

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



TRACK CONTACTS: CHRIS BREWER, NATHAN SHEEHAN

MARCH 1, 2010

2009-10 IOWA TRACK & FIELD INDOOR SCHEDULE

Date	Meet	Time (CT)
12/6	Intrasquad Meet	
1/9	at Illinois Dual (M)	W, 80.5-79.5
1/16	Iowa Open	
1/22-3	at Jack Johnson Classic	4th - 271.5
	at Razorback Invitational	
2/5-6	at Meyo Invite	
	at Husker Invitational	
2/11-13	at ISU Classic	
2/19	Iowa Invitational	
2/27-28	at Big Ten Championships (M) 5th (W) 9th	
3/5-6	at Alex Wilson Invitational	6 p.m./10 a.m.
3/6	at NCAA Qualifier	10:30 a.m.
3/12-13	at NCAA Championships	TBA

NCAA QUALIFIERS

NAME	YEAR	EVENT
Kevin Dibbern.....	Fr.	1,600-meter relay
Karessa Farley.....	Jr.....	60-meter hurdles
Betsy Flood.....	So.....	Mile
		3,000 meters
		Distance Relay
Adam Hairston	Sr.	800 meters
Amanda Hardesty	So.....	3,000 meters
Lauren Hardesty.....	Jr.....	Mile
		Distance Relay
Tiffany Hendricks	Jr.....	Distance Relay
McKenzie Meladner ...	So.....	Distance Relay
Erik Sowinski.....	So.....	800 meters
		1,600-meter relay
Ray Varner	Sr.	1,600-meter relay
Steven Willey.....	Jr.....	400 meters
		1,600-meter relay

THIS WEEK

The Hawkeyes will have one last weekend to earn qualifying marks before the NCAA Championships. The squads will split between two meets this weekend, with the women heading to Ames, IA, for the NCAA Qualifier, Saturday Mar. 6 and the men heading to South Bend, IN, for Notre Dame's Alex Wilson Invite on Mar. 5 and 6. Events in Ames are slated to start at 10:30 a.m. CST. Friday events at Notre Dame will begin at 6:00 p.m. and Saturday events will begin at 9:00 a.m. Iowa currently has 11 athletes qualified for the NCAA Championships.

LAST TIME OUT - BIG TEN CHAMPIONSHIPS

The University of Iowa track squads competed at the 2010 Indoor Big Ten Championships this past weekend. The men finished fifth with 56 points and the women placed ninth with 36. The respective host teams came out on top, with Minnesota earning the men's title with 160.5 points and Penn State winning the women's with 111.

PROVISIONAL QUALIFIERS

On Friday, the women's distance medley relay team of sophomores **Betsy Flood**, **McKenzie Melander**, and juniors **Tiffany Hendricks** and **Lauren Hardesty** met the provisional qualifying mark with their third place finish of 11:25.01. This mark ranks third all-time at Iowa. Additionally, Hardesty hit the provisional qualifying mark in Sunday's mile (4th, 4:41.97), a mark that ranks third in the Iowa record books.

5,000 CLUB

Seniors **Dan Rolling** and **Frank Prill** performed well in the weekend's heptathlon, with Rolling setting a school record (10th, 5,205 points) and Prill ranking third all-time at Iowa (15th, 5,015 points). They are only the second and third athletes in Iowa history to break the 5,000 point mark, after Ryan Niver in 2008.

RECORD SETTERS

Junior **Bethany Praska** performed well in Sunday's 600-meter finals (4th, 1:29.35), earning a collegiate-best mark that ranks second all-time at Iowa. Senior **Caleigh Bacchus'** high jump

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HAWKEYE TRACK & FIELD



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finish (5th, 5-9 1/4, 1.76m) and freshman **Kelsey Taylor's** weight throw finish (19th, 53-7 3/4, 16.35m) both rank fourth all-time at Iowa.

Freshman **Jordan Mullen** placed fifth in the 60-meter hurdles (8.02), a collegiate-best that ranks third all-time at Iowa. Junior **Graham Valdes** 6-11 (2.11m) sixth-place finish in the high jump ties his collegiate-best, which ranks seventh in the Iowa record books. Sophomore **Ryan Lamparek** now ranks seventh all-time at Iowa in the weight throw, following his eleventh-place 60-5 1/4 (18.42m) toss Sunday

UP NEXT

Iowa finishes the indoor season with the NCAA Championships in Fayetteville, AK on Mar. 12-13.

INDOOR SEASON LEADERS

MEN'S

60 meters	D'Juan Richardson	6.82
60 meter hurdles	Jordan Mullen	8.02
200 meters	Kevin Dibbern	21.81
300 meters	D'Juan Richardson	34.34
400 meters	Steven Willey	47.15P
600 meters	Erik Sowinski	1:18.38
600 yards	Dan Kuhlman	1:11.73
800 meters	Erik Sowinski	1:48.90P
1,000 meters	Nick Kuczwara	2:25.84
Mile	Jeff Thode	4:05.81
3,000 meters	Nick Holmes	8:15.48
High Jump	Herron/Oest/Valdes	6-11
Pole Vault	Zona/Reid	16-4 3/4
Long Jump	Josh Bean	22-2 1/2
Triple Jump	Josh Bean	47-6 1/2
Shot Put	Ryan Lamparek	56-10
Weight Throw	Matt Banse	61-7 1/2
Heptathlon	Dan Rolling	5,205
Distance Medley	Nick Kuczwara, Chris Barton Dan Kuhlman, Nick Holmes	9:51.05
1,600 meter relay	Kevin Dibbern, Steven Willey, Ray Varner, Erik Sowinski	3:09.83P

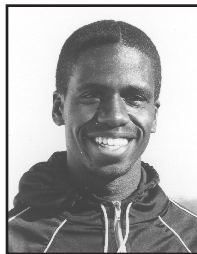
WOMEN'S

60 meters	Rhonda-Kaye Trusty	7.55
60-meter hurdles	Karessa Farley	8.33P
200 meters	Rhonda-Kaye Trusty	24.05
300 meters	Raven Moore	40.99
400 meters	Tiffany Hendricks	55.98
600 meters	Bethany Praska	1:29.35
800 meters	Bethany Praska	2:11.83
Mile	Lauren Hardesty	4:41.97P
3,000 meters	Amanda Hardesty	9:30.17P
5,000 meters	Hannah Roeder	16:58.95
High Jump	Caleigh Bacchus	5-9 1/4
Pole Vault	Katie Truedson	11-5 3/4
Long Jump	Emily Moore	17-4 3/4
Shot Put	Tiffany Medenwaldt	45-9
Weight Throw	Kelsey Taylor	53-7 3/4
Pentathlon	Missy Miller	2,749
Distance Medley	Flood, Hendricks, Hardesty L., Melander	11:25.01P
1,600-meter relay	Hendricks, Trusty, Praska, Mims	3:44.29

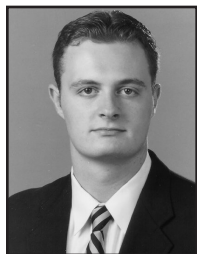
MEN'S ALL-TIME TOP TEN INDOOR PERFORMERS



Jeremy Allen



Rodney Chambers



Jim Costello



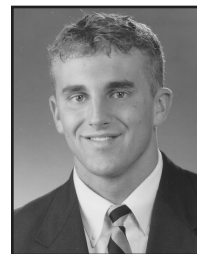
Chris Davis



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
6. D'Juan Richardson, 2010.....	6.82
7. Tim Dodge, 2001.....	6.83
8. Lee Elbert, 2006.....	6.86
Zeke Sayon, 2010.....	6.86
10. Adam Kunkel, 2001.....	6.89

60-Meter Hurdles

1. Dion Trowers, 1997.....	7.87
2. Russell Peterson, 2004.....	7.97
3. Jordan Mullen, 2010.....	8.02
4. DeRocco Reed, 2000.....	8.03
5. Jordan Crosby, 2005.....	8.16
6. D'Juan Richardson, 2009.....	8.20
7. Justin Poots, 2001.....	8.22
8. Tony Branch, 1999.....	8.24
9. Monte Raymond, 1997.....	8.29
Brice Wilson, 2008.....	8.29

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
Steven Willey, 2010	47.15
4. Monte Raymond, 1998.....	47.18
5. Anthuan Maybank, 1990.....	47.25
6. Juan Coleman, 2002.....	47.40
7. Curtis Chung, 1989.....	47.65
8. Ray Varner, 2008.....	47.66
9. Ed Rozell, 1997.....	47.73
10. Patrick Richards, 2009.....	47.78

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'Hollearn, 2006.....	1:19.54

800 Meters

1. Erik Sowinski, 2010.....	1:48.90
2. Adam Hairston, 2010	1:49.26
3. Nick Kuczvara, 2010	1:50.84
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. Ed DeLashmutt, 1981.....	4:04.01
2. Larry Wiecezorek, 1968.....	4:04.40
3. Jeff Thode, 2010	4:05.81
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. 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. Nick Holmes, 2010.....	8:15.48
7. Andy Napier, 2008.....	8:15.70
8. Larry Wiecezorek, 1968.....	*8:17.00
9. Matt Esche, 2004.....	8:17.28
10. Jim Docherty, 1978.....	*8:17.40

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



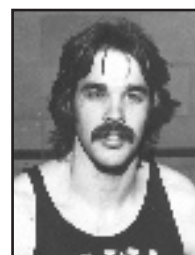
Adam Hairston



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

Heptathlon

1. **Dan Rolling, 2010..... 5,205 points**
2. Ryan Niver, 2008..... 5,149 points
3. **Frank Prill, 2010..... 5,015 points**
4. Scott Faber, 2000..... 4,784 points
5. Cam Appleman, 1997..... 4,685 points
6. **Kyle Reid, 2010 4,662 points**
7. Bobby Windauer, 2007.... 4,644 points
8. Jacob Drewry, 1995 4,612 points
9. **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)**
- Brandon Oest, 20106-11 (2.11)**
- Jeffery Herron, 20106-11 (2.11)**
- Graham Valdes, 2010.....6-11 (2.11)**

Pole Vault

1. Todd Wigginton, 198417-1 (5.21)
2. Dave Nielsen, 1975.....16-10 (5.13)
3. Curt Brock, 1979.....16-6 (5.03)
4. **Alex Zona, 2010 16-4 3/4 (5.00)**
- Kyle Reid, 2010 16-4 3/4 (5.00)**
6. Phil Wertman, 197116-4 (4.98)
7. Jeff Raymond, 2008.....16-2 (4.93)
8. John Teffer, 197216-1 (4.90)
9. Chad Ohly, 199515-9 (4.80)
- Rich Palumbo, 1989.....15-9 (4.80)

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, 199125-2 (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, 198447-11 (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, 198759-0 (17.98)
8. van der Westhuizen, 1999...58-10 3/4 (17.95)
9. **Ryan Lamparek, 201056-10 (17.32)**
- 10.A.J. Curtis, 2008..... 57-9 1/2 (17.61)

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. **Matt Banse, 2010.....61-7 1/2 (18.78)**
7. **Ryan Lamparek, 2010... 60-5 1/4 (18.42)**
8. Brad Daufeldt, 2004 .. 60-4 1/2 (18.40)
9. Ryan Jordan, 200859-0 (17.98)
- 10.Eric Rothwell, 2002.... 57-2 1/4 (17.43)

1,600-Meter Relay

1. Rozell, Davis, Raymond, Yamini, 19983:06.80
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, 19993:09.37
- 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, 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, 1992.....7:48.63
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. **Kuczwara, Barton, Kuhlman, Holmes, 20109:51.05**
5. **Marchese, Varner, Hairston, Luciano, 20099:52.52**
6. **Paul, Varner, Hairston, Thode, 20109:52.71**
7. Trainor, Faber, Cunningham, Allen, 2002..9:58.14
8. Newell, Eisenlauer, Tice, Clark, 197310:00.0
9. Criswell, Hexum, Schum, Eastland, 197110:01.40
- 10.Atkins, Olson, Layne, Allen, 200010:01.54

Names in bold are current team members.

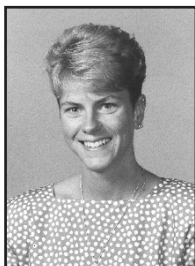
WOMEN'S ALL-TIME TOP TEN INDOOR PERFORMERS



Kineke Alexander



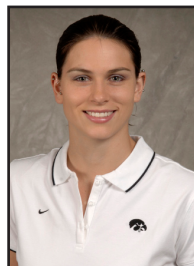
Meghan Armstrong



Tracy Dahl



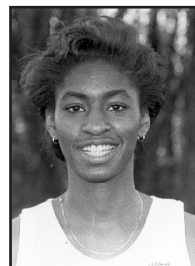
Karessa Farley



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. **Rhonda-Kaye Trusty, 2010 7.55**
6. Angela Menson, 1982 7.57
7. Tamara Dixon, 2002 7.64
8. Lakeya Boatright, 1999..... 7.68
9. **Raven Moore, 2010 7.68**
10. Kamesha Marshall, 2004..... 7.72

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
5. 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
4. Yolanda Hobbs, 1995 23.66
5. Erica Broomfield, 1998..... 23.81
6. **Rhonda-Kaye Trusty, 2010 24.05**
7. Peaches Roach, 2007 24.09
8. Jiselle Providence, 2002 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. **Tiffany Hendricks, 2010 55.98**
9. Aisha Hume, 2002..... 56.33
10. 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, 2010 1:29.35**
3. Senta Hawkins, 1987..... 1:30.77
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 2:11.04
5. Ann Pare, 1997..... 2:11.19
6. **Bethany Praska, 2010 2:11.83**
7. Atalie Barber, 2003..... 2:12.10
8. Shannon Stanley, 2005..... 2:12.13
9. **Lauren Hardesty, 2009 2:12.39**
10. Tracy Dahl, 1993..... 2:12.74

Mile

1. Jeanne Kruckeberg, 1989 4:40.19
2. Meghan Armstrong, 2006..... 4:40.59
3. **Lauren Hardesty, 2010 4:41.97**
4. Tina Stec, 1994..... 4:42.63
5. **Betsy Flood, 2010 4:42.70**
6. Penny O'Brien, 1981 4:43.72
7. Diane Nukuri, 2007 4:46.25
8. **McKenzie Melander, 2010 4:47.17**
9. Michelle Lahann, 2004..... 4:47.23
10. **Amanda Hardesty, 2010..... 4:48.69**

3,000 Meters

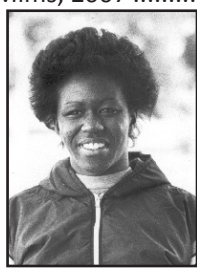
1. Tracy Dahl, 1993..... 9:15.57
2. Meghan Armstrong, 2008..... 9:17.50
3. Diane Nukuri, 2008 9:20.07
4. Nan Doak, 1982..... 9:21.60
5. Jenny Spangler, 1986..... 9:22.41
6. Krista Anderson, 2006 9:29.75
7. **Amanda Hardety, 2010 9:30.17**
8. **Betsy Flood, 2010 9:32.09**
9. Nikki Chapple, 2004 9:34.17
10. Racheal Marchand, 2009 9:35.25



Lauren Hardesty



Tiffany Johnson



Elaine Jones



Tammilee Kerr

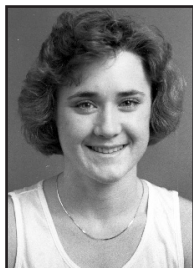


Jeanne Kruckeberg

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, 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. Jennifer Brower, 1992 16:22.19
8. Nikki Chapple, 2004 16:27.04
9. Jodi Hersberger, 1982 16:32.24
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. **Caleigh Bacchus, 2010 5-9 1/4 (1.76m)**
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. **K. Weismantle, 2010.... 11-5 3/4 (3.50)**
4. **Katie Truedson, 2010. 10-11 3/4 (3.35)**
5. Gina Shannon, 2001..... 10-6 (3.20)
6. Kacey Childs, 2001 9-0 (2.75)
7. Amy Kasparbauer, 2000 8-0 (2.44)

Long Jump

1. 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. **T. Medenwaldt, 2010 45-9 (13.94)**
10. Shelly Redies, 1985 45 1/4 (13.73)

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. **Kelsey Taylor, 2010 53-7 3/4 (16.35)**
5. **Majesty Tutson, 2010 52-8 3/4 (16.07)**
6. Kerri Blackstone, 1999 50-9 3/4 (15.48)
7. **T. Medenwaldt, 2010. 50-8 3/4 (15.45)**
8. Megan Maurer, 1998 48-10 1/4 (14.89)
9. Jennifer Moon, 2000. 47-10 3/4 (14.60)
10. Jennifer Gilson, 2002... 46-7 1/4 (14.20)

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

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. **Hendricks, Trusty, Praska, Mims, 2010 3:44.29**
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

Distance Medley Relay

1. Armstrong, Alexander, **L. Hardesty**, Nukuri, 2008..... 11:20.11
2. Stormo, Davenport, Williams, O'Brien, 1981 11:23.02
3. **Flood, Hendricks, Hardesty L., Melander, 2010 11:25.01**
4. **Melander, Hendricks, Flood, Marchand, 2009 11:27.34**
5. Benning, Poole, Salsberry, Stec, 1994 11:28.03
6. Stormo, Davenport, Hayden, Doak, 1982 11:29.54
7. Armstrong, Granger, Stanley, **K. Anderson**, 2006 11:29.54
8. Lahann, Williams, Stanley, Arens, 2004 11:30.36
9. Thompson, Williams, Barber, Lahann, 2003..... 11:30.38
10. Doak, xx, Hayden, xx, 1982 11:35.07