

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



TRACK AND FIELD CONTACT: JORDAN BUCHER

MAY 11, 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 <i>(Iowa City, Iowa)</i>
May 15-17	Big Ten Championships <i>(East Lansing, Michigan)</i>
May 28-30	NCAA First Round <i>(Austin, Texas)</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 heads to the Big Ten Championships in East Lansing, Michigan, this week. Competition begins Friday at noon (CT) with the multi-events and continues through Sunday. Ralph Young Field on the campus of Michigan State hosts the three-day event.

LIVE RESULTS

Live results will be available on the track and field schedule page on hawkeyesports.com. Follow @IowaXC_TF on Twitter for updates on the team throughout the weekend.

B1G T&F ON BTN

BTN will provide coverage of the Big Ten Men's and Women's Outdoor Track and Field Championships on Sunday, May 24, at 10 a.m. (CT).

B1G COMPETITION

The Big Ten features two nationally ranked men's teams and one nationally ranked women's team. The men's side includes Penn State (11) and Illinois (17), while Michigan State (12) is ranked on the women's side.

RETURNING POINT SCORERS

The Hawkeye men return seven point scorers from last year's championships. Juniors Kevin Spejcher (high jump), Sam Joens (javelin), and Klyvens Delaunay (triple jump), and senior Gabe Hull (discus) each grabbed second-place finishes. Senior Babatunde Amosu (triple jump) and sophomore Aaron Mallett (110-meter hurdles) posted a pair of sixth-place finishes, while senior Jack Eckert (8th) returns in the decathlon.

On the women's side, sophomore Elexis Guster captured gold in the 400 meters, while sophomore Brittany Brown took home silver in the 200. Juniors MonTayla Holder (3rd/400-meter hurdles), Lake Kwaza (5th/200 meters) and Dakotah Goodell (5th/discus) also return.

SAUCER LEADS BIG TEN

Vinnie Saucer, Jr. made his way to the top of the Big Ten following his first-place finish in the men's 100 meters at Musco Twilight on May 2. The sophomore crossed the line in a personal best 10.41, which ties for ninth overall in school history. Saucer (21.02) will also compete in the 200 meters this weekend alongside junior James Harrington (20.98). The duo post the fourth- and fifth-fastest times in the conference, respectively.

GUSTER GOES FOR GOLD

Sophomore Elexis Guster returns as the defending Big Ten Champion in the women's 400 meters when she clocked a personal-best time of 52.77, which ranks fifth on Iowa's all-time list. She was the first Hawkeye to win the women's

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400 meters since Kineke Alexander, the current school record holder (51.35), took the title in 2007 (52.15). Guster heads into the weekend with the second fastest time this season at 53.30.

400-METER RELAY STRONG

Both the men's and women's 400-meter relays return to the track as defending Big Ten champions. The Hawkeye men return senior Keith Brown and junior James Harrington to its winning relay from a year ago. The quartet of Brown, Harrington, Tevin-Cee Mincy, and sophomore O'Shea Wilson took the title at last year's championships in 39.35, a time that ranks second all-time at Iowa and falls four-one hundredths of a second shy of the school record (39.31).

Sophomores Vinnie Saucer, Jr. and Aaron Mallett, Harrington, and Brown clocked the fourth-fastest time in school history this season (39.66) at Musco Twilight on May 2. Their time stands

second in the Big Ten.

For the women, junior Lake Kwaza, sophomore Elexis Guster, junior MonTayla Holder, and sophomore Brittany Brown also look to defend their title. The quartet (Holder, Guster, Kwaza, Brown) clocked 44.93 this season at the Mt. SAC Relays on April 18, which ranks third in the Big Ten.

HULL EYES THE PRIZE

Senior Gabe Hull looks to add to his Big Ten medal count in the men's discus. The Bloomington, Indiana, native (188-08, 57.51m) recorded the second-farthest mark in the Big Ten this season at the Mt. SAC Relays on April 17. Hull has finished fifth or better in the past three conference championships, including a second-place finish at last year's event. He's the school record holder in the event at 207-01 (63.11m).

2015 OUTDOOR SEASON LEADERS

MEN'S EVENTS

Event	Name	Mark
100 meters	Vinnie Saucer, Jr.	10.41
110-m hurdles	Aaron Mallett	13.60
200 meters	James Harrington	20.98
400 meters	Kaleb VanCleave	47.68
400-m hurdles	Mitch Wolff	51.26
800 meters	Will Teubel	1:48.60
1,500 meters	Sam Fourman	3:44.50
3,000 meters	Anthony Gregorio	8:28.64
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	15-7 (4.75m)
Long Jump	Kerry Dean, Jr.	24-1 3/4 (7.36m)
Triple Jump	Klyvens Delaunay	51-11 1/4 (15.83m)
Shot Put	Gabe Hull	56-3 3/4 (17.16m)
Discus	Gabe Hull	188-8 (57.51m)
Hammer	Carlos Varela-Hernandez	161-5 1/4 (49.20m)
Javelin	Sam Joens	206-9 (63.03m)
400-m Relay	Saucer, Thompson, Harrington, Mallett	39.66
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'S EVENTS

Event	Name	Mark
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	2:07.09
1,500 meters	Katharina Trost	4:29.10
3,000 meters	Carolyn Newhouse	10:00.82
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	20-2 1/4 (6.15m)
Shot Put	Alexa Hunt	42-8 1/4 (13.01m)
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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2015 BIG TEN LEADERS

BROWN BREAKS 200-METER RECORD

Sophomore Brittany Brown first broke the 200-meter dash school record at the 2014 Big Ten Championships. The Upland, California, native posted 23.45 to oust Sheliene Williams' record (23.50) set in 2004. Brown improved her career best at the NCAA West Preliminaries, where she clocked 22.95 to become the first Hawkeye to ever run under 23 seconds.

She returns this year with the conference's top time in the event at 23.14 and enters as the third-seed in the 100 meters with a collegiate best 11.47, which she recorded at Musco Twilight on May 2.

READY, SET, JUMP!

Iowa sends five jumpers into this weekend as a top-eight seed. They include: junior Klyvens Delaunay (1st/51-11.25, 15.83m) and senior Babatunde Amosu (5th/50-10.75, 15.51m) in the men's triple jump, freshman Jahisha Thomas (1st/20-02.25, 6.15m) and junior Cassidy Ellis (8th/19-06.25, 5.95m) in the women's long jump, and junior Kevin Spejcher (5th/7-0.25, 2.14m) in the men's high jump.

TROST CRACKS TOP 8

Sophomore Katharina Trost cracked the Big Ten leaderboard a second-place finish at Musco Twilight on May 2. The Piding, Germany, native posted a collegiate best 2:07.09, which moves her to eighth in the conference and fourth on Iowa's all-time list.

DYNAMIC DUO

Junior Lake Kwaza and sophomore Brittany Brown hold two of the top eight 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 (11.47)
- 7th/Lake Kwaza/200 meters (23.59)

NEXT ON THE BLOCK

The first round of the NCAA Championships is set for May 28-30 in Austin, Texas. For each individual event contested at the East and West NCAA sites, the top 48 declared student-athletes will be accepted into the competition. For each relay event contested at each of the Preliminary Championships Competition sites, the top 24 declared relay teams will be accepted into the competition

MEN'S EVENTS

#	Name.....	Event	Mark
1.	Vinnie Saucer, Jr.	100 meters.....	10.41
1.	Aaron Mallett	110-meter hurdles.....	13.60
1.	Klyvens Delaunay.....	Triple Jump . 51-11 1/4	(15.83m)
2.	400-meter relay		
	<i>(Saucer, Jr., Thompson, Harrington, Mallett)</i>		
2.	Gabe Hull.....	Discus.....	188-8 (57.51m)
3.	Kevin Lewis	10,000 meters.....	28:59.62
4.	James Harrington	200 meters.....	20.98
4.	Jack Eckert	Decathlon	7,094 points
5.	Vinnie Saucer, Jr.	200 meters.....	21.02
5.	Sam Fourman	1,500 meters.....	3:44.50
5.	1,600-meter relay		
	<i>(Wolff, Thompson, Mallett, Davey)</i>		
5.	Kevin Spejcher	High Jump.....	7-0.25 (2.14m)
5.	Babatunde Amosu	Triple Jump . 50-10 3/4	(15.51m)
6.	Will Teubel.....	800 meters.....	1:48.60
7.	Mitch Wolff.....	400-meter hurdles.....	51.26
7.	William Dougherty	Decathlon	(6,735 points)
8.	Aaron Mallett	400-meter hurdles.....	51.41
8.	Sam Joens.....	Javelin	206-9 (63.03m)
9.	Kerry Dean, Jr.....	Long Jump.....	24-1 3/4 (7.36m)

WOMEN'S EVENTS

#	Name.....	Event	Mark
1.	Lake Kwaza.....	100 meters.....	11.40
1.	Brittany Brown.....	200 meters.....	23.14
1.	Jahisha Thomas	long jump.....	20-2 1/4 (6.15m)
2.	Elexis Guster	400 meters.....	53.30
3.	Brittany Brown.....	100 meters.....	11.47
3.	MonTayla Holder	400-meter hurdles.....	58.29
3.	400-meter relay		
	<i>(Holder, Guster, Kwaza, Brown)</i>		
4.	Annemie Smith.....	Hammer.....	197-9 (60.28m)
7.	Lake Kwaza.....	200 meters.....	23.59
7.	Marta Bote Gonzalez ..	3,000-meter stplchase.	10:23.15
7.	1,600-meter relay		
	<i>(Kwaza, Holder, Champe, Guster)</i>		
8.	Katharina Trost	800 meters.....	2:07.09
8.	Cassidy Ellis.....	Long Jump.....	19-6 1/4 (5.95m)
8.	Kayla Hochhalter	Javelin	148-2 (45.16m)
10.	Dakotah Goodell.....	Javelin	145-5 (44.32m)

University of Iowa Track and Field

2015 Big Ten Outdoor Championships

<<< HAWKEYES TO WATCH >>>



Brittany Brown

Sophomore - Sprints
Claremont, Calif. (Claremont)

Hawk Item – ran 23.14 in 200 meters at the Mt. Sac Relays to earn top time in the Big Ten... won the 100 meters (11.47) at Musco Twilight. That mark ranks third in the Big Ten and third in school history... anchors Iowa's top 400-meter relay (44.93) that ranks third in the Big Ten... placed second in 200 (23.45) and third in 100 (11.61) at 2014 Big Tens... anchored the 2014 Big Ten Champion 400-meter relay... school record holder in 200 meters (22.95) and 400-meter relay (44.51).



Klyvens Delaunay

Junior - Triple Jump
Claremont, California (Claremont)

Hawk Item – landed 51-11 ¼ (15.83m) to win the triple jump at the Musco Twilight. That mark is No. 1 in the Big Ten and 20th in the nation... Big Ten runner-up in 2014... first team All-American (eighth) in 2013... personal best (52-2 ½, 15.91m) ranks fourth in school history.



Elexis Guster

Sophomore - Sprints
Atlanta, Georgia (Berkmar)

Hawk Item – ran 53.30 at Mt. Sac Relays to earn the No. 2 seed in 400 meters... defending 400 meter Big Ten Champion (52.77)... her PR in the 400 meters (52.77) ranks fifth in school history... anchors Iowa's top 1,600-meter relay, and runs the second leg on Iowa's top 400-meter relay... 400-meter relay won the 2014 Big Tens and earned All-America honors.



Gabe Hull

Senior - Discus
Bloomington, Ind. -- South

Hawk Item – threw a season best 188-8 (57.51m) at Mt. Sac Relays. That mark ranks No. 2 in the Big Ten and 25th in the nation... 2014 All-American... 2014 Big Ten runner-up... set school record (207-1, 63.11m) at 2014 Musco Twilight... placed third at 2013 Big Tens, and fifth at 2012 Big Ten Championships.



Lake Kwaza

Junior - Sprints
Sycamore, Illinois -- Sycamore

Hawk Item – Won the Mt. Sac Relays and set a school record in the 100 meters (11.40) to earn the top time in the Big Ten... ran personal-best 23.59 in 200 meters at Mt. Sac Relay. That mark ranks fifth in the Big Ten and ties for fifth in school history... ran the lead leg on Iowa's All-American and 2014 Big Ten 400-meter relays.



Aaron Mallett

Sophomore - Sprints/Hurdles
St. Louis, Mo. -- McCluer North

Hawk Item – Ran 13.60 in 110-meter hurdles at Florida Relays. That mark leads the Big Ten, ranks 10th in the nation, and ranks second in school history... placed sixth at 2014 Big Ten Championships in 110-meter hurdles... 2015 indoor All-American in 60-meter hurdles... anchors Iowa's top 400-meter relay (39.66) that ranks No. 2 in the Big Ten.



Vinnie Saucer, Jr.

Sophomore - Sprints
Valencia, California (Oaks Christian)

Hawk Item – Ran personal-best 10.41 at Musco Twilight to earn the top mark in the Big Ten and tie for ninth on Iowa's all-time top performers list... runs the lead leg on Iowa's top 400-meter relay (39.66) that ranks No. 2 in the Big Ten.



Jahisha Thomas

Freshman - Jumps
London, United Kingdom
(Wallington)

Hawk Item – landed 20-2 ¼ (6.15m) at the Musco Twilight to earn the top long jump mark in the Big Ten. That mark ranks fourth in school history.

OUTDOOR ALL-TIME TOP 10 PERFORMERS



Jeremy Allen



Justin Austin



Matt Byers



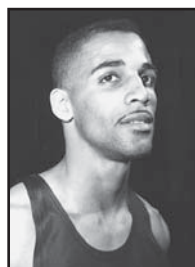
Troy Doris



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
- Vinnie Saucer, Jr., 2015 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

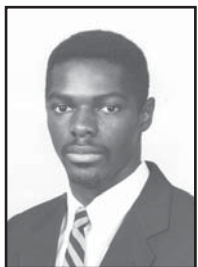
- Jeff Thode, 2010 3:43.02
- Joel Moeller, 1978 3:44.01
- Jim Docherty, 1978 3:44.30
- Sam Fourman, 2015 3:44.50**
- Dan Waters, 1986 3:46.35
- Kevin Herd, 1994 3:46.64
- John Clark, 1977 3:46.84
- Ted Wheeler, 1956 3:48.24
- Ben Witt, 2015 3:49.45**
- Nick Holmes, 2012 3:49.53

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, 1994.....30:05.21
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



Meghan 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. **Brittany Brown, 2015** **11.47**
4. Davera Taylor, 1984 11.51
5. Erica Broomfield, 1998 11.53
6. Jiselle Providence, 2001 11.57
7. Tanja Reid, 1994 11.60
- 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
- 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
- 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. **Ellexis Guster, 2014** **52.77**
6. Senta Hawkins, 1988 54.01
- 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. **Katharina Trost, 2015** **2:07.09**
5. Aisha Hume, 2005 2:08.50
6. **Mahnee Watts, 2014** **2:08.58**
7. **Adrienne Alexia, 2013** **2:08.61**
8. Jeanne Kruckeberg, 1987 2:08.75
9. **Kaitlyn Nelson, 2013** **2:08.83**
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. **Jahisha Thomas, 2015 20-2 1/4 (6.15)**
5. Carisa Leacock, 2014 19-11 3/4 (6.09)
6. Becki Borg, 1988 19-7 1/4 (5.97)
7. **Kassidy Ellis, 2015 19-6 1/4 (5.95)**
8. Lisa Moats, 1986 19-6 (5.95)
9. Tammilee Kerr, 2008 19-4 1/4 (5.90)
10. Yolanda Hobbs, 1993 19-2 1/2 (5.85)

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. **Leah Colbert, 2015 170-2 (51.86)**
8. Erin O'Hern, 2008 168-9 (51.45)
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
Saucer, Jr., Thompson, Harrington, Mallett, 2015 39.66
6. Page, Davis, Rozell, Morris, 1996..... 39.73
Brown, Harrington, Mincy, Wilson, 2014 39.73
8. Mincy, Sayon, Chaney, Jr., Austin, 2011..... 39.86
9. Richardson, Sayon, Chaney, Jr., Bee, 2009..... 39.94
10. Felix, Branch, Dodge, Yamini, 1999 39.96

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. Kuczvara, Barton, Hairston, Thode, 2011 9:41.37
3. N. Holmes, **Van Cleave**, Sowinski, Thode, 2012 9:41.59
4. Young, Barton, Kuczvara, 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



**OUTDOOR TRACK AND FIELD
CHAMPIONSHIPS**

**UNIVERSITY OF IOWA
BIG TEN OUTDOOR CHAMPIONS & AWARDS**

Men's Outdoor Champions

100 Yards
Dennis Kohl, 1966.....9.6

120-Yard High Hurdles
Russell Merkel, 1950 14.4
Les Stevens, 1956 14.2

100 Meters
George Page, 1995 10.50
George Page, 1996 10.08
Tim Dwight, 1999 10.51
Justin Ausin, 2013..... 10.27

110-Meter High Hurdles
Pat McGhee, 1989 13.74

220 Yards
Eric Wilson, 1921..... 22.0
Eric Wilson, 1923..... 21.2
John Everingham, 1927 22.0
Dennis Kohl, 1966..... 20.6

220-Yard Low Hurdles
Charles Brookins, 1922..... 23.8
Charles Brookins, 1923..... 23.2
Charles Brookins, 1924..... 23.8
Frank Cuhel, 1926..... 23.9
Frank Cuhel, 1927..... 24.2
Frank Cuhel, 1928..... 23.6
George Saling, 1932..... 23.0

200 Meters
Andre Morris, 1995 20.64
Bashir Yamini, 1998 21.10
Bashir Yamini, 1999 21.39
Justin Austin, 2011 20.46
Justin Austin, 2013 20.86

330-Yard Int. Hurdles
Donald Gardner, 1963 37.7
Jon Reimer, 1965 36.1

440 Yards
Chan Coulter, 1924 50.4
George Baird, 1927..... 49.1
John Brown, 1959..... 48.1
Mike Mondane, 1967 46.4
Mike Mondane, 1968 47.5
Dick Eisenlauer, 1975..... 47.1

440-Yard Int. Hurdles
Jon Reimer, 1965 50.8

400 Meters
Anthuan Maybank, 1991 45.76
Anthuan Maybank, 1993 45.91
Andre Morris, 1995 45.39
Andre Morris, 1996 46.38
Steven Willey, 2010 46.12

400-Meter Hurdles
Pat McGhee, 1986 50.94
Pat McGhee, 1988 50.01
Pat McGhee, 1989 49.63
Ray Varner, 2010..... 50.61
Ethan Holmes, 2013 50.78

660 Yards
Roger Kerr, 1963 1:17.4
Mike Mondane, 1966 1:17.7

880 Yards
Harry Morrow, 1924 1:57.0
Ted Wheeler, 1956..... 1:51.7
Bill Frazier, 1962 1:50.1
Bill Frazier, 1963 1:50.6

800 Meters
D’Juan Strozier, 1990 1:47.17

Mile
Ted Wheeler, 1956..... 4:12.7
Charles Jones, 1957 4:17.0
Charles Jones, 1958 4:09.2

3,000-Meter Steeplechase
Rollie Kitt, 1967 9:02.9
Steve Pershing, 1977 9:00.1

Two Miles
Richard Ferguson, 1952 9:19.0
Richard Ferguson, 1953 9:26.6
Charles Jones, 1957 9:14.0

Three Miles
Larry Wiczorek, 1968 13:58.0

10,000 Meters
Kevin Herd, 1994 30:05.21
Micah VanDenend, 2007..... 30:28.50

Long Jump
Edward Gordon, 1929.... 24-1 3/4
Edward Gordon, 1930.... 24-8 1/4
Edward Gordon, 1931.... 24-1 1/2
Earl Smith, 1954 23-1
Quinn Early, 1986 24-11
Anthuan Maybank, 1993..... 25-9 1/2
Bashir Yamini, 1997 26-8 1/4

High Jump
E.J. Baker, 1905..... 5-10 1/4
*Edward Gordon, 1929..... 6-0
Bill Knoedel, 1975..... 7-3
Bill Hansen, 1976 7-2
Ryan Kelly, 2008..... 6-10 3/4

Triple Jump
Troy Doris, 2011..... 53-8 1/2
Troy Doris, 2012..... 54-8

Pole Vault
*Xavier Boyles, 1926 12 9 1/2
Bill Burnette, 1966..... 15 3
Phil Wertman, 1971..... 16 1 1/2
John Tefer, 1972..... 16 0
Todd Wigginton, 1984 17 0

Discus
C.H. Swift, 1902 118-9
C.H. Swift, 1903 117-7 1/2
Merle Alderman, 1910 129-8 1/2
John Hancock, 1925..... 138-2
Jeremy Allen, 1998 185-9
Jeremy Allen, 2001 194-5
Tim Brodersen, 2005 187-0
Tim Brodersen, 2006 181-2

Shot Put
Chris Gambol, 1987 60-0 1/2
Jeremy Allen, 2001 62-2 1/4
John Hickey, 2007 58-4 1/2

Hammer
A. van der Westhuizen, 1999. 202-3
A. van der Westhuizen, 2000. 218-5
Jim Costello, 2002..... 217-7
Adam Hamilton, 2006 208-1

Javelin
L.D. Weldon, 1930 184-5 1/2
L.D. Weldon, 1931 191-4 1/2
Mark Panther, 1934 208-2
Mark Panther, 1935 219-7 3/8
Bushnell Lamb, 1936 ... 194-4 1/2
Bushnell Lamb, 1938 202-8
Bill Neumann, 2002 231-8
Bill Neumann, 2003 238-2
Matt Byers, 2010 220-6
Matt Byers, 2011 235-4
Matt Byers, 2012 222-10

Men's Outdoor Relay Champions

400-Meter Relay
Beecham, Duckett, Greer, Patrick, 1983 39.99
McCoy, Duckett, Greer, Smith, 1984..... 40.11
Davis, Morris, Rozell, Page, 1995..... 40.03
Dwight, Branch, Davis, Yamini, 1998 40.27
Branch, Dwight, Dodge, Yamini, 1999 40.66
Coleman, Kunkel, Peterson, Dodge, 2001 40.15
Mullen, Austin, E. Holmes, Larney, 2013 40.20
Mincy, Wilson, Harrington, Brown, 2014..... 39.35

400-Yard Relay
Johnson, Lake, Eisenlauer, Wellington, 1974..... 41.2

Mile Relay
Beck, Noll, Keppler, Wilson, 1922 3:20.0
Stevenson, Stamats, Baird, Cuhel, 1928 3:20.2
Stevenson, Ferguson, Depping, Baird, 1929..... 3:20.7
Levinson, Boylan, Ebert, Scott, 1953 3:16.4
Richards, Hollingsworth, Frazier, Kerr, 1962 3:12.3
Richards, Hollingsworth, Frazier, Kerr, 1963 3:11.2
Thompson, Feree, Randolph, Reimer, 1965 3:12.1
Ferree, Frazier, Mondane, Reimer, 1967 3:08.7
Teberg, Stevens, Frazier, Mondane, 1968..... 3:13.3

1,600-Meter Relay
Chung, Williams, McGhee, Leonard, 1986 3:07.05
Branch, Dwight, Dodge, Yamini, 1999 3:09.09



**OUTDOOR TRACK AND FIELD
CHAMPIONSHIPS**

**UNIVERSITY OF IOWA
BIG TEN OUTDOOR CHAMPIONS & AWARDS**

Women's Outdoor Champions

100 Meters

Vivien McKenzie, 1983 11.90
 Vivien McKenzie, 1984 11.50
 Vivien McKenzie, 1985 11.63

400 Meters

Ellen Grant, 1997 52.82
 Shellene Williams, 2003 53.58
 Shellene Williams, 2004 52.97
 Kineke Alexander, 2007 52.15
 Elexis Guster, 2014 52.77

400-Meter Hurdles

Wynsome Cole, 1998 56.67

800 Meters

Bethany Praska, 2011 2:05.63

5,000 Meters

Nan Doak, 1982 16:26.63
 Tracy Dahl, 1992 16:22.01
 Diane Nukuri, 2008 16:24.21
 McKenzie Melander, 2012 16:14.03

10,000 Meters

Jennifer Brower, 1992.... 34:29.61
 Meghan Armstrong, 2008. 33:49.03

High Jump

Peaches Roach, 2004..... 5-11 1/4
 Peaches Roach, 2007 6-0
 Khanishah Williams, 2014.. 5-9 1/4

Shot Put

Lisa Van Steenwyk, 1993 47-4 1/2

Long Jump

Aisha James, 2003 21-4

Triple Jump

Renee White, 2009 43-10 3/4

Women's Outdoor Relay Champions

400-Meter Relay

Floyd, Hobbs, Poole, Reid, 1994 44.80
 Underwood, Cole, Grant, Wynter, 1997 46.53
 Kwaza, Guster, Holder, Brown, 2014..... 44.62

1,600-Meter Relay

Hume, Charles, Steffen, Williams, 2003 3:38.95
 Praska, Hendricks, Erickson, Liverpool, 2011 3:36.51

Big Ten Championships Honors

Men's Awards

Athlete of the Year

1989 Pat McGhee (O)
 1993 Anthuan Maybank (O)
 2011 Justin Austin (O)
 2013 Justin Austin (O)

Track Athlete of the Meet

1989 Pat McGhee (O)
 1999 Tim Dwight (O)
 2011 Justin Austin (O)
 2013 Jusin Austin (O)

Freshman of the Year

1996 Bashir Yamini (I)
 1998 Jeremy Allen (I, O)

I - Indoor, O - Outdoor

Women's Awards

Track Athlete of the Year

2007 Kineke Alexander (I)

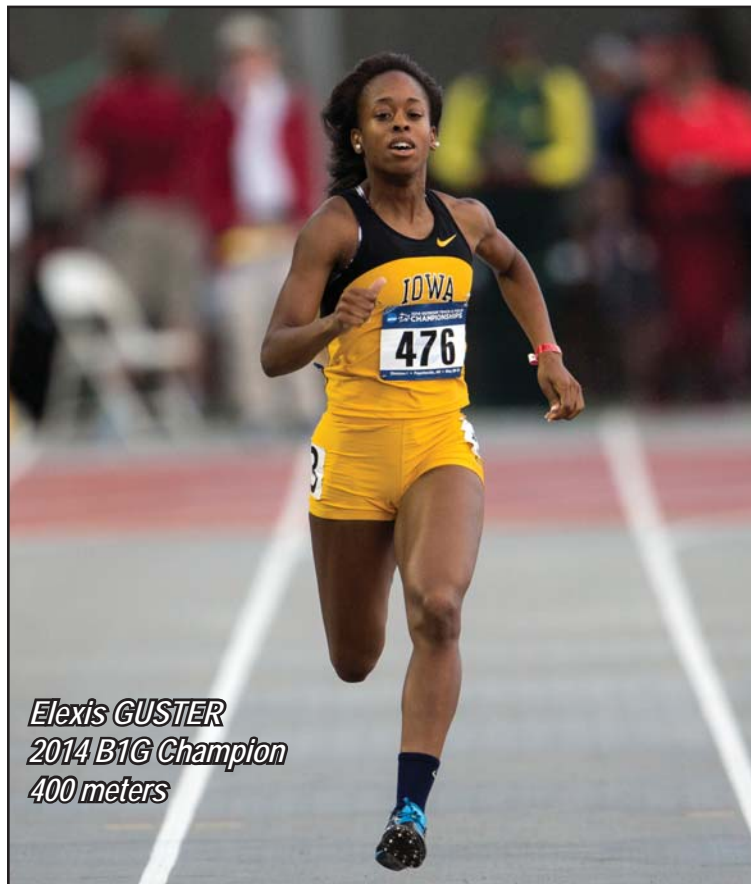
Track Athlete of the Meet

2007 Kineke Alexander (I)

Freshman of the Year

1998 Erica Broomfield (I)
 2004 Peaches Roach (O)

I - Indoor, O - Outdoor



*Elexis GUSTER
2014 B1G Champion
400 meters*



*Keith BROWN
2014 B1G Champion
400-meter relay*

OUTDOOR TRACK & FIELD CHAMPIONSHIP
Relative Time Schedule

First Day

Noon	Decathlon 100-meters
12:15	Heptathlon 100-meter hurdles
12:45	Decathlon long jump
12:50	Heptathlon high jump
1:30	Men's hammer throw (trials and finals)
1:30	Pole vault (trials and finals)** [women-odd years, men-even years]
2:00	Decathlon shot put
2:45	Decathlon high jump
2:50	Heptathlon shot put
3:30	Women's hammer throw (trials and finals)
4:00	Heptathlon 200-meters
5:00	Decathlon 400-meters
*7:30	10,000-meters (men-even years, women-odd years)
*8:15	10,000-meters (women-even years, men-odd years)

* The host school shall provide lighting for the 10,000-meter race, which shall be at least sufficient enough to create a safe running environment (e.g. several mobile floodlights such as those used in parking lots, construction areas, etc. would be sufficient). The games committee and officials will review the start times of the event based on the weather policy approved by coaches.

** The women's pole vault shall occur on the first day of the outdoor championships in odd years, while the men's pole vault shall occur on the first day of the outdoor championships in even years.

Decathlon and Heptathlon times are approximate and times may be adjusted based on number of entries. Follow NCAA rule book.

OUTDOOR TRACK & FIELD CHAMPIONSHIP
Relative Time Schedule

Second Day

9:30 a.m.	Decathlon 110-meter hurdles
10:10	Decathlon discus
10:15	Heptathlon long jump
11:20	Decathlon pole vault
11:30	Heptathlon javelin
1:00 p.m.	Men's discus (trials and finals)
1:15	Decathlon javelin
1:20	Men's long jump (trials and finals)
1:45	Heptathlon 800-meters
2:15	Men's high jump (trials and finals)
2:30	Women's 1500-meters (trials)
2:50	Men's 1500-meters (trials)
3:10	Decathlon 1500-meters
3:20	Women's 400-meters (trials)
3:30	Women's discus (trials and finals)
3:35	Men's 400-meters (trials)
3:50	Women's 100-meters (trials)
4:05	Men's 100-meters (trials)
4:20	Women's 100-meter hurdles (trials)
4:35	Women's long jump (trials and finals)
4:35	Men's 110-meter hurdles (trials)
4:50	Women's 800-meters (trials)
5:15	Men's 800-meters (trials)
5:20	Women's javelin (trials and finals)
5:25	Women's 200-meters (trials)
5:40	Men's 200-meters (trials)
5:55	Women's 400-meter hurdles (trials)
6:15	Men's 400-meter hurdles (trials)
6:30	3,000-meters steeplechase (men's-even years, women-odd years)
6:45	3,000-meters steeplechase (Men's-odd years, women-even years)

Decathlon and Heptathlon times are approximate and times may be adjusted based on number of entries. Follow NCAA rule book.

OUTDOOR TRACK & FIELD CHAMPIONSHIP
Relative Time Schedule

Third Day

11:00 a.m.	Women's triple jump (trials and finals)
11:00	Men's shot put (trials and finals)
12:00 p.m.	Pole vault (trials and finals) [men-odd years, women-even years]
12:30	Women's high jump (trials and finals)
12:45	Women's 4x100-meter relay (finals)
12:55	Men's 4x100-meter relay (finals)
1:05	Women's 1500-meters (finals)
1:15	Men's 1500-meters (finals)
1:25	Women's 100-meter hurdles (finals)
1:30	Men's triple jump (trials and finals)
1:30	Men's javelin (trials and finals)
1:35	Men's 110-meter hurdles (finals)
1:40	Women's 400-meters (finals)
1:45	Men's 400-meters (finals)
1:50	Women's 100-meters (finals)
1:55	Men's 100-meters (finals)
2:00	Women's shot put (trials and finals)
2:03	Women's 800-meters (finals)
2:08	Men's 800-meters (finals)
2:18	Women's 400-meter hurdles (finals)
2:28	Men's 400-meter hurdles (finals)
2:35	Women's 200-meters (finals)
2:42	Men's 200-meters (finals)
2:49	Women's 5000-meters (finals)
3:11	Men's 5000-meters (finals)
3:33	Women's 4x400-meter relay (sections if necessary)
3:45	Men's 4x400-meter relay (sections if necessary)