

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



TRACK AND FIELD CONTACT: JORDAN BUCHER

February 24, 2016

2016 IOWA TRACK & FIELD INDOOR SCHEDULE

| Date | Meet |
|-------------------|--|
| Jan. 9 | Border Battle <i>(Champaign, Ill.)</i> |
| Jan. 15-16 | Iowa Dual <i>(Iowa City, Iowa)</i> |
| Jan. 23 | Big Four Duals <i>(Cedar Falls, Iowa)</i> |
| Jan. 29-30 | Razorback Invitational <i>(Fayetteville, Ark.)</i> |
| Feb. 5-6 | Meyo Invitational <i>(South Bend, Ind.)</i> |
| Feb. 12-13 | Iowa State Classic <i>(Ames, Iowa)</i> |
| Feb. 12-13 | Tyson Classic <i>(Fayetteville, Ark.)</i> |
| Feb. 20 | Alex Wilson Invitational <i>(South Bend, Ind.)</i> |
| Feb. 26-27 | Big Ten Championships <i>(Geneva, Ohio)</i> |
| Mar. 11-12 | NCAA Championships <i>(Birmingham, Ala.)</i> |

IOWA COACHING STAFF

Joey Woody.. Director of Track & Field
Layne Anderson Head Cross Country/
..... Assistant Track & Field Coach
Clive Roberts ... Associate Head Coach
Jason Wakenight Assistant Coach
..... Director of Recruiting
Andrew Dubs Assistant Coach
Molly Jones Assistant Coach
Kate See Director of Operations

THIS WEEK

The University of Iowa track and field team travels to the SPIRE Institute in Geneva, Ohio, for the 2016 Big Ten Indoor Championships this weekend. The championships begin Friday at 9 a.m. (CT) and continue through Saturday. An awards presentation takes place at 3:50 p.m. following the conclusion of the event.

FOLLOW THE HAWKEYES

Follow @IowaXC_TF on twitter for updates and relevant statistics throughout the meet. Live results are also available on the track and field schedule page at hawkeyesports.com. Follow @bigtenchamps on twitter for live updates of the Big Ten Indoor Championships and interact with the championships by using #B1GTF.

B1G WEEKEND AHEAD

Three Big Ten programs -- Purdue (15), Penn State (17), and Minnesota (25) -- are ranked in the nation's top 25 on the men's side, while Michigan (6), Wisconsin (22), and Purdue (25) highlight the field for the women.

2ND, 3RD, 4TH ALL-TIME

The Hawkeyes boast the strongest 800-meter crew in school history this season. Senior Will Teubel (1:47.74) and freshman Pavlo Hutsalyuk (1:48.97) recorded the second- and third-fastest all-time marks at the Alex Wilson Invitational on Feb. 20. Sophomore Carter Lilly posted a collegiate-best 1:49.09 in the 800 meters at the Iowa State Classic on Feb. 13. Lilly's time ranks fourth at Iowa. The trio is ranked third, seventh, and eighth, respectively, in the Big Ten.

MALLETT GOES FOR GOLD

After finishing runner-up in the men's 60-meter hurdles at last year's Big Ten Indoor Championships, junior All-American Aaron Mallett (7.71) is the conference's top seed. He has held the top spot for seven consecutive weeks.

Mallett last faced a conference opponent at the Tyson Invitational on Feb. 12, where he edged out Nebraska's Oladapo Akinmoladun (7.74) in 7.73 to earn Big Ten Athlete of the Week.

400-METER SHOWDOWN

Defending Big Ten outdoor 400-meter champion, junior Elexis Guster (53.32), enters the weekend seeded second in the event behind Purdue's Symone Black (53.13). Guster placed fourth in 2015, and third in 2014. Black was runner-up last season.

B1GS ON BTN

The 2016 Big Ten Indoor Championships will air on BTN at 9:30 a.m. (CT) on Saturday, March 5.

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



TRACK AND FIELD CONTACT: JORDAN BUCHER

2016 INDOOR SEASON LEADERS

HAWKEYES TO WATCH

Based on the entry list, 14 Hawkeyes rank among the Big Ten's top eight entering this weekend:

- 1st – Aaron Mallett (60-meter hurdles/7.71)
- 2nd – Elexis Guster (400 meters/53.32)
- 3rd – Lake Kwaza (60 meters/7.41)
- 3rd – Will Teubel (800 meters/1:47.74)
- 3rd – Jahisha Thomas (long jump/20-4.5, 6.21m)
- 4th – Mar'yea Harris (400 meters/47.10)
- 5th – Vinnie Saucer, Jr. (60 meters/6.75)
- 5th – Lake Kwaza (200 meters/23.85)
- 5th – MonTayla Holder (600 meters/1:30.09)
- 6th – Mahnee Watts (600 meters/1:30.83)
- 6th – Briana Guillory (200 meters/23.87)
- 7th – Pavlo Hutsalyuk (800 meters/1:48.97)
- 8th – Carter Lilly (600 meters/1:18.07)
- 8th – Christian Brissett (200 meters/21.36)

RELAYS MAKE HEADLINES

After breaking the school record in the women's 1,600-meter relay at the Tyson Invitational on Feb. 13, the quartet of senior MonTayla Holder, juniors Elexis Guster and Alexis Hernandez, and freshman Briana Guillory rank third in the Big Ten (3:36.47).

The men's 1,600-meter squad of junior Mitch Wolff, senior Brendan Thompson, junior Jared Ganschow, and freshman Mar'yea Harris stand second in the conference and 11th nationally after clocking 3:07.58 at the Alex Wilson Invitational on Feb. 20.

BEST FOR LAST

Four out of his six attempts in the men's shot put were personal bests for redshirt freshman Reno Tuufuli at the Alex Wilson Invitational on Feb. 20. Tuufuli ended with an overall collegiate-best 60-3 ¼ (18.37m) on his final throw, becoming the fifth-ranked freshman in the NCAA. He slates sixth on Iowa's all-time list and ninth in the Big Ten.

NCAA QUALIFYING STANDARDS

Qualifying for the NCAA Indoor Track and Field Championships is based on the descending-order list for the season. The top 16 individual participants and the top 12 relays advance to the championships. The NCAA Indoor Track and Field Championships are set for March 11-12 in Birmingham, Alabama.

MEN

| | | |
|---------------------|---|-------------------|
| 60 Meters..... | Vinnie Saucer, Jr..... | 6.75 |
| 60-Meter Hurdles... | Aaron Mallett..... | 7.71 |
| 200 Meters..... | Christian Brissett..... | 21.43 |
| 400 Meters..... | Mar'yea Harris..... | 47.10 |
| 600 Yards..... | Will Teubel..... | 1:09.59 |
| 600 Meters..... | Will Teubel..... | 1:17.55 |
| 800 Meters..... | Will Teubel..... | 1:47.74 |
| 1,000 Meters..... | Michael Hart..... | 2:29.91 |
| Mile..... | Michael Melchert..... | 4:05.37 |
| 3,000 Meters..... | Michael Melchert..... | 8:08.57 |
| 5,000 Meters..... | Anthony Gregorio..... | 14:55.99 |
| 1,600-Meter Relay.. | Wolff, Thompson, Ganschow, Harris..... | 3:07.58 |
| High Jump..... | Peter Andreano..... | 6-9-1/2 (2.07m) |
| Pole Vault..... | Andy Jatis..... | 16-0 3/4 (4.90m) |
| Long Jump..... | Kerry Dean, Jr..... | 22-11 3/4 (7.00m) |
| Triple Jump..... | Kerry Dean, Jr..... | 45-7 1/4 (13.90m) |
| Shot Put..... | Reno Tuufuli..... | 60-3 1/4 (18.37m) |
| Weight Throw..... | Avery Meyers..... | 53-5 (16.28m) |
| Discus..... | Avery Meyers..... | 170-1 (51.84m) |
| Heptathlon..... | William Dougherty..... | 5,172 points |

WOMEN

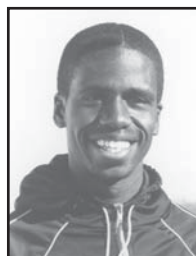
| | | |
|---------------------|---|--------------------|
| 60 Meters..... | Lake Kwaza..... | * 7.41 |
| 60-Meter Hurdles... | Jahisha Thomas..... | 8.46 |
| 200 Meters..... | Lake Kwaza..... | 23.85 |
| 400 Meters..... | Elexis Guster..... | 53.32 |
| 600 Yards..... | Mahnee Watts..... | 1:22.72 |
| 600 Meters..... | MonTayla Holder..... | 1:30.09 |
| 800 Meters..... | Mahnee Watts..... | 2:11.49 |
| Mile..... | Madison Waymire..... | 4:58.60 |
| 3,000 Meters..... | Tess Wilberding..... | 9:46.61 |
| 5,000 Meters..... | Kelly Breen..... | 17:58.02 |
| 1,600-Meter Relay.. | Holder, Guster, Hernandez, Guillory..... | * 3:36.47 |
| High Jump..... | Khanishah Williams..... | 5-8 3/4 (1.75m) |
| Long Jump..... | Jahisha Thomas..... | * 20-4 1/2 (6.21m) |
| Pole Vault..... | Amy Smith..... | 10-10 (3.30m) |
| Triple Jump..... | Tria Seawater-Simmons..... | 38-6 3/4 (11.75m) |
| Shot Put..... | Leah Colbert..... | 38-2 3/4 (11.65m) |
| Weight Throw..... | Leah Colbert..... | 52-2 1/2 (15.91m) |
| Discus..... | Dakotah Goodell..... | 156-5 (47.67m) |

* -- school record

INDOOR ALL-TIME TOP TEN PERFORMERS



Justin Austin



Rodney Chambers



Jim Costello



Troy Doris



Bill Hansen



John Hickey



Ethan Holmes

60 Meters

- Justin Austin, 2011 6.69
- Kurt Felix, 1999..... 6.73
Tevin-Cee Mincy, 2014 6.73
- Josh Larney, 2013 6.74
- Troy Doris, 2012 6.75
Vinnie Saucer, Jr., 20166.75
- O'Shea Wilson, 2016.....6.76**
- Tony Branch, 1999 6.78
Christian Brissett, 20166.78
- Paul Chaney, Jr., 2009 6.80
D'Juan Richardson, 2010 6.80

60-Meter Hurdles

- Jordan Mullen, 2013..... 7.70
- Aaron Mallett, 2016.....7.71**
- Ethan Holmes, 2013 7.82
- Dion Trowers, 1997 7.87
- Russell Peterson, 2004 7.97
- Dan Davis, 2012..... 8.02
- DeRocco Reed, 2000..... 8.03
Keith Brown, 2015..... 8.03
- Chris Douglas, 20168.06**
- Torrey Campbell, 2012 8.09

200 Meters

- Justin Austin, 2011 20.80
- Anthuan Maybank, 1993 21.11
- Bashir Yamini, 1999 21.19
- James Harrington, 201421.21**
- Ethan Holmes, 2013 21.23
- Tim Dodge, 2000 21.26
- Paul Chaney, Jr., 2009 21.34
- George Page, 1997 21.35
- Zach Digney, 2004 21.39
- Christian Brissett, 201621.43**

400 Meters

- Steven Willey, 2010 46.75
- Terrence Duckett, 1984 46.81
- Mar'yea Harris, 201647.10**
- Andre Morris, 1995 47.15
- Monte Raymond, 1998..... 47.18
- Anthuan Maybank, 1990 47.25
- Patrick Richards, 2011 47.35
- Juan Coleman, 2002 47.40
- Justin Austin, 2012 47.61
- Ethan Holmes, 2013 47.63

600 Meters

- Erik Sowinski, 2012..... 1:16.91
- Will Teubel, 20161:17.55**
- Steven Willey, 2011 1:17.94
- Keaton Rickels, 2012 1:18.19
- Pat McGhee, 1988..... 1:18.30
- Carter Lilly, 20151:18.37**
- Ryan Weir, 2013 1:18.62
- Chris Barton, 2011..... 1:18.75
Brennan Davey, 2014..... 1:18.75
- Neil Flattery, 2014 1:18.78

800 Meters

- Erik Sowinski, 2012..... 1:47.62
- Will Teubel, 20161:47.74**
- Pavlo Hutsalyuk, 20161:48.97**
- Carter Lilly, 20161:49.09**
- Ryan Weir, 2013 1:49.11
- Adam Hairston, 2010..... 1:49.26
- Nathan Prom, 2013 1:49.29
- Nick Kuczvara, 2010 1:49.59
- Dave Novotny, 1996 1:51.27
- Jim Docherty, 1973..... 1:51.30

Mile

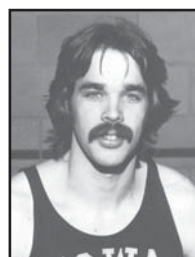
- Jeff Thode, 2011 3:58.72
- Ed DeLashmutt, 1981 4:04.01
- Larry Wieczorek, 1968..... 4:04.40
- Michael Melchert, 2016.....4:05.37**
- John Clark, 1972 4:05.94
- Ben Witt, 2014 4:07.08
- Adam Thomas, 2002 4:07.13
- Kevin Herd, 1992 4:07.26
- Jesse Luciano, 2009 4:07.29
- Jake Berns, 2006..... 4:07.43

3,000 Meters

- Kevin Lewis, 2015 7:57.06
- Jeff Thode, 2011 8:00.38
- Micah VanDenend, 2006 8:00.81
- Michael Melchert, 2016.....8:08.57**
- Eric MacTaggart, 2006 8:08.79
- Stetson Steele, 2000..... 8:09.54
- Ben Witt, 2015 8:10.97
- Dan Haut, 2005 8:11.36
- Kevin Herd, 1994 8:11.51
- Nick Holmes, 2010 8:15.48

5,000 Meters

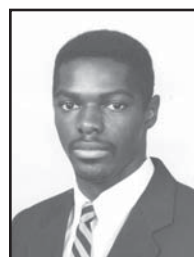
- Kevin Lewis, 2015 13:43.70
- Micah VanDenend, 2007 13:56.46
- Stetson Steele, 2000..... 14:00.52
- Dan Haut, 2006 14:06.16
- Eric MacTaggart, 2006 14:13.41
- Jeff Thode, 2011 14:16.00
- Matt Esche, 2004..... 14:18.43
- Jeff Kent, 2007..... 14:18.86
- Jesse Luciano, 2009 14:20.99
- Nick Nordheim, 2002 14:22.99



Bill Knoedel



Kevin Lewis



Anthuan Maybank



Jordan Mullen

INDOOR ALL-TIME TOP TEN PERFORMERS



Nathan Prom



Kyle Reid



Patrick Richards



Keaton Rickels



Erik Sowinski



Todd Wigginton



Steven Willey

Heptathlon

1. Kyle Reid, 2013 5,354 points
2. Dan Rolling, 2010 5,205 points
3. Jack Eckert, 2015 5,188 points
4. **William Dougherty, 2016 5,172 points**
5. Ryan Niver, 2008..... 5,149 points
6. Frank Prill, 2010..... 5,015 points
7. Scott Faber, 2000..... 4,784 points
8. Cam Appleman, 1997 4,685 points
9. Bobby Windauer, 2007 4,644 points
10. Jacob Drewry, 1995 4,612 points

High Jump

1. Bill Knoedel, 1976..... 7-3 (2.21)
Bill Hansen, 1978..... 7-3 (2.21)
3. Scott Hudek, 1993 7-0 1/2 (2.15)
Kevin Spejcher, 2015..... 7-0 1/2 (2.15)
5. Pat Meade, 1987 7-0 1/4 (2.14)
6. Mike Lacy, 1984..... 7-0 (2.13)
7. M. Cunningham, 1984.. 6-11 1/4 (2.11)
8. Jeffery Herron, 2010..... 6-11 (2.11)
Peter Hlavin, 1980 6-11 (2.11)
Brandon Oest, 2010 6-11 (2.11)
Dan Rolling, 2008 6-11 (2.11)
Graham Valdes, 2010 6-11 (2.11)

Pole Vault

1. Todd Wigginton, 1984 17-1 (5.21)
2. Dave Nielsen, 1975..... 16-10 (5.13)
3. Kyle Reid, 2013 16-6 3/4 (5.05)
4. Curt Brock, 1979..... 16-6 (5.03)
5. Alex Zona, 2010..... 16-4 3/4 (5.00)
6. Phil Wertman, 1971 16-4 (4.98)
7. Jeff Raymond, 2008..... 16-2 (4.93)
8. John Teffer, 1972 16-1 (4.90)
9. **Andy Jatis, 2016..... 16-0 3/4 (4.90)**
10. Chad Ohly, 1995 15-9 (4.80)
Rich Palumbo, 1989..... 15-9 (4.80)

Long Jump

1. Anthuan Maybank, 1992..26-5 1/2 (8.06)
2. Bashir Yamini, 1998 26-0 1/4 (7.93)
3. Darren Smith, 1991 25-2 (7.67)
4. Paul Jones, 1990..... 24-11 1/4 (7.60)
5. Josh Larney, 2013 24-10 (7.57)
6. Ronnie McCoy, 1984..... 24-9 (7.54)
7. **O'Shea Wilson, 2014... 24-8 1/2 (7.53)**
Matty Gorman, 2006.... 24-8 1/2 (7.53)
9. Charles Jones, 1980..... 24-8 1/4 (7.52)
10. Quinn Early, 1986 24-7 1/4 (7.50)

Triple Jump

1. Troy Doris, 2011 54-0 (16.46)
2. Babatunde Amosu, 2015..52-8 3/4 (16.07)
3. Paul Jones, 1990..... 52-1 1/4 (15.88)
Klyvens Delaunay, 2014 ..52-1 1/4 (15.88)
5. Mike Lacy, 1983 49-0 (14.93)
6. Owen Gill, 1982 48-10 3/4 (14.90)
7. Josh Bean, 2009 48-10 (14.88)
8. David Nsabua, 2013 48-9 (14.86)
9. Gordon Finch, 1988.... 48-3 3/4 (14.72)
10. Matty Gorman, 2006.. 48-3 1/2 (14.72)

Shot Put

1. John Hickey, 2009 63-0 (19.20)
2. Jeremy Allen, 2001 ... 62-10 1/2 (19.16)
3. Shane Maier, 2006..... 61-2 (18.64)
4. Gary Kostrubala, 1986..60-10 3/4 (18.55)
5. Andy Banse, 2005..... 60-9 1/4 (18.52)
6. **Reno Tuufuli, 2016.... 60-3 1/4 (18.37)**
7. Ken Kemeny, 2004 60-0 1/2 (18.30)
8. Gabe Hull, 2014..... 59-3 (18.06)
9. **Avery Meyers, 2016 .. 59-0 1/4 (17.99)**
10. Chris Gambol, 1987 59-0 (17.98)

Weight Throw

1. Jim Costello, 2002 69-4 3/4 (21.15)
2. Matt Banse, 2012 67-8 (20.62)
3. Arno van der Westhuizen,
2001 67-7 1/2 (20.61)
4. Adam Hamilton, 2007 66-9 1/4 (20.35)
5. Jeremy Allen, 2001 ... 65-10 1/4 (20.07)
6. Chris Voller, 2005..... 63-4 (19.30)
7. Ryan Lamparek, 2012 61-2(18.62)
8. Brad Daufeldt, 2004 ... 60-4 1/2 (18.40)
9. Gabe Hull, 2014..... 59-7 (18.16)
10. Ryan Jordan, 2008 59-0 (17.98)

1,600-Meter Relay

1. Richards, E. Holmes, Sowinski, Willey,
2011 3:06.66
2. Rozell, Davis, Raymond, Yamini, 1998 3:06.80
3. Coleman, Faber, Strang, Peterson, 2002 .. 3:07.44
4. **Wolff, Thompson, Ganschow,
Harris, 2016 3:07.58**
5. Richards, Sowinski, E. Holmes, Willey,
2011 3:07.84
6. Greer, Williams, Smith, Duckett, 1984..... 3:08.14
7. Card, Coleman, Williamson, Dodge, 2001 3:08.21
8. Davis, Rozell, Page, Morris, 1995..... 3:08.77
9. Dodge, Williamson, Card, Peterson, 2001 3:08.82
10. Richards, E. Holmes, Barton, Willey, 2011 3:08.85

3,200-Meter Relay

1. Cooke, Nie, Monsey, Chambers, 1990..... 7:13.02
2. Corrigan, Blackman, Strozier, Chambers,
1989 7:29.00
3. English, Blackman, Strozier, Chambers,
1989 7:36.20
4. 1977 7:39.40
5. 1986 7:40.90
6. Bouske, Herd, Chambers, Koon, 1992 7:43.94
7. Bouska, Cook, White, Herd, 1992..... 7:48.63
8. 1992 7:49.86
9. 1986 7:50.10
10. Roseman, Rerko, Novotny, Branigan,
1993 7:51.36

Distance Medley Relay

1. Prom, Rickels, Sowinski, Thode, 2012 9:45.41
2. 1999 9:46.83
3. 1977 9:48.80
4. 1978 9:49.70
5. Kuczvara, Barton, Kuhlman, N. Holmes,
2010 9:51.05
6. Marchese, Varner, Hairston, Luciano,
2009 9:52.52
7. Paul, Varner, Hairston, Thode, 2010..... 9:52.71
8. Prom, Richardson, Sowinski, Thode,
2011 9:57.44
9. Trainor, Faber, Cunningham, Allen, 2002.. 9:58.14
10. Newell, Eisenlauer, Tice, Clark, 1973..... 10:00.0

INDOOR ALL-TIME TOP TEN PERFORMERS



Kineke Alexander



Meghan Armstrong



Brittany Brown



Tracy Dahl



Karnessa Farley



Briana Guillory



Ashlyn Gulvas

60 Meters

1. **Brittany Brown, 2014** **7.41**
Lake Kwaza, 2016..... **7.41**
3. Elaine Jones, 19837.43
4. Peaches Roach, 2005.....7.45
5. Shellene Williams, 20047.50
6. Jiselle Providence, 20027.52
7. Rhonda-Kaye Trusty, 20107.55
Erin Jones, 20117.55
Raven Moore, 20137.55
10. Angela Menson, 19827.57

60-Meter Hurdles

1. Karnessa Farley, 20098.21
2. Tiffany Johnson, 2006.....8.33
3. Paula Ruen, 1998.....8.39
4. Sarah Steffen, 20028.45
Renee White, 2008.....8.45
6. **Jahisha Thomas, 2016**..... **8.46**
7. Colleen Prendergast, 20008.57
8. Tammilee Kerr, 2008.....8.60
9. Kimberly Stanford, 2008.....8.63
10. Diane Steinhart, 1981.....8.64

200 Meters

1. Kineke Alexander, 200623.49
2. Shellene Williams, 200423.62
3. **Brittany Brown, 2014** **23.63**
4. Marlene Poole, 199423.66
Yolanda Hobbs, 1995.....23.66
6. Erica Broomfield, 199823.81
7. **Lake Kwaza, 2016**..... **23.85**
8. **Briana Guillory, 2016** **23.87**
9. Raven Moore, 201324.00
10. Erin Jones, 201124.01

400 Meters

1. Kineke Alexander, 200751.48
2. Ellen Grant, 1996.....52.65
3. Shellene Williams, 200452.83
4. **Elexis Guster, 2016**..... **53.32**
5. Ashley Liverpool, 201154.09
6. **Briana Guillory, 2016**..... **54.24**
7. **MonTayla Holder, 2015** **54.32**
8. **Alexis Hernandez, 2014**..... **54.91**
9. Tiffany Hendricks, 201155.06
10. Marlene Poole, 199355.20

600 Yards

1. Senta Hawkins, 1987 1:21.06
2. Aisha Hume, 2004 1:21.74
3. Kay Stormo, 1982 1:22.49
4. Nicole Erickson, 2012 1:22.61
5. **Mahnee Watts, 2016**..... **1:22.72**
6. Bethany Praska, 2009 1:23.12
7. Hannah Simonson, 2012 1:23.18
8. Chris Davenport, 1982..... 1:24.14
9. **Kaitlyn Nelson, 2015** **1:24.52**
10. Sophia Poncè, 2007 1:24.55

600 Meters

1. Kineke Alexander, 2008 1:27.45
2. Bethany Praska, 2011 1:28.14
3. **MonTayla Holder, 2014** **1:29.98**
4. Senta Hawkins, 1987 1:30.77
5. **Mahnee Watts, 2016**..... **1:30.83**
6. **Kaitlyn Nelson, 2013** **1:31.44**
7. Karen Layne, 1990 1:31.45
8. Nicole Erickson, 2012 1:31.71
9. **Elexis Guster, 2016** **1:32.04**
10. Kay Stormo, 1982 1:32.30

800 Meters

1. Bethany Praska, 2011 2:05.01
2. Jeanne Kruckeberg, 1989 2:06.38
3. Michelle Lahann, 2004 2:06.83
4. Katharina Trost, 2014 2:07.38
5. **Mahnee Watts, 2014**..... **2:08.79**
6. Adrienne Alexia, 2013 2:08.95
7. Briana Benning, 1996 2:09.22
8. **Kaitlyn Nelson, 2013** **2:09.58**
9. **MonTayla Holder, 2015** **2:10.34**
10. Kay Stormo, 1981 2:11.04

Mile

1. McKenzie Melander, 2011..... 4:39.78
2. Jeanne Kruckeberg, 1989 4:40.19
3. Meghan Armstrong, 2006 4:40.59
4. Lauren Hardesty, 2011..... 4:41.01
5. Tina Stec, 1994 4:42.63
6. Betsy Flood, 2010 4:42.70
7. Penny O'Brien, 1981..... 4:43.72
8. Diane Nukuri, 2007..... 4:46.25
9. Michelle Lahann, 2004 4:47.23
10. Amanda Hardesty, 2010 4:48.69

3,000 Meters

1. Tracy Dahl, 1993 9:15.57
2. Meghan Armstrong, 2008 9:17.50
3. Diane Nukuri, 2008..... 9:20.07
4. Betsy Flood, 2011 9:20.09
5. Nan Doak, 1982 9:21.60
6. Jenny Spangler, 1986 9:22.41
7. Mareike Schrulle, 2012..... 9:23.97
8. Brooke Eilers, 2012..... 9:27.92
9. McKenzie Melander, 2012..... 9:29.71
10. Krista Anderson, 2006 9:29.75



Elexis Guster



Lauren Hardesty



Senta Hawkins



Alexis Hernandez



MonTayla Holder



Tammilee Kerr



Lake Kwaza

INDOOR ALL-TIME TOP TEN PERFORMERS



McKenzie Melander



Diane Nukuri



Bethany Praska



Peaches Roach



Gail Smith



Jessie Strand

5,000 Meters

1. Tracy Dahl, 1993 15:49.52
2. Nan Doak, 1985 15:55.45
3. Racheal Marchand, 2009.....15:55.70
4. Diane Nukuri, 2008..... 16:01.36
5. Jenny Spangler, 1982 16:08.74
6. Judy Parker, 1981 16:16.63
7. Betsy Flood, 2011 16:20.67
8. Jennifer Brower, 1992..... 16:22.19
9. Nikki Chapple, 2004..... 16:27.04
10. Mareike Schrulle, 2012..... 16:29.41

High Jump

1. Peaches Roach, 2005.....6-0 3/4 (1.85)
2. Mary Mol, 1983 6-0 (1.83)
3. **Khanishah Williams, 2013 .. 5-11 1/4 (1.81)**
4. Becky Kaza, 19955-9 3/4 (1.77)
5. Caleigh Bacchus, 2010.....5-9 1/4 (1.76)
6. Kristi Dinkla, 1985.....5-8 1/2 (1.74)
- Kacey Childs, 2001.....5-8 1/2 (1.74)
8. Traci Claussen, 1987 5-8 (1.73)
9. Kathy Gillespie, 19835-7 3/4 (1.72)
10. Lynn McMillan, 19885-7 1/4 (1.71)
- Tammilee Kerr, 2008.....5-7 1/4 (1.71)

Pole Vault

1. Jessie Strand, 200412-5 1/2 (3.80)
2. Sarah Burgett, 2007 11-10 (3.61)
3. Kirsten Weismantle, 2011 ..11-5 3/4 (3.50)
4. Brittany Holst, 2013.....11-3 3/4 (3.45)
5. Katie Truedson, 2010.....10-11 3/4 (3.35)
6. **Amy Smith, 2016 10-10 (3.30)**
7. Gina Shannon, 2001 10-6 (3.20)
8. Kacey Childs, 2001.....9-0 (2.75)
9. Amy Kasparbauer, 2000.....8-0 (2.44)

Long Jump

1. **Jahisha Thomas, 2016.....20-4 1/2 (6.21)**
2. Zinnia Miller, 2014.....20-4 1/4 (6.20)
3. Carisa Leacock, 201419-9 1/2 (6.03)
4. Lisa Moats, 1986 19-6 (5.95)
5. Cassidy Ellis, 2015.....19-5 1/2 (5.93)
6. Renee White, 2006.....19-3 1/4 (5.87)
7. Tiffany Johnson, 2007.....19-2 1/2 (5.85)
8. Davera Taylor, 198419-1 1/2 (5.83)
9. Yolanda Hobbs, 1993..... 19-1 (5.80)
10. Kamesha Marshall, 2005 ..18-11 1/4 (5.77)

Triple Jump

1. Renee White, 2008..... 42-4 (12.90)
2. Tiffany Johnson, 2007.....41-3 3/4 (12.59)
3. Zinnia Miller, 2014.....41-2 1/2 (12.56)
4. Carisa Leacock, 201240-5 1/2 (12.33)
5. Becki Borg, 1987..... 39-6 (12.04)
6. **Tria Seawater-Simmons, 2016 38-6 3/4 (11.75)**
7. Lynn McMillan, 1988 38-2 (11.63)
8. Sarah Ryan, 201437-5 1/4 (11.41)
9. Lisa Moats, 1985 35-1 (10.69)
10. Becca Franklin, 2004..... 34-3 (10.44)
- Rachel Ballard, 2013..... 34-3 (10.44)

Shot Put

1. Gail Smith, 1985 51-0 (15.54)
2. Lisa Van Steenwyk, 1993. 50-5 1/4 (15.37)
3. Kamesha Marshall, 2005. 49-2 1/4 (14.99)
4. Denise Taylor, 1992 48-9 (14.86)
5. Rachel Curry, 2013 48-2 1/2(14.69)
6. Megan Maurer, 1995..... 47-5 3/4 (14.47)
7. Laura Kriener, 1990 47-5 (14.45)
- Courtney Fritz, 2014..... 47-5 (14.45)
9. Jennifer Gilson, 2002..... 46-11 (14.30)
10. Alexa Hunt, 201546-8 3/4 (14.24)

Weight Throw

1. Ashlyn Gulvas, 2013 63-6 (19.35)
2. Jasmine Simpson, 2013... 62-6 1/2 (19.06)
3. Annemie Smith, 2014..... 61-4 (18.69)
4. Kelsey Taylor, 2011 60-4 1/2 (18.40)
5. Majesty Tutson, 2011 58-4 (17.78)
6. Becca Franklin, 2007 58-3 1/4 (17.76)
7. Chelsea Colpitts, 2013 56-4 (17.17)
8. Erin O'Hern, 2008..... 56-3 (17.14)
9. Mandy Chandler, 2009 54-4 1/2 (16.57)
10. **Leah Colbert, 2016.....52-2 1/2 (15.91)**

Pentathlon

1. Tammilee Kerr, 2008.....3,974 points
2. Chris Davenport, 1983.....3,798 points
3. Kamesha Marshall, 20053,701 points
4. Tiff Pedersen, 2004.....3,511 points
5. Sarah Ryan, 2013 3,472 points
6. Maureen Abel, 1979.....3,427 points
7. Zinnia Miller, 2012.....3,416 points
8. Janet Adams, 19813,360 points
9. Janelle Jaspers, 19873,366 points
10. Cassidy Ellis, 2014.....3,346 points



Jahisha Thomas



Renee White

1,600-Meter Relay

1. **Holder, Guster, Hernandez, Guillory, 2016.....3:36.47**
2. Liverpool, Hendricks, Praska, Erickson, 2011 3:36.97
3. **Holder, Hernandez, Guster, Guillory, 2016.....3:36.99**
4. **Hernandez, Holder, Guster, Watts, 2014 3:37.16**
5. Liverpool, Hendricks, Erickson, Praska, 2011 3:37.58
6. **Kwaza, Guster, Holder, Watts, 2015.....3:37.84**
7. **Kwaza, Holder, Watts, Guster, 2015.....3:38.56**
8. **Guster, Holder, Watts, Hernandez, 2014 3:38.62**
9. Hendricks, Erickson, Praska, Liverpool, 2011 3:39.15
10. **Guster, Watts, Holder, Kwaza, 2015.....3:39.30**

Distance Medley Relay

1. Armstrong, Alexander, L. Hardesty, Nukuri, 2008..... 11:20.11
2. Melander, Hendricks, L. Hardesty, Eilers, 2011 11:22.44
3. Stormo, Davenport, Williams, O'Brien, 1981 11:23.02
4. Melander, Praska, Hendricks, Flood, 2011 11:24.47
5. Flood, Hendricks, L. Hardesty, Melander, 2010 11:25.01
6. Melander, Hendricks, Flood, Marchand, 2009 11:27.34
7. Benning, Poole, Salsberry, Stec, 1994 11:28.03
8. Stormo, Davenport, Hayden, Doak, 1982..... 11:29.54
- Armstrong, Granger, Stanley, K. Anderson, 2006 11:29.54
10. Lahann, Williams, Stanley, Arens, 2004..... 11:30.36