

# THE UNIVERSITY OF IOWA



## HAWKEYE TRACK & FIELD



TRACK AND FIELD CONTACT: JORDAN BUCHER

APRIL 20, 2016

### 2016 IOWA TRACK & FIELD OUTDOOR SCHEDULE

Date	Meet
March 18-19	Baldy Castillo <i>(Tempe, Arizona)</i>
April 1-2	Stanford Invite <i>(Palo Alto, California)</i> Florida Relays <i>(Gainesville, Florida)</i>
April 8-9	Jim Click Shootout <i>(Tucson, Arizona)</i>
April 15-16	Jim Duncan Invitational <i>(Des Moines, Iowa)</i>
April 16	Texas Invitational <i>(Austin, Texas)</i>
<b>April 23</b>	<b>Musco Twilight</b> <b><i>(Iowa City, Iowa)</i></b>
April 28-30	Drake Relays <i>(Des Moines, Iowa)</i>
May 13-15	Big Ten Championships <i>(Lincoln, Nebraska)</i>
May 26-28	NCAA First Round <i>(Lawrence, Kansas)</i>
June 8-11	NCAA Championships <i>(Eugene, Oregon)</i>

### IOWA COACHING STAFF

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

### THIS WEEK

The University of Iowa track and field team hosts its only home meet of the season, the 17th-annual Musco Twilight, on Saturday at the Francis X. Cretzmeyer Track in Iowa City. Field events begin at 12 p.m. (CT) followed by running events at 4:20 p.m. In addition to Iowa, the event features four in-state teams: Drake, Iowa Central, Iowa State, and Northern Iowa.

### 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 on the team.

### PROMOTIONS

- Kids Zone begins at 3 p.m. -- includes an inflatable bounce house, lawn games, and tigerhawk temporary tattoos
- Assorted Hawkeye giveaways for all fans
- Free pizza for fans (while supplies last)

### MUSCO HISTORY

Iowa hosted the first Musco Twilight in 1999. The event has continued 17 of the last 18 years. In 2008, the meet was canceled due to flooding. The lights are provided by Musco Lighting, an Iowa based company from Oskaloosa, Iowa.

### SENIOR DAY

The Hawkeyes will recognize 13 seniors Saturday at 4 p.m. (CT). They include: Nicholas Aly, Kerry Dean Jr., Sam Fourman, Allison Gattone, Dakotah Goodell, Anthony Gregorio, James Harrington, MonTayla Holder, Sam Joens, Lake Kwaza, Kaitlyn Nelson, Kevin Spejcher, and Khanishah Williams.

### MALLETT UNDEFEATED AT HOME

Junior All-American Aaron Mallett is undefeated in the men's 110-meter hurdles at Musco Twilight. He placed first in 14.08 his rookie season and ran a winning time of 13.69 as a sophomore.

### 2015 MUSCO CHAMPIONS

Two Hawkeye women -- junior Brittany Brown (100 meters) and senior Lake Kwaza (200 meters) -- won their events at last season's Musco Twilight. Senior Klyvens Delaunay (triple jump), junior Aaron Mallett (110-meter hurdles), and the men's 400-meter and 1,600-meter relays each earned first-place finishes for the men.

### BIG 800-METER SHOWDOWN

The Big Ten currently has the nation's most competitive men's 800-meter field, boasting the highest number (6) of top-25 nationally-ranked athletes in the event. In just his second outing of the season, sophomore Carter Lilly entered the national rankings following a second-place finish in a collegiate-best 1:47.32 at the Texas Invitational on April 16. The Sioux City, Iowa, native sits second all-time, fifth in the league and 13th nationally.

# THE UNIVERSITY OF IOWA



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#### HARRINGTON HEATS UP IN TEXAS

A season-best 20.57 in the men's 200 meters at the Texas Invitational on April 16 landed senior James Harrington seventh in the nation and second in the Big Ten. Harrington also recorded his fastest time of the season to lead the team in the 100 meters (10.42). The Cedar Falls, Iowa, native owns the third-best marks in school history in both events (100 meters/10.26; 200 meters/20.50).

#### RELAYS MAKE HISTORY

Four relay school records have fallen this season. Junior Elexis Guster, freshman Briana Guillory, senior MonTayla Holder, and junior Alexis Hernandez most recently broke the women's 1,600-meter relay school record for the second time this season at the Texas Invitational on April 16, clocking a winning time of 3:32.63. The relay operated with the same four members but in a different order from their previous school record-setting performance (3:33.25/Holder, Guillory, Hernandez, Guster) at the Pepsi Florida Relays on April 2.

The women's 400-meter relay of senior Lake Kwaza, Guster, Guillory, and Hernandez claimed the first school record of the season at the Baldy Castillo Invitational on March 19. The foursome made it around the track in 44.04, the 17th-fastest time in the nation this season.

The men's 800-meter relay of freshman Christian Brissett, senior James Harrington, junior Vinnie Saucer, Jr., and senior Brendan Thompson ran the fastest time in program history (1:23.36) at the Pepsi Florida Relays.

#### IN THE RANKINGS

Ten Hawkeyes and all four relays own marks that rank within the nation's top 25:

- 4th/Elexis Guster (400 meters/51.85)
- 6th/Reno Tuufuli (discus/199-2, 60.71m)
- 7th/James Harrington (200 meters/20.57)
- 8th/Aaron Mallett (110-meter hurdles/13.65)
- 11th/MonTayla Holder (400-meter hurdles/56.70)
- 12th/Brissett, Harris, Harrington, Mallett (400-meter relay/39.53)
- 13th/Carter Lilly (800 meters/1:47.32)
- 14th/DeJuan Frye (400 meters/46.41)
- 14th/Guster, Guillory, Holder, Hernandez (1,600-meter relay/3:32.63)
- 15th/Mitch Wolff (400-meter hurdles/50.96)
- 17th/Kwaza, Guster, Guillory, Hernandez (400-meter relay/44.04)
- 20th/Lake Kwaza (200 meters/23.17)
- 21st/Noah Larrison (400-meter hurdles/51.22)
- 21st/Wolff, Harris, Mallett, Frye (1,600-meter relay/3:06.88)

#### NEXT ON THE BLOCK

The Hawkeyes head to the Drake Relays in Des Moines, Iowa, from April 28-30.

### 2016 MEN'S OUTDOOR SEASON BESTS

100 meters	James Harrington	10.42
110-m hurdles	Aaron Mallett	13.65
200 meters	James Harrington	20.57
400 meters	DeJuan Frye	46.41
400-m hurdles	Mitch Wolff	50.96
800 meters	Carter Lilly	1:47.32
1,500 meters	Michael Melchert	3:49.03
3,000-m steeple	Daniel Gardarsson	9:25.84
5,000 meters	Kevin Docherty	14:37.15
10,000 meters	Michael Melchert	30:10.32
400-m Relay	Brissett, Harris, Harrington, Mallett	39.53
800-m Relay	Brissett, Harrington, Saucer, Jr., Thompson	* 1:23.36
1,600-m Relay	Wolff, Harris, Mallett, Frye	3:06.88
3,200-m Relay	Price, Soto, Gardarsson, Docherty	7:54.10
Dist. Med. Relay	Hutsalyuk, Frye, Dorman, Price	10:01.51
High Jump	Kevin Spejcher	7-0 1/2 (2.15m)
Pole Vault	Andy Jastis	15-7 1/4 (4.76m)
Long Jump	Kerry Dean, Jr.	23-1 3/4 (7.05m)
Shot Put	Reno Tuufuli	60-2 (18.34m)
Discus	Reno Tuufuli	199-2 (60.71m)
Javelin	Alex Balke	205-11 (62.77m)
Decathlon	William Dougherty	6,253 points

### 2016 WOMEN'S OUTDOOR SEASON BESTS

100 meters	Lake Kwaza	11.46
100-m hurdles	Jahisha Thomas	13.67
200 meters	Lake Kwaza	23.17
400 meters	Elexis Guster	51.85
400-m hurdles	MonTayla Holder	56.70
800 meters	Mahnee Watts	2:08.48
1,500 meters	Tess Wilberding	4:30.75
400-m Relay	Kwaza, Guster, Guillory, Hernandez	* 44.04
800-m Relay	Chapman, Roberts-Lewis, Champe, Brown	1:36.98
1,600-m Relay	Guster, Guillory, Holder, Hernandez	* 3:32.63
Sprint Med. Relay	Roberts-Lewis, Chapman, Nelson, Watts	4:02.02
Dist. Med. Relay	Watts, Champe, Nelson, Sindt	12:05.83
High Jump	Madison Rouw	5-8 3/4 (1.75m)
	Khanishah Williams	5-8 3/4 (1.75m)
Pole Vault	Any Smith	10-0 (3.05m)
Long Jump	Jahisha Thomas	19-11 (6.07m)
Triple Jump	Tria Seawater-Simmons	38-9 (11.81m)
Javelin	Kayla Hochhalter	144-8 (44.90m)
Discus	Dakotah Goodell	156-9 (47.79m)
Hammer Throw	Leah Colbert	178-9 (54.49m)

\* - school record

# OUTDOOR ALL-TIME TOP 10 PERFORMERS



Jeremy Allen



Justin Austin



Matt Byers



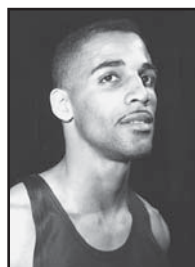
Troy Doris



Jeffery Herron



Gabe Hull



Deacon Jones

## 100 Meters

- Justin Austin, 2011 ..... 10.21
- George Page, 1996 ..... 10.25
- James Harrington, 2015 ..... 10.26**
- Anthuan Maybank, 1994 ..... 10.31
- Tim Dwight, 1997 ..... 10.31
- Josh Larney, 2013 ..... 10.31
- Vinnie Saucer, Jr., 2015 ..... 10.31**
- Bob Lawson, 1976 ..... 10.36
- Robert Smith, 1984 ..... 10.39
- Curtis Chang, 1987 ..... 10.40

## 110-Meter High Hurdles

- Aaron Mallett, 2015 ..... 13.40**
- Pat McGhee, 1989 ..... 13.50
- Dion Trowers, 1996 ..... 13.62
- Ronnie McCoy, 1985 ..... 13.66
- Ethan Holmes, 2011 ..... 13.73
- Jordan Mullen, 2013 ..... 13.76
- James Armstrong, 1991 ..... 13.89
- Dan Davis, 2012 ..... 14.01
- Doug Jones, 1986 ..... 14.06
- Chris Williams, 1983 ..... 14.24

## 200 Meters

- Justin Austin, 2011 ..... 20.31
- Jeff Patrick, 1983 ..... 20.47
- James Harrington, 2015 ..... 20.50**
- 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
- O'Shea Wilson, 2014 ..... 20.82**

## 400 Meters

- Anthuan Maybank, 1993 ..... 44.99
- Andre Morris, 1995 ..... 45.15
- Mike Mondane, 1967 ..... 45.20
- Steven Willey, 2010 ..... 45.78
- Gary Hollingsworth, 1963 ..... 46.30
- DeJuan Frye, 2016 ..... 46.41**
- Harold Leonard, 1986 ..... 46.45
- Tony Branch, 1999 ..... 46.60
- Prince Riley, 2007 ..... 46.61
- George Page, 1996 ..... 46.66

## 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
- Ethan Holmes, 2013 ..... 50.51
- Adam Kunkel, 2001 ..... 50.73
- Jon Reimer, 1967 ..... 50.94
- Mitch Wolff, 2016 ..... 50.96**
- Gary Falls, 1991 ..... 51.08

## 800 Meters

- Erik Sowinski, 2012 ..... 1:45.90
- Carter Lilly, 2016 ..... 1:47.32**
- Bill Frazier, 1962 ..... 1:47.64
- D'Juan Strozier, 1990 ..... 1:47.82
- Adam Hairston, 2011 ..... 1:48.10
- Will Teubel, 2015 ..... 1:48.60**
- Michael Layne, 1999 ..... 1:49.61
- Bill Thiesen, 1985 ..... 1:49.74
- Pavlo Hutsalyuk, 2016 ..... 1:49.94**
- Ryan Weir, 2013 ..... 1:50.01

## 1,500 Meters

- Jeff Thode, 2010 ..... 3:43.02
- Joel Moeller, 1978 ..... 3:44.01
- Jim Docherty, 1978 ..... 3:44.30
- Sam Fourman, 2015 ..... 3:44.50
- Dan Waters, 1986 ..... 3:46.35
- Kevin Herd, 1994 ..... 3:46.64
- John Clark, 1977 ..... 3:46.84
- Ted Wheeler, 1956 ..... 3:48.24
- Michael Melchert, 2016 ..... 3:49.03**
- Kevin Docherty, 2016 ..... 3:49.36**

## 3,000-Meter Steeplechase

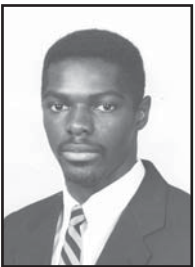
- Deacon Jones, 1956 ..... 8:47.40
- Steve Pershing, 1978 ..... 8:54.59
- Andy Morris, 2000 ..... 8:56.21
- Matt Gerard, 1994 ..... 8:57.01
- Andy Napier, 2008 ..... 8:57.54
- Rollie Kitt, 1967 ..... 9:02.90
- Al Greene, 1985 ..... 9:02.96
- Tony Rakaric, 2005 ..... 9:03.29
- Mark Battista, 2010 .....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

## 5,000 Meters

- Micah VanDenend, 2007 ..... 13:49.31
- Larry Wieczorek, 1968 ..... 13:56.00
- Kevin Herd, 1993 ..... 13:59.00
- Stetson Steele, 2000 ..... 14:02.76
- Kevin Lewis, 2014 ..... 14:02.78
- 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 Thode, 2011 ..... 14:12.40



Aaron Mallett



Anthuan Maybank

# OUTDOOR ALL-TIME TOP 10 PERFORMERS



Kyle Reid



Erik Sowinski



Stetson Steele



Jeff Thode



Micah VanDenend



Todd Wigginton



Arno  
van der Westhuizen

## 10,000 Meters

1. Stetson Steele, 2000..... 28:44.47
2. Eric MacTaggart, 2006..... 28:50.23
3. Kevin Lewis, 2015..... 28:59.62
4. Nick Nordheim, 2002..... 29:44.71
5. Trent Corey, 2002..... 29:45.25
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..... 7,203 pts
2. Jack Eckert, 2015..... 7,087 pts
3. Dan Rolling, 2010..... 6,957 pts
4. **William Dougherty, 2015..... 6,862 pts**
5. Scott Faber, 2000..... 6,839 pts
6. Ryan Niver, 2008..... 6,837 pts
7. Chad Ohly, 1994..... 6,641 pts
8. Gary Kostrubala, 1984..... 6,498 pts
9. Frank Prill, 2008..... 6,381 pts
10. 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)
- Bill Knoedel, 1975..... 7-4 (2.23)
4. **Kevin Speicher, 2014..... 7-2 1/2 (2.20)**
5. M. Cunningham, 1986..... 7-1 (2.16)
- Kenneth Lansing, 1988..... 7-1 (2.16)
7. Pat Meade, 1987..... 7-0 1/4 (2.14)
8. Graham Valdes, 2012..... 6-11 3/4 (2.12)
9. Peter Hlavin, 1979..... 6-11 (2.11)
- Scott Hudek, 1993..... 6-11 (2.11)
- Jeremy Petsche, 2008..... 6-11 (2.11)
- 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)
- Kyle Reid, 2013..... 16-8 3/4 (5.10)
4. Curt Broek, 1978..... 16-8 (5.08)
5. Phil Wertman, 1971..... 16-7 (5.05)
- Kelly Scott, 1988..... 16-7 (5.05)
7. John Teffer, 1972..... 16-2 (4.93)
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)

## 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. **O'Shea Wilson, 2014..... 25-2 (7.67)**
8. Matty Gorman, 2006..... 25-1 1/4 (7.65)
9. Ronnie McCoy, 1985..... 25-0 (7.62)
10. Jeffery Herron, 2010..... 24-9 (7.54)

## Triple Jump

1. Troy Doris, 2012..... 54-8 (16.66)
2. Babatunde Amosu, 2015..... 53-10 (16.15)
3. Paul Jones, 1990..... 53-9 (16.38)
4. **Klyvens Delaunay, 2013 . 52-2 1/2 (15.91)**
5. Gordon Finch, 1988..... 50-9 1/4 (15.47)
6. Mike Lacy, 1984..... 50-5 (15.36)
7. Pat Miller, 1985..... 49-8 1/2 (15.25)
8. Matty Gorman, 2008..... 49-2 1/2 (15.00)
9. Owen Gill, 1982..... 49-1 (14.96)
10. Josh Bean, 2010..... 48-10 3/4 (14.90)

## 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. **Reno Tuufuli, 2016..... 60-2 (18.34)**
7. Chris Gambol, 1987..... 60-0 1/2 (18.30)
8. A.J. Curtis, 2008..... 59-8 1/4 (18.19)
9. Gabe Hull, 2014..... 59-4 1/4 (18.09)
10. A. van der Westhuizen, 2000 58-8 3/4 (17.90)

## Discus

1. Gabe Hull, 2014..... 207-1 (63.11)
2. A.J. Curtis, 2007..... 202-11 (61.84)
3. Gary Kostrubala, 1986..... 202-4 (61.68)
4. **Reno Tuufuli, 2016..... 199-2 (60.71)**
5. Jeremy Allen, 2001..... 195-4 (59.54)
6. Tim Brodersen, 2005..... 193-6 (58.98)
7. Brad Daufeldt, 2004..... 185-0 (56.40)
8. Nick Brayton, 2009..... 180-11 (55.15)
9. Andy Banse, 2005..... 180-0 (54.86)
10. Eric Rothwell, 2004..... 179-7 (54.73)

## 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)
- Mark Shapveld, 2009..... 184-6 (56.23)

## 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. **Sam Joens, 2015..... 211-5 3/4 (64.45)**
5. Zach Schimp, 2010..... 211-0 (64.32)
6. **Alex Balke, 2016..... 205-11 (62.77)**
7. Kale Katt, 2007..... 204-0 (62.17)
8. Joel Storm, 2004..... 203-5 (62.01)
9. Matt Stank, 2001..... 199-0 (60.66)
10. Jack Eckert, 2015..... 188-9 (57.53)



# OUTDOOR ALL-TIME TOP 10 PERFORMERS



Kineke Alexander



Meghan Armstrong



Marta  
Bote Gonzalez



Brittany Brown



Nan Doak



Aisha James



Tiffany Johnson

## 100 Meters

1. **Lake Kwaza, 2015** ..... **11.40**
2. **Brittany Brown, 2015** ..... **11.42**
3. Vivien McKenzie, 1985 ..... 11.45
4. Davera Taylor, 1984 ..... 11.51
5. Erica Broomfield, 1998 ..... 11.53
6. Jiselle Providence, 2001 ..... 11.57
7. Tanja Reid, 1994 ..... 11.60
- Peaches Roach, 2005 ..... 11.60
9. Yolanda Hobbs, 1995 ..... 11.62
10. Elanie Jones, 1985 ..... 11.69

## 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. **Jahisha Thomas, 2016** ..... **13.67**
7. Ruqayya Raheem, 1998 ..... 13.90
8. Brenda Calhoun, 1984 ..... 13.94
9. Wynsome Cole, 1997 ..... 14.10
10. Kimberly Stanford, 2008 ..... 14.11

## 200 Meters

1. **Brittany Brown, 2015** ..... **22.89**
2. **Lake Kwaza, 2016** ..... **23.17**
3. **Elexis Guster, 2016** ..... **23.38**
4. **Briana Guillory, 2016** ..... **23.46**
5. Shellene Williams, 2004 ..... 23.50
6. Kineke Alexander, 2006 ..... 23.58
7. Davera Taylor, 1984 ..... 23.59
8. Vivien McKenzie, 1985 ..... 23.61
9. Yolanda Hobbs, 1995 ..... 23.65
10. Erin Jones, 2012 ..... 23.71

## 400 Meters

1. Kineke Alexander, 2006 ..... 51.35
2. **Elexis Guster, 2016** ..... **51.85**
3. Shellene Williams, 2004 ..... 51.94
4. Ashley Liverpool, 2012 ..... 52.47
5. Ellen Grant, 1996 ..... 52.65
6. **Alexis Hernandez, 2016** ..... **53.82**
7. Senta Hawkins, 1988 ..... 54.01
- Bethany Praska, 2011 ..... 54.01
9. Marlene Poole, 1994 ..... 54.03
10. **Briana Guillory, 2016** ..... **54.22**

## 400-Meter Hurdles

1. Mary Knoblauch, 1981 ..... 56.16
2. Wynsome Cole, 1998 ..... 56.67
3. **MonTayla Holder, 2016** ..... **56.70**
4. Chris Davenport, 1981 ..... 59.18
5. Hannah Simonson, 2012 ..... 59.54
6. Sarah Steffen, 2002 ..... 59.59
7. Tiffany Hendricks, 2011 ..... 59.63
8. Nicole Erickson, 2012 ..... 59.77
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. Katharina Trost, 2015 ..... 2:07.09
5. **Mahnee Watts, 2016** ..... **2:08.48**
6. Aisha Hume, 2005 ..... 2:08.50
7. Adrienne Alexia, 2013 ..... 2:08.61
8. Jeanne Kruckeberg, 1987 ..... 2:08.75
9. **Kaitlyn Nelson, 2013** ..... **2:08.83**
10. Ann Pare, 1997 ..... 2:09.25

## 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. Brooke Eilers, 2011 ..... 9:30.08
9. Jeanne Kruckeberg, 1989 ..... 9:30.69
10. Jennifer Brower, 1992 ..... 9:34.59

## 3,000-Meter Steeplechase

1. **Marta Bote Gonzalez, 2015** ..... **10:23.15**
2. Danielle Berndt, 2011 ..... 10:26.54
3. Jessica Schmidt, 2008 ..... 10:27.18
4. Sarah Arens, 2004 ..... 10:34.50
5. Hannah Roeder, 2011 ..... 10:35.22
6. Kelsey Hart, 2011 ..... 10:47.56
7. Katie Ellis, 2010 ..... 11:02.62
8. Michelle Lahann, 2003 ..... 11:16.21
9. 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. Brooke Eilers, 2011 ..... 16:11.86
7. Mareike Schrulle, 2013 ..... 16:12.66
8. Jenny Spangler, 1983 ..... 16:17.21
9. Tracy Dahl, 1992 ..... 16:18.77
10. Racheal Marchand, 2008 ..... 16:27.02



Tammilee Kerr



Lake Kwaza



Diane Nukuri



Bethany Praska

# OUTDOOR ALL-TIME TOP 10 PERFORMERS



Alana Redfern



Peaches Roach



Annemie Smith



Jessie Strand



Majesty Tutson



Lisa Van Steenwyk



Renee White

## 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. Kassidy Ellis, 2014 ..... 4,242 pts
9. Missy Miller, 2010 ..... 4,227 pts
10. Angie Hensel, 2004 ..... 4,073 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. **Madison Rouw, 2016 ..... 5-8 3/4 (1.75)**
7. Kacey Childs, 2001 ..... 5-8 1/2 (1.74)
8. Kristi Dinkla, 1985 ..... 5-8 (1.73)
- Becky Kaza, 1995 ..... 5-8 (1.73)
- Eve Cullinan, 2003 ..... 5-8 (1.73)

## 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. Elyssa Tracy, 2015 ..... 10-6 (3.20)
8. **Amy Smith, 2016 ..... 10-0 (3.05)**
9. Kacey Childs, 2000 ..... 8-0 1/2 (2.45)

## Long Jump

1. Aisha James, 2003 ..... 22-3 (6.78)
2. Zinnia Miller, 2014 ..... 20-6 1/2 (6.26)
3. Renee White, 2008 ..... 20-3 3/4 (6.19)
4. **Jahisha Thomas, 2015 ..... 20-3 (6.17)**
5. Carisa Leacock, 2014 ..... 19-11 3/4 (6.09)
6. Becki Borg, 1988 ..... 19-7 1/4 (5.97)
7. Kassidy Ellis, 2015 ..... 19-6 1/4 (5.95)
8. Lisa Moats, 1986 ..... 19-6 (5.95)
9. Tammilee Kerr, 2008 ..... 19-4 1/4 (5.90)
10. Yolanda Hobbs, 1993 ..... 19-2 1/2 (5.85)

## Triple Jump

1. Renee White, 2008 ..... 43-10 3/4 (13.36)
2. Zinnia Miller, 2014 ..... 42-0 1/2 (12.81)
3. Tiffany Johnson, 2007 ..... 41-8 3/4 (12.72)
4. Carisa Leacock, 2012 ..... 40-10 1/2 (12.46)
5. Becki Borg, 1988 ..... 40-7 1/2 (12.38)
6. Lynn McMillan, 1988 ..... 39-6 1/2 (12.05)
7. Lynn, 1998 ..... 39-0 (11.88)
8. **T. Seawater-Simmons, 2016 . 38-9 (11.81)**
9. **Jahisha Thomas, 2016 .... 38-6 3/4 (11.75)**
10. Kacey Childs, 2001 ..... 37-8 (11.48)

## 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. Rachel Curry, 2013 ..... 47-9 1/4 (14.56)
8. Jennifer Moon, 2000 ..... 47-5 1/4 (14.46)
9. Courtney Fritz, 2014 ..... 46-6 1/4 (14.18)
10. Mandy Chandler, 2006 ..... 46-0 (14.02)

## Discus

1. Majesty Tutson, 2013 ..... 181-1 (55.19)
2. **Dakotah Goodell, 2014 .....169-4 (51.62)**
3. Tiffany Medenwaldt, 2010 .. 161-3 (49.16)
4. Denise Taylor, 1992 ..... 160-5 (48.90)
5. Amanda Stahle, 2014 ..... 159-3 (48.54)
6. Lisa Van Steenwyk, 1991 ..... 159-1 (48.50)
7. Gail Smith, 1983 ..... 158-2 (48.22)
8. Ashlyn Gulvas, 2011 ..... 154-11 (47.23)
9. Courtney Fritz, 2012 ..... 154-1 (46.96)
10. Kamesha Marshall, 2005 ... 152-11 (46.62)
- Lindsay Herra, 2015 .....152-11 (46.60)**

## 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. **Dakotah Goodell, 2015 153-3 1/4 (46.71)**
5. Terri Soldan, 1983 ..... 152-6 1/4 (46.48)
6. Shani Renning, 1990 ..... 152-3 (46.40)
7. **Kayla Hochhalter, 2015 .....152-6 (46.49)**
8. Clara Simon, 1981 ..... 149-9 (45.64)
9. Janet Adams, 1984 ..... 148-7 (45.28)
10. Amanda Stahle, 2014 ..... 148-0 (45.11)

## Hammer Throw

1. Annemie Smith, 2015 .... 200-1 1/2 (60.99)
2. Jasmine Simpson, 2013 ..... 197-7 (60.23)
3. Becca Franklin, 2007 ..... 195-0 (59.45)
4. Ashlyn Gulvas, 2014 ..... 192-9 (58.75)
5. **Leah Colbert, 2015 .....178-9 (54.49)**
6. Kelsey Taylor, 2011 ..... 177-0 (53.95)
7. Tiffany Medenwaldt, 2010 171-11 (52.40)
8. Erin O'Hern, 2008 ..... 168-9 (51.45)
9. Chelsea Colpitts, 2013 ..... 162-5 (49.51)
10. Kerri Blackstone, 1999 ..... 161-10 (49.32)

# MEN'S OUTDOOR ALL-TIME TOP 10 RELAYS

## 400-Meter Relay

1. Mincy, **Wilson, Harrington**, Brown, 2014..... 39.19
2. Mincy, Austin, E. Holmes, Larney, 2013 ..... 39.31
3. Beecham, Duckett, Greer, R. Smith, 1984 ..... 39.48
4. **Brissett, Harris, Harrington, Mallett, 2016** ..... **39.53**
5. Mullen, Austin, E. Holmes, Larney, 2013 ..... 39.66
- Saucer, Jr., Thompson, Harrington, Mallett, 2015**..... 39.66
7. **Saucer, Jr., Mallett, Harrington**, Brown, 2015 ..... 39.67
8. Page, Davis, Rozell, Morris, 1996..... 39.73
- Brown, **Harrington**, Mincy, **Wilson**, 2014..... 39.73
- Thompson, Brissett, Harrington, Mallett, 2016**..... **39.73**

## 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. **Brissett, Harrington, Saucer, Jr., Thompson, 2016** ..... **1:23.36**
2. Richardson, Sayon, Richards, Chaney, Jr., 2009 ..... 1:24.85
3. Harrington, VanCleave, Wilson, Mallett, 2014 ..... 1:24.86
4. Austin, Brown, Larney, VanCleave, 2013 ..... 1:25.60
5. Barclay, McCalister, Jensen, Elliott, 1979..... 1:26.39
6. Thomas, Balkrishnan, Patterson, Freidrich 1991..... 1:28.38
7. 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. Richards, Davey, E. Holmes, Sowsinski, 2012 ..... 3:05.77
7. Cameron, Williams, McGhee, McCoy, 1985 ..... 3:06.00
8. Rozell, Davis, Dwight, Raymond, 1997 ..... 3:06.06
- Dodge, Kunkel, Coleman, Peterson, 2001 ..... 3:06.06
10. Austin, Davey, Richards, Sowinski, 2012..... 3:06.49

## Sprint Medley Relay

1. McCorkle, Jones, Chung, Strozier, 1990 ..... 3:15.64
2. Sayon, Austin, Willey, Sowinski, 2011 ..... 3:16.18
3. Richards, Larney, Davey, Sowinski, 2012 ..... 3:17.25
4. Richardson, Richards, Willey, Sowinski, 2010..... 3:17.74
5. Armstrong, Thomas, Maybank, Strozier, 1991 ..... 3:18.93
6. Yamini, Davis, Dodge, Donovan, 1999 ..... 3:19.87
7. Richards, Chaney, Jr., Barton, Hairston, 2009..... 3:20.05
8. **Harrington, Mallett**, Davey, **Teubel**, 2014..... 3:20.08
9. McCorkle, Armstrong, Chung, Strozier, 1990 ..... 3:20.43
10. Dodge, Yamini, Branch, Donovan, 1999 ..... 3:20.83

## 3,200 Meter Relay

1. Schum, Christensen, Steffen, Criswell, 1971 ..... 7:18.60
2. Hairston, Prom, Thode, Sowinski, 2011..... 7:23.77
3. Corrigan, Blackman, Strozier, Chambers, 1989 ..... 7:29.00
4. **Lilly, Dorman, Teubel**, Davey, 2015 ..... 7:31.48
5. Willey, Braff, Sowinski, Hairston, 2009 ..... 7:33.08
6. Tweedy, Gajewski, Linden, O'Hollearn, 2005 ..... 7:33.12
7. Cunningham, Tweedy, S. Allen, Thomas, 2001..... 7:34.12
8. Long, Tweedy, Dziubski, O'Hollearn, 2004 ..... 7:35.10
9. 1999 ..... 7:36.43
10. Prom, Slaymaker, Wheeler, Weir, 2012 ..... 7:38.15

## Distance Medley Relay

1. Pershing, Moeller, Slack, Docherty, 1978 ..... 9:39.94
2. Kuczwarra, Barton, Hairston, Thode, 2011 ..... 9:41.37
3. N. Holmes, Van Cleave, Sowinski, Thode, 2012..... 9:41.59
4. Young, Barton, Kuczwarra, Luciano, 2010..... 9:42.97
5. Prom, Davey, Weir, Witt, 2013..... 9:53.83
6. Theisen, Williams, Wiesa, Waters, 1985 ..... 9:54.04
7. Wilfong, Slaymaker, **Teubel**, Witt, 2013 ..... 9:54.05
8. Luciano, Pierre, Hairston, VanDenend, 2007..... 9:54.07
9. VanDenend, Riley, O'Hollearn, Rakaric, 2006..... 9:54.97
10. Feeldy, Eischeid, Novotny, Peters, 1996 ..... 9:55.71

## 6,400 Meter Relay

1. Pershing, Fuller, Moeller, Docherty, 1978..... 16:27.70
2. Rakaric, Webster, MacTaggart, VanDenend, 2006..... 16:55.43
3. Lewis, Witt, **Hart**, Fourman, 2015 ..... 16:58.44
4. Paul, Kadlec, Thode, Luciano, 2010 ..... 17:01.46
5. Witt, Lewis, **Hart**, Butler, 2014 ..... 17:01.65
6. N. Holmes, Witt, Thode, Lewis, 2012 ..... 17:02.26
7. Thomas, Allen, Rakaric, Lloyd, 2003 ..... 17:06.27
8. Pittman, Novotny, Feeldy, Marquardt, 1995 ..... 17:12.49
9. Bakker, Feeldy, Peters, Pittman, 1996 ..... 17:13.10
10. Allen, Trainor, McDermott, Esche, 2002 ..... 17:14.53



# WOMEN'S OUTDOOR ALL-TIME TOP 10 RELAYS

## 400-Meter Relay

1. **Kwaza, Guster, Guillory, Hernandez, 2016** .....**44.04**
2. **Kwaza, Guster, Chapman, Guillory, 2016** .....**44.41**
3. **Kwaza, Guster, Hernandez, Brown, 2014** ..... 44.51
4. **Kwaza, Guster, Holder, Brown, 2014**..... 44.62
5. Poole, Reid, Floyd, Hobbs, 1994..... 44.63
6. Charles, Williams, Providence, James, 2003 ..... 44.71  
**Brown, Kwaza, Ellis, Holder, 2015**..... 44.71
8. Floyd, Hobbs, Poole, Reid, 1994..... 44.80
9. **Holder, Guster, Kwaza, Brown, 2015** ..... 44.93
10. Fouchè, Williams, Providence, James, 2003..... 45.02

## Shuttle Hurdle Relay

1. Prendergast, Cole, Raheem, Ruen, 1998..... 56.44
2. Cole, Prendergast, Raheen, Ruen, 1998..... 56.54
3. Raheen, 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. **Chapman, Roberts-Lewis, Champe, Brown, 2016** .....**1:36.98**
4. Williams, Charles, Fouchè, Providence, 2003..... 1:37.49
5. Herrmann, McCalla, Raymond, Roach, 2004..... 1:37.66
6. Charles, Dixon, Knight, Prendergast, 2002 ..... 1:38.15
7. Prendergast, Dixon, Knight, Providence, 2001 ..... 1:38.73
8. Trusty, Hendricks, Graham, Erickson, 2009 ..... 1:38.79
9. Dixon, Knight, Prendergast, Providence, 2001 ..... 1:38.93
10. Dixon, Providence, Knight, Charles, 2001..... 1:39.68

## 1,600-Meter Relay

1. **Guster, Guillory, Holder, Hernandez, 2016**.....**3:32.63**
2. **Holder, Guillory, Hernandez, Guster, 2016**.....**3:33.25**
3. **Guster, Hernandez, Holder, Kwaza, 2014**..... 3:34.83
4. Praska, Hendricks, Liverpool, Erickson, 2011 ..... 3:35.93
5. **Guster, Watts, Hernandez, Kwaza, 2014** ..... 3:36.09
6. Hume, Charles, Steffen, Williams, 2003 ..... 3:36.26
7. **Kwaza, Guster, Hernandez, Holder, 2014**..... 3:36.40
8. Simsonson, Liverpool, Erickson, Sack, 2012 ..... 3:37.57
9. **Guster, Watts, Holder, Kwaza, 2014**..... 3:37.73
10. **Guster, Holder, Hernandez, Kwaza, 2014**..... 3:37.95

## Sprint Medley Relay

1. Jones, Hendricks, Liverpool, Praska, 2011..... 3:48.63
2. **Brown, Kwaza, Guster, Watts, 2014** ..... 3:51.18
3. **Kwaza, Brown, Guster, Trost, 2015** ..... 3:53.29
4. **Kwaza, R. Moore, Holder, Alexia, 2013**..... 3:54.51
5. Trusty, R. Moore, Hendricks, Praska, 2010 ..... 3:56.53
6. Reid, Philip, Hobbs, Benning, 1995 ..... 3:56.54
7. Roach, Alexander, McCalla, Stanley, 2005 ..... 3:56.99
8. **Kwaza, R. Moore, Alexia, Nelson, 2013**..... 3:58.72
9. Clarke, Graham, Jones, Poncé, 2007 ..... 3:59.34
10. **Thomas, Champe, Nelson, Watts, 2015** ..... 3:59.35

## 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. Trost, Maser, Alexia, **Nelson, 2014**..... 8:49.95
5. Flood, Dlhy, L. Hardesty, Docherty, 2009..... 8:53.91
6. Armstrong, Stanley, Laney, Hume, 2005..... 8:54.27
7. O'Brien, Camarigg, Williams, Stormo, 1981 ..... 8:54.36
8. Flood, Melander, Praska, Hardesty, 2010 ..... 8:54.45
9. Drapcho, Schlader, Williams, Stormo, 1980 ..... 8:56.14
10. Drapcho, Mitchell, Schlader, Stormo, 1979 ..... 8:57.24

## 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. Schrulle, Erickson, Placzek, Eilers, 2012 ..... 11:40.57
8. Davenport, xx, xx, xx, 1981..... 11:41.44
9. Pare, Grant, Benning, Gilchrist, 1997 ..... 11:41.92
10. Dlhy, 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, Ranegar, Melander, 2012 ..... 19:16.73
4. Flood, Eilers, Melander, L. Hardesty, 2011 ..... 19:17.52
5. Flood, Melander, A. Hardesty, Eilers, 2009..... 19:36.43
6. Scott, Gordon, Schrulle, Gambrall, 2013 ..... 19:41.15
7. **Jones, Bote Gonzalez, Wilberding, Reischmann, 2015** ... 19:59.72
8. Maser, Price, **Wilberding**, Montuclard, 2014 ..... 20:23.27
9. Chapple, Laney, Donlon, Sokol, 2005 ..... 20:39.12
10. Arens, Barber, Butler, Roberts, 2001 ..... 20:40.89