

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



TRACK AND FIELD CONTACT: JORDAN BUCHER

February 25, 2015

2015 IOWA TRACK & FIELD INDOOR SCHEDULE

Date	Meet
Jan. 10	Border Battle <i>(Iowa City, Iowa)</i>
Jan. 24	Big Four Duals <i>(Ames, Iowa)</i>
Feb. 6-7	Husker Invite <i>(Lincoln, Neb.)</i>
Feb. 13-14	Iowa State Classic <i>(Ames, Iowa)</i>
Feb. 13-14	Tyson Invitational <i>(Fayetteville, Ark.)</i>
Feb. 20	UNI-Dome Open <i>(Cedar Falls, Iowa)</i>
Feb. 21	Alex Wilson Invitational <i>(Bloomington, Ind.)</i>
Feb. 27-28	Big Ten Championships <i>(Geneva, Ohio)</i>
Mar. 13-14	NCAA Championships <i>(Fayetteville, Ark.)</i>

IOWA COACHING STAFF

Joey Woody.....	Director of Track & Field
Layne Anderson	Head 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 travels to Geneva, Ohio, for the Big Ten Indoor Championships this weekend. The championships begin Friday at 9 a.m. (CT) and continue through Saturday. An awards presentation takes place at 3:50 p.m. following the conclusion of the event.

FOLLOW THE HAWKEYES

Follow @IowaXC_TF on twitter for updates throughout the meet. Live results are also available on the track and field schedule page at hawkeyesports.com. Follow @bigtenchamps on twitter for live updates of the Big Ten Indoor Championships and interact with the championships by using #B1GTF.

HAWKEYES SHINE AT ALEX WILSON INVITE

Twelve Hawkeyes delivered career-best performances at the Alex Wilson Invitational in South Bend, Indiana, on Feb. 21. Junior Cassidy Ellis (long jump/18-05.75, 5.63m), sophomore Vinnie Saucer, Jr. (60 meters/6.82), freshman Nicholas Aly (200 meters/22.18), and freshman Carter Lilly (800 meters/1:51.40) were among the Iowa competitors to record personal bests.

LEWIS EYES 3K AND 5K HARDWARE

Senior Kevin Lewis heads into this weekend with school records in the 3,000 (7:57.06) and 5,000 meters (13:43.70). His 5,000-meter time is currently the fastest time in the Big Ten, while his 3,000-meter time ranks fourth in the conference standings.

4X4 RELAYS IN THE TOP FIVE

The men's 1,600-meter relay of junior Brendan Thompson, sophomore Aaron Mallett, senior Brennan Davey, and junior Will Teubel, currently holds the fifth-fastest time in the conference. The quartet clocked 3:09.87 to finish third at the Alex Wilson Invitational. That was the first time in three years the relay has run under 3:10.

The women's team, which features senior Lake Kwaza, sophomore Elexis Guster, junior MonTayla Holder, and sophomore Mahnee Watts, ranks fourth in the Big Ten at 3:37.84.

GOLD MEDALISTS

Sophomore Brittany Brown, freshman Jahisha Thomas, and junior Will Teubel notched first-place finishes in their respective events at the Alex Wilson Invitational. Brown posted a season-best 23.93 in the 200 meters, while Teubel clocked an 800-meter time of 1:49.65. Thomas recorded a career-best 19-6 1/4 (5.95m) in the long jump, which ranks third in school history and 11th in the Big Ten.

University of Iowa Athletic Communications Office - Carver-Hawkeye Arena, Iowa City, IA 52242

Phone: 319/335-9411 - Fax: 319/335-9417 - www.hawkeyesports.com

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



TRACK AND FIELD CONTACT: JORDAN BUCHER

GUSTER GOES FOR GOLD

Sophomore Elexis Guster led the team in the indoor 400 meters (54.08) last season with a third-place finish at the 2014 Big Ten Indoor Championships and a fourth-place finish in the 4x400. She was crowned the 400-meter conference champion during the outdoor season when she clocked 52.77. This season, Guster recorded an indoor personal-best of 53.92, which she set at the Tyson Invite on Feb. 13. That time lands her fourth in the conference. Junior MonTayla Holder owns the ninth-fastest 400-meter time in the Big Ten at 54.32.

HAWKEYES TO WATCH

Fourteen Hawkeyes and two relays rank among the top five in the conference:

1. Kevin Lewis -- 5,000 meters (13:43.70)
 3. MonTayla Holder -- 600 meters (#1:30.61)
 3. Babatunde Amosu -- Triple Jump (51' 11.75", 15.84m)
 3. Aaron Mallett -- 60m Hurdles (7.88)
 3. Kwaza, Guster, Holder, Watts -- 4x4 relay (3:37.84)
 4. Lake Kwaza -- 60 meters (7.42)
 4. Elexis Guster -- 400 meters (53.92)
 4. Will Teubel -- 800 meters (1:49.40)
 4. Katharina Trost -- 800 meters (2:08.05)
 4. Lewis -- 3,000 meters (7:57.06)
 4. Kevin Spejcher -- High Jump (7' 0.5", 2.15m)
 4. Kwaza, Guster, Holder, Watts -- 4x400 (3:37.84)
 5. James Harrington -- 200 meters (21.31)
 5. Brittany Brown -- 200 meters (23.93)
 5. Thompson, Mallett, Davey, Teubel -- 4x400 (3:09.87)
- # - converted time

NCAA QUALIFYING STANDARDS

Qualifying for the NCAA Indoor Track and Field Championships is based on the descending-order list for the season. The top 16 individual participants and the top 12 relay teams qualify for the championships. The NCAA Indoor Track and Field Championships are set for March 13-14 in Fayetteville, Ark.

BIG TEN CHAMPIONSHIPS ON THE AIR

The 2015 Big Ten Indoor Championships will air on BTN at 9:30 a.m. (CT) on Sunday, March 8. Both the men and women's events will take place at the SPIRE Institute in Geneva, Ohio.

2015 INDOOR SEASON LEADERS

MEN

60 Meters	Vinnie Saucer	6.82
60-Meter Hurdles	Aaron Mallett	7.88
200 Meters	James Harrington	21.31
400 Meters	Brennan Davey	47.85
600 Yards	Brennan Davey	1:11.24
600 Meters	Carter Lilly	1:20.55
800 Meters	Will Teubel	1:49.40
1,000 Meters	Will Teubel	2:27.10
Mile	Kevin Lewis	4:07.50
3,000 Meters	Kevin Lewis	* 7:57.06
5,000 Meters	Kevin Lewis	* 13:43.70
1,600-Meter Relay...	Thompson, Mallett, Davey Teubel	3:09.87
Heptathlon	Jack Eckert	5,172 points
High Jump	Kevin Spejcher	7-0 1/2 (2.15m)
Pole Vault	Jack Eckert	14-11 1/4 (4.56m)
Long Jump	Sydney Rush	22-9 (6.93m)
Triple Jump	Babatunde Amosu ..	51-11 3/4 (15.84m)
Shot Put	Gabe Hull	59-0 1/4 (17.99m)
Weight Throw	Carlos Varela-Hernandez	49-3 (15.01m)
Discus Throw	Gabe Hull	182-3 1/4 (55.55m)

WOMEN

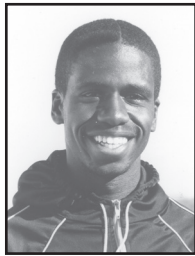
60 Meters	Lake Kwaza	7.42
60-Meter Hurdles	Jahisha Thomas	8.60
200 Meters	Brittany Brown	23.93
400 Meters	Elexis Guster	53.92
600 Yards	Mahnee Watts	1:22.82
600 Meters	MonTayla Holder	1:30.82
800 Meters	Katharina Trost	2:08.05
1,000 Meters	Shannon Maser	2:57.95
Mile	Marta Bote Gonzalez	4:56.82
3,000 Meters	Marta Bote Gonzalez	9:51.82
5,000 Meters	Carolyn Newhouse	17:55.99
1,600-Meter Relay...	Kwaza, Guster, Holder, Watts	3:37.84
High Jump	Madison Rouw	5-4 1/4 (1.63m)
Long Jump	Jahisha Thomas	19-6 1/4 (5.95m)
Shot Put	Alexa Hunt	46-8 1/4 (14.24m)
Weight Throw	Annemie Smith	58-3 (17.75m)
Discus Throw	Dakotah Goodell	156-6 (47.67m)

* -- school record

INDOOR ALL-TIME TOP TEN PERFORMERS



Justin Austin



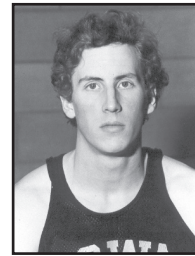
Rodney Chambers



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
- Tony Branch, 1999..... 6.78
- Paul Chaney, Jr., 2009..... 6.80
D’Juan Richardson, 2010 6.80
- Derrick Burks, 2005 6.81
- Zeke Sayon, 2010..... 6.82
Vinnie Saucer, 20156.82

60-Meter Hurdles

- Jordan Mullen, 2013..... 7.70
- Ethan Holmes, 2013 7.82
- Dion Trowers, 1997 7.87
- Aaron Mallett, 2015.....7.88**
- Russell Peterson, 2004 7.97
- Dan Davis, 2012..... 8.02
- DeRocco Reed, 2000..... 8.03
Keith Brown, 20158.03
- Torrey Campbell, 2012 8.09
- Jordan Crosby, 2005 8.16

200 Meters

- Justin Austin, 2011 20.80
- Anthuan Maybank, 1993 21.11
- Bashir Yamini, 1999 21.19
- James Harrington, 201421.21**
- 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
- 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
- Curtis Chung, 1989 47.65

600 Meters

- Erik Sowinski, 2012..... 1:16.91
- Will Teubel, 20141:17.84**
- Steven Willey, 2011 1:17.94
- Keaton Rickels, 2012 1:18.19
- Pat McGhee, 1988..... 1:18.30
- Ryan Weir, 2013 1:18.62
- Chris Barton, 2011..... 1:18.75
Brennan Davey, 2014..... 1:18.75
- Neil Flattery, 2014 1:18.78
- Adam Hairston, 2009..... 1:19.05

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
- Will Teubel, 20151:49.40**
- Nick Kuczwar, 2010 1:49.59
- Dave Novotny, 1996 1:51.27
- Jim Docherty, 1973..... 1:51.30
- Rod Chambers, 1989 1:51.33
- Jim Donovan, 1999 1:51.52

Mile

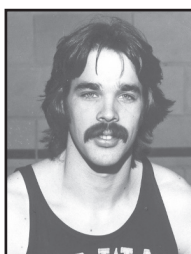
- Jeff Thode, 2011..... 3:58.72
- Ed DeLashmutt, 1981 4:04.01
- Larry Wiczorek, 1968..... 4:04.40
- John Clark, 1972 4:05.94
- Ben Witt, 2014.....4:07.08**
- Adam Thomas, 2002 4:07.13
- Kevin Herd, 1992 4:07.26
- Jesse Luciano, 2009 4:07.29
- Jake Berns, 2006..... 4:07.43
- Kevin Lewis, 2015:07.50**

3,000 Meters

- Kevin Lewis, 2015 7:57.06**
- Jeff Thode, 2011 8:00.38
- Micah VanDenend, 2006 8:00.81
- 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
- Andy Napier, 2008 8:15.70

5,000 Meters

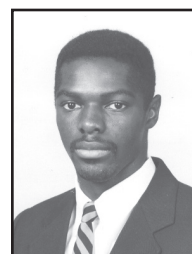
- Kevin Lewis, 2015 13:43.70**
- Micah VanDenend, 2007 13:56.46
- Stetson Steele, 2000..... 14:00.52
- Dan Haut, 2006 14:06.16
- Eric MacTaggart, 2006 14:13.41
- Jeff Thode, 2011..... 14:16.00
- Matt Esche, 2004..... 14:18.43
- Jeff Kent, 2007..... 14:18.86
- Jesse Luciano, 2009 14:20.99
- Nick Nordheim,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



Bill Knoedel



Kevin Lewis

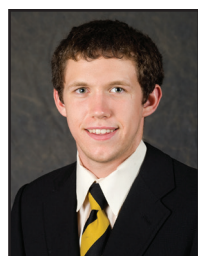


Anthuan Maybank



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 5,172 points**
4. Ryan Niver, 2008..... 5,149 points
5. Frank Prill, 2010..... 5,015 points
6. **William Dougherty, 2015 4,991 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. 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, 199826-0 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. Paul Jones, 1990..... 52-1 1/4 (15.88)
Klyvens Delaunay, 2014 52-1 1/4 (15.88)
4. **Babatunde Amosu, 2014 51-11 3/4 (15.84)**
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. Chris Gambol, 1987 59-0 (17.98)
9. Arno van der Westhuizen, 1999 58-10 3/4 (17.95)
10. **Alex Zona, 2010 58-4 3/4 (17.80)**

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, 20113:06.66
2. Rozell, Davis, Raymond, Yamini, 19983:06.80
3. Coleman, Faber, Strang, Peterson, 2002 ..3:07.44
4. Richards, Sowinski, E. Holmes, Willey, 20113:07.84
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, 19897:29.00
3. English, Blackman, Strozier, Chambers, 19897:36.20
4. 19777:39.40
5. 19867:40.90
6. Bouske, Herd, Chambers, Koon, 19927:43.94
7. Bouska, Cook, White, Herd, 1992.....7:48.63
8. 19927:49.86
9. 19867:50.10
10. Roseman, Rerko, Novotny, Branigan, 19937:51.36

Distance Medley Relay

1. Prom, Rickels, Sowinski, Thode, 20129:45.41
2. 19999:46.83
3. 19779:48.80
4. 19789:49.70
5. Kuczwar, Barton, Kuhlman, N. Holmes, 20109:51.05
6. Marchese, Varner, Hairston, Luciano, 20099:52.52
7. Paul, Varner, Hairston, Thode, 2010.....9:52.71
8. Prom, Richardson, Sowinski, Thode, 20119:57.44
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



Karessa Farley



Ashlyn Gulvas

60 Meters

1. **Brittany Brown, 2014** 7.41
- Lake Kwaza, 2014** 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 7.58

60-Meter Hurdles

1. Karessa 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. Colleen Prendergast, 2000 8.57
7. Tammilee Kerr, 2008 8.60
- Jahisha Thomas, 2015** 8.60
9. Kimberly Stanford, 2008 8.63
10. Diane Steinhardt, 1981 8.68

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. Lake Kwaza, 2014** 23.92
8. Raven Moore, 2013 24.00
9. Erin Jones, 2011 24.01
10. Rhonda-Kaye Trusty, 2010 24.05

400 Meters

1. Kineke Alexander, 2007 51.48
2. Ellen Grant, 1996 52.65
3. Shellene Williams, 2004 52.83
- 4. Elexis Guster, 2015** 53.92
5. Ashley Liverpool, 2011 54.09
- 6. MonTayla Holder, 2015** 54.32
- 7. Alexis Hernandez, 2014** 54.91
8. Tiffany Hendricks, 2011 55.06
9. Marlene Poole, 1993 55.20
10. Wynsome Cole, 1997 55.97

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, 2015** 1:22.82
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 1:27.55

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. Kaitlyn Nelson, 2013** 1:31.44
6. Karen Layne, 1990 1:31.45
7. Nicole Erickson, 2012 1:31.71
8. Kay Stormo, 1982 1:32.30
- 9. Elexis Guster, 2015** 1:32.35
10. Aisha Hume, 2004 1:32.41

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, 1982 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

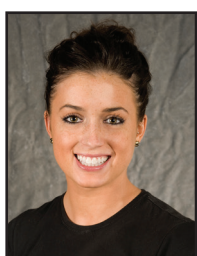
INDOOR ALL-TIME TOP TEN PERFORMERS



Zinnia Miller



Diane Nukuri



Bethany Praska



Peaches Roach



Gail Smith



Jessie Strand



Renee White

5,000 Meters

1. Tracy Dahl, 1993 15:49.52
2. Nan Doak, 1985 15:55.45
3. Racheal Marchand, 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 Sidorowicz, 2012

Long Jump

1. Zinnia Miller, 2014 20-4 1/4 (6.20)
2. Carisa Leacock, 2014 19-9 1/2 (6.03)
3. **Jahisha Thomas, 2015 19-6 1/4 (5.95)**
4. Lisa Moats, 1986 19-6 (5.95)
5. Renee White, 2006 19-3 1/4 (5.87)
6. Tiffany Johnson, 2007 19-2 1/2 (5.85)
7. Davera Taylor, 1984 19-1 1/2 (5.83)
8. Yolanda Hobbs, 1993 19-1 (5.80)
9. Kamesha Marshall, 2005 18-11 1/4 (5.77)
10. Sarah Ryan, 2014 18-2 1/4 (5.72)

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. Kerri Blackstone, 1999 50-9 3/4 (15.48)

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)
7. 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
Tammilee Kerr, 2008 5-7 1/4 (1.71)

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. Lynn McMillan, 1988 38-2 (11.63)
7. Sarah Ryan, 2014 37-5 1/4 (11.41)
8. Lisa Moats, 1985 35-1 (10.69)
9. Becca Franklin, 2004 34-3 (10.44)
10. Rachel Ballard, 2013 34-3 (10.44)

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. **Kassidy Ellis, 2014 3,014 points**

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)
5. Gina Shannon, 2001 10-6 (3.20)
6. Kacey Childs, 2001 9-0 (2.75)
7. Amy Kasparbauer, 2000 8-0 (2.44)

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)
8. Courtney Fritz, 2014 47-5 (14.45)
9. Jennifer Gilson, 2002 46-11 (14.30)
10. **Alexa Hottel, 2015 46-11 (14.24)**

1,600-Meter Relay

1. Liverpool, Hendricks, Praska, Erickson, 2011 3:36.97
2. **Hernandez, Holder, Guster, Watts, 2014 3:37.16**
3. Liverpool, Hendricks, Erickson, Praska, 2011 3:37.58
4. **Kwaza, Guster, Holder, Watts, 2015 3:37.84**
5. **Guster, Holder, Watts, Hernandez, 2014 3:38.62**
6. Hendricks, Erickson, Praska, Liverpool, 2011 3:39.15
7. **Guster, Watts, Holder, Kwaza, 2015 3:39.30**
8. Hendricks, Praska, Erickson, Liverpool, 2011 3:40.42
9. McCalla, Granger, Alexander, Johnson, 2006 3:40.52
10. Kwaza, Holder, Watts, Guster, 2014 3:41.57

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
9. Armstrong, Granger, Stanley, K. Anderson, 2006 11:29.54
10. Lahann, Williams, Stanley, Arens, 2004 11:30.36