



December 14, 2019

# IOWA Track & Field 2019 Notes



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## 2019-20 IOWA TRACK & FIELD INDOOR SCHEDULE

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

## 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 opens the 2019-20 indoor track and field season Saturday hosting the Jimmy Grant Invitational. The teams competing include Iowa State, Lewis University, Maryville University, and Northern Iowa. The meet begins at 9 a.m. (CT) with the weight throw at the Hawkeye Tennis and Recreation Complex. Jumps begin at 1 p.m. at the UI Rec Building and the running events start at 4:30 p.m. with the 60-meter hurdle preliminaries. Admission is free.

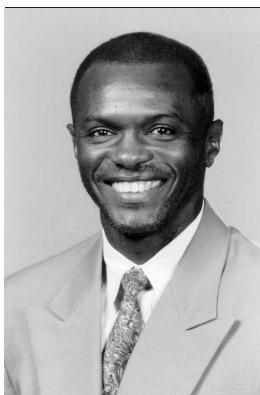
### FOLLOW ALONG

Fans can follow the meet on the live results page at [hawkeyesports.com/tracklive](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).

### EARLY BIRD SPECIAL

For only the second time since the men's and women's teams combined in 2009, the Hawkeyes will compete in a December meet.

The Jimmy Grant Invitational is named after the late head coach. Coach Grant served as assistant coach from 1986-96 and women's head coach from 1996-2006. He led the Hawkeyes to 12 individual Big Ten titles and coached 10 All-Americans.



### Jimmy Grant (1947-2007)

The Jimmy Grant Invitational is named after the late head coach. Coach Grant served as assistant coach from 1986-96 and women's head coach from 1996-2006. He led the Hawkeyes to 12 individual Big Ten titles and coached 10 All-Americans. Grant was born in Manchester, Jamaica. He attended Eastern Michigan, where he was an all-American and inducted into the Eastern Michigan Hall of Fame. Grant died peacefully on July 23, 2007 of cancer.





### 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)
- Karayme Bartley: 200 meters (20.67)
- Laulauga Tausaga: shot put (17.79m) and weight throw (23.26m)

### 2019 INDOOR ALL-AMERICANS

The Hawkeyes finished the 2019 indoor season with 10 All-America honors. Returning this season is first-team All-American Laulauga Tausaga (discus). She also received second-team All-America for shot put. Karayme Bartley (200m, 4x4 relay) and Collin Hofacker (4x4 relay) earned first team All-American. Wayne Lawrence Jr. (400m, 4x4 relay) earned first and second team. Jaylan McConico earned second team All-American in the 60-meter hurdles. Jenny Kimbro earned second-team All-America (pentathlon).

#### 2019 All-Americans

First Team -- **Laulauga Tausaga** (weight throw), Briana Guillory (400 meters), Chris Douglas (60-meter hurdles), **Karayme Bartley** (200 meters, 4x4 relay), **Collin Hofacker** (4x4 relay), **Wayne Lawrence Jr.** (4x4 relay), Mar'yea Harris (4x4 relay).

Second Team -- Mar'yea Harris (400 meters), **Jaylan McConico** (60-meter hurdles), **Wayne Lawrence Jr.** (400 meters), Tria Simmons (pentathlon), **Jenny Kimbro** (pentathlon), **Laulauga Tausaga** (shot put).

### TAUSAGA COMPETES AT WORLD CHAMPIONSHIPS

Senior Laulauga Tausaga competed with Team USA in the 2019 World Championships in Doha, Qatar on Oct. 2. Tausaga set a new discus school record 63.94 meters (209-9) to advance to the final round. Tausaga finished in the top five.

### ALL WE DO IS WIN

At the 2019 Big Ten Indoor Championships, Jaylan McConico earned his first Big Ten title and first-team All-Big Ten honor. Senior Collin Hofacker, senior Antonio Woodard, senior Chris Thompson, and Mar'yea Harris took home a Big Ten Championship for the 4x400 Relay.

Jenny Kimbro (60-meter hurdles, 4x400), Tria Simmons (pentathlon, 4x400), and Aly Weum (4x400) won conference titles for the women.

## 2019 INDOOR SEASON LEADERS

### MEN

60 Meters	Antonio Woodard	6.85
60-Meter Hurdles	Jaylan McConico	7.73
200 Meters	Karayme Bartley	20.67
300 Meters	Antonio Woodard	32.89
400 Meters	Mar'yea Harris	46.02
600 Yards	Chris Thompson	1:11.17
600 Meters	Mar'yea Harris	1:16.60 *
800 Meters	Matt Manternach	1:18.79
1,000 Meters	Tysen VanDraska	2:26.17
Mile	Nathan Mylenek	4:04.88
3,000 Meters	Daniel Soto	8:10.24
5,000 Meters	Daniel Soto	13:59.82
1,600-Meter Relay	Bartley, Woodard, Lawrence Jr., Harris	3:04.76 *
Dist. Medley Relay	VanDraska, Thompson, Manternach, Roberts	9:53.38
High Jump	Jay Hunt	6-10 3/4 (2.1m)
Pole Vault	Peyton Haack	15-9 3/4 (4.82m)
Long Jump	James Carter	23-4 1/2 (7.12)
Triple Jump	James Carter	50-3 1/2 (15.33m)
Shot Put	Reno Tuufuli	60-9 1/2 (18.53m)
Heptathlon	Peyton Haack	5,279 points

### WOMEN

60 Meters	Antonise Christian	7.54
60-Meter Hurdles	Jenny Kimbro	8.27
200 Meters	Briana Guillory	23.37
300 Meters	Talia Buss	39.70
400 Meters	Briana Guillory	52.65
500 Meters	Daneisha Woodside	1:17.03
600 Meters	Briana Guillory	1:30.92
800 Meters	Taylor Arco	2:10.47
1,000 Meters	Logan Akason	2:58.68
Mile	Megan Schott	4:54.96
3,000 Meters	Anna Hostetler	9:35.10
5,000 Meters	Andrea Shine	16:36.93
1,600-Meter Relay	Kimbro, Simmons, Weum, Guillory	3:37.58
High Jump	Tria Simmons	5-10 (1.78m)
Long Jump	Amanda Carty	20-2 1/2 (6.16m)
Triple Jump	Amanda Carty	42-1 1/2 (12.84m)
Shot Put	Laulauga Tausaga	* 58-4 1/2 (17.79m)
Weight Throw	Laulauga Tausaga	* 76-3 3/4 (23.26m)
Pentathlon	Tria Simmons	* 4,200 points

\* -- school record



### RETURNING BIG TEN LEADERS

The Hawkeyes return 10 athletes who ranked in the Big Ten top five in 2019.

- Collin Hofacker: 4x400 relay (1st)
- Chris Thompson: 4x400 relay (1st)
- Jaylan McConico: 60-meter hurdles (1st)
- Laulauga Tausaga: weight throw (2nd)
- Karayme Bartley: 200 meters, 400 meters (2nd, 5th)
- Jenny Kimbro: 60-meter hurdles, 4x400 relay, pentathlon (2nd, 3rd, 3rd)
- Aly Weum: 4x400 relay (3rd)
- Anthony Williams: 60-meter hurdles (4th)
- Wayne Lawrence Jr.: 400 meters (4th)
- Antonio Woodard: 200 meters, 4x400 relay (5th, 1st)

### RETURNING NCAA LEADERS

Iowa returns four athletes that finished the 2019 indoor season inside the country’s top 10. Laulauga Tausaga finished fifth in the country in weight throw (22.23m). Collin Hofacker, Wayne Lawrence Jr., and Karayme Bartley finished sixth in the NCAA in the 4x400 relay (3:07.68). Bartley also came in sixth in the 200 meters (20.97).

Iowa returns six NCAA top 10 athletes from the outdoor season. Laulauga Tausaga ranks first in discus (63.26m), Wayne Lawrence, Antonio Woodard, and Karayme Bartley rank fourth in the 1,600-meter relay (3:00.14). Collin Hofacker, Antonio Woodard, Wayne Lawrence Jr., and Karayme Bartley rank 10th in the 400-meter relay. Nathan Mylenek holds the 9th place for the steeplechase (8:49.40).

### BIG TEN COACH OF THE YEAR

On May 15, the University of Iowa Director of Track and Field Joey Woody was named Big Ten Coach of the Year. Woody led Iowa to its first Big Ten Championship since 2011. The men’s team won the conference title with 116 points.

### NEXT ON THE BLOCK

The Hawkeyes host their second of four indoor home meets with the Hawkeye Invitational Jan. 10-11. Teams competing include Bradley, Iowa Central CC, Iowa State, Northern Iowa, Southern Illinois, Western Illinois.

## Pronunciation Guide

Karayme Bartley	.....Kuh-raym
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-long-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.

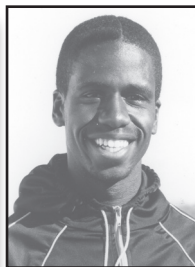
The UI Recreation building includes eight training and athletic training spaces for Iowa track & field and cross country teams. The Hawkeyes have hosted the Big Ten Indoor Men’s Championships in 1989, 1997, and 2006 and the Big Ten Women’s Indoor Championships in 1991 and 2004.



# INDOOR ALL-TIME TOP TEN PERFORMERS



Justin Austin



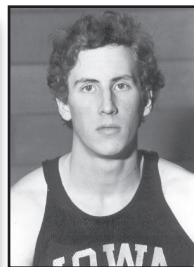
Rodney Chambers



Jim Costello



Troy Doris



Bill Hansen



William Dougherty



Michael Melchert

## 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
- Jordan Mullen, 2013..... 7.70
- Chris Douglas, 2018..... 7.76
- Jaylan McConico, 2019..... 7.73**
- Ethan Holmes, 2013 ..... 7.82
- Dion Trowers, 1997 ..... 7.87
- Anthony Williams, 2019..... 7.88**
- Russell Peterson, 2004 ..... 7.97
- Dan Davis, 2012..... 8.02
- DeRocco Reed, 2000..... 8.03  
Keith Brown, 2015 ..... 8.03

## 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

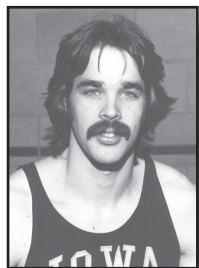
- Jeff Thode, 2011 ..... 3:58.72
- Ed DeLashmutt, 1981 ..... 4:04.01
- Adam Jones, 2017 ..... 4:04.28
- Michael Melchert, 2018 ..... 4:04.32
- Larry Wieczorek, 1968..... 4:04.40
- Nathan Mylenek, 2018 ..... 4:05.13**
- John Clark, 1972 ..... 4:05.94
- Ben Witt, 2014 ..... 4:07.08
- Adam Thomas, 2002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

## 3,000 Meters

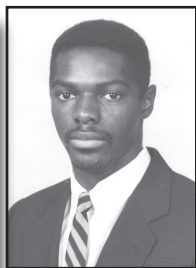
- Kevin Lewis, 2015 ..... 7:57.06
- Jeff Thode, 2011 ..... 8:00.38
- Micah VanDenend, 2006 ..... 8:00.81
- Michael Melchert, 2018 ..... 8:08.30
- Eric MacTaggart, 2006..... 8:08.79
- Stetson Steele, 2000..... 8:09.54
- Daniel Soto, 2019 ..... 8:10.24**
- Ben Witt, 2015 ..... 8:10.97
- Dan Haut, 2005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



Bill Knoedel



Anthuan Maybank



Aaron Mallett



Kevin Lewis



Collin Hofacker

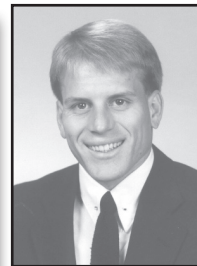


Nathan Mylenek



Reno Tufuuli

# INDOOR ALL-TIME TOP TEN PERFORMERS



Wayne Lawrence

Karayme Bartley

Antonio Woodard

Jeff Thode

Mar'yea Harris

Todd Wigginton

Carter Lilly

## 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 Tuufuli, 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. 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. **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. Wolff, B. Thompson, Ganschow, **Harris, 2016 .. 3:07.58**

## 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 TEN PERFORMERS



Kineke Alexander Meghan Armstrong Brittany Brown Tracy Dahl Briana Guillory Karessa Farley Alexis Hernandez

## 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. Shellene Williams, 2004 .....7.50
7. Briana Guillory, 2017 .....7.51
8. Jiselle Providence, 2002 .....7.52
9. **Antonise Christian, 2019 .....7.54**
10. ....7.55
- Erin Jones, 2011 .....7.55
- Raven Moore, 2013 .....7.55

## 60-Meter Hurdles

1. Karessa Farley, 2009 .....8.21
2. **Jenny Kimbro, 2019 .....8.27**
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
9. Colleen Prendergast, 2000 .....8.57
10. ....Tammilee Kerr, 2008

## 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 Henderson, 2010

## 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. .... 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, 2018..... 1:31.25**
8. Kaitlyn Nelson, 2013 ..... 1:31.44
9. Karen Layne, 1990 ..... 1:31.45
10. ....Nicole Erickson, 2012

## 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

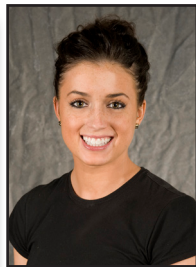
## 3,000 Meters

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 Jahisha Thomas Tria Simmons Lake Kwaza Jenny Kimbro McKenzie Melander

# INDOOR ALL-TIME TOP TEN PERFORMERS



Laulauga Tausaga

Diane Nukuri

Bethany Praska

Peaches Roach

MonTayla Holder

Jessie Strand

Alexis Guster

## 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.Chapman, 2004

## 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)  
Kacey Childs, 2001.....5-8 1/2 (1.74)
8. Aubrianna Lantrip, 2018 ....5-8 1/2 (1.74)
10. Traci.Claussen, 1987

## 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)

## 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. .... 11:30.36

## 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 Bylot, 2008

## 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, 1986 (12.04)

## Shot Put

1. Laulauga 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)  
Courtney Fritz, 2014.....47-5 (14.45)

## Weight Throw

1. Laulauga 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. Kelsey Taylor, 2011 ..... 60-4 1/2 (18.40)
7. Majesty Tutson, 2011 ..... 58-4 (17.78)
8. Becca Franklin, 2007 ..... 58-3 1/4 (17.76)
9. Chelsea Colpitts, 2013 ..... 56-4 (17.17)
- 10.Erin O'Hern, 2008..... 56-3 (17.14)

## 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

## 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  
Kimbro, Simmons, Weum, Guillory, 2019 ..... 3:37.58
- 10.Kwaza, Guster, Holder, Watts, 2015 ..... 3:37.84