1998

1998 University of Northern Iowa Track and Field

University of Northern Iowa

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### CREDITS

The 1997-98 Track and Field Media Guide was designed and written by Jerri lehl and Brett Proskovec, Media Relations student assistants/track and field contacts. Editorial assistance provided by Kevin Kane, Associate Athletic Media Relations Director. Pictures provided by UNI Public Relations, Jerri lehl and Stephanie Carlson.
### Track and Field Information

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1997 Missouri Valley Conference Indoor Finish: 3rd
1997 Missouri Valley Conference Outdoor Finish: 3rd

### Northern Iowa Administration

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QUICK FACTS

- Location: Cedar Falls, Iowa
- Founded: 1876
- Enrollment: 13,000
- Affiliation: NCAA Division I
- Conference: Missouri Valley
- Nickname: Panthers
- Colors: Purple & Old Gold

UNI's 1997 Missouri Valley Conference Championship cross country team.

ON THE COVER

- Jurij Rovan
- Tiffany Ratzlaff
- Jon Judisch
- Teresa Grothus
- Jason Bradley
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<td>Throws</td>
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**COACHING STAFF**

- **Head Coach:** Chris Bucknam (Norwich ’78)
- **Assistant Head Coach:** Bill Lawson (Northern Iowa ’80)
- **Assistant Coach:** Shantel Twiggs (Northern Iowa ’94)
- **Professor:** Joey Woody (Northern Iowa ’97)
- **Graduate Assistant:** Tim Suchan (Northern Iowa ’95)
- **Volunteer Assistant:** Bob Edwards (Northern Iowa ’91)
One down, two to go.
That's how Northern Iowa entered the 1998 men's track season, having won the Missouri Valley Conference cross country championship this past fall.
No team has swept the league's cross-country, indoor track and outdoor track titles in the same academic year since Southern Illinois in 1991-92, and Panther coach Chris Bucknam would like nothing better than to pull off such a triple.
"That's our ultimate goal --- the triple crown," Bucknam says, "and we're the only school with a shot at it. That's the way we're going into this season."

"THAT'S OUR ULTIMATE GOAL --- THE TRIPLE CROWN AND WE'RE THE ONLY SCHOOL WITH A SHOT AT IT. THAT'S THE WAY WE'RE GOING INTO THIS SEASON."

That said, Bucknam knows the odds of such a feat in a conference that includes the likes of Indiana State and Illinois State. UNI continues to lead the points race that combines league success in cross country and track, but a changing of the guard always seems to take place during the indoor and outdoor seasons.
Five different teams have won the last six outdoor titles. This spring, the league's outdoor championship will be held at the Panthers' sparkling new facility in Cedar Falls.
"We're excited about it," Bucknam said. "It's the first meet here in 20 years, and it's going to bring some first-rate athletes to the area."
Many of those athletes will be wearing Panther purple and gold.
All-American pole vaulter Juri Rovan is UNI's top individual returnee. He was ranked No. 1 in the country after the first indoor meet of the year in December after a fourth-place finish at the 1997 NCAA Division I Outdoor Championships.
Rovan has cleared 18-1 outdoors and 17-7 1/2 indoors, and he vaulted for his native Slovenia last year at the World Championships in Greece.
"He's an athlete who has the potential to challenge for a national championship," Bucknam says.
The deepest area on the Panther team, to no one's surprise, is its distance corps. Kyle Kepler is a four-time all-conference performer in cross country and Jay Brock, another senior, has finished in the league's top six for three straight years.

"We're as deep as we've ever been at the distances," Bucknam says. "That's a very strong part of our program, but it's also a very strong part of the league."
"These guys should be able to cover everything from the mile on up, and it's a great blend of young and old."
The Panthers don't lose much at 800 meters, where defending MVC champ Eric Potter returns for his sophomore season. Brent MacLagan had hamstring problems a year ago but placed third in the indoor 800.
Rob Brock and returnee Dan Joyner also figure into the half-mile picture, and freshman Brian Oltman of Nevada is a former state champion.
"Those are some talented guys," Bucknam said. "If they're healthy, they're going to be right in there with the best 800 guys in the league."
Jon Judisch was the MVC 400-meter indoor champ as a freshman and sophomore before losing his crown during a 1997 season that saw him battle some nagging injuries.
"He put in a great fall and has never looked better," Bucknam says. "We feel he will contend for the title. He wants his indoor title back, and he'd like to win one outdoors."
Jason Bradley, Jason Potter, Luke Stater and Terry Dykstra are among the other long sprinters who will determine much of the success of UNI's traditionally strong relays.
Youth will be served in the short sprints, with two exceptions.
School 100-meter record holder Maceo Strickland (10.43 seconds) returns after not running track for the better part of two years, and fellow football player Ty Talton is back after placing in the MVC 55-meter dash and leading off a school-record breaking 4 x 100 relay.

Redshirt freshman Jeff Adam was a state record-setter in high school and Marshall Frazier, another redshirt frosh, was a state champ at Bettendorf. Brent Browner, a true freshman, is a former Dickinson Relays champ in the 55.

"It would be a big boost if our sprinters could come around and contribute some points," Bucknam says.

The Panthers could post night-and-day performances in the hurdles. That's because Alonzo Clayton, who was third in the MVC outdoors last year, is eligible only for the outdoor season. UNI could struggle during the winter finding a fill-in.

Junior Ben Mischke and freshman Jake Pauli join Rovan in the pole vault, creating a deep and talented group.

Eddie Berlin returns after finishing second in the MVC indoor high jump a year ago, then redshirting outdoors.

"Hopefully he can challenge the 7-foot barrier," says Bucknam.

The rest of the field events look slim at this early stage, although Bucknam predicts junior Billy Nordyke will emerge as the team's top thrower and freshman Dave Jennings and Brad Travis were both state high school discus champs.

Finally, the decathlon could be the domain of freshman Travis Goepfert for years to come. The high school All-American "has the size, strength and potential to be big-time," Bucknam relates.

UNI finished third in the MVC last outdoor season --- just nine points out of first --- then wound up 17th at the NCAA Division I championships. And this Panther team could be better, especially outdoors.

"I feel good about it," Bucknam says. "Obviously there are some areas that worry me --- some gaps that need to be minimized. But if we can do that, I think we're going to have a shot at the (conference) championship."
By Marty Strasen, Waterloo Courier

Chris Bucknam is not a big believer in setting limits.

He is a staunch supporter of pushing them, and that's exactly what he expects out of his Northern Iowa women's track team in his first year as head coach.

Bucknam, who has guided the Panther men to one outdoor track, two indoor track and two cross country championships in the Missouri Valley Conference since joining the league in 1991, enters his first track and field campaign as coach of both the men's and women's programs. And while the UNI women have not enjoyed consistent success in the league, Bucknam rules nothing out when assessing the 1998 season.

"Why limit yourself?" he asks. "There are some talented athletes here, and right now we're trying to instill and develop a belief system in our program and the kind of success we can have."

"The best thing we can do is to let them see the enthusiasm we have for what we're trying to get done. We're highly motivated to make this team, in 1998, successful, because it can be a foundation for success in years to come."

"We also think about where we can be down the road," Bucknam adds. "We might be optimistic, but we think we can be a contender in a year."

Bucknam and his staff, which took over the women's team last July when Lea Ann Shaddox decided to accept a teaching position at UNI, have already seen progress.

The Panther women's cross country team was picked as low as eighth in a 1997 preseason poll, yet by the time of the MVC championships it was tabbed for third in the pre-meet survey. A fifth-place performance was a disappointment to Bucknam, but the fact his team had gained respect among its league rivals over the course of the season was encouraging.

"We think the belief system has already started to take place," Bucknam says. "That's our No. 1 thing. We're looking for effort and inclination, but we're not setting any limits. We're forward-thinking. And I can't tell you how pleased we are in how the ladies have responded to that."

Bucknam holds the Panther seniors in especially high regard, since they stood to have the most difficult time adjusting to their new coaches after three or four years of experience. Athletes like Keri Clevenger, Brenna Fleishman, Jenny Jackson, Heather Muilenburg and Kendra Stannard comprise what Bucknam calls "an outstanding group of senior leaders."

"What we need to do now," he adds, "is to sustain a certain level of effort and excellence throughout the season. That's what we've got to watch --- the ability to sustain. That's a character trait of any good team, and we hope to show that kind of ability."

The field events look to be a Panther strength.

Their top returnee in MVC competition is junior thrower Andrea Miller, who finished second in the conference shot put last year with 45-10 mark. She and fellow junior Melissa Yerk seem to have the throwing events in good hands.

"Yerk has a chance to be a national qualifier indoors and outdoors in the weight throw," Bucknam says, noting that she qualified provisionally for the indoor nationals in the first meet of the season. "And Andrea is a great talent, obviously one of the top returning shot putters in the league."

Stannard also figures to score in the field, having long jumped 18-10 on her first indoor effort this past December. She's also a talented hurdler and heptathlete. Freshman Jill George of Newton is another potential multiple-events standout. Junior Amy Engle brings experience in the high jump, where true freshman Bethany Boer also figures in.

"Our field events are going to be a strong area for us," Bucknam raves. "Bill (assistant coach Bill Lawson) is doing an excellent job of rounding that group into conference form, and I expect we will have some conference championship contenders."

Hurdles is another area in which UNI expects to excel. Seniors Stannard and Fleishman lead the way, the latter having finished third in the conference in 14.70 seconds. Tiffany Ratzlaff was sixth as a freshman in 14.97 a year ago. In addition, Dee Wear of New London was one of the top prep hurdlers in the
state before a knee injury her senior year. She's likely to redshirt as a freshman.

Mullenburg and Clevenger provide senior leadership among the distance corps, and there are some promising younger runners as well. Kari Thilges, a redshirt freshman, finished 23rd at the regional cross country meet this past fall and is described by Bucknam as "kind of an anchor for the team, someone to build around." Sophomore Becky Slick enjoyed some success in her debut year and has a year of experience on which to build, and true freshman Evette Iverson was among the Panthers' top five in cross country.

Bucknam calls Jackson "probably our best athlete," but the senior who earned all-conference honors in the mile and runs the team's best 800 is likely to redshirt this year in order to concentrate on a breakthrough 1999 campaign. That leaves the middle distance chores to a relatively untested group that includes senior Cindra Schelling (the crew's veteran), sophomore Rachel Dozark and freshman Teresa Grothus.

Long sprints stand to benefit from the addition of freshman Jill Bakewell, an accomplished high school performer who "brings a lot of heart," according to Bucknam. Redshirt frosh Tracy Burress and sophomore Jessica Fischer will also contribute. The short sprints could be a struggle, with no proven performers at the conference level returning. True freshman Nicole Wee from Wisconsin may see early action.

Overall, the "new" coach likes what he sees --- especially from a commitment standpoint.

"It's a little easier for the newcomers, who were going to have to make an adjustment to college track anyway," Bucknam says of the coaching changeover. "But the veterans, for them to put their faith in us without question and buy into our system like that, they're special people. Down the road, these are ladies we're never going to forget."
The University of Northern Iowa 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 colleges of Business, Education, Humanities and Fine Arts, Natural Sciences, and Social and Behavioral Sciences. 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 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 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 into a comprehensive 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 academic reputation has proven a key factor in being named among the Midwest’s finest institutions in the annual U.S. News and World Report rankings. UNI received a “1” rating in academic reputation, the highest of any of the top 15 regional universities in the Midwest region. Other recent issues have named UNI the Midwest’s most efficient regional university and first in “best value,” as well as in overall “best,” “best buy,” “up and coming” and “most efficient.”

UNI’s outreach also extends to the Iowa business community through the College of Business Administration, including the Institute for Decision Making, Small Business Development Center, Small Business Institute, Management & Professional Development Center, Strategic Marketing Services and Business and Community Services. 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.

In the global arena, UNI’s acclaimed Orava Project helps democratize the educational system in the formerly communist country of Slovakia. Student teachers from UNI serve in over 20 countries throughout the world.

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.
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 22 year history.

The Dome combines the features of a fieldhouse, football stadium and large auditorium. In addition to top track and field events, it also has hosted NCAA football playoffs and was 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.

Construction was recently completed on the new outdoor track located on campus 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. The new track will host the 1998 Missouri Valley Conference Championships in its first season.
### Men

<table>
<thead>
<tr>
<th>Event</th>
<th>Record</th>
<th>Athlete</th>
<th>Year(s)</th>
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<tbody>
<tr>
<td>55-Meter Dash</td>
<td>6.09</td>
<td>Mark Witherspoon</td>
<td>1994</td>
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<tr>
<td>55-Meter Hurdles</td>
<td>7.20</td>
<td>Reggie Torian</td>
<td>1995, 1996</td>
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<tr>
<td>200 Meters</td>
<td>21.28</td>
<td>Dazel Jules</td>
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<td>400 Meters</td>
<td>46.38</td>
<td>Tim Simon</td>
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<td>Dmitry Dorzdov</td>
<td>1994</td>
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<td>Mile Run</td>
<td>4:01.52</td>
<td>Roland Pauwels</td>
<td>1989</td>
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<td>8:02.24</td>
<td>Barnaba Korir</td>
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<td>5,000 Meters</td>
<td>14:09.59</td>
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<td>Sprint Medley Relay</td>
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<td>Tolbert, Bridges, Hamer, Simon</td>
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<td>Distance Medley Relay</td>
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<td>Ebenezer, Roberts, Froehle, Connell</td>
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<td>Shuttle Hurdle Relay</td>
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<td>Rogan, Harris, O'Connor, Garret</td>
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<tr>
<td>4 x 800 Relay</td>
<td>7:34.54</td>
<td>Eastern Illinois</td>
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<tr>
<td>Shot Put</td>
<td>66-10 1/2</td>
<td>Al Fuerbach</td>
<td>1976</td>
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<tr>
<td>High Jump</td>
<td>7-3 3/4</td>
<td>Tim Suchan</td>
<td>1995</td>
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<tr>
<td>Triple Jump</td>
<td>52-2 1/4</td>
<td>Bannon Hayes</td>
<td>1988</td>
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<tr>
<td>Long Jump</td>
<td>26-4 1/2</td>
<td>Ed Stewart</td>
<td>1982</td>
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<tr>
<td>Pole Vault</td>
<td>17-9 1/4</td>
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### Women

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<tr>
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<td>200 Meters</td>
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<td>Ellen Grant</td>
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<td>Metria Bell</td>
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<td>Emily Montgomery</td>
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<td>Joanna Johnson</td>
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<td>Mile Run</td>
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<td>Rosalind Cassidy</td>
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<td>3,000 Meters</td>
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<td>Kathy Campbell</td>
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<td>1982</td>
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<td>20 lb. Weight Throw</td>
<td>62-6 1/2</td>
<td>Kris Curnyn</td>
<td>1997</td>
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<tr>
<td>Shot Put</td>
<td>54-11 3/4</td>
<td>Rosemarie Blauch</td>
<td>1982</td>
</tr>
<tr>
<td>High Jump</td>
<td>6-1 3/4</td>
<td>Gale Charmaine</td>
<td>1982</td>
</tr>
<tr>
<td>Triple Jump</td>
<td>40-2 3/4</td>
<td>Dianna Lefridge</td>
<td>1995</td>
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<tr>
<td>Long Jump</td>
<td>20-8 1/2</td>
<td>Donna Thomas</td>
<td>1982</td>
</tr>
<tr>
<td>Pentathlon</td>
<td>4,286 pts.</td>
<td>Julie White</td>
<td>1982</td>
</tr>
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</table>
In the 15 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.

During his 14-year tenure, the Panthers have won 14 conference crowns -- six in indoor track, six in cross country, and two outdoor titles. The most recent came last fall when the Panther men captured their first Missouri Valley Conference cross country title since 1992.

Since his arrival at UNI in 1979 as an assistant to long-time head coach Lynn King, the Panthers have won or shared 20 conference titles in track and field and cross country, and produced 18 all-Americans.

Bucknam oversaw Northern Iowa's 1991 move to the Missouri Valley Conference, where the Panthers have left an indelible mark on the league in 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 18 MVC meets since UNI's membership began in 1991, the Panthers have the best composite record in the league. They have claimed five titles, six runner-up finishes, four third-place spots and two fourth places.

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's teams have never finished lower than fourth in any conference track meet, and in the past nine seasons Bucknam has sent 28 qualifiers to the NCAA Indoor and Outdoor Championships, with eight earning all-America honors.

Bucknam has also won numerous coaching awards. He was named Mid-Continent Indoor Coach of the Year four times, Mid-Continent Cross Country Coach of the Year twice, and Mid-Continent Outdoor Coach of the Year once. Since joining the MVC, he has been named Cross Country Coach of the Year twice, Indoor Coach of the Year twice, and Outdoor Coach of the Year once. After the Panthers won the MVC Outdoor Championships in 1995, Bucknam was named District V Outdoor Coach of the Year and was a finalist for National Coach of the Year.

Bucknam and his staff took the UNI program to an even higher level in 1997 when the Panthers finished 17th at the NCAA Outdoor Championships in Indianapolis. The Panthers came away with 15 team points, allowing them to finish in the top 20 for the first time in school history.

"The top 20 finish was huge for our program," said Bucknam. "It sends the message to the University and the Missouri Valley Conference that we have arrived as a national-caliber program. We've been rated high in some relays, we've had all-Americans, and we've had national qualifiers in almost every event. We're not a one-dimensional team and this is not your ordinary program. This is a national-caliber program and we try to conduct it as such."

In addition to leading UNI to its best finish ever at the NCAA meet in 1997, Bucknam also coached his first NCAA champion in Joey Woody. Woody won the 400-meter hurdles at the 1997 NCAA Outdoor Championships to become UNI's first Division I NCAA track and field champion.

This season will be Bucknam's first year as head coach of the Panther women's team.

"Taking over the women's program will be a huge challenge for our coaching staff and our kids just from the number of athletes involved," said Bucknam.

"What we try to teach is not what's here and now, but what's down the road. We might be going through a period of transition right now, but we want our athletes to have vision two or three years down the road and we want them to expect the best."

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 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

<table>
<thead>
<tr>
<th>Year</th>
<th>Championship</th>
</tr>
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<tbody>
<tr>
<td>1997</td>
<td>MVC Cross Country Champions</td>
</tr>
<tr>
<td>1996</td>
<td>MVC Indoor Champions</td>
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<tr>
<td>1995</td>
<td>MVC Indoor Champions, MVC Outdoor Champions</td>
</tr>
<tr>
<td>1992</td>
<td>MVC Cross Country Champions</td>
</tr>
<tr>
<td>1990</td>
<td>Mid-Continent Indoor Champions, Mid-Continent Cross Country Champions</td>
</tr>
<tr>
<td>1988</td>
<td>Mid-Continent Cross Country Champions, Mid-Continent Indoor Champions</td>
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<tr>
<td>1987</td>
<td>Mid-Continent Cross Country Champions</td>
</tr>
<tr>
<td>1986</td>
<td>Mid-Continent Indoor Champions, Mid-Continent Outdoor Champions</td>
</tr>
<tr>
<td>1985</td>
<td>Mid-Continent Indoor Champions</td>
</tr>
<tr>
<td>1984</td>
<td>Mid-Continent Cross Country Champions</td>
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Bill Lawson Assistant Head Coach

Recognized as one of the best athletes in Northern Iowa history, Bill Lawson has been with head coach Chris Bucknam every step of the way as the Panther assistant head coach and field event coach the past 13 seasons.

A 1980 UNI graduate, Lawson returned to his alma mater after serving three years as boys' and girls' track and field and cross country coach, and girls' basketball coach at John Marshall High School in Rochester, Minn.

The Carthage, Ill., native was a four-time all-American at UNI from 1977-1980 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 four 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.

"The thing about Bill is that he has a never-say-die attitude," Bucknam said. "When you are coaching with Bill you always feel like you are in the meet and not every coach has that type of attitude."

Along with Bucknam, he has coached UNI athletes to 124 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 not 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 daughter, Abbie, and son, T.J.

Twigg's earned all-conference honors six times during her career as a Panther which stretched from 1990-1994. She holds school records in the 55-meter dash, 100-meter dash, indoor and outdoor 200 meters, indoor and outdoor 4 x 200-meter relays, and is a member of the school-record mile relay team.

In addition to her school records and all-conference honors, Twiggs was UNI's first Division I national qualifier on the women's side in 1991 when she qualified for the NCAA's in the 55-meter dash, and went on to become the first Panther all-American when she placed in the 55-meter dash in 1993 and again in 1994. Twiggs also captured the 100-meter dash title at the prestigious Drake Relays in 1993 and 1994.

For the past two years, she was the assistant boys' and girls' track coach at Berkeley High School in her native St. Louis, Mo.

Twiggs' coaches the men's and women's short sprints.

Shantel Twiggs Assistant Coach

One of the most accomplished sprinters in UNI women's track and field history, Shantel Twiggs is in her first year as a full-time assistant with the Panther track program.

"We're very happy to have Shantel join our coaching staff," said head coach Chris Bucknam.

"She has all the tools to be an outstanding coach. She has a strong knowledge base, great enthusiasm and she has been not only to the top of the collegiate level, but she has some international experience as well."

"She is a part of the best sprinting family in the world," Bucknam added.


Twigg's is in her first year as a full-time assistant with the Panther track program.

"We're very happy to have Shantel join our coaching staff," said head coach Chris Bucknam.

"She has all the tools to be an outstanding coach. She has a strong knowledge base, great enthusiasm and she has been not only to the top of the collegiate level, but she has some international experience as well."


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

### National Champions
- 1997: Joey Woody, 400-Meter Hurdles

### All-Americans
- 1989: Jeff Burris, 800 Meters (Indoor)
- 1993: Johnny Westbrook, 55-Meter Hurdles
- 1994: Joey Woody, 400-Meter Hurdles
- 1995: Joey Woody, 400-Meter Hurdles
- 1996: Joey Woody, 400-Meter Hurdles
- 1997: Joey Woody, 400-Meter Hurdles

### NCAA Qualifiers
- 1986: Jeff Burris, 800 Meters (Indoor)
- 1989: Jeff Burris, 800 Meters (Indoor)
- 1990: Jimmy Turner, 400 Meters (Indoor)
- 1993: Kenny Shedd, 200 Meters (Indoor)
- 1994: Johnny Westbrook, 55-Meter Hurdles
- 1995: Joey Woody, 400-Meter Hurdles
- 1996: Gladwin Apas, 800 Meters (Indoor/Outdoor)
- 1997: Joey Woody, 400 Hurdles

### MVC Track Athletes of the Year
- 1994: Joey Woody (Outdoor)
- 1995: Joey Woody (Outdoor)
- 1997: Joey Woody (Outdoor)

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

### All-Americans
- 1996: Alan Walz, 35# Weight
- 1997: Juli Rovan, Pole Vault (Outdoor)

### NCAA Qualifiers
- 1985: Russ Adams, Pole Vault (Outdoor)
- 1991: Brad Miller, Pole Vault (Indoor)
- 1993: Steve Daugherty, High Jump (Indoor)
- 1995: Tim Suchan, High Jump (Indoor)
- 1996: Brad Miller, Decathlon
- 1998: Jason McCleary, Decathlon
- 1999: Tim Suchan, High Jump (Indoor/Outdoor)
- 2000: Pete Herber, High Jump (Indoor/Outdoor)
- 2001: Matt Casillas, 35# Weight
- 2002: Allan Walz, Discus
- 2003: Juli Rovan, Pole Vault (Indoor)
- 2004: Juli Rovan, 35# Weight
- 2005: Matt Casillas, 35# Weight
- 2006: Juli Rovan, Pole Vault (Outdoor)

### MVC Field Athletes of the Year
- 1993: Juli Rovan (Outdoor)
- 1995: Allan Walz (Outdoor)
- 1997: Tim Suchan (Indoor)
- 1999: Juli Rovan (Indoor)
Perhaps the best track and field athlete the University of Northern Iowa has ever produced, Joey Woody is currently in his first year as a Panther assistant after graduating from UNI in 1997.

During his career at UNI, Woody earned all-America honors in the 400-meter hurdles three times and, in 1997, won UNI’s first Division I track and field national championship in the 400-meter hurdles. He also earned all-American honors in 1996 in the indoor 800 meters and was named Missouri Valley Conference Track Athlete of the Year on three occasions, most recently at the 1997 MVC Outdoor Championships. Woody won the 400-meter hurdles at the Drake Relays two consecutive years and was named the top male athlete at the Drake Relays in 1994.

Woody brings plenty of valuable experience to the UNI program. In addition, to his numerous all-American honors, he has competed in several high-profile meets in recent years. He finished seventh at the 1996 Olympic Trials and competed at the 1997 Track and Field World Championships in Athens, Greece. Woody has also competed in several meets in Great Britain, Sweden, Italy, Germany, and Austria and will again be competing in Europe in 1998. He plans to continue training in his quest for an Olympic berth in the year 2000.

Woody's main focus as a coach is with the Panther hurdlers, but he will also help with the middle-distance athletes and long sprints.

"I think he has the potential to be an outstanding coach," said head coach Chris Bucknam. "He is a very knowledgeable, elite athlete who has gained a lot of experience competing all over the world and he brings the information he has learned back to our program. His experiences can only help us develop better hurdlers and sprinters here at UNI."

Bob Edwards is in his fifth season as a volunteer assistant coach in charge of men's and women's pole vaulters.

Edwards enjoyed an outstanding career at UNI as a pole vaulter. He won the Missouri Valley Conference outdoor title his senior season and won the Mid-Continent Conference outdoor title his freshman season and the indoor title in 1990. His vault of 17-4 1/2 in 1992 is the second best outdoor vault in Panther history and he ranks third on the all-time indoor pole vault list with a height of 17-1 1/2.

"Bob's done a fabulous job with our vault crew over the years," said head coach Chris Bucknam. "He was the best pole vaulter at UNI before (Juri) Rovan got here and he is another one of our coaches who brings a lot of knowledge and experience to our program."

Edwards and assistant head coach Bill Lawson have each played a major role in senior pole vaulter Juri Rovan’s career. Rovan earned all-America honors in the pole vault after finishing tied for fourth at the 1997 NCAA Outdoor Track & Field Championships.
### MARSHALL BLAINE

**Personal Bests**

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<tr>
<th>Event</th>
<th>Time/Distance</th>
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<tbody>
<tr>
<td>5,000 Meters</td>
<td>14:51.85</td>
</tr>
<tr>
<td>3,000 Meters</td>
<td>8:30.82</td>
</tr>
<tr>
<td>8K</td>
<td>25:31</td>
</tr>
</tbody>
</table>

**Major:** Economics & Mathematics

**1997:** Placed sixth in the 5,000 meters at the MVC indoor championships...was ninth in the 3,000 meters at MVC indoor championships...was 12th in the 3,000 meters at the ISU Classic...finished fourth in the 5,000 meters at the ISU Classic...finished second in the 3,000 meters at the Iowa Invitational...placed fourth in the 3,000 meters at the Badger Invitational and Mercantile Bank Invitational...finished third in the 5,000 meters at the ISU Holiday Classic. 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 second 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 MVC cross country meet...took third in the 5,000 meters at the ISU Holiday meet...finished second at the UNI-Dome Open in the 5,000 meters...placed sixth at the Drake Invitational outdoors in the 5,000 meters. 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.

### JAY BROCK

**Personal Bests**

<table>
<thead>
<tr>
<th>Event</th>
<th>Time/Distance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Steeplechase</td>
<td>9:06.01</td>
</tr>
<tr>
<td>1,500 Meters</td>
<td>3:58.48</td>
</tr>
<tr>
<td>Mile Run</td>
<td>4:17.76</td>
</tr>
<tr>
<td>8K</td>
<td>24:27</td>
</tr>
</tbody>
</table>

**Major:** English

**1997:** Finished first in the mile run at the ISU Holiday Classic...was second at the Mercantile Bank Invitational in the 1000 meters...placed fourth in the 1000 meters at the UNI-Dome Open...finished fourth in the mile run at the Iowa Invitational...member of the distance medley relay team that finished second at the Missouri Valley Conference indoor meet...a member of the indoor and outdoor MVC all-conference team...finished first at the MVC steeplechase...first in the steeplechase at the Wisconsin Twilight meet where he ran a personal-best 9:06.01...placed sixth at the MVC cross country championships to earn all-conference honors for the third straight year. 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...redshirted in track. **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.

### ALONZO CLAYTON

**Personal Bests**

<table>
<thead>
<tr>
<th>Event</th>
<th>Time/Distance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Long Jump</td>
<td>23-5</td>
</tr>
<tr>
<td>55-Meter Hurdles</td>
<td>7.40</td>
</tr>
<tr>
<td>110-Meter Hurdles</td>
<td>14.25</td>
</tr>
</tbody>
</table>

**Major:** General Studies

**1997:** Won the Iowa and Badger Invitational in the 55-meter hurdles...ran a personal-best 7.40 and placed second at the UNI-Dome Open...finished sixth at the MVC indoor championships in the 55-meter hurdles...placed fifth in the long jump at the Mercantile Bank Invitational...placed third and ran a personal-best 14.25 at the MVC outdoor championships in the 110-meter high hurdles...member of the MVC outdoor all-conference team...finished second at the Iowa Invitational in the 110-meter high hurdles...placed fourth in the long jump at the Wisconsin Twilight Meet...starting wide receiver for football team. 1996: Finished fourth at the indoor MVC championships in the 55-meter hurdles...placed second in the 110-meter high hurdles at the Wisconsin Twilight Meet and SEmotion Relays...was second in the long jump at the Badger Classic...took 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 to baseball in high school---played in the 1993 Shrine Bowl High School All-Star game.
### TERRY DYKSTRA

**Personal Bests**

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>400 Meters</td>
<td>50.02</td>
</tr>
</tbody>
</table>

**College:**

- Major: General Studies

**Career Highlights:**

- 1997: Was a member of the distance medley and 4 x 400 meter relay teams that finished second at the MVC indoor championships...earned MVC all-conference honors...finished fourth in the 400 meters at the Iowa Invitational...ran his personal-best 50.02 in the 400 meters at the Arizona Invitational...claimed fifth place in the 600 meters at the Mercantile Bank Invitational. Transferred from Northwestern College after his sophomore season.

### JON JUDISCH

**Personal Bests**

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>400 Meters</td>
<td>47.70 (outdoors)</td>
</tr>
<tr>
<td>400 Meters</td>
<td>48.09 (indoors)</td>
</tr>
</tbody>
</table>

**College:**

- Major: Pre-Med

**Career Highlights:**

- 1997: Ran a personal-best 47.70 and placed fifth at the MVC outdoor championships...placed 11th in the 400 meters at the Arizona Invitational...a member of the MVC second-place 4 x 400 relay team...was second in the 400 meters at the ISU Classic...third in the 600 meters at the Iowa Invitational...recorded the team's fastest 400 meter time of 48.83. 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...ran the 400-meter title at the ISU Holiday Classic and Dr. Keeler Invitational...was 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 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

**Personal Bests**

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>3,000 Meters</td>
<td>8:31.05</td>
</tr>
<tr>
<td>5,000 Meters</td>
<td>14:44.08</td>
</tr>
<tr>
<td>10,000 Meters</td>
<td>30:30.93</td>
</tr>
<tr>
<td>8K</td>
<td>24:25</td>
</tr>
</tbody>
</table>

**College:**

- Major: Education

**Career Highlights:**

- 1997: Ran a personal-best 8:31.05 and placed second in the 3,000 meters at the UNI-Dome Open...placed second in the 5,000 meters at the ISU Classic...finished fourth in the 3,000 meters at the Mercantile Bank Invitational...won the 5,000 meters at the Kansas Relays...placed third in the 5,000 meters at the MVC outdoor championships...finished fourth in the 10,000 meters at the MVC cross country championships...a member of the outdoor and indoor MVC all-conference teams...finished third at the MVC cross country championships and earned all-conference honors for the fourth time...was a member of the cross country MVC all-academic team. 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 outdoor 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 at the conference meet...claimed sixth in the 5,000 meters at the MVC 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 eight-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.
JURI ROVAN  
Senior  
Pole Vault/Javelin  
Brejice, Slovenia  
Major: Physical Education  
Pole Vault: 18-1 (Outdoors)  
Javelin: 207-7

1997: Finished tied for fourth and earned all-America honors in the pole vault at the NCAA outdoor championships...set a school-record and MVC indoor record in the pole vault with a vault of 17-7 3/4...earned MVC indoor and outdoor all-conference honors...named MVC Field Athlete of the Year during the indoor season...won pole vault at UNI-Dome Open, Iowa Invitational, Wisconsin Twilight and Sun Devil Relays...placed first in the javelin at the Sun Devil Relays...finished second in the pole vault at the Arizona Invitational. 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, 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 school record in the javelin with a toss of 207-7 to win the event at the MVC championships.

ROB SEMELROTH  
Senior  
Distance  
Keystone, Iowa/Benton Community  
Major: Psychology  
5,000 Meters: 14:50.40  
3,000 Meters: 8:30.14  
8K: 25:21

1997: Won the 3,000 meters at the UNI-Dome Open...was second at the ISU Holiday Classic in the 3,000 meters...placed fourth in the 3,000 meters and 5,000 meters at the Valley indoor championships...finished fifth in the 5,000 meters at the ISU Classic...placed 10th in the 5,000 meters at the Arizona Invitational...finished 10th at the MVC cross country championships to earn all-conference honors. 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...took 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...four-time all-conference cross country selection...finished fifth twice and sixth once at the state cross country championships.

TYREE TALTON  
Senior  
Short Sprints  
Beloit, Wisconsin/ Turner  
Major: Health Promotions  
100 Meters: 10.73  
200 Meters: 21.99  
55 Meters: 6.42

1997: Finished fifth in the 200 meters at the MVC indoor championships...was fifth in the 55-meter dash at the MVC indoor championships...placed third in the 55-meter dash at the Iowa Invitational...was fourth in the 55-meter dash at the Badger Invitational...tied for fifth in the 200-meter dash at the UNI-Dome Open...finished sixth in the 100 meters at the Wisconsin Twilight Meet...ran his personal best (21.99) in the 200 meters at the MVC outdoor championships...1997 was his first year participating in track...first team all-Gateway Conference as a defensive back and kick returner. High School: Earned letters in football, basketball and track...all-conference and all-state in basketball and all-conference fullback...three-time placer in state 100-meter dash.
<table>
<thead>
<tr>
<th></th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Algona, Iowa/Algona</td>
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<tr>
<td></td>
<td>Major: General Studies</td>
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</tr>
<tr>
<td></td>
<td>1997: Member of the first-place 4 x 100 and 4 x 400 relay teams at the Missouri Valley outdoor conference meet which earned him all-conference honors...ran a personal best 48.17 in the 400 meters at the MVC championships...placed sixth at the Wisconsin Twilight Meet in the 200...was second in the 400 at the Iowa Invitational...a member of the second-place 4 x 400 MVC relay team...a member of the indoor all-conference team. 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 during the outdoor season. <strong>High School:</strong> 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.</td>
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</tr>
<tr>
<td><strong>SAM BURKETT</strong></td>
<td>Junior</td>
<td>3,000 Meters: 8:31.65</td>
<td>3,000 Meters: 8:31.65</td>
<td>3,000 Meters: 8:31.65</td>
<td>3,000 Meters: 8:31.65</td>
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<tr>
<td></td>
<td>Distance</td>
<td>5,000 Meters: 14:56.85</td>
<td>5,000 Meters: 14:56.85</td>
<td>5,000 Meters: 14:56.85</td>
<td>5,000 Meters: 14:56.85</td>
</tr>
<tr>
<td></td>
<td>Major: Biology</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>1997: Finished eighth in the 10,000 meters at the MVC outdoor championships...was ninth in the 5,000 meters at the Sun Devil Relays...placed third in the mile run at the Iowa Invitational...finished third in the 3,000 meters at the ISU Holiday Classic...placed fifth in the 3,000 meters at the MVC indoor championships...placed fifth in the 3,000 meters at the Badger Invitational...was a member of the first-place MVC cross country team. 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 MVC 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. <strong>High School:</strong> Anchored winning medley relay team at state senior year...took fourth at cross country senior year and second junior year at state.</td>
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<td></td>
</tr>
<tr>
<td><strong>BRENT MACLAGAN</strong></td>
<td>Junior</td>
<td>600 Meters: 1:19.52</td>
<td>600 Meters: 1:19.52</td>
<td>600 Meters: 1:19.52</td>
<td>600 Meters: 1:19.52</td>
</tr>
<tr>
<td></td>
<td>Long Sprints/400 Hurdles</td>
<td>800 Meters: 1:52.01</td>
<td>800 Meters: 1:52.01</td>
<td>800 Meters: 1:52.01</td>
<td>800 Meters: 1:52.01</td>
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<td></td>
<td>Jefferson, Iowa/Jefferson-Scranton</td>
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<tr>
<td></td>
<td>Major: Biology</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1997: Placed third in the 800 meters at the MVC indoor championships...was a member of the second-place 4 x 400 relay team at the MVC indoor championships...earned MVC all-conference honors during the indoor season...ran a personal and team best 1:19.52 in the 600 meters and finished second at the Mercantile Bank Invitational...placed second in the 600 meters at the Badger Invitational...finished second in the 800 meters at the ISU Holiday Classic...finished seventh in the 400 hurdles at the Kansas Relays...won the 800 meters at the Wisconsin Twilight meet...finished first in the 400 hurdles at the Hawkeye Invitational. 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. <strong>High School:</strong> 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.</td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>
### Ben Mischke

<table>
<thead>
<tr>
<th>Personal Bests</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pole Vault</td>
</tr>
<tr>
<td>16-4 3/4 (Indoors)</td>
</tr>
<tr>
<td>16-0 3/4 (Outdoors)</td>
</tr>
</tbody>
</table>

**1997:** Placed fifth in the pole vault at the MVC indoor championships...finished second in the pole vault at the Badger Invitational...tied for second at the ISU Holiday Classic...vaulted a personal-best 16-4 3/4 and placed fourth at the Mercantile Bank Invitational...tied for fifth at the Kansas Relays...was eighth in the decathlon at the MVC championships. **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 basketball...won a total of 10 letters during his high school career, four came in track and field.

### Tony Tatman

<table>
<thead>
<tr>
<th>Personal Bests</th>
</tr>
</thead>
<tbody>
<tr>
<td>200 Meters: 21.81 (indoors)</td>
</tr>
<tr>
<td>100 Meters: 10.96</td>
</tr>
<tr>
<td>55 Meters: 6.68</td>
</tr>
</tbody>
</table>

**1997:** Ran a personal-best 10.96 in the 100 meters and 21.81 in the 200 meters at the MVC outdoor championships...finished third in the 100 meters at the Hawkeye Invitational...was fourth in the 200 meters at the Hawkeye Invitational...won the 200 meters at the ISU Holiday Classic...placed third in the 200 meters at the Iowa Invitational...was able to finish sixth at the Badger Invitational in the 200 meters. **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.

### Billy Nordyke

<table>
<thead>
<tr>
<th>Personal Bests</th>
</tr>
</thead>
<tbody>
<tr>
<td>Discus: 150-8</td>
</tr>
<tr>
<td>35# Weight: 49-11 3/4</td>
</tr>
</tbody>
</table>

**1997:** Finished seventh in the discus with a personal-best 150-8 throw at the MVC championships...placed ninth in the 35# weight at the MVC championships...finished third in the 35# weight at the Iowa Invitational...was third in the discus at the Hawkeye Invitational...placed fourth in the 35# weight at the Mercantile Bank Invitational. **High School:** Finished first in the discus at the state championships his senior year...qualified for the state track and field championships in the shot put...finished second in the discus at the Drake Relays his senior season...all-state running back Iowa Prep Illustrated...holds the school record in the discus and shot put at Winfield-Mt. Union.

### Eric Potter

<table>
<thead>
<tr>
<th>Personal Bests</th>
</tr>
</thead>
<tbody>
<tr>
<td>800 Meters: 1:49.70</td>
</tr>
<tr>
<td>Mile: 4:29.86</td>
</tr>
<tr>
<td>1,500 Meters: 4:11.54</td>
</tr>
</tbody>
</table>

**1997:** Ran a team-best and personal-best 1:49.70 to win the 800 meters at the MVC outdoor championships...was a member of the second-place distance medley relay team that finished second at the MVC indoor championships...earned MVC all-conference honors indoors and outdoors...placed second in the 800 meters at the Badger Invitational...ran a personal-best 4:29.86 and finished second in the mile at the ISU Holiday Classic...finished fifth in the 800 meters at the Kansas Relays...placed ninth in the 800 meters at the Arizona Invitational...was an important member of the first-place MVC cross country team. **High School:** Finished 16th at the state cross country meet his senior season...earned all-conference honors in track and field his senior year.
JASON POTTER

PERSONAL BESTS

Sophomore
Middle Distance
Sioux City, Iowa/Heelan
Major: Education

400Meters:
49.66 (Indoors)
49.05 (Outdoors)

1997: Highest finish in the 400 meters was third at the Iowa Invitational...ran his personal-best 49.05 in the 400 meters at the Hawkeye Invitational...placed sixth in the 400 meters at the Wisconsin Twilight Meet...was fifth in the 400 meters at the ISU Holiday Classic...tied for seventh in the 400 meters at the Mercantile Bank Invitational. High School: Lettered three times in track...lettered two times in football.

FRESHMEN TO WATCH

ROB BROCK

PERSONAL BESTS

Freshman
Distance
Dubuque, Iowa/Senior
Major: Criminology

8K: 24:40.5

1997: Earned all-conference honors and finished fourth at the MVC cross country championships. Placed 13th at the U.S. Junior Championships in Oregon in December. High School: Won the two-mile run four years at the state meet...is the state recordholder in the two-mile run...won the mile at the state meet his junior season...won the 800-meter title his senior year...won the two-mile run his junior and senior seasons at the Drake Relays...anchored the medley to the Drake Relays crown his junior season and anchored the 4 x 800 relay to victory during his senior season...won the cross country state title his sophomore and junior seasons.

LEVENTE TIMAR

PERSONAL BESTS

Freshman
Distance
Szekestehervar, Hungary
Major: Undecided

8K: 25:00.10

1997: Placed 14th at the MVC cross country championships.
**Keri Clevenger**

<table>
<thead>
<tr>
<th>Personal Bests</th>
<th>Mile Run: 5:31.34 (indoors)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Middle Distance</td>
<td>3,000 Meters:</td>
</tr>
<tr>
<td>Moscow, Iowa/Wilton</td>
<td>10:55.43 (indoors)</td>
</tr>
<tr>
<td>Major: Communications/Electronic Media</td>
<td>11:10.21 (outdoors)</td>
</tr>
</tbody>
</table>

1997: Ran last leg of the distance medley at the Drake Relays which clocked in a time of 12:15.36...finished 800 meters with a time of 2:24.47 at the Snowbird Invitational.  
1996: In the indoor season finished in seventh place in the 3,000 meters with a time of 11:19.62...in the outdoor season, ran a personal best time in the 3,000 meters in 11:10.21 at the Jim Duncan Invitational.  
1995: Ran a personal best time of 18:36 at the Panther Classic cross country meet. **High School**: 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.

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**Brenna Fleishman**

<table>
<thead>
<tr>
<th>Personal Bests</th>
<th>55-Meter Hurdles: 8.30</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>100-Meter Hurdles: 14.67</td>
</tr>
</tbody>
</table>

1997: Broke 20 year old school record in the 100-meter hurdles at the MVC Outdoor Championships with a time of 14.67...set new school record at the Mercantile Bank Invitational in the 55-meter hurdles with a time of 8.30...set new outdoor school record in 60-meter hurdles clocking in a time of 9:04.  
1996: Finished the 100-meter hurdles with a time of 14.90 at the MVC Indoor Championships...set new record for 60-meter hurdles which had stood for 13 years at the NCAA Qualifying Indoor Meet with a time of 9.18. **High School**: School record-holder at Carlisle High in seven events...lettered all four years in track, three years in basketball and two years in volleyball.

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**Jenny Jackson**

<table>
<thead>
<tr>
<th>Personal Bests</th>
<th>400 Meters: 58.62</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>800 Meters: 2:12.85 (indoors)</td>
</tr>
<tr>
<td></td>
<td>800 Meters: 2:10.53 (outdoors)</td>
</tr>
<tr>
<td></td>
<td>1,000 Meters: 2:53.02</td>
</tr>
</tbody>
</table>

1997: Ran the 1,500 meters in a time of 4:36.93 at the Snowbird Invitational...ran the last leg of the sprint medley relay at the Drake Relays where the team set a new school record clocking in a time of 3:55.38...earned all-conference at the MVC Indoor Championships, placing third in the mile with a time of 4:52.47, and finished in sixth place in the 800 meters with a time of 2:12.85...set school record at the UNI-Dome Open in the 1,000 meters with a time of 2:53.02.  
1996: Ran 1,000 meters clocking in a time of 2:59.73 at the Mercantile Bank Invitational...took first at the UNI-Dome Open in the 1,000 meters with a time of 3:02.20.  
1995: Finished 8K cross country course with a time of 20:00. **High School**: Four-year letter winner in cross country, track and softball at Cedar Rapids Jefferson...three-year letter winner in basketball.
HEATHER MUILENBURG

Senior
Distance
Hospers, Iowa/MOC-Floyd Valley
Major: Accounting

PERSONAL BESTS

Mile: 5:32.46
3,000 Meters: 9:30.20
10,000 Meters: 31:09.57
3,000 Meters: 8:45.56
10,000 Meters: 34:29.80
10,600 Meters: 34:54.18
6,000 Meters: 19:06.11
10,000 Meters: 36:21.06

1997: Finished in sixth place in the 5,000 meters with a time of 18:43.21 at the SEMotion Relays. 1996: Finished third at the ISU Holiday Indoor Classic in the 3,000 meters with a time of 10:34.46...set a personal best time of 18:07.70 at the SEMotion relays in the 5,000 meters...ran a personal best time of 38:10.02 in the 10,000 meters at the Jim Duncan Invitational. 1995: Ran the 5,000 meters in 18:54...ran 18:50 at the cross country MVC Championships. High School: Earned all-conference, all-state, and all-academic honors in cross country.

CINDRA SCHELLING

Senior
Distance
Sheldon, Iowa/Sheldon
Major: Psychology

PERSONAL BESTS

800 Meters: 2:16.23 (indoors)
800 Meters: 2:16.11 (outdoors)
Mile: 5:14.54
1,500 Meters: 4:55.29

1997: Ran the last leg of the 4 x 800 relay which finished with a time of 9:15.37 for a season-best performance at the Drake Relays...member of distance medley foursome that finished in first place at the Iowa Invitational with a 12:53.50 finish. 1996: Ran the first leg on the 4 x 800 relay team that finished first at the Drake Relays with a time of 9:20.11, as well as the 4 x 1500 relay at the Jim Duncan Invitational which finished with a time of 20:33.00...ran a 4:55.29 in the 1,500 meters at the New Mexico Invitational...ran the 800 meters in 2:22.75 at the New Mexico Invitational...made all-conference during the indoor season by finishing second in the 800 meters with a time of 2:17.59 and third in the district medley with a 12:03.94 clocking...finished ninth at the Iowa State Indoor Classic in the mile with a time of 5:14.54. 1995: 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. High School: State champion in 1,500 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 runner-up in cross country...state runner-up in 800 meters in 1993.

KENDRA STANNARD

Senior
Jumps/Heptathlon
Cedar Rapids, Iowa/Washington
Major: Health Promotion

PERSONAL BESTS

Triple Jump: 38-2 3/4
Pentathlon: 3,365
Long Jump: 18-5 3/4
Heptathlon: 4,748

1997: Jumped 17-7 at the MVC Outdoor Championships in the long jump, as well as 35-7 1/4 in the triple jump...finished with 4,350 points in the heptathlon at MVC Outdoor Championships...threw the javelin 70-2 at the Snowbird Invitational. 1996: Broke nine year record in heptathlon scoring 4,748...ran the second leg of the sprint relay at the Drake Relays, finishing with a time of 4:00.40...jumped 18-5 3/4 in the long jump at the MVC Outdoor Championships, as well as 38-2 3/4 in the triple jump...threw the javelin 88-1 at the Drake Relays...ran the 200 meters in a time of 25.45 at the Drake Relays...clocked a time of 16.54 in the 100-meter hurdles at the Hawkeye Invitational...set six personal best marks at the MVC Indoor Championships including finishing in third place in the pentathlon with 3,365, earning all-conference honors...took first place in the triple jump at the SEMotion Relays with a jump of 37-8. High School: 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.
<table>
<thead>
<tr>
<th>AMY ENGLE</th>
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<tbody>
<tr>
<td>Junior</td>
<td>High Jump: 5-4 1/4</td>
</tr>
<tr>
<td>High Jump</td>
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<tr>
<td>Newton, Iowa/Newton</td>
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<td>Major: Leisure Services</td>
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</table>

1997: Vaulted 4-10 at the Simpson Invitational. 1996: Finished in first place at the Mercantile Bank Invitational with a high jump of 5-4 1/4...finished in third place with a leap of 5-4 at the Iowa State Holiday Classic.

<table>
<thead>
<tr>
<th>ANDREA MILLER</th>
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<tr>
<td>Junior</td>
<td>Shot Put: 45-10</td>
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<tr>
<td>Throws</td>
<td>Discus: 127-5</td>
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<td>Davenport, Iowa/North</td>
<td>Hammer: 88-1</td>
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<td>Major: Biology</td>
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</table>

1997: Finished in second with a 45-10 shot put in the MVC Outdoor Championships...threw 127-5 in the discus at the Iowa Invitational...finished eighth at the Snowbird Invitational with an 88-1 hammer throw...earned all-conference honors at the MVC Indoor Championships with a shot put of 43-5...transferred from the University of Arkansas.

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<th>MELISSA YERK</th>
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<td>Belvidere, Illinois/Belvidere</td>
<td>Discus: 133-3</td>
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<tr>
<td>Major: Psychology</td>
<td>Hammer: 88-1</td>
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</tbody>
</table>

1997: In the hammer throw at the Simpson Invitational, threw a distance of 145-8...finished in eighth place at the Snowbird Invitational in the discus with a throw of 117-5. 1996: Set record in hammer throw with a distance of 149-1...threw shot put 39-3 and the discus 133-3 at the Simpson Invitational...set school record and provisionally qualified for NCAA's in the 20# weight at the SEMotion Relays with a distance of 51-9 3/4...threw the discus 115-10 at the New Mexico Invitational.
### Becky Slick

**Personal Bests**
- Sophomore
- Middle Distance
- Cedar Falls, Iowa/Cedar Falls
- Major: Special Education

1997: Ran the first leg on 4 x 1600 relay team at the SEMotion Relays which finished with a time of 21:29.91...was a member of the 4 x 800 relay team at the Drake Relays which clocked in with a 9:15.37 time, as well as the first leg of the distance medley team which finished in 12:15.36...finished second at the Iowa Invitational in the 3,000 meters with a time of 10:29.78...ran the 800 meters in 2:21.59 at the Iowa Invitational...finished fifth at the Snowbird Invitational in the 1,500 meters clocking in a time of 4:41.72.

1996: In her first ever collegiate event, finished first for the Panthers in cross country at the Bradley Open. **High School**: Part of the state champion 4 x 800 relay team at Cedar Falls High...an eight-time letterwinner in cross country and track.

### Kari Thilges

**Personal Bests**
- Sophomore
- Distance
- West Bend, Iowa/West Bend-Mallard
- Major: Business Management

1997: In her first competition in the 5,000 meters, finished fifth with a time of 18:40.18 at the SEMotion Relays...finished in 10:30.66 in the 3,000 meters at the Snowbird Invitational...at the Missouri Valley Indoor Championships, turned in a 10:28.86 clocking in the 3,000 meters.

### Tiffany Ratzlaff

**Personal Bests**
- Freshman
- High Hurdles
- Ankeny, Iowa/Ankeny
- Major: Health Promotion

1997: Finished in sixth place in the 100-meter hurdles at the MVC Championships...on the 4 x 100 shuttle relay team at the Drake Relays which finished with a time of 1:03.41...won at the Simpson Twilight Invitational in the 100-meter hurdles with a 15.37 clocking. **High School**: Lettered all four years in track at Ankeny...indoor champion twice in 55-meter hurdles...on state championship shuttle hurdles team two years.
WOODY CHASES OLYMPIC DREAM AFTER WINNING NCAA CHAMPIONSHIP

The University of Northern Iowa's track and field team has always been one of the top programs in the Midwest, but the 1997 season saw the Panthers get national exposure thanks to a 17th-place finish at the NCAA outdoor meet.

The high finish was due to the fact that Joey Woody won the school's first Division I national championship when he won the 400-meter hurdles at the NCAA Outdoor Championships in Indianapolis last June.

"That top 20 finish was really big for our program," said Woody. "A lot of the top athletes don't look at any schools outside the top 20 when deciding on a school. We've received a lot of letters from athletes who are interested in UNI and that is big for our recruiting. Plus, with the new outdoor facility we have, you are going to see a lot of great athletes coming to UNI."

Woody has been impressing the track and field experts since his first collegiate meet when he set the school record in the 600 meters. Since then, he has gone on to put together a track resume filled with awards and honors that few athletes can match.

Woody earned all-American honors in the 400-meter hurdles three times and the indoor 800 meters once. He was named top male athlete at the Drake Relays in 1994, and earned Missouri Valley Conference Outdoor Track Athlete of the Year in 1994, '95 and '97, and District Five Outdoor Athlete of the Year in 1995. In 1996, Woody redshirted the outdoor season to participate at the Olympic Trials where he reached the final in the 400-meter hurdles and finished seventh overall. Before his career was over at UNI he held three indoor school records and six outdoor school marks.

Woody qualified for the NCAA Championships in the 400-meter hurdles all four years of his collegiate career and finished up as the NCAA champion last season. He had been looking to accomplish his goal of becoming a national champion since his freshman season at UNI.

"It's all about setting goals each year," said Woody. "My first year I wanted to qualify for the NCAA's and I did. I also set the goal of becoming a national champion before my career was over. My second year I wanted to be all-American and I was. My third year I wanted to be national champion, but I was all-American. Then my fourth year I redshirted, but I was able to go to the Olympic Trials and finish seventh and that really gave me a boost of confidence and showed people I could compete at a high level against the best athletes in the world. My fifth year there was no question that I was going to be a national champion and I was."

Woody realized early in his career that, in order to be a national champion, one has to be willing to work hard on and off the track and be confident in one's abilities.

"I've always had confidence in myself and my abilities. If you don't have that confidence, you end up beating yourself before you even get into the blocks," said Woody.

"As I was warming up before my heats at the NCAA's, I got a little nervous, but then I started thinking about all the hills and all the hard, tough workouts I've done since high school," said Woody. "I then started to think that I had put the work in and there's nothing for me to be nervous about."

One of Woody's greatest supporters is his head coach, Chris Bucknam. Bucknam says Woody has a lot of strengths that have helped make him one of the elite track athletes in the U.S.
"Number one, he takes care of himself like an elite athlete should," said Bucknam. "He watches his nutrition, he watches the sleep that he gets, and he trains very hard. Number two, he follows the plan that we use here at Northern Iowa. He does the things that he has control over like nutrition, self-discipline and follows the strength training program we have here. Those are things you plan and have control over and he has done a great job following the plan."

Bucknam also mentions the fact that Woody is mentally prepared for every race.

"He's mentally strong because he has confidence in the things he does off the track," says Bucknam. "I think that's why, in the last 100 meters he believes in himself and lets it go. He never says he can't do this or that because he knows he's doing things right. People who don't do things right question themselves and that's why they have mental blocks. He doesn't have mental blocks because he's living the lifestyle and doing the things he needs to do that put him in the position to be successful."

Woody gives Bucknam a lot of credit for helping him become the elite athlete he has become.

"Bucky has always given me that extra something that I needed in order to succeed. If I didn't have it, who knows where I'd be," says Woody. "Athletes at UNI have always been able to talk to Bucky and ask him questions regarding workouts or training habits and he will give you an honest answer and do whatever it takes to help you improve. Having that open communication is real important to an athlete."

After Woody won the national championship, he went on to compete at the United States Track and Field Championships where he finished third in the 400-meter hurdles. The third-place finish allowed him to make the U.S. team that competed at the World Track and Field Championships in Athens, Greece last summer. Woody finished fifth in the semi-finals, but learned a lot in the process.

"It was a great experience. It was the biggest meet I've ever competed in. I felt confident going in, but I was physically drained because I had the whole collegiate season and a lot of rounds at the conference championships and national championships. It wasn't like I didn't have confidence, I was just so drained my legs wouldn't go," said Woody.

After running at the World Championships, Woody went on to compete in a few races in Europe. He ran races in England, Sweden, Italy, Germany, and Austria. Although he said it was difficult to get used to, he is looking forward to competing in Europe in the future.

"Competing in Europe was pretty difficult because I had never done it before," said Woody. "When I go this year I'll know more about what to expect. I'm excited about this year because I know I'm going to be peaking at the right time."

The track season begins in Europe in late May and runs through the middle of September. Woody will continue to train for the European season here at UNI, but that won't be his only responsibility. In addition to his training, Woody will be helping Bucknam coach the UNI men's and women's teams.

"I'm looking forward to it. It's going to be kind of interesting to see the other side because I've always had a close relationship with my coaches, but you never get to see all the work that goes into coaching and you kind of take that for granted as an athlete," said Woody.

Bucknam thinks Woody could one day be an excellent coach after his career is over.

"I think he has the potential to be an outstanding coach. Number one, to be at the level that he's at isn't a mistake. He's a very knowledgeable, elite athlete. He brings back to us things that we wouldn't get here at Northern Iowa with the fact that he competes over in Europe every summer. He works with elite hurdle committees such as the U.S. Olympic Committee. He brings back a wealth of knowledge that helps us in the hurdle area and the sprints. He's going to help us all around, during practice, working with our athletes and also from a knowledge standpoint," said Bucknam.

Before Woody begins to think about what he wants to do after his track career, he has a few goals he wants to accomplish.

"The world record is still something that I think about," says Woody, whose fastest time is 48.18. "It's not all speed, but technical aspects that I need to improve on and once I correct those flaws I should be able to run a lot faster. It makes me think I can be a gold medalist. I'm definitely going to be in the next Olympics in 2000 and I definitely want to win a medal and those are the goals that I have set for myself that I can accomplish. I want to be a gold medalist, world champion, and world record holder. I want to be on top. That's what I've always wanted to be and I don't want to settle for anything less."

If Woody goes on to accomplish his goals, there is no doubt he will get the notoriety he so richly deserves.
Excellence in the Classroom

The Northern Iowa men's track and field team has excelled under head coach Chris Bucknam, winning 13 conference championships during his 14-year tenure. UNI has produced 10 all-Americans since 1989 and sent 33 athletes to compete at the NCAA Indoor and Outdoor Championships since 1985. In addition, Bucknam is hoping to continue this tradition with the women's team. 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.

The men's team placed the largest number of student athletes on the 1996 all-MVC track and field team with nine honorees, and placed four on the 1997 squad, while the women placed four on the all-MVC cross country team in 1996 and six on the 1997 all-MVC track and field team.

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 all-academic team.

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

Northern Iowa's MVC All-Academic Performers

<table>
<thead>
<tr>
<th>MEN</th>
<th>WOMEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>1992 Cross Country</td>
<td>Chad Flynn, Matt Lindaman, Jason Meyer, Jeff Joiner, Chad Flynn</td>
</tr>
<tr>
<td>1993 Cross Country</td>
<td>Gregg Garn, Jason McCleary, Chad Flynn, Cole Honeck, Jeff Joiner, Jason Meyer, Bob Smith, Kyle Kepler</td>
</tr>
<tr>
<td>1993 Track &amp; Field</td>
<td>Gregg Garn, Jeff Joiner, Tim Suchan, Matt Casillas, Chad Flynn, Jason Meyer, Mike Moats, Kory Swart, Guy Willey, Kyle Kepler, Jeff Joiner, Marshall Blaine</td>
</tr>
<tr>
<td>1994 Cross Country</td>
<td>Gregg Garn, Jeff Joiner, Tim Suchan, Matt Casillas, Chad Flynn, Jason Meyer, Mike Moats, Kory Swart, Guy Willey, Kyle Kepler, Jeff Joiner, Marshall Blaine</td>
</tr>
<tr>
<td>1994 Track &amp; Field</td>
<td>Gregg Garn, Jeff Joiner, Tim Suchan, Matt Casillas, Chad Flynn, Jason Meyer, Mike Moats, Kory Swart, Guy Willey, Kyle Kepler, Jeff Joiner, Marshall Blaine</td>
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<tr>
<td>1995 Cross Country</td>
<td>1993 Cross Country</td>
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<tr>
<td>1995 Track &amp; Field</td>
<td>1994 Cross Country</td>
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<tr>
<td>1996 Track &amp; Field</td>
<td>1995 Cross Country</td>
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<td>1997 Track &amp; Field</td>
</tr>
<tr>
<td>1997 Cross Country</td>
<td>1997 Track &amp; Field</td>
</tr>
</tbody>
</table>

Judisch Receives Academic Honor

Jon Judisch, a senior sprinter from Tripoli, Iowa, was honored for his excellence in the classroom as well as the track in 1997. Judisch was voted to the GTE Academic All-America District VII At-Large Team by the College Sports Information Directors of America for the second consecutive season.

Judisch has maintained a 3.86 grade-point average while majoring in biology. On the track, he was a member of the first-place 4 x 400 relay team at the Missouri Valley Conference Outdoor Championships and placed sixth in the 400 meters at the MVC Indoor Championships.

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.
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 Conference 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 athletics side include four national basketball championships, 17 trips to the NCAA Men's Basketball Final Four and a 1989 national baseball championship. During the 1992-93 academic year, though, women's athletics were added under the MVC umbrella, and the relationship has been mutually beneficial for both.

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, eight student-athletes qualified for the NCAA Championships a year ago with three -- Illinois State's James Duncan (200 meters) and Julius Edwards (400 meters), and Wichita State's Clint Panek (35-lb. weight throw) -- earning all-America honors.

During the outdoor track and field season, 10 MVC student-athletes qualified for the NCAA championships with three -- Illinois State's James Duncan (100 meters), Wichita State's Jay Krom (javelin), and Northern Iowa's Joey Woody (400-meter hurdles) -- earning all-American honors. In fact, Woody clocked a 48.59 to become the 1997 NCAA champion in the 400-meter hurdles.

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.

Wichita State's Einars Tupuritis competed in the 800 meters at the 1996 Olympic Games for his native Latvia. Darin Plab of Southern Illinois competed in the high jump at the 1992 Olympic Games and Cameron Wright, another Southern Illinois high jumper, competed at the 1996 Games.

Since joining the MVC 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 18 MVC meets since UNI's membership, the Panthers have the best composite record in the league.

Northern Iowa has produced perennial NCAA qualifiers in recent years, including six all-Americans in the last seven seasons. Woody earned all-America honors for the fourth year in a row and became UNI's first Division I NCAA outdoor track and field champion last season. Juri Rovan also earned All-America honors at last year's Outdoor Championships after finishing fourth in the pole vault with a vault of 17-8 1/2.

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 track and field 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. One of the MVC's top all-time sprint champions, Holli Hyche, won seven NCAA indoor and outdoor sprint championships during her stay at Indiana State in the early '90's.

Northern Iowa's Shantel Twiggs earned all-America honors in the 55-meter dash at the 1993 and '94 NCAA Indoor Championships while in 1995, Dianna Leftridge earned all-America honors in the long jump at the NCAA Indoor Championships.

Members of the Valley include Bradley, Creighton, Drake, Evansville, Illinois State, Indiana State, Northern Iowa, Southern Illinois, Southwest Missouri State and Wichita State.
### 1997 Cross Country

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<th>Rank</th>
<th>Team</th>
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<tr>
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### 1997 Indoor Track

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### 1997 Outdoor Track

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### 1995 Indoor Track

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### 1994 Cross Country

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### 1994 Indoor Track

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### 1994 Outdoor Track

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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 1997, the Panthers won their second MVC cross country championship and finished third at both the MVC indoor and 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
### 1997 Cross Country
1. Wichita State 59
2. Indiana State 76
3. Bradley 88
4. Illinois State 120
5. **NORTHERN IOWA** 129
6. Drake 130
7. Southwest Missouri State 136
8. Southern Illinois 171
9. Creighton 207
10. Evansville 313

### 1997 Indoor Track
1. Illinois State 125
2. Southern Illinois 90
3. Indiana State 79
4. Southwest Missouri State 74
5. **NORTHERN IOWA** 50
6. Wichita State 34.5
7. Drake 12.5

### 1997 Outdoor Track
1. Illinois State 140
2. Indiana State 122.5
3. Southwest Missouri State 120
4. Wichita State 83.5
5. Southern Illinois 49
6. **NORTHERN IOWA** 50
7. Drake 28

### 1996 Cross Country
1. Southwest Missouri State 60
2. Drake 69
3. Illinois State 92
4. Southern Illinois 113
5. Indiana State 127
6. **NORTHERN IOWA** 129
7. Wichita State 129
8. Bradley 129
9. Creighton 261
10. Evansville 288

### 1996 Indoor Track
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

### 1996 Outdoor Track
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 39.5
7. **NORTHERN IOWA** 26
8. Tulsa 4

### 1995 Cross Country
1. Drake 33
2. Illinois State 54
3. Indiana State 79
4. Southern Illinois 111
5. **NORTHERN IOWA** 117
6. Southwest Missouri State 169
7. Tulsa 171
8. Bradley 191
9. Evansville 234
10. Wichita State 242
11. Creighton 290

### 1995 Indoor Track
1. Indiana State 124
2. Southern Illinois 106
3. Illinois State 93
4. **NORTHERN IOWA** 65
5. Southwest Missouri State 57
6. Drake 49
7. Wichita State 24
8. Tulsa 9

### 1995 Outdoor Track
1. Southern Illinois 141
2. Illinois State 125
3. Indiana State 104.67
4. Southwest Missouri State 112.50
5. Drake 59
6. Wichita State 57.33
7. **NORTHERN IOWA** 38
8. Tulsa 2

### 1994 Cross Country
1. Drake 56
2. Indiana State 58
3. Illinois State 72
4. Southern Illinois 87
5. **NORTHERN IOWA** 122
6. Wichita State 148
7. Southwest Missouri State 168
8. Tulsa 242
9. Evansville 278
10. Creighton 282
11. Bradley 290

### 1994 Indoor Track
1. Indiana State 130
2. Southern Illinois 99
3. Illinois State 65
4. Southwest Missouri State 79
5. **NORTHERN IOWA** 66
6. Drake 58
7. Wichita State 8
8. Tulsa 1

### 1994 Outdoor Track
1. Indiana State 145
2. Southern Illinois 113
3. Illinois State 90.33
4. Wichita State 75
5. Southwest Missouri State 73.33
6. **NORTHERN IOWA** 63
7. Drake 59.33
8. Tulsa 1
1993 CROSS COUNTRY
1. Indiana State 59
2. Drake 60
3. Illinois State 63
4. Southern Illinois 86
5. NORTHERN IOWA 106
6. Wichita State 124
7. Southwest Missouri State 203
8. Creighton 237
9. Tulsa 251
10. Bradley 266

1993 INDOOR TRACK
1. Indiana State 124
2. Illinois State 108
3. Southwest Missouri State 77
4. NORTHERN IOWA 68
5. Southern Illinois 51
6. Wichita State 50
7. Drake 48

1993 OUTDOOR TRACK
1. Indiana State 138
2. Illinois State 106
3. Southern Illinois 91
4. Wichita State 87
5. Southwest Missouri State 83
6. Drake 62
7. NORTHERN IOWA 51

1992 CROSS COUNTRY
1. Southern Illinois 38
2. Indiana State 71
3. Southwest Missouri State 73
4. NORTHERN IOWA 106
5. Illinois State 123
6. Drake 142
7. Wichita State 142
8. Bradley 212
9. Creighton 263
10. Tulsa 282

Rachel Dozark

Women's cross country team in action at the Iowa State Memorial Classic last season.
While Northern Iowa's continued success in the past decade can be attributed to the hard work and the dedication of student-athletes from around the world, 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.

Joey Woody, who won UNI's first NCAA Division I track and field championship in the 400-meter hurdles last season, is from Iowa City.

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; Alex Garn, Ames; Matt Mullenix, Woodbine; and Woody, Iowa City).

The Panthers also set 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; Woody, Iowa City; and Allan Walz, Bondurant). Woody and Walz each earned all-American honors at the meet, Woody in the 800 meters and Walz in the 35 lb. weight.

UNI has had several women standouts including Sandy Elsberry, of Atlantic, who graduated in 1986. Elsberry owns three school records including the indoor and outdoor 5,000 meter records and the 3,000 meter outdoor record.

Another former UNI standout, Rhonda Eiben, who hails from Sigourney, has a hand in three school records. Eiben is a member of the 4 x 100, 4 x 200, and sprint medley relay teams.

Listed below are NCAA Division I national qualifiers from Iowa who have represented UNI and several women who hold school records:

**MEN**

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

**WOMEN**

Keri Clevenger, Wilton
Rhonda Eiben, Sigourney
Sandy Elsberry, Atlantic
Jenny Jackson, Cedar Rapids
Cindra Schelling, Sheldon
Becky Slick, Cedar Falls
Kendra Stannard, Cedar Rapids

**Rhonda Eiben**
JASON McCLEARY

TIM SUCHAN

ALLAN WALZ

JENNY JACKSON
### INDOOR

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<td>7.29, Johnny Westbrook</td>
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<td>21.49, Kenny Shedd</td>
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<td>1:10.02, Jeff Burris</td>
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### OUTDOOR

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**High Jump**

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**Long Jump**

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**Shot Put**

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**20-lb. Weight**

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* Size of track over 200 meters

**Note:** Top Five compiled since Northern Iowa joined Missouri Valley Conference in 1992.
### 100 Meters
1. 10.43 Maceo Strickland, 1994
2. 10.48 Dedric Ward, 1997
3. 10.54 John Harland, 1977
4. 10.57 Joe Fuller, 1984
5. 10.64 Doug Case, 1986
6. 10.64 Al Atherton, 1977

### 110-Meter Hurdles
1. 13.63 Joey Woody, 1997
2. 13.84 Larry McCready, 1967
3. 13.97 Johnny Westbrook, 1993
4. 14.10 Jay Connor, 1984
5. 14.11 Jason McCleary, 1993

### 200 Meters
1. 20.87 Dedric Ward, 1997
2. 20.95 Kenny Shedd, 1992
3. 21.24 Bob Ruchti, 1967
4. 21.36 Jim Turner, 1991
5. 21.47 Joey Woody, 1997

### 400 Meters
1. 46.46 Joey Woody, 1997
2. 46.94 Dennis Roloff, 1972
3. 46.99 Kenny Shedd, 1992
4. 47.40 Brooks Glasnapp, 1986
5. 47.43 Jim Turner, 1991

### 800 Meters
1. 1:48.10 Jeff Burris, 1988
2. 1:48.41 Joey Woody, 1994
3. 1:48.46 Miklos Arpasi, 1994
4. 1:48.55 Bill Glassmaker, 1979
5. 1:49.70 Kent Terrillon, 1990
6. 1:49.70 Eric Potter, 1997

### 1,500 Meters
1. 3:44.06 Bob Friedman, 1979
2. 3:47.65 Mark Feyerheisen, 1980
3. 3:48.23 Joe Teeling, 1979
4. 3:49.20 Chad Flynn, 1995
5. 3:50.74 Carl Burrell, 1984

### 3,000-Meter Steeplechase
1. 8:04.85 Jeff Short, 1991
2. 8:05.74 Steve Gearhart, 1986
3. 8:06.10 Jay Brock, 1997
4. 8:10.54 Jim Whitcomb, 1983
5. 8:16.04 Steve MacTaggart, 1977

### 5,000 Meters
2. 14:21.04 Bill Castle, 1990
3. 14:31.54 Jim Errede, 1979
5. 14:35.11 Todd Goodell, 1986

### 10,000 Meters
1. 29:51.64 Chris Leonard, 1985
2. 29:59.24 Bryan Huhnerkoch, 1979
3. 30:13.44 Doug Nelson, 1982
4. 30:14.59 Todd Goodell, 1982
5. 30:22.13 Bill Castle, 1990

### 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

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

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

### Triple Jump
1. 51-6 1/4 Junior Chukukere, 1992
2. 50-7 1/4 Alan Topolovcan, 1996
3. 50-2 Bill Lawson, 1977
4. 49-6 3/4 Bobby Williams, 1982
5. 49-6 1/2 Craig Fay, 1966

### Pole Vault
1. 18-1 Juri Rovan, 1996
2. 17-4 1/2 Bob Edwards, 1992
3. 17-4 1/4 Russ Adams, 1985
4. 17-0 Brad Miller, 1990
5. 16-1 Troy Becker, 1986

### Shot Put
1. 58-6 John Holler, 1978
2. 58-4 Tom Reints, 1982
3. 57-8 3/4 Mike McCready, 1971
4. 57-6 1/4 Brent Geringer, 1979
5. 54-11 1/2 Matt Casillas, 1995

### 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, 1995
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
100-METER DASH
1. 11.20 Shantel Twiggs, 1994
2. 11.70 Denise Sauerbrei, 1997
3. 12.07 Nikki Dillard, 1994
4. 12.58 Rhonda Eiben, 1996
5. 12.70 Amy Goodlaxson, 1996

100-METER HURDLES
2. 14.67 Tiffany Ratzlaff, 1997
4. 15.27 Kendra Stannard, 1997

200-METER DASH
1. 23.04 Shantel Twiggs, 1993
2. 23.73 Denise Sauerbrei, 1997
3. 24.91 Rhonda Eiben, 1997
4. 25.09 Dianna Leftridge, 1994
5. 25.29 Kendra Stannard, 1997

400-METER DASH
1. 53.74 Sherry Shedd, 1992
2. 55.32 Rhonda Eiben, 1997
3. 55.99 Dyan Fluhrer, 1993
4. 56.95 Shantel Twiggs, 1994
5. 58.02 Theresa Lux, 1994

400-METER HURDLES
1. 1:02.72 Michelle Surber, 1997
2. 1:11.68 Valerie Patterson, 1994

800-METER RUN
1. 2:08.39 Emily Montgomery, 1995
2. 2:10.53 Jenny Jackson, 1997
3. 2:16.11 Cindra Schelling, 1995
4. 2:18.38 Laura Little, 1996
5. 2:19.84 Megan Wagner, 1996

1,500-METER RUN
1. 4:33.45 Emily Montgomery, 1995
2. 4:36.93 Jenny Jackson, 1997
3. 4:39.14 Julie Mazzitelli, 1993
4. 4:41.73 Becky Slick, 1997
5. 4:49.20 Cindra Schelling, 1996

3,000-METER RUN
1. 10:00.24 Julie Mazzitelli, 1993
2. 10:15.10 Heather Mullenburg, 1997
3. 10:29.78 Becky Slick, 1997
4. 10:30.66 Kari Thilges, 1997
5. 10:39.60 Megan Wagner, 1997

5,000-METERS
1. 17:43.14 Heidi Heiar, 1993
2. 18:07.70 Heather Mullenburg, 1996
3. 18:40.18 Kari Thilges, 1997

10,000 Meters
1. 37:32.91 Amy Gielau, 1993
2. 38:10.02 Heather Mullenburg, 1996
3. 38:27.64 Heidi Heiar, 1993
4. 38:55.98 Michelle Wing, 1993

HIGH JUMP
1. 5-6 Amy Oleson, 1994
2. 5-4 1/2 Molly Ostrander, 1993
3. 5-3 3/4 Amy Engel, 1997

LONG JUMP
1. 21-3 Dianna Leftridge, 1994
2. 18-5 3/4 Kendra Stannard, 1996

TRIPLE JUMP
1. 41-9 1/4 Dianna Leftridge, 1994
2. 38-2 1/4 Kendra Stannard, 1996

SHOT PUT
1. 45-10 Andrea Miller, 1997
2. 44-0 Vicki White, 1993
3. 41-3 1/4 Carla Decker, 1994
4. 39-4 1/2 Melissa Yerk, 1996
5. 38-6 3/4 Stephanie Wainscott, 1996

DISCUS
1. 133-3 Melissa Yerk, 1996
2. 132-4 Carla Decker, 1994
3. 129-4 Stephanie Wainscott, 1996
4. 127-5 Andrea Miller, 1997

JAVELIN
1. 122-2 Carla Decker, 1994
2. 95-9 Corby Schnorenberg, 1997
3. 92-1 Carrie Sueppel, 1997
4. 89-6 Kendra Stannard, 1997

HAMMER
1. 149-1 Melissa Yerk, 1996
2. 129-5 Stephanie Wainscott, 1996

HEPTATHALON
1. 4,748 Kendra Stannard, 1996
2. 4,212 Valerie Patterson, 1994
3. 4,091 Molly Ostrander, 1994

NOTE: Top Five compiled since Northern Iowa joined Missouri Valley Conference in 1992.
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* NCAA Provisional Qualifying Time
# School Record
$ NCAA Automatic Qualifying Time

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**1997 MEN'S SEASON BESTS**

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Kyle Kepler racing in the UNI-Dome last year.

Jay Brock competes in the steeplechase at the Drake Relays.
### Indoor

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### Outdoor

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# School Record
The 1997 cross country season turned out to be one of the best in UNI history.

The Panthers dominated the competition at the Missouri Valley Conference Championships, defeating their nearest competitor by 15 points.

UNI was picked first in the pre-championship poll, and the Panthers lived up to expectations placing four runners in the top 10. They were led by a trio of experienced runners -- seniors Jay Brock, Kyle Kepler, and Rob Semelroth, who finished their cross country careers in impressive fashion.

Kepler was the Panthers' top finisher, placing third and earning all-conference honors for the fourth time, while Brock finished sixth and earned all-conference honors for the third time in his career. Semelroth ran a personal-best 24:52 and finished 10th overall and earned all-conference honors for the first time in his cross country career.

A couple of freshmen played important roles in the victory. Rob Brock, Jay's younger brother, ran like an experienced senior and finished fifth overall to capture all-conference honors and Levente Timar, a student from Hungary, placed 14th overall. Both athletes should be a force in the Valley for years to come.

Head coach Chris Bucknam was named 1997 MVC Cross Country Coach of the Year after the team's performance this season.

"I can't be prouder of a bunch of guys," Bucknam said. "They went in there with a mission, and got the job done."
1997 Cross Country - Year in Review

After being pegged for an eighth place finish in the preseason polls, the Northern Iowa Panthers strived to prove the poll wrong throughout the season. By the time the Missouri Valley Conference tournament came around, the Panthers had won the respect of the coaches around the league who figured in the poll. The Panthers were picked to finish third in the Valley meet. Unfortunately, third place was not in the cards for the Panthers after Becky Slick suffered a back injury after leading the team throughout the cross country season. The Panthers were able to pull off a fifth place finish, however, behind front runner Wichita State, Indiana State, Bradley and Illinois State.

"We've made so much improvement from the beginning of the season," Bucknam said after the meet. "But our expectations for this meet were much higher than fifth. We thought going in we had a chance to be in the thick of it if we ran off a fifth tourname n t came around, the Panthers had won the respect of the coaches around the figu red in the State.

Panther Finishers (8k)
1. Becky Slick 18:20
2. Keri Clevenger 18:54
3. Rachel Dozark 19:02
4. Evette Iverson 19:13
5. Kari Thilges 19:15

SEPTEMBER 27, 1997
ILLINOIS INVITATIONAL
CHAMPAIGN, ILLINOIS

1. Missouri 25
2. Illinois 43
3. Indiana State 63
4. NORTHERN IOWA 97
5. Northern Illinois 162
6. Wisconsin-Green Bay 173
7. Iowa 174

Panther Finishers (8k)
8. Becky Slick 18:14
9. Kari Thilges 18:36
10. Cindra Schelling 18:49

OCTOBER 18, 1997
IOWA STATE MEMORIAL CLASSIC
AMES, IOWA

1. Minnesota 40
2. Kansas State 70
3. Iowa State 90
4. NORTHERN IOWA 116
5. Illinois State 150
6. Drake 171
7. UMKC 182
8. Kansas 184
9. Luther 243
10. Beloit 312
11. McKendree 324
12. Central 326
13. Coe 367

Panther Finishers (8k)
12. Becky Slick 19:00
20. Heather Mullenburg 19:11
45. Evette Iverson 20:04

SEPTEMBER 12, 1997
ILLINOIS STATE CLASSIC
NORMAL, ILLINOIS

1. Illinois 34
2. Illinois State 43
3. NORTHERN IOWA 55
4. Iowa 114

Panther Finishers (8k)
1. Becky Slick 18:20
2. Keri Clevenger 18:54
3. Rachel Dozark 19:02
4. Evette Iverson 19:13
5. Kari Thilges 19:15

OCTOBER 11, 1997
ILLINOIS INVITATIONAL
CHAMPAIGN, ILLINOIS

1. Marquette 20
2. Illinois 59
3. NORTHERN IOWA 68
4. Illinois State 86
5. Eastern Illinois 130
6. Illinois 170

Panther Finishers (8k)
7. Becky Slick 18:18
10. Kari Thilges 18:24
13. Heather Mullenburg 18:34
15. Keri Clevenger 18:39
24. Evette Iverson 19:07

NOVEMBER 1, 1997
MISSOURI VALLEY CONFERENCE
CHAMPIONSHIPS
SPRINGFIELD, MISSOURI

1. Wichita State 59
2. Indiana State 76
3. Bradley 88
4. Illinois State 120
5. NORTHERN IOWA 129
6. Drake 130
7. Southwest Missouri St. 136
8. Southern Illinois 171
9. Creighton 207
10. Evansville 313

Panther Finishers (8k)
14. Heather Mullenburg 18:35
18. Keri Clevenger 18:44
19. Kari Thilges 18:45
35. Yvette Iverson 19:15
44. Becky Slick 19:36

NOVEMBER 15, 1997
NCAA MIDWEST REGIONAL
AMES, IOWA

1. Missouri 76
2. Nebraska 81
3. Minnesota 107
4. Kansas State 168
5. Bradley 201
6. Wichita State 202
7. Oklahoma 203
11. NORTHERN IOWA 325
12. Drake 341

Panther Finishers (8k)
23. Kari Thilges 19:22
34. Heather Mullenburg 19:35
58. Keri Clevenger 20:00

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### Men’s Indoor

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### Men’s Outdoor

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<td>440-Yard Relay</td>
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<td>7-1/2</td>
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<td>18-2.1/2</td>
<td>17-3/4</td>
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<td>Long Jump</td>
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<td>25-3 1/4</td>
</tr>
<tr>
<td>Triple Jump</td>
<td>53-11.3/4</td>
<td>51-8 1/4</td>
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<td>Shot Put</td>
<td>61-8.1/4</td>
<td>58-4 3/4</td>
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<td>Hammer</td>
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<td>Decathlon</td>
<td>7,600 pts.</td>
<td>7,150 pts.</td>
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</tbody>
</table>

**Note:**
(a) = Size of track under 200m/220y
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(c) = Size of track over 200m/220y
(d) = Size of track 200m/220y or less
# = Altitude adjustment available
<table>
<thead>
<tr>
<th>Event</th>
<th>Automatic FAT</th>
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<td>(c) 23.58</td>
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<td>800 Meters</td>
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<td>5,000 Meters</td>
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<td>11:21.9</td>
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<tr>
<td>High Jump</td>
<td>6-1 1/4</td>
<td>5-9 3/4</td>
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<tr>
<td>Pole Vault</td>
<td>13-5 1/4</td>
<td>11-1 3/4</td>
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<td>Long Jump</td>
<td>20-9 1/2</td>
<td>19-10 1/4</td>
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<td>Triple Jump</td>
<td>43-1 3/4</td>
<td>41-4 1/4</td>
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<td>Shot Put</td>
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<td>48-2 3/4</td>
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<td>20-lb. Weight</td>
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<td>53-0 3/4</td>
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## 1998 Schedule

### Indoor

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
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<tbody>
<tr>
<td>Dec. 12</td>
<td>Iowa State Holiday Meet</td>
<td>Ames, Iowa</td>
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<tr>
<td>Jan. 17</td>
<td>Hawkeye Open</td>
<td>Iowa City, Iowa</td>
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<tr>
<td>Jan. 24</td>
<td>Iowa State Open</td>
<td>Ames, Iowa</td>
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<tr>
<td>Jan. 30</td>
<td>Mercantile Bank Invitational/Big 4</td>
<td>Cedar Falls, Iowa</td>
</tr>
<tr>
<td>Feb. 6-7</td>
<td>Cyclone Invitational</td>
<td>Ames, Iowa</td>
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<tr>
<td>Feb. 14</td>
<td>Husker Invitational</td>
<td>Lincoln, Nebraska</td>
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<tr>
<td>Feb. 20</td>
<td>UNI-Dome Open</td>
<td>Cedar Falls, Iowa</td>
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<tr>
<td>Feb. 27-28</td>
<td>Missouri Valley Conference Championships</td>
<td>Normal, Illinois</td>
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<tr>
<td>Mar. 6</td>
<td>ISU National Qualifying Meet</td>
<td>Ames, Iowa</td>
</tr>
<tr>
<td>Mar. 13-14</td>
<td>NCAA Indoor National Championships</td>
<td>Indianapolis, Indiana</td>
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### Outdoor

<table>
<thead>
<tr>
<th>Date</th>
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<tbody>
<tr>
<td>Mar. 21-22</td>
<td>Florida State Relays</td>
<td>Tallahassee, Florida</td>
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<tr>
<td>Mar. 27-28</td>
<td>Sun Devil Relays</td>
<td>Tempe, Arizona</td>
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<td>Apr. 3-4</td>
<td>Texas Relays</td>
<td>Austin, Texas</td>
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<td>Apr. 10-11</td>
<td>Jim Duncan Invitational</td>
<td>Des Moines, Iowa</td>
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<td>Apr. 18-19</td>
<td>UNI/Iowa State Dual</td>
<td>Cedar Falls, Iowa</td>
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<td>Apr. 25-26</td>
<td>Drake Relays</td>
<td>Des Moines, Iowa</td>
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<td>May 2</td>
<td>Big Four Invitational</td>
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<td>May 9</td>
<td>Hawkeye Open</td>
<td>Iowa City, Iowa</td>
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<td>May 14-17</td>
<td>Missouri Valley Conference Championships</td>
<td>Cedar Falls, Iowa</td>
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<tr>
<td>May 22-23</td>
<td>Last Chance Meet</td>
<td>(TBA)</td>
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<tr>
<td>June 1-4</td>
<td>NCAA Outdoor National Championships</td>
<td>Buffalo, New York</td>
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