

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



TRACK AND FIELD CONTACT: BRANDEE BRITT

FEBRUARY 27, 2013

2013 IOWA TRACK & FIELD INDOOR SCHEDULE

Date	Meet	Result
Jan. 12	Iowa Open (Iowa City, Iowa)	No team Scores
Jan. 19	Adidas Classic (Lincoln, Neb.)	M:2nd W: 3rd
Jan. 25-26	Bill Bergan Invite (Ames, Iowa)	M: 3rd W: 7th
Feb. 1-2	Meyo Invite (Notre Dame, Ind.)	No Team Scores
Feb. 8-9	Iowa State Classic (Ames, Iowa)	No Team Scores
	Tyson Invite (Fayetteville Ark.)	No Team Scores
Feb. 15	Iowa Invite (Iowa City, Iowa)	No Team Scores
Feb. 22-23	Big Ten Champs (Geneva, Ohio)	M: 7th W: 11th
Mar. 2	Last Chance Meet (Ames, Iowa)	
Mar. 8-9	NCAA Championships (Fayetteville, Ark.)	

IOWA COACHING STAFF

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

THIS WEEK

The University of Iowa track and field team will send 12 athletes to the Iowa State Qualifier on Saturday. The event will be held at the Lied Recreational Center in Ames, Iowa, and is set to begin at 10 a.m. Live results will be available on the track and field schedule page on hawkeyesports.com.

LAST CHANCE PARTICIPANTS

Adrienne Alexia, Kaitlyn Nelson, Khanishah Williams, Josh Larney, Ethan Holmes, Klyvens Delaunay, Keaton Rickels, Ryan Weir, Nathan Prom, Tevin-Cee Mincy, Kyle Reid, and Mitch Wolff will all head to the Iowa State Qualifier. The event marks the final chance for athletes to qualify for the NCAA Indoor Track and Field Championships.

NCAA QUALIFYING STANDARDS

Qualification to the championships is based on descending-order list for the season and adhering to the qualifying regulations/criteria published on NCAA.org. For each individual event contested, the top 16 declared student-athletes will be accepted into the competition. For each relay event contested, the top 12 declared relay teams will be accepted into the competition.

ALL-BIG TEN

Senior Jordan Mullen earned first team All-Big Ten honors for his performance in the 60-meter hurdles at the Big Ten Championships on Feb. 23. Mullen recorded a school record-setting mark of 7.70 to take the Big Ten title. Senior Josh Larney and sophomore Babatunde Amosu earned second team All-Big Ten honors. Larney grabbed a second-place finish in the 60 meters when he crossed the line in 6.75. Amosu recorded a personal-best triple jump leap of 50-10 3/4 (15.51m) to finish second.

ON THE NCAA BOARD

Three athletes rank among the top 25 in the nation in their respective events. Senior Jordan Mullen's 60-meter hurdles time of 7.70 ranks eighth, while Holmes' time of 7.83 ranks 24th. Senior Josh Larney's long jump mark of 24-10 (7.57m) ranks 21st.

HOLMES CLIMBS THE CHARTS

Senior Ethan Holmes clocked a personal-best 200 meters time of 21.23 at the Big Ten Championships of Feb. 22. That time ranks fourth all-time at Iowa. Holmes has recorded personal bests in the event at three different meets this season.

WILLIAMS REACHES VICTORY STAND

Khanishah Williams earned a third-place finish in the women's high jump at the Big Ten Championships on Feb. 23. The sophomore cleared the 5-9 3/4 (1.77m) mark to take the bronze.

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REID SHATTERS RECORD

Senior Kyle Reid broke his own heptathlon school record at the Big Ten Championships on Feb. 23. Reid recorded personal-best marks in the 60 meters (7.22), 60-meter hurdles (8.48), pole vault (16-6 3/4; 5.05m), and long jump (20-3 1/2; 6.18m) to tally a point total of 5,354, beating out his previous record (5,257) by nearly 100 points.

TRIPLE JUMP RECORD BOOKS

Freshmen Klyvens Delaunay and David Nsabua, and sophomore Babatunde Amosu each rank among the school's top triple jump performers. Delaunay (51-3 1/2; 15.63m) and Amosu (50-10 3/4; 15.51m) rank third and fourth, respectively, while Nsabua ranks eighth (48-9; 14.86m).

MEET THE RECORD HOLDERS

Four Hawkeyes currently hold indoor school records. Senior Justin Austin holds records in the 60 meters (6.69) and 200 meters (20.80), while senior Jordan Mullen holds the 60-meter hurdles (7.70) record. Senior Kyle Reid owns the men's heptathlon record (5,354 points), and junior Ashlyn Gulvas holds the school record in the weight throw (63-6; 19.35m).

NEXT ON THE BLOCK

The 2013 NCAA Indoor Track and Field Championships are set for March 8-9. The event will take place at the Randal Tyson Track Center in Fayetteville, Ark. Fans can purchase tickets to the event here: <http://www.ncaa.com/championships/trackfield-indoor-men/d1>.

2013 INDOOR SEASON LEADERS

MEN'S	WOMEN'S
60 meters Josh Larney6.75	60 meters Lake Kwaza/Raven Moore7.55
60-meter hurdles .. Jordan Mullen7.70	60-meter hurdlesKhanishah Williams8.96
200 meters Ethan Holmes..... 21.23	200 metersRaven Moore 24.00
400 meters Ethan Holmes..... 47.63	400 metersMonTayla Holder 55.33
600 meters Ryan Weir..... 1:18.62	600 metersMonTayla Holder 1:30.80
800 meters Ryan Weir 1:49.28	800 meters Kaitlyn Nelson 2:10.17
1,000 meters Sam Fourman..... 2:27.31	1,000 metersAdrienne Alexia 2:54.12
Mile Kevin Lewis 4:10.05	Mile Megan Ranegar 4:56.56
3,000 meters Kevin Lewis 8:12.36	3,000 metersLisa Gordon 9:36.03
5,000 meters Kevin Lewis 14:16.74	Weight ThrowAshlyn Gulvas 63-6 (19.35m)
Shot Put Gabe Hull56-4 (17.17m)	Shot Put Rachel Curry 48-2 1/2 (14.69m)
Weight Throw Gabe Hull 59-5 3/4 (18.13m)	Long Jump Carisa Leacock 19-2 3/4 (5.86m)
High Jump Kevin Spejcher 6-10 1/4 (2.09m)	Triple Jump Carisa Leacock 39-11 1/4 (12.17m)
Long Jump Josh Larney 24-10 (7.57m)	High JumpKhanishah Williams5-10 (1.78m)
Triple Jump Klyvens Delaunay ... 51-3 1/2 (15.63m)	Pole VaultBrittany Holst..... 11-3 3/4 (3.45m)
Pole Vault Kyle Reid 16-6 3/4 (5.05m)	Pentathlon Sarah Ryan 3,472 points
Heptathlon Kyle Reid5,354 points	1,600-meter relay ...Holder, Moore Nelson, Alexia..... 3:43.80
1,600-meter relay Holmes, VanCleave, Rickels, Weir 3:10.32	Distance MedleyAlexia, Nelson Holder, Price 11:47.15
Distance Medley Prom, VanCleave Weir, Lewis..... 10:02.02	

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
3. Troy Doris, 2012	6.75
Josh Larney, 2013	6.75
5. Tony Branch, 1999	6.78
6. Paul Chaney, Jr., 2009	6.80
D'Juan Richardson, 2010	6.80
8. Derrick Burks, 2005	6.81
Tevin-Cee Mincy, 2012	6.81
10. Zeke Sayon, 2010	6.82

60-Meter Hurdles

1. Jordan Mullen, 2013	7.70
2. Ethan Holmes, 2013	7.83
3. Dion Trowers, 1997	7.87
4. Russell Peterson, 2004	7.97
5. Dan Davis, 2012	8.02
6. DeRocco Reed, 2000	8.03
7. Torrey Campbell, 2012	8.09
8. Jordan Crosby, 2005	8.16
9. D'Juan Richardson, 2009	8.20
10. Keith Brown, 2013	8.21

200 Meters

1. Justin Austin, 2011	20.80
2. Anthuan Maybank, 1993	21.11
3. Bashir Yamini, 1999	21.19
4. Ethan Holmes, 2013	21.23
5. Tim Dodge, 2000	21.26
6. Paul Chaney, Jr., 2009	21.34
7. George Page, 1997	21.35
8. Zach Digney, 2004	21.39
9. Tony Branch, 1998	21.46
10. David Chaplin, 2006	21.49

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. Monte Raymond, 1997	1:19.18
10. Scott Williamson, 2001	1:19.19
Brennan Davey, 2012	1:19.19

800 Meters

1. Erik Sowinski, 2012	1:47.62
2. Adam Hairston, 2010	1:49.26
3. Ryan Weir, 2013	1:49.28
4. Nathan Prom, 2013	1:49.29
5. Nick Kuczvara, 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

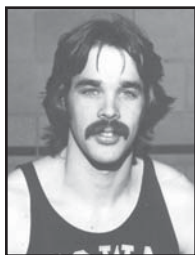
1. Jeff Thode, 2011	3:58.72
2. Ed DeLashmutt, 1981	4:04.01
3. Larry Wiczorek, 1968	4:04.40
4. John Clark, 1972	4:05.94
5. Adam Thomas, 2002	4:07.13
6. Kevin Herd, 1992	4:07.26
7. Jesse Luciano, 2009	4:07.29
8. Jake Berns, 2006	4:07.43
9. Micah VanDenend, 2007	4:07.54
10. Ted Wheeler, 1956	4:07.74

3,000 Meters

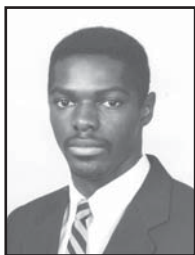
1. Jeff Thode, 2011	8:00.38
2. Micah VanDenend, 2006	8:00.81
3. Eric MacTaggart, 2006	8:08.79
4. Stetson Steele, 2000	8:09.54
5. Dan Haut, 2005	8:11.36
6. Kevin Herd, 1994	8:11.51
7. Kevin Lewis, 2013	8:12.36
8. Nick Holmes, 2010	8:15.48
9. Andy Napier, 2008	8:15.70
10. Larry Wiczorek, 1968	8:17.00

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



Patrick Richards

INDOOR ALL-TIME TOP TEN PERFORMERS



Keaton Rickels



Kyle Reid



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, 1993 7-0 1/2 (2.15)
4. Pat Meade, 1987 7-0 1/4 (2.14)
5. Mike Lacy, 1984 7-0 (2.13)
6. M. Cunningham, 1984 6-11 1/4 (2.11)
7. Jeffery Herron, 2010 6-11 (2.11)
- Peter Hlavin, 1980 6-11 (2.11)
- Brandon Oest, 2010 6-11 (2.11)**
- Dan Rolling, 2008 6-11 (2.11)
- Graham Valdes, 2010 6-11 (2.11)

Pole Vault

1. Todd Wigginton, 1984 17-1 (5.21)
2. Dave Nielsen, 1975 16-10 (5.13)
3. Kyle Reid, 2013 16-6 3/4 (5.05)
4. Curt Brock, 1979 16-6 (5.03)
5. Alex Zona, 2010 16-4 3/4 (5.00)
6. Phil Wertman, 1971 16-4 (4.98)
7. Jeff Raymond, 2008 16-2 (4.93)
8. John Teffer, 1972 16-1 (4.90)
9. Chad Ohly, 1995 15-9 (4.80)
- Rich Palumbo, 1989 15-9 (4.80)

Long Jump

1. Anthuan Maybank, 1992 26-5 1/2 (8.06)
2. Bashir Yamini, 1998 26-0 1/4 (7.93)
3. Darren Smith, 1991 25-2 (7.67)
4. Paul Jones, 1990 24-11 1/4 (7.60)
5. Josh Larney, 2013 24-10 (7.57)
6. Ronnie McCoy, 1984 24-9 (7.54)
7. Matty Gorman, 2006 24-8 1/2 (7.53)
8. Charles Jones, 1980 24-8 1/4 (7.52)
9. Quinn Early, 1986 24-7 1/4 (7.50)
10. Jeffery Herron, 2011 24-7 (7.49m)

Triple Jump

1. Troy Doris, 2011 54-0 (16.46)
2. Paul Jones, 1990 52-1 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, 1982 48-10 3/4 (14.90)
7. Josh Bean, 2009 48-10 (14.88)
8. David Nsabu, 2013 48-9 (14.86)
9. Gordon Finch, 1988 48-3 3/4 (14.72)
10. Matty Gorman, 2006 48-3 1/2 (14.72)

Shot Put

1. John Hickey, 2009 63-0 (19.20)
2. Jeremy Allen, 2001 62-10 1/2 (19.16)
3. Shane Maier, 2006 61-2 (18.64)
4. G. Kostrubala, 1986 60-10 3/4 (18.55)
5. Andy Banse, 2005 60-9 1/4 (18.52)
6. Ken Kemeny, 2004 60-0 1/2 (18.30)
7. Chris Gambol, 1987 59-0 (17.98)
8. A. van der Westhuizen, 1999 58-10 3/4 (17.95)
9. A.J. Curtis, 2008 57-9 1/2 (17.61)
10. Matt Banse, 2012 57-3 3/4 (17.47)

Weight Throw

1. Jim Costello, 2002 69-4 3/4 (21.15)
2. Matt Banse, 2012 67-8 (20.62)
3. A. van der Westhuizen, 2001 .. 67-7 1/2 (20.61)
4. Adam Hamilton, 2007 66-9 1/4 (20.35)
5. Jeremy Allen, 2001 65-10 1/4 (20.07)
6. Chris Voller, 2005 63-4 (19.30)
7. Ryan Lamparek, 2012 61-2 (18.62)
8. Brad Daufeldt, 2004 60-4 1/2 (18.40)
9. Gabe Hull, 2013 59-5 3/4 (18.13)
10. Ryan Jordan, 2008 59-0 (17.98)

1,600-Meter Relay

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

3,200 Meter Relay

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

Distance Medley Relay

1. Prom, Rickels, Sowinski, Thode, 2012 9:45.41
2. 1999 9:46.83
3. 1977 9:48.80
4. 1978 9:49.70
5. Kuczwar, Barton, Kuhlman, N. Holmes, 2010 9:51.05
6. Marchese, Varner, Hairston, Luciano, 2009 9:52.52
7. Paul, Varner, Hairston, Thode, 2010 9:52.71
8. Prom, Richardson, Sowinski, Thode, 2011 9:57.44
9. Trainor, Faber, Cunningham, Allen, 2002 9:58.14
10. Newell, Eisenlauer, Tice, Clark, 1973 10:00.0

INDOOR ALL-TIME TOP TEN PERFORMERS



Kineke Alexander



Meghan Armstrong



Tracy Dahl



Nicole Erickson



Karessa Farley



Ashlyn Gulvas



Senta Hawkins

60 Meters

1. Elaine Jones, 1983 7.43
2. Peaches Roach, 2005 7.45
3. Shellene Williams, 2004 7.50
4. Jiselle Providence, 2002 7.52
5. Rhonda-Kaye Trusty, 2010 7.55
- Erin Jones, 2011 7.55
- Lake Kwaza, 2013 7.55**
- Raven Moore, 2013 7.55**
9. Angela Menson, 1982 7.57
10. Tamara Dixon, 2002 7.64

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. Jiselle Providence, 2002 24.44

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. Tiffany Hendricks, 2011 55.06
6. Wynsome Cole, 1997 55.45
7. Nicole Charles, 2002 55.59
8. Senta Hawkins, 1988 55.66
9. Marlene Poole, 1993 55.20
10. **MonTayla Holder, 2013 55.33**

600 Yards

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

600 Meters

1. Kineke Alexander, 2008 1:27.45
2. Bethany Praska, 2011 1:28.14
3. Senta Hawkins, 1987 1:30.77
4. **MonTayla Holder, 2013 1:30.80**
5. **Kaitlyn Nelson, 2013 1:31.44**
6. Karen Layne, 1990 1:31.45
7. Nicole Erickson, 2012 1:31.71
8. Kay Stormo, 1982 1:32.30
9. Aisha Hume, 2004 1:32.41
10. Sophia Chow, 2002 1:33.54

800 Meters

1. Bethany Praska, 2011 2:05.01
2. Jeanne Kruckeberg, 1989 2:06.38
3. Michelle Lahann, 2004 2:06.83
4. **Adrienne Alexia, 2013 2:08.95**
5. Briana Benning, 1996 2:09.22
6. **Kaitlyn Nelson, 2013 2:10.17**
7. Kay Stormo, 1981 2:11.04
8. Ann Pare, 1997 2:11.19
9. Lauren Hardesty, 2011 2:11.80
10. Atalie Barber, 2003 2:12.10

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



Elaine Jones



Tammilee Kerr



Ashley Liverpool



McKenzie Melander

INDOOR ALL-TIME TOP TEN PERFORMERS



Lisa Moats



Diane Nukuri



Bethany Praska



Peaches Roach



Gail Smith



Jessie Strand



Renee White

5,000 Meters

1. Tracy Dahl, 1993 15:49.52
2. Nan Doak, 1985 15:55.45
3. Racheal Marchand, 2009 15:55.70
4. Diane Nukuri, 2008 16:01.36
5. Jenny Spangler, 1982 16:08.74
6. Judy Parker, 1981 16:16.63
7. Betsy Flood, 2011 16:20.67
8. Jennifer Brower, 1992 16:22.19
9. Nikki Chapple, 2004 16:27.04
10. Mareike Schrulle, 2012 16:29.41

High Jump

1. Peaches Roach, 2005 6-0 3/4 (1.85)
2. Mary Mol, 1983 6-0 (1.83)
3. **Khanishah Williams, 2013 5-10 (1.78)**
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, 1987 5-8 (1.73)
9. Kathy Gillespie, 1983 5-7 3/4 (1.72)
10. Lynn McMillan, 1988 5-7 1/4 (1.71)
- Tammilee Kerr, 2008 5-7 1/4 (1.71)

Pole Vault

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

Long Jump

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

Triple Jump

1. Renee White, 2008 42-4 (12.90)
2. Tiffany Johnson, 2007 41-3 3/4 (12.59)
3. **Carisa Leacock, 2012 40-5 1/2 (12.33)**
4. Becki Borg, 1987 39-6 (12.04)
5. Lynn McMillan, 1988 38-2 (11.63)
6. Lisa Moats, 1985 35-1 (10.69)
7. Becca Franklin, 2004 34-3 (10.44)
- Rachel Ballard, 2013 34-3 (10.44)**

Shot Put

1. Gail Smith, 1985 51-0 (15.54)
2. Lisa Van Steenwyk, 1993 50-5 1/4 (15.37)
3. Kamesha Marshall, 2005 49-2 1/4 (14.99)
4. Denise Taylor, 1992 48-9 (14.86)
5. **Rachel Curry, 2013 48-2 1/2 (14.69)**
6. Megan Maurer, 1995 47-5 3/4 (14.47)
7. Laura Kriener, 1990 47-5 (14.45)
8. Jennifer Gilson, 2002 46-11 (14.30)
9. Jennifer Moon, 2000 45-9 (13.94)
- Tiffany Medenwaldt, 2010 45-9 (13.94)
- Micaela Haight, 2011 45-9 (13.94)

Weight Throw

1. **Ashlyn Gulvas, 2013 63-6 (19.35)**
2. **Jasmine Simpson, 2013 62-6 1/2 (19.06)**
3. Kelsey Taylor, 2011 60-4 1/2 (18.40)
4. **Annemie Smith, 2013 60-0 1/4 (18.29)**
5. **Majesty Tutson, 2011 58-4 (17.78)**
6. Becca Franklin, 2007 58-3 1/4 (17.76)
7. **Chelsea Colpitts, 2013 56-4 (17.17)**
8. Erin O'Hern, 2008 56-3 (17.14)
9. Mandy Chandler, 2009 54-4 1/2 (16.57)
10. Kerri Blackstone, 1999 50-9 3/4 (15.48)

Pentathlon

1. Tammilee Kerr, 2008 3,974 points
2. Chris Davenport, 1983 3,798 points
3. Kamesha Marshall, 2005 3,701 points
4. Tiff Pedersen, 2004 3,511 points
5. **Sarah Ryan, 2013 3,472 points**
6. Maureen Abel, 1979 3,427 points
7. **Zinnia Miller, 2012 3,416 points**
8. Janet Adams, 1981 3,360 points
9. Janelle Jaspers, 1987 3,366 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. Simonson, Liverpool, Erickson, Sack, 2012 3:41.78
7. Simonson, Erickson, Sack, Liverpool, 2012 3:42.42
8. Johnson, McCalla, Alexander, Granger, 2006 3:42.44
9. Alexander, Johnson, Poncè, M. Mims, 2007 3:42.75
10. **Holder, R. Moore, Nelson, Alexia, 2013 3:43.80**

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
- Armstrong, Granger, Stanley, K. Anderson, 2006 11:29.54
10. Lahann, Williams, Stanley, Arens, 2004 11:30.36