

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



TRACK AND FIELD CONTACT: BRANDEE BRITT

April 16, 2014

2014 IOWA TRACK & FIELD OUTDOOR SCHEDULE

Date	Meet
March 28-29	Arizona State Invite (Phoenix, Ariz.)
April 4-5	Arkansas Invite (Fayetteville, Ark.) Stanford Invite (Stanford, Calif.)
April 12	Illinois Twilight (Champaign, Ill.)
April 18-19	Mt. Sac Relays (Walnut, Calif.)
April 24-26	Drake Relays (Des Moines, Iowa)
May 3	Musco Twilight (Iowa City, Iowa)
May 16-18	Big Ten Championships (West Lafayette, Ind.)
May 29-31	NCAA First Round (Fayetteville, Ark.)
June 11-14	NCAA Championships (Eugene, Ore.)

IOWA COACHING STAFF

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

THIS WEEK

The University of Iowa track and field team competes at the Mt. Sac Relays this weekend at Historic Hilmer Lodge Stadium in Walnut, Calif. Field events begin at noon (CT), and running events begin at 12:15 p.m. (CT).

FOLLOW THE HAWKEYES

Follow [@IowaXC_TF](#) on twitter for updates on the team. Links to live results can be found on the schedule page at [hawkeyesports.com](#).

ABOUT THE MT. SAC RELAYS

The 56th annual Mt. Sac Relays features a collection of the world's best athletes at all levels including current Olympic hopefuls. A live webcast of the meet is available at [www.mtsacrelays.com/webcastflo.html](#). The Hawkeyes will compete against several schools from across the country including athletes from Big Ten foes Nebraska, Wisconsin, Michigan, Illinois, Penn State, and Minnesota.

NEED A LIFT? ASK FOR GABE

Junior Gabe Hull leads all Hawkeyes in the men's discus, hammer, and shot put. Hull became the third athlete in school history to record a discus mark above 60 meters at the Illinois Twilight on April 12. His toss of 200-10 (61.21m) is currently the second best mark in the Big Ten, and sixth best mark in the nation. The junior has finished in the top two in the discus in each meet this season. Hull is also in the points (conference top 8) in the shot put. His season-best shot put of 57-11 1/4 (17.66m) ranks eighth. He ranks 19th in the Big Ten in the hammer (173-10; 52.98).

WILSON LEADS THE WAY

Freshman O'Shea Wilson recorded a personal-best long jump mark of 25-2 (7.67m) to take the men's long jump title at the Illinois Twilight on April 12. His mark currently leads the Big Ten, ranks 14th nationally, and ranks seventh all-time at Iowa.

MALLET CLIMBS THE CHARTS

Freshman Aaron Mallett moved up to No. 7 on Iowa's all-time 110-meter hurdles list. The freshman recorded a personal-best time of 13.98 at the Illinois Twilight on April 12. His mark currently ranks fourth in the Big Ten.

SMITH, SIMPSON AND GULVAS ARE IN THE POINTS

Three Hawkeyes hold hammer throw marks that rank inside the Big Ten's top eight and among Iowa's all-time top 10 list. Junior Annemie Smith's mark of 198-1 (60.38m) ranks second in the Big Ten and is a school record. Seniors Jasmine Simpson (189-0; 57.62m) and Ashlyn Gulvas (183-4; 55.87m) rank fourth and seventh, respectively, in the Big Ten. A Hawkeye has claimed the hammer throw title in each outdoor meet this season (Arizona State, Arkansas, Illinois).

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



TRACK AND FIELD CONTACT: BRANDEE BRITT

MILLER-LEACOCK, LEACOCK-MILLER

Seniors Zinnia Miller and Carisa Leacock rank third and fourth in school history in both the long jump and triple jump. Miller jumped 20-1 1/2 (6.13m) at the Arizona Invite to rank third all-time at Iowa and fifth this season in the Big Ten. Leacock's career best ranks fourth all-time at Iowa (19-11 1/2; 6.08m).

Leacock ranks third all-time in the triple jump, landing at 40-10 1/2 (12.46m) in 2012. Miller has closed the gap in 2014, jumping 40-9 (12.42m) at the Arkansas Spring Invitational. That mark ranks fourth all-time at Iowa and fourth in the Big Ten.

FOUR LAPS FOR THE RECORD

Freshmen Elexis Guster and Alexis Hernandez, and sophomores MonTayla Holder and Lake Kwaza ran 3:34.83 to break the school's 1,600-meter record at the Arkansas Spring Invitational. The quartet bested the previous record, set in 2011, by more than one second (3:35.93). The 2011 team of Bethany Praska, Tiffany Hendricks, Ashley Liverpool, and Nicole Erickson won the Big Ten Championship. The 2014 team leads the conference.

MEET THE RECORD HOLDERS

Six Hawkeyes share three school records. Freshmen Elexis Guster and Alexis Hernandez, and sophomores MonTayla Holder and Lake Kwaza set the 1,600-meter record (3:34.83) at Arkansas Spring Invitational. Junior Annemie Smith set the hammer throw record (198-1; 60.38m) at the 2014 ASU Invite on March 28. Senior Tevin-Cee Mincy ran the first leg on the school-record-setting 400-meter relay team (39.48) at the 2013 NCAA Championships.

RETURNING OUTDOOR ALL-AMERICANS

The Hawkeyes return three outdoor All-Americans from 2013. Senior Tevin-Cee Mincy and sophomore Klyvens Delaunay grabbed first team honors for their performances at the 2013 NCAA Outdoor Championships. Mincy ran the first leg on the sixth-place finishing 400-meter relay team (39.77), while Delaunay captured an eighth-place finish in the triple jump (52-2 1/2; 15.91m). Junior Gabe Hull earned second-team honors for his 15th-place finish in the discus (184-6; 56.25m).

NEXT ON THE BLOCK

The Hawkeyes travel to Des Moines, Iowa, to compete in the Drake Relays April 24-26.

2014 OUTDOOR SEASON LEADERS

MEN

100 metersO'Shea Wilson	10.50
110-meter hurdlesAaron Mallett	13.98
200 metersO'Shea Wilson	21.38
400 metersKaleb Van Cleave	47.97
400-meter hurdlesAaron Mallett	52.97
800 metersWill Teubel	1:52.52
1,500 metersBen Witt	3:52.07
3,000 metersAnthony Gregorio	8:35.02
5,000 metersKevin Lewis	14:02.78
High JumpKevin Spejcher	6-8 3/4 (2.05)
Pole VaultJack Eckert	15-8 1/4 (4.78)
Long JumpO'Shea Wilson	25-2 (7.67)
Triple JumpKerry Dean Jr.	46-7 1/4 (14.21)
Shot PutGabe Hull	57-11 1/4 (17.66)
DiscusGabe Hull	200-10 (61.21)
Hammer ThrowGabe Hull	173-10 (52.98)
JavelinSam Joens	199-11 (60.93)
400-meter RelayMincy, Wilson, Harrington, Saucer	40.37
1,600-meter RelayVanCleave, Mallett, Thompson, Teubel	3:13.29

WOMEN

100 metersBrittany Brown	11.81
200 metersBrittany Brown	23.72
400 metersAlexis Hernandez	54.98
400-meter hurdlesMonTayla Holder	59.71
800 metersMahnee Watts	2:10.16
1,500 metersKatharina Trost	4:34.07
3,000 metersCarolyn Newhouse	10:07.57
High JumpKhanishah Williams	5-8 1/2 (1.74)
Long JumpZinnia Miller	20-1 1/2 (6.13)
Triple JumpZinnia Miller	40-9 (12.42)
Hammer Throw Annemie Smith	198-1 (60.38)
JavelinAmanda Stahle	140-4 (42.77)
DiscusDakotah Goodell	159-10 (48.73)
Shot PutRachel Curry	47-5 (14.45)
400-meter RelayKwaza, Guster, Holder, Brown	44.65
1,600-meter RelayGuster, Hernandez, Holder Kwaza	3:34.83

Bold indicates school record.

OUTDOOR ALL-TIME TOP 10 PERFORMERS



Jeremy Allen



Justin Austin



Matt Byers



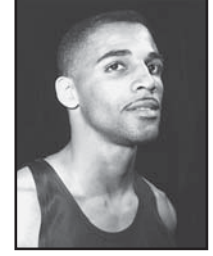
A.J. Curtis



Troy Doris



Jeffery Herron



Deacon Jones

100 Meters

- Justin Austin, 201110.21
- George Page, 199610.25
- Anthuan Maybank, 1994.....10.31
Tim Dwight, 1997.....10.31
Josh Larney, 201310.31
- Bob Lawson, 1976.....10.36
- Robert Smith, 1984.....10.39
- Curtis Chang, 1987.....10.40
- Jeff Patrick, 1983.....10.41
Tim Dodge, 200210.41

110-Meter High Hurdles

- Pat McGhee, 1989.....13.50
- Dion Trowers, 199613.62
- Ronnie McCoy, 198513.66
- Ethan Holmes, 201113.73
- Jordan Mullen, 2013.....13.76
- James Armstrong, 1991.....13.89
- Aaron Mallett, 2014.....13.98**
- Dan Davis, 201214.01
- Doug Jones, 198614.06
- Chris Williams, 1983.....14.24

200 Meters

- Justin Austin, 201120.31
- Jeff Patrick, 1983.....20.47
- Anthuan Maybank, 1994.....20.55
- Andre Morris, 199520.64
- George Page, 199620.67
- Terrence Duckett, 198220.74
- Tim Dodge, 200220.78
- Bashir Yamini, 1999.....20.82
- Dennis Kohl, 196620.84
- Tim Dwight, 1997.....20.91



Todd Wigginton



Arno van der Westhuizen

400 Meters

- Anthuan Maybank, 1993.....44.99
- Andre Morris, 199545.15
- Mike Mondane, 196745.20
- Steven Willey, 201045.78
- Gary Hollingsworth,46.30
- Harold Leonard, 1986.....46.45
- Tony Branch, 1999.....46.60
- Prince Riley, 2007.....46.61
- George Page, 199646.66
- Dick Eisenlauer, 1973.....46.74
Terrence Duckett, 198346.74
Patrick Richards, 201046.74

400-Meter Hurdles

- Pat McGhee, 1988.....48.83
- Monte Raymond, 199850.09
- Ray Varner, 201050.24
- Paul Steele, 198950.45
- Russell Peterson, 200150.50
- Ethan Holmes, 201350.51
- Adam Kunkel, 200150.73
- Jon Reimer, 196750.94
- Gary Falls, 199151.08
- D'Juan Richardson, 2011.....51.12

800 Meters

- Erik Sowinski, 20121:45.90
- Bill Frazier, 19621:47.64
- D'Juan Strozier, 19901:47.82
- Adam Hairston, 2009.....1:48.53
- Michael Layne, 19991:49.61
- Bill Thiesen, 19851:49.74
- Ryan Weir, 20131:50.01
- Andy Wiese, 19851:50.22
- Paul Chepkwony, 1984.....1:50.36
- Rod Chambers, 19891:50.60

1,500 Meters

- Jeff Thode, 20103:43.02
- Joel Moeller, 19783:44.01
- Jim Docherty, 1978.....3:44.30
- Dan Waters, 1986.....3:46.35
- Kevin Herd, 1994.....3:46.64
- John Clark, 19773:46.84
- Ted Wheeler, 1956.....3:48.24
- Nick Holmes, 20123:49.53
- Jesse Luciano, 2007.....3:49.99
- Micah VanDenend, 20073:50.20

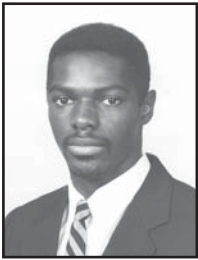
3,000-Meter Steeplechase

- Deacon Jones, 1956.....8:47.40
- Steve Pershing, 19788:54.59
- Andy Morris, 20008:56.21
- Matt Gerard, 19948:57.01
- Andy Napier, 2008.....8:57.54
- Rollie Kitt, 19679:02.90
- Al Greene, 19859:02.96
- Tony Rakaric, 2005.....9:03.29
- Mark Battista, 2010.....9:04.60
- Sean Gale, 1993.....9:08.00

5,000 Meters

- Micah VanDenend, 200713:49.31
- Larry Wiczorek, 1968.....13:56.00
- Kevin Herd, 1993.....13:59.00
- Stetson Steele, 200014:02.76
- Kevin Lewis, 2014.....14:02.78**
- Eric MacTaggart, 2005.....14:04.79
- Dan Haut, 200614:07.30
- Jesse Luciano, 2010.....14:08.71
- Matt Esche, 2006.....14:12.07
- Jeff Thode, 201114:12.40

OUTDOOR ALL-TIME TOP 10 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 7,203 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)
Bill Knoedel, 1975..... 7-4 (2.23)
4. M. Cunningham, 1986 7-1 (2.16)
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)
Scott Hudek, 1993 6-11 (2.11)
Jeremy Petsche, 2008..... 6-11 (2.11)
Brandon Oest, 2012 6-11 (2.11)

Pole Vault

1. Todd Wigginton, 1984..... 17-0 (5.18)
2. Chad Ohly, 1994..... 16-8 3/4 (5.10)
Kyle Reid, 2013 16-8 3/4 (5.10)
4. Curt Broek, 1978 16-8 (5.08)
5. Phil Wertman, 1971 16-7 (5.05)
Kelly Scott, 1988..... 16-7 (5.05)
7. John Teffer, 1972 16-2 (4.93)
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)

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. **O'Shea Wilson, 2014 25-2 (7.67)**
8. Matty Gorman, 2006.....25-1 1/4 (7.65)
9. Ronnie McCoy, 198525-0 (7.62)
10. Jeffery Herron, 2010.....24-9 (7.54)

Triple Jump

1. Troy Doris, 201254-8 (16.66)
2. Paul Jones, 1990.....53-9 (16.38)
3. **Klyvens Delaunay, 2013 52-21/2 (15.91)**
4. Gordon Finch, 1988.....50-9 1/4 (15.47)
5. Mike Lacy, 1984.....50-5 (15.36)
6. **Babatunde Amosu, 2013 ... 50-3 1/4 (15.32)**
7. Pat Miller, 1985.....49-8 1/2 (15.25)
8. Matty Gorman, 2008.....49-2 1/2 (15.00)
9. Owen Gill, 198249-1 (14.96)
10. Josh Bean, 2010.....48-10 3/4 (14.90)

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, 2014.....200-10 (61.21)**
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, 2007222-2 (67.73)
3. Jim Costello, 2002217-7 (66.32)
4. Brad Daufeldt, 2004.....207-10 (63.34)
5. Chris Voller, 2005206-0 (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, 2011.....245-8 (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. **Sam Joens, 2013.....206-9 (63.03)**
6. Kale Katt, 2007204-0 (62.17)
7. Joel Storm, 2004203-5 (62.01)
8. Matt Stank, 2001 199-0 (60.66)
9. **Jack Eckert, 2012..... 187-0 (57.01)**
10. Kyle Reid, 2013182-10 (55.73)

OUTDOOR ALL-TIME TOP 10 PERFORMERS



Kineke Alexander



Meghan Armstrong



Danielle Berndt



Nan Doak



Aisha James



Tiffany Johnson

100 Meters

1. Vivien McKenzie, 1985	11.45
2. Davera Taylor, 1984	11.51
3. Erica Broomfield, 1998	11.53
4. Lake Kwaza, 2013	11.56
5. Jiselle Providence, 2001	11.57
6. Tanja Reid, 1994	11.60
7. Peaches Roach, 2005	11.60
8. Yolanda Hobbs, 1995	11.62
9. Elanie Jones, 1985	11.69
10. Rhonda Kaye Trusty, 2010	11.74

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. Brittany Brown, 2014	23.72
8. Rhonda Kaye Trusty, 2010	23.74
9. Tanja Reid, 1995	23.75
10. Elaine Jones, 1983	23.84

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. MonTayla Holder, 2014	59.71
8. Nicole Erickson, 2012	59.77
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. Adrienne Alexia, 2013	2:08.61
6. Jeanne Kruckeberg, 1987	2:08.75
7. Kaitlyn Nelson, 2013	2:08.83
8. Ann Pare, 1997	2:09.25
9. Meghan Armstrong, 2006	2:10.15
10. Mahnee Watts, 2014	2:10.16

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, 2013	16:12.66
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 10 PERFORMERS



Diane Nukuri



Tammilee Kerr



Vivien McKenzie



Bethany Praska



Alana Redfern



Peaches Roach



Annemie Smith

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)**
- Madison Rouw, 2014 5-7 1/4 (1.71)**

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, 2013 11-1 (3.38)
7. Kacey Childs, 2000..... 8-0 1/2 (2.45)

Long Jump

1. Aisha James, 2003 22-3 (6.78)
2. Renee White, 2008..... 20-3 3/4 (6.19)
3. **Zinnia Miller, 2014..... 20-1 1/2 (6.13)**
4. **Carisa Leacock, 2011 19-11 1/2 (6.08)**
5. Becki Borg, 1988 19-7 1/4 (5.97)
6. Lisa Moats, 1986 19-6 (5.95)
7. Tammilee Kerr, 2008 19-4 1/4 (5.90)
8. Yolanda Hobbs, 1993 19-2 1/2 (5.85)
9. **Sarah Ryan, 2014..... 19-1 1/2 (5.83)**
10. Jane Dunlevy, 1977..... 18-6 (5.64)

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. **Zinnia Miller, 2014..... 40-9 (12.42)**
5. Becki Borg, 1988 40-7 1/2 (12.38)
6. Lynn McMillan, 1988..... 39-6 1/2 (12.05)
7. Lynn, 1998..... 39-0 (11.88)
8. Kacey Childs, 2001..... 37-8 (11.48)
9. Becca Franklin, 2004..... 36-10 1/2 (11.24)
10. Janna Houtz, 1984 33-10 1/2 (10.32)

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. **Rachel Curry, 2013..... 47-9 1/4 (14.56)**
8. Jennifer Moon, 2000..... 47-5 1/4 (14.46)
9. Mandy Chandler, 2006 46-0 (14.02)
10. Tiffany Medenwaldt, 2010 .. 45-11 3/4 (14.01)

Discus

1. Majesty Tutson, 2013 181-1 (55.19)
2. Tiffany Medenwaldt, 2010 161-3 (49.16)
3. Denise Taylor, 1992 160-5 (48.90)
4. **Dakotah Goodell, 2014..... 159-10 (48.73)**
5. **Amanda Stahle, 2014..... 159-3 (48.54)**
6. Lisa Van Steenwyk, 1991 159-1 (48.50)
7. Gail Smith, 1983 158-2 (48.22)
8. **Ashlyn Gulvas, 2011..... 154-11 (47.23)**
9. **Courtney Fritz, 2012 154-1 (46.96)**
10. Kamesha Marshall, 2005..... 152-11 (46.62)

Hammer Throw

1. **Annemie Smith, 2014 198-1 (60.38)**
2. **Jasmine Simpson, 2013..... 197-7 (60.23)**
3. Becca Franklin, 2007..... 195-0 (59.45)
4. **Ashlyn Gulvas, 2013..... 189-6 (57.76)**
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, 2013 161-5 (49.20)

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. **Dakotah Goodell, 2014..... 140-2 (42.73)**
10. **Allison Gattone, 2013 138-8 (42.27)**

MEN'S OUTDOOR ALL-TIME TOP 10 RELAYS

400-Meter Relay

1.	Mincy , Austin, E. Holmes, Larney, 2013	39.31
2.	Beecham, Duckett, Greer, R. Smith, 1984	39.48
3.	Mullen, Austin, E. Holmes, Larney, 2013	39.66
4.	Page, Davis, Rozell, Morris, 1996	39.73
5.	Mincy , Sayon, Chaney, Jr., Austin, 2011	39.86
6.	Richardson, Sayon, Chaney, Jr., Bee, 2009	39.94
7.	Felix, Branch, Dodge, Yamini, 1999	39.96
8.	Beecham, Duckett, Greer, Patrick, 1983	39.99
9.	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, Sowinski, 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.	McCorkle, Jones, Chung, Strozier, 1990	3:15.64
2.	Sayon, Austin, Willey, Sowinski, 2011	3:16.18
3.	Richards, Larney, Davey , Sowinski, 2012	3:17.25
4.	Richardson, Richards, Willey, Sowinski, 2010	3:17.74
5.	Armstrong, Thomas, Maybank, Strozier, 1991	3:18.93
6.	Yamini, Davis, Dodge, Donovan, 1999	3:19.87
7.	Richards, Chaney, Jr., Barton, Hairston, 2009	3:20.05
8.	McCorkle, Armstrong, Chung, Strozier, 1990	3:20.43
9.	Dodge, Yamini, Branch, Donovan, 1999	3:20.83
10.	Goode, Fisher, Thomas, Falls, 1992	3:21.02

3,200 Meter Relay

1.	Schum, Christensen, Steffen, Criswell, 1971	7:18.60
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.	Prom , Davey, Weir, Witt , 2013	9:53.83
6.	Theisen, Williams, Wiesa, Waters, 1985	9:54.04
7.	Wilfong , Slaymaker, Teubel , Witt , 2013	9:54.05
8.	Luciano, Pierre, Hairston, VanDenend, 2007	9:54.07
9.	VanDenend, Riley, O'Hollearn, Rakaric, 2006	9:54.97
10.	Feeldy, Eischeid, Novotny, Peters, 1996	9:55.71

6,400 Meter Relay

1.	Pershing, Fuller, Moeller, Docherty, 1978	16:27.70
2.	Rakaric, Webster, MacTaggart, VanDenend, 2006	16:55.43
3.	Paul, Kadlec, Thode, Luciano, 2010	17:01.46
4.	N. Holmes, Witt , Thode, Lewis , 2012	17:02.26
5.	Thomas, Allen, Rakaric, Lloyd, 2003	17:06.27
6.	Pittman, Novotny, Feeldy, Marquardt, 1995	17:12.49
7.	Bakker, Feeldy, Peters, Pittman, 1996	17:13.10
8.	Allen, Trainor, McDermott, Esche, 2002	17:14.53
9.	Kadlec, E. MacTaggart, Paul, Marchese, 2009	17:17.63
10.	Schwitters, Nordheim, Moeller, Thomas, 1999	17:18.04

WOMEN'S OUTDOOR ALL-TIME TOP 10 RELAYS

400-Meter Relay

1. Poole, Reid, Floyd, Hobbs, 1994..... 44.63
2. **Kwaza, Guster, Holder, Brown, 2014**..... 44.65
3. Charles, Williams, Providence, James, 2003 44.71
4. Floyd, Hobbs, Poole, Reid, 1994 44.80
5. Fouchè, Williams, Providence, James, 2003..... 45.02
6. Alexander, Granger, Johnson, Roach, 2006..... 45.11
7. Johnson, Roach, Clarke, Trusty, 2007..... 45.21
8. **Brown, Holder, Guster, Kwaza, 2014**..... 45.30
Johnson, Alexander, Granger, Roach, 2005 45.30
10. Granger, Johnson, Alexander, Roach, 2005 45.39

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. **Guster, Hernandez, Holder, Kwaza, 2014** 3:34.83
2. Praska, Hendricks, Liverpool, Erickson, 2011 3:35.93
3. Hume, Charles, Steffen, Williams, 2003 3:36.26
4. Praska, Hendricks, Erickson, Liverpool, 2011 3:36.51
5. Simonsen, Liverpool, Erickson, Sack, 2012 3:37.57
6. McCalla, Granger, Alexander, Johnson, 2006 3:38.36
7. Simonsen, Liverpool, Quinn, Erickson, 2012..... 3:38.49
8. Liverpool, Jones, Erickson, Quinn, 2012 3:38.68
9. Alexander, Graham, Jones, M. Mims, 2007 3:39.36
10. Jones, Alexander, Johnson, M. Mims, 2007 3:39.64

Sprint Medley Relay

1. Jones, Hendricks, Liverpool, Praska, 2011..... 3:48.63
2. **Kwaza, R. Moore, Holder, Alexia, 2013** 3:54.51
3. Trusty, R. Moore, Hendricks, Praska, 2010 3:56.53
4. Reid, Philip, Hobbs, Benning, 1995 3:56.54
5. Roach, Alexander, McCalla, Stanley, 2005..... 3:56.99
6. **Kwaza, R. Moore, Alexia, Nelson, 2013** 3:58.72
7. Clarke, Graham, Jones, Poncé, 2007 3:59.34
8. Underwood, Clarke, Philip, Benning, 1995..... 3:59.75
9. Jones, R. Moore, Erickson, **Alexia, 2012**..... 4:00.19
10. 2005..... 4:00.26

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. Scott, **Gordon**, Schrulle, Gambrall, 2013..... 19:41.15
7. Chapple, Laney, Donlon, Sokol, 2005 20:39.12
8. Arens, Barber, Butler, Roberts, 2001..... 20:40.89
9. Benning, Boland, Fleck, Coleman, 1995 20:43.07
10. Arens, Sokol, Barber, Donlon, 2003 20:48.08