

# THE UNIVERSITY OF IOWA



## HAWKEYE TRACK & FIELD



TRACK AND FIELD CONTACT: JORDAN BUCHER

January 6, 2016

### 2016 IOWA TRACK & FIELD INDOOR SCHEDULE

Date	Meet
Jan. 9	Border Battle <i>(Champaign, Ill.)</i>
<b>Jan. 15-16</b>	<b>Iowa Dual</b> <b><i>(Iowa City, Iowa)</i></b>
Jan. 23	Big Four Duals <i>(Cedar Falls, Iowa)</i>
Jan. 29-30	Razorback Invitational <i>(Fayetteville, Ark.)</i>
Feb. 5-6	Meyo Invitational <i>(South Bend, Ind.)</i>
Feb. 12-13	Iowa State Classic <i>(Ames, Iowa)</i>
Feb. 12-13	Tyson Classic <i>(Fayetteville, Ark.)</i>
Feb. 20	Alex Wilson Invitational <i>(South Bend, Ind.)</i>
Feb. 26-27	Big Ten Championships <i>(Geneva, Ohio)</i>
Mar. 11-12	NCAA Championships <i>(Birmingham, Ala.)</i>

### IOWA COACHING STAFF

**Joey Woody**.....Director of Track & Field

**Layne Anderson** ..... Head Cross Country/  
..... Assistant Track & Field Coach

**Clive Roberts** ..... Associate Head Coach

**Jason Wakenight** ..... Assistant Coach  
..... Director of Recruiting

**Andrew Dubs** ..... Assistant Coach

**Molly Jones** ..... Assistant Coach

### THIS WEEK

The University of Iowa track and field team travels to Champaign, Illinois, for the Border Battle at the University of Illinois on Saturday. The event is held at the UI Armory with field events beginning at 10 a.m. (CT) and running events following at 1 p.m. In addition to Iowa, the event features teams from Illinois and Missouri.

### FOLLOW THE HAWKEYES

Live results are available on the track and field schedule page at [hawkeyesports.com](http://hawkeyesports.com).

### INDOOR SCHEDULE AT A GLANCE

The Hawkeyes compete in eight regular season events prior to the championship portion of their schedule. The 2016 Big Ten Indoor Championships will be held in Geneva, Ohio, on Feb. 26-27. The NCAA Indoor Championships are March 11-12 in Birmingham, Alabama.

### RECOGNIZING THE BEST IN @IOWAXC\_TF

Juniors Aaron Mallett and Elexis Guster were named team MVPs of the 2014-15 season. Mallett, a native of St. Louis, Missouri, is a returning All-American in the men's 60-meter (indoor) and 110-meter (outdoor) hurdles. He claimed a runner-up finish at the Big Ten Indoor Championships in a collegiate-best 7.78, a mark that ranks second all-time at Iowa, before being crowned conference outdoor champion and school record-holder (13.40) in the short hurdles.

Guster returns this year as the reigning Big Ten Outdoor Champion in the women's 400 meters. The Atlanta, Georgia, native earned honorable-mention accolades in the event at the NCAA Outdoor Championships. She ran a collegiate indoor best 53.92 last season, a mark that stands fourth all-time at Iowa.

### LEAP YEAR

Graduate student Khanishah Williams enters her final year of eligibility after redshirting last season. The Burlington, Iowa, native was the 2014 Big Ten Outdoor Champion in the women's high jump and tied for sixth in the event during the indoor season. She owns the third all-time indoor mark (5-11.25, 1.81m) at Iowa.

# THE UNIVERSITY OF IOWA



## HAWKEYE TRACK & FIELD



TRACK AND FIELD CONTACT: JORDAN BUCHER

### 2015 INDOOR SEASON LEADERS

#### 60-METER SHOWDOWN

Junior Brittany Brown and senior Lake Kwaza share the women's indoor 60-meter school record at 7.41. Kwaza finished seventh in the event at last year's Big Ten Indoor Championships, while Brown competed in the 200 meters (fourth).

#### O'SHEA IS A-OK

Following a redshirt season, the Hawkeyes welcome back the third-year sophomore All-American O'Shea Wilson (4x100). The Houston, Texas, native led the Hawkeyes in the men's long jump in 2014, landing the seventh-best indoor mark (24-8.5, 7.53m) in school history. He doubles as a dominant sprinter for Iowa, having run the second leg on the winning 400-meter relay at the 2014 Big Ten Outdoor Championships.

#### LAST HURRAH FOR SPEJCHER

Senior Kevin Spejcher enters his final season. The Bloomington, Illinois, native returns as the 2015 Big Ten indoor bronze medalist in the men's high jump. His collegiate-best mark (7-0.5, 2.15m) ranks third on Iowa's all-time list.

#### MEET THE CAPTAINS

Junior Aaron Mallett and seniors Will Teubel, Mitch Wolff, Dakotah Goodell, MonTayla Holder, and Lake Kwaza were named team captains of the 2015-16 season.

#### NEXT ON THE BLOCK

The Hawkeyes host the Iowa Dual on Jan. 15-16. The discus competition takes place at the Hawkeye Tennis and Recreation Complex on Jan. 15. All other events begin Jan. 16 inside the UI Recreation Building.

#### MEN

60 Meters	Vinnie Saucer	6.82
60-Meter Hurdles	Aaron Mallett	7.78
200 Meters	James Harrington	21.22
400 Meters	Mitch Wolff	47.66
600 Yards	Brennan Davey	1:11.24
600 Meters	Carter Lilly	1:18.37
800 Meters	Will Teubel	1:49.40
1,000 Meters	Will Teubel	2:27.10
Mile	Kevin Lewis	4:07.50
3,000 Meters	Kevin Lewis	* 7:57.06
5,000 Meters	Kevin Lewis	* 13:43.70
1,600-Meter Relay	Thompson, Mallett, Davey Teubel	3:09.87
Heptathlon	Jack Eckert	5,188 points
High Jump	Kevin Spejcher	7-0 1/2 (2.15m)
Pole Vault	Jack Eckert	15-1 (4.60m)
Long Jump	Kerry Dean, Jr.	22-10 (6.96m)
Triple Jump	Babatunde Amosu	52-8 3/4 (16.07m)
Shot Put	Gabe Hull	59-2 (18.03m)
Weight Throw	Carlos Varela-Hernandez	49-3 (15.01m)
Discus Throw	Gabe Hull	182-3 1/4 (55.55m)

#### WOMEN

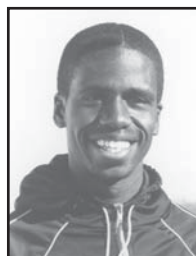
60 Meters	Lake Kwaza	7.42
60-Meter Hurdles	Jahisha Thomas	8.60
200 Meters	Brittany Brown	23.72
400 Meters	Elexis Guster	53.92
600 Yards	Mahnee Watts	1:22.82
600 Meters	MonTayla Holder	1:30.82
800 Meters	Katharina Trost	2:08.05
1,000 Meters	Shannon Maser	2:57.95
Mile	Marta Bote Gonzalez	4:56.82
3,000 Meters	Marta Bote Gonzalez	9:36.69
5,000 Meters	Carolyn Newhouse	17:55.99
1,600-Meter Relay	Kwaza, Guster, Holder, Watts	3:37.84
Dist. Medley Relay	Wilberding, Watts, Trost, Reischmann	11:46.05
High Jump	Madison Rouw	5-6 (1.68m)
Long Jump	Jahisha Thomas	19-7 (5.97m)
Shot Put	Alexa Hunt	46-8 3/4 (14.24m)
Weight Throw	Annemie Smith	58-8 (17.88m)
Discus Throw	Dakotah Goodell	156-5 (47.67m)

\* -- school record

# INDOOR ALL-TIME TOP TEN PERFORMERS



Justin Austin



Rodney Chambers



Jim Costello



Troy Doris



Bill Hansen



John Hickey



Ethan Holmes

## 60 Meters

- Justin Austin, 2011 ..... 6.69
- Kurt Felix, 1999..... 6.73  
Tevin-Cee Mincy, 2014 ..... 6.73
- Josh Larney, 2013 ..... 6.74
- Troy Doris, 2012 ..... 6.75
- Tony Branch, 1999 ..... 6.78
- Paul Chaney, Jr., 2009 ..... 6.80  
D’Juan Richardson, 2010 ..... 6.80
- Derrick Burks, 2005 ..... 6.81
- Zeke Sayon, 2010..... 6.82  
Vinnie Saucer, 2015 .....**6.82**

## 60-Meter Hurdles

- Jordan Mullen, 2013..... 7.70
- Aaron Mallett, 2015.....7.78**
- Ethan Holmes, 2013 ..... 7.82
- Dion Trowers, 1997 ..... 7.87
- Russell Peterson, 2004 ..... 7.97
- Dan Davis, 2012..... 8.02
- DeRocco Reed, 2000..... 8.03  
Keith Brown, 2015..... 8.03
- Torrey Campbell, 2012 ..... 8.09
- Jordan Crosby, 2005 ..... 8.16

## 200 Meters

- Justin Austin, 2011 ..... 20.80
- Anthuan Maybank, 1993 ..... 21.11
- Bashir Yamini, 1999 ..... 21.19
- James Harrington, 2014 .....21.21**
- Ethan Holmes, 2013 ..... 21.23
- Tim Dodge, 2000 ..... 21.26
- Paul Chaney, Jr., 2009 ..... 21.34
- George Page, 1997 ..... 21.35
- Zach Digney, 2004 ..... 21.39
- Tony Branch, 1998 ..... 21.46

## 400 Meters

- Steven Willey, 2010 ..... 46.75
- Terrence Duckett, 1984 ..... 46.81
- Andre Morris, 1995 ..... 47.15
- Monte Raymond, 1998..... 47.18
- Anthuan Maybank, 1990 ..... 47.25
- Patrick Richards, 2011 ..... 47.35
- Juan Coleman, 2002 ..... 47.40
- Justin Austin, 2012 ..... 47.61
- Ethan Holmes, 2013 ..... 47.63
- Curtis Chung, 1989 ..... 47.65

## 600 Meters

- Erik Sowinski, 2012..... 1:16.91
- Will Teubel, 2014 ..... 1:17.84**
- Steven Willey, 2011 ..... 1:17.94
- Keaton Rickels, 2012 ..... 1:18.19
- Pat McGhee, 1988..... 1:18.30
- Carter Lilly, 2015 ..... 1:18.37**
- Ryan Weir, 2013 ..... 1:18.62
- Chris Barton, 2011..... 1:18.75  
Brennan Davey, 2014..... 1:18.75
- Neil Flattery, 2014 ..... 1:18.78

## 800 Meters

- Erik Sowinski, 2012..... 1:47.62
- Ryan Weir, 2013 ..... 1:49.11
- Adam Hairston, 2010..... 1:49.26
- Nathan Prom, 2013 ..... 1:49.29
- Will Teubel, 2015 ..... 1:49.40**
- Nick Kuczvara, 2010 ..... 1:49.59
- Dave Novotny, 1996 ..... 1:51.27
- Jim Docherty, 1973..... 1:51.30
- Rod Chambers, 1989 ..... 1:51.33
- Carter Lilly, 2015 ..... 1:51.40**

## Mile

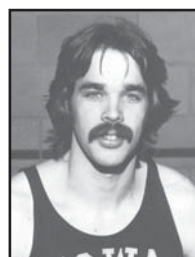
- Jeff Thode, 2011 ..... 3:58.72
- Ed DeLashmutt, 1981 ..... 4:04.01
- Larry Wiczorek, 1968..... 4:04.40
- John Clark, 1972 ..... 4:05.94
- Ben Witt, 2014 ..... 4:07.08
- Adam Thomas, 2002 ..... 4:07.13
- Kevin Herd, 1992 ..... 4:07.26
- Jesse Luciano, 2009 ..... 4:07.29
- Jake Berns, 2006..... 4:07.43
- Kevin Lewis, 2015 ..... 4:07.50

## 3,000 Meters

- Kevin Lewis, 2015 ..... 7:57.06
- Jeff Thode, 2011 ..... 8:00.38
- Micah VanDenend, 2006 ..... 8:00.81
- Eric MacTaggart, 2006 ..... 8:08.79
- Stetson Steele, 2000..... 8:09.54
- Ben Witt, 2015 ..... 8:10.97
- Dan Haut, 2005 ..... 8:11.36
- Kevin Herd, 1994 ..... 8:11.51
- Nick Holmes, 2010 ..... 8:15.48
- Andy Napier, 2008..... 8:15.70

## 5,000 Meters

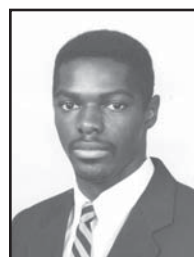
- Kevin Lewis, 2015 ..... 13:43.70
- Micah VanDenend, 2007 ..... 13:56.46
- Stetson Steele, 2000..... 14:00.52
- Dan Haut, 2006 ..... 14:06.16
- Eric MacTaggart, 2006 ..... 14:13.41
- Jeff Thode, 2011 ..... 14:16.00
- Matt Esche, 2004..... 14:18.43
- Jeff Kent, 2007..... 14:18.86
- Jesse Luciano, 2009 ..... 14:20.99
- Nick Nordheim, 2002 ..... 14:22.99



Bill Knoedel



Kevin Lewis



Anthuan Maybank



Jordan Mullen

# INDOOR ALL-TIME TOP TEN PERFORMERS



Nathan Prom



Kyle Reid



Patrick Richards



Keaton Rickels



Erik Sowinski



Todd Wigginton



Steven Willey

## Heptathlon

1. Kyle Reid, 2013 ..... 5,354 points
2. Dan Rolling, 2010 ..... 5,205 points
3. Jack Eckert, 2015 ..... 5,188 points
4. Ryan Niver, 2008..... 5,149 points
5. **William Dougherty, 2015 5,054 points**
6. Frank Prill, 2010..... 5,015 points
7. Scott Faber, 2000..... 4,784 points
8. Cam Appleman, 1997 ..... 4,685 points
9. Bobby Windauer, 2007 ..... 4,644 points
10. Jacob Drewry, 1995 ..... 4,612 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)  
**Kevin Spejcher, 2015..... 7-0 1/2 (2.15)**
5. Pat Meade, 1987 ..... 7-0 1/4 (2.14)
6. Mike Lacy, 1984..... 7-0 (2.13)
7. M. Cunningham, 1984.. 6-11 1/4 (2.11)
8. 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. **O'Shea Wilson, 2014... 24-8 1/2 (7.53)**  
Matty Gorman, 2006.... 24-8 1/2 (7.53)
9. Charles Jones, 1980..... 24-8 1/4 (7.52)
10. Quinn Early, 1986 ..... 24-7 1/4 (7.50)

## Triple Jump

1. Troy Doris, 2011 ..... 54-0 (16.46)
2. Babatunde Amosu,  
2015 ..... 52-8 3/4 (16.07)
3. Paul Jones, 1990..... 52-1 1/4 (15.88)  
**Klyvens Delaunay,  
2014 ..... 52-1 1/4 (15.88)**
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 Nsabua, 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. Gary 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. Gabe Hull, 2014..... 59-3 (18.06)
8. Chris Gambol, 1987 ..... 59-0 (17.98)
9. Arno van der Westhuizen,  
1999 ..... 58-10 3/4 (17.95)
10. **Avery Meyers, 2015 .. 58-4 3/4 (17.80)**

## Weight Throw

1. Jim Costello, 2002 ..... 69-4 3/4 (21.15)
2. Matt Banse, 2012 ..... 67-8 (20.62)
3. Arno 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, 2014..... 59-7 (18.16)
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. Kuczvara, 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



Brittany Brown



Tracy Dahl



Nicole Erickson



Karesa 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. Karesa 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  
**Jahisha Thomas, 2015**..... **8.60**
9. Kimberly Stanford, 2008.....8.63
10. Diane Steinhart, 1981.....8.64

## 200 Meters

1. Kineke Alexander, 2006 .....23.49
2. Shellene Williams, 2004 .....23.62
3. **Brittany Brown, 2014** ..... **23.63**
4. Marlene Poole, 1994 .....23.66  
Yolanda Hobbs, 1995.....23.66
6. Erica Broomfield, 1998 .....23.81
7. **Lake Kwaza, 2014**..... **23.92**
8. Raven Moore, 2013 .....24.00
9. Erin Jones, 2011 .....24.01
10. Rhonda-Kaye Trusty, 2010 .....24.05

## 400 Meters

1. Kineke Alexander, 2007 .....51.48
2. Ellen Grant, 1996.....52.65
3. Shellene Williams, 2004 .....52.83
4. **Elexis Guster, 2015**..... **53.92**
5. Ashley Liverpool, 2011 .....54.09
6. **MonTayla Holder, 2015** ..... **54.32**
7. **Alexis Hernandez, 2014**..... **54.91**
8. Tiffany Hendricks, 2011 .....55.06
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. **Mahnee Watts, 2015**..... **1:22.82**
6. Bethany Praska, 2009 ..... 1:23.12
7. Hannah Simonson, 2012 ..... 1:23.18
8. Chris Davenport, 1982..... 1:24.14
9. **Kaitlyn Nelson, 2015** ..... **1:24.52**
10. Sophia Poncè, 2007 ..... 1:24.55

## 600 Meters

1. Kineke Alexander, 2008 ..... 1:27.45
2. Bethany Praska, 2011 ..... 1:28.14
3. **MonTayla Holder, 2014** ..... **1:29.98**
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. **Mahnee Watts, 2015**..... **1:32.07**
9. Kay Stormo, 1982 ..... 1:32.30
10. **Elexis Guster, 2015** ..... **1:32.35**

## 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. **Mahnee Watts, 2014**..... **2:08.79**
6. **Adrienne Alexia, 2013**..... **2:08.95**
7. Briana Benning, 1996 ..... 2:09.22
8. **Kaitlyn Nelson, 2013** ..... **2:09.58**
9. **MonTayla Holder, 2015** ..... **2:10.34**
10. Kay Stormo, 1981 ..... 2:11.04

## 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



Senta Hawkins



Tiffany Hendricks



Tammilee Kerr



Lake Kwaza



Ashley Liverpool



McKenzie Melander

# INDOOR ALL-TIME TOP TEN PERFORMERS



Zinnia Miller



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 .. 5-11 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)  
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)
7. Amy Kasparbauer, 2000..... 8-0 (2.44)

## Long Jump

1. Zinnia Miller, 2014.....20-4 1/4 (6.20)
2. Carisa Leacock, 2014 .....19-9 1/2 (6.03)
3. **Jahisha Thomas, 2015 ..... 19-7 (5.97)**
4. Lisa Moats, 1986 ..... 19-6 (5.95)
5. Cassidy Ellis, 2015.....19-5 1/2 (5.93)
6. Renee White, 2006.....19-3 1/4 (5.87)
7. Tiffany Johnson, 2007.....19-2 1/2 (5.85)
8. Davera Taylor, 1984 .....19-1 1/2 (5.83)
9. Yolanda Hobbs, 1993..... 19-1 (5.80)
10. Kamesha Marshall, 2005 ..18-11 1/4 (5.77)

## Triple Jump

1. Renee White, 2008..... 42-4 (12.90)
2. Tiffany Johnson, 2007.....41-3 3/4 (12.59)
3. Zinnia Miller, 2014.....41-2 1/2 (12.56)
4. Carisa Leacock, 2012 .....40-5 1/2 (12.33)
5. Becki Borg, 1987..... 39-6 (12.04)
6. Lynn McMillan, 1988 ..... 38-2 (11.63)
7. Sarah Ryan, 2014 .....37-5 1/4 (11.41)
8. Lisa Moats, 1985 ..... 35-1 (10.69)
9. 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)  
Courtney Fritz, 2014..... 47-5 (14.45)
9. Jennifer Gilson, 2002..... 46-11 (14.30)
10. Alexa Hunt, 2015 .....46-8 3/4 (14.24)

## Weight Throw

1. Ashlyn Gulvas, 2013 ..... 63-6 (19.35)
2. Jasmine Simpson, 2013... 62-6 1/2 (19.06)
3. Annemie Smith, 2014..... 61-4 (18.69)
4. Kelsey Taylor, 2011 ..... 60-4 1/2 (18.40)
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. Cassidy Ellis, 2014.....3,346 points

## 1,600-Meter Relay

1. Liverpool, Hendricks, Praska, Erickson, 2011 ..... 3:36.97
2. **Hernandez, Holder, Guster, Watts, 2014 ..... 3:37.16**
3. Liverpool, Hendricks, Erickson, Praska, 2011 ..... 3:37.58
4. **Kwaza, Guster, Holder, Watts, 2015.....3:37.84**
5. **Kwaza, Holder, Watts, Guster, 2015.....3:38.56**
6. **Guster, Holder, Watts, Hernandez, 2014 ..... 3:38.62**
7. Hendricks, Erickson, Praska, Liverpool, 2011 ..... 3:39.15
8. **Guster, Watts, Holder, Kwaza, 2015.....3:39.30**
9. Hendricks, Praska, Erickson, Liverpool, 2011 ..... 3:40.42
10. McCalla, Granger, Alexander, Johnson, 2006 ..... 3:40.52

## 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