1993

1993 Northern Iowa Track and Field (Women's)

University of Northern Iowa

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1993 Northern Iowa Track and Field
For 117 years, the University of Northern Iowa has emphasized outstanding undergraduate education, with complementary graduate programs at the master's, specialist's and doctoral levels. Building on its historic strength in teacher education, the University has developed a number of outstanding programs in business, natural sciences, humanities and fine arts, and social and behavioral sciences. Enrollment stands at approximately 13,200 students from every county in Iowa, 36 states and 44 countries.

Considered a long-time leader in the field of teacher education, Northern Iowa has implemented several programs that continue this tradition of excellence. UNI's Regent's Center for Early Developmental Education is a leading setting for research and training in the education of young children. The Center is the only educational resource of its kind in Iowa. The University's mathematics and science education programs have been recognized among the best in the country.

The College of Business Administration has become the largest undergraduate business school in Iowa. The College's Department of Accounting is ranked among the 10 best in the country by educators and accounting professionals. In a national survey of 400 accounting faculty, Northern Iowa ranked as one of their top programs. UNI's accounting graduates continue the tradition of scoring well on the CPA exam. UNI has an average pass rate of 65 percent, compared to the national pass rate of 20 percent. All seven of Iowa's national accountantancy award winners in 1990 were graduates of Northern Iowa.

UNI was ranked seventh among the top 15 colleges and universities in the Midwest in U.S. News and World Report's 1991 American's Best Colleges Book. U.S. News also ranked UNI second among "Best Buys".

Realizing the value of a liberal arts education, UNI has implemented a rigorous general education curriculum that equips students with a broad understanding and knowledge of how to apply and acquire new information throughout life.

Northern Iowa is a university that values teaching. That means faculty members rather than teaching assistants (graduate students) teach in the classroom. It also means the opportunity to work with faculty members on research and other scholarly activities as an undergraduate student. Small classes enable the University to foster one-to-one working relationships between faculty and students. Nearly 90 percent of UNI's classes have 50 or fewer students.

Northern Iowa's heritage and philosophy place great value on providing a student-centered educational experience. The University nurtures a premiere learning environment—it is small enough to offer its students individualized attention, yet large enough to provide a variety of resources and opportunities as well as a distinguished faculty.

Students enter the University well-prepared, demonstrated by their selection of high school courses and rank in class. In recent years, over 90 percent of the entering freshmen ranked in the top 50 percent of their high school classes, with about 60 percent ranking in the top 30 percent. The average undergraduate arrives at UNI with an ACT score of 23.

Northern Iowa's 19 men's and women's intercollegiate athletics programs compete at the NCAA Division I level with major conference affiliations. The Panthers boast a nationally recognized coaching staff to maintain consistently competitive programs.

The Northern Iowa campus combines the grandeur of early 1900s architecture with striking, modern building designs that have characterized an impressive growth period over the past dozen years. The attractive, park-like campus contains more than 40 major buildings on 861 acres, yet is compact enough to cross in a 10-minute walk.

UNI is located in Cedar Falls, an inviting and historic community of about 35,000 people. Together with the adjacent city of Waterloo, the metropolitan area has a culturally diverse population of 115,000 and combines big city opportunities with small town friendliness. Cedar Falls/Waterloo is a center for industry, finance, commerce, recreation and cultural activities for northeast Iowa.

Northern Iowa was founded in 1876 and is one of three state-assisted universities administered by the Iowa State Board of Regents. Additional private support is provided by the UNI Foundation and Northern Iowa Alumni Association, representing more than 60,000 alumni in the United States and other countries.
1993 Northern Iowa Roster

<table>
<thead>
<tr>
<th>Name</th>
<th>Event</th>
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<td>Distance</td>
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<td>Shot/Discus/javelin</td>
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<td>Rachele Depew</td>
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<td>Tricia Eastman</td>
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<td>Dyan Fluhrer</td>
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<td>Amy Giela</td>
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<td>Waverly, IA</td>
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<td>Mindy Koehn</td>
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<td>Middle Distance</td>
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<td>Shantel Twiggs</td>
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<td>Kelly VanDePol</td>
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<td>Michelle Wing</td>
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Head Coach - Lea Ann Shaddox
Assistant Coach - Terri Soldan


The Missouri Valley Conference, the oldest athletic conference west of the Mississippi River, took on a new look last July 1. That was the official start date for the inclusion of women's athletics into what had been — for 85 years — a league which administered men's athletic programs only.

The St. Louis-based MVC began operating as a basketball conference in 1907, and through the years has produced many individual and team national champions in basketball and several other sports. The league has merged with the Gateway Collegiate Athletic Conference, which concluded a decade of excellence in women's athletics.

The Missouri Valley was formed on January 12, 1907, when eight administrators representing five midwestern state universities got together in a hotel room in Kansas City. In the fall of that year, basketball became the first competitive sport in what was then the Missouri Valley Intercollegiate Athletic Association. The season ended with the crowning of a conference champion, which was the first step for a league which has had four teams win national basketball titles, sent 17 others to the NCAA Final Four, and scores of players into professional basketball.

In recent years, the league has built a reputation as one of the premier conferences in the country, the Gateway quickly built a solid national reputation, earning automatic qualifier status in several sports. Last season, the Gateway showed its strength in women's basketball when two teams were selected to the 48-team NCAA Tournament and one advanced all the way to the NCAA Women's Final Four.

The league also made history in August of 1985 when conference presidents voted to add 1-AA football to its list of sponsored sports. That was a first for a conference which had previously administered women's athletics only. Gateway football quickly established itself, as the NCAA waived its two-year waiting period for automatically qualifying for the NCAA Tournament and granted Gateway football an automatic bid after just one season of play. Gateway teams have annually been ranked in national polls, and in the last three years, six Gateway teams have advanced to post-season play.

Under the new conference structure, the Gateway Conference name remains for 1-AA football only. All other men's and women's athletic programs are under the Missouri Valley Conference banner.

The Missouri Valley Conference sponsors the following sports: baseball, men's and women's basketball, men's and women's cross country and track (indoor and outdoor), men's and women's golf, men's soccer, softball, men's and women's tennis and volleyball.

Members of the MVC are Bradley, Creighton, Drake, Illinois State, Indiana State, Northern Iowa, Southern Illinois, Southwest Missouri State, Tulsa and Wichita State.

Missouri Valley Conference

MVC

Missouri Valley Conference

Through the years, there have been 31 colleges or universities representing 13 states which have been a part of the Missouri Valley. Membership has stabilized in the past decade, and now a league that has survived in what has been a volatile environment for the past few years enters a new era with women's athletics.

Ten years ago, the Gateway Conference was formed to provide a home for women's programs, which had been administered by the Association of Intercollegiate Athletics for Women (AIAW). That association dissolved in 1982, and the Gateway became a pioneer in women's athletics.

One of the strongest women's athletic conferences in the country, the Gateway quickly built a solid national reputation, earning automatic qualifier status in several sports. Last season, the Gateway showed its strength in women's basketball when two teams were selected to the 48-team NCAA Tournament and one advanced all the way to the NCAA Women's Final Four.

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MVC Personnel

Commissioner ............................................ Doug Elgin
Senior Associate Commissioner .................. Patty Viverito
Associate Commissioner .............................. Joe Mitch
Assistant Commissioner for
Communications ........................................... Jack Watkins
Director of Public Relations ................. Mike Kern
Assistant to the Commissioner .................. Helen Heugel
Supervisor of Volleyball Officials ............ Wally Hendricks

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St. Louis, MO 63102
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FAX (314) 421-3505
During the past two seasons, Northern Iowa has been growing in experience and senior leadership. The 1992 season was a particular high point in UNI's history of track and field as it had its first-ever national qualifier when Shantel Twiggs made the 100-meter dash field at the NCAA Outdoor Championships.

The Panthers lost a pair of key performers to graduation a year ago in hurdlers Amy Wheeler and sprinter Sherry Shedd, both school recordholders. However, eighth-year coach Lea Ann Shaddox has one of her most experienced teams in recent years in 1993 with 26 veterans returning to 12 newcomers. With that wealth of experience, a commodity that hasn't been in abundance the past several seasons, Shaddox looks for her team to improve on last year's fifth-place finishes in both conference meets with considerably more depth than in the past.

"I'm very excited about this season in particular," Shaddox said. "In addition to our added depth and experience, we will be hosting the indoor conference meet."

UNI will have the honor of hosting the first MVC women's indoor meet February 26-27 in the UNI-Dome.

With the Panthers returning record-breaking talent from a year ago, a high finish in the race for the conference title is not out of reach.

"A real asset for us this year is hosting the conference meet," said Shaddox. "The Missouri Valley should prove to be very competitive and I look for us to be in the thick of things."

Despite the loss of Shedd, the sprints should be a Panther strong suit. Twiggs, the school recordholder in the 55- and 200-meter dashes, is also a member of several relay teams that hold UNI standards.

Another returning record-breaker for the Panthers is one of the four captains this season, Dyan Fluhrer, the top 400-meter runner in school history and defending conference indoor champion.

The Panthers' strong 400- and 1600-meter relay teams return in tact with the exception of Shedd and figure to be among the league favorites with Twiggs, Fluhrer and junior Rachele Depew.

Leading the way in the longer events is the third team captain, Paula Nemmers, who picked up UNI's first all-conference honor in the Valley last fall by placing ninth at the conference cross country meet. Other talented veterans to look for are Kelly VanDePol and Marchelle Short, both with considerable experience in the distances. Shaddox believes an outstanding cross country season by sophomore Julie Mazzitelli can be carried onto the track.

Even with her most experienced team in years, Shaddox is just as excited by this year's crop of newcomers.

"We think many of these freshmen and newcomers will be able to contribute for us right away," Shaddox said. "They have had experience with the cross country season so they won't be completely out in the cold with competition."

Freshman Emily Montgomery broke the school standard in the 800 meters in her first collegiate race on December 4 in Ames and also will be a factor in the high jump, where she was a Minnesota state champion.

The field events should be solid with former Panther softball catcher Vicki White back in the shot put after a couple of previous high conference finishes. Along with White, veteran throwers Carla Decker and Kellie Atkins will provide depth and newcomer Jenny Arneson is expected to contribute right away.

Senior Valerie Patterson is the top returning pentathlete/heptathlete with junior Molly Ostrander and sophomore Keri Hamilton expected to push her.

"This team looks very strong and experienced," said Shaddox. "In addition to the advantage of our squad consisting of more veterans than first-year women, the cross country team had a successful season (in the fall). A couple of those freshmen on the cross country team should come through for us in the distance events."
Head Coach
Lea Ann Shaddox

Lea Ann Shaddox is in her eighth season heading the Northern Iowa women's track and field program. She was appointed head coach in May of 1985 after serving as a graduate assistant at the University of Iowa.

Shaddox specializes in coaching the middle distance and distance runners and also heads the UNI cross country program. In 1991, she was voted Gateway Conference Coach of the Year by her peers.

During her tenure, the Panther program has progressed to the upper-division of the Gateway and now the Missouri Valley Conference, and saw its first NCAA Division I national qualifier a year ago.

A Bernard, IA, native, Shaddox graduated from Aquin High School in Cascade, IA, in 1973. She received her bachelor's degree in Spanish with minors in physical education and English with a coaching endorsement from UNI in 1977. She earned her master's degree in physical education from Iowa in 1985.

From 1977 through 1984, Shaddox was a secondary teacher and head women's track and cross country coach and assistant women's basketball coach at Marquette Catholic School in West Point, IA. She coached several state cross country and track qualifiers at Marquette.

Assistant Coach Terri Soldan

Terri Soldan is in her seventh season as a full-time assistant coach with the Panthers. She joined Coach Lea Ann Shaddox's staff in August of 1986 after completing work on her master's degree in physical education at the University of Iowa.

Soldan, a native of Richmond, MI, competed in track and field, throwing the shot, discus and javelin while an undergraduate at Iowa.

After completing her B.A., she became a graduate assistant at Iowa and it was there she met Shaddox, who was also a graduate assistant at the time.

Soldan specializes in coaching the throwers, jumpers, sprinters and hurdlers.

Graduate Assistant
Sherry Shedd

The Panthers have been fortunate to retain Sherry Shedd, one of the finest sprinters in school history, as a graduate assistant this year after completing her eligibility last season.

Shedd was a three-year letterwinner for the Panthers and received numerous all-conference honors. She holds the school records in the 300-meter dash and the outdoor 400 meters. She also is a member of the school recordholding indoor 4 x 200- and 4 x 400-meter relays and the outdoor 400- and 1600-meter relay and the 800-meter medley relay.

Shedd earned a Bachelor of Arts degree in Liberal Studies from UNI in May 1992, and is working toward a Master's degree in Physical Education.

The Davenport, IA, native will be primarily involved with coaching the sprinters.

Panther Profiles

SENIORS

Dyan Fluhrer
Senior, Sprints
Hometown (High School)—Charles City, IA (Charles City)
Major—Physical Education

Serving her second year as a team captain...defending conference champion in the 400 meters indoors with a school-record 57.01...also a member of last year's indoor 1600-meter team that won the league title and the 800-meter field indoors...member of three other relay teams which hold the school record indoors and two outdoors...ran on the 400- and 1600-meter relays that finished second at last year's conference outdoor meet...also earned all-conference honors as a sophomore in both indoor and outdoor as a member of the mile and 800 relay teams...earned all-conference honors as a freshman for the Panthers by placing third in the 400 meters indoor...a high school state champion in the 400 meters in 1989, placed second in the long jump and third in the 200 meters. Coach Shaddox—"Dyan is going to have a great senior year. She knows what its going to take to run again and is driven to achieve it. She has super work ethic and is a team leader."

Valerie Patterson
Senior, Heptathlon/Pentathlon
Hometown (High School)—Des Moines, IA (West Des Moines Dowling)
Major—Elementary Education/Special Education

Placed sixth in the conference heptathlon a year ago after finishing fifth in 1991...a two-year letterwinner outdoors...lettered four times in track and field and three times in basketball in high school...placed third in the long jump...
at state in 1988...took sixth in 400 meters at state in 1989...Coach Shaddox— "Val will be a senior leader in multi-events. We look for her to score again this year at the conference meet. She has a great many technical tools to call upon with her background and experience."

Marchelle Short  
Senior, Middle Distance  
Hometown (High School)—Cedar Falls, IA (Cedar Falls)  
Major—Early Childhood/Elementary Education  
Lettered five times at Northern Iowa, three indoor and twice outdoor...earned all-conference honors a year ago on the 3200-meter relay team that finished third outdoors...lettered twice in cross country and twice in track at Cedar Falls High...brother, Jeff, is a member of the UNI men's team. Coach Shaddox— "Marchelle is showing her four years of weight training, endurance and overall effort. She will be one of the leaders in the middle distances."

Vicki White  
Senior, Shot Put  
Hometown—Webster City, IA (Webster City)  
Major—Business Education  
Placed fifth in the shot put her freshman year at the conference indoor meet...earned all-conference recognition as a catcher on the Panther softball team...named the MVP and Rookie of the Year for the UNI softball squad in 1989...a fine student who has earned numerous academic awards including Norwest Scholar-Athlete...was the 1988 state high school shot put and discus champion...played on the 1988 high school state softball championship team and was named to the all-tournament team...earned 14 letters in high school and was named to the all-state team in each sport she participated in—softball, track and field, basketball and volleyball. Coach Shaddox— "Vicki is potentially a strong contender to score in throwing events. She was a softball player who has used up her eligibility and we are happy to have her as part of our team."

JUNIORS  
Carla Decker  
Junior, Discus/Javelin  
Hometown (High School)—Walker, IA (North Linn)  
Major—Community Health Education  
Lettered last outdoor season and recorded the top javelin and discus throws on the team...participated in 1989 and 1990 state track meets throwing the discus...also lettered in volleyball, softball and basketball. Coach Shaddox— "Carla will be a leader in the throwing events this season. She scored last season outdoors and should have an immediate impact this year."

Rachele Depew  
Junior, Sprints  
Hometown (High School)—Council Bluffs, IA (Lewis Central)  
Major—Accounting  
Lettered last indoor and outdoor season and was named all-conference in both...ran on the conference championship indoor 1600 relay team last year and the runnerup 800 team...member of indoor 880-yard relay team which set school record a year ago...member of school recordholding outdoor 1600 and distance medley relay teams...all-conference and MVP four years at Lewis Central. Coach Shaddox— "She really contributed a lot to many different areas last year. Rachele has improved as much from year to year as anyone on our team."

Amy Gielau  
Junior, Distance  
Hometown (High School)—Waverly, IA (Waverly-Shell Rock)  
Major—Community Health  
A consistent cross country runner last season who should contribute in the distances on the track...placed second in the 3000 meters to open the season at the Cyclone Holiday Classic on December 4...lettered four times each in cross country and track and field in high school. Coach Shaddox— "Amy's hard work over the summer has paid off. She became a strong frontrunner in cross country and I foresee success in the upcoming season. She is very dedicated and I am very excited about her future."

Paula Nemmers  
Junior, Middle Distance  
Hometown (High School)—LeMars, IA (Gehlen Catholic)  
Major—Biology  
One of four captains this season who also is a member of school recordholding distance medley relay team...earned all-conference a year ago on the 3200-meter team that placed third at the outdoor meet...recorded UNI's fastest times in the indoor and outdoor 800 a year ago along with the 600 meters...a cross country captain last fall who was named to the all-conference team by finishing ninth in the league meet...appeared in the state cross country and track meets four consecutive years...lettered fours years in high school cross country, basketball and track...finished second in the state pentathlon. Coach Shaddox— "Paula was the strongest she has ever been in the fall. She had great success in the 600 and 800 meters a year ago and is very explosive and confident in these areas. She's gaining more confidence all the time."

Panther Profiles
Shantel Twiggs  
**Junior, Sprinter**  
**Hometown (High School)—St. Louis, Missouri (Hazelwood East)**  
**Major—Biology**  
A captain on this year’s team who became UNI’s first Division I national qualifier last year by setting the school record in the 100 meters (11.43)...also owns the UNI record in the 55 and both 200-meter races...an all-conference performer in the 55 meters, 800 and 1600 relays indoors and 100, 200, 400 relay and 1600 relay outdoors...member of indoor school recordholding 800-meter and 880-yard relay teams...member of outdoor 400, 800 and 1600 relay teams that hold UNI standard...opened this season by winning the 55 and 300 meters at the Cyclone Holiday Classic on December 4...high school conference and district champion and all-state selection in the 100 and 200 meters. Coach Shaddox—“Shantel holds numerous school records for us. She is a very dedicated athlete who shows all signs of improving on last year’s outstanding performances.”

Kelly VanDePol  
**Junior, Middle Distance**  
**Hometown (High School)—Bondurant, IA (Bondurant-Farrar)**  
**Major—Community Health Education**  
A three-time letterwinner at UNI, once indoor and twice outdoor...member of school’s recordholding distance medley relay team...earned her first all-conference honor at last year’s outdoor meet on the 3200-meter relay team that placed third...recorded the team’s top time in the 1000 meters a year ago...a four-year letterwinner in track, volleyball and basketball in high school...a four-time placewinner in the state 800 meters...member of state champ 4 x 800 relay team two years and championship distance medley team once. Coach Shaddox—“Kelly was consistently in the top seven in cross country this past season. She has shown excellent strengths during the cross country season and this will help carry her into the track season. Kelly will definitely be one of the leaders in the middle distances.”

**SOPHOMORES**

Jacque Askeland  
**Sophomore, Sprinter**  
**Hometown (High School)—Armstrong, IA (Armstrong-Ringsted)**  
**Major—Biology**  
A member of the Panthers’ top 800-meter outdoor relay team last season who figures to become one of the team’s top sprinters this year...Iowa high school champ in the 400-meter dash...a three-time all-conference pick in track, volleyball and basketball. Coach Shaddox—“She has gained a lot of experience in the last year. Jacque really came on last year outdoors and will contribute to the sprint areas and relays this year.”

Heidi Heiar  
**Sophomore, Distance**  
**Hometown (High School)—Peosta, IA (Dubuque Wahlert)**  
**Major—Speech Pathology**  
UNI’s top finisher at the conference cross country meet and team MVP in 1991...had team’s top 5000-meter times last year indoor and outdoor...lettered in cross country, and indoor and outdoor track as a freshman...two-time all-stater in track and field and cross country who also was voted to the Mississippi Valley All-Academic Team as a senior...also played in the state basketball tournament for the Golden Eagles. Coach Shaddox—“Heidi made a big impact on our program right away last year and we expect her to pick up where she left off. This year we will experiment with some even longer distances because we feel she can be successful.”

Julie Mazzitelli  
**Sophomore, Distance**  
**Hometown (High School)—Eyota, MN (Dover-Eyota)**  
**Major—Public Relations**  
Top runner for UNI in cross country throughout the 1992 season...has lettered twice in cross country...notched Panthers’ top times last year in the mile, 1500 and outdoor 3000 meters as well as running on the distance medley relay team...won the 3000 meters in the season-opening meet in December at Iowa State...earned all-state honors in Minnesota 10 times, five in cross country and five in track and field...also lettered in basketball. Coach Shaddox—“Julie was consistently the top runner in cross country and has worked hard on speed and distance. She is going to be a big key for us in the 3000 meters and the mile.”

**FRESHMAN**

Emily Montgomery  
**Middle Distance/High Jump**  
**Hometown (High School)—Woodbury, MN (Dover-Eyota)**  
**Major—Chemistry**  
Set the school record in the 800 meters (2:15.14) her first time on the track as a collegian in the December 4 Cyclone Classic...consistently in top five in cross country in 1992 season...a three-time all-stater in cross country...earned all-state honors three years in track in three events—high jump, 400 and 800...won the Minnesota state high jump title in 1989...earned all-conference honors three years in cross country skiing. Coach Shaddox—“Emily is a very strong newcomer who will have an immediate impact on the team. She has a beautiful running form. She will be a big factor in middle distance and high jump.”
The UNI-Dome, a unique, multipurpose athletic facility built in 1976, has gained a reputation as one of the finest collegiate facilities in America. The Dome combines the features of a fieldhouse, football stadium and large auditorium. It contains accommodations for a variety of events such as concerts, exhibitions, trade shows and convocations, in addition to football, basketball, softball, wrestling and track events. It has been host to the NCAA football playoffs, gymnastics and wrestling championships, high school football and basketball, the Iowa high school football playoffs and many other non-athletic events.

The Dome's versatility allows for football one day and basketball or track the next. Underneath, on a synthetic floor area, are basketball and tennis courts and an eight-lane, 200-meter oval running track.

In the past, it has been the site of the Central Collegiate Conference Championships, the Mid-Continent Conference Championships, is annually the site of the premier indoor high school track meet in Iowa, the A.D. Dickinson Relays, and will host the 1993 Missouri Valley Conference Championships.

Due to the facility and fast track, the Panthers annually attract some of the finest teams in the Midwest to their home meets.

Approximately 16,400 spectators can be seated for football games and track meets and, although normal capacity is 10,000 for basketball, seating can be expanded to over 20,000. For stage productions such as concerts, total capacity can reach 25,000.

The 168,000 square-foot dome rises 124 feet above the arena floor and is supported entirely by a network of 12 strabded steel cables and four air blowers. A concrete and steel ring around the top of the 70-foot high stadium wall holds the cables, which weigh 47 tons.

The air-supported fiberglass-fabric roof was constructed at a cost equal to half that of conventional roof facilities. Because of the roof's translucence, ample natural light is available during the daylight hours resulting in a sizable savings in utilities. The roof is made of 49 tons of woven fiberglass coated with Teflon.

A spacious press box atop the East stands has facilities for 20 radio stations, television capabilities and seating for 125 people. A photography darkroom, photo bay, concession area and scouting booths are other features. Two huge electronic color scoreboards flash messages and information to spectators throughout the events.

The West press box provides a meeting and entertainment for the Northern Iowa Athletic Club. A meeting/film room was recently constructed at the Northeast concourse level as well as expansion of weight and locker facilities in the adjoining Physical Education Center.

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**UNI-Dome Records**

<table>
<thead>
<tr>
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<td>Scyla Murray, Western Illinois (1991)</td>
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<tr>
<td>800 Meters</td>
<td>2:14.56</td>
<td>Jane Brooker, Unattached (1988)</td>
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<tr>
<td>1000 Meters</td>
<td>2:58.64</td>
<td>Mimi Walz, Iowa State (1989)</td>
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<tr>
<td>1500 Meters</td>
<td>4:40.74</td>
<td>Jane Brooker, Unattached (1988)</td>
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<tr>
<td>3000 Meters</td>
<td>10:04.94</td>
<td>Karla Burds, Drake (1989)</td>
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<tr>
<td>5000 Meters</td>
<td>18:39.84</td>
<td>Jane Asmus, Unattached (1989)</td>
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<td>4 x 220-Yard Relay</td>
<td>1:37.70</td>
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<td>3:44.66</td>
<td>Texas (1982)</td>
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<td>Florida State (1982)</td>
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<td>11:21.92</td>
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<td>Donna Thomas, North Texas State (1982)</td>
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<td>Becky Borg, Iowa (1987)</td>
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### Indoor

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<td>Discus</td>
<td>146.00</td>
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<td>Javelin</td>
<td>148.74</td>
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<td>Long Jump</td>
<td>18.6</td>
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<td>Sheila Soehner</td>
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<td>5.7</td>
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### Events No Longer Competed or Compeeted Infrequently

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<td>4 x 880-Yard Relay</td>
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### Outdoor

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<td>1982</td>
<td>Kris Skov Wallace</td>
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<td>48.00</td>
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<td>Lisa Tatman</td>
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<td>Discus</td>
<td>146.00</td>
<td>1990</td>
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<td>Donna Wheeler</td>
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### Events No Longer Competed or Compeeted Infrequently

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<td>Shirley Walker</td>
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### 1993 NCAA Qualifying Standards

#### Indoor

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<td>1.79m (5-10 1/2)</td>
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<td>6.30m (20-0 1/4)</td>
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<td>12.95m (42-6)</td>
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<td>Shot Put</td>
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#### Outdoor

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<tr>
<td>100 Meters</td>
<td>11.43</td>
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<td>800 Meters</td>
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<td>2:08.50</td>
</tr>
<tr>
<td>1500 Meters</td>
<td>4:18.00</td>
<td>4:24.20</td>
</tr>
<tr>
<td>Mile</td>
<td>4:38.62</td>
<td>4:45.31</td>
</tr>
<tr>
<td>3000 Meters</td>
<td>9:16.00</td>
<td>9:34.00</td>
</tr>
<tr>
<td>5000 Meters</td>
<td>16:18.00</td>
<td>16:45.00</td>
</tr>
<tr>
<td>10,000 Meters</td>
<td>34:00.00</td>
<td>35:15.00</td>
</tr>
<tr>
<td>100-Meter Hurdles</td>
<td>13.30</td>
<td>13.75</td>
</tr>
<tr>
<td>400-Meter Hurdles</td>
<td>57.65</td>
<td>59.80</td>
</tr>
<tr>
<td>400-Meter Relay</td>
<td>44.34</td>
<td>45.70</td>
</tr>
<tr>
<td>440-Yard Relay</td>
<td>44.54</td>
<td>45.90</td>
</tr>
<tr>
<td>1600-Meter Relay</td>
<td>3:34.00</td>
<td>3:40.00</td>
</tr>
<tr>
<td>Mile Relay</td>
<td>3:35.20</td>
<td>3:41.20</td>
</tr>
<tr>
<td>High Jump</td>
<td>1.87m (6-1 1/2)</td>
<td>1.79m (5-10 1/2)</td>
</tr>
<tr>
<td>Long Jump</td>
<td>6.50m (21-4)</td>
<td>6.24m (20-3 1/4)</td>
</tr>
<tr>
<td>Triple Jump</td>
<td>13.10m (42-11 3/4)</td>
<td>12.60m (41-4 1/4)</td>
</tr>
<tr>
<td>Shot Put</td>
<td>16.05m (52-8)</td>
<td>14.60m (47-10)</td>
</tr>
<tr>
<td>Discus</td>
<td>53.00m</td>
<td>48.50m</td>
</tr>
<tr>
<td>Javelin</td>
<td>52.00m</td>
<td>46.50m</td>
</tr>
<tr>
<td>Heptathlon</td>
<td>5,550 pts.</td>
<td>5,100 pts.</td>
</tr>
</tbody>
</table>

### Credits

The 1992-93 women’s track and field brochure was written and designed by Jodi Proskovec, sports information student assistant, and edited by Kevin Kane, assistant sports information director. Photography and layout by the UNI Office of Public Relations.
## 1993 Schedule

### Indoor

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dec. 4</td>
<td>Cyclone Holiday Classic</td>
<td>Ames</td>
</tr>
<tr>
<td>Jan. 16</td>
<td>Northwest Open</td>
<td>Minneapolis, MN</td>
</tr>
<tr>
<td>Jan. 23</td>
<td>Nebraska Open</td>
<td>Lincoln, NE</td>
</tr>
<tr>
<td>Jan. 30</td>
<td>Illinois State Invitational</td>
<td>Normal, IL</td>
</tr>
<tr>
<td>Feb. 6</td>
<td>Arkansas State</td>
<td>Cedar Falls</td>
</tr>
<tr>
<td>Feb. 13</td>
<td>Iowa State Classic</td>
<td>Ames</td>
</tr>
<tr>
<td>Feb. 19</td>
<td>UNI-Dome Open</td>
<td>Cedar Falls</td>
</tr>
<tr>
<td>Feb. 26-27</td>
<td>Missouri Valley Championships</td>
<td>Cedar Falls</td>
</tr>
<tr>
<td>Mar. 12-13</td>
<td>NCAA Division I Championships</td>
<td>Indianapolis, IN</td>
</tr>
</tbody>
</table>

### Outdoor

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mar. 19-20</td>
<td>Florida State Relays</td>
<td>Tallahassee, FL</td>
</tr>
<tr>
<td>Apr. 2-3</td>
<td>SEMotion Relays</td>
<td>Cape Girardeau, MO</td>
</tr>
<tr>
<td>Apr. 9-10</td>
<td>Jim Duncan Invitational</td>
<td>Des Moines</td>
</tr>
<tr>
<td>Apr. 14-17</td>
<td>Kansas Relays</td>
<td>Lawrence, KS</td>
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<tr>
<td>Apr. 21-24</td>
<td>Drake Relays</td>
<td>Des Moines</td>
</tr>
<tr>
<td>May 1</td>
<td>Veishea Invitational</td>
<td>Ames</td>
</tr>
<tr>
<td>May 13-16</td>
<td>Missouri Valley Championships</td>
<td>Terre Haute, IN</td>
</tr>
<tr>
<td>June 2-5</td>
<td>NCAA Division I Championships</td>
<td>New Orleans, LA</td>
</tr>
</tbody>
</table>