

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



TRACK CONTACTS: TRACI WAGNER, NATHAN SHEEHAN

APRIL 6, 2009

2009 IOWA TRACK & FIELD OUTDOOR SCHEDULE & RESULTS

Date	Meet	Time (CT)/Result
3/27	at Stanford Invite (Stanford, CA)	0 champs
4/3-4	at Tiger Track Classic (Auburn, AL)	2 champs
4/10	at Mesa Classic (Mesa, AZ)	TBA
4/10-11	at Sun Angel Classic (Tempe, AZ)	TBA
4/10-11	at Lee Calhoun Memorial (Macomb, IL)	4 p.m./9 a.m.
4/17-18	at John McDonnell Invite (Fayetteville, AR)	12 p.m./10 a.m.
4/18	at UNI Mark Messersmith Invite (Cedar Falls, IA)	11 a.m.
4/23-25	at Drake Relays (Des Moines, IA)	9:30 a.m./8 a.m./8 a.m.
5/2	at Illinois Invite (Champaign, IL)	
5/15-17	at Big Ten Championships (Columbus, OH)	
5/29-30	at NCAA Midwest Regional (Norman, OK)	
6/10-13	at NCAA Championships (Fayetteville, AR)	

Due to the June 2008 flooding of the University of Iowa's Francis X. Cretzmeyer track and field complex, the Hawkeyes will not host any events during the 2009 outdoor season.

THIS WEEK -- The Iowa men and women's track teams will split competitors between three meets this weekend. Team members will compete at the Mesa Classic in Mesa, AZ, Friday; the Sun Angel Classic in Tempe, AZ, Friday and Saturday or the Lee Calhoun Memorial in Macomb, IL, Friday and Saturday.

Sun Angel Classic events are set to start at 10 a.m. Friday (CT) and 8 a.m. Saturday at Arizona State University's Joe Selleh Track at Sun Angel Stadium. Lee Calhoun Memorial events are set to start and 4 p.m. Friday (CT) and 9 a.m. Saturday at Western Illinois University's Hanson Field. The Mesa Classic will be held at Mesa Community College's Riggs Stadium.

IOWA'S REGIONAL QUALIFIERS -- Eight Hawkeyes have qualified for the NCAA Midwest Regional Championships, which will be held May 29-30 in Norman, OK. The regional meet is one of four qualifying events for the NCAA Championships to be held June 10-13 at Fayetteville, AR. The top five finishers in each individual event and the top three relays from each of the four regionals will automatically advance to the national meet. Iowa's qualifiers, their events and qualifying marks, and where they rank in the Big Ten, Midwest region and nation are listed below.

Name	Event	Mark	Big 10/Region/NCAA
			Rank
Chris Barton	1,600-Meter Relay	3:09.70	3rd/7th/20th
Nick Brayton	Discus	173-3 (52.82)	1st/5th/27th
John Hickey	Shot Put	60-0 1/2 (18.30)	1st/1st/4th
Hannah Roeder	3,000 Steeplechase	10:40.86	4th/11th/27th
Patrick Richards	1,600-Meter Relay	3:09.70	3rd/7th/20th
Zach Schimp	Javelin	206-3 (62.88)	2nd/8th/36th
Steven Willey	1,600-Meter Relay	3:09.70	3rd/7th/20th
Ray Varner	400-Meter Hurdles	51.82	2nd/2nd/18th
	1,600-Meter Relay	3:09.70	3rd/7th/20th

LAST MEET -- The Hawkeyes posted six NCAA regional qualifiers and won two events at the Tiger Track Classic at Auburn, AL, Friday and Saturday.

The men's throwers provided three of the six regional qualifiers with senior **John Hickey** in the shot put (2nd, 60-0 1/2), junior **Zach Schimp** in the javelin (2nd, 206-3) and redshirt freshman **Nick Brayton** in the discus (5th, 173-3). Schimp and Brayton's marks were collegiate bests, with Schimp's ranking third on Iowa's all-time best performers list.

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Hawkeye junior **Ray Varner** placed third in the 400-meter hurdles with a regional qualifying mark of 51.82. He also helped the men's 1,600-meter relay team earn their qualifying mark of 3:09.70 with a fifth-place finish. Sophomore **Steven Willey**, freshman **Patrick Richards**, and sophomore **Chris Barton** ran the first three relay legs.

For the women's team, junior **Hannah Roeder** won the women's 3,000-meter steeplechase with a collegiate-best and regional qualifying 10:40.86. That time was over one minute faster than her previous best in that event and ranks third in school history.

Junior **Adam Hairston** won Iowa's other event - running a 1:50.56 in the 800 meters for first place.

IOWA TRACK TO HOST CLINICS & CAMPS -- The Hawkeye coaching staff is scheduled to 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.

HAWKEYE COACHING STAFF -- The Hawkeye coaching staff has some new faces and responsibilities for the 2009 season. **Larry Wiczorek** 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.

NEXT UP -- The Hawkeyes are set to split competitors between two meets next weekend. Team members will compete at either the John McDonnell Invite at Fayetteville, AR, Friday and Saturday or the UNI Mark Messersmith Invite at Cedar Falls, IA, Saturday. McDonnell Invite events are set to start at Noon Friday (CT) and 10 a.m. Saturday at the University of Arkansas' John McDonnell Field. Messersmith Invite events are set to start at 11 a.m. Saturday at the University of Northern Iowa's Messersmith Outdoor Track and Field Complex.

MEN'S 2009 OUTDOOR SEASON BESTS

Event	Team Leader	Mark
100 Meters	Zeke Sayon	10.87
200 Meters	Brandon McSkimming	22.57
400 Meters	Patrick Richards	47.90
400 Hurdles	Ray Varner	(R) 51.82
800 Meters	Adam Hairston	1:50.56
1,500 Meters	Chase Kadlec	3:51.49
3,000 Meters	Brian Marchese	8:25.98
5,000 Meters	Jesse Luciano	14:20.99
400-Meter Relay	(Richardson, Sayon, Richards, McSkimming)	41.64
1,600-Meter Relay	(Willey, Richards, Barton, Varner)	(R) 3:09.70
High Jump	Ryan Kelly	6-7 1/2 (2.02 m)
Pole Vault	Alex Zona	15-1 (4.60 m)
Triple Jump	Josh Bean	48-3 1/4 (14.71 m)
Shot Put	John Hickey	(R) 60-0 1/2 (18.30 m)
Discus	Nick Brayton	(R) 173-3 (52.82 m)
Hammer Throw	Matt Banse	172-1 (52.45 m)
Javelin	Zach Schimp	(R) 206-3 (62.88 m)

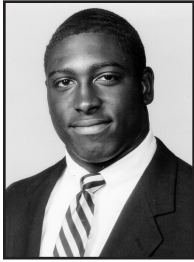
(R) - NCAA Regional Qualifier

WOMEN'S 2009 OUTDOOR SEASON BESTS

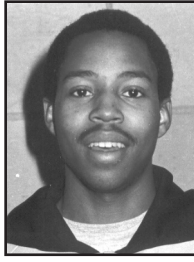
Event	Team Leader	Mark
100 Meters	Karessa Farley	12.28
200 Meters	Tiffany Hendricks	25.02
400 Meters	Tiffany Hendricks	56.26
800 Meters	Jennie Docherty	2:14.54
1,500 Meters	Betsy Flood	4:31.42
3,000 Meters	Danielle Berndt	10:20.62
3,000 Steeple	Hannah Roeder	(R) 10:40.86
5,000 Meters	Brooke Eilers	17:20.73
10,000 Meters	Jolly Burke	36:06.96
1,600-Meter Relay	(Hendricks, Praska, Mims, Erickson)	3:51.03
Hammer Throw	Mandy Chandler	152-3 (46.42 m)

(R) - NCAA Regional Qualifier

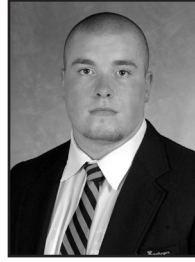
MEN'S ALL-TIME TOP TEN OUTDOOR PERFORMERS



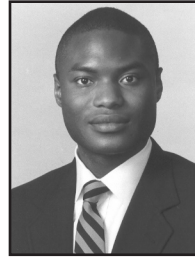
Jeremy Allen



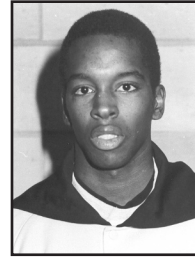
Gordon Beecham



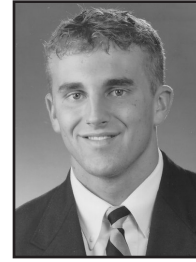
A.J. Curtis



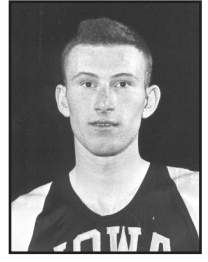
Chris Davis



Terrence Duckett



Scott Faber



Bill Frazier

100 Meters

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

110-Meter High Hurdles

1. Pat McGhee, 198913.50
2. Dion Trowers, 1996.....13.62
3. Ronnie McCoy, 1985.....13.66
4. James Armstrong, 1991...13.89
5. Doug Jones, 198614.06
6. Chris Williams, 198314.24
7. Rajeev Balkrishnan, 1993 14.29
8. Gary Falls, 199214.48
9. Monte Raymond, 199614.51
10. Tony Branch, 199814.58

200 Meters

1. Jeff Patrick, 198320.47
2. Anthuan Maybank, 1994 .20.55
3. Andre Morris, 199520.64
4. George Page, 1996.....20.67
5. Terrence Duckett, 1982....20.74
6. Tim Dodge, 200220.78
7. Bashir Yamini, 199920.82
8. Dennis Kohl, 1966.....20.84
9. Tim Dwight, 199720.91
10. Victor Greer, 198420.98

400 Meters

1. Anthuan Maybank, 1993 .44.99
2. Andre Morris, 199545.15
3. Mike Mondane, 196745.20
4. Gary Hollingsworth,.....46.3
5. Harold Leonard, 198646.45
6. Tony Branch, 199946.60
7. Prince Riley, 200746.61
8. George Page, 1996.....46.66
9. Dick Eisenlauer, 1973.....46.74
10. Terrence Duckett, 1983....46.74

400-Meter Hurdles

1. Pat McGhee, 198848.83
2. Monte Raymond, 1998....50.09
3. Paul Steele, 198950.45
4. Russell Peterson, 2001.....50.50
5. Adam Kunkel, 2001.....50.73
6. Jon Reimer, 196750.94
7. **Ray Varner, 2007 50.99**
8. Gary Falls, 199151.08
9. Rajeev Balkrishnan, 1993 51.14
10. Scott Williamson, 200051.74

800 Meters

1. Bill Frazier, 1962.....*1:47.64
2. D'Juan Strozier, 19901:47.82
3. Michael Layne, 1999.....1:49.61
4. Bill Thiesen, 1985.....1:49.74
5. **Adam Hairston, 2007 .. 1:49.99**
6. Andy Wiese, 1985.....1:50.22
7. Paul Chepkwony, 1984..1:50.36
8. Rod Chambers, 19891:50.60
9. Jim Donovan, 19981:50.68
10. James Porter, 19941:51.00

1,500 Meters

1. Joel Moeller, 19783:44.01
2. Jim Docherty, 1978.....3:44.30
3. Dan Waters, 19863:46.35
4. Kevin Herd, 19943:46.64
5. John Clark, 19773:46.84
6. Ted Wheeler, 1956.....3:48.24
7. **Jesse Luciano, 2007 3:49.99**
8. M. VanDenend, 20073:50.20
9. John Dobbs, 19853:50.70
10. Sean Corrigan, 19873:51.05

3,000-Meter Steeplechase

1. Deacon Jones, 1956.....8:47.40
2. Steve Pershing, 19788:54.59
3. Andy Morris, 20008:56.21
4. Matt Gerard, 19948:57.01
5. **Andy Napier, 2008..... 8:57.54**
6. Rollie Kitt, 1967.....9:02.9
7. Al Greene, 1985.....9:02.96
8. Tony Rakaric, 2005.....9:03.29
9. Sean Gale, 1993.....9:08.00
10. Nick Nordheim, 2000....9:12.06

5,000 Meters

1. M. VanDenend, 2007 ..13:49.31
2. Larry Wiczorek, 1968..13:56.0
3. Kevin Herd, 199313:59.0
4. Stetson Steele, 2000...14:02.76
5. **Eric MacTaggart, 2005 14:04.79**
6. Dan Haut, 2006.....14:07.30
7. Matt Esche, 2006.....14:12.07
8. Jeff Kent, 200714:21.05
9. Brian Rae, 200414:22.83
10. Tony Rakaric, 2003.....14:22.92

10,000 Meters

1. Stetson Steele, 2000...28:44.47
2. **Eric MacTaggart, 2006 28:50.23**
3. Nick Nordheim, 2002..29:44.71
4. Trent Corey, 2002.....29:45.25
5. Chad Schwitters, 1999 29:56.00
6. Dan Haut, 2006.....30:03.08
7. Kevin Herd, 199430:05.21
8. Paul Sarris, 200130:08.40
9. Matt Esche, 2004.....30:08.82
10. Eric McDermott, 2002 30:11.16

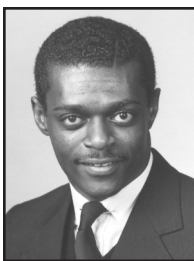
Decathlon

1. Scott Faber, 2000 6,839 pts
2. Ryan Niver, 2008..... 6,837 pts
3. Chad Ohly, 1994..... 6,641 pts
4. Gary Kostrubala, 1984, 498 pts
5. **Frank Prill, 20086,381 pts**
6. Jacob Drewry, 1994 ... 5,820 pts

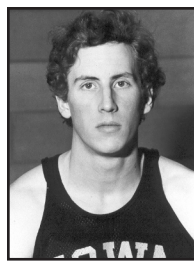
High Jump

1. Bill Hansen, 1978..... 7-4 (2.23)
Bill Knoedel, 1975 7-4 (2.23)
3. M. Cunningham, 1986 7-1 (2.16)
Kenneth Lansing, 1988 7-1 (2.16)
5. Pat Meade, 1987 7-0 (2.13)
6. Scott Hudek, 1993 .. 6-11 (2.11)
Jeremy Petsche, 2008 6-11 (2.11)
7. **Ryan Kelly, 2008 7-10 3/4 (2.10)**
8. Mike Lacy, 1985 6-10 1/2 (2.09)
9. Damion Turner, 1998. 6-9 1/2 (2.07)
10. Luke Nessa, 2000 6-8 3/4 (2.05)
Trey Stross, 2008 6-8 3/4 (2.05)

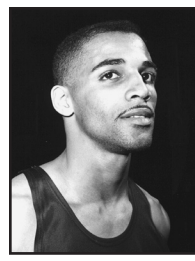
Names in bold are current team members.



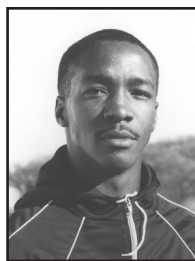
Victor Greer



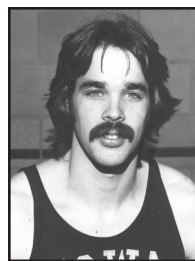
Bill Hansen



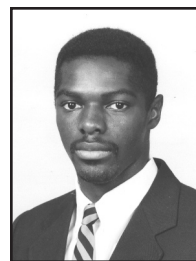
Deacon Jones



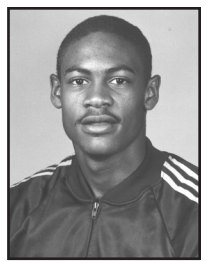
Paul Jones



Bill Knoedel

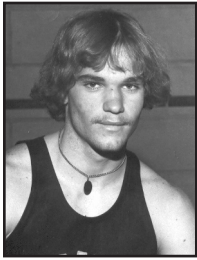


Anthuan Maybank

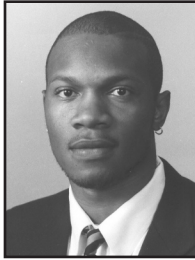


Pat McGhee

MEN'S ALL-TIME TOP TEN OUTDOOR PERFORMERS



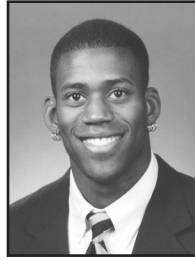
Joel Moeller



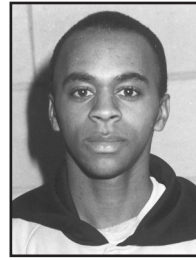
Andre Morris



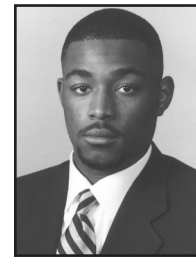
Bill Neumann



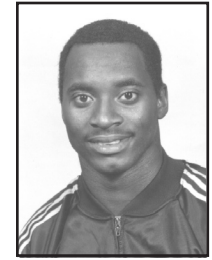
George Page



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, 2008 48-9 (14.86)**
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)
- Kelly Scott, 1988 16-7 (5.05)
6. John Teffer, 1972 16-2 (4.93)
7. Steve Brewer, 1983 16-0 (4.88)
- Doug Pennino, 1985 16-0 (4.88)
9. Jeff Raymond, 2008 15-11 (4.85)

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, 2000 58-8 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. Andy Banse, 2005 180-0 (54.86)
7. Eric Rothwell, 2004 179-7 (54.73)
8. Shane Maier, 2008 178-7 (54.43)
9. Norm Balke, 1985 175-10 (53.60)
10. Chris Gambol, 1987 175-7 (53.52)

Hammer

1. A. van der Westhuizen, 2001 222-11 (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. Ryan Jordan, 2007 184-6 (56.23)
8. Tim Brodersen, 2004 181-3 (55.24)
9. Kale Katt, 2007 181-0 (55.18)
10. **Mark Schaapveld, 2008 179-9 (54.80)**

Javelin

1. Bill Neumann, 2002 244-8 (74.58)
2. Dan Ralph, 2000 227-10 (69.44)
3. **Zach Schimp, 2009 206-3 (62.88 m)**
4. Kale Katt, 2007 204-0 (62.17)
4. Joel Storm, 2004 203-5 (62.01)
5. Matt Stank, 2001 199-0 (60.66)
6. A. van der Westhuizen, 1999 173-11 (53.00)
7. **Craig Jennings, 2006 173-4 (52.83)**
8. Scott Faber, 2000 173-1 (52.78)
9. Justin Silverman, 2000 172-6 (52.58)

400-Meter Relay

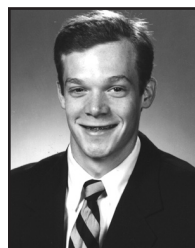
1. Beecham, Duckett, Greer, R. Smith, 1984 39.48
2. Page, Davis, Rozell, Morris, 1996 39.73
3. Felix, Branch, Dodge, Yamini, 1999 39.96
4. Beecham, Duckett, Greer, Patrick, 1983 39.99
5. Dwight, Branch, Davis, Yamini, 1998 40.00
- Goode, Fisher, Morris, Maybank, 1994 40.00
- 1998 40.00
- Dwight, Branch, Dodge, Yamini, 1999 40.00
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, 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. Cameron, Williams, McGhee, McCoy, 1985 3:06.00
6. Rozell, Davis, Dwight, Raymond, 1997 3:06.06
- Dodge, Kunkel, Coleman, Peterson, 2001 . 3:06.06
8. Davis, Rozell, Morris, Raymond, 1996 3:06.54
9. Williamson, Dodge, Strang, Coleman, 2002 3:06.69
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, 2007 9:54.07**
4. VanDenend, Riley, O'Hollearn, Rakaric, 2006 9:54.97
5. Feeldy, Eischeid, Novotny, Peters, 1996 9:55.71
6. Thomas, Wise, Cunningham, S.Allen, 2001 10:01.57
7. Thomas, Wakenight, Dziubski, Rakaric, 2003 10:01.72
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



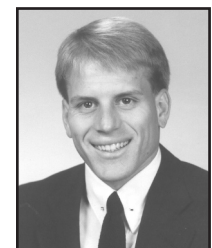
Stetson Steele



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, 199411.60
Peaches Roach, 200511.60
7. Yolanda Hobbs, 1995.....11.62
8. Elanie Jones, 198511.69
9. Lakeya Boatright, 2000....11.77
10. Tamara Dixon, 200211.79

100-Meter Hurdles

1. Tiffany Johnson, 2007.....13.20
2. C. Prendergast, 199913.60
Paula Ruen, 2000.....13.60
4. Sarah Steffen, 200213.65
5. Ruqayya Raheem, 1998...13.90
6. Brenda Calhoun, 198413.94
7. Wynsome Cole, 1997.....14.10
8. Kimberly Stanford, 2008..14.11
9. **Renee White, 2008 14.20**
10. Tammilee Kerr, 200714.21

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. Elaine Jones, 198323.84
8. Jiselle Providence, 2001 ..24.00
9. Peaches Roach, 2006.....24.01
10. Lakeya Boatright, 2000....24.14

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. 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, 19991:00:62
8. Keely Huber, 20021:00.98
9. Aditya Jones, 2007.....1:01.65
10. Sherri Hull, 19871:02.60

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. Tami Hoskins, 1990.....2:11.47
10. Shannon Stanley, 2004 .2:12.01

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. Shannon Stanley, 2006 .4:25.08
8. Tracy Dahl, 1992.....4:27.44
9. Jenny Hayden, 19824:27.54
10. Tina Stec, 19944:28.71

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, 1992.....9:23.53
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, 2008 ...16:08.83
4. Jenny Spangler, 1983..16:17.21
5. Tracy Dahl, 1992.....16:18.77
6. R. Marchand, 200816:27.02
7. Jennifer Brower, 1991 16:37.09
8. Renee Doyle, 1988.....16:39.46
9. J. Hershberger, 1982...16:48.04
10. A. Dobrowolski, 1984 .16:50.00

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, 1992.....34:30.09
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. Lynn McMillan, 1988 5-9 1/4 (1.76)
4. Kacey Childs, 2001.....5-8 1/2 (1.74)
5. Kristi Dinkla, 1985..... 5-8 (1.73)
Becky Kaza, 1995 5-8 (1.73)
Eve Cullinan, 2003 5-8 (1.73)
8. **Caleigh Bacchus, 2008.....5-7 1/4 (1.71)**
9. Jenni Elbert, 2005 5-7 (1.70)
10. Nancy Tessmer, 19915-6 1/2 (1.69)
Tammilee Kerr, 20085-6 1/2 (1.69)

Long Jump

1. Aisha James, 2003 22-3 (6.78)
2. **Renee White, 200820-3 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. Shelley Redies, 1985..... 45-7 (13.89)
10. Megan Maurer, 1998....44-9 3/4 (13.66)

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. Kamesha Marshall, 2005 152-11 (46.62)
5. Jennifer Moon, 2000 150-8 (45.92)
6. Laura Kriener, 1989 150-3 (45.80)
7. Megan Maurer, 1997..... 149-2 (45.48)
8. Cheryl Bradley, 1982 146-5 (44.64)
9. Mickey Schoborg, 1985 146-2 (44.56)
10. Jodi Peterson, 1993142-1 3/4 (43.32)

Hammer Throw

1. Becca Franklin, 2007..... 195-0 (59.45)
2. Erin O'Hern, 2008 168-9 (51.45)
3. Kerri Blackstone, 1999.... 161-10 (49.32)
4. **Mandy Chandler, 2009 152-3 (46.42)**
5. Megan Maurer, 1998..... 145-6 (44.36)
6. Jennifer Gilson, 2002 142-6 (43.44)
7. Jennifer Moon, 2000 139-3 (42.44)
8. Kara Hinz, 2000.....125-1 (38.14)
9. Katie Hoback, 2002..... 121-11 (37.16)

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. Gina Shannon, 200111-2 1/4 (3.41)
4. Becky Kaza, 1998 8-6 (2.59)
Amy Kasparbauer, 2001 8-6 (2.59)

Pole Vault (Continued)

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. McCalla, Hume, Sheeley, Alexander, 2005 3:40.43
7. Layne, Simpson, Powell, McRell, 1989..... 3:41.23
8. Bynoe, Cole, Wynter, Grant, 1997..... 3:41.74
9. Charles, Fouchè, Williams, Hume, 2003..... 3:42.18
10. Fouchè, Charles, Williams, Hume, 2003..... 3:42.52

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