

IOWA TRACK & FIELD 2017

22 Olympians
13 NCAA Champions
244 All-American Honors
285 Big Ten Champions
439 Academic All-Big Ten Honors



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2017 IOWA TRACK & FIELD INDOOR SCHEDULE

Date	Meet
Jan. 6-7	Border Battle (Iowa City, Iowa)
Jan. 14	Hawkeye Invitational (Iowa City, Iowa)
Jan. 20-21	Larry Wieczorek Invite (Iowa City, Iowa)
Jan. 27-28	Black & Gold Premier (Iowa City, Iowa)
Feb. 4	Meyo Classic (South Bend, Ind.)
Feb. 10	Iowa State Classic (Ames, Iowa)
Feb. 11	Tyson Invitational (Fayetteville, Ark.)
Feb. 17	Iowa Open (Iowa City, Iowa)
Feb. 26-27	Big Ten Championships (Geneva, Ohio)
Mar. 11-12	NCAA Championships

IOWA COACHING STAFF

Joey Woody	Director of Track & Field
Randy Hasenbank	Associate Head Cross Country
.....	Assistant Track & Field Coach
Clive Roberts	Associate Head Coach
Jason Wakenight	Assistant Coach
.....	Director of Recruiting
Andrew Dubs	Assistant Coach
Kate See	Director of Operations

THIS WEEK

The University of Iowa track and field team welcomes Notre Dame, Illinois State, Tulsa, Illinois (M), Wisconsin, Loyola, and Minnesota (M) to Iowa City for the Black and Gold Premier this weekend. The two-day competition begins Friday at 11 a.m. (CT) and continues Saturday at 10 a.m. Admission to the event is free.

GIVE AWAYS

Herky Bobbleheads will be given away to the first 125 fans to arrive on Friday and Saturday. UI students are also eligible to enter for a drawing to win Beats Studio headphones during Saturday's meet.

FOLLOW ALONG

Live results will be available at hawkeyesports.com/tracklive. A live stream of the meet will also be available through Hawkeye All-Access on hawkeyesports.com

REGIONALLY RANKED

The University of Iowa track and field team ranks in the top 10 in the Midwest region, according to the first USTFCCCA Division I Regional Index released on Jan. 23. The men rank seventh in the region while the women are ninth.

MALLET, DOUGLAS LEAD 60-METER HURDLES

Senior Aaron Mallett picked up his second straight event title in the 60-meter hurdles on Jan. 21 at the Larry Wieczorek Invitational. Mallett's time of 7.77 seconds set a facility record, ranks first in the Big Ten and third in the country. Mallett's personal best time of 7.69, set in 2016, is a school record.

Sophomore Chris Douglas also set a personal best and moved up Iowa's all-time list. The Deerfield, Illinois native, posted a time of 7.87 seconds. That time places him third in the Big Ten, 12th in the nation, and fourth all-time at Iowa.

FRESHMAN DEBUTS

Freshmen Allison Wahrman and Aubrianna Lantrip competed in their first collegiate pentathlon on Friday, Jan. 20. Wahrman (3421 points) finished third and Lantrip finished sixth (3175 points) with an event title in the high jump. Wahrman's mark ranks No. 1 in the Big Ten.

THOMAS' BIG TEN LEADING LEAP

Junior Jahisha Thomas highlighted the women's field events on Jan. 21. The long jump school record holder leaped a Big-Ten-leading distance of 6.20m (20-feet 4 1/4 inches) to place second overall.



GOING THE DISTANCE

Senior Tess Wilberding continued her stellar senior season at the Larry Wiczorek Invitational on Jan. 21. Wilberding collected her second event title in the women's mile in as many races. The Troy, Michigan, native recorded a personal best time of 4:54.16, besting her previous time of 5:00.60 set at the Border Battle on Jan. 7.

MEYERS' RECORD DAY

At the Larry Wiczorek Invitational on Jan. 21 senior Avery Meyers recorded two career-best throws. On Meyers' final throw in the prelims, the West Liberty, native, got his first personal best throw, with a mark of 18.39m to qualify for finals.

In finals, Meyers notched his second and biggest PR of the day. His final throw in the finals measured at 18.70m. His throw also ranks 10th in the nation, third in the Big Ten, and third all-time at Iowa.

60-METER TAKEOVER

Sophomore Jacob Gourley entered Iowa's all-time top-10 list in the 60 meters following his performance on Jan. 21. Gourley's time of 6.78 seconds places him 10th all-time, joining three current Iowa athletes -- senior Vinnie Saucer (2nd), sophomore Christian Brissett (T-5th), and sophomore O'Shea Wilson (8th).

BIG TEN LEADERS

Iowa has 10 events that rank in the top-three in the Big Ten:

- Senior Aaron Mallett, 1st in 60-meter hurdles (7.77)
- Sophomore O'Shea Wilson, 1st in long jump (7.86m)
- Freshman Allison Wahrman, 1st in pentathlon (3,421 points)
- Junior Jahisha Thomas, 1st in long jump (6.20m)
- Junior Carter Lilly, 2nd in 600-meters (1:17.30)
- The relay team of sophomore Collin Hofacker, freshman Emmanuel Ogwo, senior Jared Ganschow, and Mallett, 2nd in 4x400m Relay (3:10.17)
- Sophomore Christian Brissett, 3rd in 60-meter dash (6.74)
- Sophomore Tria Seawater-Simmons, 3rd in triple jump (12.83m)
- Sophomore Chris Douglas, 3rd in 60-meter hurdles (7.87)
- Senior Avery Meyers, 3rd in shot put (18.70m)

NEXT ON THE BLOCK

The Hawkeyes hit the road for the first time this season for the Meyo Classic, hosted by Notre Dame. The first event is tentatively scheduled for 3:00 p.m. (CT) on Feb. 3.

2017 INDOOR SEASON LEADERS

MEN

60 Meters	Christian Brissett.....	6.74
60-Meter Hurdles	Aaron Mallett.....	7.77
200 Meters	Emmanuel Ogwo	21.51
400 Meters	Emmanuel Ogwo	48.52
600 Meters	Carter Lilly.....	1:17.30
800 Meters	Anthony Chaidez.....	1:54.86
1,000 Meters	Tysen VanDraksa	2:28.29
Mile	Adam Jones.....	4:13.47
3,000 Meters	Adam Jones.....	8:21.49
1,600-Meter Relay...	Hofacker, Ogwo, Ganschow, Mallett	3:10.17
High Jump.....	Peter Andreano.....	6-4 3/4 (1.95m)
	Brelyn Barclay	6-4 3/4 (1.95m)
Pole Vault	Andy Jatis.....	16-4 3/4 (5.00m)
Long Jump	O'Shea Wilson	25-9 1/2 (7.86m)
Triple Jump	Akinshe Calica-Hill	48-2 1/2 (14.69m)
Shot Put.....	Avery Meyers.....	61-4 1/4 (18.70m)
Weight Throw.....	Reno Tuufuli.....	56-2 1/2 (17.13m)

WOMEN

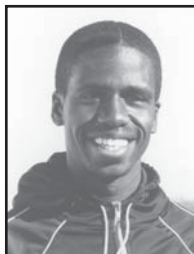
60 Meters	Taylor Chapman	7.58
60-Meter Hurdles	Jahisha Thomas.....	8.46
200 Meters	Briana Guillory	24.36
400 Meters	Brittany Brown	55.32
600 Meters	Alexis Hernandez	1:33.55
800 Meters	Amber Decker	2:17.07
1,000 Meters	Tess Wilberding.....	2:53.74
Mile	Tess Wilberding.....	4:54.16
3,000 Meters	Madison Waymire.....	9:52.04
1,600-Meter Relay...	Kimbro, Guillory, Hernandez, Buss	3:42.17
High Jump.....	Aubrianna Lantrip	5-7 1/4 (1.71m)
Pole Vault	Amy Smith	11-5 3/4 (3.50m)
Long Jump	Jahisha Thomas.....	20-4 1/4 (6.20m)
Triple Jump.....	T. Seawater-Simmons .	42-1 1/4 (12.83m)
Shot Put.....	Laulauga Tausaga	47-10 1/2 (14.59m)
Weight Throw.....	Leah Colbert	55-3 1/2 (16.85m)

* -- school record

INDOOR ALL-TIME TOP TEN PERFORMERS



Justin Austin



Rodney Chambers



Jim Costello



Troy Doris



Bill Hansen



John Hickey



Ethan Holmes

60 Meters

- Justin Austin, 2011 6.69
- Vinnie Saucer, Jr., 20166.70**
- Kurt Felix, 1999..... 6.73
Tevin-Cee Mincy, 2014 6.73
- Josh Larney, 2013 6.74
Christian Brissett, 20176.74
- Troy Doris, 2012 6.75
- O'Shea Wilson, 2016.....6.76**
- Tony Branch, 1999 6.78
Jacob Gourley, 2017.....6.78

60-Meter Hurdles

- Aaron Mallett, 2016.....7.69**
- Jordan Mullen, 2013..... 7.70
- Ethan Holmes, 2013 7.82
- Dion Trowers, 1997 7.87
Chris Douglas, 20177.87
- Russell Peterson, 2004 7.97
- Dan Davis, 2012..... 8.02
- DeRocco Reed, 2000..... 8.03
Keith Brown, 2015 8.03
- Torrey Campbell, 2012 8.09

200 Meters

- Justin Austin, 2011 20.80
- Anthuan Maybank, 1993 21.11
- Bashir Yamini, 1999 21.19
- James Harrington, 2014 21.21
- Ethan Holmes, 2013 21.23
- Tim Dodge, 2000 21.26
- Paul Chaney, Jr., 2009 21.34
- George Page, 1997 21.35
- Zach Digney, 2004 21.39
- Christian Brissett, 201621.43**

400 Meters

- Steven Willey, 2010 46.75
- Terrence Duckett, 1984 46.81
- Mar'yea Harris, 201646.83**
- Andre Morris, 1995 47.15
- Monte Raymond, 1998..... 47.18
- Anthuan Maybank, 1990 47.25
- Patrick Richards, 2011 47.35
- Juan Coleman, 2002 47.40
- DeJuan Frye, 201647.45**
- Jared Ganschow, 201647.51**

600 Meters

- Erik Sowinski, 2012..... 1:16.91
- Carter Lilly, 20171:17.30**
- Will Teubel, 20161:17.55**
- Steven Willey, 2011 1:17.94
- Keaton Rickels, 2012 1:18.19
- Pat McGhee, 1988..... 1:18.30
- Ryan Weir, 2013 1:18.62
- Chris Barton, 2011..... 1:18.75
Brennan Davey, 2014..... 1:18.75
- Neil Flattery, 2014 1:18.78

800 Meters

- Erik Sowinski, 2012..... 1:47.62
- Will Teubel, 20161:47.74**
- Pavlo Hutsalyuk, 2016 1:48.97
- Carter Lilly, 20161:49.09**
- Ryan Weir, 2013 1:49.11
- Adam Hairston, 2010..... 1:49.26
- Nathan Prom, 2013 1:49.29
- Nick Kuczvara, 2010 1:49.59
- Dave Novotny, 1996 1:51.27
- Jim Docherty, 1973..... 1:51.30

Mile

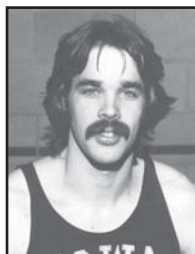
- Jeff Thode, 2011 3:58.72
- Ed DeLashmutt, 1981 4:04.01
- Larry Wiczorek, 1968..... 4:04.40
- Michael Melchert, 2016.....4:05.37**
- John Clark, 1972 4:05.94
- Ben Witt, 2014 4:07.08
- Adam Thomas, 2002 4:07.13
- Kevin Herd, 1992 4:07.26
- Jesse Luciano, 2009 4:07.29
- Jake Berns, 2006..... 4:07.43

3,000 Meters

- Kevin Lewis, 2015 7:57.06
- Jeff Thode, 2011 8:00.38
- Micah VanDenend, 2006 8:00.81
- Michael Melchert, 2016.....8:08.57**
- Eric MacTaggart, 2006 8:08.79
- Stetson Steele, 2000..... 8:09.54
- Ben Witt, 2015 8:10.97
- Dan Haut, 2005 8:11.36
- Kevin Herd, 1994 8:11.51
- Nick Holmes, 2010 8:15.48

5,000 Meters

- Kevin Lewis, 2015 13:43.70
- Micah VanDenend, 2007 13:56.46
- Stetson Steele, 2000..... 14:00.52
- Dan Haut, 2006 14:06.16
- Eric MacTaggart, 2006 14:13.41
- Jeff Thode, 2011 14:16.00
- Matt Esche, 2004..... 14:18.43
- Jeff Kent, 2007..... 14:18.86
- Jesse Luciano, 2009 14:20.99
- Nick Nordheim, 2002 14:22.99



Bill Knoedel



Kevin Lewis



Anthuan Maybank



Aaron Mallett

INDOOR ALL-TIME TOP TEN PERFORMERS



Nathan Prom



Kyle Reid



Patrick Richards



Keaton Rickels



Erik Sowinski



Todd Wigginton



Steven Willey

Heptathlon

1. Kyle Reid, 20135,354 points
2. Dan Rolling, 20105,205 points
3. Jack Eckert, 20155,188 points
4. **William Dougherty, 2016 5,172 points**
5. Ryan Niver, 2008.....5,149 points
6. Frank Prill, 2010.....5,015 points
7. Scott Faber, 2000.....4,784 points
8. Cam Appleman, 1997.....4,685 points
9. Bobby Windauer, 2007.....4,644 points
10. Jacob Drewry, 19954,612 points

High Jump

1. Bill Knoedel, 1976..... 7-3 (2.21)
Bill Hansen, 1978..... 7-3 (2.21)
3. Scott Hudek, 1993 7-0 1/2 (2.15)
Kevin Spejcher, 2015 7-0 1/2 (2.15)
5. Pat Meade, 1987 7-0 1/4 (2.14)
6. Mike Lacy, 1984..... 7-0 (2.13)
7. M. Cunningham, 1984.. 6-11 1/4 (2.11)
8. Jeffery Herron, 2010..... 6-11 (2.11)
Peter Hlavin, 1980 6-11 (2.11)
Brandon Oest, 2010 6-11 (2.11)
Dan Rolling, 2008 6-11 (2.11)
Graham Valdes, 2010 6-11 (2.11)
Peter Andreano, 2016..... 6-11 (2.11)

Pole Vault

1. Todd Wigginton, 1984 17-1 (5.21)
2. Dave Nielsen, 1975..... 16-10 (5.13)
3. Kyle Reid, 2013 16-6 3/4 (5.05)
4. Curt Brock, 1979..... 16-6 (5.03)
5. Alex Zona, 2010..... 16-4 3/4 (5.00)
Andy Jatis, 2017..... 16-4 3/4 (5.00)
7. Phil Wertman, 1971 16-4 (4.98)
8. Jeff Raymond, 2008..... 16-2 (4.93)
9. John Teffer, 1972 16-1 (4.90)
10. **Josh Pelock, 2017.....15-11 (4.85)**

Long Jump

1. Anthuan Maybank, 1992. 26-5 1/2 (8.06)
2. Bashir Yamini, 1998 26-0 1/4 (7.93)
3. **O'Shea Wilson, 2017 25-9 1/2 (7.86)**
4. Darren Smith, 1991 25-2 (7.67)
5. Paul Jones, 1990..... 24-11 1/4 (7.60)
6. Josh Larney, 2013 24-10 (7.57)
7. Ronnie McCoy, 1984..... 24-9 (7.54)
8. Matty Gorman, 2006 24-8 1/2 (7.53)
9. Charles Jones, 1980..... 24-8 1/4 (7.52)
10. Quinn Early, 1986 24-7 1/4 (7.50)

Triple Jump

1. Troy Doris, 2011 54-0 (16.46)
2. Babatunde Amosu, 2015. 52-8 3/4 (16.07)
3. Paul Jones, 1990..... 52-1 1/4 (15.88)
Klyvens Delaunay, 2014.. 52-1 1/4 (15.88)
5. Mike Lacy, 1983 49-0 (14.93)
6. Owen Gill, 1982 48-10 3/4 (14.90)
7. Josh Bean, 2009 48-10 (14.88)
8. David Nsabua, 2013 48-9 (14.86)
9. Kerry Dean, Jr., 2016... 48-8 1/4 (14.84)
10. Gordon Finch, 1988.... 48-3 3/4 (14.72)

Shot Put

1. John Hickey, 2009..... 63-0 (19.20)
2. Jeremy Allen, 2001 ... 62-10 1/2 (19.16)
3. **Avery Meyers, 2017 .. 61-4 1/4 (18.70)**
4. Shane Maier, 2006..... 61-2 (18.64)
5. Gary Kostrubala, 1986. 60-10 3/4 (18.55)
6. Andy Banse, 2005..... 60-9 1/4 (18.52)
7. **Reno Tuufuli, 2016.... 60-8 3/4 (18.51)**
8. Ken Kemeny, 2004..... 60-0 1/2 (18.30)
9. Gabe Hull, 2014..... 59-3 (18.06)
10. Chris Gambol, 1987 59-0 (17.98)

Weight Throw

1. Jim Costello, 2002 69-4 3/4 (21.15)
2. Matt Banse, 2012 67-8 (20.62)
3. Arno van der Westhuizen,
2001 67-7 1/2 (20.61)
4. Adam Hamilton, 2007 66-9 1/4 (20.35)
5. Jeremy Allen, 2001 ... 65-10 1/4 (20.07)
6. Chris Voller, 2005..... 63-4 (19.30)
7. Ryan Lamparek, 2012..... 61-2(18.62)
8. Brad Daufeldt, 2004 ... 60-4 1/2 (18.40)
9. Gabe Hull, 2014..... 59-7 (18.16)
10. Ryan Jordan, 2008 59-0 (17.98)

1,600-Meter Relay

1. Richards, E. Holmes, Sowinski, Willey,
20113:06.66
2. Rozell, Davis, Raymond, Yamini, 19983:06.80
3. **Wolff, Ganschow, Lilly, Harris, 2016.....3:07.24**
4. Coleman, Faber, Strang, Peterson, 2002 ..3:07.44
5. **Wolff, B. Thompson, Ganschow,
Harris, 20163:07.58**
6. Richards, Sowinski, E. Holmes, Willey,
20113:07.84
7. Greer, Williams, Smith, Duckett, 1984.....3:08.14
8. Card, Coleman, Williamson, Dodge, 20013:08.21
9. Davis, Rozell, Page, Morris, 1995.....3:08.77
10. Dodge, Williamson, Card, Peterson, 20013:08.82

3,200-Meter Relay

1. Cooke, Nie, Monsey, Chambers, 1990.....7:13.02
2. Corrigan, Blackman, Strozier, Chambers,
19897:29.00
3. English, Blackman, Strozier, Chambers,
19897:36.20
4. 19777:39.40
5. 19867:40.90
6. Bouske, Herd, Chambers, Koon, 19927:43.94
7. Bouska, Cook, White, Herd, 1992.....7:48.63
8. 19927:49.86
9. 19867:50.10
10. Roseman, Rerko, Novotny, Branigan,
19937:51.36

Distance Medley Relay

1. Prom, Rickels, Sowinski, Thode, 20129:45.41
2. 19999:46.83
3. 19779:48.80
4. 19789:49.70
5. Kuczwarra, Barton, Kuhlman, N. Holmes,
20109:51.05
6. Marchese, Varner, Hairston, Luciano,
20099:52.52
7. Paul, Varner, Hairston, Thode, 2010.....9:52.71
8. **Gardarsson, Ganschow, Hutsalyuk,
Melchert, 20169:52.97**
9. Prom, Richardson, Sowinski, Thode,
20119:57.44
10. Trainor, Faber, Cunningham, Allen, 2002..9:58.14

INDOOR ALL-TIME TOP TEN PERFORMERS



Kineke Alexander



Meghan Armstrong



Brittany Brown



Tracy Dahl



Nicole Erickson



Karesa Farley



Ashlyn Gulvas

60 Meters

1. Lake Kwaza, 20167.33
2. **Brittany Brown, 2014** **7.41**
3. Elaine Jones, 19837.43
4. Peaches Roach, 2005.....7.45
5. Shellene Williams, 20047.50
6. Jiselle Providence, 20027.52
7. Rhonda-Kaye Trusty, 20107.55
Erin Jones, 20117.55
Raven Moore, 20137.55
10. Angela Menson, 19827.57

60-Meter Hurdles

1. Karesa Farley, 20098.21
2. Tiffany Johnson, 2006.....8.33
3. Paula Ruen, 1998.....8.39
4. Sarah Steffen, 20028.45
Renee White, 2008.....8.45
6. **Jahisha Thomas, 2017** **8.46**
7. Colleen Prendergast, 20008.57
8. Tammilee Kerr, 2008.....8.60
9. **Heaven Chandler, 2017** **8.61**
10. Kimberly Stanford, 2008.....8.63

200 Meters

1. Kineke Alexander, 200623.49
2. Lake Kwaza, 201623.54
3. Shellene Williams, 200423.62
4. **Brittany Brown, 2014** **23.63**
5. Marlene Poole, 199423.66
Yolanda Hobbs, 1995.....23.66
7. **Briana Guillory, 2016** **23.69**
8. Erica Broomfield, 199823.81
9. Raven Moore, 2013.....24.00
10. Erin Jones, 201124.01

400 Meters

1. Kineke Alexander, 200751.48
2. Elexis Guster, 201652.36
3. Ellen Grant, 1996.....52.65
4. Shellene Williams, 200452.83
5. Ashley Liverpool, 201154.09
6. **Briana Guillory, 2016**..... **54.24**
7. MonTayla Holder, 201554.32
8. **Alexis Hernandez, 2014**..... **54.91**
9. Tiffany Hendricks, 201155.06
10. Marlene Poole, 199355.20

600 Yards

1. Senta Hawkins, 1987 1:21.06
2. Aisha Hume, 2004 1:21.74
3. Kay Stormo, 1982 1:22.49
4. Nicole Erickson, 2012 1:22.61
5. **Mahnee Watts, 2016**..... **1:22.72**
6. Bethany Praska, 2009 1:23.12
7. Hannah Simonson, 2012 1:23.18
8. Chris Davenport, 1982..... 1:24.14
9. Kaitlyn Nelson, 2015..... 1:24.52
10. Sophia Poncè, 2007 1:24.55

600 Meters

1. Kineke Alexander, 2008 1:27.45
2. Bethany Praska, 2011 1:28.14
3. MonTayla Holder, 2016 1:29.35
4. **Mahnee Watts, 2016**..... **1:30.41**
5. Senta Hawkins, 1987 1:30.77
6. Kaitlyn Nelson, 2013..... 1:31.44
7. Karen Layne, 1990 1:31.45
8. Nicole Erickson, 2012 1:31.71
9. Elexis Guster, 2016..... 1:32.04
10. Kay Stormo, 1982 1:32.30

800 Meters

1. Bethany Praska, 2011 2:05.01
2. Jeanne Kruckeberg, 1989 2:06.38
3. Michelle Lahann, 2004 2:06.83
4. Katharina Trost, 2014 2:07.38
5. **Mahnee Watts, 2014**..... **2:08.79**
6. Adrienne Alexia, 2013 2:08.95
7. Briana Benning, 1996 2:09.22
8. Kaitlyn Nelson, 2013..... 2:09.58
9. MonTayla Holder, 2015 2:10.34
10. Kay Stormo, 1981 2:11.04

Mile

1. McKenzie Melander, 2011..... 4:39.78
2. Jeanne Kruckeberg, 1989 4:40.19
3. Meghan Armstrong, 2006 4:40.59
4. Lauren Hardesty, 2011..... 4:41.01
5. Tina Stec, 1994 4:42.63
6. Betsy Flood, 2010 4:42.70
7. Penny O'Brien, 1981..... 4:43.72
8. Diane Nukuri, 2007..... 4:46.25
9. Michelle Lahann, 2004 4:47.23
10. Amanda Hardesty, 2010 4:48.69

3,000 Meters

1. Tracy Dahl, 1993 9:15.57
2. Meghan Armstrong, 2008 9:17.50
3. Diane Nukuri, 2008..... 9:20.07
4. Betsy Flood, 2011 9:20.09
5. Nan Doak, 1982 9:21.60
6. Jenny Spangler, 1986..... 9:22.41
7. Mareike Schrulle, 2012..... 9:23.97
8. Brooke Eilers, 2012..... 9:27.92
9. McKenzie Melander, 2012..... 9:29.71
10. Krista Anderson, 2006 9:29.75



Lauren Hardesty



Senta Hawkins



Tiffany Hendricks



Tammilee Kerr



Lake Kwaza



Ashley Liverpool



McKenzie Melander

INDOOR ALL-TIME TOP TEN PERFORMERS



Zinnia Miller



Diane Nukuri



Bethany Praska



Peaches Roach



Gail Smith



Jessie Strand



Renee White

5,000 Meters

1. Tracy Dahl, 1993 15:49.52
2. Nan Doak, 1985 15:55.45
3. Racheal Marchand, 2009.....15:55.70
4. Diane Nukuri, 2008..... 16:01.36
5. Jenny Spangler, 1982..... 16:08.74
6. Judy Parker, 1981 16:16.63
7. Betsy Flood, 2011..... 16:20.67
8. Jennifer Brower, 1992..... 16:22.19
9. Nikki Chapple, 2004..... 16:27.04
- 10.Mareike Schrulle, 2012..... 16:29.41

High Jump

1. Peaches Roach, 2005.....6-0 3/4 (1.85)
2. Mary Mol, 1983..... 6-0 (1.83)
3. Khanishah Williams, 20135-11 1/4 (1.81)
4. Becky Kaza, 1995.....5-9 3/4 (1.77)
5. Caleigh Bacchus, 2010.....5-9 1/4 (1.76)
6. Kristi Dinkla, 1985.....5-8 1/2 (1.74)
Kacey Childs, 2001.....5-8 1/2 (1.74)
8. Traci Claussen, 1987 5-8 (1.73)
9. Kathy Gillespie, 19835-7 3/4 (1.72)
- 10.Lynn McMillan, 19885-7 1/4 (1.71)
Tammilee Kerr, 2008.....5-7 1/4 (1.71)
Aubrianna Lantrip, 20175-7 1/4 (1.71)

Pole Vault

1. Jessie Strand, 200412-5 1/2 (3.80)
2. Sarah Burgett, 2007 11-10 (3.61)
3. Kirsten Weismantle, 2011 .11-5 3/4 (3.50)
Amy Smith, 201711-5 3/4 (3.50)
4. Brittany Holst, 2013.....11-3 3/4 (3.45)
5. Katie Truedson, 2010.....10-11 3/4 (3.35)
7. Gina Shannon, 2001 10-6 (3.20)
8. Kacey Childs, 2001..... 9-0 (2.75)
9. Amy Kasparbauer, 2000..... 8-0 (2.44)

Long Jump

1. **Jahisha Thomas, 201620-4 1/2 (6.21)**
2. Zinnia Miller, 2014.....20-4 1/4 (6.20)
3. Carisa Leacock, 201419-9 1/2 (6.03)
4. Lisa Moats, 1986 19-6 (5.95)
5. Cassidy Ellis, 2015.....19-5 1/2 (5.93)
6. Renee White, 2006.....19-3 1/4 (5.87)
7. Tiffany Johnson, 2007.....19-2 1/2 (5.85)
8. Davera Taylor, 198419-1 1/2 (5.83)
9. Yolanda Hobbs, 1993..... 19-1 (5.80)
- 10.Kamesha Marshall, 2005 .18-11 1/4 (5.77)

Triple Jump

1. Renee White, 2008..... 42-4 (12.90)
2. **T. Seawater-Simmons, 2017 42-1 1/4 (12.83)**
3. Tiffany Johnson, 2007.....41-3 3/4 (12.59)
4. Zinnia Miller, 2014.....41-2 1/2 (12.56)
5. Carisa Leacock, 201240-5 1/2 (12.33)
6. **Allison Wahrman, 2017 39-10 (12.14)**
7. Becki Borg, 1987..... 39-6 (12.04)
8. **Hannah Schlib, 201738-7 3/4 (11.78)**
9. Lynn McMillan, 1988 38-2 (11.63)
- 10.Sarah Ryan, 2014.....37-5 1/4 (11.41)

Shot Put

1. Gail Smith, 1985 51-0 (15.54)
2. Lisa Van Steenwyk, 1993 . 50-5 1/4 (15.37)
3. Kamesha Marshall, 2005 . 49-2 1/4 (14.99)
4. Denise Taylor, 1992 48-9 (14.86)
5. Rachel Curry, 2013 48-2 1/2(14.69)
6. **Laulauga Tausaga, 2017 47-10 1/2 (14.59)**
7. Megan Maurer, 1995..... 47-5 3/4 (14.47)
8. Laura Kriener, 1990 47-5 (14.45)
Courtney Fritz, 2014.....47-5 (14.45)
- 10.**Erika Hammond, 201747-0 1/4 (14.33)**

Weight Throw

1. Ashlyn Gulvas, 2013 63-6 (19.35)
2. Jasmine Simpson, 2013 ... 62-6 1/2 (19.06)
3. Annemie Smith, 2014..... 61-4 (18.69)
4. Kelsey Taylor, 2011 60-4 1/2 (18.40)
5. Majesty Tutson, 2011.....58-4 (17.78)
6. Becca Franklin, 2007 58-3 1/4 (17.76)
7. Chelsea Colpitts, 201356-4 (17.17)
8. Erin O'Hern, 2008.....56-3 (17.14)
9. **Leah Colbert, 2017.....55-3 1/2 (16.85)**
- 10.Mandy Chandler, 2009 54-4 1/2 (16.57)

Pentathlon

1. Tammilee Kerr, 2008.....3,974 points
2. Chris Davenport, 1983.....3,798 points
3. Kamesha Marshall, 20053,701 points
4. Tiff Pedersen, 2004.....3,511 points
5. Sarah Ryan, 2013 3,472 points
6. Maureen Abel, 1979.....3,427 points
7. **Allison Wahrman, 2017..... 3,421 points**
8. Zinnia Miller, 2012.....3,416 points
9. Janet Adams, 19813,360 points
- 10.Janelle Jaspers, 19873,366 points

1,600-Meter Relay

1. Holder, **Guillory, Hernandez**, Guster, 2016 3:32.93
2. Holder, Guster, **Hernandez, Guillory**, 2016 3:36.47
3. Liverpool, Hendricks, Praska, Erickson, 2011 3:36.97
4. Holder, **Hernandez**, Guster, **Guillory**, 2016 3:36.99
5. **Hernandez**, Holder, Guster, **Watts**, 2014..... 3:37.16
6. Liverpool, Hendricks, Erickson, Praska, 2011 3:37.58
7. Kwaza, Guster, Holder, **Watts**, 2015 3:37.84
8. Kwaza, Holder, **Watts**, Guster, 2015 3:38.56
9. Guster, Holder, **Watts, Hernandez**, 2014..... 3:38.62
- 10.Hendricks, Erickson, Praska, Liverpool, 2011 3:39.15

Distance Medley Relay

1. Armstrong, Alexander, L. Hardesty, Nukuri, 2008..... 11:20.11
2. Melander, Hendricks, L. Hardesty, Eilers, 2011 11:22.44
3. Stormo, Davenport, Williams, O'Brien, 1981 11:23.02
4. Melander, Praska, Hendricks, Flood, 2011 11:24.47
5. Flood, Hendricks, L. Hardesty, Melander, 2010..... 11:25.01
6. Melander, Hendricks, Flood, Marchand, 2009 11:27.34
7. Benning, Poole, Salsberry, Stec, 1994 11:28.03
8. Stormo, Davenport, Hayden, Doak, 1982..... 11:29.54
Armstrong, Granger, Stanley, K. Anderson, 2006 11:29.54
- 10.Lahann, Williams, Stanley, Arens, 2004..... 11:30.36