

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



TRACK AND FIELD CONTACT: BRANDEE BRITT

FEBRUARY 13, 2013

2013 IOWA TRACK & FIELD INDOOR SCHEDULE

Date	Meet	Result
Jan. 12	Iowa Open (Iowa City, Iowa)	No team Scores
Jan. 19	Adidas Classic (Lincoln, Neb.)	M:2nd W: 3rd
Jan. 25-26	Bill Bergan Invite (Ames, Iowa)	M: 3rd W: 7th
Feb. 1-2	Meyo Invite (Notre Dame, Ind.)	No Team Scores
Feb. 8-9	Iowa State Classic (Ames, Iowa)	No Team Scores
	Tyson Invite (Fayetteville Ark.)	No Team Scores
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.)	

THIS WEEK

The University of Iowa track and field team is set to host the Iowa Invitational on Friday at the UI Recreation Building. Field events are scheduled to begin at 4 p.m. and running events are set to start at 4:35 p.m. (CT). The Iowa Invitational will feature teams from Simpson College, Central College, Bradley University, Drake and Western Illinois.

IN THE RANKINGS

Both the men's and women's track and field teams are ranked in the USTFCCA regional rankings. The Hawkeye men's team is ranked seventh, while the women's team is ranked 15th.

MULLEN BREAKS RECORD...AGAIN

Senior Jordan Mullen broke his own 60-meter hurdles school record at the Tyson Invitational on Feb. 8. Mullen finished first in the hurdle prelims when he crossed the line in 7.73. This marks the second time Mullen beat out his own record this season. Mullen's school-record setting time is also the top time in the Big Ten this season, and ties for the sixth best time in the nation.

3-FOR-3

Senior Ryan Weir and junior Nathan Prom have recorded personal best 800 meter times in their last three consecutive meets. Weir's collegiate best time of 1:49.28 ranks third all-time at Iowa, while Prom's time of 1:49.29 ranks fourth.

GULVAS CONTINUES TO IMPROVE

Junior Ashlyn Gulvas has recorded four personal best marks in the weight throw this season. Her most recent toss of 61-6 1/4 (18.75m) ranks second all-time at Iowa. Junior Jasmine Simpson holds the school record in the event (62-6 1/4; 19.06m).

LEWIS CRACKS TOP TEN

Sophomore Kevin Lewis recorded a personal-best time of 14:27.28 in the 5,000 meters at the Iowa State Classic on Feb. 9. Lewis' time ranks 10th all-time at Iowa.

HOLMES SHINES IN 200

Ethan Holmes cracked the 200 meters all-time top 10 list at the Tyson Invitational on Feb. 9. The senior crossed the line in a personal best time of 21.49 to finish 13th in the event. That time ties for the ninth best time in school history. Holmes made his 200 meter debut at the adidas Classic on Jan. 19.

IOWA COACHING STAFF

Larry Wieczorek Director of Track & Field
Layne Anderson ... Head Track & Field Coach
Scott CapposDirector of Field Events
Clive RobertsAssistant Coach/Director of
.....Recruiting
Mike ScottAssistant Coach
Joey WoodyAssistant Coach

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BIG TEN INDOOR CHAMPIONSHIPS

The 2013 Big Ten Indoor Championships are set for Feb. 22-23 in Geneva, Ohio. The event will take place at the SPIRE Institute, one of the world's largest indoor Olympic-grade multi-sport training complexes. Tickets to the event can be purchased online at <http://www.spireinstitute.org/events/track-and-field/big-ten-indoor-track-and-field-championships>.

MEET THE RECORD HOLDERS

Four Hawkeyes currently hold indoor school records. Senior Justin Austin holds records in the 60 meters (6.69) and 200 meters (20.80), while senior Jordan Mullen holds the 60-meter hurdles (7.73) record. Senior Kyle Reid owns the men's heptathlon record (5,257 points), and junior Jasmine Simpson holds the school record in the weight throw (62-6 1/2; 19.06m).

HERKY'S KIDS RACE

Children attending the meet are encouraged to compete in Herky's Kids Race. The race is set to begin at 6 p.m.

ON THE BIG TEN BOARD

Seven Hawkeyes own marks that rank among the top 5 in the conference.

1. Jordan Mullen -- 60-meter hurdles (7.73)
2. Ethan Holmes -- 60-meter hurdles (7.83)
2. Josh Larney -- 60 meters (6.75)
2. Khanishah Williams -- High Jump (5-10; 1.78m)
3. Klyvens Delaunay -- Triple Jump (51-3 1/2; 15.63m)
5. Montayla Holder -- 600 meters (1:31.22)
5. Kyle Reid -- Heptathlon (5,257 points)

NEXT ON THE BLOCK

The Hawkeyes will head to Geneva, Ohio for the 2013 Big Ten Indoor Championships on Feb. 22-23.

2013 INDOOR SEASON LEADERS

MEN'S	WOMEN'S
60 meters Josh Larney6.75	60 meters Lake Kwaza7.58
60-meter hurdles .. Jordan Mullen7.73	60-meter hurdlesKhanishah Williams9.01
200 meters Ethan Holmes..... 21.49	200 metersRaven Moore 24.30
400 meters Ethan Holmes..... 47.63	400 metersMonTayla Holder 55.33
600 meters Keaton Rickels..... 1:19.48	600 metersMonTayla Holder 1:32.33
800 meters Ryan Weir 1:49.28	800 meters Kaitlyn Nelson 2:10.17
1,000 meters Sam Fourman..... 2:27.31	1,000 metersAdrienne Alexia 2:54.12
Mile Sam Fourman..... 4:11.23	Mile Megan Ranegar 4:56.56
3,000 meters Kevin Lewis 8:12.36	3,000 metersLisa Gordon 9:47.63
5,000 meters Kevin Lewis 14:27.28	Weight ThrowJasmine Simpson ... 62-6 1/2 (19.06m)
Shot Put Gabe Hull 55-3 1/2 (16.85m)	Shot Put Rachel Curry 46-1 1/2 (14.06m)
Weight Throw Gabe Hull 59-5 3/4 (18.13m)	Long Jump Carisa Leacock 19-2 3/4 (5.86m)
High Jump Kevin Spejcher 6-10 1/4 (2.09m)	Triple Jump Carisa Leacock 39-11 1/4 (12.17m)
Long Jump Josh Larney 23-5 1/4 (7.14m)	High JumpKhanishah Williams5-10 (1.78m)
Triple Jump Klyvens Delaunay ... 51-3 1/2 (15.63m)	Pole Vault Brittany Holst..... 11-3 3/4 (3.45m)
Pole Vault Kyle Reid 15-9 (4.80m)	Pentathlon Sarah Ryan3,439 points
Heptathlon Kyle Reid5,257 points	1,600-meter relay ... Miller, Holder, R. Moore, Nelson 3:44.87
1,600-meter relay VanCleave, Rickels, Davey, E. Holmes..... 3:10.97	
Distance Medley Witt, Flattery, Teubel, Wilfong..... 10:04.53	

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
Josh Larney, 2013	6.75
5. Tony Branch, 1999	6.78
6. Paul Chaney, Jr., 2009	6.80
D'Juan Richardson, 2010	6.80
8. Derrick Burks, 2005	6.81
Tevin-Cee Mincy, 2012	6.81
10. Zeke Sayon, 2010	6.82

60-Meter Hurdles

1. Jordan Mullen, 2013	7.73
2. Ethan Holmes, 2013	7.83
3. Dion Trowers, 1997	7.87
4. Russell Peterson, 2004	7.97
5. Dan Davis, 2012	8.02
6. DeRocco Reed, 2000	8.03
7. Torrey Campbell, 2012	8.09
8. Jordan Crosby, 2005	8.16
9. D'Juan Richardson, 2009	8.20
10. Keith Brown, 2013	8.21

200 Meters

1. Justin Austin, 2011	20.80
2. Anthuan Maybank, 1993	21.11
3. Bashir Yamini, 1999	21.19
4. Tim Dodge, 2000	21.26
5. Paul Chaney, Jr., 2009	21.34
6. George Page, 1997	21.35
7. Zach Digney, 2004	21.39
8. Tony Branch, 1998	21.46
9. David Chaplin, 2006	21.49
Ethan Holmes, 2013	21.49

400 Meters

1. Steven Willey, 2010	46.75
2. Terrence Duckett, 1984	46.81
3. Andre Morris, 1995	47.15
4. Monte Raymond, 1998	47.18
5. Anthuan Maybank, 1990	47.25
6. Patrick Richards, 2011	47.35
7. Juan Coleman, 2002	47.40
8. Justin Austin, 2012	47.61
9. Ethan Holmes, 2013	47.63
10. Curtis Chung, 1989	47.65

600 Meters

1. Erik Sowinski, 2012	1:16.91
2. Steven Willey, 2011	1:17.94
3. Keaton Rickels, 2012	1:18.19
4. Pat McGhee, 1988	1:18.30
5. Chris Barton, 2011	1:18.75
6. Adam Hairston, 2009	1:19.05
7. Monte Raymond, 1997	1:19.18
8. Scott Williamson, 2001	1:19.19
Brennan Davey, 2012	1:19.19
10. D'Juan Strozier, 1990	1:19.20

800 Meters

1. Erik Sowinski, 2012	1:47.62
2. Adam Hairston, 2010	1:49.26
3. Ryan Weir, 2013	1:49.28
4. Nathan Prom, 2013	1:49.29
5. Nick Kuczvara, 2010	1:49.59
6. Dave Novotny, 1996	1:51.27
7. Jim Docherty, 1973	1:51.30
8. Rod Chambers, 1989	1:51.33
9. Jim Donovan, 1999	1:51.52
10. Michael Layne, 1997	1:51.54

Mile

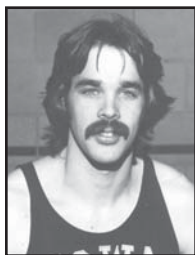
1. Jeff Thode, 2011	3:58.72
2. Ed DeLashmutt, 1981	4:04.01
3. Larry Wiczorek, 1968	4:04.40
4. John Clark, 1972	4:05.94
5. Adam Thomas, 2002	4:07.13
6. Kevin Herd, 1992	4:07.26
7. Jesse Luciano, 2009	4:07.29
8. Jake Berns, 2006	4:07.43
9. Micah VanDenend, 2007	4:07.54
10. Ted Wheeler, 1956	4:07.74

3,000 Meters

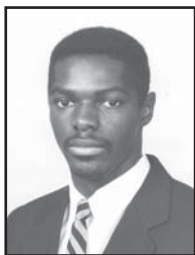
1. Jeff Thode, 2011	8:00.38
2. Micah VanDenend, 2006	8:00.81
3. Eric MacTaggart, 2006	8:08.79
4. Stetson Steele, 2000	8:09.54
5. Dan Haut, 2005	8:11.36
6. Kevin Herd, 1994	8:11.51
7. Kevin Lewis, 2013	8:12.36
8. Nick Holmes, 2010	8:15.48
9. Andy Napier, 2008	8:15.70
10. Larry Wiczorek, 1968	8:17.00

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 Lewis, 2013	14:27.28



Bill Knoedel



Anthuan Maybank



Jordan Mullen



Nathan Prom



Patrick Richards

INDOOR ALL-TIME TOP TEN PERFORMERS



Keaton Rickels



Kyle Reid



Erik Sowinski



Jeff Thode



Micah VanDenend



Todd Wigginton



Steven Willey

Heptathlon

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

High Jump

1. Bill Knoedel, 1976 7-3 (2.21)
- Bill Hansen, 1978 7-3 (2.21)
3. Scott Hudek, 1993 7-0 1/2 (2.15)
4. Pat Meade, 1987 7-0 1/4 (2.14)
5. Mike Lacy, 1984 7-0 (2.13)
6. M. Cunningham, 1984 6-11 1/4 (2.11)
7. Jeffery Herron, 2010 6-11 (2.11)
- Peter Hlavin, 1980 6-11 (2.11)
- Brandon Oest, 2010 6-11 (2.11)
- Dan Rolling, 2008 6-11 (2.11)
- Graham Valdes, 2010 6-11 (2.11)

Pole Vault

1. Todd Wigginton, 1984 17-1 (5.21)
2. Dave Nielsen, 1975 16-10 (5.13)
3. Curt Brock, 1979 16-6 (5.03)
4. Alex Zona, 2010 16-4 3/4 (5.00)
- Kyle Reid, 2010 16-4 3/4 (5.00)
6. Phil Wertman, 1971 16-4 (4.98)
7. Jeff Raymond, 2008 16-2 (4.93)
8. John Teffer, 1972 16-1 (4.90)
9. Chad Ohly, 1995 15-9 (4.80)
- Rich Palumbo, 1989 15-9 (4.80)

Long Jump

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

Triple Jump

1. Troy Doris, 2011 54-0 (16.46)
2. Paul Jones, 1990 52-1 1/4 (15.88)
3. Klyvens Delaunay, 2013 ... 51-3 1/2 (15.63)
4. Babatunde Amosu, 2013 .. 49-2 1/2 (15.00)
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. Gordon Finch, 1988 48-3 3/4 (14.72)
9. Matty Gorman, 2006 48-3 1/2 (14.72)
10. Pat Miller, 1984 47-11 (14.60)

Shot Put

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

Weight Throw

1. Jim Costello, 2002 69-4 3/4 (21.15)
2. Matt Banse, 2012 67-8 (20.62)
3. A. van der Westhuizen, 2001 .. 67-7 1/2 (20.61)
4. Adam Hamilton, 2007 66-9 1/4 (20.35)
5. Jeremy Allen, 2001 65-10 1/4 (20.07)
6. Chris Voller, 2005 63-4 (19.30)
7. Ryan Lamparek, 2012 61-2 (18.62)
8. Brad Daufeldt, 2004 60-4 1/2 (18.40)
9. Gabe Hull, 2013 59-5 3/4 (18.13)
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. Kuczwarra, Barton, Kuhlman, N. Holmes, 2010 9:51.05
6. Marchese, Varner, Hairston, Luciano, 2009 9:52.52
7. Paul, Varner, Hairston, Thode, 2010 9:52.71
8. Prom, Richardson, Sowinski, Thode, 2011 9:57.44
9. Trainor, Faber, Cunningham, Allen, 2002 9:58.14
10. Newell, Eisenlauer, Tice, Clark, 1973 10:00.0

INDOOR ALL-TIME TOP TEN PERFORMERS



Kineke Alexander



Meghan Armstrong



Tracy Dahl



Nicole Erickson



Karessa Farley



Ashlyn Gulvas



Senta Hawkins

60 Meters

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

60-Meter Hurdles

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

200 Meters

1. Kineke Alexander, 2006 23.49
2. Shellene Williams, 2004 23.62
3. Marlene Poole, 1994 23.66
- Yolanda Hobbs, 1995 23.66
5. Erica Broomfield, 1998 23.81
6. Erin Jones, 2011 24.01
7. Rhonda-Kaye Trusty, 2010 24.05
8. Peaches Roach, 2007 24.09
9. **Raven Moore, 2013 24.30**
10. Jiselle Providence, 2002 24.44

400 Meters

1. Kineke Alexander, 2007 51.48
2. Ellen Grant, 1996 52.65
3. Shellene Williams, 2004 52.83
4. Ashley Liverpool, 2011 54.09
5. Tiffany Hendricks, 2011 55.06
6. Wynsome Cole, 1997 55.45
7. Nicole Charles, 2002 55.59
8. Senta Hawkins, 1988 55.66
9. Marlene Poole, 1993 55.20
10. **MonTayla Holder, 2013 55.33**

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. **MonTayla Holder, 2013 1:32.33**
8. Aisha Hume, 2004 1:32.41
9. **Kaitlyn Nelson, 2013 1:33.50**
10. Sophia Chow, 2002 1:33.54

800 Meters

1. Bethany Praska, 2011 2:05.01
2. Jeanne Kruckeberg, 1989 2:06.38
3. Michelle Lahann, 2004 2:06.83
4. Briana Benning, 1996 2:09.22
5. **Kaitlyn Nelson, 2013 2:10.17**
6. Kay Stormo, 1981 2:11.04
7. Ann Pare, 1997 2:11.19
8. Lauren Hardesty, 2011 2:11.80
9. Atalie Barber, 2003 2:12.10
10. Shannon Stanley, 2005 2:12.13

Mile

1. McKenzie Melander, 2011 4:39.78
2. Jeanne Kruckeberg, 1989 4:40.19
3. Meghan Armstrong, 2006 4:40.59
4. Lauren Hardesty, 2011 4:41.01
5. Tina Stec, 1994 4:42.63
6. Betsy Flood, 2010 4:42.70
7. Penny O'Brien, 1981 4:43.72
8. Diane Nukuri, 2007 4:46.25
9. Michelle Lahann, 2004 4:47.23
10. Amanda Hardesty, 2010 4:48.69

3,000 Meters

1. Tracy Dahl, 1993 9:15.57
2. Meghan Armstrong, 2008 9:17.50
3. Diane Nukuri, 2008 9:20.07
4. Betsy Flood, 2011 9:20.09
5. Nan Doak, 1982 9:21.60
6. Jenny Spangler, 1986 9:22.41
7. **Mareike Schrulle, 2012 9:23.97**
8. **Brooke Eilers, 2012 9:27.92**
9. McKenzie Melander, 2012 9:29.71
10. Krista Anderson, 2006 9:29.75



Lauren Hardesty



Tiffany Hendricks



Elaine Jones



Tammilee Kerr



Ashley Liverpool



McKenzie Melander

INDOOR ALL-TIME TOP TEN PERFORMERS



Lisa Moats



Diane Nukuri



Bethany Praska



Peaches Roach



Gail Smith



Jessie Strand



Renee White

5,000 Meters

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

High Jump

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

Pole Vault

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

Long Jump

1. Lisa Moats, 1986 19-6 (5.95)
2. Renee White, 2006 19-3 1/4 (5.87)
3. **Carisa Leacock, 2013 19-2 3/4 (5.86)**
4. Tiffany Johnson, 2007 19-2 1/2 (5.85)
5. Davera Taylor, 1984 19-1 1/2 (5.83)
6. Yolanda Hobbs, 1993 19-1 (5.80)
7. Kamesha Marshall, 2005 18-11 1/4 (5.77)
8. **Zinnia Miller, 2013 18-9 (5.71)**
9. **Sarah Ryan, 2013 18-8 (5.69)**
10. Catharine Parmiter, 2000 18-7 1/2 (5.68)

Triple Jump

1. Renee White, 2008 42-4 (12.90)
2. Tiffany Johnson, 2007 41-3 3/4 (12.59)
3. **Carisa Leacock, 2012 40-5 1/2 (12.33)**
4. Becki Borg, 1987 39-6 (12.04)
5. Lynn McMillan, 1988 38-2 (11.63)
6. Lisa Moats, 1985 35-1 (10.69)
7. Becca Franklin, 2004 34-3 (10.44)

Shot Put

1. Gail Smith, 1985 51-0 (15.54)
2. Lisa Van Steenwyk, 1993 50-5 1/4 (15.37)
3. Kamesha Marshall, 2005 49-2 1/4 (14.99)
4. Denise Taylor, 1992 48-9 (14.86)
5. **Rachel Curry, 2012 48-1 3/4 (14.67)**
6. Megan Maurer, 1995 47-5 3/4 (14.47)
7. Laura Kriener, 1990 47-5 (14.45)
8. Jennifer Gilson, 2002 46-11 (14.30)
9. Jennifer Moon, 2000 45-9 (13.94)
- Tiffany Medenwaldt, 2010 45-9 (13.94)
- Micaela Haight, 2011 45-9 (13.94)

Weight Throw

1. **Jasmine Simpson, 2013 62-6 1/2 (19.06)**
2. **Ashlyn Gulvas, 2013 61-6 1/4 (18.75)**
3. Kelsey Taylor, 2011 60-4 1/2 (18.40)
4. **Annemie Smith, 2013 60-0 1/4 (18.29)**
5. **Majesty Tutson, 2011 58-4 (17.78)**
6. Becca Franklin, 2007 58-3 1/4 (17.76)
7. Erin O'Hern, 2008 56-3 (17.14)
8. Mandy Chandler, 2009 54-4 1/2 (16.57)
9. **Chelsea Colpitts, 2013 53-6 (16.32)**
10. Kerri Blackstone, 1999 50-9 3/4 (15.48)

Pentathlon

1. Tammilee Kerr, 2008 3,974 points
2. Chris Davenport, 1983 3,798 points
3. Kamesha Marshall, 2005 3,701 points
4. Tiff Pedersen, 2004 3,511 points
5. **Sarah Ryan, 2013 3,439 points**
6. Maureen Abel, 1979 3,427 points
7. **Zinnia Miller, 2012 3,416 points**
8. Janet Adams, 1981 3,360 points
9. Janelle Jaspers, 1987 3,366 points
10. **Khanishah Williams, 2013 3,273 points**

1,600-Meter Relay

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

Distance Medley Relay

1. **Armstrong, Alexander, L. Hardesty, Nukuri, 2008 11:20.11**
2. **Melander, Hendricks, L. Hardesty, Eilers, 2011 11:22.44**
3. Stormo, Davenport, Williams, O'Brien, 1981 11:23.02
4. **Melander, Praska, Hendricks, Flood, 2011 11:24.47**
5. **Flood, Hendricks, L. Hardesty, Melander, 2010 11:25.01**
6. **Melander, Hendricks, Flood, Marchand, 2009 11:27.34**
7. Benning, Poole, Salsberry, Stec, 1994 11:28.03
8. Stormo, Davenport, Hayden, Doak, 1982 11:29.54
- Armstrong, Granger, Stanley, K. Anderson, 2006 11:29.54
10. **Lahann, Williams, Stanley, Arens, 2004 11:30.36**