

# THE UNIVERSITY OF IOWA



## HAWKEYE TRACK & FIELD



TRACK AND FIELD CONTACT: JORDAN BUCHER

APRIL 22, 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>
<b>May 2</b>	<b>Musco Twilight</b> <b>(Iowa City, Iowa)</b>
May 15-17	Big Ten Championships <i>(West Lafayette, Indiana)</i>
May 28-30	NCAA First Round <i>(Fayetteville, Arkansas)</i>
June 10-13	NCAA Championships <i>(Eugene, Oregon)</i>

### IOWA COACHING STAFF

<b>Joey Woody</b> .....	Director of Track & Field
<b>Layne Anderson</b> ..	Head Cross Country Coach
<b>Clive Roberts</b> .....	Associate Head Coach
<b>Jason Wakenight</b> .....	Assistant Coach ..... Director of Recruiting
<b>Andrew Dubs</b> .....	Assistant Coach
<b>Molly Jones</b> .....	Assistant Coach
<b>Kate See</b> .....	Director of Operations

#### THIS WEEK

The University of Iowa track and field team travels to Des Moines, Iowa, to compete at the Drake Relays on Thursday, Friday, and Saturday. Competition begins Thursday at 4 p.m. (CT) at the Jim Duncan Track and the Johnny Bright Field.

#### 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.

#### HAWKEYE HISTORY

The Hawkeye men have claimed 52 Drake Relays titles dating back to 1923, while the women have registered 18 first-place finishes. The Hawkeye women have claimed at least one title in each of the last four years, including the 2011 sprint medley relay (Jones, Hendricks, Liverpool, Praska; 3:48.63), the 2012 6,400-meter relay (Flood, Laesch, Ranegar, Melander; 19:16.73), the 2013 discus (Majesty Tutson; 181-1; 55.19m), and the 2014 400-meter relay (Kwaza, Guster, Hernandez, Brown; 44.51).

#### THE WOODY RELAYS

Drake Relays Hall of Famer Joey Woody is making his first appearance at the Drake Relays as University of Iowa head coach. Woody has been on the Hawkeyes' coaching staff since 2006, but he is in his first season as Iowa's director of track and field.

Woody was inducted into the Drake Relays Hall of Fame in 2002. He is the only athlete in Relays history to be named outstanding performer in both high school in college. In 1992, he was named outstanding high school performer while competing for Iowa City High School. In 1994, he was named outstanding collegiate performer while competing for Northern Iowa.

#### 4X1 MAKES HISTORY AT DRAKE

The women's 400-meter relay shattered a 10-year-old record to reach the top of the podium at the 2014 Drake Relays. The team of junior Lake Kwaza and sophomores Elexis Guster, Alexis Hernandez, and Brittany Brown clocked a time of 44.51 to beat Ohio State (44.52) by one one-hundredth of a second. It was the first Drake Relays 400-meter relay title in school history for the Hawkeye women. The previous school record of 44.63 was set in 1994 (Poole, Reid, Floyd, Hobbs).

The 400-meter relay of junior MonTayla Holder, Guster, Kwaza, and Brown ran 44.93, the sixth-fastest time in school history, this season at the Mt. SAC Relays on April 18.

#### DYNAMIC DUO

Junior Lake Kwaza and sophomore Brittany Brown hold two of the top five fastest times in the Big Ten in both the 100 and 200 meters. Kwaza is Iowa's school

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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 (11.53)
- 4th/Lake Kwaza/200 meters (23.59)

### GOLDEN STATE, GOLDEN TIMES

Junior Lake Kwaza broke a 30-year-old school record following a first-place finish in the women's 100 meters at the Mt. SAC Relays in Walnut, California, on April 17. The Sycamore, Illinois, native cruised to the finish in 11.40, topping the previous school record of 11.45 set by Vivien McKenzie in 1985. Kwaza's time currently sits 13th nationally.

She tallied a second career best on the day in the 200 meters when she sprinted to the finish in 23.59, a time that stands fourth on Iowa's all-time list.

### HULL EYES GOLD

Senior Gabe Hull returns to the discus ring as the defending Drake Relays champion. He was the only college competitor to record a mark above 60 meters (197-00, 60.05m) at last year's contest, becoming the first Hawkeye to win a Drake Relays discus title since Robert Mitchell (141-9; 43.22m) in 1928. He currently holds the second best mark in the Big Ten this season at 188-08 (57.51m), which he recorded at the Mt. SAC Relays on April 17.

### BROWN HOLDS TOP SPOT

Sophomore Brittany Brown defended her top ranking in the Big Ten for the third consecutive week at the Mt. SAC Relays on April 18. The Upland, California, native ran her second-fastest 200-meter time ever when she sprinted to the finish in a season best 23.14 to gather eighth place overall. She also recorded a personal-best time in the 100 meters at 11.53. That time ranks fourth in program history.

### GUSTER CLIMBS B1G RANKINGS

Elexis Guster moved to first in conference rankings following a sixth-place finish at the Mt. SAC Relays on April 18. The sophomore crossed the line in a season best 53.30.

Iowa owns the Big Ten's top times in the 100 meters (Kwaza, 11.40), 200 meters (Brown, 23.14), and 400 meters (Guster, 53.30).

### 2015 OUTDOOR SEASON LEADERS

#### MEN

100 meters	Vinnie Saucer	10.44
110-m hurdles	Aaron Mallett	13.60
200 meters	James Harrington	20.98
400 meters	Kaleb VanCleave	47.68
400-m hurdles	Aaron Mallett	51.56
800 meters	Will Teubel	1:48.60
1,500 meters	Sam Fourman	3:46.48
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	14-3 1/4 (4.35m)
Long Jump	Kerry Dean, Jr.	23-8 (7.21m)
Triple Jump	Babatunde Amosu	50-4 1/2 (15.35m)
Shot Put	Gabe Hull	56-3 3/4 (17.16m)
Discus	Gabe Hull	188-8 (57.51m)
Hammer	Carlos Varela-Hernandez	157-5 (47.98m)
Javelin	Sam Joens	201-6 (61.41m)
400-m Relay	Saucer, Thompson, Harrington, Mallett	40.07
1,600-m Relay	Wolff, Thompson, Mallett, Davey	3:08.23
Sprint Med. Relay	Thompson, Harrington, Davey, Teubel	3:29.56
3,200-m Relay	Gardarsson, Hart, McElhiney, Dorman	7:56.99
Dist. Med. Relay	Fourman, Wolff, Lilly, Hart	10:10.65

#### WOMEN

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	2:09.28
1,500 meters	Katharina Trost	4:29.10
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	19-8 1/4 (6.00m)
Shot Put	Alexa Hunt	41-7 3/4 (12.68m)
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	Thomas, Champe, Nelson, Watts	3:59.35
Dist. Med. Relay	Trost, Champe, Nelson, Reischmann	12:01.69

\* - school record

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#### ECKERT RECORDS HUGE PR

Senior Jack Eckert tallied a total of 7,094 points to finish at the top of one of two sections at the California Invitational on April 16. He climbs to second on Iowa's all-time list and stands third in the Big Ten.

#### TEUBEL DOUBLES IN CALI

Junior Will Teubel approached the 800-meter start line twice in California, first at the Mt. SAC Relays (13th; 1:51.20) on April 17, and then at the Beach Invitational the following day, where he posted a career best 1:48.60 to finish second overall. That time moves him to fifth on both Iowa's all-time list and in the Big Ten rankings.

#### MEET THE RECORD HOLDERS

Two Hawkeyes captured school records this season. Sophomore Marta Bote Gonzalez (10.23.13) broke the women's 3,000-meter steeplechase record at the Stanford Invitational on April 3. Junior Lake Kwaza broke the 100-meter dash school record at the Mt. SAC Relays (1st; 11.40) on April 17.

Brittany Brown returns as the school-record holder in the women's 200 meters. The sophomore rewrote the record book at last year's NCAA West Preliminary when she cruised to the finish in 22.95, becoming the first Hawkeye to run under 23 seconds. Senior Annemie Smith captured the school record in the hammer throw at last year's Arizona State Invite at 198-1 (60.38m), while senior Gabe Hull claimed the discus school record at last year's Musco Twilight (207-1, 63.11m).

#### CHAMPIONSHIP SEASON

The 2015 Big Ten Outdoor Championships will be held in East Lansing, Michigan, from May 15-17. BTN will air the conference championships on Sunday, May 24 at 10 a.m. (CT).

The NCAA Regionals are set for May 28-30 in Austin, Texas, while the NCAA Championships will be held in Eugene, Oregon, from June 10-13.

#### MUSCO ALUMNI REUNION

The track and field program is hosting an Alumni reunion Saturday, May 2 at the Musco Twilight XVI. A reception will follow at the Coralville Vine. RSVP to [kathryn-see@uiowa.edu](mailto:kathryn-see@uiowa.edu) for more details.

### 2015 BIG TEN LEADERS

- |                            |                             |                  |
|----------------------------|-----------------------------|------------------|
| 1. Lake Kwaza.....         | 100 meters.....             | 11.40            |
| 1. Brittany Brown.....     | 200 meters.....             | 23.14            |
| 1. Elexis Guster .....     | 400 meters.....             | 53.30            |
| 1. Aaron Mallett .....     | 110-meter hurdles.....      | 13.60            |
| 2. Gabe Hull .....         | discus.....                 | 188-8 (57.51m)   |
| 2. MonTayla Holder .....   | 400-meter hurdles.....      | 58.29            |
| 3. Annemie Smith.....      | hammer .....                | 197-09 (60.28m)  |
| 3. Jack Eckert .....       | decathlon.....              | 7,094 points     |
| 3. Jahisha Thomas .....    | long jump.....              | 19-08.25 (6.00m) |
| 3. Brittany Brown.....     | 100 meters.....             | 11.53            |
| 3. Vinnie Saucer, Jr. .... | 100 meters.....             | 10.44            |
| 3. Kevin Lewis .....       | 10,000 meters.....          | 28:59.62         |
| 4. Babatunde Amosu .....   | triple jump .....           | 50-04.5 (15.35m) |
| 4. Marta Bote Gonzalez ... | 3,000-meter steeplechase .. | 10:23.15         |
| 4. Lake Kwaza.....         | 200 meters.....             | 23.59            |
| 4. James Harrington.....   | 200 meters.....             | 20.98            |
| 4. Kevin Spejcher .....    | high jump.....              | 7-0.25 (2.14m)   |
| 5. William Dougherty ..... | decathlon.....              | (6,735 points)   |
| 5. Will Teubel.....        | 800 meters.....             | 1:48.60          |
| 6. Kayla Hochhalter .....  | javelin .....               | 148-02 (45.16m)  |
| 6. Klyvens Delaunay.....   | triple jump .....           | 50-02 (15.29m)   |
| 7. Aaron Mallett .....     | 400-meter hurdles.....      | 51.56            |
| 8. Mitch Wolff.....        | 400-meter hurdles.....      | 52.08            |
| 8. Vinnie Saucer.....      | 200 meters.....             | 21.22            |



*Montayla HOLDER  
Indianapolis  
Junior*



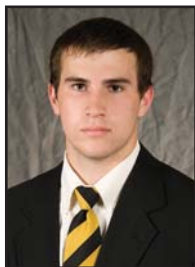
# OUTDOOR ALL-TIME TOP 10 PERFORMERS



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

## 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

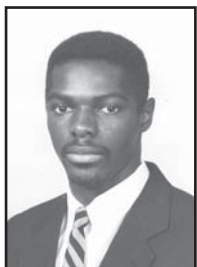
- Jeff Thode, 2010 ..... 3:43.02
- Joel Moeller, 1978 ..... 3:44.01
- Jim Docherty, 1978 ..... 3:44.30
- Dan Waters, 1986 ..... 3:46.35
- Sam Fourman, 2015 ..... 3:46.48**
- Kevin Herd, 1994 ..... 3:46.64
- John Clark, 1977 ..... 3:46.84
- Ted Wheeler, 1956 ..... 3:48.24
- Nick Holmes, 2012 ..... 3:49.53
- Jesse Luciano, 2007 ..... 3:49.99

## 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, 2015 .....28.59.62**
4. Nick Nordheim, 2002 .....29:44.71
5. Trent Corey, 2002 .....29:45.25
6. Chad Schwitters, 1999.....29:56.00
7. Nick Holmes, 2010 .....30:02.31
8. Dan Haut, 2006 .....30:03.08
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, 2010 .....6,957 pts
3. Scott Faber, 2000.....6,839 pts
4. Ryan Niver, 2008.....6,837 pts
5. **Jack Eckert, 2012 .....6,813 pts**
6. Chad Ohly, 1994 .....6,641 pts
7. Gary Kostrubala, 1984.....6,498 pts
8. Frank Prill, 2008.....6,381 pts
9. Jacob Drewry, 1994 .....5,820 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, 1987 .....7-0 1/4 (2.14)
8. Graham Valdes, 2012 .....6-11 3/4 (2.12)
9. Peter Hlavin, 1979 .....6-11 (2.11)
- Scott Hudek, 1993 .....6-11 (2.11)
- Jeremy Petsche, 2008.....6-11 (2.11)
- Brandon Oest, 2012 .....6-11 (2.11)

## Pole Vault

1. Todd Wigginton, 1984 .....17-0 (5.18)
2. Chad Ohly, 1994 .....16-8 3/4 (5.10)
- Kyle Reid, 2013.....16-8 3/4 (5.10)
4. Curt Broek, 1978 .....16-8 (5.08)
5. Phil Wertman, 1971 .....16-7 (5.05)
- Kelly Scott, 1988.....16-7 (5.05)
7. John Teffer, 1972 .....16-2 (4.93)
8. Alex Zona, 2009.....16-0 3/4 (4.90)
9. Steve Brewer, 1983.....16-0 (4.88)
- Doug Pennino, 1985 .....16-0 (4.88)

## Long Jump

1. Anthuan Maybank, 1993 .....27-1 (8.25)
2. Bashir Yamini, 1997 .....26-8 1/4 (8.13)
3. Paul Jones, 1989.....25-10 1/4 (7.88)
4. Darren Smith, 1991 .....25-9 3/4 (7.86)
5. Quinn Early, 1986 .....25-7 1/4 (7.80)
6. Ed Gordon, 1931 .....25-4 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, 2012 .....54-8 (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, 1985 .....49-8 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, 2010 .....48-10 3/4 (14.90)

## Shot Put

1. Jeremy Allen, 2001 .....63-2 3/4 (19.27)
2. Ken Kemeny, 2005 .....62-3 (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, 2008 .....61-9 1/2 (18.83)
6. Chris Gambol, 1987 .....60-0 1/2 (18.30)
7. A.J. Curtis, 2008.....59-8 1/4 (18.19)
8. **Gabe Hull, 2014 .....59-4 1/4 (18.09)**
9. A. van der Westhuizen, 2000 58-8 3/4 (17.90)
10. Ryan Lamparek, 2010 .....58-4 (17.78)

## Discus

1. **Gabe Hull, 2014 .....207-1 (63.11)**
2. A.J. Curtis, 2007 .....202-11 (61.84)
3. Gary Kostrubala, 1986.....202-4 (61.68)
4. Jeremy Allen, 2001 .....195-4 (59.54)
5. Tim Brodersen, 2005 .....193-6 (58.98)
6. Brad Daufeldt, 2004 .....185-0 (56.40)
7. Nick Brayton, 2009 .....180-11 (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, 2007 .....222-2 (67.73)
3. Jim Costello, 2002 .....217-7 (66.32)
4. Brad Daufeldt, 2004 .....207-10 (63.34)
5. Chris Voller, 2005.....206-0 (62.80)
6. Matt Banse, 2012 .....201-11 (61.55)
7. Jeremy Allen, 2001 .....199-0 (60.66)
8. Ben Stancombe, 2011 .....197-6 (60.20)
9. Ryan Jordan, 2007 .....184-6 (56.23)
- Mark Shapveld, 2009.....184-6 (56.23)

## Javelin

1. Matt Byers, 2011 .....245-8 (74.89)
2. Bill Neumann, 2002 .....244-8 (74.58)
3. Dan Ralph, 2000 .....227-10 (69.44)
4. Zach Schimp, 2010 .....211-0 (64.32)
5. **Sam Joens, 2014 .....210-1 (64.03)**
6. Kale Katt, 2007 .....204-0 (62.17)
7. Joel Storm, 2004.....203-5 (62.01)
8. **Alex Balke, 2015.....201-4 (61.38)**
9. Matt Stank, 2001 .....199-0 (60.66)
10. **Jack Eckert, 2015 .....188-9 (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. Davera Taylor, 1984 ..... 11.51
4. Erica Broomfield, 1998 ..... 11.53
5. **Brittany Brown, 2015** ..... **11.53**
6. Jiselle Providence, 2001 ..... 11.57
7. Tanja Reid, 1994 ..... 11.60
8. 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
4. 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
5. **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. **Elexis Guster, 2014** ..... **52.77**
6. Senta Hawkins, 1988 ..... 54.01
7. 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. Aisha Hume, 2005 ..... 2:08.50
5. **Mahnee Watts, 2014** ..... **2:08.58**
6. Adrienne Alexia, 2013 ..... 2:08.61
7. Jeanne Kruckeberg, 1987 ..... 2:08.75
8. **Kaitlyn Nelson, 2013** ..... **2:08.83**
9. **Katharina Trost, 2014** ..... **2:09.11**
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. Carisa Leacock, 2014 ..... 19-11 3/4 (6.09)
5. **Jahisha Thomas, 2015 ..... 19-8 1/4 (6.00)**
6. Becki Borg, 1988 ..... 19-7 1/4 (5.97)
7. Lisa Moats, 1986 ..... 19-6 (5.95)
8. Tammilee Kerr, 2008 ..... 19-4 1/4 (5.90)
9. Yolanda Hobbs, 1993 ..... 19-2 1/2 (5.85)
10. Sarah Ryan, 2013 ..... 19-1 1/2 (5.83)

## 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. Erin O'Hern, 2008 ..... 168-9 (51.45)
8. **Leah Colbert, 2015 ..... 167-2 (50.95)**
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
5. Page, Davis, Rozell, Morris, 1996..... 39.73  
**Brown, Harrington, Mincy, Wilson**, 2014 ..... 39.73
7. Mincy, Sayon, Chaney, Jr., Austin, 2011..... 39.86
8. Richardson, Sayon, Chaney, Jr., Bee, 2009..... 39.94
9. Felix, Branch, Dodge, Yamini, 1999 ..... 39.96
10. Beecham, Duckett, Greer, Patrick, 1983..... 39.99  
**Mincy, Wilson, Thompson, Harrington**, 2014 ..... 39.99

## 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
1. Hairston, Prom, Thode, Sowinski, 2011..... 7:23.77
2. Corrigan, Blackman, Strozier, Chambers, 1989 ..... 7:29.00
3. Willey, Braff, Sowinski, Hairston, 2009 ..... 7:33.08
4. Tweedy, Gajewski, Linden, O'Hollearn, 2005 ..... 7:33.12
5. Cunningham, Tweedy, S. Allen, Thomas, 2001..... 7:34.12
6. Long, Tweedy, Dziubski, O'Hollearn, 2004 ..... 7:35.10
7. 1999 ..... 7:36.43
8. Prom, Slaymaker, Wheeler, Weir, 2012 ..... 7:38.15
9. 1986 ..... 7:40.18
10. Novotny, Holtkamp, Rerko, Feeldy, 1995..... 7:44.68

## Distance Medley Relay

1. Pershing, Moeller, Slack, Docherty, 1978 ..... 9:39.94
2. Kuczwarra, Barton, Hairston, Thode, 2011 ..... 9:41.37
3. N. Holmes, **Van Cleave**, Sowinski, Thode, 2012 ..... 9:41.59
4. Young, Barton, Kuczwarra, 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. Paul, Kadlec, Thode, Luciano, 2010 ..... 17:01.46
4. **Witt, Lewis, Hart, Butler**, 2014 ..... 17:01.65
5. N. Holmes, **Witt**, Thode, **Lewis**, 2012..... 17:02.26
6. Thomas, Allen, Rakaric, Lloyd, 2003 ..... 17:06.27
7. Pittman, Novotny, Feeldy, Marquardt, 1995 ..... 17:12.49
8. Bakker, Feeldy, Peters, Pittman, 1996 ..... 17:13.10
9. Allen, Trainor, McDermott, Esche, 2002 ..... 17:14.53
10. Kadlec, E. MacTaggart, Paul, Marchese, 2009 ..... 17:17.63



# 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. Alexander, Granger, Johnson, Roach, 2006 ..... 45.11
9. Johnson, Roach, Clarke, Trusty, 2007 ..... 45.21
10. Johnson, Alexander, Granger, Roach, 2005 ..... 45.30
- Brown, Holder, Guster, Kwaza**, 2014 ..... 45.30

## 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**, R. Moore, **Holder, Alexia**, 2013 ..... 3:54.51
4. Trusty, R. Moore, Hendricks, Praska, 2010 ..... 3:56.53
5. Reid, Philip, Hobbs, Benning, 1995 ..... 3:56.54
6. Roach, Alexander, McCalla, Stanley, 2005 ..... 3:56.99
7. **Kwaza**, R. Moore, **Alexia, Nelson**, 2013 ..... 3:58.72
8. Clarke, Graham, Jones, Poncé, 2007 ..... 3:59.34
9. **Thomas, Champe, Nelson, Watts, 2015** ..... **3:59.35**
10. Underwood, Clarke, Philip, Benning, 1995 ..... 3:59.75

## 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. **Maser, Price, Wilberding**, Montuclard, 2014 ..... 20:23.27
8. Chapple, Laney, Donlon, Sokol, 2005 ..... 20:39.12
9. Arens, Barber, Butler, Roberts, 2001 ..... 20:40.89
10. Benning, Boland, Fleck, Coleman, 1995 ..... 20:43.07