

# THE UNIVERSITY OF IOWA



# HAWKEYE TRACK & FIELD



TRACK AND FIELD CONTACT: BRANDEE BRITT

February 5, 2014

## 2014 IOWA TRACK & FIELD INDOOR SCHEDULE

Date	Meet
Jan. 18	Big 4 Duals M: 3-0 W: 3-0
Jan. 24-25	Jack Johnson Classic M: 2nd W: 2nd
Jan. 31-Feb. 1	Bill Bergan Invite M: 3rd W: 8th
Feb. 7-8	<b>Husker Invite (Lincoln, Neb.)</b>
Feb. 14-15	Cyclone Classic (Ames, Iowa) Tyson Invitational (Fayetteville, Ark.)
Feb. 21	Iowa Invite (Iowa City, Iowa)
Feb. 28-Mar. 1	Big Ten Championships (Geneva, Ohio)
Mar. 14-15	NCAA Championships (Albuquerque, N.M.)

## IOWA COACHING STAFF

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

### THIS WEEK

The University of Iowa track and field team travels to Lincoln, Neb., for the Husker Invitational this weekend. The event begins at noon (CT) Friday and continues through Saturday at the Bob Devaney Sports Center on the campus of the University of Nebraska.

### FOLLOW THE HAWKEYES

Follow [@IowaXC\\_TF](#) on twitter for updates on the team. Live results are also available on the track and field schedule page at [hawkeyesports.com](#).

### FACES OF THE BIG TEN

Senior Jasmine Simpson is featured on Big Ten Network's "Faces of the Big Ten" public service announcement. You can watch Simpson's PSA here: <http://www.youtube.com/watch?v=YT58E5ZdYno>.

### ON A ROLL

Tevin-Cee Mincy clocked his third 60-meters personal-best and earned his third first-place finish of the season at the Bill Bergan Invitational on Feb. 1. His personal-best time of 6.73 is the second fastest recorded time in school history. His time also ranks second in the Big Ten.

### HOLDER, HERNANDEZ CLIMB CHARTS

Sophomore MonTayla Holder and freshman Alexis Hernandez clocked personal-best 400 meters times at the Bill Bergan Invitational on Feb. 1. Holder's time of 54.37 currently ranks fifth all-time at Iowa and fourth in the Big Ten. Hernandez's time of 54.91 ranks sixth all-time at Iowa and sixth in the Big Ten.

### HARRINGTON GRABS GOLD

James Harrington grabbed the first title of his Hawkeye career at the Bill Bergan Invitational on Feb. 1. Harrington took the 200 meters title when he clocked a personal-best time of 21.41. His time ranks ninth all-time at Iowa and sixth in the Big Ten.

### WATTS MAKES 800 METER DEBUT

Freshman Mahnee Watts ran into the Iowa record book with her performance in the women's 800 meters at the Bill Bergan Invitational on Feb. 1. Watts clocked a time of 2:09.90 to finish sixth. Her time ranks seventh all-time at Iowa.

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### HULL ENTERS RECORD BOOK

Gabe Hull earned his way into the Iowa shot put record book with his first-place finish at the Bill Bergan Invitational on Feb. 1. The junior recorded a personal-best mark of 58-5 1/4 (17.81m). His mark ranks ninth all-time at Iowa and 10th in the Big Ten.

### 400 METERS DEPTH

Three Hawkeyes are among the top 10 400 meter runners in the Big Ten. Sophomore MonTaylor Holder's personal best time of 54.37 ranks fourth, while freshmen Elexis Guster (54.45) and Alexis Hernandez (54.91) ranks fifth and sixth, respectively.

### WILSON MAKING LEAPS

Freshman O'Shea Wilson jumped to No. 7 on Iowa's all-time list when he recorded a long jump mark of 24-8 1/2 (7.53m) at the Big 4 Duals. Wilson's mark currently ranks second in the Big Ten and 21st in the nation.

### DEPTH IN THE 800

Three current Hawkeyes hold 800 meters top 10 times. Senior Adrienne Alexia's time of 2:08.95 ranks fourth all-time at Iowa, while sophomore Kaitlyn Nelson (2:09.58) and freshman Mahnee Watts (2:09.90) rank sixth and seventh, respectively.

### MEET THE RECORD HOLDERS

Senior Ashlyn Gulvas set the indoor weight throw school record (63-6; 19.35m) at the 2013 Iowa Invitational, while Brittany Brown and Lake Kwaza set the 60 meters record (7.41) at the Big 4 Duals on Jan. 18. Ethan Holmes ran the second leg on the school-record holding 1,600-meter relay team (3:06.66).

### 4X4 CLOCKS SEASON BEST

The women's 1,600-meter relay team earned a fifth-place finish at the Bill Bergan Invitational on Feb. 1. The quartet of sophomores Lake Kwaza and MonTaylor Holder, and freshmen Mahnee Watts and Elexis Guster clocked a season-best time of 3:41.57. That time ranks sixth all-time at Iowa.

### NEXT ON THE BLOCK

The Hawkeyes will split competitors between the Cyclone Classic in Ames, Iowa, and the Tyson Invitational in Fayetteville, Ark., on Feb. 14-15.

## 2014 INDOOR SEASON LEADERS

### MEN

<b>60 meters</b>	Tevin-Cee Mincy	6.73
<b>60-meter hurdles</b>	Aaron Mallett	7.94
<b>200 meters</b>	James Harrington	21.41
<b>400 meters</b>	Ethan Holmes	48.60
<b>600 meters</b>	Will Teubel	1:20.00
<b>800 meters</b>	Will Teubel	1:52.58
<b>1,000 meters</b>	Caleb Wilfong	2:30.17
<b>Mile</b>	Kevin Docherty	4:12.26
<b>3,000 meters</b>	Kevin Lewis	8:23.96
<b>High Jump</b>	Kevin Spejehcer	6-11 (2.11m)
<b>Pole Vault</b>	Jack Eckert	14-11 (4.55m)
<b>Long Jump</b>	O'Shea Wilson	24-8 1/2 (7.53m)
<b>Triple Jump</b>	Klyvens Delaunay	50-5 1/4 (15.37m)
<b>Shot Put</b>	Gabe Hull	58-5 1/4 (17.81m)
<b>Weight Throw</b>	Gabe Hull	59-7 (18.16m)
<b>Heptathlon</b>	Jack Eckert	4,956 points
<b>1,600-meter Relay</b>	Ganschow, Teubel, Harrington, Holmes	3:14.11

### WOMEN

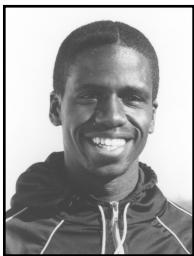
<b>60 meters</b>	Brown/Kwaza	7.41
<b>60-meter hurdles</b>	Madison Rouw	9.15
<b>200 meters</b>	Brittany Brown	24.20
<b>400 meters</b>	MonTaylor Holder	54.37
<b>600 meters</b>	MonTaylor Holder	1:32.37
<b>800 meters</b>	Mahnee Watts	2:09.90
<b>Mile</b>	Katharina Trost	4:52.66
<b>3,000 meters</b>	Katie Adams	10:18.43
<b>High Jump</b>	Khanishah Williams	5-7 (1.70m)
<b>Long Jump</b>	Carisa Leacock	18-9 3/4 (5.73m)
<b>Triple Jump</b>	Zinnia Miller	40-5 (12.32m)
<b>Shot Put</b>	Courtney Fritz	46-2 (14.07m)
<b>Weight Throw</b>	Jasmine Simpson	59-5 (18.11m)
<b>Pentathlon</b>	Kassidy Ellis	3,266 points
<b>1,600-meter Relay</b>	Kwaza, Holder, Watts, Guster	3:41.57

**Bold indicates school record.**

# INDOOR ALL-TIME TOP TEN PERFORMERS



Justin Austin



Rodney Chambers



Jim Costello



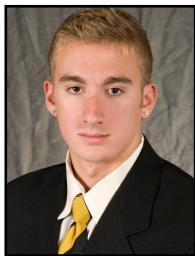
Troy Doris



Bill Hansen



John Hickey



Ethan Holmes

## 60 Meters

1.	Justin Austin, 2011 .....	6.69
2.	Kurt Felix, 1999.....	6.73
<b>Tevin-Cee Mincy, 2014 .....</b>	<b>6.73</b>	
4.	Josh Larney, 2013.....	6.74
5.	Troy Doris, 2012 .....	6.75
6.	Tony Branch, 1999.....	6.78
7.	Paul Chaney, Jr., 2009.....	6.80
	D'Juan Richardson, 2010 .....	6.80
9.	Derrick Burks, 2005 .....	6.81
10.	Zeke Sayon, 2010.....	6.82

## 400 Meters

1.	Steven Willey, 2010 .....	46.75
2.	Terrence Duckett, 1984.....	46.81
3.	Andre Morris, 1995.....	47.15
4.	Monte Raymond, 1998 .....	47.18
5.	Anthuan Maybank, 1990.....	47.25
6.	Patrick Richards, 2011.....	47.35
7.	Juan Coleman, 2002.....	47.40
8.	Justin Austin, 2012.....	47.61
<b>9. Ethan Holmes, 2013.....</b>	<b>47.63</b>	
10.	Curtis Chung, 1989.....	47.65

## Mile

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

## 60-Meter Hurdles

1.	Jordan Mullen, 2013 .....	7.70
<b>2. Ethan Holmes, 2013.....</b>	<b>7.82</b>	
3.	Dion Trowers, 1997.....	7.87
<b>4. Aaron Mallett, 2014.....</b>	<b>7.94</b>	
5.	Russell Peterson, 2004.....	7.97
6.	Dan Davis, 2012 .....	8.02
7.	DeRocco Reed, 2000 .....	8.03
8.	Torrey Campbell, 2012.....	8.09
9.	Jordan Crosby, 2005 .....	8.16
<b>10. Keith Brown, 2014.....</b>	<b>8.14</b>	

## 600 Meters

1.	Erik Sowinski, 2012 .....	1:16.91
2.	Steven Willey, 2011 .....	1:17.94
3.	Keaton Rickels, 2012.....	1:18.19
4.	Pat McGhee, 1988.....	1:18.30
5.	Ryan Weir, 2013 .....	1:18.62
6.	Chris Barton, 2011 .....	1:18.75
7.	Adam Hairston, 2009 .....	1:19.05
<b>8. Neil Flattery, 2013.....</b>	<b>1:19.13</b>	
9.	Monte Raymond, 1997 .....	1:19.18
10.	Scott Williamson, 2001 .....	1:19.19

Brennan Davey, 2012..... 1:19.19

## 3,000 Meters

1.	Jeff Thode, 2011 .....	8:00.38
2.	Micah VanDenend, 2006.....	8:00.81
3.	Eric MacTaggart, 2006.....	8:08.79
4.	Stetson Steele, 2000 .....	8:09.54
5.	Dan Haut, 2005.....	8:11.36
6.	Kevin Herd, 1994 .....	8:11.51
<b>7. Kevin Lewis, 2013.....</b>	<b>8:12.36</b>	
8.	Nick Holmes, 2010 .....	8:15.48
9.	Andy Napier, 2008 .....	8:15.70
10.	Larry Wieczorek, 1968.....	8:17.00

## 5,000 Meters

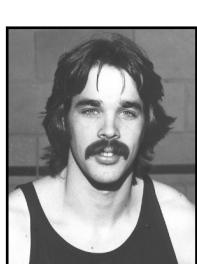
1.	Micah VanDenend, 2007 .....	13:56.46
2.	Stetson Steele, 2000 .....	14:00.52
3.	Dan Haut, 2006 .....	14:06.16
4.	Eric MacTaggart, 2006 .....	14:13.41
5.	Jeff Thode, 2011 .....	14:16.00
<b>6. Kevin Lewis, 2013.....</b>	<b>14:16.74</b>	
7.	Matt Esche, 2004 .....	14:18.43
8.	Jeff Kent, 2007 .....	14:18.86
9.	Jesse Luciano, 2009 .....	14:20.99
10.	Nick Nordheim, 2002 .....	14:22.99

## 200 Meters

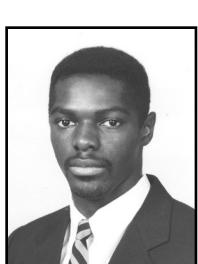
1.	Justin Austin, 2011 .....	20.80
2.	Anthuan Maybank, 1993.....	21.11
3.	Bashir Yamini, 1999.....	21.19
<b>4. Ethan Holmes, 2013.....</b>	<b>21.23</b>	
5.	Tim Dodge, 2000 .....	21.26
6.	Paul Chaney, Jr., 2009 .....	21.34
7.	George Page, 1997 .....	21.35
8.	Zach Digney, 2004 .....	21.39
<b>9. James Harrington, 2014 .....</b>	<b>21.41</b>	
10.	Tony Branch, 1998 .....	21.46

## 800 Meters

1.	Erik Sowinski, 2012 .....	1:47.62
2.	Ryan Weir, 2013 .....	1:49.11
3.	Adam Hairston, 2010 .....	1:49.26
<b>4. Nathan Prom, 2013 .....</b>	<b>1:49.29</b>	
5.	Nick Kuczwa, 2010 .....	1:49.59
6.	Dave Novotny, 1996 .....	1:51.27
7.	Jim Docherty, 1973 .....	1:51.30
8.	Rod Chambers, 1989 .....	1:51.33
9.	Jim Donovan, 1999 .....	1:51.52
10.	Michael Layne, 1997 .....	1:51.54



Bill Knoedel



Anthuan Maybank



Jordan Mullen



Nathan Prom



Kyle Reid

# INDOOR ALL-TIME TOP TEN PERFORMERS



Patrick Richards



Keaton Rickels



Erik Sowinski



Jeff Thode



Micah VanDenend



Todd Wigginton



Steven Willey

## Heptathlon

1.	Kyle Reid, 2013 .....	5,354 points
2.	Dan Rolling, 2010 .....	5,205 points
3.	Ryan Niver, 2008 .....	5,149 points
<b>4.</b>	<b>Jack Eckert, 2013.....</b>	<b>5,071 points</b>
5.	Frank Prill, 2010.....	5,015 points
6.	Scott Faber, 2000 .....	4,784 points
7.	Cam Appleman, 1997 .....	4,685 points
8.	Bobby Windauer, 2007 .....	4,644 points
9.	Jacob Drewry, 1995 .....	4,612 points
10.	Mark Mankivsky, 2008 .....	4,453 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)
4.	Pat Meade, 1987 .....	7-0 1/4 (2.14)
5.	Mike Lacy, 1984.....	7-0 (2.13)
6.	M. Cunningham, 1984 .....	6-11 1/4 (2.11)
<b>7.</b>	<b>Kevin Spejcher, 2014.....</b>	<b>6-11 (2.11)</b>
	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)

## 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)
6.	Phil Wertman, 1971 .....	16-4 (4.98)
7.	Jeff Raymond, 2008.....	16-2 (4.93)
8.	John Teffer, 1972 .....	16-1 (4.90)
9.	Chad Ohly, 1995 .....	15-9 (4.80)
	Rich Palumbo, 1989 .....	15-9 (4.80)

## Long Jump

1.	Anthuan Maybank, 1992.....	26-5 1/2 (8.06)
2.	Bashir Yamini, 1998 .....	26-0 1/4 (7.93)
3.	Darren Smith, 1991.....	25-2 (7.67)
4.	Paul Jones, 1990 .....	24-11 1/4 (7.60)
5.	Josh Larney, 2013.....	24-10 (7.57)
6.	Ronnie McCoy, 1984.....	24-9 (7.54)
<b>7.</b>	<b>O'Shea Wilson, 2014.....</b>	<b>24-8 1/2 (7.53)</b>
	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.	Paul Jones, 1990 .....	52-1 1/4 (15.88)
<b>3.</b>	<b>Klyvens Delaunay, 2013 ...</b>	<b>51-3 1/2 (15.63)</b>
<b>4.</b>	<b>Babatunde Amosu, 2013</b>	<b>50-10 3/4 (15.51)</b>
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.	Gordon Finch, 1988 .....	48-3 3/4 (14.72)
10.	Matty Gorman, 2006 .....	48-3 1/2 (14.72)

## Shot Put

1.	John Hickey, 2009.....	63-0 (19.20)
2.	Jeremy Allen, 2001 .....	62-10 1/2 (19.16)
3.	Shane Maier, 2006 .....	61-2 (18.64)
4.	G. Kostrubala, 1986 .....	60-10 3/4 (18.55)
5.	Andy Banse, 2005 .....	60-9 1/4 (18.52)
6.	Ken Kemeny, 2004.....	60-0 1/2 (18.30)
7.	Chris Gambol, 1987 .....	59-0 (17.98)
8.	A. van der Westhuizen, 1999	58-10 3/4 (17.95)
<b>9.</b>	<b>Gabe Hull, 2014.....</b>	<b>58-5 1/4 (17.81)</b>
10.	A.J. Curtis, 2008 .....	57-9 1/2 (17.61)

## Weight Throw

1.	Jim Costello, 2002 .....	69-4 3/4 (21.15)
2.	Matt Banse, 2012.....	67-8 (20.62)
3.	A. 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)
<b>9.</b>	<b>Gabe Hull, 2014.....</b>	<b>59-7 (18.16)</b>
10.	Ryan Jordan, 2008 .....	59-0 (17.98)

## 1,600-Meter Relay

1.	Richards, E. Holmes, Sowinski, Willey, 2011 .....	3:06.66
2.	Rozell, Davis, Raymond, Yamini, 1998.....	3:06.80
3.	Coleman, Faber, Strang, Peterson, 2002 .....	3:07.44
4.	Richards, Sowinski, E. Holmes, Willey, 2011 .....	3:07.84
5.	Greer, Williams, Smith, Duckett, 1984 .....	3:08.14
6.	Card, Coleman, Williamson, Dodge, 2001 .....	3:08.21
7.	Davis, Rozell, Page, Morris, 1995 .....	3:08.77
8.	Dodge, Williamson, Card, Peterson, 2001.....	3:08.82
9.	Richards, E. Holmes, Barton, Willey, 2011 .....	3:08.85
10.	Branch, Dodge, Donovan, Yamini, 1999.....	3:08.99

## 3,200 Meter Relay

1.	Cooke, Nie, Monsey, Chambers, 1990 .....	7:13.02
2.	Corrigan, Blackman, Strozier, Chambers, 1989.....	7:29.00
3.	English, Blackman, Strozier, Chambers, 1989 .....	7:36.20
4.	1977 .....	7:39.40
5.	1986 .....	7:40.90
6.	Bouske, Herd, Chambers, Koon, 1992 .....	7:43.94
7.	Bouska, Cook, White, Herd, 1992 .....	7:48.63
8.	1992 .....	7:49.86
9.	1986 .....	7:50.10
10.	Roseman, Rerko, Novotny, Branigan, 1993 .....	7:51.36

## Distance Medley Relay

1.	Prom, Rickels, Sowinski, Thode, 2012.....	9:45.41
2.	1999 .....	9:46.83
3.	1977 .....	9:48.80
4.	1978 .....	9:49.70
5.	Kuczwar, Barton, Kuhlman, N. Holmes, 2010 .....	9:51.05
6.	Marchese, Varner, Hairston, Luciano, 2009 .....	9:52.52
7.	Paul, Varner, Hairston, Thode, 2010 .....	9:52.71
8.	Prom, Richardson, Sowinski, Thode, 2011 .....	9:57.44
9.	Trainor, Faber, Cunningham, Allen, 2002 .....	9:58.14
10.	Newell, Eisenlauer, Tice, Clark, 1973 .....	10:00.00

# INDOOR ALL-TIME TOP TEN PERFORMERS



Kineke Alexander



Meghan Armstrong



Brittany Brown



Tracy Dahl



Nicole Erickson



Karessa Farley



Ashlyn Gulvas

## 60 Meters

1.	Brittany Brown, 2014 .....	7.41
	Lake Kwaza, 2014 .....	7.41
3.	Elaine Jones, 1983 .....	7.43
4.	Peaches Roach, 2005 .....	7.45
5.	Shellene Williams, 2004 .....	7.50
6.	Jiselle Providence, 2002 .....	7.52
7.	Rhonda-Kaye Trusty, 2010 .....	7.55
	Erin Jones, 2011 .....	7.55
	Raven Moore, 2013 .....	7.55
10.	Angela Menson, 1982.....	7.57

## 60-Meter Hurdles

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

## 200 Meters

1.	Kineke Alexander, 2006 .....	23.49
2.	Shellene Williams, 2004 .....	23.62
3.	Marlene Poole, 1994 .....	23.66
	Yolanda Hobbs, 1995 .....	23.66
5.	Erica Broomfield, 1998 .....	23.81
6.	Raven Moore, 2013 .....	24.00
7.	Erin Jones, 2011 .....	24.01
8.	Rhonda-Kaye Trusty, 2010 .....	24.05
9.	Peaches Roach, 2007 .....	24.09
10.	Brittany Brown, 2014 .....	24.20

## 400 Meters

1.	Kineke Alexander, 2007 .....	51.48
2.	Ellen Grant, 1996 .....	52.65
3.	Shellene Williams, 2004 .....	52.83
4.	Ashley Liverpool, 2011 .....	54.09
5.	MonTayla Holder, 2014 .....	54.37
6.	Alexis Hernandez, 2014 .....	54.91
7.	Tiffany Hendricks, 2011 .....	55.06
8.	Elexis Guster, 2014 .....	55.17
9.	Marlene Poole, 1993 .....	55.20
10.	Wynsome Cole, 1997 .....	55.45

## 600 Yards

1.	Senta Hawkins, 1987 .....	1:21.06
2.	Aisha Hume, 2004 .....	1:21.74
3.	Kay Stormo, 1982 .....	1:22.49
4.	Nicole Erickson, 2012 .....	1:22.61
5.	Bethany Praska, 2009 .....	1:23.12
6.	Hannah Simonson, 2012 .....	1:23.18
7.	Chris Davenport, 1982 .....	1:24.14
8.	Sophia Poncè, 2007 .....	1:24.55
9.	Wynsome Cole, 1995 .....	1:24.83
10.	Maisie Vachuska, 2012 .....	1:25.38

## 600 Meters

1.	Kineke Alexander, 2008 .....	1:27.45
2.	Bethany Praska, 2011 .....	1:28.14
3.	Senta Hawkins, 1987 .....	1:30.77
4.	MonTayla Holder, 2013 .....	1:30.80
5.	Kaitlyn Nelson, 2013 .....	1:31.44
6.	Karen Layne, 1990 .....	1:31.45
7.	Nicole Erickson, 2012 .....	1:31.71
8.	Kay Stormo, 1982 .....	1:32.30
9.	Aisha Hume, 2004 .....	1:32.41
10.	Katharina Trost, 2014 .....	1:32.53

## 800 Meters

1.	Bethany Praska, 2011 .....	2:05.01
2.	Jeanne Kruckeberg, 1989 .....	2:06.38
3.	Michelle Lahann, 2004 .....	2:06.83
4.	Adrienne Alexia, 2013 .....	2:08.95
5.	Briana Benning, 1996 .....	2:09.22
6.	Kaitlyn Nelson, 2013 .....	2:09.58
7.	Mahnee Watts, 2014 .....	2:09.90
8.	Kay Stormo, 1981 .....	2:11.04
9.	Ann Pare, 1997 .....	2:11.19
10.	Lauren Hardesty, 2011 .....	2:11.80

## 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



Tiffany Hendricks



Tammilee Kerr



Lake Kwaza



Ashley Liverpool



McKenzie Melander

# INDOOR ALL-TIME TOP TEN PERFORMERS



Lisa Moats



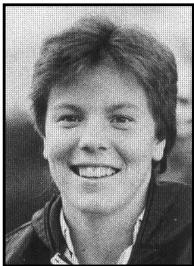
Diane Nukuri



Bethany Praska



Peaches Roach



Gail Smith



Jessie Strand



Renee White

## 5,000 Meters

1.	Tracy Dahl, 1993 .....	15:49.52
2.	Nan Doak, 1985.....	15:55.45
3.	Racheal Marchand, 2009 .....	15:55.70
4.	Diane Nukuri, 2008 .....	16:01.36
5.	Jenny Spangler, 1982.....	16:08.74
6.	Judy Parker, 1981.....	16:16.63
7.	Betsy Flood, 2011 .....	16:20.67
8.	Jennifer Brower, 1992.....	16:22.19
9.	Nikki Chapple, 2004 .....	16:27.04
10.	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.	<b>Khanishah Williams, 2013.....</b>	<b>5-11 1/4 (1.81)</b>
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, 1983.....	5-7 3/4 (1.72)
10.	Lynn McMillan, 1988.....	5-7 1/4 (1.71)
	Tammilee Kerr, 2008 .....	5-7 1/4 (1.71)

## Pole Vault

1.	Jessie Strand, 2004 .....	12-5 1/2 (3.80)
2.	Sarah Burgett, 2007 .....	11-10 (3.61)
3.	Kirsten Weismantle, 2011 .....	11-5 3/4 (3.50)
4.	Brittany Holst, 2013.....	11-3 3/4 (3.45)
5.	Katie Truedson, 2010.....	10-11 3/4 (3.35)
5.	Gina Shannon, 2001 .....	10-6 (3.20)
6.	Kacey Childs, 2001 .....	9-0 (2.75)
7.	Amy Kasparbauer, 2000.....	8-0 (2.44)

## Long Jump

1.	Lisa Moats, 1986 .....	19-6 (5.95)
2.	Renee White, 2006.....	19-3 1/4 (5.87)
3.	<b>Carisa Leacock, 2013 .....</b>	<b>19-2 3/4 (5.86)</b>
4.	Tiffany Johnson, 2007 .....	19-2 1/2 (5.85)
5.	Davera Taylor, 1984.....	19-1 1/2 (5.83)
6.	Yolanda Hobbs, 1993 .....	19-1 (5.80)
7.	Kamesha Marshall, 2005.....	18-11 1/4 (5.77)
8.	<b>Zinnia Miller, 2013.....</b>	<b>18-9 (5.71)</b>
9.	<b>Sarah Ryan, 2013.....</b>	<b>18-8 (5.69)</b>
10.	Catharine Parmiter, 2000.....	18-7 1/2 (5.68)

## Triple Jump

1.	Renee White, 2008 .....	42-4 (12.90)
2.	Tiffany Johnson, 2007 .....	41-3 3/4 (12.59)
3.	<b>Carisa Leacock, 2012 .....</b>	<b>40-5 1/2 (12.33)</b>
4.	<b>Zinnia Miller, 2014.....</b>	<b>40-5 (12.32)</b>
5.	Becki Borg, 1987 .....	39-6 (12.04)
6.	Lynn McMillan, 1988.....	38-2 (11.63)
7.	<b>Sarah Ryan, 2014.....</b>	<b>37-5 1/4 (11.41)</b>
8.	Lisa Moats, 1985 .....	35-1 (10.69)
9.	Becca Franklin, 2004 .....	34-3 (10.44)
	Rachel Ballard, 2013 .....	34-3 (10.44)

## 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.	<b>Rachel Curry, 2013.....</b>	<b>48-2 1/2(14.69)</b>
6.	Megan Maurer, 1995 .....	47-5 3/4 (14.47)
7.	Laura Kriener, 1990 .....	47-5 (14.45)
8.	Jennifer Gilson, 2002.....	46-11 (14.30)
9.	<b>Courtney Fritz, 2014 .....</b>	<b>46-2 (14.07)</b>
10.	Jennifer Moon, 2000 .....	45-9 (13.94)
	Tiffany Medenwaldt, 2010.....	45-9 (13.94)
	Micaela Haight, 2011 .....	45-9 (13.94)

## Weight Throw

1.	Ashlyn Gulvas, 2013.....	63-6 (19.35)
2.	Jasmine Simpson, 2013 .....	62-6 1/2 (19.06)
3.	Kelsey Taylor, 2011.....	60-4 1/2 (18.40)
4.	<b>Annemie Smith, 2013 .....</b>	<b>60-0 1/4 (18.29)</b>
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.	Mandy Chandler, 2009 .....	54-4 1/2 (16.57)
10.	Kerri Blackstone, 1999 .....	50-9 3/4 (15.48)

## Pentathlon

1.	Tammilee Kerr, 2008 .....	3,974 points
2.	Chris Davenport, 1983 .....	3,798 points
3.	Kamesha Marshall, 2005 .....	3,701 points
4.	Tiff Pedersen, 2004.....	3,511 points
5.	<b>Sarah Ryan, 2013 .....</b>	<b>3,472 points</b>
6.	Maureen Abel, 1979 .....	3,427 points
7.	<b>Zinnia Miller, 2012 .....</b>	<b>3,416 points</b>
8.	Janet Adams, 1981 .....	3,360 points
9.	Janelle Jaspers, 1987 .....	3,366 points
10.	<b>Khanishah Williams, 2013 .....</b>	<b>3,273 points</b>

## 1,600-Meter Relay

1.	Liverpool, Hendricks, Praska, Erickson, 2011 .....	3:36.97
2.	Liverpool, Hendricks, Erickson, Praska, 2011 .....	3:37.58
3.	Hendricks, Erickson, Praska, Liverpool, 2011 .....	3:39.15
4.	Hendricks, Praska, Erickson, Liverpool, 2011 .....	3:40.42
5.	McCalla, Granger, Alexander, Johnson, 2006 .....	3:40.52
6.	<b>Kwaza, Holder, Watts, Guster, 2014 .....</b>	<b>3:41.57</b>
7.	Simonson, Liverpool, Erickson, Sack, 2012 .....	3:41.78
8.	Simonson, Erickson, Sack, Liverpool, 2012 .....	3:42.42
9.	Johnson, McCalla, Alexander, Granger, 2006 .....	3:42.44
10.	Alexander, Johnson, Poncè, M. Mims, 2007 .....	3:42.75

## Distance Medley Relay

1.	Armstrong, Alexander, L. Hardesty, Nukuri, 2008 .....	11:20.11
2.	Melander, Hendricks, L. Hardesty, <b>Eilers</b> , 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