

2010 WOMEN'S INDOOR SEASON BESTS - UPDATED 3/8/10

60 METERS (AQ - 7.26, PQ - 7.44, SR - 7.43)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Rhonda-Kaye Trusty	7.55	at Big Tens – 2/27/10	7.55	at Big Tens – 2/27/10
Raven Moore	7.68	at ISU Classic – 2/13/10	7.68	at ISU Classic – 2/13/10
Karessa Farley	7.83	Iowa Open – 1/16/10	7.83	Iowa Open – 1/16/10
Emily Moore	7.97	at Jack Johnson Invite – 1/23/10	7.97	at Jack Johnson Invite – 1/23/10
Alicia Rus	8.15	Iowa Invite – 2/19/10	8.15	Iowa Invite – 2/19/10
Mariah Jordan	8.31	at Husker Invite – 2/5/10	8.31	at Husker Invite – 2/5/10
Leia Scott	8.44	Iowa Open – 1/16/10	8.44	Iowa Open – 1/16/10

60-METER HURDLES (AQ - 8.14, PQ - 8.43, SR - 8.21)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Karessa Farley	8.32P	at NCAA Qualifier – 3/6/10	8.21	at Last Chance Qualifier – 3/7/09
Mariah Jordan	9.02	Iowa Open – 1/16/10	9.02	Iowa Open – 1/16/10
Missy Miller	9.78	at Jack Johnson Invite – 1/23/10	9.78	at Jack Johnson Invite – 1/23/10

200 METERS (AQ - 23.70, PQ - 24.40, SR - 23.49)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Rhonda-Kaye Trusty	24.05	at ISU Classic – 2/13/10	24.05	at ISU Classic – 2/13/10
Raven Moore	24.80	at Big Tens – 2/27/10	24.80	at Big Tens – 2/27/10
Kara Aretha Graham	25.25	at ISU Classic – 2/13/10	25.25	at ISU Classic – 2/13/10
Tiffany Hendricks	25.41	at ISU Classic – 2/13/10	25.41	at ISU Classic – 2/13/10
Alicia Rus	27.37	Iowa Open – 1/16/10	27.37	Iowa Open – 1/16/10

300 METERS

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Raven Moore	40.99	Iowa Open – 1/16/10	40.99	Iowa Open – 1/16/10
Kara-Aretha Graham	41.30	Iowa Open – 1/16/10	41.30	Iowa Open – 1/16/10
Hannah Simonson	43.70	Iowa Open – 1/16/10	43.70	Iowa Open – 1/16/10

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400 METERS (AQ - 52.90, PQ - 54.90, SR - 51.48)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Tiffany Hendricks	55.98	at Big Tens – 2/27/10	55.98	at Big Tens – 2/27/10
Rhonda-Kaye Trusty	56.98	at Jack Johnson Invite – 1/23/10	56.98	at Jack Johnson Invite – 1/23/10
Nicole Erickson	57.36	at Husker Invite – 2/5/10	57.73	at Husker Invite – 2/5/10
Kelsey Mims	58.18	at ISU Classic – 2/13/10	58.18	at ISU Classic – 2/13/10
Kara-Aretha Graham	59.12	at ISU Classic – 2/13/10	59.12	at ISU Classic – 2/13/10
Hannah Simonson	1:01.59	Iowa Invite – 2/19/10	1:01.59	Iowa Invite – 2/19/10

600 METERS (SR - 1:27.45)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Bethany Praska	1:29.35	at Big Tens – 2/28/10	1:29.35	at Big Tens – 2/28/10
Nicole Erickson	1:36.60	Iowa Open – 1/16/10	1:36.60	Iowa Open – 1/16/10
Sophia Poncè	1:42.27	Iowa Invite – 2/19/10	1:35.52	Iowa Invite – 2/20/09
Jennie Docherty	1:39.09	Iowa Invite – 2/19/10	1:35.91	Iowa Invite – 2/20/09

800 METERS (AQ - 2:06.00, PQ - 2:10.00, SR - 2:06.38)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Bethany Praska	2:08.54P	at NCAA Qualifier – 3/6/10	2:08.54	at NCAA Qualifier – 3/6/10
Brittany Dlhy	2:12.91	at Big Tens – 2/27/10	2:12.91	at Big Tens – 2/27/10
Jennie Docherty	2:15.16	at Big Tens – 2/27/10	2:13.39	at Big Ten Championships – 2/28/09
Lauren Hardesty	2:16.49	Iowa Open – 1/16/10	2:12.39	at Big Ten Championships – 2/28/09
Betsy Flood	2:17.12	Iowa Open – 1/16/10	2:17.12	Iowa Open – 1/16/10
Jennie Docherty	2:17.72	at Jack Johnson Invite – 1/23/10	2:13.39	at Big Ten Championships – 2/28/09
McKenzie Meladner	2:18.00	Iowa Open – 1/16/10	2:18.00	Iowa Open – 1/16/10
Brittany Dlhy	2:23.08	Iowa Open – 1/16/10	2:14.37	at Big Ten Championships – 2/28/09
Missy Miller	2:32.19	at Jack Johnson Invite – 1/23/10	2:32.19	at Jack Johnson Invite – 1/23/10

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MILE (AQ - 4:38.90, PQ - 4:47.00, SR - 4:40.19)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Lauren Hardesty	4:41.97P	at Big Tens – 2/28/10	4:41.97	at Big Tens – 2/28/10
Betsy Flood	4:42.70P	at Big Tens – 2/28/10	4:42.70	at Big Tens – 2/28/10
McKenzie Melander	4:47.17	at Big Tens – 2/28/10	4:47.17	at Big Tens – 2/28/10
Amanda Hardesty	4:48.69	at ISU Classic – 2/13/10	4:48.69	at ISU Classic – 2/13/10
Megan Lessard	4:56.69	at Jack Johnson Invite – 1/23/10	4:56.69	at Jack Johnson Invite – 1/23/10
Brittany Dlhj	5:00.57	at ISU Classic – 2/13/10	5:00.57	at ISU Classic – 2/13/10
Katie Ellis	5:05.75	Iowa Invite – 2/19/10	5:05.75	Iowa Invite – 2/20/09
Jennie Docherty	5:06.11	at Meyo Invite – 2/6/10	5:01.53	at Last Chance Qualifier – 3/7/09
Lindsay Anderson	5:09.49	at Jack Johnson Invite – 1/23/10	5:00.43	at Jack Johnson Invite – 1/24/09
Danielle Berndt	5:12.62	at ISU Classic – 2/13/10	5:12.62	at ISU Classic – 2/13/10
Kelsey Hart	5:15.82	Iowa Invite – 2/19/10	5:15.82	Iowa Invite – 2/19/10
Hannah Roeder	5:15.92	Iowa Open – 1/16/10	5:01.07	at Iowa State Classic - 2/14/09
Jackie Laesch	5:17.28	at ISU Classic – 2/13/10	5:17.28	at ISU Classic – 2/13/10
Megan Ranegar	5:19.94	Iowa Open – 1/16/10	5:19.94	Iowa Open – 1/16/10
Fionna Fallon	5:23.50	at Jack Johnson Invite – 1/23/10	5:15.51	Iowa Open – 1/19/08
Susie Kuhl	5:30.91	Iowa Invite – 2/19/10	5:30.91	Iowa Invite – 2/19/10
Alissa Duffy	5:31.37	Iowa Invite – 2/19/10	5:31.37	Iowa Invite – 2/19/10

3,000 METERS (AQ - 9:16.00, PQ - 9:35.00, SR - 9:15.57)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Amanda Hardesty	9:30.17P	at Meyo Invite – 2/6/10	9:30.17	at Meyo Invite – 2/6/10
Betsy Flood	9:32.09P	at Meyo Invite – 2/6/10	9:32.09	at Meyo Invite – 2/6/10
Lauren Hardesty	9:41.05	at ISU Classic – 2/13/10	9:41.05	at ISU Classic – 2/13/10
McKenzie Melander	9:48.25	at ISU Classic – 2/13/10	9:48.25	at ISU Classic – 2/13/10
Hannah Roeder	9:54.62	at Husker Invite – 2/6/10	9:54.62	at Husker Invite – 2/6/10
Megan Ranegar	9:55.98	at Husker Invite – 2/6/10	9:55.98	at Husker Invite – 2/6/10
Megan Lessard	9:51.80	at ISU Classic – 2/13/10	9:51.80	at ISU Classic – 2/13/10
Lindsay Anderson	10:01.18	at Big Tens – 2/27/10	10:01.18	at Big Tens – 2/27/10
Katie Ellis	10:21.33	at ISU Classic – 2/13/10	10:06.59	at ISU Classic – 2/13/09
Kelsey Hart	10:34.93	at ISU Classic – 2/13/10	10:34.93	at ISU Classic – 2/13/10

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2010 WOMEN'S INDOOR SEASON BESTS - UPDATED 3/8/10

5,000 METERS (AQ - 16:09.60, PQ - 16:46.60, SR - 15:49.52)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Hannah Roeder	16:58.95	at ISU Classic – 2/13/10	16:58.95	at ISU Classic – 2/13/10
Megan Ranegar	17:34.02	at ISU Classic – 2/13/10	17:34.02	at ISU Classic – 2/13/10
Lindsay Anderson	17:37.98	at ISU Classic – 2/13/10	17:37.98	at ISU Classic – 2/13/10

1,600-METER RELAY (AQ - 3:35.80, PQ - 3:42.80, SR - 3:40.52)

Names	Season Best	Meet - Date
Hendricks, Trusty, Praska, Mims	3:44.29	at ISU Classic – 2/13/10
Hendricks, Praska, Graham, Mims	3:47.45	at Jack Johnson Invite – 1/23/10
Hendricks, Erickson, Mims, Praska	3:47.82	at Husker Invite – 2/6/10
Hendricks, Graham, Erickson, Mims	4:00.76	Iowa Open – 1/16/10

DISTANCE MEDLEY RELAY (AQ - 11:11.00, PQ - 11:32.00, SR - 11:20.11)

Names	Season Best	Meet - Date
Flood, Hendricks, Hardesty L., Melander	11:25.01P	at Big Tens – 2/27/10

LONG JUMP (AQ - 6.35 meters, PQ - 6.10 meters, SR - 5.95 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Emily Moore	17-4 3/4 (5.30m)	at Jack Johnson Invite – 1/23/10	17-4 3/4 (5.30m)	at Jack Johnson Invite – 1/23/10
Leia Scott	16-4 1/4 (4.98m)	Iowa Invite – 2/19/10	16-4 1/4 (4.98m)	Iowa Invite – 2/19/10
Missy Miller	13-1 1/2 (4.00m)	at Jack Johnson Invite – 1/23/10	13-1 1/2 (4.00m)	at Jack Johnson Invite – 1/23/10

HIGH JUMP (SR – 1.85 meters)

Name	Season Best	Meet – Date	Collegiate Best	Meet – Date
Caleigh Bacchus	5-9 1/4 (1.76m)	at Big Tens – 2/28/10	5-9 1/4 (1.76m)	at Big Tens – 2/28/10
Megan Glisar	5-6 (1.68m)	Iowa Open – 1/16/10	5-6 (1.68m)	Iowa Open – 1/16/10
Eva Greenwalt	5-3 3/4 (1.62m)	at Jack Johnson Invite – 1/23/10	5-3 3/4 (1.62m)	at Jack Johnson Invite – 1/23/10
Missy Miller	4-8 1/4 (1.43m)	at Jack Johnson Invite – 1/23/10	4-8 1/4 (1.43m)	at Jack Johnson Invite – 1/23/10

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POLE VAULT (SR – 3.80 meters)

Name	Season Best	Meet – Date	Collegiate Best	Meet – Date
Kirsten Weismantle	11-5 3/4 (3.50m)	Iowa Invite – 2/19/10	11-5 3/4 (3.50m)	Iowa Invite – 2/19/10
Katie Truedson	10-11 3/4 (3.35m)	T - Iowa Invite – 2/19/10	10-11 3/4 (3.35m)	T - Iowa Invite – 2/19/10

SHOT PUT (AQ - 16.90 meters, PQ - 15.20 meters, SR - 15.54 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Tiffany Medenwaldt	45-9 (13.94m)	at Big Tens – 2/27/10	45-9 (13.94m)	at Big Tens – 2/27/10
Majesty Tutson	43-3 (13.18m)	at Big Tens – 2/27/10	43-3 (13.18m)	at Big Tens – 2/27/10
Missy Miller	30-9 3/4 (9.39m)	at Jack Johnson Invite – 1/23/10	30-9 3/4 (9.39m)	at Jack Johnson Invite – 1/23/10

WEIGHT THROW (AQ - 21.00 meters, PQ - 18.75 meters, SR - 17.76 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Kelsey Taylor	53-7 3/4 (16.35m)	at Big Tens – 2/28/10	53-7 3/4 (16.35m)	at Big Tens – 2/28/10
Majesty Tutson	52-8 3/4 (16.07m)	Iowa Invite – 2/19/10	52-8 3/4 (16.07m)	Iowa Invite – 2/19/10
Tiffany Medenwaldt	50-8 3/4 (15.46m)	Iowa Open – 1/16/10	50-8 3/4 (15.46m)	Iowa Open – 1/16/10

PENTATHLON (AQ – 4,705 points, PQ – 3,725 points, SR – 3,974 points)

Name	Season Best	Meet – Date	Collegiate Best	Meet – Date
Missy Miller	2,749	at Jack Johnson Invite – 1/23/10	2,749	at Jack Johnson Invite – 1/23/10