

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



TRACK AND FIELD CONTACT: JORDAN BUCHER

January 13, 2016

2016 IOWA TRACK & FIELD INDOOR SCHEDULE

| Date | Meet |
|-------------------|--|
| Jan. 9 | Border Battle (Champaign, Ill.) |
| Jan. 15-16 | Iowa Dual (Iowa City, Iowa) |
| Jan. 23 | Big Four Duals (Cedar Falls, Iowa) |
| Jan. 29-30 | Razorback Invitational (Fayetteville, Ark.) |
| Feb. 5-6 | Meyo Invitational (South Bend, Ind.) |
| Feb. 12-13 | Iowa State Classic (Ames, Iowa) |
| Feb. 12-13 | Tyson Classic (Fayetteville, Ark.) |
| Feb. 20 | Alex Wilson Invitational (South Bend, Ind.) |
| Feb. 26-27 | Big Ten Championships (Geneva, Ohio) |
| Mar. 11-12 | NCAA Championships (Birmingham, Ala.) |

IOWA COACHING STAFF

Joey Woody.....Director of Track & Field

Layne Anderson Head Cross Country/
..... Assistant Track & Field Coach

Clive Roberts Associate Head Coach

Jason Wakenight Assistant Coach
..... Director of Recruiting

Andrew Dubs Assistant Coach

Molly Jones Assistant Coach

THIS WEEK

The University of Iowa track and field team hosts the Iowa Dual on Friday and Saturday. A discus competition will be held at the Hawkeye Tennis and Recreation Complex on Friday at 10 a.m. (CT). All other events are held Saturday inside the UI Recreation Building with field events beginning at 1 p.m. and track events following at 2:30 p.m. In addition to Iowa, the meet features teams from Western Illinois and Iowa Central Community College.

FOLLOW THE HAWKEYES

Follow @IowaXC_TF on twitter for updates on the team. Live results can be found on the track and field schedule page at hawkeyesports.com.

THE NEXT BIG THING

The Hawkeyes return 12 student-athletes who scored at last year's indoor conference championships across nine events: 60 meters (Lake Kwaza, Vinnie Saucer, Jr.), 60-meter hurdles (Aaron Mallett), 200 meters (Brittany Brown, James Harrington), 400 meters (Elexis Guster), 600 meters (MonTayla Holder, Carter Lilly), 800 meters (Will Teubel), high jump (Kevin Spejcher), long jump (Jahisha Thomas), and triple jump (Klyvens Delaunay).

Iowa was one of two teams to score in both the men's and women's short sprints. The Hawkeyes produced a pair of seventh-place finishes in the 60 meters from junior Vinnie Saucer, Jr. and senior Lake Kwaza, while juniors Brittany Brown and James Harrington each took fourth in the 200 meters.

PRODUCTIVE RUST-BUSTER

Iowa opened the 2016 season at the Border Battle on Jan. 9. It was a productive rust-buster for the Hawkeyes that was highlighted by 11 individual titles, and three Iowa top-ten performances.

FIRST TO BREAK 8

Junior All-American Aaron Mallett topped the Big Ten leaderboard and tied for 13th nationally following his season-opening performance in the men's 60-meter hurdles at the Border Battle on Jan. 9. The St. Louis, Missouri, native is the first Big Ten athlete to run under eight seconds this season when he crossed the finish in a winning time, 7.95.

COMING IN HOT

In his first indoor race since 2014, junior All-American O'Shea Wilson blazed down the 60-meter stretch in a lifetime best 6.76 at the Border Battle on Jan. 9. That mark ranks sixth all-time at Iowa and ties for third in the Big Ten.

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2016 INDOOR SEASON LEADERS

ROOKIES IMPRESS AT SEASON OPENER

Three freshmen -- Christian Brissett, Briana Guillory, and Tria Seawater-Simmons -- capitalized their collegiate debuts with wins at the Border Battle on Jan. 9. Brissett (21.36), a native of Wyncote, Pennsylvania, and Guillory (24.04), a native of Antioch, California, are slotted second in the Big Ten in the men's and women's 200 meters. The pair rank ninth and tenth nationally in their respective races.

Seawater-Simmons, from Phoenix, Arizona, ranks eighth among the Big Ten and Iowa's all-time list when she leaped 37-3 (11.35m) in the women's triple jump.

NEWCOMERS CRACK ALL-TIME LIST

Freshmen Andy Jatis and Amy Smith added their names to Iowa's record book in the men's and women's pole vault at the Border Battle on Jan. 9. Jatis, a native of New Lenox, Illinois, finished second overall in 16-0 ¾ (4.90m), a mark that puts him ninth on Iowa's all-time list.

Smith, a native of Wheaton, Illinois, cleared 10-4 (3.15m), which ranks seventh in program history.

MEET THE CAPTAINS

Junior Aaron Mallett and seniors Will Teubel, Mitch Wolff, Dakotah Goodell, MonTayla Holder, and Lake Kwaza were named team captains of the 2015-16 season.

A LOOK AHEAD

The 2016 Big Ten Indoor Championships will be held in Geneva, Ohio, on Feb. 26-27. The NCAA Indoor Championships are March 11-12 in Birmingham, Alabama.

NEXT ON THE BLOCK

The Hawkeyes head to Cedar Falls, Iowa, for the Big Four Duals on Jan. 23.

MEN

| | | |
|-----------------------|-----------------------------------|-------------------|
| 60 Meters | O'Shea Wilson | 6.76 |
| 60-Meter Hurdles | Aaron Mallett..... | 7.95 |
| 200 Meters | Christian Brissett..... | 21.74 |
| 400 Meters | DeJuan Frye | 49.93 |
| 600 Meters | Carter Lilly..... | 1:19.24 |
| 800 Meters | Will Teubel | 1:53.24 |
| Mile | Michael Melchert | 4:13.80 |
| 3,000 Meters | Daniel Soto | 8:47.98 |
| 1,600-Meter Relay... | Wolff, Frye, Mallett, Harris..... | 3:15.89 |
| High Jump..... | Kevin Spejcher | 6-7 (2.01m) |
| Pole Vault | Andy Jatis..... | 16-0 3/4 (4.90m) |
| Long Jump | Peter Andreano..... | 21-8 3/4 (6.62m) |
| Triple Jump | Kerry Dean, Jr. | 45-7 1/4 (13.90m) |
| Shot Put..... | Avery Meyers..... | 56-0 1/2 (17.08m) |
| Weight Throw..... | Avery Meyers..... | 53-5 (16.28m) |

WOMEN

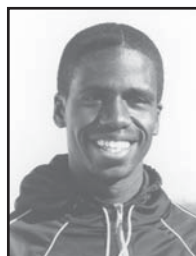
| | | |
|-----------------------|------------------------------------|------------------|
| 60 Meters | Lake Kwaza | 7.45 |
| 60-Meter Hurdles | Heaven Chandler | 8.94 |
| 200 Meters | Briana Guillory | 24.41 |
| 400 Meters | MonTayla Holder | 56.50 |
| 600 Meters | Elexis Guster | 1:34.01 |
| 800 Meters | Jordyn Sindt | 2:19.90 |
| Mile | Tess Wilberding..... | 5:09.92 |
| 3,000 Meters | Andrea Shine | 10:37.92 |
| 1,600-Meter Relay... | Guillory, Holder, Watts, Guster .. | 3:46.84 |
| High Jump..... | Khanishah Williams..... | 5-3 (1.60m) |
| Long Jump | Heaven Chandler | 17-2 3/4 (5.25m) |
| Pole Vault | Amy Smith | 10-4 (3.15m) |
| Triple Jump | Tria Seawater-Simmons .. | 37-3 (11.35m) |
| Weight Throw..... | Leah Colbert | 49-9 (15.16m) |

* -- school record

INDOOR ALL-TIME TOP TEN PERFORMERS



Justin Austin



Rodney Chambers



Jim Costello



Troy Doris



Bill Hansen



John Hickey



Ethan Holmes

60 Meters

- Justin Austin, 2011 6.69
- Kurt Felix, 1999..... 6.73
Tevin-Cee Mincy, 2014 6.73
- Josh Larney, 2013 6.74
- Troy Doris, 2012 6.75
- 6. O'Shea Wilson, 2016.....6.76**
- Tony Branch, 1999 6.78
- Paul Chaney, Jr., 2009 6.80
D'Juan Richardson, 2010 6.80
- Derrick Burks, 2005 6.81

60-Meter Hurdles

- Jordan Mullen, 2013..... 7.70
- 2. Aaron Mallett, 2015.....7.78**
- Ethan Holmes, 2013 7.82
- Dion Trowers, 1997 7.87
- Russell Peterson, 2004 7.97
- Dan Davis, 2012..... 8.02
- DeRocco Reed, 2000..... 8.03
Keith Brown, 2015..... 8.03
- Torrey Campbell, 2012 8.09
- Jordan Crosby, 2005 8.16

200 Meters

- Justin Austin, 2011 20.80
- Anthuan Maybank, 1993 21.11
- Bashir Yamini, 1999 21.19
- 4. James Harrington, 201421.21**
- Ethan Holmes, 2013 21.23
- Tim Dodge, 2000 21.26
- Paul Chaney, Jr., 2009 21.34
- George Page, 1997 21.35
- Zach Digney, 2004 21.39
- Tony Branch, 1998 21.46

400 Meters

- Steven Willey, 2010 46.75
- Terrence Duckett, 1984 46.81
- Andre Morris, 1995 47.15
- Monte Raymond, 1998..... 47.18
- Anthuan Maybank, 1990 47.25
- Patrick Richards, 2011 47.35
- Juan Coleman, 2002 47.40
- Justin Austin, 2012 47.61
- Ethan Holmes, 2013 47.63
- Curtis Chung, 1989 47.65

600 Meters

- Erik Sowinski, 2012..... 1:16.91
- 2. Will Teubel, 2014 1:17.84**
- Steven Willey, 2011 1:17.94
- Keaton Rickels, 2012 1:18.19
- Pat McGhee, 1988..... 1:18.30
- 6. Carter Lilly, 2015 1:18.37**
- Ryan Weir, 2013 1:18.62
- Chris Barton, 2011..... 1:18.75
Brennan Davey, 2014..... 1:18.75
- Neil Flattery, 2014 1:18.78

800 Meters

- Erik Sowinski, 2012..... 1:47.62
- Ryan Weir, 2013 1:49.11
- Adam Hairston, 2010..... 1:49.26
- Nathan Prom, 2013 1:49.29
- 5. Will Teubel, 2015 1:49.40**
- Nick Kuczvara, 2010 1:49.59
- Dave Novotny, 1996 1:51.27
- Jim Docherty, 1973..... 1:51.30
- Rod Chambers, 1989 1:51.33
- 10. Carter Lilly, 2015 1:51.40**

Mile

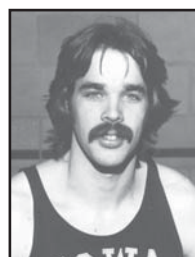
- Jeff Thode, 2011 3:58.72
- Ed DeLashmutt, 1981 4:04.01
- Larry Wieczorek, 1968..... 4:04.40
- John Clark, 1972 4:05.94
- Ben Witt, 2014 4:07.08
- Adam Thomas, 2002 4:07.13
- Kevin Herd, 1992 4:07.26
- Jesse Luciano, 2009 4:07.29
- Jake Berns, 2006..... 4:07.43
- Kevin Lewis, 2015 4:07.50

3,000 Meters

- Kevin Lewis, 2015 7:57.06
- Jeff Thode, 2011 8:00.38
- Micah VanDenend, 2006 8:00.81
- Eric MacTaggart, 2006 8:08.79
- Stetson Steele, 2000..... 8:09.54
- Ben Witt, 2015 8:10.97
- Dan Haut, 2005 8:11.36
- Kevin Herd, 1994 8:11.51
- Nick Holmes, 2010 8:15.48
- Andy Napier, 2008..... 8:15.70

5,000 Meters

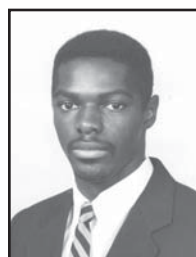
- Kevin Lewis, 2015 13:43.70
- Micah VanDenend, 2007 13:56.46
- Stetson Steele, 2000..... 14:00.52
- Dan Haut, 2006 14:06.16
- Eric MacTaggart, 2006 14:13.41
- Jeff Thode, 2011 14:16.00
- Matt Esche, 2004..... 14:18.43
- Jeff Kent, 2007..... 14:18.86
- Jesse Luciano, 2009 14:20.99
- Nick Nordheim, 2002 14:22.99



Bill Knoedel



Kevin Lewis



Anthuan Maybank



Jordan Mullen

INDOOR ALL-TIME TOP TEN PERFORMERS



Nathan Prom



Kyle Reid



Patrick Richards



Keaton Rickels



Erik Sowinski



Todd Wigginton



Steven Willey

Heptathlon

1. Kyle Reid, 2013 5,354 points
2. Dan Rolling, 2010 5,205 points
3. Jack Eckert, 2015 5,188 points
4. Ryan Niver, 2008..... 5,149 points
5. **William Dougherty, 2015 5,054 points**
6. Frank Prill, 2010..... 5,015 points
7. Scott Faber, 2000..... 4,784 points
8. Cam Appleman, 1997 4,685 points
9. Bobby Windauer, 2007 4,644 points
10. Jacob Drewry, 1995 4,612 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)
Kevin Spejcher, 2015..... 7-0 1/2 (2.15)
5. Pat Meade, 1987 7-0 1/4 (2.14)
6. Mike Lacy, 1984..... 7-0 (2.13)
7. M. Cunningham, 1984.. 6-11 1/4 (2.11)
8. 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. Kyle Reid, 2013 16-6 3/4 (5.05)
4. Curt Brock, 1979..... 16-6 (5.03)
5. Alex Zona, 2010..... 16-4 3/4 (5.00)
6. Phil Wertman, 1971 16-4 (4.98)
7. Jeff Raymond, 2008..... 16-2 (4.93)
8. John Teffer, 1972 16-1 (4.90)
9. **Andy Jatis, 2016..... 16-0 3/4 (4.90)**
10. 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. Josh Larney, 2013 24-10 (7.57)
6. Ronnie McCoy, 1984..... 24-9 (7.54)
7. **O'Shea Wilson, 2014... 24-8 1/2 (7.53)**
Matty Gorman, 2006.... 24-8 1/2 (7.53)
9. Charles Jones, 1980..... 24-8 1/4 (7.52)

10. Quinn Early, 1986 24-7 1/4 (7.50)

Triple Jump

1. Troy Doris, 2011 54-0 (16.46)
2. Babatunde Amosu,
2015 52-8 3/4 (16.07)
3. Paul Jones, 1990..... 52-1 1/4 (15.88)
**Klyvens Delaunay,
2014 52-1 1/4 (15.88)**
5. Mike Lacy, 1983 49-0 (14.93)
6. Owen Gill, 1982 48-10 3/4 (14.90)
7. Josh Bean, 2009 48-10 (14.88)
8. David Nsabua, 2013 48-9 (14.86)
9. Gordon Finch, 1988.... 48-3 3/4 (14.72)
10. Matty Gorman, 2006.. 48-3 1/2 (14.72)

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. Gary 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. Gabe Hull, 2014..... 59-3 (18.06)
8. Chris Gambol, 1987 59-0 (17.98)
9. Arno van der Westhuizen,
1999 58-10 3/4 (17.95)

10. **Avery Meyers, 2015 .. 58-4 3/4 (17.80)**

Weight Throw

1. Jim Costello, 2002 69-4 3/4 (21.15)
2. Matt Banse, 2012 67-8 (20.62)
3. Arno 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. Gabe Hull, 2014..... 59-7 (18.16)
10. Ryan Jordan, 2008 59-0 (17.98)

1,600-Meter Relay

1. Richards, E. Holmes, Sowinski, Willey,
2011 3:06.66
2. Rozell, Davis, Raymond, Yamini, 1998 3:06.80
3. Coleman, Faber, Strang, Peterson, 2002 .. 3:07.44
4. Richards, Sowinski, E. Holmes, Willey,
2011 3:07.84
5. Greer, Williams, Smith, Duckett, 1984..... 3:08.14
6. Card, Coleman, Williamson, Dodge, 2001 3:08.21
7. Davis, Rozell, Page, Morris, 1995..... 3:08.77
8. Dodge, Williamson, Card, Peterson, 2001 3:08.82
9. Richards, E. Holmes, Barton, Willey, 2011 3:08.85
10. Branch, Dodge, Donovan, Yamini, 1999 ... 3:08.99

3,200-Meter Relay

1. Cooke, Nie, Monsey, Chambers, 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. Kuczvara, Barton, Kuhlman, N. Holmes,
2010 9:51.05
6. Marchese, Varner, Hairston, Luciano,
2009 9:52.52
7. Paul, Varner, Hairston, Thode, 2010..... 9:52.71
8. Prom, Richardson, Sowinski, Thode,
2011 9:57.44
9. Trainor, Faber, Cunningham, Allen, 2002.. 9:58.14
10. Newell, Eisenlauer, Tice, Clark, 1973..... 10:00.0

INDOOR ALL-TIME TOP TEN PERFORMERS



Kineke Alexander



Meghan Armstrong



Brittany Brown



Tracy Dahl



Nicole Erickson



Karesa Farley



Ashlyn Gulvas

60 Meters

1. **Brittany Brown, 2014** **7.41**
Lake Kwaza, 2014..... **7.41**
3. Elaine Jones, 19837.43
4. Peaches Roach, 2005.....7.45
5. Shellene Williams, 20047.50
6. Jiselle Providence, 20027.52
7. Rhonda-Kaye Trusty, 20107.55
Erin Jones, 20117.55
Raven Moore, 20137.55
10. Angela Menson, 19827.57

60-Meter Hurdles

1. Karesa Farley, 20098.21
2. Tiffany Johnson, 2006.....8.33
3. Paula Ruen, 1998.....8.39
4. Sarah Steffen, 20028.45
Renee White, 2008.....8.45
6. Colleen Prendergast, 20008.57
7. Tammilee Kerr, 2008.....8.60
Jahisha Thomas, 2015..... **8.60**
9. Kimberly Stanford, 2008.....8.63
10. Diane Steinhart, 1981.....8.64

200 Meters

1. Kineke Alexander, 200623.49
2. Shellene Williams, 200423.62
3. **Brittany Brown, 2014** **23.63**
4. Marlene Poole, 199423.66
Yolanda Hobbs, 1995.....23.66
6. Erica Broomfield, 199823.81
7. **Lake Kwaza, 2014**..... **23.92**
8. Raven Moore, 201324.00
9. Erin Jones, 201124.01
10. Rhonda-Kaye Trusty, 201024.05

400 Meters

1. Kineke Alexander, 200751.48
2. Ellen Grant, 1996.....52.65
3. Shellene Williams, 200452.83
4. **Elexis Guster, 2015**..... **53.92**
5. Ashley Liverpool, 201154.09
6. **MonTayla Holder, 2015** **54.32**
7. **Alexis Hernandez, 2014**..... **54.91**
8. Tiffany Hendricks, 201155.06
9. Marlene Poole, 199355.20
10. Wynsome Cole, 199755.45

600 Yards

1. Senta Hawkins, 1987 1:21.06
2. Aisha Hume, 2004 1:21.74
3. Kay Stormo, 1982 1:22.49
4. Nicole Erickson, 2012 1:22.61
5. **Mahnee Watts, 2015**..... **1:22.82**
6. Bethany Praska, 2009 1:23.12
7. Hannah Simonson, 2012 1:23.18
8. Chris Davenport, 1982..... 1:24.14
9. **Kaitlyn Nelson, 2015** **1:24.52**
10. Sophia Poncè, 2007 1:24.55

600 Meters

1. Kineke Alexander, 2008 1:27.45
2. Bethany Praska, 2011 1:28.14
3. **MonTayla Holder, 2014** **1:29.98**
4. Senta Hawkins, 1987 1:30.77
5. **Kaitlyn Nelson, 2013** **1:31.44**
6. Karen Layne, 1990 1:31.45
7. Nicole Erickson, 2012 1:31.71
8. **Mahnee Watts, 2015**..... **1:32.07**
9. Kay Stormo, 1982 1:32.30
10. **Elexis Guster, 2015** **1:32.35**

800 Meters

1. Bethany Praska, 2011 2:05.01
2. Jeanne Kruckeberg, 1989 2:06.38
3. Michelle Lahann, 2004 2:06.83
4. **Katharina Trost, 2014**..... **2:07.38**
5. **Mahnee Watts, 2014**..... **2:08.79**
6. **Adrienne Alexia, 2013**..... **2:08.95**
7. Briana Benning, 1996 2:09.22
8. **Kaitlyn Nelson, 2013** **2:09.58**
9. **MonTayla Holder, 2015** **2:10.34**
10. Kay Stormo, 1981 2:11.04

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



Senta Hawkins



Tiffany Hendricks



Tammilee Kerr



Lake Kwaza



Ashley Liverpool



McKenzie Melander

INDOOR ALL-TIME TOP TEN PERFORMERS



Zinnia Miller



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 .. 5-11 1/4 (1.81)**
4. Becky Kaza, 19955-9 3/4 (1.77)
5. Caleigh Bacchus, 2010.....5-9 1/4 (1.76)
6. Kristi Dinkla, 1985.....5-8 1/2 (1.74)
- Kacey Childs, 2001.....5-8 1/2 (1.74)
8. Traci Claussen, 1987 5-8 (1.73)
9. Kathy Gillespie, 19835-7 3/4 (1.72)
10. Lynn McMillan, 19885-7 1/4 (1.71)
- Tammilee Kerr, 2008.....5-7 1/4 (1.71)

Pole Vault

1. Jessie Strand, 200412-5 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)
6. Gina Shannon, 2001 10-6 (3.20)
7. **Amy Smith, 2016 10-4 (3.15)**
8. Kacey Childs, 2001..... 9-0 (2.75)
9. Amy Kasparbauer, 2000..... 8-0 (2.44)

Long Jump

1. Zinnia Miller, 2014.....20-4 1/4 (6.20)
2. Carisa Leacock, 201419-9 1/2 (6.03)
3. **Jahisha Thomas, 2015 19-7 (5.97)**
4. Lisa Moats, 1986 19-6 (5.95)
5. Cassidy Ellis, 2015.....19-5 1/2 (5.93)
6. Renee White, 2006.....19-3 1/4 (5.87)
7. Tiffany Johnson, 2007.....19-2 1/2 (5.85)
8. Davera Taylor, 198419-1 1/2 (5.83)
9. Yolanda Hobbs, 1993..... 19-1 (5.80)
10. Kamesha Marshall, 2005 .18-11 1/4 (5.77)

Triple Jump

1. Renee White, 2008..... 42-4 (12.90)
2. Tiffany Johnson, 2007.....41-3 3/4 (12.59)
3. Zinnia Miller, 2014.....41-2 1/2 (12.56)
4. Carisa Leacock, 201240-5 1/2 (12.33)
5. Becki Borg, 1987..... 39-6 (12.04)
6. Lynn McMillan, 1988 38-2 (11.63)
7. Sarah Ryan, 2014.....37-5 1/4 (11.41)
8. **Tria Seawater-Simmons, 2016 37-3 (11.35)**
9. Lisa Moats, 1985 35-1 (10.69)
10. Becca Franklin, 2004..... 34-3 (10.44)
- Rachel Ballard, 2013..... 34-3 (10.44)

Shot Put

1. Gail Smith, 1985 51-0 (15.54)
2. Lisa Van Steenwyk, 1993 . 50-5 1/4 (15.37)
3. Kamesha Marshall, 2005 . 49-2 1/4 (14.99)
4. Denise Taylor, 1992 48-9 (14.86)
5. Rachel Curry, 2013 48-2 1/2(14.69)
6. Megan Maurer, 1995..... 47-5 3/4 (14.47)
7. Laura Kriener, 1990 47-5 (14.45)
- Courtney Fritz, 2014..... 47-5 (14.45)

9. Jennifer Gilson, 2002.....46-11 (14.30)
10. Alexa Hunt, 201546-8 3/4 (14.24)

Weight Throw

1. Ashlyn Gulvas, 2013 63-6 (19.35)
2. Jasmine Simpson, 2013 ... 62-6 1/2 (19.06)
3. Annemie Smith, 2014..... 61-4 (18.69)
4. Kelsey Taylor, 2011 60-4 1/2 (18.40)
5. Majesty Tutson, 2011 58-4 (17.78)
6. Becca Franklin, 2007 58-3 1/4 (17.76)
7. Chelsea Colpitts, 2013 56-4 (17.17)
8. Erin O'Hern, 2008..... 56-3 (17.14)
9. Mandy Chandler, 2009 54-4 1/2 (16.57)
10. Kerri Blackstone, 1999..... 50-9 3/4 (15.48)

Pentathlon

1. Tammilee Kerr, 2008.....3,974 points
2. Chris Davenport, 1983.....3,798 points
3. Kamesha Marshall, 20053,701 points
4. Tiff Pedersen, 2004.....3,511 points
5. Sarah Ryan, 2013..... 3,472 points
6. Maureen Abel, 1979.....3,427 points
7. Zinnia Miller, 2012.....3,416 points
8. Janet Adams, 19813,360 points
9. Janelle Jaspers, 19873,366 points
10. Cassidy Ellis, 2014.....3,346 points

1,600-Meter Relay

1. Liverpool, Hendricks, Praska, Erickson, 2011 3:36.97
2. **Hernandez, Holder, Guster, Watts, 2014 3:37.16**
3. Liverpool, Hendricks, Erickson, Praska, 2011 3:37.58
4. **Kwaza, Guster, Holder, Watts, 2015..... 3:37.84**
5. **Kwaza, Holder, Watts, Guster, 2015..... 3:38.56**
6. **Guster, Holder, Watts, Hernandez, 2014 3:38.62**
7. Hendricks, Erickson, Praska, Liverpool, 2011 3:39.15
8. **Guster, Watts, Holder, Kwaza, 2015..... 3:39.30**
9. Hendricks, Praska, Erickson, Liverpool, 2011 3:40.42
10. McCalla, Granger, Alexander, Johnson, 2006 3:40.52

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