

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



TRACK AND FIELD CONTACT: BRANDEE BRITT

March 27, 2013

2013 IOWA TRACK & FIELD OUTDOOR SCHEDULE

Date	Meet
Mar. 22-23	Alabama Relays (Tuscaloosa, Ala.)
Mar. 28	Central Invite (Pella, Iowa)
Mar. 29	Stanford Invite (Palo Alto, Calif.)
Apr. 4-6	Jim Click Invite (Tempe, Ariz.)
Apr. 13	Tom Botts Invite (Columbia, Mo.)
Apr. 20	Musco Twilight XIV (Iowa City, Iowa)
Apr. 25-27	Drake Relays (Des Moines, Iowa)
May 3	UNI Invite (Cedar Falls, Iowa)
May 10-12	Big Ten Championships (Columbus, Ohio)
May 23-25	NCAA Regionals (Austin, Texas)
June 5-8	NCAA Championships (Eugene, Ore.)

IOWA COACHING STAFF

Larry Wieczorek	Director of Track & Field
Layne Anderson	Head Track & Field Coach
Scott Cappos	Director of Field Events
Clive Roberts	Assistant Coach/ Director of Recruiting
Mike Scott	Assistant Coach
Joey Woody	Assistant Coach

THIS WEEK

The University of Iowa track and field team will send athletes to Pella, Iowa, on Thursday for the Central Invite, and the Stanford Invite in Palo Alto, Calif., on Friday.

CENTRAL INVITE

The Hawkeyes throwers will compete at the Central Invite. The event is set to begin Thursday at noon at the Ron and Joyce Schipper Stadium in Pella, Iowa.

STANFORD INVITE

Sophomore Kevin Lewis, senior Brooke Gambrall and graduate student Mareike Schrulle travel to the Stanford Invite to compete in the 5,000 meters on Friday evening. The 5,000 meters is set to begin at 9:07 p.m. (CT).

LIVE RESULTS

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

SIMPSON CLAIMS RECORD

Junior Jasmine Simpson recorded a school record-setting hammer throw mark of 197-7 (60.23m) at the Alabama Relays on March 23. Simpson became the first woman in school history to record a hammer throw mark above 60 meters. Simpson's previous best of 181-10 (55.42m) ranked fourth all-time at Iowa. She jumped ahead of current Hawkeyes Ashlyn Gulvas (182-3; 55.55m) and Annemie Smith (187-7; 57.19m) on the all-time list. The previous school record (195-0; 59.45m) was set in 2007 by Becca Franklin.

HOLMES STAYS HOT

Ethan Holmes captured two titles at the Alabama Relays on March 22-23. The senior took the 400-meter hurdles title when he crossed the line in 51.75. He also ran the third-leg on the championship 400-meter relay team (40.22). Holmes grabbed a second-place finish in the 110-meter hurdles when he crossed the line in 13.95. His personal best 110-meter hurdles time of 13.73 ranks fourth all-time at Iowa, while his personal best 400-meter hurdles time ranks sixth.

SCHRULLE LOOKING TO IMPROVE

Graduate student Mareike Schrulle will compete in the women's 5,000 meters at the Stanford Invite on Friday. Schrulle's personal best 5,000 meters time of 16:13.73 currently ranks seventh all-time at Iowa.

4X200 RUNS INTO RECORD BOOKS

The men's 800-meter relay team of senior Justin Austin, sophomore Keith Brown, senior Josh Larney and junior Tevin-Cee Mincy clocked a time of 1:25.60 at the Alabama Relays on March 22. That time ranks second all-time at Iowa.

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HOLMES ON THE BIG TEN BOARD

Senior Ethan Holmes currently leads the Big Ten in the 400-meter hurdles (51.75), while his 110-meter hurdles time of 13.95 ranks second.

4X100 ATOP THE BIG TEN

The men's 400-meter relay team of junior Tevin-Cee Mincy and seniors Justin Austin, Ethan Holmes and Josh Larney currently leads the Big Ten. The quartet clocked a time of 40.22 at the Alabama Relays on March 22. They are currently the only team in the Big Ten to clock a time under 41 seconds.

WILLIAMS MAKING LEAPS

Khanishah Williams recorded a fourth-place finish in the women's high jump at the Alabama Relays on March 22. The sophomore cleared a height of 5-7 (1.70m). Her mark is currently tied for first in the Big Ten.

DISCUS DUO

Sophomore Gabe Hull and senior Majesty Tutson hold discus marks that rank among the top three in the Big Ten. Hull's mark of 182-3 (55.54m) ranks second, while Tutson's mark of 170-5 (51.95m) ranks third. Tutson holds the school record in the women's discus (172-11; 52.72m), while Hull's personal best toss of 192-7 (58.70m) ranks fifth all-time on the men's list.

HAMMER RANKS 1-2

Junior Jasmine Simpson and sophomore Annemie Smith hold the top two hammer throw marks in the Big Ten. Simpson's mark of 197-7 (60.23) ranks first, while Smith's mark of 187-6 (57.16m) ranks second.

MEET THE RECORD HOLDERS

Four Hawkeyes on the 2013 roster account for five individual school records. They include:
Justin Austin -- 100 meters (10.21); 200 meters (20.31)
Matt Byers -- javelin (245-8; 74.89m)
Majesty Tutson -- discus (172-11; 52.72m)
Jasmine Simpson -- hammer throw (197-7; 60.23m)

NEXT ON THE BLOCK

The Hawkeyes travel to Tempe, Ariz., for the Jim Click Invite on April 4-6.

2013 OUTDOOR SEASON LEADERS

MEN

100 meters	Tevin-Cee Mincy	11.07
110-meter hurdles	Ethan Holmes	13.95
400 meters	Kyle Slaymaker	49.92
400-meter hurdles	Ethan Holmes	51.75
1,500 meters	Kevin Lewis	3:53.85
5,000 meters	Jon Michael Brandt	15:00.01
Shot Put	Matt Banse	56-11 1/2 (17.36m)
Discus	Gabe Hull	182-2 (55.54m)
Hammer	Ben Stancombe	193-6 (58.98m)
Triple Jump	David Nsabua	45-7 1/4 (13.90m)
Pole Vault	Kyle Reid	15-7 (4.75m)
400-meter relay	Mincy, Austin, Holmes, Larney	40.22
1,600-meter Sprint Medley	Austin, Brown, VanCleave, Weir	1:25.60
Distance Medley Relay	Wilfong, Slaymaker, Teubel, Witt	9:54.05

WOMEN

100 meters	Taylor Lynch	12.94
100-meter hurdles	Khanishah Williams	14.79
400-meter hurdles	MonTayla Holder	1:02.61
1,500 meters	Lisa Gordon	4:36.02
Hammer Throw	Jasmine Simpson	197-7 (60.23m)
Javelin	Amanda Stahle	136-1 (41.48m)
Discus	Majesty Tutson	170-5 (51.95m)
Shot Put	Sarah Ryan	34-5 3/4 (10.51m)
Long Jump	Carisa Leacock	19-0 3/4 (5.81m)
Triple Jump	Carisa Leacock	40-10 1/2 (12.46m)
High Jump	Khanishah Williams	5-7 (1.70m)
Pole Vault	Kirsten Weismantle	11-11 3/4 (3.65m)
400-meter relay	Kwaza, Moore, Holder, Lynch	46.46
1,600-meter sprint relay	Kwaza, Moore, Alexia, Nelson	3:37.57

OUTDOOR ALL-TIME TOP TEN PERFORMERS



Jeremy Allen



Justin Austin



Matt Byers



A.J. Curtis



Troy Doris



Jeffery Herron



Deacon Jones

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. Dan Davis, 2012	14.01
8. Doug Jones, 1986	14.06
9. Chris Williams, 1983	14.24
10. Rajeev Balkrishnan, 1993	14.29

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



Todd Wigginton



Arno van der Westhuizen

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. Erik Sowinski, 2012	1:45.90
2. Bill Frazier, 1962	1:47.64
3. D'Juan Strozier, 1990	1:47.82
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. Nick Holmes, 2012	3:49.53
9. Jesse Luciano, 2007	3:49.99
10. Micah VanDenend, 2007	3:50.20

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



Anthuan Maybank



Pat McGhee



Dan Rolling



Erik Sowinski



Stetson Steele



Jeff Thode



Micah VanDenend

10,000 Meters

1. Stetson Steele, 200028:44.47
2. Eric MacTaggart, 2006.....28:50.23
3. Nick Nordheim, 200229:44.71
4. Trent Corey, 200229:45.25
5. **Kevin Lewis, 2012.....29:54.02**
6. Chad Schwitters, 199929:56.00
7. Nick Holmes, 201030:02.31
8. Dan Haut, 200630:03.08
9. Kevin Herd, 199430:05.21
10. Paul Sarris, 200130:08.40

Decathlon

1. Dan Rolling, 20106,957 pts
2. Scott Faber, 20006,839 pts
3. Ryan Niver, 20086,837 pts
4. **Jack Eckert, 2012.....6,813 pts**
5. Chad Ohly, 19946,641 pts
6. Gary Kostrubala, 1984.....6,498 pts
7. Frank Prill, 20086,381 pts
8. Jacob Drewry, 19945,820 pts

High Jump

1. Jeffery Herron, 20127-4 1/4 (2.24)
 2. Bill Hansen, 19787-4 (2.23)
 3. Bill Knoedel, 1975.....7-4 (2.23)
 4. M. Cunningham, 19867-1 (2.16)
 5. Kenneth Lansing, 1988.....7-1 (2.16)
 6. Pat Meade, 19877-0 1/4 (2.14)
 7. Graham Valdes, 20126-11 3/4 (2.12)
 8. Peter Hlavin, 19796-11 (2.11)
 9. Scott Hudek, 19936-11 (2.11)
 10. Jeremy Petsche, 2008.....6-11 (2.11)
- Brandon Oest, 2012.....6-11 (2.11)**

Long Jump

1. Anthuan Maybank, 1993.....27-1 (8.25)
2. Bashir Yamini, 199726-8 1/4 (8.13)
3. Paul Jones, 1989.....25-10 1/4 (7.88)
4. Darren Smith, 199125-9 3/4 (7.86)
5. Quinn Early, 198625-7 1/4 (7.80)
6. Ed Gordon, 193125-4 3/8 (7.68)
7. Matty Gorman, 2006.....25-1 1/4 (7.65)
8. Ronnie McCoy, 198525-0 (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, 201254-8 (16.66)
2. Paul Jones, 199052-0 1/2 (15.86)
3. Gordon Finch, 198850-9 1/4 (15.47)
4. Mike Lacy, 198450-5 (15.36)
5. Pat Miller, 198549-8 1/2 (15.25)
6. Matty Gorman, 200849-2 1/2 (15.00)
7. Owen Gill, 198249-1 (14.96)
8. Josh Bean, 201048-10 3/4 (14.90)
9. Ed Gordon, 193148-0 1/8 (14.63)
10. Mike Means, 198147-0 1/2 (14.34)

Pole Vault

1. Todd Wigginton, 198417-0 (5.18)
2. Chad Ohly, 199416-8 3/4 (5.10)
3. Curt Broek, 197816-8 (5.08)
4. Phil Wertman, 197116-7 (5.05)
5. Kelly Scott, 1988.....16-7 (5.05)
6. John Teffer, 197216-2 (4.93)
7. **Kyle Reid, 201016-1 1/4 (4.91m)**
8. Alex Zona, 200916-0 3/4 (4.90)
9. Steve Brewer, 198316-0 (4.88)
10. Doug Pennino, 1985.....16-0 (4.88)

Shot Put

1. Jeremy Allen, 200163-2 3/4 (19.27)
2. Ken Kemeny, 200562-3 (18.97)
3. Shane Maier, 200662-2 1/4 (18.95)
4. Andy Banse, 200561-11 1/2 (18.88)
5. John Hickey, 200861-9 1/2 (18.83)
6. Chris Gambol, 198760-0 1/2 (18.30)
7. A.J. Curtis, 200859-8 1/4 (18.19)
8. A. van der Westhuizen, 200058-8 3/4 (17.90)
9. Ryan Lamparek, 201058-4 (17.78)
10. Gary Kostrubala, 1985.....58-1 (17.70)

Discus

1. A.J. Curtis, 2007202-11 (61.84)
2. Gary Kostrubala, 1986.....202-4 (61.68)
3. Jeremy Allen, 2001195-4 (59.54)
4. Tim Brodersen, 2005193-6 (58.98)
5. **Gabe Hull, 2012.....192-7 (58.70)**
6. Brad Daufeldt, 2004.....185-0 (56.40)
7. Nick Brayton, 2009180-11 (55.15)
8. Andy Banse, 2005180-0 (54.86)
9. Eric Rothwell, 2004.....179-7 (54.73)
10. Shane Maier, 2008178-7 (54.43)

Hammer

1. A. van der Westhuizen, 2001 222-11 (67.94)
2. Adam Hamilton, 2007222-2 (67.73)
3. Jim Costello, 2002217-7 (66.32)
4. Brad Daufeldt, 2004.....207-10 (63.34)
5. Chris Voller, 2005206-0 (62.80)
6. Matt Banse, 2012201-11 (61.55)
7. Jeremy Allen, 2001199-0 (60.66)
8. **Ben Stancombe, 2011.....197-6 (60.20)**
9. Ryan Jordan, 2007184-6 (56.23)
10. Ryan Lamparek, 2010181-7 (55.35)

Javelin

1. **Matt Byers, 2011245-8 (74.89)**
2. Bill Neumann, 2002244-8 (74.58)
3. Dan Ralph, 2000.....227-10 (69.44)
4. Zach Schimp, 2010.....211-0 (64.32)
5. Kale Katt, 2007204-0 (62.17)
6. Joel Storm, 2004203-5 (62.01)
7. Matt Stank, 2001199-0 (60.66)
8. **Jack Eckert, 2012.....187-0 (57.01)**
9. A. van der Westhuizen, 1999 173-11 (53.00)
10. Craig Jennings, 2006.....173-4 (52.83)

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.	Mincy, Sayon, Chaney, Jr., Austin, 2011	39.86
4.	Richardson, 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.	Richardson, Sayon, Richards, Chaney, Jr., 2009	1:24.85
2.	Austin, Brown, Larney, VanCleave, 2013	1:25.60
3.	Barclay, McCalister, Jensen, Elliott, 1979	1:26.39
4.	Thomas, Balkrishnan, Patterson, Freidrich 1991	1:28.38
5.	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.	Willey, Richards, Sowinski, Barton, 2011	3:05.64
7.	Richards, Davey, E. Holmes , Sowsinski, 2012	3:05.77
8.	Cameron, Williams, McGhee, McCoy, 1985	3:06.00
9.	Rozell, Davis, Dwight, Raymond, 1997	3:06.06
	Dodge, Kunkel, Coleman, Peterson, 2001	3:06.06

Sprint Medley Relay

1.	Sayon, Austin , Willey, Sowinski, 2011	3:16.18
2.	Richards, Larney, Davey , Sowinski, 2012	3:17.25
3.	Richardson, Richards, Willey, Sowinski, 2010	3:17.74
4.	Armstrong, Thomas, Maybank, Strozier, 1991	3:18.93
5.	Yamini, Davis, Dodge, Donovan, 1999	3:19.87
6.	Richards, Chaney, Jr., Barton, Hairston, 2009	3:20.05
7.	McCorkle, Armstrong, Chung, Strozier, 1990	3:20.43
8.	Dodge, Yamini, Branch, Donovan, 1999	3:20.83
9.	Goode, Fisher, Thomas, Falls, 1992	3:21.02
10.	Dwight, Davis, Raymond, Donovan, 1997	3:21.05

3,200 Meter Relay

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.	Theisen, Williams, Wiesa, Waters, 1985	9:54.04
6.	Wilfong, Slaymaker, Teubel, Witt, 2013	9:54.05
7.	Luciano, Pierre, Hairston, VanDenend, 2007	9:54.07
8.	VanDenend, Riley, O'Hollearn, Rakaric, 2006	9:54.97
9.	Feeldy, Eischeid, Novotny, Peters, 1996	9:55.71
10.	Thomas, Wise, Cunningham, S.Allen, 2001	10:01.57

6,400 Meter Relay

1.	Rakaric, Webster, MacTaggart, VanDenend, 2006	16:55.43
2.	Paul, Kadlec, Thode, Luciano, 2010	17:01.46
3.	N. Holmes, Witt , Thode, Lewis , 2012	17:02.26
4.	Thomas, Allen, Rakaric, Lloyd, 2003	17:06.27
5.	Pittman, Novotny, Feeldy, Marquardt, 1995	17:12.49
6.	Bakker, Feeldy, Peters, Pittman, 1996	17:13.10
7.	Allen, Trainor, McDermott, Esche, 2002	17:14.53
8.	Kadlec, E. MacTaggart, Paul, Marchese, 2009	17:17.63
9.	Schwitters, Nordheim, Moeller, Thomas, 1999	17:18.04
10.	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. Erin Jones, 2012	23.71
7. Rhonda Kaye Trusty, 2010	23.74
8. Tanja Reid, 1995	23.75
9. Elanie Jones, 1983	23.84
10. Ashley Liverpool, 2012	23.98

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. 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. Hannah Simonson, 2012	59.54
5. Sarah Steffen, 2002	59.59
6. Tiffany Hendricks, 2011	59.63
7. Nicole Erickson, 2012	59.77
8. Beverly Powell, 1991	59.96
9. Kelsey Quinn, 2012	59.99
10. Diane Steinhart, 1980	1:00.56

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. 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, 2012	16:13.73
8. Jenny Spangler, 1983	16:17.21
9. Tracy Dahl, 1992	16:18.77
10. Racheal Marchand, 2008	16:27.02



OUTDOOR ALL-TIME TOP TEN PERFORMERS



Diane Nukuri



Tammilee Kerr



Vivien McKenzie



Bethany Praska



Alana Redfern



Peaches Roach



Jessie Strand

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. Missy Miller, 2010..... 4,227 pts
9. Angie Hensel, 2004 4,073 pts
10. Janelle Jaspers, 1987..... 4,000 pts

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. **Zinnia Miller, 2012..... 5-7 1/4 (1.71)**
- Khanishah Williams, 2012..... 5-7 1/4 (1.71)**

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 3/4 (13.36)
2. Tiffany Johnson, 2007 41-8 3/4 (12.72)
3. **Carisa Leacock, 2012 40-10 1/2 (12.46)**
4. Becki Borg, 1988 40-7 1/2 (12.38)
5. Lynn McMillan, 1988..... 39-6 1/2 (12.05)
6. Lynn, 1998..... 39-0 (11.88)
7. Kacey Childs, 2001..... 37-8 (11.48)
8. Becca Franklin, 2004..... 36-10 1/2 (11.24)
9. Janna Houtz, 1984 33-10 1/2 (10.32)
10. Latoya Stiffend, 2002..... 32-6 (9.90)

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..... 11-0 1/4 (3.36)**
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, 2012 172-11 (52.72)**
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. **Courtney Fritz, 2012 154-1 (46.96)**
8. Kamesha Marshall, 2005..... 152-11 (46.62)
9. Jennifer Moon, 2000..... 150-8 (45.92)
10. Laura Kriener, 1989..... 150-3 (45.80)

Hammer Throw

1. **Jasmine Simpson, 2013 197-7 (60.23)**
- 2.
3. **Annemie Smith, 2012 187-7 (57.19)**
4. **Ashlyn Gulvas, 2011..... 182-3 (55.55)**
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. Kerri Blackstone, 1999 161-10 (49.32)
9. **Majesty Tutson, 2010 156-9 (47.77)**
10. Mandy Chandler, 2009 154-6 (47.09)

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, 2012..... 141-5 (43.10)**
9. Mickey Schoborg, 1985 137-5 1/4 (41.88)
10. **Allison Gattone, 2013 134-9 (41.09)**

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.	Jones, R. Moore , Liverpool, Simonson, 2012	45.45
10.	Underwood, Reid, Philip, Hobbs, 1995	45.50
	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

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.	Simonson, Liverpool, Erickson, Sack, 2012	3:37.57
5.	McCalla, Granger, Alexander, Johnson, 2006	3:38.36
6.	Simonson, Liverpool, Quinn, Erickson, 2012	3:38.49
7.	Liverpool, Jones, Erickson, Quinn, 2012	3:38.68
8.	Alexander, Graham, Jones, M. Mims, 2007	3:39.36
9.	Jones, Alexander, Johnson, M. Mims, 2007	3:39.64
10.	McCalla, Alexander, Sheeley, Hume, 2005	3:39.67

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.	Kwaza, R. Moore, Alexia, Nelson, 2013	3:58.72
6.	Clarke, Graham, Jones, Poncé, 2007	3:59.34
7.	Underwood, Clarke, Philip, Benning, 1995	3:59.75
8.	Jones, R. Moore , Erickson, Alexia , 2012	4:00.19
9.	2005	4:00.26
10.	Dixon, Providence, Hume, Butler, 2001	4:01.11

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.	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.	Chapple, Laney, Donlon, Sokol, 2005	20:39.12
7.	Arens, Barber, Butler, Roberts, 2001	20:40.89
8.	Benning, Boland, Fleck, Coleman, 1995	20:43.07
9.	Arens, Sokol, Barber, Donlon, 2003	20:48.08