

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



TRACK AND FIELD CONTACT: STEPHANIE DITTMER

February 16, 2011

2010-11 IOWA TRACK & FIELD INDOOR SCHEDULE

Date	Meet
Jan. 8	at Illinois Open (Champaign, IL)
Jan. 15	Iowa Open (Iowa City, IA)
Jan. 21-22	at Jack Johnson Classic (Minneapolis, MN)
Jan. 28-29	at Razorback Invitational (Fayetteville, AR)
Feb. 5	at Meyo Invite (South Bend, IN)
Feb. 11-12	at ISU Classic (Ames, IA)
	at Flotrack Husky Classic (Seattle, WA)
Feb. 18	Iowa Invitational (Iowa City, IA)
Feb. 26-27	at Big Ten Championships (West Lafayette, IN) (W) (Champaign, IL) (M)
Mar. 5	at NCAA Last Chance Meet (TBA)
Mar. 11-12	at NCAA Championships (College Station, TX)

IOWA COACHING STAFF

Layne Anderson	Head Women's Coach
Larry Wiecezorek	Head Men's Coach
Scott Cappos	Assistant Coach Men's and Women's Throws
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

IOWA INVITATIONAL

The University of Iowa track and field team hosts the Iowa Invitational Friday night. The Hawkeyes welcome the Coe Kohawks, Drake Bulldogs, St. Ambrose Fighting Bees and Western Illinois Leathernecks to the UI Rec Building.

The event is slated to begin with the field events at 5 p.m. Live results can be found on hawkeyesports.com.

HAWKEYES RACE INTO TOP-25

The men's track and field team broke into the national rankings this weekend. Iowa is currently 14th based on the NCAA national rankings released Tuesday. This is the highest ranking the men's program has achieved since the 1998 team placed 11th at the NCAA Indoor Championships.

WATCH FOR FALLING RECORDS

The Hawkeyes have broken eleven school records, including two that have been broken twice this season, and posted an additional 16 marks that rank inside the program's all-time top 10 performances. This season's school record holders include:

Event:	Performer	Mark
Weight-Throw	Majesty Tutson	58-4 (17.78m)
60 meters	Justin Austin, So.	6.71
200 meters	Justin Austin, So.	20.83
Triple Jump	Troy Doris, Jr.	54' (16.46m)
800 meters	Erik Sowinski	1:47.98
800 meters	Bethany Praska	2:06.20
600 meters	Steven Willey	1:17.94
3,000 meters	Jeff Thode	8:00.38
1,600-meter relay	Tiffany Hendricks, Sr.	3:39.15
	Nicole Erickson, Jr.	
	Bethany Praska, Sr.	
	Ashley Liverpool, Sr.	

AUTOMATIC QUALIFIERS

Hawkeye student-athletes Justin Austin, Troy Doris and Erik Sowinski have automatically qualified for the NCAA Championships in College Station, TX, March 11-12. Austin ran a school record 20.83 at the Razorback Invitational to qualify in the 200 meters. Doris recorded a school record 54' (16.46m) triple jump at the Razorback Invite to earn his automatic qualification. Sowinski was the most recent Hawkeye to qualify after he ran a school-record setting time of 1:47.98 in the 800 meters at the Huskie Invite in Spokane, Washington last weekend.

Austin's 200 meter time ranks sixth in nation. Doris ranks fourth nationally.

FOUR SCORE AND...

Four Hawkeyes topped the Iowa charts last weekend. Sophomores Majesty Tutson and Jeff Thode, junior Erik Sowinski and senior Bethany Praska all inked their names on the top of Iowa's all-time top performers lists.

Tutson, an Iowa City native, won the women's weight throw competition at the Iowa State Classic in Ames last Friday night. The sophomore threw the weight 58'-4" (17.78m). The mark was 3/4 inch longer than Becca Franklin's throw in 2007 that set the previous school record.

Thode made his collegiate debut in the 3,000 meters at the FloTrack Huskie Invite. The Schaumburg, Illinois native looked like a veteran, taking fifth in the event with a time of 8:00.38. Thode's time edged out Micah VanDenend's previous record time of

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8:00.81 set in 2006.

Sowinski rebroke his own record in the 800 meters. After running 1:48.75 at the Razorback Invite two weeks ago, the Waukesha, Wisconsin native ran just a bit faster at the Huskie Invite, crossing the finish line in 1:47.98.

Longmont, Colorado native Bethany Praska ran the fastest 800 meters in program history at the ISU Classic Saturday. Praska won the event with a time of 2:06.20, currently the 13th fastest time in the nation.

PRASKA CRACKS THE TOP 25

Senior Bethany Praska improved her national ranking after her school record run in the 800 at the ISU Classic last weekend. The Longmont, Colorado native crossed the finish line in 2:06.20 and moved up the ranks to No. 13 in the nation and No. 1 in program history.

Praska ran a 2:08.63 in the 800 meters at the Razorback Invitational Jan. 29 to initially break into the national spotlight. The time ranked No. 22 in the nation.

AUSTIN RACING TO THE TOP

After narrowly missing the school's 60 meter record in the season opener Jan. 8, sophomore Justin Austin has broken the record in each of his last two meets. The Milwaukee, WI, native broke the 12-year old 60m record (6.73) with a 6.72 finish at Minnesota's Jack Johnson Classic (Jan. 21). One week later he topped his own record by one one-hundredth of a second, crossing the finish at the Razorback Invitational in 6.71. Austin's time ranks No. 27 among all NCAA Division I athletes.

SIMPLY THE BANSE

Junior Matt Banse recorded a toss of 63-11 ½ (19.49m) in the weight throw at the Iowa State Classic. Banse's performance was a career best, ranks fifth on Iowa's all-time top performers list and 40th among NCAA Division I athletes.

COMING UP

The Hawkeyes will part ways next weekend, as the women travel to Purdue University and the men head to the University of Illinois for the Indoor Big Ten Championships.

2010-11 INDOOR SEASON LEADERS

MEN'S

60 meters	Justin Austin	6.71*
60 meter hurdles	Jordan Mullen	7.75*
200 meters	Justin Austin	20.83*#
400 meters	Steven Willey	46.88
600 meters	Steven Willey	1:17.94*
600 Yards	Dan Kuhlman	1:12.12
800 meters	Erik Sowinski	1:47.98*
Mile	Jeff Thode	4:03.66
3,000 meters	Jeff Thode	8:00.38
High Jump	Graham Valdes	6-10 ¾ (2.10m)
Long Jump	Jeffery Herron	23-4 ½ (7.12m)
Triple Jump	Troy Doris	54 (16.46)*#
Shot Put	Ryan Lamparek	56-4 ½ (17.18m)
Weight Throw	Matt Banse	63-11 ½ (19.49m)
1,600 meter relay	Richards, Sowinski, Homes, Willey	3:07.84
Distance Medley	Prom, Rickels, Kuhlman, Smith	10:13.58

* - School Record

- NCAA Auto Qualifier

WOMEN'S

60 meters	Erin Jones	7.55
200 meters	Erin Jones	24.06
300 meters	Ashley Liverpool	40.87
400 meters	Ashley Liverpool	54.24
600 meters	Bethany Praska	1:29.60
800 meters	Bethany Praska	2:06.20*
Mile	McKenzie Melander	4:42.54
3,000 meters	Betsy Flood	9:24.68
High Jump	Zinnia Miller	5-5 (1.65m)
Pole Vault	Kirsten Weismantle	11-1 ¾ (3.40m)
Long Jump	Carisa Leacock	19-1 1/2 (5.83m)
Shot Put	Rachel Curry	46-6 3/4 (14.19m)
Weight Throw	Majesty Tutson	58-4 (17.78m)*
1,600-meter relay	Hendricks, Erickson, Praska, Liverpool	3:39.15*
Distance Medley	Melander, Praska, Hendricks, Flood	11:24.47

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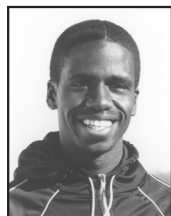


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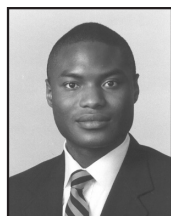
INDOOR TOP PERFORMERS



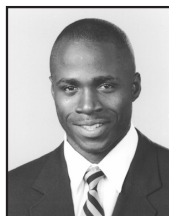
Rodney Chambers



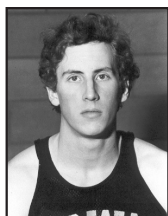
Jim Costello



Chris Davis



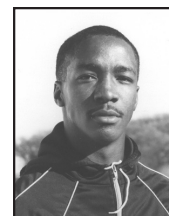
Kurt Felix



Bill Hansen



John Hickey



Paul Jones

60 Meters

1. Justin Austin, 2011	6.71
2. Kurt Felix, 1999.....	6.73
3. Tony Branch, 1999.....	6.78
4. Paul Chaney, Jr., 2009	6.80
D'Juan Richardson, 2010	6.80
6. Derrick Burks, 2005	6.81
7. Zeke Sayon, 2010.....	6.82
8. Tim Dodge, 2001	6.83
Troy Doris, 2011	6.83
10. Lee Elbert, 2006	6.86

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
5. Ethan Holmes, 2011.....	8.08
6. Jordan Crosby, 2005.....	8.16
7. D'Juan Richardson, 2009	8.20
8. Justin Poots, 2001	8.22
9. Tony Branch, 1999.....	8.24
10. Monte Raymond, 1997	8.29
Brice Wilson, 2008.....	8.29

200 Meters

1. Justin Austin, 2011	20.83
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. Curtis Chung, 1989.....	47.65
9. Ray Varner, 2008.....	47.66
10. Ed Rozell, 1997	47.73

600 Meters

1. Steven Willey, 2011	1:17.94
2. Erik Sowinski, 2009	1:18.05
3. Pat McGhee, 1988.....	1:18.30
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, 2011.....	1:47.98
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

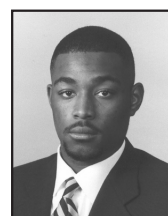
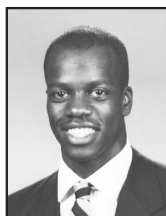
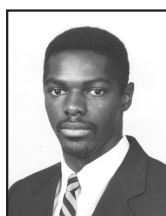
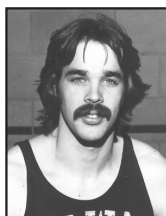
1. Jeff Thode, 2010.....	4:03.07
2. Ed DeLashmutt, 1981	4:04.01
3. Larry Wiczorek, 1968	4:04.40
4. John Clark, 1972.....	4:05.94
5. Adam Thomas, 2002.....	4:07.13
6. Kevin Herd, 1992.....	4:07.26
7. Jesse Luciano, 2009.....	4:07.29
8. Jake Berns, 2006.....	4:07.43
9. Micah VanDenend, 2007.....	4:07.54
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 Wiczorek, 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. 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



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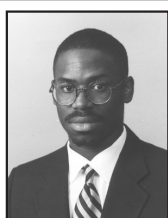


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INDOOR TOP PERFORMERS



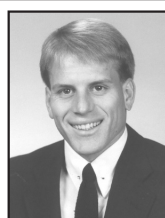
Jeff Thode



Dion Trowers



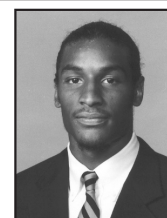
Micah VanDenend



Todd Wigginton



Steven Willey



Bashir Yamini

Heptathlon

1. Dan Rolling, 20105,205 points
2. Ryan Niver, 20085,149 points
3. Frank Prill, 20105,015 points
4. Scott Faber, 20004,784 points
5. Cam Appleman, 19974,685 points
6. Kyle Reid, 20104,662 points
7. Bobby Windauer, 20074,644 points
8. Jacob Drewry, 19954,612 points
9. Mark Mankivsky, 20084,453 points

High Jump

1. Bill Knoedel, 19767-3 (2.21)
- Bill Hansen, 19787-3 (2.21)
3. Scott Hudek, 19937-0 1/2 (2.15)
4. Pat Meade, 19877-0 1/4 (2.14)
5. Mike Lacy, 19847-0 (2.13)
6. M. Cunningham, 19846-11 1/4 (2.11)
7. Dan Rolling, 20086-11 (2.11)
- Brandon Oest, 20106-11 (2.11)**
- Jeffery Herron, 20106-11 (2.11)**
- Graham Valdes, 20106-11 (2.11)**

Pole Vault

1. Todd Wigginton, 198417-1 (5.21)
2. Dave Nielsen, 197516-10 (5.13)
3. Curt Brock, 197916-6 (5.03)
4. Alex Zona, 201016-4 3/4 (5.00)
- Kyle Reid, 201016-4 3/4 (5.00)**
6. Phil Wertman, 197116-4 (4.98)
7. Jeff Raymond, 200816-2 (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, 199226-5 1/2 (8.06)
2. Bashir Yamini, 199826-0 1/4 (7.93)
3. Darren Smith, 199125-2 (7.67)
4. Paul Jones, 199024-11 1/4 (7.60)
5. Ronnie McCoy, 198424-9 (7.54)
6. Matty Gorman, 200624-8 1/2 (7.53)
7. Charles Jones, 198024-8 1/4 (7.52)
8. Quinn Early, 198624-7 1/4 (7.50)
- 9. Jeffery Herron, 201124-3 (7.39m)**
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, 200948-10 (14.88)
6. Gordon Finch, 198848-3 3/4 (14.72)
7. Matty Gorman, 200648-3 1/2 (14.72)
8. Pat Miller, 198447-11 (14.60)
9. Brian Quarles, 198046-9 3/4 (14.26)
10. Darren Smith, 199246-3 1/2 (14.11)

Shot Put

1. John Hickey, 200963-0 (19.20)
2. Jeremy Allen, 200162-10 1/2 (19.16)
3. Shane Maier, 200661-2 (18.64)
4. G. Kostrubala, 198660-10 3/4 (18.55)
5. Andy Banse, 200560-9 1/4 (18.52)
6. Ken Kemeny, 200460-0 1/2 (18.30)
7. Chris Gambol, 198759-0 (17.98)
8. van der Westhuizen, 199958-10 3/4 (17.95)
- 9. Ryan Lamparek, 201056-10 (17.32)**
10. A.J. Curtis, 200857-9 1/2 (17.61)

Weight Throw

1. Jim Costello, 200269-4 3/4 (21.15)
2. A. van der Westhuizen, 200167-7 1/2 (20.61)
3. Adam Hamilton, 200766-9 1/4 (20.35)
4. Jeremy Allen, 200165-10 1/4 (20.07)
- 5. Matt Banse, 201163-9 3-4 (19.49)**
6. Chris Voller, 200563-4 (19.30)
- 7. Ryan Lamparek, 201161-0 1/4 (18.60)**
8. Brad Daufeldt, 200460-4 1/2 (18.40)
9. Ryan Jordan, 200859-0 (17.98)
10. Eric Rothwell, 200257-2 1/4 (17.43)

1,600-Meter Relay

1. Rozell, Davis, Raymond, Yamini, 19983:06.80
2. Coleman, Faber, Strang, Peterson, 20023:07.44
- 3. Richards, Sowinski, Holmes, Willey, 2011 ... 3:07.84**
4. Greer, Williams, Smith, Duckett, 19843:08.14
5. Card, Coleman, Williamson, Dodge, 20013:08.21
6. Davis, Rozell, Page, Morris, 19953:08.77
7. Dodge, Williamson, Card, Peterson, 20013:08.82
- 8. Richards, Holmes, Barton, Willey, 2011 3:08.85**
9. Branch, Dodge, Donovan, Yamini, 19993:08.99
10. Dodge, Card, Williamson, Peterson, 20003:09.33

3,200 Meter Relay

1. Cooke, Nie, Monsey, Chambers, 19907:13.02
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, 19927:48.63
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. Paul, Varner, Hairston, Thode, 20109:52.71
7. Trainor, Faber, Cunningham, Allen, 20029:58.14
8. Newell, Eisenlauer, Tice, Clark, 197310:00.0
9. Criswell, Hexum, Schum, Eastland, 197110:01.40
10. Atkins, Olson, Layne, Allen, 200010:01.54

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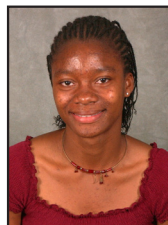


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INDOOR TOP PERFORMERS



Kineke Alexander



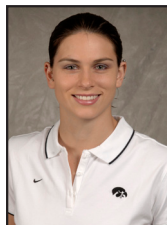
Meghan Armstrong



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. Rhonda-Kaye Trusty, 2010.....	7.55
Erin Jones, 2011.....	7.55
6. Angela Menson, 1982.....	7.57
7. Tamara Dixon, 2002.....	7.64
8. Lakeya Boatright, 1999.....	7.68
Raven Moore, 2010.....	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
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
Yolanda Hobbs, 1995.....	23.66
5. Erica Broomfield, 1998.....	23.81
6. Rhonda-Kaye Trusty, 2010.....	24.05
7. Erin Jones, 2011.....	24.06
8. Peaches Roach, 2007.....	24.09
9. Jiselle Providence, 2002.....	24.44
10. Tanja Reid, 1994.....	24.67

400 Meters

1. Kineke Alexander, 2007.....	51.48
2. Ellen Grant, 1996.....	52.65
3. Shellene Williams, 2004.....	52.83
4. Ashley Liverpool, 2011.....	54.24
5. Marlene Poole, 1993.....	55.20
6. Wynsome Cole, 1997.....	55.45
7. Nicole Charles, 2002.....	55.59
8. Senta Hawkins, 1988.....	55.66
9. Tiffany Hendricks, 2010.....	55.90
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. 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. Bethany Praska, 2010.....	1:29.35
3. Senta Hawkins, 1987.....	1:30.77
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

800 Meters

1. Bethany Praska, 2011.....	2:06.20
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. 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. Lauren Hardesty, 2010.....	4:41.97
4. McKenzie Melander, 2010.....	4:42.54
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. Nan Doak, 1982.....	9:21.60
5. Jenny Spangler, 1986.....	9:22.41
6. Krista Anderson, 2006.....	9:29.75
7. Amanda Hardety, 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

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



TRACK AND FIELD CONTACT: STEPHANIE DITTMER

INDOOR TOP 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 5-9 1/4 (1.76m)
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. 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)
- Carisa Leacock, 2011 19-1 1/2 (5.83)**
6. Yolanda Hobbs, 1993 19-1 (5.80)
7. Kamesha Marshall, 2005 18-11 1/4 (5.77)
8. Catharine Parmiter, 2000 18-7 1/2 (5.68)
9. Jessie Strand, 2000 18-3 1/4 (5.57)
10. Tiff Pedersen, 2003 18-2 1/2 (5.55)

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. **Rachel Curry, 2011 46-6 3/4 (14.19)**
9. Jennifer Moon, 2000 45-9 (13.94)
- Tiffany Medenwaldt, 2010 45-9 (13.94)
- Micaela Haight, 2011 45-9 (13.94)**

Weight Throw

1. **Majesty Tutson, 2011 58-4 (17.78m)**
2. Becca Franklin, 2007 58-3 1/4 (17.76)
3. Erin O'Hern, 2008 56-3 (17.14)
4. Mandy Chandler, 2009 54-4 1/2 (16.57)
5. **Kelsey Taylor, 2010 53-7 3/4 (16.35)**
6. **Ashlyn Gulvas, 2011 53-6 1/4 (16.31)**
7. Kerri Blackstone, 1999 50-9 3/4 (15.48)
8. Tiffany Medenwaldt, 2010 50-8 3/4 (15.45)
9. Megan Maurer, 1998 48-10 1/4 (14.89)
10. Jennifer Moon, 2000 47-10 3/4 (14.60)

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. Hendricks, Erickson, Praska, Liverpool, 2011 3:39.15
2. McCalla, Granger, Alexander, Johnson, 2006 3:40.52
3. Johnson, McCalla, Alexander, Granger, 2006 3:42.44
4. Alexander, Johnson, Poncè, M. Mims, 2007 3:42.75
5. White, Alexander, Kerr, Hendricks, 2008 3:43.83
6. Hendricks, Trusty, Praska, Mims, 2010 3:44.29
7. McCalla, Williams, Sheeley, Hume, 2004 3:44.47
8. Bynoe, Cole, Raheem, Grant, 1996 3:44.58
9. Simpson, McRell, Layne, Powell, 1989 3:44.75
10. **Mims, Hendricks, Praska, Liverpool, 2011 3:45.03**

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, Praska, Hendricks, Flood, 2011 11:24.47
4. Flood, Hendricks, Hardesty L., Melander, 2010 11:25.01
5. Melander, Hendricks, Flood, Marchand, 2009 11:27.34
6. Benning, Poole, Salsberry, Stec, 1994 11:28.03
7. Stormo, Davenport, Hayden, Doak, 1982 11:29.54
- Armstrong, Granger, Stanley, K. Anderson, 2006 11:29.54
9. Lahann, Williams, Stanley, Arens, 2004 11:30.36
10. Thompson, Williams, Barber, Lahann, 2003 11:30.38

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