

IOWA TRACK & FIELD 2017

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



March 15, 2017

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

2017 IOWA TRACK & FIELD OUTDOOR SCHEDULE

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

IOWA COACHING STAFF

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
Paige Knodle	interim Assistant Coach
Kate See	Director of Operations

THIS WEEK

The University of Iowa track and field team begins the outdoor season at the Baldy Castillo Invitational in Tempe, Arizona this weekend. The meet runs from March 17-18 at the Joe Selleh Track. The first event on Friday is scheduled for 2:40 p.m. (CT) and 11:30 a.m. on Saturday.

FOLLOW ALONG

Live results will be available through the team's schedule page on hawkeyesports.com or at hawkeyesports.com/tracklive. Follow the team's twitter account @iowaxc_tf for live updates of the meet. A live stream of the meet is available at pac-12.com on Saturday and will air from approximately 2-5:15p.m. (CT).

9 HAWKEYES NAMED 2017 INDOOR ALL-AMERICANS

The Hawkeyes finished the indoor season at the NCAA Championships in College Station, Texas, on March 10-11. The team left the competition with nine athletes earning All-America honors: Aaron Mallett (60mH), Brittany Brown (200m), Mar'yea Harris (400m, 4x400m Relay), O'Shea Wilson (Long Jump), Jahisha Thomas (Long Jump), Carter Lilly (800m), Collin Hofacker (4x400m Relay), DeJuan Frye (4x400m Relay), Emmanuel Ogwo (4x400m Relay). These selections bring Iowa's all-time total to 254 All-American honors.

BROWN NAMED ALL-AMERICAN

Junior Brittany Brown was named an All-American for the first time in her indoor career. Brown entered the weekend with the fourth-best time in the country in the 200m (22.79). Brown qualified for finals, securing her first-team All-America honor where she placed fifth overall with a time of 22.92.

4X400M FINISHES AS ONE OF THE BEST

The Iowa men's 4x400m relay finished as one of the best in the country at the NCAA Indoor Championships over the weekend. The team of freshmen Emmanuel Ogwo, Collin Hofacker, and sophomore DeJuan Frye and Mar'yea Harris notched a fifth place finish with a time of 3:05.60 to be named first-team All-Americans. The last time an indoor men's relay was named first-team All-American was in 2011.

MALLETT MAKES IT 3 STRAIGHT

Senior Aaron Mallett claimed his third-straight All-American honor at the NCAA Indoor Championships. Mallett competed in the 60-meter hurdles, finishing ninth overall. Mallett joins elite company along with Kineke Alexander, Meghan Armstrong, Brittany Brown, Nan Doak, James Harrington, Ethan Holmes, Jeanne Kruckeberg, Peaches Roach, Erik Sowinski, and Bashir Yamini the only Hawkeyes to be named an All-American in three or more consecutive years.



RETURNING RECORD HOLDERS

The outdoor season begins this week at the Baldy Castillo Invitational in Tempe, Arizona. Iowa has five outdoor school-record holders on the team who are returning in 2017-- Aaron Mallett (110-meter high hurdles, 13.40), Briana Guillory (100 meters, 11.35 and 200-meters, 22.89), Brittany Brown (200-meters, 22.89), William Dougherty (Decathlon, 7,311 points), and Marta Bote Gonzalez (3,000-meter steeplechase, 10:23.15).

RETURNING BIG TEN CHAMPIONS

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

IT'S THAT TYPE OF YEAR

The University of Iowa track and field team enjoyed an indoor season for the ages. During their 2017 campaign the squad set or reset 13 school-records including six at the Big Ten Championships-- 10 on the men's side and three on the women's side. The school records include: the men's 60-meter hurdles twice (Aaron Mallett, 7.63), 400m twice (Mar'yea Harris, 45.75), 800m (Carter Lilly, 1:47.33), heptathlon twice (Will Dougherty, 5,504 points), 4x400m relay twice (Emmanuel Ogwo, Collin Hofacker, DeJuan Frye, Harris, 3:04.94), distance medley relay (Lilly, Frye, Matt Manternach, and Harris, 9:44.07), women's 200-meters (Brittany Brown, 22.79), long jump (Jahisha Thomas, 6.39m), and triple jump (Thomas, 13.00m).

KNODLE JOINS TRACK & FIELD STAFF

Paige Knodle joined the University of Iowa track and field coaching staff on March 2. Knodle comes from Iowa State where she was a volunteer assistant coach. She was previously a student-athlete at the University of Northern Iowa where she was a two-time All-American, 18-time All-MVC honoree with six individual conference titles, and four-time team captain. She also holds seven UNI school records (pentathlon, heptathlon, 60m hurdles, 100m hurdles, 400m hurdles, shuttle hurdle, and javelin).

NEXT ON THE BLOCK

The Hawkeyes enjoy a weekend off before heading to Stanford Invitational on March 31.

2017 FINAL INDOOR SEASON LEADERS

MEN

60 Meters	Christian Brissett	6.74
	Vinnie Saucer, Jr.	6.74
60-Meter Hurdles	Aaron Mallett	* 7.63
200 Meters	Antonio Woodard	21.26
400 Meters	Mar'yea Harris	* 45.75
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	4:04.28
3,000 Meters	Bailey Hesse-Withbroe	8:21.33
5,000 Meters	Bailey Hesse-Withbroe	14:48.04
1,600-Meter Relay	Ogwo, Hofacker, Frye, Harris	* 3:04.94
Dist. Medley Relay	Lilly, Frye, Manternach, Jones	* 9:44.07
High Jump	Peter Andreano	6-8 (2.03m)
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	Reno Tuufuli	61-7 1/2 (18.78m)
Weight Throw	Reno Tuufuli	56-2 1/2 (17.13m)
Discus	Reno Tuufuli	176-9 (53.87m)
Heptathlon	William Dougherty	* 5,504 points

WOMEN

60 Meters	Brittany Brown	7.39
60-Meter Hurdles	Jahisha Thomas	8.28
200 Meters	Brittany Brown	* 22.79
400 Meters	Alexis Hernandez	53.42
600 Meters	Mallory King	1:33.13
800 Meters	Tia Saunders	2:12.21
1,000 Meters	Tess Wilberding	2:53.74
Mile	Tess Wilberding	4:54.16
3,000 Meters	Tess Wilberding	9:39.87
5,000 Meters	Andrea Shine	16:45.76
1,600-Meter Relay	Buss, Guillory, Brown, Hernandez	3:38.56
Dist. Medley Relay	Espinosa, Weber, Gibbs, Eastman	12:53.60
High Jump	Aubrianna Lantrip	5-7 1/4 (1.71m)
	Gillian Urycki	5-7 1/4 (1.71m)
Pole Vault	Amy Smith	11-11 3/4 (3.65m)
Long Jump	Jahisha Thomas	* 20-11 3/4 (6.39m)
Triple Jump	Jahisha Thomas	* 42-8 (13.00m)
Shot Put	Erika Hammond	48-8 1/4 (14.84m)
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

OUTDOOR ALL-TIME TOP TEN PERFORMERS



Jeremy Allen



Justin Austin



Matt Byers



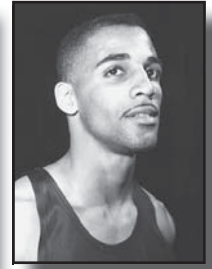
Troy Doris



Jeffery Herron



Gabe Hull



Deacon Jones

100 Meters

- Justin Austin, 201110.21
- George Page, 199610.25
- James Harrington, 201510.26
- Anthuan Maybank, 199410.31
Tim Dwight, 199710.31
Josh Larney, 201310.31
Vinnie Saucer, Jr., 2015 10.31
- Bob Lawson, 197610.36
- Robert Smith, 198410.39
- Curtis Chang, 198710.40

110-Meter High Hurdles

- Aaron Mallett, 2015..... 13.40**
- Pat McGhee, 198913.50
- Dion Trowers, 199613.62
- Ronnie McCoy, 1985.....13.66
- Ethan Holmes, 201113.73
- Jordan Mullen, 2013.....13.76
- James Armstrong, 1991.....13.89
- Dan Davis, 2012.....14.01
- Doug Jones, 198614.06
- Chris Williams, 198314.24

200 Meters

- Justin Austin, 201120.31
- Jeff Patrick, 198320.47
- James Harrington, 201520.50
- Anthuan Maybank, 199420.55
- Victor Green, 198420.60
- Andre Morris, 199520.64
- George Page, 199620.67
- Terrence Duckett, 198220.74
- Tim Dodge, 200220.78
- Bashir Yamini, 199920.82
O'Shea Wilson, 2014..... 20.82

400 Meters

- Anthuan Maybank, 1993 44.99
- Andre Morris, 1995 45.15
- Mike Mondane, 1967 45.20
- Mar'yea Harris, 2016 45.76**
- 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, 20161:47.32**
- Bill Frazier, 1962 1:47.64
- D'Juan Strozier, 1990 1:47.82
- Adam Hairston, 2011..... 1:48.10
- Will Teubel, 20151:48.60**
- 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, 20103:43.02
- Joel Moeller, 19783:44.01
- Jim Docherty, 1978.....3:44.30
- Sam Fourman, 20153:44.50
- Dan Waters, 1986.....3:46.35
- Kevin Herd, 19943:46.64
- John Clark, 19773:46.84
- Ted Wheeler, 19563:48.24
- Michael Melchert, 2016.....3:48.35**
- Kevin Docherty, 2016.....3:49.21**

3,000-Meter Steeplechase

- Deacon Jones, 1956..... 8:47.40
- Steve Pershing, 1978 8:54.59
- Andy Morris, 2000..... 8:56.21
- 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
- Sean Gale, 1993..... 9:08.00

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
- Matt Esche, 2006..... 14:12.07
- Jeff Thode, 2011 14:12.40



Aaron Mallett



Carter Lilly



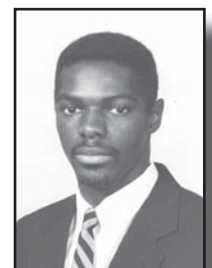
Jeff Thode



Erik Sowinski



Mar'yea Harris



Anthuan Maybank

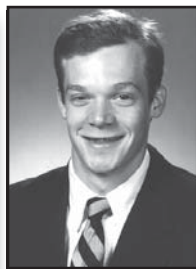
OUTDOOR ALL-TIME TOP TEN PERFORMERS



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 Speicher, 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)
9. 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. Gordon Finch, 1988.....50-9 1/4 (15.47)
6. Mike Lacy, 1984.....50-5 (15.36)
7. Pat Miller, 1985.....49-8 1/2 (15.25)
8. Matty Gorman, 2008.....49-2 1/2 (15.00)
9. Owen Gill, 1982.....49-1 (14.96)
10. Josh Bean, 2010.....48-10 3/4 (14.90)

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, 2016.....60-2 (18.34)**
7. Chris Gambol, 1987.....60-0 1/2 (18.30)
8. A.J. Curtis, 2008.....59-8 1/4 (18.19)
9. Gabe Hull, 2014.....59-4 1/4 (18.09)
10. A. van der Westhuizen, 2000 58-8 3/4 (17.90)

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. Nick Brayton, 2009.....180-11 (55.15)
9. Andy Banse, 2005.....180-0 (54.86)
10. Eric Rothwell, 2004.....179-7 (54.73)

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 Gonzales 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
Peaches Roach, 2005 11.60
10. Yolanda Hobbs, 1995 11.62

100-Meter Hurdles

1. Tiffany Johnson, 2007 13.20
2. Karessa Farley, 2009..... 13.53
3. C. Prendergast, 1999..... 13.60
Paula Ruen, 2000 13.60
5. Sarah Steffen, 2002 13.65
6. **Jahisha Thomas, 2015**..... 13.67
7. Ruqayya Raheem, 1998..... 13.90
8. **Heaven Chandler, 2016** 13.91
9. Brenda Calhoun, 1984..... 13.94
10. Wynsome Cole, 1997 14.10

200 Meters

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

400 Meters

1. Kineke Alexander, 2006 51.35
2. Elexis Guster, 2016 51.85
3. Shellene Williams, 2004 51.94
4. Ashley Liverpool, 2012 52.47
5. Ellen Grant, 1996..... 52.65
6. **Alexis Hernandez, 2016** 53.82
7. Senta Hawkins, 1988 54.01
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



Majesty Tutson



Lisa Van Steenwyk



Renee White

10,000 Meters

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

Heptathlon

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

High Jump

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

Pole Vault

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

Long Jump

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

Triple Jump

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

Shot Put

1. Lisa Van Steenwyk, 1992 50-8 (15.44)
2. Gail Smith, 1984 50-3 1/4 (15.32)
3. Denise Taylor, 1992 50-1 3/4 (15.28)
4. Kamesha Marshall, 2005 . 48-6 3/4 (14.80)
5. Laura Kriener, 1990 48-2 1/2 (14.69)
6. Jennifer Gilson, 2002 47-10 (14.58)
7. Rachel Curry, 2013 47-9 1/4 (14.56)
8. Jennifer Moon, 2000 47-5 1/4 (14.46)
9. Courtney Fritz, 2014 46-6 1/4 (14.18)
10. Mandy Chandler, 2006 46-0 (14.02)

Discus

1. Majesty Tutson, 2013 181-1 (55.19)
2. Dakotah Goodell, 2014 169-4 (51.62)
3. Tiffany Medenwaldt, 2010 .. 161-3 (49.16)
4. Denise Taylor, 1992 160-5 (48.90)
5. Amanda Stahle, 2014 159-3 (48.54)
6. Lisa Van Steenwyk, 1991 159-1 (48.50)
7. Gail Smith, 1983 158-2 (48.22)
8. Ashlyn Gulvas, 2011 154-11 (47.23)
9. Courtney Fritz, 2012 154-1 (46.96)
10. Kamesha Marshall, 2005 ... 152-11 (46.62)
Lindsay Herra, 2015 152-11 (46.60)

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. **Brissett, Harris**, Harrington, **Mallett**, 2016..... **39.53**
6. Mullen, Austin, E. Holmes, Larney, 2013 39.66
Saucer, Jr., Thompson, Harrington, **Mallett**, 2015 **39.66**
8. **Saucer, Jr., Mallett**, Harrington, Brown, 2015 **39.67**
9. Page, Davis, Rozell, Morris, 1996..... 39.73
Brown, Harrington, Mincy, **Wilson**, 2014 39.73
Thompson, Brisset, Harrington, **Mallett**, 2016..... **39.73**

Shuttle Hurdle Relay

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

800-Meter Relay

1. **Thompson, Brissett**, Harrington, **Ganschow**, 2016..... **1:23.36**
2. Richardson, Sayon, Richards, Chaney, Jr., 2009 1:24.85
3. Harrington, VanCleave, Wilson, Mallett, 2014 1:24.86
4. Austin, Brown, Larney, VanCleave, 2013 1:25.60
5. Barclay, McCalister, Jensen, Elliott, 1979..... 1:26.39
6. Thomas, Balkrishnan, Patterson, Freidrich 1991..... 1:28.38
7. 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. Ferree, Frazier, Mondane, Reimer, 1967 3:04.10
4. Rozell, Morris, Davis, Yamini, 1996..... 3:04.71
5. Willey, Barton, Richards, Sowinski, 2010..... 3:05.61
6. **Wolff, Harris, Lilly, Frye**, 2016..... **3:05.72**
7. Richards, Davey, E. Holmes, Sowsinski, 2012 3:05.77
8. Cameron, Williams, McGhee, McCoy, 1985 3:06.00
9. Rozell, Davis, Dwight, Raymond, 1997 3:06.06
Dodge, Kunkel, Coleman, Peterson, 2001 3:06.06

Sprint Medley Relay

1. McCorkle, Jones, Chung, Strozier, 1990 3:15.64
2. Sayon, Austin, Willey, Sowinski, 2011 3:16.18
3. Richards, Larney, Davey, Sowinski, 2012 3:17.25
4. Richardson, Richards, Willey, Sowinski, 2010..... 3:17.74
5. **Saucer, Jr., Brissett, Harris, Lilly**, 2016..... **3:18.53**
6. Armstrong, Thomas, Maybank, Strozier, 1991 3:18.93
7. Yamini, Davis, Dodge, Donovan, 1999..... 3:19.87
8. Richards, Chaney, Jr., Barton, Hairston, 2009 3:20.05
9. Harrington, **Mallett**, Davey, **Teubel**, 2014 3:20.08
10. McCorkle, Armstrong, Chung, Strozier, 1990 3:20.43

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. **Lilly, Dorman, Teubel**, Davey, 2015 **7:31.48**
6. Willey, Braff, Sowinski, Hairston, 2009 7:33.08
7. Tweedy, Gajewski, Linden, O'Hollearn, 2005 7:33.12
8. Cunningham, Tweedy, S. Allen, Thomas, 2001 7:34.12
9. Long, Tweedy, Dziubski, O'Hollearn, 2004 7:35.10
10. 1999 7:36.43

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, **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. Kwaza, Guster, **Chapman, Guillory**, 2016**44.41**
3. Kwaza, Guster, **Hernandez, Brown**, 2014 44.51
4. Kwaza, Guster, Holder, **Brown**, 2014 44.62
5. Poole, Reid, Floyd, Hobbs, 1994 44.63
6. Charles, Williams, Providence, James, 2003 44.71
Brown, Kwaza, Ellis, Holder, 2015**44.71**
8. Floyd, Hobbs, Poole, Reid, 1994 44.80
9. **Thomas**, Guster, **Chapman, Guillory****44.88**
10. Holder, Guster, Kwaza, **Brown**, 2015**44.93**

Shuttle Hurdle Relay

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

800-Meter Relay

1. Hobbs, Reid, Floyd, Poole, 1994 1:35.69
2. Roach, McCalla, Alexander, Johnson, 2006 1:36.19
3. **Chapman, Roberts-Lewis, Champe, Brown**, 2016**1:36.98**
4. Williams, Charles, Fouchè, Providence, 2003 1:37.49
5. Herrmann, McCalla, Raymond, Roach, 2004 1:37.66
6. Charles, Dixon, Knight, Prendergast, 2002 1:38.15
7. Prendergast, Dixon, Knight, Providence, 2001 1:38.73
8. Trusty, Hendricks, Graham, Erickson, 2009 1:38.79
9. Dixon, Knight, Prendergast, Providence, 2001 1:38.93
10. Dixon, Providence, Knight, Charles, 2001 1:39.68

1,600-Meter Relay

1. **Hernandez, Guillory**, Holder, Guster, 2016**3:30.97**
2. Guster, **Guillory**, Holder, **Hernandez**, 2016**3:32.63**
3. Holder, **Guillory, Hernandez**, Guster, 2016**3:33.25**
4. Guster, **Hernandez**, Holder, Kwaza, 2014 3:34.83
5. Praska, Hendricks, Liverpool, Erickson, 2011 3:35.93
6. Guster, **Watts, Hernandez**, Kwaza, 2014 3:36.09
7. Hume, Charles, Steffen, Williams, 2003 3:36.26
8. Kwaza, Guster, **Hernandez**, Holder, 2014 3:36.40
9. Simsonson, Liverpool, Erickson, Sack, 2012 3:37.57
10. Guster, **Watts**, Holder, Kwaza, 2014 3:37.73

Sprint Medley Relay

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

3,200-Meter Relay

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

Distance Medley Relay

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

6,400-Meter Relay

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