

# THE UNIVERSITY OF IOWA



## HAWKEYE TRACK & FIELD



TRACK AND FIELD CONTACT: BRANDEE BRITT

FEBRUARY 20, 2013

### 2013 IOWA TRACK & FIELD INDOOR SCHEDULE

Date	Meet	Result
Jan. 12	Iowa Open <i>(Iowa City, Iowa)</i>	No team Scores
Jan. 19	Adidas Classic <i>(Lincoln, Neb.)</i>	M:2nd W: 3rd
Jan. 25-26	Bill Bergan Invite <i>(Ames, Iowa)</i>	M: 3rd W: 7th
Feb. 1-2	Meyo Invite <i>(Notre Dame, Ind.)</i>	No Team Scores
Feb. 8-9	Iowa State Classic <i>(Ames, Iowa)</i>	No Team Scores
	Tyson Invite <i>(Fayetteville Ark.)</i>	No Team Scores
Feb. 15	Iowa Invite <i>(Iowa City, Iowa)</i>	No Team Scores
<b>Feb. 22-23</b>	<b>Big Ten Championships (Geneva, Ohio)</b>	
Mar. 2	Last Chance Meet <i>(Ames, Iowa/Notre Dame Ind.)</i>	
Mar. 8-9	NCAA Championships <i>(Fayetteville, Ark.)</i>	

### IOWA COACHING STAFF

**Larry Wieczorek** ..... Director of Track & Field  
**Layne Anderson** ... Head Track & Field Coach  
**Scott Cappos** .....Director of Field Events  
**Clive Roberts** ..... Assistant Coach/Director of  
.....Recruiting  
**Mike Scott** .....Assistant Coach  
**Joey Woody**.....Assistant Coach

### THIS WEEK

The University of Iowa track and field team travels to Geneva, Ohio, to compete at the 2013 Big Ten Indoor Championships. The meet is set to begin Friday at 10 a.m. and continue through Saturday. The event will take place at the SPIRE Institute, one of the world's largest indoor Olympic-grade multi-sport training complexes. Live results will be available on the track and field schedule page on [hawkeyesports.com](http://hawkeyesports.com).

### IN THE RANKINGS

Both the men's and women's track and field teams are ranked in the USTFCCA regional rankings. The Hawkeye men's team is ranked seventh, while the women's team is ranked 15th.

### ON THE BIG TEN BOARD

Seven Hawkeyes own marks that rank among the top 5 in the conference.

1. Jordan Mullen -- 60-meter hurdles (7.73)
  2. Josh Larney -- 60 meters (6.75)
  2. Ryan Weir -- 600 meters (1:17.46)\*
  2. Khanishah Williams -- High Jump (5-10; 1.78m)
  3. Klyvens Delaunay -- Triple Jump (51-3 1/2; 15.63m)
  4. Ethan Holmes -- 60-meter hurdles (7.83)
  4. Ethan Holmes -- 200 meters (21.19)\*
  5. Kyle Reid -- Heptathlon (5,257 points)
- \* -- Times are converted due to track size

### GULVAS BACK ON TOP

Junior Ashlyn Gulvas reclaimed the school record in the weight throw with a toss of 63-6 (19.35m) at the Iowa Invitational on Feb. 15. Gulvas beat out junior Jasmine Simpson's previous school record mark (62-6 1/2; 19.06) by nearly one foot. Three other Hawkeyes rank among the school's top performers in the event. Sophomore Annemie Smith's mark of 60-0 1/4 (18.29m) ranks fourth, while senior Majesty Tutson holds the fifth best mark (58-4 (17.78m). Junior Chelsea Colpitts' toss of 56-4 (17.17m) ranks seventh all-time.

### LEWIS HOLD THREE SEASON BESTS

Sophomore Kevin Lewis leads the team in the mile (4:10.05), 3,000 meters (8:12.36), and 5,000 meters (14:27.28). His 3,000 meter time ranks seventh all-time at Iowa, while his 5,000 meter mark ranks 10th.

# THE UNIVERSITY OF IOWA



## HAWKEYE TRACK & FIELD



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### 60 METER SHOWDOWN

Seniors Jordan Mullen and Ethan Holmes hold the two best 60-meter hurdles times in Iowa history. Mullen holds the school record with a time of 7.73, while Holmes ranks second all-time (7.83). Sophomores Torrey Campbell and Keith Brown also rank among the school's all-time leaders in the event. Campbell's time of 8.09 ranks seventh, while Brown's time of 8.21 ranks 10th.

### MEET THE RECORD HOLDERS

Four Hawkeyes currently hold indoor school records. Senior Justin Austin holds records in the 60 meters (6.69) and 200 meters (20.80), while senior Jordan Mullen holds the 60-meter hurdles (7.73) record. Senior Kyle Reid owns the men's heptathlon record (5,257 points), and junior Ashlyn Gulvas holds the school record in the weight throw (63-6; 19.35m).

### NCAA CHAMPIONSHIPS

The 2013 NCAA Indoor Track and Field Championships are set for Mar. 8-9. The event will take place at the Randal Tyson Track Center in Fayetteville, Ark. Fans can purchase tickets to the event here: <http://www.ncaa.com/championships/trackfield-indoor-men/d1>.

### NEXT ON THE BLOCK

The Hawkeyes will split competitors between Last Chance Meets in Ames, Iowa, and Notre Dame, Ind., on Mar. 2.

## 2013 INDOOR SEASON LEADERS

### MEN'S

60 meters	Josh Larney	6.75
60-meter hurdles	Jordan Mullen	7.73
200 meters	Ethan Holmes	21.49
400 meters	Ethan Holmes	47.63
600 meters	Ryan Weir	1:18.62
800 meters	Ryan Weir	1:49.28
1,000 meters	Sam Fourman	2:27.31
Mile	Kevin Lewis	4:10.05
3,000 meters	Kevin Lewis	8:12.36
5,000 meters	Kevin Lewis	14:27.28
Shot Put	Gabe Hull	56-4 (17.17m)
Weight Throw	Gabe Hull	59-5 3/4 (18.13m)
High Jump	Kevin Spejcher	6-10 1/4 (2.09m)
Long Jump	Josh Larney	23-5 1/4 (7.14m)
Triple Jump	Klyvens Delaunay	51-3 1/2 (15.63m)
Pole Vault	Kyle Reid	15-9 1/4 (4.81m)
Heptathlon	Kyle Reid	5,257 points
1,600-meter relay	VanCleave, Rickels, Davey, E. Holmes	3:10.97
Distance Medley	Witt, Flattery, Teubel, Wilfong	10:04.53

### WOMEN'S

60 meters	Lake Kwaza	7.58
60-meter hurdles	Khanishah Williams	8.96
200 meters	Raven Moore	24.30
400 meters	MonTayla Holder	55.33
600 meters	MonTayla Holder	1:32.33
800 meters	Kaitlyn Nelson	2:10.17
1,000 meters	Adrienne Alexia	2:54.12
Mile	Megan Ranegar	4:56.56
3,000 meters	Lisa Gordon	9:47.63
Weight Throw	Ashlyn Gulvas	63-6 (19.35m)
Shot Put	Rachel Curry	48-2 1/2 (14.69m)
Long Jump	Carisa Leacock	19-2 3/4 (5.86m)
Triple Jump	Carisa Leacock	39-11 1/4 (12.17m)
High Jump	Khanishah Williams	5-10 (1.78m)
Pole Vault	Brittany Holst	11-3 3/4 (3.45m)
Pentathlon	Sarah Ryan	3,439 points
1,600-meter relay	Miller, Holder, R. Moore, Nelson	3:44.87

# INDOOR ALL-TIME TOP TEN PERFORMERS



Justin Austin

Rodney Chambers

Jim Costello

Troy Doris

Bill Hansen

John Hickey

Ethan Holmes

## 60 Meters

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

## 60-Meter Hurdles

1. Jordan Mullen, 2013	7.73
2. Ethan Holmes, 2013	7.83
3. Dion Trowers, 1997	7.87
4. Russell Peterson, 2004	7.97
5. Dan Davis, 2012	8.02
6. DeRocco Reed, 2000	8.03
7. Torrey Campbell, 2012	8.09
8. Jordan Crosby, 2005	8.16
9. D'Juan Richardson, 2009	8.20
10. Keith Brown, 2013	8.21

## 200 Meters

1. Justin Austin, 2011	20.80
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
Ethan Holmes, 2013	21.49

## 400 Meters

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

## 600 Meters

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

## 800 Meters

1. Erik Sowinski, 2012	1:47.62
2. Adam Hairston, 2010	1:49.26
3. Ryan Weir, 2013	1:49.28
4. Nathan Prom, 2013	1:49.29
5. Nick Kuczvara, 2010	1:49.59
6. Dave Novotny, 1996	1:51.27
7. Jim Docherty, 1973	1:51.30
8. Rod Chambers, 1989	1:51.33
9. Jim Donovan, 1999	1:51.52
10. Michael Layne, 1997	1:51.54

## Mile

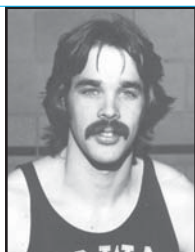
1. Jeff Thode, 2011	3:58.72
2. Ed DeLashmutt, 1981	4:04.01
3. Larry Wiczorek, 1968	4:04.40
4. John Clark, 1972	4:05.94
5. Adam Thomas, 2002	4:07.13
6. Kevin Herd, 1992	4:07.26
7. Jesse Luciano, 2009	4:07.29
8. Jake Berns, 2006	4:07.43
9. Micah VanDenend, 2007	4:07.54
10. Ted Wheeler, 1956	4:07.74

## 3,000 Meters

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

## 5,000 Meters

1. Micah VanDenend, 2007	13:56.46
2. Stetson Steele, 2000	14:00.52
3. Dan Haut, 2006	14:06.16
4. Eric MacTaggart, 2006	14:13.41
5. Jeff Thode, 2011	14:16.00
6. Matt Esche, 2004	14:18.43
7. Jeff Kent, 2007	14:18.86
8. Jesse Luciano, 2009	14:20.99
9. Nick Nordheim, 2002	14:22.99
10. Kevin Lewis, 2013	14:27.28



Bill Knoedel

Anthuan Maybank

Jordan Mullen

Nathan Prom

Patrick Richards

# INDOOR ALL-TIME TOP TEN PERFORMERS



Keaton Rickels



Kyle Reid



Erik Sowinski



Jeff Thode



Micah VanDenend



Todd Wigginton



Steven Willey

## Heptathlon

1. **Kyle Reid, 2013** ..... 5,257 points
2. Dan Rolling, 2010 ..... 5,205 points
3. Ryan Niver, 2008 ..... 5,149 points
4. Frank Prill, 2010 ..... 5,015 points
5. **Jack Eckert, 2013** ..... 4,963 points
6. Scott Faber, 2000 ..... 4,784 points
7. Cam Appleman, 1997 ..... 4,685 points
8. Bobby Windauer, 2007 ..... 4,644 points
9. Jacob Drewry, 1995 ..... 4,612 points
10. Mark Mankivsky, 2008 ..... 4,453 points

## High Jump

1. Bill Knoedel, 1976 ..... 7-3 (2.21)
- Bill Hansen, 1978 ..... 7-3 (2.21)
3. Scott Hudek, 1993 ..... 7-0 1/2 (2.15)
4. Pat Meade, 1987 ..... 7-0 1/4 (2.14)
5. Mike Lacy, 1984 ..... 7-0 (2.13)
6. M. Cunningham, 1984 ..... 6-11 1/4 (2.11)
7. Jeffery Herron, 2010 ..... 6-11 (2.11)
- Peter Hlavin, 1980 ..... 6-11 (2.11)
- Brandon Oest, 2010** ..... 6-11 (2.11)
- Dan Rolling, 2008 ..... 6-11 (2.11)
- Graham Valdes, 2010 ..... 6-11 (2.11)

## Pole Vault

1. Todd Wigginton, 1984 ..... 17-1 (5.21)
2. Dave Nielsen, 1975 ..... 16-10 (5.13)
3. Curt Brock, 1979 ..... 16-6 (5.03)
4. Alex Zona, 2010 ..... 16-4 3/4 (5.00)
- Kyle Reid, 2010** ..... 16-4 3/4 (5.00)
6. Phil Wertman, 1971 ..... 16-4 (4.98)
7. Jeff Raymond, 2008 ..... 16-2 (4.93)
8. John Teffer, 1972 ..... 16-1 (4.90)
9. Chad Ohly, 1995 ..... 15-9 (4.80)
- Rich Palumbo, 1989 ..... 15-9 (4.80)

## Long Jump

1. Anthuan Maybank, 1992 ..... 26-5 1/2 (8.06)
2. Bashir Yamini, 1998 ..... 26-0 1/4 (7.93)
3. Darren Smith, 1991 ..... 25-2 (7.67)
4. Paul Jones, 1990 ..... 24-11 1/4 (7.60)
5. Ronnie McCoy, 1984 ..... 24-9 (7.54)
6. Matty Gorman, 2006 ..... 24-8 1/2 (7.53)
7. Charles Jones, 1980 ..... 24-8 1/4 (7.52)
8. Quinn Early, 1986 ..... 24-7 1/4 (7.50)
9. Jeffery Herron, 2011 ..... 24-7 (7.49m)
10. Lee Farmer, 1942 ..... 23-9 1/4 (7.24)

## Triple Jump

1. Troy Doris, 2011 ..... 54-0 (16.46)
2. Paul Jones, 1990 ..... 52-1 1/4 (15.88)
3. **Klyvens Delaunay, 2013** ... 51-3 1/2 (15.63)
4. **Babatunde Amosu, 2013**.. 49-2 1/2 (15.00)
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. Gordon Finch, 1988 ..... 48-3 3/4 (14.72)
9. Matty Gorman, 2006 ..... 48-3 1/2 (14.72)
10. Pat Miller, 1984 ..... 47-11 (14.60)

## Shot Put

1. John Hickey, 2009 ..... 63-0 (19.20)
2. Jeremy Allen, 2001 ..... 62-10 1/2 (19.16)
3. Shane Maier, 2006 ..... 61-2 (18.64)
4. G. Kostrubala, 1986 ..... 60-10 3/4 (18.55)
5. Andy Banse, 2005 ..... 60-9 1/4 (18.52)
6. Ken Kemeny, 2004 ..... 60-0 1/2 (18.30)
7. Chris Gambol, 1987 ..... 59-0 (17.98)
8. A. van der Westhuizen, 1999 58-10 3/4 (17.95)
9. A.J. Curtis, 2008 ..... 57-9 1/2 (17.61)
10. Matt Banse, 2012 ..... 57-3 3/4 (17.47)

## Weight Throw

1. Jim Costello, 2002 ..... 69-4 3/4 (21.15)
2. Matt Banse, 2012 ..... 67-8 (20.62)
3. A. van der Westhuizen, 2001 .. 67-7 1/2 (20.61)
4. Adam Hamilton, 2007 ..... 66-9 1/4 (20.35)
5. Jeremy Allen, 2001 ..... 65-10 1/4 (20.07)
6. Chris Voller, 2005 ..... 63-4 (19.30)
7. Ryan Lamparek, 2012 ..... 61-2(18.62)
8. Brad Daufeldt, 2004 ..... 60-4 1/2 (18.40)
9. **Gabe Hull, 2013** ..... 59-5 3/4 (18.13)
10. Ryan Jordan, 2008 ..... 59-0 (17.98)

## 1,600-Meter Relay

1. Richards, E. Holmes, Sowinski, Willey, 2011 ... 3:06.66
2. Rozell, Davis, Raymond, Yamini, 1998 ..... 3:06.80
3. Coleman, Faber, Strang, Peterson, 2002 ..... 3:07.44
4. Richards, Sowinski, E. Holmes, Willey, 2011 ... 3:07.84
5. Greer, Williams, Smith, Duckett, 1984 ..... 3:08.14
6. Card, Coleman, Williamson, Dodge, 2001 ..... 3:08.21
7. Davis, Rozell, Page, Morris, 1995 ..... 3:08.77
8. Dodge, Williamson, Card, Peterson, 2001 ..... 3:08.82
9. Richards, E. Holmes, Barton, Willey, 2011 ..... 3:08.85
10. Branch, Dodge, Donovan, Yamini, 1999 ..... 3:08.99

## 3,200 Meter Relay

1. Cooke, Nie, Monsey, Chambers, 1990 ..... 7:13.02
2. Corrigan, Blackman, Strozier, Chambers, 1989 ..... 7:29.00
3. English, Blackman, Strozier, Chambers, 1989 . 7:36.20
4. 1977 ..... 7:39.40
5. 1986 ..... 7:40.90
6. Bouske, Herd, Chambers, Koon, 1992 ..... 7:43.94
7. Bouska, Cook, White, Herd, 1992 ..... 7:48.63
8. 1992 ..... 7:49.86
9. 1986 ..... 7:50.10
10. Roseman, Rerko, Novotny, Branigan, 1993 ..... 7:51.36

## Distance Medley Relay

1. **Prom, Rickels, Sowinski, Thode, 2012** ..... 9:45.41
2. 1999 ..... 9:46.83
3. 1977 ..... 9:48.80
4. 1978 ..... 9:49.70
5. Kuczvara, Barton, Kuhlman, N. Holmes, 2010 ..... 9:51.05
6. Marchese, Varner, Hairston, Luciano, 2009 ..... 9:52.52
7. Paul, Varner, Hairston, Thode, 2010 ..... 9:52.71
8. **Prom, Richardson, Sowinski, Thode, 2011** ..... 9:57.44
9. Trainor, Faber, Cunningham, Allen, 2002 ..... 9:58.14
10. Newell, Eisenlauer, Tice, Clark, 1973 ..... 10:00.0



# INDOOR ALL-TIME TOP TEN PERFORMERS



Kineke Alexander

Meghan Armstrong

Tracy Dahl

Nicole Erickson

Karesa Farley

Ashlyn Gulvas

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
7. Angela Menson, 1982 ..... 7.57
8. **Lake Kwaza, 2013 ..... 7.58**
9. **Raven Moore, 2013 ..... 7.59**
10. Tamara Dixon, 2002 ..... 7.64

## 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
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. Erin Jones, 2011 ..... 24.01
7. Rhonda-Kaye Trusty, 2010 ..... 24.05
8. Peaches Roach, 2007 ..... 24.09
9. **Raven Moore, 2013 ..... 24.30**
10. Jiselle Providence, 2002 ..... 24.44

## 400 Meters

1. Kineke Alexander, 2007 ..... 51.48
2. Ellen Grant, 1996 ..... 52.65
3. Shellene Williams, 2004 ..... 52.83
4. Ashley Liverpool, 2011 ..... 54.09
5. Tiffany Hendricks, 2011 ..... 55.06
6. Wynsome Cole, 1997 ..... 55.45
7. Nicole Charles, 2002 ..... 55.59
8. Senta Hawkins, 1988 ..... 55.66
9. Marlene Poole, 1993 ..... 55.20
10. **MonTayla Holder, 2013 ..... 55.33**

## 600 Yards

1. Senta Hawkins, 1987 ..... 1:21.06
2. Aisha Hume, 2004 ..... 1:21.74
3. Kay Stormo, 1982 ..... 1:22.49
4. Nicole Erickson, 2012 ..... 1:22.61
5. Bethany Praska, 2009 ..... 1:23.12
6. Hannah Simonson, 2012 ..... 1:23.18
7. Chris Davenport, 1982 ..... 1:24.14
8. Sophia Poncè, 2007 ..... 1:24.55
9. Wynsome Cole, 1995 ..... 1:24.83
10. **Maisie Vachuska, 2012 ..... 1:25.38**

## 600 Meters

1. Kineke Alexander, 2008 ..... 1:27.45
2. Bethany Praska, 2011 ..... 1:28.14
3. Senta Hawkins, 1987 ..... 1:30.77
4. Karen Layne, 1990 ..... 1:31.45
5. Nicole Erickson, 2012 ..... 1:31.71
6. Kay Stormo, 1982 ..... 1:32.30
7. **MonTayla Holder, 2013 ..... 1:32.33**
8. Aisha Hume, 2004 ..... 1:32.41
9. **Kaitlyn Nelson, 2013 ..... 1:33.50**
10. Sophia Chow, 2002 ..... 1:33.54

## 800 Meters

1. Bethany Praska, 2011 ..... 2:05.01
2. Jeanne Kruckeberg, 1989 ..... 2:06.38
3. Michelle Lahann, 2004 ..... 2:06.83
4. Briana Benning, 1996 ..... 2:09.22
5. **Kaitlyn Nelson, 2013 ..... 2:10.17**
6. Kay Stormo, 1981 ..... 2:11.04
7. Ann Pare, 1997 ..... 2:11.19
8. Lauren Hardesty, 2011 ..... 2:11.80
9. Atalie Barber, 2003 ..... 2:12.10
10. Shannon Stanley, 2005 ..... 2:12.13

## 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

Tiffany Hendricks

Elaine Jones

Tammilee Kerr

Ashley Liverpool

McKenzie Melander

# INDOOR ALL-TIME TOP TEN PERFORMERS



Lisa Moats

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 ..... 5-10 (1.78)**
4. Becky Kaza, 1995 ..... 5-9 3/4 (1.77)
5. Caleigh Bacchus, 2010 ..... 5-9 1/4 (1.76)
6. Kristi Dinkla, 1985 ..... 5-8 1/2 (1.74)
7. Kacey Childs, 2001 ..... 5-8 1/2 (1.74)
8. Traci Claussen, 1987 ..... 5-8 (1.73)
9. Kathy Gillespie, 1983 ..... 5-7 3/4 (1.72)
10. Lynn McMillan, 1988 ..... 5-7 1/4 (1.71)
- Tammilee Kerr, 2008 ..... 5-7 1/4 (1.71)

## Pole Vault

1. Jessie Strand, 2004 ..... 12-5 1/2 (3.80)
2. Sarah Burgett, 2007 ..... 11-10 (3.61)
3. **Kirsten Weismantle, 2011 ..... 11-5 3/4 (3.50)**
4. **Brittany Holst, 2013 ..... 11-3 3/4 (3.45)**
5. **Katie Truedson, 2010 ..... 10-11 3/4 (3.35)**
5. Gina Shannon, 2001 ..... 10-6 (3.20)
6. Kacey Childs, 2001 ..... 9-0 (2.75)
7. Amy Kasparbauer, 2000 ..... 8-0 (2.44)

## Long Jump

1. Lisa Moats, 1986 ..... 19-6 (5.95)
2. Renee White, 2006 ..... 19-3 1/4 (5.87)
3. **Carisa Leacock, 2013 ..... 19-2 3/4 (5.86)**
4. Tiffany Johnson, 2007 ..... 19-2 1/2 (5.85)
5. Davera Taylor, 1984 ..... 19-1 1/2 (5.83)
6. Yolanda Hobbs, 1993 ..... 19-1 (5.80)
7. Kamesha Marshall, 2005 ..... 18-11 1/4 (5.77)
8. **Zinnia Miller, 2013 ..... 18-9 (5.71)**
9. **Sarah Ryan, 2013 ..... 18-8 (5.69)**
10. Catharine Parmiter, 2000 ..... 18-7 1/2 (5.68)

## Triple Jump

1. Renee White, 2008 ..... 42-4 (12.90)
2. Tiffany Johnson, 2007 ..... 41-3 3/4 (12.59)
3. **Carisa Leacock, 2012 ..... 40-5 1/2 (12.33)**
4. Becki Borg, 1987 ..... 39-6 (12.04)
5. Lynn McMillan, 1988 ..... 38-2 (11.63)
6. Lisa Moats, 1985 ..... 35-1 (10.69)
7. Becca Franklin, 2004 ..... 34-3 (10.44)
- Rachel Ballard, 2013 ..... 34-3 (10.44)**

## Shot Put

1. Gail Smith, 1985 ..... 51-0 (15.54)
2. Lisa Van Steenwyk, 1993 ..... 50-5 1/4 (15.37)
3. Kamesha Marshall, 2005 ..... 49-2 1/4 (14.99)
4. Denise Taylor, 1992 ..... 48-9 (14.86)
5. **Rachel Curry, 2013 ..... 48-2 1/2 (14.69)**
6. Megan Maurer, 1995 ..... 47-5 3/4 (14.47)
7. Laura Kriener, 1990 ..... 47-5 (14.45)
8. Jennifer Gilson, 2002 ..... 46-11 (14.30)
9. Jennifer Moon, 2000 ..... 45-9 (13.94)
- Tiffany Medenwaldt, 2010 ..... 45-9 (13.94)
- Micaela Haight, 2011 ..... 45-9 (13.94)

## Weight Throw

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

## Pentathlon

1. Tammilee Kerr, 2008 ..... 3,974 points
2. Chris Davenport, 1983 ..... 3,798 points
3. Kamesha Marshall, 2005 ..... 3,701 points
4. Tiff Pedersen, 2004 ..... 3,511 points
5. **Sarah Ryan, 2013 ..... 3,439 points**
6. Maureen Abel, 1979 ..... 3,427 points
7. **Zinnia Miller, 2012 ..... 3,416 points**
8. Janet Adams, 1981 ..... 3,360 points
9. Janelle Jaspers, 1987 ..... 3,366 points
10. **Khanishah Williams, 2013 ..... 3,273 points**

## 1,600-Meter Relay

1. **Liverpool, Hendricks, Praska, Erickson, 2011 ..... 3:36.97**
2. **Liverpool, Hendricks, Erickson, Praska, 2011 ..... 3:37.58**
3. Hendricks, Erickson, Praska, Liverpool, 2011 ..... 3:39.15
4. Hendricks, Praska, Erickson, Liverpool, 2011 ..... 3:40.42
5. McCalla, Granger, Alexander, Johnson, 2006 ..... 3:40.52
6. **Simonson, Liverpool, Erickson, Sack, 2012 ..... 3:41.78**
7. **Simonson, Erickson, Sack, Liverpool, 2012 ..... 3:42.42**
8. Johnson, McCalla, Alexander, Granger, 2006 ..... 3:42.44
9. Alexander, Johnson, Poncè, M. Mims, 2007 ..... 3:42.75
10. White, Alexander, Kerr, Hendricks, 2008 ..... 3:43.83

## 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