

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



TRACK CONTACTS: CHRIS BREWER, NATHAN SHEEHAN

FEBRUARY 22, 2010

2009-10 IOWA TRACK & FIELD INDOOR SCHEDULE

Date	Meet	Time (CT)
12/6	Intrasquad Meet	
1/9	at Illinois Dual (M)	W, 80.5-79.5
1/16	Iowa Open	
1/22-3	at Jack Johnson Classic at Razorback Invitational	4th - 271.5
2/5-6	at Meyo Invite at Husker Invitational	
2/11-13	at ISU Classic	
2/19	Iowa Invitational	
2/27-28	at Big Ten Championships	8/10 a.m.
3/5-6	at Alex Wilson Invitational	6 p.m./10 a.m.
3/6	at NCAA Qualifier	10:30 a.m.
3/12-13	at NCAA Championships	TBA

NCAA QUALIFIERS

NAME	YEAR	EVENT
Kevin Dibbern.....	Fr.	1,600-meter relay
Karessa Farley.....	Jr.....	60-meter hurdles
Betsy Flood.....	So.....	Mile 3,000 meters
Adam Hairston.....	Sr.	800 meters
Amanda Hardesty.....	So.....	3,000 meters
Erik Sowinski.....	So.....	800 meters 1,600-meter relay
Ray Varner.....	Sr.	1,600-meter relay

THIS WEEK

Iowa begins its championship portion of the schedule with the Big Ten Championships Feb. 27-28. The men's championships will be hosted by the University of Minnesota in Minneapolis, MN. Saturday events at the University of Minnesota Field House are scheduled to begin at 10:30 a.m. CST and Sunday's events will start at 10:20 a.m. The women's championships will be hosted by Penn State University in State Park, PA. Events will take place at the Ashenfeter Multi-Sport Facility, with Saturday action commencing at 8 a.m. and Sunday events beginning at 10 a.m.

LAST TIME OUT - IOWA INVITE

The University of Iowa track squads competed in their final home meet of the indoor season, hosting the Iowa Invite Friday night.

Junior **Karessa Farley** provisionally qualified in the finals of the 60-meter hurdles with a season best time of 8.37. She is the eighth Hawkeye to provisionally qualify this season. Freshman **Kirsten Weismantle** won the women's pole vault with a collegiate-best height of 11-5 3/4 (3.50m). This ranks her third all-time at Iowa in the women's pole vault. Freshman **Kyle Reid** won the men's pole vault, also setting a collegiate-best at 16-4 3/4 (5.00m). This mark ties him for fourth all-time at Iowa with current Hawkeye senior **Alex Zona**. Sophomore **Matt Banse** won the men's weight throw with a collegiate-best 61-7 1/2 (18.78m), which ranks sixth all-time at Iowa. Freshman **Majesty Tutson** won the women's weight throw with a collegiate-best distance of 52-8 3/4 (16.07m).

MEN'S HEAD COACH LARRY WIECZOREK ON THE IOWA INVITE

"I thought today was terrific. Sometimes, people look at a meet the week before the Big Ten Championships as a low-key meet, maybe not competition at the highest level although I always feel there's good competition. We got a lot of good things done. Kyle Reid comes to mind, beating his previous best by over a foot as a freshman. I think we accomplished our goal of sharpening up for the Big Ten Championships and having some people improve and ready to go."

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PAGE 2

WOMEN'S HEAD COACH LAYNE ANDERSON ON THE IOWA INVITE

"All in all, it was a solid meet. The highlight of the night would have to be Karessa's provisional qualifying time in the 60-meter hurdles. We've been looking for that from her for the past couple weeks, so it's good for her to go into the conference championships with that kind of confidence. Now it's time to get our eyes focused on the Big Ten Championships."

UP NEXT

Squads will get a final chance at earning more qualifying marks, splitting athletes between two meets before the NCAA Championships. The Alex Wilson Invitational, hosted by the University of Notre Dame, will take place Feb. 5 and 6, with events starting at 8 and 10 a.m. CST. The NCAA Qualifier, hosted by Iowa State University, is Feb. 6 with events slated to start at 10:30 a.m.

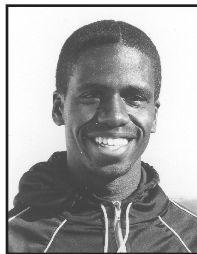
INDOOR SEASON LEADERS

MEN'S	WOMEN'S
60 meters..... D'Juan Richardson.....6.82	60 meters..... Rhonda-Kaye Trusty..... 7.57
60 meter hurdles..... Jordan Mullen.....8.03	60-meter hurdles Karessa Farley 8.37P
200 meters..... Kevin Dibbern.....21.81	200 meters..... Rhonda-Kaye Trusty..... 24.05
300 meters..... D'Juan Richardson.....34.34	300 meters..... Raven Moore..... 40.99
400 meters..... Steven Willey..... 47.15P	400 meters..... Tiffany Hendricks..... 56.84
600 meters..... Erik Sowinski.....1:19.38	600 meters..... Bethany Praska..... 1:33.21
600 yards..... Dan Kuhlman..... 1:11.73	800 meters..... Bethany Praska..... 2:11.83
800 meters..... Erik Sowinski..... 1:48.90P	Mile..... Betsy Flood.....4:46.09P
1,000 meters..... Nick Kuczvara.....2:25.84	3,000 meters..... Amanda Hardesty 9:30.17P
Mile..... Jeff Thode.....4:06.89	5,000 meters..... Hannah Roeder..... 16:58.95
3,000 meters..... Nick Holmes.....8:15.48	High Jump..... Caleigh Bacchus..... 5-08 3/4
High Jump..... Herron/Oest..... 6-11	Pole Vault..... Katie Truedson..... 11-5 3/4
Pole Vault..... Zona/Reid..... 16-4 3/4	Long Jump..... Emily Moore..... 17-4 3/4
Long Jump..... Josh Bean..... 22-2 1/2	Shot Put..... Tiffany Medenwaldt .44-8 3/4
Triple Jump..... Josh Bean..... 47-2 1/4	Weight Throw..... Kelsey Taylor..... 52-10
Shot Put..... Ryan Lamparek..... 56-9 1/4	Pentathlon..... Missy Miller..... 2,749
Weight Throw..... Matt Banse..... 61-7 1/2	
Heptathlon..... Kyle Reid.....4,662	
Distance Medley..... Nick Kuczvara, Chris Barton Dan Kuhlman, Nick Holmes 9:51.05	1,600-meter relay..... Tiffany Hendricks, Rhonda-Kaye Trusty, Bethany Praska, Kelsey Mims 3:44.29
1,600 meter relay..... Kevin Dibbern, Steven Willey, Ray Varner, Erik Sowinski 3:09.83P	

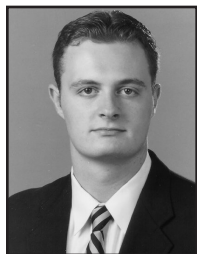
MEN'S ALL-TIME TOP TEN INDOOR PERFORMERS



Jeremy Allen



Rodney Chambers



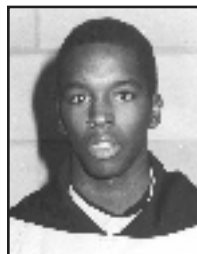
Jim Costello



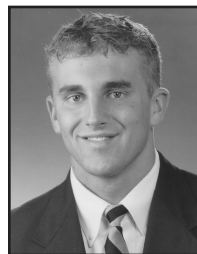
Chris Davis



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
6. D’Juan Richardson, 2010.....	6.82
7. Tim Dodge, 2001.....	6.83
8. Lee Elbert, 2006.....	6.86
Zeke Sayon, 2010.....	6.86
10. Adam Kunkel, 2001.....	6.89

60-Meter Hurdles

1. Dion Trowers, 1997.....	7.87
2. Russell Peterson, 2004.....	7.97
3. DeRocco Reed, 2000.....	8.03
Jordan Mullen, 2010.....	8.03
5. Jordan Crosby, 2005.....	8.16
6. D’Juan Richardson, 2009.....	8.20
7. Justin Poots, 2001.....	8.22
8. Tony Branch, 1999.....	8.24
9. Jordan Mullen, 2010.....	8.25
10. Monte Raymond, 1997.....	8.29
Brice Wilson, 2008.....	8.29

200 Meters

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

400 Meters

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

600 Meters

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

800 Meters

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

Mile

1. Ed DeLashmutt, 1981.....	4:04.01
2. Larry Wieczorek, 1968.....	4:04.40
3. John Clark, 1972.....	4:05.94
4. Jeff Thode, 2010.....	4:06.89
5. Adam Thomas, 2002.....	4:07.13
6. Kevin Herd, 1992.....	4:07.26
7. Jesse Luciano, 2009.....	4:07.29
8. Jake Berns, 2006.....	4:07.43
9. Micah VanDenend, 2007.....	4:07.54
10. Ted Wheeler, 1956.....	4:07.74

3,000 Meters

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

5,000 Meters

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



Kurt Felix



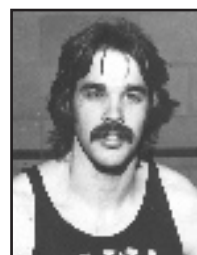
Adam Hairston



Bill Hansen



Paul Jones



Bill Knoedel



Anthuan Maybank



Ryan Niver

MEN'S ALL-TIME TOP TEN INDOOR PERFORMERS



Monte Raymond



Ed Rozell



Erik Sowinski



Dion Trowers



Micah VanDenend



Todd Wigginton



Bashir Yamini

Heptathlon

1. 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. **Kyle Reid, 2010 4,662 points**
7. Bobby Windauer, 2007.... 4,644 points
8. Jacob Drewry, 1995 4,612 points
9. **Mark Mankivsky, 2008... 4,453 points**

High Jump

1. Bill Knoedel, 1976.....7-3 (2.21)
Bill Hansen, 1978.....7-3 (2.21)
3. Scott Hudek, 1993 7-0 1/2 (2.15)
4. Pat Meade, 1987 7-0 1/4 (2.14)
5. Mike Lacy, 1984.....7-0 (2.13)
6. M. Cunningham, 1984. 6-11 1/4 (2.11)
7. **Dan Rolling, 2008.....6-11 (2.11)**
Brandon Oest, 20106-11 (2.11)
Jeffery Herron, 20106-11 (2.11)
10. Ken Lansing, 1989 6-10 3/4 (2.10)
Jeremy Petsche, 2006.. 6-10 3/4 (2.10)

Pole Vault

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

Long Jump

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

Triple Jump

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

Shot Put

1. John Hickey, 200963-0 (19.20)
2. Jeremy Allen, 2001 .. 62-10 1/2 (19.16)
3. Shane Maier, 2006.....61-2 (18.64)
4. G. Kostrubala, 1986. 60-10 3/4 (18.55)
5. Andy Banse, 2005..... 60-9 1/4 (18.52)
6. Ken Kemeny, 2004..... 60-0 1/2 (18.30)
7. Chris Gambol, 198759-0 (17.98)
8. van der Westhuizen, 1999...58-10 3/4 (17.95)
9. A.J. Curtis, 2008..... 57-9 1/2 (17.61)
10. **Ryan Lamparek, 2010 56-9 1/4 (17.30)**

Weight Throw

1. Jim Costello, 2002 69-4 3/4 (21.15)
2. A. van der Westhuizen, 200167-7 1/2 (20.61)
3. Adam Hamilton, 2007 66-9 1/4 (20.35)
4. Jeremy Allen, 2001 .. 65-10 1/4 (20.07)
5. Chris Voller, 2005.....63-4 (19.30)
6. **Matt Banse, 2010.....61-7 1/2 (18.78)**
Brad Daufeldt, 2004 .. 60-4 1/2 (18.40)
8. **Ryan Lamparek, 2010 ... 59-5 3/4 (18.13)**
9. Ryan Jordan, 200859-0 (17.98)
10. Eric Rothwell, 2002.... 57-2 1/4 (17.43)

1,600-Meter Relay

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

3,200 Meter Relay

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

Distance Medley Relay

1. 19999:46.83
2. 19779:48.80
3. 19789:49.70
4. **Kuczvara, Barton, Kuhlman, Holmes, 20109:51.05**
5. **Marchese, Varner, Hairston, Luciano, 20099:52.52**
6. Trainor, Faber, Cunningham, Allen, 2002..9:58.14
7. Newell, Eisenlauer, Tice, Clark, 1973.....10:00.0
8. Criswell, Hexum, Schum, Eastland, 197110:01.40
9. Atkins, Olson, Layne, Allen, 200010:01.54
10. Layne, Raymond, Donovan, Bakker, 199810:02.06

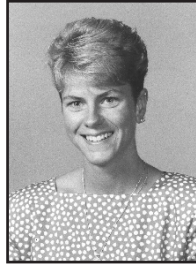
WOMEN'S ALL-TIME TOP TEN INDOOR PERFORMERS



Kineke Alexander



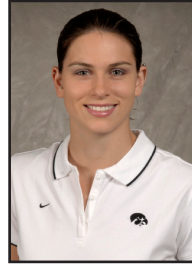
Meghan Armstrong



Tracy Dahl



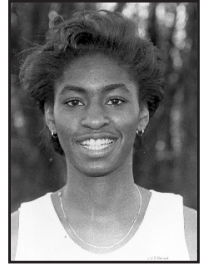
Karessa Farley



Becca Franklin



Ashley Granger



Senta Hawkins

60 Meters

1. Elaine Jones, 1983..... 7.43
2. Peaches Roach, 2005 7.45
3. Shellene Williams, 2004..... 7.50
4. Jiselle Providence, 2002 7.52
5. Angela Menson, 1982 7.57
6. **Rhonda-Kaye Trusty, 2009 7.61**
7. Tamara Dixon, 2002 7.64
8. Lakeya Boatright, 1999..... 7.68
9. **Raven Moore, 2010 7.68**
10. Kamesha Marshall, 2004 7.72

60-Meter Hurdles

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

200 Meters

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

400 Meters

1. Kineke Alexander, 2007..... 51.48
2. Ellen Grant, 1996 52.65
3. Shellene Williams, 2004..... 52.83
4. Marlene Poole, 1993..... 55.20
5. Wynsome Cole, 1997 55.45
6. Nicole Charles, 2002 55.59
7. Senta Hawkins, 1988..... 55.66
8. Aisha Hume, 2002 56.33
9. Lindsey McCalla, 2006..... 56.33
10. **Bethany Praska, 2009 56.42**

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, 2009 1:23.12**
5. Chris Davenport, 1982 1:24.14
6. **Sophia Poncè, 2007 1:24.55**
7. Wynsome Cole, 1995 1:24.83
8. Keely Huber, 2002 1:25.81
9. Briana Benning, 1996..... 1:26.05
10. Sherri Hull, 1983 1:26.10

600 Meters

1. Kineke Alexander, 2008..... 1:27.45
2. Senta Hawkins, 1987..... 1:30.77
3. **Bethany Praska, 2009 1:31.33**
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, 1981 1:35.34
10. Ellen Grant, 1997 1:35.46
11. Monica Mims, 2007 1:35.54

800 Meters

1. Jeanne Kruckeberg, 1989 2:06.38
2. Michelle Lahann, 2004..... 2:06.83
3. Briana Benning, 1996..... 2:09.22
4. Kay Stormo, 1981 2:11.04
5. Ann Pare, 1997..... 2:11.19
6. **Bethany Praska, 2010 2:11.83**
7. Atalie Barber, 2003..... 2:12.10
8. Shannon Stanley, 2005..... 2:12.13
9. **Lauren Hardesty, 2009 2:12.39**
10. Tracy Dahl, 1993..... 2:12.74

Mile

1. Jeanne Kruckeberg, 1989 4:40.19
2. Meghan Armstrong, 2006 4:40.59
3. Tina Stec, 1994..... 4:42.63
4. Penny O'Brien, 1981 4:43.72
5. **Betsy Flood, 2010 4:46.09**
5. Diane Nukuri, 2007 4:46.25
6. Michelle Lahann, 2004..... 4:47.23
7. **Amanda Hardesty, 2010..... 4:48.69**
7. Tracy Dahl, 1992..... 4:48.92
10. **McKenzie Melander, 2010 4:50.42**

3,000 Meters

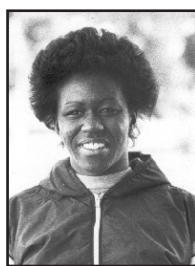
1. Tracy Dahl, 1993..... 9:15.57
2. Meghan Armstrong, 2008 9:17.50
3. Diane Nukuri, 2008 9:20.07
4. Nan Doak, 1982..... 9:21.60
5. Jenny Spangler, 1986..... 9:22.41
6. Krista Anderson, 2006 9:29.75
7. **Amanda Hardesty, 2010 9:30.17**
8. **Betsy Flood, 2010 9:32.09**
9. Nikki Chapple, 2004 9:34.17
10.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



Lauren Hardesty



Tiffany Johnson



Elaine Jones



Tammilee Kerr

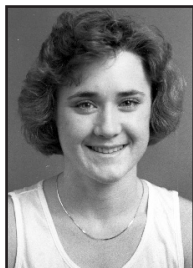


Jeanne Kruckeberg

WOMEN'S ALL-TIME TOP TEN INDOOR PERFORMERS



Lindsey McCalla



Lisa Moats



Diane Nukuri



Peaches Roach



Gail Smith



Jessie Strand



Renee White

5,000 Meters

1. Tracy Dahl, 1993..... 15:49.52
2. Nan Doak, 1985..... 15:55.45
3. Racheal Marchand, 2009 15:55.70
4. Diane Nukuri, 2008 16:01.36
5. Jenny Spangler, 1982..... 16:08.74
6. Judy Parker, 1981 16:16.63
7. Jennifer Brower, 1992 16:22.19
8. Nikki Chapple, 2004 16:27.04
9. Jodi Hersberger, 1982 16:32.24
10. Meghan Armstrong, 2008..... 16:38.78

High Jump

1. Peaches Roach, 2005 6-0 3/4 (1.85)
2. Mary Mol, 1983 6-0 (1.83)
3. Becky Kaza, 1995..... 5-9 3/4 (1.77)
4. **Caleigh Bacchus, 2010 5-8 3/4 (1.75m)**
5. Kristi Dinkla, 1985 5-8 1/2 (1.74)
- Kacey Childs, 2001 5-8 1/2 (1.74)
7. Traci Claussen, 1987..... 5-8 (1.73)
8. Kathy Gillespie, 1983..... 5-7 3/4 (1.72)
9. Lynn McMillan, 1988..... 5-7 1/4 (1.71)
- Tammilee Kerr, 2008 5-7 1/4 (1.71)

Pole Vault

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

Long Jump

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

Triple Jump

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

Shot Put

1. Gail Smith, 1985..... 51-0 (15.54)
2. Lisa Van Steenwyk, 1993 50-5 1/4 (15.37)
3. Kamesha Marshall, 2005 49-2 1/4 (14.99)
4. Denise Taylor, 1992 48-9 (14.86)
5. Megan Maurer, 1995 .. 47-5 3/4 (14.47)
6. Laura Kriener, 1990 47-5 (14.45)
7. Jennifer Gilson, 2002..... 46-11 (14.30)
8. Jennifer Moon, 2000..... 45-9 (13.94)
9. Shelly Redies, 1985 45-0 1/4 (13.73)
10. **T. Medenwaldt, 2010 .. 44-8 3/4 (13.63)**

Weight Throw

1. Becca Franklin, 2007 ... 58-3 1/4 (17.76)
2. Erin O'Hern, 2008 56-3 (17.14)
3. Mandy Chandler, 2009 . 54-4 1/2 (16.57)
4. **Kelsey Taylor, 2010 52-10 (16.10)**
5. **Majesty Tutson, 2010 52-8 3/4 (16.07)**
6. Kerri Blackstone, 1999 50-9 3/4 (15.48)
7. **T. Medenwaldt, 2010. 50-8 3/4 (15.45)**
8. Megan Maurer, 1998 48-10 1/4 (14.89)
9. Jennifer Moon, 2000. 47-10 3/4 (14.60)
10. Jennifer Gilson, 2002... 46-7 1/4 (14.20)

Pentathlon

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

1,600-Meter Relay

1. McCalla, Granger, Alexander, Johnson, 2006 3:40.52
2. Johnson, McCalla, Alexander, Granger, 2006 3:42.44
3. Alexander, Johnson, **Poncè, M. Mims, 2007 3:42.75**
4. **White, Alexander, Kerr, Hendricks, 2008 3:43.83**
5. 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
- 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