

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



TRACK AND FIELD CONTACT: BRANDEE BRITT

January 18, 2012

2011-12 IOWA TRACK & FIELD INDOOR SCHEDULE

Date	Meet	Result
Jan. 4	New Year's Classic (Iowa City, Iowa)	
Jan. 21	at Adidas Classic (Lincoln, Neb.)	
Jan. 27-28	at Razorback Invite (Fayetteville, Ark.)	
Feb. 3-4	at Meyo Invite (South Bend, Ind.) at New Balance Invite (New York City, New York)	
Feb. 10-11	at Cyclone Classic (Ames, Iowa) at Tyson Invite (Fayetteville, Ark.)	
Feb. 11	Husky Invite (Seattle, Wash.)	
Feb. 17	Iowa Invitational (Iowa City, IA)	
Feb. 24-25	at Big Ten Championships (Lincoln, Neb.)	
Mar. 3	at NCAA Last Chance Meet (TBA)	
Mar. 9-10	at NCAA Championships (Boise, Idaho)	

IOWA COACHING STAFF

Layne AndersonHead Women's Coach

Larry WieczorekHead Men's Coach

Scott CapposAssistant Coach
.....Men's and Women's Throws

Clive RobertsAssistant Coach
.....Horizontal jumps, women's short
.....sprints, hurdles, relays

Christi SmithAssistant Coach
.....Combined events, vertical jumps

Joey WoodyAssistant Coach
.....Men's sprints, short hurdles and relays
.....women's long sprints and hurdles

THIS WEEK

The University of Iowa track and field team travels to Lincoln, Neb., to compete in the Adidas Classic Saturday. The event, held at Devaney Center, is scheduled to begin at 12:30 p.m. The Hawkeyes will compete against Nebraska, Houston, Wichita State, and the Air Force.

NEW KIDS ON THE BLOCK

Eighteen freshmen made their Hawkeye debut at the New Year's Classic on Jan. 14. Three of them recorded first place finishes. Khanishah Williams finished first in the 60-meter hurdles (9.24) and the high jump (5-7 ¾, 1.72m). Annemie Smith took the title in the weight throw (57-3 ¾, 17.47m), while Brittany Holst reached a height of 10-11.75 (3.35m) to finish first. Ben Witt ran to a second place finish in the mile with a time of 4:19.32, and Kaleb VanCleave ran a 50.06 in the 400 meters to place second.

IN THE RANKINGS

The Hawkeye men's team is ranked 16th in the USTFCCCA preseason poll. This weekend the men will face No. 5 Nebraska, while the women's team will face a 25th ranked Nebraska team.

THODE BREAKS RECORD

All-American Jeff Thode stole the show at the New Year's Classic. The junior broke the 44-year old two-mile record (8:54.00) which was previously held by head coach Larry Wieczorek. Thode crossed the line in 8:53.9.

HOST OF PERSONAL BESTS

Six Hawkeyes recorded personal bests at the New Year's Classic. They include Zinnia Miller (long jump), Raven Moore (60-meters), Erin Jones (400-meters), Brooke Eilers (mile), Rachel Curry (shot put), and Ashlyn Gulvas (weight throw).

MULLEN RETURNS

Hawkeye junior Jordan Mullen returned to the track Jan. 14 at the New Year's Classic. Mullen ran to a first place finish in the 60-meter hurdles with a time of 7.87. The appearance was Mullen's first competition since the Drake Relays held on April 30, 2011. Mullen holds the school indoor record in the 60-meter hurdles (7.75).

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CRACKIN' THE TOP TEN

Three Hawkeye women etched their names onto the all-time top ten performers list. Annemie Smith (57-3 3/4 ;17.47m), Ashlyn Gulvas (54-4 ;16.56m), Jasmine Simpson (50-6 3/4;15.41m) rank fourth, seventh, and 10th on the weight throw top performers list.

NEXT ON THE BLOCK

The Hawkeyes will travel to Fayetteville, Ark. Jan. 27-28 for the Razorback Invitational.

HEAD COACH LARRY WIECZOREK

Larry Wieczorek is in his 25th season as head men's cross country coach and his 16th season as head men's track and field coach at the University of Iowa. He served as an assistant track and field coach for 12 years before taking the helm in 1997.

Last season, Wieczorek guided 28 qualifiers, made up of 20 student-athletes competing in 13 individual events and two relays to the NCAA Outdoor Championships preliminary round.

HEAD COACH LAYNE ANDERSON

Layne Anderson is in his fourth year as head coach of the University of Iowa women's cross country and track and field teams. He has served as the Hawkeyes' head women's cross country coach for the past eight seasons, and was the interim head women's track and field coach in 2008. From 2003-07, he served as an assistant women's track and field coach for the Hawkeyes.

2011-12 INDOOR SEASON LEADERS

MEN'S	WOMEN'S
60 meters Justin Austin 6.82	60 meters Raven Moore 7.63
60 meter hurdles Jordan Mullen..... 7.87	60-meter hurdles Khanishah Williams 9.24
200 meters D'Juan Richardson 22.23	200 meters Katie Steingreaber 28.63
400 meters Patrick Richards 48.78	400 meters Erin Jones 1:44.00
600 meters Keaton Rickels 1:20.48	500 meters Kelsey Quinn 1:14.84
1,000 meters Eric Sowinski 2:24.15	Mile Brooke Eilers 4:52.05
Mile Ben Witt..... 4:19.32	High Jump Khanishah Williams 1.72 m
High Jump Jeffery Herron..... 2.00 m	Pole Vault Brittany Holst 3.35 m
Long Jump Jeffery Herron..... 7.33 m	Long Jump Zinnia Miller..... 5.63
Triple Jump Troy Doris 15.93 m	Triple Jump Carisa Leacock 12.33
Shot Put Ryan Lamparek..... 16.90 m	Shot Put Rachel Curry..... 14.67 m
Weight Throw Matt Banse..... 19.63 m	Weight Throw Annemie Smith..... 17.47 m
1,600 meter relay Rickels, Van Cleave, Davey, Sowinski 3:16.45	1,600-meter relay Moore, Erickson, Liverpool, Quinn 3:49.39

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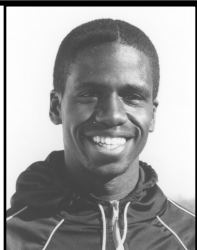
HAWKEYE TRACK & FIELD



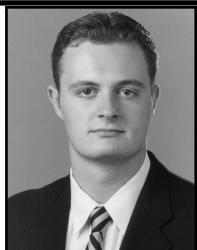
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Justin Austin



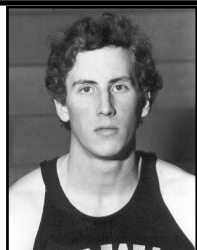
Rodney Chambers



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. Tony Branch, 1999..... 6.78
4. Paul Chaney, Jr., 2009..... 6.80
- D’Juan Richardson, 2010 6.80
6. Derrick Burks, 2005 6.81
7. Zeke Sayon, 2010..... 6.82
- Tevin Mincy, 2011..... 6.82
9. Tim Dodge, 2001 6.83
- Troy Doris, 2011..... 6.83

60-Meter Hurdles

1. Jordan Mullen, 2011..... 7.75
2. Dion Trowers, 1997..... 7.87
3. Russell Peterson, 2004..... 7.97
4. DeRocco Reed, 2000 8.03
5. Ethan Holmes, 2011..... 8.08
6. Jordan Crosby, 2005..... 8.16
7. D’Juan Richardson, 2009 8.20
8. Justin Poots, 2001 8.22
- Dan Davis, 2012 8.22
10. Tony Branch, 1999..... 8.24

200 Meters

1. Justin Austin, 2011 20.80
2. Anthuan Maybank, 1993 21.11
3. Bashir Yamini, 1999 21.19
4. Tim Dodge, 2000 21.26
5. Paul Chaney, Jr., 2009..... 21.34
6. George Page, 1997 21.35
7. Zach Digney, 2004 21.39
8. Tony Branch, 1998..... 21.46
9. David Chaplin, 2006 21.49
10. Adam Kunkel, 2001 21.55

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. Curtis Chung, 1989..... 47.65
9. Ray Varner, 2008 47.66
10. Ed Rozell, 1997 47.73

600 Meters

1. Steven Willey, 2011..... 1:17.94
2. Erik Sowinski, 2009 1:18.05
3. Pat McGhee, 1988..... 1:18.30
4. Chris Barton, 2011 1:18.75
5. Adam Hairston, 2009 1:19.05
6. Monte Raymond, 1997 1:19.18
7. Scott Williamson, 2001 1:19.19
8. D’Juan Strozier, 1990 1:19.20
9. Gary Falls, 1991 1:19.32
10. Zach Splan, 2007..... 1:19.39

800 Meters

1. Erik Sowinski, 2011..... 1:47.98
2. Adam Hairston, 2010 1:49.26
3. Nick Kuczvara, 2010 1:49.59
4. Dave Novotny, 1996..... 1:51.27
5. Jim Docherty, 1973 1:51.30
6. Rod Chambers, 1989..... 1:51.33
7. Jim Donovan, 1999..... 1:51.52
8. Michael Layne, 1997..... 1:51.54
9. Bill Frazier, 1963 1:51.80
10. Mike Cunningham, 2002..... 1:51.98

Mile

1. Jeff Thode, 2011 3:58.72
2. Ed DeLashmutt, 1981 4:04.01
3. Larry Wieczorek, 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. Nick Holmes, 2010..... 8:15.48
8. Andy Napier, 2008 8:15.70
9. Larry Wieczorek, 1968..... 8:17.00
10. Matt Esche, 2004..... 8:17.28

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. Matt Esche, 2004..... 14:18.43
7. Jeff Kent, 2007..... 14:18.86
8. Jesse Luciano, 2009..... 14:20.99
9. Nick Nordheim, 2002 14:22.99
10. Kevin Herd, 1994 14:27.57

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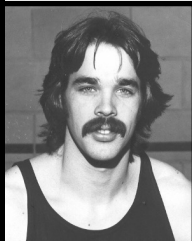


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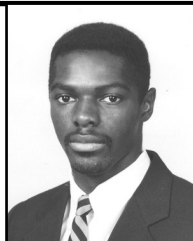


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INDOOR TOP PERFORMERS



Bill Knoedel



Anthuan Maybank



Jordan Mullen



Patrick Richards



Dan Rolling



Erik Sowinski



Jeff Thode

High Jump

1. Bill Knoedel, 19767-3 (2.21)
- Bill Hansen, 19787-3 (2.21)
3. Scott Hudek, 19937-0 1/2 (2.15)
4. Pat Meade, 19877-0 1/4 (2.14)
5. Mike Lacy, 19847-0 (2.13)
6. M. Cunningham, 19846-11 1/4 (2.11)
7. Jeffery Herron, 20106-11 (2.11)
- Peter Hlavin, 19806-11 (2.11)
- Brandon Oest, 20106-11 (2.11)
- Dan Rolling, 20086-11 (2.11)
- Graham Valdes, 20106-11 (2.11)

Pole Vault

1. Todd Wigginton, 198417-1 (5.21)
2. Dave Nielsen, 197516-10 (5.13)
3. Curt Brock, 197916-6 (5.03)
4. Alex Zona, 201016-4 3/4 (5.00)
- Kyle Reid, 201016-4 3/4 (5.00)
6. Phil Wertman, 197116-4 (4.98)
7. Jeff Raymond, 200816-2 (4.93)
8. John Teffer, 197216-1 (4.90)
9. Chad Ohly, 199515-9 (4.80)
- Rich Palumbo, 198915-9 (4.80)

Long Jump

1. Anthuan Maybank, 199226-5 1/2 (8.06)
2. Bashir Yamini, 199826-0 1/4 (7.93)
3. Darren Smith, 199125-2 (7.67)
4. Paul Jones, 199024-11 1/4 (7.60)
5. Ronnie McCoy, 198424-9 (7.54)
6. Matty Gorman, 200624-8 1/2 (7.53)
7. Charles Jones, 198024-8 1/4 (7.52)
8. Quinn Early, 198624-7 1/4 (7.50)
9. Jeffery Herron, 201124-7 (7.49m)
10. Lee Farmer, 194223-9 1/4 (7.24)

Triple Jump

1. Troy Doris, 201154-0 (16.46)
2. Paul Jones, 199052-1 1/4 (15.88)

3. Mike Lacy, 198349-0 (14.93)
4. Owen Gill, 198248-10 3/4 (14.90)
5. Josh Bean, 200948-10 (14.88)
6. Gordon Finch, 198848-3 3/4 (14.72)
7. Matty Gorman, 200648-3 1/2 (14.72)
8. Pat Miller, 198447-11 (14.60)
9. Brian Quarles, 198046-9 3/4 (14.26)
10. Darren Smith, 199246-3 1/2 (14.11)

Shot Put

1. John Hickey, 200963-0 (19.20)
2. Jeremy Allen, 200162-10 1/2 (19.16)
3. Shane Maier, 200661-2 (18.64)
4. G. Kostrubala, 198660-10 3/4 (18.55)
5. Andy Banse, 200560-9 1/4 (18.52)
6. Ken Kemeny, 200460-0 1/2 (18.30)
7. Chris Gambol, 198759-0 (17.98)
8. A. van der Westhuizen, 199958-10 3/4 (17.95)
9. Ryan Lamparek, 201056-10 (17.32)
10. A.J. Curtis, 200857-9 1/2 (17.61)

Weight Throw

1. Jim Costello, 200269-4 3/4 (21.15)
2. A. van der Westhuizen, 2001 67-7 1/2 (20.61)
3. Adam Hamilton, 200766-9 1/4 (20.35)
4. Jeremy Allen, 200165-10 1/4 (20.07)
5. Matt Banse, 201164-8 1/2 (19.72)
6. Chris Voller, 200563-4 (19.30)
7. Ryan Lamparek, 201161-0 1/4 (18.60)
8. Brad Daufeldt, 200460-4 1/2 (18.40)
9. Ryan Jordan, 200859-0 (17.98)
10. Eric Rothwell, 200257-2 1/4 (17.43)

1,600-Meter Relay

1. Richards, E. Holmes, Sowinski, Willey, 20113:06.66
2. Rozell, Davis, Raymond, Yamini, 19983:06.80
3. Coleman, Faber, Strang, Peterson, 20023:07.44
4. Richards, Sowinski, E. Holmes, Willey, 20113:07.84
5. Greer, Williams, Smith, Duckett, 19843:08.14
6. Card, Coleman, Williamson, Dodge, 20013:08.21
7. Davis, Rozell, Page, Morris, 19953:08.77
8. Dodge, Williamson, Card, Peterson, 20013:08.82
9. Richards, E. Holmes, Barton, Willey, 20113:08.85
10. Branch, Dodge, Donovan, Yamini, 19993:08.99

3,200 Meter Relay

1. Cooke, Nie, Monsey, Chambers, 19907:13.02
2. Corrigan, Blackman, Strozier, Chambers, 19897:29.00
3. English, Blackman, Strozier, Chambers, 19897:36.20
4. 19777:39.40
5. 19867:40.90
6. Bouske, Herd, Chambers, Koon, 19927:43.94
7. Bouska, Cook, White, Herd, 19927:48.63
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. Kuczvara, Barton, Kuhlman, N. Holmes, 2010 9:51.05
5. Marchese, Varner, Hairston, Luciano, 20099:52.52
6. Paul, Varner, Hairston, Thode, 20109:52.71
7. Prom, Richardson, Sowinski, Thode, 20119:57.44
8. Trainor, Faber, Cunningham, Allen, 20029:58.14
9. Newell, Eisenlauer, Tice, Clark, 197310:00.0
10. Criswell, Hexum, Schum, Eastland, 197110:01.40



Micah VanDenend



Todd Wigginton



Steven Willey

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INDOOR TOP PERFORMERS



Kineke Alexander Meghan Armstrong

Tracy Dahl

Nicole Erickson

Karessa Farley

Senta Hawkins

Lauren Hardesty

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
7. Angela Menson, 1982 7.57
8. Raven Moore 7.63
9. Tamara Dixon, 2002 7.64
10. Lakeya Boatright, 1999 7.68

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. Erin Jones, 2011 24.01
7. Rhonda-Kaye Trusty, 2010 24.05
8. Peaches Roach, 2007 24.09
9. Jiselle Providence, 2002 24.44
10. Tanja Reid, 1994 24.67

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. Aisha Hume, 2002 56.33
Lindsey McCalla, 2006 56.33

600 Yards

1. Senta Hawkins, 1987 1:21.06
2. Aisha Hume, 2004 1:21.74
3. Kay Stormo, 1982 1:22.49
4. 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. Bethany Praska, 2011 1:28.14
3. Senta Hawkins, 1987 1:30.77
4. Karen Layne, 1990 1:31.45
5. Kay Stormo, 1982 1:32.30
6. Aisha Hume, 2004 1:32.41
7. Sophia Chow, 2002 1:33.54
8. Tiffany Hendricks, 2011 1:34.16
9. Nicole Erickson, 2011 1:34.88
10. Ann Pare, 1997 1:34.95

800 Meters

1. Bethany Praska, 2011 2:05.01
2. Jeanne Kruckeberg, 1989 2:06.38
3. Michelle Lahann, 2004 2:06.83
4. Briana Benning, 1996 2:09.22
5. Kay Stormo, 1981 2:11.04
6. Ann Pare, 1997 2:11.19
7. Lauren Hardesty, 2011 2:11.80
8. Atalie Barber, 2003 2:12.10
9. Shannon Stanley, 2005 2:12.13
10. Tracy Dahl, 1993 2:12.74

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. Krista Anderson, 2006 9:29.75
8. Amanda Hardesty, 2010 9:30.17

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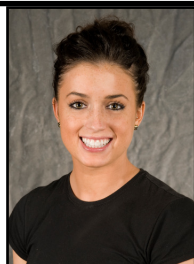


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INDOOR TOP PERFORMERS



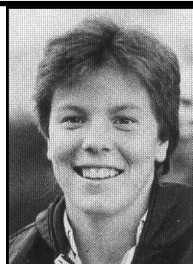
Diane Nukuri



Bethany Praska



Peaches Roach



Gail Smith



Jessie Strand



Kelsey Taylor



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. Jodi Hersberger, 1982 16:32.24

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. Caleigh Bacchus, 2010..... 5-9 1/4 (1.76)
5. Kristi Dinkla, 1985..... 5-8 1/2 (1.74)
6. Kacey Childs, 2001..... 5-8 1/2 (1.74)
7. Traci Claussen, 1987..... 5-8 (1.73)
8. Kathy Gillespie, 1983..... 5-7 3/4 (1.72)
9. Lynn McMillan, 1988..... 5-7 1/4 (1.71)
10. 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. Katie Truedson, 2010.....10-11 3/4 (3.35)
5. Brittany Holst, 201210-11 3/4 (3.35)

1,600-Meter Relay

1. Liverpool, Hendricks, Praska, Erickson, 20113:36.97
2. Liverpool, Hendricks, Erickson, Praska, 20113:37.58
3. Hendricks, Erickson, Praska, Liverpool, 2011 3:39.15
4. Hendricks, Praska, Erickson, Liverpool, 20113:40.42
5. McCalla, Granger, Alexander, Johnson, 20063:40.52
6. Johnson, McCalla, Alexander, Granger, 20063:42.44
7. Alexander, Johnson, Poncè, M. Mims, 2007 3:42.75
8. White, Alexander, Kerr, Hendricks, 2008.....3:43.83
9. Hendricks, Trusty, Praska, Mims, 20103:44.29
10. McCalla, Williams, Sheeley, Hume, 20043:44.47

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. Tiffany Johnson, 2007 19-2 1/2 (5.85)
4. Davera Taylor, 1984..... 19-1 1/2 (5.83)
5. Carisa Leacock, 2011 19-1 1/2 (5.83)
6. Yolanda Hobbs, 1993 19-1 (5.80)
7. Kamesha Marshall, 200518-11 1/4 (5.77)
8. Catharine Parmiter, 2000 18-7 1/2 (5.68)
9. Zinnia Miller, 2012..... 18-5 3/4 (5.63)
10. Sarah Ryan, 2012..... 18-2 1/4 (5.54)

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)

Shot Put

1. Gail Smith, 1985 51-0 (15.54)
2. Lisa Van Steenwyk, 199350-5 1/4 (15.37)
3. Kamesha Marshall, 200549-2 1/4 (14.99)
4. Denise Taylor, 1992 48-9 (14.86)

Distance Medley Relay

1. Armstrong, Alexander, L. Hardesty, Nukuri, 2008..... 11:20.11
2. Stormo, Davenport, Williams, O'Brien, 1981 11:23.02
3. Melander, Hendricks, L. Hardesty, Eilers, 2011 11:22.44
4. Melander, Praska, Hendricks, Flood, 2011..... 11:24.07
5. Flood, Hendricks, L. Hardesty, Melander, 2010..... 11:25.01
6. Melander, Hendricks, Flood, Marchand, 2009..... 11:27.34
7. Benning, Poole, Salsberry, Stec, 1994 11:28.03
8. Stormo, Davenport, Hayden, Doak, 1982..... 11:29.54
9. Armstrong, Granger, Stanley, K. Anderson, 2006..... 11:29.54
10. Lahann, Williams, Stanley, Arens, 2004 11:30.36

5. Rachel Curry, 2012 48-1 3/4 (14.67)
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)
10. Tiffany Medenwaldt, 2010... 45-9 (13.94)
11. Micaela Haight, 2011 45-9 (13.94)

Weight Throw

1. Kelsey Taylor, 2011 60-4 1/2 (18.40)
2. Majesty Tutson, 2011..... 58-4 (17.78)
3. Becca Franklin, 2007 58-3 1/4 (17.76)
4. Annemie Smith, 2012 ... 57-3 3/4 (17.47)
5. Erin O'Hern, 2008..... 56-3 (17.14)
6. Mandy Chandler, 2009.. 54-4 1/2 (16.57)
7. Ashlyn Gulvas, 2012..... 54-4 (16.56)
8. Kerri Blackstone, 1999.. 50-9 3/4 (15.48)
9. Tiffany Medenwaldt, 2010 50-8 3/4 (15.45)
10. Jasmine Simpson, 2012...50-6 3/4 (15.41)

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

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