

ALL-AMERICANS

1985	Derrick Newton	100 Meters	8th Place	Outdoor
1994	Pat Pilgrim	Long Jump	1st Place	Outdoor
2002	Torain Howard	100 Meters	6th Place	Outdoor
2010	Javaras Thomas	Triple Jump	4th Place	Indoor
2010	Javaras Thomas	Triple Jump	2nd Place	Outdoor

MIDWEST COLLEGIATE CONFERENCE MOST VALUABLE PERFORMERS

2009	Kris Miller (Track, Outdoor)
2009	Royce Clay (Field, Outdoor)
2010	Gabriel Green (Track, Indoor)
2010	Javaras Thomas (Field, Outdoor)
2011	Gabriel Green (Track, Outdoor)

IOWA CONFERENCE CHAMPIONS

100-METER DASH

1985	Derrick Newton	10.77
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100-YARD DASH

1970	Frank Guthrie	9.9
1974	Rodney Olson	10

200-METER DASH

1985	Derrick Newton	21.89
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220-YARD DASH

1970	Frank Guthrie	22.3
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400-METER DASH

1977	Gary Nymeyer	49.5
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440-YARD DASH

1927	Covey	53
1930	Jack Hiatt	50.6
1931	Jack Hiatt	51.6
1944	Jack Oxenrider	54.6
1980	Rod McKeller	51.44

880-YARD RUN

1931	Clifford Wilkins	2:02.4
1932	Clifford Wilkins	2:04.1
1933	Clifford Wilkins	2:02.5
1944	Jack Oxenrider	2:13.0

ONE-MILE RUN

1924	Lawrence Auld	4:32.3
1925	Lawrence Auld	4:37.4
1927	Lawrence Auld	4:38.6
1928	Charles Haworth	4:25.3
1930	Kellogg	4:37.1
1944	Tatum	4:51.0

TWO-MILE RUN

1924	Lawrence Auld	10:10.8
1925	Lawrence Auld	10:13.8
1926	Lawrence Auld	10:18.9
1927	Lawrence Auld	10:02.0
1928	Charles Haworth	9:54.5

110-METER HURDLES

1967	Rick Stoecker	15.2
1968	Rick Stoecker	14.8
1969	Rick Stoecker	15.9
1970	Rick Stoecker	15.2

4x100-METER RELAY

1985	Marvin Poole, Carlton Saunders, Mike Richards, Derrick Newton	43.27
1986	Joe Sales, Louis Glasper, Rich Pena, Tom Young	42.0

440-YARD RELAY

1970 43.2

4x400-METER RELAY

1986 Roy Moorman, Mike Richards, Rich Freland, Rich Pena 3:19.8

DISCUS

1923 Carl Houser 119-0

HIGH JUMP

1974 Percy Graves 6-6
1975 Percy Graves 6-3.75
1976 Percy Graves 6-2
1978 Al Millard 6-4
1983 Marty Garland 6-6

JAVELIN

1936 Morton 173-3
1972 Ron Tower 200-9
1974 Ron Tower 202-2
1976 Jim Verscovi 177-10

LONG JUMP

1967 Claude Kennard 22-5.5
1968 Claude Kennard 22-11
1986 Louis Glasper 23-4.5
1994 Pat Pilgrim 22-8
1999 Chris McCullough 22-1

SHOT PUT

1923 Carl Houser 36-6.5
1968 Wilbur Young 51-4.5
1969 Wilbur Young 49-6.75
1970 Wilbur Young 52-2.25
1971 Wilbur Young 54-8
1974 John Patik 52-0.5
1985 Matt Crawford 50-10

TRIPLE JUMP

1968	Claude Kennard	43-3.25
1976	Percy Graves	46-4.5
1984	Mike Richards	45-3
1986	Louis Glasper	45-2.5
1997	Tarvar Baskerville	47-5.25

NOTE: PENN CHANGED TO NAIA/MCC IN 2001-2002

MIDWEST COLLEGIATE CONFERENCE CHAMPIONS**55-METER DASH**

2010	Gabriel Green	6.51	Indoor
2011	Carlos Stepter	6.45	Indoor

100-METER DASH

2002	Torain Howard	10.99
2003	Edward Simms	11.43
2005	Edward Simms	10.94
2007	Kris Miller	10.86
2008	Carlos Stepter	11.30
2009	Carlos Stepter	10.84
2011	Gabriel Green	10.65

200-METER DASH

2003	Jason Irwin	22.72	
2005	Edward Simms	22.83	
2007	Kris Miller	23.00	
2009	Kris Miller	22.16	
2010	Gabriel Green	22.46	Indoor
2010	Gabriel Green	21.94	
2011	Gabriel Green	22.42	Indoor
2011	Gabriel Green	21.47	

400-METER DASH

2003	Jason Irwin	49.31
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2004	Jason Irwin	50.92	
2009	Kris Miller	49.07	
2010	Gabriel Green	50.33	Indoor
2010	Gabriel Green	50.63	
2011	Gabriel Green	49.91	

800-METER RUN

2003	James Smith	2:01.42	
2004	Tim Dagele	2:00.13	
2005	Travis Sauer	1:56.85	

1,500-METER RUN

2004	Demitrius Byrd	4:15.84	
2005	Travis Sauer	4:15.06	
2006	Demitrius Byrd	4:19.42	

3,000-METER STEEPLECHASE

2003	Chris Terry	10:20.50	
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5,000-METER RUN

2005	Lenin Zapata	15:42.90	
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10,000-METER RUN

2002	Chris Terry	33:46.00	
2003	Chris Terry	34:01.02	
2004	Kendall Horrocks	36:34.74	
2005	Lenin Zapata	35:52.21	

110-METER HURDLES

2003	James Lange	15.81	
2005	James Lange	15.86	
2006	Leon Straughter	15.59	
2007	Leon Straughter	15.68	

400-METER HURDLES

2003	James Smith	55.55	
2004	James Smith	55.72	

2005	James Smith	56.56
2006	Leon Straughter	54.51
2007	Leon Straughter	56.72

4x100-METER RELAY

2003	Julian Assibey, Edward Simms, Jason Irwin, Torain Howard	42.79
2010	Gabriel Green, Carlos Stepter, Perry King, Kris Miller	42.30

4x400-METER RELAY

2003	James Lange, Edward Simms, James Smith, Jason Irwin	3:29.30
2004		3:31.92
2006	Leon Straughter, Spencer Burck, James Lange, James Smith	3:27.90
2010	Gabriel Green, Carlos Stepter, Josh Roudabush, Kris Miller	3:24.96

4x800-METER RELAY

2002		8:12.59
2003	James Smith, Greg Varner, Clayton Stangeland, Tim Dagel	8:12.82
2004		8:00.76

HIGH JUMP

2003	Ryan Musil	6-2
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POLE VAULT

2002	Arthur Odden	12-0
2003	Jason Irwin	12-0
2004	Jason Irwin	13-5
2006	Corey Allen	7-5.75

LONG JUMP

2002	Julian Assibey	21-8	
2003	Julian Assibey	21-7	
2005	Julian Assibey	21-9.5	
2007	Royce Clay	21-6.75	
2009	Royce Clay	22-3.5	
2010	Royce Clay	23-0.75	Indoor

TRIPLE JUMP

2003	Julian Assibey	45-3	
2007	Royce Clay	45-3	
2009	Royce Clay	46-5.25	
2010	Javaras Thomas	48-2.75	Indoor
2010	Javaras Thomas	47-5.25	
2011	Javaras Thomas	45-7.75	Indoor
2011	Javaras Thomas	46-9.5	

DISCUS

2002	Joe Illingworth	160-0	
2003	Joe Illingworth	146-5	
2009	Jacob McCullough	140-1	