

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



TRACK AND FIELD CONTACT: BRANDEE BRITT

March 20, 2013

2013 IOWA TRACK & FIELD OUTDOOR SCHEDULE

Date	Meet
Mar. 22-23	Alabama Relays (Tuscaloosa, Ala.)
Mar. 27	Central Invite (Pella, Iowa)
Mar. 29-30	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 opens the 2013 outdoor season at the Alabama Relays on Friday and Saturday. The event is scheduled to begin Friday at 2 p.m. It will be held at the Sam Bailey Track and Field Stadium in Tuscaloosa, Ala.

LIVE RESULTS

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

RETURNING ALL-AMERICANS

Matt Byers, Justin Austin and Ethan Holmes return to the outdoor track for their senior seasons. Byers and Austin received second-team All-America honors, while Holmes earned honorable mention All-America honors during the 2012 outdoor season. Byers recorded a toss of 237-6 (72.30m) to place 10th in the javelin at the NCAA Outdoor Championships, while Austin clocked a 20.70 in the 200 meters. Holmes earned a pair of honors following a 19th place finish in the 110-meter hurdles and an 18th place finish in the 400-meter hurdles.

RETURNING ALL-BIG TEN PERFORMERS

Matt Byers received first team All-Big Ten honors, while Ethan Holmes earned second team honors at the 2012 Big Ten Outdoor Championships. Byers became the fourth Hawkeye in school history to win three Big Ten outdoor titles in the same event when he scored a winning throw of 222-11 (67.94m) in the javelin. Ethan Holmes grabbed a silver medal in the 110-meter hurdles with a time of 13.74.

HAVING A FIELD DAY

Four Hawkeyes hold hammer throw marks that rank among the school's all-time top 10. Sophomore Annemie Smith's mark of 187-7 (57.19m) ranks second all-time. Juniors Ashlyn Gulvas (182-3; 55.55m) and Jasmine Simpson (181-10; 55.42m) rank third and fourth, respectively, while senior Majesty Tutson's toss of 156-9 (47.77m) ranks ninth. Tutson holds the school record (172-11 (52.72m) in the discus, while Gulvas (154-11; 47.23m) and junior Courtney Fritz (154-1; 46.96m) rank sixth and seventh, respectively.

HAWKEYES AT HOME IN 2013

The Hawkeyes will host the 14th annual Musco Twilight on Apr. 20. The event will be held at the Francis X. Cretzmeyer Track.

CHAMPIONSHIP SEASON

The 2013 Big Ten Indoor Championships will be held in Columbus, Ohio, on May 10-12. The NCAA Regionals are set for May 23-25 in Austin, Texas, while the NCAA Championships will be held in Eugene, Ore., June 5-8.

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HAWKEYE TRACK & FIELD



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A SHOT AT HISTORY

Senior Matt Byers has been crowned the Big Ten javelin Champion in each of the last three seasons. Byers has a chance to become the first athlete in Iowa history to win four Big Ten gold medals in the same event. Byers would become the 10th male athlete in Big Ten history to accomplish the task and the first athlete in the javelin.

MEET THE RECORD HOLDERS

Three Hawkeyes on the 2013 roster account for four 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)

NEXT ON THE BLOCK

Iowa will travel to Pella, Iowa, on March 27 for the Central Invite before heading to the Stanford Invite in Palo Alto, Calif., on March 29-30.

DIRECTOR OF TRACK AND FIELD LARRY WIECZOREK

Larry Wieczorek is in his second season as Director of Track and Field for the University of Iowa. He served as head men's cross country coach for the Hawkeyes for 26 seasons (1987-2012) and head men's track and field coach for 16 seasons (1997-2012). Wieczorek served as an assistant track and field coach for 12 years (1985-96).

HEAD COACH LAYNE ANDERSON

Layne Anderson is second year as head cross country and track and field coach at the University of Iowa. He previously served as head coach of the Hawkeye women's cross country team (2003-11) and Hawkeye women's track and field team (2008-12). From 2003-07, he served as an assistant women's track and field coach for the Hawkeyes.

2011-12 OUTDOOR SEASON LEADERS

MEN		WOMEN	
100 meters	Justin Austin 10.40	100 meters	Raven Moore 11.78
110-meter hurdles	Ethan Holmes 13.74	100-meter hurdles	Khanishah Williams 14.59
200 meters	Justin Austin 20.65	200 meters	Erin Jones 23.71
400 meters	Erik Sowinski 46.81	400 meters	Ashley Liverpool 52.47
400-meter hurdles	Ethan Holmes 51.10	400-meter hurdles	Hannah Simonson 59.54
800 meters	Erik Sowinski 1:45.90	800 meters	Adrienne Alexia 2:11.04
1,500 meters	Jeff Thode 3:46.32	1,500 meters	Betsy Flood 4:19.62
3,000 meters	Kevin Lewis 8:35.86	3,000 meters	McKenzie Melander 9:21.59
5,000 meters	Nick Holmes 14:29.77	3,000-meter Steeple	Danielle Berndt 10:39.17
10,000 meters	Kevin Lewis 29:54.02	5,000 meters	McKenzie Melander 15:57.13
Shot Put	Matt Banse 56-11 1/2 (17.36m)	10,000 meters	McKenzie Melander 34:29.83
Discus	Gabe Hull 192-7 (58.70m)	Hammer Throw	Annemie Smith 187-7 (57.19m)
Hammer	Matt Banse 201-11 (61.55)	Javelin	Amanda Stahle 141-5 (43.10m)
Javelin	Matt Byers 237-6 (72.39m)	Discus	Majesty Tutson 172-11 (52.72 m)
High Jump	Jeffery Herron 7-4 1/4 (2.24m)	Shot Put	Sarah Ryan 34-5 3/4 (10.51m)
Long Jump	Jeffery Herron 24-7 (7.49m)	Long Jump	Carisa Leacock 19-0 3/4 (5.81m)
Triple Jump	Troy Doris 54-8 (16.66m)	Triple Jump	Carisa Leacock 40-10 1/2 (12.46m)
Pole Vault	Kyle Reid 15-9 1/4 (4.81m)	High Jump	Zinnia Miller 5-7 1/4 (1.71m)
400-meter relay	Richardson, Larney, Mincy, Austin 40.18	Pole Vault	Kirsten Weismantle 11-11 3/4 (3.65m)
1,600-meter relay	Richards, Davey, Holmes, Sowinski 3:05.77	400-meter relay	Jones, Moore, Liverpool, Simonson 45.45
Decathlon	Jack Eckert 6,813 points	1,600-meter relay	Simonson, Liverpool, Erickson, Sack 3:37.57
		Heptathlon	Sara Ryan 4,819 points

University of Iowa Athletic Communications Office - Carver-Hawkeye Arena, Iowa City, IA 52242
 Phone: 319/335-9411 - Fax: 319/335-9417 - www.hawkeyesports.com

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

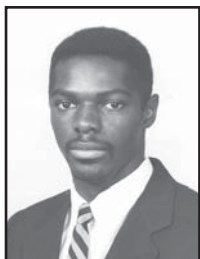
3,000-Meter Steeplechase

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, 2010 6,957 pts
2. Scott Faber, 2000 6,839 pts
3. Ryan Niver, 2008 6,837 pts
4. **Jack Eckert, 2012..... 6,813 pts**
5. Chad Ohly, 1994 6,641 pts
6. Gary Kostrubala, 1984..... 6,498 pts
7. Frank Prill, 2008 6,381 pts
8. 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)
3. Bill Knoedel, 1975..... 7-4 (2.23)
4. M. Cunningham, 1986 7-1 (2.16)
5. Kenneth Lansing, 1988..... 7-1 (2.16)
6. Pat Meade, 1987 7-0 1/4 (2.14)
7. Graham Valdes, 2012 6-11 3/4 (2.12)
8. Peter Hlavin, 1979 6-11 (2.11)
9. Scott Hudek, 1993 6-11 (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, 1997.....26-8 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, 1990.....52-0 1/2 (15.86)
3. Gordon Finch, 198850-9 1/4 (15.47)
4. Mike Lacy, 1984.....50-5 (15.36)
5. Pat Miller, 1985.....49-8 1/2 (15.25)
6. Matty Gorman, 2008.....49-2 1/2 (15.00)
7. Owen Gill, 198249-1 (14.96)
8. Josh Bean, 2010.....48-10 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, 1984 17-0 (5.18)
2. Chad Ohly, 1994 16-8 3/4 (5.10)
3. Curt Broek, 1978 16-8 (5.08)
4. Phil Wertman, 1971 16-7 (5.05)
5. Kelly Scott, 1988..... 16-7 (5.05)
6. John Teffer, 1972 16-2 (4.93)
7. **Kyle Reid, 2010 16-1 1/4 (4.91m)**
8. Alex Zona, 2009 16-0 3/4 (4.90)
9. Steve Brewer, 1983 16-0 (4.88)
10. Doug Pennino, 1985..... 16-0 (4.88)

Shot Put

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

Discus

1. A.J. Curtis, 2007 202-11 (61.84)
2. Gary Kostrubala, 1986.....202-4 (61.68)
3. Jeremy Allen, 2001 195-4 (59.54)
4. Tim Brodersen, 2005 193-6 (58.98)
5. **Gabe Hull, 2012..... 192-7 (58.70)**
6. Brad Daufeldt, 2004..... 185-0 (56.40)
7. Nick Brayton, 2009 180-11 (55.15)
8. Andy Banse, 2005 180-0 (54.86)
9. Eric Rothwell, 2004..... 179-7 (54.73)
10. Shane Maier, 2008 178-7 (54.43)

Hammer

1. A. van der Westhuizen, 2001 222-11 (67.94)
2. Adam Hamilton, 2007 222-2 (67.73)
3. Jim Costello, 2002 217-7 (66.32)
4. Brad Daufeldt, 2004..... 207-10 (63.34)
5. Chris Voller, 2005 206-0 (62.80)
6. Matt Banse, 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)
10. Ryan Lamparek, 2010 181-7 (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, 2001 199-0 (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.	Barclay, McCalister, Jensen, Elliott, 1979	1:26.39
3.	Thomas, Balkrishnan, Patterson, Freidrich 1991	1:28.38
4.	Balkrishnan, Patterson, Thomas, Freidrich, 1991	1:29.04

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.	Kuczvara, Barton, Hairston, Thode, 2011	9:41.37
3.	N. Holmes, Van Cleave , Sowinski, Thode, 2012	9:41.59
4.	Young, Barton, Kuczvara, Luciano, 2010	9:42.97
5.	Theisen, Williams, Wiesa, Waters, 1985	9:54.04
6.	Luciano, Pierre, Hairston, VanDenend, 2007	9:54.07
7.	VanDenend, Riley, O'Hollearn, Rakaric, 2006	9:54.97
8.	Feeldy, Eischeid, Novotny, Peters, 1996	9:55.71
9.	Thomas, Wise, Cunningham, S.Allen, 2001	10:01.57
10.	Thomas, Wakenight, Dziubski, Rakaric, 2003	10:01.72

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)
7. Becky Kaza, 1995..... 5-8 (1.73)
8. Eve Cullinan, 2003 5-8 (1.73)
9. **Zinnia Miller, 2012..... 5-7 1/4 (1.71)**
10. **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)
10. 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. Becca Franklin, 2007 195-0 (59.45)
2. **Annemie Smith, 2012 187-7 (57.19)**
3. **Ashlyn Gulvas, 2011..... 182-3 (55.55)**
4. **Jasmine Simpson, 2012 181-10 (55.42)**
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. Sara Joens, 1987 127-1 (38.74)

OUTDOOR ALL-TIME TOP TEN PERFORMERS

400-Meter Relay

1.	Poole, Reid, Floyd, Hobbs, 1994	44.63
2.	Charles, Williams, Providence, James, 2003	44.71
3.	Floyd, Hobbs, Poole, Reid, 1994	44.80
4.	Fouchè, Williams, Providence, James, 2003	45.02
5.	Alexander, Granger, Johnson, Roach, 2006	45.11
6.	Johnson, Roach, Clarke, Trusty, 2007	45.21
7.	Johnson, Alexander, Granger, Roach, 2005	45.30
8.	Granger, Johnson, Alexander, Roach, 2005	45.39
9.	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.	Clarke, Graham, Jones, Poncé, 2007	3:59.34
6.	Underwood, Clarke, Philip, Benning, 1995	3:59.75
7.	Jones, R. Moore , Erickson, Alexia , 2012	4:00.19
8.	2005	4:00.26
9.	Dixon, Providence, Hume, Butler, 2001	4:01.11
10.	Providence, Dixon, Charles, Hume, 2001	4:03.39

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