

# THE UNIVERSITY OF IOWA



## HAWKEYE TRACK & FIELD



TRACK AND FIELD CONTACT: BRANDEE BRITT

April 11, 2012

### 2012 IOWA TRACK & FIELD OUTDOOR SCHEDULE

Date	Meet	Result
Mar. 30-31	Arkansas Invite <i>(Fayetteville, Ark.)</i>	
Apr. 6-7	Stanford Invite <i>(Palo Alto, Calif.)</i>	
Apr. 7	LSU Invitational <i>(Baton Rouge, La.)</i>	
Apr. 13-14	Tom Botts Invitational <i>(Columbia, Mo.)</i>	
<b>Apr. 20-21</b>	<b>Musco Twilight XIII</b> <b><i>(Iowa City, Iowa)</i></b>	
Apr. 26-28	Drake Relays <i>(Des Moines, Iowa)</i>	
May 4	UNI Messersmith Invite <i>(Cedar Falls, Iowa)</i>	
May 11-13	Big Ten Outdoor Championships <i>(Madison, Wis.)</i>	
May 24-26	NCAA First Round <i>(Austin, Texas)</i>	
June 6-9	NCAA Championships <i>(Des Moines, Iowa)</i>	

### IOWA COACHING STAFF

**Layne Anderson** ..... Head Track & Field Coach

**Larry Wieczorek** ..... Director of Track & Field

**Scott Cappos** ..... Director of Field Events

**Clive Roberts** ... Assistant Coach/Director of  
..... Recruiting  
..... Horizontal jumps, women's short  
..... sprints, hurdles, relays

**Christi Smith** ..... Assistant Coach  
..... Combined events, vertical jumps

**Joey Woody** ..... Assistant Coach  
..... Men's sprints, short hurdles and relays

### THIS WEEK

The University of Iowa track and field team will head to the Tom Botts Invitational in Columbia, Mo., on Saturday. The meet will be held at Audrey J. Walton stadium on the campus of the University of Missouri. The meet is scheduled to begin at 10 a.m. Live results will be available on the [hawkeyesports.com](http://hawkeyesports.com) schedule page.

### IN THE RANKINGS

The men's track team is ranked 17th in the USTFCCA national rankings.

### AMONG THE NCAA TOP TEN

The Hawkeyes are ranked in the NCAA top 10 in five events. Senior Troy Doris is ranked third in the triple jump. Doris reached the 53-6 1/2 (16.32m) mark at the Battle on the Bayou on April 7. The men's 1,600-meter relay team is currently ranked 10th in the nation for their performance at the Arkansas Spring Invitational on Mar. 30. The team of junior Justin Austin, senior Patrick Richards, freshman Brennan Davey, and senior Erik Sowinski crossed the line in 3:06.49. Sowinski also currently ranks fourth in the nation in the 800 meters. Sowinski ran a school record setting time of 1:47.02 at the Battle on the Bayou on April 7. Senior Jeffery Herron's school record setting performance in the high jump (7-4 1/4; 2.24m) currently ranks third in the nation. Herron recorded the mark at the Battle on the Bayou on April 7. McKenzie Melander's 5,000 meters time of 15:57.13 is currently ranked fifth in the nation. Melander ran the personal best time at the Stanford Invitational on April 6th.

### HERRON BREAKS HIGH JUMP RECORD

Senior Jeffery Herron broke Iowa's high jump record April 7 at the Battle on the Bayou. Herron reached the 7-4 1/4 (2.24m). Herron's mark just beat the previous school record of 7-04 (2.23m) held by Bill Hansen (1978) and Bill Knoedel (1975). Herron's mark, which ranks third in the nation, is four meters better than his previous best.

### SOWINSKI RACES TO SCHOOL RECORD

Senior Erik Sowinski broke the school record in the 800 meters April 7 at the Battle on the Bayou. Sowinski crossed the line in 1:47.02 to beat the previous school record of 1:47.64 set in 1962 by Bill Frazier. Sowinski's time currently ranks fourth in the nation.

### MELANDER CLIMBS THE RANKINGS

Senior McKenzie Melander recorded a personal best performance at the Stanford Invitational on April six. Melander's time of 15:57.13 ranks second all-time at Iowa behind Nan Doak's time of 15:45.84 set in 1985. Melander holds the school record in the indoor mile (4:39.78).

# THE UNIVERSITY OF IOWA



## HAWKEYE TRACK & FIELD



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#### BYERS ATOP THE BIG TEN

Senior Matt Byers is currently ranked first in the Big Ten in the javelin. Byers recorded a throw of 223-3 (68.06m) at the Arkansas Spring Invitational on Mar. 30. The meet was Byers only performance of the 2012 season. Byers currently holds the school record in the event (245-8; 74.89m).

#### 4X4 RUNS SEASON BEST TIME

The women's 1,600-meter relay team ran a season best time of 3:37.57 at the Battle on the Bayou. That time ranks fourth all-time at Iowa, and is currently ranked fourth in the Big Ten. The 1,600-meter relay team will defend its Big Ten title May 11th.

#### MEET THE RECORD HOLDERS

Six Hawkeyes on the 2012 roster account for seven individual school records. They include:

Justin Austin: 100m (10.21) and 200m (20.31)  
Danielle Berndt: 3,000m Steeplechase (10:26.54)  
Matt Byers: Javelin (245-8; 74.89m)  
Troy Doris: Triple Jump (54-0; 16.46m)  
Jeffery Herron: High Jump (7-4 1/4; 2.24m)  
Erik Sowinski: 800m (1:47.02)  
Jeff Thode: 1,500m (3:43.02)  
Majesty Tutson: Discus (172-4; 52.52m)

#### NEXT ON THE BLOCK

The Hawkeyes will host the 13th annual Musco Twilight on April 21.

### 2012 OUTDOOR SEASON LEADERS

#### MEN'S

100 meters	Justin Austin	10.40
110-meter hurdles	Ethan Holmes	14.17
200 meters	Justin Austin	21.21
400 meters	Erik Sowinski	46.81
400-meter hurdles	Keaton Rickels	51.80
800 meters	Erik Sowinski	1:47.02
1,500 meters	Jeff Thode	3:46.32
3,000 meters	Kevin Lewis	8:35.86
5,000 meters	Nick Holmes	14:29.77
Shot Put	Matt Banse	56-11 1/2 (17.36m)
Discus	Gabe Hull	185-10 (56.66m)
Hammer	Matt Banse	195-7 (59.62m)
Javelin	Matt Byers	223-3 (68.06m)
High Jump	Jeffery Herron	7-4 1/4 (2.24m)
Long Jump	Jeffery Herron	24-5 (7.44m)
Triple Jump	Troy Doris	53-6 1/2 (16.32m)
Pole Vault	Jack Eckert	14-5 1/4 (4.40m)
400-meter relay	Mincy, Larney, Richards, Austin	40.33
1,600-meter relay	Austin, Richards, Davey, Sowinski	3:06.49

#### WOMEN'S

100 meters	Erin Jones	12.01
100-meter hurdles	Khanishah Williams	15.00
200 meters	Ashley Liverpool	23.98
400 meters	Ashley Liverpool	53.12
400-meter hurdles	Hannah Simonson	59.83
1,500 meters	Lena Placzek	4:36.37
3,000-meter Steeple	Danielle Berndt	10:39.29
5,000 meters	McKenzie Melander	15:57.13
Hammer Throw	Annemie Smith	181-0 (55.16m)
Javelin	Amanda Stahle	140-11 (42.95m)
Discus	Majesty Tutson	165-10 (50.55m)
Shot Put	Sarah Ryan	34-5 3/4 (10.51m)
Long Jump	Carisa Leacock	19-0 3/4 (5.81m)
High Jump	Zinnia Miller	5-7 1/4 (1.71m)
Pole Vault	Kirsten Weismantle	11-9 (3.58m)
400-meter relay	Jones, R. Moore, Liverpool, Simonson	46.33
1,600-meter relay	Simonson, Liverpool, Erickson, Sack	3:37.57

# OUTDOOR ALL-TIME TOP TEN PERFORMERS



Jeremy Allen



Justin Austin



Matt Byers



A.J. Curtis



Troy Doris



Jeffery Herron



Deacon Jones

## 100 Meters

1. Justin Austin, 2011	10.21
2. George Page, 1996	10.25
3. Anthuan Maybank, 1994	10.31
Tim Dwight, 1997	10.31
5. Bob Lawson, 1976	10.36
6. Robert Smith, 1984	10.39
7. Curtis Chang, 1987	10.40
8. Jeff Patrick, 1983	10.41
Tim Dodge, 2002	10.41
10. Jerry Fisher, 1991	10.45

## 110-Meter High Hurdles

1. Pat McGhee, 1989	13.50
2. Dion Trowers, 1996	13.62
3. Ronnie McCoy, 1985	13.66
4. Ethan Holmes, 2011	13.73
5. Jordan Mullen, 2011	13.79
6. James Armstrong, 1991	13.89
7. Doug Jones, 1986	14.06
8. Dan Davis, 2012	14.22
9. Chris Williams, 1983	14.24
10. Rajeev Balkrishnan, 1993	14.29

## 200 Meters

1. Justin Austin, 2011	20.31
2. Jeff Patrick, 1983	20.47
3. Anthuan Maybank, 1994	20.55
4. Andre Morris, 1995	20.64
5. George Page, 1996	20.67
6. Terrence Duckett, 1982	20.74
7. Tim Dodge, 2002	20.78
8. Bashir Yamini, 1999	20.82
9. Dennis Kohl, 1966	20.84
10. Tim Dwight, 1997	20.91

## 400 Meters

1. Anthuan Maybank, 1993	44.99
2. Andre Morris, 1995	45.15
3. Mike Mondane, 1967	45.20
4. Steven Willey, 2010	45.78
5. Gary Hollingsworth	46.30
6. Harold Leonard, 1986	46.45
7. Tony Branch, 1999	46.60
8. Prince Riley, 2007	46.61
9. George Page, 1996	46.66
10. Dick Eisenlauer, 1973	46.74
Terrence Duckett, 1983	46.74
Patrick Richards, 2010	46.74

## 400-Meter Hurdles

1. Pat McGhee, 1988	48.83
2. Monte Raymond, 1998	50.09
3. Ray Varner, 2010	50.24
4. Paul Steele, 1989	50.45
5. Russell Peterson, 2001	50.50
6. Ethan Holmes, 2011	50.65
7. Adam Kunkel, 2001	50.73
8. Jon Reimer, 1967	50.94
9. Gary Falls, 1991	51.08
10. D'Juan Richardson, 2011	51.12

## 800 Meters

1. Erik Sowinski, 2012	1:47.02
2. Bill Frazier, 1962	1:47.64
3. D'Juan Strozier, 1990	1:47.82
4. Adam Hairston, 2009	1:48.53
5. Michael Layne, 1999	1:49.61
6. Bill Thiesen, 1985	1:49.74
7. Andy Wiese, 1985	1:50.22
8. Paul Chepkwony, 1984	1:50.36
9. Rod Chambers, 1989	1:50.60
10. Jim Donovan, 1998	1:50.68

## 1,500 Meters

1. Jeff Thode, 2010	3:43.02
2. Joel Moeller, 1978	3:44.01
3. Jim Docherty, 1978	3:44.30
4. Dan Waters, 1986	3:46.35
5. Kevin Herd, 1994	3:46.64
6. John Clark, 1977	3:46.84
7. Ted Wheeler, 1956	3:48.24
8. Jesse Luciano, 2007	3:49.99
9. Micah VanDenend, 2007	3:50.20
10. John Dobbs, 1985	3:50.70

## 3,000-Meter Steeplechase

1. Deacon Jones, 1956	8:47.40
2. Steve Pershing, 1978	8:54.59
3. Andy Morris, 2000	8:56.21
4. Matt Gerard, 1994	8:57.01
5. Andy Napier, 2008	8:57.54
6. Rollie Kitt, 1967	9:02.90
7. Al Greene, 1985	9:02.96
8. Tony Rakaric, 2005	9:03.29
9. Mark Battista, 2010	9:04.60
10. Sean Gale, 1993	9:08.00

## 5,000 Meters

1. Micah VanDenend, 2007	13:49.31
2. Larry Wiczorek, 1968	13:56.00
3. Kevin Herd, 1993	13:59.00
4. Stetson Steele, 2000	14:02.76
5. Eric MacTaggart, 2005	14:04.79
6. Dan Haut, 2006	14:07.30
7. Jesse Luciano, 2010	14:08.71
8. Matt Esche, 2006	14:12.07
9. Jeff Thode, 2011	14:12.40
10. Chase Kadlec, 2010	14:14.45

# OUTDOOR ALL-TIME TOP TEN PERFORMERS



Anthuan Maybank



Pat McGhee



Dan Rolling



Erik Sowinski



Stetson Steele



Jeff Thode



Micah VanDenend

## 10,000 Meters

1. Stetson Steele, 2000 ..... 28:44.47
2. Eric MacTaggart, 2006..... 28:50.23
3. Nick Nordheim, 2002 ..... 29:44.71
4. Trent Corey, 2002 ..... 29:45.25
5. Chad Schwitters, 1999 ..... 29:56.00
6. Nick Holmes, 2010 ..... 30:02.31
7. Dan Haut, 2006 ..... 30:03.08
8. Kevin Herd, 1994 ..... 30:05.21
9. Paul Sarris, 2001 ..... 30:08.40
10. Matt Esche, 2004..... 30:08.82

## Decathlon

1. Dan Rolling, 2010 ..... 6,957 pts
2. Scott Faber, 2000 ..... 6,839 pts
3. Ryan Niver, 2008 ..... 6,837 pts
4. Chad Ohly, 1994 ..... 6,641 pts
5. Gary Kostrubala, 1984..... 6,498 pts
6. Frank Prill, 2008 ..... 6,381 pts
7. Jacob Drewry, 1994 ..... 5,820 pts

## High Jump

1. Jeffery Herron, 2012 ..... 7-4 1/4 (2.24)
2. Bill Hansen, 1978 ..... 7-4 (2.23)
- Bill Knoedel, 1975..... 7-4 (2.23)
4. M. Cunningham, 1986 ..... 7-1 (2.16)
- Kenneth Lansing, 1988..... 7-1 (2.16)
6. Pat Meade, 1987 ..... 7-0 1/4 (2.14)
7. **Graham Valdes, 2012..... 6-11 3/4 (2.12)**
8. Peter Hlavin, 1979 ..... 6-11 (2.11)
- Scott Hudek, 1993 ..... 6-11 (2.11)
- Jeremy Petsche, 2008..... 6-11 (2.11)

## Long Jump

1. Anthuan Maybank, 1993..... 27-1 (8.25)
2. Bashir Yamini, 1997..... 26-8 1/4 (8.13)
3. Paul Jones, 1989..... 25-10 1/4 (7.88)
4. Darren Smith, 1991 ..... 25-9 3/4 (7.86)
5. Quinn Early, 1986 ..... 25-7 1/4 (7.80)
6. Ed Gordon, 1931 ..... 25-4 3/8 (7.68)
7. Matty Gorman, 2006..... 25-1 1/4 (7.65)
8. Ronnie McCoy, 1985 ..... 25-0 (7.62)
9. **Jeffery Herron, 2010 ..... 24-9 (7.54)**
10. Joe Robinson, 1976..... 24-2 3/4 (7.38)

## Triple Jump

1. **Troy Doris, 2011 ..... 54-0 (16.46)**
2. Paul Jones, 1990 ..... 52-0 1/2 (15.86)
3. Gordon Finch, 1988 ..... 50-9 1/4 (15.47)
4. Mike Lacy, 1984..... 50-5 (15.36)
5. Pat Miller, 1985 ..... 49-8 1/2 (15.25)
6. Matty Gorman, 2008 ..... 49-2 1/2 (15.00)
7. Owen Gill, 1982 ..... 49-1 (14.96)
8. Josh Bean, 2010..... 48-10 3/4 (14.90)
9. Ed Gordon, 1931 ..... 48-0 1/8 (14.63)
10. Mike Means, 1981 ..... 47-0 1/2 (14.34)

## Pole Vault

1. Todd Wigginton, 1984..... 17-0 (5.18)
2. Chad Ohly, 1994 ..... 16-8 3/4 (5.10)
3. Curt Broek, 1978 ..... 16-8 (5.08)
4. Phil Wertman, 1971 ..... 16-7 (5.05)
- Kelly Scott, 1988..... 16-7 (5.05)
6. John Teffer, 1972 ..... 16-2 (4.93)
7. **Kyle Reid, 2010 ..... 16-1 1/4 (4.91m)**
8. Alex Zona, 2009 ..... 16-0 3/4 (4.90)
9. Steve Brewer, 1983 ..... 16-0 (4.88)
- Doug Pennino, 1985 ..... 16-0 (4.88)

## Shot Put

1. Jeremy Allen, 2001 ..... 63-2 3/4 (19.27)
2. Ken Kemeny, 2005 ..... 62-3 (18.97)
3. Shane Maier, 2006 ..... 62-2 1/4 (18.95)
4. Andy Banse, 2005 ..... 61-11 1/2 (18.88)
5. John Hickey, 2008 ..... 61-9 1/2 (18.83)
6. Chris Gambol, 1987..... 60-0 1/2 (18.30)
7. A.J. Curtis, 2008 ..... 59-8 1/4 (18.19)
8. A. van der Westhuizen, 2000 ... 58-8 3/4 (17.90)
9. **Ryan Lamparek, 2010..... 58-4 (17.78)**
10. Gary Kostrubala, 1985..... 58-1 (17.70)

## Discus

1. A.J. Curtis, 2007 ..... 202-11 (61.84)
2. Gary Kostrubala, 1986..... 202-4 (61.68)
3. Jeremy Allen, 2001 ..... 195-4 (59.54)
4. Tim Brodersen, 2005 ..... 193-6 (58.98)
5. **Gabe Hull, 2012 ..... 185-10 (56.66)**
6. Brad Daufeldt, 2004..... 185-0 (56.40)
7. **Nick Brayton, 2009 ..... 180-11 (55.15)**
8. Andy Banse, 2005 ..... 180-0 (54.86)
9. Eric Rothwell, 2004..... 179-7 (54.73)
10. Shane Maier, 2008 ..... 178-7 (54.43)

## Hammer

1. A. van der Westhuizen, 2001 222-11 (67.94)
2. Adam Hamilton, 2007 ..... 222-2 (67.73)
3. Jim Costello, 2002 ..... 217-7 (66.32)
4. Brad Daufeldt, 2004..... 207-10 (63.34)
5. Chris Voller, 2005 ..... 206-0 (62.80)
6. **Matt Banse, 2011..... 199-11 (60.94)**
7. Jeremy Allen, 2001 ..... 199-0 (60.66)
8. **Ben Stancombe, 2011..... 197-6 (60.20)**
9. Ryan Jordan, 2007 ..... 184-6 (56.23)
10. **Ryan Lamparek, 2010..... 181-7 (55.35)**

## Javelin

1. **Matt Byers, 2011 ..... 245-8 (74.89)**
2. Bill Neumann, 2002 ..... 244-8 (74.58)
3. Dan Ralph, 2000..... 227-10 (69.44)
4. Zach Schimp, 2010..... 211-0 (64.32)
5. Kale Katt, 2007 ..... 204-0 (62.17)
6. Joel Storm, 2004 ..... 203-5 (62.01)
7. Matt Stank, 2001 ..... 199-0 (60.66)
8. A. van der Westhuizen, 1999 173-11 (53.00)
9. Craig Jennings, 2006..... 173-4 (52.83)
10. Scott Faber, 2000 ..... 173-1 (52.78)



Todd Wigginton



Arno van der Westhuizen

Micah VanDenend



# OUTDOOR ALL-TIME TOP TEN PERFORMERS

## 400-Meter Relay

1.	Beecham, Duckett, Greer, R. Smith, 1984 .....	39.48
2.	Page, Davis, Rozell, Morris, 1996 .....	39.73
3.	<b>Mincy</b> , Sayon, Chaney, Jr., <b>Austin</b> , 2011 .....	39.86
4.	<b>Richardson</b> , Sayon, Chaney, Jr., Bee, 2009 .....	39.94
5.	Felix, Branch, Dodge, Yamini, 1999 .....	39.96
6.	Beecham, Duckett, Greer, Patrick, 1983 .....	39.99
7.	Dwight, Branch, Davis, Yamini, 1998.....	40.00
	Goode, Fisher, Morris, Maybank, 1994 .....	40.00
	1998.....	40.00
	Dwight, Branch, Dodge, Yamini, 1999 .....	40.00

## Shuttle Hurdle Relay

1.	McGhee, Armstrong, Falls, Stelle, 1989 .....	57.80
2.	Wigginton, Jones, Lacey, McCoy, 1985.....	59.77
3.	1975.....	1:05.20

## 800-Meter Relay

1.	<b>Richardson</b> , Sayon, <b>Richards</b> , Chaney, Jr., 2009 .....	1:24.85
2.	Barclay, McCalister, Jensen, Elliott, 1979.....	1:26.39
3.	Thomas, Balkrishnan, Patterson, Freidrich 1991 .....	1:28.38
4.	Balkrishnan, Patterson, Thomas, Freidrich, 1991.....	1:29.04

## Sprint Medley Relay

1.	Sayon, <b>Austin</b> , Willey, <b>Sowinski</b> , 2011.....	3:16.18
2.	<b>Richardson</b> , <b>Richards</b> , Willey, <b>Sowinski</b> , 2010.....	3:17.74
3.	Armstrong, Thomas, Maybank, Strozier, 1991 .....	3:18.93
4.	Yamini, Davis, Dodge, Donovan, 1999 .....	3:19.87
5.	<b>Richards</b> , Chaney, Jr., Barton, Hairston, 2009 .....	3:20.05
6.	McCorkle, Armstrong, Chung, Strozier, 1990 .....	3:20.43
7.	Dodge, Yamini, Branch, Donovan, 1999.....	3:20.83
8.	Goode, Fisher, Thomas, Falls, 1992.....	3:21.02
9.	Dwight, Davis, Raymond, Donovan, 1997 .....	3:21.05
10.	Milder, Elbert, Barton, Hairston, 2008.....	3:21.14

## 1,600-Meter Relay

1.	Morris, Davis, Page, Rozell, 1995 .....	3:03.11
2.	Branch, Dwight, Dodge, Yamini, 1999.....	3:03.29
3.	Ferree, Frazier, Mondane, Reimer, 1967.....	3:04.10
4.	Rozell, Morris, Davis, Yamini, 1996 .....	3:04.71
5.	Willey, Barton, <b>Richards</b> , <b>Sowinski</b> , 2010.....	3:05.61
6.	Willey, <b>Richards</b> , <b>Sowinski</b> , Barton, 2011 .....	3:05.64
7.	Cameron, Williams, McGhee, McCoy, 1985 .....	3:06.00
8.	Rozell, Davis, Dwight, Raymond, 1997 .....	3:06.06
	Dodge, Kunkel, Coleman, Peterson, 2001 .....	3:06.06
10.	<b>Austin</b> , <b>Richards</b> , <b>Davey</b> , <b>Sowinski</b> , 2012 .....	3:06.49

## 3,200 Meter Relay

1.	Hairston, <b>Prom</b> , <b>Thode</b> , <b>Sowinski</b> , 2011 .....	7:23.77
2.	Corrigan, Blackman, Strozier, Chambers, 1989 .....	7:29.00
3.	Willey, Braff, <b>Sowinski</b> , Hairston, 2009.....	7:33.08
4.	Tweedy, Gajewski, Linden, O'Hollearn, 2005 .....	7:33.12
5.	Cunningham, Tweedy, S. Allen, Thomas, 2001 .....	7:34.12
6.	Long, Tweedy, Dziubski, O'Hollearn, 2004 .....	7:35.10
7.	1999.....	7:36.43
8.	1986.....	7:40.18
9.	Novotny, Holtkamp, Rerko, Feeldy, 1995 .....	7:44.68
10.	Steussay, Tice, Olson, Newell, 1973 .....	7:54.10

## Distance Medley Relay

1.	Pershing, Moeller, Slack, Docherty, 1978 .....	9:39.94
2.	<b>Kuczvara</b> , Barton, Hairston, <b>Thode</b> , 2011 .....	9:41.37
3.	Young, Barton, <b>Kuczvara</b> , Luciano, 2010.....	9:42.97
4.	Theisen, Williams, Wiesa, Waters, 1985 .....	9:54.04
5.	Luciano, Pierre, Hairston, VanDenend, 2007 .....	9:54.07
6.	VanDenend, Riley, O'Hollearn, Rakaric, 2006.....	9:54.97
7.	Feeldy, Eischeid, Novotny, Peters, 1996 .....	9:55.71
8.	Thomas, Wise, Cunningham, S.Allen, 2001 .....	10:01.57
9.	Thomas, Wakenight, Dziubski, Rakaric, 2003 .....	10:01.72
10.	Trainor, Coleman, Cunningham, Allen, 2002 .....	10:01.93

## 6,400 Meter Relay

1.	Rakaric, Webster, MacTaggart, VanDenend, 2006.....	16:55.43
2.	Paul, <b>Kadlec</b> , <b>Thode</b> , Luciano, 2010 .....	17:01.46
3.	Thomas, Allen, Rakaric, Lloyd, 2003 .....	17:06.27
4.	Pittman, Novotny, Feeldy, Marquardt, 1995.....	17:12.49
5.	Bakker, Feeldy, Peters, Pittman, 1996.....	17:13.10
6.	Allen, Trainor, McDermott, Esche, 2002 .....	17:14.53
7.	<b>Kadlec</b> , E. MacTaggart, Paul, Marchese, 2009.....	17:17.63
8.	Schwitters, Nordheim, Moeller, Thomas, 1999 .....	17:18.04
9.	White, Roehl, Wood, Roseman, 1992 .....	17:28.90

# OUTDOOR ALL-TIME TOP TEN PERFORMERS



Kineke Alexander



Meghan Armstrong



Danielle Berndt



Nan Doak



Becca Franklin



Aisha James



Tiffany Johnson

## 100 Meters

1. Vivien McKenzie, 1985	11.45
2. Davera Taylor, 1984	11.51
3. Erica Broomfield, 1998	11.53
4. Jiselle Providence, 2001	11.57
5. Tanja Reid, 1994	11.60
Peaches Roach, 2005	11.60
7. Yolanda Hobbs, 1995	11.62
8. Elanie Jones, 1985	11.69
9. Rhonda Kaye Trusty, 2010	11.74
10. Lakeya Boatright, 2000	11.77

## 100-Meter Hurdles

1. Tiffany Johnson, 2007	13.20
2. Karessa Farley, 2009	13.53
3. C. Prendergast, 1999	13.60
Paula Ruen, 2000	13.60
5. Sarah Steffen, 2002	13.65
6. Ruqayya Raheem, 1998	13.90
7. Brenda Calhoun, 1984	13.94
8. Wynsome Cole, 1997	14.10
9. Kimberly Stanford, 2008	14.11
10. Renee White, 2008	14.20

## 200 Meters

1. Shellene Williams, 2004	23.50
2. Kineke Alexander, 2006	23.58
3. Davera Taylor, 1984	23.59
4. Vivien McKenzie, 1985	23.61
5. Yolanda Hobbs, 1995	23.65
6. Rhonda Kaye Trusty, 2010	23.74
7. Tanja Reid, 1995	23.75
8. Elaine Jones, 1983	23.84
9. <b>Ashley Liverpool, 2012</b>	<b>23.98</b>
10. Jiselle Providence, 2001	24.00

## 400 Meters

1. Kineke Alexander, 2006	51.35
2. Shellene Williams, 2004	51.94
3. Ellen Grant, 1996	52.65
4. <b>Ashley Liverpool, 2012</b>	<b>53.12</b>
5. Senta Hawkins, 1988	54.01
Bethany Praska, 2011	54.01
7. Marlene Poole, 1994	54.03
8. Elaine Jones, 1983	54.40
9. Nicole Charles, 2001	54.48
10. Stacey-Leigh Bynoe, 2000	54.73

## 400-Meter Hurdles

1. Mary Knoblauch, 1981	56.16
2. Wynsome Cole, 1998	56.67
3. Chris Davenport, 1981	59.18
4. Sarah Steffen, 2002	59.59
5. Tiffany Hendricks, 2011	59.63
6. <b>Hannah Simonson, 2012</b>	<b>59.83</b>
7. Beverly Powell, 1991	59.96
8. Diane Steinhart, 1980	1:00.56
9. Ruqayya Raheem, 1999	1:00.62
10. <b>Kelsey Quinn, 2012</b>	<b>1:00.94</b>

## 800 Meters

1. Bethany Praska, 2011	2:03.78
2. Kay Stormo, 1982	2:05.67
3. Michelle Lahann, 2004	2:06.79
4. Aisha Hume, 2005	2:08.50
5. Jeanne Kruckeberg, 1987	2:08.75
6. Ann Pare, 1997	2:09.25
7. Meghan Armstrong, 2006	2:10.15
8. Sophia Poncé, 2007	2:10.35
9. Briana Benning, 1996	2:10.47
10. Lauren Hardesty, 2010	2:10.90

## 1,500 Meters

1. Meghan Armstrong, 2006	4:17.41
2. <b>Betsy Flood, 2010</b>	<b>4:17.75</b>
3. Jeanne Kruckeberg 1989	4:19.71
4. Lauren Hardesty, 2009	4:20.40
5. Diane Nukuri, 2007	4:20.95
6. <b>McKenzie Melander, 2010</b>	<b>4:21.18</b>
7. Penny O'Brien, 1985	4:21.43
8. Kay Stormo, 1982	4:22.24
9. Michelle Lahann, 2004	4:24.00
10. Shannon Stanley, 2006	4:25.08

## 3,000 Meters

1. Diane Nukuri, 2008	9:18.82
2. Penny O'Brien, 1985	9:20.61
3. <b>Betsy Flood, 2010</b>	<b>9:22.63</b>
4. Nan Doak, 1985	9:23.04
5. Tracy Dahl, 1992	9:23.53
6. Meghan Armstrong, 2006	9:28.03
7. <b>Brooke Eilers, 2011</b>	<b>9:30.08</b>
8. Jeanne Kruckeberg, 1989	9:30.69
9. <b>McKenzie Melander, 2011</b>	<b>9:34.13</b>
10. Jennifer Brower, 1992	9:34.59

## 3,000-Meter Steeplechase

1. <b>Danielle Berndt, 2011</b>	<b>10:26.54</b>
2. Jessica Schmidt, 2008	10:27.18
3. Sarah Arens, 2004	10:34.50
4. Hannah Roeder, 2011	10:35.22
5. <b>Kelsey Hart, 2011</b>	<b>10:47.56</b>
6. Katie Ellis, 2010	11:02.62
7. Michelle Lahann, 2003	11:16.21
8. Becca Thompson, 2003	11:19.50

## 5,000 Meters

1. Nan Doak, 1985	15:45.84
2. <b>McKenzie Melander, 2012</b>	<b>15:57.13</b>
3. Diane Nukuri, 2008	15:59.39
4. <b>Betsy Flood, 2011</b>	<b>16:04.46</b>
5. Meghan Armstrong, 2008	16:08.83
6. <b>Brooke Eilers, 2011</b>	<b>16:11.86</b>
7. <b>Mareike Schulle, 2012</b>	<b>16:13.73</b>
8. Jenny Spangler, 1983	16:17.21
9. Tracy Dahl, 1992	16:18.77
10. Racheal Marchand, 2008	16:27.02

## 10,000 Meters

1. Diane Nukuri, 2008	33:17.01
2. Jennifer Brower, 1991	33:23.38
3. Meghan Armstrong, 2008	33:28.00
4. Nan Doak, 1985	33:33.03
5. Jenny Spangler, 1983	33:39.24
6. Racheal Marchand, 2008	34:05.87
7. Tracy Dahl, 1992	34:30.09
8. <b>Betsy Flood, 2011</b>	<b>35:05.10</b>
9. Nikki Chapple, 2004	35:06.35
10. Megan Lessard, 2010	35:28.03

# OUTDOOR ALL-TIME TOP TEN PERFORMERS



Diane Nukuri



Tammilee Kerr



Vivien McKenzie



Bethany Praska



Alana Redfern



Peaches Roach



Jessie Strand

## Heptathlon

1. Tammilee Kerr, 2008 .....5,532
2. Kathy Gillespie, 1983.....5,262
3. Tiff Pedersen, 2004 .....4,976
4. Janet Adams, 1981.....4,855
5. Ruqayya Raheem, 1997.....4,665
6. Angela Chadwick, 1993.....4,493
7. **Missy Miller, 2010 .....4,227**
8. Angie Hensel, 2004 .....4,073
9. Janelle Jaspers, 1987.....4,000

## High Jump

1. Peaches Roach, 2006 ..... 6-1 1/4 (1.86)
2. Mary Mol, 1983..... 6-0 (1.83)
3. Caleigh Bacchus, 2010..... 5-10 (1.78)
4. Lynn McMillan, 1988..... 5-9 1/4 (1.76)
5. Kacey Childs, 2001..... 5-8 1/2 (1.74)
6. Kristi Dinkla, 1985..... 5-8 (1.73)  
Becky Kaza, 1995..... 5-8 (1.73)  
Eve Cullinan, 2003 ..... 5-8 (1.73)
9. **Zinnia Miller, 2012..... 5-7 1/4 (1.71)**
10. Jenni Elbert, 2005..... 5-7 (1.70)

## Long Jump

1. Aisha James, 2003 ..... 22-3 (6.78)
2. Renee White, 2008..... 20-3 3/4 (6.19)
3. **Carisa Leacock, 2011 ..... 19-11 1/2 (6.08)**
4. Becki Borg, 1988 ..... 19-7 1/4 (5.97)
5. Lisa Moats, 1986 ..... 19-6 (5.95)
6. Tammilee Kerr, 2008 ..... 19-4 1/4 (5.90)
7. Yolanda Hobbs, 1993 ..... 19-2 1/2 (5.85)
8. Jane Dunlevy, 1977 ..... 18-6 (5.64)
9. Ruqayya Raheem, 1997 ..... 18-5 1/4 (5.62)  
Tiff Pedersen, 2004 ..... 18-5 1/4 (5.62)

## Triple Jump

1. Renee White, 2008 ..... 43-10 (13.36)
2. Tiffany Johnson, 2007 ..... 41-8 3/4 (12.72)
3. Becki Borg, 1988 ..... 40-7 1/2 (12.38)
4. Lynn McMillan, 1988..... 39-6 1/2 (12.05)
5. Lynn, 1998..... 39-0 (11.88)
6. Kacey Childs, 2001..... 37-8 (11.48)
7. Becca Franklin, 2004 ..... 36-10 1/2 (11.24)
8. Janna Houtz, 1984 ..... 33-10 1/2 (10.32)
9. Latoya Stiffend, 2002..... 32-6 (9.90)
10. Bridget Besch, 2003 ..... 30-10 1/2 (9.41)

## Pole Vault

1. Jessie Strand, 2003..... 12-10 1/4 (3.92)
2. Sarah Burgett, 2006 ..... 12-1 3/4 (3.70)
3. **Kirsten Weistmantle, 2011 ..... 12-0 (3.66)**
4. **Katie Truedson, 2010 ..... 11-5 1/4 (3.49)**
5. Gina Shannon, 2001..... 11-2 1/4 (3.41)
6. **Brittany Holst, 2012 ..... 10-6 (3.20)**
7. Kacey Childs, 2000..... 8-0 1/2 (2.45)

## Shot Put

1. Lisa Van Steenwyk, 1992 ..... 50-8 (15.44)
2. Gail Smith, 1984 ..... 50-3 1/4 (15.32)
3. Denise Taylor, 1992 ..... 50-1 3/4 (15.28)
4. Kamesha Marshall, 2005..... 48-6 3/4 (14.80)
5. Laura Kriener, 1990..... 48-2 1/2 (14.69)
6. Jennifer Gilson, 2002..... 47-10 (14.58)
7. Jennifer Moon, 2000..... 47-5 1/4 (14.46)
8. **Rachel Curry, 2011 ..... 46-5 (14.03)**
9. Mandy Chandler, 2006 ..... 46-0 (14.02)
10. Tiffany Medenwaldt, 2010 .. 45-11 3/4 (14.01)

## Discus

1. **Majesty Tutson, 2011 ..... 172-4 (52.52)**
2. Tiffany Medenwaldt, 2010 ..... 161-3 (49.16)
3. Denise Taylor, 1992 ..... 160-5 (48.90)
4. Lisa Van Steenwyk, 1991 ..... 159-1 (48.50)
5. Gail Smith, 1983..... 158-2 (48.22)
6. **Ashlyn Gulvas, 2011..... 154-11 (47.23)**
7. Kamesha Marshall, 2005..... 152-11 (46.62)
8. Jennifer Moon, 2000..... 150-8 (45.92)
9. Laura Kriener, 1989..... 150-3 (45.80)
10. Megan Maurer, 1997 ..... 149-2 (45.48)

## Hammer Throw

1. Becca Franklin, 2007 ..... 195-0 (59.45)
2. **Ashlyn Gulvas, 2011..... 182-3 (55.55)**
3. **Annemie Smith, 2012 ..... 181-0 (55.16)**
4. **Jasmine Simpson, 2011 ..... 180-2 (54.93)**
5. **Kelsey Taylor, 2011 ..... 177-0 (53.95)**
6. Tiffany Medenwaldt, 2010 ..... 171-11 (52.40)
7. Erin O'Hern, 2008..... 168-9 (51.45)
8. Kerri Blackstone, 1999 ..... 161-10 (49.32)
9. **Majesty Tutson, 2010 ..... 156-9 (47.77)**
10. Mandy Chandler, 2009 ..... 154-6 (47.09)

## Javelin

1. Alana Redfern, 2003..... 181-5 (55.30)
2. Tammilee Kerr, 2008 ..... 163-5 (49.81)
3. Mandy Beck, 1999..... 153-4 (46.74)
4. Terri Soldan, 1983 ..... 152-6 1/4 (46.48)
5. Shani Renning, 1990 ..... 152-3 (46.40)
6. Clara Simon, 1981 ..... 149-9 (45.64)
7. Janet Adams, 1984..... 148-7 (45.28)
8. **Amanda Stahle, 2012..... 140-11 (42.95)**
9. Mickey Schoborg, 1985 ..... 137-5 1/4 (41.88)
10. Sara Joens, 1987 ..... 127-1 (38.74)





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## 400-Meter Relay

1.	Poole, Reid, Floyd, Hobbs, 1994.....	44.63
2.	Charles, Williams, Providence, James, 2003.....	44.71
3.	Floyd, Hobbs, Poole, Reid, 1994.....	44.80
4.	Fouchè, Williams, Providence, James, 2003.....	45.02
5.	Alexander, Granger, Johnson, Roach, 2006.....	45.11
6.	Johnson, Roach, Clarke, Trusty, 2007.....	45.21
7.	Johnson, Alexander, Granger, Roach, 2005.....	45.30
8.	Granger, Johnson, Alexander, Roach, 2005.....	45.39
9.	Underwood, Reid, Philip, Hobbs, 1995.....	45.50
10.	Boatright, Bynoe, Providence, Prendergast, 2000.....	45.50

## Shuttle Hurdle Relay

1.	Prendergast, Cole, Raheem, Ruen, 1998.....	56.44
2.	Cole, Prendergast, Raheem, Ruen, 1998.....	56.54
3.	Raheem, Prendergast, Cole, Ruen, 1998.....	57.53

## 800-Meter Relay

1.	Hobbs, Reid, Floyd, Poole, 1994.....	1:35.69
2.	Roach, McCalla, Alexander, Johnson, 2006.....	1:36.19
3.	Williams, Charles, Fouchè, Providence, 2003.....	1:37.49
4.	Herrmann, McCalla, Raymond, Roach, 2004.....	1:37.66
5.	Charles, Dixon, Knight, Prendergast, 2002.....	1:38.15
6.	Trusty, Hendricks, Graham, Erickson, 2009.....	1:38.79
7.	Prendergast, Dixon, Knight, Providence, 2001.....	1:38.73
8.	Dixon, Knight, Prendergast, Providence, 2001.....	1:38.93
9.	Dixon, Providence, Knight, Charles, 2001.....	1:39.68
10.	Underwood, Bynoe, Raheem, Wynter, 1997.....	1:39.72

## Sprint Medley Relay

1.	Jones, Hendricks, Liverpool, Praska, 2011.....	3:48.63
2.	Trusty, R. Moore, Hendricks, Praska, 2010.....	3:56.53
3.	Reid, Philip, Hobbs, Benning, 1995.....	3:56.54
4.	Roach, Alexander, McCalla, Stanley, 2005.....	3:56.99
5.	Clarke, Graham, Jones, Poncé, 2007.....	3:59.34
6.	Underwood, Clarke, Philip, Benning, 1995.....	3:59.75
7.	2005.....	4:00.26
8.	Dixon, Providence, Hume, Butler, 2001.....	4:01.11
9.	Providence, Dixon, Charles, Hume, 2001.....	4:03.39
10.	1999.....	4:09.31

## 1,600-Meter Relay

1.	Praska, Hendricks, Liverpool, Erickson, 2011.....	3:35.93
2.	Hume, Charles, Steffen, Williams, 2003.....	3:36.26
3.	Praska, Hendricks, Erickson, Liverpool, 2011.....	3:36.51
4.	Simsonson, Liverpool, Erickson, Sack, 2012.....	3:37.57
5.	McCalla, Granger, Alexander, Johnson, 2006.....	3:38.36
6.	Alexander, Graham, Jones, M. Mims, 2007.....	3:39.36
7.	Jones, Alexander, Johnson, M. Mims, 2007.....	3:39.64
8.	McCalla, Alexander, Sheeley, Hume, 2005.....	3:39.67
9.	Hendricks, Trusty, Erickson, Praska, 2010.....	3:39.88
10.	McCalla, Hume, Sheeley, Alexander, 2005.....	3:40.43

## 3,200-Meter Relay

1.	Suppelsa, Wodek, Kruckeberg, Schneckloth, 1987.....	8:46.45
2.	Lahann, Stanley, Hume, Barber, 2004.....	8:48.87
3.	Schneckloth, Roberts, Hawkins, Kruckeberg, 1989.....	8:49.38
4.	Flood, Dhy, L. Hardesty, Docherty, 2009.....	8:53.91
5.	Armstrong, Stanley, Laney, Hume, 2005.....	8:54.27
6.	O'Brien, Camarigg, Williams, Stormo, 1981.....	8:54.36
7.	Flood, Melander, Praska, Hardesty, 2010.....	8:54.45
8.	Drapcho, Schlader, Williams, Stormo, 1980.....	8:56.14
9.	Drapcho, Mitchell, Schlader, Stormo, 1979.....	8:57.24
10.	Lahann, Hume, Thompson, Barber, 2003.....	9:02.58

## Distance Medley Relay

1.	Hoskins, Powell, Schneckloth, Kruckeberg, 1989.....	11:22.18
2.	Armstrong, Alexander, Poncé, Stanley, 2007.....	11:25.05
3.	Stanley, McCalla, Hume, Armstrong, 2005.....	11:34.04
4.	Barber, Williams, Hume, Arens, 2004.....	11:34.56
5.	Thompson, Williams, Hume, Arens, 2003.....	11:39.02
6.	2000.....	11:39.83
7.	Davenport, xx, xx, xx, 1981.....	11:41.44
8.	Pare, Grant, Benning, Gilchrist, 1997.....	11:41.92
9.	Dhy, Erickson, Docherty, Anderson, 2010.....	11:43.06
10.	Placzek, K. Mims, Laesch, A. Hardesty, 2011.....	11:43.65

## 6,400-Meter Relay

1.	Flood, Melander, A. Hardesty, L. Hardesty, 2010.....	19:05.63
2.	Nukuri, Marchand, Henize, Armstrong, 2008.....	19:15.42
3.	Flood, Eilers, Melander, L. Hardesty, 2011.....	19:17.52
4.	Flood, Melander, A. Hardesty, Eilers, 2009.....	19:36.43
5.	Chapple, Laney, Donlon, Sokol, 2005.....	20:39.12
6.	Arens, Barber, Butler, Roberts, 2001.....	20:40.89
7.	Benning, Boland, Fleck, Coleman, 1995.....	20:43.07
8.	Arens, Sokol, Barber, Donlon, 2003.....	20:48.08