

IOWA TRACK & FIELD 2017

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



January 11, 2017

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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 Wiczorek 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 hosts the Hawkeye Invitational this weekend. The meet begins on Friday, Jan. 6, at 3 p.m. (CT) inside the Hawkeye Tennis and Recreation building with the weight throw, while all other events will be on Saturday, Jan. 14. Field events will begin at 9:30 a.m. with the shot put and running events will follow at 2 p.m. on the new state-of-the-art track inside the UI Recreation building.

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

LAST TIME OUT

The Hawkeyes hosted the annual Border Battle meet with Illinois and Missouri coming into town on Jan. 7. The Iowa women swept the field, defeating Illinois and Missouri 96-51 and 105-33, respectively. The men went 1-1 on the day, downing Missouri 107-27 and falling to Illinois 74-85. The team captured 15 titles on the day.

Senior Avery Meyers led the Iowa men's shot put. Meyers tossed a personal best 18.33m (60-1 3/4), moving him up to seventh all-time in Iowa history. That throw set a meet record and won the event for the Hawkeyes. Sophomore Andy Jatis moved into Iowa's all-time list in the pole vault after his 4.90m (16 3/4) effort.

On the women's side, junior Jahisha Thomas set a meet record in the women's long jump, recording a distance of 5.83m (19-1 1/2) to claim first place, and sophomore Tria Seawater-Simmons leaped to a personal best and event title in the women's triple jump (12.83m, 42-1 1/4). Seawater-Simmons' jump ranks second all-time.

IOWA WOMEN JUMP INTO ALL-TIME RANKINGS

Three Hawkeyes are in Iowa's all-time triple jump rankings following the annual Border Battle on Jan. 7. Tria Seawater-Simmons moved up in the rankings to No. 2 all-time (42-1 1/4, 12.83). Freshmen Allison Wahrman (38-10 1/4, 11.84) and Hannah Schilb (38-1 1/2, 11.62) entered at No. 7 and No. 9, respectively.



PROMOTIONS

Iowa track and field t-shirts will be given away to the first 50 fans who enter the meet.

FRESHMEN DEBUTS

Thirty-seven freshmen made their collegiate track and field debuts at the Border Battle on Jan. 7 with six earning event titles.

Talia Buss won the 400-meters with a time of 58.96 and Tia Saunders captured the 1000m title, notching a time of 3:04.99. Tashee Hargrave, Jenny Kimbro, and Buss helped the Iowa "A" squad win the 4x400 Meter relay, posting a time of 3:48.03

Fifteen men made their debuts and two contributed wins. Emmanuel Ogwo placed first in the men's 400-meters. His time of 48.52 was less than a second from breaking a meet record that has stood for six years. Akinshe Calica-Hill leapt his way to an event title in the triple jump. The Chesapeake, Virginia, native recorded a distance of 14.18m (46-6 1/4).

HAWKEYES IN NATIONAL RANKINGS

Three Hawkeyes -- senior Aaron Mallett, senior Avery Meyers, sophomore Tria Seawater-Simmons, and the relay team of freshman Emmanuel Ogwo, sophomore Mar'yea Harris, sophomore DeJuan Frye, and senior Jared Ganschow rank in the top 10 nationally, according to TFFRS.org.

Mallett's time in the 60-meter hurdles of 7.82 ranks fourth nationally. Meyers is fourth in the country in the shot put after throwing a career-best 18.33m (60-1 3/4). Seawater-Simmons' (12.83m, 42-1 1/4) triple jump lands her fifth in the country, and the 4x400 meter relay team's time of 3:12.31 ranks eighth.

NEXT ON THE BLOCK

The Hawkeyes remain in Iowa City for their third straight home meet, hosting the Larry Wieczorek Invite. The two-day meet will begin at 11 a.m. (CT) on Friday and 10 a.m. on Saturday. This will be the first meet of the season that features the heptathlon and pentathlon.

2017 INDOOR SEASON LEADERS

MEN

60 Meters	Jacob Gourley	6.84
60-Meter Hurdles	Aaron Mallett.....	7.82
200 Meters	Christian Brissett.....	21.92
400 Meters	Emmanuel Ogwo	48.52
600 Meters	Mar'yea Harris	1:20.43
1,000 Meters	Tysen VanDraksa	2:28.29
Mile	Adam Jones.....	4:13.47
3,000 Meters	Daniel Murphy	8:34.26
1,600-Meter Relay...	Ogwo, Ganschow, Frye, Harris ..	3:12.31!
High Jump.....	Erik Miller	6-4 (1.93m)
	Peter Andreano.....	6-4 (1.93m)
	Brelyn Barclay	6-4 (1.93m)
Pole Vault	Andy Jatis.....	16-0 3/4 (4.90m)
Long Jump	Akinshe Calica-Hill	20-7 3/4 (6.29m)
Triple Jump	Akinshe Calica-Hill	46-6 1/4 (14.18m)
Shot Put.....	Avery Meyers.....	60-1 3/4 (18.33m)!
Weight Throw.....	Reno Tuufuli.....	56-2 1/2 (17.13m)

WOMEN

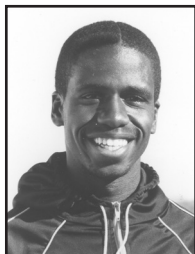
60 Meters	Taylor Chapman	7.68
60-Meter Hurdles	Jahisha Thomas.....	8.55
200 Meters	Taylor Chapman	25.05
400 Meters	Talia Buss	58.96
600 Meters	Alexis Hernandez	1:33.55
Mile	Tess Wilberding.....	5:00.60
1,000 Meters	Tia Saunders	3:04.99
3,000 Meters	Andrea Shine	10:13.24
1,600-Meter Relay...	Kimbro, Hernandez, Hargrave, Buss	3:48.03
High Jump.....	Aubrianna Lantrip	5-7 1/4 (1.71m)
Pole Vault	Amy Smith	11-3 3/4 (3.45m)
Long Jump	Jahisha Thomas.....	19-1 1/2 (5.83m)!
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	55-0 3/4 (16.78m)!

* -- school record, ! -- meet record

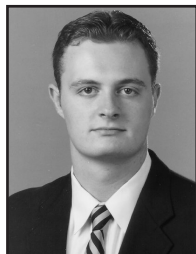
INDOOR ALL-TIME TOP TEN PERFORMERS



Justin Austin



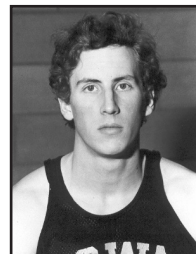
Rodney Chambers



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
- Troy Doris, 2012 6.75
- O'Shea Wilson, 2016.....6.76**
- Tony Branch, 1999 6.78
Christian Brissett, 20166.78
- Paul Chaney, Jr., 2009 6.80
D'Juan Richardson, 2010 6.80

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, 20167.96**
- 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, 201647.45**

600 Meters

- Erik Sowinski, 2012..... 1:16.91
- Carter Lilly, 20161:17.34**
- 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

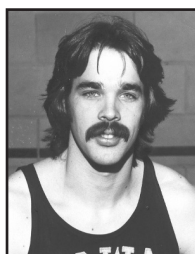
- Jeff Thode, 2011 3:58.72
- Ed DeLashmutt, 1981 4:04.01
- Larry Wiczorek, 1968..... 4:04.40
- Michael Melchert, 2016.....4:05.37**
- John Clark, 1972 4:05.94
- Ben Witt, 2014 4:07.08
- Adam Thomas, 2002 4:07.13
- Kevin Herd, 1992 4:07.26
- Jesse Luciano, 2009 4:07.29
- Jake Berns, 2006..... 4:07.43

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

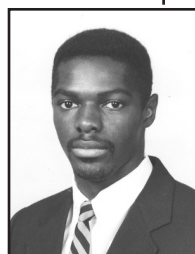
- Kevin Lewis, 2015 13:43.70
- Micah VanDenend, 2007 13:56.46
- Stetson Steele, 2000..... 14:00.52
- Dan Haut, 2006 14:06.16
- Eric MacTaggart, 2006 14:13.41
- Jeff Thode, 2011 14:16.00
- Matt Esche, 2004..... 14:18.43
- Jeff Kent, 2007..... 14:18.86
- Jesse Luciano, 2009 14:20.99
- Nick Nordheim, 2002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



Bill Knoedel



Kevin Lewis



Anthuan Maybank



Aaron Mallett

INDOOR ALL-TIME TOP TEN PERFORMERS



Nathan Prom



Kyle Reid



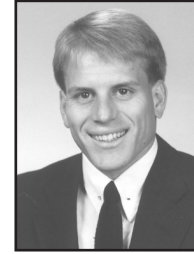
Patrick Richards



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, 20157-0 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)
6. Phil Wertman, 1971 16-4 (4.98)
7. Jeff Raymond, 2008..... 16-2 (4.93)
8. John Teffer, 1972 16-1 (4.90)
9. **Andy Jatis, 2017..... 16-0 3/4 (4.90)**
10. Chad Ohly, 1995 15-9 (4.80)
Rich Palumbo, 1989..... 15-9 (4.80)

Long Jump

1. Anthuan Maybank, 1992. 26-5 1/2 (8.06)
2. Bashir Yamini, 1998 26-0 1/4 (7.93)
3. Darren Smith, 1991 25-2 (7.67)
4. Paul Jones, 1990..... 24-11 1/4 (7.60)
5. Josh Larney, 2013 24-10 (7.57)
6. Ronnie McCoy, 1984..... 24-9 (7.54)
7. **O'Shea Wilson, 2014... 24-8 1/2 (7.53)**
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. Shane Maier, 2006..... 61-2 (18.64)
4. Gary Kostrubala, 1986. 60-10 3/4 (18.55)
5. Andy Banse, 2005..... 60-9 1/4 (18.52)
6. **Reno Tuufuli, 2016.... 60-8 3/4 (18.51)**
7. **Avery Meyers, 2017 .. 60-1 3/4 (18.33)**
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,
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, 19927:43.94
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, 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, 1982

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, 2016.....8.46**
7. Colleen Prendergast, 20008.57
8. Tammilee Kerr, 2008.....8.60
9. Kimberly Stanford, 2008.....8.63
10. Diane.Steinhardt, 1981

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, 201623.69**
8. Erica Broomfield, 199823.81
9. Raven Moore, 2013.....24.00
10. Erin.Jones, 2011.....24.01

400 Meters

1. Kineke Alexander, 200751.48
2. Elexis Guster, 2016.....52.36
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, 2015.....54.32
8. **Alexis Hernandez, 2014..... 54.91**
9. Tiffany Hendricks, 201155.06
10. Marlene.Poole, 1994

600 METERS

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

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

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

Mile

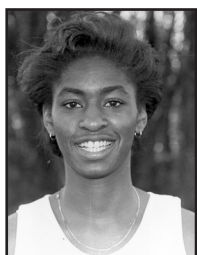
1. McKenzie Melander, 2011 4:39.78
2. Jeanne Kruckeberg, 1989 4:40.19
3. Meghan Armstrong, 2006 4:40.59
4. Lauren Hardesty, 2011..... 4:41.01
5. Tina Stec, 1994 4:42.63
6. Betsy Flood, 2010 4:42.70
7. Penny O'Brien, 1981..... 4:43.72
8. Diane Nukuri, 2007..... 4:46.25
9. Michelle Lahann, 2004 4:47.23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

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, 2009



Lauren Hardesty



Senta Hawkins



Tiffany Hendricks



Tammilee Kerr



Lake Kwaza



Ashley Liverpool



McKenzie Melander

INDOOR ALL-TIME TOP TEN PERFORMERS



Zinnia Miller



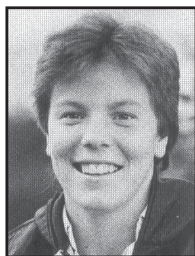
Diane Nukuri



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 Sidorow, 2012..... 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.....5-7 3/4 (1.72)
10. 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)
4. Brittany Holst, 2013.....11-3 3/4 (3.45)
Amy Smith, 201711-3 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. Kasha Williams, 2011.....18-11 1/2 (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. Becki Borg, 1987 39-6 (12.04)
7. **Allison Wahrman, 2017. 38-10 1/4 (11.84)**
8. Lynn McMillan, 1988 38-2 (11.63)
9. **Hannah Schlib, 2017 38-1 1/2 (11.62)**
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.Jennifer Gilson, 2002..... 46-11 (14.30)

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.....55-0 3/4 (16.78)**
- 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. Zinnia Miller, 2012.....3,416 points
8. Janet Adams, 19813,360 points
9. Janelle Jaspers, 19873,366 points
- 10.Cassidy Ellis, 2014.....3,346 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