



January 10, 2020

IOWA Track & Field 2020 Notes



TRACK & FIELD CONTACT: MAGGIE WESLEY | EMAIL: MARGARET-WESLEY@HAWKEYESPORTS.COM | Phone: 319-335-9411 | hawkeyesports.com

2019-20 IOWA TRACK & FIELD INDOOR SCHEDULE

Date	Meet
Dec. 14	Jimmy Grant Invitational <i>(Iowa City, Iowa)</i>
Jan. 10-11	Hawkeye Invitational <i>(Iowa City, Iowa)</i>
Jan. 17-18	Larry Wieczorek Invitational <i>(Iowa City, Iowa)</i>
Jan. 25-26	Rod McCravy Memorial <i>(Lexington, Ky.)</i>
Jan. 31-Feb. 1	Black & Gold Premier <i>(Iowa City, Iowa)</i>
Feb. 7-8	Frank Sevigne 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

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

THIS WEEK

The University of Iowa track and field team hosts the Hawkeye Invitational on Friday and Saturday to kick off the 2020 season. The teams competing include Hawkeye CC, Indian Hills CC, Iowa Central, Northern Illinois, Northern Iowa, Southern Illinois Edwardsville, and Western Illinois. The meet begins Friday at 2 p.m.(CT) with the weight throw at the Hawkeye Tennis and Recreation Complex. On Saturday morning, jumps begin at 10 a.m. at the UI Rec Building and the running events start at 12:15 p.m. with the 60-meter hurdle preliminaries. Admission is free.

FOLLOW ALONG

Fans can follow the meet on the live results page at 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.

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 Larence Jr.: 1,600-meter relay (3:04.94).

TAUSAGA MAKES PRESEASON HISTORY

On Jan 6., Laulauga Tausaga became the first ever Hawkeye to be named to the 2020 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 USTFCCCA. 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).

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 with a new personal best (7.66), No. 2 all-time at Iowa, and a first place finish. He ranks No. 1 in the country for the 60-meter hurdles.



STARTING OUT THE 2020 SEASON ON TOP

At the Jimmy Grant Invitational on Dec. 14, Iowa won eight individual and one relay title in the season opener. Twenty-two additional Hawkeyes earned 25 personal best marks in their respective events. There were four individuals who joined and climbed up the all-time top 10 list; Jaylan McConico (60-meter hurdles, 2nd), Antonise Christian (60-meter dash, 6th), Amanda Howe (weight throw, 6th), and Tyler Lienau (weight throw, 6th).

KIMBRO RANKS NO.1

At the Jimmy Grant Invitational on Dec. 14, Kimbro took first in the 60-meter hurdles in 8.25. She ranks No.1 in the country for women. She also helped Iowa’s 1,600-meter relay team earn first at the invite.

NEXT ON THE BLOCK

The Hawkeyes host the Larry Wieczorek Invitational on Jan. 17-18. The teams competing include Arizona, Baylor, Illinois, Iowa State, Kentucky, Minnesota, Purdue and Wisconsin.

2020 INDOOR SEASON LEADERS

MEN

60-Meter Hurdles.....	Jaylan McConico	7.66
300 Meters.....	Colin Hofacker	34.25
600 Meters.....	Spencer Gudgel.....	1:19.77
1,000 Meters.....	Tysen VanDraska	2:25.35
Mile.....	Jeff Roberts	4:18.96
1,600-Meter Relay.....	West, Still, VanDraska, Gudgel	3:15.06
High Jump.....	Austin West.....	6-4 3/4 (1.95m)
Long Jump.....	Will Daniels	22-8 1/2 (6.92)
Weight Throw.....	Tyler Lienau.....	65-9 3/4 (20.06m)

WOMEN

60 Meters.....	Antonise Christian.....	7.48
60-Meter Hurdles.....	Jenny Kimbro	8.25
300 Meters.....	Kylie Morken	40.47
600 Meters.....	Mallory King.....	1:31.05
800 Meters.....	Taylor Arco	2:10.47
1,000 Meters.....	Lindsay Welker	3:02.53
Mile.....	Gabby Skopec.....	5:13.90
3,000 Meters.....	Emma Gordon.....	10:30.31
1,600-Meter Relay.....	Swanson, Kimbro, Saunders, Laye.....	3:44.98
High Jump.....	Jenny Kimbro	5-7 (1.70m)
Shot Put.....	Jamie Kofron	40-10 1/4 (12.45m)
Weight Throw.....	Amanda Howe	60-5 3/4 (18.43m)

* -- 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

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.



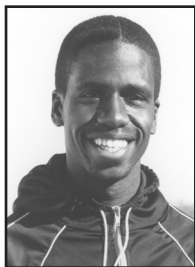
INDOOR ALL-TIME TOP TEN PERFORMERS



Justin Austin



Karayme Bartley



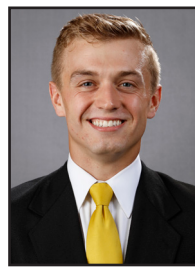
Rodney Chambers



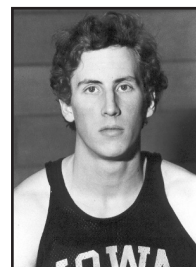
Jim Costello



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
- Dion Trowers, 1997 7.87
- Anthony Williams, 2019.....7.88**
- Russell Peterson, 2004 7.97
Josh Braverman, 2020.....7.97
- Dan Davis, 2012..... 8.02

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, 201746.82**
- 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 Wieczorek, 1968..... 4:04.40
- Nathan Mylenek, 20184:05.13**
- 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

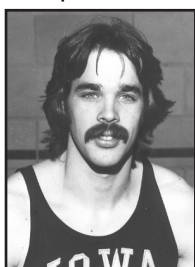
- Kevin Lewis, 2015 13:43.70
- Micah VanDenend, 2007 13:56.46
- Daniel Soto, 2019 13:59.82
- Stetson Steele, 2000..... 14:00.52
- Dan Haut, 2006 14:06.16
- Eric MacTaggart, 2006..... 14:13.41
- Jeff Thode, 2011 14:16.00
- Matt Esche, 2004..... 14:18.43
- Jeff Kent, 2007 14:18.86
- Jesse Luciano, 2009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



Mar'yea Harris



Collin Hofacker



Bill Knoedel



Wayne Lawrence



Kevin Lewis

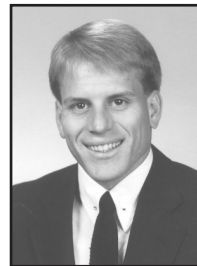
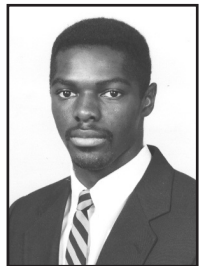


Carter Lilly



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 Elexis Guster

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

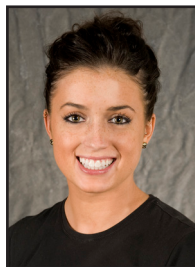


Lauren Hardesty Senta Hawkins Alexis Hernandez MonTayla Holder Lake Kwaza McKenzie Melander

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. **Nia Britt, 2019 61-4 3/4 (18.71)**
5. Annemie Smith, 2014 61-4 (18.69)
6. **Amanda Howe, 2020 60-5 3/4 (18.43)**
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