

# THE UNIVERSITY OF IOWA



## HAWKEYE TRACK & FIELD



TRACK AND FIELD CONTACT: BRANDEE BRITT

January 15, 2014

### 2014 IOWA TRACK & FIELD INDOOR SCHEDULE

Date	Meet
Jan. 18	<b>Big 4 Duals</b> (Iowa City, Iowa)
Jan. 24-25	Gold Country Classic (Minneapolis, Minn.)
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	<b>Iowa Invite</b> (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 opens the indoor season hosting the Big 4 Duals on Saturday. The event will be held at the UI Recreation Building with field events beginning at 12 p.m. (CT) and running events following at 2:30 p.m. (CT). Admission is free.

#### FOLLOW THE HAWKEYES

Follow @IowaXC\_TF on twitter for live updates throughout the meet. Live results are also available on the track and field schedule page at hawkeyesports.com.

#### PROMOTIONS

Big 4 Duals T-Shirts will be given to the first 200 fans, and athletes will sign autographs during the meet. Kids are encouraged to compete in Herky's Kids Race. The race is set to begin at 4:25 p.m. (CT).

#### INDOOR SCHEDULE AT A GLANCE

The Hawkeyes compete in seven regular season events prior to heading into the championship portion of their schedule. The 2014 Big Ten Indoor Championships will be held in Geneva, Ohio on Feb. 28-March 1. The Hawkeyes compete throughout the season to qualify for the NCAA Indoor Championships, scheduled for March 14-15 in Albuquerque, N.M.

#### HAWKEYES AT HOME

Iowa hosts two home meets at the University of Iowa Recreation Building. The Big 4 Duals is set for this Saturday, and the Iowa Invitational will take place on Feb. 21st.

#### HOLMES RETURNS FOR FINAL LAP

Ethan Holmes returns to the track for his final season of indoor eligibility. Holmes is a four-time All-American and his name is scattered throughout the record book. He holds the second-fastest 60-meter hurdles time (7.82), the fourth-fastest indoor 200-meter time (21.23), and the ninth-fastest 400-meter time (47.63) in school history. He is also part of the school-record 1,600-meter relay team (3:06.66).

#### SCHOOL RECORD HOLDER

Ashlyn Gulvas returns for her senior season. Gulvas set the indoor weight throw school record (63-6; 19.35m) at the 2013 Iowa Invitational. The Hawkeyes graduated two other school record holders. Justin Austin held the 60 and 200 meter records, while Jordan Mullen held the 60-meter hurdles record.

# THE UNIVERSITY OF IOWA



## HAWKEYE TRACK & FIELD



TRACK AND FIELD CONTACT: BRANDEE BRITT

### TRIPLE JUMP DEPTH

Sophomore Klyvens Delaunay (51-3 1/2; 15.63m) and junior Babatunde Amosu (50-10 3/4; 15.51m) rank third and fourth, respectively, on Iowa's all-time triple jump list. Delaunay earned first team All-America honors when he placed eighth in the triple jump (52-2 1/2; 15.91m) at the 2013 NCAA Outdoor Championships. Amosu was the 2013 indoor Big Ten runner-up. O'Shea Wilson looks to make an immediate impact in the event. The freshman holds a personal-best triple jump mark of 47-1 (14.35m).

### MEET THE CAPTAINS

MonTayla Holder, Ethan Holmes, Shannon Maser, Tevin-Cee Mincy, Kyle Reid, and Jasmine Simpson have been elected 2014 team captains by their coaches and peers.

### HAWKEYE DEBUTS

Thirty-eight true freshmen could make their Hawkeye debut at the Big 4 Duals. The men's roster features 19 true freshmen, including Aaron Mallett and O'Shea Wilson. Mallett, a St. Louis, Mo., native, earned a second-place finish in the 60-meter hurdles (8.00) at the Intrasquad on Dec. 7. Wilson, a Houston, Texas, native, took the men's long jump title (23-0 1/2; 7.02m) at the Intrasquad.

The women's roster also features 19 true freshmen, including Katharina Trost. Trost ran to a first-place finish in the mile at the 2013 Intrasquad (4:59.23). The Piding, Germany native was also the 2012 German Junior Champion in the 800 meters.

### ASSISTANT COACH MOLLY JONES

Molly Jones is in her first season as assistant coach for the University of Iowa track and field team. She coaches pole vault, high jump, and multi-events, including the heptathlon and decathlon. Prior to joining the Hawkeyes, Jones spent two seasons as a volunteer coach at Florida State. From 2011-13, she assisted with short sprints, jumps, multi-events and javelin. She worked with six NCAA All-Americans, and helped guide the Seminoles to ACC championships in 2012 and 2013.

### NEXT ON THE BLOCK

The Hawkeyes travel to Minneapolis, Minn., for the Gold Country Classic on Jan. 24-25.

## 2013 INDOOR SEASON LEADERS

### MEN

60 meters	Josh Larney	6.74
60-meter hurdles	<b>Jordan Mullen</b>	<b>7.70</b>
200 meters	Ethan Holmes	21.23
400 meters	Ethan Holmes	47.63
600 meters	Ryan Weir	1:18.62
800 meters	Ryan Weir	1:49.11
1,000 meters	Sam Fourman	2:27.31
Mile	Kevin Lewis	4:10.05
3,000 meters	Kevin Lewis	8:12.36
5,000 meters	Kevin Lewis	14:16.74
High Jump	Kevin Spejcher	6-10 1/4 (2.09m)
Pole Vault	Kyle Reid	16-6 3/4 (5.05m)
Long Jump	Josh Larney	24-10 (7.57m)
Triple Jump	Klyvens Delaunay	51-3 1/2 (15.63m)
Shot Put	Gabe Hull	56-4 (17.17m)
Weight Throw	Gabe Hull	59-5 3/4 (18.13m)
Heptathlon	<b>Kyle Reid</b>	<b>5,354 points</b>
1,600-meter Relay	Holmes, VanCleave, Rickels, Weir	3:10.32
Distance Medley Relay	Prom, VanCleave, Weir Lewis	10:02.02

### WOMEN

60 meters	Lake Kwaza	7.55
60-meter hurdles	Khanishah Williams	8.96
200 meters	Raven Moore	24.00
400 meters	MonTayla Holder	55.33
600 meters	MonTayla Holder	1:30.80
800 meters	Adrienne Alexia	2:08.95
1,000 meters	Adrienne Alexia	2:54.12
Mile	Lauren Scott	4:54.99
3,000 meters	Mareike Schrulle	9:36.03
5,000 meters	Kelsey Hart	18:05.54
High Jump	Khanishah Williams	5-11 1/4 (1.81m)
Pole Vault	Brittany Holst	11-3 3/4 (3.45m)
Long Jump	Carisa Leacock	19-2 3/4 (5.86m)
Triple Jump	Carisa Leacock	39-11 1/4 (12.17m)
Shot Put	Rachel Curry	48-2 1/2 (14.69m)
Weight Throw	<b>Ashlyn Gulvas</b>	<b>63-6 (19.35)</b>
Pentathlon	Sarah Ryan	3,472 points
1,600-meter Relay	Holder, Moore, Nelson, Alexia	3:43.80
Distance Medley Relay	Alexia, Nelson, Holder Price	11:47.15

**Bold indicates school record.**

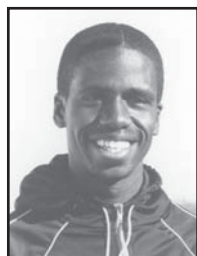
University of Iowa Athletic Communications Office - Carver-Hawkeye Arena, Iowa City, IA 52242

Phone: 319/335-9411 - Fax: 319/335-9417 - [www.hawkeyesports.com](http://www.hawkeyesports.com)

# INDOOR ALL-TIME TOP TEN PERFORMERS



Justin Austin



Rodney Chambers



Jim Costello



Troy Doris



Bill Hansen



John Hickey



Ethan Holmes

## 60 Meters

1. Justin Austin, 2011	6.69
2. Kurt Felix, 1999	6.73
3. Josh Larney, 2013	6.74
4. Troy Doris, 2012	6.75
5. Tony Branch, 1999	6.78
6. Paul Chaney, Jr., 2009	6.80
D'Juan Richardson, 2010	6.80
8. Derrick Burks, 2005	6.81
<b>Tevin-Cee Mincy, 2012</b>	<b>6.81</b>
10. Zeke Sayon, 2010	6.82

## 60-Meter Hurdles

1. Jordan Mullen, 2013	7.70
2. <b>Ethan Holmes, 2013</b>	<b>7.82</b>
3. Dion Trowers, 1997	7.87
4. Russell Peterson, 2004	7.97
5. Dan Davis, 2012	8.02
6. DeRocco Reed, 2000	8.03
7. <b>Torrey Campbell, 2012</b>	<b>8.09</b>
8. Jordan Crosby, 2005	8.16
9. D'Juan Richardson, 2009	8.20
10. <b>Keith Brown, 2013</b>	<b>8.21</b>

## 200 Meters

1. Justin Austin, 2011	20.80
2. Anthuan Maybank, 1993	21.11
3. Bashir Yamini, 1999	21.19
4. <b>Ethan Holmes, 2013</b>	<b>21.23</b>
5. Tim Dodge, 2000	21.26
6. Paul Chaney, Jr., 2009	21.34
7. George Page, 1997	21.35
8. Zach Digney, 2004	21.39
9. Tony Branch, 1998	21.46
10. David Chaplin, 2006	21.49

## 400 Meters

1. Steven Willey, 2010	46.75
2. Terrence Duckett, 1984	46.81
3. Andre Morris, 1995	47.15
4. Monte Raymond, 1998	47.18
5. Anthuan Maybank, 1990	47.25
6. Patrick Richards, 2011	47.35
7. Juan Coleman, 2002	47.40
8. Justin Austin, 2012	47.61
9. <b>Ethan Holmes, 2013</b>	<b>47.63</b>
10. Curtis Chung, 1989	47.65

## 600 Meters

1. Erik Sowinski, 2012	1:16.91
2. Steven Willey, 2011	1:17.94
3. Keaton Rickels, 2012	1:18.19
4. Pat McGhee, 1988	1:18.30
5. Ryan Weir, 2013	1:18.62
6. Chris Barton, 2011	1:18.75
7. Adam Hairston, 2009	1:19.05
8. <b>Neil Flattery, 2013</b>	<b>1:19.13</b>
9. Monte Raymond, 1997	1:19.18
10. Scott Williamson, 2001	1:19.19
<b>Brennan Davey, 2012</b>	<b>1:19.19</b>

## 800 Meters

1. Erik Sowinski, 2012	1:47.62
2. Ryan Weir, 2013	1:49.11
3. Adam Hairston, 2010	1:49.26
4. <b>Nathan Prom, 2013</b>	<b>1:49.29</b>
5. Nick Kuczvara, 2010	1:49.59
6. Dave Novotny, 1996	1:51.27
7. Jim Docherty, 1973	1:51.30
8. Rod Chambers, 1989	1:51.33
9. Jim Donovan, 1999	1:51.52
10. Michael Layne, 1997	1:51.54

## Mile

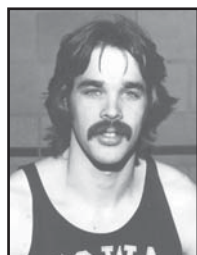
1. Jeff Thode, 2011	3:58.72
2. Ed DeLashmutt, 1981	4:04.01
3. Larry Wiczorek, 1968	4:04.40
4. John Clark, 1972	4:05.94
5. Adam Thomas, 2002	4:07.13
6. Kevin Herd, 1992	4:07.26
7. Jesse Luciano, 2009	4:07.29
8. Jake Berns, 2006	4:07.43
9. Micah VanDenend, 2007	4:07.54
10. Ted Wheeler, 1956	4:07.74

## 3,000 Meters

1. Jeff Thode, 2011	8:00.38
2. Micah VanDenend, 2006	8:00.81
3. Eric MacTaggart, 2006	8:08.79
4. Stetson Steele, 2000	8:09.54
5. Dan Haut, 2005	8:11.36
6. Kevin Herd, 1994	8:11.51
7. <b>Kevin Lewis, 2013</b>	<b>8:12.36</b>
8. Nick Holmes, 2010	8:15.48
9. Andy Napier, 2008	8:15.70
10. Larry Wiczorek, 1968	8:17.00

## 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. Jeff Thode, 2011	14:16.00
6. <b>Kevin Lewis, 2013</b>	<b>14:16.74</b>
7. Matt Esche, 2004	14:18.43
8. Jeff Kent, 2007	14:18.86
9. Jesse Luciano, 2009	14:20.99
10. Nick Nordheim, 2002	14:22.99



Bill Knoedel



Anthuan Maybank



Jordan Mullen



Nathan Prom



Patrick Richards

# INDOOR ALL-TIME TOP TEN PERFORMERS



Keaton Rickels



Dan Rolling



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, 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. 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, 1984 .....17-1 (5.21)
2. Dave Nielsen, 1975 .....16-10 (5.13)
3. Kyle Reid, 2013 .....16-6 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, 1971 .....16-4 (4.98)
7. Jeff Raymond, 2008.....16-2 (4.93)
8. John Teffer, 1972 .....16-1 (4.90)
9. Chad Ohly, 1995 .....15-9 (4.80)  
Rich Palumbo, 1989 .....15-9 (4.80)

## Long Jump

1. Anthuan Maybank, 1992.....26-5 1/2 (8.06)
2. Bashir Yamini, 1998 .....26-0 1/4 (7.93)
3. Darren Smith, 1991.....25-2 (7.67)
4. Paul Jones, 1990 .....24-11 1/4 (7.60)
5. Josh Larney, 2013.....24-10 (7.57)
6. Ronnie McCoy, 1984.....24-9 (7.54)
7. Matty Gorman, 2006.....24-8 1/2 (7.53)
8. Charles Jones, 1980.....24-8 1/4 (7.52)
9. Quinn Early, 1986 .....24-7 1/4 (7.50)
10. Jeffery Herron, 2011 .....24-7 (7.49m)

## Triple Jump

1. Troy Doris, 2011.....54-0 (16.46)
2. Paul Jones, 1990 .....52-1 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, 1982 .....48-10 3/4 (14.90)
7. Josh Bean, 2009.....48-10 (14.88)
8. **David Nsabua, 2013 ... 48-9 (14.86)**
9. Gordon Finch, 1988 .....48-3 3/4 (14.72)
10. Matty Gorman, 2006 .....48-3 1/2 (14.72)

## 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, 1987.....59-0 (17.98)
8. A. van der Westhuizen, 1999 58-10 3/4 (17.95)
9. A.J. Curtis, 2008 .....57-9 1/2 (17.61)
10. Matt Banse, 2012.....57-3 3/4 (17.47)

## Weight Throw

1. Jim Costello, 2002 .....69-4 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, 2007 .....66-9 1/4 (20.35)
5. Jeremy Allen, 2001 .....65-10 1/4 (20.07)
6. Chris Voller, 2005.....63-4 (19.30)
7. Ryan Lamparek, 2012 .....61-2(18.62)
8. Brad Daufeldt, 2004 .....60-4 1/2 (18.40)
9. **Gabe Hull, 2013.....59-5 3/4 (18.13)**
10. Ryan Jordan, 2008 .....59-0 (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, 2002 .....3:07.44
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, 1995 .....3:08.77
8. Dodge, Williamson, Card, Peterson, 2001.....3:08.82
9. Richards, E. Holmes, Barton, Willey, 2011 .....3:08.85
10. Branch, Dodge, Donovan, Yamini, 1999.....3:08.99

## 3,200 Meter Relay

1. Cooke, Nie, Monsey, Chambers, 1990 .....7:13.02
2. Corrigan, Blackman, Strozier, Chambers,  
1989.....7:29.00
3. English, Blackman, Strozier, Chambers, 1989 .7:36.20
4. 1977.....7:39.40
5. 1986.....7:40.90
6. Bouske, Herd, Chambers, Koon, 1992.....7:43.94
7. Bouska, Cook, White, Herd, 1992 .....7:48.63
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, 2011 .....9:57.44**
9. Trainor, Faber, Cunningham, Allen, 2002 .....9:58.14
10. Newell, Eisenlauer, Tice, Clark, 1973 .....10:00.0

# INDOOR ALL-TIME TOP TEN PERFORMERS



Kineke Alexander



Meghan Armstrong



Tracy Dahl



Nicole Erickson



Karessa Farley



Senta Hawkins



Lauren Hardesty

## 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. Rhonda-Kaye Trusty, 2010 ..... 7.55
- Erin Jones, 2011 ..... 7.55
- Lake Kwaza, 2013 ..... 7.55**
- Raven Moore, 2013 ..... 7.55
9. Angela Menson, 1982 ..... 7.57
10. Tamara Dixon, 2002 ..... 7.64

## 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. Jiselle Providence, 2002 ..... 24.44

## 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. Wynsome Cole, 1997 ..... 55.45
7. Nicole Charles, 2002 ..... 55.59
8. Senta Hawkins, 1988 ..... 55.66
9. Marlene Poole, 1993 ..... 55.20
10. **MonTayla Holder, 2013 ..... 55.33**

## 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. Sophia Chow, 2002 ..... 1:33.54

## 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



Tiffany Hendricks



Elaine Jones



Tammilee Kerr



Ashley Liverpool



McKenzie Melander



Lisa Moats

# INDOOR ALL-TIME TOP TEN PERFORMERS



Diane Nukuri



Bethany Praska



Peaches Roach



Gail Smith



Jessie Strand



Kelsey Taylor



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, 2005 .....6-0 3/4 (1.85)
2. Mary Mol, 1983.....6-0 (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, 1987.....5-8 (1.73)
9. Kathy Gillespie, 1983.....5-7 3/4 (1.72)
10. Lynn McMillan, 1988.....5-7 1/4 (1.71)
- Tammilee Kerr, 2008.....5-7 1/4 (1.71)

## Pole Vault

1. Jessie Strand, 2004 .....12-5 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, 2001 .....9-0 (2.75)
7. 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. **Carisa Leacock, 2013 .....19-2 3/4 (5.86)**
4. Tiffany Johnson, 2007 .....19-2 1/2 (5.85)
5. Davera Taylor, 1984.....19-1 1/2 (5.83)
6. Yolanda Hobbs, 1993 .....19-1 (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, 2008.....42-4 (12.90)
2. Tiffany Johnson, 2007 .....41-3 3/4 (12.59)
3. **Carisa Leacock, 2012 .....40-5 1/2 (12.33)**
4. Becki Borg, 1987 .....39-6 (12.04)
5. Lynn McMillan, 1988.....38-2 (11.63)
6. Lisa Moats, 1985 .....35-1 (10.69)
7. Becca Franklin, 2004.....34-3 (10.44)
- Rachel Ballard, 2013 .....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. Rachel Curry, 2013.....48-2 1/2(14.69)
6. Megan Maurer, 1995 .....47-5 3/4 (14.47)
7. Laura Kriener, 1990 .....47-5 (14.45)
8. Jennifer Gilson, 2002.....46-11 (14.30)
9. Jennifer Moon, 2000.....45-9 (13.94)
- Tiffany Medenwaldt, 2010.....45-9 (13.94)
- Micaela Haight, 2011 .....45-9 (13.94)

## Weight Throw

1. **Ashlyn Gulvas, 2013.....63-6 (19.35)**
2. **Jasmine Simpson, 2013 .....62-6 1/2 (19.06)**
3. Kelsey Taylor, 2011 .....60-4 1/2 (18.40)
4. **Annemie Smith, 2013 .....60-0 1/4 (18.29)**
5. Majesty Tutson, 2011 .....58-4 (17.78)
6. Becca Franklin, 2007 .....58-3 1/4 (17.76)
7. **Chelsea Colpitts, 2013... 56-4 (17.17)**
8. Erin O'Hern, 2008.....56-3 (17.14)
9. Mandy Chandler, 2009 .....54-4 1/2 (16.57)
10. Kerri Blackstone, 1999 .....50-9 3/4 (15.48)

## 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. **Sarah Ryan, 2013 ..... 3,472 points**
6. Maureen Abel, 1979.....3,427 points
7. **Zinnia Miller, 2012 ..... 3,416 points**
8. Janet Adams, 1981 .....3,360 points
9. Janelle Jaspers, 1987 .....3,366 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. **Holder, R. Moore, Nelson, Alexia, 2013 ..... 3:43.80**

## 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