

IOWA TRACK & FIELD 2017

22 Olympians
13 NCAA Champions
244 All-American Honors
285 Big Ten Champions
439 Academic All-Big Ten Honors



January 18, 2017

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2017 IOWA TRACK & FIELD INDOOR SCHEDULE

Date	Meet
Jan. 6-7	Border Battle (Iowa City, Iowa)
Jan. 14	Hawkeye Invitational (Iowa City, Iowa)
Jan. 20-21	Larry Wieczorek Invite (Iowa City, Iowa)
Jan. 27-28	Black & Gold Premier (Iowa City, Iowa)
Feb. 4	Meyo Classic (South Bend, Ind.)
Feb. 10	Iowa State Classic (Ames, Iowa)
Feb. 11	Tyson Invitational (Fayetteville, Ark.)
Feb. 17	Iowa Open (Iowa City, Iowa)
Feb. 26-27	Big Ten Championships (Geneva, Ohio)
Mar. 11-12	NCAA Championships

IOWA COACHING STAFF

Joey Woody	Director of Track & Field
Randy Hasenbank	Associate Head Cross Country
.....	Assistant Track & Field Coach
Clive Roberts	Associate Head Coach
Jason Wakenight	Assistant Coach
.....	Director of Recruiting
Andrew Dubs	Assistant Coach
Kate See	Director of Operations

THIS WEEK

The University of Iowa track and field team hosts Florida State, Iowa State and UNI this weekend at the Larry Wieczorek Invitational. The two-day meet begins at Friday 10:30 a.m. (CT) inside the UI Recreation building and continues at 10 a.m. on Saturday. Admission to the event is free.

HOT AND FRESH OUT THE KITCHEN

Pizza will be given to the first 100 fans who arrive, beginning at 5 p.m.

FOLLOW ALONG

Live results will be available at hawkeyesports.com/tracklive. A live stream of the meet will also be available through Hawkeye All-Access on hawkeyesports.com

LAST TIME OUT

Iowa hosted the Hawkeye Invitational on Saturday, Jan. 14, against Iowa State, Iowa Central CC, South Dakota, UNI, and Western Illinois. The Hawkeyes claimed six event titles and set 14 personal bests during the meet.

Redshirt junior O'Shea Wilson's long jump was the performance of the day. His leap of 7.86m (25-9 ½) is a personal best, meet record, and ranks No.1 nationally. Senior Aaron Mallet continued to impress in his final season. Mallett set a facility record in the 60-meter hurdles with a time of 7.79 to capture the event title for the second straight weekend. Redshirt freshman Emmanuel Ogwo won his first event in his short career. Ogwo set a meet record in the 200-meter dash, notching a time of 21.51.

The women set four personal bests in the 60-meter hurdles. Junior Jahisha Thomas' meet record of 8.46 led the Iowa charge in the event to a sweep of the top three spots along with junior Heaven Chandler and freshman Jenny Kimbro. In the shot put, redshirt freshman Nia Britt (14.09m, 46-2 3/4) and freshman Erika Hammond (13.90m, 45-7 1/4) set personal best marks, placing second and fourth, respectively.



HONORING COACH WIZ

This weekend's meet is named after former Hawkeye track and field coach Larry Wieczorek. Wieczorek's time at Iowa spanned 50 years as both a student-athlete and coach. Wieczorek was a six-time Big Ten Champion and four-time All-American as a cross country runner. He then spent 30 years as the head coach of the UI track and field program, leading Iowa to 79 individual Big Ten Champions and 53 All-Americans.

I BELIEVE I CAN FLY

Redshirt junior O'Shea Wilson earned Big Ten Field Athlete of the Week honors following the Hawkeye Invitational on Saturday. After scratching four of his previous five attempts, Wilson leaped a personal best mark of 7.86m (25-9 2/4). That distance ranks first nationally and set a meet record. Wilson's mark fell 4.3 inches shy of tying former Hawkeye and Olympian Anthuan Maybank's facility record set in 1992. The last Hawkeye to earn Big Ten Field Athlete of the Week was Troy Doris in 2012.

MALLET IGNITES 60M HURDLES

Mallett continues to dominate the field in the 60-meter hurdles. The St. Louis, Missouri, native grabbed his second straight title at the Hawkeye Invitational on Jan. 14 and moved up to third in the country in the 60-meter hurdles with a time of 7.79, according to tfrs.org.

TOP-RANKED HAWKEYES

Iowa has three competitors ranked in the top 10 nationally, according to tfrs.org. Senior Aaron Mallet ranks third in the country in the 60-meter hurdles with a time of 7.78. Redshirt junior O'Shea Wilson is atop the long jump list with a mark of 7.86m (25-9 1/2), and the relay team of Colin Hofacker, redshirt freshman Emmanuel Ogwo, senior Jared Ganschow, and Mallett are eighth with a time of 3:10.17.

NEXT ON THE BLOCK

The Hawkeyes host their fourth straight home meet with the Black and Gold Premier. The meet is scheduled to begin on Friday, Jan. 27, at 11 a.m. (CT) and continue on Saturday, Jan. 28, at 10 a.m. Admission to the event is free.

2017 INDOOR SEASON LEADERS

MEN

60 Meters	Jacob Gourley	6.80
60-Meter Hurdles	Aaron Mallett	7.79
200 Meters	Emmanuel Ogwo	21.51
400 Meters	Emmanuel Ogwo	48.52
600 Meters	Anthony Chaidez	1:20.10
1,000 Meters	Tysen VanDraksa	2:28.29
Mile	Adam Jones	4:13.47
3,000 Meters	Daniel Murphy	8:34.26
1,600-Meter Relay	Hofacker, Ogwo, Ganschow, Mallett	3:10.17
High Jump	Erik Miller	6-4 (1.93m)
	Peter Andreano	6-4 (1.93m)
	Brelyn Barclay	6-4 (1.93m)
Pole Vault	Andy Jatis	16-0 3/4 (4.90m)
Long Jump	O'Shea Wilson	25-9 1/2 (7.86m)
Triple Jump	Akinshe Calica-Hill	46-6 1/4 (14.18m)
Shot Put	Avery Meyers	60-1 3/4 (18.33m)
Weight Throw	Reno Tuufuli	56-2 1/2 (17.13m)

WOMEN

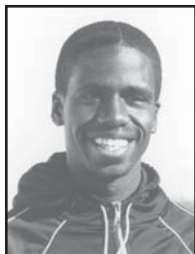
60 Meters	Taylor Chapman	7.68
60-Meter Hurdles	Jahisha Thomas	8.46
200 Meters	Taylor Chapman	25.05
400 Meters	Tia Saunders	58.93
600 Meters	Alexis Hernandez	1:33.55
800 Meters	Macie Weber	2:20.40
1,000 Meters	Tess Wilberding	2:53.74
Mile	Tess Wilberding	5:00.60
3,000 Meters	Andrea Shine	10:13.24
1,600-Meter Relay	Kimbrow, Hernandez, Hargrave, Buss	3:48.03
High Jump	Aubrianna Lantrip	5-7 1/4 (1.71m)
Pole Vault	Amy Smith	11-5 3/4 (3.50m)
Long Jump	Jahisha Thomas	19-1 1/2 (5.83m)
Triple Jump	T. Seawater-Simmons	42-1 1/4 (12.83m)
Shot Put	Laulauga Tausaga	47-10 1/2 (14.59m)
Weight Throw	Leah Colbert	55-0 3/4 (16.78m)

* -- 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
- Vinnie Saucer, Jr., 20166.70**
- Kurt Felix, 1999..... 6.73
Tevin-Cee Mincy, 2014 6.73
- Josh Larney, 2013 6.74
- Troy Doris, 2012 6.75
- O'Shea Wilson, 2016.....6.76**
- Tony Branch, 1999 6.78
Christian Brissett, 20166.78
- Paul Chaney, Jr., 2009 6.80
D'Juan Richardson, 2010 6.80

60-Meter Hurdles

- Aaron Mallett, 2016.....7.69**
- Jordan Mullen, 2013..... 7.70
- Ethan Holmes, 2013 7.82
- Dion Trowers, 1997 7.87
- Chris Douglas, 20177.95**
- 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

200 Meters

- Justin Austin, 2011 20.80
- Anthuan Maybank, 1993 21.11
- Bashir Yamini, 1999 21.19
- James Harrington, 2014 21.21
- 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
- Christian Brissett, 201621.43**

400 Meters

- Steven Willey, 2010 46.75
- Terrence Duckett, 1984 46.81
- Mar'yea Harris, 201646.83**
- 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
- DeJuan Frye, 201647.45**
- Jared Ganschow, 201647.51**

600 Meters

- Erik Sowinski, 2012..... 1:16.91
- Carter Lilly, 20161:17.34**
- Will Teubel, 20161:17.55**
- Steven Willey, 2011 1:17.94
- Keaton Rickels, 2012 1:18.19
- Pat McGhee, 1988..... 1:18.30
- 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
- Will Teubel, 20161:47.74**
- Pavlo Hutsalyuk, 2016 1:48.97
- Carter Lilly, 20161:49.09**
- Ryan Weir, 2013 1:49.11
- Adam Hairston, 2010..... 1:49.26
- Nathan Prom, 2013 1:49.29
- Nick Kuczvara, 2010 1:49.59
- Dave Novotny, 1996 1:51.27
- Jim Docherty, 1973..... 1:51.30

Mile

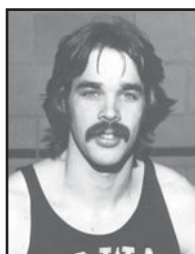
- Jeff Thode, 2011 3:58.72
- Ed DeLashmutt, 1981 4:04.01
- Larry Wieczorek, 1968..... 4:04.40
- Michael Melchert, 2016.....4:05.37**
- John Clark, 1972 4:05.94
- Ben Witt, 2014 4:07.08
- Adam Thomas, 2002 4:07.13
- Kevin Herd, 1992 4:07.26
- Jesse Luciano, 2009 4:07.29
- Jake Berns, 2006..... 4:07.43

3,000 Meters

- Kevin Lewis, 2015 7:57.06
- Jeff Thode, 2011 8:00.38
- Micah VanDenend, 2006 8:00.81
- Michael Melchert, 2016.....8:08.57**
- 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

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



Aaron Mallett

INDOOR ALL-TIME TOP TEN PERFORMERS



Nathan Prom



Kyle Reid



Patrick Richards



Keaton Rickels



Erik Sowinski



Todd Wigginton



Steven Willey

Heptathlon

1. Kyle Reid, 20135,354 points
2. Dan Rolling, 20105,205 points
3. Jack Eckert, 20155,188 points
4. **William Dougherty, 2016 5,172 points**
5. Ryan Niver, 2008.....5,149 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, 19954,612 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, 20157-0 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)
- Peter Andreano, 2016..... 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, 2017..... 16-0 3/4 (4.90)**
10. **Josh Pelock, 2017.....15-11 (4.85)**

Long Jump

1. Anthuan Maybank, 1992. 26-5 1/2 (8.06)
2. Bashir Yamini, 1998 26-0 1/4 (7.93)
3. **O'Shea Wilson, 2017 25-9 1/2 (7.86)**
4. Darren Smith, 1991 25-2 (7.67)
5. Paul Jones, 1990..... 24-11 1/4 (7.60)
6. Josh Larney, 2013 24-10 (7.57)
7. Ronnie McCoy, 1984..... 24-9 (7.54)
8. 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. Kerry Dean, Jr., 2016... 48-8 1/4 (14.84)
10. Gordon Finch, 1988.... 48-3 3/4 (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. **Reno Tuufuli, 2016.... 60-8 3/4 (18.51)**
7. **Avery Meyers, 2017 .. 60-1 3/4 (18.33)**
8. Ken Kemeny, 2004..... 60-0 1/2 (18.30)
9. Gabe Hull, 2014..... 59-3 (18.06)
10. Chris Gambol, 1987 59-0 (17.98)

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,
20113:06.66
2. Rozell, Davis, Raymond, Yamini, 19983:06.80
3. **Wolff, Ganschow, Lilly, Harris, 2016.....3:07.24**
4. Coleman, Faber, Strang, Peterson, 2002 ..3:07.44
5. **Wolff, B. Thompson, Ganschow,
Harris, 20163:07.58**
6. Richards, Sowinski, E. Holmes, Willey,
20113:07.84
7. Greer, Williams, Smith, Duckett, 1984.....3:08.14
8. Card, Coleman, Williamson, Dodge, 20013:08.21
9. Davis, Rozell, Page, Morris, 1995.....3:08.77
10. Dodge, Williamson, Card, Peterson, 20013:08.82

3,200-Meter Relay

1. Cooke, Nie, Monsey, Chambers, 1990.....7:13.02
2. Corrigan, Blackman, Strozier, Chambers,
19897:29.00
3. English, Blackman, Strozier, Chambers,
19897:36.20
4. 19777:39.40
5. 19867:40.90
6. Bouske, Herd, Chambers, Koon, 19927:43.94
7. Bouska, Cook, White, Herd, 1992.....7:48.63
8. 19927:49.86
9. 19867:50.10
10. Roseman, Rerko, Novotny, Branigan,
19937:51.36

Distance Medley Relay

1. Prom, Rickels, Sowinski, Thode, 20129:45.41
2. 19999:46.83
3. 19779:48.80
4. 19789:49.70
5. Kuczwarra, Barton, Kuhlman, N. Holmes,
20109:51.05
6. Marchese, Varner, Hairston, Luciano,
20099:52.52
7. Paul, Varner, Hairston, Thode, 2010.....9:52.71
8. **Gardarsson, Ganschow, Hutsalyuk,
Melchert, 20169:52.97**
9. Prom, Richardson, Sowinski, Thode,
20119:57.44
10. Trainor, Faber, Cunningham, Allen, 2002..9:58.14

INDOOR ALL-TIME TOP TEN PERFORMERS



Kineke Alexander



Meghan Armstrong



Brittany Brown



Tracy Dahl



Nicole Erickson



Karesa Farley



Ashlyn Gulvas

60 Meters

1. Lake Kwaza, 2016	7.33
2. Brittany Brown, 2014.....	7.41
3. Elaine Jones, 1983	7.43
4. Peaches Roach, 2005.....	7.45
5. Shellene Williams, 2004	7.50
6. Jiselle Providence, 2002	7.52
7. Rhonda-Kaye Trusty, 2010	7.55
Erin Jones, 2011	7.55
Raven Moore, 2013.....	7.55
10. Angela Menson, 1982	7.57

60-Meter Hurdles

1. Karesa 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. Jahisha Thomas, 2017	8.46
7. Colleen Prendergast, 2000	8.57
8. Tammilee Kerr, 2008.....	8.60
9. Kimberly Stanford, 2008.....	8.63
10. Diane Steinhart, 1981.....	8.64
Jenny Kimbro, 2017	8.64

200 Meters

1. Kineke Alexander, 2006	23.49
2. Lake Kwaza, 2016	23.54
3. Shellene Williams, 2004	23.62
4. Brittany Brown, 2014	23.63
5. Marlene Poole, 1994	23.66
Yolanda Hobbs, 1995.....	23.66
7. Briana Guillory, 2016	23.69
8. Erica Broomfield, 1998	23.81
9. Raven Moore, 2013.....	24.00
10. Erin Jones, 2011	24.01

400 Meters

1. Kineke Alexander, 2007	51.48
2. Elexis Guster, 2016.....	52.36
3. Ellen Grant, 1996.....	52.65
4. Shellene Williams, 2004	52.83
5. Ashley Liverpool, 2011	54.09
6. Briana Guillory, 2016.....	54.24
7. MonTayla Holder, 2015.....	54.32
8. Alexis Hernandez, 2014.....	54.91
9. Tiffany Hendricks, 2011	55.06
10. Marlene Poole, 1993	55.20

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, 2016.....	1:22.72
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, 2016	1:29.35
4. Mahnee Watts, 2016.....	1:30.41
5. Senta Hawkins, 1987	1:30.77
6. Kaitlyn Nelson, 2013.....	1:31.44
7. Karen Layne, 1990	1:31.45
8. Nicole Erickson, 2012	1:31.71
9. Elexis Guster, 2016.....	1:32.04
10. Kay Stormo, 1982	1:32.30

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, 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)
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)
Aubrianna Lantrip, 20175-7 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)
Amy Smith, 201711-5 3/4 (3.50)
4. Brittany Holst, 2013.....11-3 3/4 (3.45)
5. Katie Truedson, 2010.....10-11 3/4 (3.35)
7. Gina Shannon, 2001 10-6 (3.20)
8. Kacey Childs, 2001..... 9-0 (2.75)
9. Amy Kasparbauer, 2000..... 8-0 (2.44)

Long Jump

1. **Jahisha Thomas, 201620-4 1/2 (6.21)**
2. Zinnia Miller, 2014.....20-4 1/4 (6.20)
3. Carisa Leacock, 201419-9 1/2 (6.03)
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. **T. Seawater-Simmons, 2017 42-1 1/4 (12.83)**
3. Tiffany Johnson, 2007.....41-3 3/4 (12.59)
4. Zinnia Miller, 2014.....41-2 1/2 (12.56)
5. Carisa Leacock, 201240-5 1/2 (12.33)
6. Becki Borg, 1987..... 39-6 (12.04)
7. **Allison Wahrman, 2017. 38-10 1/4 (11.84)**
8. Lynn McMillan, 1988 38-2 (11.63)
9. **Hannah Schlib, 2017 38-1 1/2 (11.62)**
- 10.Sarah Ryan, 2014.....37-5 1/4 (11.41)

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. **Laulauga Tausaga, 2017 47-10 1/2 (14.59)**
7. Megan Maurer, 1995..... 47-5 3/4 (14.47)
8. Laura Kriener, 1990 47-5 (14.45)
Courtney Fritz, 2014.....47-5 (14.45)
- 10.Jennifer Gilson, 2002..... 46-11 (14.30)

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. **Leah Colbert, 2017.....55-0 3/4 (16.78)**
- 10.Mandy Chandler, 2009 54-4 1/2 (16.57)

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. Holder, **Guillory, Hernandez**, Guster, 2016 3:32.93
2. Holder, Guster, **Hernandez, Guillory**, 2016 3:36.47
3. Liverpool, Hendricks, Praska, Erickson, 2011 3:36.97
4. Holder, **Hernandez**, Guster, **Guillory**, 2016 3:36.99
5. **Hernandez**, Holder, Guster, **Watts**, 2014..... 3:37.16
6. Liverpool, Hendricks, Erickson, Praska, 2011 3:37.58
7. Kwaza, Guster, Holder, **Watts**, 2015 3:37.84
8. Kwaza, Holder, **Watts**, Guster, 2015 3:38.56
9. Guster, Holder, **Watts, Hernandez**, 2014..... 3:38.62
- 10.Hendricks, Erickson, Praska, Liverpool, 2011 3:39.15

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