

THE UNIVERSITY OF IOWA



HAWKEYE TRACK & FIELD



TRACK AND FIELD CONTACT: JORDAN BUCHER

January 20, 2016

2016 IOWA TRACK & FIELD INDOOR SCHEDULE

Date	Meet
Jan. 9	Border Battle (Champaign, Ill.)
Jan. 15-16	Iowa Dual (Iowa City, Iowa)
Jan. 23	Big Four Duals (Cedar Falls, Iowa)
Jan. 29-30	Razorback Invitational (Fayetteville, Ark.)
Feb. 5-6	Meyo Invitational (South Bend, Ind.)
Feb. 12-13	Iowa State Classic (Ames, Iowa)
Feb. 12-13	Tyson Classic (Fayetteville, Ark.)
Feb. 20	Alex Wilson Invitational (South Bend, Ind.)
Feb. 26-27	Big Ten Championships (Geneva, Ohio)
Mar. 11-12	NCAA Championships (Birmingham, Ala.)

IOWA COACHING STAFF

Joey Woody.....Director of Track & Field

Layne Anderson Head Cross Country/
..... Assistant Track & Field Coach

Clive Roberts Associate Head Coach

Jason Wakenight Assistant Coach
..... Director of Recruiting

Andrew Dubs Assistant Coach

Molly Jones Assistant Coach

THIS WEEK

The University of Iowa track and field team travels to Ames, Iowa for the Big Four Duals at Iowa State University on Saturday. The event will be held at the Lied Recreational Center with field and running events beginning at 2 p.m. (CT). In addition to Iowa, the event features teams from Northern Iowa, Iowa State, and Drake.

FOLLOW THE HAWKEYES

Live results can be found on the track and field schedule page at hawkeyesports.com.

MALLET OFF TO FAST START

In his second race of the indoor season, junior All-American Aaron Mallett posted the second-fastest 60-meter hurdle time of his career at the Iowa Dual on Jan. 16. The St. Louis, Missouri, native clocked 7.82, a time that is 0.03 seconds off his personal best of 7.78 which he recorded at the 2015 Big Ten Indoor Championships en route to finishing runner-up. He currently leads the Big Ten and ties for fourth nationally.

SYNCHRONIZED SPRINTERS

Iowa was one of two teams to score in both the men's and women's short sprints at the 2015 Big Ten Indoor Championships. The Hawkeyes produced a pair of seventh-place finishes in the 60 meters from junior Vinnie Saucer, Jr. and senior Lake Kwaza, while juniors Brittany Brown and James Harrington each took fourth in the 200 meters.

Iowa has mirrored those results in the early stages of the 2016 season. Third-year sophomore O'Shea Wilson (6.76) and senior Lake Kwaza (7.45) each share the third-fastest 60-meter time in the conference this season for men and women, while freshmen Christian Brissett (21.36) and Briana Guillery (24.04) are both ranked fourth in the men's and women's 200 meters.

GUSTER TOPS BIG TEN

Defending Big Ten 400-meter champion Elexis Guster tops the conference rankings in the women's 600 meters with a converted time of 1:30.93. Guster won the Iowa Dual on Jan. 16 in 1:32.04, a mark that ranks eighth all-time.

A ONE-TWO PUNCH

Sophomore Carter Lilly (1:18.07) and senior Will Teubel (1:51.65) each stand fourth in the Big Ten following their season-opening performances in the men's 600 and 800 meters at the Border Battle on Jan. 9.

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HAWKEYE TRACK & FIELD



TRACK AND FIELD CONTACT: JORDAN BUCHER

2016 INDOOR SEASON LEADERS

A LOOK DOWN MEMORY LANE

Four Hawkeye women produced collegiate-bests and Iowa all-time marks at the Big Four Duals last season: sophomore Jahisha Thomas (60-meter hurdles/8.60), junior Mahnee Watts (600 yards/1:22.82), senior Kaitlyn Nelson (600 yards/1:24.52), and senior MonTayla Holder (800 meters/2:10.34).

The 2014 Big Four Duals was one for the books. Junior Brittany Brown broke what was a 31-year-old Iowa school record in her first race as a Hawkeye in the women's 60 meters, clocking 7.41 in the prelims to beat the previous school record of 7.43 set by Elaine Jones in 1983. Kwaza quickly matched Brown's time in the finals to take the event title.

MEYERS RECORDS COLLEGIATE BEST

Junior Avery Meyers led the Iowa men at the discus competition on Jan. 15 with a personal-best 170-1 (51.84m). In addition to the discus, Meyers is the team-leader in the shot put (57-6 1/2, 17.54m) and the weight throw (53-5, 16.28m). His shot put mark ties for eighth in the conference.

COLBERT, SMITH ENTER ALL-TIME LISTS

Sophomore Leah Colbert and freshman Amy Smith delivered all-time marks in their respective events at the Iowa Dual on Jan. 16. Colbert threw 52-2.5 (15.91m) in the women's weight throw, a mark that puts her 10th in school history.

Smith climbed to sixth all-time at Iowa after reaching a new height in the women's pole vault (10-10, 3.30m).

A LOOK AHEAD

The 2016 Big Ten Indoor Championships will be held in Geneva, Ohio, on Feb. 26-27. The NCAA Indoor Championships are March 11-12 in Birmingham, Alabama.

NEXT ON THE BLOCK

The Hawkeyes travel to the Razorback Invitational for two-day competition in Fayetteville, Arkansas on Jan. 29-30.

MEN

60 Meters.....	O'Shea Wilson	6.76
60-Meter Hurdles....	Aaron Mallett.....	7.82
200 Meters.....	Christian Brissett.....	21.74
400 Meters.....	Mar'yea Harris	49.12
600 Meters.....	Carter Lilly.....	1:19.24
800 Meters.....	Will Teubel	1:53.24
1,000 Meters.....	Michael Hart	2:29.91
Mile.....	Michael Melchert	4:13.80
3,000 Meters.....	Daniel Soto	8:47.98
1,600-Meter Relay...	Wolff, Frye, Mallett, Harris.....	3:15.89
High Jump.....	Kevin Spejcher	6-7 (2.01m)
Pole Vault.....	Andy Jatis.....	16-0 3/4 (4.90m)
Long Jump.....	Peter Andreano.....	21-8 3/4 (6.62m)
Triple Jump.....	Kerry Dean, Jr.	45-7 1/4 (13.90m)
Shot Put.....	Avery Meyers.....	57-6 1/2 (17.54m)
Weight Throw.....	Avery Meyers.....	53-5 (16.28m)
Discus.....	Avery Meyers.....	170-1 (51.84m)

WOMEN

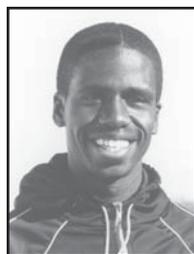
60 Meters.....	Lake Kwaza.....	7.45
60-Meter Hurdles....	Jahisha Thomas.....	8.67
200 Meters.....	Briana Guillory	24.41
400 Meters.....	MonTayla Holder	56.50
600 Meters.....	Elexis Guster	1:32.04
800 Meters.....	Jordyn Sindt	2:19.90
Mile.....	Tess Wilberding.....	5:09.92
3,000 Meters.....	Andrea Shine	10:37.92
1,600-Meter Relay...	Guster, Guillory, Hernandez,	3:45.85
	Kwaza	
High Jump.....	Khanishah Williams.....	5-8 (1.73m)
Long Jump.....	Jalynn Roberts-Lewis ..	17-8 3/4 (5.40m)
Pole Vault.....	Amy Smith	10-10 (3.30m)
Triple Jump.....	Tria Seawater-Simmons ..	37-3 (11.35m)
Weight Throw.....	Leah Colbert	52-2 1/2 (15.91m)
Discus.....	Dakotah Goodell	156-5 (47.67m)

* -- school record

INDOOR ALL-TIME TOP TEN PERFORMERS



Justin Austin



Rodney Chambers



Jim Costello



Troy Doris



Bill Hansen



John Hickey



Ethan Holmes

60 Meters

- Justin Austin, 2011 6.69
- Kurt Felix, 1999..... 6.73
Tevin-Cee Mincy, 2014 6.73
- Josh Larney, 2013 6.74
- Troy Doris, 2012 6.75
- 6. O'Shea Wilson, 2016.....6.76**
- Tony Branch, 1999 6.78
- Paul Chaney, Jr., 2009 6.80
D'Juan Richardson, 2010 6.80
- Derrick Burks, 2005 6.81

60-Meter Hurdles

- Jordan Mullen, 2013..... 7.70
- 2. Aaron Mallett, 2015.....7.78**
- Ethan Holmes, 2013 7.82
- Dion Trowers, 1997 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
- 10.Chris Douglas, 20168.14**

200 Meters

- Justin Austin, 2011 20.80
- Anthuan Maybank, 1993 21.11
- Bashir Yamini, 1999 21.19
- 4. James Harrington, 201421.21**
- 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
- Tony Branch, 1998 21.46

400 Meters

- Steven Willey, 2010 46.75
- Terrence Duckett, 1984 46.81
- Andre Morris, 1995 47.15
- Monte Raymond, 1998..... 47.18
- Anthuan Maybank, 1990 47.25
- Patrick Richards, 2011 47.35
- Juan Coleman, 2002 47.40
- Justin Austin, 2012 47.61
- Ethan Holmes, 2013 47.63
- Curtis Chung, 1989 47.65

600 Meters

- Erik Sowinski, 2012..... 1:16.91
- 2. Will Teubel, 2014 1:17.84**
- Steven Willey, 2011 1:17.94
- Keaton Rickels, 2012 1:18.19
- Pat McGhee, 1988..... 1:18.30
- 6. Carter Lilly, 2015 1:18.37**
- Ryan Weir, 2013 1:18.62
- Chris Barton, 2011..... 1:18.75
Brennan Davey, 2014..... 1:18.75
- Neil Flattery, 2014 1:18.78

800 Meters

- Erik Sowinski, 2012..... 1:47.62
- Ryan Weir, 2013 1:49.11
- Adam Hairston, 2010..... 1:49.26
- Nathan Prom, 2013 1:49.29
- 5. Will Teubel, 2015 1:49.40**
- Nick Kuczvara, 2010 1:49.59
- Dave Novotny, 1996 1:51.27
- Jim Docherty, 1973..... 1:51.30
- Rod Chambers, 1989 1:51.33
- 10.Carter Lilly, 2015 1:51.40**

Mile

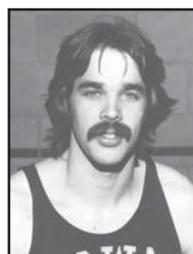
- Jeff Thode, 2011 3:58.72
- Ed DeLashmutt, 1981 4:04.01
- Larry Wieczorek, 1968..... 4:04.40
- John Clark, 1972 4:05.94
- Ben Witt, 2014 4:07.08
- Adam Thomas, 2002 4:07.13
- Kevin Herd, 1992 4:07.26
- Jesse Luciano, 2009 4:07.29
- Jake Berns, 2006..... 4:07.43
- Kevin Lewis, 2015 4:07.50

3,000 Meters

- Kevin Lewis, 2015 7:57.06
- Jeff Thode, 2011 8:00.38
- Micah VanDenend, 2006 8:00.81
- 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
- Andy Napier, 2008..... 8:15.70

5,000 Meters

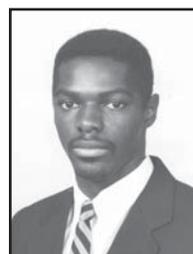
- Kevin Lewis, 2015 13:43.70
- Micah VanDenend, 2007 13:56.46
- Stetson Steele, 2000..... 14:00.52
- Dan Haut, 2006 14:06.16
- Eric MacTaggart, 2006 14:13.41
- Jeff Thode, 2011 14:16.00
- Matt Esche, 2004..... 14:18.43
- Jeff Kent, 2007..... 14:18.86
- Jesse Luciano, 2009 14:20.99
- Nick Nordheim, 2002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



Bill Knoedel



Kevin Lewis



Anthuan Maybank



Jordan Mullen

INDOOR ALL-TIME TOP TEN PERFORMERS



Nathan Prom



Kyle Reid



Patrick Richards



Keaton Rickels



Erik Sowinski



Todd Wigginton



Steven Willey

Heptathlon

1. Kyle Reid, 2013 5,354 points
2. Dan Rolling, 2010 5,205 points
3. Jack Eckert, 2015 5,188 points
4. Ryan Niver, 2008..... 5,149 points
5. **William Dougherty, 2015 5,054 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)

Pole Vault

1. Todd Wigginton, 1984 17-1 (5.21)
2. Dave Nielsen, 1975..... 16-10 (5.13)
3. Kyle Reid, 2013 16-6 3/4 (5.05)
4. Curt Brock, 1979..... 16-6 (5.03)
5. Alex Zona, 2010..... 16-4 3/4 (5.00)
6. Phil Wertman, 1971 16-4 (4.98)
7. Jeff Raymond, 2008..... 16-2 (4.93)
8. John Teffer, 1972 16-1 (4.90)
9. **Andy Jatis, 2016..... 16-0 3/4 (4.90)**
10. Chad Ohly, 1995 15-9 (4.80)
Rich Palumbo, 1989..... 15-9 (4.80)

Long Jump

1. Anthuan Maybank, 1992. 26-5 1/2 (8.06)
2. Bashir Yamini, 1998 26-0 1/4 (7.93)
3. Darren Smith, 1991 25-2 (7.67)
4. Paul Jones, 1990..... 24-11 1/4 (7.60)
5. Josh Larney, 2013 24-10 (7.57)
6. Ronnie McCoy, 1984..... 24-9 (7.54)
7. **O'Shea Wilson, 2014... 24-8 1/2 (7.53)**
Matty Gorman, 2006.... 24-8 1/2 (7.53)
9. Charles Jones, 1980..... 24-8 1/4 (7.52)

10. Quinn Early, 1986 24-7 1/4 (7.50)

Triple Jump

1. Troy Doris, 2011 54-0 (16.46)
2. Babatunde Amosu,
2015 52-8 3/4 (16.07)
3. Paul Jones, 1990..... 52-1 1/4 (15.88)
**Klyvens Delaunay,
2014 52-1 1/4 (15.88)**
5. Mike Lacy, 1983 49-0 (14.93)
6. Owen Gill, 1982 48-10 3/4 (14.90)
7. Josh Bean, 2009 48-10 (14.88)
8. David Nsabua, 2013 48-9 (14.86)
9. Gordon Finch, 1988.... 48-3 3/4 (14.72)
10. Matty Gorman, 2006.. 48-3 1/2 (14.72)

Shot Put

1. John Hickey, 2009 63-0 (19.20)
2. Jeremy Allen, 2001 ... 62-10 1/2 (19.16)
3. Shane Maier, 2006..... 61-2 (18.64)
4. Gary Kostrubala, 1986. 60-10 3/4 (18.55)
5. Andy Banse, 2005..... 60-9 1/4 (18.52)
6. Ken Kemeny, 2004 60-0 1/2 (18.30)
7. Gabe Hull, 2014..... 59-3 (18.06)
8. Chris Gambol, 1987 59-0 (17.98)
9. Arno van der Westhuizen,
1999 58-10 3/4 (17.95)
10. **Avery Meyers, 2015 .. 58-4 3/4 (17.80)**

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. Coleman, Faber, Strang, Peterson, 2002 .. 3:07.44
4. Richards, Sowinski, E. Holmes, Willey,
2011 3:07.84
5. Greer, Williams, Smith, Duckett, 1984..... 3:08.14
6. Card, Coleman, Williamson, Dodge, 2001 3:08.21
7. Davis, Rozell, Page, Morris, 1995..... 3:08.77
8. Dodge, Williamson, Card, Peterson, 2001 3:08.82
9. Richards, E. Holmes, Barton, Willey, 2011 3:08.85
10. Branch, Dodge, Donovan, Yamini, 1999 ... 3:08.99

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. Kuczvara, 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. Prom, Richardson, Sowinski, Thode,
2011 9:57.44
9. Trainor, Faber, Cunningham, Allen, 2002.. 9:58.14
10. Newell, Eisenlauer, Tice, Clark, 1973..... 10:00.0

INDOOR ALL-TIME TOP TEN PERFORMERS



Kineke Alexander



Meghan Armstrong



Brittany Brown



Tracy Dahl



Nicole Erickson



Karesa Farley



Ashlyn Gulvas

60 Meters

1. **Brittany Brown, 2014** **7.41**
- Lake Kwaza, 2014**..... **7.41**
3. Elaine Jones, 19837.43
4. Peaches Roach, 2005.....7.45
5. Shellene Williams, 20047.50
6. Jiselle Providence, 20027.52
7. Rhonda-Kaye Trusty, 20107.55
- Erin Jones, 20117.55
- Raven Moore, 20137.55
10. Angela Menson, 19827.57

60-Meter Hurdles

1. Karesa Farley, 20098.21
2. Tiffany Johnson, 2006.....8.33
3. Paula Ruen, 1998.....8.39
4. Sarah Steffen, 20028.45
- Renee White, 2008.....8.45
6. Colleen Prendergast, 20008.57
7. Tammilee Kerr, 2008.....8.60
- Jahisha Thomas, 2015**..... **8.60**
9. Kimberly Stanford, 2008.....8.63
10. Diane Steinhart, 1981.....8.64

200 Meters

1. Kineke Alexander, 200623.49
2. Shellene Williams, 200423.62
- 3. Brittany Brown, 2014**..... **23.63**
4. Marlene Poole, 199423.66
- Yolanda Hobbs, 1995.....23.66
6. Erica Broomfield, 199823.81
- 7. Lake Kwaza, 2014**..... **23.92**
8. Raven Moore, 201324.00
9. Erin Jones, 201124.01
10. Rhonda-Kaye Trusty, 201024.05

400 Meters

1. Kineke Alexander, 200751.48
2. Ellen Grant, 1996.....52.65
3. Shellene Williams, 200452.83
- 4. Elexis Guster, 2015**..... **53.92**
5. Ashley Liverpool, 201154.09
- 6. MonTayla Holder, 2015** **54.32**
- 7. Alexis Hernandez, 2014**..... **54.91**
8. Tiffany Hendricks, 201155.06
9. Marlene Poole, 199355.20
10. Wynsome Cole, 199755.45

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, 2015**..... **1:22.82**
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, 2014** **1:29.98**
4. Senta Hawkins, 1987 1:30.77
- 5. Kaitlyn Nelson, 2013** **1:31.44**
6. Karen Layne, 1990 1:31.45
7. Nicole Erickson, 2012 1:31.71
- 8. Elexis Guster, 2016** **1:32.04**
- 9. Mahnee Watts, 2015**..... **1:32.07**
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, 19955-9 3/4 (1.77)
5. Caleigh Bacchus, 2010.....5-9 1/4 (1.76)
6. Kristi Dinkla, 1985.....5-8 1/2 (1.74)
- Kacey Childs, 2001.....5-8 1/2 (1.74)
8. Traci Claussen, 1987 5-8 (1.73)
9. Kathy Gillespie, 19835-7 3/4 (1.72)
10. Lynn McMillan, 19885-7 1/4 (1.71)
- Tammilee Kerr, 2008.....5-7 1/4 (1.71)

Pole Vault

1. Jessie Strand, 200412-5 1/2 (3.80)
2. Sarah Burgett, 2007 11-10 (3.61)
3. Kirsten Weismantle, 2011 .11-5 3/4 (3.50)
4. Brittany Holst, 2013.....11-3 3/4 (3.45)
5. Katie Truedson, 2010.....10-11 3/4 (3.35)
6. **Amy Smith, 2016 10-10 (3.30)**
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. Zinnia Miller, 2014.....20-4 1/4 (6.20)
2. Carisa Leacock, 201419-9 1/2 (6.03)
3. **Jahisha Thomas, 2015 19-7 (5.97)**
4. Lisa Moats, 1986 19-6 (5.95)
5. Cassidy Ellis, 2015.....19-5 1/2 (5.93)
6. Renee White, 2006.....19-3 1/4 (5.87)
7. Tiffany Johnson, 2007.....19-2 1/2 (5.85)
8. Davera Taylor, 198419-1 1/2 (5.83)
9. Yolanda Hobbs, 1993..... 19-1 (5.80)
10. Kamesha Marshall, 2005 .18-11 1/4 (5.77)

Triple Jump

1. Renee White, 2008..... 42-4 (12.90)
2. Tiffany Johnson, 2007.....41-3 3/4 (12.59)
3. Zinnia Miller, 2014.....41-2 1/2 (12.56)
4. Carisa Leacock, 201240-5 1/2 (12.33)
5. Becki Borg, 1987..... 39-6 (12.04)
6. Lynn McMillan, 1988 38-2 (11.63)
7. Sarah Ryan, 2014.....37-5 1/4 (11.41)
8. **Tria Seawater-Simmons, 2016. 37-3 (11.35)**
9. Lisa Moats, 1985 35-1 (10.69)
10. Becca Franklin, 2004..... 34-3 (10.44)
- Rachel Ballard, 2013..... 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. Rachel Curry, 2013 48-2 1/2(14.69)
6. Megan Maurer, 1995..... 47-5 3/4 (14.47)
7. Laura Kriener, 1990 47-5 (14.45)
- Courtney Fritz, 2014..... 47-5 (14.45)
9. Jennifer Gilson, 2002..... 46-11 (14.30)
10. Alexa Hunt, 201546-8 3/4 (14.24)

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. Mandy Chandler, 2009 54-4 1/2 (16.57)
10. **Leah Colbert, 2016.....52-2 1/2 (15.91)**

Pentathlon

1. Tammilee Kerr, 2008.....3,974 points
2. Chris Davenport, 1983.....3,798 points
3. Kamesha Marshall, 20053,701 points
4. Tiff Pedersen, 2004.....3,511 points
5. Sarah Ryan, 2013 3,472 points
6. Maureen Abel, 1979.....3,427 points
7. Zinnia Miller, 2012.....3,416 points
8. Janet Adams, 19813,360 points
9. Janelle Jaspers, 19873,366 points
10. Cassidy Ellis, 2014.....3,346 points

1,600-Meter Relay

1. Liverpool, Hendricks, Praska, Erickson, 2011 3:36.97
2. **Hernandez, Holder, Guster, Watts, 2014 3:37.16**
3. Liverpool, Hendricks, Erickson, Praska, 2011 3:37.58
4. **Kwaza, Guster, Holder, Watts, 2015.....3:37.84**
5. **Kwaza, Holder, Watts, Guster, 2015.....3:38.56**
6. **Guster, Holder, Watts, Hernandez, 2014 3:38.62**
7. Hendricks, Erickson, Praska, Liverpool, 2011 3:39.15
8. **Guster, Watts, Holder, Kwaza, 2015.....3:39.30**
9. Hendricks, Praska, Erickson, Liverpool, 2011 3:40.42
10. McCalla, Granger, Alexander, Johnson, 2006 3:40.52

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