

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



TRACK AND FIELD CONTACT: BRANDEE BRITT

April 2, 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	Lee Calhoun Invite (Macomb, Ill.)
April 18-19	Mt. Sac Relays (Walnut, Calif.)
April 24-26	Drake Relays (Des Moines, Iowa)
May 3	Musco Twilight (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 Wieczorek	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 competes this weekend at the Stanford Invitational and Arkansas Spring Invitational. Five Hawkeyes compete Friday in Stanford, Calif., while the majority of the Iowa roster competes Friday and Saturday in Fayetteville, Ark.

FOLLOW THE HAWKEYES

Follow [@IowaXC_TF](#) on twitter for updates on the team. Links to live results can be found on the schedule page at [hawkeyesports.com](#).

STANFORD INVITATIONAL

Shannon Maser and Rachel Price run the women's 1,500 meters Friday at 8:25 p.m. (CT) at the 30th annual Stanford Invitational. Kevin Docherty and Ben Witt run the men's 1,500 meters at 8:46 p.m. (CT), and Kevin Lewis runs the men's 5,000 meters at 10:42 p.m. (CT). Times are subject to change. Each event will be streamed live by Flotrack from Cobb Track and Angell Field.

ARKANSAS SPRING INVITATIONAL

The Hawkeyes open the Arkansas Spring Invitational with the women's hammer throw Friday at 5:30 p.m. (CT). Saturday's field events start at 1:30 p.m. (CT), and running events begin at 2 p.m. (CT).

RETURNING OUTDOOR ALL-AMERICANS

The Hawkeyes return three outdoor All-Americans from a year ago. 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 finishing 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).

MEET THE RECORD HOLDERS

The Iowa roster has two school record holders. 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.

AMOSU'S IMPRESSIVE RETURN

Junior Babatunde Amosu took the men's triple jump title at the 2014 Big Ten Indoor Championships on March 1 when he recorded a personal-best leap of 51-7 3/4 (15.74m). Amosu captured the title after tearing his patellar tendon at the 2013 Drake Relays. Amosu's personal-best outdoor triple jump mark of 50-3 1/4 (15.32m) currently ranks sixth all-time at Iowa.

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HAWKEYE TRACK & FIELD



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COMPETITION IN THE HAMMER

Three Hawkeyes hold hammer throw marks that rank among Iowa's all-time top 10 list. Junior Annemie Smith broke senior Jasmine Simpson's school record in the 2014 season opener. Smith threw 198-1 (60.38m), besting Simpson's previous record of (197-7; 60.23m). Senior Ashlyn Gulvas' personal best ranks fourth all-time (189-6; 57.76m).

MILLER MAKING LEAPS

Zinnia Miller opened the outdoor season with a first-place finish in the long jump at the Arizona State Invitational (20-1 1/2; 6.13m). Her new PR ranks third all-time. Smith is competing on the heels of a record-breaking indoor season. The senior broke the indoor long jump school record (20-4 1/4; 6.20m) at the 2014 Big Ten Indoor Championships on Feb. 28.

LEWIS GOES THE DISTANCE

Junior Kevin Lewis is making his season debut in the 5,000 meters this weekend. Lewis led the team in the 5,000 and 10,000 meters a year ago. The junior's personal-best 5,000 meter time (14:08.04) ranks seven all-time at Iowa, while his personal-best 10,000 meters time (29:54.02) ranks fifth.

BIG ARM ON THE RED RAIDERS

Williamsburg High School alums Rachel Curry (Homestead, Iowa) and Dakotah Goodell (Williamsburg, Iowa) have thrown their names into the Iowa record book. Curry first entered Iowa's all-time top 10 in 2011 when she hit 45-6 (14.03m) in the shot put. She bested that mark a year ago, and currently ranks No. 7 in program history (47-9; 14.56m).

Goodell climbed into the record book at the 2014 season opener at Arizona State. She ranks ninth in the javelin (139-4; 42.47m) and fourth in the discus (159-10; 48.73m). Her previous best was 148-11 (45.41m) and ranked outside the top 10.

NEXT ON THE BLOCK

The Hawkeyes travel to Macomb, Ill., to compete at the Lee Calhoun Invite on April 12.

2014 OUTDOOR SEASON LEADERS

MEN

100 meters	Tevin-Cee Mincy	10.60
110-meter hurdles	Aaron Mallett	14.24
200 meters	O'Shea Wilson	21.38
400 meters	Kaleb Van Cleave	47.97
400-meter hurdles	Aaron Mallett	54.78
800 meters	Neil Flattery	1:52.89
1,500 meters	Ben Witt	3:52.07
3,000 meters		n/a
3,000 meter steeple		n/a
5,000 meters		n/a
10,000 meters		n/a
High Jump	Kevin Spejcher	6-8 (2.03)
Pole Vault		n/a
Long Jump	O'Shea Wilson	23-7 1/4 (7.19)
Triple Jump	Kerry Dean Jr.	44-8 3/4 (13.63)
Shot Put	Gabe Hull	60-4 (17.66)
Discus	Gabe Hull	185-11 (56.66)
Hammer Throw	Gabe Hull	173-10 (52.98)
Javelin	Sam Joens	199-11 (60.93)
Decathlon		n/a
400-meter Relay		n/a
1,600-meter Relay	Ganschow, Mallet, Flattery Wolf	3:05.77

WOMEN

100 meters		n/a
100-meter hurdles		n/a
200 meters	Alexis Hernandez	24.62
400 meters	Alexis Hernandez	55.26
400-meter hurdles	MonTayla Holder	1:00.39
800 meters	Adrienne Alexia	2:13.50
1,500 meters		n/a
3,000 meters		n/a
5,000 meters		n/a
High Jump	Khanishah Williams	5-8 1/2 (1.74)
Long Jump	Zinnia Miller	20-1 1/2 (6.13)
Triple Jump	Carisa Leacock	38-6 1/4 (11.74)
Hammer Throw	Annemie Smith	198-1 (60.38)
Javelin	Amanda Stahle	140-4 (42.77)
Discus	Dakotah Goodell	159-10 (48.73)
Shot Put	Rachel Curry	46-5 1/4 (14-15)
Pole Vault		n/a
Heptathlon		n/a
400-meter Relay	Brown, Holder, Guster, Kwaza	45.30
1,600-meter Relay	Guster, Hernandez, Holder Kwaza	3:36.27

Bold indicates school record.

OUTDOOR ALL-TIME TOP 10 PERFORMERS



Jeremy Allen



Justin Austin



Matt Byers



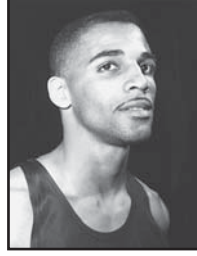
A.J. Curtis



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, 197610.36
- 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, 201313.76
- James Armstrong, 1991.....13.89
- Dan Davis, 201214.01
- Doug Jones, 198614.06
- Aaron Mallett, 2014.....14.24**
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

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, 19783:44.30
- 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, 20088:57.54
- 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 Wieczorek, 1968.....13:56.00
- Kevin Herd, 1993.....13:59.00
- Stetson Steele, 200014:02.76
- Eric MacTaggart, 2005.....14:04.79
- Dan Haut, 200614:07.30
- Kevin Lewis, 2013.....14:08.04**
- Jesse Luciano, 2010.....14:08.71
- Matt Esche, 2006.....14:12.07
- Jeff Thode, 201114:12.40

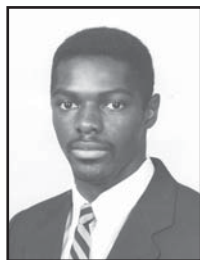


Todd Wigginton



Arno van der Westhuizen

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, 2002.....29:44.71
4. Trent Corey, 2002.....29:45.25
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)
3. Bill Knoedel, 1975..... 7-4 (2.23)
4. M. Cunningham, 1986 7-1 (2.16)
5. 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)
9. Scott Hudek, 1993 6-11 (2.11)
10. Jeremy Petsche, 2008..... 6-11 (2.11)
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)
3. 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)
6. 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)
10. 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. Matty Gorman, 2006..... 25-1 1/4 (7.65)
8. Ronnie McCoy, 1985 25-0 (7.62)
9. Jeffery Herron, 2010 24-9 (7.54)
10. Joe Robinson, 1976..... 24-2 3/4 (7.38)

Triple Jump

1. Troy Doris, 2012 54-8 (16.66)
2. Paul Jones, 1990..... 53-9 (16.38)
3. **Klyvens Delaunay, 2013 52-21/2 (15.91)**
4. Gordon Finch, 1988..... 50-9 1/4 (15.47)
5. Mike Lacy, 1984..... 50-5 (15.36)
6. **Babatunde Amosu, 2013 ... 50-3 1/4 (15.32)**
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. A. van der Westhuizen, 2000 58-8 3/4 (17.90)
9. Ryan Lamparek, 2010 58-4 (17.78)
10. Gary Kostrubala, 1985..... 58-1 (17.70)

Discus

1. A.J. Curtis, 2007 202-11 (61.84)
2. Gary Kostrubala, 1986..... 202-4 (61.68)
3. **Gabe Hull, 2013..... 196-2 (59.80)**
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
10. Rhonda Kaye Trusty, 2010	11.74

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. Rhonda Kaye Trusty, 2010	23.74
8. Tanja Reid, 1995	23.75
9. Elanie Jones, 1983	23.84
10. Ashley Liverpool, 2012	23.98

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. Senta Hawkins, 1988	54.01
Bethany Praska, 2011	54.01
7. Marlene Poole, 1994	54.03
8. Elaine Jones, 1983	54.40
9. Nicole Charles, 2001	54.48
10. Stacey-Leigh Bynoe, 2000	54.73

400-Meter Hurdles

1. Mary Knoblauch, 1981	56.16
2. Wynsome Cole, 1998	56.67
3. Chris Davenport, 1981	59.18
4. Hannah Simonson, 2012	59.54
5. Sarah Steffen, 2002	59.59
6. Tiffany Hendricks, 2011	59.63
7. MonTayla Holder, 2013	59.71
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. Ann Pare, 1997	2:09.25
9. Meghan Armstrong, 2006	2:10.15
10. Sophia Poncé, 2007	2:10.35

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 Schrulle, 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, 199133:23.38
3. Meghan Armstrong, 200833:28.00
4. Nan Doak, 1985.....33:33.03
5. Jenny Spangler, 1983.....33:39.24
6. Racheal Marchand, 200834:05.87
7. McKenzie Melander, 201234:29.83
8. Tracy Dahl, 199234:30.09
9. Betsy Flood, 2011.....35:05.10
10. Nikki Chapple, 200435:06.35

Heptathlon

1. Tammilee Kerr, 20085,633 pts
2. Kathy Gillespie, 1983.....5,262 pts
3. Tiff Pedersen, 20044,976 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. Missy Miller, 2010.....4,227 pts
9. Angie Hensel, 20044,073 pts
10. Janelle Jaspers, 1987.....4,000 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)**

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..... 20-1 1/2 (6.13)**
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, 2013..... 18-11 3/4 (5.78)**
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. Becki Borg, 1988 40-7 1/2 (12.38)
5. Lynn McMillan, 1988..... 39-6 1/2 (12.05)
6. Lynn, 1998..... 39-0 (11.88)
7. Kacey Childs, 2001..... 37-8 (11.48)
8. Becca Franklin, 2004..... 36-10 1/2 (11.24)
9. Janna Houtz, 1984 33-10 1/2 (10.32)
10. Latoya Stiffend, 2002..... 32-6 (9.90)

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. Mandy Chandler, 2006 46-0 (14.02)
10. Tiffany Medenwaldt, 2010 .. 45-11 3/4 (14.01)

Discus

1. Majesty Tutson, 2013 181-1 (55.19)
2. Tiffany Medenwaldt, 2010 161-3 (49.16)
3. Denise Taylor, 1992 160-5 (48.90)
4. **Dakotah Goodell, 2014..... 159-10 (48.73)**
5. Lisa Van Steenwyk, 1991 159-1 (48.50)
6. Gail Smith, 1983 158-2 (48.22)
7. **Ashlyn Gulvas, 2011..... 154-11 (47.23)**
8. **Courtney Fritz, 2012 154-1 (46.96)**
9. Kamesha Marshall, 2005..... 152-11 (46.62)
10. Jennifer Moon, 2000..... 150-8 (45.92)

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)

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..... 139-04 (42.47)**
10. **Allison Gattone, 2013 138-8 (42.27)**

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
9.	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, Sowsinski, 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.	McCorkle, Armstrong, Chung, Strozier, 1990	3:20.43
9.	Dodge, Yamini, Branch, Donovan, 1999	3:20.83
10.	Goode, Fisher, Thomas, Falls, 1992	3:21.02

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.	N. Holmes, Witt , Thode, Lewis , 2012	17:02.26
5.	Thomas, Allen, Rakaric, Lloyd, 2003	17:06.27
6.	Pittman, Novotny, Feeldy, Marquardt, 1995	17:12.49
7.	Bakker, Feeldy, Peters, Pittman, 1996	17:13.10
8.	Allen, Trainor, McDermott, Esche, 2002	17:14.53
9.	Kadlec, E. MacTaggart, Paul, Marchese, 2009	17:17.63
10.	Schwitters, Nordheim, Moeller, Thomas, 1999	17:18.04

WOMEN'S OUTDOOR ALL-TIME TOP 10 RELAYS

400-Meter Relay

1.	Poole, Reid, Floyd, Hobbs, 1994.....	44.63
2.	Charles, Williams, Providence, James, 2003.....	44.71
3.	Floyd, Hobbs, Poole, Reid, 1994.....	44.80
4.	Fouchè, Williams, Providence, James, 2003.....	45.02
5.	Alexander, Granger, Johnson, Roach, 2006.....	45.11
6.	Johnson, Roach, Clarke, Trusty, 2007.....	45.21
7.	Brown, Holder, Guster, Kwaza, 2014.....	45.30
	Johnson, Alexander, Granger, Roach, 2005.....	45.30
9.	Granger, Johnson, Alexander, Roach, 2005.....	45.39
10.	Jones, R. Moore, Liverpool, Simonson, 2012.....	45.45

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.	Praska, Hendricks, Liverpool, Erickson, 2011.....	3:35.93
2.	Hume, Charles, Steffen, Williams, 2003.....	3:36.26
3.	Guster, Hernandez, Holder, Kwaza, 2014.....	3:36.27
4.	Praska, Hendricks, Erickson, Liverpool, 2011.....	3:36.51
5.	Simonson, Liverpool, Erickson, Sack, 2012.....	3:37.57
6.	McCalla, Granger, Alexander, Johnson, 2006.....	3:38.36
7.	Simonson, Liverpool, Quinn, Erickson, 2012.....	3:38.49
8.	Liverpool, Jones, Erickson, Quinn, 2012.....	3:38.68
9.	Alexander, Graham, Jones, M. Mims, 2007.....	3:39.36
10.	Jones, Alexander, Johnson, M. Mims, 2007.....	3:39.64

Sprint Medley Relay

1.	Jones, Hendricks, Liverpool, Praska, 2011.....	3:48.63
2.	Kwaza, R. Moore, Holder, Alexia, 2013.....	3:54.51
3.	Trusty, R. Moore, Hendricks, Praska, 2010.....	3:56.53
4.	Reid, Philip, Hobbs, Benning, 1995.....	3:56.54
5.	Roach, Alexander, McCalla, Stanley, 2005.....	3:56.99
6.	Kwaza, R. Moore, Alexia, Nelson, 2013.....	3:58.72
7.	Clarke, Graham, Jones, Poncé, 2007.....	3:59.34
8.	Underwood, Clarke, Philip, Benning, 1995.....	3:59.75
9.	Jones, R. Moore, Erickson, Alexia, 2012.....	4:00.19
10.	2005.....	4:00.26

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, Dlhy, 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.	Dlhy, 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, Gambrell, 2013.....	19:41.15
7.	Chapple, Laney, Donlon, Sokol, 2005.....	20:39.12
8.	Arens, Barber, Butler, Roberts, 2001.....	20:40.89
9.	Benning, Boland, Fleck, Coleman, 1995.....	20:43.07
10.	Arens, Sokol, Barber, Donlon, 2003.....	20:48.08