

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



TRACK AND FIELD CONTACT: BRANDEE BRITT

February 15, 2012

2011-12 IOWA TRACK & FIELD INDOOR SCHEDULE

Date	Meet	Result
Jan. 4	New Year's Classic (Iowa City, Iowa)	No Team Scores
Jan. 21	at Adidas Classic (Lincoln, Neb.)	M: 2nd W: 3rd
Jan. 27-28	at Razorback Invite (Fayetteville, Ark.)	No Team Scores
Feb. 3-4	at Meyo Invite (South Bend, Ind.)	No Team Scores
Feb. 10-11	at New Balance Invite (New York City, New York)	No Team Scores
Feb. 10-11	at Iowa State Classic (Ames, Iowa)	No Team Scores
Feb. 17	at Tyson Invite (Fayetteville, Ark.)	No Team Scores
Feb. 17	Iowa Invitational (Iowa City, IA)	No Team Scores
Feb. 24-25	at Husky Invite (Seattle, Wash.)	No Team Scores
Mar. 3	at Big Ten Championships (Lincoln, Neb.)	
Mar. 9-10	at NCAA Last Chance Meet (TBA)	
Mar. 9-10	at NCAA Championships (Boise, Idaho)	

IOWA COACHING STAFF

Layne Anderson	Head Track & Field Coach
Larry Wieczorek	Director of Track & Field
Scott Cappos	Director of Field Events
Clive Roberts	Assistant Coach
.....	Horizontal jumps, women's short
.....	sprints, hurdles, relays
Christi Smith	Assistant Coach
.....	Combined events, vertical jumps
Joey Woody	Assistant Coach
.....	Men's sprints, short hurdles and relays
.....	women's long sprints and hurdles

THIS WEEK

The University of Iowa track and field team will host the Iowa Invitational on Friday. The meet will be held at the UI Recreation Building. Field events are scheduled to begin at 5 p.m. and running events are set to start at 6 p.m. The Iowa Invitational features teams from Simpson College, Central College, University of Northern Iowa, Western Illinois University, St. Ambrose, and Drake.

BANSE BREAKS PERSONAL BEST

Senior Matt Banse broke his personal best mark in the weight throw in each of his last two competitions. Banse recently threw a personal best mark of 67-8 (20.62m) at the Iowa State Classic. That mark ranks second all-time at Iowa. That mark also ranks third among the Big Ten and 12th in the nation.

DORIS RANKED THIRD IN NATION

Senior Troy Doris's triple jump leap of 53-5 (16.28m) ranks first in the Big Ten. That mark also ranks third in the nation. Doris currently holds the triple jump record at Iowa (54-0; 16.46m).

SOWINSKI IN TOP 20

Erik Sowinski is ranked third in the conference for his performance in the 600 meters at the Adidas Classic. Sowinski ran a time of 1:16.91 to break the school record. Sowinski is also ranked fifth in the Big Ten in the 800 meters. His 800 meter time of 1:48.58 ranks 13th in the nation.

SCHRULLE AMONG TOP 5

Graduate Student Mareike Schrulle is ranked fifth in the Big Ten in the 3,000 meters. Schrulle's time of 9:23.97 ranks seventh all-time at Iowa.

LIVERPOOL RANKED SIXTH

Sophomore Ashley Liverpool is currently ranked sixth in the Big Ten in the 400 meters. Liverpool ran a time of 54.82 at the Notre Dame Meyo Invitational on Feb. 3. Liverpool's personal best mark of 54.09 currently ranks fourth all-time at Iowa.

4X400 CRACKS THE TOP FIVE

The women's 1,600-meter relay team is coming off of their best performance of the year. The relay team of junior Hannah Simonson, senior Nicole Erickson, freshmen Victoria Sack, and sophomore Ashley Liverpool ran a time of 3:42.42. That time ranks sixth all-time at Iowa, and currently ranks fifth in the Big Ten.

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MEET THE RECORD HOLDERS

Seven Hawkeyes on the 2012 roster account for 10 individual school records. They include:

Justin Austin: 60 (6.69) and 200 meters (20.80)

Troy Doris: Triple Jump (54-0/16.46m)

McKenzie Melander: Mile (4:39.78)

Jordan Mullen: 60-meter hurdles (7.75)

Erik Sowinski: 600 (1:16.91) and 800 meters (1:47.98)

Kelsey Taylor: Weight Throw (60-4 1/2/18.40)

Jeff Thode: Mile (3:58.72) and 3,000 meters (8:00.38)

NEXT ON THE BLOCK

The Hawkeyes will head to the Big Ten Indoor Championships in Lincoln, Neb. on Feb. 24-25.

HEAD COACH LARRY WIECZOREK

Larry Wieczorek is in his 25th season as head men's cross country coach and his 16th season as head men's track and field coach at the University of Iowa. He served as an assistant track and field coach for 12 years before taking the helm in 1997.

Last season, Wieczorek guided 28 qualifiers, made up of 20 student-athletes competing in 13 individual events and two relays to the NCAA Outdoor Championships preliminary round.

HEAD COACH LAYNE ANDERSON

Layne Anderson is in his fourth year as head coach of the University of Iowa women's cross country and track and field teams. He has served as the Hawkeyes' head women's cross country coach for the past eight seasons, and was the interim head women's track and field coach in 2008. From 2003-07, he served as an assistant women's track and field coach for the Hawkeyes.

2011-12 INDOOR SEASON LEADERS

MEN'S	WOMEN'S
60 meters Troy Doris 6.79	60 meters Raven Moore 7.63
60 meter hurdles Jordan Mullen..... 7.78	60-meter hurdles Khanishah Williams 9.24
200 meters Patrick Richards 22.08	200 meters Erin Jones 24.31
400 meters Justin Austin 47.61	400 meters Ashley Liverpool..... 54.82
600 meters Erik Sowinski 1:16.91	500 meters Kelsey Quinn..... 1:14.84
800 meters Erik Sowinski 1:48.58	600 meters Nicole Erickson..... 1:32.74
1,000 meters Eric Sowinski 2:24.15	800 meters Lena Placzek..... 2:16.54
3,000 meters Jeff Thode 8:16.36	3000 meters Mareike Schrulle 9:23.97
Mile Jeff Thode 4:06.11	Mile Brooke Eilers 4:50.15
High Jump Jeffery Herron..... 2.10 m	High Jump Khanishah Williams 1.73 m
Pole Vault Kyle Reid..... 4.78 m	Pole Vault Brittany Holst 3.43 m
Long Jump Jeffery Herron..... 7.33 m	Long Jump Carisa Leacock 5.84 m
Triple Jump Troy Doris 16.28 m	Triple Jump Carisa Leacock 12.33 m
Shot Put Gabe Hull 17.05 m	Shot Put Rachel Curry..... 14.67 m
Weight Throw Matt Banse..... 20.62 m	Weight Throw Annemie Smith..... 17.47 m
1,600 meter relay Richards, Austin, Van Cleave, Sowinski 3:11.20	1,600-meter relay Simonson, Erickson, Sack, Liverpool 3:42.42

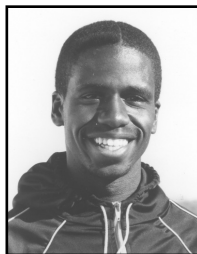
University of Iowa Athletic Communications Office - Carver-Hawkeye Arena, Iowa City, IA 52242

Phone: 319/335-9411 - Fax: 319/335-9417 - www.hawkeyesports.com

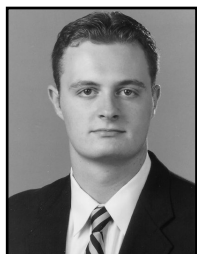
INDOOR ALL-TIME TOP TEN PERFORMERS



Justin Austin



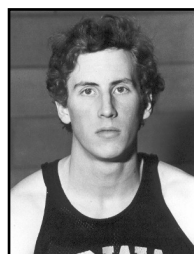
Rodney Chambers



Jim Costello



Troy Doris



Bill Hansen



John Hickey



Ethan Holmes

60 Meters

1. Justin Austin, 2011	6.69
2. Kurt Felix, 1999	6.73
3. Tony Branch, 1999	6.78
4. Troy Doris, 2012	6.79
5. Paul Chaney, Jr., 2009	6.80
D'Juan Richardson, 2010	6.80
7. Derrick Burks, 2005	6.81
8. Zeke Sayon, 2010	6.82
Tevin-Cee Mincy, 2011	6.82
10. Tim Dodge, 2001	6.83

60-Meter Hurdles

1. Jordan Mullen, 2011	7.75
2. Dion Trowers, 1997	7.87
3. Russell Peterson, 2004	7.97
4. DeRocco Reed, 2000	8.03
Dan Davis, 2012	8.03
6. Ethan Holmes, 2011	8.08
7. Torry Campbell, 2012	8.11
8. Jordan Crosby, 2005	8.16
9. D'Juan Richardson, 2009	8.20
10. Justin Poots, 2001	8.22

200 Meters

1. Justin Austin, 2011	20.80
2. Anthuan Maybank, 1993	21.11
3. Bashir Yamini, 1999	21.19
4. Tim Dodge, 2000	21.26
5. Paul Chaney, Jr., 2009	21.34
6. George Page, 1997	21.35
7. Zach Digney, 2004	21.39
8. Tony Branch, 1998	21.46
9. David Chaplin, 2006	21.49
10. Adam Kunkel, 2001	21.55

400 Meters

1. Steven Willey, 2010	46.75
2. Terrence Duckett, 1984	46.81
3. Andre Morris, 1995	47.15
4. Monte Raymond, 1998	47.18
5. Anthuan Maybank, 1990	47.25
6. Patrick Richards, 2011	47.35
7. Juan Coleman, 2002	47.40
8. Justin Austin, 2012	47.61
9. Curtis Chung, 1989	47.65
10. Ray Varner, 2008	47.66

600 Meters

1. Erik Sowinski, 2012	1:16.91
2. Steven Willey, 2011	1:17.94
3. Pat McGhee, 1988	1:18.30
4. Chris Barton, 2011	1:18.75
5. Adam Hairston, 2009	1:19.05
6. Monte Raymond, 1997	1:19.18
7. Scott Williamson, 2001	1:19.19
8. D'Juan Strozier, 1990	1:19.20
9. Gary Falls, 1991	1:19.32
10. Zach Splan, 2007	1:19.39

800 Meters

1. Erik Sowinski, 2011	1:47.98
2. Adam Hairston, 2010	1:49.26
3. Nick Kuczvara, 2010	1:49.59
4. Nathan Prom, 2012	1:50.90
5. Dave Novotny, 1996	1:51.27
6. Jim Docherty, 1973	1:51.30
7. Rod Chambers, 1989	1:51.33
8. Jim Donovan, 1999	1:51.52
9. Michael Layne, 1997	1:51.54
10. Bill Frazier, 1963	1:51.80

Mile

1. Jeff Thode, 2011	3:58.72
2. Ed DeLashmutt, 1981	4:04.01
3. Larry Wieczorek, 1968	4:04.40
4. John Clark, 1972	4:05.94
5. Adam Thomas, 2002	4:07.13
6. Kevin Herd, 1992	4:07.26
7. Jesse Luciano, 2009	4:07.29
8. Jake Berns, 2006	4:07.43
9. Micah VanDenend, 2007	4:07.54
10. Ted Wheeler, 1956	4:07.74

3,000 Meters

1. Jeff Thode, 2011	8:00.38
2. Micah VanDenend, 2006	8:00.81
3. Eric MacTaggart, 2006	8:08.79
4. Stetson Steele, 2000	8:09.54
5. Dan Haut, 2005	8:11.36
6. Kevin Herd, 1994	8:11.51
7. Nick Holmes, 2010	8:15.48
8. Andy Napier, 2008	8:15.70
9. Larry Wieczorek, 1968	8:17.00
10. Matt Esche, 2004	8:17.28

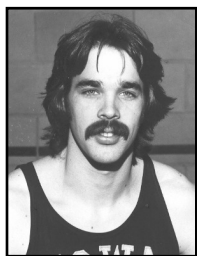
5,000 Meters

1. Micah VanDenend, 2007	13:56.46
2. Stetson Steele, 2000	14:00.52
3. Dan Haut, 2006	14:06.16
4. Eric MacTaggart, 2006	14:13.41
5. Jeff Thode, 2011	14:16.00
6. Matt Esche, 2004	14:18.43
7. Jeff Kent, 2007	14:18.86
8. Jesse Luciano, 2009	14:20.99
9. Nick Nordheim, 2002	14:22.99
10. Kevin Herd, 1994	14:27.57

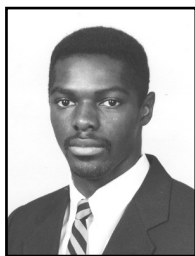
Heptathlon

1. Dan Rolling, 2010	5,205 points
2. Ryan Niver, 2008	5,149 points
3. Frank Prill, 2010	5,015 points
4. Jack Eckert, 2012	4,840 points
5. Scott Faber, 2000	4,784 points
6. Cam Appleman, 1997	4,685 points
7. Kyle Reid, 2010	4,662 points
8. Bobby Windauer, 2007	4,644 points
9. Jacob Drewry, 1995	4,612 points
10. Mark Mankivsky, 2008	4,453 points

INDOOR ALL-TIME TOP TEN PERFORMERS



Bill Knoedel



Anthuan Maybank



Jordan Mullen



Patrick Richards



Dan Rolling



Erik Sowinski



Jeff Thode

High Jump

1. Bill Knoedel, 1976.....7-3 (2.21)
Bill Hansen, 1978.....7-3 (2.21)
3. Scott Hudek, 19937-0 1/2 (2.15)
4. Pat Meade, 19877-0 1/4 (2.14)
5. Mike Lacy, 1984.....7-0 (2.13)
6. M. Cunningham, 19846-11 1/4 (2.11)
7. **Jeffery Herron, 20106-11 (2.11)**
Peter Hlavin, 19806-11 (2.11)
- Brandon Oest, 20106-11 (2.11)**
Dan Rolling, 20086-11 (2.11)
- Graham Valdes, 20106-11 (2.11)**

Pole Vault

1. Todd Wigginton, 198417-1 (5.21)
2. Dave Nielsen, 197516-10 (5.13)
3. Curt Brock, 1979.....16-6 (5.03)
4. Alex Zona, 2010.....16-4 3/4 (5.00)
- Kyle Reid, 201016-4 3/4 (5.00)**
6. Phil Wertman, 197116-4 (4.98)
7. Jeff Raymond, 2008.....16-2 (4.93)
8. John Teffer, 197216-1 (4.90)
9. Chad Ohly, 199515-9 (4.80)
Rich Palumbo, 198915-9 (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. Ronnie McCoy, 1984.....24-9 (7.54)
6. Matty Gorman, 2006.....24-8 1/2 (7.53)
7. Charles Jones, 1980.....24-8 1/4 (7.52)
8. Quinn Early, 198624-7 1/4 (7.50)
9. **Jeffery Herron, 201124-7 (7.49m)**
10. Lee Farmer, 194223-9 1/4 (7.24)

Triple Jump

1. **Troy Doris, 201154-0 (16.46)**
2. Paul Jones, 199052-1 1/4 (15.88)
3. Mike Lacy, 198349-0 (14.93)
4. Owen Gill, 198248-10 3/4 (14.90)
5. Josh Bean, 2009.....48-10 (14.88)
6. Gordon Finch, 198848-3 3/4 (14.72)
7. Matty Gorman, 2006.....48-3 1/2 (14.72)
8. Pat Miller, 198447-11 (14.60)
9. Brian Quarles, 1980.....46-9 3/4 (14.26)
10. Darren Smith, 1992.....46-3 1/2 (14.11)

Shot Put

1. John Hickey, 2009.....63-0 (19.20)
2. Jeremy Allen, 200162-10 1/2 (19.16)
3. Shane Maier, 2006.....61-2 (18.64)
4. G. Kostrubala, 1986.....60-10 3/4 (18.55)
5. Andy Banse, 200560-9 1/4 (18.52)
6. Ken Kemeny, 2004.....60-0 1/2 (18.30)
7. Chris Gambol, 1987.....59-0 (17.98)
8. A. van der Westhuizen, 1999 58-10 3/4 (17.95)
9. A.J. Curtis, 200857-9 1/2 (17.61)
10. **Ryan Lamparek, 201056-10 (17.32)**

Weight Throw

1. Jim Costello, 200269-4 3/4 (21.15)
2. **Matt Banse, 2012.....67-0 (20.62)**
3. A. van der Westhuizen, 2001..67-7 1/2 (20.61)
4. Adam Hamilton, 200766-9 1/4 (20.35)
5. Jeremy Allen, 200165-10 1/4 (20.07)
6. Chris Voller, 2005.....63-4 (19.30)
7. **Ryan Lamparek, 201161-0 1/4 (18.60)**
8. Brad Daufeldt, 2004.....60-4 1/2 (18.40)
9. Ryan Jordan, 200859-0 (17.98)
10. **Ben Stancombe.....57-4 3/4 (17.49)**

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, 20023:07.44
4. **Richards, Sowinski, E. Holmes, Willey, 2011 3:07.84**
5. Greer, Williams, Smith, Duckett, 19843:08.14
6. Card, Coleman, Williamson, Dodge, 2001.....3:08.21
7. Davis, Rozell, Page, Morris, 19953:08.77
8. Dodge, Williamson, Card, Peterson, 2001.....3:08.82
9. **Richards, E. Holmes, Barton, Willey, 20113:08.85**
10. Branch, Dodge, Donovan, Yamini, 1999.....3:08.99

3,200 Meter Relay

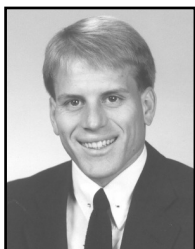
1. Cooke, Nie, Monsey, Chambers, 19907:13.02
2. Corrigan, Blackman, Strozier, Chambers, 1989.....7:29.00
3. English, Blackman, Strozier, Chambers, 1989 7:36.20
4. 19777:39.40
5. 1986.....7:40.90
6. Bouske, Herd, Chambers, Koon, 19927:43.94
7. Bouska, Cook, White, Herd, 19927:48.63
8. 1992.....7:49.86
9. 1986.....7:50.10
10. Roseman, Rerko, Novotny, Branigan, 1993.....7:51.36

Distance Medley Relay

1. 1999.....9:46.83
2. 1977.....9:48.80
3. 1978.....9:49.70
4. **Kuczvara, Barton, Kuhlman, N. Holmes, 2010.....9:51.05**
5. Marchese, Varner, Hairston, Luciano, 2009.....9:52.52
6. Paul, Varner, Hairston, **Thode, 20109:52.71**
7. **Prom, Richardson, Sowinski, Thode, 20119:57.44**
8. Trainor, Faber, Cunningham, Allen, 20029:58.14
9. Newell, Eisenlauer, Tice, Clark, 197310:00.0
10. Criswell, Hexum, Schum, Eastland, 1971.....10:01.40



Micah VanDenend



Todd Wigginton



Steven Willey

INDOOR ALL-TIME TOP TEN PERFORMERS



Kineke Alexander



Meghan Armstrong



Tracy Dahl



Nicole Erickson



Karessa Farley



Senta Hawkins



Lauren Hardesty

60 Meters

1. Elaine Jones, 1983 7.43
2. Peaches Roach, 2005 7.45
3. Shellene Williams, 2004 7.50
4. Jiselle Providence, 2002 7.52
5. Rhonda-Kaye Trusty, 2010 7.55
- Erin Jones, 2011 7.55**
7. Angela Menson, 1982 7.57
- 8. Raven Moore, 2012 7.63**
9. Tamara Dixon, 2002 7.64
10. Lakeya Boatright, 1999 7.68

60-Meter Hurdles

1. Karessa Farley, 2009 8.21
2. Tiffany Johnson, 2006 8.33
3. Paula Ruen, 1998 8.39
4. Sarah Steffen, 2002 8.45
- Renee White, 2008 8.45
6. Colleen Prendergast, 2000 8.57
7. Tammilee Kerr, 2008 8.60
8. Kimberly Stanford, 2008 8.63
9. Diane Steinhart, 1981 8.64
10. Ruqayya Raheem, 1999 8.74

200 Meters

1. Kineke Alexander, 2006 23.49
2. Shellene Williams, 2004 23.62
3. Marlene Poole, 1994 23.66
- Yolanda Hobbs, 1995 23.66
5. Erica Broomfield, 1998 23.81
- 6. Erin Jones, 2011 24.01**
7. Rhonda-Kaye Trusty, 2010 24.05
8. Peaches Roach, 2007 24.09
9. Jiselle Providence, 2002 24.44
- 10. Raven Moore, 2012 24.65**

400 Meters

1. Kineke Alexander, 2007 51.48
2. Ellen Grant, 1996 52.65
3. Shellene Williams, 2004 52.83
- 4. Ashley Liverpool, 2011 54.09**
5. Tiffany Hendricks, 2011 55.06
6. Wynsome Cole, 1997 55.45
7. Nicole Charles, 2002 55.59
8. Senta Hawkins, 1988 55.66
9. Marlene Poole, 1993 55.20
10. Aisha Hume, 2002 56.33
- Lindsey McCalla, 2006 56.33

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. Bethany Praska, 2009 1:23.12
- 6. Hannah Simonson, 2012 1:23.18**
7. Chris Davenport, 1982 1:24.14
8. Sophia Poncè, 2007 1:24.55
9. Wynsome Cole, 1995 1:24.83
- 10. Maisie Vachuska, 2012 1:25.38**

600 Meters

1. Kineke Alexander, 2008 1:27.45
2. Bethany Praska, 2011 1:28.14
3. Senta Hawkins, 1987 1:30.77
4. Karen Layne, 1990 1:31.45
5. Kay Stormo, 1982 1:32.30
6. Aisha Hume, 2004 1:32.41
- 7. Nicole Erickson, 2012 1:32.74**
8. Sophia Chow, 2002 1:33.54
9. Tiffany Hendricks, 2011 1:34.16
10. Ann Pare, 1997 1:34.95

800 Meters

1. Bethany Praska, 2011 2:05.01
2. Jeanne Kruckeberg, 1989 2:06.38
3. Michelle Lahann, 2004 2:06.83
4. Briana Benning, 1996 2:09.22
5. Kay Stormo, 1981 2:11.04
6. Ann Pare, 1997 2:11.19
7. Lauren Hardesty, 2011 2:11.80
8. Atalie Barber, 2003 2:12.10
9. Shannon Stanley, 2005 2:12.13
- 10. Betsy Flood, 2011 2:12.73**

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. Krista Anderson, 2006 9:29.75
9. Amanda Hardesty, 2010 9:30.17
- 10. McKenzie Melander, 2012 9:33.76**



Tiffany Hendricks



Elaine Jones



Tammilee Kerr



Ashley Liverpool



McKenzie Melander



Lisa Moats

INDOOR ALL-TIME TOP TEN PERFORMERS



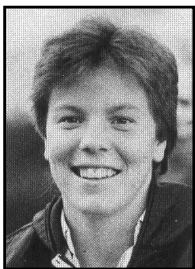
Diane Nukuri



Bethany Praska



Peaches Roach



Gail Smith



Jessie Strand



Kelsey Taylor



Renee White

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. Jodi Hersberger, 1982 16:32.24

High Jump

1. Peaches Roach, 20056-0 3/4 (1.85)
2. Mary Mol, 1983.....6-0 (1.83)
3. Becky Kaza, 1995.....5-9 3/4 (1.77)
4. Caleigh Bacchus, 2010.....5-9 1/4 (1.76)
5. Kristi Dinkla, 1985.....5-8 1/2 (1.74)
6. Kacey Childs, 2001.....5-8 1/2 (1.74)
7. Traci Claussen, 1987.....5-8 (1.73)
8. **Khanishah Williams, 2012.....5-8 (1.73)**
9. Kathy Gillespie, 1983.....5-7 3/4 (1.72)
10. Lynn McMillan, 1988.....5-7 1/4 (1.71)
11. Tammilee Kerr, 20085-7 1/4 (1.71)

Pole Vault

1. Jessie Strand, 2004 12-5 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, 2012..... 11-3 (3.43)**
5. **Katie Truedson, 2010 10-11 3/4 (3.35)**
6. Gina Shannon, 200110-6 (3.20)
7. Kacey Childs, 20019-0 (2.75)
8. Amy Kasparbauer, 2000.....8-0 (2.44)

Long Jump

1. Lisa Moats, 1986 19-6 (5.95)
2. Renee White, 200619-3 1/4 (5.87)
3. Tiffany Johnson, 200719-2 1/2 (5.85)
4. **Carisa Leacock, 2012 19-2 (5.84)**
5. Davera Taylor, 1984.....19-1 1/2 (5.83)
6. Yolanda Hobbs, 1993 19-1 (5.80)
7. Kamesha Marshall, 2005..... 18-11 1/4 (5.77)
8. Catharine Parmiter, 2000.....18-7 1/2 (5.68)
9. **Zinnia Miller, 2012.....18-5 3/4 (5.63)**
10. Jessie Strand, 2000.....18-3 1/4 (5.57)

Triple Jump

1. Renee White, 200842-4 (12.90)
2. Tiffany Johnson, 2007 41-3 3/4 (12.59)
3. **Carisa Leacock, 201240-5 1/2 (12.33)**
4. Becki Borg, 198739-6 (12.04)
5. Lynn McMillan, 1988.....38-2 (11.63)
6. Lisa Moats, 198535-1 (10.69)
7. Becca Franklin, 200434-3 (10.44)

Shot Put

1. Gail Smith, 198551-0 (15.54)
2. Lisa Van Steenwyk, 199350-5 1/4 (15.37)
3. Kamesha Marshall, 2005.....49-2 1/4 (14.99)
4. Denise Taylor, 199248-9 (14.86)
5. **Rachel Curry, 2012.....48-1 3/4 (14.67)**
6. Megan Maurer, 199547-5 3/4 (14.47)
7. Laura Kriener, 199047-5 (14.45)
8. Jennifer Gilson, 2002.....46-11 (14.30)
9. Jennifer Moon, 2000.....45-9 (13.94)
10. Tiffany Medenwaldt, 2010.....45-9 (13.94)
11. **Micaela Haight, 2011.....45-9 (13.94)**

Weight Throw

1. **Kelsey Taylor, 201160-4 1/2 (18.40)**
2. **Majesty Tutson, 201158-4 (17.78)**
3. Becca Franklin, 200758-3 1/4 (17.76)
4. **Annemie Smith, 201257-3 3/4 (17.47)**
5. Erin O'Hern, 200856-3 (17.14)
6. Mandy Chandler, 200954-4 1/2 (16.57)
7. **Ashlyn Gulvas, 2012.....54-4 (16.56)**
8. **Jasmine Simpson, 201254-0 (16.46)**
9. Kerri Blackstone, 199950-9 3/4 (15.48)
10. Tiffany Medenwaldt, 2010.....50-8 3/4 (15.45)

Pentathlon

1. Tammilee Kerr, 20083,974 points
2. Chris Davenport, 19833,798 points
3. Kamesha Marshall, 20053,701 points
4. Tiff Pedersen, 20043,511 points
5. Maureen Abel, 19793,427 points
6. Janet Adams, 19813,360 points
7. Janelle Jaspers, 19873,366 points
8. Kacey Childs, 19993,224 points
9. Katie Herrmann, 20043,154 points

1,600-Meter Relay

1. **Liverpool, Hendricks, Praska, Erickson, 2011 3:36.97**
2. **Liverpool, Hendricks, Erickson, Praska, 2011 3:37.58**
3. Hendricks, Erickson, Praska, Liverpool, 2011 3:39.15
4. Hendricks, Praska, Erickson, Liverpool, 2011 3:40.42
5. McCalla, Granger, Alexander, Johnson, 2006 3:40.52
6. **Simonson, Erickson, Sack, Liverpool, 2012 3:42.42**
7. Johnson, McCalla, Alexander, Granger, 2006 3:42.44
8. Alexander, Johnson, Poncè, M. Mims, 2007 3:42.75
9. White, Alexander, Kerr, Hendricks, 2008 3:43.83
10. Hendricks, Trusty, Praska, K. Mims, 2010 3:44.29

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 11:24.07**
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
9. Armstrong, Granger, Stanley, K. Anderson, 2006 11:29.54
10. Lahann, Williams, Stanley, Arens, 2004 11:30.36