



2011 UNI TRACK & FIELD  
 JAN. 14, 2011 — RELEASE #1

THIS WEEK IN PANTHER TRACK & FIELD

Jan. 15 Panther Open 1 p.m.  
 Cedar Falls, Iowa (UNI-Dome)

The University of Northern Iowa men's and women's track and field teams will open the 2011 indoor season hosting the Panther Open in the UNI-Dome on Sat., Jan. 15. Field events are set to begin at 1 p.m. and running events will start at 1:30 p.m.

OUT OF THE BLOCKS

Back For More

UNI returns eight student-athletes who competed at the 2010 NCAA West Preliminary Rounds in Austin, Texas. Under a new format introduced by the NCAA for the 2010 season, the East and West Preliminary Rounds replaced the NCAA Regional meets, serving as the final qualification for the NCAA Outdoor National Championships.

On the men's side, Sam Kranz (pole vault), Daniel Gooris (pole vault), Jordan Williams (shot put, discus) and Allen Weeks (discus) all return with experience from the Preliminary Rounds. The women's squad also boasts four returning qualifiers in Holli Hosch (800m, 4x400), Ellen Kindelsperger (4x400), Michaela Brungardt (4x400) and Sam Cameron (4x400).

Hosch (800m) and Olimpia Nowak (heptathlon) both qualified for the 2010 NCAA Outdoor Championships in Eugene, Ore.

One Title Down ...

Junior Olimpia Nowak already has one title under her belt for the season, taking first place in the pentathlon at the Golden Flash Gala in an early-season meet at Kent State University on Dec. 10. Nowak racked up 3,928 points to run away with the title, as she was the top performer in four of the five individual events. Her score currently ranks her second in all of NCAA Division I.

Where Are They Ranked?

Four Panthers are ranked in the preseason computer rankings published by the U.S. Track & Field and Cross Country Coaches Association (USTFCCCA). Juniors Olimpia Nowak, Sam Kranz, Daniel Gooris and Travis Leuer all earned Top-25 national rankings based on their performances from the 2010 indoor season.

USTFCCCA Preseason Computer Rankings

Athlete	Event	Rank	Mark
Olimpia Nowak	Pentathlon	13	3,928 pts.
Sam Kranz	Pole Vault	13	5.34m (17-6.25)
Daniel Gooris	Heptathlon	20	5,485 pts.
Travis Leuer	High Jump	24	2.15m (7-00.50)
Daniel Gooris	Pole Vault	25	5.21m (17-01)

2011 SCHEDULE

Indoor

Jan. 15	Panther Open	UNI-Dome
Jan. 21-22	Jack Johnson Classic	Minneapolis, Minn.
Jan. 28-29	Jack Jennett Invitational	UNI-Dome
Feb. 4-5	Husker Invitational	Lincoln, Neb.
Feb. 11-12	Iowa State Classic	Ames, Iowa
Feb. 18	UNI-Dome Open	UNI-Dome
Feb. 26-27	MVC Indoor Championships	UNI-Dome
Mar. 5-6	NCAA Last Chance	TBA
Mar. 11-12	NCAA Indoor Championships	College Station, Texas

Outdoor

Apr. 2	Wichita State Triangular	Wichita, Kan.
Apr. 8-9	Tom Botts Invitational	Columbia, Mo.
Apr. 15-16	Jim Duncan Invitational	Des Moines, Iowa
Apr. 23	Musco Twilight	Iowa City, Iowa
Apr. 27-30	Drake Relays	Des Moines, Iowa
May 6	Messersmith Invitational	Cedar Falls, Iowa
May 13-15	MVC Outdoor Championships	Cedar Falls, Iowa
May 26-28	NCAA West Preliminary Rounds	Eugene, Ore.
June 8-11	NCAA Outdoor Championships	Des Moines, Iowa

QUICK FACTS

THE UNIVERSITY

Location	Cedar Falls, Iowa
Founded	1876
Enrollment	13,201
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 PROGRAM

Head Coach	Dan Steele (Eastern Illinois, '92) 2nd Season
Associate Head Coach	Shelli Sayers (Roanoke, '00)
Assistant Coach (Throws)	Dan O'Mara (Kansas State, '90)
Assistant Coach (Mid-Distance/Distance)	Dave Paulsen (UNI, '04)
Assistant Coach (Sprints/Hurdles)	Danny Harris (Iowa State)
Indoor Facility	UNI-Dome
Outdoor Facility	Mark Messersmith T&F Complex
2010 Men's Conference Finish (In/Out)	3rd/3rd
2010 Women's Conference Finish (In/Out)	7th/5th

UNI ATHLETIC COMMUNICATIONS

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## HEAD COACH DAN STEELE 2ND SEASON

Head coach Dan Steele is in his second year at the helm of the UNI track & field and cross country programs. Following seven seasons at the University of Oregon, Steele became UNI's head coach on October 1, 2009.



Despite the late start and coaching transitions, the Panther track and field athletes enjoyed an impressive 2010 campaign. Steele wasted no time with his goal to build the women's program into a dominant conference and national-class team. The women established an impressive four new UNI records in 2010 (indoor pole vault, outdoor 800m, outdoor pole vault and sprint medley) and the men and women combined for a total six individual Missouri Valley Conference titles.

"I am so excited about the future of this combined UNI program. We have world-class facilities and one of the best coaching staffs in the country. When you also consider the high standard of academics, I believe UNI is one of the best-kept secrets in track and field. There is an unmistakable family atmosphere, not only on this beautiful campus, but also in the Cedar Falls community. It's the kind of place I would want to send my son or daughter to college."

Prior to Northern Iowa, Steele, a native of Sherrard, Ill., was instrumental in leading the University of Oregon combined men's and women's teams to unprecedented success in 2009, where the Duck men won the NCAA Indoor title, the Pac-10 Conference title and finished second at the NCAA Outdoor National Championships. Not to be outdone, the Duck women won the 2009 Pac-10 Conference title and finished second at the NCAA Outdoor meet. Steele made history at the 2009 NCAA Outdoor Championships by coaching Ashton Eaton to his second Decathlon title and Brianne Theisen to her first Heptathlon title. It was the first time in NCAA history both multi-event winners came from the same school. For his efforts, Steele was voted the 2009 Indoor NCAA Coach of the Year.

"My extraordinary experience at Oregon has prepared me well to take over the program at the University of Northern Iowa," Steele said. "I had the great pleasure of working for and learning from two of the most brilliant head coaches in the business, Vin Lananna and Martin Smith. In that time, I also enjoyed coaching some of the finest track and field athletes in America."

As the Associate Director of Track and Field at Oregon, Steele was responsible for running the daily operations of the men's and women's track and field teams. Overseeing the sprinters, hurdlers, pole vaulters, decathletes and heptathletes, Steele has coached eight NCAA champions, 13 Pac-10 champions, 30 All-Americans and helped Oregon student-athletes establish 22 new school records.

As an athlete, Steele competed as the brakeman on the Olympic bronze medal four-man bobsled team for the United States at the 2002 Games.

Steele earned a bachelor's degree in sociology from Eastern Illinois in 1992. As a collegiate student-athlete at EIU, Steele captured the 400-hurdles NCAA title as a senior and was a two-time All-American and two-time Drake Relays champion for the Panthers. He was inducted into the EIU Athletics Hall of Fame in 2001.

He and his wife, Dusky, have two sons, Xander and Blake.

### Education:

- B.A. Sociology, Eastern Illinois, 1992

### Coaching Experience:

UNI Head Coach, 2009-present  
Oregon Associate Director of Track & Field, 2007-2009  
Oregon Assistant Track & Field Coach, 2001 and 2003-2007

### Coaching Honors:

2009 NCAA Men's Indoor Coach of the Year  
2009 NCAA West Regional Women's Coach of the Year  
2008 Pac-10 Coach of the Year  
2007 West Regional Assistant Coach of the Year (Sprints/Hurdles)  
2005 West Regional Assistant Coach of the Year (Sprints/Hurdles)

### Student-Athlete Accomplishments:

Eight NCAA Champions  
19 Conference Champions  
30 All-Americans  
26 School Records

### Personal Athletic Accomplishments:

2002 Olympic Bronze Medal (USA Bobsled Team)  
1999 USA Track & Field World Championship Team (Decathlon - 8th place)  
1999 USA Pan American Games Team (Decathlon - Silver Medal)  
1998 USA Olympic Team (Bobsled)  
1992 NCAA Champion (400m Hurdles)

## Academic Honors

In August, the USTFCCA recognized the UNI women's track and field team as an All-Academic team for the 2010 season. The Panthers posted a cumulative grade point average of 3.37 as a team to earn the distinction. In addition, seven UNI individuals were named to the Division I All-Academic teams by the USTFCCA, including returnees Holli Hosch, Ellen Kindelsperger, Michaela Brungardt, Sam Cameron and Allen Weeks.

## Returning Champions

UNI returns six student-athletes who claimed championships at either the indoor or outdoor State Farm Missouri Valley Conference Championships in 2010. The returning champions are: Olimpia Nowak (pentathlon), Sam Kranz (indoor pole vault), Aaron Vosberg (4,000m distance medley), Ryan Krogmann (4,000m distance medley), Daniel Gooris (decathlon) and Holli Hosch (outdoor 800m).

## New Faces

The UNI Track & Field coaching staff will feature a couple of new faces this season after the addition of associate head coach Shelli Sayers and assistant coach Danny Harris. Although both coaches have been with the program since July, they will make their UNI coaching debuts at the Panther Open.

Sayers comes to UNI from NCAA Division III Roanoke College in Salem, Va. Over six seasons as an assistant coach at Roanoke, Sayers developed a dominant group of sprinters and hurdlers and won a combined nine conference team titles in the Old Dominion Athletic Conference. She directed 15 NCAA qualifiers and eight All-Americans in the sprints and hurdle events, and was named the USTFCCA South/Southeast Region Assistant Coach of the Year for three consecutive seasons from 2008-10.

Harris is widely recognized as one of the top track and field athletes in American history. As a freshman at Iowa State University at the age of 18, he captured the silver medal in the 400-meter hurdles at the 1984 Summer Olympics in Los Angeles, setting a world junior record (48.02) that still stands today. Harris went undefeated in 37 collegiate races in the 400-meter hurdles, including three NCAA titles. In Madrid in 1987, he famously ended Edwin Moses's 107-race winning streak in the event and went on to win a silver medal at the 1987 World Championships in Rome. Harris served as an assistant coach at Iowa State University for the past two seasons and will oversee the men's sprints, hurdles and relays at UNI.

## MEN'S SEASON PREVIEW

The 2011 edition of the UNI men's track and field team returns experience in nearly every area. Past all-MVC performers return in the sprints (Jarred Herring), mid-distance (Brady Fritz, Beau Dielschneider), distance (Thibault Vandenebee), multi-events (Daniel Gooris), jumps (Sam Kranz, Travis Leuer) and throws (Justin Romero, Jordan Williams). The Panthers also welcomed an impressive class of newcomers, including University of Alabama transfer and Iowa high school track and field legend Aaron Stockstell. After a season in which they claimed third place at both the indoor and outdoor MVC Championships, the Panthers are poised to climb the conference ladder and add to the dynasty that has claimed 28 team conference titles since 1982.

## Sprints

Junior Jarred Herring returns to the track to lead the Panthers' sprinting corps. Herring had a highly successful freshman campaign in 2009, earning all-conference honors at the MVC Indoor Championships and taking the MVC 100-meter dash title outdoors. He also claimed all-conference honors in the 200-meter dash and qualified for the NCAA Midwest Regional. The Panthers also look to get strong contributions

from sophomore Josh Madsen and senior Bryan Collins in the long sprints. As a true freshman in 2010, Madsen posted an indoor season-best time of 49.66 in the 400m and took ninth at the MVC Indoor Championships. Collins led off the UNI 4x400-meter relay that earned runner-up honors at the MVC Outdoor Championships and placed fifth in the 400m, clocking a season-best time of 47.80.

### **Mid-Distance**

UNI looks to have a group of runners ready to compete in the mid-distance events it has dominated over the past decade. Junior Brady Fritz placed second in the 800m at both the MVC Indoor Championships and the MVC Outdoor Championships in 2010. Fritz posted a season-best indoor 800m time of 1:53.16 at the UNI-Dome Open to win the event and proceeded to clock a time of 1:51.15 at the Musco Invitational outdoors. The Panthers will also be bolstered in the mid-distance events by the addition of Alabama transfer Aaron Stockstell. Stockstell, a junior, should contribute immediately in the 400m, 800m, and 4x400m relay. He posted a top outdoor 800m time of 1:49.57 in 2010 and ran a leg on the Crimson Tide 4x400m relay team at the NCAA East Preliminary Rounds. Stockstell also recorded an indoor season-best time of 1:50.07 in the 800m. An 11-time state champion as a prep at Mid-Prairie Wellman HS, Stockstell has two years of eligibility remaining. Factor in junior Beau Dielschneider and incoming freshmen Chad Rutledge and Kyle Rouse, and UNI should have a strong group in the middle distances.

### **Distance**

The UNI distance crew will be led by sophomores Thibault Vandenabeele and Brett Egan, both of whom were all-Valley performers in cross country in 2010. Egan took eighth place and Vandenabeele took ninth at the MVC Cross Country Championships in Augusta, Kan., on Oct. 30 to cap strong seasons for both runners. Vandenabeele also claimed an indoor conference championship in the mile as a freshman in 2009. Additionally, the Panthers return junior Aaron Vosberg and sophomore Ryan Krogmann from the distance medley quartet that won a Valley title indoors last season.

### **Hurdles**

Senior Scott Lynn, sophomore Chris Henely and freshman Ryan Newtoff will compete in the hurdle events this season for the Panthers. Lynn has placed in the 60m hurdles at the MVC Championships for each of the past two seasons. Henely, a transfer from Central College, and Newtoff, a state runner-up at the Illinois High School state championships, also look to contend in the hurdle events.

### **Jumps**

UNI boasts two of the top pole vaulters in the Missouri Valley Conference in juniors Sam Kranz and Daniel Gooris. Kranz is the defending champion in the indoor pole vault after clearing a mark of 17-6.25 (5.34m) during the 2010 indoor season. Gooris, a force in the multi-events, also took second place at the MVC Indoor Championships and third at the MVC Outdoor Championships in the pole vault. Both Kranz and Gooris qualified for the NCAA West Preliminary Rounds in 2010. UNI returns junior Travis Leuer, a seven-foot jumper, in the high jump. Leuer has placed in the top five on three different occasions at MVC Championship events, with a second-place finish indoors last season.

### **Throws**

The Panthers bring back two all-MVC performers in the shot put in juniors Justin Romero and Jordan Williams. Romero claimed third place in the shot put at the indoor conference meet with a season-best toss of 56-10, and Williams took third at the outdoor conference meet with a season-best throw of 55-11. Williams qualified for the NCAA West Preliminary Rounds in the shot put and the discus, while senior Allen Weeks is also coming off a 2010 season in which he qualified in the discus.

### **Multi-Events**

UNI's multi-event efforts will be led by junior Daniel Gooris, the defending MVC champion in the decathlon. Gooris won his first Valley title in the decathlon in 2010 with 7,228 points, and that achievement was added to a list that already includes an MVC heptathlon title (as a freshman in 2009) and three all-MVC performances in the pole vault. Gooris finished third in the MVC indoor heptathlon in 2010. Sophomore Channing Puls and freshman Ben Lindaman, a West Des Moines Valley prep and eighth-place finisher in the decathlon at the USA Junior Championships, could also contribute in the multi-events.

## **WOMEN'S SEASON PREVIEW**

After a 2010 season that brought tremendous strides for the program, the UNI women's track and field team shows a lot of promise heading into the 2011 campaign. With a stronger team and improved depth, a very positive outlook exists for the 2011 season. UNI returns two NCAA qualifiers in senior Holli Hosch and junior Olimpia Nowak, and retains the entire 4x400m relay quartet that qualified for the NCAA West Preliminary Rounds and nearly broke the school record in the event. In total, 11 individuals who were MVC placewinners in 2010 also return.

### **Sprints**

Three Missouri Valley Conference placewinners will lead the Panthers' sprinting corps in junior Michaela Brungardt and sophomores Sam Cameron and Lindsay Gierke. Cameron placed third in the MVC indoors and fourth outdoors in the 400m, while Brungardt took eighth and seventh, respectively. Gierke, a multi-events specialist, also placed eighth at the MVC Outdoor Championships in the 100m dash. Most notably, the Panthers return



## 2010 INDOOR BESTS

### WOMEN'S

60-Meter Dash - Lindsay Gierke.....	7.86
60-Meter Hurdles - Olimpia Nowak.....	8.88
200-Meter Dash - Lindsay Gierke.....	25.54
400-Meter Dash - Sam Cameron.....	55.02
800 Meters - Holli Hosch.....	2:10.92
Mile Run - Carly Olsen.....	5:03.45
1000 Meter Run - Holli Hosch.....	3:01.90
3000 Meter Run - Carly Olsen.....	10:11.53
5000 Meter Run - Danielle Nowasell.....	18:29.87
Long Jump - Jamie Wieck.....	19-04.00
Shot Put - Traci Harms.....	47-00.25
Weight Throw - Traci Harms.....	56-08.75
High Jump - Olimpia Nowak.....	5-07.00
Pole Vault - Jenna Wexter.....	12-08.00
Pentathlon - Dani Stipe.....	3,920
4x400 Relay - Kindelsperger, Cameron, Hosch, Brungardt.....	3:44.96
Distance Medley - Wilkins, Johannesen, Cashman, Olsen.....	11:58.66



### MEN'S

60-Meter Dash - Giorgio Giurdanella.....	6.85
60-Meter Hurdles - Scott Lynn.....	8.30
200-Meter Dash - Giorgio Giurdanella.....	21.92
400-Meter Dash - Cory Goos.....	47.94
600-Meter Dash - Beau Dielschneider.....	1:19.81
800 Meters - Beau Dielschneider.....	1:51.43
Mile Run - Stephen Dak.....	4:10.34
1000 Meter Run - Beau Dielschneider.....	2:27.48
3000 Meter Run - Stephen Dak.....	8:13.32
5000 Meter Run - Stephen Dak.....	14:30.03
Long Jump - Alvin Cole.....	23-11.00
Shot Put - Justin Romero.....	56-10
Weight Throw - Allen Weeks.....	56-07.25
High Jump - Travis Leuer.....	7-00.50
Triple Jump - Rozle Bucalo.....	44-04.00
Pole Vault - Sam Kranz.....	17-06.25
Heptathlon - Daniel Gooris.....	5,485
4x400 Relay - Hammel, Goos, Dielschneider, Madsen.....	3:12.01
Distance Medley - Vosberg, Cornilsen, Krogmann, Nelson.....	10:02.24

their entire 4x400m relay team (Ellen Kindelsperger, Holli Hosch, Cameron and Brungardt) that qualified for the NCAA West Preliminary Rounds and nearly set a new school record. Freshman Emily Roberts (Ankeny HS) won state titles in the 400m dash and 400m hurdles in 2010 and could contribute immediately in the long sprints.

### Mid-Distance

Holli Hosch is back for her final season as a Panther, and she's coming off one of the finest mid-distance seasons in UNI history. Hosch shattered the outdoor school record in the 800m with a time of 2:05.47 at the West Preliminary Rounds, earning her an automatic bid to the NCAA Championships. She also claimed the MVC title outdoors in the 800m and took runner-up honors indoors in the event. In her final season of eligibility, Hosch looks to continue her re-writing of the UNI record books and lead the mid-distance squad up the conference ranks.

### Distance

The UNI distance corps will consist almost entirely of non-seniors, but those underclassmen have conference meet experience. The group includes senior Holly Tjaden, juniors Leah Blanchard, Carly Olsen, Jill Lageschulte and Danielle Nowasell, and sophomores Hayley Thomas, Scotti Schon, Lindsey Wilkins, April Davidshofer, Allison Fick and Hattie Buikema.

### Hurdles

Multi-event athletes Olimpia Nowak and Lindsay Gierke will contend in the hurdle events for UNI in 2011. Nowak placed second in the 100m hurdles at the MVC Outdoor Championships in 2010. Juniors Jessica Hale (100m hurdles) and Shawn Shad-dox (400m hurdles) as well as freshmen Emily Roberts and Abbie Ackerman will also represent UNI in the hurdles. Roberts (Ankeny HS) won state titles in the 400m dash and 400m hurdles in 2010 and may also contribute immediately in the long sprints.

### Jumps

Junior Jenna Wexter broke the school record in the indoor pole vault and tied the school record in the outdoor pole vault in 2010, clearing 12-08 indoors and 12-07.50 outdoors. She returns in 2011 with an eye on climbing the podium at the MVC Championships. Olimpia Nowak also took fourth in the high jump at the MVC Indoor meet, and freshman Emily Wandling (Ames HS) will try her card at the jumps in 2011 as well.

### Throws

Sophomore Kelsey Sukovaty was the sixth-place finisher in the shot put at the MVC Outdoor Championships in 2010, throwing 46-09 (14.25m), and she looks to build on that performance in 2011. Junior Traci Harms and senior Rachel VanderHolt will also contribute in the throwing events.

### Multi-Events

The multi-events should be a strong point for the Panthers on the conference level, as NCAA qualifier Olimpia Nowak returns for her junior season with the Panthers. Nowak won the MVC pentathlon title in 2010 and took second in the heptathlon outdoors. Nowak holds the school record in the pentathlon with a score of 4,016 points that she posted during her freshman season in 2008, and she possesses the experience of competing on the conference and national levels. She will be joined by junior Lauren Lindaman, an MVC placewinner in both the pentathlon and heptathlon in 2010, and sophomore Lindsay Gierke, a fifth-place finisher in the heptathlon at the Valley meet in 2010. Junior Johanna Smith is also coming off a seventh-place finish in the MVC heptathlon.

# 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, Beitle (2001)	10:54.34 Villanova -- Hallida, DiMuro-Ave, Frane, Huber (1988)
Pole Vault	12-08.00 (3.86) Jenna Wexter (2010)	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 (l)	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

# MEN'S INDOOR RECORDS

EVENT	UNI RECORD	UNI-DOME RECORD	MVC RECORD	COLLEGIATE RECORD
55 Meters	6.25 Kenny Shedd (1992)	--	6.14 Izaiq 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	2:25.32 Tyler Mulder (2009)	2:25.32 Tyler Mulder (2009)	--	--
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	9:30.51 Perkins, Goos, Mulder, Vandenabeele (2009)	9:50.83 Drake -- Haack, Sand, Trygstad, Gabrielson (1999)	9:30.51 UNI -- Perkins, Goos, Mulder, Vandenabeele (2009)	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