

# THE UNIVERSITY OF IOWA



## HAWKEYE TRACK & FIELD



TRACK AND FIELD CONTACT: BRANDEE BRITT

April 8, 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)
<b>May 3</b>	<b>Musco Twilight (Iowa City, Iowa)</b>
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 Wieczorek	.....	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 competes at the Illinois Twilight on Saturday at the University of Illinois Track Stadium. Throwing events begin at 12 p.m. (CT). Field events begin at 4 p.m. (CT), and running events begin at 5 p.m. (CT).

#### FOLLOW THE HAWKEYES

Follow @IowaXC\_TF on twitter for updates on the team. Links to live results can be found on the schedule page at [hawkeyesports.com](http://hawkeyesports.com).

#### ABOUT THE ILLINOIS TWILIGHT

The Illinois Twilight is a scored track meet with standard NCAA scoring: 10-8-6-5-4-3-2-1. Competing teams include Bradley, Eastern Illinois, Illinois, Indiana State, Iowa, IUPUI, and Loyola. Start lists for the Illinois Twilight will be posted Thursday.

#### 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 leads the conference.

#### HOLDER HITS THE HAT TRICK

Sophomore MonTayla Holder won three titles at the Arkansas Spring Invitational on April 5. She matched her personal-best, set at the 2013 NCAA Championships, with a time of 59.71 in the 400-meter hurdles. It was the second 400-meter title of her career (2013 Lee Calhoun). Holder also ran the third leg of the winning women's 400- and 1,600-meter relays.

#### NEED A LIFT? ASK FOR GABE

Junior Gabe Hull leads all Hawkeyes in the men's discus, hammer, and shot put. Hull is in the points (conference top 8) in both the discus and shot put. His season-best in the discus (193-2; 58.89m) ranks third, and his season-best in the shot put (57-11 1/4; 17.66m) ranks eighth. He ranks 17th in the Big Ten in the hammer (173-10; 52.98).

#### SMITH, SIMPSON AND GULVAS ARE IN THE POINTS

Three Hawkeyes hold hammer throw marks that rank inside the Big Ten's top eight and among Iowa's all-time top 10 list. Junior Annemie Smith's mark of 198-1 (60.38m) leads the Big Ten and is a school record. Seniors Jasmine Simpson (189-0; 57.62m) and Ashlyn Gulvas (183-4; 55.87m) rank third and seventh, respectively, in the Big Ten. The trio placed 1st, 2nd, and 3rd, respectively, at the Arkansas Spring Invitational.

# THE UNIVERSITY OF IOWA



## HAWKEYE TRACK & FIELD



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### WILLIAMS, ROUW GET AIRBORN

Sophomore Khanishah Williams and freshman Madison Rouw rank second and fourth in the Big Ten high jump. Williams cleared 5-8 1/2 (1.74m) and Rouw 5-7 1/4 (1.71m) at the Arizona State Invite. William's career best of 5-11 1/4 (1.81) ranks third in school history.

### MILLER-LEACOCK, LEACOCK-MILLER

Seniors Zinnia Miller and Carisa Leacock rank third and fourth in school history in both the long jump and triple jump. Miller jumped 20-1 1/2 (6.13m) at the Arizona Invite to rank third all-time at Iowa and fourth this season in the Big Ten. Leacock's career best ranks fourth all-time at Iowa (19-11 1/2; 6.08m).

Leacock ranks third all-time in the triple jump, landing at 40-10 1/2 (12.46m) in 2012. Miller has closed the gap in 2014, jumping 40-9 (12.42m) at the Arkansas Spring Invitational. That mark ranks fourth all-time at Iowa and third in the Big Ten.

### LEWIS MAKES A JUMP IN THE 5K

Following his season debut at the Stanford Invitational, junior Kevin Lewis jumped two spots from No. 7 to No. 5 on the all-time top 10 list of 5,000 meter performances. Lewis trimmed more than five seconds off his personal record, completing the race in 14:02.78, a time that ranks fourth in the Big Ten.

### MEET THE RECORD HOLDERS

Six Hawkeyes share three school records. Freshmen Elexis Guster and Alexis Hernandez, and sophomores MonTayla Holder and Lake Kwaza set the 1,600-meter record (3:34.83) at Arkansas Spring Invitational. 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.

### 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 finishing 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 Hawkeyes travel to Walnut, Calif., to compete at the Mount Sac Relays on April 18-19.

## 2014 OUTDOOR SEASON LEADERS

### MEN

<b>100 meters</b> .....	Tevin-Cee Mincy .....	10.60
<b>110-meter hurdles</b> .....	Aaron Mallett .....	14.24
<b>200 meters</b> .....	O'Shea Wilson .....	21.38
<b>400 meters</b> .....	Kaleb Van Cleave .....	47.97
<b>400-meter hurdles</b> .....	Mitch Wolff .....	54.43
<b>800 meters</b> .....	Will Teubel .....	1:52.52
<b>1,500 meters</b> .....	Ben Witt .....	3:52.07
<b>3,000 meters</b> .....	Nate Ferree .....	8:40.36
<b>3,000 meter steeple</b> .....		n/a
<b>5,000 meters</b> .....	Kevin Lewis .....	14:02.78
<b>10,000 meters</b> .....		n/a
<b>High Jump</b> .....	Kevin Spejcher .....	6-8 3/4 (2.05)
<b>Pole Vault</b> .....	Jack Eckert .....	15-1 (4.60)
<b>Long Jump</b> .....	O'Shea Wilson .....	23-7 1/4 (7.19)
<b>Triple Jump</b> .....	Kerry Dean Jr. ....	46-7 1/4 (14.21)
<b>Shot Put</b> .....	Gabe Hull .....	57-11 1/4 (17.66)
<b>Discus</b> .....	Gabe Hull .....	193-2 (58.89)
<b>Hammer Throw</b> .....	Gabe Hull .....	173-10 (52.98)
<b>Javelin</b> .....	Sam Joens .....	199-11 (60.93)
<b>Decathlon</b> .....		n/a
<b>400-meter Relay</b> .....	Mincy, Wilson, Harrington, Saucer .....	40.37
<b>1,600-meter Relay</b> .....	VanCleave, Davely, Ganschow Tuebel .....	3:15.33

### WOMEN

<b>100 meters</b> .....	Brittany Brown .....	11.81
<b>100-meter hurdles</b> .....		n/a
<b>200 meters</b> .....	Brittany Brown .....	23.72
<b>400 meters</b> .....	Alexis Hernandez .....	54.98
<b>400-meter hurdles</b> .....	MonTayla Holder .....	59.71
<b>800 meters</b> .....	Mahnee Watts .....	2:10.16
<b>1,500 meters</b> .....	Shannon Maser .....	4:38.25
<b>3,000 meters</b> .....	Courtney Martin .....	10:08.53
<b>5,000 meters</b> .....		n/a
<b>High Jump</b> .....	Khanishah Williams .....	5-8 1/2 (1.74)
<b>Long Jump</b> .....	Zinnia Miller .....	20-1 1/2 (6.13)
<b>Triple Jump</b> .....	Zinnia Miller .....	40-9 (12.42)
<b>Hammer Throw</b> .....	<b>Annemie Smith</b> .....	<b>198-1 (60.38)</b>
<b>Javelin</b> .....	Amanda Stahle .....	140-4 (42.77)
<b>Discus</b> .....	Dakotah Goodell .....	159-10 (48.73)
<b>Shot Put</b> .....	Rachel Curry .....	47-5 (14.45)
<b>Pole Vault</b> .....		n/a
<b>Heptathlon</b> .....		n/a
<b>400-meter Relay</b> .....	Kwaza, Guster, Holder, Brown .....	44.65
<b>1,600-meter Relay</b> .....	<b>Guster, Hernandez, Holder Kwaza</b> .....	<b>3:34.83</b>

Bold indicates school record.

# OUTDOOR ALL-TIME TOP 10 PERFORMERS



Jeremy Allen



Justin Austin



Matt Byers



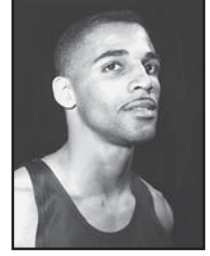
A.J. Curtis



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
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. Dan Davis, 2012	14.01
8. Doug Jones, 1986	14.06
9. Aaron Mallett, 2014	14.24
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. Andy Wiese, 1985	1:50.22
9. Paul Chepkwony, 1984	1:50.36
10. Rod Chambers, 1989	1:50.60

## 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

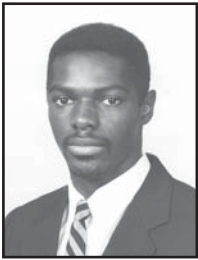
## 3,000-Meter Steeplechase

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, 2000 .....28:44.47
2. Eric MacTaggart, 2006.....28:50.23
3. Nick Nordheim, 2002 .....29:44.71
4. Trent Corey, 2002 .....29:45.25
5. **Kevin Lewis, 2012.....29:54.02**
6. Chad Schwitters, 1999 .....29:56.00
7. Nick Holmes, 2010 .....30:02.31
8. Dan Haut, 2006 .....30:03.08
9. Kevin Herd, 1994.....30:05.21
10. Paul Sarris, 2001 .....30:08.40

## 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. 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)  
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, 1991 ..... 25-9 3/4 (7.86)
5. Quinn Early, 1986 ..... 25-7 1/4 (7.80)
6. Ed Gordon, 1931 ..... 25-4 3/8 (7.68)
7. Matty Gorman, 2006..... 25-1 1/4 (7.65)
8. Ronnie McCoy, 1985 ..... 25-0 (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, 2012 ..... 54-8 (16.66)
2. Paul Jones, 1990..... 53-9 (16.38)
3. **Klyvens Delaunay, 2013 ..... 52-21/2 (15.91)**
4. Gordon Finch, 1988..... 50-9 1/4 (15.47)
5. Mike Lacy, 1984..... 50-5 (15.36)
6. **Babatunde Amosu, 2013 ... 50-3 1/4 (15.32)**
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. A. van der Westhuizen, 2000 .... 58-8 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, 2007 ..... 202-11 (61.84)
2. Gary Kostrubala, 1986..... 202-4 (61.68)
3. **Gabe Hull, 2013..... 196-2 (59.80)**
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, 2007 ..... 222-2 (67.73)
3. Jim Costello, 2002 ..... 217-7 (66.32)
4. Brad Daufeldt, 2004..... 207-10 (63.34)
5. Chris Voller, 2005 ..... 206-0 (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, 2002 ..... 244-8 (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, 2007 ..... 204-0 (62.17)
7. Joel Storm, 2004 ..... 203-5 (62.01)
8. Matt Stank, 2001 ..... 199-0 (60.66)
9. **Jack Eckert, 2012..... 187-0 (57.01)**
10. Kyle Reid, 2013 ..... 182-10 (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. <b>Lake Kwaza, 2013.....</b>	<b>11.56</b>
5. Jiselle Providence, 2001.....	11.57
6. Tanja Reid, 1994.....	11.60
Peaches Roach, 2005.....	11.60
8. Yolanda Hobbs, 1995.....	11.62
9. Elanie Jones, 1985.....	11.69
10. Rhonda Kaye Trusty, 2010.....	11.74

## 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. <b>Brittany Brown, 2014.....</b>	<b>23.72</b>
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. 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. Hannah Simonson, 2012.....	59.54
5. Sarah Steffen, 2002.....	59.59
6. Tiffany Hendricks, 2011.....	59.63
7. <b>MonTayla Holder, 2014.....</b>	<b>59.71</b>
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. <b>Adrienne Alexia, 2013.....</b>	<b>2:08.61</b>
6. Jeanne Kruckeberg, 1987.....	2:08.75
7. <b>Kaitlyn Nelson, 2013.....</b>	<b>2:08.83</b>
8. Ann Pare, 1997.....	2:09.25
9. Meghan Armstrong, 2006.....	2:10.15
10. <b>Mahnee Watts, 2014.....</b>	<b>2:10.16</b>

## 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, 1991 ..... 33:23.38
3. Meghan Armstrong, 2008 ..... 33:28.00
4. Nan Doak, 1985..... 33:33.03
5. Jenny Spangler, 1983..... 33:39.24
6. Racheal Marchand, 2008 ..... 34:05.87
7. McKenzie Melander, 2012 ..... 34:29.83
8. Tracy Dahl, 1992 ..... 34:30.09
9. Betsy Flood, 2011..... 35:05.10
10. Nikki Chapple, 2004 ..... 35:06.35

## Heptathlon

1. Tammilee Kerr, 2008 ..... 5,633 pts
2. Kathy Gillespie, 1983..... 5,262 pts
3. Tiff Pedersen, 2004 ..... 4,976 pts
4. Janet Adams, 1981..... 4,855 pts
5. **Sarah Ryan, 2012..... 4,819 pts**
6. Ruqayya Raheem, 1997..... 4,665 pts
7. Angela Chadwick, 1993..... 4,493 pts
8. Missy Miller, 2010..... 4,227 pts
9. Angie Hensel, 2004 ..... 4,073 pts
10. Janelle Jaspers, 1987..... 4,000 pts

## High Jump

1. Peaches Roach, 2006 ..... 6-1 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, 2003 ..... 5-8 (1.73)
10. **Zinnia Miller, 2012..... 5-7 1/4 (1.71)**
- Madison Row, 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..... 20-1 1/2 (6.13)**
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, 2007 ..... 41-8 3/4 (12.72)
3. **Carisa Leacock, 2012 ..... 40-10 1/2 (12.46)**
4. **Zinnia Miller, 2014..... 40-9 (12.42)**
5. Becki Borg, 1988 ..... 40-7 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, 1984 ..... 33-10 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, 1990..... 48-2 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, 2000..... 47-5 1/4 (14.46)
9. Mandy Chandler, 2006 ..... 46-0 (14.02)
10. Tiffany Medenwaldt, 2010 .. 45-11 3/4 (14.01)

## Discus

1. Majesty Tutson, 2013 ..... 181-1 (55.19)
2. Tiffany Medenwaldt, 2010 ..... 161-3 (49.16)
3. Denise Taylor, 1992 ..... 160-5 (48.90)
4. **Dakotah Goodell, 2014..... 159-10 (48.73)**
5. Lisa Van Steenwyk, 1991 ..... 159-1 (48.50)
6. Gail Smith, 1983 ..... 158-2 (48.22)
7. **Ashlyn Gulvas, 2011..... 154-11 (47.23)**
8. **Courtney Fritz, 2012 ..... 154-1 (46.96)**
9. Kamesha Marshall, 2005..... 152-11 (46.62)
10. Jennifer Moon, 2000 ..... 150-8 (45.92)

## 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, 2013..... 189-6 (57.76)**
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)

## 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)**

# MEN'S OUTDOOR ALL-TIME TOP 10 RELAYS

## 400-Meter Relay

1.	<b>Mincy</b> , 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.	<b>Mincy</b> , 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
9.	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, <b>Brown</b> , Larney, <b>VanCleave</b> , 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, <b>Davey</b> , E. Holmes, Sowinski, 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, <b>Davey</b> , 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.	McCorkle, Armstrong, Chung, Strozier, 1990 .....	3:20.43
9.	Dodge, Yamini, Branch, Donovan, 1999 .....	3:20.83
10.	Goode, Fisher, Thomas, Falls, 1992 .....	3:21.02

## 3,200 Meter Relay

1.	Schum, Christensen, Steffen, Criswell, 1971 .....	7:18.60
1.	Hairston, <b>Prom</b> , 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.	<b>Prom</b> , 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, <b>Van Cleave</b> , Sowinski, Thode, 2012 .....	9:41.59
4.	Young, Barton, Kuczvara, Luciano, 2010 .....	9:42.97
5.	<b>Prom</b> , Davey, Weir, <b>Witt</b> , 2013 .....	9:53.83
6.	Theisen, Williams, Wiesa, Waters, 1985 .....	9:54.04
7.	<b>Wilfong</b> , Slaymaker, <b>Teubel</b> , <b>Witt</b> , 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.	N. Holmes, <b>Witt</b> , Thode, <b>Lewis</b> , 2012 .....	17:02.26
5.	Thomas, Allen, Rakaric, Lloyd, 2003 .....	17:06.27
6.	Pittman, Novotny, Feeldy, Marquardt, 1995 .....	17:12.49
7.	Bakker, Feeldy, Peters, Pittman, 1996 .....	17:13.10
8.	Allen, Trainor, McDermott, Esche, 2002 .....	17:14.53
9.	Kadlec, E. MacTaggart, Paul, Marchese, 2009 .....	17:17.63
10.	Schwitters, Nordheim, Moeller, Thomas, 1999 .....	17:18.04

# WOMEN'S OUTDOOR ALL-TIME TOP 10 RELAYS

## 400-Meter Relay

1. Poole, Reid, Floyd, Hobbs, 1994..... 44.63
2. **Kwaza, Guster, Holder, Brown, 2014**..... 44.65
3. Charles, Williams, Providence, James, 2003 ..... 44.71
4. Floyd, Hobbs, Poole, Reid, 1994 ..... 44.80
5. Fouchè, Williams, Providence, James, 2003..... 45.02
6. Alexander, Granger, Johnson, Roach, 2006..... 45.11
7. Johnson, Roach, Clarke, Trusty, 2007..... 45.21
8. **Brown, Holder, Guster, Kwaza, 2014**..... 45.30  
Johnson, Alexander, Granger, Roach, 2005 ..... 45.30
10. Granger, Johnson, Alexander, Roach, 2005 ..... 45.39

## 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. Hume, Charles, Steffen, Williams, 2003..... 3:36.26
4. Praska, Hendricks, Erickson, Liverpool, 2011 ..... 3:36.51
5. Simonsen, Liverpool, Erickson, Sack, 2012 ..... 3:37.57
6. McCalla, Granger, Alexander, Johnson, 2006 ..... 3:38.36
7. Simonson, Liverpool, Quinn, Erickson, 2012..... 3:38.49
8. Liverpool, Jones, Erickson, Quinn, 2012 ..... 3:38.68
9. Alexander, Graham, Jones, M. Mims, 2007 ..... 3:39.36
10. Jones, Alexander, Johnson, M. Mims, 2007 ..... 3:39.64

## Sprint Medley Relay

1. Jones, Hendricks, Liverpool, Praska, 2011..... 3:48.63
2. **Kwaza, R. Moore, Holder, Alexia, 2013** ..... 3:54.51
3. Trusty, R. Moore, Hendricks, Praska, 2010 ..... 3:56.53
4. Reid, Philip, Hobbs, Benning, 1995..... 3:56.54
5. Roach, Alexander, McCalla, Stanley, 2005..... 3:56.99
6. **Kwaza, R. Moore, Alexia, Nelson, 2013** ..... 3:58.72
7. Clarke, Graham, Jones, Poncé, 2007 ..... 3:59.34
8. Underwood, Clarke, Philip, Benning, 1995..... 3:59.75
9. Jones, R. Moore, Erickson, **Alexia, 2012**..... 4:00.19
10. 2005..... 4:00.26

## 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. Chapple, Laney, Donlon, Sokol, 2005 ..... 20:39.12
8. Arens, Barber, Butler, Roberts, 2001..... 20:40.89
9. Benning, Boland, Fleck, Coleman, 1995 ..... 20:43.07
10. Arens, Sokol, Barber, Donlon, 2003 ..... 20:48.08