

# THE UNIVERSITY OF IOWA



## HAWKEYE TRACK & FIELD



TRACK AND FIELD CONTACT: BRANDEE BRITT

January 25, 2012

### 2011-12 IOWA TRACK & FIELD INDOOR SCHEDULE

Date	Meet	Result
Jan. 4	<b>New Year's Classic (Iowa City, Iowa)</b>	No Team Scores
Jan. 21	at Adidas Classic (Lincoln, Neb.)	M: 2nd W: 3rd
Jan. 27-28	at Razorback Invite (Fayetteville, Ark.)	
Feb. 3-4	at Meyo Invite (South Bend, Ind.)	
	at New Balance Invite (New York City, New York)	
Feb. 10-11	at Cyclone Classic (Ames, Iowa)	
	at Tyson Invite (Fayetteville, Ark.)	
Feb. 11	Husky Invite (Seattle, Wash.)	
Feb. 17	<b>Iowa Invitational (Iowa City, IA)</b>	
Feb. 24-25	at Big Ten Championships (Lincoln, Neb.)	
Mar. 3	at NCAA Last Chance Meet (TBA)	
Mar. 9-10	at NCAA Championships (Boise, Idaho)	

### IOWA COACHING STAFF

**Layne Anderson** .....Head Women's Coach

**Larry Wieczorek** .....Head Men's Coach

**Scott Cappos** .....Assistant Coach  
.....Men's and Women's Throws

**Clive Roberts** .....Assistant Coach  
.....Horizontal jumps, women's short  
.....sprints, hurdles, relays

**Christi Smith** .....Assistant Coach  
.....Combined events, vertical jumps

**Joey Woody** .....Assistant Coach  
.....Men's sprints, short hurdles and relays  
.....women's long sprints and hurdles

### THIS WEEK

The University of Iowa track and field teams travel to Fayetteville, Ark., to compete in the Razorback Invitational Friday and Saturday. The event, held at the Randal Tyson Track Center, is scheduled to begin at 11 a.m. (CT). Friday morning and continue through Saturday afternoon.

The Hawkeyes will compete against student athletes from Arkansas, Stanford, LSU, Florida State, Nebraska, Arizona, TCU, Texas, Oklahoma State, Oklahoma, Georgia, SMU, and Baylor.

### IN THE RANKINGS

The Hawkeye men's team is ranked 17th in the USTFCCA week one poll. This weekend the Hawkeyes will face a host of nationally ranked teams. The men will face No. 1 Arkansas, No. 3 L.S.U., No. 4 Florida State, No. 5 Texas, No. 7 Stanford, No. 8 Nebraska, No. 10 Arizona, No. 13 Oklahoma, and No. 23 Georgia. The women's team will face No. 2 L.S.U., No. 3 Arkansas, No. 5 Texas, No. 9 Florida State, No. 12 Arizona, No. 16 Baylor, No. 19 Oklahoma, and No. 24 Stanford.

### SOWINSKI BREAKS SCHOOL RECORD

Two-time All-American Erik Sowinski broke Iowa's 600 meter record Saturday at the adidas Classic. The senior crossed the line in 1:16.91, breaking former Hawkeye Steven Willey's time of 1:17.94.

### ERICKSON CONTINUES TO SHINE

Nicole Erickson grabbed a first place finish in the 600 meters with a personal best time of 1:32.74 at the adidas Classic. That time ranks seventh all-time at Iowa. Erickson, a senior from Cedar Rapids, Iowa, also ran the final leg on the second place 1,600-meter relay team at the adidas Classic. She is a member of the top four 1,600-meter relay teams in school history, and ran the anchor leg of the school record setting team in 2011 (3:36.97).

### MEET THE RECORD HOLDERS

Seven Hawkeyes on the 2012 roster account for 10 individual school records. They include:

Justin Austin: 60 (6.69) and 200 meters (20.80)

Troy Doris: Triple Jump (54-0/16.46m)

McKenzie Melander: Mile (4:39.78)

Jordan Mullen: 60-meter hurdles (7.75)

Erik Sowinski: 600 (1:16.91) and 800 meters (1:47.98)

Kelsey Taylor: Weight Throw (60-4 1/2/18.40)

Jeff Thode: Mile (3:58.72) and 3,000 meters (8:00.38)

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## HAWKEYE TRACK & FIELD



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### CRACKIN' THE TOP TEN

Seven athletes earned their way into Iowa's top-ten all-time performers list at the Adidas Classic Saturday. Those athletes include Sarah Ryan (10th, long jump), Nicole Erickson (7th, 600 meters), Khanishah Williams (7th, high jump), Brittany Holst (4th, pole vault), Troy Doris (4th, 60 meters), Justin Austin (8th, 400 meters), and Erik Sowinski (1st, 600 meters).

### NEW KIDS ON THE BLOCK

Three Hawkeye men made their Hawkeye debut at the adidas Classic. Torrey Campbell took sixth in the 60-meter hurdles with a time of 8.28. Josh Larney cracked the top six in both the long jump (7.05m) and the 60-meters (6.89). Kevin Lewis also competed in two events. The freshman took sixth in the mile with a time of 4:16.65, and fourth in the 3000m with a time of 8:34.96.

### NEXT ON THE BLOCK

Iowa will split its competitors Feb. 3-4 between the New Balance Invite in New York City, and the Meyo Invite in South Bend, Ind.

### HEAD COACH LARRY WIECZOREK

Larry Wieczorek is in his 25th season as head men's cross country coach and his 16th season as head men's track and field coach at the University of Iowa. He served as an assistant track and field coach for 12 years before taking the helm in 1997.

Last season, Wieczorek guided 28 qualifiers, made up of 20 student-athletes competing in 13 individual events and two relays to the NCAA Outdoor Championships preliminary round.

### HEAD COACH LAYNE ANDERSON

Layne Anderson is in his fourth year as head coach of the University of Iowa women's cross country and track and field teams. He has served as the Hawkeyes' head women's cross country coach for the past eight seasons, and was the interim head women's track and field coach in 2008. From 2003-07, he served as an assistant women's track and field coach for the Hawkeyes.

## 2011-12 INDOOR SEASON LEADERS

MEN'S		WOMEN'S	
<b>60 meters</b> .....	Troy Doris ..... 6.79	<b>60 meters</b> .....	Raven Moore ..... 7.63
<b>60 meter hurdles</b> .....	Jordan Mullen..... 7.78	<b>60-meter hurdles</b> .....	Khanishah Williams ..... 9.24
<b>200 meters</b> .....	D'Juan Richardson ..... 22.23	<b>200 meters</b> .....	Erin Jones ..... 24.31
<b>400 meters</b> .....	Justin Austin ..... 47.61	<b>400 meters</b> .....	Victoria Sack ..... 57.79
<b>600 meters</b> .....	Erik Sowinski ..... 1:16.91	<b>500 meters</b> .....	Kelsey Quinn..... 1:14.84
<b>800 meters</b> .....	Nathan Prom..... 1:52.00	<b>600 meters</b> .....	Nicole Erickson..... 1:32.74
<b>1,000 meters</b> .....	Eric Sowinski ..... 2:24.15	<b>800 meters</b> .....	Lena Placzek..... 2:16.73
<b>3,000 meters</b> .....	Jeff Thode ..... 8:16.36	<b>3000 meters</b> .....	Megan Ranegar..... 10:13.36
<b>Mile</b> .....	Jeff Thode ..... 4:08.52	<b>Mile</b> .....	Brooke Eilers..... 4:52.05
<b>High Jump</b> .....	Jeffery Herron..... 2.10 m	<b>High Jump</b> .....	Khanishah Williams ..... 1.73 m
<b>Pole Vault</b> .....	Kyle Reid..... 4.78 m	<b>Pole Vault</b> .....	Brittany Holst ..... 3.43 m
<b>Long Jump</b> .....	Jeffery Herron..... 7.33 m	<b>Long Jump</b> .....	Zinnia Miller..... 5.63
<b>Triple Jump</b> .....	Troy Doris ..... 15.93 m	<b>Triple Jump</b> .....	Carisa Leacock ..... 12.33
<b>Shot Put</b> .....	Ryan Lamparek..... 16.90 m	<b>Shot Put</b> .....	Rachel Curry..... 14.67 m
<b>Weight Throw</b> .....	Matt Banse..... 19.63 m	<b>Weight Throw</b> .....	Annemie Smith..... 17.47 m
<b>1,600 meter relay</b> .....	Van Cleave, Davey, Rickels, Sowinski ..... 3:12.79	<b>1,600-meter relay</b> .....	Simonson, Erickson, Quinn, Mims ..... 3:47.52

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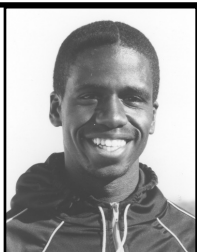
## HAWKEYE TRACK & FIELD



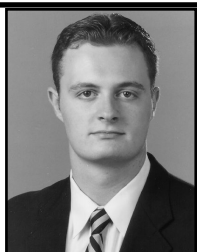
TRACK AND FIELD CONTACT: BRANDEE BRITT



Justin Austin



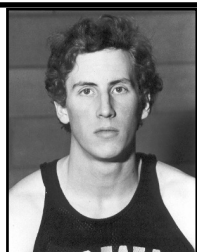
Rodney Chambers



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. Tony Branch, 1999..... 6.78
4. **Troy Doris, 2012**..... **6.79**
5. Paul Chaney, Jr., 2009..... 6.80
6. **D'Juan Richardson, 2010** ..... **6.80**
7. Derrick Burks, 2005 ..... 6.81
8. Zeke Sayon, 2010..... 6.82
9. **Tevin Mincy, 2011** ..... **6.82**
10. Tim Dodge, 2001 ..... 6.83

### 60-Meter Hurdles

1. **Jordan Mullen, 2011**..... **7.75**
2. Dion Trowers, 1997..... 7.87
3. Russell Peterson, 2004..... 7.97
4. DeRocco Reed, 2000 ..... 8.03
5. **Ethan Holmes, 2011** ..... **8.08**
6. Jordan Crosby, 2005..... 8.16
7. **Dan Davis, 2012** ..... **8.19**
8. **D'Juan Richardson, 2009** ..... **8.20**
9. Justin Poots, 2001 ..... 8.22
10. Tony Branch, 1999..... 8.24

### 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. Curtis Chung, 1989..... 47.65
10. Ray Varner, 2008 ..... 47.66

### 600 Meters

1. **Erik Sowinski, 2012** ..... **1:16.91**
2. Steven Willey, 2011..... 1:17.94
3. Pat McGhee, 1988..... 1:18.30
4. Chris Barton, 2011 ..... 1:18.75
5. Adam Hairston, 2009 ..... 1:19.05
6. Monte Raymond, 1997 ..... 1:19.18
7. Scott Williamson, 2001 ..... 1:19.19
8. D'Juan Strozier, 1990 ..... 1:19.20
9. Gary Falls, 1991 ..... 1:19.32
10. Zach Splan, 2007..... 1:19.39

### 800 Meters

1. **Erik Sowinski, 2011**..... **1:47.98**
2. Adam Hairston, 2010 ..... 1:49.26
3. **Nick Kuczvara, 2010** ..... **1:49.59**
4. Dave Novotny, 1996..... 1:51.27
5. Jim Docherty, 1973 ..... 1:51.30
6. Rod Chambers, 1989..... 1:51.33
7. Jim Donovan, 1999..... 1:51.52
8. Michael Layne, 1997..... 1:51.54
9. Bill Frazier, 1963 ..... 1:51.80
10. Mike Cunningham, 2002..... 1:51.98

### Mile

1. **Jeff Thode, 2011**..... **3:58.72**
2. Ed DeLashmutt, 1981 ..... 4:04.01
3. Larry Wieczorek, 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 Wieczorek, 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

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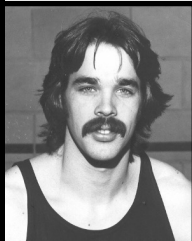


## HAWKEYE TRACK & FIELD

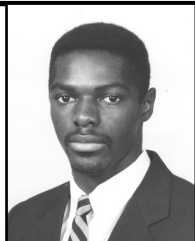


TRACK AND FIELD CONTACT: BRANDEE BRITT

INDOOR TOP PERFORMERS



Bill Knoedel



Anthuan Maybank



Jordan Mullen



Patrick Richards



Dan Rolling



Erik Sowinski



Jeff Thode

### 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. Josh Bean, 2009 .....48-10 (14.88)
6. Gordon Finch, 1988 .....48-3 3/4 (14.72)
7. Matty Gorman, 2006 .....48-3 1/2 (14.72)
8. Pat Miller, 1984 .....47-11 (14.60)
9. Brian Quarles, 1980 .....46-9 3/4 (14.26)
10. Darren Smith, 1992 .....46-3 1/2 (14.11)

### 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, 199958-10 3/4 (17.95)
9. **Ryan Lamparek, 2010.....56-10 (17.32)**
10. A.J. Curtis, 2008 .....57-9 1/2 (17.61)

### Weight Throw

1. Jim Costello, 2002 .....69-4 3/4 (21.15)
2. A. van der Westhuizen, 2001 67-7 1/2 (20.61)
3. Adam Hamilton, 2007 .....66-9 1/4 (20.35)
4. Jeremy Allen, 2001 .....65-10 1/4 (20.07)
5. **Matt Banse, 2011 .....64-8 1/2 (19.72)**
6. Chris Voller, 2005 .....63-4 (19.30)
7. **Ryan Lamparek, 2011.....61-0 1/4 (18.60)**
8. Brad Daufeldt, 2004 .....60-4 1/2 (18.40)
9. Ryan Jordan, 2008 .....59-0 (17.98)
10. Eric Rothwell, 2002 .....57-2 1/4 (17.43)

### 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, 19897:29.00
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. 1999 ..... 9:46.83
2. 1977 ..... 9:48.80
3. 1978 ..... 9:49.70
4. Kuczvara, Barton, Kuhlman, N. Holmes, 2010 9:51.05
5. Marchese, Varner, Hairston, Luciano, 2009 ..... 9:52.52
6. Paul, Varner, Hairston, Thode, 2010 ..... 9:52.71
7. Prom, Richardson, Sowinski, Thode, 2011 ..... 9:57.44
8. Trainor, Faber, Cunningham, Allen, 2002 ..... 9:58.14
9. Newell, Eisenlauer, Tice, Clark, 1973 ..... 10:00.0
- 10.Criswell, Hexum, Schum, Eastland, 1971 ..... 10:01.40



Micah VanDenend



Todd Wigginton



Steven Willey



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## HAWKEYE TRACK & FIELD



TRACK AND FIELD CONTACT: BRANDEE BRITT

INDOOR TOP PERFORMERS



Kineke Alexander



Meghan Armstrong



Tracy Dahl



Nicole Erickson



Karessa Farley



Senta Hawkins



Lauren Hardesty

### 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
6. **Erin Jones, 2011..... 7.55**
7. Angela Menson, 1982..... 7.57
8. **Raven Moore ..... 7.63**
9. Tamara Dixon, 2002..... 7.64
10. Lakeya Boatright, 1999..... 7.68

### 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
5. 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
4. 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. Jiselle Providence, 2002..... 24.44
10. Tanja Reid, 1994..... 24.67

### 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. Aisha Hume, 2002..... 56.33
11. Lindsey McCalla, 2006..... 56.33

### 600 Yards

1. Senta Hawkins, 1987 ..... 1:21.06
2. Aisha Hume, 2004..... 1:21.74
3. Kay Stormo, 1982 ..... 1:22.49
4. Bethany Praska, 2009..... 1:23.12
5. Chris Davenport, 1982 ..... 1:24.14
6. Sophia Poncè, 2007 ..... 1:24.55
7. Wynsome Cole, 1995..... 1:24.83
8. Keely Huber, 2002 ..... 1:25.81
9. Briana Benning, 1996 ..... 1:26.05
10. Sherri Hull, 1983 ..... 1:26.10

### 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. Kay Stormo, 1982 ..... 1:32.30
6. Aisha Hume, 2004..... 1:32.41
7. **Nicole Erickson, 2012 ..... 1:32.74**
8. Sophia Chow, 2002..... 1:33.54
9. Tiffany Hendricks, 2011..... 1:34.16
10. Nicole Erickson, 2011..... 1:34.88

### 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. Tracy Dahl, 1993..... 2:12.74

### 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. Krista Anderson, 2006..... 9:29.75
8. Amanda Hardesty, 2010..... 9:30.17

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## HAWKEYE TRACK & FIELD

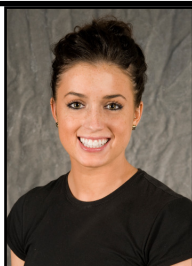


TRACK AND FIELD CONTACT: BRANDEE BRITT

INDOOR TOP PERFORMERS



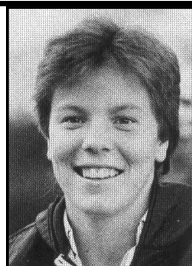
Diane Nukuri



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. Jodi Hersberger, 1982 ..... 16:32.24

### High Jump

1. Peaches Roach, 2005 ..... 6-0 3/4 (1.85)
2. Mary Mol, 1983..... 6-0 (1.83)
3. Becky Kaza, 1995..... 5-9 3/4 (1.77)
4. Caleigh Bacchus, 2010..... 5-9 1/4 (1.76)
5. Kristi Dinkla, 1985..... 5-8 1/2 (1.74)
6. Kacey Childs, 2001..... 5-8 1/2 (1.74)
7. Traci Claussen, 1987..... 5-8 (1.73)
8. **Khanishah Williams, 2012.... 5-8 (1.73)**
9. Kathy Gillespie, 1983..... 5-7 3/4 (1.72)
10. Lynn McMillan, 1988..... 5-7 1/4 (1.71)
11. 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, 2012 ..... 11-3 (3.43)**

### 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. Johnson, McCalla, Alexander, Granger, 2006 ..... 3:42.44
7. Alexander, Johnson, Poncè, M. Mims, 2007 ..... 3:42.75
8. White, Alexander, Kerr, Hendricks, 2008 ..... 3:43.83
9. Hendricks, Trusty, Praska, Mims, 2010 ..... 3:44.29
10. McCalla, Williams, Sheeley, Hume, 2004 ..... 3:44.47

5. **Katie Truedson, 2010... 10-11 3/4 (3.35)**
6. Gina Shannon, 2001..... 10-6 (3.20)
7. Kacey Childs, 2001..... 9-0 (2.75)
8. 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. Davera Taylor, 1984..... 19-1 1/2 (5.83)
5. **Carisa Leacock, 2011.... 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. Catharine Parmiter, 2000 18-7 1/2 (5.68)
9. **Zinnia Miller, 2012..... 18-5 3/4 (5.63)**
10. **Sarah Ryan, 2012..... 18-3 (5.56)**

### 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)
10. Tiffany Medenwaldt, 2010... 45-9 (13.94)
11. **Micaela Haight, 2011..... 45-9 (13.94)**

### Weight Throw

1. **Kelsey Taylor, 2011 ..... 60-4 1/2 (18.40)**
2. **Majesty Tutson, 2011 ..... 58-4 (17.78)**
3. Becca Franklin, 2007 .... 58-3 1/4 (17.76)
4. **Annemie Smith, 2012.. 57-3 3/4 (17.47)**
5. Erin O'Hern, 2008..... 56-3 (17.14)
6. Mandy Chandler, 2009.. 54-4 1/2 (16.57)
7. **Ashlyn Gulvas, 2012..... 54-4 (16.56)**
8. Kerri Blackstone, 1999.. 50-9 3/4 (15.48)
9. Tiffany Medenwaldt, 2010 50-8 3/4 (15.45)
10. **Jasmine Simpson, 2012... 50-6 3/4 (15.41)**

### 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. Maureen Abel, 1979..... 3,427 points
6. Janet Adams, 1981 ..... 3,360 points
7. Janelle Jaspers, 1987 ..... 3,366 points
8. Kacey Childs, 1999..... 3,224 points

### Distance Medley Relay

1. Armstrong, Alexander, L. Hardesty, Nukuri, 2008..... 11:20.11
2. Stormo, Davenport, Williams, O'Brien, 1981 ..... 11:23.02
3. Melander, Hendricks, L. Hardesty, Eilers, 2011 ..... 11:22.44
4. Melander, Praska, Hendricks, Flood, 2011 ..... 11:24.07
5. Flood, Hendricks, L. Hardesty, Melander, 2010..... 11:25.01
6. Melander, Hendricks, Flood, Marchand, 2009..... 11:27.34
7. Benning, Poole, Salsbery, Stec, 1994 ..... 11:28.03
8. Stormo, Davenport, Hayden, Doak, 1982..... 11:29.54
9. Armstrong, Granger, Stanley, K. Anderson, 2006..... 11:29.54
10. Lahann, Williams, Stanley, Arens, 2004 ..... 11:30.36

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