

2012 WOMEN'S OUTDOOR SEASON & COLLEGIATE BEST PERFORMANCES - Updated 6/11/12

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

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Raven Moore	11.78	at Big Ten Championships - 5/12/12	11.78	2x, last at at Big Ten Champ's - 5/12/12
Erin Jones	11.92	Musco Twilight XIII - 4/21/12	11.81	at LSU Invitational - 4/2/11

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

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Khanishah Williams	14.59	at Big Ten Championships - 5/12/12	14.59	at Big Ten Championships - 5/12/12
Zinnia Miller	14.81 %	at Big Ten Championships - 5/11/12	14.81 %	at Big Ten Championships - 5/11/12
Sarah Ryan	14.93 %	at Big Ten Championships - 5/11/12	14.93 %	at Big Ten Championships - 5/11/12
Emelia Thompson	16.37	Musco Twilight XIII - 4/21/12	16.37	Musco Twilight XIII - 4/21/12

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

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Erin Jones	23.71	at Big Ten Championships - 5/12/12	23.71	at Big Ten Championships - 5/12/12
Ashley Liverpool	23.98	at Arkansas Spring Invitational - 3/31/12	23.98	at Arkansas Spring Invitational - 3/31/12
Raven Moore	24.16	at Big Ten Championships - 5/12/12	24.16	at Big Ten Championships - 5/12/12
Sarah Ryan	25.48 %	at Big Ten Championships - 5/11/12	25.48 %	at Big Ten Championships - 5/11/12
Ashley Wilkinson	26.14	Musco Twilight XIII - 4/21/12	26.09	at Central Invitational - 4/2/11

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

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Ashley Liverpool	52.47	at Big Ten Championships - 5/13/12	52.47	at Big Ten Championships - 5/13/12
Victoria Sack	55.01	at Tom Botts Invitational - 4/14/12	55.01	at Tom Botts Invitational - 4/14/12
Nicole Erickson	55.49	at LSU Invitational - 4/7/12	55.49	at LSU Invitational - 4/7/12
Hannah Simonson	55.54	at Tom Botts Invitational - 4/14/12	55.54	at Tom Botts Invitational - 4/14/12
Raven Moore	57.14	at Arkansas Spring Invitational - 3/31/12	57.14	at Arkansas Spring Invitational - 3/31/12
Kelsey Mims	57.15	at Tom Botts Invitational - 4/14/12	56.81	at Sun Angel Classic - 4/9/10
Erin Jones	57.50	at Arkansas Spring Invitational - 3/31/12	57.50	at Arkansas Spring Invitational - 3/31/12
Ashley Wilkinson	59.27	at Arkansas Spring Invitational - 3/31/12	59.27	at Arkansas Spring Invitational - 3/31/12

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2012 WOMEN'S OUTDOOR SEASON & COLLEGIATE BEST PERFORMANCES - Updated 6/11/12

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

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Hannah Simonson	59.54	at Drake Relays - 4/28/12	59.54	at Drake Relays - 4/28/12
Nicole Erickson	59.77	at Big Ten Championships - 5/12/12	59.77	at Big Ten Championships - 5/12/12
Kelsey Quinn	59.99	at Big Ten Championships - 5/12/12	59.99	at Big Ten Championships - 5/12/12
Lauren Moore	1:04.47	at Tom Botts Invitational - 4/14/12	1:04.47	at Tom Botts Invitational - 4/14/12

800 METERS (SR - 2:03.78, Bethany Praska, 2011)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Adrienne Alexia	2:11.04	Musco Twilight XIII - 4/21/12	2:11.04	Musco Twilight XIII - 4/21/12
Lena Placzek	2:14.28	at Tom Botts Invitational - 4/14/12	2:13.76	Musco Twilight XII - 4/23/11
Sarah Ryan	2:25.81 %	at Big Ten Championships - 5/12/12	2:25.81 %	at Big Ten Championships - 5/12/12

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

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Betsy Flood	4:19.62	at Big Ten Championships - 5/13/12	4:17.75	at Big Ten Championships - 5/14/10
McKenzie Melander	4:20.22	at Drake Relays - 4/28/12	4:20.22	at Drake Relays - 4/28/12
Jackie Laesch	4:27.40	at Big Ten Championships - 5/12/12	4:27.40	at Big Ten Championships - 5/12/12
Mareike Schrulle	4:31.74	at Drake Relays - 4/28/12	4:31.74	at Drake Relays - 4/28/12
Lena Placzek	4:36.37	at LSU Invitational - 4/7/12	4:36.37	at LSU Invitational - 4/7/12
Keelin Gorman	4:39.02	at Big Ten Championships - 5/12/12	4:39.02	at Big Ten Championships - 5/12/12
Nicole Benson	4:40.70	at Arkansas Spring Invitational - 3/31/12	4:40.70	at Arkansas Spring Invitational - 3/31/12
Jocelyn Todd	4:45.78	at Tom Botts Invitational - 4/14/12	4:45.78	at Tom Botts Invitational - 4/14/12
Adrienne Alexia	4:46.79	at LSU Invitational - 4/7/12	4:46.79	at LSU Invitational - 4/7/12
Shannon Maser	4:48.43	Musco Twilight XIII - 4/21/12	4:48.43	Musco Twilight XIII - 4/21/12
Kelsey Hart	4:53.89	at Arkansas Spring Invitational - 3/31/12	4:50.78	at Cornell Open - 4/9/11
Katherin Rehn	5:00.29	at Arkansas Spring Invitational - 3/31/12	4:46.50	at Cornell Open - 4/9/11
Brooke Bierhaus	5:13.25	at Arkansas Spring Invitational - 3/31/12	5:13.25	at Arkansas Spring Invitational - 3/31/12

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2012 WOMEN'S OUTDOOR SEASON & COLLEGIATE BEST PERFORMANCES - Updated 6/11/12

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

Name	Season Best	Meet-Date	Collegiate Best	Meet-Date
McKenzie Melander	9:21.59 ^	Musco Twilight XIII - 4/21/12	9:21.59 ^	Musco Twilight XIII - 4/21/12
Megan Ranegar	9:38.36	Musco Twilight XIII - 4/21/12	9:38.36	Musco Twilight XIII - 4/21/12
Kelsey Hart	10:12.97	Musco Twilight XIII - 4/21/12	10:12.97	Musco Twilight XIII - 4/21/12
Nicole Benson	10:22.98	Musco Twilight XIII - 4/21/12	10:22.98	Musco Twilight XIII - 4/21/12

3,000-METER STEEPLECHASE (SR – 10:26.54, Danielle Berndt, 2011)

Name	Season Best	Meet-Date	Collegiate Best	Meet-Date
Danielle Berndt	10:39.17	at Drake Relays - 4/28/12	10:26.54 *	at NCAA Regional – 5/27/11
Kelsey Hart	11:04.80	at Stanford Invitational - 4/6/12	10:47.56	Big Ten Championships - 5/14/11

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

Name	Season Best	Meet - Date	Collegiate Best	Meet – Date
McKenzie Melander	15:57.13	at Stanford Invitational - 4/6/12	15:57.13	at Stanford Invitational - 4/6/12
Mareike Schrulle	16:13.73	at Stanford Invitational - 4/6/12	16:13.73	at Stanford Invitational - 4/6/12
Betsy Flood	16:21.21	at Big Ten Championships - 5/13/12	16:04.46	at NCAA Regional – 5/28/11
Megan Ranegar	16:33.12	at Stanford Invitational - 4/6/12	16:33.12	at Stanford Invitational - 4/6/12
Nicole Benson	17:41.95	at Stanford Invitational - 4/6/12	17:41.95	at Stanford Invitational - 4/6/12
Brooke Eilers	17:44.63	at Big Ten Championships - 5/13/12	16:11.86	at NCAA West Regional - 5/28/11

10,000 METERS (SR - 33:17.01, Diane Nukuri, 2008)

Name	Season Best	Meet - Date	Collegiate Best	Meet – Date
McKenzie Melander	34:29.83	at Big Ten Championships - 5/11/12	34:29.83	at Big Ten Championships - 5/11/12
Megan Ranegar	35:13.29	at Big Ten Championships - 5/11/12	35:13.29	at Big Ten Championships - 5/11/12

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

Names	Season Best	Meet – Date
Jones, R. Moore, Liverpool, Simonson	45.45	at Big Ten Championships - 5/12/12
Jones, Liverpool, R. Moore, Simonson	46.02	at Tom Botts Invitational - 4/14/12
R. Moore, Jones, Liverpool, Leacock	46.71	at Arkansas Spring Invitational - 3/31/12

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2012 WOMEN'S OUTDOOR SEASON & COLLEGIATE BEST PERFORMANCES - Updated 6/11/12

1,600-METER RELAY (SR -- 3:35.93, Praska, Hendricks, Liverpool, Erickson, 2011)

Names	Season Best	Meet - Date
Simonson, Liverpool, Erickson, Sack	3:37.57	at LSU Invitational - 4/7/12
Simonson, Liverpool, Quinn, Erickson	3:38.49	at Big Ten Championships - 5/13/12
Liverpool, Jones, Erickson, Quinn	3:38.68	at NCAA West Preliminary - 5/26/12
Sack, Erickson, Quinn, Simonson	3:42.47	Musco Twilight XIII - 4/21/12
Simonson, Liverpool, Erickson, Quinn	3:43.29	at Drake Relays - 4/27/12
Quinn, R. Moore, Jones, Williams	3:50.56	at LSU Invitational - 4/7/12
Mims, R. Moore, Alexia, Jones	3:50.58	Musco Twilight XIII - 4/21/12
Quinn, Williams, Z. Miller, Alexia	3:53.54	at Arkansas Spring Invitational - 3/31/12
L. Moore, Ryan, Placzek, Wilkinson	4:00.84	at Arkansas Spring Invitational - 3/31/12

SPRINT MEDLEY RELAY (SR – 3:48.63, Jones, Hendricks, Liverpool, Praska, 2011)

Names	Season Best	Meet – Date
Jones, R. Moore, Erickson, Alexia	4:00.19	at Drake Relays - 4/28/12

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

Names	Season Best	Meet – Date
Schrulle, Erickson, Placzek, Eilers	11:40.57	at Drake Relays - 4/27/12

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

Names	Season Best	Meet - Date
Flood, Laesch, Ranegar, Melander	19:16.73	at Drake Relays - 4/26/12

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

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Zinnia Miller	5-7 1/4 (1.71m)	at LSU Invitational - 4/7/12	5-7 1/4 (1.71m)	at LSU Invitational - 4/7/12
Khanishah Williams	5-7 1/4 (1.71m)	at Big Ten Championships - 5/13/12	5-7 1/4 (1.71m)	at Big Ten Championships - 5/13/12
Sarah Ryan	5-1 (1.55m) %	at Big Ten Championships - 5/11/12	5-1 (1.55m) %	at Big Ten Championships - 5/11/12

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2012 WOMEN'S OUTDOOR SEASON & COLLEGIATE BEST PERFORMANCES - Updated 6/11/12

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

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Carisa Leacock	19-0 3/4 (5.81m)	at LSU Invitational - 4/7/12	19-11 1/2 (6.08m)	at LSU Invitational - 4/2/11
Sarah Ryan	18-2 1/4 (5.54m)	at LSU Invitational - 4/7/12	18-2 1/4 (5.54m)	at LSU Invitational - 4/7/12
Zinnia Miller	16-10 1/2 (5.14m)	at Arkansas Spring Invitational - 3/31/12	18-1 (5.51m)	Musco Twilight XII – 4/23/11
Khanishah Williams	16-8 (5.08m)	at Arkansas Spring Invitational - 3/31/12	16-8 (5.08m)	at Arkansas Spring Invitational - 3/31/12
Emelia Thompson	16-0 1/2 (4.89m)	Musco Twilight XIII - 4/21/12	16-5 (5.00m)	at Cornell Open – 4/9/11

TRIPLE JUMP (SR - 13.36 meters, Renee White, 2008)

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

POLE VAULT (SR – 3.92m, Jessie Strand, 2003)

Name	Season Best	Meet – Date	Collegiate Best	Meet – Date
Kirsten Weismantle	11-11 3/4 (3.65m)	Musco Twilight XIII - 4/21/12	12-0 (3.66m)	Big Ten Championships – 5/13/11
Brittany Holst	11-0 1/4 (3.36m)	at Tom Botts Invitational - 4/14/12	11-0 1/4 (3.36m)	at Tom Botts Invitational - 4/14/12

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

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Sarah Ryan	34-5 3/4 (10.51m)	at Arkansas Spring Invitational - 3/31/12	34-5 3/4 (10.51m)	at Arkansas Spring Invitational - 3/31/12
Zinnia Miller	31-8 3/4 (9.67m)	at Arkansas Spring Invitational - 3/31/12	31-8 3/4 (9.67m)	at Arkansas Spring Invitational - 3/31/12
Khanishah Williams	29-8 3/4 (9.06m)	at Arkansas Spring Invitational - 3/31/12	29-8 3/4 (9.06m)	at Arkansas Spring Invitational - 3/31/12
Emelia Thompson	29-5 1/4 (8.97m)	Musco Twilight XIII - 4/21/12	29-5 1/4 (8.97m)	Musco Twilight XIII - 4/21/12

DISCUS THROW (SR – 52.72 meters, Majesty Tutson, 2012)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Majesty Tutson	172-11 (52.72m) *	Musco Twilight XIII - 4/20/12	172-11 (52.72m) *	Musco Twilight XIII - 4/20/12
Courtney Fritz	154-1 (46.96m)	at Messersmith Invitational - 5/4/12	154-1 (46.96m)	at Messersmith Invitational - 5/4/12
Amanda Stahle	147-11 (45.10m)	Musco Twilight XIII - 4/20/12	147-11 (45.10m)	Musco Twilight XIII - 4/20/12
Ashlyn Gulvas	144-7 (44.07m)	at Big Ten Championships - 5/13/12	154-11 (47.23m)	Musco Twilight XII – 4/23/11

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2012 WOMEN'S OUTDOOR SEASON & COLLEGIATE BEST PERFORMANCES - Updated 6/11/12

JAVELIN THROW (SR – 55.31 meters, Alana Redfern, 2003)

Amanda Stahle	141-5 (43.10m)	at Big Ten Championships - 5/12/12	141-5 (43.10m)	at Big Ten Championships - 5/12/12
Majesty Tutson	102-5 (31.23m)	at Arkansas Spring Invitational - 3/31/12	102-5 (31.23m)	at Arkansas Spring Invitational - 3/31/12
Sarah Ryan	95-7 (29.14m) %	at Big Ten Championships - 5/12/12	95-7 (29.14m) %	at Big Ten Championships - 5/12/12
Zinnia Miller	66-4 (20.21m)	Musco Twilight XIII - 4/21/12	66-4 (20.21m)	Musco Twilight XIII - 4/21/12

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

Name	Season Best	Meet - Date	Collegiate Best	Meet – Date
Annemie Smith	187-7 (57.19m)	at Messersmith Invitational - 5/4/12	187-7 (57.19m)	at Messersmith Invitational - 5/4/12
Jasmine Simpson	181-10 (55.42m)	Musco Twilight XIII - 4/21/12	181-10 (55.42m)	Musco Twilight XIII - 4/21/12
Ashlyn Gulvas	180-0 (55.06 m)	at Messersmith Invitational - 5/4/12	182-3 (55.55m)	at Messersmith Invitational – 5/7/11
Courtney Fritz	149-10 (45.68m)	at Tom Botts Invitational - 4/14/12	149-10 (45.68m)	at Tom Botts Invitational - 4/14/12
Majesty Tutson	148-7 (45.30m)	at LSU Invitational - 4/7/12	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
Sarah Ryan	4,819 points	at Big Ten Championships - 5-11-12/12	4,819 points	at Big Ten Championships - 5-11-12/12

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