

2011 WOMEN'S INDOOR SEASON BESTS - UPDATED 3/15/11

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

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Erin Jones	7.55	at Jack Johnson Classic – 1/22/11	7.55	at Jack Johnson Classic – 1/22/11
Carissa Leacock	7.84	at Razorback Invitational – 1/29/11	7.84	at Razorback Invitational – 1/29/11
Ashley Wilkinson	7.89	Iowa Invitational – 2/18/11	7.89	Iowa Invitational – 2/18/11
Emelia Thompson	8.43	at Jack Johnson Classic – 1/22/11	8.43	at Jack Johnson Classic – 1/22/11

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

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Erin Jones	24.01	at Big Ten Championships – 2/26/11	24.01	at Big Ten Championships – 2/27/11
Kelsey Labs	25.60	Iowa Invitational – 2/18/11	25.60	Iowa Invitational – 2/18/11
Carissa Leacock	25.82	at Jack Johnson Classic – 1/22/11	25.82	at Jack Johnson Classic – 1/22/11
Ashley Wilkinson	25.74	at Big Ten Championships – 2/26/11	25.74	at Big Ten Championships – 2/26/11
Mary-Kate Schmitt	26.87	Iowa Open – 1/15/11	26.87	Iowa Open – 1/15/11
Emelia Thompson	27.50	at Jack Johnson Classic – 1/22/11	27.50	at Jack Johnson Classic – 1/22/11

300 METERS

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Ashley Liverpool	40.87	Iowa Open – 1/15/11	40.87	Iowa Open – 1/15/11
Kelsey Mims	41.56	Iowa Open – 1/15/11	41.56	Iowa Open – 1/15/11
Ashley Wilkinson	42.11	Iowa Open – 1/15/11	42.11	Iowa Open – 1/15/11

400 METERS (AQ - 52.90, PQ - 54.90, SR - 51.48)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Ashley Liverpool	54.09	at Big Ten Championships – 2/27/11	54.09	at Big Ten Championships – 2/27/11
Tiffany Hendricks	55.06	at Big Ten Championships – 2/27/11	55.06	at Big Ten Championships – 2/27/11
Kelsey Mims	56.75	at Big Ten Championships – 2/27/11	56.75	at Big Ten Championships – 2/27/11
Kelsey Labs	58.23	at Big Ten Championships – 2/27/11	58.23	at Big Ten Championships – 2/27/11

600 METERS (SR - 1:27.45)

*A - NCAA automatic qualifier, P -- NCAA provisional qualifier, * -- school record*

2011 WOMEN'S INDOOR SEASON BESTS - UPDATED 3/15/11

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Bethany Praska	1:28.14	at Big Ten Championships – 2/27/11	1:28.14	at Big Ten Championships – 2/27/11
Tiffany Hendricks	1:34.16	Iowa Open – 1/15/11	1:34.16	Iowa Open – 1/15/11
Nicole Erickson	1:34.88	at Jack Johnson Classic – 1/22/11	1:34.88	at Jack Johnson Classic – 1/22/11
Brittany Dhly	1:36.41	Iowa Open – 1/15/11	1:36.41	Iowa Open – 1/15/11
Adriana Alexia	1:36.61	at Jack Johnson Classic – 1/22/11	1:36.61	at Jack Johnson Classic – 1/22/11
Hannah Simonson	1:35.43	at Big Ten Championships – 2/27/11	1:35.43	at Big Ten Championships – 2/27/11
Nia Hermansen	1:41.30	Iowa Open – 1/15/11	1:41.30	Iowa Open – 1/15/11
Julia Gross	1:42.43	Iowa Invitational – 2/18/11	1:42.43	Iowa Invitational – 2/18/11
Keelin Gorman	1:43.34	Iowa Open – 1/15/11	1:43.34	Iowa Open – 1/15/11
Mary Schleusner	1:43.73	Iowa Open – 1/15/11	1:43.73	Iowa Open – 1/15/11

800 METERS (AQ - 2:06.00, PQ - 2:10.00, SR - 2:05.36)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Bethany Praska	2:05.01*	at NCAA Indoor Championships	2:05.01*	at NCAA Indoor Championships
Lauren Hardesty	2:11.80	Iowa Open – 1/15/11	2:11.80	Iowa Open – 1/15/11
Betsy Flood	2:12.73	Iowa Open – 1/15/11	2:12.73	Iowa Open – 1/15/11
Nicole Erickson	2:12.95	at Razorback Invitational – 1/29/11	2:12.95	at Razorback Invitational – 1/29/11
McKenzie Melander	2:13.43	Iowa Open – 1/15/11	2:13.43	Iowa Open – 1/15/11
Adriana Alexia	2:13.62	at ISU Classic – 2/12/11	2:13.62	at ISU Classic – 2/12/11
Amanda Hardesty	2:14.38	Iowa Open – 1/15/11	2:14.38	Iowa Open – 1/15/11
Brittany Dhly	2:15.73	at Big Ten Championships – 2/26/11	2:15.73	at Big Ten Championships – 2/26/11
Hannah Simonson	2:17.13	at ISU Classic – 2/12/11	2:17.13	at ISU Classic – 2/12/11
Nia Hermansen	2:18.68	at ISU Classic – 2/12/11	2:18.68	at ISU Classic – 2/12/11
Keelin Gorman	2:20.13	at ISU Classic – 2/12/11	2:20.13	at ISU Classic – 2/12/11
Mary Schleusner	2:20.69	at Razorback Invitational – 1/29/11	2:20.69	at Razorback Invitational – 1/29/11

MILE (AQ - 4:38.90, PQ - 4:47.00, SR - 4:39.78)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
McKenzie Melander	4:39.78*	at ND Last Chance – 3/5/11	4:39.78*	at ND Last Chance – 3/5/11
Lauren Hardesty	4:41.01	at ND Last Chance – 3/5/11	4:41.01	at ND Last Chance – 3/5/11
Betsy Flood	4:45.73	at Jack Johnson Classic – 1/22/11	4:42.70	at Big Ten's – 2/27/10
Amanda Hardesty	4:50.33	at Razorback Invitational – 1/29/11	4:48.69	at ISU Classic – 2/20/09

A - NCAA automatic qualifier, P -- NCAA provisional qualifier, * -- school record

2011 WOMEN'S INDOOR SEASON BESTS - UPDATED 3/15/11

Brooke Eilers	4:51.41	at ISU Classic – 2/12/11	4:51.41	at ISU Classic – 2/12/11
Brittany Dhly	4:51.80	at ISU Classic – 2/12/11	4:51.80	at ISU Classic – 2/12/11
Nicole Benson	4:51.80	Iowa Invitational – 2/18/11	4:51.80	Iowa Invitational – 2/18/11
Kelsey Hart	5:02.29	at Jack Johnson Classic – 1/22/11	5:02.29	at Jack Johnson Classic – 1/22/11
Megan Ranegar	5:03.04	Iowa Open – 1/15/11	5:03.04	Iowa Open – 1/15/11
Katherin Rehn	5:03.82	at Jack Johnson Classic – 1/22/11	5:03.82	at Jack Johnson Classic – 1/22/11
Keelin Gorman	5:05.18	at Big Ten Championships – 2/27/11	5:05.18	at Big Ten Championships – 2/27/11
Danielle Berndt	5:06.44	Iowa Invitational – 2/18/11	5:06.44	Iowa Invitational – 2/18/11
Jackie Laesch	5:35.45	Iowa Open – 1/15/11	5:17.28	at ISU Classic – 2/13/10

3,000 METERS (AQ - 9:16.00, PQ - 9:35.00, SR - 9:15.57)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Betsy Flood	9:20.09	at Big Ten Championships – 2/27/11	9:20.09	at Big Ten Championships – 2/27/11
Katherin Rehn	10:02.88	at Big Ten Championships – 2/27/11	10:02.88	at Big Ten Championships – 2/27/11
Danielle Berndt	10:03.63	at Big Ten Championships – 2/27/11	10:03.63	at Big Ten Championships – 2/27/11
Kelsey Hart	10:08.56	at Razorback Invitational – 1/29/11	10:08.56	at Razorback Invitational – 1/29/11
Nicole Benson	10:10.23	at Razorback Invitational – 1/29/11	10:10.23	at Razorback Invitational – 1/29/11
Megan Ranegar	10:17.37	at Razorback Invitational – 1/29/11	9:55.98	at Iowa State Classic - 2/12/10

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

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Betsy Flood	16:20.67	at Big Ten Championships – 2/27/11	16:20.67	at Big Ten Championships – 2/27/11
Hannah Roeder	17:21.93	at Big Ten Championships – 2/27/11	17:21.93	at Big Ten Championships – 2/27/11
Nicole Benson	17:40.19	at Big Ten Championships – 2/27/11	17:40.19	at Big Ten Championships – 2/27/11
Kelsey Hart	18:02.98	at Big Ten Championships – 2/27/11	18:02.98	at Big Ten Championships – 2/27/11

1,600-METER RELAY (AQ - 3:35.80, PQ - 3:42.80, SR – 3:36.97)

Names	Season Best	Meet - Date
Liverpool, Hendricks, Praska, Erickson	3:36.97*	at ISU Last Chance – 3/5/11
Liverpool, Hendricks, Erickson, Praska	3:37.58	at Big Ten Championships – 2/27/11
Hendricks, Erickson, Praska, Liverpool	3:39.15	at Razorback Invitational – 1/29/11
Hendricks, Praska, Erickson, Liverpool	3:40.42	at ISU Classic – 2/12/11
Mims, Hendricks, Praska, Liverpool	3:45.03	at Jack Johnson Classic – 1/22/11

A - NCAA automatic qualifier, P -- NCAA provisional qualifier, * -- school record

2011 WOMEN'S INDOOR SEASON BESTS - UPDATED 3/15/11

Mims, Jones, Simonson, Alexia	3:52.07	at ISU Classic – 2/12/11
Erickson, Hendricks, Praska, Liverpool	3:52.21	Iowa Open – 1/15/11
Jones, Mims, Alexia, Wilkinson	4:03.63	Iowa Open – 1/15/11

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

Names	Season Best	Meet - Date
Melander, Hendricks, L. Hardesty, Eilers	11:22.44~	at Big Ten Championships – 2/27/11
Melander, Praska, Hendricks, Flood	11:24.47	at Razorback Invitational – 1/29/11

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

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Carissa Leacock	19-1 ½ (5.83m)	at Razorback Invitational – 1/29/11	19-1 ½ (5.83m)	at Razorback Invitational – 1/29/11
Emelia Thompson	16-1 ¾ (4.92m)	Iowa Invitational – 2/18/11	16-1 ¾ (4.92m)	Iowa Invitational – 2/18/11

HIGH JUMP (SR – 1.85 meters)

Name	Season Best	Meet – Date	Collegiate Best	Meet – Date
Zinnia Miller	5-5 (1.65m)	at Jack Johnson Classic – 1/22/11	5-5 (1.65m)	at Jack Johnson Classic – 1/22/11
Eva Greenwalt	5-1 ¾ (1.57m)	at ISU Classic – 2/12/11	5-3 ¾ (1.62m)	at Jack Johnson Invite – 1/23/10

POLE VAULT (SR – 3.80 meters)

Name	Season Best	Meet – Date	Collegiate Best	Meet – Date
Kirsten Weismantle	11-5 ¾ (3.50m)	at Big Ten Championships – 2/27/11	11-5 ¾ (3.50m)	Twice, last at Big Ten Championships – 2/27/11
Katie Truedson	10-8 (3.25m)	at Jack Johnson Classic – 1/22/11	10-11 ¾ (3.35m)	Twice, last at Iowa Invite – 2/19/10

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

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Rachel Curry	47-9 ¼ (14.56m)	Iowa Invitational – 2/18/11	47-9 ¼ (14.56m)	Iowa Invitational – 2/18/11
Micaela Haight	45-9 (13.94m)	at ISU Classic – 2/12/11	45-9 (13.94m)	at ISU Classic – 2/12/11
Jasmine Simpson	42-11 (13.08m)	Iowa Open – 1/15/11	42-11 (13.08m)	Iowa Open – 1/15/11
Majesty Tutson	42-9 ¾ (13.05m)	Iowa Invitational – 2/18/11	43-3 (13.18m)	at Big Tens – 2/27/10
Courtney Fritz	40-2 ¾ (12.26m)	Iowa Invitational – 2/18/11	40-2 ¾ (12.26m)	Iowa Invitational – 2/18/11
Ashlyn Gulvas	37-11 ¼ (11.56m)	at ISU Classic – 2/12/11	37-11 ¼ (11.56m)	at ISU Classic – 2/12/11

*A - NCAA automatic qualifier, P -- NCAA provisional qualifier, * -- school record*

2011 WOMEN'S INDOOR SEASON BESTS - UPDATED 3/15/11

WEIGHT THROW (AQ - 21.00 meters, PQ - 18.75 meters, SR – 18.40 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Kelsey Taylor	60-4 ½ (18.40m)*	Iowa Invitational – 2/18/11	60-4 ½ (18.40m)	Iowa Invitational – 2/18/11
Majesty Tutson	58-4 (17.78m)	at ISU Classic – 2/12/11	58-4 (17.78m)*	at ISU Classic – 2/12/11
Ashlyn Gulvas	53-6 ¼ (16.31m)	Iowa Open – 1/15/11	53-6 ¼ (16.31m)	Iowa Open – 1/15/11
Courtney Fritz	44-9 ¾ (13.66m)	Iowa Invitational – 2/18/11	44-9 ¾ (13.66m)	Iowa Invitational – 2/18/11

PENTATHLON (AQ – 4,705 points, PQ – 3,725 points, SR – 3,974 points)

Name	Season Best	Meet – Date	Collegiate Best	Meet – Date
------	-------------	-------------	-----------------	-------------