

# THE UNIVERSITY OF IOWA



## HAWKEYE TRACK & FIELD



TRACK AND FIELD CONTACT: JORDAN BUCHER

February 18, 2015

### 2015 IOWA TRACK & FIELD INDOOR SCHEDULE

Date	Meet
Jan. 10	Border Battle <i>(Iowa City, Iowa)</i>
Jan. 24	Big Four Duals <i>(Ames, Iowa)</i>
Feb. 6-7	Husker Invite <i>(Lincoln, Neb.)</i>
Feb. 13-14	Iowa State Classic <i>(Ames, Iowa)</i>
Feb. 13-14	Tyson Invitational <i>(Fayetteville, Ark.)</i>
<b>Feb. 20</b>	<b>UNI-Dome Open</b> <b><i>(Cedar Falls, Iowa)</i></b>
<b>Feb. 21</b>	<b>Alex Wilson</b> <b>Invitational</b> <b><i>(Bloomington, Ind.)</i></b>
Feb. 27-28	Big Ten Championships <i>(Geneva, Ohio)</i>
Mar. 13-14	NCAA Championships <i>(Fayetteville, Ark.)</i>

### IOWA COACHING STAFF

Joey Woody.....	Director of Track & Field
Layne Anderson ....	Head Track & Field Coach
Clive Roberts .....	Associate Head Coach
Jason Wakenight .....	Assistant Coach
.....	Director of Recruiting
Andrew Dubs .....	Assistant Coach
Molly Jones .....	Assistant Coach
Kate See .....	Director of Operations

#### THIS WEEK

The University of Iowa track and field team competes at the UNI-Dome Open in Cedar Falls, Iowa, on Feb. 20, and the Alex Wilson Invitational in South Bend, Indiana, on Feb. 21, prior to heading into the 2015 Big Ten Indoor Championships from Feb. 27-28.

#### UNI-DOME OPEN

The UNI-Dome Open starts at 1 p.m. (CT) on Friday with field events. Running events follow at 3 p.m. (CT). The event will be held at the UNI Dome on the University of Northern Iowa campus. Live results will be available on the track and field schedule page of [hawkeyesports.com](http://hawkeyesports.com).

#### ALEX WILSON INVITATIONAL

The Alex Wilson Invitational begins at 10 a.m. (CT) with field events and 60-meter hurdle prelims. The event is held at the Loftus Sports Center on the University of Notre Dame campus. Live results will be available on the track and field schedule page of [hawkeyesports.com](http://hawkeyesports.com).

#### LEWIS MAKES HISTORY

Senior Kevin Lewis made history last weekend at the Iowa State Classic in Ames, Iowa, when the Ottumwa, Iowa, native clocked 13:43.70 in the men's 5,000 meters. That time is the fastest any lowan has ever run collegiately. This season alone, Lewis has snagged two school record performances in the 3,000 meters and 5,000 meters. His 3,000-meter performance came on Jan. 31 at the UW Invitational in Seattle. Lewis posted 7:57.06 to become the first Hawkeye to break the eight-minute mark. That time currently 26th in the nation, while his 5,000 mark ranks 12th nationally.

#### AMOSU CAPTURES SILVER

Senior Babatunde Amosu leaped to a second-place finish in the men's triple jump at the Tyson Invitational in Fayetteville, Arkansas, on Feb. 14. His jump of 15.84 meters marks a new personal best for the senior. His performance lands him fourth on Iowa's all-time list and 19th in the nation.

#### MELCHERT, WITT SHATTER PERSONAL BESTS

Senior Ben Witt raced to a new career-best in the 3,000 meters at the Iowa State Classic on Feb. 14. The Burlington, Iowa, native clocked 8:10.87, which shatters his previous personal best by 10 seconds. His name appears eighth in the conference rankings and lands sixth on Iowa's all-time list. Freshman Michael Melchert also posted a personal best, crossing the 3,000-meter mark in 8:27.09. The duo finished 18th and 34th, respectively.

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## HAWKEYE TRACK & FIELD



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### GUSTER, HOLDER MAKE STRIDES

Sophomore Elexis Guster ran 53.92 in the 400 meters at the Tyson Invitational on Feb. 14 to finish 21st, overall. Junior MonTayla Holder crossed the 400-meter mark in a new personal best time 54.32 to finish 26th.

### TEUBEL, TROST STAR IN 800 METERS

Will Teubel recorded a personal best in the 800 meters at the Iowa State Classic on Feb. 14. The junior cruised to a ninth-place finish in 1:49.40. His time lands fifth on Iowa's all-time list.

Katharina Trost also had a strong showing for the Hawkeyes in the women's event, clocking a season best of 2:08.05 to finish 11th. Trost also owns the fourth-fastest 800-meter time in school history at 2:07.38.

### BIG TEN LEADER BOARD

**Eleven** Hawkeyes rank within the top five spots in the conference:

1. Kevin Lewis -- 5,000 meters (13:43.70)
3. MonTayla Holder -- 600 meters (#1:30.61)
3. Babatunde Amosu -- Triple Jump (51' 11.75", 15.84m)
3. Kwaza, Guster, Holder, Watts -- 4x4 relay (3:37.84)
4. Lake Kwaza -- 60 meters (7.42)
4. James Harrington -- 200 meters (21.31)
4. Elexis Guster -- 400 meters (53.92)
4. Will Teubel -- 800 meters (1:49.40)
4. Katharina Trost -- 800 meters (2:08.05)
4. Lewis -- 3,000 meters (7:57.06)
4. Kevin Spejcher -- High Jump (7' 0.5", 2.15m)

# - converted time

### BIG TEN CHAMPIONSHIPS ON THE AIR

The 2015 Big Ten Indoor Championships will air on BTN at 9:30 a.m. (CT) on Sunday, March 8. Both the men's and women's events will take place at the SPIRE Institute in Geneva, Ohio.

### NEXT ON THE BLOCK

The Hawkeyes travel to Geneva, Ohio, for the 2015 Big Ten Indoor Championships from Feb. 27-28.

## 2015 INDOOR SEASON LEADERS

### MEN

60 Meters	Vinnie Saucer	6.87
60-Meter Hurdles	Aaron Mallett	7.96
200 Meters	James Harrington	21.31
400 Meters	Mitch Wolff	48.12
600 Yards	Brennan Davey	1:11.24
600 Meters	Carter Lilly	1:20.55
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	Wolff, Thompson, Mallett, Lilly	3:14.30
Heptathlon	Jack Eckert	5,172 points
High Jump	Kevin Spejcher	7-0 1/2 (2.15m)
Pole Vault	Jack Eckert	14-11 1/4 (4.56m)
Long Jump	Sydney Rush	22-9 (6.93m)
Triple Jump	Babatunde Amosu	51-11 3/4 (15.84m)
Shot Put	Gabe Hull	59-0 1/4 (17.99m)
Weight Throw	Carlos Varela-Hernandez	49-3 (15.01m)
Discus Throw	Gabe Hull	182-3 1/4 (55.55m)

### WOMEN

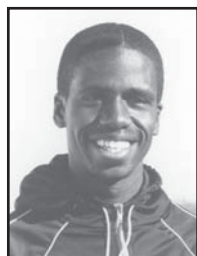
60 Meters	Lake Kwaza	7.42
60-Meter Hurdles	Jahisha Thomas	8.60
200 Meters	Lake Kwaza	24.14
400 Meters	Elexis Guster	53.92
600 Yards	Mahnee Watts	1:22.82
600 Meters	MonTayla Holder	1:30.82
800 Meters	Katharina Trost	2:08.05
1,000 Meters	Shannon Maser	2:57.95
Mile	Marta Bote Gonzalez	4:56.82
3,000 Meters	Marta Bote Gonzalez	9:51.82
5,000 Meters	Carolyn Newhouse	17:55.99
1,600-Meter Relay	Kwaza, Guster, Holder, Watts	3:37.84
High Jump	Madison Rouw	5-4 1/4 (1.63m)
Long Jump	Jahisha Thomas	19-1 1/4 (5.82m)
Shot Put	Alexa Hunt	46-8 1/4 (14.24m)
Weight Throw	Annemie Smith	58-3 (17.75m)
Discus Throw	Dakotah Goodell	156-6 (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

## 60-Meter Hurdles

- Jordan Mullen, 2013..... 7.70
- Ethan Holmes, 2013 ..... 7.82
- Dion Trowers, 1997 ..... 7.87
- Aaron Mallett, 2014.....7.88**
- 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
- Ryan Weir, 2013 ..... 1:18.62
- Chris Barton, 2011..... 1:18.75
- Brennan Davey, 2014..... 1:18.75
- Neil Flattery, 2014 ..... 1:18.78
- Adam Hairston, 2009..... 1:19.05

## 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
- Jim Donovan, 1999..... 1:51.52

## Mile

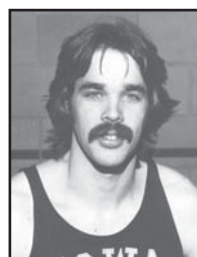
- Jeff Thode, 2011 ..... 3:58.72
- Ed DeLashmutt, 1981 ..... 4:04.01
- Larry Wieczorek, 1968..... 4:04.40
- John Clark, 1972 ..... 4:05.94
- Ben Witt, 2014.....4:07.08**
- Adam Thomas, 2002 ..... 4:07.13
- Kevin Herd, 1992 ..... 4:07.26
- Jesse Luciano, 2009 ..... 4:07.29
- Jake Berns, 2006..... 4:07.43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

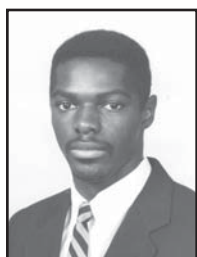
- Kevin Lewis, 2015 ..... 13:43.70**
- Micah VanDenend, 2007 ..... 13:56.46
- Stetson Steele, 2000..... 14:00.52
- Dan Haut, 2006 ..... 14:06.16
- Eric MacTaggart, 2006 ..... 14:13.41
- Jeff Thode, 2011 ..... 14:16.00
- Matt Esche, 2004..... 14:18.43
- Jeff Kent, 2007..... 14:18.86
- Jesse Luciano, 2009 ..... 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 ..... 5,172 points**
4. Ryan Niver, 2008..... 5,149 points
5. Frank Prill, 2010..... 5,015 points
6. **William Dougherty, 2015 4,991 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. Paul Jones, 1990..... 52-1 1/4 (15.88)  
**Klyvens Delaunay, 2014 ..... 52-1 1/4 (15.88)**
4. **Babatunde Amosu, 2014 ..... 51-11 3/4 (15.84)**
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. Kay Stormo, 1982 ..... 1:32.30
- 9. Elexis Guster, 2015**..... **1:32.35**
10. Aisha Hume, 2004 ..... 1:32.41

## 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)
6. 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. Lisa Moats, 1986 ..... 19-6 (5.95)
4. Renee White, 2006.....19-3 1/4 (5.87)
5. Tiffany Johnson, 2007.....19-2 1/2 (5.85)
6. Davera Taylor, 1984 .....19-1 1/2 (5.83)
7. **Jahisha Thomas, 2015 .....19-1 1/4 (5.82)**
8. Yolanda Hobbs, 1993..... 19-1 (5.80)
9. Kamesha Marshall, 2005 .18-11 1/4 (5.77)
10. Sarah Ryan, 2014 .....18-9 1/4 (5.72)

## 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. **Kassidy 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. **Guster, Holder, Watts, Hernandez, 2014 ..... 3:38.62**
6. Hendricks, Erickson, Praska, Liverpool, 2011 ..... 3:39.15
7. **Guster, Watts, Holder, Kwaza, 2015.....3:39.30**
8. Hendricks, Praska, Erickson, Liverpool, 2011 ..... 3:40.42
9. McCalla, Granger, Alexander, Johnson, 2006 ..... 3:40.52
10. **Kwaza, Holder, Watts, Guster, 2014..... 3:41.57**

## 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