

# THE UNIVERSITY OF IOWA



## HAWKEYE TRACK & FIELD



TRACK AND FIELD CONTACT: JORDAN BUCHER

February 10, 2016

### 2016 IOWA TRACK & FIELD INDOOR SCHEDULE

Date	Meet
Jan. 9	Border Battle (Champaign, Ill.)
Jan. 15-16	Iowa Dual (Iowa City, Iowa)
Jan. 23	Big Four Duals (Cedar Falls, Iowa)
Jan. 29-30	Razorback Invitational (Fayetteville, Ark.)
Feb. 5-6	Meyo Invitational (South Bend, Ind.)
<b>Feb. 12-13</b>	<b>Iowa State Classic (Ames, Iowa)</b>
<b>Feb. 12-13</b>	<b>Tyson Classic (Fayetteville, Ark.)</b>
Feb. 20	Alex Wilson Invitational (South Bend, Ind.)
Feb. 26-27	Big Ten Championships (Geneva, Ohio)
Mar. 11-12	NCAA Championships (Birmingham, Ala.)

### IOWA COACHING STAFF

**Joey Woody**.. Director of Track & Field  
**Layne Anderson** Head Cross Country/  
..... Assistant Track & Field Coach  
**Clive Roberts** ... Associate Head Coach  
**Jason Wakenight** ..... Assistant Coach  
..... Director of Recruiting  
**Andrew Dubs** ..... Assistant Coach  
**Molly Jones** ..... Assistant Coach  
**Kate See** ..... Director of Operations

#### THIS WEEK

The University of Iowa track and field team splits competitors at the Iowa State Classic in Ames, Iowa, and the Tyson Invitational in Fayetteville, Arkansas, on Friday and Saturday. The Iowa State Classic begins Friday with field events at 11 a.m. (CT) and running events at noon. Action resumes Saturday with running events at 10 a.m. and field events at noon.

Friday's competition at the Tyson Invitational begins with running events at 1 p.m. followed by field events at 2 p.m. Field events open action Saturday at 11 a.m. with running events at noon.

#### FOLLOW THE HAWKEYES

Live results are available on the track and field schedule page at [hawkeyesports.com](http://hawkeyesports.com). Follow @IowaXC\_TF on twitter for updates and relevant statistics throughout the meet.

#### A LOOK AT ISU CLASSIC

The Iowa State Classic hosts nine top-25 teams on the men's side: Florida (1), Virginia Tech (3), LSU (4), Arkansas (8), Georgia (10), Stanford (11), Alabama (15), Purdue (23), and Oklahoma State (24).

The Hawkeye women compete in a field of 10 nationally-ranked programs: Georgia (2), Florida (4), Georgetown (8), Wisconsin (10), Kentucky (12), Stanford (13), Notre Dame (16), Baylor (17), LSU (21), and Oklahoma State (22).

#### SCOUTING THE COMPETITION - TYSON INVITATIONAL

The Tyson Invitational features seven nationally-ranked men's teams -- Florida (1), Texas (5), Tennessee (7), Arkansas (8), NC State (19), Oklahoma State (24) and Kansas State (25). Eight top-25 programs -- Arkansas (1), Florida (4), Texas (5), Kansas State (6), NC State (9), Tennessee (14), Baylor (17), and Oklahoma State (22) -- represent the field for the women.

#### SCHOOL RECORD ALERT

After posting two personal bests at the Razorback Invitational from Jan. 29-30 in Fayetteville, Arkansas, sophomore Jahisha Thomas (20-4 ½, 6.21m) broke the women's long jump school record set by Zinnia Miller (20-4 ¼, 6.20m) in 2014 to place second at the Meyo Invitational on Feb. 5. The London native also set a personal-best 8.51 in the 60-meter hurdles. That time ranks sixth in school history.

#### MELCHERT REWRITES ALL-TIME LISTS

Sophomore Michael Melchert has recorded two personal bests this season in the men's mile (4:05.37) and 3,000 meters (8:08.57), each with the fourth-fastest time in school history.

# THE UNIVERSITY OF IOWA



## HAWKEYE TRACK & FIELD



### TRACK AND FIELD CONTACT: JORDAN BUCHER

### 2016 INDOOR SEASON LEADERS

#### RACE TO THE FINISH

Junior Elexis Guster dropped to second in the Big Ten after finishing behind Purdue's Symone Black (53.13) in a collegiate-best 53.47 at the Meyo Invitational on Feb. 6. The pair anchored their respective teams in the 1,600-meter relay as Guster held off Black to edge out Purdue (3:37.89) for the win in 3:36.99. Guster was joined by senior MonTayla Holder, freshman Briana Guillory, and junior Alexis Hernandez. The quartet's time is 0.02 seconds off the school record and ranks second in the Big Ten behind Ohio State (3:36.16).

#### 600-METER DOMINANCE

Five Hawkeyes rank among the conference's top eight in the men's and women's 600 meters. Senior Will Teubel climbed to third following his collegiate-best performance (1:17.55) at the Meyo Invitational on Feb. 5, while sophomore Carter Lilly ranks seventh (1:18.07). Teubel's time is second in school history.

The Hawkeye women hold three of the top eight positions. Senior MonTayla Holder (3rd) clocked a season-best 1:30.09 at the Meyo Invitational, while Mahnee Watts' collegiate best (1:30.83) puts her sixth in the Big Ten and fifth at Iowa. Junior Elexis Guster (7th/1:30.93) also joins the mix.

#### SPRINTERS IN THE BIG TEN

Iowa is the only Big Ten program to have a men's and women's representative rank among the conference's top eight in the short and long sprints:

- M 60 meters: 6th/O'Shea Wilson (6.76)
- W 60 meters: 3rd/Lake Kwaza (7.41)
- M 200 meters: 8th/Christian Brissett (21.36)
- W 200 meters: 3rd/Briana Guillory (23.87); 6th/Lake Kwaza (23.99)
- M 400 meters: 4th/Mar'yea Harris (47.10)
- W 400 meters: 2nd/Elexis Guster (53.47); 6th/Briana Guillory (54.44)
- M 600 meters: 3rd/Will Teubel (1:17.55); 7th/Carter Lilly (1:18.07)
- W 600 meters: 3rd/MonTayla Holder (1:30.09); 6th/Mahnee Watts (1:30.83); 7th/Elexis Guster (1:30.93)

#### NEXT ON THE BLOCK

The Hawkeyes head to the Alex Wilson Invitational in South Bend, Indiana, on Feb. 20.

#### MEN

60 Meters.....	O'Shea Wilson .....	6.76
60-Meter Hurdles...	Aaron Mallett .....	7.71
200 Meters.....	Mar'yea Harris .....	21.59
400 Meters.....	Mar'yea Harris .....	47.10
600 Yards.....	Will Teubel.....	1:09.59
600 Meters.....	Will Teubel.....	1:17.55
800 Meters.....	Carter Lilly .....	1:49.37
1,000 Meters.....	Michael Hart.....	2:29.91
Mile .....	Michael Melchert.....	4:05.37
3,000 Meters.....	Michael Melchert.....	8:08.57
1,600-Meter Relay..	Wolff, Thompson, Frye, Harris.....	3:10.04
High Jump.....	Peter Andreano .....	6-9-1/2 (2.07m)
Pole Vault .....	Andy Jatis .....	16-0 3/4 (4.90m)
Long Jump .....	Kerry Dean, Jr. ....	22-11 3/4 (7.00m)
Triple Jump.....	Kerry Dean, Jr. ....	45-7 1/4 (13.90m)
Shot Put.....	Avery Meyers .....	59-0 1/4 (17.99m)
Weight Throw.....	Avery Meyers .....	53-5 (16.28m)
Discus .....	Avery Meyers .....	170-1 (51.84m)
Heptathlon .....	William Dougherty .....	5,172 points

#### WOMEN

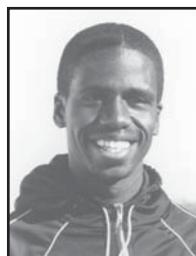
60 Meters.....	Lake Kwaza .....	* 7.41
60-Meter Hurdles...	Jahisha Thomas .....	8.51
200 Meters.....	Briana Guillory.....	23.87
400 Meters.....	Elexis Guster.....	53.47
600 Yards.....	Mahnee Watts.....	1:22.72
600 Meters.....	MonTayla Holder .....	1:30.09
800 Meters.....	Mahnee Watts.....	2:11.49
Mile .....	Madison Waymire .....	4:58.60
3,000 Meters.....	Tess Wilberding .....	9:49.26
1,600-Meter Relay..	Holder, Hernandez, Guster, Guillory.....	3:36.99
High Jump.....	Khanishah Williams .....	5-8 3/4 (1.75m)
Long Jump .....	Jahisha Thomas .....	* 20-4 1/2 (6.21m)
Pole Vault .....	Amy Smith .....	10-10 (3.30m)
Triple Jump.....	Tria Seawater-Simmons .....	38-2 3/4 (11.65m)
Shot Put.....	Leah Colbert .....	38-2 3/4 (11.65m)
Weight Throw.....	Leah Colbert .....	52-2 1/2 (15.91m)
Discus .....	Dakotah Goodell.....	156-5 (47.67m)

\* -- school record

# INDOOR ALL-TIME TOP TEN PERFORMERS



Justin Austin



Rodney Chambers



Jim Costello



Troy Doris



Bill Hansen



John Hickey



Ethan Holmes

## 60 Meters

- Justin Austin, 2011 ..... 6.69
- Kurt Felix, 1999..... 6.73  
Tevin-Cee Mincy, 2014 ..... 6.73
- Josh Larney, 2013 ..... 6.74
- Troy Doris, 2012 ..... 6.75
- O'Shea Wilson, 2016.....6.76**
- Tony Branch, 1999 ..... 6.78  
**Christian Brissett, 2016 .....6.78**
- Paul Chaney, Jr., 2009 ..... 6.80  
D'Juan Richardson, 2010 ..... 6.80

## 60-Meter Hurdles

- Jordan Mullen, 2013..... 7.70
- Aaron Mallett, 2016.....7.71**
- Ethan Holmes, 2013 ..... 7.82
- Dion Trowers, 1997 ..... 7.87
- Russell Peterson, 2004 ..... 7.97
- Dan Davis, 2012..... 8.02
- DeRocco Reed, 2000..... 8.03  
Keith Brown, 2015..... 8.03
- Chris Douglas, 2016 .....8.07**
- Torrey Campbell, 2012 ..... 8.09

## 200 Meters

- Justin Austin, 2011 ..... 20.80
- Anthuan Maybank, 1993 ..... 21.11
- Bashir Yamini, 1999 ..... 21.19
- James Harrington, 2014 .....21.21**
- Ethan Holmes, 2013 ..... 21.23
- Tim Dodge, 2000 ..... 21.26
- Paul Chaney, Jr., 2009 ..... 21.34
- George Page, 1997 ..... 21.35
- Zach Digney, 2004 ..... 21.39
- Tony Branch, 1998 ..... 21.46

## 400 Meters

- Steven Willey, 2010 ..... 46.75
- Terrence Duckett, 1984 ..... 46.81
- Mar'yea Harris, 2016 .....47.10**
- Andre Morris, 1995 ..... 47.15
- Monte Raymond, 1998 ..... 47.18
- Anthuan Maybank, 1990 ..... 47.25
- Patrick Richards, 2011 ..... 47.35
- Juan Coleman, 2002 ..... 47.40
- Justin Austin, 2012 ..... 47.61
- Ethan Holmes, 2013 ..... 47.63

## 600 Meters

- Erik Sowinski, 2012..... 1:16.91
- Will Teubel, 2016 .....1:17.55**
- Steven Willey, 2011 ..... 1:17.94
- Keaton Rickels, 2012 ..... 1:18.19
- Pat McGhee, 1988..... 1:18.30
- Carter Lilly, 2015 .....1:18.37**
- Ryan Weir, 2013 ..... 1:18.62
- Chris Barton, 2011..... 1:18.75  
Brennan Davey, 2014..... 1:18.75
- Neil Flattery, 2014 ..... 1:18.78

## 800 Meters

- Erik Sowinski, 2012..... 1:47.62
- Ryan Weir, 2013 ..... 1:49.11
- Adam Hairston, 2010..... 1:49.26
- Nathan Prom, 2013 ..... 1:49.29
- Carter Lilly, 2016 .....1:49.37**
- Will Teubel, 2015 .....1:49.40**
- Nick Kuczvara, 2010 ..... 1:49.59
- Dave Novotny, 1996 ..... 1:51.27
- Jim Docherty, 1973..... 1:51.30
- Rod Chambers, 1989 ..... 1:51.33

## Mile

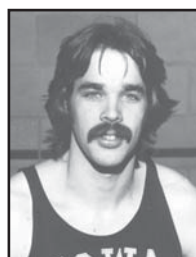
- Jeff Thode, 2011 ..... 3:58.72
- Ed DeLashmutt, 1981 ..... 4:04.01
- Larry Wieczorek, 1968..... 4:04.40
- Michael Melchert, 2016.....4:05.37**
- John Clark, 1972 ..... 4:05.94
- Ben Witt, 2014 ..... 4:07.08
- Adam Thomas, 2002 ..... 4:07.13
- Kevin Herd, 1992 ..... 4:07.26
- Jesse Luciano, 2009 ..... 4:07.29
- Jake Berns, 2006..... 4:07.43

## 3,000 Meters

- Kevin Lewis, 2015 ..... 7:57.06
- Jeff Thode, 2011 ..... 8:00.38
- Micah VanDenend, 2006 ..... 8:00.81
- Michael Melchert, 2016.....8:08.57**
- Eric MacTaggart, 2006 ..... 8:08.79
- Stetson Steele, 2000..... 8:09.54
- Ben Witt, 2015 ..... 8:10.97
- Dan Haut, 2005 ..... 8:11.36
- Kevin Herd, 1994 ..... 8:11.51
- Nick Holmes, 2010 ..... 8:15.48

## 5,000 Meters

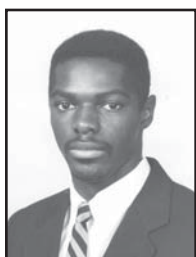
- Kevin Lewis, 2015 ..... 13:43.70
- Micah VanDenend, 2007 ..... 13:56.46
- Stetson Steele, 2000..... 14:00.52
- Dan Haut, 2006 ..... 14:06.16
- Eric MacTaggart, 2006 ..... 14:13.41
- Jeff Thode, 2011 ..... 14:16.00
- Matt Esche, 2004..... 14:18.43
- Jeff Kent, 2007..... 14:18.86
- Jesse Luciano, 2009 ..... 14:20.99
- Nick Nordheim, 2002 ..... 14:22.99



Bill Knoedel



Kevin Lewis



Anthuan Maybank



Jordan Mullen



# INDOOR ALL-TIME TOP TEN PERFORMERS



Nathan Prom



Kyle Reid



Patrick Richards



Keaton Rickels



Erik Sowinski



Todd Wigginton



Steven Willey

## Heptathlon

1. Kyle Reid, 2013 ..... 5,354 points
2. Dan Rolling, 2010 ..... 5,205 points
3. Jack Eckert, 2015 ..... 5,188 points
4. **William Dougherty, 2016 5,172 points**
5. Ryan Niver, 2008..... 5,149 points
6. Frank Prill, 2010..... 5,015 points
7. Scott Faber, 2000..... 4,784 points
8. Cam Appleman, 1997 ..... 4,685 points
9. Bobby Windauer, 2007 ..... 4,644 points
10. Jacob Drewry, 1995 ..... 4,612 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)  
**Kevin Spejcher, 2015..... 7-0 1/2 (2.15)**
5. Pat Meade, 1987 ..... 7-0 1/4 (2.14)
6. Mike Lacy, 1984..... 7-0 (2.13)
7. M. Cunningham, 1984.. 6-11 1/4 (2.11)
8. Jeffery Herron, 2010..... 6-11 (2.11)  
Peter Hlavin, 1980 ..... 6-11 (2.11)  
Brandon Oest, 2010 ..... 6-11 (2.11)  
Dan Rolling, 2008 ..... 6-11 (2.11)  
Graham Valdes, 2010 ..... 6-11 (2.11)

## Pole Vault

1. Todd Wigginton, 1984 ..... 17-1 (5.21)
2. Dave Nielsen, 1975..... 16-10 (5.13)
3. Kyle Reid, 2013 ..... 16-6 3/4 (5.05)
4. Curt Brock, 1979..... 16-6 (5.03)
5. Alex Zona, 2010..... 16-4 3/4 (5.00)
6. Phil Wertman, 1971 ..... 16-4 (4.98)
7. Jeff Raymond, 2008..... 16-2 (4.93)
8. John Teffer, 1972 ..... 16-1 (4.90)
9. **Andy Jatis, 2016..... 16-0 3/4 (4.90)**
10. Chad Ohly, 1995 ..... 15-9 (4.80)  
Rich Palumbo, 1989..... 15-9 (4.80)

## Long Jump

1. Anthuan 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. Josh Larney, 2013 ..... 24-10 (7.57)
6. Ronnie McCoy, 1984..... 24-9 (7.54)
7. **O'Shea Wilson, 2014... 24-8 1/2 (7.53)**  
Matty Gorman, 2006.... 24-8 1/2 (7.53)
9. Charles Jones, 1980..... 24-8 1/4 (7.52)
10. Quinn Early, 1986 ..... 24-7 1/4 (7.50)

## Triple Jump

1. Troy Doris, 2011 ..... 54-0 (16.46)
2. Babatunde Amosu, 2015..52-8 3/4 (16.07)
3. Paul Jones, 1990..... 52-1 1/4 (15.88)  
**Klyvens Delaunay, 2014 ..52-1 1/4 (15.88)**
5. Mike Lacy, 1983 ..... 49-0 (14.93)
6. Owen Gill, 1982 ..... 48-10 3/4 (14.90)
7. Josh Bean, 2009 ..... 48-10 (14.88)
8. David Nsabua, 2013 ..... 48-9 (14.86)
9. Gordon Finch, 1988.... 48-3 3/4 (14.72)
10. Matty Gorman, 2006.. 48-3 1/2 (14.72)

## 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. Gary 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. Gabe Hull, 2014..... 59-3 (18.06)
8. **Avery Meyers, 2016 .. 59-0 1/4 (17.99)**
9. Chris Gambol, 1987 ..... 59-0 (17.98)
10. Arno van der Westhuizen,  
1999 ..... 58-10 3/4 (17.95)

## Weight Throw

1. Jim Costello, 2002 ..... 69-4 3/4 (21.15)
2. Matt Banse, 2012 ..... 67-8 (20.62)
3. Arno van der Westhuizen,  
2001 ..... 67-7 1/2 (20.61)
4. Adam Hamilton, 2007 66-9 1/4 (20.35)
5. Jeremy Allen, 2001... 65-10 1/4 (20.07)
6. Chris Voller, 2005..... 63-4 (19.30)
7. Ryan Lamparek, 2012 ..... 61-2(18.62)
8. Brad Daufeldt, 2004 ... 60-4 1/2 (18.40)
9. Gabe Hull, 2014..... 59-7 (18.16)
10. Ryan Jordan, 2008..... 59-0 (17.98)

## 1,600-Meter Relay

1. Richards, E. Holmes, Sowinski, Willey,  
2011 ..... 3:06.66
2. Rozell, Davis, Raymond, Yamini, 1998 ..... 3:06.80
3. Coleman, Faber, Strang, Peterson, 2002 .. 3:07.44
4. Richards, Sowinski, E. Holmes, Willey,  
2011 ..... 3:07.84
5. Greer, Williams, Smith, Duckett, 1984..... 3:08.14
6. Card, Coleman, Williamson, Dodge, 2001 3:08.21
7. Davis, Rozell, Page, Morris, 1995..... 3:08.77
8. Dodge, Williamson, Card, Peterson, 2001 3:08.82
9. Richards, E. Holmes, Barton, Willey, 2011 3:08.85
10. Branch, Dodge, Donovan, Yamini, 1999 ... 3:08.99

## 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. Prom, Rickels, Sowinski, Thode, 2012 ..... 9:45.41
2. 1999 ..... 9:46.83
3. 1977 ..... 9:48.80
4. 1978 ..... 9:49.70
5. Kuczvara, Barton, Kuhlman, N. Holmes,  
2010 ..... 9:51.05
6. Marchese, Varner, Hairston, Luciano,  
2009 ..... 9:52.52
7. Paul, Varner, Hairston, Thode, 2010..... 9:52.71
8. Prom, Richardson, Sowinski, Thode,  
2011 ..... 9:57.44
9. Trainor, Faber, Cunningham, Allen, 2002.. 9:58.14
10. Newell, Eisenlauer, Tice, Clark, 1973..... 10:00.0

# INDOOR ALL-TIME TOP TEN PERFORMERS



Kineke Alexander



Meghan Armstrong



Brittany Brown



Tracy Dahl



Nicole Erickson



Karesa Farley



Ashlyn Gulvas

## 60 Meters

1. **Brittany Brown, 2014** ..... **7.41**  
**Lake Kwaza, 2016**..... **7.41**
3. Elaine Jones, 1983 .....7.43
4. Peaches Roach, 2005.....7.45
5. Shellene Williams, 2004 .....7.50
6. Jiselle Providence, 2002 .....7.52
7. Rhonda-Kaye Trusty, 2010 .....7.55  
Erin Jones, 2011 .....7.55  
Raven Moore, 2013 .....7.55
10. Angela Menson, 1982 .....7.57

## 60-Meter Hurdles

1. Karesa Farley, 2009 .....8.21
2. Tiffany Johnson, 2006.....8.33
3. Paula Ruen, 1998.....8.39
4. Sarah Steffen, 2002 .....8.45  
Renee White, 2008.....8.45
6. **Jahisha Thomas, 2016**..... **8.51**
7. Colleen Prendergast, 2000 .....8.57
8. Tammilee Kerr, 2008.....8.60
9. Kimberly Stanford, 2008.....8.63
10. Diane Steinhart, 1981.....8.64

## 200 Meters

1. Kineke Alexander, 2006 .....23.49
2. Shellene Williams, 2004 .....23.62
3. **Brittany Brown, 2014** ..... **23.63**
4. Marlene Poole, 1994 .....23.66  
Yolanda Hobbs, 1995.....23.66
6. Erica Broomfield, 1998 .....23.81
7. **Briana Guillory, 2016** ..... **23.87**
8. **Lake Kwaza, 2014**..... **23.92**
9. Raven Moore, 2013 .....24.00
10. Erin Jones, 2011 .....24.01

## 400 Meters

1. Kineke Alexander, 2007 .....51.48
2. Ellen Grant, 1996.....52.65
3. Shellene Williams, 2004 .....52.83
4. **Elexis Guster, 2016**..... **53.47**
5. Ashley Liverpool, 2011 .....54.09
6. **MonTayla Holder, 2015** ..... **54.32**
7. **Briana Guillory, 2016**..... **54.44**
8. **Alexis Hernandez, 2014**..... **54.91**
9. Tiffany Hendricks, 2011 .....55.06
10. Marlene Poole, 1993 .....55.20

## 600 Yards

1. Senta Hawkins, 1987 ..... 1:21.06
2. Aisha Hume, 2004 ..... 1:21.74
3. Kay Stormo, 1982 ..... 1:22.49
4. Nicole Erickson, 2012 ..... 1:22.61
5. **Mahnee Watts, 2016**..... **1:22.72**
6. Bethany Praska, 2009 ..... 1:23.12
7. Hannah Simonson, 2012 ..... 1:23.18
8. Chris Davenport, 1982..... 1:24.14
9. **Kaitlyn Nelson, 2015** ..... **1:24.52**
10. Sophia Poncè, 2007 ..... 1:24.55

## 600 Meters

1. Kineke Alexander, 2008 ..... 1:27.45
2. Bethany Praska, 2011 ..... 1:28.14
3. **MonTayla Holder, 2014** ..... **1:29.98**
4. Senta Hawkins, 1987 ..... 1:30.77
5. **Mahnee Watts, 2016**..... **1:30.83**
6. **Kaitlyn Nelson, 2013** ..... **1:31.44**
7. Karen Layne, 1990 ..... 1:31.45
8. Nicole Erickson, 2012 ..... 1:31.71
9. **Elexis Guster, 2016** ..... **1:32.04**
10. Kay Stormo, 1982 ..... 1:32.30

## 800 Meters

1. Bethany Praska, 2011 ..... 2:05.01
2. Jeanne Kruckeberg, 1989 ..... 2:06.38
3. Michelle Lahann, 2004 ..... 2:06.83
4. **Katharina Trost, 2014**..... **2:07.38**
5. **Mahnee Watts, 2014**..... **2:08.79**
6. Adrienne Alexia, 2013 ..... 2:08.95
7. Briana Benning, 1996 ..... 2:09.22
8. **Kaitlyn Nelson, 2013** ..... **2:09.58**
9. **MonTayla Holder, 2015** ..... **2:10.34**
10. Kay Stormo, 1981 ..... 2:11.04

## Mile

1. McKenzie Melander, 2011..... 4:39.78
2. Jeanne Kruckeberg, 1989 ..... 4:40.19
3. Meghan Armstrong, 2006 ..... 4:40.59
4. Lauren Hardesty, 2011..... 4:41.01
5. Tina Stec, 1994 ..... 4:42.63
6. Betsy Flood, 2010 ..... 4:42.70
7. Penny O'Brien, 1981..... 4:43.72
8. Diane Nukuri, 2007..... 4:46.25
9. Michelle Lahann, 2004 ..... 4:47.23
10. Amanda Hardesty, 2010 ..... 4:48.69

## 3,000 Meters

1. Tracy Dahl, 1993 ..... 9:15.57
2. Meghan Armstrong, 2008 ..... 9:17.50
3. Diane Nukuri, 2008..... 9:20.07
4. Betsy Flood, 2011 ..... 9:20.09
5. Nan Doak, 1982 ..... 9:21.60
6. Jenny Spangler, 1986 ..... 9:22.41
7. Mareike Schrulle, 2012..... 9:23.97
8. Brooke Eilers, 2012..... 9:27.92
9. McKenzie Melander, 2012..... 9:29.71
10. Krista Anderson, 2006 ..... 9:29.75



Lauren Hardesty



Senta Hawkins



Tiffany Hendricks



Tammilee Kerr



Lake Kwaza



Ashley Liverpool

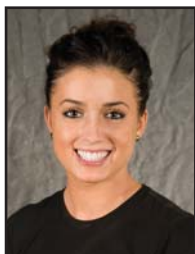


McKenzie Melander

# INDOOR ALL-TIME TOP TEN PERFORMERS



Diane Nukuri



Bethany Praska



Peaches Roach



Gail Smith



Jessie Strand



Jahisha Thomas



Renee White

## 5,000 Meters

1. Tracy Dahl, 1993 ..... 15:49.52
2. Nan Doak, 1985 ..... 15:55.45
3. Racheal Marchand, 2009.....15:55.70
4. Diane Nukuri, 2008..... 16:01.36
5. Jenny Spangler, 1982 ..... 16:08.74
6. Judy Parker, 1981 ..... 16:16.63
7. Betsy Flood, 2011 ..... 16:20.67
8. Jennifer Brower, 1992..... 16:22.19
9. Nikki Chapple, 2004..... 16:27.04
10. Mareike Schrulle, 2012..... 16:29.41

## High Jump

1. Peaches Roach, 2005.....6-0 3/4 (1.85)
2. Mary Mol, 1983 ..... 6-0 (1.83)
3. **Khanishah Williams, 2013 .. 5-11 1/4 (1.81)**
4. Becky Kaza, 1995 .....5-9 3/4 (1.77)
5. Caleigh Bacchus, 2010.....5-9 1/4 (1.76)
6. Kristi Dinkla, 1985.....5-8 1/2 (1.74)  
Kacey Childs, 2001.....5-8 1/2 (1.74)
8. Traci Claussen, 1987 ..... 5-8 (1.73)
9. Kathy Gillespie, 1983 .....5-7 3/4 (1.72)
10. Lynn McMillan, 1988 .....5-7 1/4 (1.71)  
Tammilee Kerr, 2008.....5-7 1/4 (1.71)

## Pole Vault

1. Jessie Strand, 2004 .....12-5 1/2 (3.80)
2. Sarah Burgett, 2007 ..... 11-10 (3.61)
3. Kirsten Weismantle, 2011 .11-5 3/4 (3.50)
4. Brittany Holst, 2013.....11-3 3/4 (3.45)
5. Katie Truedson, 2010.....10-11 3/4 (3.35)
6. **Amy Smith, 2016 ..... 10-10 (3.30)**
7. Gina Shannon, 2001 ..... 10-6 (3.20)
8. Kacey Childs, 2001..... 9-0 (2.75)
9. Amy Kasparbauer, 2000..... 8-0 (2.44)

## Long Jump

1. **Jahisha Thomas, 2016.....20-4 1/2 (6.21)**
2. Zinnia Miller, 2014.....20-4 1/4 (6.20)
3. Carisa Leacock, 2014 .....19-9 1/2 (6.03)
4. Lisa Moats, 1986 ..... 19-6 (5.95)
5. Cassidy Ellis, 2015.....19-5 1/2 (5.93)
6. Renee White, 2006.....19-3 1/4 (5.87)
7. Tiffany Johnson, 2007.....19-2 1/2 (5.85)
8. Davera Taylor, 1984 .....19-1 1/2 (5.83)
9. Yolanda Hobbs, 1993..... 19-1 (5.80)
10. Kamesha Marshall, 2005 .18-11 1/4 (5.77)

## Triple Jump

1. Renee White, 2008..... 42-4 (12.90)
2. Tiffany Johnson, 2007.....41-3 3/4 (12.59)
3. Zinnia Miller, 2014.....41-2 1/2 (12.56)
4. Carisa Leacock, 2012 .....40-5 1/2 (12.33)
5. Becki Borg, 1987..... 39-6 (12.04)
6. **Tria Seawater-Simmons, 2016 38-2 3/4 (11.65)**
7. Lynn McMillan, 1988 ..... 38-2 (11.63)
8. Sarah Ryan, 2014 .....37-5 1/4 (11.41)
9. Lisa Moats, 1985 ..... 35-1 (10.69)
10. Becca Franklin, 2004..... 34-3 (10.44)  
Rachel Ballard, 2013..... 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. Rachel Curry, 2013 ..... 48-2 1/2(14.69)
6. Megan Maurer, 1995..... 47-5 3/4 (14.47)
7. Laura Kriener, 1990 ..... 47-5 (14.45)  
Courtney Fritz, 2014..... 47-5 (14.45)
9. Jennifer Gilson, 2002..... 46-11 (14.30)
10. Alexa Hunt, 2015 .....46-8 3/4 (14.24)

## Weight Throw

1. Ashlyn Gulvas, 2013 ..... 63-6 (19.35)
2. Jasmine Simpson, 2013... 62-6 1/2 (19.06)
3. Annemie Smith, 2014..... 61-4 (18.69)
4. Kelsey Taylor, 2011 ..... 60-4 1/2 (18.40)
5. Majesty Tutson, 2011 ..... 58-4 (17.78)
6. Becca Franklin, 2007 ..... 58-3 1/4 (17.76)
7. Chelsea Colpitts, 2013 ..... 56-4 (17.17)
8. Erin O'Hern, 2008..... 56-3 (17.14)
9. Mandy Chandler, 2009 .... 54-4 1/2 (16.57)
10. **Leah Colbert, 2016.....52-2 1/2 (15.91)**

## 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. Sarah Ryan, 2013 ..... 3,472 points
6. Maureen Abel, 1979.....3,427 points
7. Zinnia Miller, 2012.....3,416 points
8. Janet Adams, 1981 .....3,360 points
9. Janelle Jaspers, 1987 .....3,366 points
10. Cassidy Ellis, 2014.....3,346 points

## 1,600-Meter Relay

1. Liverpool, Hendricks, Praska, Erickson, 2011 ..... 3:36.97
2. **Holder, Hernandez, Guster, Guillory, 2016.....3:36.99**
3. Hernandez, Holder, Guster, Watts, 2014 ..... 3:37.16
4. Liverpool, Hendricks, Erickson, Praska, 2011 ..... 3:37.58
5. **Kwaza, Guster, Holder, Watts, 2015.....3:37.84**
6. **Kwaza, Holder, Watts, Guster, 2015.....3:38.56**
7. Guster, Holder, Watts, Hernandez, 2014 ..... 3:38.62
8. Hendricks, Erickson, Praska, Liverpool, 2011 ..... 3:39.15
9. **Guster, Watts, Holder, Kwaza, 2015.....3:39.30**
10. **Holder, Guster, Guillory, Hernandez, 2016.....3:40.24**

## Distance Medley Relay

1. Armstrong, Alexander, L. Hardesty, Nukuri, 2008..... 11:20.11
2. Melander, Hendricks, L. Hardesty, Eilers, 2011 ..... 11:22.44
3. Stormo, Davenport, Williams, O'Brien, 1981 ..... 11:23.02
4. Melander, Praska, Hendricks, Flood, 2011 ..... 11:24.47
5. Flood, Hendricks, L. Hardesty, Melander, 2010 ..... 11:25.01
6. Melander, Hendricks, Flood, Marchand, 2009 ..... 11:27.34
7. Benning, Poole, Salsberry, Stec, 1994 ..... 11:28.03
8. Stormo, Davenport, Hayden, Doak, 1982..... 11:29.54  
Armstrong, Granger, Stanley, K. Anderson, 2006 ..... 11:29.54
10. Lahann, Williams, Stanley, Arens, 2004..... 11:30.36