

# THE UNIVERSITY OF IOWA



## HAWKEYE TRACK & FIELD



TRACK AND FIELD CONTACT: BRANDEE BRITT

April 24, 2013

### 2013 IOWA TRACK & FIELD OUTDOOR SCHEDULE

Date	Meet
Mar. 22-23	Alabama Relays <i>(Tuscaloosa, Ala.)</i>
Mar. 28	Central Invite <i>(Pella, Iowa)</i>
Mar. 29	Stanford Invite <i>(Palo Alto, Calif.)</i>
Apr. 4-6	Jim Click Invite <i>(Tucson, Ariz.)</i>
Apr. 12-13	Lee Calhoun Invite <i>(Macomb, Ill.)</i>
Apr. 20	Musco Twilight XIV <i>(Iowa City, Iowa)</i>
<b>Apr. 25-27</b>	<b>Drake Relays</b> <b>(Des Moines, Iowa)</b>
May 3	UNI Invite <i>(Cedar Falls, Iowa)</i>
May 10-12	Big Ten Championships <i>(Columbus, Ohio)</i>
May 23-25	NCAA Regionals <i>(Austin, Texas)</i>
June 5-8	NCAA Championships <i>(Eugene, Ore.)</i>

### IOWA COACHING STAFF

Larry Wieczorek	.....	Director of Track & Field
Layne Anderson	...	Head Track & Field Coach
Scott Cappos	.....	Director of Field Events
Clive Roberts	.....	Assistant Coach/ ..... Director of Recruiting
Mike Scott	.....	Assistant Coach
Joey Woody	.....	Assistant Coach

#### THIS WEEK

The University of Iowa track and field team heads to Des Moines, Iowa, for the Drake Relays on April 25-27. The event will be held at the Jim Duncan Track and the Johnny Bright Field and is scheduled to begin Thursday at 9:30 a.m. (CT). Live results will be available throughout the weekend on the track and field schedule page on [hawkeyesports.com](http://hawkeyesports.com).

#### IN THE RANKINGS

The Hawkeye men's team debuted at No. 12 in the USTFCCA Top 25 Division I National Team Computer Rankings. The national ranking is the highest in program history. The men are also ranked fifth in the regional rankings, while the women are ranked 12th.

#### WIECZOREK ENTERS HALL OF FAME

Director of track and field Larry Wieczorek will be inducted into the Drake Relays Hall of Fame on Thursday evening. Wieczorek is in his 26th season as a head coach at the University of Iowa. During his tenure, five individuals and two relay teams have captured Drake Relays flags.

#### AUSTIN MAINTAINS TOP SPOT

Senior Justin Austin has held the top 100 (10.37) and 200 (20.55) meter times in the Big Ten since he recorded the marks on April 6. His 200 meters time ranks fourth in the nation, while his 100 meters mark ranks 32nd. Austin currently holds the school record in both events (10.21; 20.31). Austin won a Drake Relays flag as a member of the 2011 Sprint Medley Relay.

#### BYERS RECORDS SEASON BEST

Matt Byers recorded a season-best javelin toss of 234-8 (71.54m) at the Musco Twilight on April 20. The senior's mark currently ranks second in the Big Ten and 12th nationally. Byers holds the school record (245-8; 74.89m) in the event. Four Hawkeyes have won the Drake Relays Flag in the javelin. The first was in 1930 and the most recent victory came in 2003.

#### TUTSON IN THE TOP 15

Senior Majesty Tutson recorded a school-record discus mark of 177-10 (54.21m) at the Jim Click Shootout on April 6. Her mark currently leads the Big Ten and is ranked 14th nationally.

#### HOLMES ATOP HURDLE RANKINGS

Senior Ethan Holmes is ranked in the nation's top 15 in the 110 and 400-meter hurdles. His 400-meter hurdle time of 50.67 ranks seventh. Holmes shares the No. 12 spot in the 110-meter hurdles with teammate Jordan Mullen. The seniors each clocked season best times of 13.77.

#### HULL CLIMBS DISCUS CHARTS

Sophomore Gabe Hull holds the second best discus mark in the Big Ten. Hull recorded a toss of 196-2 (59.80m) at the Lee Calhoun Invite on April 11. His mark currently ranks sixth in the nation.

# THE UNIVERSITY OF IOWA



## HAWKEYE TRACK & FIELD



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### HAWKEYES IN THE HAMMER

Three Hawkeye women hold top 10 Big Ten hammer throw marks. Jasmine Simpson's mark of 197-7 (60.23) currently ranks third while sophomore Annemie Smith (188-4; 57.41m) and Ashlyn Gulvas (188-0; 57.30m) rank fifth and sixth, respectively.

### MULLEN HOLDS DRAKE RECORD

Senior Jordan Mullen won a pair of Drake Relays titles in high school. Mullen currently holds the 110-meter hurdles Drake Relays high school record. He set the record of 14.04 in 2009.

### 4X100 HOLDS TOP SPOT

The men's 400-meter relay team leads the Big Ten for the fourth straight week. The quartet of junior Tevin-Cee Mincy and seniors Justin Austin, Ethan Holmes and Josh Larney recorded a school-record breaking time of 39.35 at the Jim Click Shootout on April 6. Their time currently ranks fifth in the nation.

### LARNEY ON THE BIG TEN BOARD

Senior Josh Larney's 100 meters time of 10.46 currently ranks second in the Big Ten. His mark sits just behind Justin Austin's conference-leading mark of 10.37. Larney's season-best long jump leap of 24-0 3/4 (7.33m) currently ranks sixth in the Big Ten.

### WILLIAMS CRACKS TOP 20

Sophomore Khanishah Williams holds the second-best high jump mark in the Big Ten. Williams recorded her personal-best mark of 5-11 1/4 (1.81m) at the Jim Click Shootout on April 6. Her mark currently ranks 19th nationally.

### MEET THE RECORD HOLDERS

Five Hawkeyes on the 2013 roster account for six individual school records. They include:

Justin Austin -- 100 meters (10.21); 200 meters (20.31)

Matt Byers -- javelin (245-8; 74.89m)

Majesty Tutson -- discus (177-10; 54.21m)

Jasmine Simpson -- hammer throw (197-7; 60.23m)

Kyle Reid -- decathlon (7,025 points)

The Hawkeyes 4X1 men's team also holds the school record (39.35).

### NEXT ON THE BLOCK

The Hawkeyes head to Cedar Falls, Iowa, to compete in the UNI Invite on May 3.

## 2013 OUTDOOR SEASON LEADERS

### MEN

100 meters	Justin Austin	10.37
110-meter hurdles	Jordan Mullen/Ethan Holmes	13.77
200 meters	Justin Austin	20.55
400 meters	Kyle Reid	48.84
400-meter hurdles	Ethan Holmes	50.67
800 meters	Ryan Weir	1:51.05
1,500 meters	Ben Witt	3:52.72
3,000 meters	Jon Michael Brandt	8:46.09
3,000 meter steeple	Caleb Wilfong	9:14.36
5,000 meters	Kevin Lewis	14:08.04
High Jump	Kevin Spejcher	6-9 (2.06m)
Shot Put	Gabe Hull	56-9 1/4 (17.30m)
Discus	Gabe Hull	196-2 (59.80m)
Hammer	Ben Stancombe	193-6 (58.98m)
Javelin	Matt Byers	234-8 (71.54m)
Long Jump	Josh Larney	24-0 3/4 (7.33m)
Triple Jump	Klyvens Delaunay	50-6 1/4 (15.40m)
Pole Vault	Kyle Reid	15-9 (4.80m)
Decathlon	Kyle Reid	7,025 points
400-meter Relay	Mincy, Austin, Holmes, Larney	39.35
1,600-meter Relay	VanCleave, Rickels, Flattery, Weir	3:10.43

### WOMEN

100 meters	Lake Kwaza	11.75
100-meter hurdles	Khanishah Williams	14.49
200 meters	Raven Moore	24.00
400 meters	Tayo Oladele-Ajose	1:00.61
400-meter hurdles	MonTayla Holder	59.90
800 meters	Kaitlyn Nelson	2:09.19
1,500 meters	Lisa Gordon	4:36.02
3,000 meters	Lisa Gordon	9:42.19
5,000 meters	Mareike Schrulle	16:26.40
Hammer Throw	Jasmine Simpson	197-7 (60.23m)
Javelin	Amanda Stahle	139-10 (42.64m)
Discus	Majesty Tutson	177-10 (54.21m)
Shot Put	Rachel Curry	46-1 1/4 (14.05m)
Long Jump	Sarah Ryan	18-11 3/4 (5.78m)
High Jump	Khanishah Williams	5-11 1/4 (1.81m)
Pole Vault	Brittany Holst	11-1 (3.38m)
Heptathlon	Sarah Ryan	4,567 points
400-meter Relay	Kwaza, Moore, Holder, Miller	45.61
1,600-meter Relay	Holder, Moore, Kwaza, Nelson	3:43.13

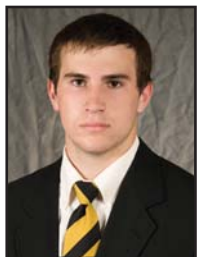
# OUTDOOR ALL-TIME TOP TEN PERFORMERS



Jeremy Allen



Justin Austin



Matt Byers



A.J. Curtis



Troy Doris



Jeffery Herron



Deacon Jones

## 100 Meters

1. Justin Austin, 2011	10.21
2. George Page, 1996	10.25
3. Anthuan Maybank, 1994	10.31
Tim Dwight, 1997	10.31
5. Bob Lawson, 1976	10.36
6. Robert Smith, 1984	10.39
7. Curtis Chang, 1987	10.40
8. Jeff Patrick, 1983	10.41
Tim Dodge, 2002	10.41
10. Jerry Fisher, 1991	10.45

## 110-Meter High Hurdles

1. Pat McGhee, 1989	13.50
2. Dion Trowers, 1996	13.62
3. Ronnie McCoy, 1985	13.66
4. Ethan Holmes, 2011	13.73
5. Jordan Mullen, 2013	13.77
6. James Armstrong, 1991	13.89
7. Dan Davis, 2012	14.01
8. Doug Jones, 1986	14.06
9. Chris Williams, 1983	14.24
10. Rajeev Balkrishnan, 1993	14.29

## 200 Meters

1. Justin Austin, 2011	20.31
2. Jeff Patrick, 1983	20.47
3. Anthuan Maybank, 1994	20.55
4. Andre Morris, 1995	20.64
5. George Page, 1996	20.67
6. Terrence Duckett, 1982	20.74
7. Tim Dodge, 2002	20.78
8. Bashir Yamini, 1999	20.82
9. Dennis Kohl, 1966	20.84
10. Tim Dwight, 1997	20.91



Todd Wigginton



Arno van der Westhuizen

## 400 Meters

1. Anthuan Maybank, 1993	44.99
2. Andre Morris, 1995	45.15
3. Mike Mondane, 1967	45.20
4. Steven Willey, 2010	45.78
5. Gary Hollingsworth	46.30
6. Harold Leonard, 1986	46.45
7. Tony Branch, 1999	46.60
8. Prince Riley, 2007	46.61
9. George Page, 1996	46.66
10. Dick Eisenlauer, 1973	46.74
Terrence Duckett, 1983	46.74
Patrick Richards, 2010	46.74

## 400-Meter Hurdles

1. Pat McGhee, 1988	48.83
2. Monte Raymond, 1998	50.09
3. Ray Varner, 2010	50.24
4. Paul Steele, 1989	50.45
5. Russell Peterson, 2001	50.50
6. Ethan Holmes, 2011	50.65
7. Adam Kunkel, 2001	50.73
8. Jon Reimer, 1967	50.94
9. Gary Falls, 1991	51.08
10. D'Juan Richardson, 2011	51.12

## 800 Meters

1. Erik Sowinski, 2012	1:45.90
2. Bill Frazier, 1962	1:47.64
3. D'Juan Strozier, 1990	1:47.82
4. Adam Hairston, 2009	1:48.53
5. Michael Layne, 1999	1:49.61
6. Bill Thiesen, 1985	1:49.74
7. Andy Wiese, 1985	1:50.22
8. Paul Chepkwony, 1984	1:50.36
9. Rod Chambers, 1989	1:50.60
10. Jim Donovan, 1998	1:50.68

## 1,500 Meters

1. Jeff Thode, 2010	3:43.02
2. Joel Moeller, 1978	3:44.01
3. Jim Docherty, 1978	3:44.30
4. Dan Waters, 1986	3:46.35
5. Kevin Herd, 1994	3:46.64
6. John Clark, 1977	3:46.84
7. Ted Wheeler, 1956	3:48.24
8. Nick Holmes, 2012	3:49.53
9. Jesse Luciano, 2007	3:49.99
10. Micah VanDenend, 2007	3:50.20

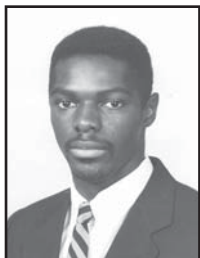
## 3,000-Meter Steeplechase

1. Deacon Jones, 1956	8:47.40
2. Steve Pershing, 1978	8:54.59
3. Andy Morris, 2000	8:56.21
4. Matt Gerard, 1994	8:57.01
5. Andy Napier, 2008	8:57.54
6. Rollie Kitt, 1967	9:02.90
7. Al Greene, 1985	9:02.96
8. Tony Rakaric, 2005	9:03.29
9. Mark Battista, 2010	9:04.60
10. Sean Gale, 1993	9:08.00

## 5,000 Meters

1. Micah VanDenend, 2007	13:49.31
2. Larry Wieczorek, 1968	13:56.00
3. Kevin Herd, 1993	13:59.00
4. Stetson Steele, 2000	14:02.76
5. Eric MacTaggart, 2005	14:04.79
6. Dan Haut, 2006	14:07.30
7. Kevin Lewis, 2013	14:08.04
8. Jesse Luciano, 2010	14:08.71
9. Matt Esche, 2006	14:12.07
10. Jeff Thode, 2011	14:12.40

# OUTDOOR ALL-TIME TOP TEN PERFORMERS



Anthuan Maybank



Pat McGhee



Kyle Reid



Erik Sowinski



Stetson Steele



Jeff Thode



Micah VanDenend

## 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. **Kevin Lewis, 2012.....29:54.02**
6. Chad Schwitters, 1999 .....29:56.00
7. Nick Holmes, 2010 .....30:02.31
8. Dan Haut, 2006 .....30:03.08
9. Kevin Herd, 1994 .....30:05.21
10. Paul Sarris, 2001 .....30:08.40

## Decathlon

1. **Kyle Reid, 2013 ..... 7,025 pts**
2. Dan Rolling, 2010 .....6,957 pts
3. Scott Faber, 2000 .....6,839 pts
4. Ryan Niver, 2008 .....6,837 pts
5. **Jack Eckert, 2012..... 6,813 pts**
6. Chad Ohly, 1994 .....6,641 pts
7. Gary Kostrubala, 1984.....6,498 pts
8. Frank Prill, 2008 .....6,381 pts
9. Jacob Drewry, 1994 .....5,820 pts

## High Jump

1. Jeffery Herron, 2012 .....7-4 1/4 (2.24)
2. Bill Hansen, 1978 .....7-4 (2.23)
3. Bill Knoedel, 1975.....7-4 (2.23)
4. M. Cunningham, 1986 .....7-1 (2.16)
5. Kenneth Lansing, 1988.....7-1 (2.16)
6. Pat Meade, 1987 .....7-0 1/4 (2.14)
7. Graham Valdes, 2012 .....6-11 3/4 (2.12)
8. Peter Hlavin, 1979 .....6-11 (2.11)
9. Scott Hudek, 1993 .....6-11 (2.11)
10. Jeremy Petsche, 2008.....6-11 (2.11)
11. **Brandon Oest, 2012.....6-11 (2.11)**

## 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)
5. 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)
10. Doug Pennino, 1985 .....16-0 (4.88)

## Long Jump

1. Anthuan Maybank, 1993.....27-1 (8.25)
2. Bashir Yamini, 1997 .....26-8 1/4 (8.13)
3. Paul Jones, 1989 .....25-10 1/4 (7.88)
4. Darren Smith, 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. Jeffery Herron, 2010 .....24-9 (7.54)
10. Joe Robinson, 1976.....24-2 3/4 (7.38)

## Triple Jump

1. Troy Doris, 2012 .....54-8 (16.66)
2. Paul Jones, 1990 .....52-0 1/2 (15.86)
3. Gordon Finch, 1988 .....50-9 1/4 (15.47)
4. **Klyvens Delaunay, 2013 .... 50-6 1/4 (15.40)**
5. Mike Lacy, 1984 .....50-5 (15.36)
6. Pat Miller, 1985 .....49-8 1/2 (15.25)
7. Matty Gorman, 2008.....49-2 1/2 (15.00)
8. Owen Gill, 1982 .....49-1 (14.96)
9. Josh Bean, 2010.....48-10 3/4 (14.90)
10. **David Nsabua, 2013..... 48-10 (14.88)**

## 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, 2000 .... 58-8 3/4 (17.90)
9. Ryan Lamparek, 2010 .....58-4 (17.78)
10. Gary Kostrubala, 1985.....58-1 (17.70)

## Discus

1. A.J. Curtis, 2007 .....202-11 (61.84)
2. Gary Kostrubala, 1986.....202-4 (61.68)
3. **Gabe Hull, 2013..... 196-2 (59.80)**
4. Jeremy Allen, 2001 .....195-4 (59.54)
5. Tim Brodersen, 2005 .....193-6 (58.98)
6. Brad Daufeldt, 2004.....185-0 (56.40)
7. Nick Brayton, 2009 .....180-11 (55.15)
8. Andy Banse, 2005 .....180-0 (54.86)
9. Eric Rothwell, 2004.....179-7 (54.73)
10. Shane Maier, 2008 .....178-7 (54.43)

## 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. Matt Banse, 2012 .....201-11 (61.55)
7. Jeremy Allen, 2001 .....199-0 (60.66)
8. **Ben Stancombe, 2011..... 197-6 (60.20)**
9. Ryan Jordan, 2007 .....184-6 (56.23)
10. Ryan Lamparek, 2010 .....181-7 (55.35)

## Javelin

1. **Matt Byers, 2011 .....245-8 (74.89)**
2. Bill Neumann, 2002 .....244-8 (74.58)
3. Dan Ralph, 2000.....227-10 (69.44)
4. Zach Schimp, 2010.....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. **Jack Eckert, 2012..... 187-0 (57.01)**
9. **Kyle Reid, 2013 ..... 182-10 (55.73)**
10. A. van der Westhuizen, 1999 173-11 (53.00)

# OUTDOOR ALL-TIME TOP TEN PERFORMERS

## 400-Meter Relay

1.	<b>Mincy, Austin, Holmes, Larney, 2013</b> .....	39.35
2.	Beecham, Duckett, Greer, R. Smith, 1984 .....	39.48
3.	Page, Davis, Rozell, Morris, 1996 .....	39.73
4.	<b>Mincy, Sayon, Chaney, Jr., Austin, 2011</b> .....	39.86
5.	Richardson, Sayon, Chaney, Jr., Bee, 2009 .....	39.94
6.	Felix, Branch, Dodge, Yamini, 1999 .....	39.96
7.	Beecham, Duckett, Greer, Patrick, 1983 .....	39.99
8.	Dwight, Branch, Davis, Yamini, 1998 .....	40.00
	Goode, Fisher, Morris, Maybank, 1994 .....	40.00
	1998 .....	40.00
	Dwight, Branch, Dodge, Yamini, 1999 .....	40.00

## Shuttle Hurdle Relay

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

## 800-Meter Relay

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

## 1,600-Meter Relay

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

## Sprint Medley Relay

1.	Sayon, <b>Austin</b> , Willey, Sowinski, 2011 .....	3:16.18
2.	Richards, <b>Larney, Davey</b> , Sowinski, 2012 .....	3:17.25
3.	Richardson, Richards, Willey, Sowinski, 2010 .....	3:17.74
4.	Armstrong, Thomas, Maybank, Strozier, 1991 .....	3:18.93
5.	Yamini, Davis, Dodge, Donovan, 1999 .....	3:19.87
6.	Richards, Chaney, Jr., Barton, Hairston, 2009 .....	3:20.05
7.	McCorkle, Armstrong, Chung, Strozier, 1990 .....	3:20.43
8.	Dodge, Yamini, Branch, Donovan, 1999 .....	3:20.83
9.	Goode, Fisher, Thomas, Falls, 1992 .....	3:21.02
10.	Dwight, Davis, Raymond, Donovan, 1997 .....	3:21.05

## 3,200 Meter Relay

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

## Distance Medley Relay

1.	Pershing, Moeller, Slack, Docherty, 1978 .....	9:39.94
2.	Kuczwarra, Barton, Hairston, Thode, 2011 .....	9:41.37
3.	<b>N. Holmes, Van Cleave</b> , Sowinski, Thode, 2012 .....	9:41.59
4.	Young, Barton, Kuczwarra, Luciano, 2010 .....	9:42.97
5.	Theisen, Williams, Wiesa, Waters, 1985 .....	9:54.04
6.	<b>Wilfong, Slaymaker, Teubel, Witt, 2013</b> .....	9:54.05
7.	Luciano, Pierre, Hairston, VanDenend, 2007 .....	9:54.07
8.	VanDenend, Riley, O'Hollearn, Rakaric, 2006 .....	9:54.97
9.	Feeldy, Eischeid, Novotny, Peters, 1996 .....	9:55.71
10.	Thomas, Wise, Cunningham, S.Allen, 2001 .....	10:01.57

## 6,400 Meter Relay

1.	Rakaric, Webster, MacTaggart, VanDenend, 2006 .....	16:55.43
2.	Paul, Kadlec, Thode, Luciano, 2010 .....	17:01.46
3.	<b>N. Holmes, Witt</b> , Thode, <b>Lewis</b> , 2012 .....	17:02.26
4.	Thomas, Allen, Rakaric, Lloyd, 2003 .....	17:06.27
5.	Pittman, Novotny, Feeldy, Marquardt, 1995 .....	17:12.49
6.	Bakker, Feeldy, Peters, Pittman, 1996 .....	17:13.10
7.	Allen, Trainor, McDermott, Esche, 2002 .....	17:14.53
8.	Kadlec, E. MacTaggart, Paul, Marchese, 2009 .....	17:17.63
9.	Schwitters, Nordheim, Moeller, Thomas, 1999 .....	17:18.04
10.	White, Roehl, Wood, Roseman, 1992 .....	17:28.90

# OUTDOOR ALL-TIME TOP TEN PERFORMERS



Kineke Alexander



Meghan Armstrong



Danielle Berndt



Nan Doak



Aisha James



Tiffany Johnson



Diane Nukuri

## 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. Rhonda Kaye 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. Erin Jones, 2012	23.71
7. Rhonda Kaye Trusty, 2010	23.74
8. Tanja Reid, 1995	23.75
9. Elanie Jones, 1983	23.84
10. Ashley Liverpool, 2012	23.98

## 400 Meters

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

## 400-Meter Hurdles

1. Mary Knoblauch, 1981	56.16
2. Wynsome Cole, 1998	56.67
3. Chris Davenport, 1981	59.18
4. Hannah Simonson, 2012	59.54
5. Sarah Steffen, 2002	59.59
6. Tiffany Hendricks, 2011	59.63
7. Nicole Erickson, 2012	59.77
8. <b>MonTayla Holder, 2013</b>	<b>59.90</b>
9. Beverly Powell, 1991	59.96
10. Kelsey Quinn, 2012	59.99

## 800 Meters

1. Bethany Praska, 2011	2:03.78
2. Kay Stormo, 1982	2:05.67
3. Michelle Lahann, 2004	2:06.79
4. Aisha Hume, 2005	2:08.50
5. Jeanne Kruckeberg, 1987	2:08.75
6. <b>Kaitlyn Nelson, 2013</b>	<b>2:09.19</b>
7. Ann Pare, 1997	2:09.25
8. Meghan Armstrong, 2006	2:10.15
9. <b>Adrienne Alexia, 2013</b>	<b>2:10.26</b>
10. Sophia Poncé, 2007	2:10.35

## 1,500 Meters

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

## 3,000 Meters

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

## 3,000-Meter Steeplechase

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

## 5,000 Meters

1. Nan Doak, 1985	15:45.84
2. McKenzie Melander, 2012	15:57.13
3. Diane Nukuri, 2008	15:59.39
4. Betsy Flood, 2011	16:04.46
5. Meghan Armstrong, 2008	16:08.83
6. <b>Brooke Eilers, 2011</b>	<b>16:11.86</b>
7. <b>Mareike Schulle, 2012</b>	<b>16:13.73</b>
8. Jenny Spangler, 1983	16:17.21
9. Tracy Dahl, 1992	16:18.77
10. Racheal Marchand, 2008	16:27.02



Majesty Tutson



Lisa Van Steenwyk



Renee White



Shellene Williams

# OUTDOOR ALL-TIME TOP TEN PERFORMERS



Tammilee Kerr



Vivien McKenzie



Bethany Praska



Alana Redfern



Peaches Roach



Jasmine Simpson



Jessie Strand

## 10,000 Meters

1. Diane Nukuri, 2008.....33:17.01
2. Jennifer Brower, 1991 .....33:23.38
3. Meghan Armstrong, 2008 .....33:28.00
4. Nan Doak, 1985.....33:33.03
5. Jenny Spangler, 1983.....33:39.24
6. Racheal Marchand, 2008 .....34:05.87
7. McKenzie Melander, 2012 .....34:29.83
8. Tracy Dahl, 1992 .....34:30.09
9. Betsy Flood, 2011.....35:05.10
10. Nikki Chapple, 2004 .....35:06.35

## Heptathlon

1. Tammilee Kerr, 2008 .....5,633 pts
2. Kathy Gillespie, 1983.....5,262 pts
3. Tiff Pedersen, 2004 .....4,976 pts
4. Janet Adams, 1981.....4,855 pts
5. **Sarah Ryan, 2012..... 4,819 pts**
6. Ruqayya Raheem, 1997.....4,665 pts
7. Angela Chadwick, 1993.....4,493 pts
8. Missy Miller, 2010.....4,227 pts
9. Angie Hensel, 2004 .....4,073 pts
10. Janelle Jaspers, 1987.....4,000 pts

## High Jump

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

## Pole Vault

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

## Long Jump

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

## Triple Jump

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

## Shot Put

1. Lisa Van Steenwyk, 1992 ..... 50-8 (15.44)
2. Gail Smith, 1984 ..... 50-3 1/4 (15.32)
3. Denise Taylor, 1992 ..... 50-1 3/4 (15.28)
4. Kamesha Marshall, 2005..... 48-6 3/4 (14.80)
5. Laura Kriener, 1990..... 48-2 1/2 (14.69)
6. Jennifer Gilson, 2002..... 47-10 (14.58)
7. Jennifer Moon, 2000..... 47-5 1/4 (14.46)
8. **Rachel Curry, 2011 ..... 46-5 (14.03)**
9. Mandy Chandler, 2006 ..... 46-0 (14.02)
10. Tiffany Medenwaldt, 2010 .. 45-11 3/4 (14.01)

## Discus

1. **Majesty Tutson, 2013 ..... 177-10 (54.21)**
2. Tiffany Medenwaldt, 2010 ..... 161-3 (49.16)
3. Denise Taylor, 1992 ..... 160-5 (48.90)
4. Lisa Van Steenwyk, 1991 ..... 159-1 (48.50)
5. Gail Smith, 1983..... 158-2 (48.22)
6. **Ashlyn Gulvas, 2011..... 154-11 (47.23)**
7. **Courtney Fritz, 2012 ..... 154-1 (46.96)**
8. Kamesha Marshall, 2005..... 152-11 (46.62)
9. Jennifer Moon, 2000..... 150-8 (45.92)
10. Laura Kriener, 1989..... 150-3 (45.80)

## Hammer Throw

1. **Jasmine Simpson, 2013 ..... 197-7 (60.23)**
2. Becca Franklin, 2007 ..... 195-0 (59.45)
3. **Annemie Smith, 2013 ..... 188-4 (57.41)**
4. **Ashlyn Gulvas, 2013..... 188-0 (57.30)**
5. Kelsey Taylor, 2011..... 177-0 (53.95)
6. Tiffany Medenwaldt, 2010 ..... 171-11 (52.40)
7. Erin O'Hern, 2008..... 168-9 (51.45)
8. **Chelsea Colpitts, 2013 ..... 162-5 (49.51)**
9. Kerri Blackstone, 1999 ..... 161-10 (49.32)
10. **Majesty Tutson, 2013 ..... 161-5 (49.20)**

## Javelin

1. Alana Redfern, 2003..... 181-5 (55.30)
2. Tammilee Kerr, 2008 ..... 163-5 (49.81)
3. Mandy Beck, 1999..... 153-4 (46.74)
4. Terri Soldan, 1983 ..... 152-6 1/4 (46.48)
5. Shani Renning, 1990 ..... 152-3 (46.40)
6. Clara Simon, 1981 ..... 149-9 (45.64)
7. Janet Adams, 1984..... 148-7 (45.28)
8. **Amanda Stahle, 2012..... 141-5 (43.10)**
9. Mickey Schoborg, 1985 ..... 137-5 1/4 (41.88)
10. **Allison Gattone, 2013 ..... 138-8 (42.27)**

# OUTDOOR ALL-TIME TOP TEN PERFORMERS

## 400-Meter Relay

1.	Poole, Reid, Floyd, Hobbs, 1994 .....	44.63
2.	Charles, Williams, Providence, James, 2003 .....	44.71
3.	Floyd, Hobbs, Poole, Reid, 1994 .....	44.80
4.	Fouchè, Williams, Providence, James, 2003 .....	45.02
5.	Alexander, Granger, Johnson, Roach, 2006 .....	45.11
6.	Johnson, Roach, Clarke, Trusty, 2007 .....	45.21
7.	Johnson, Alexander, Granger, Roach, 2005 .....	45.30
8.	Granger, Johnson, Alexander, Roach, 2005 .....	45.39
9.	Jones, <b>R. Moore</b> , Liverpool, Simonson, 2012 .....	45.45
10.	Underwood, Reid, Philip, Hobbs, 1995 .....	45.50
	Boatright, Bynoe, Providence, Prendergast, 2000 .....	45.50

## Shuttle Hurdle Relay

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

## 800-Meter Relay

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

## 1,600-Meter Relay

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

## Sprint Medley Relay

1.	Jones, Hendricks, Liverpool, Praska, 2011 .....	3:48.63
2.	Trusty, <b>R. Moore</b> , Hendricks, Praska, 2010 .....	3:56.53
3.	Reid, Philip, Hobbs, Benning, 1995 .....	3:56.54
4.	Roach, Alexander, McCalla, Stanley, 2005 .....	3:56.99
5.	<b>Kwaza, R. Moore, Alexia, Nelson, 2013</b> .....	<b>3:58.72</b>
6.	Clarke, Graham, Jones, Poncé, 2007 .....	3:59.34
7.	Underwood, Clarke, Philip, Benning, 1995 .....	3:59.75
8.	Jones, <b>R. Moore</b> , Erickson, <b>Alexia</b> , 2012 .....	4:00.19
9.	2005 .....	4:00.26
10.	Dixon, Providence, Hume, Butler, 2001 .....	4:01.11

## 3,200-Meter Relay

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

## Distance Medley Relay

1.	Hoskins, Powell, Schneckloth, Kruckeberg, 1989 .....	11:22.18
2.	Armstrong, Alexander, Poncé, Stanley, 2007 .....	11:25.05
3.	Stanley, McCalla, Hume, Armstrong, 2005 .....	11:34.04
4.	Barber, Williams, Hume, Arens, 2004 .....	11:34.56
5.	Thompson, Williams, Hume, Arens, 2003 .....	11:39.02
6.	2000 .....	11:39.83
7.	<b>Schrulle, Erickson, Placzek, Eilers, 2012</b> .....	<b>11:40.57</b>
8.	Davenport, xx, xx, xx, 1981 .....	11:41.44
9.	Pare, Grant, Benning, Gilchrist, 1997 .....	11:41.92
10.	Dlhly, Erickson, Docherty, Anderson, 2010 .....	11:43.06

## 6,400-Meter Relay

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