

# THE UNIVERSITY OF IOWA



## HAWKEYE TRACK & FIELD



TRACK AND FIELD CONTACT: JORDAN BUCHER

January 27, 2016

### 2016 IOWA TRACK & FIELD INDOOR SCHEDULE

Date	Meet
Jan. 9	Border Battle <i>(Champaign, Ill.)</i>
Jan. 15-16	Iowa Dual <i>(Iowa City, Iowa)</i>
Jan. 23	Big Four Duals <i>(Cedar Falls, Iowa)</i>
<b>Jan. 29-30</b>	<b>Razorback Invitational</b> <b><i>(Fayetteville, Ark.)</i></b>
Feb. 5-6	Meyo Invitational <i>(South Bend, Ind.)</i>
Feb. 12-13	Iowa State Classic <i>(Ames, Iowa)</i>
Feb. 12-13	Tyson Classic <i>(Fayetteville, Ark.)</i>
Feb. 20	Alex Wilson Invitational <i>(South Bend, Ind.)</i>
Feb. 26-27	Big Ten Championships <i>(Geneva, Ohio)</i>
Mar. 11-12	NCAA Championships <i>(Birmingham, Ala.)</i>

### IOWA COACHING STAFF

**Joey Woody**.. Director of Track & Field  
**Layne Anderson** Head Cross Country/  
..... Assistant Track & Field Coach  
**Clive Roberts** ... Associate Head Coach  
**Jason Wakenight** ..... Assistant Coach  
..... Director of Recruiting  
**Andrew Dubs** ..... Assistant Coach  
**Molly Jones** ..... Assistant Coach  
**Kate See** ..... Director of Operations

### THIS WEEK

The University of Iowa track and field team competes at the Razorback Invitational in Fayetteville, Arkansas, on Friday and Saturday. Friday's competition begins with field events at 3 p.m. (CT) and running events follow at 6 p.m. Action resumes Saturday with running events at 11:30 a.m. and field events at 1 p.m. The multi-event competition starts Friday at 11 a.m. and continues through Saturday.

### SCOUTING THE COMPETITION

In a 15-team field, the Razorback Invitational features nine nationally-ranked programs on the men's side: Florida (1), Texas (2), Texas A&M (3), Oregon (5), LSU (6), Georgia (7), Arkansas (11), Oklahoma State (16), and Purdue (25).

The Hawkeye women go up against seven top-25 teams: Arkansas (1), Georgia (2), Texas (3), Oregon (5), Florida (6), LSU (18), and Texas A&M (20).

### FOLLOW THE HAWKEYES

Live results can be found on the track and field schedule page at [hawkeyesports.com](http://hawkeyesports.com). Follow @IowaXC\_TF on twitter for updates and relevant statistics throughout the meet.

### HERE COMES MELCHERT

Following a personal-best performance in the men's mile at the Big 4 Duals on Jan. 23, sophomore Michael Melchert entered Big Ten (5th) and national rankings (14th). He shaved nearly nine seconds off his previous personal best (4:13.80), which he set at the Border Battle on Jan. 9, to finish third in 4:05.37. His time ranks fourth all-time at Iowa.

The Monticello, Iowa, native was a frontrunner for the Hawkeyes in cross country, finishing 17th at the 2015 Big Ten Cross Country Championships.

### CONTINUOUS PROGRESSION

Junior All-American Aaron Mallett is off to the fastest start of his collegiate career in the men's 60-meter hurdles. The St. Louis native remains undefeated in the event this season, posting the second- and third-fastest times of his collegiate career.

After opening with a 7.95 at the Border Battle on Jan. 9, Mallett ran 7.82 at the Iowa Dual (Jan. 16) before clocking 7.80, his second-fastest mark all-time, at the Big 4 Duals on Jan. 23. His lifetime best (7.78) came at the 2015 Big Ten Championships. Mallett currently stands second in Big Ten behind Nebraska's Antoine Lloyd (7.78) and ties for eighth nationally.

# THE UNIVERSITY OF IOWA



## HAWKEYE TRACK & FIELD



### TRACK AND FIELD CONTACT: JORDAN BUCHER

### 2016 INDOOR SEASON LEADERS

#### GUSTER TOPS BIG TEN... AGAIN

The defending 400-meter champion has the fastest conference time in the women's 400 meters following a first-place finish at the Big 4 Duals on Jan. 23. Her time of 54.21 stands 17th nationally.

The Atlanta native stands fourth among conference competitors in the 600 meters. She held the top spot following a winning performance at the Iowa Dual on Jan. 16 in a converted time, 1:30.93.

#### SPRINTER STRENGTH

Iowa has five student-athletes who rank among the top eight in the conference in the men's and women's 60 and 200 meters. For the men, third-year sophomore O'Shea Wilson (6.76) and freshman Christian Brissett (21.36) each own the sixth-fastest time in the 60 and 200 meters.

Freshman Briana Guillory (24.04) holds the fourth spot in the women's 200 meters, while senior Lake Kwaza had an eventful Big 4 Duals, climbing to second in the 60 meters (7.42) and sixth in the 200 meters (24.22). Kwaza, along with junior Brittany Brown, set the 60-meter school record at the 2014 Big 4 Duals in 7.41.

#### THE SHORT STORY

The Hawkeyes swept the first four positions in the women's 200 and 400 meters and produced a 1-2-3 sweep in the men's 600 yards at the Big 4 Duals on Jan. 23.

Senior Lake Kwaza (24.22) led the Hawkeyes in the 200 meters, while junior Elexis Guster (54.21) paced a 400-meter pack, which included freshman Briana Guillory (2nd/55.35). Senior Will Teubel (1:09.59) won the 600 yards followed closely by sophomore Carter Lilly (1:09.67).

#### NEXT ON THE BLOCK

The Hawkeyes head to the Meyo Invitational for a two-day competition in South Bend, Indiana, on Feb. 5-6.

#### MEN

60 Meters.....	O'Shea Wilson .....	6.76
60-Meter Hurdles...	Aaron Mallett .....	7.80
200 Meters.....	Christian Brissett .....	21.72
400 Meters.....	Brendan Thompson.....	48.67
600 Yards.....	Will Teubel.....	1:09.59
600 Meters.....	Carter Lilly .....	1:19.24
800 Meters.....	Pavlo Hutsalyuk.....	1:53.23
1,000 Meters.....	Michael Hart.....	2:29.91
Mile.....	Michael Melchert.....	4:03.7
3,000 Meters.....	Daniel Soto .....	8:32.72
1,600-Meter Relay..	Wolff, Frye, Dorman, Harris.....	3:12.40
High Jump.....	Kevin Spejcher .....	6-7 (2.01m)
Pole Vault.....	Andy Jatis .....	16-0 3/4 (4.90m)
Long Jump.....	Kerry Dean, Jr. ....	22-4 1/2 (6.82m)
Triple Jump.....	Kerry Dean, Jr. ....	45-7 1/4 (13.90m)
Shot Put.....	Avery Meyers .....	57-6 1/2 (17.54m)
Weight Throw.....	Avery Meyers .....	53-5 (16.28m)
Discus.....	Avery Meyers .....	170-1 (51.84m)

#### WOMEN

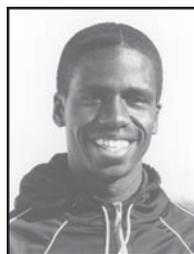
60 Meters.....	Lake Kwaza .....	7.42
60-Meter Hurdles...	Jahisha Thomas .....	8.67
200 Meters.....	Lake Kwaza .....	24.22
400 Meters.....	Elexis Guster.....	54.21
600 Yards.....	Mahnee Watts.....	1:22.72
600 Meters.....	Elexis Guster.....	1:32.04
800 Meters.....	Jordyn Sindt.....	2:16.57
Mile.....	Madison Waymire .....	4:58.60
3,000 Meters.....	Carolyn Newhouse .....	10:16.48
1,600-Meter Relay..	Holder, Guster, Guillory, Watts ...	3:41.10
High Jump.....	Khanishah Williams .....	5-8 3/4 (1.75m)
Long Jump.....	Jalynn Roberts-Lewis....	17-8 3/4 (5.40m)
Pole Vault.....	Amy Smith .....	10-10 (3.30m)
Triple Jump.....	Tria Seawater-Simmons	37-8 1/2 (11.49m)
Shot Put.....	Leah Colbert.....	38-2 3/4 (11.65m)
Weight Throw.....	Leah Colbert.....	52-2 1/2 (15.91m)
Discus.....	Dakotah Goodell.....	156-5 (47.67m)

\* -- school record

# INDOOR ALL-TIME TOP TEN PERFORMERS



Justin Austin



Rodney Chambers



Jim Costello



Troy Doris



Bill Hansen



John Hickey



Ethan Holmes

## 60 Meters

- Justin Austin, 2011 ..... 6.69
- Kurt Felix, 1999..... 6.73  
Tevin-Cee Mincy, 2014 ..... 6.73
- Josh Larney, 2013 ..... 6.74
- Troy Doris, 2012 ..... 6.75
- 6. O'Shea Wilson, 2016.....6.76**
- Tony Branch, 1999 ..... 6.78  
**Christian Brissett, 2016 .....6.78**
- Paul Chaney, Jr., 2009 ..... 6.80  
D'Juan Richardson, 2010 ..... 6.80

## 60-Meter Hurdles

- Jordan Mullen, 2013..... 7.70
- 2. Aaron Mallett, 2015.....7.78**
- Ethan Holmes, 2013 ..... 7.82
- Dion Trowers, 1997 ..... 7.87
- Russell Peterson, 2004 ..... 7.97
- Dan Davis, 2012..... 8.02
- DeRocco Reed, 2000..... 8.03  
Keith Brown, 2015..... 8.03
- Torrey Campbell, 2012 ..... 8.09
- 10.Chris Douglas, 2016 .....8.11**

## 200 Meters

- Justin Austin, 2011 ..... 20.80
- Anthuan Maybank, 1993 ..... 21.11
- Bashir Yamini, 1999 ..... 21.19
- 4. James Harrington, 2014 .....21.21**
- Ethan Holmes, 2013 ..... 21.23
- Tim Dodge, 2000 ..... 21.26
- Paul Chaney, Jr., 2009 ..... 21.34
- George Page, 1997 ..... 21.35
- Zach Digney, 2004 ..... 21.39
- 10.Tony Branch, 1998 ..... 21.46

## 400 Meters

- Steven Willey, 2010 ..... 46.75
- Terrence Duckett, 1984 ..... 46.81
- Andre Morris, 1995 ..... 47.15
- Monte Raymond, 1998..... 47.18
- Anthuan Maybank, 1990 ..... 47.25
- Patrick Richards, 2011 ..... 47.35
- Juan Coleman, 2002 ..... 47.40
- Justin Austin, 2012 ..... 47.61
- Ethan Holmes, 2013 ..... 47.63
- 10.Curtis Chung, 1989 ..... 47.65

## 600 Meters

- Erik Sowinski, 2012..... 1:16.91
- 2. Will Teubel, 2014 ..... 1:17.84**
- Steven Willey, 2011 ..... 1:17.94
- Keaton Rickels, 2012 ..... 1:18.19
- Pat McGhee, 1988..... 1:18.30
- 6. Carter Lilly, 2015 ..... 1:18.37**
- Ryan Weir, 2013 ..... 1:18.62
- Chris Barton, 2011..... 1:18.75  
Brennan Davey, 2014..... 1:18.75
- 10.Neil Flattery, 2014 ..... 1:18.78

## 800 Meters

- Erik Sowinski, 2012..... 1:47.62
- Ryan Weir, 2013 ..... 1:49.11
- Adam Hairston, 2010..... 1:49.26
- Nathan Prom, 2013 ..... 1:49.29
- 5. Will Teubel, 2015 ..... 1:49.40**
- Nick Kuczvara, 2010 ..... 1:49.59
- Dave Novotny, 1996 ..... 1:51.27
- Jim Docherty, 1973..... 1:51.30
- Rod Chambers, 1989 ..... 1:51.33
- 10.Carter Lilly, 2015 ..... 1:51.40**

## Mile

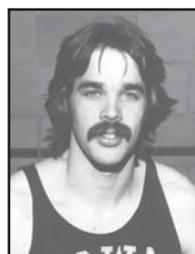
- Jeff Thode, 2011 ..... 3:58.72
- Ed DeLashmutt, 1981 ..... 4:04.01
- Larry Wieczorek, 1968..... 4:04.40
- 4. Michael Melchert, 2016.....4:05.37**
- John Clark, 1972 ..... 4:05.94
- Ben Witt, 2014 ..... 4:07.08
- Adam Thomas, 2002 ..... 4:07.13
- Kevin Herd, 1992 ..... 4:07.26
- Jesse Luciano, 2009 ..... 4:07.29
- 10.Jake Berns, 2006..... 4:07.43

## 3,000 Meters

- Kevin Lewis, 2015 ..... 7:57.06
- Jeff Thode, 2011 ..... 8:00.38
- Micah VanDenend, 2006 ..... 8:00.81
- Eric MacTaggart, 2006 ..... 8:08.79
- Stetson Steele, 2000..... 8:09.54
- Ben Witt, 2015 ..... 8:10.97
- Dan Haut, 2005 ..... 8:11.36
- Kevin Herd, 1994 ..... 8:11.51
- Nick Holmes, 2010 ..... 8:15.48
- 10.Andy Napier, 2008..... 8:15.70

## 5,000 Meters

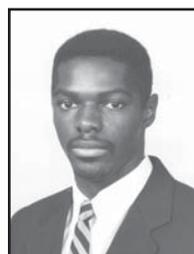
- Kevin Lewis, 2015 ..... 13:43.70
- Micah VanDenend, 2007 ..... 13:56.46
- Stetson Steele, 2000..... 14:00.52
- Dan Haut, 2006 ..... 14:06.16
- Eric MacTaggart, 2006 ..... 14:13.41
- Jeff Thode, 2011 ..... 14:16.00
- Matt Esche, 2004..... 14:18.43
- Jeff Kent, 2007..... 14:18.86
- Jesse Luciano, 2009 ..... 14:20.99
- 10.Nick Nordheim, 2002 ..... 14:22.99



Bill Knoedel



Kevin Lewis



Anthuan Maybank



Jordan Mullen

# INDOOR ALL-TIME TOP TEN PERFORMERS



Nathan Prom



Kyle Reid



Patrick Richards



Keaton Rickels



Erik Sowinski



Todd Wigginton



Steven Willey

## Heptathlon

1. Kyle Reid, 2013 ..... 5,354 points
2. Dan Rolling, 2010 ..... 5,205 points
3. Jack Eckert, 2015 ..... 5,188 points
4. Ryan Niver, 2008..... 5,149 points
5. **William Dougherty, 2015 5,054 points**
6. Frank Prill, 2010..... 5,015 points
7. Scott Faber, 2000..... 4,784 points
8. Cam Appleman, 1997 ..... 4,685 points
9. Bobby Windauer, 2007 ..... 4,644 points
10. Jacob Drewry, 1995 ..... 4,612 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)  
**Kevin Spejcher, 2015..... 7-0 1/2 (2.15)**
5. Pat Meade, 1987 ..... 7-0 1/4 (2.14)
6. Mike Lacy, 1984..... 7-0 (2.13)
7. M. Cunningham, 1984.. 6-11 1/4 (2.11)
8. 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. **Andy Jatis, 2016..... 16-0 3/4 (4.90)**
10. 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. **O'Shea Wilson, 2014... 24-8 1/2 (7.53)**  
Matty Gorman, 2006.... 24-8 1/2 (7.53)
9. Charles Jones, 1980..... 24-8 1/4 (7.52)
10. Quinn Early, 1986 ..... 24-7 1/4 (7.50)

## Triple Jump

1. Troy Doris, 2011 ..... 54-0 (16.46)
2. Babatunde Amosu, 2015. 52-8 3/4 (16.07)
3. Paul Jones, 1990..... 52-1 1/4 (15.88)  
**Klyvens Delaunay, 2014 .52-1 1/4 (15.88)**
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. Gary 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. Gabe Hull, 2014..... 59-3 (18.06)
8. Chris Gambol, 1987 ..... 59-0 (17.98)
9. Arno van der Westhuizen,  
1999 ..... 58-10 3/4 (17.95)
10. **Avery Meyers, 2015 .. 58-4 3/4 (17.80)**

## Weight Throw

1. Jim Costello, 2002 ..... 69-4 3/4 (21.15)
2. Matt Banse, 2012 ..... 67-8 (20.62)
3. Arno 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, 2014..... 59-7 (18.16)
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



Brittany Brown



Tracy Dahl



Nicole Erickson



Karesa Farley



Ashlyn Gulvas

## 60 Meters

1. **Brittany Brown, 2014** ..... **7.41**
- Lake Kwaza, 2014**..... **7.41**
3. Elaine Jones, 1983 .....7.43
4. Peaches Roach, 2005.....7.45
5. Shellene Williams, 2004 .....7.50
6. Jiselle Providence, 2002 .....7.52
7. Rhonda-Kaye Trusty, 2010 .....7.55
- Erin Jones, 2011 .....7.55
- Raven Moore, 2013 .....7.55
10. Angela Menson, 1982 .....7.57

## 60-Meter Hurdles

1. Karesa 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
- Jahisha Thomas, 2015**..... **8.60**
9. Kimberly Stanford, 2008.....8.63
10. Diane Steinhart, 1981.....8.64

## 200 Meters

1. Kineke Alexander, 2006 .....23.49
2. Shellene Williams, 2004 .....23.62
- 3. Brittany Brown, 2014** ..... **23.63**
4. Marlene Poole, 1994 .....23.66
- Yolanda Hobbs, 1995.....23.66
6. Erica Broomfield, 1998 .....23.81
- 7. Lake Kwaza, 2014**..... **23.92**
8. Raven Moore, 2013 .....24.00
9. Erin Jones, 2011 .....24.01
10. Rhonda-Kaye Trusty, 2010 .....24.05

## 400 Meters

1. Kineke Alexander, 2007 .....51.48
2. Ellen Grant, 1996.....52.65
3. Shellene Williams, 2004 .....52.83
- 4. Elexis Guster, 2015**..... **53.92**
5. Ashley Liverpool, 2011 .....54.09
- 6. MonTayla Holder, 2015** ..... **54.32**
- 7. Alexis Hernandez, 2014**..... **54.91**
8. Tiffany Hendricks, 2011 .....55.06
9. Marlene Poole, 1993 .....55.20
- 10. Briana Guillory, 2016**..... **55.35**

## 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. Mahnee Watts, 2016**..... **1:22.72**
6. Bethany Praska, 2009 ..... 1:23.12
7. Hannah Simonson, 2012 ..... 1:23.18
8. Chris Davenport, 1982..... 1:24.14
- 9. Kaitlyn Nelson, 2015** ..... **1:24.52**
10. Sophia Poncè, 2007 ..... 1:24.55

## 600 Meters

1. Kineke Alexander, 2008 ..... 1:27.45
2. Bethany Praska, 2011 ..... 1:28.14
- 3. MonTayla Holder, 2014** ..... **1:29.98**
4. Senta Hawkins, 1987 ..... 1:30.77
- 5. Kaitlyn Nelson, 2013** ..... **1:31.44**
6. Karen Layne, 1990 ..... 1:31.45
7. Nicole Erickson, 2012 ..... 1:31.71
- 8. Elexis Guster, 2016** ..... **1:32.04**
- 9. Mahnee Watts, 2015**..... **1:32.07**
10. Kay Stormo, 1982 ..... 1:32.30

## 800 Meters

1. Bethany Praska, 2011 ..... 2:05.01
2. Jeanne Kruckeberg, 1989 ..... 2:06.38
3. Michelle Lahann, 2004 ..... 2:06.83
- 4. Katharina Trost, 2014**..... **2:07.38**
- 5. Mahnee Watts, 2014**..... **2:08.79**
- 6. Adrienne Alexia, 2013**..... **2:08.95**
7. Briana Benning, 1996 ..... 2:09.22
- 8. Kaitlyn Nelson, 2013** ..... **2:09.58**
- 9. MonTayla Holder, 2015** ..... **2:10.34**
10. Kay Stormo, 1981 ..... 2:11.04

## Mile

1. McKenzie Melander, 2011..... 4:39.78
2. Jeanne Kruckeberg, 1989 ..... 4:40.19
3. Meghan Armstrong, 2006 ..... 4:40.59
4. Lauren Hardesty, 2011..... 4:41.01
5. Tina Stec, 1994 ..... 4:42.63
6. Betsy Flood, 2010 ..... 4:42.70
7. Penny O'Brien, 1981..... 4:43.72
8. Diane Nukuri, 2007..... 4:46.25
9. Michelle Lahann, 2004 ..... 4:47.23
10. Amanda Hardesty, 2010 ..... 4:48.69

## 3,000 Meters

1. Tracy Dahl, 1993 ..... 9:15.57
2. Meghan Armstrong, 2008 ..... 9:17.50
3. Diane Nukuri, 2008..... 9:20.07
4. Betsy Flood, 2011 ..... 9:20.09
5. Nan Doak, 1982 ..... 9:21.60
6. Jenny Spangler, 1986 ..... 9:22.41
7. Mareike Schrulle, 2012..... 9:23.97
8. Brooke Eilers, 2012..... 9:27.92
9. McKenzie Melander, 2012..... 9:29.71
10. Krista Anderson, 2006 ..... 9:29.75



Lauren Hardesty



Senta Hawkins



Tiffany Hendricks



Tammilee Kerr



Lake Kwaza



Ashley Liverpool



McKenzie Melander

# INDOOR ALL-TIME TOP TEN PERFORMERS



Zinnia Miller



Diane Nukuri



Bethany Praska



Peaches Roach



Gail Smith



Jessie Strand



Renee White

## 5,000 Meters

1. Tracy Dahl, 1993 ..... 15:49.52
2. Nan Doak, 1985 ..... 15:55.45
3. Racheal Marchand, 2009.....15:55.70
4. Diane Nukuri, 2008..... 16:01.36
5. Jenny Spangler, 1982 ..... 16:08.74
6. Judy Parker, 1981 ..... 16:16.63
7. Betsy Flood, 2011 ..... 16:20.67
8. Jennifer Brower, 1992..... 16:22.19
9. Nikki Chapple, 2004..... 16:27.04
10. Mareike Schrulle, 2012..... 16:29.41

## High Jump

1. Peaches Roach, 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)
- 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)
6. **Amy Smith, 2016 ..... 10-10 (3.30)**
7. Gina Shannon, 2001 ..... 10-6 (3.20)
8. Kacey Childs, 2001.....9-0 (2.75)
9. Amy Kasparbauer, 2000.....8-0 (2.44)

## Long Jump

1. Zinnia Miller, 2014.....20-4 1/4 (6.20)
2. Carisa Leacock, 2014 .....19-9 1/2 (6.03)
3. **Jahisha Thomas, 2015 ..... 19-7 (5.97)**
4. Lisa Moats, 1986 ..... 19-6 (5.95)
5. Cassidy Ellis, 2015.....19-5 1/2 (5.93)
6. Renee White, 2006.....19-3 1/4 (5.87)
7. Tiffany Johnson, 2007.....19-2 1/2 (5.85)
8. Davera Taylor, 1984 .....19-1 1/2 (5.83)
9. Yolanda Hobbs, 1993..... 19-1 (5.80)
10. Kamesha Marshall, 2005 .18-11 1/4 (5.77)

## Triple Jump

1. Renee White, 2008..... 42-4 (12.90)
2. Tiffany Johnson, 2007.....41-3 3/4 (12.59)
3. Zinnia Miller, 2014.....41-2 1/2 (12.56)
4. Carisa Leacock, 2012 .....40-5 1/2 (12.33)
5. Becki Borg, 1987..... 39-6 (12.04)
6. Lynn McMillan, 1988 ..... 38-2 (11.63)
7. **Tria Seawater-Simmons, 2016 37-8 1/2 (11.49)**
8. Sarah Ryan, 2014 .....37-5 1/4 (11.41)
9. Lisa Moats, 1985 ..... 35-1 (10.69)
10. 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)
- Courtney Fritz, 2014..... 47-5 (14.45)
9. Jennifer Gilson, 2002..... 46-11 (14.30)
10. Alexa Hunt, 2015 .....46-8 3/4 (14.24)

## Weight Throw

1. Ashlyn Gulvas, 2013 ..... 63-6 (19.35)
2. Jasmine Simpson, 2013... 62-6 1/2 (19.06)
3. Annemie Smith, 2014..... 61-4 (18.69)
4. Kelsey Taylor, 2011 ..... 60-4 1/2 (18.40)
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. **Leah Colbert, 2016.....52-2 1/2 (15.91)**

## 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. Cassidy Ellis, 2014.....3,346 points

## 1,600-Meter Relay

1. Liverpool, Hendricks, Praska, Erickson, 2011 ..... 3:36.97
2. **Hernandez, Holder, Guster, Watts, 2014 ..... 3:37.16**
3. Liverpool, Hendricks, Erickson, Praska, 2011 ..... 3:37.58
4. **Kwaza, Guster, Holder, Watts, 2015.....3:37.84**
5. **Kwaza, Holder, Watts, Guster, 2015.....3:38.56**
6. **Guster, Holder, Watts, Hernandez, 2014 ..... 3:38.62**
7. Hendricks, Erickson, Praska, Liverpool, 2011 ..... 3:39.15
8. **Guster, Watts, Holder, Kwaza, 2015.....3:39.30**
9. Hendricks, Praska, Erickson, Liverpool, 2011 ..... 3:40.42
10. McCalla, Granger, Alexander, Johnson, 2006 ..... 3:40.52

## 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
- Armstrong, Granger, Stanley, K. Anderson, 2006 ..... 11:29.54
10. Lahann, Williams, Stanley, Arens, 2004..... 11:30.36