

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



TRACK AND FIELD CONTACT: BRANDEE BRITT

Feb. 26, 2014

2014 IOWA TRACK & FIELD INDOOR SCHEDULE

Date	Meet
Jan. 18	Big 4 Duals <i>M: 3-0 W: 3-0</i>
Jan. 24-25	Jack Johnson Classic <i>M: 2nd W: 2nd</i>
Jan. 31-Feb. 1	Bill Bergan Invite <i>M: 3rd W: 8th</i>
Feb. 7-8	Husker Invite <i>No team scores</i>
Feb. 14-15	Cyclone Classic <i>No team scores</i> Tyson Invitational <i>No team scores</i>
Feb. 21	Iowa Invite <i>No team scores</i>
Feb. 28-Mar. 1	Big Ten Championships (Geneva, Ohio)
Mar. 14-15	NCAA Championships (Albuquerque, N.M.)

IOWA COACHING STAFF

Larry Wieczorek	Director of Track & Field
Layne Anderson	Head Track & Field Coach
Scott Cappos	Director of Field Events
Molly Jones	Assistant Coach
Clive Roberts	Assistant Coach/ Director of Recruiting
Joey Woody	Assistant Coach

THIS WEEK

The University of Iowa track and field team travels to Geneva, Ohio, for the Big Ten Indoor Championships this weekend. The Championships are set to begin Friday at 9 a.m. (CT) and continue through Saturday.

FOLLOW THE HAWKEYES

Follow [@IowaXC_TF](#) on twitter for updates on the team. Live results are also available on the track and field schedule page at [hawkeyesports.com](#). Follow [@bigtenchamps](#) on twitter for live updates of the Big Ten Indoor Championships. Follow along and interact with the championships by using [#B1GTF](#).

LEACOCK BREAKS RECORD

Senior Carisa Leacock broke a 28-year-old school long jump record at the Iowa Invitational on Feb. 21. Leacock recorded a leap of 19-9 1/2 (6.03m) to win the long jump and break Lisa Moats' previous record of 19-6 (5.95m). Leacock finished ninth at the 2013 Big Ten Indoor Championships when she recorded a leap of 19-0 (5.79m).

MINCY GOES FOR GOLD

Senior Tevin-Cee Mincy clocked a personal-best 60 meters time of 6.73 at the Bill Bergan Invitational on Feb. 1. His time is currently the second fastest time in the Big Ten and the second fastest time recorded time in school history.

HOLDER IN THE 600

Sophomore MonTayla Holder ran to an eighth-place finish at the 2013 Big Ten Indoor Championships. Holder clocked what was a personal-best of 1:30.80 in the preliminary round, before recording a finals time of 1:31.31. Her current personal-best of 1:30.22, recorded at the Husker Invite on Feb. 8, ranks third all-time at Iowa and sixth in the Big Ten.

AMOSU RETURNS

Junior Babatunde Amosu returns to the triple jump after recovering from an injury he suffered at the 2013 Drake Relays. Amosu grabbed a silver medal in the triple jump at the 2013 Big Ten Indoor Championships when he posted a personal-best leap of 50-10 3/4 (15.51m). His mark ranks fourth all-time at Iowa.

WILLIAMS AIMS HIGHER

Khanishah Williams finished third in the high jump at the 2013 Big Ten Indoor Championships. The junior cleared the 5-9 3/4 (1.77m) mark. Her personal-best high jump mark of 5-11 1/4 (1.81m) ranks third all-time at Iowa, and her season-best mark of 5-7 (1.70m) ranks 14th in the Big Ten.

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DELAUNAY LOOKS TO IMPROVE

Klyvens Delaunay grabbed a fourth-place finish at the 2013 Big Ten Indoor Championships with a leap of 50-10 (15.49m). Delaunay's current personal-best mark of 52-1 1/4 (15.88m) ranks second in the Big Ten and ties for second all-time at Iowa.

COMPETITION IN THE 60

Freshman Brittany Brown and sophomore Lake Kwaza set the 60 meters school record at the Big Four Duals on Jan. 18. Brown recorded the same time at the Husker Invite on Feb. 7. Their time currently ranks fifth in the Big Ten.

HOLMES EYES HARDWARE

Ethan Holmes takes the track for his final Big Ten Championships. The senior placed sixth in both the 60-meter hurdles (7.88) and the 200 meters (21.38) a year ago. Holmes' season-best hurdles time of 7.85 currently ranks sixth in the Big Ten, while his 200 meters time (21.53) ranks fourth.

4X4 IN THE TOP 5

The women's 1,600-meter relay team clocked a season-best time at the Tyson Invitational on Feb. 15. The quartet of freshman Elexis Guster, sophomore MonTayla Holder, and freshmen Mahnee Watts and Alexis Hernandez crossed the line in 3:38.62. Their time ranks third all-time at Iowa and fourth in the Big Ten.

NCAA QUALIFYING STANDARDS

Qualifying for the NCAA Indoor Track and Field Championships is based on the descending-order list for the season. The top 16 individual participants and the top 12 relay teams qualify for the championships. The NCAA Indoor Track and Field Championships are set for March 14-15 in Albuquerque, N.M. For tickets to the championships visit <http://www.ncaa.com/tickets>.

MEET THE RECORD HOLDERS

Senior Ashlyn Gulvas set the indoor weight throw school record (63-6; 19.35m) at the 2013 Iowa Invitational, while Brittany Brown and Lake Kwaza set the 60 meters record (7.41) at the Big 4 Duals on Jan. 18. Ethan Holmes ran the second leg on the school-record holding 1,600-meter relay team (3:06.66) at the Last Chance Relay on March 5, 2011. Senior Carisa Leacock set the women's long jump school record (19-9 1/2; 6.03m) at the Iowa Invitational on Feb. 21.

2014 INDOOR SEASON LEADERS

MEN

60 meters	Tevin-Cee Mincy	6.73
60-meter hurdles ...	Ethan Holmes	7.85
200 meters	James Harrington.....	21.21
400 meters	Kaleb Van Cleave.....	48.47
600 meters	Will Teubel	1:19.16
800 meters	Will Teubel	1:52.25
1,000 meters	Caleb Wilfong	2:30.17
Mile	Kevin Docherty	4:12.26
3,000 meters	Kevin Docherty	8:16.58
5,000 meters	Kevin Lewis	14:13.57
High Jump	Kevin Spejcher	6-11 (2.11m)
Pole Vault	Jack Eckert	15-5 (4.85m)
Long Jump	O'Shea Wilson	24-8 1/2 (7.53m)
Triple Jump	Klyvens Delaunay.52-1 1/4 (15.88m)	
Shot Put	Gabe Hull	59-3 (18.06m)
Weight Throw	Gabe Hull	59-7 (18.16m)
Heptathlon	Jack Eckert	4,956 points
1,600-meter Relay	Van Cleave, Harrington, Teubel,	
	Holmes.....	3:11.73

WOMEN

60 meters	Brown/Kwaza	7.41
60-meter hurdles ...	Kassidy Ellis	9.05
200 meters	Lake Kwaza.....	24.16
400 meters	MonTayla Holder	54.37
600 meters	MonTayla Holder	1:30.22
800 meters	Katharina Trost.....	2:07.38
Mile	Katharina Trost.....	4:52.66
3,000 meters	Shannon Maser.....	10:12.12
High Jump	Williams/Oladele-Ajose. 5-7 (1.70m)	
Long Jump	Carisa Leacock	19-9 1/2 (6.03m)
Triple Jump	Zinnia Miller.....	41-2 1/2 (12.56m)
Shot Put	Courtney Fritz	46-4 (14.12m)
Weight Throw	Jasmine Simpson	61-11 (18.87m)
Pentathlon	Kassidy Ellis	3,266 points
1,600-meter Relay ..	Guster, Holder, Watts, Hernandez	3:38.62

Bold indicates school record.

University of Iowa Track and Field

Big Ten Indoor Championships 2014

- Hawkeye Women -

Hawkeyes	Event	Time/Distance	Big Ten Ranking
Brittany Brown	60m	7.41	5
Lake Kwaza	60m	7.41	5
Brittany Brown	200m	23.83	4
Lake Kwaza	200m	24.02	8
Elexis Guster	200m	24.32	15
Elexis Guster	400m	54.45	7
Alexis Hernandez	400m	54.91	13
MonTayla Holder	600m	1:30.22	6
Kaitlyn Nelson	600m	1:37.21	36
Mahnee Watts	800m	2:09.90	16
Katharina Trost	800m	2:07.38	7
Katie Adams	3,000m	10:13.18	n/a
Katie Adams	5,000m	n/a	n/a
Courtney Martin	5,000m	n/a	n/a
Adatayo Oladele-Ajose	high jump	1.70m	14
Khanishah Williams	high jump	1.70m	14
Madison Rouw	high jump	1.63m	29
Carisa Leacock	long jump	5.82m	7
Zinnia Miller	long jump	5.75m	20
Sarah Ryan	long jump	5.68m	21
Carisa Leacock	triple jump	12.17m	12
Zinnia Miller	triple jump	12.56m	5
Rachel Curry	shot put	13.99m	16
Courtney Fritz	shot put	14.12m	15
Alexa Hunt	shot put	13.71m	20
Ashlyn Gulvas	weight throw	18.80m	9
Annemie Smith	weight throw	18.40m	11
Kassidy Ellis	pentathlon	3,266	12
IOWA	4x400m relay	3:38.62	4

University of Iowa Track and Field

Big Ten Indoor Championships 2014

- Hawkeye Men -

Hawkeyes	Event	Time/Distance	Big Ten Ranking
Tevin-Cee Mincy	60m	6.73	2
Vinnie Saucer	60m	6.88	13
O'Shea Wilson	60m	6.87	12
Keith Brown	200m	21.76	19
Jared Ganschow	200m	21.71	17
James Harrington	200m	21.21	4
Ethan Holmes	200m	21.53	12
Jared Ganschow	400m	48.72	29
Brennan Davey	600m	1:19.10	15
Neil Fattery	600m	1:19.15	16
Will Teubel	600m	1:18.47	5
Kaleb Van Cleave	600m	1:18.95	11
Nathan Prom	800m	1:53.61	39
Kevin Docherty	1 mile	4:09.09	30
Michael Hart	1 mile	4:12.64	n/a
Caleb Wilfong	1 mile	4:14.40	n/a
Ben Witt	1 mile	4:12.52	n/a
Kevin Lewis	5,000m	14:13.57	9
Keith Brown	60m hurdles	8.12	21
Ethan Holmes	60m hurdles	7.85	6
Aaron Mallett	60m hurdles	7.94	9
Kevin Spejcher	high jump	2.11m	5
O'Shea Wilson	long jump	7.53m	23
Kerry Dean Jr.	triple jump	14.14m	13
Babatunde Amosu	triple jump	n/a	n/a
Klyvens Delaunay	triple jump	15.88m	2
Drew Clark	shot put	17.09m	16
Gabe Hull	shot put	18.06m	9
Avery Meyers	shot put	16.11m	21
Gabe Hull	weight throw	18.16m	9
Jack Eckert	heptathlon	4,956	10
IOWA	4x400m relay	3:11.73	7
IOWA	4,000m dm relay	n/a	n/a

University of Iowa Track and Field

2014 Big Ten Indoor Championships

- HAWKEYES TO WATCH -



Brittany Brown

Freshman - 60m, 200m
Upland, Calif.
Claremont High School

Hawk Item -- shares the 60 meters school record with Lake Kwaza (7.41)... ranks No. 5 in the conference in 60 meters (7.41) and No. 4 in the 200 meters (23.83).

Personal -- born April 18, 1995... daughter of Wayne and Yo-Landa Brown... has three siblings, Brandi, Brandon (her twin), and



Tevin-Cee Mincy

Senior - 60 meters
Altoona, Iowa
S.E. Polk High School

Hawk Item -- leads team in 60 meters (6.73), which ranks second all-time at Iowa and second in the Big Ten this season... has won four of five 60-meter races this season... All-American on 400-meter relay in 2013.

Personal -- born February 12, 1992... son of Ray Mincy and Ann Glenn... business major.



Zinnia Miller

Senior - long jump, triple jump
Richmond, Texas
University of Texas-SanAntonio

Hawk Item -- placed third in triple jump with a collegiate-best 41-2 1/2 (12.56m) at Tyson Invite... that mark ranks third all-time at Iowa... PR in long jump ranks eighth all-time (18-10 1/2; 5.75).

Personal -- born March 22, 1992... daughter of Robert and Sophia Miller... leisure studies interest.



Ethan Holmes

Senior - 200m, 60m hurdles
Clinton, Iowa
Clinton

Hawk Item -- four-time All-American... PR in 60m-hurdles ranks second all-time at Iowa (7.82)... placed sixth in 60-meter hurdles (7.88) and 200 meters (21.38) at 2013 Indoor Big Ten Championships. **Personal** -- born March 16, 1991... son of Dan and Renee Holmes... health and human physiology major.

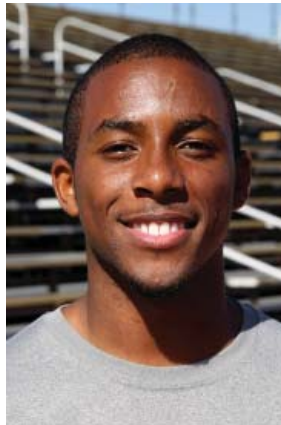


MonTayla Holder

Sophomore -- 600 meters
Apple Valley, Minn.
Eastview

Hawk Item -- leads team in 400 meters (54.37) and 600 meters (1:30.22), and ran second leg on team-leading 1,600-meter relay (3:38.62)... the 600-meter time ranks third all-time at Iowa.

Personal -- born February 7, 1994... daughter of ShaTonya and Dewayne Stewart and MonTerrio Holder... pre-business major.



Klyvens Delaunay

Sophomore - triple jump
Claremont, Calif.
Claremont High School

Hawk Item -- 2013 outdoor All-American in triple jump, placing eighth at NCAA Championships... PR in triple jump ranks third all-time at Iowa and No. 2 in Big Ten this season (52-1 1/4; 15.88)

Personal -- born February 16, 1994... son of Jessy Delaunay... business major.



Carisa Leacock

Senior - long jump, triple jump
Port of Spain, Trinidad
Bishop Ansley High School

Hawk Item -- school record holder in the long jump (19-9 1/2; 6.03m)... PR triple jump ranks fourth all-time at Iowa (40-5 1/2; 12.33m).

Personal -- born January 15, 1991... daughter of Clifford and Wendy Leacock... health and human physiology interest.



Will Teubel

Sophomore - 600 meters
Lisbon, Iowa
Mount Vernon High School

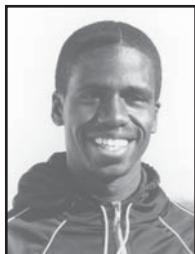
Hawk Item -- leads team in 600 meters (1:19.16)... placed third in special 600 meters at Husker Invite with a collegiate-best 1:19.16, which ranks ninth all-time at Iowa and fifth this season in the Big Ten.

Personal -- born November 24, 1993... son of Bill and Paula Teubel... biology major.

INDOOR ALL-TIME TOP TEN PERFORMERS



Justin Austin



Rodney Chambers



Jim Costello



Troy Doris



Bill Hansen



John Hickey



Ethan Holmes

60 Meters

- Justin Austin, 2011 6.69
- Kurt Felix, 1999..... 6.73
- Tevin-Cee Mincy, 2014 6.73**
- Josh Larney, 2013..... 6.74
- Troy Doris, 2012 6.75
- Tony Branch, 1999..... 6.78
- Paul Chaney, Jr., 2009..... 6.80
- D’Juan Richardson, 2010 6.80
- Derrick Burks, 2005 6.81
- Zeke Sayon, 2010..... 6.82

60-Meter Hurdles

- Jordan Mullen, 2013 7.70
- Ethan Holmes, 2013..... 7.82**
- Dion Trowers, 1997..... 7.87
- Aaron Mallett, 2014 7.94**
- Russell Peterson, 2004..... 7.97
- Dan Davis, 2012 8.02
- DeRocco Reed, 2000 8.03
- Torrey Campbell, 2012..... 8.09
- Keith Brown, 2014..... 8.12**
- Jordan Crosby, 2005..... 8.16

200 Meters

- Justin Austin, 2011 20.80
- Anthuan Maybank, 1993..... 21.11
- Bashir Yamini, 1999..... 21.19
- James Harrington, 2014 21.21**
- Ethan Holmes, 2013..... 21.23**
- Tim Dodge, 2000 21.26
- Paul Chaney, Jr., 2009..... 21.34
- George Page, 1997 21.35
- Zach Digney, 2004..... 21.39
- Tony Branch, 1998..... 21.46

400 Meters

- Steven Willey, 2010 46.75
- Terrence Duckett, 1984..... 46.81
- Andre Morris, 1995 47.15
- Monte Raymond, 1998 47.18
- Anthuan Maybank, 1990..... 47.25
- Patrick Richards, 2011..... 47.35
- Juan Coleman, 2002..... 47.40
- Justin Austin, 2012..... 47.61
- Ethan Holmes, 2013..... 47.63**
- Curtis Chung, 1989..... 47.65

600 Meters

- Erik Sowinski, 2012 1:16.91
- Steven Willey, 2011..... 1:17.94
- Keaton Rickels, 2012..... 1:18.19
- Pat McGhee, 1988..... 1:18.30
- Ryan Weir, 2013 1:18.62
- Chris Barton, 2011 1:18.75
- Adam Hairston, 2009 1:19.05
- Neil Flattery, 2013..... 1:19.13**
- Will Teubel, 2014 1:19.16**
- Monte Raymond, 1997 1:19.18

800 Meters

- Erik Sowinski, 2012 1:47.62
- Ryan Weir, 2013 1:49.11
- Adam Hairston, 2010 1:49.26
- Nathan Prom, 2013 1:49.29**
- Nick Kuczwarra, 2010 1:49.59
- Dave Novotny, 1996..... 1:51.27
- Jim Docherty, 1973 1:51.30
- Rod Chambers, 1989..... 1:51.33
- Jim Donovan, 1999..... 1:51.52
- Michael Layne, 1997..... 1:51.54

Mile

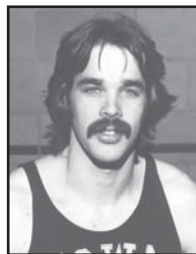
- Jeff Thode, 2011 3:58.72
- Ed DeLashmutt, 1981 4:04.01
- Larry Wieczorek, 1968..... 4:04.40
- John Clark, 1972..... 4:05.94
- Adam Thomas, 2002..... 4:07.13
- Kevin Herd, 1992 4:07.26
- Jesse Luciano, 2009..... 4:07.29
- Jake Berns, 2006..... 4:07.43
- Micah VanDenend, 2007..... 4:07.54
- Ted Wheeler, 1956..... 4:07.74

3,000 Meters

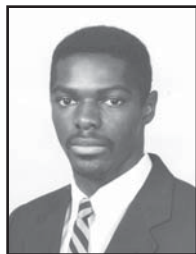
- Jeff Thode, 2011 8:00.38
- Micah VanDenend, 2006..... 8:00.81
- Eric MacTaggart, 2006..... 8:08.79
- Stetson Steele, 2000 8:09.54
- Dan Haut, 2005..... 8:11.36
- Kevin Herd, 1994 8:11.51
- Kevin Lewis, 2013 8:12.36**
- Nick Holmes, 2010..... 8:15.48
- Andy Napier, 2008 8:15.70
- Kevin Docherty, 2014..... 8:16.58**

5,000 Meters

- Micah VanDenend, 2007..... 13:56.46
- Stetson Steele, 2000 14:00.52
- Dan Haut, 2006..... 14:06.16
- Eric MacTaggart, 2006..... 14:13.41
- Kevin Lewis, 2014 14:13.57**
- Jeff Thode, 2011 14:16.00
- Matt Esche, 2004..... 14:18.43
- Jeff Kent, 2007..... 14:18.86
- Jesse Luciano, 2009..... 14:20.99
- Nick Nordheim, 2002 14:22.99



Bill Knoedel



Anthuan Maybank



Jordan Mullen



Nathan Prom



Kyle Reid

INDOOR ALL-TIME TOP TEN PERFORMERS



Patrick Richards



Keaton Rickels



Erik Sowinski



Jeff Thode



Micah VanDenend



Todd Wigginton



Steven Willey

Heptathlon

1. Kyle Reid, 2013 5,354 points
2. Dan Rolling, 2010 5,205 points
3. Ryan Niver, 2008 5,149 points
4. **Jack Eckert, 2013..... 5,071 points**
5. Frank Prill, 2010..... 5,015 points
6. Scott Faber, 2000 4,784 points
7. Cam Appleman, 1997 4,685 points
8. Bobby Windauer, 2007 4,644 points
9. Jacob Drewry, 1995 4,612 points
10. 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, 19937-0 1/2 (2.15)
4. Pat Meade, 19877-0 1/4 (2.14)
5. Mike Lacy, 1984.....7-0 (2.13)
6. M. Cunningham, 1984 6-11 1/4 (2.11)
7. **Kevin Spejcher, 2014..... 6-11 (2.11)**
Jeffery Herron, 2010 6-11 (2.11)
Peter Hlavin, 1980 6-11 (2.11)
Brandon Oest, 2010..... 6-11 (2.11)
Dan Rolling, 2008 6-11 (2.11)
Graham Valdes, 2010 6-11 (2.11)

Pole Vault

1. Todd Wigginton, 198417-1 (5.21)
2. Dave Nielsen, 197516-10 (5.13)
3. Kyle Reid, 201316-6 3/4 (5.05)
4. Curt Brock, 1979.....16-6 (5.03)
5. Alex Zona, 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, 198915-9 (4.80)

Long Jump

1. Anthuan Maybank, 1992.....26-5 1/2 (8.06)
2. Bashir Yamini, 199826-0 1/4 (7.93)
3. Darren Smith, 1991.....25-2 (7.67)
4. Paul Jones, 199024-11 1/4 (7.60)
5. Josh Larney, 2013.....24-10 (7.57)
6. Ronnie McCoy, 1984.....24-9 (7.54)
7. **O'Shea Wilson, 2014.....24-8 1/2 (7.53)**
Matty Gorman, 200624-8 1/2 (7.53)
9. Charles Jones, 1980.....24-8 1/4 (7.52)
10. Quinn Early, 198624-7 1/4 (7.50)

Triple Jump

1. Troy Doris, 2011.....54-0 (16.46)
2. Paul Jones, 199052-1 1/4 (15.88)
Klyvens Delaunay, 2014 ... 52-1 1/4 (15.88)
4. **Babatunde Amosu, 2013 50-10 3/4 (15.51)**
5. Mike Lacy, 1983.....49-0 (14.93)
6. Owen Gill, 198248-10 3/4 (14.90)
7. Josh Bean, 2009.....48-10 (14.88)
8. David Nsabua, 201348-9 (14.86)
9. Gordon Finch, 198848-3 3/4 (14.72)
10. Matty Gorman, 200648-3 1/2 (14.72)

Shot Put

1. John Hickey, 2009.....63-0 (19.20)
2. Jeremy Allen, 200162-10 1/2 (19.16)
3. Shane Maier, 2006.....61-2 (18.64)
4. G. Kostrubala, 1986.....60-10 3/4 (18.55)
5. Andy Banse, 200560-9 1/4 (18.52)
6. Ken Kemeny, 2004.....60-0 1/2 (18.30)
7. **Gabe Hull, 2014..... 59-3 (18.06)**
8. Chris Gambol, 1987.....59-0 (17.98)
9. A. van der Westhuizen, 1999 58-10 3/4 (17.95)
10. A.J. Curtis, 200857-9 1/2 (17.61)

Weight Throw

1. Jim Costello, 200269-4 3/4 (21.15)
2. Matt Banse, 2012.....67-8 (20.62)
3. A. van der Westhuizen, 2001 .. 67-7 1/2 (20.61)
4. Adam Hamilton, 200766-9 1/4 (20.35)
5. Jeremy Allen, 200165-10 1/4 (20.07)
6. Chris Voller, 2005.....63-4 (19.30)
7. Ryan Lamparek, 201261-2(18.62)
8. Brad Daufeldt, 200460-4 1/2 (18.40)
9. **Gabe Hull, 2014.....59-7 (18.16)**
10. Ryan Jordan, 200859-0 (17.98)

1,600-Meter Relay

1. Richards, E. Holmes, Sowinski, Willey, 2011 ...3:06.66
2. Rozell, Davis, Raymond, Yamini, 1998.....3:06.80
3. Coleman, Faber, Strang, Peterson, 20023:07.44
4. Richards, Sowinski, E. Holmes, Willey, 2011 ...3:07.84
5. Greer, Williams, Smith, Duckett, 1984.....3:08.14
6. Card, Coleman, Williamson, Dodge, 2001.....3:08.21
7. Davis, Rozell, Page, Morris, 19953:08.77
8. Dodge, Williamson, Card, Peterson, 2001.....3:08.82
9. Richards, E. Holmes, Barton, Willey, 20113:08.85
10. Branch, Dodge, Donovan, Yamini, 1999.....3:08.99

3,200 Meter Relay

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

Distance Medley Relay

1. **Prom, Rickels, Sowinski, Thode, 2012.....9:45.41**
2. 1999.....9:46.83
3. 1977.....9:48.80
4. 1978.....9:49.70
5. Kuczvara, Barton, Kuhlman, N. Holmes,
2010.....9:51.05
6. Marchese, Varner, Hairston, Luciano, 2009.....9:52.52
7. Paul, Varner, Hairston, Thode, 2010.....9:52.71
8. **Prom, Richardson, Sowinski, Thode, 20119:57.44**
9. Trainor, Faber, Cunningham, Allen, 20029:58.14
10. Newell, Eisenlauer, Tice, Clark, 197310:00.0

INDOOR ALL-TIME TOP TEN PERFORMERS



Kineke Alexander



Meghan Armstrong



Brittany Brown



Tracy Dahl



Nicole Erickson



Karessa Farley



Ashlyn Gulvas

60 Meters

1. **Brittany Brown, 2014** 7.41
Lake Kwaza, 2014 7.41
3. Elaine Jones, 1983 7.43
4. Peaches Roach, 2005 7.45
5. Shellene Williams, 2004 7.50
6. Jiselle Providence, 2002 7.52
7. Rhonda-Kaye Trusty, 2010 7.55
Erin Jones, 2011 7.55
Raven Moore, 2013 7.55
10. Angela Menson, 1982 7.57

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. Raven Moore, 2013 24.00
7. Erin Jones, 2011 24.01
8. Rhonda-Kaye Trusty, 2010 24.05
9. Peaches Roach, 2007 24.09
10. **Lake Kwaza, 2014** 24.16

400 Meters

1. Kineke Alexander, 2007 51.48
2. Ellen Grant, 1996 52.65
3. Shellene Williams, 2004 52.83
4. Ashley Liverpool, 2011 54.09
5. **MonTayla Holder, 2014** 54.37
6. **Alexis Hernandez, 2014** 54.91
7. Tiffany Hendricks, 2011 55.06
8. **Elexis Guster, 2014** 55.17
9. Marlene Poole, 1993 55.20
10. Wynsome Cole, 1997 55.45

600 Yards

1. Senta Hawkins, 1987 1:21.06
2. Aisha Hume, 2004 1:21.74
3. Kay Stormo, 1982 1:22.49
4. Nicole Erickson, 2012 1:22.61
5. Bethany Praska, 2009 1:23.12
6. Hannah Simonson, 2012 1:23.18
7. Chris Davenport, 1982 1:24.14
8. Sophia Poncè, 2007 1:24.55
9. Wynsome Cole, 1995 1:24.83
10. Maisie Vachuska, 2012 1:25.38

600 Meters

1. Kineke Alexander, 2008 1:27.45
2. Bethany Praska, 2011 1:28.14
3. **MonTayla Holder, 2014** 1:30.22
4. Senta Hawkins, 1987 1:30.77
5. **Kaitlyn Nelson, 2013** 1:31.44
6. Karen Layne, 1990 1:31.45
7. Nicole Erickson, 2012 1:31.71
8. Kay Stormo, 1982 1:32.30
9. Aisha Hume, 2004 1:32.41
10. **Katharina Trost, 2014** 1:32.53

800 Meters

1. Bethany Praska, 2011 2:05.01
2. Jeanne Kruckeberg, 1989 2:06.38
3. Michelle Lahann, 2004 2:06.83
4. **Katharina Trost, 2014** 2:07.38
5. **Adrienne Alexia, 2013** 2:08.95
6. Briana Benning, 1996 2:09.22
7. **Kaitlyn Nelson, 2013** 2:09.58
8. **Mahnee Watts, 2014** 2:09.90
9. Kay Stormo, 1981 2:11.04
10. Ann Pare, 1997 2:11.19

Mile

1. McKenzie Melander, 2011 4:39.78
2. Jeanne Kruckeberg, 1989 4:40.19
3. Meghan Armstrong, 2006 4:40.59
4. Lauren Hardesty, 2011 4:41.01
5. Tina Stec, 1994 4:42.63
6. Betsy Flood, 2010 4:42.70
7. Penny O'Brien, 1981 4:43.72
8. Diane Nukuri, 2007 4:46.25
9. Michelle Lahann, 2004 4:47.23
10. Amanda Hardesty, 2010 4:48.69

3,000 Meters

1. Tracy Dahl, 1993 9:15.57
2. Meghan Armstrong, 2008 9:17.50
3. Diane Nukuri, 2008 9:20.07
4. Betsy Flood, 2011 9:20.09
5. Nan Doak, 1982 9:21.60
6. Jenny Spangler, 1986 9:22.41
7. Mareike Schrulle, 2012 9:23.97
8. Brooke Eilers, 2012 9:27.92
9. McKenzie Melander, 2012 9:29.71
10. Krista Anderson, 2006 9:29.75



Lauren Hardesty



Tiffany Hendricks



Tammilee Kerr



Lake Kwaza



Carisa Leacock



Ashley Liverpool

INDOOR ALL-TIME TOP TEN PERFORMERS



McKenzie Melander

Diane Nukuri

Bethany Praska

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. Betsy Flood, 2011..... 16:20.67
8. Jennifer Brower, 1992..... 16:22.19
9. Nikki Chapple, 2004 16:27.04
10. Mareike Schrulle, 2012..... 16:29.41

High Jump

1. Peaches Roach, 20056-0 3/4 (1.85)
2. Mary Mol, 1983.....6-0 (1.83)
3. **Khanishah Williams, 2013.....5-11 1/4 (1.81)**
4. Becky Kaza, 1995.....5-9 3/4 (1.77)
5. Caleigh Bacchus, 2010.....5-9 1/4 (1.76)
6. Kristi Dinkla, 1985.....5-8 1/2 (1.74)
7. Kacey Childs, 2001.....5-8 1/2 (1.74)
8. Traci Claussen, 1987.....5-8 (1.73)
9. Kathy Gillespie, 1983.....5-7 3/4 (1.72)
10. Lynn McMillan, 1988.....5-7 1/4 (1.71)
- Tammilee Kerr, 20085-7 1/4 (1.71)

Pole Vault

1. Jessie Strand, 200412-5 1/2 (3.80)
2. Sarah Burgett, 2007 11-10 (3.61)
3. Kirsten Weismantle, 2011 11-5 3/4 (3.50)
4. Brittany Holst, 2013..... 11-3 3/4 (3.45)
5. Katie Truedson, 2010..... 10-11 3/4 (3.35)
5. Gina Shannon, 200110-6 (3.20)
6. Kacey Childs, 20019-0 (2.75)
7. Amy Kasparbauer, 2000.....8-0 (2.44)

Long Jump

1. **Carisa Leacock, 2014 19-9 1/2 (6.03m)**
2. Lisa Moats, 198619-6 (5.95)
3. Renee White, 2006.....19-3 1/4 (5.87)
4. Tiffany Johnson, 200719-2 1/2 (5.85)
5. Davera Taylor, 1984.....19-1 1/2 (5.83)
6. Yolanda Hobbs, 199319-1 (5.80)
7. Kamesha Marshall, 2005.....18-11 1/4 (5.77)
8. **Zinnia Miller, 2014.....18-10 1/2 (5.75)**
9. **Sarah Ryan, 2014.....18-9 1/4 (5.72)**
10. Catharine Parmiter, 2000.....18-7 1/2 (5.68)

Triple Jump

1. Renee White, 200842-4 (12.90)
2. Tiffany Johnson, 200741-3 3/4 (12.59)
3. **Zinnia Miller, 2014.....41-2 1/2 (12.56)**
4. **Carisa Leacock, 201240-5 1/2 (12.33)**
5. Becki Borg, 198739-6 (12.04)
6. Lynn McMillan, 1988.....38-2 (11.63)
7. **Sarah Ryan, 2014.....37-5 1/4 (11.41)**
8. Lisa Moats, 198535-1 (10.69)
9. Becca Franklin, 200434-3 (10.44)
- Rachel Ballard, 201334-3 (10.44)

Shot Put

1. Gail Smith, 198551-0 (15.54)
2. Lisa Van Steenwyk, 199350-5 1/4 (15.37)
3. Kamesha Marshall, 2005.....49-2 1/4 (14.99)
4. Denise Taylor, 199248-9 (14.86)
5. **Rachel Curry, 2013.....48-2 1/2(14.69)**
6. Megan Maurer, 199547-5 3/4 (14.47)
7. Laura Kriener, 199047-5 (14.45)
8. Jennifer Gilson, 2002.....46-11 (14.30)
9. **Courtney Fritz, 201446-4 (14.12)**
10. Jennifer Moon, 200045-9 (13.94)
- Tiffany Medenwaldt, 2010.....45-9 (13.94)
- Micaela Haight, 201145-9 (13.94)

Weight Throw

1. **Ashlyn Gulvas, 2013.....63-6 (19.35)**
2. **Jasmine Simpson, 201362-6 1/2 (19.06)**
3. Kelsey Taylor, 201160-4 1/2 (18.40)
- Annemie Smith, 201460-4 1/2 (18.40)**
5. Majesty Tutson, 201158-4 (17.78)
6. Becca Franklin, 200758-3 1/4 (17.76)
7. Chelsea Colpitts, 201356-4 (17.17)
8. Erin O'Hern, 2008.....56-3 (17.14)
9. Mandy Chandler, 200954-4 1/2 (16.57)
10. Kerri Blackstone, 199950-9 3/4 (15.48)

Pentathlon

1. Tammilee Kerr, 20083,974 points
2. Chris Davenport, 19833,798 points
3. Kamesha Marshall, 20053,701 points
4. Tiff Pedersen, 20043,511 points
5. **Sarah Ryan, 2013 3,472 points**
6. Maureen Abel, 19793,427 points
7. **Zinnia Miller, 2012 3,416 points**
8. Janet Adams, 19813,360 points
9. Janelle Jaspers, 19873,366 points
10. **Khanishah Williams, 2013 3,273 points**

1,600-Meter Relay

1. Liverpool, Hendricks, Praska, Erickson, 2011 3:36.97
2. Liverpool, Hendricks, Erickson, Praska, 2011 3:37.58
3. **Guster, Holder, Watts, Hernandez, 20143:38.62**
4. Hendricks, Erickson, Praska, Liverpool, 2011 3:39.15
5. Hendricks, Praska, Erickson, Liverpool, 2011 3:40.42
6. McCalla, Granger, Alexander, Johnson, 2006 3:40.52
7. **Kwaza, Holder, Watts, Guster, 20143:41.57**
8. Simonson, Liverpool, Erickson, Sack, 2012 3:41.78
9. Simonson, Erickson, Sack, Liverpool, 2012 3:42.42
10. Johnson, McCalla, Alexander, Granger, 2006 3:42.44

Distance Medley Relay

1. Armstrong, Alexander, L. Hardesty, Nukuri, 2008..... 11:20.11
2. Melander, Hendricks, L. Hardesty, Eilers, 2011 11:22.44
3. Stormo, Davenport, Williams, O'Brien, 1981 11:23.02
4. Melander, Praska, Hendricks, Flood, 2011 11:24.47
5. Flood, Hendricks, L. Hardesty, Melander, 2010..... 11:25.01
6. Melander, Hendricks, Flood, Marchand, 2009..... 11:27.34
7. Benning, Poole, Salsberry, Stec, 1994 11:28.03
8. Stormo, Davenport, Hayden, Doak, 1982..... 11:29.54
9. Armstrong, Granger, Stanley, K. Anderson, 2006..... 11:29.54
10. Lahann, Williams, Stanley, Arens, 2004 11:30.36