

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



TRACK AND FIELD CONTACT: JORDAN BUCHER

January 7, 2015

2015 IOWA TRACK & FIELD INDOOR SCHEDULE

Date	Meet
Jan. 10	Border Battle <i>(Iowa City, Iowa)</i>
Jan. 24	Big Four Duals <i>(Ames, Iowa)</i>
Feb. 6-7	Husker Invite <i>(Lincoln, Neb.)</i>
Feb. 13-14	Cyclone Classic <i>(Ames, Iowa)</i>
Feb. 13-14	Tyson Invitational <i>(Fayetteville, Ark.)</i>
Feb. 21	Alex Wilson <i>(Bloomington, Ind.)</i>
Feb. 27-28	Big Ten Championships <i>(Geneva, Ohio)</i>
Mar. 13-14	NCAA Championships <i>(Fayetteville, Ark.)</i>

IOWA COACHING STAFF

Joey Woody	Director of Track & Field
Layne Anderson	Head 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 opens its indoor season hosting Illinois and Missouri at the Border Battle on Saturday. The event will be held at the UI Recreation Building with field events beginning at 12 p.m. (CT) and running events following at 1:15 p.m. Admission is free.

A special indoor discus competition will be held Friday at 4:30 p.m. at the new addition of the Hawkeye Tennis and Recreation Complex. Admission is free.

FOLLOW THE HAWKEYES

Follow @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.

HITTING THE GROUND RUNNING

The Missouri women are ranked No. 24 in the USTFCCA team rankings. The SEC is regarded as the top conference on both the men's and women's side. The Big Ten, with six men's teams ranked among the top 25, is considered the second best conference among men. The Big Ten is ranked No. 5 on the women's side with four teams inside the top 25.

INDOOR SCHEDULE AT A GLANCE

The Hawkeyes compete in seven regular season events prior to the championship portion of their schedule. The 2015 Big Ten Indoor Championships will be held in Geneva, Ohio, on Feb. 27-28. The NCAA Indoor Championships are March 13-14 in Fayetteville, Arkansas.

THE BEST OF THE BEST

Sophomores Brittany Brown and O'Shea Wilson were named 2014 MVPs at the team's annual track and field banquet on Dec. 7, 2014. Brown is the school record holder in the 200 meters (22.95), and leads the team in the 100 meters (11.61).

Wilson was Iowa's top performer in the long jump and 200 meters last outdoor season. His 200-meter time of 20.82 ranks eighth in school history, while his long jump mark of 25-2 (7.67m) falls seventh on Iowa's all-time list.

MAKING A RUN FOR IT

Senior Kevin Lewis capped his cross country career at Iowa with All-Big Ten and All-Region honors. The Ottumwa, Iowa, native recorded the eighth-fastest 8,000-meter time in school history with a sixth-place finish at the 2014 Cross Country Championships, and owns the fifth-fastest indoor time at Iowa in the 5,000-meters (14:13.57).

Lewis had a promising start to his indoor season at the Black and Gold Intrasquad on Dec. 6, running a career-best 4:07.19 in the mile, a time that would rank seventh all-time at Iowa, had the meet not been an exhibition.

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TRIPLE JUMP DEPTH

Junior Klyvens Delaunay (52-1 1/4, 15.88m) and senior Babatunde Amosu (51-7 3/4, 15.74m) rank second and fourth, respectively, on Iowa's all-time triple jump list. Amosu was the 2014 indoor Big Ten champion. He earned second team All-America honors after placing 13th in the triple jump at the NCAA Championships (51-11 3/4, 15.84m). Delaunay, a first-team All-American, was conference runner-up at the 2014 Big Ten Outdoor Championships.

60 METER SHOW DOWN

Sophomore Brittany Brown and junior Lake Kwaza share the women's indoor 60 meters school record. In her first collegiate race, Brown broke 31-year-old record with a 7.41 in the prelims of the Big 4 Duals. The record was quickly matches when Kwaza ran 7.41 in the finals to win the event. Both runners placed fourth and fifth, respectively at last years' indoor conference championships.

HULL ENTERS FINAL SEASON

Hull returns to the throwing ring for his final season of indoor eligibility. Hull's shot put mark of 59-3 (18.06m) ranks seventh on Iowa's all-time list, while his weight throw mark of 59-5 3/4 (18.13m) is ninth in school history. The Bloomington, Indiana, native is a two-time All-American and the school record holder in the discus at 207-1 (63.11m).

MEET THE CAPTAINS

Ali Gattone, Lake Kwaza, Jocelyn Todd, Gabe Hull, Kevin Lewis, Kaleb Van Cleave have been elected 2015 team captains by their coaches and peers.

NEW COACHES MAKE DEBUTS

Andrew Dubs and Jason Wakenight enter their first season at the University of Iowa.

Wakenight joined the University of Iowa track and field staff as assistant coach and recruiting coordinator in 2014. His primary responsibilities include coaching middle distance and men's long sprints. He will also assist in sprints and relays. Dubs directs the men's and women's throws program.

NEXT ON THE BLOCK

The Hawkeyes travel to Ames, Iowa, for the Big Four Duals on Jan. 24.

2014 INDOOR SEASON LEADERS

MEN

60 Meters	Tevin-Cee Mincy	6.73
60-Meter Hurdles	Ethan Holmes	7.85
200 Meters	James Harrington	21.21
400 Meters	Jared Ganschow	47.90
600 Yards	Brennan Davey	1:11.22
600 Meters	Will Teubel.....	1:17.84
800 Meters	Will Teubel.....	1:52.25
1,000 Meters	Caleb Wilfong.....	2:30.17
Mile	Ben Witt	4:07.08
3,000 Meters	Kevin Docherty.....	8:16.58
5,000 Meters	Kevin Lewis.....	14:13.57
1,600-Meter Relay	Ganschow, Van Cleave, Holmes, Teubel	3:11.45
Distance Medley Relay ..	Witt, Van Cleave, Flattery, Docherty....	10:03.37
High Jump.....	Kevin Spejcher.....	6-11 (2.11m)
Pole Vault	Jack Eckert.....	15-5 (4.70m)
Long Jump	O'Shea Wilson	24-8 1/2 (7.53m)
Triple Jump	Klyvens Delauney ...	52-1 1/4 (15.88m)
Shot Put.....	Gabe Hull.....	59-3 (18.06m)
Weight Throw	Gabe Hull.....	59-7 (18.16m)
Heptathlon	Jack Eckert.....	5,116 points

WOMEN

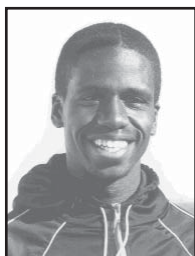
60 Meters	Brittany Brown/Lake Kwaza	7.41*
60-Meter Hurdles.....	Kassidy Ellis	9.05
200 Meters	Brittany Brown	23.63
400 Meters	Elexis Guster.....	54.08
600 Meters	MonTayla Holder	1:29.98
800 Meters	Katharina Trost	2:07.38
Mile	Katharina Trost	4:52.66
3,000 Meters	Katie Adams	10:11.01
5,000 Meters	Katie Adams	18:00.00
1,600-Meter Relay	Hernandez, Holder, Guster, Watts	3:37.16
Distance Medley Relay ..	Price, Lynch, Alexia, Maser....	11:39.55
High Jump	Khanishah Williams....	5-7 1/4 (1.71m)
Long Jump	Zinnia Miller	20-4 1/4 (6.20m)*
Triple Jump.....	Zinnia Miller	41-2 1/2 (12.56m)
Shot Put.....	Courtney Fritz.....	47-5 (14.45m)
Weight Throw	Jasmine Simpson	61-11 (18.87m)
Pentathlon	Kassidy Ellis	3,346 points

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
Tevin-Cee Mincy, 2014	6.73
4. Josh Larney, 2013	6.74
5. Troy Doris, 2012	6.75
6. Tony Branch, 1999	6.78
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
2. Ethan Holmes, 2013	7.82
3. Dion Trowers, 1997	7.87
4. Aaron Mallett, 2014	7.88
5. Russell Peterson, 2004	7.97
6. Dan Davis, 2012	8.02
7. DeRocco Reed, 2000	8.03
8. Torrey Campbell, 2012	8.09
9. Keith Brown, 2014	8.12
10. Jordan Crosby, 2005	8.16

200 Meters

1. Justin Austin, 2011	20.80
2. Anthuan Maybank, 1993	21.11
3. Bashir Yamini, 1999	21.19
4. James Harrington, 2014	21.21
5. Ethan Holmes, 2013	21.23
6. Tim Dodge, 2000	21.26
7. Paul Chaney, Jr., 2009	21.34
8. George Page, 1997	21.35
9. Zach Digney, 2004	21.39
10. Tony Branch, 1998	21.46

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
9. Ethan Holmes, 2013	47.63
10. Curtis Chung, 1989	47.65

600 Meters

1. Erik Sowinski, 2012	1:16.91
2. Will Teubel, 2014	1:17.84
3. Steven Willey, 2011	1:17.94
4. Keaton Rickels, 2012	1:18.19
5. Pat McGhee, 1988	1:18.30
6. Ryan Weir, 2013	1:18.62
7. Chris Barton, 2011	1:18.75
Brennan Davey, 2014	1:18.75
9. Neil Flattery, 2014	1:18.78
10. Adam Hairston, 2009	1:19.05

800 Meters

1. Erik Sowinski, 2012	1:47.62
2. Ryan Weir, 2013	1:49.11
3. Adam Hairston, 2010	1:49.26
4. Nathan Prom, 2013	1:49.29
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

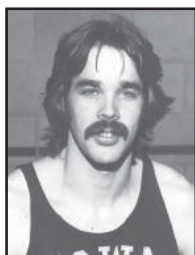
1. Jeff Thode, 2011	3:58.72
2. Ed DeLashmutt, 1981	4:04.01
3. Larry Wiczorek, 1968	4:04.40
4. John Clark, 1972	4:05.94
5. Ben Witt, 2014	4:07.08
6. Adam Thomas, 2002	4:07.13
7. Kevin Herd, 1992	4:07.26
8. Jesse Luciano, 2009	4:07.29
9. Jake Berns, 2006	4:07.43
10. Micah VanDenend, 2007	4:07.54

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
7. Kevin Lewis, 2013	8:12.36
8. Nick Holmes, 2010	8:15.48
9. Andy Napier, 2008	8:15.70
10. Kevin Docherty, 2014	8:16.58

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. Kevin Lewis, 2014	14:13.57
6. Jeff Thode, 2011	14:16.00
7. Matt Esche, 2004	14:18.43
8. Jeff Kent, 2007	14:18.86
9. Jesse Luciano, 2009	14:20.99



Bill Knoedel



Anthuan Maybank



Jordan Mullen



Nathan Prom



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, 2014.....5,116 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, 19937-0 1/2 (2.15)
4. Pat Meade, 19877-0 1/4 (2.14)
5. Mike Lacy, 19847-0 (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, 198417-1 (5.21)
2. Dave Nielsen, 197516-10 (5.13)
3. Kyle Reid, 201316-6 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, 197116-4 (4.98)
7. Jeff Raymond, 2008.....16-2 (4.93)
8. John Teffer, 197216-1 (4.90)
9. Chad Ohly, 199515-9 (4.80)
Rich Palumbo, 198915-9 (4.80)

Long Jump

1. Anthuan Maybank, 199226-5 1/2 (8.06)
2. Bashir Yamini, 199826-0 1/4 (7.93)
3. Darren Smith, 1991.....25-2 (7.67)
4. Paul Jones, 199024-11 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, 200624-8 1/2 (7.53)
9. Charles Jones, 1980.....24-8 1/4 (7.52)
10. Quinn Early, 198624-7 1/4 (7.50)

Triple Jump

1. Troy Doris, 2011.....54-0 (16.46)
2. Paul Jones, 199052-1 1/4 (15.88)
Klyvens Delaunay, 2014 ..52-1 1/4 (15.88)
4. **Babatunde Amosu, 2014 .. 51-7 3/4 (15.74)**
5. Mike Lacy, 198349-0 (14.93)
6. Owen Gill, 198248-10 3/4 (14.90)
7. Josh Bean, 2009.....48-10 (14.88)
8. David Nsabua, 201348-9 (14.86)
9. Gordon Finch, 198848-3 3/4 (14.72)
10. Matty Gorman, 200648-3 1/2 (14.72)

Shot Put

1. John Hickey, 2009.....63-0 (19.20)
2. Jeremy Allen, 200162-10 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, 200560-9 1/4 (18.52)
6. Ken Kemeny, 2004.....60-0 1/2 (18.30)
7. **Gabe Hull, 2014 59-3 (18.06)**
8. Chris Gambol, 198759-0 (17.98)
9. A. van der Westhuizen, 199958-10 3/4 (17.95)
10. A.J. Curtis, 200857-9 1/2 (17.61)

Weight Throw

1. Jim Costello, 200269-4 3/4 (21.15)
2. Matt Banse, 2012.....67-8 (20.62)
3. A. van der Westhuizen, 200167-7 1/2 (20.61)
4. Adam Hamilton, 200766-9 1/4 (20.35)
5. Jeremy Allen, 200165-10 1/4 (20.07)
6. Chris Voller, 2005.....63-4 (19.30)
7. Ryan Lamparek, 201261-2(18.62)
8. Brad Daufeldt, 2004.....60-4 1/2 (18.40)
9. **Gabe Hull, 201459-7 (18.16)**
10. Ryan Jordan, 200859-0 (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, 19907:13.02
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 10:00.00

INDOOR ALL-TIME TOP TEN PERFORMERS



Kineke Alexander



Meghan Armstrong



Tracy Dahl



Nicole Erickson



Karessa Farley



Senta Hawkins



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. **Brittany Brown, 2014** **23.63**
4. Marlene Poole, 1994 23.66
Yolanda Hobbs, 1995 23.66
6. Erica Broomfield, 1998 23.81
7. **Lake Kwaza, 2014** **23.92**
8. Raven Moore, 2013 24.00
9. Erin Jones, 2011 24.01
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. **Elexis Guster, 2014** **54.08**
5. Ashley Liverpool, 2011 54.09
6. **MonTayla Holder, 2014** **54.37**
7. **Alexis Hernandez, 2014** **54.91**
8. Tiffany Hendricks, 2011 55.06
9. Marlene Poole, 1993 55.20
10. Wynsome Cole, 1997 55.45

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. **MonTayla Holder, 2014** **1:29.98**
4. Senta Hawkins, 1987 1:30.77
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. **Katharina Trost, 2014** **1:32.53**

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. Kay Stormo, 1981 2:11.04
10. Ann Pare, 1997 2:11.19

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



Kelsey Taylor



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, 20056-0 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)

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. Zinnia Miller, 2014.....20-4 1/4 (6.20)
2. Carisa Leacock, 2014..... 19-9 1/2 (6.03)
3. Lisa Moats, 1986..... 19-6 (5.95)
4. Renee White, 2006..... 19-3 1/4 (5.87)
5. Tiffany Johnson, 2007..... 19-2 1/2 (5.85)
6. Davera Taylor, 1984..... 19-1 1/2 (5.83)
7. Yolanda Hobbs, 1993..... 19-1 (5.80)
8. Kamesha Marshall, 2005..... 18-11 1/4 (5.77)
9. Sarah Ryan, 2014..... 18-9 1/4 (5.72)
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. Zinnia Miller, 2014..... 41-2 1/2 (12.56)
4. Carisa Leacock, 2012..... 40-5 1/2 (12.33)
5. Becki Borg, 1987..... 39-6 (12.04)
6. Lynn McMillan, 1988..... 38-2 (11.63)
7. Sarah Ryan, 2014..... 37-5 1/4 (11.41)
8. Lisa Moats, 1985..... 35-1 (10.69)
9. 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. 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. **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. 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. Kassidy Ellis, 2014..... 3,346 points

1,600-Meter Relay

1. Liverpool, Hendricks, Praska, Erickson, 2011..... 3:36.97
2. Hernandez, Holder, Guster, Watts, 2014..... 3:37.16
3. Liverpool, Hendricks, Erickson, Praska, 2011..... 3:37.58
4. Guster, Holder, Watts, Hernandez, 2014..... 3:38.62
5. Hendricks, Erickson, Praska, Liverpool, 2011..... 3:39.15
6. Hendricks, Praska, Erickson, Liverpool, 2011..... 3:40.42
7. McCalla, Granger, Alexander, Johnson, 2006..... 3:40.52
8. Kwaza, Holder, Watts, Guster, 2014..... 3:41.57
9. Simonson, Liverpool, Erickson, Sack, 2012..... 3:41.78
10. Simonson, Erickson, Sack, Liverpool, 2012..... 3:42.42

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



Iowa Track and Field Border Battle vs. Illinois/Missouri

Tentative

January 9-10, 2015

January 9, 2015

- 3:00 PM Indoor track available
- 4:30 PM Discus Competition (HTRC Iowa Turf Field)
- 6:00 PM Dinner served for all teams at Indoor Track

January 10, 2015

- 11:30 AM Coaches Meeting
- 12:00 PM Long Jump (m then w)
Weight Throw (w then m)
Pole Vault (w then m)
- 1:00 PM High Jump (m then w)
- 2:00 PM Triple Jump (m then w)
Shot Put (w then m)

Prelims & B Sections: (men then women)

- 1:15 PM 60m Hurdles PRELIM
- 1:30 PM 60m PRELIM

Final Running Events: (women then men)

- 1:55 PM *National Anthem*
- 2:00 PM Mile
- 2:20 PM 60m Hurdles FINAL
- 2:30 PM 60m FINAL
- 2:35 PM 400m
- 2:55 PM 600m
- 3:15 PM 1000m
- 3:30 PM 200m
- 3:50 PM 3,000m
- 4:15 PM Herky Kids Race
- 4:20 PM 4x400m Relay