

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



TRACK AND FIELD CONTACT: JORDAN BUCHER

APRIL 1, 2015

2015 IOWA TRACK & FIELD OUTDOOR SCHEDULE

Date	Meet
March 20-21	Baldy Castillo (<i>Tempe, Ariz.</i>)
April 3-4	Stanford Invite (<i>Stanford, Calif.</i>) Florida Relays (<i>Gainesville, Fla.</i>)
April 17-18	Mt. Sac Relays (<i>Walnut, Calif.</i>)
April 22-26	Drake Relays (<i>Des Moines, Iowa</i>)
May 2	Musco Twilight (Iowa City, Iowa)
May 15-17	Big Ten Championships (<i>West Lafayette, Ind.</i>)
May 28-30	NCAA First Round (<i>Fayetteville, Ark.</i>)
June 10-13	NCAA Championships (<i>Eugene, Ore.</i>)

IOWA COACHING STAFF

Joey Woody	Director of Track & Field
Layne Anderson	..	Head Cross Country 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 splits competitors this weekend at the Florida Relays in Gainesville, Florida, the San Francisco State Distance Carnival in San Francisco, and the Stanford Invitational in Palo Alto, California, from April 3-4.

LIVE RESULTS

Live results are available on the track and field schedule page at hawkeyesports.com.

FOLLOW THE HAWKEYES

Follow @IowaXC_TF on twitter for updates on the team.

FLORIDA RELAYS

The Florida Relays feature 23 Hawkeyes, including sophomore Aaron Mallett (110-meter hurdles, 400-meter hurdles) and junior James Harrington (100 meters, 200 meters). Freshman Carter Lilly and junior Will Teubel appear in the 800 meters, while freshman Daniel Gardarsson, junior Michael Hart, and senior Sam Fourman compete in the 1,500 meters.

Representing the women are freshman Jahisha Thomas (100-meter hurdles, long jump), sophomores Elexis Guster (400 meters), Brittany Brown (100 meters, 200 meters), and Katharina Trost (800 meters), and junior Lake Kwaza (100 meters) and MonTayla Holder (400-meter hurdles).

The Florida Relays are hosted at the James G. Pressly Stadium on the University of Florida campus with competition beginning Friday at 9 a.m. (CT).

HAWKEYES HEAD WEST

Iowa's distance crew splits competitors between the San Francisco Distance Carnival and the Stanford Invitational on Friday. The San Francisco Distance Carnival hosts three Hawkeyes inside the Cox Stadium on the campus of San Francisco State University. Sophomore Tess Wilberding competes in the women's 1,500 meters, while junior Daniel Huff and freshman Michael Melchert race in the men's 5,000 meters.

Seniors Ben Witt (5K), Kevin Lewis (10K), and Shannon Maser (1,500 meters), and sophomore Marta Bote Gonzalez (steeplechase) represent Iowa at the Stanford Invitational. The event is held at the Cobb Track and Angell Field complex on the campus of Stanford University.

MALLETT WINS BIG HONOR

Sophomore Aaron Mallett was named Big Ten Track Athlete of the Week when he notched a first-place finish in the 110-meter hurdles in a personal best

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13.85 at the Baldy Castillo Invite in Tempe, Arizona, on March 21. That time ranks sixth in program history. He anchored the runner-up 400-meter relay of sophomore Vinnie Saucer, Jr., junior Brendan Thompson, and junior James Harrington. The weekly honor is the first of Mallett's career.

IN THE RANKINGS

Four Hawkeyes and two relays landed performances at the Baldy Castillo Invite that fall within the top 20 spots nationally:

- 7th/Aaron Mallett/110-meter hurdles (13.85)
- 8th/James Harrington/200 meters (20.98)
- 8th/MonTayla Holder/400-meter hurdles (58.59)
- 11th/Saucer, Thompson, Harrington, Mallett/400-m relay (40.07)
- 12th/Annemie Smith/hammer throw (197-9, 60.28m)
- 19th/Guster, Brown, Holder, Kwaza/1,600-m relay (3:40.31)

MEET THE RECORD HOLDERS

Brittany Brown returns as the school-record holder in the women's 200 meters. The sophomore rewrote the record books at last year's NCAA West Preliminary when she cruised to the finish in 22.95, becoming the first Hawkeye to run under 23 seconds.

Senior Annemie Smith captured the school record in the hammer throw at last year's Arizona State Invite at 198-1 (60.38m), while senior Gabe Hull claimed the discus school record at last year's Musco Twilight (207-1, 63.11m).

HAWKEYES AT HOME

The Hawkeyes will host the 16th annual Musco Twilight on May 2nd. The event will be held at the Francis X. Cretzmeyer Track.

CHAMPIONSHIP SEASON

The 2015 Big Ten Outdoor Championships will be held in East Lansing, Michigan, from May 15-17. The NCAA Regionals are set for May 28-30 in Austin, Texas, while the NCAA Championships will be held in Eugene, Oregon, from June 10-13.

NEXT ON THE BLOCK

Iowa returns to action April 17-18 at the Mt. Sac Relays in Walnut, California.

2015 OUTDOOR SEASON LEADERS

MEN

100 meters	Vinnie Saucer	10.66
110-m hurdles ...	Aaron Mallett.....	13.85
200 meters	James Harrington.....	20.98
400 meters	Brendan Thompson	48.68
400-m hurdles ...	Mitch Wolff.....	52.79
800 meters	Carter Lilly.....	1:50.87
1,500 meters	Sam Fourman.....	3:50.22
High Jump.....	Kevin Spejcher	6-8 (2.03m)
Long Jump	Kerry Dean, Jr.....	23-8 (7.21m)
Shot Put.....	Gabe Hull	52-1 3/4 (15.89m)
Discus	Gabe Hull	181-2 (55.22m)
Javelin.....	Sam Joens	2198-3 (60.42m)
400-m Relay.....	Saucer, Thompson, Harrington, Mallett..	40.07
1,600-m Relay....	Wolff, Thompson, Harrington, Lilly	3:11.57

WOMEN

100-m hurdles ...	Jahisha Thomas.....	13.80
200 meters	Kaitlyn Nelson.....	26.94
400 meters	Lake Kwaza.....	56.27
400-m hurdles ...	MonTayla Holder	58.59
800 meters	Katharina Trost.....	2:10.26
1,500 meters	Katharina Trost.....	4:29.10
High Jump.....	Madison Rouw.....	5-5 1/4 (1.66m)
Long Jump	Kassidy Ellis	18-9 (5.71m)
Shot Put.....	Alexa Hunt	41-7 3/4 (12.68m)
Discus	Dakotah Goodell	157-1 (47.88m)
Javelin.....	Dakotah Goodell	145-5 (44.32m)
Hammer Throw .	Annemie Smith	197-9 (60.28m)
400-m Relay.....	Holder, Guster, Kwaza, Brown.....	45.42
1,600-m Relay....	Guster, Brown, Holder, Kwaza.....	3:40.31

OUTDOOR ALL-TIME TOP 10 PERFORMERS



Jeremy Allen



Justin Austin



Matt Byers



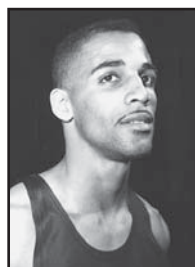
Troy Doris



Jeffery Herron



Gabe Hull



Deacon Jones

100 Meters

- Justin Austin, 2011 10.21
- George Page, 1996 10.25
- Anthuan Maybank, 1994 10.31
Tim Dwight, 1997 10.31
Josh Larney, 2013 10.31
- Bob Lawson, 1976 10.36
- Robert Smith, 1984 10.39
- Curtis Chang, 1987 10.40
- Jeff Patrick, 1983 10.41
Tim Dodge, 2002 10.41

110-Meter High Hurdles

- Pat McGhee, 1989 13.50
- Dion Trowers, 1996 13.62
- Ronnie McCoy, 1985 13.66
- Ethan Holmes, 2011 13.73
- Jordan Mullen, 2013 13.76
- Aaron Mallett, 2015 13.85**
- James Armstrong, 1991 13.89
- Dan Davis, 2012 14.01
- Doug Jones, 1986 14.06
- Chris Williams, 1983 14.24

200 Meters

- Justin Austin, 2011 20.31
- Jeff Patrick, 1983 20.47
- Anthuan Maybank, 1994 20.55
- Andre Morris, 1995 20.64
- George Page, 1996 20.67
- Terrence Duckett, 1982 20.74
- Tim Dodge, 2002 20.78
- Bashir Yamini, 1999 20.82
- O'Shea Wilson, 2014 20.82**
- Dennis Kohl, 1966 20.84

400 Meters

- Anthuan Maybank, 1993 44.99
- Andre Morris, 1995 45.15
- Mike Mondane, 1967 45.20
- Steven Willey, 2010 45.78
- Gary Hollingsworth, 1963 46.30
- Harold Leonard, 1986 46.45
- Tony Branch, 1999 46.60
- Prince Riley, 2007 46.61
- George Page, 1996 46.66
- Dick Eisenlauer, 1973 46.74
Terrence Duckett, 1983 46.74
Patrick Richards, 2010 46.74

400-Meter Hurdles

- Pat McGhee, 1988 48.83
- Monte Raymond, 1998 50.09
- Ray Varner, 2010 50.24
- Paul Steele, 1989 50.45
- Russell Peterson, 2001 50.50
- Ethan Holmes, 2013 50.51
- Adam Kunkel, 2001 50.73
- Jon Reimer, 1967 50.94
- Gary Falls, 1991 51.08
- D'Juan Richardson, 2011 51.12

800 Meters

- Erik Sowinski, 2012 1:45.90
- Bill Frazier, 1962 1:47.64
- D'Juan Strozier, 1990 1:47.82
- Adam Hairston, 2011 1:48.10
- Michael Layne, 1999 1:49.61
- Bill Thiesen, 1985 1:49.74
- Will Teubel, 2014 1:49.77**
- Ryan Weir, 2013 1:50.01
- Andy Wiese, 1985 1:50.22
- Paul Chepkwony, 1984 1:50.36

1,500 Meters

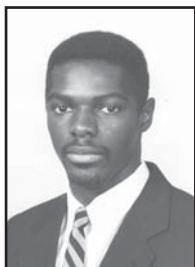
- Jeff Thode, 2010 3:43.02
- Joel Moeller, 1978 3:44.01
- Jim Docherty, 1978 3:44.30
- Dan Waters, 1986 3:46.35
- Kevin Herd, 1994 3:46.64
- John Clark, 1977 3:46.84
- Ted Wheeler, 1956 3:48.24
- Nick Holmes, 2012 3:49.53
- Jesse Luciano, 2007 3:49.99
- Micah VanDenend, 2007 3:50.20

3,000-Meter Steeplechase

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

5,000 Meters

- Micah VanDenend, 2007 13:49.31
- Larry Wieczorek, 1968 13:56.00
- Kevin Herd, 1993 13:59.00
- Stetson Steele, 2000 14:02.76
- Kevin Lewis, 2014 14:02.78**
- Eric MacTaggart, 2005 14:04.79
- Dan Haut, 2006 14:07.30
- Jesse Luciano, 2010 14:08.71
- Matt Esche, 2006 14:12.07
- Jeff Thode, 2011 14:12.40



Anthuan Maybank



Pat McGhee

OUTDOOR ALL-TIME TOP 10 PERFORMERS



Kyle Reid



Erik Sowinski



Stetson Steele



Jeff Thode



Micah VanDenend



Todd Wigginton



Arno
van der Westhuizen

10,000 Meters

1. Stetson Steele, 2000..... 28:44.47
2. Eric MacTaggart, 2006..... 28:50.23
3. **Kevin Lewis, 201429:11.04**
4. Nick Nordheim, 2002 29:44.71
5. Trent Corey, 2002 29:45.25
6. Chad Schwitters, 1999..... 29:56.00
7. Nick Holmes, 2010 30:02.31
8. Dan Haut, 2006 30:03.08
9. Kevin Herd, 1994..... 30:05.21
10. Paul Sarris, 2001..... 30:08.40

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, 20126,813 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. **Kevin Spejcher, 2014..... 7-2 1/2 (2.20)**
5. M. Cunningham, 1986..... 7-1 (2.16)
Kenneth Lansing, 1988..... 7-1 (2.16)
7. Pat Meade, 1987 7-0 1/4 (2.14)
8. Graham Valdes, 2012 6-11 3/4 (2.12)
9. 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, 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. **O'Shea Wilson, 2014..... 25-2 (7.67)**
8. Matty Gorman, 2006..... 25-1 1/4 (7.65)
9. Ronnie McCoy, 1985..... 25-0 (7.62)
10. Jeffery Herron, 2010..... 24-9 (7.54)

Triple Jump

1. Troy Doris, 2012 54-8 (16.66)
2. Paul Jones, 1990..... 53-9 (16.38)
3. **Babatunde Amosu, 2014 52-4 3/4 (15.97)**
4. **Klyvens Delaunay, 2013 . 52-2 1/2 (15.91)**
5. Gordon Finch, 1988..... 50-9 1/4 (15.47)
6. Mike Lacy, 1984..... 50-5 (15.36)
7. Pat Miller, 1985 49-8 1/2 (15.25)
8. Matty Gorman, 2008..... 49-2 1/2 (15.00)
9. Owen Gill, 1982..... 49-1 (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. **Gabe Hull, 2014 59-4 1/4 (18.09)**
9. A. van der Westhuizen, 2000 58-8 3/4 (17.90)
10. Ryan Lamparek, 2010 58-4 (17.78)

Discus

1. **Gabe Hull, 2014207-1 (63.11)**
2. A.J. Curtis, 2007..... 202-11 (61.84)
3. Gary Kostrubala, 1986..... 202-4 (61.68)
4. Jeremy Allen, 2001 195-4 (59.54)
5. Tim Brodersen, 2005 193-6 (58.98)
6. Brad Daufeldt, 2004 185-0 (56.40)
7. Nick Brayton, 2009 180-11 (55.15)
8. Andy Banse, 2005..... 180-0 (54.86)
9. Eric Rothwell, 2004..... 179-7 (54.73)
10. Shane Maier, 2008..... 178-7 (54.43)

Hammer

1. A. van der Westhuizen, 2001 222-11 (67.94)
2. Adam Hamilton, 2007 222-2 (67.73)
3. Jim Costello, 2002 217-7 (66.32)
4. Brad Daufeldt, 2004 207-10 (63.34)
5. Chris Voller, 2005..... 206-0 (62.80)
6. Matt Banse, 2012 201-11 (61.55)
7. Jeremy Allen, 2001 199-0 (60.66)
8. Ben Stancombe, 2011 197-6 (60.20)
9. Ryan Jordan, 2007 184-6 (56.23)
Mark Shapveld, 2009.....184-6 (56.23)

Javelin

1. Matt Byers, 2011 245-8 (74.89)
2. Bill Neumann, 2002 244-8 (74.58)
3. Dan Ralph, 2000 227-10 (69.44)
4. Zach Schimp, 2010 211-0 (64.32)
5. **Sam Joens, 2014210-1 (64.03)**
6. Kale Katt, 2007 204-0 (62.17)
7. Joel Storm, 2004..... 203-5 (62.01)
8. Matt Stank, 2001 199-0 (60.66)
9. Jack Eckert, 2012 187-0 (57.01)
10. Kyle Reid, 2013 182-10 (55.73)

OUTDOOR ALL-TIME TOP 10 PERFORMERS



Kineke Alexander **Meghan Armstrong** **Danielle Berndt** **Brittany Brown** **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
Peaches Roach, 2005 11.60
8. **Brittany Brown, 2014 11.61**
9. Yolanda Hobbs, 1995 11.62
10. Elanie Jones, 1985 11.69

100-Meter Hurdles

1. Tiffany Johnson, 2007 13.20
2. Karessa Farley, 2009 13.53
3. C. Prendergast, 1999 13.60
Paula Ruen, 2000 13.60
5. Sarah Steffen, 2002 13.65
6. **Jahisha Thomas, 2015 13.80**
7. Ruqayya Raheem, 1998 13.90
8. Brenda Calhoun, 1984 13.94
9. Wynsome Cole, 1997 14.10
10. Kimberly Stanford, 2008 14.11

200 Meters

1. **Brittany Brown, 2014 22.95**
2. Shellene Williams, 2004 23.50
3. Kineke Alexander, 2006 23.58
4. Davera Taylor, 1984 23.59
5. Vivien McKenzie, 1985 23.61
6. Yolanda Hobbs, 1995 23.65
7. Erin Jones, 2012 23.71
8. Rhonda Kaye Trusty, 2010 23.74
9. Tanja Reid, 1995 23.75
10. Elaine Jones, 1983 23.84
Lake Kwaza, 2014 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. **Elexis Guster, 2014 52.77**
6. Senta Hawkins, 1988 54.01
Bethany Praska, 2011 54.01
8. Marlene Poole, 1994 54.03
9. Elaine Jones, 1983 54.40
10. Nicole Charles, 2001 54.48

400-Meter Hurdles

1. Mary Knoblauch, 1981 56.16
2. Wynsome Cole, 1998 56.67
3. **MonTayla Holder, 2014 57.81**
4. Chris Davenport, 1981 59.18
5. Hannah Simonson, 2012 59.54
6. Sarah Steffen, 2002 59.59
7. Tiffany Hendricks, 2011 59.63
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. **Mahnee Watts, 2014 2:08.58**
6. **Adrienne Alexia, 2013 2:08.61**
7. Jeanne Kruckeberg, 1987 2:08.75
8. **Kaitlyn Nelson, 2013 2:08.83**
9. **Katharina Trost, 2014 2:09.11**
10. Ann Pare, 1997 2:09.25

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



Diane Nukuri **Tammilee Kerr** **Vivien McKenzie** **Bethany Praska**

OUTDOOR ALL-TIME TOP 10 PERFORMERS



Alana Redfern



Peaches Roach



Annemie Smith



Jessie Strand



Majesty Tutson



Lisa Van Steenwyk



Renee White

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. **Kassidy Ellis, 2014 4,242 pts**
9. Missy Miller, 2010 4,227 pts
10. Angie Hensel, 2004 4,073 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. Zinnia Miller, 2014 20-6 1/2 (6.26)
3. Renee White, 2008 20-3 3/4 (6.19)
4. Carisa Leacock, 2014 19-11 3/4 (6.09)
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, 2013 19-1 1/2 (5.83)
10. **Kassidy Ellis, 2015 18-9 (5.71m)**

Triple Jump

1. Renee White, 2008 43-10 3/4 (13.36)
2. Zinnia Miller, 2014 42-0 1/2 (12.81)
3. Tiffany Johnson, 2007 41-8 3/4 (12.72)
4. Carisa Leacock, 2012 40-10 1/2 (12.46)
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. Courtney Fritz, 2014 46-6 1/4 (14.18)
10. Mandy Chandler, 2006 46-0 (14.02)

Discus

1. Majesty Tutson, 2013 181-1 (55.19)
2. **Dakotah Goodell, 2014 169-4 (51.62)**
3. Tiffany Medenwaldt, 2010 161-3 (49.16)
4. Denise Taylor, 1992 160-5 (48.90)
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)

Lindsay Herra, 2015 152-11 (46.60)

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, 2014 148-0 (45.11)
9. **Dakotah Goodell, 2014 146-9 (44.72)**
10. **Kayla Hochhalter, 2015 141-0 (42.98)**

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, 2014 192-9 (58.75)
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)

MEN'S OUTDOOR ALL-TIME TOP 10 RELAYS

400-Meter Relay

1. Mincy, **Wilson, Harrington, Brown**, 2014 39.19
2. Mincy, Austin, E. Holmes, Larney, 2013 39.31
3. Beecham, Duckett, Greer, R. Smith, 1984 39.48
4. Mullen, Austin, E. Holmes, Larney, 2013 39.66
5. Page, Davis, Rozell, Morris, 1996..... 39.73
Brown, Harrington, Mincy, **Wilson**, 2014 39.73
7. Mincy, Sayon, Chaney, Jr., Austin, 2011..... 39.86
8. Richardson, Sayon, Chaney, Jr., Bee, 2009..... 39.94
9. Felix, Branch, Dodge, Yamini, 1999 39.96
10. Beecham, Duckett, Greer, Patrick, 1983..... 39.99
Mincy, Wilson, Thompson, Harrington, 2014 39.99

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. Harrington, VanCleave, Wilson, Mallett, 2014 1:24.86
3. Austin, Brown, Larney, VanCleave, 2013 1:25.60
4. Barclay, McCalister, Jensen, Elliott, 1979..... 1:26.39
5. Thomas, Balkrishnan, Patterson, Freidrich 1991..... 1:28.38
6. 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. Richards, Davey, E. Holmes, Sowsinski, 2012 3:05.77
7. Cameron, Williams, McGhee, McCoy, 1985 3:06.00
8. Rozell, Davis, Dwight, Raymond, 1997 3:06.06
Dodge, Kunkel, Coleman, Peterson, 2001 3:06.06
10. Austin, **Davey**, Richards, Sowinski, 2012 3:06.49

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. **Harrington, Mallett, Davey, Teubel**, 2014 3:20.08
9. McCorkle, Armstrong, Chung, Strozier, 1990 3:20.43
10. Dodge, Yamini, Branch, Donovan, 1999 3:20.83

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. Kuczwarra, Barton, Hairston, Thode, 2011 9:41.37
3. N. Holmes, **Van Cleave**, Sowinski, Thode, 2012 9:41.59
4. Young, Barton, Kuczwarra, 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. **Witt, Lewis, Hart, Butler**, 2014 17:01.65
5. N. Holmes, **Witt**, Thode, **Lewis**, 2012..... 17:02.26
6. Thomas, Allen, Rakaric, Lloyd, 2003..... 17:06.27
7. Pittman, Novotny, Feeldy, Marquardt, 1995 17:12.49
8. Bakker, Feeldy, Peters, Pittman, 1996 17:13.10
9. Allen, Trainor, McDermott, Esche, 2002..... 17:14.53
10. Kadlec, E. MacTaggart, Paul, Marchese, 2009 17:17.63

WOMEN'S OUTDOOR ALL-TIME TOP 10 RELAYS

400-Meter Relay

1. **Kwaza, Guster, Hernandez, Brown**, 2014 44.51
2. **Kwaza, Guster, Holder, Brown**, 2014..... 44.62
3. Poole, Reid, Floyd, Hobbs, 1994 44.63
4. Charles, Williams, Providence, James, 2003 44.71
5. Floyd, Hobbs, Poole, Reid, 1994 44.80
6. Fouchè, Williams, Providence, James, 2003..... 45.02
7. Alexander, Granger, Johnson, Roach, 2006 45.11
8. Johnson, Roach, Clarke, Trusty, 2007 45.21
9. Johnson, Alexander, Granger, Roach, 2005 45.30
- Brown, Holder, Guster, Kwaza**, 2014..... 45.30

Shuttle Hurdle Relay

1. Prendergast, Cole, Raheem, Ruen, 1998 56.44
2. Cole, Prendergast, Raheen, Ruen, 1998 56.54
3. Raheen, 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. Prendergast, Dixon, Knight, Providence, 2001 1:38.73
7. Trusty, Hendricks, Graham, Erickson, 2009 1:38.79
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. **Guster, Watts, Hernandez, Kwaza**, 2014 3:36.09
4. Hume, Charles, Steffen, Williams, 2003 3:36.26
5. **Kwaza, Guster, Hernandez, Holder**, 2014..... 3:36.40
6. Simsonson, Liverpool, Erickson, Sack, 2012 3:37.57
7. **Guster, Watts, Holder, Kwaza**, 2014..... 3:37.73
8. **Guster, Holder, Hernandez, Kwaza**, 2014..... 3:37.95
9. McCalla, Granger, Alexander, Johnson, 2006 3:38.36
10. Simsonson, Liverpool, Quinn, Erickson, 2012 3:38.49

Sprint Medley Relay

1. Jones, Hendricks, Liverpool, Praska, 2011..... 3:48.63
2. **Brown, Kwaza, Guster, Watts**, 2014 3:51.18
3. **Kwaza, R. Moore, Holder, Alexia**, 2013 3:54.51
4. Trusty, R. Moore, Hendricks, Praska, 2010 3:56.53
5. Reid, Philip, Hobbs, Benning, 1995 3:56.54
6. Roach, Alexander, McCalla, Stanley, 2005 3:56.99
7. **Kwaza, R. Moore, Alexia, Nelson**, 2013 3:58.72
8. Clarke, Graham, Jones, Poncé, 2007 3:59.34
9. Underwood, Clarke, Philip, Benning, 1995..... 3:59.75
10. Jones, R. Moore, Erickson, **Alexia**, 2012..... 4:00.19

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. **Trost, Maser, Alexia, Nelson**, 2014..... 8:49.95
5. Flood, Dlh, L. Hardesty, Docherty, 2009 8:53.91
6. Armstrong, Stanley, Laney, Hume, 2005..... 8:54.27
7. O'Brien, Camarigg, Williams, Stormo, 1981 8:54.36
8. Flood, Melander, Praska, Hardesty, 2010 8:54.45
9. Drapcho, Schlader, Williams, Stormo, 1980 8:56.14
10. Drapcho, Mitchell, Schlader, Stormo, 1979 8:57.24

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, Gambrell, 2013 19:41.15
7. **Maser, Price, Wilberding, Montuclard**, 2014..... 20:23.27
8. Chapple, Laney, Donlon, Sokol, 2005 20:39.12
9. Arens, Barber, Butler, Roberts, 2001 20:40.89
10. Benning, Boland, Fleck, Coleman, 1995 20:43.07