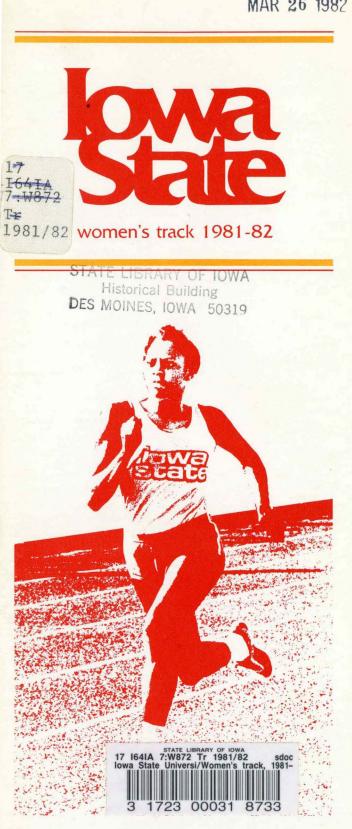
MAR 26 1982



schedule

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indoor

Jan. 16	at Wisconsin Open,
	Madison, Wis.
Jan. 22-23	at Track and Field Association-USA Inv.,
	Kansas City, Mo.
Jan. 30	at Drake Open
Feb. 7	at Missouri Inv., Columbia, Mo.
Feb. 13	at Husker Inv.,
	Lincoln, Neb.
Feb. 26-27	at Big Eight Championship,
	Lincoln, Neb.
March 6	at Northern Iowa Inv.
March 12-13	at AIAW National Championship, Cedar Falls, Iowa

outdoor

March 27	at Arkansas Relays
April 3	Cyclone Inv.
April 9-10	at Drake Inv.
April 16-17	at Kansas Relays
April 23-24	at Drake Relays
May 2	Big Four Inv.
May 8	at Midwest Track Classic,
	Des Moines
May 14-15	at Big Eight Championship,
	Norman, Okla.
May 27-29	at AIAW National Championship, tba
TAC	Outdoor Championships,
	Knoxville, Tenn.
Home meet a	t Iowa State Track Complex

quick facts

general information

Location: Ames, Iowa 50011 Enrollment: 24,500 (est.) Founded: 1858 President: Dr. W. Robert Parks Nickname: Cyclones Colors: Cardinal and gold Mascot: Cy the Cardinal Affiliations: AIAW, Region 6, Division 1

department of intercollegiate athletics

	(Area Code 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
Ticket Manager: Dick Mathias	294-1816
Academic Adviser: Arch Steel	294-2239
Women's Athletic Trainer: Alice McNeill	294-8388
Strength Coach: Tony Cole	294-2815
Women's Sports Information Office	294-3404

women's track coach

Ron Renko 210 State Gym Iowa State University Ames, Iowa 50011

Office phone: 515-294-1013 Home phone: 515-232-1816

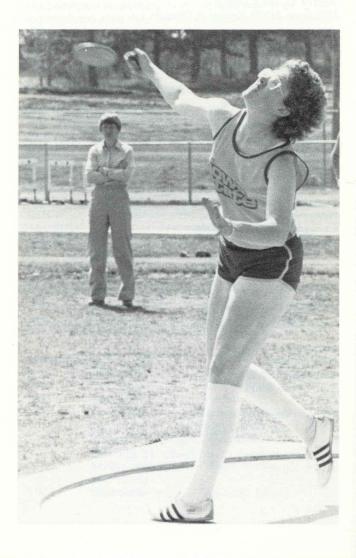
Best times to reach Coach Renko: 10 a.m.-noon, 1 p.m.-3 p.m.

credits

The 1982 lowa State women's track brochure was written and edited by the women's sports information staff. Layout and design by Iowa State Publications Office.

information requests

Please direct all requests to 201 State Gym, Iowa State University, Ames, Iowa 50011.



iowa state university

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

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

lowa State's picturesque campus is highlighted by a central campus "park," and is a splendid combination of conventional and contemporary architecture in wooded and open landscaping.

The modern south campus is anchored by the Iowa State Center, the 50,000-seat football stadium, and the College of Veterinary Medicine. The center, built without use of state or federal funds, includes James Hilton Coliseum, J. W. Fisher Theater, C. Y. Stephens Auditorium, and the Scheman Continuing Education Center. The beautiful, spacious facilities host a variety of activities at Iowa State, including athletic contests, concerts, dramatic presentations, and lectures.

Sports play a vital role, along with academic endeavors, at lowa State. The Department of Intercollegiate Athletics offers 19 men's and women's sports. Several Cyclone teams have been nationally recognized in recent years, and some have won national championships.

lowa State 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 athletes needing instruction in specific courses. Top scholars are recognized by the Athletic Council. A native of Anoka, Minn., Renko received an associate's degree from Golden Valley Lutheran and a bachelor's degree from Sioux Falls (S.D.) College, where he was 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.

assistant coach

The Cyclones' strong reputation in the sprints and hurdles has continued due to the efforts of assistant coach Richard Lee.

Lee, 27, is in his third year at Iowa State, during which time he has coached one Big Eight 400m hurdle champion (Kim Whitehead, 1980) and had two others qualify for the AIAW national championships. Since his arrival in 1979, ISU marks have fallen in the 100m, 400m, and 100m hurdles.

Prior to coming to Iowa State, Lee was an assistant coach at South Dakota State University. 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 championship.

Lee has also coached high school track at St. Francis (Minn.) High School.

A native of Cedar, Minn., Lee is a graduate of the University of Minnesota-Morris.



Richard Lee

tracking the cyclones

sprints

This is a much-improved area for the Cyclones as speedy sophomore Colleen Hanna and a healthy Lorene Spearman return. Hanna is the school co-recordholder in the 100m (11.70), while Spearman, a highly-touted runner in 1978, seems to have shaken the leg injuries which have plagued her for three seasons. If she comes even close to her personal bests (10.4 for 100y, 23.4 for 220y), the Cyclones could have their best sprint corps in years. Adding depth are freshman Denise Bullocks and sophomore Jill Andersen.

hurdles

For the first time ever, Iowa State seems to be stronger in the sprint hurdles than the 400m hurdles—seems to be. Sophomore Kelley Mathews broke former Cyclone star Debbie Esser's 100m hurdle mark last season and should improve upon her best of 13.94. She has company in rookie Nancy Roeller, a strong, graceful athlete who turned in a 13.97 clocking during her junior year at Lakewood (Colo.) High School. Roeller also is proficient indoors, with a best of 7.92 in the 60y hurdles.

Despite their noted accomplishments in the 100m hurdles, both Roeller and Mathews could be conference challengers in the quarter hurdles. Mathews finished third in the Big Eight last spring in 1:01.6, but it was her first quarter hurdle race ever. She also was seventh for the Midwest team during the National Sports Festival in Syracuse last summer. She will improve with experience. Ditto for Roeller. Junior Patty McCarthy has the most experience in the event, but may concentrate more on the 400m and 800m this year.

middle distances

800m—Senior Wren Schafer is the Cyclones' top half-mile threat. She has gone 2:09.5 (relay split) and heads into her final season in the best shape of her career. She should shave her 800 mark even further. McCarthy was the third runner on ISU's 4×800 m relay team last spring and proved equal to the task, despite not having run the event since high school. Before leaving for ISU last summer, Scotland native Catherine Hunter turned in a personal best of 2:13.2 during a national meet in her home country. She had a fine cross country season and should be a key performer this spring. 1,500—This could be Schafer's best event, according to head coach Ron Renko, but she has run the event competitively just twice. That will change this spring. Hunter (best of 4:33) and fellow rookie Sheila Wagner (5:04 for 1,600m) have come miles since the beginning of cross country season. They have the toughness to be solid 1,500m runners. She probably won't run it much this spring, but distance ace Dorthe Rasmussen does have a personal best of 4:13 in the 1,500m. She achieved the mark in 1977, the year she won the European junior national championship.

3,000—Wagner and Hunter are joined by yet another rookie, Margaret Davis, who was an all-American in cross country last fall. Rasmussen tops the ISU field with a best of 9:00.7, posted last summer in a race she lost to nonpareil Grete Waitz by two seconds. Davis has a best of 10:52 for 3,200m, and Hunter has been 10:02.9 for 3,000m.

distances

5,000m—Rasmussen (15:48.9) heads the pack, but ISU displays good depth in this event with Davis, Wagner, freshmen Anne Hicks and Tonya Twillman, sophomore Francine Sandoval, and seniors Barb Rus and Ann Novak.

10,000m—Rasmussen's best of 33:09 ranked eighth on the *Track and Field News* all-time world list last year. Rus, Sandoval, Davis, and Hicks are additional threats.

field events

Throws—Junior Melanie Heitman and sophomore Connie White continue as the Cyclones' one-two scoring combination in the throws. Heitman holds ISU marks in the discus and javelin, while White has the second-best ISU marks of all time after one year of competition. White also set school indoor and outdoor shot put marks during her rookie campaign.

Jumps—The Cyclones are not deep here, but freshman Lois Groen and sophomore Jill Andersen have potential in the long jump. Groen won an Iowa state title last spring with an 18-8 leap. Andersen has gone 18-0.

cyclones to watch

Margaret Davis

Fr., Distances Ontario, Wis.

Impressive young athlete who was the Cyclones' number two cross country runner last fall ... was a 5:01 miler in high school (Brookwood), but has proven to be much stronger over longer distances ... won a total of nine Scenic Central Conference race titles in the half-mile, mile, and two-mile from 1978-81 ... captured state titles in the 1,600m and 3,200m as a junior and senior ... was a second-team all-state selection in cross country last fall ... a fine student ... majoring in business ... one of 13 children ... family now resides in Chicago ... born 1-13-63.

Lois Groen

Fr., Long jump, relays Sioux Center, Iowa

Won a state AA long jump title last spring for lowa track powerhouse Sioux Center High School ... her performances in the 200m, relays, and long jump helped pace her prep teams to state titles in 1979 and 1980, a runner-up finish in 1978, and a third place ranking last year ... won four Siouxland Conference long jump titles, four 220-yard dash crowns, and one 100m championship during her career ... Sioux Center also took conference team honors all four years ... in addition to track, she earned four letters in basketball and three in softball ... was named "Athlete of the Year" last spring by the Sioux City *Journal*... was an honor student in high school ... majoring in textiles and clothing ... born 1-5-63.





Davis

Groen

Colleen Hanna

So., Sprints Nassau, Bahamas

The Cyclones' top returning short sprinter ... missed last season due to academic ineligibility, but her return will bolster ISU's point production in the relays and sprints ... tied school 100m record in 1980 with an 11.70 clocking during the Big Eight Championship ... has great natural ability, but is working hard to improve technique ... came to lowa State in 1979 from the Bahamas, where she had been a top-flight runner for the island's national team ... was the Bahamian prep sprint champion 1979 ... attended Government High School ... majoring in business with plans to be an accountant ... born 11-14-62.

Melanie Heitman

Jr., Discus, javelin Williamsburg, Iowa

Had a fine outdoor season last year for the Cyclones ... won the javelin throw during the Arkansas Relays and Drake Invitational, and finished second in the event at the Kansas Relays and Big Eight Championship ... broke her own ISU records in the discus and javelin last spring ... was the javelin champion at the 1980 Drake Relays ... attended Williamsburg High School, where she won four consecutive state discus titles from 1976-79 ... also won state titles in the shot put and softball throw ... was an all-state selection four times and earned similar honors in basketball three years ... still holds all throwing marks at Williamsburg ... majoring in physical education ... born 5-13-61.





Heitman

Hanna

Anne Hicks

Fr., Distances St. Cloud, Minn.

Was a pleasant surprise during the fall cross country season and quickly established herself as one of the Cyclones' toughest distance competitors ... was a strong fifth runner for the ISU harriers ... very consistent ... was a two-time all-Central Lakes Conference 3,200m champion at Apollo High School ... also captured two regional titles in the event and one sub-regional crown ... led Apollo to four conference track championships from 1977-81, a class AA state title in 1980, and a third place state finish last spring ... also lettered in tennis and basketball ... a member of freshman honors program at ISU ... majoring in architecture ... born 7-30-63.

Catherine Hunter

Fr., Middle distances Falkirk, Scotland

A versatile young runner form the Scottish junior national ranks ... attended Woodlands High School, where she was a multi-event champion in Scottish schools competition ... won the Scottish regional 3,000m title last year and was the 800-meter champ in 1979 ... has been a member of three Scottish national cross county teams . . was the Cyclones' number four runner most of last fall, but had her best performances in the Big Eight, Region 6, and AIAW national meets ... is a versatile trackster ... has good ability in the 800m, 1,500m and 3,000m ... is a fine student ... majoring in leisure studies ... hopes to work in recreation management ... born 12-20-63.



Hicks



Hunter

Kelley Mathews

So., Hurdles Monona, Wis.

Set a school record in the 100m hurdles (13.94) as a rookie ... also has shown great potential in the quarter hurdles ... first ran the 400m hurdles during the Big Eight meet last spring and later competed in the National Sports Festival, finishing seventh for the Midwest team ... won the sprint hurdles during the Arkansas Relays and Drake Midwest Track Classic last spring ... finished third in the 100 and 400 hurdles during the outdoor Big Eight meet ... also was a key member of several Cyclone relay teams ... a native of Ames, but family moved to Wisconsin, where she attended Monona Grove High School ... won state titles in the 100m hurdles and 200m hurdles in 1980 ... is a former national high school record-holder in the 200m hurdles ... industrial administration major ... born 12-31-61.

Patty McCarthy

Jr., Middle distances Hawarden, Iowa

Earned all-America honors last spring as a member of ISU's 4 \times 800m relay team, which finished second in the AIAW nationals ... qualified for nationals with the mile relay quartet as a freshman ... was one of the most improved members of the team last year ... originally a quarter-hurdler, she displayed good ability in the 400m, 800m, and relays ... a truly dedicated athlete ... graduate of West Sioux High School ... won state 400m hurdle title in 1979 ... also won sprint hurdle crown as a junior ... earned all-state honors three years ... still holds several school and Sioux Conference records in the hurdles and middle distances ... majoring in physical education ... born 10-26-60.





Mathews

McCarthy

Dorthe Rasmussen

Fr., Distances Bronshoj, Denmark

Already has established herself as one of the finest distance runners in Cyclone track history ... hopes to pick up where she left off last fall after a fabulous cross country season ... is a world-class competitor in several events, including the 5,000 and 10,000 meters ... at one time, was ranked eighth on the *Track and Field News* world list for 10,000m ... has personal best of 33:09 in the event ... other marks include 2:05.5 for 800m, 4:13.5 for 1,500m, 9:00.7 for 3,000m, and 15:48.9 for 5,000m ... her versatility speaks for itself ... was a member of several national cross country and track squads in her native country ... finished 11th in the 1981 World Cross Country Championships ... has ambition to be a world-class marathon runner ... "a tremendously gifted athlete," according to ISU coach Ron Renko ... born 1-27-60.

Nancy Roeller

Fr., Hurdles Lakewood, Colo.

Highly-regarded hurdler who won state titles in the 110y and 300m hurdles for Lakewood High School ... while her most notable accomplishments have come during the outdoor season, she has turned in impressive performances in indoor competition ... has personal best of 7.92 in the 60y hurdles ... also earned letters in gymnastics and basketball at Lakewood ... was sought by several major colleges before deciding to attend Iowa State ... with teammate Kelley Mathews, will give ISU a solid one-two punch in the hurdles ... also will compete on several relay teams ... major undecided ... born 8-31-63.



Rasmussen



Roeller

Francine Sandoval

So., Distances Fort Madison, Iowa

Second-year letterwinner who will bolster the Cyclone distance corps ... performed well last spring despite running the 5,000m and 10,000m for the first time ... is coming off of a solid cross country season ... was a more consistent runner with one year of experience under her belt ... track efforts also should improve in this area ... was an all-state track and cross country selection at Fort Madison High School ... led her prep team to a state cross country title in 1979 ... majoring in computer science ... born 4-1-62.

Wren Schafer

Sr., Middle distances Hector, Minn.

Veteran of the Cyclone squad and top returning performer in the middle distances ... has improved steadily since her sophomore season and has lowered her personal best in the 800m to 2:09.5 ... member of ISU's AIAW national champion indoor distance medley relay team in 1981 and paced the 4 \times 800m relay team to a runner-up finish in the AIAW outdoor nationals ... earned all-America honors for those efforts ... 4×800 m guartet also captured a Big Eight meet title in record time last spring ... had finest cross country season of her ISU career last fall ... won a juco national title in the sport in 1978 for Golden Valley (Minn.) Lutheran College ... was a three-time state 400m champ for Buffalo Lake High School ... led prep teams to state crowns in 1976 and 1978 ... still holds several school records in the 400m, 800m, and high jump ... majoring in business ... born 5-13-60.



Sandoval



Schafer

Sheila Wagner

Fr., Distances Barrett, Minn.

Won state Class A mile title last spring for Barrett High School ... has displayed good potential in the 1,500m, and 3,000m ... is an extremely versatile athlete ... won district titles in the 400m, 800m, mile, and long jump during her senior year ... also earned letters in volleyball, basketball, and cross country ... major undeclared ... born 3-7-63.

Sumetia Wells

Sr., 400m Denver, Colo.

Concentrated almost solely on the 400m last season and her efforts paid off handsomely ... was the surprise winner of that event during the Big Eight Championship ... turned in a personal best of :54.34 during the conference semifinals ... also ran the 400m leg for the Cyclones' AIAW national champion indoor distance medley relay quartet last March ... a determined competitor and team leader ... anchors the ISU mile relay ... attended Manual High School, but began track career with the Colorado Flyers Track Club ... was a member of several junior national track teams, competing in the mile relay, distance medley relay, and 400m ... psychology major ... born 2-6-60.





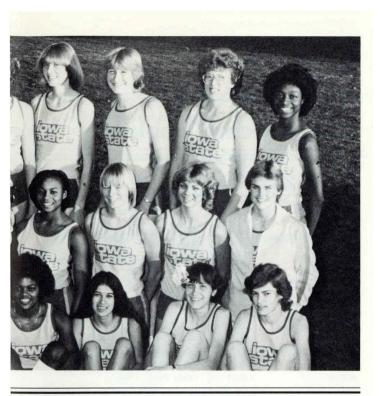


Wells



roster

name	year	ht.	wt.	
Andersen, Jill	So.	5-5	140	
Bullocks, Denise	Fr.	5-6	115	
Davis, Margaret	Fr.	5-6	112	
Groen, Lois	Fr.	5-10	135	
Hanna, Colleen	So.	5-5	110	
Heitman, Melanie	Jr.	5-11	175	
Hicks, Anne	Fr.	5-6	110	
Hunter, Catherine	Fr.	5-6	111	
Lange, Jane	Sr.	5-11	145	
Mathews, Kelley	So.	5-6	128	
McCarthy, Patty	Jr.	5-11	134	
Novak, Ann	Sr.	5-4	118	
Rasmussen, Dorthe	Fr.	5-11	135	
Roeller, Nancy	Fr.	5-10	160	
Rus, Barb	Sr.	5-5	125	
Sandoval, Francine	So.	5-1	92	
Schafer, Wren	Sr.	5-5	113	
Shaw, Anne	Fr.	5-6	124	
Spearman, Lorene	Sr.	5-8	140	
Twillman, Tonya	So.	5-6	115	
Wagner, Sheila	Fr.	5-9	112	
Wells, Sumetia	Sr.	5-3	124	
White, Connie	So.	5-9	180	
Williams, Linnie	Fr.	5-2	111	



events

100, 200 100, 200, 400 5.000, 10.000 long jump, relays 100, 200 discus, javelin 5.000, 10.000 800, 1,500, 3,000 800, 1,500 100mh, 400mh 400,800 5,000, 10,000 3,000, 5,000, 10,000 hurdles 5,000, 10,000 5,000, 10,000 800. 1.500 hurdles, 800 100, 200 1,500, 3,000, 5,000 1,500, 3,000, 5,000 100, 200, 400 shot put, discus 400, 800

home town (high school)

Haslett, Mich. (HHS) Cottage Grove, Ill. (Mt. St. Benedict) Ontario, Wis. (Brookwood) Sioux Center (SCHS) Nassau, Bahamas (Government) Williamsburg (WHS) St. Cloud, Minn. (Apollo) Falkirk, Scotland (Woodlands) Davenport (West) Monona, Wis. (Monona Grove) Hawarden (West Sioux) Waterloo (Columbus) Bronshoj, Denmark (Schneewotsskole) Lakewood, Colo. (LHS) Pella (Christian) Fort Madison (FMHS) Hector, Minn. (Buffalo Lake) Des Moines (Roosevelt) Syracuse, Ind. (Wawasee) Marshall, Mo. (MHS) Barrett, Minn. (BHS) Denver, Colo. (Manual) Laurens (Laurens-Marathon) Alton, Ill. (AHS)

Sitting: Novak, Mathews, Schafer, Wells, Sandoval, Davis, Hicks. Kneeling: Roeller, Williams, Shaw, Spearman, Hanna, Rus, Wagner, Groen. Standing: Andersen, Hunter, White, McCarthy, Rasmussen, Lange, Heitman, Bullocks.

indoor record book

iowa state indoor records

60y	6.97	Celeste Johnson, 1978
60m	7.8 (H)	Sumetia Wells, 1979
60y hurdles	7.9 (H)	Kim Whitehead, 1980
60m hurdles	8.63	Kim Whitehead, 1980
220y	26.3 (H)	Debbie Esser, 1978
200m	25.4 (H)	Sumetia Wells, 1979
300y	35.33	Celeste Johnson, 1978
300m	39.70	Kim Whitehead, 1980
440v	56.0 (H	Kim Whitehead, 1980
400m	57.55	Ellie Mahal, 1979
600y	1:21.06	Debbie Vetter, 1978
600m	1:36.1 (H) Linda Perry, 1979
880v	2:05.80	Debbie Vetter, 1978
800m	2:09.10	Christine McMeekin, 1981
1.000y	2:29.81	Debbie Vetter, 1979
1,000m	2:50.43	Diane Vetter, 1981
2.000m	6:32.2 (H) Jane Lange, 1980
mile	4:45.70	Christine McMeekin, 1981
1,500m	4:17.90	Debbie Vetter, 1978
3.000m	9:22.8 (H) Carol Cook, 1977
2-mile	10:02.2 (H) Carol Cook, 1977
3-mile	16:09.80	Mary Seybold, 1980
5,000m	17:11.5 (H	
-		, the second
high jump	5-7	Diane Doles, 1981
0,1		Becky Deetz, 1978
long jump	19-73/4	Celeste Johnson, 1977
shot put	44-41/2	Connie White, 1981
pentathlon	3.504	Dona Lane, 1979
1		
4x110y relay	:49.5 (H)	Mary Jo Wengert, Jeanne Flynn, Debbie
		Esser, Celeste Johnson, 1978
4x220y relay	1:41.11	Lorene Kspearman, Sumetia Wells,
ind 209 renty		Ellie Mahal, Kim Whitehead, 1980
4x440y relay	3:47.06	Laurie Eder, Debbie Esser, Ellie
incritely ready	5.17.00	Mahal, Sumetia Wells, 1979
4x880y relay	8:59.30	Wren Schafer, Christine McMeekin,
4x000y relay	0.57.50	Jane Lange, Diane Vetter, 1981
Distance Medley	11.24.04	Wren Schafer, Sumetia Wells,
relay	11.24.04	Diane Vetter, Christine McMeekin.
icity		1981
		1701

cyclones in indoor big eight championships

1981, Lincoln, Neb.—5th place (Nebraska 1st) champion

1,000 yards: Diane Vetter

1980, Lincoln, Neb.—5th place (Nebraska 1st) champions

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

1979, Lincoln, Neb.—1st place 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.—1st place champions

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

1977, Columbia, Mo.—1st place 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.—2nd place 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

big eight indoor records

60v	6.80	Merlene Ottey, Nebraska, 1981
60y hurdles	7.85	Pam Page, Missouri, 1980
300y	33.11	Merlene Ottey, Nebraska, 1981
600y	1:21.06	Debbie Vetter, Iowa State, 1978
1,000y	2:30.84	Diane Vetter, Iowa State, 1981
880y	2:05.29	Mary Decker, Colorado, 1978
440y	54.88	Jennie Gorham, Nebraska, 1980
mile	4:41.21	Mary Decker, Colorado, 1978
2-mile	10:19.0	Carol Cook, Iowa State, 1977
3-mile	15:48.16	Kellie Cathey, Oklahoma, 1981
long jump	19-31/2	Halycon Knight, Kansas, 1981
high jump	6-0	Sharon Burrill, Nebraska, 1981
shot put	51-103/4	Cecil Hansen, Oklahoma, 1981
pentathlon	3,826	Cathy Seybold, Nebraska, 1981
4x220y relay	1:38.93	Nebraska (Norma Murray, Cindy
		Tatum, Jennie Gorham, Merlene Ottey), 1980
mile relay	3:44.8	Nebraska (Julie Seaton, Cheryl Zajic, Merlene Ottey, Norma Murray), 1981
2-mile relay	8:58.04	Okiahoma (Carol Sames, Alicia Moss, Siri Bjelland, Maureen Houghton), 1981
distance medley relay	11:48.75	Oklahoma (Alicia Moss, Lea Beilman, Siri Bjelland, Kellie Cathey) 1981
		1901

cyclones in aiaw indoor nationals

1981, Pocatello, Idaho—18th (tie) place

Wren Schafer, Sumetia Wells, Christine McMeekin, Diane Vetter, 1st place, distance medley relay Diane Vetter, 6th place, 1,000 meters

aiaw team championship results			
1980	Texas-El Paso	Columbia, Mo.	
1981	Virginia	Pocatello, Idaho	

aiaw indoor records

60m	7.24	Merlene Ottey, Nebraska	1981
60mh	8.17	Stephanie Hightower, Ohio	
		State	1980
300m	35.83	Merlene Ottey, Nebraska	1981
400m	53.88	Pam Moore, Wisconsin	1981
600m	1:26.56	Delisa Walton, Tennessee	1981
800m	2:05.75	Darlene Beckford, Harvard	1981
1,000m	2:43.33	Josephine White, Richmond	1981
1,500m	4:25.20	Jill Haworth, Virginia	1981
2,000m	6:04.79	Deborah Pearson, Texas-	
		El Paso	1980
3,000	9:33.96	Patty Sharples, Idaho	1981
5.000m	16:28.58	Eileen Hornberger, West	
		Chester State	1980
4x200m relay	1:36.88	Florida State (Esmeralda Garcia,	
		Marita Payne, Alice Bennett,	
		Randy Givens)	1981
4x400m relay	3:37.28	Adelphi (Marva Fearon, Cheryl	
		Innies, Marilyn Gilliard,	
		June Griffith)	1981
4x800m relay	8:44.26	Wisconsin (Susan Beischel,	
-		Maryann Brunner, Ellen Brewster,	
		Sue Staltohlz)	1981
distance medley	11:24.04	Iowa State (Wren Schafer,	
relay		Sumetia Wells, Diane Vetter,	
		Christine McMeekin)	1981
long jump	21-0	Pat Johnson, Wisconsin	1981
high jump	6-31/4	Colleen Reinstra, Arizona	
		State	1981
shot put	55-21/4	Meg Ritchie, Arizona	1981
heptathlon	4,215	Patsy Walker, Houston	1981

1981 'outdoor results

March 28	at Arkansas Relays Diane Vetter, 1st in 3,000m Kelley Mathews, 1st in 100mh Melanie Heitman, 1st in javelin Ellie Mahal, Mathews, Patty McCarth Sumetia Wells, 1st in 4x400m relay	ıy,
April 3-4	at Texas Relays	
April 11	at Drake Invitational 4th among Division I teams Heitman, 1st in javelin and discus Mathews, Mahal, McCarthy, Wells, 1st in 4x400m relay	
April 17-18	at Kansas Relays Heitman, 2nd in javelin	
April 24-25	at Drake Relays Heitman, 4th in discus Vetter, 6th in 1,500m	
May 2	at Kansas State Invitational Patty McCarthy, 1st in 400m hurdle Vetter, 1st in 3,000m	s
May 9	at Midwest Track Classic, Des Moines Mathews, 1st in 100mh Vetter, 1st in 800m, 1,500m Wells, 1st in 400m Wells, Mathews, McCarthy, Mahal, 1st in 4x400m relay Julie Kosowski, Wells, Wren Schafer Jill Andersen, 1st in 800m sprint me	
May 15-16	Big Eight Championship, Ames 1. Nebraska 2. Oklahoma 3. Iowa State 4. Kansas 5. Kansas State 6. Missouri 7. Colorado 8. Oklahoma State	159 128 94 80½ 57 52½ 42 6

Christine McMeekin, 1st in 1,500m Wells, 1st in 400m Schafer, McCarthy, McMeekin, Vetter, 1st in 4x800m relay Heitman, 2nd in javelin Vetter, 3rd in 3,000m, 2nd in 5,000m Mathews, 3rd in 100m hurdles and 3rd in 400m hurdles Mahal, McCarthy, Mathews, Wells, 3rd in 4x400m relay

May 28-30 at AIAW National Championships, Austin, Tex. Schafer, McCarthy, McMeekin, Vetter, 2nd in 4x800m relay



outdoor record book

iowa state outdoor records

100m	11.7	2
200m	24.1	Colleen Hanna, 1980
	54.21	Celeste Johnson, 1978 Kim Whitehead, 1980
400m	and characteries	a sector of the sector as a sector of the se
800m		Debbie Vetter, 1977
1,500m		Debbie Vetter, 1977
3,000m	9:17.4	0
5,000m	16:14.1	
10,000m	34:19.0	Peg Neppel, 1976
100m hurdles	13.94	Kelley Mathews, 1981
	13.8	Kelley Mathews, 1981
400m hurdles	56.63	Debbie Esser, 1979
discus	150-9	Melanie Heitman, 1981
javelin	154-9	Melanie Heitman, 1981
high jump	5-91/z	Dona Lane, 1979
long jump	20-33/4	Celeste Johnson, 1978
shot put	44-63/4	Connie White, 1981
pentathlon	3,602	Dona Lane, 1981
4x100y relay	:47.6	Celeste Johnson, Debbie
		Esser, Jeanne Flynn, Ellie
		Mahal, 1978
4x100m relay	:47.6	Mary Jo Wengert, Sue
,		Haynes, Jeanne Flynn,
		Celeste Johnson, 1977
880y medley relay	1:47.2	Deb Carroll, Faye Perkins,
5 5 5		Sue Augustyn, Deb Ward,
		1975
800m medley relay	1:43.63	Jill Andersen, Ellie Mahal,
, , ,		Sumetia Wells, Julie
		Kosowski, 1981
4x440y relay	3:42.2	Debbie Esser, Trudi
		Rebsamen, Celeste Johnson,
		Sue Haynes, 1977
4x400m relay	3:39.56	
in room ready	0107100	Johnson, Ellie Mahal, Diane
		Vetter, 1978
4x800y relay	8:45.55	
incost reing	0.10.00	Debbie Vetter, Diane Vetter,
		1980

distance medley	11:49.80	Christine McMeekin, Laurie
relay *		Eder, Diane Vetter, Debbie Vetter, 1979
4-mile relay	20:22.00	Diane Vetter, Christine
		McMeekin, Sue Deppe,
		Debbie Vetter, 1979

top three performers of all time (outdoor)

100m	
11.7	Cathy Newman, 1974
11.7	Celeste Johnson, 1978
11.70	Colleen Hanna, 1980
200m	
24.1	Celeste Johnson, 1978
25.0	Sue Haynes, 1977
25.07	Colleen Hanna, 1980
400m	
54.21	Kim Whitehead, 1980
54.34	Sumetia Wells, 1981
	Sue Haynes, 1976
56.00	Ellie Mahal, 1980
800m	
2:03.72	Debbie Vetter, 1977
2:07.00	Diane Vetter, 1978
2:10.54	Wren Schafer, 1981
1,500m	
4:13.10	Debbie Vetter, 1977
4:20.79	Diane Vetter, 1978
4:22.25	Peg Neppel, 1976
3,000m	
9:17.4	Peg Neppel, 1975
9:17.5	Carol Cook, 1977
9:38.5	Diane Vetter, 1980
5,000m	
16:14.10	Carol Cook, 1977
16:28.50	Peg Neppel, 1976
16:34.8	Debbie Vetter, 1979
10,000m	
34:19.0	Peg Neppel, 1976
34:42.7	Carol Cook, 1976
36:02.53	Bridget Seip, 1980

100m hurdles 13.94	Kelley Mathews, 1981
15.94	(also ran 13.8 (HT) in 1981)
13.9	Debbie Esser, 1979
14.0	Kim Whitehead, 1980
400m hurdles	
56.63	Debbie Esser, 1979
57.20	Kim Whitehead, 1980
58.60	Ellie Mahal, 1978
discus	
150-9	Melanie Heitman, 1981
150-2	Connie White, 1981
146-3	Lisa Morse, 1980
javelin	
154-9	Melanie Heitman, 1981
148-3	Kim Blakeslee, 1979
133-71/2	Lisa Morse, 1980
high jump	
5-91/2	Dona Lane, 1979, 1977
5-9	Becky Deetz, 1979
5-5	Pat Hodgson, 1975
long jump	
20-33/4	Celeste Johnson, 1978
19-23/4	Cathy Newman, 1974
18-2	Sue Haynes, 1977
shot put	
44-63/4	Connie White, 1981
41-71/2	Lisa Morse, 1980
39-11/4	Melanie Heitman, 1980

cyclones in outdoor big eight championships

1981, Ames—3rd place (Nebraska 1st) champions

4x800-meter relay: Wren Schafer, Patty McCarthy, Christine McMeekin, Diane Vetter 1,500 meters: Christine McMeekin 400 meters: Sumetia Wells

1980, Lincoln, Neb.—3rd place (Nebraska 1st) champions

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

1979, Manhattan, Kan.—1st place champions

400m hurdles: Debbie Esser 1,500 meters: Debbie Vetter 800 meters: Debbie Vetter mile relay: Debbie Esser, Ellie Mahal, Laurie Eder, Diane Vetter 2-mile relay: Annette Class, Sue Deppe, Trudi Rebsamen, Jane Lange

1978, Norman, Okla.—1st place

400m hurdles: Debbie Esser 5,000 meters: Mary Seybold 1,500 meters: Debbie Vetter 100m hurdles: Debbie Esser 3,00 meters: Katy Schilly discus: Lisa Morse mile relay: Celeste Johnson, Carol Davis, Debbie Esser, Ellie Mahal

1977, Lawrence, Kan.—1st place 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—1st place 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-1st place

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 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.—1st place 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.

and a second		
100m	11.44	Merlene Ottey, Nebraska, 1980
	11.2	Merlene Ottey, Nebraska, 1980
200m	22.72	Merlene Ottey, Nebraska, 1980
400m	53.24	Jennie Gorham, Nebraska, 1980
800m	2:07.0	Debbie Vetter, Iowa State, 1978
1,500m	4:22.65	Debbie Vetter, Iowa State, 1978
3,000m	9:38.5	Diane Vetter, Iowa State, 1980
5,000m	16:45.83	Carol Cook, Iowa State, 1977
10,000m	35:07.42	Karen Bridges, Oklahoma State 1979
100m hurdles	13.69	Pam Page, Missouri, 1979
400m hurdles	58.07	Debbie Esser, Iowa State 1979
4x110y relay	47.0	Nebraska (Robin Mills, Cindy Tatum, Cheryl Zajic, Merlene
		Ottey), 1980
4x100m relay	46.16	Nebraska (Robin Mills, Norma Murray, Cheryl Zajic, Merlene Ottey), 1981

big eight records

880y sprint medley	1:43.15	Missouri (Kim Adams, Barb Beasley Pam Page, Rosalyn
		Dunlap), 1980
800m sprint medley	1:41.05	Nebraska (Robin Mills, Cheryl
relay		Zajic, Norma Murray, Merlene Ottey), 1981
mile relay	3:42.8	Kansas State (Freda Hancock, Anr
		Reidy, Lorraine Davidson, Wanda
1 100	3:44.28	Trent), 1980
4x400m relay	5:44.20	Nebraska (Cheryl Zajic, Norma Murray, Tami Essington, Merlene
		Ottev), 1981
2-mile relay	8:54.57	Missouri (Linda Seale, Linda
2 mile ready		Smith, Mandy Renner, Dana
		Glidden), 1980
4x800m relay	8:41.63	Iowa State (Wren Schafer, Patty
		McCarthy, Christine McMeekin,
		Diane Vetter), 1981
discus	164-0	Brenda Denny, Colorado, 1980
shot put	49-103/4	Cecil Hansen, Oklahoma, 1981
javelin	168-10	Susie Norton, Kansas State, 1975
long jump	20-1	Tudie McKnight, Kansas, 1981
high jump	5-101/2	Sally McCarthy, Oklahoma, 1980
heptathlon	5,839	Nancy Kindig, Nebraska, 1981
pentathlon	3,926	Nancy Kindig, Nebraska, 1980

cyclones in aiaw outdoor nationals

1981, Austin, Tex.—21st (tie) place

Wren Schafer, Patty McCarthy, Christine McMeekin, Diane Vetter, 2nd place, 4x800m relay

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 MicMeekin, 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

1975, Corvallis, Ore.—6th place

Peg Neppel, 2nd place, 2-mile, 4th place, mile Sherry Edwards, 5th place, 440 yards Pat Hodgson, 6th place, high jump Deb Carroll, Faye Perkins, Pat Augustyn, Deb Ward, 6th place, 880y medley relay Sherry Edwards, Deb Ward, Pat Hodgson, Charalyn Wolf, 3rd place, mile relay

1974, Denton, Tex.-5th place

Cathy Newman, Elaine MacAlexander, Deb Ward, Sherry Edwards, 1st place, mile relay Cathy Newman, 3rd place, long jump, 6th place, 100 yards Peg Neppel, 4th place, mile, 4th place, 2-mile

Connie Pease, Deb Ward, Cathy Newman, Sherry Edwards, 4th place, 4x110y relay

aiaw team championship results

year champion

1969 Texas Women's University 1970 Illinois

site

San Marcos, Tex. Champaign, III.

1971	Texas Women's University	Cheney, Wash.	
1972	Cal State-Hayward	Knoxville, Tenn	
1973	Texas Women's University	Hayward, Calif.	
1974	Prairie View A&M	Denton, Tex.	
1975	California-Los Angeles	Corvallis, Ore.	
1976	Prairie View A&M	Manhattan, Kan.	
1977	California-Los Angeles	Los Angeles, Calif.	
1978	Cal State-Northridge	Knoxville, Tenn.	
1979	Cal State-Northridge	East Lansing, Mich.	
1980	Cal State-Northridge	Eugene, Ore.	
1981	Tennessee	Austin, Tex.	

aiaw outdoor records

100m	11.07	Merlene Ottey, Nebraska, 1981
200m	22.78	Merlene Ottey, Nebraska, 1981
400m	50.93	Rosalyn Bryant, Cal State-Northridge, 1978
800m	2:01.6	Wendy Knudson, Colorado State, 1976
1,500m	4:15.00	Leann Warren, Oregon, 1981
3,000m	9:00.2	Regina Joyce, Washington, 1981
5,000m	15:35.5	Kathy Mills, Penn State, 1978
10,000m	33:02.32	Julie Shea, North Carolina State, 1980
100m hurdles	13.07	Stephanie Hightower, Ohio State, 1980
400m hurdles	54.60	Sandra Myers, Cal State-Northridge, 1980
400m relay	44.35	Florida State (Esmerelda Garcia, Marita, Payne, Alice Bennett, Randy Givens) 1981
800m medley relay	1:36.70	Tennessee (Sharrieffa Barksdale, Cathy Rattray,Benita Fitzgerald, Delisa Walton) 1981
1,600m relay	3:31.70	Tennessee (Cathy Rattray, Sharrieffa Barksdale, Joetta Clark, Delisa Walton) 1981
3,200m relay	8:33.6	Cal State-Northridge (Marcia Romesser, Roma Antoniewicz, Kathy Costello, Kathy Weston) 1981
high jump	6-31/2	Louise Ritter, Texas Women's University, 1979
long jump	21-61/4	Modupe Oshikoya, UCLA, 1978
	98-1	Kate Schmidt, UCLA, 1975
shot put	57-1	Meg Ritchie, Arizona, 1981
	I	
discus	211-11	Meg Ritchie, Arizona, 1980

iowa state track complex records

100m	11.1	Merlene Ottey, Nebraska,4-19-80	
200m	22.7	Merlene Ottey, Nebraska,5-16-81	
400m	54.34	Sumetia Wells, Iowa State,5-15-81	

800m	2:10.13	Tami Essington, Nebraska, 5-16-81
1,500m	4:30.06	Christine McMeeking, Iowa State,
A COLOR OF STREET		5-16-81
3,000m	9:39.29	Kellie Cathey, Oklahoma, 5-15-81
5,000m	17:25.10	Kellie Cathey, Oklahoma, 5-16-81
10,000m	37:17.66	Brenda Saunders, Missouri, 5-15-81
100m hurdles	13.99	Kelley Mathews, Iowa State, 5-15-81
400m hurdles	1:00.11	Debbie McClendon, Colorado, 5-15-81
4x100m relay	46.16	Nebraska (Robin Mills, Norma Murray, Cheryl Zajic, Merlene Ottey), 5-16-81
4x400m relay	3:44.28	Nebraska (Cheryl Zajic, Norma Murray Tami Essington, Merlene Ottey), 5-16-81
800m sprint medley relay	1:41.05	Nebraska (Robin Mills, Cheryl Zajic, Norma Murray, Merlene Ottey), 5-15-81
4x800m relay	8:41.63	Iowa State (Wren Schafer, Patty McCarthy, Christine McMeekin, Diane Vetter),5-15-81
discus	153-5	Karen Wood, Nebraska, 5-16-81
shot put	49-103/4	Cecil Hansen, Oklahoma, 5-15-81 🔔
javelin	152-8	Cecil Hansen, Oklahoma, 5-15-81
high jump	5-9	Sharon Burrill, Nebraska, 5-16-81
long jump	20-1	Tudie McKnight, Kansas, 5-15-81
heptathlon	5,839	Nancy Kindig, Nebraska, 5-16-81

cyclone track all-americans

Diane Vetter	6th place indoor 1,000 meters 1981
Wren Schafer	AIAW national champions, indoor distance
Sumetia Wells Christine McMeekin Diane Vetter	medley relay 1981
Wren Schafer	2nd place, AIAW nationals,
Patty McCarthy Christine McMeekin Diane Vetter	4x800m relay 1981
Debie Esser*	AIAW national champion, 400m 1976, 1977, 1978, 1979
Debbie Vetter	AIAW national champion, 1,500 meters 1978 3rd place, AIAW nationals, 800
Diana Vattar	meters 1978
Diane Vetter	2nd place, AIAW nationals,
Katy Schilly Barb Brown Debbie Vetter	4x800m relay 1978
	istory to win four consecutive national titles

* First athlete in AIAW history to win four consecutive national titles in the same event.

cross country

1981: year of the comeback

The pack is back!

That is the oft-repeated phrase around Ames following the Cyclone women harriers' return to championship form during the 1981 cross country season.

Head coach Ron Renko's freshman-dominated squad won four of five regular-season meets (the loss came via a tiebreaker) before racing to consecutive victories in the Big Eight, AIAW Region 6, and AIAW national championships.

The national crown is the school's fifth since 1975—an unprecedented feat in women's intercollegiate athletics.

lowa State also resumed its position atop the Big Eight Conference with its sixth conference title in the last seven years, and clinched its fourth AIAW regional championship since 1977.

The Cyclones began the year with a fresh approach and an almost entirely different lineup. Returning runners from 1980 included senior Wren Schafer and sophomore Francine Sandoval, but the remainder of the pack was young—in fact, all but two were rookies.

The 1981 pacesetter was former Danish internationalist Dorthe Rasmussen, who became Iowa State's second national champion with her stellar performance (17:36) over a rough, hilly course in Pocatello, Idaho. Her time was more than 30 seconds under the old Highland Golf Course record set last fall by North Carolina State's Mary Shea, and was a good 13 seconds ahead of runner-up Carey May of Brigham Young.

A highly-touted performer from the European ranks, Rasmussen lived up to all expectations. She won each of the six meets she entered, including the Big Eight and regional, while setting course records at home (16:54.7) and at the University of Minnesota (17:31.1).

While Rasmussen was first in six different races, freshman Margaret Davis was second in five, including the Big Eight and regional. Davis capped a phenomenal rookie campaign by finishing eighth nationally to earn all-America honors. Scotland native Catherine Hunter shook off early-season illnesses and injuries to finish 18th nationally and become ISU's third all-American of 1981. Other national finishers were Sandoval (44th), Schafer (49th), freshman Anne Hicks (77th), and senior Barb Rus (117th).

What brought the Cyclones back to the mountaintop?

"Having a runner of Rasmussen's caliber was a factor, but I cannot say enough about the total team effort we displayed from the first meet of the year," Renko says. "We never had a letdown from any of our runners. We kept improving week by week.

"This was a special group of athletes, who were dedicated and committed to working hard from day one. They accomplished what they set out to accomplish, and are true champions."

year	champion	site
1975	Iowa State	Ames
1976	Iowa State	Broomfield, Colo
1977	Iowa State	Manhattan, Kan.
1978	Iowa State	Columbia, Mo.
1979	Iowa State	Lincoln, Neb.
1980	Missouri (ISU 5th)	Columbia, Mo.
1981	Iowa State	Ames
aiaw re	gion 6	
year	champion	site
1977	Iowa State	Ames
1978	Iowa State	Ames
1979	lowa State	Ames
1980	lowa (ISU 3rd)	Ames
1981	Iowa State	Minneapolis, Minn.
aiaw na	ationals	
year	champion	site
1975	Iowa State	Ames
1976	Iowa State	Madison, Wis.
1977	Iowa State	Georgetown, Tex.
1978	Iowa State	Denver, Colo.
1979	North Carolina State (ISU 9th)	Tallahassee, Fla.
1980	North Carolina State (ISU 22nd)	Seattle, Wash.
1981	Iowa State	Pocatello, Idaho

cross country championship results

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