

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



TRACK CONTACTS: TRACI WAGNER, NATHAN SHEEHAN

MARCH 3, 2009

2009 IOWA TRACK & FIELD INDOOR SCHEDULE & RESULTS

Date	Meet	Time (CT)/Result
1/10	Illinois %	W, 92-77
1/17	Iowa Open	13 champs
1/23-24	at Razorback Invite %	0 champs
1/24	at Jack Johnson Classic &	1 champ
1/30-31	at Jack Jennett Invite &	2 champs
1/30	at Millrose Games %	0 champs
2/6-7	at Meyo Invite &	0 champs
	at New Balance Invite%	0 champs
2/13-14	at Iowa St. Classic &	3 champs
2/20	Iowa Invite &	18 champs
2/28-3/1	at Big Ten Championships % 9th, 43 points at Big Ten Championships ^ 10th, 25 points	
3/7	at Last Chance Meet & (Ames, IA)	10:30 a.m.
3/13-14	at NCAA Championships & (College Station, TX)	

& - co-ed event, ^ - women's event, % - men's event

HAWKEYE COACHING STAFF

The Hawkeye coaching staff has some new faces and responsibilities for the 2009 season. **Larry Wieczorek** is the men's head track and cross country coach, and **Layne Anderson** is the women's head track and cross country coach. The teams now share administrative responsibilities, coordinate their competition schedules and divide coaching responsibilities by event instead of gender.

Assistant **Scott Cappos**, who is in his 13th year at Iowa, will coach the throws, while third-year assistant **Joey Woody** will coach the men's sprints, short hurdles and relays, and women's long sprints and hurdles. First-year assistant **Clive Roberts** will coach the women's short sprints, hurdles and relays, as well as the horizontal jumps for both groups. First-year assistant **Christi Smith** will direct the multi-events and vertical jumps.

THIS WEEK -- The Hawkeyes have one last chance to qualify for the NCAA Indoor Track and Field Championships at the Iowa State Last Chance Meet Saturday in Ames. Events are set to start at 10:30 a.m. and will be held at the Lied Recreation Center on the Iowa State University campus.

LAST MEET -- Hawkeye senior **Racheal Marchand** turned in a collegiate-best performance and nearly captured a conference title as the Iowa men and women's track and field teams competed at the 2009 Big Ten Indoor Championships. The Hawkeye men's team placed ninth with 43 points, while the women's squad placed 10th with 25.

Marchand, who was competing with the women's squad at Indiana's Harry Gladstein Field House at Bloomington, IN, placed second in the 5,000 meters with a collegiate-best time of 15:55.70. That mark was .07 off the winning time posted by Wisconsin's Gwen Jorgensen, ranks second in Iowa school history and automatically qualifies her for the NCAA Indoor Championships. Marchand is the third Hawkeye, in school history, to break the 16 minute mark in that event.

Hawkeye senior **Renee White**, sophomore **Bethany Praska**, sophomore **Amanda Hardesty** and the 1,600-meter and distance medley relays also scored team points for Iowa. White placed third in the triple jump (41-7), while Praska placed sixth in the 600 meters (1:31.80). Praska's time was a collegiate best that ranks third in school history. Hardesty placed eighth in the 3,000 meters with a collegiate-best 9:50.76. The distance medley relay of freshman **McKenzie Melander**, sophomore **Tiffany Hendricks**, junior **Sophia Poncé** and Marchand placed third with a NCAA provisional qualifying mark

IOWA'S NCAA QUALIFIERS

The Hawkeyes have automatically qualified one student-athlete and provisionally qualified seven for the NCAA Indoor Championships, which will be held March 13-14 in College Station, TX. Their events, qualifying marks and where they rank in the nation are listed below.

Name	Event	Mark	Qualifier	Rank
Karessa Farley	60-Meter Hurdles	8.30	P	20th
Besty Flood	Dist. Medley Relay	11:27.34	P	23rd
Tiffany Hendricks	Dist. Medley Relay	11:27.34	P	23rd
John Hickey	Shot Put	63-0 (19.20 m)	P	6th
Racheal Marchand	5,000 Meters	16:18.23	A	5th
	Dist. Medley Relay	11:27.34	P	23rd
McKenzie Melander	Dist. Medley Relay	11:27.34	P	23rd
Renee White	Triple Jump	41-7 3/4 (13.09 m)	P	31st

A - Automatic Qualifier, P - Provisional Qualifier

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HAWKEYE TRACK & FIELD



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of 11:27.34 that ranks third in school history. The 1,600-meter relay of freshman **Nicole Erickson**, Hendricks, Poncé and junior **Rhonda-Kaye Trusty** placed eighth with a season-best 3:46.98.

The Hawkeye men competed at Penn State's Ashenfelter Multi-Sport Facility at University Park, PA. Three Hawkeye shot putters scored team points for Iowa - led by senior **John Hickey**. The Piermont, NY, native placed second with a throw of 60-5 3/4. Senior **A.J. Curtis** placed fourth (57-9 1/2) and redshirt freshman **Ryan Lamparek** placed sixth (56-8 3/4), both with collegiate-best performances. Senior **Ryan Kelly** (high jump-6th), juniors **Paul Chaney, Jr.** (200 meters-5th, 60 meters-6th) and **Adam Hairston** (800 meters-3rd), sophomores **Steven Willey** (600 meters-7th), **Erik Sowinski** (600 meters-8th) and **Josh Bean** (triple jump-6th), freshman **Patrick Richards** (400 meters-5th) and the Hawkeye 1,600-meter relay (junior **Ray Varner**, Willey, sophomore **Chris Barton**, Richards-8th) also scored points for Iowa. Chaney, Jr.'s 200-meter time of 21.45

ranks third in school history. Sowinski broke a school record that was older than himself in the 600-meter prelims. His time of 1:18.05 bested the previous record of 1:18.30 set in 1988 by **Pat McGhee**.

IOWA TRACK TO HOST CLINICS & CAMPS -- The Hawkeye coaching staff is scheduled to host a throws and speed/hurdle clinic March 8 and a four-day summer camp June 21-25. For more information contact Assistant Coach Scott Cappos at (319) 335-9392 or scott-cappos@uiowa.edu, or visit www.hawkeyetrack.com.

NEXT UP -- Student-athletes who qualify will compete at the 2009 NCAA Indoor Championships March 13-14 at College Station, TX. All events will be held at Gilliam Indoor Stadium on the Texas A&M University campus. Competition is scheduled to start at 10 a.m. Friday and Noon Saturday.

MEN'S 2009 INDOOR SEASON BESTS

Event	Team Leader	Mark
60 Meters	Paul Chaney, Jr.	6.80
60 Hurdles	D'Juan Richardson	8.20
200 Meters	Paul Chaney, Jr.	(P) 21.45
400 Meters	Ray Varner	47.75
600 Meters	Adam Hairston	* 1:18.05
800 Meters	Adam Hairston	1:51.08
1,000 Meters	Dan Rolling	2:43.10
Mile	Jesse Luciano	4:07.29
3,000 Meters	Eric MacTaggart	8:17.25
5,000 Meters	Jesse Luciano	14:20.99
1,600-Meter Relay	(Varner, Willey, Barton, Richards)	3:10.93
Distance Medley Relay	(Marchese, Varner, Hairston, Luciano)	9:52.52
High Jump	Dan Rolling	6-10 1/4 (2.09 m)
Pole Vault	Alex Zona	16-0 3/4 (4.90 m)
Long Jump	Cody Mixon	21-4 1/2 (6.51 m)
Triple Jump	Josh Bean	48-10 (14.88 m)
Shot Put	John Hickey	* (P) 63-0 (19.20 m)
Wt. Throw	Matt Banse	54-8 1/4 (16.67 m)
Heptathlon	Dan Rolling	4,909 points

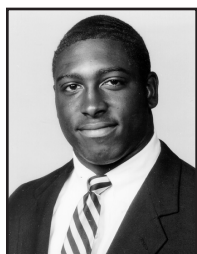
*P - NCAA Provisional Qualifier, * - School Record*

WOMEN'S 2009 INDOOR SEASON BESTS

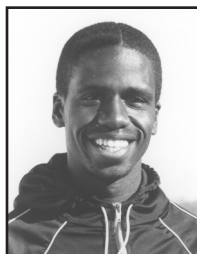
Event	Team Leader	Mark
60 Meters	Rhonda-Kaye Trusty	7.61
60 Hurdles	Karessa Farley	* (P) 8.30
200 Meters	Rhonda-Kaye Trusty	24.44
300 Meters	Rhonda-Kaye Trusty	40.15
400 Meters	Bethany Praska	56.42
500 Meters	Sophia Poncé	1:19.08
600 Yards	Bethany Praska	1:23.12
600 Meters	Bethany Praska	1:31.13
800 Meters	Lauren Hardesty	2:12.39
Mile	Betsy Flood	4:51.75
3,000 Meters	Racheal Marchand	9:35.25
5,000 Meters	Racheal Marchand	(A) 15:55.70
1,600-Meter Relay	(Erickson, Hendricks, Poncé, Trusty)	3:46.98
Distance Medley Relay	(P) 11:27.34 (Melander, Hendricks, Flood, Marchand)	
Long Jump	Renee White	18-7 3/4 (5.68 m)
Triple Jump	Renee White	(P) 41-7 3/4 (13.09 m)
Shot Put	Mandy Chandler	42-11 1/2 (13.09 m)
Wt. Throw	Mandy Chandler	54-4 1/2 (16.57 m)

*A - NCAA Automatic Qualifier, P - NCAA Provisional Qualifier
* - School Record*

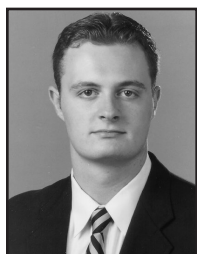
MEN'S ALL-TIME TOP TEN INDOOR PERFORMERS



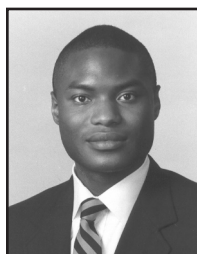
Jeremy Allen



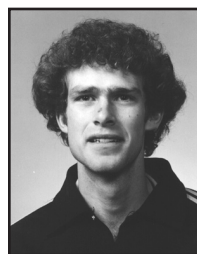
Rodney Chambers



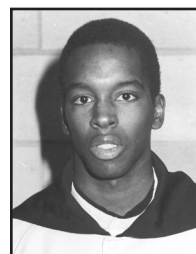
Jim Costello



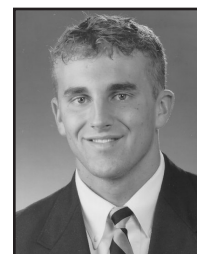
Chris Davis



Ed DeLashmutt



Terrence Duckett



Scott Faber

60 Meters

1. Kurt Felix, 1999..... 6.73
2. Tony Branch, 1999..... 6.78
3. **Paul Chaney, Jr., 20096.80**
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. George Page, 1997..... 21.35
5. Zach Digney, 2004..... 21.39
6. **Paul Chaney, Jr., 200921.45**
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, 20091:19.03**
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. **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. Jim Donovan, 1999..... 1:51.52
6. Michael Layne, 1997..... 1:51.54
7. Bill Frazier, 1963..... 1:51.80
8. Mike Cunningham, 2002..... 1:51.98
9. John Clark, 1973..... 1:52.20
- 10.D’Juan Strozier, 1989..... 1:52.53

Mile

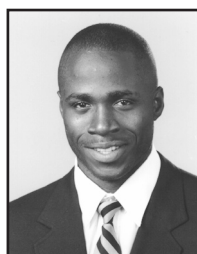
1. Ed DeLashmutt, 1981..... 4:04.01
2. Larry Wiczorek, 1968..... 4:04.40
3. John Clark, 1972..... 4:05.94
4. Adam Thomas, 2002..... 4:07.13
5. Kevin Herd, 1992..... 4:07.26
6. **Jesse Luciano, 2009.....4:07.29**
7. Jake Berns, 2006..... 4:07.43
8. Micah VanDenend, 2007..... 4:07.54
9. Ted Wheeler, 1956..... 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, 20088:15.70**
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

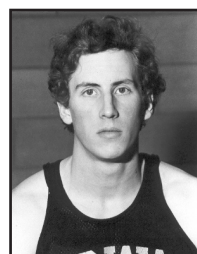
1. Micah VanDenend, 2007..... 13:56.46
2. Stetson Steele, 2000..... 14:00.52
3. Dan Haut, 2006..... 14:06.16
4. **Eric MacTaggart, 2006..... 14:13.41**
5. Matt Esche, 2004..... 14:18.43
6. Jeff Kent, 2007..... 14:18.86
7. **Jesse Luciano, 2009..... 14:20.99**
8. Nick Nordheim, 2002..... 14:22.99
9. Kevin Herd, 1994..... 14:27.57
- 10.Tony Rakaric, 2005..... 14:31.45



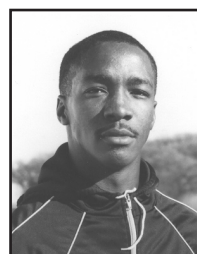
Kurt Felix



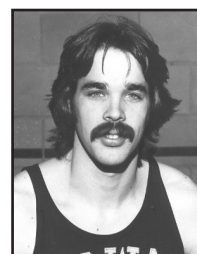
Adam Hairston



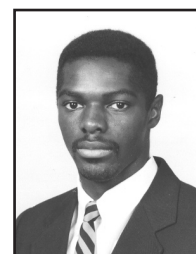
Bill Hansen



Paul Jones



Bill Knoedel

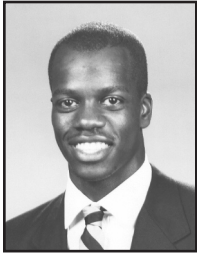


Anthuan Maybank

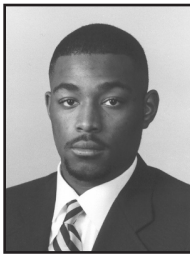


Ryan Niver

MEN'S ALL-TIME TOP TEN INDOOR PERFORMERS



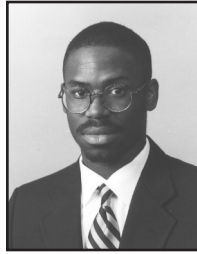
Monte Raymond



Ed Rozell



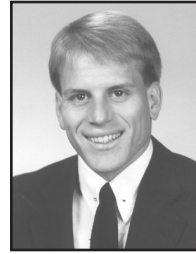
Erik Sowinski



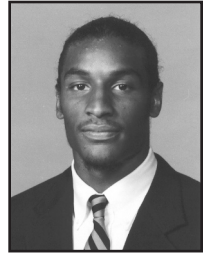
Dion Trowers



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.Branch, Davis, Rozell, Yamini, 1998.....3:10.01

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



Becca Franklin



Ashley Granger



Senta Hawkins



Lauren Hardesty



Tiffany Johnson



Elaine Jones

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 8.30**
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
Yolanda Hobbs, 1995 23.66
5. Erica Broomfield, 1998..... 23.81
6. Peaches Roach, 2007 24.09
7. Jiselle Providence, 2002..... 24.44
8. **Rhonda-Kaye Trusty, 200924.44**
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, 200956.42**

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, 20091:23.12**
5. Chris Davenport, 1982 1:24.14
6. **Sophia Poncè, 20071:24.55**
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, 20091:31.33**
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, 20092:12.39**
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, 20094:51.75**
10. **McKenzie Melander, 20094:51.76**

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, 20069:29.75**
7. Nikki Chapple, 2004 9:34.17
8. **Racheal Marchand, 20099:35.25**
9. Jennifer Brower, 1992 9:41.02
10. **Amanda Hardesty, 2009.....9:50.76**

WOMEN'S ALL-TIME TOP TEN INDOOR PERFORMERS



**Tammilee
Kerr**



**Jeanne
Kruckeberg**



**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