

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



TRACK AND FIELD CONTACT: BRANDEE BRITT

Feb. 12, 2014

2014 IOWA TRACK & FIELD INDOOR SCHEDULE

Date	Meet
Jan. 18	Big 4 Duals <i>M: 3-0 W: 3-0</i>
Jan. 24-25	Jack Johnson Classic <i>M: 2nd W: 2nd</i>
Jan. 31-Feb. 1	Bill Bergan Invite <i>M: 3rd W: 8th</i>
Feb. 7-8	Husker Invite <i>No team scores</i>
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 will split competitors between the Cyclone Classic in Ames, Iowa, and the Tyson Invitational in Fayetteville, Ark., this weekend.

TYSON INVITATIONAL

The Tyson Invitational is set to begin Friday at 11 a.m. (CT), and continue through Saturday. The invite will be held at the Randal Tyson Track Center on the campus of the University of Arkansas. Live results will be available on the hawkeyesports.com track and field schedule page.

CYCLONE CLASSIC

The Cyclone Classic is set to begin Friday at 11 a.m. (CT) and continue through Saturday. The event will be held at the Lied Recreational Center on the campus of Iowa State University. Live results will be available on the hawkeyesports.com track and field schedule page.

FOLLOW THE HAWKEYES

Follow [@IowaXC_TF](https://twitter.com/IowaXC_TF) on twitter for updates on the team. Live results are also available on the track and field schedule page at hawkeyesports.com.

HOLDER CLOCKS PERSONAL BEST

Sophomore MonTayla Holder clocked a personal-best 600 meters time at the Husker Invitational on Feb. 8. Holder's time of 1:30.22 currently ranks fifth all-time at Iowa and fifth in the Big Ten.

HARRINGTON CLIMBS CHARTS

James Harrington grabbed a fourth-place finish in the men's 200 meters. The sophomore crossed the line in a personal-best time of 21.21, a time that ranks third in the Big Ten and fourth all-time at Iowa.

TROST MAKES 800 METER DEBUT

Freshman Katharina Trost ran into the Iowa record book with her performance in the women's 800 meters at the Husker Invitational on Feb. 8. Trost clocked a time of 2:07.38 to finish second, just behind former Hawkeye and current school-record holder Bethany Praska. Trost's time ranks fourth all-time at Iowa and fourth in the Big Ten.

VANCLEAVE TAKES TITLE

Kaleb VanCleave took the men's 600 meters title at the Husker Invite on Feb. 8. The junior clocked a personal-best time of 1:19.59. His time currently ranks 14th in the Big Ten.

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TEUBEL RUNS INTO RECORD BOOK

Sophomore Will Teubel clocked a personal-best 600 meters time of 1:19.16 at the Husker Invite on Feb. 8. His time ranks ninth all-time at Iowa. Teubel recorded a converted 600 meters time of 1:18.82 at the Jack Johnson Classic, which ranks seventh in the Big Ten. (Times are converted due to track size).

COMPETITION IN THE 200

Sophomore James Harrington and senior Ethan Holmes rank fourth and fifth, respectively, on Iowa's all-time 200 meters list. Harrington posted his personal-best time of 21.21 at the Husker Invitational on Feb. 8, while Holmes posted his personal-best of 21.23 at the 2013 Big Ten Indoor Championships.

DEPTH IN THE 800

Four current Hawkeyes hold 800 meters top 10 times. Freshman Katharina Trost's time of 2:07.38 ranks fourth all-time at Iowa, while senior Adrienne Alexia's time of 2:08.95 ranks fifth. Sophomore Kaitlyn Nelson (2:09.58) and freshman Mahnee Watts (2:09.90) rank seventh and eighth, 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 men's 1,600-meter relay team earned a third-place finish at the Husker Invite on Feb. 8. The quartet of junior Kaleb VanCleave, sophomores James Harrington and Will Teubel, and senior Ethan Holmes recorded a season-best of 3:11.73 -- a time that ranks fifth in the Big Ten.

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>.

NEXT ON THE BLOCK

The Hawkeyes host the Iowa Invitational on Feb. 21.

2014 INDOOR SEASON LEADERS

MEN

60 meters	Tevin-Cee Mincy	6.73
60-meter hurdles ...	Aaron Mallett.....	7.94
200 meters	James Harrington.....	21.21
400 meters	Ethan Holmes	48.60
600 meters	Will Teubel.....	1:19.16
800 meters	Will Teubel	1:52.58
1,000 meters	Caleb Wilfong	2:30.17
Mile	Kevin Docherty	4:12.26
3,000 meters	Kevin Lewis	8:23.96
High Jump	Kevin Spejcher	6-11 (2.11m)
Pole Vault	Jack Eckert	14-11 (4.55m)
Long Jump	O'Shea Wilson	24-8 1/2 (7.53m)
Triple Jump	Klyvens Delaunay.....	50-5 1/4 (15.37m)
Shot Put	Gabe Hull	58-5 1/4 (17.81m)
Weight Throw	Gabe Hull	59-7 (18.16m)
Heptathlon	Jack Eckert	4,956 points
1,600-meter Relay	Van Cleave, Harrington, Teubel,	
	Holmes.....	3:11.73

WOMEN

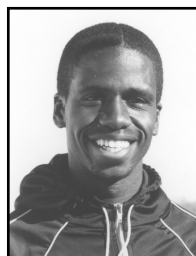
60 meters	Brown/Kwaza	7.41
60-meter hurdles ...	Madison Rouw.....	9.14
200 meters	Brittany Brown	24.20
400 meters	MonTayla Holder	54.37
600 meters	MonTayla Holder	1:30.22
800 meters	Katharina Trost.....	2:07.38
Mile	Katharina Trost.....	4:52.66
3,000 meters	Cynthia Saliba	10:15.72
High Jump	Khanishah Williams	5-7 (1.70m)
Long Jump	Carisa Leacock	19-1 1/4 (5.82m)
Triple Jump	Zinnia Miller.....	40-5 (12.32m)
Shot Put	Courtney Fritz	46-2 (14.07m)
Weight Throw	Annemie Smith	59-7 1/2 (18.17m)
Pentathlon	Kassidy Ellis.....	3,266 points
1,600-meter Relay ..	Kwaza, Holder, Watts	
	Guster	3:41.57

Bold indicates school record.

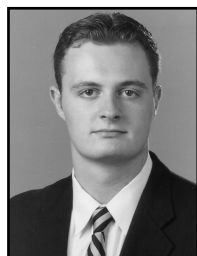
INDOOR ALL-TIME TOP TEN PERFORMERS



Justin Austin



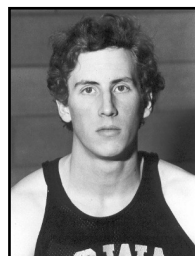
Rodney Chambers



Jim Costello



Troy Doris



Bill Hansen



John Hickey



Ethan Holmes

60 Meters

1. Justin Austin, 2011	6.69
2. Kurt Felix, 1999	6.73
Tevin-Cee Mincy, 2014	6.73
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

60-Meter Hurdles

1. Jordan Mullen, 2013	7.70
2. Ethan Holmes, 2013	7.82
3. Dion Trowers, 1997	7.87
4. Aaron Mallett, 2014	7.94
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
10. Keith Brown, 2014	8.14

200 Meters

1. Justin Austin, 2011	20.80
2. Anthuan Maybank, 1993	21.11
3. Bashir Yamini, 1999	21.19
4. James Harrington, 2014	21.21
5. Ethan Holmes, 2013	21.23
6. Tim Dodge, 2000	21.26
7. Paul Chaney, Jr., 2009	21.34
8. George Page, 1997	21.35
9. Zach Digney, 2004	21.39
10. Tony Branch, 1998	21.46

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
9. Ethan Holmes, 2013	47.63
10. Curtis Chung, 1989	47.65

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
8. Neil Flattery, 2013	1:19.13
9. Will Teubel, 2014	1:19.16
10. Monte Raymond, 1997	1:19.18

800 Meters

1. Erik Sowinski, 2012	1:47.62
2. Ryan Weir, 2013	1:49.11
3. Adam Hairston, 2010	1:49.26
4. Nathan Prom, 2013	1:49.29
5. Nick Kuczwar, 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

Mile

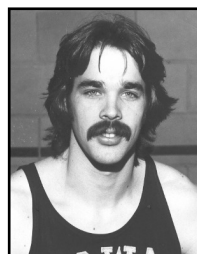
1. Jeff Thode, 2011	3:58.72
2. Ed DeLashmutt, 1981	4:04.01
3. Larry Wiczorek, 1968	4:04.40
4. John Clark, 1972	4:05.94
5. Adam Thomas, 2002	4:07.13
6. Kevin Herd, 1992	4:07.26
7. Jesse Luciano, 2009	4:07.29
8. Jake Berns, 2006	4:07.43
9. Micah VanDenend, 2007	4:07.54
10. Ted Wheeler, 1956	4:07.74

3,000 Meters

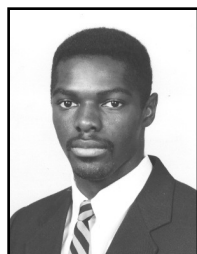
1. Jeff Thode, 2011	8:00.38
2. Micah VanDenend, 2006	8:00.81
3. Eric MacTaggart, 2006	8:08.79
4. Stetson Steele, 2000	8:09.54
5. Dan Haut, 2005	8:11.36
6. Kevin Herd, 1994	8:11.51
7. Kevin Lewis, 2013	8:12.36
8. Nick Holmes, 2010	8:15.48
9. Andy Napier, 2008	8:15.70
10. Larry Wiczorek, 1968	8:17.00

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
6. Kevin Lewis, 2013	14:16.74
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



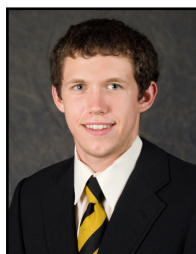
Bill Knoedel



Anthuan Maybank



Jordan Mullen



Nathan Prom



Kyle Reid

INDOOR ALL-TIME TOP TEN PERFORMERS



Patrick Richards



Keaton Rickels



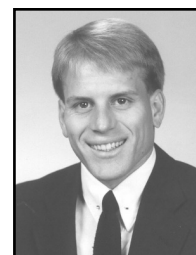
Erik Sowinski



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
4. **Jack Eckert, 2013**..... 5,071 points
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, 19937-0 1/2 (2.15)
4. Pat Meade, 19877-0 1/4 (2.14)
5. Mike Lacy, 1984.....7-0 (2.13)
6. M. Cunningham, 1984 6-11 1/4 (2.11)
7. **Kevin Spejcher, 2014** **6-11 (2.11)**
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, 198417-1 (5.21)
2. Dave Nielsen, 197516-10 (5.13)
3. Kyle Reid, 201316-6 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, 197116-4 (4.98)
7. Jeff Raymond, 2008.....16-2 (4.93)
8. John Teffer, 197216-1 (4.90)
9. Chad Ohly, 199515-9 (4.80)
Rich Palumbo, 198915-9 (4.80)

Long Jump

1. Anthuan Maybank, 1992.....26-5 1/2 (8.06)
2. Bashir Yamini, 199826-0 1/4 (7.93)
3. Darren Smith, 1991.....25-2 (7.67)
4. Paul Jones, 199024-11 1/4 (7.60)
5. Josh Larney, 2013.....24-10 (7.57)
6. Ronnie McCoy, 1984.....24-9 (7.54)
7. **O'Shea Wilson, 2014**.....**24-8 1/2 (7.53)**
Matty Gorman, 200624-8 1/2 (7.53)
9. Charles Jones, 1980.....24-8 1/4 (7.52)
10. Quinn Early, 198624-7 1/4 (7.50)

Triple Jump

1. Troy Doris, 2011.....54-0 (16.46)
2. Paul Jones, 199052-1 1/4 (15.88)
3. **Klyvens Delaunay, 2013 ... 51-3 1/2 (15.63)**
4. **Babatunde Amosu, 2013 50-10 3/4 (15.51)**
5. Mike Lacy, 1983.....49-0 (14.93)
6. Owen Gill, 198248-10 3/4 (14.90)
7. Josh Bean, 2009.....48-10 (14.88)
8. David Nsabua, 201348-9 (14.86)
9. Gordon Finch, 198848-3 3/4 (14.72)
10. Matty Gorman, 200648-3 1/2 (14.72)

Shot Put

1. John Hickey, 2009.....63-0 (19.20)
2. Jeremy Allen, 200162-10 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, 200560-9 1/4 (18.52)
6. Ken Kemeny, 2004.....60-0 1/2 (18.30)
7. Chris Gambol, 198759-0 (17.98)
8. A. van der Westhuizen, 1999 58-10 3/4 (17.95)
9. **Gabe Hull, 2014** **58-5 1/4 (17.81)**
10. A.J. Curtis, 200857-9 1/2 (17.61)

Weight Throw

1. Jim Costello, 200269-4 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, 200766-9 1/4 (20.35)
5. Jeremy Allen, 200165-10 1/4 (20.07)
6. Chris Voller, 2005.....63-4 (19.30)
7. Ryan Lamparek, 201261-2(18.62)
8. Brad Daufeldt, 200460-4 1/2 (18.40)
9. **Gabe Hull, 2014****59-7 (18.16)**
10. Ryan Jordan, 200859-0 (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, 20023:07.44
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, 19953:08.77
8. Dodge, Williamson, Card, Peterson, 2001.....3:08.82
9. Richards, E. Holmes, Barton, Willey, 20113:08.85
10. Branch, Dodge, Donovan, Yamini, 1999.....3:08.99

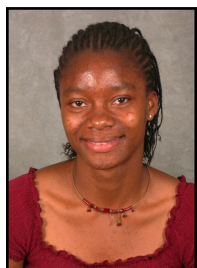
3,200 Meter Relay

1. Cooke, Nie, Monsey, Chambers, 19907:13.02
2. Corrigan, Blackman, Strozier, Chambers,
19897:29.00
3. English, Blackman, Strozier, Chambers, 1989 .7:36.20
4. 19777:39.40
5. 1986.....7:40.90
6. Bouske, Herd, Chambers, Koon, 19927:43.94
7. Bouska, Cook, White, Herd, 19927:48.63
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. Kuczvara, Barton, Kuhlman, N. Holmes,
20109:51.05
6. Marchese, Varner, Hairston, Luciano, 2009.....9:52.52
7. Paul, Varner, Hairston, Thode, 2010.....9:52.71
8. **Prom**, Richardson, Sowinski, Thode, 20119:57.44
9. Trainor, Faber, Cunningham, Allen, 20029:58.14
10. Newell, Eisenlauer, Tice, Clark, 197310:00.0

INDOOR ALL-TIME TOP TEN PERFORMERS



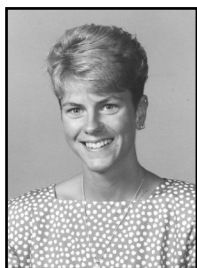
Kineke Alexander



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. **MonTayla Holder, 2014** 1:30.22
4. Senta Hawkins, 1987 1:30.77
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. **Katharina Trost, 2014** 2:07.38
5. **Adrienne Alexia, 2013** 2:08.95
6. Briana Benning, 1996 2:09.22
7. **Kaitlyn Nelson, 2013** 2:09.58
8. **Mahnee Watts, 2014** 2:09.90
9. Kay Stormo, 1981 2:11.04
10. Ann Pare, 1997 2:11.19

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

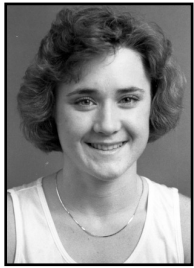


Ashley Liverpool



McKenzie Melander

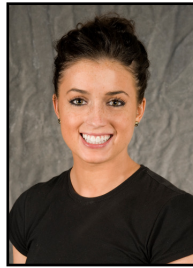
INDOOR ALL-TIME TOP TEN PERFORMERS



Lisa Moats



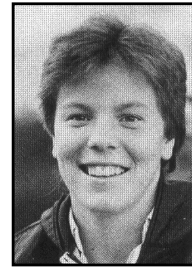
Diane Nukuri



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, 20056-0 3/4 (1.85)
2. Mary Mol, 19836-0 (1.83)
3. **Khanishah Williams, 2013.....5-11 1/4 (1.81)**
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)
7. Kacey Childs, 2001.....5-8 1/2 (1.74)
8. Traci Claussen, 19875-8 (1.73)
9. Kathy Gillespie, 1983.....5-7 3/4 (1.72)
10. Lynn McMillan, 1988.....5-7 1/4 (1.71)
- Tammilee Kerr, 20085-7 1/4 (1.71)

Pole Vault

1. Jessie Strand, 200412-5 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, 200110-6 (3.20)
6. Kacey Childs, 20019-0 (2.75)
7. Amy Kasparbauer, 2000.....8-0 (2.44)

Long Jump

1. Lisa Moats, 198619-6 (5.95)
2. Renee White, 200619-3 1/4 (5.87)
3. **Carisa Leacock, 201319-2 3/4 (5.86)**
4. Tiffany Johnson, 200719-2 1/2 (5.85)
5. Davera Taylor, 1984.....19-1 1/2 (5.83)
6. Yolanda Hobbs, 199319-1 (5.80)
7. Kamesha Marshall, 2005.....18-11 1/4 (5.77)
8. **Zinnia Miller, 2014.....18-10 1/2 (5.75)**
9. **Sarah Ryan, 2013.....18-8 (5.69)**
10. Catharine Parmiter, 2000.....18-7 1/2 (5.68)

Triple Jump

1. Renee White, 200842-4 (12.90)
2. Tiffany Johnson, 200741-3 3/4 (12.59)
3. **Carisa Leacock, 201240-5 1/2 (12.33)**
4. **Zinnia Miller, 2014.....40-5 (12.32)**
5. Becki Borg, 198739-6 (12.04)
6. Lynn McMillan, 198838-2 (11.63)
7. **Sarah Ryan, 2014.....37-5 1/4 (11.41)**
8. Lisa Moats, 198535-1 (10.69)
9. Becca Franklin, 200434-3 (10.44)
- Rachel Ballard, 201334-3 (10.44)

Shot Put

1. Gail Smith, 198551-0 (15.54)
2. Lisa Van Steenwyk, 199350-5 1/4 (15.37)
3. Kamesha Marshall, 2005.....49-2 1/4 (14.99)
4. Denise Taylor, 199248-9 (14.86)
5. **Rachel Curry, 2013.....48-2 1/2(14.69)**
6. Megan Maurer, 199547-5 3/4 (14.47)
7. Laura Kriener, 199047-5 (14.45)
8. Jennifer Gilson, 2002.....46-11 (14.30)
9. **Courtney Fritz, 201446-2 (14.07)**
10. Jennifer Moon, 200045-9 (13.94)
- Tiffany Medenwaldt, 2010.....45-9 (13.94)
- Micaela Haight, 201145-9 (13.94)

Weight Throw

1. **Ashlyn Gulvas, 2013.....63-6 (19.35)**
2. **Jasmine Simpson, 201362-6 1/2 (19.06)**
3. Kelsey Taylor, 201160-4 1/2 (18.40)
4. **Annemie Smith, 201360-0 1/4 (18.29)**
5. Majesty Tutson, 201158-4 (17.78)
6. Becca Franklin, 200758-3 1/4 (17.76)
7. Chelsea Colpitts, 201356-4 (17.17)
8. Erin O'Hern, 200856-3 (17.14)
9. Mandy Chandler, 200954-4 1/2 (16.57)
10. Kerri Blackstone, 199950-9 3/4 (15.48)

Pentathlon

1. Tammilee Kerr, 20083,974 points
2. Chris Davenport, 19833,798 points
3. Kamesha Marshall, 20053,701 points
4. Tiff Pedersen, 20043,511 points
5. **Sarah Ryan, 2013 3,472 points**
6. Maureen Abel, 19793,427 points
7. **Zinnia Miller, 2012 3,416 points**
8. Janet Adams, 19813,360 points
9. Janelle Jaspers, 19873,366 points
10. **Khanishah Williams, 2013 3,273 points**

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. **Kwaza, Holder, Watts, Guster, 2014 3:41.57**
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, Eilers, 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
9. Armstrong, Granger, Stanley, K. Anderson, 2006 11:29.54
10. Lahann, Williams, Stanley, Arens, 2004 11:30.36