

## 2014 WOMEN'S INDOOR SEASON BEST PERFORMANCES - UPDATED 3/3/14

### 60 METERS (School Record - 7.41)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Brittany Brown	7.41 *	2x, last at Husker Invite – 2/7/14	7.41 *	2x, last at Husker Invite – 2/7/14
Lake Kwaza	7.41 *	Big 4 Duals – 1/18/14	7.41 *	Big 4 Duals – 1/18/14

### 60-METER HURDLES (School Record - 8.21)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Kassidy Ellis	9.05	Iowa Invite – 2/21/14	9.05	Iowa Invite – 2/21/14
Madison Rouw	9.14	at Husker Invite – 2/7/14	9.14	at Husker Invite – 2/7/14

### 200 METERS (School Record - 23.49)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Brittany Brown	23.63	at Big Ten Championships – 3/1/14	23.63	at Big Ten Championships – 3/1/14
Lake Kwaza	23.92	at Big Ten Championships – 3/1/14	23.92	at Big Ten Championships – 3/1/14
Elexis Guster	24.32	at Tyson Invite – 2/15/14	24.32	at Tyson Invite – 2/15/14
Alexis Hernandez	24.72	at Bill Bergan Invite – 2/1/14	24.72	at Bill Bergan Invite – 2/1/14
Taylor Lynch	25.57	Iowa Invite – 2/21/14	25.57	Iowa Invite – 2/21/14

### 400 METERS (School Record - 51.48)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Elexis Guster	54.08	at Big Ten Championships – 3/1/14	54.08	at Big Ten Championships – 3/1/14
MonTayla Holder	54.37	at Bill Bergan Invite – 2/1/14	54.37	at Bill Bergan Invite – 2/1/14
Alexis Hernandez	54.91	at Bill Bergan Invite – 2/1/14	54.91	at Bill Bergan Invite – 2/1/14
Mahnee Watts	56.97	at Husker Invite – 2/7/14	56.97	at Husker Invite – 2/7/14
Taylor Lynch	58.45	at Jack Johnson Classic – 1/25/14	58.45	at Jack Johnson Classic – 1/25/14

### 600 METERS (School Record - 1:27.45)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
MonTayla Holder	1:29.98	at Big Ten Championships – 2/28/14	1:29.98	at Big Ten Championships – 2/28/14
Katharina Trost	1:32.53	at Jack Johnson Classic – 1/25/14	1:32.53	at Jack Johnson Classic – 1/25/14
Mahnee Watts	1:33.01	Big 4 Duals – 1/18/14	1:33.01	Big 4 Duals – 1/18/14
Alexis Hernandez	1:33.97	at Husker Invite – 2/8/14	1:33.97	at Husker Invite – 2/8/14
Kaitlyn Nelson	1:35.07	at Big Ten Championships – 2/28/14	1:31.44	at Big Ten Championships – 2/22/13

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## 2014 WOMEN'S INDOOR SEASON BEST PERFORMANCES - UPDATED 3/3/14

### 800 METERS (School Record - 2:03.78)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Katharina Trost	2:07.38	at Husker Invite – 2/8/14	2:07.38	at Husker Invite – 2/8/14
Mahnee Watts	2:08.79	at Big Ten Championships – 2/28/14	2:08.79	at Big Ten Championships – 2/28/14
Kaitlyn Nelson	2:12.91	at Tyson Invite – 2/14/14	2:09.58	at ISU Qualifier – 3/2/13
Adrienne Alexia	2:14.95	at Jack Johnson Classic – 1/25/14	2:08.95	at Big Ten Championship – 2/22/13
Rachel Price	2:15.96	at Jack Johnson Classic – 1/25/14	2:15.96	at Jack Johnson Classic – 1/25/14
Jordyn Sindt	2:22.53	Big 4 Duals – 1/18/14	2:22.53	Big 4 Duals – 1/18/14
Lena Placzek	2:23.79	Big 4 Duals – 1/18/14	2:16.54	at Iowa State Classic – 2/10/12
Kassidy Ellis	2:31.38 ^	at Big Ten Championships – 2/28/14	2:27.96 ^	at Bill Bergan Invite – 1/31/14
Madison Rouw	2:39.02 ^	at Bill Bergan Invite – 1/31/14	2:39.02 ^	at Bill Bergan Invite – 1/31/14

### MILE (School Record - 4:39.78)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Katharina Trost	4:52.66	Big 4 Duals – 1/18/14	4:49.80 #	Big 4 Duals – 1/18/14
Shannon Maser	4:57.41	at Jack Johnson Classic – 1/25/14	4:57.41	at Jack Johnson Classic – 1/25/14
Rachel Price	5:02.05	at ISU Classic – 2/15/14	5:02.05	at ISU Classic – 2/15/14
Katie Adams	5:07.87	Iowa Invite – 2/21/14	5:07.87	Iowa Invite – 2/21/14
Tess Wilberding	5:08.57	at Jack Johnson Classic – 1/25/14	5:08.57	at Jack Johnson Classic – 1/25/14
Carolyn Newhouse	5:11.58	Iowa Invite – 2/21/14	5:11.58	Iowa Invite – 2/21/14
Jocelyn Todd	5:12.17	at Bill Bergan Invite – 2/1/14	5:05.52	at Bill Bergan Invite – 1/26/13
Courtney Martin	5:12.77	Iowa Invite – 2/21/14	5:12.77	Iowa Invite – 2/21/14
Cynthia Saliba	5:13.03	Iowa Invite – 2/21/14	5:13.03	Iowa Invite – 2/21/14
Kelly Breen	5:13.55	Iowa Invite – 2/21/14	5:13.55	Iowa Invite – 2/21/14
Jordyn Sindt	5:17.71	at Husker Invite – 2/8/14	5:17.71	at Husker Invite – 2/8/14

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## 2014 WOMEN'S INDOOR SEASON BEST PERFORMANCES - UPDATED 3/3/14

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

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Katie Adams	10:11.01	at Big Ten Championships – 2/28/14	10:11.01	at Big Ten Championships – 2/28/14
Shannon Maser	10:12.12	at ISU Classic – 2/15/14	10:12.12	at ISU Classic – 2/15/14
Jocelyn Todd	10:13.52	at ISU Classic – 2/15/14	10:13.05	at Iowa State Classic - 2/8/13
Cynthia Saliba	10:15.72	at Husker Invite – 2/8/14	10:15.72	at Husker Invite – 2/8/14
Carolyn Newhouse	10:22.93	Big 4 Duals – 1/18/14	10:22.93	Big 4 Duals – 1/18/14
Kelly Breen	10:43.30	Big 4 Duals – 1/18/14	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
Katie Adams	18:00.00	at Big Ten Championships – 3/1/14	18:00.00	at Big Ten Championships – 3/1/14
Courtney Martin	18:33.59	at Big Ten Championships – 3/1/14	18:33.59	at Big Ten Championships – 3/1/14

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

Names	Season Best	Meet - Date
Hernandez, Holder, Guster, Watts	3:37.16	at Big Ten Championships – 3/1/14
Guster, Holder, Watts, Hernandez	3:38.62	at Tyson Invite – 2/15/14
Kwaza, Holder, Watts, Guster	3:41.57	at Bill Bergan Invite – 2/1/14
Guster, Kwaza, Hernandez, Holder	3:43.43	Big 4 Duals – 1/18/14
Holder, Watts, Guster, Hernandez	3:43.46 \$!	at Jack Johnson Classic – 1/25/14
Hernandez, Guster, Watts, Holder	3:43.56	at Husker Invite – 2/8/14
Brown, Nelson, Alexia, Ellis	3:58.15	at Jack Johnson Classic – 1/25/14

### DISTANCE MEDLEY RELAY (School Record - 11:20.11)

Names	Season Best	Meet - Date
Price, Lynch, Alexia, Maser	11:39.55	at Big Ten Championships – 2/28/14

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## 2014 WOMEN'S INDOOR SEASON BEST PERFORMANCES - UPDATED 3/3/14

### HIGH JUMP (School Record - 1.85 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Khanishah Williams	5-7 ¼ (1.71m)	at Big Ten Championships – 3/1/14	5-11 ¼ (1.81m)	at ISU Qualifier - 3/2/13
Tayo Oladele-Ajose	5-7 (1.70m)	Iowa Invite – 2/21/14	5-7 (1.70m)	2x, last at Iowa Invite – 2/21/14
Madison Rouw	5-6 (1.68m)	at Big Ten Championships – 3/1/14	5-6 (1.68m)	at Big Ten Championships – 3/1/14
Kassidy Ellis	5-2 ½ (1.59m)	2x, last at Bill Bergan Invite – 1/31/14	5-2 ½ (1.59m)	2x, last at Bill Bergan Invite – 1/31/14
Jenna Brandhorst	5-1 (1.55m)	Iowa Invite – 2/21/14	5-1 (1.55m)	Iowa Invite – 2/21/14

### LONG JUMP (School Record – 6.20 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Zinnia Miller	20-4 ¼ (6.20m) *	at Big Ten Championships – 2/28/14	20-4 ¼ (6.20m) *	at Big Ten Championships – 2/28/14
Carisa Leacock	19-9 1/2 (6.03m)	Iowa Invite – 2/21/14	19-9 1/2 (6.03m)	Iowa Invite – 2/21/14
Sarah Ryan	18-9 ¼ (5.72m)	Iowa Invite – 2/21/14	18-9 ¼ (5.72m)	Iowa Invite – 2/21/14
Kassidy Ellis	17-3 ½ (5.27m)	Iowa Invite – 2/21/14	17-3 ½ (5.27m)	Iowa Invite – 2/21/14

### TRIPLE JUMP (School Record – 12.90 meters)

Name	Season Best	Meet – Date	Collegiate Best	Meet – Date
Zinnia Miller	41-2 ½ (12.56m)	at Tyson Invite – 2/15/14	41-2 1/2 (12.56m)	at Tyson Invite – 2/15/14
Carisa Leacock	40-0 ½ (12.20m)	at Big Ten Championships – 3/1/14	40-5 ½ (12.33)	New Year's Classic - 1/14/12
Sarah Ryan	37-5 ¼ (11.41m)	at Jack Johnson Classic – 1/25/14	37-5 ¼ (11.41m)	at Jack Johnson Classic – 1/25/14

### SHOT PUT (School Record - 15.54 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Courtney Fritz	47-5 (14.45m)	at Big Ten Championships – 2/28/14	47-5 (14.45m)	at Big Ten Championships – 2/28/14
Rachel Curry	45-11 ¾ (14.01m)	at Big Ten Championships – 2/28/14	48-2 1/2 (14.69m)	Iowa Invite - 2/15/13
Alexa Hunt	44-11 ¾ (13.71m)	at Bill Bergan Invite – 2/1/14	44-11 ¾ (13.71m)	at Bill Bergan Invite – 2/1/14
Kassidy Ellis	32-10 ½ (10.02m) ^	at Big Ten Championships – 2/28/14	32-10 ½ (10.02m) ^	at Big Ten Championships – 2/28/14
Madison Rouw	24-5 (7.44m) ^	at Bill Bergan Invite – 1/31/14	24-5 (7.44m) ^	at Bill Bergan Invite – 1/31/14

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### WEIGHT THROW (School Record – 19.35 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Jasmine Simpson	61-11 (18.87m)	at ISU Classic – 2/14/14	62-6 ½ (19.06m)	at Bill Bergan Invite - 1/26/13
Ashlyn Gulvas	61-8 ¼ (18.80m)	Iowa Invite – 2/21/14	63-6 (19.35m) *	Iowa Invite - 2/15/13
Annemie Smith	61-4 (18.69m)	at Big Ten Championships – 3/1/14	61-4 (18.69m)	at Big Ten Championships – 3/1/14
Dakotah Goodell	48-5 ¼ (14.76m)	Iowa Invite – 2/21/14	48-5 ¼ (14.76m)	Iowa Invite – 2/21/14

### PENTATHLON (School Record - 3,974 points)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Kassidy Ellis	3,346 points	at Big Ten Championships – 2/28/14	3,346 points	at Big Ten Championships – 2/28/14
Madison Rouw	2,477 points	at Bill Bergan Invite – 1/31/14	2,477 points	at Bill Bergan Invite – 1/31/14

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