

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



TRACK AND FIELD CONTACT: JORDAN BUCHER

February 17, 2016

2016 IOWA TRACK & FIELD INDOOR SCHEDULE

Date	Meet
Jan. 9	Border Battle <i>(Champaign, Ill.)</i>
Jan. 15-16	Iowa Dual <i>(Iowa City, Iowa)</i>
Jan. 23	Big Four Duals <i>(Cedar Falls, Iowa)</i>
Jan. 29-30	Razorback Invitational <i>(Fayetteville, Ark.)</i>
Feb. 5-6	Meyo Invitational <i>(South Bend, Ind.)</i>
Feb. 12-13	Iowa State Classic <i>(Ames, Iowa)</i>
Feb. 12-13	Tyson Classic <i>(Fayetteville, Ark.)</i>
Feb. 20	Alex Wilson Invitational <i>(South Bend, Ind.)</i>
Feb. 26-27	Big Ten Championships <i>(Geneva, Ohio)</i>
Mar. 11-12	NCAA Championships <i>(Birmingham, Ala.)</i>

IOWA COACHING STAFF

Joey Woody.. Director of Track & Field
Layne Anderson Head Cross Country/
..... Assistant Track & Field Coach
Clive Roberts ... Associate Head Coach
Jason Wakenight Assistant Coach
..... Director of Recruiting
Andrew Dubs Assistant Coach
Molly Jones Assistant Coach
Kate See Director of Operations

THIS WEEK

The University of Iowa track and field team heads to the Alex Wilson Invitational in South Bend, Indiana, on Saturday. Field and running events begin at 11 a.m. (CT) inside the Loftus Sports Center on the campus of the University of Notre Dame.

FOLLOW THE HAWKEYES

Live results are available on the track and field schedule page at hawkeyesports.com. Follow @IowaXC_TF on twitter for updates and relevant statistics throughout the meet.

MALLET NAMED B1G ATHLETE OF WEEK

Junior All-American Aaron Mallett earned Big Ten Athlete of the Week for the second time in his career. The St. Louis native placed second in the men's 60-meter hurdles (7.73) at the Tyson Invitational on Feb. 12, finishing in front of Nebraska's Oladapo Akinmoladun (7.74). Top-ranked Dondre Echols of South Carolina took the event title in 7.69.

This is the sixth consecutive week Mallett has led the Big Ten in the event. Mallett's personal-best 7.71, which he set at the Razorback Invitational on Jan. 30, ties for fifth nationally.

RELAY MAKES HISTORY

The women's 1,600-meter relay of senior MonTayla Holder, juniors Elexis Guster and Alexis Hernandez, and freshman Briana Guillory clocked 3:36.47 to clip the previous school record (3:36.97) set in 2011 by Ashley Liverpool, Tiffany Hendricks, Bethany Praska, and Nicole Erickson at the Tyson Invitational on Feb. 13.

Each member of the school record-setting quartet owns 400-meter career bests within Iowa's top-10 all-time: Guster (4th/53.32), Guillory (6th/54.24), Holder (7th/54.32), and Hernandez (8th/54.91). The Hawkeyes are seeded second behind Ohio State (3:33.38) in the conference.

MID-DISTANCE ALL-TIME SWAP

Sophomore Carter Lilly and senior Will Teubel each own the second- and sixth-fastest times in school history across two middle-distance events:

- Teubel: 2nd/600 meters, 6th/800 meters
- Lilly: 2nd/800 meters, 6th/600 meters

Lilly climbed to second all-time at Iowa in the men's 800 meters following a collegiate-best 1:49.09 at the Iowa State Classic on Feb. 13. Freshman Pavlo Hutsalyuk also made his mark, clocking the eighth-fastest 800 meters in school history (1:50.88).

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2016 INDOOR SEASON LEADERS

DOUBLE THE TROUBLE

Seven Hawkeyes lead the team in two Big Ten events:

- Fr. Mar'yea Harris: 200m, 400m
- So. Michael Melchert: mile, 3000m
- Sr. Kerry Dean Jr.: long jump, triple jump
- Jr. Avery Meyers: shot put, weight throw
- Sr. Lake Kwaza: 60m, 200m
- So. Jahisha Thomas: 60-m hurdles, long jump
- So. Leah Colbert: shot put, weight throw

PERSONAL BESTS ABOUND FOR FRESHMAN

Freshman Tria Seawater-Simmons has posted a personal best in the women's triple jump in every meet this season. After registering a collegiate-best 38-2 3/4 (11.65m) at the Meyo Invitational on Feb. 6, the Phoenix native reset her sixth-place ranking on Iowa's all-time list (38-6 3/4, 11.75m) at the Iowa State Classic on Feb. 13.

BIG SPRINTER DEPTH

Iowa is the only Big Ten program to have a men's and women's representative rank among the conference's top eight in the short and long sprints:

- M 60 meters: 6th/O'Shea Wilson (6.76)
- W 60 meters: 3rd/Lake Kwaza (7.41)
- M 200 meters: 8th/Christian Brissett (21.36)
- W 200 meters: 5th/Lake Kwaza (23.85); 6th/Briana Guillory (23.87)
- M 400 meters: 4th/Mar'yea Harris (47.10)
- W 400 meters: 2nd/Elexis Guster (53.32); 5th/Briana Guillory (54.24)
- M 600 meters: 3rd/Will Teubel (1:17.55); 7th/Carter Lilly (1:18.07)
- W 600 meters: 5th/MonTayla Holder (1:30.09); 6th/Mahnee Watts (1:30.83); 7th/Elexis Guster (1:30.93)
- M 1,600-meter relay: 5th/Wolff, Thompson, Frye, Harris (3:10.04)
- W 1,600-meter relay: 2nd/Holder, Guster, Hernandez, Guillory (3:36.47)

NEXT UP: BIG TEN CHAMPIONSHIPS

The Hawkeyes travel to the SPIRE Institute in Geneva, Ohio, for the 2016 Big Ten Indoor Championships from Feb. 26-27.

MEN

60 Meters.....	O'Shea Wilson	6.76
60-Meter Hurdles...	Aaron Mallett	7.71
200 Meters.....	Mar'yea Harris	21.59
400 Meters.....	Mar'yea Harris	47.10
600 Yards.....	Will Teubel.....	1:09.59
600 Meters.....	Will Teubel.....	1:17.55
800 Meters.....	Carter Lilly	1:49.09
1,000 Meters.....	Michael Hart.....	2:29.91
Mile.....	Michael Melchert.....	4:05.37
3,000 Meters.....	Michael Melchert.....	8:08.57
5,000 Meters.....	Anthony Gregorio.....	14:55.99
1,600-Meter Relay..	Wolff, Thompson, Frye, Harris.....	3:10.04
High Jump.....	Peter Andreano	6-9-1/2 (2.07m)
Pole Vault	Andy Jatis	16-0 3/4 (4.90m)
Long Jump	Kerry Dean, Jr.	22-11 3/4 (7.00m)
Triple Jump	Kerry Dean, Jr.	45-7 1/4 (13.90m)
Shot Put.....	Avery Meyers	59-0 1/4 (17.99m)
Weight Throw.....	Avery Meyers	53-5 (16.28m)
Discus	Avery Meyers	170-1 (51.84m)
Heptathlon	William Dougherty	5,172 points

WOMEN

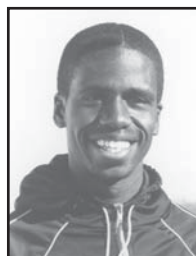
60 Meters.....	Lake Kwaza	* 7.41
60-Meter Hurdles...	Jahisha Thomas	8.51
200 Meters.....	Lake Kwaza	23.85
400 Meters.....	Elexis Guster.....	53.32
600 Yards.....	Mahnee Watts.....	1:22.72
600 Meters.....	MonTayla Holder	1:30.09
800 Meters.....	Mahnee Watts.....	2:11.49
Mile.....	Madison Waymire	4:58.60
3,000 Meters.....	Tess Wilberding	9:46.61
5,000 Meters.....	Kelly Breen	17:58.02
1,600-Meter Relay..	Holder, Guster, Hernandez, Guillory.....	* 3:36.47
High Jump.....	Khanishah Williams	5-8 3/4 (1.75m)
Long Jump	Jahisha Thomas	* 20-4 1/2 (6.21m)
Pole Vault	Amy Smith	10-10 (3.30m)
Triple Jump.....	Tria Seawater-Simmons	38-6 3/4 (11.75m)
Shot Put.....	Leah Colbert.....	38-2 3/4 (11.65m)
Weight Throw.....	Leah Colbert.....	52-2 1/2 (15.91m)
Discus	Dakotah Goodell.....	156-5 (47.67m)

* -- school record

INDOOR ALL-TIME TOP TEN PERFORMERS



Justin Austin



Rodney Chambers



Jim Costello



Troy Doris



Bill Hansen



John Hickey



Ethan Holmes

60 Meters

- Justin Austin, 2011 6.69
- Kurt Felix, 1999..... 6.73
Tevin-Cee Mincy, 2014 6.73
- Josh Larney, 2013 6.74
- Troy Doris, 2012 6.75
- 6. O'Shea Wilson, 2016.....6.76**
- Tony Branch, 1999 6.78
Christian Brissett, 20166.78
- Paul Chaney, Jr., 2009 6.80
D'Juan Richardson, 2010 6.80
Vinnie Saucer, Jr., 20166.80

60-Meter Hurdles

- Jordan Mullen, 2013..... 7.70
- 2. Aaron Mallett, 2016.....7.71**
- Ethan Holmes, 2013 7.82
- Dion Trowers, 1997 7.87
- Russell Peterson, 2004 7.97
- Dan Davis, 2012..... 8.02
- DeRocco Reed, 2000..... 8.03
Keith Brown, 2015..... 8.03
- 9. Chris Douglas, 20168.07**
- 10.Torrey Campbell, 2012 8.09

200 Meters

- Justin Austin, 2011 20.80
- Anthuan Maybank, 1993 21.11
- Bashir Yamini, 1999 21.19
- 4. James Harrington, 201421.21**
- Ethan Holmes, 2013 21.23
- Tim Dodge, 2000 21.26
- Paul Chaney, Jr., 2009 21.34
- George Page, 1997 21.35
- Zach Digney, 2004 21.39
- 10.Tony Branch, 1998 21.46

400 Meters

- Steven Willey, 2010 46.75
- Terrence Duckett, 1984 46.81
- 3. Mar'yea Harris, 201647.10**
- Andre Morris, 1995 47.15
- Monte Raymond, 1998..... 47.18
- Anthuan Maybank, 1990 47.25
- Patrick Richards, 2011 47.35
- Juan Coleman, 2002 47.40
- Justin Austin, 2012 47.61
- Ethan Holmes, 2013 47.63

600 Meters

- Erik Sowinski, 2012..... 1:16.91
- 2. Will Teubel, 2016 1:17.55**
- Steven Willey, 2011 1:17.94
- Keaton Rickels, 2012 1:18.19
- Pat McGhee, 1988..... 1:18.30
- 6. Carter Lilly, 2015 1:18.37**
- Ryan Weir, 2013 1:18.62
- Chris Barton, 2011..... 1:18.75
Brennan Davey, 2014..... 1:18.75
- 10.Neil Flattery, 2014 1:18.78

800 Meters

- Erik Sowinski, 2012..... 1:47.62
- 2. Carter Lilly, 2016 1:49.09**
- Ryan Weir, 2013 1:49.11
- Adam Hairston, 2010..... 1:49.26
- Nathan Prom, 2013 1:49.29
- 6. Will Teubel, 2015 1:49.40**
- Nick Kuczvara, 2010 1:49.59
- 8. Pavlo Hutsalyuk, 2016 1:50.88**
- Dave Novotny, 1996 1:51.27
- 10.Jim Docherty, 1973..... 1:51.30

Mile

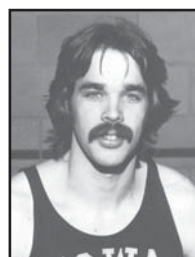
- Jeff Thode, 2011 3:58.72
- Ed DeLashmutt, 1981 4:04.01
- Larry Wieczorek, 1968..... 4:04.40
- 4. Michael Melchert, 2016.....4:05.37**
- John Clark, 1972 4:05.94
- Ben Witt, 2014 4:07.08
- Adam Thomas, 2002 4:07.13
- Kevin Herd, 1992 4:07.26
- Jesse Luciano, 2009 4:07.29
- 10.Jake Berns, 2006..... 4:07.43

3,000 Meters

- Kevin Lewis, 2015 7:57.06
- Jeff Thode, 2011 8:00.38
- Micah VanDenend, 2006 8:00.81
- 4. Michael Melchert, 2016.....8:08.57**
- Eric MacTaggart, 2006 8:08.79
- Stetson Steele, 2000..... 8:09.54
- Ben Witt, 2015 8:10.97
- Dan Haut, 2005 8:11.36
- Kevin Herd, 1994 8:11.51
- 10.Nick Holmes, 2010 8:15.48

5,000 Meters

- Kevin Lewis, 2015 13:43.70
- Micah VanDenend, 2007 13:56.46
- Stetson Steele, 2000..... 14:00.52
- Dan Haut, 2006 14:06.16
- Eric MacTaggart, 2006 14:13.41
- Jeff Thode, 2011 14:16.00
- Matt Esche, 2004..... 14:18.43
- Jeff Kent, 2007..... 14:18.86
- Jesse Luciano, 2009 14:20.99
- 10.Nick Nordheim, 2002 14:22.99



Bill Knoedel



Kevin Lewis



Anthuan Maybank



Jordan Mullen

INDOOR ALL-TIME TOP TEN PERFORMERS



Nathan Prom



Kyle Reid



Patrick Richards



Keaton Rickels



Erik Sowinski



Todd Wigginton



Steven Willey

Heptathlon

1. Kyle Reid, 2013 5,354 points
2. Dan Rolling, 2010 5,205 points
3. Jack Eckert, 2015 5,188 points
4. **William Dougherty, 2016 5,172 points**
5. Ryan Niver, 2008..... 5,149 points
6. Frank Prill, 2010..... 5,015 points
7. Scott Faber, 2000..... 4,784 points
8. Cam Appleman, 1997 4,685 points
9. Bobby Windauer, 2007 4,644 points
10. Jacob Drewry, 1995 4,612 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)
Kevin Spejcher, 2015..... 7-0 1/2 (2.15)
5. Pat Meade, 1987 7-0 1/4 (2.14)
6. Mike Lacy, 1984..... 7-0 (2.13)
7. M. Cunningham, 1984.. 6-11 1/4 (2.11)
8. 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. **Andy Jatis, 2016..... 16-0 3/4 (4.90)**
10. 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. Babatunde Amosu, 2015..52-8 3/4 (16.07)
3. Paul Jones, 1990..... 52-1 1/4 (15.88)
Klyvens Delaunay, 2014 ..52-1 1/4 (15.88)
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. Gary 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. Gabe Hull, 2014..... 59-3 (18.06)
8. **Avery Meyers, 2016 .. 59-0 1/4 (17.99)**
9. Chris Gambol, 1987 59-0 (17.98)
10. Arno van der Westhuizen,
1999 58-10 3/4 (17.95)

Weight Throw

1. Jim Costello, 2002 69-4 3/4 (21.15)
2. Matt Banse, 2012 67-8 (20.62)
3. Arno 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



Brittany Brown



Tracy Dahl



Karnessa Farley



Briana Guillory



Ashlyn Gulvas

60 Meters

1. **Brittany Brown, 2014** **7.41**
Lake Kwaza, 2016..... **7.41**
3. Elaine Jones, 19837.43
4. Peaches Roach, 2005.....7.45
5. Shellene Williams, 20047.50
6. Jiselle Providence, 20027.52
7. Rhonda-Kaye Trusty, 20107.55
Erin Jones, 20117.55
Raven Moore, 20137.55
10. Angela Menson, 19827.57

60-Meter Hurdles

1. Karnessa Farley, 20098.21
2. Tiffany Johnson, 2006.....8.33
3. Paula Ruen, 1998.....8.39
4. Sarah Steffen, 20028.45
Renee White, 2008.....8.45
6. **Jahisha Thomas, 2016**..... **8.51**
7. Colleen Prendergast, 20008.57
8. Tammilee Kerr, 2008.....8.60
9. Kimberly Stanford, 2008.....8.63
10. Diane Steinhart, 1981.....8.64

200 Meters

1. Kineke Alexander, 200623.49
2. Shellene Williams, 200423.62
3. **Brittany Brown, 2014** **23.63**
4. Marlene Poole, 199423.66
Yolanda Hobbs, 1995.....23.66
6. Erica Broomfield, 199823.81
7. **Lake Kwaza, 2016**..... **23.85**
8. **Briana Guillory, 2016** **23.87**
9. Raven Moore, 201324.00
10. Erin Jones, 201124.01

400 Meters

1. Kineke Alexander, 200751.48
2. Ellen Grant, 1996.....52.65
3. Shellene Williams, 200452.83
4. **Elexis Guster, 2016**..... **53.32**
5. Ashley Liverpool, 201154.09
6. **Briana Guillory, 2016**..... **54.24**
7. **MonTayla Holder, 2015** **54.32**
8. **Alexis Hernandez, 2014**..... **54.91**
9. Tiffany Hendricks, 201155.06
10. Marlene Poole, 199355.20

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. **Mahnee Watts, 2016**..... **1:22.72**
6. Bethany Praska, 2009 1:23.12
7. Hannah Simonson, 2012 1:23.18
8. Chris Davenport, 1982..... 1:24.14
9. **Kaitlyn Nelson, 2015** **1:24.52**
10. Sophia Poncè, 2007 1:24.55

600 Meters

1. Kineke Alexander, 2008 1:27.45
2. Bethany Praska, 2011 1:28.14
3. **MonTayla Holder, 2014** **1:29.98**
4. Senta Hawkins, 1987 1:30.77
5. **Mahnee Watts, 2016**..... **1:30.83**
6. **Kaitlyn Nelson, 2013** **1:31.44**
7. Karen Layne, 1990 1:31.45
8. Nicole Erickson, 2012 1:31.71
9. **Elexis Guster, 2016** **1:32.04**
10. Kay Stormo, 1982 1:32.30

800 Meters

1. Bethany Praska, 2011 2:05.01
2. Jeanne Kruckeberg, 1989 2:06.38
3. Michelle Lahann, 2004 2:06.83
4. Katharina Trost, 2014 2:07.38
5. **Mahnee Watts, 2014**..... **2:08.79**
6. Adrienne Alexia, 2013 2:08.95
7. Briana Benning, 1996 2:09.22
8. **Kaitlyn Nelson, 2013** **2:09.58**
9. **MonTayla Holder, 2015** **2:10.34**
10. Kay Stormo, 1981 2:11.04

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



Elexis Guster



Lauren Hardesty



Senta Hawkins



Alexis Hernandez



MonTayla Holder



Tammilee Kerr



Lake Kwaza

INDOOR ALL-TIME TOP TEN PERFORMERS



McKenzie Melander



Diane Nukuri



Bethany Praska



Peaches Roach



Gail Smith



Jessie Strand

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, 19955-9 3/4 (1.77)
5. Caleigh Bacchus, 2010.....5-9 1/4 (1.76)
6. Kristi Dinkla, 1985.....5-8 1/2 (1.74)
- Kacey Childs, 2001.....5-8 1/2 (1.74)
8. Traci Claussen, 1987 5-8 (1.73)
9. Kathy Gillespie, 19835-7 3/4 (1.72)
10. Lynn McMillan, 19885-7 1/4 (1.71)
- Tammilee Kerr, 2008.....5-7 1/4 (1.71)

Pole Vault

1. Jessie Strand, 200412-5 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)
6. **Amy Smith, 2016 10-10 (3.30)**
7. Gina Shannon, 2001 10-6 (3.20)
8. Kacey Childs, 2001.....9-0 (2.75)
9. Amy Kasparbauer, 2000.....8-0 (2.44)

Long Jump

1. **Jahisha Thomas, 2016.....20-4 1/2 (6.21)**
2. Zinnia Miller, 2014.....20-4 1/4 (6.20)
3. Carisa Leacock, 201419-9 1/2 (6.03)
4. Lisa Moats, 1986 19-6 (5.95)
5. Cassidy Ellis, 2015.....19-5 1/2 (5.93)
6. Renee White, 2006.....19-3 1/4 (5.87)
7. Tiffany Johnson, 2007.....19-2 1/2 (5.85)
8. Davera Taylor, 198419-1 1/2 (5.83)
9. Yolanda Hobbs, 1993..... 19-1 (5.80)
10. Kamesha Marshall, 2005 ..18-11 1/4 (5.77)

Triple Jump

1. Renee White, 2008..... 42-4 (12.90)
2. Tiffany Johnson, 2007.....41-3 3/4 (12.59)
3. Zinnia Miller, 2014.....41-2 1/2 (12.56)
4. Carisa Leacock, 201240-5 1/2 (12.33)
5. Becki Borg, 1987..... 39-6 (12.04)
6. **Tria Seawater-Simmons, 2016 38-6 3/4 (11.75)**
7. Lynn McMillan, 1988 38-2 (11.63)
8. Sarah Ryan, 201437-5 1/4 (11.41)
9. Lisa Moats, 1985 35-1 (10.69)
10. 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)
- Courtney Fritz, 2014..... 47-5 (14.45)
9. Jennifer Gilson, 2002..... 46-11 (14.30)
10. Alexa Hunt, 201546-8 3/4 (14.24)

Weight Throw

1. Ashlyn Gulvas, 2013 63-6 (19.35)
2. Jasmine Simpson, 2013... 62-6 1/2 (19.06)
3. Annemie Smith, 2014..... 61-4 (18.69)
4. Kelsey Taylor, 2011 60-4 1/2 (18.40)
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. **Leah Colbert, 2016.....52-2 1/2 (15.91)**

Pentathlon

1. Tammilee Kerr, 2008.....3,974 points
2. Chris Davenport, 1983.....3,798 points
3. Kamesha Marshall, 20053,701 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, 19813,360 points
9. Janelle Jaspers, 19873,366 points
10. Cassidy Ellis, 2014.....3,346 points



Jahisha Thomas



Renee White

1,600-Meter Relay

1. **Holder, Guster, Hernandez, Guillory, 2016.....3:36.47**
2. Liverpool, Hendricks, Praska, Erickson, 2011 3:36.97
3. **Holder, Hernandez, Guster, Guillory, 2016.....3:36.99**
4. **Hernandez, Holder, Guster, Watts, 2014 3:37.16**
5. Liverpool, Hendricks, Erickson, Praska, 2011 3:37.58
6. **Kwaza, Guster, Holder, Watts, 2015.....3:37.84**
7. **Kwaza, Holder, Watts, Guster, 2015.....3:38.56**
8. **Guster, Holder, Watts, Hernandez, 2014 3:38.62**
9. Hendricks, Erickson, Praska, Liverpool, 2011 3:39.15
10. **Guster, Watts, Holder, Kwaza, 2015.....3:39.30**

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
- Armstrong, Granger, Stanley, K. Anderson, 2006 11:29.54
10. Lahann, Williams, Stanley, Arens, 2004..... 11:30.36