

IOWA TRACK & FIELD 2017

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



February 1, 2017

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

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. 3-4	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 travels to South Bend, Ind. for the Meyo Classic, hosted by Notre Dame. The two-day competition is scheduled to begin Feb. 3 at 9 a.m. (CT) inside the Loftus Sports Center and conclude Saturday at 9 a.m.

FOLLOW ALONG

Live results will be available at hawkeyesports.com/tracklive.

DOUGHERTY SETS SCHOOL RECORD

Junior Will Dougherty set the school record in the heptathlon during the Black & Gold Premier on Jan. 27-28. Dougherty set personal bests on five of the seven events (60-meters, high jump, long jump, pole vault, and 60-meter hurdles) and finished with a total score of 5,386 points. Dougherty bested his previous mark of 5,172 points set last year, which ranked fourth in Iowa history.

REGIONALLY RANKED

The University of Iowa track and field team ranks in the top 10 in the Midwest region, according to the first USTFCCA Division I Regional Index released on Jan. 30. The men rank 3rd in the region while the women are eighth.

MALLET, DOUGLAS LEAD 60-METER HURDLES

Iowa has two athletes rank in the top-20 in the nation on the 60-meter hurdles, according to tfrrs.org. Senior Aaron Mallett picked up his third straight event title in the 60-meter hurdles on Jan. 28 at the Black & Gold Premier. Mallett's time of 7.75 seconds set a facility record for the third time this month, ranks first in the Big Ten, and fifth in the country. Mallett's personal best time of 7.69, set in 2016, is a school record. Sophomore

Sophomore Chris Douglas ranks 20th in the nation. The Deerfield, Illinois native, posted a time of 7.87 seconds at the Larry Wieczorek Invitational on Jan. 21. That time places him third in the Big Ten and fourth all-time at Iowa.

KIMBRO CLIMBS IOWA'S ALL-TIME LIST

Freshman Jenny Kimbro made her multi-event debut during the Black & Gold Premier on Jan. 27. Kimbro competed in the pentathlon for the first time in her career, placing second overall and entering Iowa's all-time top-10 at No. 3. She set personal bests in the 60-meter hurdles (8.54 seconds) and long jump (5.88m, 19 feet 3 1/2 inches). Her time of 8.54 seconds ranks seventh in Iowa history.



THOMAS SETS PERSONAL BEST MARK

Junior Jahisha Thomas competed in the women’s 60-meter hurdles at the Black & Gold Premier on Jan. 28. Thomas finished first in the prelims with a personal-best time of 8.42 seconds. That time moves her up to fourth in Iowa history and seventh in the Big Ten.

60-METER TAKEOVER

Sophomore Jacob Gourley climbed Iowa’s all-time top-10 list in the 60 meters following his performance at the Black & Gold Premier on Jan. 28. Gourley’s time of 6.77 seconds places him 9th all-time along with 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 (7.75)
- Sophomore O’Shea Wilson, 1st in long jump (7.86m)
- Junior Jahisha Thomas, 1st in long jump (6.20m)
- The relay team of sophomore Collin Hofacker, freshman Emmanuel Ogwo, senior Jared Ganschow, and Mallett, 2nd in 4x400m Relay (3:10.17)
- Freshman Jenny Kimbro, 2nd in pentathlon (3,715 points)
- Junior Brittany Brown, 2nd in the 200-meters (23.75).
- Freshman Allison Wahrman, 3rd in pentathlon (3,421 points)
- 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)

JANUARY BY THE NUMBERS

During Iowa’s four-meet homestand, the team spent 50 hours competing, set three facility records, 101 personal bests, captured 38 event titles, and ran almost 100,000 meters on their new track.

NEXT ON THE BLOCK

The Hawkeyes split up for the first time this season. The team will travel to Ames, Iowa for the Iowa State Classic on Feb. 10, while others will head to Fayetteville, Ark. for the Tyson Invitational on Feb. 11.

2017 INDOOR SEASON LEADERS

MEN

60 Meters	Christian Brissett	6.74
60-Meter Hurdles	Aaron Mallett	7.75
200 Meters	Emmanuel Ogwo	21.51
400 Meters	Mar’yea Harris	47.47
600 Meters	Carter Lilly	1:17.30
800 Meters	Tysen VanDraska	1:52.63
	Adam Jones	1:52.63
1,000 Meters	Tysen VanDraska	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
Dist. Medley Relay	Cooley, Guier, Mylenek, Murphy	10:07.87
High Jump	Peter Andreano	6-6 3/4 (2.00m)
Pole Vault	Andy Jatis	16-4 3/4 (5.00m)
Long Jump	O’Shea Wilson	25-9 1/2 (7.86m)
Triple Jump	Akinshé 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)
Discus	Reno Tuufuli	176-9 (53.87m)
Heptathlon	William Dougherty	* 5,386 points

WOMEN

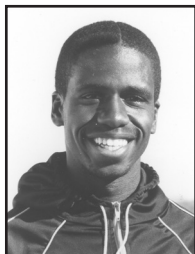
60 Meters	Briana Guillory	7.51
60-Meter Hurdles	Jahisha Thomas	8.42
200 Meters	Brittany Brown	23.75
400 Meters	Alexis Hernandez	54.93
600 Meters	Alexis Hernandez	1:33.55
800 Meters	Amber Decker	2:13.55
1,000 Meters	Tess Wilberding	2:53.74
Mile	Tess Wilberding	4:54.16
3,000 Meters	Madison Waymire	9:52.04
1,600-Meter Relay	Brown, Guillory, Hernandez, Buss	3:41.89
Dist. Medley Relay	Espinosa, Weber, Gibbs, Eastman	12:53.60
High Jump	Aubrianna Lantrip	5-7 1/4 (1.71m)
Pole Vault	Amy Smith	11-9 3/4 (3.60m)
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)
Discus	Lindsay Herra	154-3 (47.03m)
Pentathlon	Jenny Kimbro	3,715 points

* -- school record

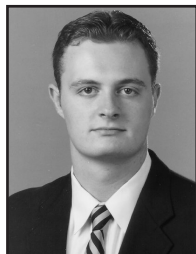
INDOOR ALL-TIME TOP TEN PERFORMERS



Justin Austin



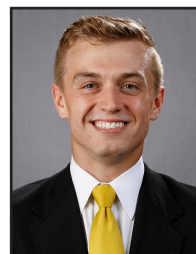
Rodney Chambers



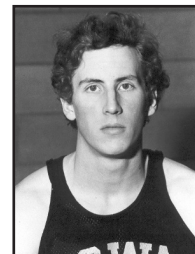
Jim Costello



Troy Doris



William Dougherty



Bill Hansen



John Hickey

60 Meters

- Justin Austin, 2011 6.69
- Vinnie Saucer, Jr., 2016 6.70**
- Kurt Felix, 1999..... 6.73
Tevin-Cee Mincy, 2014 6.73
- Josh Larney, 2013 6.74
Christian Brissett, 2017 6.74
- Troy Doris, 2012 6.75
- O'Shea Wilson, 2016..... 6.76**
- Jacob Gourley, 2017..... 6.77**
- Tony Branch, 1999 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, 2017 7.87
- 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, 2016 21.43**

400 Meters

- Steven Willey, 2010 46.75
- Terrence Duckett, 1984 46.81
- Mar'yea Harris, 2016 46.83**
- 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, 2016 47.45**
- Jared Ganschow, 2016 47.45**

600 Meters

- Erik Sowinski, 2012..... 1:16.91
- Carter Lilly, 2017 1:17.30**
- Will Teubel, 2016 1:17.55**
- 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, 2016 1:47.74**
- Pavlo Hutsalyuk, 2016 1:48.97
- Carter Lilly, 2016 1:49.09**
- 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

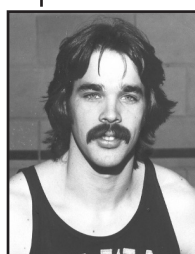
- Kevin Lewis, 2015 7:57.06
- Jeff Thode, 2011 8:00.38
- Micah VanDenend, 2006 8:00.81
- Michael Melchert, 2016..... 8:08.57**
- Eric MacTaggart, 2006 8:08.79
- Stetson Steele, 2000..... 8:09.54
- Ben Witt, 2015 8:10.97
- Dan Haut, 2005 8:11.36
- Kevin Herd, 1994 8:11.51
- Nick Holmes, 2010 8:15.48

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



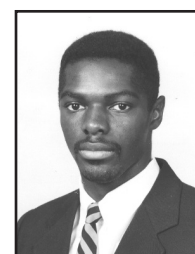
Ethan Holmes



Bill Knoedel



Kevin Lewis



Anthuan Maybank

INDOOR ALL-TIME TOP TEN PERFORMERS



Aaron Mallett



Nathan Prom



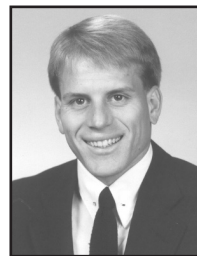
Patrick Richards



Keaton Rickels



Erik Sowinski



Todd Wigginton



Steven Willey

Heptathlon

1. **William Dougherty, 2017 5,386 points**
2. Kyle Reid, 2013 5,354 points
3. Dan Rolling, 2010 5,205 points
4. Jack Eckert, 2015 5,188 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, 1995 4,612 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 Pelot, 2017 (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,
2011 3:06.66
2. Rozell, Davis, Raymond, Yamini, 1998 3:06.80
3. **Wolff, Ganschow, Lilly, Harris, 2016..... 3:07.24**
4. Coleman, Faber, Strang, Peterson, 2002 .. 3:07.44
5. **Wolff, B. Thompson, Ganschow,
Harris, 2016 3:07.58**
6. Richards, Sowinski, E. Holmes, Willey,
2011 3:07.84
7. Greer, Williams, Smith, Duckett, 1984..... 3:08.14
8. Card, Coleman, Williamson, Dodge, 2001 3:08.21
9. Davis, Rozell, Page, Morris, 1995..... 3:08.77
10. Dodge, Williamson, Card, Peterson, 2001 3:08.82

3,200-Meter Relay

1. Cooke, Nie, Monsey, Chambers, 1990..... 7:13.02
2. Corrigan, Blackman, Strozier, Chambers,
1989 7:29.00
3. English, Blackman, Strozier, Chambers,
1989 7:36.20
4. 1977 7:39.40
5. 1986 7:40.90
6. Bouske, Herd, Chambers, Koon, 1992 7:43.94
7. Bouska, Cook, White, Herd, 1992..... 7:48.63
8. 1992 7:49.86
9. 1986 7:50.10
10. Roseman, Rerko, Novotny, Branigan,
1993 7:51.36

Distance Medley Relay

1. Prom, Rickels, Sowinski, Thode, 2012 9:45.41
2. 1999 9:46.83
3. 1977 9:48.80
4. 1978 9:49.70
5. Kuczwarra, Barton, Kuhlman, N. Holmes,
2010 9:51.05
6. Marchese, Varner, Hairston, Luciano,
2009 9:52.52
7. Paul, Varner, Hairston, Thode, 2010..... 9:52.71
8. **Gardarsson, Ganschow, Hutsalyuk,
Melchert, 2016 9:52.97**
9. Prom, Richardson, Sowinski, Thode,
2011 9:57.44
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. **Briana Guillory, 2017** **7.51**
7. Jiselle Providence, 20027.52
8. Rhonda-Kaye Trusty, 20107.55
Erin Jones, 20117.55
Raven Moore, 2013.....7.55

60-Meter Hurdles

1. Karesa Farley, 20098.21
2. Tiffany Johnson, 2006.....8.33
3. Paula Ruen, 1998.....8.39
4. **Jahisha Thomas, 2017**..... **8.42**
5. Sarah Steffen, 20028.45
Renee White, 2008.....8.45
7. **Jenny Kimbro, 2017** **8.54**
8. Colleen Prendergast, 20008.57
9. Tammilee Kerr, 2008.....8.60
10. **Heaven Chandler, 2017** **8.61**

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, 201324.00
10. Erin Jones, 2011.....24.01

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, 1994.....59.90

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..... 1:27.55

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, 1982..... 2:11.04

Mile

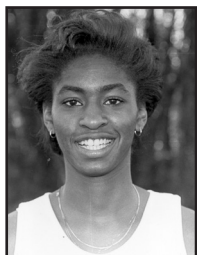
1. McKenzie Melander, 2011..... 4:39.78
2. Jeanne Kruckeberg, 1989 4:40.19
3. Meghan Armstrong, 2006 4:40.59
4. Lauren Hardesty, 2011..... 4:41.01
5. Tina Stec, 1994 4:42.63
6. Betsy Flood, 2010 4:42.70
7. Penny O'Brien, 1981..... 4:43.72
8. Diane Nukuri, 2007..... 4:46.25
9. Michelle Lahann, 2004 4:47.23
10. Amanda Hardesty, 2009..... 4:48.60

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

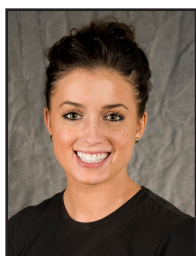
INDOOR ALL-TIME TOP TEN PERFORMERS



Zinnia Miller



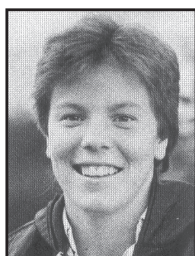
Diane Nukuri



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 Schneider, 2010..... 16:29.42

High Jump

1. Peaches Roach, 2005.....6-0 3/4 (1.85)
2. Mary Mol, 1983..... 6-0 (1.83)
3. Khanishah Williams, 2013 5-11 1/4 (1.81)
4. Becky Kaza, 19955-9 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)
Lynn McMillan, 1988
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. Amy Smith, 201711-9 3/4 (3.60)**
4. Kirsten Weismantle, 2011 .11-5 3/4 (3.50)
5. Brittany Holst, 2013.....11-3 3/4 (3.45)
6. 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. Jenny Kimbro, 201719-3 1/2 (5.88m)**
7. Renee White, 2006.....19-3 1/4 (5.87)
8. Tiffany Johnson, 2007.....19-2 1/2 (5.85)
9. Davera Taylor, 198419-1 1/2 (5.83)
10. Yolanda Holder, 1993.....18-11

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. Jahisha Thomas, 201741-6 1/2 (12.66)**
6. Carisa Leacock, 201240-5 1/2 (12.33)
- 7. Allison Wahrman, 2017 39-10 (12.14)**
8. Becki Borg, 1987 39-6 (12.04)
- 9. Hannah Schlib, 201739-5 3/4 (12.03)**
10. Lynn McMillan, 1988
Lynn McMillan, 1988

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. Erik Holder, 2017.....47-0

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, 2013 56-4 (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. Jenny Kimbro, 2017 3,715 points**
4. Kamesha Marshall, 20053,701 points
5. Tiff Pedersen, 2004.....3,511 points
6. Sarah Ryan, 2013 3,472 points
7. Maureen Abel, 1979.....3,427 points
- 8. Allison Wahrman, 2017..... 3,421 points**
9. Zinnia Miller, 2012.....3,416 points
10. Heaven Chandler, 20173,411 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