

# THE UNIVERSITY OF IOWA



## HAWKEYE TRACK & FIELD



TRACK CONTACTS: CHRIS BREWER, NATHAN SHEEHAN

APRIL 14, 2010

### 2010 IOWA TRACK & FIELD OUTDOOR SCHEDULE

Date	Meet	Location
3/19-20	CCU Shamrock Invite	Myrtle Beach, SC
3/26-27	Stanford Invitational	Palo Alto, CA
3/27	Razorback Spring Invite	Fayetteville, AK
4/2	Central Invitational	Pella, IA
4/2-3	Auburn Classic	Auburn, AL
4/9-10	Sun Angel Classic	Tempe, AZ
4/9-10	Lee Calhoun Memorial	Macomb, IL
<b>4/17</b>	<b>Iowa Invite</b>	<b>Iowa City, IA</b>
4/22-24	Drake Relays	Des Moines, IA
4/23	Kip Janvrin Invite	Indianola, IA
5/1	Musco Twilight XI	Iowa City, IA
5/6-7	North Central Invite	Naperville, IL
5/14-16	Big Ten Championships	Bloomington, IN
5/28-29	NCAA Regional	TBA
6/9-12	NCAA Championships	Eugene, OR

### IOWA'S BIG TEN LEADERS

Name	Event	Time/Distance
Zeke Sayon	100m dash	10.51
Kevin Dibbern	200m dash	21.33
Steven Willey	400m dash	46.31
Jordan Mullen	110m hurdles	14.06
Ray Varner	400m hurdles	50.24
Sowinski, Willey, Varner, Barton	1,600m relay	3:07.71
Matt Beyers	Javelin	232-2 (70.76m)

Notables	Event	Big Ten Rank
Patrick Richards	200m dash (21.44)	2nd
Erik Sowinski	800m dash (1:48.56)	2nd
Jeff Thode	1,500m (3:44.45)	2nd
Caleigh Bacchus	High Jump (5'10")	2nd
Betsy Flood	5,000m (16:32.34)	3rd
Rhonda-Kaye Trusty	200m dash (23.83)	3rd

### THIS WEEK

The University of Iowa track squad return home for the first of two home meets this outdoor season. The Iowa Invitational takes place on Saturday, April 17 with events set to start at noon. Admission is free. Visiting teams include Illinois, Chicago State, Northern Iowa, Marquette, Drake, and Western Illinois.

### FRANCIS X. CRETZMEYER REOPENING

The Iowa Invitational marks the reopening of the Francis X. Cretzmeier Track, which was forced to close for the 2009 season following extensive flood damage from the summer of 2008. The facility has hosted the 1987 and 2000 Big Ten Championships as well as the annual Musco Twilight meet. Iowa is slated to host the 2011 Outdoor Big Ten Championships.

### IOWA IN THE REGIONAL RANKINGS

The men's team currently ranks third in the Midwest Region and the women rank seventh. Oklahoma leads the men's and women's regions

### TWO MORE TOP BIG TEN

This past weekend's competition put two more Hawkeyes on top of the Big Ten performance lists. Senior **Ray Varner's** second-place finish in the 400-meter hurdles at 50.24 is a collegiate-best and ranks sixth nationally and third all-time at Iowa. Freshman **Matt Byers** continues to perform well in the javelin, placing second with a toss of 232-2 (70.76m). This ranks sixth nationally and places Byers second in Iowa's record books.

### TRUSTY SPRINTS TO SUCCESS

This past weekend's Sun Angel Classic proved successful for senior **Rhonda-Kaye Trusty**, who won the 100 (11.74) and 200-meter dash (23.83). Her 100-meter dash time ranks fourth in the Big Ten and ninth all-time at Iowa, while her 200-meter time ranks third in the Big Ten, 36th nationally, and seventh all-time at Iowa. Trusty has led the team in the 100-meter dash the past two seasons and the 200-meter dash in the past three.

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### UP NEXT

Iowa will head to the 101st annual Drake Relays for three days of competition in Des Moines, IA at Drake University. Events will begin on Thursday Apr. 22 and will run through Saturday the 24. The Decathlon and Heptathlon events kick off the competition Thursday at 9:30 a.m. Friday's opening ceremonies will begin at 11:50 a.m., with collegiate running events set to start at 12:15. Saturday's competition is scheduled to begin at 8 a.m. The Hawkeyes will also have the option of sending runners to the Kip Janvrin Invite in Indianola, IN hosted by Simpson College on Friday, Apr. 23.

### COACHING STAFF

Larry Wieczorek, 23rd season

Layne Anderson, 7th season

Scott Cappos, 14th season

Joey Woody, 4th season

Clive Roberts, 2nd season

Christi Smith, 2nd season

## OUTDOOR SEASON LEADERS

### MEN'S

100 meters	Zeke Sayon	10.51
110-meter hurdles	Jordan Mullen	14.06
200 meters	Kevin Dibbern	21.33
400 meters	Steven Willey	46.31
400-meter hurdles	Ray Varner	50.24
800 meters	Erik Sowinski	1:48.56
1,500 meters	Jeff Thode	3:44.39
3,000 meters	Chase Kadlec	8:28.64
Steeple Chase	Mark Battista	9:08.96
5,000 meters	Jesse Luciano	14:08.71
Shot Put	R. Lamparek	55-2 1/4, 16.82m
Discus	R. Lamparek	171-3, 52.19m
Hammer	Matt Banse	199-0, 60.66m
Javelin	Matt Byers	232-2, 70.76m
High Jump	Brandon Oest	6-11, 2.11m
Long Jump	Josh Bean	22-4 1/2, 6.82m
Triple Jump	Josh Bean	48-10 3/4, 14.90m
Pole Vault	Kyle Reid	16-1 1/4, 4.91m
400-meter relay	Richardson, Sayon, Bee, Richards	40.50
1,600-meter relay	Varner, Richards, Sowinski, Willey	3:07.71

### WOMEN'S

100-meter dash	Rhonda-Kaye Trusty	11.74
100-meter hurdles	Karessa Farley	14.53
200-meter dash	Rhonda-Kaye Trusty	23.83
400-meter dash	Rhonda-Kaye Trusty	55.09
400-meter hurdles	Nicole Erickson	1:02.52
800 meters	Bethany Praska	2:10.85
1,500 meters	Betsy Flood	4:24.51
3,000 meters	Fionna Fallon	10:24.81
5,000 meters	Betsy Flood	16:32.34
Hammer Throw	T. Medenwaldt	168-7 1/4, 41.39m
Javelin	Missy Miller	98-1, 29.89m
Discus	Majesty Tutson	157-8, 48.05m
Shot Put	T. Medenwaldt	45-11 3/4, 14.01m
Long Jump	Emily Moore	17-7, 5.36m
High Jump	Caleigh Bacchus	5-10, 1.78m
Pole Vault	Katie Truedson	11-5 1/4, 3.49m
400-meter relay	Farley, Trusty, Graham, R. Moore	45.70
800-meter relay	Trusty, Graham, R. Moore, E. Moore	1:41.28
1,600-meter relay	Hendricks, Trusty, Erickson, Praska	3:39.88

# MEN'S ALL-TIME TOP TEN OUTDOOR PERFORMERS



Jeremy Allen



Gordon Beecham



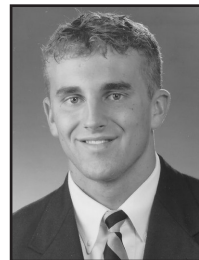
A.J. Curtis



Chris Davis



Terrence Duckett



Scott Faber



Bill Frazier

## 100 Meters

- George Page, 1996.....10.25
- Anthuan Maybank, 1994 .10.31  
Tim Dwight, 1997 .....10.31
- Bob Lawson, 1976.....10.36
- Robert Smith, 1984.....10.39
- Curtis Chang, 1987 .....10.40
- Jeff Patrick, 1983 .....10.41  
Tim Dodge, 2002 .....10.41
- Jerry Fisher, 1991.....10.45
- Andre Morris, 1996 .....10.47

## 110-Meter High Hurdles

- Pat McGhee, 1989 .....13.50
- Dion Trowers, 1996.....13.62
- Ronnie McCoy, 1985.....13.66
- James Armstrong, 1991 ...13.89
- Doug Jones, 1986 .....14.06  
**Jordan Mullen, 2010 ..... 14. 06**
- Chris Williams, 1983 .....14.24
- Rajeev Balkrishnan, 1993 14.29
- Gary Falls, 1992 .....14.48
- Monte Raymond, 1996 ....14.51

## 200 Meters

- Jeff Patrick, 1983 .....20.47
- Anthuan Maybank, 1994 .20.55
- Andre Morris, 1995 .....20.64
- George Page, 1996.....20.67
- Terrence Duckett, 1982....20.74
- Tim Dodge, 2002 .....20.78
- Bashir Yamini, 1999 .....20.82
- Dennis Kohl, 1966.....20.84
- Tim Dwight, 1997 .....20.91
- Victor Greer, 1984 .....20.98

## 400 Meters

- Anthuan Maybank, 1993 .44.99
- Andre Morris, 1995 .....45.15
- Mike Mondane, 1967 .....45.20
- Gary Hollingsworth,.....46.30
- Steven Willey, 2010..... 46.31**
- Harold Leonard, 1986.....46.45
- Tony Branch, 1999 .....46.60
- Prince Riley, 2007 .....46.61
- George Page, 1996.....46.66
- Dick Eisenlauer, 1973.....46.74  
Terrence Duckett, 1983....46.74

## 400-Meter Hurdles

- Pat McGhee, 1988 .....48.83
- Monte Raymond, 1998....50.09
- Ray Varner, 2010 ..... 50.24**
- Paul Steele, 1989 .....50.45
- Russell Peterson, 2001.....50.50
- Adam Kunkel, 2001.....50.73
- Jon Reimer, 1967 .....50.94
- Gary Falls, 1991 .....51.08
- Rajeev Balkrishnan, 1993 51.14
- Scott Williamson, 2000 ....51.74

## 800 Meters

- Bill Frazier, 1962.....\*1:47.64
- D’Juan Strozier, 1990 ....1:47.82
- Erik Sowinski, 2010 .... 1:48.56**
- Michael Layne, 1999.....1:49.61
- Bill Thiesen, 1985.....1:49.74
- Adam Hairston, 2008 .. 1:49.96**
- Andy Wiese, 1985.....1:50.22
- Paul Chepkwony, 1984..1:50.36
- Rod Chambers, 1989 ....1:50.60
- Jim Donovan, 1998 .....1:50.68

## 1,500 Meters

- Joel Moeller, 1978 .....3:44.01
- Jim Docherty, 1978 .....3:44.30
- Jeff Thode, 2010..... 3:44.39**
- Dan Waters, 1986 .....3:46.35
- Kevin Herd, 1994 .....3:46.64
- John Clark, 1977 .....3:46.84
- Ted Wheeler, 1956.....3:48.24
- Jesse Luciano, 2007 ..... 3:49.99**
- M. VanDenend, 2007 ....3:50.20
- John Dobbs, 1985 .....3:50.70

## 3,000-Meter Steeplechase

- Deacon Jones, 1956.....8:47.40
- Steve Pershing, 1978 ....8:54.59
- Andy Morris, 2000 .....8:56.21
- Matt Gerard, 1994 .....8:57.01
- Andy Napier, 2008 .....8:57.54
- Rollie Kitt, 1967.....9:02.90
- Al Greene, 1985.....9:02.96
- Tony Rakaric, 2005.....9:03.29
- Sean Gale, 1993.....9:08.00
- Mark Battista, 2010..... 9:08.96**

## 5,000 Meters

- M. VanDenend, 2007 ..13:49.31
- Larry Wiczorek, 1968 ..13:56.0
- Kevin Herd, 1993 .....13:59.0
- Stetson Steele, 2000...14:02.76
- Eric MacTaggart, 2005 14:04.79
- Dan Haut, 2006.....14:07.30
- Jesse Luciano, 2010... 14:08.71**
- Matt Esche, 2006.....14:12.07
- Jeff Kent, 2007 .....14:21.05
- Brian Rae, 2004 .....14:22.83

## 10,000 Meters

- Stetson Steele, 2000...28:44.47
- Eric MacTaggart, 2006 28:50.23
- Nick Nordheim, 2002..29:44.71
- Trent Corey, 2002.....29:45.25
- Chad Schwitters, 1999 29:56.00
- Dan Haut, 2006.....30:03.08
- Kevin Herd, 1994 .....30:05.21
- Paul Sarris, 2001 .....30:08.40
- Matt Esche, 2004.....30:08.82
- Eric McDermott, 2002 30:11.16

## Decathlon

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

## High Jump

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

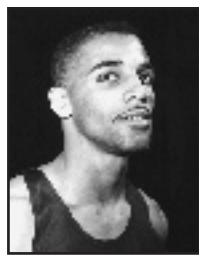
Names in bold are current team members.



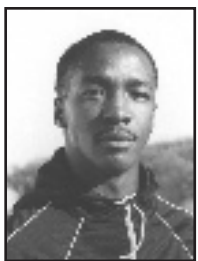
Victor Greer



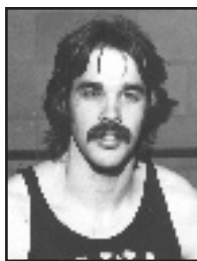
Bill Hansen



Deacon Jones



Paul Jones



Bill Knoedel

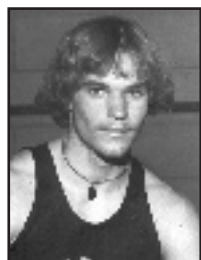


Anthuan Maybank



Pat McGhee

# MEN'S ALL-TIME TOP TEN OUTDOOR PERFORMERS



Joel Moeller



Andre Morris



Bill Neumann



George Page



Jeff Patrick



Ed Rozell



Robert Smith

## Long Jump

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

## Triple Jump

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

## Pole Vault

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

## Shot Put

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

## Discus

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

## Hammer

1. A. van der Westhuizen, 2001222-11 (67.94)
2. Adam Hamilton, 2007..... 222-2 (67.73)
3. Jim Costello, 2002..... 217-7 (66.32)
4. Brad Daufeldt, 2004..... 207-10 (63.34)
5. Chris Voller, 2005 ..... 206-0 (62.80)
6. Jeremy Allen, 2001 ..... 199-0 (60.66)  
**Matt Banse, 2010..... 199-0 (60.66)**
8. Ryan Jordan, 2007 ..... 184-6 (56.23)
9. **Ben Stancombe, 2010 ..... 183-8 (55.99)**
10. Tim Brodersen, 2004 ..... 181-3 (55.24)

## Javelin

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

## 400-Meter Relay

1. Beecham, Duckett, Greer, R. Smith, 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, 19853:06.00
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, 20023:06.69
10. Raymond, Davis, Morris, Page, 1996.....3:06.85

## Distance Medley Relay

1. Pershing, Moeller, Slack, Docherty, 1978 ..9:39.94
2. Theisen, Williams, Wiesa, Waters, 1985 ...9:54.04
3. **Luciano, Pierre, Hairston, VanDenend, 20079:54.07**
4. VanDenend, Riley, O'Hollearn, Rakaric, 20069:54.97
5. Feeldy, Eischeid, Novotny, Peters, 1996 ....9:55.71
6. Thomas, Wise, Cunningham, S.Allen, 2001 10:01.57
7. Thomas, Wakenight, Dziubski, Rakaric, 200310:01.72
8. Trainor, Coleman, Cunningham, Allen, 2002 10:01.93
9. English, Blackman, Stroler, Chambers, 1988 10:04.25
10. Chambers, Thomas, Bouska, Herd, 1991 10:04.30



Stetson Steele



Micah  
VanDenend



Arno van der  
Westhuizen

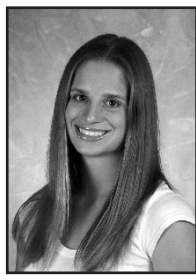


Todd Wigginton

# WOMEN'S ALL-TIME TOP TEN OUTDOOR PERFORMERS



Kineke Alexander



Meghan Armstrong



Nicole Charles



Nan Doak



Tina Floyd



Becca Franklin



Yolanda Hobbs

## 100 Meters

1. Vivien McKenzie, 1985 ....11.45
2. Davera Taylor, 1984.....11.51
3. Erica Broomfield, 1998 ....11.53
4. Jiselle Providence, 2001 ..11.57
5. Tanja Reid, 1994 .....11.60  
Peaches Roach, 2005.....11.60
7. Yolanda Hobbs, 1995.....11.62
8. Elanie Jones, 1985 .....11.69
9. **R.K. Trusty, 2010 ..... 11.74**
10. Lakeya Boatright, 2000 ....11.77

## 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. Tanja Reid, 1995 .....23.75
7. **R.K. Trusty, 2010 ..... 23.83**
8. Elaine Jones, 1983 .....23.84
9. Jiselle Providence, 2001 ..24.00
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, 1988 .....54.01
5. Marlene Poole, 1994 .....54.03
6. Elaine Jones, 1983 .....54.40
7. Nicole Charles, 2001 .....54.48
8. Stacey-Leigh Bynoe, 200054.73
9. **R.K. Trusty, 2010 ..... 55.09**
10. Alycia Simpson, 1987.....55.18  
Aisha Hume, 2004 .....55.18

## 400-Meter Hurdles

1. Mary Knoblauch, 1981 ....56.16
2. Wynsome Cole, 1998.....56.67
3. Chris Davenport, 1981.....59.18
4. Sarah Steffen, 2002 .....59.59
5. Beverly Powell, 1991 .....59.96
6. Diane Steinhart, 1980...1:00.56
7. Ruqayya Raheem, 1999 1:00:62
8. Keely Huber, 2002 .....1:00.98
9. Aditya Jones, 2007.....1:01.65
10. **Nicole Erickson, 2010 .. 1:02.52**

## 800 Meters

1. Kay Stormo, 1982 .....2:05.67
2. Michelle Lahann, 2004 .2:06.79
3. Aisha Hume, 2005 .....2:08.50
4. J. Kruckeberg, 1987 .....2:08.75
5. Ann Pare, 1997 .....2:09.25
6. M. Armstrong, 2006 .....2:10.15
7. **Sophia Poncé, 2007..... 2:10.35**
8. Briana Benning, 1996 ...2:10.47
9. **Bethany Praska, 2010.. 2:10.85**

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

## 1,500 Meters

1. M. Armstrong, 2006 .....4:17.41
2. J. Kruckeberg 1989 .....4:19.71
3. Diane Nukuri, 2007.....4:20.95
4. Penny O'Brien, 1985.....4:21.43
5. Kay Stormo, 1982 .....4:22.24
6. Michelle Lahann, 2004 .4:24.00
7. **Betsy Flood, 2010..... 4:24.51**
8. **Lauren Hardesty, 2010 .....4:24.73**
9. Shannon Stanley, 2006 .4:25.08
10. **A. Hardesty, 2010..... 4:25.60**

## 3,000 Meters

1. Diane Nukuri, 2008.....9:18.82
2. Penny O'Brien, 1985.....9:20.61
3. Nan Doak, 1985 .....9:23.04
4. Tracy Dahl, 1992 .....9:23.53
5. M. Armstrong, 2006 ....9:28.03
6. J. Kruckeberg, 1989 .....9:30.69
7. Jennifer Brower, 1992 ..9:34.59
8. Jodi Hershberger, 1982 9:36.44
9. Tina Stec, 1994 .....9:38.39
10. R. Marchand, 2007 .....9:45.50

## 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, 1985 .....15:45.84
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, 2008 .....16:27.02
7. **Betsy Flood, 2010..... 16:32.34**
8. Jennifer Brower, 1991 16:37.09
9. Renee Doyle, 1988.....16:39.46
10. **M. Melander, 2010.... 16:42.79**

## 10,000 Meters

1. Diane Nukuri, 2008.....33:17.01
2. Jennifer Brower, 1991 33:23.38
3. M. Armstrong, 2008 ...33:28.00
4. Nan Doak, 1985 .....33:33.03
5. Jenny Spangler, 1983..33:39.24
6. R. Marchand, 2008 .....34:05.87
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

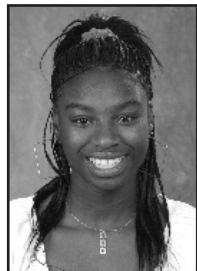
1. Tammilee Kerr, 2008 ..... 5,532
2. Kathy Gillespie, 1983 ..... 5,262
3. Tiff Pedersen, 2004..... 4,976
4. Janet Adams, 1981 ..... 4,855
5. Ruqayya Raheem, 1997 .. 4,665
6. Angela Chadwick, 1993 .. 4,493
7. Angie Hensel, 2004..... 4,073
8. Janelle Jaspers, 1987 ..... 4,000
9. Marjie Tweto, 1996 .....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



Aisha Hume



Aisha James



Tiffany Johnson



Tammilee Kerr



Vivien McKenzie

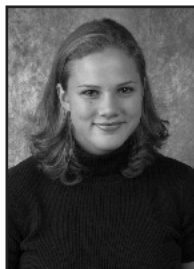


Diane Nukuri



Marlene Poole

# WOMEN'S ALL-TIME TOP TEN OUTDOOR PERFORMERS



Alana Redfern



Tanja Reid



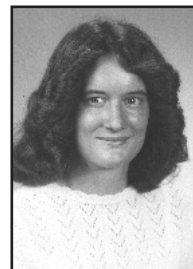
Peaches Roach



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

## Long Jump

1. Aisha James, 2003 ..... 22-3 (6.78)
2. Renee White, 2008.....20-3 3/4 (6.19)
3. Becki Borg, 1988.....19-7 1/4 (5.97)
4. Lisa Moats, 1986.....19-6 (5.95)
5. Tammilee Kerr, 2008 .....19-4 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, 1988 .....39-6 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, 1984 .....33-10 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, 1984 .....50-3 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, 1990 .....48-2 1/2 (14.69)
6. Jennifer Gilson, 2002 ..... 47-10 (14.58)
7. Jennifer Moon, 2000 ....47-5 1/4 (14.46)
8. Mandy Chandler, 2006 ..... 46-0 (14.02)
9. **T. Medenwaldt, 2010 45-11 3/4 (14.01)**
10. Shelley Redies, 1985..... 45-7 (13.89)

## Discus

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

## Hammer Throw

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

## Javelin

1. Alana Redfern, 2003 ..... 181-5 (55.30)
2. Tammilee Kerr, 2008 ..... 163-5 (49.81)
3. Mandy Beck, 1999 ..... 153-4 (46.74)
4. Terri Soldan, 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. 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, 2003 .....12-10 1/4 (3.92)
2. Sarah Burgett, 2006.....12-1 3/4 (3.70)
3. **Katie Truedson, 2010 .... 11-5 1/4 (3.49)**
3. Gina Shannon, 2001 .....11-2 1/4 (3.41)

## Pole Vault (Continued)

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

## 400-Meter Relay

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

## 1,600-Meter Relay

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

## Distance Medley Relay

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



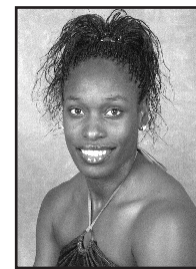
Denise Taylor



Lisa Van Steenwyk



Renee White



Shellene Williams