

# THE UNIVERSITY OF IOWA



## HAWKEYE TRACK & FIELD



TRACK AND FIELD CONTACT: BRANDEE BRITT

April 4, 2012

### 2012 IOWA TRACK & FIELD OUTDOOR SCHEDULE

Date	Meet	Result
Mar. 30-31	Arkansas Invite <i>(Fayetteville, Ark.)</i>	
Apr. 6-7	Stanford Invite <i>(Palo Alto, Calif.)</i>	
Apr. 7	LSU Invitational <i>(Baton Rouge, La.)</i>	
Apr. 13-14	Tom Botts Invitational <i>(Columbia, Mo.)</i>	
<b>Apr. 20-21</b>	<b>Musco Twilight XIII</b> <b><i>(Iowa City, Iowa)</i></b>	
Apr. 26-28	Drake Relays <i>(Des Moines, Iowa)</i>	
May 4	UNI Messersmith Invite <i>(Cedar Falls, Iowa)</i>	
May 11-13	Big Ten Outdoor Championships <i>(Madison, Wis.)</i>	
May 24-26	NCAA First Round <i>(Austin, Texas)</i>	
June 6-9	NCAA Championships <i>(Des Moines, Iowa)</i>	

### IOWA COACHING STAFF

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

### THIS WEEK

The University of Iowa track and field team will split competitors between the Stanford Invitational in Palo Alto, Calif., and the Battle on the Bayou in Baton Rouge, La. The Stanford Invitational will be held at the Cobb Track and Angell Field on the campus of Stanford University. The event is scheduled to begin Friday at 11 a.m. (CT) and continue through Saturday. The Battle on the Bayou will be held at Bernie Moore Stadium on the campus of LSU. The meet is set to begin Saturday at 10 a.m. (CT). Live Stats will be available on the [hawkeyesports.com](http://hawkeyesports.com) track and field schedule page.

### IN THE RANKINGS

The men's track team is ranked 20th in the USTFCCA national rankings.

### AMONG THE NCAA TOP TEN

Senior Troy Doris is ranked second in the triple jump (53-8 1/2; 16.37m) in the national week one rankings, while junior Justin Austin is ranked fourth in the 200 meters (20.46). Junior Matt Byers is also nationally ranked. Byers currently sits at eighth in the javelin (245-8; 74.89m).

### 4X4 DEFENDS TITLE

The women's 1,600-meter relay team of Bethany Praska, Tiffany Hendricks, Nicole Erickson, and Ashley Liverpool took the 2011 Big Ten Title with a time of 3:36.15. The 2012 1,600-meter relay team of Hannah Simonson, Liverpool, Erickson, and Victoria Sack opened the season with a first place finish at the Arkansas Invitational crossing the line in 3:38.07. That time ranks fourth all-time at Iowa.

### BYERS RETURNS TO THE SCENE

Junior Matt Byers broke the school record in the javelin at the 2011 LSU Invitational. Byers' toss of 245-8 (74.89m) still remains the top mark in Iowa history. Byers will head to LSU to compete in the javelin Saturday. The event is scheduled to begin at 11:30 a.m. Byers placed first in the javelin in his first competition of 2012.

### THODE HOLDS 1,500 METERS RECORD

Junior Jeff Thode will make the trip to Stanford University to compete in the 1,500 meters. Thode currently holds the school record in the event (3:43.02). The 1,500 meters is set to start at 8:46 p.m. (CT) Friday.

# THE UNIVERSITY OF IOWA



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### STEEPLECHASE RECORD HOLDERS

Senior Danielle Berndt currently holds the school record in the 3,000 meter steeplechase. Berndt broke the record at the 2011 NCAA West Regional with a time of 10:26.54. Junior Kelsey Hart also ranks among Iowa's top 10 performers list in the steeplechase. Hart's time of 10:47.56 ranks fifth all-time at Iowa. Both competitors will compete at the Stanford Invitational. The steeplechase is scheduled to begin Friday at 7:15 p.m. (CT).

### AUSTIN HOLDS TWO

Junior Justin Austin will head to the Battle on the Bayou to compete in the 200 meters Saturday. Austin currently holds the school record in the 200 meters (20.31). Austin also currently ranks fourth in the country in the 200 meters (20.46). The event is set to begin at 4:20 p.m. Austin also holds the school record in the 100 meters (10.21).

### DORIS OWNS TRIPLE JUMP RECORD

Senior Troy Doris currently holds the school record in the triple jump (54-0; 16.46m). Doris will make the trip to LSU to compete in the event. The triple jump is set to begin at 3:40 p.m.

### TUTSON HOLDS DISCUS RECORD

Junior Majesty Tutson will compete in the discus at the Battle on the Bayou Saturday. Tutson holds the school record in the event (172-4; 52.52m). The discus is set to begin at 11:40 a.m.

### NEXT ON THE BLOCK

The Hawkeyes will head to Columbia, Mo., for the Tom Botts Invitational on April 13-14.

## 2011-12 OUTDOOR SEASON LEADERS

### MEN'S

100 meters	Justin Austin	10.40
110-meter hurdles	Ethan Holmes	14.17
200 meters	Patrick Richards	21.48
400 meters	Erik Sowinski	46.81
400-meter hurdles	Ethan Holmes	52.22
800 meters	Ryan Weir	1:53.45
1,500 meters	Jeff Thode	3:46.32
3,000 meters	Kevin Lewis	8:35.86
Shot Put	Matt Banse	54-0 (16.46m)
Discus	Gabe Hull	185-10 (56.66m)
Hammer	Matt Banse	194-03 (59.20m)
Javelin	Matt Byers	223-3 (68.06m)
High Jump	Graham Valdes	6-9 (2.06m)
Long Jump	Jeffery Herron	24-5 (7.44m)
Triple Jump	Troy Doris	51-5 (15.67m)
Pole Vault	Jack Eckert	14-5 1/4 (4.40m)
400-meter relay	Mincy, Larney, Richards, Austin	40.35
1,600-meter relay	Austin, Richards, Davey, Sowinski	3:06.49

### WOMEN'S

100 meters	Erin Jones	11.81
100-meter hurdles	Khanishah Williams	15.05
200 meters	Ashley Liverpool	23.98
400 meters	Nicole Erickson	55.70
400-meter hurdles	Hannah Simonson	59.83
1,500 meters	Nicole Benson	4:40.70
Hammer Throw	Ashlyn Gulvas	172-08 (52.62m)
Javelin	Amanda Stahle	135-3 (41.23m)
Discus	Majesty Tutson	156-6 (47.72m)
Shot Put	Sarah Ryan	34-5 3/4
Long Jump	Sarah Ryan	17-7 (5.36m)
High Jump	Zinnia Miller	5-5 (1.65m)
Pole Vault	Kirsten Weismantle	10-11 3/4 (3.35m)
400-meter relay	R. Moore, Jones, Liverpool, Leacock	45.77
1,600-meter relay	Simonson, Liverpool, Erickson, Sack	3:38.07

# OUTDOOR ALL-TIME TOP TEN PERFORMERS



Jeremy Allen



Justin Austin



Matt Byers



A.J. Curtis



Troy Doris



Bill Frazier



Bill Hansen

## 100 Meters

1. Justin Austin, 2011	10.21
2. George Page, 1996	10.25
3. Anthuan Maybank, 1994	10.31
Tim Dwight, 1997	10.31
5. Bob Lawson, 1976	10.36
6. Robert Smith, 1984	10.39
7. Curtis Chang, 1987	10.40
8. Jeff Patrick, 1983	10.41
Tim Dodge, 2002	10.41
10. Jerry Fisher, 1991	10.45

## 110-Meter High Hurdles

1. Pat McGhee, 1989	13.50
2. Dion Trowers, 1996	13.62
3. Ronnie McCoy, 1985	13.66
4. Ethan Holmes, 2011	13.73
5. Jordan Mullen, 2011	13.79
6. James Armstrong, 1991	13.89
7. Doug Jones, 1986	14.06
8. Chris Williams, 1983	14.24
9. Rajeev Balkrishnan, 1993	14.29
10. Dan Davis, 2012	14.46

## 200 Meters

1. Justin Austin, 2011	20.31
2. Jeff Patrick, 1983	20.47
3. Anthuan Maybank, 1994	20.55
4. Andre Morris, 1995	20.64
5. George Page, 1996	20.67
6. Terrence Duckett, 1982	20.74
7. Tim Dodge, 2002	20.78
8. Bashir Yamini, 1999	20.82
9. Dennis Kohl, 1966	20.84
10. Tim Dwight, 1997	20.91

## 400 Meters

1. Anthuan Maybank, 1993	44.99
2. Andre Morris, 1995	45.15
3. Mike Mondane, 1967	45.20
4. Steven Willey, 2010	45.78
5. Gary Hollingsworth	46.30
6. Harold Leonard, 1986	46.45
7. Tony Branch, 1999	46.60
8. Prince Riley, 2007	46.61
9. George Page, 1996	46.66
10. Dick Eisenlauer, 1973	46.74
Terrence Duckett, 1983	46.74
Patrick Richards, 2010	46.74

## 400-Meter Hurdles

1. Pat McGhee, 1988	48.83
2. Monte Raymond, 1998	50.09
3. Ray Varner, 2010	50.24
4. Paul Steele, 1989	50.45
5. Russell Peterson, 2001	50.50
6. Ethan Holmes, 2011	50.65
7. Adam Kunkel, 2001	50.73
8. Jon Reimer, 1967	50.94
9. Gary Falls, 1991	51.08
10. D'Juan Richardson, 2011	51.12

## 800 Meters

1. Bill Frazier, 1962	*1:47.64
2. D'Juan Strozier, 1990	1:47.82
3. Erik Sowinski, 2011	1:47.83
4. Adam Hairston, 2009	1:48.53
5. Michael Layne, 1999	1:49.61
6. Bill Thiesen, 1985	1:49.74
7. Andy Wiese, 1985	1:50.22
8. Paul Chepkwony, 1984	1:50.36
9. Rod Chambers, 1989	1:50.60
10. Jim Donovan, 1998	1:50.68

## 1,500 Meters

1. Jeff Thode, 2010	3:43.02
2. Joel Moeller, 1978	3:44.01
3. Jim Docherty, 1978	3:44.30
4. Dan Waters, 1986	3:46.35
5. Kevin Herd, 1994	3:46.64
6. John Clark, 1977	3:46.84
7. Ted Wheeler, 1956	3:48.24
8. Jesse Luciano, 2007	3:49.99
9. Micah VanDenend, 2007	3:50.20
10. John Dobbs, 1985	3:50.70

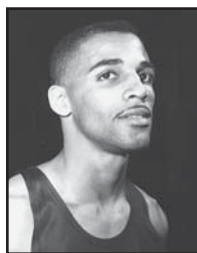
## 3,000-Meter Steeplechase

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

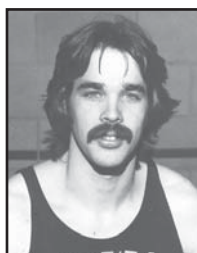
## 5,000 Meters

1. Micah VanDenend, 2007	13:49.31
2. Larry Wiczorek, 1968	13:56.00
3. Kevin Herd, 1993	13:59.00
4. Stetson Steele, 2000	14:02.76
5. Eric MacTaggart, 2005	14:04.79
6. Dan Haut, 2006	14:07.30
7. Jesse Luciano, 2010	14:08.71
8. Matt Esche, 2006	14:12.07
9. Jeff Thode, 2011	14:12.40
10. Chase Kadlec, 2010	14:14.45

# OUTDOOR ALL-TIME TOP TEN PERFORMERS



Deacon Jones



Bill Knoedel



Anthuan Maybank



Pat McGhee



Dan Rolling



Stetson Steele



Jeff Thode

## 10,000 Meters

1. Stetson Steele, 2000 ..... 28:44.47
2. Eric MacTaggart, 2006..... 28:50.23
3. Nick Nordheim, 2002 ..... 29:44.71
4. Trent Corey, 2002 ..... 29:45.25
5. Chad Schwitters, 1999 ..... 29:56.00
6. Nick Holmes, 2010 ..... 30:02.31
7. Dan Haut, 2006 ..... 30:03.08
8. Kevin Herd, 1994 ..... 30:05.21
9. Paul Sarris, 2001 ..... 30:08.40
10. Matt Esche, 2004 ..... 30:08.82

## Decathlon

1. Dan Rolling, 2010 ..... 6,957 pts
2. Scott Faber, 2000 ..... 6,839 pts
3. Ryan Niver, 2008 ..... 6,837 pts
4. Chad Ohly, 1994 ..... 6,641 pts
5. Gary Kostrubala, 1984 ..... 6,498 pts
6. Frank Prill, 2008 ..... 6,381 pts
7. Jacob Drewry, 1994 ..... 5,820 pts

## High Jump

1. Bill Hansen, 1978 ..... 7-4 (2.23)
- Bill Knoedel, 1975 ..... 7-4 (2.23)
3. M. Cunningham, 1986 ..... 7-1 (2.16)
- Kenneth Lansing, 1988 ..... 7-1 (2.16)
5. Pat Meade, 1987 ..... 7-0 1/4 (2.14)
- Jeffery Herron, 2011 ..... 7-0 1/4 (2.14)**
7. Peter Hlavin, 1979 ..... 6-11 (2.11)
- Scott Hudek, 1993 ..... 6-11 (2.11)
- Jeremy Petsche, 2008 ..... 6-11 (2.11)
- Graham Valdes, 2010 ..... 6-11 (2.11)**

## 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. Matty Gorman, 2006 ..... 25-1 1/4 (7.65)
8. Ronnie McCoy, 1985 ..... 25-0 (7.62)
9. **Jeffery Herron, 2010 ..... 24-9 (7.54)**
10. Joe Robinson, 1976 ..... 24-2 3/4 (7.38)

## Triple Jump

1. **Troy Doris, 2011 ..... 54-0 (16.46)**
2. Paul Jones, 1990 ..... 52-0 1/2 (15.86)
3. Gordon Finch, 1988 ..... 50-9 1/4 (15.47)
4. Mike Lacy, 1984 ..... 50-5 (15.36)
5. Pat Miller, 1985 ..... 49-8 1/2 (15.25)
6. Matty Gorman, 2008 ..... 49-2 1/2 (15.00)
7. Owen Gill, 1982 ..... 49-1 (14.96)
8. Josh Bean, 2010 ..... 48-10 3/4 (14.90)
9. Ed Gordon, 1931 ..... 48-0 1/8 (14.63)
10. Mike Means, 1981 ..... 47-0 1/2 (14.34)

## Pole Vault

1. Todd Wigginton, 1984 ..... 17-0 (5.18)
2. Chad Ohly, 1994 ..... 16-8 3/4 (5.10)
3. Curt Broek, 1978 ..... 16-8 (5.08)
4. Phil Wertman, 1971 ..... 16-7 (5.05)
- Kelly Scott, 1988 ..... 16-7 (5.05)
6. John Teffer, 1972 ..... 16-2 (4.93)
7. **Kyle Reid, 2010 ..... 16-1 1/4 (4.91m)**
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)

## Shot Put

1. Jeremy Allen, 2001 ..... 63-2 3/4 (19.27)
2. Ken Kemeny, 2005 ..... 62-3 (18.97)
3. Shane Maier, 2006 ..... 62-2 1/4 (18.95)
4. Andy Banse, 2005 ..... 61-11 1/2 (18.88)
5. John Hickey, 2008 ..... 61-9 1/2 (18.83)
6. Chris Gambol, 1987 ..... 60-0 1/2 (18.30)
7. A.J. Curtis, 2008 ..... 59-8 1/4 (18.19)
8. A. van der Westhuizen, 2000 ..... 58-8 3/4 (17.90)
9. **Ryan Lamparek, 2010 ..... 58-4 (17.78)**
10. Gary Kostrubala, 1985 ..... 58-1 (17.70)

## Discus

1. A.J. Curtis, 2007 ..... 202-11 (61.84)
2. Gary Kostrubala, 1986 ..... 202-4 (61.68)
3. Jeremy Allen, 2001 ..... 195-4 (59.54)
4. Tim Brodersen, 2005 ..... 193-6 (58.98)
5. **Gabe Hull, 2012 ..... 185-10 (56.66)**
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, 2011 ..... 199-11 (60.94)**
7. Jeremy Allen, 2001 ..... 199-0 (60.66)
8. **Ben Stancombe, 2011 ..... 197-6 (60.20)**
9. Ryan Jordan, 2007 ..... 184-6 (56.23)
10. **Ryan Lamparek, 2010 ..... 181-7 (55.35)**

## Javelin

1. **Matt Byers, 2011 ..... 245-8 (74.89)**
2. Bill Neumann, 2002 ..... 244-8 (74.58)
3. Dan Ralph, 2000 ..... 227-10 (69.44)
4. Zach Schimp, 2010 ..... 211-0 (64.32)
5. Kale Katt, 2007 ..... 204-0 (62.17)
6. Joel Storm, 2004 ..... 203-5 (62.01)
7. Matt Stank, 2001 ..... 199-0 (60.66)
8. A. van der Westhuizen, 1999 ..... 173-11 (53.00)
9. Craig Jennings, 2006 ..... 173-4 (52.83)
10. Scott Faber, 2000 ..... 173-1 (52.78)



Micah VanDenend



Todd Wigginton



Arno van der Westhuizen



# OUTDOOR ALL-TIME TOP TEN PERFORMERS

## 400-Meter Relay

1.	Beecham, Duckett, Greer, R. Smith, 1984 .....	39.48
2.	Page, Davis, Rozell, Morris, 1996 .....	39.73
3.	<b>Mincy</b> , Sayon, Chaney, Jr., <b>Austin</b> , 2011 .....	39.86
4.	<b>Richardson</b> , Sayon, Chaney, Jr., Bee, 2009 .....	39.94
5.	Felix, Branch, Dodge, Yamini, 1999 .....	39.96
6.	Beecham, Duckett, Greer, Patrick, 1983 .....	39.99
7.	Dwight, Branch, Davis, Yamini, 1998.....	40.00
	Goode, Fisher, Morris, Maybank, 1994 .....	40.00
	1998.....	40.00
	Dwight, Branch, Dodge, Yamini, 1999 .....	40.00

## Shuttle Hurdle Relay

1.	McGhee, Armstrong, Falls, Stelle, 1989.....	57.80
2.	Wigginton, Jones, Lacey, McCoy, 1985.....	59.77
3.	1975.....	1:05.20

## 800-Meter Relay

1.	<b>Richardson</b> , Sayon, <b>Richards</b> , Chaney, Jr., 2009 .....	1:24.85
2.	Barclay, McCalister, Jensen, Elliott, 1979.....	1:26.39
3.	Thomas, Balkrishnan, Patterson, Freidrich 1991 .....	1:28.38
4.	Balkrishnan, Patterson, Thomas, Freidrich, 1991.....	1:29.04

## Sprint Medley Relay

1.	Sayon, <b>Austin</b> , Willey, <b>Sowinski</b> , 2011.....	3:16.18
2.	<b>Richardson</b> , <b>Richards</b> , Willey, <b>Sowinski</b> , 2010.....	3:17.74
3.	Armstrong, Thomas, Maybank, Strozier, 1991 .....	3:18.93
4.	Yamini, Davis, Dodge, Donovan, 1999.....	3:19.87
5.	<b>Richards</b> , Chaney, Jr., Barton, Hairston, 2009 .....	3:20.05
6.	McCorkle, Armstrong, Chung, Strozier, 1990 .....	3:20.43
7.	Dodge, Yamini, Branch, Donovan, 1999.....	3:20.83
8.	Goode, Fisher, Thomas, Falls, 1992.....	3:21.02
9.	Dwight, Davis, Raymond, Donovan, 1997.....	3:21.05
10.	Milder, Elbert, Barton, Hairston, 2008.....	3:21.14

## 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, <b>Richards</b> , <b>Sowinski</b> , 2010.....	3:05.61
6.	Willey, <b>Richards</b> , <b>Sowinski</b> , Barton, 2011 .....	3:05.64
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.	<b>Austin</b> , <b>Richards</b> , <b>Davey</b> , <b>Sowinski</b> , 2012.....	3:06.49

## 3,200 Meter Relay

1.	Hairston, <b>Prom</b> , <b>Thode</b> , <b>Sowinski</b> , 2011 .....	7:23.77
2.	Corrigan, Blackman, Strozier, Chambers, 1989 .....	7:29.00
3.	Willey, Braff, <b>Sowinski</b> , 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.	1986.....	7:40.18
9.	Novotny, Holtkamp, Rerko, Feeldy, 1995 .....	7:44.68
10.	Steussay, Tice, Olson, Newell, 1973 .....	7:54.10

## Distance Medley Relay

1.	Pershing, Moeller, Slack, Docherty, 1978.....	9:39.94
2.	<b>Kuczvara</b> , Barton, Hairston, <b>Thode</b> , 2011 .....	9:41.37
3.	Young, Barton, <b>Kuczvara</b> , Luciano, 2010.....	9:42.97
4.	Theisen, Williams, Wiesa, Waters, 1985 .....	9:54.04
5.	Luciano, Pierre, Hairston, VanDenend, 2007 .....	9:54.07
6.	VanDenend, Riley, O'Hollearn, Rakaric, 2006 .....	9:54.97
7.	Feeldy, Eischeid, Novotny, Peters, 1996 .....	9:55.71
8.	Thomas, Wise, Cunningham, S.Allen, 2001 .....	10:01.57
9.	Thomas, Wakenight, Dziubski, Rakaric, 2003.....	10:01.72
10.	Trainor, Coleman, Cunningham, Allen, 2002.....	10:01.93

## 6,400 Meter Relay

1.	Rakaric, Webster, MacTaggart, VanDenend, 2006.....	16:55.43
2.	Paul, <b>Kadlec</b> , <b>Thode</b> , Luciano, 2010 .....	17:01.46
3.	Thomas, Allen, Rakaric, Lloyd, 2003 .....	17:06.27
4.	Pittman, Novotny, Feeldy, Marquardt, 1995.....	17:12.49
5.	Bakker, Feeldy, Peters, Pittman, 1996.....	17:13.10
6.	Allen, Trainor, McDermott, Esche, 2002 .....	17:14.53
7.	<b>Kadlec</b> , E. MacTaggart, Paul, Marchese, 2009.....	17:17.63
8.	Schwitters, Nordheim, Moeller, Thomas, 1999.....	17:18.04
9.	White, Roehl, Wood, Roseman, 1992 .....	17:28.90

# OUTDOOR ALL-TIME TOP TEN PERFORMERS



Kineke Alexander



Meghan Armstrong



Danielle Berndt



Nan Doak



Becca Franklin



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. Jiselle Providence, 2001 ..... 11.57
5. Tanja Reid, 1994 ..... 11.60  
Peaches Roach, 2005 ..... 11.60
7. Yolanda Hobbs, 1995 ..... 11.62
8. Elanie Jones, 1985 ..... 11.69
9. Rhonda Kaye Trusty, 2010 ..... 11.74
10. Lakeya Boatright, 2000 ..... 11.77

## 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. Ruqayya Raheem, 1998 ..... 13.90
7. Brenda Calhoun, 1984 ..... 13.94
8. Wynsome Cole, 1997 ..... 14.10
9. Kimberly Stanford, 2008 ..... 14.11
10. Renee White, 2008 ..... 14.20

## 200 Meters

1. Shellene Williams, 2004 ..... 23.50
2. Kineke Alexander, 2006 ..... 23.58
3. Davera Taylor, 1984 ..... 23.59
4. Vivien McKenzie, 1985 ..... 23.61
5. Yolanda Hobbs, 1995 ..... 23.65
6. Rhonda Kaye Trusty, 2010 ..... 23.74
7. Tanja Reid, 1995 ..... 23.75
8. Elaine Jones, 1983 ..... 23.84
9. **Ashley Liverpool, 2012 ..... 23.98**
10. Jiselle Providence, 2001 ..... 24.00

## 400 Meters

1. Kineke Alexander, 2006 ..... 51.35
2. Shellene Williams, 2004 ..... 51.94
3. Ellen Grant, 1996 ..... 52.65
4. **Ashley Liverpool, 2011 ..... 53.87**
5. Senta Hawkins, 1988 ..... 54.01  
Bethany Praska, 2011 ..... 54.01
7. Marlene Poole, 1994 ..... 54.03
8. Elaine Jones, 1983 ..... 54.40
9. Nicole Charles, 2001 ..... 54.48
10. Stacey-Leigh Bynoe, 2000 ..... 54.73

## 400-Meter Hurdles

1. Mary Knoblauch, 1981 ..... 56.16
2. Wynsome Cole, 1998 ..... 56.67
3. Chris Davenport, 1981 ..... 59.18
4. Sarah Steffen, 2002 ..... 59.59
5. Tiffany Hendricks, 2011 ..... 59.63
6. **Hannah Simonson, 2012 ..... 59.83**
7. Beverly Powell, 1991 ..... 59.96
8. Diane Steinhart, 1980 ..... 1:00.56
9. Ruqayya Raheem, 1999 ..... 1:00.62
10. **Kelsey Quinn, 2012 ..... 1:00.94**

## 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. Jeanne Kruckeberg, 1987 ..... 2:08.75
6. Ann Pare, 1997 ..... 2:09.25
7. Meghan Armstrong, 2006 ..... 2:10.15
8. Sophia Poncé, 2007 ..... 2:10.35
9. Briana Benning, 1996 ..... 2:10.47
10. Lauren Hardesty, 2010 ..... 2:10.90

## 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. Lauren Hardesty, 2009 ..... 4:20.40
5. Diane Nukuri, 2007 ..... 4:20.95
6. **McKenzie Melander, 2010 ..... 4:21.18**
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. **Betsy Flood, 2010 ..... 9:22.63**
4. Nan Doak, 1985 ..... 9:23.04
5. Tracy Dahl, 1992 ..... 9:23.53
6. Meghan Armstrong, 2006 ..... 9:28.03
7. **Brooke Eilers, 2011 ..... 9:30.08**
8. Jeanne Kruckeberg, 1989 ..... 9:30.69
9. **McKenzie Melander, 2011 ..... 9:34.13**
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. Diane Nukuri, 2008 ..... 15:59.39
3. **Betsy Flood, 2011 ..... 16:04.46**
4. Meghan Armstrong, 2008 ..... 16:08.83
5. **Brooke Eilers, 2011 ..... 16:11.86**
6. Jenny Spangler, 1983 ..... 16:17.21
7. Tracy Dahl, 1992 ..... 16:18.77
8. Racheal Marchand, 2008 ..... 16:27.02
9. **McKenzie Melander, 2011 ..... 16:28.47**
10. Amanda Hardesty, 2010 ..... 16:37.01

## 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. Tracy Dahl, 1992 ..... 34:30.09
8. **Betsy Flood, 2011 ..... 35:05.10**
9. Nikki Chapple, 2004 ..... 35:06.35
10. Megan Lessard, 2010 ..... 35:28.03

# OUTDOOR ALL-TIME TOP TEN PERFORMERS



Diane Nukuri



Tammilee Kerr



Vivien McKenzie



Bethany Praska



Alana Redfern



Peaches Roach



Jessie Strand

## Heptathlon

1. Tammilee Kerr, 2008 .....5,532
2. Kathy Gillespie, 1983.....5,262
3. Tiff Pedersen, 2004 .....4,976
4. Janet Adams, 1981.....4,855
5. Ruqayya Raheem, 1997.....4,665
6. Angela Chadwick, 1993.....4,493
7. **Missy Miller, 2010 .....4,227**
8. Angie Hensel, 2004 .....4,073
9. Janelle Jaspers, 1987.....4,000

## High Jump

1. Peaches Roach, 2006 ..... 6-1 1/4 (1.86)
2. Mary Mol, 1983..... 6-0 (1.83)
3. Caleigh Bacchus, 2010..... 5-10 (1.78)
4. Lynn McMillan, 1988..... 5-9 1/4 (1.76)
5. Kacey Childs, 2001..... 5-8 1/2 (1.74)
6. Kristi Dinkla, 1985..... 5-8 (1.73)  
Becky Kaza, 1995..... 5-8 (1.73)  
Eve Cullinan, 2003 ..... 5-8 (1.73)
9. Jenni Elbert, 2005..... 5-7 (1.70)  
**Zinnia Miller, 2011..... 5-7 (1.70)**

## Long Jump

1. Aisha James, 2003 ..... 22-3 (6.78)
2. Renee White, 2008..... 20-3 3/4 (6.19)
3. **Carisa Leacock, 2011 ..... 19-11 1/2 (6.08)**
4. Becki Borg, 1988 ..... 19-7 1/4 (5.97)
5. Lisa Moats, 1986 ..... 19-6 (5.95)
6. Tammilee Kerr, 2008 ..... 19-4 1/4 (5.90)
7. Yolanda Hobbs, 1993 ..... 19-2 1/2 (5.85)
8. Jane Dunlevy, 1977 ..... 18-6 (5.64)
9. Ruqayya Raheem, 1997 ..... 18-5 1/4 (5.62)  
Tiff Pedersen, 2004 ..... 18-5 1/4 (5.62)

## Triple Jump

1. Renee White, 2008 ..... 43-10 (13.36)
2. Tiffany Johnson, 2007 ..... 41-8 3/4 (12.72)
3. Becki Borg, 1988 ..... 40-7 1/2 (12.38)
4. Lynn McMillan, 1988..... 39-6 1/2 (12.05)
5. Lynn, 1998..... 39-0 (11.88)
6. Kacey Childs, 2001..... 37-8 (11.48)
7. Becca Franklin, 2004 ..... 36-10 1/2 (11.24)
8. Janna Houtz, 1984 ..... 33-10 1/2 (10.32)
9. Latoya Stiffend, 2002..... 32-6 (9.90)
10. Bridget Besch, 2003 ..... 30-10 1/2 (9.41)

## Pole Vault

1. Jessie Strand, 2003..... 12-10 1/4 (3.92)
2. Sarah Burgett, 2006 ..... 12-1 3/4 (3.70)
3. **Kirsten Weistmantle, 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, 2012 ..... 10-6 (3.20)**
7. Kacey Childs, 2000..... 8-0 1/2 (2.45)

## 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. Jennifer Moon, 2000..... 47-5 1/4 (14.46)
8. **Rachel Curry, 2011 ..... 46-5 (14.03)**
9. Mandy Chandler, 2006 ..... 46-0 (14.02)
10. Tiffany Medenwaldt, 2010 .. 45-11 3/4 (14.01)

## Discus

1. **Majesty Tutson, 2011 ..... 172-4 (52.52)**
2. Tiffany Medenwaldt, 2010 ..... 161-3 (49.16)
3. Denise Taylor, 1992 ..... 160-5 (48.90)
4. Lisa Van Steenwyk, 1991 ..... 159-1 (48.50)
5. Gail Smith, 1983..... 158-2 (48.22)
6. **Ashlyn Gulvas, 2011..... 154-11 (47.23)**
7. Kamesha Marshall, 2005..... 152-11 (46.62)
8. Jennifer Moon, 2000..... 150-8 (45.92)
9. Laura Kriener, 1989..... 150-3 (45.80)
10. Megan Maurer, 1997 ..... 149-2 (45.48)

## Hammer Throw

1. Becca Franklin, 2007 ..... 195-0 (59.45)
2. **Ashlyn Gulvas, 2011..... 182-3 (55.55)**
3. **Jasmine Simpson, 2011 ..... 180-2 (54.93)**
4. **Kelsey Taylor, 2011 ..... 177-0 (53.95)**
5. Tiffany Medenwaldt, 2010 ..... 171-11 (52.40)
6. Erin O'Hern, 2008..... 168-9 (51.45)
7. Kerri Blackstone, 1999 ..... 161-10 (49.32)
8. **Majesty Tutson, 2010 ..... 156-9 (47.77)**
9. Mandy Chandler, 2009 ..... 154-6 (47.09)
10. Megan Maurer, 1998 ..... 145-6 (44.36)

## 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, 2011..... 138-5 (42.20)**
9. Mickey Schoborg, 1985 ..... 137-5 1/4 (41.88)
10. Sara Joens, 1987 ..... 127-1 (38.74)





# OUTDOOR ALL-TIME TOP TEN PERFORMERS

## 400-Meter Relay

1. Poole, Reid, Floyd, Hobbs, 1994.....	44.63
2. Charles, Williams, Providence, James, 2003.....	44.71
3. Floyd, Hobbs, Poole, Reid, 1994.....	44.80
4. Fouchè, Williams, Providence, James, 2003.....	45.02
5. Alexander, Granger, Johnson, Roach, 2006.....	45.11
6. Johnson, Roach, Clarke, Trusty, 2007.....	45.21
7. Johnson, Alexander, Granger, Roach, 2005.....	45.30
8. Granger, Johnson, Alexander, Roach, 2005.....	45.39
9. Underwood, Reid, Philip, Hobbs, 1995.....	45.50
10. Boatright, Bynoe, Providence, Prendergast, 2000.....	45.50

## Shuttle Hurdle Relay

1. Prendergast, Cole, Raheem, Ruen, 1998.....	56.44
2. Cole, Prendergast, Raheem, Ruen, 1998.....	56.54
3. Raheem, Prendergast, Cole, Ruen, 1998.....	57.53

## 800-Meter Relay

1. Hobbs, Reid, Floyd, Poole, 1994.....	1:35.69
2. Roach, McCalla, Alexander, Johnson, 2006.....	1:36.19
3. Williams, Charles, Fouchè, Providence, 2003.....	1:37.49
4. Herrmann, McCalla, Raymond, Roach, 2004.....	1:37.66
5. Charles, Dixon, Knight, Prendergast, 2002.....	1:38.15
6. Trusty, Hendricks, Graham, Erickson, 2009.....	1:38.79
7. Prendergast, Dixon, Knight, Providence, 2001.....	1:38.73
8. Dixon, Knight, Prendergast, Providence, 2001.....	1:38.93
9. Dixon, Providence, Knight, Charles, 2001.....	1:39.68
10. Underwood, Bynoe, Raheem, Wynter, 1997.....	1:39.72

## Sprint Medley Relay

1. Jones, Hendricks, Liverpool, Praska, 2011.....	3:48.63
2. Trusty, R. Moore, Hendricks, Praska, 2010.....	3:56.53
3. Reid, Philip, Hobbs, Benning, 1995.....	3:56.54
4. Roach, Alexander, McCalla, Stanley, 2005.....	3:56.99
5. Clarke, Graham, Jones, Poncé, 2007.....	3:59.34
6. Underwood, Clarke, Philip, Benning, 1995.....	3:59.75
7. 2005.....	4:00.26
8. Dixon, Providence, Hume, Butler, 2001.....	4:01.11
9. Providence, Dixon, Charles, Hume, 2001.....	4:03.39
10. 1999.....	4:09.31

## 1,600-Meter Relay

1. Praska, Hendricks, Liverpool, Erickson, 2011.....	3:35.93
2. Hume, Charles, Steffen, Williams, 2003.....	3:36.26
3. Praska, Hendricks, Erickson, Liverpool, 2011.....	3:36.51
4. Simsonson, Liverpool, Erickson, Sack, 2012.....	3:38.07
5. McCalla, Granger, Alexander, Johnson, 2006.....	3:38.36
6. Alexander, Graham, Jones, M. Mims, 2007.....	3:39.36
7. Jones, Alexander, Johnson, M. Mims, 2007.....	3:39.64
8. McCalla, Alexander, Sheeley, Hume, 2005.....	3:39.67
9. Hendricks, Trusty, Erickson, Praska, 2010.....	3:39.88
10. McCalla, Hume, Sheeley, Alexander, 2005.....	3:40.43

## 3,200-Meter Relay

1. Suppelsa, Wodek, Kruckeberg, Schneckloth, 1987.....	8:46.45
2. Lahann, Stanley, Hume, Barber, 2004.....	8:48.87
3. Schneckloth, Roberts, Hawkins, Kruckeberg, 1989.....	8:49.38
4. Flood, Dlh, L. Hardesty, Docherty, 2009.....	8:53.91
5. Armstrong, Stanley, Laney, Hume, 2005.....	8:54.27
6. O'Brien, Camarigg, Williams, Stormo, 1981.....	8:54.36
7. Flood, Melander, Praska, Hardesty, 2010.....	8:54.45
8. Drapcho, Schlader, Williams, Stormo, 1980.....	8:56.14
9. Drapcho, Mitchell, Schlader, Stormo, 1979.....	8:57.24
10. Lahann, Hume, Thompson, Barber, 2003.....	9:02.58

## Distance Medley Relay

1. Hoskins, Powell, Schneckloth, Kruckeberg, 1989.....	11:22.18
2. Armstrong, Alexander, Poncé, Stanley, 2007.....	11:25.05
3. Stanley, McCalla, Hume, Armstrong, 2005.....	11:34.04
4. Barber, Williams, Hume, Arens, 2004.....	11:34.56
5. Thompson, Williams, Hume, Arens, 2003.....	11:39.02
6. 2000.....	11:39.83
7. Davenport, xx, xx, xx, 1981.....	11:41.44
8. Pare, Grant, Benning, Gilchrist, 1997.....	11:41.92
9. Dlh, Erickson, Docherty, Anderson, 2010.....	11:43.06
10. Placzek, K. Mims, Laesch, A. Hardesty, 2011.....	11:43.65

## 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, Eilers, Melander, L. Hardesty, 2011.....	19:17.52
4. Flood, Melander, A. Hardesty, Eilers, 2009.....	19:36.43
5. Chapple, Laney, Donlon, Sokol, 2005.....	20:39.12
6. Arens, Barber, Butler, Roberts, 2001.....	20:40.89
7. Benning, Boland, Fleck, Coleman, 1995.....	20:43.07
8. Arens, Sokol, Barber, Donlon, 2003.....	20:48.08