

2013 WOMEN'S OUTDOOR SEASON & COLLEGIATE BEST PERFORMANCES - Updated 6/9/13

100 METERS (School Record - 11.45)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Lake Kwaza	11.56	2x, last at NCAA West Preliminary - 5/23/13	11.56	2x, last at NCAA West Preliminary - 5/23/13
Raven Moore	11.82	at Jim Click Shootout - 4/6/13	11.78	2x, last at Big Ten Champ's - 5/12/12
Sarah Ryan	12.69	at Lee Calhoun Invitational - 4/13/13	12.69	at Lee Calhoun Invitational - 4/13/13
Taylor Lynch	12.94	at Alabama Relays - 3/22/13	12.94	at Alabama Relays - 3/22/13

100-METER HURDLES (School Record - 13.20)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Khanishah Williams	14.49	at Lee Calhoun Invitational - 4/13/13	14.49	at Lee Calhoun Invitational - 4/13/13
Sarah Ryan	15.45	at Alabama Relays - 3/23/13	14.93 %	at Big Ten Championships - 5/11/12

200 METERS (School Record - 23.50)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Raven Moore	24.00	at Jim Click Shootout - 4/6/13	24.00	at Jim Click Shootout - 4/6/13
Lake Kwaza	24.10	at Big Ten Championships - 5/11/13	24.10	at Big Ten Championships - 5/11/13
Taylor Lynch	25.58	Musco Twilight XIV - 4/20/13	25.58	Musco Twilight XIV - 4/20/13
Sarah Ryan	26.06 %	at Jim Click Shootout - 4/4/13	25.48 %	at Big Ten Championships - 5/11/12
Khanishah Williams	27.16	at Lee Calhoun Invitational - 4/13/13	27.16	at Lee Calhoun Invitational - 4/13/13

400 METERS (School Record - 51.35)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Tayo Oladele-Ajose	1:00.61	at Lee Calhoun Invitational - 4/13/13	1:00.61	at Lee Calhoun Invitational - 4/13/13

400-METER HURDLES (School Record - 56.16)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
MonTayla Holder	59.71	at NCAA West Preliminary - 5/23/13	59.71	at NCAA West Preliminary - 5/23/13

800 METERS (School Record - 2:03.78)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Adrienne Alexia	2:08.61	at Drake Relays - 4/25/13	2:08.61	at Drake Relays - 4/25/13
Kaitlyn Nelson	2:08.83	at NCAA West Preliminary - 5/23/13	2:08.83	at NCAA West Preliminary - 5/23/13
Sarah Ryan	2:27.04 %	at Jim Click Shootout - 4/5/13	2:25.81 %	at Big Ten Championships - 5/12/12

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1,500 METERS (School Record - 4:17.41)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Lisa Gordon	4:29.16	at Big Ten Championships - 5/11/13	4:29.16	at Big Ten Championships - 5/11/13
Lauren Scott	4:30.94	at Big Ten Championships - 5/11/13	4:30.94	at Big Ten Championships - 5/11/13
Mareike Schrulle	4:37.28	at Alabama Relays – 3/22/13	4:31.74	at Drake Relays - 4/28/12
Brooke Gambrall	4:40.57	at Lee Calhoun Invitational – 4/13/13	4:30.53	at Sun Angel Classic - 4/9/11
Shannon Maser	4:40.35	Musco Twilight XIV - 4/20/13	4:40.35	Musco Twilight XIV - 4/20/13
Jocelyn Todd	4:40.72	at Big Ten Championships - 5/11/13	4:40.72	at Big Ten Championships - 5/11/13
Rachel Price	4:52.86	at Jim Click Shootout - 4/6/13	4:52.86	at Jim Click Shootout - 4/6/13
Jordan Bucher	4:58.19	Musco Twilight XIV - 4/20/13	4:58.19	Musco Twilight XIV - 4/20/13
Katherin Rehn	5:10.95	Musco Twilight XIV - 4/20/13	4:46.50	at Cornell Open – 4/9/11

3,000 METERS (School Record - 9:18.82)

Name	Season Best	Meet-Date	Collegiate Best	Meet-Date
Lisa Gordon	9:42.19	Musco Twilight XIV - 4/20/13	9:42.19	Musco Twilight XIV - 4/20/13
Mareike Schrulle	9:42.91	Musco Twilight XIV - 4/20/13	9:42.91	Musco Twilight XIV - 4/20/13
Lauren Scott	9:58.10	Musco Twilight XIV - 4/20/13	9:58.10	Musco Twilight XIV - 4/20/13
Brooke Gambrall	9:58.67	Musco Twilight XIV - 4/20/13	9:30.08	Musco Twilight XII - 4/23/11
Jocelyn Todd	10:10.46	at Lee Calhoun Invitational – 4/13/13	10:10.46	at Lee Calhoun Invitational – 4/13/13
Katherin Rehn	11:05.97	at Lee Calhoun Invitational – 4/13/13	10:26.98	at Musco Twilight XII – 4/23/11

5,000 METERS (School Record - 15:45.84)

Name	Season Best	Meet - Date	Collegiate Best	Meet – Date
Mareike Schrulle	16:12.66	at Big Ten Championships - 5/12/13	16:12.66	at Big Ten Championships - 5/12/13

400-METER RELAY (School Record - 44.63)

Names	Season Best	Meet – Date
Kwaza, R. Moore, Holder, Miller	45.61	at Jim Click Shootout - 4/6/13
Kwaza, Moore, Holder, Miller	46.38	at Drake Relays – 4/26/13
Kwaza, R. Moore, Holder, Lynch	46.46	at Alabama Relays – 3/23/13

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1,600-METER RELAY (School Record - 3:35.93)

Names	Season Best	Meet - Date
Holder, R. Moore, Kwaza, Nelson	3:43.13	at Jim Click Shootout - 4/6/13
Kwaza, Holder, Moore, Nelson	3:44.70	at Drake Relays – 4/26/13
Holder, Kwaza, R. Moore, Nelson	3:45.39	at Lee Calhoun Invitational – 4/13/13
Kwaza, Holder, Nelson, R. Moore	3:45.97	at Big Ten Championships - 5/12/13

SPRINT MEDLEY RELAY (School Record - 3:48.63)

Names	Season Best	Meet - Date
Kwaza, Moore, Holder, Alexia	3:54.51	at Drake Relays – 4/26/13
Kwaza, R. Moore, Alexia, Nelson	3:58.72	at Alabama Relays – 3/22/13

6,400-METER RELAY (School Record - 19:05.63)

Names	Season Best	Meet - Date
Scott, Gordon, Schrulle, Gambrall	19:41.15	at Drake Relays - 4/25/13

HIGH JUMP (School Record - 1.86 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Khanishah Williams	5-11 1/4 (1.81m)	at Jim Click Shootout - 4/6/13	5-11 1/4 (1.81m)	at Jim Click Shootout - 4/6/13
Tayo Oladele-Ajose	5-6 1/2 (1.69m)	Musco Twilight XIV - 4/20/13	5-6 1/2 (1.69m)	Musco Twilight XIV - 4/20/13
Sarah Ryan	4-10 1/2 (1.49m) %	at Jim Click Shootout - 4/4/13	5-1 (1.55m) %	at Big Ten Championships - 5/11/12

LONG JUMP (School Record - 6.78 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Sarah Ryan	18-11 3/4 (5.78m) %	at Lee Calhoun Invitational – 4/12/13	18-11 3/4 (5.78m) %	at Lee Calhoun Invitational – 4/12/13
Zinnia Miller	18-3 3/4 (5.58m)	at Jim Click Shootout - 4/6/13	18-3 3/4 (5.58m)	at Jim Click Shootout - 4/6/13
Carisa Leacock	18-3 1/4 (5.57m)	at Big Ten Championships - 5/11/13	19-11 1/2 (6.08m)	at LSU Invitational - 4/2/11

TRIPLE JUMP (School Record - 13.36 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Carisa Leacock	40-0 (12.19m)	at Big Ten Championships - 5/12/13	40-10 1/2 (12.46m)	at Big Ten Championships - 5/13/12

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POLE VAULT (School Record - 3.92 meters)

Name	Season Best	Meet – Date	Collegiate Best	Meet – Date
Brittany Holst	11-1 (3.38m)	Musco Twilight XIV - 4/20/13	11-1 (3.38m)	Musco Twilight XIV - 4/20/13
Kirsten Weismantle	10-8 (3.25m)	at Lee Calhoun Invitational – 4/13/13	12-0 (3.66m)	Big Ten Championships – 5/13/11

SHOT PUT (School Record - 15.54 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Rachel Curry	47-9 1/4 (14.56m)	at Big Ten Championships - 5/11/13	47-9 1/4 (14.56m)	at Big Ten Championships - 5/11/13
Majesty Tutson	39-9 1/4 (12.12m)	Musco Twilight XIV - 4/20/13	42-8 3/4 (13.02m)	at Tiger Track Classic - 4/3/10
Sarah Ryan	36-6 1/4 (11.13m) %	at Jim Click Shootout - 4/4/13	36-6 1/4 (11.13m) %	at Jim Click Shootout - 4/4/13

DISCUS THROW (School Record – 55.19 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Majesty Tutson	181-1 (55.19m) *	at Drake Relays – 4/26/13	181-1 (55.19m) *	at Drake Relays – 4/26/13
Dakotah Goodell	148-11 (45.41m)	at Alabama Relays – 3/23/13	148-11 (45.41m)	at Alabama Relays – 3/23/13
Courtney Fritz	145-7 (44.37m)	at Lee Calhoun Invitational – 4/12/13	154-1 (46.96m)	at Messersmith Invitational - 5/4/12
Amanda Stahle	145-2 (44.25m)	at Lee Calhoun Invitational – 4/12/13	147-11 (45.10m)	Musco Twilight XIII - 4/20/12
Rachel Curry	135-9 (41.38m)	Musco Twilight XIV - 4/20/13	145-9 (44.44m)	Big Ten Championships - 5/15/11

JAVELIN THROW (School Record - 55.31 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Amanda Stahle	139-10 (42.64m)	at Jim Click Shootout - 4/6/13	141-5 (43.10m)	at Big Ten Championships - 5/12/12
Allison Gattone	138-8 (42.27m)	at Jim Click Shootout - 4/6/13	138-8 (42.27m)	at Jim Click Shootout - 4/6/13
Dakotah Goodell	117-3 (35.74m)	Musco Twilight XIV - 4/20/13	117-3 (35.74m)	Musco Twilight XIV - 4/20/13
Sarah Ryan	83-2 (25.36m) %	at Jim Click Shootout - 4/5/13	95-7 (29.14m) %	at Big Ten Championships - 5/12/12

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HAMMER THROW (School Record - 60.23 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Jasmine Simpson	197-7 (60.23m) *	at Alabama Relays – 3/23/13	197-7 (60.23m) *	at Alabama Relays – 3/23/13
Ashlyn Gulvas	189-6 (57.76m)	at Big Ten Championships - 5/10/13	189-6 (57.76m)	at Big Ten Championships - 5/10/13
Annemie Smith	188-7 (57.49m)	at NCAA West Preliminary - 5/23/13	188-7 (57.49m)	at NCAA West Preliminary - 5/23/13
Chelsea Colpitts	162-5 (49.51)	at Lee Calhoun Invitational – 4/13/13	162-5 (49.51)	at Lee Calhoun Invitational – 4/13/13
Majesty Tutson	161-5 (49.20m)	Musco Twilight XIV - 4/20/13	161-5 (49.20m)	Musco Twilight XIV - 4/20/13
Dakotah Goodell	145-5 (44.33m)	at Central College Invitational - 3/28/13	145-5 (44.33m)	at Central College Invitational - 3/28/13

HEPTATHLON (School Record - 5,633 points)

Name	Season Best	Meet - Date	Collegiate Best	Meet – Date
Sarah Ryan	4,567 points	at Jim Click Shootout - 4/4-5/13	4,819 points	at Big Ten Championships - 5/11-12/12

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