

2013 WOMEN'S INDOOR SEASON BESTS - UPDATED 3/4/13

60 METERS (School Record - 7.43)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Lake Kwaza	7.55	at Big Ten Championships – 2/22/13	7.55	at Big Ten Championships – 2/22/13
Raven Moore	7.55	at Big Ten Championships – 2/22/13	7.55	at Big Ten Championships – 2/22/13
Taylor Lynch	7.91	Iowa Open - 1/12/13	7.91	Iowa Open - 1/12/13
Rachel Ballard	7.93	at adidas Classic - 1/19/13	7.93	at adidas Classic - 1/19/13

60-METER HURDLES (School Record - 8.21)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Khanishah Williams	8.96	Iowa Invite - 2/15/13	8.96	2x, last at Iowa Invite - 2/15/13
Kassidy Ellis	9.11 ^	at Bill Bergan Invite - 1/25/13	9.11 ^	at Bill Bergan Invite - 1/25/13
Sarah Ryan	9.19	at adidas Classic - 1/19/13	9.19	at adidas Classic - 1/19/13
Zinnia Miller	9.28	Iowa Invite - 2/15/13	9.28	Iowa Invite - 2/15/13

200 METERS (School Record - 23.49)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Raven Moore	24.00	at Big Ten Championships – 2/22/13	24.00	at Big Ten Championships – 2/22/13
MonTayla Holder	25.65	at adidas Classic - 1/19/13	25.65	at adidas Classic - 1/19/13
Taylor Lynch	26.13	at Iowa State Classic - 2/9/13	26.13	at Iowa State Classic - 2/9/13

400 METERS (School Record - 51.48)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
MonTayla Holder	55.33	at Meyo Invite - 2/2/13	55.33	at Meyo Invite - 2/2/13

500 METERS

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Kaitlyn Nelson	1:15.43	at Meyo Invite - 2/2/13	1:15.43	at Meyo Invite - 2/2/13

600 METERS (School Record - 1:27.45)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
MonTayla Holder	1:30.80	at Big Ten Championships – 2/22/13	1:30.80	at Big Ten Championships – 2/22/13
Kaitlyn Nelson	1:31.44	at Big Ten Championships -- 2/22/13	1:31.44	at Big Ten Championships – 2/22/13

* - school record, ^ - part of pentathlon

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800 METERS (School Record - 2:03.78)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Adrienne Alexia	2:08.95	at Big Ten Championships – 2/22/13	2:08.95	at Big Ten Championships – 2/22/13
Kaitlyn Nelson	2:09.58	at ISU Qualifier - 3/2/13	2:09.58	at ISU Qualifier - 3/2/13
Kassidy Ellis	2:27.96 ^	at Bill Bergan Invite - 1/25/13	2:27.94 ^	at Bill Bergan Invite - 1/25/13
Sarah Ryan	2:28.13 ^	at Big Ten Championships – 2/22/13	2:27.46	at Big Ten Championships - 2/24/12
Khanishah Williams	2:28.21 ^	at Bill Bergan Invite - 1/25/13	2:28.21 ^	at Biller Bergan Invite - 1/25/13
Gabrielle Stearnes	2:28.46	at Bill Bergan Invite - 1/26/13	2:28.46	at Bill Bergan Invite - 2/26/13

1,000 METERS (School Record - 2:38.44)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Adrienne Alexia	2:54.12	at Meyo Invite - 2/2/13	2:54.12	at Meyo Invite - 2/2/13
Jocelyn Todd	2:58.19	at Meyo Invite - 2/2/13	2:58.19	at Meyo Invite - 2/2/13
Gabrielle Stearnes	3:16.09	Iowa Open - 1/12/13	3:16.09	Iowa Open - 1/12/13

MILE (School Record - 4:39.78)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Lauren Scott	4:54.99	at Big Ten Championships – 2/22/13	4:54.99	at Big Ten Championships – 2/22/13
Megan Ranegar	4:56.56	Iowa Open - 1/12/13	4:56.56	Iowa Open - 1/12/13
Lisa Gordon	5:02.22	at Meyo Invite - 2/2/13	5:02.22	at Meyo Invite - 2/2/13
Jocelyn Todd	5:05.52	at Bill Bergan Invite - 1/26/13	5:05.52	at Bill Bergan Invite - 1/26/13
Rachel Price	5:05.80	at Iowa State Classic - 2/8/13	5:05.80	at Iowa State Classic - 2/8/13
Kelsey Hart	5:09.80	Iowa Open - 1/12/13	5:02.29	at Jack Johnson Classic - 1/22/11
Brooke Gambrall	5:11.07	at Bill Bergan Invite - 1/26/13	5:11.07	at Bill Bergan Invite - 1/26/13
Lena Placzek	5:13.15	at Iowa State Classic - 2/8/13	5:13.15	at Iowa State Classic - 2/8/13
Shannon Maser	5:13.35	Iowa Invite - 2/15/13	5:10.75	at Iowa State Classic - 2/10/12
Brooke Bierhaus	5:16.41	at Iowa State Classic - 2/8/13	5:16.41	at Iowa State Classic - 2/8/13
Jordan Bucher	5:24.15	at Bill Bergan Invite - 1/26/13	5:24.15	at Bill Bergan Invite - 1/26/13
Grace Haerr	5:39.98	Iowa Invite - 2/15/13	5:39.98	Iowa Invite - 2/15/13

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3,000 METERS (School Record - 9:15.57)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Mareike Schrulle	9:36.03	at Big Ten Championships – 2/22/13	9:23.97	at Meyo Invite – 2/4/12
Lisa Gordon	9:47.63	at Iowa State Classic - 2/9/13	9:47.63	at Iowa State Classic - 2/9/13
Brooke Gambrall	9:47.87	at Big Ten Championships – 2/22/13	9:27.92	at Big Ten Championships – 2/24/12
Lauren Scott	10:00.05	at Iowa State Classic - 2/9/13	10:00.05	at Iowa State Classic - 2/9/13
Kelsey Hart	10:08.26	at Meyo Invite - 2/2/13	10:08.26	at Meyo Invite - 2/2/13
Jocelyn Todd	10:13.05	at Iowa State Classic - 2/8/13	10:13.05	at Iowa State Classic - 2/8/13
Courtney Martin	10:44.95	at Iowa State Classic - 2/8/13	10:44.95	at Iowa State Classic - 2/8/13

5,000 METERS (School Record - 15:49.52)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Kelsey Hart	18:05.54	at Big Ten Championships – 2/23/13	18:02.98	at Big Ten Championships – 2/27/11

1,600-METER RELAY (School Record - 3:36.97)

Names	Season Best	Meet - Date
Holder, R. Moore, Nelson, Alexia	3:43.80	at Big Ten Championships – 2/23/13
Miller, Holder, R. Moore, Nelson	3:44.87	at Meyo Invite - 2/2/13
Miller, R. Moore, Nelson, Holder	3:47.00	at adidas Classic - 1/19/13
Kwaza, R. Moore, Holder, Nelson	3:48.61	Iowa Open - 1/12/13
Ellis, Ryan, Williams, Alexia	4:02.81	at adidas Classic - 1/19/13

DISTANCE MEDLEY RELAY (School Record - 11:20.11)

Names	Season Best	Meet - Date
Alexia, Nelson, Holder, Price	11:47.15	at Big Ten Championships – 2/22/13

HIGH JUMP (School Record - 1.85 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Khanishah Williams	5-11 1/4 (1.81m)	at ISU Qualifier - 3/2/13	5-11 1/4 (1.81m)	at ISU Qualifier - 3/2/13
Tayo Oladele-Ajose	5-7 (1.70m)	Iowa Open - 1/12/13	5-7 (1.70m)	Iowa Open - 1/12/13
Zinnia Miller	5-6 (1.68m)	at Big Ten Championships – 2/23/13	5-6 (1.68m)	2x, Last at Big Ten Champs – 2/23/13
Sarah Ryan	5-1 ¼ (1.56m)^	at Big Ten Championships – 2/22/13	5-1 ¼ (1.56m)^	at Big Ten Championships – 2/22/13
Kassidy Ellis	4-11 ½ (1.51m) ^	at Bill Bergan Invite - 1/25/13	4-11 ½ (1.51m) ^	at Bill Bergan Invite - 1/25/13

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POLE VAULT (School Record - 3.80 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Brittany Holst	11-3 3/4 (3.45m)	at Bill Bergan Invite - 1/26/13	11-3 3/4 (3.45m)	at Bill Bergan Invite - 1/26/13
Kirsten Weismantle	11-1 3/4 (3.40m)	Iowa Invite - 2/15/13	11-5 3/4 (3.50m)	2x, last at Big Ten Champ's - 2/27/11
Katie Truedson	10-10 (3.30m)	at Bill Bergan Invite - 1/26/13	10-11 3/4 (3.35m)	2x, last at Iowa Invite - 2/19/10
Megan Klee	9-6 1/4 (2.90m)	Iowa Open - 1/12/13	9-6 1/4 (2.90m)	Iowa Open - 1/12/13

LONG JUMP (School Record - 5.95 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Carisa Leacock	19-2 3/4 (5.86m)	at Meyo Invite - 2/1/13	19-2 3/4 (5.86m)	at Meyo Invite - 2/1/13
Zinnia Miller	18-9 (5.71m)	at adidas Classic - 1/19/13	18-9 (5.71m)	at adidas Classic - 1/19/13
Sarah Ryan	18-8 (5.69m)	at Bill Bergan Invite - 1/25/13	18-8 (5.69m)	at Bill Bergan Invite - 1/25/13
Rachel Ballard	17-4 3/4 (5.30m)	at adidas Classic - 1/19/13	17-4 3/4 (5.30m)	at adidas Classic - 1/19/13
Khanishah Williams	15-10 1/2 (4.84m)	Iowa Open - 1/12/13	15-10 1/2 (4.84m)	Iowa Open - 1/12/13
Kassidy Ellis	15-5 (4.70m) ^	at Bill Bergan Invite - 1/25/13	15-5 (4.70m) ^	at Bill Bergan Invite - 1/25/13

TRIPLE JUMP (School Record - 12.90 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Carisa Leacock	39-11 1/4 (12.17m)	at Iowa State Classic - 2/9/13	40-5 1/2 (12.33)	New Year's Classic - 1/14/12
Rachel Ballard	34-3 (10.44m)	Iowa Invite - 2/15/13	34-3 (10.44m)	Iowa Invite - 2/15/13

SHOT PUT (School Record - 15.54 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Rachel Curry	48-2 1/2 (14.69m)	Iowa Invite - 2/15/13	48-2 1/2 (14.69m)	Iowa Invite - 2/15/13
Majesty Tutson	45-8 1/2 (13.93m)	Iowa Invite - 2/15/13	45-8 1/2 (13.93m)	Iowa Invite - 2/15/13
Courtney Fritz	45-2 1/4 (13.77m)	at adidas Classic - 1/19/13	45-2 1/4 (13.77m)	at adidas Classic - 1/19/13
Zinnia Miller	34-9 3/4 (10.61m)	Iowa Open - 1/12/13	34-9 3/4 (10.61m)	Iowa Open - 1/12/13
Sarah Ryan	34-2 (10.41m) ^	at Bill Bergan Invite - 1/25/13	34-2 (10.41m) ^	at Bill Bergan Invite - 1/15/13
Kassidy Ellis	29-7 1/4 (9.02m) ^	at Bill Bergan Invite - 1/25/13	29-7 1/4 (9.02m) ^	at Bill Bergan Invite - 1/25/13
Khanishah Williams	27-10 (8.48m)	Iowa Open - 1/12/13	27-10 (8.48m)	Iowa Open - 1/12/13

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WEIGHT THROW (School Record – 19.06 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Ashlyn Gulvas	63-6 (19.35m) *	Iowa Invite - 2/15/13	63-6 (19.35m) *	Iowa Invite - 2/15/13
Jasmine Simpson	62-6 ½ (19.06m)	at Bill Bergan Invite - 1/26/13	62-6 ½ (19.06m)	at Bill Bergan Invite - 1/26/13
Annemie Smith	60-0 1/4 (18.29m)	Iowa Open - 1/12/13	60-0 1/4 (18.29m)	Iowa Open - 1/12/13
Majesty Tutson	56-10 (17.32m)	at adidas Classic - 1/19/13	58-4 (17.78m)	at Iowa State Classic - 2/12/11
Chelsea Colpitts	56-4 (17.17m)	Iowa Invite - 2/15/13	56-4 (17.17m)	Iowa Invite - 2/15/13
Dakotah Goodell	48-0 3/4 (14.65m)	Iowa Invite - 2/15/13	48-0 3/4 (14.65m)	Iowa Invite - 2/15/13

PENTATHLON (School Record - 3,974 points)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Sarah Ryan	3,472 points	at Big Ten Championships – 2/22/13	3,472 points	at Big Ten Championships – 2/22/13
Khanishah Williams	3,273 points	at Bill Bergan Invite - 1/25/13	3,273 points	at Bill Bergan Invite - 1/25/13
Kassidy Ellis	3,182 points	at Bill Bergan Invite - 1/25/13	3,182 points	at Bill Bergan Invite - 1/25/13

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