

# THE UNIVERSITY OF IOWA



## HAWKEYE TRACK & FIELD



TRACK AND FIELD CONTACT: JORDAN BUCHER

MARCH 16, 2016

### 2016 IOWA TRACK & FIELD OUTDOOR SCHEDULE

Date	Meet
March 18-19	<b>Baldy Castillo</b> <i>(Tempe, Arizona)</i>
April 1-2	Stanford Invite <i>(Palo Alto, California)</i> Florida Relays <i>(Gainesville, Florida)</i>
April 8-9	Jim Click Shootout <i>(Tucson, Arizona)</i>
April 15-16	Jim Duncan Invitational <i>(Des Moines, Iowa)</i>
April 16	Texas Invitational <i>(Austin, Texas)</i>
April 23	Musco Twilight <i>(Iowa City, Iowa)</i>
April 28-30	Drake Relays <i>(Des Moines, Iowa)</i>
Apr. 28-May 1	San Diego Invitational <i>(San Diego, California)</i>
May 13-15	Big Ten Championships <i>(Lincoln, Nebraska)</i>
May 26-28	NCAA First Round <i>(Lawrence, Kansas)</i>
June 8-11	NCAA Championships <i>(Eugene, Oregon)</i>

### IOWA COACHING STAFF

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

### THIS WEEK

The University of Iowa track and field team opens the 2016 outdoor season at the Baldy Castillo Invite on Friday and Saturday in Tempe, Arizona. The event begins Friday at 4 p.m. (CT) on the campus of Arizona State.

### LIVE RESULTS

Live results are available on the track and field schedule page at [hawkeyesports.com](http://hawkeyesports.com).

### FOLLOW THE HAWKEYES

Follow @IowaXC\_TF on twitter for updates on the team.

### THE COMPETITION

Iowa will face competitors from Arizona State, Illinois (Women), Minnesota (Men), Kentucky, Long Beach State, North Dakota State, University of Cal-Riverside, Utah (Women), Oklahoma, South Dakota, and Texas A&M this weekend.

### 2015 OUTDOORS - BY THE NUMBERS

The University of Iowa track and field team set five school records and crowned eight All-Americans during the 2015 outdoor season. A look at the numbers includes:

- 8 All-Americans
- 1 First-Team All-American
- 4 Second-Team All-Americans
- 3 Honorable-Mention All-Americans
- 25 NCAA Regional Qualifiers
- 3 Big Ten Champions
- 10 All-Big Ten Honorees
- 5 School Records
- 40 All-Time Top 10 Marks

### RETURNING ALL-AMERICANS

Junior Aaron Mallett (13.40) broke the men's 110-meter hurdles school record for the second time last season en route to claiming first-team All-America honors following a fifth-place finish at the 2015 NCAA Outdoor Track and Field Championships. He first broke Pat McGhee's 26-year-old school record when he clocked a 13.43 to win the 2015 Big Ten title (5/17/15).

Senior Mitch Wolff (16th/51.38) made his first NCAA appearance last season, earning second-team All-America honors in the men's 400-meter hurdles. The Hawkeyes return three members -- juniors Vinnie Saucer, Jr. and Aaron Mallett, and senior James Harrington -- of the men's 400-meter relay that placed 12th (39.67) at the NCAA Championships, claiming second-team All-America accolades. The quartet (including graduated senior Keith Brown) recorded the sixth-fastest time in school history in the NCAA semifinals.

Earning honorable-mention honors were juniors Brittany Brown and Elexis Guster. Brown placed 17th in the women's 200 meters to earn All-America honors for the

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second-straight season. Iowa's school record-holder placed 11th in 2014 to earn second-team honors, and finished in 23.19 in the 2015 semifinals to earn honorable-mention All-America accolades. Guster placed 21st in the 400 meters (53.70), advancing to the NCAA semifinals for the first time in her career.

### RETURNING ALL-BIG TEN HONOREES

The Hawkeyes welcome back two student-athletes who earned first-team All-Big Ten honors at the 2015 Big Ten Outdoor Championships. They include women's 400-meter champion Elexis Guster and men's 110-meter champion Aaron Mallett. Guster will enter her junior year as the two-time reigning Big Ten champion.

Iowa's roster features five returning Hawkeyes who were named second-team All-Big Ten. They include Brittany Brown (400-meter relay), James Harrington (400-meter relay), MonTayla Holder (400-meter relay), Lake Kwaza (400-meter relay), and Vinnie Saucer, Jr. (400-meter relay).

### FINAL ATTEMPT FOR SPEJCHER, WILLIAMS

High jumpers senior Kevin Spejcher and graduate student Khanishah Williams enter their final season of eligibility. Spejcher was the 2014 Big Ten outdoor runner-up and placed seventh at the conference championships in 2015. Williams was the 2014 Big Ten champion.

### HAWKEYES AT HOME

The Hawkeyes host the 17th-annual Musco Twilight on April 23. The event will be held at the Francis X. Cretzmeyer Track.

### CHAMPIONSHIP SEASON

The 2016 Big Ten Outdoor Championships will be held in Lincoln, Nebraska, from May 13-15. The NCAA Regionals are set for May 26-28 in Lawrence, Kansas, while the NCAA Championships will be held in Eugene, Oregon, from June 8-11.

### DIRECTOR OF TRACK AND FIELD JOEY WOODY

Joey Woody is in his second season as Director of Track and Field for the University of Iowa. Woody served as the associate head track and field coach for two seasons and served as assistant coach and director of sprint and hurdle events for the Hawkeyes since 2006.

### NEXT ON THE BLOCK

Iowa will split competitors for the Florida Relays in Gainesville, Florida, and the Stanford Invitational in Palo Alto, California, from April 1-2.

### 2015 MEN'S OUTDOOR SEASON BESTS

100 meters	James Harrington	10.26
110-m hurdles	Aaron Mallett	* 13.40
200 meters	James Harrington	20.50
400 meters	Kaleb VanCleave	47.68
400-m hurdles	Mitch Wolff	51.10
800 meters	Will Teubel	1:48.60
1,500 meters	Sam Fourman	3:44.50
3,000 meters	Anthony Gregorio	8:28.64
5,000 meters	Kevin Lewis	14:21.41
10,000 meters	Kevin Lewis	28:59.62
High Jump	Kevin Spejcher	7-0 1/4 (2.14m)
Pole Vault	Jack Eckert	15-7 (4.75m)
Long Jump	Kerry Dean, Jr.	24-1 3/4 (7.36m)
	Kylvens Delaunay	24-1 3/4 (7.36m)
Triple Jump	Babatunde Amosu	53-10 (16.15m)
Shot Put	Gabe Hull	56-3 3/4 (17.16m)
	Avery Meyers	56-3 3/4 (17.16m)
Discus	Gabe Hull	190-0 1/4 (57.91m)
Hammer	Carlos Varela-Hernandez	161-5 1/4 (49.20m)
Javelin	Sam Joens	211-5 3/4 (64.45m)
Decathlon	Jack Eckert	7,087 points
400-m Relay	Saucer, Thompson, Harrington, Mallett	39.66
1,600-m Relay	Wolff, Thompson, Mallett, Davey	3:07.15
Sprint Med. Relay	Ganschow, Aly, Davey, Teubel	3:26.16
3,200-m Relay	Lilly, Dorman, Teubel, Davey	7:31.48
Dist. Med. Relay	Fourman, Aly, Lilly, Lewis	10:07.07
6,400-m Relay	Lewis, Witt, Hart, Fourman	16:58.44

### 2015 WOMEN'S OUTDOOR SEASON BESTS

100 meters	Lake Kwaza	* 11.40
100-m hurdles	Jahisha Thomas	13.80
200 meters	Brittany Brown	* 22.89
400 meters	Elexis Guster	52.19
400-m hurdles	MonTayla Holder	58.29
800 meters	Katharina Trost	2:07.09
1,500 meters	Katharina Trost	4:29.10
3,000 meters	Carolyn Newhouse	10:00.82
3,000-m stpl.	Marta Bote Gonzalez	* 10:23.15
5,000 meters	Marta Bote Gonzalez	18:21.06
High Jump	Madison Rouw	5-5 1/4 (1.66m)
Pole Vault	Elyssa Tracy	10-6 (3.20m)
Long Jump	Jahisha Thomas	20-3 (6.17m)
Shot Put	Alexa Hunt	42-8 1/4 (13.01m)
Discus	Dakotah Goodell	159-2 (48.52m)
Javelin	Dakotah Goodell	153-3 1/4 (46.71m)
Hammer Throw	Annemie Smith	* 200-1 1/2 (60.99m)
400-m Relay	Brown, Kwaza, Ellis, Holder	44.71
1,600-m Relay	Kwaza, Holder, Champe, Guster	3:38.38
Sprint Med. Relay	Kwaza, Brown, Guster, Trost	3:53.29
3,200-m Relay	Nelson, Maser, Wilberding, Reischmann	9:07.51
Dist. Med. Relay	Trost, Champe, Nelson, Reischmann	12:01.69
6,400-m Relay	Jones, Bote Gonzalez, Wilberding, Reischmann	19:59.72

# OUTDOOR ALL-TIME TOP 10 PERFORMERS



Jeremy Allen



Justin Austin



Matt Byers



Troy Doris



Jeffery Herron



Gabe Hull



Deacon Jones

### 100 Meters

- Justin Austin, 2011 ..... 10.21
- George Page, 1996 ..... 10.25
- James Harrington, 2015 ..... 10.26**
- Anthuan Maybank, 1994 ..... 10.31
- Tim Dwight, 1997 ..... 10.31
- Josh Larney, 2013 ..... 10.31
- Vinnie Saucer, Jr., 2015 ..... 10.31**
- Bob Lawson, 1976 ..... 10.36
- Robert Smith, 1984 ..... 10.39
- Curtis Chang, 1987 ..... 10.40

### 110-Meter High Hurdles

- Aaron Mallett, 2015 ..... 13.40**
- Pat McGhee, 1989 ..... 13.50
- Dion Trowers, 1996 ..... 13.62
- Ronnie McCoy, 1985 ..... 13.66
- Ethan Holmes, 2011 ..... 13.73
- Jordan Mullen, 2013 ..... 13.76
- James Armstrong, 1991 ..... 13.89
- Dan Davis, 2012 ..... 14.01
- Doug Jones, 1986 ..... 14.06
- Chris Williams, 1983 ..... 14.24

### 200 Meters

- Justin Austin, 2011 ..... 20.31
- Jeff Patrick, 1983 ..... 20.47
- James Harrington, 2015 ..... 20.50**
- Anthuan Maybank, 1994 ..... 20.55
- Andre Morris, 1995 ..... 20.64
- George Page, 1996 ..... 20.67
- Terrence Duckett, 1982 ..... 20.74
- Tim Dodge, 2002 ..... 20.78
- Bashir Yamini, 1999 ..... 20.82
- O'Shea Wilson, 2014 ..... 20.82**



Aaron Mallett



Anthuan Maybank

### 400 Meters

- Anthuan Maybank, 1993 ..... 44.99
- Andre Morris, 1995 ..... 45.15
- Mike Mondane, 1967 ..... 45.20
- Steven Willey, 2010 ..... 45.78
- Gary Hollingsworth, 1963 ..... 46.30
- Harold Leonard, 1986 ..... 46.45
- Tony Branch, 1999 ..... 46.60
- Prince Riley, 2007 ..... 46.61
- George Page, 1996 ..... 46.66
- Dick Eisenlauer, 1973 ..... 46.74
- Terrence Duckett, 1983 ..... 46.74
- Patrick Richards, 2010 ..... 46.74

### 400-Meter Hurdles

- Pat McGhee, 1988 ..... 48.83
- Monte Raymond, 1998 ..... 50.09
- Ray Varner, 2010 ..... 50.24
- Paul Steele, 1989 ..... 50.45
- Russell Peterson, 2001 ..... 50.50
- Ethan Holmes, 2013 ..... 50.51
- Adam Kunkel, 2001 ..... 50.73
- Jon Reimer, 1967 ..... 50.94
- Gary Falls, 1991 ..... 51.08
- 10. Mitch Wolff, 2015 ..... 51.10**

### 800 Meters

- Erik Sowinski, 2012 ..... 1:45.90
- Bill Frazier, 1962 ..... 1:47.64
- D'Juan Strozier, 1990 ..... 1:47.82
- Adam Hairston, 2011 ..... 1:48.10
- Will Teubel, 2015 ..... 1:48.60**
- Michael Layne, 1999 ..... 1:49.61
- Bill Thiesen, 1985 ..... 1:49.74
- Ryan Weir, 2013 ..... 1:50.01
- 9. Carter Lilly, 2015 ..... 1:50.12**
- Andy Wiese, 1985 ..... 1:50.22

### 1,500 Meters

- Jeff Thode, 2010 ..... 3:43.02
- Joel Moeller, 1978 ..... 3:44.01
- Jim Docherty, 1978 ..... 3:44.30
- Sam Fourman, 2015 ..... 3:44.50
- Dan Waters, 1986 ..... 3:46.35
- Kevin Herd, 1994 ..... 3:46.64
- John Clark, 1977 ..... 3:46.84
- Ted Wheeler, 1956 ..... 3:48.24
- Ben Witt, 2015 ..... 3:49.45
- Nick Holmes, 2012 ..... 3:49.53

### 3,000-Meter Steeplechase

- Deacon Jones, 1956 ..... 8:47.40
- Steve Pershing, 1978 ..... 8:54.59
- Andy Morris, 2000 ..... 8:56.21
- Matt Gerard, 1994 ..... 8:57.01
- Andy Napier, 2008 ..... 8:57.54
- Rollie Kitt, 1967 ..... 9:02.90
- Al Greene, 1985 ..... 9:02.96
- Tony Rakaric, 2005 ..... 9:03.29
- Mark Battista, 2010 ..... 9:04.60
- Sean Gale, 1993 ..... 9:08.00

### 5,000 Meters

- Micah VanDenend, 2007 ..... 13:49.31
- Larry Wiczorek, 1968 ..... 13:56.00
- Kevin Herd, 1993 ..... 13:59.00
- Stetson Steele, 2000 ..... 14:02.76
- Kevin Lewis, 2014 ..... 14:02.78
- Eric MacTaggart, 2005 ..... 14:04.79
- Dan Haut, 2006 ..... 14:07.30
- Jesse Luciano, 2010 ..... 14:08.71
- Matt Esche, 2006 ..... 14:12.07
- Jeff Thode, 2011 ..... 14:12.40

# OUTDOOR ALL-TIME TOP 10 PERFORMERS



Kyle Reid Erik Sowinski Stetson Steele Jeff Thode Micah VanDenend Todd Wigginton Arno van der Westhuizen

## 10,000 Meters

1. Stetson Steele, 2000..... 28:44.47
2. Eric MacTaggart, 2006..... 28:50.23
3. Kevin Lewis, 2015..... 28:59.62
4. Nick Nordheim, 2002 ..... 29:44.71
5. Trent Corey, 2002 ..... 29:45.25
6. Chad Schwitters, 1999..... 29:56.00
7. Nick Holmes, 2010 ..... 30:02.31
8. Dan Haut, 2006 ..... 30:03.08
9. Kevin Herd, 1994 ..... 30:05.21
10. Paul Sarris, 2001..... 30:08.40

## Decathlon

1. Kyle Reid, 2013 ..... 7,203 pts
2. Jack Eckert, 2015 ..... 7,087 pts
3. Dan Rolling, 2010 ..... 6,957 pts
4. **William Dougherty, 2015 ..... 6,862 pts**
5. Scott Faber, 2000..... 6,839 pts
6. Ryan Niver, 2008..... 6,837 pts
7. Chad Ohly, 1994 ..... 6,641 pts
8. Gary Kostrubala, 1984..... 6,498 pts
9. Frank Prill, 2008..... 6,381 pts
10. Jacob Drewry, 1994 ..... 5,820 pts

## High Jump

1. Jeffery Herron, 2012..... 7-4 1/4 (2.24)
2. Bill Hansen, 1978..... 7-4 (2.23)
- Bill Knoedel, 1975..... 7-4 (2.23)
4. **Kevin Spejcher, 2014..... 7-2 1/2 (2.20)**
5. M. Cunningham, 1986..... 7-1 (2.16)
- Kenneth Lansing, 1988..... 7-1 (2.16)
7. Pat Meade, 1987 ..... 7-0 1/4 (2.14)
8. Graham Valdes, 2012 ..... 6-11 3/4 (2.12)
9. Peter Hlavin, 1979 ..... 6-11 (2.11)
- Scott Hudek, 1993 ..... 6-11 (2.11)
- Jeremy Petsche, 2008..... 6-11 (2.11)
- Brandon Oest, 2012 ..... 6-11 (2.11)

## Pole Vault

1. Todd Wigginton, 1984 ..... 17-0 (5.18)
2. Chad Ohly, 1994 ..... 16-8 3/4 (5.10)
- Kyle Reid, 2013 ..... 16-8 3/4 (5.10)
4. Curt Broek, 1978 ..... 16-8 (5.08)
5. Phil Wertman, 1971 ..... 16-7 (5.05)
- Kelly Scott, 1988..... 16-7 (5.05)
7. John Teffer, 1972 ..... 16-2 (4.93)
8. Alex Zona, 2009..... 16-0 3/4 (4.90)
9. Steve Brewer, 1983..... 16-0 (4.88)
- Doug Pennino, 1985..... 16-0 (4.88)

## Long Jump

1. Anthuan Maybank, 1993 ..... 27-1 (8.25)
2. Bashir Yamini, 1997 ..... 26-8 1/4 (8.13)
3. Paul Jones, 1989..... 25-10 1/4 (7.88)
4. Darren Smith, 1991 ..... 25-9 3/4 (7.86)
5. Quinn Early, 1986 ..... 25-7 1/4 (7.80)
6. Ed Gordon, 1931 ..... 25-4 3/8 (7.68)
7. **O'Shea Wilson, 2014..... 25-2 (7.67)**
8. Matty Gorman, 2006..... 25-1 1/4 (7.65)
9. Ronnie McCoy, 1985..... 25-0 (7.62)
10. Jeffery Herron, 2010..... 24-9 (7.54)

## Triple Jump

1. Troy Doris, 2012 ..... 54-8 (16.66)
2. Babatunde Amosu, 2015..... 53-10 (16.15)
3. Paul Jones, 1990..... 53-9 (16.38)
4. **Klyvens Delaunay, 2013 . 52-2 1/2 (15.91)**
5. Gordon Finch, 1988..... 50-9 1/4 (15.47)
6. Mike Lacy, 1984..... 50-5 (15.36)
7. Pat Miller, 1985 ..... 49-8 1/2 (15.25)
8. Matty Gorman, 2008..... 49-2 1/2 (15.00)
9. Owen Gill, 1982..... 49-1 (14.96)
10. Josh Bean, 2010 ..... 48-10 3/4 (14.90)

## Shot Put

1. Jeremy Allen, 2001 ..... 63-2 3/4 (19.27)
2. Ken Kemeny, 2005..... 62-3 (18.97)
3. Shane Maier, 2006..... 62-2 1/4 (18.95)
4. Andy Banse, 2005..... 61-11 1/2 (18.88)
5. John Hickey, 2008..... 61-9 1/2 (18.83)
6. Chris Gambol, 1987..... 60-0 1/2 (18.30)
7. A.J. Curtis, 2008..... 59-8 1/4 (18.19)
8. Gabe Hull, 2014..... 59-4 1/4 (18.09)
9. A. van der Westhuizen, 2000 58-8 3/4 (17.90)
10. Ryan Lamparek, 2010 ..... 58-4 (17.78)

## Discus

1. Gabe Hull, 2014..... 207-1 (63.11)
2. A.J. Curtis, 2007..... 202-11 (61.84)
3. Gary Kostrubala, 1986..... 202-4 (61.68)
4. Jeremy Allen, 2001..... 195-4 (59.54)
5. Tim Brodersen, 2005 ..... 193-6 (58.98)
6. Brad Daufeldt, 2004 ..... 185-0 (56.40)
7. Nick Brayton, 2009 ..... 180-11 (55.15)
8. Andy Banse, 2005..... 180-0 (54.86)
9. Eric Rothwell, 2004..... 179-7 (54.73)
10. Shane Maier, 2008..... 178-7 (54.43)

## Hammer

1. A. van der Westhuizen, 2001 222-11 (67.94)
2. Adam Hamilton, 2007 ..... 222-2 (67.73)
3. Jim Costello, 2002 ..... 217-7 (66.32)
4. Brad Daufeldt, 2004 ..... 207-10 (63.34)
5. Chris Voller, 2005..... 206-0 (62.80)
6. Matt Banse, 2012 ..... 201-11 (61.55)
7. Jeremy Allen, 2001 ..... 199-0 (60.66)
8. Ben Stancombe, 2011 ..... 197-6 (60.20)
9. Ryan Jordan, 2007 ..... 184-6 (56.23)
- Mark Shapveld, 2009..... 184-6 (56.23)

## Javelin

1. Matt Byers, 2011 ..... 245-8 (74.89)
2. Bill Neumann, 2002..... 244-8 (74.58)
3. Dan Ralph, 2000 ..... 227-10 (69.44)
4. **Sam Joens, 2015 ..... 211-5 3/4 (64.45)**
5. Zach Schimp, 2010 ..... 211-0 (64.32)
6. Kale Katt, 2007 ..... 204-0 (62.17)
7. Joel Storm, 2004..... 203-5 (62.01)
8. **Alex Balke, 2015.....202-5 3/4 (61.71)**
9. Matt Stank, 2001..... 199-0 (60.66)
10. Jack Eckert, 2015 ..... 188-9 (57.53)

# OUTDOOR ALL-TIME TOP 10 PERFORMERS



Kineke Alexander Meghan Armstrong Marta Bote Gonzalez Brittany Brown Nan Doak Aisha James Tiffany Johnson

## 100 Meters

1. **Lake Kwaza, 2015 ..... 11.40**
2. **Brittany Brown, 2015 ..... 11.42**
3. Vivien McKenzie, 1985 ..... 11.45
4. Davera Taylor, 1984 ..... 11.51
5. Erica Broomfield, 1998..... 11.53
6. Jiselle Providence, 2001 ..... 11.57
7. Tanja Reid, 1994..... 11.60
- Peaches Roach, 2005 ..... 11.60
9. Yolanda Hobbs, 1995 ..... 11.62
10. Elanie Jones, 1985 ..... 11.69

## 100-Meter Hurdles

1. Tiffany Johnson, 2007 ..... 13.20
2. Karessa Farley, 2009..... 13.53
3. C. Prendergast, 1999..... 13.60
- Paula Ruen, 2000 ..... 13.60
5. Sarah Steffen, 2002 ..... 13.65
6. **Jahisha Thomas, 2015..... 13.80**
7. Ruqayya Raheem, 1998..... 13.90
8. Brenda Calhoun, 1984..... 13.94
9. Wynsome Cole, 1997 ..... 14.10
10. Kimberly Stanford, 2008 ..... 14.11

## 200 Meters

1. **Brittany Brown, 2015 ..... 22.89**
2. **Lake Kwaza, 2015 ..... 23.43**
3. Shellene Williams, 2004 ..... 23.50
4. Kineke Alexander, 2006 ..... 23.58
5. Davera Taylor, 1984 ..... 23.59
6. Vivien McKenzie, 1985 ..... 23.61
7. Yolanda Hobbs, 1995 ..... 23.65
8. Erin Jones, 2012 ..... 23.71
9. Rhonda Kaye Trusty, 2010..... 23.74
10. Tanja Reid, 1995..... 23.75

## Bote Gonzalez

## 400 Meters

1. Kineke Alexander, 2006 ..... 51.35
2. Shellene Williams, 2004 ..... 51.94
3. **Elexis Guster, 2015 ..... 52.19**
4. Ashley Liverpool, 2012 ..... 52.47
5. Ellen Grant, 1996..... 52.65
6. Senta Hawkins, 1988..... 54.01
- Bethany Praska, 2011..... 54.01
8. Marlene Poole, 1994..... 54.03
9. Elaine Jones, 1983 ..... 54.40
10. Nicole Charles, 2001..... 54.48

## 400-Meter Hurdles

1. Mary Knoblauch, 1981 ..... 56.16
2. Wynsome Cole, 1998 ..... 56.67
3. **MonTayla Holder, 2014 ..... 57.81**
4. Chris Davenport, 1981 ..... 59.18
5. Hannah Simonson, 2012 ..... 59.54
6. Sarah Steffen, 2002 ..... 59.59
7. Tiffany Hendricks, 2011..... 59.63
8. Nicole Erickson, 2012 ..... 59.77
9. Beverly Powell, 1991..... 59.96
10. Kelsey Quinn, 2012..... 59.99

## 800 Meters

1. Bethany Praska, 2011..... 2:03.78
2. Kay Stormo, 1982 ..... 2:05.67
3. Michelle Lahann, 2004 ..... 2:06.79
4. Katharina Trost, 2015..... 2:07.09
5. Aisha Hume, 2005 ..... 2:08.50
6. **Mahnee Watts, 2014 ..... 2:08.58**
7. Adrienne Alexia, 2013 ..... 2:08.61
8. Jeanne Kruckeberg, 1987 ..... 2:08.75
9. **Kaitlyn Nelson, 2013 ..... 2:08.83**
10. Ann Pare, 1997..... 2:09.25

## 1,500 Meters

1. Meghan Armstrong, 2006 ..... 4:17.41
2. Betsy Flood, 2010..... 4:17.75
3. Jeanne Kruckeberg 1989 ..... 4:19.71
4. McKenzie Melander, 2012 ..... 4:20.22
5. Lauren Hardesty, 2009 ..... 4:20.40
6. Diane Nukuri, 2007 ..... 4:20.95
7. Penny O'Brien, 1985 ..... 4:21.43
8. Kay Stormo, 1982 ..... 4:22.24
9. Michelle Lahann, 2004 ..... 4:24.00
10. Shannon Stanley, 2006..... 4:25.08

## 3,000 Meters

1. Diane Nukuri, 2008 ..... 9:18.82
2. Penny O'Brien, 1985 ..... 9:20.61
3. McKenzie Melander, 2012 ..... 9:21.59
4. Betsy Flood, 2010..... 9:22.63
5. Nan Doak, 1985..... 9:23.04
6. Tracy Dahl, 1992..... 9:23.53
7. Meghan Armstrong, 2006 ..... 9:28.03
8. Brooke Eilers, 2011 ..... 9:30.08
9. Jeanne Kruckeberg, 1989 ..... 9:30.69
10. Jennifer Brower, 1992 ..... 9:34.59

## 3,000-Meter Steeplechase

1. **Marta Bote Gonzalez, 2015 ..... 10:23.15**
2. Danielle Berndt, 2011 ..... 10:26.54
3. Jessica Schmidt, 2008..... 10:27.18
4. Sarah Arens, 2004 ..... 10:34.50
5. Hannah Roeder, 2011 ..... 10:35.22
6. Kelsey Hart, 2011 ..... 10:47.56
7. Katie Ellis, 2010 ..... 11:02.62
8. Michelle Lahann, 2003 ..... 11:16.21
9. Becca Thompson, 2003 ..... 11:19.50

## 5,000 Meters

1. Nan Doak, 1985..... 15:45.84
2. McKenzie Melander, 2012 ..... 15:57.13
3. Diane Nukuri, 2008 ..... 15:59.39
4. Betsy Flood, 2011..... 16:04.46
5. Meghan Armstrong, 2008 ..... 16:08.83
6. Brooke Eilers, 2011 ..... 16:11.86
7. Mareike Schrulle, 2013 ..... 16:12.66
8. Jenny Spangler, 1983 ..... 16:17.21
9. Tracy Dahl, 1992..... 16:18.77
10. Racheal Marchand, 2008..... 16:27.02



Tammilee Kerr Lake Kwaza Diane Nukuri Bethany Praska

# OUTDOOR ALL-TIME TOP 10 PERFORMERS



Alana Redfern



Peaches Roach



Annemie Smith



Jessie Strand



Majesty Tutson



Lisa Van Steenwyk



Renee White

## 10,000 Meters

1. Diane Nukuri, 2008 ..... 33:17.01
2. Jennifer Brower, 1991 ..... 33:23.38
3. Meghan Armstrong, 2008 ..... 33:28.00
4. Nan Doak, 1985 ..... 33:33.03
5. Jenny Spangler, 1983 ..... 33:39.24
6. Racheal Marchand, 2008 ..... 34:05.87
7. McKenzie Melander, 2012 ..... 34:29.83
8. Tracy Dahl, 1992 ..... 34:30.09
9. Betsy Flood, 2011 ..... 35:05.10
10. Nikki Chapple, 2004 ..... 35:06.35

## Heptathlon

1. Tammilee Kerr, 2008 ..... 5,633 pts
2. Kathy Gillespie, 1983 ..... 5,262 pts
3. Tiff Pedersen, 2004 ..... 4,976 pts
4. Janet Adams, 1981 ..... 4,855 pts
5. Sarah Ryan, 2012 ..... 4,819 pts
6. Ruqayya Raheem, 1997 ..... 4,665 pts
7. Angela Chadwick, 1993 ..... 4,493 pts
8. Cassidy Ellis, 2014 ..... 4,242 pts
9. Missy Miller, 2010 ..... 4,227 pts
10. Angie Hensel, 2004 ..... 4,073 pts

## High Jump

1. Peaches Roach, 2006 ..... 6-1 1/4 (1.86)
2. Mary Mol, 1983 ..... 6-0 (1.83)
3. **Khanishah Williams, 2013 5-11 1/4 (1.81)**
4. Caleigh Bacchus, 2010 ..... 5-10 (1.78)
5. Lynn McMillan, 1988 ..... 5-9 1/4 (1.76)
6. Kacey Childs, 2001 ..... 5-8 1/2 (1.74)
7. Kristi Dinkla, 1985 ..... 5-8 (1.73)
8. Becky Kaza, 1995 ..... 5-8 (1.73)
9. Eve Cullinan, 2003 ..... 5-8 (1.73)
10. Zinnia Miller, 2012 ..... 5-7 1/4 (1.71)

**Madison Rouw, 2014 ..... 5-7 1/4 (1.71)**

## Pole Vault

1. Jessie Strand, 2003 ..... 12-10 1/4 (3.92)
2. Sarah Burgett, 2006 ..... 12-1 3/4 (3.70)
3. Kirsten Weismantle, 2011 ..... 12-0 (3.66)
4. Katie Truedson, 2010 ..... 11-5 1/4 (3.49)
5. Gina Shannon, 2001 ..... 11-2 1/4 (3.41)
6. Brittany Holst, 2013 ..... 11-1 (3.38)
7. Elyssa Tracy, 2015 ..... 10-6 (3.20)
8. Kacey Childs, 2000 ..... 8-0 1/2 (2.45)

## Long Jump

1. Aisha James, 2003 ..... 22-3 (6.78)
2. Zinnia Miller, 2014 ..... 20-6 1/2 (6.26)
3. Renee White, 2008 ..... 20-3 3/4 (6.19)
4. **Jahisha Thomas, 2015 ..... 20-3 (6.17)**
5. Carisa Leacock, 2014 ..... 19-11 3/4 (6.09)
6. Becki Borg, 1988 ..... 19-7 1/4 (5.97)
7. Cassidy Ellis, 2015 ..... 19-6 1/4 (5.95)
8. Lisa Moats, 1986 ..... 19-6 (5.95)
9. Tammilee Kerr, 2008 ..... 19-4 1/4 (5.90)
10. Yolanda Hobbs, 1993 ..... 19-2 1/2 (5.85)

## Triple Jump

1. Renee White, 2008 ..... 43-10 3/4 (13.36)
2. Zinnia Miller, 2014 ..... 42-0 1/2 (12.81)
3. Tiffany Johnson, 2007 ..... 41-8 3/4 (12.72)
4. Carisa Leacock, 2012 ..... 40-10 1/2 (12.46)
5. Becki Borg, 1988 ..... 40-7 1/2 (12.38)
6. Lynn McMillan, 1988 ..... 39-6 1/2 (12.05)
7. Lynn, 1998 ..... 39-0 (11.88)
8. Kacey Childs, 2001 ..... 37-8 (11.48)
9. Becca Franklin, 2004 ..... 36-10 1/2 (11.24)
10. Janna Houtz, 1984 ..... 33-10 1/2 (10.32)

## Shot Put

1. Lisa Van Steenwyk, 1992 ..... 50-8 (15.44)
2. Gail Smith, 1984 ..... 50-3 1/4 (15.32)
3. Denise Taylor, 1992 ..... 50-1 3/4 (15.28)
4. Kamesha Marshall, 2005 ..... 48-6 3/4 (14.80)
5. Laura Kriener, 1990 ..... 48-2 1/2 (14.69)
6. Jennifer Gilson, 2002 ..... 47-10 (14.58)
7. Rachel Curry, 2013 ..... 47-9 1/4 (14.56)
8. Jennifer Moon, 2000 ..... 47-5 1/4 (14.46)
9. Courtney Fritz, 2014 ..... 46-6 1/4 (14.18)
10. Mandy Chandler, 2006 ..... 46-0 (14.02)

## Discus

1. Majesty Tutson, 2013 ..... 181-1 (55.19)
2. **Dakotah Goodell, 2014 ..... 169-4 (51.62)**
3. Tiffany Medenwaldt, 2010 ..... 161-3 (49.16)
4. Denise Taylor, 1992 ..... 160-5 (48.90)
5. Amanda Stahle, 2014 ..... 159-3 (48.54)
6. Lisa Van Steenwyk, 1991 ..... 159-1 (48.50)
7. Gail Smith, 1983 ..... 158-2 (48.22)
8. Ashlyn Gulvas, 2011 ..... 154-11 (47.23)
9. Courtney Fritz, 2012 ..... 154-1 (46.96)
10. Kamesha Marshall, 2005 ..... 152-11 (46.62)

**Lindsay Herra, 2015 ..... 152-11 (46.60)**

## Javelin

1. Alana Redfern, 2003 ..... 181-5 (55.30)
2. Tammilee Kerr, 2008 ..... 163-5 (49.81)
3. Mandy Beck, 1999 ..... 153-4 (46.74)
4. **Dakotah Goodell, 2015 153-3 1/4 (46.71)**
5. Terri Soldan, 1983 ..... 152-6 1/4 (46.48)
6. Shani Renning, 1990 ..... 152-3 (46.40)
7. **Kayla Hochhalter, 2015 ..... 152-6 (46.49)**
8. Clara Simon, 1981 ..... 149-9 (45.64)
9. Janet Adams, 1984 ..... 148-7 (45.28)
10. Amanda Stahle, 2014 ..... 148-0 (45.11)

## Hammer Throw

1. Annemie Smith, 2015 ..... 200-1 1/2 (60.99)
2. Jasmine Simpson, 2013 ..... 197-7 (60.23)
3. Becca Franklin, 2007 ..... 195-0 (59.45)
4. Ashlyn Gulvas, 2014 ..... 192-9 (58.75)
5. Kelsey Taylor, 2011 ..... 177-0 (53.95)
6. **Leah Colbert, 2015 ..... 173-0 3/4 (52.74)**
7. Tiffany Medenwaldt, 2010 ..... 171-11 (52.40)
8. Erin O'Hern, 2008 ..... 168-9 (51.45)
9. Chelsea Colpitts, 2013 ..... 162-5 (49.51)
10. Kerri Blackstone, 1999 ..... 161-10 (49.32)

# MEN'S OUTDOOR ALL-TIME TOP 10 RELAYS

## 400-Meter Relay

1. Mincy, **Wilson, Harrington**, Brown, 2014 ..... 39.19
2. Mincy, Austin, E. Holmes, Larney, 2013 ..... 39.31
3. Beecham, Duckett, Greer, R. Smith, 1984 ..... 39.48
4. Mullen, Austin, E. Holmes, Larney, 2013 ..... 39.66
5. **Saucer, Jr., Thompson, Harrington, Mallett, 2015 ..... 39.66**
6. **Saucer, Jr., Mallett, Harrington**, Brown, 2015 ..... 39.67
7. Page, Davis, Rozell, Morris, 1996 ..... 39.73
8. **Brown, Harrington**, Mincy, **Wilson**, 2014 ..... 39.73
9. **Saucer, Jr., Mallett, Thompson**, Brown, 2015 ..... 39.77
10. Mincy, Sayon, Chaney, Jr., Austin, 2011 ..... 39.86

## Shuttle Hurdle Relay

1. McGhee, Armstrong, Falls, Stelle, 1989 ..... 57.80
2. Wigginton, Jones, Lacey, McCoy, 1985 ..... 59.77
3. 1975 ..... 1:05.20

## 800-Meter Relay

1. Richardson, Sayon, Richards, Chaney, Jr., 2009 ..... 1:24.85
2. Harrington, VanCleave, Wilson, Mallett, 2014 ..... 1:24.86
3. Austin, Brown, Larney, VanCleave, 2013 ..... 1:25.60
4. Barclay, McCalister, Jensen, Elliott, 1979 ..... 1:26.39
5. Thomas, Balkrishnan, Patterson, Freidrich 1991 ..... 1:28.38
6. Balkrishnan, Patterson, Thomas, Freidrich, 1991 ..... 1:29.04

## 1,600-Meter Relay

1. Morris, Davis, Page, Rozell, 1995 ..... 3:03.11
2. Branch, Dwight, Dodge, Yamini, 1999 ..... 3:03.29
3. Ferree, Frazier, Mondane, Reimer, 1967 ..... 3:04.10
4. Rozell, Morris, Davis, Yamini, 1996 ..... 3:04.71
5. Willey, Barton, Richards, Sowinski, 2010 ..... 3:05.61
6. Richards, Davey, E. Holmes, Sowsinski, 2012 ..... 3:05.77
7. Cameron, Williams, McGhee, McCoy, 1985 ..... 3:06.00
8. Rozell, Davis, Dwight, Raymond, 1997 ..... 3:06.06
9. Dodge, Kunkel, Coleman, Peterson, 2001 ..... 3:06.06
10. Austin, Davey, Richards, Sowinski, 2012 ..... 3:06.49

## Sprint Medley Relay

1. McCorkle, Jones, Chung, Strozier, 1990 ..... 3:15.64
2. Sayon, Austin, Willey, Sowinski, 2011 ..... 3:16.18
3. Richards, Larney, Davey, Sowinski, 2012 ..... 3:17.25
4. Richardson, Richards, Willey, Sowinski, 2010 ..... 3:17.74
5. Armstrong, Thomas, Maybank, Strozier, 1991 ..... 3:18.93
6. Yamini, Davis, Dodge, Donovan, 1999 ..... 3:19.87
7. Richards, Chaney, Jr., Barton, Hairston, 2009 ..... 3:20.05
8. **Harrington, Mallett**, Davey, **Teubel**, 2014 ..... 3:20.08
9. McCorkle, Armstrong, Chung, Strozier, 1990 ..... 3:20.43
10. Dodge, Yamini, Branch, Donovan, 1999 ..... 3:20.83

## 3,200 Meter Relay

1. Schum, Christensen, Steffen, Criswell, 1971 ..... 7:18.60
2. Hairston, Prom, Thode, Sowinski, 2011 ..... 7:23.77
3. Corrigan, Blackman, Strozier, Chambers, 1989 ..... 7:29.00
4. **Lilly, Dorman, Teubel**, Davey, 2015 ..... 7:31.48
5. Willey, Braff, Sowinski, Hairston, 2009 ..... 7:33.08
6. Tweedy, Gajewski, Linden, O'Hollearn, 2005 ..... 7:33.12
7. Cunningham, Tweedy, S. Allen, Thomas, 2001 ..... 7:34.12
8. Long, Tweedy, Dziubski, O'Hollearn, 2004 ..... 7:35.10
9. 1999 ..... 7:36.43
10. Prom, Slaymaker, Wheeler, Weir, 2012 ..... 7:38.15

## Distance Medley Relay

1. Pershing, Moeller, Slack, Docherty, 1978 ..... 9:39.94
2. Kuczwarra, Barton, Hairston, Thode, 2011 ..... 9:41.37
3. N. Holmes, Van Cleave, Sowinski, Thode, 2012 ..... 9:41.59
4. Young, Barton, Kuczwarra, Luciano, 2010 ..... 9:42.97
5. Prom, Davey, Weir, Witt, 2013 ..... 9:53.83
6. Theisen, Williams, Wiesa, Waters, 1985 ..... 9:54.04
7. Wilfong, Slaymaker, **Teubel**, Witt, 2013 ..... 9:54.05
8. Luciano, Pierre, Hairston, VanDenend, 2007 ..... 9:54.07
9. VanDenend, Riley, O'Hollearn, Rakaric, 2006 ..... 9:54.97
10. Feeldy, Eischeid, Novotny, Peters, 1996 ..... 9:55.71

## 6,400 Meter Relay

1. Pershing, Fuller, Moeller, Docherty, 1978 ..... 16:27.70
2. Rakaric, Webster, MacTaggart, VanDenend, 2006 ..... 16:55.43
3. **Lewis, Witt, Hart, Fourman, 2015 ..... 16:58.44**
4. Paul, Kadlec, Thode, Luciano, 2010 ..... 17:01.46
5. Witt, Lewis, **Hart**, Butler, 2014 ..... 17:01.65
6. N. Holmes, Witt, Thode, **Lewis**, 2012 ..... 17:02.26
7. Thomas, Allen, Rakaric, Lloyd, 2003 ..... 17:06.27
8. Pittman, Novotny, Feeldy, Marquardt, 1995 ..... 17:12.49
9. Bakker, Feeldy, Peters, Pittman, 1996 ..... 17:13.10
10. Allen, Trainor, McDermott, Esche, 2002 ..... 17:14.53

# WOMEN'S OUTDOOR ALL-TIME TOP 10 RELAYS

## 400-Meter Relay

1. **Kwaza, Guster, Hernandez, Brown, 2014** ..... 44.51
2. **Kwaza, Guster, Holder, Brown, 2014** ..... 44.62
3. Poole, Reid, Floyd, Hobbs, 1994 ..... 44.63
4. Charles, Williams, Providence, James, 2003 ..... 44.71
- Brown, Kwaza, Ellis, Holder, 2015** ..... **44.71**
6. Floyd, Hobbs, Poole, Reid, 1994 ..... 44.80
7. **Holder, Guster, Kwaza, Brown, 2015** ..... **44.93**
8. Fouchè, Williams, Providence, James, 2003 ..... 45.02
9. **Ellis, Guster, Kwaza, Brown, 2015** ..... **45.07**
10. Alexander, Granger, Johnson, Roach, 2006 ..... 45.11

## Shuttle Hurdle Relay

1. Prendergast, Cole, Raheem, Ruen, 1998 ..... 56.44
2. Cole, Prendergast, Raheen, Ruen, 1998 ..... 56.54
3. Raheen, Prendergast, Cole, Ruen, 1998 ..... 57.53

## 800-Meter Relay

1. Hobbs, Reid, Floyd, Poole, 1994 ..... 1:35.69
2. Roach, McCalla, Alexander, Johnson, 2006 ..... 1:36.19
3. Williams, Charles, Fouchè, Providence, 2003 ..... 1:37.49
4. Herrmann, McCalla, Raymond, Roach, 2004 ..... 1:37.66
5. Charles, Dixon, Knight, Prendergast, 2002 ..... 1:38.15
6. Prendergast, Dixon, Knight, Providence, 2001 ..... 1:38.73
7. Trusty, Hendricks, Graham, Erickson, 2009 ..... 1:38.79
8. Dixon, Knight, Prendergast, Providence, 2001 ..... 1:38.93
9. Dixon, Providence, Knight, Charles, 2001 ..... 1:39.68
10. Underwood, Bynoe, Raheem, Wynter, 1997 ..... 1:39.72

## 1,600-Meter Relay

1. **Guster, Hernandez, Holder, Kwaza, 2014** ..... 3:34.83
2. Praska, Hendricks, Liverpool, Erickson, 2011 ..... 3:35.93
3. **Guster, Watts, Hernandez, Kwaza, 2014** ..... 3:36.09
4. Hume, Charles, Steffen, Williams, 2003 ..... 3:36.26
5. **Kwaza, Guster, Hernandez, Holder, 2014** ..... 3:36.40
6. Simsonson, Liverpool, Erickson, Sack, 2012 ..... 3:37.57
7. **Guster, Watts, Holder, Kwaza, 2014** ..... 3:37.73
8. **Guster, Holder, Hernandez, Kwaza, 2014** ..... 3:37.95
9. McCalla, Granger, Alexander, Johnson, 2006 ..... 3:38.36
10. **Kwaza, Holder, Champe, Guster, 2015** ..... **3:38.38**

## Sprint Medley Relay

1. Jones, Hendricks, Liverpool, Praska, 2011 ..... 3:48.63
2. **Brown, Kwaza, Guster, Watts, 2014** ..... 3:51.18
3. **Kwaza, Brown, Guster, Trost, 2015** ..... **3:53.29**
4. **Kwaza, R. Moore, Holder, Alexia, 2013** ..... 3:54.51
5. Trusty, R. Moore, Hendricks, Praska, 2010 ..... 3:56.53
6. Reid, Philip, Hobbs, Benning, 1995 ..... 3:56.54
7. Roach, Alexander, McCalla, Stanley, 2005 ..... 3:56.99
8. **Kwaza, R. Moore, Alexia, Nelson, 2013** ..... 3:58.72
9. Clarke, Graham, Jones, Poncé, 2007 ..... 3:59.34
10. **Thomas, Champe, Nelson, Watts, 2015** ..... **3:59.35**

## 3,200-Meter Relay

1. Suppelsa, Wodek, Kruckeberg, Schneckloth, 1987 ..... 8:46.45
2. Lahann, Stanley, Hume, Barber, 2004 ..... 8:48.87
3. Schneckloth, Roberts, Hawkins, Kruckeberg, 1989 ..... 8:49.38
4. Trost, Maser, Alexia, **Nelson, 2014** ..... 8:49.95
5. Flood, Dlh, L. Hardesty, Docherty, 2009 ..... 8:53.91
6. Armstrong, Stanley, Laney, Hume, 2005 ..... 8:54.27
7. O'Brien, Camarigg, Williams, Stormo, 1981 ..... 8:54.36
8. Flood, Melander, Praska, Hardesty, 2010 ..... 8:54.45
9. Drapcho, Schlader, Williams, Stormo, 1980 ..... 8:56.14
10. Drapcho, Mitchell, Schlader, Stormo, 1979 ..... 8:57.24

## Distance Medley Relay

1. Hoskins, Powell, Schneckloth, Kruckeberg, 1989 ..... 11:22.18
2. Armstrong, Alexander, Poncé, Stanley, 2007 ..... 11:25.05
3. Stanley, McCalla, Hume, Armstrong, 2005 ..... 11:34.04
4. Barber, Williams, Hume, Arens, 2004 ..... 11:34.56
5. Thompson, Williams, Hume, Arens, 2003 ..... 11:39.02
6. 2000 ..... 11:39.83
7. Schrulle, Erickson, Placzek, Eilers, 2012 ..... 11:40.57
8. Davenport, xx, xx, xx, 1981 ..... 11:41.44
9. Pare, Grant, Benning, Gilchrist, 1997 ..... 11:41.92
10. Dlh, Erickson, Docherty, Anderson, 2010 ..... 11:43.06

## 6,400-Meter Relay

1. Flood, Melander, A. Hardesty, L. Hardesty, 2010 ..... 19:05.63
2. Nukuri, Marchand, Henize, Armstrong, 2008 ..... 19:15.42
3. Flood, Laesch, Ranegar, Melander, 2012 ..... 19:16.73
4. Flood, Eilers, Melander, L. Hardesty, 2011 ..... 19:17.52
5. Flood, Melander, A. Hardesty, Eilers, 2009 ..... 19:36.43
6. Scott, Gordon, Schrulle, Gambrall, 2013 ..... 19:41.15
7. **Jones, Bote Gonzalez, Wilberding, Reischmann, 2015** ... **19:59.72**
8. Maser, Price, **Wilberding**, Montuclard, 2014 ..... 20:23.27
9. Chapple, Laney, Donlon, Sokol, 2005 ..... 20:39.12
10. Arens, Barber, Butler, Roberts, 2001 ..... 20:40.89