

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



TRACK AND FIELD CONTACT: BRANDEE BRITT

February 29, 2012

2011-12 IOWA TRACK & FIELD INDOOR SCHEDULE

Date	Meet	Result
Jan. 4	New Year's Classic (Iowa City, Iowa)	No Team Scores
Jan. 21	at Adidas Classic (Lincoln, Neb.)	M: 2nd W: 3rd
Jan. 27-28	at Razorback Invite (Fayetteville, Ark.)	No Team Scores
Feb. 3-4	at Meyo Invite (South Bend, Ind.)	No Team Scores
	at New Balance Invite (New York City, New York)	No Team Scores
Feb. 10-11	at Iowa State Classic (Ames, Iowa)	No Team Scores
	at Tyson Invite (Fayetteville, Ark.)	No Team Scores
	Husky Invite (Seattle, Wash.)	No Team Scores
Feb. 17	Iowa Invitational (Iowa City, IA)	No Team Scores
Feb. 24-25	at Big Ten Championships (Lincoln, Neb.)	Men: 8th Women: 10th
Mar. 3	at NCAA Last Chance Meet (TBA)	
Mar. 9-10	at NCAA Championships (Boise, Idaho)	

IOWA COACHING STAFF

Layne Anderson	Head Track & Field Coach
Larry Wieczorek	Director of Track & Field
Scott Cappos	Director of Field Events
Clive Roberts	Assistant Coach
.....	Horizontal jumps, women's short
.....	sprints, hurdles, relays
Christi Smith	Assistant Coach
.....	Combined events, vertical jumps
Joey Woody	Assistant Coach
.....	Men's sprints, short hurdles and relays
.....	women's long sprints and hurdles

THIS WEEK

The University of Iowa track and field team will send athletes to the Alex Wilson Indoor Track and Field Invitational in South Bend, Ind., and Iowa State Qualifier in Ames, Iowa, this weekend. The events mark the final chance to earn automatic qualifying times for the NCAA Championships.

LAST CHANCE IN AMES

The Hawkeyes will send several athletes to Ames, Iowa for the Last Chance Meet. They include Tevin-Cee Mincy, Torrey Campbell, Dan Davis, Ethan Holmes, D'Juan Richardson, Brennan Davey, Nathan Prom, Kyle Slaymaker, Ryan Weir, Kyle Wheeler, Sam Chaney, Jon Michael Brandt, and Matt Banse. The meet will be held at the Lied Recreation-Athletic Facility on the campus of Iowa State, and is set to begin Saturday at 10 a.m.

LAST CHANCE IN SOUTH BEND

Nick Holmes, Kevin Lewis, and Jeff Thode will all be making the trip to South Bend, Ind., for the Alex Wilson Indoor Track and Field Invitational. The meet will be held at the Loftus Sports Center on the campus of Notre Dame, and is set to begin Friday at 2 p.m. and continue through Saturday.

THODE SHINES AT 2011 LAST CHANCE MEET

Jeff Thode broke the school record at the 2011 Last Chance Meet in South Bend Ind. Thode ran a time of 3:58.72 to automatically qualify for the 2011 NCAA Indoor Championships.

4X4 BREAKS RECORD AT 2011 LAST CHANCE MEET

The men's 1,600-meter relay team broke the school record at the 2011 Last Chance Meet in Ames, Iowa. The team of Patrick Richards, Ethan Holmes, Erik Sowinski, and Steven Willey ran a time of 3:06.66 to automatically qualify for the 2011 NCAA Championships.

DORIS EARNS ALL-BIG TEN HONORS

Senior Troy Doris earned first team All-Big Ten honors following his performance at the 2012 Big Ten Indoor Championships on Feb. 25. Doris earned the triple jump title with his leap of 52-1 3/4.

SOWINSKI EARNS ALL-BIG TEN HONORS

Senior Erik Sowinski earned first team All-Big Ten honors for his performance at the 2012 Big Ten Indoor Championships on Feb. 25. Sowinski earned the 800 meters title with a time of 1:47.90. Sowinski also broke the school record at the Big Ten Championships with his preliminary time of 1:47.62

BANSE IN TOP 20

Senior Matt Banse's weight throw toss of 67-8 (20.62m) at the Iowa State Classic on Feb. 9 currently ranks 20th in the nation. Banse's toss also ranks second all-time at Iowa.

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AUSTIN BREAKS TOP 20

Senior Justin Austin's converted 200 meters time of 21.08 currently ranks 18th in the nation. Austin clocked the time at the Iowa Invitational on Feb. 17. Austin currently holds the school record in the 200 meters with a time of 20.80.

MEET THE RECORD HOLDERS

Seven Hawkeyes on the 2012 roster account for 10 individual school records. They include:

Justin Austin: 60 (6.69) and 200 meters (20.80)
 Troy Doris: Triple Jump (54-0/16.46m)
 McKenzie Melander: Mile (4:39.78)
 Jordan Mullen: 60-meter hurdles (7.75)
 Erik Sowinski: 600 (1:16.91) and 800 meters (1:47.98)
 Kelsey Taylor: Weight Throw (60-4 1/2/18.40)
 Jeff Thode: Mile (3:58.72) and 3,000 meters (8:00.38)

NEXT ON THE BLOCK

The NCAA Championships will be held March 9-10 in Boise, Idaho.

HEAD COACH LARRY WIECZOREK

Larry Wieczorek is in his 25th season as head men's cross country coach and his 16th season as head men's track and field coach at the University of Iowa. He served as an assistant track and field coach for 12 years before taking the helm in 1997.

Last season, Wieczorek guided 28 qualifiers, made up of 20 student-athletes competing in 13 individual events and two relays to the NCAA Outdoor Championships preliminary round.

HEAD COACH LAYNE ANDERSON

Layne Anderson is in his fourth year as head coach of the University of Iowa women's cross country and track and field teams. He has served as the Hawkeyes' head women's cross country coach for the past eight seasons, and was the interim head women's track and field coach in 2008. From 2003-07, he served as an assistant women's track and field coach for the Hawkeyes.

2011-12 INDOOR SEASON LEADERS

MEN'S		WOMEN'S	
60 meters	Troy Doris 6.75	60 meters	Raven Moore 7.63
60 meter hurdles	Jordan Mullen 7.78	60-meter hurdles	Khanishah Williams 8.96
200 meters	Justin Austin 21.22	200 meters	Erin Jones 24.31
400 meters	Patrick Richards 47.51	400 meters	Ashley Liverpool 54.81
600 meters	Erik Sowinski 1:16.91	500 meters	Kelsey Quinn 1:14.84
800 meters	Erik Sowinski 1:47.62	600 meters	Nicole Erickson 1:31.71
1,000 meters	Eric Sowinski 2:24.15	800 meters	Lena Placzek..... 2:16.54
3,000 meters	Jeff Thode 8:16.36	3000 meters	Mareike Schrulle 9:23.97
5,000 meters	Kevin Lewis 14:37.22	5000 meters	Mareike Schrulle 16:29.41
Mile	Jeff Thode 4:06.11	Mile	Brooke Eilers 4:50.15
High Jump	Jeffery Herron..... 2.10 m	High Jump	Khanishah Williams 1.73 m
Pole Vault	Kyle Reid..... 4.78 m	Pole Vault	Brittany Holst 3.43 m
Long Jump	Jeffery Herron..... 7.33 m	Long Jump	Carisa Leacock 5.84 m
Triple Jump	Troy Doris 16.28 m	Triple Jump	Carisa Leacock 12.33 m
Shot Put	Matt Banse..... 17.47 m	Shot Put	Rachel Curry..... 14.67 m
Weight Throw	Matt Banse..... 20.62 m	Weight Throw	Jasmine Simpson 17.55 m
1,600 meter relay	Richards, Van Cleave, Rickels, Sowinski 3:10.52	1,600-meter relay	Simonson, Liverpool, Erickson, Sack 3:41.78
Distance Medley Relay . Prom, Rickels, Sowinski, Thode 9:45.41	Distance Medley Relay . Laesch, Simonson, Placzek, Ranegar 11:48.78

INDOOR ALL-TIME TOP TEN PERFORMERS



Justin Austin



Rodney Chambers



Jim Costello



Troy Doris



Bill Hansen



John Hickey



Ethan Holmes

60 Meters

1. Justin Austin, 2011 6.69
2. Kurt Felix, 1999..... 6.73
3. **Troy Doris, 2012** 6.75
4. Tony Branch, 1999..... 6.78
5. Paul Chaney, Jr., 2009..... 6.80
- D’Juan Richardson, 2010** 6.80
7. Derrick Burks, 2005 6.81
8. Zeke Sayon, 2010..... 6.82
- Tevin-Cee Mincy, 2011** 6.82
10. Tim Dodge, 2001 6.83

60-Meter Hurdles

1. **Jordan Mullen, 2011**..... 7.75
2. Dion Trowers, 1997..... 7.87
3. Russell Peterson, 2004..... 7.97
4. DeRocco Reed, 2000 8.03
- Dan Davis, 2012** 8.03
6. **Ethan Holmes, 2011** 8.08
7. **Torry Campbell, 2012**..... 8.11
8. Jordan Crosby, 2005..... 8.16
9. D’Juan Richardson, 2009 8.20
10. Justin Poots, 2001 8.22

200 Meters

1. **Justin Austin, 2011** 20.80
2. Anthuan Maybank, 1993..... 21.11
3. Bashir Yamini, 1999 21.19
4. Tim Dodge, 2000 21.26
5. Paul Chaney, Jr., 2009..... 21.34
6. George Page, 1997 21.35
7. Zach Digney, 2004..... 21.39
8. Tony Branch, 1998..... 21.46
9. David Chaplin, 2006 21.49
10. Adam Kunkel, 2001 21.55

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. **Patrick Richards, 2011**..... 47.35
7. Juan Coleman, 2002..... 47.40
8. **Justin Austin, 2012** 47.61
9. Curtis Chung, 1989..... 47.65
10. Ray Varner, 2008 47.66

600 Meters

1. **Erik Sowinski, 2012** 1:16.91
2. Steven Willey, 2011..... 1:17.94
3. **Keaton Rickels, 2012**..... 1:18.19
4. Pat McGhee, 1988..... 1:18.30
5. Chris Barton, 2011 1:18.75
6. Adam Hairston, 2009..... 1:19.05
7. Monte Raymond, 1997 1:19.18
8. Scott Williamson, 2001 1:19.19
9. D’Juan Strozier, 1990 1:19.20
10. Gary Falls, 1991 1:19.32

800 Meters

1. **Erik Sowinski, 2011**..... 1:47.62
2. Adam Hairston, 2010 1:49.26
3. **Nick Kuczvara, 2010** 1:49.59
4. **Nathan Prom, 2012** 1:50.90
5. Dave Novotny, 1996..... 1:51.27
6. Jim Docherty, 1973 1:51.30
7. Rod Chambers, 1989..... 1:51.33
8. Jim Donovan, 1999..... 1:51.52
9. Michael Layne, 1997..... 1:51.54
10. Bill Frazier, 1963 1:51.80

Mile

1. **Jeff Thode, 2011**..... 3:58.72
2. Ed DeLashmutt, 1981 4:04.01
3. Larry Wieczorek, 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. **Jeff Thode, 2011**..... 8:00.38
2. Micah VanDenend, 2006..... 8:00.81
3. Eric MacTaggart, 2006..... 8:08.79
4. Stetson Steele, 2000 8:09.54
5. Dan Haut, 2005..... 8:11.36
6. Kevin Herd, 1994 8:11.51
7. **Nick Holmes, 2010** 8:15.48
8. Andy Napier, 2008 8:15.70
9. Larry Wieczorek, 1968..... 8:17.00
10. Matt Esche, 2004..... 8:17.28

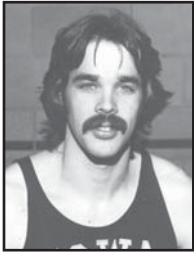
5,000 Meters

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. **Jeff Thode, 2011**..... 14:16.00
6. Matt Esche, 2004..... 14:18.43
7. Jeff Kent, 2007..... 14:18.86
8. Jesse Luciano, 2009..... 14:20.99
9. Nick Nordheim, 2002 14:22.99
10. Kevin Herd, 1994 14:27.57

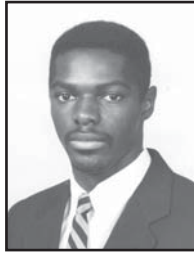
Heptathlon

1. Dan Rolling, 20105,205 points
2. Ryan Niver, 20085,149 points
3. Frank Prill, 2010.....5,015 points
4. **Jack Eckert, 2012**..... 4,840 points
5. Scott Faber, 20004,784 points
6. Cam Appleman, 19974,685 points
7. **Kyle Reid, 2010** 4,662 points
8. Bobby Windauer, 20074,644 points
9. Jacob Drewry, 19954,612 points
10. Mark Mankivsky, 20084,453 points

INDOOR ALL-TIME TOP TEN PERFORMERS



Bill Knoedel



Anthuan Maybank



Jordan Mullen



Patrick Richards



Dan Rolling



Erik Sowinski



Jeff Thode

High Jump

1. Bill Knoedel, 1976.....7-3 (2.21)
Bill Hansen, 1978.....7-3 (2.21)
3. Scott Hudek, 19937-0 1/2 (2.15)
4. Pat Meade, 19877-0 1/4 (2.14)
5. Mike Lacy, 1984.....7-0 (2.13)
6. M. Cunningham, 19846-11 1/4 (2.11)
7. **Jeffery Herron, 20106-11 (2.11)**
Peter Hlavin, 19806-11 (2.11)
Brandon Oest, 2010.....6-11 (2.11)
Dan Rolling, 20086-11 (2.11)
Graham Valdes, 2010.....6-11 (2.11)

Pole Vault

1. Todd Wigginton, 198417-1 (5.21)
2. Dave Nielsen, 197516-10 (5.13)
3. Curt Brock, 1979.....16-6 (5.03)
4. Alex Zona, 2010.....16-4 3/4 (5.00)
Kyle Reid, 201016-4 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, 198915-9 (4.80)

Long Jump

1. Anthuan Maybank, 1992.....26-5 1/2 (8.06)
2. Bashir Yamini, 1998.....26-0 1/4 (7.93)
3. Darren Smith, 1991.....25-2 (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, 198624-7 1/4 (7.50)
9. **Jeffery Herron, 201124-7 (7.49m)**
10. Lee Farmer, 194223-9 1/4 (7.24)

Triple Jump

1. **Troy Doris, 201154-0 (16.46)**
2. Paul Jones, 199052-1 1/4 (15.88)
3. Mike Lacy, 198349-0 (14.93)
4. Owen Gill, 198248-10 3/4 (14.90)
5. Josh Bean, 2009.....48-10 (14.88)
6. Gordon Finch, 198848-3 3/4 (14.72)
7. Matty Gorman, 2006.....48-3 1/2 (14.72)
8. Pat Miller, 198447-11 (14.60)
9. Brian Quarles, 1980.....46-9 3/4 (14.26)
10. Darren Smith, 1992.....46-3 1/2 (14.11)

Shot Put

1. John Hickey, 2009.....63-0 (19.20)
2. Jeremy Allen, 200162-10 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, 200560-9 1/4 (18.52)
6. Ken Kemeny, 2004.....60-0 1/2 (18.30)
7. Chris Gambol, 1987.....59-0 (17.98)
8. A. van der Westhuizen, 1999 58-10 3/4 (17.95)
9. A.J. Curtis, 200857-9 1/2 (17.61)
10. **Matt Banse, 2012.....57-3 3/4 (17.47)**

Weight Throw

1. Jim Costello, 200269-4 3/4 (21.15)
2. **Matt Banse, 2012.....67-8 (20.62)**
3. A. van der Westhuizen, 2001..67-7 1/2 (20.61)
4. Adam Hamilton, 200766-9 1/4 (20.35)
5. Jeremy Allen, 200165-10 1/4 (20.07)
6. Chris Voller, 2005.....63-4 (19.30)
7. **Ryan Lamparek, 201161-2 (18.64)**
8. Brad Daufeldt, 2004.....60-4 1/2 (18.40)
9. Ryan Jordan, 200859-0 (17.98)
10. **Ben Stancombe, 2012.....57-4 3/4 (17.49)**

1,600-Meter Relay

1. **Richards, E. Holmes, Sowinski, Willey, 2011 3:06.66**
2. Rozell, Davis, Raymond, Yamini, 1998.....3:06.80
3. Coleman, Faber, Strang, Peterson, 20023:07.44
4. **Richards, Sowinski, E. Holmes, Willey, 2011 3:07.84**
5. Greer, Williams, Smith, Duckett, 19843:08.14
6. Card, Coleman, Williamson, Dodge, 2001.....3:08.21
7. Davis, Rozell, Page, Morris, 19953:08.77
8. Dodge, Williamson, Card, Peterson, 2001.....3:08.82
9. **Richards, E. Holmes, Barton, Willey, 20113:08.85**
10. Branch, Dodge, Donovan, Yamini, 1999.....3:08.99

3,200 Meter Relay

1. Cooke, Nie, Monsey, Chambers, 19907:13.02
2. Corrigan, Blackman, Strozier, Chambers, 1989.....7:29.00
3. English, Blackman, Strozier, Chambers, 1989 7:36.20
4. 1977.....7:39.40
5. 1986.....7:40.90
6. Bouske, Herd, Chambers, Koon, 19927:43.94
7. Bouska, Cook, White, Herd, 19927:48.63
8. 1992.....7:49.86
9. 1986.....7:50.10
10. Roseman, Rerko, Novotny, Branigan, 1993.....7:51.36

Distance Medley Relay

1. **Prom, Rickels, Sowinski, Thode, 20129:45.41**
2. 1999.....9:46.83
3. 1977.....9:48.80
4. 1978.....9:49.70
5. **Kuczvara, Barton, Kuhlman, N. Holmes, 2010.....9:51.05**
6. Marchese, Varner, Hairston, Luciano, 2009.....9:52.52
7. Paul, Varner, Hairston, **Thode, 20109:52.71**
8. **Prom, Richardson, Sowinski, Thode, 20119:57.44**
9. Trainor, Faber, Cunningham, Allen, 20029:58.14
10. Newell, Eisenlauer, Tice, Clark, 197310:00.0



Micah VanDenend



Todd Wigginton



Steven Willey

INDOOR ALL-TIME TOP TEN PERFORMERS



Kineke Alexander



Meghan Armstrong



Tracy Dahl



Nicole Erickson



Karessa Farley



Senta Hawkins



Lauren Hardesty

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. **Erin Jones, 2011..... 7.55**
7. Angela Menson, 1982..... 7.57
8. **Raven Moore, 2012 7.63**
9. Tamara Dixon, 2002..... 7.64
10. Lakeya Boatright, 1999..... 7.68

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. **Erin Jones, 2011..... 24.01**
7. Rhonda-Kaye Trusty, 2010 24.05
8. Peaches Roach, 2007 24.09
9. Jiselle Providence, 2002..... 24.44
10. **Raven Moore, 2012 24.45**

400 Meters

1. Kineke Alexander, 2007 51.48
2. Ellen Grant, 1996..... 52.65
3. Shellene Williams, 2004 52.83
4. **Ashley Liverpool, 2011 54.09**
5. Tiffany Hendricks, 2011 55.06
6. Wynsome Cole, 1997 55.45
7. Nicole Charles, 2002 55.59
8. Senta Hawkins, 1988..... 55.66
9. Marlene Poole, 1993..... 55.20
10. Aisha Hume, 2002 56.33
- 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. **Nicole Erickson, 2012..... 1:22.61**
5. Bethany Praska, 2009 1:23.12
6. **Hannah Simonson, 2012..... 1:23.18**
7. Chris Davenport, 1982..... 1:24.14
8. Sophia Poncè, 2007 1:24.55
9. Wynsome Cole, 1995 1:24.83
10. **Maisie Vachuska, 2012..... 1:25.38**

600 Meters

1. Kineke Alexander, 2008 1:27.45
2. Bethany Praska, 2011..... 1:28.14
3. Senta Hawkins, 1987..... 1:30.77
4. Karen Layne, 1990 1:31.45
5. Nicole Erickson, 2012 1:31.71
6. Kay Stormo, 1982 1:32.30
7. Aisha Hume, 2004 1:32.41
8. **Nicole Erickson, 2012..... 1:32.74**
9. Sophia Chow, 2002..... 1:33.54
10. Tiffany Hendricks, 2011 1:34.16

800 Meters

1. Bethany Praska, 2011..... 2:05.01
2. Jeanne Kruckeberg, 1989..... 2:06.38
3. Michelle Lahann, 2004..... 2:06.83
4. Briana Benning, 1996 2:09.22
5. Kay Stormo, 1981 2:11.04
6. Ann Pare, 1997..... 2:11.19
7. Lauren Hardesty, 2011..... 2:11.80
8. Atalie Barber, 2003 2:12.10
9. Shannon Stanley, 2005..... 2:12.13
10. **Betsy Flood, 2011..... 2:12.73**

Mile

1. **McKenzie Melander, 2011..... 4:39.78**
2. Jeanne Kruckeberg, 1989..... 4:40.19
3. Meghan Armstrong, 2006 4:40.59
4. Lauren Hardesty, 2011..... 4:41.01
5. Tina Stec, 1994..... 4:42.63
6. **Betsy Flood, 2010 4:42.70**
7. Penny O'Brien, 1981..... 4:43.72
8. Diane Nukuri, 2007 4:46.25
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. **Betsy Flood, 2011 9:20.09**
5. Nan Doak, 1982..... 9:21.60
6. Jenny Spangler, 1986 9:22.41
7. **Mareike Schrulle, 2012 9:23.97**
8. **Brooke Eilers, 2012..... 9:27.92**
9. Krista Anderson, 2006 9:29.75
10. **McKenzie Melander, 2012..... 9:29.71**



Tiffany Hendricks



Elaine Jones



Tammilee Kerr



Ashley Liverpool



McKenzie Melander



Lisa Moats

INDOOR ALL-TIME TOP TEN PERFORMERS



Diane Nukuri



Bethany Praska



Peaches Roach



Gail Smith



Jessie Strand



Kelsey Taylor



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. **Betsy Flood, 2011 16:20.67**
8. Jennifer Brower, 1992..... 16:22.19
9. Nikki Chapple, 2004 16:27.04
10. Jodi Hersberger, 1982 16:32.24

High Jump

1. Peaches Roach, 20056-0 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 (1.76)
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. **Khanishah Williams, 2012.....5-8 (1.73)**
9. Kathy Gillespie, 1983.....5-7 3/4 (1.72)
10. Lynn McMillan, 1988.....5-7 1/4 (1.71)
11. Tammilee Kerr, 20085-7 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. **Kirsten Weismantle, 2011 11-5 3/4 (3.50)**
4. **Brittany Holst, 2012..... 11-3 (3.43)**
5. **Katie Truedson, 2010 10-11 3/4 (3.35)**
6. Gina Shannon, 200110-6 (3.20)
7. Kacey Childs, 20019-0 (2.75)
8. Amy Kasparbauer, 2000.....8-0 (2.44)

Long Jump

1. Lisa Moats, 198619-6 (5.95)
2. Renee White, 2006.....19-3 1/4 (5.87)
3. Tiffany Johnson, 200719-2 1/2 (5.85)
4. **Carisa Leacock, 201219-2 (5.84)**
5. Davera Taylor, 1984.....19-1 1/2 (5.83)
6. Yolanda Hobbs, 199319-1 (5.80)
7. Kamesha Marshall, 200518-11 1/4 (5.77)
8. Catharine Parmiter, 2000.....18-7 1/2 (5.68)
9. **Zinnia Miller, 2012.....18-5 3/4 (5.63)**
10. Jessie Strand, 2000.....18-3 1/4 (5.57)

Triple Jump

1. Renee White, 2008.....42-4 (12.90)
2. Tiffany Johnson, 200741-3 3/4 (12.59)
3. **Carisa Leacock, 201240-5 1/2 (12.33)**
4. Becki Borg, 198739-6 (12.04)
5. Lynn McMillan, 1988.....38-2 (11.63)
6. Lisa Moats, 198535-1 (10.69)
7. Becca Franklin, 2004.....34-3 (10.44)

Shot Put

1. Gail Smith, 198551-0 (15.54)
2. Lisa Van Steenwyk, 199350-5 1/4 (15.37)
3. Kamesha Marshall, 200549-2 1/4 (14.99)
4. Denise Taylor, 199248-9 (14.86)
5. **Rachel Curry, 2012.....48-1 3/4 (14.67)**
6. Megan Maurer, 199547-5 3/4 (14.47)
7. Laura Kriener, 199047-5 (14.45)
8. Jennifer Gilson, 2002.....46-11 (14.30)
9. Jennifer Moon, 2000.....45-9 (13.94)
10. Tiffany Medenwaldt, 2010.....45-9 (13.94)
11. **Micaela Haight, 2011.....45-9 (13.94)**

Weight Throw

1. Kelsey Taylor, 201160-4 1/2 (18.40)
2. **Majesty Tutson, 201158-4 (17.78)**
3. Becca Franklin, 200758-3 1/4 (17.76)
4. **Jasmine Simpson, 2012 57-7 (17.55m)**
5. **Annemie Smith, 201257-3 3/4 (17.47)**
6. **Ashlyn Gulvas, 2012..... 57-0 3/4 (17.39m)**
7. Erin O'Hern, 2008.....56-3 (17.14)
8. Mandy Chandler, 200954-4 1/2 (16.57)
9. Kerri Blackstone, 199950-9 3/4 (15.48)
10. Tiffany Medenwaldt, 2010.....50-8 3/4 (15.45)

Pentathlon

1. Tammilee Kerr, 20083,974 points
2. Chris Davenport, 19833,798 points
3. Kamesha Marshall, 20053,701 points
4. Tiff Pedersen, 2004.....3,511 points
5. Maureen Abel, 19793,427 points
6. Zinnia Miller, 20123416 points
7. Sarah Ryan, 20123368 points
8. Janet Adams, 19813,360 points
9. Janelle Jaspers, 19873,366 points
10. Kacey Childs, 19993,224 points

1,600-Meter Relay

1. **Liverpool, Hendricks, Praska, Erickson, 2011 3:36.97**
2. **Liverpool, Hendricks, Erickson, Praska, 2011 3:37.58**
3. Hendricks, Erickson, Praska, Liverpool, 2011 3:39.15
4. Hendricks, Praska, Erickson, Liverpool, 2011 3:40.42
5. McCalla, Granger, Alexander, Johnson, 2006 3:40.52
6. Simonson, Liverpool, Erickson, Sack, 2012 3:41.78
7. **Simonson, Erickson, Sack, Liverpool, 2012 3:42.42**
8. Johnson, McCalla, Alexander, Granger, 2006 3:42.44
9. Alexander, Johnson, Ponce, M. Mims, 2007 3:42.75
10. White, Alexander, Kerr, Hendricks, 2008 3:43.83

Distance Medley Relay

1. Armstrong, Alexander, L. Hardesty, Nukuri, 2008..... 11:20.11
2. Melander, Hendricks, L. Hardesty, Eilers, 2011 11:22.44
3. Stormo, Davenport, Williams, O'Brien, 1981 11:23.02
4. Melander, Praska, Hendricks, Flood, 2011 11:24.07
5. Flood, Hendricks, L. Hardesty, Melander, 2010 11:25.01
6. Melander, Hendricks, Flood, Marchand, 2009 11:27.34
7. Benning, Poole, Salsberry, Stec, 1994 11:28.03
8. Stormo, Davenport, Hayden, Doak, 1982..... 11:29.54
9. Armstrong, Granger, Stanley, K. Anderson, 2006..... 11:29.54
10. Lahann, Williams, Stanley, Arens, 2004 11:30.36