

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



TRACK CONTACT: NATHAN SHEEHAN

MAY 11, 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
4/9-10	Sun Angel Classic	Tempe, AZ
4/9-10	Lee Calhoun Memorial	Macomb, IL
4/17	Iowa Invite	Iowa City, IA
4/22-24	Drake Relays	Des Moines, IA
5/1	Musco Twilight XI	Iowa City, IA
5/14-16	Big Ten Championships	Bloomington, IN
5/28-29	NCAA Regional	TBA
6/9-12	NCAA Championships	Eugene, OR

IOWA'S COACHING STAFF

Larry Wieczorek, 23rd season
Iowa, 1969

Layne Anderson, 7th season
The Citadel, 1989

Scott Cappos, 14th season
Indiana, 1992

Joey Woody, 4th season
Northern Iowa, 1997

Clive Roberts, 2nd season
Central Michigan, 2003

Christi Smith, 2nd season
Akron, 2002

THIS WEEK

The University of Iowa track teams head to Bloomington, IN, and Indiana University for the 2010 Big Ten Outdoor Track and Field Championships. Three days of competition kick off on Friday, May 14. The Big Ten Network will air a tape-delay broadcast of the championships on Saturday, May 22 at 3 p.m. CDT.

MUSCO ON BIG TEN NETWORK

The Musco Twilight Meet will be shown on a tape-delay broadcast May 16 at 5 p.m. CDT. Steve Schlanger and Craig Virgin will be calling the action while Molly Sullivan reports from the field.

WIECZOREK ON MUSCO

"I think it was an excellent atmosphere," said Men's Head Coach **Larry Wieczorek**. "It's a great meet to show off Iowa track and field, and for our fans and our athletes to have a lot of fun. We had some tremendous competition and tremendous performances. Thode's record was a highlight. He's nearing that four-minute mile pace and he's just a tremendous athlete for us. I think we definitely made progress going towards the Big Ten Championships."

ANDERSON ON MUSCO

"I think it was definitely a special night," said Women's Head Coach **Layne Anderson**. "It was a great turnout. I was excited that the Hawkeyes on both squads came out and performed against some tough competition. Betsy Flood's 3K stands out as a great performance, Tiffany Medenwaldt breaking the school record in the discus and placing second all-time in the hammer was great. We'll look to carry some of this momentum and the momentum from the season into the Big Ten Championships in a couple weeks."

FLOOD EARNS WEEKLY BIG TEN HONOR

Sophomore **Betsy Flood** was named Big Ten Women's Track co-Athlete of the Week for the week of May 5. Flood earned the honor after her winning 3,000-meter performance at the Musco Twilight XI meet the previous weekend. Her mark of 9:22.63 is a collegiate-best and ranks third all-time at Iowa.

THODE TAKES FACILITY RECORD

Freshman **Jeff Thode** has already made his marks in the Iowa record books in his debut campaign, and he added one more accolade to his resume at Musco. Thode's win in the 1,500 meters (3:44.51) sets a new Musco Twilight and facility record for the Francis X. Cretzmeyer track. The previous facility record (3:46.47) was set by Rob Meyers in 2000.

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



TRACK CONTACT: NATHAN SHEEHAN

IOWA'S BIG TEN AND NATIONAL LEADERS

Name	Event	Time/Distance	Big Ten Rank	National Rank
Zeke Sayon	100m dash	10.51	1	91
D'Juan Richardson	100m dash	10.59	5	
Karessa Farley.....	100m hurdles.....	13.50	6	43
Jordan Mullen.....	110 high hurdles	14.06	3	45
Kevin Dibbern	200m dash	21.33	4	
Patrick Richards	400m dash	46.74	3	52
Steven Willey.....	400m dash	46.31	2	24
Ray Varner	400m hurdles	50.24	1	8
Erik Sowinski.....	800 meters	1:48.56	3	19
Jeff Thode	1,500 meters.....	3:44.39	6	47
Lauren Hardesty	1,500 meters.....	4:24.73	10	81
Betsy Flood.....	1,500 meters.....	4:24.51	9	77
	5,000 meters.....	16:32.34.....	7	76
Richardson, Sayon, ...	400m relay	40.43	4	66
Bee, Richards				
Sowinski, Willey ,.....	1,600m relay	3:05.73	1	10
Richards, Barton				
Hendricks, Trusty,	1,600m relay	3:39.88	4	59
Erickson, Praska				
Matt Banse	Hammer	199 (60.66m)	3	49
Matt Beyers	Javelin	232-2 (70.76m)	1	11
Graham Valdes	High Jump	6-11 (2.11m).....	9	47
Caleigh Bacchus.....	High Jump	5-10 (1.78m).....	4	32
Jeffery Herron	Long Jump	24-9 (7.54)	1	41
Dan Rolling	Decathlon.....	6,957 points.	5	42

In 2010, the top 48 athletes nationally in each event, except the decathlon, will earn NCAA berths into the first round. The top 24 decathletes will earn NCAA Championships berths.

MEDENWALDT SETS SCHOOL DISCUS RECORD

Sophomore **Tiffany Medenwaldt** broke the UI discus record with her winning toss of 161-3 (49.16m) at Musco. This breaks a nearly 20-year record set by Denise Taylor in 1992. Medenwaldt also placed second in the hammer throw, and her mark of 171-11 (52.40m) puts her second all-time at Iowa.

HERRON JUMPS TO TOP OF BIG TEN

Iowa sophomore **Jeffery Herron** made a successful shift Saturday from the high jump to the long jump, winning with a collegiate-best mark of 24-9 (7.54m). This puts Herron at the top of the Big Ten rankings and 41st nationally. His mark also ranks ninth all-time at Iowa.

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



TRACK CONTACT: NATHAN SHEEHAN

PAGE 3

IOWA SQUADS IN TOP THIRD OF MIDWEST REGION

Both UI squads earned spots in the top third of the Midwest Region in the latest United States Track and Field and Cross Country Coaches Association (USTFCCCA) poll. The men's team is ranked fourth while the women's team is ranked 12th. In the national poll, the men are ranked 36th. They are the second-highest rated Big Ten school, only behind Penn State at 22 and one spot ahead of Indiana at 37th.

OUTDOOR SEASON LEADERS

MEN'S	WOMEN'S
100 meters..... Zeke Sayon.....10.51	100-meter dash..... Rhonda-Kaye Trusty..... 11.74
110-meter hurdles..... Jordan Mullen..... 14.06	100-meter hurdles..... Karessa Farley..... 13.50
200 meters..... Kevin Dibbern.....21.33	200-meter dash..... Rhonda-Kaye Trusty..... 23.83
400 meters..... Steven Willey..... 46.31	400-meter dash..... Rhonda-Kaye Trusty..... 55.09
400-meter hurdles..... Ray Varner..... 50.24	400-meter hurdles..... Tiffany Hendricks..... 1:01.36
800 meters..... Erik Sowinski..... 1:48.56	800 meters..... Bethany Praska..... 2:10.85
1,500 meters..... Jeff Thode..... 3:44.39	1,500 meters..... Betsy Flood..... 4:24.51
3,000 meters..... Chase Kadlec..... 8:28.64	3,000 meters..... Betsy Flood..... 9:22.63
Steeple Chase..... Mark Battista..... 9:04.60	5,000 meters..... Betsy Flood..... 16:32.34
5,000 meters..... Jesse Luciano..... 14:08.71	Hammer Throw..... T. Medenwaldt..... 171-11, 52.40m
Shot Put..... R. Lamparek..... 57-2 3/4, 17.44m	Javelin..... Missy Miller..... 98-1, 29.89m
Discus..... R. Lamparek..... 171-3, 52.19m	Discus..... Majesty Tutson..... 161-3, 49.16m
Hammer..... Matt Banse..... 199-0, 60.66m	Shot Put..... T. Medenwaldt..... 45-11 3/4, 14.01m
Javelin..... Matt Byers..... 232-2, 70.76m	Long Jump..... Emily Moore..... 18-0 1/4, 5.49m
High Jump..... Oest/Valdes..... 6-11, 2.11m	High Jump..... Caleigh Bacchus..... 5-10, 1.78m
Long Jump..... Jeff Herron..... 24-9, 7.54m	Pole Vault..... Katie Truedson..... 11-5 1/4, 3.49m
Triple Jump..... Josh Bean..... 48-10 3/4, 14.90m	400-meter relay..... Farley, Trusty, Graham, R. Moore..... 45.70
Pole Vault..... Kyle Reid..... 16-1 1/4, 4.91m	800-meter relay..... Trusty, Graham, R. Moore, E. Moore..... 1:41.28
Decathlon..... Dan Rolling..... 6,957	1,600-meter relay..... Hendricks, Trusty, Erickson, Praska..... 3:39.88
400-meter relay..... Richardson, Sayon, Bee, Richards..... 40.43	
1,600-meter relay..... Richards, Barton, Sowinski, Willey..... 3:05.73	

MEN'S ALL-TIME TOP TEN OUTDOOR PERFORMERS



Jeremy Allen



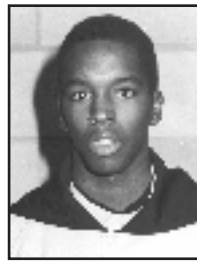
Gordon Beecham



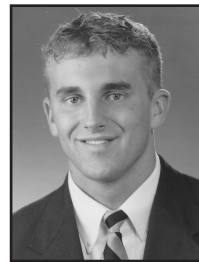
A.J. Curtis



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
Jordan Mullen, 2010 14. 06
7. Chris Williams, 198314.24
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,.....46.30
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. **Ray Varner, 2010 50.24**
4. Paul Steele, 198950.45
5. Russell Peterson, 2001.....50.50
6. Adam Kunkel, 2001.....50.73
7. Jon Reimer, 196750.94
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. **Erik Sowinski, 2010 1:48.56**
4. Michael Layne, 1999.....1:49.61
5. Bill Thiesen, 1985.....1:49.74
6. **Adam Hairston, 2008 .. 1:49.96**
7. Andy Wiese, 1985.....1:50.22
8. Paul Chepkwony, 1984..1:50.36
9. Rod Chambers, 19891:50.60
10. Jim Donovan, 19981:50.68

1,500 Meters

1. Joel Moeller, 19783:44.01
2. Jim Docherty, 19783:44.30
3. **Jeff Thode, 2010..... 3:44.39**
4. Dan Waters, 19863:46.35
5. Kevin Herd, 19943:46.64
6. John Clark, 19773:46.84
7. Ted Wheeler, 1956.....3:48.24
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, 20088:57.54
6. Rollie Kitt, 1967.....9:02.90
7. Al Greene, 19859:02.96
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. M. VanDenend, 2007 ..13:49.31
2. Larry Wiczorek, 1968 13:56.00
3. Kevin Herd, 199313:59.00
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, 2006.....14:12.07
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, 2006 28:50.23
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. **Dan Rolling, 20106,957 pts**
2. Scott Faber, 2000 6,839 pts
3. Ryan Niver, 2008..... 6,837 pts
4. Chad Ohly, 1994..... 6,641 pts
5. Gary Kostrubala, 1984..... 6,498 pts
6. **Frank Prill, 20086,381 pts**
7. 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)
- G. Valdes, 2010 6-11 (2.11)**
9. Ryan Kelly, 2008 ..6-10 3/4 (2.10)
Brandon Oest...6-10 3/4 (2.10)

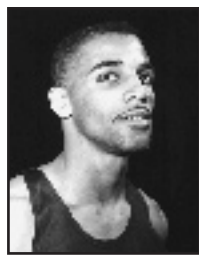
Names in bold are current team members.



Victor Greer



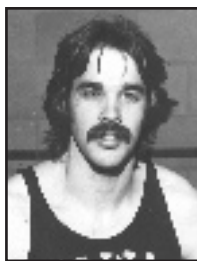
Bill Hansen



Deacon Jones



Paul Jones



Bill Knoedel

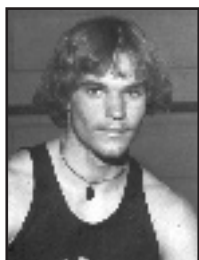


Anthuan Maybank



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. **Jeffery Herron, 2010..... 24-9 (7.54)**
10. Joe Robinson, 1976..... 24-2 3/4 (7.38)

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, 2010 48-10 3/4 (14.90)**
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. **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)
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, 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, 2007 202-11 (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)
Matt Banse, 2010..... 199-0 (60.66)
8. **Ben Stancombe, 2010 185-11 (56.68)**
9. Ryan Jordan, 2007 184-6 (56.23)
10. Tim Brodersen, 2004 181-3 (55.24)

Javelin

1. Bill Neumann, 2002 244-8 (74.58)
2. **Matt Byers, 2010..... 232-2 (70.76)**
3. Dan Ralph, 2000 227-10 (69.44)
4. **Zach Schimp, 2009 211-0 (64.32)**
5. Kale Katt, 2007..... 204-0 (62.17)
6. Joel Storm, 2004 203-5 (62.01)
7. Matt Stank, 2001 199-0 (60.66)
8. A. van der Westhuizen, 1999173-11 (53.00)
9. **Craig Jennings, 2006..... 173-4 (52.83)**
10. Scott Faber, 2000 173-1 (52.78)

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

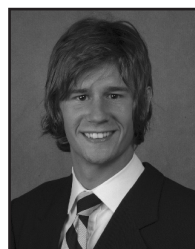
1. Morris, Davis, Page, Rozell, 19953:03.11
2. Branch, Dwight, Dodge, Yamini, 19993:03.29
3. Ferree, Frazier, Mondane, Reimer, 1967 ...3:04.10
4. Rozell, Morris, Davis, Yamini, 1996.....3:04.71
5. **Willey, Barton, Richards, Sowinski, 2010.. 3:05.73**
6. Cameron, Williams, McGhee, McCoy, 19853:06.00
7. Rozell, Davis, Dwight, Raymond, 19973:06.06
Dodge, Kunkel, Coleman, Peterson, 2001 .3:06.06
9. Davis, Rozell, Morris, Raymond, 1996.....3:06.54
10. Williamson, Dodge, Strang, Coleman, 20023:06.69

Distance Medley Relay

1. Pershing, Moeller, Slack, Docherty, 1978 ..9:39.94
2. **Young, Barton, Kuczvara, Luciano, 2010.. 9:42.97**
3. Theisen, Williams, Wiesa, Waters, 1985 ...9:54.04
4. **Luciano, Pierre, Hairston, VanDenend, 20079:54.07**
5. VanDenend, Riley, O'Hollearn, Rakaric, 20069:54.97
6. Feeldy, Eischeid, Novotny, Peters, 19969:55.71
7. Thomas, Wise, Cunningham, S.Allen, 2001 10:01.57
8. Thomas, Wakenight, Dziubski, Rakaric, 200310:01.72
9. Trainor, Coleman, Cunningham, Allen, 2002 10:01.93
10. English, Blackman, Stroler, Chambers, 1988 10:04.25



Stetson Steele



Micah
VanDenend



Arno van der
Westhuizen

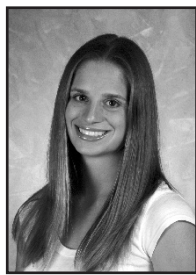


Todd Wigginton

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, 199411.60
6. Peaches Roach, 2005.....11.60
7. Yolanda Hobbs, 1995.....11.62
8. Elanie Jones, 1985 11.69
9. **R.K. Trusty, 2010 11.74**
10. Lakeya Boatright, 200011.77

100-Meter Hurdles

1. Tiffany Johnson, 2007..... 13.20
2. **Karessa Farley, 2009..... 13.53**
3. C. Prendergast, 199913.60
4. Paula Ruen, 2000.....13.60
5. Sarah Steffen, 200213.65
6. Ruqayya Raheem, 1998...13.90
7. Brenda Calhoun, 198413.94
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, 199523.75
7. **R.K. Trusty, 2010 23.83**
8. Elaine Jones, 198323.84
9. Jiselle Providence, 2001 ..24.00
10. Lakeya Boatright, 200024.14

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, 198354.40
7. Nicole Charles, 200154.48
8. Stacey-Leigh Bynoe, 200054.73
9. **R.K. Trusty, 2010 55.09**
10. Alycia Simpson, 1987.....55.18
- Aisha Hume, 200455.18

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, 20021:00.98
9. **Tiffany Hendricks, 2010 .. 1:01.36**
10. Aditya Jones, 2007.....1:01.65

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. **Bethany Praska, 2010.. 2:10.85**
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. **Betsy Flood, 2010..... 4:24.51**
8. **Lauren Hardesty, 20104:24.73**
9. Shannon Stanley, 2006 .4:25.08
10. **A. Hardesty, 2010..... 4:25.60**

3,000 Meters

1. Diane Nukuri, 2008.....9:18.82
2. Penny O'Brien, 1985.....9:20.61
3. **Betsy Flood, 2010..... 9:22.63**
4. Nan Doak, 19859:23.04
5. Tracy Dahl, 19929:23.53
6. M. Armstrong, 20069:28.03
7. J. Kruckeberg, 19899:30.69
8. Jennifer Brower, 1992 ..9:34.59
9. Jodi Hershberger, 1982 9:36.44
10. Tina Stec, 19949:38.39

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. **Danielle Berndt, 2010 10:56.47**
5. **Katie Ellis, 2010..... 11:02.62**
6. Michelle Lahann, 200311:16.21
7. 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, 2008 ...16:08.83
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. Dobrowski, 1985 .35:59.98

Heptathlon

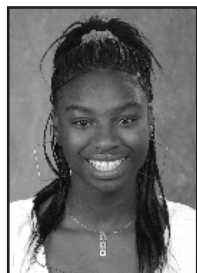
1. Tammilee Kerr, 2008 5,532
2. Kathy Gillespie, 1983 5,262
3. Tiff Pedersen, 2004..... 4,976
4. Janet Adams, 1981 4,855
5. Ruqayya Raheem, 1997 .. 4,665
6. Angela Chadwick, 1993 .. 4,493
7. Angie Hensel, 2004..... 4,073
8. Janelle Jaspers, 1987 4,000



Aisha Hume



Aisha James



Tiffany Johnson



Tammilee Kerr



Vivien McKenzie



Diane Nukuri

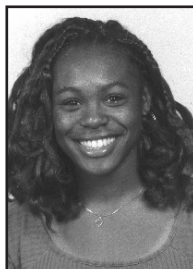


Marlene Poole

WOMEN'S ALL-TIME TOP TEN OUTDOOR PERFORMERS



Alana Redfern



Tanja Reid



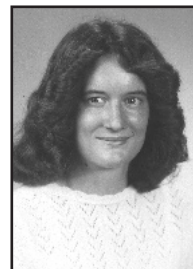
Peaches Roach



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. **Caleigh Bacchus, 2010..... 5-10 (1.78)**
4. Lynn McMillan, 1988 5-9 1/4 (1.76)
5. Kacey Childs, 20015-8 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, 1988.....19-7 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. **T. Medenwaldt, 2010 45-11 3/4 (14.01)**
10. Shelley Redies, 1985..... 45-7 (13.89)

Discus

1. **T. Medenwaldt, 2010 161-3 (49.16)**
2. Denise Taylor, 1992 160-5 (48.90)
3. **Majesty Tutson, 2010..... 159-4 (48.56)**
4. Lisa Van Steenwyk, 1991 .. 159-1 (48.50)
5. Gail Smith, 1983 158-2 (48.22)
6. Kamesha Marshall, 2005 152-11 (46.62)
7. Jennifer Moon, 2000 150-8 (45.92)
8. Laura Kriener, 1989 150-3 (45.80)
9. Megan Maurer, 1997..... 149-2 (45.48)
10. Cheryl Bradley, 1982 146-5 (44.64)

Hammer Throw

1. Becca Franklin, 2007..... 195-0 (59.45)
2. **T. Medenwaldt, 2010.....171-11 (52.40)**
3. Erin O'Hern, 2008 168-9 (51.45)
4. Kerri Blackstone, 1999.... 161-10 (49.32)
5. **Majesty Tutson, 2010.... 156-09 (47.77)**
6. Mandy Chandler, 2009 154-6 (47.09)
7. Megan Maurer, 1998..... 145-6 (44.36)
8. Jennifer Gilson, 2002 142-6 (43.44)
9. Jennifer Moon, 2000 139-3 (42.44)
10. Kara Hinz, 2000.....125-1 (38.14)

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. **Katie Truedson, 2010 11-5 1/4 (3.49)**
4. **K. Weistmantle, 2010. 11-3 3/4 (3.45m)**

Pole Vault (Continued)

5. Gina Shannon, 200111-2 1/4 (3.41)
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. **Hendricks, Trusty, Erickson, Praska, 2010.... 3:39.88**
7. McCalla, Hume, Sheeley, Alexander, 2005 3:40.43
8. Layne, Simpson, Powell, McRell, 1989 3:41.23
9. Bynoe, Cole, Wynter, Grant, 1997 3:41.74
10. Charles, Fouchè, Williams, Hume, 2003..... 3:42.18

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
10. Thompson, Hume, Barber, Lahann, 2003.... 11:52.04



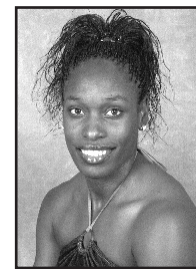
Denise Taylor



Lisa Van Steenwyk



Renee White



Shellene Williams