CATCH A RISING STAR

Jacob Pauli

Inga Hope

2001 Northern Iowa Track & Field/Cross Country

Dave Jennings
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 13th 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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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)
2000 Conference Men's Finish (Indoor/Outdoor) ........ 1st/1st
2000 Conference Women's Finish (Indoor/Outdoor) ...... 4th/6th

Athletic Administration

President ........................................ Dr. Robert Koob
Athletic Director ....................... Rick Hartzell
Associate Athletic Director/Compliance ... Dr. Sandra Williamson
Associate Athletic Director/Business ........ Julie Bright
Director of Athletic Development ..................... Sloane Tyler
NCAA Faculty Representative ............... Dr. Jack Wilkinson
Athletic Media Relations Director .............. Nancy Justis
Assistant Director/Track ................. Jill Gansemer
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Athletic Media Relations FAX .............. (319) 273-3602
Athletic Website ................................ www.uni.edu/athletic

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.
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<thead>
<tr>
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<th>Event</th>
<th>Yr. (In./Out.)</th>
<th>Hometown/High School (College)</th>
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<td>Jeff Adam***</td>
<td>Sprints</td>
<td>Sr./Sr.</td>
<td>Batavia, IA (Cardinal)</td>
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<td>Derrick Benner</td>
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<td>Fr./Fr.</td>
<td>Paulina, IA (Paulina)</td>
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<td>Steve Blocker</td>
<td>Hurdles</td>
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<td>Burke Bockman**</td>
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<td>Oliver Bodor**</td>
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<td>Lamonta Bronaugh</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>
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<td>Trent Graham</td>
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<td>Bettendorf, IA (Pleasant Valley)</td>
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<td>Rob Hamre*</td>
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<td>Raishaan Henderson</td>
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<td>Rory Howell*</td>
<td>High Jump</td>
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<td>Dave Jennings**</td>
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<td>Rob Johnson</td>
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<td>Ben Lafleur</td>
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<td>Jefferson, SD</td>
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<td>Michael Lewis</td>
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<td>Croatia</td>
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<td>Jason Potter**</td>
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<td>Todd Smith</td>
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<td>Fr./Fr.</td>
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<td>Luke Stater</td>
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<td>Joel Sullivan*</td>
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<td>Levente Timar***</td>
<td>Distance</td>
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<td>Székesfehervar, Hungary (Teleki Blanki)</td>
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<td>Brad Travis</td>
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<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>
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*Letters Earned
### 2001 Women's Roster

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<tr>
<td>Jill Bakewell***</td>
<td>Long Sprints</td>
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<td>Jessica Boline</td>
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<td>So./So.</td>
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<td>Melissa Campbell</td>
<td>Sprints</td>
<td>So./So.</td>
<td>St. Thomas, Jamaica (St. Hugh)</td>
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<td>Deborah Cordner**</td>
<td>Sprints</td>
<td>Jr./Jr.</td>
<td>St. Louis Park, MN (St. Louis Park)</td>
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<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>
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<td>Bridgitte Duffy</td>
<td>Throws</td>
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<td>Rita Fiala*</td>
<td>Distance</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>
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<td>Elly Glass</td>
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<td>Kristina Hand</td>
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<td>Inga Hope*</td>
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<td>La-Romaine, Trinidad (San Fernando)</td>
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<td>Kara Hulse*</td>
<td>Long Jump</td>
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<td>Katie Johnson**</td>
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<td>Amanda Koester**</td>
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<td>Nicole Lahann</td>
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<td>Hurdles</td>
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*Letters Earned

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**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 powerhouse 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, Kenney Edwards, Cyns 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 hold out 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 Bonaugh from the Twin Cities area could make an impact and Chris Breidenbach of Cedar Falls appears ready to contribute.

"Jeff Adam has great potential. We think this is the year when he can be a guy who has a chance to win the conference meet and might be a national qualifier," says Case.

"Devon Davis has been a national qualifier in the long jump. That kid has all the potential in the world. We think he's a guy with a good chance to be an All-American. He long jumps, triple jumps, sprints, and now we've geared some of his training toward the 200. He's just a tremendous athlete."

Potter leads the pack of long sprints, which also includes Cedar Falls' Dirk Homewood, Deonth's Bockman and Branimir Pietel, a Croatian recommended to Bucknam by Georgia's coach who just enrolled for the second semester.

"Potter is a solid 400-meter guy," says Case. "He gives you a 46 or a 47 split on our relays time and time again. Homewood looks real good in practice, and if we feel like he can compete and contribute, we won't redshirt him."

"Bockman just came out of nowhere at the end of last year, and he looks to be right on the same path this year. He works super hard, and he's consistent. He's somebody you can count on."

The wildcard in that group is Pietel.

"If we add that guy to the mix, he's going to give us a whole new presence in the conference," says Case. "You never know until he gets here, but he's got documented times, and we know they're legit."

In the middle distance races, Paulsen has established himself as a consistent threat while Joel Sullivan provides quality depth there.

One of the team's strengths is its middle distance group with Brock, Timar, Bodor, Nemeth and Trent Graham at the forefront. It's a group so deep and talented, the coaching staff feels it can redshirt Balazs Csillag. Timar and Bodor are NCAA cross country qualifiers.

"Brock is the motivating force in that group," says Case. "He's the guy who holds those cats together. He's coming off a knee injury, so we don't know where he is yet, but we're hoping he comes back strong."

Nichols, Edwards and Bockman give the Panthers a strong 1-2-3 combination in the hurdles. Bockman won the Valley outdoor title in the 400-meter hurdles last season and narrowly missed qualifying for nationals. The coaching staff is on freshman Jeff Olorundami of Sioux City, too, but may let him take a redshirt season.

Case said UNI could score as many as three or four places in this year's decathlon with a crew that includes Edwards, who hit a provisional standard a year ago and should contend for the NCAA meet this season. Freshman Kyle Herman looks strong, as well. Multi-talented veteran Travis Goepfert, meanwhile, is expected to sit out the indoor and outdoor seasons as he continues training for a 2002 run at the Valley decathlon title and a shot at the NCAA Championships.

Jennings hit a provisional standard in the 35-pound weight throw last season, and opened this season with an effort 2 1/2 feet better than he began a year ago.

"Conference champion, national qualifier, possible All-American," says Case. "Those would be great goals for him this year."

Robert Hamre, taking a timeout from football, will help out in the shot put and Brad Travis is expected to supply some 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

<table>
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<th>USTCA Men's Team Power Rankings</th>
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<td><strong>2000 Indoor Season</strong></td>
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<td><strong>1. Florida</strong></td>
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<td><strong>2. Arkansas</strong></td>
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<td><strong>3. Tennessee</strong></td>
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<td><strong>8. Northern Iowa</strong></td>
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<td><strong>11. Texas A&amp;M</strong></td>
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<td><strong>15. Eastern Michigan</strong></td>
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<td><strong>24. Northern Arizona</strong></td>
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| **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**
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 specialities 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 meet, 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.

Melissa 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
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.
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
Coaching Staff

**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 All-MVC

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

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 (6.86) at the UNI-Dome 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 in the 200 (21.79).  
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 and three in basketball. **Personal:** Majoring in General Studies...son of Nick and Cyndy 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...first team all-state selection in football, two times all-conference in basketball...won 12 total letters in track, football, basketball and baseball. **Personal:** Major is undecided...son of Katalin Bockman and Betty Johnson

Oliver Bodor  
Fr. • Distance  
Siefo, 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

Lamonta Bronaugh  
Fr. • Hurdles  
Burnsville  
(Burnsville)

**Personal Bests:**
Cross Country: 5000m--14:50; 3000m--8:35; 1500m--4:07.25

**High School:** Named all-state in track and field during his junior and senior seasons...all-conference in track and football...Burnsville High School Athlete of the Year. **Personal:** Major is undecided...son of Earl Bronaugh and Betty Johnson
Panther Profiles

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 Cham-
ionships. 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
Szekszard, 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
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 Invitational, 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...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 Szanto...his uncle is the Hungarian national record holder in the 1,500 meters.
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 Mercantile 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 - Top his 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 defensiv...
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).

Howell
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 Howell

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.

Mate Nemeth
So. • Distance
Szekszar, 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 Gymnastics race and placed sixth at the European Youth Olympic Days. Personal: Major is undecided...son of Gyula Nemeth and Zsuzsa Laszlo
Clare Neuendorf and Holly Fokkena.

High School: 

Pion in the personal best letter.

2000: 

Finished third at the conference tournament season in the seventh place finish (14.82) ... placed sixth at the Invitational ... placed third at the Mercantile Bank Invitational ... took second place at the Florida Panther Honors with the UNI-Dome champion sprint medley relay team ... took Drake Relays ... a member of the national win the state and Drake Relays titles in the 110 -meter hurdles ... provisionally qualified for the NCAA's with a 17-2 3/4 effort ... 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. 

Personal: 

Major is undecided ... son of Bola and Jane Olorundami.

Denise Nichols

Personal: 

Earned all-American honors in the pole vault for the fourth time in the last two years...finished in sixth place 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). 

2000: 

Earned all-American honors in the pole vault for the fourth time in the last two years...finished in sixth place 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).

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
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

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

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

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).

Indoor - Placed seventh in the 400 at the Iowa State Holiday Classic (50.12) in his first collegiate meet...finished third at the Iowa Invitational (51.85) and seventh at the Mercantile Bank Invitational (50.64). High School: Lettered three times in track and twice in football. Personal: Majoring in Elementary Education...son of Eugene and Joanne Potter...twin brother, Eric, was an all-American in the 800m distance medley.

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

Personal Bests: Indoor: 800m--1:53.03; 1000m 2:29.31; 1600m 4:20.4. Outdoor: 800m -- 1:52.11.

2000: Cross Country - At the Drake Open, he finished in 21st place where he ran the 5K in 17:49. Outdoor - At the Southern Illinois Invitational, he placed fourth in the 800m (1:52.70)...member of the 4x800m relay that took fourth at the Drake Relays (7:19.10). Indoor - Ran his fastest time of the season in the 800m at the Iowa State Classic (1:53.03)...finished in third place in the mile (4:21.61) at the Cyclone Holiday Classic...placed seventh at the Iowa State Open (1:54.38) in the 800m. 1999: Cross Country - A member of the Panthers' cross country team, his season-best performance was 27:02 at the SMS Invitational, where he placed 25th...finished 48th at the Missouri Valley Conference Championships. Outdoor - Redshirted. Indoor - Finished eighth in the 1,000 meters at the Mercantile Bank Invitational...placed 18th in the 800 at the Iowa State Open. 1998: Cross Country - Redshirted. High School: Took runner-up honors at the state meet in the Class 1-A 800-meter run as a senior...also lettered in basketball and cross country. Personal: Majoring in Biology...son of John and Debbie Sullivan

NORTHERN IOWA TRACK & FIELD
Levente Timar
Sr. • Distance
Szkesf hdrayvar, Hungary
(Teleki Blanka)
NCAA Qualifier
6x All-MVC
2x All-Acad. All-Amer.

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 the 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 in the 1,500 at the UNI Open (3:59.42)...finished 10th at the Drake Relays in the 5,000 (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; hammer--170-9.

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 Illinios 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 in 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: Redshirted. 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 Travis.
Grant Wesson
Jr. • Throws
Newton, Iowa
(Newton)

Personal Bests: 35# weight--51-7 1/4;
discus--160-8; 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 (47-8 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 400m (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 - Redshirted. 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.
Panther Profiles

Mellissa Campbell
So. • Sprints
St. Thomas, Jamaica (St. Hugh)

Personal Bests: 200 m -- 24.36; 100 m -- 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; 100m--12.02;
200m--24.89 (indoor), 24.79 (outdoor)
400m -- 55.79 (indoor), 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 200m who also won the 400-meter title as a senior...won the 100-meter dash championship as a sophomore, finished second as a junior and third as a senior...400-meter runner-up her junior season...placed fourth in the state in the long jump her junior season...named 1997 USA Track and Field Regional Athlete of the Year...named top female athlete as a senior and top overall athlete by KMOJ Radio...also lettered in gymnastics, where she was a nine-time all-state selection...the national vault champion in gymnastics in 1995...also received honorable mention all-state honors in cross country. Personal: Majoring in Business Administration...daughter of Lloyd and Annette Campbell

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. Outdoor - Ran her fastest time of the season in the 5000m in 17:55.86 at the Southern Illinois Invitational earning her first-place honors...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. Indoor - 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), 37-11 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
Panther Profiles

Husker Open and finished the shot put with a throw of 36-3 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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Jill George
**Jr. • Multi-Events**
Newton, Iowa
(Newton)

**Personal Bests**: 60m hurdles--8.96; 100m hurdles--14.87; 400m hurdles--1:04.58; 800m--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**:

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Rita Fiala

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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

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**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

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Meet. 1999: Cross Country - Placed fifth on the team and 27th overall at the conference meet with a 19:13 performance...finished 15th at the Southwest Missouri State and Western Illinois Invitationals. Outdoor - Posted a sixth-place finish in the 800 meters at the Missouri Valley Conference Championships (2:16.16)...ran a career-best 2:13.39 in the 800 while finishing second at the Duncan Invitational...placed fourth at the Augustana Invitational and UNI Open, and 10th at the LSU Invitational. Indoor - Ran fifth at the Valley meet in the 800 at 2:18.50...turned in a career-best 2:16.11 in the prelims of the conference meet...finished fifth in the 800 at the Mercantile Bank Invitational, sixth at the Cyclone Holiday Classic and Badger Classic, eighth at the Iowa State Open and 28th at the Iowa State Classic. 1998: Cross Country - A member of the Panthers' cross country team that finished fifth at the Missouri Valley meet...finished sixth on the team and 37th overall at the conference meet (19:12). Outdoor - Redshirted. Indoor - Earned all-conference honors by finishing third at the Missouri Valley Championships in the 800 meters with a 2:16.40, tops on the team for the season...also ran the lead-off leg on the Panthers' distance medley relay team that placed fourth...placed fourth at the Mercantile Bank Invitational (2:23.44), sixth at the Iowa State Open (2:17.18) and 17th at the Iowa State Classic (2:17.65)...also registered a 2:17.18 at the Husker Invitational. High School: Took second in the 800 at the Drake Relays her junior and senior seasons, eighth at the state meet as a senior. Personal: Majoring in Math Education...daughter of Bill and Celie Grothus...born December 13, 1978.

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 Invitational. Personal: Majoring in Recreational Therapy and Leisure Services...daughter of Jim and Shirley Heefner.

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 Mississippi 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 (7.82)...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. Personal: Majoring in Psychology...daughter of Lynette Hope.

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...also lettered in cross country and basketball. Personal: Major is Elementary Education...daughter of Dave and Jill Hulse.

Katie Johnson
Jr. • High Jump
Omaha, Neb. (Millard North)

Personal Bests: high jump--5-6 1/4 (indoor), 5-7 1/4 (outdoor).

2000: Outdoor - Placed ninth at the Missouri Valley Championship with a height of 5-3 3/4...tied for sixth place at the Florida State Relays recording a height of 5-4 1/4...captured fourth place at the Southern Illinois Invitational (5-2 1/4)...her highest height of the season was 5-7 at the Drake Relays. Indoor - In her highest jump of the season, she won the UNI Invitational (5-5)...posted a fourth-place finish at the Cyclone Holiday Classic in the high jump (5-4 1/2).
...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 Physical Education...daughter of Paul and Deb Johnson

**Amanda Koester**

Jr. • High Jump

Clinton, Iowa

(Clinton)

**Personal Bests:**

- High Jump: 5-7
  - (Indoor)
  - (Outdoors)
- Long Jump: 16-6 1/2
  - (Indoor)
- Triple Jump: 34-2 3/4
  - (Indoor)
  - (Outdoors)

**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

**Melissa Nelson**

So. • High Jump

Algonia, Iowa

(Algonia)

**Personal Bests:**

- High Jump: 5-7
  - (Indoor)

**2000: Outdoor** - Finished in fourth place at the Northern Iowa Open with a height of 5-7...placed 12th at the Sea Ray Relays (5-6 1/2)...took third place at the Southern Illinois Invitational (5-4 1/4). **Indoor** - 5-5 was her highest jump of the season, recorded in a first place victory at the UNI Dome Open, the UNI Invitational and also at the Iowa State Classic...finished in fourth place at the Cyclone Holiday Classic and the Iowa State Open with a jump of 5-4 1/2. **High School:** A three-time state champ as a junior, senior and junior...jumped a career-best 5-8 in the 4 x 400m relay teams...ran on the 4 x 100 relay team that took sixth place at the Sea Ray Relays and finished in 20th place in the 400m hurdles (63:30)...

**Personal:** Majoring in Physical Education...daughter of Gail and Kevin Nelson

**Nikki Nelson**

Jr. • Sprints

Mt. Vernon, Iowa

(Mt. Vernon)

2x MVC Champ

4x All-MVC

**Personal Bests:***

- 400m: 56.54 (indoors), 56.89 (outdoors)
- 600m: 1:33.58; 800m: 2:13.81
- 2:11.96 (outdoors)

**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)...

**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)...

**Indoors** - Finished fifth in the 400m hurdles (63.30)...

**Personal:** Majoring in Physical Education...daughter of Paul and Deb Johnson
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 Souther

### Jillian Sinnwell

**Fr. • Hurdles**

Nashua, Iowa  
*(Plainfield)*

**Personal Bests:** 5K--18:13; 3,000m--10:21.04 (indoor); 3,000m--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)...tied 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 third in 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**- 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 State Open (19:04).  

**Outdoor**- A double all-conference performer, finishing second in the 3,000 (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)...won 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

Panther Profiles

(5:17.57)...ran eighth in the 3,000 at the Cyclone Holiday Classic (10:53.32), seventh at the Iowa State Open (10:35.41) and fifth at the Mercantile Bank Invitational (10:41.11)...finished 17th and 19th at the Iowa State Classic in the 3,000 and 5,000, respectively. 1998: Cross Country - Placed third for UNI and 15th overall at the Missouri Valley Conference Championships...named to the conference all-academic team...among the team's top four runners all year with a season-best time of 18:25...top finish was 12th at the Indiana State Invitational. Outdoor - Placed sixth in the 3,000 at the conference meet (10:27.40) and 11th in the 10,000 (41:22.25)...took fourth in the 3,000 at the Duncan Invitational (10:49.20), sixth at the Florida State Relays (10:33.41), ninth at the Wisconsin Invitational (10:29.07) and 10th at the Sun Devil Relays (10:23.04)...placed fourth in the mile at the UNI Open (4:51.58). Indoor - Ran a season-best 10:25.44 in the 3,000 at the Iowa State Holiday Classic and turned in her top 5,000 time of 18:25.45 on the same track at the Iowa State Classic...finished third in the 3,000 at the UNI-Dome Open (10:31.08), third at the Hawkeye Open (11:32.20), fifth at the Mercantile Bank Invitational (10:33.45), and eighth at the Iowa State Open (10:34.07). 1997: Cross Country - Placed third for the Panthers and 19th overall at the Valley meet...named to the conference all-academic team...placed 23rd at the district meet to earn all-district honors. Outdoor - Placed 12th in the 3,000 and 15th in the 1,500 at the conference meet as a freshman...took fifth in the 3,000 at the Florida State Relays (10:30.66), fourth at the Iowa Invitational (10:33.74), and ninth at the Wisconsin Invitational (10:35.40)...posted a fifth-place finish at the SEMotion Relays in the 5,000 (18:40.18). Indoor - Placed 13th at the Valley meet in the 3,000 as a freshman (10:28.86)...won the 3,000 at the UNI-Dome Open (10:33.68)...ran third in the 3,000 at the Mercantile Bank Invitational (10:45.28), Iowa State Holiday Classic (10:56.29), Iowa Invitational (10:58.00) and Redbird Open (10:37.40). High School - Finished third at the state meet in the 3,000 and fifth in the 1,500 as a senior...also lettered in basketball. Personal: Majoring in Marketing...daughter of Lloyd and Jean Thilges

NORTHERN IOWA TRACK & FIELD

25
### NCAA Qualifying Standards

<table>
<thead>
<tr>
<th>EVENT</th>
<th>MEN INDOOR</th>
<th>WOMEN INDOOR</th>
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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 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>
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<th>Time/Score</th>
<th>Distance</th>
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<td></td>
<td>1982</td>
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<tr>
<td>High Jump</td>
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<td>1982</td>
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<tr>
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#### Women

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<tr>
<td>Long Jump</td>
<td>20-8 1/2</td>
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<td>Pentathlon</td>
<td>4268 pts.</td>
<td></td>
<td>1982</td>
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</table>
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.

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

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<th>Time</th>
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<td>Jay Brock</td>
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#### Women

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<td>Trina Radske</td>
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<td>100-Meter Hurdles</td>
<td>13.94</td>
<td>Paula Ruen</td>
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<tr>
<td>400 Meters</td>
<td>54.42</td>
<td>Juliet Pommells</td>
<td>Southern Missouri State (1998)</td>
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<tr>
<td>400-Meter Hurdles</td>
<td>1:00.88</td>
<td>Nikki Nelson</td>
<td>Northern Iowa (2000)</td>
</tr>
<tr>
<td>800 Meters</td>
<td>2:11.44</td>
<td>Jenny Jackson</td>
<td>Unattached (1998)</td>
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<tr>
<td>1,500 Meters</td>
<td>4:35.07</td>
<td>Angie Menser</td>
<td>Indiana State (1998)</td>
</tr>
<tr>
<td>3,000 Meters</td>
<td>9:56.72</td>
<td>Mary Ellen Hill</td>
<td>Bradley (1998)</td>
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<tr>
<td>5,000 Meters</td>
<td>7:42.38</td>
<td>Rita Fiala</td>
<td>Northern Iowa (2000)</td>
</tr>
<tr>
<td>10,000 Meters</td>
<td>37:25.73</td>
<td>Jenny Monaco</td>
<td>Southern Illinois (1998)</td>
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<td>400-Meter Relay</td>
<td>45.88</td>
<td>Southwest Missouri State</td>
<td></td>
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<tr>
<td>1,600-Meter Relay</td>
<td>3:42.09</td>
<td>Southwestern Missouri State</td>
<td></td>
</tr>
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<td>Shot Put</td>
<td>53-4 1/2</td>
<td>Jenny Poloz</td>
<td>Unattached (2000)</td>
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<tr>
<td>Hammer</td>
<td>205-2</td>
<td>Jenny Fozl</td>
<td>Unattached (2000)</td>
</tr>
<tr>
<td>Javelin</td>
<td>176-10</td>
<td>Deana Alexander</td>
<td>Wichita State (1998)</td>
</tr>
</tbody>
</table>

**NORTHERN IOWA TRACK & FIELD**
Academics

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
1996 Jon Judisch
1998 Jon Judisch
1999 Levente Timar
2000 Levente Timar

Missouri Valley Conference Scholar-Athlete Performers
1993 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
1994 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
1995 Alex Garn, Chad Flynn, Kory Swart, Tim Suchan, Matt Casillas, Laura Little, Theresa Lux
1996 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
1999 Brock Boettcher, Sam Burkett, Balasz 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
2000 Rob Brock, Balazs Csillag, Travis Geopfert, Robert Hamre, Tim Kirchoff, Eric Potter, Levente Timar, Grant Wesson, Jill Bakewell, Deborah Cordon, Rachel Dozark, Rita Fiala, Jill George, Teresa Grothus, Inga Hope, Katie Johnson, Nikki Nelson, Elizabeth Robertson, Kari Thilges
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>47.87, Erick Pegues, Southern Illinois (1989)</td>
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<tr>
<td>1,000 Meters</td>
<td>2:26.51, Eric Potter (2000)</td>
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<tr>
<td>Mile Run</td>
<td>4:04.64, Balasz Csillag (2000)</td>
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<td>3,000 Meters</td>
<td>8:02.21 Oliver Bador (2001)</td>
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<tr>
<td>Distance Medley Relay</td>
<td>J. Judisch, Garn, M. Mullenix, J. Woody</td>
<td>4:04.00, Chris Mares, Drake (1981)</td>
</tr>
<tr>
<td>Triple Jump</td>
<td>7-4 1/2, Tim Suchan (1995)</td>
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<tr>
<td>Shot Put</td>
<td>25-2 1/2, Devon Davis (1999)</td>
<td>18-00 1/2, Jacob Pauli, Northern Iowa (1998)</td>
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<td>35-Pound Weight</td>
<td>52-1, Junior Chukukere (1992)</td>
<td>7-4 1/2, Tim Suchan, Northern Iowa (1995)</td>
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<tr>
<td>55-Meter Dash</td>
<td>60-3 1/4, Brent Geringer (1979)</td>
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<td>400 Meters</td>
<td>8.76, Dee Wear (1999)</td>
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<tr>
<td>600 Meters</td>
<td>24.12, Shantel Twiggs (1994)</td>
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<tr>
<td>800 Meters</td>
<td>55.79, Deb Corder (2000)</td>
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</tr>
<tr>
<td>1,000 Meters</td>
<td>1:33.52, Nikki Nelson (2000)</td>
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</tr>
<tr>
<td>Mile Run</td>
<td>2:09.00, Emily Montgomery (1996)</td>
<td></td>
</tr>
<tr>
<td>3,000 Meters</td>
<td>2:53.02, Jenny Jackson (1997)</td>
<td></td>
</tr>
<tr>
<td>5,000 Meters</td>
<td>4:52.47, Jenny Jackson (1997)</td>
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<tr>
<td>4 x 400-Meter Relay</td>
<td>9:59.64, Julie Mazziotti (1993)</td>
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<td>Distance Medley Relay</td>
<td>17:32.18, Rita Fiala (2000)</td>
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<tr>
<td>Pole Vault</td>
<td>3:43.01 (2000)</td>
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<tr>
<td>Long Jump</td>
<td>11:50.57 (1999)</td>
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</table>
Outdoor Records

Men

Event

Javelin

100-Meter Dash

110-Meter High Hurdles

200 Meters

400 Meters

400-Meter Intermediate Hurdles

800 Meters

1,500 Meters

3,000-Meter Steeplechase

5,000 Meters

10,000 Meters

Shuttle Hurdle Relay

4 x 100-Meter Relay

4 x 200-Meter Relay

4 x 400-Meter Relay

4 x 800-Meter Relay

Sprint Medley

Distance Medley

Pole Vault

High Jump

Long Jump

Triple Jump

Shot Put

Hammer Throw

Discus

Javelin

Decathlon

UNI Record

10.41, Jeff Adam (1998)


20.87, Dedric Ward (1997)

46.46, Joey Woody (1997)

48.18, Joey Woody (1997)

1:48.10, Jeff Burris (1988)

3:44.06, Bob Friedman (1979)


14:17.10, Balazs Csillag (2000)

29:51.64, Chris Leonard (1985)

56.95 (1993) J. McCleary, J. Woody, Garn, J. Westbrook


7-41/2, Jason Boness (1999)


18-6 1/2, Jacob Pauli (2000)

7-4 1/2, Jason Boness (1999)

207-7, Juri Rovan (1995)

11.20, Holli Hyche, Indiana State (1993)

13.96, Brenna Fleishman (1999)

23.04, Shantel Twiggs (1994)


45.52, J. Eiben, Leftridge, Schmitz, S. Twiggs (1994)


21-3, Dianna Leftridge (1994)

41-9 1/4, Dianna Leftridge (1994)

48-0, Lisa Tatman (1988)

167-10, Melissa Yerk (1999)

146-0, Kristie Oleen (1990)


5,051, Kendra Stannard (1999)

Missouri Valley Meet Record

10.19, Clarkson Reid, SW MO St (1998)


1:46.44, Einars Tupuritis, Wichita State (1996)

3:45.00, Chris Mares, Drake (1980)


14:08.82, Vern Iwancin, Drake (1981)

29:37.91, Mike Keane, Southern Illinois (1981)

40.07, Illinois State (1996)


18-2, Jacob Pauli, Northern Iowa (2000)

7-5 1/4, Cameron Wright, So. Illinois (1993)

25-7 1/2, Don DuVall, Wichita State (1978)

52-9 1/4, Fritz Spence, SW MO St (1995)

61-7 1/4, Joel Sward, Drake (1992)


193-8, Dwayne Mayfield, West Texas St. (1982)

274-7, Bob Roggy, Southern Illinois (1978)

7,574, Keith Stewart, West Texas State (1984)


13.53, Melinda Sallins, SW MO St (1996)

22.60, Holli Hyche, Indiana State (1994)

53.02, Verneta Lesforis, SW MO St (1999)

57.71, Melinda Sallins SW MO St (1995)

2:07.01, Augustina Charles, SW MO St (1999)


17:00.47, Stacy Best, Illinois State (2000)

36:24.05, Mary Ellen Hill, Bradley (2000)

44.71, Indiana State (1994)

3:41.05, Southwest Missouri State (1999)

12-1 1/2, Nikki Plant, Wichita State (1999)

5-10 3/4, Melissa Dyal, Indiana State (1997-98)


41-7 1/4, Angela Isaac, Wichita State (1993)

51-9 1/4, Jenny Folz, Indiana State (1999)

192-8, Jenny Folz, Indiana State (1999)


176-10, Deana Alexander, Wichita State (1998)

5,548, Denise Brungardt, Wichita State (1993)

Women

100-Meter Dash

100-Meter High Hurdles

200 Meters

400 Meters

400-Meter Intermediate Hurdles

800 Meters

1,500 Meters

3,000 Meters

5,000 Meters

10,000 Meters

Shuttle Hurdle Relay

4 x 100-Meter Relay

4 x 200-Meter Relay

4 x 400-Meter Relay

4 x 800-Meter Relay

Sprint Medley

Distance Medley

Pole Vault

High Jump

Long Jump

Triple Jump

Shot Put

Hammer Throw

Discus

Javelin

Decathlon

NORTHERN IOWA TRACK & FIELD

33
Men's Top Indoor Performances

### 55-Meter Dash
2. Dedric Ward 6.31 1998
3. Joe Fuller 6.34 1984
4. Doug Case 6.37 1984

### 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. Balazs Csillag 8:03.98 2000
4. Levente Timar 8:09.37 2000
5. Tom Penningroth 8:15.77 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 (J Judisch, Gam, M. Mullenix, J. Woody)
2. 3:12.54 2000 (Tr. Geopfert, B. Bockman, M. Frazier, E. Potter)
3. 3:14.27 1998 (J Judisch, J. Potter, Bradley, B. MacLagan)
4. 3:14.79 2000 (C. Mullen, B. Bockman, Tr. Geopfert, E. Potter)
5. 3:14.91 1999 (Tr. Geopfert, B. MacLagan, L. Stater, J. Potter)

### Distance Medley Relay
2. 9:46.98 1998 (R. Brock, J Judisch, E. Potter, B. Csillag)
3. 9:56.38 1998 (E. Potter, J. Potter, J. Brock, R. Brock)
4. 9:59.17 1999 (S. Burkett, B. MacLagan, E. Potter, B. Csillag)

### Pole Vault
1. Jacob Pauli 18-4 1/2 2000
4. Rob Brock 16-9 1/2 1986

### High Jump
1. Tim Suchan 7-4 1/2 1995
2. Pete Herber 7-3 1/4 1984
3. Jason Boness 7-3 1/14 1986
4. John Becker 7-0 1/2 1994

### Long Jump
1. Devon Davis 25-2 1/2 1999
2. Dan Fick 14:32.95 1985
4. Jason McCleary 24-8 11/4 1993
5. Tom Penningroth 23-11 1989

### 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. Mellissa 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
5. Dee Wear 8.40 1998

### 60-Meter Hurdles
1. Dee Wear 8.76 1999
2. Mellisa 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
3. Teresa Grothus 2:11.34 2000

### 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

### 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

### 3,000 Meters
1. Julie Mazzitelli 9:59.64 1993
2. Rita Fiala 10:01.25 2000

### 5,000 Meters
1. Rita Fiala 17:32.18 2000
2. Sandy Elsberry 17:38.04 1983
5. Evette Iverson 18:24.74 2000

### 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)

### Distance Medley Relay
1. 11:50.57 1999 (J.Jackson,N.Nelson,R.Dozark,T.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. Jeanette Brown 5-9 1982
2. Karen Smith 5-7 3/4 1987
4. Amy Oleson 5-7 1/4 1995
5. Amanda Koester 5-7 1999

### Long Jump
1. Dianna Leftridge 20-11 1/2 1995
4. Becky Slick 18-2 0 1998
5. Evette Iverson 18-2 0 1998

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

### Shot Put
1. Lisa Tatman 48-3 1/4 1989
3. Donna Wheeler 45-8 1988
4. Maren Seehusen 43-3 1/4 1982
5. Arlene Truss 42-6 3/4 1984

### 20# Weight Throw
1. Melissa Yerk 56-2 1998
### 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 McCreary 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 Gliasnap 47.40 1986
5. Jim Turner 47.43 1991

#### 400-Meter Hurdles
2. Burke Bookman 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

#### 110-Meter Hurdles
1. Dedric Ward 10.00 1993
3. Jay Connor 10.30 1999
4. Todd Goodell 10.40 1999
5. Steve Daugherty 11.0 1992

#### 4x100-Meter Relay
1. 39.99 2000
2. 40.65 1997
3. 40.93 1992
4. 41.05 1999

#### 4x200-Meter Relay
1. 1:25.12 2000
2. 1:25.31 1998
3. 1:25.73 1978
4. 1:25.12 2000

#### 4x400-Meter Relay
1. 3:09.48 1995
2. 3:09.61 1997
3. 3:10.68 1995
4. 3:11.26 1999
5. 3:09.61 1997

#### 4x800-Meter Relay
1. 7:19.10 2000
2. 7:25.95 1979
3. 7:25.95 1979
4. 7:25.95 1979

#### High Jump
1. Jason Boness 7-4 1/2 1999
2. Tim Suchan 7-3 3/4 1991
3. Pete Herber 7-1 3/4 1994
4. Ryan Santi 7-0 1993
5. Steve Daugherty 6-11 3/4 1992

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

#### Triple Jump
1. Devon Davis 51-8 1/4 1999
2. Junior Chukukere 51-6 1/4 1992
3. Alen Toplovcan 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 Reint 58-4 1982
3. Mike McCreedy 57-8 3/4 1971
4. Brent Geringer 56-9 1979
5. Matt Casillas 54-11 1/2 1995

#### Hammer
1. Allan Walz 197-11 1996
2. Matt Casillas 195-7 1996
4. Tom Reint 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 204-8 1989
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 McCreary 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 Sauerkre 11.70 1997
3. Sherry Shedd 11.96 1992
4. Debo Cordner 12.02 1999
5. Ann Bader 12.04 1976
   - Michelle Dunagan 12.04 1985

## 100-Meter Hurdles
1. Breena Fleishman 13.96 1999
2. DeDee Wear 14.21 2000
5. Sue Buffington 14.84 1977

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

## 400 Meters
1. Sherry Shedd 53.74 1992
2. Debo 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. Breena 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

## 1500 Meters
1. Jenny Jackson 4:33.27 1999
2. Emily Montgomery 4:33.45 1995

## 3000 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

## 5000 Meters
1. Sandy Elsberry 17:11.14 1984
2. Rita Fiola 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 Mauienburg 38:10.02 1996
4. Sue Holtkamp 38:13.81 2000
5. Heidi Heiar 38:27.64 1993

## Shuttle Hurdle
1. 58.42 1999
   - (Stannard, Wear, George, Fleishman)

## 4 x 100-Meter Relay
1. 45.42 1994
   - (Eiben, Leftredige, Schmitz, Twiggs)
2. 45.73 1994
   - (Eiben, Leftredige, Schmitz, Twiggs)
3. 46.24 1992
   - (Shedd, Fluhrer, Dillard, Twiggs)
4. 46.42 1992
   - (Twiggs, Fluhrer, Shedd, Depew)
5. 46.95 1991
   - (Twiggs, Fluhrer, Black, Shedd)

## 4 x 200-Meter Relay
1. 1:37.38 1994
   - (Eiben, Leftredige, Schmitz, Twiggs)
2. 1:40.00 1991
   - (Davis, Fluhrer, Depew, Twiggs, Shedd)

## 4 x 400-Meter Relay
1. 3:43.19 2000
   - (Bakewell, Cordner, Dozark, Nelson)
2. 3:44.16 1999
   - (Stannard, Cordner, Bakewell, Nelson)
3. 3:45.07 1992
   - (Fluhrer, Depew, Twiggs, Shedd)
4. 3:45.66 1999
   - (Stannard, Cordner, Bakewell, Nelson)
5. 3:46.09 1994
   - (Askeland, Eiben, Lux, Twiggs)

## 4 x 800-Meter Relay
1. 8:57.34 1999
   - (Grothus, Nelson, Dozark, Jackson)
2. 9:02.56 1987
   - (Evans, Clark, Organ, Sueppel)
3. 9:14.44 1994
   - (Askeland, Montgomery, Nemmers, VanDePol)

## Sprint Medley
1. 3:59.75 1995
   - (Leftredige, Eiben, Seller, Montgomery)
2. 4:00.37 1990
   - (Shedd, Davis, Black, Allen)
3. 4:00.40 1996
   - (Sauerkre, Stannard, Eiben, Jackson)
4. 4:01.45 1999
   - (Stannard, Fleishman, Cordner, Bakewell)

## Distance Medley
1. 11:46.69 1995
   - (Little, Lux, Schelling, Montgomery)
2. 11:49.06 1999
   - (Jackson, Cordner, Nelson, Thigel)

## Pole Vault

## 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 Leftredige 21-3 1994
2. Kendra Stannard 18-11 1/4 1999
3. Sheila Solner 18-3 1/2 1982
5. Cara Hulse 17-9 1/2 2000

## Triple Jump
1. Dianna Leftredige 41-9 1/4 1994
2. Kendra Stannard 38-2 1/4 1996
3. Rhonda Butt 37-3 1/2 1985
4. Cara 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

## Hammer
1. Melissa Yerk 167-10 1999
2. Stephanie Wainscott 129-5 1996

## 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**
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)
   Yuri 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
   Yuri Rovan, Pole Vault
   Joey Woody, 55-Meter Hurdles/800M
1997 - Yuri Rovan, Pole Vault
1998 - Yuri 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 Raffensberger, 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 Rauhauser, Long Jump
   Bill Rauhauser, Triple Jump
   Jim Dluhoy, Pole Vault
   Ron Gerard, 50-Yd. H. Hurdles
   Sprint Medley Relay
1967 - Larry McCreary, 60-Yd. H. Hurdles
   Larry McCreary, 60-Yd. L. Hurdles
   Mile Relay
1968 - Larry Daniels, 440-Yd. Dash
   Larry McCreary, 60-Yd. H. Hurdles
   Larry McCreary, 60-Yd. L. Hurdles
   Craig Fay, Triple Jump
1969 - Rich Franklin, Long Jump
   Larry McCreary, 60-Yd. H. Hurdles
   Larry McCreary, 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
   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 Muntz, 880 Yards
   Russ Adams, Pole Vault
   Distance Medley Relay
1985 - Paul Egger, 1,000 Yards
   Troy Becker, Pole Vault
   Todd Goodell, Two Mile
   Distance Medley Relay
1986 - Joe Fuller, 60-Yd. Dash
   Wayne Simon, Long Jump
   Wayne Simon, Triple Jump
   Brooks Glasnapp, 600 Yards
   Jeff Burris, 880 Yards
   Todd 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 Terrill, 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 Terrill, 800 Meters
   Steve Jay, 1,000 Yards
   Dave Cleveland, High Jump
   Two-Mile Relay
1990 - Kenny Shedd, 200 Meters
   Jim Turner, 400 Meters
   Kent Terrill, 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
1993 - Johnny Westbrook, 55-Meter Hurdles
1995 - Jason McCleary, 55-Meter Hurdles
1996 - Jon Judisch, 400 Meters
1997 - Jon Judisch, 400 Meters
1998 - Distance Medley Relay
1999 - Jacob Pauli, Pole Vault
2000 - Devon Davis, 60 Meters

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 McCready (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)

Division II All-Americans
1968 - Larry McCready (120 Hurdles)
1969 - Larry McCready (120 Hurdles)
1970 - Wayne Carpenter (Mile)
1971 - Mike McCready (Shot Put)
1972 - Mike McCready (Shot Put)
1973 - Dennis Roloff (Mile)

NCAA Division I Qualifiers
1985 - Russ Adams, Pole Vault
1990 - Jeff Burris, 800 Meters
1992 - Brad Miller, Decathlon
1993 - Joey Woody, 400 Hurdles
1994 - Joey Woody, 400 Hurdles
1995 - Tim Suchan, High Jump
1996 - Tim Suchan, High Jump

Conference Champions
1960 - Hay Byram, 440-Yd. Dash
1961 - Dick Dotson, Pole Vault
1962 - Dave Suntken, 440-Yd. Dash
1963 - Dave Suntken, 440-Yd. Dash
1965 - Bill Rauhauser, Broad Jump
1966 - Ron Gerard, 120-Yd. H. Hurdles
1967 - Larry McCready, High Jump
1968 - Dick Miller, Discus

1999 - Jacob Pauli, Pole Vault
2000 - Jacob Pauli, Pole Vault

Conference Champions
1980 - Bill Lawson (Decathlon)
1981 - Bill Lawson (Decathlon)
1982 - Bill Lawson (Decathlon)
1983 - Bill Lawson (Decathlon)
1984 - Bill Lawson (Decathlon)
1985 - Bill Lawson (Decathlon)
1986 - Bill Lawson (Decathlon)
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1997 - Bill Lawson (Decathlon)
1998 - Bill Lawson (Decathlon)
1999 - Bill Lawson (Decathlon)
2000 - Bill Lawson (Decathlon)
Panther Honor Roll

Mike McCready, Shot Put
Larry McCready, 120-Yd. Hurdles
Wayne Carpenter, Mile Run
Larry Daniels, 440-Yd. Dash
Craig Fay, Triple Jump
440-Yard Relay

1970 - Mike McCready, Discus
Mike McCready, Shot Put
Wayne Carpenter, Mile Run
Wayne Carpenter, 880-Yd. Run

1971 - Mike McCready, Discus
Mike McCready, Shot Put
Dennis Roloff, 440-Yd. Dash

1973 - Mark Chardoulias, Long Jump
Scott Noltensmeier, 120-Yd. H. Hurdles
Dennis Roloff, 440-Yd. Dash
440-Yd. Relay
Mile Relay

1974 - Scott Noltensmeier, 120-Yd. H. Hurdles
Dennis Roloff, 440-Yd. Dash
Kenny Jackson, Long Jump
Dennis Schultz, 880-Yd. Run
Gene Chinander, Javelin
440-Yd. Relay

1975 - Ken Schwartz, Shot Put
Keith Schmidt, Pole Vault
440-Yd. Relay

1976 - Bob Friedman, 1,500-Meter Run

1977 - Brent Geringer, Discus
John Holler, Shot Put
Tom Akers, 110-Yd. Hurdles
Bill Glassmaker, 440-Yd. Dash

1978 - Bill Lawson, Decathlon
Brent Geringer, Discus
Tom Akers, 110-Yd. H. Hurdles
John Holler, Shot Put
Bill Glassmaker, 440-Yd. Dash
440-Yd. Relay
Mile Relay

1979 - Bill Lawson, Decathlon
Tom Reints, Hammer Throw
Tom Reints, Shot Put
Rick Friedman, High Jump
Brent Geringer, Discus

1980 - Bill Lawson, Decathlon
Mitch Willett, Hammer Throw
Mark Feyereisen, 1,500 Meters

1981 - Tom Reints, Hammer Throw
Tom Reints, Shot Put
Tim Jameison, Pole Vault
Bob Williams, Long Jump

1982 - Tom Reints, Hammer Throw
Tom Reints, Shot Put
Doug Nelson, 10,000 Meters
Russ Adams, Pole Vault
Bob Williams, Long Jump
Bob Williams, Triple Jump
Matt Haven, Discus
Brian Glassmaker, 1,500 Meters
Mile Relay

1983 - Jay Connor, 400-Meter I. Hurdles
Jason Woodford, Long Jump
Kirk Anderson, 800 Meters
Brian Makela, Triple Jump
Russ Adams, Decathlon
Russ Adams, Pole Vault
Arnie Doden, Shot Put
Arnie Doden, Discus
440-Yd. Relay
Mile Relay

1984 - Kirk Anderson, 800 Meters
Steve Weaver, High Jump
John Place, Decathlon
Matt Haven, Discus

1985 - Chris Leonard, 5,000 Meters
Solomon Anderson, 800 Meters
Steve Weaver, High Jump
Russ Adams, Pole Vault

1986 - Eric White, 110-Meter H. Hurdles
Eric White, 400-Meter I. Hurdles
Dave Swanson, 5,000 Meters
Todd Goddell, 10,000 Meters
Brooks Glassman, 400 Meters
Steve Gearhart, 3,000-Meter Steeplechase
Jeff Burris, 800 Meters
Troy Becker, Pole Vault
440-Yd. Relay
Mile Relay

1987 - Dan Hostager, 5,000 Meters
Joel Hartman, 400-Meter I. Hurdles
Brent Wright, High Jump
Mile Relay

1988 - Rodney Garrett, Long Jump
Dan Hostager, 5000 Meters
Dan Hostager, 10,000 Meters
Kelly Tagtow, Discus
Bob Edwards, Pole Vault
Joel Hartman, 400-Meter I. Hurdles

1989 - John Ruth, 3,000-Meter Steeplechase
Mike Raffensperger, Javelin
Jim Turner, 200 Meters
Kent Terrill, 800 Meters
Steve Jay, 1,500 Meters
Tom Penningroth, 5,000 Meters

1990 - Jeff Short, 3,000-Meter Steeplechase
Dan Hostager, 5,000 Meters
Dan Hostager, 10,000 Meters
Jeff Burris, 1,500 Meters
Dave Cleveland, High Jump
Brad Miller, Pole Vault
Kent Terrill, 800 Meters
Kenny Shedd, 200 Meters

1991 - Brad Miller, Decathlon
Junior Chukukere, Triple Jump
Tim Suchan, High Jump
Jim Turner, 400 Meters
Bill Castle, 5,000 Meters

1992 - Kenny Shedd, 400 Meters
4 x 100 Relay
4 x 400 Relay
Bob Edwards, Pole Vault
Brad Miller, Decathlon

1993 - Johnny Westbrook, 110 Hurdles
Joey Woody, 400 Hurdles
4 x 400 Relay
Jason McCleary, Long Jump
Jason McCleary, Decathlon

1994 - Maceo Strickland, 100-Meter Dash
Joey Woody, 110 Hurdles
Joey Woody, 400 Hurdles
Allan Walz, Discus
Juri Rovan, Javelin
Ryan Santi, Decathlon

1996 - Jay Brock, 3,000-Meter Steeplechase
Juri Rovan, Pole Vault

1997 - Eric Potter, 800 Meters
Jay Brock, 3,000-Meter Steeplechase
Joey Woody, 110 Hurdles
Joey Woody, 400 Hurdles
4 x 400 Relay

1998 - Jay Brock, 3,000-Meter Steeplechase
Eddie Berlin, High Jump
Juri Rovan, Pole Vault
Travis Geopfert, Decathlon

1999 - Devon Davis, 100-Meter Dash
Marshall Frazier, 200 Meters
4 x 100-Meter Relay
Jason Boness, High Jump
Jake Pauli, Pole Vault

2000 - Marshall Frazier, 200 Meters
Burke Bockman, 400 Meter Hurdles
Eric Potter, 800 Meters
Jacob Pauli, Pole Vault
Kenny Edwards, Decathlon
4x100 Relay
4x400 Relay

Conference Athlete of the Year
(since 1983)

1993 - Jason McCleary (Field)
1994 - Joey Woody (Track)
1995 - Joey Woody (Track)
1996 - Allan Walz (Field)
1997 - Joey Woody (Track)
1998 - Juri Rovan (Field)
1999 - Devon Davis (Track)
2000 - Eric Potter (Track)

Conference Coach of the Year
(since 1983)

1983 - Lynn King
1984 - Lynn King
1986 - Chris Bucknam
1995 - Chris Bucknam
1998 - Chris Bucknam
2000 - Chris Bucknam
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)
Shantel Twiggs (200 Meters)
1995 - Dianna Leftridge (Long Jump)
1996 - Emily Montgomery (800 Meters)
Melissa Yerk (20# Weight)

Conference 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
Dianna Leftridge, Pentathlon
1996 - Emily Montgomery, 800 Meters
1998 - Brenna Fleishman, 55-Meter Hurdles
Andrea Miller, Shot Put
2000 - Dee Wear, 60 Meters
Distance Medley

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

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

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)

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

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

NORTHERN IOWA TRACK & FIELD
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
2000

Cross Country Review
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 experience with youth in order to compile a memorable season of cross country.

The Panthers were hot from the start, winning the Drake Open in Des Moines, Iowa. The individual meet champion was UNI freshman Mate Nemeth. He was rewarded by being named the Missouri Valley Conference’s Athlete of the Week in his first collegiate race.

Two weeks later Nemeth hadn’t lost a step, claiming individual honors at the Iowa State Open in Ames, Iowa. Again, the freshman was named MVC Athlete of the Week. Although no team scores were kept, the Panthers placed three runners in the top seven (junior Balasz Csillag third, and Timar seventh).

“Mate is as talented as they come,” head coach Chris Bucknam said. “He ran excellent 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>
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<tbody>
<tr>
<td>Oliver Bodor</td>
<td>Fr.</td>
<td>Siofok, 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 (l. Béla 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>Székesfehérvár, Hungary (Teleki Blanki)</td>
</tr>
</tbody>
</table>

**Top Performers**

**10,000 Meters**

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

**8,000 Meters**

<table>
<thead>
<tr>
<th>Name</th>
<th>Result</th>
<th>Date</th>
<th>Site</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mate Nemeth</td>
<td>24:35</td>
<td>10/28</td>
<td>Terre Haute, IN</td>
</tr>
<tr>
<td>Oliver Bodor</td>
<td>24:42</td>
<td>10/28</td>
<td>Terre Haute, IN</td>
</tr>
<tr>
<td>Balazs Csillag</td>
<td>24:52</td>
<td>10/28</td>
<td>Terre Haute, IN</td>
</tr>
<tr>
<td>Levente Timar</td>
<td>25:20</td>
<td>10/28</td>
<td>Terre Haute, IN</td>
</tr>
<tr>
<td>Trent Graham</td>
<td>26:14</td>
<td>9/29</td>
<td>Waterloo, IA</td>
</tr>
<tr>
<td>Josh Crain</td>
<td>26:28</td>
<td>10/28</td>
<td>Terre Haute, IN</td>
</tr>
</tbody>
</table>
Women's Cross Country -- 2000 Review

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 at 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 run smoothly and, as usual, the Panthers were led by Thilges' fourth place finish. The meet also marked the first collegiate competition for freshman Wendy Shaw, 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 MVC as the favorite as voted by the coaches, and it would not disappoint. This marked the first meet in which the Panthers were able to utilize their full starting five runners. They responded extremely well, sprinting out to an early lead, nearly lapping the field en route to the school's first-ever MVC championship. Three runners garnered all-MVC honors by placing in the Top-10: Thilges (runner-up), Fiala (fourth, and second consecutive all-MVC honor), and Glass (fifth). Bucknam was named the MVC Female Coach of the Year, his 18th such honor at UNI as the coach of cross country, track and field.

"This was a great, great day for our runners and this program. We had this thing wrapped up early and had a lot of fun. I couldn’t be more proud," Bucknam said.

The awards continued to accumulate for the Panthers as Thilges was named the Prairie Farms MVC Scholar-Athlete of the Week for the second time this year, as well as being placed on the 2000 MVC Cross Country Scholar-Athlete Team. Joining her were Fiala and Grothus, (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. 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."

Women's Roster

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

6,000 Meters

<table>
<thead>
<tr>
<th>Name</th>
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<th>Date</th>
<th>Site</th>
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<td>Kari Thilges</td>
<td>21:25</td>
<td>11/11</td>
<td>Waterloo, IA</td>
</tr>
<tr>
<td>Wendy Shaw</td>
<td>22:02</td>
<td>11/11</td>
<td>Waterloo, IA</td>
</tr>
<tr>
<td>Rita Fiala</td>
<td>22:02</td>
<td>11/11</td>
<td>Waterloo, IA</td>
</tr>
<tr>
<td>Elly Glass</td>
<td>22:20</td>
<td>9/29</td>
<td>Waterloo, IA</td>
</tr>
<tr>
<td>Teresa Grothus</td>
<td>22:35</td>
<td>11/11</td>
<td>Waterloo, IA</td>
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</table>

5,000 Meters

<table>
<thead>
<tr>
<th>Name</th>
<th>Result</th>
<th>Date</th>
<th>Site</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kari Thilges</td>
<td>18:12</td>
<td>10/28</td>
<td>Terre Haute, IN</td>
</tr>
<tr>
<td>Rita Fiala</td>
<td>18:25</td>
<td>10/28</td>
<td>Terre Haute, IN</td>
</tr>
<tr>
<td>Elly Glass</td>
<td>18:30</td>
<td>10/28</td>
<td>Terre Haute, IN</td>
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<td>Teresa Grothus</td>
<td>18:54</td>
<td>10/28</td>
<td>Terre Haute, IN</td>
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<td>Wendy Shaw</td>
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<td>10/28</td>
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</table>
# Cross Country – 2000 Results

## 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>
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</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>
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<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>
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</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>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>
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<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>
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<td>297.</td>
<td>Trent Graham</td>
<td>34:19</td>
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<td>345.</td>
<td>Josh Crain</td>
<td>36:01</td>
</tr>
<tr>
<td>347.</td>
<td>Bob Moreno</td>
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</tr>
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</table>

* - 34th of 54

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

<table>
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<th>Place</th>
<th>Name</th>
<th>Time</th>
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<tbody>
<tr>
<td>1.</td>
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<td>3.</td>
<td>Oliver Bodor</td>
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<tr>
<td>5.</td>
<td>Balazs Csillag</td>
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<tr>
<td>19.</td>
<td>Trent Graham</td>
<td>25:45</td>
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<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>
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</table>

* - 2nd of 10

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

<table>
<thead>
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<th>Place</th>
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<th>Time</th>
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<tbody>
<tr>
<td>10.</td>
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<td>35.</td>
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<td>55.</td>
<td>Mate Nemeth</td>
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<td>63.</td>
<td>Trent Graham</td>
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</tr>
<tr>
<td>93.</td>
<td>Levi Timar</td>
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</table>

* - 9th of 23

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

<table>
<thead>
<tr>
<th>Place</th>
<th>Name</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>33.</td>
<td>Oliver Bodor</td>
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## Women's Results

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

<table>
<thead>
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<th>Place</th>
<th>Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Kari Thilges</td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td>Elly Glass</td>
<td></td>
</tr>
<tr>
<td>5.</td>
<td>Rita Fiala</td>
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</tr>
<tr>
<td>10.</td>
<td>Teresa Grothus</td>
<td></td>
</tr>
<tr>
<td>19.</td>
<td>Anne Heefner</td>
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</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>
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<tr>
<td>19.</td>
<td>Elly Glass</td>
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</tr>
<tr>
<td>37.</td>
<td>Teresa Grothus</td>
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</tr>
<tr>
<td>52.</td>
<td>Evette Iverson</td>
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</tr>
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<td>54.</td>
<td>Becky Koblisika</td>
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</tr>
<tr>
<td>64.</td>
<td>Anne Heefner</td>
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</table>

* - No Team Scores

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

<table>
<thead>
<tr>
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<th>Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
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<td>4.</td>
<td>Kari Thilges</td>
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<tr>
<td>5.</td>
<td>Elly Glass</td>
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</tr>
<tr>
<td>14.</td>
<td>Rita Fiala</td>
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</tr>
<tr>
<td>27.</td>
<td>Wendy Shaw</td>
<td></td>
</tr>
<tr>
<td>28.</td>
<td>Teresa Grothus</td>
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</tr>
</tbody>
</table>

* - 3rd of 5

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

<table>
<thead>
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<th>Place</th>
<th>Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
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<td>146.</td>
<td>Rita Fiala</td>
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</tr>
<tr>
<td>159.</td>
<td>Kari Thilges</td>
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<tr>
<td>309.</td>
<td>Teresa Grothus</td>
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<tr>
<td>315.</td>
<td>Wendy Shaw</td>
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<tr>
<td>353.</td>
<td>Becky Koblisika</td>
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<tr>
<td>361.</td>
<td>Anne Heefner</td>
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</table>

* - 51st of 56

**MVC Champ.*** -- Terre Haute, IN (6K)

<table>
<thead>
<tr>
<th>Place</th>
<th>Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.</td>
<td>Kari Thilges</td>
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<tr>
<td>4.</td>
<td>Rita Fiala</td>
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<tr>
<td>5.</td>
<td>Elly Glass</td>
<td></td>
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<tr>
<td>12.</td>
<td>Teresa Grothus</td>
<td></td>
</tr>
<tr>
<td>14.</td>
<td>Wendy Shaw</td>
<td></td>
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<tr>
<td>46.</td>
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<tr>
<td>53.</td>
<td>Becky Koblisika</td>
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</tr>
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</table>

* - 1st of 10

**Midwest Regional*** -- Waterloo, IA (6K)

<table>
<thead>
<tr>
<th>Place</th>
<th>Name</th>
<th>Time</th>
</tr>
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<tbody>
<tr>
<td>10.</td>
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<td>Rita Fiala</td>
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<td>60.</td>
<td>Teresa Grothus</td>
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</table>

* - 9th of 23
### Men's Cross Country – Top Performances

#### Top 8,000 Meter Performances

<table>
<thead>
<tr>
<th>Rank</th>
<th>Name</th>
<th>Year</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Kyle Kepler</td>
<td>'97</td>
<td>24:25</td>
</tr>
<tr>
<td>2</td>
<td>Jay Brock</td>
<td>'96</td>
<td>24:27</td>
</tr>
<tr>
<td>3</td>
<td>Chris Leonard</td>
<td>'82</td>
<td>24:27</td>
</tr>
<tr>
<td>4</td>
<td>Marty Greene</td>
<td>'92</td>
<td>24:28</td>
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<td>5</td>
<td>Levente Timar</td>
<td>'99</td>
<td>24:33</td>
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<tr>
<td>6</td>
<td>Mate Nemeth</td>
<td>'00</td>
<td>24:35</td>
</tr>
<tr>
<td>7</td>
<td>Rob Brock</td>
<td>'97</td>
<td>24:40</td>
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#### Team Conference Championships

- 1982 Mid-Continental
- 1983 Mid-Continental
- 1984 Mid-Continental
- 1985 Mid-Continental
- 1992 Missouri Valley
- 1997 Missouri Valley

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#### Top-District Performers

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#### All-Conference Performers

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### 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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#### Team Conference Championship

- 2000 Missouri Valley

#### All-Conference Performers

- 1982 J'ne Day (9)
- 1984 Sandy Elsberry (5)
- 1989 Jenny Owens (3)
- 1992 Paulette Nemmers (10)
- 1993 Emily Montgomery (3)
- 1995 Emily Montgomery (7)
- 1996 Jenny Jackson (7)
- 1998 Jenny Jackson (6)
- 1999 Rita Fiala (9)
- 2000 Kari Thilges (2), Rita Fiala (4), Elly Glass (5)

#### Academic All-Conference

- 1992 Kelly Van der Pol
- 1993 Kelly Van der Pol, Heidi Heiar
- 1994 Laura Little
- 1995 Laura Little
- 1996 Jenny Jackson
- 1997 Kari Clevenger, Heather Mullenberg, Kari Thilges
- 1998 Jenny Jackson, Kari Thilges
- 1999 Kari Thilges, Sue Holtkamp
- 2000 Kari Thilges, Teresa Grothus, Rita Fiala

#### Top District Performances

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* - 1980-81 AIAW District
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 Stember 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.

Hey, 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

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dec. 8</td>
<td>Iowa State Holiday Meet</td>
<td>Ames, Iowa</td>
</tr>
<tr>
<td>Jan. 13</td>
<td>Iowa Open</td>
<td>Iowa City, Iowa</td>
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<tr>
<td>Jan. 20</td>
<td>Iowa State Open</td>
<td>Ames, Iowa</td>
</tr>
<tr>
<td>Jan. 26-27</td>
<td>UNI Invitational</td>
<td>Cedar Falls</td>
</tr>
<tr>
<td>Feb. 2</td>
<td>Firstar Invitational</td>
<td>Cedar Falls</td>
</tr>
<tr>
<td>Feb. 4</td>
<td>New Balance Invitational</td>
<td>Boston, Mass</td>
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<tr>
<td>Feb. 9-10</td>
<td>Iowa State Classic</td>
<td>Ames, Iowa</td>
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<tr>
<td>Feb. 9-10</td>
<td>Tyson Invitational</td>
<td>Fayetteville, Ark</td>
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<tr>
<td>Feb. 16</td>
<td>UNI-Dome Open</td>
<td>Cedar Falls</td>
</tr>
<tr>
<td>Feb. 23-24</td>
<td>Missouri Valley Championships</td>
<td>Carbondale, IL</td>
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<tr>
<td>Mar. 2</td>
<td>ISU National Qualifying Meet</td>
<td>Ames, Iowa</td>
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<tr>
<td>Mar. 9-10</td>
<td>NCAA Championships</td>
<td>Fayetteville, Ark</td>
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### Outdoor

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<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
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<tbody>
<tr>
<td>Mar. 23-24</td>
<td>Baldy Castillo Invitational</td>
<td>Tempe, Az</td>
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<td>Mar. 31</td>
<td>SMS Invitational</td>
<td>Springfield, Mo</td>
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<td>Apr. 4-7</td>
<td>Texas Relays</td>
<td>Austin, Texas</td>
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<td>Apr. 14</td>
<td>Jim Duncan Invitational</td>
<td>Des Moines, Iowa</td>
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<td>Apr. 21</td>
<td>Northern Iowa Open I</td>
<td>Cedar Falls</td>
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<tr>
<td>Apr. 26-28</td>
<td>Drake Relays</td>
<td>Des Moines, Iowa</td>
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<tr>
<td>May 4</td>
<td>Stanford Invitational</td>
<td>Palo Alto, Calif</td>
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<tr>
<td>May 6</td>
<td>Northern Iowa Open II</td>
<td>Cedar Falls</td>
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<td>May 12</td>
<td>Wisconsin Twilight</td>
<td>Madison, Wis.</td>
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<tr>
<td>May 16-19</td>
<td>Missouri Valley Championships</td>
<td>Terre Haute, Ind.</td>
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<tr>
<td>May 30-Jun. 2</td>
<td>NCAA Championships</td>
<td>Eugene, Ore.</td>
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