

1997

Panther Women's Track 1997

University of Northern Iowa

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Panther Women's **track** 1997

We've worked

too hard

for you to say
we're

just running.

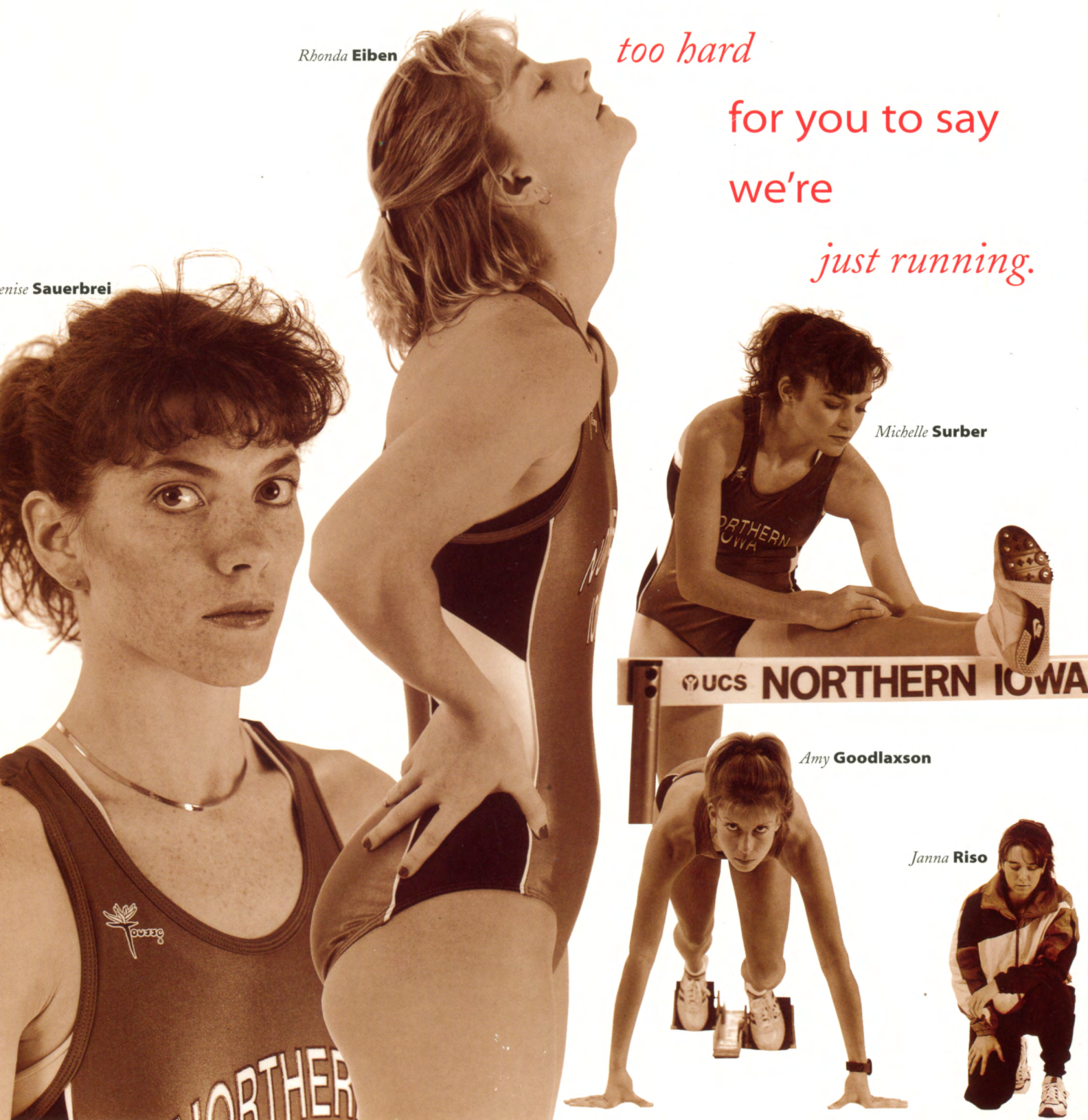
Rhonda Eiben

enise Sauerbrei

Michelle Surber

Amy Goodlaxson

Janna Riso



University of Northern Iowa

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 and World Report's* top 15 regional universities in the Midwest.

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, specialist's 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 premiere learning environment--small enough to offer it students individualized attention, yet large enough 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 (over 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 the 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 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.



UNI at a Glance...

Location: Cedar Falls, Iowa 50614

Founded: 1876

Enrollment: 13,000

Nickname: Panthers

Colors: Purple & Old Gold

President: Dr. Robert Koob

Athletic Director: Chris Ritrievi

Home Facility: UNI-Dome (16,400)

Affiliation: NCAA Division I

Conference: Missouri Valley

Head Track & Field Coach: Lea Ann Shaddox

Assistant Coach: Terri Soldan

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1997 Panther Roster

Name	Event	Yr.	Hometown/High School
Wendy Chapman	Sprints	Fr.	Albia, Iowa/Albia
Keri Clevenger	Distance	Jr.	Wilton, Iowa/Wilton
Rachel Dozark	Middle Distance	Fr.	Vail, Iowa/Ar-We-Va
Rhonda Eiben	Sprints	Sr.	Sigourney, Iowa/Sigourney
Amy Engle	High Jump	So.	Newton, Iowa/Newton
Jessica Fisher	Sprints	Fr.	Cedar Rapids, Iowa/Prairie
Brenna Fleishman	Hurdles	Jr.	Carlisle, Iowa/Carlisle
Amy Goodlaxson	Sprints	Sr.	Guthrie Center, Iowa/Guthrie Center
Jenny Jackson	Middle Distance	Jr.	Cedar Rapids, Iowa/Jefferson
Andrea Miller	Throws	So.	Davenport, Iowa/Davenport North
Mandy Mueller	Middle Distance	So.	Cedar Falls, Iowa/Cedar Falls
Heather Muilenburg	Distance	Jr.	Hospers, Iowa/MOC-Floyd Valley
Sunny Parkhurst	Distance	Fr.	Wapello, Iowa/Wapello
Tiffany Ratzlaff	Hurdles/Sprints	Fr.	Ankeny, Iowa/Ankeny
Janna Riso	Sprints	Sr.	Council Bluffs, Iowa/Lewis Central
Denise Sauerbrei	Sprints	Sr.	Sumner, Iowa/Sumner
Cindra Schelling	Distance	Jr.	Sheldon, Iowa/Sheldon
Corby Schnorenberg	Sprints	Fr.	Cedar Falls, Iowa/Cedar Falls
Becky Slick	Middle Distance	Fr.	Cedar Falls, Iowa/Cedar Falls
Kendra Stannard	Jumps/Heptathlon	Jr.	Cedar Rapids, Iowa/Washington
Stephanie Staveley	Distance	Fr.	Independence, Iowa/Cedar Falls
April Stepanek	Sprints	Fr.	Atkins, Iowa/Benton
Carrie Sueppel	Sprints	Fr.	Iowa City, Iowa/Regina
Michelle Surber	Sprints	Sr.	Woodbine, Iowa/Woodbine
Kari Thilges	Distance	Fr.	West Bend, Iowa/West Bend-Mallard
Megan Wagner	Distance	Jr.	Cascade, Iowa/Cascade
Kari Whitman	Middle Distance	So.	Grand Mound, Iowa/Calamus-Wheatland
Melissa Yerk	Throws	So.	Belvidere, Ill./Belvidere

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

Assistant Coach - Terri Soldan (Iowa '83)



Front row (l-r) - Cindra Schelling, Denise Sauerbrei, Michelle Surber, Janna Riso, Amy Goodlaxson, Rhonda Eiben, Jenny Jackson; second row (l-r) - Stephanie Staveley, Becky Slick, Mandy Mueller, Carrie Sueppel, Britta Adams, April Stepanek, Brenna Fleishman, Amy Engle, Andrea Miller, Corby Schnorenberg, Wendy Chapman, Rachel Dozark; third row (l-r) - Sunny Parkhurst, Kari Whitman, Keri Clevenger, Megan Wagner, Heather Muilenburg, Jessica Fisher, Melissa Yerk, Kendra Stannard, Tiffany Ratzlaff, Kodi Dahl, Kristyn Scott, Kari Thilges.

1997 Season Outlook

Northern Iowa coach Lea Ann Shaddox thinks 1997 may be the year for the Panthers to prowl. After finishing fifth at the Missouri Valley Conference indoor meet for the third consecutive year last season and seventh outdoors, the 12th-year Panther coach thinks her squad may be ready to break from the middle of the pack.

"This is an extremely dedicated team," said Shaddox. "This is a team that will not back down."

A solid junior class may hold the key to the Panthers' prospects for success. Seven juniors return in what Shaddox calls "the heart of the group" and have already turned heads in their collegiate careers.

Kendra Stannard made her mark last season in practically every area, utilizing her athleticism in the multi-events. The junior earned her first all-conference honor indoors by placing third in the pentathlon. She set six personal bests during the indoor championships. She then continued to excel in the outdoor season, breaking UNI's nine-year-old heptathlon record and ending her sophomore season with four Panther bests.

Stannard won't be the only Panther to excel in the field events as they should boast some of their strongest throwers in years. Sophomore Melissa Yerk quickly adapted to collegiate competition a year ago, setting school records in the 20-lb. weight and hammer throw.

Junior transfer Andrea Miller joins the Panthers this year after transferring from the University of Arkansas. Shaddox believes Miller will make an immediate impact, and she already has proven so by taking third in a pre-holiday meet in December.

Sophomore Amy Engle returns in the high jump after clearing 5-4 1/2 indoors a year ago and over 5-3 outdoors.

The sprints should be a strength as well, led by the senior duo of Denise Sauerbrei and Rhonda Eiben. Sauerbrei returned last season after sitting out with injuries the previous year and picked up where she left off, earning all-conference honors in the 200 meters and the mile



Jenny Jackson

relay. The senior started off the indoor season in December at the Iowa State meet by setting a new meet record in the 200 meters. Sauerbrei figures to be a contender for the Missouri Valley title.

Eiben compiled seven Panther bests last year and shares three school records in the relay department. Her speciality is the 400 meters, where she has come close to the school record several times and hopes to break the mark in her final campaign.

Senior Michelle Surber and junior Brenna Fleishman are the top returning hurdlers. Surber's top event is the 400-meter hurdles, where she broke her own school record a year ago, while Fleishman is best at the shorter distances, having just missed the UNI standard in the 55-meter hurdles last season.

Junior Jenny Jackson figures to be one of the top Valley contenders for the Panthers in terms of individual titles. She blossomed last outdoor season, earning all-conference honors in the 800 meters. She followed that up by placing seventh at the conference cross country meet in the fall.

The Panthers will be anchored in the distance events by juniors Heather Muilenburg and Keri Clevenger. Muilenburg returns as the top distance runner from last year, finishing with two Panther bests indoors and three outdoors. Clevenger is also vastly improving on her times and making her way up the ladder.

A strong freshman class should make an immediate impact, with the most likely contributors being distance runners Becky Slick and Rachel Dozark, and sprinters Tiffany Ratzlaff and April Stepanek.

Shaddox hopes the combination of experience and balance, along with help from the newcomers, will propel her team into the upper division in the Missouri Valley.

"This is one of the most well-rounded teams we've ever had in terms of being able to score in numerous events across the board," added Shaddox. "These kids will not give up, and that's exciting."



Kendra Stannard



Head Coach Lea Ann Shaddox

The Northern Iowa women's track and field program has reached a new level of success in the 11 years Lea Ann Shaddox has headed the Panther program.

As Shaddox enters her 12th season at the helm, the Panthers have 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.

She 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 Division I meet and has had 11 qualifiers and four all-Americans since then.

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, she 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 entering her 11th 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 Northern 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. In the past five years, UNI has sent six qualifiers to the NCAA meet in those events and brought home all-America honors three times.

Panther Profiles

Rhonda Eiben

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

AT UNI: The team's top sprinter in the 400 meters outdoors last season (56.87) and contributor to three Panther-best relay teams...had seven team-best times last year...shares three school records for the Panthers...owner of four all-conference honors as a senior...already has won the 300 and 400 meters this indoor season.

BEFORE UNI: The Iowa high school champion in 100, 200 and 400 meters as a senior... 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.

PERSONAL: Born December 20, 1974...daughter of Jerry and Cindy Eiben... majoring in Elementary Education.



BEST INDOOR MARKS:

300 Meters- 40.14

400 Meters- 56.65

BEST OUTDOOR MARKS:

400 Meters- 56.87

Michelle Surber

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

AT UNI: Broke her own school record last outdoor season in the 400-meter hurdles (1:03.14)...received all-conference honors indoors by running on the third-place mile relay team...has been a key member of relay teams throughout her career, posting season-best times, including last outdoor season's 4 x 400 relay team.

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, volleyball and basketball.

PERSONAL: Born July 19, 1975...daughter of Dennis and Lois Surber...majoring in Audiology.



BEST INDOOR MARKS:

200 Meters- 27.28

400 Meters- 1:01.73

600 Meters- 1:37.49

BEST OUTDOOR MARKS:

400-Meter Hurdles- 1:03.14

Denise Schmitz Sauerbrei

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

AT UNI: As a sophomore, made her way into the school record books, contributing to the 4 x 100-meter relay team and 4 x 200-meter relay team outdoors...after sitting out a season due to an injury, came back last season to make the MVC all-conference squad indoors in both the 200 meters and mile relay...in addition to those two events, she also held the best Panther times in the 55 dash and the 4 x 300 and 4 x 400 relay teams...outdoors, she held the best team times in the 100 and 200-meter dashes as well as the sprint medley and 4 x 100 relay.

BEFORE UNI: Took second place in the 100 and 200 at '93 state track meet.

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



BEST INDOOR MARKS:

55 Meters-7.15, 60 Meters- 7.70, 200 Meters- 24.67

BEST OUTDOOR MARKS:

100 Meters- 12.57, 200 Meters- 23.80

Keri Clevenger

Junior, Middle Distance
Wilton, Iowa (Wilton H.S.)

AT UNI: Top event is the 3,000 meters, where she took second in the Panthers' first indoor meet, setting a new personal best (10:55.43)...member of a Panther-best relay team last outdoor season, the 4 x 1500 meters.

BEFORE UNI: All-state, all-district and all-conference in track and cross country...part of second-place basketball team at state...lettered in all three sports.

PERSONAL: Born April 28, 1976...daughter of Bill and Carla Clevenger...majoring in Communications/Electronic Media.



BEST INDOOR MARKS:

Mile Run- 5:31.34

3,000 Meters- 10:55.43

BEST OUTDOOR MARKS:

3,000 Meters- 11:10.21

Panther Profiles

Brenna Fleishman

Junior, Hurdles
Carlisle, Iowa (Carlisle H.S.)



AT UNI: Has been the top returning hurdler for Panthers the past two years...broke 13-year-old school record in rarely-competed 60-meter hurdles at NCAA Qualifying meet last indoor season (9.18)...added her name a second time to the record books already this season in the 55-meter hurdles (8.30)...also the top Panther last outdoor season in the 100-meter hurdles (14.90).
BEFORE UNI: School record-holder at Carlisle High in seven events...lettered all four years in track, three years in basketball and two years in volleyball.
PERSONAL: Born in February, 1976...daughter of Wayne and Kathy Fleishman...majoring in Health Promotion.

BEST INDOOR MARKS:
55-Meter Hurdles- 8.30
60-Meter Hurdles- 9.04

BEST OUTDOOR MARKS:
100-Meter Hurdles- 14.90

Heather Muilenburg

Junior, Distance
Hospers, Iowa (MOC-Floyd Valley H.S.)



AT UNI: Finished outdoor season as top distance runner for the Panthers in the 3,000 (10:50.63), 5,000 (18:07.70) and 10,000 meters (38:10.02)...in addition, finished as top Panther indoors in the 3,000 (10:34.46) and 5,000 meters (18:51.96).
BEFORE UNI: Earned all-conference, all-state, and all-academic honors in cross country.
PERSONAL: Born May 8, 1976...daughter of Robert and Wilma Muilenburg....majoring in Accounting.

BEST INDOOR MARKS:
Mile Run- 5:32.46
3000 Meters- 10:34.45
5000 Meters- 18:51.96

BEST OUTDOOR MARKS:
3000 Meters- 10:50.63
5000 Meters- 18:07.70
10,000 Meters- 38:10.02

Jenny Jackson

Junior, Middle Distance
Cedar Rapids, Iowa (Jefferson H.S.)



AT UNI: One of the top returnees for the Panthers this season after being the lone all-conference honoree outdoors, placing third in the 800 meters (2:15.77) for her second collegiate award...the team's top cross country runner in the fall, earning the Panthers' only all-conference honors...earned her second all-academic honors in cross country...part of two Panther-best relay teams last outdoor season...already has made marks this indoor season by breaking the meet record at Iowa State in the mile (4:59.73)...top Panther returnee in the mile and 800 meters.
BEFORE UNI: Four-year letterwinner in cross country, track and softball at Cedar Rapids Jefferson...three-year letterwinner in basketball.
PERSONAL: Born June 6, 1976...daughter of Roger and Rhonda Jackson...majoring in Psychology.

BEST INDOOR MARKS:
400 Meters- 58.62
800 Meters- 2:15.20
1,000 Meters- 2:53.02

BEST OUTDOOR MARKS:
800 Meters- 2:15.77

Cindra Schelling

Junior, Distance
Sheldon, Iowa (Sheldon H.S.)



AT UNI: Was first-ever UNI freshman to capture all-conference honors indoors in an open event with a third-place finish in the 800 meters in 1995....part of record-breaking distance medley team in addition her first year, which also earned her all-conference honors.
BEFORE UNI: State champion in 1500 meters her senior year...holder of four high school records....all-state and all-conference in 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 Psychology.

BEST INDOOR MARKS:
800 Meters- 2:16.23
Mile Run- 5:14.54

BEST OUTDOOR MARKS:
800 Meters- 2:16.11
1500 Meters- 4:55.29

Panther Profiles

Kendra Stannard

Junior, Jumps/Heptathlon
Cedar Rapids, Iowa (Washington H.S.)

AT UNI: Coming off an outstanding sophomore season, breaking a nine-year UNI record in the heptathlon (4,748 pts)...top jumper outdoors last season in the long (18-5 3/4) and triple jumps (38-2 3/4)...part of a UNI-best sprint medley team outdoors...earned her first all-conference honors indoors last year by placing third in the pentathlon and setting six personal-best marks.
BEFORE UNI: Captured second place in the long jump at the Drake Relays in 1993...earned all-conference, all-district, and all-metro honors in track all four years at Cedar Rapids Washington.
PERSONAL: Born April 22, 1976...daughter of Sue Stannard...majoring in Health Promotion.



BEST INDOOR MARKS:

Long Jump- 18-2 1/4
Triple Jump- 36-10 1/4
Pentathlon- 3365 pts.

BEST OUTDOOR MARKS:

Long Jump- 18-5 3/4
Triple Jump- 38-2 3/4
Heptathlon- 4748 pts.

Melissa Yerk

Sophomore, Throws
Belvidere, Ill.(Belvidere H.S.)

AT UNI: Made an immediate impact her first year as a Panther in the field events, setting a school record in the hammer throw (149-1)...was top Panther in both the discus (133-3) and the shot put (39-3)...reset own school mark last indoor season in the 20-lb. weight at NCAA Qualifying meet (51-9 3/4)...an NCAA provisional qualifier in both hammer and 20-lb weight.
BEFORE UNI: Earned all-conference honors all four years of high school in track along with honorable mention in volleyball.
PERSONAL: Born February 4, 1977...daughter of Gary and Sheridan Yerk...major is undecided.



BEST INDOOR MARKS:

20-lb weight- 52-8 1/4

BEST OUTDOOR MARKS:

Shot Put- 39-3
Discus- 133-3
Hammer- 88-1

Other Panthers to Watch ...

Andrea Miller

Sophomore, Throws
Davenport, Iowa (Davenport North H.S.)

AT UNI: After transferring from the University of Arkansas, led the Panthers early in the season in the shot put (43-6) and ranked near the top in the Missouri Valley Conference.
PERSONAL: Born April 7, 1976...daughter of Lonnie and Marlene Miller...majoring in Psychology.



Rachel Dozark

Freshman, Middle Distance
Vail, Iowa (Ar-We-Va H.S.)

BEFORE UNI: Owner of eight school track records at Ar-We-Va High...four year all-stater in track....all-conference in basketball and volleyball.
PERSONAL: Born November 28, 1977...daughter of Dennis and Julie Dozark...majoring in Biology.



Tiffany Ratzlaff

Freshman, Hurdles/Sprints
Ankeny, Iowa (Ankeny H.S.)

BEFORE UNI: Placed third at the state meet in the 100-meter hurdles as a senior at Ankeny H.S....placed second at state and fourth at Drake Relays as a junior...also ran on state champion shuttle hurdle relay team.
PERSONAL: Born January 16, 1978...daughter of Bev Stone...majoring in Mathematics.



Becky Slick

Freshman, Middle Distance
Cedar Falls, Iowa (Cedar Falls H.S.)

AT UNI: In her first-ever collegiate event, finished first for the Panthers in cross country at the Bradley Open.
BEFORE UNI: Part of the state champion 4 x 800 relay team at Cedar Falls High...an eight-time letterwinner in cross country and track.
PERSONAL: Born October 14, 1977...daughter of Steve Slick...majoring in Special Education.



Missouri Valley Conference

A commitment to excellence, both in the classroom and athletic arena, has been a trademark of the Missouri Valley Conference since its inception in the winter of 1907. Built firmly on a solid foundation, the Missouri Valley has made great strides and streamlined its resources and skills to become one of the nation's most progressive athletic conferences.

Athletic accomplishments on the men's side include four national basketball championships, 17 trips to the NCAA Final Four and a 1989 national baseball title.

Obviously, the inclusion of women's programs under the Missouri Valley banner--the oldest athletic conference west of the Mississippi River--provided an immediate boost. The Gateway Collegiate Athletic Conference, which began in 1982, merged with the Missouri Valley Conference and was unveiled as part of the new MVC on July 1, 1992.

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.

Two individuals represented the conference at the 1996 NCAA Indoor Track & Field Championships. Michelle Baptiste of Southwest Missouri State and Emily Montgomery of Northern Iowa found themselves in Indianapolis among the best in the nation.

Most recently, the MVC had a host of representatives compete at the 1996 NCAA Outdoor Championships. Gina DeWitt of Drake, Malinda Sallins of Southwest Missouri State and Katie Panek of Wichita State are among those who make up the All-American list.

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.

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.

1996 MVC Championships Results

Indoor

1. Illinois State	131
2. Southern Illinois	108
3. Southwest Missouri State	81
4. Indiana State	77
5. Northern Iowa	71
6. Drake	39
7. Wichita State	33
8. Tulsa	16

Outdoor

1. Southern Illinois	160
2. Illinois State	123.25
3. Indiana State	122.75
4. Southwest Missouri State	112.50
5. Drake	63
6. Wichita State	39.50
7. Northern Iowa	26
8. Tulsa	4

Cross Country

1. Southwest Missouri State	60
2. Drake	69
3. Illinois State	92
4. Southern Illinois	113
5. Indiana State	127
T6. Northern Iowa	129
T6. Wichita State	129
T6. Bradley	129
9. Creighton	261

MVC
Missouri Valley
Conference

Bradley
Creighton
Drake
Evansville
Illinois State
Indiana State
Northern Iowa
Southern Illinois
Southwest Missouri State
Wichita State

1996 Panther Bests

Indoor

55 Meters	7.18, Denise Sauerbrei (UNI-Dome Open)
55-Meter Hurdles	8.45, Brenna Fleishman (UNI-Dome Open)
60-Meter Hurdles	#9.18, Brenna Fleishman (UNI-Dome Open)
200 Meters	25.31, Denise Sauerbrei (NCAA Qualifying Meet)
300 Meters	41.70, Rhonda Eiben (ISU Holiday Classic)
400 Meters	57.88, Rhonda Eiben (Cyclone Classic)
600 Meters	1:36.29, Jacque Moats (ISU Holiday Classic)
800 Meters	*@#2:09, Emily Montgomery (NCAA Qualifying Meet)
Mile Run	5:02.37, Emily Montgomery (Mercantile Bank Invite)
1000 Meters	2:59.73, Jenny Jackson (Mercantile Bank Invite)
3,000 Meters	10:34.46, Heather Muilenburg (ISU Holiday Classic)
5,000 Meters	18:51.96, Heather Muilenburg (Cyclone Classic)
High Jump	5-4 1/4, Amy Engle (MVC Championships)
Long Jump	@20-1, Dianna Leftridge (MVC Championships)
Triple Jump	39-7 1/4, Dianna Leftridge (MVC Championships)
Shot Put	42-6 3/4, Arlene Truss (Mercantile Bank Invite)
20# Weight	@#51-9 3/4, Melissa Yerk (NCAA Qualifying Meet)
4 x 300 Relay	2:48.16, Engle, Fleishman, Lewman, Sauerbrei (ISU Holiday Classic)
4 x 400 Relay	3:55.80, Eiben, Sauerbrei, Sellers, Surber (UNI-Dome Open)
Mile Relay	3:53.40, Eiben, Sauerbrei, Sellers, Surber (UNI-Dome Open)
Distance Medley	12:03.94, Schelling, Sellers, Little, Montgomery (MVC Championships)
Pentathlon	3365 pts., Kendra Stannard (MVC Championships)



Rhonda Eiben



Denise Sauerbrei

Outdoor

100 Meters	12.57, Denise Sauerbrei (Jim Duncan Invite)
100-Meter Hurdles	14.90, Brenna Fleishman (MVC Championships)
200 Meters	23.8, Denise Sauerbrei (MVC Championships)
400 Meters	56.87, Rhonda Eiben (MVC Championships)
400-Meter Hurdles	#1:03.14, Michelle Surber (MVC Championships)
800 Meters	2:10.88, Emily Montgomery (Hawkeye Invite)
1500 Meters	4:41.1, Emily Montgomery (Hawkeye Invite)
3000 Meters	10:50.63, Heather Muilenburg (Hawkeye Invite)
5000 Meters	18:07.70, Heather Muilenburg (SEMotion Relays)
10,000 Meters	38:10.02, Heather Muilenburg (Jim Duncan Invite)
4 x 100 Relay	48.02, Sauerbrei, Goodlaxson, Riso, Eiben (MVC Championships)
4 x 200 Relay	1:43.33, (SEMotion Relays)
4 x 400 Relay	3:51.01, Eiben, Jackson, Surber, Montgomery (Drake Relays)
4 x 800 Relay	9:20.11, Schelling, Mueller, Wagner, Little (Drake Relays)
4 x 1500 Relay	20:33, Schelling, Clevenger, Wagner, Whitman (Jim Duncan Invite)
Sprint Medley	4:00.40, Sauerbrei, Stannard, Eiben, Jackson (Drake Relays)
High Jump	5-3 1/4, Amy Engle (Nike Invitational)
Long Jump	18-5 3/4, Kendra Stannard (MVC Championships)
Shot Put	39-3, Melissa Yerk (Simpson Invite)
Discus	133-3, Melissa Yerk (Simpson Invite)
Javelin	88-01, Kendra Stannard (Drake Relays)
Hammer	#149-1, Melissa Yerk (SEMotion Relays)
Heptathlon	#4748 pts., Kendra Stannard (Nike Invitational)

indicates UNI record

@ indicates NCAA provisional qualifier

* indicates MVC record

1996 Cross Country Results

1996 Missouri Valley Conference Championships

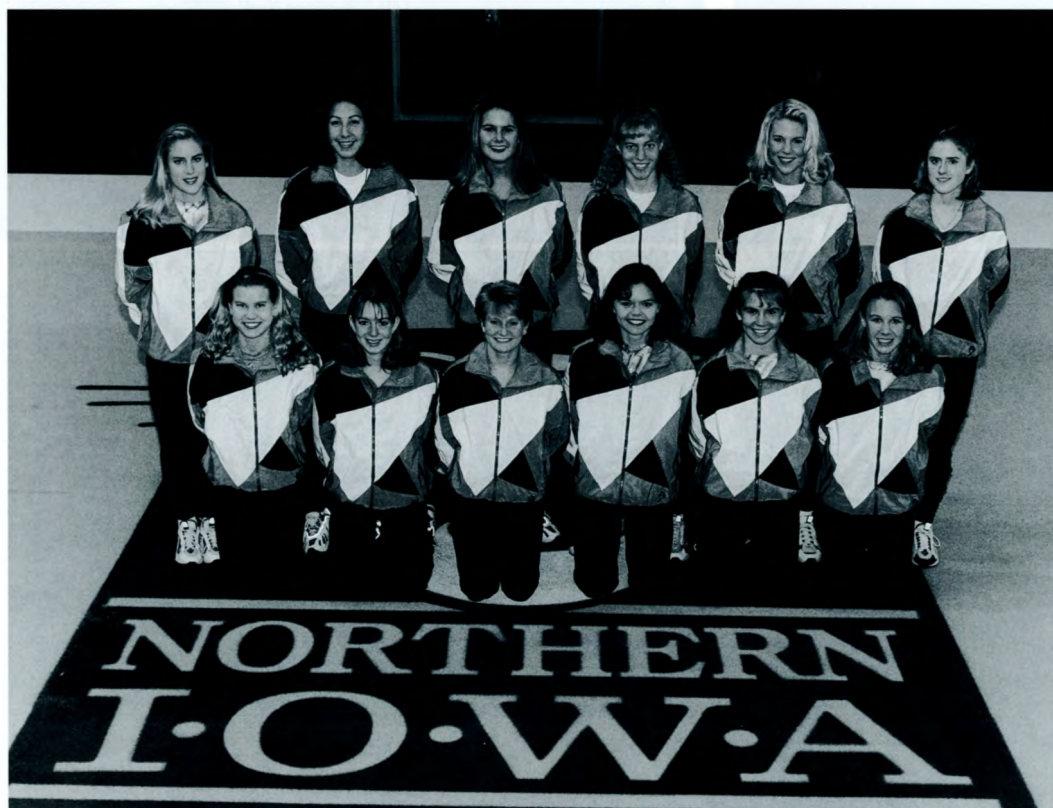
1.	Southwest Missouri State	60
2.	Drake	69
3.	Illinois State	92
4.	Southern Illinois	113
5.	Indiana State	127
T6.	Northern Iowa	129
T6.	Wichita State	129
T6.	Bradley	129
9.	Creighton	261
10.	Evansville	288

Panther Breakdown

7th	Jenny Jackson	18:07.89
27th	Becky Slick	18:48.33
29th	Heather Muilenburg	18:56.30
32nd	Kari Whitman	19:02.37
34th	Keri Clevenger	19:07.98
36th	Cindra Schelling	19:10.62
37th	Stephanie Stavely	19:11.90
45th	Rachel Dozark	19:30.42

Year-by-Year Team Champions

Year	School	Coach
1982	Illinois State	Joyce-Morton-Keif
1983	Illinois State	Joyce-Morton-Keif
1984	Illinois State	Joyce-Morton-Keif
1985	Western Illinois	Dave Miller
1986	Illinois State	Joyce-Morton-Keif
1987	Wichita State	John Kornelson
1988	Wichita State	John Kornelson
1989	Illinois State	Joyce-Morton-Keif
1990	Wichita State	John Kornelson
1991	Indiana State	John Garland
1992	Southern Illinois	Don DeNoon
1993	Indiana State	John Garland
1994	Drake	Gary Osborn
1995	Drake	Gary Osborn
1996	Southwest Missouri	Ronald Boyce



1996 Panthers: front row (l-r) - Sunny Parkhurst, Stephanie Staveley, Cindra Schelling, Megan Wagner, Keri Clevenger, Jenny Jackson; second row (l-r) - Kari Whitman, Becky Slick, Mandy Mueller, Heather Muilenburg, Rachel Dozark, Kari Thilges.

Northern Iowa Record Book

Indoor Records

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	56.65, Rhonda Eiben (1997)
600 Meters	1:33.60, Diane Black (1990)
600 Yards	1:24.97, Jacque Askeland (1993)
800 Meters	2:09.00, Emily Montgomery (1996)
1000 Meters	2:54.74, Barb Clark (1988)
Mile Run	4:56.96, Emily Montgomery (1995)
3000 Meters	9:59.64, Julie Mazzitelli (1993)
5000 Meters	17:38.04, Sandy Elsberry (1983)
4 x 160-Meter Relay	2:24.1, 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	11:46.69, Leftridge, Eiben, Sellers Montgomery (1995)
Shot Put	48-3 1/4, Lisa Tatman (1989)
20# Weight	52-8 1/4, Melissa Yerk (1997)
Long Jump	20-4 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	7.70, Denise Sauerbrei (1997)
50-Yard Hurdles	8.18, Cathy Rardin (1982)
60-Yard Hurdles	8.44, Sue Buffington (1976)
60-Meter Hurdles	9.04, Brenna Fleishman (1997)
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 Records

100-Meter Dash	11.20, Shantel Twiggs (1994)
100-Meter Hurdles	14.84, Sue Buffington (1977); Cathy Rardin (1982)
400-Meter Hurdles	1:03.14, Michelle Surber (1996)
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)
Hammer	149-1, Melissa Yerk (1996)
Javelin	148-7, Dianna Leftridge (1994)
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	4748 pts., Kendra Stannard (1996)

Events No Longer Compete 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 Relay	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)

UNI 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 1996, Northern Iowa hosted the Missouri Valley Conference Championships for the second time as a member of the MVC.

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.

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.

Beginning with the 1997-98 school year, Northern Iowa will be able to claim some of the finest overall track and field facilities anywhere with the completion 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.



UNI-Dome



New Outdoor Facility

UNI-Dome Records

55-Meter Dash	6.76, Holli Hyche, Indiana State (1993)	4 x 220-Yard Relay	1:37.70, Nebraska (1982)
55-Meter Hurdles	7.82, Scyla Murray, Western Illinois (1991)	Mile Relay	3:44.66, Texas (1982)
200 Meters	23.18, Holli Hyche, Indiana State (1993)	Two-Mile Relay	8:47.26, Florida State (1982)
400 Meters	54.55, Ellen Grant, Iowa (1996)	Distance Medley	11:21.92, Virginia (1982)
600 Meters	1:32.39, Metria Bell, Illinois State (1993)	High Jump	6-1 3/4, Gale Charmaine, Arizona (1982)
800 Meters	2:10.12, Emily Montgomery, Northern Iowa (1996)	Long Jump	20-8 1/2, Donna Thomas, North Texas (1982)
1000 Meters	2:52.44, Joanna Johnson, Drake (1993)	Shot Put	54-11 3/4, Rosemarie Blauch, Tennessee (1982)
1500 Meters	4:40.74, Jane Brooker, Unattached (1988)	20 lb Weight Throw	57-00, Gladys Nortey, Iowa State (1996)
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)
5000 Meters	17:34.62, Debbie Ramseyer, Indiana St. (1991)		



Dr. Robert Koob **University President**

Robert Koob, a Northern Iowa alumnus, returned to his alma mater in August, 1995 as its eighth president. A 1962 graduate of what was then the State College of Iowa, Koob was named president July 1, 1995, by the Iowa State Board of Regents.

Koob had been a senior vice president and vice president for academic affairs at California Polytechnic State University at San Luis Obispo, CA, since 1990.

Prior to his position at Cal Poly, the 53-year old Koob was vice president of academic affairs at North Dakota State from 1985-90 and served a one-year term as interim president from 1987-88.

At Cal Poly, Koob was director and chair of the Cal Poly Foundation and served on a number of CSU system committees, including the CSU Commission on Telecommunications Infrastructure.

He began his teaching career at North Dakota State in 1967 as an assistant professor of chemistry in 1972. He served that institution in several capacities before assuming the vice presidency. He was chair of the chemistry department for six years, and acting chair of the physics department one year, as well as dean of the College of Science and Mathematics from 1981-84.

Koob graduated from State College of Iowa with a bachelor's in chemistry and earned his doctorate in chemistry from Kansas in 1967. He and his wife, Yvonne, have seven grown children.

"It's an honor for me, as a UNI graduate, to return as president," he said. "I can't imagine anyone being more honored in the State of Iowa."



Christopher Ritrievi **Director of Athletics**

Christopher Ritrievi is in his fifth year as Northern Iowa Director of Athletics. Since the day he joined the department, he has worked to develop a competitive Division I athletic program at UNI.

A former Division I athlete himself, Ritrievi earned three varsity letters in wrestling at Princeton University, where he received a bachelor's degree in economics in 1979. He earned a master's in business administration from Lehigh University in 1983.

His career in intercollegiate athletics started as a graduate assistant at Lehigh. He has served in administrative and coaching positions at the Eastern College Athletic Conference, Bowling Green State, Princeton, Pennsylvania and Stanford, where he had been associate athletic director prior to coming to UNI.

During his UNI tenure, he has reorganized the management of the athletic department to make it more effective and has set priorities to increase the competitiveness of Panther teams. Emphasizing increased operating budgets for all sports and increased scholarships for women's sports, the department has enjoyed its best performances since joining Division I in 1980. Since 1992, UNI has celebrated Missouri Valley Conference championships in men's cross country, indoor and outdoor track and field and volleyball. Football has won five Gateway Conference titles and has enjoyed the highest attendance, including six of seven UNI-Dome football sellouts. In 1995-96, six sports enjoyed their highest conference finishes since joining the MVC in 1991.

Ritrievi served as vice president for the MVC athletic directors in 1994-95 and chairs the MVC long-range planning and Gateway Conference finance committees. He has also been named president of the Division I-AA Football Athletic Directors Association for the 1996-97 year.

The 40-year-old native of Levittown, PA, is married to the former Stephanie Homeyer, who grew up in Wellsburg, IA.

NCAA Qualifying Standards

Indoor

Event	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
55-Meter Dash	6.84	--	6.97	--
60-Meter Dash	7.37	--	7.50	--
55-Meter Hurdles	7.70	--	7.98	--
60-Meter Hurdles	8.35	--	8.63	--
200 Meters	(a)24.08	--	24.60	--
	(b)23.88	--	24.40	--
	(c)23.68	--	24.20	--
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	16:58.00	16:57.7
	(c)16:18.45	16:18.2	16:56.45	16:56.2
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)11:22.00	11:21.7	11:42.00	11:41.7
	(c)11:20.00	11:19.7	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	6.05	19-10 1/4
Triple Jump	12.95	42-6	12.35	40-6 1/4
Shot Put	16.00	52-6	14.55	47-9
20-Pound Weight	19.00	62-4	16.50	54-1 3/4

Outdoor

Event	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
100 Meters	11.35	--	11.60	--
200 Meters	23.10	--	23.70	--
400 Meters	52.50	52.2	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	9:18.00	9:17.7	9:43.00	9:42.7
5,000 Meters	16:16.00	16:15.7	17:00.00	16:59.7
10,000 Meters	34:20.00	34:19.7	35:40.00	35:39.7
100 Hurdles	13.30	--	13.75	--
400 Hurdles	57.65	57.4	59.90	59.6
400 Relay	44.38	44.1	45.30	45.0
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	13.20	43-3 3/4	12.50	41-0 1/4
Shot Put	16.05	52-8	14.55	47-9
Discus	53.50	175-6	49.00	160-9
Javelin	51.74	169-9	46.50	152-7
Hammer	57.00	187-0	49.50	162-5

(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

Indoor **Schedule**

Dec. 6...Iowa State Holiday Classic...Ames, IA

Jan. 18...Iowa State Invitational...Ames, IA

Jan. 25...Redbird Invitational...Normal, IL

Jan. 31...Mercantile Bank Invitational...Cedar Falls, IA

Feb. 7/8...Iowa State Classic...Ames, IA

Feb. 14...UNI Dome Open...Cedar Falls, IA

Feb. 21/22...Missouri Valley Championships...Carbondale, IL

Feb. 28...Last Chance Qualifying Meet...Ames, IA

March 7/8...NCAA Div. I Championships...Indianapolis, IN

Outdoor **Schedule**

March 14/15...Snowbird Invitational...Tallahassee, FL

April 4/5...Texas Relays...Austin, TX

April 11/12...Sea Ray Invitational...Knoxville, TN

April 18/19...Kansas Relays...Lawrence, KS

April 25/26...Drake Relays...Des Moines, IA

May 2/3...Twilight Invitational...Madison, WI

May 15/16...Missouri Valley Championships...Normal, IL

June 3/7...NCAA Outdoor Championships...Bloomington, IN