2003

2003 Track & Field - Cross Country

University of Northern Iowa

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Front: Miles Bern, Cyrus Nichols, Jon Drury, Tyler Geopfert, Ryan Kedley, Chris Breidenbach, Patrick Hunter, Branimir Peitel, Milan Sermet.
2nd: Derrick Benner, Josh Wilson, Dirk Homewood, Jordan Scales, Chris McCullough, Trent Graham, Roberto Moreno, Dan Winder, Philip Grothus.
3rd: Rory Howell, Tad Stolley, Steve Blocker, Rob Brock, Dan Wagner, Adam Hinders, Burke Bockman, Dave Paulsen, Joel Sullivan.
4th: Chad Orr, Rob Hayes, Nathan White, Gabriel Palacios, Daniel Grandon, Aaron Rustad, James Ready, Kyle Herman.
5th: Devon Davis, John Anderson, Chad Dennis, Alex Alva, Josh Crain.

2nd: Crystal Seaman, Erin Wessely, Kara Carstens, Rita Fiala, Wendy, Molly Meng, Randi Burns, Kris Hand, Elly Glass, Emily Shoopman.
3rd: Inga Hope, Jill Sinnwell, Trista Smith, Ravin Henry, Jennifer Duffy, Sarah Behrens, Morgan Edwards, Krystel Cordes.

www.unipanthers.com
2003 Rosters
- 2003 Women's Roster
- 2003 Men's Roster

Season Outlook
- 2003 Outlook

Meet the Coaches
- Chris Bucknam
- Doug Case
- Mike Giesler
- Kyle Kepler
- Jake Pauli

Meet the Panthers
- Women's Biographies
- Men's Biographies

UNI
- UNI's 12th Place Finish
- This is UNI
- Academics
- Facilities

Records
- NCAA Qualifying Standards
- UNI Indoor/Valley Meet Records
- UNI Outdoor/Valley Meet Records
- UNI-Dome Records
- UNI Outdoor Complex Records

Top Performances
- Men's Top Indoor Records
- Women's Top Indoor Records
- Men's Top Outdoor Records
- Women's Top Outdoor Records
- Panther Honor Roll

Cross Country
- Missouri Valley Conference
- 2002 Results
- 2002 Women's Year in Review
- 2002 Men's Year in Review
- Men's Top Performances
- Women's Top Performances

Miscellaneous
- Masters of Their DOMC-ain
- 2002 Indoor Champions

Panther Quick Facts
- Location: Cedar Falls, Iowa 50614
- Founded: 1876
- Enrollment: 14,070
- Nickname: Panthers
- Colors: Purple & Old Gold
- Head Coach: Chris Bucknam (Norwich '78) - christopher.bucknam@uni.edu
- Associate Head Coach: Doug Case (UNI '87)
- Assistant Coach: Kyle Kepler (UNI '98)
- Assistant Coach: Mike Giesler (Eastern Illinois '90)
- Assistant Coach: Jacob Pauli (UNI, '02)
- Conference: Missouri Valley
- Home Facilities: UNI-Dome (16,400)
- 2002 Conference Men's Finish (Indoor/Outdoor): 1st/2nd
- 2002 Conference Women's Finish (Indoor/Outdoor): 1st/4th

Athletic Administration
- President: Dr. Robert Koob
- Athletics Director: Rick Hartzell
- Associate Athletics Director/Compliance: Dr. Sandra Williamson
- Associate Athletics Director/Business: Julie Bright
- Director of Athletics Development: Steve Gearhart
- NCAA Faculty Representative: Ann Wodick
- Athletics Media Relations Director: Nancy Justis
- Associate Director/Track: Jill Gianesmer
- Gianesmer's Office Phone: (319) 273-5455
- Gianesmer's Home Phone: (319) 287-8007
- Gianesmer's E-Mail: jill.gianesmer@uni.edu
- Athletics Media Relations FAX: (319) 273-3602
- Athletics Website: www.unipanthers.com

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 Athletics 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.unipanthers.com

Credits: The 2003 University of Northern Iowa Track & Field Media Guide was co-written, designed and edited by Jill Gianesmer and Laura Engle, UNI Athletics Media Relations. Photography and cover design by UNI Office of Marketing and Public Relations. Printed by Congdon Printing, Cedar Falls, IA.

On the Cover: Nikki Nelson, Crystal Seamans, Rob Brock and Dave Paulsen.

On the Back: Dirk Homewood and Patrick Hunter

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<table>
<thead>
<tr>
<th>Name</th>
<th>Event</th>
<th>Yr. (In./Out.)</th>
<th>Hometown/High School (College)</th>
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<tbody>
<tr>
<td>Ivana Barsic</td>
<td>Throws</td>
<td>Fr./Fr.</td>
<td>Zabresic, Croatia (16th)</td>
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<td>Sarah Behrens</td>
<td>Throws</td>
<td>So./So.</td>
<td>Marathon, IA/ Laurens-Marathon</td>
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<td>Ashley Blome</td>
<td>High Jump</td>
<td>Fr./Fr.</td>
<td>Ogden, IA/Panorama</td>
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<td>Randi Burns</td>
<td>Long Distance</td>
<td>Fr./Fr.</td>
<td>Strawberry Point, IA/Starmont</td>
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<tr>
<td>Melissa Campbell*</td>
<td>Sprints</td>
<td>Sr./Sr.</td>
<td>St. Thomas, Jamaica/St. Hugh (Tenn.-Martin)</td>
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<tr>
<td>Kara Carstens*</td>
<td>Middle Distance</td>
<td>Jr./Jr.</td>
<td>Harlan, IA/Harlan Community</td>
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<tr>
<td>Krystle Cordes</td>
<td>Long Sprints</td>
<td>Fr./Fr.</td>
<td>Dike, IA/Dike-New Hartford*</td>
</tr>
<tr>
<td>Deborah Cordner**</td>
<td>Sprints</td>
<td>Sr./Sr.</td>
<td>St. Louis Park, MN/St. Louis Park</td>
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<tr>
<td>Patricia Dietz</td>
<td>Throws</td>
<td>Fr./Fr.</td>
<td>Tripoli, IA/Tripoli</td>
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<tr>
<td>Diedra Dixon*</td>
<td>Sprints</td>
<td>So./So.</td>
<td>Spanishtown, Jamaica/St. Hugh’s (St. Augustine’s)</td>
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<tr>
<td>Bridgitte Duffy*</td>
<td>Throws</td>
<td>So./So.</td>
<td>Lawler, IA/New Hampton</td>
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<tr>
<td>Jennifer Duffy</td>
<td>Throws</td>
<td>Sr./Sr.</td>
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<td>Morgen Edwards</td>
<td>Throws</td>
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<td>Cedar Rapids, IA/Jefferson</td>
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<td>Rita Fiola**</td>
<td>Distance</td>
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<td>Johnston, IA/Johnston</td>
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<td>Angie German*</td>
<td>Long Sprints/Hurdles</td>
<td>So./So.</td>
<td>Manchester, IA/West Delaware</td>
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<td>Elly Glass*</td>
<td>Distance</td>
<td>Jr./Jr.</td>
<td>Dubuque, IA/Senior</td>
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<td>Kris Hand</td>
<td>Distance</td>
<td>So./So.</td>
<td>Mason City, IA/Nora Springs-Rock Falls</td>
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<td>Ravin Henry</td>
<td>Middle Distance</td>
<td>So./So.</td>
<td>Omaha, NE (Millard North)</td>
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<td>Inga Hope***</td>
<td>Sprints</td>
<td>Sr./Sr.</td>
<td>La-Romaine, Trinidad/San Fernando</td>
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<td>Sarah Hoy</td>
<td>Long Jump</td>
<td>So./So.</td>
<td>West Des Moines, IA/Valley</td>
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<tr>
<td>Katie Johnson**</td>
<td>High Jump</td>
<td>Sr./Sr.</td>
<td>Omaha, NE/Millard North</td>
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<td>Amanda Mueller</td>
<td>Long Sprints</td>
<td>So./So.</td>
<td>Forest Lake, MN/Forest Lake</td>
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<td>Melissa Nelson***</td>
<td>High Jump</td>
<td>Sr./Sr.</td>
<td>Algona, IA/Algona</td>
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<tr>
<td>Nikki Nelson***</td>
<td>Long Sprints/Hurdles</td>
<td>Sr./Sr.</td>
<td>Mt. Vernon, IA/Mt. Vernon</td>
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<tr>
<td>Kayleen Popp*</td>
<td>Pole Vault</td>
<td>So./So.</td>
<td>Haven, KS/Haven</td>
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<td>Kara Robinson</td>
<td>Sprints</td>
<td>Fr./Fr.</td>
<td>Coggon, IA/North Linn</td>
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<tr>
<td>Jill Schwiebert*</td>
<td>Long Sprints/Hurdles/Mid-Distance</td>
<td>So./So.</td>
<td>Parkersburg, Iowa/Aplington-Parkersburg</td>
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<tr>
<td>Crystal Seamans**</td>
<td>Multi-Events/Pole Vault</td>
<td>Sr./Sr.</td>
<td>Moline, IL/Moline (St. Ambrose)</td>
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<tr>
<td>Wendy Shaw**</td>
<td>Distance</td>
<td>Jr./Jr.</td>
<td>Davenport, IA/Central</td>
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<td>Emily Shoopman</td>
<td>Distance</td>
<td>So./So.</td>
<td>Waterloo, IA/West</td>
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<td>Jillian Sinnwell*</td>
<td>Hurdles</td>
<td>Jr./Jr.</td>
<td>Nashua, IA/Plainfield</td>
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<tr>
<td>Erin Wessely*</td>
<td>Pole Vault</td>
<td>Fr./Fr.</td>
<td>Prairie Village, KS/Shawnee Mission East</td>
</tr>
</tbody>
</table>

*Letters Earned

**Yr. (In./Out.)**

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

Associate Head Coach:
Doug Case - Sprints, Multi-Event

Assistant Coaches:
Mike Giesler - Field Events Coordinator, Throws, High Jump, Horizontal Jumps
Joey Woody - Hurdlers, Middle Distance
Kyle Kepler - Long Distance, Director of Operations
Jacob Pauli - Pole Vault

2002-03 WOMEN’S ROSTER

2 • 2003 PANTHER TRACK & FIELD
### 2002-03 MEN’S ROSTER

<table>
<thead>
<tr>
<th>Name</th>
<th>Event</th>
<th>Yr. (In./Out.)</th>
<th>Hometown/High School (College)</th>
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<tbody>
<tr>
<td>Alex Alva</td>
<td>Sprints</td>
<td>Fr./Fr.</td>
<td>London, Ontario/Regina Mundi</td>
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<tr>
<td>Derrick Benner</td>
<td>Throws</td>
<td>So./So.</td>
<td>Paullina, IA/South O’Brien</td>
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<td>Miles Bern</td>
<td>Distance</td>
<td>Fr./Fr.</td>
<td>Cedar Falls, IA/Cedar Falls</td>
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<tr>
<td>Steve Blocker**</td>
<td>Hurdles</td>
<td>Jr./Jr.</td>
<td>Oceanside, CA/Kofa (AZ) (St. Ambrose)</td>
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<tr>
<td>Burke Bockman****</td>
<td>Sprints/Hurdles</td>
<td>Sr./Sr.</td>
<td>Decorah, IA/Decorah</td>
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<tr>
<td>Chris Breidenbach</td>
<td>Long Sprints</td>
<td>Sr./Sr.</td>
<td>Cedar Falls, IA/Waterloo Columbus</td>
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<td>Rob Brock***</td>
<td>Distance</td>
<td>Sr./Sr.</td>
<td>Dubuque, IA/Senior</td>
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<td>Josh Crain*</td>
<td>Distance</td>
<td>Jr./Jr.</td>
<td>Marshalltown, IA/Marshalltown</td>
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<td>Devon Davis**</td>
<td>Short Sprints/Jumps</td>
<td>Sr./Sr.</td>
<td>Pickering, Ontario/Pickering</td>
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<td>Chad Dennis</td>
<td>Throws</td>
<td>Jr./Jr.</td>
<td>Council Bluffs, IA/Thomas Jefferson</td>
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<td>Jonathon Drury</td>
<td>Hurdles</td>
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<td>Clarion, IA/Clarion-Goldfield</td>
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<td>Jr./Jr.</td>
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<td>Trent Graham</td>
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<td>Distance</td>
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<td>Throws</td>
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<td>Adam Hinders</td>
<td>Middle Distance</td>
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<td>Dirk Homewood*</td>
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<td>Roberto Moreno*</td>
<td>Distance</td>
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<td>Cyrus Nichols***</td>
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<td>Dave Paulsen***</td>
<td>Middle Distance</td>
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<td>James Ready</td>
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<td>Cody, WY/Cody</td>
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<td>Aaron Rustad</td>
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<td>Milan Seremet</td>
<td>Throws</td>
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<td>Joel Sullivan**</td>
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<td>Dan Wagner</td>
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<td>Dan Winder</td>
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<td>Waterloo, IA/West</td>
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<tr>
<td>Nathan White</td>
<td>Distance</td>
<td>Fr./Fr.</td>
<td>Des Moines, IA/Southeast Polk</td>
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*Letters Earned*
The University of Northern Iowa has many great traditions that go back many years. When looking back on our history, the track and field programs are among the best out there. Both the men’s and women’s teams enter 2003 as the defending Missouri Valley Conference Indoor Champions, a feat never before accomplished in UNI track and field history.

The Panther track program won its first championship in 1925, and since it has captured 58 more titles. With this in the back of the coaches and student-athletes’ minds each season, it is no doubt their goal year in and year out is to continue the school’s winning ways.

This year is no different. UNI will have to make some adjustments with the loss of some key individuals, but nevertheless, it will be in contention for the Valley title and more NCAA appearances.

"Year to year things are different even with personnel not changing," said head coach Chris Bucknam. "The expectation each year is to contend for the conference championship and get our men and women into the Top 20 nationally."

On the men’s side, the Panthers are coming off one of the best NCAA finishes in school history with a 12th place and five all-Americans. Junior Dirk Homewood and senior Dave Paulsen are returning from that squad and look to lead UNI back into the national meet. In order to do so, they will need a little help from their teammates, particularly with the loss of Balazs Csilag and Oliver Bodor.

Senior Rob Brock will be returning to the lineup after a series of injuries have kept him on the sidelines. The all-American will help fill the void left by some of UNI’s distance runners, while seniors Burke Buckman and Rory Howell will make an impact for the Panthers at the conference meets.

For the Panthers to continue their successful run of three straight indoor Valley titles, the coaching staff will have to look to some of their sophomores to step up their contribution. Adam Hinders, Patrick Hunter, James Ready, Derrick Benner and Jon Drury had success as freshmen, but need to become point scorers in the conference meets.

"I am expecting these guys to step up and be big players for us," commented Bucknam. "They are or could be really good athletes, but they just need to take the next step."

The women’s team begins the season with a strong core of seniors that have seen the winning ways of the Panther men and tasted the thrill of victory last year, after winning their first track conference title in school history. They are excited to get back on the track and show the Valley and the country that they are for real, and last year was not a fluke.

Nikki Nelson, Deb Cordner, Crystal Seamans, Inga Hope, Melissa Campbell, Melissa Nelson, Katie Johnson and Jennifer Duffy are among Bucknam’s first recruiting class. He wants this group of seniors to go out winning and after last year’s indoor title, he knows that anything is possible with these athletes.

"Seeing these women finish up their collegiate career is personally very special to me, with them being my first recruiting class," commented Bucknam. "With the women’s cross country team winning the MVC title in 2001 and the indoor squad in 2002, I think it would be great to send these athletes out with a bang and a third title."

The coaching staff believes they return a lot of points from the championship team and thinks they can contend again this year. Last year, some of the Panther front runners had to sit out from the Valley meet and with their return in the lineup, UNI looks to compete with Southwest Missouri State, a perennial power in the league.

Like the men, some of the Panther newcomers will need to step up their level of competition and continue to improve in all aspects of the sport. Sophomores Ravin Henry, Kayleen Popp, Jill Schwiebert, Emily Shoopman and Erin Wessely need to raise their level of competition.

For both teams, the outdoor season is a whole new ballgame. Six events are added to the lineup and staying healthy and remaining mentally ready for the long season will be the biggest challenge facing both squads.

"Everything revolves around the whole team being mentally alert for six months of competitive track and field," said Bucknam. "Hopefully, we’ve prepared them through the fall training, but health will be a critical issue on both sides."

The Missouri Valley Conference is a tough league and the Panthers can’t go into each year expecting to take first or second. The women have shown that they are not going to give up. Since the arrival of Bucknam to the women’s team in 1997, they have moved up from sixth place to a tie for fourth overall. Bucknam and his staff’s goal are to develop the Panthers into a perennial top three finisher.

Despite being a dominating force in the Valley for years, the men’s team continues to strive for excellence and was disappointed they were not able to win the Triple Crown last year. Leading the outdoor meet going into the last two events, the javelin and the 4x400, Wichita State was just too much in spite of UNI’s school record in the 4x400.

**EVENT BY EVENT BREAKDOWN -- MEN**

**Short Sprints:** Panther fans will be able to watch two of the fastest runners in school history this year when senior Devon Davis and sophomore Patrick Hunter step on the track.

Davis was a member of the Canadian National team at the 2002 World Championships and currently holds the school record in the 60 meter dash with a time of 6.70 and in the 100 meter dash (10.19), while Hunter impressed many during his first year on the team when he ran 6.77 and 10.41 in the 60 and 100, respectively.

This one-two punch combination will provide much excitement on the track and could set some records in the relays with both men running their best. Junior Josh Wilson also will make an impact on the relays, as he has become very reliable and has developed into a quality Division I athlete.

**Long Sprints:** Dirk Homewood is entering into his third season and over the past two years, has made a name for himself as the best long sprinter in UNI history, a title previously held by Joey Woody. Last year, Homewood qualified for the NCAA Championships in the 400 meters, breaking Woody’s mark of 46.46 when he ran 46.10 at the MUSCO Twilight Meet.

Branimir Peitl also has had success in the 400 and ranks fifth on UNI’s all-time list with a time of 47.11. Now in his junior season, this could be his breakout year and the Panthers will build the long sprint team around these two fine athletes.

Look to see freshman Alex Alva and Baylor transfers, junior Ryan Kedley, to have potential in the 400. Alva was third at the Canadian Junior National Meet, while Kedley has the all-time fastest 400 as an Iowa prep.

**110 Hurdles:** Steve Blocker, Jon Drury and Cyrus Nichols will be UNI’s crew in the 110 hurdles and this quality combo will be competing for the top spots in the conference. Blocker only has the outdoor season left in his collegiate career, but the all-conference athlete will be needed for the Panthers to contend in the outdoor Valley meet.

Drury, only a sophomore, had an outstanding freshman year and needs to step things up a little with the loss of Blocker in the indoor season. The Panthers will look to Nichols for leadership as the senior has the potential to be a national qualifier. This all-MVC hurdler has had a great fall and looks good entering the outdoor campaign.

**400 Hurdles:** Fifth-year senior Burke Buckman is ready to show the country that he is primed for the big meet, the NCAA Championships. Just missing nationals as a sophomore and junior, this seven-time all-MVC athlete and Drake Relay finalist knows there is a lot left in him.

**OUTLOOK**
800 Meters: Senior Dave Paulsen leads the 800 meter crew into the 2003 season after earning all-American status at last year's indoor championships as a member of the distance medley relay team that took fourth. A leader on the track, he has the potential to make it back to nationals.

Senior Joel Sullivan and sophomore Adam Hinders both are looking for success this season. Sullivan was on the Drake Relays distance medley championship team and looks to have his best year to date. Hinders has the skills to take himself to the next level.

Middle Distance: When looking at the mile through the 10,000, the Panthers have a good nucleus, but with the loss of Balazs Csillag and Oliver Bodor, some people will need to step up. Josh Crain, Trent Graham and Roberto Moreno need to score some big points in the MVC. Dan Windler, a transfer from Loras, also will make a great addition to the distance team.

Fields: The Panthers are not deep in the field events, but the athletes that are in there are good at what they do and should help to score points.

In the high jump, UNI looks to three-time all-MVC athlete Rory Howell. In his senior season, he looks to improve on his personal best of 6-10 1/2 during indoors.

Sophomore James Ready is the Panthers’ pole vaulter. The coaching staff feels he has the potential to clear 17 feet.

With the loss of Grant Wesson and Brad Travis, two of the Panther mainstay throwers, UNI needs some of the younger athletes to step up. Sophomore Derrick Benner will be a regular in the throws, while Milan Seremet will need to sit out in the shot put during the indoor season due to having shoulder surgery before Christmas. Rob Hayes has shown promise, but looks to redshirt in 2003.

Senior Devon Davis is a NCAA qualifier in the long jump and the school indoor record holder. The coaches will need him in the long jump and the triple jump.

With the javelin being an outdoor event, look to see Chad Dennis continue to improve. The sophomore finished fourth at the conference meet after not throwing the javelin until coming to college. The coaches believe he will be able to break the 200 meter barrier and become an all-MVC performer.

EVENT BY EVENT BREAKDOWN -- WOMEN

Short Sprints: The two leaders in the short sprints are seniors Melissa Campbell and Inga Hope. Campbell had a great sophomore year. Hope consistently has scored at the MVC championships.

Long Sprints: Another strong area for UNI is the long sprints with senior Nikki Nelson leading the pack. She qualified for the NCAA outdoor championships in the 400 hurdles for the first time in 2002 and also holds the school record in the 400 hurdles (outdoor) and the 400 and the 600 meters (indoor).

Senior Deb Cordner also has a history of success for UNI, as she was crowned MVC Champion as a sophomore. She has struggled with injuries, and, like Campbell, the coaches would like to see Cordner return back to her sophomore form.

Angie German and Krystal Cordes also will be competing in the 400.

100 Hurdles: There is a whole to fill in the 100 meter hurdles this year with the loss of three time MVC champion Dee Wear. Trying to fill the void will be junior Jillian Sinnwell and senior Diedra Dixon. Sinnwell just missed earning all-MVC honors last year and looks to bring home her first Valley award in 2003.

400 Hurdles: Nikki Nelson is a consistent leader both on and off the track and after an unbelievable 2002 season which included her first NCAA appearance and a trip to the US Senior National Championships, she has the potential to and become an all-American. Sophomore Angie German holds the Drake Relays record as a prep in this event.

Middle Distance: Juniors Wendy Shaw and Kara Carstens will be competing in the 800, the 1500 and the mile. Shaw is one of the premier milers in the Valley and has placed in both the 800 and the mile at the conference meet. She was one of the key people to spark the team into the MVC title. Carstens took third in the 800 at the conference meet to earn all-MVC honors. She continues to improve her time and will score points for UNI.

Elly Glass also runs the mile, but being injured last year, she was unable to score any points. She suffered a stress fracture during the cross country season and if she is healthy, she is a very talented middle distance runner.

Distance: Leading the way for the distance team is Rita Fila, the school record holder in the indoor 5,000 (17:32.18). She has been injured, but the coaching staff is looking for her to bounce back.

Sophomore Emily Shoopman now has one year under her belt and needs to step up and make an impact at the conference meets. With Agnes Kronenoff not returning from Hungary, everyone needs to help score points.

Wendy Shaw and Elly Glass also could see action in the distance races.

Fields: Senior Crystal Seamans is an all-around athlete and the Panthers’ heptathlete. Her strongest events are the vault and the high jump, both which will be critical for her success in 2003. She is tied for the school record in the pole vault with a height of 11-9 3/4 and 11-11 3/4 in the indoor and outdoor seasons, respectively. She also ranks second in the outdoor high jump (5-8) and the heptathlon with 4,975 points.

Like Seamans, Melissa Nelson also will see time in a variety of events, with her specialty being the high jump. She just missed all-conference honors in 2002 and currently holds the high jump record at 5-8 3/4 for the outdoor season. Also competing in the high jump will be senior Katie Johnson. She has suffered some back problems, she is finishing off better and could possibly reach some new heights.

Besides Seamans in the pole vault, the Panthers have two sophomores that proved to be very exciting to watch. Kayleen Popp tied Seamans for the school record in both the indoor and outdoor seasons in just her first year at the collegiate level. Erin Wessley also is in her second season and both need to step up because the length of the season took a toll on them in 2002.

UNI is very thin when talking about the triple and long jump.

Last but not least are the throwers. Freshman Morgan Edwards had success at Cedar Rapids Jefferson and the coaches believe she will be a good Division I athlete.

Another freshman that will make an impact is Ivana Barsic from Croatia. She throws the shot put, the discus and the hammer. She competed at the World Junior Nationals for Croatia and finished 12th. She will make a huge impact and is multi-talented.

Finishing up the throwers are Jennifer and Bridgette Duffy. Jennifer, a senior, technically has improved and is a more consistent thrower. She earned all-MVC honors with a third place finish in the discus. Bridgette throws the weight, hammer and discus. She has done a remarkable job with a seventh-place finish in the discus at the MVC meet.

The UNI women win their first conference title in school history at the Indoor Championships in 2002.
Now in his 20th season as head coach of the Panther track and field program, Chris Bucknam has molded UNI 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 and has taken the program to new heights in the powerful Missouri Valley Conference and on the national landscape.

During Bucknam’s tenure, UNI has won 22 conference titles -- 10 in indoor track, seven in cross country and four outdoor crowns.

“I have been approaching coaching the same way as I did in the very beginning and that is to try to put a championship caliber team on the track each year,” said Bucknam.

“Championship caliber means our number one goal is the MVC championship and placing at the NCAA’s. Everything we do revolves around that.”

Now in his sixth year directing both the men's 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.

Since his arrival at UNI in 1979 as an assistant to longtime head coach Lynn King, the Panthers have won or shared 27 conference titles in track and field and cross country and have produced 36 all-Americans and two national champions.

“Not only are we proud of our all-Americans, but when you look at the different events that those all-Americans occur in, we have one in almost every track event,” commented Bucknam. “I think that says something about our coaching staff and the expertise that we have in place. It also says something about our commitment. We are not just a one-dimensional team. We try to be the total package.”

Bucknam oversaw UNI'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, national champions and Olympians, UNI stepped in and became one of the top competitors in the league instantly.

“Our ultimate goal with our athletes is to get them to reach their potential individually and that is how we measure ourselves as a coaching staff,” said Bucknam. “When we are able to do that and get everyone to do that at the right time, that's when the championships come together.”

In fact, in the 11 years since joining the conference, the Panthers have the best average finish in the league on the men's side, having claimed nine titles, 11 runner-up finishes, four thirds and two fourths.

In his tenure as UNI’s head coach, Bucknam has produced two national champions and 28 all-Americans in the 69 qualifiers he has sent to the NCAA Indoor and Outdoor Championships.

“There is a commitment to the track and field program, and any athlete that comes to Northern Iowa has the opportunity to be a great athlete in any event,” said Bucknam. “We have great facilities, coaching staff and equipment, and that enables our program to succeed.”

Bucknam picked up his ninth and 10th Missouri Valley Coach of the Year honors after both the men's and women's indoor teams captured the conference title in 2002. Additionally, Bucknam received the United States Track Association's Regional Coach of the Year award for both the men's and women's teams in May, 2002 after a successful indoor season.

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. Prior to joining the Valley, Bucknam was named the top coach in the Mid-Continent Conference seven times.

Bucknam and his staff took the men’s program to an even higher level last year, when the Panthers placed 12th at the NCAA Indoor Championships with five all-Americans. In the past three seasons, UNI has crowned 13 all-Americans.

“The reason we've had success is because of the outstanding talent we’ve had from Iowa and the fact that we are not afraid to look beyond the Mississippi and Missouri to find additional talent,” said Bucknam.

Bucknam coached his first NCAA champion in 1997 when current assistant coach Joey Woody won the 400-meter hurdles at the national outdoor meet. Bucknam also saw his second national champion crowned in 2001 when Jake Paul won the indoor pole vault title.

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 UNI 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. -- UNI, 1982

**COACHING EXPERIENCE**

- Assistant Men’s Track & Field/Cross Country
  - UNI, 1979-84
- Head Men’s Track & Field/Cross Country
  - UNI, 1984-present
- Head Women’s Track & Field/Cross Country
  - UNI, 1998-present

**COACHING HONORS**

- Mid-Continent Conference Outdoor Coach of the Year - 1986
ASSOCIATE HEAD COACH
DOUG CASE

Former Panther standout Doug Case is in his fourth season as the associate head coach. Case returned to his alma mater in 1999, replacing longtime assistant Bill Lawson.

Prior to his appointment at UNI, Case 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 between 1982-86 and was an all-conference performer in the Mid-Continent Conference. He was a member of the school record holding 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
MIKE GIESLER

Mike Giesler is in his third 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 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."

2003 Coaching Staff: l-r: Kyle Kepler, Doug Case, Chris Bucknam, Mike Giesler, Jake Pauli.
Former Panther distance runner Kyle Kepler is in his fifth season as a UNI assistant coach after completing a stellar career as a Panther. 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 is a two-time member of the all-district team by finishing 20th at the NCAA Midwest Regional Championship Meet in 1995 and 15th in 1997.

On the track, Kepler was an all-conference performer five times in two events -- the 5,000 meters and 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, along with home meet management and assisting in the recruiting process.

"We are very fortunate to have Kyle on our staff," commented head coach Chris Bucknam. "As a nine-time all-conference runner, he represents what we are all about as a program. He was an outstanding Iowa athlete that contributed to major conference championships."

Former Panther pole vaulter Jacob Pauli joins the coaching staff after becoming UNI's second Division I all-American. A native of Hanna City, IL, Pauli is a six-time all-American, three times each in the indoor and outdoor NCAA Championship. His senior year, he became the pole vault national champion as well as earning two all-American honors. He holds the school record for the indoor pole vault set at the Iowa State Classic in 2000. There, he also tied the MVC all-time record at 18-6 1/2, automatically qualifying for nationals and the Olympic trials. He also earned first at the indoor conference meet. At the Northern Iowa Open in 2000, he placed first with his best height of 18-6 1/2. That same year he captured the MVC Championship. Pauli earned first in the outdoor Husker Open and placed second at the Drake Relays.

"We are fortunate that Jake chose to stay in Cedar Falls and train for his professional career," commented head coach Chris Bucknam. "His knowledge and experience will really help our young kids develop."
Holds Competed in three... Earned man... Ran the 100m... Daughter of Doug and Kathleen Blome. "...Was sixth at the UNI-Dome Open with her throw of 38-01.50... At the Missouri Valley Conference meet, finished eighth in the shot put finals. Personal: Was Valedictorian of her high school class... Besides track, participated in softball, volleyball, basketball, band and choir... Majoring in Accounting... Placed seventh at the state meet in the shot put as a senior... Daughter of Mike and JoAnn Behrens.

ASHLEY BLOME
Fr. • High Jump
Panora, Iowa (Panorama)

High School: Was a member of the all-state team in 2001 in the 4x200 and made the Elite All-State team in the high jump... Competed in the Drake Relays as a junior and senior in the high jump... Was a member of 4x100 team that won the title at the Nebraska State Meet in 2000 with a time of 49.54... Holds the school record in the high jump (5-6), in the 4x200 (1:46.74) and the 4x100 (51.87) ... Member of the National Honor Society and the Principle's Honor Roll... Besides track, she also was involved in FCA and choir. Personal: Majoring in Elementary Education... Daughter of Doug and Cathleen Blome... Chose UNI because of the education program and because her sister goes to school here.

MELLISAA CAMPBELL
Sr. • Sprints/Long Jump
St. Thomas, Jamaica (St. Hugh/Tenn.-Martin)
6x All-MVC

2002: Outdoor - Holds the fastest 100 and 200 meter dash times on the UNI squad for the 2002 season with times of 11.86 and 24.40, respectively... Placed eighth in the 100 (12.98) and 14th in the 200 (26.76) at the Saluki Classic... Finished fifth in the 100 at the Missouri Relays... Was fourth at the John McDonnell Invitational in a time of 12.18... Won the 200m dash at the UNI Open in a time of 24.97... Ran a 24.65 200m dash at the MVC Championships to place fourth. Indoor - Placed third at the ISU Holiday Classic in the 300 with a time of 41.02... Finished second in 7.84, behind teammate Inga Hope, in the 60m dash at the Panther Open... Was 11th at the conference meet in the 60m dash with a time of 7.76. 2001: Outdoor - Recorded her fastest time ever in the 100 meter dash (11.70) at the MVC Championships, finishing in second place, tied for second on UNI's all-time list... Finished third at the conference meet in the 200 meters (23.83)... Ran the second leg of the 4x100 meter relay team that ran the fastest time of the season (46.17)... Honored as all-MVC for the 100 m., 200 m., 4x100 and the 4x400... Competed in the long jump with her longest jump (17-6) at the MVC meet. Indoor - Is third on the all-time list for the long jump with a distance of 19-1-1/4 set at the UNI Invitational... Ran the 200 fastest meters for the Panthers (24.94) at the Iowa State Classic... At the MVC meet, she ran the 60 meter dash in a time of 7.68, her best of the season. 2000: Competed at Tennessee-Martin... ran the 100m in 11.75 and the 200m in 24.38... 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 and International Affairs... Daughter of Lewelyn Leslie and Magaretta Campbell -Leslie

KARA CARSTENS
Jr. • Middle Distance
Harlan, Iowa (Harlan Community/South Dakota)
All-MVC

2002: Cross Country - Finished the 5K Bulldog Classic in 22:04.87, which earned her 11th place... Was 20th at the ISU Open in a 5K time of 21:05... Placed 57th at the MVC Championships in the 800 in a time of 2:07.40. Outdoor - Finished third in the 800 at the Saluki Classic in a time of 2:15.94... Won the 800 at the John McDonnell Invitational in Section B with a time of 2:15.64... Placed 11th at the MVC meet in the 800 in 2:16.98. Indoor - Earned all-conference honors with her third-place finish at the MVC Championships with a 2:26.28 800 time... Finished second at the Panther Open in the 800 in 2:20.65... Placed third at the UNI-Dome Open with 800 time of 1:39.12. 2000-01: Ran at South Dakota for one year... Member of the 4x800 that holds the school record... North Central Conference all-conference. High School: Placed third in the 4x800 as a freshman and third in the 4x400 as a junior... A member of the record-holding teams in the 4x800 and the 4x400... Two-time Drake Relays qualifier -- Placed fourth in the 4x400 in 2000... All-conference every year in cross country and track... Also a member of the swim team and on the basketball squad. Personal: Majoring in Public Relations with a minor in Business Concepts... Daughter of Kenard and Vicki Carstens... Chose UNI because of the good tradition.

KRISTLE CORDES
Fr. • Middle Distance
Dike, Iowa (Dike-New Hartford)

2002: Cross Country - Placed 15th at the Bulldog Classic, finishing the 5K course in 23:32.22. High School: Three-time state qualifier in cross country... Named the conference MVP in track... Holds school records in the 200, 400, 800, sprint medley and the 4x100... Placed at state three times in the 400m dash -- sixth as a freshman, second as a sophomore and third as a junior... Swam for NU High... State qualifier and placed in the 100 breaststroke and in two relays... Received all-American honors in the 200 freestyle relay... Member of the National Honor Society. Personal: Majoring in Bio-Medicine... Daughter of Rod and Delaine Cordes... Her sister swam for the University of North Dakota.

DEBORAH CORDNER
Sr. • Sprints
St. Louis Park, MN (St. Louis Park)
MVC Champ
7x All-MVC

2002: Outdoor - Ran a 25.94 200m dash time to finish sixth at the Saluki Classic... Finished third at the Missouri Relays with a 57.51 400 time... Placed fifth in the 400 at the John McDonnell Invitational in a time of 56.95... Was second at the UNI Open with her 200 time of 25.60... Came in seventh at the MVC Championships with a 400 time of 57.17. Indoor - Placed seventh at the ISU Holiday Classic in the 300m dash in a time of 42.00... Won the 400 at the Panther Open in a time of 58.60... Ran a 58.60, 400 time to place third at the UNI-Dome Open. 2001: Redshirt. 2000: Outdoor - 400 champion at the outdoor Missouri Valley Conference meet... 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 200 meters 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 the 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 Management, and minor in Actuarial Science. ... Daughter of Lloyd and Annette Corndor.

DIEDRA DIXON
Sr. • Sprint/Long Jump
Spanishtown, Jamaica (St. Hugh’s/St. Augustine’s)
3x All-MVC

2002: Outdoor - Ran her fastest 100m dash time of the season (12.00) at the Musco Twilight Invitational ... Placed seventh at the Saluki Classic with a 200 time of 25.97. ... Finished sixth at the Missouri Relays with a 12.40, 100 time. ... Ran the 100 in a time of 12.44 at the John McDonnell Invitational, finishing seventh, and placed eighth in the 100m hurdles in 15.20. ... Placed eighth at the MVC Championships in the 200 with a time of 25.31. Indoor - Finished fourth in the 60m dash at the UNI Invitational in 7.76. ... Was third in the 60m dash (7.74) at the UNI-Dome Open. ... Placed fourth in the 200 at the MVC Championships with a time of 25.13 and jumped 18-5 in the long jump for the team's best leap of the season.

2001: Outdoor - A member of the 4x100 and 4x400 meter relay teams that were honored as all-MVC. ... Ran her fastest time of the season in the 100 meter hurdles (15.19) at the Jim Duncan Invitational, where she finished fifth. ... Participated in the heptathlon at the SMS Invitational where she scored 3,850 points. 2000: At St. Augustine’s College, her team won the CIAA Championship ... Won the javelin throw at the conference meet ... Took second place in the 4x400 meter relays at the conference meet. 

Personal: Majoring in Biology with Biomedical emphasis. ... Daughter of Errol and Vernalee Dixon.

BRIDGITTE DUFFY
So. • Throws
Lawler, Iowa (New Hampton)

2002: Outdoor - Placed eighth in the weight throw at the John McDonnell Invitational. ... Came in third at the UNI Open. ... Finished seventh at the Missouri Valley Championships. Indoor - Won the Panther Open with a throw of 44-8 and also won the UNI Invitational with an even better toss of 49-3. ... Tied for sixth at the UNI-Dome Open. ... Finished seventh at the Missouri Valley Championships.

2001: Indoor - Finished seventh at the Missouri Relays and John McDonnell Invitational in the discus. ... Won the discus at the UNI Open. ... Was third at the MVC Championships.

JENNIFER DUFFY
Sr. • Throws
Lawler, Iowa (New Hampton)
All-MVC

2002: Outdoor - Finished fourth at the Missouri Relays and John McDonnell Invitational in the discus. ... Won the discus at the UNI Open. ... Was third at the MVC Championships. Indoor - At the ISU Holiday Classic, placed ninth right behind teammate Sarah Behrens in the shot put. ... Fourth place finisher at the UNI Invitational. ... Placed 11th at the Panther Open. 2001: Outdoor - Finished in fourth place at the SMS Invitational in the shot put with a distance of 32-8, her farthest throw of the season. ... At the Missouri Valley Conference Championships, she competed in the discus, finishing seventh with a throw of 131-6. Indoor - At the Firstar Meet, she took fourth place in the shot put with a distance of 39-1. ... Her farthest throw of the 20-pound weight was at the Iowa State Open (41-3). ... High School: Two-time NEIC champion in the discus. ... Took fifth at state in the discus in 1997 and 1998. ... Lettered in track, basketball, and volleyball. ... Was involved in the swing choir, jazz band, yearbook, high school paper and National Honor Society. Personal: Majoring in Computer Science with minors in Mathematics and Business. ... Daughter of James and Marcia Duffy. ... Sister Bridgitte is a member of the track team and her brother Scott played football for the Panthers from 1998-99.

MORGEN EDWARDS
Fr. • Throws
Cedar Rapids, Iowa (Jefferson)

High School: Four-year varsity track letterwinner. ... Holds the school record in the shot put. ... Mississippi Valley Conference Divisional discus record holder. ... MVC Female Athlete of the Year in 2002 for track and field. ... Graduated as a Salutatorian ... Member of the National Honor Society. ... Involved in a tutoring program, a student advocate group and the group Let's Make It Happen. Personal: An Elementary Education major. ... Daughter of Kevin and Michelle Edwards. ... Chose UNI because of the education program.
RITA FIALA
Sr. • Distance
Johnstown, Iowa (Johnston)
2x All-MVC CC

2002: Cross Country - Was fourth at the Bulldog Classic ... Finished 11th at the ISU Open ... Was a top four runner on the Panther squad in six meets ... Placed 23rd at the MVC meet in a time of 19:13.5. Outdoor - Finished seventh in the 3000m run at the Missouri Relays ... Ran her fastest 3000 time of the year at the John McDonnell Invitational with a time of 10:36.65, earning her 10th place ... Took second place at the UNI Open in the 1500 ... Won the 5000 at the Simpson Twilight Open with a time of 18:09.58, the third fastest on the team for the season ... Placed 11th in the 5000 at the MVC meet. Indoor - Redshirt. 2001: Cross Country - Was the first Panther to cross the finish line at the Illinois State Invitational with a time of 19:06 and a fourth-place finish. Outdoor - Redshirt. Indoor - Ran her fastest 3,000 meters at the UNI-Dome Open (10:26.67) where she finished fourth ... Finished in fifth place at the MVC Championships in the 5,000 meters with a time of 18:01.32. 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 17:55.98 at the Southern Illinois Invitational, earning her first-place honors ... Won the Northern Iowa Open in the 5000m (17:42.98)... 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 and minor in Reading ... Daughter of Nile and Elisse Fiala.

ELLY GLASS
Jr. • Distance
Dubuque, Iowa (Senior)
3x All-MVC

2002: Cross Country - Finished second at the ISU Open ... Was ninth out of a 243 runner field at the Woody Greene Invitational ... Had the fifth fastest time in the Valley at the ISU Invitational ... Made the Missouri Valley all-conference team with her seventh place finish at the conference meet ... Honored as an MVC Scholar-Athlete. Outdoor - Placed sixth in the 1500 at the Saluki Classic with a time of 4:52.12, her fastest of the season ... Second in the 5000 at the Missouri Relays behind teammate Emily Shoopman ... Was eighth in the 3000 at the John McDonnell Invitational ... Holds the second fastest 3000 time of the 2002 season with her performance at the John McDonnell Invitational ... Placed sixth in the 10,000m run at the MVC Championships in a time of 38:50.33 Indoor - Ran her fastest 1000 time of the season (3:05.74) at the UNI Invitational ... Placed third in the 3000 at the UNI-Dome Open ... Finished 11th at the Valley conference meet in the 3000 with a time of 10:47.79. 2001: Cross Country - Competed in the first three meets of the season for the Panthers before an injury sidelined her ... Her fastest 5K was 18:52 at the Illini Invitational ... Her top finish of the year was eighth place at the Illinois State Invitational with a time of 19:53.21. Outdoor - Had the third fastest time on the Panther squad in the 800 meters with a time of 2:19.88 set at the Northern Iowa Open ... Ran the 1,500 meters at the Baldy Castillo Invitational and placed 16th with a hand time of 4:50.20 ... Ran the lead off leg of the distance medley team that finished 10th (12:03.57) at the Texas Relays. Indoor - Her fastest 3,000 meters of the season came at the Iowa State Classic with a time of 10:33.20 ... In her first college track meet (Iowa State Holiday Meet), she ran the 3,000 meters and finished fifth (10:48.81). 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 ... Chose UNI because of the location, size and the quality of the program.

ANGIE GERMAN
So. • Long Sprints/Hurdles
Manchester, Iowa (West Delaware)
2x All-MVC CC

2002: Outdoor - Placed second at the Missouri Relays in the 400 hurdles with a time of 1:02.70 ... Came in fifth at the John McDonnell Invitational with a time of 1:02.23 in the 400 hurdles ... Ran her fastest time of the season and the second fastest time on the UNI squad, 1:01.76, at the Drake Relays ... Finished sixth at the MVC meet in a time of 1:02.55. Indoor - Placed second at the ISU Holiday Classic in the 400m dash in a time of 58.17 ... Ran a 58.56, 400 time to earn her second place at the UNI Invitational ... Placed 18th at the Iowa State Classic in 57.54 ... Ran her fastest 400 time of the indoor season, 57.36, at the MVC Championships where she finished fifth. High School: Three-time All-State Elite Athlete ... Four-time MVP ... Drake Relays champion in the 400 meter hurdles ... A member of the Iowa Senior All-Star team in 2001 ... State champion in the 400 meters and two-time state champion in the 400 meter hurdles ... Holds the Drake Relays record in the 400 meter hurdles with a time of 1:02.17 ... A member of the Academic Letter Club and the Honor Roll. Personal: Major is undecided ... Daughter of Greg and Marie German ... Chose UNI because of the good program and the great atmosphere.

INGA HOPE
Sr. • Sprints
La-Romaine, Trinidad (San Fernando)
2x All-MVC CC

2002: Outdoor - Tied for fourth at the Saluki Classic in the 100m dash in a time of 12:57 and ninth in the 200 in 26.14 ... Ran a 12.48, 100m dash time at the Missouri Relays, placing seventh ... Ran her fastest time of the season (12.00) in the 100m dash at the Musco Twilight Invitational ... Was sixth in the 100 at the John McDonnell Invitational in 12.33 ... Anchored the 4x200 team that placed fifth at the Drake Relays ... Placed eighth in the 4x200 dash (12.22) and seventh in the 200m dash (25.24) at the MVC Championships. Indoor - Began the season with a win at the ISU Holiday Meet in the 60m dash with a time of 7.66 ... Won the 60m at the Panther Open in a time of 7.69 ... Ran a 7.63 60m dash, the fastest on the squad for the season, which placed her in a tie for second at the UNI Invitational ... Placed fourth at the ISU-Dome Open with a 25.22, 200 time ... Finished sixth in the 60m dash at the MVC Championships with a time of 7.74. 2001: Outdoor - Ran the school's fourth fastest time in the 100 meter dash (11.91) with a sixth place finish at the SMS Invitational ... At the Missouri Valley Conference meet, she ran her fastest 200 meters (24.78), which places her fifth on UNI's all-time list ... Ran the anchor leg of the 4x100 meter relay team that finished 2000m (1:55.76) at the John McDonnell Invitational ... Finished sixth in the 200m dash (24.78) at the MVC Championships. Indoor - Placed 15th at the UNI Invitational in the 60m dash (7.86) ... Finished 11th in the 5000m at the Missouri Relays in a time of 18:13.93. Cross Country: 5K 18:30 6K 22:20.

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second at the MVC meet with a time of 46.17, giving her all-conference honors ... At the Drake Relays, she ran the lead leg of the Sprint Medley team that finished with a time of 4:03.21. Indoor - Ran the fastest time of the season for a Panther in the 60 meter dash (7.60) at MVC meet, which is the second fastest time in school's history. At the Iowa State Last Chance Meet, she ran the 200 in a personal best time of 24.94 ... Ran the lead off leg of the 4x400 meter relay that ran it in 3:57.27 at the First Annual Invitational. 2000: Outdoor - At the Florida State Relays, she ran the 100m in 12.25 and took home fifth place ... Ran the 100m and the 200m at the Southern Illinois Invitational and finished in fourth and seventh place, respectively ... Finished in seventh place at the Husker Open in the 100m dash (12.65) ... Placed second at the Northern Iowa Open (12.18) in her fastest 100m of the season. Indoor - Finished the Missouri Valley Championships in fourth place in the 60m with her fastest time, 7.73 ... Won the UNI-Dome Open in the 60m (7.82) ... Ran her fastest time in the 200m at the Iowa State Classic ... Took third place in the 60m at the Badger Classic and the UNI Invitational ... Finished in fifth place at the Mercantile Bank Invitational and the UNI Invitational in the 200m. 1999: Redshirt. High School: Named the Most Outstanding Athlete at her school as a junior and senior ... Competed in the Carifta Games in '97 on both the regional and national level. Personal: Majoring in Sociology, minoring in Family Services ... Daughter of Lynette and the late Clifford Hope

KATIE JOHNSON
Sr. • High Jump
Omaha, Neb. (Millard North)

2002: Outdoor - Cleared 5-5 at the Saluki Classic to tie for fourth place ... Tied with teammate Melissa Nelson for third place at the Missouri Relays with a jump of 5-5 3/4 ... Jumped 5-5 3/4 at the John McDonnell Invitational to finish seventh ... Placed second at the Missouri Valley Classic with a height of 5-3 3/4 ... Tied for first with teammate Melissa Nelson at the Panther Open with a height of 5-6 ... Jumped 5-7 3/4 to win the UNI Invitational ... Tied for fourth at the Iowa State Classic with a leap of 5-7 3/4! 2001: Outdoor - Cleared 5-7 3/4 to win the UNI Invitational ... Tied for 13th place in the Missouri Valley Classic with a height of 5-7 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 jump 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 Missouri Valley Relays 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 jump 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 (5-9) and 10th at the LSU Invitational (5-3). Indoor - Scored at the conference meet with a tie for sixth place at 5-5 3/4 ... Finished second at the UNI-Dome Open (5-5), eighth at the Mercantile Bank Invitational (5-4 1/2) and 10th at the Iowa State Open (5-3 3/4). High School: An all-state performer in the high jump ... Also an all-stater in volleyball. Personal: Majoring in Interior Design, minor in Business ... Daughter of Paul and Dab Johnson

MEELISSA NELSON
Sr. • High Jump
Algon, Iowa (Algon)

2002: Outdoor - Tied for 12th at the Saluki Classic with a jump of 5-3 ... Jumped 5-5 3/4 to finish in a tie for third place with teammate Katie Johnson at the Missouri Relays ... Placed second at the John McDonnell Invitational after clearing 5-5 ... Indoor - Tied for second place at the Iowa State Classic with a leap of 5-7 ... Tied for first with teammate Katie Johnson at the Panther Open with a height of 5-6 ... Cleared 5-8 1/2 to win the UNI-Dome Open ... Placed fourth with a jump of 5-5 1/4 at the MVC Championships. 2001: Outdoor - Set the school record in the high jump after clearing a height of 5-8 3/4 at the Baldy Castillo Invitational with a fifth-place finish. Indoor - Cleared 5-7 3/4 in the high jump two times, once at the UNI Invitational and again at Iowa State Classic, a personal best ... Competed in the triple jump at the UNI-Dome Open with a jump of 32-9 1/4. 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 - Placed 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 in the high jump, as a freshman, junior and senior ... Jumped a career-best 5-8 in the high jump ... Finished second at the Drake Relays as a senior ... Also a state medal winner in the 4 x 200 and 4 x 400 relays. Personal: Majoring in Physical Education ... Daughter of Gal and Kevin Nelson ... Chose UNI because of the coaching staff and the athletes.

NIKKI NELSON
Sr. • Sprints
Mt. Vernon, Iowa (Mt. Vernon)
3x MVC Champ
9x All-MVC
NCAA Qualifier

2002: Outdoor - Broke the Missouri Relays meet record in the 400m hurdles at 1:00.81 ... Ran a 58.35, 400m hurdles time at the Drake Relays, which broke her own UNI school record ... Ran the 400m hurdles in 59.79 and placed fourth in the open 400 in 55.74 at the MVC Championships ... Obtained the fastest 400 open and 400 hurdles times for the UNI squad on the season. Indoor - Ran a 55.47 in the 400m dash, breaking the UNI indoor record ... Was part of the record-breaking distance medley relay ... Anchored the 4x400 team to a 3:48.24 time, which is the fourth fastest in Panther history ... Ran a season's best 2:13.38 open 800 time at the UNI Invitational, capturing the fourth fastest UNI time ... Won the 600 at the Panther Open in 13.04 ... Won the open 400 at the UNI-Dome Open with a time of 56.62 ... At the MVC Championships, placed second in the 400 in 55.91 ... Ran a 55.47 open 400 at the ISU National Qualifier Meet to finish third. 2001: Redshirt. 2000: Outdoor - Set the school record for the 400m hurdles at the Missouri Valley Championships (59.84) ... Placed sixth at the Drake Relays in the 400m hurdles (1:01.45) ... Earned first-place honors at the Husker Open in the 400m hurdles (1:01.38) ... Member of the 4x100 relay team that took fourth at the Husker Open ... Finished in second place at the Southern Illinois Invitational (1:02.40) in the 400m hurdles ... Member of the 4x400 relay team that took 10th place at the Sea Ray Relays and finished in 20th place in the 400m hurdles (63.30) ... Won the 400m low hurdles at the Northern Iowa Open (1:00.88). Indoor - Earned first-place honors at the UNI-Dome Open in the 600m (1:33.52) and in the 800m at the UNI Invitational (2:14.16) ... Won the Badger...
KAYLEEN POPP
So. • Pole Vault
Haven, Kansas (Haven)  
All-MVC

2002: Indoor - Began the indoor season at Southern Illinois where she broke the school record for pole vault with a height of 11-5 3/4, which also tied her at the Missouri Relays.  
Indoor - Captured second place at both the UNI Invitational and the ISU Holiday Meet in the pole vault.  
Outdoor - Placed 15th at the outdoor nationals in the heptathlon, running a personal best in the 60m hurdles with a time of 2:28.23.  
Personal: Majoring in Marketing/Public Relations...Daughter of Hal and Dana Popp

JILL SCHWIEBERT
So. • Long Sprints/300m Hurdles/Middle Distance
Davenport, Iowa (Aplington-Parkersburg)  
2x All-MVC

Indoor - Placed second in the 300m dash at the ISU Holiday Classic in 49.99, the fastest time for the team on the season.  
Outdoor - Placed second in the 400 meter relay and the distance medley relay as a junior...Won the shuttle hurdles...Won the state meet as a sophomore and took second in the 400 hurdles...Placed second at the Saluki Classic with an 800 time of 2:15.44...Part of the distance medley team that took fifth place at the Drake Relays in 11:44.76...Finished
second in the open 800 at the Valley meet with a time of 2:14.79. Indoor - Won the 800 in 2:16.43 at the Panther Open ... At the UNI Invitational, won the 1000 in 2:56.80 ... Won the open 800 at the UNI-Dome Open in 2:15.96 ... Placed third at the MVC Championships with an 800 time of 5:05.85. 2001: Cross Country - Set a personal best in the 5K when she ran 18:25 at the Illini Invitational, finishing in 31st place ... An injury sidelined her for the Midwest Regional meet. Outdoor - Ran her fastest time of the season in the 800 meters (2:19.24) at the SMS Invitational with a sixth place finish ... At the Baldy Castillo Invitational, she ran the 1,500 meters in 4:45.10, her best time of the season ... Ran the anchor leg of the distance medley team that finished 10th at the Texas Relays. Indoor - Finished fourth at the Iowa State Open in the 800 meters (2:15.10) ... Won the 1,000 meters at the Firstar Invitational with a time of 2:59.60 ... Took fifth place at the MVC meet in the mile (5:00.43). 2000: Cross Country - Returned mid-way through the season after an injury ... Her top finish was at the conference meet when 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 and Chemistry ... Daughter of the late Mike Shaw and Fran Southers

EMILY SHOOPMAN
So. • Distance
Waterloo, Iowa (West)

2002: Cross Country - Won the 5K race at the Bulldog Classic in 19:46.51 ... Placed seventh at the ISU Open in 19:51 ... Finished 17th at the Woody Greene Invitational. Outdoor - Placed fourth at the Saluki Classic in the 1500 with a time of 4:49.79 ... At the John McDowell Invitational, ran the team's fastest 3000 time of the year, 10:16.22 ... Won the 1500 at the UNI Open in 4:48.33, her fastest of the season ... At the MVC Championships, placed eighth in the 5000 (18:10.77) and fifth in the 10,000 (38:21.33) Indoor - Won the mile at the Panther Open in 5:15.17 ... Placed third in the mile at the UNI Invitational in 5:07.56 ... Placed 20th in the 5000 at the ISU Classic with a time of 18:10.40 ... At the MVC Championships, placed ninth in the 3000 (10:28.50) and eighth in the 5000 (18:27.46). 2001: Cross Country - Was the only Panther to run in all five meets for UNI ... Was the first Panther to cross the finish line at the MVC Championship with a time of 18:54.01, good enough for 20th place and her best time of the season. High School: State champion in the 1,500 meters as a senior ... Two-time Drake Relays runner-up in the 3,000 meters ... Fifth on the all-time Iowa State Cross Country Meet Best List ... Valecdatorian. Personal: Majoring in Actuarial Science with a minor in Business ... Daughter of Terry and Debra Shoopman ... Sister Alaina was on the UNI women's soccer team

JILLIAN SINNWELL
Jr. • Hurdles
Nashua, Iowa (Plainfield)

2002: Outdoor - Placed eighth at the Missouri Relays in the 200m dash with a time of 26.84, her fastest of the season ... Ran her fastest 100m hurdle time of the season at MVC Championships ... Finished third at the UNI Open in the 100m hurdles in 14.81. Indoor - Placed seventh at the Panther Open with a 27.11, 200m dash time ... At the UNI Invitational, was fifth in the 60m hurdles in 8.95 ... Placed 31st at the ISU Classic with a 9.04 60m hurdles time. 2001: Outdoor - At the Northern Iowa Open II, she had two personal best times in the 100 meter hurdles (15.17) and in the 200 meters (26.63) ... Placed eighth in the long jump with a distance of 17-1/2 set at the SMS Invitational. Indoor - Finished in third place in the 60 meter hurdles (9.12) at the UNI-Dome Open ... Also competed in the long jump at the UNI-Dome Open with a distance of 17-2/14. High School: Holds eight school records in track ... Ran on the varsity squad all four years ... Holds the all-time Iowa all-Star Record in the shuttle hurdle with UNI volleyball player Molly O'Brien ... Holds eight school records and four conference records ... Lettered in track, softball, and basketball ... Co-president of the National Honor Society. Personal: Majoring in General Studies ... Daughter of Richard and Susan Sinnwell

ERIN WESSELY
So. • Pole Vault
Prairie, Kansas (Shawnee Mission East)

2002: Outdoor - Tied for seventh in the first meet of the season ... Placed fifth in the Missouri Relays and the John McDowell Invitational ... Tied for first with teammate Crystal Seaman at the UNI Open. Indoor - Won the pole vault in four meets, including the UNI Invite, UNI-Dome Open, Panther Open and the ISU Holiday Meet ... Placed fifth at the MVC Championships. High School: 2001 Kansas State champion in the pole vault ... Class 6A champion and record holder at the Kansas State Invitational ... Four year letterwinner in track and field and gymnastics ... All-Metro Female Track Athlete of the Year ... First team all-conference ... A member of the gymnastics team that finished third at state ... A member of the National Honor Society with a 4.0 GPA ... Named a President's Scholar and an American Royal Scholar ... Also involved in K-Life, an interdominational youth group. Personal: Majoring in Pre-Veterinarian Medicine ... Daughter of Kent and Pam Wessely ... Father graduated from UNI and was on the track team ... Chose UNI because of the team atmosphere, the great school and coaches and the history of success in track and field.

ALEX ALVA
Fr. • Sprints
St. London, Ontario (Regina Mundi)

High School: Won the Silver Medal at the Canadian Junior Nationals in the 400 and the 4x400 in 2000 ... Took third in the 200 and the 4x400 ... Took fourth at the Canadian Summer Games in 2001 ... Won the Canadian Espar in the 400 in 2002 and won the Ontario Championships in the 200 and the 400 ... Took second in the 200 and the 400 at the Provincial High School Championships in 1999 ... Won the 400 at the Provincial finals in 2000 and the 200 and the 400 in 2001 ... Named school's MVP four times and three times Athlete of the Year ... Was a triple crown trophy winner ... Competed on the cross country team. Personal: Majoring in Physical Education ... Son of Jose and Albertina Alva ... Chose UNI because it is the best track school in the conference and the facilities.

DERRICK BENNER
So. • Middle Distance/Throws
Paulina, IA (South O'Brien)

2002: Outdoor - Recorded his best mark of the season in the hammer throw at the SIU Spring Classic with a mark of 31.32, which was good for 14th place. Indoor - Finished the season out on a bright note with his longest throw of 55-7 in the weight throw at the MVC Championship, in which he placed eighth ... Earned a fourth place finish at the ISU Holiday Classic with a 52-6 mark in the weight throw ... Placed 10th at the Nebraska Invitational (50-6) and sixth at the UNI Invitational (51-2/14). High School: Holds the school record in the discus (176-4) ... Took fourth at state in the discus as a sophomore and junior ... Named all-district as a tight end

STEVE BLOCKER
Sr. · Hurdles/Sprints
Yuma, AZ (Kofa/St. Ambrose) All-MVC

2002: Outdoor - Redshirt. Indoor - Ran his fastest time of the year in the 60 meter hurdles at the UNI-Dome Open (8.06), which was the fastest time for a Panther and good enough to capture first place...Took fourth (8.20) at the ISU Holiday Classic and third at the Nebraska Invitational (8.19)...Earned all-conference honors at the MVC Meet with his second-place finish with a time of 8.12. 2001: Outdoor - Ran his best time of the year in the 110m high hurdles, finishing fourth at the MVC Championships with a time of 14.46. Placed fifth at the Jim Duncan Invitational with a time of 14.94 in the 110m high hurdles. Indoor - Finished fifth at the MVC Championships in 60m hurdles with a time of 8.32. Touch the tape in the 200m with his best time at the Firstar Invitational with a time of 23.60. At St. Ambrose: Earned two letters and was a two-time conference champion in the 110m high hurdles... Finished 12th at the NAIA Nationals in the 55m high hurdles...Team captain and MVP. High School: Regional champion in the 110m hurdles, second in the 300m hurdles...Fifth in the state 110m hurdles as a senior...Three-time city champion in the 110m hurdles...High school track MVP...Three years on the Honor Roll. Personal: Major is Physical Education...Son of Steve and Jacqueline Blocker. Born in Oceanside, CA.

ROB BROCK
Sr. · Middle Distance
Dubuque, Iowa (Senior) All-American

2002: Cross Country - Finished fourth at the University of Illinois in 25:52.8...Was 43rd at the MVC Championships. Indoor/Outdoor - Redshirt. 2001: Cross Country - Was all-MVC for the third time with a sixth-place finish at the MVC Championships...Named to the Valley Cross Country Scholar Athlete team...Ran his best time of the year at the Missouri Valley Conference Championship with a time of 25:13.26. Outdoor - Did not compete. Indoor - Ran a time of 2:32.27 in the 1000m at the Iowa State Open, finishing ninth...Ran his best time of the year in the mile at the UNI-Dome Open, finishing fourth with a time of 4:17.32...Finished 13th at the Missouri Valley Conference Championships in the mile with a time of 4:27.0. 2000: Cross Country - Redshirt. Outdoor - Was on the winning 4x1600m relay team that beat Stanford at the Drake Relays...Tied for 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: Redshirt. 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 1500 at the Florida State Relays...Earned all-conference honors in three events at the MVC Championships...Earned all-MVC honors for his third-place finish in the 400m dash (48.21) at the MVC Championships...Part of the 4 x 400m relay 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 1:54.58...Placed second in the mile (4:12.33) at the Husker Invitational. 1997: Cross Country - Burst on the scene as one of the top freshmen in the Missouri Valley, taking fifth at the conference meet to earn his first all-conference award... Took 32nd at the regional meet...Placed 13th at the U.S. Junior Championships. High School: Highly-recruited prep who won the state two-mile title four times...Captured the state 800-meter title his senior year and won the mile his junior season...The Drake Relays champion in the two-mile run as a junior and senior...Anchored the Rams' Drake Relays championship teams in the medley as a junior and 4 x 800 as a senior...Also won the state cross country title his sophomore and junior seasons. Personal: Majoring in Criminology, Political Science and Business...Son of James and Janice Brock. Brother, Jay, was a three-time conference steeplechase champ for the Panthers.
JOSH CRAIN
Jr. • Distance
Marshalltown, IA (Marshalltown)
2002: Cross Country - Placed 35th at the Woody Greeno Invitational on Sept. 21, with his time (26:28) being the fifth fastest in the Valley at that point in the season.

...Was the second finisher on the squad in three meets...Placed 12th at the MVC Championships in a time of 25:51, helping the Panthers earn third place. Outdoor - Won the 5000m run at the Missouri Relays...Placed second in the 1500 at the UNI Open...At the UNI-hosted MVC Championships, was fourth in the 10,000m run. Indoor - Won the 3000 at the UNI-Dome Open...Placed second in the 3,000 at the Panther Open...Came in fifth in the 5000 as the Panthers were Missouri Valley Conference Indoor Champions. Personal: Majoring in Art with an emphasis in Graphic Design...Son of Sam and Jana Crain.

DEVON DAVIS
Sr. • Sprints/Jumps
Pickington, Ohio (Pickington)
2x NCAA Qualifier
5x MVC Champ
9x All-MVC
2x MVC Athlete of Year

2002: Redshirt. 2001: Outdoor - Shattered the UNI record in the 100m dash with a time of 10.19 in the prelims at the Texas Relays, and ran a 10.30 in the finals to finish in third place...Had UNI's top long jump of the season at the Baldy Castillo Invite when he took 11th place with a leap of 22-9...Was a member of the 4x100m relay team that set the second fastest time in school history when they finished with a time of 40.16 at the Texas Relays, good for sixth place...Helped set the school record in the 4x200m relay at the Drake Relays with a time of 1:24.93, finishing in sixth...Saved his best performances for the end of the season when he won the 100m dash (10.42), 200m dash (21.43), and the 4x100m relay (40.30) at the MVC Championships...Was named Most Valuable Athlete of the MVC Championships. Indoor - Finished fourth at the Firstar Invitational in the long jump with a season best jump of 23-7 1/4...Set the school record in the 60m dash at the prelims at the MVC Championships with a time of 6.75...Tied his own school record two weeks later at the ISU National Qualifying Meet, winning the 60m dash in 6.75...Jumped a season-best 47-11 at the MVC Championships in the triple jump, placing seventh. 2000: Outdoor - Recorded the best time in the conference during the season in the 100m dash with a time of 10.43 recorded at the Sea Ray Relays...Finished in first place at the Southern Illinois Invitational in the 100m...Placed fourth at the Florida State Relays in the 110m hurdles...Took fourth in the long jump at the conference meet. Indoor - Set the school record in the 60m dash (6.75) at the Badger Invitational with a first place finish...Earned first place honors in the long jump at the Mercantile Bank Invitational...Placed fifth at the conference championships in the long jump (25-0)...Finished in first place in the triple jump (50-5 1/2) at the UNI Invitational...Captured the title in the 60m dash at the national qualifying meet. 1999: Outdoor - Named the Missouri Valley Conference Track Athlete of the Year after winning the 100-meter dash (10.43), placing fourth in the 200 (21.38), running the anchor leg on the winning 4x100 relay team, finishing second in the triple jump (50-0 3/4) and fifth in the long jump (24-5 1/2)...Finished sixth in the 100 at the LSU Invitational...Finished first in the triple jump, third in the 100 and fifth in the long jump at the Jinn Duncan Invitational...Set a school record and eclipsed the NCAA provisional qualifying mark in the triple jump in winning the Duncan with a 51-8 1/4...took third in the 100 at the UNI Open. Indoor - Scored in three events at the Valley meet -- Third in the triple jump, fifth in the long jump and sixth in the 60-meter dash...Set the school record and qualified for the NCAA Championships in the long jump with a 25-2 1/2 at the Mercantile Bank Invitational...Also recorded a season-best 49-5 in the triple jump while finishing fourth at the Mercantile Bank Invitational...Finished sixth at the NCAA's in the long jump with 22-4 1/2...Placed third in the 60 at the Badger Classic...Claimed third and fourth in the triple and long jumps, respectively, at the Cyclone Classic; seventh in the long jump at the Iowa State Open...Won the long jump at the UNI-Dome Open (23-9). High School: A four-time Canadian national champion in the triple jump and two-time national long jump champ...Won the Ontario triple jump title four times and long jump championship once...Finished second at the provincial meet in 100-meter dash as a sophomore, third as a senior. Personal: Majoring in Sociology...Son of Patrick and Monica Davis.

CHAD DENNIS
Jr. • Throws
Council Bluffs, Iowa (Thomas Jefferson)

2002: Outdoor - As the Panthers’ number one javelin thrower, he had his longest throw (185-5) at the MVC Championships, which was good enough to finish fourth...Opened up the season with a distance of 166-2 and a third place finish at the SIU Spring Classic...Won the Simpson Twilight with a throw of 177-0. 2001: Outdoor - Had his best javelin throw in UNI’s first meet of the spring, throwing 174-7 at the Baldy Castillo Invitational, which was good enough for second place...Placed first at the UNI Open II with a toss of 173-4...Finished first at the Badger Invitational with another consistent toss of 172-7...Threw 161-10 at the MVC Championships, good enough for sixth place. High School: Earned four letters in track and baseball, also earned three in football and basketball...Placed third in the discus at state meet as a senior...Was a two-time state qualifier in track...Was a member of Band Council, D.A.R.E., and was a student mentor. Personal: Majoring in Physical Education with a minor in Real Estate...Son of Ron Dennis and Mary Harris...Chose UNI because of the people, the school and the track program.

JOHNATHON DRURY
So. • Hurdles
Clarion, IA (Clarion-Goldfield)
All-MVC

2002: Outdoor - Had the fastest 110m hurdles for a Panther at the MUSCO Twilight with a time of 14.24 and a second-place finish...Placed fourth at the UNI Open in the 200 with his fastest time of 22.32...In the 400 hurdles, he ran his fastest time (54.84) at the Missouri Relays...Ran the second leg of the 4x400 meter relay team at the Badger Open. Indoor - At the UNI-Dome Open, he ran his fastest 60m hurdles in a time of 8.23 for an eighth-place finish...Ran the 400m at the Iowa State Classic in a time of 49.84...Was a member of the 4x400 meter relay team at the UNI Invitational. High School: Took second at state in the 400 hurdles...Finished third in the 110 high hurdles and fifth in the 4x400 at state...Personal best in the 110 hurdles was 14.71, while it was 54.8 in the 400 hurdles and 49.5 in the 400...Involved in FCA, the Spanish Club and FFA. Personal: Majoring in History Education...Son of Bill Drury and Christy Foreman...Chose UNI because of the great track and field team and because of the major classes.
TYLER GEOPFERT  
Jr. • Multi-Events  
Panora, IA (Panorama)

2002: Outdoor - Earned 4,747 points in the decathlon at the MVC Championships ...Placed fourth in the javelin at the Jim Duncan Meet with a mark of 151-04 ...His best high jump of the season was 5-5 at the UNI Open ...Got a personal best in the javelin with a throw of 169-1 at the MVC Championships.  
Indoor - Ran his fastest 60m at the UNI-Dome Open in a time of 7.20 while his fastest 400m came at the Iowa State Classic where he finished 39th out of 80 athletes ...In the field events these are his best marks of the season -- pole vault (12-5 1/2) and long jump (19-5 1/2).  
2001: Redshirt.  
High School: Three-time state qualifier ...Five-time state place winner ...Junior Olympic national qualifier three times in the decathlon ...Lettered in track, football and basketball ...Made the all-district team and also academic all-district in football ...Participated in speech.  
Personal: Majoring in Communications with a minor in Coaching ...Son of Gary and Theresa Geopfert ...Brother Travis graduated from UNI and also competed in track after his eighth place finish at the University of Illinois in 25.25 ...Was 59th at the Woody Greene Invitational in 26.58.  
Outdoor - A distance runner, he had the fastest time for a Panther in the 3000 with a time of 9:02.08 at the John McDonnell Invite for an eighth-place finish ...Won the UNI Open in the 3000m steeplechase with a time of 10:05.93 ...Ran the 5,000m at the Missouri Relays in his fastest time of the year (15:22.79).  
Indoor - His fastest 3,000m came at the ISU Holiday Classic with a time of 8:56.26 for a third-place finish ...Ran the 5,000 against some tough competition at the Iowa State Classic with a time of 15:37.94.  
2001: Cross Country - Saved his best performance of the fall for the MVC Championships where he finished in 12th place with a time of 25:25 ...Ran a solid 33:40.4 in the only 10K event of the year at the Midwest Regional to earn 112th place.  
2000: Cross Country - His top finish of the year was at the Pre-Regional Meet in Waterloo, Iowa, where he took 11th place ...Fastest times of the season were 25.45 in the 8K and 32.17 in the 10K.  
Outdoor - Redshirted.  
Indoor - Redshirted.  
High School: On the cross country all-state team his junior and senior years ...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 ...Made the honor roll as a junior and senior ...Involved in the Spanish club and the outdoor club.  
Personal: Majoring in Accounting ...Also recruited by Nebraska, Missouri and Iowa State ...Son of Mike and Nancy Graham

DANIEL GRANDON  
Fr. • High Jump  
New Hartford, IA (Dike-New Hartford)

High School: Four-time conference champ ...Placed three times in the high jump at state and twice in the 4x400 ...Holds four school records -- high jump (6-6), 800 (1:59.5), 4x400 (3:25), Medley (ran the 800 - 3:34) ...First team all-conference ...Cross country team won the conference title ...Named all-conference ...District champs and state runner-up as a team in 1999 ...First team all-conference and first team all-district in basketball ...Two-time conference champs ...Third at state in 2000 ...Member of the district champion and state runner-up football team ...Made the Honor Roll, won academic letters ...Also a member of the Student Council, and was a conflict manager and a DARE role model.  
Personal: Majoring in Physical Education ...Son of David and Kim Grandon ...Chose UNI because wanted to be a part of the track programs' success.

ADAM HINDERS  
So. • Middle Distance  
Waverly, Iowa (Waverly-Shell Rock)

Indoor - A middle distance runner, he ran his fastest 800m at the UNI Invitational with a time of 1:21.95 and a third-place finish ...At the first meet of the year, the ISU Holiday Classic, he ran a personal-best 1:54.88 in the 800m, while taking sixth place ...Ran the lead-off leg of the 4x400 team that placed third at the UNI Invitational in a time of 3:21.49.  
High School: Member of Waverly-Shell Rock's distance medley team that owns the state record ...Drake Relays champion in the distance medley ...Was state champion in the 800m ...Earned four letters in track and three in wrestling.  
Personal: Major is Fine Arts ...Son of Tom and Mary Ann Hinders

DIRK HOMEWOOD  
Jr. • Long Sprints  
Cedar Falls, Iowa (Cedar Falls)

All-American  
MVC Champ  
7x All-MVC  
2x NCAA Qualifier

2002: Outdoor - Started the season by winning the 400 meter dash in the first outdoor meet ...Captured first place in the 400m dash at the UNI Open ...Won the 400 at the MUSCO Twilight Meet ...Set a meet record with his first-place time of 47.06 at the Missouri Relays ...Broke the school record previously set by Joey Woody by more than half a second and ran an NCAA provisional qualifying time in the 400m dash at the MUSCO Twilight Meet in a time of 46.10 ...Named MVP at the Missouri Valley Conference Championships after finishing first in the 400m dash, second in the 200m dash, and running the third leg of the winning 4x100 relay team ...Qualified for the NCAA Championships in the 400m dash.  
Indoor - Was honored as an all-American when his distance medley team finished fourth with a time of 9:33.14, a new school record ...Was named Missouri Valley Conference Athlete of the Week ...Won the open 400 at the UNI Dome Open ...Came in third at the ISU Holiday Meet ...Won the 200m dash at the Panther Open ...First place finisher out of 36 runners at the UNI Invitational in the 400m dash with a time of 47.65 ...At the MVC indoor championships, he was fourth in the 400, and after running a 21.48 NCAA provisional qualifying time in the 200 prelims, he placed third in the finals.  
2001: Outdoor - Won the Northern Iowa Open I in the 200m dash with his best time of the season, 21.98 ...Placed fifth in the 400m dash at the MVC Championships with a sea-
son best time of 48.05...Was a pivotal member of the 4 x 400m relay team that placed third at the conference meet and sixth in the Baldy Castillo Invitational. **Indoor - Redshirted. High School: Named all-state and all-conference...School record holder in the 400m...Lettered in track and basketball...Mississippi Valley Conference all-academic team for basketball...Graduated top in his class with a 4.0 GPA. Personal: Majoring in Mathematics Education...Son of Richard and Debra Homewood.**

**ROARY HOWELL**

Sr. • High Jump
Marion, Iowa (Linn-Mar)
3x All-MVC

2002 Outdoor - Finished fifth at the Missouri Relays with a leap of 6-8...Captured first place at both the John McDonnell Invitational and the UNI-Open...Finished the season with a 6-10 jump that put him in third place at the MVC Championships. **Indoor - Placed second at the ISU Holiday Meet to begin the indoor season...Second place at the Panther Open...Was ninth at the ISU Classic with a height of 6-9...Placed third at the UNI-Dome Open...Took second place at the MVC Championships. 2001: Outdoor - Leaped 6-10 3/4 in the high jump, a personal best at the Wisconsin Twilight meet, finishing first...Finished first at the UNI Open I and II with jumps of 6-7 and 6-8...Jumped 6-10 at the SMS Big Bear Invite, claiming first place...Finished his sophomore season in third place at the Missouri Valley Conference Championship. Indoor - Placed third at the MVC Championships with his best leap of the indoor season, 6-9 3/4...Finished in fifth place at the Iowa State University National Qualifying meet with a jump of 6-8 1/4...Placed fifth in the triple jump at the UNI-Dome Open with his best performance of the year, 41-7 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 (6-3 3/4).** 1999: Redshirted. **High School: Captured the state high jump championships as a senior, clearing 6-8, and finished fifth at the Drake Relays...Also finished fifth in the conference and was a state qualifier in the high hurdles...Lettered in track, football and basketball. Personal: Majoring in Social Science with a minor in Coaching...Son of Randy and LuAnne Howell.**

**PATRICK HUNTER**

So. • Sprints
Racine, Wisconsin (Washington Park)
2x MVC Champ
3x All-MVC

2002: Outdoor - Set a personal best in the 100m at the MVC Championships with a time of 10.41 to win the meet...At the MVC meet, he ran his fastest 200m in a time of 21.49 for a sixth-place finish...ran the final leg of the 4x100 relay team that won MVC title with a time of 40.45...led off the sprint medley relay team that finished second at the Drake Relays in a time of 3:22.13. **Indoor - Ran his fastest 60m of his career (6.77) at the UNI-Dome Open in the preliminary round...Against some tough competition at the Iowa State Classic, he ran his fastest 200m in a time of 21.83, which was second fastest on the team for the year...Took second place in the 80m at the MVC Meet with a time of 6.83...ran the anchor leg of the 4x400 at the UNI Invitational in a time of 3:21.49. **High School: Best time in the 100m and 200m were 10.20 and 20.80, respectively...Received all-state honors in the 100m and 200 dashes...State champion in the 100m as a junior...Rushed for over 3,000 yards in his high school football career...Also recruited by Michigan State, Nebraska and Purdue. Personal: Majoring in Elementary Education/Coaching...Son of Richard Hunter and Patricia Catron.**

**RYAN KEDLEY**

Jr. • Sprints/Hurdles
Lowden, IA (North Cedar)

**High School: Former state record holder in the 400...State meet record in the 400 (47.43)...Finished third at High School Nationals in the 400...Holds eight school records...Named first team all-state in basketball...A Dare role model and participated in choir, band and jazz choir. Personal: Majoring in Criminal Justice...Son of Pat and Peg Kedley...Chose UNI because of the academic reputation as well as the track and field program.**

**CHRI S MCCULLOUGH**

Fr. • Sprints/Hurdles
West Des Moines, Iowa/Valley

**High School: Won the 110m high hurdles at the Drake Relays in 2001...Took second in the 110m high hurdles at the Drake Relays in 2000...Finished in third place at the state meet in the 110m high hurdles...Three year track letterwinner and co-captain as a senior...A member of the Honor Roll and FCA. Personal: Major is Business Management with a minor in Coaching...Son of Michael and Janice McCullough.**

**ROBERTO MORENO**

Jr. • Distance
Iowa City, Iowa (City High)
All-MVC

2002: Cross Country - Finished 28th at the Iowa State Open in a time of 26:59...Owned the eighth fastest time in the Missouri Valley when he ran a 25:32 at the University of Illinois, where he finished 10th...He was consistently a top three runner for the Panther squad. **Outdoor - Ran his fastest 1500m at the MUSCO Twilight with a time of 3:52.04 and an eighth-place finish...Ran the 800m at the Missouri Relays in a time of 1:55.74...Finished 20th at the Stanford Invitational in the 1500 in a time of 3:54.20 against some tough competition. **Indoor - Ran his fastest mile (4:11.40) at the ISU National Qualifier while finishing eighth at the meet...Placed fourth at the MVC Championships in the mile with a time of 4:12.72. 2001: Cross Country - Ran his fastest time of the fall (25:37) at the Illinois Invitational, where he finished 61st...Took home 19th place at the MVC Championships with a time of 25:42.9. **High School: Qualified for the state meet in the mile his junior and senior years...Was a member of three state cross country team championships at City High. Personal: Major is Psychology...Son of Ed and Carol Moreno...Also recruited by Iowa and Iowa State.**
CYRUS NICHOLS
Jr. • Sprints/Hurdles
Des Moines, Iowa (Roosevelt)
MVC Champ
3x All-MVC

2002: Outdoor - Ran the lead off leg of the 4x100 relay team that won the MVC Championships with a time of 40.45. Also at the MVC meet, he ran a personal best 14.48 in the 110m hurdles. ...ran third at the SIU Spring Classic in the 110m hurdles and sixth at the UNI Open. Indoor - Ran the 60m hurdles throughout the season, with his fastest finish (6.18) being at the UNI-Dome Open where he took fourth ...Earned all-conference honors with his third-place finish in the 60m hurdles at the MVC Championships ...Placed sixth at the Nebraska Invitational with a time of 8.47. 2001: Outdoor - Finished second at the SMS Big Bear Invite in the 110m high hurdles with his best time of the year, 14.71. Placed third in the 100m dash at the UNI Open I with his season's best time of 11.52. Finished seventh at the MVC Championships in the 110m high hurdles and the 400m intermediate hurdles with times of 14.79 and 54.95. Indoor - Took second in the 60m hurdles at the UNI Invitational with his best time of the season, 8.08. Finished eighth at the Firstar Invitational in the 200m dash with his best time of the year, 22.85. Placed fourth at the MVC Championships in the 60m high hurdles with a time of 8.19. 2000: Outdoor - Ran his best time of the season in the 110m hurdles at the Missouri Valley Conference Championship with a seventh place finish (14.82). Placed sixth at the Florida State Relays (14.87). Indoor - Finished third at the conference meet with his fastest time and the school record (8.06) in the 60m hurdles. Earned first-place honors (8.30) at the Badger Invitational ...Placed third at the Mercantile Bank Invitational ... Took second place at the UNI-Dome Open. High School: One of the most successful high school track athletes in Iowa history, he was the first person ever to win the state and Drake Relays titles in the 110-meter hurdles three years in a row. ...Was named the top high school athlete at the 1999 Drake Relays ...A member of the national champion sprint medley relay team ... Took second in the 400 hurdles and fourth in the 110 hurdles at the USA Junior Olympics in 1996-97 ...A three-time honoree to the Elite all-state team ...Graduated in the top 15 percent of his class and was on the Honor Roll ...The vice president of the Student Council and a member of the National Council on Youth Leadership. Personal: Majoring in Management Information Systems with a minor in Coaching ...Son of Cortez and DeniseNichols ...Also recruited by Iowa, Iowa State, and North Carolina State.

BRANIMIR PEITEL
Jr. • Long Sprints
Pula, Croatia (Technicka Skola)
3x All-MVC

2002: Outdoor - Ran his fastest 100m of the season in the preliminaries of the John McDonnell Invitational with a time of 10.94. At the MVC Championships, he finished fourth in the 400m dash with a time of 47.50, his personal best ...A member of the 4x400 team that ran 3:10.31 at the John McDonnell Invitational to place second, he ran the third leg ...Earned all-MVC honors with a second place finish at the conference meet in the 4x400. Indoor - Helped set the school record in the 4x400 where he ran the third leg at the ISU National Qualifier with a time of 3:09.03. ...In the first meet of the season, the ISU Holiday Classic, he ran the 300m in a time of 34.27 and a second place finish ...His fastest 400m came at the Nebraska Invitational with a time of 48.52 and a fifth place finish. Took fourth at the Panther Open and at the UNI Invitational in the 200m dash. High School: National junior record holder in the 300 (34.30) and in the 4x400 (3:16.38) ...National champion in the 400 and the 4x400. Personal: Majoring in Management Information Systems with a minor in Coaching ...Son of Davor and Marjana Peitel ...Chose UNI because it is a good school with good facilities.

DAVID PAULSEN
Sr. • Middle Distance
Plainfield, Iowa (Waverly-Shell Rock)
8x All-MVC
All-American

2002: Outdoor - Had the fastest 800 for a Panther when he ran 1:50.36 at the MVC Championships, in which he took second place ... Ran the final leg off the Sprint Medley team that took second at the Drake Relays with a time of 3:22.13 ...Led of the UNI 4x400 relay team that finished second at the John McDonnell Invitational with a time of 3:10.31, the fastest UNI team on the season ... Won the first meet of the season, the SIU Spring Classic, with a time of 1:52.09 in the 800m. Indoor - Was honored as an all-American when his distance medley team finished fourth with a time of 3:33.14, a new school record ... Ran the lead-off leg of the 4x400 team that set the school record with a time of 3:09.03 at the ISU National Qualifier ...Earned all-MVC honors with his third-place finish at the MVC Championships with a time of 1:51.94, his fastest of the season ...Led the UNI team in the 600m with a 1:20.09 time and a first-place finish at the Panther Open ... During the first meet of the season, the ISU Holiday Classic, he ran the 400m in a time of 50.30 for an 11th-place finish. 2001: Outdoor - Was an NCAA provisional qualifier in the 800m when he ran to second place at the Wisconsin Twilight meet with a time 1:49.92 ...Was a member of UNI’s 4 x 400m relay team that placed third at the MVC Championships with a time of 3:13.29. Placed third at the MVC’s in the 800m with a time of 1:50.04. Indoor - Placed second in the 600m at the Iowa State Holiday Classic with a time of 1:18.70. Ran his best time of the indoor season in the 800m (1:51.48) at the Iowa State Classic, finishing 14th ...Was part of the distance medley that provisionally qualified for the NCAAs when they finished with a time of 9:45.28 at the ISU National Qualifying Meet ... Finished fourth at the MVC Championships in the 800m with a time of 1:52.26 and was part of the distance medley team that came in second place with a time of 10:90.86. 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 Social Science Education ...Son of Edward and Diane Paulsen ... Also recruited by Iowa and Iowa State.

JAMES READY
So. • Pole Vault
Cody, Wyoming (Cody)
All-MVC

2002: Outdoor - Earned all-MVC honors when he took second place at the MVC Championships with a height of 15-11 3/4 ... Set a season best clearance of 16-2 3/4 at the UNI Open. Indoor - Had his highest height at the Iowa State Classic with a clearance of 16-0 3/4, which put him in a tie for eighth place, a personal best ...Won the Panther Open with a height of 15-1 and took second at the UNI Invitational (15-9). High School: Holds the high school state record in the pole vault, clearing the bar at 16-1 1/2 ...Was the state champion in the pole vault three years in a row ...Three letters in track. Personal: Major is undecided ...Son of K.C. and Louanne Ready ... Chose UNI because of its strong pole vault tradition ... Also recruited by Wyoming and Idaho State ... Chose UNI because it is the best place to pole vault.
AARON RUSTAD  
Fr. • Sprints  
Grafton, IA/St. Ansgar  

High School: A member of the 4x400 state championship team in 2002 ...State runner-up in the 4x400 as a junior ...Won the state title in the 400 as a senior ...Holds school record in the 400 (48.91), 4x400 (3:24.16), 1,600 Medley (3:41.1) and tied in the 200 (22.43) ...Won four conference titles ...A member of the baseball team ...First team all-conference outfilder in 2002. Personal: Major is undecided ...Son of Duane and Patti Rustad ...Chose UNI because of the good track program.

MILAN SEREMET  
Fr. • Throws  
Zagreb, Croatia (Sports)  

High School: Competed in the Youth Olympics in 1998 and the World Youth Championships in 1999 ...Personal best in the shot was 52-6 ...In 2001, threw at the European Junior Championships. Personal: Majoring in Computer Science ...Son of Peer and Ivanka Seremet.

JOEL SULLIVAN  
Sr. • Middle Distance  
Woodbine, Iowa (Woodbine) All-MVC  

2002: Outdoor - Finished sixth at the John McDonnell Invitational against some tough competition in the 800 with a season best time 1:52.72 ...Ran the third leg of the distance medley team that won the Drake Relays and set a school record with a time of 947.32 ...Tied seventh place at the MVC Championships with a time of 1:53.71 in the 800m. Indoor - In the first meet of the season, the ISU Holiday Classic, he ran his fastest 800m of the year with a time of 1:54.99 with a fifth-place finish ...Tied sixth place at the Panther Open in the 600m run with a time of 1:22.63, a personal best ...The third leg of the distance medley team that won the MVC Championships with a time of 9:54.82. 2001: Outdoor - Placed third at the Wisconsin Twilight meet in the 800m with his best time of the season, 1:52.69 ...Ran a time of 1:54.51 in the 800m at the Jim Danna Invitational to finish in third place ...Finished fifth in the 800m (1:52.80) at the MVC Championships. Indoor - Redshirted. 2000: Cross Country - At the Drake Open, finished in 21st place when 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 40th 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 ...State champ in the 4x8000, 1,600 and the DMR ...A member of the National Honor Society ...Also lettered in basketball and cross country. Personal: Majoring in Biology and Chemistry ...Son of John and Debbie Sullivan.

NATHAN WHITE  
Fr. • Distance  
Des Moines, IA (Southeast Polk)  

High School: Holds the school record in the 1,600 and the 3,200 ...Conference champ as a senior in the 1,600 and the 3,200 ...Named to the Elite All-State team in the 1,6000 ...A member of the all-state cross country team as a senior ...Lettered in cross country, track and swimming ...Four-time state qualifier in swimming. Personal: Majoring in Physical Education ...Son of Larry and Diane White.

JOSH WILSON  
Jr. • Sprints  
Ottumwa, Iowa (Ottumwa)/Loras MVC Champ All-MVC  

2002: Outdoor - Ran his fastest 100m of the season of 10.77 at the Musco Twilight, which was the second fastest time for a Panther on the year ...Tied fifth at the MVC Championships in the 200m with a time of 21.56 ...Ran the second leg of the 4x100 team that won the MVC title in a time of 40.45, a new track record ...Ran anchor leg of the 4x400 at the Musco Twilight that finished third. Indoor - His fastest 60m dash of the season came during the semifinals of the MVC Championships with a time of 6.98 ...Against some tough competition, he ran his best 200m at the Iowa State Classic in a time of 21.99 ...Opened up his career at UNI with a time of 35.15 in the 300m at the ISU Holiday Classic, which put him in fifth place. High School: Conference champ in the 100, the 4x100 and the 400 ...Named to the Ottumwa High Hall of Fame ...Athlete of the Week in 1999 ...Recognized as one of the top 10 runners in the state of Iowa by the Des Moines Register ...Tied second at state in the 400, fifth in the 100 and third in the 200 ...Member of the Honor Roll and the Presidents Club. Personal: Majoring in Elementary Education with a minor in Coaching ...Son of Mark and Connie Wilson ...Chose UNI because of the good education program and the elite track program.

DAN WINDER  
So. • Distance  
Waterloo, IA (West)  

2002: Cross Country - Ran the fastest time of the season for the Panthers at the University of Illinois in the 5K with a time of 25:01, which led him to a third place finish ...Was the first on his squad to cross the finish line at the Woody Greeno Invitational in 26:19 ...His time at Illinois on Oct. 5 was the third fastest time in the Valley at that point in the season. High School: Conference champ in cross country ...Holds the school record in the 5K (16:02) and finished 12th at state ...Drake Relays champ in the 1,600 ...Finished fourth in the 3,200 at state ...Holds the school record in the 1,600 (4:20) ...Made the Honor Roll. Personal: Majoring in Economics ...Son of Jim Winder and Julie Perkins ...Chose UNI because of the good team.
UNI Men’s Track & Field Places 12th at 2002 NCAA Indoor Championships

The University of Northern Iowa men’s track team had quite a showing at the NCAA Indoor Championship March 8-9, 2002 in Fayetteville, AR. The Panthers finished in 12th place at the national meet, which was one of the highest in school history and the best finish since Chris Bucknam was named head coach. Along with this milestone, the Panthers added five more All-American titles to their list of accomplishments for the 2002 season.

Senior Balazs Csillag captured second place in the 3,000 meters with a time of 8:01.93, giving him his first all-American title in this event.

The distance medley relay team had a strong finish to the indoor season with a fourth place finish at nationals. Its time of 9:33.14 its best time of the season as well as being a school record. Members of the team were sophomores Oliver Bodor and Dirk Homewood, junior Dave Paulsen, and Csillag.

This was the first all-American title for Bodor, Homewood and Paulsen. It was Csillag’s third title overall, his second in this event.
Building on a strong tradition of teacher education, the University of Northern Iowa has evolved into one of the finest comprehensive public universities in the country. UNI emphasizes excellence in undergraduate education and offers selected graduate programs at the master’s, specialist’s and doctoral levels.

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 provide students individualized attention, yet large enough to provide a variety of resources, including distinguished faculty.

Today, UNI offers more than 120 undergraduate majors. Outstanding academic programs, many of which are nationally-recognized for their excellence, have been established in the colleges of Business Administration, Education, Humanities and Fine Arts, Natural Sciences, and Social and Behavioral Sciences. In addition, UNI participates in the bachelor of liberal studies program offered by Iowa’s Regent Universities and provides classes in centers around the state through the division of Continuing Education and Special Programs.

Recognized as the premier public undergraduate university in the state, UNI is experiencing an increasing demand for its high-quality programs. Enrollment at UNI was 13,926 students in the fall of 2002, down by about one percent after four consecutive years of record enrollments. Students come from every county in Iowa and about 95 percent of UNI’s undergraduate students are residents of Iowa.

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

STUDENT PROFILE
- Average age of undergraduates: 21.5
- Average age of graduate students: 34.1
- ACT scores of entering freshmen: scores of 21-25 (51%); scores of 26 or above (24%)
- Percent of student body from Iowa: 94.9

Highlights
- UNI has ranked second in Midwest top public comprehensive universities by U.S. News and World Report for six consecutive years.
- The 2002 Sears Directors’ Cup ranked the UNI Panther athletic program 25th in the nation last spring. Presented annually by the nation’s athletic directors and sponsored by Sears, the Cup honors institutions that maintain a broad-based program and achieve success in men’s and women’s intercollegiate athletics.
- UNI is the alma mater of NFL and Superbowl MVP Kurt Warner, as well as U.S. Sen. Charles Grassley.
- UNI’s Residential Network, ResNet, provides high-speed network computing to students living in the residence halls.
- UNI students are active and involved with more than 180 student organizations, including special interest clubs, sororities and fraternities, religious groups and academic groups.
- The UNI Wellness/Recreation Center, attached to the north side of the UNI-Dome, features the highest climbing wall in the Midwest, two pools, a running track, weight and fitness rooms, and courts for basketball, volleyball and racquetball.

www.uni.edu
ACADEMICS

One of the most important aspects of a future productive life is your education. Fortunately, this education period comes early in life while you have the time and energies necessary to accomplish this very worthwhile goal. Obtaining a college education and ultimately a degree is the student-athlete’s responsibility. The education process means managing your time wisely so that the educational, athletic and social aspects of your life have an appropriate share of time.

At given times, students may find it necessary to ask for help in accomplishing an educational task. At Northern Iowa, the following services are available to students for obtaining guidelines and/or specific help.

ACADEMIC COUNSELING
An advisor has been assigned responsibilities across the Athletics Department and will assist you in:

- Scheduling
- Choice of major
- Selection of a major advisor
- Tutorial services
- Maintain satisfactory progress toward a degree

The Athletics Academic Advisor works closely with the University’s Academic Advising Services to provide a variety of services to help students achieve their personal, career and academic goals.

Professional and peer advisors help students...

- Prioritize life/professional goals
- Utilize University resources
- Select appropriate courses
- Resolve academic difficulties
- Interpret institutional academic requirements

The Reading/Learning Strategies Program provides many services for students, including free four-week courses in:

- Speed Reading -- double your reading rate
- Effective Study Strategies -- practice techniques for learning, managing time and preparing for exams
- Study Reading -- open to students referred by the Teacher Education Program

EDUCATIONAL OPPORTUNITY PROGRAM
The mission of the Educational Opportunity Program is to provide supportive services which are essential for the identification, recruitment, retention and graduation of minority and educationally disadvantaged students who traditionally have not had equal access to higher educational institutions. Services provided to participants include:

- Academic and career counseling
- Tutorial services
- Financial aid counseling and advising
- Personal counseling
- Course selection and registration
- Educational planning

In order to be an EOP participant, the student must be a minority student or be educationally disadvantaged, as evidenced by having an ACT score of 15 or less and/or placing in the bottom half of his/her high school graduating class.

CENTER FOR ACADEMIC ACHIEVEMENT
The Center for Academic Achievement is a student service organization. Its goal is to provide all students with the assistance necessary to develop or polish the academic skills essential to the pursuit of a college degree. The services are threefold:

- Reading
- Writing
- Mathematics

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UNI’s Academic All-Americans

1996 Jon Judisch 2000 Levente Timar
1998 Jon Judisch 2001 Levente Timar
1999 Levente Timar 2002 Balazs Csillag

MISSOURI VALLEY CONFERENCE SCHOLAR-ATHLETE PERFORMERS

1993 Gregg Garn, Jason McCleary, Chad Flynn, Cole Honeck, Jeff Joiner, Jason Meyer, Bob Smith, Dyan Fruhner, 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, Mika Maddox, Jason Meyer, Tim Suchan, Kory Swart, Joey Woody, Jenny Jackson, Laura Little, Theresa Lux, Cindy Schelling
1999 Brock Boettcher, Sam Burkett, Balazs Csillag, Travis Geopfert, Jon Judisch, Tim Kirchoff, Brent MacLagan, Bill Nordyke, Levente Timar, Jill Bakewell, Rachel Dozark, Brenna Fleishman, Jill George, Teresa Grothus, Kendra Stannard, Kari Thilges, Melissa York
2000 Rob Brock, Balazs Csillag, Travis Geopfert, Robert Hamre, Tim Kirchoff, Eric Potter, Levente Timar, Grant Wesson, Jill Bakewell, Deborah Cordner, Rachel Dozark, Rita Fiala, Jill George, Teresa Grothus, Inga Hope, Katie Johnson, Nikki Nelson, Elizabeth Robertson, Kari Thilges
2001 Robert Hamre, Levente Timar, Brad Travis, Teresa Grothus, Elizabeth Robertson
2002 Deb Cordner, Balazs Csillag, Kyle Herman, Dirk Homewood, Nikki Nelson, Crystal Seams, Wendy Shaw, Joel Sullivan, Brad Travis, Grant Wesson

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www.unipanthers.com • 23
Sports Medicine

The UNI 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 UNI 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 Mike Daugherty, who joined the Panther staff in 2002.
## NATIONAL & REGIONAL QUALIFYING STANDARDS

### MEN'S NATIONAL INDOOR STANDARDS

**Event** | **Automatic** | **Provisional**
--- | --- | ---
55 Meters | 6.16 | 6.26
60 Meters | 6.62 | 6.72
55-Meter Hurdles | 7.23 | 7.39
60-Meter Hurdles | 7.74 | 7.95
200 Meters | 21.25 | 21.65
(Over 200m/220 yds)* | 21.10 | 21.50
400 Meters | 46.97 | 47.95
(Over 200m/220 yds)* | 46.72 | 47.65
800 Meters | 1:48.90 | 1:50.80
(Over 200m/220 yds)* | 1:48.30 | 1:50.20
Mile | 4:01.20 | 4:05.70
(Over 200m/220 yds)* | 4:00.40 | 4:04.90
3,000 Meters | 7:58.40 | 8:03.30
(Over 200m/220 yds)* | 7:57.10 | 8:08.00
5,000 Meters | 14:00.00 | 14:16.85
(Over 200m/220 yds)* | 13:58.15 | 14:15.00
1,600-Meter Relay | 3:10.00 | 3:13.50
(Over 200m/220 yds)* | 3:09.30 | 3:10.40
Mile Relay | 3:11.20 | 3:14.70
(Over 200m/220 yds)* | 3:09.70 | 3:13.20
Distance Medley Relay-Meters | 9:38.25 | 9:48.00
(Over 200m/220 yds)* | 9:36.00 | 9:45.75
Distance Medley Relay-Yards | 9:41.75 | 9:51.50
(Over 200m/220 yds)* | 9:39.50 | 9:49.25
High Jump | 2.75 (7-4 1/2) | 2.16 (7-1)
Pole Vault | 5.60 (18-0 1/2) | 5.30 (17-4 1/2)
Long Jump | 7.85 (25-9 1/4) | 7.55 (24-9 1/4)
Triple Jump | 16.20 (53-1 1/4) | 15.60 (51-2 1/4)
Shot Put | 19.50 (63-11 3/4)(17.56 yd) | 19.50 (63-11 3/4)
35# Weight | 21.35 (70-0 1/2) | 19.50 (63-11 3/4)

**MEN'S REGIONAL OUTDOOR STANDARDS**

**Event** | **Automatic** | **Provisional**
--- | --- | ---
100 Meters | 10.50 | -
200 Meters | 21.20 | -
400 Meters | 47.45 | 47.2
800 Meters | 1:51.15 | 1:50.9
1,500 Meters | 3:50.30 | 3:49.7
Mile | 4:08.40 | 4:08.1
5,000 Meters | 14:25.00 | 14:24.7
110 Meter Hurdles | 14.40 | -
400 Meter Hurdles | 52.70 | 52.4
400 Meter Relay | 40.70 | 40.4
440 Yard Relay | 40.90 | 40.6
1,600 Meter Relay | 3:11.50 | 3:11.2
Mile Relay | 3:12.70 | 3:12.4
High Jump | 2.07 (6-9 1/2) | 2.16 (7-1)
Pole Vault | 4.80 (16 3/4) | -
Long Jump | 7.32 (24 1/4) | -
Triple Jump | 14.94 (49 1/2) | -
Shot Put | 16.30 (53-3 3/4) | -
Discus | 50.30 (165-0) | -
Javelin | 60.50 (198-6) | -
Hammer | 54.56 (179-0) | -

### WOMEN'S NATIONAL INDOOR STANDARDS

**Event** | **Automatic** | **Provisional**
--- | --- | ---
55 Meters | 6.90 | 6.94
60 Meters | 7.30 | 7.44
55-Meter Hurdles | 7.64 | 7.90
60-Meter Hurdles | 8.17 | 8.43
200 Meters | 23.90 | 24.40
(Over 200m/220 yds)* | 23.70 | 24.20
400 Meters | 23.50 | 24.00
(Over 200m/220 yds)* | 54.10 | 54.8
800 Meters | 2:06.60 | 2:09.40
(Over 200m/220 yds)* | 2:06.20 | 2:09.00
Mile | 4:43.20 | 4:49.00
(Over 200m/220 yds)* | 4:42.60 | 4:46.40
3,000 Meters | 9:20.80 | 9:35.80
(Over 200m/220 yds)* | 9:20.00 | 9:35.00
5,000 Meters | 16:21.55 | 16:46.55
(Over 200m/220 yds)* | 16:20.00 | 16:45.00
1,600-Meter Relay | 3:39.00 | 3:43.20
(Over 200m/220 yds)* | 3:37.00 | 3:41.70
Mile Relay | 3:40.25 | 3:44.45
(Over 200m/220 yds)* | 3:38.25 | 3:42.45
Distance Medley Relay-Meters | 3:37.05 | 3:38.68
(Over 200m/220 yds)* | 3:36.00 | 3:41.25
Distance Medley Relay-Yards | 3:41.20 | 3:46.25
(Over 200m/220 yds)* | 3:40.70 | 3:44.25
High Jump | 1.83 (6-0) | 1.77 (5-9 3/4)
Pole Vault | 4.10 (13 5/14) | 3.80 (12 5/14)
Long Jump | 6.40 (21-0) | 8.10 (20 0 1/4)
Triple Jump | 13.15 (48-1 3/4) | 12.65 (41-2 1/4)
Shot Put | 14.10 (52 10) | 14.90 (48-10 3/4)
20# Weight | 19.50 (63-11 3/4)(17.70 yd) | -

**WOMEN'S REGIONAL OUTDOOR STANDARDS**

**Event** | **Automatic** | **Provisional**
--- | --- | ---
100 Meters | 11.80 | -
200 Meters | 24.00 | -
400 Meters | 55.00 | 54.7
800 Meters | 2:10.30 | 2:10.0
1,500 Meters | 4:31.00 | 4:30.7
Mile | 4:52.68 | 4:52.4
5,000 Meters | 10:50.00 | 10:49.7
10,000 Meters | 11:00.00 | 10:58.7
Mile Relay | 17.00 | 16.59
100 Meter Hurdles | 1:10.50 | 1:10.2
400 Meter Hurdles | 1:10.50 | 1:10.2
400 Meter Relay | 46.20 | 45.9
440 Yard Relay | 46.40 | 45.1
1,600 Meter Relay | 3:45.50 | 3:45.2
Mile Relay | 3:46.70 | 3:46.4
High Jump | 1.70 (5-7) | -
Pole Vault | 3.86 (12-3) | -
Long Jump | 5.50 (18-1 1/4) | -
Triple Jump | 12.19 (40-0) | -
Shot Put | 13.90 (45-7 1/4) | -
Discus | 45.72 (150-0) | -
Javelin | 41.48 (136-1) | -
Hammer | 51.30 (168-4) | -
## INDOOR RECORDS

### Men

<table>
<thead>
<tr>
<th>Event</th>
<th>UNI Record</th>
<th>Missouri Valley Meet Record</th>
</tr>
</thead>
<tbody>
<tr>
<td>55-Meter Dash</td>
<td>6.25</td>
<td>6.25 Seahed, Northern Iowa (1992)</td>
</tr>
<tr>
<td>55-Meter High Hurdles</td>
<td>7.29</td>
<td>7.26 Chris Lancaster, Indiana State (1990)</td>
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<tr>
<td>60-Meter High Hurdles</td>
<td>8.06</td>
<td>7.68 Wil Lash, Indiana State (1996)</td>
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<tr>
<td>200 Meters</td>
<td>21.38</td>
<td>21.15 Kevin Little, Drake (1990)</td>
</tr>
<tr>
<td>400 Meters</td>
<td>47.01</td>
<td>47.50 Ryan Smith, SW Missouri State (2002)</td>
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<tr>
<td>600 Meters</td>
<td>1:16.85</td>
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<tr>
<td>800 Meters</td>
<td>1:48.35</td>
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<tr>
<td>1,000 Meters</td>
<td>2:26.51</td>
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<tr>
<td>Mile Run</td>
<td>4:04.64</td>
<td>4:14.3 John Smith, Southern Illinois (1995)</td>
</tr>
<tr>
<td>3,000 Meters</td>
<td>7:59.09</td>
<td>8:20.9 Oliver Boddor, Wichita State (1999)</td>
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<tr>
<td>5,000 Meters</td>
<td>14:25.09</td>
<td>14:20.0 Trey Harrison, Wichita State (1989)</td>
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<tr>
<td>4 x 400-Meter Relay</td>
<td>3:09.03</td>
<td>3:13.00 Southern Illinois (1982)</td>
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<tr>
<td>Pole Vault</td>
<td>18-7 3/4</td>
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<tr>
<td>High Jump</td>
<td>7-4 1/2</td>
<td></td>
</tr>
<tr>
<td>Triple Jump</td>
<td>52-1</td>
<td>53-5 1/2 Randy Lewis, Wichita State (2002)</td>
</tr>
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</table>

### Women

<table>
<thead>
<tr>
<th>Event</th>
<th>UNI Record</th>
<th>Missouri Valley Meet Record</th>
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</thead>
<tbody>
<tr>
<td>60-Meter Dash</td>
<td>7.60</td>
<td>7.54 Amber Cumberbatch, SW Missouri State (2002)</td>
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<tr>
<td>55-Meter High Hurdles</td>
<td>8.00</td>
<td>7.95 Debbie Caddell, Illinois State (1994)</td>
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<tr>
<td>400 Meters</td>
<td>55.47</td>
<td>53.82 Vernetta LeSforis, SW Missouri State (1999)</td>
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<tr>
<td>600 Meters</td>
<td>1:33.52</td>
<td></td>
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<tr>
<td>800 Meters</td>
<td>2:09.00</td>
<td>2:08.03 Mashere Harrison, SW Missouri State (2002)</td>
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<tr>
<td>1,000 Meters</td>
<td>2:53.02</td>
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<tr>
<td>3,000 Meters</td>
<td>9:33.59</td>
<td>9:42.09 Mary Ellen Hill, Bradley (2000)</td>
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<td>5,000 Meters</td>
<td>17:06.73</td>
<td>16:38.82 Mary Ellen Hill, Bradley (1998)</td>
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<tr>
<td>4 x 400-Meter Relay</td>
<td>3:43.01</td>
<td>3:42.84 Southwest Missouri State (1999)</td>
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<tr>
<td>Distance Medley Relay</td>
<td>11:31.04</td>
<td>11:44.48 Southern Illinois (2001)</td>
</tr>
<tr>
<td>High Jump</td>
<td>5-9</td>
<td>5-9 3/4 Julie Head, Drake (1999)</td>
</tr>
<tr>
<td>20-Pound Weight</td>
<td>56-2</td>
<td>65-4 1/2 Carrie Myers, Indiana State (2000)</td>
</tr>
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</table>
## Men

<table>
<thead>
<tr>
<th>Event</th>
<th>UNI Record</th>
<th>Missouri Valley Meet Record</th>
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<tbody>
<tr>
<td>100-Meter Dash</td>
<td>10.19</td>
<td>10.19</td>
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<td>110-Meter High Hurdles</td>
<td>13.63</td>
<td>13.47</td>
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<td>200 Meters</td>
<td>20.87</td>
<td>20.53</td>
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<tr>
<td>400 Meters</td>
<td>46.10</td>
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<td>400-Meter Intermediate Hurdles</td>
<td>48.18</td>
<td>49.99</td>
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<td>800 Meters</td>
<td>1:48.10</td>
<td>1:46.44</td>
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<td>1,500 Meters</td>
<td>3:42.43</td>
<td>3:45.00</td>
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<td>3,000-Meter Steeplechase</td>
<td>8:41.50</td>
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<td>5,000 Meters</td>
<td>13:50.14</td>
<td>14:08.82</td>
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<td>10,000 Meters</td>
<td>29:39.50</td>
<td>29:37.91</td>
</tr>
<tr>
<td>Shuttle Hurdle Relay</td>
<td>56.95</td>
<td>Jacob Povil, Northern Iowa</td>
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<tr>
<td>4 x 200-Meter Relay</td>
<td>1:24.93</td>
<td>Gregory Hughes, SW Missouri</td>
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<td>4 x 400-Meter Relay</td>
<td>3:09.48</td>
<td>Gregory Hughes, SW Missouri</td>
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<td>Sprint Medley</td>
<td>3:17.29</td>
<td>Bob Boggy, Southern Illinois</td>
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<tr>
<td>Distance Medley</td>
<td>9:47.72</td>
<td>Keith Stewart, West Texas</td>
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<tr>
<td>Pole Vault</td>
<td>18.6-1/2</td>
<td>18.2 Cameron Wright, Southern</td>
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<tr>
<td>High Jump</td>
<td>7.4-1/2</td>
<td>Illinois (1993)</td>
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<td>Long Jump</td>
<td>24:10.3/4</td>
<td>Don DuVall, Wichita State</td>
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<td>Triple Jump</td>
<td>51:8-1/4</td>
<td>Jourdi Hughes, SW Missouri</td>
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<td>Shot Put</td>
<td>56-6</td>
<td>Joel Sward, Drake (1992)</td>
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<td>Hammer Throw</td>
<td>197-11</td>
<td>Adam Judge, Illinois State</td>
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<td>Discus</td>
<td>199-6</td>
<td>Dwayne Mayfield, West Texas</td>
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<td>Javelin</td>
<td>207-7</td>
<td>Bob Boggy, Southern Illinois</td>
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<tr>
<td>Decathlon</td>
<td>7:419</td>
<td>Keith Stewart, West Texas</td>
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## Women

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<tr>
<td>100-Meter Dash</td>
<td>11.20</td>
<td>11.13 Holli Hyche, Indiana</td>
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<td>100-Meter High Hurdles</td>
<td>13.96</td>
<td>Indiana State (1993)</td>
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<td>23.04</td>
<td>13.53 Melinda Sallins, SW</td>
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<td>53.74</td>
<td>Missouri State (1996)</td>
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<td>22.60 Holli Hyche, Indiana</td>
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<td>2:08.39</td>
<td>53.02 Verna Lesforis, SW</td>
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<td>1,500 Meters</td>
<td>4:27.35</td>
<td>Missouri State (1999)</td>
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<td>3,000 Meters</td>
<td>9:52.74</td>
<td>57.71 Melinda Sallins SW</td>
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<td>36:06.04</td>
<td>36:24.05 Mary Ellen Hill,</td>
</tr>
<tr>
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<td>58.42</td>
<td>Bradley (2000)</td>
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<tr>
<td>4 x 100-Meter Relay</td>
<td>45.52</td>
<td>44.71 Indiana State (1994)</td>
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<td>4 x 200-Meter Relay</td>
<td>1:37.38</td>
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<td>11:11-1/4</td>
<td>Nikki Plant, Wichita State</td>
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<td>5:5-3/4</td>
<td>Melissa Yerk, Northern Iowa</td>
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<td>21:3</td>
<td>21:1-1/4 Dianna Leffridge,</td>
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<td>41:9-1/4</td>
<td>Northern Iowa (1994)</td>
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<td>Shot Put</td>
<td>48-0</td>
<td>41-7-1/4 Angela Isaac, Wichita State (1993)</td>
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<td>Discus</td>
<td>155-1</td>
<td>192-8 Jenny Folz, Indiana State (1999)</td>
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<td>Heptathlon</td>
<td>5:051</td>
<td>176-10 Deanna Alexander, Wichita State (1998)</td>
</tr>
</tbody>
</table>

www.unipanthers.com • 27
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 28-year history.

The Dome combines the features of a fieldhouse, football stadium and large auditorium. In addition to top track and field events, it also has hosted NCAA football playoffs and was the home of the 1997 NCAA Division I Wrestling Championships, which shattered all previous attendance marks.

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

The facility provides an ideal training atmosphere for the Northern Iowa track and field program. The Panthers are able to train in the Dome from November to March, utilizing all the field event stations simultaneously due to the spacious arrangement on the arena floor.

With one of the fastest 200-meter indoor tracks in America to call home, the Panthers annually attract some of the finest teams in the Midwest to their home meets.

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

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

### UNI-Dome Records

#### MEN

<table>
<thead>
<tr>
<th>Event</th>
<th>Record</th>
<th>Year</th>
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<td>35# Weight</td>
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<td>7-5 1/4</td>
<td>1998</td>
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<td>Triple Jump</td>
<td>53-9</td>
<td>2002</td>
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<td>Long Jump</td>
<td>26-1 3/4</td>
<td>1999</td>
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<tr>
<td>Pole Vault</td>
<td>19 3/4</td>
<td>2000</td>
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#### WOMEN

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<tr>
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<tr>
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<td>2000</td>
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<td>Long Jump</td>
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</table>

**28 • 2003 PANTHER TRACK & FIELD**
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**

<table>
<thead>
<tr>
<th>MEN</th>
<th>WOMEN</th>
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<tr>
<td>100-Meter Dash</td>
<td>100-Meter Dash</td>
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<td>100-Meter Hurdles</td>
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<td>400 Meters</td>
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<td>.46.04, Joey Woody, Reebok (1999)</td>
<td>.53.64 Cheasa Gibson, Southwest Missouri State (2002)</td>
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<td>1:49.82, Brent Maclagan, Northern Iowa (1999)</td>
<td>.2:10.72, Lenka Kalabova, Iowa State (2001)</td>
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<td>1,500 Meters</td>
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<td>.9:01.93, Mate Nemeth, Northern Iowa (2001)</td>
<td>.9:56.72, Mary Ellen Hill, Bradley (1998)</td>
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<td>.3:08.16, SMS, Rolle, Alberts, Emmanuel, Roberts (2002)</td>
<td>.45.54, SMS, Murray, Cumberbatch, Gibson, Vife (2002)</td>
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<td>.7-4 1/2, Jason Boness, Northern Iowa (1999)</td>
<td>.5-10 3/4, Melissa Dyal, Indiana State (1998)</td>
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</tbody>
</table>
### 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  

#### 60-Meter Dash
2. Devon Davis 6.75 2001  
3. Jeff Adam 6.76 1999  
4. Patrick Hunter 6.77 2002  
5. Lamonta Bronagh 6.80 2000

#### 55-Meter Hurdles
1. Johnny Westbrook 7.29 1993  
2. Jay Connor 7.31 1984  
3. Jason McClary 7.32 1993  
5. Alonzo Clayton 7.40 1997

#### 60-Meter Hurdles
1. Steve Blocker 8.06 2002  
2. Cyrus Nichols 8.06 2000  
3. Jacob Pauli 8.10 2000  
5. Cyrus Nichols 8.18 2002

#### 200 Meters
2. Dirk Homewood 21.48 2002  
4. Jeff Adam 21.64 1999  
5. Devon Davis 21.70 2000

#### 400 Meters
1. Jim Turner 47.01 1990  
2. Jon Judisch 47.07 1998  
3. Dirk Homewood 47.13 2002  
4. Branimir Peitel 47.18 2001  
5. Burke Bockman 47.70 2000

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

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

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

#### Mile Run
1. Balazs Csillag 4:04.64 2000  
2. Balazs Csillag 4:06.88 2002  
3. Tom Penningroth 4:07.54 1989  
4. Oliver Bodor 4:08.07 2001  
5. Rob Brock 4:09.49 2000

#### 3,000 Meters
1. Balazs Csillag 7:59.09 2002  
2. Oliver Bodor 8:02.21 2001  
3. Dan Hostager 8:02.67 1989  
4. Balazs Csillag 8:03.98 2000  
5. Levente Timar 8:09.37 2000

#### 5,000 Meters
1. Oliver Bodor 14:25.09 2001  
3. Dan Hostager 14:27.01 1989  
5. Dan Fick 14:32.95 1985

#### 4 x 400-Meter Relay
1. 3:09.03 2002  
   (Paulsen, Bockman, Peitel, Homewood)  
2. 3:09.95 1996  
   (J. Judisch, Garm, M. Mullenix, J. Woody)  
3. 3:11.88 2001  
   (J. Potter, B. Bockman, L. Stater, B. Peitel)  
4. 3:12.54 2000  
   (T. Geopfert, B. Bockman, M. Frazier, E. Potter)  
5. 3:14.27 1998  
   (J. Judisch, J. Potter, Bradley, B. MacLagan)

#### Distance Medley Relay
1. 9:33.14 2002  
   (Bodor, Homewood, Paulsen, Csillag)  
2. 9:35.19 2002  
   (Bodor, Homewood, Paulsen, Csillag)  
3. 9:39.47 2000  
   (R. Brock, Tr. Geopfert, E. Potter, B. Csillag)  
4. 9:45.28 2001  
   (M. Nerneth, B. Bockman, D. Paulsen, O. Bodor)  
5. 9:46.98 1998  
   (R. Brock, J. Judisch, E. Potter, B. Csillag)

#### Pole Vault
1. Jacob Pauli 18-7 3/4 2001  
4. Bob Edwards 17-1 1/2 1991  
5. Troy Becker 16-9 1/2 1986

#### High Jump
1. Tim Suchan 7-4 1/2 1995  
2. Pete Herber 7-3 1/4 1994  
3. Jason Boness 7-3 1999  
4. Steve Daugherty 7-1 1/2 1992  
5. Ryan Santi 7-0 1/2 1994

#### Long Jump
1. Devon Davis 25-2 1/2 1999  
2. Jason McCleary 24-8 1/4 1993  
3. Marques Wooten 24-4 1/4 2000  
4. Brad Miller 24-0 1/2 1991  
5. Bob Smith 23-11 1993

#### Triple Jump
1. Junior Chukukere 52-1 1992  
2. Devon Davis 50-5 1/2 2000  
3. Alen Toplovcan 50-5 1/4 1997  
4. Bill Lawson 49-0 1/4 1978  
5. Bob Williams 46-10 1/4 1982

#### 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 2001  
2. Dave Jennings 67-3 1/2 2001  
3. Allan Walz 66-3 3/4 1996  
4. Brad Travis 60-4 1/2 2002  
5. Grant Wesson 56-1 2002

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**Dave Jennings**
### 55-Meter Dash
2. Sherry Shed 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. Inga Hope 7.60 2001
2. Inga Hope 7.63 2002
3. Deb Cordner 7.64 1999
4. Diedra Dixon 7.65 2002
5. Mellisa Campbell 7.68 2001

### 55-Meter Hurdles
1. Brenna Fleishman 8.00 1998
2. Kendra Stannard 8.15 1998
3. Tiffany Ratzlaff 8.18 1998
4. Dianna Leftridge 8.40 1995
5. Dee Wear 8.40 1998

### 60-Meter Hurdles
1. Dee Wear 8.62 2002
2. Dee Wear 8.74 2001
3. Mellisa Campbell 8.80 2001
4. Jill Sinnwell 8.85 2002
5. Jill George 9.00 1999

### 200 Meters
1. Shantel Twiggs 24.12 1994
2. Denise Sauerbrei 24.52 1997
4. Deb Cordner 24.69 1999
5. Mellisa Campbell Dee Wear 24.94 2001

### 400 Meters
1. Nikki Nelson 55.47 2002
2. Deb Cordner 55.79 2000
4. Rhonda Eiben 56.49 1997
5. Deb Cordner 56.79 1999

### 600 Meters
1. Nikki Nelson 1:33.52 2000
2. Diane Black 1:33.60 1990
4. Teresa Grothus 1:34.01 2001
5. Nikki Nelson 1:34.02 2002

### 800 Meters
1. Emily Montgomery 2:09.00 1996
3. Teresa Grothus 2:10.88 2001
5. Paula Nemmers 2:13.53 1993

### 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. Wendy Shaw 2:56.80 2002

### Mile Run
1. Jenny Jackson 4:52.47 1997
2. Agnes Kroneroff 4:56.70 2002
3. Emily Montgomery 4:56.96 1995
4. Julie Mazzitelli 5:00.30 1993
5. Wendy Shaw 5:00.74 2001

### 3,000 Meters
1. Agnes Kroneroff 9:33.59 2002
2. Julie Mazzitelli 9:59.64 1993
3. Rita Fiala 10:01.25 2000

### 5,000 Meters
1. Rita Fiala 17:32.18 2000
2. Sandy Elsberry 17:38.04 1983
3. Agnes Kroneroff 18:06.73 2002
5. Emily Shoopman 18:10.40 2002

### 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)
3. 3:48.09 1991
(S. Shed, Jeschke, Isaacson, D. Black)
4. 3:48.24 2002
(Cordner, Schwiebert, German, N. Nelson)
5. 3:48.43 1998
(J. Fisher, T. Burress, J. Bakewell, K. Stammn)

### Distance Medley Relay
1. 11:31.04 2002
(Shaw, German, N. Nelson, Kroneroff)
2. 11:50.57 1999
(J. Jackson, N. Nelson, R. Dozark, K. Thilges)
3. 11:53.92 2002
(Glass, Schwiebert, N. Nelson, Shaw)
4. 11:54.64 1994
(P. Nemmers, L. Little, K. VanDePol, Montgomery)
5. 12:03.94 1996
(C. Schelling, H. Sellers, L. Little, Montgomery)

### Pole Vault
3. Erin Wessely 11-6 1/4 2002

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**www.unipanthers.com** • 31
## MEN’S TOP OUTDOOR PERFORMANCES

### 100-Meter Dash
1. Devon Dash 10.19 2001
2. Patrick hunter 10.41 2002
5. Maceo Strickland 10.43 1994

### 110-Meter Hurdles
2. Larry McCready 13.84 1967
4. Jaya Connor 14.10 1984
5. Jason McCready 14.11 1993

### 200 Meters
1. Dedric Ward 20.87 1997
3. Dirk Homewood 20.91 2002
5. Devon Davis 21.09 2001

### 400 Meters
1. Dirk Homewood 46.10 2002
2. Joey Woody 46.46 1997
3. Dennis Roloff 46.54 1977
5. Branimir Peitel 47.11 2001

### 400-Meter Hurdles
2. Burke Bockman 51.37 2000
3. Alex Garn 51.69 1995
4. Gregg Garn 51.78 1993
5. Burke Bockman 51.78 2002

### 800 Meters
1. Jeff Burris 1:48.10 1988
5. Eric Potter 1:49.70 2000

### 1,500 Meters
1. Balazs Csilla 3:42.43 2002
2. Bob Friedman 3:44.36 1979
3. Balazs Csilla 3:45.60 2001
4. Mark Feyerheisen 3:47.65 1980

### 3,000-Meter Steeplechase
1. Mate Nemeth 8:41.50 2001
2. Levente Timar 8:48.37 1999
3. Jay Brock 8:51.64 1998
4. Balazs Csilla 8:56.31 2000
5. Trent Graham 9:02.08 2002

### 5,000 Meters

### 10,000 Meters
1. Olivier Bodor 29:39.50 2001
2. Chris Leonard 29:51.64 1985
3. Balazs Csilla 29:52.10 2000

### Shuttle Hurdle
1. 56.95 1993
(McCleary, Woody, A. Garn, Westbrook)
2. 57.83 1995
(Santi, Liebermann, Garn, Woody)

### 4 x 100-Meter Relay
1. 39.99 2000
(Edwards, Adam, Fraizer, Davis)
2. 40.16 2001
(Adam, Pauli, Bronbaugh, Davis)
3. 40.45 2002
(Nichols, Wilson, Homewood, Hunter)
4. 40.65 1997
(Talton, Woody, Bradley, Ward)
5. 40.93 1992
(Shedd, Westbrook, McCleary, Honeck)

### 4 x 200-Meter Relay
1. 1:24.93 2001
(Wilson, Peitel, Homewood, Davis)
2. 1:25.12 2000
(Edwards, Adam, Fraizer, Davis)
3. 1:25.31 1998
(Browner, Adam, Fraizer, Ward)
4. 1:25.73 1978
(Dickerson, Ellis, Hopkins, Shaw)

### 4 x 400-Meter Relay
1. 3:09.48 1995
(Judisch, Garn, Mullinenx, Woody)
2. 3:09.61 1997
(Judisch, MacLagan, Mullinenx, Woody)
3. 3:10.31 2002
(Paulsen, Bockman, Peitel, Homewood)
4. 3:10.51 2002
(Bockman, Drury, Peitel, Wilson)

### 4 x 800-Meter Relay
1. 7:19.10 2000
(DPaulsen, Sullivan, MacLagan, E.Potter)
2. 7:25.95 1979
(Ecker, Teeling, Friedman, Glassmaker)

### Sprint Medley
1. 3:17.29 1993
(McCleary, Honeck, Woody, Arpasi)
2. 3:18.32 1990
(Honeck, Westbrook, Shedd, Burris)
3. 3:19.32 1999
(Fraizer, Adam, Judisch, MacLagan)

### Distance Medley
1. 9:47.32 2002
(Bodor, Bockman, Sullivan, Csilla)

### Pole Vault
1. Jacob Pauli 18-6 1/2 2001
2. Jurij Rovan 18-1 1996
4. Russ Adams 17-4 1/4 1985

### 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 McCleary 24-10 1/4 1993
3. Devon Davis 24-5 1/2 1999
4. Bobby Williams 24-2 1/2 1981
5. Todd Madsen 24-2 1/4 1993

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

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

### Hammer
1. Allan Walz 197-11 1996
2. Matt Casillas 195-7 1996
3. Dave Jennings 188-11 2001
4. Tom Reints 185-9 1982
5. Brad Travis 179-7 2002

### 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. Jurij Rovan 207-7 1995
2. Mike Raffensperger 204-8 1989
3. Scott Sloan 192-9 1986
4. Chad Dennis 185-0 2002
5. Jason Boness 181-4 1999

### Decathlon
1. Brad Miller 7,419 1992
2. Bill Lawson 7,314 1980
3. Jason McCleary 7,225 1993
5. Travis Geopfert 7,031 1998
### 100-Meter Dash
1. Shantel Twiggs 11.20 1994
2. Denise Sauersrei 11.70 1997
3. Melissa Campbell 11.70 2001
4. Melissa Campbell 11.86 2002
5. Inga Hope 11.91 2001

### 100-Meter Hurdles
1. Brenna Fleishman 13.96 1999
2. Dee Wear 14.05 2001

### 200 Meters
1. Shantel Twiggs 23.04 1993
2. Denise Sauersrei 23.73 1997
3. Melissa Campbell 23.83 2001
4. Sherry Shedd 24.29 1990
5. Melissa Campbell 24.40 2002

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

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

### 1,500 Meters
1. Agnes Kroneraff 4:27.35 2002
2. Jenny Jackson 4:33.27 1999
3. Emily Montgomery 4:33.45 1995
4. 'J'ne Day 4:33.46 1992

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

### 5,000 Meters
1. Agnes Kroneraff 16:23.85 2002
2. Sandy Elsberry 17:11.14 1984
3. Rita Fiala 17:42.38 2000
4. Heidi Heiar 17:43.14 1993
5. Amy Giela 18:02.11 1993

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

### Shuttle Hurdle
1. Shantel 1999
2. Diedre Oll, Wear, George, Fleishman)

### 4 x 100-Meter Relay
1. 45.42 1994
2. 45.73 1994
3. 46.09 2002
4. 46.17 2001
5. 46.24 1992

### 4 x 200-Meter Relay
1. 1:37.38 1994
2. 1:37.56 2002

### 4 x 400-Meter Relay
1. 3:43.19 2000
2. 3:44.16 1999
3. 3:45.00 2002
4. 3:45.07 1992
5. 3:46.56 1999

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

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

### Distance Medley
1. 11:44.76 2002
2. 11:46.69 1995
# Men’s Indoor

## NCAA Division I National Champions

<table>
<thead>
<tr>
<th>Year</th>
<th>Champions</th>
</tr>
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<tbody>
<tr>
<td>2001</td>
<td>Jacob Pauli</td>
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## NCAA Division I All-Americans

<table>
<thead>
<tr>
<th>Year</th>
<th>Athlete</th>
<th>Events</th>
</tr>
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<tbody>
<tr>
<td>1989</td>
<td>Jeff Burris</td>
<td>800 Meters</td>
</tr>
<tr>
<td></td>
<td>Dan Hostager</td>
<td>3,000 Meters</td>
</tr>
<tr>
<td>1993</td>
<td>Johnny Westbrook</td>
<td>55-Meter Hurdles</td>
</tr>
<tr>
<td>1996</td>
<td>Joey Woody</td>
<td>800 Meters</td>
</tr>
<tr>
<td>1999</td>
<td>Jacob Pauli</td>
<td>Pole Vault</td>
</tr>
<tr>
<td>2001</td>
<td>Balazs Cillag</td>
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## NCAA Division I Qualifiers

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<tr>
<td>1988</td>
<td>Jeff Burris, Johnnie Westbrook</td>
</tr>
<tr>
<td>1994</td>
<td>Tim Suchan, Petre Herber, Miklos Arpasil</td>
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<tr>
<td>1995</td>
<td>Tim Suchan, Jason Mc Cleary</td>
</tr>
<tr>
<td>1997</td>
<td>Joey Woody, Joey Woody, Ryan</td>
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<tr>
<td>1998</td>
<td>Ryan, Jacob Pauli, Eric Potter</td>
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<tr>
<td>1999</td>
<td>Jason Boness, Devon Davis, Jacob Pauli</td>
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<tr>
<td>2000</td>
<td>Eric Potter, Jacob Pauli, Travis Goepfert</td>
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<td>2001</td>
<td>Oliver Bodor, Dave Jennings, Jacob Pauli</td>
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## Conference Champions

<table>
<thead>
<tr>
<th>Year</th>
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<td>1960</td>
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<tr>
<td>1961</td>
<td>Hal Byram</td>
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<tr>
<td>1962</td>
<td>John Raffensperger</td>
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<tr>
<td>1963</td>
<td>Hank Sattari</td>
</tr>
<tr>
<td>1964</td>
<td>Matt Casillas, Allan Walt, Joey Woody</td>
</tr>
<tr>
<td>1966</td>
<td>Mark Harper</td>
</tr>
<tr>
<td>1968</td>
<td>Ron Gerard</td>
</tr>
<tr>
<td>1968</td>
<td>Craig Fay</td>
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</table>

## Field

<table>
<thead>
<tr>
<th>Year</th>
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<td>1969</td>
<td>Rich Franklin</td>
</tr>
<tr>
<td>1972</td>
<td>John Holler</td>
</tr>
<tr>
<td>1975</td>
<td>Jeff Burris</td>
</tr>
<tr>
<td>1978</td>
<td>Dist sensors</td>
</tr>
<tr>
<td>1984</td>
<td>Russ Adams</td>
</tr>
<tr>
<td>1985</td>
<td>Paul Eggert</td>
</tr>
<tr>
<td>1986</td>
<td>Wayne Simon</td>
</tr>
<tr>
<td>1987</td>
<td>Brad Bartelt</td>
</tr>
<tr>
<td>1988</td>
<td>Jeff Burris</td>
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<tr>
<td>1989</td>
<td>Joe Fuller</td>
</tr>
<tr>
<td>1990</td>
<td>Brooks Glasnapp</td>
</tr>
<tr>
<td>1991</td>
<td>Jim Grabin</td>
</tr>
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<td>1992</td>
<td>Brooks Glasnapp</td>
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<tr>
<td>1993</td>
<td>Wayne Simon</td>
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<td>1994</td>
<td>Todd Goodell</td>
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<td>1995</td>
<td>Paul Mathur</td>
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<td>Brooks Glasnapp</td>
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<td>1997</td>
<td>Jim Hostager</td>
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<tr>
<td>1998</td>
<td>Brooks Glasnapp</td>
</tr>
<tr>
<td>1999</td>
<td>Dave Jennings</td>
</tr>
<tr>
<td>2000</td>
<td>Dan Hostager</td>
</tr>
<tr>
<td>2001</td>
<td>Oliver Bodor, David Jennings, Jacob Pauli</td>
</tr>
<tr>
<td>2002</td>
<td>Balazs Cillag</td>
</tr>
</tbody>
</table>
1989 Dan Hostager 3,000 Meters
Dan Hostager 5,000 Meters
Jim Turner 400 Meters
Jeff Burris Two-Mile Relay
Kent Terrillion 800 Meters
Steve Jay Two-Mile Relay
Steve Jay 1,000 Yards
Dave Cleveland High Jump
Tim Ross Two-Mile Relay

2001 Oliver Bodor 3,000 Meters
Oliver Bodor 5,000 Meters
Jacob Pauli Pole Vault
Dave Jennings Weight Throw
Roberto Moreno Distance Medley
Ranirnir Peitel Distance Medley
Joel Sullivan Distance Medley
Balazs Csillag Distance Medley

2002 Oliver Bodor 5,000 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
2001 Chris Bucknam
2002 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
1998 Juri Rovan Pole Vault
1999 Jacob Pauli Pole Vault
2000 Jacob Pauli Pole Vault
2001 Jacob Pauli Pole Vault

DIVISION II ALL-AMERICANS
1968 Larry McCreary 120 Hurdles
1969 Larry McCreary 120 Hurdles
1970 Wayne Carpenter Mile
1971 Mike McCreary Shot Put
1972 Mike McCreary Shot Put
1973 Dennis Roloff Mile

CONFERENCE CHAMPIONS
1960 Hay Byram 440-Yd. Dash
<table>
<thead>
<tr>
<th>Year</th>
<th>Event</th>
<th>Winner</th>
<th>Distance</th>
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<tbody>
<tr>
<td>1961</td>
<td>Pole Vault</td>
<td>Jeff Burris</td>
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<tr>
<td>1962</td>
<td>Pole Vault</td>
<td>Jeff Burris</td>
<td>3,000 Meters</td>
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<td>1963</td>
<td>Pole Vault</td>
<td>Jeff Burris</td>
<td>3,000 Meters</td>
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<td>1964</td>
<td>Pole Vault</td>
<td>Jeff Burris</td>
<td>3,000 Meters</td>
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<td>1965</td>
<td>Pole Vault</td>
<td>Jeff Burris</td>
<td>3,000 Meters</td>
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<td>1966</td>
<td>Pole Vault</td>
<td>Jeff Burris</td>
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<td>1967</td>
<td>Pole Vault</td>
<td>Jeff Burris</td>
<td>3,000 Meters</td>
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<tr>
<td>1968</td>
<td>Pole Vault</td>
<td>Jeff Burris</td>
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<td>1969</td>
<td>Pole Vault</td>
<td>Jeff Burris</td>
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<td>1970</td>
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<td>1971</td>
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<td>Jeff Burris</td>
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<td>1972</td>
<td>Pole Vault</td>
<td>Jeff Burris</td>
<td>3,000 Meters</td>
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<td>1973</td>
<td>Pole Vault</td>
<td>Jeff Burris</td>
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<tr>
<td>1974</td>
<td>Pole Vault</td>
<td>Jeff Burris</td>
<td>3,000 Meters</td>
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**Note:** The above table lists the winners of events in a given year, along with the distance for each event.
2000 Dee Wear 60 Meters
2001 Dee Wear 60 Meter Hurdles
2002 Agnes Kroner 5,000 Meters
2002 Agnes Kroner 3,000 Meters
2002 Dee Wear 60 Meter Hurdles

CONFERENCE ATHLETE OF THE YEAR
(since 1983)
1993 Jason McClary Field
1994 Joey Woody Track
1995 Joey Woody Track
1995 Allan Walz Field
1997 Joey Woody Track
1998 Juri Rovan Track
1999 Devon Davis Track
2000 Eric Potter Track
2001 Devon Davis Track
2002 Dirk Homewood Track

CONFERENCE COACH OF THE YEAR
(since 1983)
1993 Lynn King
1994 Lynn King
1995 Chris Bucknam
1998 Chris Bucknam
2000 Chris Bucknam

WOMEN'S OUTDOOR
NCAA DIVISION I QUALIFIERS
(Automatic & Provisional)
1992 Shantel Twigg 100-Meter Dash
1993 Shantel Twigg 100-Meter Dash
1994 Shantel Twigg 100-Meter Dash
1994 Shantel Twigg 100-Meter Dash
1995 Dianna Leftridge Long Jump
2002 Nikk Nelson 400 Hurdles

CONFERENCE CHAMPIONS
1988 Donna Wheeler Javelin
1989 Donna Wheeler Javelin
1990 Toni Ferguson 4 x 100 Relay
1992 Sherry Shedd 400 Meters
1994 4 x 400 Relay
1995 Dianna Leftridge Long Jump
1995 Dianna Leftridge Long Jump
1996 Jenny Jackson 1,500 Meters
2000 Deb Corder 400 Meters
2001 Nikk Nelson 400 Meter Hurdles
2002 Agnes Kroner 1,500 Meters

WOMEN'S INDOOR
NCAA DIVISION I ALL-AMERICANS
1993 Shantel Twigg 55-Meter Dash
1994 Shantel Twigg 55-Meter Dash
1995 Dianna Leftridge Long Jump

NCAA DIVISION I QUALIFIERS
1994 Shantel Twigg 55-Meter Dash
1995 Dianna Leftridge Long Jump
1996 Emily Montgomery 800 Meters

CONFERENCE CHAMPIONS
1987 Darsey Evans 4 x 800 Relay
1988 Donna Wheeler Shot Put
1992 Sherry Shedd 400 Meters
1994 4 x 400 Relay
1995 Dianna Leftridge Long Jump
1996 Jenny Jackson 1,500 Meters
2000 Deb Corder 400 Meters
2002 Agnes Kroner 400 Meter Hurdles

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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 Midwest 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.

### National Rankings: Here are the national rankings for the past three years. Trackwire is a ranking that predicts the team standings at the NCAA Championships, while the Team Power Rankings is a poll compiled by the USTCA. It is a computer ranking system that adds the scores of the team’s top two performers in each event.

#### 2002 Men’s NCAA Indoor Championships

<table>
<thead>
<tr>
<th>Team</th>
<th>Score</th>
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</thead>
<tbody>
<tr>
<td>1. Tennessee</td>
<td>62.5</td>
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<tr>
<td>2. Alabama</td>
<td>47</td>
</tr>
<tr>
<td>3. LSU</td>
<td>34</td>
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<td>4. Villanova</td>
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<td>5. Villanova</td>
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<tr>
<td>6. Kansas</td>
<td>20</td>
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<tr>
<td>7. Missouri</td>
<td>16</td>
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<td>8. Missouri</td>
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<td>9. Missouri</td>
<td>14</td>
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<td>10. Boise</td>
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#### 2001 Men’s NCAA Indoor Championships

<table>
<thead>
<tr>
<th>Team</th>
<th>Score</th>
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<tr>
<td>1. Tennessee</td>
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<td>2. SMU</td>
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<tr>
<td>3. Arkansas</td>
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<td>10. SMU</td>
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#### 2001 USTCA Men’s Indoor Team Power Rankings

<table>
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<tbody>
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<td>1. Florida</td>
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<td>2. Nebraska</td>
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<td>3. Penn State</td>
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<td>4. Purdue</td>
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<td>5. Texas</td>
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<td>9. Texas</td>
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#### 2001 Men’s Outdoor Preseason Team Power Rankings

<table>
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<th>Score</th>
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<td>2. TSU</td>
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<tr>
<td>3. Texas</td>
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<td>4. Arizona</td>
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#### 2000 USTCA Men’s Outdoor Team Power Rankings

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<td>3. Texas A&amp;M</td>
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### Composite MVC Standings

#### Men (since ’91-’92)

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<td>3. Indiana State</td>
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<td>4. Southern Illinois</td>
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<td>5. Wichita State</td>
<td>224</td>
</tr>
<tr>
<td>6. SMS</td>
<td>217</td>
</tr>
<tr>
<td>7. Drake</td>
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<td>8. Bradley</td>
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<tr>
<td>9. Creighton</td>
<td>217</td>
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<tr>
<td>10. Evansville</td>
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#### Women (since ’92-’93)

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<tr>
<td>2. SMS</td>
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<td>3. Illinois State</td>
<td>225</td>
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<tr>
<td>4. Southern Illinois</td>
<td>225</td>
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<tr>
<td>5. UNI</td>
<td>217</td>
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<tr>
<td>6. Wichita State</td>
<td>217</td>
</tr>
<tr>
<td>7. Drake</td>
<td>217</td>
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<td>8. Bradley</td>
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<td>10. Evansville</td>
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### Men’s Results

**Bulldog Classic -- Saydel, IA (5K)**

<table>
<thead>
<tr>
<th>Place</th>
<th>Name</th>
<th>Time</th>
</tr>
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<tbody>
<tr>
<td>2</td>
<td>Roberto Moreno</td>
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</tr>
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<td>4</td>
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<tr>
<td>14</td>
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<tr>
<td>18</td>
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</tr>
<tr>
<td>20</td>
<td>Dan Winder</td>
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*No team scores*

**ISU Open**

<table>
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<tr>
<td>54</td>
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</tr>
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<td>Gabriel Palarios</td>
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**Illinois Invite**

<table>
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<tr>
<td>3</td>
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</tr>
<tr>
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<td>Trent Graham</td>
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<td>Roberto Moreno</td>
<td>25:32.37</td>
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<td>Tad Stolley</td>
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<td>Rob Brock</td>
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**Pre-National Meet**

<table>
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<th>Time</th>
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**Missouri Valley Conference Championship**

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<th>Time</th>
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<td>11</td>
<td>Trent Graham</td>
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<td>Tad Stolley</td>
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<td>32</td>
<td>Miles Bern</td>
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<td>43</td>
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<td>49</td>
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**NCAA Regionals**

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<tr>
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<td>66</td>
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### Women’s Results

**Bulldog Classic -- Saydel, IA (5K)**

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<td>8</td>
<td>Molly Meng</td>
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*No team scores*

**ISU Open**

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<td>19.51</td>
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<td>11</td>
<td>Rita Fiala</td>
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<tr>
<td>16</td>
<td>Molly Meng</td>
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<td>20</td>
<td>Kara Carstens</td>
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**ISU Invite**

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**Pre-National Meet**

<table>
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**Missouri Valley Conference Championship**

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<th>Time</th>
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</thead>
<tbody>
<tr>
<td>7</td>
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<tr>
<td>11</td>
<td>Wendy Shaw</td>
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<tr>
<td>23</td>
<td>Rita Fiala</td>
<td>19.13.50</td>
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<tr>
<td>30</td>
<td>Randi Burns</td>
<td>19.30.60</td>
</tr>
<tr>
<td>44</td>
<td>Emily Shoopman</td>
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**NCAA Regionals**

<table>
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<th>Place</th>
<th>Name</th>
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<td>99</td>
<td>Emily Shoopman</td>
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The University of Northern Iowa women's cross country team finished its 2002 season at the NCAA Midwest Regional Championships after a fourth-place finish at the Missouri Valley Conference Championships. The Panthers didn’t have enough runners for a team score against competition from almost 30 schools.

Lone senior Rita Fiala had a strong final cross country season for the Panthers. The upperclassman was a steady leader for the young team, finishing in the top four among her teammates in six meets.

Fiala began her season with a fourth-place finish at the Bulldog Classic. At the ISU Open, she finished 11th behind two of her Panther teammates. The senior shaved almost two minutes off her 5K time throughout the season and in each meet ran a faster time than the previous one. At the MVC Championships, she ran a 19:13.50 time to place 23rd and help the Panthers to a fourth place team finish. The end of her collegiate cross country career came sooner than expected when she could not compete at the Midwest Regionals due to injury. This left a gap in the Panther lineup and not enough runners to score as a team.

"I think if she (Fiala) would have run," said head coach Chris Bucknam, "the result probably would have been a 15th to 20th place finish for our team."

Junior Elly Glass led the Panther women to a successful season after a disappointing, injury-ridden 2001 season. In the team’s first meet, she finished second behind teammate Emily Shoopman, marking the last time she would finish behind a fellow Panther. She finished second at the ISU Open and ninth at the Woody Greeno Invitational out of 243 runners, helping the UNI women to third place. At the ISU Invitational, she finished fifth in the 4K time of 14:40.45, the fifth fastest in the Missouri Valley Conference at that point in the season. Glass’ seventh place finish at the MVC Championships helped to culminate her stellar season. Her 5K time of 18:21.5 not only was ranked as the 11th fastest conference time of the season, but it also helped her earn all-conference honors as a top 10 finisher. Glass, with a 3.16 GPA in Therapeutic Recreation, was placed on the MVC Scholar-Athlete Team, as well.

Junior Wendy Shaw did not see the start of the 2002 season with the rest of her teammates as the coaches were hesitant because of past leg injuries. When Shaw’s season did commence, though, she came out strong, proving she was a vital part of the Panther squad. In her debut, she placed 15th at the Woody Greeno Invitational, second among the UNI women. Even after that strong start, Shaw kept improving throughout the rest of her shortened season. She led her team to a 24th place finish at the NCAA Pre-National Meet after running a 22:48 6K time and finishing 41st out of the 177 individual participants. Her 11th place finish at the MVC Championships and her 3.50 GPA in Biomedical/Chemistry helped Shaw gain a spot on the conference Scholar-Athlete Team.

Sophomore Shoopman began her season with a first-place finish at the Bulldog Classic, a good start to a steady season. She finished seventh at the ISU Open and 17th at the Woody Greeno Invitational. She was 44th at the MVC Championships in a time of 20:09.10. To conclude her second season as a Panther, Shoopman finished 99th at the NCAA Midwest Regionals, fourth on the UNI squad.

In her first season for UNI, freshman Randi Burns helped the Panther squad by having a consistent year. She finished sixth at the Bulldog classic to begin the season in a time of 21:29.77. At the ISU Memorial Meet, she ran a 15:33.44 4K time and finished 25th overall. At the Valley meet, she contributed a 30th place finish in 19:30.60.

### 2002 Women’s Roster

<table>
<thead>
<tr>
<th>Name</th>
<th>Yr.</th>
<th>Hometown/High School</th>
</tr>
</thead>
<tbody>
<tr>
<td>Randi Burns</td>
<td>Fr.</td>
<td>Strawberry Point, IA/Starmont</td>
</tr>
<tr>
<td>Kara Carstens</td>
<td>Jr.</td>
<td>Harlan, IA/Harlan Community</td>
</tr>
<tr>
<td>Rita Fiala</td>
<td>Sr.</td>
<td>Johnston, IA/Johnston</td>
</tr>
<tr>
<td>Elly Glass</td>
<td>Jr.</td>
<td>Dubuque, IA/Senior</td>
</tr>
<tr>
<td>Kristina Hand</td>
<td>So.</td>
<td>Mason City, IA/Nora Springs-Rock Falls</td>
</tr>
<tr>
<td>Molly Meng</td>
<td>So.</td>
<td>Iowa City, IA/Iowa City</td>
</tr>
<tr>
<td>Wendy Shaw</td>
<td>Jr.</td>
<td>Davenport, IA/Central</td>
</tr>
<tr>
<td>Emily Shoopman</td>
<td>So.</td>
<td>Waterloo, IA/West</td>
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</table>

### 2002 Season Best Times

<table>
<thead>
<tr>
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<th>Yr.</th>
<th>Distance</th>
<th>Time</th>
</tr>
</thead>
<tbody>
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<td>Randi Burns</td>
<td>Fr.</td>
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</tr>
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<td>Kara Carstens</td>
<td>So.</td>
<td>4K, 5K</td>
<td>16:09, 20:57</td>
</tr>
<tr>
<td>Rita Fiala</td>
<td>Sr.</td>
<td>4K, 5K, 6K</td>
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<tr>
<td>Elly Glass</td>
<td>Jr.</td>
<td>4K, 5K, 6K</td>
<td>14:40, 18:21, 22:21</td>
</tr>
<tr>
<td>Molly Meng</td>
<td>So.</td>
<td>4K, 5K</td>
<td>16:01, 20:43</td>
</tr>
<tr>
<td>Wendy Shaw</td>
<td>Jr.</td>
<td>4K, 5K, 6K</td>
<td>14:49, 18:40, 22:14</td>
</tr>
<tr>
<td>Emily Shoopman</td>
<td>So.</td>
<td>4K, 5K, 6K</td>
<td>15:41, 19:46, 22:52</td>
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</tbody>
</table>
The men's team showed improvement throughout the season. Its best team performance came at the University of Illinois when all seven Panthers ran their fastest times of the season. After being picked by conference coaches to finish fourth at the Missouri Valley Conference Championships, the men ran a strong race and finished third behind Illinois State and Drake. Their final meet of the season, the Midwest Regionals, proved to be a tough meet, but they finished well, 17th out of 30 of the region's best Division I schools.

Senior Rob Brock joined the season late after receiving another year of eligibility from the NCAA. In his first meet of the season, Brock ran to a 14th-place finish at the University of Illinois in a time of 25:52.8. He was 43rd at the MVC Championships.

The men's team was primarily led by its juniors: Josh Crain, Trent Graham, Roberto Moreno, Phil Grothus and Gabe Placios, who made up the bulk of the Panther squad.

Junior Crain's 35th-place finish at the Woody Greeno Invitational on Sept. 21 gave him the then fifth fastest time in the MVC. He was the second Panther to finish this 8K race in a time of 26:28. Crain finished second among his teammates in the next two meets, as well. He was a seventh-place finisher at the University of Illinois where he finished in 25:23. He helped his team to a third place team finish at the MVC Championships when he raced to 12th place in a time of 52:51, right behind teammate Graham. He led his team at the ISU Open with a 22nd-place finish in 26:43.

Graham was an integral part of the 2002 squad. He was the team's top athlete at the Valley meet with an 11th-place finish. He owned the seventh fastest conference time after his performance at the University of Illinois, where he finished eighth and was the third Panther to cross the finish line. At the Woody Greeno Invitational, the junior was 59th in a time of 26:58. He posted the fifth fastest 10K time in the Valley for the 2002 season after his performance at the Midwest Regionals, where he ran a time of 31:37.

Moreno was 10th at the University of Illinois in 25:32, giving him the eighth fastest time in the conference. He finished 28th in the Iowa State Open in a time of 26:59. He was the third Panther to cross the finish line at the Woody Greeno Invitational, where he finished 40th overall in a time of 26:34. At the close of the season, Moreno held the eighth fastest 10K time in the conference.

Grothus and Placios also added depth to the Panther lineup. At the ISU Open, both athletes scored points for UNI. Grothus finished 51st in 28:27, while Placios was 57th in 29:34.

The sophomores of the 2002 team held their own against the talented upperclassmen. Dan Winder led his team in two different meets. At Illinois, Winder ran a time of 25:00.77, his fastest of the season. The time not only placed him third at the meet but also was the third-ranked time in the Valley and the fastest time by any Panther in the 2002 season. He was the fourth finisher on the UNI squad at the ISU Open, where he placed 40th in a time of 27:35. He was the team's third finisher at the NCAA Midwest Regionals. He placed 72nd and covered the 10K course in 31:50.74.

Sophomore Tad Stolley consistently finished in the top three among his Panther teammates throughout the season. He was 12th at Illinois, finishing with a time of 25:49. At the Woody Greeno Invitational, he was 94th in 27:28.

Miles Bern played a key role in several of the squad's finishes. In their third place finish at the Valley meet, Bern placed 32nd in 26:37.20. He finished 15th at the University of Illinois in a time of 26:17.18. The sophomore was 54th at the ISU Open in 28:47.

---

### 2002 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>Miles Bern</td>
<td>So.</td>
<td>Cedar Falls, IA/Cedar Falls</td>
</tr>
<tr>
<td>Rob Brock</td>
<td>Sr.</td>
<td>Dubuque, IA/Senior</td>
</tr>
<tr>
<td>Josh Crain</td>
<td>Jr.</td>
<td>Marshalltown, IA/Marshalltown</td>
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<tr>
<td>Trent Graham</td>
<td>Jr.</td>
<td>Des Moines, IA/ Roosevelt</td>
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<tr>
<td>Phil Grothus</td>
<td>Jr.</td>
<td>Bettendorf, IA/Pleasant Valley</td>
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<tr>
<td>Roberto Moreno</td>
<td>Jr.</td>
<td>Iowa City, IA/Iowa City High</td>
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<td>Gabriel Palacios</td>
<td>Jr.</td>
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### 2002 Season Best Times

<table>
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<th>Yr.</th>
<th>Distance</th>
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</tr>
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</table>
MEN'S CROSS COUNTRY
TOP PERFORMANCES

TOP 8,000 METER PERFORMANCES

1. Balazs Csillag '01 24:20
2. Robbie Bodor '00 24:22
4. Jay Timson '96 24:27
5. Marty Greene '92 24:28
7. Mate Nemeth '00 24:35
8. Rob Brock '97 24:40
9. Dan Fick '94 24:40
10. Jay Brock '97 24:41
11. Dan Hostager '84 24:43
12. Jason Meyer '92 24:45
13. Rob Semerlof '97 24:52
14. Jeff Joiner '92 24:53
15. Carl Rutter '84 24:53
16. Doug Nelson '91 24:54
17. Dan Winder '91 25:01
18. Chad Flynn '91 25:03
19. Steve Gearhart '84 25:04
20. Carlos Valdez '82 25:07
21. Dave Swanson '84 25:09
22. Sam Burkett '95 25:11
23. Matt Lindaman '22 25:13
24. Jeff Short '91 25:14
25. Tom Penningroth '86 25:18
26. Josh Crain '01 25:19
27. Bill Castle '89 25:21
28. Josh Crain '02 25:23
29. Trent Graham '01 25:25
30. Trent Graham '01 25:25

TOP 10,000 METER PERFORMANCES

1. Dan Fick '83 30:27
2. Chris Leonard '83 30:28
3. Dan Hostager '88 30:45
4. Oliver Bodor '00 30:50
5. Levente Timar '99 30:55
6. Todd Goodell '85 30:58
7. Kyle Kepler '97 31:02
8. Tom Penningroth '98 31:21
9. Steve Gearhart '83 31:23
10. Bill Castle '88 31:23
11. Rob Semerlof '97 31:25
12. Balazs Csillag '00 31:25
13. Greg Skopek '83 31:26
14. Brian Glassmaker '83 31:32
15. Trent Graham '02 31:37
16. Mate Nemeth '00 31:37
17. Bob Jirele '85 31:37
18. Jay Timson '97 31:38
19. Doug Nelson '81 31:41
20. Todd Peverill '80 31:54
21. Dan Swanson '85 32:01
22. Trent Timson '88 32:04
23. Jeff Joiner '92 32:05
24. Marty Greene '92 32:07
25. Rob Brock '97 32:10
26. Roberto Moreno '02 32:12
27. Miles Bern '02 32:14
28. Jason Meyer '92 32:17
29. Trent Graham '00 32:17
30. Stad Tolley '02 32:20

ALL-CONFERENCE PERFORMERS

1981 Doug Nelson (1), Bryan Huhnerhock (3), Chris Leonard (8), Todd Peverill (10)

IRV WARREN G.C. - 10,000 METER BEST TIMES

1. Daniel Kincau '00 Iowa St. 30:28
2. David Vasquez '00 Ok. St. 30:29
3. Nick Smith '00 Missouri 30:31
4. Charlie Gruber '00 Kansas 30:38
5. Jason Biakka '00 East. Ill. 30:40
6. Aaron Carrizales '00 Nebraska 30:40
7. Marcus Winter '00 Nebraska 30:42
8. Mark Reed '00 Illinois St. 30:46
9. Terrance McComb '00 Minnesota 30:47
10. Oliver Bodor '00 UNI 30:50

IRV WARREN G.C. - 8,000 METER BEST TIMES

1. Jason Biakka '00 E. Illinois 24:54
2. Oliver Bodor '00 UNI 25:24
3. Balazs Csillag '00 UNI 25:24
4. Mate Nemeth '00 UNI 25:34
5. Damon Nicholas '00 E. Illinois 25:40
6. John Sipple '00 E. Illinois 25:57
7. Dan Mackey '00 E. Illinois 26:01
8. Josh Vance '00 E. Illinois 26:02
9. Trent Graham '00 UNI 26:14
10. Josh Crain '00 UNI 26:28

TEAM CONFERENCE CHAMPIONSHIPS

1982 Mid-Continent
1983 Mid-Continent
1984 Mid-Continent
1985 Mid-Continent
1986 Mid-Continent
1992 Missouri Valley
1993 Missouri Valley
1994 Missouri Valley
1995 Missouri Valley
1996 Missouri Valley
1997 Missouri Valley
1998 Missouri Valley
1999 Missouri Valley
2000 Missouri Valley
2001 Missouri Valley

INDIVIDUAL CONFERENCE CHAMPS

1979, '81 Doug Nelson Mid-Continent
1986, '88 Dan Hostager Mid-Continent
1989 Bill Castle Mid-Continent
2000 Mate Nemeth Missouri Valley
2001 Balazs Csillag Missouri Valley

TOP DISTRICT PERFORMERS

1980 Chris Leonard 31:37
1981 Doug Nelson 31:41
1982 Dan Fick 32:14
1983 Chris Leonard 32:31
1984 Dan Fick 32:51
1985 Steve Gearhart 33:12
1986 Dan Hostager 32:24
1987 Dan Hostager 33:17
1988 Dan Hostager 31:11
1989 Bill Castle 31:37
1990 Bill Castle 32:48
1992 Jeff Joiner 32:05
1993 Jeff Joiner 34:16
1994 Kyle Kepler 32:25
1995 Kyle Kepler 32:16
1996 Jay Brock 32:33
1997 Kyle Kepler 33:18
1998 Levente Timar 32:41
1999 Levente Timar 30:55
2000 Oliver Bodor 30:50
2001 Balazs Csillag 30:44

ACADEMIC ALL-CONFERENCE (SINCE 1987)

1987 Dan Hostager Mid-Continent
1988 Dan Hostager Mid-Continent
1989 Brad Martin Mid-Continent
1989 Jim Johnson Mid-Continent
1989 Matt Lindaman Mid-Continent
1992 Chad Flynn Missouri Valley
1992 Matt Lindaman Missouri Valley
1992 Jason Meyer Missouri Valley
1993 Jeff Joiner Missouri Valley
1993 Jason Meyer Missouri Valley
1994 Kyle Kepler Missouri Valley
1995 Kyle Kepler Missouri Valley
1995 Jeff Joiner Missouri Valley
1995 Marshall Blaine Missouri Valley
1997 Kyle Kepler Missouri Valley
1998 Rob Brock Missouri Valley
1998 Levente Timar Missouri Valley
1999 Balazs Csillag Missouri Valley
1999 Levente Timar Missouri Valley
2000 Balazs Csillag Missouri Valley
2000 Levente Timar Missouri Valley
2001 Balazs Csillag Missouri Valley
2001 Rob Brock Missouri Valley
2001 Josh Crain Missouri Valley

NCAA DIVISION I QUALIFIERS

1999 Levente Timar
2000 Oliver Bodor
2001 Balazs Csillag

NCAA DIVISION II ALL-AMERICANS

1970-73 Rich Tweed
1973-74 Ron Peters
1979 Jim Erredige
1979 Kim Spain

42 • 2003 PANTHER CROSS COUNTRY
WOMEN'S CROSS COUNTRY
TOP PERFORMANCES

TOP 4,000 METER PERFORMANCES
1. Elly Glass '02 14:40
2. Wendy Shaw '02 14:49
3. Rita Fiola '02 15:07
4. Randi Burns '02 15:33
5. Emily Shoopman '02 15:41
6. Molly Meng '02 16:01
7. Kara Carstens '02 16:09

TOP 5,000 METER PERFORMANCES
1. Mary Warren '98 17:27
2. Jenny Day '82 17:35
3. Jenny Jackson '98 17:56
4. Paulette Nemmers '92 18:03
5. Cindra Schelling '94 18:06
6. Sue Holtkamp '99 18:07
7. Rita Fiola '99 18:10
8. Evette Iversen '99 18:11
9. Kari Thilges '00 18:12
10. Karla Faderspeil '82 18:16
11. Laura Little '95 18:17
12. Jenny Owens '89 18:17
13. Stacy Roberts '80 18:19
14. Elly Glass '02 18:21
15. Julie Mazitelli '92 18:21
16. Kris Skov '81 18:25
17. Michelle Wing '93 18:27
18. Barb Clark '87 18:28
19. Teresa Grothus '99 18:29
20. Elly Glass '00 18:30
21. Cherie Fisher '87 18:30
22. Kari Clevenger '94 18:31
23. Kary Kleiber** '83 18:31
24. Karin Diestelmeier '99 18:32
25. Stacie Winter '94 18:32
26. Suzie Scheer '84 18:33
27. Mary Pound '82 18:34
28. Heather Mullenberg '97 18:35
29. Becky Slick '96 18:37
30. Cindy McGohan '82 18:38

TOP 6,000 METER PERFORMANCES
1. Kari Thilges '00 21:25
2. Wendy Shaw '00 22:02
3. Rita Fiola '00 22:06
4. Wendy Shaw '02 22:13
5. Elly Glass '00 22:20
6. Teresa Grothus '00 22:25
7. Wendy Shaw '02 22:47
8. Rita Fiola '02 23:01
9. Randi Burns '02 23:42
10. Emily Shoopman '02 24:06

IRV WARREN G.C. - 6,000 METER BEST TIMES
1. Amy Mortimer '00 Kan. St. 20:34
2. Korine Hinds '00 Kan. St. 20:45
3. Darja Vasiljeva '00 Minn. 20:54
4. Kelly Brinkman '00 Iowa St. 20:55
5. Sara Wells '00 Ok. St. 20:56
6. Alexandria Lindquist '00 Ok. St. 21:01
7. Kerry Hills '00 Mizzou 21:02
8. Annie Wetterhus '00 Kan. St. 21:08
9. Elaine Eggelston '00 Minn. 21:09
10. Corrine Nimtz '00 Minn. 21:10

TEAM CONFERENCE CHAMPIONSHIPS
2000 Missouri Valley

ALL-CONFERENCE PERFORMERS
1982 J'ne Day (9)
1984 Sandy Etsberry (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 Fiola (9)
2000 Kari Thilges (2), Rita Fiola (4), Elly Glass (5)
2002 Elly Glass (7)

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 Fiola
2002 Elly Glass, Wendy Shaw

TOP DISTRICT PERFORMANCES
1980 Stacy Roberts* 19:37
1981 Kris Skov* 18:56
1982 Sandy Etsberry 18:29
1983 Sandy Etsberry 18:49
1984 Sandra Etsberry 17:54
1986 Cherie Fisher 19:26
1987 Cherie Fisher 16:51
1998 Jenny Owens 19:00
1990 Kathy Allen 19:04
1991 Heidi Heiar 19:31
1992 Paulette Nemmers 18:48
1993 Paulette Nemmers 20:03
1994 Emily Montgomery 18:40
1995 Emily Montgomery 18:33
1996 Jenny Jackson 18:45
1997 Kari Thilges 19:22
1998 Sue Holtkamp 18:39
1999 Rita Fiola 18:10
2000 Kari Thilges (6K) 21:25
* - 1980-81 AIAW District


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MASTERS OF THEIR DOME-AIN
2002
Men's
&
Women's
Indoor Track & Field
Champions
### Indoor Track & Field

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Name</th>
<th>Location</th>
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<tbody>
<tr>
<td>Jan. 18</td>
<td>Minnesota Invitational</td>
<td>Minneapolis, MN</td>
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<tr>
<td>Jan. 25</td>
<td>UNI Invitational</td>
<td>Cedar Falls, IA</td>
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<tr>
<td>Feb. 1</td>
<td>Panther Classic</td>
<td>Cedar Falls, IA</td>
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<td>Feb. 8</td>
<td>Panther Open</td>
<td>Cedar Falls, IA</td>
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<td>Feb. 14-15</td>
<td>ISU Classic</td>
<td>Ames, IA</td>
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<td>Feb. 21</td>
<td>UNI-Dome Open</td>
<td>Cedar Falls, IA</td>
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<td>Feb. 28-Mar. 1</td>
<td>MVC Championships</td>
<td>Normal, IL</td>
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<td>Mar. 8</td>
<td>Last Chance National Qualifier</td>
<td>Ames, IA</td>
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<tr>
<td>Mar. 14-15</td>
<td>NCAA Championships</td>
<td>Fayetteville, AR</td>
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### Outdoor Track & Field

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<thead>
<tr>
<th>Date</th>
<th>Event Name</th>
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<tr>
<td>April 4-5</td>
<td>Texas Relays</td>
<td>Austin, TX</td>
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<td>April 4-5</td>
<td>Missouri Relays</td>
<td>Columbia, MO</td>
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<td>April 11-12</td>
<td>John McDonnell Invitational</td>
<td>Fayetteville, AR</td>
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<td>April 19</td>
<td>UNI Twilight</td>
<td>Cedar Falls, IA</td>
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<td>April 24-26</td>
<td>Drake Relays</td>
<td>Des Moines, IA</td>
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<td>May 3</td>
<td>Musco Invitational</td>
<td>Iowa City, IA</td>
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<tr>
<td>May 14-17</td>
<td>MVC Championships</td>
<td>Carbondale, IL</td>
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<tr>
<td>May 30-31</td>
<td>NCAA Regional (Round 1)</td>
<td>Lincoln, NE</td>
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<td>June 11-14</td>
<td>NCAA Championships</td>
<td>Sacramento, CA</td>
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<td>June 19-22</td>
<td>U.S. National Championships</td>
<td>Palo Alto, CA</td>
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