

# THE UNIVERSITY OF IOWA



## HAWKEYE TRACK & FIELD



TRACK AND FIELD CONTACT: BRANDEE BRITT

January 22, 2014

### 2014 IOWA TRACK & FIELD INDOOR SCHEDULE

Date	Meet
Jan. 18	Big 4 Duals (Iowa City, Iowa)
<b>Jan. 24-25</b>	<b>Jack Johnson Classic (Minneapolis)</b>
Jan. 31-Feb. 1	Bill Bergen Invite (Ames, Iowa)
Feb. 7-8	Husker Invite (Lincoln, Neb.)
Feb. 14-15	Cyclone Classic (Ames, Iowa) Tyson Invitational (Fayetteville, Ark.)
Feb. 21	Iowa Invite (Iowa City, Iowa)
Feb. 28-Mar. 1	Big Ten Championships (Geneva, Ohio)
Mar. 14-15	NCAA Championships (Albuquerque, N.M.)

### IOWA COACHING STAFF

<b>Larry Wieczorek</b> .....	Director of Track & Field
<b>Layne Anderson</b> ....	Head Track & Field Coach
<b>Scott Cappos</b> .....	Director of Field Events
<b>Molly Jones</b> .....	Assistant Coach
<b>Clive Roberts</b> .....	Assistant Coach/ Director of Recruiting
<b>Joey Woody</b> .....	Assistant Coach

#### THIS WEEK

The University of Iowa track and field team travels to Minneapolis for the Jack Johnson Classic on Friday and Saturday. The event begins at 3 p.m. (CT) on Friday and continues through Saturday at the University of Minnesota Fieldhouse.

#### FOLLOW THE HAWKEYES

Follow [@IowaXC\\_TF](https://twitter.com/IowaXC_TF) on twitter for live updates throughout the meet. Live results are also available on the track and field schedule page at [hawkeyesports.com](http://hawkeyesports.com).

#### GONE IN 60 METERS

Freshman Brittany Brown broke a 31-year-old school record in her first race as a Hawkeye. Brown clocked a 60 meters preliminary time of 7.41, beating the previous school record of 7.43 set by Elaine Jones in 1983. Sophomore Lake Kwaza quickly joined Brown as a school record holder when she clocked 7.41 in the event finals. Their time currently ranks 11th in the nation.

#### HURDLES DEPTH

Three Hawkeyes are on Iowa's 60-meter hurdles all-time top performers list. Senior Ethan Holmes owns the second fastest time in school history (7.82), while freshman Aaron Mallett's (7.94) performance at the Big 4 Duals ranks fourth. Junior Keith Brown also entered the list at No. 10 after setting a new personal-best of 8.17 at the Big 4 Duals on Jan. 18.

#### 4X4 IN TOP 10

The women's 1,600-meter relay team took the Big 4 Duals title on Jan. 18. The quartet of freshman Elexis Guster, sophomore Lake Kwaza, freshman Alexis Hernandez, and sophomore MonTayla Holder clocked a time of 3:40.51. That time ranks ninth nationally and fifth all-time at Iowa.

#### JUMPING INTO THE RECORD BOOK

High jumper Kevin Spejcher and long jumper O'Shea Wilson leapt into the Iowa record book following their performances at the Big 4 Duals on Jan. 18. Spejcher cleared a height of 6-11 (2.11m) in the men's high jump. The sophomore's mark ties for seventh all-time at Iowa. Wilson posted a long jump mark of 24-8 1/2 (7.53m) in his Hawkeye debut at the Big 4 Duals. His mark currently ranks eighth nationally and seventh all-time at Iowa.

# THE UNIVERSITY OF IOWA



## HAWKEYE TRACK & FIELD



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### GUSTER SHINES IN DEBUT

Elexis Guster claimed the 400 meters title at the Big 4 Duals on Jan. 18. The freshman clocked a converted time of 54.45 in her black and gold debut. Her time ranks fifth all-time at Iowa and eighth in the nation.

### MINCY CLOCKS PERSONAL BEST

Senior captain Tevin-Cee Mincy clocked a personal-best time in the 60 meters at the Big 4 Duals on Jan. 18. Mincy crossed the line in 6.78. His time ties for fifth all-time at Iowa.

### BROWN IN THE 200

Brittany Brown earned her first title of her collegiate career at the Big 4 Duals on Jan. 18. The freshman won the 200 meters when she recorded a time of 23.83. Her time currently ranks 11th nationally, and sixth all-time at Iowa. Sophomore Lake Kwaza took the silver medal when she crossed the line in 24.02. Her time ranks ninth all-time at Iowa.

### 600 METERS DEPTH

Freshman Mahnee Watts joins sophomores MonTayla Holder and Kaitlyn Nelson on Iowa's 600 meters all-time top performers list. Holder (1:30.80) and Nelson (1:31.44) rank fourth and fifth, respectively, while Watts (1:33.01) enters the list at No. 10 following her performance the Big 4 Duals.

### MEET THE RECORD HOLDERS

Senior Ashlyn Gulvas set the indoor weight throw school record (63-6; 19.35m) at the 2013 Iowa Invitational, while Brittany Brown and Lake Kwaza set the 60 meters record (7.41) at the Big 4 Duals on Jan. 18.

### HULL RECORDS PERSONAL BEST

Gabe Hull recorded a personal best weight throw toss of 59-7 (18.16m) at the Big 4 Duals on Jan. 18. The junior's mark moved him to ninth place on Iowa's all-time list.

### NEXT ON THE BLOCK

The Hawkeyes travel to Ames, Iowa, for the Bill Bergen Invitational on Jan. 31-Feb. 1.

## 2014 INDOOR SEASON LEADERS

### MEN

<b>60 meters</b> .....	Tevin-Cee Mincy.....	6.78
<b>60-meter hurdles</b> .....	Aaron Mallett.....	7.94
<b>200 meters</b> .....	Ethan Holmes.....	21.92
<b>400 meters</b> .....	Jared Ganschow.....	50.09
<b>600 meters</b> .....	Will Teubel .....	1:20.26
<b>800 meters</b> .....	Nathan Prom.....	1:55.81
<b>Mile</b> .....	Michael Hart .....	4:16.96
<b>3,000 meters</b> .....	Kevin Docherty.....	8:37.87
<b>High Jump</b> .....	Kevin Spejcher .....	6-11 (2.11m)
<b>Pole Vault</b> .....	Jack Eckert .....	14-11 (4.55m)
<b>Long Jump</b> .....	O'Shea Wilson.....	24-8 1/2 (7.53m)
<b>Triple Jump</b> .....	Kerry Dean Jr. ...	45-6 1/4 (13.87m)
<b>Shot Put</b> .....	Gabe Hull .....	57-11 1/4 (17.66m)
<b>Weight Throw</b> .....	Gabe Hull .....	59-7 (18.16m)
<b>1,600-meter Relay</b> .....	Mallett, Ganschow, Flattery Teubel .....	3:19.47

### WOMEN

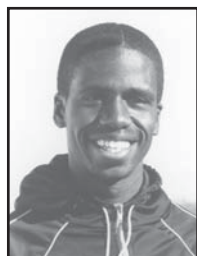
<b>60 meters</b> .....	<b>Brown/Kwaza</b> .....	<b>7.41</b>
<b>60-meter hurdles</b> .....	Madison Rouw .....	9.15
<b>200 meters</b> .....	Brittany Brown .....	23.83
<b>400 meters</b> .....	Elexis Guster .....	54.45
<b>600 meters</b> .....	MonTayla Holder .....	1:32.37
<b>800 meters</b> .....	Rachel Price .....	2:17.77
<b>Mile</b> .....	Katharina Trost.....	4:49.80
<b>3,000 meters</b> .....	Katie Adams .....	10:13.18
<b>High Jump</b> .....	Khanishah Williams.....	5-7 (1.70m)
<b>Long Jump</b> .....	Carisa Leacock.....	18-9 3/4 (5.73m)
<b>Triple Jump</b> .....	Zinnia Miller.....	40-5 (12.32m)
<b>Shot Put</b> .....	Rachel Curry.....	45-7 (13.89m)
<b>Weight Throw</b> .....	Jasmine Simpson ....	57-8 (17.59m)
<b>1,600-meter Relay</b> .....	Guster, Kwaza, Hernandez Holder .....	3:40.51

**Bold indicates school record.**

# INDOOR ALL-TIME TOP TEN PERFORMERS



Justin Austin



Rodney Chambers



Jim Costello



Troy Doris



Bill Hansen



John Hickey



Ethan Holmes

## 60 Meters

1. Justin Austin, 2011	6.69
2. Kurt Felix, 1999	6.73
3. Josh Larney, 2013	6.74
4. Troy Doris, 2012	6.75
5. Tony Branch, 1999	6.78
<b>Tevin-Cee Mincy, 2014</b>	<b>6.78</b>
7. Paul Chaney, Jr., 2009	6.80
D'Juan Richardson, 2010	6.80
9. Derrick Burks, 2005	6.81
10. Zeke Sayon, 2010	6.82

## 60-Meter Hurdles

1. Jordan Mullen, 2013	7.70
<b>2. Ethan Holmes, 2013</b>	<b>7.82</b>
3. Dion Trowers, 1997	7.87
<b>4. Aaron Mallett, 2014</b>	<b>7.94</b>
5. Russell Peterson, 2004	7.97
6. Dan Davis, 2012	8.02
7. DeRocco Reed, 2000	8.03
<b>8. Torrey Campbell, 2012</b>	<b>8.09</b>
9. Jordan Crosby, 2005	8.16
<b>10. Keith Brown, 2014</b>	<b>8.17</b>

## 200 Meters

1. Justin Austin, 2011	20.80
2. Anthuan Maybank, 1993	21.11
3. Bashir Yamini, 1999	21.19
<b>4. Ethan Holmes, 2013</b>	<b>21.23</b>
5. Tim Dodge, 2000	21.26
6. Paul Chaney, Jr., 2009	21.34
7. George Page, 1997	21.35
8. Zach Digney, 2004	21.39
9. Tony Branch, 1998	21.46
10. David Chaplin, 2006	21.49

## 400 Meters

1. Steven Willey, 2010	46.75
2. Terrence Duckett, 1984	46.81
3. Andre Morris, 1995	47.15
4. Monte Raymond, 1998	47.18
5. Anthuan Maybank, 1990	47.25
6. Patrick Richards, 2011	47.35
7. Juan Coleman, 2002	47.40
8. Justin Austin, 2012	47.61
<b>9. Ethan Holmes, 2013</b>	<b>47.63</b>
10. Curtis Chung, 1989	47.65

## 600 Meters

1. Erik Sowinski, 2012	1:16.91
2. Steven Willey, 2011	1:17.94
3. Keaton Rickels, 2012	1:18.19
4. Pat McGhee, 1988	1:18.30
5. Ryan Weir, 2013	1:18.62
6. Chris Barton, 2011	1:18.75
7. Adam Hairston, 2009	1:19.05
<b>8. Neil Flattery, 2013</b>	<b>1:19.13</b>
9. Monte Raymond, 1997	1:19.18
10. Scott Williamson, 2001	1:19.19
<b>Brennan Davey, 2012</b>	<b>1:19.19</b>

## 800 Meters

1. Erik Sowinski, 2012	1:47.62
2. Ryan Weir, 2013	1:49.11
3. Adam Hairston, 2010	1:49.26
<b>4. Nathan Prom, 2013</b>	<b>1:49.29</b>
5. Nick Kuczvara, 2010	1:49.59
6. Dave Novotny, 1996	1:51.27
7. Jim Docherty, 1973	1:51.30
8. Rod Chambers, 1989	1:51.33
9. Jim Donovan, 1999	1:51.52
10. Michael Layne, 1997	1:51.54

## Mile

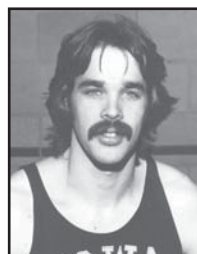
1. Jeff Thode, 2011	3:58.72
2. Ed DeLashmutt, 1981	4:04.01
3. Larry Wiczorek, 1968	4:04.40
4. John Clark, 1972	4:05.94
5. Adam Thomas, 2002	4:07.13
6. Kevin Herd, 1992	4:07.26
7. Jesse Luciano, 2009	4:07.29
8. Jake Berns, 2006	4:07.43
9. Micah VanDenend, 2007	4:07.54
10. Ted Wheeler, 1956	4:07.74

## 3,000 Meters

1. Jeff Thode, 2011	8:00.38
2. Micah VanDenend, 2006	8:00.81
3. Eric MacTaggart, 2006	8:08.79
4. Stetson Steele, 2000	8:09.54
5. Dan Haut, 2005	8:11.36
6. Kevin Herd, 1994	8:11.51
<b>7. Kevin Lewis, 2013</b>	<b>8:12.36</b>
8. Nick Holmes, 2010	8:15.48
9. Andy Napier, 2008	8:15.70
10. Larry Wiczorek, 1968	8:17.00

## 5,000 Meters

1. Micah VanDenend, 2007	13:56.46
2. Stetson Steele, 2000	14:00.52
3. Dan Haut, 2006	14:06.16
4. Eric MacTaggart, 2006	14:13.41
5. Jeff Thode, 2011	14:16.00
<b>6. Kevin Lewis, 2013</b>	<b>14:16.74</b>
7. Matt Esche, 2004	14:18.43
8. Jeff Kent, 2007	14:18.86
9. Jesse Luciano, 2009	14:20.99
10. Nick Nordheim, 2002	14:22.99



Bill Knoedel



Anthuan Maybank



Jordan Mullen



Nathan Prom



Kyle Reid



Patrick Richards

# INDOOR ALL-TIME TOP TEN PERFORMERS



Keaton Rickels



Dan Rolling



Erik Sowinski



Jeff Thode



Micah VanDenend



Todd Wigginton



Steven Willey

## Heptathlon

1. Kyle Reid, 2013 ..... 5,354 points
2. Dan Rolling, 2010 ..... 5,205 points
3. Ryan Niver, 2008 ..... 5,149 points
4. **Jack Eckert, 2013..... 5,071 points**
5. Frank Prill, 2010..... 5,015 points
6. Scott Faber, 2000 ..... 4,784 points
7. Cam Appleman, 1997 ..... 4,685 points
8. Bobby Windauer, 2007 ..... 4,644 points
9. Jacob Drewry, 1995 ..... 4,612 points
10. Mark Mankivsky, 2008 ..... 4,453 points

## High Jump

1. Bill Knoedel, 1976.....7-3 (2.21)  
Bill Hansen, 1978.....7-3 (2.21)
3. Scott Hudek, 1993 .....7-0 1/2 (2.15)
4. Pat Meade, 1987 .....7-0 1/4 (2.14)
5. Mike Lacy, 1984 .....7-0 (2.13)
6. M. Cunningham, 1984 ..... 6-11 1/4 (2.11)
7. **Kevin Spejcher, 2014..... 6-11 (2.11)**  
Jeffery Herron, 2010 ..... 6-11 (2.11)  
Peter Hlavin, 1980 ..... 6-11 (2.11)  
Brandon Oest, 2010..... 6-11 (2.11)  
Dan Rolling, 2008 ..... 6-11 (2.11)  
Graham Valdes, 2010 ..... 6-11 (2.11)

## Pole Vault

1. Todd Wigginton, 1984 .....17-1 (5.21)
2. Dave Nielsen, 1975 .....16-10 (5.13)
3. Kyle Reid, 2013 .....16-6 3/4 (5.05)
4. Curt Brock, 1979.....16-6 (5.03)
5. Alex Zona, 2010.....16-4 3/4 (5.00)
6. Phil Wertman, 1971 .....16-4 (4.98)
7. Jeff Raymond, 2008.....16-2 (4.93)
8. John Teffer, 1972 .....16-1 (4.90)
9. Chad Ohly, 1995 .....15-9 (4.80)  
Rich Palumbo, 1989 .....15-9 (4.80)

## Long Jump

1. Anthuan Maybank, 1992.....26-5 1/2 (8.06)
2. Bashir Yamini, 1998 .....26-0 1/4 (7.93)
3. Darren Smith, 1991.....25-2 (7.67)
4. Paul Jones, 1990 .....24-11 1/4 (7.60)
5. Josh Larney, 2013.....24-10 (7.57)
6. Ronnie McCoy, 1984.....24-9 (7.54)
7. **O'Shea Wilson, 2014.....24-8 1/2 (7.53)**  
Matty Gorman, 2006 .....24-8 1/2 (7.53)
9. Charles Jones, 1980.....24-8 1/4 (7.52)
10. Quinn Early, 1986 .....24-7 1/4 (7.50)

## Triple Jump

1. Troy Doris, 2011.....54-0 (16.46)
2. Paul Jones, 1990 .....52-1 1/4 (15.88)
3. **Klyvens Delaunay, 2013 ... 51-3 1/2 (15.63)**
4. **Babatunde Amosu, 2013 50-10 3/4 (15.51)**
5. Mike Lacy, 1983 .....49-0 (14.93)
6. Owen Gill, 1982 .....48-10 3/4 (14.90)
7. Josh Bean, 2009.....48-10 (14.88)
8. **David Nsabua, 2013 ... 48-9 (14.86)**
9. Gordon Finch, 1988 .....48-3 3/4 (14.72)
10. Matty Gorman, 2006 .....48-3 1/2 (14.72)

## Shot Put

1. John Hickey, 2009.....63-0 (19.20)
2. Jeremy Allen, 2001 .....62-10 1/2 (19.16)
3. Shane Maier, 2006.....61-2 (18.64)
4. G. Kostrubala, 1986.....60-10 3/4 (18.55)
5. Andy Banse, 2005 .....60-9 1/4 (18.52)
6. Ken Kemeny, 2004.....60-0 1/2 (18.30)
7. Chris Gambol, 1987 .....59-0 (17.98)
8. A. van der Westhuizen, 1999 58-10 3/4 (17.95)
9. A.J. Curtis, 2008 .....57-9 1/2 (17.61)
10. Matt Banse, 2012.....57-3 3/4 (17.47)

## Weight Throw

1. Jim Costello, 2002 .....69-4 3/4 (21.15)
2. Matt Banse, 2012.....67-8 (20.62)
3. A. van der Westhuizen, 2001 .. 67-7 1/2 (20.61)
4. Adam Hamilton, 2007 .....66-9 1/4 (20.35)
5. Jeremy Allen, 2001 .....65-10 1/4 (20.07)
6. Chris Voller, 2005.....63-4 (19.30)
7. Ryan Lamparek, 2012 .....61-2(18.62)
8. Brad Daufeldt, 2004 .....60-4 1/2 (18.40)
9. **Gabe Hull, 2014.....59-7 (18.16)**
10. Ryan Jordan, 2008 .....59-0 (17.98)

## 1,600-Meter Relay

1. Richards, E. Holmes, Sowinski, Willey, 2011 3:06.66
2. Rozell, Davis, Raymond, Yamini, 1998.....3:06.80
3. Coleman, Faber, Strang, Peterson, 2002 .....3:07.44
4. Richards, Sowinski, E. Holmes, Willey, 2011 3:07.84
5. Greer, Williams, Smith, Duckett, 1984 .....3:08.14
6. Card, Coleman, Williamson, Dodge, 2001.....3:08.21
7. Davis, Rozell, Page, Morris, 1995 .....3:08.77
8. Dodge, Williamson, Card, Peterson, 2001.....3:08.82
9. Richards, E. Holmes, Barton, Willey, 2011 .....3:08.85
10. Branch, Dodge, Donovan, Yamini, 1999.....3:08.99

## 3,200 Meter Relay

1. Cooke, Nie, Monsey, Chambers, 1990 .....7:13.02
2. Corrigan, Blackman, Strozier, Chambers,  
1989 .....7:29.00
3. English, Blackman, Strozier, Chambers, 1989 .7:36.20
4. 1977 .....7:39.40
5. 1986.....7:40.90
6. Bouske, Herd, Chambers, Koon, 1992 .....7:43.94
7. Bouska, Cook, White, Herd, 1992 .....7:48.63
8. 1992.....7:49.86
9. 1986.....7:50.10
10. Roseman, Rerko, Novotny, Branigan, 1993.....7:51.36

## Distance Medley Relay

1. **Prom, Rickels, Sowinski, Thode, 2012.....9:45.41**
2. 1999.....9:46.83
3. 1977.....9:48.80
4. 1978.....9:49.70
5. Kuczvara, Barton, Kuhlman, N. Holmes,  
2010.....9:51.05
6. Marchese, Varner, Hairston, Luciano, 2009.....9:52.52
7. Paul, Varner, Hairston, Thode, 2010.....9:52.71
8. **Prom, Richardson, Sowinski, Thode, 2011 .....9:57.44**
9. Trainor, Faber, Cunningham, Allen, 2002 .....9:58.14
10. Newell, Eisenlauer, Tice, Clark, 1973 .....10:00.0

# INDOOR ALL-TIME TOP TEN PERFORMERS



Kineke Alexander



Meghan Armstrong



Tracy Dahl



Nicole Erickson



Karessa Farley



Ashlyn Gulvas



Lauren Hardesty

## 60 Meters

1. **Brittany Brown, 2014** ..... 7.41  
**Lake Kwaza, 2014** ..... 7.41
3. Elaine Jones, 1983 ..... 7.43
4. Peaches Roach, 2005 ..... 7.45
5. Shellene Williams, 2004 ..... 7.50
6. Jiselle Providence, 2002 ..... 7.52
7. Rhonda-Kaye Trusty, 2010 ..... 7.55  
Erin Jones, 2011 ..... 7.55  
Raven Moore, 2013 ..... 7.55
10. Angela Menson, 1982 ..... 7.57

## 60-Meter Hurdles

1. Karessa Farley, 2009 ..... 8.21
2. Tiffany Johnson, 2006 ..... 8.33
3. Paula Ruen, 1998 ..... 8.39
4. Sarah Steffen, 2002 ..... 8.45  
Renee White, 2008 ..... 8.45
6. Colleen Prendergast, 2000 ..... 8.57
7. Tammilee Kerr, 2008 ..... 8.60
8. Kimberly Stanford, 2008 ..... 8.63
9. Diane Steinhart, 1981 ..... 8.64
10. Ruqayya Raheem, 1999 ..... 8.74

## 200 Meters

1. Kineke Alexander, 2006 ..... 23.49
2. Shellene Williams, 2004 ..... 23.62
3. Marlene Poole, 1994 ..... 23.66  
Yolanda Hobbs, 1995 ..... 23.66
5. Erica Broomfield, 1998 ..... 23.81
6. **Brittany Brown, 2014** ..... **23.83**
7. Raven Moore, 2013 ..... 24.00
8. Erin Jones, 2011 ..... 24.01
9. **Lake Kwaza, 2014** ..... **24.02**
10. Rhonda-Kaye Trusty, 2010 ..... 24.05

## 400 Meters

1. Kineke Alexander, 2007 ..... 51.48
2. Ellen Grant, 1996 ..... 52.65
3. Shellene Williams, 2004 ..... 52.83
4. Ashley Liverpool, 2011 ..... 54.09
5. **Elexis Guster, 2014** ..... **54.45**
6. Tiffany Hendricks, 2011 ..... 55.06
7. Wynsome Cole, 1997 ..... 55.45
8. Nicole Charles, 2002 ..... 55.59
9. Senta Hawkins, 1988 ..... 55.66
10. Marlene Poole, 1993 ..... 55.20

## 600 Yards

1. Senta Hawkins, 1987 ..... 1:21.06
2. Aisha Hume, 2004 ..... 1:21.74
3. Kay Stormo, 1982 ..... 1:22.49
4. Nicole Erickson, 2012 ..... 1:22.61
5. Bethany Praska, 2009 ..... 1:23.12
6. Hannah Simonson, 2012 ..... 1:23.18
7. Chris Davenport, 1982 ..... 1:24.14
8. Sophia Poncè, 2007 ..... 1:24.55
9. Wynsome Cole, 1995 ..... 1:24.83
10. Maisie Vachuska, 2012 ..... 1:25.38

## 600 Meters

1. Kineke Alexander, 2008 ..... 1:27.45
2. Bethany Praska, 2011 ..... 1:28.14
3. Senta Hawkins, 1987 ..... 1:30.77
4. **MonTayla Holder, 2013** ..... **1:30.80**
5. **Kaitlyn Nelson, 2013** ..... **1:31.44**
6. Karen Layne, 1990 ..... 1:31.45
7. Nicole Erickson, 2012 ..... 1:31.71
8. Kay Stormo, 1982 ..... 1:32.30
9. Aisha Hume, 2004 ..... 1:32.41
10. **Mahnee Watts, 2014** ..... **1:33.01**

## 800 Meters

1. Bethany Praska, 2011 ..... 2:05.01
2. Jeanne Kruckeberg, 1989 ..... 2:06.38
3. Michelle Lahann, 2004 ..... 2:06.83
4. **Adrienne Alexia, 2013** ..... **2:08.95**
5. Briana Benning, 1996 ..... 2:09.22
6. **Kaitlyn Nelson, 2013** ..... **2:09.58**
7. Kay Stormo, 1981 ..... 2:11.04
8. Ann Pare, 1997 ..... 2:11.19
9. Lauren Hardesty, 2011 ..... 2:11.80
10. Atalie Barber, 2003 ..... 2:12.10

## Mile

1. McKenzie Melander, 2011 ..... 4:39.78
2. Jeanne Kruckeberg, 1989 ..... 4:40.19
3. Meghan Armstrong, 2006 ..... 4:40.59
4. Lauren Hardesty, 2011 ..... 4:41.01
5. Tina Stec, 1994 ..... 4:42.63
6. Betsy Flood, 2010 ..... 4:42.70
7. Penny O'Brien, 1981 ..... 4:43.72
8. Diane Nukuri, 2007 ..... 4:46.25
9. Michelle Lahann, 2004 ..... 4:47.23
10. Amanda Hardesty, 2010 ..... 4:48.69

## 3,000 Meters

1. Tracy Dahl, 1993 ..... 9:15.57
2. Meghan Armstrong, 2008 ..... 9:17.50
3. Diane Nukuri, 2008 ..... 9:20.07
4. Betsy Flood, 2011 ..... 9:20.09
5. Nan Doak, 1982 ..... 9:21.60
6. Jenny Spangler, 1986 ..... 9:22.41
7. Mareike Schrulle, 2012 ..... 9:23.97
8. Brooke Eilers, 2012 ..... 9:27.92
9. McKenzie Melander, 2012 ..... 9:29.71
10. Krista Anderson, 2006 ..... 9:29.75



Tiffany Hendricks



Elaine Jones



Tammilee Kerr



Ashley Liverpool



McKenzie Melander



Lisa Moats

# INDOOR ALL-TIME TOP TEN PERFORMERS



Diane Nukuri



Bethany Praska



Peaches Roach



Gail Smith



Jessie Strand



Renee White

## 5,000 Meters

1. Tracy Dahl, 1993 ..... 15:49.52
2. Nan Doak, 1985..... 15:55.45
3. Racheal Marchand, 2009 ..... 15:55.70
4. Diane Nukuri, 2008..... 16:01.36
5. Jenny Spangler, 1982..... 16:08.74
6. Judy Parker, 1981..... 16:16.63
7. Betsy Flood, 2011..... 16:20.67
8. Jennifer Brower, 1992..... 16:22.19
9. Nikki Chapple, 2004 ..... 16:27.04
10. Mareike Schrulle, 2012..... 16:29.41

## High Jump

1. Peaches Roach, 2005 .....6-0 3/4 (1.85)
2. Mary Mol, 1983.....6-0 (1.83)
3. **Khanishah Williams, 2013.....5-11 1/4 (1.81)**
4. Becky Kaza, 1995.....5-9 3/4 (1.77)
5. Caleigh Bacchus, 2010.....5-9 1/4 (1.76)
6. Kristi Dinkla, 1985.....5-8 1/2 (1.74)
7. Kacey Childs, 2001.....5-8 1/2 (1.74)
8. Traci Claussen, 1987.....5-8 (1.73)
9. Kathy Gillespie, 1983.....5-7 3/4 (1.72)
10. Lynn McMillan, 1988.....5-7 1/4 (1.71)
- Tammilee Kerr, 2008 .....5-7 1/4 (1.71)

## Pole Vault

1. Jessie Strand, 2004 .....12-5 1/2 (3.80)
2. Sarah Burgett, 2007 ..... 11-10 (3.61)
3. Kirsten Weismantle, 2011 ..... 11-5 3/4 (3.50)
4. Brittany Holst, 2013..... 11-3 3/4 (3.45)
5. Katie Truedson, 2010..... 10-11 3/4 (3.35)
5. Gina Shannon, 2001 .....10-6 (3.20)
6. Kacey Childs, 2001 .....9-0 (2.75)
7. Amy Kasparbauer, 2000.....8-0 (2.44)

## Long Jump

1. Lisa Moats, 1986 .....19-6 (5.95)
2. Renee White, 2006.....19-3 1/4 (5.87)
3. **Carisa Leacock, 2013 .....19-2 3/4 (5.86)**
4. Tiffany Johnson, 2007 .....19-2 1/2 (5.85)
5. Davera Taylor, 1984.....19-1 1/2 (5.83)
6. Yolanda Hobbs, 1993 .....19-1 (5.80)
7. Kamesha Marshall, 2005.....18-11 1/4 (5.77)
8. **Zinnia Miller, 2013.....18-9 (5.71)**
9. **Sarah Ryan, 2013.....18-8 (5.69)**
10. Catharine Parmiter, 2000.....18-7 1/2 (5.68)

## Triple Jump

1. Renee White, 2008 .....42-4 (12.90)
2. Tiffany Johnson, 2007 .....41-3 3/4 (12.59)
3. **Carisa Leacock, 2012 .....40-5 1/2 (12.33)**
4. **Zinnia Miller, 2014.....40-5 (12.32)**
5. Becki Borg, 1987 .....39-6 (12.04)
6. Lynn McMillan, 1988.....38-2 (11.63)
7. Lisa Moats, 1985 .....35-1 (10.69)
8. Becca Franklin, 2004 .....34-3 (10.44)
- Rachel Ballard, 2013 .....34-3 (10.44)

## Shot Put

1. Gail Smith, 1985 .....51-0 (15.54)
2. Lisa Van Steenwyk, 1993 .....50-5 1/4 (15.37)
3. Kamesha Marshall, 2005.....49-2 1/4 (14.99)
4. Denise Taylor, 1992 .....48-9 (14.86)
5. **Rachel Curry, 2013.....48-2 1/2(14.69)**
6. Megan Maurer, 1995 .....47-5 3/4 (14.47)
7. Laura Kriener, 1990 .....47-5 (14.45)
8. Jennifer Gilson, 2002.....46-11 (14.30)
9. Jennifer Moon, 2000.....45-9 (13.94)
- Tiffany Medenwaldt, 2010.....45-9 (13.94)
- Micaela Haight, 2011 .....45-9 (13.94)

## Weight Throw

1. **Ashlyn Gulvas, 2013.....63-6 (19.35)**
2. **Jasmine Simpson, 2013 .....62-6 1/2 (19.06)**
3. Kelsey Taylor, 2011.....60-4 1/2 (18.40)
4. **Annemie Smith, 2013 .....60-0 1/4 (18.29)**
5. Majesty Tutson, 2011.....58-4 (17.78)
6. Becca Franklin, 2007.....58-3 1/4 (17.76)
7. **Chelsea Colpitts, 2013... 56-4 (17.17)**
8. Erin O'Hern, 2008.....56-3 (17.14)
9. Mandy Chandler, 2009 .....54-4 1/2 (16.57)
10. Kerri Blackstone, 1999 .....50-9 3/4 (15.48)

## Pentathlon

1. Tammilee Kerr, 2008 .....3,974 points
2. Chris Davenport, 1983 .....3,798 points
3. Kamesha Marshall, 2005 .....3,701 points
4. Tiff Pedersen, 2004 .....3,511 points
5. **Sarah Ryan, 2013 ..... 3,472 points**
6. Maureen Abel, 1979 .....3,427 points
7. **Zinnia Miller, 2012 ..... 3,416 points**
8. Janet Adams, 1981 .....3,360 points
9. Janelle Jaspers, 1987 .....3,366 points
10. **Khanishah Williams, 2013 ..... 3,273 points**

## 1,600-Meter Relay

1. Liverpool, Hendricks, Praska, Erickson, 2011 ..... 3:36.97
2. Liverpool, Hendricks, Erickson, Praska, 2011 ..... 3:37.58
3. Hendricks, Erickson, Praska, Liverpool, 2011 ..... 3:39.15
4. Hendricks, Praska, Erickson, Liverpool, 2011 ..... 3:40.42
5. **Guster, Kwaza, Hernandez, Holder, 2014 ..... 3:40.51**
6. McCalla, Granger, Alexander, Johnson, 2006 ..... 3:40.52
7. Simonson, Liverpool, Erickson, Sack, 2012 ..... 3:41.78
8. Simonson, Erickson, Sack, Liverpool, 2012 ..... 3:42.42
9. Johnson, McCalla, Alexander, Granger, 2006 ..... 3:42.44
10. Alexander, Johnson, Poncè, M. Mims, 2007 ..... 3:42.75

## Distance Medley Relay

1. Armstrong, Alexander, L. Hardesty, Nukuri, 2008..... 11:20.11
2. Melander, Hendricks, L. Hardesty, Eilers, 2011 ..... 11:22.44
3. Stormo, Davenport, Williams, O'Brien, 1981 ..... 11:23.02
4. Melander, Praska, Hendricks, Flood, 2011 ..... 11:24.47
5. Flood, Hendricks, L. Hardesty, Melander, 2010..... 11:25.01
6. Melander, Hendricks, Flood, Marchand, 2009..... 11:27.34
7. Benning, Poole, Salsberry, Stec, 1994 ..... 11:28.03
8. Stormo, Davenport, Hayden, Doak, 1982..... 11:29.54
9. Armstrong, Granger, Stanley, K. Anderson, 2006..... 11:29.54
10. Lahann, Williams, Stanley, Arens, 2004 ..... 11:30.36