

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



TRACK AND FIELD CONTACT: JORDAN BUCHER

MARCH 30, 2016

2016 IOWA TRACK & FIELD OUTDOOR SCHEDULE

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

IOWA COACHING STAFF

Joey Woody	Director of Track & Field
Layne Anderson	Head Cross Country 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 splits competitors this weekend at the Florida Relays in Gainesville, Florida, the San Francisco State Distance Carnival in San Francisco, and the Stanford Invitational in Palo Alto, California, from April 1-2.

FOLLOW THE HAWKEYES

Live results are available on the track and field schedule page at hawkeyesports.com. Follow @IowaXC_TF on twitter for updates and relevant statistics on the team.

HAWKEYES TO WATCH AT FLORIDA RELAYS

The Florida Relays features 22 Hawkeyes on the men's side, including All-Americans Aaron Mallett (110-meter hurdles), Mitch Wolff (400-meter hurdles), James Harrington (100 meters, 200 meters), and Vinnie Saucer, Jr. (100 meters). Seniors Kevin Spejcher (high jump), Kerry Dean Jr. (long jump) and Sam Joens (javelin), and redshirt freshman Reno Tuufuli (discus, shot put) highlight the field for Iowa.

For the women, six All-Americans look to heat up the track in the 100 meters (Lake Kwaza, Brittany Brown), 400 meters (Elexis Guster, Briana Guillory, Alexis Hernandez), and 400-meter hurdles (MonTayla Holder). In the field for the Hawkeyes, senior Dakota Goodell appears in the discus and javelin, while the high jump features junior Madison Rouw and graduate student Khanishah Williams. Sophomore Jahisha Thomas takes on the 100-meter hurdles and the long jump.

DISTANCE CREW HEADS WEST

Iowa's distance crew splits competitors between the San Francisco Distance Carnival and the Stanford Invitational on Friday. The San Francisco Distance Carnival hosts three Hawkeyes in the men's 5,000 meters -- freshmen Ian Elkin and Daniel Soto, and junior Kevin Docherty -- inside the Cox Stadium on the campus of San Francisco State University.

Sophomore Daniel Gardarsson (3,000-meter steeplechase) and junior Tess Wilberding (1,500 meters) will represent the Hawkeye men and women at the Stanford Invitational in Palo Alto, California. The event is held at the Cobb Track & Angell Field complex on the campus of Stanford University. Sophomore Michael Melchert will compete in the men's 10,000 meters at either of the two meets.

JUMPERS SET BAR HIGH

Junior Madison Rouw, graduate student Khanishah Williams, and senior Kevin Spejcher recorded high jump marks that fall within the nation's top 20 at the Baldy Castillo Invitational on March 19. For the women, Rouw and Williams both lead the Big Ten and rank 14th nationally at 5-8.75 (1.75m), while Spejcher (6-11.75, 2.13m) ties for first in the conference and slots 16th in the men's high jump.

200-METER PILEUP

The Hawkeye women boast the strongest 200-meter group in school history with the top three fastest times belonging to junior Brittany Brown (1st/22.89), senior Lake Kwaza (2nd/23.43), and freshman Briana Guillory (3rd/23.46). Junior Elexis Guster (23.63) entered Iowa's all-time list in eighth place at the Baldy Castillo Invitational on March 19.

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IN THE RANKINGS

Five Hawkeyes and three relays landed performances at the season-opening Baldy Castillo Invitational from March 18-19 that fall within the top 20 spots nationally:

- 4th/Kwaza, Guster, Guillory, Hernandez - 400-meter relay (44.04)
- 5th/Carter Lilly - 800 meters (1:49.00)
- 6th/Thompson, Brissett, Harrington, Mallett - 400-meter relay (39.73)
- 10th/Wolff, Ganschow, Lilly, Harris - 1,600-meter relay (3:09.29)
- 14th/Madison Rouw - high jump (5-8.75, 1.75m)
- 14th/Khanishah Williams - high jump (5-8.75, 1.75m)
- 16th/Kevin Spejcher - high jump (6-11.75, 2.13m)
- 17th/Mitch Wolff - 400-meter hurdles (51.53)

4X1 DROPS SCHOOL RECORD IN OPENER

The women's 400-meter relay of senior Lake Kwaza, junior Elexis Guster, freshman Briana Guillory, and junior Alexis Hernandez made their season debut setting the school record, 44.04, at the Baldy Castillo Invitational on March 19. The quartet tops the Big Ten and ranks fourth nationally.

BIG ATHLETES OF THE WEEK

Freshman Christian Brissett and junior Madison Rouw collected their first career weekly conference award after being named Big Ten Track and Field Athletes of the Week for their season-opening performances at the Baldy Castillo Invitational in Tempe, Arizona, on March 19. Brissett posted three of the nation's then top-10 marks in the men's 100 meters (10.43) and 200 meters (20.98), and ran second leg on the nation's sixth-fastest 400-meter relay (39.73).

Rouw opened her season with a first-place finish in the women's high jump with a personal-best 5-8.75 (1.75m). That mark leads the Big Ten, ties for 14th nationally, and ranks sixth in school history.

MEET THE SCHOOL RECORD-HOLDERS

The Hawkeyes return four individual school record-holders. They are: junior Aaron Mallett (13.40) in the men's 110-meter hurdles, and senior Lake Kwaza (100 meters/11.40), juniors Brittany Brown (200 meters/22.89) and sophomore Marta Bote Gonzalez (3,000-meter steeplechase/10:23.15) for the women.

HAWKEYES AT HOME

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

NEXT ON THE BLOCK

Iowa returns to action April 8-9 at the Jim Click Shootout in Tucson, Arizona.

2016 MEN'S OUTDOOR SEASON BESTS

100 meters	Christian Brissett	10.43
110-m hurdles	Chris Douglas	14.78
200 meters	Christian Brissett	20.98
400 meters	Jared Ganschow	47.60
400-m hurdles	Mitch Wolff	51.53
800 meters	Carter Lilly	1:49.00
1,500 meters	Michael Melchert.....	3:50.91
High Jump.....	Kevin Spejcher.....	6-11 3/4 (2.11m)
Long Jump	Kerry Dean, Jr.	23-1 3/4 (7.05m)
Shot Put.....	Reno Tuufuli	56-2 (17.12m)
Discus	Reno Tuufuli	177-5 (54.09m)
Javelin.....	Alex Balke	203-4 (61.99m)
400-m Relay.....	Thompson, Brissett, Harrington, Mallett.....	39.73
1,600-m Relay.....	Wolff, Ganschow, Lilly, Harris	3:09.29
3,200-m Relay.....	Price, Soto, Gardarsson, Docherty	7:54.10

2016 WOMEN'S OUTDOOR SEASON BESTS

100 meters	Heaven Chandler	12.52
100-m hurdles	Heaven Chandler	14.75
200 meters	Briana Guillory	23.46
400 meters	Alexis Hernandez.....	55.13
800 meters	Jordyn Sindt	2:15.99
1,500 meters	Tess Wilberding	4:33.51
High Jump.....	Madison Rouw	5-8 3/4 (1.75m)
	Khanishah Williams.....	5-8 3/4 (1.75m)
Long Jump	Tria Seawater-Simmons.....	17-9 1/4 (5.19m)
Shot Put.....	Alexa Hunt.....	42-8 1/4 (13.01m)
Javelin.....	Kayla Hochhalter	139-0 (42.37m)
Discus	Dakotah Goodell	156-7 (47.74m)
Hammer Throw ...	Leah Colbert	163-5 (49.81m)
400-m Relay.....	Kwaza, Guster, Guillory, Hernandez	*44.04
1,600-m Relay.....	Watts, Hernandez, Kwaza, Chapman...	3:42.13

* - school record

OUTDOOR ALL-TIME TOP 10 PERFORMERS



Jeremy Allen



Justin Austin



Matt Byers



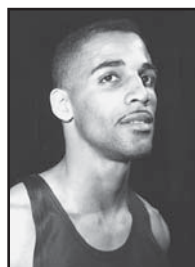
Troy Doris



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**

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
- 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**
- Carter Lilly, 2016 1:49.00**
- Michael Layne, 1999 1:49.61
- Bill Thiesen, 1985 1:49.74
- Ryan Weir, 2013 1:50.01
- 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

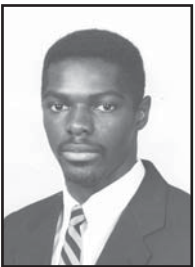
- Deacon Jones, 1956 8:47.40
- Steve Pershing, 1978 8:54.59
- Andy Morris, 2000 8:56.21
- Matt Gerard, 1994 8:57.01
- Andy Napier, 2008 8:57.54
- Rollie Kitt, 1967 9:02.90
- Al Greene, 1985 9:02.96
- Tony Rakaric, 2005 9:03.29
- Mark Battista, 2010 9:04.60
- Sean Gale, 1993 9:08.00

5,000 Meters

- Micah VanDenend, 2007 13:49.31
- Larry Wieczorek, 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



Aaron Mallett



Anthuan Maybank

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 Speicher, 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, 2016..... 203-4 (61.99)**
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. **Briana Guillory, 2016** **23.46**
4. Shellene Williams, 2004 23.50
5. Kineke Alexander, 2006 23.58
6. Davera Taylor, 1984 23.59
7. Vivien McKenzie, 1985 23.61
8. **Elexis Guster, 2016** **23.63**
9. Yolanda Hobbs, 1995 23.65
10. Erin Jones, 2012 23.71

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. Kassidy 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. **Madison Rouw, 2016 5-8 3/4 (1.75)**
7. Kacey Childs, 2001 5-8 1/2 (1.74)
8. Kristi Dinkla, 1985 5-8 (1.73)
- Becky Kaza, 1995 5-8 (1.73)
- Eve Cullinan, 2003 5-8 (1.73)

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. Kassidy 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
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
Brown, Harrington, Mincy, **Wilson**, 2014 39.73
Thompson, Brissett, Harrington, Mallett, 2016..... **39.73**
10. **Saucer, Jr., Mallett, Thompson**, Brown, 2015 39.77

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
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. Kuczvara, Barton, Hairston, Thode, 2011 9:41.37
3. N. Holmes, Van Cleave, Sowinski, Thode, 2012..... 9:41.59
4. Young, Barton, Kuczvara, 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, Guillory, Hernandez, 2016**44.04
2. **Kwaza, Guster, Hernandez, Brown, 2014** 44.51
3. **Kwaza, Guster, Holder, Brown, 2014**..... 44.62
4. Poole, Reid, Floyd, Hobbs, 1994..... 44.63
5. Charles, Williams, Providence, James, 2003 44.71
Brown, Kwaza, Ellis, Holder, 2015..... 44.71
7. Floyd, Hobbs, Poole, Reid, 1994..... 44.80
8. **Holder, Guster, Kwaza, Brown, 2015** 44.93
9. Fouchè, Williams, Providence, James, 2003..... 45.02
10. Ellis, **Guster, Kwaza, Brown, 2015**..... 45.07

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, Dlhy, 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. Dlhy, 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