

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



TRACK AND FIELD CONTACT: STEPHANIE DITTMER

February 8, 2011

2010-11 IOWA TRACK & FIELD INDOOR SCHEDULE

Date	Meet
Jan. 8	at Illinois Open (Champaign, IL)
Jan. 15	Iowa Open (Iowa City, IA)
Jan. 21-22	at Jack Johnson Classic (Minneapolis, MN)
Jan. 28-29	at Razorback Invitational (Fayetteville, AR)
Feb. 5	at Meyo Invite (South Bend, IN)
Feb. 11-12	at ISU Classic (Ames, IA)
Feb. 18	at Flotrack Husky Classic (Seattle, WA) Iowa Invitational (Iowa City, IA)
Feb. 26-27	at Big Ten Championships (West Lafayette, IN) (W) (Champaign, IL) (M)
Mar. 5	at NCAA Last Chance Meet (TBA)
Mar. 11-12	at NCAA Championships (College Station, TX)

IOWA COACHING STAFF

Layne Anderson	Head Women's Coach
Larry Wieczorek	Head Men's Coach
Scott Cappos	Assistant Coach Men's and Women's Throws
Clive Roberts	Assistant Coach Horizontal jumps, women's short sprints, hurdles, relays
Christi Smith	Assistant Coach Combined events, vertical jumps
Joey Woody	Assistant Coach Men's sprints, short hurdles and relays women's long sprints and hurdles

ISU CLASSIC

The University of Iowa track and field team travels to Ames, IA, to compete at the ISU Classic Friday and Saturday at the Lied Recreation Complex. The Hawkeyes will challenge in-state rivals Iowa State, Northern Iowa and Drake, as well as Big 12 members Kansas State and Missouri.

Friday's field events begin at noon. The women's distance medley relay kicks off Friday's running events at 3 p.m. Action resumes Saturday with field events at 10 a.m. and running events at 9 a.m.

Results will be posted on hawkeyesports.com at the conclusion of each day's events.

FLOTRACK HUSKY INVITE

Junior Erik Sowinski and sophomore Jeff Thode will travel to Seattle, WA, to compete in the Flotrack Husky Invite Saturday.

Thode will make his season debut in the 3,000 meters at 10:12 a.m. and Sowinski will compete in the 800 meters at 3:20 p.m.

Live results from the Husky Invite can be found on hawkeyesports.com.

WATCH FOR FALLING RECORDS

The Hawkeyes have broken six school records and posted an additional 15 marks that rank inside the program's all-time top 10 performances. This season's school record holders include:

Event:	Performer	Mark
60 meters	Justin Austin, So.	6.71
200 meters	Justin Austin, So.	20.83
Triple Jump	Troy Doris, Jr.	54' (16.46m)
800 meters	Erik Sowinski	1:48.75
600 meters	Steven Willey	1:17.94
1,600-meter relay	Tiffany Hendricks, Sr. Nicole Erickson, Jr. Bethany Praska, Sr. Ashley Liverpool, Sr.	3:39.15

AUTOMATIC QUALIFIERS

Hawkeye newcomers Justin Austin and Troy Doris have both automatically qualified for the NCAA Championships in College Station, TX, March 11-12. Austin ran a school record 20.83 at the Razorback Invitational to qualify in the 200 meters. Doris recorded a school record 54' (16.46m) triple jump at the Razorback Invite to earn his automatic qualification.

Austin's 200 meter time ranks sixth in nation. Doris ranks fourth nationally.

PRASKA CRACKS THE TOP 25

Senior Bethany Praska ran a 2:08.63 in the 800 meters at the Razorback Invitational Jan. 29. The time ranks No. 22 in the nation and is less than one-tenth off her personal best (2:08.54).

AUSTIN RACING TO THE TOP

After narrowly missing the school's 60 meter record in the season opener Jan. 8, sophomore Justin Austin has broken the record in each of his last two meets. The Milwaukee, WI, native broke the 12-year old 60m record (6.73) with a 6.72 finish at Minnesota's Jack Johnson Classic (Jan. 21). One week later he topped his own record by one one-hundredth of a second, crossing the finish at the Razorback Invitational in 6.71. Austin's time ranks No. 27 among all NCAA Division I athletes.

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THE BLACK AND GOLD MILE

Four Hawkeyes rank among the nation's top 50 performers in the mile. Juniors Betsy Flood and McKenzie Melander ran converted times of 4:45.73 and 4:46.99, respectively, at the Jack Johnson Classic. Those performances rank No. 29 and No. 40 respectively, among NCAA Division I performers. Senior Lauren Hardesty ran a 4:47.02 at the Razorback Invitational, a performance that ranks No. 41 nationally.

SIMPLY THE BANSE

Junior Matt Banse recorded a toss of 63-9 3/4 (19.45m) in the weight throw at the Illinois Open. Banse's performance was a career best, ranks fifth on Iowa's all-time top performers list and 35th among NCAA Division I athletes.

COMING UP

The Hawkeyes return to competition Feb. 18 at the UI Rec Building when they host the Iowa Open. Field events will start at 5 p.m. Running events will begin at 6:05.

HEAD COACH LARRY WIECZOREK

Larry Wieczorek is in his 24th season as head men's cross country coach and his 15th season as head men's track and field coach at the University of Iowa. He served as an assistant track and field coach for 12 years before taking the helm in 1997.

Last season, Wieczorek guided 28 qualifiers, made up of 20 student-athletes competing in 13 individual events and two relays to the NCAA Outdoor Championships preliminary round.

HEAD COACH LAYNE ANDERSON

Layne Anderson is in his third year as head coach of the University of Iowa women's cross country and track and field teams. He has served as the Hawkeyes' head women's cross country coach for the past seven seasons, and was the interim head women's track and field coach in 2008. From 2003-07, he served as an assistant women's track and field coach for the Hawkeyes.

2010-11 INDOOR SEASON LEADERS

MEN'S		WOMEN'S	
60 meters	Justin Austin 6.71*	60 meters	Erin Jones 7.55
60 meter hurdles	Jordan Mullen 7.75*	200 meters	Erin Jones 24.20
200 meters	Justin Austin 20.83*#	300 meters	Ashley Liverpool 40.87
400 meters	Steven Willey 46.88	400 meters	Ashley Liverpool 54.76
600 meters	Steven Willey 1:17.94*	600 meters	Bethany Praska 1:29.60
800 meters	Erik Sowinski 1:48.75*	800 meters	Bethany Praska 2:08.63
Mile	Jeff Thode 4:03.66	Mile	Lauren Hardesty 4:47.02
3,000 meters	Mark Battista 8:48.32	3,000 meters	Kelsey Hart 10:08.56
High Jump	Graham Valdes 6-10 1/4 (2.09m)	High Jump	Zinnia Miller 5-5 (1.65m)
Long Jump	Jeffery Herron 23-4 1/2 (7.12m)	Pole Vault	Kirsten Weismantle .. 10-11 3/4 (3.35m)
Triple Jump	Troy Doris 54 (16.46)*#	Long Jump	Carisa Leacock .. 19-1 1/2 (5.83m)
Shot Put	Ryan Lamparek... 56-4 1/2 (17.18m)	Shot Put	Rachel Curry.... 46-6 3/4 (14.19m)
Weight Throw	Matt Banse..... 63-9 3/4 (19.45m)	Weight Throw	Majesty Tutson .. 55-8 1/2 (16.98m)
1,600 meter relay	Richards, Sowinski, Homes, Willey 3:07.84	1,600-meter relay	Hendricks, Erickson, Praska, Liverpool 3:39.15*
		Distance Medley	Melander, Praska, Hendricks, Flood 11:24.47

* - School Record

- NCAA Auto Qualifier

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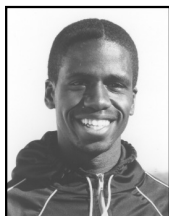


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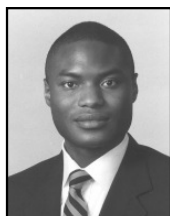
INDOOR TOP PERFORMERS



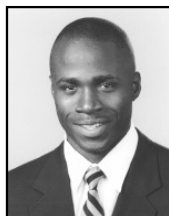
Rodney Chambers



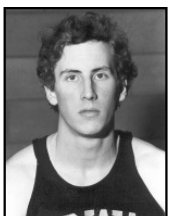
Jim Costello



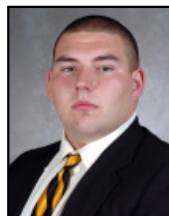
Chris Davis



Kurt Felix



Bill Hansen



John Hickey



Paul Jones

60 Meters

1. Justin Austin, 2011	6.71
2. Kurt Felix, 1999	6.73
3. Tony Branch, 1999	6.78
4. Paul Chaney, Jr., 2009	6.80
D'Juan Richardson, 2010	6.80
6. Derrick Burks, 2005	6.81
7. Zeke Sayon, 2010	6.82
8. Tim Dodge, 2001	6.83
Troy Doris, 2011	6.83
10. Lee Elbert, 2006	6.86

60-Meter Hurdles

1. Jordan Mullen, 2011	7.75
2. Dion Trowers, 1997	7.87
3. Russell Peterson, 2004	7.97
4. DeRocco Reed, 2000	8.03
5. Ethan Holmes, 2011	8.13
6. Jordan Crosby, 2005	8.16
7. D'Juan Richardson, 2009	8.20
8. Justin Poots, 2001	8.22
9. Tony Branch, 1999	8.24
10. Monte Raymond, 1997	8.29
Brice Wilson, 2008	8.29

200 Meters

1. Justin Austin, 2011	20.83
2. Anthuan Maybank, 1993	21.11
3. Bashir Yamini, 1999	21.19
4. Tim Dodge, 2000	21.26
5. Paul Chaney, Jr., 2009	21.34
6. George Page, 1997	21.35
7. Zach Digney, 2004	21.39
8. Tony Branch, 1998	21.46
9. David Chaplin, 2006	21.49
10. Adam Kunkel, 2001	21.55

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. Juan Coleman, 2002	47.40
7. Curtis Chung, 1989	47.65
8. Ray Varner, 2008	47.66
9. Ed Rozell, 1997	47.73
10. Patrick Richards, 2009	47.78

600 Meters

1. Steven Willey, 2011	1:17.94
2. Erik Sowinski, 2009	1:18.05
3. Pat McGhee, 1988	1:18.30
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. Erik Sowinski, 2011	1:48.75
2. Adam Hairston, 2010	1:49.26
3. Nick Kuczvara, 2010	1:50.84
4. Dave Novotny, 1996	1:51.27
5. Jim Docherty, 1973	1:51.30
6. Rod Chambers, 1989	1:51.33
7. Jim Donovan, 1999	1:51.52
8. Michael Layne, 1997	1:51.54
9. Bill Frazier, 1963	1:51.80
10. Mike Cunningham, 2002	1:51.98

Mile

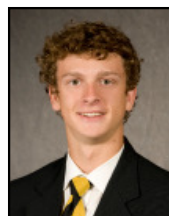
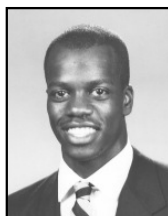
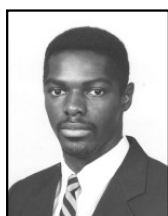
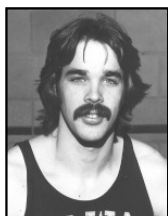
1. Jeff Thode, 2010	4:03.07
2. Ed DeLashmatt, 1981	4:04.01
3. Larry Wiczorek, 1968	4:04.40
4. John Clark, 1972	4:05.94
5. Adam Thomas, 2002	4:07.13
6. Kevin Herd, 1992	4:07.26
7. Jesse Luciano, 2009	4:07.29
8. Jake Berns, 2006	4:07.43
9. Micah VanDenend, 2007	4:07.54
10. Ted Wheeler, 1956	4:07.74

3,000 Meters

1. 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. Nick Holmes, 2010	8:15.48
7. Andy Napier, 2008	8:15.70
8. Larry Wiczorek, 1968	*8:17.00
9. Matt Esche, 2004	8:17.28
10. Jim Docherty, 1978	*8:17.40

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



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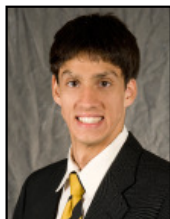


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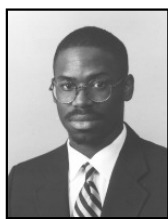


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INDOOR TOP PERFORMERS



Jeff Thode



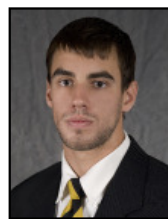
Dion Trowers



Micah VanDenend



Todd Wigginton



Steven Willey



Bashir Yamini

Heptathlon

- Dan Rolling, 20105,205 points
- Ryan Niver, 20085,149 points
- Frank Prill, 20105,015 points
- Scott Faber, 20004,784 points
- Cam Appleman, 19974,685 points
- Kyle Reid, 20104,662 points
- Bobby Windauer, 20074,644 points
- Jacob Drewry, 19954,612 points
- Mark Mankivsky, 20084,453 points

High Jump

- Bill Knoedel, 19767-3 (2.21)
Bill Hansen, 19787-3 (2.21)
- Scott Hudek, 19937-0 1/2 (2.15)
- Pat Meade, 19877-0 1/4 (2.14)
- Mike Lacy, 19847-0 (2.13)
- M. Cunningham, 19846-11 1/4 (2.11)
- Dan Rolling, 20086-11 (2.11)
- Brandon Oest, 20106-11 (2.11)**
Jeffery Herron, 20106-11 (2.11)
Graham Valdes, 20106-11 (2.11)

Pole Vault

- Todd Wigginton, 198417-1 (5.21)
- Dave Nielsen, 197516-10 (5.13)
- Curt Brock, 197916-6 (5.03)
- Alex Zona, 201016-4 3/4 (5.00)
Kyle Reid, 201016-4 3/4 (5.00)
- Phil Wertman, 197116-4 (4.98)
- Jeff Raymond, 200816-2 (4.93)
- John Teffer, 197216-1 (4.90)
- Chad Ohly, 199515-9 (4.80)
Rich Palumbo, 198915-9 (4.80)

Long Jump

- Anthuan Maybank, 199226-5 1/2 (8.06)
- Bashir Yamini, 199826-0 1/4 (7.93)
- Darren Smith, 199125-2 (7.67)
- Paul Jones, 199024-11 1/4 (7.60)
- Ronnie McCoy, 198424-9 (7.54)
- Matty Gorman, 200624-8 1/2 (7.53)
- Charles Jones, 198024-8 1/4 (7.52)
- Quinn Early, 198624-7 1/4 (7.50)
- Jeffery Herron, 201124-3 (7.39m)**
- Lee Farmer, 194223-9 1/4 (7.24)

Triple Jump

- Troy Doris, 201154-0 (16.46)**
- Paul Jones, 199052-1 1/4 (15.88)
- Mike Lacy, 198349-0 (14.93)
- Owen Gill, 198248-10 3/4 (14.90)
- Josh Bean, 200948-10 (14.88)
- Gordon Finch, 198848-3 3/4 (14.72)
- Matty Gorman, 200648-3 1/2 (14.72)
- Pat Miller, 198447-11 (14.60)
- Brian Quarles, 198046-9 3/4 (14.26)
- Darren Smith, 199246-3 1/2 (14.11)

Shot Put

- John Hickey, 200963-0 (19.20)
- Jeremy Allen, 200162-10 1/2 (19.16)
- Shane Maier, 200661-2 (18.64)
- G. Kostrubala, 198660-10 3/4 (18.55)
- Andy Banse, 200560-9 1/4 (18.52)
- Ken Kemeny, 200460-0 1/2 (18.30)
- Chris Gambol, 198759-0 (17.98)
- van der Westhuizen, 199958-10 3/4 (17.95)
- Ryan Lamparek, 201056-10 (17.32)**
- A.J. Curtis, 200857-9 1/2 (17.61)

Weight Throw

- Jim Costello, 200269-4 3/4 (21.15)
- A. van der Westhuizen, 200167-7 1/2 (20.61)
- Adam Hamilton, 200766-9 1/4 (20.35)
- Jeremy Allen, 200165-10 1/4 (20.07)
- Matt Banse, 201163-9 3-4 (19.45)**
- Chris Voller, 200563-4 (19.30)
- Ryan Lamparek, 201161-0 1/4 (18.60)**
- Brad Daufeldt, 200460-4 1/2 (18.40)
- Ryan Jordan, 200859-0 (17.98)
- Eric Rothwell, 200257-2 1/4 (17.43)

1,600-Meter Relay

- Rozell, Davis, Raymond, Yamini, 19983:06.80
- Coleman, Faber, Strang, Peterson, 20023:07.44
- Richards, Sowinski, Holmes, Willey, 2011 ... 3:07.84**
- Greer, Williams, Smith, Duckett, 19843:08.14
- Card, Coleman, Williamson, Dodge, 20013:08.21
- Davis, Rozell, Page, Morris, 19953:08.77
- Dodge, Williamson, Card, Peterson, 20013:08.82
- Branch, Dodge, Donovan, Yamini, 19993:08.99
- Dodge, Card, Williamson, Peterson, 20003:09.33
- Dodge, Branch, Felix, Yamini, 19993:09.37

3,200 Meter Relay

- Cooke, Nie, Monsey, Chambers, 19907:13.02
- Corrigan, Blackman, Strozier, Chambers, 19897:29.00
- English, Blackman, Strozier, Chambers, 19897:36.20
- 19777:39.40
- 19867:40.90
- Bouske, Herd, Chambers, Koon, 19927:43.94
- Bouska, Cook, White, Herd, 19927:48.63
- 19927:49.86
- 19867:50.10
- Roseman, Rerko, Novotny, Branigan, 19937:51.36

Distance Medley Relay

- 19999:46.83
- 19779:48.80
- 19789:49.70
- Kuczvara, Barton, Kuhlman, Holmes, 20109:51.05
- Marchese, Varner, Hairston, Luciano, 20099:52.52
- Paul, Varner, Hairston, Thode, 20109:52.71
- Trainor, Faber, Cunningham, Allen, 20029:58.14
- Newell, Eisenlauer, Tice, Clark, 197310:00.0
- Criswell, Hexum, Schum, Eastland, 197110:01.40
- Atkins, Olson, Layne, Allen, 200010:01.54

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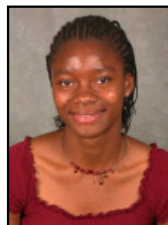


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INDOOR TOP PERFORMERS



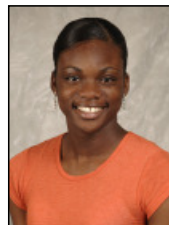
Kineke Alexander



Meghan Armstrong



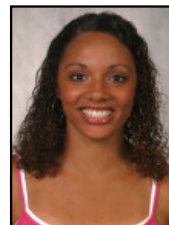
Tracy Dahl



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. Rhonda-Kaye Trusty, 2010.....	7.55
Erin Jones, 2011.....	7.55
6. Angela Menson, 1982.....	7.57
7. Tamara Dixon, 2002.....	7.64
8. Lakeya Boatright, 1999.....	7.68
Raven Moore, 2010.....	7.68

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. Rhonda-Kaye Trusty, 2010.....	24.05
7. Peaches Roach, 2007.....	24.09
8. Erin Jones, 2011.....	24.20
9. Jiselle Providence, 2002.....	24.44
10. Tanja Reid, 1994.....	24.67

400 Meters

1. Kineke Alexander, 2007.....	51.48
2. Ellen Grant, 1996.....	52.65
3. Shellene Williams, 2004.....	52.83
4. Ashley Liverpool, 2011.....	54.76
5. Marlene Poole, 1993.....	55.20
6. Wynsome Cole, 1997.....	55.45
7. Nicole Charles, 2002.....	55.59
8. Senta Hawkins, 1988.....	55.66
9. Tiffany Hendricks, 2010.....	55.90
10. Aisha Hume, 2002.....	56.33
Lindsey McCalla, 2006.....	56.33

600 Yards

1. Senta Hawkins, 1987.....	1:21.06
2. Aisha Hume, 2004.....	1:21.74
3. Kay Stormo, 1982.....	1:22.49
4. 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. Bethany Praska, 2010.....	1:29.35
3. Senta Hawkins, 1987.....	1:30.77
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

800 Meters

1. Jeanne Kruckeberg, 1989.....	2:06.38
2. Michelle Lahann, 2004.....	2:06.83
3. Bethany Praska, 2010.....	2:08.54
4. Briana Benning, 1996.....	2:09.22
5. Kay Stormo, 1981.....	2:11.04
6. Ann Pare, 1997.....	2:11.19
7. Atalie Barber, 2003.....	2:12.10
8. Shannon Stanley, 2005.....	2:12.13
9. Lauren Hardesty, 2009.....	2:12.39
10. Tracy Dahl, 1993.....	2:12.74

Mile

1. Jeanne Kruckeberg, 1989.....	4:40.19
2. Meghan Armstrong, 2006.....	4:40.59
3. Lauren Hardesty, 2010.....	4:41.97
4. Tina Stec, 1994.....	4:42.63
5. Betsy Flood, 2010.....	4:42.70
6. Penny O'Brien, 1981.....	4:43.72
7. Diane Nukuri, 2007.....	4:46.25
8. McKenzie Melander, 2010.....	4:47.17
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. Nan Doak, 1982.....	9:21.60
5. Jenny Spangler, 1986.....	9:22.41
6. Krista Anderson, 2006.....	9:29.75
7. Amanda Hardety, 2010.....	9:30.17
8. Betsy Flood, 2010.....	9:32.09
9. Nikki Chapple, 2004.....	9:34.17
10. Racheal Marchand, 2009.....	9:35.25

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



TRACK AND FIELD CONTACT: STEPHANIE DITTMER

INDOOR TOP 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. Caleigh Bacchus, 2010 5-9 1/4 (1.76m)
5. Kristi Dinkla, 1985 5-8 1/2 (1.74)
6. Kacey Childs, 2001 5-8 1/2 (1.74)
7. Traci Claussen, 1987 5-8 (1.73)
8. Kathy Gillespie, 1983 5-7 3/4 (1.72)
9. 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. **K. Weismantle, 2010 11-5 3/4 (3.50)**
4. **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. Tiffany Johnson, 2007 19-2 1/2 (5.85)
4. Davera Taylor, 1984 19-1 1/2 (5.83)
- Carisa Leacock, 2011 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. Catharine Parmiter, 2000 18-7 1/2 (5.68)
9. Jessie Strand, 2000 18-3 1/4 (5.57)
10. Tiff Pedersen, 2003 18-2 1/2 (5.55)

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. **Rachel Curry, 2011 46-6 3/4 (14.19)**
9. Jennifer Moon, 2000 45-9 (13.94)
- Tiffany Medenwaldt, 2010 45-9 (13.94)

Weight Throw

1. Becca Franklin, 2007 58-3 1/4 (17.76)
2. Erin O'Hern, 2008 56-3 (17.14)
3. **Majesty Tutson, 2011 55-8 1/2 (16.98)**
4. Mandy Chandler, 2009 54-4 1/2 (16.57)
5. **Kelsey Taylor, 2010 53-7 3/4 (16.35)**
6. **Ashlyn Gulvas, 2011 53-6 1/4 (16.31)**
7. Kerri Blackstone, 1999 50-9 3/4 (15.48)
8. Tiffany Medenwaldt, 2010 50-8 3/4 (15.45)
9. Megan Maurer, 1998 48-10 1/4 (14.89)
10. Jennifer Moon, 2000 47-10 3/4 (14.60)

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

1,600-Meter Relay

1. Hendricks, Erickson, Praska, Liverpool, 2011 3:39.15
2. McCalla, Granger, Alexander, Johnson, 2006 3:40.52
3. Johnson, McCalla, Alexander, Granger, 2006 3:42.44
4. Alexander, Johnson, Poncè, M. Mims, 2007 3:42.75
5. White, Alexander, Kerr, Hendricks, 2008 3:43.83
6. Hendricks, Trusty, Praska, Mims, 2010 3:44.29
7. McCalla, Williams, Sheeley, Hume, 2004 3:44.47
8. Bynoe, Cole, Raheem, Grant, 1996 3:44.58
9. Simpson, McRell, Layne, Powell, 1989 3:44.75
10. **Mims, Hendricks, Praska, Liverpool, 2011 3:45.03**

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, Praska, Hendricks, Flood, 2011 11:24.47
4. Flood, Hendricks, Hardesty L., Melander, 2010 11:25.01
5. Melander, Hendricks, Flood, Marchand, 2009 11:27.34
6. Benning, Poole, Salsberry, Stec, 1994 11:28.03
7. Stormo, Davenport, Hayden, Doak, 1982 11:29.54
- Armstrong, Granger, Stanley, K. Anderson, 2006 11:29.54
9. Lahann, Williams, Stanley, Arens, 2004 11:30.36
10. Thompson, Williams, Barber, Lahann, 2003 11:30.38