



January 17, 2020

# IOWA Track & Field 2020 Notes



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## 2019-20 IOWA TRACK & FIELD INDOOR SCHEDULE

Date	Meet
Dec. 14	<b>Jimmy Grant Invitational</b> <i>(Iowa City, Iowa)</i>
Jan. 10-11	<b>Hawkeye Invitational</b> <i>(Iowa City, Iowa)</i>
Jan. 17-18	<b>Larry Wieczorek Invitational</b> <i>(Iowa City, Iowa)</i>
Jan. 25-26	Rod McCravy Memorial <i>(Lexington, Ky.)</i>
Jan. 31-Feb. 1	<b>Black &amp; Gold Premier</b> <i>(Iowa City, Iowa)</i>
Feb. 7-8	Frank Sevine Invite <i>(Lincoln, Nebraska)</i> Meyo Invitational <i>(South Bend, Ind.)</i>
Feb. 14-15	Texas Tech Shootout <i>(Lubbock, Texas)</i> <i>Iowa State Classic</i> <i>(Ames, Iowa)</i>
Feb. 21-22	Alex Wilson Invitational <i>(South Bend, Ind.)</i>
Feb. 28-29	B1G Indoor Championships <i>(Geneva, Ohio)</i>
Mar. 13-14	NCAA Championships <i>(Albuquerque, N.M.)</i>

## IOWA COACHING STAFF

<b>Joey Woody</b> Director of Track & Field/Cross Country
<b>Randy Hasenbank</b> Associate Head Cross Country Coach Assistant Track & Field Coach
<b>Clive Roberts</b> Associate Head Coach
<b>Jason Wakenight</b> Assistant Coach, Director of Recruiting
<b>Eric Werskey</b> Assistant Coach/Throws
<b>Paige Knodle</b> Assistant Coach
<b>Kate Wakenight</b> Director of Operations

### THIS WEEK

The University of Iowa track and field team hosts the Larry Wieczorek Invitational on Friday and Saturday. The teams competing include Arizona, Baylor, Illinois, Iowa State, Minnesota, Purdue and Wisconsin. The meet begins Friday at 10 a.m. (CT) with the weight throw at the Hawkeye Tennis and Recreation Complex and high jump at 1 p.m. at the UI Rec Building. Running events start at 5:27 p.m. (CT) with the 600 meters. A full schedule of events is located at [HawkeyeSports.com](http://HawkeyeSports.com). Admission is free.

### FOLLOW ALONG

Fans can follow the meet on the live results page at [hawkeyesports.com/tracklive](http://hawkeyesports.com/tracklive). Results will also be posted on the team's official twitter account @iowaxc\_tf. A live video feed is available at [hawkeyesports.com](http://hawkeyesports.com).

### THE MAN BEHIND THE MEET

The Larry Wieczorek Invitational is named after former Hawkeye track and field coach Larry Wieczorek. Wieczorek's time at Iowa spanned 50 years as both a student-athlete and coach. As an athlete, Wieczorek was a six-time Big Ten champion and four-time All-American in cross country. He then transitioned into coaching and spent 30 years with the UI track and field program, leading 79 individual Big Ten Champions and 53 All-Americans.

### IN THE RANKINGS

The University of Iowa men's and women's track and field teams are ranked in the United States Track and Field and Cross Country Coaches Association (USTFCCCA) preseason poll. The men are ranked 16th in the nation and the women are ranked 13th. Participating men's teams from No. 5 Indiana, No. 11 Wisconsin, and No. 15 Illinois, and women's teams from No.7 Wisconsin and No. 14 Penn State are also ranked.

### MEET THE RECORD HOLDERS

Four Hawkeyes on the roster account for four indoor school records. They include:

- Nathan Mylenek, Collin Hofacker: distance medley relay (9:33.90)
- Laulauga Tausaga: shot put (17.79m) and weight throw (23.26m)
- Antonio Woodard, Wayne Lawrence Jr.: 1,600-meter relay (3:04.94).

### MCCONICO EARNS FIRST B1G TRACK ATHLETE OF THE WEEK

On Dec. 18, senior Jaylan McConico earned his first Big Ten Athlete of the Week honor. McConico came off the Jimmy Grant Invitational in the 60-meter hurdles. with a new personal best (7.66), No. 2 all-time at Iowa, and a first place finish.



### TAUSAGA MAKES PRESEASON HISTORY

On Jan 6., Laulauga Tausaga became the first ever Hawkeye to be named to the Bowerman preseason watch list. The Bowerman is an annual track and field award and is the highest accolade given to the year's best student-athlete in collegiate track and field. It is the equivalent of college football's Heisman Trophy. The award is named after Oregon track and field and cross country coach Bill Bowerman and is administered by the USTFCCA. The winner is announced December 2020. Tausaga had a record breaking 2019 season that ended with an NCAA discus title and a berth to the 2019 World Championship in Doha, Qatar, where she finished in the top five with a personal best and discus school record (63.94m).

### STARTING OUT THE 2020 SEASON ON TOP

The Hawkeyes won seven individual and one relay title at the Hawkeye Invitational on Jan. 10-11. For the women, senior Jenny Kimbro took home first in the 200 meters (24.50), a new personal best. Sophomore Amanda Howe had back-to-back meet wins in the weight throw, jumping up to Iowa's fourth all-time (18.89m). For the men, sophomore Tyler Lienau had back-to-back meet wins. Senior Nathan Mylenek debuted his final season winning the 800 meters (1:55.04). The Hawkeyes won seven individual and one relay title.

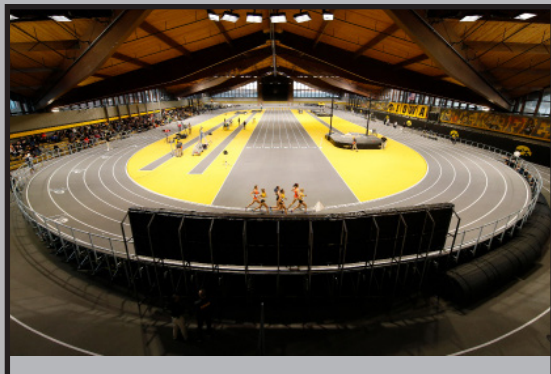
### NEXT ON THE BLOCK

The Hawkeyes travel to Lexington, Ky. to compete at the Rod McCravy Memorial on Jan.24-25.

### UI RECREATION BUILDING

The UI Recreation Building became the full-time home for the Iowa Track & Field Program in 2016 when the UI Athletic Department bought the building from the University and installed a state-of-the-art multi-million dollar track used in the 2016 World Championships.

The UI Recreation building includes eight training and athletic training spaces for Iowa track & field and cross country teams. The Hawkeyes have hosted the Big Ten Indoor Men's Championships in 1989, 1997, and 2006 and the Big Ten Women's Indoor Championships in 1991 and 2004.



### 2020 INDOOR SEASON LEADERS

#### MEN

60 Meters	Antonio Woodard	6.86
60-Meter Hurdles	Jaylan McConico	7.66
200 Meters	Wayne Lawrence, Jr.	21.57
300 Meters	Colin Hofacker	34.25
600 Meters	Spencer Gudgel	1:19.77
800 Meters	Nathan Mylenek	1:55.04
1,000 Meters	Tysen VanDraska	2:25.35
Mile	Noah Healy	4:12.60
1,600-Meter Relay	West, Woodard, Thompson, Frye	3:12.19
High Jump	Austin West	6-4 3/4 (1.95m)
Long Jump	Austin West	23-0 (7.01m)
Shot Put	Peyton Haack	44-0 3/4 (13.43m)
Weight Throw	Tyler Lienau	65-9 3/4 (20.06m)

#### WOMEN

60 Meters	Antonise Christian	7.48
60-Meter Hurdles	Jenny Kimbro	8.25
200 Meters	Jenny Kimbro	24.50
300 Meters	Kylie Morken	40.47
600 Meters	Mallory King	1:31.05
1,000 Meters	Lindsay Welker	3:02.53
Mile	Elyse Prescott	5:00.40
3,000 Meters	Gabby Skopec	10:10.25
1,600-Meter Relay	Swanson, Kimbro, Saunders, Laye	3:44.98
High Jump	Jenny Kimbro	5-7 (1.70m)
	Dallyssa Huggins	5-7 (1.70m)
Long Jump	Tionna Tobias	18-8 (5.69m)
Shot Put	Ianna Roach	43-11 1/4 (13.39m)
Weight Throw	Amanda Howe	61-11 3/4 (18.89m)

\* -- school record

### PRONUNCIATION GUIDE

Ashley Bryja	Bree-UH
Tanner Iske	Iss-kee
Kylie Latham	Lay-thum
Matt Manternach	MON-ter-knock
Cole Moeller	MOLE-er
Nathan Mylenek	MY-len-ek
Nolan Roethler	RAYth-ler
Konstadina Spanoudakis	SPAWN-uh-dock-iss
Laulauga Tausaga	LAU-log-a Tuh-saga
Gillian Urycki	YER-ick-ee
Jordan Winke	Wink-ee

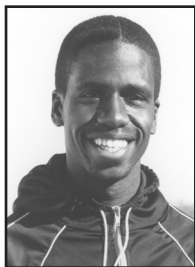
# INDOOR ALL-TIME TOP TEN PERFORMERS



Justin Austin



Karayme Bartley



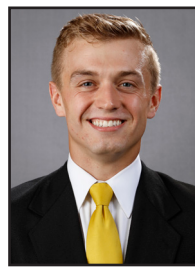
Rodney Chambers



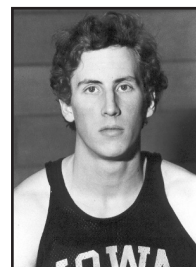
Jim Costello



Troy Doris



William Dougherty



Bill Hansen

## 60 Meters

- Justin Austin, 2011 ..... 6.69
- Vinnie Saucer, Jr., 2016..... 6.70
- Kurt Felix, 1999..... 6.73  
Tevin-Cee Mincy, 2014 ..... 6.73
- Josh Larney, 2013 ..... 6.74  
Christian Brissett, 2017 ..... 6.74
- Troy Doris, 2012 ..... 6.75
- O'Shea Wilson, 2017 ..... 6.75
- Jacob Gourley, 2017 ..... 6.77
- Tony Branch, 1999 ..... 6.78

## 60-Meter Hurdles

- Aaron Mallett, 2017 ..... 7.64
- Jaylan McConico, 2020.....7.66**
- Jordan Mullen, 2013..... 7.70
- Chris Douglas, 2018.....7.76
- Ethan Holmes, 2013 ..... 7.82
- Jamal Britt, 2020.....7.84**
- Dion Trowers, 1997 ..... 7.87
- Anthony Williams, 2019.....7.88**
- Russell Peterson, 2004 ..... 7.97  
**Josh Braverman, 2020.....7.97**

## 200 Meters

- Karayme Bartley, 2019..... 20.67
- Justin Austin, 2011 ..... 20.80
- Antonio Woodard, 2018.....20.89**
- Anthuan Maybank, 1993 ..... 21.11
- Bashir Yamini, 1999 ..... 21.19
- James Harrington, 2014 ..... 21.21
- Ethan Holmes, 2013 ..... 21.23
- Tim Dodge, 2000 ..... 21.26
- Christian Brissett, 2017 ..... 21.27  
Mar'yea Harris, 2019..... 21.27
- Emmanuel Ogwo, 2017 ..... 21.32

## 400 Meters

- Mar'yea Harris, 2017..... 45.75
- Wayne Lawrence Jr., 2019.....46.14**
- Karayme Bartley, 2019..... 46.25
- Emmanuel Ogwo, 2017 ..... 46.45
- Steven Willey, 2010 ..... 46.75
- Terrence Duckett, 1984 ..... 46.81
- Collin Hofacker, 2017 .....46.82**
- Andre Morris, 1995 ..... 47.15
- Monte Raymond, 1998..... 47.18
- Anthuan Maybank, 1990 ..... 47.25

## 600 Meters

- Mar'yea Harris, 2019..... 1:16.60
- Erik Sowinski, 2012..... 1:16.91
- Carter Lilly, 2017 ..... 1:17.20
- Austin Lietz, 2017 ..... 1:17.40**
- Will Teubel, 2016..... 1:17.55
- Steven Willey, 2011 ..... 1:17.94
- Keaton Rickels, 2012 ..... 1:18.19
- Pat McGhee, 1988..... 1:18.30
- Noah Larrison, 2017 ..... 1:18.41
- Ryan Dorman, 2017 ..... 1:18.44

## 800 Meters

- Carter Lilly, 2017 ..... 1:47.33
- Erik Sowinski, 2012..... 1:47.62
- Will Teubel, 2016..... 1:47.74
- Pavlo Hutsalyuk, 2016 ..... 1:48.97
- Ryan Weir, 2013 ..... 1:49.11
- Adam Hairston, 2010..... 1:49.26
- Nathan Prom, 2013 ..... 1:49.29
- Nick Kuczvara, 2010 ..... 1:49.59
- Matt Manternach, 2019..... 1:49.70**
- Anthony Chaidez, 2017 ..... 1:49.73

## Mile

- Jeff Thode, 2011 ..... 3:58.72
- Ed DeLashmutt, 1981 ..... 4:04.01
- Adam Jones, 2017 ..... 4:04.28
- Michael Melchert, 2018 ..... 4:04.32
- Larry Wiczorek, 1968..... 4:04.40
- Nathan Mylenek, 2018 .....4:05.13**
- John Clark, 1972 ..... 4:05.94
- Ben Witt, 2014 ..... 4:07.08
- Adam Thomas, 2002 ..... 4:07.13
- Kevin Herd, 1992 ..... 4:07.26

## 3,000 Meters

- Kevin Lewis, 2015 ..... 7:57.06
- Jeff Thode, 2011 ..... 8:00.38
- Micah VanDenend, 2006 ..... 8:00.81
- Michael Melchert, 2018 ..... 8:08.30
- Eric MacTaggart, 2006..... 8:08.79
- Stetson Steele, 2000..... 8:09.54
- Daniel Soto, 2019 ..... 8:10.24**
- Ben Witt, 2015 ..... 8:10.97
- Dan Haut, 2005 ..... 8:11.36
- Kevin Herd, 1994 ..... 8:11.51

## 5,000 Meters

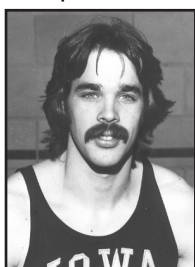
- Kevin Lewis, 2015 ..... 13:43.70
- Micah VanDenend, 2007 ..... 13:56.46
- Daniel Soto, 2019 ..... 13:59.82
- Stetson Steele, 2000..... 14:00.52
- Dan Haut, 2006 ..... 14:06.16
- Eric MacTaggart, 2006..... 14:13.41
- Jeff Thode, 2011 ..... 14:16.00
- Matt Esche, 2004..... 14:18.43
- Jeff Kent, 2007 ..... 14:18.86
- Jesse Luciano, 2009 ..... 14:20.99



Mar'yea Harris



Collin Hofacker



Bill Knoedel



Wayne Lawrence



Kevin Lewis

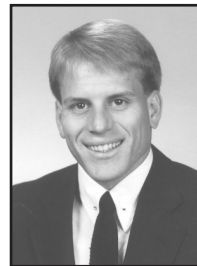
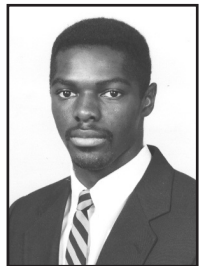


Carter Lilly



Aaron Mallett

# INDOOR ALL-TIME TOP TEN PERFORMERS



**Anthuan Maybank Michael Melchert Nathan Mylenek Jeff Thode Reno Tufuuli Todd Wigginton Antonio Woodard**

## Heptathlon

1. William Dougherty, 2018...5,606 points
2. Kyle Reid, 2013 ..... 5,354 points
3. **Peyton Haack, 2019 ..... 5,279 points**
4. Dan Rolling, 2010 ..... 5,205 points
5. Jack Eckert, 2015 ..... 5,188 points
6. Ryan Niver, 2008..... 5,149 points
7. Frank Prill, 2010..... 5,015 points
8. **Daniel Gaynes, 2018 ..... 4,895 points**
9. Scott Faber, 2000..... 4,784 points
10. Cam Appleman, 1997 ..... 4,685 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)  
Peter Andreano, 2016 ..... 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)  
Andy Jatis, 2018..... 16-6 3/4 (5.05)
5. Curt Brock, 1979..... 16-6 (5.03)
6. Alex Zona, 2010..... 16-4 3/4 (5.00)
7. Phil Wertman, 1971 ..... 16-4 (4.98)
8. Jeff Raymond, 2008..... 16-2 (4.93)
9. John Teffer, 1972 ..... 16-1 (4.90)
10. Josh Pelock, 2017 ..... 16-0 3/4 (4.90)

## Long Jump

1. Anthuan Maybank, 1992..26-5 1/2 (8.06)
2. Bashir Yamini, 1998 ..... 26-0 1/4 (7.93)
3. O'Shea Wilson, 2017 .... 25-9 1/2 (7.86)
4. Darren Smith, 1991 ..... 25-2 (7.67)
5. Paul Jones, 1990..... 24-11 1/4 (7.60)
6. Josh Larney, 2013 ..... 24-10 (7.57)
7. Ronnie McCoy, 1984..... 24-9 (7.54)
8. 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. **James Carter, 2019..... 50-3 1/2 (15.33)**
6. Mike Lacy, 1983 ..... 49-0 (14.93)
7. Owen Gill, 1982 ..... 48-10 3/4 (14.90)
8. Josh Bean, 2009 ..... 48-10 (14.88)
9. David Nsabua, 2013 ..... 48-9 (14.86)
10. Kerry Dean, Jr., 2016... 48-8 1/4 (14.84)

## Shot Put

1. Reno Tuufuuli, 2018..... 63-3 1/4 (19.28)
2. John Hickey, 2009..... 63-0 (19.20)
3. Jeremy Allen, 2001 ... 62-10 1/2 (19.16)
4. Avery Meyers, 2017.... 61-4 1/4 (18.70)
5. Shane Maier, 2006..... 61-2 (18.64)
6. Gary Kostrubala, 1986..60-10 3/4 (18.55)
7. Andy Banse, 2005..... 60-9 1/4 (18.52)
8. Ken Kemeny, 2004..... 60-0 1/2 (18.30)
9. Gabe Hull, 2014..... 59-3 (18.06)
10. Chris Gambol, 1987 ..... 59-0 (17.98)

## 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. **Tyler Lienau, 2020..... 65-9 3/4 (20.06)**
7. Chris Voller, 2005..... 63-4 (19.30)
8. Ryan Lamparek, 2012..... 61-2(18.62)
9. Brad Daufeldt, 2004 ... 60-4 1/2 (18.40)
10. Gabe Hull, 2014 ..... 59-7 (18.16)

## 1,600-Meter Relay

1. Bartley, **Woodard, Lawrence Jr.**, Harris,  
2019 ..... 3:04.76
2. Ogwo, **Hofacker, Frye**, Harris, 2017..... 3:04.94
3. **Hofacker, Frye**, Garron, Harris, 2018..... 3:05.33
4. **Thompson, Frye**, Garron, Harris, 2018..... 3:06.06
5. Richards, E. Holmes, Sowinski,  
Willey, 2011 ..... 3:06.66
6. Rozell, Davis, Raymond, Yamini, 1998 ..... 3:06.80
7. Ogwo, Mallett, **Frye**, Harris, 2017 ..... 3:07.08
8. Wolff, Ganschow, Lilly, Harris, 2016 ..... 3:07.24
9. Coleman, Faber, Strang, Peterson, 2002 .. 3:07.44
10. **Hofacker, Woodard**  
2019 ..... 3:07.46

## 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. **Mylenek, Hofacker**, Lilly, Melchert, 2018.. 9:33.90
2. Lilly, **Frye, Manternach**, Jones, 2017 ..... 9:44.07
3. **Mylenek, Thompson**, Lilly, Melchert,  
2018 ..... 9:45.10
4. Prom, Rickels, Sowinski, Thode, 2012 ..... 9:45.41
5. 1999 ..... 9:46.83
6. 1977 ..... 9:48.80
7. 1978 ..... 9:49.70
8. Kuczvara, Barton, Kuhlman, N. Holmes,  
2010 ..... 9:51.05
9. Marchese, Varner, Hairston, Luciano,  
2009 ..... 9:52.52
10. Paul, Varner, Hairston, Thode, 2010..... 9:52.71

# INDOOR ALL-TIME TOP 10 PERFORMERS



Kineke Alexander



Meghan Armstrong



Brittany Brown



Tracy Dahl



Briana Guillory



Karessa Farley



## 60 Meters

1. Lake Kwaza, 2016 ..... 7.33
2. Brittany Brown, 2017 ..... 7.39
3. Elaine Jones, 1983 ..... 7.43
4. Kyara Avant, 2018 ..... 7.44
5. Peaches Roach, 2005 ..... 7.45
6. **Antonise Christian, 2020 ..... 7.48**
7. Shellene Williams, 2004 ..... 7.50
8. Briana Guillory, 2017 ..... 7.51
9. Jiselle Providence, 2002 ..... 7.52
10. Rhonda-Kaye Trusty, 2010 ..... 7.55
- Erin Jones, 2011 ..... 7.55
- Raven Moore, 2013 ..... 7.55

## 60-Meter Hurdles

1. Karessa Farley, 2009 ..... 8.21
2. **Jenny Kimbro, 2020 ..... 8.25**
3. Tiffany Johnson, 2006 ..... 8.33
4. Jahisha Thomas, 2017 ..... 8.35
5. Paula Ruen, 1998 ..... 8.39
6. Tria Simmons, 2019 ..... 8.40
7. Heaven Chandler, 2017 ..... 8.44
8. Sarah Steffen, 2002 ..... 8.45
- Renee White, 2008 ..... 8.45
10. Colleen Prendergast, 2000 ..... 8.57

## 200 Meters

1. Brittany Brown, 2017 ..... 22.79
2. Briana Guillory, 2018 ..... 23.22
3. Kineke Alexander, 2006 ..... 23.49
4. Lake Kwaza, 2016 ..... 23.54
5. Shellene Williams, 2004 ..... 23.62
6. Marlene Poole, 1994 ..... 23.66
- Yolanda Hobbs, 1995 ..... 23.66
8. Erica Broomfield, 1998 ..... 23.81
9. Raven Moore, 2013 ..... 24.00
10. Erin Jones, 2011 ..... 24.01

## 400 Meters

1. Kineke Alexander, 2007 ..... 51.48
2. Briana Guillory, 2018 ..... 51.68
3. Elexis Guster, 2016 ..... 52.36
4. Ellen Grant, 1996 ..... 52.65
5. Shellene Williams, 2004 ..... 52.83
6. Alexis Hernandez, 2017 ..... 53.42
7. Ashley Liverpool, 2011 ..... 54.09
8. MonTayla Holder, 2015 ..... 54.32
9. Sheridan Champe, 2018 ..... 54.70
10. Tiffany Hendricks, 2011 ..... 55.06

## 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, 2016 ..... 1:22.72
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, 2016 ..... 1:29.35
4. Mahnee Watts, 2016 ..... 1:30.41
5. Senta Hawkins, 1987 ..... 1:30.77
6. Briana Guillory, 2019 ..... 1:30.92
7. **Mallory King, 2020 ..... 1:31.05**
8. Kaitlyn Nelson, 2013 ..... 1:31.44
9. Karen Layne, 1990 ..... 1:31.45
10. **Aly Weum, 2020 ..... 1:31.48**

## 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. **Taylor Arco, 2019 ..... 2:10.47**

## 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



Alexis Hernandez



MonTayla Holder



Lake Kwaza

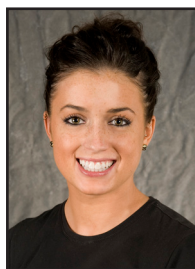


McKenzie Melander

# INDOOR ALL-TIME TOP 10 PERFORMERS



Diane Nukuri



Bethany Praska



Peaches Roach



Tria Simmons



Jessie Strand



Lauauga Tausaga



Jahisha Thomas

## 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. Andrea Shine, 2018 ..... 16:21.53
9. Jennifer Brower, 1992 ..... 16:22.19
10. Nikki Chapple, 2004 ..... 16:27.04

## Pentathlon

1. Tria Simmons, 2019 ..... 4,200 points
2. **Jenny Kimbro, 2019 ..... 4,123 points**
3. Tammilee Kerr, 2008 ..... 3,974 points
4. Chris Davenport, 1983 ..... 3,798 points
5. Kamesha Marshall, 2005 ..... 3,701 points
6. Tiff Pedersen, 2004 ..... 3,511 points
7. Sarah Ryan, 2013 ..... 3,472 points
8. Maureen Abel, 1979 ..... 3,427 points
9. **Allison Wahrman, 2017 ..... 3,421 points**
10. Zinnia Miller, 2012 ..... 3,416 points

## 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. **Gillian Urycki, 2018 ..... 5-8 3/4 (1.75)**
7. Kristi Dinkla, 1985 ..... 5-8 1/2 (1.74)
8. Kacey Childs, 2001 ..... 5-8 1/2 (1.74)
9. **Aubrianna Lantrip, 2018 .. 5-8 1/2 (1.74)**
10. Traci Claussen, 1987 ..... 5-8 (1.73)

## Pole Vault

1. Jessie Strand, 2004 ..... 12-5 1/2 (3.80)
2. Amy Smith, 2017 ..... 11-11 3/4 (3.65)
3. Sarah Burgett, 2007 ..... 11-10 (3.61)
4. Kirsten Weismantle, 2011 11-5 3/4 (3.50)
5. Brittany Holst, 2013 ..... 11-3 3/4 (3.45)
6. Katie Truedson, 2010 ..... 10-11 3/4 (3.35)
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. Jahisha Thomas, 2018 ..... 21-0 3/4 (6.42)
2. Zinnia Miller, 2014 ..... 20-4 1/4 (6.20)
3. Carisa Leacock, 2014 ..... 19-9 1/2 (6.03)
4. Lisa Moats, 1986 ..... 19-6 (5.95)
5. Cassidy Ellis, 2015 ..... 19-5 1/2 (5.93)
6. **Jenny Kimbro, 2017 ..... 19-3 1/2 (5.88)**
7. Tria Simmons, 2018 ..... 19-2 (5.84)
9. Renee White, 2006 ..... 19-3 1/4 (5.87)
9. Tiffany Johnson, 2007 ..... 19-2 1/2 (5.85)
10. Davera Taylor, 1984 ..... 19-1 1/2 (5.83)

## Triple Jump

1. Jahisha Thomas, 2018 .... 43-4 1/2 (13.22)
2. Renee White, 2008 ..... 42-4 (12.90)
3. Amanda Carty, 2019 ..... 42-1 1/2 (5.88)
4. Tria Simmons, 2017 ..... 42-1 1/4 (12.83)
5. Tiffany Johnson, 2007 .... 41-3 3/4 (12.59)
6. Zinnia Miller, 2014 ..... 41-2 1/2 (12.56)
7. Carisa Leacock, 2012 ..... 40-5 1/2 (12.33)
8. **Hannah Schlib, 2019 ..... 40-7 (12.37)**
9. **Allison Wahrman, 2017 ..... 39-10 (12.14)**
10. Becki Borg, 1987 ..... 39-6 (12.04)

## Shot Put

1. **Lauauga Tausaga, 2019 58-4 1/2 (17.79)**
2. **Nia Britt, 2019 ..... 54-11 1/2 (16.75)**
3. **Erika Hammond, 2019 .. 51-3 1/2 (15.63)**
4. Gail Smith, 1985 ..... 51-0 (15.54)
5. Lisa Van Steenwyk, 1993 50-5 1/4 (15.37)
6. Kamesha Marshall, 2005 49-2 1/4 (14.99)
7. Denise Taylor, 1992 ..... 48-9 (14.86)
8. Rachel Curry, 2013 ..... 48-2 1/2 (14.69)
9. Megan Maurer, 1995 ..... 47-5 3/4 (14.47)
10. Laura Kriener, 1990 ..... 47-5 (14.45)
11. Courtney Fritz, 2014 ..... 47-5 (14.45)

## Weight Throw

1. **Lauauga Tausaga, 2019 76-3 3/4 (23.26)**
2. Ashlyn Gulvas, 2013 ..... 63-6 (19.35)
3. Jasmine Simpson, 2013 .. 62-6 1/2 (19.06)
4. **Amanda Howe, 2020 .. 61-11 3/4 (18.89)**
5. **Nia Britt, 2019 ..... 61-4 3/4 (18.71)**
6. Annemie Smith, 2014 ..... 61-4 (18.69)
7. Kelsey Taylor, 2011 ..... 60-4 1/2 (18.40)
8. Majesty Tutson, 2011 ..... 58-4 (17.78)
9. Becca Franklin, 2007 ..... 58-3 1/4 (17.76)
10. **Allison Wahrman, 2020**

## 1,600-Meter Relay

1. Holder, Guillory, Hernandez, Guster, 2016 ..... 3:32.93
2. Champe, Guillory, Brown, Plock, 2018 ..... 3:33.19
3. Sharpe, Guillory, Brown, Champe, 2018 ..... 3:34.34
4. Holder, Guster, Hernandez, Guillory, 2016 ..... 3:36.47
5. Liverpool, Hendricks, Praska, Erickson, 2011 ..... 3:36.97
6. Holder, Hernandez, Guster, Guillory, 2016 ..... 3:36.99
7. Hernandez, Holder, Guster, Watts, 2014 ..... 3:37.16
8. Liverpool, Hendricks, Erickson, Praska, 2011 ..... 3:37.58
9. **Kimbro, Simmons, Weum, Guillory, 2019 ..... 3:37.58**
10. Kwaza, Guster, Holder, Watts, 2015 ... 3:37.84

## 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