

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



TRACK CONTACTS: TRACI WAGNER, NATHAN SHEEHAN

FEBRUARY 23, 2009

2009 IOWA TRACK & FIELD INDOOR SCHEDULE & RESULTS

Date	Meet	Time (CT)/Result
1/10	Illinois % (Iowa City, IA)	W, 92-77
1/17	Iowa Open (Iowa City, IA)	13 champs
1/23-24	at Razorback Invite % (Fayetteville, AR)	0 champs
1/24	at Jack Johnson Classic & (Minneapolis, MN)	1 champ
1/30-31	at Jack Jennett Invite & (Cedar Falls, IA)	2 champs
1/30	at Millrose Games % (New York, NY)	0 champs
2/6-7	at Meyo Invite & (South Bend, IN)	0 champs
	at New Balance Invite% (New York, NY)	0 champs
2/13-14	at Iowa St. Classic & (Ames, IA)	3 champs
2/20	Iowa Invite & (Iowa City, IA)	18 champs
2/28-3/1	at Big Ten Championships % (University Park, PA)	
	at Big Ten Championships ^ (Bloomington, IN)	
3/6-7	at Alex Wilson Invite & (South Bend, IN)	5 p.m./10:30 a.m.
3/7	at Washington Qualifier & (Seattle, WA)	1 p.m.
3/7	at Last Chance Meet & (Ames, IA)	10:30 a.m.
3/13-14	at NCAA Championships & (College Station, TX)	

& - co-ed event

^ - women's only event

% - men's only event

THIS WEEK -- The Hawkeyes will hit the road this weekend for the Big Ten Indoor Championships. The men's team will head to Penn State for the event, while the women's team will compete at Indiana Saturday and Sunday.

At Penn State, the Hawkeye men will compete at the Ashenfelter multi-sport facility. Events are set to start at 9 a.m. (CT) Saturday and 9:20 a.m. (CT) Sunday. A limited number of tickets are available from the Penn State University Athletic Ticket Office (814-865-5555). General admission all-session tickets are \$12 for adults and \$8 for students/youth. Single session tickets are \$7 for adults and \$5 for students/youth. Groups of 20 or more (any age) can be purchased for \$4 at the event.

At Indiana, the Hawkeye women will compete at the Harry Gladstein Field House. Events are set to start at 9 a.m. (CT) Saturday and 10 a.m. (CT) Sunday. Two-day passes are available at the event for \$10. Single-day tickets are \$7 for adults and \$5 your youth ages 18 and under.

IOWA IN BIG TEN HISTORY -- The Hawkeye men's team has won three Big Ten indoor titles and 74 event titles since the first meet was held in 1911. The Hawkeyes won titles in 1926 and 1929 and were co-champions with Michigan in 1963. Iowa has had two student-athletes earn Big Ten Men's Indoor Freshman of the Year honors. **Bashir Yamini** earned the honor in 1996 for placing second in the high jump and **Jeremy Allen** earned it in 1998 for placing second in the shot put. Former Hawkeye **Ed DeLashmutt** set the Big Ten Indoor Championships 1,500-meter record of 3:49.90 in 1981. That record is now retired.

The Hawkeye women's team has crowned 30 Big Ten champions (21 in individual track events, seven in field events and two in relays) since the first meet in 1983. Iowa's best finish at the meet was third in 2004. **Kineke Alexander** earned Big Ten Women's Track Athlete of

IOWA'S NCAA QUALIFIERS

The Hawkeyes have provisionally qualified four student-athletes for the NCAA Indoor Championships, which will be held March 13-14 in College Station, TX. Their events, qualifying marks and where they ranks in the Big Ten and the nation are listed below.

Name	Event	Mark	Big 10/NCAA
Karessa Farley	60-Meter Hurdles	8.30	3rd/16th
John Hickey	Shot Put	63-0 (19.20 m)	1st/4th
Racheal Marchand	5,000 Meters	16:18.23	2nd/11th
Renee White	Triple Jump	41-7 3/4 (13.09 m)	2nd/26th

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the Year and Track Athlete of the Championships in 2007. **Erica Broomfield** was named Big Ten Women's Indoor Freshman of the Year in 1998.

2008 BIG TEN INDOOR REVIEW -- The Hawkeye women placed sixth with 60 points at the 2008 Big Ten Indoor Championships at Minnesota, while the Iowa men's team placed eighth with 49 points at Wisconsin.

Senior **Meghan Armstrong** and junior **Renee White** took home individual event titles for the women's team. Armstrong became Iowa's first Big Ten 3,000-meter champion since 1985 when **Nan Doak** took the title. Armstrong finished with a career-best time of 9:18.30 for her first conference title. She also placed seventh in the 5,000 meters (16:30.04). White won the triple jump with a school record and provisionally qualifying leap of 42-4, and placed seventh in the 60-meter hurdles (8.48).

Senior **Tammilee Kerr** broke her own school record of 3,907 in the pentathlon, placing fourth with a point total of 3,973. That score was also a provisional qualifier. Kerr finished first in the 60-meter hurdles tying her career-best time of 8.60, then finished third in the high jump with a career-best height of 5-7 1/4, fourth in the long jump (18-3 3/4) and 800 meters (2:22.42) and sixth in the shot put (36-3).

Iowa's other top placewinners were senior **Kineke Alexander** (2nd-200 meters-24.39; 2nd-400 meters-53.77), senior **Diane Nukuri** (3rd-5,000 meters-16:02.96; 8th-3,000 meters-9:28.39), sophomore **Rhonda-Kaye Trusty** (6th-60 meters-7.61) and freshman **Karessa Farley** (8th-60 hurdles-8.70). The 1,600-meter relay of White, Alexander, freshman **Tiffany Hendricks** and Kerr placed fifth in 3:47.34.

Hawkeye junior **John Hickey**, senior **Shane Maier** and sophomore **Adam Hairston** led the Hawkeye men with their top performances. Hickey won his second career Big Ten shot

MEN'S 2009 INDOOR SEASON BESTS

Event	Team Leader	Mark
60 Meters	Paul Chaney, Jr.	6.80
60 Hurdles	D'Juan Richardson	8.20
200 Meters	D'Juan Richardson	21.59
400 Meters	Ray Varner	47.75
600 Meters	Adam Hairston	1:19.05
800 Meters	Adam Hairston	1:51.19
1,000 Meters	Dan Rolling	2:43.10
Mile	Jesse Luciano	4:07.29
3,000 Meters	Eric MacTaggart	8:17.25
5,000 Meters	Jesse Luciano	14:20.99
1,600-Meter Relay	(Varner, Willey, Barton, Richards)	3:10.93
Distance Medley Relay	(Hairston, Splan, Paul, Kadlec)	10:53.41
High Jump	Dan Rolling	6-10 1/4 (2.09 m)
Pole Vault	Alex Zona	16-0 3/4 (4.90 m)
Long Jump	Cody Mixon	21-4 1/2 (6.51 m)
Triple Jump	Josh Bean	48-10 (14.88 m)
Shot Put	John Hickey	*# 63-0 (19.20 m)
Wt. Throw	Matt Banse	54-8 1/4 (16.67 m)
Heptathlon	Dan Rolling	4,909 points

- NCAA Provisional Qualifier, * - School Record

WOMEN'S 2009 INDOOR SEASON BESTS

Event	Team Leader	Mark
60 Meters	Rhonda-Kaye Trusty	7.61
60 Hurdles	Karessa Farley	*# 8.30
200 Meters	Rhonda-Kaye Trusty	24.44
300 Meters	Rhonda-Kaye Trusty	40.15
400 Meters	Bethany Praska	56.42
500 Meters	Sophia Poncè	1:19.08
600 Yards	Bethany Praska	1:23.12
600 Meters	Bethany Praska	1:33.19
800 Meters	Jennie Docherty	2:15.95
Mile	Betsy Flood	4:51.75
3,000 Meters	Racheal Marchand	9:35.25
5,000 Meters	Racheal Marchand	# 16:18.23
1,600-Meter Relay	(Hendricks, Trusty, Erickson, Poncè)	3:53.06
Distance Medley Relay	(Hawks, Poncè, Henize, Ellis)	12:11.56
Long Jump	Renee White	18-5 (5.61 m)
Triple Jump	Renee White	# 41-7 3/4 (13.09 m)
Shot Put	Mandy Chandler	42-11 1/2 (13.09 m)
Wt. Throw	Mandy Chandler	54-4 1/2 (16.57 m)

- NCAA Provisional Qualifier, * - School Record

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HAWKEYES IN THE TOP EIGHT BIG TEN RANKINGS

Men's Team

Name	Event	Mark	Rk.
John Hickey	Shot Put	63-0	1st
Adam Hairston	600 Meters	1:19.05	3rd
Paul Chaney, Jr.	60 Meters	6.80	4th
Patrick Richards	1,600 Relay	3:10.93	4th
Ray Varner	1,600 Relay	3:10.93	4th
Steven Willey	1,600 Relay	3:10.93	4th
Chris Barton	1,600 Relay	3:10.93	4th
Ray Varner	400 Meters	47.75	5th
Ryan Kelly	High Jump	6-9 1/2	5th
Dan Rolling	High Jump	6-9 1/2	5th
Dan Rolling	Heptathlon	4,909	5th
Graham Valdes	High Jump	6-9 1/2	5th
Josh Bean	Triple Jump	48-10	5th
D'Juan Richardson	200 Meters	21.59	6th
Patrick Richards	400 Meters	47.78	6th
Paul Chaney, Jr.	200 Meters	21.72	8th
Adam Hairston	D.M. Relay	10:53.41	8th
Zach Splan	D.M. Relay	10:53.41	8th
James Paul	D.M. Relay	10:53.41	8th
Chase Kadlec	D.M. Relay	10:53.41	8th

Women's Team

Name	Event	Mark	Rk.
Racheal Marchand	5,000 Meters	16:18.23	2nd
Renee White	Triple Jump	41-7 3/4	2nd
Karessa Farley	60 Hurdles	8.30	3rd
Rhonda-Kaye Trusty	200 Meters	24.44	4th
Rhonda-Kaye Trusty	60 Meters	7.61	8th
Rhonda-Kaye Trusty	D.M. Relay	12:11.56	8th
Rachel Hawks	D.M. Relay	12:11.56	8th
Nicole Erickson	D.M. Relay	12:11.56	8th
Sophia Poncè	D.M. Relay	12:11.56	8th

put title and became Iowa's fourth Big Ten indoor shot put champion with a winning throw of 61-9 3/4. Maier finished second (59-8 1/2) in the event. The duo had a stranglehold on the top two finishes at the last three conference meets, as Hickey won the 2007 conference outdoor title while Maier placed second. At the 2006 indoor meet the finish was reversed as Maier won the title and Hickey was runner-up. Hairston placed second in the 800 meters (1:53.30).

Iowa's other top placewinners were seniors **Max Milder** (7th-200 meters-22.06) and **Ryan Niver** (7th-heptathlon-5,149), junior **A.J. Curtis** (8th-shot put-56-9 1/2), sophomores **Dan Rolling** (3rd-high jump-6-11), **Ray Varner** (6th-400 meters-48.52) and **Paul Chaney, Jr.** (8th-60 meters-6.92; 8th-200 meters-22.07). Niver's seven-event point total of 5,149 broke the school record of 4,984 he set in 2006.

The Hawkeye 1,600-meter relay of freshman **Steven Willey**, sophomore **Zach Splan**, freshman **Chris Barton** and Varner placed fourth in 3:15.52, while the distance medley relay of freshmen **James Paul** and **Brandon McSkimming** and juniors **Cannon Dolan** and **Eric MacTaggart** placed eighth in 1:03.14.

LAST MEET -- The Hawkeyes celebrated senior night at the Iowa Invite last week, crowning 18 champions and earning 25 new collegiate bests.

Senior **Mandy Chandler** won the women's weight throw (54-4 1/2) and shot put (42-9). The weight throw mark was a collegiate best that ranks third in school history. Junior **Paul Chaney, Jr.**'s victory in the men's 60-meter dash (1st, 6.80) is a new collegiate best for the multi-sport athlete and ranks third all-time in Iowa history.

Iowa's other event winners were seniors **Renee White** (60-meter hurdles-8.60), **Mark Schaapveld** (weight throw-53-1 3/4), **John Hickey** (shot put-58-1 3/4), **Ryan Kelly** (high jump-6-9 1/2), **Daniel Peoples** (600 meters-1:22.50), and **Eric MacTaggart** (mile-4:14.67); junior **Alex Zona** (pole vault-16-0 3/4); sophomores **Amanda Hardesty** (mile-5:05.26), **Cody Mixon** (200 meters-22.92), **Brandon McSkimming** (400 meters- 50.01), **Sam Bailin** (3,000 meters-8:35.85) and **James Paul** (800 meters-1:57.87); redshirt freshman **Lisa Mellecker** (200 meters-25.92); and freshman **Betsy Flood** (600 meters-1:36.22) and **D'Juan Richardson** (60-meter hurdles-8.46).

HAWKEYE TRACK STAFF -- The Hawkeye coaching staff has some new faces and responsibilities for the 2009 season. **Larry Wieczorek** is the men's head track and cross country coach, and **Layne Anderson** is the women's head track and cross country coach. The teams now share administrative responsibilities, coordinate their competition schedules and divide coaching responsibilities by event instead of gender.

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2009 MEN'S BIG TEN CHAMP'S SCHEDULE OF EVENTS

Saturday, February 28

9:00 a.m. Heptathlon 60 Meters
9:40 Heptathlon Long Jump
10:50 Heptathlon Shot Put
11:50 Heptathlon High Jump
1:00 p.m. Long Jump (Trials & Finals)
3,000 Meters Unseeded (Finals)
1:10 Shot Put (Trials & Finals)
1:15 Pole Vault (Trials & Finals)
1:30 Mile (Trials)
2:00 400 Meters (Trials)
2:20 60 Meters (Semi-Finals)
2:30 800 Meters (Trials)
2:50 60-Meter Hurdles (Semi-Finals)
3:00 600 Meters (Trials)
3:15 200 Meters (Trials)
3:40 3000 Meters Seeded (Finals)
4:00 Distance Medley Relay (Finals)

Sunday, March 1

9:20 a.m. Heptathlon 60-Meter Hurdles
10:00 Heptathlon Pole Vault
High Jump (Trials & Finals)
11:00 Triple Jump (Trials & Finals)
11:50 Weight Throw (Trials & Finals)
12:00 p.m. 5000m Unseeded (Finals)
12:30 Heptathlon 1000 Meters
12:50 Mile (Finals)
1:00 400 Meters (Finals)
1:10 60 Meters (Finals)
1:20 800 Meters (Finals)
1:30 60-Meter Hurdles (Finals)
1:40 600 Meters (Finals)
1:50 200 Meters (Finals)
2:00 5000 Meters Seeded (Finals)
2:25 1,600-Meter Relay (Finals)

All times are Central.

2009 WOMEN'S BIG TEN CHAMP'S SCHEDULE OF EVENTS

Saturday, February 28

8:00 a.m. Pentathlon 60-Meter Hurdles
8:45 Pentathlon High Jump
10:30 Pentathlon Shot Put
11:30 Pentathlon Long Jump
12:00 p.m. Shot Put (Trials & Finals)
12:30 3,000 Meters Unseeded (Finals)
1:00 Pentathlon 800 Meters
Pole Vault (Trials & Finals)
1:50 Mile (Trials)
2:15 400 Meters (Trials)
Long Jump (Trials & Finals)
2:35 60 Meters (Trials)
2:45 800 Meters (Trials)
3:10 60-Meter Hurdles (Trials)
3:20 600 Meters (Trials)
3:35 200 Meters (Trials)
4:00 3,000 Meters Seeded (Finals)
4:20 Distance Medley Relay (Finals)

Sunday, March 1

10:00 a.m. High Jump (Trials & Finals)
11:00 Weight Throw (Trials & Finals)
Triple Jump (Trials & Finals)
12:00 p.m. 5,000 Meters Unseeded (Finals)
12:50 Mile (Finals)
1:00 400 Meters (Finals)
1:10 60 Meters (Finals)
1:25 800 Meters (Finals)
1:30 60-Meter Hurdles (Finals)
1:40 600 Meters (Finals)
1:50 200 Meters (Finals)
2:00 5,000 Meters Seeded (Finals)
2:30 1,600-Meter Relay (Finals)

All times are Central.

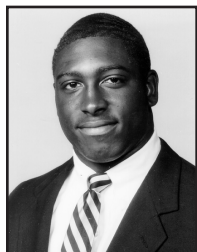
Assistant **Scott Cappos**, who is in his 13th year at Iowa, will coach the throws, while third-year assistant **Joey Woody** will coach the men's sprints, short hurdles and relays, and women's long sprints and hurdles. First-year assistant **Clive Roberts** will coach the women's short sprints, hurdles and relays, as well as the horizontal jumps for both groups. First-year assistant **Christi Smith** will direct the multi-events and vertical jumps.

IOWA TRACK TO HOST CLINICS & CAMPS -- The Hawkeye coaching staff is scheduled to host a throws and speed/hurdle clinic March 8 and a four-day summer camp June 21-25. For more information contact Assistant Coach Scott Cappos at (319) 335-9392 or scott-cappos@uiowa.edu, or visit www.hawkeyetrack.com.

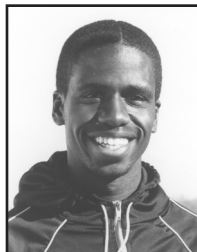
NEXT UP -- The Hawkeyes have one last chance to qualify for the NCAA Championships and will split competitors up between three different meets.

Iowa competitors will be headed to either the Alex Wilson Invite in South Bend, IN, the Washington Qualifier in Seattle, WA, or the Iowa State Last Chance Meet in Ames. The Alex Wilson events are set for March 6-7, while the other two meets are scheduled for March 7.

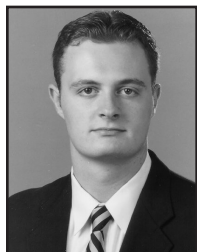
MEN'S ALL-TIME TOP TEN INDOOR PERFORMERS



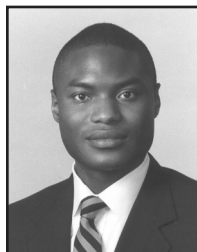
Jeremy Allen



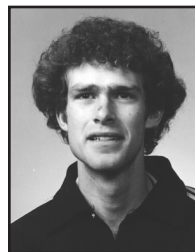
Rodney Chambers



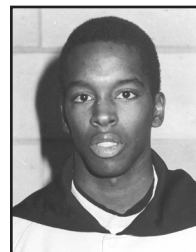
Jim Costello



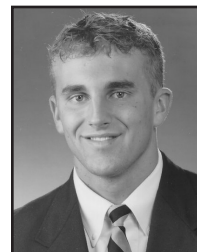
Chris Davis



Ed DeLashmutt



Terrence Duckett



Scott Faber

60 Meters

1. Kurt Felix, 1999..... 6.73
2. Tony Branch, 1999..... 6.78
3. **Paul Chaney, Jr., 20096.80**
4. Derrick Burks, 2005..... 6.81
5. Tim Dodge, 2001..... 6.83
6. Lee Elbert, 2006..... 6.86
- Zeke Sayon, 2009.....6.86**
8. **D'Juan Richardson, 2009.....6.87**
9. Adam Kunkel, 2001..... 6.89
- 10.Zach Digney, 2004..... 6.90
- Omar Isaacs, 2004..... 6.90
- David Chaplin, 2006..... 6.90

60-Meter Hurdles

1. Dion Trowers, 1997..... 7.87
2. Russell Peterson, 2004..... 7.97
3. DeRocco Reed, 2000..... 8.03
4. Jordan Crosby, 2005..... 8.16
5. **D'Juan Richardson, 2009.....8.20**
6. Justin Poots, 2001..... 8.22
7. Tony Branch, 1999..... 8.24
8. Monte Raymond, 1997..... 8.29
- Brice Wilson, 2008.....8.29**
- 10.**Frank Prill, 2008.....8.33**

200 Meters

1. Anthuan Maybank, 1993..... 21.11
2. Bashir Yamini, 1999..... 21.19
3. Tim Dodge, 2000..... 21.26
4. George Page, 1997..... 21.35
5. Zach Digney, 2004..... 21.39
6. **Paul Chaney, Jr., 200721.45**
7. Tony Branch, 1998..... 21.46
8. David Chaplin, 2006..... 21.49
9. Adam Kunkel, 2001..... 21.55
- 10.Tim Dwight, 1997..... 21.56

400 Meters

1. Terrence Duckett, 1984..... 46.81
2. Andre Morris, 1995..... 47.15
3. Monte Raymond, 1998..... 47.18
4. Anthuan Maybank, 1990..... 47.25
5. Juan Coleman, 2002..... 47.40
6. Curtis Chung, 1989..... 47.65
7. **Ray Varner, 2008.....47.66**
8. Ed Rozell, 1997..... 47.73
9. **Patrick Richards, 2009.....47.78**
- 10.David Pierre, 2007..... 47.79

600 Meters

1. Pat McGhee, 1988..... 1:18.30
2. **Adam Hairston, 20091:19.05**
3. Monte Raymond, 1997..... 1:19.18
4. Scott Williamson, 2001..... 1:19.19
5. D'Juan Strozier, 1990..... 1:19.20
6. Gary Falls, 1991..... 1:19.32
7. **Zach Splan, 2007.....1:19.39**
8. Matt O'Hollearn, 2006..... 1:19.54
9. Ryan Strang, 2003..... 1:19.69
- 10.Prince Riley, 2007..... 1:19.82

800 Meters

1. **Adam Hairston, 20081:49.63**
2. Dave Novotny, 1996..... 1:51.27
3. Jim Docherty, 1973..... 1:51.30
4. Rod Chambers, 1989..... 1:51.33
5. Jim Donovan, 1999..... 1:51.52
6. Michael Layne, 1997..... 1:51.54
7. Bill Frazier, 1963..... 1:51.80
8. Mike Cunningham, 2002..... 1:51.98
9. John Clark, 1973..... 1:52.20
- 10.D'Juan Strozier, 1989..... 1:52.53

Mile

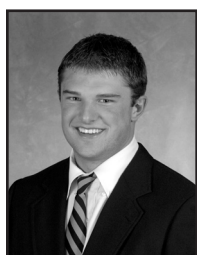
1. Ed DeLashmutt, 1981..... 4:04.01
2. Larry Wieczorek, 1968..... 4:04.40
3. John Clark, 1972..... 4:05.94
4. Adam Thomas, 2002..... 4:07.13
5. Kevin Herd, 1992..... 4:07.26
6. **Jesse Luciano, 2009.....4:07.29**
7. Jake Berns, 2006..... 4:07.43
8. Micah VanDenend, 2007..... 4:07.54
9. Ted Wheeler, 1956..... 4:07.74
- 10.Jim Docherty, 1978..... 4:07.80

3,000 Meters

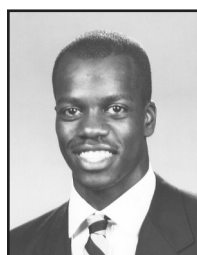
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2. **Eric MacTaggart, 2006.....8:08.79**
3. Stetson Steele, 2000..... 8:09.54
4. Dan Haut, 2005..... 8:11.36
5. Kevin Herd, 1994..... 8:11.51
6. **Andy Napier, 20088:15.70**
7. Larry Wieczorek, 1968..... *8:17.00
8. Matt Esche, 2004..... 8:17.28
9. Jim Docherty, 1978..... *8:17.40
- 10.Danny Waters, 1986..... *8:18.83

5,000 Meters

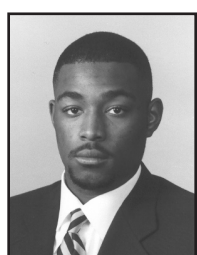
1. Micah VanDenend, 2007..... 13:56.46
2. Stetson Steele, 2000..... 14:00.52
3. Dan Haut, 2006..... 14:06.16
4. **Eric MacTaggart, 2006..... 14:13.41**
5. Matt Esche, 2004..... 14:18.43
6. Jeff Kent, 2007..... 14:18.86
7. **Jesse Luciano, 2009..... 14:20.99**
8. Nick Nordheim, 2002..... 14:22.99
9. Kevin Herd, 1994..... 14:27.57
- 10.Tony Rakaric, 2005..... 14:31.45



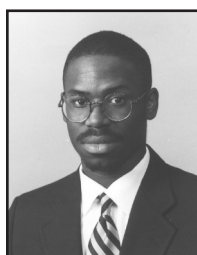
Ryan Niver



Monte Raymond



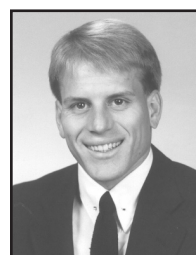
Ed Rozell



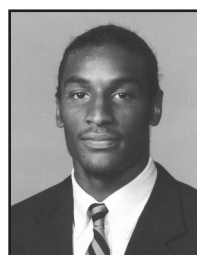
Dion Trowers



Micah VanDenend

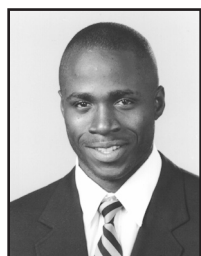


Todd Wigginton

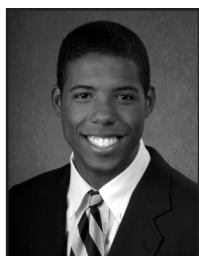


Bashir Yamini

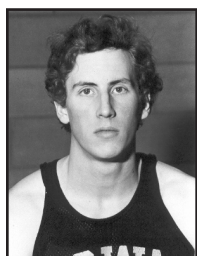
MEN'S ALL-TIME TOP TEN INDOOR PERFORMERS



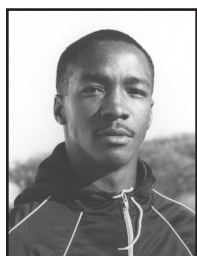
Kurt Felix



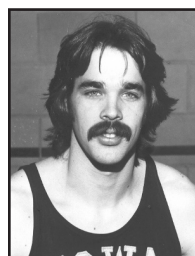
Adam Hairston



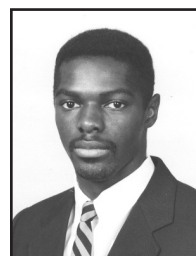
Bill Hansen



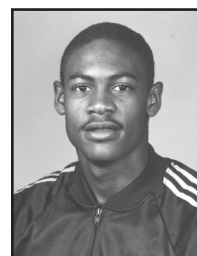
Paul Jones



Bill Knoedel



Anthuan Maybank



Pat McGhee

Pentathlon

1. Scott Faber, 2000..... 3,460 points
2. Joe Estes, 1993..... 3,451 points
3. Cam Appleman, 1997..... 3,208 points
- Chad Ohly, 1993 3,208 points

Heptathlon

1. Ryan Niver, 2008..... 5,149 points
- 2. Dan Rolling, 2009..... 4,909 points**
- 3. Frank Prill, 2008..... 4,880 points**
4. Scott Faber, 2000..... 4,784 points
5. Cam Appleman, 1997..... 4,685 points
- 6. Bobby Windauer, 2007 .. 4,644 points**
7. Jacob Drewry, 1995 4,612 points
- 8. 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. Dan Rolling, 2008.....6-11 (2.11)**
8. Ken Lansing, 1989 6-10 3/4 (2.10)
- Jeremy Petsche, 2006.. 6-10 3/4 (2.10)
- 10. Ryan Kelly, 2008..... 6-9 3/4 (2.08)**
- Trey Stross, 2007 6-9 3/4 (2.08)**

Pole Vault

1. Todd Wigginton, 198417-1 (5.21)
2. Dave Nielsen, 1975.....16-10 (5.13)
3. Curt Brock, 1979.....16-6 (5.03)
4. Phil Wertman, 197116-4 (4.98)
5. Jeff Raymond, 2008.....16-2 (4.93)
6. John Teffer, 197216-1 (4.90)
- 7. Alex Zona, 200916-0 3/4 (4.90)**
8. Chad Ohly, 199515-9 (4.80)
- Rich Palumbo, 1989.....15-9 (4.80)
10. Steve Brewer, 1983..... 15-6 1/4 (4.73)

Long Jump

1. A. Maybank, 1992 26-5 1/2 (8.06)
2. Bashir Yamini, 1998 26-0 1/4 (7.93)
3. Darren Smith, 199125-2 (7.67)
4. Paul Jones, 1990..... 24-11 1/4 (7.60)
5. Ronnie McCoy, 1984.....24-9 (7.54)
6. Matty Gorman, 2006... 24-8 1/2 (7.53)
7. Charles Jones, 1980..... 24-8 1/4 (7.52)
8. Quinn Early, 1986 24-7 1/4 (7.50)
9. Lee Farmer, 1942..... 23-9 1/4 (7.24)
10. Aaron Reed, 2006.....23-8 (7.21)

Triple Jump

1. Paul Jones, 1990..... 52-1 1/4 (15.88)
2. Mike Lacy, 198349-0 (14.93)
3. Owen Gill, 1982 48-10 3/4 (14.90)
- 4. Josh Bean, 2009..... 48-10 (14.88)**
5. Gordon Finch, 1988... 48-3 3/4 (14.72)
6. Matty Gorman, 2006. 48-3 1/2 (14.72)
7. Pat Miller, 198447-11 (14.60)
8. Brian Quarles, 1980... 46-9 3/4 (14.26)
9. Darren Smith, 1992 ... 46-3 1/2 (14.11)
10. Aaron Reed, 2006..... 45-5 1/4 (13.85)

Shot Put

- 1. John Hickey, 200963-0 (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, 198759-0 (17.98)
8. van der Westhuizen, 199958-10 3/4 (17.95)
- 9. A.J. Curtis, 2008.....57-8 1/4 (17.58)**
10. Chris Cassata, 200056-3 (17.14)

Weight Throw

1. Jim Costello, 2002 69-4 3/4 (21.15)
2. A. van der Westhuizen, 200167-7 1/2 (20.61)
3. Adam Hamilton, 200766-9 1/4 (20.35)
4. Jeremy Allen, 2001 .. 65-10 1/4 (20.07)
5. Chris Voller, 2005.....63-4 (19.30)
6. Brad Daufeldt, 2004 .. 60-4 1/2 (18.40)
7. Ryan Jordan, 200859-0 (17.98)
8. Eric Rothwell, 2002.... 57-2 1/4 (17.43)
9. Chris Cassata, 2000 ... 56-1 3/4 (17.11)
10. Tim Brodersen, 2005 . 55-8 1/2 (16.98)

1,600-Meter Relay

1. Rozell, Davis, Raymond, Yamini, 19983:06.80
2. Coleman, Faber, Strang, Peterson, 2002 ..3:07.44
3. Greer, Williams, Smith, Duckett, 1984.....3:08.14
4. Card, Coleman, Williamson, Dodge, 20013:08.21
5. Davis, Rozell, Page, Morris, 1995.....3:08.77
6. Dodge, Williamson, Card, Peterson, 20013:08.82
7. Branch, Dodge, Donovan, Yamini, 1999 ...3:08.99
8. Dodge, Card, Williamson, Peterson, 20003:09.33
9. Dodge, Branch, Felix, Yamini, 19993:09.37
10. Branch, Davis, Rozell, Yamini, 19983:10.01

3,200 Meter Relay

1. Cooke, Nie, Monsey, Chambers, 1990.....7:13.02
2. Corrigan, Blackman, Strozier, Chambers, 19897:29.00
3. English, Blackman, Strozier, Chambers, 19897:36.20
4. 19777:39.40
5. 19867:40.90
6. Bouske, Herd, Chambers, Koon, 19927:43.94
7. Bouska, Cook, White, Herd, 1992.....7:48.63
8. 19927:49.86
9. 19867:50.10
10. Roseman, Rerko, Novotny, Branigan, 19937:51.36

Distance Medley Relay

1. 19999:46.83
2. 19779:48.80
3. 19789:49.70
4. Trainor, Faber, Cunningham, Allen, 2002..9:58.14
5. Newell, Eisenlauer, Tice, Clark, 197310:00.0
6. Criswell, Hexum, Schum, Eastland, 197110:01.40
7. Atkins, Olson, Layne, Allen, 200010:01.54
8. Layne, Raymond, Donovan, Bakker, 199810:02.06
9. Trainor, Leick, Tweedy, Rakaric, 200410:02.09
- 10. Paul, McSkimming, Dolan, E. MacTaggart, 200810:03.14**

Names in bold are current team members.

WOMEN'S ALL-TIME TOP TEN INDOOR PERFORMERS



**Kineke
Alexander**



**Meghan
Armstrong**



**Tracy
Dahl**



**Becca
Franklin**



**Ashley
Granger**



**Senta
Hawkins**



**Lauren
Hardesty**



**Tiffany
Johnson**



**Elaine
Jones**

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. Angela Menson, 1982 7.57
6. **Rhonda-Kaye Trusty, 2009 7.61**
7. Tamara Dixon, 2002 7.64
8. Lakeya Boatright, 1999..... 7.68
9. Kamesha Marshall, 2004..... 7.72
10. Diane Emmons, 1979 7.74
Davera Taylor, 1984..... 7.74

60-Meter Hurdles

1. **Karessa Farley, 2009 8.30**
2. Tiffany Johnson, 2006 8.33
3. Paula Ruen, 1998 8.39
4. Sarah Steffen, 2002 8.45
5. **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. Peaches Roach, 2007 24.09
7. Jiselle Providence, 2002 24.44
8. **Rhonda-Kaye Trusty, 2009 24.44**
9. Tanja Reid, 1994..... 24.67
10. Tamara Dixon, 2002 24.71

400 Meters

1. Kineke Alexander, 2007..... 51.48
2. Ellen Grant, 1996 52.65
3. Shellene Williams, 2004..... 52.83
4. Marlene Poole, 1993..... 55.20
5. Wynsome Cole, 1997 55.45
6. Nicole Charles, 2002 55.59
7. Senta Hawkins, 1988..... 55.66
8. Aisha Hume, 2002..... 56.33
Lindsey McCalla, 2006..... 56.33
10. **Bethany Praska, 2009 56.42**

600 Yards

1. Senta Hawkins, 1987 1:21.06
2. Aisha Hume, 2004..... 1:21.74
3. Kay Stormo, 1982..... 1:22.49
4. **Bethany Praska, 2009 1:23.12**
5. Chris Davenport, 1982 1:24.14
6. **Sophia Poncè, 2007 1:24.55**
7. Wynsome Cole, 1995 1:24.83
8. Keely Huber, 2002 1:25.81
9. Briana Benning, 1996..... 1:26.05
10. Sherri Hull, 1983 1:26.10

600 Meters

1. Kineke Alexander, 2008..... 1:27.45
2. Senta Hawkins, 1987..... * 1:30.77
3. Karen Layne, 1990..... 1:31.45
4. Kay Stormo, 1982 1:32.3
5. Aisha Hume, 2004..... 1:32.41
6. **Bethany Praska, 2009 1:33.19**
7. Sophia Chow, 2002..... 1:33.54
8. Ann Pare, 1997..... 1:34.95
9. Chris Davenport, 1981 1:35.34
10. Ellen Grant, 1997 1:35.46
Monica Mims, 2007 1:35.54

800 Meters

1. Jeanne Kruckeberg, 1989 2:06.38
2. Michelle Lahann, 2004..... 2:06.83
3. Briana Benning, 1996..... 2:09.22
4. Kay Stormo, 1981 2:11.4
5. Ann Pare, 1997..... 2:11.19
6. Atalie Barber, 2003..... 2:12.10
7. Shannon Stanley, 2005..... 2:12.13
8. Tracy Dahl, 1993..... 2:12.74
9. Meghan Armstrong, 2007 2:12.79
10. Anna Shearer, 1999..... 2:12.89

Mile

1. Jeanne Kruckeberg, 1989 4:40.19
2. Meghan Armstrong, 2006 4:40.59
3. Tina Stec, 1994..... 4:42.63
4. Penny O'Brien, 1981 4:43.72
5. Diane Nukuri, 2007 4:46.25
6. Michelle Lahann, 2004..... 4:47.23
7. Tracy Dahl, 1992..... 4:48.92
8. Nan Doak, 1982..... 4:51.46
9. **Betsy Flood, 2009 4:51.75**
10. **Krista Anderson, 2006 4:51.79**

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. Nan Doak, 1982..... 9:21.60
5. Jenny Spangler, 1986..... 9:22.41
6. **Krista Anderson, 2006 9:29.75**
7. Nikki Chapple, 2004 9:34.17
8. **Racheal Marchand, 2009 9:35.25**
9. Jennifer Brower, 1992 9:41.02
10. **Jolly Burke, 2008 9:54.62**

WOMEN'S ALL-TIME TOP TEN INDOOR PERFORMERS



**Tammilee
Kerr**



**Jeanne
Kruckeberg**



**Lindsey
McCalla**



**Lisa
Moats**



**Diane
Nukuri**



**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. Diane Nukuri, 200816:01.36
4. Jenny Spangler, 1982.....16:08.74
5. Judy Parker, 198116:16.63
6. **Racheal Marchand, 200916:18.23**
7. Jennifer Brower, 199216:22.19
8. Nikki Chapple, 200416:27.04
9. Jodi Hersberger, 198216:32.24
10. Meghan Armstrong, 200816:38.78

High Jump

1. Peaches Roach, 2005 6-0 3/4 (1.85)
2. Mary Mol, 1983 6-0 (1.83)
3. Becky Kaza, 1995..... 5-9 3/4 (1.77)
4. Kristi Dinkla, 1985 5-8 1/2 (1.74)
- Kacey Childs, 2001 5-8 1/2 (1.74)
6. Traci Claussen, 1987..... 5-8 (1.73)
7. Kathy Gillespie, 1983..... 5-7 3/4 (1.72)
8. Lynn McMillan, 1988..... 5-7 1/4 (1.71)
- Tammilee Kerr, 2008 5-7 1/4 (1.71)
10. Julie Gallery, 2002 5-7 (1.70)
- Jenni Elbert, 2006 5-7 (1.70)
- Caleigh Bacchus, 2008 5-7 (1.70)**

Pole Vault

1. Jessie Strand, 2004..... 12-5 1/2 (3.80)
2. Sarah Burgett, 2007 11-10 (3.61)
3. Gina Shannon, 2001..... 10-6 (3.20)
4. Kacey Childs, 2001 9-0 (2.75)
5. 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. Tiffany Johnson, 2007 ... 19-2 1/2 (5.85)
4. Davera Taylor, 1984..... 19-1 1/2 (5.83)
5. Yolanda Hobbs, 1993 19-1 (5.80)
6. Kamesha Marshall, 2005 18-11 1/4 (5.77)
7. Catharine Parmiter, 2000 18-7 1/2 (5.68)
8. Jessie Strand, 2000..... 18-3 1/4 (5.57)
9. Tiff Pedersen, 2003 18-2 1/2 (5.55)
10. Tammilee Kerr, 2005 18-1 3/4 (5.53)

Triple Jump

1. **Renee White, 200842-4 (12.90)**
2. Tiffany Johnson, 2007 .. 41-3 3/4 (12.59)
3. Becki Borg, 1987 39-6 (12.04)
4. Lynn McMillan, 1988..... 38-2 (11.63)
5. Lisa Moats, 1985 35-1 (10.69)
6. Becca Franklin, 2004 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. Megan Maurer, 1995 .. 47-5 3/4 (14.47)
6. Laura Kriener, 1990 47-5 (14.45)
7. Jennifer Gilson, 2002..... 46-11 (14.30)
8. Jennifer Moon, 2000..... 45-9 (13.94)
9. Shelly Redies, 1985 45-0 1/4 (13.73)
10. **Mandy Chandler, 2006 43-2 1/4 (13.16)**

Weight Throw

1. Becca Franklin, 2007 ... 58-3 1/4 (17.76)
2. Erin O'Hern, 2008 56-3 (17.14)
3. **Mandy Chandler, 2009 54-4 1/2 (16.57)**
4. Kerri Blackstone, 1999 50-9 3/4 (15.48)
5. Megan Maurer, 1998 48-10 1/4 (14.89)
6. Jennifer Moon, 2000. 47-10 3/4 (14.60)
7. Jennifer Gilson, 2002... 46-7 1/4 (14.20)
8. Katie Hoback, 2002 42-8 (13.00)
9. Missy Fraser, 1997..... 41-10 3/4 (12.77)
10. Kara Hinz, 2000 37-4 1/2 (11.39)

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. Maureen Abel, 1979 3,427 points
6. Janet Adams, 1981..... 3,360 points
7. Janelle Jaspers, 1987..... 3,366 points
8. Kacey Childs, 1999 3,224 points
9. Katie Herrmann, 2004..... 3,154 points
10. Marjie Tweto, 1996 2,896 points

1,600-Meter Relay

1. McCalla, Granger, Alexander, Johnson, 2006 3:40.52
2. Johnson, McCalla, Alexander, Granger, 2006 3:42.44
3. Alexander, Johnson, **Poncè**, M. Mims, 2007 3:42.75
4. **White**, Alexander, Kerr, **Hendricks**, 2008 3:43.83
5. McCalla, Williams, Sheeley, Hume, 2004 3:44.47
6. Bynoe, Cole, Raheem, Grant, 1996 3:44.58
7. Simpson, McRell, Layne, Powell, 1989 3:44.75
8. Hume, Charles, Barber, Knight, 2002 3:45.33
9. Floyd, Poole, Hobbs, Layne, 1992 3:45.38
10. Williams, Charles, Hume, Fouchè, 2003..... 3:45.50

Distance Medley Relay

1. Armstrong, Alexander, **L. Hardesty**, Nukuri, 2008..... 11:20.11
2. Stormo, Davenport, Williams, O'Brien, 1981 11:23.02
3. Benning, Poole, Salsberry, Stec, 1994 11:28.03
4. Stormo, Davenport, Hayden, Doak, 1982 11:29.54
- Armstrong, Granger, Stanley, **K. Anderson**, 2006 11:29.54
6. Lahann, Williams, Stanley, Arens, 2004 11:30.36
7. Thompson, Williams, Barber, Lahann, 2003..... 11:30.38
8. Doak, xx, Hayden, xx, 1982 11:35.07
9. 2005 11:39.29
10. Camarigg, Stormo, Williams, O'Brien, 1981..... 11:41.44