Championships)</td>
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<tr>
<td>55-Meter Hurdles</td>
<td>#7.38, Joey Woody (UNI-Dome Open)</td>
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<tr>
<td>200 Meters</td>
<td>22.69, Jason Bradley (ISU Classic)</td>
</tr>
<tr>
<td>400 Meters</td>
<td>48.19, Jon Judisch (MVC Championships)</td>
</tr>
<tr>
<td>600 Meters</td>
<td>*1:18.34, Joey Woody (ISU Holiday Classic)</td>
</tr>
<tr>
<td>800 Meters</td>
<td>*1:47.75, Joey Woody (ISU National Qualifier Meet)</td>
</tr>
<tr>
<td>1,000 Meters</td>
<td>2:28.22, Matt Mullenix (MVC Championships)</td>
</tr>
<tr>
<td>3,000 Meters</td>
<td>8:30.82, Jeff Joiner (Mercantile Bank Classic)</td>
</tr>
<tr>
<td>5,000 Meters</td>
<td>14:44.60, Kyle Kepler (ISU National Qualifier Meet)</td>
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<tr>
<td>Mile Run</td>
<td>4:10.68, Kory Swart (ISU Classic)</td>
</tr>
<tr>
<td>4 x 400 Meter Relay</td>
<td>*#3:09.95, Judisch, Garn, Mullenix, Woody (ISU Nat. Qualifier)</td>
</tr>
<tr>
<td>Pole Vault</td>
<td>*#17-5 1/2, Juri Rovan (Husker Invitational)</td>
</tr>
<tr>
<td>Long Jump</td>
<td>23-7 1/2, Alen Topolovcan (Mercantile Bank Classic)</td>
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<tr>
<td>Triple Jump</td>
<td>49-7, Alen Topolovcan (Husker Invitational)</td>
</tr>
<tr>
<td>Shot Put</td>
<td>55-10 1/2, Matt Casillas (ISU National Qualifier Meet)</td>
</tr>
<tr>
<td>35-lb. Weight</td>
<td>*#67-7, Matt Casillas (ISU National Qualifier Meet)</td>
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<td></td>
<td>#66-3 3/4, Allan Walz (ISU National Qualifier Meet)</td>
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## Outdoor Track

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<td>200 Meters</td>
<td>23.32, Maceo Strickland (Arizona Invitational)</td>
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<tr>
<td>400 Meters</td>
<td>47.92, Jon Judisch (MVC Championships)</td>
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<tr>
<td>800 Meters</td>
<td>1:51.91, Matt Mullenix (Dr. Keeler Invitational)</td>
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<tr>
<td>1,500 Meters</td>
<td>3:58.48, Jay Brock (Wisconsin Twilight Meet)</td>
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<tr>
<td>5,000 Meters</td>
<td>14:49.90, Kyle Kepler (SEMotion Relays)</td>
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<tr>
<td>10,000 Meters</td>
<td>30:30.93, Kyle Kepler (Drake Relays)</td>
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<tr>
<td>Steeplechase</td>
<td>9:11.09, Jay Brock (Drake Relays)</td>
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<tr>
<td>110-Meter Hurdles</td>
<td>14.58, Alex Garn (Sea Ray Relays)</td>
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<tr>
<td>400-Meter Hurdles</td>
<td>52.79, Alex Garn (Wisconsin Twilight Meet)</td>
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<tr>
<td>4 x 400 Meter Relay</td>
<td>3:15.50 (SEMotion Relays)</td>
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<tr>
<td>Sprint Medley</td>
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<td>Distance Medley</td>
<td>9:56.74 (Drake Relays)</td>
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<td>Pole Vault</td>
<td>#17-3, Juri Rovan (Sea Ray Relays)</td>
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<tr>
<td>Javelin</td>
<td>197-10, Juri Rovan (MVC Championships)</td>
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<tr>
<td>High Jump</td>
<td>6-8, Chad Jewell (SEMotion Relays)</td>
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<tr>
<td>Long Jump</td>
<td>23-9, Alen Topolovcan (MVC Championships)</td>
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<tr>
<td>Triple Jump</td>
<td>50-7 1/4, Alen Topolovcan (MVC Championships)</td>
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<tr>
<td>Shot Put</td>
<td>54-8 1/4, Matt Casillas (MVC Championships)</td>
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<tr>
<td>Discus</td>
<td>#182-0, Allan Walz (Hawkeye Invitational)</td>
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<tr>
<td>Hammer Throw</td>
<td>*#197-11, Allan Walz (MVC Championships)</td>
</tr>
<tr>
<td>Decathlon</td>
<td>6,277, Corey Janisch (MVC Championships)</td>
</tr>
</tbody>
</table>

* # NCAA Provisional Qualifier | * UNI Record | ! NCAA Automatic Qualifier
Coming off a second-place finish at the 1995 MVC Championship and returning four of their top five runners from last season, the Panthers set their sights on winning their first MVC Championship since 1992. The Panthers were picked to finish second behind Southern Illinois in the pre-season coaches poll and the pieces seemed to be in place to make a run at the title. However, a re-occurring hamstring injury to three-time all-conference performer, Kyle Kepler, prior to the first meet turned an experienced team into an inexperienced team. The young Panther squad could not make up for the loss of Kepler, but ended up finishing an impressive fourth at the MVC meet. Junior Jay Brock stepped up in Kepler's absence to become an outstanding Division I talent. Brock finished in the top 10 in five of the six meets and was a member of the all-conference team for the second year in a row, as a result of his fourth-place finish at the MVC meet. At the Notre Dame Invitational, Brock ran the third fastest time in Northern Iowa cross country history with a 24:27 clocking.

September 7, 1996
Minnesota Invitational
Minneapolis, Minn.

Minnesota . 26
Northern Iowa 32

Panther finishers (8K)
2. Jay Brock 25:44.2
4. Sam Burkett 26:14.3
5. Rob Semelroth 26:20.0
8. Marshall Blaine 26:38.3
13. Eric Potter 27:48.6

September 21, 1996
Iowa Invitational
Iowa City, IA

Iowa 41
Illinois State 44
Northern Iowa 55
Bradley 115
Western Illinois 116

Panther finishers (8K)
2. Jay Brock 25:33
7. Sam Burkett 26:08
9. Rob Semelroth 26:17
19. Marshall Blaine 27:00
22. Eric Potter 27:19

October 4, 1996
Notre Dame Invitational
Notre Dame, IN

Michigan 61
Notre Dame 69
Duke 96
North Central College 117
Cincinnati 181
Wisconsin Oshkosh 190
Calvin College 216
Lewis University 265
Augustana 278
Truman State 294
Taylor University 294
West Virginia 296

Hillsdale College 309
Northern Iowa 327
Malone College 339
UNC Charlotte 390
Rochester Institute of Technology 394

Panther finishers (8K)
10. Jay Brock 24:27
50. Rob Semelroth 25:23
72. Sam Burkett 25:41
91. Eric Potter 26:08
104. Marshall Blaine 26:26

October 19, 1996
Iowa State Memorial Classic
Ames, Iowa

Life College 49
Iowa State 54
Minnesota 97
Kansas 107
Illinois State 112
Northern Iowa 151
Drake 152
South Dakota 153
Minnesota-Duluth 277
Missouri-Kansas City 298
Creighton 321
McKendree College 338

Panther finishers (5 Miles)
25. Sam Burkett 26:52
30. Rob Semelroth 27:02
40. Marshall Blaine 27:24
49. Eric Potter 27:41

November 2, 1996
Missouri Valley Conference Championships
Cedar Falls, Iowa

Indiana State 59
Southern Illinois 69
SW Missouri State 76
Northern Iowa 107
Wichita State 118

Drake 120
Illinois State 147
Bradley 206
Creighton 262
Evansville 293

Panther finishers (8K)
4. Jay Brock 24:59
18. Sam Burkett 25:32
30. Rob Semelroth 25:55
34. Eric Potter 26:06

November 16, 1996
NCAA Regional Championships
Peoria, Illinois

Oklahoma State 47
Nebraska 58
Kansas State 67
Indiana State 137
Missouri 150
Kansas 168
Southern Illinois 201
SW Missouri State 262
Drake 268
Northern Iowa 279
Tulsa 297
Bradley 368
Creighton 420
Saint Louis 424

Panther finishers (10K)
42. Jay Brock 32:33
43. Rob Semelroth 32:40
51. Sam Burkett 32:56
60. Marshall Blaine 33:17
83. Eric Potter 34:41
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.

The 1996 4 x 400-meter relay team that set the Panther indoor record and provisionally qualified for the NCAA Indoor Championships with a time of 3:09.95 was made up of four Iowans (Jon Judisch, Tripoli, Iowa; Alex Garn, Ames, Iowa; Matt Mullenix, Woodbine, Iowa; and Joey Woody, Iowa City, Iowa).

The Panthers also sent a Northern Iowa record four student-athletes to compete at the 1996 NCAA Indoor Championships, three of whom came from the state of Iowa (Matt Casillas, Davenport, Iowa; Joey Woody, Iowa City, Iowa; and Allan Walz, Bondurant, Iowa). Woody and Walz each earned all-American honors at the meet, Woody in the 800 meters and Walz in the 35 lb. weight.

Listed on the following page are the NCAA Division I national qualifiers from Iowa who have represented UNI:

Dan Hostager
All-American - 3,000 meters
Audubon, Iowa

Jeff Burris
All-American - 800 Meters
Ames, Iowa

Tim Suchan
1996 U.S. Olympic Trials - High Jump
Cedar Rapids, Iowa

Brent Geringer
National Champion - Discus
Mount Ayr, Iowa
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

Joey Woody
1996 U.S. Olympic Trials - 400 Hurdles
Iowa City, Iowa

Jim Turner
1991 Conference Athlete of the Year
Marshalltown, Iowa

Kent Terrillion
Conference Champion - 800 Meters
Marshalltown, Iowa

Allan Walz
All-American - Discus
Bondurant, Iowa

Track & Field
## Indoor

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<th>PROVISIONAL</th>
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<tr>
<td>55-Meter Hurdles</td>
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<tr>
<td>200 Meters</td>
<td>(a) 21.30</td>
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<td>(b) 21.15</td>
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<td>21.60</td>
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<td>(c) 21.00</td>
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<td>48.05</td>
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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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(d) = Size of track 200m/220y or less
1997 Panthers: Front Row L to R: Tony Tatman, Tate Dunham, Matt Mullenix, Tom Hesse; (Row 2) Jason Bradley, Jason Drewlow, Corey Janisch, Justin Kinard, Michael Schneiter, Rob Semelroth; (Row 3) Mike Maddox, Jason Potter, Brock Boettcher, Kory Swart, Kyle Kepler, Brent MacLagan; (Row 4) Luke Stater, Jay Brock, Eric Potter, Tim Kirchoff, Billy Nordyke, Josh Kehoe, Jon Voigt; (Row 5) Jon Judisch, Terry Dykstra, Chad Weber, Dave Jennings, C.J. Jones, Marshall Blaine; (Row 6) Joey Woody, Dan Joyner, Ben Mischke, Sam Burkett, Head Coach Chris Bucknam, Assistant Head Coach Bill Lawson, Manager James Barnes
### Men's Indoor Track

<table>
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### Men's Outdoor Track

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