

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



TRACK AND FIELD CONTACT: BRANDEE BRITT

March 26, 2014

2014 IOWA TRACK & FIELD OUTDOOR SCHEDULE

| Date | Meet |
|----------------|--|
| March 28-29 | Arizona State Invite (Phoenix, Ariz.) |
| April 4-5 | Arkansas Invite (Fayetteville, Ark.) Stanford Invite (Stanford, Calif.) |
| April 12 | Lee Calhoun Invite (Macomb, Ill.) |
| April 18-19 | Mt. Sac Relays (Walnut, Calif.) |
| April 24-26 | Drake Relays (Des Moines, Iowa) |
| May 2-3 | Musco Twilight (Iowa City, Iowa) |
| May 16-18 | Big Ten Championships (West Lafayette, Ind.) |
| May 29-31 | NCAA First Round (Fayetteville, Ark.) |
| June 11-14 | NCAA Championships (Eugene, Ore.) |

IOWA COACHING STAFF

| | |
|------------------------------|--|
| Larry Wieczorek | Director of Track & Field |
| Layne Anderson | Head Track & Field Coach |
| Scott Cappos | Director of Field Events |
| Molly Jones | Assistant Coach |
| Clive Roberts | Assistant Coach/ Director of Recruiting |
| Joey Woody | Assistant Coach |

THIS WEEK

The University of Iowa track and field team opens the outdoor season at the Arizona State Invitational this weekend. The event is set to begin at 11 a.m. (CT) on Friday and continue through Saturday at the Joe Selleh Track at Sun Angel Stadium in Tempe, Ariz.

FOLLOW THE HAWKEYES

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OUTDOOR SCHEDULE AT A GLANCE

The Hawkeyes compete in seven regular season events prior to the championship portion of their schedule. The 2014 Big Ten Outdoor Championships will be held in West Lafayette, Ind., on May 16-18. The NCAA First Round is set for May 29-31 in Fayetteville, Ark., before the NCAA Championships in Eugene, Ore., on June 11-14. The 15th annual Musco Twilight is May 3 at the Francis X. Cretzmeyer track.

THE COMPETITION

Iowa will face competitors from Arizona State, Adams State, Arizona, Illinois, Nebraska, Manhattan, South Dakota State, and Utah at the Arizona State Invitational this weekend.

RETURNING OUTDOOR ALL-AMERICANS

The Hawkeyes return three outdoor All-Americans from a year ago. Senior Tevin-Cee Mincy and sophomore Klyvens Delaunay grabbed first team honors for their performances at the 2013 NCAA Outdoor Championships. Mincy ran the first leg on the sixth-place finishing 400-meter relay team (39.77), while Delaunay captured an eighth-place finish in the triple jump (52-2 1/2; 15.91m). Junior Gabe Hull earned second-team honors for his 15th-place finish in the discus (184-6; 56.25m).

DELAUNAY NAMED INDOOR ALL-AMERICAN

Sophomore Klyvens Delaunay placed 13th in the triple jump at the 2014 NCAA Indoor Track and Field Championships. Delaunay jumped 50-2 3/4 (15.31m) on his second attempt to earn second team All-America honors.

INDOOR WRAP-UP

Twenty-nine individuals etched their names into Iowa's top 10 all-time performers list during the indoor season. The Hawkeyes recorded a combined 39 top 10 marks in 24 different events.

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MEET THE RECORD HOLDERS

Senior Jasmine Simpson set the hammer throw record (197-7; 60.23m) at the 2013 Alabama Relays. Senior Tevin-Cee Mincy ran the first leg on the school-record-setting 400-meter relay team (39.48) at the 2013 NCAA Championships.

AMOSU'S IMPRESSIVE RETURN

Junior Babatunde Amosu took the men's triple jump title at the 2014 Big Ten Indoor Championships on March 1 when he recorded a personal-best leap of 51-7 3/4 (15.74m). Amosu captured the title after tearing his patellar tendon at the 2013 Drake Relays. Amosu's personal-best outdoor triple jump mark of 50-3 1/4 (15.32m) currently ranks sixth all-time at Iowa.

COMPETITION IN THE HAMMER

Three Hawkeyes hold hammer throw marks that rank among Iowa's all-time top 10 list. Senior Jasmine Simpson holds the school record in the event (197-7; 60.23m), while senior Ashlyn Gulvas (189-6; 57.76m) and junior Annemie Smith (188-7; 57.49m) rank third and fourth, respectively.

MILLER MAKING LEAPS

Zinnia Miller looks to build upon her record-breaking indoor season. The senior broke the indoor long jump school record (20-4 1/4; 6.20m) at the 2014 Big Ten Indoor Championships on Feb. 28. Miller posted a career-best triple jump mark of 41-2 1/2 (12.56m) at the Tyson Invitational on Feb. 14.

LEWIS GOES THE DISTANCE

Junior Kevin Lewis led the team in the 5,000 and 10,000 meters a year ago. The junior's personal-best 5,000 meter time (14:08.04) ranks seven all-time at Iowa, while his personal-best 10,000 meters time (29:54.02) ranks fifth.

NEXT ON THE BLOCK

The Hawkeyes travel to Fayetteville, Ark., for the Arkansas Invitational on April 4-5.

2013 OUTDOOR SEASON LEADERS

MEN

| | | |
|---------------------|------------------------------------|---------------------|
| 100 meters | Justin Austin | 10.22 |
| 110-meter hurdles | Jordan Mullen | 13.76 |
| 200 meters | Justin Austin | 20.53 |
| 400 meters | Kaleb Van Cleave | 47.94 |
| 400-meter hurdles | Ethan Holmes | 50.51 |
| 800 meters | Ryan Weir | 1:50.01 |
| 1,500 meters | Ben Witt | 3:52.72 |
| 3,000 meters | Jon Michael Brandt | 8:46.09 |
| 3,000 meter steeple | Caleb Wilfong | 9:14.36 |
| 5,000 meters | Kevin Lewis | 14:08.04 |
| 10,000 meters | Kevin Lewis | 30:15.29 |
| High Jump | Kevin Spejcher | 6-9 (2.06m) |
| Pole Vault | Kyle Reid | 16-8 3/4 (5.10m) |
| Long Jump | Josh Larney | 24-0 3/4 (7.33m) |
| Triple Jump | Klyvens Delaunay | 52-2 1/2 (15.91m) |
| Shot Put | Gabe Hull | 56-9 1/4 (17.30m) |
| Discus | Gabe Hull | 196-2 (59.80m) |
| Hammer Throw | Ben Stancombe | 193-6 (58.98m) |
| Javelin | Matt Byers | 237-8 (72.45m) |
| Decathlon | Kyle Reid | 7,203 points |
| 400-meter Relay | Mincy, Austin, Holmes, Larney | 39.31 |
| 1,600-meter Relay | Van Cleave, Rickels, Flattery Weir | 3:10.43 |

WOMEN

| | | |
|-------------------|------------------------------|-----------------------|
| 100 meters | Lake Kwaza | 11.56 |
| 100-meter hurdles | Khanishah Williams | 14.49 |
| 200 meters | Raven Moore | 24.00 |
| 400 meters | Tayo Oladele-Ajose | 1:00.61 |
| 400-meter hurdles | MonTayla Holder | 59.71 |
| 800 meters | Adrienne Alexia | 2:08.61 |
| 1,500 meters | Lisa Gordon | 4:29.16 |
| 3,000 meters | Lisa Gordon | 9:42.19 |
| 5,000 meters | Mareike Schrulle | 16:12.66 |
| High Jump | Khanishah Williams | 5-11 1/4 (1.81m) |
| Long Jump | Sarah Ryan | 18-11 3/4 (5.78m) |
| Triple Jump | Carisa Leacock | 40-0 (12.19m) |
| Hammer Throw | Jasmine Simpson | 197-7 (60.23m) |
| Javelin | Amanda Stahle | 139-10 (42.64m) |
| Discus | Majesty Tutson | 181-1 (55.19m) |
| Shot Put | Rachel Curry | 47-9 1/4 (14.56m) |
| Weight Throw | Jasmine Simpson | 61-11 (18.87m) |
| Pole Vault | Brittany Holst | 11-1 (3.38m) |
| Heptathlon | Sarah Ryan | 4,567 points |
| 400-meter Relay | Kwaza, Moore, Holder, Miller | 45.61 |
| 1,600-meter Relay | Holder, Moore, Kwaza, Nelson | 3:43.13 |

Bold indicates school record.

OUTDOOR ALL-TIME TOP 10 PERFORMERS



Jeremy Allen



Justin Austin



Matt Byers



A.J. Curtis



Troy Doris



Jeffery Herron



Deacon Jones

100 Meters

- Justin Austin, 201110.21
- George Page, 199610.25
- Anthuan Maybank, 1994.....10.31
Tim Dwight, 1997.....10.31
Josh Larney, 201310.31
- Bob Lawson, 197610.36
- Robert Smith, 1984.....10.39
- Curtis Chang, 1987.....10.40
- Jeff Patrick, 1983.....10.41
Tim Dodge, 200210.41

110-Meter High Hurdles

- Pat McGhee, 1989.....13.50
- Dion Trowers, 199613.62
- Ronnie McCoy, 198513.66
- Ethan Holmes, 201113.73
- Jordan Mullen, 201313.76
- James Armstrong, 1991.....13.89
- Dan Davis, 201214.01
- Doug Jones, 198614.06
- Chris Williams, 1983.....14.24
- Rajeev Balkrishnan, 1993.....14.29

200 Meters

- Justin Austin, 201120.31
- Jeff Patrick, 1983.....20.47
- Anthuan Maybank, 1994.....20.55
- Andre Morris, 199520.64
- George Page, 199620.67
- Terrence Duckett, 198220.74
- Tim Dodge, 200220.78
- Bashir Yamini, 1999.....20.82
- Dennis Kohl, 196620.84
- Tim Dwight, 1997.....20.91

400 Meters

- Anthuan Maybank, 1993.....44.99
- Andre Morris, 199545.15
- Mike Mondane, 196745.20
- Steven Willey, 201045.78
- Gary Hollingsworth,46.30
- Harold Leonard, 1986.....46.45
- Tony Branch, 1999.....46.60
- Prince Riley, 2007.....46.61
- George Page, 199646.66
- Dick Eisenlauer, 1973.....46.74
Terrence Duckett, 198346.74
Patrick Richards, 201046.74

400-Meter Hurdles

- Pat McGhee, 1988.....48.83
- Monte Raymond, 199850.09
- Ray Varner, 201050.24
- Paul Steele, 198950.45
- Russell Peterson, 200150.50
- Ethan Holmes, 201350.51
- Adam Kunkel, 200150.73
- Jon Reimer, 196750.94
- Gary Falls, 199151.08
- D'Juan Richardson, 2011.....51.12

800 Meters

- Erik Sowinski, 20121:45.90
- Bill Frazier, 1962.....1:47.64
- D'Juan Strozier, 19901:47.82
- Adam Hairston, 2009.....1:48.53
- Michael Layne, 19991:49.61
- Bill Thiesen, 19851:49.74
- Ryan Weir, 20131:50.01
- Andy Wiese, 19851:50.22
- Paul Chepkwony, 1984.....1:50.36
- Rod Chambers, 19891:50.60

1,500 Meters

- Jeff Thode, 2010.....3:43.02
- Joel Moeller, 19783:44.01
- Jim Docherty, 19783:44.30
- Dan Waters, 1986.....3:46.35
- Kevin Herd, 1994.....3:46.64
- John Clark, 19773:46.84
- Ted Wheeler, 1956.....3:48.24
- Nick Holmes, 20123:49.53
- Jesse Luciano, 2007.....3:49.99
- Micah VanDenend, 20073:50.20

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, 19679:02.90
- Al Greene, 19859:02.96
- Tony Rakaric, 2005.....9:03.29
- Mark Battista, 2010.....9:04.60
- Sean Gale, 1993.....9:08.00

5,000 Meters

- Micah VanDenend, 200713:49.31
- Larry Wieczorek, 1968.....13:56.00
- Kevin Herd, 1993.....13:59.00
- Stetson Steele, 200014:02.76
- Eric MacTaggart, 2005.....14:04.79
- Dan Haut, 200614:07.30
- Kevin Lewis, 2013.....14:08.04**
- Jesse Luciano, 2010.....14:08.71
- Matt Esche, 2006.....14:12.07
- Jeff Thode, 201114:12.40



Todd Wigginton



Arno van der Westhuizen

OUTDOOR ALL-TIME TOP 10 PERFORMERS



Anthuan Maybank



Pat McGhee



Kyle Reid



Erik Sowinski



Stetson Steele



Jeff Thode



Micah VanDenend

10,000 Meters

1. Stetson Steele, 200028:44.47
2. Eric MacTaggart, 2006.....28:50.23
3. Nick Nordheim, 2002.....29:44.71
4. Trent Corey, 2002.....29:45.25
5. **Kevin Lewis, 2012.....29:54.02**
6. Chad Schwitters, 199929:56.00
7. Nick Holmes, 201030:02.31
8. Dan Haut, 200630:03.08
9. Kevin Herd, 1994.....30:05.21
10. Paul Sarris, 200130:08.40

Decathlon

1. **Kyle Reid, 2013 7,203 pts**
2. Dan Rolling, 2010.....6,957 pts
3. Scott Faber, 20006,839 pts
4. Ryan Niver, 20086,837 pts
5. **Jack Eckert, 2012..... 6,813 pts**
6. Chad Ohly, 1994.....6,641 pts
7. Gary Kostrubala, 1984.....6,498 pts
8. Frank Prill, 20086,381 pts
9. Jacob Drewry, 1994.....5,820 pts

High Jump

1. Jeffery Herron, 2012.....7-4 1/4 (2.24)
2. Bill Hansen, 19787-4 (2.23)
3. Bill Knoedel, 1975.....7-4 (2.23)
4. M. Cunningham, 19867-1 (2.16)
5. Kenneth Lansing, 1988.....7-1 (2.16)
6. Pat Meade, 19877-0 1/4 (2.14)
7. Graham Valdes, 2012.....6-11 3/4 (2.12)
8. Peter Hlavin, 1979.....6-11 (2.11)
9. Scott Hudek, 1993.....6-11 (2.11)
10. Jeremy Petsche, 2008.....6-11 (2.11)
11. Brandon Oest, 20126-11 (2.11)

Pole Vault

1. Todd Wigginton, 1984.....17-0 (5.18)
2. Chad Ohly, 1994.....16-8 3/4 (5.10)
3. Kyle Reid, 201316-8 3/4 (5.10)
4. Curt Broek, 197816-8 (5.08)
5. Phil Wertman, 197116-7 (5.05)
6. Kelly Scott, 1988.....16-7 (5.05)
7. John Teffer, 197216-2 (4.93)
8. Alex Zona, 200916-0 3/4 (4.90)
9. Steve Brewer, 198316-0 (4.88)
10. Doug Pennino, 1985.....16-0 (4.88)

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, 199125-9 3/4 (7.86)
5. Quinn Early, 198625-7 1/4 (7.80)
6. Ed Gordon, 193125-4 3/8 (7.68)
7. Matty Gorman, 2006.....25-1 1/4 (7.65)
8. Ronnie McCoy, 198525-0 (7.62)
9. Jeffery Herron, 2010.....24-9 (7.54)
10. Joe Robinson, 1976.....24-2 3/4 (7.38)

Triple Jump

1. Troy Doris, 201254-8 (16.66)
2. **Klyvens Delaunay, 201352-21/2 (15.91)**
3. Paul Jones, 1990.....52-0 1/2 (15.86)
4. Gordon Finch, 1988.....50-9 1/4 (15.47)
5. Mike Lacy, 1984.....50-5 (15.36)
6. **Babatunde Amosu, 2013...50-3 1/4 (15.32)**
7. Pat Miller, 1985.....49-8 1/2 (15.25)
8. Matty Gorman, 2008.....49-2 1/2 (15.00)
9. Owen Gill, 1982.....49-1 (14.96)
10. Josh Bean, 2010.....48-10 3/4 (14.90)

Shot Put

1. Jeremy Allen, 200163-2 3/4 (19.27)
2. Ken Kemeny, 200562-3 (18.97)
3. Shane Maier, 200662-2 1/4 (18.95)
4. Andy Banse, 200561-11 1/2 (18.88)
5. John Hickey, 200861-9 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. Ryan Lamparek, 201058-4 (17.78)
10. Gary Kostrubala, 1985.....58-1 (17.70)

Discus

1. A.J. Curtis, 2007202-11 (61.84)
2. Gary Kostrubala, 1986.....202-4 (61.68)
3. **Gabe Hull, 2013.....196-2 (59.80)**
4. Jeremy Allen, 2001195-4 (59.54)
5. Tim Brodersen, 2005193-6 (58.98)
6. Brad Daufeldt, 2004.....185-0 (56.40)
7. Nick Brayton, 2009180-11 (55.15)
8. Andy Banse, 2005180-0 (54.86)
9. Eric Rothwell, 2004.....179-7 (54.73)
10. Shane Maier, 2008178-7 (54.43)

Hammer

1. A. van der Westhuizen, 2001 222-11 (67.94)
2. Adam Hamilton, 2007222-2 (67.73)
3. Jim Costello, 2002217-7 (66.32)
4. Brad Daufeldt, 2004.....207-10 (63.34)
5. Chris Voller, 2005206-0 (62.80)
6. Matt Banse, 2012201-11 (61.55)
7. Jeremy Allen, 2001199-0 (60.66)
8. Ben Stancombe, 2011197-6 (60.20)
9. Ryan Jordan, 2007184-6 (56.23)
10. Ryan Lamparek, 2010181-7 (55.35)

Javelin

1. Matt Byers, 2011.....245-8 (74.89)
2. Bill Neumann, 2002244-8 (74.58)
3. Dan Ralph, 2000.....227-10 (69.44)
4. Zach Schimp, 2010.....211-0 (64.32)
5. **Sam Joens, 2013.....206-9 (63.03)**
6. Kale Katt, 2007204-0 (62.17)
7. Joel Storm, 2004203-5 (62.01)
8. Matt Stank, 2001199-0 (60.66)
9. **Jack Eckert, 2012.....187-0 (57.01)**
10. Kyle Reid, 2013182-10 (55.73)

OUTDOOR ALL-TIME TOP 10 PERFORMERS



Kineke Alexander



Meghan Armstrong



Danielle Berndt



Nan Doak



Aisha James



Tiffany Johnson

100 Meters

| | |
|------------------------------|--------------|
| 1. Vivien McKenzie, 1985 | 11.45 |
| 2. Davera Taylor, 1984 | 11.51 |
| 3. Erica Broomfield, 1998 | 11.53 |
| 4. Lake Kwaza, 2013 | 11.56 |
| 5. Jiselle Providence, 2001 | 11.57 |
| 6. Tanja Reid, 1994 | 11.60 |
| Peaches Roach, 2005 | 11.60 |
| 8. Yolanda Hobbs, 1995 | 11.62 |
| 9. Elanie Jones, 1985 | 11.69 |
| 10. Rhonda Kaye Trusty, 2010 | 11.74 |

100-Meter Hurdles

| | |
|----------------------------|-------|
| 1. Tiffany Johnson, 2007 | 13.20 |
| 2. Karessa Farley, 2009 | 13.53 |
| 3. C. Prendergast, 1999 | 13.60 |
| Paula Ruen, 2000 | 13.60 |
| 5. Sarah Steffen, 2002 | 13.65 |
| 6. Ruqayya Raheem, 1998 | 13.90 |
| 7. Brenda Calhoun, 1984 | 13.94 |
| 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, 1985 | 23.61 |
| 5. Yolanda Hobbs, 1995 | 23.65 |
| 6. Erin Jones, 2012 | 23.71 |
| 7. Rhonda Kaye Trusty, 2010 | 23.74 |
| 8. Tanja Reid, 1995 | 23.75 |
| 9. Elanie Jones, 1983 | 23.84 |
| 10. Ashley Liverpool, 2012 | 23.98 |

400 Meters

| | |
|------------------------------|-------|
| 1. Kineke Alexander, 2006 | 51.35 |
| 2. Shellene Williams, 2004 | 51.94 |
| 3. Ashley Liverpool, 2012 | 52.47 |
| 4. Ellen Grant, 1996 | 52.65 |
| 5. Senta Hawkins, 1988 | 54.01 |
| Bethany Praska, 2011 | 54.01 |
| 7. Marlene Poole, 1994 | 54.03 |
| 8. Elaine Jones, 1983 | 54.40 |
| 9. Nicole Charles, 2001 | 54.48 |
| 10. Stacey-Leigh Bynoe, 2000 | 54.73 |

400-Meter Hurdles

| | |
|---------------------------------|--------------|
| 1. Mary Knoblauch, 1981 | 56.16 |
| 2. Wynsome Cole, 1998 | 56.67 |
| 3. Chris Davenport, 1981 | 59.18 |
| 4. Hannah Simonson, 2012 | 59.54 |
| 5. Sarah Steffen, 2002 | 59.59 |
| 6. Tiffany Hendricks, 2011 | 59.63 |
| 7. MonTayla Holder, 2013 | 59.71 |
| 8. Nicole Erickson, 2012 | 59.77 |
| 9. Beverly Powell, 1991 | 59.96 |
| 10. Kelsey Quinn, 2012 | 59.99 |

800 Meters

| | |
|---------------------------------|----------------|
| 1. Bethany Praska, 2011 | 2:03.78 |
| 2. Kay Stormo, 1982 | 2:05.67 |
| 3. Michelle Lahann, 2004 | 2:06.79 |
| 4. Aisha Hume, 2005 | 2:08.50 |
| 5. Adrienne Alexia, 2013 | 2:08.61 |
| 6. Jeanne Kruckeberg, 1987 | 2:08.75 |
| 7. Kaitlyn Nelson, 2013 | 2:08.83 |
| 8. Ann Pare, 1997 | 2:09.25 |
| 9. Meghan Armstrong, 2006 | 2:10.15 |
| 10. Sophia Poncé, 2007 | 2:10.35 |

1,500 Meters

| | |
|----------------------------|---------|
| 1. Meghan Armstrong, 2006 | 4:17.41 |
| 2. Betsy Flood, 2010 | 4:17.75 |
| 3. Jeanne Kruckeberg 1989 | 4:19.71 |
| 4. McKenzie Melander, 2012 | 4:20.22 |
| 5. Lauren Hardesty, 2009 | 4:20.40 |
| 6. Diane Nukuri, 2007 | 4:20.95 |
| 7. Penny O'Brien, 1985 | 4:21.43 |
| 8. Kay Stormo, 1982 | 4:22.24 |
| 9. Michelle Lahann, 2004 | 4:24.00 |
| 10. Shannon Stanley, 2006 | 4:25.08 |

3,000 Meters

| | |
|----------------------------|---------|
| 1. Diane Nukuri, 2008 | 9:18.82 |
| 2. Penny O'Brien, 1985 | 9:20.61 |
| 3. McKenzie Melander, 2012 | 9:21.59 |
| 4. Betsy Flood, 2010 | 9:22.63 |
| 5. Nan Doak, 1985 | 9:23.04 |
| 6. Tracy Dahl, 1992 | 9:23.53 |
| 7. Meghan Armstrong, 2006 | 9:28.03 |
| 8. Brooke Eilers, 2011 | 9:30.08 |
| 9. Jeanne Kruckeberg, 1989 | 9:30.69 |
| 10. Jennifer Brower, 1992 | 9:34.59 |

3,000-Meter Steeplechase

| | |
|--------------------------|----------|
| 1. Danielle Berndt, 2011 | 10:26.54 |
| 2. Jessica Schmidt, 2008 | 10:27.18 |
| 3. Sarah Arens, 2004 | 10:34.50 |
| 4. Hannah Roeder, 2011 | 10:35.22 |
| 5. Kelsey Hart, 2011 | 10:47.56 |
| 6. Katie Ellis, 2010 | 11:02.62 |
| 7. Michelle Lahann, 2003 | 11:16.21 |
| 8. Becca Thompson, 2003 | 11:19.50 |

5,000 Meters

| | |
|----------------------------|----------|
| 1. Nan Doak, 1985 | 15:45.84 |
| 2. McKenzie Melander, 2012 | 15:57.13 |
| 3. Diane Nukuri, 2008 | 15:59.39 |
| 4. Betsy Flood, 2011 | 16:04.46 |
| 5. Meghan Armstrong, 2008 | 16:08.83 |
| 6. Brooke Eilers, 2011 | 16:11.86 |
| 7. Mareike Schulle, 2013 | 16:12.66 |
| 8. Jenny Spangler, 1983 | 16:17.21 |
| 9. Tracy Dahl, 1992 | 16:18.77 |
| 10. Racheal Marchand, 2008 | 16:27.02 |



Majesty Tutson



Lisa Van Steenwyk



Renee White



Shellene Williams

OUTDOOR ALL-TIME TOP 10 PERFORMERS



Diane Nukuri



Tammilee Kerr



Vivien McKenzie



Bethany Praska



Alana Redfern



Peaches Roach



Jasmine Simpson

10,000 Meters

1. Diane Nukuri, 2008.....33:17.01
2. Jennifer Brower, 199133:23.38
3. Meghan Armstrong, 200833:28.00
4. Nan Doak, 1985.....33:33.03
5. Jenny Spangler, 1983.....33:39.24
6. Racheal Marchand, 200834:05.87
7. McKenzie Melander, 201234:29.83
8. Tracy Dahl, 199234:30.09
9. Betsy Flood, 2011.....35:05.10
10. Nikki Chapple, 200435:06.35

Heptathlon

1. Tammilee Kerr, 20085,633 pts
2. Kathy Gillespie, 1983.....5,262 pts
3. Tiff Pedersen, 20044,976 pts
4. Janet Adams, 1981.....4,855 pts
5. **Sarah Ryan, 2012.....4,819 pts**
6. Ruqayya Raheem, 1997.....4,665 pts
7. Angela Chadwick, 1993.....4,493 pts
8. Missy Miller, 2010.....4,227 pts
9. Angie Hensel, 20044,073 pts
10. Janelle Jaspers, 1987.....4,000 pts

High Jump

1. Peaches Roach, 2006 6-1 1/4 (1.86)
2. Mary Mol, 1983..... 6-0 (1.83)
3. **Khanishah Williams, 2013.... 5-11 1/4 (1.81)**
4. Caleigh Bacchus, 2010..... 5-10 (1.78)
5. Lynn McMillan, 1988..... 5-9 1/4 (1.76)
6. Kacey Childs, 2001..... 5-8 1/2 (1.74)
7. Kristi Dinkla, 1985..... 5-8 (1.73)
8. Becky Kaza, 1995..... 5-8 (1.73)
9. Eve Cullinan, 2003 5-8 (1.73)
10. **Zinnia Miller, 2012..... 5-7 1/4 (1.71)**

Pole Vault

1. Jessie Strand, 2003..... 12-10 1/4 (3.92)
2. Sarah Burgett, 2006 12-1 3/4 (3.70)
3. Kirsten Weismantle, 2011..... 12-0 (3.66)
4. Katie Truedson, 2010 11-5 1/4 (3.49)
5. Gina Shannon, 2001..... 11-2 1/4 (3.41)
6. Brittany Holst, 2013 11-1 (3.38)
7. Kacey Childs, 2000..... 8-0 1/2 (2.45)

Long Jump

1. Aisha James, 2003 22-3 (6.78)
2. Renee White, 2008..... 20-3 3/4 (6.19)
3. **Carisa Leacock, 2011 19-11 1/2 (6.08)**
4. Becki Borg, 1988 19-7 1/4 (5.97)
5. Lisa Moats, 1986 19-6 (5.95)
6. Tammilee Kerr, 2008..... 19-4 1/4 (5.90)
7. Yolanda Hobbs, 1993..... 19-2 1/2 (5.85)
8. **Sarah Ryan, 2013..... 18-11 3/4 (5.78)**
9. Jane Dunlevy, 1977 18-6 (5.64)
10. Ruqayya Raheem, 1997..... 18-5 1/4 (5.62)
- Tiff Pedersen, 2004 18-5 1/4 (5.62)

Triple Jump

1. Renee White, 2008..... 43-10 3/4 (13.36)
2. Tiffany Johnson, 2007 41-8 3/4 (12.72)
3. **Carisa Leacock, 2012 40-10 1/2 (12.46)**
4. Becki Borg, 1988 40-7 1/2 (12.38)
5. Lynn McMillan, 1988..... 39-6 1/2 (12.05)
6. Lynn, 1998..... 39-0 (11.88)
7. Kacey Childs, 2001..... 37-8 (11.48)
8. Becca Franklin, 2004..... 36-10 1/2 (11.24)
9. Janna Houtz, 1984 33-10 1/2 (10.32)
10. Latoya Stiffend, 2002..... 32-6 (9.90)

Shot Put

1. Lisa Van Steenwyk, 1992 50-8 (15.44)
2. Gail Smith, 1984 50-3 1/4 (15.32)
3. Denise Taylor, 1992 50-1 3/4 (15.28)
4. Kamesha Marshall, 2005..... 48-6 3/4 (14.80)
5. Laura Kriener, 1990..... 48-2 1/2 (14.69)
6. Jennifer Gilson, 2002..... 47-10 (14.58)
7. **Rachel Curry, 2013..... 47-9 1/4 (14.56)**
8. Jennifer Moon, 2000..... 47-5 1/4 (14.46)
9. Mandy Chandler, 2006 46-0 (14.02)
10. Tiffany Medenwaldt, 2010 .. 45-11 3/4 (14.01)

Discus

1. Majesty Tutson, 2013 181-1 (55.19)
2. Tiffany Medenwaldt, 2010 161-3 (49.16)
3. Denise Taylor, 1992 160-5 (48.90)
4. Lisa Van Steenwyk, 1991 159-1 (48.50)
5. Gail Smith, 1983 158-2 (48.22)
6. **Ashlyn Gulvas, 2011..... 154-11 (47.23)**
7. **Courtney Fritz, 2012 154-1 (46.96)**
8. Kamesha Marshall, 2005..... 152-11 (46.62)
9. Jennifer Moon, 2000..... 150-8 (45.92)
10. Laura Kriener, 1989..... 150-3 (45.80)

Hammer Throw

1. **Jasmine Simpson, 2013 197-7 (60.23)**
2. Becca Franklin, 2007..... 195-0 (59.45)
3. **Ashlyn Gulvas, 2013..... 189-6 (57.76)**
4. **Annemie Smith, 2013 188-7 (57.49)**
5. Kelsey Taylor, 2011 177-0 (53.95)
6. Tiffany Medenwaldt, 2010 171-11 (52.40)
7. Erin O'Hern, 2008..... 168-9 (51.45)
8. Chelsea Colpitts, 2013 162-5 (49.51)
9. Kerri Blackstone, 1999 161-10 (49.32)
10. Majesty Tutson, 2013 161-5 (49.20)

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, 1983..... 152-6 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. **Amanda Stahle, 2012..... 141-5 (43.10)**
9. Mickey Schoborg, 1985..... 137-5 1/4 (41.88)
10. **Allison Gattone, 2013 138-8 (42.27)**

MEN'S OUTDOOR ALL-TIME TOP 10 RELAYS

400-Meter Relay

| | |
|--|-------|
| 1. Mincy, Austin, E. Holmes, Larney, 2013 | 39.31 |
| 2. Beecham, Duckett, Greer, R. Smith, 1984 | 39.48 |
| 3. Mullen, Austin, E. Holmes, Larney, 2013 | 39.66 |
| 4. Page, Davis, Rozell, Morris, 1996 | 39.73 |
| 5. Mincy, Sayon, Chaney, Jr., Austin, 2011 | 39.86 |
| 6. Richardson, Sayon, Chaney, Jr., Bee, 2009 | 39.94 |
| 7. Felix, Branch, Dodge, Yamini, 1999 | 39.96 |
| 8. Beecham, Duckett, Greer, Patrick, 1983 | 39.99 |
| 9. Dwight, Branch, Davis, Yamini, 1998 | 40.00 |
| Goode, Fisher, Morris, Maybank, 1994 | 40.00 |
| 1998 | 40.00 |
| Dwight, Branch, Dodge, Yamini, 1999 | 40.00 |

Shuttle Hurdle Relay

| | |
|---|---------|
| 1. McGhee, Armstrong, Falls, Stelle, 1989 | 57.80 |
| 2. Wigginton, Jones, Lacey, McCoy, 1985 | 59.77 |
| 3. 1975 | 1:05.20 |

800-Meter Relay

| | |
|--|---------|
| 1. Richardson, Sayon, Richards, Chaney, Jr., 2009 | 1:24.85 |
| 2. Austin, Brown, Larney, VanCleave, 2013 | 1:25.60 |
| 3. Barclay, McCalister, Jensen, Elliott, 1979 | 1:26.39 |
| 4. Thomas, Balkrishnan, Patterson, Freidrich 1991 | 1:28.38 |
| 5. Balkrishnan, Patterson, Thomas, Freidrich, 1991 | 1:29.04 |

1,600-Meter Relay

| | |
|--|---------|
| 1. Morris, Davis, Page, Rozell, 1995 | 3:03.11 |
| 2. Branch, Dwight, Dodge, Yamini, 1999 | 3:03.29 |
| 3. Ferree, Frazier, Mondane, Reimer, 1967 | 3:04.10 |
| 4. Rozell, Morris, Davis, Yamini, 1996 | 3:04.71 |
| 5. Willey, Barton, Richards, Sowinski, 2010 | 3:05.61 |
| 6. Willey, Richards, Sowinski, Barton, 2011 | 3:05.64 |
| 7. Richards, Davey, E. Holmes, Sowsinski, 2012 | 3:05.77 |
| 8. Cameron, Williams, McGhee, McCoy, 1985 | 3:06.00 |
| 9. Rozell, Davis, Dwight, Raymond, 1997 | 3:06.06 |
| Dodge, Kunkel, Coleman, Peterson, 2001 | 3:06.06 |

Sprint Medley Relay

| | |
|--|---------|
| 1. McCorkle, Jones, Chung, Strozier, 1990 | 3:15.64 |
| 2. Sayon, Austin, Willey, Sowinski, 2011 | 3:16.18 |
| 3. Richards, Larney, Davey, Sowinski, 2012 | 3:17.25 |
| 4. Richardson, Richards, Willey, Sowinski, 2010 | 3:17.74 |
| 5. Armstrong, Thomas, Maybank, Strozier, 1991 | 3:18.93 |
| 6. Yamini, Davis, Dodge, Donovan, 1999 | 3:19.87 |
| 7. Richards, Chaney, Jr., Barton, Hairston, 2009 | 3:20.05 |
| 8. McCorkle, Armstrong, Chung, Strozier, 1990 | 3:20.43 |
| 9. Dodge, Yamini, Branch, Donovan, 1999 | 3:20.83 |
| 10. Goode, Fisher, Thomas, Falls, 1992 | 3:21.02 |

3,200 Meter Relay

| | |
|---|---------|
| 1. Schum, Christensen, Steffen, Criswell, 1971 | 7:18.60 |
| 1. Hairston, Prom, Thode, Sowinski, 2011 | 7:23.77 |
| 2. Corrigan, Blackman, Strozier, Chambers, 1989 | 7:29.00 |
| 3. Willey, Braff, Sowinski, Hairston, 2009 | 7:33.08 |
| 4. Tweedy, Gajewski, Linden, O'Hollearn, 2005 | 7:33.12 |
| 5. Cunningham, Tweedy, S. Allen, Thomas, 2001 | 7:34.12 |
| 6. Long, Tweedy, Dziubski, O'Hollearn, 2004 | 7:35.10 |
| 7. 1999 | 7:36.43 |
| 8. Prom, Slaymaker, Wheeler, Weir, 2012 | 7:38.15 |
| 9. 1986 | 7:40.18 |
| 10. Novotny, Holtkamp, Rerko, Feeldy, 1995 | 7:44.68 |

Distance Medley Relay

| | |
|---|---------|
| 1. Pershing, Moeller, Slack, Docherty, 1978 | 9:39.94 |
| 2. Kuczvara, Barton, Hairston, Thode, 2011 | 9:41.37 |
| 3. N. Holmes, Van Cleave, Sowinski, Thode, 2012 | 9:41.59 |
| 4. Young, Barton, Kuczvara, Luciano, 2010 | 9:42.97 |
| 5. Prom, Davey, Weir, Witt, 2013 | 9:53.83 |
| 6. Theisen, Williams, Wiesa, Waters, 1985 | 9:54.04 |
| 7. Wilfong, Slaymaker, Teubel, Witt, 2013 | 9:54.05 |
| 8. Luciano, Pierre, Hairston, VanDenend, 2007 | 9:54.07 |
| 9. VanDenend, Riley, O'Hollearn, Rakaric, 2006 | 9:54.97 |
| 10. Feeldy, Eischeid, Novotny, Peters, 1996 | 9:55.71 |

6,400 Meter Relay

| | |
|--|----------|
| 1. Pershing, Fuller, Moeller, Docherty, 1978 | 16:27.70 |
| 2. Rakaric, Webster, MacTaggart, VanDenend, 2006 | 16:55.43 |
| 3. Paul, Kadlec, Thode, Luciano, 2010 | 17:01.46 |
| 4. N. Holmes, Witt, Thode, Lewis, 2012 | 17:02.26 |
| 5. Thomas, Allen, Rakaric, Lloyd, 2003 | 17:06.27 |
| 6. Pittman, Novotny, Feeldy, Marquardt, 1995 | 17:12.49 |
| 7. Bakker, Feeldy, Peters, Pittman, 1996 | 17:13.10 |
| 8. Allen, Trainor, McDermott, Esche, 2002 | 17:14.53 |
| 9. Kadlec, E. MacTaggart, Paul, Marchese, 2009 | 17:17.63 |
| 10. Schwitters, Nordheim, Moeller, Thomas, 1999 | 17:18.04 |

WOMEN'S OUTDOOR ALL-TIME TOP 10 RELAYS

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. | Jones, R. Moore, Liverpool, Simonson, 2012..... | 45.45 |
| 10. | Underwood, Reid, Philip, Hobbs, 1995..... | 45.50 |
| | Boatright, Bynoe, Providence, Prendergast, 2000..... | 45.50 |

Shuttle Hurdle Relay

| | | |
|----|--|-------|
| 1. | Prendergast, Cole, Raheem, Ruen, 1998..... | 56.44 |
| 2. | Cole, Prendergast, Raheem, Ruen, 1998..... | 56.54 |
| 3. | Raheem, Prendergast, Cole, Ruen, 1998..... | 57.53 |

800-Meter Relay

| | | |
|-----|---|---------|
| 1. | Hobbs, Reid, Floyd, Poole, 1994..... | 1:35.69 |
| 2. | Roach, McCalla, Alexander, Johnson, 2006..... | 1:36.19 |
| 3. | Williams, Charles, Fouchè, Providence, 2003..... | 1:37.49 |
| 4. | Herrmann, McCalla, Raymond, Roach, 2004..... | 1:37.66 |
| 5. | Charles, Dixon, Knight, Prendergast, 2002..... | 1:38.15 |
| 6. | Trusty, Hendricks, Graham, Erickson, 2009..... | 1:38.79 |
| 7. | Prendergast, Dixon, Knight, Providence, 2001..... | 1:38.73 |
| 8. | Dixon, Knight, Prendergast, Providence, 2001..... | 1:38.93 |
| 9. | Dixon, Providence, Knight, Charles, 2001..... | 1:39.68 |
| 10. | Underwood, Bynoe, Raheem, Wynter, 1997..... | 1:39.72 |

1,600-Meter Relay

| | | |
|-----|---|---------|
| 1. | Praska, Hendricks, Liverpool, Erickson, 2011..... | 3:35.93 |
| 2. | Hume, Charles, Steffen, Williams, 2003..... | 3:36.26 |
| 3. | Praska, Hendricks, Erickson, Liverpool, 2011..... | 3:36.51 |
| 4. | Simonson, Liverpool, Erickson, Sack, 2012..... | 3:37.57 |
| 5. | McCalla, Granger, Alexander, Johnson, 2006..... | 3:38.36 |
| 6. | Simonson, Liverpool, Quinn, Erickson, 2012..... | 3:38.49 |
| 7. | Liverpool, Jones, Erickson, Quinn, 2012..... | 3:38.68 |
| 8. | Alexander, Graham, Jones, M. Mims, 2007..... | 3:39.36 |
| 9. | Jones, Alexander, Johnson, M. Mims, 2007..... | 3:39.64 |
| 10. | McCalla, Alexander, Sheeley, Hume, 2005..... | 3:39.67 |

Sprint Medley Relay

| | | |
|-----|---|---------|
| 1. | Jones, Hendricks, Liverpool, Praska, 2011..... | 3:48.63 |
| 2. | Kwaza, R. Moore, Holder, Alexia, 2013..... | 3:54.51 |
| 3. | Trusty, R. Moore, Hendricks, Praska, 2010..... | 3:56.53 |
| 4. | Reid, Philip, Hobbs, Benning, 1995..... | 3:56.54 |
| 5. | Roach, Alexander, McCalla, Stanley, 2005..... | 3:56.99 |
| 6. | Kwaza, R. Moore, Alexia, Nelson, 2013..... | 3:58.72 |
| 7. | Clarke, Graham, Jones, Poncé, 2007..... | 3:59.34 |
| 8. | Underwood, Clarke, Philip, Benning, 1995..... | 3:59.75 |
| 9. | Jones, R. Moore, Erickson, Alexia, 2012..... | 4:00.19 |
| 10. | 2005..... | 4:00.26 |

3,200-Meter Relay

| | | |
|-----|--|---------|
| 1. | Suppelsa, Wodek, Kruckeberg, Schneckloth, 1987..... | 8:46.45 |
| 2. | Lahann, Stanley, Hume, Barber, 2004..... | 8:48.87 |
| 3. | Schneckloth, Roberts, Hawkins, Kruckeberg, 1989..... | 8:49.38 |
| 4. | Flood, Dlhy, L. Hardesty, Docherty, 2009..... | 8:53.91 |
| 5. | Armstrong, Stanley, Laney, Hume, 2005..... | 8:54.27 |
| 6. | O'Brien, Camarigg, Williams, Stormo, 1981..... | 8:54.36 |
| 7. | Flood, Melander, Praska, Hardesty, 2010..... | 8:54.45 |
| 8. | Drapcho, Schlader, Williams, Stormo, 1980..... | 8:56.14 |
| 9. | Drapcho, Mitchell, Schlader, Stormo, 1979..... | 8:57.24 |
| 10. | Lahann, Hume, Thompson, Barber, 2003..... | 9:02.58 |

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. | Schrulle, Erickson, Placzek, Eilers, 2012..... | 11:40.57 |
| 8. | Davenport, xx, xx, xx, 1981..... | 11:41.44 |
| 9. | Pare, Grant, Benning, Gilchrist, 1997..... | 11:41.92 |
| 10. | Dlhy, Erickson, Docherty, Anderson, 2010..... | 11:43.06 |

6,400-Meter Relay

| | | |
|-----|--|----------|
| 1. | Flood, Melander, A. Hardesty, L. Hardesty, 2010..... | 19:05.63 |
| 2. | Nukuri, Marchand, Henize, Armstrong, 2008..... | 19:15.42 |
| 3. | Flood, Laesch, Ranegar, Melander, 2012..... | 19:16.73 |
| 4. | Flood, Eilers, Melander, L. Hardesty, 2011..... | 19:17.52 |
| 5. | Flood, Melander, A. Hardesty, Eilers, 2009..... | 19:36.43 |
| 6. | Scott, Gordon, Schrulle, Gambrell, 2013..... | 19:41.15 |
| 7. | Chapple, Laney, Donlon, Sokol, 2005..... | 20:39.12 |
| 8. | Arens, Barber, Butler, Roberts, 2001..... | 20:40.89 |
| 9. | Benning, Boland, Fleck, Coleman, 1995..... | 20:43.07 |
| 10. | Arens, Sokol, Barber, Donlon, 2003..... | 20:48.08 |