

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



TRACK AND FIELD CONTACT: BRANDEE BRITT

April 10, 2013

2013 IOWA TRACK & FIELD OUTDOOR SCHEDULE

Date	Meet
Mar. 22-23	Alabama Relays <i>(Tuscaloosa, Ala.)</i>
Mar. 28	Central Invite <i>(Pella, Iowa)</i>
Mar. 29	Stanford Invite <i>(Palo Alto, Calif.)</i>
Apr. 4-6	Jim Click Invite <i>(Tucson, Ariz.)</i>
Apr. 12-13	Lee Calhoun Invite (Macomb, Ill.)
Apr. 20	Musco Twilight XIV <i>(Iowa City, Iowa)</i>
Apr. 25-27	Drake Relays <i>(Des Moines, Iowa)</i>
May 3	UNI Invite <i>(Cedar Falls, Iowa)</i>
May 10-12	Big Ten Championships <i>(Columbus, Ohio)</i>
May 23-25	NCAA Regionals <i>(Austin, Texas)</i>
June 5-8	NCAA Championships <i>(Eugene, Ore.)</i>

IOWA COACHING STAFF

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

THIS WEEK

The University of Iowa track and field team travels to Macomb, Ill., for the Lee Calhoun Invitational this weekend. The event begins at 9:45 a.m. on Friday and continue through Saturday.

LIVE RESULTS

Live results are available on the track and field schedule page at hawkeyesports.com.

IN THE RANKINGS

The Hawkeyes are currently ranked in the USTFCCA regional rankings. The Hawkeye men are ranked fourth in the Midwest region, while the women are ranked sixth.

4X100 BREAKS RECORD

The men's 400-meter relay team of junior Tevin-Cee Mincy, and seniors Justin Austin, Ethan Holmes and Josh Larney recorded a school record-breaking time of 39.35 at the Jim Click Invite on April 6. The previous school record was set in 1984. The relay time is currently ranked first in the Big Ten and fourth nationally.

TUTSON TAKES DOWN DISCUS RECORD

Senior Majesty Tutson broke her own school discus record at the Jim Click Invite on April 6. Tutson recorded a toss of 177-10 (54.21m) to pass her previous best of 172-11 (52.72m). Her mark currently ranks first in the Big Ten and ninth in the nation.

REID TO THE RECORD BOOKS

Senior Kyle Reid broke the men's decathlon school record at the Jim Click Invite on April 5. Reid tallied a point total of 7,025 points. The previous school record of 6,957 points was set in 2010 by Dan Rolling. His total ranks first in the Big Ten and 18th nationally.

AUSTIN HEATS UP

Senior Justin Austin currently holds the top 100 (10.37) and 200 (20.55) meter times in the Big Ten. Austin recorded both of the marks at the Jim Click Invite on April 6. His 200 meters time ranks second in the nation, while his 100 meters time ranks 22nd.

WILLIAMS CLIMBS THE CHARTS

Sophomore Khanishah Williams recorded a personal-best high jump mark of 5-11 1/4 (1.81m) at the Jim Click Invite on April 6. That mark ranks third all-time at Iowa. Her mark currently ranks first in the Big Ten and 10th in the nation.

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ATOP THE BIG TEN

Seniors Ethan Holmes and Jordan Mullen each recorded 110-meter hurdles times of 13.77 at the Jim Click Invite on April 6. The time ranks first in the Big Ten and 10th nationally. The mark is a personal-best for Mullen.

MOORE CLOCKS PERSONAL BEST

Junior Raven Moore clocked a personal-best 200 meters time of 24.00 at the Jim Click Invite on April 6. Her time currently ranks fourth in the Big Ten.

HOLMES STAYS HOT

Senior Ethan Holmes holds the top 400-meter hurdles time in the Big Ten, and the fourth best time in the nation. The senior recorded the time of 50.67 at the Jim Click Invite on April 6.

BYERS BACK AT IT

Senior Matt Byers recorded a javelin mark of 233-9 (71.24m) in his first competition this season. The mark ranks second in the Big Ten and 10th in the nation. Byers holds the Iowa school record (245-8; 74.89m) in the event.

HULL RECORDS SEASON BEST

Sophomore Gabe Hull recorded a season best discus toss of 190-10 (58.18m) at the Jim Click Invite on April 6. His toss ranks second in the Big Ten and 11th nationally. Hull's personal-best discus mark of 192-7 (58.70) ranks fifth all-time at Iowa.

HOLDER RUNS TO RECORD BOOKS

Freshman MonTayla Holder clocked the eighth best 400-meter hurdles time in Iowa history at the Jim Click Invite on April 6. Her time of 59.90 currently ranks fifth in the Big Ten.

MEET THE RECORD HOLDERS

Five Hawkeyes on the 2013 roster account for six individual school records. They include:

Justin Austin -- 100 meters (10.21); 200 meters (20.31)

Matt Byers -- javelin (245-8; 74.89m)

Majesty Tutson -- discus (177-10; 54.21m)

Jasmine Simpson -- hammer throw (197-7; 60.23m)

Kyle Reid -- decathlon (7,025 points)

The Hawkeyes 4X1 men's team also holds the school record (39.35).

NEXT ON THE BLOCK

The Hawkeyes host the Musco Twilight XIV on April 20.

2013 OUTDOOR SEASON LEADERS

MEN

100 meters	Justin Austin	10.37
110-meter hurdles	Jordan Mullen/Ethan Holmes	13.77
200 meters	Justin Austin	20.55
400 meters	Kaleb VanCleave	49.35
400-meter hurdles	Ethan Holmes	50.67
800 meters	Ryan Weir	1:51.05
1,500 meters	Ben Witt	3:52.72
5,000 meters	Kevin Lewis	14:08.04
High Jump	Kevin Spejcher	6-7 (2.01m)
Shot Put	Gabe Hull	55-11 (17.04m)
Discus	Gabe Hull	190-10 (58.18m)
Hammer	Ben Stancombe	193-6 (58.98m)
Javelin	Matt Byers	233-8 (71.24m)
Long Jump	Klyvens Delaunay	23-9 (7.24m)
Triple Jump	Klyvens Delaunay	50-6 1/4 (15.40m)
Pole Vault	Kyle Reid	15-7 (4.75m)
Decathlon	Kyle Reid	7,025 points
400-meter Relay	Mincy, Austin, Holmes, Larney	39.35
1,600-meter Relay	VanCleave, Rickels, Flattery, Weir	3:10.43

WOMEN

100 meters	Lake Kwaza	11.75
100-meter hurdles	Khanishah Williams	14.79
200 meters	Raven Moore	24.00
400-meter hurdles	MonTayla Holder	59.90
800 meters	Kaitlyn Nelson	2:09.19
1,500 meters	Lisa Gordon	4:36.02
5,000 meters	Mareike Schrulle	16:26.40
Hammer Throw	Jasmine Simpson	197-7 (60.23m)
Javelin	Amanda Stahle	139-10 (42.64m)
Discus	Majesty Tutson	177-10 (54.21m)
Shot Put	Rachel Curry	43-93/4 (13.35m)
Long Jump	Zinnia Miller	18-3 3/4 (5.58m)
High Jump	Khanishah Williams	5-11 1/4 (1.81m)
Pole Vault	Brittany Holst	10-10 1/4 (3.31m)
400-meter Relay	Kwaza, Moore, Holder, Miller	45.61
1,600-meter Relay	Holder, Moore, Kwaza, Nelson	3:43.13

Bold indicates school record.

OUTDOOR ALL-TIME TOP TEN PERFORMERS



Jeremy Allen



Justin Austin



Matt Byers



A.J. Curtis



Troy Doris



Jeffery Herron



Deacon Jones

100 Meters

1. Justin Austin, 2011	10.21
2. George Page, 1996	10.25
3. Anthuan Maybank, 1994	10.31
Tim Dwight, 1997	10.31
5. Bob Lawson, 1976	10.36
6. Robert Smith, 1984	10.39
7. Curtis Chang, 1987	10.40
8. Jeff Patrick, 1983	10.41
Tim Dodge, 2002	10.41
10. Jerry Fisher, 1991	10.45

110-Meter High Hurdles

1. Pat McGhee, 1989	13.50
2. Dion Trowers, 1996	13.62
3. Ronnie McCoy, 1985	13.66
4. Ethan Holmes, 2011	13.73
5. Jordan Mullen, 2013	13.77
6. James Armstrong, 1991	13.89
7. Dan Davis, 2012	14.01
8. Doug Jones, 1986	14.06
9. Chris Williams, 1983	14.24
10. Rajeev Balkrishnan, 1993	14.29

200 Meters

1. Justin Austin, 2011	20.31
2. Jeff Patrick, 1983	20.47
3. Anthuan Maybank, 1994	20.55
4. Andre Morris, 1995	20.64
5. George Page, 1996	20.67
6. Terrence Duckett, 1982	20.74
7. Tim Dodge, 2002	20.78
8. Bashir Yamini, 1999	20.82
9. Dennis Kohl, 1966	20.84
10. Tim Dwight, 1997	20.91



Todd Wigginton



Arno van der Westhuizen

400 Meters

1. Anthuan Maybank, 1993	44.99
2. Andre Morris, 1995	45.15
3. Mike Mondane, 1967	45.20
4. Steven Willey, 2010	45.78
5. Gary Hollingsworth	46.30
6. Harold Leonard, 1986	46.45
7. Tony Branch, 1999	46.60
8. Prince Riley, 2007	46.61
9. George Page, 1996	46.66
10. Dick Eisenlauer, 1973	46.74
Terrence Duckett, 1983	46.74
Patrick Richards, 2010	46.74

400-Meter Hurdles

1. Pat McGhee, 1988	48.83
2. Monte Raymond, 1998	50.09
3. Ray Varner, 2010	50.24
4. Paul Steele, 1989	50.45
5. Russell Peterson, 2001	50.50
6. Ethan Holmes, 2011	50.65
7. Adam Kunkel, 2001	50.73
8. Jon Reimer, 1967	50.94
9. Gary Falls, 1991	51.08
10. D'Juan Richardson, 2011	51.12

800 Meters

1. Erik Sowinski, 2012	1:45.90
2. Bill Frazier, 1962	1:47.64
3. D'Juan Strozier, 1990	1:47.82
4. Adam Hairston, 2009	1:48.53
5. Michael Layne, 1999	1:49.61
6. Bill Thiesen, 1985	1:49.74
7. Andy Wiese, 1985	1:50.22
8. Paul Chepkwony, 1984	1:50.36
9. Rod Chambers, 1989	1:50.60
10. Jim Donovan, 1998	1:50.68

1,500 Meters

1. Jeff Thode, 2010	3:43.02
2. Joel Moeller, 1978	3:44.01
3. Jim Docherty, 1978	3:44.30
4. Dan Waters, 1986	3:46.35
5. Kevin Herd, 1994	3:46.64
6. John Clark, 1977	3:46.84
7. Ted Wheeler, 1956	3:48.24
8. Nick Holmes, 2012	3:49.53
9. Jesse Luciano, 2007	3:49.99
10. Micah VanDenend, 2007	3:50.20

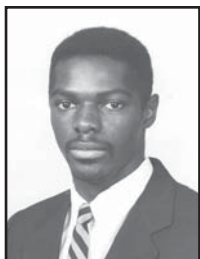
3,000-Meter Steeplechase

1. Deacon Jones, 1956	8:47.40
2. Steve Pershing, 1978	8:54.59
3. Andy Morris, 2000	8:56.21
4. Matt Gerard, 1994	8:57.01
5. Andy Napier, 2008	8:57.54
6. Rollie Kitt, 1967	9:02.90
7. Al Greene, 1985	9:02.96
8. Tony Rakaric, 2005	9:03.29
9. Mark Battista, 2010	9:04.60
10. Sean Gale, 1993	9:08.00

5,000 Meters

1. Micah VanDenend, 2007	13:49.31
2. Larry Wieczorek, 1968	13:56.00
3. Kevin Herd, 1993	13:59.00
4. Stetson Steele, 2000	14:02.76
5. Eric MacTaggart, 2005	14:04.79
6. Dan Haut, 2006	14:07.30
7. Kevin Lewis, 2013	14:08.04
8. Jesse Luciano, 2010	14:08.71
9. Matt Esche, 2006	14:12.07
10. Jeff Thode, 2011	14:12.40

OUTDOOR ALL-TIME TOP TEN PERFORMERS



Anthuan Maybank



Pat McGhee



Kyle Reid



Erik Sowinski



Stetson Steele



Jeff Thode



Micah VanDenend

10,000 Meters

1. Stetson Steele, 200028:44.47
2. Eric MacTaggart, 2006.....28:50.23
3. Nick Nordheim, 200229:44.71
4. Trent Corey, 200229:45.25
5. **Kevin Lewis, 2012.....29:54.02**
6. Chad Schwitters, 199929:56.00
7. Nick Holmes, 201030:02.31
8. Dan Haut, 200630:03.08
9. Kevin Herd, 199430:05.21
10. Paul Sarris, 200130:08.40

Decathlon

1. **Kyle Reid, 2013 7,025 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)
3. Bill Knoedel, 1975..... 7-4 (2.23)
4. M. Cunningham, 1986 7-1 (2.16)
5. Kenneth Lansing, 1988..... 7-1 (2.16)
6. Pat Meade, 1987 7-0 1/4 (2.14)
7. Graham Valdes, 2012 6-11 3/4 (2.12)
8. Peter Hlavin, 1979 6-11 (2.11)
9. Scott Hudek, 1993 6-11 (2.11)
10. Jeremy Petsche, 2008..... 6-11 (2.11)
- Brandon Oest, 2012.....6-11 (2.11)**

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, 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. Matty Gorman, 2006.....25-1 1/4 (7.65)
8. Ronnie McCoy, 198525-0 (7.62)
9. Jeffery Herron, 2010.....24-9 (7.54)
10. Joe Robinson, 1976.....24-2 3/4 (7.38)

Triple Jump

1. Troy Doris, 201254-8 (16.66)
2. Paul Jones, 1990.....52-0 1/2 (15.86)
3. Gordon Finch, 198850-9 1/4 (15.47)
4. **Klyvens Delaunay, 2013 50-6 1/4 (15.40)**
5. Mike Lacy, 198450-5 (15.36)
6. Pat Miller, 1985.....49-8 1/2 (15.25)
7. Matty Gorman, 2008.....49-2 1/2 (15.00)
8. Owen Gill, 198249-1 (14.96)
9. Josh Bean, 2010.....48-10 3/4 (14.90)
10. Ed Gordon, 193148-0 1/8 (14.63)

Pole Vault

1. Todd Wigginton, 1984 17-0 (5.18)
2. Chad Ohly, 1994 16-8 3/4 (5.10)
3. Curt Broek, 1978 16-8 (5.08)
4. Phil Wertman, 1971 16-7 (5.05)
5. Kelly Scott, 1988..... 16-7 (5.05)
6. John Teffer, 1972 16-2 (4.93)
7. **Kyle Reid, 2010 16-1 1/4 (4.91m)**
8. Alex Zona, 2009 16-0 3/4 (4.90)
9. Steve Brewer, 1983 16-0 (4.88)
10. Doug Pennino, 1985..... 16-0 (4.88)

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. A. van der Westhuizen, 2000 58-8 3/4 (17.90)
9. Ryan Lamparek, 2010 58-4 (17.78)
10. Gary Kostrubala, 1985..... 58-1 (17.70)

Discus

1. A.J. Curtis, 2007 202-11 (61.84)
2. Gary Kostrubala, 1986.....202-4 (61.68)
3. Jeremy Allen, 2001 195-4 (59.54)
4. Tim Brodersen, 2005 193-6 (58.98)
5. **Gabe Hull, 2012..... 192-7 (58.70)**
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)
10. Ryan Lamparek, 2010 181-7 (55.35)

Javelin

1. **Matt Byers, 2011245-8 (74.89)**
2. Bill Neumann, 2002244-8 (74.58)
3. Dan Ralph, 2000.....227-10 (69.44)
4. Zach Schimp, 2010.....211-0 (64.32)
5. Kale Katt, 2007204-0 (62.17)
6. Joel Storm, 2004203-5 (62.01)
7. Matt Stank, 2001199-0 (60.66)
8. **Jack Eckert, 2012..... 187-0 (57.01)**
9. **Kyle Reid, 2013 182-10 (55.73)**
10. A. van der Westhuizen, 1999 173-11 (53.00)

OUTDOOR ALL-TIME TOP TEN PERFORMERS

400-Meter Relay

1. Mincy, Austin, Holmes, Larney, 2013	39.35
2. Beecham, Duckett, Greer, R. Smith, 1984	39.48
3. Page, Davis, Rozell, Morris, 1996	39.73
4. Mincy, Sayon, Chaney, Jr., Austin, 2011	39.86
5. Richardson, Sayon, Chaney, Jr., Bee, 2009	39.94
6. Felix, Branch, Dodge, Yamini, 1999	39.96
7. Beecham, Duckett, Greer, Patrick, 1983	39.99
8. Dwight, Branch, Davis, Yamini, 1998	40.00
Goode, Fisher, Morris, Maybank, 1994	40.00
1998	40.00
Dwight, Branch, Dodge, Yamini, 1999	40.00

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. Austin, Brown, Larney, VanCleave, 2013	1:25.60
3. Barclay, McCalister, Jensen, Elliott, 1979	1:26.39
4. Thomas, Balkrishnan, Patterson, Freidrich 1991	1:28.38
5. 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. Willey, Richards, Sowinski, Barton, 2011	3:05.64
7. Richards, Davey, E. Holmes, Sowsinski, 2012	3:05.77
8. Cameron, Williams, McGhee, McCoy, 1985	3:06.00
9. Rozell, Davis, Dwight, Raymond, 1997	3:06.06
Dodge, Kunkel, Coleman, Peterson, 2001	3:06.06

Sprint Medley Relay

1. Sayon, Austin, Willey, Sowinski, 2011	3:16.18
2. Richards, Larney, Davey, Sowinski, 2012	3:17.25
3. Richardson, Richards, Willey, Sowinski, 2010	3:17.74
4. Armstrong, Thomas, Maybank, Strozier, 1991	3:18.93
5. Yamini, Davis, Dodge, Donovan, 1999	3:19.87
6. Richards, Chaney, Jr., Barton, Hairston, 2009	3:20.05
7. McCorkle, Armstrong, Chung, Strozier, 1990	3:20.43
8. Dodge, Yamini, Branch, Donovan, 1999	3:20.83
9. Goode, Fisher, Thomas, Falls, 1992	3:21.02
10. Dwight, Davis, Raymond, Donovan, 1997	3:21.05

3,200 Meter Relay

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. Theisen, Williams, Wiesa, Waters, 1985	9:54.04
6. Wilfong, Slaymaker, Teubel, Witt, 2013	9:54.05
7. Luciano, Pierre, Hairston, VanDenend, 2007	9:54.07
8. VanDenend, Riley, O'Hollearn, Rakaric, 2006	9:54.97
9. Feeldy, Eischeid, Novotny, Peters, 1996	9:55.71
10. Thomas, Wise, Cunningham, S.Allen, 2001	10:01.57

6,400 Meter Relay

1. Rakaric, Webster, MacTaggart, VanDenend, 2006	16:55.43
2. Paul, Kadlec, Thode, Luciano, 2010	17:01.46
3. N. Holmes, Witt, Thode, Lewis, 2012	17:02.26
4. Thomas, Allen, Rakaric, Lloyd, 2003	17:06.27
5. Pittman, Novotny, Feeldy, Marquardt, 1995	17:12.49
6. Bakker, Feeldy, Peters, Pittman, 1996	17:13.10
7. Allen, Trainor, McDermott, Esche, 2002	17:14.53
8. Kadlec, E. MacTaggart, Paul, Marchese, 2009	17:17.63
9. Schwitters, Nordheim, Moeller, Thomas, 1999	17:18.04
10. White, Roehl, Wood, Roseman, 1992	17:28.90

OUTDOOR ALL-TIME TOP TEN PERFORMERS



Kineke Alexander



Meghan Armstrong



Danielle Berndt



Nan Doak



Aisha James



Tiffany Johnson



Diane Nukuri

100 Meters

1. Vivien McKenzie, 1985	11.45
2. Davera Taylor, 1984	11.51
3. Erica Broomfield, 1998	11.53
4. Jiselle Providence, 2001	11.57
5. Tanja Reid, 1994	11.60
Peaches Roach, 2005	11.60
7. Yolanda Hobbs, 1995	11.62
8. Elanie Jones, 1985	11.69
9. Rhonda Kaye Trusty, 2010	11.74
10. Lakeya Boatright, 2000	11.77

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. Ruqayya Raheem, 1998	13.90
7. Brenda Calhoun, 1984	13.94
8. Wynsome Cole, 1997	14.10
9. Kimberly Stanford, 2008	14.11
10. Renee White, 2008	14.20

200 Meters

1. Shellene Williams, 2004	23.50
2. Kineke Alexander, 2006	23.58
3. Davera Taylor, 1984	23.59
4. Vivien McKenzie, 1985	23.61
5. Yolanda Hobbs, 1995	23.65
6. Erin Jones, 2012	23.71
7. Rhonda Kaye Trusty, 2010	23.74
8. Tanja Reid, 1995	23.75
9. Elanie Jones, 1983	23.84
10. Ashley Liverpool, 2012	23.98

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. Senta Hawkins, 1988	54.01
Bethany Praska, 2011	54.01
7. Marlene Poole, 1994	54.03
8. Elaine Jones, 1983	54.40
9. Nicole Charles, 2001	54.48
10. Stacey-Leigh Bynoe, 2000	54.73

400-Meter Hurdles

1. Mary Knoblauch, 1981	56.16
2. Wynsome Cole, 1998	56.67
3. Chris Davenport, 1981	59.18
4. Hannah Simonson, 2012	59.54
5. Sarah Steffen, 2002	59.59
6. Tiffany Hendricks, 2011	59.63
7. Nicole Erickson, 2012	59.77
8. MonTayla Holder, 2013	59.90
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. Jeanne Kruckeberg, 1987	2:08.75
6. Kaitlyn Nelson, 2013	2:09.19
7. Ann Pare, 1997	2:09.25
8. Meghan Armstrong, 2006	2:10.15
9. Adrienne Alexia, 2013	2:10.26
10. Sophia Poncé, 2007	2:10.35

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. Danielle Berndt, 2011	10:26.54
2. Jessica Schmidt, 2008	10:27.18
3. Sarah Arens, 2004	10:34.50
4. Hannah Roeder, 2011	10:35.22
5. Kelsey Hart, 2011	10:47.56
6. Katie Ellis, 2010	11:02.62
7. Michelle Lahann, 2003	11:16.21
8. 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 Schulle, 2012	16:13.73
8. Jenny Spangler, 1983	16:17.21
9. Tracy Dahl, 1992	16:18.77
10. Racheal Marchand, 2008	16:27.02



Majesty Tutson



Lisa Van Steenwyk



Renee White



Shellene Williams

OUTDOOR ALL-TIME TOP TEN PERFORMERS



Tammilee Kerr



Vivien McKenzie



Bethany Praska



Alana Redfern



Peaches Roach



Jasmine Simpson



Jessie Strand

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. Missy Miller, 2010..... 4,227 pts
9. Angie Hensel, 2004 4,073 pts
10. Janelle Jaspers, 1987..... 4,000 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)**

Long Jump

1. Aisha James, 2003 22-3 (6.78)
2. Renee White, 2008..... 20-3 3/4 (6.19)
3. **Carisa Leacock, 2011 19-11 1/2 (6.08)**
4. Becki Borg, 1988 19-7 1/4 (5.97)
5. Lisa Moats, 1986 19-6 (5.95)
6. Tammilee Kerr, 2008 19-4 1/4 (5.90)
7. Yolanda Hobbs, 1993 19-2 1/2 (5.85)
8. Jane Dunlevy, 1977 18-6 (5.64)
9. Ruqayya Raheem, 1997..... 18-5 1/4 (5.62)
- Tiff Pedersen, 2004 18-5 1/4 (5.62)

Triple Jump

1. Renee White, 2008..... 43-10 3/4 (13.36)
2. Tiffany Johnson, 2007 41-8 3/4 (12.72)
3. **Carisa Leacock, 2012 40-10 1/2 (12.46)**
4. Becki Borg, 1988 40-7 1/2 (12.38)
5. Lynn McMillan, 1988..... 39-6 1/2 (12.05)
6. Lynn, 1998..... 39-0 (11.88)
7. Kacey Childs, 2001..... 37-8 (11.48)
8. Becca Franklin, 2004..... 36-10 1/2 (11.24)
9. Janna Houtz, 1984 33-10 1/2 (10.32)
10. Latoya Stiffend, 2002..... 32-6 (9.90)

Pole Vault

1. Jessie Strand, 2003..... 12-10 1/4 (3.92)
2. Sarah Burgett, 2006 12-1 3/4 (3.70)
3. **Kirsten Weistmantle, 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, 2012..... 11-0 1/4 (3.36)**
7. Kacey Childs, 2000..... 8-0 1/2 (2.45)

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. Jennifer Moon, 2000 47-5 1/4 (14.46)
8. **Rachel Curry, 2011 46-5 (14.03)**
9. Mandy Chandler, 2006 46-0 (14.02)
10. Tiffany Medenwaldt, 2010 .. 45-11 3/4 (14.01)

Discus

1. **Majesty Tutson, 2013 177-10 (54.21)**
2. Tiffany Medenwaldt, 2010 161-3 (49.16)
3. Denise Taylor, 1992 160-5 (48.90)
4. Lisa Van Steenwyk, 1991 159-1 (48.50)
5. Gail Smith, 1983..... 158-2 (48.22)
6. **Ashlyn Gulvas, 2011..... 154-11 (47.23)**
7. **Courtney Fritz, 2012 154-1 (46.96)**
8. Kamesha Marshall, 2005..... 152-11 (46.62)
9. Jennifer Moon, 2000..... 150-8 (45.92)
10. Laura Kriener, 1989..... 150-3 (45.80)

Hammer Throw

1. **Jasmine Simpson, 2013..... 197-7 (60.23)**
2. Becca Franklin, 2007 195-0 (59.45)
3. **Annemie Smith, 2013 187-7 (57.41)**
4. **Ashlyn Gulvas, 2013..... 188-0 (57.30)**
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. Kerri Blackstone, 1999 161-10 (49.32)
9. **Majesty Tutson, 2010 156-9 (47.77)**
10. Mandy Chandler, 2009 154-6 (47.09)

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. **Amanda Stahle, 2012..... 141-5 (43.10)**
9. Mickey Schoborg, 1985 137-5 1/4 (41.88)
10. **Allison Gattone, 2013 138-8 (42.27)**

OUTDOOR ALL-TIME TOP TEN PERFORMERS

400-Meter Relay

1.	Poole, Reid, Floyd, Hobbs, 1994	44.63
2.	Charles, Williams, Providence, James, 2003	44.71
3.	Floyd, Hobbs, Poole, Reid, 1994	44.80
4.	Fouchè, Williams, Providence, James, 2003	45.02
5.	Alexander, Granger, Johnson, Roach, 2006	45.11
6.	Johnson, Roach, Clarke, Trusty, 2007	45.21
7.	Johnson, Alexander, Granger, Roach, 2005	45.30
8.	Granger, Johnson, Alexander, Roach, 2005	45.39
9.	Jones, R. Moore , Liverpool, Simonson, 2012	45.45
10.	Underwood, Reid, Philip, Hobbs, 1995	45.50
	Boatright, Bynoe, Providence, Prendergast, 2000	45.50

Shuttle Hurdle Relay

1.	Prendergast, Cole, Raheem, Ruen, 1998	56.44
2.	Cole, Prendergast, Raheem, Ruen, 1998	56.54
3.	Raheem, 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.	Trusty, Hendricks, Graham, Erickson, 2009	1:38.79
7.	Prendergast, Dixon, Knight, Providence, 2001	1:38.73
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.	Praska, Hendricks, Liverpool, Erickson, 2011	3:35.93
2.	Hume, Charles, Steffen, Williams, 2003	3:36.26
3.	Praska, Hendricks, Erickson, Liverpool, 2011	3:36.51
4.	Simonson, Liverpool, Erickson, Sack, 2012	3:37.57
5.	McCalla, Granger, Alexander, Johnson, 2006	3:38.36
6.	Simonson, Liverpool, Quinn, Erickson, 2012	3:38.49
7.	Liverpool, Jones, Erickson, Quinn, 2012	3:38.68
8.	Alexander, Graham, Jones, M. Mims, 2007	3:39.36
9.	Jones, Alexander, Johnson, M. Mims, 2007	3:39.64
10.	McCalla, Alexander, Sheeley, Hume, 2005	3:39.67

Sprint Medley Relay

1.	Jones, Hendricks, Liverpool, Praska, 2011	3:48.63
2.	Trusty, R. Moore , Hendricks, Praska, 2010	3:56.53
3.	Reid, Philip, Hobbs, Benning, 1995	3:56.54
4.	Roach, Alexander, McCalla, Stanley, 2005	3:56.99
5.	Kwaza, R. Moore, Alexia, Nelson, 2013	3:58.72
6.	Clarke, Graham, Jones, Poncé, 2007	3:59.34
7.	Underwood, Clarke, Philip, Benning, 1995	3:59.75
8.	Jones, R. Moore , Erickson, Alexia , 2012	4:00.19
9.	2005	4:00.26
10.	Dixon, Providence, Hume, Butler, 2001	4:01.11

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.	Flood, Dlh, L. Hardesty, Docherty, 2009	8:53.91
5.	Armstrong, Stanley, Laney, Hume, 2005	8:54.27
6.	O'Brien, Camarigg, Williams, Stormo, 1981	8:54.36
7.	Flood, Melander, Praska, Hardesty, 2010	8:54.45
8.	Drapcho, Schlader, Williams, Stormo, 1980	8:56.14
9.	Drapcho, Mitchell, Schlader, Stormo, 1979	8:57.24
10.	Lahann, Hume, Thompson, Barber, 2003	9:02.58

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.	Dlh, 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.	Chapple, Laney, Donlon, Sokol, 2005	20:39.12
7.	Arens, Barber, Butler, Roberts, 2001	20:40.89
8.	Benning, Boland, Fleck, Coleman, 1995	20:43.07
9.	Arens, Sokol, Barber, Donlon, 2003	20:48.08