



University of Northern Iowa Athletics Media Relations

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For the Week of June 6-11

Next Up for the Panthers

Meet: NCAA Outdoor National Championships

Location: Sacramento, Calif.

Dates: Wed., June 7 - Sat., June 10

UNI Competitors:

Yuriy Litvinski, Triple Jump

Finals: 2:30 p.m., June 10

Jarno Kivioja & Andre Poljanec, Pole Vault

Qualifying: 6:45 p.m., June 7

Finals: 6:30 p.m., June 9

Rachel Jansen, Shot Put

Qualifying: 9:15 p.m., June 8

Finals: 2:30 p.m., June 10

Raven Cepeda, Decathlon

All Day June 7 & June 8

Results available after the meet at

www.unipanthers.com

Outdoor Schedule

Date	Meet	Location
Mar. 31-Apr. 1	Missouri Relays	Columbia, Mo.
Apr. 8	UNI Messersmith Invite	Cedar Falls, Iowa
Apr. 15-15	ESU Open Multi Event	Emporia, Kan.
Apr. 15	Sun Angel Classic	Tempe, Ariz.
Apr. 15	Cornell Relays	Mt. Vernon, Iowa
Apr. 22	UNI Twilight	Cedar Falls, Iowa
Apr. 27-29	Drake Relays	Des Moines, Iowa
May 4	Forest Rittgers Invitational	Cedar Rapids, Ia.
May 6	Wisconsin Twilight	Madison, Wis.
May 12-14	MVC Championships	Wichita, Kan.
May 26-27	NCAA Regionals	Austin, Texas
June 7-10	NCAA Championships	Sacramento, Calif.
June 16	Last Chance USA Qualifier	Cedar Falls, Iowa

Panther Quick Facts

Location	Cedar Falls, Iowa
Founded	1876
Enrollment	12,513
Nickname	Panthers
Colors	Purple & Old Gold
Head Coach	Chris Bucknam
Assoc. Head Coach	Doug Case
Asst. Coach	Renetta Seiler
Asst. Coach	Travis Geopfert
Track Contact	Brooke Orcutt 605-366-5639
Conference	Missouri Valley
Home Facilities	UNI-Dome (16,400) Mark Messersmith Complex
2006 MVC Indoor Finish (Men/Women)	1st/T3rd
2006 MVC Outdoor Finish (Men/Women)	T3rd/5th

This Week in Panther Track and Field

UNI will send five competitors to the 2006 NCAA Outdoor Track and Field Championships, held June 7-10 at Hornet Stadium in Sacramento, Calif. The Panthers will be represented by junior Yuriy Litvinski (Sliven, Bulgaria) in the triple jump; sophomore Andre Poljanec (Ljubljana, Slovenia) and junior Jarno Kivioja (Porvoo, Finland) in the pole vault; sophomore Rachel Jansen (Orange City, Iowa) in the shot put; and sophomore Raven Cepeda (Beloit, Wis.) in the decathlon.

The complete meet schedule is online at www.hornetsports.com/ncaa/index_2006.asp. Results will be posted at the same link, as well as www.unipanthers.com, each day during the championship.

National Qualifiers

Four of UNI's five competitors in the national championships received at-large bids into the field. Rachel Jansen was the team's sole automatic qualifier, after she finished third in the shot put with a school-record throw of 55'5 1/2" at the Midwest Regionals in Austin, Texas, May 26. Jansen has the 12th-best throw in the nation this year.

Pole vaulters Andre Poljanec and Jarno Kivioja received at-large entry into the field based on their season-best performances of 17'8 1/2" and 17'5", respectively. Triple jumper Yuriy Litvinski got in on the basis of his season-best mark of 51'10", and Raven Cepeda's 7,371 points in the decathlon also earned him entry. Cepeda's total, which he recorded at the State Farm Outdoor MVC Championships, is tied for the 11th-best total in the NCAA this season.

Panthers Compete at NCAA Midwest Regionals

UNI had several outstanding performances, including setting two school records and producing one automatic qualifier, at the NCAA Midwest Regionals in Austin, Texas, May 26-27.

Sophomore Rachel Jansen (Orange City, Iowa) finished third in the shot with a school-record throw of 55'5 1/2". With her third-place finish, Jansen also qualified for the NCAA championships, held June 7-10 in Sacramento, Calif. In addition, in a hammer throw event loaded with talented athletes, Jansen broke her own school record with a toss of 184'6". That mark saw Jansen finish 13th overall, as 15 athletes topped 180 feet and seven threw better than 190.

Junior Yuriy Litvinski (Sliven, Bulgaria) placed sixth in the triple jump with a mark of 51'1 3/4". In the pole vault, junior Jarno Kivioja (Porvoo, Finland) finished seventh with a season-best jump of 17'5". Sophomore Andre Poljanec (Ljubljana, Slovenia) finished 10th, clearing 17'1", and sophomore Raven Cepeda (Beloit, Wis.) tied for 17th with a personal best height of 16'7 1/4".

Freshman Ryan Grenko (Iowa City, Iowa) ran a career-best 46.83 in the preliminaries of the 400 meters, and ending up finishing sixth in the finals. Freshman Marcin Kazubowski (Gdansk, Poland) finished 10th in the javelin with his best throw being 196'11. UNI's 4x400 relay team of Mark Harris (Toronto, Canada), Greg Offerman (Charles City, Iowa), Tyler Mulder (Orange City, Iowa) and Ryan Grenko (Iowa City, Iowa) finished eighth in a season-best time of 3:08.89.

Other Panthers competitors included senior Morgen Edwards (Cedar Rapids, Iowa), who finished 18th in the shot put with a throw of 46'0 1/2". Edwards also finished 22nd in the hammer with a throw of 158'8" and placed 16th in the discus with a toss of 155'7". Senior Kyle Smith (Toronto, Ontario) placed seventh in his heat of the 800 meter preliminaries in a time of 1:50.33, while freshman Offerman ran a time of 52.64 in his heat of the prelims of 400 meter hurdles.

2006 Outdoor Regional Qualifiers

Name	Event	Mk/Tm	Date
Marcin Kazubowski	Javelin	208-10	3/31
Rachel Jansen	Discus	177-10	4/1
	Shot Put	53-3	5/14
	Hammer	182-4 1/4	5/12
Andre Poljanec	Pole Vault	17-8 1/2	4/22
Jarno Kivioja	Pole Vault	17-4 1/2	4/15
Raven Cepeda	Pole Vault	16-6 3/4	4/22
Yuriy Litvinski	Triple Jump	51-10	4/29
Kyle Smith	800 Meters	1:50.38	4/8
Ryan Grenko	400 Meters	47.19	4/15
Morgen Edwards	Discus	160-10 1/4	5/13
	Hammer	180-9 1/4	5/12
	Shot Put	47-6 3/4	5/14
Greg Offerman	400 hurdles	52.02	4/28
Mark Harris	4x400	3:09.24	4/28
Kyle Smith		4x400	
Tyler Mulder		4x400	
Ryan Grenko		4x400	

2006 UNI Outdoor School Records Broken

Name	Event	Mk/Tm	Date
Rachel Jansen	Discus	177-10	4/1
	Hammer	184-6	5/27
	Shot Put	55-5 1/2	5/26

2006 UNI Indoor School Records Broken

Name	Event	Mk/Tm	Date
Rachel Jansen	Shot Put	54-1 3/4	2/3
Raven Cepeda	Heptathlon	5563	2/25
Cody Eichmeier	Long Jump	25-10 1/4	3/10

2006 MVC Outdoor Athletes of the Week

Rachel Jansen	April 8
Yuriy Litvinski	May 2
Jarno Kivioja	May 9



2006 MVC Scholar-Athlete Team

Twelve UNI track and field athletes were named to the 2006 Missouri Valley Conference Scholar-Athlete Team. The criteria for the team requires a student-athlete to have placed in the top six at either the indoor or outdoor Valley championship and to maintain a GPA of 3.00 or higher. Freshman and first-year junior college transfer students are not eligible. The following Panthers are members of the 2006 team.

Amy Bagge, So., 3.56, Business Administration, Distance Medley Relay

Stacy Butt, So, 3.93, Accounting, 4x100

Morgen Edwards, Jr., 3.45, Communicative Disorders, Shot Put, Discus, Hammer

Angie German, Sr., 3.50, Health Education, 4x400

Jamie Hutchinson, Jr., 3.44, General Studies, 800m, 4x400

Meredith Kosmacek, So., 3.33, Textiles and Apparel, 4x100

Yana Kruglikova, Jr., 3.63, Psychology, Pentathlon, Triple Jump

Kara Yahn, Jr., 3.22, Health Promotion, 60m H, 4x400

Cody Eichmeier, Jr., 3.15, Physical Education, Long Jump, 200m

Yuriy Litvinski, Jr., 3.09, Physical Education/Exercise Science, Triple Jump

Andre Poljanec, So., 3.85, Mathematics, Pole Vault

Kyle Smith, Sr., 3.21, Physical Education, 800m

Cepeda Named Outstanding Field Athlete

After winning the decathlon at the 2006 MVC Outdoor Championships, sophomore Raven Cepeda (Beloit, Wis.) was named Outstanding Male Field Athlete. Cepeda scored a career-best 7,371 points, posting victories in the 100 hurdles, discus, pole vault and shot put. Cepeda came back and qualified for the 100 hurdles the same day as wrapping up the decathlon and then placed sixth in the event the following day.

Outdoor Valley Championships - Wichita, Kan. - May 12-14

The University of Northern Iowa men's track and field team tied for third and its women's team finished fifth at the 2006 State Farm Missouri Valley Conference championships. UNI crowned two individual champions and captured one relay title, and had a total of 28 all-conference honors on the weekend. Athletes earn all-conference by placing in the top three of individual events.

In the final event of the day, the Panthers men's 4x400 pushed the Panthers into a tie for third. The quartet of Mark Harris (Toronto, Canada), Tyler Mulder (Orange City, Iowa), Kyle Smith (Toronto, Canada) and Ryan Grenko (Iowa City, Iowa) won the event in 3:12.11. UNI's individual champions were pole vaulter Andre Poljanec (Ljubljana, Slovenia), who cleared 17'6 1/2", and Raven Cepeda (Beloit, Wis.), winner of the decathlon.

Rachel Jansen (Orange City, Iowa) had an outstanding weekend, breaking the UNI school record in the shot put with a mark of 53'0". That earned her a second place finish in the event and was her third all-conference honor of the meet, after she earlier finished third in the hammer throw with a school record throw of 182'4 1/4" and second in the discus.

Final Men's Team Scores

1.	Indiana State	167
2.	Wichita State	104
3.	UNI	98
	Southern Illinois	98
5.	Missouri State	90
6.	Illinois State	55
7.	Drake	39

Final Women's Team Scores

1.	Wichita State	169
2.	Missouri State	137
3.	Illinois State	112
4.	Southern Illinois	80
5.	UNI	67
6.	Indiana State	60
7.	Drake	25
8.	Bradley	1

2006 Women's Roster

Name	Event	Year	Hometown/High School/Last School
Amy Bagge	Long Sprints	So.	Monticello, Iowa/Monticello
Ivana Barsic	Throws	Sr.	Zabresic, Croatia/16th
Liz Bradfield	Sprints	So.	Cedar Falls, Iowa/Cedar Falls
Randi Burns	Distance	Sr.	Strawberry Point, Iowa/Starmont
Stacy Butt	Sprints/Jumps	So.	DeWitt, Iowa/Northeast Goose Lake
Lauren Carruthers	Sprints	So.	Bettendorf, Iowa/Pleasant Valley
Valerie Crutchley	Distance	Fr.	Mt. Vernon, Iowa/Mt. Vernon
Lindsay Daugherty	Hurdles	Fr.	Loveland, Colo./Thompson Valley
Patricia Dietz	Javelin	Sr.	Tripoli, Iowa/Tripoli Community
Morgen Edwards	Throws	Jr.	Cedar Rapids, Iowa/Jefferson
Jenny Elgin	Sprints	Fr.	West Des Moines, Iowa/Valley
Lauren Erickson	Distance	Fr.	Mt. Pleasant, Iowa/Mt. Pleasant
Alyssa Fischer	Multi/Hurdles	Fr.	Cedar Rapids, Iowa/Kennedy
Angie German	Long Sprints	Sr.	Manchester, Iowa/West Delaware
Kristi Green	Multi/Hurdles	Fr.	Lake City, Iowa/Southern Cal Lake City
Crystal Hanson	Jumps	So.	Roland, Iowa/Roland-Story
Sarah Harms	Throws	So.	Hampton, Iowa/Hampton-Dumont
Traci Hawley	Distance	Jr.	Ames, Iowa/Ames
Shayla Houlihan	Distance	Sr.	Sioux City, Iowa/East
Amanda Huling	Distance	Fr.	Hampton, Iowa/Hampton-Dumont
Jamie Hutchinson	Long Sprints	Jr.	Charles City, Iowa/Iowa City West
Megan Iverson	Sprints	Fr.	Sioux City, Iowa/Heelan
Rachel Jansen	Throws	So.	Orange City, Iowa/MOC-Floyd Valley
Whitney Johnson	Middle Distance/Distance	Fr.	Adel, Iowa/ADM
Sarah Johnston	Middle Distance/Distance	Fr.	Packwood, Iowa/Pekin
Meredith Kosmacek	Sprints	So.	Perisa, Iowa/Tri-Center-Neola
Yana Kruglikova	Hurdles	Jr.	Kamenogorsk, Kazakhstan/Ust-Kamenogorsk
Pam Kyeremateng	Sprints	Jr.	Accra, Ghana/Wesley Girls High School
Courtney Landers	Throws	Fr.	Greene, Iowa/North Butler
Sarah Lynch	Sprints	Jr.	Fort Dodge, Iowa/Fort Dodge/Iowa Central CC
Cali Lyons	Hurdles	So.	Dubuque, Iowa/Hempstead
Bethann Mccalla	Pole Vault	Fr.	Clarinda, Iowa/Clarinda
Staci Ruebel	Distance	So.	Waverly, Iowa/Waverly-Shell Rock
Blair Runde	Sprints/Jumps	So.	Platteville, Wis./Platteville
Caedryn Schrunk	Middle Distance/Distance	Fr.	Spirit Lake, Iowa/Spirit Lake
Sarah Sedivec	Throws	Fr.	Oxford, Iowa/Clear Creek Amana
Ashley Simpson	Throws	Fr.	Peosta, Iowa/Dubuque Hempstead
Quinn Vermie	Distance	Jr.	Runnels, Iowa/Southeast Polk
Megan Vorwald	Sprints	Jr.	New Hampton, Iowa/New Hampton
Rena Walker	Jumps	So.	Nevada, Iowa/Nevada
Moa Westman	Long Sprints/Middle Distance	Fr.	Norrtalje, Sweden/Sollentuna
Lindsay Wiebers	Sprints	Fr.	Denison, Iowa/Denison-Schleswig
Lynnette Wilson	Sprints	Jr.	Cedar Rapids, Iowa/Kennedy
Kara Yahn	Hurdles	Jr.	Clinton, Iowa/Clinton

2006 Men's Roster

Name	Event	Year	Hometown/High School/Last School
Miles Bern	Distance	Sr.	Cedar Falls, Iowa/Cedar Falls
Mickell Bruce	Sprints	Sr.	Kingston, Jamaica/Southern U. at New Orleans
Raven Cepeda	Multi-Events	So.	Beloit, Wis./Beloit Memorial
Mike Clancy	Distance	So.	Iowa City, Iowa/West
Mat Clark	Multi-Events	Fr.	Ames, Iowa/Ames
Lucas Cook	Distance	So.	Davenport, Iowa/West
Chris Cooper	Middle Distance	Jr.	Dayton, Iowa/Southeast Webster
Mike Craddick	Sprints	Fr.	Davenport, Iowa/Davenport Assumption
Brent Dahlstrom	Sprints	So.	Cedar Falls, Iowa/Cedar Falls
Dylan Davis	Middle Distance	So.	Adel, Iowa/ADM
Jeff Davis	Middle Distance	Jr.	Essex, Iowa/Wartburg College
Samuel Dodoo	Sprints	Sr.	Accra, Ghana
Ryan Dolan	Distance	Fr.	Dubuque, Iowa/Wahlert
Cody Eichmeier	Sprints/Long Jump	Jr.	Ackley, Iowa/AGWSR
Mike Finnerty	Distance	Fr.	Burnsville, Minn./Burnsville
Tyler Fisher	Distance	So.	West Des Moines, Iowa/Valley
Tim Fulton	Middle Distance	Fr.	Decorah, Iowa/Decorah/Iowa
Jamie Goodwin	Sprints	Sr.	McKeesport, Pa./McKeesport/Akron
Cory Goos	Long Sprints	Fr.	West Liberty, Iowa/West Liberty
Daniel Grandon	Multi-Events	Jr.	New Hartford, Iowa/Dike-New Hartford
Ryan Grenko	Sprints	Fr.	Iowa City, Iowa/City High
Dennis Hammel	Hurdles/Sprints	Fr.	Davenport, Iowa/Central
Mark Harris	Sprints	Jr.	Toronto, Canada/Birchmount Park
Justin Heinz	Throws	Sr.	West Union, Iowa/North Fayette
Adam Hinders	Long Sprints	Sr.	Waverly, Iowa/Waverly-Shell Rock
Patrick Hunter	Sprints	Sr.	Racine, Wis./Washington Park
Scott Jedlicka	Distance	Fr.	Tipton, Iowa/Tipton
Marcin Kazubowski	Javelin	So.	Gdansk, Poland/#5
Jarno Kivioja	Pole Vault	Jr.	Porvoo, Finland/Makelanrinteen Lukio
Derrick Kresser	Distance	Sr.	Waterloo, Iowa/Columbus
Tyler Krueger	Sprints	So.	Maquoketa, Iowa/Maquoketa
Jon Lamb	Distance	So.	Iowa City, Iowa/West
Chris Lawson	Distance	So.	Ankeny, Iowa/Ankeny
Yuriy Litvinski	Jumps	Jr.	Sliven, Bulgaria/Diueltar Rohou
Ben Lueth	Sprints	Fr.	Ames, Iowa/Ames
Alex May	Distance	Sr.	Dubuque, Iowa/Senior
Kyle Meade	Sprints	Fr.	Dewitt, Iowa/Central
Zach Michels	Multi-Events	So.	Omaha, Neb./Burke
Tyler Mulder	Long Sprints	Fr.	Orange City, Iowa/Unity Christian
Greg Offerman	Hurdles/Sprints	Fr.	Charles City, Iowa/Charles City
Andre Poljanec	Pole Vault	So.	Ljubljana, Slovenia/Ljubljana
Terrence Reid	Sprints	So.	Davenport, Iowa/Central
Kevin Roberts	Sprints	Fr.	Cedar Falls, Iowa/Cedar Falls
Andy Schon	Distance	So.	Waukon, Iowa/Waukon
Kyle Smith	Long Sprints	Jr.	Toronto, Canada/Birchmount Park
Nick Sorbe	Middle Distance	So.	Storm Lake, Iowa/Storm Lake/Simpson College
Josh Webb	Sprints	Fr.	Cedar Falls, Iowa/Cedar Falls
Nathan White	Distance	Jr.	Des Moines, Iowa/Southeast Polk

2006 Outdoor Best List: Women

100 Meters

1. Meredith Kosmacek	12.04	4/22
2. Lindsay Wiebers	12.36	5/13
3. Stacy Butt	12.44	5/13
4. Blair Runde	12.52	4/22
5. Pam Kyeremateng	12.53	4/1
6. Sara Lynch	12.65	5/13
7. Megan Iverson	13.16	4/1
8. Liz Bradfield	13.45	4/1

200 Meters

1. Meredith Kosmacek	24.61	5/13
2. Lauren Carruthers	25.41	4/22
3. Pam Kyeremateng	25.49	4/22
4. Lindsey Wiebers	25.55	5/13
5. Alyssa Fischer	25.94	5/12
6. Sara Lynch	26.17	5/13
7. Yana Kruglikova	26.74	5/12
8. Megan Iverson	26.75	4/1
9. Kristi Green	26.80	5/12
10. Stacy Butt	26.86	4/22
11. Blair Runde	27.35	4/1

400 Meters

1. Angie German	56.00	4/1
2. Pam Kyeremateng	56.16	5/13
3. Lynnette Wilson	56.27	5/6
4. Lauren Carruthers	56.52	5/13
5. Jamie Hutchinson	56.83	4/1
6. Megan Iverson	58.66	4/28
7. Amy Bagge	59.09	4/1

800 Meters

1. Moa Westman	2:10.23	4/29
2. Jamie Hutchinson	2:10.29	4/15
3. Angie German	2:12.45	5/6
4. Amy Bagge	2:13.16	5/13
5. Yana Kruglikova	2:23.37	5/13
6. Alyssa Fischer	2:31.36	4/14
7. Kristi Green	2:31.82	4/14

1500 Meters

1. Moa Westman	4:42.68	4/1
2. Shayla Houlihan	4:52.02	4/22
3. Randi Burns	4:55.08	4/8
4. Amy Bagge	4:58.70	4/8
5. Traci Hawley	4:59.40	4/22
6. Val Crutchley	5:22.32	4/22

3000 Meter Steeplechase

1. Shayla Houlihan	11:46.30	4/8
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3000 Meters

1. Traci Hawley	10:30.08	4/8
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5000 Meters

1. Traci Hawley	17:50.93	4/28
2. Val Crutchley	19:13.74	4/28

10,000 Meters

1. Traci Hawley	37:31.65	5/12
2. Val Crutchley	42:25.14	3/31

100 Meter Hurdles

1. Kara Yahn	14.39	4/8
2. Cali Lyons	14.70	5/13
3. Alyssa Fischer	15.17	5/13
4. Kristi Green	15.52	5/12
5. Yana Kruglikova	15.74	5/12
6. Lindsey Daugherty	16.19	4/22

400 Meter Hurdles

1. Kara Yahn	1:01.99	4/1
2. Lindsey Daugherty	1:05.14	4/28
3. Yana Kruglikova	1:06.76	4/1

Long Jump

1. Blair Runde	18-07.75	4/8
2. Alyssa Fischer	18-05.75	4/14
3. Stacy Butt	18-03.00	5/13
4. Kristi Green	17-09.50	4/14
5. Yana Kruglikova	17-07.00	5/13

Shot Put

1. Rachel Jansen	55-05.50	5/26#@
2. Morgen Edwards	47-07.00	5/14#
3. Ivana Barsic	40-10.50	5/14
4. Kristi Green	29-09.50	4/13
5. Alyssa Fischer	28-01.50	5/12
6. Yana Kruglikova	27-09.25	5/12

Discus Throw

1. Rachel Jansen	177-10	4/1#@
2. Morgen Edwards	163-08	4/29#

Javelin Throw

1. Patricia Dietz	112-04	3/31
2. Kristi Green	74-04	5/13
3. Alyssa Fischer	73-01	4/14
4. Yana Kruglikova	68-07	5/13

Hammer Throw

1. Rachel Jansen	184-06	5/27#@
2. Morgen Edwards	180-09	5/12#
3. Ivana Barsic	166-03	4/8
4. Ashley Simpson	146-04	4/22

High Jump

1. Crystal Hanson	5-07.75	4/15
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Triple Jump

1. Yana Kruglikova	39-03.75	5/14
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4x100 relay

1. Butt, Kyeremateng, Wiebers, Kosmacek	46.95	5/14
1. Runde, Kyeremateng, Wiebers, Kosmacek	47.08	4/22
2. Runde, Wiebers, Kyeremateng, Kosmacek	47.13	4/8
3. Hutchinson, Kyeremateng, Carruthers, German	48.06	4/1

4x200 Relay

1. Kosmacek, Carruthers, Kyeremateng, Wiebers	1:38.06	4/29
2. Wiebers, Kyeremateng, Carruthers, Kosmacek	1:38.68	4/8
3. Bradfield, Iverson, Lynch, Butt	1:43.41	4/8
4. Fischer, Green, Kruglikova, Daugherty	1:49.24	4/8

4x400 relay

1. Carruthers, Hutchinson, German, Wilson	3:45.00	4/28
2. Kyeremateng, Hutchinson, Carruthers, German	4:45.43	5/14
2. Kyeremateng, Hutchinson, Carruthers, German	3:47.63	4/8
3. Iverson, Kyeremateng, Wilson, Carruthers	3:53.72	4/1

4x800 relay

1. Hutchinson, German, Bagge, Westman	8:49.61	4/29
2. German, Bagge, Hutchinson, Westman	8:57.85	4/1

1600 Sprint Medley

1. Kosmacek, Kyeremateng, Westman, German	4:00.65	4/29
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Heptathlon

1. Alyssa Fischer	4,533 pts.	4/15
2. Kristi Green	4,185 pts.	4/15
3. Yana Kruglikova	4,155 pts.	5/13

#Regional Qualifying Mark
@School Record

2006 Outdoor Best List: Men

100 Meters

1. Patrick Hunter	10.55	4/22
2. Jamie Goodwin	10.70	4/1
3. Mickell Bruce	10.74	5/13
4. Samuel Dodoo	10.91	5/13
5. Raven Cepeda	11.12	5/12
6. Mat Clark	11.23	4/13
7. Marcin Kazubowski	11.66	4/22
8. Daniel Grandon	11.93	4/13

200 Meters

1. Patrick Hunter	22.19	4/22
2. Ryan Grenko	22.53	4/22
3. Samuel Dodoo	22.70	4/1

400 Meters

1. Ryan Grenko	46.83	5/26#
2. Mark Harris	48.05	5/14
3. Kevin Roberts	48.69	5/13
4. Adam Hinders	49.20	5/6
5. Nick Sorbe	49.98	4/22
6. Mat Clark	50.71	4/13
7. Raven Cepeda	51.77	5/13
8. Daniel Grandon	53.10	5/13

800 Meters

1. Kyle Smith	1:50.33	5/26#
2. Dyan Davis	1:50.70	4/8
3. Tyler Mulder	1:50.96	4/15
4. Nick Sorbe	1:51.20	4/8
5. Chris Cooper	1:56.20	5/6
6. Nathan White	1:57.05	4/1
7. Adam Hinders	1:57.29	4/8
8. Andy Schon	2:00.11	4/28

Mile

1. Dylan Davis	4:23.47	4/15
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1500 Meters

1. Dylan Davis	3:51.46	4/29
2. Chris Lawson	3:57.74	4/8
3. Nathan White	3:57.99	4/28
4. Mike Clancy	4:03.30	4/8
5. Andy Schon	4:05.41	4/15
6. Kyle Smith	4:06.17	4/1
7. Alex May	4:07.18	4/8
8. Nick Sorbe	4:08.51	4/1
9. Chris Cooper	4:13.02	4/1
10. Jon Lamb	4:14.16	4/22
11. Scott Jedlicka	4:18.27	4/8
12. Mat Clark	4:22.06	5/13
13. Tyler Mulder	4:23.40	4/1
14. Jeff Davis	4:23.76	4/8
15. Daniel Grandon	4:26.98	5/13
16. Raven Cepeda	4:40.24	5/13

3000 Steeplechase

1. Andy Schon	9:36.10	5/13
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5,000 Meters

1. Chris Lawson	14:56.31	4/28
2. Mike Clancy	15:13.50	4/28
3. Alex May	15:14.26	4/28
4. Dylan Davis	15:30.67	5/14
5. Andy Schon	15:37.65	4/1
6. Jon Lamb	16:01.74	4/28
7. Nathan White	16:04.85	5/14
8. Scott Jedlicka	17:32.23	4/28

10,000 Meters

1. Chris Lawson	31:21.52	5/12
2. Mike Clancy	31:53.16	5/12
3. Alex May	32:02.72	5/12

110 Meter Hurdles

1. Raven Cepeda	14.74	5/14
2. Greg Offerman	15.15	4/15
3. Mat Clark	16.32	5/13
4. Daniel Grandon	16.33	5/13

400 Meter Hurdles

1. Greg Offerman	52.02	4/29
2. Mat Clark	55.72	5/6

Hammer Throw

1. Lucas Cook	163-01	4/29
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Discus Throw

1. Lucas Cook	134-06	4/15
2. Raven Cepeda	130-10	5/13
3. Daniel Grandon	121-01	5/13
4. Mat Clark	113-03	5/13

Shot Put

1. Raven Cepeda	48-10.75	4/22
2. Mat Clark	37-02.75	5/12
3. Daniel Grandon	36-01.50	5/12

Javelin Throw

1. Marcin Kazubowski	208-10	3/31#@
2. Mat Clark	174-10	4/22
3. Daniel Grandon	161-06	4/14
4. Raven Cepeda	156-02	5/13

Pole Vault

1. Andre Poljanec	17-08.50	4/22#
2. Jarno Kivioja	17-05.00	5/26#
3. Raven Cepeda	16-07.25	5/26#
4. Mat Clark	13-11.25	5/13
5. Daniel Grandon	13-07.75	5/13

Triple Jump

1. Yuriy Litvinski	51-10.00	4/29#
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Long Jump

1. Yuriy Litvinski	22-09.00	5/13
2. Daniel Grandon	22-00.25	5/12
3. Raven Cepeda	21-08.50	5/12
4. Mat Clark	21-06.50	5/12

High Jump

1. Daniel Grandon	6-03.25	4/13
2. Raven Cepeda	6-02.25	5/12
3. Mat Clark	6-02.00	4/13

4x100 Relay

1. Dodoo, Reid, Goodwin, Hunter	40.70	4/1
2. Dodoo, Dokes, Goodwin, Hunter	41.18	4/8
3. Dodoo, Bruce, Goodwin, Hunter	42.60	4/15

4x200 Relay

1. Dodoo, Bruce, Roberts, Grenko	1:28.15	4/8
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4x400 Relay

1. Harris, Smith, Mulder, Grenko	3:08.87	5/27#
2. Harris, Smith, Offerman, Grenko	3:09.24	4/29#
3. Mulder, Smith, Grenko, Harris	3:10.48	4/8

4x800 Relay

1. Smith, Mulder, Sorbe, Davis	7:26.80	4/29
2. Smith, Mulder, Sorbe, Davis	7:31.59	4/1

1600 Sprint Medley

1. Harris, Roberts, Grenko, Mulder	3:26.76	4/29
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Decathlon

1. Raven Cepeda	7,371 pts.	5/13
2. Mat Clark	6,891 pts.	5/13
3. Daniel Grandon	6,710 pts.	5/13

Regional Qualifying Mark

@ School Record