

IOWA TRACK & FIELD 2018

25 Olympians
13 NCAA Champions
286 All-America Honors
287 Big Ten Champions
480 Academic All-Big Ten Honors



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2018 IOWA TRACK & FIELD INDOOR SCHEDULE

Date	Meet
Jan. 13	Hawkeye Invitational (Iowa City, Iowa)
Jan. 19-20	Larry Wieczorek Invitational (Iowa City, Iowa)
Jan. 27	Black & Gold Premier (Iowa City, Iowa)
Feb. 2-3	Meyo Invitational (South Bend, Ind.)
Feb. 9-10	Iowa State Classic (Ames, Iowa)
Feb. 9-10	Tyson Invitational (Fayetteville, Ark.)
Feb. 17	Alex Wilson Invitational (South Bend, Ind.)
Feb. 23-24	Big Ten Championships (Geneva, Ohio)
Mar. 9-10	NCAA Championships (College Station, Texas)

IOWA COACHING STAFF

Joey Woody.....	Director of Track & Field
Randy Hasenbank.....	Associate Head Cross Country
.....	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 See.....	Director of Operations

THIS WEEK

The University of Iowa track and field team hosts its second of three straight home meets with the second annual Larry Wieczorek Invitational on Friday and Saturday inside the UI Recreation building. The Hawkeyes are joined by Florida State, LSU, Kansas State, Iowa State, Wisconsin, Virginia, Minnesota (W), and Arizona. The meet begins Friday at 11 a.m. (CT) and at 1 p.m. on Saturday. Complete schedule of events is online at hawkeyesports.com.

PROMOTIONS

- Free pizza is available during Friday's competition, beginning at 5 p.m. (CT).
- T-shirts will be given away to the first 100 fans on Saturday.

FOLLOW ALONG

Fans can follow the meet on live results page on hawkeyesports.com/tracklive. Results will also be posted on the team's official twitter account @iowaxc_tf. The meet will be streamed live on BTN Plus and FloTrack. Subscriptions required.

HAWKEYES 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, released Jan. 10. The women are ranked 34th in the nation, their highest preseason ranking in program history, while the men are ranked 32nd in the nation.

LARRY WIECZOREK

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 coaching the UI track and field program, leading Iowa to 79 individual Big Ten Champions and 53 All-Americans.

32 PROFESSIONS TO COMPETE AT WIECZOREK INVITE

Thirty-two professional track and field athletes are scheduled to compete at the Larry Wieczorek Invitational. Among the group are Olympic gold medalists, World Champions, and NCAA Champions. The field includes Fred Kerley, Aries Merritt, CJ Ujah, Jarrion Lawson, Damar Forbes, Courtney Okolo, Jasmin Stowers, Vernon Norwood, and many more.

WIECZOREK INVITE SERVES AS IOWA HOMECOMING

Among the 32 professionals set to compete at the Larry Wieczorek Invitational, four are former Hawkeyes making their return to Iowa's facility: Aaron Mallett, Kineke Alexander, Erik Sowinski, and Troy Doris.

Mallett competed at Iowa from 2014-17 and was a six-time All-American and five-time



Big Ten Champion.

Alexander lettered at Iowa from 2005-08 and was an eight-time All-American and five-time Big Ten Champion. She is a three-time Olympian for St. Vincent & The Grenadines and holds the indoor and outdoor 400 meter school records.

Sowinski is a six-time All-American and two-time Big Ten Champion at Iowa. He holds the outdoor 800-meter school record and was a 2012 and 2016 U.S. Olympic Trials participant.

Doris is a 2016 Olympic triple jumper representing Guyana who attended Iowa from 2009-12. He was a four-time Big Ten Champion and All-American. He holds Iowa school records in the indoor and outdoor triple jump.

AVANT HAS BIG OPENING

Freshman Kyara Avant had a big opening performance at the Hawkeye Invitational. Avant placed second overall in the 60 meter dash with a time of 7.51 seconds, tying her for sixth all-time in program history with junior Briana Guillory. She is ranked fourth in the Big Ten.

DOUGLAS STARTS OFF FAST

Junior Chris Douglas opened the 2018 indoor season with a third place finish in the 60-meter hurdles with a time of 7.84. He is tied for 8th in the nation and second in the Big Ten in the event.

BROWN, HARRIS NAMED PRESEASON ALL-AMERICANS

Senior Brittany Brown (200 meters) and junior Mar'yea Harris (400 meters) were named 2018 Preseason All-Americans by FloTrack.

Brown, a native of Upland, California, owns the 200-meter school record indoor and outdoor and is tied for the 100-meter record. Brown won Big Ten titles in the 200 meters during the indoor and outdoor seasons and went on to finish fifth at the NCAA Indoor championships with a time of 22.92.

Harris, a native of Auburn, Washington, holds the indoor 400-meter school record and placed runner-up in the 400-meters at the Big Ten Indoor Championships. Harris was part of the 1,600-meter relay that broke the indoor and outdoor school records and placed fifth and third at the NCAA Indoor and Outdoor Championships, respectively.

Brown and Harris join Ohio State's Nick Gray as the only male or female representatives of the Big Ten in the 200 or 400 meters.

WERSKEY ENTERS AS NEW THROWING COACH

Eric Werksey was hired as Iowa's throwing coach in August 2017 after two seasons at California State University Northridge. Werskey aided throwers Brianna Cueva and Daniel Swarbrick to Big West Outdoor titles in 2016 while Dawaun Lucas and Zachary Rosales placed second and third, respectively, in the shot put. After graduating from Auburn, Werksey trained at the U.S. Olympic Training Center in Chula Vista, California, where he worked with some of the best throwers in the world. In college, Werskey was a three-time All-American in the shot put.

2018 INDOOR SEASON LEADERS

MEN

60 Meters	Christian Brissett	6.79
60-Meter Hurdles	Chris Douglas	7.84
200 Meters	Bradford Garron	21.74
400 Meters	Carter Lilly	48.66
600 Meters	Tysen VanDraska	1:21.85
1,000 Meters	Kevin Docherty	2:27.90
Mile	Nathan Mylenek	4:10.08
3,000 Meters	Luke Sampson	8:27.88
1,600-Meter Relay...	Larrison, Woodard, Brissett, Garron	3:12.06
High Jump	Cole Moeller	6-6 3/4 (2.00m)
	Jay Hunt	6-6 3/4 (2.00m)
Pole Vault	Andy Jatis	16-0 3/4 (4.90m)
Long Jump	Cooper Koenig	22-10 1/2 (6.97m)
Shot Put	Reno Tuufuli	60-10 3/4 (18.56m)

WOMEN

60 Meters	Kyara Avant	7.51
60-Meter Hurdles	Jenny Kimbro	8.50
200 Meters	Sheridan Champe	24.70
400 Meters	Aly Weum	57.33
600 Meters	Tashee Hargrave	1:35.50
1,000 Meters	Julie Hollensbe	3:00.98
Mile	Andrea Shine	4:55.55
3,000 Meters	Mary Arch	10:50.81
1,600-Meter Relay...	Guillory, Plock, Weum, Hargrave	3:41.34
High Jump	Aubrianna Lantrip	5-7 (1.70m)
Pole Vault	Amy Smith	11-9 3/4 (3.60m)
Long Jump	Jalynn Roberts-Lewis ..	18-2 1/4 (5.54m)
Triple Jump	Allison Wahrman	38-7 3/4 (11.78m)
Shot Put	Laulauga Tausaga	49-2 1/2 (15.00m)
Weight Throw	Nia Britt	55-0 3/4 (16.78m)

* -- school record



IOWA SIGNS 25 FOR 2018

The Hawkeyes announced the addition of 25 signees for the 2018-19 season on Nov. 11. The class includes 14 women and 11 men, including 10 from Iowa.

ROSTER BREAKDOWN

Iowa has 110 athletes on its roster in 2018. There are 40 freshmen, 32 sophomores, 21 juniors, and 17 seniors. Of the 110 student-athletes, 42 are from Iowa followed by 20 from Illinois. The team also has seven international athletes.

BIG TEN LEADERS

The Hawkeyes have six events ranked in the Big Ten top five in 2018.

- Junior Chris Douglas: 60 meter hurdles (2nd)
- Men's 4x400 meter relay (2nd)
- Women's 4x400 meter relay (3rd)
- Junior Reno Tuufuli: Shot Put (3rd)
- Freshman Kyara Avant: 60 meters (4th)
- Sophomore Jenny Kimbro: 60 meter hurdles (5th)

NCAA LEADERS

Iowa has four events represented in the NCAA top 25, according to TFRRS.com.

- Junior Chris Douglas: 60 meter hurdles (8th)
- Women's 4x400 meter relay (15th)
- Junior Reno Tuufuli (16th)
- Men's 4x400 meter relay (19th)

COUNTING CURRENT ALL-TIME HAWKEYES

The men have 32 current athletes in Iowa's indoor all-time top 10, led by school-record holders Mar'yea Harris, (400-meters, 1,600-meter relay), Carter Lilly (800-meters, Distance medley relay), Will Dougherty (heptathlon), DeJuan Frye (1,600-meter relay, Distance medley relay), Collin Hofacker (1,600-meter relay) and Matt Manternach (Distance medley relay).

The women have 26 athletes in the top-10 and four school record holders on the roster including Brittany Brown (200 meters), Jahisha Thomas (long jump, triple jump), and Briana Guillory (1,600-meter relay).

NEXT ON THE BLOCK

The Hawkeyes host their third and final home meet of the 2018 indoor season with the Black & Gold Premier. The meet is scheduled to begin Jan. 27 at 12 p.m. (CT) with the high jump. Admission to the event is free.

Pronunciation Guide

Alex Balkeball-KEY
 Marta Bote GonzalezBOAT
 Sheridan Champe CHAMP-ee
 Kevin Docherty DOC-er-tee
 Tashee Hargrave.....Ta-Shay
 Mar'yea Harris.....Mar-ee-ay
 Matt Manternach.....MON-ter-knock
 Nathan Mylenek MY-len-ek
 Kara NeustromNEW-strum
 Elizabeth Niedert KNEE-dirt
 Lalauga Tausaga.....La-Long-a Ta-(short a)-saga
 Nolan TeubelTOO-bull
 Reno Tuufuli TOO-foo-lee

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.

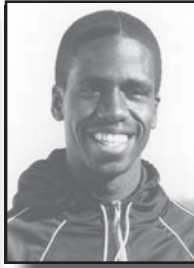
The UI Recreation building includes eight training and athletic training spaces for Iowa track & field and cross country teams. The Hawkeyes have hosted the Big Ten Indoor Men's Championships in 1989, 1997, and 2006 and the Big Ten Women's Indoor Championships in 1991 and 2004.



INDOOR ALL-TIME TOP TEN PERFORMERS



Justin Austin



Rodney Chambers



Jim Costello



Troy Doris



Bill Hansen



John Hickey



Ethan Holmes

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, 20176.74
- 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
- Ethan Holmes, 2013 7.82
Chris Douglas, 20177.82
- Dion Trowers, 1997 7.87
- Russell Peterson, 2004 7.97
- Dan Davis, 2012..... 8.02
- DeRocco Reed, 2000..... 8.03
Keith Brown, 2015 8.03
- Torrey Campbell, 2012 8.09

200 Meters

- Justin Austin, 2011 20.80
- 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
Antonio Woodard, 2017.....21.26
- Christian Brissett, 201721.27**
- Emmanuel Ogwo, 2017 21.32
- Paul Chaney, Jr., 2009 21.34

400 Meters

- Mar'yea Harris, 201745.75**
- 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
- Patrick Richards, 2011 47.35
- DeJuan Frye, 201747.39**

600 Meters

- 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**
- Ryan Weir, 2013 1:18.62

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
- Anthony Chaidez, 2017 1:50.75**
- Nolan Teubel, 2017 1:51.23**

Mile

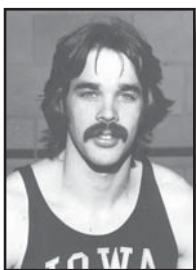
- Jeff Thode, 2011 3:58.72
- Ed DeLashmutt, 1981 4:04.01
- Adam Jones, 2017 4:04.28
- Larry Wieczorek, 1968..... 4:04.40
- Michael Melchert, 2016.....4:05.37**
- John Clark, 1972 4:05.94
- Ben Witt, 2014 4:07.08
- Adam Thomas, 2002 4:07.13
- Kevin Herd, 1992 4:07.26
- Jesse Luciano, 2009 4:07.29

3,000 Meters

- Kevin Lewis, 2015 7:57.06
- Jeff Thode, 2011 8:00.38
- Micah VanDenend, 2006 8:00.81
- Michael Melchert, 2016..... 8:08.57**
- Eric MacTaggart, 2006..... 8:08.79
- Stetson Steele, 2000..... 8:09.54
- Ben Witt, 2015 8:10.97
- Dan Haut, 2005 8:11.36
- Kevin Herd, 1994 8:11.51
- Nick Holmes, 2010 8:15.48

5,000 Meters

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



Bill Knoedel



Anthuan Maybank



Aaron Mallett



Nathan Prom



Kyle Reid

INDOOR ALL-TIME TOP TEN PERFORMERS



Patrick Richards

Keaton Rickels

Erik Sowinski

Jeff Thode

Micah VanDenend

Todd Wigginton

Steven Willey

Heptathlon

1. **William Dougherty, 2017 5,504 points**
2. Kyle Reid, 2013 5,354 points
3. Dan Rolling, 2010 5,205 points
4. Jack Eckert, 2015 5,188 points
5. Ryan Niver, 2008..... 5,149 points
6. Frank Prill, 2010..... 5,015 points
7. Scott Faber, 2000..... 4,784 points
8. Cam Appleman, 1997 4,685 points
9. Bobby Windauer, 2007 4,644 points
10. Jacob Drewry, 1995 4,612 points

High Jump

1. Bill Knoedel, 1976..... 7-3 (2.21)
Bill Hansen, 1978..... 7-3 (2.21)
3. Scott Hudek, 1993 7-0 1/2 (2.15)
Kevin Spejcher, 2015 7-0 1/2 (2.15)
5. Pat Meade, 1987 7-0 1/4 (2.14)
6. Mike Lacy, 1984..... 7-0 (2.13)
7. M. Cunningham, 1984.. 6-11 1/4 (2.11)
8. Jeffery Herron, 2010..... 6-11 (2.11)
Peter Hlavin, 1980 6-11 (2.11)
Brandon Oest, 2010 6-11 (2.11)
Dan Rolling, 2008 6-11 (2.11)
Graham Valdes, 2010 6-11 (2.11)
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)
4. Curt Brock, 1979..... 16-6 (5.03)
5. Alex Zona, 2010..... 16-4 3/4 (5.00)
Andy Jatis, 2017..... 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. 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. Kerry Dean, Jr., 2016... 48-8 1/4 (14.84)
10. Gordon Finch, 1988.... 48-3 3/4 (14.72)

Shot Put

1. John Hickey, 2009..... 63-0 (19.20)
2. Jeremy Allen, 2001 ... 62-10 1/2 (19.16)
3. **Reno Tuufuli, 2017.... 61-7 1/2 (18.78)**
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. Ogwo, Hofacker, Frye, Harris, 2017.....**3:04.94**
2. Richards, E. Holmes, Sowinski, Willey,
2011 3:06.66
3. Rozell, Davis, Raymond, Yamini, 1998 3:06.80
4. Ogwo, Mallett, Frye, Harris, 2017**3:07.08**
5. Wolff, Ganschow, Lilly, Harris, 2016.....**3:07.24**
6. Coleman, Faber, Strang, Peterson, 2002 .. 3:07.44
7. Wolff, B. Thompson, Ganschow,
Harris, 2016 **3:07.58**
8. Richards, Sowinski, E. Holmes, Willey,
2011 3:07.84
9. Greer, Williams, Smith, Duckett, 1984..... 3:08.14
10. Card, Coleman, Williamson, Dodge, 2001 3:08.21

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. **Lilly, Frye, Manternach, Jones, 2017 9:44.07**
2. Prom, Rickels, Sowinski, Thode, 2012 9:45.41
3. 1999 9:46.83
4. 1977 9:48.80
5. 1978 9:49.70
6. Kuczvara, Barton, Kuhlman, N. Holmes,
2010 9:51.05
7. Marchese, Varner, Hairston, Luciano,
2009 9:52.52
8. Paul, Varner, Hairston, Thode, 2010..... 9:52.71
9. **Gardarsson, Ganschow, Hutsalyuk,
Melchert, 2016 9:52.97**
10. Prom, Richardson, Sowinski, Thode,
2011 9:57.44

INDOOR ALL-TIME TOP TEN PERFORMERS



Kineke Alexander **Meghan Armstrong** **Brittany Brown** **Tracy Dahl** **Nicole Erickson** **Karessa Farley** **Ashlyn Gulvas**

60 Meters

1. Lake Kwaza, 20167.33
2. **Brittany Brown, 2017** **7.39**
3. Elaine Jones, 19837.43
4. Peaches Roach, 2005.....7.45
5. Shellene Williams, 20047.50
6. **Briana Guillory, 2017** **7.51**
Kyara Avant, 2018 **7.51**
8. Jiselle Providence, 20027.52
9. Rhonda-Kaye Trusty, 20107.55
Erin Jones, 20117.55
Raven Moore, 20137.55

60-Meter Hurdles

1. Karessa Farley, 20098.21
2. Tiffany Johnson, 2006.....8.33
3. **Jahisha Thomas, 2017** **8.35**
4. Paula Ruen, 1998.....8.39
5. Heaven Chandler, 20178.44
6. Sarah Steffen, 20028.45
Renee White, 2008.....8.45
Jenny Kimbro, 2017 **8.45**
9. Colleen Prendergast, 20008.57
10. Tammilee Kerr, 2008.....8.60

200 Meters

1. **Brittany Brown, 2017** **22.79**
2. Kineke Alexander, 200623.49
3. Lake Kwaza, 201623.54
4. Shellene Williams, 200423.62
5. Marlene Poole, 199423.66
Yolanda Hobbs, 1995.....23.66
7. **Briana Guillory, 2016** **23.69**
8. Erica Broomfield, 199823.81
9. Raven Moore, 201324.00
10. Erin Jones, 201124.01

400 Meters

1. Kineke Alexander, 200751.48
2. Elexis Guster, 201652.36
3. Ellen Grant, 1996.....52.65
4. Shellene Williams, 200452.83
5. Alexis Hernandez, 201753.42
6. Ashley Liverpool, 201154.09
7. **Briana Guillory, 2016**..... **54.24**
8. MonTayla Holder, 201554.32
9. Tiffany Hendricks, 201155.06
10. Marlene Poole, 199355.20

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. Kaitlyn Nelson, 2013..... 1:31.44
7. Karen Layne, 1990 1:31.45
8. Nicole Erickson, 2012 1:31.71
9. Elexis Guster, 2016..... 1:32.04
10. Kay Stormo, 1982 1:32.30

800 Meters

1. Bethany Praska, 2011 2:05.01
2. Jeanne Kruckeberg, 1989 2:06.38
3. Michelle Lahann, 2004 2:06.83
4. Katharina Trost, 2014 2:07.38
5. Mahnee Watts, 2014 2:08.79
6. Adrienne Alexia, 2013 2:08.95
7. Briana Benning, 1996 2:09.22
8. Kaitlyn Nelson, 2013..... 2:09.58
9. MonTayla Holder, 2015 2:10.34
10. Kay Stormo, 1981 2:11.04

Mile

1. McKenzie Melander, 2011..... 4:39.78
2. Jeanne Kruckeberg, 1989 4:40.19
3. Meghan Armstrong, 2006 4:40.59
4. Lauren Hardesty, 2011..... 4:41.01
5. Tina Stec, 1994 4:42.63
6. Betsy Flood, 2010 4:42.70
7. Penny O'Brien, 1981..... 4:43.72
8. Diane Nukuri, 2007..... 4:46.25
9. Michelle Lahann, 2004 4:47.23
10. Amanda Hardesty, 2010 4:48.69

3,000 Meters

1. Tracy Dahl, 1993 9:15.57
2. Meghan Armstrong, 2008 9:17.50
3. Diane Nukuri, 2008..... 9:20.07
4. Betsy Flood, 2011 9:20.09
5. Nan Doak, 1982..... 9:21.60
6. Jenny Spangler, 1986..... 9:22.41
7. Mareike Schrulle, 2012..... 9:23.97
8. Brooke Eilers, 2012..... 9:27.92
9. McKenzie Melander, 2012..... 9:29.71
10. Krista Anderson, 2006 9:29.75



Lauren Hardesty **Senta Hawkins** **Tiffany Hendricks** **Tammilee Kerr** **Lake Kwaza** **Ashley Liverpool** **McKenzie Melander**

INDOOR ALL-TIME TOP TEN PERFORMERS



Zinnia Miller

Diane Nukuri

Bethany Praska

Peaches Roach

Gail Smith

Jessie Strand

Renee White

5,000 Meters

1. Tracy Dahl, 1993 15:49.52
2. Nan Doak, 1985 15:55.45
3. Racheal Marchand, 2009 15:55.70
4. Diane Nukuri, 2008 16:01.36
5. Jenny Spangler, 1982 16:08.74
6. Judy Parker, 1981 16:16.63
7. Betsy Flood, 2011 16:20.67
8. Jennifer Brower, 1992 16:22.19
9. Nikki Chapple, 2004 16:27.04
10. Mareike Schrulle, 2012 16:29.41

High Jump

1. Peaches Roach, 2005 6-0 3/4 (1.85)
2. Mary Mol, 1983 6-0 (1.83)
3. Khanishah Williams, 2013 5-11 1/4 (1.81)
4. Becky Kaza, 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)
11. Tammilee Kerr, 2008 5-7 1/4 (1.71)
12. **Aubrianna Lantrip, 2017 5-7 1/4 (1.71)**

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)

1,600-Meter Relay

1. Holder, **Guillory**, Hernandez, Guster, **2016** 3:32.93
2. Holder, Guster, Hernandez, **Guillory**, **2016** 3:36.47
3. Liverpool, Hendricks, Praska, Erickson, 2011 3:36.97
4. Holder, Hernandez, Guster, **Guillory**, **2016** 3:36.99
5. Hernandez, Holder, Guster, Watts, 2014 3:37.16
6. Liverpool, Hendricks, Erickson, Praska, 2011 3:37.58
7. Kwaza, Guster, Holder, Watts, 2015 3:37.84
8. Kwaza, Holder, Watts, Guster, 2015 3:38.56
9. **Buss, Guillory, Champe**, Hernandez, 2017 3:38.56
10. Guster, Holder, **Watts**, Hernandez, 2014 3:38.62

Long Jump

1. **Jahisha Thomas, 2017 20-11 3/4 (6.39)**
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 (5.88m)**
7. Renee White, 2006 19-3 1/4 (5.87)
8. Tiffany Johnson, 2007 19-2 1/2 (5.85)
9. Davera Taylor, 1984 19-1 1/2 (5.83)
10. Yolanda Hobbs, 1993 19-1 (5.80)

Triple Jump

1. **Jahisha Thomas, 2017 42-8 (13.00)**
2. Renee White, 2008 42-4 (12.90)
3. **Tria Simmons, 2017 42-1 1/4 (12.83)**
4. Tiffany Johnson, 2007 41-3 3/4 (12.59)
5. Zinnia Miller, 2014 41-2 1/2 (12.56)
6. Carisa Leacock, 2012 40-5 1/2 (12.33)
7. **Allison Wahrman, 2017 39-10 (12.14)**
8. Becki Borg, 1987 39-6 (12.04)
9. **Hannah Schlib, 2017 39-5 3/4 (12.03)**
10. Lynn McMillan, 1988 38-2 (11.63)

Shot Put

1. Gail Smith, 1985 51-0 (15.54)
2. Lisa Van Steenwyk, 1993 . 50-5 1/4 (15.37)
3. **Laulauga Tausaga, 2018 .. 49-2 1/2 (15.00)**
4. Kamesha Marshall, 2005 . 49-2 1/4 (14.99)
5. Denise Taylor, 1992 48-9 (14.86)
6. **Erika Hammond, 2017 48-8 1/4 (14.84)**
7. Rachel Curry, 2013 48-2 1/2 (14.69)
8. Megan Maurer, 1995 47-5 3/4 (14.47)
9. Laura Kriener, 1990 47-5 (14.45)
10. Courtney Fritz, 2014 47-5 (14.45)

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. **Leah Colbert, 2017 55-3 1/2 (16.85)**
10. **Nia Britt, 2018 55-0 3/4 (16.78)**

Pentathlon

1. Tammilee Kerr, 2008 3,974 points
2. Chris Davenport, 1983 3,798 points
3. **Jenny Kimbro, 2017 3,715 points**
4. Kamesha Marshall, 2005 3,701 points
5. Tiff Pedersen, 2004 3,511 points
6. Sarah Ryan, 2013 3,472 points
7. Maureen Abel, 1979 3,427 points
8. **Allison Wahrman, 2017 3,421 points**
9. Zinnia Miller, 2012 3,416 points
10. Heaven Chandler, 2017 3,411 points

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

SEASON BESTS - WOMEN

2018 WOMEN'S INDOOR SEASON BEST PERFORMANCES - UPDATED 1/15/18

60 METERS (School Record - 7.33)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Kyara Avant	7.51	Hawkeye Invite - 1/13/18	7.51	Hawkeye Invite - 1/13/18
Taylor Chapman	7.79	Hawkeye Invite - 1/13/18	7.58	Larry Wieczorek Invite - 1/21/17

60-METER HURDLES (School Record - 8.21)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Jenny Kimbro	8.50	Hawkeye Invite - 1/13/18	8.45 ^	at B1G Championships - 2/24/17
Tria Seawater-Simmons	8.77	Hawkeye Invite - 1/13/18	8.77	Hawkeye Invite - 1/13/18

200 METERS (School Record - 22.79)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Sheridan Champe	24.70	Hawkeye Invite - 1/13/18	24.70	Hawkeye Invite - 1/13/18
Sarah Plock	25.49	Hawkeye Invite - 1/13/18	25.49	Hawkeye Invite - 1/13/18
Taylor Chapman	25.74	Hawkeye Invite - 1/13/18	24.13	at Jim Click Shootout - 4/8/17
Mika Cox	25.91	Hawkeye Invite - 1/13/18	25.91	Hawkeye Invite - 1/13/18
Jalynn Roberts-Lewis	26.12	Hawkeye Invite - 1/13/18	24.60	at Baldy Castillo Invite - 3/19/16
Hannah Schlib	27.25	Hawkeye Invite - 1/13/18	27.25	Hawkeye Invite - 1/13/18

400 METERS (School Record - 51.48)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Aly Weum	57.33	Hawkeye Invite - 1/13/18	57.33	Hawkeye Invite - 1/13/18
Talia Buss	57.45	Hawkeye Invite - 1/13/18	57.22	at B1G Championships - 2/24/17
Kylie Morken	57.49	Hawkeye Invite - 1/13/18	57.49	Hawkeye Invite - 1/13/18
Addie Swanson	57.65	Hawkeye Invite - 1/13/18	57.65	Hawkeye Invite - 1/13/18
Mallory King	57.72	Hawkeye Invite - 1/13/18	57.37	at Florida Relays - 3/30/17
Taylor Arco	59.36	Hawkeye Invite - 1/13/18	58.46	at Florida Relays - 3/30/17

* - school record, ! - meet record, \$ - facility record, ^ - part of pentathlon

SEASON BESTS - MEN

2018 MEN'S INDOOR SEASON BEST PERFORMANCES - Updated 1/15/18

60 METERS (School Record - 6.69)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Christian Brissett	6.79	Hawkeye Invite - 1/13/18	6.74	Larry Wiczorek Invite - 1/21/17
Antonio Woodard	6.85	Hawkeye Invite - 1/13/18	6.85	Hawkeye Invite - 1/13/18
O'Shea Wilson	6.89	Hawkeye Invite - 1/13/18	6.75	2x, last at B1G Championships - 2/24/17
Tyree Sorrells	7.00	Hawkeye Invite - 1/13/18	7.00	Hawkeye Invite - 1/13/18

60-METER HURDLES (School Record - 7.63)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Chris Douglas	7.84	Hawkeye Invite - 1/13/18	7.82	Iowa Open - 2/18/17
Anthony Williams	8.11	Hawkeye Invite - 1/13/18	8.11	Hawkeye Invite - 1/13/18
Josh Braverman	8.25	Hawkeye Invite - 1/13/18	8.25	Hawkeye Invite - 1/13/18
William Dougherty	8.45	Hawkeye Invite - 1/13/18	8.36 ^	2x, last at B1G Championships - 2/25/17
Daniel Gaynes	8.53	Hawkeye Invite - 1/13/18	8.53	Hawkeye Invite - 1/13/18

200 METERS (School Record - 20.80)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Bradford Garron	21.74	Hawkeye Invite - 1/13/18	21.74	Hawkeye Invite - 1/13/18
DeJuan Frye	21.88	Hawkeye Invite - 1/13/18	21.84	at B1G Championships - 2/26/16
Collin Hofacker	21.89	Hawkeye Invite - 1/13/18	20.71	at B1G Championships - 5/14/17
Chris Thompson	22.34	Hawkeye Invite - 1/13/18	22.26	at Baldy Castillo Invite - 3/17/17
Gage Eller	22.40	Hawkeye Invite - 1/13/18	22.40	Hawkeye Invite - 1/13/18
Akinshe Calica-Hill	22.60	Hawkeye Invite - 1/13/18	22.51	Hawkeye Invite - 1/14/17
Tyree Sorrells	22.83	Hawkeye Invite - 1/13/18	22.83	Hawkeye Invite - 1/13/18

400 METERS (School Record - 45.75)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Carter Lilly	48.66	Hawkeye Invite - 1/13/18	48.66	Hawkeye Invite - 1/13/18
Raymonte Dow	48.96	Hawkeye Invite - 1/13/18	48.96	Hawkeye Invite - 1/13/18
Austin Lietz	49.72	Hawkeye Invite - 1/13/18	48.11	at Alex Wilson Invite - 2/18/17
Noah Larrison	50.03	Hawkeye Invite - 1/13/18	48.55	at Alex Wilson Invite - 2/18/17

* - school record, ! - meet record, #- facility record, ^ - part of heptathlon