



University of Northern Iowa Track and Field

Home of the 2005 MVC Outdoor Championships

June 8th - 11th

Meet: NCAA National Championships

Location: Sacramento, Calif.

Event Schedule: Field events begin late morning each day, with running events beginning late afternoon. For a full schedule, go to www.ncaasports.com.

Results will be available at the conclusion of each day's competition at www.unipanthers.com and at www.ncaasports.com

For the Week of June 6 - 12

This Week in Panther Track and Field

The University of Northern Iowa has qualified in six events for the NCAA Outdoor Track and Field National Championships in Sacramento, Calif. UNI will send Dirk Homewood (Cedar Falls, Iowa) in the 400 meter dash; Cody Eichmeier (Ackley, Iowa) in the long jump; Yuriy Litvinski (Sliven, Bulgaria) in the triple jump; and Jarno Kivioja (Porvoo, Finland) in the pole vault. The Panthers have also qualified both its men's 4x100 and 4x400 meter relay teams. The 4x100 team consists of Jamie Goodwin (McKeesport, Pa.), Eichmeier, Homewood and Patrick Hunter (Racine, Wis.), while the 4x400 team is comprised of Ryan Kedley (Lowden, Iowa), Eichmeier, Terrance Reid (Davenport, Iowa) and Homewood.

Indoor Schedule

Date	Meet	Location/Result
Jan. 15	Hawkeye Open	Iowa City, Iowa
Jan. 22	Adidas Classic	Lincoln, Neb.
Jan. 26-27	UNI Invitational	UNI-Dome
Feb. 4-5	Panther Classic	UNI-Dome
Feb. 11-12	Cyclone Classic	Ames, Iowa
Feb. 18-19	UNI-Dome Open	UNI-Dome
Feb. 25-26	MVC Championships	M: 1st; W: 6th
Mar. 5	National Qualifier	Ames, Iowa
Mar. 11-12	NCAA Championships	Fayetteville, Ark.

Outdoor Schedule

Date	Meet	Location
Mar. 18-19	Texas A&M Relays	College Station, Tex.
Apr. 2-3	Ole Miss Invitational	Oxford, Miss.
Apr. 9	Mark Messersmith Inv.	Cedar Falls, Iowa
Apr. 15-16	Sea Ray Relays	Knoxville, Tenn.
Apr. 16	Jim Duncan Invite	Des Moines, Iowa
Apr. 23-24	UNI Twilight	Cedar Falls, Iowa
Apr. 27-30	Drake Relays	Des Moines, Iowa
May 7	Wisconsin Relays	Madison, Wis.
May 13-15	MVC Championships	M: 1st; W: 6th
May 27-28	NCAA MW Regionals	M: 8th
June 8-11	NCAA Championships	Sacramento, Calif.

Panther Quick Facts

Location	Cedar Falls, Iowa
Founded	1876
Enrollment	11,853
Nickname	Panthers
Colors	Purple & Old Gold
Head Coach	Chris Bucknam
Asst. Coaches	Doug Case, Kyle Kepler, Travis Geopfert
Conference	Missouri Valley

Homewood, Eichmeier Competing in Three Events Each at NAAs

UNI senior Dirk Homewood (Cedar Falls, Iowa) and sophomore Cody Eichmeier (Ackley, Iowa) will have a busy four days at the NCAA championships. Each athlete will be competing in three events, as each has qualified in an individual specialty as well as being a member of both relay teams. Homewood set the school record in the 400 meter dash at the Midwest Regional, running 45.34, which is the seventh-fastest time in the field. Eichmeier qualified at-large for the NAAs in the long jump with his school-record leap of 25-0 earlier this year. Both relay teams also set school records at the Midwest Regionals, with the 4x100 team running 39.72 and the 4x400 team clocking 3:06.01.

UNI in Rare Company in the Relays

The Panthers are one of only 10 schools to qualify for the national championships in both the 4x100 and 4x400 relays. Its 4x400 automatically qualified by finishing third at the Midwest Regionals, while its 4x100 received one of seven at-large bids to the meet. In fact, UNI is the only school to qualify in both that is not a member of a "power conference" -- the other nine to be represented in both relays are Arizona State, Florida, Florida State, LSU, Mississippi State, Oregon, Texas Tech, USC and Washington.

Homewood Earns Academic All-District Honors

University of Northern Iowa senior Dirk Homewood (Cedar Falls, Iowa) has been named to the ESPN The Magazine Academic All-District VII Men's Track and Field/Cross Country team. This is the third straight year that Homewood has earned Academic All-District honors. A senior mathematics education major, he will participate in three events - the 400 meter dash, 4x100 meter relay and 4x400 meter relay -- at the NCAA Outdoor Track and Field Championships this week in Sacramento. The Academic All-District team is selected by the College Sports Information Directors of America (CoSIDA) in voting by the organizations' membership. Homewood's name will now be forwarded to the national ballot for consideration, with the ESPN the Magazine Academic All-America team announced later this summer. Homewood was a first-team CoSIDA Academic All-American in 2003 and a second team selection in 2004.

Outdoor Regional Qualifiers

Name	Event	Mk/Tm	Date
Derrick Benner	Discus	202-5	5/13
	Hammer	183-9	4/9
Raven Cepeda	Pole Vault	16-6 3/4	5/15
Morgen Edwards	Discus	159-6	4/9
	Shot Put	47-3/4	4/2
Cody Eichmeier	Long Jump	25-0	5/14
Jarno Kivioja	Pole Vault	17-2 3/4	5/15
Yuiry Litvinski	Triple Jump	49-9 3/4	5/15
Dirk Homewood	400 Meters	45.78	5/15
	200 Meters	20.78	5/7
Patrick Hunter	100 Meters	10.43	5/15
Andre Poljanec	Pole Vault	17-10 1/2	5/15
Terrance Reid	400 Meters	46.64	5/15
Jamie Goodwin	4x100 Relay	39.96	5/15
Ryan Kedley			
Dirk Homewood			
Patrick Hunter			
Terrence Reid	4x400 Relay	3:06.03	5/28
Cody Eichmeier			
Ryan Kedley			
Dirk Homewood			

UNI Indoor School Records Broken

Name	Event	Mark	Date
Raven Cepeda	Heptathlon	5330	1/29
Ivana Barsic	Weight Throw	58-4	2/26
Mary Egbo-Egbo	Triple Jump	40-7 1/2	2/12
Terrance Reid	4x400 Relay	3:04.21	3/5
Cody Eichmeier	4x400 Relay		
Ryan Kedley	4x400 Relay		
Dirk Homewood	4x400 Relay		
Lauren Carruthers	4x400 Relay	3:41.00	3/5
Lynnette Wilson	4x400 Relay		
Ravin Henry	4x400 Relay		
Angie German	4x400 Relay		

UNI Outdoor School Records Broken

Name	Event	Mark	Date
Ivana Barsic	Hammer	169-6	5/13
Cody Eichmeier	Long Jump	25-0	5/15
Dirk Homewood	200 Meters	20.78	5/7
Dirk Homewood	400 Meters	45.34	5/28
Jamie Goodwin	4x100 Relay	39.72	5/28
Cody Eichmeier			
Dirk Homewood			
Patrick Hunter			
Ryan Kedley	4x400 Relay	3:06.01	5/28
Brent Dahlstrom			
Terrance Reid			
Dirk Homewood			

2005 Panther Indoor All-Americans

Name	Event	Mk/Tm	Date
Cody Eichmeier	Long Jump	25-2	3/11
Terrance Reid	4x400 Relay	3:04.95	3/12
Cody Eichmeier			
Ryan Kedley			
Dirk Homewood			

Bucknam Named Midwest Region Coach of the Year

University of Northern Iowa head track and field coach and director of running programs Chris Bucknam was named the 2005 Mondo Midwest Region Coach of the Year, as announced by the United States Track and Field Coaches Association. Bucknam has now claimed that honor in five of the last six years. He is finishing his 22nd year at the helm of UNI's track and field programs, and during his tenure, he has guided the Panthers to 27 conference titles, including the last six Missouri Valley Conference indoor titles in a row, and the 2005 MVC outdoor crown as well. He was named MVC indoor and outdoor coach of the year, marking the 24th time he has earned conference coach of the year accolades. He has coached 41 All-Americans and two national champions.

Homewood Wrapping Up Outstanding UNI Career

Panthers senior Dirk Homewood (Cedar Falls, Iowa), who will go down as one of the greatest runners in UNI track and field history, will be a busy guy this week at the NCAA championships. He will run in the 400 meter individual race, as well as being the third leg of UNI's 4x100 relay team and the anchor leg of the school's 4x400 squad. Homewood, a three-time All-American and 11-time NCAA qualifier, holds UNI school records (indoors and outdoors) in both the 200 and 400 meters, and also is a member of numerous school-record holding relay teams. His time of 45.34 in the 400 meters at the 2005 Midwest Regionals is the seventh-fastest time in the NCAA this year, and it qualified him for the 2005 USA Track and Field Championships later this summer.

UNI Finishes Eighth at Midwest Regionals

Norman, Okla. - The University of Northern Iowa men's track and field team finished 8th at the NCAA Midwest Regionals May 27-28, held at John Jacobs track and hosted by the University of Oklahoma. UNI's 33 team points and eighth-place finish are both school-bests at the regionals.

"What a great weekend," said head coach Chris Bucknam. "I look at this as a continuation of the MVC championships from two weeks ago, and hopefully we can continue this in two more weeks at the NCAA nationals. We're continuing to work hard and improve, which is great to see at this time of year.

"It's the most points we've scored and highest we've finished at the regionals, which is a great feeling and a great result. We've still got a chance to get a few more national qualifiers, we'll find out about those next week. But we're not going to get greedy - it was a great effort by so many of our kids this weekend."

The Panthers wrapped up the meet in style. In the final event of the day, the team's 4x400 relay team of Ryan Kedley (Lowden, Iowa), Brent Dahlstrom (Cedar Falls, Iowa), Terrence Reid (Davenport, Iowa) and Dirk Homewood (Cedar Falls, Iowa) finishing third in a UNI-school record time of 3:06.01. By finishing third, the team automatically qualifies for the nationals. Dahlstrom replaced regular team member Cody Eichmeier (Ackley, Iowa), who suffered a hamstring injury earlier in the day during the 4x100 relay.

Homewood became a double-qualifier for nationals, placing third in the open 400 meter dash, posting a new UNI record time of 45.34. By finishing in the top five, Homewood automatically qualifies for the NCAA's. In addition to Homewood, Jarno Kivioja (Porvoo, Finland) finished fourth in the pole vault with a personal-best jump of 17-5 to also automatically qualify for nationals. Also in the pole vault, Andre Poljanec (Ljubljana, Slovenia) tied for ninth after clearing 17-1.

Yuiry Litvinski (Sliven, Bulgaria) came out of the first flight in the triple jump to be UNI's fourth automatic qualifier for nationals. The sophomore posted a season-best mark of 51-5 3/4 to place second overall in the event.

In the men's 4x100 relay, UNI set a new school and Missouri Valley Conference record for the second consecutive day. The team of Jamie Goodwin (McKeesport, Pa.), Eichmeier, Homewood and Patrick Hunter (Racine, Wis.) ran 39.72, bettering the mark of 39.77 that it clocked in the preliminaries, and placed fifth overall. Hunter finished eighth in the open 100 meter dash with a time of 10.61.

2005 UNI Women's Roster

Name	Event	Year	Hometown/High School
Amy Bagge	Long Sprints	Fr.	Monticello, Iowa/Monticello
Ivana Barsic	Throws	Jr.	Zabresic, Croatia/16th
Sarah Behrens	Throws	Sr.	Marathon, Iowa/Laurens-Marathon
Amy Bohlen	Pole Vault	Fr.	Tama, Iowa/South Tama
Carrie Boyle	Sprints	Fr.	Cedar Rapids, Iowa/Washington
Liz Bradfield	Sprints/Jumps	Fr.	Cedar Falls, Iowa/Cedar Falls
Randi Burns	Distance	Jr.	Strawberry Point, Iowa/Starmont
Staci Butt	Sprints/Jumps	Fr.	DeWitt, Iowa/Northeast Goose Lake
Lauren Carruthers	Long Sprints	Fr.	Bettendorf, Iowa/Pleasant Valley
Krystle Cordes	Long Sprints	Jr.	Dike, Iowa/Dike-New Hartford
Patricia Dietz	Javelin	Jr.	Ionia, Iowa/Tripoli Community
Bridgitte Duffy	Throws	Sr.	Lawler, Iowa/New Hampton
Morgen Edwards	Throws	Jr.	Cedar Rapids, Iowa/Jefferson
Steph Feldman	Middle Distance	So.	Carroll, Iowa/Kuemper
Angie German	Long Sprints	Sr.	Manchester, Iowa/West Delaware
Crystal Hanson	High Jump	So.	Roland, Iowa/Roland-Story
Sarah Harms	Throws	Fr.	Hampton, Iowa/Hampton-Dumont
Traci Hawley	Distance	Fr.	Ames, Iowa/Ames
Ravin Henry	Long Sprints	Jr.	Omaha, Neb./Millard North
Shayla Houlihan	Distance	So.	Sioux City, Iowa/East
Jamie Hutchinson	Long Sprints	Fr.	Charles City, Iowa/Iowa City West
Chelsey Iverson	Throws	Fr.	New Hampton, Iowa/New Hampton
Megan Iverson	Sprints	Fr.	Sioux City, Iowa/Heelan
Rachel Jansen	Throws	So.	Orange City, Iowa/MOC-Floyd Valley
Meredith Kosmacek	Sprints	Fr.	Persia, Iowa/Tri-Center Neola
Yana Kruglikova	Hurdles/Long Jump	So.	Kamenogorsk, Kazakhstan/Ust-Kamenogorsk
Pam Kyeremateng	Sprints	So.	Accra, Ghana/Wesley Girls' School
Cali Lyons	Hurdles	Fr.	Dubuque, Iowa/Hempstead
Stephanie Nesvik	Sprints/Hurdles	Fr.	West Union, Iowa/North Fayette
Kayleen Popp	Pole Vault	Sr.	Haven, Kan./Haven
Staci Ruebel	Distance	Fr.	Waverly, Iowa/Waverly-Shell Rock
Blair Runde	Sprints/Jumps	Fr.	Platteville, Wis./Platteville
Melissa Schmitz	Long Sprints	So.	Elk Run Heights, Iowa/Gilbertville-Don Bosco
Emily Thompson	Distance	Fr.	Van Horn, Iowa/Benton Community
Quinn Vermie	Distance	So.	Runnels, Iowa/Southeast Polk
Megan Vorwald	Heptathlon	So.	New Hampton, Iowa/New Hampton
Rena Walker	Jumps	Fr.	Nevada, Iowa/Nevada
Lynnette Wilson	Long Sprints	So.	Cedar Rapids, Iowa/Kennedy
Kara Yahn	Hurdles	So.	Clinton, Iowa/Clinton

Pronunciation Guide

Amy Bagge	Ba-GEE	Yana Kruglikova	YAHN-uh Kroog-la-KOH-va
Ivana Barsic	Eee-VAHN-a BAR-sick	Pam Kyeremateng	Kie-ER-ma-tang
Sarah Behrens	BEAR-ens	Blair Runde	RUN-dee
Meredith Kosmacek	KAHZ-ma-check		

2005 UNI Men's Roster

Name	Event	Year	Hometown/High School/ College
Alex Alva	Sprints	Jr.	London, Canada/Regina Mundi
John Anderson	High Jump	So.	Boone, Iowa/Boone
Derrick Benner	Throws	Sr.	Paulina, Iowa/South O'Brien
Miles Bern	Distance	Jr.	Cedar Falls, Iowa/Cedar Falls
Raven Cepeda	Multi-Events	Fr.	Beloit, Wis./Beloit Memorial
Mike Clancy	Distance	Fr.	Iowa City, Iowa/West
Chris Cooper	Middle Distance	So.	Dayton, Iowa/Southeast Webster
Brent Dahlstrom	Long Sprints	So.	Cedar Falls, Iowa/Cedar Falls
Dylan Davis	Distance	So.	Adel, Iowa/Adel-DeSoto-Minburn
Samuel Dodoo	Sprints	Fr.	Accra, Ghana
Jon Drury	Hurdles	Sr.	Clarion, Iowa/Clarion-Goldfield
Cody Eichmeier	Sprints/Long Jump	Jr.	Ackley, Iowa/AGWSR
Tyler Fisher	Distance	Fr.	West Des Moines, Iowa/Valley
Tim Fulton	Middle Distance	Fr.	Decorah, Iowa/Decorah/Iowa
Jamie Goodwin	Sprints	Jr.	McKeesport, Pa./McKeesport/Akron
Daniel Grandon	Multi-Events	Jr.	New Hartford, Iowa/Dike-New Hartford
Ryan Grenko	Long Sprints	Fr.	Iowa City, Iowa/City High
Mark Harris	Sprints	So.	Toronto, Canada/Birchmount Park
Justin Heinz	Throws	Sr.	West Union, Iowa/North Fayette
Adam Hinders	Middle Distance	Jr.	Waverly, Iowa/Waverly-Shell Rock
Dirk Homewood	Sprints	Sr.	Cedar Falls, Iowa/Cedar Falls
Patrick Hunter	Sprints	So.	Racine, Wis./Washington Park
Scott Jedicka	Distance	Fr.	Tipton, Iowa/Tipton
Ryan Kedley	Sprints	Sr.	Lowden, Iowa/North Cedar
Jarno Kivioja	Pole Vault	So.	Porvoo, Finland/Makelanrinteen Lukio
Derrick Kresser	Distance	Jr.	Waterloo, Iowa/Columbus
Jon Lamb	Distance	Fr.	Iowa City, Iowa/West
Chris Lawson	Distance	Fr.	Ankeny, Iowa/Ankeny
Yuriy Litvinski	Jumps	So.	Sliven, Bulgaria/Diueltar Rohou
Nick Maas	Middle Distance	Jr.	Tama, Iowa/South Tama
Zach Michels	Multi-Events	Fr.	Omaha, Neb./Burke
Michael Miller	Throws	Jr.	Olathe, Kan./Ames
Jack Ogden	Middle Distance	Fr.	Cedar Rapids, Iowa/Washington
Andre Poljanec	Pole Vault	Fr.	Ljubljana, Slovenia/Ljubljana
Terrance Reid	Long Sprints	Fr.	Davenport, Iowa/Central
Kevin Roberts	Long Sprints	Fr.	Cedar Falls, Iowa/Cedar Falls
Andy Schon	Distance	Fr.	Waukon, Iowa/Waukon
Kyle Smith	Middle Distance	So.	Toronto, Canada/Birchmount Park
J.R. Thomas	Sprints	Fr.	Lancaster, Texas/Lancaster
Nathan White	Distance	Fr.	Des Moines, Iowa/Southeast Polk

Pronunciation Guide

Cody Eichmeier	IKE-meyer
Jarno Kivioja	YARN-o Kiv-ee-OHA
Yuriy Litvinski	YUR-ee Lit-VIN-skee
Andre Poljanec	Pole-JAN-ick
Samuel Dodoo	DOE-doo
Nick Maas	MAHS

2005 Outdoor Best List: Women

100 Meters

1. Meredith Kosmacek	12.19	5/14
2. Blair Runde	12.24	4/23
2. Pam Kyeremateng	12.24	5/14
4. Liz Bradfield	12.36	5/7
5. Stacy Butt	12.68	4/23
6. Megan Vorwald	12.69	4/23
7. Stephanie Nesvik	13.14	4/9
8. Cali Lyons	13.62	4/16

100 Meter Hurdles

1. Kara Yahn	14.36	4/16
2. Cali Lyons	14.86	4/23
3. Crystal Hanson	15.24	4/9

200 Meters

1. Meredith Kosmacek	24.83	5/7
2. Pam Kyeremateng	25.72	4/23
3. Staci Butt	25.94	4/23
4. Liz Bradfield	25.95	4/2
5. Blair Runde	26.37	4/23
6. Megan Vorwald	26.62	4/23

400 Meters

1. Lauren Carruthers	54.76	5/15
2. Lynnette Wilson	55.81	5/15
3. Jamie Hutchinson	56.99	5/7
4. Liz Bradfield	57.73	5/14
5. Krystle Cordes	59.14	5/7
6. Amy Bagge	59.31	4/16

400 Meter Hurdles

1. Kara Yahn	1:01.44	5/15
2. Yana Kruglikova	1:04.33	5/14

800 Meters

1. Amy Bagge	2:17.62	4/16
2. Shayla Houlihan	2:27.22	4/23

1,500 Meters

1. Shayla Houlihan	4:50.90	4/9
2. Quinn Vermie	4:57.17	4/9
3. Traci Hawley	4:58.21	4/29
4. Staci Ruebel	4:59.97	4/9

3,000 Meters

1. Traci Hawley	10:18.37	4/16
2. Quinn Vermie	10:36.41	4/16

3,000 Meter Steeplechase

1. Shayla Houlihan	11:43.59	5/14
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5,000 Meters

1. Quinn Vermie	17:45.22	5/15
2. Traci Hawley	17:54.84	5/15
3. Shayla Houlihan	18:01.55	5/15

10,000 Meters

1. Quinn Vermie	37:01.87	5/13
2. Traci Hawley	37:35.39	5/13

High Jump

1. Crystal Hanson	5-7	5/15
2. Renae Walker	5-3	4/9

Pole Vault

1. Kayleen Popp	11-11 3/4	4/29
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Long Jump

1. Stacy Butt	18-2	4/2
2. Blair Runde	18-1 3/4	4/23

Shot Put

1. Morgen Edwards	48-0 1/2%	5/28
2. Sarah Behrens	46-6 1/4	4/9
3. Ivana Barsic	45-2 1/2	5/7
4. Sarah Harms	42-6 1/4	4/9

Hammer Throw

1. Ivana Barsic	169-6@	5/13
2. Morgen Edwards	168-1	4/23
3. Sarah Harms	144-7	5/13
4. Bridgette Duffy	144-5	5/13

Discus

1. Morgen Edwards	159-6%	4/9
2. Bridgette Duffy	127-2	4/23

Javelin

1. Sarah Behrens	104-7	4/23
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4x100 Meter Relay

1. Bradfield, Carruthers, Kosmacek, Runde	46.92	5/7
2. Yahn, Kyeremateng, Carruthers, Hutchinson	49.29	4/2
3. Lyons, Butt, Vorwald, Cordes	49.72	4/16

4x200 Meter Relay

1. Runde, Butt, Kyeremateng, Kosmacek	1:39.64	4/16
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4x400 Meter Relay

1. Bradfield (56.75), Wilson (55.86), Hutchinson (55.53), Carruthers (55.12)	3:43.57	5/15
2. Cordes (61.69), Butt (59.29), Kyeremateng (57.50), Bagge (58.62)	3:57.48	4/2
3. Cordes, Kruglikova, Bagge, Vorwald	4:05.04	4/16

* Banked Track Times- Not Converted

@ UNI School Record

\$ UNI-Dome Record

% Regional Qualifier

2005 Outdoor Best List: Men

100 Meters

1. Patrick Hunter	10.43%	5/15
2. Cody Eichmeier	10.52	4/9
3. Jamie Goodwin	10.59	5/15
4. Samuel Dodoo	10.99	5/15
5. Raven Cepeda	11.38	5/15

110 Meter Hurdles

1. Jon Drury	14.55	4/16
2. Raven Cepeda	15.18	4/2

200 Meters

1. Dirk Homewood	20.78@%	5/7
2. Cody Eichmeier	21.27	5/15
2. Patrick Hunter	21.27	5/15
4. Jamie Goodwin	21.50	5/7
5. Ryan Kedley	21.59	5/7
6. Mark Harris	22.07	5/7
7. Terrence Reid	22.12	5/7

400 Meters

1. Dirk Homewood	45.34@%	5/27
2. Terrence Reid	46.64@%	5/15
3. Mark Harris	47.29	5/15
4. Ryan Kedley	47.44	5/15
5. Brent Dahlstrom	47.66	5/15
6. Adam Hinders	49.21	4/2
7. Kyle Smith	49.26	4/9

400 Meter Hurdles

1. Jon Drury	53.17	5/15
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800 Meters

1. Kyle Smith	1:50.72	4/16
2. Adam Hinders	1:52.74	3/17
3. Dylan Davis	1:53.47	4/9
4. Kyle Smith	1:54.12	4/2
5. Jack Ogden	1:54.39	5/7
6. Nick Mass	1:56.31	4/2
7. Mike Miller	1:56.54	4/2
8. Chris Cooper	1:57.65	4/16

1,500 Meters

1. Dylan Davis	3:57.47	5/15
2. Chris Lawson	4:07.32	4/9
3. Jon Lamb	4:20.84	4/23

3,000 Meters

1. Jon Lamb	9:24.48	4/16
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5,000 Meters

1. Chris Lawson	15:06.40	4/29
2. Jon Lamb	15:50.08	4/29

10,000 Meters

1. Chris Lawson	32:52.81	5/13
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High Jump

1. John Anderson	6-4 3/4	4/23
2. Raven Cepeda	6-1 1/2	5/13

Pole Vault

1. Andre Poljanec	17-10 1/2%	5/15
2. Jarno Kivioja	17-5%	5/28
3. Raven Cepeda	16-6 3/4%	5/15

Triple Jump

1. Yuriy Litvinski	51-5%	5/28
2. John Anderson	41-1 3/4	4/9

Long Jump

1. Cody Eichmeier	25-0@%	5/14
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Hammer Throw

1. Derrick Benner	202-5%	5/13
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Discus

1. Derrick Benner	173-1%	4/9
2. Mike Miller	160-4	4/29
3. Raven Cepeda	124-3	4/16

Shot Put

1. Raven Cepeda	44-1 1/4	5/7
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Javelin

1. Jarno Kivioja	157-5	4/2
2. Mike Miller	157-1 1/2	4/2
3. Raven Cepeda	147-0	4/2

4x100 Meter Relay

1. Goodwin, Eichmeier, Homewood, Hunter	39.72\$@%	5/28
2. Goodwin, Kedley, Homewood, Hunter	40.41%	5/7
3. Kedley, Eichmeier, Homewood, Hunter	40.67	4/9

4x200 Meter Relay

1. Goodwin, Kedley, Eichmeier, Homewood	1:23.45@	4/29
2. Kedley, Eichmeier, Hunter, Homewood	1:25.69	4/9

4x400 Meter Relay

1. Kedley, Dahlstrom, Reid, Homewood	3:06.01@%	5/28
1. Reid (47.21), Eichmeier (46.79) Kedley (46.38), Homewood (45.31)	3:06.03%	4/30
2. Homewood (46.87), Reid (47.31), Harris (47.83), Kedley (46.86)	3:09.26%	4/2
3. Dahlstrom (47.66), Kedley (46.55), Hinders (48.06), Reid (47.00)	3:09.63	4/29
4. Kedley (46.66), Harris (50.35), Dahlstrom (47.13), Reid (46.25)	3:10.92	5/15
5. Hinders (48.66), Drury (48.93), Smith (47.63), Davis (49.25)	3:14.83	4/16
6. Kedley, Dahlstrom, Smith, Davis	3:15.55	4/9
7. Dahlstrom (49.44), Smith (48.27), Hinders (48.42), Davis (50.28)	3:16.65	4/2

4x800 Meter Relay

1. Hinders, Mass, Davis, Smith	7:34.50	4/16
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Decathlon

1. Raven Cepeda	7087	5/14
2. Daniel Grandon	6201	5/14

*Banked Track Times- Not Converted
@ UNI School Record
\$ Mark Messersmith Complex Record