

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



TRACK AND FIELD CONTACT: JORDAN BUCHER

February 3, 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.)
Feb. 12-13	Iowa State Classic (Ames, Iowa)
Feb. 12-13	Tyson Classic (Fayetteville, Ark.)
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 travels to the 28th-annual Meyo Invitational in South Bend, Indiana, to compete Friday and Saturday. Friday's competition begins with field events at 3 p.m. (CT) followed by running events at 3:30 p.m. inside the Loftus Sports Center on the campus of the University of Notre Dame. Action resumes Saturday with running events at 8:45 a.m. and field events at 9:30 a.m.

FOLLOW THE HAWKEYES

Live results can be found on the track and field schedule page at hawkeyesports.com. Follow @IowaXC_TF on twitter for updates and relevant statistics throughout the meet.

A BIG WEEKEND AHEAD

The invitational hosts one of the largest fields in recent history with nearly 1,000 entries from 49 schools and several track clubs from across the country. The annual event averages between 700 and 800 participants, including All-Americans and Olympians.

HAWKEYES REWRITE ALL-TIME LISTS

Of the 15 Hawkeyes who were pushed to career-best performances at the Razorback Invitational from Jan. 29-30, 11 were Iowa all-time marks:

- Aaron Mallett (60-meter hurdles/7.71) » 2nd all-time
- Jahisha Thomas (long jump/6.03m) » 2nd all-time
- Mar'yea Harris (400 meters/47.10) » 3rd all-time
- William Dougherty (heptathlon/5,172 pts) » 4th all-time
- Elexis Guster (400 meters/53.52) » 4th all-time
- Carter Lilly (800 meters/1:49.37) » 5th all-time
- Jahisha Thomas (60-meter hurdles/8.58) » 7th all-time
- Briana Guillory (200 meters/23.87) » 7th all-time
- Briana Guillory (400 meters/54.44) » 7th all-time
- Avery Meyers (shot put/17.99m) » 8th all-time
- Chris Douglas (60-meter hurdles/8.07) » 9th all-time

MALLETT PUNCHES TICKET TO NCAA

Junior All-American Aaron Mallett ran two of the fastest times of his collegiate career in the men's 60-meter hurdles at the Razorback Invitational on Jan. 30. He leads the Big Ten in the event and ties for fourth nationally after posting 7.71 -- 0.01 hundredths shy of the school record (7.70) -- in the prelims. He took the event title in 7.72 over Oregon's Devon Allen (7.74) in the finals to remain undefeated this season.

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HAWKEYE TRACK & FIELD



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2016 INDOOR SEASON LEADERS

GUSTER RESUMES HER POST

Junior Elexis Guster leads the Big Ten in the women's 400 meters for the second consecutive week. She first climbed to the top of the conference following a winning performance in 54.21 at the Big 4 Duals on Jan. 23. The defending 400-meter champion widened her margin over Minnesota's Titania Markland (53.91) when she posted 53.52 at the Razorback Invitational on Jan. 30. That time ranks 11th nationally.

THOMAS, MEYERS REACH BENCHMARK

Sophomore Jahisha Thomas and junior Avery Meyers each reached a new milestone in their respective events at the Razorback Invitational from Jan. 29-30.

In her first long jump appearance of the season, Thomas climbed one spot to second on Iowa's all-time list for her indoor collegiate-best leap of 19-9 1/2 (6.03m). That is the first time the London native has jumped over six meters in the event during an indoor season.

In the field for Iowa, Meyers threw over 59 feet in the men's shot put for the first time in his collegiate career. His mark, 59-0 1/4 (17.99m), moved him to eighth all-time.

THE NEXT BIG THING: SPRINTERS

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: 2nd/Lake Kwaza (7.42)
- M 200 meters: 8th/Christian Brissett (21.36)
- W 200 meters: 3rd/Briana Guillory (23.87); 5th/Lake Kwaza (23.99)
- M 400 meters: 3rd/Mar'yea Harris (47.10)
- W 400 meters: 1st/Elexis Guster (53.52); 4th/Briana Guillory (54.44)
- M 600 meters: 5th/Carter Lilly (1:18.07)
- W 600 meters: 4th/Elexis Guster (1:30.93)

NEXT ON THE BLOCK

The Hawkeyes split competitors for the Iowa State Classic in Ames, Iowa, and the Tyson Classic in Fayetteville, Arkansas, from Feb. 12-13.

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.....	Carter Lilly	1:19.24
800 Meters.....	Carter Lilly	1:49.37
1,000 Meters.....	Michael Hart.....	2:29.91
Mile.....	Michael Melchert.....	4:05.37
3,000 Meters.....	Daniel Soto	8:32.72
1,600-Meter Relay..	Wolff, Frye, Lilly, Harris.....	3:10.82
High Jump.....	Kevin Spejcher	6-8 1/4 (2.04m)
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

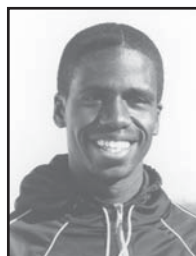
60 Meters.....	Lake Kwaza	7.42
60-Meter Hurdles...	Jahisha Thomas	8.58
200 Meters.....	Briana Guillory.....	23.87
400 Meters.....	Elexis Guster.....	53.52
600 Yards.....	Mahnee Watts.....	1:22.72
600 Meters.....	Elexis Guster.....	1:32.04
800 Meters.....	Mahnee Watts.....	2:12.83
Mile.....	Madison Waymire	4:58.60
3,000 Meters.....	Carolyn Newhouse	10:16.48
1,600-Meter Relay..	Holder, Guster, Guillory, Hernandez	3:40.24
High Jump.....	Khanishah Williams	5-8 3/4 (1.75m)
Long Jump.....	Jahisha Thomas	19-9 1/2 (6.03m)
Pole Vault.....	Amy Smith	10-10 (3.30m)
Triple Jump.....	Tria Seawater-Simmons	37-8 1/2 (11.49m)
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, 20166.78
- 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, 20168.07**
- Torrey Campbell, 2012 8.09

200 Meters

- Justin Austin, 2011 20.80
- Anthuan Maybank, 1993 21.11
- Bashir Yamini, 1999 21.19
- James Harrington, 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
- Mar'yea Harris, 201647.10**
- 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, 20141:17.84**
- Steven Willey, 2011 1:17.94
- Keaton Rickels, 2012 1:18.19
- Pat McGhee, 1988..... 1:18.30
- Carter Lilly, 20151:18.37**
- 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, 20161:49.37**
- Will Teubel, 20151:49.40**
- 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

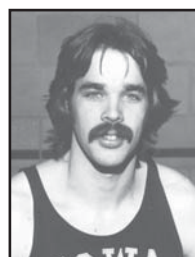
- Jeff Thode, 2011 3:58.72
- Ed DeLashmutt, 1981 4:04.01
- Larry Wiczorek, 1968..... 4:04.40
- Michael Melchert, 2016.....4:05.37**
- John Clark, 1972 4:05.94
- Ben Witt, 2014 4:07.08
- Adam Thomas, 2002 4:07.13
- Kevin Herd, 1992 4:07.26
- Jesse Luciano, 2009 4:07.29
- Jake Berns, 2006..... 4:07.43

3,000 Meters

- Kevin Lewis, 2015 7:57.06
- Jeff Thode, 2011 8:00.38
- Micah VanDenend, 2006 8:00.81
- 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

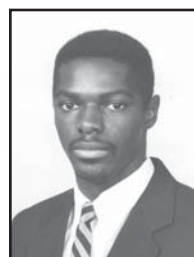
- Kevin Lewis, 2015 13:43.70
- Micah VanDenend, 2007 13:56.46
- Stetson Steele, 2000..... 14:00.52
- Dan Haut, 2006 14:06.16
- Eric MacTaggart, 2006 14:13.41
- Jeff Thode, 2011 14:16.00
- Matt Esche, 2004..... 14:18.43
- Jeff Kent, 2007..... 14:18.86
- Jesse Luciano, 2009 14:20.99
- Nick Nordheim, 2002 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 5,188 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, 2014**..... **7.41**
3. Elaine Jones, 19837.43
4. Peaches Roach, 2005.....7.45
5. Shellene Williams, 20047.50
6. Jiselle Providence, 20027.52
7. Rhonda-Kaye Trusty, 20107.55
- Erin Jones, 20117.55
- Raven Moore, 20137.55
10. Angela Menson, 19827.57

60-Meter Hurdles

1. Karesa Farley, 20098.21
2. Tiffany Johnson, 2006.....8.33
3. Paula Ruen, 1998.....8.39
4. Sarah Steffen, 20028.45
- Renee White, 2008.....8.45
6. Colleen Prendergast, 20008.57
7. **Jahisha Thomas, 2016**..... **8.58**
8. Tammilee Kerr, 2008.....8.60
9. Kimberly Stanford, 2008.....8.63
10. Diane Steinhart, 1981.....8.64

200 Meters

1. Kineke Alexander, 200623.49
2. Shellene Williams, 200423.62
3. **Brittany Brown, 2014** **23.63**
4. Marlene Poole, 199423.66
- Yolanda Hobbs, 1995.....23.66
6. Erica Broomfield, 199823.81
7. **Briana Guillory, 2016** **23.87**
8. **Lake Kwaza, 2014**..... **23.92**
9. Raven Moore, 201324.00
10. Erin Jones, 201124.01

400 Meters

1. Kineke Alexander, 200751.48
2. Ellen Grant, 1996.....52.65
3. Shellene Williams, 200452.83
4. **Elexis Guster, 2016**..... **53.52**
5. Ashley Liverpool, 201154.09
6. **MonTayla Holder, 2015** **54.32**
7. **Briana Guillory, 2016**..... **54.44**
8. **Alexis Hernandez, 2014**..... **54.91**
9. Tiffany Hendricks, 201155.06
10. Marlene Poole, 199355.20

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. **Kaitlyn Nelson, 2013** **1:31.44**
6. Karen Layne, 1990 1:31.45
7. Nicole Erickson, 2012 1:31.71
8. **Elexis Guster, 2016** **1:32.04**
9. **Mahnee Watts, 2015**..... **1:32.07**
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



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 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, 19955-9 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, 19835-7 3/4 (1.72)
10. Lynn McMillan, 19885-7 1/4 (1.71)
- Tammilee Kerr, 2008.....5-7 1/4 (1.71)

Pole Vault

1. Jessie Strand, 200412-5 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. Zinnia Miller, 2014.....20-4 1/4 (6.20)
2. Carisa Leacock, 201419-9 1/2 (6.03)
- Jahisha Thomas, 2016.....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, 198419-1 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, 201240-5 1/2 (12.33)
5. Becki Borg, 1987..... 39-6 (12.04)
6. Lynn McMillan, 1988 38-2 (11.63)
7. **Tria Seawater-Simmons, 2016 37-8 1/2 (11.49)**
8. Sarah Ryan, 201437-5 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, 201546-8 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, 20053,701 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, 19813,360 points
9. Janelle Jaspers, 19873,366 points
10. Cassidy Ellis, 2014.....3,346 points

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. **Kwaza, Holder, Watts, Guster, 2015.....3:38.56**
6. **Guster, Holder, Watts, Hernandez, 2014 3:38.62**
7. Hendricks, Erickson, Praska, Liverpool, 2011 3:39.15
8. **Guster, Watts, Holder, Kwaza, 2015.....3:39.30**
9. **Holder, Guster, Guillory, Hernandez, 2016.....3:40.24**
10. Hendricks, Praska, Erickson, Liverpool, 2011 3:40.42

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