

# IOWA TRACK & FIELD 2017

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



April 11, 2017

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## 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. 12-15	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.)
May 25-27	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 the 59th annual Mt. SAC Relays in Torrance, California, on the campus of El Camino College. The meet is scheduled to run this Thursday through Saturday inside Murdock Stadium. The first event is scheduled for 6:30 p.m. (CT) on Thursday, 12:30 p.m. on Friday, and 11:30 a.m. on Saturday. The decathlon competition will begin Wednesday and finish Thursday at Azusa Pacific University Stadium. First event will begin 1 p.m. on Wednesday and Thursday.

## 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.

## BROWN JOINS ELITE B1G COMPANY

At the Jim Click Shootout on April 8, junior Brittany Brown won the 100 meter and 200 meter races, becoming the Big Ten's leader in both races with times of 11.43 and 22.73, respectively. Brown's time in the 200 meters set the meet record in Arizona that stood for six years and broke the school record that she shared with teammate Briana Guilory. Brown joins Penn State's Danae Rivers (800 meters, 1,500 meters) as the only two athletes to lead the conference in multiple events.

## TAUSAGA CONTINUES MONUMENTAL SEASON

Freshman Laulauga Tausaga continues to boast one of the best discus throws in the country. Tausaga backed up her record-breaking performance at the Jim Click Shootout with her first collegiate discus title, throwing 54.95 meters (180 feet, 3.25 inches). Tausaga leads the Big Ten and is seventh in the nation. In addition, she is the only freshman ranked in the top 15 in the NCAA.

## HEPTATHLETES STEAL THE SHOW

Iowa had three athletes enter Iowa's all-time top 10 in the heptathlon at the Jim Click Shootout last weekend. Freshman Jenny Kimbro and Allison Wahrman and sophomore Tria Seawater-Simmons competed in their first heptathlon of their careers. Kimbro led the Hawkeyes, finishing fifth overall with 5,121 points to place third all-time in Iowa history. She was followed by Seawater-Simmons who finished eighth, garnering 4,928 points for fifth all-time and Wahrman cracked the list at No.10 with 4,315 points and a 15th place finish.

This is the second time this season that Kimbro and Wahrman have placed in Iowa's all-time list following a multi-event competition. During the indoor season, the duo placed third and seventh, respectively, all-time in the pentathlon following their performances at the Black & Gold Premier and Larry Wieczorek Invitational.



### 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 on March 31. He now ranks in Iowa's all-time top 10 at fourth, is 21st 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 23 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 13 athletes in the top-10 and three school record holders on the roster in Briana Guillory (100 meters), Brittany Brown (200 meters), and Laulauga Tausaga (Discus).

### BIG TEN LEADERS

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

- Sophomore Mar'yea Harris leads the 400 meter group with a time of 45.73.
- Junior Brittany Brown leads in two events- the 100 meters (11.43) and the 200 meters (22.73)
- 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).
- Sophomore Reno Tuufuli leads in the men's discus throw (60.23m).

### NCAA LEADERS

Iowa has four 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), junior Brittany Brown is sixth in the 200 meters (22.73), freshman Laulauga Tausaga is sixth in the discus throw (56.10m), sophomore Reno Tuufuli is fourth. The men's and women's 4x400 meter relays rank sixth and ninth, respectively.

### NEXT ON THE BLOCK

Iowa hosts the 18th annual Musco Twilight meet on Saturday, April 22. The meet is scheduled to begin at 4 p.m. (CT).

## 2017 OUTDOOR SEASON LEADERS

### MEN

100 Meters.....	O'Shea Wilson.....	10.35
110-Meter Hurdles.....	Chris Douglas.....	14.40
200 Meters.....	Christian Brissett.....	20.75
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.....	1:23.02
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.....	10:17.39
High Jump.....	Peter Andreano.....	6-6 3/4 (2.00m)
Pole Vault.....	Andy Jatis.....	16-1 1/4 (4.91m)
Long Jump.....	Antwon James.....	23-9 (7.24m)
Triple Jump.....	Antwon James.....	50-11 (15.52m)
Shot Put.....	Reno Tuufuli.....	61-4 3/4 (18.71m)
Discus.....	Reno Tuufuli.....	197-7 (60.23m)
Javelin.....	Alex Balke.....	201-6 (61.42m)

### WOMEN

100 Meters.....	Brittany Brown.....	11.43
100-Meter Hurdles.....	Jahisha Thomas.....	13.46
200 Meters.....	Brittany Brown.....	* 22.73
400 Meters.....	Alexis Hernandez.....	53.27
400-Meter Hurdles.....	Sheridan Champe.....	1:01.37
800 Meters.....	Tia Saunders.....	2:12.77
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.....	Gillian Urycki.....	5-7 (1.70m)
	Sydney Collins.....	5-7 (1.70m)
Pole Vault.....	Amy Smith.....	11-6 1/2 (3.52m)
Long Jump.....	Jenny Kimbro.....	19-0 (5.79m)
Triple Jump.....	Jahisha Thomas.....	41-3 1/4 (12.58m)
Shot Put.....	Laulauga Tausaga.....	49-6 1/4 (15.09m)
Discus.....	Laulauga Tausaga.....	* 184-1 (56.10m)
Javelin.....	Jenny Kimbro.....	104-11 1/2 (31.74m)
Hammer.....	Leah Colbert.....	173-3 (52.80m)
Heptathlon.....	Jenny Kimbro.....	5,121 points

\* -- school record

# OUTDOOR ALL-TIME TOP TEN PERFORMERS



Jeremy Allen



Justin Austin



Matt Byers



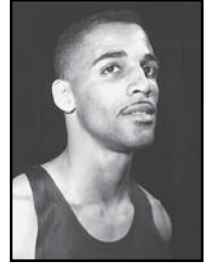
Troy Doris



Jeffery Herron



Gabe Hull



Deacon Jones

## 100 Meters

- Justin Austin, 2011 ..... 10.21
- George Page, 1996 ..... 10.25
- James Harrington, 2015 ..... 10.26
- Anthuan Maybank, 1994 ..... 10.31  
Tim Dwight, 1997 ..... 10.31  
Josh Larney, 2013 ..... 10.31  
Vinnie Saucer, Jr., 2015..... 10.31
- O'Shea Wilson, 2017..... 10.35**
- Bob Lawson, 1976 ..... 10.36
- Robert Smith, 1984 ..... 10.39

## 110-Meter High Hurdles

- Aaron Mallett, 2015..... 13.40**
- Pat McGhee, 1989..... 13.50
- Dion Trowers, 1996 ..... 13.62
- Ronnie McCoy, 1985..... 13.66
- Ethan Holmes, 2011 ..... 13.73
- Jordan Mullen, 2013..... 13.76
- James Armstrong, 1991..... 13.89
- Dan Davis, 2012..... 14.01
- Doug Jones, 1986 ..... 14.06
- Chris Williams, 1983..... 14.24

## 200 Meters

- Justin Austin, 2011 ..... 20.31
- Jeff Patrick, 1983 ..... 20.47
- James Harrington, 2015 ..... 20.50
- Anthuan Maybank, 1994 ..... 20.55
- Victor Green, 1984 ..... 20.60
- Andre Morris, 1995 ..... 20.64
- George Page, 1996 ..... 20.67
- Terrence Duckett, 1982 ..... 20.74
- Christian Brissett, 2017 ..... 20.75**
- Tim Dodge, 2002 ..... 20.78

## 400 Meters

- Anthuan Maybank, 1993 ..... 44.99
- Andre Morris, 1995 ..... 45.15
- Mike Mondane, 1967 ..... 45.20
- Mar'yea Harris, 2017 ..... 45.73**
- Steven Willey, 2010 ..... 45.78
- Gary Hollingsworth, 1963..... 46.30
- Dejuan Frye, 2016..... 46.41**
- Harold Leonard, 1986..... 46.45
- Tony Branch, 1999 ..... 46.60
- Prince Riley, 2007 ..... 46.61

## 400-Meter Hurdles

- Pat McGhee, 1988..... 48.83
- Monte Raymond, 1998..... 50.09
- Ray Varner, 2010 ..... 50.24
- Paul Steele, 1989..... 50.45
- Russell Peterson, 2001 ..... 50.50
- Ethan Holmes, 2013 ..... 50.51
- Adam Kunkel, 2001 ..... 50.73
- Jon Reimer, 1967 ..... 50.94
- Noah Larrison, 2016..... 50.94**
- Mitch Wolff, 2016 ..... 50.96**

## 800 Meters

- Erik Sowinski, 2012..... 1:45.90
- Carter Lilly, 2016.....1:47.32**
- Bill Frazier, 1962 ..... 1:47.64
- D'Juan Strozier, 1990 ..... 1:47.82
- Adam Hairston, 2011..... 1:48.10
- Will Teubel, 2015 .....1:48.60**
- Michael Layne, 1999 ..... 1:49.61
- Bill Thiesen, 1985 ..... 1:49.74
- Pavlo Hutsalyuk ..... 1:49.94
- Ryan Weir, 2013 ..... 1:50.01

## 1,500 Meters

- Jeff Thode, 2010 ..... 3:43.02
- Joel Moeller, 1978 ..... 3:44.01
- Jim Docherty, 1978..... 3:44.30
- Sam Fourman, 2015 ..... 3:44.50
- Dan Waters, 1986..... 3:46.35
- Kevin Herd, 1994 ..... 3:46.64
- John Clark, 1977 ..... 3:46.84
- Adam Jones, 2017.....3:47.72**
- Ted Wheeler, 1956 ..... 3:48.24
- Michael Melchert, 2016.....3:48.35**

## 3,000-Meter Steeplechase

- Deacon Jones, 1956..... 8:47.40
- Steve Pershing, 1978 ..... 8:54.59
- Andy Morris, 2000..... 8:56.21
- Nathan Mylenek, 2017 .....8:56.83**
- Matt Gerard, 1994..... 8:57.01
- Andy Napier, 2008..... 8:57.54
- Rollie Kitt, 1967 ..... 9:02.90
- Al Greene, 1985..... 9:02.96
- Tony Rakaric, 2005 ..... 9:03.29
- Mark Battista, 2010 ..... 9:04.60

## 5,000 Meters

- Micah VanDenend, 2007 ..... 13:49.31
- Larry Wiczorek, 1968..... 13:56.00
- Kevin Herd, 1993 ..... 13:59.00
- Stetson Steele, 2000..... 14:02.76
- Kevin Lewis, 2014 ..... 14:02.78
- Eric MacTaggart, 2005 ..... 14:04.79
- Dan Haut, 2006 ..... 14:07.30
- Jesse Luciano, 2010..... 14:08.71
- Adam Jones, 2017.....14:11.52**
- Matt Esche, 2006..... 14:12.07



Aaron Mallett



Carter Lilly



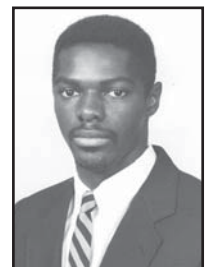
Jeff Thode



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, 2017** ..... 22.73
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. **Alexis Hernandez, 2017** ..... 23.69

## 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, 2017** ..... 53.27
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. **Jenny Kimbro, 2017 .....5,121 pts**
4. Tiff Pedersen, 2004 ..... 4,976 pts
5. **Tria Seawater-Simmons, 2017...4,928 pts**
6. Janet Adams, 1981 ..... 4,855 pts
7. Sarah Ryan, 2012..... 4,819 pts
8. Ruqayya Raheem, 1997..... 4,665 pts
9. Angela Chadwick, 1993 ..... 4,493 pts
10. **Allison Wahrman, 2017.....4,315 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. **Amy Smith, 2017 ..... 11-6 1/2 (3.52)**
5. Katie Truedson, 2010 ..... 11-5 1/4 (3.49)
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. Kassidy 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. **Allison Wahrman, 2017..... 38-2 (11.63)**

## 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. **Laulauga Tausaga, 2017 . 49-6 1/4 (15.09)**
5. Kamesha Marshall, 2005 . 48-6 3/4 (14.80)
6. Laura Kriener, 1990..... 48-2 1/2 (14.69)
7. Jennifer Gilson, 2002..... 47-10 (14.58)
8. Rachel Curry, 2013 ..... 47-9 1/4 (14.56)
9. **Nia Britt, 2017 ..... 47-8 1/2 (14.54)**
10. Jennifer Moon, 2000 ..... 47-5 1/4 (14.46)

## 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. **Brissett, Wilson, Ogwo, Harris, 2017** ..... **39.59**
8. Mullen, Austin, E. Holmes, Larney, 2013 ..... 39.66
9. Saucer, Jr., **Thompson**, Harrington, **Mallett**, 2015..... 39.66
10. Saucer, Jr., **Mallett**, Harrington, Brown, 2015 ..... 39.67

## 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
11. 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, **W. 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, W. 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, Dlhy, 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. Dlhy, 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