

# IOWA TRACK & FIELD 2017

22 Olympians  
13 NCAA Champions  
244 All-American Honors  
285 Big Ten Champions  
439 Academic All-Big Ten Honors



February 21, 2017

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## 2017 IOWA TRACK & FIELD INDOOR SCHEDULE

Date	Meet
Jan. 6-7	<b>Border Battle</b> (Iowa City, Iowa)
Jan. 14	<b>Hawkeye Invitational</b> (Iowa City, Iowa)
Jan. 20-21	<b>Larry Wieczorek Invite</b> (Iowa City, Iowa)
Jan. 27-28	<b>Black &amp; Gold Premier</b> (Iowa City, Iowa)
Feb. 3-4	Meyo Invitational (South Bend, Ind.)
Feb. 10	Iowa State Classic (Ames, Iowa)
Feb. 11	Tyson Invitational (Fayetteville, Ark.)
<b>Feb. 18</b>	<b>Iowa Open</b> (Iowa City, Iowa)
Feb. 24-25	Big Ten Championships (Geneva, Ohio)
Mar. 11-12	NCAA Championships

## IOWA COACHING STAFF

<b>Joey Woody</b> .....	Director of Track & Field
<b>Randy Hasenbank</b> .....	Associate Head Cross Country Assistant Track & Field Coach
<b>Clive Roberts</b> .....	Associate Head Coach
<b>Jason Wakenight</b> .....	Assistant Coach Director of Recruiting
<b>Andrew Dubs</b> .....	Assistant Coach
<b>Kate See</b> .....	Director of Operations

### THIS WEEK

The University of Iowa track and field team kicks off the postseason with the Big Ten Indoor Championships in Geneva, Ohio this weekend. The competition will be held at the Spire Institute from Feb. 24-25.

### FOLLOW ALONG

Live results will be available through the team's schedule page on [hawkeyesports.com](http://hawkeyesports.com). Follow the team's twitter account @iowaxc\_tf for live updates of the meet.

### BIG TEN LEADERS

The top eight finishers at the Big Ten Championship score points for their team. A first place finisher collects 10 points, a second place earns eight points, third place is six points and each place after that earns one point less than the previous place for 39 total points on each event. Heading into the Big Ten Championships, Iowa has 13 events in scoring position for the men and 9 events for the women.

#	Name	Event	Mark
1.	Aaron Mallett.....	60 meter Hurdles.....	7.64
1.	Iowa A.....	4x400 meter relay.....	3:05.62
1.	O'Shea Wilson.....	Long Jump.....	7.86m
2.	Mar'yea Harris.....	400 meters.....	46.39
3.	Brittany Brown.....	60 meters.....	7.39
3.	Chris Douglas.....	60 meter Hurdles.....	7.82
3.	Jahisha Thomas.....	Triple Jump.....	13.00m
4.	Reno Tuufuli.....	Shot Put.....	18.78m
5.	Brittany Brown.....	200 meters.....	23.75
5.	Avery Meyers.....	Shot Put.....	18.70m
5.	Tria Seawater-Simmons..	Triple Jump.....	12.83m
5.	Jenny Kimbro.....	Pentathlon.....	3,715 points
6.	Vinnie Saucer.....	60 meters.....	6.74
6.	Christian Brissett.....	60 meters.....	6.74
6.	Briana Guillory.....	200 meters.....	23.86
6.	Carter Lilly.....	800 meters.....	1:47.33
6.	Allison Wahrman.....	Pentathlon.....	3,421 points
7.	Jahisha Thomas.....	60 meter Hurdles.....	8.35
8.	Emmanuel Ogwo.....	400 meters.....	47.39
8.	Iowa A.....	Distance Medley.....	10:07.87
8.	Heaven Chandler.....	Pentathlon.....	3,411 points
8.	Will Dougherty.....	Heptathlon.....	5,386 points



### HAWKEYES IN THE NATIONAL POLL

The University of Iowa men's track and field team remained in the U.S. Track & Field and Cross Country Coaches Association (USTFCCCA) National Team Computer Rankings at No. 18.

### 2016 BIG TEN CHAMPIONSHIPS

The Hawkeye men and women finished eighth and fifth, respectively during the 2016 Big Ten Indoor Championships. Iowa crowned four Big Ten Champions-- Vinnie Saucer (60m), Aaron Mallett (60mH), Lake Kwaza (60m), and Elexis Guster (400m). Both Saucer and Mallett return to the conference meet in 2017.

### IT'S THAT TYPE OF YEAR

The University of Iowa track and field team has enjoyed an indoor season for the ages. During their 2017 campaign the squad has set seven school-records-- five on the men's side and two on the women's side. The school records include: the men's 60-meter hurdles (Aaron Mallett, 7.64), 400m (Mar'yea Harris, 46.39), 800m (Carter Lilly, 1:47.33), heptathlon (Will Dougherty, 5,386 points), 4x400m relay (Emmanuel Ogwo, Collin Hofacker, DeJuan Frye, Harris, 3:05.62), women's long jump (Jahisha Thomas, 6.39m), and triple jump (Thomas, 13.00m).

### THOMAS LEAPS TO TRIPLE JUMP RECORD

In her only event at the Iowa Open, junior Jahisha Thomas became Iowa's all-time leader in the triple jump. She improved from her previous spot on the list at No. 5 to a 13.00m (42 feet, 8 inches) mark which is first in Iowa history. This is the second time this year that Thomas has set a school record. Last week at the Tyson Invitational, Thomas leaped 6.39m (20 feet, 11 3/4 inches) in the long jump to set the all-time Iowa mark.

### FRESHMEN SEASON LEADERS

Through the first six meets of the season, seven Hawkeye freshmen lead the team in their respective events: Tysen VanDraska (1,000-meters), Antonio Woodard (200-meters), Akinshe Calica-Hill (triple jump), Tia Saunders (800-meters), Aubrianna Lantrip (high jump), Laulauga Tausaga (shot put), and Jenny Kimbro (pentathlon).

### NEXT ON THE BLOCK

The Hawkeyes end the indoor season at the NCAA Championships in College Station, Texas. The meet runs March 10-11.

## 2017 INDOOR SEASON LEADERS

### MEN

60 Meters	Christian Brissett	6.74
	Vinnie Saucer, Jr.	6.74
60-Meter Hurdles	Aaron Mallett	* 7.64
200 Meters	Antonio Woodard	21.35
400 Meters	Mar'yea Harris	* 46.39
600 Meters	Carter Lilly	1:17.20
800 Meters	Carter Lilly	* 1:47.33
1,000 Meters	Tysen VanDraska	2:28.29
Mile	Adam Jones	4:04.28
3,000 Meters	Bailey Hesse-Withbroe	8:21.33
5,000 Meters	Bailey Hesse-Withbroe	14:48.04
1,600-Meter Relay	Ogwo, Hofacker, Frye, Harris	* 3:05.62
Dist. Medley Relay	Cooley, Guier, Mylenek, Murphy	10:07.87
High Jump	Peter Andreano	6-6 3/4 (2.00m)
	Brelyn Barclay	6-6 3/4 (2.00m)
Pole Vault	Andy Jatis	16-4 3/4 (5.00m)
Long Jump	O'Shea Wilson	25-9 1/2 (7.86m)
Triple Jump	Akinshe Calica-Hill	48-2 1/2 (14.69m)
Shot Put	Reno Tuufuli	61-7 1/2 (18.78m)
Weight Throw	Reno Tuufuli	56-2 1/2 (17.13m)
Discus	Reno Tuufuli	176-9 (53.87m)
Heptathlon	William Dougherty	* 5,386 points

### WOMEN

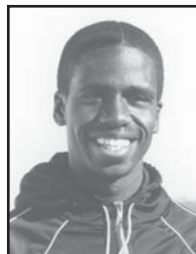
60 Meters	Brittany Brown	7.39
60-Meter Hurdles	Jahisha Thomas	8.35
200 Meters	Brittany Brown	23.75
400 Meters	Alexis Hernandez	54.31
600 Meters	Alexis Hernandez	1:33.55
800 Meters	Tia Saunders	2:13.11
1,000 Meters	Tess Wilberding	2:53.74
Mile	Tess Wilberding	4:54.16
3,000 Meters	Tess Wilberding	9:39.87
5,000 Meters	Andrea Shine	16:49.23
1,600-Meter Relay	Hernandez, Brown, Guillory, Buss	3:41.07
Dist. Medley Relay	Espinosa, Weber, Gibbs, Eastman	12:53.60
High Jump	Aubrianna Lantrip	5-7 1/4 (1.71m)
Pole Vault	Amy Smith	11-11 3/4 (3.65m)
Long Jump	Jahisha Thomas	* 20-11 3/4 (6.39m)
Triple Jump	Jahisha Thomas	* 42-8 (13.00m)
Shot Put	Laulauga Tausaga	48-5 1/4 (14.76m)
Weight Throw	Leah Colbert	55-3 1/2 (16.85m)
Discus	Lindsay Herra	154-3 (47.03m)
Pentathlon	Jenny Kimbro	3,715 points

\* -- school record

# INDOOR ALL-TIME TOP TEN PERFORMERS



Justin Austin



Rodney Chambers



Jim Costello



Troy Doris



William Dougherty



DeJuan Frye



Bill Hansen

## 60 Meters

- Justin Austin, 2011 ..... 6.69
- Vinnie Saucer, Jr., 2016 .....6.70**
- Kurt Felix, 1999..... 6.73  
Tevin-Cee Mincy, 2014 ..... 6.73
- Josh Larney, 2013 ..... 6.74  
**Christian Brissett, 2017 .....6.74**
- Troy Doris, 2012 ..... 6.75
- O'Shea Wilson, 2017.....6.75**
- Jacob Gourley, 2017.....6.77**
- Tony Branch, 1999 ..... 6.78

## 60-Meter Hurdles

- Aaron Mallett, 2017.....7.64**
- Jordan Mullen, 2013..... 7.70
- Ethan Holmes, 2013 ..... 7.82  
**Chris Douglas, 2017 .....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
- Torrey Campbell, 2012 ..... 8.09

## 200 Meters

- Justin Austin, 2011 ..... 20.80
- Anthuan Maybank, 1993..... 21.11
- Bashir Yamini, 1999..... 21.19
- James Harrington, 2014 ..... 21.21
- Ethan Holmes, 2013 ..... 21.23
- Tim Dodge, 2000 ..... 21.26
- Paul Chaney, Jr., 2009..... 21.34
- George Page, 1997 ..... 21.35  
**Antonio Woodard, 2017.....21.35**
- Zach Digney, 2004 ..... 21.39

## 400 Meters

- Mar'yea Harris, 2017 .....46.39**
- Steven Willey, 2010 ..... 46.75
- Terrence Duckett, 1984 ..... 46.81
- Andre Morris, 1995 ..... 47.15
- Monte Raymond, 1998..... 47.18
- Anthuan Maybank, 1990 ..... 47.25
- Patrick Richards, 2011 ..... 47.35
- Emmanuel Ogwo, 2017 .....47.39**
- Juan Coleman, 2002 ..... 47.40
- DeJuan Frye, 2016 .....47.45**

## 600 Meters

- Erik Sowinski, 2012..... 1:16.91
- Carter Lilly, 2017 .....1:17.20**
- Will Teubel, 2016 .....1:17.55**
- Steven Willey, 2011 ..... 1:17.94
- Keaton Rickels, 2012 ..... 1:18.19
- Pat McGhee, 1988..... 1:18.30
- Ryan Weir, 2013 ..... 1:18.62
- Chris Barton, 2011..... 1:18.75  
Brennan Davey, 2014..... 1:18.75
- Neil Flattery, 2014 ..... 1:18.78

## 800 Meters

- Carter Lilly, 2017 .....1:47.33**
- Erik Sowinski, 2012..... 1:47.62
- Will Teubel, 2016 .....1:47.74**
- Pavlo Hutsalyuk, 2016 ..... 1:48.97
- Ryan Weir, 2013 ..... 1:49.11
- Adam Hairston, 2010..... 1:49.26
- Nathan Prom, 2013 ..... 1:49.29
- Nick Kuczvara, 2010 ..... 1:49.59
- Anthony Chaidez, 2017 .....1:50.75**
- Nolan, Teubel, 2017 .....1:51.23**

## Mile

- Jeff Thode, 2011 ..... 3:58.72
- Ed DeLashmutt, 1981 ..... 4:04.01
- Adam Jones, 2017.....4:04.28**
- Larry Wieczorek, 1968..... 4:04.40
- 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

## 3,000 Meters

- Kevin Lewis, 2015 ..... 7:57.06
- Jeff Thode, 2011 ..... 8:00.38
- Micah VanDenend, 2006 ..... 8:00.81
- 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
- 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
- Nick Nordheim, 2002 ..... 14:22.99



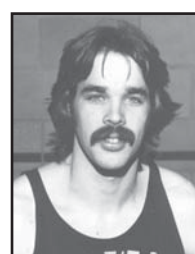
Mar'yea Harris



John Hickey



Colin Hofacker



Bill Knoedel



Kevin Lewis

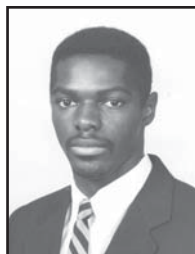


Carter Lilly

# INDOOR ALL-TIME TOP TEN PERFORMERS



Aaron Mallett



Anthuan Maybank



Emmanuel Ogwo



Nathan Prom



Keaton Rickels



Erik Sowinski



Todd Wigginton

## Heptathlon

1. **William Dougherty, 2017 5,386 points**
2. Kyle Reid, 2013 ..... 5,354 points
3. Dan Rolling, 2010 ..... 5,205 points
4. Jack Eckert, 2015 ..... 5,188 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)  
**Peter Andreano, 2016..... 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)  
**Andy Jatis, 2017..... 16-4 3/4 (5.00)**
7. Phil Wertman, 1971 ..... 16-4 (4.98)
8. Jeff Raymond, 2008..... 16-2 (4.93)
9. John Teffer, 1972 ..... 16-1 (4.90)
10. **Josh Pelock, 2017..... 15-11 (4.85)**

## Long Jump

1. Anthuan Maybank, 1992. 26-5 1/2 (8.06)
2. Bashir Yamini, 1998 ..... 26-0 1/4 (7.93)
3. **O'Shea Wilson, 2017 .... 25-9 1/2 (7.86)**
4. Darren Smith, 1991 ..... 25-2 (7.67)
5. Paul Jones, 1990..... 24-11 1/4 (7.60)
6. Josh Larney, 2013 ..... 24-10 (7.57)
7. Ronnie McCoy, 1984..... 24-9 (7.54)
8. 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. Kerry Dean, Jr., 2016... 48-8 1/4 (14.84)
10. Gordon Finch, 1988.... 48-3 3/4 (14.72)

## Shot Put

1. John Hickey, 2009..... 63-0 (19.20)
2. Jeremy Allen, 2001 ... 62-10 1/2 (19.16)
3. **Reno Tuufuli, 2017.... 61-7 1/2 (18.78)**
4. **Avery Meyers, 2017 .. 61-4 1/4 (18.70)**
5. Shane Maier, 2006..... 61-2 (18.64)
6. Gary Kostrubala, 1986. 60-10 3/4 (18.55)
7. Andy Banse, 2005..... 60-9 1/4 (18.52)
8. Ken Kemeny, 2004..... 60-0 1/2 (18.30)
9. Gabe Hull, 2014..... 59-3 (18.06)
10. Chris Gambol, 1987 ..... 59-0 (17.98)

## 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. **Ogwo, Hofacker, Frye, Harris, 2017 ..... 3:05.62**
2. Richards, E. Holmes, Sowinski, Willey,  
2011 ..... 3:06.66
3. Rozell, Davis, Raymond, Yamini, 1998 ..... 3:06.80
4. **Ogwo, Mallett, Frye, Harris, 2017..... 3:07.08**
5. **Wolff, Ganschow, Lilly, Harris, 2016..... 3:07.24**
6. Coleman, Faber, Strang, Peterson, 2002 .. 3:07.44
7. **Wolff, B. Thompson, Ganschow,  
Harris, 2016 ..... 3:07.58**
8. Richards, Sowinski, E. Holmes, Willey,  
2011 ..... 3:07.84
9. Greer, Williams, Smith, Duckett, 1984..... 3:08.14
10. Card, Coleman, Williamson, Dodge, 2001 3:08.21

## 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. Kuczwarra, 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. **Gardarsson, Ganschow, Hutsalyuk,  
Melchert, 2016 ..... 9:52.97**
9. Prom, Richardson, Sowinski, Thode,  
2011 ..... 9:57.44
10. Trainor, Faber, Cunningham, Allen, 2002.. 9:58.14

# INDOOR ALL-TIME TOP TEN PERFORMERS



Kineke Alexander



Meghan Armstrong



Brittany Brown



Tracy Dahl



Nicole Erickson



Karesa Farley



Ashlyn Gulvas

## 60 Meters

1. Lake Kwaza, 2016 .....7.33
2. **Brittany Brown, 2017** ..... **7.39**
3. Elaine Jones, 1983 .....7.43
4. Peaches Roach, 2005 .....7.45
5. Shellene Williams, 2004 .....7.50
6. **Briana Guillory, 2017** ..... **7.51**
7. Jiselle Providence, 2002 .....7.52
8. Rhonda-Kaye Trusty, 2010 .....7.55  
Erin Jones, 2011 .....7.55  
Raven Moore, 2013 .....7.55

## 60-Meter Hurdles

1. Karesa Farley, 2009 .....8.21
2. Tiffany Johnson, 2006 .....8.33
3. **Jahisha Thomas, 2017** ..... **8.35**
4. Paula Ruen, 1998 .....8.39
5. **Heaven Chandler, 2017** ..... **8.44**
6. Sarah Steffen, 2002 .....8.45  
Renee White, 2008 .....8.45
8. **Jenny Kimbro, 2017** ..... **8.54**
9. Colleen Prendergast, 2000 .....8.57
10. Tammilee Kerr, 2008 .....8.60

## 200 Meters

1. Kineke Alexander, 2006 .....23.49
2. Lake Kwaza, 2016 .....23.54
3. Shellene Williams, 2004 .....23.62
4. **Brittany Brown, 2014** ..... **23.63**
5. Marlene Poole, 1994 .....23.66  
Yolanda Hobbs, 1995 .....23.66
7. **Briana Guillory, 2016** ..... **23.69**
8. Erica Broomfield, 1998 .....23.81
9. Raven Moore, 2013 .....24.00
10. Erin Jones, 2011 .....24.01

## 400 Meters

1. Kineke Alexander, 2007 .....51.48
2. Elexis Guster, 2016 .....52.36
3. Ellen Grant, 1996 .....52.65
4. Shellene Williams, 2004 .....52.83
5. Ashley Liverpool, 2011 .....54.09
6. **Briana Guillory, 2016** ..... **54.24**
7. **Alexis Hernandez, 2017** ..... **54.31**
8. MonTayla Holder, 2015 .....54.32
9. Tiffany Hendricks, 2011 .....55.06
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. **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, 2016 ..... 1:29.35
4. **Mahnee Watts, 2016** ..... **1:30.41**
5. Senta Hawkins, 1987 ..... 1:30.77
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



Lauren Hardesty



Senta Hawkins



Tiffany Hendricks



Tammilee Kerr



Lake Kwaza



Ashley Liverpool

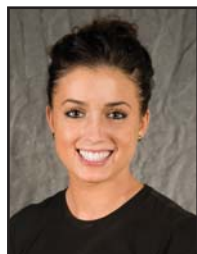


McKenzie Melander

# INDOOR ALL-TIME TOP TEN PERFORMERS



Diane Nukuri



Bethany Praska



Peaches Roach



Gail Smith



Jessie Strand



Jahisha Thomas

## 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)  
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)  
**Aubrianna Lantrip, 2017 ....5-7 1/4 (1.71)**

## Pole Vault

1. Jessie Strand, 2004 .....12-5 1/2 (3.80)
2. **Amy Smith, 2017 .....11-11 3/4 (3.65)**
3. Sarah Burgett, 2007 ..... 11-10 (3.61)
4. Kirsten Weismantle, 2011 .11-5 3/4 (3.50)
5. Brittany Holst, 2013.....11-3 3/4 (3.45)
6. Katie Truedson, 2010.....10-11 3/4 (3.35)
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, 2017 ....20-11 3/4 (6.39)**
2. Zinnia Miller, 2014.....20-4 1/4 (6.20)
3. Carisa Leacock, 2014 .....19-9 1/2 (6.03)
4. Lisa Moats, 1986 ..... 19-6 (5.95)
5. Cassidy Ellis, 2015.....19-5 1/2 (5.93)
6. **Jenny Kimbro, 2017 .....19-3 1/2 (5.88m)**
7. Renee White, 2006.....19-3 1/4 (5.87)
8. Tiffany Johnson, 2007.....19-2 1/2 (5.85)
9. Davera Taylor, 1984 .....19-1 1/2 (5.83)
10. Yolanda Hobbs, 1993..... 19-1 (5.80)

## Triple Jump

1. **Jahisha Thomas, 2017 .....42-8 (13.00)**
2. Renee White, 2008..... 42-4 (12.90)
3. **T. Seawater-Simmons, 2017 42-1 1/4 (12.83)**
4. Tiffany Johnson, 2007.....41-3 3/4 (12.59)
5. Zinnia Miller, 2014.....41-2 1/2 (12.56)
6. Carisa Leacock, 2012 .....40-5 1/2 (12.33)
7. **Allison Wahrman, 2017 ..... 39-10 (12.14)**
8. Becki Borg, 1987..... 39-6 (12.04)
9. **Hannah Schlib, 2017 .....39-5 3/4 (12.03)**
10. Lynn McMillan, 1988 ..... 38-2 (11.63)

## 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. **Laulauga Tausaga, 2017 ..48-5 1/4 (14.76)**
6. Rachel Curry, 2013 ..... 48-2 1/2(14.69)
7. **Erika Hammond, 2017 ....47-9 1/4 (14.56)**
8. Megan Maurer, 1995..... 47-5 3/4 (14.47)
9. Laura Kriener, 1990 ..... 47-5 (14.45)  
Courtney Fritz, 2014.....47-5 (14.45)

## 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. **Leah Colbert, 2017.....55-3 1/2 (16.85)**
10. Mandy Chandler, 2009 .... 54-4 1/2 (16.57)

## Pentathlon

1. Tammilee Kerr, 2008.....3,974 points
2. Chris Davenport, 1983.....3,798 points
3. **Jenny Kimbro, 2017 ..... 3,715 points**
4. Kamesha Marshall, 2005 .....3,701 points
5. Tiff Pedersen, 2004.....3,511 points
6. Sarah Ryan, 2013..... 3,472 points
7. Maureen Abel, 1979.....3,427 points
8. **Allison Wahrman, 2017..... 3,421 points**
9. Zinnia Miller, 2012.....3,416 points
10. Heaven Chandler, 2017 .....3,411 points

## 1,600-Meter Relay

1. Holder, **Guillory, Hernandez**, Guster, 2016 ..... 3:32.93
2. Holder, Guster, **Hernandez**, Guillory, 2016..... 3:36.47
3. Liverpool, Hendricks, Praska, Erickson, 2011 ..... 3:36.97
4. Holder, **Hernandez**, Guster, **Guillory**, 2016 ..... 3:36.99
5. **Hernandez**, Holder, Guster, **Watts**, 2014..... 3:37.16
6. Liverpool, Hendricks, Erickson, Praska, 2011 ..... 3:37.58
7. Kwaza, Guster, Holder, **Watts**, 2015 ..... 3:37.84
8. Kwaza, Holder, **Watts**, Guster, 2015 ..... 3:38.56
9. Guster, Holder, **Watts**, **Hernandez**, 2014..... 3:38.62
10. Hendricks, Erickson, Praska, Liverpool, 2011 ..... 3:39.15

## 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

# BIG TEN INDOOR CHAMPIONS

## Men's Indoor Champions

**50 Yards**  
Charles Brookins, 1922..... 5.4

**55-Meter Hurdles**  
Dion Trowers, 1998..... 7.27

**60 Yards**  
Lee Farmer, 1942..... 6.3

**60 Meters**  
Vinnie Saucer, Jr., 2016..... 6.7

**60-Meter Hurdles**  
Jordan Mullen, 2013..... 7.7  
Aaron Mallett, 2016 ..... 7.69

**70-Yard High Hurdles**  
Frank Cuhel, 1928..... 8.8  
George Saling, 1932..... 8.7  
Russell Merkel, 1950 ..... 8.8

**70-Yard Low Hurdles**  
Russell Merkel, 1950 ..... 8.1

**200 Meters**  
George Page, 1997 ..... 21.63  
Justin Austin, 2011 ..... 21.23

**440 Yards**  
George Baird, 1928..... 50.1  
Vaughn Stevenson, 1929 ..... 51.2  
Bernard Page, 1935 ..... 51.5  
Carl Teufel, 1938..... 49.8  
John Brown, 1960..... 48.6  
Gary Hollingsworth, 1963..... 48.5  
Mike Mondane, 1967 ..... 47.9  
Mike Mondane, 1968 ..... 47.6  
Dick Eisenlauer, 1972..... 47.8

**400 Meters**  
Anthuan Maybank, 1990 .... 47.55

**600 Yards**  
Leroy Ebert, 1954 ..... 1:11.4  
Caesar Smith, 1956..... 1:14.0  
Tom Ecker, 1957..... 1:13.7  
Bill Frazier, 1962 ..... 1:12.2  
Roger Kerr, 1963 ..... 1:10.0  
Mike Mondane, 1966 ..... 1:11.2

**600 Meters**  
D'Juan Strozier, 1990 ..... 1:20.26

**880 Yards**  
Ted Wheeler, 1956..... 1:55.1  
Bill Frazier, 1963 ..... 1:51.8  
D'Juan Strozier, 1992 ..... 1:51.54

**800 Meters**  
Erik Sowinski, 2012..... 1:47.90

**1,000 Yards**  
Gary Fischer, 1961 ..... 2:16.8  
Joel Moeller, 1978 ..... 2:12.4

**1,500 Meters**  
Ed DeLashmutt, 1980 ..... 3:49.90

**Mile**  
Ted Wheeler, 1956..... 4:12.5  
Charles Jones, 1957 ..... 4:13.8  
Charles Jones, 1958..... 4:10.5  
Gary Fischer, 1963 ..... 4:13.7  
Larry Wiczorek, 1966 ..... 4:09.7  
Larry Wiczorek, 1967 ..... 4:05.3

**Two Miles**  
Harold Phelps, 1925 ..... 9:32.6  
Leonard Hunn, 1927 ..... 9:44.2  
Charles Jones, 1957 ..... 9:23.3  
Charles Jones, 1958 ..... 9:09.6  
Larry Wiczorek, 1968 ..... 8:54.3

**Long Jump**  
Lee Farmer, 1942 ..... 23-9 1/4  
Earl Smith, 1954 ..... 24-0 3/4  
Quinn Early, 1986 ..... 24-7 1/4  
Anthuan Maybank, 1992 26-5 1/2  
Anthuan Maybank, 1993 ..... 26-5  
Bashir Yamini, 1997 ..... 25-9 1/4  
Bashir Yamini, 1998 ..... 24-11 1/4  
Bashir Yamini, 1999 ..... 25-6 1/2  
Matty Gorman, 2005 ..... 24-8 1/2

**High Jump**  
\*Ed Schrader, 1913 ..... 5-11 1/2  
\*Edgar Hoffman, 1920..... 6-0  
\*Donald Craig, 1929 ..... 5-9 5/8  
\*H. Workhoven, 1929..... 5-9 5/8  
Les Stevens, 1956 ..... 6-6 3/8  
Bill Knoedel, 1975..... 7-1

**Triple Jump**  
Troy Doris, 2011..... 54-0  
Troy Doris, 2012..... 52-1 3/4  
Babatunde Amosu, 2014..... 51-7 3/4  
Babatunde Amosu, 2015..... 52-8.75

**Pole Vault**  
\*Xavier Boyles, 1926 ..... 12-6  
\*Henry Canby, 1929 ..... 13-7 1/2  
Ken Steinbeck, 1943 ..... 13-3  
Dave Nielsen, 1975..... 16-10

**Shot Put**  
Ray Danber, 1926 ..... 46-2 1/2  
Jeremy Allen, 2000 ..... 61-4 1/4  
Shane Maier, 2007..... 60-11 1/4  
John Hickey, 2008 ..... 61-9 3/4

## Women's Indoor Champions

**55 Meters**  
Vivien McKenzie, 1985 ..... 6.92  
Yolanda Hobbs, 1995 ..... 6.83

**60 Yards**  
Elaine Jones, 1983 ..... 6.92  
Elaine Jones, 1984 ..... 6.91

**60 Meters**  
Lake Kwaza, 2016..... 7.33

**200 Meters**  
Erica Broomfield, 1998 ..... 23.88  
Kineke Alexander, 2006 ..... 23.49  
Kineke Alexander, 2007 ..... 23.67

**300 Yards**  
Elaine Jones, 1984 ..... 34.59

**400 Meters**  
Senta Hawkins, 1988 ..... 55.66  
Ellen Grant, 1997 ..... 54.39  
Shellene Williams, 2004 ..... 54.17  
Kineke Alexander, 2006 ..... 52.01  
Kineke Alexander, 2007 ..... 52.23  
Elexis Guster, 2016 ..... 52.36

**600 Meters**  
Kay Stormo, 1979 ..... 1:33  
Karen Layne, 1990 ..... 1:31.45  
Bethany Praska, 2011 ..... 1:28.99

**800 Yards**  
Kay Stormo, 1982 ..... 2:09.35

**880 Yards**  
Jeanne Kruckeberg, 1987 2:11.71

**3,000 Meters**  
Nan Doak, 1985 ..... 9:38.5  
Meghan Armstrong, 2008:18.30

**Three Miles**  
Nan Doak, 1982 ..... 15:27.53

**5,000 Meters**  
Tracy Dahl, 1992 ..... 16:36.13

**High Jump**  
Peaches Roach, 2004..... 5-11 1/4  
Peaches Roach, 2005..... 5-10 3/4  
Peaches Roach, 2007 ..... 5-10

**Triple Jump**  
Renee White, 2008 ..... 42-4

**Shot Put**  
Gail Smith, 1985 ..... 51-0  
Lisa Van Steenwyk, 1993 50-5 1/4

**Pentathlon**  
Kathy Gillespie, 1983 ... 4,079 pts.

## Men's Indoor Relay Champions

**Mile Relay**  
Morrow, Noll, Brookins, Wilson, 1923..... 3:29.6  
Morrow, Kohn, Roberts, Coulter, 1924 ..... 3:33.2  
Beatty, Phelps, Baird, Cuhel, 1927 ..... 3:29.5  
Stevenson, Stamats, Baird, Cuhel, 1928 ..... 3:24.2  
Thomas, Ferguson, Depping, Stevenson, 1929 ..... 3:25.6  
Boylan, Wheeler, Ebert, Scott, 1952..... 3:18.3  
Richards, Rocker, Hollingsworth, Kerr, 1963 ..... 3:14.7  
Ferree, Frazier, Mondane, Reimer, 1967 ..... 3:13.1  
Greer, Williams, Smith, Duckett, 1984..... 3:09.24  
Richards, Holmes, Sowinski, Willey, 2011 ..... 3:12.13

**Two Mile Relay**  
English, Blackman, Strozier, Chambers, 1989 ..... 7:36.20

## Women's Indoor Relay Champions

**3,200-Meter Relay**  
Schlader, Mitchell, Drapcho, Stormo, 1979 ..... 9:10.0  
Hoskins, Kruckeberg, Roberts, Schneckloth, 1989 ..... 8:53.01