

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



TRACK CONTACTS: CHRIS BREWER, NATHAN SHEEHAN

JANUARY 19, 2010

2009-10 IOWA TRACK & FIELD INDOOR SCHEDULE

Date	Meet	Time (CT)
12/6	Intrasquad Meet	
1/9	at Illinois Dual (M)	W, 80.5-79.5
1/16	Iowa Open	
1/22-3	at Jack Johnson Classic	10:00 a.m.
	at Razorback Invitational	All Day
2/5-6	at Meyo Invite	6:00 p.m.
2/6	at Husker Invitational	TBA
2/12-13	at Cyclone Classic	TBA
2/13	at Husky Classic	TBA
2/19	Iowa Invitational	5 p.m.
2/27-28	at Big Ten Championships	TBA
3/6	at Last Chance Meet	TBA
3/12-13	at NCAA Championships	TBA

PRONUNCIATION GUIDE

NAME	PRONUNCIATION
Matt Banse	BANS
Mark Battista	bah-TEE-stuh
Brittany Dlhý	duh-LIE
Jennie Docherty.....	DOCK-ir-tee
Brooke Eilers.....	EYE-lerrz
Megan Glisar	GLY-shur
Nick Kuczvara.....	KOOZ-wahr-uh
Dan Kuhlman	COOL-muhn
Ryan Lampareck	lam-PAHR-ik
Jesse Luciano	lou-CHEE-ahn-oh
Brian Marchese	marr-KAY-zee
Tiffany Medenwaldt	MAID-en-walt
Jay Renaud.....	ruh-NO
Cameron Rieger.....	REE-guhr
Hannah Roeder.....	RAY-derr
Kirsten Weismantle	WHYS-man-tull
Head Coach Larry Wiecek.....	wuh-ZOR-ik

THIS WEEK

Competitors will be split between the Jack Johnson Invite in Minneapolis, MN, and the Razorback Invitational in Fayetteville, AK.

The Jack Johnson Invite, hosted by the University of Minnesota, is a two-day event, with the Pentathlon and the first portion of the Heptathlon starting at 3 p.m. CT on Jan. 22, and the last portion of the Heptathlon and the rest of the events on Jan. 23 starting at 10 a.m.

The Razorback Invitational, hosted by the University of Arkansas, is also a two-day event with events all day Jan. 22 and 23.

LAST TIME OUT - IOWA OPEN

The University of Iowa hosted Central Methodist, Truman State, and Western Illinois at the UI Recreation Building for the Iowa Open this past weekend. Senior **Alex Zona** won the pole vault with a career-best mark of 16-4 3/4 (5.00m), which ranks fourth all-time at Iowa. Sophomore **Matt Banse** won the weight throw with a toss of 60-4 1/2 (18.40m), tied for sixth all-time at Iowa. Freshman **Jordan Mullen** qualified for the finals in the 60-meter hurdles by finishing with the eighth-best time in program history (8.25). Mullen went on to finish second in the finals (8.28). Freshman **Jeffrey Herron** won the men's high jump with a collegiate-best leap of 6-10 1/4 (2.09m), a mark that ties him for 10th all-time at Iowa.

Iowa swept the top five spots in the women's mile, with junior **Amanda Hardesty** out front with a collegiate best, 4:56.68. The Hawkeyes also swept the top four spots in the 800 meters, with junior **Lauren Hardesty** leading the pack with a time of 2:16.49. In the high jump, Iowa swept the top three spots with all three athletes tying collegiate best marks. Senior **Caleigh Bacchus** came out on top (1st, 5-08), followed by freshmen **Megan Glisar** (2nd, 5-06) and **Eva Greenwalt** (3rd, 5-02 1/4). Freshman **Raven Moore** came out strong in her collegiate debut, winning the 300-meter dash with a time of 40.99, barely edging out veteran junior **Kara-Aretha Graham**, who finished with a collegiate-best, 41.30. Iowa capped off

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HAWKEYE TRACK & FIELD



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the meet with a win in the 1,600-meter relay. Junior **Tiffany Hendricks**, Graham, sophomore **Nicole Erickson** and junior **Kelsey Mims** blew away the competition with a time of 4:00.76.

UP NEXT

The teams will get a week off from competition before heading to South Bend, IN, and the University of Notre Dame for the Meyo Invite Feb. 5 and 6. The first day's events are slated to begin at 6:00 p.m. CT and at 9:00 a.m. the second day.

INDOOR SEASON LEADERS

MEN'S

60 meters	D'Juan Richardson	6.84
60 meter hurdles	Jordan Mullen	8.25
200 meters	D'Juan Richardson	22.03
300 meters	D'Juan Richardson	34.34
400 meters	Ray Varner	48.86
600 meters	Erik Sowinski	1:19.38
800 meters	Adam Hairston	1:53.09
1,000 meters	Adam Hairston	2:26.05
Mile	Brian Marchese	4:12.65
3,000 meters	Jesse Luciano	8:27.13
High Jump	Jeffrey Herron	6-10 1/4
Pole Vault	Alex Zona	16-4 3/4
Long Jump	Josh Bean	22-2 1/2
Triple Jump	Josh Bean	47-2 1/4
Shot Put	Ryan Lamparek	56-7 1/2
Weight Throw	Matt Banse	60-4 1/2
1,600 meter relay	Kevin Dibbern, Steven Willey, Ray Varner, Erik Sowinski	3:16.67

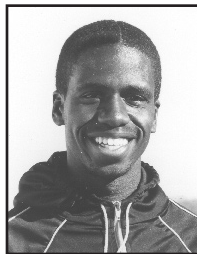
WOMEN'S

60 meters	Raven Moore	7.77
60-meter hurdles	Mariah Jordan	9.02
200 meters	Tiffany Hendricks	26.05
300 meters	Raven Moore	40.99
400 meters	Rhonda-Kaye Trusty	57.06
600 meters	Nicole Erickson	1:36.60
800 meters	Lauren Hardesty	2:16.49
Mile	Amanda Hardesty	4:56.68
High Jump	Caleigh Bacchus	5-08
Pole Vault	Katie Truedson	10-0
Long Jump	Leia Scott	16-2 1/2
Shot Put	Majesty Tutson	38-7 3/4
Weight Throw	Majesty Tutson	51-6 1/4
1,600-meter relay	Tiffany Hendricks, Kara-Aretha Graham, Nicole Erickson, Kelsey Mims	4:00.76

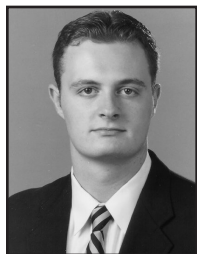
MEN'S ALL-TIME TOP TEN INDOOR PERFORMERS



Jeremy Allen



Rodney Chambers



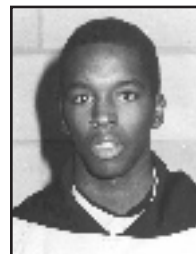
Jim Costello



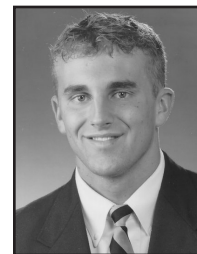
Chris Davis



Ed DeLashmutt



Terrence Duckett



Scott Faber

60 Meters

1. Kurt Felix, 1999.....	6.73
2. Tony Branch, 1999.....	6.78
3. Paul Chaney, Jr., 2009	6.80
4. Derrick Burks, 2005.....	6.81
5. Tim Dodge, 2001.....	6.83
6. D’Juan Richardson, 2010.....	6.84
7. Lee Elbert, 2006.....	6.86
Zeke Sayon, 2009.....	6.86
9. D’Juan Richardson, 2009.....	6.87
10. Adam Kunkel, 2001.....	6.89

60-Meter Hurdles

1. Dion Trowers, 1997.....	7.87
2. Russell Peterson, 2004.....	7.97
3. DeRocco Reed, 2000.....	8.03
4. Jordan Crosby, 2005.....	8.16
5. D’Juan Richardson, 2009.....	8.20
6. Justin Poots, 2001.....	8.22
7. Tony Branch, 1999.....	8.24
8. Jordan Mullen, 2010.....	8.25
9. Monte Raymond, 1997.....	8.29
Brice Wilson, 2008.....	8.29

200 Meters

1. Anthuan Maybank, 1993.....	21.11
2. Bashir Yamini, 1999.....	21.19
3. Tim Dodge, 2000.....	21.26
4. Paul Chaney, Jr., 2009	21.34
5. George Page, 1997.....	21.35
6. Zach Digney, 2004.....	21.39
7. Tony Branch, 1998.....	21.46
8. David Chaplin, 2006.....	21.49
9. Adam Kunkel, 2001.....	21.55
10. Tim Dwight, 1997.....	21.56

400 Meters

1. Terrence Duckett, 1984.....	46.81
2. Andre Morris, 1995.....	47.15
3. Monte Raymond, 1998.....	47.18
4. Anthuan Maybank, 1990.....	47.25
5. Juan Coleman, 2002.....	47.40
6. Curtis Chung, 1989.....	47.65
7. Ray Varner, 2008.....	47.66
8. Ed Rozell, 1997.....	47.73
9. Patrick Richards, 2009.....	47.78
10. David Pierre, 2007.....	47.79

600 Meters

1. Erik Sowinski, 2009.....	1:18.05
2. Pat McGhee, 1988.....	1:18.30
3. Steven Willey, 2009	1:19.03
4. Adam Hairston, 2009.....	1:19.05
5. Monte Raymond, 1997.....	1:19.18
6. Scott Williamson, 2001.....	1:19.19
7. D’Juan Strozier, 1990.....	1:19.20
8. Gary Falls, 1991.....	1:19.32
9. Zach Splan, 2007.....	1:19.39
10. Matt O’Holearn, 2006.....	1:19.54

800 Meters

1. Adam Hairston, 2008.....	1:49.63
2. Dave Novotny, 1996.....	1:51.27
3. Jim Docherty, 1973.....	1:51.30
4. Rod Chambers, 1989.....	1:51.33
5. Erik Sowinski, 2009.....	1:51.39
6. Jim Donovan, 1999.....	1:51.52
7. Michael Layne, 1997.....	1:51.54
8. Bill Frazier, 1963.....	1:51.80
9. Mike Cunningham, 2002.....	1:51.98
10. John Clark, 1973.....	1:52.20

Mile

1. Ed DeLashmutt, 1981.....	4:04.01
2. Larry Wiczorek, 1968.....	4:04.40
3. John Clark, 1972.....	4:05.94
4. Adam Thomas, 2002.....	4:07.13
5. Kevin Herd, 1992.....	4:07.26
6. Jesse Luciano, 2009.....	4:07.29
7. Jake Berns, 2006.....	4:07.43
8. Micah VanDenend, 2007.....	4:07.54
9. Ted Wheeler, 1956.....	4:07.74
10. Jim Docherty, 1978.....	4:07.80

3,000 Meters

1. Micah VanDenend, 2006.....	8:00.81
2. Eric MacTaggart, 2006.....	8:08.79
3. Stetson Steele, 2000.....	8:09.54
4. Dan Haut, 2005.....	8:11.36
5. Kevin Herd, 1994.....	8:11.51
6. Andy Napier, 2008.....	8:15.70
7. Larry Wiczorek, 1968.....	*8:17.00
8. Matt Esche, 2004.....	8:17.28
9. Jim Docherty, 1978.....	*8:17.40
10. Danny Waters, 1986.....	*8:18.83

5,000 Meters

1. Micah VanDenend, 2007.....	13:56.46
2. Stetson Steele, 2000.....	14:00.52
3. Dan Haut, 2006.....	14:06.16
4. Eric MacTaggart, 2006.....	14:13.41
5. Matt Esche, 2004.....	14:18.43
6. Jeff Kent, 2007.....	14:18.86
7. Jesse Luciano, 2009.....	14:20.99
8. Nick Nordheim, 2002.....	14:22.99
9. Kevin Herd, 1994.....	14:27.57
10. Tony Rakaric, 2005.....	14:31.45



Kurt Felix



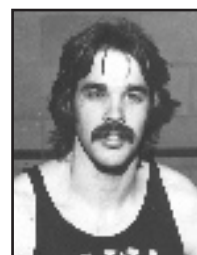
Adam Hairston



Bill Hansen



Paul Jones



Bill Knoedel



Anthuan Maybank



Ryan Niver

MEN'S ALL-TIME TOP TEN INDOOR PERFORMERS



Monte Raymond



Ed Rozell



Erik Sowinski



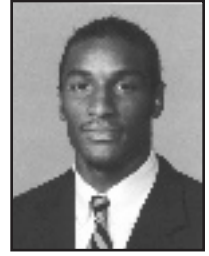
Dion Trowers



Micah VanDenend



Todd Wigginton



Bashir Yamini

Pentathlon

1. Scott Faber, 2000..... 3,460 points
2. Joe Estes, 1993..... 3,451 points
3. Cam Appleman, 1997..... 3,208 points
Chad Ohly, 1993 3,208 points

Heptathlon

1. Ryan Niver, 2008..... 5,149 points
2. **Dan Rolling, 2009..... 4,909 points**
3. **Frank Prill, 2009..... 4,902 points**
4. Scott Faber, 2000..... 4,784 points
5. Cam Appleman, 1997..... 4,685 points
6. Bobby Windauer, 2007.... 4,644 points
7. Jacob Drewry, 1995 4,612 points
8. **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, 1993 7-0 1/2 (2.15)
4. Pat Meade, 1987 7-0 1/4 (2.14)
5. Mike Lacy, 1984.....7-0 (2.13)
6. M. Cunningham, 1984. 6-11 1/4 (2.11)
7. **Dan Rolling, 2008.....6-11 (2.11)**
8. Ken Lansing, 1989 6-10 3/4 (2.10)
Jeremy Petsche, 2006.. 6-10 3/4 (2.10)
10. Ryan Kelly, 2009 6-10 1/4 (2.09)

Pole Vault

1. Todd Wigginton, 198417-1 (5.21)
2. Dave Nielsen, 1975.....16-10 (5.13)
3. Curt Brock, 1979.....16-6 (5.03)
4. **Alex Zona, 2010 16-4 3/4 (5.00)**
5. Phil Wertman, 197116-4 (4.98)
6. Jeff Raymond, 2008.....16-2 (4.93)
7. John Teffer, 197216-1 (4.90)
8. **Alex Zona, 200916-0 3/4 (4.90)**
9. Chad Ohly, 199515-9 (4.80)
Rich Palumbo, 1989.....15-9 (4.80)

Long Jump

1. A. Maybank, 1992 26-5 1/2 (8.06)
2. Bashir Yamini, 1998..... 26-0 1/4 (7.93)
3. Darren Smith, 199125-2 (7.67)
4. Paul Jones, 1990..... 24-11 1/4 (7.60)
5. Ronnie McCoy, 1984.....24-9 (7.54)
6. Matty Gorman, 2006... 24-8 1/2 (7.53)
7. Charles Jones, 1980..... 24-8 1/4 (7.52)
8. Quinn Early, 1986 24-7 1/4 (7.50)
9. Lee Farmer, 1942..... 23-9 1/4 (7.24)
10. Aaron Reed, 2006.....23-8 (7.21)

Triple Jump

1. Paul Jones, 1990..... 52-1 1/4 (15.88)
2. Mike Lacy, 1983.....49-0 (14.93)
3. Owen Gill, 1982..... 48-10 3/4 (14.90)
4. **Josh Bean, 2009.....48-10 (14.88)**
5. Gordon Finch, 1988... 48-3 3/4 (14.72)
6. Matty Gorman, 2006. 48-3 1/2 (14.72)
7. Pat Miller, 198447-11 (14.60)
8. Brian Quarles, 1980... 46-9 3/4 (14.26)
9. Darren Smith, 1992 ... 46-3 1/2 (14.11)
10. Aaron Reed, 2006..... 45-5 1/4 (13.85)

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. G. Kostrubala, 1986. 60-10 3/4 (18.55)
5. Andy Banse, 2005..... 60-9 1/4 (18.52)
6. Ken Kemeny, 2004..... 60-0 1/2 (18.30)
7. Chris Gambol, 198759-0 (17.98)
8. van der Westhuizen, 199958-10 3/4 (17.95)
9. A.J. Curtis, 2008..... 57-9 1/2 (17.61)
10. **Ryan Lamparek, 200956-8 3/4 (17.29)**

Weight Throw

1. Jim Costello, 2002 69-4 3/4 (21.15)
2. A. van der Westhuizen, 200167-7 1/2 (20.61)
3. Adam Hamilton, 200766-9 1/4 (20.35)
4. Jeremy Allen, 2001.. 65-10 1/4 (20.07)
5. Chris Voller, 2005.....63-4 (19.30)
6. **Matt Banse, 2010.....60-4 1/2 (18.40)**
Brad Daufeldt, 2004 .. 60-4 1/2 (18.40)
8. **Ryan Lamparek, 201059-5 3/4 (18.13)**
9. Ryan Jordan, 200859-0 (17.98)
10. Eric Rothwell, 2002.... 57-2 1/4 (17.43)

1,600-Meter Relay

1. Rozell, Davis, Raymond, Yamini, 19983:06.80
2. Coleman, Faber, Strang, Peterson, 2002 ..3:07.44
3. Greer, Williams, Smith, Duckett, 1984.....3:08.14
4. Card, Coleman, Williamson, Dodge, 20013:08.21
5. Davis, Rozell, Page, Morris, 1995.....3:08.77
6. Dodge, Williamson, Card, Peterson, 20013:08.82
7. Branch, Dodge, Donovan, Yamini, 1999 ...3:08.99
8. Dodge, Card, Williamson, Peterson, 20003:09.33
9. Dodge, Branch, Felix, Yamini, 19993:09.37
10. **Willey, Richards, Barton, Varner, 2009 ...3:09.62**

3,200 Meter Relay

1. Cooke, Nie, Monsey, Chambers, 1990.....7:13.02
2. Corrigan, Blackman, Strozier, Chambers, 19897:29.00
3. English, Blackman, Strozier, Chambers, 19897:36.20
4. 19777:39.40
5. 19867:40.90
6. Bouske, Herd, Chambers, Koon, 19927:43.94
7. Bouska, Cook, White, Herd, 1992.....7:48.63
8. 19927:49.86
9. 19867:50.10
10. Roseman, Rerko, Novotny, Branigan, 19937:51.36

Distance Medley Relay

1. 19999:46.83
2. 19779:48.80
3. 19789:49.70
4. **Marchese, Varner, Hairston, Luciano, 20099:52.52**
5. Trainor, Faber, Cunningham, Allen, 2002..9:58.14
6. Newell, Eisenlauer, Tice, Clark, 1973.....10:00.0
7. Criswell, Hexum, Schum, Eastland, 197110:01.40
8. Atkins, Olson, Layne, Allen, 200010:01.54
9. Layne, Raymond, Donovan, Bakker, 199810:02.06
10. Trainor, Leick, Tweedy, Rakaric, 200410:02.09

Names in bold are current team members.

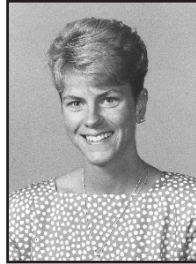
WOMEN'S ALL-TIME TOP TEN INDOOR PERFORMERS



Kineke Alexander



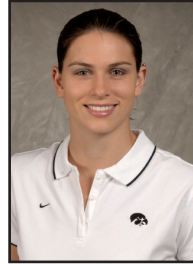
Meghan Armstrong



Tracy Dahl



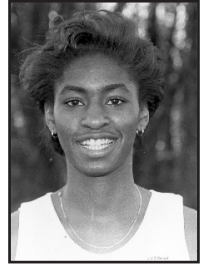
Karessa Farley



Becca Franklin



Ashley Granger



Senta Hawkins

60 Meters

1. Elaine Jones, 1983..... 7.43
2. Peaches Roach, 2005 7.45
3. Shellene Williams, 2004..... 7.50
4. Jiselle Providence, 2002 7.52
5. Angela Menson, 1982 7.57
6. **Rhonda-Kaye Trusty, 2009 7.61**
7. Tamara Dixon, 2002 7.64
8. Lakeya Boatright, 1999..... 7.68
9. Kamesha Marshall, 2004..... 7.72
10. Diane Emmons, 1979 7.74
Davera Taylor, 1984..... 7.74

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. Peaches Roach, 2007 24.09
7. Jiselle Providence, 2002 24.44
- Rhonda-Kaye Trusty, 2009 24.44**
9. Tanja Reid, 1994..... 24.67
10. Tamara Dixon, 2002 24.71

400 Meters

1. Kineke Alexander, 2007..... 51.48
2. Ellen Grant, 1996 52.65
3. Shellene Williams, 2004..... 52.83
4. Marlene Poole, 1993..... 55.20
5. Wynsome Cole, 1997 55.45
6. Nicole Charles, 2002 55.59
7. Senta Hawkins, 1988..... 55.66
8. Aisha Hume, 2002 56.33
Lindsey McCalla, 2006..... 56.33
10. **Bethany Praska, 2009 56.42**

600 Yards

1. Senta Hawkins, 1987..... 1:21.06
2. Aisha Hume, 2004..... 1:21.74
3. Kay Stormo, 1982..... 1:22.49
4. **Bethany Praska, 2009 1:23.12**
5. Chris Davenport, 1982 1:24.14
6. **Sophia Poncè, 2007 1:24.55**
7. Wynsome Cole, 1995 1:24.83
8. Keely Huber, 2002 1:25.81
9. Briana Benning, 1996..... 1:26.05
10. Sherri Hull, 1983 1:26.10

600 Meters

1. Kineke Alexander, 2008..... 1:27.45
2. Senta Hawkins, 1987..... * 1:30.77
3. **Bethany Praska, 2009 1:31.33**
4. Karen Layne, 1990..... 1:31.45
5. Kay Stormo, 1982..... 1:32.3
6. Aisha Hume, 2004..... 1:32.41
7. Sophia Chow, 2002..... 1:33.54
8. Ann Pare, 1997..... 1:34.95
9. Chris Davenport, 1981 1:35.34
10. Ellen Grant, 1997 1:35.46
Monica Mims, 2007 1:35.54

800 Meters

1. Jeanne Kruckeberg, 1989..... 2:06.38
2. Michelle Lahann, 2004..... 2:06.83
3. Briana Benning, 1996..... 2:09.22
4. Kay Stormo, 1981 2:11.4
5. Ann Pare, 1997..... 2:11.19
6. Atalie Barber, 2003..... 2:12.10
7. Shannon Stanley, 2005..... 2:12.13
8. **Lauren Hardesty, 2009 2:12.39**
9. Tracy Dahl, 1993..... 2:12.74
10. Meghan Armstrong, 2007 2:12.79

Mile

1. Jeanne Kruckeberg, 1989..... 4:40.19
2. Meghan Armstrong, 2006..... 4:40.59
3. Tina Stec, 1994..... 4:42.63
4. Penny O'Brien, 1981 4:43.72
5. Diane Nukuri, 2007 4:46.25
6. Michelle Lahann, 2004..... 4:47.23
7. Tracy Dahl, 1992..... 4:48.92
8. Nan Doak, 1982..... 4:51.46
9. **Betsy Flood, 2009 4:51.75**
10. **McKenzie Melander, 2009 4:51.76**

3,000 Meters

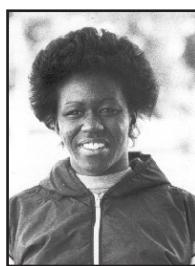
1. Tracy Dahl, 1993..... 9:15.57
2. Meghan Armstrong, 2008 9:17.50
3. Diane Nukuri, 2008 9:20.07
4. Nan Doak, 1982..... 9:21.60
5. Jenny Spangler, 1986..... 9:22.41
6. Krista Anderson, 2006 9:29.75
7. Nikki Chapple, 2004 9:34.17
8. Racheal Marchand, 2009 9:35.25
9. Jennifer Brower, 1992 9:41.02
10. **Amanda Hardesty, 2009..... 9:50.76**



Lauren Hardesty



Tiffany Johnson



Elaine Jones



Tammilee Kerr

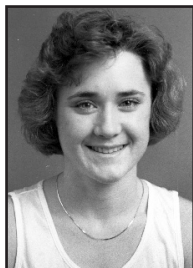


Jeanne Kruckeberg

WOMEN'S ALL-TIME TOP TEN INDOOR PERFORMERS



Lindsey McCalla



Lisa Moats



Diane Nukuri



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. Jennifer Brower, 1992 16:22.19
8. Nikki Chapple, 2004 16:27.04
9. Jodi Hersberger, 1982 16:32.24
10. Meghan Armstrong, 2008..... 16:38.78

High Jump

1. Peaches Roach, 2005 6-0 3/4 (1.85)
2. Mary Mol, 1983 6-0 (1.83)
3. Becky Kaza, 1995..... 5-9 3/4 (1.77)
4. Kristi Dinkla, 1985 5-8 1/2 (1.74)
5. Kacey Childs, 2001 5-8 1/2 (1.74)
6. Traci Claussen, 1987..... 5-8 (1.73)
7. Kathy Gillespie, 1983..... 5-7 3/4 (1.72)
8. Lynn McMillan, 1988..... 5-7 1/4 (1.71)
9. Tammilee Kerr, 2008 5-7 1/4 (1.71)
10. Julie Gallery, 2002 5-7 (1.70)
11. Jenni Elbert, 2006 5-7 (1.70)
12. **Caleigh Bacchus, 2008 5-7 (1.70)**

Pole Vault

1. Jessie Strand, 2004..... 12-5 1/2 (3.80)
2. Sarah Burgett, 2007 11-10 (3.61)
3. Gina Shannon, 2001..... 10-6 (3.20)
4. Kacey Childs, 2001 9-0 (2.75)
5. Amy Kasparbauer, 2000 8-0 (2.44)

Long Jump

1. Lisa Moats, 1986 19-6 (5.95)
2. Renee White, 2006 19-3 1/4 (5.87)
3. Tiffany Johnson, 2007 ... 19-2 1/2 (5.85)
4. Davera Taylor, 1984..... 19-1 1/2 (5.83)
5. Yolanda Hobbs, 1993 19-1 (5.80)
6. Kamesha Marshall, 2005 18-11 1/4 (5.77)
7. Catharine Parmiter, 2000 18-7 1/2 (5.68)
8. Jessie Strand, 2000..... 18-3 1/4 (5.57)
9. Tiff Pedersen, 2003 18-2 1/2 (5.55)
10. Tammilee Kerr, 2005 18-1 3/4 (5.53)

Triple Jump

1. Renee White, 2008 42-4 (12.90)
2. Tiffany Johnson, 2007 .. 41-3 3/4 (12.59)
3. Becki Borg, 1987 39-6 (12.04)
4. Lynn McMillan, 1988..... 38-2 (11.63)
5. Lisa Moats, 1985 35-1 (10.69)
6. Becca Franklin, 2004 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. Megan Maurer, 1995 .. 47-5 3/4 (14.47)
6. Laura Kriener, 1990 47-5 (14.45)
7. Jennifer Gilson, 2002..... 46-11 (14.30)
8. Jennifer Moon, 2000..... 45-9 (13.94)
9. Shelly Redies, 1985 45-0 1/4 (13.73)
10. Mandy Chandler, 2006. 43-2 1/4 (13.16)

Weight Throw

1. Becca Franklin, 2007 ... 58-3 1/4 (17.76)
2. Erin O'Hern, 2008 56-3 (17.14)
3. Mandy Chandler, 2009 . 54-4 1/2 (16.57)
4. Kerri Blackstone, 1999 50-9 3/4 (15.48)
5. Megan Maurer, 1998 48-10 1/4 (14.89)
6. Jennifer Moon, 2000. 47-10 3/4 (14.60)
7. Jennifer Gilson, 2002... 46-7 1/4 (14.20)
8. Katie Hoback, 2002 42-8 (13.00)
9. Missy Fraser, 1997..... 41-10 3/4 (12.77)
10. Kara Hinz, 2000 37-4 1/2 (11.39)

Pentathlon

1. Tammilee Kerr, 2008 3,974 points
2. Chris Davenport, 1983 3,798 points
3. Kamesha Marshall, 2005... 3,701 points
4. Tiff Pedersen, 2004 3,511 points
5. Maureen Abel, 1979 3,427 points
6. Janet Adams, 1981..... 3,360 points
7. Janelle Jaspers, 1987..... 3,366 points
8. Kacey Childs, 1999 3,224 points
9. Katie Herrmann, 2004..... 3,154 points
10. Marjie Tweto, 1996..... 2,896 points

1,600-Meter Relay

1. McCalla, Granger, Alexander, Johnson, 2006 3:40.52
2. Johnson, McCalla, Alexander, Granger, 2006 3:42.44
3. Alexander, Johnson, **Poncè**, M. Mims, 2007 3:42.75
4. **White**, Alexander, Kerr, **Hendricks**, 2008 3:43.83
5. McCalla, Williams, Sheeley, Hume, 2004 3:44.47
6. Bynoe, Cole, Raheem, Grant, 1996 3:44.58
7. Simpson, McReil, Layne, Powell, 1989 3:44.75
8. Hume, Charles, Barber, Knight, 2002 3:45.33
9. Floyd, Poole, Hobbs, Layne, 1992 3:45.38
10. Williams, Charles, Hume, Fouchè, 2003..... 3:45.50

Distance Medley Relay

1. Armstrong, Alexander, **L. Hardesty**, Nukuri, 2008..... 11:20.11
2. Stormo, Davenport, Williams, O'Brien, 1981 11:23.02
3. **Melander, Hendricks, Flood, Marchand, 2009 11:27.34**
4. Benning, Poole, Salsberry, Stec, 1994 11:28.03
5. Stormo, Davenport, Hayden, Doak, 1982 11:29.54
6. Armstrong, Granger, Stanley, **K. Anderson**, 2006 11:29.54
7. Lahann, Williams, Stanley, Arens, 2004 11:30.36
8. Thompson, Williams, Barber, Lahann, 2003..... 11:30.38
9. Doak, xx, Hayden, xx, 1982 11:35.07
10. 2005 11:39.29