

# THE UNIVERSITY OF IOWA



## HAWKEYE TRACK & FIELD



TRACK AND FIELD CONTACT: BRANDEE BRITT

June 17, 2014

### 2014 IOWA TRACK & FIELD OUTDOOR SCHEDULE

Date	Meet
March 28-29	Arizona State Invite (Phoenix, Ariz.)
April 4-5	Arkansas Invite (Fayetteville, Ark.) Stanford Invite (Stanford, Calif.)
April 12	Illinois Twilight (Champaign, Ill.)
April 18-19	Mt. Sac Relays (Walnut, Calif.)
April 24-26	Drake Relays (Des Moines, Iowa)
May 3	Musco Twilight XV (Iowa City, Iowa)
May 16-18	Big Ten Championships (West Lafayette, Ind.)
May 29-31	NCAA First Round (Fayetteville, Ark.)
June 11-14	NCAA Championships (Eugene, Ore.)

### 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

### BY THE NUMBERS

The University of Iowa Track and Field set five school records and crowned 11 All-Americans during the 2014 outdoor season. A look at the numbers includes:

- 11 All-Americans
- 28 NCAA Regional Qualifiers
- 10 Big Ten Champions (two individual, two relays)
- 14 All-Big Ten honorees
- 2 Drake Relays Champions
- 46 Top 10 All-Time marks
- 5 School Records

### FIRST TEAM ALL-AMERICANS

Senior Zinnia Miller and the men's 400-meter relay earned first team All-America honors in 2014. First team USTFCCA All-America accolades are awarded to those who earn any portion of a team point at the national championships.

The relay team of senior Tevin-Cee Mincy, freshman O'Shea Wilson, sophomore James Harrington and junior Keith Brown earned a sixth-place finish in 39.55. Miller earned first team honors with an eighth-place finish in the long jump (20-6 ¾; 6.25m).

### SECOND TEAM ALL-AMERICANS

Junior Babatunde Amosu, junior Gabe Hull, Miller, and the women's 400-meter relay team were named second team All-Americans, an honor bestowed to any athlete who places 9-16 at the NCAA Championships.

Amosu finished 13th in the men's triple jump with a leap of 51-11 ¾ (15.84m), while Miller finished 15th in the women's triple jump (419 ¾; 12.74m). Hull recorded a discus toss of 190-3 (57.99m) to finish 11th. The women's 400-meter relay team of sophomore Lake Kwaza, freshman Elexis Guster, sophomore MonTayla Holder and freshman Brittany Brown finished 16th overall in 45.02. Brown also earned second team honors for her 11th-place finish (23.35) in the 200 meters.

### HONORABLE MENTION ALL-AMERICAN

MonTayla Holder was named an All-America honorable mention following her 23rd-place finish in the 400-meter hurdles (1:01.70).

### FIRST TEAM ALL-BIG TEN

First team honors were awarded to high jump champion Khanishah Williams, 400 meters champion Elexis Guster, and the eight members of the men's and women's 400-meter championship relays. They include Keith Brown, Tevin-Cee Mincy, James Harrington, and O'Shea Wilson on the men's side, and Brittany Brown, Guster, Lake Kwaza, and MonTayla Holder on the women's team.

# THE UNIVERSITY OF IOWA



## HAWKEYE TRACK & FIELD



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### SECOND TEAM ALL-BIG TEN

Five Hawkeyes were named to the All-Big Ten second team following runner-up finishes. They include Zinnia Miller (long jump), Klyvens Daluanay (triple jump), Gabe Hull (discus), Sam Joens (javelin), and Kevin Spejcher (high jump).

### WOMEN MAKE HISTORY

The Iowa women recorded their highest Big Ten Outdoor Championships team finish in 20 years on May 16-18. The Hawkeyes tallied a school-record 86 points to tie for fourth place, marking their highest finish in a Big Ten outdoor meet since 1994.

### BIG FIELD ATHLETE OF THE WEEK -- APRIL 23

Junior Babatunde Amosu was named the Big Ten Field Athlete of the Week following his performance at the Mt. SAC Relays on April 19. The London, England native, grabbed a first-place finish in the men's triple jump when he posted a personal-best leap of 52-4 3/4 (15.97m). The Big Ten Field Athlete of the Week award was the first of Amosu's career.

### DRAKE RELAYS CHAMPIONS

The women's 400-meter relay team shattered a 10-year-old school record to reach the top of the podium at the Drake Relays on April 26. The team of sophomore Lake Kwaza, and freshmen Elexis Guster, Alexis Hernandez, and Brittany Brown clocked a time of 44.51, beating out Ohio State (44.52) by one one-hundredth of a second. The victory marked the first women's 400-meter relay title in school history.

Gabe Hull recorded a discus toss of 197-00 (60.05m) to capture the Drake Relays flag. Hull was the only competitor to record a mark above 60 meters, and he was the first Hawkeye to win a Drake Relays discus title since Robert Mitchell (141-9; 43.22m) in 1928.



Women's 4X100

### 2014 WOMEN'S OUTDOOR SEASON BESTS

100 meters .....	Brittany Brown.....	11.61
100-m hurdles .....	Kassidy Ellis .....	15.28
<b>200 meters .....</b>	<b>Brittany Brown .....</b>	<b>22.95</b>
400 meters .....	Elexis Guster .....	52.77
400-m hurdles .....	MonTayla Holder .....	57.81
800 meters .....	Mahnee Watts .....	2:08.58
1,500 meters .....	Shannon Maser.....	4:25.09
3,000 meters .....	Carolyn Newhouse.....	10:07.57
5,000 meters .....	Jocelyn Todd .....	17:58.37
High Jump.....	Khanishah Williams.....	5-9 1/4 (1.76)
Long Jump .....	Zinnia Miller.....	20-6 1/2 (6.26)
Triple Jump .....	Zinnia Miller.....	42-0 1/2 (12.81)
Shot Put.....	Rachel Curry.....	47-5 (14.45)
Discus .....	Dakotah Goodell .....	163-3 (49.76)
Javelin.....	Amanda Stahle.....	148-0 (45.11)
Hammer Throw .....	Annemie Smith .....	198-1 (60.38)
Heptathlon .....	Kassidy Ellis .....	4,242 points
<b>400-m Relay .....</b>	<b>Kwaza, Guster, Hernandez, Brown .....</b>	<b>44.51</b>
<b>1,600-m Relay.....</b>	<b>Guster, Hernandez, Holder, Kwaza .....</b>	<b>3:34.83</b>
Sprint Med. Relay ..	Brown, Kwaza, Guster, Watts .....	3:51.18
6,400-m Relay.....	Maser, Price, Wilberding, Montuclard.	20:23.27

Bold indicates school record.

# THE UNIVERSITY OF IOWA



## HAWKEYE TRACK & FIELD



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### MEET THE RECORD HOLDERS

Nine Hawkeyes on the 2014 roster share five school records. They include:

Brittany Brown -- 200 meters (22.95)

Annemie Smith -- hammer throw (198-1; 60.38m)

Kwaza, Guster, Hernandez, Brown -- 400-meter relay (44.51)

Guster, Hernandez, Holder, Kwaza -- 1,600-meter relay (3:34.83)

Mincy, Wilson, Harrington, Brown -- 400-meter relay (39.19)

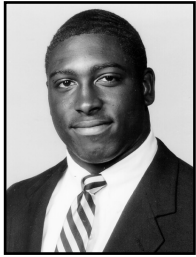


### 2014 MEN'S OUTDOOR SEASON BESTS

100 meters .....	Tevin-Cee Mincy.....	10.46
110-m hurdles .....	Aaron Mallett.....	13.86
200 meters .....	O'Shea Wilson .....	20.82
400 meters .....	Brennan Davey.....	47.49
400-m hurdles .....	Aaron Mallett.....	51.78
800 meters .....	Will Teubel .....	1:49.77
1,500 meters .....	Ben Witt .....	3:52.07
3,000 meters .....	Anthony Gregorio .....	8:35.02
5,000 meters .....	Kevin Lewis .....	14:02.78
10,000 meters .....	Kevin Lewis .....	29:11.04
High Jump.....	Kevin Spejcher .....	7-2 1/2 (2.20)
Pole Vault .....	Jack Eckert .....	15-8 1/4 (4.78)
Long Jump .....	O'Shea Wilson .....	25-2 (7.67)
Triple Jump .....	Babtunde Amosu .....	52-4 3/4 (15.97)
Shot Put.....	Gabe Hull .....	59-4 1/4 (18.09)
<b>Discus.....</b>	<b>Gabe Hull .....</b>	<b>207-1 (63.11)</b>
Hammer Throw .....	Gabe Hull .....	173-10 (52.98)
Javelin.....	Sam Joens .....	210-1 (64.03)
Decathlon .....	Jack Eckert .....	6,768 points
<b>400-m Relay .....</b>	<b>Mincy, Wilson, Harrington, Brown .....</b>	<b>39.19</b>
1,600-m Relay.....	VanCleave, Thompson, Mallett,Davey.....	3:10.21
Sprint Med. Relay ..	Harrington, Mallett, Davey, Teubel .....	3:20.08
Dist. Med. Relay.....	Witt, VanCleave, Prom, Docherty .....	9:59.69
6,400-Meter Relay.	Witt, Lewis, Hart, Butler .....	17:01.65

**Bold indicates school record.**

# OUTDOOR ALL-TIME TOP 10 PERFORMERS



Jeremy Allen



Justin Austin



Matt Byers



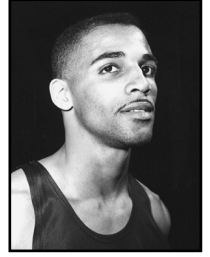
Troy Doris



Jeffery Herron



Gabe Hull



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
Josh Larney, 2013.....	10.31
6. Bob Lawson, 1976.....	10.36
7. Robert Smith, 1984.....	10.39
8. Curtis Chang, 1987.....	10.40
9. Jeff Patrick, 1983.....	10.41
Tim Dodge, 2002.....	10.41

## 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.....	13.76
6. <b>Aaron Mallett, 2014.....</b>	<b>13.86</b>
7. James Armstrong, 1991.....	13.89
8. Dan Davis, 2012.....	14.01
9. Doug Jones, 1986.....	14.06
10. Chris Williams, 1983.....	14.24

## 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. <b>O'Shea Wilson, 2014.....</b>	<b>20.82</b>
10. Dennis Kohl, 1966.....	20.84

## 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, 2013.....	50.51
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. <b>Will Teubel, 2014.....</b>	<b>1:49.77</b>
8. Ryan Weir, 2013.....	1:50.01
9. Andy Wiese, 1985.....	1:50.22
10. Paul Chepkwony, 1984.....	1:50.36

## 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 Wiczorek, 1968.....	13:56.00
3. Kevin Herd, 1993.....	13:59.00
4. Stetson Steele, 2000.....	14:02.76
5. <b>Kevin Lewis, 2014.....</b>	<b>14:02.78</b>
6. Eric MacTaggart, 2005.....	14:04.79
7. Dan Haut, 2006.....	14:07.30
8. Jesse Luciano, 2010.....	14:08.71
9. Matt Esche, 2006.....	14:12.07
10. Jeff Thode, 2011.....	14:12.40

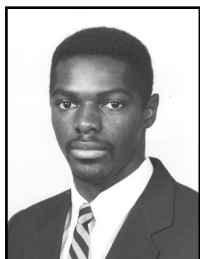


Todd Wigginton

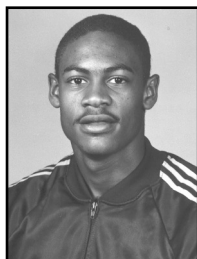


Arno van der Westhuizen

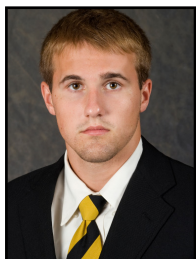
# OUTDOOR ALL-TIME TOP 10 PERFORMERS



Anthuan Maybank



Pat McGhee



Kyle Reid



Erik Sowinski



Stetson Steele



Jeff Thode



Micah VanDenend

## 10,000 Meters

1. Stetson Steele, 2000 .....28:44.47
2. Eric MacTaggart, 2006.....28:50.23
3. **Kevin Lewis, 2014.....29:11.04**
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 (18.90)**
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)
10. Ryan Lamparek, 2010 ..... 181-7 (55.35)

## 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. Matt Stank, 2001 ..... 199-0 (60.66)
9. **Jack Eckert, 2012..... 187-0 (57.01)**
10. Kyle Reid, 2013 .....182-10 (55.73)

# OUTDOOR ALL-TIME TOP 10 PERFORMERS



Kineke Alexander



Meghan Armstrong



Danielle Berndt



Brittany Brown



Nan Doak



Aisha James



Tiffany Johnson

## 100 Meters

1. Vivien McKenzie, 1985	11.45
2. Davera Taylor, 1984	11.51
3. Erica Broomfield, 1998	11.53
4. <b>Lake Kwaza, 2013</b>	<b>11.56</b>
5. Jiselle Providence, 2001	11.57
6. Tanja Reid, 1994	11.60
Peaches Roach, 2005	11.60
8. <b>Brittany Brown, 2014</b>	<b>11.61</b>
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
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. <b>Brittany Brown, 2014</b>	<b>22.95</b>
2. Shellene Williams, 2004	23.50
3. Kineke Alexander, 2006	23.58
4. Davera Taylor, 1984	23.59
5. Vivien McKenzie, 1985	23.61
6. Yolanda Hobbs, 1995	23.65
7. Erin Jones, 2012	23.71
8. Rhonda Kaye Trusty, 2010	23.74
9. Tanja Reid, 1995	23.75
10. Elaine Jones, 1983	23.84
<b>Lake Kwaza, 2014</b>	<b>23.84</b>

## 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. <b>Elexis Guster, 2014</b>	<b>52.77</b>
6. Senta Hawkins, 1988	54.01
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. <b>MonTayla Holder, 2014</b>	<b>57.81</b>
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. <b>Mahnee Watts, 2014</b>	<b>2:08.58</b>
6. <b>Adrienne Alexia, 2013</b>	<b>2:08.61</b>
7. Jeanne Kruckeberg, 1987	2:08.75
8. <b>Kaitlyn Nelson, 2013</b>	<b>2:08.83</b>
9. <b>Katharina Trost, 2014</b>	<b>2:09.11</b>
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. 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 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



Majesty Tutson



Lisa Van Steenwyk



Renee White

# OUTDOOR ALL-TIME TOP 10 PERFORMERS



Diane Nukuri



Tammilee Kerr



Vivien McKenzie



Bethany Praska



Alana Redfern



Peaches Roach



Annemie Smith

## 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. 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. Becki Borg, 1988 ..... 19-7 1/4 (5.97)
6. Lisa Moats, 1986 ..... 19-6 (5.95)
7. Tammilee Kerr, 2008 ..... 19-4 1/4 (5.90)
8. Yolanda Hobbs, 1993 ..... 19-2 1/2 (5.85)
9. **Sarah Ryan, 2014 ..... 19-1 1/2 (5.83)**
10. Jane Dunlevy, 1977 ..... 18-6 (5.64)

## 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)

## 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, 2014..... 148-0 (45.11)**
9. **Dakotah Goodell, 2014 ..... 146-8 (44.72)**
10. **Allison Gattone, 2013 ..... 138-8 (42.27)**

## 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. Chelsea Colpitts, 2013 ..... 162-5 (49.51)
9. Kerri Blackstone, 1999 ..... 161-10 (49.32)
10. Majesty Tutson, 2013 ..... 161-5 (49.20)

# 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. 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. 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. Kuczvara, Barton, Hairston, Thode, 2011 ..... 9:41.37
3. N. Holmes, **Van Cleave**, Sowinski, Thode, 2012 ..... 9:41.59
4. Young, Barton, Kuczvara, 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. Fouchè, Williams, Providence, James, 2003..... 45.02
7. Alexander, Granger, Johnson, Roach, 2006..... 45.11
8. Johnson, Roach, Clarke, Trusty, 2007 ..... 45.21
9. **Brown, Holder, Guster, Kwaza, 2014**..... 45.30
- Johnson, Alexander, Granger, Roach, 2005 ..... 45.30

## 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. **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. Praska, Hendricks, Erickson, Liverpool, 2011 ..... 3:36.51
7. Simsonson, Liverpool, Erickson, Sack, 2012 ..... 3:37.57
8. **Guster, Watts, Holder, Kwaza, 2014** ..... 3:37.73
9. **Guster, Holder, Hernandez, Kwaza, 2014** ..... 3:37.95
10. McCalla, Granger, Alexander, Johnson, 2006 ..... 3:38.36

## 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. Underwood, Clarke, Philip, Benning, 1995..... 3:59.75
10. Jones, R. Moore, Erickson, **Alexia, 2012** ..... 4:00.19

## 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. 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