

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



TRACK AND FIELD CONTACT: STEPHANIE DITTMER

January 10, 2011

2010-11 IOWA TRACK & FIELD INDOOR SCHEDULE

Date	Meet	Result
Jan. 8	at Illinois Open (Champaign, IL)	W, 83-74
Jan. 15	Iowa Open (Iowa City, IA)	
Jan. 21-22	at Gold Country Classic (Minneapolis, MN)	
Jan. 29	at UNI Open (Cedar Falls, IA)	
Feb. 4	at Husker Invitational (Lincoln, NE) New Balance Invite (New York City)	
Feb. 11-12	at Cyclone Classic (Ames, IA)	
Feb. 18	Iowa Invitational (Iowa City, IA)	
Feb. 26-27	at Big Ten Championships (West Lafayette, IN) (W) (Champaign, IL) (M)	
Mar. 5	at NCAA Last Chance Meet (TBA)	
Mar. 11-12	at NCAA Championships (Fayetteville, AR)	

IOWA COACHING STAFF

Layne Anderson	Head Women's Coach
Larry Wieczorek	Head Men's Coach
Scott Cappos	Assistant Coach Men's and Women's Throws
Clive Roberts	Assistant Coach Horizontal jumps, women's short sprints, hurdles, relays
Christi Smith	Assistant Coach Combined events, vertical jumps
Joey Woody	Assistant Coach Men's sprints, short hurdles and relays women's long sprints and hurdles

THIS WEEK

The University of Iowa track and field team hosts the Iowa Open Saturday at the Iowa Recreation Building. Field events are scheduled to begin at 11 a.m. and running events are set to start at 12:15 p.m. Admission to the event is free.

The Iowa Open features Iowa Western Community College, Central Methodist University, Truman State, Western Illinois and Bradley.

AUSTIN LEADS NCAA - PICKS UP TWO FIRST PLACE FINISHES

Sophomore Justin Austin made his Hawkeye debut at the Illinois Open last weekend. The transfer student-athlete from Kentucky captured first place in the 60 meters and 200 meters. His 21.49 time on the flat-track converts into a banked-track time of 21:09, the top time among Division I athletes.

The Hawkeye newcomer posted a 6.76 in the 60 meters, a mark that earns him second place on Iowa's all-time top performers list. Austin's performance in the 200 meters ties the eighth best time in Iowa history.

BANSE SETS NEW PERSONAL RECORD

Matt Banse, a junior from Strawberry Point, IA, set a new personal record in the weight throw at last weekend's competition at Illinois. Banse took second in the event with a throw of 19.45 meters (63-9 3/4).

The throw is among Iowa's all-time bests, earning Banse a fifth place spot on Iowa's all-time top performers list. Banse's previous collegiate best was 18.78 meters, which he earned at the Iowa Invite last season.

DORIS JUMPS INTO THE RECORD BOOKS

Troy Doris recorded the nation's third-best mark in the triple jump while making his Hawkeye debut Saturday at the Illinois Open. Doris' first place finish (15.37m) was good enough for second place on Iowa's all-time top performers list. The junior also placed second in the long jump competition with a leap of 7.07 meters.

HAWKEYE DEBUTS

Twenty Hawkeye women could potentially make their black and gold debuts Saturday, including freshmen Erin Jones and Carissa Leacock. Jones, a native of Highland Park, TX, won the 60-meter dash with a time of 7.73 at the Dec. 4 intrasquad meet. Leacock, a freshman from Port of Spain, Trinidad, captured first place in the long jump (5.53m) at the intrasquad meet.

WILLEY ON TOP

Senior Steven Willey ran a 47.72 in the 400 meters to take first place at the Illinois Open. Willey's flat-track time converts to a banked-track time of 47.12, the top time in the country.

MULLEN HURDLES INTO TOP TEN

Sophomore Jordan Mullen captured first place with a personal-best 7.91 performance in the 60-meter hurdles at the Illinois Open. Mullen's time ranks No. 6 nationally and No. 2 in program history.

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Iowa returns to competition Jan. 21-22 at the Gold Country Classic in Minneapolis, Minn.



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PAGE 2

HONORARY REFEREE

Former Hawkeye Tom Ferree will be the honorary referee at Saturday's Iowa Open. Ferree was a four-time letterwinner at Iowa, earning varsity letters in cross country from 1978-80 and earning a track and field letter in 1978.

HAWKEYE VICTORY No. 3 at ILLINOIS OPEN

The men's track and field team earned an 83-74 victory at the Illinois Open Jan. 8. The Hawkeyes have a perfect 3-0 record in the annual meeting.

Iowa took first in 10 of the 14 events it competed in and 10 of 15 overall with no one entered in the pole vault competition. The Black and Gold finished first in seven of nine events on the track and in three of six events in the field.

The Hawkeyes set the bar high in the first event of the season with eight finishes ranking among Iowa's all-time bests.

HEAD COACH LARRY WIECZOREK

Larry Wiecezorek is in his 24th season as head men's cross country coach and his 15th season as head men's track and field coach at the University of Iowa. He served as an assistant track and field coach for 12 years before taking the helm in 1997.

Last season, Wiecezorek guided 28 qualifiers, made up of 20 student-athletes competing in 13 individual events and two relays to the NCAA Outdoor Championships preliminary round.

HEAD COACH LAYNE ANDERSON

Layne Anderson is in his third year as head coach of the University of Iowa women's cross country and track and field teams. He has served as the Hawkeyes' head women's cross country coach for the past seven seasons, and was the interim head women's track and field coach in 2008. From 2003-07, he served as an assistant women's track and field coach for the Hawkeyes.

2010-11 INDOOR SEASON LEADERS

MEN'S	WOMEN'S
60 meters Justin Austin 6.76	60 meters
60 meter hurdles Jordan Mullen 7.91	60-meter hurdles
200 meters Justin Austin 21.49	200 meters
400 meters Steven Willey 47.72	300 meters
600 meters Chris Barton 1:21.89	400 meters
800 meters Erik Sowinski 1:51.54	600 meters
Mile Nick Young 4:19.58	800 meters
3,000 meters Andrew Smith 8:52.18	Mile
High Jump Graham Valdes 2.09 m	3,000 meters
Long Jump Jeffery Herron 7.12 m	5,000 meters
Triple Jump Troy Doris 15.37 m	High Jump
Shot Put Matt Banse 16.63 m	Pole Vault
Weight Throw Matt Banse 19.45 m	Long Jump
1,600 meter relay Richards Barton, Sowinski, Willey 3:15.59	Shot Put
	Weight Throw
	Pentathlon
	Distance Medley
	1,600-meter relay

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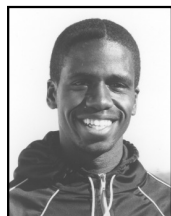


HAWKEYE TRACK & FIELD



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INDOOR TOP PERFORMERS



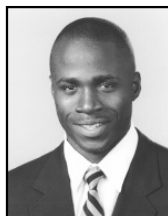
Rodney Chambers



Jim Costello



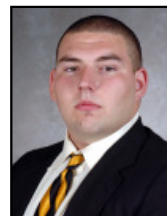
Chris Davis



Kurt Felix



Bill Hansen



John Hickey



Paul Jones

60 Meters

1. Kurt Felix, 1999.....	6.73
2. Justin Austin, 2011.....	6.76
3. Tony Branch, 1999.....	6.78
4. Paul Chaney, Jr., 2009.....	6.80
D'Juan Richardson, 2010.....	6.80
6. Derrick Burks, 2005.....	6.81
7. Zeke Sayon, 2010.....	6.82
8. Tim Dodge, 2001.....	6.83
9. Lee Elbert, 2006.....	6.86
10. Adam Kunkel, 2001.....	6.89

60-Meter Hurdles

1. Dion Trowers, 1997.....	7.87
2. Jordan Mullen, 2011.....	7.91
3. Russell Peterson, 2004.....	7.97
4. DeRocco Reed, 2000.....	8.03
5. Ethan Holmes, 2011.....	8.15
6. Jordan Crosby, 2005.....	8.16
7. D'Juan Richardson, 2009.....	8.20
8. Justin Poots, 2001.....	8.22
9. Tony Branch, 1999.....	8.24
10. Monte Raymond, 1997.....	8.29
Brice Wilson, 2008.....	8.29

200 Meters

1. Anthuan Maybank, 1993.....	21.11
2. Bashir Yamini, 1999.....	21.19
3. Tim Dodge, 2000.....	21.26
4. Paul Chaney, Jr., 2009.....	21.34
5. George Page, 1997.....	21.35
6. Zach Digney, 2004.....	21.39
7. Tony Branch, 1998.....	21.46
8. David Chaplin, 2006.....	21.49
Justin Austin, 2011.....	21.49
10. Adam Kunkel, 2001.....	21.55

400 Meters

1. Steven Willey, 2010.....	46.75
2. Terrence Duckett, 1984.....	46.81
3. Andre Morris, 1995.....	47.15
4. Monte Raymond, 1998.....	47.18
5. Anthuan Maybank, 1990.....	47.25
6. Juan Coleman, 2002.....	47.40
7. Curtis Chung, 1989.....	47.65
8. Ray Varner, 2008.....	47.66
9. Ed Rozell, 1997.....	47.73
10. Patrick Richards, 2009.....	47.78

600 Meters

1. Erik Sowinski, 2009.....	1:18.05
2. Pat McGhee, 1988.....	1:18.30
3. Steven Willey, 2009.....	1:19.03
4. Adam Hairston, 2009.....	1:19.05
5. Monte Raymond, 1997.....	1:19.18
6. Scott Williamson, 2001.....	1:19.19
7. D'Juan Strozier, 1990.....	1:19.20
8. Gary Falls, 1991.....	1:19.32
9. Zach Splan, 2007.....	1:19.39
10. Matt O'Hollearn, 2006.....	1:19.54

800 Meters

1. Erik Sowinski, 2010.....	1:48.90
2. Adam Hairston, 2010.....	1:49.26
3. Nick Kuczvara, 2010.....	1:50.84
4. Dave Novotny, 1996.....	1:51.27
5. Jim Docherty, 1973.....	1:51.30
6. Rod Chambers, 1989.....	1:51.33
7. Jim Donovan, 1999.....	1:51.52
8. Michael Layne, 1997.....	1:51.54
9. Bill Frazier, 1963.....	1:51.80
10. Mike Cunningham, 2002.....	1:51.98

Mile

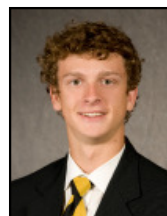
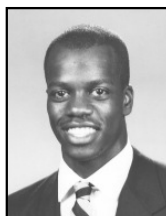
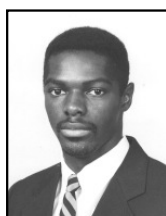
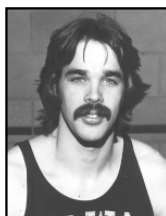
1. Jeff Thode, 2010.....	4:03.07
2. Ed DeLashmutt, 1981.....	4:04.01
3. Larry Wiczorek, 1968.....	4:04.40
4. John Clark, 1972.....	4:05.94
5. Adam Thomas, 2002.....	4:07.13
6. Kevin Herd, 1992.....	4:07.26
7. Jesse Luciano, 2009.....	4:07.29
8. Jake Berns, 2006.....	4:07.43
9. Micah VanDenend, 2007.....	4:07.54
10. Ted Wheeler, 1956.....	4:07.74

3,000 Meters

1. Micah VanDenend, 2006.....	8:00.81
2. Eric MacTaggart, 2006.....	8:08.79
3. Stetson Steele, 2000.....	8:09.54
4. Dan Haut, 2005.....	8:11.36
5. Kevin Herd, 1994.....	8:11.51
6. Nick Holmes, 2010.....	8:15.48
7. Andy Napier, 2008.....	8:15.70
8. Larry Wiczorek, 1968.....	*8:17.00
9. Matt Esche, 2004.....	8:17.28
10. Jim Docherty, 1978.....	*8:17.40

5,000 Meters

1. Micah VanDenend, 2007.....	13:56.46
2. Stetson Steele, 2000.....	14:00.52
3. Dan Haut, 2006.....	14:06.16
4. Eric MacTaggart, 2006.....	14:13.41
5. Matt Esche, 2004.....	14:18.43
6. Jeff Kent, 2007.....	14:18.86
7. Jesse Luciano, 2009.....	14:20.99
8. Nick Nordheim, 2002.....	14:22.99
9. Kevin Herd, 1994.....	14:27.57
10. Tony Rakaric, 2005.....	14:31.45



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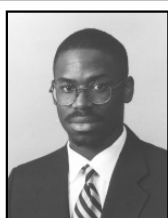


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INDOOR TOP PERFORMERS



Jeff Thode



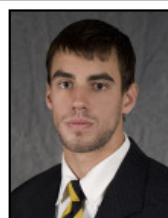
Dion Trowers



Micah VanDenend



Todd Wigginton



Steven Willey



Bashir Yamini

Heptathlon

1. Dan Rolling, 20105,205 points
2. Ryan Niver, 20085,149 points
3. Frank Prill, 20105,015 points
4. Scott Faber, 20004,784 points
5. Cam Appleman, 19974,685 points
6. Kyle Reid, 20104,662 points
7. Bobby Windauer, 20074,644 points
8. Jacob Drewry, 19954,612 points
9. Mark Mankivsky, 20084,453 points

High Jump

1. Bill Knoedel, 19767-3 (2.21)
- Bill Hansen, 19787-3 (2.21)
3. Scott Hudek, 19937-0 1/2 (2.15)
4. Pat Meade, 19877-0 1/4 (2.14)
5. Mike Lacy, 19847-0 (2.13)
6. M. Cunningham, 19846-11 1/4 (2.11)
7. Dan Rolling, 20086-11 (2.11)

Brandon Oest, 20106-11 (2.11)

Jeffery Herron, 20106-11 (2.11)

Graham Valdes, 20106-11 (2.11)

Pole Vault

1. Todd Wigginton, 198417-1 (5.21)
2. Dave Nielsen, 197516-10 (5.13)
3. Curt Brock, 197916-6 (5.03)
4. Alex Zona, 201016-4 3/4 (5.00)
- Kyle Reid, 201016-4 3/4 (5.00)**
6. Phil Wertman, 197116-4 (4.98)
7. Jeff Raymond, 200816-2 (4.93)
8. John Teffer, 197216-1 (4.90)
9. Chad Ohly, 199515-9 (4.80)
- Rich Palumbo, 198915-9 (4.80)

Long Jump

1. Anthuan Maybank, 199226-5 1/2 (8.06)
2. Bashir Yamini, 199826-0 1/4 (7.93)
3. Darren Smith, 199125-2 (7.67)
4. Paul Jones, 199024-11 1/4 (7.60)
5. Ronnie McCoy, 198424-9 (7.54)
6. Matty Gorman, 200624-8 1/2 (7.53)
7. Charles Jones, 198024-8 1/4 (7.52)
8. Quinn Early, 198624-7 1/4 (7.50)
9. Lee Farmer, 194223-9 1/4 (7.24)
10. Aaron Reed, 200623-8 (7.21)

Triple Jump

1. Paul Jones, 199052-1 1/4 (15.88)
- 2. Troy Doris, 201150-5 1/4 (15.37)**
3. Mike Lacy, 198349-0 (14.93)
4. Owen Gill, 198248-10 3/4 (14.90)
5. Josh Bean, 200948-10 (14.88)
6. Gordon Finch, 198848-3 3/4 (14.72)
7. Matty Gorman, 200648-3 1/2 (14.72)
8. Pat Miller, 198447-11 (14.60)
9. Brian Quarles, 198046-9 3/4 (14.26)
10. Darren Smith, 199246-3 1/2 (14.11)

Shot Put

1. John Hickey, 200963-0 (19.20)
2. Jeremy Allen, 200162-10 1/2 (19.16)
3. Shane Maier, 200661-2 (18.64)
4. G. Kostrubala, 198660-10 3/4 (18.55)
5. Andy Banse, 200560-9 1/4 (18.52)
6. Ken Kemeny, 200460-0 1/2 (18.30)
7. Chris Gambol, 198759-0 (17.98)
8. van der Westhuizen, 199958-10 3/4 (17.95)
9. Ryan Lamparek, 201056-10 (17.32)
10. A.J. Curtis, 200857-9 1/2 (17.61)

Weight Throw

1. Jim Costello, 200269-4 3/4 (21.15)
2. A. van der Westhuizen, 200167-7 1/2 (20.61)
3. Adam Hamilton, 200766-9 1/4 (20.35)
4. Jeremy Allen, 200165-10 1/4 (20.07)
- 5. Matt Banse, 201163-9 3-4 (19.45)**
6. Chris Voller, 200563-4 (19.30)
7. Ryan Lamparek, 201060-5 1/4 (18.42)
8. Brad Daufeldt, 200460-4 1/2 (18.40)
9. Ryan Jordan, 200859-0 (17.98)
10. Eric Rothwell, 200257-2 1/4 (17.43)

1,600-Meter Relay

1. Rozell, Davis, Raymond, Yamini, 19983:06.80
2. Coleman, Faber, Strang, Peterson, 20023:07.44
3. Greer, Williams, Smith, Duckett, 19843:08.14
4. Card, Coleman, Williamson, Dodge, 20013:08.21
5. Davis, Rozell, Page, Morris, 19953:08.77
6. Dodge, Williamson, Card, Peterson, 20013:08.82
7. Branch, Dodge, Donovan, Yamini, 19993:08.99
8. Dodge, Card, Williamson, Peterson, 20003:09.33
9. Dodge, Branch, Felix, Yamini, 19993:09.37
10. Willey, Richards, Barton, Varner, 20093:09.62

3,200 Meter Relay

1. Cooke, Nie, Monsey, Chambers, 19907:13.02
2. Corrigan, Blackman, Strozier, Chambers, 19897:29.00
3. English, Blackman, Strozier, Chambers, 19897:36.20
4. 19777:39.40
5. 19867:40.90
6. Bouske, Herd, Chambers, Koon, 19927:43.94
7. Bouska, Cook, White, Herd, 19927:48.63
8. 19927:49.86
9. 19867:50.10
10. Roseman, Rerko, Novotny, Branigan, 19937:51.36

Distance Medley Relay

1. 19999:46.83
2. 19779:48.80
3. 19789:49.70
4. Kuczwar, Barton, Kuhlman, Holmes, 20109:51.05
5. Marchese, Varner, Hairston, Luciano, 20099:52.52
6. Paul, Varner, Hairston, Thode, 20109:52.71
7. Trainor, Faber, Cunningham, Allen, 20029:58.14
8. Newell, Eisenlauer, Tice, Clark, 197310:00.0
9. Criswell, Hexum, Schum, Eastland, 197110:01.40
10. Atkins, Olson, Layne, Allen, 200010:01.54

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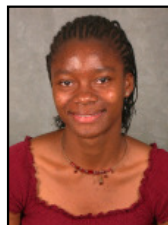


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INDOOR TOP PERFORMERS



Kineke Alexander



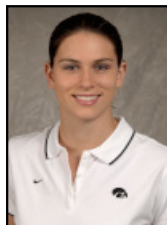
Meghan Armstrong



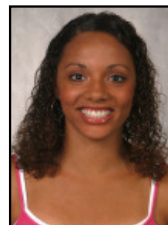
Tracy Dahl



Karessa Farley



Becca Franklin



Ashley Granger



Senta Hawkins

60 Meters

1. Elaine Jones, 1983.....	7.43
2. Peaches Roach, 2005.....	7.45
3. Shellene Williams, 2004.....	7.50
4. Jiselle Providence, 2002.....	7.52
5. Rhonda-Kaye Trusty, 2010.....	7.55
6. Angela Menson, 1982.....	7.57
7. Tamara Dixon, 2002.....	7.64
8. Lakeya Boatright, 1999.....	7.68
Raven Moore, 2010.....	7.68
10. Kamesha Marshall, 2004.....	7.72

60-Meter Hurdles

1. Karessa Farley, 2009.....	8.21
2. Tiffany Johnson, 2006.....	8.33
3. Paula Ruen, 1998.....	8.39
4. Sarah Steffen, 2002.....	8.45
Renee White, 2008.....	8.45
6. Colleen Prendergast, 2000.....	8.57
7. Tammilee Kerr, 2008.....	8.60
8. Kimberly Stanford, 2008.....	8.63
9. Diane Steinhart, 1981.....	8.64
10. Ruqayya Raheem, 1999.....	8.74

200 Meters

1. Kineke Alexander, 2006.....	23.49
2. Shellene Williams, 2004.....	23.62
3. Marlene Poole, 1994.....	23.66
Yolanda Hobbs, 1995.....	23.66
5. Erica Broomfield, 1998.....	23.81
6. Rhonda-Kaye Trusty, 2010.....	24.05
7. Peaches Roach, 2007.....	24.09
8. Jiselle Providence, 2002.....	24.44
9. Tanja Reid, 1994.....	24.67
10. Tamara Dixon, 2002.....	24.71

400 Meters

1. Kineke Alexander, 2007.....	51.48
2. Ellen Grant, 1996.....	52.65
3. Shellene Williams, 2004.....	52.83
4. Marlene Poole, 1993.....	55.20
5. Wynsome Cole, 1997.....	55.45
6. Nicole Charles, 2002.....	55.59
7. Senta Hawkins, 1988.....	55.66
8. Tiffany Hendricks, 2010.....	55.98
9. Aisha Hume, 2002.....	56.33
Lindsey McCalla, 2006.....	56.33

600 Yards

1. Senta Hawkins, 1987.....	1:21.06
2. Aisha Hume, 2004.....	1:21.74
3. Kay Stormo, 1982.....	1:22.49
4. Bethany Praska, 2009.....	1:23.12
5. Chris Davenport, 1982.....	1:24.14
6. Sophia Poncè, 2007.....	1:24.55
7. Wynsome Cole, 1995.....	1:24.83
8. Keely Huber, 2002.....	1:25.81
9. Briana Benning, 1996.....	1:26.05
10. Sherri Hull, 1983.....	1:26.10

600 Meters

1. Kineke Alexander, 2008.....	1:27.45
2. Bethany Praska, 2010.....	1:29.35
3. Senta Hawkins, 1987.....	1:30.77
4. Karen Layne, 1990.....	1:31.45
5. Kay Stormo, 1982.....	1:32.3
6. Aisha Hume, 2004.....	1:32.41
7. Sophia Chow, 2002.....	1:33.54
8. Ann Pare, 1997.....	1:34.95
9. Chris Davenport, 1981.....	1:35.34
10. Ellen Grant, 1997.....	1:35.46

800 Meters

1. Jeanne Kruckeberg, 1989.....	2:06.38
2. Michelle Lahann, 2004.....	2:06.83
3. Bethany Praska, 2010.....	2:08.54
4. Briana Benning, 1996.....	2:09.22
5. Kay Stormo, 1981.....	2:11.04
6. Ann Pare, 1997.....	2:11.19
7. Atalie Barber, 2003.....	2:12.10
8. Shannon Stanley, 2005.....	2:12.13
9. Lauren Hardesty, 2009.....	2:12.39
10. Tracy Dahl, 1993.....	2:12.74

Mile

1. Jeanne Kruckeberg, 1989.....	4:40.19
2. Meghan Armstrong, 2006.....	4:40.59
3. Lauren Hardesty, 2010.....	4:41.97
4. Tina Stec, 1994.....	4:42.63
5. Betsy Flood, 2010.....	4:42.70
6. Penny O'Brien, 1981.....	4:43.72
7. Diane Nukuri, 2007.....	4:46.25
8. McKenzie Melander, 2010.....	4:47.17
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. Nan Doak, 1982.....	9:21.60
5. Jenny Spangler, 1986.....	9:22.41
6. Krista Anderson, 2006.....	9:29.75
7. Amanda Hardety, 2010.....	9:30.17
8. Betsy Flood, 2010.....	9:32.09
9. Nikki Chapple, 2004.....	9:34.17
10. Racheal Marchand, 2009.....	9:35.25

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INDOOR TOP PERFORMERS



Lindsey McCalla



Lisa Moats



Diane Nukuri



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. Jennifer Brower, 1992 16:22.19
8. Nikki Chapple, 2004 16:27.04
9. Jodi Hersberger, 1982 16:32.24
10. Meghan Armstrong, 2008 16:38.78

High Jump

1. Peaches Roach, 2005 6-0 3/4 (1.85)
2. Mary Mol, 1983 6-0 (1.83)
3. Becky Kaza, 1995 5-9 3/4 (1.77)
4. Caleigh Bacchus, 2010 5-9 1/4 (1.76m)
5. Kristi Dinkla, 1985 5-8 1/2 (1.74)
6. Kacey Childs, 2001 5-8 1/2 (1.74)
7. Traci Claussen, 1987 5-8 (1.73)
8. Kathy Gillespie, 1983 5-7 3/4 (1.72)
9. Lynn McMillan, 1988 5-7 1/4 (1.71)
- Tammilee Kerr, 2008 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. K. Weismantle, 2010 11-5 3/4 (3.50)
4. Katie Truedson, 2010 10-11 3/4 (3.35)
5. Gina Shannon, 2001 10-6 (3.20)
6. Kacey Childs, 2001 9-0 (2.75)
7. Amy Kasparbauer, 2000 8-0 (2.44)

Long Jump

1. Lisa Moats, 1986 19-6 (5.95)
2. Renee White, 2006 19-3 1/4 (5.87)
3. Tiffany Johnson, 2007 19-2 1/2 (5.85)
4. Davera Taylor, 1984 19-1 1/2 (5.83)
5. Yolanda Hobbs, 1993 19-1 (5.80)
6. Kamesha Marshall, 2005 18-11 1/4 (5.77)
7. Catharine Parmiter, 2000 18-7 1/2 (5.68)
8. Jessie Strand, 2000 18-3 1/4 (5.57)
9. Tiff Pedersen, 2003 18-2 1/2 (5.55)
10. Tammilee Kerr, 2005 18-1 3/4 (5.53)

Triple Jump

1. Renee White, 2008 42-4 (12.90)
2. Tiffany Johnson, 2007 41-3 3/4 (12.59)
3. Becki Borg, 1987 39-6 (12.04)
4. Lynn McMillan, 1988 38-2 (11.63)
5. Lisa Moats, 1985 35-1 (10.69)
6. Becca Franklin, 2004 34-3 (10.44)

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. Megan Maurer, 1995 47-5 3/4 (14.47)
6. Laura Kriener, 1990 47-5 (14.45)
7. Jennifer Gilson, 2002 46-11 (14.30)
8. Jennifer Moon, 2000 45-9 (13.94)
- Tiffany Medenwaldt, 2010 45-9 (13.94)
10. Shelly Redies, 1985 45 1/4 (13.73)

Weight Throw

1. Becca Franklin, 2007 58-3 1/4 (17.76)
2. Erin O'Hern, 2008 56-3 (17.14)
3. Mandy Chandler, 2009 54-4 1/2 (16.57)
4. Kelsey Taylor, 2010 53-7 3/4 (16.35)
5. Majesty Tutson, 2010 52-8 3/4 (16.07)
6. Kerri Blackstone, 1999 50-9 3/4 (15.48)
7. Tiffany Medenwaldt, 2010 50-8 3/4 (15.45)
8. Megan Maurer, 1998 48-10 1/4 (14.89)
9. Jennifer Moon, 2000 47-10 3/4 (14.60)
10. Jennifer Gilson, 2002 46-7 1/4 (14.20)

Pentathlon

1. Tammilee Kerr, 2008 3,974 points
2. Chris Davenport, 1983 3,798 points
3. Kamesha Marshall, 2005 3,701 points
4. Tiff Pedersen, 2004 3,511 points
5. Maureen Abel, 1979 3,427 points
6. Janet Adams, 1981 3,360 points
7. Janelle Jaspers, 1987 3,366 points
8. Kacey Childs, 1999 3,224 points
9. Katie Herrmann, 2004 3,154 points

1,600-Meter Relay

1. McCalla, Granger, Alexander, Johnson, 2006 3:40.52
2. Johnson, McCalla, Alexander, Granger, 2006 3:42.44
3. Alexander, Johnson, Poncè, M. Mims, 2007 3:42.75
4. White, Alexander, Kerr, Hendricks, 2008 3:43.83
5. Hendricks, Trusty, Praska, Mims, 2010 3:44.29
6. McCalla, Williams, Sheeley, Hume, 2004 3:44.47
7. Bynoe, Cole, Raheem, Grant, 1996 3:44.58
8. Simpson, McRell, Layne, Powell, 1989 3:44.75
9. Hume, Charles, Barber, Knight, 2002 3:45.33
10. Floyd, Poole, Hobbs, Layne, 1992 3:45.38

Distance Medley Relay

1. Armstrong, Alexander, L. Hardesty, Nukuri, 2008 11:20.11
2. Stormo, Davenport, Williams, O'Brien, 1981 11:23.02
3. Flood, Hendricks, Hardesty L., Melander, 2010 11:25.01
4. Melander, Hendricks, Flood, Marchand, 2009 11:27.34
5. Benning, Poole, Salsberry, Stec, 1994 11:28.03
6. Stormo, Davenport, Hayden, Doak, 1982 11:29.54
- Armstrong, Granger, Stanley, K. Anderson, 2006 11:29.54
8. Lahann, Williams, Stanley, Arens, 2004 11:30.36
9. Thompson, Williams, Barber, Lahann, 2003 11:30.38
10. Doak, xx, Hayden, xx, 1982 11:35.07

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