

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



TRACK AND FIELD CONTACT: BRANDEE BRITT

April 25, 2012

2012 IOWA TRACK & FIELD OUTDOOR SCHEDULE

Date	Meet	Result
Mar. 30-31	Arkansas Invite <i>(Fayetteville, Ark.)</i>	
Apr. 6-7	Stanford Invite <i>(Palo Alto, Calif.)</i>	
Apr. 7	LSU Invitational <i>(Baton Rouge, La.)</i>	
Apr. 13-14	Tom Botts Invitational <i>(Columbia, Mo.)</i>	
Apr. 20-21	Musco Twilight XIII <i>(Iowa City, Iowa)</i>	
Apr. 26-28	Drake Relays <i>(Des Moines, Iowa)</i>	
May 4	UNI Messersmith Invite <i>(Cedar Falls, Iowa)</i>	
May 11-13	Big Ten Outdoor Championships <i>(Madison, Wis.)</i>	
May 24-26	NCAA First Round <i>(Austin, Texas)</i>	
June 6-9	NCAA Championships <i>(Des Moines, Iowa)</i>	

IOWA COACHING STAFF

Larry Wiczorek	Director of Track & Field
Layne Anderson	Head Track & Field Coach
Scott Cappos	Director of Field Events
Clive Roberts ...	Assistant Coach/Director ofRecruitingHorizontal jumps, women's shortsprints, hurdles, relays
Christi Smith	Assistant CoachCombined events, vertical jumps
Joey Woody	Assistant CoachMen's sprints, short hurdles and relays

THIS WEEK

The University of Iowa track and field teams head to Des Moines, Iowa, for the Drake Relays on April 26-28. The event will be held at the Jim Duncan Track and the Johnny Bright Field and is scheduled to begin Thursday at 9:30 a.m. (CT).

IN THE RANKINGS

The men's track team is ranked 20th in the USTFCCA national rankings.

AMONG THE NCAA TOP TEN

The Hawkeyes are ranked in the NCAA top 10 in five events. Senior Troy Doris is fourth in the triple jump. Doris reached the 53-6 1/2 (16.32m) mark at the Battle on the Bayou on April 7. Senior Erik Sowinski currently ranks fourth in the 800 meters, running a school record time of 1:47.02 at the Battle on the Bayou. Senior Jeffery Herron's school record setting performance in the high jump (7-4 1/4; 2.24m) currently ranks fourth in the nation. Herron recorded the mark at the Battle on the Bayou. Freshman Gabe Hull's discus toss of 195-11 (59.73m) ranks fifth in the nation. Hull recorded the mark at the Tom Botts Invitational on April 14.

ATOP THE BIG TEN

The Hawkeyes have 14 athletes ranked among the top five in the Big Ten. Those athletes include Justin Austin (3rd; 100m), Erik Sowinski (5th 400m; 1st 800m), Jordan Mullen (2nd; 110m hurdles), Dan Davis (3rd; 110m hurdles), Ethan Holmes (3rd 110m hurdles; 3rd 400m hurdles), Jeffery Herron (1st; high jump), Graham Valdes (5th; high jump), Troy Doris (1st; triple jump), Gabe Hull (2nd; discus), Matt Byers (1st; javelin), Ashley Liverpool (2nd; 400m), McKenzie Melander (1st; 5000m), Mareike Schrulle (2nd; 5000m), and Megan Ranegar (5th; 5000m).

TUTSON BREAKS DISCUS RECORD

Junior Majesty Tutson broke her own school record in the discus special on April 20. Tutson recorded a toss of 172-11 (52.72m) to top her previous record of 172-3 (52.52m), which she recorded at the 2011 Big Ten Championships.

HULL CONTINUES TO IMPROVE

Freshman Gabe Hull recorded a personal best toss in the discus at the Musco Twilight on April 21. Hull's mark of 192-7 (58.70m) ranks fifth all-time at Iowa. This marks the second straight week Hull has recorded a personal best in the event.

MELANDER CLIMBS ALL-TIME LIST

Senior McKenzie Melander ran a personal best time of 9:21.59 in the 3,000 meters at the Musco Twilight on April 21, beating her previous best of 9:34.13. Melander's time ranks third all-time at Iowa.

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BIG TEN CHAMPIONSHIP TICKETS

All-session tickets for the Big Ten Outdoor Championships May 11-13 are on sale now at <http://www.uwbadgers.com/sports/m-track/spec-rel/041612aab.html>. Single-session tickets will be available at the gate.

MEET THE RECORD HOLDERS

Six Hawkeyes on the 2012 roster account for seven individual school records. They include:

Justin Austin: 100m (10.21) and 200m (20.31)
Danielle Berndt: 3,000m Steeplechase (10:26.54)
Matt Byers: Javelin (245-8; 74.89m)
Troy Doris: Triple Jump (54-0; 16.46m)
Jeffery Herron: High Jump (7-4 1/4; 2.24m)
Erik Sowinski: 800m (1:47.02)
Jeff Thode: 1,500m (3:43.02)
Majesty Tutson: Discus (172-11; 52.72m)

NEXT ON THE BLOCK

The Hawkeyes will head to the UNI Messersmith Invite in Cedar Falls, Iowa, on May 4.

DIRECTOR OF TRACK AND FIELD LARRY WIECZOREK

Larry Wieczorek is in his 25th season as head men's cross country coach and his 16th season as head men's track and field coach at the University of Iowa. He served as an assistant track and field coach for 12 years before taking the helm in 1997.

Last season, Wieczorek guided 28 qualifiers, made up of 20 student-athletes competing in 13 individual events and two relays, to the NCAA Outdoor Championships preliminary round.

HEAD COACH LAYNE ANDERSON

Layne Anderson is in his fourth year as head coach of the University of Iowa women's cross country and track and field teams. He has served as the Hawkeyes' head women's cross country coach for the past eight seasons, and was the interim head women's track and field coach in 2008. From 2003-07, he served as an assistant women's track and field coach for the Hawkeyes.

2012 OUTDOOR SEASON LEADERS

MEN'S

100 meters	Justin Austin	10.40
110-meter hurdles	Jordan Mullen	13.88
200 meters	Justin Austin	21.21
400 meters	Erik Sowinski	46.81
400-meter hurdles	Ethan Holmes	51.24
800 meters	Erik Sowinski	1:47.02
1,500 meters	Jeff Thode	3:46.32
3,000 meters	Kevin Lewis	8:35.86
5,000 meters	Nick Holmes	14:29.77
Shot Put	Matt Banse	56-11 1/2 (17.36m)
Discus	Gabe Hull	192-7 (58.70m)
Hammer	Matt Banse	195-11 (59.71m)
Javelin	Matt Byers	223-3 (68.06m)
High Jump	Jeffery Herron	7-4 1/4 (2.24m)
Long Jump	Jeffery Herron	24-5 (7.44m)
Triple Jump	Troy Doris	53-6 1/2 (16.32m)
Pole Vault	Kyle Reid	15-9 1/4 (4.81m)
400-meter relay	Mincy, Larney, Richards, Austin	40.33
1,600-meter relay	Austin, Richards, Davey, Sowinski	3:06.49

WOMEN'S

100 meters	Erin Jones	11.92
100-meter hurdles	Khanishah Williams	14.78
200 meters	Erin Jones	23.86
400 meters	Ashley Liverpool	53.12
400-meter hurdles	Hannah Simonson	59.72
800 meters	Adrienne Alexia	2:11.04
1,500 meters	Jackie Laesch	4:34.84
3,000 meters	McKenzie Melander	9:21.59
3,000-meter Steeple	Danielle Berndt	10:39.29
5,000 meters	McKenzie Melander	15:57.13
Hammer Throw	Annemie Smith	183-4 (55.89m)
Javelin	Amanda Stahle	140-11 (42.95m)
Discus	Majesty Tutson	172-11 (52.72 m)
Shot Put	Sarah Ryan	34-5 3/4 (10.51m)
Long Jump	Carisa Leacock	19-0 3/4 (5.81m)
High Jump	Zinnia Miller	5-7 1/4 (1.71m)
Pole Vault	Kirsten Weismantle	11-11 (3.65m)
400-meter relay	Jones, Liverpool, R. Moore, Simonson	46.02
1,600-meter relay	Simonson, Liverpool, Erickson, Sack	3:37.57

OUTDOOR ALL-TIME TOP TEN PERFORMERS



Jeremy Allen



Justin Austin



Matt Byers



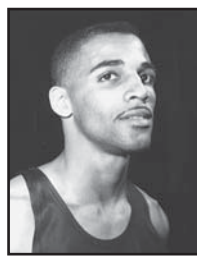
A.J. Curtis



Troy Doris



Jeffery Herron



Deacon Jones

100 Meters

1. **Justin Austin, 2011** 10.21
2. George Page, 1996 10.25
3. Anthuan Maybank, 1994 10.31
Tim Dwight, 1997 10.31
5. Bob Lawson, 1976 10.36
6. Robert Smith, 1984 10.39
7. Curtis Chang, 1987 10.40
8. Jeff Patrick, 1983 10.41
Tim Dodge, 2002 10.41
10. Jerry Fisher, 1991 10.45

110-Meter High Hurdles

1. Pat McGhee, 1989 13.50
2. Dion Trowers, 1996 13.62
3. Ronnie McCoy, 1985 13.66
4. **Ethan Holmes, 2011** 13.73
5. **Jordan Mullen, 2011** 13.79
6. James Armstrong, 1991 13.89
7. **Dan Davis, 2012** 14.01
8. Doug Jones, 1986 14.06
9. Chris Williams, 1983 14.24
10. Rajeev Balkrishnan, 1993 14.29

200 Meters

1. **Justin Austin, 2011** 20.31
2. Jeff Patrick, 1983 20.47
3. Anthuan Maybank, 1994 20.55
4. Andre Morris, 1995 20.64
5. George Page, 1996 20.67
6. Terrence Duckett, 1982 20.74
7. Tim Dodge, 2002 20.78
8. Bashir Yamini, 1999 20.82
9. Dennis Kohl, 1966 20.84
10. Tim Dwight, 1997 20.91

400 Meters

1. Anthuan Maybank, 1993 44.99
2. Andre Morris, 1995 45.15
3. Mike Mondane, 1967 45.20
4. Steven Willey, 2010 45.78
5. Gary Hollingsworth, 46.30
6. Harold Leonard, 1986 46.45
7. Tony Branch, 1999 46.60
8. Prince Riley, 2007 46.61
9. George Page, 1996 46.66
10. Dick Eisenlauer, 1973 46.74
Terrence Duckett, 1983 46.74
Patrick Richards, 2010 46.74

400-Meter Hurdles

1. Pat McGhee, 1988 48.83
2. Monte Raymond, 1998 50.09
3. Ray Varner, 2010 50.24
4. Paul Steele, 1989 50.45
5. Russell Peterson, 2001 50.50
6. **Ethan Holmes, 2011** 50.65
7. Adam Kunkel, 2001 50.73
8. Jon Reimer, 1967 50.94
9. Gary Falls, 1991 51.08
10. **D’Juan Richardson, 2011** 51.12

800 Meters

1. **Erik Sowinski, 2012** 1:47.02
2. Bill Frazier, 1962 1:47.64
3. D’Juan Strozier, 1990 1:47.82
4. Adam Hairston, 2009 1:48.53
5. Michael Layne, 1999 1:49.61
6. Bill Thiesen, 1985 1:49.74
7. Andy Wiese, 1985 1:50.22
8. Paul Chepkwony, 1984 1:50.36
9. Rod Chambers, 1989 1:50.60
10. Jim Donovan, 1998 1:50.68

1,500 Meters

1. **Jeff Thode, 2010** 3:43.02
2. Joel Moeller, 1978 3:44.01
3. Jim Docherty, 1978 3:44.30
4. Dan Waters, 1986 3:46.35
5. Kevin Herd, 1994 3:46.64
6. John Clark, 1977 3:46.84
7. Ted Wheeler, 1956 3:48.24
8. **Nick Holmes, 2012** 3:49.53
9. Jesse Luciano, 2007 3:49.99
10. Micah VanDenend, 2007 3:50.20

3,000-Meter Steeplechase

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

5,000 Meters

1. Micah VanDenend, 2007 13:49.31
2. Larry Wiczorek, 1968 13:56.00
3. Kevin Herd, 1993 13:59.00
4. Stetson Steele, 2000 14:02.76
5. Eric MacTaggart, 2005 14:04.79
6. Dan Haut, 2006 14:07.30
7. Jesse Luciano, 2010 14:08.71
8. Matt Esche, 2006 14:12.07
9. **Jeff Thode, 2011** 14:12.40
10. **Chase Kadlec, 2010** 14:14.45

OUTDOOR ALL-TIME TOP TEN PERFORMERS



Anthuan Maybank



Pat McGhee



Dan Rolling



Erik Sowinski



Stetson Steele



Jeff Thode



Micah VanDenend

10,000 Meters

1. Stetson Steele, 200028:44.47
2. Eric MacTaggart, 2006.....28:50.23
3. Nick Nordheim, 200229:44.71
4. Trent Corey, 200229:45.25
5. Chad Schwitters, 199929:56.00
6. Nick Holmes, 201030:02.31
7. Dan Haut, 200630:03.08
8. Kevin Herd, 199430:05.21
9. Paul Sarris, 200130:08.40
10. Matt Esche, 2004.....30:08.82

Decathlon

1. Dan Rolling, 20106,957 pts
2. Scott Faber, 20006,839 pts
3. Ryan Niver, 20086,837 pts
4. Chad Ohly, 19946,641 pts
5. Gary Kostrubala, 1984.....6,498 pts
6. Frank Prill, 20086,381 pts
7. Jacob Drewry, 19945,820 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. M. Cunningham, 1986 7-1 (2.16)
- Kenneth Lansing, 1988..... 7-1 (2.16)
6. Pat Meade, 1987 7-0 1/4 (2.14)
7. **Graham Valdes, 2012..... 6-11 3/4 (2.12)**
8. Peter Hlavin, 1979 6-11 (2.11)
- Scott Hudek, 1993 6-11 (2.11)
- Jeremy Petsche, 2008..... 6-11 (2.11)

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, 199125-9 3/4 (7.86)
5. Quinn Early, 198625-7 1/4 (7.80)
6. Ed Gordon, 193125-4 3/8 (7.68)
7. Matty Gorman, 2006.....25-1 1/4 (7.65)
8. Ronnie McCoy, 198525-0 (7.62)
9. **Jeffery Herron, 2010.....24-9 (7.54)**
10. Joe Robinson, 1976.....24-2 3/4 (7.38)

Triple Jump

1. **Troy Doris, 201154-0 (16.46)**
2. Paul Jones, 199052-0 1/2 (15.86)
3. Gordon Finch, 1988.....50-9 1/4 (15.47)
4. Mike Lacy, 1984.....50-5 (15.36)
5. Pat Miller, 1985.....49-8 1/2 (15.25)
6. Matty Gorman, 2008.....49-2 1/2 (15.00)
7. Owen Gill, 198249-1 (14.96)
8. Josh Bean, 2010.....48-10 3/4 (14.90)
9. Ed Gordon, 193148-0 1/8 (14.63)
10. Mike Means, 198147-0 1/2 (14.34)

Pole Vault

1. Todd Wigginton, 1984.....17-0 (5.18)
2. Chad Ohly, 199416-8 3/4 (5.10)
3. Curt Broek, 197816-8 (5.08)
4. Phil Wertman, 197116-7 (5.05)
- Kelly Scott, 1988.....16-7 (5.05)
6. John Teffer, 197216-2 (4.93)
7. **Kyle Reid, 201016-1 1/4 (4.91m)**
8. Alex Zona, 200916-0 3/4 (4.90)
9. Steve Brewer, 198316-0 (4.88)
- Doug Pennino, 1985.....16-0 (4.88)

Shot Put

1. Jeremy Allen, 200163-2 3/4 (19.27)
2. Ken Kemeny, 200562-3 (18.97)
3. Shane Maier, 200662-2 1/4 (18.95)
4. Andy Banse, 200561-11 1/2 (18.88)
5. John Hickey, 200861-9 1/2 (18.83)
6. Chris Gambol, 1987.....60-0 1/2 (18.30)
7. A.J. Curtis, 2008.....59-8 1/4 (18.19)
8. A. van der Westhuizen, 200058-8 3/4 (17.90)
9. **Ryan Lamparek, 2010.....58-4 (17.78)**
10. Gary Kostrubala, 1985.....58-1 (17.70)

Discus

1. A.J. Curtis, 2007202-11 (61.84)
2. Gary Kostrubala, 1986.....202-4 (61.68)
3. Jeremy Allen, 2001195-4 (59.54)
4. Tim Brodersen, 2005193-6 (58.98)
5. **Gabe Hull, 2012.....192-7 (58.70)**
6. Brad Daufeldt, 2004.....185-0 (56.40)
7. **Nick Brayton, 2009180-11 (55.15)**
8. Andy Banse, 2005180-0 (54.86)
9. Eric Rothwell, 2004.....179-7 (54.73)
10. Shane Maier, 2008178-7 (54.43)

Hammer

1. A. van der Westhuizen, 2001 222-11 (67.94)
2. Adam Hamilton, 2007222-2 (67.73)
3. Jim Costello, 2002217-7 (66.32)
4. Brad Daufeldt, 2004.....207-10 (63.34)
5. Chris Voller, 2005206-0 (62.80)
6. **Matt Banse, 2011.....199-11 (60.94)**
7. Jeremy Allen, 2001199-0 (60.66)
8. **Ben Stancombe, 2011.....197-6 (60.20)**
9. Ryan Jordan, 2007184-6 (56.23)
10. **Ryan Lamparek, 2010.....181-7 (55.35)**

Javelin

1. **Matt Byers, 2011245-8 (74.89)**
2. Bill Neumann, 2002244-8 (74.58)
3. Dan Ralph, 2000.....227-10 (69.44)
4. Zach Schimp, 2010.....211-0 (64.32)
5. Kale Katt, 2007204-0 (62.17)
6. Joel Storm, 2004203-5 (62.01)
7. Matt Stank, 2001199-0 (60.66)
8. **Jack Eckert, 2012.....187-0 (57.01)**
9. A. van der Westhuizen, 1999 173-11 (53.00)
10. Craig Jennings, 2006.....173-4 (52.83)



Todd Wigginton



Arno van der Westhuizen

OUTDOOR ALL-TIME TOP TEN PERFORMERS

400-Meter Relay

1.	Beecham, Duckett, Greer, R. Smith, 1984	39.48
2.	Page, Davis, Rozell, Morris, 1996	39.73
3.	Mincy , Sayon, Chaney, Jr., Austin , 2011	39.86
4.	Richardson , Sayon, Chaney, Jr., Bee, 2009	39.94
5.	Felix, Branch, Dodge, Yamini, 1999	39.96
6.	Beecham, Duckett, Greer, Patrick, 1983	39.99
7.	Dwight, Branch, Davis, Yamini, 1998.....	40.00
	Goode, Fisher, Morris, Maybank, 1994	40.00
	1998.....	40.00
	Dwight, Branch, Dodge, Yamini, 1999	40.00

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.	Richardson , Sayon, Richards , Chaney, Jr., 2009	1:24.85
2.	Barclay, McCalister, Jensen, Elliott, 1979.....	1:26.39
3.	Thomas, Balkrishnan, Patterson, Freidrich 1991	1:28.38
4.	Balkrishnan, Patterson, Thomas, Freidrich, 1991.....	1:29.04

Sprint Medley Relay

1.	Sayon, Austin , Willey, Sowinski , 2011	3:16.18
2.	Richardson , Richards , Willey, Sowinski , 2010.....	3:17.74
3.	Armstrong, Thomas, Maybank, Strozier, 1991	3:18.93
4.	Yamini, Davis, Dodge, Donovan	3:19.87
5.	Richards , Chaney, Jr., Barton, Hairston, 2009	3:20.05
6.	McCorkle, Armstrong, Chung, Strozier, 1990	3:20.43
7.	Dodge, Yamini, Branch, Donovan.....	3:20.83
8.	Goode, Fisher, Thomas, Falls, 1992.....	3:21.02
9.	Dwight, Davis, Raymond, Donovan	3:21.05
10.	Milder, Elbert, Barton, Hairston, 2008.....	3:21.14

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.	Willey, Richards , Sowinski , Barton, 2011	3:05.64
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 , Richards , Davey, Sowinski , 2012	3:06.49

3,200 Meter Relay

1.	Hairston, Prom , Thode , Sowinski , 2011	7:23.77
2.	Corrigan, Blackman, Strozier, Chambers, 1989	7:29.00
3.	Willey, Braff, Sowinski , Hairston, 2009.....	7:33.08
4.	Tweedy, Gajewski, Linden, O'Hollearn, 2005	7:33.12
5.	Cunningham, Tweedy, S. Allen, Thomas, 2001	7:34.12
6.	Long, Tweedy, Dziubski, O'Hollearn, 2004	7:35.10
7.	1999.....	7:36.43
8.	1986.....	7:40.18
9.	Novotny, Holtkamp, Rerko, Feeldy, 1995	7:44.68
10.	Steussay, Tice, Olson, Newell, 1973	7:54.10

Distance Medley Relay

1.	Pershing, Moeller, Slack, Docherty, 1978.....	9:39.94
2.	Kuczwar a, Barton, Hairston, Thode , 2011	9:41.37
3.	Young, Barton, Kuczwar a, Luciano, 2010.....	9:42.97
4.	Theisen, Williams, Wiesa, Waters, 1985	9:54.04
5.	Luciano, Pierre, Hairston, VanDenend, 2007	9:54.07
6.	VanDenend, Riley, O'Hollearn, Rakaric, 2006	9:54.97
7.	Feeldy, Eischeid, Novotny, Peters, 1996	9:55.71
8.	Thomas, Wise, Cunningham, S.Allen, 2001	10:01.57
9.	Thomas, Wakenight, Dziubski, Rakaric, 2003	10:01.72
10.	Trainor, Coleman, Cunningham, Allen, 2002	10:01.93

6,400 Meter Relay

1.	Rakaric, Webster, MacTaggart, VanDenend, 2006.....	16:55.43
2.	Paul, Kadlec , Thode , Luciano, 2010	17:01.46
3.	Thomas, Allen, Rakaric, Lloyd, 2003	17:06.27
4.	Pittman, Novotny, Feeldy, Marquardt, 1995.....	17:12.49
5.	Bakker, Feeldy, Peters, Pittman, 1996.....	17:13.10
6.	Allen, Trainor, McDermott, Esche, 2002	17:14.53
7.	Kadlec , E. MacTaggart, Paul, Marchese, 2009.....	17:17.63
8.	Schwitters, Nordheim, Moeller, Thomas, 1999	17:18.04
9.	White, Roehl, Wood, Roseman, 1992	17:28.90

OUTDOOR ALL-TIME TOP TEN PERFORMERS



Kineke Alexander



Meghan Armstrong



Danielle Berndt



Nan Doak



Becca Franklin



Aisha James



Tiffany Johnson

100 Meters

1. Vivien McKenzie, 1985	11.45
2. Davera Taylor, 1984	11.51
3. Erica Broomfield, 1998	11.53
4. Jiselle Providence, 2001	11.57
5. Tanja Reid, 1994	11.60
Peaches Roach, 2005	11.60
7. Yolanda Hobbs, 1995	11.62
8. Elanie Jones, 1985	11.69
9. Rhonda Kaye Trusty, 2010	11.74
10. Lakeya Boatright, 2000	11.77

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. Ruqayya Raheem, 1998	13.90
7. Brenda Calhoun, 1984	13.94
8. Wynsome Cole, 1997	14.10
9. Kimberly Stanford, 2008	14.11
10. Renee White, 2008	14.20

200 Meters

1. Shellene Williams, 2004	23.50
2. Kineke Alexander, 2006	23.58
3. Davera Taylor, 1984	23.59
4. Vivien McKenzie, 1985	23.61
5. Yolanda Hobbs, 1995	23.65
6. Rhonda Kaye Trusty, 2010	23.74
7. Tanja Reid, 1995	23.75
8. Elaine Jones, 1983	23.84
9. Erin Jones, 2012	23.86
10. Ashley Liverpool, 2012	23.98

400 Meters

1. Kineke Alexander, 2006	51.35
2. Shellene Williams, 2004	51.94
3. Ellen Grant, 1996	52.65
4. Ashley Liverpool, 2012	53.12
5. Senta Hawkins, 1988	54.01
Bethany Praska, 2011	54.01
7. Marlene Poole, 1994	54.03
8. Elaine Jones, 1983	54.40
9. Nicole Charles, 2001	54.48
10. Stacey-Leigh Bynoe, 2000	54.73

400-Meter Hurdles

1. Mary Knoblauch, 1981	56.16
2. Wynsome Cole, 1998	56.67
3. Chris Davenport, 1981	59.18
4. Sarah Steffen, 2002	59.59
5. Tiffany Hendricks, 2011	59.63
6. Hannah Simonson, 2012	59.72
7. Beverly Powell, 1991	59.96
8. Nicole Erickson, 2012	59.98
9. Kelsey Quinn, 2012	1:00.28
10. Diane Steinhart, 1980	1:00.56

800 Meters

1. Bethany Praska, 2011	2:03.78
2. Kay Stormo, 1982	2:05.67
3. Michelle Lahann, 2004	2:06.79
4. Aisha Hume, 2005	2:08.50
5. Jeanne Kruckeberg, 1987	2:08.75
6. Ann Pare, 1997	2:09.25
7. Meghan Armstrong, 2006	2:10.15
8. Sophia Poncé, 2007	2:10.35
9. Briana Benning, 1996	2:10.47
10. Lauren Hardesty, 2010	2:10.90

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. Lauren Hardesty, 2009	4:20.40
5. Diane Nukuri, 2007	4:20.95
6. McKenzie Melander, 2010	4:21.18
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. Danielle Berndt, 2011	10:26.54
2. Jessica Schmidt, 2008	10:27.18
3. Sarah Arens, 2004	10:34.50
4. Hannah Roeder, 2011	10:35.22
5. Kelsey Hart, 2011	10:47.56
6. Katie Ellis, 2010	11:02.62
7. Michelle Lahann, 2003	11:16.21
8. 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 Schulle, 2012	16:13.73
8. Jenny Spangler, 1983	16:17.21
9. Tracy Dahl, 1992	16:18.77
10. Racheal Marchand, 2008	16:27.02

OUTDOOR ALL-TIME TOP TEN PERFORMERS



Diane Nukuri



Tammilee Kerr



Vivien McKenzie



Bethany Praska



Alana Redfern



Peaches Roach



Jessie Strand

10,000 Meters

1. Diane Nukuri, 200833:17.01
2. Jennifer Brower, 199133:23.38
3. Meghan Armstrong, 200833:28.00
4. Nan Doak, 1985.....33:33.03
5. Jenny Spangler, 1983.....33:39.24
6. Racheal Marchand, 200834:05.87
7. Tracy Dahl, 199234:30.09
8. **Betsy Flood, 201135:05.10**
9. Nikki Chapple, 200435:06.35
10. Megan Lessard, 2010.....35:28.03

Heptathlon

1. Tammilee Kerr, 20085,532
2. Kathy Gillespie, 1983.....5,262
3. Tiff Pedersen, 20044,976
4. Janet Adams, 1981.....4,855
5. Ruqayya Raheem, 19974,665
6. Angela Chadwick, 1993.....4,493
7. **Missy Miller, 20104,227**
8. Angie Hensel, 20044,073
9. Janelle Jaspers, 1987.....4,000

High Jump

1. Peaches Roach, 2006 6-1 1/4 (1.86)
2. Mary Mol, 1983..... 6-0 (1.83)
3. Caleigh Bacchus, 2010..... 5-10 (1.78)
4. Lynn McMillan, 1988..... 5-9 1/4 (1.76)
5. Kacey Childs, 2001..... 5-8 1/2 (1.74)
6. Kristi Dinkla, 1985..... 5-8 (1.73)
- Becky Kaza, 1995..... 5-8 (1.73)
- Eve Cullinan, 2003 5-8 (1.73)
9. **Zinnia Miller, 2012..... 5-7 1/4 (1.71)**
10. Jenni Elbert, 2005..... 5-7 (1.70)

Long Jump

1. Aisha James, 2003 22-3 (6.78)
2. Renee White, 2008 20-3 3/4 (6.19)
3. **Carisa Leacock, 2011 19-11 1/2 (6.08)**
4. Becki Borg, 1988 19-7 1/4 (5.97)
5. Lisa Moats, 1986 19-6 (5.95)
6. Tammilee Kerr, 2008 19-4 1/4 (5.90)
7. Yolanda Hobbs, 1993 19-2 1/2 (5.85)
8. Jane Dunlevy, 1977 18-6 (5.64)
9. Ruqayya Raheem, 1997 18-5 1/4 (5.62)
- Tiff Pedersen, 2004 18-5 1/4 (5.62)

Triple Jump

1. Renee White, 2008 43-10 (13.36)
2. Tiffany Johnson, 2007 41-8 3/4 (12.72)
3. Becki Borg, 1988 40-7 1/2 (12.38)
4. Lynn McMillan, 1988..... 39-6 1/2 (12.05)
5. Lynn, 1998..... 39-0 (11.88)
6. Kacey Childs, 2001..... 37-8 (11.48)
7. Becca Franklin, 2004 36-10 1/2 (11.24)
8. Janna Houtz, 1984 33-10 1/2 (10.32)
9. Latoya Stiffend, 2002..... 32-6 (9.90)
10. Bridget Besch, 2003 30-10 1/2 (9.41)

Pole Vault

1. Jessie Strand, 2003 12-10 1/4 (3.92)
2. Sarah Burgett, 2006 12-1 3/4 (3.70)
3. **Kirsten Weistmantle, 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, 2012 11-0 1/4 (3.36)**
7. Kacey Childs, 2000..... 8-0 1/2 (2.45)

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. Jennifer Moon, 2000..... 47-5 1/4 (14.46)
8. **Rachel Curry, 2011 46-5 (14.03)**
9. Mandy Chandler, 2006 46-0 (14.02)
10. Tiffany Medenwaldt, 2010 .. 45-11 3/4 (14.01)

Discus

1. **Majesty Tutson, 2012 172-11 (52.72)**
2. Tiffany Medenwaldt, 2010 161-3 (49.16)
3. Denise Taylor, 1992 160-5 (48.90)
4. Lisa Van Steenwyk, 1991 159-1 (48.50)
5. Gail Smith, 1983..... 158-2 (48.22)
6. **Ashlyn Gulvas, 2011..... 154-11 (47.23)**
7. Kamesha Marshall, 2005..... 152-11 (46.62)
8. Jennifer Moon, 2000..... 150-8 (45.92)
9. Laura Kriener, 1989..... 150-3 (45.80)
10. Megan Maurer, 1997 149-2 (45.48)
- Courtney Fritz, 2012 149-2 (45.46)**

Hammer Throw

1. Becca Franklin, 2007 195-0 (59.45)
2. **Annemie Smith, 2012 183-4 (55.89)**
3. **Ashlyn Gulvas, 2011..... 182-3 (55.55)**
4. **Jasmine Simpson, 2012 181-10 (55.42)**
5. **Kelsey Taylor, 2011 177-0 (53.95)**
6. Tiffany Medenwaldt, 2010 171-11 (52.40)
7. Erin O'Hern, 2008..... 168-9 (51.45)
8. Kerri Blackstone, 1999 161-10 (49.32)
9. **Majesty Tutson, 2010 156-9 (47.77)**
10. Mandy Chandler, 2009 154-6 (47.09)

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. Terri Soldan, 1983 152-6 1/4 (46.48)
5. Shani Renning, 1990 152-3 (46.40)
6. Clara Simon, 1981 149-9 (45.64)
7. Janet Adams, 1984..... 148-7 (45.28)
8. **Amanda Stahle, 2012..... 140-11 (42.95)**
9. Mickey Schoborg, 1985 137-5 1/4 (41.88)
10. Sara Joens, 1987 127-1 (38.74)



Majesty Tutson



Lisa Van Steenwyk



Renee White



Shellene Williams

OUTDOOR ALL-TIME TOP TEN PERFORMERS

400-Meter Relay

1.	Poole, Reid, Floyd, Hobbs, 1994	44.63
2.	Charles, Williams, Providence, James, 2003	44.71
3.	Floyd, Hobbs, Poole, Reid, 1994	44.80
4.	Fouchè, Williams, Providence, James, 2003	45.02
5.	Alexander, Granger, Johnson, Roach, 2006	45.11
6.	Johnson, Roach, Clarke, Trusty, 2007	45.21
7.	Johnson, Alexander, Granger, Roach, 2005	45.30
8.	Granger, Johnson, Alexander, Roach, 2005	45.39
9.	Underwood, Reid, Philip, Hobbs, 1995	45.50
10.	Boatright, Bynoe, Providence, Prendergast, 2000	45.50

Shuttle Hurdle Relay

1.	Prendergast, Cole, Raheem, Ruen, 1998	56.44
2.	Cole, Prendergast, Raheem, Ruen, 1998	56.54
3.	Raheem, 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.	Williams, Charles, Fouchè, Providence, 2003	1:37.49
4.	Herrmann, McCalla, Raymond, Roach, 2004	1:37.66
5.	Charles, Dixon, Knight, Prendergast, 2002	1:38.15
6.	Trusty, Hendricks, Graham, Erickson, 2009	1:38.79
7.	Prendergast, Dixon, Knight, Providence, 2001	1:38.73
8.	Dixon, Knight, Prendergast, Providence, 2001	1:38.93
9.	Dixon, Providence, Knight, Charles, 2001	1:39.68
10.	Underwood, Bynoe, Raheem, Wynter, 1997	1:39.72

Sprint Medley Relay

1.	Jones, Hendricks, Liverpool, Praska, 2011	3:48.63
2.	Trusty, R. Moore, Hendricks, Praska, 2010	3:56.53
3.	Reid, Philip, Hobbs, Benning, 1995	3:56.54
4.	Roach, Alexander, McCalla, Stanley, 2005	3:56.99
5.	Clarke, Graham, Jones, Poncé, 2007	3:59.34
6.	Underwood, Clarke, Philip, Benning, 1995	3:59.75
7.	2005	4:00.26
8.	Dixon, Providence, Hume, Butler, 2001	4:01.11
9.	Providence, Dixon, Charles, Hume, 2001	4:03.39
10.	1999	4:09.31

1,600-Meter Relay

1.	Praska, Hendricks, Liverpool, Erickson, 2011	3:35.93
2.	Hume, Charles, Steffen, Williams, 2003	3:36.26
3.	Praska, Hendricks, Erickson, Liverpool, 2011	3:36.51
4.	Simsonson, Liverpool, Erickson, Sack, 2012	3:37.57
5.	McCalla, Granger, Alexander, Johnson, 2006	3:38.36
6.	Alexander, Graham, Jones, M. Mims, 2007	3:39.36
7.	Jones, Alexander, Johnson, M. Mims, 2007	3:39.64
8.	McCalla, Alexander, Sheeley, Hume, 2005	3:39.67
9.	Hendricks, Trusty, Erickson, Praska, 2010	3:39.88
10.	McCalla, Hume, Sheeley, Alexander, 2005	3:40.43

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.	Flood, Dilhy, L. Hardesty, Docherty, 2009	8:53.91
5.	Armstrong, Stanley, Laney, Hume, 2005	8:54.27
6.	O'Brien, Camarigg, Williams, Stormo, 1981	8:54.36
7.	Flood, Melander, Praska, Hardesty, 2010	8:54.45
8.	Drapcho, Schlader, Williams, Stormo, 1980	8:56.14
9.	Drapcho, Mitchell, Schlader, Stormo, 1979	8:57.24
10.	Lahann, Hume, Thompson, Barber, 2003	9:02.58

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.	Davenport, xx, xx, xx, 1981	11:41.44
8.	Pare, Grant, Benning, Gilchrist, 1997	11:41.92
9.	Dilhy, Erickson, Docherty, Anderson, 2010	11:43.06
10.	Placzek, K. Mims, Laesch, A. Hardesty, 2011	11:43.65

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, Eilers, Melander, L. Hardesty, 2011	19:17.52
4.	Flood, Melander, A. Hardesty, Eilers, 2009	19:36.43
5.	Chapple, Laney, Donlon, Sokol, 2005	20:39.12
6.	Arens, Barber, Butler, Roberts, 2001	20:40.89
7.	Benning, Boland, Fleck, Coleman, 1995	20:43.07
8.	Arens, Sokol, Barber, Donlon, 2003	20:48.08