

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



TRACK CONTACTS: CHRIS BREWER, NATHAN SHEEHAN

MARCH 8, 2010

2009-10 IOWA TRACK & FIELD INDOOR SCHEDULE

Date	Meet	Time (CT)
12/6	Intrasquad Meet	
1/9	at Illinois Dual (M)	W, 80.5-79.5
1/16	Iowa Open	
1/22-3	at Jack Johnson Classic at Razorback Invitational	4th - 271.5
2/5-6	at Meyo Invite at Husker Invitational	
2/11-13	at ISU Classic	
2/19	Iowa Invitational	
2/27-28	at Big Ten Championships (M) 5th (W) 9th	
3/6	at NCAA Qualifier	
3/12-13	at NCAA Championships	10 a.m./11 a.m.

IOWA'S CHAMPIONSHIP EVENTS

(P) = Preliminary, (F) = Final

Friday Mar. 12

4:45 p.m.	Men's Mile (P)
5:10 p.m.	Women's Mile (P)
5:40 p.m.	Women's 60-Meter Hurdles (P)
5:55 p.m.	Men's 400-Meter Dash (P)
6:55 p.m.	Men's 800 Meters (P)
7:10 p.m.	Women's 800 Meters (P)
9:20 p.m.	Women's Distance Medley (F)

Saturday Mar. 13

6:15 p.m.	Men's Mile (F)
6:25 p.m.	Women's Mile (F)
6:45 p.m.	Women's 60-Meter Hurdles (F)
6:55 p.m.	Men's 400-Meter Dash (F)
7:35 p.m.	Men's 800 Meters (F)
7:45 p.m.	Women's 800 Meters (F)
8:10 p.m.	Women's 3,000 Meters (F)
8:25 p.m.	Men's 1,600-Meter Relay (F)

THIS WEEK

Iowa will close out the indoor season, sending fourteen individuals in nine events to the 2010 NCAA Indoor Championships in Fayetteville, AK. Friday events at the Randal Tyson Track Center are set to begin at 10 a.m. CST, and Saturday events at 11:00 a.m.

2010 HAWKEYE QUALIFIERS

NAME	EVENT	NCAA RANK
Kevin Dibbern.....	1,600-meter relay	34
Karessa Farley.....	60-meter hurdles	28
Betsy Flood	Mile	32
	Distance Relay	33
Adam Hairston	800 meters	25
Amanda Hardesty.....	3,000 meters	59
Lauren Hardesty.....	Mile	28
	Distance Relay	33
Tiffany Hendricks	Distance Relay	33
Nick Kuczvara	800 meters	34
McKenzie Melander	Distance Relay	33
Bethany Praska.....	800 meters	51
Erik Sowinski.....	800 meters	21
	1,600-meter relay	34
Jeff Thode	Mile	43
Ray Varner	1,600-meter relay	34
Steven Willey.....	400 meters	22
	1,600-meter relay	34

IOWA NCAA NOTES

- Iowa has crowned 13 NCAA Champions in program history, the most recent being Kineke Alexander in 2006 in the women's 400-Meter Dash.

- 12 Hawkeyes qualified for the indoor championships last season. This includes five of this year's qualifiers, all of whom are competing in the same event as last season: Farley (60-Meter Hurdles), Flood and Melander (Distance Medley Relay), Hairston (800 Meters) and Willey (400 Meters).

- Karessa Farley earned all-American honors last season in the 60-meter hurdles, placing sixth at 8.23.

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HAWKEYE TRACK & FIELD



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LAST TIME OUT - NCAA QUALIFIER

Junior **Steven Willey** and freshman **Jeff Thode** set school records in their respective events, Willey in the 400 meters (2nd, 46.75) and Thode in the mile (1st, 4:03.07). Both records have stood for over 25 years, with the previous 400-meter record being set in 1984 by Terrence Duckett and the mile mark set in 1981 by Ed DeLashmutt. Junior **Bethany Praska** provisionally qualified in the 800 meters (5th, 2:08.54) with a collegiate-best mark that ranks third all-time at Iowa. Junior **Nick Kuczvara** became the third provisional qualifier in the 800 meters, finishing fourth at 1:49.59.

UP NEXT

Iowa will have a quick turnaround after this weekend, beginning it's outdoor season at Coastal Carolina for the CCU Invitational on Friday and Saturday Mar. 12-13. Events are set to start at 2 p.m. CT and 9 a.m.

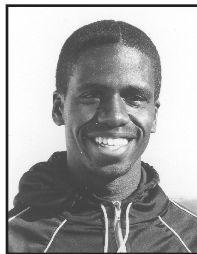
INDOOR SEASON LEADERS

MEN'S	WOMEN'S
60 meters..... D'Juan Richardson6.80	60 meters..... Rhonda-Kaye Trusty..... 7.55
60 meter hurdles..... Jordan Mullen.....8.02	60-meter hurdles Karessa Farley 8.32P
200 meters..... Kevin Dibbern21.81	200 meters..... Rhonda-Kaye Trusty..... 24.05
300 meters..... D'Juan Richardson34.34	300 meters..... Raven Moore 40.99
400 meters..... Steven Willey 46.75P	400 meters..... Tiffany Hendricks..... 55.98
600 meters..... Erik Sowinski1:18.38	600 meters..... Bethany Praska 1:29.35
600 yards..... Dan Kuhlman 1:11.73	800 meters..... Bethany Praska2:08.54P
800 meters..... Erik Sowinski 1:48.90P	Mile..... Lauren Hardesty4:41.97P
1,000 meters..... Nick Kuczvara.....2:25.84	3,000 meters..... Amanda Hardesty9:30.17P
Mile..... Jeff Thode..... 4:03.07P	5,000 meters..... Hannah Roeder 16:58.95
3,000 meters..... Nick Holmes.....8:15.48	High Jump..... Caleigh Bacchus5-9 1/4
High Jump..... Herron/Oest/Valdes 6-11	Pole Vault..... Katie Truedson..... 11-5 3/4
Pole Vault..... Zona/Reid..... 16-4 3/4	Long Jump..... Emily Moore..... 17-4 3/4
Long Jump..... Josh Bean..... 22-2 1/2	Shot Put..... Tiffany Medenwaldt45-9
Triple Jump..... Josh Bean..... 47-6 1/2	Weight Throw..... Kelsey Taylor.....53-7 3/4
Shot Put..... Ryan Lamparek 56-10	Pentathlon..... Missy Miller 2,749
Weight Throw..... Matt Banse..... 61-7 1/2	
Heptathlon..... Dan Rolling5,205	Distance Medley..... Flood, Hendricks, Hardesty L., Melander.....11:25.01P
Distance Medley..... Nick Kuczvara, Chris Barton Dan Kuhlman, Nick Holmes 9:51.05	
1,600 meter relay..... Kevin Dibbern, Steven Willey, Ray Varner, Erik Sowinski 3:09.83P	1,600-meter relay..... Hendricks, Trusty, Praska, Mims 3:44.29

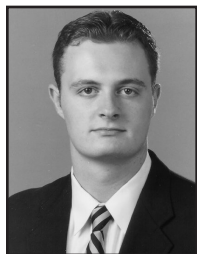
MEN'S ALL-TIME TOP TEN INDOOR PERFORMERS



Jeremy Allen



Rodney Chambers



Jim Costello



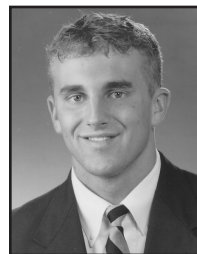
Chris Davis



Ed DeLashmutt



Terrence Duckett



Scott Faber

60 Meters

1. Kurt Felix, 1999.....	6.73
2. Tony Branch, 1999.....	6.78
3. Paul Chaney, Jr., 2009	6.80
D’Juan Richardson, 2010.....	6.80
5. Derrick Burks, 2005.....	6.81
6. Zeke Sayon, 2010.....	6.82
7. Tim Dodge, 2001.....	6.83
8. Lee Elbert, 2006.....	6.86
9. Adam Kunkel, 2001.....	6.89
10.Zach Digney, 2004.....	6.90
Omar Isaacs, 2004.....	6.90
David Chaplin, 2006.....	6.90

60-Meter Hurdles

1. Dion Trowers, 1997.....	7.87
2. Russell Peterson, 2004.....	7.97
3. Jordan Mullen, 2010.....	8.02
4. DeRocco Reed, 2000.....	8.03
5. Jordan Crosby, 2005.....	8.16
6. D’Juan Richardson, 2009.....	8.20
7. Justin Poots, 2001.....	8.22
8. Tony Branch, 1999.....	8.24
9. Monte Raymond, 1997.....	8.29
Brice Wilson, 2008.....	8.29

200 Meters

1. Anthuan Maybank, 1993.....	21.11
2. Bashir Yamini, 1999.....	21.19
3. Tim Dodge, 2000.....	21.26
4. Paul Chaney, Jr., 2009	21.34
5. George Page, 1997.....	21.35
6. Zach Digney, 2004.....	21.39
7. Tony Branch, 1998.....	21.46
8. David Chaplin, 2006.....	21.49
9. Adam Kunkel, 2001.....	21.55
10.Tim Dwight, 1997.....	21.56

400 Meters

1. Steven Willey, 2010	46.75
2. Terrence Duckett, 1984.....	46.81
3. Andre Morris, 1995.....	47.15
4. Monte Raymond, 1998.....	47.18
5. Anthuan Maybank, 1990.....	47.25
6. Juan Coleman, 2002.....	47.40
7. Curtis Chung, 1989.....	47.65
8. Ray Varner, 2008.....	47.66
9. Ed Rozell, 1997.....	47.73
10.Patrick Richards, 2009.....	47.78

600 Meters

1. Erik Sowinski, 2009.....	1:18.05
2. Pat McGhee, 1988.....	1:18.30
3. Steven Willey, 2009	1:19.03
4. Adam Hairston, 2009	1:19.05
5. Monte Raymond, 1997.....	1:19.18
6. Scott Williamson, 2001.....	1:19.19
7. D’Juan Strozier, 1990.....	1:19.20
8. Gary Falls, 1991.....	1:19.32
9. Zach Splan, 2007.....	1:19.39
10.Matt O’Hollearn, 2006.....	1:19.54

800 Meters

1. Erik Sowinski, 2010.....	1:48.90
2. Adam Hairston, 2010	1:49.26
3. Nick Kuczvara, 2010.....	1:50.84
4. Dave Novotny, 1996.....	1:51.27
5. Jim Docherty, 1973.....	1:51.30
6. Rod Chambers, 1989.....	1:51.33
7. Jim Donovan, 1999.....	1:51.52
8. Michael Layne, 1997.....	1:51.54
9. Bill Frazier, 1963.....	1:51.80
10.Mike Cunningham, 2002.....	1:51.98

Mile

1. Jeff Thode, 2010	4:03.07
2. Ed DeLashmutt, 1981.....	4:04.01
3. Larry Wiczorek, 1968.....	4:04.40
4. John Clark, 1972.....	4:05.94
5. Adam Thomas, 2002.....	4:07.13
6. Kevin Herd, 1992.....	4:07.26
7. Jesse Luciano, 2009.....	4:07.29
8. Jake Berns, 2006.....	4:07.43
9. Micah VanDenend, 2007.....	4:07.54
10.Ted Wheeler, 1956.....	4:07.74

3,000 Meters

1. Micah VanDenend, 2006.....	8:00.81
2. Eric MacTaggart, 2006.....	8:08.79
3. Stetson Steele, 2000.....	8:09.54
4. Dan Haut, 2005.....	8:11.36
5. Kevin Herd, 1994.....	8:11.51
6. Nick Holmes, 2010.....	8:15.48
7. Andy Napier, 2008.....	8:15.70
8. Larry Wiczorek, 1968.....	*8:17.00
9. Matt Esche, 2004.....	8:17.28
10.Jim Docherty, 1978.....	*8:17.40

5,000 Meters

1. Micah VanDenend, 2007.....	13:56.46
2. Stetson Steele, 2000.....	14:00.52
3. Dan Haut, 2006.....	14:06.16
4. Eric MacTaggart, 2006.....	14:13.41
5. Matt Esche, 2004.....	14:18.43
6. Jeff Kent, 2007.....	14:18.86
7. Jesse Luciano, 2009.....	14:20.99
8. Nick Nordheim, 2002.....	14:22.99
9. Kevin Herd, 1994.....	14:27.57
10.Tony Rakaric, 2005.....	14:31.45



Kurt Felix



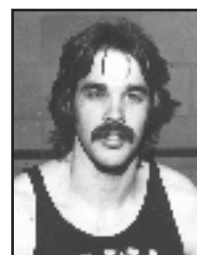
Adam Hairston



Bill Hansen



Paul Jones



Bill Knoedel



Anthuan Maybank



Ryan Niver

MEN'S ALL-TIME TOP TEN INDOOR PERFORMERS



Monte Raymond



Ed Rozell



Erik Sowinski



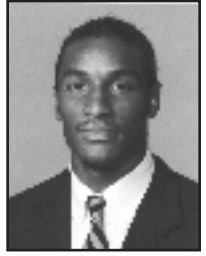
Dion Trowers



Micah VanDenend



Todd Wigginton



Bashir Yamini

Heptathlon

1. **Dan Rolling, 2010..... 5,205 points**
2. Ryan Niver, 2008..... 5,149 points
3. **Frank Prill, 2010..... 5,015 points**
4. Scott Faber, 2000..... 4,784 points
5. Cam Appleman, 1997..... 4,685 points
6. **Kyle Reid, 2010 4,662 points**
7. Bobby Windauer, 2007.... 4,644 points
8. Jacob Drewry, 1995 4,612 points
9. **Mark Mankivsky, 2008... 4,453 points**

High Jump

1. Bill Knoedel, 1976.....7-3 (2.21)
- Bill Hansen, 1978.....7-3 (2.21)
3. Scott Hudek, 1993 7-0 1/2 (2.15)
4. Pat Meade, 1987 7-0 1/4 (2.14)
5. Mike Lacy, 1984.....7-0 (2.13)
6. M. Cunningham, 1984. 6-11 1/4 (2.11)
7. **Dan Rolling, 2008.....6-11 (2.11)**
- Brandon Oest, 20106-11 (2.11)**
- Jeffery Herron, 20106-11 (2.11)**
- Graham Valdes, 2010.....6-11 (2.11)**

Pole Vault

1. Todd Wigginton, 198417-1 (5.21)
2. Dave Nielsen, 1975.....16-10 (5.13)
3. Curt Brock, 1979.....16-6 (5.03)
4. **Alex Zona, 2010 16-4 3/4 (5.00)**
- Kyle Reid, 2010 16-4 3/4 (5.00)**
6. Phil Wertman, 197116-4 (4.98)
7. Jeff Raymond, 2008.....16-2 (4.93)
8. John Teffer, 197216-1 (4.90)
9. Chad Ohly, 199515-9 (4.80)
- Rich Palumbo, 1989.....15-9 (4.80)

Long Jump

1. A. Maybank, 1992 26-5 1/2 (8.06)
2. Bashir Yamini, 1998 26-0 1/4 (7.93)
3. Darren Smith, 199125-2 (7.67)
4. Paul Jones, 1990..... 24-11 1/4 (7.60)
5. Ronnie McCoy, 1984.....24-9 (7.54)
6. Matty Gorman, 2006... 24-8 1/2 (7.53)
7. Charles Jones, 1980..... 24-8 1/4 (7.52)
8. Quinn Early, 1986 24-7 1/4 (7.50)
9. Lee Farmer, 1942..... 23-9 1/4 (7.24)
10. Aaron Reed, 2006.....23-8 (7.21)

Triple Jump

1. Paul Jones, 1990..... 52-1 1/4 (15.88)
2. Mike Lacy, 198349-0 (14.93)
3. Owen Gill, 1982 48-10 3/4 (14.90)
4. **Josh Bean, 2009.....48-10 (14.88)**
5. Gordon Finch, 1988... 48-3 3/4 (14.72)
6. Matty Gorman, 2006. 48-3 1/2 (14.72)
7. Pat Miller, 198447-11 (14.60)
8. Brian Quarles, 1980... 46-9 3/4 (14.26)
9. Darren Smith, 1992 ... 46-3 1/2 (14.11)
10. Aaron Reed, 2006..... 45-5 1/4 (13.85)

Shot Put

1. John Hickey, 200963-0 (19.20)
2. Jeremy Allen, 2001 .. 62-10 1/2 (19.16)
3. Shane Maier, 2006.....61-2 (18.64)
4. G. Kostrubala, 1986. 60-10 3/4 (18.55)
5. Andy Banse, 2005..... 60-9 1/4 (18.52)
6. Ken Kemeny, 2004..... 60-0 1/2 (18.30)
7. Chris Gambol, 198759-0 (17.98)
8. van der Westhuizen, 1999...58-10 3/4 (17.95)
9. **Ryan Lamparek, 201056-10 (17.32)**
10. A.J. Curtis, 2008..... 57-9 1/2 (17.61)

Weight Throw

1. Jim Costello, 2002 69-4 3/4 (21.15)
2. A. van der Westhuizen, 200167-7 1/2 (20.61)
3. Adam Hamilton, 2007 66-9 1/4 (20.35)
4. Jeremy Allen, 2001 .. 65-10 1/4 (20.07)
5. Chris Voller, 2005.....63-4 (19.30)
6. **Matt Banse, 2010.....61-7 1/2 (18.78)**
7. **Ryan Lamparek, 2010 ... 60-5 1/4 (18.42)**
8. Brad Daufeldt, 2004 .. 60-4 1/2 (18.40)
9. Ryan Jordan, 200859-0 (17.98)
10. Eric Rothwell, 2002..... 57-2 1/4 (17.43)

1,600-Meter Relay

1. Rozell, Davis, Raymond, Yamini, 19983:06.80
2. Coleman, Faber, Strang, Peterson, 2002 ..3:07.44
3. Greer, Williams, Smith, Duckett, 1984.....3:08.14
4. Card, Coleman, Williamson, Dodge, 2001 3:08.21
5. Davis, Rozell, Page, Morris, 1995.....3:08.77
6. Dodge, Williamson, Card, Peterson, 2001 3:08.82
7. Branch, Dodge, Donovan, Yamini, 1999 ...3:08.99
8. Dodge, Card, Williamson, Peterson, 2000 3:09.33
9. Dodge, Branch, Felix, Yamini, 19993:09.37
10. **Willey, Richards, Barton, Varner, 2009 ...3:09.62**

3,200 Meter Relay

1. Cooke, Nie, Monsey, Chambers, 1990.....7:13.02
2. Corrigan, Blackman, Strozier, Chambers, 19897:29.00
3. English, Blackman, Strozier, Chambers, 19897:36.20
4. 19777:39.40
5. 19867:40.90
6. Bouske, Herd, Chambers, Koon, 19927:43.94
7. Bouska, Cook, White, Herd, 1992.....7:48.63
8. 19927:49.86
9. 19867:50.10
10. Roseman, Rerko, Novotny, Branigan, 19937:51.36

Distance Medley Relay

1. 19999:46.83
2. 19779:48.80
3. 19789:49.70
4. **Kuczvara, Barton, Kuhlman, Holmes, 20109:51.05**
5. **Marchese, Varner, Hairston, Luciano, 20099:52.52**
6. **Paul, Varner, Hairston, Thode, 20109:52.71**
7. Trainor, Faber, Cunningham, Allen, 2002 ..9:58.14
8. Newell, Eisenlauer, Tice, Clark, 1973.....10:00.0
9. Criswell, Hexum, Schum, Eastland, 197110:01.40
10. Atkins, Olson, Layne, Allen, 200010:01.54

Names in bold are current team members.

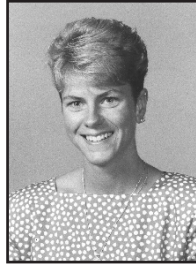
WOMEN'S ALL-TIME TOP TEN INDOOR PERFORMERS



Kineke Alexander



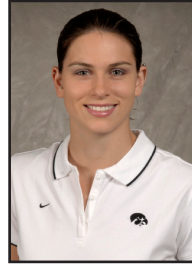
Meghan Armstrong



Tracy Dahl



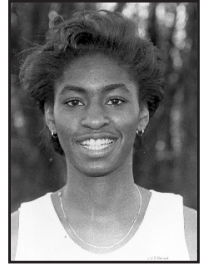
Karessa Farley



Becca Franklin



Ashley Granger



Senta Hawkins

60 Meters

1. Elaine Jones, 1983..... 7.43
2. Peaches Roach, 2005 7.45
3. Shellene Williams, 2004..... 7.50
4. Jiselle Providence, 2002 7.52
5. **Rhonda-Kaye Trusty, 2010 7.55**
6. Angela Menson, 1982 7.57
7. Tamara Dixon, 2002 7.64
8. Lakeya Boatright, 1999..... 7.68
9. **Raven Moore, 2010 7.68**
10. Kamesha Marshall, 2004..... 7.72

60-Meter Hurdles

1. **Karessa Farley, 2009 8.21**
2. Tiffany Johnson, 2006 8.33
3. Paula Ruen, 1998 8.39
4. Sarah Steffen, 2002 8.45
5. Renee White, 2008 8.45
6. Colleen Prendergast, 2000..... 8.57
7. Tammilee Kerr, 2008 8.60
8. Kimberly Stanford, 2008 8.63
9. Diane Steinhart, 1981 8.64
10. Ruqayya Raheem, 1999 8.74

200 Meters

1. Kineke Alexander, 2006..... 23.49
2. Shellene Williams, 2004..... 23.62
3. Marlene Poole, 1994..... 23.66
4. Yolanda Hobbs, 1995 23.66
5. Erica Broomfield, 1998..... 23.81
6. **Rhonda-Kaye Trusty, 2010 24.05**
7. Peaches Roach, 2007 24.09
8. Jiselle Providence, 2002 24.44
9. Tanja Reid, 1994..... 24.67
10. Tamara Dixon, 2002 24.71

400 Meters

1. Kineke Alexander, 2007..... 51.48
2. Ellen Grant, 1996 52.65
3. Shellene Williams, 2004..... 52.83
4. Marlene Poole, 1993..... 55.20
5. Wynsome Cole, 1997 55.45
6. Nicole Charles, 2002 55.59
7. Senta Hawkins, 1988..... 55.66
8. **Tiffany Hendricks, 2010 55.98**
9. Aisha Hume, 2002 56.33
10. Lindsey McCalla, 2006..... 56.33

600 Yards

1. Senta Hawkins, 1987..... 1:21.06
2. Aisha Hume, 2004..... 1:21.74
3. Kay Stormo, 1982..... 1:22.49
4. **Bethany Praska, 2009 1:23.12**
5. Chris Davenport, 1982 1:24.14
6. **Sophia Poncè, 2007 1:24.55**
7. Wynsome Cole, 1995 1:24.83
8. Keely Huber, 2002 1:25.81
9. Briana Benning, 1996..... 1:26.05
10. Sherri Hull, 1983 1:26.10

600 Meters

1. Kineke Alexander, 2008..... 1:27.45
2. **Bethany Praska, 2010 1:29.35**
3. Senta Hawkins, 1987..... 1:30.77
4. Karen Layne, 1990..... 1:31.45
5. Kay Stormo, 1982..... 1:32.3
6. Aisha Hume, 2004..... 1:32.41
7. Sophia Chow, 2002..... 1:33.54
8. Ann Pare, 1997..... 1:34.95
9. Chris Davenport, 1981 1:35.34
10. Ellen Grant, 1997 1:35.46
11. Monica Mims, 2007 1:35.54

800 Meters

1. Jeanne Kruckeberg, 1989 2:06.38
2. Michelle Lahann, 2004..... 2:06.83
3. **Bethany Praska, 2010 2:08.54**
4. Briana Benning, 1996..... 2:09.22
5. Kay Stormo, 1981 2:11.04
6. Ann Pare, 1997..... 2:11.19
7. Atalie Barber, 2003..... 2:12.10
8. Shannon Stanley, 2005..... 2:12.13
9. **Lauren Hardesty, 2009 2:12.39**
10. Tracy Dahl, 1993..... 2:12.74

Mile

1. Jeanne Kruckeberg, 1989 4:40.19
2. Meghan Armstrong, 2006 4:40.59
3. **Lauren Hardesty, 2010 4:41.97**
4. Tina Stec, 1994..... 4:42.63
5. **Betsy Flood, 2010 4:42.70**
6. Penny O'Brien, 1981 4:43.72
7. Diane Nukuri, 2007 4:46.25
8. **McKenzie Melander, 2010 4:47.17**
9. Michelle Lahann, 2004..... 4:47.23
10. **Amanda Hardesty, 2010..... 4:48.69**

3,000 Meters

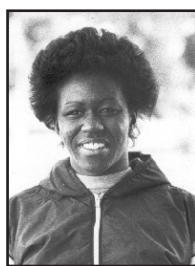
1. Tracy Dahl, 1993..... 9:15.57
2. Meghan Armstrong, 2008 9:17.50
3. Diane Nukuri, 2008 9:20.07
4. Nan Doak, 1982..... 9:21.60
5. Jenny Spangler, 1986..... 9:22.41
6. Krista Anderson, 2006 9:29.75
7. **Amanda Hardety, 2010 9:30.17**
8. **Betsy Flood, 2010 9:32.09**
9. Nikki Chapple, 2004 9:34.17
10. Racheal Marchand, 2009 9:35.25



Lauren Hardesty



Tiffany Johnson



Elaine Jones



Tammilee Kerr

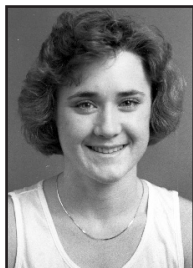


Jeanne Kruckeberg

WOMEN'S ALL-TIME TOP TEN INDOOR PERFORMERS



Lindsey McCalla



Lisa Moats



Diane Nukuri



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. Jennifer Brower, 1992 16:22.19
8. Nikki Chapple, 2004 16:27.04
9. Jodi Hersberger, 1982 16:32.24
10. Meghan Armstrong, 2008..... 16:38.78

High Jump

1. Peaches Roach, 2005 6-0 3/4 (1.85)
2. Mary Mol, 1983 6-0 (1.83)
3. Becky Kaza, 1995..... 5-9 3/4 (1.77)
4. **Caleigh Bacchus, 2010 5-9 1/4 (1.76m)**
5. Kristi Dinkla, 1985 5-8 1/2 (1.74)
6. Kacey Childs, 2001 5-8 1/2 (1.74)
7. Traci Claussen, 1987..... 5-8 (1.73)
8. Kathy Gillespie, 1983..... 5-7 3/4 (1.72)
9. Lynn McMillan, 1988..... 5-7 1/4 (1.71)
10. Tammilee Kerr, 2008 5-7 1/4 (1.71)

Pole Vault

1. Jessie Strand, 2004..... 12-5 1/2 (3.80)
2. Sarah Burgett, 2007 11-10 (3.61)
3. **K. Weismantle, 2010.... 11-5 3/4 (3.50)**
4. **Katie Truedson, 2010. 10-11 3/4 (3.35)**
5. Gina Shannon, 2001..... 10-6 (3.20)
6. Kacey Childs, 2001 9-0 (2.75)
7. Amy Kasparbauer, 2000 8-0 (2.44)

Long Jump

1. Lisa Moats, 1986 19-6 (5.95)
2. Renee White, 2006 19-3 1/4 (5.87)
3. Tiffany Johnson, 2007 ... 19-2 1/2 (5.85)
4. Davera Taylor, 1984..... 19-1 1/2 (5.83)
5. Yolanda Hobbs, 1993 19-1 (5.80)
6. Kamesha Marshall, 2005 18-11 1/4 (5.77)
7. Catharine Parmiter, 2000..... 18-7 1/2 (5.68)
8. Jessie Strand, 2000..... 18-3 1/4 (5.57)
9. Tiff Pedersen, 2003 18-2 1/2 (5.55)
10. Tammilee Kerr, 2005 18-1 3/4 (5.53)

Triple Jump

1. Renee White, 2008 42-4 (12.90)
2. Tiffany Johnson, 2007 .. 41-3 3/4 (12.59)
3. Becki Borg, 1987 39-6 (12.04)
4. Lynn McMillan, 1988..... 38-2 (11.63)
5. Lisa Moats, 1985 35-1 (10.69)
6. Becca Franklin, 2004 34-3 (10.44)

Shot Put

1. Gail Smith, 1985..... 51-0 (15.54)
2. Lisa Van Steenwyk, 1993 50-5 1/4 (15.37)
3. Kamesha Marshall, 2005 49-2 1/4 (14.99)
4. Denise Taylor, 1992 48-9 (14.86)
5. Megan Maurer, 1995 .. 47-5 3/4 (14.47)
6. Laura Kriener, 1990 47-5 (14.45)
7. Jennifer Gilson, 2002..... 46-11 (14.30)
8. Jennifer Moon, 2000 45-9 (13.94)
9. **T. Medenwaldt, 2010 45-9 (13.94)**
10. Shelly Redies, 1985 45 1/4 (13.73)

Weight Throw

1. Becca Franklin, 2007 ... 58-3 1/4 (17.76)
2. Erin O'Hern, 2008 56-3 (17.14)
3. Mandy Chandler, 2009 . 54-4 1/2 (16.57)
4. **Kelsey Taylor, 2010 53-7 3/4 (16.35)**
5. **Majesty Tutson, 2010 52-8 3/4 (16.07)**
6. Kerri Blackstone, 1999 50-9 3/4 (15.48)
7. **T. Medenwaldt, 2010. 50-8 3/4 (15.45)**
8. Megan Maurer, 1998 48-10 1/4 (14.89)
9. Jennifer Moon, 2000. 47-10 3/4 (14.60)
10. Jennifer Gilson, 2002... 46-7 1/4 (14.20)

Pentathlon

1. Tammilee Kerr, 2008 3,974 points
2. Chris Davenport, 1983 3,798 points
3. Kamesha Marshall, 2005... 3,701 points
4. Tiff Pedersen, 2004 3,511 points
5. Maureen Abel, 1979 3,427 points
6. Janet Adams, 1981..... 3,360 points
7. Janelle Jaspers, 1987..... 3,366 points
8. Kacey Childs, 1999 3,224 points
9. Katie Herrmann, 2004..... 3,154 points

1,600-Meter Relay

1. McCalla, Granger, Alexander, Johnson, 2006 3:40.52
2. Johnson, McCalla, Alexander, Granger, 2006 3:42.44
3. Alexander, Johnson, **Poncè, M. Mims, 2007 3:42.75**
4. **White, Alexander, Kerr, Hendricks, 2008 3:43.83**
5. **Hendricks, Trusty, Praska, Mims, 2010 3:44.29**
5. McCalla, Williams, Sheeley, Hume, 2004 3:44.47
6. Bynoe, Cole, Raheem, Grant, 1996 3:44.58
7. Simpson, McRell, Layne, Powell, 1989 3:44.75
8. Hume, Charles, Barber, Knight, 2002 3:45.33
9. Floyd, Poole, Hobbs, Layne, 1992 3:45.38

Distance Medley Relay

1. Armstrong, Alexander, **L. Hardesty**, Nukuri, 2008..... 11:20.11
2. Stormo, Davenport, Williams, O'Brien, 1981 11:23.02
3. **Flood, Hendricks, Hardesty L., Melander, 2010 11:25.01**
4. **Melander, Hendricks, Flood, Marchand, 2009 11:27.34**
5. Benning, Poole, Salsberry, Stec, 1994 11:28.03
6. Stormo, Davenport, Hayden, Doak, 1982 11:29.54
7. Armstrong, Granger, Stanley, **K. Anderson**, 2006 11:29.54
8. Lahann, Williams, Stanley, Arens, 2004 11:30.36
9. Thompson, Williams, Barber, Lahann, 2003..... 11:30.38
10. Doak, xx, Hayden, xx, 1982 11:35.07