

2014 WOMEN'S OUTDOOR SEASON & COLLEGIATE BEST PERFORMANCES - Updated 6/14/14

100 METERS (School Record - 11.45)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Brittany Brown	11.61	at Big Ten Championships – 5/18/14	11.61	at Big Ten Championships – 5/18/14
Lake Kwaza	11.66	at Drake Relays – 4/25/14	11.56	2x, last at NCAA West Preliminary - 5/23/13

100-METER HURDLES (School Record - 13.20)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Kassidy Ellis	15.28	Musco Twilight – 5/3/14	15.28	Musco Twilight – 5/3/14

200 METERS (School Record – 22.95)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Brittany Brown	22.95 *	at NCAA West Preliminary – 5/31/14	22.95 *	at NCAA West Preliminary – 5/31/14
Lake Kwaza	23.84	at Big Ten Championships – 5/18/14	23.84	at Big Ten Championships – 5/18/14
Alexis Hernandez	24.62	at Arizona State Invite – 3/29/14	24.62	at Arizona State Invite – 3/29/14
Kassidy Ellis	27.43 %	at Drake Relays – 4/23/14	27.43 %	at Drake Relays – 4/23/14

400 METERS (School Record - 51.35)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Elaxis Guster	52.77	at Big Ten Championships – 5/18/14	52.77	at Big Ten Championships – 5/18/14
Alexis Hernandez	54.98	at Arkansas Spring Invite – 4/5/14	54.98	at Arkansas Spring Invite – 4/5/14
MonTayla Holder	55.06	Musco Twilight – 5/3/14	55.06	Musco Twilight – 5/3/14
Lake Kwaza	55.64	at Arizona State Invite – 3/29/14	55.64	at Arizona State Invite – 3/29/14
Mahnee Watts	55.69	at Arizona State Invite – 3/29/14	55.69	at Arizona State Invite – 3/29/14
Brittany Brown	56.97	at Arizona State Invite – 3/29/14	56.97	at Arizona State Invite – 3/29/14
Adrienne Alexia	57.21	at Illinois Twilight – 4/12/14	57.21	at Illinois Twilight – 4/12/14

400-METER HURDLES (School Record - 56.16)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
MonTayla Holder	57.81	at Big Ten Championships – 5/18/14	57.81	at Big Ten Championships – 5/18/14
Elaxis Guster	1:00.32	at Illinois Twilight – 4/12/14	1:00.32	at Illinois Twilight – 4/12/14

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800 METERS (School Record - 2:03.78)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Mahnee Watts	2:08.58	Musco Twilight – 5/3/14	2:08.58	Musco Twilight – 5/3/14
Katharina Trost	2:09.11	at Big Ten Championships – 5/17/14	2:09.11	at Big Ten Championships – 5/17/14
Adrienne Alexia	2:12.66	Musco Twilight – 5/3/14	2:08.61	at Drake Relays - 4/25/13
Kaitlyn Nelson	2:16.47	Musco Twilight – 5/3/14	2:08.83	at NCAA West Preliminary - 5/23/13
Tess Wilberding	2:18.13	Musco Twilight – 5/3/14	2:18.13	Musco Twilight – 5/3/14
Kassidy Ellis	2:36.51 %	at Drake Relays – 4/24/14	2:36.51 %	at Drake Relays – 4/24/14

1,500 METERS (School Record - 4:17.41)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Shannon Maser	4:25.09	at Big Ten Championships – 5/18/14	4:25.09	at Big Ten Championships – 5/18/14
Katharina Trost	4:34.07	at Illinois Twilight – 4/12/14	4:34.07	at Illinois Twilight – 4/12/14
Rachel Price	4:36.71	at Big Ten Championships – 5/17/14	4:36.71	at Big Ten Championships – 5/17/14
Carolyn Newhouse	4:41.80	at Kip Janvrin Open – 4/24/14	4:41.80	at Kip Janvrin Open – 4/28/14
Courtney Martin	4:43.06	at Kip Janvrin Open – 4/24/14	4:43.06	at Kip Janvrin Open – 4/24/14
Tess Wilberding	4:44.33	at Big Ten Championships – 5/17/14	4:44.33	at Big Ten Championships – 5/17/14
Astrid Montuclard	4:49.04	at Illinois Twilight – 4/12/14	4:49.04	at Illinois Twilight – 4/12/14
Katie Adams	4:49.17	at Kip Janvrin Open – 4/24/14	4:49.17	at Kip Janvrin Open – 4/24/14
Samantha Zishka	4:50.39	at Kip Janvrin Open – 4/24/14	4:50.39	at Kip Janvrin Open – 4/24/14

3,000 METERS (School Record - 9:18.82)

Name	Season Best	Meet-Date	Collegiate Best	Meet-Date
Carolyn Newhouse	10:07.57	at Illinois Twilight – 4/12/14	10:07.57	at Illinois Twilight – 4/12/14
Courtney Martin	10:08.53	at Arkansas Spring Invite – 4/5/14	10:08.53	at Arkansas Spring Invite – 4/5/14
Cynthia Saliba	10:14.58	at Arkansas Spring Invite – 4/5/14	10:14.58	at Arkansas Spring Invite – 4/5/14
Katie Adams	10:18.33	Musco Twilight – 5/3/14	10:18.33	Musco Twilight – 5/3/14
Jocelyn Todd	10:21.13	Musco Twilight – 5/3/14	10:10.46	at Lee Calhoun Invitational – 4/13/13
Samantha Zishka	10:21.72	Musco Twilight – 5/3/14	10:21.72	Musco Twilight – 5/3/14
Courtney Bruns	10:33.18	Musco Twilight – 5/3/14	10:31.15	at Arkansas Spring Invite – 4/5/14

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5,000 METERS (School Record - 15:45.84)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Jocelyn Todd	17:58.37	at Kip Janvrin Open – 4/24/14	17:58.37	at Kip Janvrin Open – 4/24/14
Carolyn Newhouse	18:04.27	at Big Ten Championships – 5/18/14	18:04.27	at Big Ten Championships – 5/18/14

400-METER RELAY (School Record - 44.51)

Names	Season Best	Meet - Date
Kwaza, Guster, Hernandez, Brown	44.51 *	at Drake Relays – 4/26/14
Kwaza, Guster, Holder, Brown	44.62	at Big Ten Championships – 5/18/14
Brown, Holder, Guster, Kwaza	45.30	at Arizona State Invite – 3/29/14
Kwaza, Guster, Holder, Hernandez	45.61	at Mt. SAC Relays – 4/19/14

1,600-METER RELAY (School Record - 3:34.83)

Names	Season Best	Meet - Date
Guster, Hernandez, Holder, Kwaza	3:34.83 *	at Arkansas Spring Invite – 4/5/14
Guster, Watts, Hernandez, Kwaza	3:36.09	at Drake Relays – 4/25/14
Kwaza, Guster, Hernandez, Holder	3:36.40	at NCAA West Preliminary – 5/31/14
Guster, Watts, Holder, Kwaza	3:37.73	at Mt. SAC Relays – 4/19/14
Guster, Holder, Hernandez, Kwaza	3:37.95	at Big Ten Championships – 5/18/14
Guster, Holder, Watts, Hernandez	3:40.03 #	Musco Twilight – 5/3/14
Alexia, Trost, Wilberding, Nelson	4:00.68	Musco Twilight – 5/3/14

SPRINT MEDLEY RELAY (School Record - 3:48.63)

Names	Season Best	Meet - Date
Brown, Kwaza, Guster, Watts	3:51.18	at Drake Relays – 4/26/14

6,400-METER RELAY (School Record - 19:05.63)

Names	Season Best	Meet - Date
Maser, Price, Wilberding, Montuclard	20:23.27	at Drake Relays- 4/24/14

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HIGH JUMP (School Record - 1.86 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Khanishah Williams	5-9 ¼ (1.76m)	at Big Ten Championships – 5/18/14	5-11 ¼ (1.81m)	at Jim Click Shootout - 4/6/13
Madison Rouw	5-7 ¼ (1.71m)	at Arizona State Invite – 3/29/14	5-7 ¼ (1.71m)	at Arizona State Invite – 3/29/14
Tayo Oladele-Ajose	5-6 (1.68m)	at Drake Relays- 4/25/14	5-6 ½ (1.69m)	Musco Twilight XIV - 4/20/13
Kassidy Ellis	5-1 ¾ (1.57m)	at Illinois Twilight – 4/12/14	5-1 ¾ (1.57m)	at Illinois Twilight – 4/12/14
Jenna Brandhorst	5-1 (1.55m)	Musco Twilight – 5/3/14	5-1 (1.55m)	Musco Twilight – 5/3/14

LONG JUMP (School Record - 6.78 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Zinnia Miller	20-6 ½ (6.26m)	at NCAA West Preliminary – 5/29/14	20-6 ½ (6.26m)	at NCAA West Preliminary – 5/29/14
Carisa Leacock	19-11 ¾ (6.09m)	at Big Ten Championships – 5/17/14	19-11 ¾ (6.09m)	at Big Ten Championships – 5/17/14
Sarah Ryan	19-1 ½ (5.83m)	at Arkansas Spring Invite – 4/5/14	19-1 ½ (5.83m)	at Arkansas Spring Invite – 4/5/14
Kassidy Ellis	17-5 ¼ (5.31m)	at Illinois Twilight – 4/12/14	17-5 ¼ (5.31m)	at Illinois Twilight – 4/12/14

TRIPLE JUMP (School Record - 13.36 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Zinnia Miller	42-0 ½ (12.81m)	at Big Ten Championships – 5/18/14	42-0 ½ (12.81m)	at Big Ten Championships – 5/18/14
Carisa Leacock	39-4 ½ (12.00m)	at Big Ten Championships – 5/18/14	40-10 ½ (12.46m)	at Big Ten Championships - 5/13/12

SHOT PUT (School Record - 15.54 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Rachel Curry	47-5 (14.45m)	at Arkansas Spring Invite – 4/5/14	47-9 1/4 (14.56m)	at Big Ten Championships - 5/11/13
Courtney Fritz	46-6 ¼ (14.18m)	at Drake Relays – 4/25/14	46-6 ¼ (14.18m)	at Drake Relays – 4/25/14
Alexa Hunt	45-10 ¾ (13.99m)	at Big Ten Championships – 5/17/14	45-10 ¾ (13.99m)	at Big Ten Championships – 5/17/14
Kassidy Ellis	30-8 ½ (9.36m) %	at Drake Relays – 4/23/14	30-8 ½ (9.36m) %	at Drake Relays – 4/23/14

DISCUS THROW (School Record – 55.19 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Dakotah Goodell	169-4 (51.62m)	at Messersmith Invite – 5/9/14	169-4 (51.62m)	at Messersmith Invite – 5/9/14
Amanda Stahle	159-3 (48.54m)	at Illinois Twilight – 4/12/14	159-3 (48.54m)	at Illinois Twilight – 4/12/14
Lindsay Herra	152-2 (46.39m)	at Illinois Twilight – 4/12/14	152-2 (46.39m)	at Illinois Twilight – 4/12/14
Courtney Fritz	153-5 (46.76m)	at Big Ten Championships – 5/18/14	154-1 (46.96m)	at Messersmith Invitational - 5/4/12

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JAVELIN THROW (School Record - 55.31 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Amanda Stahle	148-0 (45.11m)	at Big Ten Championships – 5/17/14	148-0 (45.11m)	at Big Ten Championships – 5/17/14
Dakotah Goodell	146-8 (44.72m)	at Big Ten Championships – 5/17/14	146-8 (44.72m)	at Big Ten Championships – 5/17/14
Allison Gattone	128-1 (39.03m)	at Arizona State Invite – 3/28/14	138-8 (42.27m)	at Jim Click Shootout - 4/6/13
Lindsay Herra	109-8 (33.44m)	at Arkansas Spring Invite – 4/5/14	109-8 (33.44m)	at Arkansas Spring Invite – 4/5/14
Kassidy Ellis	106-10 ¼ (32.57m) %	at Drake Relays – 4/24/14	106-10 ¼ (32.57m) %	at Drake Relays – 4/24/14

HAMMER THROW (School Record - 60.38 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Annemie Smith	198-1 (60.38m) *	at Arizona State Invite – 3/28/14	198-1 (60.38m) *	at Arizona State Invite – 3/28/14
Ashlyn Gulvas	192-9 (58.75m)	Musco Twilight – 5/3/14	192-9 (58.75m)	Musco Twilight – 5/3/14
Jasmine Simpson	189-0 (57.62m)	at Arizona State Invite – 3/28/14	197-7 (60.23m)	at Alabama Relays – 3/23/13

HEPTATHLON (School Record - 5,633 points)

Name	Season Best	Meet - Date	Collegiate Best	Meet – Date
Kassidy Ellis	4,242 points	at Drake Relays – 4/23-24/14	4,242 points	at Drake Relays – 4/23-24/14

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