

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



TRACK AND FIELD CONTACT: BRANDEE BRITT

January 29, 2014

2014 IOWA TRACK & FIELD INDOOR SCHEDULE

Date	Meet
Jan. 18	Big 4 Duals M: 3-0 W: 3-0
Jan. 24-25	Jack Johnson Classic M: 2nd W: 2nd
Jan. 31-Feb. 1	Bill Bergen Invite (Ames, Iowa)
Feb. 7-8	Husker Invite (Lincoln, Neb.)
Feb. 14-15	Cyclone Classic (Ames, Iowa) Tyson Invitational (Fayetteville, Ark.)
Feb. 21	Iowa Invite (Iowa City, Iowa)
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 Ames, Iowa for the Bill Bergen Invitational Thursday through Saturday. The event begins at noon (CT) on Thursday and continues through Saturday at the Lied Recreation Athletic Center on the campus of Iowa State University.

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](#).

STRIDE-FOR-STRIDE

School record holders Brittany Brown and Lake Kwaza continue to run stride-for-stride. Brown and Kwaza recorded a 60 meters school record time of 7.41 at the Big 4 Duals on Jan. 18. Their time currently ranks fourth in the Big Ten and 25th nationally. The duo is also ranked among the top five in the conference in the 200 meters. Brown's converted time of 23.83 ranks third in the Big Ten (17th nationally), while Kwaza's converted time of 24.02 ranks fifth (25th nationally).

MINCY MOVES UP

Tevin-Cee Mincy claimed the 60 meters title at the Big 4 Duals on Jan. 18 and the Jack Johnson Classic on Jan. 25. The senior has recorded personal best times at each of the meets. His current collegiate best of 6.74 currently ranks second in the Big Ten and third all-time at Iowa.

GUSTER RANKS SECOND

Freshman Elexis Guster's personal-best converted 400 meters time of 54.45 currently ranks second in the Big Ten. Her actual clocked time of 55.17 ranks sixth all-time at Iowa. Sophomore MonTayla Holder's converted season best time of 55.98 currently ranks 10th in the Big Ten. Times are converted for Big Ten and National rankings due to track size.

WILSON MAKING LEAPS

Freshman O'Shea Wilson jumped to No. 7 on Iowa's all-time list when he recorded a long jump mark of 24-8 1/2 (7.53m) at the Big 4 Duals. Wilson's mark currently ranks second in the Big Ten and 15th in the nation.

600 METERS DEPTH

Three Hawkeyes rank in the 600 meters top 10 conference rankings. Sophomore MonTayla Holder's season best converted time of 1:31.26 ranks sixth in the Big Ten. Katharina Trost's season best converted time of 1:31.26 ranks 8th, while freshman Mahnee Watts' converted time (1:31.89) ranks 10th.

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DELAUNAY MAKES SEASON DEBUT

Klyvens Delaunay made his season debut at the Jack Johnson Classic on Jan. 25. The sophomore took the triple jump title when he recorded a leap of 50-5 1/4 (15.37m). His mark currently ranks third in the Big Ten and 20th nationally. Delaunay led the team in the event a year ago, and earned a fourth-place finish at the 2013 Big Ten Indoor Championships.

TRIPLE JUMPERS IN TOP 10

Seniors Zinnia Miller and Carisa Leacock are both rank among the top 10 triple jumpers in the Big Ten. Miller's personal best mark of 40-5 (12.32m) ranks sixth in the Big Ten and fourth all-time at Iowa. Leacock's season best mark of 39-11 1/4 (12.17m) ranks eighth in the Big Ten, while her collegiate best mark of 40-5 1/2 (12.33m) ranks third all-time at Iowa.

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).

TEUBEL CLOCKS PERSONAL BEST

Will Teubel clocked a personal best 600 meters time at the Jack Johnson Classic on Jan. 25. His converted time of 1:18.82 currently ranks sixth in the Big Ten.

4X4 IN TOP 20

The women's 1,600-meter relay team took the Big 4 Duals title on Jan. 18. The quartet of freshman Elexis Guster, sophomore Lake Kwaza, freshman Alexis Hernandez, and sophomore Mon-Tayla Holder clocked a converted time of 3:40.51. That time ranks second in the Big Ten and 20th nationally. Their actual time of 3:43.43 ranks 10th all-time at Iowa.

NEXT ON THE BLOCK

The Hawkeyes travel to Lincoln, Neb., for the Husker Invitational on Feb. 7-8.

2014 INDOOR SEASON LEADERS

MEN

60 meters	Tevin-Cee Mincy	6.74
60-meter hurdles ...	Aaron Mallett.....	7.94
200 meters	Ethan Holmes	21.92
400 meters	Jared Ganschow.....	50.09
600 meters	Will Teubel	1:20.00
800 meters	Nathan Prom	1:55.81
Mile	Kevin Docherty	4:12.26
3,000 meters	Kevin Docherty	8:37.87
High Jump	Kevin Spejcher	6-11 (2.11m)
Pole Vault	Jack Eckert	14-11 (4.55m)
Long Jump	O'Shea Wilson	24-8 1/2 (7.53m)
Triple Jump	Klyvens Delaunay.....	50-5 1/4 (15.37m)
Shot Put	Gabe Hull	57-11 1/4 (17.66m)
Weight Throw	Gabe Hull	59-7 (18.16m)
1,600-meter Relay ..	Mallett, Harrington, Teubel, Holmes.....	3:18.34

WOMEN

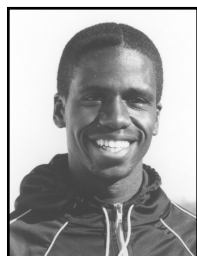
60 meters	Brown/Kwaza	7.41
60-meter hurdles ...	Madison Rouw	9.15
200 meters	Brittany Brown	24.20
400 meters	Elexis Guster	55.17
600 meters	MonTayla Holder	1:32.37
800 meters	Adrienne Alexia.....	2:14.95
Mile	Katharina Trost.....	4:52.66
3,000 meters	Katie Adams	10:18.43
High Jump	Khanishah Williams	5-7 (1.70m)
Long Jump	Carisa Leacock	18-9 3/4 (5.73m)
Triple Jump	Zinnia Miller.....	40-5 (12.32m)
Shot Put	Rachel Curry	45-7 (13.89m)
Weight Throw	Jasmine Simpson	59-5 (18.11m)
1,600-meter Relay ..	Guster, Kwaza, Hernandez Holder	3:43.43

Bold indicates school record.

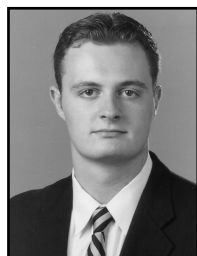
INDOOR ALL-TIME TOP TEN PERFORMERS



Justin Austin



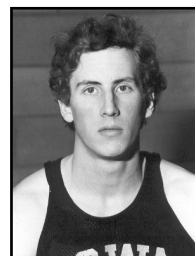
Rodney Chambers



Jim Costello



Troy Doris



Bill Hansen



John Hickey



Ethan Holmes

60 Meters

- Justin Austin, 2011 6.69
- Kurt Felix, 1999..... 6.73
- Josh Larney, 2013..... 6.74
- Tevin-Cee Mincy, 2014 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
- Jordan Crosby, 2005..... 8.16
- Keith Brown, 2014..... 8.17**

200 Meters

- Justin Austin, 2011 20.80
- Anthuan Maybank, 1993..... 21.11
- Bashir Yamini, 1999..... 21.19
- 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
- David Chaplin, 2006 21.49

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**
- Monte Raymond, 1997 1:19.18
- Scott Williamson, 2001 1:19.19
- Brennan Davey, 2012..... 1:19.19**

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 Kuczvara, 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

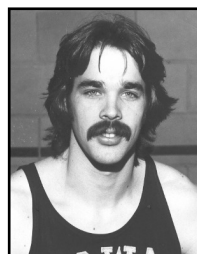
- Jeff Thode, 2011 3:58.72
- Ed DeLashmutt, 1981 4:04.01
- Larry Wiczorek, 1968 4:04.40
- John Clark, 1972..... 4:05.94
- Adam Thomas, 2002..... 4:07.13
- Kevin Herd, 1992 4:07.26
- Jesse Luciano, 2009..... 4:07.29
- Jake Berns, 2006..... 4:07.43
- Micah VanDenend, 2007..... 4:07.54
- Ted Wheeler, 1956.....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

3,000 Meters

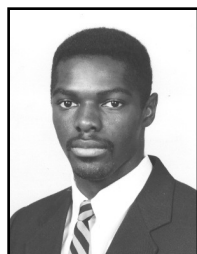
- Jeff Thode, 2011 8:00.38
- Micah VanDenend, 2006..... 8:00.81
- Eric MacTaggart, 2006..... 8:08.79
- Stetson Steele, 2000 8:09.54
- Dan Haut, 2005..... 8:11.36
- Kevin Herd, 1994 8:11.51
- Kevin Lewis, 2013 8:12.36**
- Nick Holmes, 2010..... 8:15.48
- Andy Napier, 2008 8:15.70
- Larry Wiczorek, 1968 8:17.00

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
- Jeff Thode, 2011 14:16.00
- Kevin Lewis, 2013 14:16.74**
- Matt Esche, 2004 14:18.43
- Jeff Kent, 2007..... 14:18.86
- Jesse Luciano, 2009..... 14:20.99
- Nick Nordheim, 2002 14:22.99



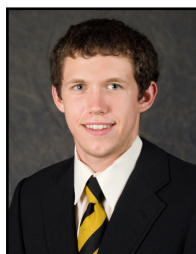
Bill Knoedel



Anthuan Maybank



Jordan Mullen



Nathan Prom



Kyle Reid

INDOOR ALL-TIME TOP TEN PERFORMERS



Patrick Richards



Keaton Rickels



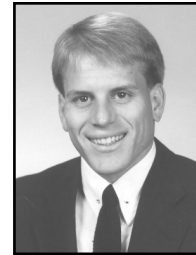
Erik Sowinski



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)
3. **Klyvens Delaunay, 2013 ... 51-3 1/2 (15.63)**
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. Chris Gambol, 198759-0 (17.98)
8. A. van der Westhuizen, 1999 58-10 3/4 (17.95)
9. **Gabe Hull, 2014..... 57-11 1/4 (17.66)**
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

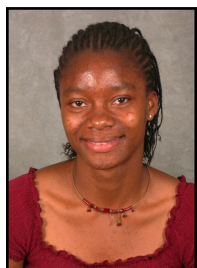
3,200 Meter Relay

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. 19777:39.40
5. 1986.....7:40.90
6. Bouske, Herd, Chambers, Koon, 19927:43.94
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



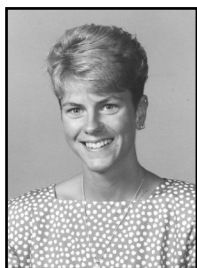
Kineke Alexander



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. **Brittany Brown, 2014** 24.20

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. Tiffany Hendricks, 2011 55.06
6. **Elexis Guster, 2014** 55.17
7. Marlene Poole, 1993 55.20
8. Wynsome Cole, 1997 55.45
9. Nicole Charles, 2002 55.59
10. Senta Hawkins, 1988 55.66

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. Senta Hawkins, 1987 1:30.77
4. **MonTayla Holder, 2013** 1:30.80
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. **Adrienne Alexia, 2013** 2:08.95
5. Briana Benning, 1996 2:09.22
6. **Kaitlyn Nelson, 2013** 2:09.58
7. Kay Stormo, 1981 2:11.04
8. Ann Pare, 1997 2:11.19
9. Lauren Hardesty, 2011 2:11.80
10. Atalie Barber, 2003 2:12.10

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

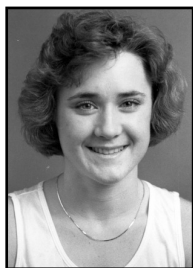


Ashley Liverpool



McKenzie Melander

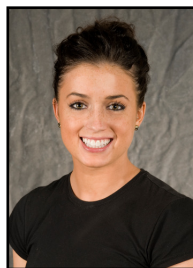
INDOOR ALL-TIME TOP TEN PERFORMERS



Lisa Moats



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, 19836-0 (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, 19875-8 (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, 2001 10-6 (3.20)
6. Kacey Childs, 20019-0 (2.75)
7. Amy Kasparbauer, 2000.....8-0 (2.44)

Long Jump

1. Lisa Moats, 198619-6 (5.95)
2. Renee White, 200619-3 1/4 (5.87)
3. **Carisa Leacock, 201319-2 3/4 (5.86)**
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, 2013.....18-9 (5.71)**
9. **Sarah Ryan, 2013.....18-8 (5.69)**
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. **Carisa Leacock, 201240-5 1/2 (12.33)**
4. **Zinnia Miller, 2014.....40-5 (12.32)**
5. Becki Borg, 198739-6 (12.04)
6. Lynn McMillan, 198838-2 (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. 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)
4. **Annemie Smith, 201360-0 1/4 (18.29)**
5. Majesty Tutson, 2011.....58-4 (17.78)
6. Becca Franklin, 200758-3 1/4 (17.76)
7. Chelsea Colpitts, 2013 ... 56-4 (17.17)
8. Erin O'Hern, 200856-3 (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. Hendricks, Erickson, Praska, Liverpool, 2011 3:39.15
4. Hendricks, Praska, Erickson, Liverpool, 2011 3:40.42
5. McCalla, Granger, Alexander, Johnson, 2006 3:40.52
6. Simonson, Liverpool, Erickson, Sack, 2012 3:41.78
7. Simonson, Erickson, Sack, Liverpool, 2012 3:42.42
8. Johnson, McCalla, Alexander, Granger, 2006 3:42.44
9. Alexander, Johnson, Poncè, M. Mims, 2007 3:42.75
10. **Guster, Kwaza, Hernandez, Holder, 2014 3:43.43**

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