

# THE UNIVERSITY OF IOWA



## HAWKEYE TRACK & FIELD



TRACK AND FIELD CONTACT: JORDAN BUCHER

February 4, 2015

### 2015 IOWA TRACK & FIELD INDOOR SCHEDULE

| Date       | Meet                                       |
|------------|--------------------------------------------|
| Jan. 10    | Border Battle<br>(Iowa City, Iowa)         |
| Jan. 24    | Big Four Duals<br>(Ames, Iowa)             |
| Feb. 6-7   | Husker Invite<br>(Lincoln, Neb.)           |
| Feb. 13-14 | Cyclone Classic<br>(Ames, Iowa)            |
| Feb. 13-14 | Tyson Invitational<br>(Fayetteville, Ark.) |
| Feb. 21    | Alex Wilson<br>(Bloomington, Ind.)         |
| Feb. 27-28 | Big Ten Championships<br>(Geneva, Ohio)    |
| Mar. 13-14 | NCAA Championships<br>(Fayetteville, Ark.) |

### IOWA COACHING STAFF

|                       |                           |
|-----------------------|---------------------------|
| Joey Woody.....       | Director of Track & Field |
| Layne Anderson ....   | Head Track & Field Coach  |
| Clive Roberts .....   | Associate Head Coach      |
| Jason Wakenight ..... | Assistant Coach           |
| .....                 | Director of Recruiting    |
| Andrew Dubs .....     | Assistant Coach           |
| Molly Jones .....     | Assistant Coach           |
| Kate See .....        | Director of Operations    |

### THIS WEEK

The University of Iowa track and field team competes at the Husker Invite in Lincoln, Nebraska on Friday and Saturday. The first day of competition opens with multi-events at noon (C.T.), followed by field events at 4:30 p.m. (C.T.) and running events at 6 p.m. (C.T.). Saturday begins at 10 a.m. (C.T.) on Feb. 7 with multi-event competition; field and running events to follow at noon (C.T.). There will be an awards presentation at the conclusion of the meet at 5 p.m. (C.T.). Competition will reside in the Bob Devaney Sports Center.

### LIVE RESULTS

Live results will be available on the track and field schedule page at [hawkeyesports.com](http://hawkeyesports.com).

### SCOUTING THE COMPETITION

On the women's side, the Hawkeyes face five nationally ranked teams, including Southern Cal (20), Auburn (23), Oklahoma State (14), Maryland (22), and Kansas State (11). In the men's competition, Alabama and Oklahoma State are ranked 12th and 16th nationally, respectively.

### LEWIS REWRITES RECORD BOOK

Senior Kevin Lewis (7:57.06) became the school record-holder in the men's 3,000-meters at the UW Invitational in Seattle on Jan. 31. The Ottumwa, Iowa, native is the first Hawkeye in school history to break the eight-minute mark in that event, overcoming Jeff Thode's time of 8:00.38 set in 2011. He currently holds the top time in the Big Ten. Senior Ben Witt also registered a career-best mark, crossing the line in 8:20.12.

### LAST OUTING

The Hawkeyes traveled to Ames, Iowa for the annual Big Four Duals on Jan. 24. The men's team went 3-0 against Northern Iowa (87-70), Iowa State (87-55), and Drake (100-53) to claim the team title, while the women's team topped Iowa State (70-53) and Drake (77-64), but fell to Northern Iowa (78-72).

Iowa secured 12 event titles and landed six athletes on the Big Ten's top performers list. Freshman Jahisha Thomas (60-meter hurdles/8.60), senior Lake Kwaza (60 meters/7.42), juniors James Harrington (200 meters/21.51), Kerry Dean Jr. (long jump/22-03.00, 6.78m) and Klyvens Delaunay (triple jump/48-03.25, 14.71m), and freshman Michael Melchert (3,000 meters/8:36.37) were among Iowa's top finishers who captured gold.

# THE UNIVERSITY OF IOWA



## HAWKEYE TRACK & FIELD



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### **SWEEPING THE 600 YARDS**

The Hawkeyes swept the field in the men and women's 600-yard races at the Big Four Duals. Senior Brennan Davey (1:11.24), sophomore Mitch Wolff (1:11.32) and senior Kaleb VanCleave (1:11.71) finished first, second and third, respectively, in the men's race.

Sophomore Mahnee Watts crossed the 600-yard mark in 1:22.82 to capture the women's title. Her time ranks fifth on Iowa's all-time list. Junior Kaitlyn Nelson (1:24.52), sophomore Katharina Trost (1:24.65), and senior Adrianne Alexia (1:24.87) grabbed second, third, and fourth-place finishes.

### **800-METER DEBUT**

Junior MonTayla Holder tested her ability in a new distance at the annual Big Four Duals on Jan. 24. The Indianapolis, Indiana, native made her collegiate 800-meter debut in winning fashion, crossing the line in 2:10.34. That time ranks ninth in school history and eighth in the Big Ten.

### **SPEJCHER JUMPS B1G**

Junior Kevin Spejcher set a new indoor personal best in the men's high jump placing second at the annual Big Four Duals on Jan. 24. His jump of 7' 0.5" (2.15m) currently ties for third in the Big Ten, as well as Iowa's all-time list. The Bloomington, Illinois, native was the Big Ten runner-up at last year's outdoor conference championships (2.14m).

### **THOUGHTS FROM WOODY**

"This will be a really important meet for us. It will really challenge our athletes to handle a two-day meet situation with running prelims and finals. It will be a great way for us to see where we stand against a lot better competition in all the event areas."

### **NEXT ON THE BLOCK**

The Hawkeyes travel to the Iowa State Classic in Ames, Iowa and the Tyson Classic in Fayetteville, Arkansas from Feb. 13-14.

### **2015 INDOOR SEASON LEADERS**

#### **MEN**

|                         |                                          |                    |
|-------------------------|------------------------------------------|--------------------|
| 60 Meters .....         | Vinnie Saucer .....                      | 6.87               |
| 60-Meter Hurdles .....  | Aaron Mallett .....                      | 7.96               |
| 200 Meters .....        | James Harrington .....                   | 21.51              |
| 400 Meters .....        | Mitch Wolff .....                        | 49.35              |
| 600 Yards .....         | Brennan Davey .....                      | 1:11.24            |
| 600 Meters .....        | Kaleb VanCleave .....                    | 1:21.44            |
| 800 Meters .....        | Carter Lilly .....                       | 1:52.75            |
| 1,000 Meters .....      | Will Teubel .....                        | 2:27.10            |
| Mile .....              | Kevin Lewis .....                        | 4:07.50            |
| 3,000 Meters .....      | Kevin Lewis .....                        | * 7:57.06          |
| 1,600-Meter Relay ..... | Wolff, Thompson, Mallett,<br>Davey ..... | 3:15.60            |
| High Jump .....         | Kevin Spejcher .....                     | 7-0 1/2 (2.15m)    |
| Pole Vault .....        | Jack Eckert .....                        | 14-5 1/4 (4.40m)   |
| Long Jump .....         | Klyvens Delaunay .....                   | 22-8 (6.91m)       |
| Triple Jump .....       | Klyvens Delaunay .....                   | 48-3 1/4 (14.71m)  |
| Shot Put .....          | Gabe Hull .....                          | 59-0 1/4 (17.99m)  |
| Weight Throw .....      | Carlos Varela-Hernandez .....            | 49-3 (15.01m)      |
| Discus Throw .....      | Gabe Hull .....                          | 182-3 1/4 (55.55m) |

#### **WOMEN**

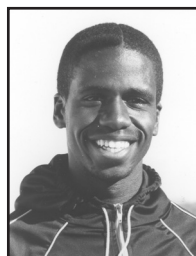
|                         |                                       |                   |
|-------------------------|---------------------------------------|-------------------|
| 60 Meters .....         | Lake Kwaza .....                      | 7.42              |
| 60-Meter Hurdles .....  | Jahisha Thomas .....                  | 8.60              |
| 200 Meters .....        | Elexis Guster .....                   | 24.33             |
| 400 Meters .....        | Sherdian Champe .....                 | 58.76             |
| 600 Yards .....         | Mahnee Watts .....                    | 1:22.82           |
| 600 Meters .....        | MonTayla Holder .....                 | 1:31.72           |
| 800 Meters .....        | MonTayla Holder .....                 | 2:10.34           |
| 1,000 Meters .....      | Shannon Maser .....                   | 2:57.95           |
| Mile .....              | Maria Bote Gonzalez .....             | 4:56.82           |
| 3,000 Meters .....      | Alana Jones .....                     | 10:01.98          |
| 1,600-Meter Relay ..... | Guster, Watts, Holder,<br>Kwaza ..... | 3:42.37           |
| High Jump .....         | Madison Rouw .....                    | 5-2 1/2 (1.59m)   |
| Long Jump .....         | Kassidy Ellis .....                   | 17-9 (5.41m)      |
| Shot Put .....          | Alexa Hunt .....                      | 46-8 1/4 (14.24m) |
| Weight Throw .....      | Leah Colbert .....                    | 50-8 3/4 (15.46m) |
| Discus Throw .....      | Dakotah Goodell .....                 | 156-6 (47.67m)    |

\* -- school record

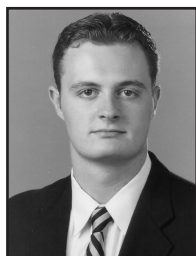
# INDOOR ALL-TIME TOP TEN PERFORMERS



Justin Austin



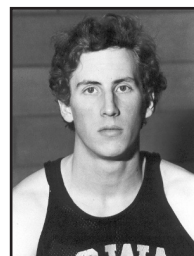
Rodney Chambers



Jim Costello



Troy Doris



Bill Hansen



John Hickey



Ethan Holmes

## 60 Meters

|                                 |      |
|---------------------------------|------|
| 1. Justin Austin, 2011 .....    | 6.69 |
| 2. Kurt Felix, 1999.....        | 6.73 |
| Tevin-Cee Mincy, 2014 .....     | 6.73 |
| 4. Josh Larney, 2013 .....      | 6.74 |
| 5. Troy Doris, 2012 .....       | 6.75 |
| 6. Tony Branch, 1999 .....      | 6.78 |
| 7. Paul Chaney, Jr., 2009 ..... | 6.80 |
| D'Juan Richardson, 2010 .....   | 6.80 |
| 9. Derrick Burks, 2005 .....    | 6.81 |
| 10. Zeke Sayon, 2010.....       | 6.82 |

## 60-Meter Hurdles

|                                    |             |
|------------------------------------|-------------|
| 1. Jordan Mullen, 2013.....        | 7.70        |
| 2. Ethan Holmes, 2013 .....        | 7.82        |
| 3. Dion Trowers, 1997 .....        | 7.87        |
| 4. <b>Aaron Mallett, 2014.....</b> | <b>7.88</b> |
| 5. Russell Peterson, 2004 .....    | 7.97        |
| 6. Dan Davis, 2012.....            | 8.02        |
| 7. DeRocco Reed, 2000.....         | 8.03        |
| <b>Keith Brown, 2015 .....</b>     | <b>8.03</b> |
| 9. Torrey Campbell, 2012 .....     | 8.09        |
| 10. Jordan Crosby, 2005 .....      | 8.16        |

## 200 Meters

|                                        |              |
|----------------------------------------|--------------|
| 1. Justin Austin, 2011 .....           | 20.80        |
| 2. Anthuan Maybank, 1993.....          | 21.11        |
| 3. Bashir Yamini, 1999 .....           | 21.19        |
| 4. <b>James Harrington, 2014 .....</b> | <b>21.21</b> |
| 5. Ethan Holmes, 2013 .....            | 21.23        |
| 6. Tim Dodge, 2000 .....               | 21.26        |
| 7. Paul Chaney, Jr., 2009.....         | 21.34        |
| 8. George Page, 1997 .....             | 21.35        |
| 9. Zach Digney, 2004 .....             | 21.39        |
| 10. Tony Branch, 1998.....             | 21.46        |

## 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. Patrick Richards, 2011 ..... | 47.35 |
| 7. Juan Coleman, 2002 .....     | 47.40 |
| 8. Justin Austin, 2012 .....    | 47.61 |
| 9. Ethan Holmes, 2013 .....     | 47.63 |
| 10. Curtis Chung, 1989.....     | 47.65 |

## 600 Meters

|                                   |                |
|-----------------------------------|----------------|
| 1. Erik Sowinski, 2012.....       | 1:16.91        |
| 2. <b>Will Teubel, 2014 .....</b> | <b>1:17.84</b> |
| 3. Steven Willey, 2011 .....      | 1:17.94        |
| 4. Keaton Rickels, 2012 .....     | 1:18.19        |
| 5. Pat McGhee, 1988.....          | 1:18.30        |
| 6. Ryan Weir, 2013 .....          | 1:18.62        |
| 7. Chris Barton, 2011.....        | 1:18.75        |
| Brennan Davey, 2014.....          | 1:18.75        |
| 9. Neil Flattery, 2014 .....      | 1:18.78        |
| 10. Adam Hairston, 2009.....      | 1:19.05        |

## 800 Meters

|                               |         |
|-------------------------------|---------|
| 1. Erik Sowinski, 2012.....   | 1:47.62 |
| 2. Ryan Weir, 2013 .....      | 1:49.11 |
| 3. Adam Hairston, 2010.....   | 1:49.26 |
| 4. Nathan Prom, 2013 .....    | 1:49.29 |
| 5. Nick Kuczvara, 2010 .....  | 1:49.59 |
| 6. Dave Novotny, 1996 .....   | 1:51.27 |
| 7. Jim Docherty, 1973.....    | 1:51.30 |
| 8. Rod Chambers, 1989 .....   | 1:51.33 |
| 9. Jim Donovan, 1999 .....    | 1:51.52 |
| 10. Michael Layne, 1997 ..... | 1:51.54 |

## Mile

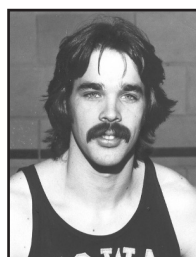
|                                   |                |
|-----------------------------------|----------------|
| 1. Jeff Thode, 2011 .....         | 3:58.72        |
| 2. Ed DeLashmutt, 1981 .....      | 4:04.01        |
| 3. Larry Wiczorek, 1968.....      | 4:04.40        |
| 4. John Clark, 1972 .....         | 4:05.94        |
| 5. <b>Ben Witt, 2014.....</b>     | <b>4:07.08</b> |
| 6. Adam Thomas, 2002 .....        | 4:07.13        |
| 7. Kevin Herd, 1992 .....         | 4:07.26        |
| 8. Jesse Luciano, 2009.....       | 4:07.29        |
| 9. Jake Berns, 2006.....          | 4:07.43        |
| 10. <b>Kevin Lewis, 2015.....</b> | <b>4:07.50</b> |

## 3,000 Meters

|                                      |                |
|--------------------------------------|----------------|
| 1. <b>Kevin Lewis, 2015 .....</b>    | <b>7:57.06</b> |
| 2. Jeff Thode, 2011 .....            | 8:00.38        |
| 3. Micah VanDenend, 2006 .....       | 8:00.81        |
| 4. Eric MacTaggart, 2006 .....       | 8:08.79        |
| 5. Stetson Steele, 2000.....         | 8:09.54        |
| 6. Dan Haut, 2005 .....              | 8:11.36        |
| 7. Kevin Herd, 1994 .....            | 8:11.51        |
| 8. Nick Holmes, 2010 .....           | 8:15.48        |
| 9. Andy Napier, 2008.....            | 8:15.70        |
| 10. <b>Kevin Docherty, 2014.....</b> | <b>8:25.84</b> |

## 5,000 Meters

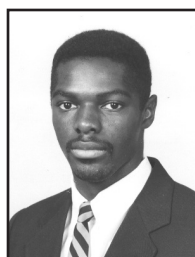
|                                   |                 |
|-----------------------------------|-----------------|
| 1. Micah VanDenend, 2007 .....    | 13:56.46        |
| 2. Stetson Steele, 2000.....      | 14:00.52        |
| 3. Dan Haut, 2006 .....           | 14:06.16        |
| 4. Eric MacTaggart, 2006 .....    | 14:13.41        |
| 5. <b>Kevin Lewis, 2014 .....</b> | <b>14:13.57</b> |
| 6. Jeff Thode, 2011 .....         | 14:16.00        |
| 7. Matt Esche, 2004.....          | 14:18.43        |
| 8. Jeff Kent, 2007.....           | 14:18.86        |
| 9. Jesse Luciano, 2009.....       | 14:20.99        |
| 10. Nick Nordheim, 2002 .....     | 14:22.99        |



Bill Knoedel



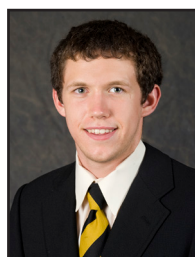
Kevin Lewis



Anthuan Maybank



Jordan Mullen



Nathan Prom

# INDOOR ALL-TIME TOP TEN PERFORMERS



Kyle Reid



Patrick Richards



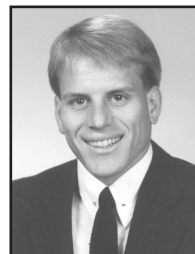
Keaton Rickels



Erik Sowinski



Micah VanDenend



Todd Wigginton



Steven Willey

## Heptathlon

1. Kyle Reid, 2013 ..... 5,354 points
2. Dan Rolling, 2010 ..... 5,205 points
3. Ryan Niver, 2008..... 5,149 points
4. **Jack Eckert, 2014 ..... 5,116 points**
5. Frank Prill, 2010..... 5,015 points
6. Scott Faber, 2000..... 4,784 points
7. Cam Appleman, 1997 ..... 4,685 points
8. Bobby Windauer, 2007..... 4,644 points
9. Jacob Drewry, 1995 ..... 4,612 points
10. Mark Mankivsky, 2008 ..... 4,453 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. 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. Paul Jones, 1990..... 52-1 1/4 (15.88)  
**Klyvens Delaunay, 2014 ..... 52-1 1/4 (15.88)**
4. **Babatunde Amosu, 2014 ..... 51-7 3/4 (15.74)**
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. **Alex Zona, 2010..... 58-4 1/2 (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



Karessa Farley



Ashlyn Gulvas

## 60 Meters

1. **Brittany Brown, 2014** ..... **7.41**
- Lake Kwaza, 2014**..... **7.41**
3. Elaine Jones, 1983 .....7.43
4. Peaches Roach, 2005.....7.45
5. Shellene Williams, 2004 .....7.50
6. Jiselle Providence, 2002 .....7.52
7. Rhonda-Kaye Trusty, 2010 .....7.55
- Erin Jones, 2011 .....7.55
- Raven Moore, 2013 .....7.55
10. Angela Menson, 1982

## 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
- Jahisha Thomas, 2015**..... **8.60**
9. Kimberly Stanford, 2008.....8.63
10. Diane Steinhardt, 1981

## 200 Meters

1. Kineke Alexander, 2006 .....23.49
2. Shellene Williams, 2004 .....23.62
3. **Brittany Brown, 2014** ..... **23.63**
4. Marlene Poole, 1994 .....23.66
- Yolanda Hobbs, 1995.....23.66
6. Erica Broomfield, 1998 .....23.81
7. **Lake Kwaza, 2014**..... **23.92**
8. Raven Moore, 2013 .....24.00
9. Erin Jones, 2011 .....24.01
10. Rhonda-Kaye Trusty, 2010

## 400 Meters

1. Kineke Alexander, 2007 .....51.48
2. Ellen Grant, 1996.....52.65
3. Shellene Williams, 2004 .....52.83
4. **Elexis Guster, 2014**..... **54.08**
5. Ashley Liverpool, 2011 .....54.09
6. **MonTayla Holder, 2014** ..... **54.37**
7. **Alexis Hernandez, 2014**..... **54.91**
8. Tiffany Hendricks, 2011 .....55.06
9. Marlene Poole, 1993 .....55.20
10. Wynsome Cole, 1997

## 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

## 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. Kay Stormo, 1982 ..... 1:32.30
9. **Elexis Guster, 2015**..... **1:32.35**
10. Aisha Hume, 2004

## 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. **Adrianne 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, 1982:11.04

## Mile

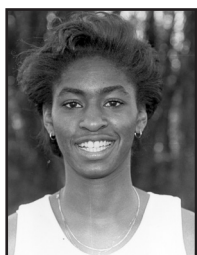
1. McKenzie Melander, 2011..... 4:39.78
2. Jeanne Kruckeberg, 1989 ..... 4:40.19
3. Meghan Armstrong, 2006 ..... 4:40.59
4. Lauren Hardesty, 2011..... 4:41.01
5. Tina Stec, 1994 ..... 4:42.63
6. Betsy Flood, 2010 ..... 4:42.70
7. Penny O'Brien, 1981..... 4:43.72
8. Diane Nukuri, 2007..... 4:46.25
9. Michelle Lahann, 2004 ..... 4:47.23
10. Amanda Hardesty, 2009

## 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



Lauren Hardesty



Senta Hawkins



Tiffany Hendricks



Tammilee Kerr



Lake Kwaza



Ashley Liverpool



McKenzie Melander

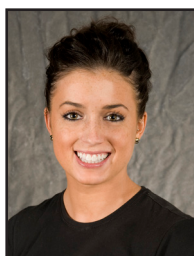
# INDOOR ALL-TIME TOP TEN PERFORMERS



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 Solberg, 2012 ..... 16:29.10

## High Jump

1. Peaches Roach, 2005 ..... 6-0 3/4 (1.85)
2. Mary Mol, 1983 ..... 6-0 (1.83)
3. **Khanishah Williams, 2013 .. 5-11 1/4 (1.81)**
4. Becky Kaza, 1995 ..... 5-9 3/4 (1.77)
5. Caleigh Bacchus, 2010 ..... 5-9 1/4 (1.76)
6. Kristi Dinkla, 1985 ..... 5-8 1/2 (1.74)
7. Kacey Childs, 2001 ..... 5-8 1/2 (1.74)
8. Traci Claussen, 1987 ..... 5-8 (1.73)
9. Kathy Gillespie, 1983 ..... 5-7 3/4 (1.72)
10. Lynn McMillan, 1988 ..... 5-7 1/4 (1.71)
- Tammilee Kerr, 2008 ..... 5-7 1/4 (1.71)

## Pole Vault

1. Jessie Strand, 2004 ..... 12-5 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. Gina Shannon, 2001 ..... 10-6 (3.20)
7. Kacey Childs, 2001 ..... 9-0 (2.75)
8. Amy Kasparbauer, 2000 ..... 8-0 (2.44)

## Long Jump

1. Zinnia Miller, 2014 ..... 20-4 1/4 (6.20)
2. Carisa Leacock, 2014 ..... 19-9 1/2 (6.03)
3. Lisa Moats, 1986 ..... 19-6 (5.95)
4. Renee White, 2006 ..... 19-3 1/4 (5.87)
5. Tiffany Johnson, 2007 ..... 19-2 1/2 (5.85)
6. Davera Taylor, 1984 ..... 19-1 1/2 (5.83)
7. Yolanda Hobbs, 1993 ..... 19-1 (5.80)
8. Kamesha Marshall, 2005 ..... 18-11 1/4 (5.77)
9. Sarah Ryan, 2014 ..... 18-9 1/4 (5.72)
10. Catherine Granger, 2000 ..... 18-7 1/2 (5.68)

## 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, 2012 ..... 40-5 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. Lisa Moats, 1985 ..... 35-1 (10.69)
9. Becca Franklin, 2004 ..... 34-3 (10.44)
10. 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)
8. Courtney Fritz, 2014 ..... 47-5 (14.45)
9. Jennifer Gilson, 2002 ..... 46-11 (14.30)
10. Alexa Haddad, 2015 (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. Terri Blackstone, 1999 ..... 50-9 3/4 (15.48)

## 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. Sarah Ryan, 2013 ..... 3,472 points
6. Maureen Abel, 1979 ..... 3,427 points
7. Zinnia Miller, 2012 ..... 3,416 points
8. Janet Adams, 1981 ..... 3,360 points
9. Janelle Jaspers, 1987 ..... 3,366 points
10. **Kassidy Ellis, 2014 ..... 3,304 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. **Guster, Holder, Watts, Hernandez, 2014 ..... 3:38.62**
5. Hendricks, Erickson, Praska, Liverpool, 2011 ..... 3:39.15
6. Hendricks, Praska, Erickson, Liverpool, 2011 ..... 3:40.42
7. McCalla, Granger, Alexander, Johnson, 2006 ..... 3:40.52
8. **Kwaza, Holder, Watts, Guster, 2014 ..... 3:41.57**
9. Simonson, Liverpool, Erickson, Sack, 2012 ..... 3:41.78
10. **Gustafson, Holder, Kwaza, 2015 ..... 3:42.37**

## 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
9. Armstrong, Granger, Stanley, K. Anderson, 2006 ..... 11:29.54
10. Lahann, Williams, Stanley, Arens, 2004 ..... 11:30.36