

2015 WOMEN'S INDOOR SEASON BEST PERFORMANCES - UPDATED 3/2/15

60 METERS (School Record - 7.41)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Lake Kwaza	7.42	2x, last at Alex Wilson Invite – 2/21/15	7.41 *	at Big 4 Duals – 1/18/14
Brittany Brown	7.51	at Husker Invitational – 2/6/15	7.41 *	at Big 4 Duals – 1/18/14
Kassidy Ellis	7.83	at Husker Invitational – 2/6/15	7.83	at Husker Invitational – 2/6/15
Heaven Chandler	7.93	Border Battle – 1/10/15	7.93	Border Battle – 1/10/15
Jahisha Thomas	8.01	Border Battle – 1/10/15	8.01	Border Battle – 1/10/15

60-METER HURDLES (School Record - 8.21)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Jahisha Thomas	8.60	at Big 4 Duals – 1/24/15	8.60	at Big 4 Duals – 1/24/15
Heaven Chandler	9.19	at Big 4 Duals – 1/24/15	9.19	at Big 4 Duals – 1/24/15

200 METERS (School Record - 23.49)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Brittany Brown	23.72	at Big Ten Championships – 2/27/15	23.63	at Big Ten Championships – 3/1/14
Lake Kwaza	23.93	at Big Ten Championships – 2/27/15	23.92	at Big Ten Championships – 3/1/14
Elaxis Guster	24.20	at Husker Invitational – 2/7/15	24.20	at Husker Invitational – 2/7/15
Jahisha Thomas	25.65	at Big 4 Duals – 1/24/15	25.65	at Big 4 Duals – 1/24/15
Alexis Hernandez	26.07	Border Battle – 1/10/15	24.72	at Bill Bergan Invite – 2/1/14
Sheridan Champe	26.13	at ISU Classic – 2/13/15	26.13	at ISU Classic – 2/13/15
Kaitlyn Nelson	26.37	at ISU Classic – 2/13/15	26.37	at ISU Classic – 2/13/15

400 METERS (School Record - 51.48)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Elaxis Guster	53.92	2x, last at Big Ten Championships – 2/28/15	53.92	2x, last at Big Ten Championships – 2/28/15
MonTayla Holder	54.32	at Tyson Invitational – 2/13/15	54.32	at Tyson Invitational – 2/13/15
Kaitlyn Nelson	56.93	at Alex Wilson Invitational – 2/21/15	56.93	at Alex Wilson Invitational – 2/21/15
Sheridan Champe	57.32	at Alex Wilson Invitational – 2/21/15	57.32	at Alex Wilson Invitational – 2/21/15
Mahnee Watts	57.48	at Husker Invitational – 2/6/15	56.97	at Husker Invitational – 2/7/14
Adrienne Alexia	58.29	at Husker Invitational – 2/6/15	58.29	at Husker Invitational – 2/6/15
Katharina Trost	59.13	at Husker Invitational – 2/6/15	59.13	at Husker Invitational – 2/6/15

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600 YARDS (School Record – 1:21.06)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Mahnee Watts	1:22.82	at Big 4 Duals – 1/24/15	1:22.82	at Big 4 Duals – 1/24/15
Kaitlyn Nelson	1:24.52	at Big 4 Duals – 1/24/15	1:24.52	at Big 4 Duals – 1/24/15
Katharina Trost	1:24.65	at Big 4 Duals – 1/24/15	1:24.65	at Big 4 Duals – 1/24/15
Adrienne Alexia	1:24.87	at Big 4 Duals – 1/24/15	1:24.87	at Big 4 Duals – 1/24/15

600 METERS (School Record - 1:27.45)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
MonTayla Holder	1:30.82	at Husker Invitational – 2/7/15	1:29.98	at Big Ten Championships – 2/28/14
Mahnee Watts	1:32.07	at Big Ten Championships – 2/27/15	1:32.07	at Big Ten Championships – 2/27/15
Elexis Guster	1:32.35	Border Battle – 1/10/15	1:32.35	Border Battle – 1/10/15
Kaitlyn Nelson	1:33.25	at Big Ten Championships – 2/27/15	1:31.44	at Big Ten Championships – 2/22/13
Adrienne Alexia	1:35.62	at Big Ten Championships – 2/27/15	1:35.62	at Big Ten Championships – 2/27/15
Sheridan Champe	1:38.16	at Husker Invitational – 2/7/15	1:38.16	at Husker Invitational – 2/7/15
Jordyn Sindt	1:41.85	Border Battle – 1/10/15	1:41.85	Border Battle – 1/10/15

800 METERS (School Record - 2:03.78)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Katharina Trost	2:08.05	at ISU Classic – 2/14/15	2:07.38	at Husker Invitational – 2/8/14
MonTayla Holder	2:10.34	at Big 4 Duals – 1/24/15	2:10.34	at Big 4 Duals – 1/24/15
Mahnee Watts	2:11.16	at Tyson Invitational – 2/13/15	2:08.79	at Big Ten Championships – 2/28/14
Kaitlyn Nelson	2:13.80	at ISU Classic – 2/14/15	2:09.58	at ISU Qualifier – 3/2/13
Shannon Maser	2:15.59	at Big 4 Duals – 1/24/15	2:24.15	Iowa Invitational – 2/17/12
Jordyn Sindt	2:20.44	at Big 4 Duals – 1/24/15	2:20.44	at Big 4 Duals – 1/24/15
Adrienne Alexia	2:21.22	at ISU Classic – 2/14/15	2:08.95	at Big Ten Championships – 2/22/13

1,000 METERS

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Shannon Maser	2:57.95	Border Battle – 1/10/15	2:57.95	Border Battle – 1/10/15

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2015 WOMEN'S INDOOR SEASON BEST PERFORMANCES - UPDATED 3/2/15

MILE (School Record - 4:39.78)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Maria Bote Gonzalez	4:56.82	at Big 4 Duals – 1/24/15	4:56.82	at Big 4 Duals – 1/24/15
Katharina Trost	4:58.25	Border Battle – 1/10/15	4:49.80	Big 4 Duals – 1/18/14
Lisa Gordon	4:59.00	at Big 4 Duals – 1/24/15	4:58.04	at Adidas Classic – 1/19/13
Anne Reischmann	5:01.00	at ISU Classic – 2/14/15	5:01.00	at ISU Classic – 2/14/15
Tess Wilberding	5:01.57	at ISU Classic – 2/14/15	5:01.57	at ISU Classic – 2/14/15
Jocelyn Todd	5:09.16	Border Battle – 1/10/15	5:05.52	at Bill Bergan Invite – 1/26/13
Alana Jones	5:12.84	at Husker Invitational – 2/7/15	5:12.84	at Husker Invitational – 2/7/15
Carolyn Newhouse	5:14.91	Border Battle – 1/10/15	5:11.58	Iowa Invite – 2/21/14
Courtney Martin	5:23.43	Border Battle – 1/10/15	5:12.77	Iowa Invite – 2/21/14
Katie Adams	5:15.49	Border Battle – 1/10/15	5:07.87	Iowa Invite – 2/21/14

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

Name	Season Best	Meet - Date	Collegiate Best	Meet – Date
Marta Bote Gonzalez	9:36.69	at Big Ten Championships – 2/27/15	9:36.69	at Big Ten Championships – 2/27/15
Lisa Gordon	9:55.33	at Husker Invitational – 2/7/15	9:47.63	at Iowa State Classic – 2/9/13
Alana Jones	10:01.98	at Big 4 Duals – 1/24/15	10:01.98	at Big 4 Duals – 1/24/15
Carolyn Newhouse	10:06.31	at Big 4 Duals – 1/24/15	10:06.31	at Big 4 Duals – 1/24/15
Katie Adams	10:06.63	at Big 4 Duals – 1/24/15	10:06.63	at Big 4 Duals – 1/24/15
Jocelyn Todd	10:07.06	at Big 4 Duals – 1/24/15	10:07.06	at Big 4 Duals – 1/24/15
Anne Reischmann	10:08.47	at Husker Invitational – 2/7/15	10:08.47	at Husker Invitational – 2/7/15
Tess Wilberding	10:08.83	at Husker Invitational – 2/7/15	10:08.83	at Husker Invitational – 2/7/15
Courtney Bruns	10:32.80	Border Battle – 1/10/15	10:32.80	Border Battle – 1/10/15
Courtney Martin	10:34.20	at Big 4 Duals – 1/24/15	10:34.20	at Big 4 Duals – 1/24/15
Lindsey Bruns	10:41.78	Border Battle – 1/10/15	10:41.78	Border Battle – 1/10/15
Kelly Breen	10:54.00	Border Battle – 1/10/15	10:43.30	Big 4 Duals – 1/18/14

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

Name	Season Best	Meet - Date	Collegiate Best	Meet – Date
Carolyn Newhouse	17:55.99	at Husker Invitational – 2/6/15	17:55.99	at Husker Invitational – 2/6/15
Jocelyn Todd	18:01.56	at Husker Invitational – 2/6/15	18:01.56	at Husker Invitational – 2/6/15

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1,600-METER RELAY (School Record - 3:36.97)

Names	Season Best	Meet - Date
Kwaza, Guster, Holder, Watts	3:37.84	at Tyson Invitational – 2/14/15
Kwaza, Holder, Watts, Guster	3:38.56	at Big Ten Championships – 2/28/15
Guster, Watts, Holder, Kwaza	3:39.30	at Husker Invitational – 2/7/15
Hernandez, Kwaza, Alexia, Holder	3:50.96	Border Battle – 1/10/15
Nelson, Trost, Champe, Alexia	3:52.10	at Big 4 Duals – 1/24/15
Guster, Watts, Nelson, Trost	3:53.07	Border Battle – 1/10/15
Champe, Nelson, Alexia, Trost	3:53.36	at Husker Invitational – 2/7/15
Nelson, Alexia, Trost, Sindt	3:57.47	at ISU Classic – 2/14/15

DISTANCE MEDLEY RELAY (School Record - 11:20.11)

Names	Season Best	Meet – Date
Wilberding, Watts, Trost, Reischmann	11:46.05	at Big Ten Championships – 2/27/15

HIGH JUMP (School Record - 1.85 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Madison Rouw	5-6 (1.68m)	at Big Ten Championships – 2/28/15	5-6 (1.68m)	2x, last at Big Ten Championships – 2/28/15

LONG JUMP (School Record – 6.20 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Jahisha Thomas	19-7 (5.97m)	at Big Ten Championships – 2/28/15	19-7 (5.97m)	at Big Ten Championships – 2/28/15
Kassidy Ellis	19-5 ½ (5.93m)	at Big Ten Championships – 2/28/15	19-5 ½ (5.93m)	at Big Ten Championships – 2/28/15
Heaven Chandler	16-0 ¼ (4.88m)	Border Battle – 1/10/15	16-0 ¼ (4.88m)	Border Battle – 1/10/15

SHOT PUT (School Record - 15.54 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Alexa Hunt	46-8 ¾ (14.24m)	Border Battle – 1/10/15	46-8 ¾ (14.24m)	Border Battle – 1/10/15
Claire Nolan	42-0 (12.80m)	Border Battle – 1/10/15	42-0 (12.80m)	Border Battle – 1/10/15
Kayla Hochhalter	42-11 (13.08m)	at Big 4 Duals – 1/24/15	42-11 (13.08m)	at Big 4 Duals – 1/24/15

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WEIGHT THROW (School Record – 19.35 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Annemie Smith	58-8 (17.88m)	at Big Ten Championships – 2/28/15	61-4 (18.69m)	at Big Ten Championships – 3/1/14
Leah Colbert	50-8 $\frac{3}{4}$ (15.46m)	Border Battle – 1/10/15	50-8 $\frac{3}{4}$ (15.46m)	Border Battle – 1/10/15
Dakotah Goodell	50-7 $\frac{1}{2}$ (15.43m)	Border Battle – 1/10/15	50-7 $\frac{1}{2}$ (15.43m)	Border Battle – 1/10/15
Lindsay Herra	47-9 (14.55m)	Border Battle – 1/10/15	47-9 (14.55m)	Border Battle – 1/10/15

DISCUS THROW

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Dakotah Goodell	156-5 (47.67m)	Border Battle – 1/10/15	156-5 (47.67m)	Border Battle – 1/10/15
Lindsay Herra	151-2 $\frac{3}{4}$ (46.09m)	Border Battle – 1/10/15	151-2 $\frac{3}{4}$ (46.09m)	Border Battle – 1/10/15

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