

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



TRACK CONTACTS: CHRIS BREWER, NATHAN SHEEHAN

APRIL 19, 2010

2010 IOWA TRACK & FIELD OUTDOOR SCHEDULE

Date	Meet	Location
3/19-20	CCU Shamrock Invite	Myrtle Beach, SC
3/26-27	Stanford Invitational	Palo Alto, CA
3/27	Razorback Spring Invite	Fayetteville, AK
4/2	Central Invitational	Pella, IA
4/2-3	Auburn Classic	Auburn, AL
4/9-10	Sun Angel Classic	Tempe, AZ
4/9-10	Lee Calhoun Memorial	Macomb, IL
4/17	Iowa Invite	Iowa City, IA
4/22-24	Drake Relays	Des Moines, IA
5/1	Musco Twilight XI	Iowa City, IA
5/6-7	North Central Invite	Naperville, IL
5/14-16	Big Ten Championships	Bloomington, IN
5/28-29	NCAA Regional	TBA
6/9-12	NCAA Championships	Eugene, OR

IOWA'S BIG TEN LEADERS

Name	Event	Time/Distance
Zeke Sayon	100m dash	10.51
Steven Willey	400m dash	46.31
Ray Varner	400m hurdles	50.24
Sowinski, Willey, Varner, Barton	1,600m relay	3:07.71
Matt Beyers	Javelin	232-2 (70.76m)

Notables	Event	Big Ten Rank
Richardson, Sayon, Bee, Richards	400m relay (40.43)	2nd
Kevin Dibbern	200m dash (21.33)	2nd
Erik Sowinski	800m dash (1:48.56)	2nd
Jeff Thode	1,500m (3:44.45)	2nd
Caleigh Bacchus	High Jump (5'10")	2nd
Karessa Farley	110m hurdles	5th
Rhonda-Kaye Trusty	200m dash	5th

THIS WEEK

The University of Iowa track team will head to the 101st annual Drake Relays, hosted by Drake University in Des Moines, IA. The meet will take place over three days, starting Thursday Apr. 23 at 2:30 p.m. Events are set to start at 8:00 a.m. on Friday and Saturday

MEN'S 4X1 AIMS TO DEFENDS TITLE

Iowa's 400-meter relay team will look to defend its title. Three of the four competitors from last year's championship team return, including sophomores **D'Juan Richardson**, **Zeke Sayon**, and **Patrick Richards**. Junior **Stephen Bee** rounds out the quartet, replacing 2009 competitor **Paul Chaney Jr.** This year's team ranks second in the Big Ten, with Sayon leading the Big Ten in the 100-meter dash and Richardson ranking fifth.

FLOOD HOMECOMING

Sophomore **Betsy Flood** will make her return to her hometown of Des Moines, IA for the second time in Hawkeye colors. At last year's competition, Flood led off the 6,400 and 3,200-meter relays that finished third and sixth, respectively. Flood was a four-time state champion in track at Dowling High School. She set four school records with the Maroons before graduating in 2008.

HAWKEYE HURDLERS

Iowa's hurdlers are ready to contend for titles at this year's Drake Relays. Senior **Ray Varner** currently leads the Big Ten and is ranked sixth nationally in the 400-meter hurdles. After placing second at last year's relays, he will look to come out of this year's race a winner. Junior **Karessa Farley** also placed second in last year's relays in the 100-meter hurdles. This season, Farley leads the team and ranks fifth in the Big Ten.

RETURNING CHAMPION

Freshman **Jordan Mullen** will get his first taste of the Drake Relays at the collegiate level. Mullen is a two-time Drake Relays Champion at the prep level, setting a meet record (14.04) at the 2009 Relays. The Atlantic, IA native leads the Hawkeyes in ranks fifth in the Big Ten in the 110-meter hurdles (14.06).

BANSE LOOKS FOR FOUR IN A ROW

Sophomore **Matt Banse** has won the hammer throw for three weeks in a row and will look to make it four this weekend. Banse currently ranks third in the Big Ten and 41st nationally (199-0, 60.66m).

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BACCHUS BOUNCES BACK

After missing the 2009 outdoor season due to injury, senior **Caleigh Bacchus** is making her senior campaign one to remember. After hitting 5-10 (1.78m) in the high jump at this year's Sun Angel Classic, Bacchus ranks third all-time at Iowa, third in the Big Ten, and 29th nationally.

3 x TOP 10

Three Hawkeyes rank among the Big Ten's top 10 performers in the 1,500-meters. Sophomore Betsy Flood and junior sisters Lauren and Amanda Hardesty rank eighth, ninth and 10th, respectively. Flood's season-best time of 4:24.51 ranks seventh all-time in program history.

COACHING STAFF

Larry Wieczorek, 23rd season
Iowa, 1969

Layne Anderson, 7th season
The Citadel, 1989

Scott Cappos, 14th season
Indiana, 1992

Joey Woody, 4th season
Northern Iowa, 1997

Clive Roberts, 2nd season
Central Michigan, 2003

Christi Smith, 2nd season
Akron, 2002

OUTDOOR SEASON LEADERS

MEN'S

100 meters	Zeke Sayon	10.51
110-meter hurdles	Jordan Mullen	14.06
200 meters	Kevin Dibbern	21.33
400 meters	Steven Willey	46.31
400-meter hurdles	Ray Varner	50.24
800 meters	Erik Sowinski	1:48.56
1,500 meters	Jeff Thode	3:44.39
3,000 meters	Chase Kadlec	8:28.64
Steeple Chase	Mark Battista	9:08.96
5,000 meters	Jesse Luciano	14:08.71
Shot Put	R. Lamparek ... 55-2 1/4	16.82m
Discus	R. Lamparek	171-3, 52.19m
Hammer	Matt Banse	199-0, 60.66m
Javelin	Matt Byers	232-2, 70.76m
High Jump	Brandon Oest	6-11, 2.11m
Long Jump	Jeff Herron	23-2, 7.06m
Triple Jump	Josh Bean	48-10 3/4, 14.90m
Pole Vault	Kyle Reid	16-1 1/4, 4.91m
400-meter relay	Richardson, Sayon, Bee, Richards	40.43
1,600-meter relay	Varner, Richards, Sowinski, Willey	3:07.71

WOMEN'S

100-meter dash	Rhonda-Kaye Trusty	11.74
100-meter hurdles	Karessa Farley	13.50
200-meter dash	Rhonda-Kaye Trusty	23.83
400-meter dash	Rhonda-Kaye Trusty	55.09
400-meter hurdles	Nicole Erickson	1:02.52
800 meters	Bethany Praska	2:10.85
1,500 meters	Betsy Flood	4:24.51
3,000 meters	Fionna Fallon	10:24.81
5,000 meters	Betsy Flood	16:32.34
Hammer Throw	T. Medenwaldt	168-9, 51.45m
Javelin	Missy Miller	98-1, 29.89m
Discus	Majesty Tutson	157-8, 48.05m
Shot Put	T. Medenwaldt	45-11 3/4, 14.01m
Long Jump	Emily Moore	17-7, 5.36m
High Jump	Caleigh Bacchus	5-10, 1.78m
Pole Vault	Katie Truedson	11-5 1/4, 3.49m
400-meter relay	Farley, Trusty, Graham, R. Moore	45.70
800-meter relay	Trusty, Graham, R. Moore, E. Moore	1:41.28
1,600-meter relay	Hendricks, Trusty, Erickson, Praska	3:39.88

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MEN'S ALL-TIME TOP TEN OUTDOOR PERFORMERS



Jeremy Allen



Gordon Beecham



A.J. Curtis



Chris Davis



Terrence Duckett



Scott Faber



Bill Frazier

100 Meters

- George Page, 1996.....10.25
- Anthuan Maybank, 1994 .10.31
Tim Dwight, 199710.31
- Bob Lawson, 1976.....10.36
- Robert Smith, 1984.....10.39
- Curtis Chang, 198710.40
- Jeff Patrick, 198310.41
Tim Dodge, 200210.41
- Jerry Fisher, 1991.....10.45
- Andre Morris, 199610.47

110-Meter High Hurdles

- Pat McGhee, 198913.50
- Dion Trowers, 1996.....13.62
- Ronnie McCoy, 1985.....13.66
- James Armstrong, 1991 ...13.89
- Doug Jones, 198614.06
Jordan Mullen, 2010 14. 06
- Chris Williams, 198314.24
- Rajeev Balkrishnan, 1993 14.29
- Gary Falls, 199214.48
- Monte Raymond, 199614.51

200 Meters

- Jeff Patrick, 198320.47
- Anthuan Maybank, 1994 .20.55
- Andre Morris, 199520.64
- George Page, 1996.....20.67
- Terrence Duckett, 1982....20.74
- Tim Dodge, 200220.78
- Bashir Yamini, 199920.82
- Dennis Kohl, 1966.....20.84
- Tim Dwight, 199720.91
- Victor Greer, 198420.98

400 Meters

- Anthuan Maybank, 1993 .44.99
- Andre Morris, 199545.15
- Mike Mondane, 196745.20
- Gary Hollingsworth,.....46.30
- 5. Steven Willey, 2010..... 46.31**
- Harold Leonard, 1986.....46.45
- Tony Branch, 199946.60
- Prince Riley, 200746.61
- George Page, 1996.....46.66
- Dick Eisenlauer, 1973.....46.74
Terrence Duckett, 1983....46.74

400-Meter Hurdles

- Pat McGhee, 198848.83
- Monte Raymond, 1998....50.09
- 3. Ray Varner, 2010 50.24**
- Paul Steele, 198950.45
- Russell Peterson, 2001.....50.50
- Adam Kunkel, 2001.....50.73
- Jon Reimer, 196750.94
- Gary Falls, 199151.08
- Rajeev Balkrishnan, 1993 51.14
- Scott Williamson, 200051.74

800 Meters

- Bill Frazier, 1962.....*1:47.64
- D’Juan Strozier, 19901:47.82
- 3. Erik Sowinski, 2010 1:48.56**
- Michael Layne, 1999.....1:49.61
- Bill Thiesen, 1985.....1:49.74
- 6. Adam Hairston, 2008 .. 1:49.96**
- Andy Wiese, 1985.....1:50.22
- Paul Chepkwony, 1984..1:50.36
- Rod Chambers, 19891:50.60
- Jim Donovan, 19981:50.68

1,500 Meters

- Joel Moeller, 19783:44.01
- Jim Docherty, 19783:44.30
- 3. Jeff Thode, 2010..... 3:44.39**
- Dan Waters, 19863:46.35
- Kevin Herd, 19943:46.64
- John Clark, 19773:46.84
- Ted Wheeler, 1956.....3:48.24
- 8. Jesse Luciano, 2007 3:49.99**
- M. VanDenend, 20073:50.20
- John Dobbs, 19853:50.70

3,000-Meter Steeplechase

- Deacon Jones, 1956.....8:47.40
- Steve Pershing, 19788:54.59
- Andy Morris, 20008:56.21
- Matt Gerard, 19948:57.01
- Andy Napier, 20088:57.54
- Rollie Kitt, 1967.....9:02.90
- Al Greene, 1985.....9:02.96
- Tony Rakaric, 2005.....9:03.29
- Sean Gale, 1993.....9:08.00
- 10. Mark Battista, 2010..... 9:08.96**

5,000 Meters

- M. VanDenend, 2007 ..13:49.31
- Larry Wiczorek, 1968 ..13:56.0
- Kevin Herd, 199313:59.0
- Stetson Steele, 2000...14:02.76
- Eric MacTaggart, 2005 14:04.79
- Dan Haut, 2006.....14:07.30
- 7. Jesse Luciano, 2010... 14:08.71**
- Matt Esche, 2006.....14:12.07
- Jeff Kent, 200714:21.05
- Brian Rae, 200414:22.83

10,000 Meters

- Stetson Steele, 2000 ...28:44.47
- Eric MacTaggart, 2006 28:50.23
- Nick Nordheim, 2002..29:44.71
- Trent Corey, 2002.....29:45.25
- Chad Schwitters, 1999 29:56.00
- Dan Haut, 2006.....30:03.08
- Kevin Herd, 199430:05.21
- Paul Sarris, 200130:08.40
- Matt Esche, 2004.....30:08.82
- Eric McDermott, 2002 30:11.16

Decathlon

- Scott Faber, 20006,839 pts
- Ryan Niver, 2008.....6,837 pts
- Chad Ohly, 1994.....6,641 pts
- Gary Kostrubala, 1984,498 pts
- 5. Frank Prill, 20086,381 pts**
- Jacob Drewry, 1994 ...5,820 pts

High Jump

- Bill Hansen, 1978 7-4 (2.23)
Bill Knoedel, 1975 7-4 (2.23)
- M. Cunningham, 1986 7-1 (2.16)
Kenneth Lansing, 1988 7-1 (2.16)
- Pat Meade, 1987 7-0 (2.13)
- Scott Hudek, 1993 .. 6-11 (2.11)
Jeremy Petsche, 2008 6-11 (2.11)
- G. Valdes, 2010 6-11 (2.11)**
- Ryan Kelly, 2008 ..6-10 3/4 (2.10)
Brandon Oest...6-10 3/4 (2.10)

Names in bold are current team members.



Victor Greer



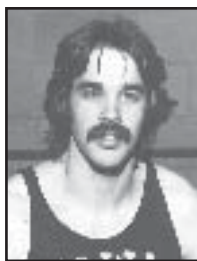
Bill Hansen



Deacon Jones



Paul Jones



Bill Knoedel



Anthuan Maybank



Pat McGhee

MEN'S ALL-TIME TOP TEN OUTDOOR PERFORMERS



Joel Moeller



Andre Morris



Bill Neumann



George Page



Jeff Patrick



Ed Rozell



Robert Smith

Long Jump

1. Anthuan Maybank, 1993 27-1 (8.25)
2. Bashir Yamini, 1997 26-8 1/4 (8.13)
3. Paul Jones, 1989 25-10 1/4 (7.88)
4. Darren Smith, 1991 25-9 3/4 (7.86)
5. Quinn Early, 1986..... 25-7 1/4 (7.80)
6. Ed Gordon, 1931..... 25-4 3/8 (7.68)
7. Matty Gorman, 2006 25-1 1/4 (7.65)
8. Ronnie McCoy, 1985 25-0 (7.62)
9. Joe Robinson, 1976..... 24-2 3/4 (7.38)
10. Aaron Reed, 2007 23-8 (7.21)

Triple Jump

1. Paul Jones, 1990 52-0 1/2 (15.86)
2. Gordon Finch, 1988 50-9 1/4 (15.47)
3. Mike Lacy, 1984 50-5 (15.36)
4. Pat Miller, 1985..... 49-8 1/2 (15.25)
5. Matty Gorman, 2008 49-2 1/2 (15.00)
6. Owen Gill, 1982 49-1 (14.96)
7. **Josh Bean, 2010 48-10 3/4 (14.90)**
8. Ed Gordon, 1931..... 48-0 1/8 (14.63)
9. Mike Means, 1981 47-0 1/2 (14.34)
10. Aaron Reed, 2005 45-3 1/2 (13.80)

Pole Vault

1. Todd Wigginton, 1984 17-0 (5.18)
2. Chad Ohly, 1994..... 16-8 3/4 (5.10)
3. Curt Broek, 1978..... 16-8 (5.08)
4. Phil Wertman, 1971..... 16-7 (5.05)
5. Kelly Scott, 1988 16-7 (5.05)
6. John Teffer, 1972..... 16-2 (4.93)
7. **Kyle Reid, 2010 16-1 1/4 (4.91m)**
8. **Alex Zona, 2009 16-0 3/4 (4.90)**
9. Steve Brewer, 1983 16-0 (4.88)
10. Doug Pennino, 1985 16-0 (4.88)

Shot Put

1. Jeremy Allen, 2001 63-2 3/4 (19.27)
2. Ken Kemeny, 2005 62-3 (18.97)
3. Shane Maier, 2006..... 62-2 1/4 (18.95)
4. Andy Banse, 2005 61-11 1/2 (18.88)
5. **John Hickey, 2008..... 61-9 1/2 (18.83)**
6. Chris Gambol, 1987 60-0 1/2 (18.30)
7. **A.J. Curtis, 2008 59-8 1/4 (18.19)**
8. A. van der Westhuizen, 200058-8 3/4 (17.90)
9. Gary Kostrubala, 1985 58-1 (17.70)
10. Alex Smith, 1998..... 57-9 (17.60)

Discus

1. A.J. Curtis, 2007 202-11 (61.84)
2. Gary Kostrubala, 1986 202-4 (61.68)
3. Jeremy Allen, 2001 195-4 (59.54)
4. Tim Brodersen, 2005 193-6 (58.98)
5. Brad Daufeldt, 2004..... 185-0 (56.40)
6. **Nick Brayton, 2009.....180-11 (55.15)**
7. Andy Banse, 2005 180-0 (54.86)
8. Eric Rothwell, 2004..... 179-7 (54.73)
9. Shane Maier, 2008..... 178-7 (54.43)
10. **Ryan Lamparek, 2009..... 177-3 (54.04)**

Hammer

1. A. van der Westhuizen, 2001222-11 (67.94)
2. Adam Hamilton, 2007..... 222-2 (67.73)
3. Jim Costello, 2002..... 217-7 (66.32)
4. Brad Daufeldt, 2004..... 207-10 (63.34)
5. Chris Voller, 2005 206-0 (62.80)
6. Jeremy Allen, 2001 199-0 (60.66)
7. **Matt Banse, 2010..... 199-0 (60.66)**
8. **Ben Stancombe, 2010185-11 (56.68)**
9. Ryan Jordan, 2007 184-6 (56.23)
10. Tim Brodersen, 2004 181-3 (55.24)

Javelin

1. Bill Neumann, 2002 244-8 (74.58)
2. **Matt Byers, 2010..... 232-2 (70.76)**
3. Dan Ralph, 2000 227-10 (69.44)
4. **Zach Schimp, 2009 211-0 (64.32)**
5. Kale Katt, 2007..... 204-0 (62.17)
6. Joel Storm, 2004 203-5 (62.01)
7. Matt Stank, 2001 199-0 (60.66)
8. A. van der Westhuizen, 1999173-11 (53.00)
9. **Craig Jennings, 2006..... 173-4 (52.83)**
10. Scott Faber, 2000 173-1 (52.78)

400-Meter Relay

1. Beecham, Duckett, Greer, R. Smith, 198439.48
2. Page, Davis, Rozell, Morris, 199639.73
3. Felix, Branch, Dodge, Yamini, 199939.96
4. Beecham, Duckett, Greer, Patrick, 1983.....39.99
5. Dwight, Branch, Davis, Yamini, 199840.00
6. Goode, Fisher, Morris, Maybank, 199440.00
7. 199840.00
8. Dwight, Branch, Dodge, Yamini, 199940.00
9. Williamson, Dodge, Peterson, Digney, 2002 40.04
10. McCoy, Duckett, Greer, Smith, 1984.....40.07

1,600-Meter Relay

1. Morris, Davis, Page, Rozell, 19953:03.11
2. Branch, Dwight, Dodge, Yamini, 19993:03.29
3. Ferree, Frazier, Mondane, Reimer, 1967 ...3:04.10
4. Rozell, Morris, Davis, Yamini, 1996.....3:04.71
5. Cameron, Williams, McGhee, McCoy, 19853:06.00
6. Rozell, Davis, Dwight, Raymond, 19973:06.06
7. Dodge, Kunkel, Coleman, Peterson, 2001 3:06.06
8. Davis, Rozell, Morris, Raymond, 1996.....3:06.54
9. Williamson, Dodge, Strang, Coleman, 20023:06.69
10. Raymond, Davis, Morris, Page, 1996.....3:06.85

Distance Medley Relay

1. Pershing, Moeller, Slack, Docherty, 1978 ..9:39.94
2. Theisen, Williams, Wiesa, Waters, 1985 ...9:54.04
3. **Luciano, Pierre, Hairston, VanDenend, 20079:54.07**
4. VanDenend, Riley, O'Hollearn, Rakaric, 20069:54.97
5. Feeldy, Eischeid, Novotny, Peters, 19969:55.71
6. Thomas, Wise, Cunningham, S.Allen, 2001 10:01.57
7. Thomas, Wakenight, Dziubski, Rakaric, 200310:01.72
8. Trainor, Coleman, Cunningham, Allen, 2002 10:01.93
9. English, Blackman, Stroler, Chambers, 1988 10:04.25
10. Chambers, Thomas, Bouska, Herd, 1991 10:04.30



Stetson Steele



Micah
VanDenend



Arno van der
Westhuizen



Todd Wigginton

WOMEN'S ALL-TIME TOP TEN OUTDOOR PERFORMERS



Kineke Alexander



Meghan Armstrong



Nicole Charles



Nan Doak



Tina Floyd



Becca Franklin



Yolanda Hobbs

100 Meters

1. Vivien McKenzie, 198511.45
2. Davera Taylor, 1984.....11.51
3. Erica Broomfield, 199811.53
4. Jiselle Providence, 2001 ..11.57
5. Tanja Reid, 1994.....11.60
Peaches Roach, 2005.....11.60
7. Yolanda Hobbs, 1995.....11.62
8. Elanie Jones, 198511.69
9. **R.K. Trusty, 2010 11.74**
10. Lakeya Boatright, 200011.77

100-Meter Hurdles

1. Tiffany Johnson, 2007.....13.20
2. **Karessa Farley, 2009..... 13.53**
3. C. Prendergast, 199913.60
Paula Ruen, 2000.....13.60
5. Sarah Steffen, 200213.65
6. Ruqayya Raheem, 1998...13.90
7. Brenda Calhoun, 198413.94
8. Wynsome Cole, 1997.....14.10
9. Kimberly Stanford, 2008..14.11
10. **Renee White, 2008 14.20**

200 Meters

1. Shellene Williams, 2004 ..23.50
2. Kineke Alexander, 2006...23.58
3. Davera Taylor, 1984.....23.59
4. Vivien McKenzie, 198523.61
5. Yolanda Hobbs, 1995.....23.65
6. Tanja Reid, 199523.75
7. **R.K. Trusty, 2010 23.83**
8. Elaine Jones, 198323.84
9. Jiselle Providence, 2001 ..24.00
10. Lakeya Boatright, 200024.14

400 Meters

1. Kineke Alexander, 2006...51.35
2. Shellene Williams, 2004 ..51.94
3. Ellen Grant, 1996.....52.65
4. Senta Hawkins, 198854.01
5. Marlene Poole, 199454.03
6. Elaine Jones, 198354.40
7. Nicole Charles, 2001.....54.48
8. Stacey-Leigh Bynoe, 200054.73
9. **R.K. Trusty, 2010 55.09**
10. Alycia Simpson, 1987.....55.18
Aisha Hume, 200455.18

400-Meter Hurdles

1. Mary Knoblauch, 198156.16
2. Wynsome Cole, 1998.....56.67
3. Chris Davenport, 1981.....59.18
4. Sarah Steffen, 200259.59
5. Beverly Powell, 199159.96
6. Diane Steinhart, 1980...1:00.56
7. Ruqayya Raheem, 1999 1:00:62
8. Keely Huber, 20021:00.98
9. Aditya Jones, 2007.....1:01.65
10. **Nicole Erickson, 2010 .. 1:02.52**

800 Meters

1. Kay Stormo, 19822:05.67
2. Michelle Lahann, 2004 .2:06.79
3. Aisha Hume, 20052:08.50
4. J. Kruckeberg, 19872:08.75
5. Ann Pare, 19972:09.25
6. M. Armstrong, 20062:10.15
7. **Sophia Poncé, 2007..... 2:10.35**
8. Briana Benning, 1996 ...2:10.47
9. **Bethany Praska, 2010.. 2:10.85**

10. Tami Hoskins, 1990.....2:11.47

1,500 Meters

1. M. Armstrong, 20064:17.41
2. J. Kruckeberg 19894:19.71
3. Diane Nukuri, 2007.....4:20.95
4. Penny O'Brien, 1985.....4:21.43
5. Kay Stormo, 19824:22.24
6. Michelle Lahann, 2004 .4:24.00
7. **Betsy Flood, 2010..... 4:24.51**
8. **Lauren Hardesty, 20104:24.73**
9. Shannon Stanley, 2006 .4:25.08
10. **A. Hardesty, 2010..... 4:25.60**

3,000 Meters

1. Diane Nukuri, 2008.....9:18.82
2. Penny O'Brien, 1985.....9:20.61
3. Nan Doak, 19859:23.04
4. Tracy Dahl, 19929:23.53
5. M. Armstrong, 20069:28.03
6. J. Kruckeberg, 19899:30.69
7. Jennifer Brower, 1992 ..9:34.59
8. Jodi Hershberger, 1982 9:36.44
9. Tina Stec, 19949:38.39
10. R. Marchand, 20079:45.50

3,000-Meter Steeplechase

1. Jessica Schmidt, 2008 .10:27.18
2. Sarah Arens, 2004.....10:34.50
3. **Hannah Roeder, 2009 10:40.86**
4. Michelle Lahann, 200311:16.21
5. B. Thompson, 2003.....11:19.50

5,000 Meters

1. Nan Doak, 198515:45.84
2. Diane Nukuri, 2008.....15:59.39
3. M. Armstrong, 200816:08.83
4. Jenny Spangler, 1983..16:17.21
5. Tracy Dahl, 199216:18.77
6. R. Marchand, 200816:27.02
7. **Betsy Flood, 2010..... 16:32.34**
8. Jennifer Brower, 1991 16:37.09
9. Renee Doyle, 1988.....16:39.46
10. **M. Melander, 2010.... 16:42.79**

10,000 Meters

1. Diane Nukuri, 2008.....33:17.01
2. Jennifer Brower, 1991 33:23.38
3. M. Armstrong, 2008 ...33:28.00
4. Nan Doak, 198533:33.03
5. Jenny Spangler, 1983..33:39.24
6. R. Marchand, 200834:05.87
7. Tracy Dahl, 199234:30.09
8. Nikki Chapple, 2004....35:06.35
9. Jenny Johnson, 1992 ..35:45.53
10. A. Dobrowolski, 1985 .35:59.98

Heptathlon

1. Tammilee Kerr, 2008 5,532
2. Kathy Gillespie, 1983 5,262
3. Tiff Pedersen, 2004..... 4,976
4. Janet Adams, 1981 4,855
5. Ruqayya Raheem, 1997 .. 4,665
6. Angela Chadwick, 1993 .. 4,493
7. Angie Hensel, 2004..... 4,073
8. Janelle Jaspers, 1987 4,000
9. Marjie Tweto, 1996 3,967



Aisha Hume



Aisha James



Tiffany Johnson



Tammilee Kerr



Vivien McKenzie



Diane Nukuri



Marlene Poole

WOMEN'S ALL-TIME TOP TEN OUTDOOR PERFORMERS



Alana Redfern



Tanja Reid



Peaches Roach



Jessica Schmidt



Sarah Steffen



Kay Stormo



Jessie Strand

High Jump

1. Peaches Roach, 2006.....6-1 1/4 (1.86)
2. Mary Mol, 1983 6-0 (1.83)
3. **Caleigh Bacchus, 2010..... 5-10 (1.78)**
4. Lynn McMillan, 1988 5-9 1/4 (1.76)
5. Kacey Childs, 2001.....5-8 1/2 (1.74)
6. Kristi Dinkla, 1985..... 5-8 (1.73)
Becky Kaza, 1995 5-8 (1.73)
Eve Cullinan, 2003 5-8 (1.73)
9. Jenni Elbert, 2005 5-7 (1.70)
10. Nancy Tessmer, 1991 5-6 1/2 (1.69)
Tammilee Kerr, 2008 5-6 1/2 (1.69)

Long Jump

1. Aisha James, 2003 22-3 (6.78)
2. Renee White, 2008.....20-3 3/4 (6.19)
3. Becki Borg, 1988.....19-7 1/4 (5.97)
4. Lisa Moats, 1986.....19-6 (5.95)
5. Tammilee Kerr, 200819-4 1/4 (5.90)
6. Yolanda Hobbs, 1993.....19-2 1/2 (5.85)
7. Jane Dunlevy, 1977..... 18-6 (5.64)
8. Ruqayya Raheem, 1997..18-5 1/4 (5.62)
Tiff Pedersen, 2004.....18-5 1/4 (5.62)
10. Angie Hensel, 2005..... 18-5 (5.61)

Triple Jump

1. Renee White, 2008..... 43-10 (13.36)
2. Tiffany Johnson, 2007...41-8 3/4 (12.72)
3. Becki Borg, 1988.....40-7 1/2 (12.38)
4. Lynn McMillan, 198839-6 1/2 (12.05)
5. Lynn, 1998 39-0 (11.88)
6. Kacey Childs, 2001..... 37-8 (11.48)
7. Becca Franklin, 2004...36-10 1/2 (11.24)
8. Janna Houtz, 198433-10 1/2 (10.32)
9. Latoya Stiffend, 2002..... 32-6 (9.90)
10. Bridget Besch, 2003.....30-10 1/2 (9.41)

Shot Put

1. Lisa Van Steenwyk, 1992 50-8 (15.44)
2. Gail Smith, 198450-3 1/4 (15.32)
3. Denise Taylor, 1992.....50-1 3/4 (15.28)
4. Kamesha Marshall, 200548-6 3/4 (14.80)
5. Laura Kriener, 199048-2 1/2 (14.69)
6. Jennifer Gilson, 2002 47-10 (14.58)
7. Jennifer Moon, 200047-5 1/4 (14.46)
8. Mandy Chandler, 2006 46-0 (14.02)
9. **T. Medenwaldt, 2010 45-11 3/4 (14.01)**
10. Shelley Redies, 1985..... 45-7 (13.89)

Discus

1. Denise Taylor, 1992 160-5 (48.90)
2. Lisa Van Steenwyk, 1991 ..159-1 (48.50)
3. Gail Smith, 1983 158-2 (48.22)
4. **Majesty Tutson, 2010..... 157-8 (48.05)**
5. Kamesha Marshall, 2005 152-11 (46.62)
6. Jennifer Moon, 2000 150-8 (45.92)
7. Laura Kriener, 1989 150-3 (45.80)
8. Megan Maurer, 1997..... 149-2 (45.48)
9. **T. Medenwaldt, 2010 147-2 (44.85)**
10. Cheryl Bradley, 1982 146-5 (44.64)

Hammer Throw

1. Becca Franklin, 2007..... 195-0 (59.45)
2. Erin O'Hern, 2008 168-9 (51.45)
3. **T. Medenwaldt, 2010..... 168-7 1/4 (51.39)**
4. Kerri Blackstone, 1999.... 161-10 (49.32)
5. **Majesty Tutson, 2010.... 156-09 (47.77)**
6. Mandy Chandler, 2009 154-6 (47.09)
7. Megan Maurer, 1998..... 145-6 (44.36)
8. Jennifer Gilson, 2002 142-6 (43.44)
9. Jennifer Moon, 2000 139-3 (42.44)
10. Kara Hinz, 2000.....125-1 (38.14)

Javelin

1. Alana Redfern, 2003 181-5 (55.30)
2. Tammilee Kerr, 2008 163-5 (49.81)
3. Mandy Beck, 1999 153-4 (46.74)
4. Terri Soldan, 1983152-6 1/4 (46.48)
5. Shani Renning, 1990 152-3 (46.40)
6. Clara Simon, 1981..... 149-9 (45.64)
7. Janet Adams, 1984 148-7 (45.28)
8. Mickey Schoborg, 1985137-5 1/4 (41.88)
9. Sara Joens, 1987 127-1 (38.74)
10. Angela Chadwick, 1992 124-2 (37.86)

Pole Vault

1. Jessie Strand, 200312-10 1/4 (3.92)
2. Sarah Burgett, 2006.....12-1 3/4 (3.70)
3. **Katie Truedson, 2010 11-5 1/4 (3.49)**
3. Gina Shannon, 200111-2 1/4 (3.41)

Pole Vault (Continued)

4. **K. Weistmantle, 2010..... 11-1 3/4 (3.40m)**
6. Kacey Childs, 2000..... 8-0 1/2 (2.45)
7. Gina Shannon, 1998 8-0 (2.44)

400-Meter Relay

1. Poole, Reid, Floyd, Hobbs, 1994..... 44.63
2. Charles, Williams, Providence, James, 2003 44.71
3. Floyd, Hobbs, Poole, Reid, 1994..... 44.80
4. Fouchè, Williams, Providence, James, 2003 45.02
5. Alexander, Granger, Johnson, Roach, 2006 45.11
6. Johnson, Roach, Clarke, **Trusty**, 2007 45.21
7. Johnson, Alexander, Granger, Roach, 2005..... 45.30
8. Granger, Johnson, Alexander, Roach, 2005 45.39
9. Underwood, Reid, Philip, Hobbs, 1995 45.50
10. Boatright, Bynoe, Providence, Prendergast, 2000 45.50

1,600-Meter Relay

1. Hume, Charles, Steffen, Williams, 2003..... 3:36.26
2. McCalla, Granger, Alexander, Johnson, 2006 3:38.36
3. Alexander, **Graham**, Jones, M. Mims, 2007 .. 3:39.36
4. Jones, Alexander, Johnson, M. Mims, 2007.. 3:39.64
5. McCalla, Alexander, Sheeley, Hume, 2005 3:39.67
6. **Hendricks, Trusty, Erickson, Praska, 2010.... 3:39.88**
7. McCalla, Hume, Sheeley, Alexander, 2005 3:40.43
8. Layne, Simpson, Powell, McRell, 1989 3:41.23
9. Bynoe, Cole, Wynter, Grant, 1997 3:41.74
10. Charles, Fouchè, Williams, Hume, 2003..... 3:42.18

Distance Medley Relay

1. Hoskins, Powell, Schneckloth, Kruckeberg, 1989 .11:22.18
2. Armstrong, Alexander, Poncé, Stanley, 2007 .11:25.05
3. Stanley, McCalla, Hume, Armstrong, 2005.. 11:34.04
4. Barber, Williams, Hume, Arens, 2004 11:34.56
5. Thompson, Williams, Hume, Arens, 2003... 11:39.02
6. 2000 11:39.83
7. Davenport, xx, xx, xx, 1981 11:41.44
8. Pare, Grant, Benning, Gilchrist, 1997 11:41.92
9. Butler, Hume, Barber, Arens, 2001..... 11:47.16
10. Thompson, Hume, Barber, Lahann, 2003.... 11:52.04



Denise Taylor



Lisa Van Steenwyk



Renee White



Shellene Williams