

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



TRACK AND FIELD CONTACT: STEPHANIE DITTMER

January 24, 2011

2010-11 IOWA TRACK & FIELD INDOOR SCHEDULE

Date	Meet	Result
Jan. 8	at Illinois Open (Champaign, IL)	W, 83-74
Jan. 15	Iowa Open (Iowa City, IA)	No Team Score
Jan. 21-22	at Jack Johnson Classic (Minneapolis, MN)	482 (2/9)
Jan. 28-29	at Razorback Invitational (Fayetteville, AR) at UNI Open (Cedar Falls, IA)	
Feb. 5	at Husker Invitational (Lincoln, NE) at Meyo Invite (South Bend, IN)	
Feb. 11-12	at Cyclone Classic (Ames, IA)	
Feb. 18	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

THIS WEEK

The University of Iowa track and field teams will send competitors to the Razorback Invitational in Fayetteville, Arkansas and to the Jack Jennett Invite in Cedar Falls, Iowa.

Hawkeyes competing at the Razorback Invitational will face student-athletes from Arkansas, Stanford, LSU, Florida State, Nebraska, Arizona, TCU, Texas, Oregon and Oklahoma State. Competition in Fayetteville will begin Friday morning and continue to Saturday afternoon at the Randal Tyson Track Center.

Iowa athletes traveling to Cedar Falls will compete Saturday. The event is tentatively scheduled to begin at 11 a.m. with the weight throw and continue to the final event at 6:20 p.m.

Live results for the Razorback Invitational will be available on hawkeyesports.com.

PRASKA FASTEST IN NATION

Bethany Praska ran a season best 600-meters at the Jack Johnson Classic last weekend in Minneapolis. The senior from Longmont, CO, crossed the finish line in 1:29.60, nearly two seconds faster than her previous career high set at the Big Ten Championships last February.

Praska's time was the fastest in the nation last weekend and third fastest time in Iowa history.

AUSTIN RACING TO THE TOP

Justin Austin is quickly becoming a household name with Hawkeye track and field fans. The sophomore sprinter set a school record and two meet records at the Jack Johnson Classic last weekend.

Austin crossed the finish line in 6.72 seconds in the 60-meter dash. His efforts earned him a school record in the event, replacing Kurt Felix's time of 6.73 set in 1999. Austin also took the crown in the 200-meters with a personal best time of 21.39.

Among the recognition earned with his performances this weekend, Austin now holds Jack Johnson Classic meet records in both events. The Milwaukee, Wisconsin native tied the fastest 60-meter time in the Big Ten conference and set the conference record with a converted 200-meter time (20.99).

FRESHMEN WOMEN SPRINT TO SUCCESS

Erin Jones and Ashley Liverpool are not wasting any time making an impact for the Hawkeyes. The freshmen duo each claimed top spots in their respective events at the Jack Johnson Classic.

Jones, a Highland, Texas native, competed in the 60-meters, finishing second with a personal best time of 7.55. The finish ranks among Iowa's top-five all-time fastest in the event. Jones also made her 200-meters debut, finishing first in the race with a time of 24.72 seconds.

Liverpool comes to Iowa from Cincinnati, Ohio. The four-time high school state qualifier edged out Sam Cameron of Northern Iowa to earn the first place finish with a time of 56.30. Liverpool's time ranks ninth on Iowa's all-time top performers list.

MULLEN, WILLEY SET SCHOOL RECORDS

Hawkeyes Jordan Mullen and Steven Willey competed a level above the bar at the Jack Johnson Classic. Both student-athletes set new school records; Mullen in the preliminary run of the 60-meter hurdles and Willey in the 600-meter run.

Mullen, a sophomore, earns the all-time top performance mark in the 60-meter hurdles with a time of 7.75, pushing Dion Trowers' previous school record time of 7.87 to second place. Trowers set the record in 1997. Mullen's time, ranked fourth nationally, is also the new Jack Johnson Classic meet and UM Fieldhouse facility record.

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Willey, a senior all-American, finished the 600-meter run in 1:17.94 to capture Iowa's all-time fastest finish in the event. Willey edged teammate Erik Sowinski's former fastest time of 1:18.05 set in 2009.

SIX JACK JOHNSON CLASSIC RECORDS FOR THE HAWKEYES

The men's and women's teams combined to set six new Jack Johnson Classic records. In addition to Austin, Willey and Mullen, Patrick Richards posted a 47.80 in the 400-meters to capture the top spot in the event.

Iowa also claimed record-setting victories in the 1,600-meter relay. The men's team crosses the finish line in 3:12.65 while the women's team set the meet and facility record at 3:45.03.

COMING UP

The Black and Gold travels to Lincoln, NE, for the Husker Invite and to South Bend, IN, to compete in the Meyo Invite next weekend.

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 6.72*	60 meters	Erin Jones 7.55
60 meter hurdles	Jordan Mullen 7.75*	200 meters	Erin Jones 24.72
200 meters	Justin Austin 21.39	300 meters	Ashley Liverpool 40.87
400 meters	Steven Willey 47.72	400 meters	Ashley Liverpool 56.30
600 meters	Steven Willey 1:17.94*	600 meters	Bethany Praska 1:29.60
800 meters	Erik Sowinski 1:51.54	800 meters	Bethany Praska 2:11.2
Mile	Jeff Thode 4:09.88	Mile	Betsy Flood 4:47.63
3,000 meters	Andrew Smith 8:52.18	High Jump	Zinnia Miller 5-5 (1.65m)
High Jump	Graham Valdes 6-10 ¼ (2.09m)	Pole Vault	Kirsten Weismantle .. 10-11 ¾ (3.35m)
Long Jump	Jeffery Herron 23-4 ½ (7.12m)	Long Jump	Emelia Thompson 15-5 ½ (4.71m)
Triple Jump	Troy Doris 50-5 ¼ (15.37m)	Shot Put	Rachel Curry 46-2 ½ (14.08m)
Shot Put	Ryan Lamparek .. 55-3 ½ (16.85m)	Weight Throw	Majesty Tutson .. 55-8 ½ (16.98m)
Weight Throw	Matt Banse 63-9 ¾ (19.45m)	1,600-meter relay	Mims, Hendricks, Praska, Liverpool 3:45.03
1,600 meter relay	Richards Barton, Sowinski, Willey 3:12.65		

* - School Record

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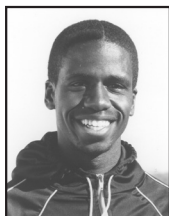


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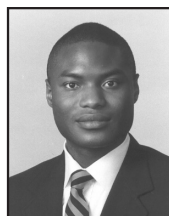
INDOOR TOP PERFORMERS



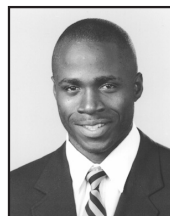
Rodney Chambers



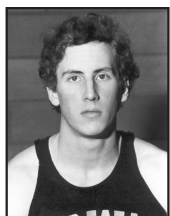
Jim Costello



Chris Davis



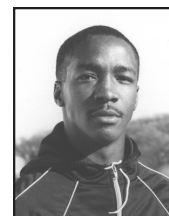
Kurt Felix



Bill Hansen



John Hickey



Paul Jones

60 Meters

1. Justin Austin, 2011	6.72
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	8.15
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. Anthuan Maybank, 1993	21.11
2. Bashir Yamini, 1999	21.19
3. Tim Dodge, 2000	21.26
4. Paul Chaney, Jr., 2009	21.34
5. George Page, 1997	21.35
6. Zach Digney, 2004	21.39
Justin Austin, 2011	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'Hollearn, 2006	1:19.54

800 Meters

1. Erik Sowinski, 2010	1:48.90
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

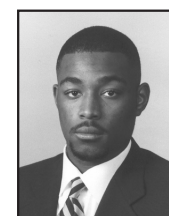
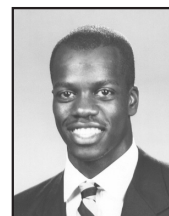
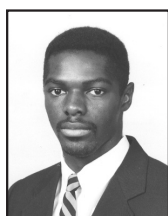
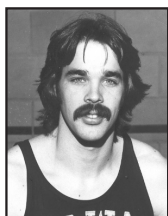
1. Jeff Thode, 2010	4:03.07
2. Ed DeLashmutt, 1981	4:04.01
3. Larry Wiczorek, 1968	4:04.40
4. John Clark, 1972	4:05.94
5. Adam Thomas, 2002	4:07.13
6. Kevin Herd, 1992	4:07.26
7. Jesse Luciano, 2009	4:07.29
8. Jake Berns, 2006	4:07.43
9. Micah VanDenend, 2007	4:07.54
10. Ted Wheeler, 1956	4:07.74

3,000 Meters

1. 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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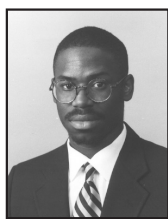


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INDOOR TOP PERFORMERS



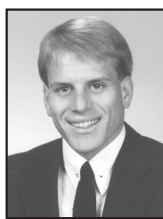
Jeff Thode



Dion Trowers



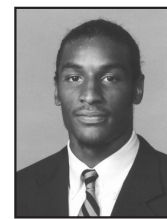
Micah VanDenend



Todd Wigginton



Steven Willey



Bashir Yamini

Heptathlon

1. Dan Rolling, 20105,205 points
2. Ryan Niver, 20085,149 points
3. Frank Prill, 20105,015 points
4. Scott Faber, 20004,784 points
5. Cam Appleman, 19974,685 points
6. Kyle Reid, 20104,662 points
7. Bobby Windauer, 20074,644 points
8. Jacob Drewry, 19954,612 points
9. Mark Mankivsky, 20084,453 points

High Jump

1. Bill Knoedel, 19767-3 (2.21)
- Bill Hansen, 19787-3 (2.21)
3. Scott Hudek, 19937-0 1/2 (2.15)
4. Pat Meade, 19877-0 1/4 (2.14)
5. Mike Lacy, 19847-0 (2.13)
6. M. Cunningham, 19846-11 1/4 (2.11)
7. 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

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

Long Jump

1. Anthuan Maybank, 199226-5 1/2 (8.06)
2. Bashir Yamini, 199826-0 1/4 (7.93)
3. Darren Smith, 199125-2 (7.67)
4. Paul Jones, 199024-11 1/4 (7.60)
5. Ronnie McCoy, 198424-9 (7.54)
6. Matty Gorman, 200624-8 1/2 (7.53)
7. Charles Jones, 198024-8 1/4 (7.52)
8. Quinn Early, 198624-7 1/4 (7.50)
9. Lee Farmer, 194223-9 1/4 (7.24)
10. Aaron Reed, 200623-8 (7.21)

Triple Jump

1. Paul Jones, 199052-1 1/4 (15.88)
- 2. Troy Doris, 201150-5 1/4 (15.37)**
3. Mike Lacy, 198349-0 (14.93)
4. Owen Gill, 198248-10 3/4 (14.90)
5. Josh Bean, 200948-10 (14.88)
6. Gordon Finch, 198848-3 3/4 (14.72)
7. Matty Gorman, 200648-3 1/2 (14.72)
8. Pat Miller, 198447-11 (14.60)
9. Brian Quarles, 198046-9 3/4 (14.26)
10. Darren Smith, 199246-3 1/2 (14.11)

Shot Put

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

Weight Throw

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

1,600-Meter Relay

1. Rozell, Davis, Raymond, Yamini, 19983:06.80
2. Coleman, Faber, Strang, Peterson, 20023:07.44
3. Greer, Williams, Smith, Duckett, 19843:08.14
4. Card, Coleman, Williamson, Dodge, 20013:08.21
5. Davis, Rozell, Page, Morris, 19953:08.77
6. Dodge, Williamson, Card, Peterson, 20013:08.82
7. Branch, Dodge, Donovan, Yamini, 19993:08.99
8. Dodge, Card, Williamson, Peterson, 20003:09.33
9. Dodge, Branch, Felix, Yamini, 19993:09.37
10. Willey, Richards, Barton, Varner, 20093:09.62

3,200 Meter Relay

1. Cooke, Nie, Monsey, Chambers, 19907:13.02
2. Corrigan, Blackman, Strozier, Chambers, 19897:29.00
3. English, Blackman, Strozier, Chambers, 19897:36.20
4. 19777:39.40
5. 19867:40.90
6. Bouske, Herd, Chambers, Koon, 19927:43.94
7. Bouska, Cook, White, Herd, 19927:48.63
8. 19927:49.86
9. 19867:50.10
10. Roseman, Rerko, Novotny, Branigan, 19937:51.36

Distance Medley Relay

1. 19999:46.83
2. 19779:48.80
3. 19789:49.70
4. Kuczwar, Barton, Kuhlman, Holmes, 20109:51.05
5. Marchese, Varner, Hairston, Luciano, 20099:52.52
6. Paul, Varner, Hairston, Thode, 20109:52.71
7. Trainor, Faber, Cunningham, Allen, 20029:58.14
8. Newell, Eisenlauer, Tice, Clark, 197310:00.0
9. Criswell, Hexum, Schum, Eastland, 197110:01.40
10. Atkins, Olson, Layne, Allen, 200010:01.54

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INDOOR TOP PERFORMERS



Kineke Alexander



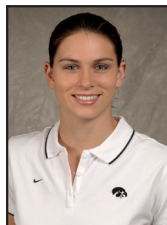
Meghan Armstrong



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. Jiselle Providence, 2002.....	24.44
9. Tanja Reid, 1994.....	24.67
10. Tamara Dixon, 2002.....	24.71

400 Meters

1. Kineke Alexander, 2007.....	51.48
2. Ellen Grant, 1996.....	52.65
3. Shellene Williams, 2004.....	52.83
4. Marlene Poole, 1993.....	55.20
5. Wynsome Cole, 1997.....	55.45
6. Nicole Charles, 2002.....	55.59
7. Senta Hawkins, 1988.....	55.66
8. Tiffany Hendricks, 2010.....	55.98
9. Ashley Liverpool, 2011.....	56.30
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)
5. Yolanda Hobbs, 1993 19-1 (5.80)
6. Kamesha Marshall, 2005 18-11 1/4 (5.77)
7. Catharine Parmiter, 2000 18-7 1/2 (5.68)
8. Jessie Strand, 2000 18-3 1/4 (5.57)
9. Tiff Pedersen, 2003 18-2 1/2 (5.55)
10. Tammilee Kerr, 2005 18-1 3/4 (5.53)

Triple Jump

1. Renee White, 2008 42-4 (12.90)
2. Tiffany Johnson, 2007 41-3 3/4 (12.59)
3. Becki Borg, 1987 39-6 (12.04)
4. Lynn McMillan, 1988 38-2 (11.63)
5. Lisa Moats, 1985 35-1 (10.69)
6. Becca Franklin, 2004 34-3 (10.44)

Shot Put

1. Gail Smith, 1985 51-0 (15.54)
2. Lisa Van Steenwyk, 1993 50-5 1/4 (15.37)
3. Kamesha Marshall, 2005 49-2 1/4 (14.99)
4. Denise Taylor, 1992 48-9 (14.86)
5. Megan Maurer, 1995 47-5 3/4 (14.47)
6. Laura Kriener, 1990 47-5 (14.45)
7. Jennifer Gilson, 2002 46-11 (14.30)
8. **Rachel Curry, 2011 46-2 1/2 (14.08)**
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. McCalla, Granger, Alexander, Johnson, 2006 3:40.52
2. Johnson, McCalla, Alexander, Granger, 2006 3:42.44
3. Alexander, Johnson, Poncè, M. Mims, 2007 3:42.75
4. White, Alexander, Kerr, Hendricks, 2008 3:43.83
5. Hendricks, Trusty, Praska, Mims, 2010 3:44.29
6. McCalla, Williams, Sheeley, Hume, 2004 3:44.47
7. Bynoe, Cole, Raheem, Grant, 1996 3:44.58
8. Simpson, McRell, Layne, Powell, 1989 3:44.75
9. **Mims, Hendricks, Praska, Liverpool, 2011 3:45.03**
10. Hume, Charles, Barber, Knight, 2002 3:45.33

Distance Medley Relay

1. Armstrong, Alexander, L. Hardesty, Nukuri, 2008 11:20.11
2. Stormo, Davenport, Williams, O'Brien, 1981 11:23.02
3. Flood, Hendricks, Hardesty L., Melander, 2010 11:25.01
4. Melander, Hendricks, Flood, Marchand, 2009 11:27.34
5. Benning, Poole, Salsberry, Stec, 1994 11:28.03
6. Stormo, Davenport, Hayden, Doak, 1982 11:29.54
- Armstrong, Granger, Stanley, K. Anderson, 2006 11:29.54
8. Lahann, Williams, Stanley, Arens, 2004 11:30.36
9. Thompson, Williams, Barber, Lahann, 2003 11:30.38
10. Doak, xx, Hayden, xx, 1982 11:35.07

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