

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



TRACK AND FIELD CONTACT: BRANDEE BRITT

January 9, 2013

2013 IOWA TRACK & FIELD INDOOR SCHEDULE

Date	Meet	Result
Jan. 12	Iowa Open (Iowa City, Iowa)	
Jan. 19	Adidas Classic (Lincoln, Neb.)	
Jan. 25-26	Bill Bergen Invite (Ames, Iowa)	
Jan. 26	Illinois Invite (Champaign, Ill.)	
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 ofRecruiting
Mike Scott	Assistant Coach
Joey Woody	Assistant Coach

THIS WEEK

The University of Iowa track and field team opens the 2013 indoor season hosting the Iowa Open on Saturday at the UI Recreation Building. Field events are scheduled to begin at 1:00 p.m. and running events are set to start at 2:15 p.m. Admission to the event is free. The Iowa Open will feature teams from Bradley, Western Illinois and Loyola.

INDOOR SCHEDULE AT A GLANCE

The Hawkeyes will compete in nine regular season events prior to heading into the championship portion of their schedule at the Big Ten Championships, Last Chance Meet and NCAA Championships.

HAWKEYES AT HOME

Iowa will host two home meets at the University of Iowa Recreation Building. The Iowa Open is set for this Saturday, and the Iowa Invitational will take place on Feb. 17th.

CHAMPIONSHIP SEASON

The 2013 Big Ten Indoor Championships will be held in Geneva, Ohio on Feb. 24-25. The Hawkeyes will compete throughout the season to qualify for the NCAA Indoor Championships, scheduled for Mar. 8-9 in Fayetteville, Ark.

MEET THE RECORD HOLDERS

Seniors Justin Austin and Jordan Mullen each hold indoor school records. Austin currently holds records in the 60 meters (6.69) and 200 meters (20.80), while Mullen holds the 60-meter hurdles (7.75) record.

HAWKEYE DEBUTS

Forty-three true freshmen could make their Hawkeye debut at the Iowa Open. The women's roster features 23 true freshmen, including Tayo Oladele-Ajose. The Mediapolis, Iowa, native won the state title in the high jump her senior year. Lake Kwaza could also make an immediate impact for the Hawkeyes. Kwaza, a Sycamore, Ill., native, was a three-time state runner up in the 100 meters.

The Hawkeye men's roster features 20 true freshmen, including Klyvens Delaunay. Delaunay, a Claremont, Calif., native, was the California state champion in the triple jump his senior season.

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A WORD FROM THE WIZ

On the Hawkeye men:
"We still have a great core of athletes that were on our Big Ten Championship team in 2011," director of track and field Larry Wieczorek said. "Those athletes are going to be the foundation for what I foresee as being a very successful year."

A WORD FROM COACH ANDERSON

On the Hawkeye women:
"I'm excited about the potential of the entire group," head track and field coach Layne Anderson said. "It's a group that we can take to a meet and feel like from the very first event to the mile relay at the end we are going to have people that are going to be competing and competing well."

HEALTHY HAWKS

Healthy Hawks, a student-run organization led by junior Megan Ranegar, will be recognized at the Iowa Open on Saturday. Healthy Hawks aims to educate local youth about the importance of nutrition and cooking. Fresh fruit and veggie platters will be available for kids throughout the meet.

HERKY'S KIDS RACE

Children attending the meet are encouraged to compete in Herky's Kids Race. Participants will receive a free t-shirt. Herky's Kids Race is set to begin at 4:45 p.m.

NEXT ON THE BLOCK

Iowa will travel to Lincoln, Neb., to compete in the Adidas Classic on Jan. 19.

2012 INDOOR SEASON LEADERS

MEN'S

60 meters	Troy Doris	6.75
60-meter hurdles	Jordan Mullen	7.78
200 meters	Justin Austin	21.22
400 meters	Patrick Richards	47.51
600 meters	Erik Sowinski	1:16.91
800 meters	Erik Sowinski	1:47.62
Mile	Jeff Thode	4:06.11
3,000 meters	Jeff Thode	8:06.03
5,000 meters	Kevin Lewis	14:37.22
Shot Put	Matt Banse	57-3 3/4 (17.47m)
Weight Throw	Matt Banse	67-8 (20.62m)
High Jump	Jeffery Herron	6-10 3/4 (2.10m)
Long Jump	Jeffery Herron	24-0 3/4 (7.33m)
Triple Jump	Troy Doris	53-5 (16.28m)
Pole Vault	Kyle Reid	15-8 1/2 (4.78m)
1,600-meter relay	Richards, Rickels, Van Cleave, Sowinski	3:09.34

WOMEN'S

60 meters	Raven Moore	7.63
60-meter hurdles	Khanishah Williams	8.96
200 meters	Erin Jones	24.31
400 meters	Ashley Liverpool	54.81
600 meters	Nicole Erickson	1:31.71
800 meters	Lena Placzek	2:16.54
Mile	Brooke Eilers	4:50.15
3,000 meters	Mareike Schrulle	9:23.97
5,000 meters	Mareike Schrulle	16:29.41
Weight Throw	Jasmine Simpson	57-7 (17.55m)
Shot Put	Rachel Curry	48-1 3/4 (14.67m)
Long Jump	Carisa Leacock	19-2 (5.84m)
Triple Jump	Carisa Leacock	40-5 1/2 (12.33m)
High Jump	Khanishah Williams	5-8 (1.73m)
Pole Vault	Brittany Holst	11-3 (3.43m)
1,600-meter relay	Simonson, Liverpool, Erickson, Sack	3:41.78

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
5. Paul Chaney, Jr., 2009	6.80
6. D'Juan Richardson, 2010	6.80
7. Derrick Burks, 2005	6.81
8. Tevin-Cee Mincy, 2012	6.81
9. Zeke Sayon, 2010	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. Dan Davis, 2012	8.02
5. DeRocco Reed, 2000	8.03
6. Ethan Holmes, 2011	8.08
7. Torrey Campbell, 2012	8.09
8. Jordan Crosby, 2005	8.16
9. D'Juan Richardson, 2009	8.20
10. Justin Poots, 2001	8.22

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. 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
9. 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, 2012	1:50.90
5. Dave Novotny, 1996	1:51.27
6. Jim Docherty, 1973	1:51.30
7. Rod Chambers, 1989	1:51.33
8. Jim Donovan, 1999	1:51.52
9. Michael Layne, 1997	1:51.54
10. Bill Frazier, 1963	1:51.80

Mile

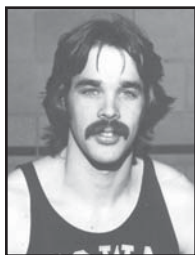
1. Jeff Thode, 2011	3:58.72
2. Ed DeLashmutt, 1981	4:04.01
3. Larry Wiczorek, 1968	4:04.40
4. John Clark, 1972	4:05.94
5. Adam Thomas, 2002	4:07.13
6. Kevin Herd, 1992	4:07.26
7. Jesse Luciano, 2009	4:07.29
8. Jake Berns, 2006	4:07.43
9. Micah VanDenend, 2007	4:07.54
10. Ted Wheeler, 1956	4:07.74

3,000 Meters

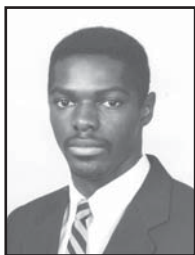
1. Jeff Thode, 2011	8:00.38
2. Micah VanDenend, 2006	8:00.81
3. Eric MacTaggart, 2006	8:08.79
4. Stetson Steele, 2000	8:09.54
5. Dan Haut, 2005	8:11.36
6. Kevin Herd, 1994	8:11.51
7. Nick Holmes, 2010	8:15.48
8. Andy Napier, 2008	8:15.70
9. Larry Wiczorek, 1968	8:17.00
10. Matt Esche, 2004	8:17.28

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



Dan Rolling



Erik Sowinski



Jeff Thode



Micah VanDenend



Todd Wigginton



Steven Willey

Heptathlon

1. Dan Rolling, 2010 5,205 points
2. Ryan Niver, 2008 5,149 points
3. Frank Prill, 2010..... 5,015 points
4. **Jack Eckert, 2012..... 4,840 points**
5. Scott Faber, 2000 4,784 points
6. Cam Appleman, 1997 4,685 points
7. **Kyle Reid, 2010 4,662 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, 19846-11 1/4 (2.11)
7. Jeffery Herron, 20106-11 (2.11)
Peter Hlavin, 19806-11 (2.11)
Brandon Oest, 2010.....6-11 (2.11)
Dan Rolling, 20086-11 (2.11)
Graham Valdes, 20106-11 (2.11)

Pole Vault

1. Todd Wigginton, 198417-1 (5.21)
2. Dave Nielsen, 197516-10 (5.13)
3. Curt Brock, 1979.....16-6 (5.03)
4. Alex Zona, 2010.....16-4 3/4 (5.00)
Kyle Reid, 201016-4 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, 1992.....26-5 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. Ronnie McCoy, 1984.....24-9 (7.54)
6. Matty Gorman, 200624-8 1/2 (7.53)
7. Charles Jones, 1980.....24-8 1/4 (7.52)
8. Quinn Early, 198624-7 1/4 (7.50)
9. Jeffery Herron, 201124-7 (7.49m)
10. Lee Farmer, 194223-9 1/4 (7.24)

Triple Jump

1. Troy Doris, 2011.....54-0 (16.46)
2. Paul Jones, 199052-1 1/4 (15.88)
3. Mike Lacy, 198349-0 (14.93)
4. Owen Gill, 198248-10 3/4 (14.90)
5. Josh Bean, 2009.....48-10 (14.88)
6. Gordon Finch, 198848-3 3/4 (14.72)
7. Matty Gorman, 200648-3 1/2 (14.72)
8. Pat Miller, 198447-11 (14.60)
9. Brian Quarles, 198046-9 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, 200162-10 1/2 (19.16)
3. Shane Maier, 2006.....61-2 (18.64)
4. G. Kostrubala, 198660-10 3/4 (18.55)
5. Andy Banse, 200560-9 1/4 (18.52)
6. Ken Kemeny, 2004.....60-0 1/2 (18.30)
7. Chris Gambol, 198759-0 (17.98)
8. A. van der Westhuizen, 1999 58-10 3/4 (17.95)
9. A.J. Curtis, 200857-9 1/2 (17.61)
10. Matt Banse, 2012.....57-3 3/4 (17.47)

Weight Throw

1. Jim Costello, 200269-4 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, 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. Ryan Jordan, 200859-0 (17.98)
10. Ben Stancombe.....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, 20023:07.44
4. Richards, Sowinski, E. Holmes, Willey, 2011 ...3:07.84
5. Greer, Williams, Smith, Duckett, 19843:08.14
6. Card, Coleman, Williamson, Dodge, 2001.....3:08.21
7. Davis, Rozell, Page, Morris, 19953:08.77
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,
19897:29.00
3. English, Blackman, Strozier, Chambers, 1989 .7:36.20
4. 19777:39.40
5. 19867:40.90
6. Bouske, Herd, Chambers, Koon, 19927:43.94
7. Bouska, Cook, White, Herd, 19927:48.63
8. 19927:49.86
9. 19867:50.10
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, 20119:57.44**
9. Trainor, Faber, Cunningham, Allen, 20029:58.14
10. Newell, Eisenlauer, Tice, Clark, 197310:00.0

INDOOR ALL-TIME TOP TEN 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
Erin Jones, 2011 7.55
7. Angela Menson, 1982 7.57
8. **Raven Moore, 2012 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
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. Jiselle Providence, 2002 24.44
10. **Raven Moore, 2012 24.45**

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
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. 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. Aisha Hume, 2004 1:32.41
8. Sophia Chow, 2002 1:33.54
9. Tiffany Hendricks, 2011 1:34.16
10. Ann Pare, 1997 1:34.95

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



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, 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)
- 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)**
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, 2012 18-7 (5.66)**
9. Catharine Parmiter, 2000 18-7 1/2 (5.68)
10. Jessie Strand, 2000 18-3 1/4 (5.57)

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. 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. **Jasmine Simpson, 2012 57-7 (17.55)**
5. **Annemie Smith, 2012 57-3 3/4 (17.47)**
6. **Ashlyn Gulvas, 2012 57-0 3/4 (17.39)**
7. Erin O'Hern, 2008 56-3 (17.14)
8. Mandy Chandler, 2009 54-4 1/2 (16.57)
9. Kerri Blackstone, 1999 50-9 3/4 (15.48)
10. Tiffany Medenwaldt, 2010 50-8 3/4 (15.45)

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. **Zinnia Miller, 2012 3,416 points**
7. **Sarah Ryan, 2012 3,368 points**
8. Janet Adams, 1981 3,360 points
9. Janelle Jaspers, 1987 3,366 points
10. Kacey Childs, 1999 3,224 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