



2007 UNI WOMEN'S TRACK & FIELD HIGHLIGHTS

NATIONAL RANKINGS

The UNI women spent much of the 2007 season ranked in the Top 25 nationally. Climbing to as high as 21st, the Panthers boasted their highest national ranking in UNI history.

NCAA NATIONAL AND REGIONAL QUALIFIERS

The Panther women sent a record 12 events to NCAA postseason competition.

Qualifiers and personal bests:

- **Rachel Jansen** -- NCAA indoor shot put (56'5.25"), NCAA indoor weight throw (63'11.75")
NCAA outdoor shot put (56'8.25"), regional shot put, regional discus (181'2"), regional hammer (199'7").
- **Dani Stipe** -- NCAA outdoor heptathlon (5322pts), regional qualifier 4x400m relay (3:39.66, 54.2 split).
- **Kara Yahn** -- regional qualifier 100 hurdles (13.64), regional qualifier 400 hurdles (60.68).
- **Crystal Hanson** -- regional qualifier high jump (5'8.75").
- **Lauren Carruthers** -- regional qualifier 400m dash (54.47).
- **Sarah Harms** -- regional qualifier shot put (47'5.75").
- **Lynette Wilson** -- regional qualifier 4x400m relay (3:39.66, 53.9 split).
- **Pam Kryemeteng** -- regional qualifier 4x400m relay (3:39.66, 54.4 lead off).

RECORD SETTERS

The Panther women broke eight school records in 2007:

- **Rachel Jansen** -- indoor shot (56'5.25")
- **Jansen** -- weight throw (63'11.75")
- **Dani Stipe** -- heptathlon (5322 pts).
- **Jansen** -- outdoor shot (56'8.25")
- **Kara Yahn** -- 100m hurdles (13.64)
- **Jansen** -- discus (181'2").
- **Jansen** -- hammer throw (199'7").
- **4x400m Relay** -- Kremeteng, Stipe, Wilson, Carruthers (3:39.66).

MISSOURI VALLEY CONFERENCE CHAMPIONS

UNI crowned 11 individual Missouri Valley Conference champions and had 28 all-conference performers in 2007. UNI Conference Champions:

- **Rachel Jansen** (indoor shot put)
- **Crystal Hanson** (indoor high jump)
- **Lauren Carruthers** (indoor 4x400)
- **Dani Stipe** (indoor 4x400)
- **Lynette Wilson** (indoor 4x400)
- **Kara Yahn** (indoor 4x400)
- **Lauren Carruthers** (outdoor 400m)
- **Crystal Hanson** (outdoor high jump)
- **Rachel Jansen** (discus)
- **Rachel Jansen** (shot put)
- **Dani Stipe** (heptathlon)

TOP PANTHER RETURNERS FOR 2008

RACHEL JANSEN

Jansen is entering her senior year as arguably the most celebrated athlete in UNI Track and Field history. Jansen is currently the school record holder in the indoor shot put, weight throw, outdoor shot put, discus, and hammer. In 2007, she captured the spotlight at the Drake Relays by winning her first collegiate discus title to go along with her high school title that she earned while at MOC-Floyd Valley. Jansen placed fourth at the NCAA Indoor Championships in the shot put and was seventh at the NCAA Outdoor Championships. Jansen also competed in the shot put and discus at the USA Championships. She is a 12-time All-MVC performer, five-time MVC champion, five-time regional qualifier, four-time NCAA national qualifier and a three-time All-American.

Personal Bests: Shot put 56'8.25" :: Discus 182'5" :: Hammer 199'7" :: Weight Throw 63'11.75"

DANI STIPE

Stipe burst on to the scene as a true freshmen in the heptathlon and on UNI's regional qualifying 4x400 meter relay. Stipe was second in the pentathlon indoors, ranking No. 2 on the all-time UNI list with a score of 3613 points. She was also a member of the victorious 4x400 meter relay. During the outdoor campaign Stipe set the UNI school record by scoring 5322 points in the heptathlon. She was an NCAA national qualifier, MVC champion and was ranked as the No. 2 freshmen heptathlete in the country behind Shana Woods of USC.

Personal Bests: 100 hurdles 14.76 :: High Jump 5'5.5" Shot Put 31'6" :: 200m 24.42 :: Long Jump 18'10.5" :: Javelin 120'2" :: 800m 2:15.38 :: Heptathlon 5322 points

KARA YAHN

Yahn had a stellar junior season, qualifying for the regional meet in both the 100 hurdles and 400 hurdles. She was also an integral part of numerous relays during the season. Yahn posted a personal best of 13.64 in the 100 hurdles at the MVC Championships, narrowly missing the title in a photo finish. She also ran 60.68 in the 400 hurdles, which currently ranks her No. 2 in the UNI record books. During the indoor campaign, Yahn ran a personal best of 8.63 in the 60 hurdles, ranking her No. 2 in the conference and No. 2 on the all-time UNI list.

TRACI HAWLEY

Hawley had terrific season during the 2006-07 campaign. She started off by earning all-conference honors at the MVC Cross Country Championships, finishing in third place. Indoors, Hawley is now ranked No. 2 on the all-time UNI list in the 5000 meters with a time of 17:22.94. Her 3k time ranks her No. 3 in the record books with a time of 9:56.73. During the outdoor campaign, Hawley ranks No. 4 all-time in the 5k, right behind teammate Caedryn Schrunk, with times of 17:36.05 for Hawley and 17:25.46 for Schrunk. Hawley also ranks No. 3 all-time in the 10k, with a time of 36:23.43, which she posted at the Drake Relays.

THE FUTURE IS BRIGHT FOR UNI

2008 Depth Chart

Includes new freshmen and returning athletes. (* indicates incoming freshmen)

100 HURDLES

13.64 Kara Yahn
14.18 Cali Lyons
*14.41 Rachel Vanderholt
*14.54 Jess Hale
14.76 Dani Stipe
*14.82 Heather Kessler
14.86 Alyssa Fischer

LONG JUMP

19'2.5" Blair Runde
*19'2" Olimpia Nowak
19'0" Jamie Wieck
18'11.75" Stacy Butt
18'11.75" Alyssa Fischer
*18'11" Christina Airington
18'10.5" Dani Stipe

200 METER DASH

24.32 Meredith Kosmacek
*24.40 Ashley Miller
24.42 Dani Stipe
*24.82 Olimpia Nowak
5.33 Alyssa Fischer

HIGH JUMP

*5'10" Olimpia Nowak
5'8.75" Crystal Hanson
*5'8" Rachel Vanderholt
5'7.75" Alyssa Fischer
*5'6" Alexa Krull
5'5.5" Dani Stipe

800 METERS

2:10.29 Jamie Hutchinson
2:13.16 Amy Bagge
*2:13.95 Regina Reinig
*2:15.02 Holli Hosch
2:15.38 Dani Stipe

HEPTATHLON

5322 Dani Stipe
*5320 Olimpia Nowak
4904 Alyssa Fischer
4488 Kristi Green
*??? Rachel Vanderholt

5000 METERS

17:22.94 Traci Hawley
17:25.46 Caedryn Schrunck
18:07.44 Andrea Wacker

400 AND 4X400 SPLITS

54.47, 53.9s Lauren Carruthers
54.1s Dani Stipe
55.1s Kara Yahn
*56.64 Ellen Kindelsperger
*56.67 Holli Hosch