

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



TRACK CONTACTS: CHRIS BREWER, NATHAN SHEEHAN

JANUARY 12, 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	11 a.m.
1/23	at Jack Johnson Classic	TBA
	at Razorback Invitational	TBA
2/5-6	at Meyo Invite	TBA
2/6	at Husker Invitational	TBA
2/12-13	at Cyclone Classic	TBA
2/13	at Husky Classic	TBA
2/19	Iowa Invitational	5 p.m.
2/27-28	at Big Ten Championships	TBA
3/6	at Last Chance Meet	TBA
3/12-13	at NCAA Championships	TBA

PRONUNCIATION GUIDE

NAME	PRONUNCIATION
Matt Banse	BANS
Mark Battista	bah-TEE-stuh
Brittany Dlhj	duh-LIE
Jennie Docherty.....	DOCK-ir-tee
Brooke Eilers.....	EYE-lerrz
Megan Glisar	GLY-shur
Nick Kuczvara.....	KOOZ-wahr-uh
Dan Kuhlman	COOL-muhn
Ryan Lampareck	lam-PAHR-ik
Jesse Luciano	lou-CHEE-ahn-oh
Brian Marchese	marr-KAY-zee
Tiffany Medenwaldt	MAID-en-walt
Jay Renaud.....	ruh-NO
Cameron Rieger.....	REE-guhr
Hannah Roeder.....	RAY-derr
Kirsten Weismantle	WHYS-man-tull
Head Coach Larry Wiecek.....	wuh-ZOR-ik

THIS WEEK

The University of Iowa track and field team will compete in the first of two home meets for the 2010 indoor season with the Iowa Open Jan. 16. Events are set to begin at 11 a.m. at the UI Recreation Building. Participating teams include Central Methodist, Truman State, and Western Illinois.

HAWKEYE HOMECOMING

Seven former Hawkeye all-Americans are expected to compete at the Iowa Open. They include Kineke Alexander, Tim Dwight, John Hickey, Diane Nukuri, Peaches Roach, Renee White and Shellene Williams. In addition to past Hawkeyes, Lancford Davis of the Jamaican National Team is also scheduled to participate.

MEN'S HEAD COACH LARRY WIECZOREK

"We're coming off a great meet at Illinois so I'm looking forward to getting back on the track and embracing another challenge. We're going to work hard this week so we can see some improvement on the track this weekend and build some more momentum before heading to Minnesota the following week."

WOMEN'S HEAD COACH LAYNE ANDERSON

"It's going to be great to get on the track and measure ourselves against outside competition. We always aim to start the season strong so I'm going to be looking for some outstanding performances and some signs that resemble the effort of a complete team."

LAST TIME OUT - ILLINOIS VS. IOWA DUAL MEET

The University of Iowa men's season opener came down to the final event in a thrilling start to the indoor track season. Trailing by one point, Iowa won the 1,600-meter relay to edge out Illinois with a final score of 80.5 to 79.5. All told, Iowa won seven events. Sophomore **Ryan Lamparek** won the weight throw with a career-best toss of 59-5 3/4 (18.13m) and freshman **Kevin Dibbern** won the 400 meters with a career-best time of 49.14.

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PAGE 2

HAWKEYES AWARDED AT ANNUAL BANQUET

Twelve athletes from the men's track and field squad shared 13 awards for the 2008-09 cross country and track and field seasons. Head Coach Larry Wiczorek announced the winners at the annual banquet. Paul Chaney earned the Most Valuable Competitor award. Chaney led the team with collegiate best times in the 100 (10.46) and 200-meters (21.04) and also helped anchor a winning 400-meter relay team (40.71) and a school-record setting 800-meter relay team (1:24.85) at the 2009 Drake Relays. Senior Dan Rolling took home the Teammate Award and was also named the Most Inspirational Competitor. The Deacon Jones Outstanding Cross Country Award went to freshman Jeff Thode. Thode led the team in five of six races this season and earned all-region honors.

UP NEXT

Competitors will be split on Jan. 23 between the Jack Johnson Classic in Minneapolis, MN, and the Razorback Invitational in Fayetteville, AK.

INDOOR SEASON LEADERS

MEN'S

60 meters	D'Juan Richardson	6.86
60 meter hurdles	Jordan Mullen	8.35
200 meters	D'Juan Richardson	22.03
300 meters	D'Juan Richardson	34.34
400 meters	Kevin Dibbern	49.14
600 meters	Erik Sowinski	1:19.38
800 meters	Adam Hairston	1:53.09
1,000 meters	Adam Hairston	2:26.05
Mile	Brian Marchese	4:12.65
3,000 meters	Jesse Luciano	8:27.13
High Jump	Jeffrey Herron	6-10
Pole Vault	Kyle Reid	14-5 1/4
Long Jump	Josh Bean	23-9 3/4
Triple Jump	Josh Bean	47-2
Shot Put	Ryan Lamparek	54-11 3/4
Weight Throw	Ryan Lamparek	56-11
1,600 meter relay	Ray Varner, Steven Willey, Chris Barton, Erik Sowinski	3:16.67

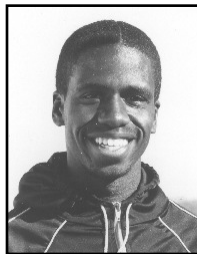
WOMEN'S

60 meters	Rhonda-Kaye Trusty	7.66
300 meters	Rhonda-Kaye Trusty	40.09
600 meters	Bethany Praska	1:36.05
Mile	Hannah Roeder	5:08.88
High Jump	Caleigh Bacchus	5-8
Pole Vault	Katie Truedson	10-6
Long Jump	Emily Moore	18-9 1/4
Shot Put	Tiffany Medenwaldt	44-11 3/4
Weight Throw	Majesty Tutson	48-9 1/2

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
4. Derrick Burks, 2005.....	6.81
5. Tim Dodge, 2001.....	6.83
6. Lee Elbert, 2006.....	6.86
Zeke Sayon, 2009	6.86
8. D’Juan Richardson, 2009	6.87
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. DeRocco Reed, 2000.....	8.03
4. Jordan Crosby, 2005.....	8.16
5. D’Juan Richardson, 2009	8.20
6. Justin Poots, 2001.....	8.22
7. Tony Branch, 1999.....	8.24
8. Monte Raymond, 1997.....	8.29
Brice Wilson, 2008.....	8.29
10. Frank Prill, 2008.....	8.33

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. Terrence Duckett, 1984.....	46.81
2. Andre Morris, 1995.....	47.15
3. Monte Raymond, 1998.....	47.18
4. Anthuan Maybank, 1990.....	47.25
5. Juan Coleman, 2002.....	47.40
6. Curtis Chung, 1989.....	47.65
7. Ray Varner, 2008.....	47.66
8. Ed Rozell, 1997.....	47.73
9. Patrick Richards, 2009.....	47.78
10. David Pierre, 2007.....	47.79

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’Hollern, 2006.....	1:19.54

800 Meters

1. Adam Hairston, 2008	1:49.63
2. Dave Novotny, 1996.....	1:51.27
3. Jim Docherty, 1973.....	1:51.30
4. Rod Chambers, 1989.....	1:51.33
5. Erik Sowinski, 2009	1:51.39
6. Jim Donovan, 1999.....	1:51.52
7. Michael Layne, 1997.....	1:51.54
8. Bill Frazier, 1963.....	1:51.80
9. Mike Cunningham, 2002.....	1:51.98
10. John Clark, 1973.....	1:52.20

Mile

1. Ed DeLashmutt, 1981.....	4:04.01
2. Larry Wiczorek, 1968.....	4:04.40
3. John Clark, 1972.....	4:05.94
4. Adam Thomas, 2002.....	4:07.13
5. Kevin Herd, 1992.....	4:07.26
6. Jesse Luciano, 2009.....	4:07.29
7. Jake Berns, 2006.....	4:07.43
8. Micah VanDenend, 2007.....	4:07.54
9. Ted Wheeler, 1956.....	4:07.74
10. Jim Docherty, 1978.....	4:07.80

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. Andy Napier, 2008	8:15.70
7. Larry Wiczorek, 1968.....	*8:17.00
8. Matt Esche, 2004.....	8:17.28
9. Jim Docherty, 1978.....	*8:17.40
10. Danny Waters, 1986.....	*8:18.83

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



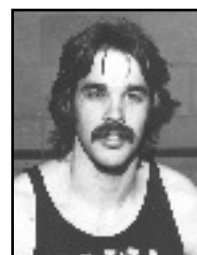
Adam Hairston



Bill Hansen



Paul Jones



Bill Knoedel



Anthuan Maybank



Ryan Niver

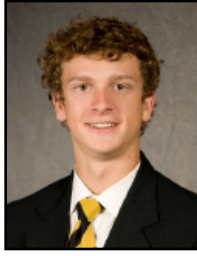
MEN'S ALL-TIME TOP TEN INDOOR PERFORMERS



Monte Raymond



Ed Rozell



Erik Sowinski



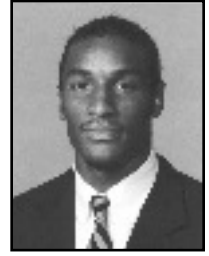
Dion Trowers



Micah VanDenend



Todd Wigginton



Bashir Yamini

Pentathlon

1. Scott Faber, 2000..... 3,460 points
2. Joe Estes, 1993 3,451 points
3. Cam Appleman, 1997..... 3,208 points
Chad Ohly, 1993 3,208 points

Heptathlon

1. Ryan Niver, 2008..... 5,149 points
2. **Dan Rolling, 2009..... 4,909 points**
3. **Frank Prill, 2009..... 4,902 points**
4. Scott Faber, 2000..... 4,784 points
5. Cam Appleman, 1997..... 4,685 points
6. **Bobby Windauer, 2007 .. 4,644 points**
7. Jacob Drewry, 1995 4,612 points
8. **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, 19847-0 (2.13)
6. M. Cunningham, 1984. 6-11 1/4 (2.11)
7. **Dan Rolling, 2008.....6-11 (2.11)**
8. Ken Lansing, 1989 6-10 3/4 (2.10)
Jeremy Petsche, 2006.. 6-10 3/4 (2.10)
- 10.**Ryan Kelly, 2009..... 6-10 1/4 (2.09)**

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. Phil Wertman, 197116-4 (4.98)
5. Jeff Raymond, 2008.....16-2 (4.93)
6. John Teffer, 197216-1 (4.90)
7. **Alex Zona, 200916-0 3/4 (4.90)**
8. Chad Ohly, 199515-9 (4.80)
Rich Palumbo, 1989.....15-9 (4.80)
- 10.Steve Brewer, 1983..... 15-6 1/4 (4.73)

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, 2009 63-0 (19.20)**
2. Jeremy Allen, 2001 .. 62-10 1/2 (19.16)
3. Shane Maier, 2006.....61-2 (18.64)
4. G. Kostrubala, 1986. 60-10 3/4 (18.55)
5. Andy Banse, 2005..... 60-9 1/4 (18.52)
6. Ken Kemeny, 2004..... 60-0 1/2 (18.30)
7. Chris Gambol, 198759-0 (17.98)
8. van der Westhuizen, 199958-10 3/4 (17.95)
9. **A.J. Curtis, 2008.....57-9 1/2 (17.61)**
- 10.**Ryan Lamparek, 200956-8 3/4 (17.29)**

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, 200766-9 1/4 (20.35)
4. Jeremy Allen, 2001 .. 65-10 1/4 (20.07)
5. Chris Voller, 2005.....63-4 (19.30)
6. Brad Daufeldt, 2004 .. 60-4 1/2 (18.40)
7. Ryan Jordan, 2008.....59-0 (17.98)
8. Eric Rothwell, 2002.... 57-2 1/4 (17.43)
9. Chris Cassata, 2000 ... 56-1 3/4 (17.11)
- 10.Tim Brodersen, 2005. 55-8 1/2 (16.98)

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, 20013:08.21
5. Davis, Rozell, Page, Morris, 1995.....3:08.77
6. Dodge, Williamson, Card, Peterson, 20013:08.82
7. Branch, Dodge, Donovan, Yamini, 1999 ...3:08.99
8. Dodge, Card, Williamson, Peterson, 20003:09.33
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, 1992.....7:43.94
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. **Marchese, Varner, Hairston, Luciano, 20099:52.52**
5. Trainor, Faber, Cunningham, Allen, 2002..9:58.14
6. Newell, Eisenlauer, Tice, Clark, 1973.....10:00.0
7. Criswell, Hexum, Schum, Eastland, 197110:01.40
8. Atkins, Olson, Layne, Allen, 200010:01.54
9. Layne, Raymond, Donovan, Bakker, 199810:02.06
- 10.Trainor, Leick, Tweedy, Rakaric, 200410:02.09

Names in bold are current team members.

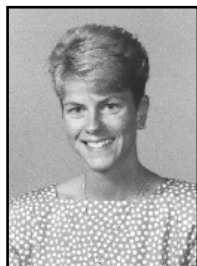
WOMEN'S ALL-TIME TOP TEN INDOOR PERFORMERS



Kineke Alexander



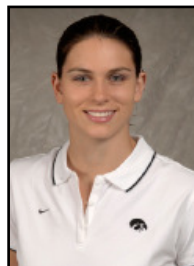
Meghan Armstrong



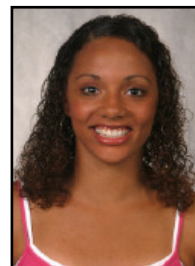
Tracy Dahl



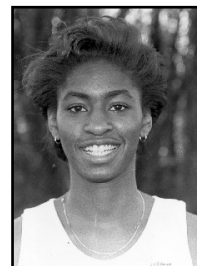
Karessa Farley



Becca Franklin



Ashley Granger



Senta Hawkins

60 Meters

1. Elaine Jones, 1983.....7.43
2. Peaches Roach, 20057.45
3. Shellene Williams, 2004.....7.50
4. Jiselle Providence, 20027.52
5. Angela Menson, 19827.57
6. **Rhonda-Kaye Trusty, 2009 7.61**
7. Tamara Dixon, 20027.64
8. Lakeya Boatright, 1999.....7.68
9. Kamesha Marshall, 2004.....7.72
10. Diane Emmons, 19797.74
Davera Taylor, 1984.....7.74

60-Meter Hurdles

1. **Karessa Farley, 2009 8.21**
2. Tiffany Johnson, 20068.33
3. Paula Ruen, 19988.39
4. Sarah Steffen, 20028.45
5. **Renee White, 2008 8.45**
6. Colleen Prendergast, 20008.57
7. Tammilee Kerr, 20088.60
8. Kimberly Stanford, 20088.63
9. Diane Steinhart, 19818.64
10. Ruqayya Raheem, 19998.74

200 Meters

1. Kineke Alexander, 2006.....23.49
2. Shellene Williams, 2004.....23.62
3. Marlene Poole, 1994.....23.66
Yolanda Hobbs, 199523.66
5. Erica Broomfield, 1998.....23.81
6. Peaches Roach, 200724.09
7. Jiselle Providence, 200224.44
8. **Rhonda-Kaye Trusty, 200924.44**
9. Tanja Reid, 1994.....24.67
10. Tamara Dixon, 200224.71

400 Meters

1. Kineke Alexander, 2007.....51.48
2. Ellen Grant, 199652.65
3. Shellene Williams, 2004.....52.83
4. Marlene Poole, 1993.....55.20
5. Wynsome Cole, 199755.45
6. Nicole Charles, 200255.59
7. Senta Hawkins, 1988.....55.66
8. Aisha Hume, 2002.....56.33
Lindsey McCalla, 2006.....56.33
10. **Bethany Praska, 200956.42**

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, 20091:23.12**
5. Chris Davenport, 19821:24.14
6. **Sophia Poncè, 20071:24.55**
7. Wynsome Cole, 19951:24.83
8. Keely Huber, 20021:25.81
9. Briana Benning, 1996.....1:26.05
10. Sherri Hull, 19831:26.10

600 Meters

1. Kineke Alexander, 2008.....1:27.45
2. Senta Hawkins, 1987.....* 1:30.77
3. **Bethany Praska, 20091:31.33**
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, 19811:35.34
10. Ellen Grant, 19971:35.46
Monica Mims, 20071:35.54

800 Meters

1. Jeanne Kruckeberg, 1989.....2:06.38
2. Michelle Lahann, 2004.....2:06.83
3. Briana Benning, 1996.....2:09.22
4. Kay Stormo, 19812:11.4
5. Ann Pare, 1997.....2:11.19
6. Atalie Barber, 2003.....2:12.10
7. Shannon Stanley, 2005.....2:12.13
8. **Lauren Hardesty, 20092:12.39**
9. Tracy Dahl, 1993.....2:12.74
10. Meghan Armstrong, 20072:12.79

Mile

1. Jeanne Kruckeberg, 1989.....4:40.19
2. Meghan Armstrong, 20064:40.59
3. Tina Stec, 1994.....4:42.63
4. Penny O'Brien, 19814:43.72
5. Diane Nukuri, 20074:46.25
6. Michelle Lahann, 2004.....4:47.23
7. Tracy Dahl, 1992.....4:48.92
8. Nan Doak, 1982.....4:51.46
9. **Betsy Flood, 20094:51.75**
10. **McKenzie Melander, 20094:51.76**

3,000 Meters

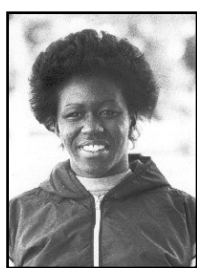
1. Tracy Dahl, 1993.....9:15.57
2. Meghan Armstrong, 20089:17.50
3. Diane Nukuri, 20089:20.07
4. Nan Doak, 1982.....9:21.60
5. Jenny Spangler, 1986.....9:22.41
6. **Krista Anderson, 20069:29.75**
7. Nikki Chapple, 20049:34.17
8. **Racheal Marchand, 20099:35.25**
9. Jennifer Brower, 19929:41.02
10. **Amanda Hardesty, 2009.....9:50.76**



Lauren Hardesty



Tiffany Johnson



Elaine Jones



Tammilee Kerr

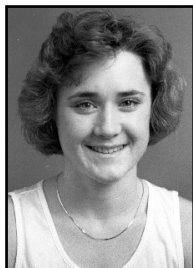


Jeanne Kruckeberg

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, 200915:55.70**
4. Diane Nukuri, 200816:01.36
5. Jenny Spangler, 1982.....16:08.74
6. Judy Parker, 198116:16.63
7. Jennifer Brower, 199216:22.19
8. Nikki Chapple, 200416:27.04
9. Jodi Hersberger, 198216:32.24
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. Kristi Dinkla, 1985 5-8 1/2 (1.74)
5. Kacey Childs, 2001 5-8 1/2 (1.74)
6. Traci Claussen, 1987..... 5-8 (1.73)
7. Kathy Gillespie, 1983..... 5-7 3/4 (1.72)
8. Lynn McMillan, 1988..... 5-7 1/4 (1.71)
9. Tammilee Kerr, 2008 5-7 1/4 (1.71)
10. Julie Gallery, 2002 5-7 (1.70)
11. Jenni Elbert, 2006 5-7 (1.70)
12. **Caleigh Bacchus, 2008 5-7 (1.70)**

Pole Vault

1. Jessie Strand, 2004.....12-5 1/2 (3.80)
2. Sarah Burgett, 2007 11-10 (3.61)
3. Gina Shannon, 2001..... 10-6 (3.20)
4. Kacey Childs, 2001 9-0 (2.75)
5. 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, 200018-7 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. Shelly Redies, 1985 45-0 1/4 (13.73)
10. **Mandy Chandler, 2006 43-2 1/4 (13.16)**

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. Kerri Blackstone, 1999 50-9 3/4 (15.48)
5. Megan Maurer, 1998 48-10 1/4 (14.89)
6. Jennifer Moon, 2000. 47-10 3/4 (14.60)
7. Jennifer Gilson, 2002... 46-7 1/4 (14.20)
8. Katie Hoback, 2002 42-8 (13.00)
9. Missy Fraser, 1997..... 41-10 3/4 (12.77)
10. Kara Hinz, 2000 37-4 1/2 (11.39)

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
10. Marjie Tweto, 1996 2,896 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. 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
10. Williams, Charles, Hume, Fouchè, 2003..... 3:45.50

Distance Medley Relay

1. Armstrong, Alexander, L. **Hardesty, Nukuri, 2008..... 11:20.11**
2. Stormo, Davenport, Williams, O'Brien, 1981 11:23.02
3. **Melander, Hendricks, Flood, Marchand, 2009 11:27.34**
4. Benning, Poole, Salsberry, Stec, 1994 11:28.03
5. Stormo, Davenport, Hayden, Doak, 1982 11:29.54
6. Armstrong, Granger, Stanley, **K. Anderson, 2006 11:29.54**
7. Lahann, Williams, Stanley, Arens, 2004 11:30.36
8. Thompson, Williams, Barber, Lahann, 2003..... 11:30.38
9. Doak, xx, Hayden, xx, 1982 11:35.07
10. 2005 11:39.29