

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



TRACK CONTACTS: CHRIS BREWER, NATHAN SHEEHAN

DECEMBER 1, 2009

2009-10 IOWA TRACK & FIELD INDOOR SCHEDULE

Date	Meet	Time (CT)
12/6	Intrasquad Meet	4:00 PM
1/9	at Illinois Dual (M)	TBA
1/16	Iowa Open	11:00 AM
1/23	at Jack Johnson Classic	TBA
	at Razorback Invitational	TBA
2/5-6	at Meyo Invite	TBA
2/6	at Husker Invitational	TBA
2/12-13	at Cyclone Classic	TBA
2/13	at Husky Classic	TBA
2/19	Iowa Invitational	5:00 PM
2/27-28	at Big Ten Championships %	TBA
3/6	at Last Chance Meet	TBA
3/12-13	at NCAA Championships	TBA

PRONUNCIATION GUIDE

NAME	PRONUNCIATION
Matt Banse	BANS
Mark Battista	bah-TEE-stuh
Brittany Dlhj	duh-LIE
Jennie Docherty.....	DOCK-ir-tee
Brooke Eilers.....	EYE-lerz
Megan Glisar	GLY-shur
Nick Kuczvara.....	KOOZ-wahr-uh
Dan Kuhlman	COOL-muhn
Ryan Lampareck	lam-PAHR-ik
Jesse Luciano	lou-CHEE-ahn-oh
Brian Marchese	marr-KAY-zee
Tiffany Medenwaldt	MAID-en-walt
Jay Renaud.....	ruh-NO
Cameron Rieger.....	REE-guhr
Hannah Roeder.....	RAY-derr
Kirsten Weismantle	WHYS-man-tull
Head Coach Larry Wiecek.....	wuh-ZOR-ik

THIS WEEK -- The University of Iowa track and field squads will open the indoor season this weekend with the annual Intrasquad Meet on Sunday, Dec. 6 at 4:00 p.m. CT at the UI Recreation Building.

2009 SEASON PREVIEW -- For women's Head Coach **Layne Anderson**, this season is all about adding depth and filling the gaps for an already established foundation of talent. The sum of that talent should add up to a formidable team that Anderson would like to see become a fixture near the top of the Big Ten standings.

The women's track and field team will have nearly 30 newcomers, many of which will be expected to contribute immediately. Anderson is looking for this recruiting class to fill in the gaps for events the Hawkeyes could not compete in last season.

"Last season, Renee White would be our only long and triple jumper, Mandy Chandler would be our only thrower, we wouldn't have any javelin throwers or pole vaulters. We suffered because of our lack of depth in many areas. We basically forfeited certain events and potential points because we didn't have anybody there. This season, I think we'll be able to compete in a lot more events, which will give us more opportunities."

The program will lose a seasoned veteran in Renee White, who had a stellar 2009 season to close her career at Iowa. White was the 2009 outdoor Big Ten Champion in the triple jump, setting a school and conference meet record on her last attempt (hitting 43-10 ¾). In her career at Iowa, White was a two-time Big Ten Champion in the triple jump and holds the school indoor and outdoor triple jump records. Other losses include thrower Mandy Chandler, and distance runners Racheal Marchand, Krista Anderson and Rachel Hawks.

Despite these losses, returning student-athletes are looking to build on numerous successes from last season. The women's program is coming off a season where they qualified six student athletes for the NCAA Championships, with sophomore **Betsy Flood** and junior **Karessa Farley** automatically qualifying in the 1,500 meters (4th, 4:25.98) and 100-meter hurdles (3rd, 13.34), respectively. 2009 was a breakout season for other younger athletes as well. Sophomore **McKenzie Melander**, along with Flood, were a one-two punch in the distance events, finishing neck-and-neck for many of the top spots. Melander was a formidable foe, ending the season with a seventh place finish in the 1,500 meters at the NCAA Midwest Regional, earning all-region honors. Junior **Hannah Roeder** was consistently strong in the 3,000 meter steeplechase during the 2009 outdoor season, earning points at the Big Ten Championships with a time of 10:35.26 that ranks third all-time at Iowa. In the 2009 indoor season, junior **Bethany Praska** secured three spots in the Iowa record books, ranking third in the 600

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meters (1:31.33), fourth in the 600 yards (1:23.12), and 10th in the 400 meters (56.42). Anderson is pleased with this solid group of returners and will look to them to set a good example for the newcomers.

Despite numerous individual successes, the team scores did not meet expectations, with the team finishing 21st at the NCAA Midwest Regional, and 10th in the indoor and outdoor Big Ten Championships.

"Overall, I think we're moving towards being a more complete team," Anderson said. "We're going to be an improved team and we will be more competitive in the Big Ten. It's going to be a lot of work, but it will be a lot of fun as well."

Men's head coach **Larry Wiecezorek** is looking for the momentum of a very positive 2009 finish to carry over into this season.

"I think last season's NCAA Regional meet should be a sign of things to come. Everyone that weekend, had personal bests and there were some school records set. The thing that stands out about that meet is how many underclassmen stepped up that weekend. Having those solid athletes returning this year is very exciting."

Among those returners will be senior **Adam Hairston**, whose mark of 1:48.53 in the 800 meters at the NCAA Championship prelims ranks third all-time at Iowa. Arguably more memorable though was Hairston's emotional diving finish at the NCAA Midwest Regional that brought him to that point. Senior **Ray Varner's** regional performance in the 400-meter hurdles (6th, 51.21) ranks fifth all-time at Iowa, and earned him all-region honors and an at-large big to the NCAA Championships. He eventually advanced to the NCAA semi-finals. Senior **Paul Chaney, Jr.**, ran team-leading season best performances in the 100 (3rd, 10.59) and 200-meter dash (4th, 21.17) at Regionals. It capped a stellar season for the two-sport athlete. Chaney also anchored the 400-meter relay team that finished fifth (40.33) at the NCAA Midwest Regional.

So indeed, if Regionals does encapsulate what this season has in store, Wiecezorek has reason to be optimistic.

The bevy of returning talent should compensate for the loss of some key athletes, including throwers A.J. Curtis, John Hickey and Mark Schaapveld, distance runners Eric MacTaggart and Andy Napier, and high jumper Ryan Kelly, who was a 2008 Big Ten Champion.

As a team the men finished ninth at the indoor Big Ten Championships, and saw Hickey become an all-American. In the

outdoor season, they improved their Big Ten finish to seventh as seven athletes earned all-region honors.

Last year's consolidation of the men and women's track and field programs was praised by both Anderson and Wiecezorek.

"I feel we can give a lot more individualized attention to the athletes," says Wiecezorek. "We can cater more efficiently to everyone's specialties and the athletes get the benefits of all the coach's advice and experience."

"It's a definite benefit to the team and program as a whole," says Anderson. "To have the assistance of all of the coaches makes our job easier and gives the athletes advantages they might not have in separate programs. We can focus our attention and provide very specific coaching."

Anderson is in his seventh year as the head coach of the women's cross country team and his second as head coach of the women's track and field team. Wiecezorek is in his 23rd season as the head coach of the men's cross country team, and his 14th as the head coach of the track team. Anderson and Wiecezorek are joined by Assistant Coaches **Scott Cappos** (throws, 14th year), **Joey Woody** (men's short sprints/short hurdles/relays, women's long sprints/hurdles, 4th year), **Clive Roberts** (women's short sprints/hurdles/relays, horizontal jumps, 2nd year), and **Christi Smith** (multi-events, vertical jumps, 2nd year).

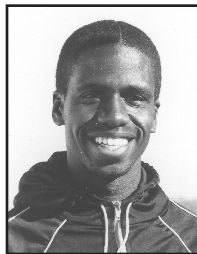
UP NEXT -- The Hawkeyes will have to wait until the new year until their next competition, when the men's team heads to the University of Illinois for the Illinois Dual Meet on Saturday, Jan. 9.

The men's squad will return home the following week to join the women's team for the Iowa Open on Saturday, Jan. 16, with events slated to start at 11:00 a.m. CT.

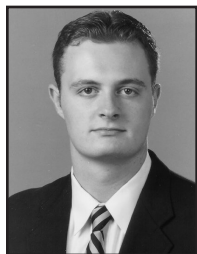
MEN'S ALL-TIME TOP TEN INDOOR PERFORMERS



Jeremy Allen



Rodney Chambers



Jim Costello



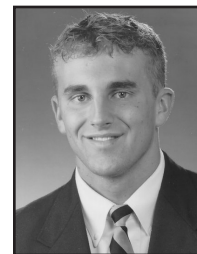
Chris Davis



Ed DeLashmutt



Terrence Duckett



Scott Faber

60 Meters

1. Kurt Felix, 1999.....	6.73
2. Tony Branch, 1999.....	6.78
3. Paul Chaney, Jr., 2009	6.80
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. Paul Chaney, Jr., 2009	21.34
5. George Page, 1997.....	21.35
6. Zach Digney, 2004.....	21.39
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. Erik Sowinski, 2009.....	1:18.05
2. Pat McGhee, 1988.....	1:18.30
3. Steven Willey, 2009	1:19.03
4. Adam Hairston, 2009	1:19.05
5. Monte Raymond, 1997.....	1:19.18
6. Scott Williamson, 2001.....	1:19.19
7. D’Juan Strozier, 1990.....	1:19.20
8. Gary Falls, 1991.....	1:19.32
9. Zach Splan, 2007.....	1:19.39
10. Matt O’Holearn, 2006.....	1:19.54

800 Meters

1. Adam Hairston, 2008	1:49.63
2. Dave Novotny, 1996.....	1:51.27
3. Jim Docherty, 1973.....	1:51.30
4. Rod Chambers, 1989.....	1:51.33
5. Erik Sowinski, 2009.....	1:51.39
6. Jim Donovan, 1999.....	1:51.52
7. Michael Layne, 1997.....	1:51.54
8. Bill Frazier, 1963.....	1:51.80
9. Mike Cunningham, 2002.....	1:51.98
10. John Clark, 1973.....	1:52.20

Mile

1. Ed DeLashmutt, 1981.....	4:04.01
2. Larry Wiczorek, 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

1. Micah VanDenend, 2006.....	8:00.81
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, 2008	8:15.70
7. Larry Wiczorek, 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



Kurt Felix



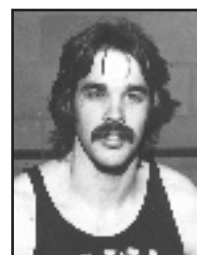
Adam Hairston



Bill Hansen



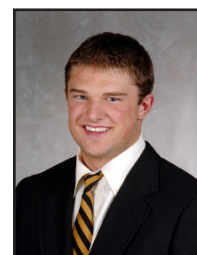
Paul Jones



Bill Knoedel



Anthuan Maybank



Ryan Niver

MEN'S ALL-TIME TOP TEN INDOOR PERFORMERS



Monte Raymond



Ed Rozell



Erik Sowinski



Dion Trowers



Micah VanDenend



Todd Wigginton



Bashir Yamini

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, 2009..... 4,902 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, 2009..... 6-10 1/4 (2.09)**

Pole Vault

1. Todd Wigginton, 1984.....17-1 (5.21)
2. Dave Nielsen, 1975.....16-10 (5.13)
3. Curt Brock, 1979.....16-6 (5.03)
4. Phil Wertman, 1971.....16-4 (4.98)
5. Jeff Raymond, 2008.....16-2 (4.93)
6. John Teffer, 1972.....16-1 (4.90)
7. **Alex Zona, 2009.....16-0 3/4 (4.90)**
8. Chad Ohly, 1995.....15-9 (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, 1991.....25-2 (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, 1983.....49-0 (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, 1984.....47-11 (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, 2009.....63-0 (19.20)**
2. Jeremy Allen, 2001.. 62-10 1/2 (19.16)
3. Shane Maier, 2006.....61-2 (18.64)
4. G. Kostrubala, 1986. 60-10 3/4 (18.55)
5. Andy Banse, 2005..... 60-9 1/4 (18.52)
6. Ken Kemeny, 2004..... 60-0 1/2 (18.30)
7. Chris Gambol, 1987.....59-0 (17.98)
8. van der Westhuizen, 199958-10 3/4 (17.95)
9. **A.J. Curtis, 2008.....57-9 1/2 (17.61)**
- 10.**Ryan Lamparek, 200956-8 3/4 (17.29)**

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, 2008.....59-0 (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, 1998.....3:06.80
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, 1999.....3:09.37
- 10.**Willey, Richards, Barton, Varner, 2009 ...3:09.62**

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. 1999.....9:46.83
2. 1977.....9:48.80
3. 1978.....9:49.70
4. **Marchese, Varner, Hairston, Luciano, 2009.....9:52.52**
5. Trainor, Faber, Cunningham, Allen, 2002..9:58.14
6. Newell, Eisenlauer, Tice, Clark, 1973.....10:00.0
7. Criswell, Hexum, Schum, Eastland, 1971.....10:01.40
8. Atkins, Olson, Layne, Allen, 2000.....10:01.54
9. Layne, Raymond, Donovan, Bakker, 1998.....10:02.06
- 10.Trainor, Leick, Tweedy, Rakaric, 2004.....10:02.09

Names in bold are current team members.

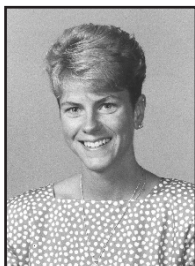
WOMEN'S ALL-TIME TOP TEN INDOOR PERFORMERS



Kineke Alexander



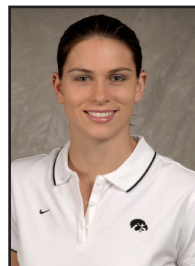
Meghan Armstrong



Tracy Dahl



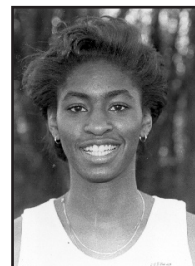
Karessa Farley



Becca Franklin



Ashley Granger



Senta Hawkins

60 Meters

1. Elaine Jones, 1983..... 7.43
2. Peaches Roach, 2005 7.45
3. Shellene Williams, 2004..... 7.50
4. Jiselle Providence, 2002 7.52
5. 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 8.21**
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. Peaches Roach, 2007 24.09
7. Jiselle Providence, 2002 24.44
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. **Bethany Praska, 2009 1:31.33**
4. Karen Layne, 1990..... 1:31.45
5. Kay Stormo, 1982..... 1:32.3
6. Aisha Hume, 2004..... 1:32.41
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. **Lauren Hardesty, 2009 2:12.39**
9. Tracy Dahl, 1993..... 2:12.74
10. Meghan Armstrong, 2007 2:12.79

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. **McKenzie Melander, 2009 4:51.76**

3,000 Meters

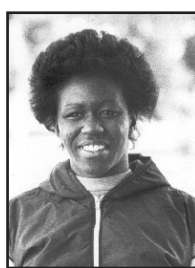
1. Tracy Dahl, 1993..... 9:15.57
2. Meghan Armstrong, 2008 9:17.50
3. Diane Nukuri, 2008 9:20.07
4. Nan Doak, 1982..... 9:21.60
5. Jenny Spangler, 1986..... 9:22.41
6. **Krista Anderson, 2006 9:29.75**
7. Nikki Chapple, 2004 9:34.17
8. **Racheal Marchand, 2009 9:35.25**
9. Jennifer Brower, 1992 9:41.02
10. **Amanda Hardesty, 2009..... 9:50.76**



Lauren Hardesty



Tiffany Johnson



Elaine Jones



Tammilee Kerr

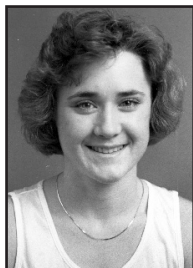


Jeanne Kruckeberg

WOMEN'S ALL-TIME TOP TEN INDOOR PERFORMERS



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. **Racheal Marchand, 200915.55.70**
4. Diane Nukuri, 200816:01.36
5. Jenny Spangler, 1982.....16:08.74
6. Judy Parker, 198116:16.63
7. Jennifer Brower, 199216:22.19
8. Nikki Chapple, 200416:27.04
9. Jodi Hersberger, 198216:32.24
10. Meghan Armstrong, 2008.....16:38.78

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)
5. 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)
9. Tammilee Kerr, 2008 5-7 1/4 (1.71)
10. Julie Gallery, 2002 5-7 (1.70)
11. Jenni Elbert, 2006 5-7 (1.70)
12. **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, 2008.....42-4 (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. **Melander, Hendricks, Flood, Marchand, 2009 11:27.34**
4. Benning, Poole, Salsberry, Stec, 1994 11:28.03
5. Stormo, Davenport, Hayden, Doak, 1982 11:29.54
6. Armstrong, Granger, Stanley, **K. Anderson, 2006 11:29.54**
7. Lahann, Williams, Stanley, Arens, 2004 11:30.36
8. Thompson, Williams, Barber, Lahann, 2003..... 11:30.38
9. Doak, xx, Hayden, xx, 1982 11:35.07
10. 2005 11:39.29