

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



TRACK CONTACTS: CHRIS BREWER, NATHAN SHEEHAN

MARCH 29, 2010

2010 IOWA TRACK & FIELD OUTDOOR SCHEDULE

Date	Meet	Location
3/19-20	CCU Shamrock Invite	Myrtle Beach, SC
3/26-27	Stanford Invitational	Palo Alto, CA
3/27	Razorback Spring Invite	Fayetteville, AK
4/2	Central Invitational	Pella, IA
4/2-3	Auburn Classic	Auburn, AL
4/9	Mesa Classic	Mesa, AZ
4/9-10	Sun Angel Classic	Tempe, AZ
4/10	Western Illinois Invite	Macomb, IL
4/17	Iowa Invite	Iowa City, IA
4/22-24	Drake Relays	Des Moines, IA
4/23	Kip Janvrin Invite	Indianola, IA
5/1	Musco Twilight XI	Iowa City, IA
5/6-7	North Central Invite	Naperville, IL
5/14-16	Big Ten Championships	Bloomington, IN
5/28-29	NCAA Regional	TBA
6/9-12	NCAA Championships	Eugene, OR

IOWA COACHING STAFF

Layne Anderson, 7th Season
-Head Women's Coach, Distance

Larry Wiczorek, 23rd Season
- Head Men's Coach, Distance

Scott Cappos, 14th Season
- Throws

Clive Roberts, 2nd Season
- Horizontal jumps, short sprints, relays

Christi Smith, 2nd Season
- Combined events, vertical jumps

Joey Woody, 4th Season
- Sprints, Hurdles, Relays

THIS WEEK

The University of Iowa men's and women's track teams will split competitors between the Tiger Track Classic and the Central Invitational this weekend.

TIGER TRACK CLASSIC

Auburn University will host the Tiger Track Classic Friday and Saturday at the Hutsell-Rosen Track. The men's and women's hammer and javelin will begin Friday at 4:30 p.m. CDT. The remaining events will be held Saturday, with field events beginning at 11 a.m. and running events scheduled for 12 p.m. A link to live results from the meet can be found on the track and field schedule at hawkeyesports.com

CENTRAL INVITATIONAL

A smaller group of student-athletes will be heading to Pella, IA for the Central Invitational Saturday at Ron and Joyce Schipper Stadium. Running events are scheduled to begin at 10 a.m. The field events will start at 11 a.m.

WEST COAST HAWKEYES

Iowa sent a group of distance runners to Stanford University for the Stanford Invite on Friday, March 26. Numerous athletes earned collegiate bests and a few earned their spot in the Iowa record books.

Senior **Jesse Luciano's** 5,000 meter time of 14:08.71 places him seventh all-time at Iowa. The formidable sophomore duo of **Betsy Flood** and **McKenzie Melander** both earned spots in Iowa's record books, following second (16:32.34) and ninth-place (16:42.79) finishes in the 5,000-meters. Their respective times were fast enough to rank seventh and 10th all-time in program history.

Freshman **Jeff Thode's** 1,500-meter time (3:49.65) is a collegiate-best and ranks eighth in Iowa history. Junior **Mark Battista's** seventh-place finish in the 3,000-meter steeple chase (9:08.96) ranks 10th all-time in program history.

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RAZORBACK INVITE

Last weekend, the Iowa men's squad sent a group of sprinters, hurdlers, and relay teams to the Razorback Invite in Fayetteville, AK, where the Hawkeyes won three events and two student-athletes had top-ten all-time finishes.

Junior **Steven Willey** won the 400-meter dash with a collegiate-best 46.31 which moves him up to fifth all-time at Iowa. Freshman **Jordan Mullen** placed second in the 110-meter hurdles and now ranks seventh in the Iowa record books. Iowa's two other event winners were freshman **Kevin Dibbern** in the 200-meter dash (21.33) and senior **Ray Varner** in the 400-meter hurdles (52.60).

UP NEXT - Iowa will have their choice among three meets in the Mesa Classic, the Sun Angel Classic, and the Western Illinois Invitational.

OUTDOOR SEASON LEADERS

MEN'S	WOMEN'S
100 meters..... Zeke Sayon.....10.51	100-Meter Dash.....Raven Moore.....12.20
110-meter hurdles..... Jordan Mullen.....14.27	200-Meter Dash.....Kara-Aretha Graham.....25.97
200 meters..... Kevin Dibbern.....21.33	400-Meter Dash.....Bethany Praska.....56.05
400 meters..... Steven Willey.....46.31	400-Meter Hurdles.....Tiffany Hendricks.....1:03.91
400-meter hurdles..... Ray Varner.....52.60	800 Meters.....Lauren Hardesty.....2:10.90
800 meters..... Zach Braff.....1:53.19	1,500 Meters.....Lauren Hardesty.....4:24.73
1,500 meters..... Jeff Thode.....3:49.65	3,000 Meters.....Fionna Fallon.....10:24.81
Steeple Chase..... Mark Battista.....9:08.96	5,000 meters.....Betsy Flood.....16:32.34
5,000 meters..... Jesse Luciano.....14:08.71	Hammer Throw.....T. Medenwaldt....168-7 1/4, 41.39m
1,600-meter relay..... Willey, Richards, Varner, Sowinski.....3:08.11	Javelin.....Missy Miller.....88-0, 26.82m
	Discus.....Majesty Tutson.....147-5, 44.93m
	Shot Put.....Tiffany Medenwaldt....45-2, 13.77m
	Long Jump.....Missy Miller.....14-8 1/4, 4.48m
	High Jump.....Caleigh Bacchus.....5-9, 1.75m
	400-meter relay.....Farley, Trusty, R. Moore, E. Moore.....47.19
	800-meter relay.....Trusty, Graham, R. Moore, E. Moore.....1:41.28
	1,600-meter relay.....Hendricks, Trusty, Mims, Praska.....3:46.99

MEN'S ALL-TIME TOP TEN OUTDOOR PERFORMERS



Jeremy Allen



Gordon Beecham



A.J. Curtis



Chris Davis



Terrence Duckett



Scott Faber



Bill Frazier

100 Meters

1. George Page, 1996.....10.25
2. Anthuan Maybank, 1994 .10.31
Tim Dwight, 199710.31
4. Bob Lawson, 1976.....10.36
5. Robert Smith, 1984.....10.39
6. Curtis Chang, 198710.40
7. Jeff Patrick, 198310.41
Tim Dodge, 200210.41
9. Jerry Fisher, 1991.....10.45
10. Andre Morris, 199610.47

110-Meter High Hurdles

1. Pat McGhee, 198913.50
2. Dion Trowers, 1996.....13.62
3. Ronnie McCoy, 1985.....13.66
4. James Armstrong, 1991 ...13.89
5. Doug Jones, 198614.06
6. Chris Williams, 198314.24
7. **Jordan Mullen, 2010 14.27**
8. Rajeev Balkrishnan, 1993 14.29
9. Gary Falls, 199214.48
10. Monte Raymond, 199614.51

200 Meters

1. Jeff Patrick, 198320.47
2. Anthuan Maybank, 1994 .20.55
3. Andre Morris, 199520.64
4. George Page, 1996.....20.67
5. Terrence Duckett, 1982....20.74
6. Tim Dodge, 200220.78
7. Bashir Yamini, 199920.82
8. Dennis Kohl, 1966.....20.84
9. Tim Dwight, 199720.91
10. Victor Greer, 198420.98

400 Meters

1. Anthuan Maybank, 1993 .44.99
2. Andre Morris, 199545.15
3. Mike Mondane, 196745.20
4. Gary Hollingsworth,.....46.3
5. **Steven Willey, 2010..... 46.31**
6. Harold Leonard, 1986.....46.45
7. Tony Branch, 199946.60
8. Prince Riley, 200746.61
9. George Page, 1996.....46.66
10. Dick Eisenlauer, 1973.....46.74
Terrence Duckett, 1983....46.74

400-Meter Hurdles

1. Pat McGhee, 198848.83
2. Monte Raymond, 1998....50.09
3. Paul Steele, 198950.45
4. Russell Peterson, 2001.....50.50
5. Adam Kunkel, 2001.....50.73
6. Jon Reimer, 196750.94
7. **Ray Varner, 2007 50.99**
8. Gary Falls, 199151.08
9. Rajeev Balkrishnan, 1993 51.14
10. Scott Williamson, 200051.74

800 Meters

1. Bill Frazier, 1962.....*1:47.64
2. D’Juan Strozier, 19901:47.82
3. Michael Layne, 1999.....1:49.61
4. Bill Thiesen, 1985.....1:49.74
5. **Adam Hairston, 2008 .. 1:49.96**
6. Andy Wiese, 1985.....1:50.22
7. Paul Chepkwony, 1984..1:50.36
8. Rod Chambers, 19891:50.60
9. Jim Donovan, 19981:50.68

10. James Porter, 19941:51.00

1,500 Meters

1. Joel Moeller, 19783:44.01
2. Jim Docherty, 19783:44.30
3. Dan Waters, 19863:46.35
4. Kevin Herd, 19943:46.64
5. John Clark, 19773:46.84
6. Ted Wheeler, 1956.....3:48.24
7. **Jeff Thode, 2010..... 3:49.65**
8. **Jesse Luciano, 2007 3:49.99**
9. M. VanDenend, 20073:50.20
10. John Dobbs, 19853:50.70

3,000-Meter Steeplechase

1. Deacon Jones, 1956.....8:47.40
2. Steve Pershing, 19788:54.59
3. Andy Morris, 20008:56.21
4. Matt Gerard, 19948:57.01
5. **Andy Napier, 2008..... 8:57.54**
6. Rollie Kitt, 1967.....9:02.90
7. Al Greene, 19859:02.96
8. Tony Rakaric, 2005.....9:03.29
9. Sean Gale, 1993.....9:08.00
10. **Mark Battista, 2010..... 9:08.96**

5,000 Meters

1. M. VanDenend, 2007 ..13:49.31
2. Larry Wiczorek, 1968..13:56.0
3. Kevin Herd, 199313:59.0
4. Stetson Steele, 2000...14:02.76
5. Eric MacTaggart, 2005 14:04.79
6. Dan Haut, 2006.....14:07.30
7. **Jesse Luciano, 2010 ... 14:08.71**
8. Matt Esche, 200614:12.07

9. Jeff Kent, 200714:21.05

9. Brian Rae, 200414:22.83

10,000 Meters

1. Stetson Steele, 2000...28:44.47
2. **Eric MacTaggart, 200628:50.23**
3. Nick Nordheim, 2002..29:44.71
4. Trent Corey, 2002.....29:45.25
5. Chad Schwitters, 1999 29:56.00
6. Dan Haut, 2006.....30:03.08
7. Kevin Herd, 199430:05.21
8. Paul Sarris, 200130:08.40
9. Matt Esche, 200430:08.82
10. Eric McDermott, 2002 30:11.16

Decathlon

1. Scott Faber, 2000 6,839 pts
2. Ryan Niver, 2008..... 6,837 pts
3. Chad Ohly, 1994..... 6,641 pts
4. Gary Kostrubala, 19846,498 pts
5. **Frank Prill, 20086,381 pts**
6. Jacob Drewry, 1994 ... 5,820 pts

High Jump

1. Bill Hansen, 1978 7-4 (2.23)
Bill Knoedel, 1975..... 7-4 (2.23)
3. M. Cunningham, 1986 7-1 (2.16)
Kenneth Lansing, 1988 7-1 (2.16)
5. Pat Meade, 1987 7-0 (2.13)
6. Scott Hudek, 1993 .. 6-11 (2.11)
Jeremy Petsche, 2008 6-11 (2.11)
7. **Ryan Kelly, 200876-10 3/4 (2.10)**
8. Mike Lacy, 1985 6-10 1/2 (2.09)
9. Damion Turner, 1998.6-9 1/2 (2.07)
10. Luke Nessa, 2000 6-8 3/4 (2.05)
Trey Stross, 2008 6-8 3/4 (2.05)
Graham Valdes, 2009 6-83 3/4 (2.05)



Victor Greer



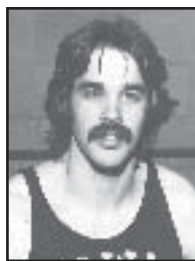
Bill Hansen



Deacon Jones



Paul Jones



Bill Knoedel



Anthuan Maybank



Pat McGhee

MEN'S ALL-TIME TOP TEN OUTDOOR PERFORMERS



Joel Moeller



Andre Morris



Bill Neumann



George Page



Jeff Patrick



Ed Rozell



Robert Smith

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. Joe Robinson, 1976..... 24-2 3/4 (7.38)
10. Aaron Reed, 2007 23-8 (7.21)

Triple Jump

1. Paul Jones, 1990 52-0 1/2 (15.86)
2. Gordon Finch, 1988 50-9 1/4 (15.47)
3. Mike Lacy, 1984 50-5 (15.36)
4. Pat Miller, 1985..... 49-8 1/2 (15.25)
5. Matty Gorman, 2008 49-2 1/2 (15.00)
6. Owen Gill, 1982 49-1 (14.96)
7. **Josh Bean, 2008 48-9 (14.86)**
8. Ed Gordon, 1931..... 48-0 1/8 (14.63)
9. Mike Means, 1981 47-0 1/2 (14.34)
10. Aaron Reed, 2005 45-3 1/2 (13.80)

Pole Vault

1. Todd Wigginton, 1984 17-0 (5.18)
2. Chad Ohly, 1994..... 16-8 3/4 (5.10)
3. Curt Broek, 1978..... 16-8 (5.08)
4. Phil Wertman, 1971..... 16-7 (5.05)
Kelly Scott, 1988 16-7 (5.05)
6. John Teffer, 1972..... 16-2 (4.93)
7. **Alex Zona, 2009 16-0 3/4 (4.90)**
8. Steve Brewer, 1983 16-0 (4.88)
Doug Pennino, 1985 16-0 (4.88)
10. Jeff Raymond, 2008 15-11 (4.85)

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, 200058-8 3/4 (17.90)
9. Gary Kostrubala, 1985 58-1 (17.70)
10. Alex Smith, 1998..... 57-9 (17.60)

Discus

1. **A.J. Curtis, 2007202-11 (61.84)**
2. Gary Kostrubala, 1986 202-4 (61.68)
3. Jeremy Allen, 2001 195-4 (59.54)
4. Tim Brodersen, 2005 193-6 (58.98)
5. Brad Daufeldt, 2004..... 185-0 (56.40)
6. **Nick Brayton, 2009.....180-11 (55.15)**
7. Andy Banse, 2005 180-0 (54.86)
8. Eric Rothwell, 2004..... 179-7 (54.73)
9. Shane Maier, 2008..... 178-7 (54.43)
10. **Ryan Lamparek, 2009..... 177-3 (54.04)**

Hammer

1. A. van der Westhuizen, 2001222-11 (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. Jeremy Allen, 2001 199-0 (60.66)
7. **Matt Banse, 2009..... 187-7 (57.19)**
8. Ryan Jordan, 2007 184-6 (56.23)
9. Tim Brodersen, 2004 181-3 (55.24)
10. Kale Katt, 2007..... 181-0 (55.18)

Javelin

1. Bill Neumann, 2002 244-8 (74.58)
2. Dan Ralph, 2000 227-10 (69.44)
3. **Zach Schimp, 2009206-3 (62.88 m)**
4. Kale Katt, 2007..... 204-0 (62.17)
4. Joel Storm, 2004 203-5 (62.01)
5. Matt Stank, 2001 199-0 (60.66)
6. A. van der Westhuizen, 1999173-11 (53.00)
7. **Craig Jennings, 2006..... 173-4 (52.83)**
8. Scott Faber, 2000 173-1 (52.78)
9. Justin Silverman, 2000..... 172-6 (52.58)

400-Meter Relay

1. Beecham, Duckett, Greer, R. Smith, 198439.48
2. Page, Davis, Rozell, Morris, 199639.73
3. Felix, Branch, Dodge, Yamini, 199939.96
4. Beecham, Duckett, Greer, Patrick, 1983.....39.99
5. Dwight, Branch, Davis, Yamini, 199840.00
Goode, Fisher, Morris, Maybank, 199440.00
199840.00
Dwight, Branch, Dodge, Yamini, 199940.00
9. Williamson, Dodge, Peterson, Digney, 2002 40.04
10. McCoy, Duckett, Greer, Smith, 1984.....40.07

1,600-Meter Relay

1. Morris, Davis, Page, Rozell, 19953:03.11
2. Branch, Dwight, Dodge, Yamini, 19993:03.29
3. Ferree, Frazier, Mondane, Reimer, 1967 ...3:04.10
4. Rozell, Morris, Davis, Yamini, 1996.....3:04.71
5. Cameron, Williams, McGhee, McCoy, 19853:06.00
6. Rozell, Davis, Dwight, Raymond, 19973:06.06
Dodge, Kunkel, Coleman, Peterson, 2001 3:06.06
8. Davis, Rozell, Morris, Raymond, 1996.....3:06.54
9. Williamson, Dodge, Strang, Coleman, 20023:06.69
10. Raymond, Davis, Morris, Page, 1996.....3:06.85

Distance Medley Relay

1. Pershing, Moeller, Slack, Docherty, 1978 ..9:39.94
2. Theisen, Williams, Wiesa, Waters, 1985 ...9:54.04
3. **Luciano, Pierre, Hairston, VanDenend, 20079:54.07**
4. VanDenend, Riley, O'Hollearn, Rakaric, 20069:54.97
5. Feeldy, Eischeid, Novotny, Peters, 19969:55.71
6. Thomas, Wise, Cunningham, S.Allen, 2001 10:01.57
7. Thomas, Wakenight, Dziubski, Rakaric, 200310:01.72
8. Trainor, Coleman, Cunningham, Allen, 2002 10:01.93
9. English, Blackman, Stroler, Chambers, 1988 10:04.25
10. Chambers, Thomas, Bouska, Herd, 1991 10:04.30



Stetson Steele



Micah
VanDenend



Arno van der
Westhuizen



Todd Wigginton

WOMEN'S ALL-TIME TOP TEN OUTDOOR PERFORMERS



Kineke Alexander



Meghan Armstrong



Nicole Charles



Nan Doak



Tina Floyd



Becca Franklin



Yolanda Hobbs

100 Meters

1. Vivien McKenzie, 198511.45
2. Davera Taylor, 1984.....11.51
3. Erica Broomfield, 199811.53
4. Jiselle Providence, 2001 ..11.57
5. Tanja Reid, 1994.....11.60
Peaches Roach, 2005.....11.60
7. Yolanda Hobbs, 1995.....11.62
8. Elanie Jones, 1985 11.69
9. Lakeya Boatright, 2000....11.77
10. Tamara Dixon, 2002 11.79

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, 200213.65
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, 198523.61
5. Yolanda Hobbs, 1995.....23.65
6. Tanja Reid, 1995 23.75
7. Elaine Jones, 198323.84
8. Jiselle Providence, 2001 ..24.00
9. Peaches Roach, 2006.....24.01
10. Lakeya Boatright, 2000....24.14

400 Meters

1. Kineke Alexander, 2006...51.35
2. Shellene Williams, 2004 ..51.94
3. Ellen Grant, 1996.....52.65
4. Senta Hawkins, 198854.01
5. Marlene Poole, 199454.03
6. Elaine Jones, 1983 54.40
7. Nicole Charles, 2001..... 54.48
8. Stacey-Leigh Bynoe, 200054.73
9. Alycia Simpson, 1987..... 55.18
Aisha Hume, 2004 55.18

400-Meter Hurdles

1. Mary Knoblauch, 198156.16
2. Wynsome Cole, 1998.....56.67
3. Chris Davenport, 1981.....59.18
4. Sarah Steffen, 200259.59
5. Beverly Powell, 199159.96
6. Diane Steinhart, 1980...1:00.56
7. Ruqayya Raheem, 1999 1:00:62
8. Keely Huber, 2002 1:00.98
9. Aditya Jones, 2007.....1:01.65
10. Sherri Hull, 1987 1:02.60

800 Meters

1. Kay Stormo, 19822:05.67
2. Michelle Lahann, 2004 .2:06.79
3. Aisha Hume, 20052:08.50
4. J. Kruckeberg, 19872:08.75
5. Ann Pare, 19972:09.25
6. M. Armstrong, 20062:10.15
7. **Sophia Poncé, 2007..... 2:10.35**
8. Briana Benning, 1996 ...2:10.47
9. **Lauren Hardesty, 2010 2:10.90**
10. Tami Hoskins, 1990.....2:11.47

1,500 Meters

1. M. Armstrong, 20064:17.41
2. J. Kruckeberg 19894:19.71
3. Diane Nukuri, 2007.....4:20.95
4. Penny O'Brien, 1985.....4:21.43
5. Kay Stormo, 19824:22.24
6. Michelle Lahann, 2004 .4:24.00
7. Shannon Stanley, 2006 .4:25.08
8. **Betsy Flood, 2009..... 4:27.33**
9. **McKenzie Melander, 20094:27.34**
10. Tracy Dahl, 19924:27.44

3,000 Meters

1. Diane Nukuri, 2008.....9:18.82
2. Penny O'Brien, 1985.....9:20.61
3. Nan Doak, 19859:23.04
4. Tracy Dahl, 19929:23.53
5. M. Armstrong, 20069:28.03
6. J. Kruckeberg, 19899:30.69
7. Jennifer Brower, 1992 ..9:34.59
8. Jodi Hershberger, 1982 9:36.44
9. Tina Stec, 19949:38.39
10. R. Marchand, 20079:45.50

3,000-Meter Steeplechase

1. Jessica Schmidt, 2008 .10:27.18
2. Sarah Arens, 2004.....10:34.50
3. **Hannah Roeder, 2009 10:40.86**
4. Michelle Lahann, 200311:16.21
5. B. Thompson, 2003.....11:19.50

5,000 Meters

1. Nan Doak, 198515:45.84
2. Diane Nukuri, 2008.....15:59.39
3. M. Armstrong, 200816:08.83
4. Jenny Spangler, 1983..16:17.21
5. Tracy Dahl, 199216:18.77
6. R. Marchand, 200816:27.02
7. **Betsy Flood, 2010..... 16:32.34**
8. Jennifer Brower, 1991 16:37.09
9. Renee Doyle, 1988.....16:39.46
10. **M. Melander, 2010.... 16:42.79**

10,000 Meters

1. Diane Nukuri, 2008.....33:17.01
2. Jennifer Brower, 1991 33:23.38
3. M. Armstrong, 2008 ...33:28.00
4. Nan Doak, 198533:33.03
5. Jenny Spangler, 1983..33:39.24
6. R. Marchand, 200834:05.87
7. Tracy Dahl, 199234:30.09
8. Nikki Chapple, 2004....35:06.35
9. Jenny Johnson, 1992 ..35:45.53
10. A. Dobrowolski, 1985 .35:59.98

Heptathlon

1. Tammilee Kerr, 2008 5,532
2. Kathy Gillespie, 1983 5,262
3. Tiff Pedersen, 2004..... 4,976
4. Janet Adams, 1981 4,855
5. Ruqayya Raheem, 1997 .. 4,665
6. Angela Chadwick, 1993 .. 4,493
7. Angie Hensel, 2004..... 4,073
8. Janelle Jaspers, 1987 4,000
9. Marjie Tweto, 1996 3,967



Aisha Hume



Aisha James



Tiffany Johnson



Tammilee Kerr



Vivien McKenzie



Diane Nukuri



Marlene Poole

WOMEN'S ALL-TIME TOP TEN OUTDOOR PERFORMERS



Alana Redfern



Tanja Reid



Peaches Roach



Jessica Schmidt



Sarah Steffen



Kay Stormo



Jessie Strand

High Jump

1. Peaches Roach, 2006.....6-1 1/4 (1.86)
2. Mary Mol, 1983 6-0 (1.83)
3. Lynn McMillan, 1988 5-9 1/4 (1.76)
4. **Caleigh Bacchus, 2010..... 5-9 (1.75)**
5. Kacey Childs, 2001.....5-8 1/2 (1.74)
6. Kristi Dinkla, 1985..... 5-8 (1.73)
Becky Kaza, 1995 5-8 (1.73)
Eve Cullinan, 2003 5-8 (1.73)
9. Jenni Elbert, 2005 5-7 (1.70)
10. Nancy Tessmer, 1991 5-6 1/2 (1.69)
Tammilee Kerr, 2008 5-6 1/2 (1.69)

Long Jump

1. Aisha James, 2003 22-3 (6.78)
2. **Renee White, 2008 20-3 3/4 (6.19)**
3. Becki Borg, 198819-7 1/4 (5.97)
4. Lisa Moats, 1986.....19-6 (5.95)
5. Tammilee Kerr, 200819-4 1/4 (5.90)
6. Yolanda Hobbs, 1993.....19-2 1/2 (5.85)
7. Jane Dunlevy, 1977..... 18-6 (5.64)
8. Ruqayya Raheem, 1997 ..18-5 1/4 (5.62)
Tiff Pedersen, 2004.....18-5 1/4 (5.62)
10. Angie Hensel, 2005..... 18-5 (5.61)

Triple Jump

1. **Renee White, 2008 43-10 (13.36)**
2. Tiffany Johnson, 2007 ..41-8 3/4 (12.72)
3. Becki Borg, 1988.....40-7 1/2 (12.38)
4. Lynn McMillan, 198839-6 1/2 (12.05)
5. Lynn, 1998 39-0 (11.88)
6. Kacey Childs, 2001..... 37-8 (11.48)
7. Becca Franklin, 2004...36-10 1/2 (11.24)
8. Janna Houtz, 198433-10 1/2 (10.32)
9. Latoya Stiffend, 2002..... 32-6 (9.90)
10. Bridget Besch, 2003.....30-10 1/2 (9.41)

Shot Put

1. Lisa Van Steenwyk, 1992 50-8 (15.44)
2. Gail Smith, 198450-3 1/4 (15.32)
3. Denise Taylor, 1992.....50-1 3/4 (15.28)
4. Kamesha Marshall, 200548-6 3/4 (14.80)
5. Laura Kriener, 199048-2 1/2 (14.69)
6. Jennifer Gilson, 2002 47-10 (14.58)
7. Jennifer Moon, 200047-5 1/4 (14.46)
8. Mandy Chandler, 2006 46-0 (14.02)
9. Shelley Redies, 1985..... 45-7 (13.89)
10. **T. Medenwaldt, 2010 45-2 (13.77)**

Discus

1. Denise Taylor, 1992 160-5 (48.90)
2. Lisa Van Steenwyk, 1991 ..159-1 (48.50)
3. Gail Smith, 1983 158-2 (48.22)
4. Kamesha Marshall, 2005 152-11 (46.62)
5. Jennifer Moon, 2000 150-8 (45.92)
6. Laura Kriener, 1989 150-3 (45.80)
7. Megan Maurer, 1997..... 149-2 (45.48)
8. **Majesty Tutson, 2010..... 147-5 (44.93)**
9. Cheryl Bradley, 1982 146-5 (44.64)
10. Mickey Schoborg, 1985 146-2 (44.56)

Hammer Throw

1. Becca Franklin, 2007..... 195-0 (59.45)
2. Erin O'Hern, 2008 168-9 (51.45)
3. **T. Medenwaldt, 2010..... 168-7 1/4 (51.39)**
4. Kerri Blackstone, 1999.... 161-10 (49.32)
5. Mandy Chandler, 2009 154-6 (47.09)
6. Megan Maurer, 1998..... 145-6 (44.36)
7. Jennifer Gilson, 2002 142-6 (43.44)
8. Jennifer Moon, 2000 139-3 (42.44)
9. Kara Hinz, 2000..... 125-1 (38.14)
10. Katie Hoback, 2002..... 121-11 (37.16)

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, 1983152-6 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. Mickey Schoborg, 1985137-5 1/4 (41.88)
9. Sara Joens, 1987 127-1 (38.74)
10. Angela Chadwick, 1992 124-2 (37.86)

Pole Vault

1. Jessie Strand, 200312-10 1/4 (3.92)
2. Sarah Burgett, 2006.....12-1 3/4 (3.70)
3. Gina Shannon, 200111-2 1/4 (3.41)
4. Becky Kaza, 1998 8-6 (2.59)

Amy Kasparbauer, 2001 8-6 (2.59)

Pole Vault (Continued)

6. Kacey Childs, 2000..... 8-0 1/2 (2.45)
7. Gina Shannon, 1998 8-0 (2.44)

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. Johnson, Alexander, Granger, Roach, 2005..... 45.30
8. Granger, Johnson, Alexander, Roach, 2005 45.39
9. Underwood, Reid, Philip, Hobbs, 1995 45.50
10. Boatright, Bynoe, Providence, Prendergast, 2000 45.50

1,600-Meter Relay

1. Hume, Charles, Steffen, Williams, 2003 3:36.26
2. McCalla, Granger, Alexander, Johnson, 2006 3:38.36
3. Alexander, **Graham**, Jones, M. Mims, 2007 .. 3:39.36
4. Jones, Alexander, Johnson, M. Mims, 2007.. 3:39.64
5. McCalla, Alexander, Sheeley, Hume, 2005 3:39.67
6. McCalla, Hume, Sheeley, Alexander, 2005 3:40.43
7. Layne, Simpson, Powell, McRell, 1989 3:41.23
8. Bynoe, Cole, Wynter, Grant, 1997 3:41.74
9. Charles, Fouchè, Williams, Hume, 2003..... 3:42.18
10. Fouchè, Charles, Williams, Hume, 2003..... 3:42.52

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. Davenport, xx, xx, xx, 1981 11:41.44
8. Pare, Grant, Benning, Gilchrist, 1997 11:41.92
9. Butler, Hume, Barber, Arens, 2001..... 11:47.16



Denise Taylor



Lisa Van Steenwyk



Renee White



Shellene Williams