

2007 RECORDS AND ACCOMPLISHMENTS

USTFCCCA Midwest Region Coach of the Year: CHRISTOPHER BUCKNAM

USTFCCCA Midwest Region Field Athlete of the Year: RAVEN CEPEDA

MVC Men's Indoor Coach of the Year: CHRISTOPHER BUCKNAM

State Farm MVC Championships Meet MVP: RAVEN CEPEDA

MVC Most Outstanding Male Field Athlete: RAVEN CEPEDA

MVC Most Outstanding Male Track Athlete: JARREL ANDERSON

INDOOR RECORDS BROKEN

The following is a list of records broken by UNI track and field athletes during the 2006-07 indoor season.

Name	Event	Time/Mark	Previous Record	Date	Site
School Records:					
Jarrel Anderson	60-Meter Hurdles	7.81	7.94	3/3	Notre Dame
Jarrel Anderson	60-Meter Hurdles	7.94	7.95	2/23	MVC Championships
Jarrel Anderson	60-Meter Hurdles	7.95	7.98	2/16	UNI
Raven Cepeda	Heptathlon	5,864	5,695	3/9-10	NCAA Championships
Raven Cepeda	Heptathlon	5,695 points	5,563 points	1/27	UNI
Rachel Jansen	Shot Put	56-5.25 (17.20m)	55-3.50 (16.85m)	2/23	MVC Championships
Rachel Jansen	Shot Put	55-3.50 (16.85)	54-8 (16.66m)	1/27	UNI
Rachel Jansen	Shot Put	54-8 (16.66m)	54-1.75 (16.50m)	1/20	ISU
Rachel Jansen	Weight Throw	63-11.75 (19.50m)	61-3.5 (18.68m)	2/10	ISU
Rachel Jansen	Weight Throw	61-3.5 (18.68m)	59-11 (18.26m)	1/20	ISU
Rachel Jansen	Weight Throw	59-11 (18.26m)	59-7.50 (18.17m)	12/8	ISU
Dorian Ulrey	One Mile Run	4:02.40	4:02.53	3/3	Notre Dame
Dorian Ulrey	1,000-Meter Run	2:26.19	2:26.51	1/20	ISU
Dorian Ulrey	One Mile Run	4:02.53	4:04.64	2/10	ISU
Meet Records:					
Raven Cepeda	Heptathlon	5,625 points	5,563 points	2/24	MVC Championships
Rachel Jansen	Shot Put	56-5.25 (17.20)	54-00.50	2/23	MVC Championships
Rachel Jansen	Shot Put	53-11 (16.43m)	52-7.25 (16.03m)	1/13	MN
Rachel Jansen	Shot Put	54-8 (16.66m)	53-6.25 (16.31m)	1/20	ISU
Tyler Mulder	600m dash	1:18.84	1:19.42	1/13	MN
UNI-Dome Records:					
Raven Cepeda	Heptathlon	5,695 points	5,563 points	1/27	UNI
Rachel Jansen	Shot Put	55-3.50 (16.85)	54-11.75 (16.76m)	1/27	UNI

INDOOR MVC TRACK AND FIELD ATHLETES OF THE WEEK

Date	Type	Name	Accomplishments
1/16	M. Track	Tyler Mulder	Broke meet record at Northwest Open in the 600
1/16	M. Field	Ehi Oamen	Won high jump (6-11) at Northwest Open
1/23	W. Track	Jamie Hutchinson	Won the 800m at the ISU Open
1/30	M. Field	Raven Cepeda	Automatically qualified for NCAAs with 5,965 pts in heptathlon
2/6	M. Field	Andre Poljanec	Provisionally qualified for NCAAs with an indoor personal-best jump of 17-8.50 in pole vault
2/6	M. Track	Kyle Smith	Provisionally qualified for NCAAs in the 800m in 1:49.24
2/13	M. Track	Dorian Ulrey	Broke school record in the mile, while provisionally qualifying.
2/20	W. Field	Rachel Jansen	Won the weight throw and shot put at the UNI-Dome Open.
2/20	W. Track	Meredith Kosmacek	Won the 200m and 60m at the UNI-Dome Open.
2/20	M. Track	Jarrel Anderson	Set school record in the 60m hurdles at the UNI-Dome Open.

DIV. I NCAA INDOOR CHAMPIONSHIP INDIVIDUAL EVENT RESULTS

Name	Event	Finish	Time/Mark
Jarrel Anderson	60-Meter Hurdles	13th	7.83
*Raven Cepeda	Heptathlon	3rd	5,864 points
*Rachel Jansen	Shot put	5th	55-8.25
Jarno Kivioja	Pole Vault	9th	17-4.50
*Tyler Mulder	800	10th	1:50.14
*Andre Poljanec	Pole Vault	T-7th	17-4.50
*Kyle Smith	800	3rd	1:49.09
*--	4x400-Relay	6th	3:08.01
*--	Distance Medley	4th	9:37.00

* Earned all-America honors

4x400 = Cory Goos, Terrence Reid, Kyle Smith and Ryan Grenko

DMR = Dylan Davis, Terrence Reid, Tyler Mulder, Dorian Ulrey

Note: The top eight finishers in each event at the NCAA Division I Indoor Track and Field Championships are accorded All-America status. In the individual (non-relay) events, if one or more of the top eight finishers is of another nationality, eight U.S.-born collegians are selected in addition to any foreign-born All-Americans.

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NCAA INDOOR MEN'S FINAL TEAM STANDINGS March 10, 2007

1) Wisconsin	40
2) Florida State	35
3) Texas	34
4) Stanford	28
5) Auburn	25
6) Michigan	23
7) Arkansas	22
7) Washington	22
9) UNI	21.50
10) Baylor	21
10) Tennessee	21
10) LSU	21
10) Louisville	21
14) Arizona	19
15) Clemson	18
16) Cornell	12
16) Minnesota	12
16) Kansas	12
19) California	11
19) Idaho	11
19) Oregon	11
22) Southern California	10
22) McNeese State	10
22) Northern Arizona	10
25) Arizona State	9
25) Nebraska	9
25) South Carolina	9



2007 WOMEN'S TOP INDOOR PERFORMANCES

60-METER DASH

Meredith Kosmacek	7.66	2/23
Pam Kyeremateng	7.93	1/20
Blair Runde	7.78	2/24
Jamie Wieck	7.87	2/16
Stacy Butt	7.98	1/20
Brittany Moore	8.00	2/16
Lindsay Wiebers	8.01	2/16
Megan Iverson	8.16	1/27
Emily Prinsen	8.17	2/10
Savanna Walls	8.38	2/10
Kristi Green	8.41	2/10
Megan Vorwald	8.57	2/16

200-METER DASH

Meredith Kosmacek	24.74	2/9
Pam Kyeremateng	25.47	2/9
Dani Stipe	25.60	2/9
Lindsey Wiebers	25.69	2/3
Lauren Carruthers	25.92	2/9
Brittany Moore	26.17	2/16
Stacy Butt	26.21	1/20
Alyssa Fischer	26.22	2/9
Megan Iverson	26.36	1/27
Emily Prinsen	26.62	1/20
Blair Runde	26.72	2/3
Alyssa Fischer	27.00	1/20
Jamie Wieck	27.17	1/19
Kristi Green	27.71	1/19
Kira Anderson	28.16	2/16
Megan Vorwald	28.43	2/16

400-METER DASH

Lauren Carruthers	56.23	2/10
Lynnette Wilson	56.25	2/3
Pam Kyeremateng	56.68	2/3
Megan Iverson	58.20	2/10
Meredith Kosmacek	58.79	1/20
Brittany Moore	59.09	2/10
Alyssa Fischer	59.21	2/3
Sara Lynch	59.71	2/10
Kira Anderson	61.70	2/16

600-METER DASH

Kristi Green	1:31.08	2/10
Emily Prinsen	1:33.13	2/10
Amy Bagge	1:36.51	1/27
Lynnette Wilson	1:39.09	1/13

800-METER RUN

Jamie Hutchinson	2:11.70	2/3
Amy Bagge	2:15.66	2/10
Amanda Huling	2:20.95	2/17
Yana Kruglikova	2:24.97	2/23
Lauren Carruthers	2:25.09	1/13
Dani Stipe	2:25.94	2/23
Alyssa Fischer	2:31.71	2/23
Kristi Green	2:29.96	2/23

Emily Prinsen	2:36.54	2/23
MILE RUN		
Shayla Houlihan	5:07.18	2/10
Caedryn Schrunk	5:10.83	1/27
Quinn Vermie	5:11.33	1/27
Tracy Hawley	5:12.02	1/27
Andrea Wacker	5:20.48	1/27
Amanda Huling	5:23.95	1/27
Allie Sowell*	5:40.69	2/16
Jessa Schweitzer*	5:42.04	2/16
Lauren Erickson	5:43.64	2/16
Jenna O'Hara*	5:44.16	2/16
Bobbie Humble*	5:48.36	1/27

3000-METER RUN

Tracy Hawley	9:56.73	2/10
Caedryn Schrunk	10:05.28	1/20
Quinn Vermie	10:13.12	2/3
Andrea Wacker	10:22.74	2/24
Shayla Houlihan	10:26.70	1/20
Amanda Huling	10:49.90	2/10

5,000-METER RUN

Traci Hawley	17:22.94	2/10
Quinn Vermie	17:57.64	2/10
Caedryn Schrunk	18:05.25	2/10
Andrea Wacker	18:32.40	2/23

60-METER HURDLES

Kara Yahn	8.63	2/24
Cali Lyons	8.87	2/16
Dani Stipe	9.14	2/16
Savanna Walls	9.20	2/16
Alyssa Fischer	9.16	2/16
Brittany Korell	9.41	1/27
Yana Kruglikova	9.47	1/26
Kristi Green	9.59	2/23
Katie Almond	9.69	1/27
Emily Prinsen	10.54	2/23

4X400 METER RELAY

UNI A	3:44.06	3/3
Yahn, Wilson, Stipe, Carruthers	3:46.83	2/24
Carruthers, Hutchinson, Kyeremateng, Wilson	3:47.06	2/3

DISTANCE MEDLEY RELAY

Huling, Iverson, Moore, Houlihan	12:16.10	2/23
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LONG JUMP

Blair Runde	19-2.50	1/27
Jamie Wieck	19-0.00	2/16
Dani Stipe	18-10.50	2/23
Alyssa Fischer	18-7.25	1/26
Staci Butt	18-4.25	1/27

Yana Kruglikova	17-11.50	2/23
Kristi Green	16-4.25	2/23
Emily Prinsen	15-4.75	2/23

TRIPLE JUMP

Yana Kruglikova	38-7.75	2/3
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SHOT PUT

Rachel Jansen	56-5.25	2/23^\$
Sarah Harms	46-6.75	2/10
Sarah Graf*	39-8.50	1/27
Emily Prinsen	35-5.25	1/26
Yana Kruglikova	31-8.75	1/26
Alyssa Fischer	30-8.25	2/23
Kristi Green	30-8.25	2/23
Dani Stipe	29-3.25	2/23

WEIGHT THROW

Rachel Jansen	63-11.75	2/9^#
Sarah Harms	57-11.75	2/24
Courtney Landers	50-01.75	2/16
Sarah Graf*	40-3.50	2/3+

HIGH JUMP

Crystal Hanson	5-8	2/24
Alyssa Fischer	5-7.75	2/23
Dani Stipe	5-5.25	2/23
Renea Walker	5-3.25	2/10
Kristi Green	4-11.50	1/13
Emily Prinsen	4-06	1/26
Yana Kruglikova	4-5.50	2/23

PENTATHLON

Dani Stipe	3,613	2/23
Alyssa Fischer	3,584	2/23
Yana Kruglikova	3,181	2/23
Kristi Green	3,157	2/23
Emily Prinsen	2,708	2/23

^ School Record

\$ NCAA Div. I Auto

NCAA Provisional Qualifying Mark

+ Cornell College Hilltop Invite

* Unattached

Unless otherwise noted, track equals 200m, flat

1/20, 2/9-10, 2/2-3, 3/2-3 = Meet ran on oversized (>200m) track.

2007 MEN'S TOP INDOOR PERFORMANCES

60-METER DASH

Mickell Bruce*	6.88	1/27
Wesley Williams*	6.91	1/27
Jarrel Anderson	6.92	2/24
Josh Webb	6.99	2/24
Cody Eichmeier	7.09	1/13
Raven Cepeda	7.13	1/27
Eli Brus	7.18	1/19
Mat Clark	7.24	1/27
Ben Ostrem	7.25	2/16
Sean Newlin	7.36	2/16
Tyler Dodd	7.39	1/27
Nick Alvarez	7.41	1/27
Micah Ruroden	7.44	2/16
Chris Cooper	7.48	2/10
Rozle Bucalo	7.54	2/3

200-METER DASH

Terrence Reid	21.79	1/27
Cody Eichmeier	22.10	2/3
Wojciech Jurkowski	22.23	2/9
Wesley Williams*	22.49	1/27
Jarrel Anderson	22.76	2/16
Brent Dahlstrom	22.88	1/27
Kevin Roberts	22.89	1/27
Josh Webb	22.74	2/9
Dennis Hammel	22.95	2/16
Greg Offerman	23.12	1/27
Eli Brus*	23.39	1/27
Tyler Krueger	23.63	2/16
Ben Ostrem	23.63	2/16
Sean Newlin	23.92	2/16
Micah Ruroden	23.93	2/16
Nick Alvarez	24.58	1/27

400-METER DASH

Terrence Reid	46.79	3/3
Ryan Grenko	47.43	2/10
Cory Goos	47.82	2/3
Mark Harris	48.23	2/10
Brent Dahlstrom	48.73	1/20
Kevin Roberts	49.30	2/3
Kyle Smith	49.43	1/27
Mike Craddick	49.48	1/20
Dennis Hammel	49.52	2/10
Cody Eichmeier	50.50	2/10
Raven Cepeda	50.76	2/10
Greg Offerman	50.79	1/20
Pete Larson	51.26	2/10
Tyler Krueger	52.92	1/27

600-METER DASH

Tyler Mulder	1:18.84	1/13
Kyle Smith	1:20.40	1/13
Dylan Davis	1:20.54	1/27
Mark Harris	1:20.67	1/27
Tim Fulton	1:21.13	1/27
Cory Goos	1:21.69	1/27
Nick Sorbe	1:21.96	2/16
Brent Dahlstrom	1:23.33	1/13
Dennis Hammel	1:23.90	1/13
Kevin Roberts	1:23.93	1/13
Chris Cooper	1:24.70	1/13
Corbin Miller	1:25.44	1/13

Chris Hemmons* 1:44.56 2/16

800-METER RUN

Kyle Smith	1:49.09	3/10
Tyler Mulder	1:49.15	2/10
Dylan Davis	1:50.52	3/3
Tim Fulton	1:50.80	3/3
Nick Sorbe	1:52.74	2/3
Chris Cooper	1:54.91	2/10
Dale Maxedon	1:55.20	2/3
Jack Ogden	1:55.52	2/16
Corbin Miller	1:55.71	2/3
Ryan Grenko	1:56.15	1/13
Terrence Reid	1:57.23	1/13
Mike Craddick	1:57.86	1/13
Jason Mitchell*	2:01.81	2/16
Mark Harris	2:03.32	1/13
Cory Goos	2:03.97	1/13

MILE RUN

Dorian Ulrey	4:02.40	3/3^
Dylan Davis	4:12.49	2/10
Nathan White	4:18.74	2/10
Chris Lawson	4:21.95	1/27
Andy Schon	4:21.97	1/27
Mike Clancy	4:30.98	1/20
Corbin Miller	4:37.53	1/27

1,000-METER RUN

Dorian Ulrey	2:26.19	1/20^
Tim Fulton	2:26.57	1/20
Dylan Davis	2:26.66	1/20
Kyle Smith	2:26.92	2/16
Tyler Mulder	2:27.97	1/27
Nick Sorbe	2:32.05	1/27
Nathan White	2:31.60	2/16
Dale Maxadon	2:33.23	1/20
Jack Ogden	2:34.89	1/20
Mat Clark	2:39.18	2/24
Tyler Dodd	2:42.87	2/24
Raven Cepeda	2:46.66	1/27

3,000-METER RUN

Dorian Ulrey	8:22.33	1/27
Andy Schon	8:38.50	2/3
Chris Lawson	8:43.30	2/3
Dylan Davis	8:44.59	2/24
Andy Schon	8:49.07	1/13
Mike Clancy	9:04.76	2/10
Jon Lamb	9:15.53	2/16
Jason Mitchell	9:40.72	1/27

5,000-METER RUN

Dorian Ulrey	14:55.61	2/23
Andy Schon	15:21.29	2/10
Chris Lawson	15:40.66	2/23

60-METER HURDLES

Jarrel Anderson	7.81	3/3^
Raven Cepeda	8.18	2/24
Wojciech Jurkowski	8.35	2/16
Rozle Bucalo	8.55	2/16
Tyler Dodd	8.65	1/27
Micah Ruroden*	8.62	2/16
Greg Offerman	8.72	1/13
Mat Clark	9.22	2/24

4X400 METER RELAY

Goos, Reid, Smith, Grenko 3:07.12 3/3

DISTANCE MEDLEY RELAY

Davis, Grenko, Mulder, Ulrey 9:35.53 3/2

LONG JUMP

Cody Eichmeier	24-9	2/23
Mat Clark	23-0.75	1/27
Steve George	22-9.75	1/27
Rozle Bucalo	22-5.25	2/16
Tyler Dodd	22-1.50	1/27
Raven Cepeda	21-11.75	1/27

TRIPLE JUMP

Steve George 41-5.75 1/27

SHOT PUT

Raven Cepeda	51-0.25	12/8
Adam Pinckney*	48-10.25	2/16
Allen Weeks*	47-9.75	2/16
Jesse Smith	44-3.50	1/20
Mat Clark	38-9.25	1/27
Tyler Dodd	34-4.25	2/24

WEIGHT THROW

Lucas Cook*	56-11.25	2/16
Eric Bockelman	52-6	1/27
Allen Weeks*	48-1.75	2/16
Adam Pinckney*	41-11.50	2/3+

HIGH JUMP

Ehi Oamen	6-11.75	1/27
Josh Bradley	6-9.75	2/23
Tyler Dodd	6-6	1/27
Mat Clark	6-6	2/23
Raven Cepeda	6-2.25	1/27

POLE VAULT

Andre Poljanec	17-8.5	1/27
Jarno Kivioja	17-6.50	1/20&
Raven Cepeda	16-6	3/3
Phil Hanson*	16-1.25	2/10
Mike Beese	16-1.25	2/10
Mat Clark	14-5.25	2/24
Tyler Dodd	11-1.75	1/27

HEPTATHLON

Raven Cepeda	5,864	3/9-10^
Mat Clark	5,237	1/27
Tyler Dodd	4,872	1/27

^ School Record
& National Pole Vault Summit
+ Cornell College Hilltop Invite
*Unattached

Unless otherwise noted, track equals 200m

1/20, 2/9-10, 2/2-3, 3/2-3 = Meet ran on oversized (>200m) track
3/9-10 = NCAA Indoor Championships