

IOWA TRACK & FIELD 2017

22 Olympians
13 NCAA Champions
244 All-American Honors
285 Big Ten Champions
439 Academic All-Big Ten Honors



March 7, 2017

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2017 IOWA TRACK & FIELD INDOOR SCHEDULE

Date	Meet
Jan. 6-7	Border Battle (Iowa City, Iowa)
Jan. 14	Hawkeye Invitational (Iowa City, Iowa)
Jan. 20-21	Larry Wieczorek Invite (Iowa City, Iowa)
Jan. 27-28	Black & Gold Premier (Iowa City, Iowa)
Feb. 3-4	Meyo Invitational (South Bend, Ind.)
Feb. 10	Iowa State Classic (Ames, Iowa)
Feb. 11	Tyson Invitational (Fayetteville, Ark.)
Feb. 18	Iowa Open (Iowa City, Iowa)
Feb. 24-25	Big Ten Championships (Geneva, Ohio)
Mar. 11-12	NCAA Championships

IOWA COACHING STAFF

Joey Woody	Director of Track & Field
Randy Hasenbank	Associate Head Cross Country Assistant Track & Field Coach
Clive Roberts	Associate Head Coach
Jason Wakenight	Assistant Coach Director of Recruiting
Andrew Dubs	Assistant Coach
Paige Knodle	interim Assistant Coach
Kate See	Director of Operations

THIS WEEK

The University of Iowa track and field team ends the indoor season at the 2017 NCAA Indoor Championships in College Station, Texas. The meet will run March 10-11 inside Gilliam Indoor Stadium on the campus of Texas A&M. ESPN3 will stream the meet live on March 10 starting at 6:25 p.m. ET and March 11 starting at 4:55 p.m. ET. A re-air of the championship will take place on Sunday, March 12 starting at 7 p.m. ET on ESPN2.

FOLLOW ALONG

Live results will be available through the team's schedule page on hawkeyesports.com or at hawkeyesports.com/tracklive. Follow the team's twitter account @iowaxc_tf for live updates of the meet. Live video and results are available at 12thman.com.

NCAA QUALIFIERS

Nine athletes will represent the Hawkeyes in six events and one relay at the NCAA Indoor Championships. They include senior Aaron Mallett, junior Brittany Brown, junior O'Shea Wilson, junior Carter Lilly, junior Jahisha Thomas, sophomore Mar'yea Harris, and the 4x400 meter relay group of freshman Emmanuel Ogwo, sophomore Collin Hofacker, sophomore DeJuan Frye, and Harris.

#	Name	Event	Mark
3.	Aaron Mallett	60 meter Hurdles	7.63
4.	Brittany Brown	200 meters	22.79
4.	Mar'yea Harris	400 meters	45.75
6.	Iowa Men	4x400 meter Relay	3:04.93
10.	O'Shea Wilson	Long Jump	7.86m
11.	Jahisha Thomas	Long Jump	6.39m
12.	Carter Lilly	800 meter	1:47.33

MALLETT REPEATS AT BIG TENS

Senior Aaron Mallett repeated as Big Ten Champion in the 60-meter hurdles on Feb. 25. Mallett became the first Hawkeye to win back-to-back titles at the Big Ten Championships since Babtunde Amosu did it from 2014-15 in the triple jump. Mallett's time of 7.63 is a personal best, school-record, and, ranks third in the nation.

BROWN RETURNS TO THE BIG STAGE

Junior Brittany Brown made her return to the Big Ten Championships on Feb. 24-25 after injuries forced her to miss much of 2016. Brown led the Iowa women with 18 of the team's 34 points with a victory in the 200-meters and runner-up finish in the 60-meters. She set a school and Big Ten record in the 200-meters with a time of 22.79 in the prelims. She currently ranks third in the nation in the event.



TRENDING UPWARD

Senior Aaron Mallett will make his third appearance at the NCAA Indoor Championships this weekend. Mallett previously qualified in 2015 and 2016 where he has improved each year finishing sixth and third, respectively. Mallett enters the meet with the third fastest time in the nation.

HAWKEYE MEN REACH NEW HEIGHTS

The University of Iowa men’s track and field team improved in the U.S. Track & Field and Cross Country Coaches Association (USTF-CCCA) National Team Computer Rankings to No. 15 in the latest poll-- the highest ranking in program history. Iowa entered the top 25 on Feb. 13.

LAST YEAR AT NCAAS

The Hawkeyes named four All-Americans during the 2016 NCAA Championships. The women’s 4x400-meter relay team of Montayla Holder, Briana Guillory, Elexis Guster, and Alexis Hernandez were named second team All-Americans. Guster was also a second team All-American in the 400-meters. On the men’s side, Aaron Mallett was named a first team All-American in the 60-meter hurdles and Will Tuebel was a second team All-American in the 800-meters.

IT’S THAT TYPE OF YEAR

The University of Iowa track and field team has enjoyed an indoor season for the ages. During their 2017 campaign the squad has set 13 school-records including six at the Big Ten Championships-- 10 on the men’s side and three on the women’s side. The school records include: the men’s 60-meter hurdles twice (Aaron Mallett, 7.63), 400m twice (Mar’yea Harris, 45.75), 800m (Carter Lilly, 1:47.33), heptathlon twice (Will Dougherty, 5,504 points), 4x400m relay twice (Emmanuel Ogwo, Collin Hofacker, DeJuan Frye, Harris, 3:04.94), distance medley relay (Lilly, Frye, Matt Manternach, and Harris, 9:44.07), women’s 200-meters (Brittany Brown, 22.79), long jump (Jahisha Thomas, 6.39m), and triple jump (Thomas, 13.00m).

KNODLE JOINS TRACK & FIELD STAFF

Paige Knodle joined the University of Iowa track and field coaching staff on March 2. Knodle comes from Iowa State where she was a volunteer assistant coach. She was previously a student-athletes at the University of Northern Iowa where she was a two-time All-American, 18-time All MVC honoree with six individual conference titles, and four-time team captain. She also holds seven UNI school records (pentathlon, heptathlon, 60m hurdles, 100m hurdles, 400m hurdles, shuttle hurdle, and javelin).

NEXT ON THE BLOCK

The Hawkeyes begin the transition to the outdoor season. Iowa heads to the Baldy Castillo Invitational on March 17-18 in Tempe, Ariz.

2017 INDOOR SEASON LEADERS

MEN

60 Meters	Christian Brissett.....	6.74
	Vinnie Saucer, Jr.	6.74
60-Meter Hurdles	Aaron Mallett.....	* 7.63
200 Meters	Antonio Woodard	21.26
400 Meters	Mar’yea Harris	* 45.75
600 Meters	Carter Lilly.....	1:17.20
800 Meters	Carter Lilly.....	* 1:47.33
1,000 Meters	Tysen VanDraska	2:28.29
Mile	Adam Jones.....	4:04.28
3,000 Meters	Bailey Hesse-Withbroe	8:21.33
5,000 Meters	Bailey Hesse-Withbroe	14:48.04
1,600-Meter Relay	Ogwo, Hofacker, Frye, Harris ..	* 3:04.94
Dist. Medley Relay	Lilly, Frye, Manternach, Jones. *	9:44.07
High Jump	Peter Andreano.....	6-8 (2.03m)
Pole Vault	Andy Jatis.....	16-4 3/4 (5.00m)
Long Jump	O’Shea Wilson	25-9 1/2 (7.86m)
Triple Jump	Akinshe Calica-Hill	48-2 1/2 (14.69m)
Shot Put	Reno Tuufuli.....	61-7 1/2 (18.78m)
Weight Throw	Reno Tuufuli.....	56-2 1/2 (17.13m)
Discus	Reno Tuufuli.....	176-9 (53.87m)
Heptathlon	William Dougherty.....	* 5,504 points

WOMEN

60 Meters	Brittany Brown	7.39
60-Meter Hurdles	Jahisha Thomas.....	8.28
200 Meters	Brittany Brown	* 22.79
400 Meters	Alexis Hernandez	53.42
600 Meters	Mallory King.....	1:33.13
800 Meters	Tia Saunders	2:12.21
1,000 Meters	Tess Wilberding.....	2:53.74
Mile	Tess Wilberding.....	4:54.16
3,000 Meters	Tess Wilberding.....	9:39.87
5,000 Meters	Andrea Shine	16:45.76
1,600-Meter Relay	Buss, Guillory, Brown, Hernandez	3:38.56
Dist. Medley Relay	Espinosa, Weber, Gibbs, Eastman	12:53.60
High Jump	Aubrianna Lantrip	5-7 1/4 (1.71m)
	Gillian Urycki.....	5-7 1/4 (1.71m)
Pole Vault	Amy Smith	11-11 3/4 (3.65m)
Long Jump	Jahisha Thomas.....	* 20-11 3/4 (6.39m)
Triple Jump	Jahisha Thomas	* 42-8 (13.00m)
Shot Put	Erika Hammond	48-8 1/4 (14.84m)
Weight Throw	Leah Colbert	55-3 1/2 (16.85m)
Discus	Lindsay Herra	154-3 (47.03m)
Pentathlon	Jenny Kimbro	3,715 points

* -- school record

INDOOR ALL-TIME TOP TEN PERFORMERS



Justin Austin



Rodney Chambers



Jim Costello



Troy Doris



William Dougherty



DeJuan Frye



Bill Hansen

60 Meters

- Justin Austin, 2011 6.69
- Vinnie Saucer, Jr., 20166.70**
- Kurt Felix, 1999..... 6.73
Tevin-Cee Mincy, 2014 6.73
- Josh Larney, 2013 6.74
Christian Brissett, 20176.74
- Troy Doris, 2012 6.75
- O'Shea Wilson, 2017.....6.75**
- Jacob Gourley, 2017.....6.77**
- Tony Branch, 1999 6.78

60-Meter Hurdles

- Aaron Mallett, 2017.....7.63**
- Jordan Mullen, 2013..... 7.70
- Ethan Holmes, 2013 7.82
Chris Douglas, 20177.82
- 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
- Torrey Campbell, 2012 8.09

200 Meters

- Justin Austin, 2011 20.80
- Anthuan Maybank, 1993 21.11
- Bashir Yamini, 1999 21.19
- James Harrington, 2014 21.21
- Ethan Holmes, 2013 21.23
- Tim Dodge, 2000 21.26
Antonio Woodard, 2017.....21.26
- Christian Brissett, 201721.27**
- Emmanuel Ogwo, 201721.32**
- Paul Chaney, Jr., 2009 21.34

400 Meters

- Mar'yea Harris, 201745.75**
- Emmanuel Ogwo, 201746.45**
- Steven Willey, 2010 46.75
- Terrence Duckett, 1984 46.81
- Collin Hofacker, 201746.82**
- Andre Morris, 1995 47.15
- Monte Raymond, 1998..... 47.18
- Anthuan Maybank, 1990 47.25
- Patrick Richards, 2011 47.35
- DeJuan Frye, 201647.39**

600 Meters

- Erik Sowinski, 2012..... 1:16.91
- Carter Lilly, 20171:17.20**
- Austin Lietz, 20171:17.40**
- Will Teubel, 20161:17.55**
- Steven Willey, 2011 1:17.94
- Keaton Rickels, 2012 1:18.19
- Pat McGhee, 1988 1:18.30
- Noah Larrison, 2017.....1:18.41**
- Ryan Dorman, 20171:18.44**
- Ryan Weir, 2013 1:18.62

800 Meters

- Carter Lilly, 20171:47.33**
- Erik Sowinski, 2012..... 1:47.62
- Will Teubel, 20161:47.74**
- Pavlo Hutsalyuk, 2016 1:48.97
- Ryan Weir, 2013 1:49.11
- Adam Hairston, 2010..... 1:49.26
- Nathan Prom, 2013 1:49.29
- Nick Kuczvara, 2010 1:49.59
- Anthony Chaidez, 20171:49.73**
- Tysen VanDraska, 20171:50.86**

Mile

- Jeff Thode, 2011 3:58.72
- Ed DeLashmutt, 1981 4:04.01
- Adam Jones, 2017.....4:04.28**
- Larry Wiczorek, 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

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



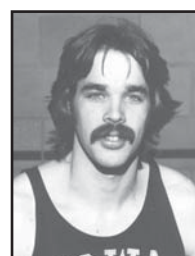
Mar'yea Harris



John Hickey



Colin Hofacker



Bill Knoedel



Adam Jones



Kevin Lewis

INDOOR ALL-TIME TOP TEN PERFORMERS



Aaron Mallett



Matt Manternach



Carter Lilly



Anthuan Maybank



Emmanuel Ogwo



Erik Sowinski



Todd Wigginton

Heptathlon

1. **William Dougherty, 2017 5,504 points**
2. Kyle Reid, 2013 5,354 points
3. Dan Rolling, 2010 5,205 points
4. Jack Eckert, 2015 5,188 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)
Peter Andreano, 2016..... 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)
Andy Jatis, 2017..... 16-4 3/4 (5.00)
7. Phil Wertman, 1971 16-4 (4.98)
8. Jeff Raymond, 2008..... 16-2 (4.93)
9. John Teffer, 1972 16-1 (4.90)
10. **Josh Pelock, 2017..... 16-0 3/4 (4.90)**

Long Jump

1. Anthuan Maybank, 1992. 26-5 1/2 (8.06)
2. Bashir Yamini, 1998 26-0 1/4 (7.93)
3. **O'Shea Wilson, 2017 25-9 1/2 (7.86)**
4. Darren Smith, 1991 25-2 (7.67)
5. Paul Jones, 1990..... 24-11 1/4 (7.60)
6. Josh Larney, 2013 24-10 (7.57)
7. Ronnie McCoy, 1984..... 24-9 (7.54)
8. 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. Kerry Dean, Jr., 2016... 48-8 1/4 (14.84)
10. Gordon Finch, 1988.... 48-3 3/4 (14.72)

Shot Put

1. John Hickey, 2009..... 63-0 (19.20)
2. Jeremy Allen, 2001 ... 62-10 1/2 (19.16)
3. **Reno Tuufuli, 2017.... 61-7 1/2 (18.78)**
4. **Avery Meyers, 2017 .. 61-4 1/4 (18.70)**
5. Shane Maier, 2006..... 61-2 (18.64)
6. Gary Kostrubala, 1986. 60-10 3/4 (18.55)
7. Andy Banse, 2005..... 60-9 1/4 (18.52)
8. Ken Kemeny, 2004..... 60-0 1/2 (18.30)
9. Gabe Hull, 2014..... 59-3 (18.06)
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. **Ogwo, Hofacker, Frye, Harris, 20173:04.94**
2. Richards, E. Holmes, Sowinski, Willey,
20113:06.66
3. Rozell, Davis, Raymond, Yamini, 19983:06.80
4. **Ogwo, Mallett, Frye, Harris, 2017.....3:07.08**
5. **Wolff, Ganschow, Lilly, Harris, 2016.....3:07.24**
6. Coleman, Faber, Strang, Peterson, 2002 ..3:07.44
7. **Wolff, B. Thompson, Ganschow,
Harris, 20163:07.58**
8. Richards, Sowinski, E. Holmes, Willey,
20113:07.84
9. Greer, Williams, Smith, Duckett, 1984.....3:08.14
10. Card, Coleman, Williamson, Dodge, 2001 3:08.21

3,200-Meter Relay

1. Cooke, Nie, Monsey, Chambers, 1990.....7:13.02
2. Corrigan, Blackman, Strozier, Chambers,
19897:29.00
3. English, Blackman, Strozier, Chambers,
19897:36.20
4. 19777:39.40
5. 19867:40.90
6. Bouske, Herd, Chambers, Koon, 19927:43.94
7. Bouska, Cook, White, Herd, 1992.....7:48.63
8. 19927:49.86
9. 19867:50.10
10. Roseman, Rerko, Novotny, Branigan,
19937:51.36

Distance Medley Relay

1. **Lilly, Frye, Manternach, Jones9:44.07**
2. Prom, Rickels, Sowinski, Thode, 20129:45.41
3. 19999:46.83
4. 19779:48.80
5. 19789:49.70
6. Kuczwarra, Barton, Kuhlman, N. Holmes,
20109:51.05
7. Marchese, Varner, Hairston, Luciano,
20099:52.52
8. Paul, Varner, Hairston, Thode, 2010.....9:52.71
9. **Gardarsson, Ganschow, Hutsalyuk,
Melchert, 20169:52.97**
10. Prom, Richardson, Sowinski, Thode,
20119:57.44

INDOOR ALL-TIME TOP TEN PERFORMERS



Kineke Alexander



Meghan Armstrong



Brittany Brown



Tracy Dahl



Nicole Erickson



Karesa Farley



Ashlyn Gulvas

60 Meters

1. Lake Kwaza, 20167.33
2. **Brittany Brown, 2017** **7.39**
3. Elaine Jones, 19837.43
4. Peaches Roach, 20057.45
5. Shellene Williams, 20047.50
6. **Briana Guillory, 2017** **7.51**
7. Jiselle Providence, 20027.52
8. Rhonda-Kaye Trusty, 20107.55
Erin Jones, 20117.55
Raven Moore, 20137.55

60-Meter Hurdles

1. Karesa Farley, 20098.21
2. **Jahisha Thomas, 2017** **8.28**
3. Tiffany Johnson, 20068.33
4. Paula Ruen, 19988.39
5. **Heaven Chandler, 2017** **8.44**
6. Sarah Steffen, 20028.45
Renee White, 20088.45
Jenny Kimbro, 2017 **8.45**
9. Colleen Prendergast, 20008.57
10. Tammilee Kerr, 20088.60

200 Meters

1. **Brittany Brown, 2017** **22.79**
2. Kineke Alexander, 200623.49
3. Lake Kwaza, 201623.54
4. Shellene Williams, 200423.62
5. Marlene Poole, 199423.66
Yolanda Hobbs, 199523.66
7. **Briana Guillory, 2016** **23.69**
8. Erica Broomfield, 199823.81
9. Raven Moore, 201324.00
10. Erin Jones, 201124.01

400 Meters

1. Kineke Alexander, 200751.48
2. Elexis Guster, 201652.36
3. Ellen Grant, 199652.65
4. Shellene Williams, 200452.83
5. **Alexis Hernandez, 2017** **53.42**
6. Ashley Liverpool, 201154.09
7. **Briana Guillory, 2016** **54.24**
8. MonTayla Holder, 201554.32
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, 2016 1:29.35
4. **Mahnee Watts, 2016** **1:30.41**
5. Senta Hawkins, 1987 1:30.77
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



Lauren Hardesty



Senta Hawkins



Tiffany Hendricks



Tammilee Kerr



Lake Kwaza



Ashley Liverpool

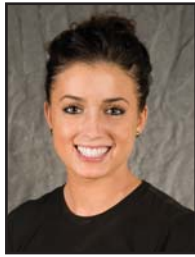


McKenzie Melander

INDOOR ALL-TIME TOP TEN PERFORMERS



Diane Nukuri



Bethany Praska



Peaches Roach



Gail Smith



Jessie Strand



Jahisha Thomas

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, 20135-11 1/4 (1.81)
 4. Becky Kaza, 1995.....5-9 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)
- Aubrianna Lantrip, 20175-7 1/4 (1.71)**
Gillian Urycki, 2017.....5-7 1/4 (1.71)

Pole Vault

1. Jessie Strand, 200412-5 1/2 (3.80)
2. **Amy Smith, 201711-11 3/4 (3.65)**
3. Sarah Burgett, 2007 11-10 (3.61)
4. Kirsten Weismantle, 2011 .11-5 3/4 (3.50)
5. Brittany Holst, 2013.....11-3 3/4 (3.45)
6. Katie Truedson, 2010.....10-11 3/4 (3.35)
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, 201720-11 3/4 (6.39)**
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. **Jenny Kimbro, 201719-3 1/2 (5.88m)**
7. Renee White, 2006.....19-3 1/4 (5.87)
8. Tiffany Johnson, 2007.....19-2 1/2 (5.85)
9. Davera Taylor, 198419-1 1/2 (5.83)
10. Yolanda Hobbs, 1993..... 19-1 (5.80)

Triple Jump

1. **Jahisha Thomas, 201742-8 (13.00)**
2. Renee White, 2008..... 42-4 (12.90)
3. **T. Seawater-Simmons, 2017 42-1 1/4 (12.83)**
4. Tiffany Johnson, 2007.....41-3 3/4 (12.59)
5. Zinnia Miller, 2014.....41-2 1/2 (12.56)
6. Carisa Leacock, 201240-5 1/2 (12.33)
7. **Allison Wahrman, 2017 39-10 (12.14)**
8. Becki Borg, 1987..... 39-6 (12.04)
9. **Hannah Schlib, 201739-5 3/4 (12.03)**
10. Lynn McMillan, 1988 38-2 (11.63)

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. **Erika Hammond, 201748-8 1/4 (14.84)**
6. **Laulauga Tausaga, 2017 ..48-5 1/4 (14.76)**
7. Rachel Curry, 2013 48-2 1/2(14.69)
8. Megan Maurer, 1995..... 47-5 3/4 (14.47)
9. Laura Kriener, 1990 47-5 (14.45)
Courtney Fritz, 2014.....47-5 (14.45)

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. **Leah Colbert, 2017.....55-3 1/2 (16.85)**
10. Mandy Chandler, 2009 54-4 1/2 (16.57)

Pentathlon

1. Tammilee Kerr, 2008.....3,974 points
2. Chris Davenport, 1983.....3,798 points
3. **Jenny Kimbro, 2017 3,715 points**
4. Kamesha Marshall, 20053,701 points
5. Tiff Pedersen, 2004.....3,511 points
6. Sarah Ryan, 2013..... 3,472 points
7. Maureen Abel, 1979.....3,427 points
8. **Allison Wahrman, 2017..... 3,421 points**
9. Zinnia Miller, 2012.....3,416 points
10. Heaven Chandler, 20173,411 points

1,600-Meter Relay

1. Holder, **Guillory, Hernandez, Guster**, 2016 3:32.93
2. Holder, Guster, **Hernandez**, Guillory, 2016..... 3:36.47
3. Liverpool, Hendricks, Praska, Erickson, 2011 3:36.97
4. Holder, **Hernandez**, Guster, **Guillory**, 2016 3:36.99
5. **Hernandez**, Holder, Guster, **Watts**, 2014..... 3:37.16
6. Liverpool, Hendricks, Erickson, Praska, 2011 3:37.58
7. Kwaza, Guster, Holder, **Watts**, 2015 3:37.84
8. Kwaza, Holder, **Watts**, Guster, 2015 3:38.56
9. **Buss, Guillory, Champe, Hernandez, 20173:38.56**
10. Guster, Holder, **Watts, Hernandez**, 2014..... 3:38.62

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

MEN'S ALL-AMERICANS

Year	Athlete, Event	Year	Athlete, Event	Year	Athlete, Event
1921	Charles Brookins, 220 Hurdles Harold Crawford, Hurdles Eric Wilson, 220 Hurdles	1996	Andre Morris, 1,600-Meter Relay Chris Davis, 1,600-Meter Relay Ed Rozell, 1,600-Meter Relay Bashir Yamini, 1,600-Meter Relay	2012	Justin Austin, 200 Meters (O) * Jeff Thode, Mile (I) Jordan Mullen, 60-Meter Hurdles (I) ^
1922	Charles Brookins, Hurdles Eric Wilson, 220 Hurdles	1997	Bashir Yamini, Long Jump	2012	Troy Doris, Triple Jump (I) Troy Doris, Triple Jump (O) Erik Sowinski, 800 Meters (I) Erik Sowinski, 800 Meters (O) Matt Byers, Javelin (O) ^ Justin Austin, 200 Meters (O) ^ Ethan Holmes, 400-Meter Hurdles (O) * Ethan Holmes, 110-Meter Hurdles (O) * Matt Banse, Hammer (O) *
1923	Eric Wilson, 220 Hurdles	1998	Jeremy Allen, Discus Dion Trowers, 55-Meter Hurdles Bashir Yamini, Long Jump Bashir Yamini, Long Jump	2013	Justin Austin, 200 Meters (O) Justin Ausin, 400-Meter Relay (O) Tevin-Cee Mincy, 400-Meter Relay (O) Ethan Holmes, 400-Meter Relay (O) Josh Larney, 400-Meter Relay (O) Klyvens Delaunay, Triple Jump (O) Ethan Holmes, 400-Meter Hurdles (O) ^ Matt Byers, Javelin (O) ^ Gabe Hull, Discus (O) ^ Justin Austin, 100 Meters (O) * Jordan Mullen, 100-Meter Hurdles (O) * Josh Larney, 100 Meters (O) *
1929	Ed Gordon, Long Jump	1999	Tony Branch, 1,600-Meter Relay Tim Dodge, 1,600-Meter Relay Tim Dwight, 1,600-Meter Relay Bashir Yamini, 1,600-Meter relay	2014	Babatunde Amosu, Triple Jump (O) ^ Keith Brown, 400-Meter Relay (O) James Harrington, 400-Meter Relay (O) Gabe Hull, Discus (O) ^ Tevin-Cee Mincy, 400-Meter Relay (O) O'Shea Wilson, 400-Meter Relay (O)
1930	Ed Gordon, Long Jump	2000	Jeremy Allen, Shot Put Jeremy Allen, Weight Throw Stetson Steele, 5,000 Meters Stetson Steele, 10,000 Meters	2014	Babatunde Amosu, Triple Jump (I) ^ Babatunde Amosu, Triple Jump (O) * Keith Brown, 400-Meter Relay (O) ^ James Harrington, 400-Meter Relay (O) ^ Kevin Lewis, 5,000 Meters (I) ^ Aaron Mallett, 60-Meter Hurdles (I) Aaron Mallett, 110-Meter Hurdles (O) Aaron Mallett, 400-Meter Relay (O) ^ Vinnie Saucer Jr., 400-Meter Relay (O) ^ Mitch Wolff, 400-Meter Hurdles (O) ^
1931	Ed Gordon, Long Jump	2001	Jeremy Allen, Discus Jeremy Allen, Shot Put	2015	Aaron Mallett, 60-meter hurdles (I) Will Teubel, 800 meters (I) ^ Christian Brissett, 400-Meter Relay(O) ^ William Dougherty, Decathlon (O) * James Harrington, 400-Meter Relay (O) ^ James Harrington, 200-Meters (O) * Mar'yea Harris, 400-Meters (O) * Carter Lilly, 800-Meters (O) * Aaron Mallett, 400-Meter Relay (O) ^ Aaron Mallett, 110-Meter Hurdles (O) ^ Vinnie Saucer Jr., 400-Meter Relay (O) ^ Reno Tuufuli, Discus (O) * Mitch Wolff, 400-Meter Hudles (O) *
1932	George Salings, 120 Hurdles	2002	Jim Costello, Weight Throw Jim Costello, Hammer Throw Bill Neumann, Javelin		
1952	Ted Wheeler, 800 Meters	2003	Bill Neumann, Javelin		
1953	Rick Ferguson, Two Miles	2004	Adam Hamilton, Hammer Throw		
1956	Jack Matthews, Low Hurdles Ted Wheeler, 1,500 Meters	2006	Eric MacTaggart, 10,000 Meters		
1957	Deacon Jones, Two Miles	2007	Adam Hamilton, Hammer Throw		
1962	Bill Frazier, 600 Yards	2008	John Hickey, Shot Put		
1965	Jon Reimer, 440 Hurdles	2009	John Hickey, Shot Put Johh Hickey, Shot Put		
1967	Mike Mondane, 440 Yards Jon Reimer, 440 Hurdles Larry Wiczorek, Mile (I) Larry Wiczorek, Mile (O) Fred Ferree, Mile Relay Carl Frazier, Mile Relay Mike Mondane, Mile Relay Jon Reimer, Mile Relay	2010	Patrick Richards, 1,600-Meter Relay Steven Willey, 1,600-Meter Relay Erik Sowinski, 1,600-Meter Relay Chris Barton, 1,600-Meter Relay Steven Willey, 400 Meters		
1968	Mike Mondane, 440 Yards	2011	Troy Doris, Triple Jump (I) Troy Doris, Triple Jump (O) Erik Sowinski, 800 Meters (I) Erik Sowinski, 1,600-Meter Relay (I) Erik Sowinski, 1,600-Meter Relay (O) ^ Chris Barton, 1,600-Meter Relay (I) Chris Barton, 1,600-Meter Relay (O) ^ Patrick Richards, 1,600-Meter Relay (I) Patrick Richards, 1,600-Meter Relay (O) ^ Steven Willey, 1,600-Meter Relay (I) Steven Willey, 1,600-Meter Relay (O) ^ Jeffery Herron, High Jump (O) ^ Ethan Holmes, 400-Meter Hurdles (O) ^ Ethan Holmes, 110-Meter Hurdles (I) * Justin Austin, 200 Meters (I)		
1973	Dick Eisenlauer, 440 Yards				
1975	Bill Knoedel, High Jump				
1978	Bill Hansen, High Jump				
1979	Joe Paul, Dist. Medley Relay Tom Slack, Dist. Medley Relay James Docherty, Dist. Medley Relay Joel Moeller, Dist. Medley Relay				
1983	Ronnie McCoy, 110 Hurdles				
1984	Terrance Duckett, Mile Relay Victor Greer, Mile Relay Caesar Smith, Mile Relay Kenny Williams, Mile Relay				
1985	Ronnie McCoy, 110 Hurdles				
1988	Pat McGhee, 400 Hurdles				
1989	Pat McGhee, 110 Hurdles Pat McGhee, 400 Hurdles				
1992	Anthuan Maybank, Long Jump Anthuan Maybank, 400 Meters				
1993	Kevin Herd, 5,000 Meters Anthuan Maybank, Long Jump Anthuan Maybank, 400 Meters				
1994	Kevin Herd, 5,000 Meters				
1995	Andre Morris, 400 Meters Andre Morris, 1,600-Meter Relay Chris Davis, 1,600-Meter Relay George Page, 1,600-Meter Relay Ed Rozell, 1,600-Meter Relay				

WOMEN'S ALL-AMERICANS

Year	Athlete, Event	Year	Athlete, Event	Year	Athlete, Event
1982	Chris Davenport, Dist. Medley Relay	2007	Kineke Alexander, 400 Meters		MonTayla Holder, 1,600-Meter Relay (O) ^
	Nan Doak, Two Miles		Meghan Armstrong, Mile		Lake Kwaza, 400-Meter Relay (O) ^
	Nan Doak, Three Miles		Kineke Alexander, 400 Meters		Jahisha Thomas, Long Jump (O) ^
	Nan Doak, 5,000 Meters		Peaches Roach, High Jump		<i>^ second-team, * honorable-mention,</i>
	Nan Doak, Dist. Medley Relay		Diane Nukuri, 10,000 Meters		<i>l - indoor, O - outdoor</i>
	Kathy Gillespie, Heptathlon	2008	Kineke Alexander, 400 Meters		
	Jenny Hayden, Dist. Medley Relay		Kineke Alexander, 400 Meters		
	Jodi Hershberger, 3,000 Meters		Meghan Armstrong, 10,000 Meters		
	Jenny Spangler, 10,000 Meters		Tammilee Kerr, Heptathlon		
	Kay Stormo, 880 Yards		Racheal Marchand, 10,000 Meters		
	Kay Stormo, 800 Meters	2009	Karessa Farley, 100-Meter Hurdles		
	Kay Stormo, Dist. Medley Relay		Racheal Marchand, 5,000 Meters		
1983	Nan Doak, 5,000 Meters	2011	Bethany Praska, 800 Meters (I)		
	Mary Mol, High Jump		McKenzie Melander, Mile (I) ^		
	Jenny Spangler, 10,000 Meters		Betsy Flood, 5,000 Meters (O) ^		
1985	Penny O'Brien, 3,000 Meters		Brooke Eilers, 5,000 Meters (O) *		
	Nan Doak, 10,000 Meters		Nicole Erickson, 1,600-Meter Relay (O) *		
1987	Jeanne Kruckeberg, 3,200-Meter Relay		Tiffany Hendricks, 1,600-Meter Relay (O) *		
	Kim Schneckloth, 3,200-Meter Relay		Ashley Liverpool, 1,600-Meter Relay (O) *		
	Sherri Suppelsa, 3,200-Meter Relay		Bethany Praska, 1,600-Meter Relay (O) *		
	Janet Wodek, 3,200-Meter Relay	2013	Majesty Tutson, Discus (O) *		
1988	Jeanne Kruckeberg, Mile	2014	Brittany Brown, 200 Meters (O) ^		
1989	Jeanne Kruckeberg, 800 Meters		Brittany Brown, 400-Meter Relay (O) ^		
1990	Rachelle Roberts, Mile		Elexis Guster, 400-Meter Relay (O) ^		
1992	Jennifer Brower, 10,000 Meters		MonTayla Holder, 400-Meter Relay (O) ^		
	Tracy Dahl, 5,000 Meters		MonTayla Holder, 400-Meter Hurdles (O) *		
	Lisa Van Steenwyk, Shot Put		Lake Kwaza, 400-Meter Relay (O) ^		
1993	Tracy Dahl, 5,000 Meters		Zinnia Miller, Long Jump (O)		
1994	Tina Floyd, 400-Meter Relay		Zinnia Miller, Triple Jump (O) ^		
	Yolanda Hobbs, 400-Meter Relay	2015	Brittany Brown, 200 Meters (O) *		
	Marlene Poole, 400-Meter Relay		Elexis Guster, 400 Meters (O) *		
	Tanja Reid, 400-Meter Relay	2016	Briana Guillory, 1,600-Meter Relay (I) ^		
	Tina Stec, Mile		Elexis Guster, 1,600-Meter Relay (I) ^		
	Tina Stec, 3,000 Meters		Elexis Guster, 400 Meters (I) ^		
1995	Yolanda Hobbs, 55 Meters		Alexis Hernandez, 1,600-Meter Relay (I) ^		
	Yolanda Hobbs, 200 Meters		MonTayla Holder, 1,600-Meter Relay (I) ^		
1997	Wynsome Cole, 400-Meter Hurdles		Briana Guillory, 400-Meter Relay (O) ^		
2004	Shellene Williams, 400 Meters		Brianna Guillory, 1,600-Meter Relay (O) ^		
2005	Kineke Alexander, 400 Meters		Briana Guillory, 200-Meters (O) *		
	Peaches Roach, High Jump		Elexis Guster, 400 Meters (O) ^		
	Kineke Alexander, 400 Meters		Elexis Guster, 400-Meter Relay (O) ^		
2006	Kineke Alexander, 400 Meters		Elexis Guster, 1,600-Meter Relay (O) ^		
	Peaches Roach, High Jump		Alexis Hernandez, 400-Meter Relay (O) ^		
	Meghan Armstrong, Mile		Alexis Hernandez, 1,600-Meter Relay (O) ^		
	Kineke Alexander, 400 Meters		MonTayla Holder, 400-Meter Hurdles (O) ^		
	Peaches Roach, High Jump				