

# IOWA TRACK & FIELD 2017

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



April 5, 2017

TRACK AND FIELD CONTACT: JACK ROSSI | EMAIL: JACK-ROSSI@UIOWA.EDU | Phone: 319-335-9411 | hawkeyesports.com

## 2017 IOWA TRACK & FIELD OUTDOOR SCHEDULE

Date	Meet
Mar. 17-18	Baldy Castillo Invitational (Tempe, Ariz.)
Mar. 30-1	Florida Relays (Gainesville, Fla.)
Mar. 31	Stanford Invitational (Palo Alto, Calif.)
Mar. 31	San Francisco Distance Carnival (San Francisco, Calif.)
Apr. 6-8	Jim Click Shootout (Tucson, Ariz.)
Apr. 13-15	Mt. Sac Relays (Torrance, Calif.)
<b>Apr. 22</b>	<b>Musco Twilight (Iowa City, Iowa)</b>
Apr. 26-29	Drake Relays (Des Moines, Iowa)
May 12-14	Big Ten Championships (State College, Penn.)
Mar. 11-12	NCAA West Preliminary (Austin, Texas)

## IOWA COACHING STAFF

<b>Joey Woody</b> .....	Director of Track & Field
<b>Randy Hasenbank</b> .....	Associate Head Cross Country Assistant Track & Field Coach
<b>Clive Roberts</b> .....	Associate Head Coach
<b>Jason Wakenight</b> .....	Assistant Coach Director of Recruiting
<b>Andrew Dubs</b> .....	Assistant Coach
<b>Paige Knodle</b> .....	interim Assistant Coach
<b>Kate See</b> .....	Director of Operations

### THIS WEEK

The University of Iowa track and field team travels to Tucson, Arizona, for the Jim Click Shootout. The meet runs April 6-8 at Roy P. Drachman Stadium on the campus of the University of Arizona. The decathlon and heptathlon run Thursday and Friday and the track and field events begin Saturday April 8. The meet begins at 9 a.m. (CT) on Thursday, 8 a.m. on Friday, and 7 a.m. on Saturday.

### FOLLOW ALONG

Live results will be available through the team's schedule page on [hawkeyesports.com](http://hawkeyesports.com) or on [hawkeyesports.com/tracklive](http://hawkeyesports.com/tracklive). Follow the team's twitter account @iowaxc\_tf for live updates of the meets.

### TAUSAGA SETS DISCUS SCHOOL RECORD

At the Florida Relays on April 1, freshman Lauauga Tausaga set the school discus record in the second outdoor collegiate meet of her career. Her mark of 56.10 meters (184 feet, 1 inch) bested the previous record by almost a meter. Tausaga ranks first in the Big Ten and sixth in the nation.

### MEN'S 4X200 RELAY SETS SCHOOL RECORD

The men's 4x200 meter relay team of junior O'Shea Wilson, senior Brendan Thompson, freshman Collin Hofacker, and senior Jared Ganschow erased the school record on the event. They finished in 1:23.02 to best the previous time set in 2016 in which Thompson and Ganschow were also apart of.

### HOFACKER'S BIG WEEKEND

Freshman Collin Hofacker had a busy weekend at the Florida Relays. The Freedom, Wisconsin, native set two personal bests in the 200 meters (21.57) and 400 meters (46.70) and competed in the 4x200 meter relay and 4x400 meter relay. Hofacker ran the third leg of the 4x400 meter relay that notched one of the top times in Iowa history (third, 3:03.78), the sixth best time in the country, and top time in the Big Ten. Hofacker is one of thee freshmen to rank in the top 20 overall in the 200 meters.

### MYLENEK LEADS STEEPLECHASE RACE

Freshman Nathan Mylenek boasts one of the best times in the country in the men's 3,000 meter steeplechase. Mylenek ran a career-best 9:56.93 at the San Francisco State Distance Carnival. He now ranks in Iowa's all-time top 10 at fourth, is 20th in the nation on the event, and leads the Big Ten. He is one of five freshmen ranked in the top-25 in the NCAA.

### COUNTING CURRENT ALL-TIME HAWKEYES

The men have 16 current athletes in Iowa's all-time top 10, led by Aaron Mallett (110-meter hurdles) and William Dougherty (Decathlon) who hold school records in their respective events. The women have 11 athletes in the top-10 and three school record holders on the roster in Briana Guillory (100 meters), Brittany Brown (200 meters), and Lauauga Tausaga (Discus).



## SCHEDULE CHANGE

The track and field team altered their competition schedule heading into the week of April 3. The Hawkeyes were originally scheduled to compete at the Sun Angel Classic, hosted by Arizona State on April 6-8. Iowa is now heading to the University of Arizona instead for the Jim Click Shootout. The meet is scheduled to run April 6-8.

## BIG TEN LEADERS

Through two meets, the Hawkeyes have five Big Ten leaders, including three relays.

- Sophomore Mar'yea Harris leads the 400 meter group with a time of 45.73.
- Freshman Nathan Mylenek is atop the 3,000 meter steeplechase leaderboard with a time of 8:56.93.
- The men's 4x400 meter relay team of freshman Emmanuel Ogwo, Harris, freshman Collin Hofacker, and junior Carter Lilly (3:03.78).
- The men's 4x100 meter relay team of senior Aaron Mallett, junior O'Shea Wilson, Ogwo, and Harris (39.49).
- The women's 4x100 meter relay of sophomore Taylor Chapman, sophomore Briana Guillory, senior Alexis Hernandez and junior Brittay Brown (44.34).
- Freshman Laulauga Tausaga leads the women's discus throw (56.10m)

## NCAA LEADERS

Iowa has two events and two relays ranked in the top 10 in the NCAA. Sophomore Mar'yea Harris is third in the nation in the 400 meters (45.73) and freshman Laulauga Tausaga is sixth in the discus throw (56.10m). The men's and women's 4x400 meter relays rank sixth and ninth, respectively.

## RETURNING RECORD HOLDERS

Iowa has five outdoor school-record holders on the team who are returning in 2017-- Aaron Mallett (110-meter high hurdles, 13.40), Briana Guillory (100 meters, 11.35 and 200 meters, 22.89), Brittay Brown (200 meters, 22.89), William Dougherty (Decathlon, 7,311 points), and Marta Bote Gonzalez (3,000-meter steeplechase, 10:23.15).

## RETURNING BIG TEN CHAMPIONS

Iowa returns 2016 Big Ten Champions on two events and two relays in 2017. Senior Aaron Mallett won the Big Ten Championship in the 110-meter hurdles in 2016 and returns to defend his title along with reigning Big Ten freshman of the Year Briana Guillory, who took home the 200-meter title. The men's Big Ten Championship winning 400-meter relay returns three of its four athletes in sophomore Christian Brissett, and Mallett. The women's 1,600-Meter relay returns two athletes-- senior Alexis Hernandez and Guillory.

## NEXT ON THE BLOCK

The Hawkeyes head back to California for the Mt. Sac Relays on April 13-15 in Torrance, California. The three-day meet is set to begin at 6:30 p.m. (CT) on Thursday.

## 2017 OUTDOOR SEASON LEADERS

### MEN

100 Meters.....	Aaron Mallett.....	10.47
110-Meter Hurdles.....	Chris Douglas.....	14.40
200 Meters.....	Mar'yea Harris.....	20.94
400 Meters.....	Mar'yea Harris.....	45.73
400-Meter Hurdles.....	Noah Larrison.....	51.02
800 Meters.....	Carter Lilly.....	1:48.09
1,500 Meters.....	Adam Jones.....	3:47.72
3,000 Steeplechase.....	Nathan Mylenek.....	8:56.93
400-Meter Relay.....	Mallett, Wilson, Ogwo, Harris.....	39.49
800-Meter Relay.....	James, Mallett, Harris, B. Thompson.....	3:18.73
1,500 Meters.....	Adam Jones.....	3:47.72
3,000 Steeplechase.....	Nathan Mylenek.....	8:56.93
5,000 Meters.....	Adam Jones.....	14:11.52
10,000 Meters.....	Ian Eklin.....	31:03.11
1,600-Meter Relay.....	Ogwo, Harris, Hofacker, Lilly.....	3:03.78
3,200-Meter Relay.....	N. Teubel, Manternach, Chaidez, W. Teubel.....	7:30.74
Dist. Medley Relay.....	N. Teubel, Dorman, W. Teubel, VanDraska.....	10:17.38=9
High Jump.....	Erik Miller.....	6-3 3/4 (1.93m)
Pole Vault.....	Andy Jatis.....	16-0 3/4 (4.90m)
Long Jump.....	Antwon James.....	23-0 3/4 (7.03m)
Triple Jump.....	Antwon James.....	50-11 (15.52m)
Shot Put.....	Reno Tuufuli.....	61-4 3/4 (18.71m)
Discus.....	Reno Tuufuli.....	193-8 1/4 (59.04m)
Javelin.....	Alex Balke.....	201-6 (61.42m)

### WOMEN

100 Meters.....	Briana Guillory.....	11.71
100-Meter Hurdles.....	Jahisha Thomas.....	13.46
200 Meters.....	Alexis Hernandez.....	24.15
400 Meters.....	Mallory King.....	57.37
400-Meter Hurdles.....	Sheridan Champe.....	1:01.37
800 Meters.....	Tia Saunders.....	2:12.88
1,500 Meters.....	Tess Wilberding.....	4:28.62
3,000 Steeplechase.....	Marta Bote Gonzalez.....	10:34.93
5,000 Meters.....	Andrea Shine.....	16:43.48
400-Meter Relay.....	Chapman, Guillory, Hernandez, Brown.....	44.34
800-Meter Relay.....	Chapman, Guillory, Hernandez, Brown.....	* 1:35.36
1,600-Meter Relay.....	Guillory, Brown, Hernandez, Champe.....	3:32.67
Sprint Medley Relay.....	.....	4:00.39
3,200-Meter Relay.....	Saunders, Decker, King, Arco.....	8:56.21
Dist. Medley Relay.....	Saunders, Arco, Decker, Sindt.....	12:14.89
High Jump.....	Kelli DeGeorge.....	5-6 3/4 (1.70m)
Long Jump.....	Gillian Urycki.....	18-0 3/4 (5.51m)
Triple Jump.....	Jahisha Thomas.....	41-3 1/4 (12.58m)
Shot Put.....	Laulauga Tausaga.....	46-2 (14.07m)
Discus.....	Laulauga Tausaga.....	* 184-1 (56.10m)
Hammer.....	Leah Colbert.....	173-3 (52.80m)
Javelin.....	Jenny Kimbro.....	104-11 1/2 (31.74m)

\* -- school record

# OUTDOOR ALL-TIME TOP TEN PERFORMERS



Jeremy Allen



Justin Austin



Matt Byers



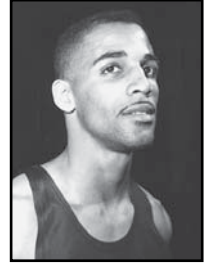
Troy Doris



Jeffery Herron



Gabe Hull



Deacon Jones

## 100 Meters

1. Justin Austin, 2011 .....	10.21
2. George Page, 1996 .....	10.25
3. James Harrington, 2015 .....	10.26
4. Anthuan Maybank, 1994 .....	10.31
Tim Dwight, 1997 .....	10.31
Josh Larney, 2013 .....	10.31
Vinnie Saucer, Jr., 2015.....	10.31
8. Bob Lawson, 1976 .....	10.36
9. Robert Smith, 1984 .....	10.39
10. Curtis Chang, 1987 .....	10.40

## 110-Meter High Hurdles

<b>1. Aaron Mallett, 2015.....</b>	<b>13.40</b>
2. Pat McGhee, 1989.....	13.50
3. Dion Trowers, 1996 .....	13.62
4. Ronnie McCoy, 1985.....	13.66
5. Ethan Holmes, 2011 .....	13.73
6. Jordan Mullen, 2013.....	13.76
7. James Armstrong, 1991.....	13.89
8. Dan Davis, 2012.....	14.01
9. Doug Jones, 1986 .....	14.06
10. Chris Williams, 1983.....	14.24

## 200 Meters

1. Justin Austin, 2011 .....	20.31
2. Jeff Patrick, 1983 .....	20.47
3. James Harrington, 2015 .....	20.50
4. Anthuan Maybank, 1994 .....	20.55
5. Victor Green, 1984 .....	20.60
6. Andre Morris, 1995 .....	20.64
7. George Page, 1996 .....	20.67
8. Terrence Duckett, 1982 .....	20.74
9. Tim Dodge, 2002 .....	20.78
10. Bashir Yamini, 1999 .....	20.82
O'Shea Wilson, 2014 .....	20.82

## 400 Meters

1. Anthuan Maybank, 1993 .....	44.99
2. Andre Morris, 1995 .....	45.15
3. Mike Mondane, 1967 .....	45.20
<b>4. Mar'yea Harris, 2017 .....</b>	<b>45.73</b>
5. Steven Willey, 2010 .....	45.78
6. Gary Hollingsworth, 1963.....	46.30
<b>7. Dejuan Frye, 2016.....</b>	<b>46.41</b>
8. Harold Leonard, 1986.....	46.45
9. Tony Branch, 1999 .....	46.60
10. Prince Riley, 2007 .....	46.61

## 400-Meter Hurdles

1. Pat McGhee, 1988.....	48.83
2. Monte Raymond, 1998.....	50.09
3. Ray Varner, 2010 .....	50.24
4. Paul Steele, 1989.....	50.45
5. Russell Peterson, 2001 .....	50.50
6. Ethan Holmes, 2013 .....	50.51
7. Adam Kunkel, 2001 .....	50.73
8. Jon Reimer, 1967 .....	50.94
<b>Noah Larrison, 2016.....</b>	<b>50.94</b>
<b>10. Mitch Wolff, 2016 .....</b>	<b>50.96</b>

## 800 Meters

1. Erik Sowinski, 2012.....	1:45.90
<b>2. Carter Lilly, 2016 .....</b>	<b>1:47.32</b>
3. Bill Frazier, 1962 .....	1:47.64
4. D'Juan Strozier, 1990 .....	1:47.82
5. Adam Hairston, 2011.....	1:48.10
<b>6. Will Teubel, 2015 .....</b>	<b>1:48.60</b>
7. Michael Layne, 1999 .....	1:49.61
8. Bill Thiesen, 1985 .....	1:49.74
9. Pavlo Hutsalyuk .....	1:49.94
10. Ryan Weir, 2013 .....	1:50.01

## 1,500 Meters

1. Jeff Thode, 2010 .....	3:43.02
2. Joel Moeller, 1978 .....	3:44.01
3. Jim Docherty, 1978.....	3:44.30
4. Sam Fourman, 2015 .....	3:44.50
5. Dan Waters, 1986.....	3:46.35
6. Kevin Herd, 1994 .....	3:46.64
7. John Clark, 1977 .....	3:46.84
<b>8. Adam Jones, 2017.....</b>	<b>3:47.72</b>
9. Ted Wheeler, 1956 .....	3:48.24
<b>10. Michael Melchert, 2016.....</b>	<b>3:48.35</b>

## 3,000-Meter Steeplechase

1. Deacon Jones, 1956.....	8:47.40
2. Steve Pershing, 1978 .....	8:54.59
3. Andy Morris, 2000.....	8:56.21
<b>4. Nathan Mylenek, 2017 .....</b>	<b>8:56.83</b>
5. Matt Gerard, 1994.....	8:57.01
6. Andy Napier, 2008.....	8:57.54
7. Rollie Kitt, 1967 .....	9:02.90
8. Al Greene, 1985.....	9:02.96
9. Tony Rakaric, 2005 .....	9:03.29
10. Mark Battista, 2010 .....	9:04.60

## 5,000 Meters

1. Micah VanDenend, 2007 .....	13:49.31
2. Larry Wiczorek, 1968.....	13:56.00
3. Kevin Herd, 1993 .....	13:59.00
4. Stetson Steele, 2000.....	14:02.76
5. Kevin Lewis, 2014 .....	14:02.78
6. Eric MacTaggart, 2005 .....	14:04.79
7. Dan Haut, 2006 .....	14:07.30
8. Jesse Luciano, 2010.....	14:08.71
<b>9. Adam Jones, 2017.....</b>	<b>14:11.52</b>
10. Matt Esche, 2006.....	14:12.07



Aaron Mallett



Carter Lilly



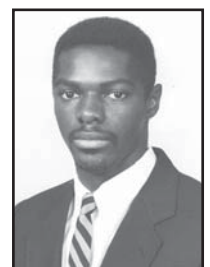
Jeff Thode



Erik Sowinski



Mar'yea Harris



Anthuan Maybank

# OUTDOOR ALL-TIME TOP TEN PERFORMERS



Kyle Reid



Will Dougherty



Stetson Steele



Reno Tuufuli



Micah VanDenend



Todd Wigginton



Arno  
van der Westhuizen

## 10,000 Meters

1. Stetson Steele, 2000.....28:44.47
2. Eric MacTaggart, 2006.....28:50.23
3. Kevin Lewis, 2015.....28:59.62
4. Nick Nordheim, 2002.....29:44.71
5. Trent Corey, 2002.....29:45.25
6. Chad Schwitters, 1999.....29:56.00
7. Nick Holmes, 2010.....30:02.31
8. Dan Haut, 2006.....30:03.08
9. Kevin Herd, 1994.....30:05.21
10. Paul Sarris, 2001.....30:08.40

## Decathlon

1. **William Dougherty, 2016.....7,311 pts**
2. Kyle Reid, 2013.....7,203 pts
3. Jack Eckert, 2015.....7,087 pts
4. Dan Rolling, 2010.....6,957 pts
5. Scott Faber, 2000.....6,839 pts
6. Ryan Niver, 2008.....6,837 pts
7. Chad Ohly, 1994.....6,641 pts
8. Gary Kostrubala, 1984.....6,498 pts
9. Frank Prill, 2008.....6,381 pts
10. Jacob Drewry, 1994.....5,820 pts

## High Jump

1. Jeffery Herron, 2012.....7-4 1/4 (2.24)
2. Bill Hansen, 1978.....7-4 (2.23)
- Bill Knoedel, 1975.....7-4 (2.23)
4. Kevin Spejcher, 2014.....7-2 1/2 (2.20)
5. M. Cunningham, 1986.....7-1 (2.16)
- Kenneth Lansing, 1988.....7-1 (2.16)
7. Pat Meade, 1987.....7-0 1/4 (2.14)
8. Graham Valdes, 2012.....6-11 3/4 (2.12)
9. Peter Hlavin, 1979.....6-11 (2.11)
- Scott Hudek, 1993.....6-11 (2.11)
- Jeremy Petsche, 2008.....6-11 (2.11)
- Brandon Oest, 2012.....6-11 (2.11)

## Pole Vault

1. Todd Wigginton, 1984.....17-0 (5.18)
2. Chad Ohly, 1994.....16-8 3/4 (5.10)
- Kyle Reid, 2013.....16-8 3/4 (5.10)
4. Curt Broek, 1978.....16-8 (5.08)
5. Phil Wertman, 1971.....16-7 (5.05)
- Kelly Scott, 1988.....16-7 (5.05)
7. John Teffer, 1972.....16-2 (4.93)
8. Alex Zona, 2009.....16-0 3/4 (4.90)
- Andy Jastis, 2017.....16-0 3/4 (4.90)**
10. Steve Brewer, 1983.....16-0 (4.88)
- Doug Pennino, 1985.....16-0 (4.88)

## Long Jump

1. Anthuan Maybank, 1993.....27-1 (8.25)
2. Bashir Yamini, 1997.....26-8 1/4 (8.13)
3. Paul Jones, 1989.....25-10 1/4 (7.88)
4. Darren Smith, 1991.....25-9 3/4 (7.86)
5. Quinn Early, 1986.....25-7 1/4 (7.80)
6. Ed Gordon, 1931.....25-4 3/8 (7.68)
- 7. O'Shea Wilson, 2014.....25-2 (7.67)**
8. Matty Gorman, 2006.....25-1 1/4 (7.65)
9. Ronnie McCoy, 1985.....25-0 (7.62)
10. Jeffery Herron, 2010.....24-9 (7.54)

## Triple Jump

1. Troy Doris, 2012.....54-8 (16.66)
2. Babatunde Amosu, 2015.....53-10 (16.15)
3. Paul Jones, 1990.....53-9 (16.38)
4. Klyvens Delaunay, 2013...52-2 1/2 (15.91)
- 5. Antwon James, 2017.....50-11 (15.52m)**
6. Gordon Finch, 1988.....50-9 1/4 (15.47)
7. Mike Lacy, 1984.....50-5 (15.36)
8. Pat Miller, 1985.....49-8 1/2 (15.25)
9. Matty Gorman, 2008.....49-2 1/2 (15.00)
10. Owen Gill, 1982.....49-1 (14.96)

## Shot Put

1. Jeremy Allen, 2001.....63-2 3/4 (19.27)
2. Ken Kemeny, 2005.....62-3 (18.97)
3. Shane Maier, 2006.....62-2 1/4 (18.95)
4. Andy Banse, 2005.....61-11 1/2 (18.88)
5. John Hickey, 2008.....61-9 1/2 (18.83)
- 6. Reno Tuufuli, 2017.....61-4 3/4 (18.71)**
- 7. Avery Meyers, 2017.....60-3 3/4 (18.38)**
8. Chris Gambol, 1987.....60-0 1/2 (18.30)
9. A.J. Curtis, 2008.....59-8 1/4 (18.19)
10. Gabe Hull, 2014.....59-4 1/4 (18.09)

## Discus

1. Gabe Hull, 2014.....207-1 (63.11)
2. A.J. Curtis, 2007.....202-11 (61.84)
3. Gary Kostrubala, 1986.....202-4 (61.68)
- 4. Reno Tuufuli, 2016.....199-2 (60.71)**
5. Jeremy Allen, 2001.....195-4 (59.54)
6. Tim Brodersen, 2005.....193-6 (58.98)
7. Brad Daufeldt, 2004.....185-0 (56.40)
- 8. Avery Meyers, 2017.....182-7 (55.65m)**
9. Nick Brayton, 2009.....180-11 (55.15)
10. Andy Banse, 2005.....180-0 (54.86)

## Hammer

1. A. van der Westhuizen, 2001 222-11 (67.94)
2. Adam Hamilton, 2007.....222-2 (67.73)
3. Jim Costello, 2002.....217-7 (66.32)
4. Brad Daufeldt, 2004.....207-10 (63.34)
5. Chris Voller, 2005.....206-0 (62.80)
6. Matt Banse, 2012.....201-11 (61.55)
7. Jeremy Allen, 2001.....199-0 (60.66)
8. Ben Stancombe, 2011.....197-6 (60.20)
9. Ryan Jordan, 2007.....184-6 (56.23)
- Mark Shapveld, 2009.....184-6 (56.23)

## Javelin

1. Matt Byers, 2011.....245-8 (74.89)
2. Bill Neumann, 2002.....244-8 (74.58)
3. Dan Ralph, 2000.....227-10 (69.44)
4. Sam Joens, 2015.....211-5 3/4 (64.45)
5. Zach Schimp, 2010.....211-0 (64.32)
- 6. Alex Balke, 2016.....205-11 (62.77)**
7. Kale Katt, 2007.....204-0 (62.17)
8. Joel Storm, 2004.....203-5 (62.01)
9. Matt Stank, 2001.....199-0 (60.66)
10. Jack Eckert, 2015.....188-9 (57.53)

# OUTDOOR ALL-TIME TOP TEN PERFORMERS



Kineke Alexander



Meghan Armstrong



Marta Bote  
Gonzalez



Brittany Brown



Nan Doak



Aisha James



Tiffany Johnson

## 100 Meters

1. **Briana Guillory, 2016** ..... 11.35
2. Lake Kwaza, 2015 ..... 11.40
3. **Brittany Brown, 2015** ..... 11.42
4. Vivien McKenzie, 1985 ..... 11.45
5. Davera Taylor, 1984 ..... 11.51
6. Erica Broomfield, 1998 ..... 11.53
7. Jiselle Providence, 2001 ..... 11.57
8. Tanja Reid, 1994 ..... 11.60
9. Peaches Roach, 2005 ..... 11.60
10. Yolanda Hobbs, 1995 ..... 11.62

## 100-Meter Hurdles

1. Tiffany Johnson, 2007 ..... 13.20
2. **Jahisha Thomas, 2017** ..... 13.46
3. Karessa Farley, 2009 ..... 13.53
4. C. Prendergast, 1999 ..... 13.60
5. Paula Ruen, 2000 ..... 13.60
6. Sarah Steffen, 2002 ..... 13.65
7. **Jenny Kimbro, 2017** ..... 13.85
8. Ruqayya Raheem, 1998 ..... 13.90
9. **Heaven Chandler, 2016** ..... 13.91
10. Brenda Calhoun, 1984 ..... 13.94

## 200 Meters

1. **Brittany Brown, 2015** ..... 22.89
2. **Briana Guillory, 2016** ..... 22.89
3. Elexis Guster, 2016 ..... 23.03
4. Lake Kwaza, 2016 ..... 23.17
5. Shellene Williams, 2004 ..... 23.50
6. Kineke Alexander, 2006 ..... 23.58
7. Davera Taylor, 1984 ..... 23.59
8. Vivien McKenzie, 1985 ..... 23.61
9. Yolanda Hobbs, 1995 ..... 23.65
10. Erin Jones, 2012 ..... 23.71

## 400 Meters

1. Kineke Alexander, 2006 ..... 51.35
2. Elexis Guster, 2016 ..... 51.85
3. Shellene Williams, 2004 ..... 51.94
4. Ashley Liverpool, 2012 ..... 52.47
5. Ellen Grant, 1996 ..... 52.65
6. **Alexis Hernandez, 2016** ..... 53.82
7. Senta Hawkins, 1988 ..... 54.01
8. Bethany Praska, 2011 ..... 54.01
9. Marlene Poole, 1994 ..... 54.03
10. Elaine Jones, 1983 ..... 54.40

## 400-Meter Hurdles

1. Mary Knoblauch, 1981 ..... 56.16
2. Wynsome Cole, 1998 ..... 56.67
3. MonTayla Holder, 2014 ..... 56.70
4. Chris Davenport, 1981 ..... 59.18
5. Hannah Simonson, 2012 ..... 59.54
6. Sarah Steffen, 2002 ..... 59.59
7. Tiffany Hendricks, 2011 ..... 59.63
8. Nicole Erickson, 2012 ..... 59.77
9. Beverly Powell, 1991 ..... 59.96
10. Kelsey Quinn, 2012 ..... 59.99

## 800 Meters

1. Bethany Praska, 2011 ..... 2:03.78
2. Kay Stormo, 1982 ..... 2:05.67
3. Michelle Lahann, 2004 ..... 2:06.79
4. Katharina Trost, 2015 ..... 2:07.09
5. **Mahnee Watts, 2016** ..... 2:07.41
6. Aisha Hume, 2005 ..... 2:08.50
7. Adrienne Alexia, 2013 ..... 2:08.61
8. Jeanne Kruckeberg, 1987 ..... 2:08.75
9. Kaitlyn Nelson, 2013 ..... 2:08.83
10. Ann Pare, 1997 ..... 2:09.25

## 1,500 Meters

1. Meghan Armstrong, 2006 ..... 4:17.41
2. Betsy Flood, 2010 ..... 4:17.75
3. Jeanne Kruckeberg, 1989 ..... 4:19.71
4. McKenzie Melander, 2012 ..... 4:20.22
5. Lauren Hardesty, 2009 ..... 4:20.40
6. Diane Nukuri, 2007 ..... 4:20.95
7. Penny O'Brien, 1985 ..... 4:21.43
8. Kay Stormo, 1982 ..... 4:22.24
9. Michelle Lahann, 2004 ..... 4:24.00
10. Shannon Stanley, 2006 ..... 4:25.08

## 3,000 Meters

1. Diane Nukuri, 2008 ..... 9:18.82
2. Penny O'Brien, 1985 ..... 9:20.61
3. McKenzie Melander, 2012 ..... 9:21.59
4. Betsy Flood, 2010 ..... 9:22.63
5. Nan Doak, 1985 ..... 9:23.04
6. Tracy Dahl, 1992 ..... 9:23.53
7. Meghan Armstrong, 2006 ..... 9:28.03
8. Brooke Eilers, 2011 ..... 9:30.08
9. Jeanne Kruckeberg, 1989 ..... 9:30.69
10. Jennifer Brower, 1992 ..... 9:34.59

## 3,000-Meter Steeplechase

1. **Marta Bote Gonzalez, 2015** ..... 10:23.15
2. Danielle Berndt, 2011 ..... 10:26.54
3. Jessica Schmidt, 2008 ..... 10:27.18
4. Sarah Arens, 2004 ..... 10:34.50
5. Hannah Roeder, 2011 ..... 10:35.22
6. Kelsey Hart, 2011 ..... 10:47.56
7. Katie Ellis, 2010 ..... 11:02.62
8. Michelle Lahann, 2003 ..... 11:16.21
9. Becca Thompson, 2003 ..... 11:19.50

## 5,000 Meters

1. Nan Doak, 1985 ..... 15:45.84
2. McKenzie Melander, 2012 ..... 15:57.13
3. Diane Nukuri, 2008 ..... 15:59.39
4. Betsy Flood, 2011 ..... 16:04.46
5. Meghan Armstrong, 2008 ..... 16:08.83
6. Brooke Eilers, 2011 ..... 16:11.86
7. Mareike Schrulle, 2013 ..... 16:12.66
8. Jenny Spangler, 1983 ..... 16:17.21
9. Tracy Dahl, 1992 ..... 16:18.77
10. Racheal Marchand, 2008 ..... 16:27.02



Diane Nukuri



Tammilee Kerr



Vivien McKenzie



Bethany Praska

# OUTDOOR ALL-TIME TOP TEN PERFORMERS



Alana Redfern



Peaches Roach



Annemie Smith



Jessie Strand



Laulauga Tausaga



Lisa Van Steenwyk



Renee White

## 10,000 Meters

1. Diane Nukuri, 2008 ..... 33:17.01
2. Jennifer Brower, 1991 ..... 33:23.38
3. Meghan Armstrong, 2008 ..... 33:28.00
4. Nan Doak, 1985 ..... 33:33.03
5. Jenny Spangler, 1983 ..... 33:39.24
6. Racheal Marchand, 2008..... 34:05.87
7. McKenzie Melander, 2012 ..... 34:29.83
8. Tracy Dahl, 1992..... 34:30.09
9. Betsy Flood, 2011..... 35:05.10
10. Nikki Chapple, 2004 ..... 35:06.35

## Heptathlon

1. Tammilee Kerr, 2008..... 5,633 pts
2. Kathy Gillespie, 1983..... 5,262 pts
3. Tiff Pedersen, 2004 ..... 4,976 pts
4. Janet Adams, 1981 ..... 4,855 pts
5. Sarah Ryan, 2012..... 4,819 pts
6. Ruqayya Raheem, 1997..... 4,665 pts
7. Angela Chadwick, 1993 ..... 4,493 pts
8. Cassidy Ellis, 2014..... 4,242 pts
9. Missy Miller, 2010 ..... 4,227 pts
10. Angie Hensel, 2004..... 4,073 pts

## High Jump

1. Peaches Roach, 2006 ..... 6-1 1/4 (1.86)
2. Mary Mol, 1983..... 6-0 (1.83)
3. Khanishah Williams, 2013 . 5-11 1/4 (1.81)
4. Caleigh Bacchus, 2010..... 5-10 (1.78)
5. Lynn McMillan, 1988..... 5-9 1/4 (1.76)
6. Madison Rouw, 2016..... 5-8 3/4 (1.75)
7. Kacey Childs, 2001..... 5-8 1/2 (1.74)
8. Kristi Dinkla, 1985 ..... 5-8 (1.73)
- Becky Kaza, 1995..... 5-8 (1.73)
- Eve Cullinan, 2003 ..... 5-8 (1.73)

## Pole Vault

1. Jessie Strand, 2003..... 12-10 1/4 (3.92)
2. Sarah Burgett, 2006..... 12-1 3/4 (3.70)
3. Kirsten Weismantle, 2011 ..... 12-0 (3.66)
4. Katie Truedson, 2010 ..... 11-5 1/4 (3.49)
- 5. Amy Smith, 2016 ..... 11-3 3/4 (3.45)**
6. Gina Shannon, 2001 ..... 11-2 1/4 (3.41)
7. Brittany Holst, 2013..... 11-1 (3.38)
8. Elyssa Tracy, 2015 ..... 10-6 (3.20)
9. Kacey Childs, 2000..... 8-0 1/2 (2.45)

## Long Jump

1. Aisha James, 2003 ..... 22-3 (6.78)
2. Zinnia Miller, 2014 ..... 20-6 1/2 (6.26)
3. Renee White, 2008..... 20-3 3/4 (6.19)
- 4. Jahisha Thomas, 2016..... 20-3 (6.17)**
5. Carisa Leacock, 2014 ..... 19-11 3/4 (6.09)
6. Becki Borg, 1988..... 19-7 1/4 (5.97)
7. Cassidy Ellis, 2015..... 19-6 1/4 (5.95)
8. Lisa Moats, 1986 ..... 19-6 (5.95)
9. Tammilee Kerr, 2008..... 19-4 1/4 (5.90)
10. Yolanda Hobbs, 1993 ..... 19-2 1/2 (5.85)

## Triple Jump

1. Renee White, 2008..... 43-10 3/4 (13.36)
- 2. Jahisha Thomas, 2016.... 42-3 1/2 (12.89)**
3. Zinnia Miller, 2014 ..... 42-0 1/2(12.81)
4. Tiffany Johnson, 2007 ..... 41-8 3/4 (12.72)
5. Carisa Leacock, 2012 ..... 40-10 1/2 (12.46)
6. Becki Borg, 1988..... 40-7 1/2 (12.38)
- 7. T. Seawater-Simmons, 2016 .. 40-7 1/2 (12.38)**
8. Lynn McMillan, 1988..... 39-6 1/2 (12.05)
9. Lynn, 1998..... 39-0 (11.88)
10. Kacey Childs, 2001..... 37-8 (11.48)

## Shot Put

1. Lisa Van Steenwyk, 1992..... 50-8 (15.44)
2. Gail Smith, 1984 ..... 50-3 1/4 (15.32)
3. Denise Taylor, 1992..... 50-1 3/4 (15.28)
4. Kamesha Marshall, 2005 . 48-6 3/4 (14.80)
5. Laura Kriener, 1990..... 48-2 1/2 (14.69)
6. Jennifer Gilson, 2002..... 47-10 (14.58)
7. Rachel Curry, 2013 ..... 47-9 1/4 (14.56)
8. Jennifer Moon, 2000 ..... 47-5 1/4 (14.46)
9. Courtney Fritz, 2014..... 46-6 1/4 (14.18)
- 10. Laulauga Tausaga, 2017 ..... 46-2 (14.07)**

## Discus

- 1. Laulauga Tausaga, 2017 ..... 184-1 (56.10)**
2. Majesty Tutson, 2013..... 181-1 (55.19)
3. Dakotah Goodell, 2014..... 169-4 (51.62)
4. Tiffany Medenwaldt, 2010 .. 161-3 (49.16)
5. Denise Taylor, 1992..... 160-5 (48.90)
6. Amanda Stahle, 2014 ..... 159-3 (48.54)
7. Lisa Van Steenwyk, 1991..... 159-1 (48.50)
8. Gail Smith, 1983 ..... 158-2 (48.22)
9. Ashlyn Gulvas, 2011 ..... 154-11 (47.23)
10. Courtney Fritz, 2012..... 154-1 (46.96)

## Javelin

1. Alana Redfern, 2003..... 181-5 (55.30)
2. Tammilee Kerr, 2008..... 163-5 (49.81)
3. Mandy Beck, 1999..... 153-4 (46.74)
4. Dakotah Goodell, 2015.. 153-3 1/4 (46.71)
5. Terri Soldan, 1983 ..... 152-6 1/4 (46.48)
6. Shani Renning, 1990..... 152-3 (46.40)
7. Kayla Hochhalter, 2015..... 152-6 (46.48)
8. Clara Simon, 1981 ..... 149-9 (45.64)
9. Janet Adams, 1984 ..... 148-7 (45.28)
10. Amanda Stahle, 2014 ..... 148-0 (45.11)

## Hammer Throw

1. Annemie Smith, 2015 .... 200-1 1/2 (60.99)
2. Jasmine Simpson, 2013 ..... 197-7 (60.23)
3. Becca Franklin, 2007 ..... 195-0 (59.45)
4. Ashlyn Gulvas, 2014 ..... 192-9 (58.75)
- 5. Leah Colbert, 2015..... 178-9 (54.49)**
6. Kelsey Taylor, 2011 ..... 177-0 (53.95)
7. Tiffany Medenwaldt, 2010 171-11 (52.40)
8. Erin O'Hern, 2008..... 168-9 (51.45)
9. Chelsea Colpitts, 2013..... 162-5 (49.51)
10. Kerri Blackstone, 1999 ..... 161-10 (49.32)

# MEN'S ALL-TIME RELAYS

## 400-Meter Relay

1. Mincy, **Wilson**, Harrington, Brown, 2014 ..... 39.19
2. Mincy, Austin, E. Holmes, Larney, 2013 ..... 39.31
3. Saucer, Jr., **Brissett**, Harrington, **Mallett**, 2016..... 39.44
4. Beecham, Duckett, Greer, R. Smith, 1984 ..... 39.48
5. **Mallett, Wilson, Ogwo, Harris, 2017..... 39.49**
6. **Brissett, Harris**, Harrington, **Mallett**, 2016 ..... 39.53
7. Mullen, Austin, E. Holmes, Larney, 2013 ..... 39.66  
Saucer, Jr., **Thompson**, Harrington, **Mallett**, 2015..... 39.66
9. Saucer, Jr., **Mallett**, Harrington, Brown, 2015 ..... 39.67
10. Page, Davis, Rozell, Morris, 1996..... 39.73  
Brown, Harrington, Mincy, **Wilson**, 2014 ..... 39.73  
**B. Thompson, Brisset**, Harrington, **Mallett**, 2016..... 39.73

## Shuttle Hurdle Relay

1. McGhee, Armstrong, Falls, Stelle, 1989 ..... 57.80
2. Wigginton, Jones, Lacey, McCoy, 1985 ..... 59.77
3. 1975 ..... 1:05.20

## 800-Meter Relay

1. **James, Mallett, Harris, B. Thompson, 2017..... 1:23.02**
2. **Thompson, Brissett**, Harrington, **Ganschow**, 2016 ..... 1:23.36
3. Richardson, Sayon, Richards, Chaney, Jr., 2009 ..... 1:24.85
4. Harrington, VanCleave, Wilson, Mallett, 2014 ..... 1:24.86
5. Austin, Brown, Larney, VanCleave, 2013 ..... 1:25.60
6. Barclay, McCalister, Jensen, Elliott, 1979 ..... 1:26.39
7. Thomas, Balkrishnan, Patterson, Freidrich 1991 ..... 1:28.38
8. Balkrishnan, Patterson, Thomas, Freidrich, 1991 ..... 1:29.04

## 1,600-Meter Relay

1. Morris, Davis, Page, Rozell, 1995..... 3:03.11
2. Branch, Dwight, Dodge, Yamini, 1999 ..... 3:03.29
3. **Ogwo, Harris, Hofacker, Lilly, 2017 ..... 3:03.78**
4. Ferree, Frazier, Mondane, Reimer, 1967 ..... 3:04.10
5. Rozell, Morris, Davis, Yamini, 1996..... 3:04.71
6. Willey, Barton, Richards, Sowinski, 2010..... 3:05.61
7. **Wolff, Harris, Lilly, Frye**, 2016..... 3:05.72
8. Richards, Davey, E. Holmes, Sowsinski, 2012 ..... 3:05.77
9. Cameron, Williams, McGhee, McCoy, 1985 ..... 3:06.00
10. Rozell, Davis, Dwight, Raymond, 1997 ..... 3:06.06  
Dodge, Kunkel, Coleman, Peterson, 2001 ..... 3:06.06

## Sprint Medley Relay

1. McCorkle, Jones, Chung, Strozier, 1990 ..... 3:15.64
2. Sayon, Austin, Willey, Sowinski, 2011 ..... 3:16.18
3. Richards, Larney, Davey, Sowinski, 2012 ..... 3:17.25
4. Richardson, Richards, Willey, Sowinski, 2010..... 3:17.74
5. Saucer, Jr., **Brissett, Harris, Lilly**, 2016..... 3:18.53
6. **Hofacker, Woodard, Harris, Lilly, 2017 ..... 3:18.73**
7. Armstrong, Thomas, Maybank, Strozier, 1991 ..... 3:18.93
8. Yamini, Davis, Dodge, Donovan, 1999..... 3:19.87
9. Richards, Chaney, Jr., Barton, Hairston, 2009 ..... 3:20.05
10. Harrington, **Mallett**, Davey, **Teubel**, 2014 ..... 3:20.08

## 3,200-Meter Relay

1. Schum, Christensen, Steffen, Criswell, 1971 ..... 7:18.60
2. Hairston, Prom, Thode, Sowinski, 2011..... 7:23.77
3. Corrigan, Blackman, Strozier, Chambers, 1989 ..... 7:29.00
4. **Melchert, Dorman, Lilly, Larrison**, 2016..... 7:30.32
5. **N. Teubel, Manternach, Chaidez, W. Teubel, 2017 ..... 7:30.74**
6. **Lilly, Dorman, Teubel**, Davey, 2015 ..... 7:31.48
7. Willey, Braff, Sowinski, Hairston, 2009 ..... 7:33.08
8. Tweedy, Gajewski, Linden, O'Hollearn, 2005 ..... 7:33.12
9. Cunningham, Tweedy, S. Allen, Thomas, 2001 ..... 7:34.12
10. Long, Tweedy, Dziubski, O'Hollearn, 2004 ..... 7:35.10

## Distance Medley Relay

1. Pershing, Moeller, Slack, Docherty, 1978 ..... 9:39.94
2. Kuczvara, Barton, Hairston, Thode, 2011 ..... 9:41.37
3. N. Holmes, VanCleave, Sowinski, Thode, 2012..... 9:41.59
4. Young, Barton, Kuczvara, Luciano, 2010..... 9:42.97
5. Prom, Davey, Weir, Witt, 2013..... 9:53.83
6. Theisen, Williams, Wiesa, Waters, 1985 ..... 9:54.04
7. Wilfong, Slaymaker, **W. Teubel**, Witt, 2013 ..... 9:54.05
8. Luciano, Pierre, Hairston, VanDenend, 2007..... 9:54.07
9. VanDenend, Riley, O'Hollearn, Rakaric, 2006..... 9:54.97
10. Feeldy, Eischeid, Novotny, Peters, 1996 ..... 9:55.71

## 6,400-Meter Relay

1. Pershing, Fuller, Moeller, Docherty, 1978..... 16:27.70
2. Rakaric, Webster, MacTaggart, VanDenend, 2006..... 16:55.43
3. Lewis, Witt, Hart, Fourman, 2015..... 16:58.44
4. Price, **Eklin, Gardarsson, Docherty**, 2016 ..... 17:00.30
5. Paul, Kadlec, Thode, Luciano, 2010 ..... 17:01.46
6. Witt, Lewis, Hart, Butler, 2014..... 17:01.65
7. N. Holmes, Witt, Thode, Lewis, 2012 ..... 17:02.26
8. Thomas, Allen, Rakaric, Lloyd, 2003 ..... 17:06.27
9. Pittman, Novotny, Feeldy, Marquardt, 1995 ..... 17:12.49
10. Bakker, Feeldy, Peters, Pittman, 1996 ..... 17:13.10

# WOMEN'S ALL-TIME RELAYS

## 400-Meter Relay

1. Kwaza, Guster, **Guillory, Hernandez**, 2016.....44.04
2. **Chapman, Guillory, Hernandez, Brown, 2017** ..... **44.34**
3. Kwaza, Guster, **Chapman, Guillory**, 2016.....44.41
4. Kwaza, Guster, **Hernandez, Brown**, 2014.....44.51
5. **Thomas, Guillory, Hernandez, Brown, 2017**..... **44.53**
6. Kwaza, Guster, Holder, **Brown**, 2014.....44.62
7. Poole, Reid, Floyd, Hobbs, 1994.....44.63
8. Charles, Williams, Providence, James, 2003.....44.71  
**Brown**, Kwaza, Ellis, Holder, 2015.....44.71
10. Floyd, Hobbs, Poole, Reid, 1994.....44.80

## Shuttle Hurdle Relay

1. Prendergast, Cole, Raheem, Ruen, 1998.....56.44
2. Cole, Prendergast, Raheem, Ruen, 1998.....56.54
3. Raheem, Prendergast, Cole, Ruen, 1998.....57.53

## 800-Meter Relay

1. **Chapman, Guillory, Hernandez, Brown, 2017** ..... **1:35.36**
2. Hobbs, Reid, Floyd, Poole, 1994.....1:35.69
3. Roach, McCalla, Alexander, Johnson, 2006.....1:36.19
4. **Chapman, Roberts-Lewis, Champe, Brown**, 2016.....1:36.98
5. Williams, Charles, Fouchè, Providence, 2003.....1:37.49
6. Herrmann, McCalla, Raymond, Roach, 2004.....1:37.66
7. Charles, Dixon, Knight, Prendergast, 2002.....1:38.15
8. Prendergast, Dixon, Knight, Providence, 2001.....1:38.73
9. Trusty, Hendricks, Graham, Erickson, 2009.....1:38.79
10. Dixon, Knight, Prendergast, Providence, 2001.....1:38.93

## 1,600-Meter Relay

1. **Hernandez, Guillory**, Holder, Guster, 2016.....3:30.97
2. **Guillory, Brown, Hernandez, Champe, 2017** ..... **3:32.37**
3. Guster, **Guillory**, Holder, **Hernandez**, 2016.....3:32.63
4. Holder, **Guillory, Hernandez**, Guster, 2016.....3:33.25
5. Guster, **Hernandez**, Holder, Kwaza, 2014.....3:34.83
6. Praska, Hendricks, Liverpool, Erickson, 2011.....3:35.93
7. Guster, **Watts, Hernandez**, Kwaza, 2014.....3:36.09
8. Hume, Charles, Steffen, Williams, 2003.....3:36.26
9. Kwaza, Guster, **Hernandez**, Holder, 2014.....3:36.40
10. Simsonson, Liverpool, Erickson, Sack, 2012.....3:37.57

## Sprint Medley Relay

1. Jones, Hendricks, Liverpool, Praska, 2011.....3:48.63
2. **Brown**, Kwaza, Guster, **Watts**, 2014.....3:51.18
3. Kwaza, Guster, Holder, **Watts**, 2016.....3:52.62
4. Kwaza, **Brown**, Guster, Trost, 2015.....3:53.29
5. Kwaza, R. Moore, Holder, Alexia, 2013.....3:54.51
6. Trusty, R. Moore, Hendricks, Praska, 2010.....3:56.53
7. Reid, Philip, Hobbs, Benning, 1995.....3:56.54
8. Roach, Alexander, McCalla, Stanley, 2005.....3:56.99
9. Kwaza, R. Moore, Alexia, Nelson, 2013.....3:58.72
10. Clarke, Graham, Jones, Poncé, 2007.....3:59.34

## 3,200-Meter Relay

1. Suppelsa, Wodek, Kruckeberg, Schneckloth, 1987.....8:46.45
2. Lahann, Stanley, Hume, Barber, 2004.....8:48.87
3. Schneckloth, Roberts, Hawkins, Kruckeberg, 1989.....8:49.38
4. Trost, Maser, Alexia, Nelson, 2014.....8:49.95
5. Nelson, **Watts, Wilberding, Sindt**, 2016.....8:51.90
6. Flood, Dlh, L. Hardesty, Docherty, 2009.....8:53.91
7. Armstrong, Stanley, Laney, Hume, 2005.....8:54.27
8. O'Brien, Camarigg, Williams, Stormo, 1981.....8:54.36
9. Flood, Melander, Praska, Hardesty, 2010.....8:54.45
10. Drapcho, Schlader, Williams, Stormo, 1980.....8:56.14

## Distance Medley Relay

1. Hoskins, Powell, Schneckloth, Kruckeberg, 1989.....11:22.18
2. Armstrong, Alexander, Poncé, Stanley, 2007.....11:25.05
3. Stanley, McCalla, Hume, Armstrong, 2005.....11:34.04
4. Barber, Williams, Hume, Arens, 2004.....11:34.56
5. Thompson, Williams, Hume, Arens, 2003.....11:39.02
6. 2000.....11:39.83
7. Schrulle, Erickson, Placzek, Eilers, 2012.....11:40.57
8. Davenport, xx, xx, xx, 1981.....11:41.44
9. Pare, Grant, Benning, Gilchrist, 1997.....11:41.92
10. Dlh, Erickson, Docherty, Anderson, 2010.....11:43.06

## 6,400-Meter Relay

1. Flood, Melander, A. Hardesty, L. Hardesty, 2010.....19:05.63
2. Nukuri, Marchand, Henize, Armstrong, 2008.....19:15.42
3. Flood, Laesch, Ranegar, Melander, 2012.....19:16.73
4. Flood, Eilers, Melander, L. Hardesty, 2011.....19:17.52
5. Flood, Melander, A. Hardesty, Eilers, 2009.....19:36.43
6. Scott, Gordon, Schrulle, Gambrall, 2013.....19:41.15
7. **Jones, Bote Gonzalez, Wilberding**, Reischmann, 2015....19:59.72
8. Maser, Price, **Wilberding**, Montuclard, 2014.....20:23.27
9. Chapple, Laney, Donlon, Sokol, 2005.....20:39.12
10. Arens, Barber, Butler, Roberts, 2001.....20:40.89