

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



TRACK AND FIELD CONTACT: BRANDEE BRITT

April 30, 2014

2014 IOWA TRACK & FIELD OUTDOOR SCHEDULE

Date	Meet
March 28-29	Arizona State Invite (Phoenix, Ariz.)
April 4-5	Arkansas Invite (Fayetteville, Ark.) Stanford Invite (Stanford, Calif.)
April 12	Illinois Twilight (Champaign, Ill.)
April 18-19	Mt. Sac Relays (Walnut, Calif.)
April 24-26	Drake Relays (Des Moines, Iowa)
May 3	Musco Twilight XV (Iowa City, Iowa)
May 16-18	Big Ten Championships (West Lafayette, Ind.)
May 29-31	NCAA First Round (Fayetteville, Ark.)
June 11-14	NCAA Championships (Eugene, Ore.)

IOWA COACHING STAFF

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

THIS WEEK

The University of Iowa track and field team hosts the 15th annual Musco Twilight on Saturday. The meet will be held at the Francis X. Cretzmeyer Track. Field events begin Saturday at 1 p.m. (CT) with track events following at 5 p.m. (CT). The Musco Twilight XV will feature teams from UNI, Drake, Iowa State, Minnesota, Illinois, and Nebraska.

FOLLOW THE HAWKEYES -- BTN, ONLINE, TWITTER

Follow @IowaXC_TF on twitter for updates on the team. Links to live results can be found on the schedule page at hawkeyesports.com. The Musco Twilight will air on a tape delay Sunday, May 14 at a time to be determined. Bernie Guenther, Rebecca Haarlow, Kevin Sullivan, and Kenny McReynolds will have the call.

MUSCO HISTORY

Iowa hosted the first Musco Twilight in 1999. The event has continued 15 of the last 16 years. In 2008 the meet was canceled due to flooding. The lights are provided by Musco Lighting, an Iowa based company from Oskaloosa, Iowa.

SENIOR DAY

The Hawkeyes will recognize 15 seniors Saturday at 4:45 p.m. (CT). They include: Jon Michael Brandt, Andrew Carmen, Drew Clark, Tevin-Cee Mincy, Nathan Prom, Kyle Reid, Rachel Curry, Courtney Fritz, Ashlyn Gulvas, Carisa Leacock, Shannon Maser, Zinnia Miller, Sarah Ryan, Jasmine Simpson, and Amanda Stahle.

4X1 MAKES HISTORY

The women's 400-meter relay team of sophomore Lake Kwaza and freshmen Elexis Guster, Alexis Hernandez, and Brittany Brown clocked a school record-setting time of 44.51 to take the Drake Relays title on April 26. The previous school record of 44.63 was set in 1994 (Poole, Reid, Floyd, Hobbs). The Drake Relays 400-meter relay title was the first in school history for the Hawkeye women.

GABE GRABS GOLD

Gabe Hull captured the Drake Relays discus flag on April 26. The junior recorded a toss of 197-00 (60.05m). Hull was the only competitor to record a mark above 60 meters. He is the first Hawkeye to win a Drake Relays discus title since Robert Mitchell (141-9; 43.22m) in 1928. Hull currently holds the Musco Twilight meet record in the event. He set the record with a toss of 195-11 (59.73m) in 2012.

KWAZA LOOKS TO DEFEND TITLE

Sophomore Lake Kwaza ran to a first-place finish at the 2013 Musco Twilight when she clocked a time of 11.93. Her personal-best time of 11.56 currently ranks fourth all-time at Iowa, while her season best time of 11.66 (Drake Relays, 4/25) ranks fourth in the Big Ten.

SIMPSON LOOKS FOR 3-PEAT

Senior Jasmine Simpson looks to win her third straight Musco Twilight title on Saturday. Simpson won the 2012 Musco Twilight with a toss of 181-10 (55.42m), and grabbed gold at the 2013 meet with a mark of 191-1 (58.25m). Her personal-best mark of 197-7 (60.23m) ranks second all-time at Iowa, while her season-best toss (189-0; 57.62m) is the fourth best mark in the conference.

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HAWKEYE HOMECOMING

Five former Hawkeyes -- Nick Holmes, Josh Larney, Bethany Praska, Erik Sowinski, and Majesty Tutuson -- return to campus to compete at Musco Twilight XV on Saturday. Holmes will compete in the 1,500 meters, an event he ranks eighth all-time in school history. Larney, an All-American, Big Ten Champion, and school record holder in the 4x1, will run the open 100. Praska, the 800-meters school record-holder and a three-time Big Ten champion, will run the open 800. Sowinski, a four-time All-American and two-time Big Ten champion, will run the open 400; and Tutuson, the school record-holder in the discus, will compete in her signature event.

WILFONG DEFENDS STEEPLECHASE TITLE

Caleb Wilfong took the men's steeplechase title at the 2013 Musco Twilight. The sophomore clocked a personal-best time of 9:14.36.

MUSCO RECORDS

Twenty-two current and former Hawkeyes hold 17 Musco Records and four facility records. They include:

100m Hurdles -- Peaches Roach, 13.59 (2010)
200 meters -- Shellene Williams, 23.50 (2004)
200 meters -- Andre Morris, 20.71 (1999)
400 meters -- Shellene Williams, 53.02 (2003)
400 meters -- Andre Morris, 45.93 (2000)
1,500 meters -- Meghan Armstrong, 4:21.86 (2007)
1,500 meters -- Jeff Thode, 3:44.51* (2010)
3,000 meters -- McKenzie Melander, 9:21.59 (2012)
Long Jump -- Bashir Yamini, 26-2 1/4 (7.98m)* (1997)
Discus -- Gabe Hull, 195-11 (59.73m) (2012)
High Jump -- Peaches Roach, 6-0 1/2 (1.84m) (2010)
High Jump -- Jeffery Herron, 7-1 (2.16m) (2013)
Javelin -- Bill Neumann, 238-3 (72.62m)* (2003)
Javelin -- Alana Redfern, 181-5 (55.31m)* (2003)
400-meter relay -- Nicole Charles, Shellene Williams, Jiselle Providence, Aisha James, 45.27 (2003)
400-meter relay -- Scott Williamson, Tim Dodge, Russ Peterson, Zach Digney, 39.80 (2002)
1,600-meter relay -- Victoria Sack, Nicole Erickson, Kelsey Quinn, Hannah Simonson, 3:42.47 (2012)

WOODY HOLDS 400 HURDLES RECORD

UI AssistanCoach Joey Woody currently holds the Musco Twilight 400-meter hurdles record. Woody clocked a 48.94 in 2004. Woody was a four-time All-American at Northern Iowa, winning the 1997 NCAA title in the 400-meter hurdles. He also ran competitively on the international track circuit, earning a spot on three United States World teams. Woody won the silver medal in the 400-meter hurdles at the World Championships and was ranked second in the world in the event. Since arriving at the University of Iowa, Woody has led Iowa to 10 Big Ten individual titles, two conference relay titles and 29 All-America honors.



Zinnia MILLER

2014 WOMEN'S OUTDOOR SEASON BESTS

100 meters	Lake Kwaza	11.66
100-m hurdles	Kassidy Ellis	15.70
200 meters	Brittany Brown	23.72
400 meters	Elexis Guster	53.33
400-meter hurdles	MonTayla Holder	59.14
800 meters	Mahnee Watts	2:09.07
1,500 meters	Katharina Trost	4:34.07
3,000 meters	Carolyn Newhouse	10:07.57
5,000 meters	Jocelyn Todd	17:58.37
High Jump	Khanishah Williams	5-8 1/2 (1.74)
Long Jump	Zinnia Miller	20-3 1/2 (6.18)
Triple Jump	Zinnia Miller	40-9 (12.42)
Shot Put	Rachel Curry	47-5 (14.45)
Discus	Dakotah Goodell	163-3 (49.76)
Javelin	Amanda Stahle	140-4 (42.77)
Hammer Throw	Annemie Smith	198-1 (60.38)
Heptathlon	Kassidy Ellis	4,242 points
400-m Relay	Kwaza, Guster, Hernandez, Brown	44.51
Sprint Med. Relay	Brown, Kwaza, Guster, Watts	3:51.18
1,600-m Relay	Guster, Hernandez, Holder, Kwaza	3:34.83
6,400-m Relay	Maser, Price, Wilberding, Montuclard	20:23.27

Bold indicates school record.

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AMOSU GRABS TRIPLE JUMP TITLE

Junior Babatunde Amosu grabbed the men's triple jump title at the Mt. SAC Relays on April 19. Amosu recorded a personal-best leap of 52-4 3/4 (15.97m). His mark currently ranks second in the Big Ten, seventh in the nation, and third all-time at Iowa.

FOUR LAPS FOR THE RECORD

Freshmen Elexis Guster and Alexis Hernandez, and sophomores MonTayla Holder and Lake Kwaza ran 3:34.83 to break the school's 1,600-meter record at the Arkansas Spring Invitational. The quartet bested the previous record, set in 2011, by more than one second (3:35.93). The 2011 team of Bethany Praska, Tiffany Hendricks, Ashley Liverpool, and Nicole Erickson won the Big Ten Championship. The 2014 team ranks second in the conference and 25th nationally.

SMITH, SIMPSON IN THE TOP 5

Two Hawkeyes hold hammer throw marks that rank inside the Big Ten's top five and among Iowa's all-time top 10. Junior Annemie Smith's mark of 198-1 (60.38m) ranks second in the Big Ten and is a school record. Senior Jasmine Simpson (189-0; 57.62m) ranks fourth, while senior Ashlyn Gulvas (186-0; 56.70m) sits just outside the top five in sixth.

MEET THE RECORD HOLDERS

Seven Hawkeyes share four school records. Sophomore Lake Kwaza and freshmen Elexis Guster, Alexis Hernandez, and Brittany Brown set the 400-meter record (44.51) at the Drake Relays on April 26. Guster, Hernandez, and sophomores MonTayla Holder and Kwaza set the 1,600-meter record (3:34.83) at Arkansas Spring Invitational on April 5. Junior Annemie Smith set the hammer throw record (198-1; 60.38m) at the 2014 ASU Invite on March 28. Senior Tevin-Cee Mincy ran the first leg on the school-record-setting 400-meter relay team (39.48) at the 2013 NCAA Championships.

RETURNING OUTDOOR ALL-AMERICANS

The Hawkeyes return three outdoor All-Americans from 2013. Senior Tevin-Cee Mincy and sophomore Klyvens Delaunay grabbed first team honors for their performances at the 2013 NCAA Outdoor Championships. Mincy ran the first leg on the sixth-place 400-meter relay team (39.77), while Delaunay captured an eighth-place finish in the triple jump (52-2 1/2; 15.91m). Junior Gabe Hull earned second-team honors for his 15th-place finish in the discus (184-6; 56.25m).

NEXT ON THE BLOCK

The Hawkeyes travel to West Lafayette, Ind., for the Big Ten Outdoor Championships on May 29-31.



Jack ECKERT

2014 MEN'S OUTDOOR SEASON BESTS

100 meters	O'Shea Wilson	10.48
110-m hurdles	Aaron Mallett.....	13.98
200 meters	O'Shea Wilson	21.32
400 meters	Kaleb Van Cleave.....	47.97
400-m hurdles	Aaron Mallett.....	52.97
800 meters	Will Teubel	1:52.50
1,500 meters	Ben Witt.....	3:52.07
3,000 meters	Anthony Gregorio	8:35.02
5,000 meters	Kevin Lewis	14:02.78
High Jump.....	Kevin Spejcher	6-10 3/4 (2.09)
Pole Vault	Jack Eckert	15-8 1/4 (4.78)
Long Jump	O'Shea Wilson	25-2 (7.67)
Triple Jump	Babtunde Amosu	52-4 3/4 (15.97)
Shot Put.....	Gabe Hull	58-11 1/2 (17.97)
Discus	Gabe Hull	200-10 (61.21)
Hammer Throw	Gabe Hull	173-10 (52.98)
Javelin.....	Sam Joens	200-1 (61.00)
Decathlon	Jack Eckert	6,768 points
400-m Relay.....	Mincy, Wilson, Thompson, Harrington .	39.99
Sprint Med. Relay ..	Harrington, Mallett, Davey, Teubel	3:20.08
1,600-m Relay.....	VanCleave, Thompson, Mallett,Davey.	3:10.21
Dist. Med. Relay.....	Witt, VanCleave, Prom, Docherty	9:59.69
6,400-Meter Relay.	Witt, Lewis, Hart, Butler	17:01.65

OUTDOOR ALL-TIME TOP 10 PERFORMERS



Jeremy Allen



Justin Austin



Matt Byers



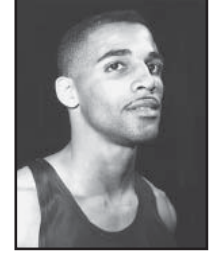
A.J. Curtis



Troy Doris



Jeffery Herron



Deacon Jones

100 Meters

- Justin Austin, 201110.21
- George Page, 199610.25
- Anthuan Maybank, 1994.....10.31
Tim Dwight, 1997.....10.31
Josh Larney, 201310.31
- Bob Lawson, 1976.....10.36
- Robert Smith, 1984.....10.39
- Curtis Chang, 1987.....10.40
- Jeff Patrick, 1983.....10.41
Tim Dodge, 200210.41

110-Meter High Hurdles

- Pat McGhee, 1989.....13.50
- Dion Trowers, 199613.62
- Ronnie McCoy, 198513.66
- Ethan Holmes, 201113.73
- Jordan Mullen, 2013.....13.76
- James Armstrong, 1991.....13.89
- Aaron Mallett, 2014.....13.98**
- Dan Davis, 201214.01
- Doug Jones, 198614.06
- Chris Williams, 1983.....14.24

200 Meters

- Justin Austin, 201120.31
- Jeff Patrick, 1983.....20.47
- Anthuan Maybank, 1994.....20.55
- Andre Morris, 199520.64
- George Page, 199620.67
- Terrence Duckett, 198220.74
- Tim Dodge, 200220.78
- Bashir Yamini, 1999.....20.82
- Dennis Kohl, 196620.84
- Tim Dwight, 1997.....20.91



Todd Wigginton



Arno van der Westhuizen

400 Meters

- Anthuan Maybank, 1993.....44.99
- Andre Morris, 199545.15
- Mike Mondane, 196745.20
- Steven Willey, 201045.78
- Gary Hollingsworth,46.30
- Harold Leonard, 1986.....46.45
- Tony Branch, 1999.....46.60
- Prince Riley, 2007.....46.61
- George Page, 199646.66
- Dick Eisenlauer, 1973.....46.74
Terrence Duckett, 198346.74
Patrick Richards, 201046.74

400-Meter Hurdles

- Pat McGhee, 1988.....48.83
- Monte Raymond, 199850.09
- Ray Varner, 201050.24
- Paul Steele, 198950.45
- Russell Peterson, 200150.50
- Ethan Holmes, 201350.51
- Adam Kunkel, 200150.73
- Jon Reimer, 196750.94
- Gary Falls, 199151.08
- D'Juan Richardson, 2011.....51.12

800 Meters

- Erik Sowinski, 20121:45.90
- Bill Frazier, 1962.....1:47.64
- D'Juan Strozier, 19901:47.82
- Adam Hairston, 2009.....1:48.53
- Michael Layne, 19991:49.61
- Bill Thiesen, 19851:49.74
- Ryan Weir, 20131:50.01
- Andy Wiese, 19851:50.22
- Paul Chepkwony, 1984.....1:50.36
- Rod Chambers, 19891:50.60

1,500 Meters

- Jeff Thode, 2010.....3:43.02
- Joel Moeller, 19783:44.01
- Jim Docherty, 1978.....3:44.30
- Dan Waters, 1986.....3:46.35
- Kevin Herd, 1994.....3:46.64
- John Clark, 19773:46.84
- Ted Wheeler, 1956.....3:48.24
- Nick Holmes, 20123:49.53
- Jesse Luciano, 2007.....3:49.99
- Micah VanDenend, 20073:50.20

3,000-Meter Steeplechase

- Deacon Jones, 1956.....8:47.40
- Steve Pershing, 19788:54.59
- Andy Morris, 20008:56.21
- Matt Gerard, 19948:57.01
- Andy Napier, 2008.....8:57.54
- Rollie Kitt, 19679:02.90
- Al Greene, 19859:02.96
- Tony Rakaric, 2005.....9:03.29
- Mark Battista, 2010.....9:04.60
- Sean Gale, 1993.....9:08.00

5,000 Meters

- Micah VanDenend, 200713:49.31
- Larry Wiczorek, 1968.....13:56.00
- Kevin Herd, 1993.....13:59.00
- Stetson Steele, 200014:02.76
- Kevin Lewis, 2014.....14:02.78**
- Eric MacTaggart, 2005.....14:04.79
- Dan Haut, 200614:07.30
- Jesse Luciano, 2010.....14:08.71
- Matt Esche, 2006.....14:12.07
- Jeff Thode, 201114:12.40

OUTDOOR ALL-TIME TOP 10 PERFORMERS



Anthuan Maybank



Pat McGhee



Kyle Reid



Erik Sowinski



Stetson Steele



Jeff Thode



Micah VanDenend

10,000 Meters

1. Stetson Steele, 200028:44.47
2. Eric MacTaggart, 2006.....28:50.23
3. Nick Nordheim, 200229:44.71
4. Trent Corey, 200229:45.25
5. **Kevin Lewis, 2012.....29:54.02**
6. Chad Schwitters, 199929:56.00
7. Nick Holmes, 201030:02.31
8. Dan Haut, 200630:03.08
9. Kevin Herd, 1994.....30:05.21
10. Paul Sarris, 200130:08.40

Decathlon

1. **Kyle Reid, 2013 7,203 pts**
2. Dan Rolling, 2010 6,957 pts
3. Scott Faber, 2000 6,839 pts
4. Ryan Niver, 2008 6,837 pts
5. **Jack Eckert, 2012..... 6,813 pts**
6. Chad Ohly, 1994..... 6,641 pts
7. Gary Kostrubala, 1984..... 6,498 pts
8. Frank Prill, 2008 6,381 pts
9. Jacob Drewry, 1994..... 5,820 pts

High Jump

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

Pole Vault

1. Todd Wigginton, 1984..... 17-0 (5.18)
2. Chad Ohly, 1994..... 16-8 3/4 (5.10)
Kyle Reid, 2013 16-8 3/4 (5.10)
4. Curt Broek, 1978 16-8 (5.08)
5. Phil Wertman, 1971 16-7 (5.05)
Kelly Scott, 1988..... 16-7 (5.05)
7. John Teffer, 1972 16-2 (4.93)
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)

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. **O'Shea Wilson, 2014 25-2 (7.67)**
8. Matty Gorman, 2006..... 25-1 1/4 (7.65)
9. Ronnie McCoy, 1985 25-0 (7.62)
10. Jeffery Herron, 2010..... 24-9 (7.54)

Triple Jump

1. Troy Doris, 2012 54-8 (16.66)
2. Paul Jones, 1990..... 53-9 (16.38)
3. **Babatunde Amosu, 2014 ... 52-4 3/4 (15.97)**
4. **Klyvens Delaunay, 2013 52-2 1/2 (15.91)**
5. Gordon Finch, 1988..... 50-9 1/4 (15.47)
6. Mike Lacy, 1984..... 50-5 (15.36)
7. Pat Miller, 1985..... 49-8 1/2 (15.25)
8. Matty Gorman, 2008..... 49-2 1/2 (15.00)
9. Owen Gill, 1982 49-1 (14.96)
10. Josh Bean, 2010..... 48-10 3/4 (14.90)

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. **Gabe Hull, 2014..... 58-11 1/2 (17.97)**
9. A. van der Westhuizen, 2000 58-8 3/4 (17.90)
10. Ryan Lamparek, 2010 58-4 (17.78)

Discus

1. A.J. Curtis, 2007 202-11 (61.84)
2. Gary Kostrubala, 1986..... 202-4 (61.68)
3. **Gabe Hull, 2014..... 200-10 (61.21)**
4. Jeremy Allen, 2001 195-4 (59.54)
5. Tim Brodersen, 2005 193-6 (58.98)
6. Brad Daufeldt, 2004..... 185-0 (56.40)
7. Nick Brayton, 2009 180-11 (55.15)
8. Andy Banse, 2005 180-0 (54.86)
9. Eric Rothwell, 2004..... 179-7 (54.73)
10. Shane Maier, 2008 178-7 (54.43)

Hammer

1. A. van der Westhuizen, 2001 222-11 (67.94)
2. Adam Hamilton, 2007 222-2 (67.73)
3. Jim Costello, 2002 217-7 (66.32)
4. Brad Daufeldt, 2004..... 207-10 (63.34)
5. Chris Voller, 2005 206-0 (62.80)
6. Matt Banse, 2012 201-11 (61.55)
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. **Sam Joens, 2013..... 206-9 (63.03)**
6. Kale Katt, 2007 204-0 (62.17)
7. Joel Storm, 2004 203-5 (62.01)
8. Matt Stank, 2001 199-0 (60.66)
9. **Jack Eckert, 2012..... 187-0 (57.01)**
10. Kyle Reid, 2013 182-10 (55.73)

OUTDOOR ALL-TIME TOP 10 PERFORMERS



Kineke Alexander



Meghan Armstrong



Danielle Berndt



Nan Doak



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. Lake Kwaza, 2013	11.56
5. Jiselle Providence, 2001	11.57
6. Tanja Reid, 1994	11.60
Peaches Roach, 2005	11.60
8. Yolanda Hobbs, 1995	11.62
9. Elanie Jones, 1985	11.69
Brittany Brown, 2014	11.69

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. Erin Jones, 2012	23.71
7. Brittany Brown, 2014	23.72
8. Rhonda Kaye Trusty, 2010	23.74
9. Tanja Reid, 1995	23.75
10. Elaine Jones, 1983	23.84

400 Meters

1. Kineke Alexander, 2006	51.35
2. Shellene Williams, 2004	51.94
3. Ashley Liverpool, 2012	52.47
4. Ellen Grant, 1996	52.65
5. Elexis Guster, 2014	53.33
6. Senta Hawkins, 1988	54.01
Bethany Praska, 2011	54.01
8. Marlene Poole, 1994	54.03
9. Elaine Jones, 1983	54.40
10. Nicole Charles, 2001	54.48

400-Meter Hurdles

1. Mary Knoblauch, 1981	56.16
2. Wynsome Cole, 1998	56.67
3. MonTayla Holder, 2014	59.14
4. Chris Davenport, 1981	59.18
5. Hannah Simonson, 2012	59.54
6. Sarah Steffen, 2002	59.59
7. Tiffany Hendricks, 2011	59.63
8. Nicole Erickson, 2012	59.77
9. Beverly Powell, 1991	59.96
10. Kelsey Quinn, 2012	59.99

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. Adrienne Alexia, 2013	2:08.61
6. Jeanne Kruckeberg, 1987	2:08.75
7. Kaitlyn Nelson, 2013	2:08.83
8. Mahnee Watts, 2014	2:09.07
9. Ann Pare, 1997	2:09.25
10. Meghan Armstrong, 2006	2:10.15

1,500 Meters

1. Meghan Armstrong, 2006	4:17.41
2. Betsy Flood, 2010	4:17.75
3. Jeanne Kruckeberg, 1989	4:19.71
4. McKenzie Melander, 2012	4:20.22
5. Lauren Hardesty, 2009	4:20.40
6. Diane Nukuri, 2007	4:20.95
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. McKenzie Melander, 2012	9:21.59
4. Betsy Flood, 2010	9:22.63
5. Nan Doak, 1985	9:23.04
6. Tracy Dahl, 1992	9:23.53
7. Meghan Armstrong, 2006	9:28.03
8. Brooke Eilers, 2011	9:30.08
9. Jeanne Kruckeberg, 1989	9:30.69
10. Jennifer Brower, 1992	9:34.59

3,000-Meter Steeplechase

1. Danielle Berndt, 2011	10:26.54
2. Jessica Schmidt, 2008	10:27.18
3. Sarah Arens, 2004	10:34.50
4. Hannah Roeder, 2011	10:35.22
5. Kelsey Hart, 2011	10:47.56
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. McKenzie Melander, 2012	15:57.13
3. Diane Nukuri, 2008	15:59.39
4. Betsy Flood, 2011	16:04.46
5. Meghan Armstrong, 2008	16:08.83
6. Brooke Eilers, 2011	16:11.86
7. Mareike Schulle, 2013	16:12.66
8. Jenny Spangler, 1983	16:17.21
9. Tracy Dahl, 1992	16:18.77
10. Racheal Marchand, 2008	16:27.02



Majesty Tutson



Lisa Van Steenwyk



Renee White



Shellene Williams

OUTDOOR ALL-TIME TOP 10 PERFORMERS



Diane Nukuri



Tammilee Kerr



Vivien McKenzie



Bethany Praska



Alana Redfern



Peaches Roach



Annemie Smith

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. McKenzie Melander, 2012 34:29.83
8. Tracy Dahl, 1992 34:30.09
9. Betsy Flood, 2011..... 35:05.10
10. Nikki Chapple, 2004 35:06.35

Heptathlon

1. Tammilee Kerr, 2008 5,633 pts
2. Kathy Gillespie, 1983..... 5,262 pts
3. Tiff Pedersen, 2004 4,976 pts
4. Janet Adams, 1981..... 4,855 pts
5. **Sarah Ryan, 2012..... 4,819 pts**
6. Ruqayya Raheem, 1997..... 4,665 pts
7. Angela Chadwick, 1993..... 4,493 pts
8. **Kassidy Ellis, 2014 4,242 pts**
9. Missy Miller, 2010..... 4,227 pts
10. Angie Hensel, 2004 4,073 pts

High Jump

1. Peaches Roach, 2006 6-1 1/4 (1.86)
2. Mary Mol, 1983..... 6-0 (1.83)
3. **Khanishah Williams, 2013.... 5-11 1/4 (1.81)**
4. Caleigh Bacchus, 2010..... 5-10 (1.78)
5. Lynn McMillan, 1988..... 5-9 1/4 (1.76)
6. Kacey Childs, 2001..... 5-8 1/2 (1.74)
7. Kristi Dinkla, 1985..... 5-8 (1.73)
- Becky Kaza, 1995..... 5-8 (1.73)
- Eve Cullinan, 2003 5-8 (1.73)
10. **Zinnia Miller, 2012..... 5-7 1/4 (1.71)**
- Madison Rouw, 2014 5-7 1/4 (1.71)**

Pole Vault

1. Jessie Strand, 2003 12-10 1/4 (3.92)
2. Sarah Burgett, 2006 12-1 3/4 (3.70)
3. Kirsten Weismantle, 2011..... 12-0 (3.66)
4. Katie Truedson, 2010 11-5 1/4 (3.49)
5. Gina Shannon, 2001..... 11-2 1/4 (3.41)
6. Brittany Holst, 2013 11-1 (3.38)
7. Kacey Childs, 2000..... 8-0 1/2 (2.45)

Long Jump

1. Aisha James, 2003 22-3 (6.78)
2. Renee White, 2008..... 20-3 3/4 (6.19)
3. **Zinnia Miller, 2014..... 20-3 1/2 (6.18)**
4. **Carisa Leacock, 2011 19-11 1/2 (6.08)**
5. Becki Borg, 1988 19-7 1/4 (5.97)
6. Lisa Moats, 1986 19-6 (5.95)
7. Tammilee Kerr, 2008 19-4 1/4 (5.90)
8. Yolanda Hobbs, 1993 19-2 1/2 (5.85)
9. **Sarah Ryan, 2014..... 19-1 1/2 (5.83)**
10. Jane Dunlevy, 1977..... 18-6 (5.64)

Triple Jump

1. Renee White, 2008..... 43-10 3/4 (13.36)
2. Tiffany Johnson, 2007 41-8 3/4 (12.72)
3. **Carisa Leacock, 2012 40-10 1/2 (12.46)**
4. **Zinnia Miller, 2014..... 40-9 (12.42)**
5. Becki Borg, 1988 40-7 1/2 (12.38)
6. Lynn McMillan, 1988..... 39-6 1/2 (12.05)
7. Lynn, 1998..... 39-0 (11.88)
8. Kacey Childs, 2001..... 37-8 (11.48)
9. Becca Franklin, 2004..... 36-10 1/2 (11.24)
10. Janna Houtz, 1984 33-10 1/2 (10.32)

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. **Rachel Curry, 2013..... 47-9 1/4 (14.56)**
8. Jennifer Moon, 2000..... 47-5 1/4 (14.46)
9. **Courtney Fritz, 2014 46-6 1/4 (14.18)**
10. Mandy Chandler, 2006 46-0 (14.02)

Discus

1. Majesty Tutson, 2013 181-1 (55.19)
2. **Dakotah Goodell, 2014 163-3 (49.76)**
3. Tiffany Medenwaldt, 2010 161-3 (49.16)
4. Denise Taylor, 1992 160-5 (48.90)
5. **Amanda Stahle, 2014..... 159-3 (48.54)**
6. Lisa Van Steenwyk, 1991 159-1 (48.50)
7. Gail Smith, 1983 158-2 (48.22)
8. **Ashlyn Gulvas, 2011..... 154-11 (47.23)**
9. **Courtney Fritz, 2012 154-1 (46.96)**
10. Kamesha Marshall, 2005..... 152-11 (46.62)

Javelin

1. Alana Redfern, 2003..... 181-5 (55.30)
2. Tammilee Kerr, 2008 163-5 (49.81)
3. Mandy Beck, 1999..... 153-4 (46.74)
4. Terri Soldan, 1983 152-6 1/4 (46.48)
5. Shani Renning, 1990 152-3 (46.40)
6. Clara Simon, 1981 149-9 (45.64)
7. Janet Adams, 1984..... 148-7 (45.28)
8. **Amanda Stahle, 2012..... 141-5 (43.10)**
9. **Dakotah Goodell, 2014 140-2 (42.73)**
10. **Allison Gattone, 2013 138-8 (42.27)**

Hammer Throw

1. **Annemie Smith, 2014 198-1 (60.38)**
2. **Jasmine Simpson, 2013 197-7 (60.23)**
3. Becca Franklin, 2007 195-0 (59.45)
4. **Ashlyn Gulvas, 2013..... 189-6 (57.76)**
5. Kelsey Taylor, 2011 177-0 (53.95)
6. Tiffany Medenwaldt, 2010 171-11 (52.40)
7. Erin O'Hern, 2008 168-9 (51.45)
8. Chelsea Colpitts, 2013 162-5 (49.51)
9. Kerri Blackstone, 1999 161-10 (49.32)
10. Majesty Tutson, 2013 161-5 (49.20)

MEN'S OUTDOOR ALL-TIME TOP 10 RELAYS

400-Meter Relay

1.	Mincy , Austin, E. Holmes, Larney, 2013	39.31
2.	Beecham, Duckett, Greer, R. Smith, 1984	39.48
3.	Mullen, Austin, E. Holmes, Larney, 2013	39.66
4.	Page, Davis, Rozell, Morris, 1996	39.73
5.	Mincy , Sayon, Chaney, Jr., Austin, 2011	39.86
6.	Richardson, Sayon, Chaney, Jr., Bee, 2009	39.94
7.	Felix, Branch, Dodge, Yamini, 1999	39.96
8.	Beecham, Duckett, Greer, Patrick, 1983	39.99
	Mincy, Wilson, Thompson, Harrington, 2014	39.99
10.	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.	Richardson, Sayon, Richards, Chaney, Jr., 2009	1:24.85
2.	Austin, Brown , Larney, VanCleave , 2013	1:25.60
3.	Barclay, McCalister, Jensen, Elliott, 1979	1:26.39
4.	Thomas, Balkrishnan, Patterson, Freidrich 1991	1:28.38
5.	Balkrishnan, Patterson, Thomas, Freidrich, 1991	1:29.04

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, Richards, Sowinski, 2010	3:05.61
6.	Willey, Richards, Sowinski, Barton, 2011	3:05.64
7.	Richards, Davey , E. Holmes, Sowinski, 2012	3:05.77
8.	Cameron, Williams, McGhee, McCoy, 1985	3:06.00
9.	Rozell, Davis, Dwight, Raymond, 1997	3:06.06
	Dodge, Kunkel, Coleman, Peterson, 2001	3:06.06

Sprint Medley Relay

1.	McCorkle, Jones, Chung, Strozier, 1990	3:15.64
2.	Sayon, Austin, Willey, Sowinski, 2011	3:16.18
3.	Richards, Larney, Davey , Sowinski, 2012	3:17.25
4.	Richardson, Richards, Willey, Sowinski, 2010	3:17.74
5.	Armstrong, Thomas, Maybank, Strozier, 1991	3:18.93
6.	Yamini, Davis, Dodge, Donovan, 1999	3:19.87
7.	Richards, Chaney, Jr., Barton, Hairston, 2009	3:20.05
8.	Harrington, Mallett, Davey, Teubel, 2014	3:20.08
9.	McCorkle, Armstrong, Chung, Strozier, 1990	3:20.43
10.	Dodge, Yamini, Branch, Donovan, 1999	3:20.83

3,200 Meter Relay

1.	Schum, Christensen, Steffen, Criswell, 1971	7:18.60
1.	Hairston, Prom , Thode, Sowinski, 2011	7:23.77
2.	Corrigan, Blackman, Strozier, Chambers, 1989	7:29.00
3.	Willey, Braff, Sowinski, 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.	Prom , Slaymaker, Wheeler, Weir, 2012	7:38.15
9.	1986	7:40.18
10.	Novotny, Holtkamp, Rerko, Feeldy, 1995	7:44.68

Distance Medley Relay

1.	Pershing, Moeller, Slack, Docherty, 1978	9:39.94
2.	Kuczvara, Barton, Hairston, Thode, 2011	9:41.37
3.	N. Holmes, Van Cleave , Sowinski, Thode, 2012	9:41.59
4.	Young, Barton, Kuczvara, Luciano, 2010	9:42.97
5.	Prom , Davey, Weir, Witt , 2013	9:53.83
6.	Theisen, Williams, Wiesa, Waters, 1985	9:54.04
7.	Wilfong , Slaymaker, Teubel , Witt , 2013	9:54.05
8.	Luciano, Pierre, Hairston, VanDenend, 2007	9:54.07
9.	VanDenend, Riley, O'Hollearn, Rakaric, 2006	9:54.97
10.	Feeldy, Eischeid, Novotny, Peters, 1996	9:55.71

6,400 Meter Relay

1.	Pershing, Fuller, Moeller, Docherty, 1978	16:27.70
2.	Rakaric, Webster, MacTaggart, VanDenend, 2006	16:55.43
3.	Paul, Kadlec, Thode, Luciano, 2010	17:01.46
4.	Witt, Lewis, Hart, Butler, 2014	17:01.65
5.	N. Holmes, Witt , Thode, Lewis , 2012	17:02.26
6.	Thomas, Allen, Rakaric, Lloyd, 2003	17:06.27
7.	Pittman, Novotny, Feeldy, Marquardt, 1995	17:12.49
8.	Bakker, Feeldy, Peters, Pittman, 1996	17:13.10
9.	Allen, Trainor, McDermott, Esche, 2002	17:14.53
10.	Kadlec, E. MacTaggart, Paul, Marchese, 2009	17:17.63

WOMEN'S OUTDOOR ALL-TIME TOP 10 RELAYS

400-Meter Relay

1. **Kwaza, Guster, Hernandez, Brown, 2014** 44.51
2. Poole, Reid, Floyd, Hobbs, 1994 44.63
3. **Kwaza, Guster, Holder, Brown, 2014**..... 44.65
4. Charles, Williams, Providence, James, 2003 44.71
5. Floyd, Hobbs, Poole, Reid, 1994 44.80
6. Fouchè, Williams, Providence, James, 2003..... 45.02
7. Alexander, Granger, Johnson, Roach, 2006..... 45.11
8. Johnson, Roach, Clarke, Trusty, 2007..... 45.21
9. **Brown, Holder, Guster, Kwaza, 2014**..... 45.30
- Johnson, Alexander, Granger, Roach, 2005 45.30

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

1,600-Meter Relay

1. **Guster, Hernandez, Holder, Kwaza, 2014** 3:34.83
2. Praska, Hendricks, Liverpool, Erickson, 2011 3:35.93
3. **Guster, Watts, Hernandez, Kwaza, 2014**..... 3:36.09
4. Hume, Charles, Steffen, Williams, 2003 3:36.26
5. Praska, Hendricks, Erickson, Liverpool, 2011 3:36.51
6. Simsonson, Liverpool, Erickson, Sack, 2012 3:37.57
7. **Guster, Watts, Holder, Kwaza, 2014** 3:37.73
8. McCalla, Granger, Alexander, Johnson, 2006 3:38.36
9. Simonson, Liverpool, Quinn, Erickson, 2012..... 3:38.49
10. Liverpool, Jones, Erickson, Quinn, 2012 3:38.68

Sprint Medley Relay

1. Jones, Hendricks, Liverpool, Praska, 2011..... 3:48.63
2. **Brown, Kwaza, Guster, Watts, 2014** 3:51.18
3. **Kwaza, R. Moore, Holder, Alexia, 2013** 3:54.51
4. Trusty, R. Moore, Hendricks, Praska, 2010 3:56.53
5. Reid, Philip, Hobbs, Benning, 1995 3:56.54
6. Roach, Alexander, McCalla, Stanley, 2005..... 3:56.99
7. **Kwaza, R. Moore, Alexia, Nelson, 2013** 3:58.72
8. Clarke, Graham, Jones, Poncé, 2007 3:59.34
9. Underwood, Clarke, Philip, Benning, 1995..... 3:59.75
10. Jones, R. Moore, Erickson, Alexia, 2012 4:00.19

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, Dlhý, 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. Schrulle, Erickson, **Placzek, Eilers, 2012**..... 11:40.57
8. Davenport, xx, xx, xx, 1981 11:41.44
9. Pare, Grant, Benning, Gilchrist, 1997..... 11:41.92
10. Dlhý, Erickson, Docherty, Anderson, 2010..... 11:43.06

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, Laesch, Ranegar, Melander, 2012..... 19:16.73
4. Flood, Eilers, Melander, L. Hardesty, 2011 19:17.52
5. Flood, Melander, A. Hardesty, Eilers, 2009..... 19:36.43
6. Scott, **Gordon**, Schrulle, Gambrall, 2013..... 19:41.15
7. **Maser, Price, Wilberding, Montuclard, 2014**..... **20:23.27**
8. Chapple, Laney, Donlon, Sokol, 2005 20:39.12
9. Arens, Barber, Butler, Roberts, 2001 20:40.89
10. Benning, Boland, Fleck, Coleman, 1995 20:43.07