

# THE UNIVERSITY OF IOWA



## HAWKEYE TRACK & FIELD



TRACK AND FIELD CONTACT: BRANDEE BRITT

March 28, 2012

### 2012 IOWA TRACK & FIELD OUTDOOR SCHEDULE

Date	Meet	Result
Mar. 30-31	Arkansas Invite <i>(Fayetteville, Ark.)</i>	
Apr. 6-7	San Fransiscon Invitational <i>(San Fransiscon, Calif.)</i> Standord 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 <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

<b>Layne Anderson</b> .....	Head Track & Field Coach
<b>Larry Wieczorek</b> .....	Director of Track & Field
<b>Scott Cappos</b> .....	Director of Field Events
<b>Clive Roberts</b> ...	Assistant Coach/Director of ..... Recruiting ..... Horizontal jumps, women's short ..... sprints, hurdles, relays
<b>Christi Smith</b> .....	Assistant Coach ..... Combined events, vertical jumps
<b>Joey Woody</b> .....	Assistant Coach ..... Men's sprints, short hurdles and relays

### THIS WEEK

The University of Iowa track and field team opens the 2012 outdoor season with the Arkansas Invitational Friday and Saturday. The meet will be held at the John McDonnell Field on the campus of the University of Arkansas. Friday's events are scheduled to begin at 6 p.m., while Saturday's action will start at 9:30 a.m.

### IN THE RANKINGS

The men's track team is ranked 18th in the USTFCCA national preseason rankings.

### AMONG THE TOP TEN

Senior Troy Doris is ranked second in the triple jump (53-8 1/2; 16.37m) in the national preseason rankings, while junior Justin Austin is ranked fourth in the 200 meters (20.46). Junior Matt Byers is also nationally ranked. Byers currently sits at seventh in the javelin (245-8; 74.83m).

### RETURNING ALL-AMERICANS

The Hawkeye track and field team returns six 2011 All-Americans. Senior Troy Doris earned first team All-America honors after his fifth place finish in the triple jump at the 2011 NCAA Championships. Senior Erik Sowinski earned two second team All-America honors following his performances in the 800 meters and 1,600-meter relay. Senior Patrick Richards was also a part of the 1,600-meter relay team. Other second team All-Americans include senior Betsy Flood (5,000 meters), senior Jeffery Herron (high jump), and junior Ethan Holmes (400-meter hurdles).

### DEFENDING THE BIG TEN TITLE

The men's track and field team heads into the 2012 outdoor season with a title they haven't had since 1967, defending Big Ten Champions. The Hawkeyes racked up 125.5 points at the Big Ten Championships to take the title.

### INDIVIDUAL BIG TEN CHAMPIONS

The University of Iowa track and field team crowned three Big Ten Individual Champions at the 2011 Big Ten Championships. Justin Austin took the title in the 200 meters at the 2011 Big Ten Outdoor Championships with his time of 20.46. Troy Doris was crowned the Big Ten triple jump champion with his leap of 53-8 1/2 (16.37m), while Matt Byers captured a first place finish in the javelin with a throw of 235-4 (71.73m).

### 4X4 DEFENDS TITLE

The women's 1,600-meter relay team of Bethany Praska, Tiffany Hendricks, Nicole Erickson, and Ashley Liverpool took the 2011 Big Ten Title with a time of 3:36.15. Erickson and Liverpool return in 2012 and will defend the title with a mix of new faces.

# THE UNIVERSITY OF IOWA



## HAWKEYE TRACK & FIELD



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### 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)

Jeff Thode: 1,500m (3:43.02)

Majesty Tutson: Discus (172-4; 52.52m)

### NEXT ON THE BLOCK

The Hawkeyes will split competitors April 6-7 between the San Francisco Invitational in San Francisco, Calif., the Stanford Invitational in Palo Alto, Calif., and the LSU Invitational in Baton Rouge, La.

### DIRECTOR OF TRACK AND FIELD LARRY WIECZOREK

Larry Wieczorek is in his 25th season as head men's cross country coach and his 16th season as head men's track and field coach at the University of Iowa. He served as an assistant track and field coach for 12 years before taking the helm in 1997.

Last season, Wieczorek guided 28 qualifiers, made up of 20 student-athletes competing in 13 individual events and two relays to the NCAA Outdoor Championships preliminary round.

### HEAD COACH LAYNE ANDERSON

Layne Anderson is in his fourth year as head coach of the University of Iowa women's cross country and track and field teams. He has served as the Hawkeyes' head women's cross country coach for the past eight seasons, and was the interim head women's track and field coach in 2008. From 2003-07, he served as an assistant women's track and field coach for the Hawkeyes.

## 2011-12 OUTDOOR SEASON LEADERS

**MEN'S**

**WOMEN'S**

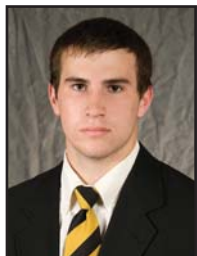
# OUTDOOR ALL-TIME TOP TEN PERFORMERS



Jeremy Allen



Justin Austin



Matt Byers



A.J. Curtis



Troy Doris



Bill Frazier



Bill Hansen

## 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. Chris Williams, 1983	14.24
9. Rajeev Balkrishnan, 1993	14.29
10. Gary Falls, 1992	14.48

## 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. Bill Frazier, 1962	*1:47.64
2. D'Juan Strozier, 1990	1:47.82
3. Erik Sowinski, 2011	1:47.83
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

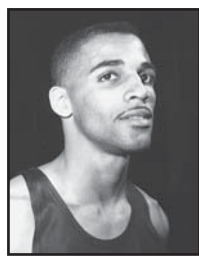
## 3,000-Meter Steeplechase

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

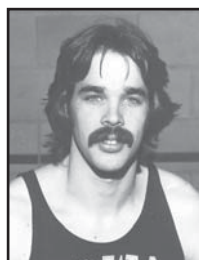
## 5,000 Meters

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



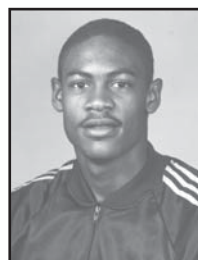
Deacon Jones



Bill Knoedel



Anthuan Maybank



Pat McGhee



Dan Rolling



Stetson Steele



Jeff Thode

## 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. Bill Hansen, 1978 .....7-4 (2.23)
- Bill Knoedel, 1975.....7-4 (2.23)
3. M. Cunningham, 1986 .....7-1 (2.16)
- Kenneth Lansing, 1988.....7-1 (2.16)
5. Pat Meade, 1987 .....7-0 1/4 (2.14)
- Jeffery Herron, 2011 .....7-0 1/4 (2.14)**
7. Peter Hlavin, 1979 .....6-11 (2.11)
- Scott Hudek, 1993 .....6-11 (2.11)
- Jeremy Petsche, 2008 .....6-11 (2.11)
- Graham Valdes, 2010.....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. Brad Daufeldt, 2004.....185-0 (56.40)
6. **Nick Brayton, 2009 .....180-11 (55.15)**
7. Andy Banse, 2005 .....180-0 (54.86)
8. Eric Rothwell, 2004 .....179-7 (54.73)
9. Shane Maier, 2008 .....178-7 (54.43)
10. **Ryan Lamparek, 2009.....177-3 (54.04)**

## 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)



Micah VanDenend



Todd Wigginton



Arno van der Westhuizen

# 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, <b>Chaney, Jr.</b> , <b>Austin</b> , 2011 .....	39.86
4.	<b>Richardson</b> , Sayon, <b>Chaney, Jr.</b> , 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> , <b>Chaney, Jr.</b> , 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> , <b>Chaney, Jr.</b> , 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.	Davis, Rozell, Morris, Raymond, 1996 .....	3:06.54

## 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.	Kadlec, 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. Jiselle Providence, 2001	24.00
10. Lakeya Boatright, 2000	24.14

## 400 Meters

1. Kineke Alexander, 2006	51.35
2. Shellene Williams, 2004	51.94
3. Ellen Grant, 1996	52.65
4. <b>Ashley Liverpool, 2011</b>	<b>53.87</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. Beverly Powell, 1991	59.96
7. Diane Steinhart, 1980	1:00.56
8. Ruqayya Raheem, 1999	1:00.62
9. Keely Huber, 2002	1:00.98
10. <b>Hannah Simonson, 2011</b>	<b>1:01.35</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. Diane Nukuri, 2008	15:59.39
3. <b>Betsy Flood, 2011</b>	<b>16:04.46</b>
4. Meghan Armstrong, 2008	16:08.83
5. <b>Brooke Eilers, 2011</b>	<b>16:11.86</b>
6. Jenny Spangler, 1983	16:17.21
7. Tracy Dahl, 1992	16:18.77
8. Racheal Marchand, 2008	16:27.02
9. <b>McKenzie Melander, 2011</b>	<b>16:28.47</b>
10. Amanda Hardesty, 2010	16:37.01

## 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. Jenni Elbert, 2005 ..... 5-7 (1.70)
- Zinnia Miller, 2011 ..... 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. 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. **Jasmine Simpson, 2011 ..... 180-2 (54.93)**
4. **Kelsey Taylor, 2011 ..... 177-0 (53.95)**
5. Tiffany Medenwaldt, 2010 ..... 171-11 (52.40)
6. Erin O'Hern, 2008 ..... 168-9 (51.45)
7. Kerri Blackstone, 1999 ..... 161-10 (49.32)
8. **Majesty Tutson, 2010 ..... 156-9 (47.77)**
9. Mandy Chandler, 2009 ..... 154-6 (47.09)
10. Megan Maurer, 1998 ..... 145-6 (44.36)

## 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, 2011 ..... 138-5 (42.20)**
9. Mickey Schoborg, 1985 ..... 137-5 1/4 (41.88)
10. Sara Joens, 1987 ..... 127-1 (38.74)



Majesty Tutson



Lisa Van Steenwyk



Renee White



Shellene Williams

# OUTDOOR ALL-TIME TOP TEN PERFORMERS

## 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, 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.	McCalla, Granger, Alexander, Johnson, 2006	3:38.36
5.	Alexander, Graham, Jones, M. Mims, 2007	3:39.36
6.	Jones, Alexander, Johnson, M. Mims, 2007	3:39.64
7.	McCalla, Alexander, Sheeley, Hume, 2005	3:39.67
8.	Hendricks, Trusty, Erickson, Praska, 2010	3:39.88
9.	McCalla, Hume, Sheeley, Alexander, 2005	3:40.43
10.	Layne, Simpson, Powell, McRell, 1989	3:41.23

## 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, Dlh, 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.	Dlh, 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