

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



TRACK AND FIELD CONTACT: BRANDEE BRITT

May 13, 2014

2014 IOWA TRACK & FIELD OUTDOOR SCHEDULE

Date	Meet
March 28-29	Arizona State Invite (Phoenix, Ariz.)
April 4-5	Arkansas Invite (Fayetteville, Ark.) Stanford Invite (Stanford, Calif.)
April 12	Illinois Twilight (Champaign, Ill.)
April 18-19	Mt. Sac Relays (Walnut, Calif.)
April 24-26	Drake Relays (Des Moines, Iowa)
May 3	Musco Twilight XV (Iowa City, Iowa)
May 16-18	Big Ten Championships (West Lafayette, Ind.)
May 29-31	NCAA First Round (Fayetteville, Ark.)
June 11-14	NCAA Championships (Eugene, Ore.)

IOWA COACHING STAFF

Larry Wiczorek ...	Director of Track & Field
Layne Anderson ..	Head Track & Field Coach
Scott Cappos	Director of Field Events
Molly Jones	Assistant Coach
Clive Roberts	Assistant Coach/ Director of Recruiting
Joey Woody	Assistant Coach

THIS WEEK

The University of Iowa track and field team travels to West Lafayette, Ind., for the Big Ten Outdoor Championships this weekend. The meet will be held at Rankin Track and Field on the campus of Purdue University. The event begins Friday at 10 a.m. (CT) and continues through Sunday.

FOLLOW THE HAWKEYES

Follow [@IowaXC_TF](#) on twitter for updates on the team. Seniors Jasmine Simpson ([@justjazzy40](#)) and Ashlyn Gulvas ([@ashlyngulvas](#)) will be live tweeting the Big Ten Championships on Saturday and Sunday. Links to live results can be found on the schedule page at [hawkeyesports.com](#).

BIG T&F ON BTN

BTN will provide coverage of the Big Ten Men's and Women's Outdoor Track and Field Championships on Sunday, May 25, at 5 p.m. (CT).

THE COMPETITION

The Big Ten field includes four nationally ranked men's teams and one ranked women's team. The men's team includes No. 14 Wisconsin, No. 16 Nebraska, No. 17 Penn State, and No. 20 Illinois, while the Penn State women are ranked 15th.

RETURNING POINT SCORERS

The Hawkeye men return three of 13 point scorers from last year's championships. Gabe Hull finished third in discus, Sam Joens placed fifth in javelin, and Kylvens Delaunay placed sixth in the triple jump.

The Hawkeye women return six of eight point scorers from a year ago, led by Lake Kwaza, who placed fourth in the 100 meters as a true freshman. Ashlyn Gulvas (5th/hammer), Carisa Leacock (7th/long jump), Jasmine Simpson (7th/hammer), Amanda Stahle (7th/javelin), and Khanishah Williams (8th/high jump) also return.

HULL GRABS GOLD... AGAIN

Gabe Hull broke the Iowa discus record at the Musco Twilight on May 3. Hull recorded a personal-best toss of 207-1 (63.11m) to take the Musco discus title. His mark currently ranks second in the Big Ten and seventh in the nation. Hull has claimed the discus title in four of the six outdoor meets (Arizona State, Illinois Twilight, Drake Relays, and Musco Twilight) this season.

Iowa has won the Big Ten men's discus title eight times, most recently in 2006 when Tim Brodersen defended his title from 2005.

SPEJCHER GOES HIGHER

Sophomore Kevin Spejcher recorded a personal-best leap of 7-2 1/2 (2.20m) to take the Musco Twilight title on May 3. Spejcher beat his previous personal record by three and a half inches (6-10 1/4; 2.09m). His mark ranks second in the Big Ten, 15th in the nation, and fourth all-time at Iowa.

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BROWN TAKES 2

Freshman Brittany Brown claimed the women's 100 and 200 meter titles at the Musco Twilight on May 3. Brown clocked a personal-best 100 meters time of 11.62 that currently ranks fourth in the Big Ten and ties for eighth on Iowa's all-time list. Sophomore Lake Kwaza was the runner-up in both the 100 and 200 meters. Kwaza's season best 100 meters time of 11.66 ranks sixth in the Big Ten, while her personal-best time of 11.56 ranks fourth all-time at Iowa.

4X1 MAKES HISTORY

The women's 400-meter relay team of sophomore Lake Kwaza and freshmen Elexis Guster, Alexis Hernandez, and Brittany Brown clocked a school record-setting time of 44.51 to take the Drake Relays title on April 26. The previous school record of 44.63 was set in 1994 (Poole, Reid, Floyd, Hobbs). The Drake Relays 400-meter relay title was the first in school history for the Hawkeye women. Their time currently leads the Big Ten. Iowa has won the women's 400-meter conference title two times; first in 1994 and again in 1997.

AMOSU, DELAUNAY IN THE TOP 5

Junior Babatunde Amosu and sophomore Klyvens Delaunay rank second and third, respectively, on the Big Ten triple jump list. Amosu recorded a personal-best leap of 52-4 3/4 (15.97m) at the Mt. SAC Relays on April 19. His mark currently ranks second in the Big Ten, eighth nationally and third all-time at Iowa. Delaunay recorded a season-best leap of 51-4 1/4 (15.65m) at the Musco Twilight on May 3. His mark ranks third in the Big Ten and 22nd nationally. Delaunay's personal-best jump of 52-2 1/2 (15.91m) ranks fourth all-time at Iowa.

FOUR LAPS FOR THE RECORD

Freshmen Elexis Guster and Alexis Hernandez, and sophomores MonTayla Holder and Lake Kwaza ran 3:34.83 to break the school's 1,600-meter record at the Arkansas Spring Invitational. The quartet bested the previous record, set in 2011, by more than one second (3:35.93). The 2011 team of Bethany Praska, Tiffany Hendricks, Ashley Liverpool, and Nicole Erickson won the Big Ten Championship. The 2014 team ranks second in the conference and 28th nationally.

SMITH, GULVAS IN THE TOP 5

Two Hawkeyes hold hammer throw marks that rank inside the Big Ten's top five and among Iowa's all-time top 10. Junior Annemie Smith's mark of 198-1 (60.38m) ranks third in the Big Ten and is a school record. Senior Ashlyn Gulvas (186-0; 56.70m) ranks fifth.



Brittany BROWN

2014 WOMEN'S OUTDOOR SEASON BESTS

100 meters	Brittany Brown.....	11.62
100-m hurdles	Kassidy Ellis	15.28
200 meters	Brittany Brown.....	23.72
400 meters	Elexis Guster	53.33
400-meter hurdles.	MonTayla Holder	59.14
800 meters	Mahnee Watts	2:08.58
1,500 meters	Shannon Maser.....	4:33.02
3,000 meters	Carolyn Newhouse.....	10:07.57
5,000 meters	Jocelyn Todd	17:58.37
High Jump.....	Khanishah Williams.....	5-8 1/2 (1.74)
Long Jump	Zinnia Miller.....	20-3 1/2 (6.18)
Triple Jump	Zinnia Miller.....	41-1 1/2 (12.53)
Shot Put.....	Rachel Curry.....	47-5 (14.45)
Discus	Dakotah Goodell	163-3 (49.76)
Javelin.....	Amanda Stahle.....	140-4 (42.77)
Hammer Throw	Annemie Smith	198-1 (60.38)
Heptathlon	Kassidy Ellis	4,242 points
400-m Relay	Kwaza, Guster, Hernandez, Brown	44.51
1,600-m Relay.....	Guster, Hernandez, Holder, Kwaza ...	3:34.83
Sprint Med. Relay ..	Brown, Kwaza, Guster, Watts	3:51.18
6,400-m Relay.....	Maser, Price, Wilberding, Montuclard.	20:23.27

Bold indicates school record.

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HAWKEYE TRACK & FIELD



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MEET THE RECORD HOLDERS

Seven Hawkeyes share four school records. Sophomore Lake Kwaza and freshmen Elexis Guster, Alexis Hernandez, and Brittany Brown set the 400-meter record (44.51) at the Drake Relays on April 26. Guster, Hernandez, and sophomores MonTayla Holder and Kwaza set the 1,600-meter record (3:34.83) at Arkansas Spring Invitational on April 5. Junior Annemie Smith set the hammer throw record (198-1; 60.38m) at the 2014 ASU Invite on March 28. Senior Tevin-Cee Mincy ran the first leg on the school-record-setting 400-meter relay team (39.48) at the 2013 NCAA Championships.

10 YEARS AGO IN WEST LAFAYETTE

Ten years ago Shellene Williams and Peaches Roach won gold medals at the 2004 Big Ten Championships in West Lafayette. Roach, the school record holder in the high jump, won her first of two Big Ten high jump titles with a mark of 5-11 1/4. Williams, the 2003 Big Ten 400 meters champion, defended her title with a time of 52.97.

30 YEARS FOR WIZ

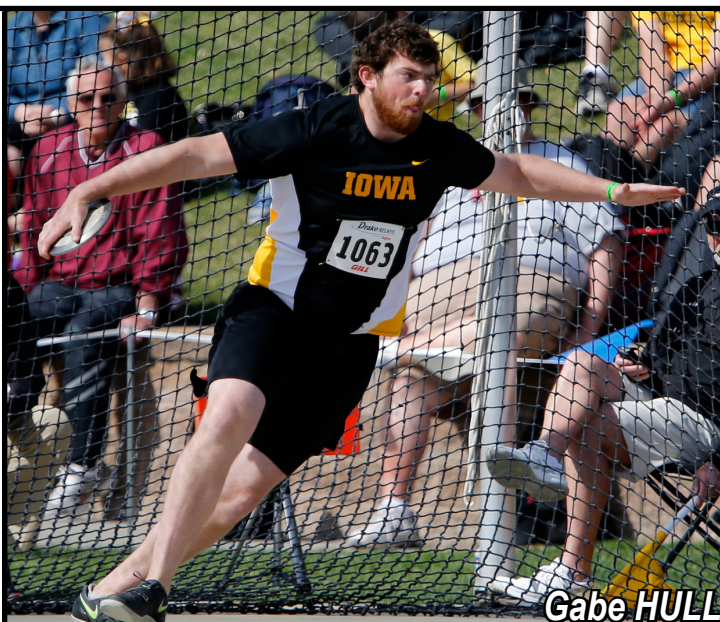
UI Director of Track and Field Larry Wieczorek is attending his 30th Big Ten Outdoor Championships as a member of the Iowa coaching staff. Wieczorek was an Iowa assistant coach in 1985 when the Hawkeyes placed fifth at the Big Ten Championships in Evanston, Ill. In 1998, Wieczorek made his first Big Ten Championship appearance as Iowa's head coach in Columbus, Ohio. The Hawkeyes placed third in his Big Ten Championships head coaching debut. In 2011, he led Iowa to the Big Ten title and was named Big Ten Coach of the Year.

RETURNING OUTDOOR ALL-AMERICANS

The Hawkeyes return three outdoor All-Americans from 2013. Senior Tevin-Cee Mincy and sophomore Klyvens Delaunay grabbed first team honors for their performances at the 2013 NCAA Outdoor Championships. Mincy ran the first leg on the sixth-place 400-meter relay team (39.77), while Delaunay captured an eighth-place finish in the triple jump (52-2 1/2; 15.91m). Junior Gabe Hull earned second-team honors for his 15th-place finish in the discus (184-6; 56.25m).

NEXT ON THE BLOCK

The first round of the NCAA Championships is set for May 29-31 in Fayetteville, Ark.



Gabe HULL

2014 MEN'S OUTDOOR SEASON BESTS

100 meters	Tevin-Cee Mincy.....	10.46
110-m hurdles	Aaron Mallett.....	13.98
200 meters	O'Shea Wilson	21.32
400 meters	Brennan Davey.....	47.49
400-m hurdles	Aaron Mallett.....	51.78
800 meters	Will Teubel	1:50.14
1,500 meters	Ben Witt.....	3:52.07
3,000 meters	Anthony Gregorio	8:35.02
5,000 meters	Kevin Lewis	14:02.78
High Jump.....	Kevin Speicher	7-2 1/2 (2.20)
Pole Vault	Jack Eckert	15-8 1/4 (4.78)
Long Jump	O'Shea Wilson	25-2 (7.67)
Triple Jump	Babtunde Amosu	52-4 3/4 (15.97)
Shot Put.....	Gabe Hull	59-4 1/4 (18.09)
Discus.....	Gabe Hull	207-1 (63.11)
Hammer Throw	Gabe Hull	173-10 (52.98)
Javelin.....	Sam Joens	200-1 (61.00)
Decathlon	Jack Eckert	6,768 points
400-m Relay.....	Mincy, Wilson, Thompson, Harrington.	39.99
1,600-m Relay.....	VanCleave, Thompson, Mallett,Davey.	3:10.21
Sprint Med. Relay ..	Harrington, Mallett, Davey, Teubel	3:20.08
Dist. Med. Relay.....	Witt, VanCleave, Prom, Docherty	9:59.69
6,400-Meter Relay.	Witt, Lewis, Hart, Butler	17:01.65

Bold indicates school record.

University of Iowa Track and Field

Big Ten Outdoor Championships

- 2014 Big Ten Leaders -

INDIVIDUALS

MenEvent Time/Distance Big Ten Ranking

Tevin-Cee Mincy	100m	10.46	7th
O'Shea Wilson	100m	10.48	10th
Aaron Mallett	110mH	13.98	7th
Kevin Spejcher	High Jump	2.20m	2nd
O'Shea Wilson	Long Jump	7.67m	2nd
Babatunde Amosu	Triple Jump	15.97m	2nd
Klyvens Delaunay	Triple Jump	15.65m	3rd
Gabe Hull	Discus	63.11m	2nd
Gabe Hull	Shot Put	18.09m	9th
Sam Joens	Javelin	61.00m	10th
Jack Eckert	Decathlon	6,768	5th

WomenEvent Time/Distance Big Ten Ranking

Brittany Brown	100m	11.62	4th
Lake Kwaza	100m	11.66	6th
Brittany Brown	200m	23.72	9th
Lake Kwaza	200m	23.87	10th
Elexis Guster	400m	53.33	2nd
MonTayla Holder	400mH	59.14	6th
Khanishah Williams	High Jump	1.74m	6th
Zinnia Miller	Long Jump	6.13m	5th
Zinnia Miller	Triple Jump	12.53m	9th
Dakotah Goodell	Discus	51.62m	2nd
Annemie Smith	Hammer	60.38m	3rd
Ashlyn Gulvas	Hammer	58.75m	5th
Jasmine Simpson	Hammer	57.62m	8th

RELAYS

RelayTime Big Ten Ranking

4X100 (Men)	39.99	4th
4X100 (Women)	44.51	1st
4X400 (Men)	3:10.21	6th
4X400 (Women)	3:34.83	2nd

University of Iowa Track and Field

2014 Big Ten Outdoor Championships

- HAWKEYES TO WATCH -



Babatunde Amosu

Junior - Triple Jump
London, England -- Texas A&M

2014 -- took the triple jump title at the Mt. SAC Relays (52-4 3/4; 15.97m) and the Musco Twilight (51-9 1/4; 15.78m)... personal best jump of (52-4 3/4; 15.97m) ranks eighth all-time at Iowa.



Gabe Hull

Junior - Throws
Bloomington, Ind. -- South

2014 -- broke the school discus record at the Musco Twilight (207-1; 63.11m)... has claimed the discus title in four of the six outdoor meets this season.



Aaron Mallett

Freshman - Sprints/Hurdles
St. Louis, Mo. -- McCluer North

2014 -- personal-best 110-meter hurdles mark (13.98) ranks seventh in the Big Ten and seventh all-time at Iowa.



Kevin Spejcher

Sophomore -- High Jump
Bloomington, Ill. -- Lake Park

2014 -- personal-best high jump mark ranks second in the Big Ten lead (7-2 1/2; 2.20m), 15th nationally, and fourth all-time at Iowa.



Lake Kwaza

Sophomore - Sprints
Sycamore, Ill. -- Sycamore

2014 -- Musco Twilight runner-up in the 100 and 200 meters... season-best 100 meters time of 11.66 ranks sixth in the Big Ten... personal-best 100 meters time of 11.56 ranks fourth all-time at Iowa.



Brittany Brown

Freshman - Sprints
Upland, Calif. (Claremont)

2014 -- Musco Twilight 100 and 200 meters champion... personal-best 100 meters time of 11.62 ranks fourth in the Big Ten and ties for eighth all-time at Iowa.



Zinnia Miller

Senior -- Jumps
Abaco, Bahamas -- Florida Air Academy

2014 -- leads the team in the long jump and triple jump... personal-best long jump mark of 20-3 1/2 (6.18m) ranks fifth in the Big Ten and third all-time at Iowa... personal-best triple jump mark of 41-1 1/2 (12.53m) ranks seventh in the Big Ten and third all-time at Iowa.



Annemie Smith

Junior - Throws
George, South Africa -- Hoerskool Out-eniqua

2014 -- broke the school hammer throw record (198-1; 60.38m) at the Arizona State Invitational... her mark currently ranks third in the Big Ten.

**OUTDOOR TRACK & FIELD CHAMPIONSHIP
Relative Time Schedule**

First Day

11:00am	Decathlon 100-meters
11:15	Heptathlon 100-meter hurdles
11:45	Decathlon long jump
11:50	Heptathlon high jump
1:30pm	Men's Pole vault (trials and finals)**
2:00	Decathlon shot put
2:45	Decathlon high jump
2:50	Heptathlon shot put
4:00	Men's Hammer throw (trials and finals) Women's Hammer throw (trials and finals)
4:00	Heptathlon 200-meters
5:00	Decathlon 400-meters
9:00	Men's 10,000-meters
9:45	Women's 10,000-meters

Note: Women's Hammer to immediately follow Men's Hammer final.

* The host school shall provide lighting for the 10,000-meter race, which shall be at least sufficient enough to create a safe running environment (e.g. several mobile floodlights such as those used in parking lots, construction areas, etc. would be sufficient).

** The women's pole vault shall occur on the first day of the outdoor championships in odd years, while the men's pole vault shall occur on the first day of the outdoor championships in even years.

Decathlon and Heptathlon times are approximate and times may be adjusted based on number of entries. Follow NCAA rule book.

**OUTDOOR TRACK & FIELD CHAMPIONSHIP
Relative Time Schedule**

Second Day

11:30 am	Decathlon 110-meter hurdles
12:10 pm	Decathlon discus
12:15	Heptathlon long jump
1:20	Decathlon pole vault
1:30	Heptathlon javelin
3:15	Decathlon javelin
3:20	Men's long jump (trials and finals)
3:45	Heptathlon 800-meters
4:10	Women's 4x100-meter relay (trials)
4:15	Men's high jump (trials and finals)
4:20	Men's 4x100-meter relay (trials)
4:30	Women's 1500-meters (trials)
4:35	Men's discus (trials and finals)
4:50	Men's 1500-meters (trials)
5:10	Decathlon 1500-meters
5:20	Women's 400-meters (trials)
5:30	Women's shot put (trials and finals)
5:35	Men's 400-meters (trials)
5:50	Women's 100-meters (trials)
6:05	Men's 100-meters (trials)
6:20	Women's 100-meter hurdles (trials)
6:35	Women's long jump (trials and finals)
6:35	Men's 110-meter hurdles (trials)
6:50	Women's 800-meters (trials)
7:15	Men's 800-meters (trials)
7:20	Women's javelin (trials and finals)
7:25	Women's 200-meters (trials)
7:40	Men's 200-meters (trials)
7:55	Women's 400-meter hurdles (trials)
8:15	Men's 400-meter hurdles (trials)
8:30	Men's 3,000-meters steeplechase
8:45	Women's 3,000-meters steeplechase

Note: Schedule moved back 2 hours to warmer part of the morning for Decathlon/Heptathlon athletes' welfare.

Decathlon and Heptathlon times are approximate and times may be adjusted based on number of entries. Follow NCAA rule book.

**OUTDOOR TRACK & FIELD CHAMPIONSHIP
Relative Time Schedule**

Third Day

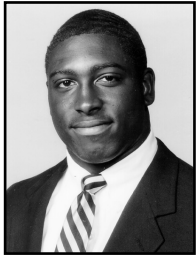
11:00 am	Men's javelin (trials and finals)
11:00	Women's triple jump (trials and finals)
12:30	Women's Pole vault (trials and finals)
12:45	Women's 4x100-meter relay (finals)
12:55	Men's 4x100-meter relay (finals)
1:00	Women's high jump (trials and finals)
1:05	Women's 1500-meters (finals)
1:15	Men's shot put (trials and finals)
1:15	Men's 1500-meters (finals)
1:25	Women's 100-meter hurdles (finals)
1:30	Men's triple jump (trials and finals)
1:30	Women's discus (trials and finals)
1:35	Men's 110-meter hurdles (finals)
1:40	Women's 400-meters (finals)
1:45	Men's 400-meters (finals)
1:50	Women's 100-meters (finals)
1:55	Men's 100-meters (finals)
2:03	Women's 800-meters (finals)
2:08	Men's 800-meters (finals)
2:18	Women's 400-meter hurdles (finals)
2:28	Men's 400-meter hurdles (finals)
2:35	Women's 200-meters (finals)
2:42	Men's 200-meters (finals)
2:49	Women's 5000-meters (finals)
3:11	Men's 5000-meters (finals)
3:33	Women's 4x400-meter relay (sections if necessary)
3:45	Men's 4x400-meter relay (sections if necessary)

Note: Rationale for changes to Sunday schedule: Women's Pole Vault moved due to facility capacity and to accommodate any changes in wind direction.

Men's and Women's Triple Jump - moved due to facility issues (both events must be contested out of the same pit)

Men's shot put - facility and safety issues.

OUTDOOR ALL-TIME TOP 10 PERFORMERS



Jeremy Allen



Justin Austin



Matt Byers



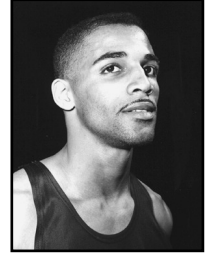
Troy Doris



Jeffery Herron



Gabe Hull



Deacon Jones

100 Meters

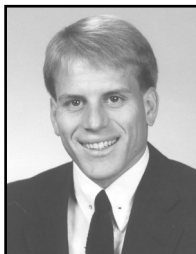
1. Justin Austin, 2011.....	10.21
2. George Page, 1996.....	10.25
3. Anthuan Maybank, 1994.....	10.31
Tim Dwight, 1997.....	10.31
Josh Larney, 2013.....	10.31
6. Bob Lawson, 1976.....	10.36
7. Robert Smith, 1984.....	10.39
8. Curtis Chang, 1987.....	10.40
9. Jeff Patrick, 1983.....	10.41
Tim Dodge, 2002.....	10.41

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, 2013.....	13.76
6. James Armstrong, 1991.....	13.89
7. Aaron Mallett, 2014.....	13.98
8. Dan Davis, 2012.....	14.01
9. Doug Jones, 1986.....	14.06
10. Chris Williams, 1983.....	14.24

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



Todd Wigginton



Arno van der Westhuizen

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, 2013.....	50.51
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.....	1:45.90
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. Ryan Weir, 2013.....	1:50.01
8. Will Teubel, 2014.....	1:50.14
9. Andy Wiese, 1985.....	1:50.22
10. Paul Chepkwony, 1984.....	1:50.36

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

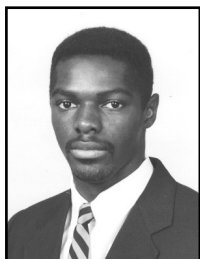
3,000-Meter Steeplechase

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

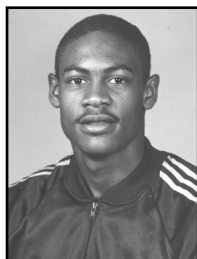
5,000 Meters

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. Kevin Lewis, 2014.....	14:02.78
6. Eric MacTaggart, 2005.....	14:04.79
7. Dan Haut, 2006.....	14:07.30
8. Jesse Luciano, 2010.....	14:08.71
9. Matt Esche, 2006.....	14:12.07
10. Jeff Thode, 2011.....	14:12.40

OUTDOOR ALL-TIME TOP 10 PERFORMERS



Anthuan Maybank



Pat McGhee



Kyle Reid



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. **Kevin Lewis, 2012.....29:54.02**
6. Chad Schwitters, 199929:56.00
7. Nick Holmes, 201030:02.31
8. Dan Haut, 200630:03.08
9. Kevin Herd, 1994.....30:05.21
10. Paul Sarris, 200130:08.40

Decathlon

1. **Kyle Reid, 2013 7,203 pts**
2. Dan Rolling, 2010 6,957 pts
3. Scott Faber, 2000 6,839 pts
4. Ryan Niver, 2008 6,837 pts
5. **Jack Eckert, 2012..... 6,813 pts**
6. Chad Ohly, 1994..... 6,641 pts
7. Gary Kostrubala, 1984..... 6,498 pts
8. Frank Prill, 2008 6,381 pts
9. 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 Spejcher, 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, 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. **O'Shea Wilson, 2014 25-2 (7.67)**
8. Matty Gorman, 2006.....25-1 1/4 (7.65)
9. Ronnie McCoy, 198525-0 (7.62)
10. Jeffery Herron, 2010.....24-9 (7.54)

Triple Jump

1. Troy Doris, 2012 54-8 (16.66)
2. Paul Jones, 1990.....53-9 (16.38)
3. **Babatunde Amosu, 2014 ... 52-4 3/4 (15.97)**
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. Chris Gambol, 1987..... 60-0 1/2 (18.30)
7. A.J. Curtis, 2008 59-8 1/4 (18.19)
8. **Gabe Hull, 2014..... 59-4 1/4 (18.90)**
9. A. van der Westhuizen, 2000 58-8 3/4 (17.90)
10. Ryan Lamparek, 2010 58-4 (17.78)

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. Jeremy Allen, 2001 195-4 (59.54)
5. Tim Brodersen, 2005 193-6 (58.98)
6. Brad Daufeldt, 2004..... 185-0 (56.40)
7. Nick Brayton, 2009 180-11 (55.15)
8. Andy Banse, 2005 180-0 (54.86)
9. Eric Rothwell, 2004..... 179-7 (54.73)
10. Shane Maier, 2008 178-7 (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, 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)
10. Ryan Lamparek, 2010 181-7 (55.35)

Javelin

1. Matt Byers, 2011.....245-8 (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. **Sam Joens, 2013.....206-9 (63.03)**
6. Kale Katt, 2007204-0 (62.17)
7. Joel Storm, 2004203-5 (62.01)
8. Matt Stank, 2001 199-0 (60.66)
9. **Jack Eckert, 2012..... 187-0 (57.01)**
10. Kyle Reid, 2013182-10 (55.73)

OUTDOOR ALL-TIME TOP 10 PERFORMERS



Kineke Alexander



Meghan Armstrong



Danielle Berndt



Nan Doak



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. Lake Kwaza, 2013	11.56
5. Jiselle Providence, 2001	11.57
6. Tanja Reid, 1994	11.60
Peaches Roach, 2005	11.60
8. Yolanda Hobbs, 1995	11.62
Brittany Brown, 2014	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. 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. Erin Jones, 2012	23.71
7. Brittany Brown, 2014	23.72
8. Rhonda Kaye Trusty, 2010	23.74
9. Tanja Reid, 1995	23.75
10. Elaine Jones, 1983	23.84

400 Meters

1. Kineke Alexander, 2006	51.35
2. Shellene Williams, 2004	51.94
3. Ashley Liverpool, 2012	52.47
4. Ellen Grant, 1996	52.65
5. Elexis Guster, 2014	53.33
6. Senta Hawkins, 1988	54.01
Bethany Praska, 2011	54.01
8. Marlene Poole, 1994	54.03
9. Elaine Jones, 1983	54.40
10. Nicole Charles, 2001	54.48

400-Meter Hurdles

1. Mary Knoblauch, 1981	56.16
2. Wynsome Cole, 1998	56.67
3. MonTayla Holder, 2014	59.14
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. Aisha Hume, 2005	2:08.50
5. Adrienne Alexia, 2013	2:08.61
6. Jeanne Kruckeberg, 1987	2:08.75
7. Mahnee Watts, 2014	2:08.58
8. Kaitlyn Nelson, 2013	2:08.83
9. Ann Pare, 1997	2:09.25
10. Katharina Trost, 2014	2:09.62

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. 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, 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



Majesty Tutson



Lisa Van Steenwyk



Renee White



Shellene Williams

OUTDOOR ALL-TIME TOP 10 PERFORMERS



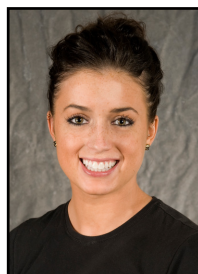
Diane Nukuri



Tammilee Kerr



Vivien McKenzie



Bethany Praska



Alana Redfern



Peaches Roach



Annemie Smith

10,000 Meters

1. Diane Nukuri, 2008.....33:17.01
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. McKenzie Melander, 201234:29.83
8. Tracy Dahl, 199234:30.09
9. Betsy Flood, 2011.....35:05.10
10. Nikki Chapple, 200435:06.35

Heptathlon

1. Tammilee Kerr, 2008 5,633 pts
2. Kathy Gillespie, 1983.....5,262 pts
3. Tiff Pedersen, 20044,976 pts
4. Janet Adams, 1981.....4,855 pts
5. **Sarah Ryan, 2012..... 4,819 pts**
6. Ruqayya Raheem, 19974,665 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, 20044,073 pts

High Jump

1. Peaches Roach, 20066-1 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. Kacey Childs, 2001.....5-8 1/2 (1.74)
7. Kristi Dinkla, 1985.....5-8 (1.73)
- Becky Kaza, 1995.....5-8 (1.73)
- Eve Cullinan, 20035-8 (1.73)
10. **Zinnia Miller, 2012..... 5-7 1/4 (1.71)**
- Madison Rouw, 2014 5-7 1/4 (1.71)**

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. Kacey Childs, 2000.....8-0 1/2 (2.45)

Long Jump

1. Aisha James, 2003 22-3 (6.78)
2. Renee White, 2008.....20-3 3/4 (6.19)
3. **Zinnia Miller, 2014..... 20-3 1/2 (6.18)**
4. **Carisa Leacock, 2011 19-11 1/2 (6.08)**
5. Becki Borg, 1988 19-7 1/4 (5.97)
6. Lisa Moats, 1986 19-6 (5.95)
7. Tammilee Kerr, 2008 19-4 1/4 (5.90)
8. Yolanda Hobbs, 1993 19-2 1/2 (5.85)
9. **Sarah Ryan, 2014 19-1 1/2 (5.83)**
10. Jane Dunlevy, 1977 18-6 (5.64)

Triple Jump

1. Renee White, 2008.....43-10 3/4 (13.36)
2. Tiffany Johnson, 200741-8 3/4 (12.72)
3. **Zinnia Miller, 2014..... 41-1 1/2 (12.53)**
4. **Carisa Leacock, 2012 40-10 1/2 (12.46)**
5. Becki Borg, 198840-7 1/2 (12.38)
6. Lynn McMillan, 1988.....39-6 1/2 (12.05)
7. Lynn, 1998.....39-0 (11.88)
8. Kacey Childs, 2001.....37-8 (11.48)
9. Becca Franklin, 2004.....36-10 1/2 (11.24)
10. Janna Houtz, 198433-10 1/2 (10.32)

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, 199048-2 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, 200047-5 1/4 (14.46)
9. **Courtney Fritz, 2014 46-6 1/4 (14.18)**
10. Mandy Chandler, 200646-0 (14.02)

Discus

1. Majesty Tutson, 2013 181-1 (55.19)
2. **Dakotah Goodell, 2014 163-3 (49.76)**
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)

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..... 141-5 (43.10)**
9. **Dakotah Goodell, 2014 140-2 (42.73)**
10. **Allison Gattone, 2013 138-8 (42.27)**

Hammer Throw

1. **Annemie Smith, 2014 198-1 (60.38)**
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. 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. Chelsea Colpitts, 2013 162-5 (49.51)
9. Kerri Blackstone, 1999 161-10 (49.32)
10. Majesty Tutson, 2013 161-5 (49.20)

MEN'S OUTDOOR ALL-TIME TOP 10 RELAYS

400-Meter Relay

1.	Mincy , Austin, E. Holmes, Larney, 2013	39.31
2.	Beecham, Duckett, Greer, R. Smith, 1984	39.48
3.	Mullen, Austin, E. Holmes, Larney, 2013	39.66
4.	Page, Davis, Rozell, Morris, 1996	39.73
5.	Mincy , Sayon, Chaney, Jr., Austin, 2011	39.86
6.	Richardson, Sayon, Chaney, Jr., Bee, 2009	39.94
7.	Felix, Branch, Dodge, Yamini, 1999	39.96
8.	Beecham, Duckett, Greer, Patrick, 1983	39.99
	Mincy, Wilson, Thompson, Harrington, 2014	39.99
10.	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.	Austin, Brown , Larney, VanCleave , 2013	1:25.60
3.	Barclay, McCalister, Jensen, Elliott, 1979	1:26.39
4.	Thomas, Balkrishnan, Patterson, Freidrich 1991	1:28.38
5.	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.	Willey, Richards, Sowinski, Barton, 2011	3:05.64
7.	Richards, Davey , E. Holmes, Sowsinski, 2012	3:05.77
8.	Cameron, Williams, McGhee, McCoy, 1985	3:06.00
9.	Rozell, Davis, Dwight, Raymond, 1997	3:06.06
	Dodge, Kunkel, Coleman, Peterson, 2001	3:06.06

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
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.	Prom , Slaymaker, Wheeler, Weir, 2012	7:38.15
9.	1986	7:40.18
10.	Novotny, Holtkamp, Rerko, Feeldy, 1995	7:44.68

Distance Medley Relay

1.	Pershing, Moeller, Slack, Docherty, 1978	9:39.94
2.	Kuczvara, Barton, Hairston, Thode, 2011	9:41.37
3.	N. Holmes, Van Cleave , Sowinski, Thode, 2012	9:41.59
4.	Young, Barton, Kuczvara, 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.	Paul, Kadlec, Thode, Luciano, 2010	17:01.46
4.	Witt, Lewis, Hart, Butler, 2014	17:01.65
5.	N. Holmes, Witt , Thode, Lewis , 2012	17:02.26
6.	Thomas, Allen, Rakaric, Lloyd, 2003	17:06.27
7.	Pittman, Novotny, Feeldy, Marquardt, 1995	17:12.49
8.	Bakker, Feeldy, Peters, Pittman, 1996	17:13.10
9.	Allen, Trainor, McDermott, Esche, 2002	17:14.53
10.	Kadlec, E. MacTaggart, Paul, Marchese, 2009	17:17.63

WOMEN'S OUTDOOR ALL-TIME TOP 10 RELAYS

400-Meter Relay

1.	Kwaza, Guster, Hernandez, Brown, 2014	44.51
2.	Poole, Reid, Floyd, Hobbs, 1994	44.63
3.	Kwaza, Guster, Holder, Brown, 2014	44.65
4.	Charles, Williams, Providence, James, 2003	44.71
5.	Floyd, Hobbs, Poole, Reid, 1994	44.80
6.	Fouchè, Williams, Providence, James, 2003.....	45.02
7.	Alexander, Granger, Johnson, Roach, 2006.....	45.11
8.	Johnson, Roach, Clarke, Trusty, 2007	45.21
9.	Brown, Holder, Guster, Kwaza, 2014	45.30
	Johnson, Alexander, Granger, Roach, 2005.....	45.30

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

1,600-Meter Relay

1.	Guster, Hernandez, Holder, Kwaza, 2014	3:34.83
2.	Praska, Hendricks, Liverpool, Erickson, 2011	3:35.93
3.	Guster, Watts, Hernandez, Kwaza, 2014	3:36.09
4.	Hume, Charles, Steffen, Williams, 2003.....	3:36.26
5.	Praska, Hendricks, Erickson, Liverpool, 2011	3:36.51
6.	Simsonson, Liverpool, Erickson, Sack, 2012	3:37.57
7.	Guster, Watts, Holder, Kwaza, 2014	3:37.73
8.	McCalla, Granger, Alexander, Johnson, 2006	3:38.36
9.	Simsonson, Liverpool, Quinn, Erickson, 2012.....	3:38.49
10.	Liverpool, Jones, Erickson, Quinn, 2012	3:38.68

Sprint Medley Relay

1.	Jones, Hendricks, Liverpool, Praska, 2011.....	3:48.63
2.	Brown, Kwaza, Guster, Watts, 2014	3:51.18
3.	Kwaza, R. Moore, Holder, Alexia, 2013	3:54.51
4.	Trusty, R. Moore, Hendricks, Praska, 2010	3:56.53
5.	Reid, Philip, Hobbs, Benning, 1995.....	3:56.54
6.	Roach, Alexander, McCalla, Stanley, 2005.....	3:56.99
7.	Kwaza, R. Moore, Alexia, Nelson, 2013	3:58.72
8.	Clarke, Graham, Jones, Poncé, 2007	3:59.34
9.	Underwood, Clarke, Philip, Benning, 1995.....	3:59.75
10.	Jones, R. Moore, Erickson, Alexia , 2012.....	4:00.19

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, Dlh, 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.	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.	Dlh, 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.	Maser, Price, Wilberding, Montuclard, 2014	20:23.27
8.	Chapple, Laney, Donlon, Sokol, 2005	20:39.12
9.	Arens, Barber, Butler, Roberts, 2001.....	20:40.89
10.	Benning, Boland, Fleck, Coleman, 1995	20:43.07



**OUTDOOR TRACK AND FIELD
CHAMPIONSHIPS**

**UNIVERSITY OF IOWA
BIG TEN OUTDOOR CHAMPIONS & AWARDS**

Men's Outdoor Champions

100 Yards
Dennis Kohl, 19669.6

120-Yard High Hurdles
Russell Merkel, 195014.4
Les Stevens, 195614.2

100 Meters
George Page, 199510.50
George Page, 199610.08
Tim Dwight, 199910.51
Justin Ausin, 201310.27

110-Meter High Hurdles
Pat McGhee, 198913.74

220 Yards
Eric Wilson, 192122.0
Eric Wilson, 192321.2
John Everingham, 192722.0
Dennis Kohl, 196620.6

220-Yard Low Hurdles
Charles Brookins, 192223.8
Charles Brookins, 192323.2
Charles Brookins, 192423.8
Frank Cuhel, 192623.9
Frank Cuhel, 192724.2
Frank Cuhel, 192823.6
George Saling, 193223.0

200 Meters
Andre Morris, 199520.64
Bashir Yamini, 199821.10
Bashir Yamini, 199921.39
Justin Austin, 201120.46
Justin Austin, 201320.86

330-Yard Int. Hurdles
Donald Gardner, 196337.7
Jon Reimer, 196536.1

440 Yards
Chan Coulter, 192450.4
George Baird, 192749.1
John Brown, 195948.1
Mike Mondane, 196746.4
Mike Mondane, 196847.5
Dick Eisenlauer, 197547.1

440-Yard Int. Hurdles
Jon Reimer, 196550.8

400 Meters
Anthuan Maybank, 199145.76
Anthuan Maybank, 199345.91
Andre Morris, 199545.39
Andre Morris, 199646.38
Steven Willey, 201046.12

400-Meter Hurdles
Pat McGhee, 198650.94
Pat McGhee, 198850.01
Pat McGhee, 198949.63
Ray Varner, 201050.61
Ethan Holmes, 201350.78

660 Yards
Roger Kerr, 19631:17.4
Mike Mondane, 19661:17.7

880 Yards
Harry Morrow, 19241:57.0
Ted Wheeler, 19561:51.7
Bill Frazier, 19621:50.1
Bill Frazier, 19631:50.6

800 Meters
D'Juan Strozier, 19901:47.17

Mile
Ted Wheeler, 19564:12.7
Charles Jones, 19574:17.0
Charles Jones, 19584:09.2

3,000-Meter Steeplechase
Rollie Kitt, 19679:02.9
Steve Pershing, 19779:00.1

Two Miles
Richard Ferguson, 19529:19.0
Richard Ferguson, 19539:26.6
Charles Jones, 19579:14.0

Three Miles
Larry Wiczorek, 196813:58.0

10,000 Meters
Kevin Herd, 199430:05.21
Micah VanDenend, 200730:28.50

Long Jump
Edward Gordon, 192924-1 3/4
Edward Gordon, 193024-8 1/4
Edward Gordon, 193124-1 1/2
Earl Smith, 195423-1
Quinn Early, 198624-11
Anthuan Maybank, 199325-9 1/2
Bashir Yamini, 199726-8 1/4

High Jump
E.J. Baker, 19055-10 1/4
*Edward Gordon, 19296-0
Bill Knoedel, 19757-3
Bill Hansen, 19767-2
Ryan Kelly, 20086-10 3/4

Triple Jump
Troy Doris, 201153-8 1/2
Troy Doris, 201254-8

Pole Vault
*Xavier Boyles, 192612 9 1/2
Bill Burnette, 196615 3
Phil Wertman, 197116 1 1/2
John Tefer, 197216 0
Todd Wigginton, 198417 0

Discus
C.H. Swift, 1902118-9
C.H. Swift, 1903117-7 1/2
Merle Alderman, 1910129-8 1/2
John Hancock, 1925138-2
Jeremy Allen, 1998185-9
Jeremy Allen, 2001194-5
Tim Brodersen, 2005187-0
Tim Brodersen, 2006181-2

Shot Put
Chris Gambol, 198760-0 1/2
Jeremy Allen, 200162-2 1/4
John Hickey, 200758-4 1/2

Hammer
A. van der Westhuizen, 1999202-3
A. van der Westhuizen, 2000218-5
Jim Costello, 2002217-7
Adam Hamilton, 2006208-1

Javelin
L.D. Weldon, 1930184-5 1/2
L.D. Weldon, 1931191-4 1/2
Mark Panther, 1934208-2
Mark Panther, 1935219-7 3/8
Bushnell Lamb, 1936194-4 1/2
Bushnell Lamb, 1938202-8
Bill Neumann, 2002231-8
Bill Neumann, 2003238-2
Matt Byers, 2010220-6
Matt Byers, 2011235-4
Matt Byers, 2012222-10

Men's Outdoor Relay Champions

400-Meter Relay
Beecham, Duckett, Greer, Patrick, 198339.99
McCoy, Duckett, Greer, Smith, 198440.11
Davis, Morris, Rozell, Page, 199540.03
Dwight, Branch, Davis, Yamini, 199840.27
Branch, Dwight, Dodge, Yamini, 199940.66
Coleman, Kunkel, Peterson, Dodge, 200140.15
Mullen, Austin, E. Holmes, Larney, 201340.20

400-Yard Relay
Johnson, Lake, Eisenlauer, Wellington, 197441.2

Mile Relay
Beck, Noll, Keppler, Wilson, 19223:20.0
Stevenson, Stamats, Baird, Cuhel, 19283:20.2
Stevenson, Ferguson, Depping, Baird, 19293:20.7
Levinson, Boylan, Ebert, Scott, 19533:16.4
Richards, Hollingsworth, Frazier, Kerr, 19623:12.3
Richards, Hollingsworth, Frazier, Kerr, 19633:11.2
Thompson, Feree, Randolph, Reimer, 19653:12.1
Feree, Frazier, Mondane, Reimer, 19673:08.7
Teberg, Stevens, Frazier, Mondane, 19683:13.3

1,600-Meter Relay
Chung, Williams, McGhee, Leonard, 19863:07.05
Branch, Dwight, Dodge, Yamini, 19993:09.09



**OUTDOOR TRACK AND FIELD
CHAMPIONSHIPS**

**UNIVERSITY OF IOWA
BIG TEN OUTDOOR CHAMPIONS & AWARDS**

Women's Outdoor Champions

100 Meters

Vivien McKenzie, 1983 11.90
Vivien McKenzie, 1984 11.50
Vivien McKenzie, 1985 11.63

400 Meters

Ellen Grant, 1997 52.82
Shellene Williams, 2003 53.58
Shellene Williams, 2004 52.97
Kineke Alexander, 2007 52.15

400-Meter Hurdles

Wynsome Cole, 1998 56.67

800 Meters

Bethany Praska, 2011 2:05.63

5,000 Meters

Nan Doak, 1982 16:26.63
Tracy Dahl, 1992 16:22.01
Diane Nukuri, 2008 16:24.21
McKenzie Melander, 2012 ... 16:14.03

10,000 Meters

Jennifer Brower, 1992 34:29.61
Meghan Armstrong, 2008 33:49.03

High Jump

Peaches Roach, 2004 5-11 1/4
Peaches Roach, 2007 6-0

Shot Put

Lisa Van Steenwyk, 1993 47-4 1/2

Long Jump

Aisha James, 2003 21-4

Triple Jump

Renee White, 2009 43-10 3/4



The 2006 NCAA indoor 400-meter champion, Kineke Alexander was an eight-time All-American and five-time Big Ten champion at Iowa from 2005-08. She holds Iowa school records in four individual events and two relays, and set the Big Ten Indoor Championships 400-meter record (52.23) in 2007.

Women's Outdoor Relay Champions

400-Meter Relay

Floyd, Hobbs, Poole, Reid, 1994 44.80
Underwood, Cole, Grant, Wynter, 1997 46.53

1,600-Meter Relay

Hume, Charles, Steffen, Williams, 2003 3:38.95
Praska, Hendricks, Erickson, Liverpool, 2011 3:36.51

Big Ten Championships Honors

Men's Awards

Athlete of the Year

1989 Pat McGhee (O)
1993 Anthuan Maybank (O)
2011 Justin Austin (O)
2013 Justin Austin (O)

Track Athlete of the Meet

1989 Pat McGhee (O)
1999 Tim Dwight (O)
2011 Justin Austin (O)
2013 Justin Austin (O)

Freshman of the Year

1996 Bashir Yamini (I)
1998 Jeremy Allen (I, O)

I - Indoor, O - Outdoor

Women's Awards

Track Athlete of the Year

2007 Kineke Alexander (I)

Track Athlete of the Meet

2007 Kineke Alexander (I)

Freshman of the Year

1998 Erica Broomfield (I)
2004 Peaches Roach (O)

I - Indoor, O - Outdoor