

2016 WOMEN'S INDOOR SEASON BEST PERFORMANCES - UPDATED 3/14/16

60 METERS (School Record - 7.33)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Lake Kwaza	7.33 *	at B1G Championships - 2/27/16	7.33 *	at B1G Championships - 2/27/16
Taylor Chapman	7.61	at Iowa State Classic - 2/13/16	7.61	at Iowa State Classic - 2/13/16
Jalynn Roberts-Lewis	7.67	at Meyo Invitational - 2/5/16	7.67	at Meyo Invitational - 2/5/16
Lydia Harold	7.91	Iowa Duals - 1/16/16	7.91	Iowa Duals - 1/16/16
Tria Seawater-Simmons	8.01	at Border Battle – 1/9/16	8.01	at Border Battle – 1/9/16

60-METER HURDLES (School Record - 8.21)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Jahisha Thomas	8.46	at Alex Wilson Invitational - 2/20/16	8.46	at Alex Wilson Invitational - 2/20/16
Heaven Chandler	8.74	at Big 4 Duals - 1/23/16	8.74	at Big 4 Duals - 1/23/16
Julia Lampe	9.77	at Big 4 Duals - 1/23/16	9.77	at Big 4 Duals - 1/23/16

200 METERS (School Record - 23.49)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Lake Kwaza	23.54	at B1G Championships - 2/27/16	23.54	at B1G Championships - 2/27/16
Briana Guillory	23.69	at B1G Championships - 2/26/16	23.69	at B1G Championships - 2/26/16
Taylor Chapman	24.61	at Razorback Invitational - 1/29/16	24.61	at Razorback Invitational - 1/29/16
MonTayla Holder	24.78	at Razorback Invitational - 1/29/16	24.78	at Razorback Invitational - 1/29/16
Jalynn Roberts-Lewis	25.17	at B1G Championships - 2/26/16	25.17	at B1G Championships - 2/26/16
Lydia Harold	25.46	at Big 4 Duals - 1/23/16	25.46	at Big 4 Duals - 1/23/16
Sheridan Champe	25.86	at Iowa State Classic - 2/12/16	25.86	at Iowa State Classic - 2/12/16
Kaitlyn Nelson	26.80	at Big 4 Duals - 1/23/16	26.37	at ISU Classic – 2/13/15

* - school record, ! - meet record, \$ - facility record, ^ - part of pentathlon

2016 WOMEN'S INDOOR SEASON BEST PERFORMANCES - UPDATED 3/14/16

400 METERS (School Record - 51.48)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Elexis Guster	52.36	at B1G Championships - 2/27/16	52.36	at B1G Championships - 2/27/16
Briana Guillory	54.24	at Tyson Invitational - 2/12/16	54.24	at Tyson Invitational - 2/12/16
MonTayla Holder	54.87	at Tyson Invitational - 2/12/16	54.32	at Tyson Invitational – 2/13/15
Alexis Hernandez	55.20	at B1G Championships - 2/26/16	54.91	at Bill Bergan Invitational - 2/1/14
Mahnee Watts	57.72	at Border Battle – 1/9/16	56.97	at Husker Invitational – 2/7/14
Sheridan Champe	57.60	at Alex Wilson Invitational - 2/20/16	57.32	at Alex Wilson Invitational – 2/21/15
Lydia Harold	1:00.23	at Border Battle – 1/9/16	1:00.23	at Border Battle – 1/9/16
Alexis Gay	1:00.61	Iowa Duals - 1/16/16	1:00.61	Iowa Duals - 1/16/16

600 YARDS (School Record - 1:21.06)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Mahnee Watts	1:22.72	at Big 4 Duals - 1/23/16	1:22.72	at Big 4 Duals - 1/23/16
Kaitlyn Nelson	1:24.89	at Big 4 Duals - 1/23/16	1:24.52	at Big 4 Duals - 1/23/16

600 METERS (School Record - 1:27.45)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
MonTayla Holder	1:29.35	at B1G Championships - 2/27/16	1:29.35	at B1G Championships - 2/27/16
Mahnee Watts	1:30.41	at B1G Championships - 2/26/16	1:30.41	at B1G Championships - 2/26/16
Elexis Guster	1:32.04	Iowa Duals - 1/16/16	1:32.04	Iowa Duals - 1/16/16
Kaitlyn Nelson	1:33.65	at B1G Championships - 2/26/16	1:31.44	at Big Ten Championships – 2/22/13
Alexis Hernandez	1:35.95	at Border Battle – 1/9/16	1:33.97	at Husker Invitational – 2/8/14

800 METERS (School Record - 2:03.78)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Mahnee Watts	2:11.49	at Meyo Invitational - 2/6/16	2:08.79	at Big Ten Championships - 2/28/14
Kaitlyn Nelson	2:12.05	at Meyo Invitational - 2/6/16	2:09.58	at ISU Qualifier - 3/2/13
Jordyn Sindt	2:12.91	at B1G Championships - 2/26/16	2:12.91	at B1G Championships - 2/26/16

* - school record, ! - meet record, \$ - facility record, ^ - part of pentathlon

2016 WOMEN'S INDOOR SEASON BEST PERFORMANCES - UPDATED 3/14/16

MILE (School Record - 4:39.78)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Madison Waymire	4:58.60	at Big 4 Duals - 1/23/16	4:58.60	at Big 4 Duals - 1/23/16
Tess Wilberding	5:03.38	at Big 4 Duals - 1/23/16	5:01.57	at ISU Classic – 2/14/15
Marta Bote Gonzalez	5:10.95	at Border Battle – 1/9/16	4:56.82	at Big 4 Duals – 1/24/15
Carolyn Newhouse	5:13.94	Iowa Duals - 1/16/16	5:11.58	Iowa Invitational - 2/21/14
Kelly Breen	5:16.83	Iowa Duals - 1/16/16	5:13.55	Iowa Invitational - 2/21/14
Jordyn Sindt	5:21.66	Iowa Duals - 1/16/16	5:17.71	at Husker Invitational - 2/8/14
Anna Eisenzimmer	5:32.37	Iowa Duals - 1/16/16	5:32.37	Iowa Duals - 1/16/16

3,000 METERS (School Record - 9:15.57)

Name	Season Best	Meet - Date	Collegiate Best	Meet – Date
Tess Wilberding	9:46.61	at Iowa State Classic - 2/12/16	9:46.61	at Iowa State Classic - 2/12/16
Madison Waymire	9:51.12	at Meyo Invitational - 2/6/16	9:51.12	at Meyo Invitational - 2/6/16
Andrea Shine	10:10.51	at B1G Championships - 2/26/16	10:10.51	at B1G Championships - 2/26/16
Carolyn Newhouse	10:16.48	at Big 4 Duals - 1/23/16	10:06.31	at Big 4 Duals - 1/24/15
Kelly Breen	10:42.48	at Big 4 Duals - 1/23/16	10:42.48	at Big 4 Duals - 1/23/16

5,000 METERS (School Record - 15:49.52)

Name	Season Best	Meet - Date	Collegiate Best	Meet – Date
Kelly Breen	17:58.02	at Iowa State Classic - 2/12/16	17:58.02	at Iowa State Classic - 2/12/16
Carolyn Newhouse	18:07.35	at Iowa State Classic - 2/12/16	17:55.99	at Husker Invitational - 2/6/15

* - school record, ! - meet record, \$ - facility record, ^ - part of pentathlon

2016 WOMEN'S INDOOR SEASON BEST PERFORMANCES - UPDATED 3/14/16

1,600-METER RELAY (School Record - 3:32.93)

Names	Season Best	Meet - Date
Holder, Guillory, Hernandez, Guster	3:32.93 *	at B1G Championships - 2/27/16
Holder, Guster, Hernandez, Guillory	3:36.47	at Tyson Invitational - 2/13/16
Holder, Hernandez, Guster, Guillory	3:36.99	at Meyo Invitational - 2/6/16
Holder, Guster, Guillory, Hernandez	3:40.24	at Razorback Invitational - 1/30/16
Holder, Guster, Guillory, Watts	3:41.10	at Big 4 Duals - 1/23/16
Guster, Guillory, Hernandez, Kwaza	3:45.85	Iowa Duals - 1/16/16
Guillory, Holder, Watts, Guster	3:46.84	at Border Battle – 1/9/16
Kwaza, Watts, Champe, Nelson	3:47.28	at Iowa State Classic - 2/13/16
Gay, Chapman, Roberts-Lewis, Sindt	4:01.81	Iowa Duals - 1/16/16

HIGH JUMP (School Record - 1.85 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Khanishah Williams	5-8 3/4 (1.75m)	2x, last at ISU Classic - 2/12/16	5-11 1/4 (1.81m)	at ISU Qualifier – 3/2/13
Madison Rouw	5-7 (1.70m)	at Iowa State Classic - 2/12/16	5-7 (1.70m)	at Iowa State Classic - 2/12/16

POLE VAULT (School Record – 3.80 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Amy Smith	10-10 (3.30m)	Iowa Duals - 1/16/16	10-10 (3.30m)	Iowa Duals - 1/16/16

LONG JUMP (School Record – 6.20 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Jahisha Thomas	20-4 1/2 (6.21m) *	at Meyo Invitational - 2/5/16	20-4 1/2 (6.21m) *	at Meyo Invitational - 2/5/16
Jalynn Roberts-Lewis	18-1 (5.51m)	at Razorback Invitational - 1/29/16	18-1 (5.51m)	at Razorback Invitational - 1/29/16
Tria Seawater-Simons	17-7 1/2 (5.37m)	Iowa Duals - 1/16/16	17-7 1/2 (5.37m)	Iowa Duals - 1/16/16
Heaven Chandler	17-5 1/2 (5.32m)	2x, last at Razorback Inv. - 1/29/16	17-5 1/2 (5.32m)	2x, last at Razorback Inv. - 1/29/16

TRIPLE JUMP (School Record – 12.90 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Tria Seawater-Simmons	38-6 3/4 (11.75m)	at Iowa State Classic - 2/13/16	38-6 3/4 (11.75m)	at Iowa State Classic - 2/13/16

* - school record, ! - meet record, \$ - facility record, ^ - part of pentathlon

2016 WOMEN'S INDOOR SEASON BEST PERFORMANCES - UPDATED 3/14/16

SHOT PUT (School Record - 15.54 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Leah Colbert	38-2 3/4 (11.65m)	at Big 4 Duals - 1/23/16	38-2 3/4 (11.65m)	at Big 4 Duals - 1/23/16

WEIGHT THROW (School Record – 19.35 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Leah Colbert	52-2 1/2 (15.91m)	Iowa Duals - 1/16/16	50-8 3/4 (15.46m)	Border Battle – 1/10/15

DISCUS THROW

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Dakotah Goodell	156-6 (47.67m)	Iowa Duals - 1/15/16	156-6 (47.67m)	Iowa Duals - 1/15/16
Lindsey Herra	136-10 (41.70m)	Iowa Duals - 1/15/16	151-2 3/4 (46.09m)	Border Battle - 1/10/15

* - school record, ! - meet record, \$ - facility record, ^ - part of pentathlon