

2010 WOMEN'S OUTDOOR SEASON & COLLEGIATE BEST PERFORMANCES - Updated 6/8/10

100 METERS (SR - 11.45, Vivien McKenzie, 1985)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Rhonda-Kaye Trusty	11.74	at Sun Angel Classic – 4/10/10	11.74	at Sun Angel Classic – 4/10/10
Raven Moore	11.78	at Tiger Track Classic – 4/3/10	11.78	at Tiger Track Classic – 4/3/10
Karessa Farley	12.38	at Tiger Track Classic – 4/3/10	12.28	at Tiger Track Classic – 4/4/09
Mariah Jordan	13.08	at Tiger Track Classic – 4/3/10	13.08	at Tiger Track Classic – 4/3/10

100-METER HURDLES (SR - 13.20, Tiffany Johnson, 2007)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Karessa Farley	13.50	Iowa Invitational – 4/17/10	13.34	at NCAA Regional – 5/30/09
Mariah Jordan	14.45	Musco Twilight XI – 5/1/10	14.45	Musco Twilight XI – 5/1/10
Missy Miller	15.96	at Tiger Track Classic – 4/3/10	15.96	at Tiger Track Classic – 4/3/10

200 METERS (SR - 23.50, Shellene Williams, 2004)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Rhonda-Kaye Trusty	23.74	at Big Ten Championships – 5/15/10	23.74	at Big Ten Championships – 5/15/10
Raven Moore	24.56	at Tiger Track Classic – 4/3/10	24.56	at Tiger Track Classic – 4/3/10
Kara-Aretha Graham	24.89	at Tiger Track Classic – 4/3/10	24.89	at Tiger Track Classic – 4/3/10
Karessa Farley	26.36	at CCU Shamrock – 3/20/10	26.36	at CCU Shamrock – 3/20/10
Emily Moore	26.77	at CCU Shamrock – 3/20/10	26.77	at CCU Shamrock – 3/20/10
Mariah Jordan	27.35	at CCU Shamrock – 3/20/10	27.35	at CCU Shamrock – 3/20/10
Missy Miller	28.40	at Big Ten Championships – 5/14/10	28.40	at Big Ten Championships – 5/14/10

400 METERS (SR - 51.35, Kineke Alexander, 2006)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Rhonda-Kaye Trusty	55.09	at Tiger Track Classic – 4/3/10	55.09	at Tiger Track Classic – 4/3/10
Tiffany Hendricks	55.19	at Sun Angel Classic – 4/10/10	55.19	at Sun Angel Classic – 4/10/10
Bethany Praska	56.05	at CCU Shamrock – 3/20/10	56.05	at CCU Shamrock – 3/20/10
Kelsey Mims	56.81	at Sun Angel Classic – 4/10/10	56.81	at Sun Angel Classic – 4/10/10
Nicole Erickson	57.19	at Sun Angel Classic – 4/10/10	57.19	at Sun Angel Classic – 4/10/10
Kara-Aretha Graham	57.21	at Tiger Track Classic – 4/3/10	57.21	at Tiger Track Classic – 4/3/10
Raven Moore	57.93	Iowa Invitational – 4/17/10	57.93	Iowa Invitational – 4/17/10

2010 WOMEN'S OUTDOOR SEASON & COLLEGIATE BEST PERFORMANCES - Updated 6/8/10

400-METER HURDLES (SR - 56.67, Wynsome Cole, 1998)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Tiffany Hendricks	1:01.36	Iowa Invitational – 4/17/10	1:01.36	Iowa Invitational – 4/17/10
Nicole Erickson	1:02.52	at Sun Angel Classic – 4/10/10	1:02.52	at Sun Angel Classic – 4/10/10
Kelsey Mims	1:03.38	Musco Twilight XI – 5/1/10	1:03.38	Musco Twilight XI – 5/1/10

800 METERS (SR - 2:05.67, Kay Stormo, 1982)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Bethany Praska	2:10.85	at Sun Angel Classic – 4/10/10	2:10.85	at Sun Angel Classic – 4/10/10
Lauren Hardesty	2:10.90	at CCU Shamrock – 3/20/10	2:10.90	at CCU Shamrock – 3/20/10
Jennie Docherty	2:12.49	at Big Ten Championships – 5/15/10	2:12.49	at Big Ten Championships – 5/15/10
McKenzie Melander	2:13.18	at CCU Shamrock – 3/20/10	2:13.18	at CCU Shamrock – 3/20/10
Betsy Flood	2:13.69	at CCU Shamrock – 3/20/10	2:11.69	at Illinois Invite – 5/2/09
Jackie Laesch	2:17.26	at Big Ten Championships – 5/15/10	2:17.26	at Big Ten Championships – 5/15/10
Megan Lessard	2:17.37	Iowa Invitational – 4/17/10	2:17.37	Iowa Invitational – 4/17/10
Brittany Dlhy	2:17.70	at CCU Shamrock – 3/20/10	2:17.70	at CCU Shamrock – 3/20/10
Sophia Ponce	2:22.72	Iowa Invitational – 4/17/10	2:10.35	at Big Ten Championships – 5/12/07
Missy Miller	2:25.60	at Big Ten Championships – 5/15/10	2:25.60	at Big Ten Championships – 5/15/10

1,500 METERS (SR - 4:17.41, Meghan Armstrong, 2006)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Betsy Flood	4:17.75	at Big Ten Championships – 5/16/10	4:17.75	at Big Ten Championships – 5/16/10
McKenzie Melander	4:21.18	at Big Ten Championships – 5/16/10	4:21.18	at Big Ten Championships – 5/16/10
Lauren Hardesty	4:22.40	at NCAA Regional – 5/27/10	4:22.40	at NCAA Regional – 5/27/10
Amanda Hardesty	4:25.60	at Sun Angel Classic – 4/10/10	4:25.60	at Sun Angel Classic – 4/10/10
Megan Lessard	4:34.10	at Drake Relays – 4/24/10	4:34.10	at Drake Relays – 4/24/10
Lindsay Anderson	4:36.52	at CCU Shamrock – 3/20/10	4:36.52	at CCU Shamrock – 3/20/10
Brittany Dlhy	4:38.37	at Stanford Invite – 3/26/10	4:35.91	at Big Ten Championships – 5/16/09
Jackie Laesch	4:39.70	Musco Twilight XI – 5/1/10	4:39.70	Musco Twilight XI – 5/1/10
Danielle Berndt	4:42.53	at Lee Calhoun – 4/10/10	4:40.02	at Messersmith Invite – 4/18/09
Megan Ranegar	4:45.04	at CCU Shamrock – 3/20/10	4:45.04	at CCU Shamrock – 3/20/10

2010 WOMEN'S OUTDOOR SEASON & COLLEGIATE BEST PERFORMANCES - Updated 6/8/10

Katie Ellis	4:45.43	at Lee Calhoun – 4/10/10	4:42.22	at Messersmith Invite – 4/18/09
Kelsey Hart	4:54.70	at Central Invite – 4/3/10	4:54.70	at Central Invite – 4/3/10
Fionna Fallon	4:54.80	Iowa Invitational – 4/17/10	4:49.54	at Auburn Classic – 4/5/08
Susie Kuhl	5:01.53	Iowa Invitational – 4/17/10	5:01.53	Iowa Invitational – 4/17/10
Alissa Duffy	5:10.50	Iowa Invitational – 4/17/10	5:10.50	Iowa Invitational – 4/17/10
Kelsey Stueland	5:11.43	Iowa Invitational – 4/17/10	5:08.68	at Messersmith Invite – 4/18/09

3,000 METERS (SR - 9:18.82, Diane Nukuri, 2008)

Name	Season Best	Meet-Date	Collegiate Best	Meet-Date
Betsy Flood	9:22.63	Musco Twilight XI – 5/1/10	9:22.63	Musco Twilight XI – 5/1/10
Lauren Hardesty	9:41.53	Musco Twilight XI – 5/1/10	9:41.53	Musco Twilight XI – 5/1/10
Amanda Hardesty	9:51.81	Musco Twilight XI – 5/1/10	9:50.76	at Big Ten Championships – 2/28/09
Lindsay Anderson	9:52.34	Musco Twilight XI – 5/1/10	9:52.34	Musco Twilight XI – 5/1/10
Megan Lessard	10:06.86	Musco Twilight XI – 5/1/10	10:06.86	Musco Twilight XI – 5/1/10
Megan Ranegar	10:17.14	Musco Twilight XI – 5/1/10	10:17.14	Musco Twilight XI – 5/1/10
Fionna Fallon	10:24.81	at CCU Shamrock – 3/20/10	10:16.76	Iowa Invite – 4/19/08

3,000-METER STEEPLECHASE (SR – 10:27.18, Jessica Schmidt, 2008)

Danielle Berndt	10:56.47	Iowa Invitational – 4/17/10	10:56.47	Iowa Invitational – 4/17/10
Katie Ellis	11:02.62	Iowa Invitational – 4/17/10	11:02.62	Iowa Invitational – 4/17/10

5,000 METERS (SR - 15:45.84, Nan Doak, 1985)

Name	Season Best	Meet - Date	Collegiate Best	Meet – Date
Betsy Flood	16:32.34	at Stanford Invite – 3/26/10	16:32.34	at Stanford Invite – 3/26/10
Amanda Hardesty	16:37.01	at Big Ten Championships – 5/16/10	16:37.01	at Big Ten Championships – 5/16/10
McKenzie Melander	16:42.79	at Stanford Invite – 3/26/10	16:42.79	at Stanford Invite – 3/26/10
Megan Ranegar	17:09.77	at Stanford Invite – 3/26/10	17:09.77	at Stanford Invite – 3/26/10
Lindsay Anderson	17:42.44	at Stanford Invite – 3/26/10	17:42.44	at Stanford Invite – 3/26/10

2010 WOMEN'S OUTDOOR SEASON & COLLEGIATE BEST PERFORMANCES - Updated 6/8/10

10,000 METERS (AQ - 33:30.00, PQ - 35:00.00, SR - 33:17.01, Diane Nukuri, 2008)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Megan Lessard	35:28.03	at Big Ten Championships – 5/14/10	35:28.03	at Big Ten Championships – 5/14/10
Lindsay Anderson	35:31.40	at Big Ten Championships – 5/14/10	35:31.40	at Big Ten Championships- 5/14/10
Fionna Fallon	36:35.95	at Big Ten Championships – 5/14/10	36:35.95	at Big Ten Championships – 5/14/10
Megan Ranegar	37:22.35	at Big Ten Championships – 5/14/10	37:22.35	at Big Ten Championships – 5/14/10

400-METER RELAY (SR - 44.63, Floyd, Hobbs, Reid, Poole, 1994)

Names	Season Best	Meet - Date
Farley, Trusty, Graham, R. Moore	45.60	at Big Ten Championships – 5/10/10
Farley, Trusty, R. Moore, E. Moore	47.19	at CCU Shamrock – 3/20/10
Hendricks, Graham, Jordan, Mims	49.00	at CCU Shamrock – 3/20/10

800-METER RELAY (SR - 1:35.69, Hobbs, Reid, Floyd, Poole, 1994)

Names	Season Best	Meet - Date
Trusty, Graham, R. Moore, E. Moore	1:41.28	at CCU Shamrock – 3/20/10
Farley, Hendricks, Erickson, Praska	1:41.67	at CCU Shamrock – 3/20/10

1,600-METER RELAY (SR -- 3:36.26, Hume, Charles, Steffen, Williams, 2003)

Names	Season Best	Meet - Date
Hendricks, Trusty, Erickson, Praska	3:39.88	at Tiger Track Classic – 4/3/10
Hendricks, Trusty, Mims, Praska	3:42.29	at Drake Relays – 4/23/10
Hendricks, Graham, Erickson, Praska	3:43.85	at Sun Angel Classic – 4/10/10
Hendricks, Mims, Erickson, Praska	3:44.46	at Big Ten Championships – 5/15/10
R. Moore, Graham, Erickson, Dlhy	3:59.45	at CCU Shamrock – 3/20/10

SPRINT MEDLEY RELAY

Names	Season Best	Meet - Date
Trusty, R. Moore, Hendricks, Praska	3:56.53	at Drake Relays – 4/24/10

2010 WOMEN'S OUTDOOR SEASON & COLLEGIATE BEST PERFORMANCES - Updated 6/8/10

DISTANCE MEDLEY RELAY (SR - 11:22.18, Hoskins, Powell, Schneckloth, Kruckeberg, 1989)

Names	Season Best	Meet - Date
Dlhy, Erickson, Docherty, Anderson	11:43.06	at Drake Relays – 4/23/10

3,200-METER RELAY (SR - 8:46.45, Suppelsa, Wodek, Kruckeberg, Schneckloth, 1987)

Names	Season Best	Meet - Date
Flood, Melander, Praska, Hardesty	8:54.45	at Drake Relays – 4/23/10

6,400-METER RELAY (SR - 19:05.63, Flood, Melander, A. Hardesty, L. Hardesty, 2010)

Names	Season Best	Meet - Date
Flood, Melander, A. Hardesty, L. Hardesty	19:05.63 SR	at Drake Relays – 4/24/10

HIGH JUMP (SR - 1.86 meters, Peaches Roach, 2006)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Caleigh Bacchus	5-10 (1.78 m)	at Sun Angel Classic – 4/10/10	5-10 (1.78 m)	at Sun Angel Classic – 4/10/10
Megan Glisar	5-5 (1.65m)	at CCU Shamrock – 3/20/10	5-5 (1.65m)	at CCU Shamrock – 3/20/10
Eva Greenwalt	5-3 (1.60m)	Iowa Invitational – 4/17/10	5-3 (1.60m)	Iowa Invitational – 4/17/10
Missy Miller	5-0 1/2 (1.54m)	at Big Ten Championships – 5/14/10	5-0 1/2 (1.54m)	at Big Ten Championships – 5/14/10

LONG JUMP (SR - 6.78 meters, Aisha James, 2003)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Emily Moore	17-7 (5.36m)	at Sun Angel Classic – 4/10/10	17-7 (5.36m)	at Sun Angel Classic – 4/10/10
Missy Miller	15-5 1/2 (4.71m)	at Big Ten Championships – 5/15/10	15-5 1/2 (4.71m)	at Big Ten Championships – 5/15/10

SHOT PUT (SR - 15.54 meters, Lisa VanSteenwyk, 1992)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Tiffany Medenwaldt	45-11 3/4 (14.01m)	at Tiger Track Classic – 4/3/10	45-11 3/4 (14.01m)	at Tiger Track Classic – 4/3/10
Rachel Curry	45-1 3/4 (13.76m)	Musco Twilight XI – 5/1/10	45-1 3/4 (13.76m)	Musco Twilight XI – 5/1/10
Majesty Tutson	42-8 3/4 (13.02m)	at Tiger Track Classic – 4/3/10	42-8 3/4 (13.02m)	at Tiger Track Classic – 4/3/10
Missy Miller	34-11 (10.64m)	Iowa Invitational – 4/17/10	34-11 (10.64m)	Iowa Invitational – 4/17/10

2010 WOMEN'S OUTDOOR SEASON & COLLEGIATE BEST PERFORMANCES - Updated 6/8/10

DISCUS THROW (SR – 49.16 meters, Tiffany Medenwaldt, 2010)

Tiffany Medenwaldt	161-3 (49.16m) SR	Musco Twilight XI – 5/1/10	161-3 (49.16m) SR	Musco Twilight XI – 5/1/10
Majesty Tutson	159-3 3/4 (48.56m)	Musco Twilight XI – 5/1/10	159-3 3/4 (48.56m)	Musco Twilight XI – 5/1/10
Rachel Curry	142-1 (43.32m)	at Lee Calhoun – 4/10/10	142-1 (43.32m)	at Lee Calhoun – 4/10/10

JAVELIN THROW (SR – 55.30 meters, Alana Redfern, 2003)

Missy Miller	105-5 (32.14m)	at Big Ten Championships – 5/15/10	105-5 (32.14m)	at Big Ten Championships – 5/15/10
Majesty Tutson	97-6 (29.71m)	at Big Ten Championships – 5/15/10	97-6 (29.71m)	at Big Ten Championships – 5/15/10

POLE VAULT (SR – 12-10 1/4 (3.92m), Jessie Strand, 2003)

Name	Season Best	Meet – Date	Collegiate Best	Meet – Date
Katie Truedson	11-5 1/4 (3.49m)	at Lee Calhoun – 4/10/10	11-5 1/4 (3.49m)	at Lee Calhoun – 4/10/10
Kirsten Weismantle	11-3 3/4 (3.45m)	Musco Twilight XI – 5/1/10	11-3 3/4 (3.45m)	Musco Twilight XI – 5/1/10

HAMMER THROW (SR - 59.45 meters, Becca Franklin, 2007)

Name	Season Best	Meet - Date	Collegiate Best	Meet – Date
Tiffany Medenwaldt	171-11 (52.40m)	Musco Twilight XI – 5/1/10	171-11 (52.40m)	Musco Twilight XI – 5/1/10
Majesty Tutson	156-9 (47.77m)	at Tiger Track Classic – 4/2/10	156-9 (47.77m)	at Tiger Track Classic – 4/2/10

HEPTATHLON (SR – 5,532 points, Tammilee Kerr, 2008)

Name	Season Best	Meet – Date	Collegiate Best	Meet – Date
Missy Miller	4,227 points	at Big Ten Championships – 5/15/10	4,227 points	at Big Ten Championships – 5/15/10