

IOWA TRACK & FIELD 2017

22 Olympians
13 NCAA Champions
244 All-American Honors
285 Big Ten Champions
439 Academic All-Big Ten Honors



January 4, 2017

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2017 IOWA TRACK & FIELD INDOOR SCHEDULE

Date	Meet
Jan. 6-7	Border Battle (Iowa City, Iowa)
Jan. 14	Hawkeye Challenge (Iowa City, Iowa)
Jan. 20	Larry Wieczorek Invite (Iowa City, Iowa)
Jan. 27-28	Black & Gold Premier (Iowa City, Iowa)
Feb. 4	Meyo Classic (South Bend, Ind.)
Feb. 10	Iowa State Classic (Ames, Iowa)
Feb. 11	Tyson Invitational (Fayetteville, Ark.)
Feb. 17	Iowa Open (Iowa City, Iowa)
Feb. 26-27	Big Ten Championships (Geneva, Ohio)
Mar. 11-12	NCAA Championships

IOWA COACHING STAFF

Joey Woody	Director of Track & Field
Randy Hasenbank	Associate Head Cross Country
.....	Assistant Track & Field Coach
Clive Roberts	Associate Head Coach
Jason Wakenight	Assistant Coach
.....	Director of Recruiting
Andrew Dubs	Assistant Coach
Kate See	Director of Operations

THIS WEEK

The University of Iowa track and field team opens the 2017 indoor regular season hosting Illinois and Missouri at the Border Battle meet. The weight throw takes place on Friday, Jan. 6, at 3 p.m. (CT) inside the Hawkeye Tennis and Recreation building, while all other events will be on Saturday, Jan. 7. Field events will begin at 10 a.m. with the shot put taking place inside the indoor football practice facility and running events will follow at 2 p.m. on the new track in the UI Recreation building.

FOLLOW ALONG

Live results will be available at hawkeyesports.com/tracklive. A live stream of the meet will also be available through the team's schedule page.

HAWKEYES HAVE A NEW TRACK

The Hawkeyes have a new home beginning in 2017. The team brought in Beynon Sports Surfaces this past fall to relocate the track used at the 2016 World Championships in Eugene, Oregon. At its highest points, the state-of-the-art track is raised five feet on its banked turns and 18 inches on the infield. The multi-million dollar project will allow Iowa to host five home meets this indoor season.

A GLANCE AT THE INDOOR SCHEDULE

A new track and renovated Recreation Building allow the Hawkeyes to host more meets than ever in 2017. Iowa hosted the annual Black and Gold Intrasquad on Dec. 9 and will stay in Iowa City for four straight weeks in January, hosting the Border Battle (Jan. 6-7), Hawkeye Challenge (Jan. 14), Larry Wieczorek Invite (Jan. 20-21), and Black and Gold Premier (Jan. 27-28).

The Hawkeyes travel to the Meyo Classic on Feb. 4, Iowa State Classic on Feb. 10, and Tyson Invitational on Feb. 11 before returning for their final home meet of the indoor season with the Iowa Open on Feb. 17. The indoor regular season ends with the Alex Wilson Invitational on Feb. 18.

The postseason begins on Feb. 24 at the Big Ten Championships and conclude with the NCAA Championships on March 10.



HAWKEYES SET 8 MEETS RECORDS AT INTRASQUAD

Iowa debuted its new indoor track to fans at the annual Black and Gold Intrasquad on Friday, Dec. 9. The team set eight meet records during the competition.

Junior Jahisha Thomas led the team twice, setting records in the women's 60-meter hurdles (8.38, 8.40), and the women's long jump (5.92m).

In the men's 1,600 meter relay, two teams set meet records. The first team of Collin Hofacker, Jared Ganschow, DeJuan Frye, and Mar'yea Harris ran to a time of 3:14.47, and the second team of Emmanuel Ogwo, Antonio Woodard, Carter Lilly, and Austin Lietz finished second in 3:15.5. Both teams broke a meet record of 3:16.21 that sat for five years.

HAWKEYES RETURN TEAM MVPs

The Hawkeyes return both team MVPs from a year ago. All-American Aaron Mallett will be entering his senior season. Mallett was a Big Ten Indoor Champion in the 60-meter hurdles and finished third at the NCAA Indoor Championships. The St. Louis, Missouri native, also holds the school record in the 60-meter hurdles (7.69) and is a Big Ten Outdoor Champion in the 110-meter hurdles.

Reigning Big Ten Freshman of the Year Briana Guillory returns for her sophomore campaign. The second-team All-American ranks seventh in Iowa history in the 200 meters (23.69) and sixth in the 400 meters (54.24). The Antioch, California, native ran the second leg of a school record setting 1,600-meter relay at the Big Ten Outdoor Championships.

BACK FOR MORE

A number of accomplished Hawkeyes return to the team in 2017. Senior Vinnie Saucer Jr. returns for his senior season. Saucer Jr. is a Big Ten Champion in the 60 meters and ranks second all-time with a time of 6.70. Briana Guillory and Alexis Hernandez, members of the 4x4 NCAA team and school record holders, also return to the team.

NEXT ON THE BLOCK

The Hawkeyes stay in Iowa City for the Hawkeyes Challenge on Jan. 14 for their second of five home meets.

2016 INDOOR SEASON LEADERS

MEN

60 Meters	Vinnie Saucer	6.70
60-Meter Hurdles	Aaron Mallett	7.69*
200 Meters	Christian Brissett	21.43
400 Meters	Mar'yea Harris	46.83
600 Yards	Will Teubel	1:09.59
600 Meters	Carter Lilly	1:17.34
800 Meters	Will Teubel	1:47.74
1,000 Meters	Michael Hart	2:29.91
Mile	Michael Melchert	4:05.37
3,000 Meters	Michael Melchert	8:08.57
5,000 Meters	Anthony Gregorio	14:55.99
1,600-Meter Relay	Wolff, Ganschow, Lilly, Harris	3:07.24
Distance Medley Relay	Gardarsson, Ganschow, Hutsalyuk Melchert	9:52.97
Heptathlon	William Dougherty	5,172 points
High Jump	Peter Andreano	6-11 (2.11m)
Pole Vault	Andy Jatis	16-0 3/4 (4.90m)
Long Jump	Kerry Dean, Jr.	22-11 3/4 (7.0m)
Triple Jump	Kerry Dean Jr.	48-8 1/4 (14.84m)
Shot Put	Reno Tuufuli	60-8 3/4 (18.51m)
Weight Throw	Avery Meyers	53-5 (16.28m)
Discus Throw	Avery Meyers	170-1 (51.84m)

WOMEN

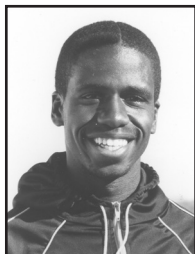
60 Meters	Lake Kwaza	7.33*
60-Meter Hurdles	Jahisha Thomas	8.46
200 Meters	Lake Kwaza	23.54
400 Meters	Elexis Guster	52.36
600 Yards	Mahnee Watts	1:22.72
600 Meters	MonTayla Holder	1:29.35
800 Meters	Mahnee Watts	2:11.49
Mile	Madison Waymire	4:58.60
3,000 Meters	Tess Wilberding	9:46.61
5,000 Meters	Kelly Breen	17:58.02
1,600-Meter Relay	Holder, Guillory, Hernandez, Guster	3:32.93*
Dist. Medley Relay	Wilberding, Watts, Trost, Reischmann	11:46.05
High Jump	Khanishah Williams	5-8 3/4 (1.75m)
Long Jump	Jahisha Thomas	20-4 1/2 (6.21m)
Triple Jump	Tria Seawater-Simmons	20-4 1/2 (11.75m)
Shot Put	Leah Colbert	38-2 3/4 (14.24m)
Weight Throw	Leah Colbert	52-2 1/2 (15.91m)
Discus Throw	Dakotah Goodell	156-6 (47.67m)
Pole Vault	Amy Smith	10-10 (3.30m)

* -- school record

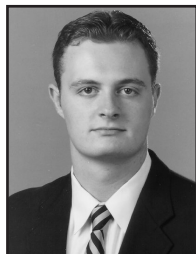
INDOOR ALL-TIME TOP TEN PERFORMERS



Justin Austin



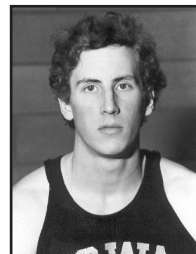
Rodney Chambers



Jim Costello



Troy Doris



Bill Hansen



John Hickey



Ethan Holmes

60 Meters

- Justin Austin, 2011 6.69
- Vinnie Saucer, Jr., 20166.70**
- Kurt Felix, 1999..... 6.73
Tevin-Cee Mincy, 2014 6.73
- Josh Larney, 2013 6.74
- Troy Doris, 2012 6.75
- O'Shea Wilson, 2016.....6.76**
- Tony Branch, 1999 6.78
Christian Brissett, 20166.78
- Paul Chaney, Jr., 2009 6.80
D'Juan Richardson, 2010 6.80

60-Meter Hurdles

- Aaron Mallett, 2016.....7.69**
- Jordan Mullen, 2013..... 7.70
- Ethan Holmes, 2013 7.82
- Dion Trowers, 1997 7.87
- Chris Douglas, 20167.96**
- Russell Peterson, 2004 7.97
- Dan Davis, 2012..... 8.02
- DeRocco Reed, 2000..... 8.03
Keith Brown, 2015 8.03
- Torrey Campbell, 2012 8.09

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
- Christian Brissett, 201621.43**

400 Meters

- Steven Willey, 2010 46.75
- Terrence Duckett, 1984 46.81
- Mar'yea Harris, 201646.83**
- 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
- DeJuan Frye, 201647.45**
- Jared Ganschow, 201647.45**

600 Meters

- Erik Sowinski, 2012..... 1:16.91
- Carter Lilly, 20161:17.34**
- Will Teubel, 20161:17.55**
- 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
Brennan Davey, 2014..... 1:18.75
- Neil Flattery, 2014 1:18.78

800 Meters

- Erik Sowinski, 2012..... 1:47.62
- Will Teubel, 20161:47.74**
- Pavlo Hutsalyuk, 2016 1:48.97
- Carter Lilly, 20161:49.09**
- Ryan Weir, 2013 1:49.11
- Adam Hairston, 2010..... 1:49.26
- Nathan Prom, 2013 1:49.29
- Nick Kuczvara, 2010 1:49.59
- Dave Novotny, 1996 1:51.27
- Jim Docherty, 1973 1:51.30

Mile

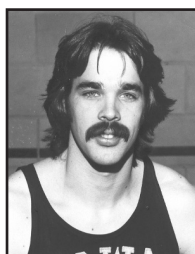
- Jeff Thode, 2011 3:58.72
- Ed DeLashmutt, 1981 4:04.01
- Larry Wiczorek, 1968..... 4:04.40
- Michael Melchert, 2016.....4:05.37**
- John Clark, 1972 4:05.94
- Ben Witt, 2014 4:07.08
- Adam Thomas, 2002 4:07.13
- Kevin Herd, 1992 4:07.26
- Jesse Luciano, 2009 4:07.29
- Jake Berns, 2006..... 4:07.43

3,000 Meters

- Kevin Lewis, 2015 7:57.06
- Jeff Thode, 2011 8:00.38
- Micah VanDenend, 2006 8:00.81
- Michael Melchert, 2016.....8:08.57**
- Eric MacTaggart, 2006 8:08.79
- Stetson Steele, 2000..... 8:09.54
- Ben Witt, 2015 8:10.97
- Dan Haut, 2005 8:11.36
- Kevin Herd, 1994 8:11.51
- Nick Holmes, 2010 8:15.48

5,000 Meters

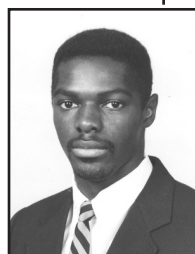
- Kevin Lewis, 2015 13:43.70
- Micah VanDenend, 2007 13:56.46
- Stetson Steele, 2000..... 14:00.52
- Dan Haut, 2006 14:06.16
- Eric MacTaggart, 2006 14:13.41
- Jeff Thode, 2011 14:16.00
- Matt Esche, 2004..... 14:18.43
- Jeff Kent, 2007..... 14:18.86
- Jesse Luciano, 2009 14:20.99
- Nick Nordheim, 2002 14:22.99



Bill Knoedel



Kevin Lewis

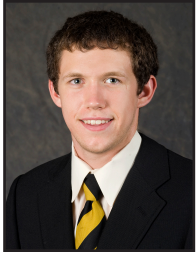


Anthuan Maybank



Aaron Mallett

INDOOR ALL-TIME TOP TEN PERFORMERS



Nathan Prom



Kyle Reid



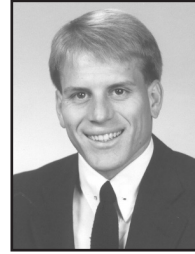
Patrick Richards



Keaton Rickels



Erik Sowinski



Todd Wigginton



Steven Willey

Heptathlon

1. Kyle Reid, 20135,354 points
2. Dan Rolling, 20105,205 points
3. Jack Eckert, 20155,188 points
4. **William Dougherty, 2016 5,172 points**
5. Ryan Niver, 2008.....5,149 points
6. Frank Prill, 2010.....5,015 points
7. Scott Faber, 2000.....4,784 points
8. Cam Appleman, 1997.....4,685 points
9. Bobby Windauer, 2007.....4,644 points
10. Jacob Drewry, 19954,612 points

High Jump

1. Bill Knoedel, 1976..... 7-3 (2.21)
Bill Hansen, 1978..... 7-3 (2.21)
3. Scott Hudek, 1993 7-0 1/2 (2.15)
Kevin Spejcher, 20157-0 1/2 (2.15)
5. Pat Meade, 1987 7-0 1/4 (2.14)
6. Mike Lacy, 1984..... 7-0 (2.13)
7. M. Cunningham, 1984.. 6-11 1/4 (2.11)
8. 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)
- Peter Andreano, 2016..... 6-11 (2.11)**

Pole Vault

1. Todd Wigginton, 1984 17-1 (5.21)
2. Dave Nielsen, 1975..... 16-10 (5.13)
3. Kyle Reid, 2013 16-6 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, 1971 16-4 (4.98)
7. Jeff Raymond, 2008..... 16-2 (4.93)
8. John Teffer, 1972 16-1 (4.90)
9. **Andy Jatis, 2016..... 16-0 3/4 (4.90)**
10. Chad Ohly, 1995 15-9 (4.80)
Rich Palumbo, 1989..... 15-9 (4.80)

Long Jump

1. Anthuan Maybank, 1992. 26-5 1/2 (8.06)
2. Bashir Yamini, 1998 26-0 1/4 (7.93)
3. Darren Smith, 1991 25-2 (7.67)
4. Paul Jones, 1990..... 24-11 1/4 (7.60)
5. 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, 2006.... 24-8 1/2 (7.53)
9. Charles Jones, 1980..... 24-8 1/4 (7.52)
10. Quinn Early, 1986 24-7 1/4 (7.50)

Triple Jump

1. Troy Doris, 2011 54-0 (16.46)
2. Babatunde Amosu, 2015. 52-8 3/4 (16.07)
3. Paul Jones, 1990..... 52-1 1/4 (15.88)
Klyvens Delaunay, 2014.... 52-1 1/4 (15.88)
5. Mike Lacy, 1983 49-0 (14.93)
6. Owen Gill, 1982 48-10 3/4 (14.90)
7. Josh Bean, 2009 48-10 (14.88)
8. David Nsabua, 2013 48-9 (14.86)
9. **Kerry Dean, Jr., 2016. 48-8 1/4 (14.84)**
10. Gordon Finch, 1988.... 48-3 3/4 (14.72)

Shot Put

1. John Hickey, 2009..... 63-0 (19.20)
2. Jeremy Allen, 2001 ... 62-10 1/2 (19.16)
3. Shane Maier, 2006..... 61-2 (18.64)
4. Gary Kostrubala, 1986. 60-10 3/4 (18.55)
5. Andy Banse, 2005..... 60-9 1/4 (18.52)
6. **Reno Tuufuli, 2016.... 60-8 3/4 (18.51)**
7. Ken Kemeny, 2004..... 60-0 1/2 (18.30)
8. Gabe Hull, 2014..... 59-3 (18.06)
9. **Avery Meyers, 2016.. 59-0 1/4 (17.99)**
10. Chris Gambol, 1987 59-0 (17.98)

Weight Throw

1. Jim Costello, 2002 69-4 3/4 (21.15)
2. Matt Banse, 2012 67-8 (20.62)
3. Arno van der Westhuizen,
2001 67-7 1/2 (20.61)
4. Adam Hamilton, 2007 66-9 1/4 (20.35)
5. Jeremy Allen, 2001 ... 65-10 1/4 (20.07)
6. Chris Voller, 2005..... 63-4 (19.30)
7. Ryan Lamparek, 2012..... 61-2(18.62)
8. Brad Daufeldt, 2004 ... 60-4 1/2 (18.40)
9. Gabe Hull, 2014..... 59-7 (18.16)
10. Ryan Jordan, 2008 59-0 (17.98)

1,600-Meter Relay

1. Richards, E. Holmes, Sowinski, Willey,
20113:06.66
2. Rozell, Davis, Raymond, Yamini, 19983:06.80
3. **Wolff, Ganschow, Lilly, Harris, 2016.....3:07.24**
4. Coleman, Faber, Strang, Peterson, 2002 ..3:07.44
5. **Wolff, Thompson, Ganschow,
Harris, 20163:07.58**
6. Richards, Sowinski, E. Holmes, Willey,
20113:07.84
7. Greer, Williams, Smith, Duckett, 1984.....3:08.14
8. Card, Coleman, Williamson, Dodge, 20013:08.21
9. Davis, Rozell, Page, Morris, 1995.....3:08.77
10. Dodge, Williamson, Card, Peterson, 20013:08.82

3,200-Meter Relay

1. Cooke, Nie, Monsey, Chambers, 1990.....7:13.02
2. Corrigan, Blackman, Strozier, Chambers,
1989 7:29.00
3. English, Blackman, Strozier, Chambers,
1989 7:36.20
4. 1977 7:39.40
5. 1986 7:40.90
6. Bouske, Herd, Chambers, Koon, 19927:43.94
7. Bouska, Cook, White, Herd, 1992.....7:48.63
8. 1992 7:49.86
9. 1986 7:50.10
10. Roseman, Rerko, Novotny, Branigan,
1993 7:51.36

Distance Medley Relay

1. Prom, Rickels, Sowinski, Thode, 20129:45.41
2. 19999:46.83
3. 19779:48.80
4. 19789:49.70
5. Kuczwarra, Barton, Kuhlman, N. Holmes,
20109:51.05
6. Marchese, Varner, Hairston, Luciano,
20099:52.52
7. Paul, Varner, Hairston, Thode, 2010.....9:52.71
8. **Gardarsson, Ganschow, Hutsalyuk,
Melchert, 20169:52.97**
9. Prom, Richardson, Sowinski, Thode,
20119:57.44
10. Trainor, Faber, Cunningham, Allen, 2002..9:58.14

INDOOR ALL-TIME TOP TEN PERFORMERS



Kineke Alexander



Meghan Armstrong



Brittany Brown



Tracy Dahl



Nicole Erickson



Karesa Farley



Ashlyn Gulvas

60 Meters

1. Lake Kwaza, 2016.....7.33
2. Brittany Brown, 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.....7.92

60-Meter Hurdles

1. Karesa 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. Jahisha Thomas, 2016.....8.46
7. Colleen Prendergast, 2000.....8.57
8. Tammilee Kerr, 2008.....8.60
9. Kimberly Stanford, 2008.....8.63
10. Diane.Steinhardt, 1981.....8.69

200 Meters

1. Kineke Alexander, 2006.....23.49
2. Lake Kwaza, 2016.....23.54
3. Shellene Williams, 2004.....23.62
4. Brittany Brown, 2014.....23.63
5. Marlene Poole, 1994.....23.66
- Yolanda Hobbs, 1995.....23.66
7. Briana Guillory, 2016.....23.69
8. Erica Broomfield, 1998.....23.81
9. Raven Moore, 2013.....24.00
10. Erin.Jones, 2011.....24.01

400 Meters

1. Kineke Alexander, 2007.....51.48
2. Elexis Guster, 2016.....52.36
3. Ellen Grant, 1996.....52.65
4. Shellene Williams, 2004.....52.83
5. Ashley Liverpool, 2011.....54.09
6. Briana Guillory, 2016.....54.24
7. MonTayla Holder, 2015.....54.32
8. Alexis Hernandez, 2014.....54.91
9. Tiffany Hendricks, 2011.....55.06
10. Marlene.Poole, 1994.....59.20

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. Mahnee Watts, 2016.....1:22.72
6. Bethany Praska, 2009.....1:23.12
7. Hannah Simonson, 2012.....1:23.18
8. Chris Davenport, 1982.....1:24.14
9. Kaitlyn Nelson, 2015.....1:24.52
10. Sophia.Poncè, 2007.....1:27.55

600 Meters

1. Kineke Alexander, 2008.....1:27.45
2. Bethany Praska, 2011.....1:28.14
3. MonTayla Holder, 2016.....1:29.35
4. Mahnee Watts, 2016.....1:30.41
5. Senta Hawkins, 1987.....1:30.77
6. Kaitlyn Nelson, 2013.....1:31.44
7. Karen Layne, 1990.....1:31.45
8. Nicole Erickson, 2012.....1:31.71
9. Elexis Guster, 2016.....1:32.04
10. Kay.Stormo, 1982.....1:32.30

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. Mahnee Watts, 2014.....2:08.79
6. Adrienne Alexia, 2013.....2:08.95
7. Briana Benning, 1996.....2:09.22
8. Kaitlyn Nelson, 2013.....2:09.58
9. MonTayla Holder, 2015.....2:10.34
10. Kay.Stormo, 1982.....11.04

Mile

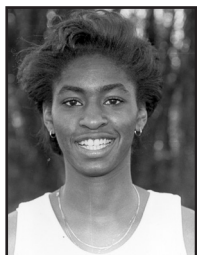
1. McKenzie Melander, 2011.....4:39.78
2. Jeanne Kruckeberg, 1989.....4:40.19
3. Meghan Armstrong, 2006.....4:40.59
4. Lauren Hardesty, 2011.....4:41.01
5. Tina Stec, 1994.....4:42.63
6. Betsy Flood, 2010.....4:42.70
7. Penny O'Brien, 1981.....4:43.72
8. Diane Nukuri, 2007.....4:46.25
9. Michelle Lahann, 2004.....4:47.23
10. Amanda.Hardesty, 2009.....4:48.60

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.....9:29.71



Lauren Hardesty



Senta Hawkins



Tiffany Hendricks



Tammilee Kerr



Lake Kwaza



Ashley Liverpool



McKenzie Melander

INDOOR ALL-TIME TOP TEN PERFORMERS



Zinnia Miller



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 Sidorow, 2012..... 16:29.41

High Jump

1. Peaches Roach, 2005.....6-0 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, 19955-9 3/4 (1.77)
5. Caleigh Bacchus, 2010.....5-9 1/4 (1.76)
6. Kristi Dinkla, 1985.....5-8 1/2 (1.74)
Kacey Childs, 2001.....5-8 1/2 (1.74)
8. Traci Claussen, 1987 5-8 (1.73)
9. Kathy Gillespie, 19835-7 3/4 (1.72)
Lynn McMillan, 1988
10. Tammilee Kerr, 2008.....5-7 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)
6. **Amy Smith, 2016 10-10 (3.30)**
7. Gina Shannon, 2001 10-6 (3.20)
8. Kacey Childs, 2001..... 9-0 (2.75)
9. Amy Kasparbauer, 2000..... 8-0 (2.44)

Long Jump

1. **Jahisha Thomas, 201620-4 1/2 (6.21)**
2. Zinnia Miller, 2014.....20-4 1/4 (6.20)
3. Carisa Leacock, 201419-9 1/2 (6.03)
4. Lisa Moats, 1986 19-6 (5.95)
5. Cassidy Ellis, 2015.....19-5 1/2 (5.93)
6. Renee White, 2006.....19-3 1/4 (5.87)
7. Tiffany Johnson, 2007.....19-2 1/2 (5.85)
8. Davera Taylor, 198419-1 1/2 (5.83)
9. Yolanda Hobbs, 1993..... 19-1 (5.80)
10. Kasha Williams, 2011.....18-11 1/2 (5.77)

Triple Jump

1. Renee White, 2008..... 42-4 (12.90)
2. Tiffany Johnson, 2007.....41-3 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, 1987 39-6 (12.04)
6. **Tria Seawater-Simmons, 2016 38-6 3/4 (11.75)**
7. Lynn McMillan, 1988 38-2 (11.63)
8. Sarah Ryan, 2014.....37-5 1/4 (11.41)
9. Lisa Moats, 1985 35-1 (10.69)
10. Becca Franklin, 2004
- Rachel Ballard, 2013 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. Rachel Curry, 2013 48-2 1/2(14.69)
6. Megan Maurer, 1995..... 47-5 3/4 (14.47)
7. Laura Kriener, 1990 47-5 (14.45)
Courtney Fritz, 2014.....47-5 (14.45)
9. Jennifer Gilson, 2002..... 46-11 (14.30)
- 10.Alexa Hunt, 201546-8 3/4 (14.24)

Weight Throw

1. Ashlyn Gulvas, 2013 63-6 (19.35)
2. Jasmine Simpson, 2013 ... 62-6 1/2 (19.06)
3. Annemie Smith, 2014..... 61-4 (18.69)
4. Kelsey Taylor, 2011 60-4 1/2 (18.40)
5. Majesty Tutson, 2011.....58-4 (17.78)
6. Becca Franklin, 2007 58-3 1/4 (17.76)
7. Chelsea Colpitts, 201356-4 (17.17)
8. Erin O'Hern, 2008.....56-3 (17.14)
9. Mandy Chandler, 2009 54-4 1/2 (16.57)
10. Leah Colbert, 2015

Pentathlon

1. Tammilee Kerr, 2008.....3,974 points
2. Chris Davenport, 1983.....3,798 points
3. Kamesha Marshall, 20053,701 points
4. Tiff Pedersen, 2004.....3,511 points
5. Sarah Ryan, 2013 3,472 points
6. Maureen Abel, 1979.....3,427 points
7. Zinnia Miller, 2012.....3,416 points
8. Janet Adams, 19813,360 points
9. Janelle Jaspers, 19873,366 points
- 10.Kassidy Ellis, 2014.....3,346 points

1,600-Meter Relay

1. **Holder, Guillory, Hernandez, Guster, 2016.....3:32.93**
2. **Holder, Guster, Hernandez, Guillory, 2016.....3:36.47**
3. Liverpool, Hendricks, Praska, Erickson, 2011 3:36.97
4. **Holder, Hernandez, Guster, Guillory, 2016.....3:36.99**
5. **Hernandez, Holder, Guster, Watts, 2014 3:37.16**
6. Liverpool, Hendricks, Erickson, Praska, 2011 3:37.58
7. **Kwaza, Guster, Holder, Watts, 2015.....3:37.84**
8. **Kwaza, Holder, Watts, Guster, 2015.....3:38.56**
9. **Guster, Holder, Watts, Hernandez, 2014 3:38.62**
- 10.Hendricks, Erickson, Praska, Liverpool, 2011 3:39.15

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
Armstrong, Granger, Stanley, K. Anderson, 2006 11:29.54
- 10.Lahann, Williams, Stanley, Arens, 2004..... 11:30.36