

2020 MEN'S INDOOR SEASON BEST PERFORMANCES - UPDATED 3/3/20

60 METERS (School Record - 6.69)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Will Daniels	6.84 ^	at Sevigne Husker Invite - 2/7/20	6.84 ^	at Sevigne Husker Invite - 2/7/20
Antonio Woodard	6.86	Hawkeye Invite - 1/11/20	6.85	Hawkeye Invite - 1/13/18
Jaylan McConico	6.88	Hawkeye Invite - 1/11/20	6.88	Hawkeye Invite - 1/11/20
Tanner Iske	6.92	Black & Gold Invite - 2/1/20	6.92	Black & Gold Invite - 2/1/20
Peyton Haack	6.89 ^	at B1G Championships - 2/28/20	6.89 ^	at B1G Championships - 2/28/20
Austin West	7.01	Hawkeye Invite - 1/11/20	7.01	Hawkeye Invite - 1/11/20
Gratt Reed	7.07	Larry Wieczorek Invite - 1/18/20	7.07	Larry Wieczorek Invite - 1/18/20
Josh Braverman	7.22	Black & Gold Invite - 2/1/20	7.18	Black & Gold Premier - 1/27/18
Daniel Gaynes	7.22 ^	at B1G Championships - 2/28/20	7.09 ^	at B1G Championships - 2/23/18
James Carter	7.40	Hawkeye Invite - 1/11/20	7.40	Hawkeye Invite - 1/11/20

60-METER HURDLES (School Record - 7.60)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Jaylan McConico	7.60 *	at Tyson Invite - 2/14/20	7.60 *	at Tyson Invite - 2/14/20
Jamal Britt	7.81	at Sevigne Husker Invite - 2/8/20	7.81	at Sevigne Husker Invite - 2/8/20
Josh Braverman	7.83	at B1G Championships - 2/29/20	7.83	at B1G Championships - 2/29/20
Grant Conway	7.86	at Sevigne Husker Invite - 2/7/20	7.86	at Sevigne Husker Invite - 2/7/20
Peyton Haack	7.94 ^	at B1G Championships - 2/29/20	7.94 ^	at B1G Championships - 2/29/20
Gratt Reed	7.97	2x, last at Black & Gold Invite - 2/1/20	7.97	2x, last at Black & Gold Invite - 2/1/20
Anthony Williams	8.11	Black & Gold Invite - 2/1/20	7.88	at B1G Championships - 2/23/19
Will Daniels	8.24	Black & Gold Invite - 2/1/20	8.24	Black & Gold Invite - 2/1/20
Austin West	8.31 ^	at B1G Championships - 2/29/20	8.31 ^	at B1G Championships - 2/29/20
Daniel Gaynes	8.51 ^	at B1G Championships - 2/29/20	8.51 ^	at B1G Championships - 2/29/20

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200 METERS (School Record - 20.67)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Wayne Lawrence, Jr.	20.85	at B1G Championships - 2/29/20	20.85	at B1G Championships - 2/29/20
Antonio Woodard	21.02	at Tyson Invite - 2/15/20	20.89	at Tyson Invite - 2/9/19
DeJuan Frye	21.61	at Rod McCravy Memorial - 1/24/20	21.61	at Rod McCravy Memorial - 1/24/20
Jamal Britt	21.68	at Tyson Invite - 2/15/20	21.68	at Tyson Invite - 2/15/20
Chris Thompson	22.35	at Rod McCravy Memorial - 1/24/20	21.80	Hawkeye Invite - 1/13/18
Deandre Stapleton Jr.	22.60	Black & Gold Invite - 2/1/20	22.60	Black & Gold Invite - 2/1/20
Nolan Roethler	22.71	at Tyson Invite - 2/15/20	22.71	at Tyson Invite - 2/15/20
Cooper Koenig	23.09	Black & Gold Invite - 2/1/20	22.14	at Battle on the Bayou - 4/7/18
James Carter	23.32	Hawkeye Invite - 1/11/20	23.32	Hawkeye Invite - 1/11/20

400 METERS (School Record - 45.56)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Wayne Lawrence, Jr.	45.56 *#	at B1G Championships - 2/29/20	45.56 *#	at B1G Championships - 2/29/20
DeJuan Frye	46.91	at B1G Championships - 2/28/20	46.17	at B1G Championships - 5/13/18
Nolan Kembel	48.40	at B1G Championships - 2/28/20	48.40	at B1G Championships - 2/28/20
Raymund Clarke	48.70	at Iowa State Classic - 2/14/20	47.11	at Victor Lopez Classic - 3/25/17
Chris Thompson	48.74	at Rod McCravy Memorial - 1/25/20	47.32	at Meyo Invite - 2/3/18
Nolan Roethler	49.20	at Tyson Invite - 2/14/20	49.20	at Tyson Invite - 2/14/20
Spencer Gudgel	49.57	at Rod McCravy Memorial - 1/25/20	49.57	at Rod McCravy Memorial - 1/25/20
Josh Andrews	49.85	at Alex Wilson Invite - 2/22/20	49.68	at Baldy Castillo Invite - 3/16/19
Alec Still	50.26	at Rod McCravy Memorial - 1/25/20	50.26	at Rod McCravy Memorial - 1/25/20

600 YARDS

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Austin Lietz	1:10.54	at Iowa State Classic - 2/14/20	1:10.54	at Iowa State Classic - 2/14/20
Julien Gillum	1:11.47	at Iowa State Classic - 2/14/20	1:11.47	at Iowa State Classic - 2/14/20
Spencer Gudgel	1:11.71	at Iowa State Classic - 2/14/20	1:11.71	at Iowa State Classic - 2/14/20
Josh Andrews	1:13.75	at Iowa State Classic - 2/14/20	1:13.75	at Iowa State Classic - 2/14/20

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2020 MEN'S INDOOR SEASON BEST PERFORMANCES - UPDATED 3/3/20

600 METERS (School Record - 1:16.55)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Wayne Lawrence, Jr.	1:16.55 *	Larry Wieczorek Invite - 1/17/20	1:16.55 *	Larry Wieczorek Invite - 1/17/20
Austin Lietz	1:17.03	at B1G Championships - 2/29/20	1:17.03	at B1G Championships - 2/29/20
Michael Manternach	1:17.43	at Meyo Invite - 2/7/20	1:17.43	at Meyo Invite - 2/7/20
Julien Gillum	1:18.50	at Meyo Invite - 2/7/20	1:18.50	at Meyo Invite - 2/7/20
Tysen VanDraska	1:18.85	Larry Wieczorek Invite - 1/17/20	1:18.85	Larry Wieczorek Invite - 1/17/20
Spencer Gudgel	1:19.09	at Meyo Invite - 2/7/20	1:19.09	at Meyo Invite - 2/7/20
Josh Andrews	1:19.91	Black & Gold Invite - 2/1/20	1:19.91	Black & Gold Invite - 2/1/20
Alec Still	1:19.66	at Meyo Invite - 2/7/20	1:19.28	at Meyo Invite - 2/1/19
Raymonte Dow	1:20.57	at Meyo Invite - 2/7/20	1:19.38	Wieczorek Invite - 1/19/18
Chris Thompson	1:21.67	Hawkeye Invite - 1/11/20	1:19.02	at Meyo Invite - 2/1/19

800 METERS (School Record - 1:47.33)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Matt Manternach	1:49.35	at Meyo Invite - 2/8/20	1:49.35	at Meyo Invite - 2/8/20
Alex Birkett	1:49.47	at Iowa State Classic - 2/15/20	1:49.47	at Iowa State Classic - 2/15/20
Tysen VanDraska	1:49.49	at Meyo Invite - 2/7/20	1:49.49	at Meyo Invite - 2/7/20
Alec Still	1:52.79	at Meyo Invite - 2/8/20	1:51.40	at Iowa State Classic - 2/9/19
Nolan Teubel	1:52.96	at Alex Wilson Invite - 2/22/20	1:50.93	at ISU Classic - 2/10/18
Spencer Gudgel	1:53.47	at Meyo Invite - 2/8/20	1:53.47	at Meyo Invite - 2/8/20
Jeff Roberts	1:54.89	Black & Gold Invite - 2/1/20	1:54.27	at Mike Fanelli Track Classic - 3/29/19
Nathan Mylenek	1:55.04	Hawkeye Invite - 1/11/20	1:55.04	Hawkeye Invite - 1/11/20

1,000 METERS

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Tysen VanDraska	2:25.35	at Jimmy Grant Invite - 12/14/19	2:25.35	at Jimmy Grant Invite - 12/14/19
Jeff Roberts	2:29.00	Hawkeye Invite - 1/11/20	2:29.00	Hawkeye Invite - 1/11/20
Austin West	2:35.37 ^	at B1G Championships - 2/29/20	2:35.37 ^	at B1G Championships - 2/29/20
Daniel Gaynes	2:44.81 ^	at B1G Championships - 2/29/20	2:42.68 ^	at B1G Championships - 2/24/18
Will Daniels	2:48.54 ^	at Sevigne Husker Invite - 2/8/20	2:48.54 ^	at Sevigne Husker Invite - 2/8/20
Peyton Haack	2:48.57 ^	at B1G Championships - 2/29/20	2:42.50 ^	at B1G Championships - 2/23/19

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MILE (School Record - 3:58.72)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Nathan Mylenek	4:05.82	at Meyo Invite - 2/8/20	4:04.88	at Meyo Invite - 2/2/19
Daniel Soto	4:07.51	at Meyo Invite - 2/8/20	4:07.51	at Meyo Invite - 2/8/20
Daniel Murphy	4:07.76	at Meyo Invite - 2/8/20	4:07.76	at Meyo Invite - 2/8/20
Jeff Roberts	4:12.39	Larry Wieczorek Invite - 1/18/20	4:10.35	at B1G Championships - 2/22/19
Noah Healy	4:12.48	Black & Gold Invite - 2/1/20	4:12.25	Hawkeye Invite - 1/12/19
Karson Sommer	4:14.71	at Meyo Invite - 2/8/20	4:10.34	at ISU Classic - 2/9/18

3,000 METERS (School Record – 7:57.06)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Nathan Mylenek	7:58.37	at UW Invite - 2/1/20	7:58.37	at UW Invite - 2/1/20
Daniel Soto	8:06.04	at UW Invite - 2/1/20	8:06.04	at UW Invite - 2/1/20
Daniel Murphy	8:14.84	Larry Wieczorek Invite - 1/18/20	8:14.84	Larry Wieczorek Invite - 1/18/20
Jeff Roberts	8:21.62	at Meyo Invite - 2/8/20	8:21.62	at Meyo Invite - 2/8/20
Noah Healy	8:26.48	at Meyo Invite - 2/8/20	8:15.32	at Iowa State Classic - 2/8/19
Karson Sommer	9:00.42	Black & Gold Invite - 2/1/20	8:20.17	at Meyo Invite - 2/3/18

5,000 METERS (School Record – 13:43.70)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Daniel Soto	13:58.97	at B1G Championships - 2/29/20	13:58.97	at B1G Championships - 2/29/20
Noah Healy	14:17.84	at Iowa State Classic - 2/14/20	14:17.84	at Iowa State Classic - 2/14/20
Daniel Murphy	14:21.58	at B1G Championships - 2/29/20	14:21.58	at B1G Championships - 2/29/20

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1,600-METER RELAY (School Record - 3:04.76)

Names	Season Best
Frye, Clarke, Woodard, Lawrence, Jr.	3:04.91 #
Frye, Woodard, Lawrence Jr., Britt	3:06.76
Britt, Woodard, Frye, Lawrence, Jr.	3:10.36
Frye, Woodard, Britt, Lawrence, Jr.	3:11.73
Gudgel, Clarke, Roethler, Kembel	3:11.84
West, Woodard, Thompson, Frye	3:12.19
Lietz, Clarke, Kembel, Gudgel	3:14.46
Roethler, Thompson, Gudgel, Manternach	3:14.85
Roethler, Thompson, Gudgel, Still	3:15.76
West, Still, VanDraska, Gudgel	3:15.06
Dow, Roethler, Andrews, Kembel	3:15.40
Gillum, Andrews, Dow, Still	3:19.82
Daniels, Still, VanDraska, Clarke	3:22.94

Meet - Date

at Meyo Invite - 2/8/20
 at Tyson Invite - 2/15/20
 Larry Wiecezorek Invite - 1/18/20
 at Rod McCravy Memorial - 1/25/20
 at Alex Wilson Invite - 2/22/20
 Hawkeye Invite - 1/11/20
 at Iowa State Classic - 2/15/20
 at Rod McCravy Memorial - 1/25/20
 Larry Wiecezorek Invite - 1/18/20
 at Jimmy Grant Invite - 12/14/19
 at Meyo Invite - 2/8/20
 at Iowa State Classic - 2/15/20
 at Rod McCravy Memorial - 1/25/20

DISTANCE MEDLEY RELAY (School Record - 9:33.90)

Names	Season Best
Birkett, Clarke, Still, Murphy	9:46.39

Meet - Date

at B1G Championships - 2/28/20

HIGH JUMP (School Record - 2.21 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Will Daniels	6-10 3/4 (2.10m) ^	at Sevigne Husker Invite - 2/7/20	6-10 3/4 (2.10m) ^	at Sevigne Husker Invite - 2/7/20
Jay Hunt	6-9 3/4 (2.08m)	at B1G Championships - 2/29/20	6-10 3/4 (2.10m)	at Sevigne Husker Invite - 2/2/19
Seth Groom	6-8 3/4 (2.05m)	Larry Wiecezorek Invite - 1/17/20	6-8 3/4 (2.05m)	Larry Wiecezorek Invite - 1/17/20
Zack Pluff	6-6 3/4 (2.00m)	2x, last at Tyson Invite - 2/15/20	6-6 3/4 (2.00m)	2x, last at Tyson Invite - 2/15/20
Austin West	6-4 3/4 (1.95m)	at Jimmy Grant Invite - 12/14/19	6-4 3/4 (1.95m)	at Jimmy Grant Invite - 12/14/19
Peyton Haack	6-3 1/4 (1.91m) ^	at B1G Championships - 2/29/20	6-3 1/4 (1.91m) ^	at B1G Championships - 2/29/2020
Cole Moeller	6-2 3/4 (1.90m)	at Sevigne Husker Invite - 2/8/20	6-7 (2.01m)	at ISU Classic - 2/10/18
Daniel Gaynes	6-2 1/4 (1.89m) ^	at Sevigne Husker Invite - 2/7/20	6-4 1/4 (1.94m)	at B1G Championships - 2/23/18

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POLE VAULT (School Record - 5.21 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Peyton Haack	15-11 (4.85m)	at Rod McCravy Memorial - 1/25/20	15-11 (4.85m)	at Rod McCravy Memorial - 1/25/20
Will Daniels	14-9 (4.50m) ^	at B1G Championships - 2/29/20	14-9 (4.50m) ^	at B1G Championships - 2/29/20
Daniel Gaynes	14-1 3/4 (4.31m) ^	at Sevigne Husker Invite - 2/8/20	14-1 3/4 (4.31m) ^	at Sevigne Husker Invite - 2/8/20
Austin West	13-5 1/4 (4.10m) ^	at B1G Championships - 2/29/20	13-5 1/4 (4.10m) ^	at B1G Championships - 2/29/20

LONG JUMP (School Record - 8.06 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Jamal Britt	24-8 1/2 (7.53m)	Larry Wieczorek Invite - 1/17/20	24-8 1/2 (7.53m)	Larry Wieczorek Invite - 1/17/20
James Carter	24-7 (7.49m)	at Rod McCravy Memorial - 1/24/20	24-7 (7.49m)	at Rod McCravy Memorial - 1/24/20
Austin West	23-7 1/2 (7.20m)	Larry Wieczorek Invite - 1/17/20	23-7 1/2 (7.20m)	Larry Wieczorek Invite - 1/17/20
Deandre Stapleton Jr.	23-4 1/2 (7.12m)	Black & Gold Invite - 2/1/20	23-4 1/2 (7.12m)	Black & Gold Invite - 2/1/20
Will Daniels	23-3 1/2 (7.10m) ^	at Sevigne Husker Invite - 2/7/20	23-3 1/2 (7.10m) ^	at Sevigne Husker Invite - 2/7/20
Peyton Haack	22-5 (6.83m) ^	at Sevigne Husker Invite - 2/7/20	22-5 (6.83m) ^	at Sevigne Husker Invite - 2/7/20
Cooper Koenig	22-2 1/2 (6.77m)	at Sevigne Husker Invite - 2/7/20	23-9 1/2 (7.25m)	at Beach Invite - 4/19/19
Daniel Gaynes	21-3 1/4 (6.48m) ^	at Sevigne Husker Invite - 2/7/20	22-7 1/4 (6.89m) ^	Wieczorek Invite - 1/19/18

TRIPLE JUMP (School Record - 16.46 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
James Carter	50-0 1/2 (15.25m)	at Tyson Invite - 2/15/20	50-3 1/2 (15.33m)	Larry Wieczorek Invite - 1/19/19
Deandre Stapleton Jr.	48-8 (14.83m)	at Tyson Invite - 2/15/20	48-8 (14.83m)	at Tyson Invite - 2/15/20

SHOT PUT (School Record - 19.28 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Jordan Johnson	52-11 1/2 (16.14m)	Black & Gold Invite - 2/1/20	52-11 1/2 (16.14m)	Black & Gold Invite - 2/1/20
Will Daniels	44-5 1/4 (13.54m) ^	at B1G Championships - 2/28/20	44-5 1/4 (13.54m) ^	at B1G Championships - 2/28/20
Peyton Haack	44-0 3/4 (13.43m)	Hawkeye Invite - 1/11/20	44-0 3/4 (13.43m)	Hawkeye Invite - 1/11/20
Austin West	42-6 (12.95m) ^	at B1G Championships - 2/28/20	42-6 (12.95m) ^	at B1G Championships - 2/28/20
Daniel Gaynes	33-3 (10.13m) ^	at Sevigne Husker Invite - 2/7/20	35-8 (10.87m)	Hawkeye Invite - 1/13/18

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WEIGHT THROW (School Record - 21.35 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Tyler Lienau	70-0 1/2 (21.35m) *	at Texas Tech Shootout - 2/14/20	70-0 1/2 (21.35m) *	at Texas Tech Shootout - 2/14/20
Jordan Hawkins	59-9 1/2 (18.22m)	at Meyo Invite - 2/7/20	59-9 1/2 (18.22m)	at Meyo Invite - 2/7/20
Jordan Johnson	57-11 1/4 (17.66m)	at Texas Tech Shootout - 2/14/20	57-11 1/4 (17.66m)	at Texas Tech Shootout - 2/14/20

HEPTATHLON (School Record – 5,689 points)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Will Daniels	5,689 points *	at Sevigne Husker Invite - 2/7-8/20	5,689 points *	at Sevigne Husker Invite - 2/7-8/20
Peyton Haack	5,613 points	at B1G Championships - 2/28-29/20	5,613 points	at B1G Championships - 2/28-29/20
Austin West	5,549 points	at B1G Championships - 2/28-29/20	5,549 points	at B1G Championships - 2/28-29/20
Daniel Gaynes	5,052 points	at B1G Championships - 2/28-29/20	5,162 points	at B1G Championships - 2/23-24/18

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