

# THE UNIVERSITY OF IOWA



## HAWKEYE TRACK & FIELD



TRACK AND FIELD CONTACT: JORDAN BUCHER

MAY 9, 2016

### 2016 IOWA TRACK & FIELD OUTDOOR SCHEDULE

Date	Meet
March 18-19	Baldy Castillo <i>(Tempe, Arizona)</i>
April 1-2	Stanford Invite <i>(Palo Alto, California)</i> Florida Relays <i>(Gainesville, Florida)</i>
April 8-9	Jim Click Shootout <i>(Tucson, Arizona)</i>
April 15-16	Jim Duncan Invitational <i>(Des Moines, Iowa)</i>
April 16	Texas Invitational <i>(Austin, Texas)</i>
April 23	Musco Twilight <i>(Iowa City, Iowa)</i>
April 28-30	Drake Relays <i>(Des Moines, Iowa)</i>
<b>May 13-15</b>	<b>Big Ten Championships</b> <b><i>(Lincoln, Nebraska)</i></b>
May 26-28	NCAA First Round <i>(Lawrence, Kansas)</i>
June 8-11	NCAA Championships <i>(Eugene, Oregon)</i>

### IOWA COACHING STAFF

<b>Joey Woody</b> .....	Director of Track & Field
<b>Layne Anderson</b> ..	Head Cross Country Coach
<b>Clive Roberts</b> .....	Associate Head Coach
<b>Jason Wakenight</b> .....	Assistant Coach ..... Director of Recruiting
<b>Andrew Dubs</b> .....	Assistant Coach
<b>Molly Jones</b> .....	Assistant Coach
<b>Kate See</b> .....	Director of Operations

#### THIS WEEK

The University of Iowa track and field team competes at the 2016 Big Ten Outdoor Championships in Lincoln, Nebraska, this week. Competition begins Friday at noon (CT) with the multi-events and continues through Sunday. The three-day event takes place at the Ed Weir Stadium on the University of Nebraska campus.

#### LIVE RESULTS

Live results will be available on the track and field schedule page on hawkeyesports.com. Follow @IowaXC\_TF on Twitter for updates and relevant statistics on the team throughout the weekend.

#### B1G ON BTN

BTN provides live coverage on BTN2Go of the Big Ten Outdoor Track and Field Championships on Sunday, May 15, at 1:40 p.m. (CT). The championships will air later on BTN at 6 p.m.

#### B1G COMPETITION

The Big Ten features two nationally-ranked teams on the men's and women's side. Minnesota (14) and Penn State (15) lead the men's field, while Wisconsin (21) and Nebraska (24) are ranked for the women.

#### RETURNING POINT-SCORERS

The Hawkeye men return six individual point-scorers from last year's championships. Junior All-American Aaron Mallett is the defending Big Ten champion in the 110-meter hurdles, while junior Vinnie Saucer, Jr. finished runner-up in the 100 meters. Junior All-American Mitch Wolff placed fifth in the 400-meter hurdles, while seniors Sam Joens (javelin/7th), Kevin Speicher (high jump/7th), and James Harrington (100 meters/8th) also return.

For the women, junior All-American Elexis Guster won her second Big Ten 400-meter title at last year's championships. Senior MonTayla Holder recorded a fourth-place finish in the 400-meter hurdles, while senior Lake Kwaza took fifth in the 100 meters. Sophomore Jahisha Thomas (6th) and senior Dakotah Goodell (7th) added points in the long jump and javelin, respectively.

#### FROSH LEADS BIG TEN

Redshirt freshman Reno Tuufuli has led the Big Ten in the men's discus for five straight weeks. The Las Vegas native recorded a collegiate-best throw of 199-2 (60.71m) at the Florida Relays on April 2, becoming the top-ranked freshman in the country and eighth overall.

# THE UNIVERSITY OF IOWA



## HAWKEYE TRACK & FIELD



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### 2016 MEN'S OUTDOOR SEASON BESTS

#### B1G SPRINTER SWEEP

The Hawkeye women own the top seed in each of the three sprint events. Freshman Briana Guillory (11.35) recorded her conference-leading and school recording-breaking time in the 100 meters at Musco Twilight on April 23. Senior Lake Kwaza (23.17) and junior All-American Elexis Guster (51.85) registered the Big Ten's fastest marks in the 200 and 400 meters, respectively, at the Jim Click Shootout on April 9.

#### GUSTER GOES FOR GOLD... AGAIN

Junior All-American Elexis Guster goes for her third straight Big Ten title in the women's 400 meters. The defending Big Ten champion raced to first place in 52.19 in 2015. No Hawkeye has ever won the event three years in a row. Shellene Williams won back-to-back 400-meter titles in 2003-04.

Guster broke the 52-second barrier for the first time in her career this season when she clocked 51.85 at the Jim Click Shootout on April 9. That time leads the Big Ten and ranks ninth nationally.

#### MALLETT DEFENDS TITLE

Junior All-American Aaron Mallett is competing for his second Big Ten title in the men's 110-meter hurdles. The St. Louis native ended a 26-year drought in 2015, becoming the first Big Ten champion in the event since Pat McGhee (13.74) in 1989. Mallett won last year's championship in a then-school record, 13.43. He bested that mark to 13.40 at the 2015 NCAA Championships.

#### 400-METER HOLDER HURDLES

MonTayla Holder (58.64) finished fourth in the women's 400-meter hurdles behind Big Ten foes Symone Black of Purdue (1st/57.72) and Ohio State's Alexis Franklin (3rd/58.23) at Drake Relays on April 29. The senior owns the top time in the conference and 16th-fastest nationally with a collegiate-best 56.70, which she recorded at the Jim Click Shootout on April 9.

Event	Name	Mark
100 Meters	Vinnie Saucer, Jr.	10.36
110-M Hurdles	Aaron Mallett	13.50
200 Meters	James Harrington	20.57
400 Meters	DeJuan Frye	46.41
400-M Hurdles	Mitch Wolff	50.96
800 Meters	Carter Lilly	1:47.32
1,500 Meters	Michael Melchert	3:48.35
3,000-M Steeple	Daniel Gardarsson	9:25.84
5,000 Meters	Kevin Docherty	14:37.15
10,000 Meters	Michael Melchert	30:10.32
400-M Relay	Brissett, Harris, Harrington, Mallett	39.53
1,600-M Relay	Wolff, Harris, Mallett, Frye	3:06.88
High Jump	Kevin Spejcher	7-1 (2.16m)
Pole Vault	Andy Jastis	15-9 1/4 (4.81m)
Long Jump	Kerry Dean, Jr.	23-1 3/4 (7.05m)
Triple Jump	Kerry Dean, Jr.	47-7 3/4 (14.52m)
Shot Put	Reno Tuufuli	60-2 (18.34m)
Discus	Reno Tuufuli	199-2 (60.71m)
Javelin	Alex Balke	205-11 (62.77m)
Decathlon	William Dougherty	6,253 points

### 2016 MEN'S BIG TEN STANDINGS

#	Name	Event	Mark
1.	Aaron Mallett	110-Meter Hurdles	13.50
1.	Reno Tuufuli	Discus	199-2, 60.71m
1.	<i>See above</i>	400-Meter Relay	39.53
2.	James Harrington	200 Meters	20.57
2.	Mitch Wolff	400-Meter Hurdles	50.96
2.	<i>See above</i>	1,600-Meter Relay	3:06.88
3.	Vinnie Saucer, Jr.	100 Meters	10.36
3.	Christian Brissett	200 Meters	20.83
3.	Kevin Spejcher	High Jump	7-1 (2.16m)
5.	James Harrington	100 Meters	10.42
5.	DeJuan Frye	400 Meters	46.41
5.	Noah Larrison	400-Meter Hurdles	51.22
5.	Carter Lilly	800 Meters	1:47.32
7.	Mar'yea Harris	400 Meters	46.56
8.	Christian Brissett	100 Meters	10.43
8.	Reno Tuufuli	Shot Put	60-2, 18.34m

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### FINAL ATTEMPT FOR SPEJCHER, WILLIAMS

The 2016 conference championships mark the final attempt for senior Kevin Spejcher and graduate student Khanishah Williams in the men's and women's high jump, respectively. Spejcher, the 2014 runner-up, has been a point-scorer for the Hawkeyes the past two seasons. He placed seventh at last year's championships (6-9 3/4, 2.08m).

Williams won the Big Ten title in 2014 (5-9 1/4, 1.76m). She did not compete at the 2015 championships.

### TRIPLE JUMP SUCCESS

The Hawkeyes have a long line of triple jump success at the Big Ten Championships, having tallied nine titles -- outdoor (4) and indoor (5) -- in the past eight years. Jahisha Thomas contends for Iowa's 10th overall title and third in women's program history this weekend. The sophomore improved by over a meter to earn the third seed, registering a career-best jump, 42-3 1/2 (12.89m), at Musco Twilight on April 23.

### WATTS' WINNING WAYS

Junior Mahnee Watts won the women's 800 meters (2:07.93) and anchored the winning sprint medley relay, which included senior Lake Kwaza, junior Elexis Guster, and senior MonTayla Holder, at the Drake Relays from April 28-30.

Watts heads to the conference championships ranked seventh in the 800 meters with a personal best of 2:07.41. The conference field features eight women who have run 2:07, with 0.73 seconds separating the fourth-fastest time (2:07.17) from the 12th-best time (2:07.90).

### NEXT ON THE BLOCK

The first round of the NCAA Championships is set for May 26-28 in Lawrence, Kansas. For each individual event contested at the East and West NCAA sites, the top 48 declared student-athletes will be accepted into the competition. For each relay event contested at each of the preliminary championships competition sites, the top 24 declared relay teams will be accepted into the competition.

### 2016 WOMEN'S OUTDOOR SEASON BESTS

Event	Name	Mark
100 Meters	Briana Guillory	* 11.35
100-M Hurdles	Jahisha Thomas	13.67
200 Meters	Lake Kwaza	23.17
400 Meters	Elexis Guster	51.85
400-M Hurdles	MonTayla Holder	56.70
800 Meters	Mahnee Watts	2:07.41
1,500 Meters	Tess Wilberding	4:30.75
400-M Relay	Kwaza, Guster, Guillory, Hernandez	* 44.04
1,600-M Relay	Guster, Guillory, Holder, Hernandez	* 3:32.63
High Jump	Madison Rouw	5-8 3/4 (1.75m)
	Khanishah Williams	5-8 3/4 (1.75m)
Pole Vault	Amy Smith	11-3 3/4 (3.54m)
Long Jump	Jahisha Thomas	19-11 (6.07m)
Triple Jump	Jahisha Thomas	42-3 1/2 (12.89m)
Javelin	Kayla Hochhalter	144-8 (44.90m)
Discus	Dakotah Goodell	156-9 (47.79m)
Hammer Throw	Leah Colbert	178-9 (54.49m)

\* - school record

### 2016 WOMEN'S BIG TEN STANDINGS

#	Name	Event	Mark
1.	Briana Guillory	100 Meters	11.35
1.	Lake Kwaza	200 Meters	23.17
1.	Elexis Guster	400 Meters	51.85
1.	MonTayla Holder	400-Meter Hurdles	56.70
1.	See above	1,600-Meter Relay	3:32.63
2.	See above	400-Meter Relay	44.04
3.	Jahisha Thomas	Triple Jump	42-3 1/2 (12.89m)
4.	Lake Kwaza	100 Meters	11.46
4.	Elexis Guster	200 Meters	23.38
6.	Briana Guillory	200 Meters	23.46
7.	Mahnee Watts	800 Meters	2:07.41
8.	Taylor Chapman	100 Meters	11.60

# OUTDOOR ALL-TIME TOP 10 PERFORMERS



Jeremy Allen



Justin Austin



Matt Byers



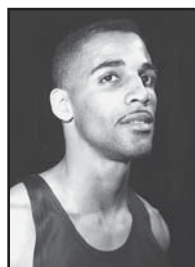
Troy Doris



Jeffery Herron



Gabe Hull



Deacon Jones

## 100 Meters

- Justin Austin, 2011 ..... 10.21
- George Page, 1996 ..... 10.25
- James Harrington, 2015 ..... 10.26**
- Anthuan Maybank, 1994 ..... 10.31
- Tim Dwight, 1997 ..... 10.31
- Josh Larney, 2013 ..... 10.31
- Vinnie Saucer, Jr., 2015 ..... 10.31**
- Bob Lawson, 1976 ..... 10.36
- Robert Smith, 1984 ..... 10.39
- Curtis Chang, 1987 ..... 10.40

## 110-Meter High Hurdles

- Aaron Mallett, 2015 ..... 13.40**
- Pat McGhee, 1989 ..... 13.50
- Dion Trowers, 1996 ..... 13.62
- Ronnie McCoy, 1985 ..... 13.66
- Ethan Holmes, 2011 ..... 13.73
- Jordan Mullen, 2013 ..... 13.76
- James Armstrong, 1991 ..... 13.89
- Dan Davis, 2012 ..... 14.01
- Doug Jones, 1986 ..... 14.06
- Chris Douglas, 2016 ..... 14.23**

## 200 Meters

- Justin Austin, 2011 ..... 20.31
- Jeff Patrick, 1983 ..... 20.47
- James Harrington, 2015 ..... 20.50**
- Anthuan Maybank, 1994 ..... 20.55
- Andre Morris, 1995 ..... 20.64
- George Page, 1996 ..... 20.67
- Terrence Duckett, 1982 ..... 20.74
- Tim Dodge, 2002 ..... 20.78
- Bashir Yamini, 1999 ..... 20.82
- O'Shea Wilson, 2014 ..... 20.82**

## 400 Meters

- Anthuan Maybank, 1993 ..... 44.99
- Andre Morris, 1995 ..... 45.15
- Mike Mondane, 1967 ..... 45.20
- Steven Willey, 2010 ..... 45.78
- Gary Hollingsworth, 1963 ..... 46.30
- DeJuan Frye, 2016 ..... 46.41**
- Harold Leonard, 1986 ..... 46.45
- Mar'yea Harris, 2016 ..... 46.56**
- Tony Branch, 1999 ..... 46.60
- Prince Riley, 2007 ..... 46.61

## 400-Meter Hurdles

- Pat McGhee, 1988 ..... 48.83
- Monte Raymond, 1998 ..... 50.09
- Ray Varner, 2010 ..... 50.24
- Paul Steele, 1989 ..... 50.45
- Russell Peterson, 2001 ..... 50.50
- Ethan Holmes, 2013 ..... 50.51
- Adam Kunkel, 2001 ..... 50.73
- Jon Reimer, 1967 ..... 50.94
- Mitch Wolff, 2016 ..... 50.96**
- Gary Falls, 1991 ..... 51.08

## 800 Meters

- Erik Sowinski, 2012 ..... 1:45.90
- Carter Lilly, 2016 ..... 1:47.32**
- Bill Frazier, 1962 ..... 1:47.64
- D'Juan Strozier, 1990 ..... 1:47.82
- Adam Hairston, 2011 ..... 1:48.10
- Will Teubel, 2015 ..... 1:48.60**
- Michael Layne, 1999 ..... 1:49.61
- Bill Thiesen, 1985 ..... 1:49.74
- Pavlo Hutsalyuk, 2016 ..... 1:49.94**
- Ryan Weir, 2013 ..... 1:50.01

## 1,500 Meters

- Jeff Thode, 2010 ..... 3:43.02
- Joel Moeller, 1978 ..... 3:44.01
- Jim Docherty, 1978 ..... 3:44.30
- Sam Fourman, 2015 ..... 3:44.50
- Dan Waters, 1986 ..... 3:46.35
- Kevin Herd, 1994 ..... 3:46.64
- John Clark, 1977 ..... 3:46.84
- Ted Wheeler, 1956 ..... 3:48.24
- Michael Melchert, 2016 ..... 3:48.35**
- Kevin Docherty, 2016 ..... 3:49.24**

## 3,000-Meter Steeplechase

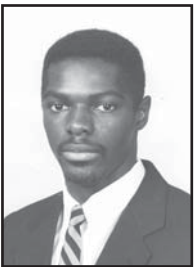
- Deacon Jones, 1956 ..... 8:47.40
- Steve Pershing, 1978 ..... 8:54.59
- Andy Morris, 2000 ..... 8:56.21
- Matt Gerard, 1994 ..... 8:57.01
- Andy Napier, 2008 ..... 8:57.54
- Rollie Kitt, 1967 ..... 9:02.90
- Al Greene, 1985 ..... 9:02.96
- Tony Rakaric, 2005 ..... 9:03.29
- Mark Battista, 2010 .....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

## 5,000 Meters

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



Aaron Mallett



Anthuan Maybank

# OUTDOOR ALL-TIME TOP 10 PERFORMERS



Kyle Reid



Erik Sowinski



Stetson Steele



Jeff Thode



Micah VanDenend



Todd Wigginton



Arno  
van der Westhuizen

## 10,000 Meters

1. Stetson Steele, 2000..... 28:44.47
2. Eric MacTaggart, 2006..... 28:50.23
3. Kevin Lewis, 2015..... 28:59.62
4. Nick Nordheim, 2002..... 29:44.71
5. Trent Corey, 2002..... 29:45.25
6. Chad Schwitters, 1999..... 29:56.00
7. Nick Holmes, 2010..... 30:02.31
8. Dan Haut, 2006..... 30:03.08
9. Kevin Herd, 1994..... 30:05.21
10. Paul Sarris, 2001..... 30:08.40

## Decathlon

1. Kyle Reid, 2013..... 7,203 pts
2. Jack Eckert, 2015..... 7,087 pts
3. Dan Rolling, 2010..... 6,957 pts
4. **William Dougherty, 2015..... 6,862 pts**
5. Scott Faber, 2000..... 6,839 pts
6. Ryan Niver, 2008..... 6,837 pts
7. Chad Ohly, 1994..... 6,641 pts
8. Gary Kostrubala, 1984..... 6,498 pts
9. Frank Prill, 2008..... 6,381 pts
10. Jacob Drewry, 1994..... 5,820 pts

## High Jump

1. Jeffery Herron, 2012..... 7-4 1/4 (2.24)
2. Bill Hansen, 1978..... 7-4 (2.23)
- Bill Knoedel, 1975..... 7-4 (2.23)
4. **Kevin Spejcher, 2014..... 7-2 1/2 (2.20)**
5. M. Cunningham, 1986..... 7-1 (2.16)
- Kenneth Lansing, 1988..... 7-1 (2.16)
7. Pat Meade, 1987..... 7-0 1/4 (2.14)
8. Graham Valdes, 2012..... 6-11 3/4 (2.12)
9. Peter Hlavin, 1979..... 6-11 (2.11)
- Scott Hudek, 1993..... 6-11 (2.11)
- Jeremy Petsche, 2008..... 6-11 (2.11)
- Brandon Oest, 2012..... 6-11 (2.11)

## Pole Vault

1. Todd Wigginton, 1984..... 17-0 (5.18)
2. Chad Ohly, 1994..... 16-8 3/4 (5.10)
- Kyle Reid, 2013..... 16-8 3/4 (5.10)
4. Curt Broek, 1978..... 16-8 (5.08)
5. Phil Wertman, 1971..... 16-7 (5.05)
- Kelly Scott, 1988..... 16-7 (5.05)
7. John Teffer, 1972..... 16-2 (4.93)
8. Alex Zona, 2009..... 16-0 3/4 (4.90)
9. Steve Brewer, 1983..... 16-0 (4.88)
- Doug Pennino, 1985..... 16-0 (4.88)

## Long Jump

1. Anthuan Maybank, 1993..... 27-1 (8.25)
2. Bashir Yamini, 1997..... 26-8 1/4 (8.13)
3. Paul Jones, 1989..... 25-10 1/4 (7.88)
4. Darren Smith, 1991..... 25-9 3/4 (7.86)
5. Quinn Early, 1986..... 25-7 1/4 (7.80)
6. Ed Gordon, 1931..... 25-4 3/8 (7.68)
7. **O'Shea Wilson, 2014..... 25-2 (7.67)**
8. Matty Gorman, 2006..... 25-1 1/4 (7.65)
9. Ronnie McCoy, 1985..... 25-0 (7.62)
10. Jeffery Herron, 2010..... 24-9 (7.54)

## Triple Jump

1. Troy Doris, 2012..... 54-8 (16.66)
2. Babatunde Amosu, 2015..... 53-10 (16.15)
3. Paul Jones, 1990..... 53-9 (16.38)
4. **Klyvens Delaunay, 2013 . 52-2 1/2 (15.91)**
5. Gordon Finch, 1988..... 50-9 1/4 (15.47)
6. Mike Lacy, 1984..... 50-5 (15.36)
7. Pat Miller, 1985..... 49-8 1/2 (15.25)
8. Matty Gorman, 2008..... 49-2 1/2 (15.00)
9. Owen Gill, 1982..... 49-1 (14.96)
10. Josh Bean, 2010..... 48-10 3/4 (14.90)

## Shot Put

1. Jeremy Allen, 2001..... 63-2 3/4 (19.27)
2. Ken Kemeny, 2005..... 62-3 (18.97)
3. Shane Maier, 2006..... 62-2 1/4 (18.95)
4. Andy Banse, 2005..... 61-11 1/2 (18.88)
5. John Hickey, 2008..... 61-9 1/2 (18.83)
6. **Reno Tuufuli, 2016..... 60-2 (18.34)**
7. Chris Gambol, 1987..... 60-0 1/2 (18.30)
8. A.J. Curtis, 2008..... 59-8 1/4 (18.19)
9. Gabe Hull, 2014..... 59-4 1/4 (18.09)
10. A. van der Westhuizen, 2000 58-8 3/4 (17.90)

## Discus

1. Gabe Hull, 2014..... 207-1 (63.11)
2. A.J. Curtis, 2007..... 202-11 (61.84)
3. Gary Kostrubala, 1986..... 202-4 (61.68)
4. **Reno Tuufuli, 2016..... 199-2 (60.71)**
5. Jeremy Allen, 2001..... 195-4 (59.54)
6. Tim Brodersen, 2005..... 193-6 (58.98)
7. Brad Daufeldt, 2004..... 185-0 (56.40)
8. Nick Brayton, 2009..... 180-11 (55.15)
9. Andy Banse, 2005..... 180-0 (54.86)
10. Eric Rothwell, 2004..... 179-7 (54.73)

## Hammer

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

## Javelin

1. Matt Byers, 2011..... 245-8 (74.89)
2. Bill Neumann, 2002..... 244-8 (74.58)
3. Dan Ralph, 2000..... 227-10 (69.44)
4. **Sam Joens, 2015..... 211-5 3/4 (64.45)**
5. Zach Schimp, 2010..... 211-0 (64.32)
6. **Alex Balke, 2016..... 205-11 (62.77)**
7. Kale Katt, 2007..... 204-0 (62.17)
8. Joel Storm, 2004..... 203-5 (62.01)
9. Matt Stank, 2001..... 199-0 (60.66)
10. Jack Eckert, 2015..... 188-9 (57.53)

# OUTDOOR ALL-TIME TOP 10 PERFORMERS



Kineke Alexander



Meghan Armstrong



Marta  
Bote Gonzalez



Brittany Brown



Nan Doak



Briana Guillory



Aisha James

## 100 Meters

1. **Briana Guillory, 2016** ..... **11.35**
2. **Lake Kwaza, 2015** ..... **11.40**
3. **Brittany Brown, 2015** ..... **11.42**
4. Vivien McKenzie, 1985 ..... 11.45
5. Davera Taylor, 1984 ..... 11.51
6. Erica Broomfield, 1998 ..... 11.53
7. Jiselle Providence, 2001 ..... 11.57
8. Tanja Reid, 1994 ..... 11.60
- Peaches Roach, 2005 ..... 11.60
10. Yolanda Hobbs, 1995 ..... 11.62

## 100-Meter Hurdles

1. Tiffany Johnson, 2007 ..... 13.20
2. Karessa Farley, 2009 ..... 13.53
3. C. Prendergast, 1999 ..... 13.60
- Paula Ruen, 2000 ..... 13.60
5. Sarah Steffen, 2002 ..... 13.65
6. **Jahisha Thomas, 2016** ..... **13.67**
7. Ruqayya Raheem, 1998 ..... 13.90
8. **Heaven Chandler, 2016** ..... **13.91**
9. Brenda Calhoun, 1984 ..... 13.94
10. Wynsome Cole, 1997 ..... 14.10

## 200 Meters

1. **Brittany Brown, 2015** ..... **22.89**
2. **Lake Kwaza, 2016** ..... **23.17**
3. **Elexis Guster, 2016** ..... **23.38**
4. **Briana Guillory, 2016** ..... **23.46**
5. Shellene Williams, 2004 ..... 23.50
6. Kineke Alexander, 2006 ..... 23.58
7. Davera Taylor, 1984 ..... 23.59
8. Vivien McKenzie, 1985 ..... 23.61
9. Yolanda Hobbs, 1995 ..... 23.65
10. Erin Jones, 2012 ..... 23.71

## 400 Meters

1. Kineke Alexander, 2006 ..... 51.35
2. **Elexis Guster, 2016** ..... **51.85**
3. Shellene Williams, 2004 ..... 51.94
4. Ashley Liverpool, 2012 ..... 52.47
5. Ellen Grant, 1996 ..... 52.65
6. **Alexis Hernandez, 2016** ..... **53.82**
7. Senta Hawkins, 1988 ..... 54.01
- Bethany Praska, 2011 ..... 54.01
9. Marlene Poole, 1994 ..... 54.03
10. **Briana Guillory, 2016** ..... **54.22**

## 400-Meter Hurdles

1. Mary Knoblauch, 1981 ..... 56.16
2. Wynsome Cole, 1998 ..... 56.67
3. **MonTayla Holder, 2016** ..... **56.70**
4. Chris Davenport, 1981 ..... 59.18
5. Hannah Simonson, 2012 ..... 59.54
6. Sarah Steffen, 2002 ..... 59.59
7. Tiffany Hendricks, 2011 ..... 59.63
8. Nicole Erickson, 2012 ..... 59.77
9. Beverly Powell, 1991 ..... 59.96
10. Kelsey Quinn, 2012 ..... 59.99

## 800 Meters

1. Bethany Praska, 2011 ..... 2:03.78
2. Kay Stormo, 1982 ..... 2:05.67
3. Michelle Lahann, 2004 ..... 2:06.79
4. Katharina Trost, 2015 ..... 2:07.09
5. **Mahnee Watts, 2016** ..... **2:07.41**
6. Aisha Hume, 2005 ..... 2:08.50
7. Adrienne Alexia, 2013 ..... 2:08.61
8. Jeanne Kruckeberg, 1987 ..... 2:08.75
9. **Kaitlyn Nelson, 2013** ..... **2:08.83**
10. Ann Pare, 1997 ..... 2:09.25

## 1,500 Meters

1. Meghan Armstrong, 2006 ..... 4:17.41
2. Betsy Flood, 2010 ..... 4:17.75
3. Jeanne Kruckeberg 1989 ..... 4:19.71
4. McKenzie Melander, 2012 ..... 4:20.22
5. Lauren Hardesty, 2009 ..... 4:20.40
6. Diane Nukuri, 2007 ..... 4:20.95
7. Penny O'Brien, 1985 ..... 4:21.43
8. Kay Stormo, 1982 ..... 4:22.24
9. Michelle Lahann, 2004 ..... 4:24.00
10. Shannon Stanley, 2006 ..... 4:25.08

## 3,000 Meters

1. Diane Nukuri, 2008 ..... 9:18.82
2. Penny O'Brien, 1985 ..... 9:20.61
3. McKenzie Melander, 2012 ..... 9:21.59
4. Betsy Flood, 2010 ..... 9:22.63
5. Nan Doak, 1985 ..... 9:23.04
6. Tracy Dahl, 1992 ..... 9:23.53
7. Meghan Armstrong, 2006 ..... 9:28.03
8. Brooke Eilers, 2011 ..... 9:30.08
9. Jeanne Kruckeberg, 1989 ..... 9:30.69
10. Jennifer Brower, 1992 ..... 9:34.59

## 3,000-Meter Steeplechase

1. **Marta Bote Gonzalez, 2015** ..... **10:23.15**
2. Danielle Berndt, 2011 ..... 10:26.54
3. Jessica Schmidt, 2008 ..... 10:27.18
4. Sarah Arens, 2004 ..... 10:34.50
5. Hannah Roeder, 2011 ..... 10:35.22
6. Kelsey Hart, 2011 ..... 10:47.56
7. Katie Ellis, 2010 ..... 11:02.62
8. Michelle Lahann, 2003 ..... 11:16.21
9. 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 Schrulle, 2013 ..... 16:12.66
8. Jenny Spangler, 1983 ..... 16:17.21
9. Tracy Dahl, 1992 ..... 16:18.77
10. Racheal Marchand, 2008 ..... 16:27.02



Tiffany Johnson



Tammilee Kerr



Diane Nukuri



Bethany Praska

# OUTDOOR ALL-TIME TOP 10 PERFORMERS



Alana Redfern



Peaches Roach



Annemie Smith



Jessie Strand



Majesty Tutson



Lisa Van Steenwyk



Renee White

## 10,000 Meters

1. Diane Nukuri, 2008 ..... 33:17.01
2. Jennifer Brower, 1991 ..... 33:23.38
3. Meghan Armstrong, 2008 ..... 33:28.00
4. Nan Doak, 1985 ..... 33:33.03
5. Jenny Spangler, 1983 ..... 33:39.24
6. Racheal Marchand, 2008 ..... 34:05.87
7. McKenzie Melander, 2012 ..... 34:29.83
8. Tracy Dahl, 1992 ..... 34:30.09
9. Betsy Flood, 2011 ..... 35:05.10
10. Nikki Chapple, 2004 ..... 35:06.35

## Heptathlon

1. Tammilee Kerr, 2008 ..... 5,633 pts
2. Kathy Gillespie, 1983 ..... 5,262 pts
3. Tiff Pedersen, 2004 ..... 4,976 pts
4. Janet Adams, 1981 ..... 4,855 pts
5. Sarah Ryan, 2012 ..... 4,819 pts
6. Ruqayya Raheem, 1997 ..... 4,665 pts
7. Angela Chadwick, 1993 ..... 4,493 pts
8. Cassidy Ellis, 2014 ..... 4,242 pts
9. Missy Miller, 2010 ..... 4,227 pts
10. Angie Hensel, 2004 ..... 4,073 pts

## High Jump

1. Peaches Roach, 2006 ..... 6-1 1/4 (1.86)
2. Mary Mol, 1983 ..... 6-0 (1.83)
3. **Khanishah Williams, 2013 5-11 1/4 (1.81)**
4. Caleigh Bacchus, 2010 ..... 5-10 (1.78)
5. Lynn McMillan, 1988 ..... 5-9 1/4 (1.76)
6. **Madison Rouw, 2016 ..... 5-8 3/4 (1.75)**
7. Kacey Childs, 2001 ..... 5-8 1/2 (1.74)
8. Kristi Dinkla, 1985 ..... 5-8 (1.73)
- Becky Kaza, 1995 ..... 5-8 (1.73)
- Eve Cullinan, 2003 ..... 5-8 (1.73)

## Pole Vault

1. Jessie Strand, 2003 ..... 12-10 1/4 (3.92)
2. Sarah Burgett, 2006 ..... 12-1 3/4 (3.70)
3. Kirsten Weismantle, 2011 ..... 12-0 (3.66)
4. Katie Truedson, 2010 ..... 11-5 1/4 (3.49)
5. **Amy Smith, 2016 ..... 11-3 3/4 (3.45)**
6. Gina Shannon, 2001 ..... 11-2 1/4 (3.41)
7. Brittany Holst, 2013 ..... 11-1 (3.38)
8. Elyssa Tracy, 2015 ..... 10-6 (3.20)
9. Kacey Childs, 2000 ..... 8-0 1/2 (2.45)

## Long Jump

1. Aisha James, 2003 ..... 22-3 (6.78)
2. Zinnia Miller, 2014 ..... 20-6 1/2 (6.26)
3. Renee White, 2008 ..... 20-3 3/4 (6.19)
4. **Jahisha Thomas, 2015 ..... 20-3 (6.17)**
5. Carisa Leacock, 2014 ..... 19-11 3/4 (6.09)
6. Becki Borg, 1988 ..... 19-7 1/4 (5.97)
7. Cassidy Ellis, 2015 ..... 19-6 1/4 (5.95)
8. Lisa Moats, 1986 ..... 19-6 (5.95)
9. Tammilee Kerr, 2008 ..... 19-4 1/4 (5.90)
10. Yolanda Hobbs, 1993 ..... 19-2 1/2 (5.85)

## Triple Jump

1. Renee White, 2008 ..... 43-10 3/4 (13.36)
2. **Jahisha Thomas, 2016 .... 42-3 1/2 (12.89)**
3. Zinnia Miller, 2014 ..... 42-0 1/2 (12.81)
4. Tiffany Johnson, 2007 ..... 41-8 3/4 (12.72)
5. Carisa Leacock, 2012 ..... 40-10 1/2 (12.46)
6. Becki Borg, 1988 ..... 40-7 1/2 (12.38)
7. **T. Seawater-Simmons, 2016 40-1 1/4 (12.22)**
8. Lynn McMillan, 1988 ..... 39-6 1/2 (12.05)
9. Lynn, 1998 ..... 39-0 (11.88)
10. Kacey Childs, 2001 ..... 37-8 (11.48)

## Shot Put

1. Lisa Van Steenwyk, 1992 ..... 50-8 (15.44)
2. Gail Smith, 1984 ..... 50-3 1/4 (15.32)
3. Denise Taylor, 1992 ..... 50-1 3/4 (15.28)
4. Kamesha Marshall, 2005 . 48-6 3/4 (14.80)
5. Laura Kriener, 1990 ..... 48-2 1/2 (14.69)
6. Jennifer Gilson, 2002 ..... 47-10 (14.58)
7. Rachel Curry, 2013 ..... 47-9 1/4 (14.56)
8. Jennifer Moon, 2000 ..... 47-5 1/4 (14.46)
9. Courtney Fritz, 2014 ..... 46-6 1/4 (14.18)
10. Mandy Chandler, 2006 ..... 46-0 (14.02)

## Discus

1. Majesty Tutson, 2013 ..... 181-1 (55.19)
2. **Dakotah Goodell, 2014 ..... 169-4 (51.62)**
3. Tiffany Medenwaldt, 2010 .. 161-3 (49.16)
4. Denise Taylor, 1992 ..... 160-5 (48.90)
5. Amanda Stahle, 2014 ..... 159-3 (48.54)
6. Lisa Van Steenwyk, 1991 ..... 159-1 (48.50)
7. Gail Smith, 1983 ..... 158-2 (48.22)
8. Ashlyn Gulvas, 2011 ..... 154-11 (47.23)
9. Courtney Fritz, 2012 ..... 154-1 (46.96)
10. Kamesha Marshall, 2005 ... 152-11 (46.62)
- Lindsay Herra, 2015 ..... 152-11 (46.60)**

## Javelin

1. Alana Redfern, 2003 ..... 181-5 (55.30)
2. Tammilee Kerr, 2008 ..... 163-5 (49.81)
3. Mandy Beck, 1999 ..... 153-4 (46.74)
4. **Dakotah Goodell, 2015 153-3 1/4 (46.71)**
5. Terri Soldan, 1983 ..... 152-6 1/4 (46.48)
6. **Kayla Hochhalter, 2015 ..... 152-6 (46.48)**
7. Shani Renning, 1990 ..... 152-3 (46.40)
8. Clara Simon, 1981 ..... 149-9 (45.64)
9. Janet Adams, 1984 ..... 148-7 (45.28)
10. Amanda Stahle, 2014 ..... 148-0 (45.11)

## Hammer Throw

1. Annemie Smith, 2015 .... 200-1 1/2 (60.99)
2. Jasmine Simpson, 2013 ..... 197-7 (60.23)
3. Becca Franklin, 2007 ..... 195-0 (59.45)
4. Ashlyn Gulvas, 2014 ..... 192-9 (58.75)
5. **Leah Colbert, 2015 ..... 178-9 (54.49)**
6. Kelsey Taylor, 2011 ..... 177-0 (53.95)
7. Tiffany Medenwaldt, 2010 171-11 (52.40)
8. Erin O'Hern, 2008 ..... 168-9 (51.45)
9. Chelsea Colpitts, 2013 ..... 162-5 (49.51)
10. Kerri Blackstone, 1999 ..... 161-10 (49.32)

# MEN'S OUTDOOR ALL-TIME TOP 10 RELAYS

## 400-Meter Relay

1. Mincy, **Wilson, Harrington**, Brown, 2014..... 39.19
2. Mincy, Austin, E. Holmes, Larney, 2013 ..... 39.31
3. Beecham, Duckett, Greer, R. Smith, 1984 ..... 39.48
4. **Brissett, Harris, Harrington, Mallett, 2016**..... **39.53**
5. Mullen, Austin, E. Holmes, Larney, 2013 ..... 39.66
- Saucer, Jr., Thompson, Harrington, Mallett, 2015**..... 39.66
7. **Saucer, Jr., Mallett, Harrington**, Brown, 2015 ..... 39.67
8. Page, Davis, Rozell, Morris, 1996..... 39.73
- Brown, **Harrington**, Mincy, **Wilson**, 2014..... 39.73
- Thompson, Brissett, Harrington, Mallett, 2016**..... **39.73**

## 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. **Thompson, Brissett, Harrington, Ganschow, 2016** ..... **1:23.36**
2. Richardson, Sayon, Richards, Chaney, Jr., 2009 ..... 1:24.85
3. Harrington, Thompson, VanCleave, Mallett, 2014 ..... 1:24.86
4. Austin, Brown, Larney, VanCleave, 2013 ..... 1:25.60
5. Barclay, McCalister, Jensen, Elliott, 1979..... 1:26.39
6. Thomas, Balkrishnan, Patterson, Freidrich 1991 ..... 1:28.38
7. Balkrishnan, Patterson, Thomas, Freidrich, 1991 ..... 1:29.04

## 1,600-Meter Relay

1. Morris, Davis, Page, Rozell, 1995..... 3:03.11
2. Branch, Dwight, Dodge, Yamini, 1999 ..... 3:03.29
3. Ferree, Frazier, Mondane, Reimer, 1967 ..... 3:04.10
4. Rozell, Morris, Davis, Yamini, 1996..... 3:04.71
5. Willey, Barton, Richards, Sowinski, 2010..... 3:05.61
6. Richards, Davey, E. Holmes, Sowsinski, 2012 ..... 3:05.77
7. Cameron, Williams, McGhee, McCoy, 1985 ..... 3:06.00
8. Rozell, Davis, Dwight, Raymond, 1997 ..... 3:06.06
- Dodge, Kunkel, Coleman, Peterson, 2001 ..... 3:06.06
10. Austin, Davey, Richards, Sowinski, 2012..... 3:06.49

## Sprint Medley Relay

1. McCorkle, Jones, Chung, Strozier, 1990 ..... 3:15.64
2. Sayon, Austin, Willey, Sowinski, 2011 ..... 3:16.18
3. Richards, Larney, Davey, Sowinski, 2012 ..... 3:17.25
4. Richardson, Richards, Willey, Sowinski, 2010..... 3:17.74
5. **Saucer, Jr., Brissett, Harris, Lilly, 2016**..... **3:18.53**
6. Armstrong, Thomas, Maybank, Strozier, 1991 ..... 3:18.93
7. Yamini, Davis, Dodge, Donovan, 1999..... 3:19.87
8. Richards, Chaney, Jr., Barton, Hairston, 2009 ..... 3:20.05
9. **Harrington, Mallett**, Davey, **W. Teubel**, 2014..... 3:20.08
10. McCorkle, Armstrong, Chung, Strozier, 1990 ..... 3:20.43

## 3,200-Meter Relay

1. Schum, Christensen, Steffen, Criswell, 1971 ..... 7:18.60
2. Hairston, Prom, Thode, Sowinski, 2011..... 7:23.77
3. Corrigan, Blackman, Strozier, Chambers, 1989 ..... 7:29.00
4. **Melchert, Dorman, Lilly, Larrison, 2016**..... **7:30.32**
5. **Lilly, Dorman, W. Teubel**, Davey, 2015..... 7:31.48
6. Willey, Braff, Sowinski, Hairston, 2009 ..... 7:33.08
7. Tweedy, Gajewski, Linden, O'Hollearn, 2005 ..... 7:33.12
8. Cunningham, Tweedy, S. Allen, Thomas, 2001..... 7:34.12
9. Long, Tweedy, Dziubski, O'Hollearn, 2004 ..... 7:35.10
10. 1999 ..... 7:36.43

## Distance Medley Relay

1. Pershing, Moeller, Slack, Docherty, 1978 ..... 9:39.94
2. Kuczwarra, Barton, Hairston, Thode, 2011 ..... 9:41.37
3. N. Holmes, Van Cleave, Sowinski, Thode, 2012..... 9:41.59
4. Young, Barton, Kuczwarra, Luciano, 2010..... 9:42.97
5. Prom, Davey, Weir, Witt, 2013..... 9:53.83
6. Theisen, Williams, Wiesa, Waters, 1985 ..... 9:54.04
7. Wilfong, Slaymaker, **Teubel**, Witt, 2013 ..... 9:54.05
8. Luciano, Pierre, Hairston, VanDenend, 2007..... 9:54.07
9. VanDenend, Riley, O'Hollearn, Rakaric, 2006..... 9:54.97
10. Feeldy, Eischeid, Novotny, Peters, 1996 ..... 9:55.71

## 6,400-Meter Relay

1. Pershing, Fuller, Moeller, Docherty, 1978..... 16:27.70
2. Rakaric, Webster, MacTaggart, VanDenend, 2006..... 16:55.43
3. Lewis, Witt, **Hart**, Fourman, 2015 ..... 16:58.44
4. **Price, Eklin, Gardarsson, Docherty, 2016** ..... **17:00.30**
5. Paul, Kadlec, Thode, Luciano, 2010 ..... 17:01.46
6. Witt, Lewis, **Hart**, Butler, 2014 ..... 17:01.65
7. N. Holmes, Witt, Thode, Lewis, 2012 ..... 17:02.26
8. Thomas, Allen, Rakaric, Lloyd, 2003 ..... 17:06.27
9. Pittman, Novotny, Feeldy, Marquardt, 1995 ..... 17:12.49
10. Bakker, Feeldy, Peters, Pittman, 1996 ..... 17:13.10



# WOMEN'S OUTDOOR ALL-TIME TOP 10 RELAYS

## 400-Meter Relay

1. **Kwaza, Guster, Guillory, Hernandez, 2016** .....**44.04**
2. **Kwaza, Guster, Chapman, Guillory, 2016** .....**44.41**
3. **Kwaza, Guster, Hernandez, Brown, 2014** ..... 44.51
4. **Kwaza, Guster, Holder, Brown, 2014**..... 44.62
5. Poole, Reid, Floyd, Hobbs, 1994..... 44.63
6. Charles, Williams, Providence, James, 2003 ..... 44.71  
**Brown, Kwaza, Ellis, Holder, 2015**..... 44.71
8. Floyd, Hobbs, Poole, Reid, 1994..... 44.80
9. **Thomas, Guster, Chapman, Guillory** .....**44.88**
10. **Holder, Guster, Kwaza, Brown, 2015** ..... 44.93

## Shuttle Hurdle Relay

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

## 800-Meter Relay

1. Hobbs, Reid, Floyd, Poole, 1994..... 1:35.69
2. Roach, McCalla, Alexander, Johnson, 2006 ..... 1:36.19
3. **Chapman, Roberts-Lewis, Champe, Brown, 2016** .....**1:36.98**
4. Williams, Charles, Fouchè, Providence, 2003..... 1:37.49
5. Herrmann, McCalla, Raymond, Roach, 2004..... 1:37.66
6. Charles, Dixon, Knight, Prendergast, 2002 ..... 1:38.15
7. Prendergast, Dixon, Knight, Providence, 2001 ..... 1:38.73
8. Trusty, Hendricks, Graham, Erickson, 2009 ..... 1:38.79
9. Dixon, Knight, Prendergast, Providence, 2001 ..... 1:38.93
10. Dixon, Providence, Knight, Charles, 2001..... 1:39.68

## 1,600-Meter Relay

1. **Guster, Guillory, Holder, Hernandez, 2016**.....**3:32.63**
2. **Holder, Guillory, Hernandez, Guster, 2016**.....**3:33.25**
3. **Hernandez, Guillory, Holder, Guster, 2016**.....**3:33.65**
4. **Guster, Hernandez, Holder, Kwaza, 2014**..... 3:34.83
5. Praska, Hendricks, Liverpool, Erickson, 2011 ..... 3:35.93
6. **Guster, Watts, Hernandez, Kwaza, 2014** ..... 3:36.09
7. Hume, Charles, Steffen, Williams, 2003 ..... 3:36.26
8. **Kwaza, Guster, Hernandez, Holder, 2014**..... 3:36.40
9. Simsonson, Liverpool, Erickson, Sack, 2012 ..... 3:37.57
10. **Guster, Watts, Holder, Kwaza, 2014**..... 3:37.73

## Sprint Medley Relay

1. Jones, Hendricks, Liverpool, Praska, 2011..... 3:48.63
2. **Brown, Kwaza, Guster, Watts, 2014** ..... 3:51.18
3. **Kwaza, Guster, Holder, Watts, 2016**.....**3:52.62**
4. **Kwaza, Brown, Guster, Trost, 2015** ..... 3:53.29
5. **Kwaza, R. Moore, Holder, Alexia, 2013**..... 3:54.51
6. Trusty, R. Moore, Hendricks, Praska, 2010 ..... 3:56.53
7. Reid, Philip, Hobbs, Benning, 1995 ..... 3:56.54
8. Roach, Alexander, McCalla, Stanley, 2005 ..... 3:56.99
9. **Kwaza, R. Moore, Alexia, Nelson, 2013**..... 3:58.72
10. Clarke, Graham, Jones, Poncé, 2007 ..... 3:59.34

## 3,200-Meter Relay

1. Suppelsa, Wodek, Kruckeberg, Schneckloth, 1987..... 8:46.45
2. Lahann, Stanley, Hume, Barber, 2004 ..... 8:48.87
3. Schneckloth, Roberts, Hawkins, Kruckeberg, 1989 ..... 8:49.38
4. Trost, Maser, Alexia, **Nelson, 2014**..... 8:49.95
5. **Nelson, Watts, Wilberding, Sindt, 2016**.....**8:51.90**
6. Flood, Dlhy, L. Hardesty, Docherty, 2009..... 8:53.91
7. Armstrong, Stanley, Laney, Hume, 2005..... 8:54.27
8. O'Brien, Camarigg, Williams, Stormo, 1981 ..... 8:54.36
9. Flood, Melander, Praska, Hardesty, 2010 ..... 8:54.45
10. Drapcho, Schlader, Williams, Stormo, 1980 ..... 8:56.14

## 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. Dlhy, Erickson, Docherty, Anderson, 2010..... 11:43.06

## 6,400-Meter Relay

1. Flood, Melander, A. Hardesty, L. Hardesty, 2010..... 19:05.63
2. Nukuri, Marchand, Henize, Armstrong, 2008..... 19:15.42
3. Flood, Laesch, Ranegar, Melander, 2012 ..... 19:16.73
4. Flood, Eilers, Melander, L. Hardesty, 2011 ..... 19:17.52
5. Flood, Melander, A. Hardesty, Eilers, 2009..... 19:36.43
6. Scott, Gordon, Schrulle, Gambrall, 2013 ..... 19:41.15
7. **Jones, Bote Gonzalez, Wilberding, Reischmann, 2015** ... 19:59.72
8. Maser, Price, **Wilberding**, Montuclard, 2014 ..... 20:23.27
9. Chapple, Laney, Donlon, Sokol, 2005 ..... 20:39.12
10. Arens, Barber, Butler, Roberts, 2001 ..... 20:40.89



**Men's Outdoor Champions**

**100 Yards**

Dennis Kohl, 1966..... 9.6

**120-Yard High Hurdles**

Russell Merkel, 1950 ..... 14.4

Les Stevens, 1956 ..... 14.2

**100 Meters**

George Page, 1995 ..... 10.50

George Page, 1996 ..... 10.08

Tim Dwight, 1999 ..... 10.51

Justin Ausin, 2013..... 10.27

**110-Meter High Hurdles**

Pat McGhee, 1989 ..... 13.74

Aaron Mallett, 2015 ..... 13.40

**220 Yards**

Eric Wilson, 1921..... 22.0

Eric Wilson, 1923..... 21.2

John Everingham, 1927 ..... 22.0

Dennis Kohl, 1966..... 20.6

**220-Yard Low Hurdles**

Charles Brookins, 1922..... 23.8

Charles Brookins, 1923..... 23.2

Charles Brookins, 1924..... 23.8

Frank Cuhel, 1926..... 23.9

Frank Cuhel, 1927..... 24.2

Frank Cuhel, 1928..... 23.6

George Saling, 1932..... 23.0

**200 Meters**

Andre Morris, 1995 ..... 20.64

Bashir Yamini, 1998 ..... 21.10

Bashir Yamini, 1999 ..... 21.39

Justin Austin, 2011 ..... 20.46

Justin Austin, 2013 ..... 20.86

**330-Yard Int. Hurdles**

Donald Gardner, 1963 ..... 37.7

Jon Reimer, 1965 ..... 36.1

**440 Yards**

Chan Coulter, 1924 ..... 50.4

George Baird, 1927..... 49.1

John Brown, 1959..... 48.1

Mike Mondane, 1967 ..... 46.4

Mike Mondane, 1968 ..... 47.5

Dick Eisenlauer, 1975..... 47.1

**440-Yard Int. Hurdles**

Jon Reimer, 1965 ..... 50.8

**400 Meters**

Anthuan Maybank, 1991 .... 45.76

Anthuan Maybank, 1993 .... 45.91

Andre Morris, 1995 ..... 45.39

Andre Morris, 1996 ..... 46.38

Steven Willey, 2010 ..... 46.12

**400-Meter Hurdles**

Pat McGhee, 1986 ..... 50.94

Pat McGhee, 1988 ..... 50.01

Pat McGhee, 1989 ..... 49.63

Ray Varner, 2010..... 50.61

Ethan Holmes, 2013 ..... 50.78

**660 Yards**

Roger Kerr, 1963 ..... 1:17.4

Mike Mondane, 1966 ..... 1:17.7

**880 Yards**

Harry Morrow, 1924 ..... 1:57.0

Ted Wheeler, 1956..... 1:51.7

Bill Frazier, 1962 ..... 1:50.1

Bill Frazier, 1963 ..... 1:50.6

**800 Meters**

D'Juan Strozier, 1990 ..... 1:47.17

**Mile**

Ted Wheeler, 1956..... 4:12.7

Charles Jones, 1957 ..... 4:17.0

Charles Jones, 1958..... 4:09.2

**3,000-Meter Steeplechase**

Rollie Kitt, 1967 ..... 9:02.9

Steve Pershing, 1977 ..... 9:00.1

**Two Miles**

Richard Ferguson, 1952 .... 9:19.0

Richard Ferguson, 1953 .... 9:26.6

Charles Jones, 1957 ..... 9:14.0

**Three Miles**

Larry Wiczorek, 1968..... 13:58.0

**10,000 Meters**

Kevin Herd, 1994 ..... 30:05.21

Micah VanDenend, 200730:28.50

**Long Jump**

Edward Gordon, 1929.... 24-1 3/4

Edward Gordon, 1930.... 24-8 1/4

Edward Gordon, 1931.... 24-1 1/2

Earl Smith, 1954 ..... 23-1

Quinn Early, 1986 ..... 24-11

Anthuan Maybank, 1993 25-9 1/2

Bashir Yamini, 1997 ..... 26-8 1/4

**High Jump**

E.J. Baker, 1905 ..... 5-10 1/4

\*Edward Gordon, 1929..... 6-0

Bill Knoedel, 1975..... 7-3

Bill Hansen, 1976..... 7-2

Ryan Kelly, 2008..... 6-10 3/4

**Triple Jump**

Troy Doris, 2011..... 53-8 1/2

Troy Doris, 2012..... 54-8

Babatunde Amosu, 2015 ..... 53-0

**Pole Vault**

\*Xavier Boyles, 1926 ..... 12-9 1/2

Bill Burnette, 1966..... 15-3

Phil Wertman, 1971..... 16-1 1/2

John Tefer, 1972..... 16-0

Todd Wigginton, 1984 ..... 17-0

**Discus**

C.H. Swift, 1902 ..... 118-9

C.H. Swift, 1903 ..... 117-7 1/2

Merle Alderman, 1910 129-8 1/2

John Hancock, 1925..... 138-2

Jeremy Allen, 1998 ..... 185-9

Jeremy Allen, 2001 ..... 194-5

Tim Brodersen, 2005 ..... 187-0

Tim Brodersen, 2006 ..... 181-2

**Shot Put**

Chris Gambol, 1987 ..... 60-0 1/2

Jeremy Allen, 2001 ..... 62-2 1/4

John Hickey, 2007 ..... 58-4 1/2

**Hammer**

A. van der Westhuizen, 1999. 202-3

A. van der Westhuizen, 2000. 218-5

Jim Costello, 2002..... 217-7

Adam Hamilton, 2006 ..... 208-1

**Javelin**

L.D. Weldon, 1930 ..... 184-5 1/2

L.D. Weldon, 1931 ..... 191-4 1/2

Mark Panther, 1934 ..... 208-2

Mark Panther, 1935 ..... 219-7 3/8

Bushnell Lamb, 1936 ... 194-4 1/2

Bushnell Lamb, 1938 ..... 202-8

Bill Neumann, 2002 ..... 231-8

Bill Neumann, 2003 ..... 238-2

Matt Byers, 2010 ..... 220-6

Matt Byers, 2011 ..... 235-4

Matt Byers, 2012 ..... 222-10

**Men's Outdoor Relay Champions**

**400-Meter Relay**

Beecham, Duckett, Greer, Patrick, 1983 ..... 39.99

McCoy, Duckett, Greer, Smith, 1984..... 40.11

Davis, Morris, Rozell, Page, 1995..... 40.03

Dwight, Branch, Davis, Yamini, 1998 ..... 40.27

Branch, Dwight, Dodge, Yamini, 1999 ..... 40.66

Coleman, Kunkel, Peterson, Dodge, 2001 ..... 40.15

Mullen, Austin, E. Holmes, Larney, 2013 ..... 40.20

Brown, Harrington, Mincy, Wilson, 2014..... 39.35

**400-Yard Relay**

Johnson, Lake, Eisenlauer, Wellington, 1974..... 41.2

**Mile Relay**

Beck, Noll, Keppler, Wilson, 1922 ..... 3:20.0

Stevenson, Stamats, Baird, Cuhel, 1928..... 3:20.2

Stevenson, Ferguson, Depping, Baird, 1929..... 3:20.7

Levinson, Boylan, Ebert, Scott, 1953 ..... 3:16.4

Richards, Hollingsworth, Frazier, Kerr, 1962 ..... 3:12.3

Richards, Hollingsworth, Frazier, Kerr, 1963 ..... 3:11.2

Thompson, Feree, Randolph, Reimer, 1965 ..... 3:12.1

Ferree, Frazier, Mondane, Reimer, 1967 ..... 3:08.7

Teberg, Stevens, Frazier, Mondane, 1968..... 3:13.3

**1,600-Meter Relay**

Chung, Williams, McGhee, Leonard, 1986 ..... 3:07.05

Branch, Dwight, Dodge, Yamini, 1999 ..... 3:09.09



# UNIVERSITY OF IOWA BIG TEN OUTDOOR CHAMPIONS & AWARDS

## OUTDOOR TRACK AND FIELD CHAMPIONSHIPS

### Women's Outdoor Champions

#### 100 Meters

Vivien McKenzie, 1983 ..... 11.90  
 Vivien McKenzie, 1984 ..... 11.50  
 Vivien McKenzie, 1985 ..... 11.63

#### 400 Meters

Ellen Grant, 1997 ..... 52.82  
 Shellene Williams, 2003 ..... 53.58  
 Shellene Williams, 2004 ..... 52.97  
 Kineke Alexander, 2007 ..... 52.15  
 Elexis Guster, 2014 ..... 52.77  
 Elexis Guster, 2015 ..... 52.19

#### 400-Meter Hurdles

Wynsome Cole, 1998..... 56.67

#### 800 Meters

Bethany Praska, 2011 ..... 2:05.63

#### 5,000 Meters

Nan Doak, 1982 ..... 16:26.63  
 Tracy Dahl, 1992 ..... 16:22.01  
 Diane Nukuri, 2008..... 16:24.21  
 McKenzie Melander, 2012 16:14.03

#### 10,000 Meters

Jennifer Brower, 1992.... 34:29.61  
 Meghan Armstrong, 2008. 33:49.03

#### High Jump

Peaches Roach, 2004..... 5-11 1/4  
 Peaches Roach, 2007 ..... 6-0  
 Khanishah Williams, 2014.. 5-9 1/4

#### Shot Put

Lisa Van Steenwyk, 1993 47-4 1/2

#### Long Jump

Aisha James, 2003 ..... 21-4

#### Triple Jump

Renee White, 2009 ..... 43-10 3/4

### Women's Outdoor Relay Champions

#### 400-Meter Relay

Floyd, Hobbs, Poole, Reid, 1994 ..... 44.80  
 Underwood, Cole, Grant, Wynter, 1997 ..... 46.53  
 Kwaza, Guster, Holder, Brown, 2014..... 44.62

#### 1,600-Meter Relay

Hume, Charles, Steffen, Williams, 2003 ..... 3:38.95  
 Praska, Hendricks, Erickson, Liverpool, 2011 ..... 3:36.51

### Big Ten Championships Honors

#### Men's Awards

##### Athlete of the Year

1989 Pat McGhee (O)  
 1993 Anthuan Maybank (O)  
 2011 Justin Austin (O)  
 2013 Justin Austin (O)

##### Track Athlete of the Meet

1989 Pat McGhee (O)  
 1999 Tim Dwight (O)  
 2011 Justin Austin (O)  
 2013 Jusin Austin (O)

##### Freshman of the Year

1996 Bashir Yamini (I)  
 1998 Jeremy Allen (I, O)

#### Women's Awards

##### Track Athlete of the Year

2007 Kineke Alexander (I)

##### Freshman of the Year

1998 Erica Broomfield (I)  
 2004 Peaches Roach (O)

I - Indoor, O - Outdoor

I - Indoor, O - Outdoor



*Elexis GUSTER*  
 2014, 2015 B1G Champion  
 400 meters



*Aaron MALLETT*  
 2015 B1G Champion  
 110m hurdles