

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



TRACK AND FIELD CONTACT: BRANDEE BRITT

JANUARY 30, 2013

2013 IOWA TRACK & FIELD INDOOR SCHEDULE

Date	Meet	Result
Jan. 12	Iowa Open (Iowa City, Iowa)	No team Scores
Jan. 19	Adidas Classic (Lincoln, Neb.)	M:2nd W: 3rd
Jan. 25-26	Bill Bergan Invite (Ames, Iowa)	M: 3rd W: 7th
Feb. 1-2	Meyo Invite (Notre Dame, Ind.)	
Feb. 8-9	Cyclone Classic (Ames, Iowa) Husky Invite (Seattle, Wash.) Tyson Invite (Fayetteville Ark.)	
Feb. 15	Iowa Invite (Iowa City, Iowa)	
Feb. 22-23	Big Ten Championships (Geneva, Ohio)	
Mar. 2	Last Chance Meet (Ames, Iowa/Notre Dame, Ind.)	
Mar. 8-9	NCAA Championships (Fayetteville, Ark.)	

IOWA COACHING STAFF

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

THIS WEEK

The University of Iowa track and field team travels to Notre Dame, Ind., to compete in the Meyo Invitational on Friday. The invite will be held at the Loftus Sports Center in Notre Dame, Ind., and is set to begin Friday at 3 p.m. (CT) and continues through Saturday.

ON THE BIG TEN BOARD

Seven Hawkeyes own marks that rank among the top 5 in the conference. Senior Jordan Mullen's 60-meter hurdles time of 7.74 leads the Big Ten, and senior Ethan Holmes' time of 7.83 ties for second. Senior Josh Larney's 60 meters time of 6.78 ranks second. Freshman MonTayla Holder's converted 600 meters time of 1:31.21 ranks fourth. Sophomore Khanishah Williams' high jump mark of 5-10 (1.78m) ranks second. Senior Kyle Reid's heptathlon point total of 5,257 leads the Big Ten, while sophomore Sarah Ryan's pentathlon point total of 3,439 ranks fourth. Times are converted due to the size of the track.

MULLEN RUNS TO NEW RECORD

Senior Jordan Mullen broke his own 60-meter hurdles school record at the Bill Bergan Invitational on Jan. 26. Mullen crossed the line in 7.74, just beating his previous record of 7.75 set at the Jack Johnson Classic on Jan. 22, 2011. Mullen's time ranks first in the Big Ten and ties for fifth, nationally.

HOLMES HEATS UP

Ethan Holmes clocked personal best times in the 60-meter hurdles and 400 meters at the Bill Bergan Invitational on Jan. 26. The senior's hurdles time of 7.83 currently ranks second all-time at Iowa. It is also currently tied for the second best time in the Big Ten and 13th nationally. Holmes' 400 meters time of 47.63 currently ranks ninth all-time at Iowa and sixth in the Big Ten.

REID BREAKS HEPTATHLON RECORD

Senior Kyle Reid broke the men's heptathlon record at the Bill Bergan Invite on Jan. 25. Reid recorded five personal best marks (60 meters, 60-meter hurdles, 1,000 meters, long jump, and shot put) to tally a total of 5,257 points. Junior Jack Eckert also competed in the men's heptathlon, where he recorded three personal best times (60 meters, 60-meter hurdles, and 1,000 meters) to earn a personal best heptathlon point total of 4,963. That total ranks fifth all-time at Iowa.

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SIMPSON PULLS AHEAD

Junior Jasmine Simpson broke the women's weight throw record at the Bill Bergan Invitational on Jan. 26. Simpson's toss of 62-6 1/2 (19.06m) beat out junior Ashlyn Gulvas' throw of 60-10 3/4 (18.56m). Gulvas' toss ranks second all-time at Iowa.

RYAN REACHES RECORD BOOKS

Sarah Ryan earned a fourth place finish in the women's pentathlon at the Bill Bergan Invitational on Jan. 25. The sophomore finished the event with a point total of 3,439. That total ranks fifth all-time at Iowa. Khanishah Williams also competed in the pentathlon. The sophomore's point total of 3,273 ranks 10th all-time at Iowa.

MEET THE RECORD HOLDERS

Three Hawkeyes currently hold indoor school records. Senior Justin Austin holds records in the 60 meters (6.69) and 200 meters (20.80), while senior Jordan Mullen holds the 60-meter hurdles (7.74) record. Senior Kyle Reid owns the men's heptathlon record (5,257 points), and junior Jasmine Simpson holds the school record in the weight throw (62-6 1/2; 19.06m).

NEXT ON THE BLOCK

Iowa will split competitors between the Cyclone Classic in Ames, Iowa, the Husky Invitational in Seattle, Wash., and the Tyson Invitational in Fayetteville, Ark.

2013 INDOOR SEASON LEADERS

MEN'S

60 meters	Josh Larney	6.78
60-meter hurdles	Jordan Mullen	7.74
200 meters	Ethan Holmes	21.63
400 meters	Ethan Holmes	47.63
600 meters	Keaton Rickels	1:19.48
800 meters	Nathan Prom	1:50.75
1,000 meters	Nathan Prom	2:27.64
Mile	Sam Fourman	4:11.40
3,000 meters	Kevin Lewis	8:20.92
5,000 meters	Anthony Gregorio	15:46.30
Shot Put	Gabe Hull	55-3 1/2 (16.85m)
Weight Throw	Ben Stancombe	54-6 1/2 (16.62m)
High Jump	Kevin Spejcher	6-10 1/4 (2.09m)
Long Jump	Josh Larney	23-0 (7.01m)
Triple Jump	Klyvens Delaunay	48-10 1/4 (14.89m)
Pole Vault	Kyle Reid	15-9 (4.80m)
Heptathlon	Kyle Reid	5,257 points
1,600-meter relay	VanCleave, Rickels, Davey, E. Holmes	3:10.97

WOMEN'S

60 meters	Lake Kwaza	7.58
60-meter hurdles	Khanishah Williams	9.01
200 meters	Raven Moore	24.33
400 meters	MonTayla Holder	56.11
600 meters	MonTayla Holder	1:32.33
800 meters	Kaitlyn Nelson	2:17.02
1,000 meters	Gabrielle Stearnes	3:16.09
Mile	Megan Ranegar	4:56.56
Weight Throw	Jasmine Simpson	62-6 1/2 (19.06m)
Shot Put	Rachel Curry	46-1 1/2 (14.06m)
Long Jump	Zinnia Miller	18-9 (5.71m)
Triple Jump	Carisa Leacock	40-5 1/2 (12.33m)
High Jump	Khanishah Williams	5-10 (1.78m)
Pole Vault	Brittany Holst	11-3 3/4 (3.45m)
Pentathlon	Sarah Ryan	3,439 points
1,600-meter relay	Miller, R. Moore, Nelson, Holder	3:48.61

INDOOR ALL-TIME TOP TEN PERFORMERS



Justin Austin



Rodney Chambers



Jim Costello



Troy Doris



Bill Hansen



John Hickey



Ethan Holmes

60 Meters

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

60-Meter Hurdles

1. Jordan Mullen, 2013	7.74
2. Ethan Holmes, 2013	7.83
3. Dion Trowers, 1997	7.87
4. Russell Peterson, 2004	7.97
5. Dan Davis, 2012	8.02
6. DeRocco Reed, 2000	8.03
7. Torrey Campbell, 2012	8.09
8. Jordan Crosby, 2005	8.16
9. D'Juan Richardson, 2009	8.20
10. Keith Brown, 2013	8.21

200 Meters

1. Justin Austin, 2011	20.80
2. Anthuan Maybank, 1993	21.11
3. Bashir Yamini, 1999	21.19
4. Tim Dodge, 2000	21.26
5. Paul Chaney, Jr., 2009	21.34
6. George Page, 1997	21.35
7. Zach Digney, 2004	21.39
8. Tony Branch, 1998	21.46
9. David Chaplin, 2006	21.49
10. Adam Kunkel, 2001	21.55

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. Steven Willey, 2011	1:17.94
3. Keaton Rickels, 2012	1:18.19
4. Pat McGhee, 1988	1:18.30
5. Chris Barton, 2011	1:18.75
6. Adam Hairston, 2009	1:19.05
7. Monte Raymond, 1997	1:19.18
8. Scott Williamson, 2001	1:19.19
Brennan Davey, 2012	1:19.19
10. D'Juan Strozier, 1990	1:19.20

800 Meters

1. Erik Sowinski, 2012	1:47.62
2. Adam Hairston, 2010	1:49.26
3. Nick Kuczvara, 2010	1:49.59
4. Nathan Prom, 2013	1:50.75
5. Ryan Weir, 2013	1:50.97
6. Dave Novotny, 1996	1:51.27
7. Jim Docherty, 1973	1:51.30
8. Rod Chambers, 1989	1:51.33
9. Jim Donovan, 1999	1:51.52
10. Michael Layne, 1997	1:51.54

Mile

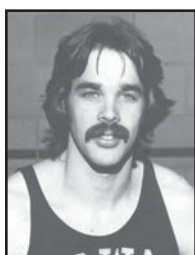
1. Jeff Thode, 2011	3:58.72
2. Ed DeLashmutt, 1981	4:04.01
3. Larry Wiczorek, 1968	4:04.40
4. John Clark, 1972	4:05.94
5. Adam Thomas, 2002	4:07.13
6. Kevin Herd, 1992	4:07.26
7. Jesse Luciano, 2009	4:07.29
8. Jake Berns, 2006	4:07.43
9. Micah VanDenend, 2007	4:07.54
10. Ted Wheeler, 1956	4:07.74

3,000 Meters

1. Jeff Thode, 2011	8:00.38
2. Micah VanDenend, 2006	8:00.81
3. Eric MacTaggart, 2006	8:08.79
4. Stetson Steele, 2000	8:09.54
5. Dan Haut, 2005	8:11.36
6. Kevin Herd, 1994	8:11.51
7. Nick Holmes, 2010	8:15.48
8. Andy Napier, 2008	8:15.70
9. Larry Wiczorek, 1968	8:17.00
10. Matt Esche, 2004	8:17.28

5,000 Meters

1. Micah VanDenend, 2007	13:56.46
2. Stetson Steele, 2000	14:00.52
3. Dan Haut, 2006	14:06.16
4. Eric MacTaggart, 2006	14:13.41
5. Jeff Thode, 2011	14:16.00
6. Matt Esche, 2004	14:18.43
7. Jeff Kent, 2007	14:18.86
8. Jesse Luciano, 2009	14:20.99
9. Nick Nordheim, 2002	14:22.99
10. Kevin Herd, 1994	14:27.57



Bill Knoedel



Anthuan Maybank



Jordan Mullen



Nathan Prom



Patrick Richards

INDOOR ALL-TIME TOP TEN PERFORMERS



Keaton Rickels



Kyle Reid



Erik Sowinski



Jeff Thode



Micah VanDenend



Todd Wigginton



Steven Willey

Heptathlon

1. Kyle Reid, 2013 5,257 points
2. Dan Rolling, 2010 5,205 points
3. Ryan Niver, 2008 5,149 points
4. Frank Prill, 2010 5,015 points
5. Jack Eckert, 2013 4,963 points
6. Scott Faber, 2000 4,784 points
7. Cam Appleman, 1997 4,685 points
8. Bobby Windauer, 2007 4,644 points
9. Jacob Drewry, 1995 4,612 points
10. Mark Mankivsky, 2008 4,453 points

High Jump

1. Bill Knoedel, 1976 7-3 (2.21)
Bill Hansen, 1978 7-3 (2.21)
3. Scott Hudek, 1993 7-0 1/2 (2.15)
4. Pat Meade, 1987 7-0 1/4 (2.14)
5. Mike Lacy, 1984 7-0 (2.13)
6. M. Cunningham, 1984 6-11 1/4 (2.11)
7. 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. Curt Brock, 1979 16-6 (5.03)
4. Alex Zona, 2010 16-4 3/4 (5.00)
Kyle Reid, 2010 16-4 3/4 (5.00)
6. Phil Wertman, 1971 16-4 (4.98)
7. Jeff Raymond, 2008 16-2 (4.93)
8. John Teffer, 1972 16-1 (4.90)
9. Chad Ohly, 1995 15-9 (4.80)
- Rich Palumbo, 1989 15-9 (4.80)

Long Jump

1. Anthuan Maybank, 1992 26-5 1/2 (8.06)
2. Bashir Yamini, 1998 26-0 1/4 (7.93)
3. Darren Smith, 1991 25-2 (7.67)
4. Paul Jones, 1990 24-11 1/4 (7.60)
5. Ronnie McCoy, 1984 24-9 (7.54)
6. Matty Gorman, 2006 24-8 1/2 (7.53)
7. Charles Jones, 1980 24-8 1/4 (7.52)
8. Quinn Early, 1986 24-7 1/4 (7.50)
9. Jeffery Herron, 2011 24-7 (7.49m)
10. Lee Farmer, 1942 23-9 1/4 (7.24)

Triple Jump

1. Troy Doris, 2011 54-0 (16.46)
2. Paul Jones, 1990 52-1 1/4 (15.88)
3. Mike Lacy, 1983 49-0 (14.93)
4. Owen Gill, 1982 48-10 3/4 (14.90)
5. **Kylvens Delaunay, 2013 . 48-10 1/4 (14.89)**
6. Josh Bean, 2009 48-10 (14.88)
7. Gordon Finch, 1988 48-3 3/4 (14.72)
8. Matty Gorman, 2006 48-3 1/2 (14.72)
9. Pat Miller, 1984 47-11 (14.60)
10. **David Nsabua, 2013 47-3 1/2 (14.41)**

Shot Put

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

Weight Throw

1. Jim Costello, 2002 69-4 3/4 (21.15)
2. Matt Banse, 2012 67-8 (20.62)
3. A. van der Westhuizen, 2001 .. 67-7 1/2 (20.61)
4. Adam Hamilton, 2007 66-9 1/4 (20.35)
5. Jeremy Allen, 2001 65-10 1/4 (20.07)
6. Chris Voller, 2005 63-4 (19.30)
7. Ryan Lamparek, 2012 61-2(18.62)
8. Brad Daufeldt, 2004 60-4 1/2 (18.40)
9. Ryan Jordan, 2008 59-0 (17.98)
10. **Ben Stancombe, 2012 57-4 3/4 (17.49)**

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. 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. **Prom, Richardson, Sowinski, Thode, 2011 9:57.44**
9. Trainor, Faber, Cunningham, Allen, 2002 9:58.14
10. Newell, Eisenlauer, Tice, Clark, 1973 10:00.0

INDOOR ALL-TIME TOP TEN PERFORMERS



Kineke Alexander



Meghan Armstrong



Tracy Dahl



Nicole Erickson



Karessa Farley



Ashlyn Gulvas



Senta Hawkins

60 Meters

1. Elaine Jones, 1983	7.43
2. Peaches Roach, 2005	7.45
3. Shellene Williams, 2004	7.50
4. Jiselle Providence, 2002	7.52
5. Rhonda-Kaye Trusty, 2010	7.55
Erin Jones, 2011	7.55
7. Angela Menson, 1982	7.57
8. Lake Kwaza, 2013	7.58
9. Raven Moore, 2013	7.59
10. Tamara Dixon, 2002	7.64

60-Meter Hurdles

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

200 Meters

1. Kineke Alexander, 2006	23.49
2. Shellene Williams, 2004	23.62
3. Marlene Poole, 1994	23.66
Yolanda Hobbs, 1995	23.66
5. Erica Broomfield, 1998	23.81
6. Erin Jones, 2011	24.01
7. Rhonda-Kaye Trusty, 2010	24.05
8. Peaches Roach, 2007	24.09
9. Raven Moore, 2013	24.33
10. Jiselle Providence, 2002	24.44

400 Meters

1. Kineke Alexander, 2007	51.48
2. Ellen Grant, 1996	52.65
3. Shellene Williams, 2004	52.83
4. Ashley Liverpool, 2011	54.09
5. Tiffany Hendricks, 2011	55.06
6. Wynsome Cole, 1997	55.45
7. Nicole Charles, 2002	55.59
8. Senta Hawkins, 1988	55.66
9. Marlene Poole, 1993	55.20
10. MonTayla Holder, 2013	56.11

600 Yards

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

600 Meters

1. Kineke Alexander, 2008	1:27.45
2. Bethany Praska, 2011	1:28.14
3. Senta Hawkins, 1987	1:30.77
4. Karen Layne, 1990	1:31.45
5. Nicole Erickson, 2012	1:31.71
6. Kay Stormo, 1982	1:32.30
7. MonTayla Holder, 2013	1:32.33
8. Aisha Hume, 2004	1:32.41
9. Kaitlyn Nelson, 2013	1:33.50
10. Sophia Chow, 2002	1:33.54

800 Meters

1. Bethany Praska, 2011	2:05.01
2. Jeanne Kruckeberg, 1989	2:06.38
3. Michelle Lahann, 2004	2:06.83
4. Briana Benning, 1996	2:09.22
5. Kay Stormo, 1981	2:11.04
6. Ann Pare, 1997	2:11.19
7. Lauren Hardesty, 2011	2:11.80
8. Atalie Barber, 2003	2:12.10
9. Shannon Stanley, 2005	2:12.13
10. Betsy Flood, 2011	2:12.73

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



Tiffany Hendricks



Elaine Jones



Tammilee Kerr



Ashley Liverpool



McKenzie Melander

INDOOR ALL-TIME TOP TEN PERFORMERS



Lisa Moats



Diane Nukuri



Bethany Praska



Peaches Roach



Gail Smith



Jessie Strand



Renee White

5,000 Meters

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

High Jump

1. Peaches Roach, 2005 6-0 3/4 (1.85)
2. Mary Mol, 1983..... 6-0 (1.83)
3. **Khanishah Williams, 2013..... 5-10 (1.78)**
4. Becky Kaza, 1995..... 5-9 3/4 (1.77)
5. Caleigh Bacchus, 2010..... 5-9 1/4 (1.76)
6. Kristi Dinkla, 1985..... 5-8 1/2 (1.74)
7. Kacey Childs, 2001..... 5-8 1/2 (1.74)
8. Traci Claussen, 1987..... 5-8 (1.73)
9. Kathy Gillespie, 1983..... 5-7 3/4 (1.72)
10. Lynn McMillan, 1988..... 5-7 1/4 (1.71)
- Tammilee Kerr, 2008 5-7 1/4 (1.71)

Pole Vault

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

Long Jump

1. Lisa Moats, 1986 19-6 (5.95)
2. Renee White, 2006..... 19-3 1/4 (5.87)
3. Tiffany Johnson, 2007 19-2 1/2 (5.85)
4. **Carisa Leacock, 2012 19-2 (5.84)**
5. Davera Taylor, 1984..... 19-1 1/2 (5.83)
6. Yolanda Hobbs, 1993 19-1 (5.80)
7. Kamesha Marshall, 2005 18-11 1/4 (5.77)
8. **Zinnia Miller, 2013..... 18-9 (5.71)**
9. **Sarah Ryan, 2013..... 18-8 (5.69)**
10. Catharine Parmiter, 2000..... 18-7 1/2 (5.68)

Triple Jump

1. Renee White, 2008..... 42-4 (12.90)
2. Tiffany Johnson, 2007 41-3 3/4 (12.59)
3. **Carisa Leacock, 2012 40-5 1/2 (12.33)**
4. Becki Borg, 1987 39-6 (12.04)
5. Lynn McMillan, 1988..... 38-2 (11.63)
6. Lisa Moats, 1985 35-1 (10.69)
7. Becca Franklin, 2004 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, 2012..... 48-1 3/4 (14.67)**
6. Megan Maurer, 1995 47-5 3/4 (14.47)
7. Laura Kriener, 1990 47-5 (14.45)
8. Jennifer Gilson, 2002..... 46-11 (14.30)
9. Jennifer Moon, 2000..... 45-9 (13.94)
- Tiffany Medenwaldt, 2010..... 45-9 (13.94)
- Micaela Haight, 2011 45-9 (13.94)

Weight Throw

1. **Jasmine Simpson, 2013.. 62-6 1/2 (19.06m)**
2. **Ashlyn Gulvas, 2013..... 60-10 3/4 (18.56m)**
3. Kelsey Taylor, 2011..... 60-4 1/2 (18.40)
4. **Annemie Smith, 2013 60-0 1/4 (18.29)**
5. **Majesty Tutson, 2011 58-4 (17.78)**
6. Becca Franklin, 2007 58-3 1/4 (17.76)
7. Erin O'Hern, 2008..... 56-3 (17.14)
8. Mandy Chandler, 2009 54-4 1/2 (16.57)
9. **Chelsea Colpitts, 2013 53-6 (16.32)**
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 3,439 points**
6. Maureen Abel, 1979 3,427 points
7. **Zinnia Miller, 2012 3,416 points**
8. Janet Adams, 1981 3,360 points
9. Janelle Jaspers, 1987 3,366 points
10. **Khanishah Williams, 2013 3,273 points**

1,600-Meter Relay

1. **Liverpool, Hendricks, Praska, Erickson, 2011 3:36.97**
2. **Liverpool, Hendricks, Erickson, Praska, 2011 3:37.58**
3. Hendricks, Erickson, Praska, Liverpool, 2011 3:39.15
4. Hendricks, Praska, Erickson, Liverpool, 2011 3:40.42
5. McCalla, Granger, Alexander, Johnson, 2006 3:40.52
6. **Simonson, Liverpool, Erickson, Sack, 2012 3:41.78**
7. **Simonson, Erickson, Sack, Liverpool, 2012 3:42.42**
8. Johnson, McCalla, Alexander, Granger, 2006 3:42.44
9. Alexander, Johnson, Poncè, M. Mims, 2007 3:42.75
10. White, Alexander, Kerr, Hendricks, 2008 3:43.83

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