

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



TRACK AND FIELD CONTACT: BRANDEE BRITT

April 17, 2013

2013 IOWA TRACK & FIELD OUTDOOR SCHEDULE

Date	Meet
Mar. 22-23	Alabama Relays <i>(Tuscaloosa, Ala.)</i>
Mar. 28	Central Invite <i>(Pella, Iowa)</i>
Mar. 29	Stanford Invite <i>(Palo Alto, Calif.)</i>
Apr. 4-6	Jim Click Invite <i>(Tucson, Ariz.)</i>
Apr. 12-13	Lee Calhoun Invite <i>(Macomb, Ill.)</i>
Apr. 20	Musco Twilight XIV (Iowa City, Iowa)
Apr. 25-27	Drake Relays <i>(Des Moines, Iowa)</i>
May 3	UNI Invite <i>(Cedar Falls, Iowa)</i>
May 10-12	Big Ten Championships <i>(Columbus, Ohio)</i>
May 23-25	NCAA Regionals <i>(Austin, Texas)</i>
June 5-8	NCAA Championships <i>(Eugene, Ore.)</i>

IOWA COACHING STAFF

Larry Wieczorek	Director of Track & Field
Layne Anderson	Head Track & Field Coach
Scott Cappos	Director of Field Events
Clive Roberts	Assistant Coach/ Director of Recruiting
Mike Scott	Assistant Coach
Joey Woody	Assistant Coach

THIS WEEK

The University of Iowa track and field hosts the 14th annual Musco Twilight on Saturday. The meet will be held at the Francis X. Cretzmeyer Track. Field events begin Saturday at 1 p.m., and track events begin at 6 p.m.

MUSCO ON BTN

The 14th annual Musco Twilight Meet will air on BTN Saturday, April 27 at 11 a.m. Mike Wolf, Kevin Sullivan, Rebecca Haarlow and Evan Fitzgerald will call the action from Cretzmeyer Track.

SENIOR DAY

The Hawkeyes will recognize 24 seniors Saturday at 5:45 p.m. (CT). They include: Justin Austin, Matt Byers, Ethan Holmes, Nick Holmes, Josh Larney, Jordan Mullen, Brandon Oest, Keaton Rickels, Cameron Rieger, Kyle Slaymaker, Ben Stancombe, Ryan Weir, Nicole Benson, Brooke Gambrall, Ashlyn Gulvas, Kelsey Hart, Raven Moore, Megan Ranegar, Katherin Rehn, Mareike Schrulle, Lauren Scott, Katie Truedson, Majesty Tutson, Kirsten Weismantle.

IN THE RANKINGS

The Hawkeye men's team is ranked 30th in the USTFCCA national rankings. The men are also ranked sixth in the regional rankings, while the women are ranked 10th.

WOMEN DOMINATE AT LEE CALHOUN

The Hawkeye women grabbed nine first-place finishes to win the Lee Calhoun Invite on April 12-13. The Hawkeyes tallied 212 team points. The Hawkeyes won titles in both the 400-meter (46.07) and 1,600-meter relays (3:45.39), and swept the top three spots in the hammer throw (Annemie Smith, Jasmine Simpson, Ashlyn Gulvas).

AUSTIN EARNS CONFERENCE HONOR

Senior Justin Austin was named Big Ten track and field co-athlete of the week following three first-place finishes (100m, 200m, 4X100m) at the Jim Click Shootout on April 6. His 100 and 200 meter times both lead the conference. His 200 meters time also ranks third nationally.

HULL CLIMBS RECORD BOOKS

Sophomore Gabe Hull recorded a personal-best discus mark at the Lee Calhoun Invite on April 13. His toss of 196-2 (59.80m) ranks third all-time at Iowa. His mark also ranks second in the Big Ten and sixth nationally. Hull has recorded a personal-best in the discus in each of his last two meets.

WILLIAMS MAKING LEAPS

Sophomore Khanishah Williams recorded a personal-best high jump mark of 5-11 1/4 (1.81m) at the Jim Click Invite on April 6. Williams' mark currently leads the Big Ten, and ranks 16th nationally.

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4X100 HOLDS TOP SPOT

The men's 400-meter relay team leads the Big Ten for the third straight week. The team of junior Tevin-Cee Mincy, and seniors Justin Austin, Ethan Holmes and Josh Larney clocked a school-record setting time of 39.35 at the Jim Click Invite on April 6. The time also ranks fourth nationally.

HURDLES SHOWDOWN

Seniors Ethan Holmes and Jordan Mullen each recorded 110-meter hurdle times of 13.77 at the Jim Click Invite on April 6. That time leads the Big Ten and ranks 12th nationally. Holmes' 400-meter hurdles time of 50.67 currently ranks second in the Big Ten and sixth nationally.

TUTSON ATOP THE BIG TEN

Senior Majesty Tutson recorded a school-record setting discus toss of 177-10 (54.21m) at the Jim Click Invite on April 6. Tutson's toss currently leads the Big Ten, and ranks 12th nationally.

REID LEADS BIG TEN

Kyle Reid holds the highest decathlon point total in the Big Ten. The senior tallied a school-record setting point total of 7,025 at the Jim Click Invite on April 4-5. His total also ranks 22nd nationally.

BYERS IN THE TOP 20

Senior Matt Byers recorded a javelin mark of 233-9 (71.24m) at the Jim Click Invite on April 6. His mark ranks second in the Big Ten and 11th in the nation. Byers currently holds the school record in the event (245-8; 74.89m).

AUSTIN DEFENDS TITLE

Senior Justin Austin won the men's 100 meters competition at the 2012 Musco Twilight when he clocked a time of 10.47. Austin currently holds the school record in the event (10.21).

MULLEN LOOKS TO 3-PEAT

Senior Jordan Mullen looks to take the Musco 110-meter hurdles title for the third straight year. Mullen won the event in 2011 (13.97) and 2012 (13.90). Mullen clocked a personal-best time in the event at the Jim Click Invite on April 6. His time of 13.77 ranks fifth all-time at Iowa.

2013 OUTDOOR SEASON LEADERS

MEN

100 meters	Justin Austin	10.37
110-meter hurdles	Jordan Mullen/Ethan Holmes	13.77
200 meters	Justin Austin	20.55
400 meters	Ryan Weir	49.15
400-meter hurdles	Ethan Holmes	50.67
800 meters	Ryan Weir	1:51.05
1,500 meters	Ben Witt	3:52.72
3,000 meters	Jon Michael Brandt	8:46.09
3,000 meter steeple	Caleb Wilfong	9:33.00
5,000 meters	Kevin Lewis	14:08.04
High Jump	Kevin Spejcher	6-7 (2.01m)
Shot Put	Gabe Hull	55-11 (17.04m)
Discus	Gabe Hull	196-2 (59.80m)
Hammer	Ben Stancombe	193-6 (58.98m)
Javelin	Matt Byers	233-8 (71.24m)
Long Jump	Klyvens Delaunay	23-9 (7.24m)
Triple Jump	Klyvens Delaunay	50-6 1/4 (15.40m)
Pole Vault	Kyle Reid	15-7 (4.75m)
Decathlon	Kyle Reid	7,025 points
400-meter Relay	Mincy, Austin, Holmes, Larney	39.35
1,600-meter Relay	VanCleave, Rickels, Flattery, Weir	3:10.43

WOMEN

100 meters	Lake Kwaza	11.75
100-meter hurdles	Khanishah Williams	14.49
200 meters	Raven Moore	24.00
400 meters	Tayo Oladele-Ajose	1:00.61
400-meter hurdles	MonTayla Holder	59.90
800 meters	Kaitlyn Nelson	2:09.19
1,500 meters	Lisa Gordon	4:36.02
3,000 meters	Jocelyn Todd	10:10.46
5,000 meters	Mareike Schrulle	16:26.40
Hammer Throw	Jasmine Simpson	197-7 (60.23m)
Javelin	Amanda Stahle	139-10 (42.64m)
Discus	Majesty Tutson	177-10 (54.21m)
Shot Put	Rachel Curry	45-7 3/4 (13.91m)
Long Jump	Sarah Ryan	18-11 3/4 (5.78m)
High Jump	Khanishah Williams	5-11 1/4 (1.81m)
Pole Vault	Brittany Holst	10-10 1/4 (3.31m)
400-meter Relay	Kwaza, Moore, Holder, Miller	45.61
1,600-meter Relay	Holder, Moore, Kwaza, Nelson	3:43.13

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SIMPSON DEFENDS HAMMER TITLE

Junior Jasmine Simpson took the women's hammer throw title at the 2011 Musco Twilight. She recorded a mark of 181-10 (55.42m). Simpson recorded a school-record setting mark (197-7; 60.23) in the event at the Alabama Relays on March 24.

4X100 LOOKS FOR MEET RECORD

The Hawkeye men look to defend their 400-meter relay title, and break the Musco Twilight meet record on Saturday. The men captured the relay title at the 2012 Musco Twilight when they crossed the line in 40.61. The Musco Twilight meet record of 39.80 was set in 2002. The current 400-meter relay team clocked a school-record setting time of 39.35 at the Jim Click Invite on April 6.

DEFENDING THE WOMEN'S 4X400

The Hawkeye women's 1,600-meter relay team took the title at the 2012 Musco Twilight when they crossed the line in 3:42.47. The 2013 relay team of freshman MonTayla Holder, senior Raven Moore, and freshmen Lake Kwaza and Kaitlyn Nelson clocked a season-best time of 3:43.13 at the Jim Click Invite on April 6.

DEFENDING THE MEN'S 4X400

The Hawkeye men's 1,600-meter relay team captured the 2012 Musco Twilight title. The Hawkeyes clocked a time of 3:09.95. The current relay team of sophomore Kaleb Van-Cleave, senior Keaton Rickels, freshman Neil Flattery and senior Ryan Weir recorded a season-best time of 3:10.43 at the Jim Click Shootout on April 6.

MEET THE RECORD HOLDERS

Five Hawkeyes on the 2013 roster account for six individual school records. They include:

Justin Austin -- 100 meters (10.21); 200 meters (20.31)

Matt Byers -- javelin (245-8; 74.89m)

Majesty Tutson -- discus (177-10; 54.21m)

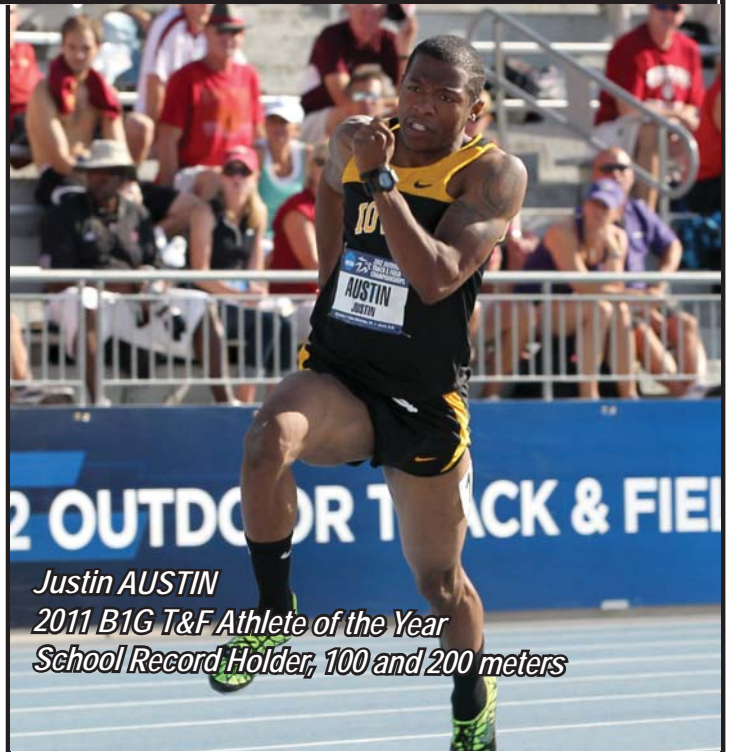
Jasmine Simpson -- hammer throw (197-7; 60.23m)

Kyle Reid -- decathlon (7,025 points)

The Hawkeyes 4X1 men's team also holds the school record (39.35).

NEXT ON THE BLOCK

The Hawkeyes head to Des Moines, Iowa, for the Drake Relays on April 25-27.



Justin AUSTIN
2011 BIG T&F Athlete of the Year
School Record Holder, 100 and 200 meters



Majesty TUTSON
Big Ten discus leader (177-10, 54.21m)
School Record Holder, discus

OUTDOOR ALL-TIME TOP TEN PERFORMERS



Jeremy Allen



Justin Austin



Matt Byers



A.J. Curtis



Troy Doris



Jeffery Herron



Deacon Jones

100 Meters

1. Justin Austin, 2011	10.21
2. George Page, 1996	10.25
3. Anthuan Maybank, 1994	10.31
Tim Dwight, 1997	10.31
5. Bob Lawson, 1976	10.36
6. Robert Smith, 1984	10.39
7. Curtis Chang, 1987	10.40
8. Jeff Patrick, 1983	10.41
Tim Dodge, 2002	10.41
10. Jerry Fisher, 1991	10.45

110-Meter High Hurdles

1. Pat McGhee, 1989	13.50
2. Dion Trowers, 1996	13.62
3. Ronnie McCoy, 1985	13.66
4. Ethan Holmes, 2011	13.73
5. Jordan Mullen, 2013	13.77
6. James Armstrong, 1991	13.89
7. Dan Davis, 2012	14.01
8. Doug Jones, 1986	14.06
9. Chris Williams, 1983	14.24
10. Rajeev Balkrishnan, 1993	14.29

200 Meters

1. Justin Austin, 2011	20.31
2. Jeff Patrick, 1983	20.47
3. Anthuan Maybank, 1994	20.55
4. Andre Morris, 1995	20.64
5. George Page, 1996	20.67
6. Terrence Duckett, 1982	20.74
7. Tim Dodge, 2002	20.78
8. Bashir Yamini, 1999	20.82
9. Dennis Kohl, 1966	20.84
10. Tim Dwight, 1997	20.91



Todd Wigginton



Arno van der Westhuizen

400 Meters

1. Anthuan Maybank, 1993	44.99
2. Andre Morris, 1995	45.15
3. Mike Mondane, 1967	45.20
4. Steven Willey, 2010	45.78
5. Gary Hollingsworth	46.30
6. Harold Leonard, 1986	46.45
7. Tony Branch, 1999	46.60
8. Prince Riley, 2007	46.61
9. George Page, 1996	46.66
10. Dick Eisenlauer, 1973	46.74
Terrence Duckett, 1983	46.74
Patrick Richards, 2010	46.74

400-Meter Hurdles

1. Pat McGhee, 1988	48.83
2. Monte Raymond, 1998	50.09
3. Ray Varner, 2010	50.24
4. Paul Steele, 1989	50.45
5. Russell Peterson, 2001	50.50
6. Ethan Holmes, 2011	50.65
7. Adam Kunkel, 2001	50.73
8. Jon Reimer, 1967	50.94
9. Gary Falls, 1991	51.08
10. D'Juan Richardson, 2011	51.12

800 Meters

1. Erik Sowinski, 2012	1:45.90
2. Bill Frazier, 1962	1:47.64
3. D'Juan Strozier, 1990	1:47.82
4. Adam Hairston, 2009	1:48.53
5. Michael Layne, 1999	1:49.61
6. Bill Thiesen, 1985	1:49.74
7. Andy Wiese, 1985	1:50.22
8. Paul Chepkwony, 1984	1:50.36
9. Rod Chambers, 1989	1:50.60
10. Jim Donovan, 1998	1:50.68

1,500 Meters

1. Jeff Thode, 2010	3:43.02
2. Joel Moeller, 1978	3:44.01
3. Jim Docherty, 1978	3:44.30
4. Dan Waters, 1986	3:46.35
5. Kevin Herd, 1994	3:46.64
6. John Clark, 1977	3:46.84
7. Ted Wheeler, 1956	3:48.24
8. Nick Holmes, 2012	3:49.53
9. Jesse Luciano, 2007	3:49.99
10. Micah VanDenend, 2007	3:50.20

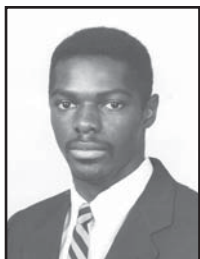
3,000-Meter Steeplechase

1. Deacon Jones, 1956	8:47.40
2. Steve Pershing, 1978	8:54.59
3. Andy Morris, 2000	8:56.21
4. Matt Gerard, 1994	8:57.01
5. Andy Napier, 2008	8:57.54
6. Rollie Kitt, 1967	9:02.90
7. Al Greene, 1985	9:02.96
8. Tony Rakaric, 2005	9:03.29
9. Mark Battista, 2010	9:04.60
10. Sean Gale, 1993	9:08.00

5,000 Meters

1. Micah VanDenend, 2007	13:49.31
2. Larry Wiczorek, 1968	13:56.00
3. Kevin Herd, 1993	13:59.00
4. Stetson Steele, 2000	14:02.76
5. Eric MacTaggart, 2005	14:04.79
6. Dan Haut, 2006	14:07.30
7. Kevin Lewis, 2013	14:08.04
8. Jesse Luciano, 2010	14:08.71
9. Matt Esche, 2006	14:12.07
10. Jeff Thode, 2011	14:12.40

OUTDOOR ALL-TIME TOP TEN 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, 200229:44.71
4. Trent Corey, 200229:45.25
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 7,025 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)
- Brandon Oest, 2012.....6-11 (2.11)**

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, 199125-9 3/4 (7.86)
5. Quinn Early, 198625-7 1/4 (7.80)
6. Ed Gordon, 193125-4 3/8 (7.68)
7. Matty Gorman, 2006.....25-1 1/4 (7.65)
8. Ronnie McCoy, 198525-0 (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, 201254-8 (16.66)
2. Paul Jones, 1990.....52-0 1/2 (15.86)
3. Gordon Finch, 198850-9 1/4 (15.47)
4. **Klyvens Delaunay, 2013 50-6 1/4 (15.40)**
5. Mike Lacy, 198450-5 (15.36)
6. Pat Miller, 1985.....49-8 1/2 (15.25)
7. Matty Gorman, 2008.....49-2 1/2 (15.00)
8. Owen Gill, 198249-1 (14.96)
9. Josh Bean, 2010.....48-10 3/4 (14.90)
10. Ed Gordon, 193148-0 1/8 (14.63)

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)
5. Kelly Scott, 1988..... 16-7 (5.05)
6. John Teffer, 1972 16-2 (4.93)
7. **Kyle Reid, 2010 16-1 1/4 (4.91m)**
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)

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, 2011245-8 (74.89)**
2. Bill Neumann, 2002244-8 (74.58)
3. Dan Ralph, 2000.....227-10 (69.44)
4. Zach Schimp, 2010.....211-0 (64.32)
5. Kale Katt, 2007204-0 (62.17)
6. Joel Storm, 2004203-5 (62.01)
7. Matt Stank, 2001199-0 (60.66)
8. **Jack Eckert, 2012..... 187-0 (57.01)**
9. **Kyle Reid, 2013 182-10 (55.73)**
10. A. van der Westhuizen, 1999 173-11 (53.00)

OUTDOOR ALL-TIME TOP TEN PERFORMERS

400-Meter Relay

1. Mincy, Austin, Holmes, Larney, 2013	39.35
2. Beecham, Duckett, Greer, R. Smith, 1984	39.48
3. Page, Davis, Rozell, Morris, 1996	39.73
4. Mincy, Sayon, Chaney, Jr., Austin, 2011	39.86
5. Richardson, Sayon, Chaney, Jr., Bee, 2009	39.94
6. Felix, Branch, Dodge, Yamini, 1999	39.96
7. Beecham, Duckett, Greer, Patrick, 1983	39.99
8. 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. Sayon, Austin, Willey, Sowinski, 2011	3:16.18
2. Richards, Larney, Davey, Sowinski, 2012	3:17.25
3. Richardson, Richards, Willey, Sowinski, 2010	3:17.74
4. Armstrong, Thomas, Maybank, Strozier, 1991	3:18.93
5. Yamini, Davis, Dodge, Donovan, 1999	3:19.87
6. Richards, Chaney, Jr., Barton, Hairston, 2009	3:20.05
7. McCorkle, Armstrong, Chung, Strozier, 1990	3:20.43
8. Dodge, Yamini, Branch, Donovan, 1999	3:20.83
9. Goode, Fisher, Thomas, Falls, 1992	3:21.02
10. Dwight, Davis, Raymond, Donovan, 1997	3:21.05

3,200 Meter Relay

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. Theisen, Williams, Wiesa, Waters, 1985	9:54.04
6. Wilfong, Slaymaker, Teubel, Witt, 2013	9:54.05
7. Luciano, Pierre, Hairston, VanDenend, 2007	9:54.07
8. VanDenend, Riley, O'Hollearn, Rakaric, 2006	9:54.97
9. Feeldy, Eischeid, Novotny, Peters, 1996	9:55.71
10. Thomas, Wise, Cunningham, S.Allen, 2001	10:01.57

6,400 Meter Relay

1. Rakaric, Webster, MacTaggart, VanDenend, 2006	16:55.43
2. Paul, Kadlec, Thode, Luciano, 2010	17:01.46
3. N. Holmes, Witt, Thode, Lewis, 2012	17:02.26
4. Thomas, Allen, Rakaric, Lloyd, 2003	17:06.27
5. Pittman, Novotny, Feeldy, Marquardt, 1995	17:12.49
6. Bakker, Feeldy, Peters, Pittman, 1996	17:13.10
7. Allen, Trainor, McDermott, Esche, 2002	17:14.53
8. Kadlec, E. MacTaggart, Paul, Marchese, 2009	17:17.63
9. Schwitters, Nordheim, Moeller, Thomas, 1999	17:18.04
10. White, Roehl, Wood, Roseman, 1992	17:28.90

OUTDOOR ALL-TIME TOP TEN PERFORMERS



Kineke Alexander



Meghan Armstrong



Danielle Berndt



Nan Doak



Aisha James



Tiffany Johnson



Diane Nukuri

100 Meters

1. Vivien McKenzie, 1985	11.45
2. Davera Taylor, 1984	11.51
3. Erica Broomfield, 1998	11.53
4. Jiselle Providence, 2001	11.57
5. Tanja Reid, 1994	11.60
6. Peaches Roach, 2005	11.60
7. Yolanda Hobbs, 1995	11.62
8. Elanie Jones, 1985	11.69
9. Rhonda Kaye Trusty, 2010	11.74
10. Lakeya Boatright, 2000	11.77

100-Meter Hurdles

1. Tiffany Johnson, 2007	13.20
2. Karessa Farley, 2009	13.53
3. C. Prendergast, 1999	13.60
4. 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
6. 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. Nicole Erickson, 2012	59.77
8. MonTayla Holder, 2013	59.90
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. Jeanne Kruckeberg, 1987	2:08.75
6. Kaitlyn Nelson, 2013	2:09.19
7. Ann Pare, 1997	2:09.25
8. Meghan Armstrong, 2006	2:10.15
9. Adrienne Alexia, 2013	2:10.26
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 Schulle, 2012	16:13.73
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 TEN PERFORMERS



Tammilee Kerr



Vivien McKenzie



Bethany Praska



Alana Redfern



Peaches Roach



Jasmine Simpson



Jessie Strand

10,000 Meters

1. Diane Nukuri, 2008..... 33:17.01
2. Jennifer Brower, 1991 33:23.38
3. Meghan Armstrong, 2008 33:28.00
4. Nan Doak, 1985..... 33:33.03
5. Jenny Spangler, 1983..... 33:39.24
6. Racheal Marchand, 2008 34:05.87
7. McKenzie Melander, 2012 34:29.83
8. Tracy Dahl, 1992 34:30.09
9. Betsy Flood, 2011..... 35:05.10
10. Nikki Chapple, 2004 35:06.35

Heptathlon

1. Tammilee Kerr, 2008 5,633 pts
2. Kathy Gillespie, 1983..... 5,262 pts
3. Tiff Pedersen, 2004 4,976 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, 2004 4,073 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)**

Long Jump

1. Aisha James, 2003 22-3 (6.78)
2. Renee White, 2008..... 20-3 3/4 (6.19)
3. **Carisa Leacock, 2011 19-11 1/2 (6.08)**
4. Becki Borg, 1988 19-7 1/4 (5.97)
5. Lisa Moats, 1986 19-6 (5.95)
6. Tammilee Kerr, 2008 19-4 1/4 (5.90)
7. Yolanda Hobbs, 1993 19-2 1/2 (5.85)
8. **Sarah Ryan, 2013..... 18-11 3/4 (5.78)**
9. Jane Dunlevy, 1977 18-6 (5.64)
10. Ruqayya Raheem, 1997..... 18-5 1/4 (5.62)
- Tiff Pedersen, 2004 18-5 1/4 (5.62)

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)

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, 2012..... 11-0 1/4 (3.36)**
7. Kacey Childs, 2000..... 8-0 1/2 (2.45)

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. Jennifer Moon, 2000 47-5 1/4 (14.46)
8. **Rachel Curry, 2011 46-5 (14.03)**
9. Mandy Chandler, 2006 46-0 (14.02)
10. Tiffany Medenwaldt, 2010 .. 45-11 3/4 (14.01)

Discus

1. **Majesty Tutson, 2013 177-10 (54.21)**
2. Tiffany Medenwaldt, 2010 161-3 (49.16)
3. Denise Taylor, 1992 160-5 (48.90)
4. Lisa Van Steenwyk, 1991 159-1 (48.50)
5. Gail Smith, 1983..... 158-2 (48.22)
6. **Ashlyn Gulvas, 2011..... 154-11 (47.23)**
7. **Courtney Fritz, 2012 154-1 (46.96)**
8. Kamesha Marshall, 2005..... 152-11 (46.62)
9. Jennifer Moon, 2000..... 150-8 (45.92)
10. Laura Kriener, 1989..... 150-3 (45.80)

Hammer Throw

1. **Jasmine Simpson, 2013..... 197-7 (60.23)**
2. Becca Franklin, 2007 195-0 (59.45)
3. **Annemie Smith, 2013 187-7 (57.41)**
4. **Ashlyn Gulvas, 2013..... 188-0 (57.30)**
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, 2010 156-9 (47.77)**

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. Mickey Schoborg, 1985 137-5 1/4 (41.88)
10. **Allison Gattone, 2013 138-8 (42.27)**

OUTDOOR ALL-TIME TOP TEN PERFORMERS

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.	Jones, R. Moore , Liverpool, Simonson, 2012	45.45
10.	Underwood, Reid, Philip, Hobbs, 1995	45.50
	Boatright, Bynoe, Providence, Prendergast, 2000	45.50

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.	Praska, Hendricks, Erickson, Liverpool, 2011	3:36.51
4.	Simonson, Liverpool, Erickson, Sack, 2012	3:37.57
5.	McCalla, Granger, Alexander, Johnson, 2006	3:38.36
6.	Simonson, Liverpool, Quinn, Erickson, 2012	3:38.49
7.	Liverpool, Jones, Erickson, Quinn, 2012	3:38.68
8.	Alexander, Graham, Jones, M. Mims, 2007	3:39.36
9.	Jones, Alexander, Johnson, M. Mims, 2007	3:39.64
10.	McCalla, Alexander, Sheeley, Hume, 2005	3:39.67

Sprint Medley Relay

1.	Jones, Hendricks, Liverpool, Praska, 2011	3:48.63
2.	Trusty, R. Moore , Hendricks, Praska, 2010	3:56.53
3.	Reid, Philip, Hobbs, Benning, 1995	3:56.54
4.	Roach, Alexander, McCalla, Stanley, 2005	3:56.99
5.	Kwaza, R. Moore, Alexia, Nelson, 2013	3:58.72
6.	Clarke, Graham, Jones, Poncé, 2007	3:59.34
7.	Underwood, Clarke, Philip, Benning, 1995	3:59.75
8.	Jones, R. Moore , Erickson, Alexia , 2012	4:00.19
9.	2005	4:00.26
10.	Dixon, Providence, Hume, Butler, 2001	4:01.11

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, Dlh, 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.	Dlh, 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.	Chapple, Laney, Donlon, Sokol, 2005	20:39.12
7.	Arens, Barber, Butler, Roberts, 2001	20:40.89
8.	Benning, Boland, Fleck, Coleman, 1995	20:43.07
9.	Arens, Sokol, Barber, Donlon, 2003	20:48.08