

2009

2009 University of Northern Iowa Panther Track & Field Media Guide

University of Northern Iowa

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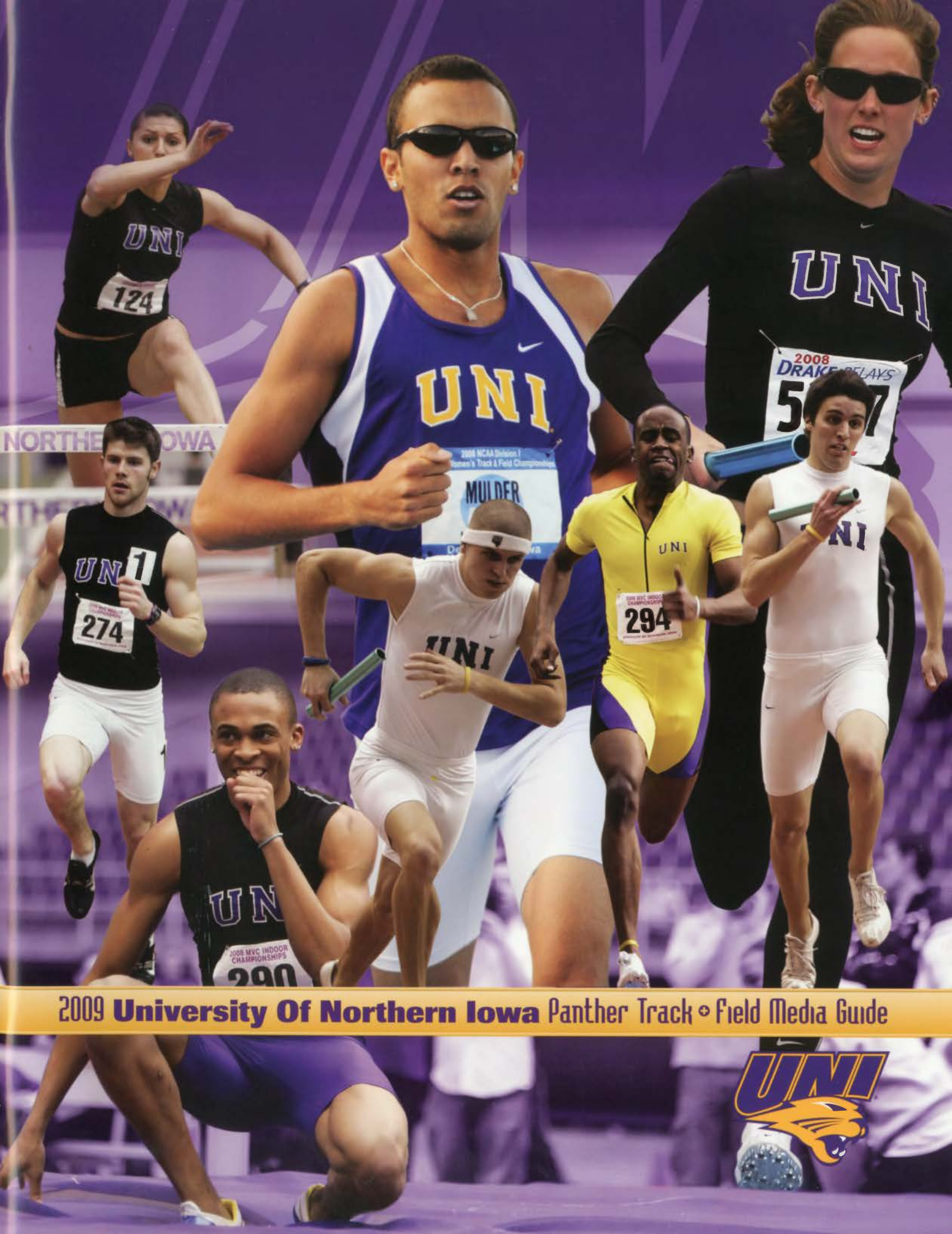
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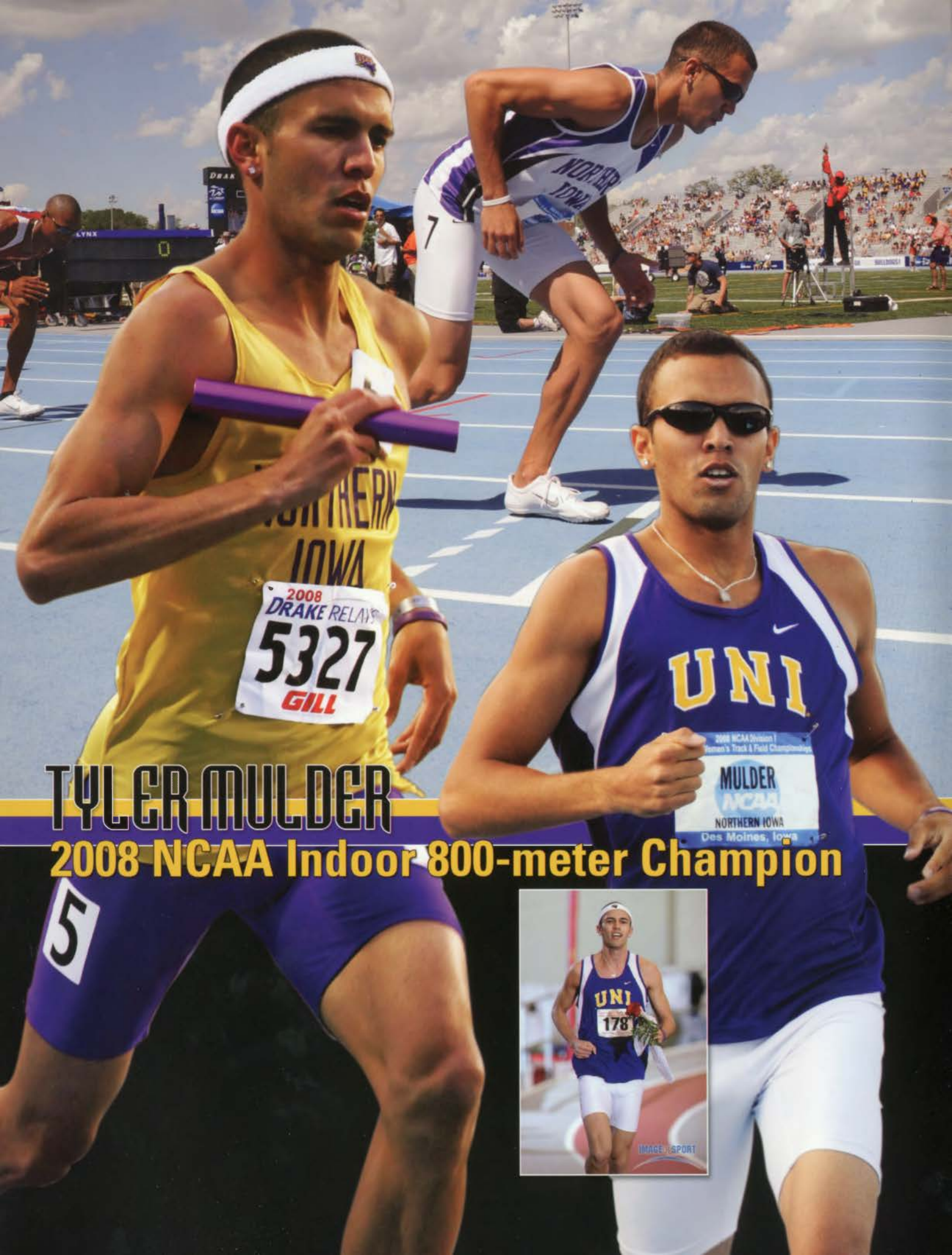
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2009 **University Of Northern Iowa** Panther Track & Field Media Guide





TYLER MULDER

2008 NCAA Indoor 800-meter Champion





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QUICK FACTS

Location	Cedar Falls, Iowa
Founded	1876
Enrollment	12,908
Nickname	Panthers
Colors	Purple and Old Gold
Affiliation	NCAA Division I
Conference	Missouri Valley
President	Dr. Benjamin Allen
Athletics Director	Troy Dannen
Senior Woman Administrator	Jean Berger

TRACK COACHING STAFF

Head Coach	Travis Geopfert (UNI, '02)
Associate Head Coach	Mark Napier (Florida State, '88)
Assistant Coach	David Paulsen (UNI, '04)
Assistant Coach	Eric Hannenberger (UNI, '04)
Assistant Coach	Jamie Hutchinson (UNI, '07)
Cross Country/Track Office	121 West Gym 1227 W 27th St. Cedar Falls, Iowa 50614-0163

TRACK PROGRAM

Indoor Facility	UNI-Dome
Outdoor Facility	Mark Messersmith T&F Complex
2008 Men's Conference Finish (In/Out)	1st/1st
2008 Women's Conference Finish (In/Out)	1st/1st

CREDITS

The 2009 University of Northern Iowa track & field and cross country media guide was written and edited by Athletics Media Relations Assistant Laurie Wild with assistance from Student Assistant Taylor Schupbach. Design created by Randy Darst of UNI Marketing and Public Relations. Principal photography by Molly Wade and Randy Darst, UNI Office of Marketing and Public Relations.

EQUITY STATEMENT

The University of Northern Iowa is an equal opportunity educator and employer with a comprehensive plan for affirmative action.

ATHLETES ON FRONT COVER

Tyler Mulder - 2008 NCAA Indoor 800 Meter Champion
 Mat Clark - 2x All-American
 Ehi Oahmen - 2x All-American
 Cory Goos - 3x All-American
 Terrance Reid - 7x All-American
 Ryan Grenko - 3x All-American
 Dani Stipe - 4x NCAA Qualifier
 Olimpia Nowak - NCAA Qualifier

BACK COVER

Marcin Kazubowski - NCAA Qualifier
 Julian Morris - NCAA Qualifier
 Alyssa Fischer - 4x All-MVC

UNI ATHLETICS ON THE INTERNET

Located at www.UNIPanthers.com, the UNI Athletics home page offers detailed and timely information about UNI Track & Field, as well as all 18 of the Panthers' athletic teams.

Visitors have access to updated statistics, game notes, rosters, schedules and student-athlete biographies, among other resources. The Web site is updated daily by UNI Athletics Media Relations.

Fans can also take advantage of live and archived audio and video from several UNI sports via "UNI GameDay Online".

The Missouri Valley Conference home page is located at www.mvc-sports.com and contains information regarding scores, standings, statistics, conference notes and MVC Athlete of the Week honors.



COVERING THE PANTHERS

Head coach Travis Geopfert and team members are available for interviews in person or by telephone during the week. The best time to meet with a student-athlete is immediately before or after practice. Interviews may be arranged through Laurie Wild of UNI Athletics Media Relations (319-610-2233).

CREDENTIAL REQUESTS: Please make all credential requests at least three days in advance through UNI Athletics Media Relations. Credentials may be requested by contacting Laurie Wild at lawild@uni.edu or 563-880-0868.

EVENT POLICIES: Head coach Travis Geopfert and requested UNI student-athletes will be available for post-meet interviews following the final event of a home meet. Complete results for each home meet will be available as soon as possible following the conclusion of the final event. Results for all meets involving UNI will be posted at www.UNIPanthers.com as soon as possible following the meet.

MEDIA ACCOMMODATIONS: Members of the media are encouraged to cover the Panthers in person whenever possible. Seating, as well as wireless Internet access, are available for working media and photographers during each event hosted in the UNI-Dome, including the 2009 State Farm MVC Indoor Championships.

PRESS LUNCHEONS: When in town, head coach Travis Geopfert will speak at the weekly UNI Press Luncheon, held at noon each Monday at Pepper's Grill and Sports Pub on 18th Street in Cedar Falls. The press luncheons are archived by the Waterloo-Cedar Falls Courier at www.courierwebcasts.com.

GETTING TO CAMPUS

Directions to the UNI-Dome and Mark Messersmith Track & Field Complex:

FROM THE NORTH: Take U.S. Highway 218 and proceed south to the University Avenue exit. Turn right onto University Avenue and follow until taking a right at Hudson Road. The UNI-Dome is on the left side of the road, the Messersmith Complex on the right.

FROM THE SOUTH: Take Interstate 380 North to U.S. Highway 20. Take Highway 20 West to the Hudson Road exit and turn right onto Hudson Road. The UNI-Dome is on the left side of the road, the Messersmith Complex on the right.

FROM THE WATERLOO REGIONAL AIRPORT: Take Airport Blvd. to Highway 57 West, which turns into 1st Street. Follow 1st Street to Hudson Road and turn left. The UNI-Dome is on the right side of the road, the Messersmith complex on the left.

ATHLETICS MEDIA RELATIONS STAFF



Laurie Wild

Media Relations Assistant
(Track & Field Contact)

Office Phone 319-273-3783
Mobile Phone 563-880-0868
E-mail Address lawild@uni.edu
Media Relations Fax 319-273-3602
Athletics Web site www.unipanthers.com



Josh Lehman

Assistant Athletics Director/Media Relations

Office Phone 319-273-3642
Mobile Phone 319-415-1703
E-mail Address josh.lehman@uni.edu



Colin McDonough

Associate Media Relations Director

Office Phone 319-273-5456
Mobile Phone 319-415-4059
E-mail Address colin.mcdonough@uni.edu



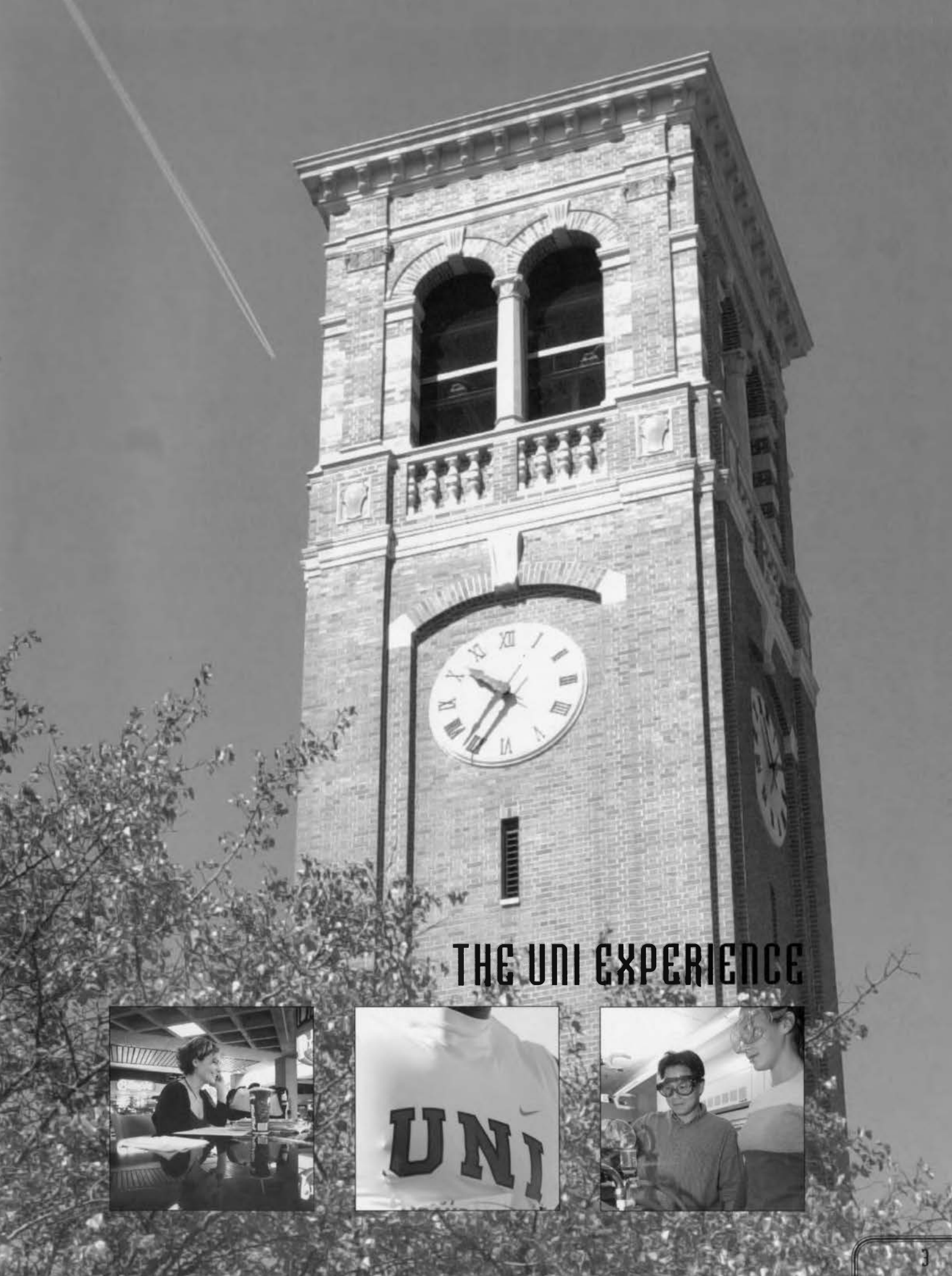
Kara Moran

Assistant Media Relations Director

Office Phone 319-273-5455
Mobile Phone 319-415-0991
E-mail Address kara.moran@uni.edu

UNI ATHLETICS DIRECTORY

Track & Field Coach - Travis Geopfert	319-273-5823
Athletics Director - Troy Dannen	319-273-2470
Senior Assoc. A.D./Senior Woman Administrator - Jean Berger	319-273-2556
Senior Assoc. A.D. - Justin Sell	319-273-3647
Senior Assoc. A.D. / Development & Administration- Steve Gearhart	319-273-7817
Associate A.D. / Dir. of Panther Scholarship Club - Leon Costello ...	319-273-7044
Assistant A.D. / Compliance - Steve Schofield	319-273-7465
Assistant A.D. / Media Relations - Josh Lehman	319-273-3642
Assistant A.D. / Business - Greg Davies	319-273-7855
Director of UNI Sports and Event Complex - Heather Costello	319-273-6636
Head of Athletic Training - Don Bishop	319-273-6369
UNITix Manager - Stacy Harris	319-273-4849
Facilities Coordinator - Dave Kohrs	319-273-2053
Assistant to the Athletics Director - Tony DiCecco	319-273-6443
Strength and Conditioning Coach - Jed Smith	319-273-2141
Athletic Academic Advisor - Jennie Sell	319-273-3327



THE UNI EXPERIENCE



THIS IS UNI.

A TRADITION OF EXCELLENCE.

> Since Joey Woody claimed the school's first NCAA Division I national championship 10 years ago, the University of Northern Iowa track & field program has continued to develop into one of the nation's finest, and the Panthers show no signs of slowing down. In 2008 alone, UNI became the first team to sweep both the men's and women's Indoor and Outdoor Missouri Valley Conference championships. UNI crowned nine All-Americans, finished ninth at the NCAA Indoor Championships and 11th at the NCAA Outdoor Championships and took home two Drake Relay titles.

5 NCAA CHAMPIONS
25 MVC TEAM TITLES
231 MVC CHAMPIONS
134 ALL-AMERICA HONORS
9 CONSECUTIVE MVC INDOOR TITLES



Joey Woody, 1997 NCAA 400-meter hurdles champion

After winning a national championship and four Missouri Valley Conference titles in the 400-meter hurdles, Woody went on to a post-graduate career that included a spot in the Drake Relays Hall of Fame, a stint as the top-ranked hurdler in the U.S. and a win at the USA Championships in the 400 hurdles. He also won a gold medal as part of the U.S. 4x400 team at the 1999 World Championships and then took silver in the 400 hurdles at the 2003 Worlds. Woody is now an assistant coach at Iowa.

DRAKE RELAYS UCS



Jacob Pauli, 2001 NCAA pole vault champion

Pauli claimed a national title in the pole vault following a marathon jump-off at the 2001 NCAA Indoor Championships. He has enjoyed an outstanding professional career since, finishing third at the 2007 USA Championships and competing for Team USA at the IAAF World Championships. Pauli, who boasts a personal-best of 19 feet, 1 inch, still owns UNI's school record in both the indoor and outdoor pole vault. Pauli serves as a volunteer assistant coach for the Panthers.



Tyler Mulder, 2008 NCAA Indoor 800-meter champion

Mulder became just the third Panther in school history to clinch a Division I National Championship at the 2008 NCAA Indoor Championships. Mulder took the top spot with a time of 1:49.20 and helped propel UNI to its second-consecutive ninth place finish. Mulder earned All-America honors at the 2008 NCAA Outdoor Championships finishing sixth in the 800 meters and fifth in the 4x400. Mulder has earned a total of six All-America citations, and also helped UNI clinch the 2007 Drake Relays 4x800 title.



Shantel Twiggs, three-time All-American

Twiggs became the first UNI female athlete to win All-America honors by finishing 11th in the 55 meters at the 1993 NCAA Indoor Championships, a distinction she backed up with a sixth-place finish as a senior in 1994. She also picked up an All-America nod outdoors in the 200 meters. All told, Twiggs qualified for NCAA competition eight times, was a member of three U.S. national teams, and won gold in the 4x100 at the 1995 Pan Am Games. She is now head track & field coach at Nevada.

THIS IS UNI. AMONG THE BEST.

All-America Totals (2005-08)

MEN

Big Ten Conference

Team	'08 In	'08 Out	Total	'07	'06	'05	TOTAL
Illinois	0	0	0	1	6	0	7
Indiana	0	2	2	0	10	7	19
Iowa	1	0	1	1	1	0	3
Michigan	1	4	5	9	2	8	24
Michigan State	0	0	0	0	1	0	1
Minnesota	0	1	1	2	6	1	10
Northwestern	0	0	0	0	0	0	0
Ohio State	2	1	3	1	4	0	8
Penn State	0	1	1	1	0	0	2
Purdue	1	0	1	0	1	2	4
Wisconsin	5	4	9	14	12	15	50

Big 12 Conference

Baylor	5	12	17	14	10	11	52
Colorado	2	5	7	7	5	2	21
Iowa State	1	1	2	1	2	2	7
Kansas	2	1	3	5	7	4	19
Kansas State	2	1	3	3	5	3	14
Missouri	2	5	7	3	3	7	20
Nebraska	2	2	4	7	7	10	28
Oklahoma	3	1	4	8	2	5	19
Oklahoma State	0	1	1	0	0	0	1
Texas	7	8	15	14	23	6	58
Texas A&M	7	12	19	6	7	2	34
Texas Tech	2	6	8	5	11	14	38

Missouri Valley Conference

Drake	0	0	0	0	0	0	0
Illinois State	0	0	0	0	0	0	0
Indiana State	0	0	0	0	0	0	0
UNI	4	10	14	17	6	10	47
Southern Illinois	0	0	0	1	3	0	4
Wichita State	0	0	0	0	0	0	0

Others (SEC, ACC, Pac-10)

LSU	9	9	18	24	19	17	78
Florida	11	12	23	9	12	25	69
Arkansas	7	5	12	7	20	27	66
Florida State	11	12	23	21	16	18	78
Arizona State	13	6	19	7	5	12	43
Tennessee	6	11	17	18	14	14	64
Auburn	2	5	7	10	3	14	34
Oregon	6	5	11	7	15	23	56
USC	0	4	4	7	11	9	31
UTEP	1	5	6	3	14	1	24
Oral Roberts	2	1	3	7	3	0	13
Texas Christian	5	6	11	1	15	0	27

2008 LEADERS

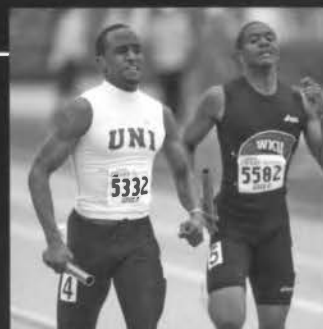
Florida	23
Florida State	23
Arizona State	19
Texas A&M	19
LSU	18
Baylor	17
Tennessee	17
Texas	15
UNI	14
Arkansas	12
Oregon	11
TCU	11
Washington	9
Wisconsin	9
Stanford	8

Leaders 2005-2008

Florida State	78
LSU	78
Florida	69
Arkansas	66
Tennessee	64
Texas	58
Oregon	56
Baylor	52
Wisconsin	50
UNI	47
Washington	45
Arizona State	43
Stanford	43
Texas Tech	38
Auburn	34
Texas A&M	34
USC	31
South Carolina	30
Nebraska	28
TCU	27
Michigan	24
UTEP	24
Colorado	21
Missouri	20
Indiana	19
Kansas	19
Oklahoma	19



Seniors Rachel Jansen and Terrance Reid became the most decorated male and female track and field athletes in UNI history with their outstanding performances at the 2008 NCAA Outdoor Championships. Reid earned his sixth and seventh All-America honors in the 400 Meters and 4x400 Relay. Jansen captured her fourth All-America honor in the shot put.



THIS IS UNI. CONFERENCE SUPREMACY.



> Since joining the Missouri Valley Conference in 1992, UNI teams have laid claim to 20 conference championships on the track and five more in cross country — including an impressive 19 team titles since 2000. In 2008 alone, UNI racked up 78 All-MVC honors — 39 indoors and 39 outdoors — and claimed their record ninth-consecutive men's indoor title. The Panthers also became the first Valley program to ever sweep all four of the league's team track and field titles in the same season.

Consider how UNI compares to other MVC teams since 2000:

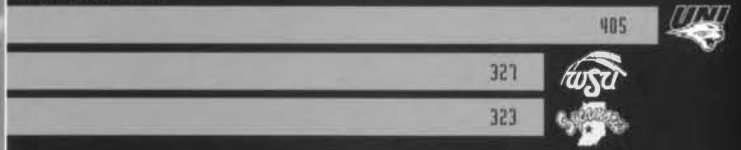
MVC TRACK • FIELD TEAM CHAMPIONSHIPS



MVC INDIVIDUAL CHAMPIONS



ALL-MVC PERFORMERS



ALL-AMERICA HONORS



5 NCAA CHAMPIONS 25 MVC TEAM TITLES 23 MVC CHAMPIONS 134 ALL-AMERICA HONORS 9 CONSECUTIVE MVC INDOOR TITLES

UNI's 2008 MVC Indoor champion men's and women's teams



MISSOURI VALLEY CONFERENCE CHAMPIONS

MEN'S INDOOR

1995, 1996, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008

MEN'S OUTDOOR

1995, 1998, 2000, 2005, 2007, 2008

MEN'S CROSS COUNTRY

1992, 1997, 2001, 2003

WOMEN'S INDOOR

2002, 2008

WOMEN'S OUTDOOR

2008



WOMEN'S CROSS COUNTRY

2000

THIS IS UNI.
NATIONAL SUCCESS.



81

NCAA NATIONAL QUALIFIERS
 SINCE 2005

54

ALL-AMERICA
 PERFORMANCES SINCE 2005

9

ALL-AMERICA RELAYS
 SINCE 2000

4

RELAYS RANKED IN 2007 BY TRACK • FIELD NEWS

3

NCAA NATIONAL CHAMPIONS

IN 2007 AND 2008 UNI:

- > Won a national title at the 2008 NCAA Indoor Championships
- > 51 national qualifiers by 18 athletes in 2007 and 2008
- > Two ninth place finishes at the 2007 and 2008 NCAA Indoor Championships.
- > 11th place finish and school-best 22 points at the NCAA Outdoor Championships
- > Top 25 rankings for both UNI's men's and women's teams.

Tyler Mulder claimed the NCAA Indoor 800 meter crown in 2008.



THIS IS UNI. THE UNI-DOME.



With 78,000 square feet of floor space, ample seating and one of the fastest indoor tracks in the country, the UNI-Dome has earned a reputation as one of the finest collegiate athletic facilities in the United States.

The unique, multi-purpose facility was built in 1976 and has been the site of numerous nationally prominent track and field meets in its history, from various conference championship meets to the AIAW National Championships to the annual A.D. Dickinson Boys' and Girls' Iowa High School Indoor Track and Field Championships.

In 2009, the UNI-Dome will host its ninth State Farm Missouri Valley Conference Indoor Championships, having previously played host to the event in 1993, 1996, 1999, 2000, 2002, 2004, 2006 and 2008.

The UNI-Dome is scheduled to host the MVC Indoor Championships at least every other year, as

it is one of only two facilities in the conference to house an eight-lane indoor track.

The facility, which combines with the adjoining McLeod Center, Human Performance Center and Wellness Recreation Center to form one of the premier athletic complexes in the country, provides an ideal training atmosphere for UNI Track & Field. The Panthers are able to train in The Dome from November to March, utilizing all field event stations simultaneously thanks to the spacious arrangement on the arena floor.

The Panthers annually attract some of the finest teams in the Midwest to their home meets. With its conversion to a hybrid roof system in 1998 and the installation of a new polyurethane, two-tone track completed in 1999, the UNI-Dome is clearly one of the premier indoor track and field facilities in the United States.



FACTS • FIGURES

SEATING CAPACITY	16,324
FLOOR SPACE	78,000 sq. ft.
TRACK	8 lanes, 200 meters
ROOF AREA	160,000 sq. ft.
SKYLIGHT AREA	45,000 sq. ft.
OPENED	1976
ORIGINAL COST	\$7.5 million
FIRST EVENT	Wrestling, UNI vs. Iowa (Feb. 7, 1976)
LARGEST CROWD	22,797 Men's Basketball, UNI vs. Iowa (Jan. 3, 1990)
ROOF REPLACED	1998
REPLACEMENT COST	\$10.8 million

NOTABLE EVENTS HOSTED

- > NCAA Wrestling Championships (1997)
- > NWCA National Duals (2006-2009)
- > MVC Track & Field Championships (7 times)
- > NCAA FCS Football Playoffs (13 times)
- > Iowa High School Football Playoffs (1976 to present)
- > A.D. Dickinson Iowa High School Indoor Track & Field Championships (1976 to present)
- > Numerous concerts, including:
 - Pink Floyd
 - The Rolling Stones
 - The Who
 - Foreigner
 - Blues Traveler
 - Kenny Chesney
 - Nelly
 - Toby Keith
 - Brad Paisley

9 CONSECUTIVE MVC INDOOR TITLES

134 ALL-AMERICA HONORS

231 MVC CHAMPIONS

25 MVC TEAM TITLES

5 NCAA CHAMPIONS

THIS IS UNI.

MARK MESSERSMITH COMPLEX

UNI's track and field teams compete outdoors at the Messersmith Outdoor Track and Field Complex, located just across the street from the UNI-Dome.

The complex, which combined with the UNI-Dome gives UNI one of the finest combination of indoor and outdoor facilities in America, opened in the spring of 1998.

In its inaugural season, the complex hosted the first annual UNI Open and the Missouri Valley Conference Championships, which were won by the Panther men.

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

The 400-meter, eight-lane track is made of the latest state-of-the-art polyurethane surface.

The track surrounds a field event area that features a steeplechase water jump, two pits each for the long and triple jump, dual throw rings for the weights, a discus/hammer cage and takeoffs for the pole vault, long jump and triple jump.

Planning is underway for a permanent office facility at the complex to house the UNI track & field program, as well as additional improvements to the complex itself.

The long-term goal for the track and field complex is to provide capabilities to host large meets with appropriate support facilities for the track and field team and spectators, as well as developing the field to support Price Lab School activities and other UNI athletic programs.



The short-term first phase goal is to construct a building for office use, team meetings, stretching, and equipment storage, along with support spaces.

The building should be located to provide a physical presence for track and field, and to

provide a view of all track and field events. A prominent location with views of the track is seen to be an advantage in recruiting.



Concept Sketch

THIS IS UNI. CHAMPIONSHIP TRAINING.

TRAINING IN THE CEDAR VALLEY

A major part of UNI's strong cross country tradition is its training facilities. While the UNI-Dome and the outdoor track complex are the most well-known and visible running facilities, it is the 60-plus miles of trailways that attract runners and exercise enthusiasts alike. The trailways meander through George Wyth State Park, Katoski Greenbelt Trailway, Birdsall Park, Phipper Park and the Cedar River to connect the cities of Cedar Falls and Waterloo. Trails are a combination of grass, dirt, gravel, blacktop and cement.

UNI also has access to two spectacular golf courses. Irv Warren Golf Course and Byrnes Park served as host to the 2003 NCAA Division I Men's and Women's Cross Country Championships. It also has been the site for several other NCAA regional and conference level championship meets hosted by UNI. The cross country course traditionally has been fast due to exceptional footing. However, its rolling hills provide a deceiving challenge to those who run it.

Pheasant Ridge Golf Course, site of the 2007 State Farm Missouri Valley Conference Cross Country Championships, and Birdsall Park combine to create an all-grass workout area where the Panthers can often be found during the latter weeks of the season. Whether it's an easy run or workout around the 1K Pond Loop, the Panthers have an all access pass to a 100 percent grass route that is less than two miles from campus.



HUMAN PERFORMANCE CENTER

The Human Performance Center, which opened in the fall of 2007 as part of a facility adjoining the north side of the UNI-Dome and south side of the Wellness Recreation Center, enables students and faculty from UNI's School of Health, Physical Education and Leisure Services to collaborate daily with area medical professionals.

The new facility also has a Sports Medicine Center, including office and treatment spaces for physicians and therapists that will play a vital role in UNI's fastest-growing athletic training major. The HPC, in conjunction with the proposed UNI strength and conditioning facility, also serves UNI's intercollegiate athletics programs by creating classrooms, offices, team rooms, conference rooms, training facilities and locker rooms for player development activities, including strength conditioning, nutritional advising, and agility/speed activities.

THIS IS UNI. AN EXPERT SUPPORT STAFF.

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 game. 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.

Throughout an athlete's first year on campus, baseline measurements of strength, speed, power, agility, flexibility and endurance are collected. Measure of body composition and weight are also recorded. With this information, goals are set for development and maintenance. Programs are established for each athlete.



The UNI Sports Medicine Program features top-rate facilities and 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 are available — not only in the sports medicine lab but also in the Wellness Recreation Center — including swimming pools, Merac equipment, stairmasters and various exercise bikes.

All equipment is available to help athletes rehabilitate injuries and minimize the loss of fitness during recuperative time.



JED SMITH
STRENGTH AND CONDITIONING
COACH

Jed C. Smith is in his fourth year as the Strength and Conditioning Coach for the UNI Panthers. Smith joined the coaching staff in June 2005.

In the spring of 2006, Smith coached current UNI football student-athlete Jason Fiacco when he took part in the 2006 Pan America Junior Championships in Cali, Colombia. Fiacco qualified for the event at the United States National Junior Championships on March 15 in Altamonte Springs, Fla. Fiacco placed second in both the Snatch and Clean & Jerk heavyweight competitors.

Prior to his work with the Panthers, Smith served as the Explosive Strength Training Coach for the National Football League's Minnesota Vikings from February 2004 to June 2005.

Smith has a wide and varied background in strength and conditioning. In addition to his work with the Vikings, he also assisted with the Minnesota Wild of the National Hockey League, the Minnesota Thunder of the United Soccer League and Penn State football in an effort to incorporate explosive strength training into their individual programs.

Beginning in June of 2002, he was an Exercise and Sports Science instructor at Dakota County Technical College in Rosemount, Minn., and served as the Minnesota USA Weightlifting Regional Training Center director. Smith also worked at Rosemount High School's strength and conditioning coach from 1997-2002. Smith earned his bachelor's degree in social science from Minnesota-Morris in 1994 and a second bachelor's degree in psychology in 1995. He earned his master's in education with an emphasis in strength and conditioning from Hamline University in 2003.

THIS IS UNI. ACADEMIC SUPPORT.

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.

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
- > Maintaining 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



Track athlete Cory Goos

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 UNI, several services are available to students for obtaining guidelines and/or specific help.



STEVE SCHOFIELD
ASSISTANT ATHLETICS DIRECTOR/COMPLIANCE

Steve Schofield joined the UNI athletics staff in August of 2006. He is responsible for implementing and maintaining a compliance program for UNI's 400 student-athletes. He also assists with UNI's student life initiatives.

Schofield has a wide and varied background, as he has also served in the athletic department compliance offices at Maryland and Minnesota. A native of Odebolt, Iowa, Schofield received his bachelor's degree in general studies from UNI in 2000, and a master's degree in higher and postsecondary education from Arizona State in 2003.



JENNIFER SELL
ACADEMIC ADVISOR

Jennifer Sell is in her fifth year as Academic Advisor for UNI Athletics, helping with academic planning and registration for UNI's 400 student-athletes. She also manages the Champs/Life Skills program.

Sell served as a freshman mentor and athletic academic advising assistant from 1995 through 1999 at Villanova University. She also has several years of experience as an elementary school teacher. A native of Toledo, Ohio, she graduated cum laude in 1992 from Bowling Green State with a bachelor's degree in education. She is married to Justin Sell, UNI's Senior Associate Athletic Director. The couple have four children.

5 NCAA CHAMPIONS 25 MVC TEAM TITLES 231 MVC CHAMPIONS 134 ALL-AMERICA HONORS 9 CONSECUTIVE MVC INDOOR TITLES

THIS IS UNI. A QUALITY EDUCATION.

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 with individual 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 12,908 in the fall of 2008. Students come from every county in Iowa, and about 94 percent of UNI's undergraduate students are residents of Iowa upon enrollment.

The University of Northern Iowa was founded in 1876 as Iowa State Normal School. It became Iowa State Teachers College in 1909. In 1961, the name was changed to the 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.



FACTS AND HIGHLIGHTS

- U.S. News and World Report ranks UNI in the top two among public comprehensive universities in the Midwest.
- Kiplinger Personal Finance places UNI in the top 50 in the nation for best value in public colleges.
- The Education Trust (www.edtrust.org) named UNI first among peer institutions nationally for overall high performance in graduation rates.
- UNI prides itself on smaller class sizes that enhance faculty-student interaction and personalized instruction. Thirty-two percent of classes have fewer than 20 students, and 83 percent have fewer than 40 students.
- UNI students are actively involved with more than 200 student organizations, including special interest clubs, sororities and fraternities, religious groups and academic groups.
- UNI is the alma mater of NFL and Super Bowl MVP Kurt Warner, as well as U.S. Senator Charles Grassley.
- The UNI Wellness Recreation Center, attached to the north side of the UNI-Dome, features a climbing wall, two pools, a running track, weight and fitness rooms, and courts for basketball, volleyball and racquetball.





PRESIDENT BEN ALLEN

Benjamin J. Allen was named the ninth president of the University of Northern Iowa on April 28, 2006. President Allen assumed the duties of president at UNI on June 5, 2006.

Most recently, Dr. Allen was the Vice President for Academic Affairs and Provost at Iowa State University and was responsible to the President for all aspects of the academic programs of Iowa State.

Before joining the faculty at Iowa State University in 1979, Dr. Allen taught at Washington State University and was a Brookings Economics Policy Fellow in the Office of Transportation Regulatory Policy, U.S. Department of Transportation.

He served as chairman of the Department of Transportation and Logistics at Iowa State from 1984 to 1988. In 1988 Dr. Allen was named the first University Distinguished Professor in Business at Iowa State University.

From 1988 to 1990 he served as Director of the Midwest Transportation Center, a research consortium consisting of Iowa State University and The University of Iowa.

He was the Visiting McKinley Professor of Economics and Public Utilities at the University of Illinois during the 1986-87 academic year and also held the Oren Harris Chair in Transportation at the University of Arkansas during the 1990-91 academic year.



Ben and Pat Allen

Dr. Allen has also been a consultant for various private corporations and public agencies throughout his career. He served as Dean of the Iowa State University College of Business 1994-2000. During 2001-2002 he served as Interim Vice President for External Affairs.

He earned his bachelor's degree in business economics from Indiana University, and both his master's and doctorate in economics from the University of Illinois.

STATE OF IOWA BOARD OF REGENTS

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9 CONSECUTIVE MVC INDOOR TITLES

134 ALL-AMERICA HONORS

231 MVC CHAMPIONS

25 MVC TEAM TITLES

5 NCAA CHAMPIONS

ATHLETICS ADMINISTRATION



DIRECTOR OF ATHLETICS TROY DANNEN

Troy Dannen was named the University of Northern Iowa's Director of Athletics on May 29, 2008. He became the school's fifth director of athletics since UNI turned Division I in 1980.

It's a homecoming for Dannen, who attended UNI as an undergraduate in the 1980s. Although he's been off campus in a professional capacity for nearly 20 years, he has maintained close ties to the school. Like so many alumni of the University, his heartbeat races when he is thinking about the Purple and Gold. In fact, it would not be at all surprising if he cut himself shaving and blood in those colors came out.

Because of his passion to see UNI athletics continue to achieve the success it has had in recent years – and his desire to take the program to even greater heights – Dannen chose to leave his previous position as Executive Director of the Iowa Girls' High School Athletic Union to lead the Panther athletic program. As he said on the day of his hiring, it took this unique opportunity to take him away from a job he enjoyed so much.

"I've had an opportunity to have two dream jobs," Dannen said. "I've enjoyed a dream job at the Athletic Union. It's one of the best jobs in the country. When the Athletic Union hired me six years ago to be their Executive Director, I was asked if there was any place I'd rather be. 'I told them, 'Well, some day, I'd like to go back to Northern Iowa'. Because that is THE dream job for me ... every personal and professional success in my life has its roots at Northern Iowa."

"It was never my dream to be an athletic director," Dannen said. "It was my dream to be the athletic director at Northern Iowa. There's no place I'd rather be. I'm out of dream jobs. I'm here for a good long time."

His vision for UNI is to use the passion he has for Panther athletics, and wave the flag like never before. Not only by helping to continue the outstanding academic and athletic success that UNI teams have had in recent years, but also to expand the Panthers' reach throughout the state. Dannen believes that Panther athletic department should value excellence in all endeavors, with its primary objective being personal development and growth of its student-athletes.

Dannen believes in achieving that objective by focusing on the core educational mission of the University and ensuring the department acts with integrity and in a fiscally responsible manner. Through this, Panther athletics can continue to thrive, and achieve greater levels of success both on and off the course.

The road map for that action plan starts with having a passion for UNI, and bringing it to the table each day. Then, focusing that passion into a work ethic and drive to make UNI the best place it can be. "I'm a UNI guy," Dannen said. "Being a UNI guy means, when the fight is about to be fought, you fight a little harder, you fight a little longer and you fight a little more passionately – because you're fighting for your family and you want your family to be successful."

For the past six years, Dannen has served as Executive Director of the Iowa Girls'

High School Athletic Union (IGHSAU). As the governing body for high school sports in the state of Iowa, the IGHSAU oversees nearly 400 schools and more than 70,000 students, in the 11 sports offered by the Union.

Dannen has served in various capacities at the IGHSAU over the past 18 years, including serving nine years (1993-2002) as associate executive director. After taking over as executive director in 2002, Dannen formulated the first strategic plan in the Union's 82-year history, and that has led to some remarkable achievements the past half dozen years.

Dannen oversaw a 40 percent growth in the Union's budget on his watch, all the while operating the IGHSAU in the black, which has allowed for the establishment of a significant reserve fund. Sponsorship agreements have soared to new heights over the past six years, as Dannen has spearheaded expanding the Union's existing deals and developing landmark new corporate sponsors.

He was responsible for developing a new statewide, multi-media rights agreement for the IGHSAU. This new agreement – which includes radio, television and on-line audio and video streaming of IGHSAU state championship events – not only increased the exposure of girls' high school sports around the state, but also more than doubled the annual rights fees the IGHSAU was receiving previously from its radio and TV agreement.

The increased media exposure had a direct impact on the turnstiles at girls' high school athletic events, helping spur the interest in girls sports to its highest levels. Softball, volleyball, track and field and five-player basketball have each set all-time attendance records at various state championship events in recent years, including the basketball tournament drawing 80,000 spectators over the six-day event.

Dannen also has been a strong advocate of recognizing academic achievement, creating several new scholarship programs. He also developed an IGHSAU academic award program that recognizes as many as 3,000 Iowa high school students each year who achieve at higher levels in the classroom while participating in sports.

With all those accomplishments, it is not surprising that the Des Moines Register listed him fourth in their 2005 ranking of the most powerful Iowans in Sports. He has received numerous honors and awards over the years, including the Pursuing Victory with Honor Award from the Iowa Institute of Character Development in 2005, and the Award of Excellence from the Iowa Girls' and Women in Sport in 1999.

In addition, Dannen has been active in community service in both the greater Des Moines area and around the state. He has been a member of the Iowa Games Board of Directors, the Greater Des Moines Sports Commission, and served on the AAU Junior Olympics Local Organizing Committee. He also has served on the Iowa Athletic Council, Iowa Referee Committee and the Drake Relays Committee. Dannen has also been active internationally, having twice in the past five years been a presenter in Malaysia – at the request of the Olympic Council of Malaysia – on the topic of youth sports and sport program development.

Born and raised on a farm near Marshalltown, Iowa, Dannen received his bachelor's degree in public relations with a minor in journalism from UNI in 1989. He and his wife, Lori, have two daughters, Emily and Holly.



JEAN BERGER
> Senior Associate Athletics Director/
Sr. Woman Administrator



JUSTIN SELL
> Senior Associate Athletics Director



STEVE GEARHART
> Senior Associate A.D., Development & Administration



LEON COSTELLO
> Associate A.D./Dir. of Panther Scholarship Club



STEVE SCHOFIELD
> Assistant A.D., Compliance

The University of Northern Iowa 2009 Panther Track & Field and Cross Country Media Guide

The University of Northern Iowa 2009 Panther Track & Field and Cross Country Media Guide

THE MISSOURI VALLEY CONFERENCE



The Missouri Valley Conference enters its 102nd year at the start of the 2008-09 academic year, and the nation's second-oldest NCAA Division I conference continues to be a leader in college athletics.

The Valley continues to lead by example as one of college athletics' most progressive conferences. The Valley emphasizes the importance of the student-athlete and is aggressive in its approach to provide opportunities for its member institutions.

Based in St. Louis since 1985, the league is assertive in its approach to hosting NCAA basketball championship events, operating a revenue-producing in-house television network, bidding out the right to host sport championships and landing title sponsorships for those events.

The success of The Valley television package is one of the great stories in the league, in terms of the clearance of the men's basketball tournament title game on national broadcast television, the excellent national and regional coverage for basketball and other sports, and the effective sale of advertising content to more than 25 companies. The MVC Television Network has blossomed into a revenue-generating vehicle and The Valley's most visible marketing tool.

During the tenure of Doug Elgin, The Valley's ninth and longest-tenured commissioner, The Valley has been aggressive in hosting NCAA events in St. Louis. That role came to a spectacular climax in April 2005 as the conference collaborated with local partners to stage the Men's Final Four at the Edward Jones Dome.

And while the Missouri Valley Conference has been progressive in pursuing NCAA events, it has continued to be a national leader in the athletic arena. And starting in 1995-96, the conference broke new ground by allowing league members to bid for hosting rights for select team sport championships. By establishing uniform host criteria, the conference is able to assist a host institution in a season-long promotional campaign and provide an avenue where hosts can acquire sponsors and achieve a profit for the event.

The 2003-04 season was a landmark season for the conference as State Farm Insurance and the league came to terms on an agreement that provides State Farm with title sponsorship of all of the league's 18 championships. That agreement was enhanced for the 2007-08 season. The conference's progressive marketing and in-house television package has helped open doors to regional and national sponsors outside of the realm of title sponsorships, as the league's men's basketball tournament sponsorship revenues continues to reach all-time highs.

Meanwhile, the league has been progressive in other areas, as it has taken its merchandise program in-house, while offering e-commerce solutions for league apparel, championship photography and a conference-wide videostreaming package.

The seeds for this vision were planted by eight administrators representing five institutions, who met at the Midland Hotel in Kansas City, Mo., on Jan. 12, 1907. The five schools which formed the Missouri Valley Intercollegiate Athletic Association were Washington University of St. Louis, and the state universities of Iowa, Kansas, Missouri and Nebraska. Two months after the initial meeting, two more schools -- Drake University and Iowa State College -- were admitted.

In the fall of 1907, basketball became the first competitive sport. Today, the Missouri Valley Conference sponsors the following sports: baseball, men's and women's basketball, men's and women's cross country and track & field (indoor and outdoor), men's and women's golf, men's and women's soccer, softball, women's swimming and diving, men's and women's tennis, and women's volleyball.

This season, the league will conduct its 98th outdoor track and field championship, its 91st tennis championship, its 55th baseball tournament, and its 71st golf championship for the men. Those programs, plus other current sponsored sports of cross country (50 years), indoor track (42), soccer (18) and swimming and diving (15), have helped solidify the Missouri Valley Conference as one of the most respected conferences nationally.

Indeed, the inclusion of women's programs under The Valley banner has provided a boost. The Gateway Collegiate Athletic Conference -- which began in 1982 -- merged with the Missouri Valley Conference and was unveiled as part of the new conference on July 1, 1992.

And while the inclusion of women's sports under a comprehensive athletic umbrella is a recent development in the league's storied history, over the years, Valley student-athletes and coaches have become household names during the league's illustrious history, both during their collegiate careers and, for some, professional careers.

In fact, The Valley began honoring that tradition in the summer of 1997, when the conference began its athletics Hall of Fame. Hersey Hawkins of Bradley, Larry Bird of Indiana State, Wes Unseld of Louisville, Coach Henry Iba of Oklahoma State, Dave Stallworth of Wichita State, Ed Macauley of Saint Louis, and Oscar Robertson of Cincinnati were members of the initial induction class. Currently, more than 30 former players, coaches and alums dot the league's Hall of Fame.

League members include Bradley University, Creighton University, Drake University, the University of Evansville, Illinois State University, Indiana State University, Missouri State University, the University of Northern Iowa, Southern Illinois University, and Wichita State University. Eastern Illinois University is an affiliate member in men's soccer.

CONFERENCE STAFF

- Doug Elgin** Commissioner
- Patty Viverito** Senior Associate Commissioner
- Joe Mitch** Associate Commissioner
- Jack Watkins** Associate Commissioner for Marketing and Television
- Mike Kern** Associate Commissioner for Communications
- Mary Mulvenna** Assistant Commissioner for Compliance and Community Relations
- Jeremiah Ingram** Assistant Commissioner for Communications
- Drew Tyler** Director of Operations
- Rich Steed** Chief Financial Officer
- Kelli Briscoe** Assistant Director for Communications
- Carla Fight** Assistant to the Commissioner
- Maxine Day** Executive Assistant
- Terri Heiges** Receptionist
- Jamie Jarrett** Director of Corporate Sales
- Lauren Venarchik** Assistant Director - Women's Basketball Tournament
- Lori Brutton** Assistant to the CFO
- Bobby Thomas** Operations Assistant



DOUG ELGIN



PATTY VIVERITO



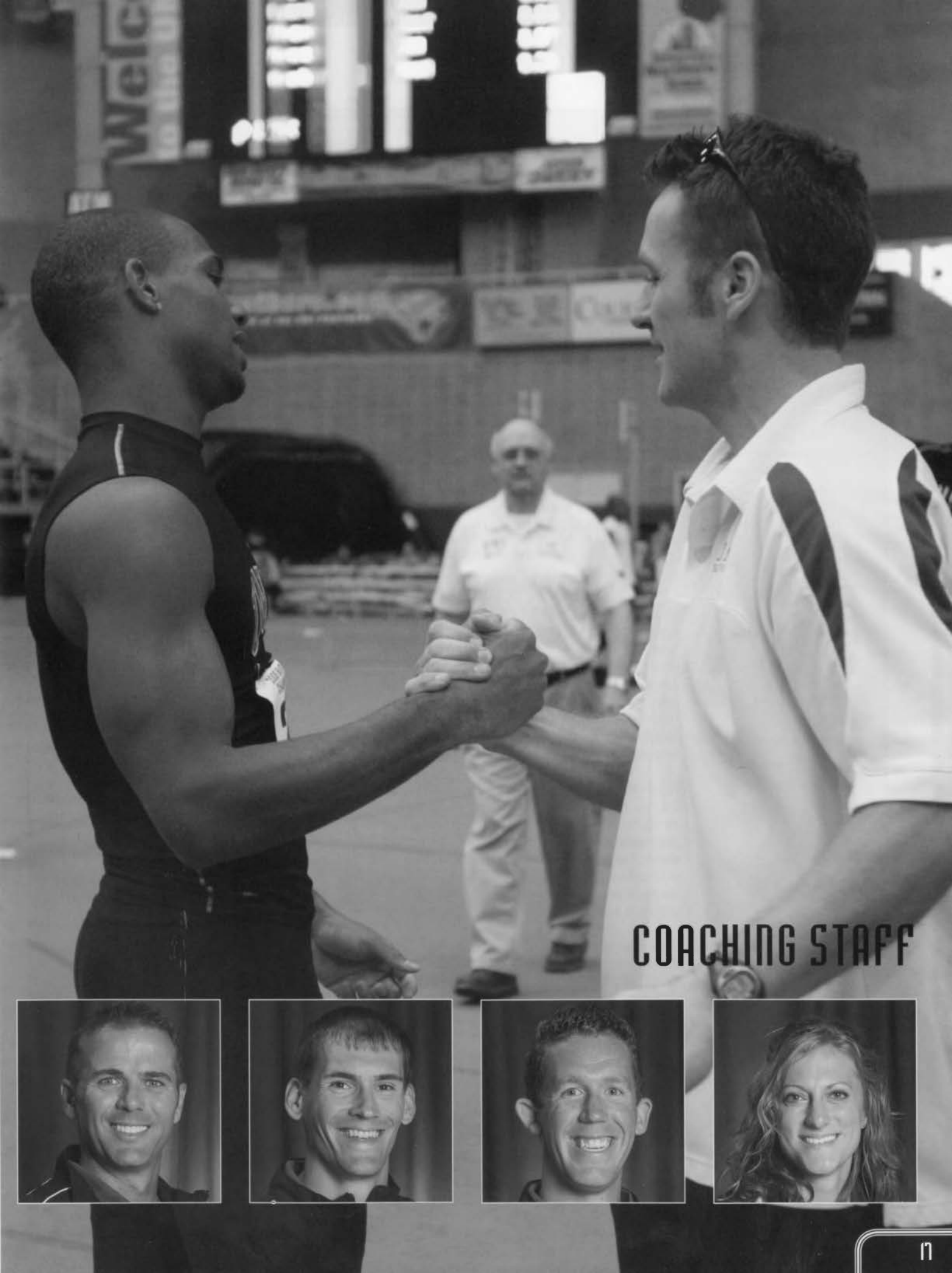
JOE MITCH



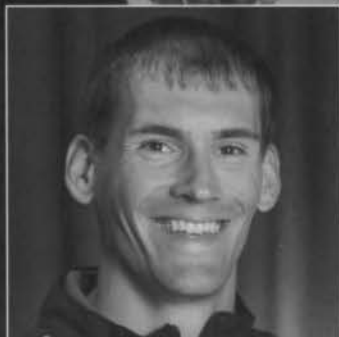
JEREMIAH INGRAM



5 NCAA CHAMPIONS 25 MVC TEAM TITLES 231 MVC CHAMPIONS 134 ALL-AMERICA HONORS 9 CONSECUTIVE MVC INDOOR TITLES



COACHING STAFF





TRAVIS GEOPFERT

HEAD COACH | 1ST YEAR

Travis Geopfert is in his first season as head track and field / cross country coach after serving the previous five years as UNI's associate head coach and recruiting coordinator.

In Geopfert's first six seasons as a coach - including a year as an assistant at the University of Central Missouri - his athletes have produced 74 all-conference awards, 34 conference championships, 34 NCAA National Qualifiers, 19 All-America citations (that includes a pair of national championships), and 10 USA Championships/Olympic Trials qualifiers. Geopfert's athletes hold 11 current UNI school records in a variety of event areas. As a recruiting coordinator, Geopfert recruited a total of 47 All-Americans.

In 2008, Geopfert's athletes made their mark on the Missouri Valley Conference, NCAA Division I National Championships and the USA Olympic Trials, garnering him the honor of Midwest Assistant Coach of the Year. Geopfert's athletes won the indoor and outdoor MVC women's high jump, went one-two in both the indoor and outdoor men's high jump, won the outdoor long jump, went one-two in both the indoor and outdoor men's heptathlon and decathlon, went one-four in the women's heptathlon and finished first, second, third and fifth in the pentathlon.

Geopfert had two sophomore high jumpers qualify for both the indoor and outdoor NCAA National Championships earning two All-American honors, along with having seven multi-event qualifiers for the National Championships earning four All-American honors. He coached three out of 19 athletes that qualified for the USA Olympic Trials in the decathlon, with two of them moving on to compete and win in international competition.

Under Geopfert's guidance, the Panthers have taken the Missouri Valley Conference by storm in the multi-events. Geopfert mentored three-time MVC decathlon champion, Raven Cepeda. Under Geopfert's guidance Cepeda became the first Valley athlete to win four indoor heptathlon titles and put up the seventh-best score all time in NCAA history in addition to setting the all time MVC record with 5,906 points. Cepeda also set the MVC decathlon meet record with 7,838 points.

Geopfert recently coached Cepeda, Mat Clark and volunteer coach Joe Detmer in the decathlon at the 2008 U.S.A. Olympic Trials in Eugene, Ore., where Detmer and Clark finished first and second in the decathlon's final event the 1500 meters. At this year's NCAA Indoor Track & Field Championships, UNI was the only school in the country

to qualify two athletes apiece for each of the multi-event competitions. Cepeda and Clark each earned All-America honors in the men's heptathlon, while sophomore Dani Stipe and freshman Olympia Nowak both competed in the women's pentathlon. Geopfert also coached Stipe to her second straight MVC heptathlon crown this past spring breaking the UNI school record with 5,550 points and earning her third trip to the NCAA Championships. Her score was also a provisional qualifying mark for the USA Olympic Trials.

Raven Cepeda won the North American Central American Championships following the Olympic Trials and Joe Detmer finished fourth at the USA versus Germany Decathlon Duel. Mat Clark (a 2006 world junior qualifier for the Beijing games) was also well accomplished in the classroom during the 2008 season earning the ESPN Academic All-American award as a biology major.

In the jumps campaign of 2008 Geopfert coached Ehi Oamen and Julian Morris to a first and second place finish in the high jump at both the 2008 MVC Indoor and Outdoor Championships. Oamen and Morris each qualified for the 2008 Indoor and Outdoor NCAA National Championships with Oamen earning All-American honors by finishing third indoors and sixth outdoors. Crystal Hanson won both the indoor and outdoor MVC titles in the high jump and was a NCAA regional qualifier outdoors.



COACHING STAFF



Rozle Bucalo won his first MVC long jump title with a NCAA Regional qualifying jump on his final attempt outdoors. In previous seasons Geopfert has coached five-time All-American Cody Eichmeier to a school record in the long jump of 25-10.5 and Yuri Litvinski to a school record of 53-03 in the triple jump. Eichmeier also finished seventh in the USA Championships in the long jump during the 2006 season.

As a Panther, Geopfert was a three-time MVC champion, claiming titles in the 1999 4x100 meter relay, the 1998 decathlon and the 2000 distance medley that went on to the NCAA Championships, earning him All-America honors. In 2006, he won the Drake Relays decathlon and placed sixth at the U.S. Championships. He also earned a spot on the USA vs. Germany decathlon team for the fourth time. He was the 2004 Drake Relays decathlon champion, defeating Olympian and mentor Kip Janvrin. Geopfert finished 11th at

the 2004 U.S.A. Olympic Trials in the decathlon, and was third at the 2003 U.S. vs. Germany decathlon dual in Stuttgart, Germany. His personal best in the decathlon is 7,785 points.

Prior to his return to UNI, Geopfert served as assistant track and field coach at Central Missouri. During the 2003 indoor season, Geopfert's athletes scored 25 points at the NCAA national meet, including NCAA National Championships by Ivan Varbanov in both the high jump and triple jump. Fellow jumper Andy Gilmore also garnered an NCAA runner up finish in the high jump under Geopfert's tutelage.

Originally from Panora, Iowa, Geopfert earned his bachelor's degree from UNI in 2002. He and his wife, Nicole, a first-grade teacher at Price Laboratory School, are currently building a home just outside of Cedar Falls.

THE GEOPFERT FILE

EDUCATION

- > B.S. General Studies, UNI, 2002

COACHING EXPERIENCE

- > UNI Head Coach, 2008-present
- > UNI Associate Head Coach, 2007-2008
- > UNI Assistant Coach, 2003-2007
- > Central Missouri Assistant Coach, 2002-2003

COACHING HONORS

- > Midwest Region Assistant Coach of the Year, 2008
- > Coached 34 National Qualifiers, 19 All-Americans and two National Champions

ATHLETIC ACCOMPLISHMENTS

- > Three-time MVC Champion
- > Division I All-American
- > 2004 Drake Relays Decathlon Champion
- > 2006 Drake Relays Decathlon Champion
- > Olympic Trials Qualifier
- > Four-time USA Championships Qualifier
- > Four-time USA vs. Germany decathlon meet qualifier



UNI's 2009 coaching staff is, from left, assistant coach Eric Hanenberger, volunteer assistant Jacob Pauli, volunteer assistant coach Raven Cepeda, associate head coach Mark Napier, head coach Travis Geopfert, assistant coach Jamie Hutchinson, team chiropractor Dr. Ed Dickens and assistant coach Dave Paulsen.



MARK NAPIER

ASSOCIATE HEAD COACH | 1ST YEAR | FIELD EVENTS

Mark Napier is in first season with the University of Northern Iowa track and field program as the associate head coach overseeing men's and women's pole vault, jumps, javelin, and assisting with the multi events with head coach Travis Geopfert.

Napier joined UNI in September 2008 after serving 3 years at Oklahoma. At OU, Napier garnered five NCAA All-Americans (four pole vaulters, one decathlete) and two Big 12 Champions (pole vault, javelin). In the pole vault, Chip Heuser and Scott Martin went one and two at the 2006 Big 12 Championships with Heuser going on to earn four NCAA All-America honors under Napier's tutelage. In the javelin, Cale Drumwright shocked the Big 12 Conference with a championship title throw of 228'6" (a 35 foot improvement in one season). Napier was also part of the 2007 Big 12 Championship (first in 29 years for OU) and 2007 Regional Championship Team (first ever).

Prior to OU, Napier served a 12-year tenure at the University of Wisconsin, developing one of the nation's top field events programs. With his assistance, the Badgers won 16 Big Ten Indoor and Outdoor Championships, including seven Big Ten Triple Crowns (cross country, indoor and outdoor championships in the same season). His athletes own 11 indoor and outdoor school records.

Napier also guided his athletes to 21 All-America honors at UW, including 1997 NCAA decathlon champion James Dunkleberger. Dunkleberger captured the first decathlon national title in Badger history, shattering the UW and Big Ten records. Other All-American decathletes under Napier were Louis Hinshaw (1994), Greg Gill (1998), Ryan Tremelling (2003) and Ashraf Fadel, who earned All-America honors in both the indoor heptathlon and outdoor decathlon in 2004.

Napier also instructed several Badgers to impressive performances in the jumps. In the high jump Jeremy Fischer qualified for the Olympic Trials, finishing seventh. Fischer earned All-America honors in the high jump as a senior at both the indoor and outdoor national championships in 1998, finishing second at the NCAA outdoors and second at the USA Indoor Nationals. Len Herring captured six All-America honors and won nine Big Ten titles in the long jump and triple jump. He also qualified for the 2000 U.S. Olympic Trials in both the long and triple jump.

Napier's throwers have also set impressive standards across the country. He coached Anders Holmstrom, the 2000 Big Ten Champion in the shot put and 6th at the national meet, along with Joe Thomas, who as a sophomore set the Wisconsin school records in the shot put while finishing runner-up at both the Big Ten indoor and outdoor meets in 2005.

In 2005, Napier also saw Darren Niedermeyer win the pole vault title at the Big Ten Outdoor Championships. In 2004, Niedermeyer became Wisconsin's first indoor conference pole vault champion in 36 years.

Napier made his mark in the Big Ten, coaching 26 individual conference champions in 12 years, but his athlete's accomplishment's were not just on the field. In 2005, one of Wisconsin's three track and field Academic All-Americans was Napier's pupil – Nathan Brown. Brown posted a 3.895 GPA in biochemistry while finishing 12th in the decathlon at the NCAAs and earning an All-Big Ten nod.

Prior to Wisconsin, Napier was the field events coach at Blinn Junior College in Brenham, Texas. At Blinn, Napier's 1992 and 1993 teams were the indoor and outdoor junior college national champions. Napier was named the 1993 Assistant Coach of the Meet for his team's field event accomplishments setting a NJCAA team point record of 282 points.

In his two years with the Buccaneers, Napier coached 13 athletes to 21 national titles, seven NJCAA national field event records, and 51 NJCAA national event places. Included among his charges was jumper Jerome Romain. Romain won the bronze medal in the triple jump at the 1995 World Championships and represented Dominica at the 1996 Olympic Games in Atlanta.

Napier also served as a graduate assistant coach at Mississippi State. In 1991, he received a master's degree in athletics administration from MSU. He earned his bachelor's degree in physical education at Florida State, where he was the 1989 track team captain and competed in the decathlon, hammer throw and triple jump.

Mark and his wife of 15 years, Karen, have three sons, Joshua (13), Hunter (12) and Nicholas (8).

THE NAPIER FILE

EDUCATION

- > B.S. Physical Education, Florida State, 1988
- > M.S. Athletics Administration Mississippi State, 1991

COACHING EXPERIENCE

- > UNI Associate Head Coach, 2008-Present
- > Oklahoma Assistant Coach, 2005-2008
- > Wisconsin Assistant Coach, 1993-2005
- > Blinn Junior College Assistant Coach 1991-1993
- > Mississippi State Graduate Assistant 1990-1991

COACHING HONORS

- > Coached four Olympians
- > Coached 26 NCAA All-Americans and one national champion
- > Coached 26 Big Ten champions
- > Coached two Big 12 champions
- > Coached on 17 conference indoor and outdoor championship teams
- > Coached 21 NJCAA national champions
- > Coaches seven NJCAA national record-holders
- > Coached 51 NJCAA national event placers

COACHING STAFF



THE PAULSEN FILE

EDUCATION

- > B.A. Political Science, UNI, 2004
- > M.S. Exercise Science, UNI, 2006

COACHING EXPERIENCE

- > UNI Assistant Coach, 2008-Present
- > Central College Head Cross Country Assistant Track and Field Coach, 2006-2008
- > UNI Volunteer Assistant Coach 2004-2006

ACCOMPLISHMENTS

- > Division I All-American
- > Two-time NCAA Division I meet qualifier
- > Eight-time All-MVC performer
- > U.S. Olympic Trials Qualifier in 2004
- > Two-time USATF indoor national meet qualifier
- > Coached eight conference champions at Central, including nine national qualifiers
- > Coached four athletes to earn All-America honors at Central

DAVE PAULSEN

ASSISTANT COACH | 1ST YEAR | DISTANCE

Former UNI track and field All-American Dave Paulsen enters his first season as assistant track coach for the Panthers. The previous year and a half Paulsen was the head cross country and assistant track and field coach at Central College in Pella, Iowa. Paulsen rejoins the UNI staff after having served as a volunteer assistant coach for the Panthers from 2004-2006.

"I am very excited that coach Paulsen has decided to join our staff," UNI head coach Travis Geopfert said. "As a UNI graduate, he brings a lot to the table in knowledge about cross country and middle distance as well as the inner workings of our program. He has proven to be a great recruiter and with his passion for UNI, and I am confident he will be a terrific fit. I am excited to welcome Dave and his wife Dee back to UNI."

Paulsen arrived at Central in January of 2007 just in time for the beginning of the track season. During that first season Paulsen coached conference champions in the 800, 1500 and 5,000 meter runs. He continued that success into the following fall during the cross country campaign taking a team that finished 6th the year before and leading them to a 3rd place conference finish.

During the 2007 cross country season he coached an athlete to a 6th place finish in the Central Regional meet, qualifying her for the national championships. The 2008 track season proved to be productive as three athletes under his guidance earned All-America honors. During his short tenure at Central, Paulsen coached a total of eight conference champions, including nine national qualifiers, with four athletes earning All-America honors.

Paulsen also put his mark on the record books at Central as athletes under his tutelage broke seven school records as well as posted 17 performances that landed them in the top five all-time in school history.

This fall Paulsen took over a very young cross country team and made an immediate impact on the Panther distance program. Senior Caedryn Schrunck and freshmen Carly Olsen and Danielle Nowasell all posted times that ranked them in the top five in school history. The UNI women's team also held a Midwest regional ranking of 14th for four weeks during the season.

While finishing his master's degree from UNI in exercise science Paulsen also served as the director

of XL Sports, a program designed to enhance overall athletic ability. During his time at XL he coached two female athletes to the finals of the 2006 USATF outdoor junior national meet in the 800 meter run. During that summer they posted personal best performances of 2:07.39 and 2:08.52 in the 800 meters and are the two fastest female prep times in Iowa high school history.

As a student-athlete for the Panthers from 2000-2003, Paulsen earned All-America honors in 2002 as a member of the UNI distance medley team. Paulsen was a two-time NCAA Division I meet qualifier, along with being an eight-time all-Missouri Valley Conference performer. Paulsen continued to compete post collegiately and became a two-time U.S. Championships national qualifier indoors in the 800 meter run. He also qualified for the 2004 U.S. Olympic Trials in the 800 meter run with a personal-best time of 1:47.03. Paulsen received his bachelor's degree from UNI in political science in 2004 went on to earn his master's degree in exercise science from UNI in 2006.

Dave and his wife Dee, who is also a UNI track alum, have a four year old son Caleb and are expecting their second child this February.



ERIC HANENBERGER

ASSISTANT COACH | 1ST YEAR | THROWS

Eric Hanenberger is in his first year as assistant track and field coach at UNI in charge of the throwing events. Hanenberger has served as a volunteer assistant at UNI for the two previous seasons, and was a graduate strength and conditioning coach for the Panther track and field program from 2004-2006.

"I'm thrilled that Coach Hanenberger is now full time on our UNI staff. He has been an integral part of our success the last four seasons as a volunteer assistant," Geopfert said. "He brings a lot of enthusiasm to the program and his work ethic is second-to-none. Eric has an intimate knowledge of UNI track and field, having served as a volunteer assistant and designing our lifting workouts the last four seasons. Our athletes are all very familiar with him and his philosophies. I'm very confident that his professional experiences, especially in terms of strength and conditioning, are going to elevate our throwing program to another level".

As a graduate student at UNI, Hanenberger was a graduate assistant strength and conditioning coach. He implemented strength and conditioning programs for a variety of UNI varsity sports, including the men's and women's track and field team, women's basketball, and softball.

Outside of UNI, Hanenberger was the Director of Athlete Development at Waterloo West High School, designing and implementing strength and conditioning programs for West High School's 21 varsity sports. Hanenberger also spent time coaching high school track and field, spending a season as the assistant coach at his alma mater, Eastview High

School in Apple Valley, Minn. During his short time at Eastview, Hanenberger guided the sprints crew to all-state honors in the boy's 4x100 meter and 4x400 meter relay teams while setting the school record in the 4x400 meter relay.

Hanenberger has served as a human performance consultant for a wide variety of athletes, including former UNI NCAA National Champion, five-time All-American, and now professional Nike athlete in the pole vault, Jacob Pauli. Also under Hanenberger's tutelage is NCAA runner-up in the decathlete, multiple All-American, and now professional Nike athlete, Joe Detmer. Hanenberger provided these athletes with individualized strength programs for their specialized track and field events. Hanenberger has also consulted with the elite Nike training group in Kansas City working Maurice Greene's former coach, Al Hobson. In 2007, Hanenberger guided two of the top females in the country to the United States of America Track and Field Association (USATF) junior championships in the 800 meters.

Hanenberger, a native of Apple Valley, Minn., received two bachelor's degrees from UNI in 2004, one in marketing and one in exercise science and later received his master's degree in exercise science in 2007, also from UNI. Beyond his degrees, Hanenberger holds certifications from USATF level one, USATF level two-throws, National Strength and Conditioning Association's (NSCA) Certified Strength and Conditioning Specialist (CSCS), United States of America Weightlifting Association (USAW) level one and sports performance.

THE HANENBERGER FILE

EDUCATION

- > B.A. Marketing and Exercise Science, UNI, 2004
- > M.S. Exercise Science, UNI, 2007

COACHING EXPERIENCE

- > UNI Assistant Coach, 2008-Present
- > UNI Volunteer Assistant, 2006-2008
- > Eastview High School Assistant Coach, 2005
- > UNI Graduate Assistant Strength and Conditioning Coach, 2004-2006

ACCOMPLISHMENTS

- > Served as personal trainer for professional athletes Jacob Pauli and Joe Detmer



8 CONSECUTIVE MVC INDOOR TITLES
119 ALL-AMERICA HONORS
206 MVC CHAMPIONS
21 MVC TEAM TITLES
2 NCAA CHAMPIONS

COACHING STAFF



JAMIE HUTCHINSON

ASSISTANT COACH | 1ST YEAR | DISTANCE/RECRUITING

Jamie Hutchinson returns to the University of Northern Iowa as an assistant coach for the Panthers this season. Hutchinson will work with recruiting and the women's distance runners.

The Charles City, Iowa native was a six time All-Missouri Valley Conference performer as a middle distance runner for the Panthers from 2005-2008. In her final season with the Panthers, Hutchinson helped the women's 4x400 team to a runner-up finish at the Valley Championships along with the team conference

title. A product of the Panther track and field program, Hutchinson knows the inside of the program and is ready to help build the women's track program into a Valley title contender every year.

Hutchinson graduated from UNI in 2007 with a bachelor's degree in general studies and is currently pursuing her master's degree.



JACOB PAULI

VOLUNTEER ASSISTANT COACH

Former National Champion Jacob Pauli returns to the UNI track and field program as a volunteer assistant, specifically working with the Panther pole vaulters. Pauli took the UNI pole vaulting program to a new level at the 2001 NCAA Indoor Championships. The grueling 19-jump competition featured a duel jump-off between Pauli and his opponent Adam Kuel. Pauli came out on top, setting the UNI school record with a jump of 18 feet 7 1/2 inches in the process. Pauli still holds the indoor (18-7.75) and outdoor (18-6.50) school records in the pole vault.

Along with claiming a national title, Pauli was a six-time NCAA All-American (three indoor citations and three outdoor citations) in addition to a Drake Relays pole vault crown.

Following his successful career at UNI, Pauli made an impact on the national scene, finishing fifth at the 2008 Olympic trials and was selected as an alternate for the United States team in the 2008 Olympics in Beijing, China. As a member of the 2007 USA World Team, Pauli finished third at the outdoor USA Championships and fifth at the indoor USA Championships. Pauli also holds a Drake Relays crown as a professional pole vaulter.

Pauli and his wife Nikki, a former UNI track and field athlete, have one son, Wil, born in December 2008.

SUPPORT STAFF



RAVEN CEPEDA

VOLUNTEER ASSISTANT COACH

Four-time NCAA All-American Raven Cepeda returns to the Panthers this season as a volunteer coach.

During his tenure as a Panther track and field athlete, Cepeda set the school records in both the heptathlon and the decathlon, along with breaking the Missouri Valley Conference heptathlon record in 2007. Cepeda's recorded personal-best scores of 7,838 in the decathlon and 5,864 points in the heptathlon. In 2007, Cepeda took the Drake Relays decathlon title over UNI coach and defending champion Travis Geopfert with 7,611 points. Cepeda was named Midwest Region Field Athlete of the Year by U.S. Track & Field and Cross

Country Coaches Association in 2007 along with being named Missouri Valley Conference Most Outstanding Male Field Athlete in 2007 as well MVC Most Valuable Men's Athlete in 2008.

Following his graduation from UNI in the spring of 2008, Cepeda won the North American Central American (NACAC) U23 decathlon championship in the summer of 2008. In his first international competition, Cepeda racked up 7,504 points to take the top spot. Cepeda posted personal bests in both the 400 meters (50.67) as well as the long jump (22'10). Those results were all the more impressive, considering that Toluca is located at 8,700 feet elevation.



STEVE LYNN

VOLUNTEER ASSISTANT COACH

Steve Lynn is a volunteer coach with UNI for the first time in 2009 where he will be helping with the hurdlers. Lynn was the head men's track & field coach at Iowa State University from 1993 – 2007. He was the sprint and hurdle coach at ISU for seven years prior to that. Lynn also taught and coached four years at East Central High School in Sabula/Miles, IA.

Lynn's collegiate teams won three Conference Championships and he was recognized as the Big Eight Coach of the Year in 1993. He personally coached athletes who won two Olympic medals,

four Olympians or World Championship competitors, 56 All Americans, three NCAA Individual Championships, 48 Big Eight / Big 12 champions and 12 Drake Relays titles, including three shuttle hurdle relay wins.

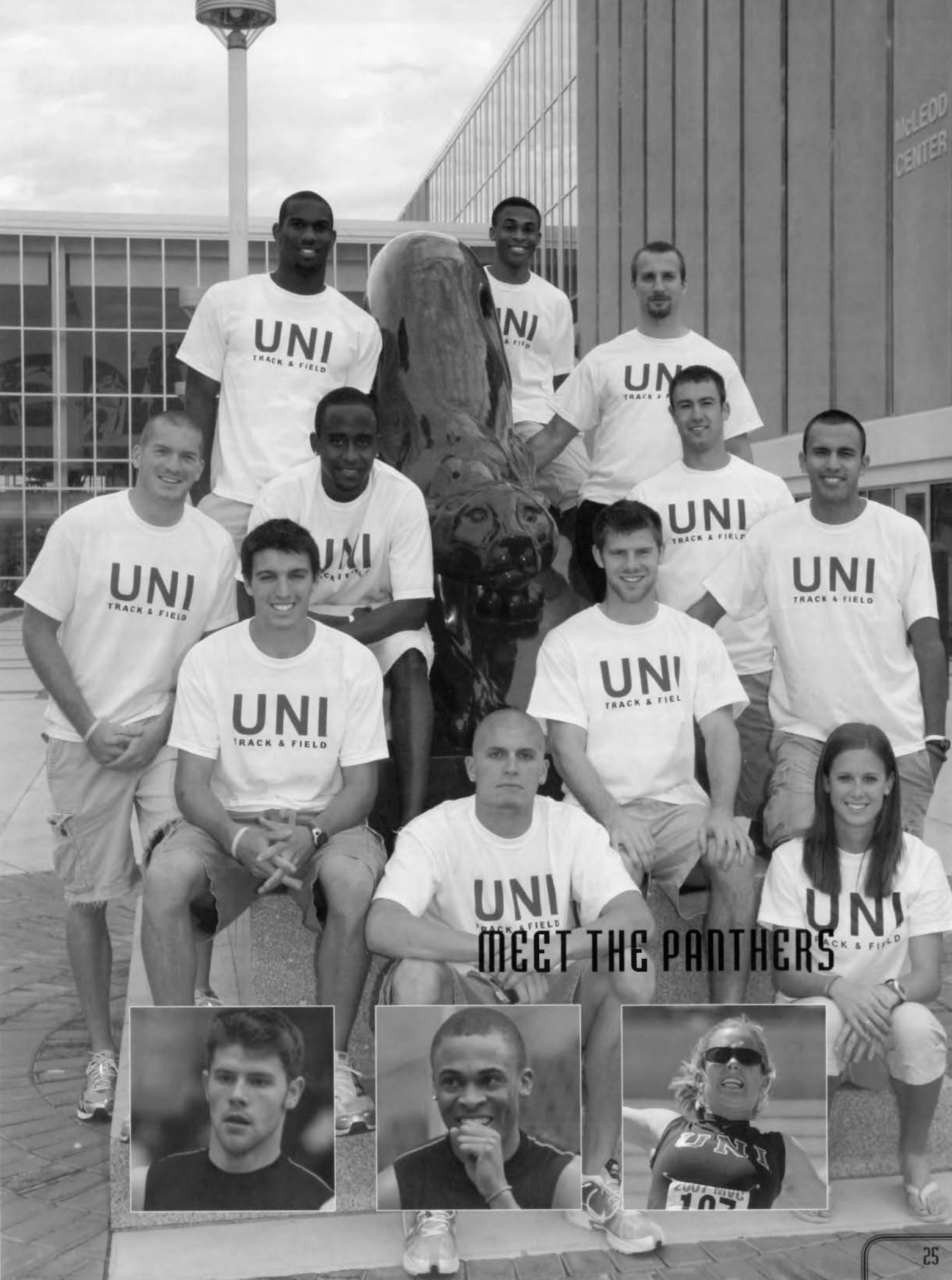
Lynn received his bachelor's degree from William Penn in 1973 and his master's degree from Iowa State in 1980. He is the Assistant Director of the 2009 National Junior Olympics. He and his wife K'Lynn have a daughter, Erica, and a son, Scott, a sophomore on the Panther's squad.

ATHLETIC TRAINING STAFF



Graduate assistant Will Humphrey, athletic training assistant Lindsey Poe, head cross country/track and field trainer Troy Garrett, and Dr. Ed Dickens. Not pictured is Chris Nelson.

9 CONSECUTIVE MVC INDOOR TITLES
134 ALL-AMERICA HONORS
231 MVC CHAMPIONS
25 MVC TEAM TITLES
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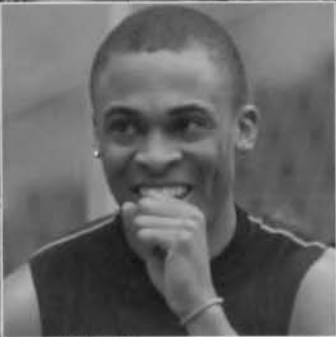
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MEET THE PANTHERS



WOMEN'S ROSTER

NAME	EVENTS	YR.	HOMETOWN (HIGH SCHOOL/LAST SCHOOL)
Leah Blanchard	Distance	FR	Cedar Falls, Iowa (Cedar Falls)
Amanda Brandt	Distance	FR	Davenport, Iowa (Assumption)
Michaela Brungardt	Long Sprints	FR	Storm Lake, Iowa (Storm Lake)
Lindsay Cannaday	Sprinter	FR	Des Moines, Iowa (Roosevelt)
Kelsey Davis	Distance	FR	Cedar Falls, Iowa (Cedar Falls)
Alyssa Fischer	Multi-Events	SR	Cedar Rapids, Iowa (Kennedy)
Jessica Hale	Hurdles/Sprints	SO	Mason City, Iowa (Ventura)
Sarah Harms	Throws	SR	Hampton, Iowa (Hampton-Dumont)
Traci Harms	Throws	FR	Hampton, Iowa (Hampton-Dumont)
Holli Hosch	Middle Distance	SO	Walker, Iowa (Independence)
Amanda Huling	Distance	SR	Hampton, Iowa (Hampton-Dumont)
Heather Kessler	Hurdles	SO	Lakeside, Iowa (Storm Lake)
Ellen Kindelsperger	Sprints	SO	Lynn Center, Ill. (Sherrard)
Brittany Korell	Hurdles	SO	West Des Moines, Iowa (Valley)
Jill Lageschulte	Distance	FR	Marshalltown, Iowa (Marshalltown)
CoUrtney Landers	Throws	JR	Greene, Iowa (North Butler)
Lauren Lindaman	Multi-Events	SO	West Des Moines, Iowa (Valley)
Mallory Marshall	Distance	FR	Center Point, Iowa (Center Point-Urbana)
Olimpia Nowak	Multi-Events	SO	Rawicz, Poland
Danielle Nowasell	Distance	FR	Grinnell, Iowa (Grinnell)
Carly Olsen	Distance	FR	Missouri Valley, Iowa (Logan-Magnolia)
Lisa Peterson	Sprints	FR	Iowa Falls, Iowa (Iowa Falls-Alden)
Tara Pratt	Sprints	FR	Hampton, Iowa (Hampton-Dumont)
Emily Prinsen	Javelin	JR	Manchester, Iowa (West Delaware)
Regina Reinig	Middle Distance	SO	Harlan, Iowa (Harlan Community)
Nina Savage	Hurdles	FR	Cedar Falls, Iowa (Cedar Falls)
Caedryn Schrunk	Distance	SR	Spirit Lake, Iowa (Spirit Lake)
Jessa Schweitzer	Distance	JR	Aurora, Iowa (East Buchanan)
Kayla Selby	Sprints	FR	Delmar, Iowa (Central Clinton)
Ali Selenke	Sprints	SO	Hudson, Iowa (Hudson)
Shawn Shaddox	Middle Distance	FR	Waterloo, Iowa (Cedar Falls)
Caitlyn Skjeie	Hurdles	FR	Lake Mills, Iowa (Lake Mills)
Johanna Smith	High Jump	FR	Hudson, Iowa (Hudson)
Ashten Stelken	High Jump	JR	Manchester (West Delaware)
Dani Stipe	Multi-Events	JR	Carroll, Iowa (Kuemper)
Rachel VanderHolt	Multi-Events	SO	Parkersburg, Iowa (Aplington-Parkersburg)
Andrea Wacker	Distance	JR	Cedar Rapids, Iowa (Kennedy)
Jenna Wexter	Pole Vault	FR	New Lenox, Ill. (Lincoln Way Central)
Lindsay Wiebers	Sprints	SR	Denison, Iowa (Denison-Schleswig)
Jamie Wieck	Sprints/Jumps	JR	Hampton, Iowa (Hampton-Dumont)

5 NCAA CHAMPIONS 25 MUC TEAM TITLES 231 MUC CHAMPIONS 134 ALL-AMERICA HONORS 9 CONSECUTIVE MUC INDOOR TITLES

MEN'S ROSTER

NAME	EVENTS	YR.	HOMETOWN (HIGH SCHOOL/LAST SCHOOL)
Cory Albrecht	Sprints	FR	Cedar Falls, Iowa (Cedar Falls)
Carlos Anderson	Sprints	FR	Blue Springs, Mo. (North)
Troy Bacon	Multi-Events	FR	Marshalltown, Iowa (Green Mountain-Garwin)
Rupert Bannerman-Thompson	Hurdles	JR	Roseville, Minn. (Roseville)
Marc Bareth	Middle Distance	FR	Zurich, Switzerland
Mike Beese	Pole Vault	JR	Naperville, Ill. (North)
Lucas Bostrom	Multi-Events	FR	Fayette, Iowa (North Fayette)
Rozle Bucalo	Jumps	JR	Brezice, Slovenia
Mike Clancy	Distance	SR	Iowa City, Iowa (Iowa)
Mat Clark	Multi-Events	SR	Ames, Iowa (Ames)
Tyler Clark	Multi-Events	FR	Ames, Iowa (Ames)
Alvin Cole	Jumps	SO	Westchester, Ill. (St. Joseph)
Lucas Cook	Throws	SR	Davenport, Iowa (West)
Michael Cooper	Distance	SO	Dayton, Iowa (Southeast Webster)
Jordan Cornilsen	Long Sprints	FR	Miles, Iowa (Preston)
Mike Craddick	Sprints	JR	Davenport, Iowa (Assumption)
Beau Dielschneider	Middle Distance	FR	Conrad, Iowa (BCLUW)
Tyler Dodd	Multi-Events	SO	Gilmore City, Iowa (Humboldt)
Brady Fritz	Distance	FR	Coralville, Iowa (Iowa City West)
Tim Fulton	Middle Distance	SR	Decorah, Iowa (Decorah)
Giorgio Giurdanella	Sprints	FR	Peoria, Ariz. (Mountain Ridge)
Daniel Gooris	Multi-Events	FR	Pineleaf, N.M. (Cibola)
Cory Goos	Long Sprints	JR	West Liberty, Iowa (West Liberty)
Ryan Grenko	Sprints	SR	Iowa City, Iowa (City High)
Dennis Hammel	Hurdles/Sprints	JR	Davenport, Iowa (Central)
Phil Hanson	Pole Vault	SO	Pontiac, Ill. (Pontiac Township)
Patrick Heckroth	Hurdles	FR	Waverly, Iowa (Waverly-Shell Rock)
Jarred Herring	Sprints	FR	Burlington, Iowa (Burlington Community)
Tanner Hurt	Throws	SO	Newton, Iowa (Newton)
Timmy Johnson	Sprints	FR	Cedar Rapids, Iowa (Kennedy)
Wojciech Jurkowski	Hurdles	JR	Poznan, Poland (XXV)
Chris Kasel	Multi-Events	FR	Fayette, Iowa (North Fayette)
Marcin Kazubowski	Javelin	SR	Gdansk, Poland (#5)
Colten Kelly	High Jump	FR	Anamosa, Iowa (Anamosa)
Derek Kramer	Sprints	FR	Cedar Rapids, Iowa (Xavier)
Sam Kranz	Pole Vault	FR	Sugar Grove, Ill. (Kaneland)
Peter Larson	Middle Distance	SO	Iowa City, Iowa (West)
Travis Leuer	High Jump	FR	Laurens, Iowa (Laurens-Marathon)
Scott Lynn	Hurdles	JR	Ames, Iowa (Ames)
Alex Mark	Distance	FR	Cedar Falls, Iowa (Cedar Falls)
Eric Manson	Jumps	FR	Maquoketa, Iowa (Maquoketa)
Corbin Miller	Distance	SO	Marshalltown, Iowa (Marshalltown)
Julian Morris	High Jump	JR	Minneapolis, Minn. (Osseo)
Tyler Mulder	Middle Distance	SR	Orange City, Iowa (Unity Christian)
Sean Newlin	Sprints	SO	Naperville, Ill. (Naperville North)
David Nielsen	Distance	FR	Cedar Falls, Iowa (Northern University)
Ehi Oamen	High Jump	JR	Hinton, Iowa (Hinton)
Greg Offerman	Hurdles/Sprints	JR	Charles City, Iowa (Charles City)
Jack Ogden	Middle Distance	SR	Cedar Rapids, Iowa (Washington)
Andrew Perkins	Middle Distance	FR	Juneau, Wis. (Watertown)
Adam Pinckney	Throws	SO	Cedar Rapids, Iowa (Washington)
Nic Reed	Long Sprints	FR	Coralville, Iowa (Iowa City)
Terrance Reid	Sprints	SR	Davenport, Iowa (Central)
Bryan Rohrbach	Sprints	FR	Iowa City, Iowa (City High)
Joey Stonner	Throws	FR	Newton, Iowa (Newton)
Mike Stout	Distance	SR	Perry, Iowa (Perry)
Aaron Vosberg	Distance	FR	Farnhamville, Iowa (Prairie Valley)
Allen Weeks	Throws	SO	Hudson, Iowa (Hudson)
Jordan Williams	Throws	FR	Monticello, Iowa (Monticello)



BUILDING ON THE FOUNDATION

Coming off Missouri Valley Conference Indoor and Outdoor titles, the UNI women's track and field team looks to build upon the solid foundation already set in place for the 2008-2009 season.

After claiming its first outdoor Missouri Valley Conference crown, along with its second indoor Valley title in school history, the University of Northern Iowa women's track team looks to move out of their male counterparts shadow and make their presence known in the national spotlight.

Behind the leadership of NCAA qualifiers Olimpia Nowak and Dani Stipe and All-MVC performers Alyssa Fischer and Sarah Harms the Panthers hope to continue their winning ways in the 2008 season.

Despite losing Rachel Jansen, the Panthers' most decorated women's athlete, and a large group of seniors, the women welcome an eager group of freshman that look to continue to build upon the solid foundation already in place. With few seniors listed on the roster and a large amount of underclassmen, the Panthers are in place to build a solid team for not only the 2009 season, but the seasons to come.

The Panthers distance crew is comprised mainly of incoming freshman already with a season of cross country in their collegiate running career. The Panthers welcome three freshmen, all placing in the top five at the Iowa Cross Country Championships in high school with Danielle Nowasell taking the Class 3A state title in 2007.

Along with the distance crew, Cedar Falls natives Shawn Shaddox and Nina Savage look to help the Panthers in the middle distance and hurdles after having successful careers for Cedar Falls High School.

Johanna Smith and Jenna Wexter are also newcomers to the Panther family, coming in to work with the Panthers jumps crew. Smith was a stand-out high jumper in Iowa while Wexter won back-to-back pole vaulting titles in Illinois.

The combination of young talent along with the experience of the juniors and seniors puts the Panthers in a perfect position to defend their indoor and outdoor Valley titles.

SPRINTS

Returning for the Panthers in the sprints are senior Lindsay Wiebers and junior Jamie Wieck. Wiebers spent the 2008 outdoor season injured, but looks to return to indoor competition fully healthy. Along with Wiebers and Wieck, sophomores Ellen Kindesperger, Ali Selenke and Jessica Hale add depth and experience to the sprinting corps after spending a season on the track last year. Incoming freshman Michaela Brungardt was the 400 meter state champion last season and runner-up in the 4x100 and looks to make an instant impact in the Panther sprinting corps.

2009 WOMEN'S PREVIEW



Rachel VanderHolt

MIDDLE DISTANCE

The return of Holli Hosch and Kindelsperger to the Panther middle distance squad along with Regina Reinig and freshman Shawn Shaddox look to make up for the loss of six-time all-conference honoree Jamie Hutchinson. Brungardt will also help the Panthers in the middle distance range, running longer sprints and some middle distance races.

DISTANCE

Senior Caedryn Schrunk leads the distance charge for the Panthers. Schrunk was a four-time All-MVC performer in cross country and finished fifth at the outdoor MVC Championships in the 5000 meters last season. In addition to Schrunk, Regina Reinig and Andrea Wacker look to provide consistent performances in the distance range this season. Freshman Danielle Nowasell looks to continue her success with the Panthers after earning all-conference honors in cross country last fall. Nowasell finished sixth at the Valley meet, seconds behind fifth-place finisher Schrunk. Along with Nowasell, freshmen Carly Olsen and Jill Lageschulte will provide considerable depth for the Panthers in the distance range.

HURDLES

Juniors Dani Stipe, Alyssa Fischer and Rachel Vanderholt lead the charge for the Panthers in the hurdles events. Sophomores Jessica Hale and Heather Kessler each add a year of experience and freshmen Savage and Shaddox look to add depth to the Panther hurdlers. Shaddox holds the CFHS school record in the

400 hurdles while Savage holds the school record in the 100 meter, 60 meter and shuttle hurdle relay. The combination of experience and young talent look to make the Panthers very competitive in the hurdles this season.

JUMPS

Junior Dani Stipe leads the Panther jumping crew, taking third place in the long jump at the outdoor MVC Championships. During the heptathlon long jump, Stipe jumped a career-best 19-10.25 to take first place. Fellow junior Jamie Wieck took sixth place overall at the MVC Outdoor Championships, jumping a season-best 18-10.00. Rachel VanderHolt took first place in the heptathlon high jump at the Valley Outdoor Championships, and then tied for fourth place in the high jump event. VanderHolt holds a career-best 5-08.50 in the high jump. Incoming freshman Jenna Wexter looks to make an immediate impact in the pole vault for the Panthers, after earning back-to-back pole vault state titles in Illinois. Wexter holds a personal-best in the pole vault of 12-06.00.

THROWS

Despite losing Rachel Jansen to graduation, the Panthers look to continue their strong throwing tradition. Senior Sarah Harms looks to improve upon her all-conference performance last season in the shot put. Harms took third place at the MVC Indoor Championships in the shot put, while taking fourth place at the Valley outdoor meet. Harms holds a career-best of 47-5.75 in the shot put. Along with Harms, junior Courtney Landers finished sixth at the Valley Outdoor Championships in the hammer throw and 10th at the indoor meet in the weight throw.



Caedryn Schrunk



Dani Stipe

Junior Emily Prinsen took fourth place at the MVC Outdoor Championships in the javelin, tossing a career-best 136-08.

MULTI-EVENTS

Like their male counterparts, the multi-events looks to be the strongest category for the Panthers in 2009. Three-time NCAA qualifier Dani Stipe along with NCAA qualifier Olimpia Nowak return this season for the Panthers. Nowak set the UNI school record in the pentathlon last season with a score of 4,016, also claiming the Valley title. Stipe finished close behind, racking up 3,957 points. The duo qualified for the NCAA Indoor Championships, finishing 14th and 16th respectively. In outdoor competition, the Panthers took the top four spots in the heptathlon with Stipe taking the crown and setting the UNI school record with 5,550 points. Nowak came in second, followed by Alyssa Fischer and Rachel VanderHolt taking fourth place.



DANI STIPE

- JUNIOR
 - MULTI-EVENTS/JUMPS
- CARROLL, IOWA (HUEMPER)

PERSONAL BESTS

Outdoor		Indoor	
100m	14.19	60m	8.15
200m	24.42	200m	25.15
800m	2:15.38	800m	2:19.33
High Jump	5-05.25	60m hurdles	8.76
Shot Put	32-11	Long Jump	19-3.25
Long Jump	19-10.25	Shot Put	32-9.00
Javelin	133.04	Triple Jump	37-1.75
Heptathlon	5,550 pts.	High Jump	5-6.00
		Pentathlon	3,957

4X NCAA QUALIFIER | 3X REGIONAL QUALIFIER | 3X MVC CHAMPION | 7X ALL-MVC

2008: OUTDOOR- Re-set the UNI school record she previously set in 2007 in the heptathlon with 5,550 points at the MVC Championships, along with taking the Valley title and qualifying for the NCAA championships... Helped UNI to a runner-up finish in the 4x400 relay at the Valley meet... Placed second at the MVC Championships in the long jump with a final jump of 19-5.25... Finished 18th at the NCAA Outdoor Championships with a total of 5,368 points... Took first place at the McDonnell Invite with 5,235 points. **INDOOR-** Took the runner-up spot at the MVC Championships in the pentathlon with 3,957 points... Finished 16th at the NCAA Indoor Championships with 3,806 points... Placed sixth at the Valley meet in the long jump with a final jump of 18-7.75... Recorded her season-best jump in the long jump in the pentathlon long jump at the Valley meet, jumping 19-3.25... Placed seventh at the adidas Classic in the triple jump with a final jump of 37-1.75... Helped the women's 4x400 relay team to a runner-up finish at the Valley meet.

2007: OUTDOOR - Set the school record in the heptathlon (5322 pts) at the MVC Championships ... Ranked as the No. 2 freshmen heptathlete in the country ... Placed 23rd at the NCAA Outdoor National Championships in the heptathlon with 4,987 points ... Earned all-MVC honors in heptathlon (1st) and 4x100 meter relay (3rd) at the Valley Championships ... Selected to all-Midwest region team as a member of the 7th place 4x 400 meter relay team, helping to set the school record... Finished sixth in the 100 hurdles at the Musco Invite (15.14) ... 4x400-relay team finished seventh at the Drake Relays ... Finished 11th in the long jump at the MVC meet with a leap of 16-11.5 ... Won the heptathlon at the ASU Multi Events (5,041 pts). **INDOOR -** Member of MVC indoor championship 4x400 meter relay team ... Placed 2nd at the MVC Indoor Championships in the pentathlon with a score of 3.613 points ... Ranks second on the all-time UNI list in the pentathlon.

HIGH SCHOOL: Eight state championships and one Drake Relays title ... Set four school records and three state meet records ... Four-year varsity letter winner ... All-state and Elite all-state team member ... Set three state records in softball and multiple school records ... National Honor Society president ... Spanish Club president.

PERSONAL: Daughter of Dan and Kathy Stipe ... Born [redacted] in Omaha, Neb.



Dani Stipe is shown in mid-air during a long jump at the MVC Championships. She is wearing a black singlet with "UNI" and "208" on it. The background shows a track and other athletes.

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134 ALL-AMERICA HONORS
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MEET THE PANTHERS



MICHAELA BRUNGARDT

- FRESHMAN
- LONG SPRINTS
- STORM LAKE, IOWA (STORM LAKE)

HIGH SCHOOL: Four-time letter winner in track and field... State champion and school record holder in the 400 meter dash (56.6) her senior year... Ran anchor leg on state champion and school record holding sprint medley team as a senior... Member of 4x100 state runner-up and school record holding team as a senior... Finished third at the state meet her junior year in the discus... Earned four letters in volleyball, four softball and one letter in basketball... Earned honorable mention all-state honors in softball her junior year... Member of state qualifying softball team her junior year.

PERSONAL: Daughter of Michael and Catherine Brungardt... Born [redacted] in Kansas City, Mo... Dad and uncle played college football at Nebraska.

HIGH SCHOOL PERSONAL BESTS:

400m 56.6
Discus 127'1"



JESSICA HALE

- SOPHOMORE
- HURDLES / SPRINTS
- MASON CITY, IOWA (VENTURA)

2008: OUTDOOR- Recorded a season-best in the 100 hurdles with a 14.78 taking sixth place... Also took sixth place at the Musco Twilight with a 100 hurdles time of 14.95. **INDOOR** - Clocked in at a season-best 8.97 in 60 hurdles at the preliminaries of the MVC Championship meet... finished fifth at the UNI-Dome Open with a time of 8.98... Finished 13th at the Panther Open in the 200 meters with a time of 27.91.

HIGH SCHOOL: Eight time state track qualifier... Two-time state champion in the 4x100 relay... State champion in the 100 hurdles and shuttle hurdle relay as a senior... State champion in the 4x200 meter relay as a junior... Holds state records in shuttle hurdle relay (1:02.86) and 4x100 relay (49.95)... Holds school record in 100 hurdles (14:51) and 4x200 relay (1:45.69)... Three year letter winner in volleyball and cheerleading... President of National Honor Society... Member of Honor Roll and Student Council... Member of band, choir, jazz band, drama and speech.

PERSONAL: Daughter of Jim and Linda Hale... Preferred name is Jess... Majoring in marketing-sales and advertising.

PERSONAL BESTS

INDOOR:

60m 8.26
60m hurdles 8.97

OUTDOOR:

100m hurdles 14.78



ALYSSA FISCHER

- SENIOR
- MULTI-EVENTS / HURDLES
- CEDAR RAPIDS, IOWA (KENNEDY)

4X ALL • MVC

2008: OUTDOOR- Recorded a season-best heptathlon performance at the MVC Championships with 4,667 total points... Took fourth place at the McDonnell Invite, racking up 4,548 points. **INDOOR-** Earned All-Conference honors at the MVC Championships with a final point total of 3,575... Shattered previous career-best in shot put with a heave of 34-11.25 at the Valley meet... Finished eighth in the high jump at the MVC Championships with a final jump of 18-6.50.

2007: OUTDOOR - Ran a personal-best time of 14.86 in the 100 hurdles preliminaries at the Musco Invite before finishing sixth in the finals... Took second-place honors in the long jump at the Musco Invite with a leap of 18-11.75... Finished 10th in the long jump at the MVC Championships (17-2.75)... Placed third in the heptathlon at the MVC meet with 4,904 points, earning all-MVC points. **INDOOR** - Finished sixth in the 60m hurdles at the UNI-Dome Open with a time of 9.16... Ran a personal best in the 200-meter dash at ISU Classic (26.22)... Placed sixth in the long jump at MVC Championships with a leap of 18-06.50... Took third place in the pentathlon at MVC meet (3,584 pts), while earning all-MVC honors... Won the pentathlon at UNI Invite with score of 3,453... Finished seventh in high jump at Northwest Open and MVC meet.

2006: OUTDOOR - Finished sixth in the heptathlon at the MVC Championships (4,305 pts)... Set a season-high number of points in the heptathlon (4,533) at the Kansas Relays, placing third... Finished 11th in the 100m hurdles at the MVC Championships (15.17)... Took fifth place in the 100m hurdles at the UNI Messersmith (15.78). **INDOOR** - Placed fourth in the pentathlon at the MVC Championships with a season-high 3,359 points... Took fourth place at the UNI Invite in the pentathlon (3,123)... Took eighth place in the 60m hurdles at the UNI Classic in 9.58... Finished ninth in the 400 at the Minnesota Open (63.90)... Claimed eighth place at the MVC Championships with a leap of 5-03.75.

HIGH SCHOOL: Four-year track letter winner... Named first team all-conference... Four-year state qualifier and competed at the Drake Relays during three seasons.

PERSONAL: Daughter of Mark and Karen Fischer... Born [redacted] in Cedar Rapids, Iowa... Has one brother, Alex... Majoring in exercise science.

PERSONAL BESTS

INDOOR

200m 26.22
800m 2:26.06
60m hurdles 9.1
Long Jump 18-07.25
Shot Put 34-11.25
High Jump 5-7.75
Pentathlon 3,584

OUTDOOR

100m hurdles 14.86
200m 25.33
High Jump 5-5.25
Shot Put 34-03
Long Jump 18-11.75
Javelin 100-2
Heptathlon 4,904

9 CONSECUTIVE MVC INDOOR TITLES
134 ALL-AMERICA HONORS
231 MVC CHAMPIONS
25 MVC TEAM TITLES
5 NCAA CHAMPIONS



SARAH HARMS

- SENIOR
- THROWS
- HAMPTON, IOWA (HAMPTON-DUMONT)

2X ALL-MVC

2008: OUTDOOR – Took fourth place at the MVC Championships in the shot put with a season-best throw of 46-11.75...Took the runner-up at the Wisconsin Twilight meet with a heave of 46-09.00...Finished first the Central Invitational in the shot put with a final throw of 46-05.25...Tossed 168-10 in the hammer throw at the MVC Championships taking seventh place overall...Placed third at the Wisconsin Twilight meet with a throw of 167-04. **INDOOR** – Earned All-MVC honors in the shot put, finishing third with a toss of 46-4...Recorded a season-best throw of 47-5.75 in the shot put at the Panther Open to take the top spot...Finished fourth at the adidas Classic in the shot with a throw of 47-1.50...Took third place at the Wisconsin Elite meet in the weight throw with a season-best throw of 57-00...Finished fifth at the MVC Championships in the weight throw with a final toss of 56-7.50.

2007: OUTDOOR - Threw a personal-best in the shot put at the MVC Championships with a toss of 47-5.75, capturing third place... Won the shot put at the ESU Twilight (43-10.00) and the Cornell Invite (43-5.00)... Finished sixth in the hammer throw at the MVC meet with a personal-best toss of 171-05... Captured title in the hammer throw at the Cornell Invite (170-2.00). **INDOOR** – Threw a personal-best in the shot put at ISU Classic (46-06.75)... Took second place in shot put at UNI Invite with throw of 46-02.50... Earned third place with throw of 46-01.25 at UNI-Dome Open... Finished second in weight throw at UNI Invite (56-01.75) and ISU Holiday Classic (57-00.25)... Placed fourth at MVC Championships with a personal-best weight throw of 57-11.75.

2006: Redshirted.

2005: OUTDOOR – Placed fourth in the shot put at the Mark Messersmith Invitational with a 42-6.25 mark. **INDOOR** – Began her UNI career at the Iowa Hawkeye Invitational, placing second in the shot put with a throw of 42-9.75... Also placed sixth in the weight throw (43-5.75)... Took ninth place in the weight throw at the Panther Classic (45-1.50) and third place in the shot put (42-3.50)... Reached a distance of 46-6.75 in the weight throw at the ISU Classic and the shot put with a 43-4.25 distance... Reached a distance of 47-3.75 in the weight throw at the UNI-Dome Open, good enough for a fifth-place finish... Also had a season-best toss of 45-3.50 to earn third place in the shot put... Her weight throw distance of 48-5.25 at the MVC Championships was a season best and earned her 14th place.

HIGH SCHOOL: Four-sport athlete, participating in volleyball, softball, basketball and track... Volleyball all-conference honorable mention in 2002 and 2003... Softball all-conference honorable mention as a junior and senior... Two-time basketball letter winner... North Central conference shot put champion as a sophomore... 2004 state runner-up in the shot put... Member of the academic all-state team and National Honor Society... Class Valedictorian.

PERSONAL: Daughter of David and Deanna Harms... Born [redacted] in Hampton, Iowa... Has three siblings, Ryan, Traci and Wesley... Majoring in secondary mathematics education.

PERSONAL BESTS

INDOOR

Shot Put 47-5.75
Weight Throw 57-11.75

OUTDOOR

Shot Put 47-5.75
Hammer Throw 171-05



HOLLI HOSCH

- SOPHOMORE
- MIDDLE DISTANCE
- WALKER, IOWA (INDEPENDENCE)

2008: OUTDOOR- Finished fifth at the MVC Championships in the 800 meters, clocking in at 2:13.50...Recorded a season-best time of 2:18.64 in the 800 meters at the McDonnell Invite...Finished in a season-best at the Valley meet in the 1500 meters with a time of 4:48.84 taking 14th place overall. **INDOOR**- Took fifth place at the MVC Championships in the 800 meters with a time of 2:13.50...Recorded a season-best in the 800 meters with a time of 2:13.34 finishing in fourth place...Took third place at the ESU Relays in the 400 meters with a time of 57.70.

HIGH SCHOOL: As a senior, swept 400 and 800 meter titles in Class 3A at 2007 Iowa state meet... Owns Independence High School records in 400, 800, 4x400 and 4x800... Six-time state meet qualifier... Swept 400 and 800 conference championships as a senior... Three-time all-conference selection in softball... Earned all-conference and team MVP honors in basketball as a senior.

PERSONAL: Daughter of Wayne and Linda Hosch... Born [redacted] in Independence, Iowa... Brother, Kyle Hosch, plays football at Luther... Major is undecided.

PERSONAL BESTS

INDOOR

400m 58.53
600m 1:36.72
800m 2:12.46

OUTDOOR

400m 57.70
800m 2:13.34



HEATHER KESSLER

- SOPHOMORE
- HURDLES
- LANESIDE, IOWA (STORM LAKE)

2008: OUTDOOR- Recorded a season-best time of 15.10 in the 100 hurdles at the ESU Relays...Finished seventh at the Wisconsin Twilight and Musco Twilight with times of 15:14 and 15:15 respectively. **INDOOR**- Recorded a season-best in the 60 hurdle prelims at the MVC Championship meet with a time of 9.07...Finished seventh at the Wisconsin Elite meet in the 60 hurdles with a time of 9.16.

HIGH SCHOOL – Four-time state track qualifier in shuttle hurdle relay and 100 meter hurdles...Three-time Drake Relays qualifier...Class 3A state champion in 100 meter hurdles as a senior...Member of Honor Roll and National Honor Society, dance squad, key club and choir.

PERSONAL- Daughter of Gary and Linda Kessler... [redacted]...Majoring in finance and accounting.

MEET THE PANTHERS



ELLEN KINDELSPERGER

- SOPHOMORE
- SPRINTS
- LYNN CENTER, ILL. (SHERRARD)

2008: OUTDOOR- Ran in three meets for the Panthers, recording a season-best time of 2:13.42 at the McDonnell Invite for fifth place. **INDOOR-** Recorded a season-best time of 58.80 in the 400 meters at the Meyo Invitational... took second place in the Panther Open with a time of 1:38.02 in the 600 meters... Finished fifth at the UNI-Dome Open in the 800 meters with a time of 2:20.11.

HIGH SCHOOL: Two-year letter winner in cross country... Conference champion in 100, 200 and 400 meters as a senior... Illinois State champion in 4x400 meter relay as a junior and 400 meters as a senior... Member of National Honor Society.

PERSONAL: Daughter of Keith and Shelley Kindelsperger... Majoring in bio-medics.

PERSONAL BESTS INDOOR

200m	26:50
400m	58.80
600m	1:38.02
800m	2:20.11

OUTDOOR

800m	2:13.42
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JILL LAGESCHULTE

- FRESHMAN
- CROSS COUNTRY/DISTANCE
- MARSHALLTOWN, IOWA (MARSHALLTOWN)

CROSS COUNTRY 2008: Took 36th place at the Valley meet, finishing the 5k race in 19:27.95... Recorded a season-best 6k time of 23:18 at the Lamb-Kohawk Invitational.

HIGH SCHOOL: Four-year Iowa state meet qualifier in cross country... Placed as high as fifth in the state's Class 4A championship race... Won two district championships along with two titles in the Central Iowa Metro League's Iowa Conference... Qualified for the state meet in both the 3,000 and 1,500 meters three times... Finished fourth in the 3,000 and 10th in the 1,500... Three-time Drake Relays qualifier in the 3,000, finishing as high as sixth in 2007... Took 10th in the 1,500 meters that season... Three-time district champion and owns three CIML track titles, along with Marshalltown High School's 3,000 meters record at 10 minutes, 18 seconds.



COURTNEY LANDERS

- JUNIOR
- THROWS
- GREENE, IOWA (NORTH BUTLER)

2008: OUTDOOR- Finished sixth at the MVC Championships in the hammer throw tossing a career-best 169-00... Took fourth place at the Musco Twilight with a hammer throw toss of 166-08... Took second-place at the Central Invitational with a hammer throw final heave of 162-08... Placed eighth at the Musco Twilight in the javelin with a toss of 100-06... Recorded a throw of 114-02 in the discuss for 17th place at the MVC Championships. **INDOOR-** Recorded a career-best weight throw toss of 51-10.50 at the UNI-Dome Open taking fifth place overall... Finished 10th at the MVC Championships in the hammer throw (50-2.50)... Took fourth place at the ISU Holiday Preview meet with a toss of 51-3.75.

2007: OUTDOOR - Recorded a personal-best in the weight throw at the Simpson College Open, earning third-place with a toss of 153-00... Took runner-up honors at the Cornell Invite (145-07.00)... Finished fourth at the Central Open and eighth at the ESU Twilight... Threw a personal-best in the discuss at the MVC Championships, earning eighth-place with a toss of 124-00... Placed fourth at the Cornell Invite (114-00). **INDOOR -** Recorded a personal-best in the weight throw at the UNI-Dome Open, earning fifth-place with a toss of 50-01.75... Took 10th place in weight throw at MVC Championships (49-03.50)... Finished sixth at Northwest Open and 11th at UNI Invite.

2006: Redshirted.

HIGH SCHOOL: Earned three letters each in basketball, volleyball and softball and earned four letters in track... 2005 basketball team captain and member of conference champion and state qualifying team... Also 2005 volleyball and softball team captain... 2003 track MVP and 2004-05 team captain... 2003 district runner-up and state qualifier... 2004 district champion and state qualifier... 2005 district champion... Drake Relays qualifier... Earned third place at state... Member of Honor Roll, National Honor Society and class treasurer... Volunteered for Habitat for Humanity.

PERSONAL: Daughter of Jason and Kayleen Landers... Born in Charles City, Iowa... Majoring in accounting.

PERSONAL BESTS INDOOR

Weight Throw	51-10.50
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OUTDOOR

Hammer Throw	169-00
Discus	124-00
Javelin	100-06



Courtney Landers



OLIMPIA NOWAK

- SOPHOMORE
- MULTI-EVENTS
- RAWICZ, POLAND

NCAA QUALIFIER | 2X REGIONAL QUALIFIER | 2X ALL-MVC | MVC CHAMPION

2008: OUTDOOR- Runner-up at MVC Championships in the heptathlon with 5,063 points...recorded a career-best point total in the heptathlon at the McDonnell Invite racking up 5,103 total points...Took eighth place at the MVC Championships in the 100 hurdles with a time of 14:54...Named MVC Women's Track and Field Athlete of the Week (April 9). **INDOOR-** Set a school record in the pentathlon with her 4,016 points at the MVC Championships taking the Valley crown...Placed 14th at the NCAA Championships with 3,878 total points...Named MVC Women's Field Athlete of the Week (Feb. 26)...Took first place at the UNI-Dome Open in the long jump with a season-best jump of 19-4.75...Earned All-MVC honors in the long jump with a jump of 19-2.00.

PERSONAL: Daughter of Stefan and Irene Nowak...Born [redacted] in Ruwicz, Poland.

PERSONAL BESTS

OUTDOOR:

100m hurdles	14.07
High Jump	5-01.75
Shot Put	39-10.75
200m	25.60
Long Jump	18-09.25
Javelin	114-10
800m	2:20.39
Heptathlon	5,103

INDOOR:

60 hurdles	8.76
800m	2:20.67
High Jump	5-6.00
Long Jump	19-4.75
Shot Put	40-10.5
Pentathlon	4,016



CARLY OLSEN

- FRESHMAN
- CROSS COUNTRY / DISTANCE
- MISSOURI VALLEY (LOGAN-MAGNOLIA)

CROSS COUNTRY 2008: Took 23rd place at the MVC Championship meet...Earned Missouri Valley Conference Female Cross Country Athlete of the Week following her performance at the Roy Griak Invitational finishing 25th in the 6k race with a time of 22:06...Recorded a season-best time in the 6k at the Bradley Classic with a time of 21:45.

HIGH SCHOOL: Qualified for the state cross country meet four years, finishing 13th as a freshman, seventh as a sophomore, sixth as a junior and fourth as a senior...holds school record in 800, 1500 and 3000 along with holding the state record in Class 2A with a time of 10:16...Three-time state champion in the 3000...Finished as high as second at the state meet in the 1500...Finished sixth in the 800 at state meet in both her sophomore and junior season...Qualified for Drake Relays three years in the 3000, finishing as high as third her junior season...Finished fifth at Drake Relays in the 1500...Also holds three-point school career record in basketball...was named second team All-Conference, All-Southwest Iowa Honorable Mention...was a three-year letter winner in basketball and a two-year starter...Listed on the Gold Honor Roll...Member of National Honor Society...Boyer Valley Conference All-Academic...Also a member of Key Club, Science Club and Spanish Club.

PERSONAL: Daughter of Randy and Pam Olsen...Born [redacted] in Omaha, Neb...has one sibling, Taylor...Mother, Pam, ran track and cross country at Northwest Missouri State.



EMILY PRINSEN

- JUNIOR
- MULTI-EVENTS / JAVELIN
- MANCHESTER, IOWA (WEST DELAWARE)

2008: OUTDOOR- Took fourth place overall at the MVC Championships in the javelin with a toss of 136-08...Finished second at the Musco Twilight meet with a javelin throw of 136-03...Placed eighth at the McDonnell Invite with a throw of 129-02. **INDOOR-** Did not compete. **2007: OUTDOOR -** Scored 3,032 points in the heptathlon at the ESU Open Multi Events. **INDOOR -** Took ninth-place in 60-meter dash at Northwest Open with a time of 8.39...Finished 13th in 200 at ISU Open, clocking in at 26.62...Ran a personal-best time of 1:33.13 in the 600-meter run at ISU Classic...Placed seventh in shot put at Northwest Open with a toss of 34-02.25...Finished 12th in pentathlon at MVC Championships (2,708 pts.) and UNI Invite (2,209 pts). **HIGH SCHOOL:** Four-time Drake Relays and state qualifier...Set school record in the distance medley, 4x400, 4x100...Two-time team MVP...Three-time letter winner in volleyball, team was state runner-up twice...Softball team was state qualifier in 2004...Four-time letter winner in softball...Three-time all-conference...Member of National Honor Society...Salutatorian. **PERSONAL:** Daughter of Dennis and Gail Prinsen...Born [redacted] in Manchester, Iowa...Majoring in marketing.

PERSONAL BESTS

INDOOR

60m	8.17
200m	26.62
600m	1:33.13
800m	2:36.54
60m hurdles	10.54
Long Jump	15-04.75
Shot Put	35-05.25
High Jump	4-05.50
Pentathlon	2,708

OUTDOOR

100m hurdles	18.23
200m	26.85
800m	2:52.92
High Jump	4-6.25
Long Jump	14-8.5
Javelin	136-08
Heptathlon	3,032 pts.



DANIELLE NOWASELL

- FRESHMAN
- CROSS COUNTRY / DISTANCE
- GRINNELL, IOWA (GRINNELL)

CROSS COUNTRY 2008: Earned All-Conference honors by taking sixth place at the Valley meet with a time of 17:57.76...Recorded a season-best time at the Bradley Classic, taking 10th place with a time of 21:55. **HIGH SCHOOL:** Claimed the Iowa Class 3A championship in cross country with a time of 14 minutes, 24 seconds in 2007...Won a state title in the 1,500 meters on the track in 2007 and 2008...Earned Little Hawkeye All-Conference honors four years in cross country...won cross country conference crown in 2007...Named All-State and Elite All-State in 2007 after winning state championship in cross country...Holds Grinnell High School record in 3000 and 1500...Finished third at the Drake Relays in the 3000 meters in 2008...Claimed the Class 3A championship in 2008 in the 3000...Finished sixth at Drake Relays in the 1500...owns a personal best of 14:11 in cross country. Also lettered in basketball two years and was a three-time state qualifier in golf...Member of National Art Honor Society and FCA...Listed on the Honor Roll four years. **PERSONAL:** Daughter of Paul and Linda Nowasell...Born [redacted] in Marshalltown, Iowa...Brother, James, plays football at Wartburg.

9 CONSECUTIVE MVC INDOOR TITLES
134 ALL-AMERICA HONORS
231 MVC CHAMPIONS
25 MVC TEAM TITLES
5 NCAA CHAMPIONS

MEET THE PANTHERS



REGINA REINIG

- SOPHOMORE
- CROSS COUNTRY/ MIDDLE DISTANCE
- HARLAN, IOWA (HARLAN)



CAEDRYN SCHRUNK

- SENIOR
- CROSS COUNTRY/ MIDDLE DISTANCE/ DISTANCE
- SPIRIT LAKE, IOWA (SPIRIT LAKE)

4X ALL-MVC

CROSS COUNTRY: 2007 – Finished 37th at MVC Championships, completing 5K course in a personal-best 18:59.33...was 144th in NCAA Midwest Regional, finishing in 23:25. **TRACK: 2008: OUTDOOR:** Recorded her season best time in the 800 at the MVC Championships (2:20.60)...finished 10th at the Hawkeye Invite with a time of 2:21.35 and sixth at the Musco Twilight (2:22.59). **INDOOR:** Recorded personal best in the 800 at the MVC Championships, clocking in at 2:20.08...finished 12th in the 800 at the Wisconsin Elite with a time of 2:23.43...recorded a sixth place finish at the Panther Open in the 1000 with a time of 3:13.06...ran a 5:21.89 mile at the UNI Invite for 11th place. **HIGH SCHOOL:** Four-time Iowa state meet qualifier ... Took Class 3A state championship in 800 meters as a junior in 2006 ... Finished second three times at state meet, including runner-up performances in the 800 in 2005 and 2007 and in the 1500 meters as a junior in 2006 ... As a sophomore, claimed 2005 Class 3A state cross country championship, leading Harlan to team title ... Named Southwest Iowa District Runner of the Year in 2005 ... Graduated with 4.0 grade-point average ... Member of National Honor Society. **PERSONAL:** Daughter of Tom and Denise Reinig ... Born in Harlan, Iowa ... One of five children ... Niece of Iowa track and field legend Debbie Esser, who starred at Iowa State, won 13 high school state championships from 1972 to 1975 and still holds state records in the 200 meters and 400 hurdles.

PERSONAL BESTS CROSS COUNTRY

4K	15:28.28
5K	19:00
6K	24:25

INDOOR

800m	2:17.71
1000m	3:13.06
Mile	5:21.89

OUTDOOR

800m	2:20.60
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CROSS COUNTRY: 2008: Earned her fourth All-Conference honor in as many seasons, taking fifth place at the MVC Championships...Took the top spot at the Bradley Classic, cutting nearly thirty seconds off her previous season-best 6k time, finishing the race in 21:24...Earned MVC Cross Country Athlete of the Week honors after taking the top spot at the Lamb-Kohawk Invitational. **2007** Earned All-MVC honors for the third time in as many seasons, finishing eighth at MVC Championships (Oct. 27)...Completed MVC Championships' 5K course in personal-best 17:43.51, the second fastest time in UNI history...Was named MVC Athlete of the Week (week of Sept. 11)...Named to MVC Scholar-Athlete team...Ranks second on UNI's all-time best list in all three races... Finished seventh at Hawkeye Invitational (Sept. 15) with second-best 4K time in school history, 14:15.56...Took fifth at Bradley Classic (Oct. 12) in a time of 21:18, second-best in school history.

2006: Earned All-Missouri Valley Conference honors with eighth-place finish at MVC Championships (Oct. 28) ... Was UNI's top performer twice, including 44th-place finish at NCAA Midwest Regional (Nov. 11) ... Placed fifth at Jim Drews/Tori Neubauer Invitational to lead Panthers, setting personal best in 6K with 21:58 clocking ... Finished third in season-opening Drake Classic (Sept. 1), running 4K in 14:56 ... Was fifth at Bradley Open (Sept. 8) and 20th at SDSU Classic (Sept. 30). 2005: UNI's top performer on five occasions, including at the MVC Championships and Midwest Regionals ... Finished third at the Iowa Open, clocking in at 10:43.00 in the 3K ... Took 10th at the MVC Championships with a 17:34.27 time in the 5K, earning all-MVC honors ... Finished fifth at the Bradley Classic with a 21:58 time in the 6K. **TRACK: 2008: OUTDOOR** – Recorded a fifth place finish at the MVC Outdoor Championships in the 5000 meters, clocking in at 17:44.78...finished second at the Emporia State Relays in the 1500 with a time of 4:44.13 along with a seventh place finish in the 1500 at the MVC Championships...took 11th place at the McDonnell Invite in the 800 with a time of 2:15.77. **INDOOR** – Finished first at the UNI-Dome Open in the 1000 meters with a time of 2:58.90...Recorded her best mile time of the indoor season (4:59.51) at the Alex Wilson Invite...Finished first at the UNI Invite in the mile with a time of 5:05.76...Recorded a fourth place finish in the mile at the Wisconsin Elite (5:09.46)...Clocked in her best 3k time at the Meyo Invitational (10:11.98) for 39th place...Finished 10th at the Wisconsin Elite in the 3K with a time of 10:31.73. **2007: OUTDOOR** - Ran a personal-best in the 1500 at the John Jacobs Invite with a time of 4:48.38, earning sixth place ... Finished eighth in the 3000 at the Musco Invite, clocking in at 10:06.65 ... Finished 20th in the 5000 at the Drake Relays with a personal-best time of 17:25.46 ... Clocked in at 18:33.63 to finish 14th in the 5000 at the MVC Championships ... Took fifth-place in the 10,000 at the Missouri Relays (37:25.81) ... Placed 10th at the MVC meet. **INDOOR** – Earned runner-up honors in the mile at the UNI Invite (5:10.83) and Northwest Open (5:13.55) ... Ran a personal-best time of 10:05.28 in the 3K at the ISU Open, earning fifth place ... Finished 16th in the 3K at the MVC Championships (10:26.58) ...Ran the 5K at the ISU Classic in 18:05.25, a personal-best. **2006: OUTDOOR** – Redshirted. **INDOOR** – Finished third in the 800 (2:21.02) at the Minnesota Open ... Took second in the mile at the UNI-Dome Open in 5:06.88 ... Finished 10th in the 3K (10:21.39) at the MVC Championships ... Won the 3K at the UNI Classic in 10:29.42 ... Finished fourth in the 1000m (2:59.98) at the Panther Open. **HIGH SCHOOL:** Earned four varsity letters in both cross country and track ... Cross country all-conference all four years ... Two-time conference individual champion ... State team qualifier her freshman year ... Four-time state individual qualifier ... 3A state champion senior season ... Elite all-state and four-year team MVP ... Team conference runner-up in track ... Two-time team conference champions ... Four-year all-conference selection ... Three-year district champion ... Four-year state qualifier ... Two-time state champion in both the 1500 and 3000 ... Set five school records: 800, 1500, 3000, distance medley and 4x800 ... Member of Honor Roll ... ABC Student of the Month ... Member of the marching band, concert band, chorus, student government and Fellowship of Christian Athletes. **PERSONAL:** Daughter of Michael and Sharon Schrunk ... Born in Kansas City, Mo. ... Majoring in interior design.

PERSONAL BESTS CROSS COUNTRY

3K	10:39.58
4K	14:56
5K	17:34.27
6K	21:24

INDOOR

800m	2:21.02
1000m	2:58.90
Mile	4:59.51
3000m	10:05.28
5000m	18:05.25

OUTDOOR

1500m	4:48.38
3000m	10:06.65
5000m	17:23.46
10000m	37:25.81



NINA SAVAGE

- FRESHMAN
- HURDLES
- CEDAR FALLS, IOWA (CEDAR FALLS)

HIGH SCHOOL: Member of four state championship relay teams (4x200 twice, 4x100 and 4x200 indoor)...Holds school record in 100 meter hurdles, 60 meter hurdles, shuttle hurdle and 4x200 meter relay...Ran leg on second place finishing 4x400 team at the state indoor meet her junior and leg on third place 4x400 team at the state indoor meet as a senior...Finished fourth in the 100 hurdles her junior year...Also a standout volleyball player earning Class 4A player of the year honors her senior year...Holds school records for most kills, ace and hitting attempts...Earned All-State honors four times in Orchestra/Band.

PERSONAL: Daughter of Mike Savage and Theresa Kouri...Majoring in biology.

PERSONAL BESTS:

100m hurdles	14.41
60m hurdles	9.13



ALI SELENKE

- SOPHOMORE
- SPRINTS
- HUDSON, IOWA (HUDSON)

2008: OUTDOOR- Recorded a season-best of 60.48 in the 400 meters at the McDonnell Invite taking 16th place... Took 13th place at the ESU Relays in the 400 meters with a time of 60.70.

HIGH SCHOOL: Six-time state track qualifier ... Ran 400 meter leg in state champion sprint medley team as a senior ... Holds school record in 4 x 200 meter relay and sprint medley ... Three-time conference champion in 4 x 400 meter relay and sprint medley ... Two-time conference champion in 200 and 400 meters ... Three-time letter winner in cross country ... President of Physics Club ... PALS ... Volunteer at Horizons Rehab Center.

PERSONAL: Daughter of James and Leslie Selenke ... Born [redacted] in Waterloo, Iowa ... Majoring in social work.

PERSONAL BESTS:
400m 60.48



JOHANNA SMITH

- FRESHMAN
- JUMPS
- HUDSON, IOWA (HUDSON)

HIGH SCHOOL: Four-year letter winner in track and field... Ran on state champion sprint medley team her junior year... Finished third at state as a senior jumping a school record (5-8)... Earned Class 2A all-state honors three times in the 4x400 meter relay and two times in the 4x200 meter relay... Three-time letter winner in both basketball and volleyball... Member of student council, physics club and national honor society.

PERSONAL: Daughter of David and Kellie Smith... Born [redacted] in Waterloo, Iowa.

HIGH SCHOOL PERSONAL BESTS:

High Jump	5-8.00
Long Jump	17-25.06



SHAWN SHADDOX

- FRESHMAN
- MIDDLE DISTANCE/HURDLES
- CEDAR FALLS, IOWA (CEDAR FALLS)

HIGH SCHOOL: Four-year letter winner in track and field... 12-time state qualifier... Two-time state champion as a member of 4x200 meter relay... Member of state champion sprint medley squad her freshman year... Ran on 4x200 meter relay indoor state champion team... Holds school record in 400 meter hurdles (64.80) and multiple school records in relays... Earned three letters in basketball and two letters in cross country... Played on state qualifying basketball team her senior year... Named to Cedar Falls High School Hall of Fame for track accomplishments... Honor roll student... Involved in junior leadership, Big House and LUG.

PERSONAL: Daughter of Jerry and Lea Ann Shaddox... Born [redacted] in Waterloo, Iowa... Majoring in sports management.

HIGH SCHOOL PERSONAL BESTS:

200m	25.8
400m	57.85
800m	2:16.6



RACHEL VANDERHOLT

- SOPHOMORE
- HURDLES/MULTI-EVENTS
- PARKERSBURG, IOWA (APLINGTON-PARKERSBURG)

2008: OUTDOOR- Took fourth place in the heptathlon at the MVC Championships, racking up 4,510 points... Tied for fourth place in the high jump at the Valley Championships, jumping 5-05.00... Recorded a season-best in the high jump as part of the heptathlon at the McDonnell Invite, clearing 5-06.50... Finished in a season-best 1:07.80 in the 400 hurdles at the ESU Relays. **INDOOR-** Had a personal-best in the pentathlon high jump clearing 5-08.50 at the MVC Championships... Placed fifth at the MVC Championships in the Pentathlon with 3,264 points... Took fifth place in the 60 hurdles at the Panther Open in a time of 9.31... Took second place at the Alex Wilson Invite in the high jump, clearing 5-8.00.

HIGH SCHOOL: Four-year letter winner in track and field ... 11-time state track qualifier ... Two-time state champion in shuttle hurdle relay ... Class 2A state champion in 100 meter hurdles as a senior ... Three-time conference champion in high jump, 100 meter hurdles and shuttle hurdle relay ... Two-time conference champion in 400 meter hurdles ... Holds school record in the high jump (5-8) and shuttle hurdle relay (1:02.38) ... Three-year letter winner in softball, drill team and volleyball ... First team all-conference in softball ... Member of state championship volleyball team as a junior ... Two-time letter winner in cheerleading ... Four-year member of Honor Roll ... Member of Jel.

PERSONAL: Daughter of Gregg and Leah Vanderholt ... Born [redacted] in Waterloo, Iowa ... Major is undecided.

5 NCAA CHAMPIONS 25 MVC TEAM TITLES 23 MVC CHAMPIONS 134 ALL-AMERICA HONORS 9 CONSECUTIVE MVC INDOOR TITLES

MEET THE PANTHERS



ANDREA WACKER

- JUNIOR
- CROSS COUNTRY/DISTANCE
- CEDAR RAPIDS, IOWA (KENNEDY)

CROSS COUNTRY: 2008: Recorded a season-best time of 22:19 at the Bradley Classic taking 17th place overall...Took 33rd place at the MVC Championships with a 5k time of 19:12. **2007:** Placed 17th at the MVC Championships by shattering previous personal best with run of 18:08.12...Named to MVC Scholar Athlete team...Was UNI's third finisher in all five meets leading up to NCAA Regionals...Finished sixth at Bradley Open (Sept. 7). **2006:** Finished fifth in season-opening Drake Classic (Sept. 1), followed by 12th-place finish at Bradley Open (Sept. 8)... Was 25th at SDSU Classic (Sept. 30), finishing with best 5K time of the season, a 18:49.65... Was 15th at Jim Drews/Tori Neubauer Invitational (Oct. 14)... Placed 30th at MVC Championships (Oct. 28) and then finished 79th at NCAA Midwest Regional (Nov. 11) to conclude freshman campaign. **TRACK: 2008: OUTDOOR:** Recorded a ninth place finish at the Emporia State Relays in the 1500 with a time of 4:58.60...Finished sixth at the McDonnell Invite with a time of 18:05.75 in the 5K. **INDOOR:** Finished seventh at the UNI Invite in the mile race with a time of 5:15.35...Ran a season-best 10:39.90 at the Iowa State Classic in the 3000...Finished 21st in the 5k at the Mayo Invitational with a time of 17:57.66. **2007: OUTDOOR -** Finished 12th in the 3000 at the Musco Invite with a time of 10:16.34... Ran a personal-best time in the 5000 at the John Jacobs Distance Carnival finishing 18th (18:07.44)... Finished 11th in the 10,000 at the Drake Relays, clocking in at a personal-best 37:20.29... Took seventh-place at the Missouri Relays (37:28.79) and 15th at the MVC Championships (39:46.76). **INDOOR -** Finished 12th in 3K at MVC Championships (10:22.74) and ISU Open (10:35.54)... Ran a personal-best time of 18:32.40 in the 5K, placing 12th at the MVC meet. **HIGH SCHOOL:** Four-year varsity letter winner in cross country... 2005 cross country MVP... First-team all-metro cross country in 2005... Three-year varsity letter winner in track... 2006 track MVP... First-team all-metro... Graduated with distinction... Four-year math, science and foreign language award... Spanish senior award. **PERSONAL:** Daughter of Dennis and Kathy Wacker... Born [redacted] in South Korea... Majoring in pre-medicine.

PERSONAL BESTS CROSS COUNTRY

4K	15:09
5K	18:49.65
6K	22:19
8K	23:05.72

OUTDOOR

1500m	4:58.60
3000m	10:16.34
5000m	18:05.75
10,000m	37:20.29

INDOOR

Mile	5:15.35
3000m	10:22.74
5000m	17:57.66



JENNA WEXTER

- FRESHMAN
- POLE VAULT
- NEW LENOX, ILL. (LINCOLN WAY CENTRAL)

HIGH SCHOOL: Won back-to-back state indoor pole vault titles her junior and senior year... State champion in the pole vault at the outdoor state meet her senior and finished runner-up as junior outdoors... Finished ninth at state as a sophomore in the pole vault... Ran on state qualifying sprint medley relay team as a freshman... Graduated with high honors... Illinois state scholar.

PERSONAL: Daughter of Randy and Sara Wexter... Born [redacted] in St. Joseph, Michigan.

HIGH SCHOOL PERSONAL BEST
Pole Vault 12-06



LINDSAY WIEBERS

- SENIOR
- SPRINTS
- DENISON, IOWA (DENISON-SCHLESWIG)

ALL-MVC

2008: OUTDOOR - Injured. **INDOOR -** Recorded a season-best in the 60 meters at the Iowa State Classic, clocking in at 8.00... Clocking her season-best in the 200 meters at the Mayo Invitational, finishing in 25.72... Took 11th place at the UNI Invite in the 400 meters with a time of 60.63.

2007: OUTDOOR - Finished 10th in the 100-meter dash at the John Jacobs Invite, clocking in at 12.76... Finished 12th in the 200 at the Musco Invite with a time of 25.97. **INDOOR -** Ran a personal-best in the 60 meter preliminaries at the UNI-Dome Open (8.01)... Placed fifth in 60m at Northwest Open, clocking in at 8.15... Finished ninth in the 200 meter dash at the UNI Invite (26.13) and Northwest Open (26.99).

2006: OUTDOOR - Finished 12th in the 100-meter dash at the MVC Championships in a season-best time of 12.36... Took third place at the UNI Messersmith Invite in the 100 (12.62)... Runner-up in the 100 at the Cornell Relays... Placed 20th in the 200 at the Valley Championships in 25.55... Won the 200 at the Cornell Relays in 26.52... Finished sixth in the 200 at the UNI Twilight (26.14)... 4x100 earned all-MVC honors at the MVC Championships, finishing third in 46.95... 4x200 earned eighth place at the Drake Relays (1:38.06). **INDOOR -** Earned fourth place in the 200 (26.43) at the UNI-Dome Open... Fifth place finisher at the Panther Open in the 200 (26.62)... Finished third in the 60-meter dash at the Minnesota Open in 8.10.

HIGH SCHOOL: Earned three letters each in volleyball and basketball and four each in soccer and track... Track team MVP three years, soccer MVP one year and two-time volleyball MVP... All-conference second team in basketball... Elite all-state in track... Earned six state track championships in the 100, sprint medley and two times each in the 4x100 and 4x200... Mmber of the National Honor Society and Honor Roll... Also earned academic all-conference honors.

PERSONAL: Daughter of Rollie and Marcy Weibers... Born [redacted] in Denison, Iowa... Father played football and basketball at Buena Vista... Brother Eric played football and basketball for Buena Vista from 2002-2005 and was a member of the UNO basketball team in 2001... Majoring in biology; biomedical.

PERSONAL BESTS INDOOR

60m	8.00
200m	25.69
400m	60.63

OUTDOOR

100m	12.36
200m	25.55

MEET THE PANTHERS



JAMIE WIECK

- JUNIOR
- SPRINTS/JUMPS
- HAMPTON, IOWA (HAMPTON-DUMONT)

2008: OUTDOOR- Took sixth at the ESU Relays in the 100 meters with a time of 12.64... Recorded a season best in the 100 meters in the prelims of the MVC Championships, clocking in at 12.31... Finished sixth at the MVC Championships in the high jump with a season-best jump of 18-10.00... Placed third at the Musco Twilight meet with a long jump final jump of 18-04.50. **INDOOR-** Took second place at the UNI-Dome Open in the long jump, jumping a season-best 18-6.00... Finished 10th at the MVC Championships, jumping 17-8.00... Clocked in at 27.92 in the 200 meters at the Wisconsin Elite meet for 19th place... Recorded a season-best time of 8.12 in the 60 meters.

2007: OUTDOOR - Ran a personal-best in the 100-meter dash preliminaries at the John Jacobs Invite (12.33)... Took sixth-place at the Musco Invite (12.51) and seventh at the John Jacobs Invite (12.54)... Finished ninth in the 200 at the John Jacobs Invite, clocking in at 25.87... Finished ninth in the long jump at the Missouri Relays with a leap of 17-10.75. **INDOOR** - Placed second in the 60-meter dash at the UNI-Dome Open with a personal-best time of 7.87... Finished sixth at the Northwest Open with a time of 8.21 in the 60m... Ran a personal-best time of 27.17 in the 200 at the ISU Open... Placed second in the long jump at the UNI-Dome Open, with a leap of 19-00.00... Leaped 17-08.25 to finish 11th at the MVC Championships.

HIGH SCHOOL: 2005 state runner-up in long jump... Set school record in long jump and 4x100... All-state... Four-year varsity letter winner in softball and three-time first team all-conference, two-time all-district and three-year all-area... Two-year varsity letter winner in volleyball, MVP and captain... Member of Honor Roll.

PERSONAL: Daughter of Henry and Tess Wieck... Born [redacted] in Litchfield, Minn... Majoring in elementary education.

PERSONAL BESTS

INDOOR

60m	7.87
200m	27.17
Long Jump	19-00.00

OUTDOOR

100m	12.31
Long Jump	18-11.75



AMANDA BRANDT

- > Freshman
- > Distance
- > Davenport, Iowa (Assumption)



LINDSAY CANNADAY

- > Freshman
- > Sprints
- > Des Moines, Iowa (Roosevelt)



TRACI HARMS

- > Sophomore
- > Throws
- > Hampton, Iowa (Hampton-Dumont)



BRITTANY KORELL

- > Junior
- > Hurdles
- > West Des Moines, Iowa (Valley)



LAUREN LINDAMAN

- > Sophomore
- > Multi-Events
- > West Des Moines, Iowa (Valley)



MALLORY MARSHALL

- > Freshman
- > Distance
- > Center Point, Iowa (Center Point-Urbana)

5 NEAR CHAMPIONS 25 MVC TEAM TITLES 134 ALL-AMERICA HONORS 9 CONSECUTIVE MVC INDOOR TITLES

MEET THE PANTHERS



LISA PETERSON
 > Freshman
 > Sprints
 > Iowa Falls, Iowa
 (Iowa Falls-Alden)



TARA PRATT
 > Freshman
 > Sprints
 > Hampton, Iowa
 (Hampton-Dumont)



JESSA SCHWEITZER
 > Junior
 > Distance
 > Aurora, Iowa
 (East Buchanan)



HAVLA SELBY
 > Freshman
 > Sprints
 > Delmar, Iowa
 (Central Clinton)



CAITLYN SHJEIC
 > Freshman
 > Hurdles
 > Lake Mills, Iowa
 (Lake Mills)



ASHTEN STELKEN
 > Junior
 > High Jump
 > Manchester, Iowa
 (West Deleware)



2008 UNI Women's MVC Indoor Championship team



READY FOR ANOTHER RUN

UNI's men's team returns six All-Americans from a 2008 season that was the best in school history. From a relay program that was among the nation's elite last season to a national title contender in the multi-events, the Panthers are shooting to defend their MVC titles and are poised for another run at the NCAAAs.

With the return of 2008 NCAA Indoor National Champion Tyler Mulder, and five All-Americans, the UNI men's track team looks to maintain their spot among the nation's elite.

Coming off their second-straight ninth-place finish at the 2008 NCAA Indoor National Championships, along with a school-best 11th place finish at the 2008 NCAA Outdoor National Championships, the Panthers are a forced to be reckoned with not only in the Missouri Valley Conference, but across the country.

The Panthers decorated list of star athletes include Mulder, Terrence Reid, Ehi Oamen, Mat Clark, Cory Goos, Ryan Grenko and Julian Morris - just to name a few. Reid became the most decorated male athlete in UNI track and field history last season at the outdoor championships, earning his sixth and seventh All-America honor.

With the cast of star-studded athletes, the only major change from last year's indoor and outdoor MVC champion team is the coaching staff. Former assistant coach Travis Geopfert will take the reins as head coach for the first time this season. Along with Geopfert, Mark Napier, David Paulsen, Eric Hanenberger and Jamie Hutchinson hope to guide the Panthers to their 10th consecutive indoor Valley title and third-straight outdoor championship.

In addition to the solid returning athletes, the Panthers incoming freshman class brings in some of the most talented athletes in the state of Iowa, along with some outside talent.

"We have really found our niche in providing a big-time Division I track and field atmosphere with a smaller school setting" Geopfert said. "Academically, UNI really sells itself in terms of smaller class sizes and an emphasis on undergraduate education. Athletically, we have had a lot of success in the last few years with Iowa kids."

"Our men's and women's 4x400m relays ran 3:04 and 3:39 last year with all Iowa talent," Geopfert said. "We had a national champion in the 800m with Tyler Mulder from Orange City, Iowa. We also had Ehi Oamen from Hinton, Iowa finish 3rd in the high jump. Mat Clark, a decathlete from Ames, Iowa, was a two-time All-American and Olympic trials qualifier last year."

2009 MEN'S PREVIEW

Jarred Herring is among one of the Panthers top recruits from Iowa. The Burlington native was the Drake Relays champion in the 100-meter dash in 2007 and 2008 along with capturing the state title both years as well.

Andrew Perkins was the No. 6 prep athlete in the country last year in the 800 meters with a personal-best time of 1:49.96. Perkins also owns the freshman indoor mile record along with the 800 meters. Fellow incoming freshman Daniel Gooris won the national decathlon title as a junior and finished second as a senior along with being a four time high school state champion. His school-record pole vault of 16-9 ranked him 11th in the nation last season.

Combine the potential of the Panther newcomers along with the seasoned veterans and UNI track and field has a very promising future on the horizon.

SPRINTS

With the return of All-Americans Terrence Reid, Ryan Grenko and Cory Goos the Panthers possess a plethora of depth in the sprints. Add in promising freshmen Jarred Herring, Derek Kramer and Giorgio Giurdanella and the Panthers look to be a threat in both the short and longer sprints. Reid, Grenko and Goos finished fifth at the NCAA Outdoor Championships in the 4x400 meter relay and Reid placed eighth in the open 400 meters. Add Mulder in the mix and the Panthers are a national threat in the long sprints. Herring, Kramer and Giurdanella each have state titles in either the 100 meters, 200 meters, or both. Rupert Bannerman-Thompson will also add depth in the relays and hurdles.

MIDDLE DISTANCE

Along with the return of 800 meter National Champion Mulder and All-Americans Goos and Grenko in the 800 meters, the Panthers have considerable depth and talent in the middle distance range. Freshman Andrew Perkins has a personal-best high school 800 mark of 1:49.96 and looks to have an immediate impact in Valley competition. Adding to the depth in the middle distance are returning 800 runners Tim Fulton, Beau Dielschneider and Jack Ogden.

DISTANCE

Perkins also looks to be a force in the distance area, holding the national record for a high school freshman in the mile. Along with Perkins, fellow freshmen Alex Mark and Brady Fritz and sophomore Corbin Miller look to provide solid races for the

Panthers in the distance range.

HURDLES

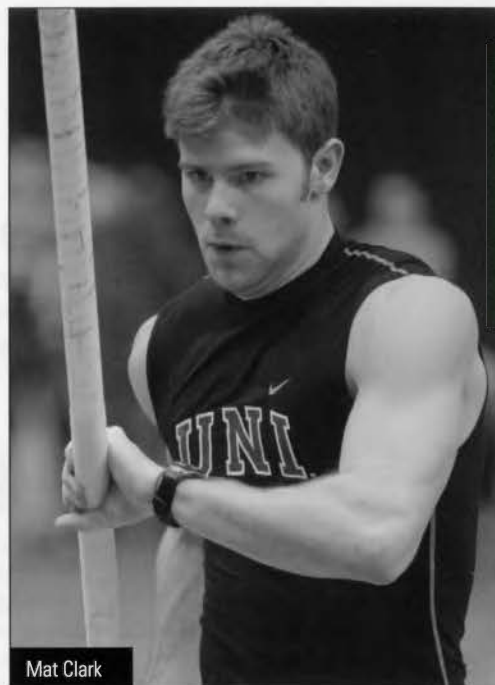
The return of Dennis Hammel, Wojciech Jurkowski, Cory Goos and Greg Offerman provide the Panthers with a wealth of experience in the hurdles area. Offerman is a three time All-MVC hurdler along with qualifying for the NCAA Midwest Regionals. Jurkowski took fourth place at the Valley meet in the 110 hurdles with a season-best 14.53 performance. Hammel was the Valley runner-up in the 400 hurdles at the MVC Outdoor Championships last season.

JUMPS

Juniors Ehi Oamen and Julian Morris are the one-two punch for the Panthers in the high jump. Oamen finished third at the NCAA Indoor Championships and sixth at the NCAA Outdoor Championships last season, along with fending off defending Drake Relays Champion Morris to take the Drake Relays high jump crown. Morris, the 2008 MVC Indoor Champion, finished second at the Drake Relays and at the MVC Outdoor Championships. Along with the potent high jump duo, the Panthers also have a strong corps of vaulters returning for the 2009 season. Returning MVC runner-up Phil Hanson looks to continue his quest for a Valley title in the pole vault along with incoming freshman Daniel Gooris and transfer Sam Kranz.

THROWS

NCAA outdoor national qualifier Marcin Kazubowski returns after setting the UNI school record in the javelin last season. Kazubowski heaved 220-10 to take runner-up honors at the Valley Championships

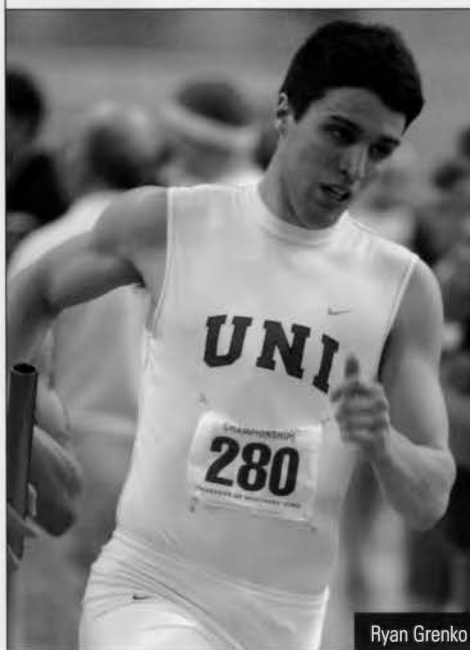


Mat Clark

and qualified for NCAA Regionals. Along with Kazubowski, the Panthers return all-conference performer Lucas Cook and sophomores Adam Pickney and Allen Weeks. UNI also adds freshman Jordan Williams, the high school state runner-up in the shot put, to add considerable depth to the Panthers throwing department.

MULTI-EVENTS

Despite the loss of seven-time MVC champion Raven Cepeda, the Panthers still boast one of the strongest multi-event crews in the nation. Two-time All-American Mat Clark, and Olympic Trials qualifier, returns for his senior campaign with the Panthers after finishing 10th at the NCAA Outdoor Championships and 11th at the NCAA Indoor Championships. Also returning for the Panthers is sophomore Tyler Dodd. Following a redshirt season in 2008, Dodd looks to improve upon his fifth-place MVC finish in the decathlon in 2007. Redshirt freshman Troy Bacon looks to make an impact after redshirting last season. Newcomer Daniel Gooris was ranked No. 4 in the nation at the high school level in the decathlon with a career-best 7,067 points.



Ryan Grenko



TYLER MULDER

- SENIOR
- MIDDLE DISTANCE
- ORANGE CITY, IOWA (UNITY CHRISTIAN)

PERSONAL BESTS

Outdoor		Indoor	
800m	1:46.99	600m	1:17.00
1500m	3:56.42	800m	1:48.17
		1000m	2:27.97

NATIONAL CHAMPION | 6X ALL-AMERICAN | 6X NCAA QUALIFIER | 5X REGIONAL QUALIFIER | 8X MVC CHAMPION | 12X ALL-MVC

2008: OUTDOOR - Earned two All-America citations at the NCAA Outdoor Championships, finishing sixth in the 800 meters and helping the 4x400 relay team to a fifth place finish...Set the 800 meters school record at the NCAA Midwest Regional with a time of 1:46.99, taking second place...Finished first at the McDonnell Invite with a time of 1:48.85...Took the MVC crown in the 800 meters with a time of 1:49.32...Finished first at the Musco Twilight with a time of 1:49.99...Finished first in the 1500 meters at the ESU Relays clocking in at 3:56.42, shaving five seconds off his previous personal best of 4:01.75.

INDOOR - Claimed the 2008 NCAA Indoor National Championship in the 800 meters...Took the MVC crown in the 800 with a time of 1:49.90...Part of the MVC Champion 4x400 relay team...Named 2008 MVC Most Outstanding Men's Track Athlete at the MVC Championship meet... Earned MVC Athlete of the Week honors three times (Jan. 29, Feb. 5, Feb. 19)...Recorded his season-best 800 time at the Iowa State Classic clocking in at 1:48.17 for fourth place...Took first place at the Wisconsin Elite meet in the 800 with a time of 1:52.44...Holds second-fastest 800 time at 1:48.17...Took first place at the UNI Invite in the 600 meters with a time of 1:17.99...Finished second at the Panther Open in the 1,000 meters, clocking in at 2:28.74.

2007: OUTDOOR - Helped set school record in the 4x400 preliminaries at the NCAA Championships, before placing sixth in the finals and earning All-America honors... Captured Drake Relays title as member of 4x800 relay team... Took runner-up honors at the Drake Relays in the sprint medley while helping set a new school record... Ran the anchor leg on MVC champion 4x400 relay team, earning All-MVC honors... Selected to all-Midwest Region team after finishing fourth in the 4x400 at NCAA Midwest Regional... Won the 800 meters at the Musco Invite (1:49.19) and John Jacobs Invite (1:50.27)... Captured the 800 title at the MVC Championships with a time of 1:49.41, earning All-MVC honors... Ran a personal-best in the 800 preliminaries at the Midwest Regional (1:48.69) before finishing sixth in the finals with a time of 1:49.34... Took seventh place in the 1500 meters at the Missouri Relays, clocking in at 4:01.75.

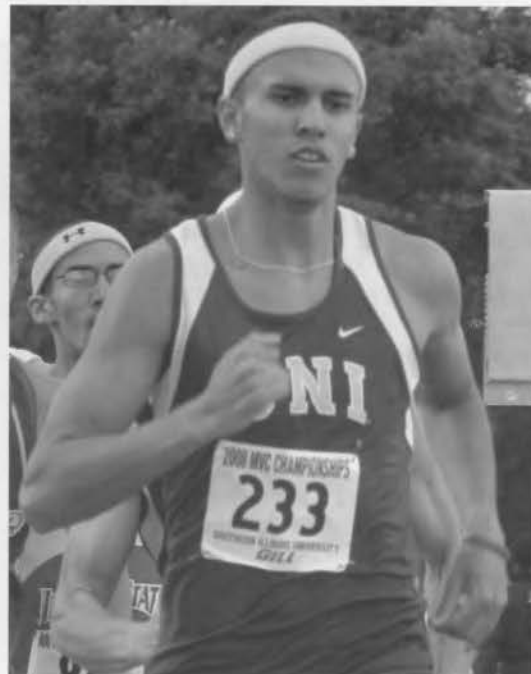
INDOOR - Earned All-America honors as third leg of UNI's sprint medley relay team that took fourth at NCAA Indoor Championships (9:37.00) and was ranked eighth nationally by Track & Field News... Also named All-America following 10th-place finish in 800 meters (1:50.14)... Was part of MVC champion 4x400 relay team... Finished second in the 800 at the MVC Indoor Championships, earning All-MVC honors with a time of 1:52.44... Set a meet record and personal best in the 600-meter dash at the Northwest Open with a time of 1:18.84, earning MVC Athlete of the Week honors for his effort (week of Jan. 16)... Claimed fourth place in the 800 meters at the ISU Classic with a provisional qualifying time of 1:49.15... Won the 1000 meters at the UNI Invite, finishing in 2:27.97.

2006: OUTDOOR - Earned All-MVC honors in the 800 meters, placing third in 1:52.90 at the MVC Championship... Earned fourth place at the UNI Messersmith Invite in the 800, running a personal-best time of 1:50.93... Also claimed fourth place in 1:50.96 at the Sun Angel Classic... Finished ninth in the junior 800 in 1:53.53, barely missing the final heat at the USA Outdoor Track and Field Championship... Member of the 4x400 relay team that placed eighth at the Midwest Regional in 3:08.84... Ran on MVC Champion 4x400 relay team, finishing in 3:12.11.

INDOOR - 4x400 team was runner-up at MVC Championship, earning All-MVC honors... Finished second in the 600-meter dash at the Panther Open in 1:20.94... Ran a season-best time of 1:52.10 at the ISU Classic, placing 37th... Claimed 12th place at the Meyo Invitational in the 800 in 1:52.86... Placed third at the UNI Invite in the 800 with a time of 1:54.33.

HIGH SCHOOL: Set the school record in the 400, 800 and medley relay... Set state records for Class 2A in the 800 and medley relay... Conference champion in four events (1600, 400, 800 and 4x400)... Competed at the USA Junior Nationals... Also lettered in cross country and soccer... 2005 Cross country conference champion... Was a youth group leader.

PERSONAL: Son of Terry and Linda Mulder... Majoring in exercise science.



5 NCAA CHAMPIONS | 25 MVC TEAM TITLES | 231 MVC CHAMPIONS | 134 ALL-AMERICAN HONORS | 9 CONSECUTIVE MVC INDOOR TITLES

ALL-AMERICAN MAT CLARK



MAT CLARK

- SENIOR
- MULTI-EVENTS
- AMES, IOWA (AMES)

PERSONAL BESTS

Outdoor		Indoor	
Decathlon	7,691	Heptathlon	5,613
100m	10.75	60 Hurdles	8.72
Long Jump	23-09.75	60m	7.11
Shot Put	40-11.00	1000m	2:35.26
High Jump	6-07.50	High Jump	6-7.50
400m	48.77	Long Jump	23-8-00
110 Hurdles	15.29	Pole Vault	15-2.75
Discus	128-01	Shot Put	42-6.75
Pole Vault	14-10.50		
Javelin	195-11		
1500m	4:12.33		

2X ALL-AMERICAN | 2X NCAA QUALIFIER | 3X REGIONAL QUALIFIER | 6X ALL-MVC

2008: OUTDOOR - Earned his second All-America honor at the NCAA Outdoor Championships, finishing 10th overall and eighth-best American-born athlete with 7,430 points...Tallied a career-high 7,691 points at the Drake Relays to take second place setting personal-best in eight of the 10 events... Took the runner-up spot at the MVC Championships, racking up 7,420 points...sits second on the UNI all-time best list with his career-high 7,691 points...Named MVC Men's Field Athlete of the Week (April 3).

INDOOR - Finished 11th at the NCAA Indoor Championships earning All-America status as one of the top eight American-born athletes, racking up a career best 5,613 points...Took second place at the MVC Championships with 5,608 points.

2007: OUTDOOR - Captured second place in the decathlon at the MVC meet with a score of 7,072, earning All-MVC honors ... Set personal bests in the 400 meters (49.85), 1500 meters (4:17.76), javelin (186-09) and discus (118-04) ... Named MVC Outdoor Male Field Athlete of the Week (week of April 10).

INDOOR - Earned runner-up and All-MVC honors in the heptathlon at the MVC meet with a score of 5,184 ... Placed second in the heptathlon at the UNI Invite, scoring 5,237 points.

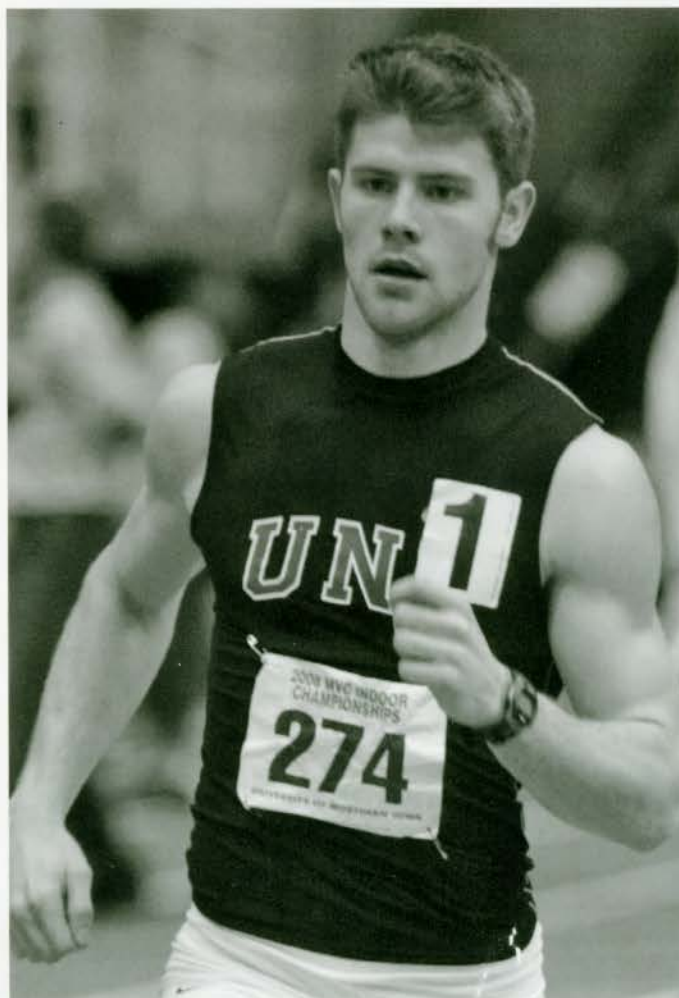
2006: OUTDOOR - Finished second in the USA junior decathlon at the AT&T USA Outdoor Track and Field Championships, scoring a career-best 7,243 ... Set personal bests in seven of the 10 events at the USA meet ... Took second place and All-MVC honors at the Valley Championships in the decathlon with 6,891 points ... Claimed fourth place in the decathlon at the ESU Open Multi Event with 6,733 points ... Ran a 11.08 100-meter dash at the USA meet ... Placed fourth in the 400-meter hurdles at the Wisconsin Twilight in 55.72.

INDOOR - Took All-MVC honors, placing second in the heptathlon at the Valley Championships with 5,173 points, setting a personal record ... Also placed second in the UNI Invite with 4,991 points in the heptathlon ... Recorded the best jump of any Panther during the indoor season in the high jump, 6-06.75 ... Earned second place in the high jump (6-04.75) at the UNI-Dome Open ... Won the MVC heptathlon long jump (22-9) and 1,000-meter run (2:39.28).

HIGH SCHOOL: Four-year letter winner in cross country and track ... Elite all-state ... Four-time all-conference track ... Track and cross country team captain senior season ... CIML all-academic team in cross country and track all four years ... 2005 4A state high jump champion and Drake Relays 4x800 champion ... Six-time Junior Olympic All-American ... 10-time state medal winner ... Four-time state qualifier in track and cross country ... Member of

Honor Roll.

PERSONAL: Son of James and Karen Clark ...
Majoring in biology.





CORY GOOS

- JUNIOR
- SPRINTS/HURDLES
- WEST LIBERTY, IOWA (WEST LIBERTY)

PERSONAL BESTS

Outdoor		Indoor	
400 Hurdles	51.04	400m	47.47
400m	46.83	600m	1:21.69
		800m	1:56.15

3X ALL-AMERICAN | 3X NCAA QUALIFIER | 5X REGIONAL QUALIFIER | 6X MVC CHAMPION | 10X ALL-MVC

2008: OUTDOOR – Earned his third All-America citation at the NCAA Outdoor Championships, helping the 4x400 meter relay team to a fifth place finish...Took the MVC title in the 400 hurdles with a time of 52.35...Part of the 4x400 relay team earning a runner-up finish at the MVC Championships...Recorded a season-best time of 48.50 in the 400 meter run at the ESU Relays.

INDOOR – Helped the 4x400 team take the MVC crown with a time of 3:12.81...Recorded a season-best time in the 400 meters with a time of 47.47 at the Meyo Invitational...finished fourth at the MVC Championships with a 400 meter time of 48.87...Clocked in at 1:58.88 in the 800 meter run for a fourth place finish at the Panther Open.

2007: OUTDOOR – Named 2007 MVC Outdoor Most Outstanding Male Track Athlete along with teammate Terrance Reid ... Broke the school record in the 4x400 in the NCAA Championships preliminaries with a time of 3:04.13 ... Finished sixth in the NCAA finals, earning All-America honors ... Captured the 400 hurdles title and All-MVC honors at the MVC Championships, clocking in at 51.08 ... Finished 17th at the Midwest Regionals (53.11) ... Member of 4x400 meter relay team which placed sixth at the Drake Relays ... 4x400 team won the MVC meet and placed fourth at the NCAA Midwest Regional, earning all-Midwest Region Team honors ... Placed second in the 400-meter hurdles at the Musco Invite with a regional qualifying time of 51.04 ... Named MVC Outdoor Male Track Athlete of the Week (week of April 24).

INDOOR – Placed sixth in the 4x400 relay at the NCAA Indoor Championships, earning All-America honors ... Placed second in the 400-meter dash at the ISU Open, clocking in at 48.21 ... Took fourth place at the MVC Championships with a time of 48.29 ... Finished the 600-meter dash in 1:21.69 at the UNI Invite, earning fourth place ... Won the 4x400 at the Meyo Invite and Alex Wilson Invite, with a season-best time of 3:07.12.

2006: OUTDOOR – Redshirted.

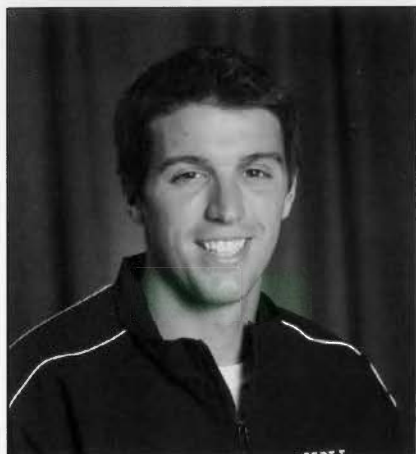
HIGH SCHOOL: Ran track as well as playing football and basketball ... 2005 Elite all-state track team ... 400 and 4x800 state champion ... 2005 Elite all-state track ... All-state in track in 2004 ... 2004 football all-district wide receiver ... Two-time all-conference in basketball.

PERSONAL: ... Majoring in physical education ... Mother Terri played basketball at UNI from 1975 to 1977...Mother's family (Parks) won UNI Family of the Year in 1996.



9 CONSECUTIVE MVC INDOOR TITLES
134 ALL-AMERICA HONORS
231 MVC CHAMPIONS
25 MVC TEAM TITLES
5 NCAA CHAMPIONS

ALL-AMERICAN RYAN GRENKO



RYAN GRENKO

- SENIOR
- SPRINTS
- IOWA CITY, IOWA (CITY HIGH)

PERSONAL BESTS

Outdoor		Indoor	
200m	22.53	200m	22.57
400m	46.83	400m	47.38
		800m	1:56.15

3X ALL-AMERICAN | 3X NCAA QUALIFIER | 4X REGIONAL QUALIFIER | 3X MVC CHAMPION | 6X ALL-MVC

2008: OUTDOOR – Part of 4x400 team that finished fifth at the NCAA Outdoor Championships, earning him his third All-America honor...Helped the 4x400 relay team to a runner-up finish at the MVC Championships...recorded a season-best time of 47.07 at the MVC Championships, earning a fourth-place finish...Finished second at the Musco Twilight with a time of 47.57.

INDOOR – Part of the MVC Championship 4x400 Relay team...took third place at the MVC Championships in the 400 meter dash with 48.04...recroded a career-best 47.38 in the 400 at the Meyo Invitational...finished third at the Wisconsin Elite meet in the 400 with a time of 49.31...Secured a third place finish in the 800 meters at the Panther Open with a time of 1:58.81...Finished 10th in the 200 meters at the UNI Invite with a time of 22.57.

2007: OUTDOOR – Helped set school record in the 4x400 in the NCAA Championships preliminaries with a time of 3:04.13 ... Finished sixth in the NCAA finals, earning All-America honors ... Captured Drake Relays distance medley relay title, setting a new school record (9:42.69) ... Member of 4x400 meter relay team that placed sixth at the Drake Relays ... Was part of 4x400 team that won the MVC meet and placed fourth at the NCAA Midwest Regional, earning all-Midwest Region Team honors ... Placed third in the 400-meter dash at the Musco Invite with a time of 46.97 ... Earned runner-up honors at the John Jacobs Invite, clocking in at 47.15 ... Took fifth place in the 400 at the MVC Championships (47.31).

INDOOR – Member of MVC championship relay team in the 4x400 ... Took second place in the 400 at the MVC Championships, clocking in at 47.72 ... Finished fourth in the 800 at the Northwest Open with a time of 1:56.15 ... Placed sixth in the 4x400 relay at the NCAA Indoor Championships, earning All-America honors ... Won the 4x400 at the Meyo Invite and Alex Wilson Invite, with a season-best time of 3:07.12.

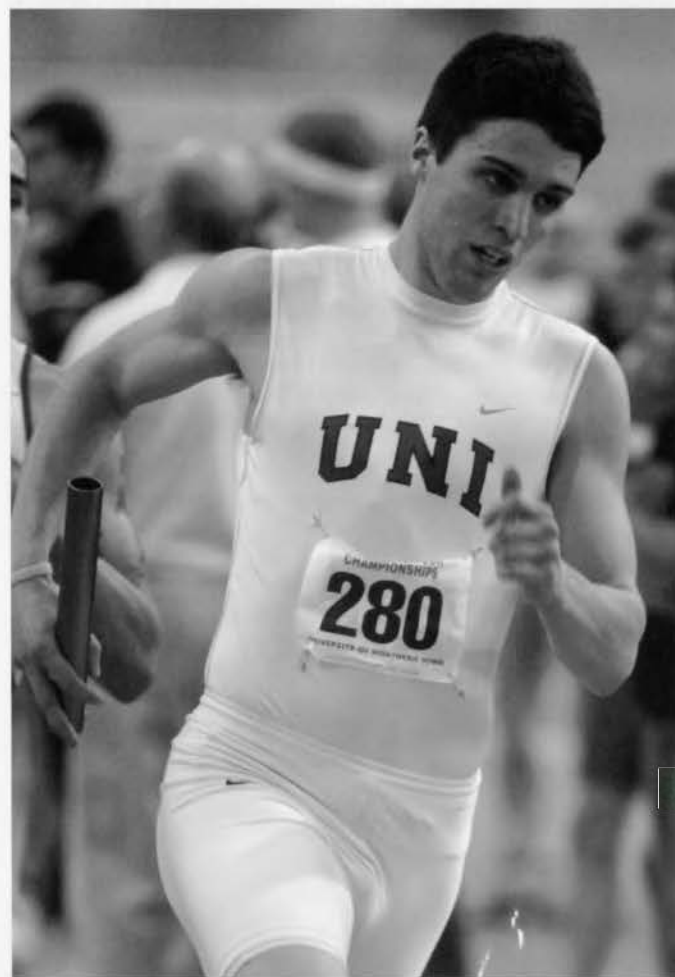
2006: OUTDOOR – Earned All-MVC honors in the 400-meter dash at the Valley Championships, placing second with a time of 47.01 ... Ran a season-best time of 46.83 in the 400 prelims at the Midwest Regional and then finished sixth with a time of 47.04 in the finals ... Member of the 4x400 relay team that placed eighth at the Midwest Regional in 3:08.84 ... Claimed fifth place in the 400 at the Sun Angel Relays in 47.19 ... Placed seventh in the 200 (22.53) at the UNI Twilight.

INDOOR – Placed third in the 400 at the MVC Championships, earning All-MVC honors, with a personal-best time of 48.30 ... Finished 25th in the 400 at the last-chance qualifier meet in Ames, Iowa with a time of 48.39 ... Finished fourth at the Panther Open in the 400 in 49.44.

HIGH SCHOOL: Earned three letters in track, two in football and two in basketball ... Also played baseball ... All-state in track from 2002-2004

... Received All-America honors and second team All-MVC ... Member of the National Honors Society ... Three-time team state track champions ... Earned two Drake Relays championships in the sprint medley ... Second-team all-conference in football.

PERSONAL: Born [redacted] to Mark and Jan Grenko ... Majoring in physical education with a minor in business ... Father, Mark, played football and ran track at Central College ... Mother, Jan, also ran cross country and track at Central ... Majoring in physical education.





EHI OAMEN

- JUNIOR
- JUMPS
- HINTON, IOWA (HINTON)

PERSONAL BESTS

Outdoor		Indoor	
High Jump	7-02.50	High Jump	7-02.25

2X ALL-AMERICAN | 3X NCAA QUALIFIER | 3X REGIONAL QUALIFIER | 2X MVC CHAMPION | 4X ALL-MVC

2008: OUTDOOR – Finished sixth at the NCAA Outdoor Championships in the high jump with a final jump of 7-01.50...Recorded a personal-best jump of 7-02.50 at the MVC Championships to take the MVC crown...Named MVC Most Outstanding Men's Track Athlete...Took first place at the Drake Relays, fending off teammate and defending champion Julian Morris with a jump of 7-00.25...Finished first at the ESU Relays, jumping 6-10.75.

INDOOR – Earned first All-America honor at the NCAA Championships, taking third place with a jump of 7-2.25...Finished as the runner-up at the MVC Championships with a jump of 7-1.75...Took third place at the Iowa State Classic with a jump of 7-1.00...Earned MVC Men's Field Athlete twice during the indoor season (Jan. 29 and Feb. 19).

2007: OUTDOOR – Took fifth place in the high jump at the Drake Relays with a leap of 6-8.75 ... Captured the MVC high jump title, earning All-MVC honors with a jump of 6-10.75 ... Selected to all-Midwest Region team after eighth-place finish at the Midwest Regionals with a personal-best jump of 7-1 ... Finished 14th at the NCAA Championships (7-0.25) ... Named MVC Outdoor Male Field Athlete of the Week (week of April 24).

INDOOR – Recorded a personal-best in the high jump at the UNI Invite with a leap of 6-11.75, capturing first place ... Won the high jump at the UNI-Dome Open (6-8.75) and ISU Last Chance Meet (6-8) ... Took third place at the MVC Championships with a leap of 6-9.75 ... Named MVC Indoor Male Field Athlete of the Week after winning the high jump at the Northwest Open (6-11).

HIGH SCHOOL: Set the War Eagle Conference high jump and long jump records ... Holds Hinton's high jump records ... 2005 and 2006 Class 1A high jump champion, while setting the state meet record ... 2005 all-state team and 2006 elite all-state team ... Four varsity letters in track and three in basketball ... Academic all-state ... National Achievement.

PERSONAL: Son of Edward and Arlene Oamen ... Born [redacted] in LeMars, Iowa ... Majoring in biology.



5 NCAA CHAMPIONS | 25 MVC TEAM TITLES | 231 MVC CHAMPIONS | 134 ALL-AMERICA HONORS | 9 CONSECUTIVE MVC INDOOR TITLES

ALL-AMERICAN TERRANCE REID



TERRANCE REID

- SENIOR
- SPRINTS
- DAVENPORT, IOWA (CENTRAL)

PERSONAL BESTS

Outdoor		Indoor	
200m	21.11	200m	21.70
400m	45.69	400m	46.79

7X ALL-AMERICAN | 7X NCAA QUALIFIER | 6X REGIONAL QUALIFIER | 9X MVC CHAMPION | 11X ALL-MVC

2008: OUTDOOR – Became UNI's most decorated track and field athlete at the NCAA Outdoor Championships, earning his sixth and seventh All-America citations in the 400 meter run and the 4x400 meter relay...Recorded a personal-best time of 45.79 at the NCAA meet in the 400 meter run...Took the MVC crown in the 400 meters with a time of 46.77...Finished third in the 200 meter dash at the MVC Championships with a time of 21.34...Ran a 200 personal best time of 21.11 in the qualifying round at the MVC Championship...Helped the distance medley relay team to a second place finish at the Drake Relays, with a 400-meter split of 48.36.

INDOOR – Member of the Panthers MVC Champion 4x400 team...finished second in the 200 meter dash at the MVC Championships with a time of 21.70...Named MVC Men's Track Athlete of the Week for the week of Feb. 12...Recorded a season-best time of 46.97 in the 400 meters at the Alex Wilson Invite, taking third place overall...Finished first at the Meyo Invitational with a time of 46.99...Recorded a season-best time of 7.06 in the 60 meters at the UNI-Dome Open...Finished seventh at the Panther Open in the 800 meters with a time of 2:02.88.

2007: OUTDOOR – Set personal-bests in the 200 (21.16) and 400 (46.20) at the MVC Championships, capturing both titles and earning All-MVC honors ... Took fourth place in the 400 at the Midwest Regionals with a time of 46.50, earning all-Midwest Region Team honors ... Finished 18th at the NCAA Championships, clocking in at 47.09 ... Anchored MVC Champion 4x100-meter relay team ... Finished fourth in the 4x400 at the Midwest Regionals, earning all-Midwest Region Team honors ... Set the school-record in the 4x400 meter preliminaries at the NCAA Championships before finishing sixth, earning All-America honors ... Named MVC Outdoor Most Outstanding Male Track Athlete of the Year.

INDOOR – Ran a personal-best time of 21.79 in the 200 meter dash preliminaries at the MVC Championships before finishing sixth in the finals with a time of 22.95 ... Placed third in the 200 at the UNI Invite (22.05) ... Set a personal-best in the 400 at the Alex Wilson Invite, clocking in at 46.79 for a national ranking of 20th... Captured the 400 meter title in a time of 47.41 at the MVC Championships, earning All-MVC honors ... Took seventh place at the ISU Classic (47.12) ... Earned All-America honors as member of sixth place 4x400-meter relay team and fourth place distance medley at the NCAA Indoor Championships ... Won the 4x400 at the Alex Wilson Invite, Meyo Invite, ISU Open and UNI Invite.

2006: OUTDOOR – Redshirted.

INDOOR – Ran a personal-best time of 46.95 in the 400 at the ISU Classic ... Placed seventh in the 400 at the Meyo Invitational ... Claimed fourth place in the 200 at the UNI Invite in 22.06, a personal-best.

2005: OUTDOOR – Earned all-conference honors when he placed as the runner-up in the 400 at the MVC Championships, completing the race in 46.64 ... Member of school-record setting 4x400 relay team, with a time of 3:04.55 ... His 4x400 relay team also captured first place at the MVC Championships, finishing in 3:10.92 and then went on to place third at the Midwest Regionals with a time of 3:06.01 ... The relay team placed eighth at the NCAA Championships, earning All-America honors with its time of 3:04.83 ... Earned a gold medal at the Pan American Junior championships in the 4x400 relay.

INDOOR – Placed fifth in the 400 meters at the adidas classic with a time of 48.73 ... Also placed fifth in the 200 meters with a time of 22.34 ... Captured 11th place at the Meyo Invitational with his 48.08 time in the 400 ... Earned All-MVC honors when he placed second in the 400 at the Championships with his 48.02 time ... Member of the 4x400 meter relay team that automatically qualified for national meet and placed third at the NCAA Championships with a 3:04.95 time, earning All-America honors.

HIGH SCHOOL: Named to the Elite All-State team as a junior and senior ... First team all-conference running back, second team cornerback and third team wide receiver in football as a senior ... First team all-state in the 400 as a junior and senior ... Member of the 2004 Mississippi Athletic Conference champion.

PERSONAL: ... Majoring in health sciences ... Cousin, Roger Craig, played football for the San Francisco 49ers ... Majoring in exercise science.





TROY BACON

- FRESHMAN
- MULTI-EVENTS
- MARSHALLTOWN, IOWA
(GREEN MOUNTAIN-GARWIN)

2008: Redshirted.

HIGH SCHOOL: Eight-time state track qualifier... Finished third in Class 1A in the high jump as a senior... Conference champion in 200 meters, 400 meters and long jump as a senior... Holds school records in the 400 (50.54) and high hump (6'7")... First team all-conference in basketball as a junior and senior.

PERSONAL: Son of Curt and Linda Bacon... Majoring in psychology.

USATF National Junior Track and Field qualifier ... Member of Honor Roll ... National Latin Honor Society... Latin Student of the Year, 2005-06. **PERSONAL:** Son of Stephen and Deborah Beese ... Born [redacted] in Downers Grove, Ill. ... Majoring in physical education.

PERSONAL BEST

Pole Vault 16-7.25



ROZLE BUCALO

- JUNIOR
- JUMPS
- BREZICE, SLOVENIA

REGIONAL QUALIFIER | MVC CHAMPION | 2X ALL MVC

2008: OUTDOOR – Captured the MVC Crown in the long jump, posting a leap of 24-05.75 on his final jump ... Finished seventh in the triple jump at the MVC Outdoor Championships.

2007: INDOOR – Claimed fourth in the MVC Indoor Championships in the triple jump, and fifth in the long jump.

HIGH SCHOOL - Holds the Slovenian national high school record in the long jump... Won numerous junior and youth championships in the long jump, high jump and hurdles... Finished 22nd at the European 2005 Junior Championships in Kaunas (LTU).

PERSONAL BESTS

Long Jump 24-5.75
Triple Jump 46-08.25



RUPERT BANNERMAN-THOMPSON

- JUNIOR
- HURDLES
- ROSEVILLE, MINN. (ROSEVILLE)

AT IOWA CENTRAL: Spent two seasons with the Iowa Central Track and Field team... Named Academic All-Region second team.

HIGH SCHOOL: Finished first at the state meet in 2005 in both the 110 and 300 hurdles... Recorded a personal-best of 14.10 in the 110 hurdles and a personal-best of 38.6 in the 300 hurdles... Was also a two-year letterwinner in football.

PERSONAL: Son of Robert and Doris Bannerman-Thompson... Majoring in sociology.



ALVIN COLE

- JUNIOR
- JUMPS
- WESTCHESTER, ILL. (ST. JOSEPH)

ALL-MVC

2008: OUTDOOR: Finished eighth at the MVC Championships in the long jump with a season-best jump of 22-11.75. **INDOOR:** Took the runner-up spot at the MVC Championships in the long jump with a jump of 23-4.75 in his first season ever as a track athlete.

PERSONAL: Son of Patricia Cole... Born in Chicago, Ill. ... Majoring in biology.

PERSONAL BEST

Long Jump 23-4.75



MIKE BEESE

- JUNIOR
- POLE VAULT
- NAPERVILLE, ILL. (NORTH)

ALL-MVC

2008: OUTDOOR – Captured seventh place at the Drake Relays in the pole vault along with taking eighth place at the MVC Championships. **INDOOR** – Shattered previous personal-best of 16-01.25 with a jump of 16-7.25 at the Wisconsin Elite meet... Tied for second at the UNI-Dome Open with a jump of 16-6.75... Earned all-MVC honors finishing third at the MVC Championships with a final jump of 16-3.25.

2007: OUTDOOR - Placed sixth at the MVC Championships in the pole vault. **INDOOR** - Finished fifth place at the MVC meet. **HIGH SCHOOL:** Two-time conference champion in the pole vault ... Three-time indoor state qualifier, placing fifth as a junior and third as a senior ... Holds third highest pole vault mark in Illinois state history (16-4.75) ... 2006

MEET THE PANTHERS



LUCAS COOK

- JUNIOR
- THROWS
- DAVENPORT, IOWA (WEST)

REGIONAL QUALIFIER | ALL-MVC

2008: OUTDOOR – Took runner-up honors at the MVC Championships with a career-best hammer throw with a regional qualifying standard of 187-09. . . Finished 19th at the NCAA Midwest Regional. **INDOOR** – Took first place at the Wisconsin Elite meet in the weight throw, tossing a season-best 57-0.25.

2006: OUTDOOR –Placed 10th at the MVC Championships in the hammer throw. **INDOOR** –Finished 10th at the MVC Championship meet in the 35 pound weight throw.

2005: Redshirted.

HIGH SCHOOL: Three-year letter winner in track . . . Two-year letter winner in football . . . Fifth place in the shot put at state and state discus qualifier.

PERSONAL: Son of Doug and Barbara Cook . . . Bio-medical major.

PERSONAL BESTS

Weight Throw	57-0.25
Hammer Throw	187-09



MIKE CRADDICK

- JUNIOR
- SPRINTS
- DAVENPORT, IOWA (ASSUMPTION)

DRAKE RELAYS CHAMPION

2008: OUTDOOR: Finished sixth at the Valley meet in the 800 meters . . . Recorded a season-best 800 time in the qualifying round of the 800 at the MVC meet with a time of 1:52.55. . . Member of the winning 4x800m relay at the Drake Relays. **INDOOR:** Took sixth place at the MVC Championships in the 800 meters.

HIGH SCHOOL: Two-time state champion in the 1,600 meter medley . . . 800-meter state champion and runner-up in the 200m and 400m . . . Team MVP in 2004-05 . . . Member of Elite all-state first team in 2005. . .Member of National Honor Society.

PERSONAL: Born [redacted] to David and Kris Craddick . . . Majoring in chemistry.

PERSONAL BESTS

400m	50.00
600m	1:22.46
800m	1:52.55



JORDAN CORNILSEN

- FRESHMAN
- LONG SPRINTS
- MILES, IOWA (PRESTON)

HIGH SCHOOL: Broke the Dickinson Relay record in the 400 meters with a time of 49.60 . . . Runner-up at the state meet in 2007 in the 200 meters with a time of 22.25. . . Took the state championship in the 400 meters in 2007 with a personal best of 48:32. . . Won the USATF National meet crown as part of the 4x800 meter relay team in 2007 . . . Took the Big East conference crown in the 100 meters, 200 meters, 400 meters and 800 meters his senior season. . . Named Elite All-State in track. . . Named All-Eastern Iowa in football junior season . . . helped team to advance to sub-state senior season in basketball . . . Cross country letter winner. . . Member of National Honor Society. . . Graduated with high honors. . . Also involved in band and choir.

PERSONAL: Son of Gordon and Kendra Cornilsen. . . Born [redacted] in Clinton, Iowa. . . Majoring in business.



BEAU DIELSCHNEIDER

- SOPHOMORE
- MIDDLE DISTANCE
- CONRAD, IOWA (BCLUW)

2008: Redshirted.

HIGH SCHOOL: Two-time state champion in the 800 meters and 4 x 800 meter relay . . . State champion in the 4 x 400 meter relay as a senior . . . Holds state record in the 800 (1:54.04) and 4 x 800 (8:03) . . . Holds school record in the 400, 800, 4 x 400, 4x800 and medley relay . . . Three-time all-district in football . . . All-state receiver in football as a freshman . . . All-conference in baseball . . . National Honor Society . . . Sunday school teacher.

PERSONAL: Son of Chad and Karla Dielschneider . . . Born [redacted] in Marshalltown, Iowa . . . Majoring in history education.

HIGH SCHOOL PERSONAL BESTS

400m	48.9
800m	1:50.22



TYLER DODD

- SOPHOMORE
- MULTI-EVENTS
- GILMORE CITY, IOWA (HUMBOLDT)

2008: Redshirted

2007: OUTDOOR - Placed fifth in the decathlon at the MVC Championships with a score of 6,222. **INDOOR** - Took sixth place in the heptathlon at the MVC Championships, scoring with 4,750.

HIGH SCHOOL: Four-time varsity letter winner ... Set school record in the 110-meter high hurdles (14.41) and 400-meter hurdles ... Also played football, baseball and basketball ... Member of IFCA Academic All-State, National Honor Society and Honor Roll.

PERSONAL: Son of Dave and Cheryl Dodd ... Born [redacted] in Fort Dodge, Iowa ... Majoring in marketing.

PERSONAL BESTS

110m h.	15.43
400m	50.75
1500m	4:37.26
Pole Vault	12-3.5
Decathlon	6,222
1000m	2:42.87
Long Jump	22-01.50
High Jump	6-06.00
Heptathlon	4,750



TIM FULTON

- SENIOR
- MIDDLE DISTANCE
- DECORAH, IOWA (DECORAH)

2008: OUTDOOR: Redshirted. **INDOOR:** Ran a season-best 1:52.24 in the 800 meters at the Iowa State Classic ... Took fourth place at the MVC Championships in the 800 meter run

2007: OUTDOOR - Ran a season-best in the 800-meter run at the Drake Relays, finishing 11th with a time of 1:51.19 ... Placed fifth in the 800 at the MVC meet (1:52.55) **INDOOR** - Ran a personal best time of 1:50.80 at the Mayo Invite... Ran a personal-best time of 1:21.13 in the 600 at the UNI Invite... Placed third in the 800 at the MVC Championships

2006: OUTDOOR - Redshirted.

HIGH SCHOOL: 2004 state champion in 4x800 helping Decorah win a state team title.... Academic all-state in cross country and track senior year.

PERSONAL: Son of Randy and Mary Ellen ... Born [redacted] in Decorah, Iowa ... Majoring in mathematics: statistics and actuarial science.

PERSONAL BEST

600m	1:21.13
800m	1:50.80
1000m	2:26.57
1500	4:03.42



BRADY FRITZ

- FRESHMAN
- CROSS COUNTRY/DISTANCE
- IOWA CITY, IOWA (WEST)

2008: CROSS COUNTRY: Recorded a season-best 8k time at the Bradley Classic (26:42).

HIGH SCHOOL: Four-year varsity letter winner in track and cross country...finished fourth at the state meet in the 800 in 2008 and 2007...finished second at the Mississippi Valley Conference...recorded a personal best of 1:54.01 in the 800...finished third at state in 2008 in the 1600 with a time of 4:21.93...conference champ in the 1600... finished second at the state meet in 2008 in the 3200...recorded a personal best in the 3200 time of 9:27.77.... Graduated with high honors along with being a member of National Honor Society...Also involved in the National Leadership Youth Solute.

PERSONAL: Son of Michael and Denise Fritz...Born [redacted] in Iowa City, Iowa...major is undecided.

PERSONAL BESTS

800m	1:54.01
1600m	4:21.93
3200m	9:27.77



GIORGIO GIURDANELLA

- FRESHMAN
- SPRINTS
- PEORIA, ARIZ. (MOUNTAIN RIDGE)

HIGH SCHOOL: Was the 5A state champion in the 200 meters and third in the 100 meters in the Arizona High School State Championships. Finished fourth at the Great Southwest Classic recording a personal best in the 200 meters of 21.20....Has a personal best in the 100 meters of 10.51

PERSONAL: Son of Lou and Fran Giurdanella. Born in Chicago, IL ... Majoring in physical education.

PERSONAL BESTS

100m	10.51
200m	21.20

MEET THE PANTHERS



DANIEL GOORIS

- FRESHMAN
- MULTI-EVENTS
- PINELAKE, N.M. (CIBOLA)

HIGH SCHOOL: Won the national decathlon title as junior and finished second as a senior... Four-time high school state champion... Three-time state champion in pole vault and school record holder (16'9")... Ran a 48.9 split on state champion and school record holding 4x400 meter relay team as senior... Finished third in the 300 meter hurdles both junior and senior year... At the state meet finished fourth in the 110 high hurdles as junior and senior and fourth in high jump as senior... Recorded a decathlon personal best of 7067 points, while capturing the Great Southwest Decathlon Championship. **PERSONAL:** Son of Paul and Mary Gooris... Born on September 28, 1989, in Albuquerque, New Mexico... Majoring in movement and exercise science.

PERSONAL BESTS

Pole Vault 16-09 Decathlon 7,067



DENNIS HAMMEL

- JUNIOR
- HURDLES / SPRINTS
- DAVENPORT, IOWA (CENTRAL)

REGIONAL QUALIFIER | 3X ALL-MVC

2008: OUTDOOR- Finished second at the MVC Championships in the 400 hurdles with a time of 52.42... Recorded a career-best time of 52.32 in the 400 hurdles at the Musco Twilight meet... Took fifth at the McDonnell Invite (52.61)... Finished 17th overall at the NCAA Midwest Regional meet in the 400 hurdles. **INDOOR-** Took eighth place at the MVC Championships in the 400 meters... Recorded a time of 1:21.89 in the 600 meters at the Panther.

2007: OUTDOOR - Ran a then personal-best in the 400-meter hurdles preliminaries at the MVC Championships, finishing in 53.32.

2006: Redshirted.

HIGH SCHOOL: Three-time state qualifier... Two-time Drake Relays qualifier... Finished eighth at high school national meet in 400 hurdles... State champion in 400 meter hurdles, second in 110-meter hurdles... Runner-up in 400 hurdles at Drake Relays... Team champion and earned record-setting points in 2005... Made honor roll all four years... MAC all-academic team.

PERSONAL: Born to Roger and Sue Hammel

PERSONAL BESTS

400m Hurdles	52.32
200m	22.57
300m	35.12
400m	47.38S
600m	1:21.89



PHIL HANSON

- SOPHOMORE
- POLE VAULT
- PONTIAC, ILL. (TOWNSHIP)

REGIONAL QUALIFIER | 2X ALL-MVC

2008: OUTDOOR: Recorded a personal best in the pole vault at the MVC Championships to take the runner-up spot clearing 17-00.75... Finished 12th at the NCAA Midwest Regionals. **INDOOR:** Placed second at the Valley meet in the pole vault... Recorded a season-best jump of 16-6.75 at the UNI-Dome Open to earn second place.

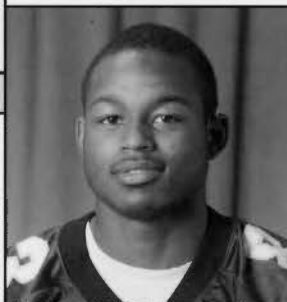
2007: Redshirted.

HIGH SCHOOL: Illinois all-time state record holder... Runner-up in the pole vault at the 2006 junior nationals... Illinois state champion in the pole vault... Placed third at the USATF Junior Olympics in 2004... Four-year letter winner in wrestling and track... Member of Honor Roll.

PERSONAL: Full name is Phillip Steven Hanson... Son of Steven and Debra Hanson... Born in Pontiac, Ill... Majoring in physical education.

PERSONAL BEST

Pole Vault: 17-0.75



JARRED HERRING

- FRESHMAN
- SPRINTS
- BURLINGTON, IOWA (BURLINGTON)

HIGH SCHOOL: Won the Drake Relays 100-meter dash in 2007 and 2008... Won state 100 and 200-meter dashes in 2007 and 2008... Has personal bests of 10:57 and 21.53. Four-time state track qualifier... Two-time Elite all-state pick in track... Earned first-team all-conference honors as a wide receiver... Earned second-team all-conference selection as a defensive back... First-team All-Hawk Eye pick in football... KBUR Top Prep of the Year selection... 2008 Shrine Bowl all-star football game invitee... Honor roll student.

PERSONAL: Son of John and Patricia Herring... Born in Danville, Ill... Brother (John II) and a sister (Katrese)... Majoring in education... Also a standout wide receiver for the UNI football team earning All-Missouri Valley Football Conference Honorable Mention grabbing a team-high four touchdown receptions as a true freshman.

PERSONAL BESTS

100m	10.57
200m	21.53



WOJCIECH JURKOWSKI

- JUNIOR
- HURDLES
- POZNAN, POLAND

2008: OUTDOOR – Took fourth place at the MVC Championships in the 110 hurdles. **INDOOR:** Took eighth place at the Valley meet in the 60 meter hurdles.

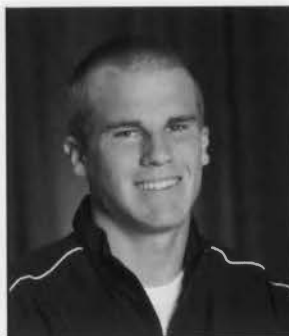
2007: OUTDOOR– Took fourth place at MVC Championships in 110 hurdles.... Finished eighth in 200 meters at the MVC Championships, turning in personal-best 21.57 in the prelims.

HIGH SCHOOL: Placed fifth at the World Junior Championships in the 110 high hurdles ... Earned three championships, one second and one third place finish in the last three seasons at the Polish national championships ... Finished fifth at the 2006 World Junior Championships in Beijing, China ... Personal bests of 13.48 seconds in the 110 high hurdles over the 39" hurdles.

PERSONAL: Son of Wojciech and Dorota Jurkowski ... Has one sister.

PERSONAL BESTS

110 Hurdles:	14:24
200 Meters:	21.57
60 Hurdles:	8.28



DEREK KRAMER

- FRESHMAN
- SPRINTS
- CEDAR RAPIDS, IOWA (XAVIER)

HIGH SCHOOL: State champion in the 100 meters, 200 meters, 4x100 relay and 4x200 relay in 2008... Holds state records in 4x100 relay and 4x200 relay... First team elite all-state... Member of the 2006 Iowa 4A State Championship football team... All-conference and all-metro football player senior season... Member of 2007 State Runner-Up baseball team, earning all-conference and all-metro honors senior season... Lettered in four varsity sports... Also member of honor roll and student council along with National Council on Youth Leadership.

PERSONAL: Son of Mark and Diane Kramer... Born [redacted] in Cedar Rapids... Majoring in movement and exercise science.



SAMUEL KRANZ

- FRESHMAN (RS)
- POLE VAULT
- SUGAR GROVE, ILL. (KANEKANO/UNIV. OF OKLAHOMA)

AT OKLAHOMA: 2008: OUTDOOR – Redshirt. **2008: INDOOR** – Cleared a personal best in the pole vault at the Sooner Indoor with a jump of 16'10". **HIGH SCHOOL:** Holds high school records in the pole vault with a personal-best jump of 16-5. Finished third at the state meet in the pole vault in 2006 and fourth in 2007. **PERSONAL:** Son of Rodney and Beth Kranz... Majoring in accounting.

PERSONAL BEST

Pole Vault: 16-10



MARCIN KAZUBOWSKI

- SENIOR
- THROWS
- GDANSK, POLAND (•5)

NCAR QUALIFIER | REGIONAL QUALIFIER | 2X ALL-MVC

2008: OUTDOOR– Recorded a season-best throw of 220-10 at the MVC Championships to take second place... Qualified for the NCAA National Championships by taking 7th at the NCAA Midwest Regional Championships.

2007: OUTDOOR – Won the javelin at the Missouri Relays while setting the school record with a regional qualifying throw of 218-10 ... Earned runner-up and all-MVC honors at the MVC meet.

2006: OUTDOOR – Took first place honors at the Missouri Relays in the javelin with a regional qualifying mark throwing 208-10 ... Placed second, earning all-MVC honors, at the Valley Championships in the javelin.

HIGH SCHOOL: Third place at Poland Championships in the javelin.

PERSONAL: Born [redacted] in Gdansk, Poland ... Son of Marek and Jolanta ... Majoring in electrical information and engineering technology.

PERSONAL BEST

Javelin 220-10



PETE LARSON

- SOPHOMORE
- LONG SPRINTS
- IOWA CITY, IOWA (WEST)

2008: OUTDOOR – Ran a season-best in the 400 meters at the Valley meet, finishing in 49:49. **INDOOR**– Recorded a 1:22.97 in the 600 meters at the Panther Open. **2007: OUTDOOR** – Redshirted. **HIGH SCHOOL:** Four-year track letter winner ... Member of 4x200 state championship his senior year ... 4x200 school record holder ... Member of Honor Roll ... Track team was three-time conference champion ... Also played basketball and football. **PERSONAL:** Son of Steve and Terri Larson ... Born [redacted] in Iowa City, Iowa ... Major is undecided.

PERSONAL BEST

400	49:49
600m	1:22.97

9 CONSECUTIVE MVC INDOOR TITLES
 134 ALL-AMERICA HONORS
 231 MVC CHAMPIONS
 25 MVC TEAM TITLES
 5 NCAR CHAMPIONS

MEET THE PANTHERS



TRAVIS LEUER

- FRESHMAN
- HIGH JUMP
- LAURENS, IOWA (LAURENS-MARATHON)

HIGH SCHOOL: Runner up at the state meet in 2008 in the high jump... Placed second in 2007 and fourth in 2006 at the state meet... Took the Northwest Conference high jump crown in 2006, 2007 and 2008... Named second team all-state in 2008 for football... Member of basketball substate team in 2008 along with being named basketball all-conference... Has a personal best high jump of 6-10. **PERSONAL:** Son of Vickey Leuer... Majoring in exercise science.

PERSONAL BESTS

High Jump 6-10



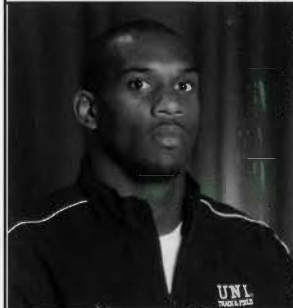
CORBIN MILLER

- SOPHOMORE
- CROSS COUNTRY/DISTANCE
- MARSHALLTOWN, IOWA (MARSHALLTOWN)

CROSS COUNTRY: 2008: Finished 53rd at the Valley Championships recording an 8k time of 27:40.96... Recorded a season-best time at the Bradley Classic, clocking in at 26:42. **2007:** Recorded a 26:41 8k race at the Bradley Classic. **TRACK: 2008: OUTDOOR:** Recorded a season-best performance in the 800 meters at the MVC championships with a time of 1:53.69. **INDOOR:** Recorded a personal-best time at the Alex Wilson Invite with an 800 time of 1:52.89... Claimed a seventh-place finish at the MVC Championships. **HIGH SCHOOL:** Holds the Marshalltown High School records in the 800 and 1600 medley relay... was a Iowa High School State Champion in the 800 meters in 2004 and 2008... state champion in 2006 in the 1600 medley relay and 4x800 relay... took state-runner up honors in 2005 in the 800... Captured the 2006 Drake Relays title in the 1600 medley relay... 2005 CIML cross country champion... Named five time Iowa Elite All-State in track and field, along with five time all-state honors.

PERSONAL BESTS

Cross Country: 8K - 26:41
800m: 1:52.89



JULIAN MORRIS

- JUNIOR
- JUMPS/SPRINTS
- MINNEAPOLIS, MINN. (OSSEO/IOWA STATE)

2008: OUTDOOR- Jumped a season-best 7-00.50 at the McDonnell Invite taking the top spot... Took the runner-up spot at the Valley meet tying his season-best... Qualified for the NCAA outdoor championships where he finished 13th. **INDOOR-** Took the MVC crown in the high jump with a personal best of 7-3.00 qualifying for the NCAA Championships and recording the third-highest jump in UNI school history. **2007:** - Competed for Iowa State where he had a personal best jump of 6'11.75" **PERSONAL:** Son of Joel and Gwen Morris... Majoring in management and economics.

PERSONAL BEST

High Jump: 7-3.00



GREG OFFERMAN

- JUNIOR
- HURDLES/SPRINTS
- CHARLES CITY, IOWA (CHARLES CITY)

2X REGIONAL QUALIFIER | 3X ALL-MVC

2008: Redshirted. **2007: OUTDOOR** - Claimed third place at the MVC Championships, earning all-MVC honors... Ran a season-best in the 400 hurdles preliminaries at the Midwest Regionals, clocking in at 52.14. **2006 - OUTDOOR** - Placed fourth at the Drake Relays in the 400-meter hurdles with a season-best time of 52:02... Earned all-MVC honors by claiming runner-up honors in the 400 hurdles at the MVC Championship... Placed 12th at the Midwest Regionals in the 400 hurdles, running 52.64 in the preliminaries. **INDOOR** - Member of Distance medley relay team that claimed the MVC Championship in 9:59.75. **HIGH SCHOOL:** Also played quarterback for a district champion football team and member of the state runner-up baseball team... Track team earned state team title in 2005... Earned seven individual state titles in track and one relay title... Ran an Iowa high school all-time best 50.61 in the 400 hurdles... Three Drake Relay titles in 400 hurdles and one in the medley relay... Won silver medal at USATF juniors in 2005... Silver medalist at the Pan American Juniors in 2005... High school Nike Outdoor National Champion in the 400 hurdles... Named an all-American by Nike, USA Today and Track and Field News... Made Honor Roll all four years and a member of the National Honor Society... Also a class officer. **PERSONAL:** Son of Sam and Julie Offerman... Born [redacted] in Manchester, Iowa... Majoring in business.

PERSONAL BEST

400m hurdles 52.02



JACK OGDEN

- SENIOR
- MIDDLE DISTANCE
- CEDAR RAPIDS, IOWA (WASHINGTON)

DRAKE RELAYS CHAMPION

2008: OUTDOOR - Took fifth place at the MVC Championships in the 800 meters with a time of 1:52.93... Recorded a season-best 1:51.56 in the qualifying round of the MVC Championships 800 meters... Member of the winning 4x800m relay at the Drake Relays. **2007: OUTDOOR** - Ran a season-best in the 800 meter preliminaries at the MVC Championships with a time of 1:51.98... Took seventh place in the 800 at the MVC meet. **HIGH SCHOOL:** Finished third in the medley relay and fourth in the 4x800 at the Drake Relays... Placed sixth in the 800 as a junior at state... Ran 4x800 at Senior All-Star meet... Four-time varsity letter winner in track. **PERSONAL:** Son of Lisa and John Ogden... Born [redacted] in Cedar Rapids, Iowa... Majoring in political science.

PERSONAL BEST

800m 1:51.98

2X NCAA QUALIFIER | 2X REGIONAL QUALIFIER | MVC CHAMPION | 2X ALL-MVC | DRAKE RELAYS CHAMPION



ANDREW PERKINS

- FRESHMAN
- CROSS COUNTRY / MIDDLE DISTANCE
- JUNEAU, WIS. (WATERTOWN)

CROSS COUNTRY 2008: Took nearly a minute and a half of his previous season-best of 28:09 at the Bradley Classic finishing the 8k race in 26:40 for 51st place... Took 57th place at the Valley Championships with a time of 27:53 in the 8k race. **HIGH SCHOOL:** Owns a high school 800-meter best of 1:49.96 which ranked him second nationally among American prep athletes... Owns personal bests of 49.10 in the 400, 4:11 in the mile and 9:18 in the 3,200 meters... Set the Wisconsin high school record in the 800 with a winning run of 1:50.17 at the Midwest Distance Gala... Claimed state track championships in the 800 and 1,600 meters his junior season... Owns the national freshman indoor mile record in a time of 4:21.54 outdoor mile (4:15.07) and indoor 800 meters (1:55.45)... A four-time all-state honoree in cross country... Won four consecutive Little Ten Conference cross country championships and took home the Wisconsin state title as a freshman in 2005. **PERSONAL:** Son of Robert and Denise Perkins... Majoring in exercise science... Father Robert ran at Drake and still holds Drake Relay records.

PERSONAL BEST:

800 meters 1:49.96



AARON VOSBERG

- FRESHMAN
- CROSS COUNTRY / DISTANCE
- PRAIRIE VALLEY, IOWA (PRAIRIE VALLEY-GOWAIG)

HIGH SCHOOL: Iowa Class 1A State Cross Country Champion in 2007... finished second at the state meet in the 1600 and third in the 800.

PERSONAL: Son of Gary and Kendale Vosberg... Born [redacted] in Fort Dodge, Iowa... majoring in biology.



ADAM PINCKNEY

- SOPHOMORE
- THROWS
- CEDAR RAPIDS, IOWA (WASHINGTON)

2008: OUTDOOR - Recorded a season best in the hammer throw at the Wisconsin Twilight meet (173-06) to take fifth place... Finished sixth at the MVC Championships in the shot put. **HIGH SCHOOL:** Named Elite All-State... Placed second in the shot put at the Iowa state meet... Set school record in the shot put with a personal-best throw of 62-1.75... Named second-team all-state in football as a center. Placed eighth in the shot put at the Drake Relays and first as Senior All-Star Spotlight meet. **PERSONAL:** Son of William and Dionne Pinckney... Born [redacted] in Cedar Rapids, Iowa... Majoring in biochemistry.

PERSONAL BEST

Hammer Throw 173-06
Shot Put 53-01.00



MIKE STOUT

- SENIOR
- CROSS COUNTRY / DISTANCE
- PERRY, IOWA (UNIV. OF IOWA)

CROSS COUNTRY 2008: Recorded a season-best 8k time of 26:57 at the Bradley Classic. **At IOWA: CROSS COUNTRY:** Recorded a 6k time of 19:02 and an 8k time of 25:22 **TRACK:** Clocked in a personal-best 8:36 in the 3000. **HIGH SCHOOL:** Finished as high as sixth at the state meet in the 1600... finished fourth in 2004 at the state meet in the 3200 with a time of 9:46... All-State cross country in 2003, recorded a 5K time of 15:50. **PERSONAL:** Son of Andy and Diane Stout... Born [redacted] in Perry, Iowa... majoring in communication.



ALLEN WEEKS

- SOPHOMORE
- THROWS
- HUDSON, IOWA (HUDSON)

REGIONAL QUALIFIER

2008: OUTDOOR - Finished fourth at the MVC Championships in the discus... Recorded a season-best discus throw of 174-11 at the Musco Twilight to take third place and qualifying for the Midwest Regional Championships. **INDOOR** - Finished ninth at the Valley meet in the shot put... Threw a season-best 52-9.50 at the MVC Championships to take 14th place in the weight throw. **2007: OUTDOOR** - Redshirted. **HIGH SCHOOL:** Named track and field most valuable thrower three consecutive years... Set school record in shot put and discus... Football captain... Member of Gold Honor Roll. **PERSONAL:** Son of Marty and Deb Weeks... Born [redacted] in Waterloo, Iowa... Majoring in biology.

PERSONAL BESTS

Discus 174-11
Weight Throw 52-9.50
Shot Put 50-2.50



JORDAN WILLIAMS

- FRESHMAN
- THROWS
- MONTICELLO, IOWA (MONTICELLO)

HIGH SCHOOL: Took runner-up honors in 2008 in the shot put with a heave of 56-10.50... Finished third in 2008 and fourth in 2007 in the discus at the state track meet setting a school record with a heave of 171-11... Took the Tri-Rivers Conference crown, along with the district title in both 2007 and 2008 in the discus and shot put... 2007 football academic all-district... 2A All-State honors in the shot put and discus in 2008... Took the runner up spot at the Drake Relays in 2008 in the discus... Also involved in speech, drama, band and choir.

PERSONAL: Son of Greg and Jill Williams... Majoring in business administration.

MEET THE PANTHERS



LUCAS BOSTROM
 > Sophomore
 > Multi-Events
 > Fayette, Iowa (North Fayette)



TYLER CLARK
 > Freshman
 > Multi-Events
 > Ames, Iowa (Ames)



MICHAEL COOPER
 > Sophomore
 > Distance
 > Dayton, Iowa (Southeast Webster)



PATRICK HECKROTH
 > Sophomore
 > Hurdles
 > Waverly, Iowa (Waverly-Shell Rock)



TANNER HURT
 > Junior
 > Throws
 > Newton, Iowa (Newton)



CHRIS KASEL
 > Sophomore
 > Multi-Events
 > Fayette, Iowa (North Fayette)



SCOTT LYNN
 > Junior
 > Hurdles
 > Ames, Iowa (Ames)



ALEX MARK
 > Freshman
 > Distance
 > Cedar Falls, Iowa (Cedar Falls)



JUSTIN ROMERO
 > Freshman
 > Throws
 > Cedar Falls, Iowa (Cedar Falls)



DAVID NIELSEN
 > Freshman
 > Cross Country/Distance
 > Cedar Falls, Iowa (NU High)



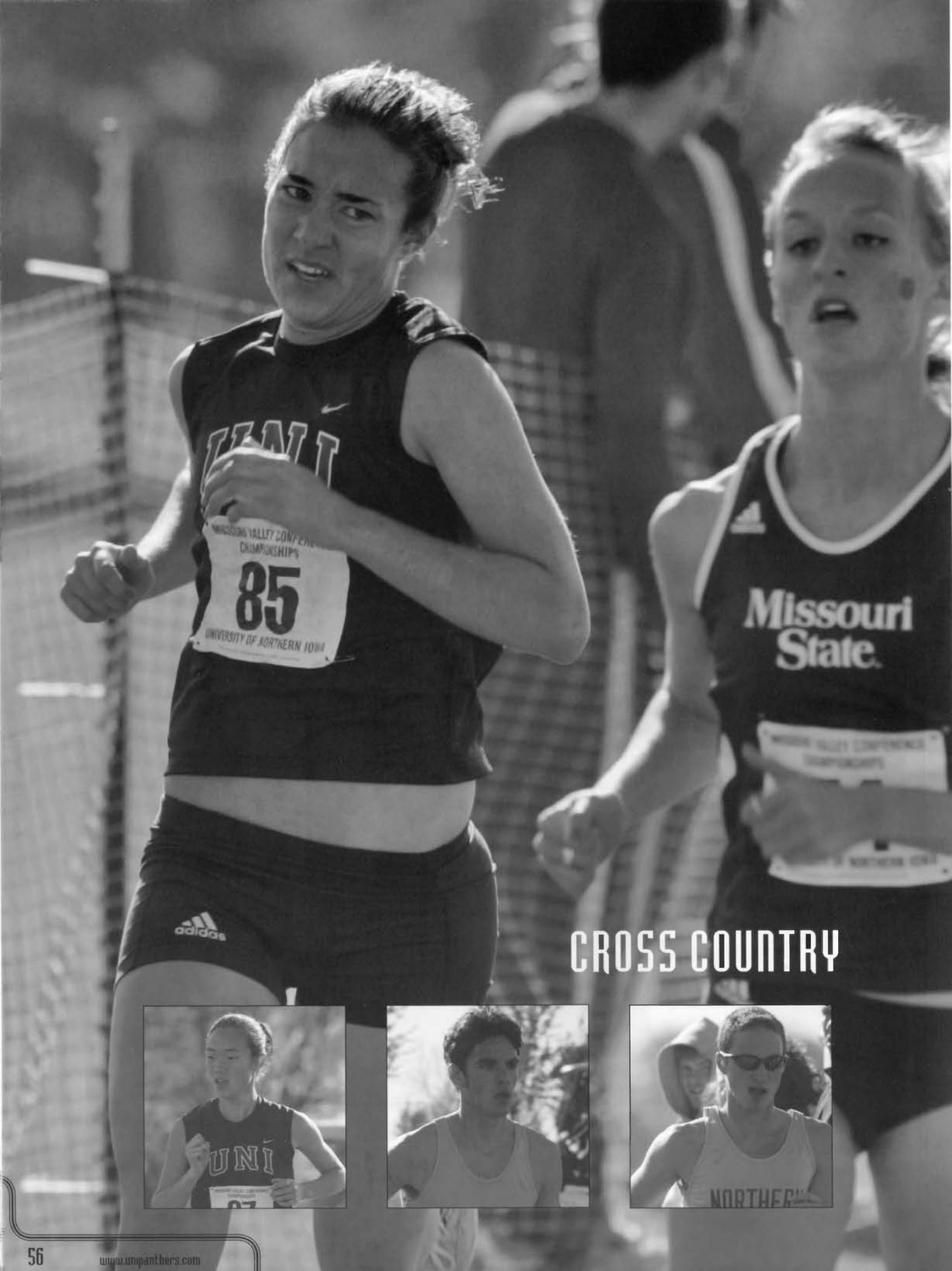
NIC REED
 > Freshman
 > Long Sprints
 > Coralville, Iowa (City High)



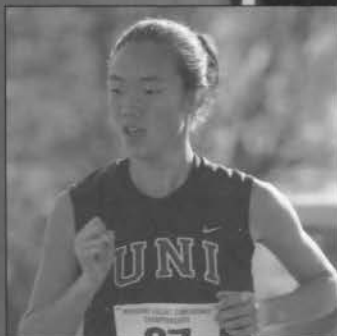
JOEY STONNER
 > Freshman
 > Throws
 > Newton, Iowa (Newton)



TYLER WESTPHAL
 > Freshman
 > Middle Distance
 > LeMars, Iowa (LeMars)



CROSS COUNTRY



2008 WOMEN'S SEASON

Despite having just six athletes, three being freshman, the University of Northern Iowa women's cross country team was still able to make an impact against some of the top teams in the country.

After opening the season at the Hawkeye Invitational, the Panthers traveled to Ames to take part in the Iowa State Open. Running against some of the top programs in the nation, senior Caedryn Schrunk notched a sixth place finish followed closely behind by freshman Carly Olsen.

The following weekend, the Panthers matched themselves against the nation's finest yet again, taking part in the Roy Griak Invitational hosted by the University of Minnesota. The meet featured four teams ranked in the United States Track and Field and Cross Country Associations Top 25.

Propelled by a 25th place finish by Olsen, the Panthers took eighth place out of 25 teams at the meet. The Panthers were awarded for their efforts at the Griak Invite, as Olsen earned Missouri Valley Conference Athlete of the Week honors and the Panthers found themselves ranked No. 14 in the Midwest Regional by USTFCCA.

Riding on the success from the Griak Invite, the Panthers headed to Cedar Rapids, Iowa to take part in the Lamb-Kohawk Invitational hosted by Coe College. The Panthers showed their power, posting a perfect score, taking the top five spots. Schrunk led the way for UNI, taking the top spot while posting a 6k time of 21:54.16.

Schrunk was also honored by the Valley, earning MVC Athlete of the Week honors following her performance at the Lamb-Kohawk Invite. Throughout the course of the season Schrunk took home three first-place finishes and finished as the top runner for the Panthers in six of the seven meets.

At the MVC Championship meet the Panthers finished in the middle of the pack, taking fifth place overall. Led again by senior Caedryn Schrunk. Schrunk earned her fourth MVC All-Conference honor, taking fifth place overall. Freshman Danielle Nowasell earned her first All-Conference nod, taking sixth place.

2008 ROSTER

Name	Year	Hometown
Jill Lageschulte	Fr.	Marshalltown, Iowa
Danielle Nowasell	Fr.	Grinnell, Iowa
Carly Olsen	Fr.	Missouri Valley, Iowa
Regina Reinig	So.	Portsmouth, Iowa
Caedryn Schrunk	Sr.	Spirit Lake, Iowa
Jessa Schweitzer	Jr.	Auroa, Iowa
Andrea Wacker	Jr.	Cedar Rapids, Iowa

2008 TOP TIMES

Name	3K		
	Time	Place	Date
1. Caedryn Schrunk	10:39.58	1st	9/12
2. Carly Olsen	10:44.09	2nd	9/12
3. Danielle Nowasell	10:52.30	4th	9/12
4. Andrea Wacker	10:56.29	5th	9/12
5. Jill Lageschulte	11:12.47	7th	9/12
6. Jessa Schweitzer	11:41.54	12th	9/12

Name	5K		
	Time	Place	Date
1. Caedryn Schrunk	17:55	5th	11/1
2. Danielle Nowasell	17:57	6th	11/1
3. Carly Olsen	18:53	23rd	11/1
4. Andrea Wacker	19:12	33rd	11/1
5. Jill Lageschulte	19:27	36th	11/1
6. Jessa Schweitzer	19:57	51st	11/1

Name	6K		
	Time	Place	Date
1. Traci Hawley	20:56	2nd	10/12
1. Caedryn Schrunk	21:24	1st	10/17
2. Carly Olsen	21:45	6th	10/17
3. Danielle Nowasell	21:55	10th	10/17
4. Andrea Wacker	22:19	17th	10/17
5. Jessa Schweitzer	23:17	62nd	10/17
6. Jill Lageschulte	23:18	5th	10/11

2008 SEASON RECAP

HAWKEYE INVITATIONAL (3K) Sept. 12 — Iowa City, Iowa

Team Scores	Top UNI Individuals
No Team Score	1. Schrunk, 10:39.58
	2. Olsen, 10:44.09
	4. Nowasell, 10:52.30
	5. Wacker, 10:56.29
	7. Lageschulte, 11:12.47
	8. Schweitzer, 11:41.54

IOWA STATE OPEN (6K) Sept. 20 — Ames, Iowa

Team Scores	Top UNI Individuals
No Team Score	6. Schrunk, 22:14
	10. Olsen, 22:28
	20. Wacker, 23:06
	24. Nowasell, 23:17
	30. Lageschulte, 23:42
	44. Schweitzer, 25:34

ROY GRIAK INVITATIONAL (6K) Sept. 27 — Minneapolis, Minn.

Team Scores	Top UNI Individuals
1. Minnesota (31)	25. Olsen, 22:06
2. Arizona State (46)	39. Schrunk, 22:27
3. New Mexico (89)	55. Nowasell, 22:53
4. Duke (105)	65. Wacker, 23:04
5. Portland (157)	84. Lageschulte, 23:22
8. UNI (268)	113. Schweitzer, 23:58

LAMB-KOHAWK INVITATIONAL (6K) Oct. 11 — Cedar Rapids, Iowa

Team Scores	Top UNI Individuals
1. UNI (15)	1. Schrunk, 21:54.16
2. Grinnell (75)	2. Olsen, 22:05.93
3. MidAmerica Nazarene (80)	3. Nowasell, 22:18.67
4. Coe College (93)	4. Wacker, 23:05.14
5. Mt. Mercy (112)	5. Lageschulte, 23:18.64

BRADLEY CLASSIC (6K) Oct. 17 — Peoria, Ill.

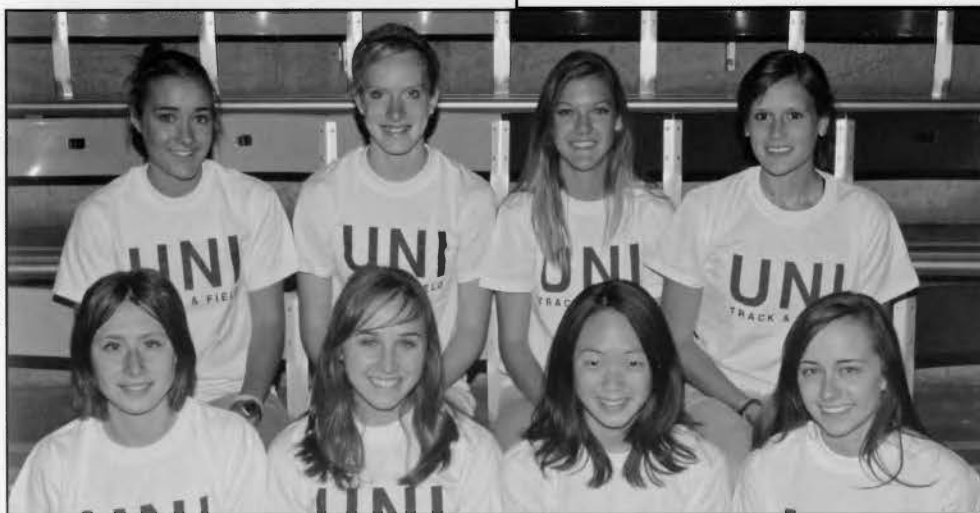
Team Scores	Top UNI Individuals
1. Iowa State (51)	1. Schrunk, 21:24
2. UNI (94)	6. Olsen, 21:45
3. Indiana State (127)	10. Nowasell, 21:55
4. Drake (136)	17. Wacker, 22:19
5. Saint Louis (139)	62. Schweitzer, 23:17

STATE FARM MVC CHAMPIONSHIPS (5K) Nov. 1 — Springfield, Mo.

Team Scores	Top UNI Individuals
1. Wichita State (59)	5. Schrunk, 17:55.86
2. Missouri State (71)	6. Nowasell, 17:57.76
3. Illinois State (79)	23. Olsen, 18:53.97
4. Southern Illinois(101)	33. Wacker, 19:12.82
5. Northern Iowa (136)	36. Lageschulte, 19:27.95

NCAA MIDWEST REGIONAL (6K) Nov. 15 — Stillwater, Okla.

Team Scores	Top UNI Individuals
1. Minnesota (57)	38. Schrunk, 22:02.55
2. Illinois (64)	53. Nowasell, 22:22.90
3. Nebraska (124)	92. Olsen, 22:53.85
4. Iowa (126)	124. Wacker, 23:19.40
5. Oklahoma State (184)	145. Schweitzer, 23:43.35
17. UNI (429)	156. Lageschulte, 23:55.75



Like their female counterparts, the University of Northern Iowa men's cross country team was made up of primarily underclassmen. Under first year distance coach Dave Paulsen, the Panther men were led by seniors Mike Clancy and Mike Stout.

Clancy proved to be a leader by example throughout the season, finishing in the number one spot for the Panthers in five of the Panthers six meets this season.

The Panthers looked to start a solid foundation with the young group of runners and improvement could be seen as the season progressed.

The most impressive team performance came at the Bradley Classic on Oct. 17. All of UNI's eight runners made significant improvement on their season-best times, including Clancy cutting off nearly a full minute on his season-best mark.

Freshman Andrew Perkins also saw a significant leap in his season-best mark, shaving off over a minute and a half from his previous top time. The Panthers finished eighth out of 12 teams at the meet.

Despite a seventh place finish at the MVC Championships, the Panthers showed consistent improvement throughout the season. While Clancy continued to be the top finisher for the Panthers as the season progressed, the second and third spots continued to change, showing the potential each young Panther possess.

With eight of the Panthers 10 runners returning next season, all with a year of experience under their belt, the Panther men look to build on the solid foundation they set in the 2008 season.

2008 ROSTER

Name	Year	Hometown
Mike Cooper	Fr.	Dayton, Iowa
Mike Clancy	Sr.	Iowa City, Iowa
Brady Fritz	Fr.	Iowa City, Iowa
Alex Mark	Fr.	Cedar Falls, Iowa
Corbin Miller	So.	Marshalltown, Iowa
Jason Mitchell	So.	Cedar Falls, Iowa
David Nielsen	Fr.	Cedar Falls, Iowa
Andrew Perkins	Fr.	Watertown, Wis.
Mike Stout	Sr.	Perry, Iowa
Aaron Vosberg	Fr.	Farnhamville, Iowa

2008 TOP TIMES

Name	6K		
	Time	Place	Date
1. Alex Mark	20:34.00	8th	9/12
2. Andrew Perkins	20:47:14	9th	9/12
3. Mike Clancy	20:49.39	10th	9/12
4. Brady Fritz	20:54.90	12th	9/12
5. Corbin Miller	21:13.36	14th	9/12
6. Jason Mitchell	21:15.58	15th	9/12
7. Mike Cooper	22:02.64	16th	9/12
8. David Nielson	22:58.63	17th	9/12

Name	8K		
	Time	Place	Date
1. Mike Clancy	25:40	15th	10/17
2. Alex Mark	26:21	43rd	10/17
3. Andrew Perkins	26:40	51st	10/17
4. Corbin Miller	26:42	53rd	10/17
5. Brady Fritz	26:46	56th	10/17
6. Mike Stout	26:57	63rd	10/17
7. Jason Mitchell	27:08	67th	10/17
8. David Nielsen	27:58	91st	10/17

Name	10K		
	Time	Place	Date
Mike Clancy	34:25.60	123	11/15

2008 SEASON RECAP

HAWKEYE INVITATIONAL (6K) Sept. 12 — Iowa City, Iowa

Team Scores	Top UNI Individuals
No Team Score	8. Mark, 20:34.00
	9. Perkins, 20:47.14
	10. Clancy, 20:49.39
	12. Fritz, 20:54.90
	13. Stout, 21:03.48

IOWA STATE OPEN (8K) Sept. 20 — Ames, Iowa

Team Scores	Top UNI Individuals
No Team Score	21. Clancy, 27:49.40
	25. Vosberg, 28:15.36
	28. Cooper, 28:43.99
	30. Mitchell, 29:01.72
	31. Fritz, 29:27.17

ROY GRIAK INVITATIONAL (8K) Sept. 27 — Minneapolis, Minn.

Team Scores	Top UNI Individuals
1. Adams State (75)	127. Clancy, 26:51
2. Iowa State (89)	142. Mark, 27:30
3. Brigham Young (91)	147. Stout, 27:38
4. Minnesota (104)	154. Miller, 27:50
5. Auburn (135)	159. Mitchell, 28:14
23. UNI (729)	

LAMB-KOHAWK INVITATIONAL (8K) Oct. 11 — Cedar Rapids, Iowa

Team Scores	Top UNI Individuals
1. Coe College (39)	3. Clancy, 26:39.99
2. UNI (59)	10. Cooper, 27:32.68
3. Southwestern CC (77)	11. Stout, 27:41.04
4. NIACC (79)	17. Mitchell, 27:57.51
5. Grinnell (128)	18. Mark, 27:57.87

BRADLEY CLASSIC (8K) Oct. 17 — Peoria, Ill.

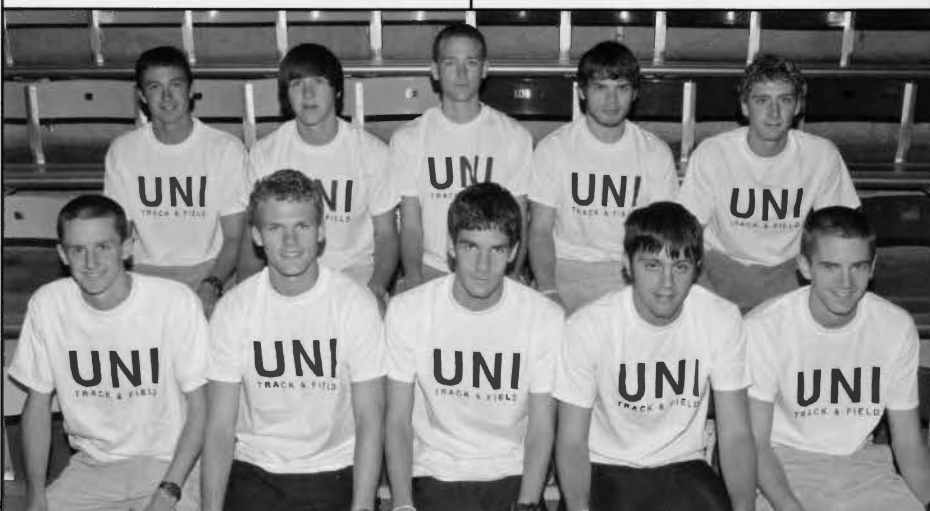
Team Scores	Top UNI Individuals
1. Iowa State (15)	15. Clancy, 25:40
2. DePaul (90)	43. Mark, 26:21
3. Drake (112)	51. Perkins, 26:40
4. UI-Chicago (121)	53. Miller, 26:42
5. Western Illinois (130)	56. Fritz, 26:46
8. UNI (199)	63. Stout, 26:57

STATE FARM MVC CHAMPIONSHIPS (8K) Nov. 1 — Springfield, Mo.

Team Scores	Top UNI Individuals
1. Southern Illinois (37)	29. Clancy, 26:29.04
2. Indiana State (40)	47. Mitchell, 27:25.49
3. Illinois State (50)	49. Stout, 27:30.54
4. Wichita State (113)	51. Mark, 27:46.32
5. Drake (137)	53. Miller, 27:55.74
7. UNI (219)	54. Cooper, 27:59.23

NCAA MIDWEST REGIONAL (10K) Nov. 15 — Stillwater, Okla.

Team Scores	Top UNI Individuals
1. Oklahoma State (42)	123. Clancy, 34:25.60
2. Minnesota (51)	
3. Tulsa (68)	
4. Iowa State (107)	
5. Missouri (168)	



5 NCAA CHAMPIONS 25 MVC TEAM TITLES 231 MVC CHAMPIONS 134 ALL-AMERICA HONORS 9 CONSECUTIVE MVC INDOOR TITLES

WOMEN'S TOP PERFORMANCES

4,000 Meters

1. Traci Hawley	'07	14:13.52
2. Caedryn Schrunk	'07	14:15.56
3. Elly Glass	'02	14:40
4. Randi Burns	'03	14:46.38
Randi Burns	'04	14:46.38
6. Wendy Shaw	'02	14:49
7. Andrea Wacker	'07	15:01.32
8. Rita Fiala	'02	15:07
9. Quinn Vermie	'03	15:12.93
10. Quinn Vermie	'06	15:14

5,000 Meters

1. Traci Hawley	'07	17:20.40
2. Emily Montgomery	'94	17:27
3. Sandy Elsberry	'82	17:35
4. Caedryn Schrunk	'07	17:43.51
5. Traci Hawley	'06	17:51.70
6. J'ne Day	'82	17:55
Caedryn Schrunk	'08	17:55
8. Jenny Jackson	'98	17:56
9. Danielle Nowasell	'08	17:57
10. Caedryn Schrunk	'07	17:58
11. Traci Hawley	'07	18:01
12. Paulette Nemmers	'92	18:03
13. Cindra Schelling	'94	18:06
14. Sue Holtkamp	'99	18:07
15. Traci Hawley	'06	18:07
16. Andrea Wacker	'07	18:08.12
17. Rita Fiala	'99	18:10
18. Evette Iverson	'99	18:11
19. Kari Thilges	'00	18:12
20. Caedryn Schrunk	'06	18:13.40
21. Karla Federspeil	'82	18:16
22. Laura Little	'95	18:17
23. Jenny Owens	'89	18:17
24. Stacy Roberts	'80	18:19
25. Emily Shoopman	'03	18:19
26. Elly Glass	'02	18:21
Julie Mazzitelli	'92	18:21
28. Quinn Vermie	'06	18:22.15
29. Traci Hawley	'06	18:22.72
30. Kris Skov	'81	18:25

6,000 Meters

1. Traci Hawley	'07	20:56
2. Caedryn Schrunk	'07	21:18
3. Caedryn Schrunk	'08	21:24
4. Kari Thilges	'00	21:25
5. Carly Olsen	'08	21:45
6. Danielle Nowasell	'08	21:55
7. Caedryn Schrunk	'06	21:57
8. Traci Hawley	'06	21:58
9. Wendy Shaw	'00	22:02
10. Rita Fiala	'00	22:06
11. Quinn Vermie	'04	22:07.98
12. Wendy Shaw	'02	22:13

ALL-CONFERENCE PERFORMERS

1982	J'ne Day (9)
1984	Sandy Elsberry (5)
1989	Jenny Owens (3)
1992	Paulette Nemmers (10)
1993	Emily Montgomery (3)
1995	Emily Montgomery (7)
1996	Jenny Jackson (7)
1998	Jenny Jackson (6)
1999	Rita Fiala (9)
2000	Kari Thilges (2), Rita Fiala (4), Elly Glass (5)
2002	Elly Glass (7)
2005	Caedryn Schrunk (10)
2006	Traci Hawley (3), Caedryn Schrunk (8)
2007	Traci Hawley (2), Caedryn Schrunk (8)
2008	Caedryn Schrunk (5) Danielle Nowasell (6)

TOP DISTRICT PERFORMANCES

1980	Stacy Roberts	19:37
1981	Kris Skov	18:56
1982	Sandy Elsberry	18:29
1983	Sandy Elsberry	18:49
1984	Sandy Elsberry	17:54
1986	Cherie Fisher	19:26
1987	Cherie Fisher	18:51
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 Fiala	18:10
2000	Kari Thilges (6K)	21:25
2004	Quinn Vermie (6K)	22:07
2005	Caedryn Schrunk (6K)	22:38

COURSE RECORDS

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

1. Shalane Flanagan	2003	NCAA Championships	North Carolina	19:29.5
2. Alicia Craig	2003	NCAA Championships	Stanford	19:52.6
3. Sara Bei	2003	NCAA Championships	Stanford	19:52.8
4. Michaela Mannova	2003	NCAA Championships	BYU	20:01.7
5. Ida Nilsson	2003	NCAA Championships	Northern Arizona	20:05.8
6. Megan Metcalfe	2003	NCAA Championships	West Virginia	20:10.6
7. Carol Henry	2003	NCAA Championships	North Carolina	20:12.1
8. Arianna Lambie	2003	NCAA Championships	Stanford	20:13.6
9. Treniere Clement	2003	NCAA Championships	Georgetown	20:14.1
10. Julia Lucas	2003	NCAA Championships	North Carolina State	20:17.3

MVC SCHOLAR-ATHLETE

1992	Kelly Van der Pol
1993	Kelly Van der Pol, Heidi Heiar
1994	Laura Little
1995	Laura Little
1996	Jenny Jackson
1997	Kari Clevenger, Heather Mullenberg, Kari Thilges
1998	Jenny Jackson, Kari Thilges
1999	Kari Thilges, Sue Holtkamp
2000	Kari Thilges, Teresa Grothus, Rita Fiala
2002	Elly Glass, Wendy Shaw
2006	Traci Hawley, Quinn Vermie
2007	Traci Hawley, Andrea Wacker

MEN'S TOP PERFORMANCES

ALL-TIME BESTS

8,000 Meters

1.	Balazs Csillag	2001	24:20
	Velibor Radojevic	2003	24:20
3.	Oliver Bodor	2001	24:22
4.	Kyle Kepler	1997	24:25
5.	Jay Brock	1996	24:27
	Chris Leonard	1982	24:27
7.	Marty Greene	1992	24:28
8.	Levente Timar	1999	24:33
9.	Mate Nemeth	2000	24:35
10.	Josh Crain	2003	24:39
11.	Rob Brock	1997	24:40
	Dan Fick	1984	24:40
13.	Jay Brock	1997	24:41
14.	Roberto Moreno	2003	24:42
15.	Dan Hostager	1988	24:43
16.	Dorian Ulrey	2007	24:44
17.	Jason Meyer	1992	24:45
18.	Rob Semelroth	1997	24:52
19.	Jeff Joiner	1992	24:53
	Carl Burrell	1984	24:53
21.	Doug Nelson	1981	24:54
22.	Dan Winder	2002	25:01
23.	Chad Flynn	1991	25:03
24.	Steve Gearhart	1984	25:04
25.	Tibor Vegh	2003	25:05
26.	Carlos Valdez	1982	25:07
	Tad Stolley	2003	25:07
28.	Dave Swanson	1984	25:09
29.	Sam Burkett	1995	25:11
30.	Matt Lindaman	1992	25:13

10,000 Meters

1.	Dan Fick	1983	30:27
2.	Chris Leonard	1983	30:28
3.	Dan Hostager	1988	30:45
4.	Oliver Bodor	2000	30:50
5.	Levente Timar	1999	30:55
6.	Todd Goodell	1985	30:58
7.	Kyle Kepler	1997	31:02
8.	Tom Penningroth	1988	31:21
9.	Steve Gearhart	1983	31:23
	Bill Castle	1988	31:23
11.	Rob Semelroth	1997	31:25
	Balazs Csillag	2000	31:25
13.	Greg Skopec	1983	31:26
14.	Brian Glassmaker	1983	31:32
15.	Trent Graham	2002	31:37
	Mate Nemeth	2000	31:37
	Bob Jirele	1985	31:37
18.	Jay Brock	1997	31:38
19.	Doug Nelson	1981	31:41
	Velibor Radojevic	2003	31:41
21.	Todd Peverill	1980	31:54
22.	Dave Swanson	1985	32:01
23.	Trent Timson	1988	32:04
24.	Jeff Joiner	1992	32:05
25.	Marty Greene	1992	32:07
26.	Rob Brock	1997	32:10
27.	Roberto Moreno	2002	32:12
28.	Miles Bern	2002	32:14
29.	Jason Meyer	1992	32:17
	Trent Graham	2000	32:17

ALL-CONFERENCE PERFORMERS

1981	Doug Nelson (1), Bryan Huhnerhock (3), Chris Leonard (8), Todd Peverill (10)
1982	Chris Leonard (4), Dan Fick (5), Carlos Valdez (6)
1983	Dan Fick (2), Chris Leonard (3)
1984	Dan Fick (2), Todd Goodell (8), Brian Glassmaker (9)
1985	Todd Goodell (3), Bob Jirele (6), Steve Gearhart (7), Dave Swanson (9)
1986	Dan Hostager (1)
1987	Dan Hostager (4), Trent Timson (6)
1988	Dan Hostager (1), Tom Penningroth (3), John Ruth (5)
1989	Bill Castle (1), Trent Timson (6)
1990	Bill Castle (2), Trent Timson (6)
1991	Jeff Joiner (7)
1992	Marty Greene (2), Jason Meyer (5), Jeff Joiner (9)
1993	Jeff Joiner (5), Jason Meyer (6), Kyle Kepler (10)
1994	Kyle Kepler (8)
1995	Kyle Kepler (3), Jay Brock (4)
1996	Jay Brock (4)
1997	Kyle Kepler (3), Rob Brock (5), Jay Brock (6), Rob Semelroth (10)
1998	Levente Timar (6), Rob Brock (8)
1999	Balazs Csillag (6), Levente Timar (9)
2000	Mate Nemeth (1), Oliver Bodor (3), Balazs Csillag (5)
2001	Balazs Csillag (1), Oliver Bodor (4), Rob Brock (6)
2003	Velibor Radojevic (2), Josh Crain (8), Roberto Moreno (9)
2006	Dorian Ulrey (2)
2007	Dorian Ulrey (5)

COURSE RECORDS

Irv Warren G.C. - Men's 10,000 Meter Best Times

1.	Dathan Ritzenhein	2003	NCAA Championships	Colorado	29:14.1
2.	Ryan Hall	2003	NCAA Championships	Stanford	29:15.4
3.	Gavin Thompson	2003	NCAA Championships	E. Michigan	29:17.4
4.	Grant Robison	2003	NCAA Championships	Stanford	29:19.2
5.	Ian Dobson	2003	NCAA Championships	Stanford	29:24.7
6.	Louis Luchini	2003	NCAA Championships	Stanford	29:28.2
7.	Westly Keating	2003	NCAA Championships	Texas/Pan Amer.	29:30.4
8.	Alistair Cragg	2003	NCAA Championships	Arkansas	29:33.1
9.	Simon Bairu	2003	NCAA Championships	Wisconsin	29:33.8
10.	Henrik Ahnstrom	2003	NCAA Championships	N. Arizona	29:41.6

Irv Warren G.C. - Men's 8,000 Meter Best Times

1.	Kipi Kangogo	2003	NCAA Pre-Nationals	Brigham Young	23:09.8
2.	Ryan Hall	2003	NCAA Pre-Nationals	Stanford	23:11.7
3.	Richard Kiplagat	2003	NCAA Pre-Nationals	Iona College	23:16.4
4.	Dathan Ritzenhein	2003	NCAA Pre-Nationals	Colorado	23:17.7
5.	Robert Cheseret	2003	NCAA Pre-Nationals	Arizona	23:19.6
6.	Ian Dobson	2003	NCAA Pre-Nationals	Stanford	23:19.7
7.	Don Sage	2003	NCAA Pre-Nationals	Stanford	23:32.2
8.	Travis Kaurd	2003	NCAA Pre-Nationals	N. Arizona	23:33.4
9.	Henrik Ahnstrom	2003	NCAA Pre-Nationals	N. Arizona	23:33.8
10.	Louis Luchini	2003	NCAA Pre-Nationals	Stanford	23:34.3

INDIVIDUAL CONFERENCE CHAMPIONS

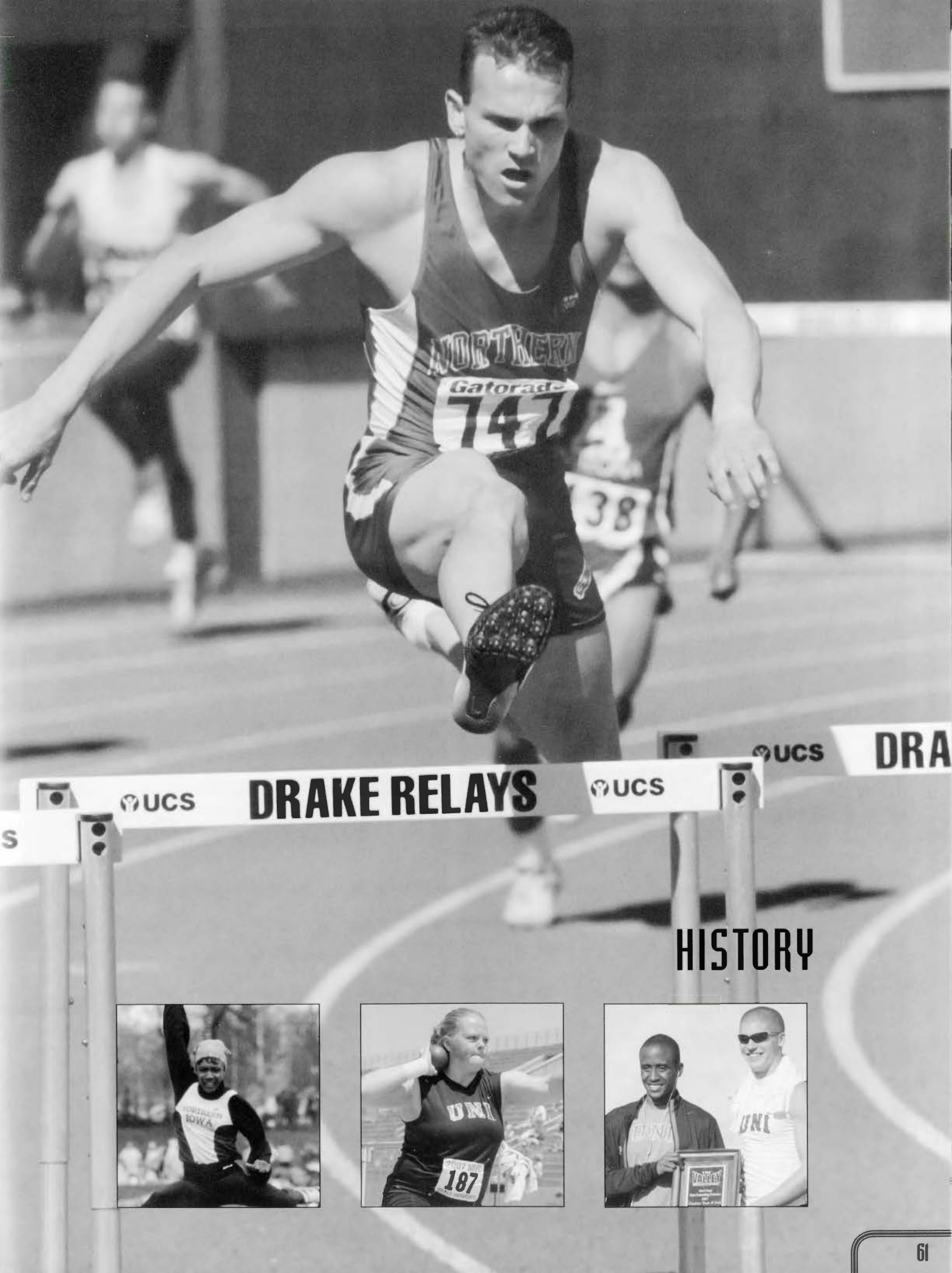
1979, 81	Doug Nelson	Mid-Continent
1986, 88	Dan Hostager	Mid-Continent
1989	Bill Castle	Mid-Continent
2000	Mate Nemeth	Missouri Valley
2001	Balazs Csillag	Missouri Valley

NCAA DIVISION I QUALIFIERS

1999	Levente Timar
2000	Oliver Bodor
2001	Balazs Csillag

SCHOLAR-ATHLETE (SMCC 1987)

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



HISTORY



WOMEN'S 2008 SEASON BESTS

INDOOR SEASON BESTS

Event	Name	Time/Mark
60-Meter Dash	Meredith Simon	7.73
60-Meter Hurdles	Cali Lyons	8.70
200-Meter Dash	Meredith Simon	24.82
400-Meter Dash	Lauren Carruthers	55.83
600-Meter Dash	Jamie Hutchinson	1:34.61
800 Meters	Holli Hosch	2:12.46
Mile Run	Caedryn Schrunk	4:59.51
1000 Meter Run	Jamie Hutchinson	2:58.16
3000 Meter Run	Traci Hawley	9:42.88
5000 Meter Run	Traci Hawley	16:53.76
Long Jump	Olimpia Nowak	19-4.75
Shot Put	Rachel Jansen	55-7.0
Weight Throw	Rachel Jansen	64-10.75
High Jump	Rachel VanderHolt	5-8.50
Triple Jump	Dani Stipe	37-1.75
Pentathlon	Olimpia Nowak	4,016
4x400 Relay	Stipe, Hutchinson, Bagge, Carruthers	3:42.94
Distance Medley	Hutchinson, Stipe, Bagge, Carruthers	11:52.61



Dani Stipe

OUTDOOR SEASON BESTS

Event	Name	Time/Mark
100-Meter Dash	Meredith Simon	12.09
100-Meter Hurdles	Kara Yahn	13.91
200-Meter Dash	Meredith Simon	24.19
400-Meter Dash	Lauren Carruthers	55.27
400-Meter Hurdles	Kara Yahn	1:00.94
800 Meters	Amy Bagge	2:09.74
1500 Meters	Caedryn Schrunk	4:41.08
5000 Meters	Traci Hawley	16:54.30
10,000 Meters	Traci Hawley	35:16.68
Long Jump	Dani Stipe	19-10.25
Shot Put	Rachel Jansen	56-11.25
Javelin	Emily Prinsen	136-08
Hammer Throw	Rachel Jansen	203-04
Discus	Rachel Jansen	171-01
High Jump	Crystal Hanson	5-8.75
4x100 Relay	Runde, Wieck, Stipe, Simon	47.21
Shuttle Hurdle	Nowak, Lyons, Stipe, Yahn	59.38
4x200 Relay	Nowak, Simon, Carruthers, Stipe	1:39.33
4x400 Relay	Carruthers, Stipe, Yahn, Bagge	3:39.62
4x800 Relay	Hosch, Kindelsperger, Schrunk, Hutchinson	9:05.69
Sprint Medley	Fischer, Simon, Kindelsperger, Schrunk	4:06.96
Heptathlon	Dani Stipe	5,550

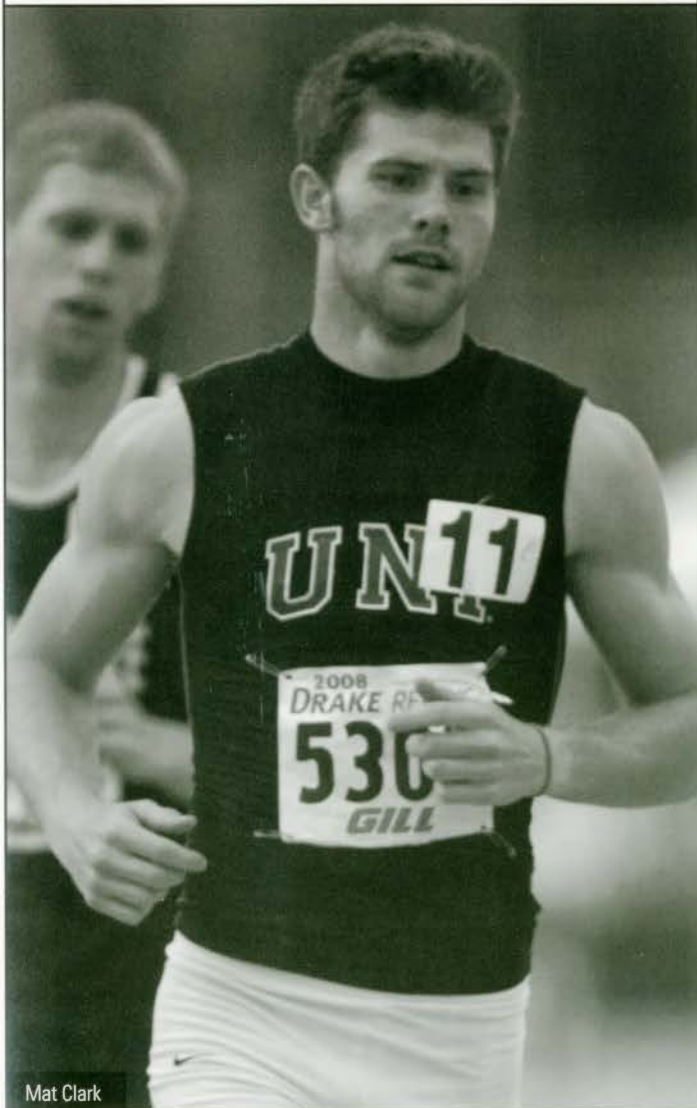


Rachel VanderHolt

MEN'S 2008 SEASON BESTS

INDOOR SEASON BESTS

Event	Name	Time/Mark
60-Meter Dash	Terrance Reid	7.06
60-Meter Hurdles	Jarrel Anderson	7.88
200-Meter Dash	Terrance Reid	21.70
400-Meter Dash	Terrance Reid	46.97
600-Meter Dash	Tyler Mulder	1:17.99
800 Meters	Tyler Mulder	1:48.17
Mile	Dorian Ulrey	4:01.66
3000 Meters	Andy Schon	8:35.73
5000 Meters	Mike Clancy	15:32.42
Long Jump	Rozle Bucalo	23-10.25
Triple Jump	Rozle Bucalo	46-5.25
Shot Put	Adam Pinckney	51-5.50
Weight Throw	Lucas Cook	57-0.25
Pole Vault	Raven Cepeda	16-10.25
High Jump	Julian Morris	7-3.00
Heptathlon	Raven Cepeda	5,906
4x400 Relay	Goos, Grenko, Mulder, Reid	3:08.98
Distance Medley	Fulton, Grenko, Mulder, Ulrey	9:35.73



OUTDOOR SEASON BESTS

Event	Name	Time/Mark
100-Meter Dash	Mat Clark	10.75
110-Meter Hurdles	Jarrel Anderson	13.89
200-Meter Dash	Terrance Reid	21.11
400-Meter Dash	Terrance Reid	45.69
400-Meter Hurdles	Dennis Hammel	52.32
800 Meters	Tyler Mulder	1:46.99
1500 Meters	Dorian Ulrey	3:41.59
3000 Meters	Mike Clancy	8:49.58
3000 M. Steeplechase	Andy Schon	9:20.52
5000 Meters	Mike Clancy	15:32.48
Long Jump	Rozle Bucalo	24-05.75
Triple Jump	Rozle Bucalo	46-08.25
Shot Put	Adam Pinckney	53-01.00
Javelin	Marcin Kazubowski	220-10
Hammer Throw	Lucas Cook	187-09
Discus	Allen Weeks	174-11
Pole Vault	Phil Hanson	17-00.75
High Jump	Ehi Oamen	7-02.50
4x100 Relay	Cole, Reid, Roberts, Morris	41.96
Shuttle Hurdle Relay	Bucalo, Anderson, Jurkowski, Cepeda	58.67
4x400 Relay	Goos, Grenko, Mulder, Reid	3:04.97
4x800 Relay	Ogden, Ulrey, Craddick, Mulder	7:28.98
1600 Sprint Medley	Reid, Roberts, Goos, Mulder	3:23.71
Distance Medley	Mulder, Reid, Craddick, Ulrey	9:49.38
Decathlon	Mat Clark	7,691

Mat Clark

WOMEN'S INDOOR ALL-TIME BESTS

55-Meter Dash

1. Shantel Twiggs 6.85 1994
2. Sherry Shedd 7.08 1991
3. Denise Sauerbrei 7.12 1997
4. Dianna Leftridge 7.15 1995
5. Amy Goodlaxson 7.18 1996

60-Meter Dash

1. Melissa Campbell 7.50 2000
2. Inga Hope 7.60 2001
3. Deb Cordner 7.64 1999
4. Diedra Dixon 7.65 2002
5. Meredith Simon 7.66 2007

55-Meter Hurdles

1. Brenna Fleishman 8.00 1998
2. Kendra Stannard 8.15 1998
3. Tiffany Ratzlaff 8.16 1998
4. Dianna Leftridge 8.40 1995
5. Dee Wear 8.40 1998

60-Meter Hurdles

1. Kara Yahn 8.59 2008
2. Jillian Sinnwell 8.61 2004
3. Dee Wear 8.62 2002
4. Diedra Dixon 8.66 2003
5. Cali Lyons 8.70 2008

200 Meters

1. Shantel Twiggs 24.12 1994
2. Denise Sauerbrei 24.52 1997
3. Meredith Simon 24.63 2006
4. Inga Hope 24.75 2003
5. Sherry Shedd 24.81 1991

300 Meters

1. Shantel Twiggs 39.72 1994
2. Sherry Shedd 40.41 1992
3. Jill Schwiebert 40.99 2002
4. Mellisa Campbell 41.02 2002
5. Deb Cordner 42.00 2002

400 Meters

1. Nikki Nelson 54.65 2003
2. Lynnette Wilson 55.53 2006
3. Lauren Carruthers 55.93 2006
4. Deb Cordner 55.79 2000
5. Ravin Henry 55.92 2004

600 Meters

1. Nikki Nelson 1:33.52 2000
2. Diane Black 1:33.60 1990
3. Jacque Askeland 1:33.71 1994
4. Angie German 1:33.93 2005
5. Teresa Grothus 1:34.01 2001

800 Meters

1. Emily Montgomery 2:09.00 1996
2. Angie German 2:10.00 2005
3. Jenny Jackson 2:10.39 1997
4. Teresa Grothus 2:10.88 2001
5. Moa Westman 2:10.96 2006

1,000 Meters

1. Jenny Jackson 2:53.02 1997
2. Barb Clark 2:54.74 1988
3. Kathy Allen 2:56.51 1991
4. Natalie Sueppel 2:56.64 1988
5. Wendy Shaw 2:56.80 2002

Mile

1. Jenny Jackson 4:52.47 1997
2. Agnes Kroneraff 4:56.70 2002
3. Elly Glass 4:56.90 2003
4. Emily Montgomery 4:56.96 1995
5. Caedryn Schrunck 4:59.51 2008

3,000 Meters

1. Agnes Kroneraff 9:33.59 2002
2. Traci Hawley 9:42.88 2008
3. Emily Shoopman 9:53.42 2003
4. Julie Mazzitelli 9:59.64 1993
5. Rita Fiala 10:01.25 2000

5,000 Meters

1. Traci Hawley 16:53.76 2008
2. Agnes Kroneroff 17:06.73 2002
3. Rita Fiala 17:32.18 2000
4. Emily Shoopman 17:35.80 2003
5. Sandy Elsberry 17:38.04 1983

4 x 400-Meter Relay

1. 3:41.00 2005
(L. Carruthers, L. Wilson, R. Henry, A. German)
2. 3:42.94 2008
(D. Stipe, J. Hutchinson, A. Bagge, L. Carruthers)
3. 3:43.01 2000
(T. Grothus, R. Dozark, J. Bakewell, N. Nelson)
4. 3:44.06 2007
(K. Yahn, L. Wilson, D. Stipe, L. Carruthers)
5. 3:45.63 2006
(P. Kyeremateng, J. Hutchinson, K. Yahn, L. Carruthers)

Distance Medley Relay

1. 11:29.20 2003
(Burns, Mueller, Cordes, Glass)
2. 11:31.04 2002
(Shaw, German, N. Nelson, Kroneroff)
3. 11:50.57 1999
(J. Jackson, N. Nelson, R. Dozark, K. Thilges)
4. 11:53.92 2002
(Glass, Schwiebert, N. Nelson, Shaw)
5. 11:54.64 1994
(P. Nemmers, L. Little, VanDePol, Montgomery)

Pole Vault

1. Kayleen Popp 12-5 1/2 2004
2. Crystal Seamans 11-9 3/4 2002
3. Erin Wessely 11-6 1/4 2002
4. Liz Robertson 11-5 3/4 2000
5. Jessica Fisher 9-7 1/4 1998

High Jump

1. Jeannette Brown 5-9 1982
2. Crystal Hanson 5-8 3/4 2007
3. Rachel VanderHolt 5-8 1/2 2008
4. Alyssa Fischer 5-7 3/4 2007
5. Katie Johnson 5-7 3/4 2002

Long Jump

1. Dianna Leftridge 20-11 1/2 1995
2. Olimpia Nowak 19-4 3/4 2008
3. Dani Stipe 19-3 1/4 2008
4. Blair Runde 19-2 1/2 2007
5. Kendra Stannard 19-1 3/4 1998

Triple Jump

1. Mary Egbo-Egbo 40-7 3/4 2005
2. Dianna Leftridge 40-2 3/4 1995
3. Yana Kruglikova 39-3 3/4 2006
4. Crystal Seamans 38-4 1/4 2001
5. Kara Hulse 38-2 1/4 2002

Shot Put

1. Rachel Jansen 56-5 1/4 2007
2. Lisa Tatman 48-3 1/4 1989
3. Morgen Edwards 48-2 3/4 2005
4. Sarah Behrens 47-10 1/2 2005
5. Sarah Harms 47-5 3/4 2008

Weight Throw

1. Rachel Jansen 64-10 3/4 2008
2. Ivana Barsic 59-7 1/2 2006
3. Morgen Edwards 58-3 1/4 2005
4. Sarah Harms 57-11 3/4 2007
5. Melissa Yerk 56-2 1998

Pentathlon

1. Olimpia Nowak 4016 2008
2. Dani Stipe 3957 2008
3. Diana Leftridge 3683 1995
4. Alyssa Fischer 3584 2007
5. Kendra Stannard 3365 1996

WOMEN'S OUTDOOR ALL-TIME BESTS

100-Meter Dash

1. Shantel Twiggs.....	11.20	1994
2. Denise Sauerbri.....	11.70	1997
3. Melissa Campbell.....	11.70	2001
4. Meredith Simon.....	11.85	2007
5. Inga Hope.....	11.91	2001

100-Meter Hurdles

1. Kara Yahn.....	13.64	2007
2. Dee Wear.....	13.79	2002
3. Brenna Fleishman.....	13.96	1999
4. Cali Lyons.....	14.10	2008
5. Jill Sinnwell.....	14.15	2004

200 Meters

1. Shantel Twiggs.....	23.04	1993
2. Denise Sauerbri.....	23.73	1997
3. Sherry Shedd.....	23.80	1992
4. Melissa Campbell.....	23.83	2001
5. Meredith Simon.....	24.19	2008

400 Meters

1. Sherry Shedd.....	53.74	1992
2. Lauren Carruthers.....	54.47	2007
3. Ravin Henry.....	54.74	2004
4. Melissa Campbell.....	55.21	2003
5. Deb Corder.....	55.23	2000

400-Meter Hurdles

1. Nikki Nelson.....	58.30	2003
2. Kara Yahn.....	1:00.68	2007
3. Angie German.....	1:01.24	2004
4. Brenna Fleishman.....	1:02.48	1999
5. Lauren Carruthers.....	1:02.66	2008

800 Meters

1. Emily Montgomery.....	2:08.39	1995
2. Teresa Grothus.....	2:09.69	2000
3. Amy Bagge.....	2:09.74	2008
4. Moa Westman.....	2:10.23	2006
5. Jamie Hutchinson.....	2:10.29	2006

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	1982
5. Kari Thilges.....	4:36.53	2000

3,000 Meters

1. Sandy Elsberry.....	9:52.74	1984
2. Julie Mazzitelli.....	10:00.24	1993
3. Kari Thilges.....	10:01.09	2000
4. Kary Kleber.....	10:05.55	1986
5. Caedryn Shrunck.....	10:06.65	2007

3,000 Meters Steeplechase

1. Shayla Houlihan.....	11:16.61	2007
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5,000 Meters

1. Traci Hawley.....	16:54.30	2008
2. Emily Shoopman.....	17:06.78	2003
3. Sandy Elsberry.....	17:11.14	1984
4. Caedryn Shrunck.....	17:25.46	2007
5. Rita Fiala.....	17:42.38	2000

10,000 Meters

1. Traci Hawley.....	35:16.68	2008
2. Emily Shoopman.....	26:03.24	2003
3. Suzie Scheer.....	36:06.04	1984
4. Quinn Vermie.....	37:01.87	2005
5. Randi Burns.....	37:13.74	2003

Shuttle Hurdle Relay

1. 58.42.....	1999
(K. Stannard, D. Wear, J. George, B. Fleishman)	

4 x 100-Meter Relay

1. 45.42.....	1994
(R. Eiben, D. Leftridge, D. Schmitz, S. Twiggs)	
2. 46.09.....	2002
(D. Dixon, M. Campbell, D. Corder, I. Hope)	
3. 46.17.....	2001
(D. Dixon, M. Campbell, D. Wear, I. Hope)	
4. 46.24.....	1992
(S. Shedd, D. Fluhrer, N. Dillard, S. Twiggs)	
5. 46.29.....	2003
(A. German, M. Campbell, N. Nelson, I. Hope)	

4 x 200-Meter Relay

1. 1:37.16.....	2007
(M. Simon, P. Kyeremateng, L. Carruthers, D. Stipe)	
2. 1:37.38.....	1994
(R. Eiben, D. Leftridge, D. Schmitz, S. Twiggs)	
3. 1:37.56.....	2002
(D. Dixon, M. Campbell, D. Corder, I. Hope)	
4. 1:38.06.....	2006
(M. Kosmacek, L. Carruthers, P. Kyeremateng, L. Wiebers)	
5. 1:39.64.....	2005
(B. Runde, S. Butt, P. Kyeremateng, M. Kosmacek)	

4 x 400-Meter Relay

1. 3:39.62.....	2008
(L. Carruthers, D. Stipe, K. Yahn, A. Bagge)	
2. 3:39.66.....	2007
(P. Kyeremateng, L. Wilson, D. Stipe, L. Carruthers)	
3. 3:41.70.....	2003
(A. German, M. Campbell, R. Henry, N. Nelson)	
4. 3:42.24.....	2004
(D. Cordes, A. German, L. Wilson, R. Henry)	
5. 3:43.18.....	2000
(L. Bakewell, D. Corder, R. Dozark, N. Nelson)	

4 x 800-Meter Relay

1. 8:49.61.....	2006
(J. Hutchinson, A. German, A. Bagge, M. Westman)	
2. 8:57.34.....	1999
(T. Grothus, N. Nelson, R. Dozark, J. Jackson)	
3. 9:02.56.....	1987
(D. Evans, B. Clark, D. Organ, N. Sueppel)	
4. 9:03.25.....	2000
5. 9:05.69.....	2008
(Hutchinson, Hosch, Kindelsperger, Shrunck)	

Sprint Medley Relay

1. 3:54.17.....	2000
(I. Hope, D. Corder, N. Nelson, R. Dozark)	
2. 3:59.75.....	1995
(D. Leftridge, R. Eiben, H. Sellers, E. Montgomery)	
3. 4:00.37.....	1990
(S. Shedd, J. Davis, D. Black, K. Allen)	
4. 4:00.40.....	1996
(D. Sauerbri, K. Stannard, R. Eiben, J. Jackson)	
5. 4:00.65.....	2006
(M. Kosmacek, P. Kyeremateng, M. Westman, A. German)	

Distance Medley Relay

1. 11:44.76.....	2002
(W. Shaw, A. German, K. Carstens, A. Kroneraff)	
2. 11:46.69.....	1995
(L. Little, T. Lux, C. Schelling, E. Montgomery)	
3. 11:49.06.....	1999
(J. Jackson, D. Corder, N. Nelson, K. Thilges)	
4. 11:57.10.....	1995
5. 12:03.26.....	1998
(B. Slick, T. Burress, T. Grothus, K. Clevenger)	

Pole Vault

1. Kayleen Popp.....	12-7.50	2004
2. Erin Wessely.....	12-0	2003
3. Crystal Seamans.....	11-11 3/4	2002
4. Liz Robertson.....	10-11 1/2	2001
5. Jessica Fisher.....	9-7 3/4	1998

High Jump

1. Melissa Nelson.....	5-9 3/4	2002
2. Crystal Hanson.....	5-8 3/4	2007
3. Crystal Seamans.....	5-8	2001
4. Katie Johnson.....	5-7 3/4	2001
5. Amanda Koester.....	5-7 3/4	2001

Long Jump

1. Dianna Leftridge.....	21-3	1994
2. Dani Stipe.....	19-10 1/2	2008
3. Alyssa Fisher.....	18-11 3/4	2007
4. Stacy Butt.....	18-11 3/4	2007
5. Jamie Wieck.....	18-11 3/4	2007

Triple Jump

1. Dianna Leftridge.....	41-9 1/4	1994
2. Yana Kruglikova.....	39-7 1/4	2007
3. Kendra Stannard.....	38-2 1/4	1996
4. Kara Hulse.....	38-4 3/4	2002
5. Mary Egbo-Egbo.....	38-4 3/4	2004

Shot Put

1. Rachel Jansen.....	56-11 1/4	2008
2. Morgen Edwards.....	48-1 3/4	2006
3. Lisa Tatman.....	48-0	1988
4. Andrea Miller.....	47-8 1/2	1998
5. Sarah Harms.....	47-5 3/4	2007

Hammer

1. Rachel Jansen.....	203-4	2008
2. Morgen Edwards.....	180-9	2006
3. Sarah Harms.....	171-5	2007
4. Ivana Barsic.....	169-6	2005
5. Courtney Landers.....	169-0	2008

Discus

1. Rachel Jansen.....	182-5	2006
2. Morgan Edwards.....	163-8	2006
3. Jess Boline.....	155-1	2001
4. Jennifer Duffy.....	146-1	2002
5. Kristie Oloen.....	146	1990

Javelin

1. Donna Wheeler.....	148-7	1988
2. Joan Sexton.....	141-6	1981
3. Patricia Dietz.....	138-2	2004
4. Emily Prinsen.....	136-8	2008
5. Lisa Tatman.....	135-1	1989

Heptathlon

1. Dani Stipe.....	5550	2008
2. Olimpia Nowak.....	5103	2008
3. Kendra Stannard.....	5051	1999
4. Crystal Seamans.....	4975	2002
5. Alyssa Fischer.....	4904	2007

The University of Northern Iowa Coaching Staff and Cross Country Records

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55-Meter Dash

1. Kenny Shedd.....6.25.....1992
2. Dedic Ward.....6.31.....1998
3. Joe Fuller.....6.34.....1984
4. Doug Case.....6.37.....1984
5. Maceo Strickland.....6.38.....1995

60-Meter Dash

1. Devon Davis.....6.70.....2001
2. Marshall Frazier.....6.71.....1999
3. Patrick Hunter.....6.74.....2006
4. Jeff Adam.....6.76.....1999
5. Jamie Goodwin.....6.78.....2006

55-Meter Hurdles

1. Johnny Westbrook.....7.29.....1993
2. Jay Connor.....7.31.....1984
3. Jason McCleary.....7.32.....1993
4. Joey Woody.....7.38.....1996
5. Alonzo Clayton.....7.40.....1997

60-Meter Hurdles

1. Jarrel Anderson.....7.81.....2007
2. Cyrus Nichols.....7.98.....2003
3. Jacob Pauli.....8.01.....2001
4. Steve Blocker.....8.03.....2002
5. Jon Drury.....8.04.....2003

200 Meters

1. Dirk Homewood.....21.15.....2003
2. Marshall Frazier.....21.38.....2000
3. Cody Eichmeier.....21.44.....2006
4. Kenny Shedd.....21.49.....1992
5. Jeff Adam.....21.64.....1999

300 Meters

1. Jim Turner.....33.95.....1989
2. Branimir Peitel.....34.27.....2002
3. Josh Wilson.....35.15.....2002
4. Travis Geopfert.....35.24.....2002

400 Meters

1. Dirk Homewood.....46.17.....2003
2. Terrance Reid.....46.79.....2007
3. Branimir Peitel.....46.84.....2003
4. Jim Turner.....47.01.....1990
5. Jon Judisch.....47.07.....1998

600 Meters

1. Joey Woody.....1:16.85.....1995
2. Eric Potter.....1:17.73.....2000
3. David Paulsen.....1:18.70.....2000
4. Kyle Smith.....1:18.79.....2004
5. Tyler Mulder.....1:18.84.....2007

800 Meters

1. Joey Woody.....1:47.75.....1996
2. Tyler Mulder.....1:48.17.....2008
3. Eric Potter.....1:48.48.....2000
4. Kyle Smith.....1:49.09.....2007
5. Miklos Arpasi.....1:49.30.....1993

1,000 Meters

1. Dorian Ulrey.....2:26.19.....2007
2. Eric Potter.....2:26.51.....2000
3. Tim Fulton.....2:26.57.....2007
4. Dylan Davis.....2:26.66.....2007
5. Kyle Smith.....2:26.92.....2007

Mile

1. Dorian Ulrey.....4:01.66.....2008
2. Balasz Csillag.....4:04.64.....2000
3. Tom Penningroth.....4:07.54.....1989
4. Oliver Bodor.....4:08.07.....2001
5. Dylan Davis.....4:08.82.....2006

2,000 Meters

1. Oliver Bodor.....5:14.01.....2002

3,000 Meters

1. Balasz Csillag.....7:59.09.....2002
2. Velibor Radojevic.....8:01.84.....2004
3. Oliver Bodor.....8:02.21.....2001
4. Dan Hostager.....8:02.67.....1989
5. Levente Timar.....8:09.37.....2000

5,000 Meters

1. Velibor Radojevic.....14:25.08.....2004
2. Oliver Bodor.....14:25.09.....2001
3. Josh Crain.....14:26.26.....2004
4. Kyle Kepler.....14:26.26.....1998
5. Dan Hostager.....14:27.01.....1989

4 x 400-Meter Relay

1. 3:04.61.....2005
(T. Reid, K. Smith, R. Kedley, D. Homewood)
2. 3:04.95.....2005
(T. Reid, Eichmeier, R. Kedley, D. Homewood)
3. 3:06.97.....2004
(A. Alva, K. Smith, A. Hinders, D. Homewood)
4. 3:07.12.....2007
(C. Goos, T. Reid, K. Smith, R. Grenko)
5. 3:08.24.....2006
(T. Reid, B. Lueth, G. Offerman, R. Grenko)

Distance Medley Relay

1. 9:33.14.....2002
(O. Bodor, D. Homewood, D. Paulsen, B. Csillag)
2. 9:35.53.....2007
(D. Davis, R. Grenko, T. Mulder, D. Ulrey)
3. 9:35.73.....2008
(T. Fulton, R. Grenko, T. Mulder, D. Ulrey)
4. 9:39.47.....2000
(R. Brock, Tr. Geopfert, E. Potter, B. Csillag)
5. 9:45.28.....2001
(M. Nemeth, B. Bockman, D. Paulsen, O. Bodor)

Shuttle Hurdle Relay

1. 57.94.....2003
(S. Blocker, J. Drury, McCullough, Nichols)

Pole Vault

1. Jacob Pauli.....18-7 3/4.....2001
2. Juri Rován.....17-9 3/4.....1998
3. Andre Poljanec.....17-8 1/2.....2007
4. Jarno Kivioja.....17-6 1/2.....2007
5. Brad Miller.....17-5 1/4.....1991

High Jump

1. Tim Suchan.....7-4 1/2.....1995
2. Pete Herber.....7-3 3/4.....1994
3. Jason Boness.....7-3.....1999
Julian Morris.....7-3.....2008
5. Ehi Oamen.....7-2 1/4.....2008

Long Jump

1. Cody Eichmeier.....25-10 1/2.....2006
2. Devon Davis.....25-2 1/2.....1999
3. Jason McCleary.....24-8 1/4.....1993
4. Marques Wooten.....24-4 1/4.....2000
5. Brad Miller.....24-0 1/2.....1991

Triple Jump

1. Yuriy Litvinski.....53-2 1/4.....2006
2. Junior Chukukere.....52-1.....1992
3. Devon Davis.....50-7 1/2.....2003
4. Alen Toplovcan.....50-5 1/4.....1997
5. Bill Lawson.....49-0 1/4.....1978

Shot Put

1. Brent Geringer.....60-3 1/4.....1979
2. Tom Reints.....58-2.....1981
3. Arnie Doden.....57-0 3/4.....1983
4. Derrick Benner.....56-9 1/4.....2004
5. John Holler.....56-5 1/4.....1978

Weight Throw

1. Matt Casillas.....67-7.....1996
2. Dave Jennings.....67-3 1/2.....2001
3. Allan Walz.....66-3 3/4.....1996
4. Derrick Benner.....63-0.....2005
5. Brad Travis.....60-4 1/2.....2002

Heptathlon

1. Raven Cepeda.....5,906.....2008
2. Mat Clark.....5,613.....2008
3. Travis Geopfert.....5,329.....2001
4. Tyler Dodd.....4,872.....2007
5. Daniel Grandon.....4,765.....2006

MEN'S OUTDOOR ALL-TIME BESTS

100-Meter Dash

1.	Devon Davis	10.19	2001
2.	Patrick Hunter	10.41	2002
3.	Jeff Adam	10.41	1998
4.	Dedric Ward	10.42	1998
5.	Maceo Strickland	10.43	1994

110-Meter Hurdles

1.	Joey Woody	13.63	1997
2.	Larry McCready	13.84*	1967
3.	Jarrel Anderson	13.89	2008
4.	Johnny Westbrook	13.97	1993
5.	Steve Blocker	14.04	2003

*Converted hand time

200 Meters

1.	Dirk Homewood	20.78	2005
2.	Dedric Ward	20.87	1997
3.	Marshall Frazier	20.91	1999
4.	Kenny Shedd	20.95	1992
5.	Devon Davis	21.09	2001

400 Meters

1.	Dirk Homewood	45.34	2005
2.	Terrance Reid	45.79	2008
3.	Branimir Peitel	46.19	2003
4.	Joey Woody	46.46	1997
5.	Ryan Grenko	46.83	2006

400-Meter Hurdles

1.	Joey Woody	48.18	1997
2.	Burke Bockman	50.18	2003
3.	Cory Goos	51.04	2007
4.	Alex Garn	51.69	1995
5.	Gregg Garn	51.78	1993

800 Meters

1.	Tyler Mulder	1:46.99	2008
2.	Jeff Burris	1:48.10	1988
3.	Joey Woody	1:48.41	1994
4.	Miklos Arpasi	1:48.46	1994
5.	Kyle Smith	1:48.51	2007

1,500 Meters

1.	Dorian Ulrey	3:41.59	2008
2.	Balasz Csillag	3:42.43	2002
3.	Bob Friedman	3:44.06	1979
4.	Mark Feyerheisen	3:47.65	1980
5.	Rob Brock	3:47.83	2000

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.	Balasz Csillag	8:56.31	2000
5.	Dylan Davis	9:04.41	2007

3,000 Meters

1.	Oliver Bodor	8:17.98	2001
2.	Josh Crain	8:32.19	2004
3.	Jon Lamb	8:48.56	2007
4.	Mike Clancy	8:49.58	2008
5.	Jeff Short	8:52.90	1992

5,000 Meters

1.	Balasz Csillag	13:26.96	2002
2.	Velibor Radojevic	13:58.28	2004
3.	Oliver Bodor	14:13.26	2002
4.	Tibor Vegh	14:14.83	2004
5.	Dan Hostager	14:20.24	1990

10,000 Meters

1.	Oliver Bodor	29:39.50	2001
2.	Chris Leonard	29:51.64	1985
3.	Balasz Csillag	29:52.10	2000
4.	Bryan Huhnerkoch	29:59.24	1979
5.	Doug Nelson	30:13.20	1982

Shuttle Hurdle Relay

1.	56.95	1993
(J. McCleary, J. Woody, A. Garn, J. Westbrook)		
2.	57.83	1995
(R. Santi, J. Liebermann, A. Garn, J. Woody)		
3.	57.94	2003
(S. Blocker, J. Drury, McCullough, C. Nichols)		
4.	59.98	1995
5.	1:00.73	2008
(R. Cepeda, W. Jurkowski, Bucalo, Anderson)		

4 x 100-Meter Relay

1.	39.72	2005
(J. Goodwin, C. Eichmeier, D. Homewood, P. Hunter)		
2.	39.99	2000
(K. Edwards, J. Adam, M. Frazier, D. Davis)		
3.	40.16	2001
(Adam, J. Pauli, L. Bronaugh, D. Davis)		
4.	40.30	2000
(K. Edwards, J. Adam, C. Nichols, D. Davis)		
5.	40.31	2001
(M. Lewis, J. Adam, L. Bronaugh, D. Davis)		

4 x 200-Meter Relay

1.	1:23.45	2005
(J. Goodwin, R. Kedley, C. Eichmeier, D. Homewood)		
2.	1:24.37	2003
(D. Davis, J. Wilson, C. Eichmeier, D. Homewood)		
3.	1:24.50	2004
(C. Eichmeier, A. Alva, B. Peitel, R. Kedley)		
4.	1:24.93	2001
(J. Wilson, B. Peitel, D. Homewood, D. Davis)		
5.	1:25.12	2000
(K. Edwards, J. Adam, M. Frazier, T. Geopfert)		

4 x 400-Meter Relay

1.	3:04.13	2007
(C. Goos, R. Grenko, T. Mulder, T. Reid)		
2.	3:04.55	2005
(T. Reid, C. Eichmeier, R. Kedley, D. Homewood)		
3.	3:04.97	2008
(T. Mulder, T. Reid, C. Goos, R. Grenko)		
4.	3:06.01	2003
(T. Reid, B. Dahlstrom, R. Kedley, D. Homewood)		
5.	3:06.06	2003
(B. Bockman, B. Peitel, C. Eichmeier, D. Homewood)		

4 x 800-Meter Relay

1.	7:19.10	2000
(D. Paulsen, J. Sullivan, B. MacLagan, E. Potter)		
2.	7:19.74	2007
(D. Davis, D. Ulrey, T. Mulder, K. Smith)		
3.	7:25.95	1979
(Ecker, Teeling, Friedman, Glassmaker)		
4.	7:26.80	2006
(K. Smith, T. Mulder, N. Sorbe, D. Davis)		
5.	7:32.84	2005
(A. Hinders, N. Mass, D. Davis, K. Smith)		

4 x 1500-Meter Relay

1.	15:36.09	2000
(Sea Ray Relays team)		
2.	15:44.81	2004
(T. Vegh, J. Crain, Radojevic, Moreno)		

4 x 1600-Meter Relay

1.	16:21.53	2000
(J. Adam, M. Frazier, J. Potter, B. MacLagan)		
2.	16:46.34	2004

Sprint Medley

1.	3:17.24	2007
(W. Jurkowski, C. Eichmeier, T. Reid, T. Mulder)		
2.	3:17.27	2003
(B. Bockman, D. Homewood, B. Peitel, D. Paulsen)		
3.	3:17.29	1993
(J. McCleary, C. Honeck, J. Woody, M. Arpasi)		
4.	3:18.32	1990
(C. Honeck, J. Westbrook, K. Shedd, J. Burris)		

5.	3:19.32	1999
(M. Frazier, J. Adam, J. Jusisch, B. MacLagan)		

Distance Medley

1.	9:42.69	2007
(D. Davis, R. Grenko, K. Smith, D. Ulrey)		
2.	9:47.32	2002
(Bodor, B. Bockman, J. Sullivan, B. Csillag)		
3.	9:47.70	1990
(J. Burris, K. Shedd, Terrillion, Hostager)		

Pole Vault

1.	Jacob Pauli	18-6 1/2	2000, 2001
2.	Andre Poljanec	18-2 1/2	2007
3.	Juri Rovani	18-1	1996
4.	Jarno Kivioja	17-5	2005, 2006
5.	Bob Edwards	17-4 1/2	1992

High Jump

1.	Jason Boness	7-4 1/2	1999
2.	Tim Suchan	7-3 3/4	1995
3.	Ehi Oamen	7-2 1/2	2008
4.	Pete Herber	7-1 3/4	1994
5.	Julian Morris	7-0 1/2	2008

Long Jump

1.	Cody Eichmeier	25-7 1/2	2006
2.	Wayne Simon	24-10 3/4	1987
3.	Jason McCleary	24-10 1/4	1993
4.	Rozle Bucalo	24-5 3/4	2008
5.	Devon Davis	24-5 1/2	1999

Triple Jump

1.	Yuriy Litvinski	51-11	2004
2.	Devon Davis	51-8 1/4	1999
3.	Junior Chukukere	51-6 1/4	1992
4.	Alen Toplovcan	50-7 1/4	1996
5.	Bill Lawson	50-2	1977

Shot Put

1.	John Holler	58-6	1978
2.	Tom Reints	58-4	1982
3.	Mike McCready	57-8 3/4	1971
4.	Brent Geringer	57-6 1/4	1979
5.	Mike Maddox	55-1 1/2	1996

Hammer

1.	Derrick Benner	202-5	2005
2.	Allan Walz	197-11	1996
3.	Matt Casillas	195-7	1996
4.	Dave Jennings	188-11	2001
5.	Lucas Cook	187-9	2008

Discus

1.	Brent Geringer	199-6	1979
2.	Matt Haven	187-10	1984
3.	Allan Walz	184-8	1995
4.	Mike Miller	181-3	2004
5.	Arnie Doden	178-0	1983

Javelin

1.	Marcin Kazubowski	220-10	2008
2.	Juri Rovani	207-7	1995
3.	Mike Raffensperger	204-8	1989
4.	Mat Clark	195-11	2008
5.	Scott Sloan	192-9	1986

Decathlon

1.	Raven Cepeda	7,838	2007
2.	Mat Clark	7,691	2008
3.	Brad Miller	7,419	1992
4.	Travis Geopfert	7,360	2001
5.	Bill Lawson	7,314	1980

WOMEN'S INDOOR HISTORY



NCAA RESULTS INDOOR

Year	UNI Place	Pts.	Champion
1994	39th	3	LSU
1995	42nd	2	LSU

OUTDOOR

Year	UNI Place	Pts.	Champion
2006	70th	1	Auburn
2007	T-64th	2	Arizona State



MVC INDOOR HONORS

MVC Field MVP

1995 Dianna Leftridge

MVC MVP

2002 Agnes Kroneraff

MVC Most Outstanding Track Athlete

2002 Agnes Kroneraff

UNI OUTDOOR HONORS

MVC Outstanding Field Athlete

2007 Rachel Jansen

MVC Most Valuable Athlete

2007 Rachel Jansen

MVC Most Outstanding Track Athlete

2008 Dani Stipe



MVC ALL-CENTENNIAL TEAM

Sprints

Shantel Twiggs 2-time All-American

Throws

Rachel Jansen 5-time MVC champion

Multi-Events

Dianna Leftridge 6-time MVC champion

Cross Country

Rita Fiala 2-time All-MVC

Elly Glass 2-time All-MVC

Coach

Chris Bucknam 21 MVC team titles

UNI ATHLETICS HALL OF FAME

Shantel Twiggs Class of 2005

CONFERENCE TEAM CHAMPIONS

Year	UNI Coach	UNI Finish	Conf. Champion	Location
1983	Mary Grosso	8th	Illinois State	Charleston, Ill.
1984	Mary Grosso	7th	Illinois State	Cedar Falls, Iowa
1985	Mary Grosso	9th	Illinois State	Normal, Ill.
1986	Lea Ann Shaddox	8th	Western Illinois	Charleston, Ill.
1987	Lea Ann Shaddox	7th	Southern Illinois	Cedar Falls, Iowa
1988	Lea Ann Shaddox	7th	Southern Illinois	Normal, Ill.
1989	Lea Ann Shaddox	8th	Southern Illinois	Charleston, Ill.
1990	Lea Ann Shaddox	4th	Illinois State	Carbondale, Ill.
1991	Lea Ann Shaddox	3rd	Illinois State	Cedar Falls, Iowa
1992	Lea Ann Shaddox	5th	Illinois State	Normal, Ill.
1993	Lea Ann Shaddox	4th	Indiana State	Cedar Falls, Iowa
1994	Lea Ann Shaddox	5th	Indiana State	Carbondale, Ill.
1995	Lea Ann Shaddox	4th	Indiana State	Normal, Ill.
1996	Lea Ann Shaddox	5th	Illinois State	Cedar Falls, Iowa
1997	Chris Bucknam	5th	Illinois State	Carbondale, Ill.
1998	Chris Bucknam	4th	Missouri State	Normal, Ill.
1999	Chris Bucknam	5th	Missouri State	Cedar Falls, Iowa
2000	Chris Bucknam	4th	Missouri State	Cedar Falls, Iowa
2001	Chris Bucknam	6th	Indiana State	Carbondale, Ill.
2002	Chris Bucknam	1st	UNI	Cedar Falls, Iowa
2003	Chris Bucknam	4th	Missouri State	Normal, Ill.
2004	Chris Bucknam	6th	Missouri State	Terre Haute, Ind.
2005	Chris Bucknam	6th	Southern Illinois	Carbondale, Ill.
2006	Chris Bucknam	3rd	Wichita State	Cedar Falls, Iowa
2007	Chris Bucknam	2nd	Wichita State	Carbondale, Ill.
2008	Chris Bucknam	1st	UNI	Cedar Falls, Iowa

CONFERENCE INDIVIDUAL CHAMPIONS

Year	Athlete	Event	Mark
1987	---	4x800-Meter Relay	9:06.60
1988	---	4x800-Meter Relay	9:05.40
1988	Donna Wheeler	Shot Put	45-8
1989	Lisa Tatman	Shot Put	48-3.25
1990	Diane Black	600-Meter Run	1:33.70
1991	Diane Black	600-Meter Run	1:34.50
1991	Sherry Shedd	60-Meter Dash	7.12
1991	Kathy Allen	1,000-Meter Run	2:56.51
1991	---	4x400-Meter Relay	3:54.94
1992	Dyan Fluhrer	400-Meter Dash	57.01
1992	---	4x400-Meter Relay	3:51.40
1992	Dianna Leftridge	Long Jump	19-2.75
1993	Paula Nemmers	800-Meter Run	2:14.99
1995	Dianna Leftridge	Long Jump	20-5.75
1995	Dianna Leftridge	Pentathlon	3,683 pts
1996	Emily Montgomery	800-Meter Run	2:10.12
1996	Dianna Leftridge	Long Jump	20-1
1998	Brenna Fleishman	60-Meter High Hurdles	8.00
1998	Andrea Miller	Shot Put	46-11
2000	Dee Wear	60-Meter High Hurdles	8.83
2000	---	Distance Medley	11:52.27
2001	Dee Wear	60-Meter High Hurdles	8.75
2002	Dee Wear	60-Meter High Hurdles	8.62
2002	Agnes Kroneraff	3,000-Meter Run	9:57.64
2002	Agnes Kroneraff	5,000-Meter Run	17:06.73
2003	Kayleen Popp	Pole Vault	11-11.75
2006	Rachel Jansen	Shot Put	53-3.75
2007	---	4x400-Meter Relay	3:46.83
2007	Crystal Hanson	High Jump	5-8
2007	Rachel Jansen	Shot Put	56-5.25
2008	Rachel Jansen	Shot Put	54-8.25
2008	Crystal Hanson	High Jump	5-8
2008	Traci Hawley	3000 Meters	9:50.70
2008	Olimpia Nowak	Pentathlon	4,016

WOMEN'S OUTDOOR HISTORY

CONFERENCE TEAM CHAMPIONS

Year	UNI Coach	UNI Finish	Conf. Champion	Location
1983	Mary Grosso	10th	Illinois State	Macomb, Ill.
1984	Mary Grosso	6th	Illinois State	Des Moines, Iowa
1985	Mary Grosso	10th	Western Illinois	Normal, Ill.
1986	Lea Ann Shaddox	10th	Southern Illinois	Wichita, Kan.
1987	Lea Ann Shaddox	9th	Southern Illinois	Charleston, Ill.
1988	Lea Ann Shaddox	8th	Southern Illinois	Carbondale, Ill.
1989	Lea Ann Shaddox	7th	Southern Illinois	Macomb, Ill.
1990	Lea Ann Shaddox	6th	Illinois State	Normal, Ill.
1991	Lea Ann Shaddox	7th	Indiana State	Springfield, Mo.
1992	Lea Ann Shaddox	5th	Indiana State	Des Moines, Iowa
1993	Lea Ann Shaddox	7th	Indiana State	Terre Haute, Ind.
1994	Lea Ann Shaddox	6th	Indiana State	Wichita, Kan.
1995	Lea Ann Shaddox	6th	Southern Illinois	Springfield, Mo.
1996	Lea Ann Shaddox	7th	Southern Illinois	Terre Haute, Ind.
1997	Chris Bucknam	6th	Illinois State	Normal, Ill.
1998	Chris Bucknam	8th	Indiana State	Cedar Falls, Iowa
1999	Chris Bucknam	4th	Indiana State	Carbondale, Ill.
2000	Chris Bucknam	7th	Illinois State	Wichita, Kan.
2001	Chris Bucknam	5th	Missouri State	Terre Haute, Ind.
2002	Chris Bucknam	4th	Missouri State	Cedar Falls, Iowa
2003	Chris Bucknam	2nd	Missouri State	Carbondale, Ill.
2004	Chris Bucknam	6th	Wichita State	Normal, Ill.
2005	Chris Bucknam	6th	Wichita State	Cedar Falls, Iowa
2006	Chris Bucknam	5th	Wichita State	Wichita, Kan.
2007	Chris Bucknam	2nd	Wichita State	Des Moines, Iowa
2008	Chris Bucknam	1st	UNI	Carbondale, Ill.

NOTE: Gateway Conference from 1983-1992.
Missouri Valley Conference from 1993-present.

CONFERENCE INDIVIDUAL CHAMPIONS

Year	Athlete	Event	Mark
1988	Donna Wheeler	Javelin	148-7
1989	Donna Wheeler	Javelin	141-2
1990	---	4x100-Meter Relay	47.90
1992	Sherry Shedd	400-Meter Dash	53.74
1994	---	4x400-Meter Relay	3:46.09
1994	Dianna Leftridge	Long Jump	20-1.75
1995	Dianna Leftridge	Long Jump	20-9.25
1998	Andrea Miller	Shot Put	47-8.50
1999	Jennifer Jackson	1,500-Meter Run	4:33.27
2000	Deborah Cordner	400-Meter Dash	55.23
2000	Nikki Nelson	400-Meter Hurdles	59.84
2001	Dee Wear	100-Meter Hurdles	14.10
2001	Crystal Seamans	Pole Vault	10-11.50
2002	Agnes Kroneraff	1,500-Meter Run	4:31.95
2002	Nikki Nelson	400-Meter Hurdles	59.79
2002	Crystal Seamans	Pole Vault	11-11.25
2003	Emily Shoopman	5,000-Meter Run	17:06.78
2003	Nikki Nelson	400-Meter Hurdles	59.08
2003	Kayleen Popp	Pole Vault	12-6
2003	Melissa Nelson	Heptathlon	4,820 pts.
2004	Rachel Jansen	Discus	157-7
2007	Lauren Carruthers	400 Meters	54.47
2007	Crystal Hanson	High Jump	5-7
2007	Rachel Jansen	Shot Put	56-8.75
2007	Rachel Jansen	Discus	176-6
2007	Dani Stipe	Heptathlon	5,322
2008	Amy Bagge	800 Meters	2:10.35
2008	Dani Stipe	Heptathlon	5,550
2008	Crystal Hanson	High Jump	5-8.75
2008	Rachel Jansen	Shot Put	56-9.25
2008	Traci Hawley	10,000 Meters	35:16.68

UNI's 2002 Missouri Valley Conference women's indoor championship team





MVC INDOOR TEAM CHAMPIONS

Year	UNI Coach	UNI Finish	Conf. Champion	Location
1992	Chris Bucknam	4th	Southern Illinois	Normal, Ill.
1993	Chris Bucknam	2nd	Illinois State	Cedar Falls, Iowa
1994	Chris Bucknam	3rd	Illinois State	Carbondale, Ill.
1995	Chris Bucknam	1st	UNI	Normal, Ill.
1996	Chris Bucknam	1st	UNI	Cedar Falls, Iowa
1997	Chris Bucknam	3rd	Illinois State	Carbondale, Ill.
1998	Chris Bucknam	2nd	Illinois State	Normal, Ill.
1999	Chris Bucknam	2nd	Illinois State	Cedar Falls, Iowa
2000	Chris Bucknam	1st	UNI	Cedar Falls, Iowa
2001	Chris Bucknam	1st	UNI	Carbondale, Ill.
2002	Chris Bucknam	1st	UNI	Cedar Falls, Iowa
2003	Chris Bucknam	1st	UNI	Normal, Ill.
2004	Chris Bucknam	1st	UNI	Terre Haute, Ind.
2005	Chris Bucknam	1st	UNI	Carbondale, Ill.
2006	Chris Bucknam	1st	UNI	Cedar Falls, Iowa
2007	Chris Bucknam	1st	UNI	Carbondale, Ill.
2008	Chris Bucknam	1st	UNI	Cedar Falls, Iowa

NCAA INDOOR RESULTS

Year	UNI Place	Pts.	Champion
1996	44th	4	G. Mason
1999	58th	0.5	Arkansas
2000	23rd	7	Arkansas
2001	20th	10	LSU
2002	12th	13	Tennessee
2005	28th	7	Arkansas
2006	18th	12.83	Arkansas
2007	9th	21.5	Wisconsin
2008	9th	18	Arizona State

NCAA OUTDOOR RESULTS

Year	UNI Place	Pts.	Champion
1995	63rd	2	Arkansas
1997	17th	15	Arkansas
1999	42nd	5	Arkansas
2000	62nd	2.5	Stanford
2001	39th	5	Tennessee
2005	54th	3	Arkansas
2006	52nd	3	Florida State
2007	39th	7	Florida State
2008	11th	22	Florida State

MVC INDOOR HONORS

MVC Most Valuable Athlete

2001	Oliver Bodor
2005	Dirk Homewood
2006	Cody Eichmeier
2007	Raven Cepeda
2008	Raven Cepeda

MVC Most Outstanding Track Athlete

2000	Marshall Frazier
2004	Dirk Homewood
2005	Dirk Homewood
2006	Cody Eichmeier
2007	Jarrel Anderson
2008	Tyler Mulder

MVC Most Outstanding Field Athlete

1995	Tim Suchan
1997	Juri Rován
2006	Raven Cepeda
2007	Raven Cepeda
2008	Raven Cepeda

MVC OUTDOOR HONORS

MVC Most Valuable Athlete

2001	Devon Davis
2005	Dirk Homewood
2008	Raven Cepeda

MVC Most Outstanding Track Athlete

1994	Joey Woody
1995	Joey Woody
1997	Joey Woody
1999	Devon Davis
2000	Eric Potter
2002	Dirk Homewood
2005	Dirk Homewood
2007	Terrance Reid/Cory Goos
2008	Ehi Oamen

MVC Most Outstanding Field Athlete

1993	Jason McCleary
1995	Allan Walz
1998	Juri Rován
2001	Jacob Pauli
2005	Cody Eichmeier
2006	Raven Cepeda
2007	Andre Poljanec

MVC INDOOR INDIVIDUAL CHAMPIONS

Year	Athlete	Event	Mark
1992	Kenny Shedd	200 Meters	21.78
1992	Junior Chukukere	Triple Jump	52-1
1993	Johnny Westbrook	60 Hurdles	7.29
1993	Miklos Arpasi	400 Meters	48.58
1993	4x400-Meter Relay		3:17.78
1993	Jason McCleary	Long Jump	24-08.25
1994	Alonzo Clayton	60 Hurdles	7.57
1994	Miklos Arpasi	800 Meters	1:52.87
1995	Jason McCleary	60 Hurdles	7.44
1995	Jon Judisch	400 Meters	49.41
1995	Matt Mullenix	600 Meters	1:20.24
1995	Joey Woody	800 Meters	1:51.86
1995	4x400-Meter Relay		3:17.13
1995	Tim Suchan	High Jump	7-04.50
1995	Allan Walz	Weight Throw	62-05.75
1996	Jon Judisch	400 Meters	48.19
1996	4x400-Meter Relay		3:16.59
1996	Matt Casillas	Shot Put	55-10.50
1997	Juri Rován	Pole Vault	17-07.75
1998	Distance Medley Relay		9:49.23
1998	Juri Rován	Pole Vault	17-09.75
1999	Jacob Pauli	Pole Vault	17-09.25
2000	Devon Davis	60 Meters	6.76
2000	Marshall Frazier	200 Meters	21.52
2000	Eric Potter	800 Meters	1:51.82
2000	Balazs Csillag	Mile	4:04.64
2000	Jacob Pauli	Pole Vault	18-00.50
2000	Devon Davis	Long Jump	25-0
2001	Oliver Bodor	3,000 Meters	8:18.75
2001	Oliver Bodor	5,000 Meters	14:52.86
2001	Jacob Pauli	Pole Vault	17-08.50
2001	Dave Jennings	Weight Throw	67-03.50
2002	Dirk Homewood	200 Meters	21.48
2002	Oliver Bodor	5,000 Meters	14:54.74
2002	Distance Medley Relay		9:57.82
2003	Devon Davis	60 Meters	6.82
2003	Dirk Homewood	400 Meters	47.54
2003	4x400-Meter Relay		3:16.91
2004	Dirk Homewood	200 Meters	21.38
2004	Dirk Homewood	400 Meters	47.37
2004	Velibor Radojevic	3,000 Meters	8:24.88
2004	Velibor Radojevic	5,000 Meters	14:25.08
2004	4x400-Meter Relay		3:14.34
2004	Yuriy Litvinski	Tripe Jump	50-08.75
2005	Patrick Hunter	60 Meters	6.80
2005	Dirk Homewood	200 Meters	21.59
2005	Dirk Homewood	400 Meters	46.72
2005	Eric Smith	800 Meters	1:52.06
2005	4x400-Meter Relay		3:15.03
2005	Andre Poljanec	Pole Vault	17-05.50
2005	Cody Eichmeier	Long Jump	24-11.25
2006	Raven Cepeda	Heptathlon	5,563 pts
2006	Jarno Kivioja	Pole Vault	17-06.50
2006	Cody Eichmeier	Long Jump	25-00.50
2006	Patrick Hunter	60 Meters	6.74
2006	Cody Eichmeier	200 Meters	21.48
2006	Distance Medley Relay		9:59.75
2006	Dylan Davis	Mile	4:17.00
2007	Jarrel Anderson	60 Hurdles	7.84
2007	Terrance Reid	400 Meters	47.41
2007	Kyle Smith	800 Meters	1:52.37
2007	Dorian Ulrey	5,000 Meters	14:55.61
2007	4x400-Meter Relay		3:12.71
2007	Distance Medley Relay		9:58.34
2007	Jarno Kivioja	Pole Vault	17-5.5
2007	Cody Eichmeier	Long Jump	24-9
2007	Raven Cepeda	Heptathlon	5,645
2008	Raven Cepeda	Heptathlon	5,694
2008	Raven Cepeda	Pole Vault	16-09
2008	Tyler Mulder	800 Meters	1:49.90
2008	4x400 Meter Relay		3:12.81
2008	Distance Medley Relay		9:59.93
2008	Jarrel Anderson	60 Hurdles	7.90
2008	Julian Morris	High Jump	7-03
2008	Dorian Ulrey	Mile	4:14.11

MEN'S OUTDOOR HISTORY

MVC OUTDOOR TEAM CHAMPIONS

Year	UNI Coach	UNI Finish	Conf. Champion	Location
1992	Chris Bucknam	2nd	Southern Illinois	Des Moines, Iowa
1993	Chris Bucknam	2nd	Indiana State	Terre Haute, Ind.
1994	Chris Bucknam	3rd	Wichita State	Wichita, Kan.
1995	Chris Bucknam	1st	UNI	Springfield, Mo.
1996	Chris Bucknam	2nd	Illinois State	Terre Haute, Ind.
1997	Chris Bucknam	3rd	Indiana State	Normal, Ill.
1998	Chris Bucknam	1st	UNI	Cedar Falls, Iowa
1999	Chris Bucknam	2nd	Illinois State	Carbondale, Ill.
2000	Chris Bucknam	1st	UNI	Wichita, Kan.
2001	Chris Bucknam	2nd	Indiana State	Terre Haute, Ind.
2002	Chris Bucknam	2nd	Wichita State	Cedar Falls, Iowa
2003	Chris Bucknam	2nd	Wichita State	Carbondale, Ill.
2004	Chris Bucknam	2nd	Wichita State	Normal, Ill.
2005	Chris Bucknam	1st	UNI	Cedar Falls, Iowa
2006	Chris Bucknam	3rd	Indiana State	Wichita, Kan.
2007	Chris Bucknam	1st	UNI	Des Moines, Iowa
2008	Chris Bucknam	1st	UNI	Carbondale, Ill.

MVC OUTDOOR INDIVIDUAL CHAMPIONS

Year	Athlete	Event	Mark
1992	Kenny Shedd	400 Meters	6.99
1992		4x100-Meter Relay	40.93
1992		4x400-Meter Relay	3:13.44
1992	Bob Edwards	Pole Vault	17-02.25
1992	Brad Miller	Decathlon	7,419 pts
1993	Johnny Westbrook	110 Hurdles	14.20
1993	Joey Woody	400 Hurdles	50.88
1993		4x400-Meter Relay	3:11.39
1993	Jason McCleary	Long Jump	24-10.50
1993	Jason McCleary	Decathlon	7,092 pts
1994	Maceo Strickland	100 Meters	10.43
1994	Joey Woody	110 Hurdles	14.09
1994	Joey Woody	400 Hurdles	51.58
1995	Joey Woody	110 Hurdles	14.19
1995	Joey Woody	400 Hurdles	50.55
1995	Allan Walz	Discus	184-8
1995	Juri Rován	Javelin	207-7
1995	Ryan Santi	Decathlon	6,602 pts
1996	Jay Brock	Steeplechase	9:22.84
1996	Juri Rován	Pole Vault	16-11
1997	Eric Potter	800 Meters	1:49.70
1997	Jay Brock	Steeplechase	9:12.82
1997	Joey Woody	110 Hurdles	13.72
1997	Joey Woody	400 Hurdles	51.11
1997		4x400-Meter Relay	3:09.61
1998	Jay Brock	Steeplechase	8:51.64
1998	Eddie Berlin	High Jump	6-10
1998	Juri Rován	Pole Vault	17-1
1998	Travis Geopfert	Decathlon	7,031 pts
1999	Devon Davis	100 Meters	10.43
1999	Marshall Frazier	200 Meters	21.03
1999		4x100-Meter Relay	41.53
1999	Jason Boness	High Jump	6-11.75
1999	Jacob Pauli	Pole Vault	17-08.50
2000	Marshall Frazier	200 Meters	21.57
2000	Eric Potter	800 Meters	1:49.45
2000	Burke Bockman	400 Hurdles	51.47
2000		4x100-Meter Relay	40.77
2000		4x400-Meter Relay	3:11.39
2000	Jacob Pauli	Pole Vault	18-2
2000	Kenney Edwards	Decathlon	4,022 pts
2001	Devon Davis	100 Meters	10.42
2001	Devon Davis	200 Meters	21.09
2001	Mate Nemeth	Steeplechase	9:05.59
2001	Oliver Bodor	5,000 Meters	14:49.61
2001	Oliver Bodor	10,000 Meters	30:48.10
2001		4x100-Meter Relay	40.30
2001	Jacob Pauli	Pole Vault	17-05.25
2001	Dave Jennings	Hammer	188-11
2002	Patrick Hunter	100 Meters	10.41
2002	Dirk Homewood	400 Meters	46.39
2002	Balazs Csillag	1,500 Meters	3:53.85
2002	Balazs Csillag	5,000 Meters	15:08.25
2002	Oliver Bodor	10,000 Meters	31:39.32
2002		4x100-Meter Relay	40.45
2003		4x400-Meter Relay	3:08.40
2004	Adam Hinders	800 Meters	1:50.19
2004	Velibor Radojevic	5,000 Meters	14:27.86
2004		4x400-Meter Relay	3:10.36
2004	Yuriy Litvinski	Triple Jump	51-1
2004	Mike Miller	Discus	174-00
2005	Patrick Hunter	100 Meters	10.43
2005	Dirk Homewood	200 Meters	20.88
2005	Dirk Homewood	400 Meters	45.78
2005		4x100-Meter Relay	39.96
2005		4x400-Meter Relay	3:10.92
2005	Andre Poljanec	Pole Vault	17-10.50
2005	Cody Eichmeier	Long Jump	25-0
2005	Derrick Benner	Hammer	202-5
2006	Raven Cepeda	Decathlon	7,371 pts
2006	Andre Poljanec	Pole Vault	17-6.50
2006		4x400-Meter Relay	4:12.11
2007	Terrance Reid	200 Meters	21.16
2007	Terrance Reid	400 Meters	46.20
2007	Tyler Mulder	800 Meters	1:49.10
2007	Dylan Davis	Steeplechase	9:04.41
2007	Cory Goos	400 Hurdles	51.08
2007		4x100-Meter Relay	40.68
2007		4x400-Meter Relay	3:08.10
2007	Ehi Oamen	High Jump	6-10.75
2007	Andre Poljanec	Pole Vault	18-2.5
2007	Cody Eichmeier	Long Jump	24-6.25
2007	Raven Cepeda	Decathlon	7,838 pts
2008	Jarrel Anderson	110 Hurdles	14.20
2008	Dorian Ulrey	1500 Meters	3:56.81
2008	Tyler Mulder	800 Meters	1:49.52
2008	Terrance Reid	400 Meters	46.77
2008	Cory Goos	400 Hurdles	52:35
2008	Raven Cepeda	Decathlon	7,641
2008	Ehi Oamen	High Jump	7-2.50
2008	Rozle Bucalo	High Jump	24-5.75



MVC ALL-CENTENNIAL TEAM

Sprints	Middle Distance	Distance	Hurdles	Jumps	Multi-Events	Cross Country	Coach
Devon Davis	Eric Potter	Oliver Bodor	Johnny Westbrook	Yuriy Litvinski	Raven Cepeda	Jay Brock	Chris Bucknam
Dirk Homewood	Eric Potter	Balazs Csillag	Johnny Westbrook	Cody Eichmeier	Raven Cepeda	Rob Brock	21 MVC team titles
6-time MVC champion	3-time MVC champion	3-time MVC champion	2-time MVC champion	2-time MVC champion	5-time MVC champion	3-time All-MVC	
9-time MVC champion		6-time MVC champion	8-time MVC champion	10-time MVC champion		3-time All-MVC	
		3-time MVC champion		6-time MVC champion		3-time All-MVC	
				4-time MVC champion		4-time All-MVC	
				5-time MVC champion		2003 Coach of the Year	

ACADEMIC ALL-AMERICA

1996	Jon Judisch
1998	Jon Judisch
1999	Levente Timar
2001	Levente Timar
2002	Balazs Csillag
2003	Dirk Homewood
2004	Dirk Homewood
2005	Dirk Homewood
2008	Mat Clark

UNI ATHLETICS HALL OF FAME

Mike McCready	Class of 1989
Larry McCready	Class of 1990
Wayne Carpenter	Class of 1991
Kelly Ellis	Class of 1992
Burl Berry	Class of 1993
Jim Harmon	Class of 1994
Dennis Schultz	Class of 1996
Bill Bergan	Class of 1997
Dick Dotson	Class of 2002
Bill Lawson	Class of 2003
Brent Geringer	Class of 2005
Ron Sturch	Class of 2006
John Raffensperger	Class of 2007

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ALEX ALVA

4x400 Relay (I) 2004



OLIVER BODOR

Distance Medley (I) 2002



ROB BROCK

Distance Medley (I) 2000



JEFF BURRIS

800 Meters (I) 1989



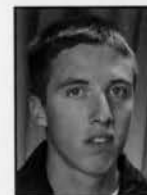
RAVEN CEPEDA (5)

Decathlon (O) 2006, 2007, 2008
Heptathlon (I) 2007, 2008



BALAZS CSILLAG (3)

Distance Medley (I) 2000, 2002
3,000 Meters (I) 2002



DYLAN DAVIS

Distance Medley (I) 2007



CODY EICHMEIER (5)

Long Jump (I) 2005, 2006
4x400 Relay (I) 2005
Long Jump (O) 2005
4x400 Relay (O) 2005



TRAVIS GEOFFERT

Distance Medley (I) 2000



CORY GOOS (3)

4x400 Relay (I) 2007
4x400 Relay (O) 2007, 2008



RYAN GRENKO (3)

4x400 Relay (I) 2007
4x400 Relay (O) 2007, 2008



ADAM HINDERS

4x400 Relay (I) 2004



DIRK HOMEWOOD (4)

Distance Medley (I) 2002
4x400 Relay (I) 2004, 2005
4x400 Relay (O) 2005



DAN HOSTAGER

3,000 Meters (I) 1989



RACHEL JANSEN (4)

Shot Put (O) 2006, 2007, 2008
Shot Put (I) 2007



DAVE JENNINGS

Weight Throw (I) 2001

DIVISION II ALL-AMERICA

Year	Athlete	Event
1968	Larry McCready	120 Hurdles
1969	Larry McCready	120 Hurdles
	Wayne Carpenter	Mile
1970	Wayne Carpenter	Mile
	Mike McCready	Shot Put
	Rich Twedt	Cross Country
1971	Mike McCready	Shot Put
	Mike McCready	Discus
	Rich Twedt	Three-Mile
	Rich Twedt	Cross Country
1972	Mike McCready	Shot Put
	Rich Twedt	Cross Country
1973	Dennis Roloff	Mile
	Dennis Schultz	Mile
	Dave Anderson	Mile Relay
	Mike Byington	Mile Relay
	Steve DeSerano	Mile Relay
	Dennis Roloff	Mile Relay
	Rich Twedt	Cross Country
	Ron Peters	Cross Country
1974	Dennis Schultz	Mile
	Rich Twedt	Six-Mile
	Scott Noltensmeier	120 Hurdles
	Steve Ford	Pole Vault
	Kent Wessely	High Jump
	Bill Cook	Decathlon
	Ron Peters	Cross Country
1975	Keith Schmidt	Pole Vault
1977	Bill Friedman	1,500 Meters
	John Holler	Shot Put
	Brent Geringer	Discus
	Bill Glassmaker	800 Meters
	Bill Lawson	Decathlon
1978	Brent Geringer	Discus
	Brent Geringer	Shot Put
	Bob Friedman	1,500 Meters
	Bill Glassmaker	800 Meters
	Bill Lawson	Decathlon
	Tom Rogers	Pole Vault
1979	Bob Friedman	1,500 Meters
	Brent Geringer	Discus
	Brent Geringer	Shot Put
	Bill Glassmaker	800 Meters
	Tom Akers	400 Hurdles
	Tim Jamerson	Pole Vault
	Jim Erredige	Cross Country
	Kim Spain	Cross Country
	Bill Lawson	Decathlon
1980	Bill Lawson	Decathlon

9 CONSECUTIVE MVC INDOOR TITLES
134 ALL-AMERICA HONORS
231 MVC CHAMPIONS
25 MVC TEAM TITLES
5 NCAA CHAMPIONS

**RYAN KEDLEY (2)**

4x400 Relay (I) 2005
4x400 Relay (O) 2005

**JARNO KIVIOJA**

Pole Vault (I) 2006

**DIANNA LEFRIDGE**

Long Jump (I) 1995

**YURIY LITVINSKI**

Triple Jump (I) 2006

**TYLER MULDER (6)**

800 Meters (I) 2007, 2008
800 Meters (O) 2008
Distance Medley (I) 2007
4x400 Relay (O) 2007, 2008

**JACOB PAULI (5)**

Pole Vault (I) 1999
2000, 2001
Pole Vault (O) 2000
2001

**DAVE PAULSEN**

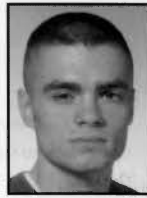
Distance Medley (I) 2002

**ANDRE POLJANEC (3)**

Pole Vault (I) 2006
2007
Pole Vault (O) 2006

**EHI OAMEN (2)**

High Jump (O) 2008
High Jump (I) 2008

**ERIC POTTER (2)**

800 Meters (I) 2000
Distance Medley (I) 2000

**TERRANCE REID (1)**

4x400 Relay (I) 2005, 2007
4x400 Relay (O) 2005, 2007
2008
400 Meters (O) 2008
Distance Medley (I) 2007

**JURI ROVAN (3)**

Pole Vault (O) 1997
1998, 1999

**KYLE SMITH (3)**

4x400 Relay (I) 2004
2007
800 Meters (I) 2007

**SHANTEL TWIGGS (3)**

55 Meters (I) 1993
1994
200 Meters (O) 1994

**DORIAN ULREY**

Distance Medley (I) 2007
1500 Meters (O) 2008

**JOHNNY WESTBROOK**

55 Hurdles (I) 1993

**JOEY WOODY (4)**

400 Hurdles (O) 1994
1995
1997
800 Meters (I) 1996

**MAT CLARK (2)**

Decathlon (O) 2008
Heptathlon (I) 2008

DIVISION I ALL-AMERICA**MEN'S OUTDOOR**

Year	Athlete	Event	Place
1994	Joey Woody	400 Hurdles	5th
1995	Joey Woody	400 Hurdles	7th
1997	Joey Woody	400 Hurdles	1st
	Juri Rován	Pole Vault	4th
1998	Juri Rován	Pole Vault	14th
1999	Juri Rován	Pole Vault	5th
2000	Jacob Pauli	Pole Vault	6th
2001	Jacob Pauli	Pole Vault	4th
2005	Cody Eichmeier	Long Jump	7th
	4x400 Relay		8th
	(Kedley, Reid, Eichmeier, Homewood)		
2006	Andre Poljanec	Pole Vault	7th
	Raven Cepeda	Decathlon	8th
2007	4x400 Relay		6th
	(Goos, Grenko, Mulder, Reid)		
	Raven Cepeda	Decathlon	5th
2008	4x400 Relay		5th
	(Goos, Grenko, Mulder, Reid)		
	Tyler Mulder	800 Meters	6th
	Raven Cepeda	Decathlon	6th
	Mat Clark	Decathlon	10th
	Dorian Ulrey	1500 Meters	2nd
	Ehi Oamen	High Jump	6th
	Terrance Reid	400 Meters	8th

WOMEN'S OUTDOOR

Year	Athlete	Event	Place
1994	Shantel Twigg	200 Meters	--
2006	Rachel Jansen	Shot Put	8th
2007	Rachel Jansen	Shot Put	7th
2008	Rachel Jansen	Shot Put	4th

MEN'S INDOOR

Year	Athlete	Event	Place
1989	Jeff Burris	800 Meters	9th
	Dan Hostager	3,000 Meters	11th
1993	Johnny Westbrook	55-Meter Hurdles	--
1996	Joey Woody	800 Meters	5th
1999	Jacob Pauli	Pole Vault	8th
2000	Jacob Pauli	Pole Vault	5th
	Eric Potter	800 Meters	7th
	Distance Medley Relay		7th
	(Potter, Brock, Geopfert, Csillag)		
2001	Jacob Pauli	Pole Vault	1st
	Dave Jennings	Weight Throw	16th
2002	Balazs Csillag	3,000 Meters	2nd
	Distance Medley Relay		4th
	(Csillag, Bodor, Homewood, Paulsen)		
2004	4x400 Relay		7th
	(Smith, Alva, Hinders, Homewood)		
2005	Cody Eichmeier	Long Jump	8th
	4x400 Relay		3rd
	(Reid, Eichmeier, Kedley, Homewood)		
2006	Andre Poljanec	Pole Vault	8th
	Yuriy Litvinski	Triple Jump	4th
	Jarno Kivioja	Pole Vault	6th
	Cody Eichmeier	Long Jump	4th
2007	Andre Poljanec	Pole Vault	
	Tyler Mulder	800 Meters	
	Kyle Smith	800 Meters	
	4x400 Relay		6th
	(Goos, Reid, Smith, Grenko)		
	Distance Medley Relay		4th
	(Davis, Reid, Mulder, Ulrey)		
	Raven Cepeda	Heptathlon	3rd
2008	Tyler Mulder	800 Meters	1st
	Ehi Oamen	High Jump	3rd
	Raven Cepeda	Heptathlon	7th
	Mat Clark	Heptathlon	11th

WOMEN'S INDOOR

Year	Athlete	Event	Place
1993	Shantel Twigg	55 Meters	11th
1994	Shantel Twigg	55 Meters	6th
1995	Dianna Leftridge	Long Jump	7th
2007	Rachel Jansen	Shot Put	4th

NATIONAL CHAMPIONS

TYLER MULDER 800 METERS | 2008

Tyler Mulder confirmed UNI's place in the national track spotlight when he became just the third athlete in UNI history to claim a Division I title taking the national championship in the 800 Meters at the 2008 NCAA Indoor Championships. The Orange City, Iowa native did so with a spectacular kick over the race's final 50 meters, breaking to the outside of then-leader Elkana Kosgei of LSU as he hit the frontstretch for the final time and winning what became a drag race to the finish line.

The then junior finished in a time of 1 minute, 49.20 seconds. With the title, Mulder propelled the Panthers to their second-consecutive ninth-place finish in the men's team race. At the 2008 NCAA Outdoor meet, the junior took 6th in the 800 Meters and helped the UNI 4x400 Meter Relay team to a fifth place finish. Mulder holds the school record in the outdoor 800 meters, with a time of 1:46.99 set in 2008, he also helped set the UNI record in the 4x400 at the preliminaries of the of the NCAA Outdoor Championships in 2007.

Coming into his senior season, Mulder has earned a total of six All-America citations, including a 2007 Drake Relays 4x800 title. He was named the Missouri Valley Conference Most Outstanding Men's Track Athlete after winning the conference title in the 800 meters along with the 4x400 Meter Relay.



JACOB PAULI POLE VAULT | 2001

Jacob Pauli took the UNI pole vaulting program to a new level at the 2001 NCAA Indoor Championships, taking the title after a grueling 19-jump competition. What will most likely go down as one of the most memorable moments in NCAA history, Pauli came out on top. He cleared a school-record 18 feet 7 1/2 inches and then his opponent Adam Kuel of Stephen F. Austin matched his jump. The two missed all three attempts at 18-11 1/2, forcing a jump-off. Pauli fell hard on his next attempt.

Pauli and Kuel kept missing until the bar was down to 17 feet. With both vaulters emotionally and physically drained, Kuel's coaches proposed a draw, but Pauli and the UNI coaching staff insisted on continuing the competition.

Pauli and Kuel cleared the bar at 17 feet and once again at 17-1; then both missed at 17-4. Using his smallest pole, Pauli cleared his next attempt at 17-1 to defeat Kuel, who missed his attempt.

A three-time All-American in the pole vault, Pauli still holds the indoor (18-7.75) and outdoor (18-6.50) school records in the event. He also is a two-time Drake Relays champion, finished third at the 2007 USA Outdoor Championships and competed for Team USA at the 2007 World Championships.



JOEY WOODY 400 HURDLES | 1997

During the first year of his collegiate career at UNI, Joey Woody wrote down a goal: to become not only an All-American but a national champion as well. Five years later, Woody became UNI's first NCAA Division I national champion, winning the 400-meter hurdles at the 1997 NCAA Outdoor Championships.

While at UNI, Woody was a four-time All-American, placing at the national meet three times in the 400-meter hurdles and once in the 800 meters. He still holds the school record in the event with a time of 48.18. Woody went on to become one of UNI's most recognized student-athletes. Woody is a nine-time Drake Relays champion and was named the 1994 Drake Relays Athlete of the Meet. In 2000, he was a member of the USA's 4x800 relay team that set the indoor world record. He was a member of the USA's 1999 world championship effort in the 4x400 relay team and placed second in the 400-meter hurdles at 2003 World Championships.



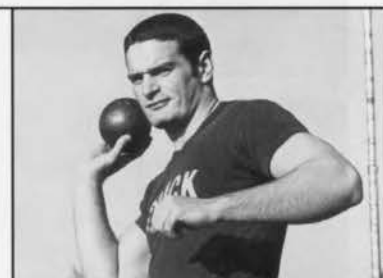
BRENT GERINGER DISCUS | 1978, 1979

Geringer is a two-time Division II national champion in the discus (1978, 1979), setting the school record in the event with a throw of 199 feet, 6 inches. He also was the first UNI track athlete to qualify for the U.S. Olympic Trials.



MINE MCCREADY SHOT PUT | 1971

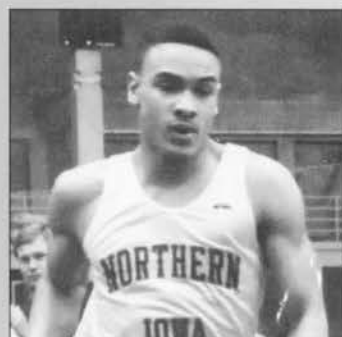
McCreedy won the national shot put title (college division) in 1971 with a throw of 57 feet, 8 3/4 inches. He also took runner-up honors in the discus in 1971 and in the shot put in 1970. McCreedy became the first UNI student-athlete to earn All-America honors in two sports twice, having also been a standout for the Panthers on the wrestling mat.



5 NCAA CHAMPIONS | 25 MVC TEAM TITLES | 231 MVC CHAMPIONS | 134 ALL-AMERICA HONORS | 9 CONSECUTIVE MVC INDOOR TITLES



RECORDS



WOMEN'S INDOOR RECORDS

EVENT	UNI RECORD	UNI-DOME RECORD	MVC RECORD	COLLEGIATE RECORD
55 Meters	6.85 Shantel Twiggs (1994)	6.14 Izaiq Adeyanju, Wichita State (1990)	--	--
60 Meters	7.50 Melissa Campbell (2000)	7.43 Devon Williams, Missouri State (2006)	7.21 Holli Hyche, Indiana State (1994)	7.09 Angela Williams, USC (2001)
55 Hurdles	8.00 Brenna Fleishman (1998)	--	--	--
60 Hurdles	8.61 Jill Sinnwell (2004)	8.06 Melissa Morrison, USA (2000)	8.29 Korto Dunbar, Southern Illinois (2003)	7.84 Virginia Powell, USC (2006)
200 Meters	24.12 Shantel Twiggs (1994)	23.18 Holli Hyche, Indiana State (1993)	22.90 Holli Hyche, Indiana State (1994)	22.43 Veronica Campbell, Arkansas (2004)
400 meters	54.65 Nikki Nelson (2003)	53.82 Verneta Lesforis, Missouri State (1999)	52.21 Verneta Lesforis, Missouri State (1999)	50.80 Natasha Hastings, South Carolina (2007)
600 Meters	1:33.52 Nikki Nelson (2000)	1:32.39 Mertia Bell, Illinois State (1993)	--	--
800 Meters	2:09.00 Emily Montgomery (1996)	2:08.17 Janet Westphal, Wisconsin (1998)	2:06.19 Angie Bruecker, Indiana State (2000)	2:00.75 Nicole Cook, Tennessee (2005)
1,000 Meters	2:53.02 Jenny Jackson (1997)	2:52.44 Joanna Johnson, Drake (1993)	--	--
Mile	4:52.47 Jenny Jackson (1997)	4:38.30 Darlene Beckford, Harvard (1982)	4:40.73 Desiraye Osburn, Wichita State (2006)	4:28.31 Vicki Huber, Villanova (1988)
3,000 Meters	9:33.59 Agnes Kroneraff (2002)	9:20.50 Missy Buttry, Wartburg (2003)	9:17.40 Desiraye Osburn, Wichita State (2006)	8:49.18 Kim Smith, Providence (2004)
5,000 Meters	17:06.73 Agnes Kroneraff (2002)	17:04.21 Desiraye Osburn, Wichita State (2006)	16:15.43 Casey Owens, Missouri State (2005)	15:14.18 Kim Smith, Providence (2004)
4x400 Relay	3:41.00 Carruthers, Wilson, Henry, Germann (2005)	3:42.84 Missouri State -- Harrison, Pommells, Charles, Lesforis (1999)	3:36.18 Missouri State -- Pommells, Lesforis, Harrison, Charles (1999)	3:27.66 Texas -- Downer, McIntosh, Robinson, Richards (2003)
Distance Medley	11:29.20 Burns, Mueller, Cordes, Glass (2003)	11:21.92 Virginia -- Nicholson, Hatchett, Wesch, Hawarth (1982)	11:44.48 Southern Illinois -- Cox, Appiah-Kubi, Roundtree, Beitler (2001)	10:54.34 Villanova -- Hallida, DiMuro-Ave, Franey, Huber (1988)
Pole Vault	12-5.50 (3.80) Kayleen Popp (2004)	14-6 (4.42) Kellie Suttle, USA (2000)	13-5.25 (4.10) Jackie Brown, Wichita State (2006) / Kylie Hutson, Indiana State (2007)	14-10.25 (4.52) Amy Linnen, Arizona (2002)
High Jump	5-9 (1.76) Jeannette Brown (1982)	6-1.75 (1.88) Gale Charmaine, Arizona (1982)	5-10 (1.78) Mandy Scott, Missouri State (1996) / Melissa Dyal, Indiana State (1997)	6-5.5 (1.97) Four times; last: Dora Gyorffy, Harvard (2000)
Long Jump	20-11.50 (6.39) Dianna Leftridge (1995)	20-8.50 (6.31) Donna Thomas, North Texas (1982)	20-11.50 (6.39) Dianna Leftridge (1995)	22-8 (6.91) Elva Goulbourne, Auburn (2002)
Triple Jump	40-7.50 (12.39) Mary Egbo-Egbo ()	41-5.25 (12.63) Yolanda Wright, Indiana State (2006)	42-4.75 (12.92) Stephanie Warren, Missouri State (2003)	46-9 (14.25) Suzette Lee, LSU (1997)
Shot Put	56-5.25 (17.20) Rachel Jansen (2007)	55-3.50 Rachel Jansen, UNI (2007)	56-5.25 (17.20) Rachel Jansen (2007)	62-10 (19.15) Laura Gerraughty, North Carolina (2004)
Weight Throw	63-11.75 (19.50) Rachel Jansen (2007)	73-5.25 (22.38) Brittany Riley, Southern Illinois (2006)	83-10.25 (25.56) Brittany Riley, Southern Illinois (2007)	83-10.25 (25.56) Brittany Riley, Southern Illinois (2007)
Pentathlon	4,016 Olimpia Nowak (2008)	4,580 points Austra Skujyte, Nike (2004)	4,017 points Tracy Partain, Missouri State (2006)	4,425 points Austra Skujyte, Kansas State (2002)

* — high altitude
 ** — hand time
 ^ — oversize track

5 NCAA CHAMPIONS 25 MVC TEAM TITLES 231 MVC CHAMPIONS 134 ALL-AMERICA HONORS 9 CONSECUTIVE MVC INDOOR TITLES

WOMEN'S OUTDOOR RECORDS

EVENT	UNI RECORD	MESSERSMITH RECORD	MVC RECORD	COLLEGIATE RECORD
100 Meters	11.20 Shantel Twiggs (1994)	11.50 Trina Radske, Iowa State (1999)	11.03 Holli Hyche, Indiana State (1994)	10.78* Dawn Sowell, LSU (1989)
100 Hurdles	13.64 Kara Yahn (2007)	13.54 Tiffany Johnson, Iowa (2006)	13.37 Lindsay Eck, Wichita State (2005)	12.48 Virginia Powell, USC (2006)
200 Meters	23.04 Shantel Twiggs (1993)	23.40 Trudi Garrett, Missouri State (1998)	22.34 Holli Hyche, Indiana State (1993)	22.04* Dawn Sowell, LSU (1989)
400 Meters	53.74 Sherry Shedd (1992)	53.64 Cheasa Gibson, Missouri State (2002)	52.86 Vernetta Lesforis, Missouri State (1999)	50.10 Monique Henderson, UCLA (2005)
400 Hurdles	58.30 Nikki Nelson (2003)	59.20 Andrea Mosher, Illinois State (2005)	56.64 Melinda Sallins, Missouri State (1996)	53.54 Sheena Johnson, UCLA (2004)
800 Meters	2:08.39 Emily Montgomery (1995)	2:10.68 Linda Feldberga, Wichita State (2005)	2:05.15 Gina DeWitt, Drake (1996)	1:59.11 Suzy Favor, Wisconsin (1990)
1,500 Meters	4:27.35 Agnes Kroneraff (2002)	4:24.22 Desiraye Osburn, Wichita State (2005)	4:19.95 Desiraye Osburn, Wichita State (2006)	4:06.75 Tiffany McWilliams, Miss. State (2003)
3,000 Meters	9:52.74 Sandy Elsberry (1984)	9:56.72 Mary Ellen Hill, Bradley (1998)	9:40.11 Mary Ellen Hill, Bradley (1998)	8:47.35 Vicki Huber, Villanova (1988)
5,000 Meters	17:06.78 Emily Shoopman (2003)	16:44.54 Casey Owens, Missouri State (2005)	15:53.51 Desiraye Osburn, Wichita State (2006)	15:09.72 Kim Smith, Providence (2004)
10,000 Meters	36:03.24 Emily Shoopman (2003)	36:51.60 Casey Owens, Missouri State (2005)	33:52.95 Casey Owens, Missouri State (2005)	31:56.72 Sally Kipyego, Texas Tech (2007)
Steeplechase	11:16.61 Shayla Houlihan (2007)	10:39.58 Rebekah Daro, Missouri State (2002)	10:19.73 Sarah Becker, Wichita State (2005)	9:38.08 Anna Willard, Michigan (2007)
4x100 Relay	45.52 Eiben, Leftridge, Schmitz, Twiggs (1994)	44.54 Illinois State -- Lovell, Devers, Lucas, Cox (2005)	44.19 Indiana State -- Evans, Keeyes, Dobbs, Hyche (1994)	42.50* LSU -- Stanley, Sowell, Sheffield, Jones (1989)
4x200 Relay	1:37.16 Simon, Kyeremateng, Carruthers, Stipe (2007)	--	--	1:29.78 LSU -- Davy, Hall, Durst, Lee (2003)
4x400 Relay	3:39.62 Carruthers, Stipe Yahn, Bagge (2008)	3:41.09 Illinois State -- Lucas, Devers, Mosher, Arnold (2005)	3:33.06 Missouri State -- Pommells, Charles, Harrison, Lesforis (1999)	3:23.75 Texas -- Jones, McIntosh, Chapple, Richards (2004)
4x800 Relay	8:49.61 Hutchinson, German, Bagge, Westman (2006)	--	--	8:18.78 Michigan -- Gall, Edwards, Willard, Erdman (2007)
Sprint Medley	3:54.17 Hope, Cordner, Nelson, Dozark (2000)	--	--	3:41.78 Tennessee -- Madison, Olupona, Trotter, Bennett (2004)
Distance Medley	11:44.76 Shaw, German, Carstens, Kroneraff (2002)	--	--	10:48.38 Villanova -- Franey, Bennett, Halliday, Huber (1988)
Pole Vault	12-7.5 (3.81) Kayleen Popp (2003)	12-6 (3.81) Kayleen Popp, UNI (2004)	13-7.25 (4.15) Jackie Brown, Wichita State (2006)	15-1 (4.60) Chelsea Johnson, UCLA (2006)
High Jump	5-9.75 (1.77) Melissa Nelson (2002)	5-10.75 (1.80) Melissa Dyal, Indiana State (1998)	5-10.75 (1.80) Melissa Dyal, Indiana State (1997, 1998)	6-6 (1.98) Twice; last: Kajsa Bergqvist, SMU (1999)
Long Jump	21-3 (6.48) Dianna Leftridge (1994)	20-8 (6.30) Jelena Petrovic, Wichita State (2005)	21-3 (6.48) Dianna Leftridge, UNI (1994)	22-11.25 (6.99) Jackie Joyner-Kersey, UCLA (1985)
Triple Jump	41-9.25 (12.73) Dianna Leftridge (1994)	41-8.50 (12.71) Luan Weekes, Missouri State (2005)	43-10.5 (13.37) Ineta Radevica, Wichita State (2002)	46-8 (14.22) Trecia Smith, Pittsburgh (1997)
Shot Put	56-11 1/4 (17.36) Rachel Jansen (2008)	54-11.25 (16.74) Amarachi Ukabam, Southern Illinois (2005)	58-11.5 (17.97) Amarachi Ukabam, Southern Illinois (2006)	62-3.75 (18.99) Meg Ritchie, Arizona (1983)
Hammer Throw	203-4 (60.95) Rachel Jansen (2008)	205-2 (62.55) Jenny Folz, unattached (2000)	237-11 (72.52) Brittany Riley, Southern Illinois (2007)	239-4 (72.94) Jennifer Dahlgren, Georgia (2007)
Discus	182-5 (55.61) Rachel Jansen (2007)	182-5 (55.60) Rachel Jansen, UNI (2006)	187-7 (57.18) Amarachi Ukabam, Southern Illinois (2006)	221-5 (67.48) Meg Ritchie, Arizona (1981)
Javelin	148-7 (45.30) Donna Wheeler (1988)	176-10 (53.91) Deana Alexander, Wichita State (1998)	176-10 (53.91) Deana Alexander, Wichita State (1998)	202-10 (61.82) Irina Kharun, Indiana (2003)
Heptathlon	5,550 Dani Stipe (2008)	5,102 points Tracy Partain, Missouri State (2005)	5,827 points Tracy Partain, Missouri State (2006)	6,527 points Diane Guthrie-Gresham, G. Mason (1995)

The University of Northern Iowa 2009 Panther Track & Field and Cross Country Media Guide

The University of Northern Iowa 2009 Panther Track & Field and Cross Country Media Guide

MEN'S INDOOR RECORDS

EVENT	UNI RECORD	UNI-DOME RECORD	MVC RECORD	COLLEGIATE RECORD
55 Meters	6.25 Kenny Shedd (1992)	--	6.14 Izaig Adeyanju, Wichita State (1990)	--
60 Meters	6.70 Devon Davis (2001)	6.64 Josh Norman, unattached (2005)	6.70 Devin Davis, UNI (2001)	6.45* Leonard Myles-Mills, BYU (1999)
55 Hurdles	7.29 Johnny Westbrook (1993)	--	7.13 David Lee, Southern Illinois (1980)	--
60 Hurdles	7.81 Jarrel Anderson (2007)	7.75 Aubrey Herrin, Indiana State (1999)	7.55 Aubrey Herring, Indiana State (2000)	7.47 Reggie Torian, Wisconsin (1997)
200 Meters	21.15 Dirk Homewood (2003)	21.28 Dasel Jules, Eastern Michigan (1998) Michael Bennett, Wisconsin (2000)	20.90 Kevin Little, Drake (1989)	20.10 Wallace Spearmon, Arkansas (2005)
400 Meters	46.17 Dirk Homewood (2003)	46.38 Tim Simon, Illinois (1988)	45.76 Michael Franks, Southern Illinois (1985)	44.57 Kerron Clement, Florida (2005)
600 Meters	1:16.85 Joey Woody (1995)	1:17.73 Eric Potter, UNI (2000)	--	--
800 Meters	1:47.71 Joey Woody (1996)	1:47.22 Einars Tupuritis, Wichita State (1996)	1:45.80 Einars Tupuritis, Wichita State (1996)	1:44.84 Paul Ereng, Virginia (1989)
1,000 Meters	2:26.19 Dorian Ulrey (2007)	2:26.14 Neville Miller, Missouri (2005)	--	--
Mile	4:02.40 Dorian Ulrey (2007)	4:01.52 Roland Pauwels, Iowa State (1989)	3:59.61 Christian Goy, Illinois State (2001)	3:55.11 Nate Brannen, Michigan (2005)
3,000 Meters	7:59.09 Balasz Csillag (2002)	8:02.24 Barnaba Korir, Iowa State (1988)	7:56.80 Julius Mwangi, Illinois State (1999)	7:38.59 Alistair Cragg, Arkansas (2004)
5,000 Meters	14:25.08 Velibor Radojevic (2004)	14:09.59 Don Johns, Eastern Michigan (1988)	14:01.73 Jason Lehmkuhle, Drake (2000)	13:20.4** Suleiman Nambui, UTEP (1981)
4x400 Relay	3:04.61 Reid, Eichmeier, Kedley, Homewood (2005)	3:11.81 UNI -- Harris, Smith, Hinders, Homewood (2004)	3:04.61 UNI -- Reid, Eichmeier, Kedley, Homewood (2005)	3:03.43^ Arizona State -- Barton, Fitch, Amoo, Peterson (2004)
Distance Medley	9:33.14 Bodor, Homewood, Paulsen, Csillag (2002)	9:50.83 Drake -- Haack, Sand, Trygstad, Gabrielson (1999)	9:33.14 UNI -- Bodor, Homewood, Paulsen, Csillag (2002)	9:27.77 Michigan -- Brannen, Talbert, Ellerton, Willis (2004)
Pole Vault	18-7.75 (5.68) Jacob Pauli (2001)	19-0.75 (5.81) Nick Hysong, USA (2000)	18-7.75 (5.68) Jacob Pauli, UNI (2001)	19-2.25 (5.85) Jacob Davis, Texas (1999)
High Jump	7-4.50 (2.25) Tim Suchan (1995)	7-5.25 (2.27) Tim Suchan, unattached (1998)	7-6.50 (2.30) Three times, last: Darrin Plab, SIU (1991)	7-9.25 (2.37) Hollis Conway, SW Louisiana (1989)
Long Jump	25-10.5 (7.88) Cody Eichmeier (2006)	26-1.75 (7.97) Frankie Young, Indiana State (1999)	26-1.75 (7.97) Frankie Young, Indiana State (1999)	28-2.5 (8.59) Miguel Pate, Alabama (2002)
Triple Jump	53-2.25 (16.21) Yuriy Litvinski (2006)	53-9 (16.38) Len Herring, Wisconsin (2002)	53-9.50 (16.39) Phil Robbins, Southern Illinois (1975)	57-5 (17.50) Charlie Simpkins, Baptist (1986)
Shot Put	60-3.25 (18.38) Brent Geringer (1979)	66-10.50 (20.38) Al Fuerbach, Pacific Coast TC (1976)	62-9.75 (19.14) John Smith, Southern Illinois (1984)	70-6.5 (21.50) Terry Albritton, Stanford (1977)
Weight Throw	67-7 (20.60) Matt Casillas (1996)	72-2.50 (22.01) Tom Barrett, Illinois State (1999)	72-2.50 (22.01) Tom Barrett, Illinois State (1999)	82-3.5 (25.08) Kibwe Johnson, Ashland (2007)
Heptathlon	5,906 points Raven Cepeda (2008)	5,906 points Raven Cepeda, UNI (2008)	5,906 points Raven Cepeda, UNI (2008)	6,208 Trey Hardee, Texas (2006)

* — high altitude

** — hand time

^ — oversize track

MEN'S OUTDOOR RECORDS

EVENT	UNI RECORD	MESSERSMITH RECORD	MVC RECORD	COLLEGIATE RECORD
100 Meters	10.19 Devon Davis (2001)	10.19 Clarkson Reid, Missouri State (1998)	10.19 Clarkson Reid, Missouri State (1998) Devon Davis, UNI (2002)	9.92 Ato Boldon, UCLA (1996)
110 Hurdles	13.63 Joey Woody (1997)	13.81 Jeff Young, Southern Illinois (2005) Anthony Acklin, Southern Illinois (1999)	13.36 Aubrey Herring, Indiana State (2001)	13.00 Renaldo Nehemiah, Maryland (1979)
200 Meters	20.78 Dirk Homewood (2005)	20.48 Andre Morris, unattached (1999)	20.36 Dwight Williams, Indiana State (1984)	19.69 Walter Dix, Florida State (2007)
400 Meters	45.34 Dirk Homewood (2005)	44.88 Mitch Potter, Reebok (2004)	44.94 Michael Franks, Southern Illinois (1985)	44.00 Quincy Watts, USC (1992)
400 Hurdles	48.18 Joey Woody (1997)	48.66 Joey Woody, Adidas (1999)	48.18 Joey Woody, UNI (1997)	47.56 Kerron Clement, Florida (2005)
800 Meters	1:46.99 Tyler Mulder (2008)	1:48.33 Jacob Kocsman, unattached (2006)	1:43.90 Einars Tupuritis, Wichita State (1996)	1:44.55 Julius Achon, George Mason (1996)
1,500 Meters	3:41.59 Dorian Ulrey (2008)	3:51.33 David Rotich, Iowa State (2006)	3:41.80 Chris Mares, Drake (1981)	3:35.30 Sydney Maree, Villanova (1981)
Steeplechase	8:41.50 Mate Nemeth (2001)	9:01.89 Mate Nemeth, UNI (2001)	8:27.34 Eddie Wedderburn, S. Illinois (1984)	8:05.4** Henry Rono, Washington State (1978)
3,000 Meters	7:52.51 San Sabastian (2002)	--	--	7:37.70 Rudy Chapa, Oregon (1979)
5,000 Meters	13:26.96 Balazs Csillag (2002)	14:37.38 Kyle Kepler, unattached (1999)	13:26.96 Balazs Csillag, UNI (2002)	13:08.4 Henry Rono, Washington State (1978)
10,000 Meters	29:39.50 Oliver Bodor (2001)	31:15.11 Joe Byrne, Southern Illinois (2005)	28:44.91 Jason Lehmkuhle, Drake (2000)	27:33.48 Galen Rupp, Oregon (2007)
4 x 100 Relay	39.72 Goodwin, Eichmeier, Homewood, Hunter (2005)	39.96 UNI -- Goodwin, Eichmeier, Homewood, Hunter (2005)	39.46 Wichita State (2003)	38.04 TCU -- Howard, Holloway, Williams, Spencer (2005)
4 x 200 Relay	1:23.45 Goodwin, Kedley, Eichmeier, Homewood (2005)	--	--	1:19.67 TCU -- Frater, Williams, Patton, Collins (2000)
4 x 400 Relay	3:04.13 Goos, Grenko, Mulder, Reid (2007)	3:08.16 Missouri State -- Rolle, Alberts Emmanuel, Roberts (2002)	3:00.78 Southern Illinois (1984)	2:59.59 LSU -- Dardar, Willie, Brazell, Carter (2005)
4 x 800 Relay	7:19.10 Paulsen, Sullivan, MacLagan, Potter (2000)	--	--	7:08.69 Arizona State -- Richardson, Davis, Scott, Stahr (1984)
4 x 1600 Relay	16:21.53 Adam, Frazier, Potter, MacLagen (2000)	--	--	16:04.54 Michigan -- Ellerton, Woods, Brannen, Willis (2005)
Sprint Medley	3:17.24 Jurkowski, Eichmeier Reid, Mulder (2007)	--	--	3:12.13 Arkansas -- O'Neal, Lister, Glover, Karanu (2000)
Distance Medley	9:42.69 Davis, Grenko, Smith, Ulrey (2007)	--	--	9:20.10 Arkansas -- Reina, Williams, Bradley, Falcon (1989)
Pole Vault	18-6.50 (5.65) Jacob Pauli (2001)	19-0.25 (5.80) Jacob Pauli, unattached (2004)	18-6.50 (5.65) Jacob Pauli, UNI (2001) Ryan Barkdull, Wichita State (1996)	19-7.5 (5.98) Lawrence Johnson, Tennessee (1996)
High Jump	7-4.50 (2.25) Jason Boness (1999)	7-4.50 (2.25) Jason Boness, UNI (1999)	7-8.50 (2.35) Darrin Plab, Southern Illinois (1992)	7-9.75 (2.38) Hollis Conway, SW Louisiana (1989)
Long Jump	25-7.50 (7.74) Cody Eichmeier (2006)	25-5.25 (7.75) Frankie Young, Indiana State (1998)	26-10 (8.18) Frankie Young, Indiana State (1999)	28-8.25 (8.74) Erick Walder, Arkansas (1994)
Triple Jump	51-11 (18.82) Yuriy Litvinski (2004)	53-5.75 (16.30) Gregory Hughes, Missouri State (2002)	54-9.50 (16.70) Phil Robins, Southern Illinois (1976)	57-7.75 Keith Connor, SMU (1982)
Shot Put	58-6 (17.83) John Holler (1978)	63-4.25 (19.31) Karl Erickson, Minnesota (2004)	62-9.75 (19.14) John Smith, Southern Illinois (1984)	72-2.25 (22.00) John Godina, UCLA (1995)
Hammer	202-5 (61.71) Derrick Benner (2005)	220-6 (67.22) Adam Hamilton, Iowa (2006)	218-4 (66.55) Tom Barrett, Illinois State (2000)	268-10 (81.94) Balazs Kiss, USC (1995)
Discus	199-6 (60.82) Brent Geringer (1979)	196-5 (59.88) Tom Barrett, Illinois State (1999)	203-10 (62.13) Ron Harrer, Southern Illinois (1988)	222-0 (67.66) Hannes Hopley, SMU (2004)
Javelin	220-10 (67.31) Marcin Kazubowski (2008)	213-10 (65.19) Jason Goff, unattached (2005)	293-0 (89.31) Bob Roggy, Southern Illinois (1979)	292-4 (89.10) Patrik Boden, Texas (1990)
Decathlon	7,838 points Raven Cepeda (2007)	7,185 points Paul Speer, Wichita State (2005)	7,896 points John Sayre, Southern Illinois (1984)	8,465 points Trey Hardee, Texas (2006)

WOMEN'S INDOOR STANDARDS

EVENT	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
55 Meters	6.74@	—	6.92@	—
60 Meters	7.28@	—	7.44@	—
55-Meter Hurdles	7.57@	—	7.86@	—
60-Meter Hurdles	8.14@	—	8.43@	—
200 Meters				
(Under 200m/220 yds)*	23.60	—	24.30	—
(200m/220 yds)*	23.40	—	24.10	—
(Banked or Over 200m/220 yds)*	23.20	—	23.90	—
400 Meters				
(Under 200m/220 yds)*	53.00	52.7	55.00	54.7
(200m/220 yds)*	52.70	52.4	54.70	54.4
(Banked or Over 200m/220 yds)*	52.40	52.1	54.40	54.1
800 Meters#				
(200m/220 yds or less)*	2:05.40	2:05.1	2:09.40	2:09.1
(Banked or Over 200m/220 yds)*	2:05.00	2:04.7	2:09.00	2:08.7
Mile#				
(200m/220 yds or less)*	4:38.60	4:38.3	4:48.60	4:48.3
(Banked or Over 200m/220 yds)*	4:438.00	4:37.7	4:48.00	4:47.7
3,000 Meters#				
(200m/220 yds or less)*	9:15.80	9:15.5	9:34.80	9:34.5
(Banked or Over 200m/220 yds)*	9:15.00	9:14.7	9:34.00	9:33.7
5,000 Meters#				
(200m/220 yds or less)*	16:09.60	16:09.3	16:46.60	16:46.3
(Banked or Over 200m/220 yds)*	16:08.00	16:07.7	16:45.00	16:44.7
1,600-Meter Relay				
(Under 200m/220 yds)*	3:35.40	3:35.1	3:42.40	3:42.1
(200m/220 yds)*	3:34.20	3:33.9	3:41.20	3:40.9
(Banked or Over 200m/220 yds)*	3:33.00	3:32.7	3:40.00	3:39.7
Mile Relay				
(Under 200m/220 yds)*	3:36.60	3:36.3	3:43.60	3:43.3
(200m/220 yds)*	3:35.40	3:35.1	3:42.40	3:42.1
(Banked or Over 200m/220 yds)*	3:34.20	3:33.9	3:41.20	3:40.9
Distance Medley Relay—Meters#				
(200m/220 yds or less)*	11:11.00	11:10.7	11:32.00	11:31.7
(Banked or Over 200m/220 yds)*	11:09.00	11:08.7	11:30.00	11:29.7
Distance Medley Relay—Yards#				
(200m/220 yds or less)*	11:14.50	11:14.2	11:35.50	11:35.2
(Banked or Over 200m/220 yds)*	11:12.50	11:12.2	11:33.50	11:33.2
	METRIC		METRIC	
High Jump	1.85		1.78	
Pole Vault	4.20		3.95	
Long Jump	6.35		6.10	
Triple Jump	13.30		12.65	
Shot Put	16.90		15.20	
20-Pound Weight	21.00		18.75	
Pentathlon	4,050 points		3,700 points	

*—Size of track.

#—Altitude adjustment available.

@ Qualifying times attained at altitude of 6,000 feet and above, add .04 seconds. Times attained at altitude of 3,000-5,999 feet, add .02 seconds.

OUTDOOR REGIONAL STANDARDS

EVENT	FAT	MT	Altitude Adjustment	
			3k-5,999/6k+	
100 Meters	11.75	—	+03/+07	
200 Meters	23.96	—	+07/+14	
400 Meters	54.61	54.3	+11/+21	
800 Meters#	2:09.80	2:09.5		
1500 Meters#	4:27.80	4:27.5		
Mile#	4:49.30	4:49.0		
3,000-Meter Steeplechase#	10:50.25	10:50.0		
5000 Meters#	16:52.00	16:51.7		
10,000 Meters# - Auto	33:30.00	33:29.7		
10,000 Meters# - Prov	35:00.00	34:59.7		
100-Meter Hurdles	13.92	—	+04/+08	
400-Meter Hurdles	1:00.82	1:00.5	+11/+21	
400-Meter Relay	45.70	45.4	+12/+28	
440-Yard Relay	45.90	45.6	+12/+28	
1,600-Meter Relay	3:42.00	3:41.7	+44/+84	
Mile Relay	3:43.30	3:43.0	+44/+84	
	METRIC			
High Jump	1.75			
Pole Vault	3.85			
Long Jump	6.00			
Triple Jump	12.32			
Shot Put	14.30			
Discus	47.30			
Javelin	43.45			
Hammer	54.15			

Heptathlon - Auto 5,500 points / Heptathlon - Prov 5,050 points

MEN'S INDOOR STANDARDS

EVENT	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
55 Meters	6.14@	—	6.25@	—
60 Meters	6.63@	—	6.74@	—
55-Meter Hurdles	7.17@	—	7.38@	—
60-Meter Hurdles	7.70@	—	7.91@	—
200 Meters				
(Under 200m/220 yds)*	21.33	—	21.73	—
(200m/220 yds)*	21.08	—	21.48	—
(Banked or Over 200m/220 yds)*	20.83	—	21.23	—
400 Meters				
(Under 200m/220 yds)*	46.95	46.7	48.05	47.8
(200m/220 yds)*	46.55	46.3	47.65	47.4
(Banked or Over 200m/220 yds)*	46.15	45.9	47.25	47.0
800 Meters#				
(200m/220 yds or less)*	1:48.60	1:48.3	1:51.10	1:50.8
(Banked or Over 200m/220 yds)*	1:48.00	1:47.7	1:50.50	1:50.2
Mile#				
(200m/220 yds or less)*	4:00.30	4:00.0	4:04.80	4:04.5
(Banked or Over 200m/220 yds)*	3:59.50	3:59.2	4:04.00	4:03.7
3,000 Meters#				
(200m/220 yds or less)*	7:55.80	7:55.5	8:06.30	8:06.0
(Banked or Over 200m/220 yds)*	7:54.50	7:54.2	8:05.00	8:04.7
5,000 Meters#				
(200m/220 yds or less)*	13:48.90	13:48.6	14:11.90	14:11.6
(Banked or Over 200m/220 yds)*	13:47.00	13:46.7	14:10.00	14:09.7
1,600-Meter Relay				
(Under 200m/220 yds)*	3:09.70	3:09.4	3:13.60	3:13.3
(200m/220 yds)*	3:08.10	3:07.8	3:12.00	3:11.7
(Banked or Over 200m/220 yds)*	3:06.50	3:06.2	3:10.40	3:10.1
Mile Relay				
(Under 200m/220 yds)*	3:10.70	3:10.4	3:14.80	3:14.5
(200m/220 yds)*	3:09.10	3:08.8	3:13.20	3:12.9
(Banked or Over 200m/220 yds)*	3:07.50	3:07.2	3:11.60	3:11.3
Distance Medley Relay—Meters#				
(200m/220 yds or less)*	9:36.20	9:35.9	9:47.90	9:47.6
(Banked or Over 200m/220 yds)*	9:34.00	9:33.7	9:45.70	9:45.4
Distance Medley Relay—Yards#				
(200 m/220 yds or less)*	9:39.70	9:39.4	9:51.40	9:51.1
(Banked or Over 200 m/220 yds)*	9:37.50	9:37.2	9:49.20	9:48.9
	METRIC		METRIC	
High Jump	2.24		2.14	
Pole Vault	5.50		5.20	
Long Jump	7.85		7.50	
Triple Jump	16.10		15.40	
Shot Put	19.30		17.75	
35-Pound Weight	21.50		19.50	
Heptathlon	5,650 points		5,300 points	

*—Size of track.

#—Altitude adjustment available.

@ Qualifying times attained at altitude of 6,000 feet and above, add .04 seconds. Times attained at altitude of 3,000-5,999 feet, add .02 seconds.

OUTDOOR REGIONAL STANDARDS

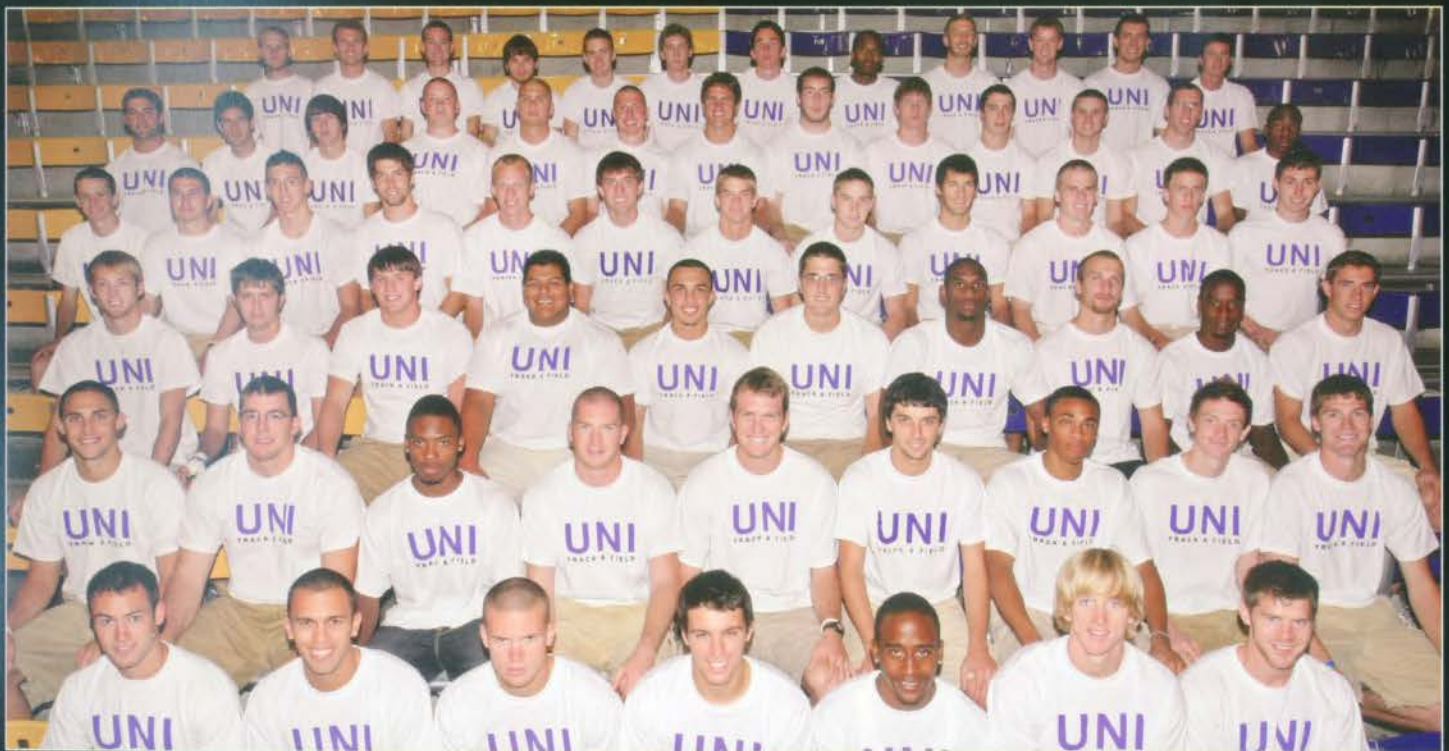
EVENT	FAT	MT	Altitude Adjustment	
			3k-5,999/6k+	
100 Meters	10.55	—	+03/+06	
200 Meters	21.35	—	+07/+12	
400 Meters	47.20	46.9	+11/+21	
800 Meters#	1:50.40	1:50.1		
1,500 Meters#	3:47.80	3:47.5		
Mile#	4:06.00	4:05.7		
3,000-Meter Steeplechase#	9:07.00	9:06.7		
5,000 Meters#	14:12.00	14:11.7		
10,000 Meters# - Auto	28:45.00	28:44.7		
10,000 Meters# - Prov	29:30.00	29:29.7		
110-Meter Hurdles	14.30	—	+04/+08	
400-Meter Hurdles	52.51	52.2	+11/+21	
400-Meter Relay	40.66	40.4	+12/+24	
440-Yard Relay	40.86	40.6	+12/+24	
1,600-Meter Relay	3:10.00	3:09.7	+44/+84	
Mile Relay	3:11.10	3:10.8	+44/+84	
	METRIC			
High Jump	2.10			
Pole Vault	5.05			
Long Jump	7.34			
Triple Jump	15.00			
Shot Put	16.80			
Discus	51.70			
Javelin	61.60			
Hammer	56.80			

Decathlon - Auto 7,500 points / Decathlon - Prov 6,900 points

2009 UNI TRACK + FIELD

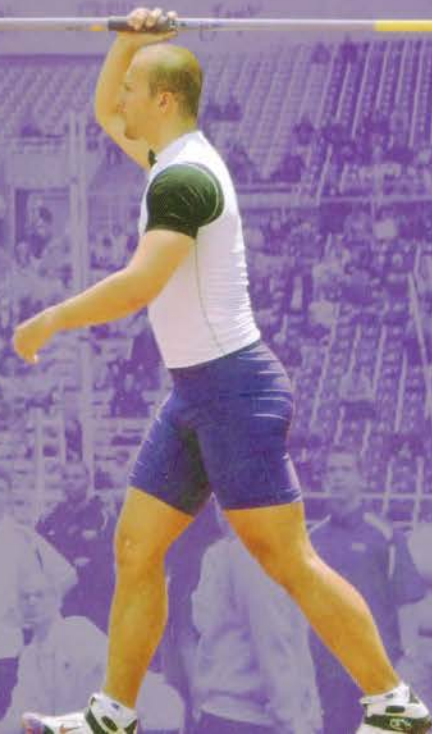
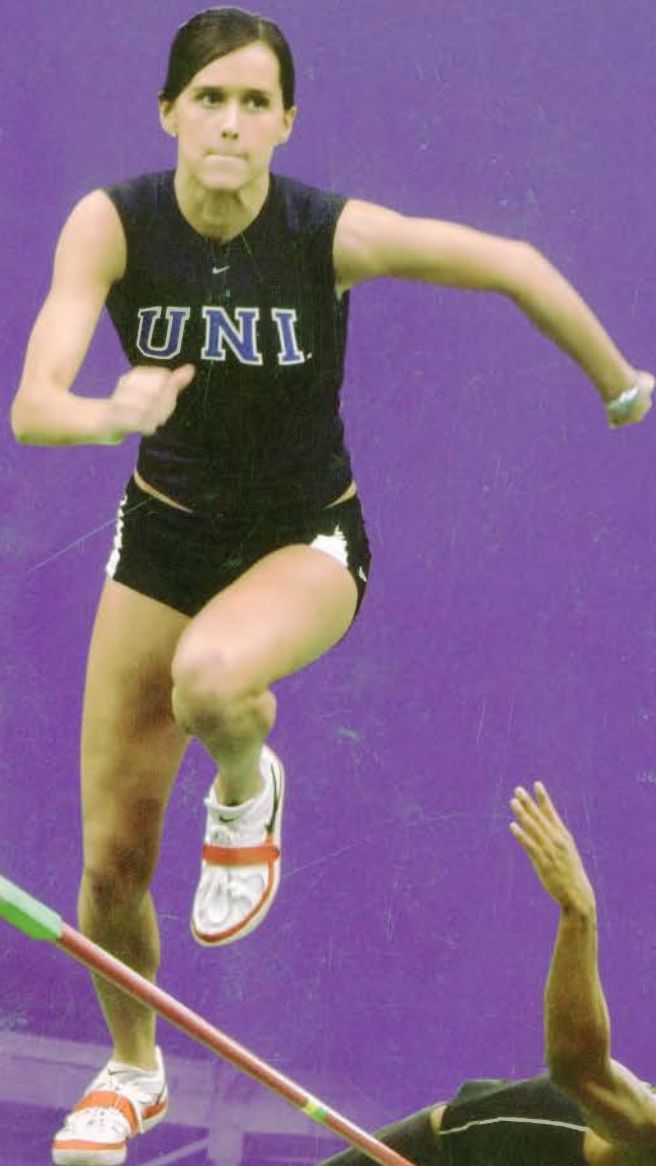


Women's Track and Field Team (left to right) **Front Row:** Regina Reinig, Sarah Harms, Alyssa Fischer, Lindsay Wiebers, Caedryn Schrunk, Jessa Schweitzer **Second Row:** Danielle Nowasell, Andrea Wacker, Jamie Wieck, Brittany Korell, Lindsay Cannaday, Jess Hale, Cait Skjeie, Holli Hosch, Lisa Peterson, Michaela Brungardt **Third Row:** Jill Lageschulte, Johanna Smith, Rachel VanderHolt, Ellen Kindelsperger, Heather Kessler, Kayla Selby, Tara Pratt, Shawn Shaddox, Nina Savage, Mallory Marshall **Back Row:** Alex Reuter, Carly Olsen, Courtney Landers, Ali Selenke, Traci Harms, Dani Stipe, Emily Prinsen, Lauren Lindaman, Jenna Wexter, Amanda Brandt



Men's Track and Field Team (left to right) **Front row:** Tim Fulton, Tyler Mulder, Jack Ogden, Ryan Grenko, Terrance Reid, Greg Offerman, Mat Clark **Second Row:** Kyle McClain, Lucas Cook, Alvin Cole, Dennis Hammel, Peter Larson, Sean Newlin, Ehi Oamen, Rozle Bucalo, Tyler Dodd **Third Row:** Beau Dielschneider, Mike Stout, Tanner Hurt, Justin Romero, Giorgio Giurdanella, Joey Stonner, Julian Morris, Marcin Kazubowski, Rupert Bannerman-Thompson, Daniel Gooris **Fourth Row:** Alex Mark, Nic Reed, Troy Bacon, Chris Kasel, Patrick Heckroth, Jordan Cornilsen, Bryan Rohrbach, Tyler Westphal, Justin Bartels, Derek Kramer, Eric Manson, Samuel Kranz **Fifth Row:** Adam Pinckney, Mike Clancy, Michael Cooper, Allen Weeks, Cory Goos, Mike Craddick, Marcus Strangi, Jordan Williams, Travis Leuer, Phil Hanson, Luke Bostrom, Tim Reidl, JaVaughn Busch **Back Row:** Scott Lynn, David Nielsen, Jason Mitchell, Andrew Perkins, Brady Fritz, Aaron Vosberg, Ben Powers, DeAngelo Hall, Michael Beese, Tyler Clark, Adam Dougherty, Corbin Miller

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INDOOR SCHEDULE

01/17/09	Panther Open	UNI-Dome
01/24/09	Iowa State Open	Ames, Iowa
01/30/09	Jack Jennett Invitational	UNI-Dome
01/31/09	Jack Jennett Invitational	UNI-Dome
02/07/09	Mevo Invitational	South Bend, Ind.
02/14/09	Tyson Invitational	Fayetteville, Ark.
02/21/09	UNI-Dome Open	UNI-Dome
02/28/09	State Farm MVC Championships	UNI-Dome
03/01/09	State Farm MVC Championships	UNI-Dome
03/07/09	Notre Dame Last Chance	South Bend, Ind.
03/13/09	NCAA Championships	College Station, Texas
03/14/09	NCAA Championships	College Station, Texas

OUTDOOR SCHEDULE

03/27/09	Missouri Relays	Columbia, Mo.
03/28/09	Missouri Relays	Columbia, Mo.
04/03/09	Texas Relays	Austin, Texas
04/04/09	Texas Relays	Austin, Texas
04/11/09	Jim Duncan Invitational	Des Moines, Iowa
04/11/09	Sun Angel Track Classic	Tempe, Ariz.
04/18/09	Mark Messersmith Invitational	Mark Messersmith Outdoor Complex
04/22/09	Drake Relays	Des Moines, Iowa
04/23/09	Drake Relays	Des Moines, Iowa
04/24/09	Drake Relays	Des Moines, Iowa
04/25/09	Drake Relays	Des Moines, Iowa
05/02/09	Musco Invitational	Iowa City, Iowa
05/09/09	Wisconsin Twilight	Madison, Wis.
05/15/09	State Farm MVC Championships	Terre Haute, Ind.
05/16/09	State Farm MVC Championships	Terre Haute, Ind.
05/29/09	NCAA Midwest Regionals	Norman, Okla.
05/30/09	NCAA Midwest Regionals	Norman, Okla.
06/10/09	NCAA Championships	Fayetteville, Ark.
06/11/09	NCAA Championships	Fayetteville, Ark.
06/12/09	NCAA Championships	Fayetteville, Ark.
06/13/09	NCAA Championships	Fayetteville, Ark.

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