

# THE UNIVERSITY OF IOWA



## HAWKEYE TRACK & FIELD



TRACK AND FIELD CONTACT: BRANDEE BRITT

January 16, 2013

### 2013 IOWA TRACK & FIELD INDOOR SCHEDULE

Date	Meet	Result
Jan. 12	<b>Iowa Open</b> <i>(Iowa City, Iowa)</i>	No team Scores
Jan. 19	Adidas Classic <i>(Lincoln, Neb.)</i>	
Jan. 25-26	Bill Bergen Invite <i>(Ames, Iowa)</i>	
Jan. 26	Illinois Invite <i>(Champaign, Ill.)</i>	
Feb. 1-2	Meyo Invite <i>(Notre Dame, Ind.)</i>	
Feb. 8-9	Cyclone Classic <i>(Ames, Iowa)</i> Husky Invite <i>(Seattle, Wash.)</i> Tyson Invite <i>(Fayetteville Ark.)</i>	
Feb. 15	<b>Iowa Invite</b> <i>(Iowa City, Iowa)</i>	
Feb. 22-23	Big Ten Championships <i>(Geneva, Ohio)</i>	
Mar. 2	Last Chance Meet <i>(Ames, Iowa/Notre Dame, Ind.)</i>	
Mar. 8-9	NCAA Championships <i>(Fayetteville, Ark.)</i>	

### IOWA COACHING STAFF

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

### THIS WEEK

The University of Iowa track and field team travels to Lincoln, Neb., to compete in the Adidas Classic on Saturday. The event will be held at the Devaney Center and is scheduled to begin at noon.

### THE COMPETITION

The Adidas Classic will feature teams from Oral Roberts, Wichita State, Air Force and Nebraska. The Nebraska women's team is currently ranked 19th nationally.

### ATOP THE BIG TEN

Senior Jordan Mullen's 60-meter hurdles time of 7.86 leads the Big Ten, while senior Josh Larney's 60 meters time of 6.78 ranks second. Keaton Rickels' converted 600 meters time of 1:19.09 is the third best recorded time in the Big Ten, while freshman MonTayla Holder's converted 600 meters time of 1:31.21 ranks second. Kevin Lewis' converted 3,000 meter time of 8:15.16 ranks second. Times are converted due to the size of the track.

### GULVAS SETS THE RECORD

Ashlyn Gulvas recorded a school record setting mark of 60-7 3/4 (18.48m) in the weight throw at the Iowa Open on Jan. 12. The junior recorded her previous best of 57-0 3/4 (17.39m) at the 2012 Iowa Invitational on Feb. 17. Sophomore Annemie Smith also recorded a personal best toss. Smith's mark of 60-0 1/4 (18.29m) ranks third all-time at Iowa.

### MEET THE RECORD HOLDERS

Three Hawkeyes currently hold indoor school records. Senior Justin Austin holds records in the 60 meters (6.69) and 200 meters (20.80), while senior Jordan Mullen holds the 60-meter hurdles (7.75) record. Junior Ashlyn Gulvas holds the school record in the weight throw (60-7 3/4; 18.48m).

### GONE IN 60 METERS

Three Hawkeye men and two women are ranked on the all-time top 10 performers list in the 60 meters. Senior Justin Austin holds the men's record with a time of 6.69. Senior Josh Larney ranks fourth with a time of 6.78, and junior Tevin-Cee Mincy ranks eighth with a time of 6.81. Freshman Lake Kwaza entered the top 10 list with a time of 7.58 in her Hawkeye debut. Kwaza ranks just ahead of senior Raven Moore who sits at No. 9 with a time of 7.59.

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## HAWKEYE TRACK & FIELD



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### LARNEY CLIMBS THE CHART

Senior Josh Larney has set a personal best in each of his last two races. Larney ran a 60 meters time of 6.85 at the 2012 Big Ten Indoor Championships in his final race last season, and he opened 2013 with a personal best time of 6.78 at the Iowa Open on Jan. 12. That time ties for fourth all-time at Iowa.

### NEW KIDS ON THE BLOCK

Four true freshmen earned first place finishes at the Iowa Open on Jan. 12. Lake Kwaza took the women's 60 meters title when she crossed the line in 7.58. That time ranks eighth all-time at Iowa. Tayo Oladele-Ajose cleared the 5-7 (1.70m) mark to take the women's high jump title. Rachel Ballard recorded a jump of 17-1 1/4 (5.21m) to finish first in the women's long jump, while Klyvens Delaunay took the men's long jump title with a leap of 22-8 1/2 (6.92m).

### RUNNING INTO THE RECORD BOOKS

Seven Hawkeyes earned their way into Iowa's All-Time Top Ten Performers list at the Iowa Open on Jan. 12. Those Hawkeyes include:

1. Ashlyn Gulvas: Weight Throw (60-7 3/4; 18.48m)
3. Annemie Smith: Weight Throw (60-0 1/4; 18.36m)
4. Ethan Holmes: 60-meter hurdles (8.00)
4. Josh Larney: 60 meters (6.78)
7. MonTayla Holder: 600 meters (1:32.33)
8. Lake Kwaza: 60 meters (7.58)
9. Raven Moore: 60 meters (7.59)

### NEXT ON THE BLOCK

Iowa will travel to Ames Iowa, to compete in the Bill Bergen Invite on Jan. 25-26.

## 2013 INDOOR SEASON LEADERS

### MEN'S

60 meters	Josh Larney	6.78
60-meter hurdles	Jordan Mullen	7.86
400 meters	Kaleb Van Cleave	49.28
600 meters	Keaton Rickels	1:20.28
1,000 meters	Nathan Prom	2:27.64
Mile	Sam Fourman	4:18.31
3,000 meters	Kevin Lewis	8:20.92
Shot Put	Gabe Hull	55-3 1/2 (16.85m)
Weight Throw	Gabe Hull	53-11 3/4 (16.45m)
High Jump	Brandon Oest	6-4 3/4 (1.95m)
Long Jump	Klyvens Delaunay	22-8 1/2 (6.92m)
1,600-meter relay	Wolff, Slaymaker, Teubel, Flattery	3:23.76

### WOMEN'S

60 meters	Lake Kwaza	7.58
60-meter hurdles	Khanishah Williams	9.01
600 meters	MonTayla Holder	1:32.33
1,000 meters	Gabrielle Stearnes	3:16.09
Mile	Megan Ranegar	4:56.56
Weight Throw	Ashlyn Gulvas	60-7 (18.48m)
Shot Put	Rachel Curry	46-1 1/2 (14.06m)
Long Jump	Rachel Ballard	117-1 1/4 (5.21m)
Triple Jump	Carisa Leacock	40-5 1/2 (12.33m)
High Jump	Tayo Oladele-Ajose	5-7 (1.70m)
Pole Vault	Brittany Holst	10-11 3/4 (3.35m)
1,600-meter relay	Kwaza, R. Moore, Holder, Nelson	3:48.61

# INDOOR ALL-TIME TOP TEN PERFORMERS



Justin Austin



Rodney Chambers



Jim Costello



Troy Doris



Bill Hansen



John Hickey



Ethan Holmes

## 60 Meters

1. Justin Austin, 2011	6.69
2. Kurt Felix, 1999	6.73
3. Troy Doris, 2012	6.75
4. Tony Branch, 1999	6.78
<b>Josh Larney, 2013</b>	<b>6.78</b>
6. Paul Chaney, Jr., 2009	6.80
D'Juan Richardson, 2010	6.80
8. Derrick Burks, 2005	6.81
<b>Tevin-Cee Mincy, 2012</b>	<b>6.81</b>
10. Zeke Sayon, 2010	6.82

## 60-Meter Hurdles

1. Jordan Mullen, 2011	7.75
2. Dion Trowers, 1997	7.87
3. Russell Peterson, 2004	7.97
4. <b>Ethan Holmes, 2013</b>	<b>8.00</b>
5. Dan Davis, 2012	8.02
6. DeRocco Reed, 2000	8.03
7. <b>Torrey Campbell, 2012</b>	<b>8.09</b>
8. Jordan Crosby, 2005	8.16
9. D'Juan Richardson, 2009	8.20
10. Justin Poots, 2001	8.22

## 200 Meters

1. Justin Austin, 2011	20.80
2. Anthuan Maybank, 1993	21.11
3. Bashir Yamini, 1999	21.19
4. Tim Dodge, 2000	21.26
5. Paul Chaney, Jr., 2009	21.34
6. George Page, 1997	21.35
7. Zach Digney, 2004	21.39
8. Tony Branch, 1998	21.46
9. David Chaplin, 2006	21.49
10. Adam Kunkel, 2001	21.55

## 400 Meters

1. Steven Willey, 2010	46.75
2. Terrence Duckett, 1984	46.81
3. Andre Morris, 1995	47.15
4. Monte Raymond, 1998	47.18
5. Anthuan Maybank, 1990	47.25
6. Patrick Richards, 2011	47.35
7. Juan Coleman, 2002	47.40
8. <b>Justin Austin, 2012</b>	<b>47.61</b>
9. Curtis Chung, 1989	47.65
10. Ray Varner, 2008	47.66

## 600 Meters

1. Erik Sowinski, 2012	1:16.91
2. Steven Willey, 2011	1:17.94
3. <b>Keaton Rickels, 2012</b>	<b>1:18.19</b>
4. Pat McGhee, 1988	1:18.30
5. Chris Barton, 2011	1:18.75
6. Adam Hairston, 2009	1:19.05
7. Monte Raymond, 1997	1:19.18
8. Scott Williamson, 2001	1:19.19
<b>Brennan Davey, 2012</b>	<b>1:19.19</b>
10. D'Juan Strozier, 1990	1:19.20

## 800 Meters

1. Erik Sowinski, 2012	1:47.62
2. Adam Hairston, 2010	1:49.26
3. Nick Kuczvara, 2010	1:49.59
4. <b>Nathan Prom, 2012</b>	<b>1:50.90</b>
5. Dave Novotny, 1996	1:51.27
6. Jim Docherty, 1973	1:51.30
7. Rod Chambers, 1989	1:51.33
8. Jim Donovan, 1999	1:51.52
9. Michael Layne, 1997	1:51.54
10. Bill Frazier, 1963	1:51.80

## Mile

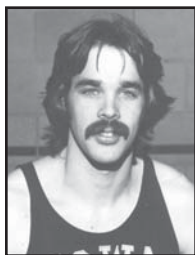
1. Jeff Thode, 2011	3:58.72
2. Ed DeLashmutt, 1981	4:04.01
3. Larry Wiczorek, 1968	4:04.40
4. John Clark, 1972	4:05.94
5. Adam Thomas, 2002	4:07.13
6. Kevin Herd, 1992	4:07.26
7. Jesse Luciano, 2009	4:07.29
8. Jake Berns, 2006	4:07.43
9. Micah VanDenend, 2007	4:07.54
10. Ted Wheeler, 1956	4:07.74

## 3,000 Meters

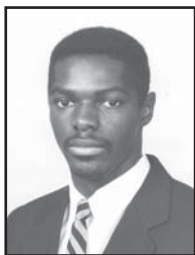
1. Jeff Thode, 2011	8:00.38
2. Micah VanDenend, 2006	8:00.81
3. Eric MacTaggart, 2006	8:08.79
4. Stetson Steele, 2000	8:09.54
5. Dan Haut, 2005	8:11.36
6. Kevin Herd, 1994	8:11.51
7. <b>Nick Holmes, 2010</b>	<b>8:15.48</b>
8. Andy Napier, 2008	8:15.70
9. Larry Wiczorek, 1968	8:17.00
10. Matt Esche, 2004	8:17.28

## 5,000 Meters

1. Micah VanDenend, 2007	13:56.46
2. Stetson Steele, 2000	14:00.52
3. Dan Haut, 2006	14:06.16
4. Eric MacTaggart, 2006	14:13.41
5. Jeff Thode, 2011	14:16.00
6. Matt Esche, 2004	14:18.43
7. Jeff Kent, 2007	14:18.86
8. Jesse Luciano, 2009	14:20.99
9. Nick Nordheim, 2002	14:22.99
10. Kevin Herd, 1994	14:27.57



Bill Knoedel



Anthuan Maybank



Jordan Mullen



Nathan Prom



Patrick Richards

# INDOOR ALL-TIME TOP TEN PERFORMERS



Keaton Rickels



Dan Rolling



Erik Sowinski



Jeff Thode



Micah VanDenend



Todd Wigginton



Steven Willey

## Heptathlon

1. Dan Rolling, 2010 ..... 5,205 points
2. Ryan Niver, 2008 ..... 5,149 points
3. Frank Prill, 2010..... 5,015 points
4. **Jack Eckert, 2012..... 4,840 points**
5. Scott Faber, 2000 ..... 4,784 points
6. Cam Appleman, 1997 ..... 4,685 points
7. **Kyle Reid, 2010 ..... 4,662 points**
8. Bobby Windauer, 2007 ..... 4,644 points
9. Jacob Drewry, 1995 ..... 4,612 points
10. Mark Mankivsky, 2008 ..... 4,453 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)
4. Pat Meade, 1987 .....7-0 1/4 (2.14)
5. Mike Lacy, 1984 .....7-0 (2.13)
6. M. Cunningham, 1984 .....6-11 1/4 (2.11)
7. 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. Curt Brock, 1979.....16-6 (5.03)
4. Alex Zona, 2010.....16-4 3/4 (5.00)  
**Kyle Reid, 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, 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. Ronnie McCoy, 1984.....24-9 (7.54)
6. Matty Gorman, 2006 .....24-8 1/2 (7.53)
7. Charles Jones, 1980.....24-8 1/4 (7.52)
8. Quinn Early, 1986 .....24-7 1/4 (7.50)
9. Jeffery Herron, 2011 .....24-7 (7.49m)
10. Lee Farmer, 1942 .....23-9 1/4 (7.24)

## Triple Jump

1. Troy Doris, 2011.....54-0 (16.46)
2. Paul Jones, 1990 .....52-1 1/4 (15.88)
3. Mike Lacy, 1983 .....49-0 (14.93)
4. Owen Gill, 1982 .....48-10 3/4 (14.90)
5. Josh Bean, 2009.....48-10 (14.88)
6. Gordon Finch, 1988 .....48-3 3/4 (14.72)
7. Matty Gorman, 2006 .....48-3 1/2 (14.72)
8. Pat Miller, 1984 .....47-11 (14.60)
9. Brian Quarles, 1980 .....46-9 3/4 (14.26)
10. Darren Smith, 1992.....46-3 1/2 (14.11)

## 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. G. 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. Chris Gambol, 1987 .....59-0 (17.98)
8. A. van der Westhuizen, 1999 58-10 3/4 (17.95)
9. A.J. Curtis, 2008 .....57-9 1/2 (17.61)
10. Matt Banse, 2012.....57-3 3/4 (17.47)

## Weight Throw

1. Jim Costello, 2002 .....69-4 3/4 (21.15)
2. Matt Banse, 2012.....67-8 (20.62)
3. A. 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. Ryan Jordan, 2008 .....59-0 (17.98)
10. Ben Stancombe.....57-4 3/4 (17.49)

## 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. Kuczwarra, 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



Tracy Dahl



Nicole Erickson



Karessa Farley



Senta Hawkins



Lauren Hardesty

## 60 Meters

1. Elaine Jones, 1983 ..... 7.43
2. Peaches Roach, 2005 ..... 7.45
3. Shellene Williams, 2004 ..... 7.50
4. Jiselle Providence, 2002 ..... 7.52
5. Rhonda-Kaye Trusty, 2010 ..... 7.55  
Erin Jones, 2011 ..... 7.55
7. Angela Menson, 1982 ..... 7.57
8. **Lake Kwaza, 2013 ..... 7.58**
9. **Raven Moore, 2013 ..... 7.59**
10. Tamara Dixon, 2002 ..... 7.64

## 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
8. Kimberly Stanford, 2008 ..... 8.63
9. Diane Steinhart, 1981 ..... 8.64
10. Ruqayya Raheem, 1999 ..... 8.74

## 200 Meters

1. Kineke Alexander, 2006 ..... 23.49
2. Shellene Williams, 2004 ..... 23.62
3. Marlene Poole, 1994 ..... 23.66  
Yolanda Hobbs, 1995 ..... 23.66
5. Erica Broomfield, 1998 ..... 23.81
6. Erin Jones, 2011 ..... 24.01
7. Rhonda-Kaye Trusty, 2010 ..... 24.05
8. Peaches Roach, 2007 ..... 24.09
9. Jiselle Providence, 2002 ..... 24.44
10. **Raven Moore, 2012 ..... 24.45**

## 400 Meters

1. Kineke Alexander, 2007 ..... 51.48
2. Ellen Grant, 1996 ..... 52.65
3. Shellene Williams, 2004 ..... 52.83
4. Ashley Liverpool, 2011 ..... 54.09
5. Tiffany Hendricks, 2011 ..... 55.06
6. Wynsome Cole, 1997 ..... 55.45
7. Nicole Charles, 2002 ..... 55.59
8. Senta Hawkins, 1988 ..... 55.66
9. Marlene Poole, 1993 ..... 55.20
10. Aisha Hume, 2002 ..... 56.33  
Lindsey McCalla, 2006 ..... 56.33

## 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. Bethany Praska, 2009 ..... 1:23.12
6. Hannah Simonson, 2012 ..... 1:23.18
7. Chris Davenport, 1982 ..... 1:24.14
8. Sophia Poncè, 2007 ..... 1:24.55
9. Wynsome Cole, 1995 ..... 1:24.83
10. **Maisie Vachuska, 2012 ..... 1:25.38**

## 600 Meters

1. Kineke Alexander, 2008 ..... 1:27.45
2. Bethany Praska, 2011 ..... 1:28.14
3. Senta Hawkins, 1987 ..... 1:30.77
4. Karen Layne, 1990 ..... 1:31.45
5. Nicole Erickson, 2012 ..... 1:31.71
6. Kay Stormo, 1982 ..... 1:32.30
7. **MonTayla Holder, 2013 ..... 1:32.33**
8. Aisha Hume, 2004 ..... 1:32.41
9. Sophia Chow, 2002 ..... 1:33.54
10. Tiffany Hendricks, 2011 ..... 1:34.16

## 800 Meters

1. Bethany Praska, 2011 ..... 2:05.01
2. Jeanne Kruckeberg, 1989 ..... 2:06.38
3. Michelle Lahann, 2004 ..... 2:06.83
4. Briana Benning, 1996 ..... 2:09.22
5. Kay Stormo, 1981 ..... 2:11.04
6. Ann Pare, 1997 ..... 2:11.19
7. Lauren Hardesty, 2011 ..... 2:11.80
8. Atalie Barber, 2003 ..... 2:12.10
9. Shannon Stanley, 2005 ..... 2:12.13
10. Betsy Flood, 2011 ..... 2:12.73

## 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



Tiffany Hendricks



Elaine Jones



Tammilee Kerr



Ashley Liverpool



McKenzie Melander



Lisa Moats

# INDOOR ALL-TIME TOP TEN PERFORMERS



Diane Nukuri



Bethany Praska



Peaches Roach



Gail Smith



Jessie Strand



Kelsey Taylor



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. Becky Kaza, 1995 ..... 5-9 3/4 (1.77)
4. Caleigh Bacchus, 2010 ..... 5-9 1/4 (1.76)
5. Kristi Dinkla, 1985 ..... 5-8 1/2 (1.74)
6. Kacey Childs, 2001 ..... 5-8 1/2 (1.74)
7. Traci Claussen, 1987 ..... 5-8 (1.73)
8. **Khanishah Williams, 2012 ..... 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, 2012 ..... 11-3 (3.43)**
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)

## Long Jump

1. Lisa Moats, 1986 ..... 19-6 (5.95)
2. Renee White, 2006 ..... 19-3 1/4 (5.87)
3. Tiffany Johnson, 2007 ..... 19-2 1/2 (5.85)
4. **Carisa Leacock, 2012 ..... 19-2 (5.84)**
5. Davera Taylor, 1984 ..... 19-1 1/2 (5.83)
6. Yolanda Hobbs, 1993 ..... 19-1 (5.80)
7. Kamesha Marshall, 2005 ..... 18-11 1/4 (5.77)
8. **Zinnia Miller, 2012 ..... 18-7 (5.66)**
9. Catharine Parmiter, 2000 ..... 18-7 1/2 (5.68)
10. Jessie Strand, 2000 ..... 18-3 1/4 (5.57)

## Triple Jump

1. Renee White, 2008 ..... 42-4 (12.90)
2. Tiffany Johnson, 2007 ..... 41-3 3/4 (12.59)
3. **Carisa Leacock, 2012 ..... 40-5 1/2 (12.33)**
4. Becki Borg, 1987 ..... 39-6 (12.04)
5. Lynn McMillan, 1988 ..... 38-2 (11.63)
6. Lisa Moats, 1985 ..... 35-1 (10.69)
7. Becca Franklin, 2004 ..... 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, 2012 ..... 48-1 3/4 (14.67)**
6. Megan Maurer, 1995 ..... 47-5 3/4 (14.47)
7. Laura Kriener, 1990 ..... 47-5 (14.45)
8. Jennifer Gilson, 2002 ..... 46-11 (14.30)
9. Jennifer Moon, 2000 ..... 45-9 (13.94)
- Tiffany Medenwaldt, 2010 ..... 45-9 (13.94)
- Micaela Haight, 2011 ..... 45-9 (13.94)

## Weight Throw

1. **Ashlyn Gulvas, 2013 ..... 60-7 3/4 (18.48)**
2. Kelsey Taylor, 2011 ..... 60-4 1/2 (18.40)
3. **Annemie Smith, 2013 ..... 60-0 1/4 (18.29)**
4. **Majesty Tutson, 2011 ..... 58-4 (17.78)**
5. Becca Franklin, 2007 ..... 58-3 1/4 (17.76)
6. **Jasmine Simpson, 2012 ..... 57-7 (17.55)**
7. Erin O'Hern, 2008 ..... 56-3 (17.14)
8. Mandy Chandler, 2009 ..... 54-4 1/2 (16.57)
9. Kerri Blackstone, 1999 ..... 50-9 3/4 (15.48)
10. Tiffany Medenwaldt, 2010 ..... 50-8 3/4 (15.45)

## 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. Maureen Abel, 1979 ..... 3,427 points
6. **Zinnia Miller, 2012 ..... 3,416 points**
7. **Sarah Ryan, 2012 ..... 3,368 points**
8. Janet Adams, 1981 ..... 3,360 points
9. Janelle Jaspers, 1987 ..... 3,366 points
10. Kacey Childs, 1999 ..... 3,224 points

## 1,600-Meter Relay

1. **Liverpool, Hendricks, Praska, Erickson, 2011 ..... 3:36.97**
2. **Liverpool, Hendricks, Erickson, Praska, 2011 ..... 3:37.58**
3. Hendricks, Erickson, Praska, Liverpool, 2011 ..... 3:39.15
4. Hendricks, Praska, Erickson, Liverpool, 2011 ..... 3:40.42
5. McCalla, Granger, Alexander, Johnson, 2006 ..... 3:40.52
6. **Simonson, Liverpool, Erickson, Sack, 2012 ..... 3:41.78**
7. **Simonson, Erickson, Sack, Liverpool, 2012 ..... 3:42.42**
8. Johnson, McCalla, Alexander, Granger, 2006 ..... 3:42.44
9. Alexander, Johnson, Poncè, M. Mims, 2007 ..... 3:42.75
10. White, Alexander, Kerr, Hendricks, 2008 ..... 3:43.83

## 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