

2009 WOMEN'S INDOOR SEASON BESTS - UPDATED 3/16/09

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

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Rhonda-Kaye Trusty	7.61	at Meyo Invite - 2/7/09	7.61	at Big Ten Championships - 3/1/08
Karessa Farley	7.88	Iowa Open - 1/17/09	7.88	Iowa Open - 1/17/09
Lisa Mellecker	7.99	Iowa Invite - 2/20/09	7.99	Iowa Invite - 2/20/09
Tiffany Hendricks	8.04	Iowa Open - 1/17/09	8.04	Iowa Open - 1/17/09
Josie Takes	8.05	Iowa Invite - 2/20/09	8.05	Iowa Invite - 2/20/09
Bethany Praska	8.17	Iowa Open - 1/17/09	8.17	Iowa Open - 1/17/09
Nicole Erickson	8.35	Iowa Open - 1/17/09	8.35	Iowa Open - 1/17/09

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

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Karessa Farley	8.21 P*	at Last Chance Qualifier - 3/7/09	8.21	at Last Chance Qualifier - 3/7/09
Renee White	8.60	at Big Ten Championship - 2/28/09	8.45	Big Ten Championships - 3/1/08

200 METERS (AQ - 23.40, PQ - 24.10, SR - 23.49)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Rhonda-Kaye Trusty	24.44	at Meyo Invite - 2/7/09	24.23	at Aztec Classic - 3/17/07
Tiffany Hendricks	25.61	at Iowa State Classic - 2/13/09	25.41	at Shamrock Invite - 3/22/08
Bethany Praska	26.00	at Razorback Invite - 1/23/09	25.69	at Shamrock Invite - 3/22/08
Renee White	26.01	at Jack Jennet Invite - 1/31/09	25.31	at Aztec Classic - 3/16/07
Lisa Mellecker	26.22	at Iowa State Classic - 2/13/09	26.22	at Iowa State Classic - 2/13/09
Josie Takes	27.02	at Iowa State Classic - 2/13/09	27.02	at Iowa State Classic - 2/13/09

300 METERS

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Rhonda-Kaye Trusty	40.15	Iowa Open - 1/17/09	40.15	Iowa Open - 1/17/09
Tiffany Hendricks	40.97	Iowa Open - 1/17/09	40.97	Iowa Open - 1/17/09
Karessa Farley	42.14	Iowa Open - 1/17/09	42.14	Iowa Open - 1/17/09

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400 METERS (AQ - 52.70, PQ - 54.70, SR - 51.48)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Bethany Praska	56.42	at Meyo Invite - 2/7/09	56.42	at Meyo Invite - 2/7/09
Tiffany Hendricks	57.07	at Meyo Invite - 2/7/09	57.07	at Meyo Invite - 2/7/09
Nicole Erickson	57.73	at Big Ten Championships – 2/28/09	57.73	at Big Ten Championships - 2/28/09
Sophia Poncè	59.13	at Iowa State Classic - 2/14/09	59.13	at Iowa State Classic - 2/14/09

500 METERS

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Sophia Poncè	1:19.08	at Meyo Invite - 2/6/09	1:19.08	at Meyo Invite - 2/6/09

600 YARDS

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Bethany Praska	1:23.12	at Iowa State Classic - 2/13/09	1:23.12	at Iowa State Classic - 2/13/09
Nicole Erickson	1:26.52	at Iowa State Classic - 2/13/09	1:26.52	at Iowa State Classic - 2/13/09
Sophia Poncè	1:26.85	at Iowa State Classic - 2/13/09	1:26.85	at Iowa State Classic - 2/13/09

600 METERS (SR - 1:27.45)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Bethany Praska	1:31.33	at Big Ten Championships - 2/28/09	1:31.33	at Big Ten Championships - 2/28/09
Sophia Poncè	1:35.52	Iowa Invite – 2/20/09	1:35.52	Iowa Invite – 2/20/09
Jennie Docherty	1:35.91	Iowa Invite – 2/20/09	1:35.91	Iowa Invite – 2/20/09
Nicole Erickson	1:40.26	Iowa Open - 1/17/09	1:40.26	Iowa Open - 1/17/09
Betsy Flood	1:35.42	Iowa Invite – 2/20/09	1:35.42	Iowa Invite – 2/20/09
Lauren Hardesty	1:36.44	Iowa Invite – 2/20/09	1:36.44	Iowa Invite – 2/20/09
Brittany Dlhý	1:36.50	Iowa Invite – 2/20/09	1:36.50	Iowa Invite – 2/20/09

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800 METERS (AQ - 2:05.40, PQ - 2:09.40, SR - 2:06.38)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Lauren Hardesty	2:12.39	at Big Ten Championships – 2/28/09	2:12.39	at Big Ten Championships – 2/28/09
Jennie Docherty	2:13.39	at Big Ten Championships - 2/28/09	2:13.39	at Big Ten Championships - 2/28/09
Brittany Dlhy	2:14.37	at Big Ten Championships - 2/28/09	2:14.37	at Big Ten Championships - 2/28/09
Betsy Flood	2:16.67	at Jack Johnson Classic - 1/24/09	2:16.67	at Jack Johnson Classic - 1/24/09
Sarah Henize	2:18.23	at Meyo Invite - 2/7/09	2:17.44	at Shamrock Invite - 3/22/08
Jackie Laesch	2:21.31	at Iowa State Classic - 2/14/09	2:21.31	at Iowa State Classic - 2/14/09
Susie Kuhl	2:22.41	at Iowa State Classic - 2/14/09	2:22.41	at Iowa State Classic - 2/14/09

MILE (AQ - 4:38.60, PQ - 4:48.60, SR - 4:40.19)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Betsy Flood	4:51.75	at Iowa State Classic - 2/14/09	4:51.75	at Iowa State Classic - 2/14/09
McKenzie Melander	4:51.76	at Iowa State Classic - 2/14/09	4:51.76	at Iowa State Classic - 2/14/09
Lindsay Anderson	5:00.43	at Jack Johnson Classic - 1/24/09	5:00.43	at Jack Johnson Classic - 1/24/09
Lauren Hardesty	5:01.60	at Iowa State Classic - 2/14/09	4:59.68	at Jack Johnson Classic - 1/26/08
Krista Anderson	5:04.53	Iowa Open - 1/17/09	4:51.79	Hawkeye Open - 1/14/06
Hannah Roeder	5:01.07	at Iowa State Classic - 2/14/09	5:01.07	at Iowa State Classic - 2/14/09
Jennie Docherty	5:01.53	at Last Chance Qualifier – 3/7/09	5:01.07	at Last Chance Qualifier – 3/7/09
Amanda Hardesty	5:04.46	Iowa Invite – 2/20/09	5:04.46	Iowa Invite – 2/20/09
Sarah Henize	5:05.93	at Iowa State Classic - 2/14/09	4:56.91	at Meyo Invite - 2/9/08
Katie Ellis	5:05.84	Iowa Invite – 2/20/09	5:05.84	Iowa Invite – 2/20/09
Rachel Hawks	5:08.66	at Iowa State Classic – 2/14/09	5:08.66	at Iowa State Classic – 2/14/09
Danielle Berndt	5:17.31	at Meyo Invite - 2/7/09	5:17.31	at Meyo Invite - 2/7/09
Kelsey Stueland	5:38.20	Iowa Invite – 2/20/09	5:31.25	at Cyclone Invite - 2/10/07
Jordan Williams	5:46.93	Iowa Invite – 2/20/09	5:46.93	Iowa Invite – 2/20/09
Jackie Laesch	5:18.30	Iowa Invite – 2/20/09	5:18.30	Iowa Invite – 2/20/09

2009 WOMEN'S INDOOR SEASON BESTS - UPDATED 3/16/09

3,000 METERS (AQ - 9:15.80, PQ - 9:34.80, SR - 9:15.57)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Racheal Marchand	9:35.25	at Meyo Invite - 2/7/09	9:35.25	at Meyo Invite - 2/7/09
Amanda Hardesty	9:50.76	at Big Ten Championships – 2/28/09	9:50.76	at Big Ten Championships – 2/28/09
McKenzie Melander	9:55.53	at Meyo Invite - 2/7/09	9:55.53	at Meyo Invite - 2/7/09
Lindsay Anderson	10:03.81	at Meyo Invite - 2/7/09	10:03.81	at Meyo Invite - 2/7/09
Hannah Roeder	10:05.43	at Big Ten Championships – 2/28/09	10:05.43	at Big Ten Championships – 2/28/09
Katie Ellis	10:06.59	at Iowa State Classic – 2/13/09	10:06.59	at Iowa State Classic – 2/13/09
Danielle Berndt	10:19.57	at Iowa State Classic – 2/13/09	10:19.57	at Iowa State Classic – 2/13/09

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

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Racheal Marchand	15:55.70 A	at Big Ten Championships - 3/1/09	15:55.70	at Big Ten Championships - 3/1/09
Hannah Roeder	17:26.64	at Big Ten Championships - 3/1/09	17:26.64	at Big Ten Championships - 3/1/09

1,600-METER RELAY (AQ - 3:34.20, PQ - 3:41.20, SR - 3:40.52)

Names	Season Best	Meet - Date
Erickson, Hendricks, Poncè, Trusty	3:46.98	at Big Ten Championships - 3/1/09

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

Names	Season Best	Meet - Date
Melander, Hendricks, Flood, Marchand	11:27.34 P	at Big Ten Championships - 2/28/09
Hawks, Poncé, Henize, Ellis	12:11.56	at Meyo Invite - 2/6/09

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

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Renee White	18-7 3/4 (5.68m)	at Big Ten Championships – 2/28/09	20-3 3/4 (6.19 m)	at NCAA Regional - 5/30/08

TRIPLE JUMP (AQ - 13.30 meters, PQ - 12.65 meters, SR - 12.90 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Renee White	41-7 3/4 (12.69 m) P	at Iowa State Classic - 2/14/09	43-10 (13.36 m)	at NCAA Regional - 5/31/08

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

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Mandy Chandler	42-11 1/2 (13.09 m)	Iowa Open - 1/17/09	46-0 (14.02 m)	at Tom Botts Invite - 4/15/06

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

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Mandy Chandler	54-4 1/2 (16.57 m)	Iowa Invite - 2/20/09	54-4 1/2 (16.57 m)	Iowa Invite - 2/20/09