

# IOWA TRACK & FIELD 2017

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



February 8, 2017

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## 2017 IOWA TRACK & FIELD INDOOR SCHEDULE

Date	Meet
Jan. 6-7	<b>Border Battle</b> (Iowa City, Iowa)
Jan. 14	<b>Hawkeye Invitational</b> (Iowa City, Iowa)
Jan. 20-21	<b>Larry Wiczorek Invite</b> (Iowa City, Iowa)
Jan. 27-28	<b>Black &amp; Gold Premier</b> (Iowa City, Iowa)
Feb. 3-4	Meyo Invitational (South Bend, Ind.)
Feb. 10	Iowa State Classic (Ames, Iowa)
Feb. 11	Tyson Invitational (Fayetteville, Ark.)
Feb. 17	<b>Iowa Open</b> (Iowa City, Iowa)
Feb. 26-27	Big Ten Championships (Geneva, Ohio)
Mar. 11-12	NCAA Championships

## 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>Kate See</b> .....	Director of Operations

### THIS WEEK

The University of Iowa track and field team splits up for the first time this season. The Hawkeyes travel to Fayetteville, Ark., for the Tyson Invitational and Ames, Iowa, to compete in the Iowa State Classic. Both meets run Feb. 10-11.

### FOLLOW ALONG

Live results will be available through the team's schedule page on [hawkeyesports.com](http://hawkeyesports.com).

### LILLY'S LEAGUE OF HIS OWN

At the Meyo Invitational on Feb. 4, junior Carter Lilly set a school record in the 800-meters. Lilly's time of 1:47.33 surpassed former Hawkeye and world champion Erik Sowinski by .29 seconds. The Sioux City, Iowa, native ranks third in the Big Ten, sixth in the nation, and 12th in the world.

### IN THE NATIONAL RANKINGS

According to the USTFCCCA's National Team rankings released on Feb. 6, the Hawkeye men rank 31st in the nation and fifth in the Big Ten.

### THE BIG TEN'S 4X400M LEADER

The 4x400-meter relay team of freshman Emmanuel Ogwo, senior Aaron Mallett, sophomore Dejuan Frye, and sophomore Mar'yea Harris reign atop the Big Ten leaderboard after their performance at the Meyo Invitational on Feb. 4. The group recorded a time of 3:07.08 to rank third in Iowa history, first in the Big Ten, and eighth in the country.

### FRESHMEN THROWERS ENTER IOWA'S TOP-10

Two freshmen throwers entered Iowa's top 10 at the Meyo Invitational over the weekend. Lauluga Tausaga (48-5 1/4, 14.76m) and Erika Hammond (47-9 1/4, 14.56m) both recorded personal best throws in the shot put and rank fifth and seventh all-time, respectively.

### SHINE SETS MASSIVE PERSONAL BEST

Sophomore Andrea Shine recorded a new personal best on her way to an 11th-place finish in the 5,000-meters at the Meyo Invitational on Feb. 3. Shine shaved off over a minute from her previous time, clocking in at 16:49.23, which ranks seventh in the Big Ten. Her previous best of 18:08.18 was set at the Illinois State Invitational on Sept. 9.



### FRESHMEN SHOW PROMISE

Through the first five meets of the season, six Hawkeye freshmen lead the team in their respective events: Tysen VanDraska (1,000-meters), Akinshe Calica-Hill (triple jump), Amber Decker (800-meters), Aubrianna Lantrip (high jump), Laulauga Tausaga (shot put), and Jenny Kimbro (pentathlon). In addition, six freshmen have entered Iowa's all-time list on nine different events -- Kimbro (pentathlon/3rd, 60H/7th, long jump/6th), Warhman (pentathlon/8th, triple jump/7th), Lantrip (high jump/10th), Schilb (triple jump/9th), Hammond (shot put/7th), and Tausaga (shot put/5th).

### BIG TEN LEADERS

Iowa has 9 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)
- The relay team of sophomore Mar'yea Harris, freshman Emmanuel Ogwo, sophomore DeJuan Frye, and Mallett, 1st in 4x400m Relay (3:07.08)
- Junior Jahisha Thomas, 3rd in long jump (6.20m)
- Junior Brittany Brown, 3rd in the 60-meters (7.39).
- Junior Carter Lilly, 3rd in the 800m (1:47.33)
- 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)

### IN LINE FOR NCAAS

If the regular season ended this week, the following Hawkeyes would qualify for the NCAA Championships in College Station, Texas, by ranking in the top 16 nationally-- Carter Lilly (800m), Aaron Mallett (60H), Mallett, Emmanuel Ogwo, DeJuan Frye, Mar'yea Harris (4x400m Relay), O'Shea Wilson (Long Jump), Avery Meyers (Shot Put).

### 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 host their final home competition of the indoor season on Feb. 18, while a small group of athletes will travel to the Alex Wilson Invitational in South Bend, Ind. The Iowa Open's first event is tentatively scheduled for 11 a.m. (CT).

## 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	46.99
600 Meters	Carter Lilly	1:17.20
800 Meters	Carter Lilly	* 1:47.33
1,000 Meters	Tysen VanDraska	2:28.29
Mile	Adam Jones	4:07.73
3,000 Meters	Adam Jones	8:21.49
5,000 Meters	Bailey Hesse-Withbroe	14:48.04
1,600-Meter Relay	Ogwo, Mallett, Frye, Harris	3:07.08
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	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)
Discus	Reno Tuufuli	176-9 (53.87m)
Heptathlon	William Dougherty	* 5,386 points

### WOMEN

60 Meters	Brittany Brown	7.39
60-Meter Hurdles	Jahisha Thomas	8.42
200 Meters	Brittany Brown	23.75
400 Meters	Alexis Hernandez	54.67
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
5,000 Meters	Andrea Shine	16:49.23
1,600-Meter Relay	Hernandez, Brown, Guillory, Buss	3:41.07
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



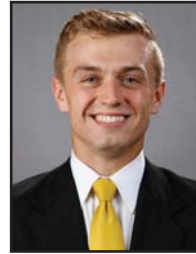
Rodney Chambers



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
- Emmanuel Ogwo, 2017 .....47.39**
- Juan Coleman, 2002 ..... 47.40
- DeJuan Frye, 2016 .....47.45**

## 600 Meters

- Erik Sowinski, 2012..... 1:16.91
- Carter Lilly, 2017 .....1:17.20**
- 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

- Carter Lilly, 2017 .....1:47.33**
- Erik Sowinski, 2012..... 1:47.62
- Will Teubel, 2016 .....1:47.74**
- Pavlo Hutsalyuk, 2016 ..... 1:48.97
- 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

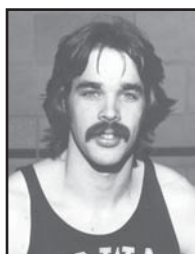
- Kevin Lewis, 2015 ..... 7:57.06
- Jeff Thode, 2011 ..... 8:00.38
- Micah VanDenend, 2006 ..... 8:00.81
- Michael Melchert, 2016.....8:08.57**
- Eric MacTaggart, 2006 ..... 8:08.79
- Stetson Steele, 2000..... 8:09.54
- Ben Witt, 2015 ..... 8:10.97
- Dan Haut, 2005 ..... 8:11.36
- Kevin Herd, 1994 .....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



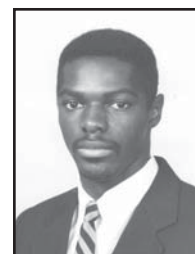
Bill Knoedel



Kevin Lewis



Carter Lilly



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 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,  
2011 ..... 3:06.66
2. Rozell, Davis, Raymond, Yamini, 1998 ..... 3:06.80
3. **Ogwo, Mallett, Frye, Harris, 2017..... 3:07.08**
4. **Wolff, Ganschow, Lilly, Harris, 2016..... 3:07.24**
5. Coleman, Faber, Strang, Peterson, 2002 .. 3:07.44
6. **Wolff, B. Thompson, Ganschow,  
Harris, 2016 ..... 3:07.58**
7. Richards, Sowinski, E. Holmes, Willey,  
2011 ..... 3:07.84
8. Greer, Williams, Smith, Duckett, 1984..... 3:08.14
9. Card, Coleman, Williamson, Dodge, 2001 3:08.21
10. Davis, Rozell, Page, Morris, 1995..... 3:08.77

## 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, 2016 .....7.33
2. **Brittany Brown, 2017 .....7.39**
3. Elaine Jones, 1983 .....7.43
4. Peaches Roach, 2005 .....7.45
5. Shellene Williams, 2004 .....7.50
6. **Briana Guillory, 2017 .....7.51**
7. Jiselle Providence, 2002 .....7.52
8. Rhonda-Kaye Trusty, 2010 .....7.55  
Erin Jones, 2011 .....7.55  
Raven Moore, 2013 .....7.55

## 60-Meter Hurdles

1. Karesa Farley, 2009 .....8.21
2. Tiffany Johnson, 2006 .....8.33
3. Paula Ruen, 1998 .....8.39
4. **Jahisha Thomas, 2017 .....8.42**
5. Sarah Steffen, 2002 .....8.45  
Renee White, 2008 .....8.45
7. **Jenny Kimbro, 2017 .....8.54**
8. Colleen Prendergast, 2000 .....8.57
9. Tammilee Kerr, 2008 .....8.60
10. **Heaven Chandler, 2017 .....8.61**

## 200 Meters

1. Kineke Alexander, 2006 .....23.49
2. Lake Kwaza, 2016 .....23.54
3. Shellene Williams, 2004 .....23.62
4. **Brittany Brown, 2014 .....23.63**
5. Marlene Poole, 1994 .....23.66  
Yolanda Hobbs, 1995 .....23.66
7. **Briana Guillory, 2016 .....23.69**
8. Erica Broomfield, 1998 .....23.81
9. Raven Moore, 2013 .....24.00
10. Erin Jones, 2011 .....24.01

## 400 Meters

1. Kineke Alexander, 2007 .....51.48
2. Elexis Guster, 2016 .....52.36
3. Ellen Grant, 1996 .....52.65
4. Shellene Williams, 2004 .....52.83
5. Ashley Liverpool, 2011 .....54.09
6. **Briana Guillory, 2016 .....54.24**
7. MonTayla Holder, 2015 .....54.32
8. **Alexis Hernandez, 2017 .....54.67**
9. Tiffany Hendricks, 2011 .....55.06
10. Marlene Poole, 1993 .....55.20

## 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, 2013 ....5-11 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, 1983 .....5-7 3/4 (1.72)
10. Lynn McMillan, 1988 .....5-7 1/4 (1.71)  
Tammilee Kerr, 2008.....5-7 1/4 (1.71)  
**Aubrianna Lantrip, 2017 ....5-7 1/4 (1.71)**

## Pole Vault

1. Jessie Strand, 2004 .....12-5 1/2 (3.80)
2. Sarah Burgett, 2007..... 11-10 (3.61)
3. **Amy Smith, 2017 .....11-9 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, 2016 .....20-4 1/2 (6.21)**
2. Zinnia Miller, 2014.....20-4 1/4 (6.20)
3. Carisa Leacock, 2014 .....19-9 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, 2017 .....19-3 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, 1984 .....19-1 1/2 (5.83)
10. Yolanda Hobbs, 1993..... 19-1 (5.80)

## 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, 2017 ....41-6 1/2 (12.66)**
6. Carisa Leacock, 2012 .....40-5 1/2 (12.33)
7. **Allison Wahrman, 2017 ..... 39-10 (12.14)**
8. Becki Borg, 1987..... 39-6 (12.04)
9. **Hannah Schlib, 2017 .....39-5 3/4 (12.03)**
10. Lynn McMillan, 1988 ..... 38-2 (11.63)

## 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. **Laulauga Tausaga, 2017 ..48-5 1/4 (14.76)**
6. Rachel Curry, 2013 ..... 48-2 1/2(14.69)
7. **Erika Hammond, 2017 ....47-9 1/4 (14.56)**
8. Megan Maurer, 1995..... 47-5 3/4 (14.47)
9. Laura Kriener, 1990 ..... 47-5 (14.45)  
Courtney Fritz, 2014.....47-5 (14.45)

## 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, 2005 .....3,701 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, 2017 .....3,411 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