2001

2001 Northern Iowa Track & Field - Cross Country

University of Northern Iowa
TERRE HAUTE, Ind. - Northern Iowa broke new ground Saturday morning at the Missouri Valley Conference cross country championships.

With senior Kari Thilges setting the pace, the Panthers erased the disappointment of last year's second-place finish by running away from the field to win their first league title in women's cross country.

UNI almost took home the men's championship hardware, too, but settled for second place, just four points behind favorite Illinois State. Panther freshman Mate Nemeth was the individual winner in 24:35 over the 8,000 meter course.

"We had a great day," said coach Chris Bucknam, who was named the league's Coach of the Year. "We're just ecstatic about the women. That's huge."

Thilges toured the 5,000 meters in 18 minutes, 12 seconds to earn runner-up honors in the individual race, and lead a pack of five UNI runners who placed in the top 14.

"I was just relaxed and ready to do it," said Thilges. "It has been a long road to today. I wanted to get in front at the start, where I thought I should be."

Sophomore Rita Fiala crossed the finish line in fourth place, just :13 behind Thilges, with freshman Elly Glass of Dubuque fifth, senior Teresa Grothus 12th and freshman Wendy Shaw of Davenport 14th.

"We were bound and determined this year to be aggressive from the start," said Bucknam. "Last year, we came up a little short. Today, we got out aggressively the first two kilometers, and the race was basically over by that time."

In the men's race, Nemeth became UNI's first individual conference champion since the Panthers joined the Missouri Valley. Oliver Bodor, another freshman from Hungary, was third, junior Balazs Csillag was fifth, senior Levi Timar 13th and freshman Trent Graham 19th.

"The plan was to do what you can and help each other when you can," said Nemeth. "I don't know for sure when I took the lead, but I am happy I did."

Bucknam applauded the effort of the men's squad, which suffered a major blow during the preseason when it learned standout Rob Brock would be unable to participate.

"The team just looked forward and put that behind them," said Bucknam. "I'm proud of the way they ran. Illinois State is a very good team. That's why they're ranked third in the Midwest Region."

Part of the credit for both teams' success, Bucknam added, belongs to former Panther standout Kyle Kepler, who served as an assistant coach this season.

"Kyle did a great job," said Bucknam. "His contribution was very important."
Northern Iowa Track & Field

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Athletic Administration

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Panther Quick Facts

Location................................Cedar Falls, Iowa 50614
Founded.................................1876
Enrollment..............................13,774
Nickname................................Panthers
Colors.......................................Purple & Old Gold
Head Coach............................Chris Bucknam (Norwich ’78)
Associate Head Coach.............Doug Case (Northern Iowa ’87)
Assistant Coach.....................Joey Woody (Northern Iowa ’97)
Assistant Coach....................Kyle Kepler (Northern Iowa ’98)
Assistant Coach....................Bob Edwards (Northern Iowa ’92)
Assistant Coach...............Mike Giesler (Eastern Illinois ’90)
Conference...........................Missouri Valley
Home Facilities......................UNI-Dome(16,400)
........................................UNI Outdoor Complex
2000 Conference Men’s Finish (Indoor/Outdoor)......1st/1st
2000 Conference Women’s Finish (Indoor/Outdoor)......4th/6th

To the Media

Head coach Chris Bucknam and team members are available for
interviews in person or by telephone on most occasions. The best
time to meet with a student-athlete is just before or after practice. Interviews
may be arranged through the Athletic Media Relations Office (319-
273-5455) or directly through the Track Office (319-273-6473).
Complete results for each home event will be available as soon as
possible following the conclusion of the meet. Results also will be
available on UNI’s athletic website.
UNI track information can be found on the World Wide Web at
www.uni.edu/athletic.

Credits

The 2000 Northern Iowa Track & Field Media Guide was co-written,
designed and edited by Jill Gansemer and Chris Nietupski, UNI Athletic
Media Relations. Photography and cover design by UNI Office of Public
Relations.

On the Cover:
2000 first place trophies won in men’s indoor and outdoor track and
women’s cross country.
<table>
<thead>
<tr>
<th>Name</th>
<th>Event</th>
<th>Yr. (In./Out.)</th>
<th>Hometown/High School (College)</th>
</tr>
</thead>
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<tr>
<td>Jeff Adam***</td>
<td>Sprints</td>
<td>Sr./Sr.</td>
<td>Batavia, IA (Cardinal)</td>
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<td>Derrick Benner</td>
<td>Middle Distance/Throws</td>
<td>Fr./Fr.</td>
<td>Paulina, IA (Paulina)</td>
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<td>Steve Blocker</td>
<td>Hurdles</td>
<td>Fr./Fr.</td>
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<td>Burke Bockman**</td>
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<td>Oliver Bodor**</td>
<td>Distance</td>
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<td>Siofok, Hungary (Perczel Mar Gimn)</td>
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<td>Lamonta Bronaugh</td>
<td>Sprints</td>
<td>Fr./Fr.</td>
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<td>Chris Breidenbach</td>
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<td>So./So.</td>
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<td>Kevin Brewer</td>
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<td>Josh Crain</td>
<td>Distance</td>
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<td>Balazs Csillag***</td>
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<td>Szekszard, Hungary (I. Bela Gim)</td>
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<td>Devon Davis**</td>
<td>Short Sprints/Jumps</td>
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<td>Chad Dennis</td>
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<td>Jason Dwight</td>
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<td>Kenney Edwards*</td>
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<td>Justin Funk</td>
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<td>Travis Geopfert**</td>
<td>Decathlon</td>
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<td>Tyler Geopfert</td>
<td>Multi-Events</td>
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<td>Nate Glenn</td>
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<td>Sr./Sr.</td>
<td>Runnells, IA (Southeast Polk)</td>
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<td>Trent Graham</td>
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<td>Phillip Grothus</td>
<td>Distance</td>
<td>Fr./Fr.</td>
<td>Bettendorf, IA (Pleasant Valley)</td>
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<td>Rob Hamre*</td>
<td>Throws</td>
<td>Jr./Jr.</td>
<td>Bloomfield, IA (Davis County)</td>
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<td>Raishanu Henderson</td>
<td>Hurdles</td>
<td>Fr./Fr.</td>
<td>Milwaukee, WI (Madison)</td>
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<td>Kyle Herman</td>
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<td>Dirk Homewood</td>
<td>Long Sprints</td>
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<td>Rory Howell*</td>
<td>High Jump</td>
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<td>Marion, IA (Linn-Mar)</td>
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<td>Dave Jennings**</td>
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<td>Rob Johnson</td>
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<td>Ben Lafler</td>
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<td>Jefferson, SD</td>
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<td>Michael Lewis</td>
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<td>Bob Moreno</td>
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<td>Cedric Mullen</td>
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<td>Mate Nemeth</td>
<td>Distance</td>
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<td>Cody Neuendorf</td>
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<td>Jeff Olorundami</td>
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<td>Brian Olmman</td>
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<td>Jacob Pauli***</td>
<td>Pole Vault/Hurdles</td>
<td>Sr./Sr.</td>
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<td>Dave Paulsen*</td>
<td>Middle Distance</td>
<td>So./So.</td>
<td>Plainfield, IA (Waverly-Shell Rock)</td>
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<tr>
<td>Brainir Peitel</td>
<td>Long Sprints</td>
<td>Fr./Fr.</td>
<td>Croatia</td>
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<td>Jason Potter**</td>
<td>Sprints</td>
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<td>Sioux City, IA (Heelan)</td>
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<td>Todd Smith</td>
<td>Hurdles</td>
<td>Fr./Fr.</td>
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<td>Luke Stater</td>
<td>Sprints</td>
<td>Sr./Sr.</td>
<td>Cedar Falls, IA (Northern University)</td>
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<td>Joel Sullivan*</td>
<td>Middle Distance</td>
<td>So./So.</td>
<td>Woodbine, IA (Woodbine)</td>
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<td>Levente Timar***</td>
<td>Distance</td>
<td>Sr./Sr.</td>
<td>Szekesfehervar, Hungary (Teleki Blanki)</td>
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<tr>
<td>Brad Travis</td>
<td>Throws</td>
<td>Jr./Jr.</td>
<td>Spirit Lake, IA (Spirit Lake)</td>
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<td>Grant Wesson</td>
<td>Throws</td>
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<td>Newton, IA (Newton)</td>
</tr>
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</table>

*Letters Earned
## 2001 Women's Roster

<table>
<thead>
<tr>
<th>Name</th>
<th>Event</th>
<th>Yr. (In./Out.)</th>
<th>Hometown/High School (College)</th>
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</thead>
<tbody>
<tr>
<td>Jill Bakewell***</td>
<td>Long Sprints</td>
<td>Sr./Fr.</td>
<td>Ossian, IA (South Winneshiek)</td>
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<tr>
<td>Jessica Boline</td>
<td>Throws</td>
<td>So./So.</td>
<td>Bettendorf, IA (Bettendorf)</td>
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<td>Melissa Campbell</td>
<td>Sprints</td>
<td>So./So.</td>
<td>St. Thomas, Jamaica (St. Hugh)</td>
</tr>
<tr>
<td>Deborah Cordner**</td>
<td>Sprints</td>
<td>Jr./Jr.</td>
<td>St. Louis Park, MN (St. Louis Park)</td>
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<tr>
<td>Stephanie Corey</td>
<td>Throws</td>
<td>So./So.</td>
<td>Cedar Falls, IA (Cedar Falls)</td>
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<td>Diedra Dixon</td>
<td>Sprints</td>
<td>Jr./Jr.</td>
<td>St. Catherines, Jamaica (St. Hugh)</td>
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<td>Bridgitte Duffy</td>
<td>Throws</td>
<td>Fr./Fr.</td>
<td>Lawler, IA (New Hampton)</td>
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<tr>
<td>Jennifer Duffy</td>
<td>Throws</td>
<td>So./So.</td>
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<td>Rita Fiala*</td>
<td>Distance</td>
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<td>Johnston, IA (Johnston)</td>
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<td>Susan Francois</td>
<td>Throws</td>
<td>So./So.</td>
<td>Dundee, IA (West Delaware)</td>
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<td>Jill George</td>
<td>Multi-Events</td>
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<td>Elly Glass</td>
<td>Distance</td>
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<td>Teresa Grothus***</td>
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<td>Kristina Hand</td>
<td>Distance</td>
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<td>Mason City, IA (Nor Springs-Rock Falls)</td>
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<td>Anne Heefner</td>
<td>Middle Distance</td>
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<td>Iowa City, IA (Iowa City High)</td>
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<td>Ravin Henry</td>
<td>Middle Distance</td>
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<td>Omaha, NE</td>
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<td>Inga Hope*</td>
<td>Sprints</td>
<td>So./So.</td>
<td>La-Romaine, Trinidad (San Fernando)</td>
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<tr>
<td>Kara Hulse*</td>
<td>Long Jump</td>
<td>So./So.</td>
<td>Cedar Falls, IA (Cedar Falls)</td>
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<tr>
<td>Katie Johnson**</td>
<td>High Jump</td>
<td>Jr./Jr.</td>
<td>Omaha, NE (Millard North)</td>
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<td>Amanda Koester**</td>
<td>High Jump</td>
<td>Jr./Jr.</td>
<td>Clinton, IA (Clinton)</td>
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<td>Nicole Laham</td>
<td>Distance</td>
<td>Fr./Fr.</td>
<td>Wheatland, IA (Calamus Wheatland)</td>
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<td>Melissa Nelson*</td>
<td>High Jump</td>
<td>So./So.</td>
<td>Algona, IA (Algona)</td>
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<td>Nikole Nelson**</td>
<td>Long Sprints</td>
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<td>Stefanie Richardson</td>
<td>Distance</td>
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<td>Washington, IA (Washington)</td>
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<td>Pole Vault</td>
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<td>Hurdles</td>
<td>Fr./Fr.</td>
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<td>Kari Thilges**</td>
<td>Distance</td>
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<td>West Bend, IA (West Bend Mallard)</td>
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<td>Dee Wear**</td>
<td>Hurdles</td>
<td>Sr./Sr.</td>
<td>New London, IA (Mt. Pleasant)</td>
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</tbody>
</table>

*Letters Earned

### Head Track, Field and Cross Country Coach:
Chris Bucknam - Men's and Women's

### Associate Head Coach:
Doug Case - Sprints, Horizontal Jumps, Multi-Event

### Assistant Coaches:
Joey Woody - Hurdlers, Middle Distance
Kyle Kepler - Long Distance, Alumni Newsletter
Bob Edwards - Pole Vault
Mike Giesler - Field Events Coordinator

### Volunteer Assistants
Eric Potter - Middle Distance
Marshall Frazier - Sprints
**2001 Men's Outlook**

There's an old saying in athletics: When you no longer have to ask how far you have come, only then are you positioned to see how far you can go. Northern Iowa's track and field team has arrived at that apex.

Coach Chris Bucknam's team will likely be favored to defend its Missouri Valley Conference indoor and outdoor championships this season, but you are more likely to hear Bucknam speak in terms of possible NCAA qualifiers and All-American potential.

"Believe me, it's not that we downplay our conference meets," says UNI's 18th-year head coach. "We're just up-playing our national ranking and what we can do at nationals."

The Panthers are coming off what was arguably the best season in school history.

The highlights included runaway wins at both the Valley indoor and outdoor meets, six All-American performances by five student-athletes at the NCAA Indoor Championships, an All-American effort by pole vaulter Jake Pauli at the NCAA outdoor meet, and an upset win over Stanford in the Drake Relays 4x400.

In the U.S. Track Coaches Association's final power rankings, UNI was eighth on the indoor list and 18th outdoors. That puts the Panthers in the company of perennial powerhouses like Florida, Tennessee, Arkansas and Nebraska.

As the Panthers sprint into the heart of their 2001 schedule, they appear loaded for an encore performance.

Accomplished veterans like Devon Davis, Kerney Edwards, Cyrus Nichols, Levente Timar, Mate Nemeth, Rob Brock, Oliver Bodor, Jason Potter, Burke Bockman, Jeff Adam, Dave Paulsen, Dave Jennings and Pauli provide a strong nucleus.

"I just feel like we're pretty good across the board," says assistant coach Doug Case. "You put all those guys together with some really talented young guys in the program and that's a pretty solid team." We feel like if we do things right and don't get hurt, we should have a very good chance to win the Valley. We've got the guys to get the job done."

Some of the toughest decisions the coaching staff will make regard which student-athletes to withhold from competition now in the interest of sustaining UNI's high standards for the years to come. There is a wealth of young talent in the program.

"On somebody else's team, they might be able to contribute immediately," notes Case. "Some of them still could for us, but we're looking at redshirting a lot of those guys."

Ultimately, it's the veterans who will determine how far, how fast and how high the Panthers can go in 2001.

In the sprints, Adam and Davis are the headliners, although freshman Lamonta Bronaugh from the Twin Cities area could make an impact and Brad Travis is expected to supply points in the weight events, as well.

UNI has a history of outstanding high jumpers. Now it's Rory Howell's turn. He's gone seven feet in practice and appears fully recovered from a foot injury he suffered last season. Edwards has gone 6-10 1/4 during competition.

In the long jump and triple jump, it's up to Davis. It's one of the few areas where the Panthers don't have much depth.

"You hate to put a number on him, but he's definitely a guy who can be an All-American in the long jump," says Case. "He can jump as far as anybody else can jump. He's one of those guys you just manage more than coach. You just let him go after it."

Finally, there's Pauli and the pole vault. He's already a four-time NCAA qualifier and All-American. He's raising his personal bar this season.

"He's got to be the favorite to win the NCAA right now," says Case. "That's definitely what he wants. Everything is geared toward that this year."

Individually, those are some of the reasons UNI looks hard to catch in 2001 — again.

"I think it's a combination of very good recruiting, and those good recruits becoming very productive once they get into our program," Bucknam explains. "I think one thing we've done really well as a staff is develop conditions where those kids can excel."

It's full speed ahead for 2001.

-- Doug Newhoff, Waterloo/Cedar Falls Courier

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**USTCA Men's Team Power Rankings**

**2000 Indoor Season**

1. Florida
2. Arkansas
3. Tennessee
4. Wisconsin
5. Texas
6. Clemson
7. Nebraska
8. Northern Iowa
9. Alabama
10. Illinois
11. Texas A&M
12. Purdue
13. Penn State
14. Connecticut
15. Eastern Michigan
16. Missouri
17. BYU
18. Michigan
19. Washington State
20. Kent State
21. Indiana State
22. North Carolina
23. Naval Academy
24. Northern Arizona
25. Washington

**2000 Outdoor Season**

1. Tennessee
2. Arkansas
3. Texas A&M
4. Southern California
5. Washington
6. Florida
7. UCLA
8. Texas
9. Nebraska
10. Louisiana State
11. BYU
12. Arizona
13. Clemson
14. Alabama
15. Auburn
16. Arizona State
17. Penn State
18. Northern Iowa
19. Texas-El Paso
20. Weber State
21. Kent State
22. Washington State
23. Fresno State
24. Florida State
25. Oregon

**USTCA - U.S. Track Coaches Association**
2001 Women's Outlook

Northern Iowa coach Chris Bucknam will never forget the satisfaction and the sense of fulfillment that came with the 2000 Missouri Valley Conference women's cross country championship.

It was a first for the Panthers, and a moment he hopes UNI can soon enjoy in track and field, as well.

"We're so close to breaking this thing wide open and getting to where we can put a conference contender on the track," says Bucknam.

That could happen this indoor and outdoor season with a number of outstanding newcomers joining a handful of accomplished veterans in the program.

"We've added some real quality women this year," says assistant coach Doug Case. "I think overall everyone has improved. We revamped our fall track, and we've got a different emphasis on speed at all levels.

"We feel like they are absolutely ready to go. We want them to feel strong and feel good about themselves, and we think that's how they feel."

With most of the MVC championship cross country team in place, one of UNI's strengths will be its presence in the middle- and long-distance events. Kari Thilges, Teresa Grothus, Rita Fiala, Elly Glass and Wendy Shaw make up a group few teams in the Missouri Valley can match.

Two high-impact newcomers -- Jamaican Mellisa Campbell and Deidre Dixon -- could make the Panthers a force in a number of events. Campbell's specialties are the sprints, hurdles and horizontal jumps. Dixon is a heptathlete who can help in a number of other areas from the sprints to the hurdles and jumps.

"Mellisa's times are already good enough to contend for a Missouri Valley championship," says Case. "She is a potential 30-point scorer at the conference meets, both indoor and outdoor. She's somebody we think can go to the next level and be a national qualifier and an All-American.

"Deidre's going to be, we hope, a force to reckon with in the conference, too. She can score in as many as five events and bring home 30 or 40 points. That changes the complexion of the conference meet in a hurry if someone can do that for you."

UNI figures to get plenty of scoring from veteran sprinter Dee Wear, too. She's the defending conference champ in the indoor hurdles and was runner-up in the outdoor 100-meter hurdles.

"She is very consistent," says Case. "Every meet she runs a good race for you. We've worked on trying to get her out of the blocks a little quicker, and she looks strong."

Freshman Jill Sinnwell of Nashua made her mark in the hurdles and long jump at the high school level, and could further strengthen those events at UNI.

"We just don't know what her capabilities are yet," says Case. "Hopefully, she can come in and have some impact at the Valley meets."

The coaching staff will sacrifice some of its strength in the long sprints and hurdles by redshirting defending Valley champions Nikki Nelson (400-meter hurdles) and Deb Cordner (400 meters). That will cost the Panthers some points this season, but it's a move Bucknam hopes will play a big dividend in 2002.

"We just feel like we need to set the table one more time with the women we signed and the chances we have to get some other kids," says Bucknam.

A healthy Jill Bakewell would ease the coaching staff's concerns about redshirting Nelson and Cordner, but her status is unknown.

"She's coming off a foot injury, and she had surgery last summer," says Case. "Right now, she's unable to work out. It's just hard to say."

The Panthers have plenty of experience in the throwing and high jump events, but those are traditionally difficult areas to score in the competitive Valley.

Susan Francois is expected to be the top shot-putter and weight thrower with Jennifer Duffy and Jessica Boline spinning the discus.

Mellisa Nelson and Amanda Koester are the top high jumpers.

"They both have a lot of potential," says Case. "We think they both have a chance to score at the conference meet, but that's been a tough event in the past. You've got to jump pretty high to score, but they can do it."

UNI has a solid group of long jumpers and triple jumpers. Besides Campbell and Dixon, the Panthers return former Cedar Falls High state champ Kara Hulse.

"Another girl there who is really a high jumper/multi-event girl is Crystal Seamans," adds Case. "She's a transfer from St. Ambrose who is a heptathlete, a pretty good hurdler and someone we think can be a real good high jumper with triple jump potential."

"Our horizontal jumps needed some help. Bringing in Mellisa and Deidre is going to help and now with Crystal, that really gave us a quick fix for the jumps."

In the pole vault, the Panthers have a potential Missouri Valley champion in Liz Robertson, who was the runner-up indoors a year ago and redshirted outdoors.

"She's got the potential to be a conference champion and, hopefully, a national qualifier," says Case.

Individually, the Panthers have plenty of firepower. Collectively, they'll have to wait and see how it all adds up in 2001. Ultimately, Bucknam envisions a women's program that can parallel UNI's achievements on the men's side.

"When we talk about our women's program, we want to put our athletes' names up on our board and be able to underline some national qualifiers," he states.

Along the way, Bucknam wants UNI's record book to reflect a growing national presence.

"Our school records on the men's side are almost all automatic (NCAA) qualifiers," he notes. "That's our goal on the women's side, so when we say we broke a school record, it's legit. There are some good records on the women's side, but not enough of them."

-- Doug Newhoff, Waterloo/Cedar Falls Courier
Missouri Valley Conference

Since its beginning in 1907, the Missouri Valley Conference has been progressive in its thinking and aggressive in capitalizing on its opportunities.

Now in its 94th year of existence, the Valley has become a leader among today's collegiate athletic conferences.

Based in St. Louis since 1985, the conference has been aggressive in the approach to playing host to NCAA basketball championship events, producing a revenue-generating in-house television network, bidding out the right to play host to several sport championships and landing title sponsorships for those events.

Athletic accomplishments on the men's 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.

Valley 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 annually represent the league at the NCAA Championships.

National champions and all-Americans are nothing new for Missouri Valley student-athletes. In the decade of the '90s, 85 MVC athletes earned all-America honors with 13 of those winning a national championship. Included in the national champions are Northern Iowa's Joey Woody, who captured the 400-meter hurdles title at the 1997 NCAA Outdoor Championships in Bloomington, Ind.

Additionally, Valley athletes have gone on to compete in the Olympic Games or World Championships on 55 occasions. Woody also is included among that group, having competed at the World Championships.

Since joining the MVC in 1991, Northern Iowa's men's program has been one of the most consistent forces in the league. In fact, in the first ten years since UNI's membership began, the Panther men have the second-best composite record in the conference.

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

In addition to track and field and cross country, the Missouri Valley Conference sponsors the following sports: baseball, men's and women's basketball, men's and women's golf, men's soccer, softball, men's and women's swimming, men's and women's tennis and women's volleyball.

Members of the Missouri Valley Conference include: Bradley University, Creighton University, Drake University, the University of Evansville, Illinois State University, Indiana State University, the University of Northern Iowa, Southern Illinois University, Southwest Missouri State University and Wichita State University.

The UNI men's team celebrates its 2000 MVC Outdoor Title
Meet the Panthers
Head Coach
Chris Bucknam

Now in his 18th season as head coach of the Panther track and field program, Chris Bucknam has molded Northern Iowa into one of the top all-around programs not only in the Midwest, but in the nation.

Bucknam has carried on the proud Panther tradition passed on from previous coaches, and taken the program to new heights in the powerful Missouri Valley Conference and on the national landscape.

During Bucknam’s tenure, UNI has won 18 conference titles -- seven in indoor track, six in cross country and four outdoor crowns.

Now in his fourth year directing both the men and women’s programs, Bucknam and his staff are charting the same course for success for the women that the men’s team has travelled so successfully.

"Taking over the women’s program has been quite a challenge for us just in terms of the number of athletes involved," he said. "What we try to teach is not what’s here and now, but what’s down the road. We have a vision where we want this program to go, both on the women’s and men’s side, and we want our athletes to have that same vision now or three years down the road. We want them to expect the best.”

Since his arrival at UNI in 1979 as an assistant to longtime head coach Lynn King, the Panthers have won or shared 23 conference titles in track and field and cross country, and produced 28 all-Americans.

Bucknam oversaw Northern Iowa’s 1991 move to the Missouri Valley, where the Panthers have left an indelible mark on the league.

Although the Valley historically has been one of the best conferences in the nation, boasting numerous all-Americans and national champions, UNI stepped in and became one of the top competitors in the league instantly.

In fact, in the nine years since joining the conference, the Panthers have the second-best average finish in the league on the men’s side, having claimed six titles, eight runner-up finishes, four thirds and two fourths.

Bucknam’s teams have never finished lower than fourth at a conference track meet, and in the past decade have sent 44 qualifiers to the NCAA Indoor and Outdoor Championships, with 19 earning all-America honors.

Bucknam picked up his seventh Missouri Valley Coach of the Year honor after UNI captured the women’s cross country title in October, 2000. Additionally, Bucknam received the United States Track Association's Regional Coach of the Year award after the men won the league outdoor title in May, 2000.

Prior to joining the Valley, Bucknam was named the top coach in the Mid-Continent Conference seven times. After the Panthers won the MVC outdoor championship in 1995, he was named District V Coach of the Year and was a finalist for National Coach of the Year.

Bucknam and his staff took the men’s program to an even higher level in 1997 when the Panthers placed 17th at the NCAA Outdoor Championships.

"That top 20 finish was huge for our program," he says. "It sends the message to the University and the Missouri Valley Conference that we are a national caliber program. We’ve been rated highly in some relays, we’ve had all-Americans, and we’ve had national qualifiers in nearly 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 that way.”

Bucknam coached his first NCAA champion in 1997 when current assistant coach Joey Woody won the 400-meter hurdles at the national outdoor meet.

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 in physical education from Northern Iowa in 1982.

Bucknam and his wife, Cindy, reside in Cedar Falls with their son, Eric, and daughter, Kate.

THE BUCKNAM FILE

EDUCATION
B.S. -- Norwich, 1978
M.S. -- Northern Iowa, 1982

COACHING EXPERIENCE
Assistant Men’s Track & Field/Cross Country
Northern Iowa, 1979-84

Head Men’s Track & Field/Cross Country
Northern Iowa, 1984-present

Head Women’s Track & Field/Cross Country
Northern Iowa, 1998-present

COACHING HONORS
United States Track Association Midwest Coach of the Year - 1995, 2000
Mid-Continent Conference Outdoor Coach of the Year - 1986
Asst. Head Coach
Doug Case

Former Panther standout Doug Case is in his second season as the assistant head coach. Case returned to his alma mater last year, replacing longtime assistant Bill Lawson.

Prior to his appointment at UNI, Case had spent the previous two seasons as the head men's coach at Drake University. Under Case's guidance, Drake set three school records during the indoor season and its distance medley relay team placed ninth at the NCAA Championships.

Before taking over the Bulldog program, Case served seven years as an assistant track and cross country coach at Arkansas State, helping guide the men's and women's programs to nine Sun Belt Conference titles. He was the Indians' recruiting coordinator and primarily worked with the hurdlers, throwers and multi-event competitors.

The Marshalltown, Iowa, native has developed a reputation as an outstanding recruiter. At ASU, he was responsible for recruiting 52 outdoor and 49 indoor individual conference champions. His recruiting classes included 39 NCAA Division I national qualifiers, four all-Americans and three Olympic Trials qualifiers.

As a Panther sprinter and hurdler, Case established eight school records from 1982-86 and was an all-conference performer in the Mid-Continent Conference. He was a member of the school recordholding 4 x 100 and 4 x 200 outdoor relay teams and the 440 indoor relay. Individually, he twice placed second at the AMCU meet in the 100-meter dash and finished third indoors as a senior. He also was a Drake Relays finalist in the 100 meters.

"Doug is an outstanding, proven Division I coach whose record speaks for itself," says head coach Chris Bucknam. "To be able to attract someone of his caliber to our staff says a lot for our program. He has big meet experience with the Drake Relays and an outstanding record with Arkansas State. I really think he brings us up a notch."

Case received his bachelor's degree in physical education from UNI in 1987. His first coaching experience came at Wartburg College, where he served as an assistant in 1988-89.

He and his wife, Chris, reside in Cedar Falls with their children -- Kelsey, Lauren and Cameron.

Assistant Coach
Joey Woody

Perhaps the greatest track athlete the University of Northern Iowa has ever produced, Joey Woody is in his third season as a Panther assistant after graduating from UNI in 1997.

During his career with the Panthers, Woody earned all-American honors in the 400-meter hurdles three times and, in 1997, won UNI's first individual Division I track and field national championship.

He also earned all-America honors in 1996 in the indoor 800 meters and was named Missouri Valley Conference Track Athlete of the Year on three occasions, including his final collegiate season at the 1997 Outdoor Championships. Woody won the 400-meter hurdles at the Drake Relays two consecutive years and was named the top male athlete at the event in 1994.

A native of Iowa City, Woody brings plenty of valuable experience to the Panther program. Since his graduation from UNI, he has continued to compete and been a major force professionally, both on the national and international level.

He is a member of the world recordholding 4 x 800-meter relay team that shattered a 29-year-old record by nearly four seconds with a time of 7:13.94.

Woody entered 2000 ranked second in the United States and sixth in the world in the 400-meter hurdles. In 1999, he captured a gold medal at the World Championships as a member of the U.S. 4 x 400-meter relay team, and finished sixth in the 400-meter hurdles. He also placed second at the U.S. Championships.

He enjoyed a productive 1998 as well, winning a gold medal at the World Cup as part of the U.S. 4 x 400 team and finishing fifth in the hurdles. He won the bronze medal at the 1998 U.S. Championships, placed fourth at the Goodwill Games and won the Drake Relays title.

Woody has competed frequently in Europe over the past three years as a member of the Reebok and New Balance Track Clubs and will again be competing overseas in 2001. He continues his training in Cedar Falls after finishing fourth in the 2000 Olympic Trials.

Woody's main focus as a coach is with the hurdlers, long sprinters and middle distance runners.

"Joey is an outstanding coach," Bucknam said. "He is a knowledgeable, elite athlete who has gained experience all over the world and can bring that information back to our program."

Woody and his wife, Heather, who competed as a sprinter at UNI, live in Cedar Falls.
Assistant Coach
Bob Edwards

Bob Edwards is in his eighth season as the assistant coach in charge of pole vaulters.

Edwards enjoyed an outstanding career at UNI as a vaulter, winning the Missouri Valley Conference outdoor title as a senior. He also won indoor and outdoor championships in the Mid-Continent Conference in 1990. His vault of 17-4 1/2 in 1992 places him third on UNI's all-time outdoor list, and he ranks fourth on the indoor chart at 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 the program."

Edwards has played a key role in the development of recent Panther standouts Rovan and Jake Pauli. Rovan was a two-time all-American and is the school outdoor recordholder, while Pauli is the indoor recordholder and a two-time all-American.

Assistant Coach
Kyle Kepler

Former Panther distance runner Kyle Kepler is in his third season as a Panther assistant coach after completing a stellar career at UNI.

A native of Webster City, Iowa, Kepler joined the UNI program in 1993 after earning all-state cross country honors in high school. It didn't take long to make an impression as he placed 10th at the Missouri Valley Conference cross country meet and earned all-conference honors as a freshman. Kepler went on to become a four-time all-conference cross country runner, finishing in third place his senior year. He became a member of the all-district team by finishing 15th at the NCAA Midwest Regional Championship Meet in 1997.

On the track, Kepler was an all-conference performer six times in three different events -- in the 5,000 meters, 10,000 meters. In 1998, in his final collegiate competition, he claimed a runner-up finish at the Missouri Valley Conference Outdoor Championships in the 10,000 meters. He holds the indoor 5K school record with a time of 14:26.44.

In the classroom, Kepler was a three-time selection to the conference all-academic team in both track and cross country.

As a coach, he assists with the distance runners and is responsible for various administrative duties, including the track program's alumni newsletter.

Assistant Coach
Mike Giesler

Mike Giesler is in his first season as the assistant coach in charge of the field athletes. He fills the spot on the staff vacated when former UNI assistant Shantel Twiggs resigned in June, 2000, to accept the head women's track coaching position at Northern Illinois University.

Since August of 1996, Giesler has served as the women's track and cross country coach at the University of Tennessee at Martin where he helped lead the growth of the Skyhawk's track program. Prior to UT-M, Giesler spent seven years as an assistant coach at Southern Illinois University, where his main responsibility was recruiting. He is recognized as one of the primary vertical jump coaches in the Midwest.

Giesler, a 1990 graduate of Eastern Illinois University, enjoyed a fantastic career, earning five conference titles, three in the javelin and two in the decathlon. Prior to EIU, he attended Parkland Junior College and was a finalist in the 600-yard dash in the National Indoor and Outdoor Track and Field Championships.

"We're extremely pleased to have someone of Mike's caliber join our program," head coach Chris Bucknam said. "He brings with him a strong national reputation and a great work ethic. We hired Mike to coordinate our field event development, a vital area to the future of our program. In just a few months on the job we are already feeling the impact of his presence."

Jeff Adam
Sr. • Sprints
Batavia, Iowa (Cardinal Eldon)
MVC Champ
3x MVC Champion

Personal Bests: Indoor: 60m--6.76; 100m--10.41; 200m--21.64. Outdoor: 200-21.12.

2000: Outdoor - Finished in second place at the Northern Iowa Open in the 100m dash and the 200m dash with a time of 10.51 and 21.84, respectively...placed second at the Missouri Valley Conference Championships in the 100m dash. Indoor - Ran his fastest time of the season in the 60m dash, with a time of 6.82 at the Missouri Valley Conference...finished second in the 200m dash at the Mercantile Bank Invitational...placed second at the UNI-Dome Open. 1999: Outdoor - Top 100-meter performance was 10.64 at the Texas Relays...qualified for the Drake Relays in the 100...ran the second leg on the sprint medley team that placed third at the Drake Relays. Indoor - Placed second at the conference meet in the 60-meter dash (6.77) and sixth in the 200...placed second in the 200 at the Cyclone Holiday Classic (22.02), seventh in the Iowa State Classic (21.64)...won 200 (22.34) and finished second in 60 meters (6.86) at Wisconsin Invitational...took fourth at Cyclone Last Chance Qualifier in the 60-meter dash (6.86)...finished fifth in the 60-meter dash (6.86) at the Mercantile Bank Invitational...posted a runner-up finish at the UNI-Dome Open. 1998: Outdoor - An all-conference performer outdoors who tied for third in the Valley 100-meter dash with a school-record 10.41, and placed fourth in the 200 meters with a team season-best 21.12...his 100- and 200-meter times at the Valley meet were the fourth-fastest in the conference during the season...also ran on the 4 x 100 relay squad that finished second at the Valley meet...placed fifth in the 200 at Florida State Relays (22.04)...ran on the 4 x 100 relay team that set a school record (40.55) at Florida State...finished second at the Jim Duncan Invitational in the 100 (10.59). Indoor - Just missed all-conference honors, taking fourth in the MVC 55-meter dash (6.40)...captured the 55-meter title at the Hawkeye Open in 6.40...posted a season-best 6.39 time at the Iowa State Open, finishing tied for ninth. 1997: Redshirted. High School: Won the state 100-meter title as a junior and senior...captured the 200-meter championship as a senior...also lettered four times in football.

Jeff Adam

Burke Bockman
Jr. • Hurdles
Decorah, Iowa (Decorah)
MVC Champ
2x All-MVC

Personal Bests: Indoor: 400m--47.70; Outdoor: 400m hurdles--51.37

2000: Outdoor - Finished in first place in the 400m high hurdles during the conference championships with a time of 51.37...placed seventh in the 400m hurdles at the Drake Relays. Indoor - Placed fourth at the Cyclone Holiday Classic...finished third at the Mercantile Bank Invitational in the 400m dash. 1999: Outdoor - Earned all-conference honors in his first season by placing third at the Valley meet in the 400-meter hurdles (53.10)...also ran on the second-place 4 x 400 relay squad...ran his season-best 53.07 at the Hawkeye Open...runner-up at the Augustana Invitational and third at the NCAA Qualifying Meet at UNI...finished fourth in the 400 hurdles at the LSU and Jim Duncan Invitationals, and Northern Iowa Open. Indoor - Ran a season-best 49.22 in the 400 meters at the Iowa State Open...took fifth in the 400 at the Mercantile Bank Invitational...had a second place finish at the UNI-Dome Open in the 200m dash. High School: An outstanding all-around athlete who finished third twice in the 400 hurdles at the state meet...also a member of the state championship 4 x 400 team...a first team all-state selection in football, two times all-conference in basketball...won 12 total letters in track, football, basketball and baseball.

Personal: Majoring in General Studies...son of Nick and Cyndy Adam

Burke Bockman

Oliver Bodor
Fr. • Distance
Siofok, Hungary (Perczel Mar Gimm)
NCAA Qualifier
All-MVC

Personal Bests: CC: 10K--30.50; 8K--24:42. Indoor: 3K--8:02.21; Outdoor: 10K--29:56; 5K--14:30

2000: Cross Country - Qualified for nationals after a 10th place finish at the NCAA Regional Meet...finished in 33rd place at Nationals with a time of 30:50...named to the all-district team...MVC Athlete of the Week. High School: School record holder in the 1500m (3:55.3); 300m (8:35); 5000m (14:55), and 10,000m (31:52)...named to the all-conference team. Personal: Major is undecided...son of Katalin Bodor

Oliver Bodor

Lamont Bronaugh
Fr. • Hurdles
Burnsville, Minn.

Personal: Major is undecided...son of Earl Bronaugh and Betty Johnson

Lamont Bronaugh
Rob Brock
Jr. • Middle Distance
Dubuque, Iowa
(Senior)
All-American
MVC Champ
3x All-MVC

Personal Bests: CC: 8K--24:40; Outdoor:
1,500m--3:47.49; 5,000m--14:47.35.
Indoor: Mile--4:09.49; 3,000m--8:23.42;
1000 -- 2:28.66.

2000: Cross Country - Redshirt. Outdoor -
Was on the winning 4x1600m relay team that
beat Stanford at the Drake Relays...took a
second place finish in the 5000m at the
conference meet...finished sixth at the Drake
Relays in the 1500m...finished in second
place at the Southern Illinois Invitational in
the 1500m. Indoor - A member of the
distance medley team that set the school
record (9:39.47) at the Iowa State
Classic...finished in third place in the 3000m
at the Badger Track Classic...placed second at
the Iowa State Open in the mile...at the
National Qualifying Meet finished in 13th
place (4:10.29). 1999: Redshirted. 1998:
Cross Country - Earned his second all-
conference honor in as many seasons by
placing eighth at the Missouri Valley
Conference Championships...was the top
Panther finisher in five of the team's eight
competitions...earned a spot on the Valley All-
Scholar team in his first year of eligibility with
a 3.37 GPA...named MVC Athlete of the Week
Sept. 21 after finishing third at the Iowa Open and
Oct. 10 after winning the Indiana State
Invitational. Outdoor - In his first collegiate
outdoor competition, won the 800 and finished
second in the 1,500 at the Florida State Relays
with times of 1:53.90 and 3:52.01,
respectively...a member of the 4 x 800 relay
team that placed eighth at the Drake
Relays...finished second at the UNI Open by
running a 3:58.98 in the mile. Indoor - Placed
sixth at the conference meet in the mile
(4:18.14) and earned all-conference honors on
the runner-up-distance medley relay team
(9:56.38)...recorded the team's top 1,000-meter
performance (2:28.98) in winning the Mercantile
Bank/Big Four Invitational...won the 800
meters at the UNI-Dome Open in
1:54.56...placed second in the mile (4:12.33)
at the Husker Invitational. 1997: Cross
Country - Burst on the scene as one of the top
freshmen in the Missouri Valley, taking fifth at
the conference meet to earn his first all-
conference award...took 32nd at the regional
meet...placed 13th at the U.S. Junior Championships. High School: Highly-recruited prep
who won the state two-mile title four
times...captured the state 800-meter title his
senior year and won the mile his junior
season...the Drake Relays champion in the two-
mile run as a junior and senior...anchored the
Rams' Drake Relays championship teams in
the medley as a junior and 4 x 800 as a
senior...also won the state cross country title
his sophomore and junior seasons. Personal:
Majoring in Criminology...son of James and
Janice Brock...brother, Jay, was a three-time conference steeplechase champ for the Panthers.

Josh Crain
Fr. • Distance
Marshalltown, Iowa
(Marshalltown)

Personal Bests: CC: 8K--26:28; 10K--3:30

2000: Cross Country - Participated in cross
country...ran in his top finish, 12th place, at the
Pre-Regional Meet in Waterloo, Iowa.
Personal: Majoring in Art...son of Sam and
Jana Crain

Balazs Csillag
Jr. • Middle Distance
Szekszaard, Hungary
(I. Bela Ginn)
All-American
MVC Champ
4x All-MVC

Personal Bests: CC: 8K--24:47; 10K--
31:25; Indoor: Mile--4:04.64; 1,500m--
3:45.60; 3,000m--8:03.98; Outdoor:
3,000m steeplechase--8:56.31; 5,000m--
14:17.6; 10,000 -- 29:52.10

2000: Cross Country - His top finish of the
season was at the Iowa State Open where he
finished third...honored as all-MVC after
finishing in fifth place...Prairie Farms MVC
Scholar Athlete of the Week...2000 MVC
Scholar Athlete. Outdoor - Was on the
winning 4x1600m relay team that beat Stanford
at the Drake Relays...finished in second place
in the 1500m at the conference meet...had a first
place finish at the Husker Open in the 5000m
(14:17.10)...won the Northern Iowa Open in the
1500m (4:00.99)...named to the conference
Scholar-Athlete team. Indoor - Holds the
school record in the one mile run with a time of
4:04.64, was set at the Iowa State Classic...ran
his fastest time in the 3000m (8:03.98) at the
National Qualifying Meet. 1999: Cross
Country - The Panthers' low finisher at the
Missouri Valley Conference meet, taking sixth
with a 24:54...recorded a season-best 24:47 at the
Pre-Regional meet, where he was runner-up...
won the season-opening Western Illinois
Invitational...took third at the Nebraska and
SMS Invitational...named to the conference
All-Academic team. Outdoor - Ran season
bests in the 800 (1:56.77) and 1,500 (3:56.52)
at the LSU Invitational. Indoor - Opened the
season by winning the 5,000 at the Cyclone
Holiday Classic (14:51.81), then finished

Kevin Brewer
Fr. • Middle Distance
Iowa City, Iowa
(Iowa City)

High School: Received all-state honors and
was a member of the Elite all-state team during
his junior and senior seasons...state champion in
the 4x400 both junior and senior year...state
champion in the 4x800 last year. Personal:
Major is undecided ...son of Jim and Madeline
Brewer
Panther Profiles

second in the 3,000 at the Iowa State Open (8:29.51) on the same track a month later...won the mile at the UNI-Dome Open (4:17.96)...placed fourth in the mile (4:15.91) at the Mercantile Bank Invitational and fifth (4:17.91) at the Badger Classic. 1998: Cross Country - One of the team's top runners throughout the season, finishing in the top three on the team in every meet...posted best time of 25:21 at Indiana State Invitational. Outdoor - Took fourth at the Valley meet in the 1,500 (4:08.16)...posted the fourth-best time in the league in the 1,500 with a 3:50.81 at the Sun Devil Rays, where he finished seventh...ran second in the steeplechase at Jim Duncan Invitational (9:20.19)...recorded a season-best time (1:53.11) in the 800 at the UNI Open, finishing third. Indoor - Ranked in the top six in the Missouri Valley in the 800 (1:53.13), mile (4:09.42) and 3,000 (8:23.64)...placed fifth at the conference meet in the mile run (4:15.57)...won the 3,000 at the Iowa Open (8:35.7)...placed second in the 1,000 at the Iowa State Open...doubled up by winning the 800 (1:54.82) and 3,000-meter runs (8:26.45) at the Mercantile Bank/Big Four Invitational...came away with a runner-up finish in the mile at the tough Husker Invitational with a 4:09.42, the second-fastest time in school history...ran second in the 3,000 (8:23.31) at the UNI-Dome Open...recorded UNI's top times during the season in the mile and 3,000. Personal: Majoring in Economics...son of SANDOR Csillag and Polixena Szantho...his uncle is the Hungarian national record holder in the 1,500 meters.

Devin Davis

Jr. • Sprints/Jumps
Pickering, Ontario
(Pickering)
NCAA Qualifier
2x MVC Champ
6x All-MVC
MVC Ath. of the Year

Personal Bests: Indoor: 60m--6.75; 100m--10.43; long jump--25-2 1/2; triple jump--49-5. Outdoor: 200m--21.38; long jump, 24-5 1/2; triple jump 51-8 1/4.

2000: Outdoor - Recorded the best time in the conference during the season in the 100m dash with a 10.43 recorded at the Sea Ray Relays...finished in first place at the Southern Illinois Invitational in the 100m...placed fourth at the Florida State Relays in the 110m hurdles...took fourth in the long jump at the conference meet. Indoor - Set the school record in the 60m dash (6.75) at the Badger Invitational with a first place finish...earned first place honors in the long jump at the Mercantile Bank Invitational...placed fifth at the conference championships in the long jump (25-0)...finished in first place in the triple jump (50-5 1/2) at the UNI Invitational...captured the title in the 60m dash at the national qualifying meet. 1999: Outdoor - Named the Missouri Valley Conference Track Athlete of the Year after winning the 100-meter dash (10.43), placing fourth in the 200 (21.38), running the anchor leg on the winning 4 x 100 relay team, finishing second in the triple jump (50-0 3/4) and fifth in the long jump (24-5 1/2)...finished sixth in the 100 at the LSU Invitational...finished first in the triple jump, third in the 100 and fifth in the long jump at the Jim Duncan Invitational...set a school record and eclipsed the NCAA provisional qualifying mark in the triple jump in winning the Duncan with a 51-8 1/4...took third in the 100 at the UNI Open. Indoor - Scored in three events at the Valley meet -- third in the triple jump, fifth in the long jump and sixth in the 60-meter dash...set the school record and qualified for the NCAA Championships in the long jump with a 25-2 1/2 at the Mercantile Bank Invitational...also recorded a season-best 49-5 in the triple jump while finishing fourth at the Mercantile Bank Invitational...finished sixth at the NCAA's in the long jump with 22-4 1/2...placed third in the 60 at the Badger Classic...claimed ninth and 12th in the triple and long jumps, respectively, at the Cyclone Classic; seventh in the long jump at the Iowa State Open...won the long jump at the UNI-Dome Open (23-9). High School: A four-time Canadian national champion in the triple jump and two-time national long jump champ...won the Ontario triple jump title four times and long jump championship once...finished second at the provincial meet in 100-meter dash as a sophomore, third as a senior. Personal: Undecided major...son of Patrick and Monica Davis.

Kenney Edwards

Jr. • High Jump/ Hurdles
Dallas, Texas
(Richardson)
MVC Champ

Personal Bests: Indoor: 60m hurdles -- 8.13; Outdoor long jump 25-7; 110 hurdles -- 14.55; high jump -- 6-10 1/4 -- decathlon -- 7173.

2000: Outdoors - Captured the Missouri Valley Conference title in the decathlon with 7173 points during the conference meet...placed second at the Florida State Relays with 6751 points and fourth at the Texas Relays third in university standings and sixth overall provisional. Indoors - In the first meet of the season he captured his longest indoor long jump of the year (22-3 3/4) and a sixth place finish...tied with teammate Roy Howell for the highest high jump of the season (6-9 3/4) at the conference meet...placed third at the Badger Invitational in the 60m hurdles. High School: Qualified for the Texas Relays his final three years...was ranked in the top 10 in Texas in the high jump, 110 hurdles and 300 hurdles as a junior and senior...a two-time regional qualifier in the high jump...also an all-district and all-city wide receiver...also lettered in basketball. Personal: Majoring in Education...son of Kenneth Edwards and Piper Henry.

Balazs Csillag

Devon Davis
Panther Profiles

Travis Geopfert
Sr. • Decathlon
Panora, Iowa (Panorama)
All-American
2x MVC Champ

Personal Bests: decathlon--7,031 pts.;
Indoor: 60m HH--8:84; 100m--10.78;200m--
22.04; 400m--48.90;800m -- 1:57.91.
Outdoor: 110m HH--15.74; 400m 48.76
1500m -- 4:37.2; long jump -- 22-6; shot put --
45-5; high jump--6-1.75; Disc -- 145-5; 400H
--55.48; Pole vault --14.0; Javelin --
167-6; 1000--2:43.9;

2000: Outdoor - Finished in second place at the
Missouri Valley Conference Championships in
the decathlon with 6,923 points... during the
Southern Illinois Invitational, he finished fifth in
the pole vault (12-11 3/4), Indoor - A member of the
distance medley team that set the school record (9:39.47) at the Iowa State Classic...
placed eighth at the Mercantile Bank Invitational
in the 60m dash and ninth in the shot put...
finished in fifth place in the 600m dash at the
UNI Invitational. 1999: Outdoor - Finished
fourth in the decathlon at the Missouri Valley
meet (6,319)...placed seventh at the Florida State
Relays (6,754)... finished sixth in the 110 hurdles
at the UNI Open (15.74)...ran a season-best 55.48
in the 400 hurdles at the Iowa Open. Indoor -
Scored at the conference meet, finishing sixth in the
400 with a 49.68...posted a season-best 49.33
at the Iowa State Classic...placed sixth in the 200
at the UNI-Dome Open with a season-best
22.43...finished eighth in the 400 at the Mercan-
tile Bank Invitational...compiled a sixth-place
finish at the Badger Classic in the heptathlon.
1998: Outdoor - Burst on the scene by winning
the Missouri Valley Conference decathlon title as
a freshman with 7,031 points, which was the top
point total in the conference during the season
and fourth-best in UNI history...placed sixth at the
Drake Relays in decathlon (6,724). Indoor -
Season-best performances--8.04 in the 55 hurdles
at the Mercantile Bank Invitational; 22.67 in the
200 at the Iowa State Open; 50.19 in the 400 at the
Cyclone Invitational; 21-4 in the long jump at
Mercantile Bank Invitational; 42-8 in the shot put
at the Iowa State Holiday Classic. High School:
A first team all-state track performer four
times...lettered four times in track, football and
basketball...a first team all-state linebacker and
running back in football... also earned honorable
mention on the all-state basketball team.
Personal: Majoring in Communications...son of
Gary and Theresa Geopfert

Trent Graham
Jr. • Distance
Des Moines, Iowa (Roosevelt)

Personal Bests: CC: 8K -- 25:45; 10K --
32.17; 5K -- 15:17; 3200 -- 9.13

2000: Cross Country - His top finish of the
year was at the Pre-Regional Meet in Waterloo,
Iowa, where he took 11th place...fastest times of
the season were 25:45 in the 8K and 32.17 in the
10K. High School - On the cross country
all-state team his junior and senior year...track
all-state his junior and senior seasons...state
champion in the 3200m during his senior year...
Elite all-state in track and cross country...six track team titles in 1999.
Personal: Majoring in Accounting...son of
Mike and Nancy Graham

Robert Hamre
Jr. • Throws
Bloomfield, Iowa
(Davis County)
All-MVC

Personal Bests: shot put--54 (indoor),
52-4 (outdoor).

2000: Outdoor - Placed sixth at the Missouri
Valley Conference Championships in the shot
put (51-6 1/2). Indoor - In his longest throw of
the season (52-2), he finished in sixth place at the
conference meet...finished fifth at the Badger
Invitational in the shot put (51-6 1/2), his career
best...placed seventh at the Iowa State Open (50-5
1/4) ... was fourth at the Mercantile Bank
Invitational and sixth at the UNI-Dome Open.
1999: Outdoor - Earned all-conference honors
as a freshman by placing third at the Missouri
Valley meet in the shot put (52-4)...also finished
second at the Jim Duncan Invitational. Indoor -
Placed fourth at the conference meet in the shot
put (51-5 3/4) and fifth at the UNI-Dome Open
(49-11 3/4). High School: Earned four letters
each in track and wrestling, and three in
football... an all-stater in all three sports...placed
second at the state meet in the shot put...also a
state wrestling placer. Personal: Majoring in
Industrial Technology...son of Harold and
Beatrice Hamre...started all 11 games at defensive
tackle for the Panther football team, recording 41
tackles
Panther Profiles

Rory Howell
So. • High Jump
Marion, Iowa
(Linn-Mar)

Personal Bests: high jump -- 6-9 3/4

2000: Outdoor - In the first meet of the outdoor season, he captured his highest jump (6-9) in the high jump at the Florida State Relays while placing fifth...finished fifth at the Missouri Valley Conference Championships. Indoor - Captured the first place title at the UNI Invitational with a jump of 6-7... during the Cyclone Holiday Classic, he finished third with a jump of 6-9...placed fourth at the Iowa State Open and third at the Mercantile Bank Invitational...all-conference with a third place finish (6-9 3/4). 1999: Redshirted. High School: Captured the state high jump championship as a senior, finished fifth at the Drake Relays...also finished third in the conference and was a state qualifier in the high hurdles... lettered in track, football and basketball. Personal: Majoring in Anthropology...son of Randy and LuAnne Howell

Dirk Homewood
Fr. • Long Sprints
Cedar Falls, Iowa
(Cedar Falls)

High School: Named all-state and all-conference...school record holder in the 400m...lettered in track and basketball...Mississippi Valley Conference all-academic team for basketball...graduated top in his class with a 4.0 GPA. Personal: Majoring in Mathematics Education...son of Richard and Debra Homewood

Dave Jennings
Sr. • Throws
Nevada, Iowa
(Nevada)
3x All-MVC

Personal Bests: 35# weight--65-7, shot put 49-6 1/2 (indoor), 46-3 1/4 (outdoor); discus--165-0; hammer--187-5.

2000: Outdoor - Finished third at the Missouri Valley Conference Championships in the hammer throw with a distance of 182-7...his longest hammer throw of the season was 187-5 at the Sea Ray Relays...placed second at the Florida State Relays in the discus (159-2)...at the Southern Illinois Invitational, he finished second and third in the discus and hammer throw, respectively...captured the hammer throw title at the Husker Open (168-0 1/2) and also finished fifth in the discus. Indoor - Named NCAA Provisional Qualifier with a second place finish in the weight throw with his longest throw of the season (63-9 1/2)...competed in the weight throw and placed third at the Cyclone Holiday Classic and finished fifth in the shot put...finished in second place in the weight throw at the Badger Invitational...placed fourth at the Iowa State Open in the weight throw and took second place at the Mercantile Bank Invitational. 1999: Outdoor - One of the Panthers’ most versatile throwers, he placed fifth in the hammer (170-0), sixth in the discus (156-4) and seventh in the shot put (46-3 1/4) at the Missouri Valley Conference Championships...finished 14th in the hammer at the Drake Relays (180-3)...claimed fourth and sixth at the Florida State Relays in the hammer and discus, respectively...finished sixth and eighth in the hammer and discus, respectively, at the LSU Invitational...won the discus and hammer at the Augustana Invitational while placing sixth in the shot put. Indoor - Scored twice at the Valley meet, finishing fourth in the 35# weight (55-9 1/4) and fifth in the shot put (49-6 1/2)...placed third in the weight at the Iowa State Open (58-10), fourth at the UNI-Dome Open (55-9), fourth at the Badger Classic (57-9 3/4) and sixth at the Mercantile Bank Invitational (53-10 1/4). 1998: Redshirted. High School: A four-sport athlete who earned 9 letters in track, football, basketball and baseball...named first team all-district in football...two time all-state elite in discus. Personal: Physical Education major...son of Steve and Deb Jennings

Mate Nemeth
So. • Distance
SzeksZard, Hungary
(I. Bela Ginn)
MVC Champ


2000: Cross Country - Champion at the Drake Open, the Iowa State Open and the Missouri Valley Conference Championships...three time conference Athlete of the Week...MVC Scholar Athlete...fastest time in the 8K (24:35) and 10K (31:37). Outdoor - Was on the winning 4x1600m relay team that beat Stanford at the Drake Relays...ran his fastest time of the season in the 3000m steeplechase and had a second place finish at the Missouri Valley Conference Championships with a time of 9:07.21...finished second at the Husker Open (9:13.72)...member of the 4x1600m Drake Relay championship team. Indoor - Finished in ninth place in the one mile run at the Iowa State Open with a time of 4:16.81...placed second in the 3000m run, at the Mercantile Bank Invitational (8:27.59) and a third place finish at the UNI Invitational. High School: Twice competed at the European Championships, finishing 21st and 51st...finished 38th at the World Junior Championships...won the World Gymnaside race and placed sixth at the European Youth Olympic Days. Personal: Major is undecided...son of Gyula Nemeth and Zsuzsa Laszlo

NORTHERN IOWA TRACK & FIELD

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Cody Neuendorf  
**Fr. • Middle Distance**  
Clarksville, Iowa  
(Waverly)

**Personal Bests:** 110 hurdles -- 14.55; 200 -- 22.5; 60m hurdles -- 7.97

**High School:** Two-time Drake Relay champion in the 4x800...two-time runner-up at the Iowa State Championships in the 800m...800m personal best (1:54.19)...received an academic letter. **Personal:** Major is undecided...son of Claire Neuendorf and Holly Fokkena.

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Cyrus Nichols  
**So. • Sprints/Hurdles**  
Des Moines, Iowa  
(Roosevelt)  
**All-MVC**

**Personal Bests:** 110 hurdles -- 14.55; 200 -- 22.5; 60m hurdles -- 7.97

**2000: Outdoor** - Ran his best time of the season in the 110m hurdles at the Missouri Valley Conference Championship with a seventh place finish (14.82)...placed sixth at the Florida State Relays (14.87). **Indoor** - Finished third at the conference tournament with his fastest time and the school record (8.06) in the 60m hurdles...earned first place honors (8:30) at the Badger Invitational...placed third at the Mercantile Bank Invitational...took second place at the UNI-Dome Open. **High School:** One of the most successful high school track athletes in Iowa history, he was the first person ever to win the state and Drake Relays titles in the 110-meter hurdles three years in a row...was named the top high school athlete at the 1999 Drake Relays...a member of the national champion sprint medley relay team...took second in the 400 hurdles and fourth in the 110 hurdles at the USA Junior Olympics in 1996-97...a three-time honoree to the Elite all-state team. **Personal:** Majoring in Management Information Systems...son of Cortez and Denise Nichols

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Jeff Olorundami  
**Fr. • Hurdles**  
Sioux City, Iowa  
(West)

**High School:** Won the Sioux City District Meet in both the high jump and the hurdles three years in a row...finished second at the 2000 Drake Relays in the hurdles...went undefeated in the high jump his senior year...placed third at state...jumped 6-8 in the high jump, ran 14.3 in the high hurdles, and ran the 400m in 49.7...a member of the basketball team, the choir and the dance squad. **Personal:** Major is undecided...son of Bola and Jane Olorundami.

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Jacob Pauli  
**Sr. • Pole Vault**  
Hanna City, Ill.  
(Farmington)  
**4x All-American**  
**4x MVC Champ**  
**5x All-MVC**

**Personal Bests:** pole vault--18-4 1/2 (indoor), 18-6 1/2 (outdoor); 60m hurdles--8.13; 110 hurdles--14.46.

**2000: Outdoor** - Earned all-American honors in the pole vault for the fourth time in the last two years...finished sixth in the pole vault at the NCAA Championships with a height of 17-8 1/2...captured the Missouri Valley Conference Championships with a height of 18-2...finished in first place with his highest height of the season (18-6 1/2) at the Northern Iowa Open...placed second at the Drake Relays (17-4 1/2)...earned first place honors at the Husker Open (17-6 1/2)...took fourth at the Sea Ray Relays (17-7)...placed third at the conference meet in the 110m hurdles (14.46)...finished in third place at the Husker Open (14.75). **Indoor** - Holds the school record for the pole vault (18-4 1/2, set at the Iowa State Classic...tied the all-time Missouri Valley Conference record, was an automatic qualifier for nationals and an Olympic trials qualifier...finished in fifth place at the NCAA Championships with a height of 18-0 1/2...earned first place honors at the conference meet (18-0 1/2)...finished in second place at the Mercantile Bank Invitational in the 60m high hurdles (8.13), his fastest time of the season...placed second at the Cyclone Holiday Classic (8.22).

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Jacob Pauli  
1999: **Outdoor** - Established himself as one of the top pole vaulters in the nation by qualifying for the NCAA Indoor and Outdoor Championships...became an all-American by finishing fourth at the national meet (17-10 1/2)...won the conference championship (17-8 1/2) in the pole vault and took fourth in the 110 hurdles (15.00)...also won the pole vault at the Drake Relays, Jim Duncan Invitational and UNI Open...finished second at the Texas Relays, where his 17-10 1/2 placed him second on the school’s all-time list, and tied for second at the LSU Invitational. **Indoor** - Earned all-America honors by tying for eighth at the NCAA meet with 17-4 1/2...set the school record by going 18-2 1/2 and finishing second at the Cyclone Classic...won the Missouri Valley title with a 17-9 1/4 effort...also won at the Badger Classic, Iowa State Open, Cyclone Holiday Classic, UNI Open and Mercantile Bank Invitational...ran a season-best 8.31 in the 60-meter hurdles at the Mercantile Bank Invitational. **1998: Outdoor** - Earned all-conference honors for the first time by placing third in the pole vault at the MVC Championships with a 15-9 3/4 effort...top performance of the season was 17-3 at the Drake Relays, tying for eighth...won the Sea Ray Relays (15-11 1/4)...finished third at the Florida State Relays (16-0 3/4), second at the Iowa Invitational (16-1 3/4) and third at the UNI Open (16-3 1/4). **Indoor** - Placed fifth at the Valley meet, vaulting 16-7 1/2... provisionally qualified for the NCAA's with a 17-2 3/4 at the Iowa State Classic to finish third...captured the UNI-Dome Open title (16-7 3/4)...vaulted 17-1 1/2 at the Husker Invitational to finish fifth...named Missouri Valley Field Athlete of the Week following the Husker Invitational...took second at the Iowa Open (15-5 3/4). **High School** - Won the state championship twice and was ranked seventh in the nation as a senior. **Personal:** Majoring in Computer Science...son of Gregg and Cathy Paul

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Panther Profiles

David Paulsen
So. • Middle Distance
Plainfield, Iowa
(Waverly Shell Rock)

High School: Two-time Drake Relays champion in the 4x800...Iowa State champion in the 4x800 and the open 800...four-year letter winner in track...all-district in football for two straight years...named all-conference in basketball during his senior season. Personal: Majoring in Education...son of Edward and Diane Paulsen

Personal Bests: 400m--48.44 (indoor), 48.08 (outdoor).

Joel Sullivan
So. • Middle Distance
Woodbine, Iowa
(Woodbine)

Personal Bests: Indoor: 800m--1:53.03; 100m 2:29.31; 1600m 4:20.4. Outdoor: 800m -- 1:52.11.

2000: Outdoor - During the conference meet, he finished fourth (53.33) in the 400m high hurdles...placed fifth at the Southern Illinois Invitational in the 400m (49.43)...ran the 400m at the Husker Open in a time of 49.78...finished third at the Northern Iowa Open (54.42) in the 400m low hurdles. Indoor - Ran in the Cyclone Holiday Classic in the 300m dash (36.26)...finished in sixth place (50.50) in the 400m at the Badger Invitational...placed fourth at the Mercantile Bank Invitational in the 400m (50.46)...ran the 400m dash (49.57) at the National Qualifying Meet. 1999: Outdoor - Ran on the runner-up 4 x 400 team at the Missouri Valley Conference Championships...a member of the sixth-place 4 x 400 team at the Drake Relays...third in the 400 at the Jim Duncan Invitational and ran on the winning 4 x 400 squad...ran a season-best 49.13 at the Badger Invitational. Indoor - Ran the anchor leg on the 4 x 400 relay team that placed second at the conference meet...finished fourth in the 400 at the Badger Classic, 15th at the Cyclone Classic with a career-best 48.57, and ninth at the Mercantile Bank Invitational. 1998: Outdoor - Ran season-best 49.00 in the 400 at the Florida State Relays, finishing sixth...top 400-meter hurdles time (55.11) also came at FSU, where he was runner-up...placed fourth in the 400 hurdles at the Jim Duncan Invitational (56.10) and ninth at the Sun Devil Relays (56.22)...also a member of the 4 x 400 relay team. Indoor - Best time of the season was a 49.14 in the 400 at the Iowa State Open, where he finished 16th...placed second at the UNI-Dome Open (49.70), third at the Iowa Open (50.04) and fifth at the Mercantile Bank Invitational (49.90). 1997: Redshirted. High School: Placed third at the state meet in the 400 as a senior. Personal: Majoring in Construction Management...son of John and Sue Stater.

Jason Potter
Sr. • Long Sprints
Sioux City, Iowa
(Heelan)
2x All-MVC

2000: Outdoor - In his fastest time of the season (48.08), he won the Northern Iowa Open in the 400m...finished sixth at the Husker Open...earned a third place finish in the 400m (48.86) at Southern Illinois Invitational...finished in fifth place in the 400m dash at the Missouri Valley Conference Championships (48.51)...placed fifth at the Florida State Relays (49.33). Indoor - At the National Qualifying Meet, he finished the 400m dash in the fastest time of the season (49.00)...finished in second place in the 400m at the UNI Invitational (49.57)...ran the 400m at the Badger Invitational in a time of 50.34. 1999: Redshirted. 1998: Outdoor - Turned in his best performance in the 400 at the UNI Open, running 48.36 to finish second...missed scoring in the Missouri Valley meet by one place, finishing seventh in the 400 at 50.20...took fifth at the Florida State Relays (48.83) and 14th at the Sun Devil Relays (49.59). Indoor - Earned all-conference honors by running the third leg on UNI's 4 x 400 relay team that finished second in the Valley meet; also placed sixth in the 400...won the UNI-Dome Open 400 (49.41)...placed fourth at the Mercantile Bank Invitational (49.49) in the 400. 1997: Outdoor - Finished 10th in the 400 at the conference meet as a freshman (49.72)...finished sixth at the Wisconsin Invitational (49.52).
Levente Timar  
Sr. • Distance  
Szekesfehervar,  
Hungary  
(Teleki Blanka)  
NCAA Qualifier  
6x All-MVC  
2x All-Acad. All-Amer. 

**Panther Profiles**

**Personal Bests:**  
**Indoor:**  
- mile: 4:10.99;  
- 3000m: 8:09.55;  
- 5000m: 14:33.12;  
- 10,000m: 30:58.95;  
- CC (8K): 24:33;  
- 10K: 30:55

**2000: Cross Country** - Battled a sickness all season...top 8K of the season was 25:20 while his top 10K was 33:12...named 2000 MVC Scholar Athlete. **Outdoor** - Was on the winning 4x1600m relay team that beat Stanford at the Drake Relays...won the Husker Open in the 3000m steeplechase 9:01.84...ran the 3000m steeplechase at the Drake Relays in (9:00.62) and had a third place finish...took fourth at the Southern Illinois Invitational (3:50.61) in the 1500m. **Indoor** - Led all Panthers in the 5000m with a time of 14:39.78 at the Cyclone Holiday Classic with a first place finish...ran his fastest time of the season (8:09.55) in the 3000m at the National Qualifying Meet which making him a provisional qualifier...recorded 4:10.99 in the mile run at the Mercantile Bank Invitational. **1999: Cross Country** - Became the first UNI runner to qualify for the NCAA Division I Championships since the Panthers made the move to Division I in 1981...placed 50th at the NCAA meet with a 31:27 on the 10K course...earned his spot in the NCAA's by finishing fourth at the regional meet in 30:55...posted the third-best time in the Valley during the season, a 24:33 at the SMS Invitational, where he was runnerup...claimed all-conference honors by taking ninth at the Missouri Valley Conference Championships with a 25:18...was runner-up at the season-opening Western Illinois Invitational...named to academic all-conference team. **Outdoor** - Finished third in the steeplechase (9:12.90) and 5,000 meters (14:30.72) at the conference meet...won the 3,000-meter steeplechase at the UNI Open (9:07.74) and placed third at the Drake Relays (8:58.26) and fourth at the Texas Relays (9:08.09)...finished second in the 5,000 at the LSU Invitational (14:23.11)...runner-up in the 1,500 meters at the Duncan Invitational (3:56.73)...voted to the conference all-academic team. **Indoor** - Finished fourth and sixth at the conference meet in the 3,000 and 5,000 meters, respectively...placed fourth in the 3,000 at the Iowa State Last Chance Meet (8:16.99) and 24th at the Iowa State Classic (8:22.52)...ran second in the mile at the UNI-Dome Open (4:18.15). **1998: Cross Country** - A member of the Missouri Valley all-conference and Scholar Athlete teams...finished fifth at the conference meet and first among UNI runners in 24:40...took second at the Indiana State Invitational (25:21): **Outdoor** - Placed third at the conference meet in 5,000 (14:58.64) to earn all-conference honors...finished fourth in the 10,000 at the Valley meet (32:02.00)...won the steeplechase at the Jim Duncan Invitational (9:15.81)...ran third at the Florida State Relays in the 10,000 (30:58.95)...recorded a season-best 14:44.43 to finish 14th in the 5,000 at the Sun Devil Relays...placed third at the 1,500 at the UNI Open (14:47.36). **Indoor** - Finished in third place at the Iowa State Open in the 3,000m with at time of 8:32.20...placed fourth at the UNI Open in the 3000m (8:29.82)...ran the 5000m in a time of 14:32.67 at the Iowa State Classic...placed 11th at the Husker Invite in the 3000m (8:36.40). **1997: Cross Country** - Finished 14th at his first Missouri Valley Conference championship (25:00) as UNI won the team title. **High School:** Named Outstanding Student and Outstanding Athlete in Hungary in 1996. **Personal:** Majoring in Economics...son of Bela Timar and Irma Molnar

Levente Timar

**Brad Travis**  
Jr. • Throws  
Spirit Lake, Iowa  
(Spirit Lake)

**Personal Bests:**  
- 35# weight: 53.4 1/2;  
- shot put: 49-6 (indoor), 45-10 3/4 (outdoor);  
- discus: 163-8;  

**2000: Outdoor** - In the first meet of the season, he captured the discus championship (159-4) at the Florida State Relays and took 11th in the hammer throw...won the Southern Illinois Invitational in the discus (160-2) and placed fourth in the hammer throw...threw his longest discus at the Northern Iowa Open (163-8) while finishing third. **Indoor** - His longest throw of the season (53-3 3/4) was at the Missouri Valley Conference Championships...finished fourth place at the UNI Invitational (52-2 3/4)...placed sixth at the Cyclone Holiday Classic in the weight throw (48-7 1/4). **1999: Outdoor** - At the Missouri Valley Conference Championships, placed seventh in the hammer and ninth in the discus...finished fifth in the discus at the UNI Open with a season-best 160-9...took sixth in the discus (159-9) and eighth in the hammer (161-3) at the LSU Invitational...placed second and fourth in the discus (157-10) and hammer (170-9), respectively, at the UNI Last Chance Meet...at the Florida State Relays, finished fourth in the discus, sixth in the hammer and 11th in the shot put...took second in the hammer and discus, and fifth in the shot put at the Augustana Invitational...posted a fourth in the hammer and discus, and sixth in the shot at the Duncan Invitational. **Indoor** - Scored for the Panthers at the Valley meet in the 35-lb. weight (53-4 1/2) and shot put (48-4), finishing sixth in both...placed fifth in the weight (53-4 1/4) and eighth in the shot (46-10) at the UNI-Dome Open...took seventh in the weight and eighth in the shot put with a season-best 49-5 at the Iowa State Open...finished seventh in the weight at the Mercantile Bank Invitational. **1998:** Redshirited. **High School:** A two-time state champion in the discus...also lettered in wrestling and football...qualified for the state meet twice in wrestling...selected to play in the Shrine Bowl football all-star game. **Personal:** Majoring in Art Education...son of Bob and Collette Travi.

Brad Travis
Grant Wesson  
Jr. • Throws  
Newton, Iowa (Newton)  

Personal Bests: 35# weight--51-7 1/4;  
   1600m--1:50.6; hammer--161.  

2000: Outdoor - At the Missouri Valley  
   Conference Championships, he placed sixth  
   in the discus (157-3) ... took fifth in the hammer  
   throw (150-1) and seventh in the discus (148-5)  
   at the Southern Illinois Invitational...finished in  
   fourth place (160-8) at the Northern Iowa Open  
   in the discus throw and fifth in the hammer  
   throw (152-9). Indoor - Placed fifth at the  
   Cyclone Holiday Classic in the weight throw  
   (15.05) and took seventh place at the Badger  
   Classic (47-12/12)...finished in fifth place at the  
   Mercantile Bank Invitational (49-6 1/2) in the  
   weight throw...finished in sixth place at the  
   UNI Invitational (51-7 1/4). 1999: Outdoor  
   - Finished seventh in the discus and eighth in  
   the hammer at the Missouri Valley meet...placed  
   third in the hammer and sixth in the discus at the  
   Augustana Invitational, third in the hammer and  
   fifth in the discus at the UNI Last Chance  
   Meet...runner-up in the discus at the Simpson  
   Twilight Invitational...finished sixth and ninth in  
   the discus (159-8) and hammer (161-6),  
   respectively, at the UNI Open, with season  
   bests in both. Indoor - Threw a season-best  
   49-1 3/4 in the 35-lb. weight at the conference  
   meet to finish 12th...placed ninth in the weight  
   at the UNI-Dome Open.  

High School: Placed fifth at the Iowa State Meet...named 2nd team  
   all-state in football...three year letterwinner in  
   Football and Track. Personal: Majoring in  
   Manufacturing Technology...son of Gregory  
   Wesson and Connie Zimmermann.  

Jill Bakewell  
Sr. • Sprints  
Ossian, Iowa (South Winneshiek)  
MVC Champ  
4x All-MVC  

Personal Bests: 200m--25.44 (indoor);  
   400m--55.94 (indoor), 55.84 (outdoor);  
   600m--1:36.09; 800 -- 2.15.  

2000: Outdoor - Finished in fifth place at the  
   Southern Illinois Invitational in the 400m  
   (56.03)...ran the 400m in a time of 57.17, giving  
   her a fifth place finish at the Husker Open...ran  
   400m dash at the Sea Ray Relays in a time of  
   57.65. Indoor - Ran her fastest 400m of the  
   season at the Missouri Valley Championships  
   (56.35)...finished in second place at the Badger  
   Classic in the 600m (1:36.09)...placed second at  
   the Mercantile Bank Invitational in the 400m  
   (57.85)...received third place honors at the  
   Cyclone Holiday Classic; the UNI Invitational  
   and the UNI-Dome Open in the 300m, 800m  
   and the 200m, respectively. 1999: Outdoor  
   - Placed fifth in the 400m meters at the Valley meet  
   (57.57) and ran on the third-place 4 x 400  
   relay...ran 56.41 in the 400 to finish 10th at the  
   LSU Invitational...ran on the seventh-place 4 x  
   400 and the 10th-place sprint medley relay team  
   at the Drake Relays...placed second at the  
   Duncan Invitational (57.14) and the UNI Last  
   Chance Meet in the 400 (56.82). Indoor -  
   Scored at the conference meet by finishing fifth  
   in the 400 (58.61) and made the all-conference  
   team by running on the runner-up 4 x 400 team  
   that set the school record with a 3:47.29  
   performance...won the 400 at the season-  
   opening Cyclone Holiday Classic, placed ninth  
   at the Iowa State Open, seventh at the Iowa  
   State Last Chance Meet and fifth at the  
   Mercantile Bank Invitational. 1998: Outdoor  
   - Redshirited. Indoor - Earned all-conference  
   honors in her first season by placing third in the  
   400 at the Valley meet (56.82)...set a school  
   record in the 400 at the Iowa State Classic with a  
   55.94 on a 300-meter track, converted to  
   56.24, finished third...took fifth in the 400 at the  
   Iowa State Open (56.82)...won the 400 at the  
   Mercantile Bank Invitational (56.68)...finished  
   second in the 600 at the Iowa Open  
   (1:37.90)...ran second in the 200 at the UNI-  
   Dome Open (25.44)...took eighth in the 400 at the  
   Iowa State Last Chance Meet (56.66)...a member  
   of the Panthers' top 4 x 400 relay team that  
   placed second at the conference championship  
   (3:49.42). High School: The 400-meter  
   runner-up at the state meet her last three  
   years...also a member of the state championship  
   sprint medley team as a junior and senior, and  
   the 4 x 800 champs as a freshman...placed  
   eighth in the 200 as a junior...also lettered in  
   volleyball. Personal: Majoring in Social  
   Science -- Secondary Education...daughter of  
   Jim and Joyce Bakewel.  

Jessica Boline  
So. • Throws  
Bettendorf, Iowa (Bettendorf)  

Personal Bests: Shot put -- 37-9 1/2; discus  
   -- 141-1.  

2000: Outdoor - Set two of her longest throws  
   of the season at the Southern Illinois Invitational  
   where she took second in the shot put (141-1)  
   and fifth place in the discus (38-7 1/2)...threw  
   the shot put and discus at the Husker Open and  
   finished 37-9 1/2 and 129-1, respectively  
   ...finished in sixth place in the discus at the  
   Northern Iowa Open and placed seventh at the  
   conference meet. High School: Earned seven  
   letters in cross country, track and  
   basketball...finished fourth at the Drake Relays  
   in the discus...placed sixth in the discus at the  
   state meet as junior...won the conference title in  
   the shot put as a senior, then went on to win the  
   state title and finish seventh in the shot  
   put...voted her school's Female Athlete of the  
   Year...also the starting center on the basketball  
   team, she led her squad to the conference  
   championship. Personal: Majoring in  
   Elementary Education...daughter of Steve and  
   Sheri Boline...also a member of the Panther  
   basketball team.  

NORTHERN IOWA TRACK & FIELD
Mellisa Campbell
So. • Sprints
St. Thomas, Jamaica (St. Hugh)

Personal Bests: 200 m -- 24.36; 100m -- 11.72.

2000: Competed at Tennessee-Martin...ran the 100m in 11.75 and the 200m in 24.3...Ohio Valley Conference Champion in the 100m as a freshman...ran the 100m hurdles in 14.06.

High School: Ran on the Jamaica Junior National team at the CAC. Personal: Majoring in History...daughter of Lewelyn Leslie and Magaretta Campbell -Leslie

Deborah Cordner
Jr. • Sprints
St. Louis Park, MN
(St. Louis Park)
MVC Champ
4x All-MVC

Personal Bests: 60m -- 7.64; 100 m -- 12.02; 200m -- 24.89 (indoors), 24.79 (outdoors); 400m -- 55.79 (indoors), 55.23 (outdoor).

2000: Outdoor - Earned third place honors after running the 400m dash in 56.18 at the Husker Open,...won the Northern Iowa Open (25.11) in the 200m,...placed 26th in the 400m at the Sea Ray Relays with a time of 56.79...ran her fastest time of the season in the 200m dash (25.05) at the Florida State Relays,...finished in seventh place (25.73) in the 200m at the Southern Illinois Invitational. Indoor - Competed in three events at the Cyclone Holiday Classic, taking second place in the 200m and 400m and placing fourth in the 60m,...ran her fastest time of the season in the 60m dash (7.76) at the Cyclone Classic and her fastest 200m (25.19) at the conference meet...set the school record in the 400m (55.79) at the Qualifying Meet...won the UNI-Dome Open in the 200m with a time of 25.40.

1999: Outdoor - Finished fifth at the Missouri Valley meet in the 100-meter dash (12.23), and ran on the runner-up 4 x 100 and third-place 4 x 400 relay teams...ran on the 4 x 400 relay team that placed seventh and the sprint medley team that was 10th at the Drake Relays...finished second in the 100 (12.11) and third in the 200 (25.09) at the Duncan Invitational...ran 25.06 in the 200 to place 23rd at the LSU Invitational...ran a season-best 24.94 at the UNI Open. Indoor - Burst on the scene as one of the top young sprinters in the Valley, earning all-conference honors by placing third in the 60-meter dash (7.64) and fourth in the 200 (24.89)...also a member of the Panthers' runner-up and school record holding 4 x 400 relay team (3:47.29)...in her first collegiate meet, was runner-up in the 60 and 200 at the Cyclone Holiday Classic...finished fourth in the 60 and 200 at the Mercantile Bank Invitational...placed 13th in the 200 at the tough Iowa State Classic (24.93) and seventh at the Iowa State Open (25.04)...took third in the 60 at the UNI-Dome Open; fourth and seventh in the 60 and 200, respectively, at the Badger Classic. High School: A three-time state champ in the 60m --24.89 (indoor), 24.79 (outdoor).

Rita Fiala
So. • Distance
Johnston, Iowa
(Johnston) 2x All-MVC

Personal Bests: 5K -- 18:10; 6K -- 22:06; 5000m -- 17:32; 3000m -- 10:01.

2000: Cross Country - Her top finish of the season was at the Missouri Valley Conference meet, earning all-MVC honors...2000 conference Scholar Athlete. Indoor - Ran her fastest time of the season in the 5000m in 17:55.86 at the Southern Illinois Invitational...won the Northern Iowa Open in the 5000m (17:42.38)...finished in sixth place in the 3000m (10:21.76)...at the conference meet. Outdoor - Her fastest time of the season for the 5000m was set at the Iowa State Open in a time of 17:32.18...finished in second place at the UNI Invitational in the 3000m (10:11.73)...took fifth place in the mile (5:19.04) at the Mercantile Bank Invitational. 1999: Cross Country - Earned all-conference honors as a freshman by taking ninth at the Missouri Valley Championships (18:23)...the Panthers' top finisher at the conference and district meet...placed fourth at the SMS Invitational (18:15) and 10th at the pre-region meet (18:30). High School: Placed second in the 1,500 meters and third in the 3,000 at the state meet as a junior...also was third in the 3,000 as a sophomore...won her conference and district championships. Personal: Majoring in Elementary Education...daughter of Nile and Elisse Fiala

Susan Francois
So. • Throws
Manchester, Iowa
(West Delaware)

Personal Bests: Hammer -- 119-8; shot put -- 36-7 1/2 (outdoor), 37-10 1/2 (indoor).

2000: Outdoor - Threw the hammer 119-8 at the Missouri Valley Championships for a ninth-place finish...took fifth place at the Southern Illinois Invitational in the hammer throw (104) while finishing in seventh place in the shot put (36-7 1/2)...competed at the
Husker Open and finished the shot put with a throw of 36-6 3/4. **Indoor** - Threw her longest shot put (37-10 1/2) of the year at the Mercantile Bank Invitational and took fourth place...finished in seventh place at the Cyclone Holiday Classic (36-11) and at the UNI Invitational (36-7). **1999: Outdoor** - Redshirted. **Indoor** - Finished fourth in the shot put at the Cyclone Holiday Classic (38-11 1/2). **High School:** Finished second in the shot put at the state meet as a senior, fifth at the Drake Relays...qualified for the state meet as a junior, finishing 19th...also lettered a year in basketball. **Personal:** Majoring in Art/Graphic Design...daughter of Mark and Ellen Francois.

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Rita Fiala

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**Jill George**

**Jr. • Multi-Events**

**Newton, Iowa**

**Personal Bests:** 60m hurdles--8.96; 100m hurdles--14.87; 400m hurdles--1:04.58; 8000m --2:23.02; long jump--18-3 (indoor), 17-8 1/4 (outdoor); high jump -- 5-4 1/4; javelin --127-9; heptathlon--4,749.

**2000: Outdoor** - Her longest javelin throw of the season was at the Southern Illinois Invitational where she threw it 111-8 for second place...placed fourth at the Northern Iowa Open in the javelin throw (105-5)...threw the javelin at the Husker Open (103-2) for 13th place...finished in sixth place in the heptathlon at the Missouri Valley Championships with 4,235 points. **Indoor** - At the Badger Classic, she placed fourth and ran the 400m (105.85) in her fastest time of the season...finished in seventh place in the 60m high hurdles (9.92) at the Mercantile Bank Invitational...jumped 16-6 1/2 in the long jump at the UNI Invitational, her longest jump of the season. **1999:** **Outdoor** - Finished fifth in the javelin (123-1), seventh in the heptathlon (4,171) and eighth in the 100 hurdles (15.26) at the Missouri Valley Conference Championships...posted a fourth-place finish in the heptathlon at the Florida State Relays (4,628) and fifth at the Drake Relays with 4,653, which places her second on UNI's all-time list...won the long jump at the Augustana Invitational with a 17-8 1/4, her career best, which ranks her fifth on the school's all-time list...placed second in the 100 hurdles at Augustana, fourth at the UNI Open and 13th at the Florida State Relays...finished ninth and 18th in the 400 hurdles and 100 hurdles, respectively, at the LSU Invitational. **Indoor** - Scored at the conference meet by claiming fifth in the 60-meter hurdles (9.03)...in the 60 hurdles, won the Iowa State Last Chance Meet, placed third at the Badger Classic and sixth at the Mercantile Bank Invitational...long jumped a career-best 18-3 to finish third at the UNI-Dome Open...also in the long jump, took third in the Mercantile Bank Invitational, sixth at the Cyclone Holiday Classic, ninth at the Badger Classic, 14th in the Iowa State Open and 21st at the Iowa State Classic. **1998:** **Outdoor** - Redshirted. **Indoor** - Recorded a season-best in the long jump in her first collegiate event at the Iowa State Holiday Classic (16-11)...placed sixth in the long jump (16-7 1/4) at the Mercantile Bank Invitational. **High School:** A state champion in the pentathlon...as a senior, placed fourth in the long jump, fifth in the 400-meter hurdles and seventh in the 100-meter hurdles at the state meet...finished 11th in the long jump at the Drake Relays...also placed 11th in the long jump at the state meet and Drake Relays as a junior. **Personal:** Psychology major...daughter of Fred and Cheryl George.

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**Elly Glass**

**Fr. • Distance**

**Dubuque, Iowa**

**Senior**

**All-MVC**

**Personal Bests:** 5K--18:54; 6K--22:35.

**2000: Cross Country** - Finished in fifth place at the Missouri Valley Conference Meet, her top finish of the season...honored on the all-MVC team. **High School** - Named to the Elite all-state team for cross country four straight years...has records in the 800m, 1500m, 3000m, distance medley and the 4x400...went to the Drake Relays each year of high school...member of the Honor Society. **Personal:** Majoring in Biology...daughter of Randy and Linda Glass.

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**Teresa Grothus**

**Sr. • Middle Distance**

**Bettendorf, Iowa**

**(Pleasant Valley)**

**MVC Champ**

**2x All-MVC**

**Personal Bests:** 800m--2:11.34 (indoor), 2:09.69 (outdoor); 5K--18:54; 6K--22:35.

**2000: Cross Country** - Top finish of the season was 12th at the Missouri Valley Conference Meet...top times in the 5K (18.54) and 6K (22.35). **Outdoor** - Ran her fastest 800m of the season (2:13.66) at the Southern Illinois Invitational, where she finished in fourth place...finished in third place at the Husker Open in the 800m (2:14.09)...ran the 800m at the Sea Ray Relays in a time of 2:14.31...placed fifth at the Missouri Valley Championships in the 800m (2:14.22)...finished the Florida State Relays in ninth place in the 800m (2:21.01). **Indoor** - Earned first-place honors after her run in the 800m at the Mercantile Bank Invitational with a time of 5:14.41...finished in second place in the 800m at the Badger Classic (2:17.93)...ran her fastest mile of the season (5:14.41) at the Cyclone Holiday Classic...recorded her personal best in the 800m (2:11.34) at the NCAA Last Chance...
Panther Profiles

Kara Hulse
So. • Long Jump
Cedar Falls, Iowa
(Cedar Falls)


2000: Outdoor - Jumped her way into fourth place at the Northern Iowa Open with her longest jump (17-9 1/2)...also jumped 17-9 1/2 at the conference meet...finished in second place in the long jump (17-4 1/4) and third place in the triple jump (35-9 1/4) at the Southern Illinois Invitational. Indoor - At the UNI-Dome Open she took second place in the long jump and the triple jump with heights of 18-1/2 and 34-7 3/4, respectively...finished in third place at the UNI Invitational in the long jump (17-11 1/2)...ran the 60m at the Iowa State Classic in a time of 8.29. 1999: Redshirted. High School: Won the state long jump championship as a senior with a 17-10 performance after finishing second as a junior (17-7 1/2) and 13th as a sophomore (16-2)....placed 10th at the Drake Relays her senior year, 14th as a sophomore and junior...named her school's Female Athlete of the Year as a senior...alsolettered in cross country and basketball. Personal: Major is Elementary Education...daughter of Dave and Jill Hulse

Inga Hope
So. • Sprints
La-Romaine, Trinidad (San Fernando)

Personal Bests: 60m--6.67; 100m--11.9; 200m--25.78.

2000: Outdoor - At the Florida State Relays, she ran the 100m in 12.25 and took home fifth place...ran the 100m and the 200m at the Southern Illinois Invitational and finished in fourth and seventh place respectively...finished in seventh place, at the Husker Open in the 100m dash (12.65)....placed second at the Northern Iowa Open (12.18) in her fastest 100m of the season. Indoor - Finished the Missouri Valley Championships in fourth place in the 60m with her fastest time, 7.73...won the UNI Dome Open in the 60m (7.92)...ran her fastest time in the 200m (25.78) at the Iowa State Classic...took third place in the 60m at the Badger Classic and the UNI Invitational...finished in fifth place at the Mercantile Bank Invitational and the UNI Invitational in the 200m. 1999: Redshirted. High School: Named the Most Outstanding Athlete at her school as a junior and senior...competed in the Carifta Games in 97 on both the regional and national level. Personal: Major in Psychology...daughter of Lynette Hope

Anne Heefner
So. • Middle Distance
Iowa City, Iowa (City)


2000: Cross Country - Ran a season best 25:15 at the Iowa State Open. Outdoor - Ran her fastest time of the season (2:16.63) in the 800m at the Simpson Twilight...placed 13th at the Husker Open in the 800m (2:20.50)...took third place at the Northern Iowa Open (2:19.93). Indoor - Ran her fastest 800m of the season (2:25.19) at the Iowa State Classic...took second place at the Badger Classic (2:29.95) in the 800m...ran the 600m at the UNI-Dome Open in a time of 1:42.31. High School: A two-time first team all-conference runner in cross country...a member of three state championship track teams for the Little Hawks...ran on the Drake Relays championship 4 x 400 relay squad as a senior...a two-time state medal winner in the 4 x 400 and 4 x 800 relays...a participant in the 1999 Foot Locker National Outdoor Championships in the 4 x 800 relay. Personal: Majoring in Recreational Therapy and Leisure Services...daughter of Jim and Shirley Heefner.

NORTHERN IOWA TRACK & FIELD
...finished in third place at the Badger Classic...placed fourth at the Mercantile Bank Invitational (5-3). 1999: Outdoor - Placed ninth in the high jump at the Missouri Valley Conference meet with a 5-3 3/4...jumped 5-6 1/2 at the Hawkeye Open and Simpson Invitational, which she won...finished second at the UNI Open (5-5) and 10th at the LSU Invitational (5-3). Indoor - Scored at the conference meet with a tie for sixth place at 5-5 3/4...finished second at the UNI-Dome Open (5-5), eighth at the Mercantile Bank Invitational (5-4 1/2) and 10th at the Iowa State Open (5-3 3/4).
High School: An all-state performer in the high jump...also an all-stater in volleyball. Personal: Majoring in Interior Design...daughter of Paul and Deb Johnson

Amanda Koester
Jr. • High Jump
Clinton, Iowa (Clinton)

Personal Bests: high jump—5-7 (indoor), 5-7 (outdoor); long jump—16 6 1/2 (indoor); triple jump—34-2 3/4 (indoor), 32-6 1/4 (outdoor).

2000: Outdoor - Placed second at the Northern Iowa Open where she jumped her highest height of 5-7...finished the Sea Ray Relays in 14th place in the high jump (5-4 1/2)...took second place at the Southern Illinois Invitational in the high jump (5-4 1/4) and took fourth in the triple jump (32-3 1/2)...placed seventh at the conference meet in the high jump (5-5 3/4). Indoor - Finished in second place at the UNI Invitational with her highest jump of the season, 5-5...placed second at the Badger Classic where she jumped 5-4 1/4...took sixth place at the Cyclone Holiday Classic (5-4 1/2). 1999: Outdoor - Tied for fifth in the high jump at the Missouri Valley Conference Championships with a 5-3 3/4 effort...jumped a season-best 5-5 to finish second at the Augustana Invitational...won the triple jump at Augustana with a season-best 32-6 1/4...placed fourth in the high jump at the UNI Open, 10th at the LSU Invitational. Indoor - Tied for sixth in the high jump at the conference meet at 5-5 3/4...posted a career-best 5-7 to finish seventh in the high jump at the Iowa State Classic...at the Badger Classic, finished fifth in the high jump (5-4 1/4) and 12th in the long jump (15-9 3/4)...won the triple jump at the UNI-Dome Open (34-2 3/4) while placing third in the high jump...took fifth in the high jump at the Mercantile Bank Invitational, eighth at the Iowa State Open. High School: Won the state high jump title as a junior and senior after finishing third as a sophomore...a two-time runner-up in the high jump at the Drake Relays...placed 10th in the long jump her senior season...a member of the runner-up shuttle hurdle relay team her senior year. Personal: Majoring in Physical Education...daughter of Tom and Sandy

Personal Bests: 200m—25.31 (outdoor); 400m—56.54 (indoor), 56.89 (outdoor); 600m—1:33.58; 800m—2:13.81 (indoor), 2:11.96 (outdoor).

2000: Outdoor - Set the school record for the 400m hurdles at the Missouri Valley Championships (59.84)...placed sixth at the Drake Relays in the 400m hurdles (1:01.45)...earned first place honors at the Husker Open in the 400m hurdles (1:01.38)...member of the 4x100 relay team that took fourth at the Husker Open...finished in second place at the Southern Illinois Invitational (1:02.40) in the 400m hurdles...member of the 4x400 relay team that took 10th place at the Sea Ray Relays and finished in 20th place in the 400m hurdles (63:50)...won the 400m low hurdles at the Northern Iowa Open (1:00.88). Indoor - Earned first place honors at the UNI Dome Open in the 600m (1:33.52) and in the 800m at the UNI Invitational (2:14.16)...won the Badger Classic in the 600m (1:36.01)...finished in first place at the Cyclone Holiday Classic in the 600m (1:34.22). 1999: Outdoor - Finished fifth at the conference championship in the 800 meters (2:14.34), also ran on the third-place 4 x 100 and 4 x 400 relay teams...ran on the 4 x 800 team that took sixth at the Drake Relays and the 4 x 400 squad that was seventh in the final and set the school record (3:44.16) in the prelims...won the 400 meters at the UNI Open (57.45)...placed third in the 800 at the LSU Invitational (2:13.79) and Duncan Invitational (2:14.53). Indoor - Earned all-conference honors by running on the runner-up 4 x 400 and distance medley relay teams...a member of the school record holding 4 x 400 teams (3:47.29)...also placed fourth in the 400 at the Valley meet (56.54)...won the 600 meters at the Cyclone Holiday Classic (1:35.72), her first collegiate meet, and the Mercantile Bank Invitational (1:34.86); placed third at the Badger Classic (1:35.66)...finished seventh in the 400 at the Iowa State Open (57.15), fourth at the UNI-Dome Open (57.52) and 15th at the Iowa State Classic (56.85). High School: One of the most successful athletes in Iowa high school track history, she won the state Class 2-A championship in four events as a senior — 200 meters (25.31), 400 meters (56.84), long jump (17-4 1/4) and as a member of the sprint medley relay team...a three-event state champ as a junior, winning the 200, 400 and long jump...won the first of her three titles in the 400 as a sophomore...
while placing third in the long jump...won the 800 at the Drake Relays as a senior while finishing sixth in the 100-meter dash and long jump...placed ninth at the Drake Relays long jump as a sophomore and junior...also lettered in softball, basketball and volleyball. **Personal:** Sports Psychology major...daughter of Gary and Karen Nelson

**Liz Robertson**  
**Fr. • Pole Vault**  
Crystal, Minn.  
(Armstrong)  
**All-MVC**

**Personal Bests:** Pole Vault--11-5 3/4.

2000: **Outdoor**- Redshirt. **Indoor** - Won her first tournament of the season (10-10) at the Cyclone Classic...vaulted to her highest height of the season (11-5 3/4) at the conference meet, placing second...earned first-place honors at the Badger Classic (10-6)...finished in first place at the Mercantile Bank Invitational (10-10)...tied for sixth place at the Iowa State Classic...placed third at the UNI Invitational (11-11 3/4)...won the UNI Dome Open (10-6).  
**High School** - A two-time Minnesota state champion in the pole vault, she also holds the state record both indoor and outdoor...also a gymnastics all-American...lettered four times in track, six in gymnastics and once in Olympic weight lifting.  
**Personal:** Majoring in Secondary Education...daughter of Gordy and Ruth Robertson

**Crystal Seamans**  
**So. • Multi-Events**  
Moline, Ill.  
(Moline)

**Personal Bests:** 800m--2:36; long jump--17-2; triple jump -- 36-11; high jump--5-4; 100m hurdles-- 15.60; heptathlon -- 4072.

2000: **Outdoor** - Transferred from St. Ambrose University...track and field MVP at St. Ambrose...finished in first place at the conference meet in the triple jump...placed 15th at the outdoor nationals in the heptathlon.  
**Personal:** Majoring in Physical Education...daughter of Gary and Bonnie Seamans.

**Wendy Shaw**  
**Fr. • Distance**  
Davenport, Iowa  
(Central)

**Personal Bests:** CC: 5K--18:55; 6K--22:02.  
**Indoor:** 800 -- 2:15

2000: **Cross Country** - Returned mid-way through the season after an injury...her top finish was at the conference meet where she placed 14th.  
**High School:** Member of the all-state and all-state Elite teams in track and cross country...won conference championships...MVP of cross country and track for four years...named all-conference in basketball...lettered in cross country, track, softball, soccer, and basketball...named to the all-conference academic team...member of the National Honor Society.  
**Personal:** Majoring in Biology...daughter of Mike Shaw and Francine Southe.

**Jillian Sinnwell**  
**Fr. • Hurdles**  
Nashua, Iowa  
(Plainfield)

**High School:** Holds eight school records in track...ran on the varsity squad all four years...lettered in track, softball, and basketball...co-president of the National Honor Society.  
**Personal:** Majoring in BioMed...daughter of Richard and Susan Sinnwell

**Kari Thilges**  
**Sr. • Distance**  
West Bend, Iowa  
(West Bend-Mallard)  
**MVC Champ**  
6x All-MVC

**Personal Bests:** 5K--18:13; 3,000m--10:21.04 (indoor), 10:01.09 (outdoor); 5,000m--18:25.45 (indoor), 18:13.26 (outdoor).

2000: **Cross Country** - All-conference with a second place finish...named all-district with a 15th place...champion of the Western Illinois Invitational...MVC Athlete of the Week...two-time Prairie MVC Scholar Athlete of the Week...member of the 2000 MVC Scholar-Athlete Team.  
**Outdoor**- Finished eighth at the Drake Relays in the 3000m (9:54.54)...took second at the Missouri Valley Championships in the 3000m (10:07.02)...won the Southern Illinois Invitational in the 1500m (4:39.25)...placed fifth (4:36.53) at the Husker Open in the 1500m...finished in third place at the Sea Ray Relays (10:06.80)...placed second at the Northern Iowa Open in the 5000m (18:05.32).  
**Indoor**- At the Cyclone Holiday Classic, finished in second place in the 3000m (10:21.72)...took eighth place at the Iowa State Open in the 5000m (18:08.65)...finished in third place (10:14.57) in the 3000m at the Mercantile Bank Invitational...ran the 5000m in 18:18.79 at the Iowa State Classic.  
1999: **Cross Country** - Just missed earning all-conference honors by finishing 11th (18:33) at the Missouri Valley Championships, second on the team...named to the academic all-conference team for the third straight year...finished second on the team and 35th overall at the district meet (18:13)...finished fifth at the Western Illinois Invitational...placed the Panthers and finished fifth overall at the Iowa State Open (19:04).  
**Outdoor** - A double all-conference performer, finishing second in the 3000 (10:01.09) and third in the 1,500 (4:38.09)...ran on the distance medley relay team that took sixth at the Drake Relays...placed sixth in the 1,500 at the Duncan Invitational (4:47.56) and 10th at the LSU Invitational (4:40.88)...recorded a fifth-place finish in the 3,000 at the Augustana Invitational (10:37.65)...ran 10:07.59 in the 3,000 at the Wisconsin Invitational...won the 5,000 at the UNI Open (18:13.26).  
**Indoor** - Earned all-Valley honors by running on the runner-up and school record holding distance medley relay team (11:50.57)...also finished eighth in the 3,000 at the Valley meet (10:34.75)...placed fifth in the mile at the UNI-Dome Open.
Panther Profiles

Dee Wear
Sr. • Hurdles
Mt. Pleasant, Iowa
(Mt. Pleasant)
MVC Champ
3x All-MVC

Personal Bests: 60m hurdles--8.76; 100m hurdles--14.20.

2000: Outdoor - At the Missouri Valley Championships, took second place in the 100m high hurdles (14.31)...took the Southern Illinois Invitational in the 100m low hurdles (14.90) and ran the 100m and 200m in times of 13.40 and 27.40 respectively...finished in 13th place at the Husker Open (15.53) in the 100m hurdles...ran the 100m high hurdles in her fastest time of the season (14.54) at the Sea Ray Relays...finished in second place at the Northern Iowa Relays (14.42) in the 100m high hurdles and took fifth and eighth-place in the 100m and 200m, respectively. Indoor - At the conference meet, earned first-place honors in the 60m hurdles in a time of 8.83...finished in third place in the 60m high hurdles (9.03) at the Cyclone Holiday Classic...took ninth place at the Iowa State Open (9.14) in the 60m high hurdles...placed third in the 60m high hurdles at the Mercantile Bank Invitational ...finished in fourth place at the UNI Invitational (9.02).

1999: Outdoor - Placed fourth in the 100-meter hurdles at the Missouri Valley Conference Championships (14.33)...finished third in the 100 hurdles at the UNI Open (14.54) and 14th at the Florida State Relays (15.05). Indoor - Runner-up in the 60-meter hurdles at the Missouri Valley Championships after running a season-best 8.76...finished fourth at the Mercantile Bank Invitational (9.04) and UNI-Dome Open (8.88), sixth at the Badger Classic (8.95) and Cyclone Holiday Classic (9.14), and seventh at the Iowa State Open (9.17)

1998: Outdoor - Just missed all-conference honors in the 100-meter hurdles, finishing fourth at the Valley meet (14.50)...placed second at the Iowa Invitational (14.58), fifth at the UNI Open (15.03), seventh at the Duncan Invitational (15.18), and 18th at the Sun Devil Relays (14.97). Indoor - Redshirted. High School - An Elite all-state performer who won the state 100-meter hurdle title as a junior and finished sixth her senior year. Personal: Majoring in Criminology/Sociology...daughter of Lawrence and Sindy Wear
### NCAA Qualifying Standards

#### MEN INDOOR

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#### OUTDOOR

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First-Class Facilities

Sports Medicine

The Northern Iowa sports medicine program features top-rate facilities and the outstanding services of sports and health care professionals.

The sports medicine program focuses on injury prevention. Staff members utilize Merac strength-testing devices, provide dietary analysis, measure physiological capacity and outline programs to improve an athlete's flexibility. Athletic trainers and physicians work together to design rehabilitation programs for injured athletes. A wide variety of facilities and equipment, not only in the Sports Medicine Lab but in the Wellness and Recreation Center, including swimming pools, Merac equipment, Stairmasters and various exercise bicycles, help athletes rehabilitate injuries and minimize the loss of fitness during recuperative time.

Conditioning

The Northern Iowa strength and conditioning program is a blend of science, technology and one-on-one attention to each student-athlete.

Throughout the year, UNI athletes can spend more time working on strength and conditioning than any other aspect of their sport. During the off-season, athletes work on strength improvement, speed, power, agility and conditioning. The in-season program is devoted to continuation of strength gains and performance-related conditioning.

During an athlete's first year on campus, baseline measures of strength, speed, power, flexibility and endurance are collected. Measures of body composition and weight also are recorded. With this information, goals are set for development and maintenance. Programs are established for each athlete by Strength and Conditioning coach Jim Kramer, who was recognized by his peers as the best in his profession in 1999.
The UNI-Dome is a unique, multi-purpose athletic facility built in 1976 which has earned a reputation as one of the finest collegiate athletic facilities in America.

It has been the site of numerous nationally prominent track and field 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 2000, the Dome hosted its fourth Missouri Valley Conference Championship, having previously played host to the event in 1993, '96 and '99.

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 23-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, which shattered all previous attendance marks.

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 March, 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.

With its recent conversion to a hybrid roof system and the installation of a new polyurethane, two-tone track completed in 1999, the UNI-Dome is unsurpassed as one of the premier indoor track and field facilities in the United States.

To date, nearly eight million people are estimated to have attended events in the Dome.

### UNI-Dome Records

#### Men

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<tr>
<th>Event</th>
<th>Time/Distance</th>
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**Distance Medley Relay**: 9:50.83, Drake(1999)

**55# Weight**: 72-2 1/2, Barrett, Illinois (1999)

**35# Weight**: 65-4 1/2, Myers, Iowa State (2000)


**High Jump**: 6-1 3/4, Charmaigne, Arizona (1982)

**Triple Jump**: 41-1 1/2, Turvsky, Illinois (2000)

**Long Jump**: 20-8 1/2, Thomas, Texas State (1982)

**Pole Vault**: 13-3 1/4, Branson, Kansas (1999)

**Pentathlon**: 4268 pts., Julie White, Boston University (1982)

#### Women

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**Distance Medley Relay**: 11:21.92, Virginia (1982)

**20# Weight**: 65-4 1/2, Myers, Iowa State (2000)


**High Jump**: 6-1 3/4, Charmaigne, Arizona (1982)

**Triple Jump**: 41-1 1/2, Turvsky, Illinois (2000)

**Long Jump**: 20-8 1/2, Thomas, Texas State (1982)

**Pole Vault**: 13-3 1/4, Branson, Kansas (1999)

**Pentathlon**: 4268 pts., Julie White, Boston University (1982)
Northern Iowa’s track and field teams compete outdoors at the new UNI Complex, located just across the street from the UNI-Dome.

The complex, which combined with the UNI-Dome gives Northern Iowa one of the finest combination of indoor and outdoor facilities in America, opened in Spring, 1998. In its inaugural season, the complex hosted the first annual Northern Iowa Open and the Missouri Valley Conference Championships, won by the Panther men.

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The complex, which combined with the UNI-Dome gives Northern Iowa one of the finest combination of indoor and outdoor facilities in America, opened in Spring, 1998. In its inaugural season, the complex hosted the first annual Northern Iowa Open and the Missouri Valley Conference Championships, won by the Panther men.

The University’s investment in this new surface gives the Panthers the advantage of training and competing under ideal conditions any time of the year.

The 400-meter, eight-lane track is made of the latest state-of-the-art polyurethane surface. The track surrounds a field event area that features a steeplechase water jump, two pits each for the long and triple jump, dual throw rings for the weights, a discus/hammer cage and full pour takeoffs for the pole vault, long jump and triple jump.

**UNI Outdoor Complex Records**

**Men**

- 100-Meter Dash: 10.19, Clarkson Reid, Southwest Missouri State (1998)
- 400 Meters: 46.04, Joey Woody, Reebok (1999)
- 400-Meter Hurdles: 49.58, Joey Woody, Reebok (1999)
- 800 Meters: 1:49.82, Brent MacLagan, Northern Iowa (1999)
- 1,500 Meters: 3:52.19, Troy Trygstad, Drake (1999)
- 3,000-Meter Steeplechase: 9:02.58, Jay Brock, Northern Iowa (1998)
- 400-Meter Relay: 40.54, Southwest Missouri State
- 1,600-Meter Relay: 3:11.89, Southern Illinois
- 400 Meters: 54.42, Juliet Pommells, Southwest Missouri State (1998)
- 3,000 Meters: 9:56.72, Mary Ellen Hill, Bradley (1998)
- 5,000 Meters: 17:34.17, Rita Fiala, Northern Iowa (2000)
- 10,000 Meters: 37:25.73, Jenny Monaco, Southern Illinois (1998)
- 400-Meter Relay: 45.88, Southwest Missouri State
- 1,600-Meter Relay: 3:41.03, Southwest Missouri State

**Women**

- 100-Meter Dash: 11.50, Trina Radske, Iowa State (1999)
- 400 Meters: 54.42, Juliet Pommells, Southwest Missouri State (1998)
- 100-Meter Hurdles: 1:00.88, Nikki Nelson, Northern Iowa (2000)
- 3,000 Meters: 9:56.72, Mary Ellen Hill, Bradley (1998)
- 5,000 Meters: 7:42.38, Rita Fiala, Northern Iowa (2000)
- 10,000 Meters: 37:25.73, Jenny Monaco, Southern Illinois (1998)
- 400-Meter Relay: 45.88, Southwest Missouri State
- 1,600-Meter Relay: 3:41.03, Southwest Missouri State

**Scores**

- 1,600 Meters: 4:20.00, Michelle Pires, Drake (1998)
- 3,000 Meters: 8:56.32, Lisa Wiegand, University of Nebraska (1998)
- 1:49.82, Brent MacLagan, Northern Iowa (1999)
- 1:00.88, Nikki Nelson, Northern Iowa (2000)

**Stadium**

- The stadium has a capacity of 12,000 spectators.
- The track is made of state-of-the-art polyurethane surface.
- The field event area includes a steeplechase water jump, two pits each for the long and triple jump, dual throw rings for the weights, a discus/hammer cage and full pour takeoffs for the pole vault, long jump and triple jump.

**Conference Championships**

- The Missouri Valley Conference Championships were held at the UNI-Dome.
- The new complex provided an ideal environment for these events.

**University**

- The University of Northern Iowa is located in Cedar Falls, Iowa.
- The university is known for its strong track and field program.
- The new UNI Complex has significantly improved the university’s ability to compete at the highest level.

**Additional Information**

- The UNI Complex is a state-of-the-art facility.
- It features a 400-meter, eight-lane track.
- The field event area is equipped with a steeplechase water jump, two pits each for the long and triple jump, dual throw rings for the weights, a discus/hammer cage and full pour takeoffs for the pole vault, long jump and triple jump.

**Conclusion**

- The UNI Complex has transformed the University of Northern Iowa into a competitive force in track and field.
- The new facility has allowed the university to compete at the highest level.
- The University of Northern Iowa is poised to continue its success in track and field.
Winning in the classroom and achieving an academic degree is the primary goal for each student-athlete at the University of Northern Iowa. It is the University's chief objective to allow each individual to have the maximum opportunity to participate in a positive educational experience and ultimately earn a college degree.

As a medium-sized public university with a faculty committed to quality undergraduate education, Northern Iowa is proud of its student-athletes' performance in the classroom. In information taken from the 1998 NCAA Division I Graduation Rates Report, UNI athletes graduated at a rate higher than the general student body and at a higher rate than any of their Missouri Valley Conference counterparts. In fact, 35 to 40 percent of UNI student-athletes perennially post grade-point averages of 3.0 or better.

The key to Northern Iowa's academic program is the individual -- the student-athlete gets out of the system what he or she puts into it. UNI has geared its academic program to make its student-athletes better individuals. It is important that the student-athletes develop a sense of pride in themselves as students, as athletes, as citizens, and as representatives of the University of Northern Iowa.

Athletes can take advantage of the Athletics Academic Advisor, who has responsibilities specifically to Panther student-athletes. The Advisor will assist athletes in scheduling, choice of major, tutorial services and other services to assure satisfactory progress toward a degree.

The Athletics Academic Advisor's Office also has established the Panther Athletic Academic Center, or PAAC for short. PAAC is a service which provides student-athletes with study services during daytime and evening hours that better accommodate their active schedules.

## Northern Iowa's

### GTE Academic All-Americans

<table>
<thead>
<tr>
<th>Year</th>
<th>Names</th>
</tr>
</thead>
<tbody>
<tr>
<td>1996</td>
<td>Jon Judisch</td>
</tr>
<tr>
<td>1998</td>
<td>Jon Judisch</td>
</tr>
<tr>
<td>1999</td>
<td>Levente Timar</td>
</tr>
<tr>
<td>2000</td>
<td>Levente Timar</td>
</tr>
</tbody>
</table>

## Missouri Valley Conference Scholar-Athlete Performers

<table>
<thead>
<tr>
<th>Year</th>
<th>Names</th>
</tr>
</thead>
<tbody>
<tr>
<td>1993</td>
<td>Gregg Garn, Jason McCleary, Chad Flynn, Cole Honeck, Jeff Joiner, Jason Meyer, Bob Smith, Dyan Fluhrer, Keri Hamilton, Heidi Heiar, Paula Nemmers, Marchelle Short, Kelly VanDePol</td>
</tr>
<tr>
<td>1994</td>
<td>Gregg Garn, Jeff Joiner, Tim Suchan, Matt Casillas, Chad Flynn, Jason Meyer, Mike Moats, Kory Swart, Guy Willey, Jacque Askeland, Kelly VanDePol, Jennifer Bradford, Keri Hamilton, Heidi Heiar, Laura Little</td>
</tr>
<tr>
<td>1995</td>
<td>Alex Garn, Chad Flynn, Kory Swart, Tim Suchan, Matt Casillas, Laura Little, Theresa Lux</td>
</tr>
<tr>
<td>1996</td>
<td>Chad Flynn, Alex Garn, Jon Judisch, Kyle Kepler, Mike Maddox, Jason Meyer, Tim Suchan, Kory Swart, Joey Woody, Jenny Jackson, Laura Little, Theresa Lux, Cindra Schelling</td>
</tr>
<tr>
<td>1999</td>
<td>Brock Boettcher, Sam Burkett, Balazs Csillag, Travis Geopfert, Jon Judisch, Tim Kirchoff, Brent MacLagan, Bill Nordyke, Levente Timar, Jill Bakewell, Rachel Dozark, Brenna Fleishman, Jill George, Teresa Grothus, Kendra Stannard, Kari Thilges, Melissa Yerk</td>
</tr>
<tr>
<td>2000</td>
<td>Rob Brock, Balazs Csillag, Travis Geopfert, Robert Hamre, Tim Kirchoff, Eric Potter, Levente Timar, Grant Wesson, Jill Bakewell, Deborah Cordner, Rachel Dozark, Rita Fiata, Jill George, Teresa Grothus, Inga Hope, Katie Johnson, Nikki Nelson, Elzabeth Robertson, Kari Thilges</td>
</tr>
</tbody>
</table>
The University of Northern Iowa 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 evolved into one of the finest comprehensive public universities in the nation, with nationally-acclaimed programs in many disciplines.

UNI emphasizes outstanding undergraduate education and offers selected 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 Administration, Education, Humanities and Fine Arts, Natural Sciences, and Social and Behavioral Sciences. UNI also participates in the bachelor of liberal studies program offered by Iowa's Regent Universities, and the university's division of Continuing Education and Special Programs provides classes off-campus in centers throughout the state.

Recognized as the premier public undergraduate university in the state, UNI is no longer Iowa's "best kept secret," as evidenced by the demand for its high-quality programs. UNI enrollments have grown by nearly eight percent in the past five years. Enrollment on UNI's 900-acre campus was 13,774 students in the fall of 2000, which represented the third consecutive year of record enrollments. Students come from every county in Iowa, 46 states and 57 countries.

UNI's heritage and philosophy place great value on providing a student-centered educational experience. The university offers a learning environment that is small enough to offer students individualized attention, yet large enough to provide a variety of resources, including distinguished faculty. The university prides itself on its reputation as a great teaching institution, and most courses are taught by one of more than 600 full-time faculty members who are committed to helping students grow intellectually and personally.

UNI's accounting program continues to be ranked among the best in the nation, as does its music program. Student groups ranging from interests in chemistry to conservation to public relations have been recognized for excellence by their respective national organizations.

UNI offers a wide variety of cultural programs, conferences and outreach services. Continuing Education's non-credit division, the College of Business Administration's Business and Community Services division and the university's Office of Conference and Visitor Services offer outreach programs to business and industry, locally and across Iowa.
## Indoor Records

### Men

<table>
<thead>
<tr>
<th>Event</th>
<th>UNI Record</th>
<th>Missouri Valley Meet Record</th>
</tr>
</thead>
<tbody>
<tr>
<td>400 Meters</td>
<td>47.01, Jim Turner (1990)</td>
<td>21.15, Kevin Little, Drake (1990)</td>
</tr>
<tr>
<td>Distance Medley Relay</td>
<td>3:09.95 (1996)</td>
<td>18-00 1/2, Jacob Pauli, Northern Iowa (1998)</td>
</tr>
<tr>
<td></td>
<td>60-3 1/4, Brent Geringer (1979)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>67-7, Matt Casillas (1996)</td>
<td></td>
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</tbody>
</table>

### Women

<table>
<thead>
<tr>
<th>Event</th>
<th>UNI Record</th>
<th>Missouri Valley Meet Record</th>
</tr>
</thead>
<tbody>
<tr>
<td>1,000 Meters</td>
<td>2:53.02, Jenny Jackson (1997)</td>
<td>9:42.09, Mary Ellen Hill, Bradley (2000)</td>
</tr>
<tr>
<td>3,000 Meters</td>
<td>9:59.64, Julie Mazzitielli (1993)</td>
<td>3:42.84, Southwest Missouri State (1999)</td>
</tr>
<tr>
<td></td>
<td>56-2, Melissa Yerk (1998)</td>
<td></td>
</tr>
</tbody>
</table>
# Outdoor Records

## Men

<table>
<thead>
<tr>
<th>Event</th>
<th>UNI Record</th>
</tr>
</thead>
<tbody>
<tr>
<td>100-Meter Dash</td>
<td>10.41, Jeff Adam (1998)</td>
</tr>
<tr>
<td>200 Meters</td>
<td>20.87, Dedrie Ward (1997)</td>
</tr>
<tr>
<td>400 Meters</td>
<td>46.46, Joey Woody (1997)</td>
</tr>
<tr>
<td>400-Meter Intermediate Hurdles</td>
<td>48.18, Joey Woody (1997)</td>
</tr>
<tr>
<td>800 Meters</td>
<td>1:48:10, Jeff Burris (1988)</td>
</tr>
<tr>
<td>1,500 Meters</td>
<td>3:44:06, Bob Friedman (1979)</td>
</tr>
<tr>
<td>5,000 Meters</td>
<td>14:17:10, Balazs Csillag (2000)</td>
</tr>
<tr>
<td>10,000 Meters</td>
<td>29:51:64, Chris Leonard (1985)</td>
</tr>
<tr>
<td>Shuttle Hurdle Relay</td>
<td>56.95 (1993) J. McCleary, J. Woody, Garn, J. Westbrook</td>
</tr>
<tr>
<td>Distance Medley</td>
<td>9:47.70 (1990) J. Burris, K. Shedd, K. Terrillion, D. Hostager</td>
</tr>
<tr>
<td>High Jump</td>
<td>7:4 1/2, Jason Boness (1999)</td>
</tr>
<tr>
<td>Triple Jump</td>
<td>51:8 1/4, Devon Davis (1999)</td>
</tr>
<tr>
<td>Shot Put</td>
<td>58:6, John Holler (1978)</td>
</tr>
<tr>
<td>Hammer Throw</td>
<td>197:11, Allan Walz (1996)</td>
</tr>
<tr>
<td>Discus</td>
<td>199:6, Brent Geringer (1979)</td>
</tr>
<tr>
<td>Decathlon</td>
<td>7,419, Brad Miller (1992)</td>
</tr>
</tbody>
</table>

## Women

<table>
<thead>
<tr>
<th>Event</th>
<th>UNI Record</th>
</tr>
</thead>
<tbody>
<tr>
<td>100-Meter Dash</td>
<td>11.20, Shantel Twiggs (1994)</td>
</tr>
<tr>
<td>100-Meter High Hurdles</td>
<td>13.96, Brenna Fleishman (1999)</td>
</tr>
<tr>
<td>200 Meters</td>
<td>23.04, Shantel Twiggs (1993)</td>
</tr>
<tr>
<td>400 Meters</td>
<td>53.74, Sherry Shedd (1992)</td>
</tr>
<tr>
<td>400-Meter Intermediate Hurdles</td>
<td>59.84, Nikki Nelson (2000)</td>
</tr>
<tr>
<td>800 Meters</td>
<td>2:08:39, Emily Montgomery (1995)</td>
</tr>
<tr>
<td>1,500 Meters</td>
<td>4:33:27, Jenny Jackson (1999)</td>
</tr>
<tr>
<td>5,000 Meters</td>
<td>17:11:14, Sandy Elsberry (1984)</td>
</tr>
<tr>
<td>10,000 Meters</td>
<td>36:06:04, Suzie Scheer (1984)</td>
</tr>
<tr>
<td>4 x 100-Meter Relay</td>
<td>45.52, J. Eiben, Leftfridge, Schmitz, S. Twiggs (1994)</td>
</tr>
<tr>
<td>Distance Medley</td>
<td>11:46:69, Little, Lux, Schelling, Montgomery (1995)</td>
</tr>
<tr>
<td>Long Jump</td>
<td>21-3, Dianna Leftfridge (1994)</td>
</tr>
<tr>
<td>Triple Jump</td>
<td>41-9 1/4, Dianna Leftfridge (1994)</td>
</tr>
<tr>
<td>Shot Put</td>
<td>48-0, Lisa Tatman (1988)</td>
</tr>
<tr>
<td>Hammer Throw</td>
<td>167-10, Melissa Yerk (1999)</td>
</tr>
<tr>
<td>Discus</td>
<td>146-0, Kristie Oleen (1990)</td>
</tr>
<tr>
<td>Heptathlon</td>
<td>5,051, Kendra Stannard (1999)</td>
</tr>
</tbody>
</table>

## Missouri Valley Meet Record

<table>
<thead>
<tr>
<th>Event</th>
<th>Record</th>
</tr>
</thead>
<tbody>
<tr>
<td>100-Meter Dash</td>
<td>10.19, Clarkson Reid, SW MO St (1998)</td>
</tr>
<tr>
<td>200 Meters</td>
<td>22.80, Holli Hyche, Indiana State (1994)</td>
</tr>
<tr>
<td>400 Meters</td>
<td>53.02, Verneta Lesforis, SW MO St (1999)</td>
</tr>
<tr>
<td>800 Meters</td>
<td>2:07:01, Augustina Charles, SW MO St (1999)</td>
</tr>
<tr>
<td>3,000 Meters</td>
<td>7:44:44, Sailor, Southern Illinois St (1999)</td>
</tr>
<tr>
<td>5,000 Meters</td>
<td>10:28:56, Glen, Southern Illinois St (1999)</td>
</tr>
<tr>
<td>4 x 100-Meter Relay</td>
<td>3:25:54, T. Eiben, Southern Illinois St (1999)</td>
</tr>
<tr>
<td>4 x 400-Meter Relay</td>
<td>8:59:40, J. Eiben, Southern Illinois St (1999)</td>
</tr>
<tr>
<td>4 x 800-Meter Relay</td>
<td>22:00:40, J. Eiben, Southern Illinois St (1999)</td>
</tr>
<tr>
<td>Sprint Medley</td>
<td>3:41:06, Wichita State (1999)</td>
</tr>
<tr>
<td>Distance Medley</td>
<td>7:54:00, M. Nelson, Southwest Missouri State (1999)</td>
</tr>
<tr>
<td>Pole Vault</td>
<td>9:58:00, M. Nelson, Southwest Missouri State (1999)</td>
</tr>
<tr>
<td>High Jump</td>
<td>16:12:00, R. Dozark, SW MO St (1999)</td>
</tr>
<tr>
<td>Long Jump</td>
<td>31:12:00, R. Dozark, SW MO St (1999)</td>
</tr>
<tr>
<td>Shot Put</td>
<td>7:54:00, M. Nelson, Southwest Missouri State (1999)</td>
</tr>
<tr>
<td>Hammer Throw</td>
<td>16:12:00, R. Dozark, SW MO St (1999)</td>
</tr>
<tr>
<td>Javelin</td>
<td>7:54:00, M. Nelson, Southwest Missouri State (1999)</td>
</tr>
<tr>
<td>Decathlon</td>
<td>16:12:00, R. Dozark, SW MO St (1999)</td>
</tr>
</tbody>
</table>

## NORTHERN IOWA TRACK & FIELD

Track & Field records include personal records and meet records for the University of Northern Iowa. Records include events such as the 100-meter dash, long jump, and the 4x400-meter relay. The records are set by athletes from the university and have been recognized on the university's website.
# Men's Top Indoor Performances

## 55-Meter Dash
2. Dedric Ward 6.31 1998
4. Lisa Johnson 6.43 2000

## 60-Meter Dash
1. Devon Davis 6.70 2000
3. Jason McCleary 6.76 1999
4. Joe Fuller 6.80 2000
5. Chris Breidenbach 6.90 2000

## 55-Meter Hurdles
1. Johnny Westbrook 7.29 1993
2. Jason McCleary 7.31 1993
4. Alonzo Clayton 7.40 2000
5. David Paulsen 7.40 2001

## 60-Meter Hurdles
2. Cyrus Nichols 8.00 2000
3. Jacob Pauli 8.10 1999
4. Nate Ludwig 8.39 1999
5. Jeff Olorundami 8.42 2001

## 200 Meters
3. Jeff Adam 21.64 1999
4. Devon Davis 21.70 2000

## 400 Meters
1. Jim Turner 47.01 1990
2. Jon Judisch 47.07 1998
3. Burke Bockman 47.70 2000
5. Branimir Peitel 48.28 2001

## 600 Meters
2. Eric Potter 1:17.73 2000
3. David Paulsen 1:18.70 2000

## 800 Meters
2. Eric Potter 1:48.48 2000
3. Jeff Burris 1:49.56 1989
4. Brent MacLagan 1:49.66 1998
5. Miklos Arpasi 1:49.90 1993

## 1,000 Meters
2. Chad Flynn 2:27.99 1995
5. Joel Sullivan 2:29.31 2000

## Mile Run
1. Balazs Csillag 4:04.64 2000
2. Tom Penningroth 4:07.54 1989
3. Oliver Bodor 4:08.07 2001
4. Rob Brock 4:09.49 2000
5. Bill Glassmaker 4:09.77 1984

## 3,000 Meters
1. Oliver Bodor 8:02.21 2001
2. Dan Hostager 8:02.67 1989
3. Levente Timar 8:09.37 2000
4. Devon Davis 8:12.54 2000
5. Tom Penningroth 8:17.77 1989

## 5,000 Meters
2. Dan Hostager 14:27.01 1989
4. Dan Fick 14:32.95 1985
5. Marty Greene 14:33.34 1993

## 4 x 400-Meter Relay
1. 3:09.95 1996
   (C.Mullen,B.Bockman,E.Potter,B.McLagan)
2. 3:10.54 2000
   (Tr.Geo,Fl.Turrett,B.McLagan,E.Potter)
3. 3:14.27 1998
   (J.Judisch,J.Potter,Turrett,B.McLagan)
4. 3:14.79 2000
   (C.Mullen,B.Bockman,Tr.Geo,Fl.Turrett)
5. 3:14.91 1999
   (Tr.Geo,Fl.Turrett,B.McLagan,E.Potter)

## Distance Medley Relay
1. 9:39.47 2000
   (R.Brock,Tr.Geo,F.Potter,B.McLagan)
2. 9:46.98 1998
   (R.Brock,J.Judisch,E.Potter,B.McLagan)
3. 9:56.38 1998
   (E.Potter,J.Judisch,B.Brock,R.Brock)
4. 9:59.17 1999
   (S.Burkett,B.McLagan,E.Potter,B.McLagan)

## Pole Vault
1. Jacob Pauli 18-4 1/2 2000
4. Bob Edwards 17-1 1/2 1991
5. Troy Becker 16-9 1/2 1986

## High Jump
1. Tim Suchan 7-4 1/2 1995
2. Pete Herber 7-3 1/4 1994
3. Jason Boness 7-3 1/2 1992
4. Jason McCleary 7-3 1/2 1993
5. Ryan Santi 7-0 1/2 1994

## Long Jump
1. Devon Davis 25-2 1/2 1999
2. Jason McCleary 24-8 1/4 1993
3. Marques Wooten 24-4 1/4 2000
4. Marques Wooten 24-4 1/4 2000
5. Tom Penningroth 23-11 1989

## Triple Jump
1. Junior Chukukere 52-1 1992
2. Devon Davis 50-5 1/2 2000
3. Alen Toplovcan 50-5 1/2 1997
4. Mike Maddox 54-4 3/4 1997
5. Billy Nordyke 53-10 1999

## Shot Put
1. Brent Geringer 60-3 1/4 1979
3. Arnie Doden 57-0 3/4 1983
5. Matt Casillas 55-10 1/2 1996

## 35# Weight
1. Matt Casillas 67-7 1996
3. Dave Jennings 65-7 2001
4. Mike Maddox 54-4 3/4 1997
5. Billy Nordyke 53-10 1/4 1999
### Women's Top Indoor Performances

#### 55-Meter Dash
2. Sherry Shedd 7.08 1991
3. Denise Sauerbrei 7.12 1997
4. Dianna Leftridge 7.15 1995
5. Amy Goodlaxson 7.18 1996

#### 60-Meter Dash
1. Melissah Campbell 7.50 2000
2. Inga Hope 7.60 2000
3. Deb Cordner 7.64 1999
5. Tracy Burress 8.14 1999

#### 55-Meter Hurdles
1. Brenna Fleishman 8.00 1998
2. Kendra Stannard 8.15 1998
3. Tiffany Ratzlaff 8.16 1998
4. Dianna Leftridge 8.40 1995

#### 60-Meter Hurdles
1. Dee Wear 8.76 1999
2. Melissa Campbell 8.80 2001
3. Jill George 9.00 1999
4. Tiffany Ratzlaff 9.16 1999

#### 200 Meters
1. Shantel Twiggs 24.12 1994
2. Denise Sauerbrei 24.52 1997
4. Deb Cordner 24.89 1999
5. Julie Davis 25.36 1991

#### 400 Meters
1. Deb Cordner 55.79 2000
2. Jill Bakewell 56.12 2000
3. Rhonda Eiben 56.49 1997
4. Deb Cordner 56.79 2000
5. Dyan Fluhrer 57.00 1992

#### 600 Meters
1. Nikki Nelson 1:33.52 2000
2. Diane Black 1:33.60 1990
4. Teresa Grothus 1:35.52 2000
5. Heather Sellers 1:36.05 1995

#### 800 Meters
1. Emily Montgomery 2:09.00 1996
5. Sherry Shedd 2:15.60 1997
6. Teresa Grothus 2:16.00 1995
8. Emily Montgomery 2:16.31 2002

#### 1,000 Meters
1. Jenny Jackson 2:53.02 1997
2. Barb Clark 2:54.74 1988
4. Natalie Sueppel 2:56.64 1988
5. Rachel Dozark 2:57.79 2000
6. Tiffany Ratzlaff 2:57.81 1999
7. Julie Mazzitelli 2:58.91 1993
8. Jenny Owen 2:59.01 1988
9. Tracy Burress 2:59.91 1999

#### Mile Run
1. Jenny Jackson 4:52.47 1997
2. Emily Montgomery 4:56.96 1995
3. Julie Mazzitelli 5:00.30 1993
4. Kris Skov Wallace 5:01.44 1982
5. Kathy Allen 5:02.43 1991
6. Tiffany Ratzlaff 5:03.64 1999
7. Julie Mazzitelli 5:04.91 1993
8. Jenny Owen 5:06.01 1988
9. Tracy Burress 5:07.21 1999

#### 3,000 Meters
1. Julie Mazzitelli 9:59.64 1993
2. Rita Fiala 10:01.25 2000
6. Tiffany Ratzlaff 10:09.21 1999
7. Julie Mazzitelli 10:10.61 1993
9. Tracy Burress 10:13.91 1999

#### 5,000 Meters
1. Rita Fiala 17:32.18 2000
2. Sandy Elsberry 17:38.04 1983
5. Evette Iverson 18:24.74 2000
6. Tiffany Ratzlaff 18:29.11 1999
7. Julie Mazzitelli 18:30.61 1993
9. Tracy Burress 18:34.91 1999

#### 4 x 400-Meter Relay
1. 3:45.58 2000 (T.Grothus,R.Dozark,J.Bakewell,N.Nelson)
2. 3:47.29 1999 (D.Cordner,T.Burress,J.Bakewell,N.Nelson)
5. 3:48.91 1998 (J.Fisher,T.Burress,J.Bakewell,K.Stannard)
6. 3:49.21 1999 (D.Cordner,T.Burress,J.Bakewell,N.Nelson)
7. 3:49.41 1998 (J.Fisher,T.Burress,J.Bakewell,K.Stannard)
8. 3:49.61 1997 (D.Cordner,T.Burress,J.Bakewell,N.Nelson)
9. 3:50.01 1996 (J.Fisher,T.Burress,J.Bakewell,K.Stannard)
10. 3:50.21 1995 (D.Cordner,T.Burress,J.Bakewell,N.Nelson)

#### Shot Put
1. Lisa Tatman 48-3 1/4 1989
3. Donna Wheeler 45-8 1984
4. Maren Seehusen 43-3 1/4 1982
5. Arlene Truss 42-6 3/4 1996

#### 20# Weight Throw
1. Melissa Yerk 56-2 1998

#### Distance Medley Relay
1. 11:50.57 1999 (J.Jackson,N.Nelson,R.Dozark,K.Thilges)
2. 11:54.64 1994 (P.Nemmers,L.Little,K.VanDePol,E.Montgomery)
3. 12:03.94 1996 (C.Schelling,H.Sellers,L.Little,E.Montgomery)

#### Pole Vault
1. Liz Robertson 11-5 3/4 2000

#### High Jump
1. Jeannette Brown 5-9 1982
2. Karen Smith 5-7 3/4 1987
4. Amy Oleson 5-7 1995
5. Amanda Koester 5-7 1999

#### Long Jump
1. Dianna Leftridge 20-11 1/2 1995
3. Amanda Koester 19-0 1/4 2000

#### Triple Jump
2. Kendra Stannard 38-0 1998
3. Rhonda Butt 37-0 1984
4. Kara Hulse 34-8 1/2 2001
5. Amanda Koester 34-2 3/4 1999

#### Crystal Seams 34-2 3/4 2001

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**NORTHERN IOWA TRACK & FIELD**

35
## Men's Top Outdoor Performances

### 100-Meter Dash
1. Jeff Adam 10.41 1998
3. Maceo Strickland 10.43 1994
4. Devon Davis 10.43 1999

### 110-Meter Hurdles
2. Larry McCready 13.84 1967
5. Jason McCleary 14.11 1993

### 200 Meters
1. Dedric Ward 20.87 1997

### 400 Meters
1. Joey Woody 46.46 1997
2. Dennis Roloff 46.94 1972
4. Brooks Glinnapp 47.40 1986
5. Jim Turner 47.43 1991

### 400-Meter Hurdles
2. Burke Bockman 51.37 2000
3. Alex Garn 51.69 1995
4. Gregg Garn 51.78 1993
5. Tom Akers 52.00 1979

### 800 Meters
1. Jeff Burris 1:48.10 1988
4. Eric Potter 1:49.70 2000
5. Bill Glassmaker 1:48.55 1979

### 1,500 Meters
1. Bob Friedman 3:44.06 1979
2. Mark Feyerheisen 3:47.65 1980

### 3,000-Meter Steeplechase
1. Levente Timar 8:48.37 1999
2. Jay Brock 8:51.64 1998
3. Balazs Csillag 8:56.31 2000
4. Steve Gearhart 9:05.74 1986
5. Jim Whitcomb 9:10.54 1983

### 5,000 Meters
1. Balazs Csillag 14:17.10 2000
4. Levente Timar 14:23.11 1999

### 10,000 Meters
2. Balazs Csillag 29:52.10 2000
5. Todd Goodell 30:14.59 1982

### 4 x 100-Meter Relay
1. Dedric Ward 10.00 - 1993
2. Larry McCready 10.00 - 1993
3. Johnny Westbrook 10.00 - 1993
4. Jay Connor 10.00 - 1993
5. Maceo Strickland 10.00 - 1993

### 4 x 200-Meter Relay
1. Edwards, Adam, Frazier, Davis 20.00 - 1993
2. Brown, Adam, Frazier, Ward 20.00 - 1993
3. Shedd, Westbrook, McCleary, Honeck 20.00 - 1993
4. Frazier, Judisch, Geopfert, Davis 20.00 - 1993

### 4 x 400-Meter Relay

### 4 x 800-Meter Relay
2. Ecker, Teeling, Friedman, Glassmaker 7:25.95 - 1999

### Sprint Medley
1. Levente Timar 3:17.29 - 1993

### Distance Medley
1. Burris, Shedd, Terrillion, Hostager 9:47.70 - 1990

### Pole Vault
1. Jacob Pauli 18-6 1/2 2000
2. Juri Rovan 18-1 1996
4. Russ Adams 17-4 1/4 1985

### High Jump
1. Jason Boness 6-11 1/4 1999
2. Tim Suchan 6-10 1/2 1999
3. Pete Herber 6-10 1/2 1999
4. Ryan Santi 6-10 1/2 1999
5. Steve Daugherty 6-11 1/4 1992

### Long Jump
1. Wayne Simon 24-10 3/4 1987
2. Jason McCleary 24-10 1/4 1993
3. Devon Davis 24-5 1/2 1999
4. Bobby Williams 24-2 1/2 1981
5. Todd Madsen 24-2 1/4 1993

### Triple Jump
1. Devon Davis 51-8 1/4 1999
2. Junior Chukukere 51-8 1/4 1992
3. Alan Toplovcac 50-7 1/4 1996
4. Bill Lawson 50-2 1977
5. Bobby Williams 49-6 3/4 1982

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

### Hammer
1. Allan Walz 197-11 1996
2. Matt Casillas 195-7 1996
3. Dave Jennings 187-1/2 2000
4. Tom Reints 185-9 1982
5. Ken Schwartz 167-6 1975

### Discus
1. Brent Geringer 199-6 1979
2. Matt Haven 187-10 1984
3. Allan Walz 184-8 1995
4. Arnie Doden 178-0 1983
5. Mike Maddox 177-2 1996

### Javelin
1. Juri Rovan 207-7 1995
2. Mike Raffensperger 204-8 1989
3. Scott Sloan 192-9 1986
4. Jason Boness 181-4 1999
5. Brad Miller 175-5 1992

### Decathlon
1. Brad Miller 7,419 1992
2. Bill Lawson 7,314 1980
3. Jason McCleary 7,225 1993
5. Travis Geopfert 7,031 1998
### Women's Top Outdoor Performances

#### 100-Meter Dash
1. Shantel Twiggs 11.20 1994
2. Denise Sauerbrei 11.70 1997
3. Sherry Shedd 11.96 1992
4. Deb Cordner 12.02 1999
5. Ann Bader 12.04 1976

#### 100-Meter Hurdles
1. Brenna Fleishman 13.96 1999
2. Dee Wee 14.21 2000
5. Sue Buffington 14.84 1977

#### 200 Meters
1. Shantel Twiggs 23.04 1993
2. Denise Sauerbrei 23.73 1997
3. Sherry Shedd 24.29 1990
4. Tracy Wentzien 24.85 1979
5. Rhonda Eiben 24.91 1997

#### 400 Meters
1. Sherry Shedd 53.74 1992
2. Deb Cordner 55.23 2000
3. Diane Black 55.27 1991
4. Rhonda Eiben 55.32 1997
5. Jill Bakewell 55.70 1999

#### 400-Meter Hurdles
1. Nikki Nelson 59.84 2000
2. Brenna Fleishman 1:02.48 1999
3. Michelle Surber 1:02.72 1997
4. Jill George 1:04.58 1999
5. Amy Oleson 1:04.72 1999

#### 800 Meters
1. Emily Montgomery 2:08.39 1995
2. Teresa Grothus 2:09.69 2000
4. Barb Clark 2:11.43 1988
5. Rachel Dozark 2:11.56 2000

#### 1,500 Meters
1. Jenny Jackson 4:33.27 1999
2. Emily Montgomery 4:33.45 1995
3. Jne Day 4:33.46 1982

#### 3,000 Meters
1. Sandy Elsberry 9:52.74 1984
2. Kari Thilges 10:01.09 2000
3. Julie Mazzitelli 10:00.24 1993
4. Kary Kleber 10:05.55 1986
5. Becky Slick 10:07.27 1998

#### 5,000 Meters
1. Sandy Elsberry 17:11.14 1984
2. Ria Fiara 17:42.38 2000
3. Heidi Heiar 17:43.14 1993
4. Amy Gielau 18:02.11 1993
5. Kari Thilges 18:05.32 2000

#### 10,000 Meters
1. Suzie Scheer 36:06.04 1984
2. Amy Gielau 37:32.91 1993
3. Heather Mailenburg 38:10.02 1996
4. Sue Holtkamp 38:13.81 2000
5. Heidi Heiar 38:27.64 1993

#### Shuttle Hurdle
1. 58.42 1999

#### 4 x 100-Meter Relay
1. 45.42 1994
2. 45.73 1994
3. 46.24 1992
4. 46.42 1992
5. 46.95 1991

#### 4 x 200-Meter Relay
1. 1:37.38 1994
2. 1:40.00 1991
3. 1:45.16 1999
4. 1:45.66 1999
5. 1:46.09 1994

#### 4 x 400-Meter Relay
1. 3:43.19 2000
2. 3:44.16 1999
3. 3:45.07 1992
4. 3:45.66 1999
5. 3:46.09 1994

#### 4 x 800-Meter Relay
1. 8:57.34 1999
2. 8:58.38 1998
3. 9:02.56 1987
4. 9:14.44 1994

#### Sprint Medley
1. 3:59.75 1995
2. 4:00.37 1990
3. 4:00.40 1996
4. 4:01.45 1999

#### Distance Medley
1. 11:46.69 1995
2. 11:49.06 1999

#### High Jump
1. Jeannette Brown 5-7 1982
2. Karen Smith 5-7 1987
3. Katie Johnson 5-7 2000
4. Amanda Koester 5-7 2000
5. Melissa Nelson 5-7 2000

#### Long Jump
1. Dianna Leftridge 21-3 1994
2. Kendra Stannard 18-11 1/4 1999
3. Sheila Solner 18-3 1/2 1982
5. Kara Hulse 17-9 1/2 2000

#### Triple Jump
1. Dianna Leftridge 41-9 1/4 1994
2. Kendra Stannard 38-2 1/4 1996
3. Rhonda Butt 37-3 1/2 1985
4. Kara Hulse 36-4 1/4 2000
5. Amanda Koester 32-6 1/4 1999

#### Shot Put
1. Lisa Tatman 48-0 1988
2. Andrea Miller 47-8 1/2 1998
3. Donna Wheeler 45-1 1989
4. Vicki White 44-0 1993
5. Maren Seehusen 43-10 1/2 1984

#### Discus
1. Kristie Oleen 146-0 1990
2. Lisa Tatman 144-3 1988
4. Donna Wheeler 139-9 1987
5. Jennifer Van Etten 139-2 1985

#### Javelin
1. Donna Wheeler 148-7 1988
2. Joan Sexton 141-6 1981
3. Lisa Tatman 135-1 1989
5. Jill George 123-1 1999

#### Heptathlon
1. Kendra Stannard 5,051 1999
2. Jill George 4,653 1999
4. Val Patterson 4,212 1994
5. Molly Ostrander 4,091 1994

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**NORTHERN IOWA TRACK & FIELD**

37
MEN'S INDOOR

NCAA Division I All-Americans

1989 - Jeff Burris (800 Meters)
Dan Hostager (3,000 Meters)
1993 - Johnny Westbrook (55-Meter Hurdles)
1996 - Joey Woody (800 Meters)
Juri Rovan (Pole Vault)
1999 - Jacob Pauli (Pole Vault)
2000 - Jacob Pauli (Pole Vault)
Eric Potter (800 Meters)
Rob Brock, Travis Goepfert, Balazs Csillag, Eric Potter (Distance Medley)

NCAA Division I Qualifiers

1988 - Jeff Burris, 800 Meters
1989 - Jeff Burris, 800 Meters
Dan Hostager, 3,000 Meters
1990 - Jim Turner, 400 Meters
Kenny Shedd, 200 Meters
1991 - Brad Miller, Pole Vault
Bob Edwards, Pole Vault
Steve Daugherty, High Jump
Tim Suchan, High Jump
1993 - Johnny Westbrook, 55-Meter Hurdles
Jason McCleary, 55-Meter Hurdles
Miklos Arpasi, 800 Meters
1994 - Tim Suchan, High Jump
Pete Herber, High Jump
Miklos Arpasi, 800 Meters
1995 - Tim Suchan, High Jump
Jason McCleary, 55-Meter Hurdles
Matt Casillas, 35# Weight
1996 - Matt Casillas, 35# Weight
Allan Walz, 35# Weight
Juri Rovan, Pole Vault
Joey Woody, 55-Meter Hurdles/800M
1997 - Juri Rovan, Pole Vault
1998 - Juri Rovan, Pole Vault
Jacob Pauli, Pole Vault
1999 - Jason Boness, High Jump
Devon Davis, Long Jump
Jacob Pauli, Pole Vault
2000 - Eric Potter, 800 Meters
Jacob Pauli, Pole Vault
Rob Brock, Distance Medley
Travis Goepfert, Distance Medley
Balazs Csillag, Distance Medley
Eric Potter, Distance Medley

Conference Champions

1960 - Jerry Stillwell, Broad Jump
Bill Kaufmann, High Jump
Jim Duea, Vault
Hal Byram, 440 Yards
Dennis Corwin, 880 Yards
John States, 60-Yard Hurdles
1961 - Paul Diefke, High Jump

Dick Dotson, Vault
Jim Miller, Mile Run
Dick Sherman, Shot Put
Max Huffman, Broad Jump
Gary Shoemaker, 60-Yd. Hurdles
Dick Juhl, Two-Mile Run
Eight-Lap Relay

1962 - Delbert Lowery, High Jump
Dave Sunken, High Jump
Bill Hood, Shot Put
Dick Dotson, Vault
Bob Crane, Vault
Jay Prichard, Mile Run
Jay Prichard, Two-Mile Run
John Begley, Broad Jump
Larry Markley, 440-Yd. Dash
Larry Markley, 880-Yd. Run
John Raffensperger, 60-Yd. L. Hurdles
Jim Miller, 1,000-Yd. Run

1963 - Hank Sattari, High Jump
George McBee, Broad Jump
George McBee, Vault
Jim Erickson, Shot Put
Jay Prichard, Mile Run
Jay Prichard, Two-Mile Run
Dave Linder, 440-Yd. Dash
Dave Linder, 880-Yd. Run
Gary Shoemaker, 60-Yd. H. Hurdles
Doug Larson, 60-Yd. L. Hurdles

1964 - George McBee, Broad Jump
George McBee, Vault
Glenn Conner, Triple Jump
Dave Sunken, 440-Yd. Dash
Bill Bergan, 600-Yd. Dash
Jay Prichard, Two-Mile Run
Doug Larson, 60-Yd. L. Hurdles
Eight-Lap Relay

1966 - Mark Harper, Shot Put
Bill Rauhausser, Long Jump
Bill Rauhausser, Triple Jump
Jim Dlouhy, Pole Vault
Ron Gerard, 50-Yd. H. Hurdles
Sprint Medley Relay

1967 - Larry McCready, 60-Yd. H. Hurdles
Larry McCready, 60-Yd. L. Hurdles
Mile Relay

1968 - Larry Daniels, 440-Yd. Dash
Larry McCready, 60-Yd. H. Hurdles
Larry McCready, 60-Yd. L. Hurdles
Craig Fay, Triple Jump

1969 - Rich Franklin, Long Jump
Larry McCready, 60-Yd. H. Hurdles
Larry McCready, 60-Yd. L. Hurdles
Wayne Carpenter, 1,000-Yd. Run
Larry Daniels, 880-Yd. Run

1970 - Wayne Carpenter, Mile Run

1972 - Dennis Roloff, 440-Yd. Dash
1973 - Dennis Schultz, 1,000-Yd. Run
Dennis Schultz, 880-Yd. Run
Dennis Roloff, 600-Yd. Dash
Kent Wessely, 60-Yd. I. Hurdles
Not available

1974 - Not available
1975 - John Holler, Shot Put

1976 - John Holler, Shot Put
Joel Rogers, 60-Yd. H. Hurdles
1977 - Al Atherton, 60-Yd. Dash
John Holler, Shot Put
Bill Glassmaker, 1,000-Yd. Run
Bill Glassmaker, 600-Yd. Dash
Mile Relay

1978 - Kelly Ellis, 60-Yd. Dash
Kelly Ellis, 300-Yd. Dash
John Holler, Shot Put
Bill Glassmaker, 600-Yd. Dash
Rick Friedman, 880-Yd. Run
Mile Relay

1979-83 No conference meet
1984 - Jay Connor, 60-Yd. Hurdles
Steve Munzt, 880 Yards
Russ Adams, Pole Vault
Distance Medley Relay
1985 - Paul Egger, 1,000 Yards
Troy Becker, Pole Vault
Tod Goodell, Two Mile
Distance Medley Relay

1986 - Joe Fuller, 60-Yd. Dash
Wayne Simon, Long Jump
Wayne Simon, Triple Jump
Brooks Glasnap, 600 Yards
Jeff Burris, 880 Yards
Tod Goodell, Two Mile
Mile Relay
1987 - Jeff Burris, 880 Yards
Dan Hostager, Two Mile
Mile Relay
1988 - Kelly Tagtow, 35# Weight
Brad Miller, Pole Vault
Tom Penningroth, 3,000 Meters
Dave Cleveland, High Jump
Kent Terrillion, 800 Meters
Dan Hostager, 5,000 Meters
Mile Relay

1989 - Dan Hostager, 3,000 Meters
Dan Hostager, 5,000 Meters
Jim Turner, 400 Meters
Jeff Burris, 600 Yards
Kent Terrillion, 800 Meters
Steve Jay, 1,000 Yards
Dave Cleveland, High Jump
Two-Mile Relay

1990 - Kenny Shedd, 200 Meters
Jim Turner, 400 Meters
Kent Terrillion, 800 Meters
Bill Castle, 3,000 Meters
Mile Relay
Two-Mile Relay
Bob Edwards, Pole Vault
Steve Daugherty, High Jump
Junior Chukukere, Triple Jump

1991 - Kenny Shedd, 200 Meters
Kenny Shedd, 400 Meters
Bill Castle, Mile
Bill Castle, 3,000 Meters
Marty Greene, 5,000 Meters
Junior Chukukere, Triple Jump
Brad Miller, Pole Vault
Panther Honor Roll

1992 - Kenny Shedd, 200 Meters
Junior Chukukere, Triple Jump
1993 - Johnny Westbrook, 55-Meter Hurdles
Miklos Arpasi, 400 Meters
4 x 400 Relay
Jason McCleary, Long Jump
1994 - Alonzo Clayton, 55-Meter Hurdles
Miklos Arpasi, 800 Meters
1995 - Jason McCleary, 55-Meter Hurdles
Jon Judisch, 400 Meters
Matt Mullenix, 600 Meters
Joey Woody, 800 Meters
4 x 400 Relay
Tim Suchan, High Jump
Allan Walz, 35# Weight
1996 - Jon Judisch, 400 Meters
4 x 400 Relay
Matt Casillas, Shot Put
1997 - Juri Rovan, Pole Vault
1998 - Distance Medley Relay
Juri Rovan, Pole Vault
1999 - Jacob Pauli, Pole Vault
2000 - Devon Davis, 60 Meters
Marshall Frazier, 200 Meters
Eric Potter, 800 Meters
Jacob Pauli, Pole Vault
Rob Brock, Travis Goepfert, Balasz Csillag, Eric Potter (Distance Medley)

Conference Athlete of the Year
1989 - Dan Hostager (Mid-Continental Conf.)
1990 - Jim Turner (Mid-Continental Conf.)
1995 - Tim Suchan (Field)
1997 - Juri Rovan (Field)
1999 - Marshall Frazier
2000 - Marshall Frazier

Conference Coach of the Year
1984 - Lynn King
1985 - Chris Bucknam
1986 - Chris Bucknam
1988 - Chris Bucknam
1990 - Chris Bucknam
1995 - Chris Bucknam
1996 - Chris Bucknam
2000 - Chris Bucknam

MEN'S OUTDOOR
National Champions (Div. I)
1997 - Joey Woody (400-Meter Hurdles)
National Champions (Div. II)
1972 - Mike McCreary (Shot Put)
1974 - Dennis Schultz, (Mile)
1978 - Brent Geringer (Discus)
Division I All-Americans
1939 - William Jenkins (Cross Country)
1979 - Brent Geringer (Discus)
1994 - Joey Woody (400-Meter Hurdles)
1995 - Joey Woody (400-Meter Hurdles)
1997 - Joey Woody (400-Meter Hurdles)
Juri Rovan (Pole Vault)
1998 - Juri Rovan (Pole Vault)
1999 - Jacob Pauli (Pole Vault)
2000 - Jacob Pauli (Pole Vault)
Division II All-Americans
1968 - Larry McCreary (120 Hurdles)
1969 - Larry McCreary (120 Hurdles)
Wayne Carpenter (Mile)
1970 - Wayne Carpenter (Mile)
Mike McCreary (Shot Put)
1971 - Mike McCreary (Shot Put)
1972 - Mike McCreary (Shot Put)
1973-Dennis Roloff (Mile)
Dennis Schultz (Mile)
Dave Anderson, Mike Byington, Steve DeSerano,
Dennis Roloff (Mile Relay)
1974 - Dennis Schultz (Mile)
Rich Twedt (Six-Mile)
Scott Noltensmeier (120 Hurdles)
Steve Ford (Pole Vault)
Kent Wessely (High Jump)
Bill Cook (Decathlon)
1975 - Keith Schmidt (Pole Vault)
1977 - Bill Friedman (1,500 Meters)
John Holler (Shot Put)
Brent Geringer (Discus)
Bill Glassmaker (800 Meters)
Bill Lawson (Decathlon)
1978 - Brent Geringer (Discus, Shot Put)
Bob Friedman (1,500 Meters)
Bill Glassmaker (800 Meters)
Bill Lawson (Decathlon)
Tom Rogers (Pole Vault)
1979 - Bob Friedman (1,500 Meters)
Brent Geringer (Discus, Shot Put)
Bill Glassmaker (800 Meters)
Tom Akers (400 Hurdles)
Tim Jamerson (Pole Vault)
Bill Lawson (Decathlon)
1980 - Bill Lawson (Decathlon)

NCAA Division I Qualifiers
1985 - Russ Adams, Pole Vault
1990 - Jeff Burris, 800 Meters
1992 - Brad Miller, Decathlon
1993 - Joey Woody, 400 Hurdles
Jason McCleary, Decathlon
Miklos Arpasi, 800 Meters
1994- Joey Woody, 400 Hurdles
Tim Suchan, High Jump
Miklos Arpasi, 800 Meters
1995 - Tim Suchan, High Jump
Joey Woody, 400 Hurdles
Allan Walz, Discus
Alex Garn, 400 Hurdles
1996 - Juri Rovan, Pole Vault
Allan Walz, Discus/Hammer Throw
1997 - Joey Woody, 110 Hurdles/400 Hurdles
400 Meters
Juri Rovan, Pole Vault
1998 - Juri Rovan, Pole Vault
1999 - Juri Rovan, Pole Vault
Jay Brock, 3000-Meter Steeplechase
1999 - Jason Boness, High Jump
Jacob Pauli, Pole Vault
2000 - Jacob Pauli, Pole Vault
Conference Champions
1960 - Hay Byram, 440-Yd. Dash
Dick Dotson, Pole Vault
Mile Relay
1961 - Dick Dotson, Pole Vault
1962 - Dave Sentken, 440-Yd. Dash
John Raffensperger, 220-Yd. Dash
Delbert Lowery, High Jump
Dick Dotson, Pole Vault
Hank Sattari, Javelin
1963 - Dave Sentken, 440-Yd. Dash
Dave Linder, 880-Yd. Run
Hank Sattari, Javelin
Mile Relay
1964 - Hank Sattari, Javelin
Jay Prichard, Mile Run
Dave Sentken, High Jump
Rich Engel, 880-Yd. Run
George McBe, Pole Vault
1965 - Bill Rauhaus, Broad Jump
Bill Rauhaus, Triple Jump
Ron Gerard, 120-Yd. H. Hurdles
Mike Long, 330-Yd. I. Hurdles
1966 - Ron Gerard, 120-Yd. H. Hurdles
Bob Ruchti, 220-Yd. Dash
1967 - Larry McCreary, High Jump
Larry McCreary, 120-Yd. H. Hurdles
Bob Ruchti, 100-Yd. Dash
Bob Ruchti, 220-Yd. Dash
Ken Huelman, Shot Put
Mark Sanborn, 440-Yd. I. Hurdles
1968 - Dick Miller, Discus
Larry McCreary, 120-Yd. H. Hurdles
Skip Anderson, High Jump
Craig Fay, Triple Jump
440-Yd. Relay
1969 - Mike McCreary, Discus
<table>
<thead>
<tr>
<th>Year</th>
<th>Event</th>
<th>Athlete(s)</th>
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<tbody>
<tr>
<td>1970</td>
<td>-</td>
<td>Mike McCready, Discus</td>
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<td>Mike McCready, Shot Put</td>
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<td>Mike McCready, Shot Put</td>
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<td>Mark Chardoulias, Long Jump</td>
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<td>Scott Noltensmeier, 120-Yard Hurdles</td>
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<td>Ken Schwartz, Shot Put</td>
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<td>Jay Connor, 400-Meter Hurdles</td>
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<td>Kirk Anderson, 800 Meters</td>
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<td>Jeff Short, 3,000-Meter Steeplechase</td>
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<td>Kenny Shedd, 400 Meters</td>
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<td>1993</td>
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<td>Johnny Westbrook, 110 Hurdles</td>
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<td>Jay Brock, 3,000-Meter Steeplechase</td>
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<td>Devon Davis, 100-Meter Dash</td>
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<td>Marshall Frazier, 200 Meters</td>
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<td>Jason McCleary (Field)</td>
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<td>Juri Rovan (Field)</td>
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<td>Devon Davis (Track)</td>
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<tr>
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<td>Eric Potter (Track)</td>
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**Conference Athlete of the Year**

*since 1983*

<table>
<thead>
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<th>Year</th>
<th>Athlete</th>
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<tr>
<td>1993</td>
<td>Jason McCleary (Field)</td>
</tr>
<tr>
<td>1994</td>
<td>Joey Woody (Track)</td>
</tr>
<tr>
<td>1995</td>
<td>Joey Woody (Track)</td>
</tr>
<tr>
<td>1996</td>
<td>Allan Walz (Field)</td>
</tr>
<tr>
<td>1997</td>
<td>Joey Woody (Track)</td>
</tr>
<tr>
<td>1998</td>
<td>Juri Rovan (Field)</td>
</tr>
<tr>
<td>1999</td>
<td>Devon Davis (Track)</td>
</tr>
<tr>
<td>2000</td>
<td>Eric Potter (Track)</td>
</tr>
</tbody>
</table>

**Conference Coach of the Year**

*since 1983*

<table>
<thead>
<tr>
<th>Year</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>1983</td>
<td>Lynn King</td>
</tr>
<tr>
<td>1984</td>
<td>Lynn King</td>
</tr>
<tr>
<td>1986</td>
<td>Chris Bucknam</td>
</tr>
<tr>
<td>1995</td>
<td>Chris Bucknam</td>
</tr>
<tr>
<td>1998</td>
<td>Chris Bucknam</td>
</tr>
<tr>
<td>2000</td>
<td>Chris Bucknam</td>
</tr>
</tbody>
</table>
WOMEN'S INDOOR
NCAA Division I All-Americans
1993 - Shantel Twiggs (55-Meter Dash)
1994 - Shantel Twiggs (55-Meter Dash)
1995 - Dianna Leftridge (Long Jump)

NCAA Division I Qualifiers
1994 - Shantel Twiggs (55-Meter Dash)
1995 - Dianna Leftridge (Long Jump)
1996 - Emily Montgomery (800 Meters)
Melissa Yerk (20# Weight)

Conference Athlete of the Year (since 1983)
1995 - Dianna Leftridge (Field)

Conference Coach of the Year (since 1983)
1991 - Lea Ann Shaddox

Conference Champions
1988 - Donna Wheeler, Javelin
1989 - Donna Wheeler, Javelin
1990 - 4 x 100 Relay
1992 - Sherry Shedd, 400 Meters
1994 - 4 x 400 Relay
Dianna Leftridge, Long Jump
1995 - Dianna Leftridge, Long Jump
1998 - Andrea Miller, Shot Put
1999 - Jenny Jackson, 1,500 Meters
2000 - Deb Cordner, 400 Meters
Nikki Nelson, 400 Meter Hurdles

WOMEN'S OUTDOOR
NCAA Division I Qualifiers (Automatic & Provisional)
1992 - Shantel Twiggs (100-Meter Dash)
Sherry Shedd (400 Meters)
1993 - Shantel Twiggs (100-Meter Dash)
Shantel Twiggs (200 Meters)
1994 - Shantel Twiggs (100-Meter Dash)
Shantel Twiggs (200 Meters)
4 x 100-Meter Relay
Dianna Leftridge (Long Jump)
Dianna Leftridge (Triple Jump)

Confierence Champions
1987 - 4 x 800 Relay
1988 - Donna Wheeler, Shot Put
4 x 800 Relay
1989 - Lisa Tatman, Shot Put
1990 - Diane Black, 600 Meters
1991 - Sherry Shedd, 55-Meter Dash
Diane Black, 600 Meters
Kathy Allen, 1,000 Meters
4 x 400 Relay
1992 - Dyan Fluhrer, 400 Meters
4 x 400 Relay
1993 - Paula Nemmers, 800 Meters
1994 - Dianna Leftridge, Long Jump
1995 - Dianna Leftridge, Long Jump
Diana Leftridge, Pentathlon
1996 - Emily Montgomery, 800 Meters
1998 - Brenna Fleishman, 55-Meter Hurdles
Andrea Miller, Shot Put
2000 - Dee Wear, 60 Meters
Distance Medley

Brenna Fleishman
MVC Hurdle Champion

All-American Shantel Twiggs
55-Meter Dash • 1993-94

Joey Woody
Gold Medalist -- World Championships, 1999
World Recordholder -- 4 x 800 Relay, 2000
NCAA Champion -- 400-Meter Hurdles, 1997
All-American -- Indoor 800 Meters, 1996
400-Meter Hurdles 1994-95
Panther Honor Roll

All-American Jeff Burris
Indoor 800 Meters • 1989

National Champion Brent Geringer
Discus • 1978

All-American Dan Hostager
Indoor 3000 Meters • 1988

All-American Dianna Leftridge
Indoor Long Jump • 1995

All-American Bill Lawson
Decathlon • 1977-80

All-American Larry McCready
120-Yard Hurdles • 1968-69

All-American Mike McCready
Shot Put • 1970-72
National Champion

All-American Juri Rovan
Indoor Pole Vault • 1996
Outdoor Pole Vault • 1997-98

All-American Dennis Schultz
Mile • 1973-74

All-American Rich Twedt
Cross Country • 1970-73
Three-Mile • 1971
Six-Mile • 1974

All-American Eric Potter
800 Meters, Distance Medley • 2000

All-American Johnny Westbrook
55-Meter High Hurdles • 1993

NORTHERN IOWA TRACK & FIELD
2000

Kari Thilges

Oliver Bodor

Cross Country Review

Mate Nemeth

Rita Fiala
Bodor Advances to NCAA Championships --- Memeth MVC Champions

The University of Northern Iowa men’s cross country team is slowly but surely growing into a force to be reckoned with in the Midwest and on a national level. The most recent reason to believe this is freshman Oliver Bodor’s performance at the NCAA National Championships on November 20, in Ames, Iowa. Bodor was within two seconds and three places of all-American status with his 33rd place finish. The previous week, UNI was able to place ninth in the Midwest region despite the loss of their number two runner for the season in junior Rob Brock, and the limited effectiveness of senior Levi Timar due to illness.

The men, like their female counterparts, were able to combine Berryhill of Colorado cross country. Bucknam said.

The meet was highlighted by the school’s first-ever individual honors at the Iowa State Open. The Panthers were kept, the Panthers placed three runners in the top seven (junior Balazs Csillag third, and Timar seventh).

“Mate is as talented as they come,” head coach Chris Bucknam said. “He ran excellently in his first two meets, even beating an NCAA one-mile champ by 15 seconds, Bryan Berryhill of Colorado State.”

The Pre-Regional Meet in Waterloo, Iowa, provided an opportunity for runners, coaches and volunteers to give the course a test prior to the regional meet in November. The course and all involved passed the test. This marked the first collegiate meet for Bodor, who was the meet runner-up. The Panthers were without the services of Timar, who would remain sidelined until the MVC Championship meet.

UNI faced its toughest competition of the year at the Pre-National meet in Ames. Without the services of its top runners, UNI struggled to a 34th place finish out of 54 teams. An encouraging sign was found in Nemeth, Bodor and Csillag, all finishing in the top third of a field with over 300 runners. The meet served as an excellent warm-up for the upcoming MVC Championships.

The Panthers were picked to win the MVC meet according to the coaches poll. With the Panthers’ top five runners competing in the same event for the first time this year, UNI fell just short of that goal, finishing in second place to Illinois State, 37 points to 41. The meet was highlighted by the school’s first-ever individual champion in Mate Nemeth. The Panthers had two other runners named to the all-MVC team: Bodor (third), and Csillag (fifth, second consecutive year).

“I’m really proud of these guys,” said Bucknam. "Mate knew he could take this title and the rest of the group ran great races. This finish mixed with the women’s title made it a pretty fun day down here (in Terre Haute, Indiana)."

The awards continued to accumulate for the Panthers as Csillag was named the Prairie Farms MVC Scholar-Athlete of the Week and also named to the 2000 MVC Scholar-Athlete Team. Joining him on the team was Timar, (requirements: sophomore standing, greater than 3.00 GPA and Top-15 MVC finish).

UNI entered the NCAA Midwest Regional meet as the eighth-ranked team in the region but was aiming for a top-five finish. Unfortunately, sickness and harsh weather conditions prevented this from happening. Bodor was named to the all-district team and advanced to the NCAA National’s with his 10th-place finish.

“Oliver showed that he is very talented and will be someone to watch for the next three years. We’ve sent individuals to National’s the past two years and next year we hope to have a team to join them,” said Bucknam.

Despite the rough team finish, the season had many highlights and the future remains bright. The loss of Timar to graduation will hurt, but the Panthers hope to regain the services of Brock, who will obtain a medical redshirt for this season. UNI will also bring a wealth of experience back as Bodor, Nemeth and Csillag will look to improve.

“The cupboard is stacked, it will be exciting,” Bucknam said.

---

**Men's Roster**

<table>
<thead>
<tr>
<th>Name</th>
<th>Yr.</th>
<th>Hometown (High School)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oliver Bodor</td>
<td>Fr.</td>
<td>Sziofor, Hungary</td>
</tr>
<tr>
<td>Rob Brock</td>
<td>Jr.</td>
<td>Dubuque, IA (Senior)</td>
</tr>
<tr>
<td>Josh Crain</td>
<td>Fr.</td>
<td>Marshalltown, IA (Marshalltown)</td>
</tr>
<tr>
<td>Balazs Csillag</td>
<td>Jr.</td>
<td>Batthyany, Hungary (1. Bela Ginn)</td>
</tr>
<tr>
<td>Trent Graham</td>
<td>Fr.</td>
<td>Des Moines, IA (Roosevelt)</td>
</tr>
<tr>
<td>Bob Moreno</td>
<td>Fr.</td>
<td>Iowa City, IA (Iowa City High)</td>
</tr>
<tr>
<td>Mate Nemeth</td>
<td>Fr.</td>
<td>Szekszard, Hungary</td>
</tr>
<tr>
<td>Joel Sullivan</td>
<td>So.</td>
<td>Woodbine, IA (Woodbine)</td>
</tr>
<tr>
<td>Levente Timar</td>
<td>Sr.</td>
<td>Szekesfehervar, Hungary (Teleki Blanki)</td>
</tr>
</tbody>
</table>

---

**Top Performers**

<table>
<thead>
<tr>
<th>Name</th>
<th>Result Date</th>
<th>Site</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oliver Bodor</td>
<td>30:50</td>
<td>11/11 Waterloo, IA</td>
</tr>
<tr>
<td>Balazs Csillag</td>
<td>31:25</td>
<td>11/11 Waterloo, IA</td>
</tr>
<tr>
<td>Mate Nemeth</td>
<td>31:37</td>
<td>10/14 Ames, IA</td>
</tr>
<tr>
<td>Trent Graham</td>
<td>32:27</td>
<td>11/11 Waterloo, IA</td>
</tr>
<tr>
<td>Levente Timar</td>
<td>33:12</td>
<td>11/11 Waterloo, IA</td>
</tr>
<tr>
<td>Josh Crain</td>
<td>33:30</td>
<td>11/11 Waterloo, IA</td>
</tr>
</tbody>
</table>

---

**8,000 Meters**

<table>
<thead>
<tr>
<th>Name</th>
<th>Result Date</th>
<th>Site</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mate Nemeth</td>
<td>24:35</td>
<td>10/28 Terre Haute, IN</td>
</tr>
<tr>
<td>Oliver Bodor</td>
<td>24:42</td>
<td>10/28 Terre Haute, IN</td>
</tr>
<tr>
<td>Balazs Csillag</td>
<td>24:52</td>
<td>10/28 Terre Haute, IN</td>
</tr>
<tr>
<td>Levente Timar</td>
<td>25:20</td>
<td>10/28 Terre Haute, IN</td>
</tr>
<tr>
<td>Trent Graham</td>
<td>26:14</td>
<td>9/29 Waterloo, IA</td>
</tr>
<tr>
<td>Josh Crain</td>
<td>26:28</td>
<td>10/28 Terre Haute, IN</td>
</tr>
</tbody>
</table>
Women's Cross Country Closes Memorable Season -- Thilges All-District

The University of Northern Iowa women's cross country team completed a historic 2000 season by hosting the NCAA Midwest Regional Meet at Irv Warren Golf Course in Waterloo, IA. Although the Panthers were hoping to fare better than ninth place, the season provided many memorable moments and honors.

In order for UNI to succeed this season, it would have to use a mix of experience and youth. Senior Kari Thilges stepped into the leadership role immediately, claiming an individual title in her first meet, the Western Illinois Invitational. In honor of her efforts on and off the course, Thilges was named the Missouri Valley Conference’s Athlete of the Week and the Prairie Farms MVC Scholar-Athlete of the Week. In the meet, Thilges was joined by newcomer Elly Glass (Fr), and veterans Rita Fiala (So) and Teresa Grothus (Sr) en route to winning the team title, as well. As a forecast of things to come, all four runners would finish in the Panther top five in each of the remaining meets.

"We expected Kari to compete at that top level," head coach Chris Bucknam said. "But we were really impressed with the way the freshman from Dubuque (Glass) came in and ran."

The Panthers' next meet was the Iowa State Open in Ames, Iowa. Once again, Thilges led the Panthers with a ninth-place finish in the individual competition. Although no team scores were kept, the meet was significant because it was the runners' first experience in a 6,000 meter race, which is the new distance adopted for NCAA championship competition (previously 5K).

UNI finished third of five teams at the Pre-Regional Meet in Waterloo. The meet provided a good chance for the runners, coaches and all volunteers to prepare for the actual regional meet in November. The event ran smoothly and, as usual, the Panthers were led by Thilges' fourth place finish. The meet also marked the first collegiate competition for freshman Wendy Fiala, who had been sidelined with an injury earlier in the year.

"I was happy with the way the whole meet went in terms of preparing for the regional," commented Bucknam.

The Panthers, once again, traveled to Ames, for the Pre-National meet where they would face their toughest competition of the year. Without the services of Glass due to illness, UNI struggled to a 51st-place finish out of 56 teams. Fiala and Thilges finished in the top half in a field of over 300 runners. The meet served as an excellent warm-up for the MVC Championship meet in Terre Haute, Indiana.

"The meet showed us a variety of things. First of all, we know how far we need to improve to compete with the best schools in the nation, and secondly we find out how hard it can be to run without your entire starting five," said Bucknam.

UNI entered the NCAA Midwest Regional meet as the eighth-ranked team in the region but was aiming for a top-five finish. Unfortunately, sickness and harsh weather conditions prevented this from happening. Thilges was named to the All-District Team for her 15th-place finish and narrowly missed qualifying for National's.

"What a great way for Kari to go out. She ran an awesome race and I couldn’t be more happy for this great competitor," commented Bucknam.

Despite the rough team finish, the season was a success and the future remains bright. The loss of Thilges and Grothus to graduation will hurt, but an otherwise very young team returns, as the Panthers’ entire team will be made up of freshmen, sophomores and juniors.

"We’ll have a lot to look forward to," said Bucknam. "These younger kids will only improve as we enter into the track season, and hopefully that will translate into even more next year."

<table>
<thead>
<tr>
<th>Name</th>
<th>Yr.</th>
<th>Hometown</th>
<th>High School</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rita Fiala</td>
<td>So.</td>
<td>Johnston, IA</td>
<td>(Johnston)</td>
</tr>
<tr>
<td>Elly Glass</td>
<td>Fr.</td>
<td>Dubuque, IA</td>
<td>(Senior)</td>
</tr>
<tr>
<td>Teresa Grothus</td>
<td>Sr.</td>
<td>Bettendorf, IA</td>
<td>(Pleasant Valley)</td>
</tr>
<tr>
<td>Kristina Hand</td>
<td>Fr.</td>
<td>Mason City, IA</td>
<td>(Nora Springs-Rock Falls</td>
</tr>
<tr>
<td>Anne Heefner</td>
<td>So.</td>
<td>Iowa City, IA</td>
<td>(Iowa City High)</td>
</tr>
<tr>
<td>Becky Kobliska</td>
<td>Fr.</td>
<td>New Hampton, IA</td>
<td>(New Hampton)</td>
</tr>
<tr>
<td>Stefanie Richardson</td>
<td>Fr.</td>
<td>Washington, IA</td>
<td>(Washington)</td>
</tr>
<tr>
<td>Wendy Shaw</td>
<td>Fr.</td>
<td>Davenport, IA</td>
<td>(Central)</td>
</tr>
<tr>
<td>Kari Thilges</td>
<td>Sr.</td>
<td>West Bend, IA</td>
<td>(West Bend Mallard)</td>
</tr>
</tbody>
</table>

Women's Roster

Top Performances

<table>
<thead>
<tr>
<th>6,000 Meters</th>
</tr>
</thead>
<tbody>
<tr>
<td>Name</td>
</tr>
<tr>
<td>Kari Thilges</td>
</tr>
<tr>
<td>Wendy Shaw</td>
</tr>
<tr>
<td>Rita Fiala</td>
</tr>
<tr>
<td>Elly Glass</td>
</tr>
<tr>
<td>Teresa Grothus</td>
</tr>
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</table>

<table>
<thead>
<tr>
<th>5,000 Meters</th>
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</thead>
<tbody>
<tr>
<td>Name</td>
</tr>
<tr>
<td>Kari Thilges</td>
</tr>
<tr>
<td>Rita Fiala</td>
</tr>
<tr>
<td>Elly Glass</td>
</tr>
<tr>
<td>Teresa Grothus</td>
</tr>
<tr>
<td>Wendy Shaw</td>
</tr>
</tbody>
</table>
## Men's Results

### Drake Open* -- Des Moines, IA (5K)

<table>
<thead>
<tr>
<th>Place</th>
<th>Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Mate Nemeth</td>
<td>15:36</td>
</tr>
<tr>
<td>3.</td>
<td>Balazs Csillag</td>
<td>15:53</td>
</tr>
<tr>
<td>5.</td>
<td>Levi Timar</td>
<td>16:10</td>
</tr>
<tr>
<td>7.</td>
<td>Bob Moreno</td>
<td>16:19</td>
</tr>
<tr>
<td>8.</td>
<td>Trent Graham</td>
<td>16:23</td>
</tr>
<tr>
<td>9.</td>
<td>Josh Crain</td>
<td>16:33</td>
</tr>
<tr>
<td>21.</td>
<td>Joel Sullivan</td>
<td>17:49</td>
</tr>
</tbody>
</table>

* - 1st of 3

### Iowa State Open* -- Ames, IA (8K)

<table>
<thead>
<tr>
<th>Place</th>
<th>Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Mate Nemeth</td>
<td>25:14</td>
</tr>
<tr>
<td>7.</td>
<td>Levi Timar</td>
<td>25:38</td>
</tr>
<tr>
<td>23.</td>
<td>Trent Graham</td>
<td>26:38</td>
</tr>
<tr>
<td>28.</td>
<td>Bob Moreno</td>
<td>27:04</td>
</tr>
<tr>
<td>32.</td>
<td>Josh Crain</td>
<td>27:24</td>
</tr>
</tbody>
</table>

* - No Team Scores

### Pre-Regional* -- Waterloo, IA (8K)

<table>
<thead>
<tr>
<th>Place</th>
<th>Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.</td>
<td>Oliver Bodor</td>
<td>25:24</td>
</tr>
<tr>
<td>2.</td>
<td>Balazs Csillag</td>
<td>25:24</td>
</tr>
<tr>
<td>4.</td>
<td>Mate Nemeth</td>
<td>25:34</td>
</tr>
<tr>
<td>11.</td>
<td>Trent Graham</td>
<td>26:14</td>
</tr>
<tr>
<td>12.</td>
<td>Josh Crain</td>
<td>26:28</td>
</tr>
</tbody>
</table>

* - 2nd of 2

### Pre-National* -- Ames, IA (10K)

<table>
<thead>
<tr>
<th>Place</th>
<th>Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>32.</td>
<td>Mate Nemeth</td>
<td>31:37</td>
</tr>
<tr>
<td>47.</td>
<td>Oliver Bodor</td>
<td>31:52</td>
</tr>
<tr>
<td>109.</td>
<td>Balazs Csillag</td>
<td>32:24</td>
</tr>
<tr>
<td>297.</td>
<td>Trent Graham</td>
<td>34:19</td>
</tr>
<tr>
<td>345.</td>
<td>Josh Crain</td>
<td>36:01</td>
</tr>
<tr>
<td>347.</td>
<td>Bob Moreno</td>
<td>36:11</td>
</tr>
</tbody>
</table>

* - 34th of 54

### MVC Champ.* -- Terre Haute, IN (8K)

<table>
<thead>
<tr>
<th>Place</th>
<th>Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Mate Nemeth</td>
<td>24:35</td>
</tr>
<tr>
<td>3.</td>
<td>Oliver Bodor</td>
<td>24:42</td>
</tr>
<tr>
<td>5.</td>
<td>Balazs Csillag</td>
<td>24:52</td>
</tr>
<tr>
<td>19.</td>
<td>Trent Graham</td>
<td>25:45</td>
</tr>
<tr>
<td>30.</td>
<td>Josh Crain</td>
<td>26:23</td>
</tr>
<tr>
<td>50.</td>
<td>Bob Moreno</td>
<td>27:20</td>
</tr>
</tbody>
</table>

* - 2nd of 10

### Midwest Regional* -- Waterloo, IA (10K)

<table>
<thead>
<tr>
<th>Place</th>
<th>Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>10.</td>
<td>Oliver Bodor</td>
<td>30:50</td>
</tr>
<tr>
<td>35.</td>
<td>Balazs Csillag</td>
<td>31:25</td>
</tr>
<tr>
<td>55.</td>
<td>Mate Nemeth</td>
<td>32:06</td>
</tr>
<tr>
<td>63.</td>
<td>Trent Graham</td>
<td>32:17</td>
</tr>
<tr>
<td>93.</td>
<td>Levi Timar</td>
<td>33:12</td>
</tr>
</tbody>
</table>

* - 9th of 23

### NCAA Championship -- Ames, IA (10K)

<table>
<thead>
<tr>
<th>Place</th>
<th>Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>33.</td>
<td>Oliver Bodor</td>
<td>31:02</td>
</tr>
</tbody>
</table>

## Women's Results

### Western Illinois Open* - Macomb (3K)

<table>
<thead>
<tr>
<th>Place</th>
<th>Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Kari Thilges</td>
<td>10:45</td>
</tr>
<tr>
<td>2.</td>
<td>Elly Glass</td>
<td>10:54</td>
</tr>
<tr>
<td>3.</td>
<td>Rita Fiala</td>
<td>11:09</td>
</tr>
<tr>
<td>10.</td>
<td>Teresa Grothus</td>
<td>11:20</td>
</tr>
<tr>
<td>16.</td>
<td>Becky Kobliiska</td>
<td>11:28</td>
</tr>
<tr>
<td>29.</td>
<td>Anne Heefner</td>
<td>12:10</td>
</tr>
</tbody>
</table>

* 1st of 3

### Iowa State Open* -- Ames, IA (6K)

<table>
<thead>
<tr>
<th>Place</th>
<th>Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.</td>
<td>Kari Thilges</td>
<td>22:30</td>
</tr>
<tr>
<td>19.</td>
<td>Elly Glass</td>
<td>22:58</td>
</tr>
<tr>
<td>37.</td>
<td>Teresa Grothus</td>
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</tr>
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* - No Team Scores

### Pre-Regional* - Waterloo, IA (6K)

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### Pre-National* -- Ames, IA (6K)

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### Top 8,000 Meter Performances

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### Irv Warren G.C. - 10,000 Meter Best Times

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### Team Conference Championships

- **1982**: Mid-Continent
- **1984**: Mid-Continent
- **1990**: Missouri Valley
- **1992**: Missouri Valley
- **1997**: Missouri Valley

### Individual Conference Champions

- **1979**: Doug Nelson
- **1986**: Dan Hostager
- **1989**: Bill Castle
- **2000**: Mate Nemeth

### Top-District Performers

- **1980**: Chris Leonard
- **1981**: Doug Nelson
- **1982**: Dan Fick
- **1983**: Chris Leonard
- **1984**: Dan Fick
- **1985**: Steve Gearhart
- **1986**: Dan Hostager
- **1987**: Dan Hostager
- **1988**: Dan Hostager
- **1989**: Bill Castle
- **1990**: Bill Castle
- **1991**: Jeff Joiner
- **1992**: Jeff Joiner
- **1993**: Jeff Joiner
- **1994**: Kyle Kepler
- **1995**: Kyle Kepler
- **1996**: Jay Brock
- **1997**: Kyle Kepler
- **1998**: Levente Timar
- **1999**: Levente Timar
- **2000**: Oliver Bodor

### All-Conference Performers

- **1981**: Doug Nelson (1)
- **1982**: Chris Leonard (8), Todd Peverill (10)
- **1983**: Dan Fick (2), Chris Leonard (3)
- **1984**: Dan Fick (2), Todd Goodsell (8)
- **1985**: Todd Goodsell (3), Bob Jirle (6), Steve Gearhart (7)
- **1986**: Dan Hostager (1)
- **1987**: Dan Hostager (4), Trent Timson (6)
- **1988**: Dan Hostager (1), Tom Penningroth (3), John Ruth (5)
- **1989**: Bill Castle (1), Trent Timson (6)
- **1990**: Bill Castle (2), Trent Timson (6)
- **1991**: Jeff Joiner (7)
- **1992**: Marty Greene (2), Jason Meyer (5), Jeff Joiner (9)
- **1993**: Jeff Joiner (5), Jason Meyer (6), Kyle Kepler (10)
- **1994**: Kyle Kepler (8)
- **1995**: Kyle Kepler (3), Jay Brock (4)
- **1996**: Jay Brock (4)
- **1997**: Kyle Kepler (3), Rob Brock (5), Jay Brock (6), Rob Semelroth (10)
- **1998**: Levente Timar (6), Rob Brock (8)
- **1999**: Balazs Csillag (6), Levente Timar (9)
- **2000**: Mate Nemeth (1), Oliver Bodor (3), Balazs Csillag (5)

### Academic All-Conference (since 1987)

- **1987**: Dan Hostager
- **1988**: Dan Hostager
- **1989**: Dan Hostager
- **1990**: Dan Hostager
- **1991**: Matt Lindaman
- **1992**: Chad Flynn
- **1993**: Matt Lindaman
- **1994**: Jason Meyer
- **1995**: Jeff Joiner
- **1996**: Marshall Blaine
- **1997**: Kyle Kepler
- **1998**: Rob Brock
- **1999**: Levente Timar
- **2000**: Balazs Csillag

### NCAA Division I Qualifiers

- **1999**: Levente Timar
- **2000**: Oliver Bodor

### NCAA Division II All-Americans

- **1970-73**: Rich Twedt
- **1973-74**: Ron Peters
- **1979**: Jim Erredige
- **1979**: Kim Spain
Women's Cross Country – Top Performances

Top 5,000 Meter Performances

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Top 6,000 Meter Performances

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Irv Warren G.C. - 6,000 Meter Best Times

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All-Conference Performers

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Academic All-Conference

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Top District Performances

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* - 1980-81 AIAW District

Academic All-Conference

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NORTHERN IOWA CROSS COUNTRY

48
Humble UNI Crushes Stanford

(The following article was written by Marc Hansen and appeared in the Des Moines Register on April 29, 2000)

Rob Brock had been saying it all week and nobody seemed to be listening. "Doesn't anybody but me think we can win this race?" He said it before practice. He said it during practice. He said it so much even he was sick of saying it. Doesn't anyone think humble Northern Iowa can beat mighty Stanford in the 4 x 1,600 relay?

"I said it all week," said Brock, a sophomore miler from Dubuque. "I knew we could win it. You hear their names and you think, 'Oh, we can't beat these guys.' But on any given day..."

Well, yeah. The Stanford relay teams can be beaten. Just because they hardly ever are, especially in the middle and long distances, doesn't mean it's a pipe dream. We're not talking Chicago Bulls here. More like New York Yankees.

Fact is, Stanford can whip you with its media brochure alone. Under the middle distances heading, it say, "This is where the Cardinals will crush opponents. Dare to doubt that statement? Best of luck to you."

And to you. Not that a big chunk of that attitude isn't warranted. Florida State football has fewer all-Americans every season. At the NCAA meet to come, five Cardinal runners could place in the 1,500. A 1-2-3 finish is not out of the question.

Before Friday, the question wasn't whether Stanford would win the 4 x 1,600; the question was whether Stanford would break a 19-year-old record held by Iowa State. (Bob Verbeeck, the Belgian who anchored that Cyclone team, will run 40 this summer, if you can believe that.)

Maybe next time we'll get our questions straight. When the clock had stopped ticking Friday, the Stanford runners trudged glumly off the track. When Balazs Csillag crossed the finish line a foot ahead of Brad Hauser, Stanford Coach Vin Lananna smacked his program against the grandstand railing.

He spent the next half-hour consoling his runners and second-guessing himself. Go for the record or go for the win?

What's more, two of his best milers were on the sidelines. Lananna could have run all-Americans Michael Stemmer and Gabe Jennings.

The goal, however, is to win three relays, not just one. But how? How many of your best milers do you save for the distance medley relay the next day? And what about the 4 x 800?

"Northern Iowa ran well," Lananna said, "And this was not a playing-around team we had out there. Those were four good bodies. But we were betwixt and between. We weren't really set on what we were going to do and that's my responsibility. We were stuck between winning the race and running fast and as a result we did neither."

Though the Cardinal women blazed to two record-setting relay victories, the Stanford men ran into a 4 x 800 team from Missouri that featured Derrick Peterson, the greatest half-miler in college history.

To borrow from Crash Davis of "Bull Durham" fame, sometimes, you win; sometimes, you lose; sometimes, it rains. Even in idyllic Palo Alto.

As for the Panthers, who last collected a Drake Relays victory in 1951, there wasn't a cloud in their purple and gold sky.

"Phenomenal," Northern Iowa Coach Chris Bucknam said as he made his way across the infield to greet his runners. "Phenomenal. And they're all underclassmen."

Three are from Hungary. Can you spell Szekszard? Or Szejestefegervar? You can now.

How do you get from Szejestefegervar to Cedar Falls? If you are leadoff man Levente Timar, you have a Hungarian friend on the Nebraska track team who points you in that direction because he was recruited by Bucknam and has a soft spot in his heart for the coach who came in second in his recruitment.

Then you tell a few of your buddies. You tell Csillag, who tells Mate Nemeth. Hey, the Iowa goulash is on the bland side, you say, and that Northern Iowa dormitory dish, Beef Ole, has you checking flights to Budapest, but it's a great place to run track.

Before you know it, the three of you are teaming up with an Iowa high school legend named Brock and you're beating the best track school in the country, give or take Arkansas.

Timar, for the record, is an economics major with a 3.99 grade-point average.

Why, he's so smart, he could have been accepted to Stanford.

"Probably," he said with a smile. "But they didn't call."

Don't spend a second worrying about Stanford. Stanford will be fine. But for one afternoon, Northern Iowa was a fraction of a second finer.
### Indoor

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<td>Jan. 13</td>
<td>Iowa Open</td>
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<td>Jan. 26-27</td>
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<td>Mar. 2</td>
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