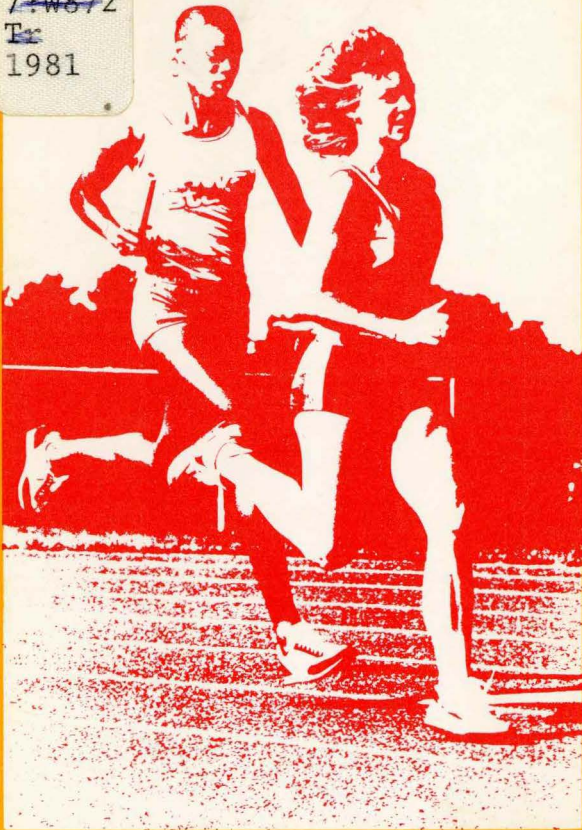


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Iowa State

women's track 1981

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iowa state quick facts

Location: Ames, Iowa 50011
Founded: 1858
President: Dr. W. Robert Parks
Enrollment: 23,468
Nickname: Cyclones
Mascot: Cy the Cardinal
Affiliations: AIAW, Region 6, Division I

department of intercollegiate athletics

	(AC 515)
Athletic Director: Lou McCullough	294-3662
Associate AD: Max Urick	294-3662
Assistant AD: Dave Cox	294-3662
Assistant AD: J. Elaine Hieber	294-3462
Business Manager: Jim Overturf	294-4930
Women's Athletic Trainer: Peg Houglum	294-8388
Women's Sports Information	294-3404
Director: Chris Plonsky	233-4012 (home)

Ron Renko
Women's Track and Cross Country Coach
210 State Gym
Iowa State University
Ames, Iowa 50011

Office phone: 515-294-1013
Home phone: 515-232-1861

Best time to reach Coach Renko: mornings, 10 a.m.-noon;
afternoons, 1 p.m.-3:30 p.m.

The 1981 Iowa State's womens track and field brochure was written and edited by Chris Plonsky, women's sports information director. Lay-out and design by Iowa State Publications Office. Please direct all information requests to 201 State Gym, Iowa State University, Ames, Iowa 50011.

iowa state university

Iowa State University is a major midwestern center of learning for students from all 50 states and more than 85 other nations.

The University is the largest institution governed by the State Board of Regents and offers extensive curricula in agriculture, design, education, engineering, economics, sciences and humanities, and veterinary medicine.

The fall of 1980 marked the opening of the newly-created School of Business Administration, which has the largest enrollment of any school or college at Iowa State.

Iowa State was established by the General Assembly in 1858. Its picturesque campus is comfortably situated in a central campus "park," and is a splendid combination of conventional and contemporary architectures in wooded and open landscaping.

The ultra-modern South Campus is dominated by the magnificent Iowa State Center, the 50,000-seat football stadium, and the College of Veterinary Medicine. The Iowa State Center was built without the use of state or federal appropriated funds and includes the James Hilton Coliseum, J.W. Fisher Theater, C.Y. Stephens Auditorium, and the Scheman Continuing Education Building.

The beautiful, spacious facilities are showcases for a variety of activities at Iowa State, including athletic contests, concerts, lectures, and drama presentations.

Sports are a vital part of life at Iowa State, and the Department of Intercollegiate Athletics offers 19 men's and women's sports. Quite a number of Cyclone teams have been nationally ranked in recent years, and several have won national championships.

Iowa State's varsity athletes also fare well in the classroom, and academic life is emphasized at all times. Tutor programs are available through the athletic department for anyone needing instruction in specific courses. Top scholars are recognized by the ISU Athletic Council.

Both undergraduate and graduate instruction at Iowa State will be offered on the semester system beginning in the fall of 1981.

grants-in-aid

Iowa State awards full and partial grants-in-aid to deserving athletes. Other types of financial aid also are available to qualifying students. Athletes at Iowa State are required to meet the same academic, admission, and grade point standards as non-athletes.

Further information may be obtained by contacting the Admissions Office, 7 Beardshear Hall, Iowa State University, Ames, Iowa 50011 (515-294-5836).

Iowa State is a member of the Association for Intercollegiate Athletics for Women (IAAW) Region 6, Division I. The Cyclones field teams in basketball, cross country, golf, gymnastics, softball, swimming and diving, tennis, track and field, and volleyball.



Colleen Hanna

schedule

indoor

- Jan. 17 at Badger Classic, Madison, Wis.
Jan. 24 at Track and Field Association-U.S.A.
National Invitational, Kansas City, Mo.
at Drake Open, Des Moines, Iowa
Feb. 6-7 at Husker Invitational, Lincoln, Neb.
Feb. 14 at Illinois Invitational, Champaign, Ill.
Feb. 27-28 at Big Eight Championships, Lincoln, Neb.
Mar. 13-14 at AIAW National Championships,
Pocatello, Idaho

outdoor

- Mar. 28 at Arkansas Relays, Fayetteville, Ark.
April 3-4 at Texas Relays, Austin, Tex.
April 11 at Drake Invitational, Des Moines, Iowa
April 17-18 at Kansas Relays, Lawrence Kan.
April 24-25 at Drake Relays, Des Moines, Iowa
May 15-16 Big Eight Championships, Ames
May 28-30 at AIAW National Championships, Austin,
Tex.
June 12-14 at The Athletic Congress Nationals, site to
be announced

coaching staff

The Iowa State women's track and cross country teams have met with continued success under the direction of Coach Ron Renko, now in his second year at Iowa State.

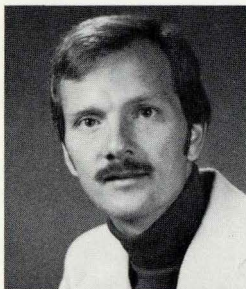
In his ISU coaching debut last year, three Cyclones won Big Eight Conference titles and 12 women qualified for the AIAW national championships. The Cyclones finished in a tie for 24th with eight points and two fourth place finishes. The two-mile relay team turned in one of the best times in the nation (8:45.55) last year while setting an ISU record. Iowa State also was represented in the Olympic Trials by hurdler Kim Whitehead, who finished second in the exhibition 400-meter hurdles.

A native of Anoka, Minn., Renko came to Iowa State after a five-year stay at Golden Valley (Minn.) Lutheran Junior College. He built the Royals into consistent state, regional, and national contenders on both the AIAW and junior college levels, and coached several individual national champions in track and cross country.

Golden Valley's sprint medley teams won national championships in 1978 and 1979, setting JC records each time. The Royals also were second in the 1978 NJCCA track nationals and placed third as a team in 1979.

Renko believes in a balanced track program and has coached 10 national champions in a variety of events, including the sprints, relays, and hurdles.

Renko's cross country teams also have met with success during the past six years. His Golden Valley harriers were runners-up in the 1977 and 1978 JC nationals, while the Cyclones made their sixth consecutive team appearance at the AIAW national championships last fall. Renko has coached six cross country all-Americans and had two women win individual national titles.



Renko attended Anoka High School and received an associate's degree from Golden Valley Lutheran in 1971. He earned his bachelor's degree in physical education from Sioux Falls (S.D.) College, where he was also a nationally-ranked race walker.

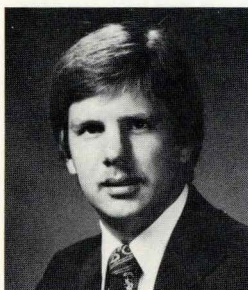
A respected clinician, Renko has staffed several track and cross country camps throughout the United States, including Olympia Sports Village, one of the nation's foremost running camps, located in Upson, Wis.

Richard Lee, 25, is in his second year as assistant women's track coach. Lee came to Iowa State in 1979 following a stint at South Dakota State University, where he was assistant track and cross country coach for the men's and women's teams.

The Jackrabbit men's track team won the 1979 North Central Conference title, and Lee coached several individual conference champions in the sprints, relays, and high jump. Two of his high jumpers qualified for the 1979 NCAA Division II national championships.

Prior to coaching at South Dakota State, Lee was head coach of both the men's and women's track teams at St. Francis (Minn.) High School.

A native of Cedar, Minn., Lee is a graduate of St. Francis High School and the University of Minnesota-Morris.



a look at the cyclones

hurdles

Iowa State has produced some of the finest 400-meter hurdlers in the nation in recent years, including four-time AIAW national champion Debbie Esser and 1980 Big Eight champion Kim Whitehead. Whitehead decided to return home to New York last December, but the Cyclones have two very capable competitors in senior Ellie Mahal and sophomore Patty McCarthy.

Mahal has shown signs of returning to the form which helped her finish second in the 1978 AAU championships, but consistency has been a problem for the Scarborough, Ontario, native. She captured the AIAW Region 6 400 hurdle title last spring in :59.60, her best clocking in two years. She will be striving to surpass her personal best (:58.40) in 1981 and make a third consecutive appearance at the AIAW nationals.

McCarthy, the Iowa state high school 400 hurdle champion in 1979, won the event at the 1980 Arkansas Relays. However, she has made more of a mark in the relays and sprints. McCarthy was a member of the Cyclones' national-qualifying mile relay team last year.

Iowa State recruited one of the finest 100 hurdle competitors in freshman Kelley Mathews. The graduate of Monona Grove (Wis.) High School won prep state titles in both the 100- and 200-meter hurdles last year. Her time of 13.9 (H) in the 100 hurdles was one of the top times in the country by a high schooler.

Mathews had a fine indoor season, competing in the 60-yard hurdles and mile relay. She probably will do some quarter-mile work this spring.



Kelley Mathews

sprints

Team co-captain Sumetia Wells is beginning to come into her own as a quarter miler, and Renko expects the Denver, Colo., Junior to be a big point producer this spring. Wells' best effort last year was :56.55, but she has a personal best of :52.8 (H) in the event. She also will run a leg in the mile relay.

Mahal and McCarthy also will run the quarter for ISU; Mahal was third in the Big Eight last year in :56.00. Junior college transfer Julie Kosowski (Golden Valley Lutheran College) has bests of :24.8 in the 200 meters and :57.3 in the 400. She should contribute heavily in the relays.



Sumetia Wells

middle distances

Renko is optimistic about the middle distance trio of Christine McMeekin, Diane Vetter, and Wren Schafer, three proven competitors with national meet experience.

McMeekin, the former British Olympian from Glasgow, Scotland, has personal bests of 2:02 in the 800 meters and 4:12.5 in the 1,500. She could be shooting for national titles in those events this year.

Schafer turned in her personal best time in the 880-yard run last spring (2:09.5), and Renko feels she will continue improving. Schafer also will try the 1,500 meters this spring, an event Renko says more suits the junior from Hector, Minn.

An 800- and 1,500-meter specialist for most of her career, Vetter won the Big Eight 3,000 meters last spring in a meet record and career-best 9:38.50. It could be her strongest event again this year, according to Renko.

Vetter is coming off one of her better indoor track seasons. A versatile athlete, she will run any event from the quarter mile to the 5,000 meters.

Vetter, Schafer, and junior Jane Lange comprised three-fourths of ISU's two-mile relay team last year. The Cyclones finished fourth in the event at the 1980 AIAW nationals in a school record 8:45.55. McMeekin will anchor this season, leading Renko to believe that the Cyclones again have the potential to challenge for national honors.



Wren Schafer, Jane Lange

distances

The Cyclones lost their top two distance runners (Mary Seybold and Bridget Seip) to graduation, so Renko will be counting upon senior Sheila Frank and freshman Francine Sandoval to take up the slack. Frank missed the fall cross country season with an injury, but should be full strength for her final track season. She has a personal best of 36:20.00 in the 10,000 meters. Sandoval, a rookie from Fort Madison, Iowa, will be giving the 5,000 and 10,000 meters her first shot. She had a fine cross country season for the Cyclones last fall.

Senior Betsy Bowers, back after a year's absence from track, and much-improved junior Barb Rus complete the distance corps.

field events

throws

Two former Iowa high school stand-outs, Melanie Heitman and Connie White, are Iowa State's main threats in the shot put and discus. Heitman won the javelin throw at the 1980 Drake Relays, but is more proficient with the discus. The former state champion from Williamsburg set the ISU record of 148-6 in the event last spring.

White shattered the ISU shot put record during the indoor season and probably will duplicate that feat during the outdoor campaign. She won the state shot put title at Laurens-Marathon High School in 1980.

jumps

Senior Cindy Van Farowe and freshman Jill Andersen will compete in the long jump for Iowa State, while Diane Doles, also a spiker on the Cyclone volleyball squad, will high jump. Doles had a personal best leap of 5-8 last year at East Leyden High School in River Grove, Ill.

cyclones to watch



Colleen Hanna
Sophomore
Sprints, relays
Nassau, Bahamas

Has developed into the Cyclones' finest short sprinter ... tied school record in the 100 meters last spring with an :11.70 clocking ... also had personal best of :25.07 in the 200 meters ... came to Iowa State last March from the Bahamas, where she had been a top-flight runner ... was her country's high school sprint champion in 1979 ... also was a member of the national 4 x 100-meter relay team as a prepster ... attended Government High School ... industrial administration major ... born 11-14-62.

Melanie Heltman
Sophomore
Discus, shot put, javelin
Williamsburg, Iowa

Quickly established herself as a fine collegiate thrower last season ... set ISU discus record of 148-6 against Nebraska ... has personal best of 150-1 in the event ... very versatile thrower ... has bests of 42-11 in the shot put and 149-10 in the javelin toss ... won the latter event during the 1980 Drake Relays ... also won the high school discus throw at the 1979 Relays ... a four-time Iowa state high school discus champion while at Williamsburg High School ... also won the 1978 state shot put championship ... physical education major ... born 5-13-61.



Jane Lange
Junior
Middle distances
Davenport, Iowa

Versatile runner and key relay performer for the Cyclones ... a member of the two-mile relay team, which finished fourth in the AIAW nationals last spring ... has personal best of 2:08.90 in the 800 meters (1977) ... former Iowa state high school 440-yard dash champion ... attended West High School and competed for her father, Don Lange ... also has earned three letters in cross country at Iowa State ... accounting major ... born 8-26-60.

Elle Mahal
Senior
Hurdles, sprints
Scarborough, Ontario

Iowa State's best bet in the 400 hurdles this year ... two-time AIAW national qualifier in the event ... has had many outstanding races during her career ... finished second in the 400 hurdles during the 1978 AAU Championships in Los Angeles ... was sixth in the 1978 AIAW nationals and ninth in 1979 ... also has been a member of several school-record-setting relay teams ... a three-time Canadian national team member ... still holds several Canadian junior records in the 100 and 200 meters, and the 400 hurdles ... graduate of Markham District High School ... interior design major ... born 3-21-57.

Kelley Mathews
Freshman
Hurdles, relays
Monona, Wis.

The Cyclones' top sprint hurdle prospect ... won Wisconsin prep titles in the 100- and 200-meter hurdles last spring ... had a time of :28.02 in the 200 hurdles, which was a national high school record in 1980. ... very versatile athlete ... probably will run the quarter mile or mile relay this spring ... also has long-jumped 18-11 ... had a fine indoor track season ... ran both the 60-yard hurdles and mile relay ... attended Monona Grove High School ... industrial administration major ... born 12-31-61.



Patty McCarthy
Sophomore
Hurdles, relays
Hawarden, Iowa

Along with Ellie Mahal, will compete in the 400-meter hurdles for the Cyclones . . . won the event on a rain-soaked track during the 1980 Arkansas Relays . . . also was a member of Iowa State's national-qualifying mile relay team last season . . . won the Iowa state high school 400 hurdle title in 1979 and the 100 hurdle championship in 1978 . . . attended West Sioux High School . . . physical education major . . . born 9-26-60.

Christine McMeekin
Senior
Middle distances
Glasgow, Scotland

Currently one of the finest middle distance runners in the country . . . former British Olympian . . . ran the 800 meters during the 1978 Games in Montreal . . . has a personal best of 2:02 in the event . . . also competed in the 1,500 meters during the 1978 Commonwealth Games in Britain . . . best 1,500 meters time is 4:12.5 . . . made her first contact with ISU following the 1978 Commonwealth Games and ran track for the Cyclones in 1979 . . . injuries hampered her that season, but she recovered in time for the fall cross country campaign . . . won Big Eight and AIAW Region 6 titles that fall, and later finished 18th in the World Cross Country Championships in Paris (March 1980) . . . underwent surgery for a chronic Achilles tendon injury last August in London . . . came back strong during the 1981 indoor season . . . qualified for the AIAW nationals in four events . . . has a twin sister, Evelyn, who also ran track for ISU in 1979 . . . leisure studies major . . . born 1-12-56.



Wren Schafer
Junior
Middle distances
Hector, Minn.

Another strong middle distance runner for the Cyclones . . . ran the 880 and was a member of the two-mile relay team last year . . . turned in her best 880 time during the AIAW national meet with a 2:09.5 split during the two-mile relay . . . paced ISU to a fourth place finish in the event . . . also will run the 1,500 meters this spring . . . transferred to Iowa State in 1979 from Golden Valley (Minn.) Lutheran College . . . ran track and cross country for the Royals, and captured the individual national NJCCA cross country title in 1978 . . . attended Buffalo Lake Public High School . . . won three Minnesota state high school 440-yard dash titles (1976-78) . . . also anchored her prep team's mile relay quartet to three state championships . . . has earned two letters in cross country at Iowa State . . . physical education major . . . born 5-13-60.

Diane Vetter
Senior, co-captain
Middle distances
Chardon, Ohio

The veteran of the Cyclone track team . . . heads into her final collegiate season with a score of honors behind her . . . is the defending Big Eight 3,000 meters champion . . . turned in her best time in the event last year (9:38.50) . . . also has career bests of 4:20.7 in the 1,500 meters and 2:07 in the 800 meters . . . helped the Cyclones' two-mile relay team finish fourth nationally last spring . . . probably is the most versatile runner on the team . . . can run anything from the quarter mile to the 5,000 meters . . . earned all-America honors in 1978 via the Cyclones' two-mile relay team, which finished second nationally that year . . . won Big Eight indoor 1,000-yard run titles from 1978-81 . . . also has earned four letters in cross country . . . was a member of ISU's AIAW national champion harriers in 1977 and 1978 . . . prepped at Chardon High School . . . began her track career with the Blue Ribbon Track Club in Wickliffe, Ohio, at age 14 . . . advertising design major . . . born 5-30-56.



Sumetia Wells
Junior, co-captain
400, relays
Denver, Colo.

The Cyclones' top threat in the quarter mile . . . led off ISU's national-qualifying mile relay team last spring . . . has personal best of :53.8 (H) in the 400 meters . . . also has collegiate career best of :12.17 in the 100 meters . . . is coming off one of her best indoor track seasons . . . previously competed for the Colorado Flyers Track Club in Denver . . . attended Manual High School, but competed only on the club level . . . psychology major . . . born 2-6-60.

Connie White
Freshman
Shot put, discus
Laurens, Iowa

Along with Melanie Heitman, gives Iowa State good strength in the throwing events . . . already has put her name in the Cyclone recordbook . . . broke the ISU indoor shot put record in her first collegiate meet . . . has personal best of 44-1 in the event (outdoors) and a best of 149-6 in the discus . . . won the Iowa state high school shot put title in 1980 . . . attended Laurens-Marathon High School . . . physical education major . . . born 1-31-62.



roster

name	yr.	ht.	wt.
Andersen, Jill	Fr.	5-5	132
Bowers, Betsy	Sr.	5-5	111
Doles, Diane	Fr.	5-11	155
Drasal, Sue	Fr.	5-5	116
Frank, Sheila	Sr.	5-6	120
Hanna, Colleen	So.	5-5	110
Heitman, Melanie	So.	5-10 ¹ / ₂	165
Kosowski, Julie	So.	5-9	145
Lange, Jane	Jr.	5-10 ¹ / ₂	138
Mahal, Ellie	Sr.	5-7 ¹ / ₂	134
Mathews, Kelley	Fr.	5-6	128
McCarthy, Patty	So.	5-10 ¹ / ₂	134
McMeekin, Christine	Sr.	5-4	105
Rus, Barb	Jr.	5-5	123
Sandoval, Francine	Fr.	5-1	88
Schafer, Wren	Jr.	5-5	113
Spearman, Lorene	Jr.	5-8	143
Van Farowe, Cindy	Sr.	6-0	145
Vermaat, Kelly	Fr.	5-6	113
Vetter, Diane (co-captain)	Sr.	5-3	105
Wells, Sumetia (co-captain)	Jr.	5-3 ¹ / ₂	123
White, Connie	Fr.	5-9	170
Williams, Linnie	Fr.	5-3	113

Row one: *Loree Haugland, Wren Schafer, Francine Sandoval,
 Row two: Linnie Williams, Barb Rus, Sumetia Wells, Jill Anderse
 Row three: Betsy Bowers, Ellie Mahal, Julie Kosowski, Melanie
 White, Sheila Frank.

Missing from photo: Christine McMeekin, Diane Doles.

*No longer on team.



its
 hurdles, heptathlon
 10, 10,000
 jump, mile relay
 200, 400
 10, 10,000
 200, relays
 us, javelin
 400, relays
 1,500, relays
 400 hurdles, relays
 hurdles, relays
 dles, relays
 1,500, relays
 100, 10,000
 100, 10,000
 1,500, relays
 200, relays
 g jump
 1,500
 100, 3,000, relays
 400, relays
 t put, discus
 800

home town (high school)

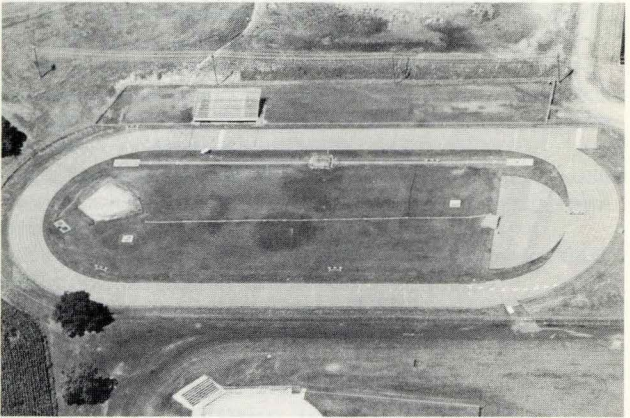
Haslett, Mich. (HHS)
 Wausau, Wis. (East)
 River Grove, Ill. (E. Leyden)
 Glen Ellyn, Ill. (Glenbard West)
 Minneapolis, Minn. (Mounds View)
 Nassau, Bahamas (Government)
 Williamsburg, Iowa (WHS)
 St. Paul, Minn. (South)
 Davenport, Iowa (West)
 Scarborough, Ontario (Markham)
 Monona, Wis. (Monona Grove)
 Hawarden, Iowa (W. Sioux)
 Glasgow, Scotland (Hillhead)
 Pella, Iowa (Pella Christian)
 Fort Madison, Iowa (FMHS)
 Hector, Minn. (Buffalo Lake)
 Syracuse, Ind. (Wawasee)
 Des Moines, Iowa (Johnston)
 Batavia, Ill. (BHS)
 Chardon, Ohio (CHS)
 Denver, Colo. (Manual)
 Laurens, Iowa (Laurens-Marathon)
 Alton, Ill. (AHS)

Drasal, Diane Vetter.
 Colleen Hanna, Kelley Mathews.
 ...man, Cindy Van Farowe, Patty McCarthy, Jane Lange, Connie

1980 outdoor results

Mar. 29	at Arkansas Relays Patty McCarthy, 1st place, 400m hurdles	
April 5	at Husker Invitational, Lincoln, Neb. Diane Vetter, 1st place, 1,500 meters Kim Whitehead, 1st place, 100m hurdles, 400m hurdles	2nd of 9 teams
April 12-13	at Drake Invitational, Des Moines, Iowa Kim Whitehead, 1st place, 400m hurdles Patty McCarthy, Ellie Mahal, Sumetia Wells, Kim Whitehead, 1st place, mile relay	5th of 11 teams
April 19	Nebraska (dual)	104-79
April 25-26	at Drake Relays, Des Moines, Iowa Melanie Heitman, 1st place, javelin	
May 2-3	at Big Eight Championships, Lincoln, Neb. 1. Nebraska 124 2. Kansas 105 3. Iowa State 97 4. Missouri 85 5. Colorado 79 Kansas State 7. Oklahoma 47 8. Oklahoma State 3 Kim Whitehead, 1st place, 400m hurdles Diane Vetter, 1st place, 3,000 meters	3rd of 8 teams

-
- | | | |
|-----------|---|-----------------------|
| May 9-10 | at AIAW Region 6
Championships, Des
Moines, Iowa
Colleen Hanna, 1st place,
100 and 200 meters
Ellie Mahal, 1st place,
400m hurdles
Patty McCarthy, Ellie
Mahal, Sumetia Wells, Kim
Whitehead, 1st place, mile
relay | 5th of 7 teams |
| May 24-27 | at AIAW National
Championships, Eugene,
Ore.
Wren Schafer, Jane Lange,
Diane Vetter, Debbie
Vetter, 4th place,
two-mile relay
Kim Whitehead, 4th place,
400m hurdles | Tie for
24th place |



home track

Iowa State will host the 1981 men's and women's Big Eight Championships May 15-16 at the Southwest Athletic Complex track. The Cyclones' nine-lane, Chevron surface oval was completed last spring at a cost of approximately \$600,000.

cyclone outdoor records

100 yards	:10.65	Cathy Newman (1974)
100 meters	:11.7	Cathy Newman (1974)
	:11.70*	Celeste Johnson (1978)
100-meter hurdles	:13.9	Colleen Hanna (1980)
220 yards	:24.1	Debbie Esser (1979)
		Cathy Newman, Sherry Edwards (1974)
200 meters	:24.1	Cathy Newman, Sherry Edwards (1974)
440 yards	:56.0	Celeste Johnson (1978)
400 meters	:54.21*	Trudi Rebsamen (1976)
400-meter hurdles	:56.63*	Kim Whitehead (1980)
880 yards	2:07.0	Debbie Esser (1979)
800 meters	2:03.72*	Debbie Vetter (1977)
1,500 meters	4:13.10*	Debbie Vetter (1977)
mile	4:44.1	Debbie Vetter (1977)
3,000 meters	9:17.1	Peg Neppel (1975)
2-mile	10:11.1	Peg Neppel (1975)
3-mile	15:41.00*	Peg Neppel (1975)
5,000 meters	16:14.1	Peg Neppel (1976)
10,000 meters	34:19.0	Carol Cook (1977)
4x110-yard relay	:47.6	Peg Neppel (1976)
		Celeste Johnson, Debbie Esser, Jeanne Flynn, Ellie Mahal (1978)
4x100-meter relay	:47.6	Mary Jo Wengert, Sue Haynes, Jeanne Flynn, Celeste Johnson (1977)
800-meter sprint medley relay	1:45.6	Celeste Johnson, Mary Jo Wengert, Jeanne Flynn, Trudi Rebsamen (1977)
880-yard sprint medley relay	1:47.2	Deb Carroll, Faye Perkins, Sue Augustyn, Deb Ward (1975)
4x400-meter relay	3:39.56*	Debbie Esser, Celeste Johnson, Ellie Mahal, Diane Vetter (1978)
4x440-yard relay	3:42.2	Debbie Esser, Trudi Rebsamen, Celeste Johnson, Sue Haynes (1977)
4x800-meter relay	8:35.36*	Debbie Esser, Trudi Rebsamen, Celeste Johnson, Sue Haynes (1977)
		Katy Schilly, Barb Brown, Diane Vetter, Debbie Vetter (1978)
4x880-yard relay	8:45.55*	Wren Schafer, Jane Lange, Diane Vetter, Debbie Vetter (1980)
distance medley relay	11:49.80*	Christine McMeekin, Laurie Eder, Diane Vetter, Debbie Vetter (1979)

4-mile relay	20:22.00*	Diane Vetter, Christine McMeekin, Sue Deppe, Debbie Vetter (1979)
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field events

discus	148-6	Melanie Heitman (1980)
javelin	148-3	Kim Blakeslee (1979)
high jump	5-9½	Dona Lane (1979)
long jump	20-3¾	Celeste Johnson (1978)
shot put	41-7½	Lisa Morse (1980)
pentathlon	3,602	Dona Lane (1979)

*Fully automatic.

top 3 competitors of all time (outdoors)

100 meters

:11.7	Cathy Newman, 1974
:11.7	Celeste Johnson, 1978
:11.70*	Colleen Hanna, 1980

200 meters

:24.1	Celeste Johnson, 1978
:25.0	Sue Haynes, 1977
:25.07*	Colleen Hanna, 1980

400 meters

:54.21*	Kim Whitehead, 1980
:54.34*	Sue Haynes, 1976
:56.00*	Ellie Mahal, 1980

800 meters

2:03.72*	Debbie Vetter, 1977
2:07.00*	Diane Vetter, 1978
2:12.10*	Evelyn McMeekin, 1979

1,500 meters

4:13.10*	Debbie Vetter, 1977
4:20.79*	Diane Vetter, 1978
4:22.65*	Peg Neppel, 1976

3,000 meters

9:17.1	Peg Neppel, 1975
9:18.51*	Carol Cook, 1977
9:38.50*	Diane Vetter, 1980

5,000 meters

16:41.1	Carol Cook, 1977
16:34.8	Debbie Vetter, 1979
16:37.56*	Katy Schilly, 1978

10,000 meters

34:19.0	Peg Neppel, 1976
34:42.2	Carol Cook, 1976
36:02.53*	Bridget Seip, 1980

100-meter hurdles

:13.9	Debbie Esser, 1979
:14.0	Kim Whitehead, 1980
:14.3	Celeste Johnson, 1977

400-meter hurdles

:56.63*	Debbie Esser, 1979
:57.20*	Kim Whitehead, 1980
:58.60*	Ellie Mahal, 1978

field events**discus**

148-6	Melanie Heitman, 1980
146-3	Lisa Morse, 1980
143-9	Betty Sheldahl, 1977

javelin

148-3	Kim Blakeslee, 1979
139-11	Melanie Heitman, 1980
133-7½	Lisa Morse, 1980

high jump

5-9½	Dona Lane, 1979, 1977
5-9	Becky Deetz, 1979
5-5	Pat Hodgson, 1975

long jump

20-3¾	Celeste Johnson, 1978
19-2½	Cathy Newman, 1974
18-2	Sue Haynes, 1977

shot put

41-7½	Lisa Morse, 1980
39-1¼	Melanie Heitman, 1980
37-11¼	Jan Legg, 1978

*Fully automatic.

cyclones in indoor big eight championships

1980 – Lincoln, Neb.

1. Nebraska	144
2. Kansas	88
3. Missouri	77
4. Oklahoma	64
5. Iowa State	52
6. Kansas State	47
7. Colorado	39
8. Oklahoma State	14

Champions

1,000 yards: Diane Vetter
3-mile: Mary Seybold

1979 – Lincoln, Neb.

1. Iowa State	113
2. Kansas State	70
3. Colorado	68
4. Nebraska	63
5. Missouri	55
6. Kansas	47
7. Oklahoma	35
8. Oklahoma State	12

Champions

1,000 yards: Diane Vetter
880 yards: Debbie Vetter
mile: Debbie Vetter
2-mile: Mary Seybold
pentathlon: Dona Lane
mile relay: Ellie Mahal, Debbie Esser, Sumetia Wells, Laurie Eder

1978 – Lincoln, Neb.

1. Iowa State	93
2. Kansas	71
3. Nebraska	61
4. Colorado	59
5. Kansas State	54
6. Missouri	47
7. Oklahoma	38
8. Oklahoma State	10

Champions

1,000 yards: Diane Vetter
600 yards: Debbie Vetter
high jump: Dona Lane

1977 – Columbia, Mo.

1. Iowa State	151
2. Kansas State	123
3. Colorado	50
4. Kansas	30
5. Nebraska	24
6. Missouri	22
7. Oklahoma State	3

Champions

2-mile: Carol Cook

high jump: Becky Deetz

long jump: Celeste Johnson

60y hurdles: Marjean Nielsen

mile relay: Sherry Edwards, Sue Haynes, Trudi Rebsamen, Debbie Esser

1976 – Manhattan, Kan.

1. Kansas State	93½
2. Iowa State	90½
3. Kansas	31
Colorado	
5. Nebraska	19

Champions

1,000 yards: Annette Class

600 yards: Trudi Rebsamen

440 yards: Sherry Edwards

300 yards: Sherry Edwards

mile relay: Deb Ward, Sherry Edwards, Debbie Esser, Trudi Rebsamen

cyclones in outdoor big eight championships

1980 – Lincoln, Neb.

1. Nebraska	124
2. Kansas	105
3. Iowa State	97
4. Missouri	85
5. Colorado	79
Kansas State	
7. Oklahoma	47
8. Oklahoma State	3

Champions

3,000 meters: Diane Vetter
400m hurdles: Kim Whitehead

1979 – Manhattan, Kan.

1. Iowa State	120
2. Kansas State	113
3. Colorado	94
4. Kansas	80
5. Missouri	70
6. Oklahoma	57
7. Nebraska	48
8. Oklahoma State	35

Champions

400m hurdles: Debbie Esser
1,500 meters: Debbie Vetter
800 meters: Debbie Vetter
mile relay: Debbie Esser, Ellie Mahal, Laurie Eder, Diane Vetter
two-mile relay: Annette Class, Sue Deppe, Trudi Rebsamen, Jane Lange

1978 – Norman, Okla.

1. Iowa State	163
2. Nebraska	97
3. Kansas	95
4. Kansas State	89
5. Colorado	39
6. Oklahoma	38
7. Missouri	17
8. Oklahoma State	15

Champions

400m hurdles: Debbie Esser

5,000 meters: Mary Seybold

1,500 meters: Debbie Vetter

100m hurdles: Debbie Esser

3,000 meters: Katy Schilly

discus: Lisa Morse

mile relay: Celeste Johnson, Carol Davis, Debbie Esser, Ellie Mahal

1977 – Lawrence, Kan.

1. Iowa State	218
2. Kansas State	151
3. Missouri	68
4. Nebraska	54
5. Kansas	44
6. Colorado	17
7. Oklahoma	9
8. Oklahoma State	4

Champions

high jump: Dona Lane

5,000 meters: Carol Cook

long jump: Celeste Johnson

400m hurdles: Debbie Esser

400 meters: Sue Haynes

100m hurdles: Debbie Esser

800 meters: Debbie Vetter

2-mile: Carol Cook

4x400m relay: Debbie Esser, Trudi Rebsamen, Debbie Vetter, Sue Haynes

400m relay: Mary Jo Wengert, Sue Haynes, Jeanne Flynn, Celeste Johnson

2-mile relay: Lisa Hamity, Sue Deppe, Annette Class, Charalyn Wolf

1976 – Ames, Iowa

1. Iowa State	226
2. Kansas State	186
3. Kansas	40
4. Nebraska	30
5. Missouri	21
6. Oklahoma State	17
7. Oklahoma	4

Champions

3-mile: Peg Neppel

discus: Betty Sheldahl

440y hurdles: Debbie Esser

440 yards: Sherry Edwards

high jump: Pat Hodgson

100y hurdles: Debbie Esser

220 yards: Sherry Edwards

long jump: Celeste Johnson

4x110y relay: Mary Jo Wengert, Debbie Esser, Celeste Johnson, Sue Augustyn

2-mile relay: Rosemary Holden, Sue Deppe, Lisa Hamity, Charalyn Wolf

mile relay: Trudi Rebsamen, Deb Ward, Charalyn Wolf, Debbie Esser

1975 – Ames, Iowa

1. Iowa State	269
2. Kansas State	121
3. Oklahoma State	50
4. Kansas	31
5. Missouri	13

Champions

high jump: Pat Hodgson, Sherry Cumpston

long jump: Barb Brown

discus: Betty Sheldahl

100 yards: Deb Carroll

880 yards: Peg Neppel

220 yards: Deb Carroll

mile: Peg Neppel

2-mile: Peg Neppel

440y hurdles: Pat Hodgson

mile relay: Sherry Edwards, Deb Ward, Pat Hodgson, Charalyn Wolf

4x110y relay: Deb Carroll, Connie Pease, Faye Perkins, Sue Augustyn

1974 – Manhattan, Kan.

1. Iowa State	200
2. Kansas State	129
3. Oklahoma State	65
4. Missouri	52
5. Kansas	50
6. Oklahoma	45

Champions

2-mile: Robin Evans

mile: Peg Neppel

220: Sherry Edwards

discus: Betty Sheldahl

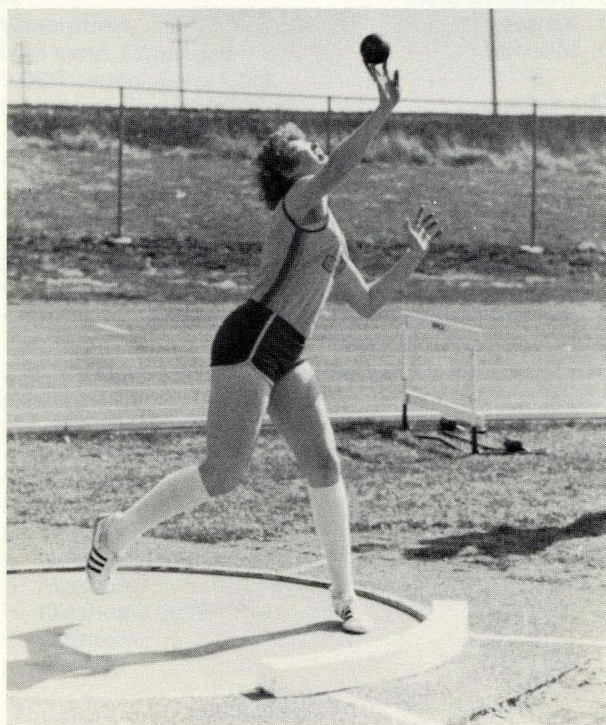
long jump: Cathy Newman

100 yards: Cathy Newman

440 yards: Sherry Edwards

880 yards: Doris Sheldahl

mile relay: Cathy Newman, Elaine MacAlexander, Deb Ward, Sherry Edwards



Melanie Heitman

cyclones in aiaw outdoor nationals

1980, Eugene, Ore. — 24th (tie) place

Kim Whitehead, 4th place, 400m hurdles

Debbie Vetter, Diane Vetter, Wren Schafer, Jane Lange, 4th place, 2-mile relay

1979, E. Lansing, Mich. — 17th (tie) place

Debbie Esser, 1st place, 400m hurdles

Debbie Vetter, 6th place, 1,500 meters

Debbie Vetter, Diane Vetter, Evelyn McMeekin, Christine McMeekin, 6th place, 2-mile relay

1978, Knoxville, Tenn. — 5th place

Debbie Esser, 1st place, 400m hurdles

Debbie Vetter, 1st place, 1,500 meters, 3rd place, 800 meters

Ellie Mahal, 6th place, 400m hurdles

Diane Vetter, Katy Schilly, Barb Brown, Debbie Vetter, 2nd place, 4x800m relay

Celeste Johnson, Debbie Esser, Diane Vetter, Ellie Mahal, 4th place, 4x400m relay

1977, Los Angeles, Calif. — 3rd place

Debbie Esser, 1st place, 400m hurdles, 3rd place, 100m hurdles

Debbie Vetter, 2nd place, 1,500 meters, 4th place, 800 meters

Katy Schilly, 6th place, 1,500 meters

Katy Schilly, Barb Brown, Charalyn Wolf, Debbie Vetter, 2nd place, 2-mile relay

Debbie Esser, Trudi Rebsamen, Celeste Johnson, Sue Haynes, 4th place, mile relay

1976, Manhattan, Kan. — 3rd place

Debbie Esser, 1st place, 400m hurdles, 6th place, 100m hurdles

Peg Neppel, 1st place, 3-mile, 1st place, 2-mile

Celeste Johnson, 3rd place, long jump

Carol Cook, 4th place, 3-mile, 6th place, 2-mile

Rosemary Holden, Sue Deppe, Lisa Hamity, Charalyn Wolf, 5th place, 2-mile relay

Trudi Rebsamen, Sherry Edwards, Debbie Esser, Celeste Johnson, 3rd place, mile relay

women's outdoor big eight records

event	name (school)	mark	year
100m dash	Merlene Ottey (Nebraska)	:11.44 (auto)	1980
	Merlene Ottey (Nebraska)	:11.2 (hand)	1980
200m dash	Merlene Ottey (Nebraska)	:22.72	1980
400m dash	Jennie Gorham (Nebraska)	:53.24	1980
800m run	Debbie Vetter (Iowa State)	2:07.0	1977
1,500m run	Debbie Vetter (Iowa State)	4:22.65	1978
3,000m run	Diane Vetter (Iowa State)	9:38.5	1980
5,000m run	Carol Cook (Iowa State)	16:45.83	1977
10,000m run	Karen Bridges (Oklahoma State)	35:07.42	1979
100m hurdles	Pam Page (Missouri)	:13.69	1979
400m hurdles	Deb Esser (Iowa State)	:58.07	1979
440y relay	Nebraska (Mills, Tatum, Zajic, Ottey)	:47.0	1980
880 sprint medley	Missouri (Adams, Beasley, Page, Dunlap)	1:43.15	1980
Mile relay	Kansas State (Hancock, Reidy, Davidson, Trent)	3:42.8	1980
Two-mile relay	Missouri (Seale, Smith, Remmer, Glidden)	8:54.57	1980
Discus	Brenda Denny (Colorado)	164-0	1979
Long jump	Celeste Johnson (Iowa State)	19-8	1976
High jump	Sally McCarthy (Oklahoma)	5-10 ¹ / ₂	1980
Javelin	Susie Norton (Kansas State)	168-10	1975
Shot put	Cecil Hansen (Oklahoma)	47-10 ¹ / ₄	1979
Pentathlon	Nancy Kindig (Nebraska)	3,926	1980

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