

2009 OUTDOOR SEASON & COLLEGIATE BEST PERFORMANCES - Updated 6/11/09

100 METERS (RQ - 11.75, SR - 11.45, Vivien McKenzie, 1985)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Rhonda-Kaye Trusty	11.85	at Big Ten Championships – 5/17/09	11.85	at Big Ten Championships – 5/17/09
Renee White	12.18	at Messersmith Invite – 4/18/09	12.18	at Messersmith Invite – 4/18/09
Karessa Farley	12.28	at Tiger Track Classic – 4/4/09	12.28	at Tiger Track Classic – 4/4/09
Josie Takes	12.76	at Messersmith Invite – 4/18/09	12.76	at Messersmith Invite – 4/18/09

100-METER HURDLES (RQ - 13.92, SR - 13.20, Tiffany Johnson, 2007)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Karessa Farley	13.34 R	at Midwest Regional – 5/30/09	13.34 R	at Midwest Regional – 5/30/09

200 METERS (RQ - 23.96, SR - 23.50, Shellene Williams, 2004)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Rhonda-Kaye Trusty	23.83 W	at Big Ten Championships – 5/16/09	23.83 W	at Big Ten Championships – 5/16/09
Tiffany Hendricks	25.02	at Tiger Track Classic – 4/4/09	25.02	at Shamrock Invite - 3/22/08
Kara-Aretha Graham	25.34	at Illinois Invite – 5/2/09	25.05	at John Jacobs Invite - 4/14/07
Bethany Praska	25.91	at Illinois Invite – 5/2/09	25.69	at Shamrock Invite - 3/22/08
Nicole Erickson	26.48	at Messersmith Invite – 4/18/09	26.48	at Messersmith Invite – 4/18/09
Josie Takes	26.63	at Lee Calhoun Memorial - 4/11/09	26.63	at Lee Calhoun Memorial - 4/11/09

400 METERS (RQ - 54.61, SR - 51.35, Kineke Alexander, 2006)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Tiffany Hendricks	56.26	at Tiger Track Classic – 4/4/09	56.26	at Tiger Track Classic – 4/4/09
Bethany Praska	57.08	at Illinois Invite – 5/2/09	56.42	at Meyo Invite - 2/7/09
Kelsey Mims	58.99	at Tiger Track Classic – 4/4/09	58.99	at Tiger Track Classic – 4/4/09
Nicole Erickson	58.84	at Illinois Invite - 5/2/09	57.73	at Big Ten Championships - 2/28/09
Kara-Aretha Graham	1:00.43	at Messersmith Invite – 4/18/09	59.80	at Missouri Relays - 3/31/07
Courtney Johnson	1:01.53	at Lee Calhoun Memorial - 4/11/09	1:01.53	at Lee Calhoun Memorial - 4/11/09

400-METER HURDLES (RQ - 1:00.82, SR - 56.67, Wynsome Cole, 1998)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Tiffany Hendricks	1:03.00	at Big Ten Championships – 5/16/09	1:03.00	at Big Ten Championships – 5/16/09
Kelsey Mims	1:07.42	at Lee Calhoun Memorial - 4/11/09	1:07.42	at Lee Calhoun Memorial - 4/11/09

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800 METERS (RQ - 2:09.80, SR - 2:05.67, Kay Stormo, 1982)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Betsy Flood	2:11.69	at Illinois Invite – 5/2/09	2:11.69	at Illinois Invite – 5/2/09
Jennie Docherty	2:14.12	at Sun Angel Classic – 4/12/09	2:13.39	at Big Ten Championships - 2/28/09
McKenzie Melander	2:14.90	at Illinois Invite – 5/2/09	2:14.90	at Illinois Invite – 5/2/09
Sophia Poncè	2:15.82	at Sun Angel Classic – 4/12/09	2:15.82	at Sun Angel Classic – 4/12/09
Brittany Dlhy	2:16.09	at Messersmith Invite – 4/18/09	2:14.37	at Big Ten Championships - 2/28/09
Lauren Hardesty	2:18.24	at Sun Angel Classic – 4/12/09	2:12.39	at Big Ten Championships – 2/28/09
Sarah Henize	2:21.13	at Lee Calhoun Memorial - 4/11/09	2:17.44	at Shamrock Invite - 3/22/08
Jackie Laesch	2:22.18	at Messersmith Invite – 4/18/09	2:21.31	at Iowa State Classic - 2/14/09
Susie Kuhl	2:24.07	at Messersmith Invite – 4/18/09	2:22.41	at Iowa State Classic - 2/14/09

1,500 METERS (RQ - 4:27.80, SR - 4:17.41, Meghan Armstrong, 2006)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Betsy Flood	4:24.11 R	at NCAA Championships – 6/11/09	4:24.11 R	at NCAA Championships – 6/11/09
McKenzie Melander	4:26.99 R	at Big Ten Championships – 5/16/09	4:26.99 R	at Big Ten Championships – 5/16/09
Amanda Hardesty	4:32.17	at Sun Angel Classic – 4/12/09	4:32.17	at Sun Angel Classic – 4/12/09
Jennie Docherty	4:37.75	at Tiger Track Classic – 4/4/09	4:37.75	at Tiger Track Classic – 4/4/09
Brooke Eilers	4:34.44	at Sun Angel Classic – 4/12/09	4:34.44	at Sun Angel Classic – 4/12/09
Hannah Roeder	4:35.78	at Illinois Invite – 5/2/09	4:35.78	at Illinois Invite – 5/2/09
Brittany Dlhy	4:35.91	at Big Ten Championships – 5/16/09	4:35.91	at Big Ten Championships – 5/16/09
Danielle Berndt	4:40.02	at Messersmith Invite – 4/18/09	4:40.02	at Messersmith Invite – 4/18/09
Sarah Henize	4:40.33	at Tiger Track Classic – 4/4/09	4:29.54	at Big Ten Championships - 5/17/08
Lauren Hardesty	4:40.59	at Stanford Invite – 3/27/09	4:40.59	at Stanford Invite - 3/27/09
Rachel Hawks	4:41.37	at Messersmith Invite – 4/18/09	4:41.37	at Messersmith Invite – 4/18/09
Katie Ellis	4:42.22	at Messersmith Invite – 4/18/09	4:42.22	at Messersmith Invite – 4/18/09
Sarah Spencer Perry	4:43.47	at Sun Angel Classic – 4/12/09	4:43.47	at Sun Angel Classic – 4/12/09
Jolly Burke	4:50.74	at Sun Angel Classic – 4/12/09	4:50.74	at Sun Angel Classic – 4/12/09
Kelsey Stueland	5:08.68	at Messersmith Invite – 4/18/09	5:08.68	at Messersmith Invite – 4/18/09
Jordan Williams	5:15.47	at Messersmith Invite – 4/18/09	5:15.47	at Messersmith Invite – 4/18/09

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

Name	Season Best	Meet-Date	Collegiate Best	Meet-Date
Danielle Berndt	10:20.62	at Tiger Track Classic – 4/4/09	10:19.57	at Iowa State Classic – 2/13/09

3,000-METER STEEPLECHASE (RQ - 10:50.25, SR - 10:27:18, Jessica Schmidt, 2008)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Hannah Roeder	10:35.26 R	at Big Ten Championships – 5/16/09	10:35.26 R	at Big Ten Championships – 5/16/09

5,000 METERS (RQ - 16:52.00, SR - 15:45.84, Nan Doak, 1985)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Amanda Hardesty	17:01.58	at Big Ten Championships - 5/17/09	17:01.58	at Big Ten Championships - 5/17/09
Brooke Eilers	17:20.73	at Stanford Invite – 3/27/09	17:20.73	at Stanford Invite – 3/27/09
Hannah Roeder	17:23.59	at Big Ten Championships - 5/17/09	17:23.59	at Big Ten Championships - 5/17/09
Jolly Burke	17:32.68	at Drake Relays – 4/23/09	16:43.14	at Husky Classic - 2/16/08
Sarah Spencer Perry	17:40.94	at Stanford Invite – 3/27/09	17:40.94	at Stanford Invite – 3/27/09
Lindsay Anderson	18:27.04	at Stanford Invite – 3/27/09	18:27.04	at Stanford Invite – 3/27/09

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
Jolly Burke	36:06.96	at Stanford Invite – 3/27/09	36:06.96	at Stanford Invite – 3/27/09
Sarah Spencer Perry	37:45.59	at Big Ten Championships – 5/15/09	37:45.59	at Big Ten Championships – 5/15/09

400-METER RELAY (RQ - 45.70, SR - 44.63, Floyd, Hobbs, Reid, Poole, 1994)

Names	Season Best	Meet – Date
Farley, Trusty, Graham, White	45.83	at Big Ten Championships – 5/16/09
Farley, Trusty, Hendricks, White	46.56	at Drake Relays - 4/24/09

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

Names	Season Best	Meet - Date
Trusty, Hendricks, Graham, Erickson	1:38.79	at Drake Relays - 4/24/09

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1,600-METER RELAY (RQ -- 3:42.00, SR -- 3:36.26, Hume, Charles, Steffen, Williams, 2003)

Names	Season Best	Meet - Date
Hendricks, Praska, Docherty, Erickson	3:48.22	at Big Ten Championships - 5/17/09
Hendricks, Praska, Mims, Erickson	3:49.92	at Drake Relays - 4/24/09
Erickson, Takes, Poncé, Mims	3:56.94	at Lee Calhoun Memorial - 4/11/09
Mims, Johnson, Erickson, Poncé	3:58.67	at Messersmith Invite – 4/18/09
Iowa "B"	4:08.69	at Lee Calhoun Memorial - 4/11/09
Dlhy, Ellis, Hawks, Henize	4:08.89	at Messersmith Invite – 4/18/09

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

Names	Season Best	Meet - Date
Flood, Dlhy, L. Hardesty, Docherty	8:53.91	at Drake Relays - 4/24/09

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

Names	Season Best	Meet - Date
Hawks, Praska, Ellis, Berndt	12:11.56	at Drake Relays - 4/24/09

6,400-METER RELAY (SR - 19:15.42, Nukuri, Marchand, Henize, Armstrong, 2008)

Names	Season Best	Meet - Date
Flood, Melander, A. Hardesty, Eilers	19:36.43	at Drake Relays - 4/25/09

HIGH JUMP (RQ - 1.75 meters, SR - 1.86 meters, Peaches Roach, 2006)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Caleigh Bacchus	5-5 (1.65 m)	at Big Ten Championships – 5/17/09	5-7 1/4 (1.71 m)	at Big Ten Championships - 5/18/08

LONG JUMP (RQ - 6.00 meters, SR - 6.78 meters, Aisha James, 2003)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Renee White	20-0 1/4 (6.10 m) R	at Messersmith Invite – 4/18/09	20-3 3/4 (6.19 m)	at NCAA Regional - 5/30/08

TRIPLE JUMP (RQ - 12.32 meters, SR - 13.36 meters, Renee White, 2008)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Renee White	43-10 3/4 (13.38 m) R	at Big Ten Championships - 5/17/09	43-10 3/4 (13.38 m)	at Big Ten Championships - 5/17/09

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SHOT PUT (RQ - 14.30 meters, SR - 15.54 meters, Lisa VanSteenwyk, 1992)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Mandy Chandler	38-5 1/2 (11.72 m)	at Lee Calhoun Memorial - 4/11/09	46-0 (14.02 m)	Tom Botts Invite

HAMMER THROW (RQ - 54.15 meters, SR - 59.45 meters, Becca Franklin, 2007)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Mandy Chandler	158-4 (48.28m)	at Illinois Invite – 5/2/09	158-4 3/4 (48.28m)	at Illinois Invite – 5/2/09