

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



TRACK AND FIELD CONTACT: JORDAN BUCHER

APRIL 29, 2015

2015 IOWA TRACK & FIELD OUTDOOR SCHEDULE

Date	Meet
March 20-21	Baldy Castillo <i>(Tempe, Arizona)</i>
April 3-4	Stanford Invite <i>(Stanford, California)</i> Florida Relays <i>(Gainesville, Florida)</i>
Apr. 11	Jim Duncan Invite <i>(Des Moines, Iowa)</i>
April 17-18	Mt. Sac Relays <i>(Walnut, California)</i>
April 22-26	Drake Relays <i>(Des Moines, Iowa)</i>
May 2	Musco Twilight XVI (Iowa City, Iowa)
May 15-17	Big Ten Championships <i>(West Lafayette, Indiana)</i>
May 28-30	NCAA First Round <i>(Fayetteville, Arkansas)</i>
June 10-13	NCAA Championships <i>(Eugene, Oregon)</i>

IOWA COACHING STAFF

Joey Woody	Director of Track & Field
Layne Anderson ..	Head Cross Country Coach
Clive Roberts	Associate Head Coach
Jason Wakenight	Assistant Coach
.....	Director of Recruiting
Andrew Dubs	Assistant Coach
Molly Jones	Assistant Coach
Kate See	Director of Operations

THIS WEEK

The University of Iowa track and field team hosts the 16th annual Musco Twilight on Saturday at the Francis X. Cretzmeyer Track. Field events begin at 2 p.m. (CT) with track events following at 4:15 p.m. (CT). The meet will feature teams from Bradley, Illinois (men), Iowa State, Minnesota, Nebraska, UNI, and Wisconsin.

TAKE THE SHUTTLE

A free roundtrip shuttle from the Hawkeye Commuter Lot (Hawkeye Park Road off First Avenue) to Cretzmeyer Track begins at 1 p.m. (CT) and runs continuously until the end of the meet.

FOLLOW THE HAWKEYES -- BTN, ONLINE, TWITTER

Follow @IowaXC_TF on twitter for updates on the team. Links to live results can be found on the schedule page at hawkeyesports.com. The Musco Twilight will air on a tape delay Sunday, May 10 at 11 a.m. (CT). Dean Linke will call the action, with Rebecca Haarlow and Joe Alexander providing analysis. Kenny McReynolds will report from the field.

MUSCO HISTORY

Iowa hosted the first Musco Twilight in 1999. The event has continued 16 of the last 17 years. In 2008 the meet was canceled due to flooding. The lights are provided by Musco Lighting, an Iowa based company from Oskaloosa, Iowa.

SENIOR DAY

The Hawkeyes will recognize 12 seniors Saturday at 4 p.m. (CT). They include: Adrienne Alexia, Babatunde Amosu, Keith Brown, Brennan Davey, Jack Eckert, Gabe Hull, Kevin Lewis, Shannon Maser, Annemie Smith, Jocelyn Todd, Kaleb VanCleave, Ben Witt.

HULL BREAKS DISCUS RECORD

Senior Gabe Hull broke the Iowa discus record at last year's Musco Twilight. Hull recorded a personal-best toss of 207-1 (63.11m) to take the Musco discus title. Iowa has won the Big Ten men's discus title eight times, most recently in 2006 when Tim Brodersen defended his title from 2005.

O'SHEA RETURNS UN-O'TTACHED

Sophomore O'Shea Wilson is expected to make his season debut Saturday. He will compete unattached in the 100 meters, as he still has the option to redshirt in 2015. Wilson, a Houston, Texas, native, has not competed since undergoing surgery in November 2014. He was team MVP in 2014, and closed his freshman season earning All-America honors for his role on the 400-meter relay that placed sixth at the NCAA Championships. He led Iowa last year in the long jump and 200 meters. His 200-meter time of 20.82 ranks eighth in school history, while his long jump mark of 25-2 (7.67m) falls seventh on Iowa's all-time list.

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LARRY WIECZOREK 1,500 METERS

Larry Wieczorek, the former University of Iowa director of track and field and pioneer of the Musco Twilight meet, will be the honorary referee Saturday.

Wieczorek, a former Big Ten champion and current UI school record holder, joined the Iowa coaching staff in 1984. He was named head coach of the men's cross country program in 1987, and in 1997 took over for Ted Wheeler as head coach of the men's track and field program.

Two years later, Wieczorek introduced Musco Lighting to Cretzmeyer Track, creating a twilight track and field meet that has become a University of Iowa tradition for 16 of last 17 years. Its only hiccup since the inaugural 1999 meet was in 2008, when floodwaters cancelled the event.

Wieczorek coached 53 All-Americans before retiring from the University of Iowa on June 3, 2014, after 30 years on the Iowa track and field coaching staff. He and his wife, Jackie, still reside in the Iowa City area.

The 1,500 meters is now named the "Larry Wieczorek 1,500 meters" in his honor.

2014 MUSCO CHAMPIONS

Five current Hawkeyes grabbed titles at last year's Musco Twilight. They include: Kevin Spejcher (high jump), Babatunde Amosu (triple jump), Brittany Brown (100, 200), Aaron Mallet (110-meter hurdles), and Gabe Hull (discus). The women's 1,600-meter relay of sophomore Elexis Guster, junior MonTayla Holder, sophomore Mahnee Watts, and sophomore Alexis Hernandez also nabbed gold.

WOODY HOLDS 400 HURDLES RECORD

UI Director of Track & Field Joey Woody currently holds the Musco Twilight 400-meter hurdles record. Woody clocked 48.94 in 2004. Woody was a four-time All-American at Northern Iowa, winning the 1997 NCAA title in the 400-meter hurdles. He also ran competitively on the international track circuit, earning a spot on three United States World teams. Woody won the silver medal in the 400-meter hurdles at the World Championships and was ranked second in the world in the event. Since arriving at the University of Iowa, Woody has led Iowa to 13 Big Ten individual titles, four conference relay titles and 38 All-America honors.

2015 OUTDOOR SEASON LEADERS

MEN

100 meters	Vinnie Saucer	10.44
110-m hurdles	Aaron Mallett	13.60
200 meters	James Harrington	20.98
400 meters	Kaleb VanCleave	47.68
400-m hurdles	Mitch Wolff	51.44
800 meters	Will Teubel	1:48.60
1,500 meters	Sam Fourman	3:44.50
5,000 meters	Kevin Lewis	14:21.41
10,000 meters	Kevin Lewis	28:59.62
High Jump	Kevin Spejcher	7-0 1/4 (2.14m)
Pole Vault	Jack Eckert	14-3 1/4 (4.35m)
Long Jump	Kerry Dean, Jr.	23-8 (7.21m)
Triple Jump	Babatunde Amosu	50-4 1/2 (15.35m)
Shot Put	Gabe Hull	56-3 3/4 (17.16m)
Discus	Gabe Hull	188-8 (57.51m)
Hammer	Carlos Varela-Hernandez	157-5 (47.98m)
Javelin	Sam Joens	206-9 (63.03m)
400-m Relay	Saucer, Thompson, Harrington, Mallett	40.07
1,600-m Relay	Wolff, Thompson, Mallett, Davey	3:08.23
Sprint Med. Relay	Ganschow, Aly, Davey, Teubel	3:26.16
3,200-m Relay	Lilly, Dorman, Teubel, Davey	7:31.48
Dist. Med. Relay	Fourman, Aly, Lilly, Lewis	10:07.07
6,400-m Relay	Lewis, Witt, Hart, Fourman	16:58.44

WOMEN

100 meters	Lake Kwaza	* 11.40
100-m hurdles	Jahisha Thomas	13.80
200 meters	Brittany Brown	23.14
400 meters	Elexis Guster	53.30
400-m hurdles	MonTayla Holder	58.29
800 meters	Katharina Trost	2:09.03
1,500 meters	Katharina Trost	4:29.10
3,000-m stpl.	Marta Bote Gonzalez	* 10:23.15
High Jump	Madison Rouw	5-5 1/4 (1.66m)
Pole Vault	Elyssa Tracy	10-6 (3.20m)
Long Jump	Jahisha Thomas	19-8 1/4 (6.00m)
Shot Put	Alexa Hunt	41-7 3/4 (12.68m)
Discus	Dakotah Goodell	159-2 (48.52m)
Javelin	Dakotah Goodell	145-5 (44.32m)
Hammer Throw	Annemie Smith	197-9 (60.28m)
400-m Relay	Holder, Guster, Kwaza, Brown	44.93
1,600-m Relay	Kwaza, Holder, Champe, Guster	3:38.38
Sprint Med. Relay	Kwaza, Brown, Guster, Trost	3:53.29
3,200-m Relay	Nelson, Maser, Wilberding, Reischmann	9:07.51
Dist. Med. Relay	Trost, Champe, Nelson, Reischmann	12:01.69
6,400-m Relay	Jones, Bote Gonzalez, Wilberding, Reischmann	19:59.72

* - school record

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DYNAMIC DUO

Junior Lake Kwaza and sophomore Brittany Brown hold two of the top five fastest times in the Big Ten in both the 100 and 200 meters. Kwaza is Iowa's school record holder in the 100, and Brown is Iowa's school record holder in the 200.

- 1st/Lake Kwaza/100 meters (11.40)
- 1st/Brittany Brown/200 meters (23.14)
- 3rd/Brittany Brown/100 meters (11.53)
- 4th/Lake Kwaza/200 meters (23.59)

GUSTER HOLDS TOP SPOT

Elexis Guster moved to first in conference rankings following a sixth-place finish at the Mt. SAC Relays on April 18. The sophomore crossed the line in a season best 53.30. Iowa owns the Big Ten's top times in the 100 meters (Kwaza, 11.40), 200 meters (Brown, 23.14), and 400 meters (Guster, 53.30).

FOURMAN, WOLFF SHINE AT DRAKE

Redshirt junior Sam Fourman (1,500 meters) and junior Mitch Wolff (400-meter hurdles) clocked personal-bests performances in their respective events at the Drake Relays on April 25. Fourman grabbed a second-place finish overall in 3:44.50. His time ranks second in the Big Ten and fourth on Iowa's all-time list. Wolff took fourth in the 400-meter hurdles in 51.44, a time that currently stands seventh in the Big Ten.

CHAMPIONSHIP SEASON

The 2015 Big Ten Outdoor Championships will be held in East Lansing, Michigan, from May 15-17. BTN will air the conference championships on Sunday, May 24 at 10 a.m. (CT). The NCAA Regionals are set for May 28-30 in Austin, Texas, while the NCAA Championships will be held in Eugene, Oregon, from June 10-13.

MUSCO ALUMNI REUNION

The track and field program is hosting an Alumni reunion Saturday, May 2 at the Musco Twilight XVI. A reception will follow at the Coralville Vine. RSVP to kathryn-see@uiowa.edu for more details.

NEXT ON THE BLOCK

The Hawkeyes travel to East Lansing, Michigan, for the Big Ten Outdoor Championships from May 15-17.

2015 BIG TEN LEADERS

1. Lake Kwaza.....	100 meters.....	11.40
1. Brittany Brown.....	200 meters.....	23.14
1. Elexis Guster	400 meters.....	53.30
1. Aaron Mallett	110-meter hurdles	13.60
2. Gabe Hull.....	discus.....	188-8, 57.51m
2. Sam Fourman	1,500 meters.....	3:44.50
3. Annemie Smith.....	hammer throw.....	197-9, 60.28m
3. Jahisha Thomas	long jump.....	19-8.25, 6.00m
3. MonTayla Holder	400-meter hurdles.....	58.29
3. Kevin Lewis.....	10,000 meters.....	28:59.62
3. Brittany Brown.....	100 meters.....	11.53
3. Vinnie Saucer, Jr.	100 meters.....	10.44
4. Babatunde Amosu	triple jump	50-4.5, 15.35m
4. Lake Kwaza.....	200 meters.....	23.59
4. Kevin Spejcher	high jump.....	7-0.25, 2.14m
4. Jack Eckert	decathlon.....	7,094 points
4. James Harrington.....	200 meters.....	20.98
5. Will Teubel.....	800 meters.....	1:48.60
5. Marta Bote Gonzalez	3,000-meter steeplechase ..	10:23.15
6. Klyvens Delaunay.....	triple jump	50-2, 15.29m
6. Kayla Hochhalter	javelin	148-2, 45.16m
7. Mitch Wolff.....	400-meter hurdles.....	51.44
7. William Dougherty	decathlon.....	6,735 points
8. Aaron Mallett	400-meter hurdles.....	51.56
8. Vinnie Saucer, Jr.	200 meters.....	21.22
8. Sam Joens.....	javelin	206-9, 63.03m

MUSCO RECORDS

100m Hurdles -- Peaches Roach, 13.59 (2010)
200 meters -- Shellene Williams, 23.50 (2004)
200 meters -- Andre Morris, 20.71 (1999)
400 meters -- Shellene Williams, 53.02 (2003)
400 meters -- Andre Morris, 45.93 (2000)
1,500 meters -- Meghan Armstrong, 4:21.86 (2007)
1,500 meters -- Jeff Thode, 3:44.51* (2010)
3,000 meters -- McKenzie Melander, 9:21.59 (2012)
Long Jump -- Bashir Yamini, 26-2 1/4 (7.98m)* (1997)
Discus -- Gabe Hull, 195-11 (59.73m) (2012)
High Jump -- Peaches Roach, 6-0 1/2 (1.84m) (2010)
High Jump -- Jeffery Herron, 7-1 (2.16m) (2013)
Javelin -- Bill Neumann, 238-3 (72.62m)* (2003)
Javelin -- Alana Redfern, 181-5 (55.31m)* (2003)
400-meter relay -- Nicole Charles, Shellene Williams, Jiselle Providence, Aisha James, 45.27 (2003)
400-meter relay -- Scott Williamson, Tim Dodge, Russ Peterson, Zach Digney, 39.80 (2002)
1,600-meter relay -- Victoria Sack, Nicole Erickson, Kelsey Quinn, Hannah Simonson, 3:42.47 (2012)

OUTDOOR ALL-TIME TOP 10 PERFORMERS



Jeremy Allen



Justin Austin



Matt Byers



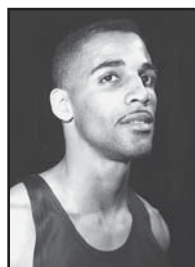
Troy Doris



Jeffery Herron



Gabe Hull



Deacon Jones

100 Meters

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

110-Meter High Hurdles

- Pat McGhee, 1989 13.50
- Aaron Mallett, 2015 13.60**
- Dion Trowers, 1996 13.62
- Ronnie McCoy, 1985 13.66
- Ethan Holmes, 2011 13.73
- Jordan Mullen, 2013 13.76
- James Armstrong, 1991 13.89
- Dan Davis, 2012 14.01
- Doug Jones, 1986 14.06
- Chris Williams, 1983 14.24

200 Meters

- Justin Austin, 2011 20.31
- Jeff Patrick, 1983 20.47
- Anthuan Maybank, 1994 20.55
- Andre Morris, 1995 20.64
- George Page, 1996 20.67
- Terrence Duckett, 1982 20.74
- Tim Dodge, 2002 20.78
- Bashir Yamini, 1999 20.82
- O'Shea Wilson, 2014 20.82**
- Dennis Kohl, 1966 20.84

400 Meters

- Anthuan Maybank, 1993 44.99
- Andre Morris, 1995 45.15
- Mike Mondane, 1967 45.20
- Steven Willey, 2010 45.78
- Gary Hollingsworth, 1963 46.30
- Harold Leonard, 1986 46.45
- Tony Branch, 1999 46.60
- Prince Riley, 2007 46.61
- George Page, 1996 46.66
- Dick Eisenlauer, 1973 46.74
Terrence Duckett, 1983 46.74
Patrick Richards, 2010 46.74

400-Meter Hurdles

- Pat McGhee, 1988 48.83
- Monte Raymond, 1998 50.09
- Ray Varner, 2010 50.24
- Paul Steele, 1989 50.45
- Russell Peterson, 2001 50.50
- Ethan Holmes, 2013 50.51
- Adam Kunkel, 2001 50.73
- Jon Reimer, 1967 50.94
- Gary Falls, 1991 51.08
- D'Juan Richardson, 2011 51.12

800 Meters

- Erik Sowinski, 2012 1:45.90
- Bill Frazier, 1962 1:47.64
- D'Juan Strozier, 1990 1:47.82
- Adam Hairston, 2011 1:48.10
- Will Teubel, 2015 1:48.60**
- Michael Layne, 1999 1:49.61
- Bill Thiesen, 1985 1:49.74
- Ryan Weir, 2013 1:50.01
- Carter Lilly, 2015 1:50.12**
- Andy Wiese, 1985 1:50.22

1,500 Meters

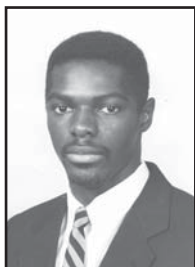
- Jeff Thode, 2010 3:43.02
- Joel Moeller, 1978 3:44.01
- Jim Docherty, 1978 3:44.30
- Sam Fourman, 2015 3:44.50**
- Dan Waters, 1986 3:46.35
- Kevin Herd, 1994 3:46.64
- John Clark, 1977 3:46.84
- Ted Wheeler, 1956 3:48.24
- Nick Holmes, 2012 3:49.53
- Jesse Luciano, 2007 3:49.99

3,000-Meter Steeplechase

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

5,000 Meters

- Micah VanDenend, 2007 13:49.31
- Larry Wieczorek, 1968 13:56.00
- Kevin Herd, 1993 13:59.00
- Stetson Steele, 2000 14:02.76
- Kevin Lewis, 2014 14:02.78**
- Eric MacTaggart, 2005 14:04.79
- Dan Haut, 2006 14:07.30
- Jesse Luciano, 2010 14:08.71
- Matt Esche, 2006 14:12.07
- Jeff Thode, 2011 14:12.40



Anthuan Maybank



Pat McGhee

OUTDOOR ALL-TIME TOP 10 PERFORMERS



Kyle Reid



Erik Sowinski



Stetson Steele



Jeff Thode



Micah VanDenend



Todd Wigginton



Arno van der Westhuizen

10,000 Meters

1. Stetson Steele, 2000.....28:44.47
2. Eric MacTaggart, 2006.....28:50.23
3. **Kevin Lewis, 201528.59.62**
4. Nick Nordheim, 200229:44.71
5. Trent Corey, 200229:45.25
6. Chad Schwitters, 1999.....29:56.00
7. Nick Holmes, 201030:02.31
8. Dan Haut, 200630:03.08
9. Kevin Herd, 199430:05.21
10. Paul Sarris, 2001.....30:08.40

Decathlon

1. Kyle Reid, 2013.....7,203 pts
2. Dan Rolling, 20106,957 pts
3. Scott Faber, 2000.....6,839 pts
4. Ryan Niver, 2008.....6,837 pts
5. **Jack Eckert, 20126,813 pts**
6. Chad Ohly, 19946,641 pts
7. Gary Kostrubala, 1984.....6,498 pts
8. Frank Prill, 2008.....6,381 pts
9. Jacob Drewry, 19945,820 pts

High Jump

1. Jeffery Herron, 2012.....7-4 1/4 (2.24)
2. Bill Hansen, 1978.....7-4 (2.23)
- Bill Knoedel, 1975.....7-4 (2.23)
4. **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, 19877-0 1/4 (2.14)
8. Graham Valdes, 20126-11 3/4 (2.12)
9. Peter Hlavin, 19796-11 (2.11)
- Scott Hudek, 19936-11 (2.11)
- Jeremy Petsche, 2008.....6-11 (2.11)
- Brandon Oest, 20126-11 (2.11)

Pole Vault

1. Todd Wigginton, 198417-0 (5.18)
2. Chad Ohly, 199416-8 3/4 (5.10)
- Kyle Reid, 2013.....16-8 3/4 (5.10)
4. Curt Broek, 197816-8 (5.08)
5. Phil Wertman, 197116-7 (5.05)
- Kelly Scott, 1988.....16-7 (5.05)
7. John Teffer, 197216-2 (4.93)
8. Alex Zona, 2009.....16-0 3/4 (4.90)
9. Steve Brewer, 1983.....16-0 (4.88)
- Doug Pennino, 198516-0 (4.88)

Long Jump

1. Anthuan Maybank, 199327-1 (8.25)
2. Bashir Yamini, 199726-8 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, 1985.....25-0 (7.62)
10. Jeffery Herron, 2010.....24-9 (7.54)

Triple Jump

1. Troy Doris, 201254-8 (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, 198549-8 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, 201048-10 3/4 (14.90)

Shot Put

1. Jeremy Allen, 200163-2 3/4 (19.27)
2. Ken Kemeny, 200562-3 (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, 200861-9 1/2 (18.83)
6. Chris Gambol, 198760-0 1/2 (18.30)
7. A.J. Curtis, 2008.....59-8 1/4 (18.19)
8. **Gabe Hull, 201459-4 1/4 (18.09)**
9. A. van der Westhuizen, 2000 58-8 3/4 (17.90)
10. Ryan Lamparek, 201058-4 (17.78)

Discus

1. **Gabe Hull, 2014207-1 (63.11)**
2. A.J. Curtis, 2007202-11 (61.84)
3. Gary Kostrubala, 1986.....202-4 (61.68)
4. Jeremy Allen, 2001195-4 (59.54)
5. Tim Brodersen, 2005193-6 (58.98)
6. Brad Daufeldt, 2004185-0 (56.40)
7. Nick Brayton, 2009180-11 (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, 2004207-10 (63.34)
5. Chris Voller, 2005.....206-0 (62.80)
6. Matt Banse, 2012201-11 (61.55)
7. Jeremy Allen, 2001199-0 (60.66)
8. Ben Stancombe, 2011197-6 (60.20)
9. Ryan Jordan, 2007184-6 (56.23)
- Mark Shapveld, 2009.....184-6 (56.23)

Javelin

1. Matt Byers, 2011245-8 (74.89)
2. Bill Neumann, 2002244-8 (74.58)
3. Dan Ralph, 2000227-10 (69.44)
4. Zach Schimp, 2010211-0 (64.32)
5. **Sam Joens, 2014210-1 (64.03)**
6. Kale Katt, 2007204-0 (62.17)
7. Joel Storm, 2004.....203-5 (62.01)
8. **Alex Balke, 2015.....201-4 (61.38)**
9. Matt Stank, 2001199-0 (60.66)
10. **Jack Eckert, 2015188-9 (57.53)**

OUTDOOR ALL-TIME TOP 10 PERFORMERS



Kineke Alexander



Meaghan Armstrong



Marta
Bote Gonzalez



Brittany Brown



Nan Doak



Aisha James



Tiffany Johnson

100 Meters

1. **Lake Kwaza, 2015** **11.40**
2. Vivien McKenzie, 1985 11.45
3. Davera Taylor, 1984 11.51
4. Erica Broomfield, 1998 11.53
5. **Brittany Brown, 2015** **11.53**
6. Jiselle Providence, 2001 11.57
7. Tanja Reid, 1994 11.60
8. Peaches Roach, 2005 11.60
9. Yolanda Hobbs, 1995 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
4. Paula Ruen, 2000 13.60
5. Sarah Steffen, 2002 13.65
6. **Jahisha Thomas, 2015** **13.80**
7. Ruqayya Raheem, 1998 13.90
8. Brenda Calhoun, 1984 13.94
9. Wynsome Cole, 1997 14.10
10. Kimberly Stanford, 2008 14.11

200 Meters

1. **Brittany Brown, 2014** **22.95**
2. Shellene Williams, 2004 23.50
3. Kineke Alexander, 2006 23.58
4. Davera Taylor, 1984 23.59
5. **Lake Kwaza, 2015** **23.59**
6. Vivien McKenzie, 1985 23.61
7. Yolanda Hobbs, 1995 23.65
8. Erin Jones, 2012 23.71
9. Rhonda Kaye Trusty, 2010 23.74
10. Tanja Reid, 1995 23.75

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** **52.77**
6. Senta Hawkins, 1988 54.01
7. 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** **57.81**
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. **Mahnee Watts, 2014** **2:08.58**
6. **Adrienne Alexia, 2013** **2:08.61**
7. Jeanne Kruckeberg, 1987 2:08.75
8. **Kaitlyn Nelson, 2013** **2:08.83**
9. **Katharina Trost, 2015** **2:09.03**
10. Ann Pare, 1997 2:09.25

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. **Marta Bote Gonzalez, 2015** **10:23.15**
2. Danielle Berndt, 2011 10:26.54
3. Jessica Schmidt, 2008 10:27.18
4. Sarah Arens, 2004 10:34.50
5. Hannah Roeder, 2011 10:35.22
6. Kelsey Hart, 2011 10:47.56
7. Katie Ellis, 2010 11:02.62
8. Michelle Lahann, 2003 11:16.21
9. 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 Schrulle, 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



Tammilee Kerr



Lake Kwaza



Diane Nukuri



Bethany Praska

OUTDOOR ALL-TIME TOP 10 PERFORMERS



Alana Redfern



Peaches Roach



Annemie Smith



Jessie Strand



Majesty Tutson



Lisa Van Steenwyk



Renee White

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. **Kassidy Ellis, 2014 4,242 pts**
9. Missy Miller, 2010 4,227 pts
10. Angie Hensel, 2004 4,073 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 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. **Elyssa Tracy, 2015 10-6 (3.20)**
8. Kacey Childs, 2000 8-0 1/2 (2.45)

Long Jump

1. Aisha James, 2003 22-3 (6.78)
2. Zinnia Miller, 2014 20-6 1/2 (6.26)
3. Renee White, 2008 20-3 3/4 (6.19)
4. Carisa Leacock, 2014 19-11 3/4 (6.09)
5. **Jahisha Thomas, 2015 19-8 1/4 (6.00)**
6. Becki Borg, 1988 19-7 1/4 (5.97)
7. Lisa Moats, 1986 19-6 (5.95)
8. Tammilee Kerr, 2008 19-4 1/4 (5.90)
9. Yolanda Hobbs, 1993 19-2 1/2 (5.85)
10. Sarah Ryan, 2013 19-1 1/2 (5.83)

Triple Jump

1. Renee White, 2008 43-10 3/4 (13.36)
2. Zinnia Miller, 2014 42-0 1/2 (12.81)
3. Tiffany Johnson, 2007 41-8 3/4 (12.72)
4. Carisa Leacock, 2012 40-10 1/2 (12.46)
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. Courtney Fritz, 2014 46-6 1/4 (14.18)
10. Mandy Chandler, 2006 46-0 (14.02)

Discus

1. Majesty Tutson, 2013 181-1 (55.19)
2. **Dakotah Goodell, 2014 169-4 (51.62)**
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)
- Lindsay Herra, 2015 152-11 (46.60)**

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. **Kayla Hochhalter, 2015 148-2 (45.16)**
9. Amanda Stahle, 2014 148-0 (45.11)
10. **Dakotah Goodell, 2014 146-9 (44.72)**

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. **Leah Colbert, 2015 167-2 (50.95)**
9. Chelsea Colpitts, 2013 162-5 (49.51)
10. Kerri Blackstone, 1999 161-10 (49.32)

MEN'S OUTDOOR ALL-TIME TOP 10 RELAYS

400-Meter Relay

1. Mincy, **Wilson, Harrington, Brown**, 2014 39.19
2. Mincy, Austin, E. Holmes, Larney, 2013 39.31
3. Beecham, Duckett, Greer, R. Smith, 1984 39.48
4. Mullen, Austin, E. Holmes, Larney, 2013 39.66
5. Page, Davis, Rozell, Morris, 1996..... 39.73
Brown, Harrington, Mincy, **Wilson**, 2014 39.73
7. Mincy, Sayon, Chaney, Jr., Austin, 2011..... 39.86
8. Richardson, Sayon, Chaney, Jr., Bee, 2009..... 39.94
9. Felix, Branch, Dodge, Yamini, 1999 39.96
10. Beecham, Duckett, Greer, Patrick, 1983..... 39.99
Mincy, Wilson, Thompson, Harrington, 2014 39.99

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. Harrington, VanCleave, Wilson, Mallett, 2014 1:24.86
3. Austin, Brown, Larney, VanCleave, 2013 1:25.60
4. Barclay, McCalister, Jensen, Elliott, 1979..... 1:26.39
5. Thomas, Balkrishnan, Patterson, Freidrich 1991..... 1:28.38
6. 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. Richards, Davey, E. Holmes, Sowsinski, 2012 3:05.77
7. Cameron, Williams, McGhee, McCoy, 1985 3:06.00
8. Rozell, Davis, Dwight, Raymond, 1997 3:06.06
Dodge, Kunkel, Coleman, Peterson, 2001 3:06.06
10. Austin, **Davey**, Richards, Sowinski, 2012 3:06.49

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
2. Hairston, Prom, Thode, Sowinski, 2011..... 7:23.77
3. Corrigan, Blackman, Strozier, Chambers, 1989 7:29.00
4. **Lilly, Dorman, Teubel, Davey, 2015** **7:31.48**
5. Willey, Braff, Sowinski, Hairston, 2009 7:33.08
6. Tweedy, Gajewski, Linden, O'Hollearn, 2005 7:33.12
7. Cunningham, Tweedy, S. Allen, Thomas, 2001..... 7:34.12
8. Long, Tweedy, Dziubski, O'Hollearn, 2004 7:35.10
9. 1999 7:36.43
10. Prom, Slaymaker, Wheeler, Weir, 2012 7:38.15

Distance Medley Relay

1. Pershing, Moeller, Slack, Docherty, 1978 9:39.94
2. Kuczwarra, Barton, Hairston, Thode, 2011 9:41.37
3. N. Holmes, **Van Cleave**, Sowinski, Thode, 2012 9:41.59
4. Young, Barton, Kuczwarra, 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. **Lewis, Witt, Hart, Fourman, 2015**..... **16:58.44**
4. Paul, Kadlec, Thode, Luciano, 2010 17:01.46
5. **Witt, Lewis, Hart, Butler**, 2014 17:01.65
6. N. Holmes, **Witt**, Thode, **Lewis**, 2012..... 17:02.26
7. Thomas, Allen, Rakaric, Lloyd, 2003 17:06.27
8. Pittman, Novotny, Feeldy, Marquardt, 1995 17:12.49
9. Bakker, Feeldy, Peters, Pittman, 1996 17:13.10
10. Allen, Trainor, McDermott, Esche, 2002..... 17:14.53

WOMEN'S OUTDOOR ALL-TIME TOP 10 RELAYS

400-Meter Relay

1.	Kwaza, Guster, Hernandez, Brown, 2014	44.51
2.	Kwaza, Guster, Holder, Brown, 2014	44.62
3.	Poole, Reid, Floyd, Hobbs, 1994	44.63
4.	Charles, Williams, Providence, James, 2003	44.71
5.	Floyd, Hobbs, Poole, Reid, 1994	44.80
6.	Holder, Guster, Kwaza, Brown, 2015	44.93
7.	Fouchè, Williams, Providence, James, 2003	45.02
8.	Ellis, Guster, Kwaza, Brown, 2015	45.07
8.	Alexander, Granger, Johnson, Roach, 2006	45.11
10.	Johnson, Roach, Clarke, Trusty, 2007	45.21

Shuttle Hurdle Relay

1.	Prendergast, Cole, Raheem, Ruen, 1998	56.44
2.	Cole, Prendergast, Raheen, Ruen, 1998	56.54
3.	Raheen, 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.	Prendergast, Dixon, Knight, Providence, 2001	1:38.73
7.	Trusty, Hendricks, Graham, Erickson, 2009	1:38.79
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.	Kwaza, Guster, Hernandez, Holder, 2014	3:36.40
6.	Simsonson, Liverpool, Erickson, Sack, 2012	3:37.57
7.	Guster, Watts, Holder, Kwaza, 2014	3:37.73
8.	Guster, Holder, Hernandez, Kwaza, 2014	3:37.95
9.	McCalla, Granger, Alexander, Johnson, 2006	3:38.36
10.	Kwaza, Holder, Champe, Guster, 2015	3:38.38

Sprint Medley Relay

1.	Jones, Hendricks, Liverpool, Praska, 2011	3:48.63
2.	Brown, Kwaza, Guster, Watts, 2014	3:51.18
3.	Kwaza, Brown, Guster, Trost, 2015	3:53.29
4.	Kwaza, R. Moore, Holder, Alexia, 2013	3:54.51
5.	Trusty, R. Moore, Hendricks, Praska, 2010	3:56.53
6.	Reid, Philip, Hobbs, Benning, 1995	3:56.54
7.	Roach, Alexander, McCalla, Stanley, 2005	3:56.99
8.	Kwaza, R. Moore, Alexia, Nelson, 2013	3:58.72
9.	Clarke, Graham, Jones, Poncé, 2007	3:59.34
10.	Thomas, Champe, Nelson, Watts, 2015	3:59.35

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.	Trost, Maser, Alexia, Nelson, 2014	8:49.95
5.	Flood, Dlhy, L. Hardesty, Docherty, 2009	8:53.91
6.	Armstrong, Stanley, Laney, Hume, 2005	8:54.27
7.	O'Brien, Camarigg, Williams, Stormo, 1981	8:54.36
8.	Flood, Melander, Praska, Hardesty, 2010	8:54.45
9.	Drapcho, Schlader, Williams, Stormo, 1980	8:56.14
10.	Drapcho, Mitchell, Schlader, Stormo, 1979	8:57.24

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.	Dlhy, 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.	Jones, Bote Gonzalez, Wilberding, Reischmann, 2015 ...	19:59.72
8.	Maser, Price, Wilberding, Montuclard, 2014	20:23.27
9.	Chapple, Laney, Donlon, Sokol, 2005	20:39.12
10.	Arens, Barber, Butler, Roberts, 2001	20:40.89