

IOWA

TRACK & FIELD

2018

25 Olympians
13 NCAA Champions
300 All-America Honors
290 Big Ten Champions
480 Academic All-Big Ten Honors



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2018 IOWA TRACK & FIELD OUTDOOR SCHEDULE

Date	Meet
March 16-17	Willie Williams Classic (Tucson, Arizona)
March 28-29	Texas Relays (Austin, Texas)
March 29-31	Florida Relays (Gainesville, Florida)
March 30-31	Stanford Invitational (Palo Alto, California)
April 7	Battle on the Bayou (Baton Rouge, Louisiana)
April 12	Musco Twilight XIX (Iowa City, Iowa)
April 18-19	Bryan Clay Invitational (Azusa, California)
April 20-21	Long Beach Invitational (Long Beach, California)
April 19-21	Mt. SAC Relays (Torrence, California)
April 27	Kip Janvrin Open (Indianola, Iowa)
April 25-28	Drake Relays (Des Moines, Iowa)
May 11-13	B1G Championships (Bloomington, Indiana)
Mar 24-26	NCAA West Preliminary (Sacramento, California)
June 6-9	NCAA Championships (Eugene, Oregon)

IOWA COACHING STAFF

Joey Woody Director of Track & Field
Randy Hasenbank	. Assoc. 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 opens the 2018 postseason at the Big Ten Outdoor Championships in Bloomington, Indiana, Friday through Sunday.

FOLLOW ALONG

Fans can follow results at hawkeyesports.com/tracklive. Notable results from each meet will be posted on the team's official twitter account @iowaxc_tf. All live results links will be posted on the team's schedule page at hawkeyesports.com.

BROADCAST INFO

FloTrack will provide a live stream of the Big Ten Outdoor Championships (subscription required).

ALL-BIG TEN RETURNEES

The Hawkeyes return five All-Big Ten performers from 2017, including Big Ten Champions Brittany Brown and Laulauga Tausaga.

Brown was a Big Ten Champion in the 200 meters for the second consecutive year, running a wind-aided 22.30 in 2017. Brown was also named second-team All-Big Ten in the 100 meters after her 11.35 effort in the 100 meters.

Tausaga won the first Big Ten discus championship in Iowa history with a facility-record setting throw of 180-feet, 5-inches (55 meters).

Junior Mar'yea Harris was a second-team All-Big Ten performer with a runner-up finish in the 400 meters (45.71).

Senior O'Shea Wilson is the only returner from Iowa's second place 400-meter relay (39.75).

Junior Reno Tuufuli earned a second place finish in the discus with a throw of 200-feet, 9-inches.

BIG TEN LEADERS

The Hawkeyes lead the Big Ten in seven events and one relay.

- Senior Brittany Brown: 200 meters (22.76)
- Junior Mar'yea Harris: 400 meters (45.71)
- Junior Andrea Shine: 10,000 meters (33:50.25)
- Sophomore Nathan Mylenek: 3,000-meter Steeplechase (8:48.66)
- Men's 4x400 Meter Relay: 3:04.38 (Hofacker, Woodard, Frye, Harris)
- Senior Jahisha Thomas: Long Jump (6.44m, 21-1.5)
- Thomas: Triple Jump (13.32m, 43-8.5)
- Sophomore Laulauga Tausaga: Discus (59.86 meters, 196-5)



WILSON SET FOR FIFTH B1G CHAMPIONSHIPS

Senior O'Shea Wilson is set to compete in his fifth and final Big Ten Outdoor Championships. Wilson bursted onto the scene with a Big Ten Championship in the 400-meter relay in 2014. In 2017, Wilson earned second-team All-Big Ten honors with a second place finish in the 400-meter relay.

GUILLORY LOOKING FOR TITLE NUMBER 3

Junior Briana Guillory returns to the Big Ten Championships looking for her third Big Ten Outdoor title. The 2016 Big Ten Freshman of the Year won the 200 meters (22.95) and ran on Iowa's 1,600-meter relay. During the 2018 indoor season, Guillory won the 400 meter Big Ten title and finished runner-up in the 200 meters. The Antioch, California, native then went on to place fifth in the country in the 400 meters at the NCAA Indoor Championships.

HAWKEYES WIN BACK-TO-BACK HY-VEE CUPS

The University of Iowa men's track and field team captured its second consecutive Hy-Vee Cup at the 109th Drake Relays on April 28. Iowa tallied 32 total points, including a win in the 1,600-meter relay.

The Hy-Vee Cup is a competition over five relays -- the 3,200-meter relay, sprint medley relay, distance medley relay, 400-meter relay, and 1,600-meter relay.

Iowa set the fourth-fastest time in program history in the 3,200-meter relay (7:28.33, 2nd place), the fifth-fastest time in the sprint medley relay (3:18.11, 2nd place), and the fifth-fastest time in the distance medley relay (9:50.70, 3rd place).

WHITE FLAGS WAVING

Iowa left the Drake Relays with Championship flags in four events - the men's shot put, women's shot put, women's 400-meter hurdles, and 1,600-meter relay.

Junior Reno Tuufuli captured his second Drake Relays championship after winning the discus in 2017. Tuufuli threw a season best mark of 60-feet, 8.5-inches (18.50 meters). Tuufuli is the third Hawkeye to win a Drake Relays shot put title in school history (Kemeny, 2004; Gambol, 1987).

Sophomore Laulauga Tausaga broke her own school record in the women's shot put with a 64-foot, 11.25-inch throw in her final attempt. Tausaga grabs Iowa's first white flag in the women's shot put in Drake Relays history.

Senior Sommer Sharpe won her first Drake Relays title in the 400-meter hurdles. Sharpe ran 59.73 for the team's third event title.

The men's 1,600-meter relay of DeJuan Frye, Collin Hofacker, Chris Thompson, and Mar'yea Harris won Iowa's second-straight 4x400 title. The Hawkeyes' title in the 1,600-meter relay was their 11th win in Drake Relays history and their 3:05.05 is the fastest time recorded in Des Moines.

2018 OUTDOOR SEASON LEADERS

MEN

100 Meters	Antonio Woodard	10.34
110-Meter Hurdles...	Chris Douglas	13.92
200 Meters	Antonio Woodard	20.61
400 Meters	Mar'yea Harris	45.71
400-Meter Hurdles...	Chris Douglas	50.52
800 Meters	Tysen VanDraska	1:49.65
1,500 Meters	Nathan Mylenek	3:47.87
3,000 Meters	Luke Sampson	8:28.37
3,000 Steeplechase ...	Nathan Mylenek	8:48.66
5,000 Meters	Nathan Mylenek	14:09.43
10,000 Meters	Daniel Soto	29:39.35
400-Meter Relay....	Sorrells, Wilson, Woodard, Harris.....	39.69
800-Meter Relay....	Wilson, Sorrells, Douglas, Williams..	1:25.87
1,600-Meter Relay..	Hofacker, Woodard, Frye, Harris.....	3:04.38
Sprint Med. Relay...	Hofacker, Woodard, Harris, VanDraska..	3:18.11
3,200-Meter Relay..	Melchert, Manternach, Teubel, Lilly..	7:28.37
Dist. Medley Relay..	Mylenek, Thompson, Manternach, Melchert.....	9:50.70
High Jump.....	Jay Hunt	6-8 3/4 (2.05m)
Pole Vault	Andy Jatis	16-2 3/4 (4.95m)
Long Jump	O'Shea Wilson.....	25-0 1/2 (7.63m)
Triple Jump	Akinske Calica-Hill	48-9 1/2 (14.87m)
Shot Put.....	Reno Tuufuli.....	60-8 1/2 (18.50m)
Discus	Reno Tuufuli.....	193-8 (59.03m)
Javelin.....	Alex Balke.....	196-6 (59.90m)
Decathlon	William Dougherty.....	* 7,673 points

WOMEN

100 Meters	Brittany Brown	* 11.28
100-Meter Hurdles.	Jenny Kimbro	13.63
200 Meters	Brittany Brown	22.76
400 Meters	Briana Guillory	52.55
400-Meter Hurdles.	Sommer Sharpe	59.20
800 Meters	Mallory King.....	2:08.76
1,500 Meters	Madison Waymire.....	4:31.86
3,000 Meters	Mary Arch	11:02.21
3,000 Steeplechase	Marta Bote Gonzalez	10:53.67
5,000 Meters	Andrea Shine	16:29.65
10,000 Meters	Andrea Shine	33:50.25
400-Meter Relay....	Thomas, Avant, Guillory, Brown.....	44.44
800-Meter Relay....	Brown, Champe, Avant, Plock.....	* 1:35.11
1,600-Meter Relay..	Buss, Plock, King, Sharpe	3:39.74
Sprint Med. Relay ...	Buss, Avant, Sharpe, Saunders.....	4:00.57
3,200-Meter Relay..	Weum, Swanson, Arco, Waymire.....	9:15.26
Dist. Medley Relay..	Saunders, Morken, Arco, Waymire	12:03.04
High Jump.....	A. Lantrip/T. Simmons.....	5-8 3/4 (1.75m)
Pole Vault	Amy Smith	11-11 3/4 (3.65m)
Long Jump	Jahisha Thomas.....	21-1 1/2 (6.44m)
Triple Jump	Jahisha Thomas.....	43-8 1/2 (13.32m)
Shot Put.....	Laulauga Tausaga	* 54-11 1/4 (16.74m)
Discus	Laulauga Tausaga	* 196-4 (59.86m)
Javelin.....	Marissa Mueller	151-0 (46.02m)
Hammer	Leah Colbert	189-3 (57.69m)
Heptathlon	Jenny Kimbro	5,523 points

* -- school record



THE MORE YOU KNOW

- The men have crowned 132 Big Ten Outdoor Champions in their 106 year history.
- The women have won 32 Big Ten Outdoor Championships since 1982.
- Iowa's most Big Ten Championships have come in the javelin throw with 11 titles. (Last by Matt Byers, 2012).
- Since Joey Woody took over the program in 2015, the women have won five Big Ten titles. Iowa won nine from 2005-2014.
- Iowa has won multiple Big Ten titles every year since 2009.
- The men have won the 400-meter relay in three of the past six years.

NCAA LEADERS

Iowa has three athletes represented in the NCAA top 10.

- Sophomore Laulauga Tausaga: Discus (5th; 196-feet, 5-inches)
- Senior Jahisha Thomas: Long Jump (9th; 21-feet, 1.5-inches)
- Senior Will Dougherty: Decathlon (10th; 7,673 points)

HAWKEYES #1 IN TRIPLE JUMP

The Hawkeye women's triple jump group is ranked No. 1 by USTFCCCA with a team average of 40-feet, 4.75-inches. The team is led by Jahisha Thomas who holds the 12th best jump in the NCAA at 43-feet, 8.5-inches followed by Tria Simmons at 39-feet, 10.75-inches.

NEXT ON THE BLOCK

The top 48 athletes in each event and top 24 relays and multi-event athletes qualify for the NCAA West Preliminary round in Sacramento, California, May 24-26.

BIG TEN TEAM HISTORY

Men's Category	Total # of Winners	Most Recent
Team Titles	3	2011
Athlete of the Year	4	Justin Austin (2013)
Freshman of the Year	1	Jeremy Allen (1998)
Coach of the Year	1	Larry Wieczorek (2011)
Athlete of the Championships	4	Justin Austin (T/2013)
B1G Champions.....	132.....	Mallett (2017)
Women's Category	Total # of Winners	Most Recent
Team Titles	N/A.....	1985 (Highest Finish)
Athlete of the Year	N/A.....	N/A
Freshman of the Year	2	Briana Guillory (2016)
Coach of the Year	N/A.....	N/A
Athlete of the Championships.....	N/A.....	N/A
B1G Champions.....	32.....	Brown/Tausaga (2017)

*Women's Big Ten Track and Field did not begin until 1982

Pronunciation Guide

Alex Balke	ball-KEY
Marta Bote Gonzalez	BOAT
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 Neustrom	NEW-strum
Elizabeth Niedert	KNEE-dirt
Laulauga Tausaga	La-Long-a Ta-(short a)-saga
Nolan Teubel	TOO-bull
Reno Tuufuli	TOO-foo-lee

Haugh Track & Field Complex

The Robert C. Haugh Complex hosts the Big Ten Outdoor Championships for the sixth time (1966, 1970, 1977, 2001, 2010). The track also played host for the 1997 NCAA Outdoor Track & Field Championships and the Indiana State high school meet.

The track boasts two long jump / triple jump runways with four pits and has eight pole vault boxes and four parallel pole vault runways. In addition, the complex holds two shot put areas.



MEN OUTDOOR B1G CHAMPIONS (111)

<u>100 Yards</u>	Steven Willey, 2010 46.12	Kevin Spejcher, 2016 7-1 3/4	John Hickey, 2007 58-4 1/2
Dennis Kohl, 1966.....9.6			
<u>120-Yard High Hurdles</u>	Pat McGhee, 1986 50.94	<u>Triple Jump</u>	<u>Hammer</u>
Russell Merkel, 1950 14.4	Pat McGhee, 1988 50.01	Troy Doris, 2011..... 53-8 1/2	A. van der Westhuizen, 1999. 202-3
Les Stevens, 1956 14.2	Pat McGhee, 1989 49.63	Troy Doris, 2012.....54-8	A. van der Westhuizen, 2000. 218-5
<u>100 Meters</u>	Ray Varner, 2010.....50.61	Babatunde Amosu, 201553-0	Jim Costello, 2002.....217-7
George Page, 1995 10.50	Ethan Holmes, 201350.78	<u>Pole Vault</u>	Adam Hamilton, 2006208-1
George Page, 1996 10.08		*Xavier Boyles, 1926 12-9 1/2	
Tim Dwight, 1999 10.51		Bill Burnette, 1966.....15-3	Javelin
Justin Ausin, 2013.....10.27		Phil Wertman, 1971..... 16-1 1/2	L.D. Weldon, 1930 184-5 1/2
<u>110-Meter High Hurdles</u>	Roger Kerr, 19631:17.4	John Tefer, 1972.....16-0	L.D. Weldon, 1931 191-4 1/2
Pat McGhee, 1989 13.74	Mike Mondane, 19661:17.7	Todd Wigginton, 198417-0	Mark Panther, 1934208-2
Aaron Mallett, 2015 13.43			Mark Panther, 1935.... 219-7 3/8
Aaron Mallett, 2016 13.48			Bushnell Lamb, 1936 ... 194-4 1/2
Aaron Mallett, 2017 13.24			Bushnell Lamb, 1938202-8
<u>220 Yards</u>	Harry Morrow, 19241:57.0		Bill Neumann, 2002231-8
Eric Wilson, 1921.....22.0	Ted Wheeler, 1956.....1:51.7		Bill Neumann, 2003238-2
Eric Wilson, 1923.....21.2	Bill Frazier, 19621:50.1		Matt Byers, 2010220-6
John Everingham, 192722.0	Bill Frazier, 19631:50.6		Matt Byers, 2011235-4
Dennis Kohl, 1966.....20.6			Matt Byers, 2012222-10
<u>220-Yard Low Hurdles</u>			
Charles Brookins, 1922.....23.8			
Charles Brookins, 1923.....23.2			
Charles Brookins, 1924.....23.8			
Frank Cuhel, 1926.....23.9			
Frank Cuhel, 1927.....24.2			
Frank Cuhel, 1928.....23.6			
George Saling, 1932.....23.0			
<u>200 Meters</u>			
Andre Morris, 1995 20.64			
Bashir Yamini, 1998 21.10			
Bashir Yamini, 1999 21.39			
Justin Austin, 2011 20.46			
Justin Austin, 2013 20.86			
<u>330-Yard Int. Hurdles</u>			
Donald Gardner, 196337.7			
Jon Reimer, 196536.1			
<u>440 Yards</u>			
Chan Coulter, 192450.4			
George Baird, 1927.....49.1			
John Brown, 1959.....48.1			
Mike Mondane, 196746.4			
Mike Mondane, 196847.5			
Dick Eisenlauer, 1975.....47.1			
<u>440-Yard Int. Hurdles</u>			
Jon Reimer, 196550.8			
<u>400 Meters</u>			
Anthuan Maybank, 199145.76			
Anthuan Maybank, 199345.91			
Andre Morris, 199545.39			
Andre Morris, 199646.38			
<u>400-Meter Hurdles</u>			
Pat McGhee, 1986 50.94			
Pat McGhee, 1988 50.01			
Pat McGhee, 1989 49.63			
Ray Varner, 2010.....50.61			
Ethan Holmes, 201350.78			
<u>660 Yards</u>			
Roger Kerr, 19631:17.4			
Mike Mondane, 19661:17.7			
<u>880 Yards</u>			
Harry Morrow, 19241:57.0			
Ted Wheeler, 1956.....1:51.7			
Bill Frazier, 19621:50.1			
Bill Frazier, 19631:50.6			
<u>800 Meters</u>			
D'Juan Strozier, 19901:47.17			
<u>Mile</u>			
Ted Wheeler, 1956.....4:12.7			
Charles Jones, 1957.....4:17.0			
Charles Jones, 1958.....4:09.2			
<u>3,000-Meter Steeplechase</u>			
Rollie Kitt, 19679:02.9			
Steve Pershing, 19779:00.1			
<u>Two Miles</u>			
Richard Ferguson, 1952....9:19.0			
Richard Ferguson, 1953....9:26.6			
Charles Jones, 1957.....9:14.0			
<u>Three Miles</u>			
Larry Wieczorek, 1968....13:58.0			
<u>10,000 Meters</u>			
Kevin Herd, 199430:05.21			
Micah VanDenend, 200730:28.50			
<u>Long Jump</u>			
Edward Gordon, 1929.... 24-1 3/4			
Edward Gordon, 1930.... 24-8 1/4			
Edward Gordon, 1931.... 24-1 1/2			
Earl Smith, 195423-1			
Quinn Early, 198624-11			
Anthuan Maybank, 199325-9 1/2			
Bashir Yamini, 199726-8 1/4			
<u>High Jump</u>			
E.J. Baker, 1905..... 5-10 1/4			
*Edward Gordon, 1929.....6-0			
Bill Knoedel, 1975..... 7-3			
Bill Hansen, 1976..... 7-2			
Ryan Kelly, 2008..... 6-10 3/4			
<u>400-Meter Relay</u>			
Johnson, Lake, Eisenlauer, Wellington, 1974.....41.2			
<u>Mile Relay</u>			
Beck, Noll, Keppler, Wilson, 1922.....3:20.0			
Stevenson, Stamats, Baird, Cuhel, 19283:20.2			
Stevenson, Ferguson, Depping, Baird, 19293:20.7			
Levinson, Boylan, Ebert, Scott, 19533:16.4			
Richards, Hollingsworth, Frazier, Kerr, 19623:12.3			
Richards, Hollingsworth, Frazier, Kerr, 19633:11.2			
Thompson, Ferree, Randolph, Reimer, 19653:12.1			
Ferree, Frazier, Mondane, Reimer, 19673:08.7			
Teberg, Stevens, Frazier, Mondane, 1968.....3:13.3			
<u>1,600-Meter Relay</u>			
Chung, Williams, McGhee, Leonard, 19863:07.05			
Branch, Dwight, Dodge, Yamini, 19993:09.09			

WOMEN OUTDOOR B1G CHAMPIONS (26)

100 Meters

Vivien McKenzie, 1983	11.90
Vivien McKenzie, 1984	11.50
Vivien McKenzie, 1985	11.63

200 Meters

Briana Guillory, 2016	22.95
Brittany Brown, 2017	22.30

400 Meters

Ellen Grant, 1997	52.82
Shellene Williams, 2003	53.58
Shellene Williams, 2004	52.97
Kineke Alexander, 2007	52.15
Elexis Guster, 2014	52.77
Elexis Guster, 2015	52.19

400-Meter Hurdles

Wynsome Cole, 1998.....	56.67
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800 Meters

Bethany Praska, 2011	2:05.63
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5,000 Meters

Nan Doak, 1982	16:26.63
Tracy Dahl, 1992	16:22.01
Diane Nukuri, 2008	16:24.21
McKenzie Melander, 2012	16:14.03

10,000 Meters

Jennifer Brower, 1992.....	34:29.61
Meghan Armstrong, 2008.....	33:49.03

High Jump

Peaches Roach, 2004.....	5-11 1/4
Peaches Roach, 2007	6-0
Khanishah Williams, 2014.....	5-9 1/4

Shot Put

Lisa Van Steenwyk, 1993	47-4 1/2
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Discus

Lauluga Tausga, 2017	180-5
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Long Jump

Aisha James, 2003	21-4
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WOMEN'S RELAY CHAMPIONS (6)

400-Meter Relay

Floyd, Hobbs, Poole, Reid, 1994	44.80
Underwood, Cole, Grant, Wynter, 1997	46.53
Kwaza, Guster, Holder, Brown, 2014.....	44.62

1,600-Meter Relay

Hume, Charles, Steffen, Williams, 2003	3:38.95
Praska, Hendricks, Erickson, Liverpool, 2011	3:36.51
Hernandez, Guillory, Holder, Guster, 2016	3:31.22

BIG TEN CHAMPIONSHIP HONORS

Men's Awards

Athlete of the Year

1989 Pat McGhee (O)
1993 Anthuan Maybank (O)
2011 Justin Austin (O)
2013 Justin Austin (O)

Track Athlete of the Meet

1989 Pat McGhee (O)
1999 Tim Dwight (O)
2011 Justin Austin (O)
2013 Justin Austin (O)

Freshman of the Year

1996 Bashir Yamini (I)
1998 Jeremy Allen (I, O)

Women's Awards

Track Athlete of the Year

2007 Kineke Alexander (I)

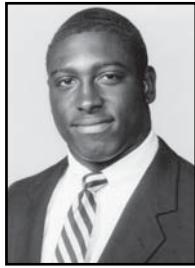
Freshman of the Year

1998 Erica Broomfield (I)
2004 Peaches Roach (O)
2016 Briana Guillory (O)

I - Indoor, O - Outdoor

I - Indoor, O - Outdoor

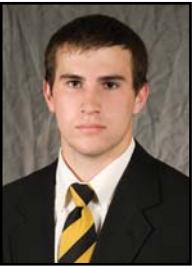
OUTDOOR ALL-TIME TOP TEN PERFORMERS



Jeremy Allen



Justin Austin



Matt Byers



Troy Doris



William Dougherty



Jeffery Herron



Gabe Hull

100 Meters

1.	Justin Austin, 2011	10.21
2. O'Shea Wilson, 2017.....	10.22	
3. George Page, 1996	10.25	
4. James Harrington, 2015	10.26	
5. Anthuan Maybank, 1994.....	10.31	
Tim Dwight, 1997	10.31	
Josh Larney, 2013	10.31	
Vinnie Saucer, Jr., 2015.....	10.31	
9. Antonio Woodard, 2018.....	10.34	
10.Bob Lawson, 1976	10.36	

400 Meters

1.	Anthuan Maybank, 1993	44.99
2.	Andre Morris, 1995	45.15
3.	Mike Mondane, 1967	45.20
4. Mar'yea Harris, 2017	45.45	
5.	Steven Willey, 2010	45.78
6. DeJuan Frye, 2017	46.22	
7.	Gary Hollingsworth, 1963.....	46.30
8.	Harold Leonard, 1986.....	46.45
9.	Emmanuel Ogwo, 2017	46.46
10.Collin Hofacker, 2017	46.50	

400-Meter Hurdles

1.	Pat McGhee, 1988.....	48.83
2.	Monte Raymond, 1998.....	50.09
3.	Ray Varner, 2010	50.24
4.	Paul Steele, 1989	50.45
5.	Russell Peterson, 2001	50.50
6.	Ethan Holmes, 2013	50.51
7. Chris Douglas, 2018	50.52	
8.	Adam Kunkel, 2001	50.73
9.	Jon Reimer, 1967	50.94
	Noah Larrison, 2016.....	50.94

800 Meters

1.	Erik Sowinski, 2012.....	1:45.90
2. Carter Lilly, 2016.....	1:47.32	
3.	Bill Frazier, 1962	1:47.64
4.	D'Juan Strozier, 1990	1:47.82
5.	Adam Hairston, 2011.....	1:48.10
6.	Will Teubel, 2015.....	1:48.60
7.	Michael Layne, 1999	1:49.61
8. Tysen VanDraska, 2018	1:49.65	
9.	Bill Thiesen, 1985	1:49.74
10.Matt Manternach, 2018.....	1:49.80	

1,500 Meters

1.	Jeff Thode, 2010.....	3:43.02
2.	Joel Moeller, 1978	3:44.01
3.	Jim Docherty, 1978.....	3:44.30
4.	Sam Fourman, 2015	3:44.50
5. Michael Melchert, 2018.....	3:44.59	
6.	Adam Jones, 2017	3:45.48
7.	Dan Waters, 1986.....	3:46.35
8.	Kevin Herd, 1994	3:46.64
9.	John Clark, 1977	3:46.84
10.Nathan Mylenek, 2018	3:47.87	

3,000-Meter Steeplechase

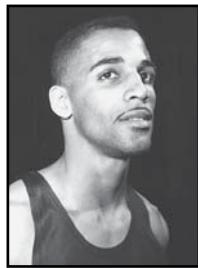
1.	Deacon Jones, 1956.....	8:47.40
2. Nathan Mylenek, 2018	8:48.66	
3.	Steve Pershing, 1978	8:54.59
4.	Andy Morris, 2000	8:56.21
5.	Matt Gerard, 1994	8:57.01
6.	Andy Napier, 2008	8:57.54
7.	Rollie Kitt, 1967	9:02.90
8.	Al Greene, 1985	9:02.96
9.	Tony Rakaric, 2005	9:03.29
10.	Mark Battista, 2010	9:04.60

5,000 Meters

1.	Micah VanDenend, 2007	13:49.31
2.	Larry Wieczorek, 1968	13:56.00
3.	Kevin Herd, 1993	13:59.00
4.	Stetson Steele, 2000	14:02.76
5.	Kevin Lewis, 2014	14:02.78
6.	Eric MacTaggart, 2005	14:04.79
7.	Dan Haut, 2006	14:07.30
8.	Jesse Luciano, 2010	14:08.71
9. Nathan Mylenek, 2018	14:09.43	
10.	Adam Jones, 2017	14:11.52

200 Meters

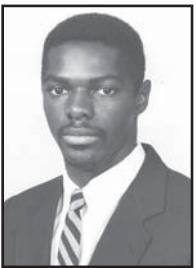
1.	Justin Austin, 2011	20.31
2.	Jeff Patrick, 1983	20.47
3.	James Harrington, 2015	20.50
4.	Anthuan Maybank, 1994	20.55
5.	Victor Green, 1984	20.60
6. Antonio Woodard, 2018.....	20.61	
7.	Andre Morris, 1995	20.64
8.	George Page, 1996	20.67
9. Collin Hofacker, 2017	20.71	
10.	Terrence Duckett, 1982	20.74



Deacon Jones



Aaron Mallett



Anthuan Maybank

OUTDOOR ALL-TIME TOP TEN PERFORMERS



Pat McGhee



Erik Sowinski



Stetson Steele



Jeff Thode



Micah VanDenend



Todd Wigginton



Arno
van der Westhuizen

10,000 Meters

1. Stetson Steele, 2000 28:44.47
2. Eric MacTaggart, 2006 28:50.23
3. Kevin Lewis, 2015 28:59.62
- 4. Daniel Soto, 2018 29:39.35**
5. Nick Nordheim, 2002 29:44.71
6. Trent Corey, 2002 29:45.25
- 7. Ian Eklin, 2017 29:47.06**
8. Chad Schwitters, 1999 29:56.00
- 9. Luke Sampson, 2018 29:58.47**
10. Nick Holmes, 2010 30:02.31

Decathlon

- 1. William Dougherty, 2018 7,673 pts**
2. Kyle Reid, 2013 7,203 pts
3. Jack Eckert, 2015 7,087 pts
4. Dan Rolling, 2010 6,957 pts
5. Scott Faber, 2000 6,839 pts
6. Ryan Niver, 2008 6,837 pts
7. Chad Ohly, 1994 6,641 pts
8. Gary Kostrubala, 1984 6,498 pts
9. Frank Prill, 2008 6,381 pts
10. Jacob Drewry, 1994 5,820 pts

High Jump

1. Jeffery Herron, 2012 7-4 1/4 (2.24)
2. Bill Hansen, 1978 7-4 (2.23)
- Bill Knoedel, 1975 7-4 (2.23)
4. Kevin Spejcher, 2014 7-2 1/2 (2.20)
5. M. Cunningham, 1986 7-1 (2.16)
- Kenneth Lansing, 1988 7-1 (2.16)
7. Pat Meade, 1987 7-0 1/4 (2.14)
8. Graham Valdes, 2012 6-11 3/4 (2.12)
9. Peter Hlavin, 1979 6-11 (2.11)
- Scott Hudek, 1993 6-11 (2.11)
- Jeremy Petsche, 2008 6-11 (2.11)
- Brandon Oest, 2012 6-11 (2.11)

Pole Vault

1. Todd Wigginton, 1984 17-0 (5.18)
2. Chad Ohly, 1994 16-8 3/4 (5.10)
- Kyle Reid, 2013 16-8 3/4 (5.10)
4. Curt Broek, 1978 16-8 (5.08)
- 5. Andy Jatis, 2017 16-7 1/2 (5.07)**
6. Phil Wertman, 1971 16-7 (5.05)
- Kelly Scott, 1988 16-7 (5.05)
8. John Teffer, 1972 16-2 (4.93)
9. Alex Zona, 2009 16-0 3/4 (4.90)
10. Steve Brewer, 1983 16-0 (4.88)
- Doug Pennino, 1985 16-0 (4.88)

Long Jump

1. Anthuan Maybank, 1993 27-1 (8.25)
2. Bashir Yamin, 1997 26-8 1/4 (8.13)
3. Paul Jones, 1989 25-10 1/4 (7.88)
4. Darren Smith, 1991 25-9 3/4 (7.86)
5. Quinn Early, 1986 25-7 1/4 (7.80)
- 6. O'Shea Wilson, 2017 25-5 1/4 (7.75)**
7. Ed Gordon, 1931 25-4 3/8 (7.68)
8. Matty Gorman, 2006 25-1 1/4 (7.65)
9. Ronnie McCoy, 1985 25-0 (7.62)
10. Antwon James, 2017 24-11 (7.59)

Triple Jump

1. Troy Doris, 2012 54-8 (16.66)
2. Babatunde Amosu, 2015 53-10 (16.15)
3. Paul Jones, 1990 53-9 (16.38)
4. Antwon James, 2017 52-4 1/2 (15.96)
5. Klyvens Delaunay, 2013 52-2 1/2 (15.91)
6. Gordon Finch, 1988 50-9 1/4 (15.47)
7. Mike Lacy, 1984 50-5 (15.36)
8. Pat Miller, 1985 49-8 1/2 (15.25)
9. Matty Gorman, 2008 49-2 1/2 (15.00)
10. Owen Gill, 1982 49-1 (14.96)

Shot Put

1. Jeremy Allen, 2001 63-2 3/4 (19.27)
2. Ken Kemeny, 2005 62-3 (18.97)
3. Shane Maier, 2006 62-2 1/4 (18.95)
4. Andy Banse, 2005 61-11 1/2 (18.88)
- 5. Reno Tuufuli, 2017 61-9 3/4 (18.84)**
6. John Hickey, 2008 61-9 1/2 (18.83)
- Avery Meyers, 2017 60-4 (18.39)
- Chris Gambol, 1987 60-0 1/2 (18.30)
- A.J. Curtis, 2008 59-8 1/4 (18.19)
- Gabe Hull, 2014 59-4 1/4 (18.09)

Discus

1. Gabe Hull, 2014 207-1 (63.11)
- 2. Reno Tuufuli, 2017 203-7 (62.06)**
- A.J. Curtis, 2007 202-11 (61.84)
- Gary Kostrubala, 1986 202-4 (61.68)
- Jeremy Allen, 2001 195-4 (59.54)
- Tim Brodersen, 2005 193-6 (58.98)
- Avery Meyers, 2017 185-8 (56.61m)
- Brad Daufeldt, 2004 185-0 (56.40)
- Nick Brayton, 2009 180-11 (55.15)
- Andy Banse, 2005 180-0 (54.86)

Hammer

- A. van der Westhuizen, 2001 222-11 (67.94)
- Adam Hamilton, 2007 222-2 (67.73)
- Jim Costello, 2002 217-7 (66.32)
- Brad Daufeldt, 2004 207-10 (63.34)
- Chris Voller, 2005 206-0 (62.80)
- Matt Banse, 2012 201-11 (61.55)
- Jeremy Allen, 2001 199-0 (60.66)
- Ben Stancombe, 2011 197-6 (60.20)
- Ryan Jordan, 2007 184-6 (56.23)
- Mark Shapveld, 2009 184-6 (56.23)

Javelin

- Matt Byers, 2011 245-8 (74.89)
- Bill Neumann, 2002 244-8 (74.58)
- Dan Ralph, 2000 227-10 (69.44)
- Sam Joens, 2015 211-5 3/4 (64.45)
- Zach Schimp, 2010 211-0 (64.32)
- 6. Alex Balke, 2016 205-11 (62.77)**
- Kale Katt, 2007 204-0 (62.17)
- Joel Storm, 2004 203-5 (62.01)
- Matt Stank, 2001 199-0 (60.66)
- Jack Eckert, 2015 188-9 (57.53)

MEN'S ALL-TIME RELAYS

400-Meter Relay

1. Brissett, **Wilson**, Thompson, Mallett, 2017.....39.12
2. Mincy, **Wilson**, Harrington, Brown, 201439.19
3. Mincy, Austin, E. Holmes, Larney, 201339.31
4. Saucer, Jr., Brissett, Harrington, Mallett, 201639.44
5. Brissett, **Wilson, Woodard**, Mallett, 2017.....39.46
6. Beecham, Duckett, Greer, R. Smith, 198439.48
7. Mallett, **Wilson, Ogwo, Harris**, 2017.....39.49
8. Brissett, **Harris**, Harrington, Mallett, 201639.53
9. Brissett, **Wilson, Ogwo, Harris**, 201739.59
10. Mullen, Austin, E. Holmes, Larney, 201339.66
- Saucer, Jr., Thompson, Harrington, Mallett, 201539.66

Shuttle Hurdle Relay

1. McGhee, Armstrong, Falls, Stelle, 198957.80
2. Wigginton, Jones, Lacey, McCoy, 198559.77
3. 19751:05.20

800-Meter Relay

1. James, Mallett, **Harris**, B. Thompson, 20171:23.02
2. B. Thompson, Brissett, Harrington, Ganschow, 2016.....1:23.36
3. B. Thompson, Ganschow, **Frye, Hofacker**, 20171:23.73
4. Richardson, Sayon, Richards, Chaney, Jr., 20091:24.85
5. Harrington, VanCleave, Wilson, Mallett, 20141:24.86
6. Austin, Brown, Larney, VanCleave, 20131:25.60
7. **Wilson, Sorrells, Douglas, Williams, 2018****1:25.87**
8. Barclay, McCalister, Jensen, Elliott, 1979.....1:26.39
9. Thomas, Balkrishnan, Patterson, Freidrich 19911:28.38
10. Balkrishnan, Patterson, Thomas, Freidrich, 19911:29.04

1,600-Meter Relay

1. **Frye, Harris, Hofacker, Ogwo**, 20173:01.91
2. **Frye, Ogwo, Hofacker, Harris**, 20173:02.57
3. Morris, Davis, Page, Rozell, 1995.....3:03.11
4. Branch, Dwight, Dodge, Yamini, 19993:03.29
5. Ogwo, **Harris, Hofacker, Lilly**, 20173:03.78
6. Ferree, Frazier, Mondane, Reimer, 19673:04.10
7. **Hofacker, Woodard, Frye, Harris, 2018****3:04.38**
8. Rozell, Morris, Davis, Yamini, 1996.....3:04.71
9. **Frye, Hofacker, Thompson, Harris, 2018****3:05.05**
10. Willey, Barton, Richards, Sowinski, 2010.....3:05.61

Sprint Medley Relay

1. McCorkle, Jones, Chung, Strozier, 19903:15.64
2. Sayon, Austin, Willey, Sowinski, 20113:16.18
3. Richards, Larney, Davey, Sowinski, 20123:17.25
4. Richardson, Richards, Willey, Sowinski, 20103:17.74
5. **Hofacker, Woodard, Harris, VanDraska, 2018****3:18.11**
6. Saucer, Jr., Brissett, **Harris, Lilly**, 20163:18.53
7. **Hofacker, Woodard, Harris, Lilly, 2017**3:18.73
8. Armstrong, Thomas, Maybank, Strozier, 19913:18.93
9. Yamini, Davis, Dodge, Donovan, 19993:19.87
10. Richards, Chaney, Jr., Barton, Hairston, 20093:20.05

3,200-Meter Relay

1. Schum, Christensen, Steffen, Criswell, 19717:18.60
2. Hairston, Prom, Thode, Sowinski, 20117:23.77
3. **Manternach, VanDraska, W. Teubel, Lilly, 2017**7:24.77
4. **Melchert, Manternach, N. Teubel, Lilly, 2018****7:28.37**
5. Corrigan, Blackman, Strozier, Chambers, 19897:29.00
6. **Melchert, Dorman, Lilly, Larrison, 2016**7:30.32
7. **N. Teubel, Manternach, Chaidez, W. Teubel, 2017**7:30.74
8. **Lilly, Dorman, W. Teubel, Davey, 2015**7:31.48
9. Willey, Braff, Sowinski, Hairston, 20097:33.08
10. Tweedy, Gajewski, Linden, O'Hollearn, 20057:33.12

Distance Medley Relay

1. Pershing, Moeller, Slack, Docherty, 19789:39.94
2. Kuczwar, Barton, Hairston, Thode, 20119:41.37
3. N. Holmes, VanCleave, Sowinski, Thode, 2012.....9:41.59
4. Young, Barton, Kuczwar, Luciano, 2010.....9:42.97
5. **Mylenek, Thompson, Manternach, Melchert, 2018****9:50.70**
6. Prom, Davey, Weir, Witt, 2013.....9:53.83
7. Theisen, Williams, Wiesa, Waters, 19859:54.04
8. Wilfong, Slaymaker, W. Teubel, Witt, 2013.....9:54.05
9. Luciano, Pierre, Hairston, VanDenend, 20079:54.07
10. VanDenend, Riley, O'Hollearn, Rakaric, 2006.....9:54.97

6,400-Meter Relay

1. Pershing, Fuller, Moeller, Docherty, 1978.....16:27.70
2. Rakaric, Webster, MacTaggart, VanDenend, 2006.....16:55.43
3. Lewis, Witt, Hart, Fourman, 2015.....16:58.44
4. Price, **Eklin, Gardarsson, Docherty**, 201617:00.30
5. Paul, Kadlec, Thode, Luciano, 201017:01.46
6. Witt, Lewis, Hart, Butler, 2014.....17:01.65
7. N. Holmes, Witt, Thode, Lewis, 201217:02.26
8. Thomas, Allen, Rakaric, Lloyd, 200317:06.27
9. Pittman, Novotny, Feeldy, Marquardt, 199517:12.49
10. Bakker, Feeldy, Peters, Pittman, 199617:13.10

OUTDOOR ALL-TIME TOP TEN PERFORMERS



Kineke Alexander



Meghan Armstrong



Marta Bote
Gonzalez



Brittany Brown



Nan Doak



Aisha James



Tiffany Johnson

100 Meters

1.	Brittany Brown, 2018.....	11.28
2.	Briana Guillory, 2016	11.35
3.	Lake Kwaza, 2015	11.40
4.	Vivien McKenzie, 1985	11.45
5.	Davera Taylor, 1984	11.51
6.	Erica Broomfield, 1998.....	11.53
7.	Jiselle Providence, 2001.....	11.57
8.	Tanja Reid, 1994.....	11.60
	Peaches Roach, 2005	11.60
10.	Yolanda Hobbs, 1995	11.62

100-Meter Hurdles

1.	Tiffany Johnson, 2007	13.20
2.	Jahisha Thomas, 2017.....	13.46
3.	Karessa Farley, 2009.....	13.53
4.	C. Prendergast, 1999.....	13.60
	Paula Ruen, 2000.....	13.60
6.	Jenny Kimbro, 2018	13.63
7.	Sarah Steffen, 2002	13.65
8.	Ruqayya Raheem, 1998.....	13.90
9.	Heaven Chandler, 2016	13.91
10.	Brenda Calhoun, 1984.....	13.94

200 Meters

1.	Brittany Brown, 2017.....	22.30
2.	Briana Guillory, 2016	22.89
3.	Elexis Guster, 2016	23.03
4.	Lake Kwaza, 2016	23.17
5.	Shellene Williams, 2004	23.50
6.	Kineke Alexander, 2006	23.58
7.	Davera Taylor, 1984	23.59
8.	Vivien McKenzie, 1985	23.61
9.	Yolanda Hobbs, 1995	23.65
10.	Alexis Hernandez, 2017	23.69

400 Meters

1.	Kineke Alexander, 2006	51.35
2.	Elexis Guster, 2016	51.85
3.	Shellene Williams, 2004	51.94
4.	Ashley Liverpool, 2012	52.47
5.	Briana Guillory, 2018	52.55
6.	Ellen Grant, 1996.....	52.65
7.	Alexis Hernandez, 2017.....	53.27
8.	Senta Hawkins, 1988	54.01
	Bethany Praska, 2011.....	54.01
10.	Marlene Poole, 1994	54.03

400-Meter Hurdles

1.	Mary Knoblauch, 1981	56.16
2.	Wynsome Cole, 1998	56.67
3.	Mon Tayla Holder, 2014.....	56.70
4.	Chris Davenport, 1981	59.18
5.	Sommer Sharpe, 2018	59.20
6.	Sarah Plock, 2018	59.49
7.	Hannah Simonson, 2012	59.54
8.	Sarah Steffen, 2002	59.59
9.	Tiffany Hendricks, 2011.....	59.63
10.	Nicole Erickson, 2012	59.77

800 Meters

1.	Bethany Praska, 2011.....	2:03.78
2.	Kay Stormo, 1982	2:05.67
3.	Michelle Lahann, 2004	2:06.79
4.	Katharina Trost, 2015	2:07.09
5.	Mahnee Watts, 2016	2:07.41
6.	Aisha Hume, 2005	2:08.50
7.	Adrianne Alexia, 2013	2:08.61
8.	Jeanne Kruckeberg, 1987	2:08.75
9.	Mallory King, 2018.....	2:08.76
	Kaitlyn Nelson, 2013	2:08.83

1,500 Meters

1.	Meghan Armstrong, 2006	4:17.41
2.	Betsy Flood, 2010	4:17.75
3.	Jeanne Kruckeberg, 1989	4:19.71
4.	McKenzie Melander, 2012	4:20.22
5.	Lauren Hardesty, 2009	4:20.40
6.	Diane Nukuri, 2007	4:20.95
7.	Penny O'Brien, 1985	4:21.43
8.	Kay Stormo, 1982	4:22.24
9.	Michelle Lahann, 2004	4:24.00
10.	Shannon Stanley, 2006	4:25.08

3,000 Meters

1.	Diane Nukuri, 2008	9:18.82
2.	Penny O'Brien, 1985	9:20.61
3.	McKenzie Melander, 2012	9:21.59
4.	Betsy Flood, 2010	9:22.63
5.	Nan Doak, 1985	9:23.04
6.	Tracy Dahl, 1992	9:23.53
7.	Meghan Armstrong, 2006	9:28.03
8.	Brooke Eilers, 2011	9:30.08
9.	Jeanne Kruckeberg, 1989	9:30.69
10.	Jennifer Brower, 1992	9:34.59

3,000-Meter Steeplechase

1.	Marta Bote Gonzalez, 2015.....	10:23.15
2.	Danielle Berndt, 2011	10:26.54
3.	Jessica Schmidt, 2008	10:27.18
4.	Sarah Arens, 2004	10:34.50
5.	Hannah Roeder, 2011	10:35.22
6.	Madison Waymire, 2017	10:41.91
7.	Kelsey Hart, 2011	10:47.56
8.	Kelly Breen, 2017	10:59.99
9.	Katie Ellis, 2010	11:02.62
10.	Michelle Lahann, 2003	11:16.21

5,000 Meters

1.	Nan Doak, 1985	15:45.84
2.	McKenzie Melander, 2012	15:57.13
3.	Diane Nukuri, 2008	15:59.39
4.	Betsy Flood, 2011	16:04.46
5.	Meghan Armstrong, 2008	16:08.83
6.	Brooke Eilers, 2011	16:11.86
7.	Mareike Schrulle, 2013	16:12.66
8.	Jenny Spangler, 1983	16:17.21
9.	Tracy Dahl, 1992	16:18.77
10.	Racheal Marchand, 2008	16:27.02



Diane Nukuri



Tammilee Kerr

OUTDOOR ALL-TIME TOP TEN PERFORMERS



Bethany Praska



Alana Redfern



Peaches Roach



Anemie Smith



Jessie Strand



Laulauga Tausaga



Renee White

10,000 Meters

1.	Diane Nukuri, 2008	33:17.01
2.	Jennifer Brower, 1991.....	33:23.38
3.	Meghan Armstrong, 2008	33:28.00
4.	Nan Doak, 1985.....	33:33.03
5.	Jenny Spangler, 1983	33:39.24
6.	Andrea Shine, 2018.....	33:50.25
7.	Racheal Marchand, 2008.....	34:05.87
8.	McKenzie Melander, 2012	34:29.83
9.	Tracy Dahl, 1992.....	34:30.09
10.	Betsy Flood, 2011.....	35:05.10

Long Jump

1.	Aisha James, 2003	22-3 (6.78)
2.	Jahisha Thomas, 2018.....	21-1 1/2 (6.44)
3.	Zinnia Miller, 2014	20-6 1/2 (6.26)
4.	Renee White, 2008.....	20-3 3/4 (6.19)
5.	Carisa Leacock, 2014	19-11 3/4 (6.09)
6.	Becki Borg, 1988.....	19-7 1/4 (5.97)
7.	Jenny Kimbro, 2018	19-7 (5.97)
8.	Kassidy Ellis, 2015.....	19-6 1/4 (5.95)
9.	Lisa Moats, 1986	19-6 (5.95)
10.	Tammilee Kerr, 2008.....	19-4 1/4 (5.90)

Javelin

1.	Alana Redfern, 2003.....	181-5 (55.30)
2.	Tammilee Kerr, 2008.....	163-5 (49.81)
3.	Mandy Beck, 1999.....	153-4 (46.74)
4.	Dakotah Goodell, 2015..	153-3 1/4 (46.71)
5.	Terri Soldan, 1983	152-6 1/4 (46.48)
6.	Shani Renning, 1990.....	152-3 (46.40)
7.	Kayla Hochhalter, 2015.....	152-6 (46.48)
8.	Marissa Mueller, 2018	151-0 (46.02)
9.	Clara Simon, 1981	149-9 (45.64)
10.	Janet Adams, 1984	148-7 (45.28)

Heptathlon

1.	Tammilee Kerr, 2008.....	5,633 pts
2.	Jenny Kimbro, 2018	5,523 pts
3.	Tria Simmons, 2017	5,398 pts
4.	Kathy Gillespie, 1983.....	5,262 pts
5.	Tiff Pedersen, 2004	4,976 pts
6.	Janet Adams, 1981	4,855 pts
7.	Sarah Ryan, 2012.....	4,819 pts
8.	Ruqayya Raheem, 1997.....	4,665 pts
9.	Angela Chadwick, 1993	4,493 pts
10.	Allison Wahrman, 2017.....	4,315 pts

Triple Jump

1.	Renee White, 2008.....	43-10 3/4 (13.36)
2.	Jahisha Thomas, 2018....	43-8 1/2 (13.32)
3.	Zinnia Miller, 2014	42-0 1/2(12.81)
4.	Tiffany Johnson, 2007	41-8 3/4 (12.72)
5.	Carisa Leacock, 2012	40-10 1/2 (12.46)
6.	Becki Borg, 1988.....	40-7 1/2 (12.38)
7.	T.Simmons, 2016	40-7 1/2(12.38)
8.	Hannah Schlib, 2017	40-6 (12.34)
9.	Lynn McMillan, 1988.....	39-6 1/2 (12.05)
10.	Allison Wahrman, 2018..	39-3 1/4 (11.97)

Hammer Throw

1.	Annemie Smith, 2015....	200-1 1/2 (60.99)
2.	Jasmine Simpson, 2013	197-7 (60.23)
3.	Becca Franklin, 2007	195-0 (59.45)
4.	Ashlyn Gulvas, 2014	192-9 (58.75)
5.	Leah Colbert, 2018.....	189-3 (57.69)
6.	Laulauga Tausaga, 2018	178-7 (54.43)
7.	Nia Britt, 2018	178-4 (54.37)
8.	Kelsey Taylor, 2011	177-0 (53.95)
9.	Tiffany Medenwaldt, 2010	171-11 (52.40)
10.	Erin O'Hern, 2008.....	168-9 (51.45)

Shot Put

1.	Laulauga Tausaga, 2018..	54-11 1/4 (16.74)
2.	Lisa Van Steenwyk, 1992.....	50-8 (15.44)
3.	Gail Smith, 1984	50-3 1/4 (15.32)
4.	Denise Taylor, 1992.....	50-1 3/4 (15.28)
5.	Nia Britt, 2018	50-0 (15.24)
6.	Kamesha Marshall, 2005.	48-6 3/4 (14.80)
7.	Laura Kriener, 1990.....	48-2 1/2 (14.69)
8.	Erika Hammond, 2018 ...	48-1 1/4 (14.66)
9.	Jennifer Gilson, 2002.....	47-10 (14.58)
10.	Rachel Curry, 2013	47-9 1/4 (14.56)

Discus

1.	Laulauga Tausaga, 2018	196-4 (59.86)
2.	Majesty Tutson, 2013.....	181-1 (55.19)
3.	K. Spanoudakis, 2018.....	170-11 (52.11)
4.	Dakotah Goodell, 2014.....	169-4 (51.62)
5.	Tiffany Medenwaldt, 2010	161-3 (49.16)
6.	Denise Taylor, 1992.....	160-5 (48.90)
7.	Amanda Stahle, 2014	159-3 (48.54)
8.	Lisa Van Steenwyk, 1991.....	159-1 (48.50)
9.	Gail Smith, 1983	158-2 (48.22)
10.	Ashlyn Gulvas, 2011	154-11 (47.23)

Pole Vault

1.	Jessie Strand, 2003.....	12-10 1/4 (3.92)
2.	Sarah Burgett, 2006.....	12-1 3/4 (3.70)
3.	Kirsten Weismantle, 2011	12-0 (3.66)
4.	Amy Smith, 2018	11-11 3/4 (3.65)
5.	Katie Truedson, 2010	11-5 1/4 (3.49)
6.	Gina Shannon, 2001	11-2 1/4 (3.41)
7.	Brittany Holst, 2013.....	11-1 (3.38)
8.	Elyssa Tracy, 2015	10-6 (3.20)
9.	Kacey Childs, 2000.....	8-0 1/2 (2.45)

WOMEN'S ALL-TIME RELAYS

400-Meter Relay

1.	Kwaza, Guster, Guillory , Hernandez, 2016	44.04
2.	Chapman, Guillory , Hernandez, Brown , 2017	44.34
3.	Kwaza, Guster, Chapman, Guillory , 2016	44.41
4.	Thomas, Avant, Guillory, Brown, 2018	44.44
5.	Kwaza, Guster, Hernandez, Brown , 2014	44.51
6.	Thomas, Guillory , Hernandez, Brown , 2017.....	44.53
7.	Kwaza, Guster, Holder, Brown , 2014	44.62
8.	Poole, Reid, Floyd, Hobbs, 1994	44.63
	Chapman, Guillory , Hernandez, Brown , 2017	44.63
10.	Charles, Williams, Providence, James, 2003	44.71
	Brown , Kwaza, Ellis, Holder, 2015	44.71

Shuttle Hurdle Relay

1.	Prendergast, Cole, Raheem, Ruen, 1998	56.44
2.	Cole, Prendergast, Raheen, Ruen, 1998	56.54
3.	Raheen, Prendergast, Cole, Ruen, 1998	57.53

800-Meter Relay

1.	Brown, Champe, Avant, Plock, 2018	1:35.11
2.	Chapman, Guillory , Hernandez, Brown , 2017	1:35.36
3.	Hobbs, Reid, Floyd, Poole, 1994	1:35.69
4.	Roach, McCalla, Alexander, Johnson, 2006	1:36.19
5.	Chapman, Roberts-Lewis, Champe, Brown , 2016	1:36.98
6.	Williams, Charles, Fouchè, Providence, 2003.....	1:37.49
7.	Herrmann, McCalla, Raymond, Roach, 2004.....	1:37.66
8.	Charles, Dixon, Knight, Prendergast, 2002	1:38.15
9.	Prendergast, Dixon, Knight, Providence, 2001	1:38.73
10.	Trusty, Hendricks, Graham, Erickson, 2009	1:38.79

1,600-Meter Relay

1.	Hernandez, Guillory , Holder, Guster, 2016	3:30.97
2.	Guillory, Brown , Hernandez, Champe , 2017	3:32.37
3.	Guster, Guillory , Holder, Hernandez, 2016.....	3:32.63
4.	Holder, Guillory , Hernandez, Guster, 2016.....	3:33.25
5.	Guster, Hernandez, Holder, Kwaza, 2014	3:34.83
6.	Praska, Hendricks, Liverpool, Erickson, 2011	3:35.93
7.	Guillory, Brown , Hernandez, Champe , 2017	3:35.94
8.	Guster, Watts, Hernandez, Kwaza, 2014.....	3:36.09
9.	Hume, Charles, Steffen, Williams, 2003	3:36.26
10.	Kwaza, Guster, Hernandez, Holder, 2014	3:36.40

Sprint Medley Relay

1.	Jones, Hendricks, Liverpool, Praska, 2011.....	3:48.63
2.	Brown , Kwaza, Guster, Watts, 2014	3:51.18
3.	Kwaza, Guster, Holder, Watts, 2016.....	3:52.62
4.	Kwaza, Brown , Guster, Trost, 2015.....	3:53.29
5.	Kwaza, R. Moore, Holder, Alexia, 2013.....	3:54.51
6.	Trusty, R. Moore, Hendricks, Praska, 2010.....	3:56.53
7.	Reid, Philip, Hobbs, Benning, 1995.....	3:56.54
8.	Roach, Alexander, McCalla, Stanley, 2005.....	3:56.99
9.	Kwaza, R. Moore, Alexia, Nelson, 2013.....	3:58.72
10.	Clarke, Graham, Jones, Poncé, 2007.....	3:59.34

3,200-Meter Relay

1.	Suppelsa, Wodek, Kruckeberg, Schneckloth, 1987.....	8:46.45
2.	Lahann, Stanley, Hume, Barber, 2004	8:48.87
3.	Schneckloth, Roberts, Hawkins, Kruckeberg, 1989	8:49.38
4.	Trost, Maser, Alexia, Nelson, 2014	8:49.95
5.	Nelson, Watts, Wilberding, Sindt, 2016.....	8:51.90
6.	Flood, Dlhy, L. Hardesty, Docherty, 2009	8:53.91
7.	Armstrong, Stanley, Laney, Hume, 2005.....	8:54.27
8.	O'Brien, Camarigg, Williams, Stormo, 1981	8:54.36
9.	Flood, Melander, Praska, Hardesty, 2010	8:54.45
10.	Drapcho, Schlader, Williams, Stormo, 1980	8:56.14

Distance Medley Relay

1.	Hoskins, Powell, Schneckloth, Kruckeberg, 1989	11:22.18
2.	Armstrong, Alexander, Poncé, Stanley, 2007.....	11:25.05
3.	Stanley, McCalla, Hume, Armstrong, 2005	11:34.04
4.	Barber, Williams, Hume, Arens, 2004.....	11:34.56
5.	Thompson, Williams, Hume, Arens, 2003	11:39.02
6.	2000	11:39.83
7.	Schrulle, Erickson, Placzek, Eilers, 2012	11:40.57
8.	Davenport, xx, xx, xx, 1981.....	11:41.44
9.	Pare, Grant, Benning, Gilchrist, 1997	11:41.92
10.	Dlhy, Erickson, Docherty, Anderson, 2010.....	11:43.06

6,400-Meter Relay

1.	Flood, Melander, A. Hardesty, L. Hardesty, 2010.....	19:05.63
2.	Nukuri, Marchand, Henize, Armstrong, 2008.....	19:15.42
3.	Flood, Laesch, Ranegar, Melander, 2012	19:16.73
4.	Flood, Eilers, Melander, L. Hardesty, 2011	19:17.52
5.	Flood, Melander, A. Hardesty, Eilers, 2009.....	19:36.43
6.	Scott, Gordon, Schrulle, Gambrall, 2013	19:41.15
7.	Jones, Bote Gonzalez , Wilberding, Reischmann, 2015	19:59.72
8.	Maser, Price, Wilberding, Montuclard, 2014	20:23.27
9.	Chapple, Laney, Donlon, Sokol, 2005	20:39.12
10.	Arens, Barber, Butler, Roberts, 2001	20:40.89

SEASON BESTS - WOMEN

100 METERS (School Record - 11.28)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Brittany Brown	11.28 *	at Mt. SAC Relays - 4/21/18	11.28 *	at Mt. SAC Relays - 4/21/18
Kyara Avant	11.68	at Drake Relays - 4/27/18	11.68	at Drake Relays - 4/27/18
Antonise Christian	12.07	at Battle on the Bayou - 4/7/18	12.07	at Battle on the Bayou - 4/7/18
Aubrianna Lantrip	12.69	Musco Twilight - 4/12/18	12.69	Musco Twilight - 4/12/18

100-METER HURDLES (School Record - 13.20)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Jenny Kimbro	13.63 %	at Bryan Clay Invite - 4/18/18	13.63 %	at Bryan Clay Invite - 4/18/18
Tria Seawater-Simmons	14.17	at Willie Williams Classic - 3/17/18	14.17	at Willie Williams Classic - 3/17/18
Gillian Urycki	19.34 %	at Bryan Clay Invite - 4/18/18	19.34 %	at Bryan Clay Invite - 4/18/18

200 METERS (School Record – 22.30)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Brittany Brown	22.76	at Battle on the Bayou - 4/7/18	22.30 *	at B1G Championships - 5/14/17
Kyara Avant	24.02	2x, last at Drake Relays - 4/27/18	24.02	2x, last at Drake Relays - 4/27/18
Sheridan Champe	24.26	at Florida Relays - 3/29/18	24.26	at Florida Relays - 3/30/18
Talia Buss	24.36	at Drake Relays - 4/27/18	24.36	at Drake Relays - 4/27/18
Plock	24.62	at Willie Williams Classic - 3/16/18	24.62	Sarah at Willie Williams Classic - 3/16/18
Jenny Kimbro	24.75 %	at Bryan Clay Invite - 4/18/18	24.75 %	at Bryan Clay Invite - 4/18/18
Tria Seawater-Simmons	24.91 %	at Texas Relays - 3/28/18	24.91 %	at Texas Relays - 3/28/18
Antonise Christian	25.03	at Battle on the Bayou - 4/7/18	24.98	at Tyson Invite - 2/10/18
Kylie Welch	25.29	at Willie Williams Classic - 3/16/18	25.15	at Tyson Invite - 2/10/18
Aly Weum	25.56	at Willie Williams Classic - 3/16/18	25.56	at Willie Williams Classic - 3/16/18
Mallory King	25.70	at Willie Williams Classic - 3/16/18	25.70	at Willie Williams Classic - 3/16/18
Gillian Urycki	26.55	at Willie Williams Classic - 3/16/18	26.55	at Willie Williams Classic - 3/16/18

400 METERS (School Record - 51.35)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Briana Guillory	52.55	at Battle on the Bayou - 4/7/18	51.68	at NCAA Championships - 3/10/18
Sheridan Champe	54.65	at Florida Relays - 3/30/18	54.65	at Florida Relays - 3/30/18
Tashee Hargrave	55.46	at Willie Williams Classic - 3/17/18	55.46	at Willie Williams Classic - 3/17/18
Kylie Welch	55.53	at Willie Williams Classic - 3/17/18	55.53	at Willie Williams Classic - 3/17/18
Talia Buss	55.81	at Willie Williams Classic - 3/17/18	55.81	at Willie Williams Classic - 3/17/18
Mallory King	56.28	at Willie Williams Classic - 3/17/18	56.01	at Alex Wilson Invite - 2/17/18
Sommer Sharpe	56.65	at Willie Williams Classic - 3/17/18	55.69	at Meyo Invite - 2/3/18
Aly Weum	56.69	at Florida Relays - 3/30/18	56.24	at Tyson Invite - 2/9/18
Alexis Gay	56.99	Musco Twilight - 4/12/18	56.99	2x, last at Musco Twilight - 4/12/18
Kylie Morken	57.86	at Willie Williams Classic - 3/17/18	56.50	Hawkeye Invite - 1/13/18
Tia Saunders	57.93	at Willie Williams Classic - 3/17/18	57.93	at Willie Williams Classic - 3/17/18
Antonise Christian	58.70	at Long Beach Incite - 4/20/18	58.70	at Long Beach Incite - 4/20/18
Addie Swanson	59.22	at Willie Williams Classic - 3/17/18	56.97	at Alex Wilson Invite - 2/17/18

400-METER HURDLES (School Record - 56.16)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Sommer Sharpe	59.20	Musco Twilight - 4/12/18	59.20	Musco Twilight - 4/12/18
Sarah Plock	59.49	Musco Twilight - 4/12/18	59.49	Musco Twilight - 4/12/18
Addie Swanson	1:01.22	at Drake Relays - 4/28/18	1:01.22	at Drake Relays - 4/28/18
Shelby West	1:01.87	at Mt. SAC Relays - 4/20/18	1:01.87	at Mt. SAC Relays - 4/20/18
Kylie Morken	1:02.12	at Drake Relays - 4/28/18	1:02.12	at Drake Relays - 4/28/18
Carly Donahue	1:02.84	at Long Beach Invite - 4/20/18	1:02.84	at Long Beach Invite - 4/20/18

SEASON BESTS - WOMEN

800 METERS (School Record - 2:03.78)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Mallory King	2:08.76	at Florida Relays - 3/30/18	2:08.76	at Florida Relays - 3/30/18
Tia Saunders	2:09.51	at Florida Relays - 3/30/18	2:09.51	at Florida Relays - 3/30/18
Aly Weum	2:14.43	at Battle on the Bayou - 4/7/18	2:14.43	at Battle on the Bayou - 4/7/18
Taylor Arco	2:16.62	at Battle on the Bayou - 4/7/18	2:16.62	at Battle on the Bayou - 4/7/18
Lindsay Welker	2:17.38	at Long Beach Invite - 4/20/18	2:17.38	at Long Beach Invite - 4/20/18
Tria Seawater-Simmons	2:17.87 %	at Bryan Clay Invite - 4/19/18	2:17.71	at B1G Championships - 2/23/18
Jenny Kimbro	2:19.44 %	at Bryan Clay Invite - 4/19/18	2:19.44 %	at Bryan Clay Invite - 4/19/18
Julie Hollensbe	2:24.76	at Willie Williams Classic - 3/17/18	2:18.02	at Baldy Castillo Invite - 3/18/17
Macie Weber	2:26.43	at Willie Williams Classic - 3/17/18	2:16.64	at Alex Wilson Invite - 2/17/18
Maddie Carver	2:34.19	Musco Twilight - 4/12/18	2:34.19	Musco Twilight - 4/12/18

1,500 METERS (School Record - 4:17.41)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Madison Waymire	4:31.86	Musco Twilight - 4/12/18	4:31.86	Musco Twilight - 4/12/18
Marta Bote Gonzalez	4:37.42	at Willie Williams Classic - 3/16/18	4:31.77	Musco Twilight - 4/22/17
Andrea Shine	4:37.44	Musco Twilight - 4/12/18	4:37.44	Musco Twilight - 4/12/18
Macie Weber	4:51.54	at Willie Williams Classic - 3/16/18	4:51.54	at Willie Williams Classic - 3/16/18
Juliann Hollensbe	5:01.31	at Willie Williams Classic - 3/16/18	4:37.98	Musco Twilight - 4/22/17
Kara Neustrom	5:15.78	Musco Twilight - 4/12/18	5:15.78	Musco Twilight - 4/12/18

3,000 METERS (School Record - 9:18.82)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Mary Arch	11:02.21	Musco Twilight - 4/12/18	11:02.21	Musco Twilight - 4/12/18
Wren Renquist	11:04.52	Musco Twilight - 4/12/18	11:04.52	Musco Twilight - 4/12/18
Elizabeth Niedert	11:51.46	Musco Twilight - 4/12/18	11:15.00	Wieczorek Invite - 1/19/18

3,000-METER STEEPECHASE (School Record - 10:23.15)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Marta Bote Gonzalez	10:53.67	Musco Twilight - 4/12/18	10:23.15 *	at Stanford Invite - 4/3/14

5,000 METERS (School Record - 15:45.84)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Andrea Shine	16:29.65	at Mt. SAC Relays - 4/20/18	6:29.65	1st Mt. SAC Relays - 4/20/18
Madison Waymire	17:05.59	at Drake Relays - 4/26/18	16:50.11	at Mt. SAC Relays - 4/14/17

10,000 METERS (School Record - 33:17.01)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Andrea Shine	33:50.25	at Stanford Invite - 3/30/18	33:50.25	at Stanford Invite - 3/30/18

400-METER RELAY (School Record - 39.96)

Names	Season Best	Meet - Date
Thomas, Avant, Guillory, Brown	44.44	at Florida Relays - 3/31/18
Thomas, Avant, Champe, Brown	45.58	at Drake Relays - 4/27/18
Thomas, Champe, Avant, Brown	45.80	at Battle on the Bayou - 4/7/18
Christian, Champe, Buss, Plock	45.99	at Willie Williams Classic - 3/17/18
Chrisitan, Buss, Plock, Champe	46.36	at Florida Relays - 3/31/18
Chrisitan, Buss, Plock, Welch	47.14	at Battle on the Bayou - 4/7/18
Welch, King, Swanson, Weum	47.69	at Willie Williams Classic - 3/17/18
Saunders, King, Swanson, Weum	48.37	at Battle on the Bayou - 4/7/18
Saunders, Sharpe, Morken, Hargrave	48.54	at Willie Williams Classic - 3/17/18

SEASON BESTS - WOMEN

800-METER RELAY (School Record - 1:35.11)

Names	Season Best
Brown, Champe, Avant, Plock	1:35.11 *
Christian, Buss, Morken, Welch	1:39.94

Meet – Date

at Florida Relays - 3/31/18
at Florida Relays - 3/31/18

1,600-METER RELAY (School Record - 3:30.97)

Names	Season Best
Buss, Plock, King, Sharpe	3:39.74
Buss, Sharpe, Avant, Welch	3:39.87
Sharpe, Champe, Hargrave, King	3:41.25
Buss, Sharpe, Welch, Morken	3:43.67
Hargrave, Brown, Plock, King	3:44.28
Hargrave, Plock, Sharpe, King	3:44.33
Buss, Weum, Saunders, Swanson	3:46.77
Kimbrow, Weum, Saunders, Seawater-Simmons	3:46.01
King, Welch, Hargrave, Buss	3:47.09
West, Christian, Avant, Swanson	3:48.68
Buss, Weum, Saunders, Welch	3:51.05
Christian, Buss, Welch, Hargrave	3:51.59
Swanson, Weum, Saunders, Arco	3:53.85
Donahue, Gay, Arco, Welker	3:58.45
Morken, West, Swanson, Arco	3:58.46
West, Gay, Welker, Weber	4:02.50

Meet - Date

at Drake Relays - 4/28/18
at Florida Relays - 3/30/18
at Mt. SAC Relays - 4/21/18
Musco Twilight - 4/12/18
at Drake Relays - 4/27/18
at Battle on the Bayou - 4/7/18
at Mt. SAC Relays - 4/20/18
at Willie Williams Classic - 3/17/18
at Willie Williams Classic - 3/17/18
Musco Twilight - 4/12/18
at Battle on the Bayou - 4/7/18
at Long Beach Invite - 4/20/18
at Long Beach Invite - 4/20/18
Musco Twilight - 4/12/18
at Battle on the Bayou - 4/7/18
at Willie Williams Classic - 3/17/18

SPRINT MEDLEY RELAY (School Record - 3:48.63)

Names	Season Best
Buss, Avant, Sharpe, Saunders	4:00.57

Meet – Date

at Florida Relays - 3/31/18

3,200-METER RELAY (School Record – 8:46.45)

Names	Season Best
Weum, Swanson, Arco, Waymire	9:15.26

Meet – Date

at Florida Relays - 3/31/18

DISTANCE MEDLEY RELAY (School Record - 11:22.18)

Names	Season Best
Saunders, Morken, Arco, Waymire	12:03.04

Meet – Date

at Florida Relays - 3/31/18

HIGH JUMP (School Record - 1.86 meters)

Name	Season Best	Meet - Date
Aubrianna Lantrip	5-8 3/4 (1.75m)	at Battle on the Bayou - 4/7/18
T. Seawater-Simmons	5-8 3/4 (1.75m) %	at Bryan Clay Invite - 4/18/18
Jenny Kimbro	5-7 3/4 (1.72m) %	at Bryan Clay Invite - 4/18/18
Gillian Urycki	5-7 (1.70m)	3x, last at Long Beach Invite - 4/20/18
Sydney Collins	5-5 (1.65m)	at Battle on the Bayou - 4/7/18
Kelli DeGeorge	5-5 (1.65m)	at Drake Relays - 4/28/18
Christina MacNab	5-1 (1.55m)	Musco Twilight - 4/12/18

Collegiate Best Meet - Date

5-8 3/4 (1.75m) at Battle on the Bayou - 4/7/18
5-8 3/4 (1.75m) % at Bryan Clay Invite - 4/18/18
5-7 3/4 (1.72m) % at Bryan Clay Invite - 4/18/18
5-8 3/4 (1.75m) at B1G Championships - 2/24/18
5-7 (1.70m) at Jim Click Shootout - 4/8/17
5-7 (1.70m) at Baldy Castillo Invite - 3/18/17
5-2 1/4 (1.58m) Black & Gold Premier - 1/27/18

POLE VAULT (School Record - 3.92 meters)

Name	Season Best	Meet - Date
Amy Smith	11-11 3/4 (3.65m)	at Battle on the Bayou - 4/7/18

Collegiate Best Meet - Date

11/11 3/4 (3.65m) 3x, last at Battle on the Bayou - 4/7/18

SEASON BESTS - WOMEN

LONG JUMP (School Record - 6.78 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Jahisha Thomas	21-1 1/2 (6.44m)	at Battle on the Bayou - 4/7/18	21-1 1/2 (6.44m)	at Battle on the Bayou - 4/7/18
Jenny Kimbro	19-7 (5.97m) %	at Bryan Clay Invite - 4/19/18	19-7 (5.97m) %	at Bryan Clay Invite - 4/19/18
T. Seawater-Simmons	19-3 1/4 (5.87m)	at Willie Williams Classic - 3/16/18	19-3 1/4 (5.87m)	at Willie Williams Classic - 3/16/18
Jalynn Roberts-Lewis	18-7 1/4 (5.67m)	Musco Twilight - 4/12/18	18-7 1/4 (5.67m)	Musco Twilight - 4/12/18
Gillian Urycki	17-8 3/4 (5.40m)	at Willie Williams Classic - 3/16/18	18-5 (5.61m)	Black & Gold Premier - 1/27/18

TRIPLE JUMP (School Record - 13.36 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Jahisha Thomas	43-8 1/2 (13.32m)	at Drake Relays - 4/28/18	43-8 1/2 (13.32m)	at Drake Relays - 4/28/18
Seawater-Simmons	39-10 3/4 (12.16m)	Musco Twilight - 4/12/18	42-1 1/4 (12.83m)	Border Battle - 1/7/17
Hannah Schlib	38-8 1/4 (11.79m)	Musco Twilight - 4/12/18	40-6 (12.34m)	at B1G Championships - 5/14/17
Allison Wahrman	39-3 1/4 (11.97m)	at Battle on the Bayou - 4/7/18	39-3 1/4 (11.97m)	at Battle on the Bayou - 4/7/18

SHOT PUT (School Record - 16.31 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Laulauga Tausaga	54-11 1/4 (16.74m) *	at Drake Relays - 4/27/18	54-11 1/4 (16.74m) *	at Drake Relays - 4/27/18
Nia Britt	50-0 (15.24m)	at Drake Relays - 4/27/18	51-10 1/2 (15.81m)	at Meyo Invite - 2/3/18
Erika Hammond	48-1 1/4 (14.66m)	at Battle on the Bayou - 4/7/18	48-1 1/4 (14.66m)	at Battle on the Bayou - 4/7/18
K. Spanoudakis	43-7 1/4 (13.29m)	at Battle on the Bayou - 4/7/18	44-6 3/4 (13.58m)	Wieczorek Invite - 1/20/18
T. Seawater-Simmons	36-11 1/2 (11.26m) %	at Bryan Clay Invite - 4/18/18	36-11 1/2 (11.26m) %	at Bryan Clay Invite - 4/18/18
Jenny Kimbro	33-4 (10.16m) %	at Texas Relays - 3/28/18	34-9 3/4 (10.61m)	at B1G Championships - 5/12/17
Gillian Urycki	31-7 1/2 (9.64m) %	at Bryan Clay Invite - 4/18/18	31-7 1/2 (9.64m) %	at Bryan Clay Invite - 4/18/18

DISCUS THROW (School Record - 59.96 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Laulauga Tausaga	196-4 (59.86m) *	at Battle on the Bayou - 4/7/18	196-4 (59.86m) *	at Battle on the Bayou - 4/7/18
K. Spanoudakis	170-11 (52.11m)	at Willie Williams Classic - 3/17/18	170-11 (52.11m)	at Willie Williams Classic - 3/17/18
Kara Misel	154-4 (47.05m)	at Long Beach Invite - 4/20/18	154-4 (47.05m)	at Long Beach Invite - 4/20/18
Erika Hammond	150-4 (45.82m)	at Long Beach Invite - 4/20/18	150-7 (45.91m)	at Jim Click Shootout - 4/8/17

JAVELIN THROW (School Record - 55.31 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Marissa Mueller	151-0 (46.02m)	Musco Twilight - 4/12/18	151-0 (46.02m)	Musco Twilight - 4/12/18
Jenny Kimbro	102-7 (31.27m) %	at Bryan Clay Invite - 4/19/18	104-11 1/2 (31.74m)	at Baldy Castillo Invite - 3/17/17
Gillian Urycki	96-0 (29.27m) %	at Bryan Clay Invite - 4/19/18	96-0 (29.27m) %	at Bryan Clay Invite - 4/19/18
T. Seawater-Simmons	90-2 (27.50m)	at Willie Williams Classic - 3/16/18	90-2 (27.50m)	at Willie Williams Classic - 3/16/18
Kara Misel	87-3 (26.61m)	at Willie Williams Classic - 3/16/18	87-3 (26.61m)	at Willie Williams Classic - 3/16/18

HAMMER THROW (School Record - 60.99 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Leah Colbert	189-3 (57.69m)	Musco Twilight - 4/12/18	189-3 (57.69m)	Musco Twilight - 4/12/18
Laulauga Tausaga	178-7 (54.43m)	at Willie Williams Classic - 3/16/18	178-7 (54.43m)	at Willie Williams Classic - 3/16/18
Nia Britt	178-4 (54.37m)	Musco Twilight - 4/12/18	178-4 (54.37m)	Musco Twilight - 4/12/18
Erika Hammond	156-6 (47.70m)	Musco Twilight - 4/12/18	156-6 (47.70m)	Musco Twilight - 4/12/18

HEPTATHLON (School Record - 5,633 points)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Jenny Kimbro	5,523 points	at Bryan Clay Invite - 4/18-19/18	5,523 points	at Bryan Clay Invite - 4/18-19/18
T. Seawater-Simmons	5,398 points	at Bryan Clay Invite - 4/18-19/18	5,398 points	at Bryan Clay Invite - 4/18-19/18

* - school record, ^ - part of heptathlon

SEASON BESTS - MEN

100 METERS (School Record - 10.21)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Antonio Woodard	10.34	at Drake Relays - 4/27/18	10.34	at Drake Relays - 4/27/18
O'Shea Wilson	10.39	at Drake Relays - 4/27/18	10.22	at NCAA West Prelim - 4/26/17
Colin Hofacker	10.71	Musco Twilight - 4/12/18	10.71	Musco Twilight - 4/12/18
Anthony Williams	10.87	at Willie Williams Classic - 3/17/18	10.87	at Willie Williams Classic - 3/17/18
Tyree Sorrells	10.92	at Willie Williams Classic - 3/17/18	10.92	at Willie Williams Classic - 3/17/18
William Dougherty	11.02 ^	at Bryan Clay Invite - 4/18/18	11.02 ^	at Bryan Clay Invite - 4/18/18
Daniel Gaynes	11.03 ^	at Bryan Clay Invite - 4/18/18	11.03 ^	at Bryan Clay Invite - 4/18/18
Jay Hunt	11.25	Musco Twilight - 4/12/18	11.25	Musco Twilight - 4/12/18
Josh Braverman	11.27	at Willie Williams Classic - 3/17/18	11.27	at Willie Williams Classic - 3/17/18

110-METER HURDLES (School Record - 13.24)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Chris Douglas	13.92	at Drake Relays - 4/28/18	13.92	at Drake Relays - 4/28/18
Anthony Williams	14.22	at Battle on the Bayou - 4/7/18	14.22	at Battle on the Bayou - 4/7/18
William Dougherty	15.06 ^	at Texas Relays - 3/29/18	14.99 ^	at Mt. SAC Relays - 4/13/17
Josh Braverman	15.24	Musco Twilight - 4/12/18	15.24	Musco Twilight - 4/12/18
Daniel Gaynes	15.46	at Battle on the Bayou - 4/7/18	15.46	at Battle on the Bayou - 4/7/18

200 METERS (School Record - 20.31)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Antonio Woodard	20.61	at Willie Williams Classic - 3/16/18	20.61	at Willie Williams Classic - 3/16/18
Collin Hofacker	21.01	Musco Twilight - 4/12/18	21.01	Musco Twilight - 4/12/18
Mar'yea Harris	21.03	at Willie Williams Classic - 3/16/18	20.89	at Jim Click Shootout - 4/8/17
O'Shea Wilson	21.18	at Battle on the Bayou - 4/7/18	20.81	at Jim Click Shootout - 4/8/17
DeJuan Frye	21.23	at Willie Williams Classic - 3/16/18	21.11	at Jim Click Shootout - 4/8/17
Chris Thompson	21.52	at Willie Williams Classic - 3/16/18	21.52	at Willie Williams Classic - 3/16/18
Chris Douglas	21.79	Musco Twilight - 4/12/18	21.79	Musco Twilight - 4/12/18
Anthony Williams	22.03	at Battle on the Bayou - 4/7/18	22.03	at Battle on the Bayou - 4/7/18
Cooper Koenig	22.14	at Battle on the Bayou - 4/7/18	22.14	at Battle on the Bayou - 4/7/18
Tyree Sorrells	22.16	at Willie Williams Classic - 3/16/18	22.16	at Willie Williams Classic - 3/16/18
Josh Braverman	22.26	Musco Twilight - 4/12/18	22.26	Musco Twilight - 4/12/18
Cole Moeller	23.31	Musco Twilight - 4/12/18	23.31	Musco Twilight - 4/12/18

400 METERS (School Record - 44.99)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Mar'yea Harris	45.71	at Battle on the Bayou - 4/7/18	45.45	at NCAA West Prelim - 5/26/17
DeJuan Frye	46.98	at Battle on the Bayou - 4/7/18	46.22	at B1G Championships - 5/14/17
Collin Hofacker	46.90	at Florida Relays - 3/30/18	46.50	at B1G Championships - 5/14/17
Chris Thompson	47.55	at Battle on the Bayou - 4/7/18	47.32	at Meyo Invite - 2/3/18
Raymonte Dow	48.17	at Willie Williams Classic - 3/17/18	48.17	at Willie Williams Classic - 3/17/18
Austin Lietz	48.24	at Willie Williams Classic - 3/17/18	48.11	at Alex Wilson Invite - 2/18/17
Raymund Clarke	48.83	at Willie Williams Classic - 3/17/18	47.11	at Victor Lopez Classic - 3/25/17
Daniel Gaynes	48.89 ^	at Bryan Clay Invite - 4/18/18	48.89 ^	at Bryan Clay Invite - 4/18/18
Noah Larrison	49.07	at Willie Williams Classic - 3/17/18	48.55	at Alex Wilson Invie - 2/18/17
William Dougherty	50.50 ^	at Bryan Clay Invite - 4/18/18	49.46	at B1G Championships - 5/12/17

SEASON BESTS - MEN

400-METER HURDLES (School Record - 48.83)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Chris Douglas	50.52	at Drake Relays - 4/28/18	50.52	at Drake Relays - 4/28/18
Raymonte Dow	51.84	at Willie Williams Classic - 3/16/18	51.84	at Willie Williams Classic - 3/16/18
Noah Larrison	51.86	at Battle on the Bayou - 4/7/18	50.94	at B1G Championships - 5/14/16
Austin Lietz	52.48	at Long Beach Invite - 4/20/18	52.48	at Long Beach Invite - 4/20/18
Raymund Clarke	53.32	at Mt. SAC Relays - 4/20/18	52.16	at Texas Relays - 3/30/17
Gage Eller	53.55	Musco Twilight - 4/12/18	53.40	at Drake Relays - 4/29/17

800 METERS (School Record - 1:45.90)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Tysen VanDraska	1:49.65	at Florida Relays - 3/30/18	1:49.65	at Florida Relays - 3/30/18
Matt Manternach	1:49.80	at Florida Relays - 3/30/18	1:49.80	at Florida Relays - 3/30/18
Nolan Teubel	1:51.51	at Florida Relays - 3/30/18	1:50.93	at ISU Classic - 2/10/18
Kevin Docherty	1:55.22	at Willie Williams Classic - 3/17/18	1:53.31	at Alex Wilson Invite - 2/17/18

1,500 METERS (School Record - 3:43.02)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Nathan Mylenek	3:47.87	at Drake Relays - 4/27/18	3:47.87	at Drake Relays - 4/27/18
Kevin Docherty	3:47.98	at Florida Relays - 3/30/18	3:47.98	at Florida Relays - 3/30/18
Karson Sommer	3:50.16	at Florida Relays - 3/30/18	3:50.16	at Florida Relays - 3/30/18
Michael Melchert	3:52.95	Musco Twilight - 4/12/18	3:48.35	Musco Twilight - 4/23/16
Daniel Soto	4:02.03	Musco Twilight - 4/12/18	4:02.03	Musco Twilight - 4/12/18
William Dougherty	4:37.55 ^	at Bryan Clay Invite - 4/19/18	4:34.94	at B1G Championships - 5/14/16
Daniel Gaynes	5:10.21 ^	at Bryan Clay Invite - 4/18/18	5:10.21 ^	at Bryan Clay Invite - 4/18/18

3,000 METERS

Name	Season Best	Meet - Date	Collegiate Best	Meet – Date
Luke Sampson	8:28.37	Musco Twilight - 4/12/18	8:25.61	at Meyo Invite - 2/3/18
Brandon Cooley	8:31.55	Musco Twilight - 4/12/18	8:31.55	Musco Twilight - 4/12/18
Ian Eklin	8:35.36	Musco Twilight - 4/12/18	8:16.75	at ISU Classic - 2/9/18
Daniel Murphy	8:38.37	Musco Twilight - 4/12/18	8:34.26	Border Battle - 1/7/17

3,000-METER STEEPLECHASE (School Record - 8:47.40)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Nathan Mylenek	8:48.66	at Stanford Invite - 3/30/18	8:48.66	at Stanford Invite - 3/30/18

5,000 METERS (School Record - 13:49.31)

Name	Season Best	Meet - Date	Collegiate Best	Meet – Date
Nathan Mylenek	14:09.43	at Mt. SAC Relays - 4/20/18	14:09.43	at Mt. SAC Relays - 4/20/19
Michael Melchert	14:14.41	at Stanford Invite - 3/30/18	14:14.41	at Stanford Invite - 3/30/18
Daniel Soto	14:20.18	at Stanford Invite - 3/30/18	14:20.18	at Stanford Invite - 3/30/18
Daniel Murphy	14:39.54	at Mt. SAC Relays - 4/20/18	14:39.54	at Mt. SAC Relays - 4/20/18
Bailey Hesse-Withbroe	14:56.19	at Drake Relays - 4/26/18	14:48.04	at Meyo Invite - 2/3/17
Ian Eklin	15:15.28	at Drake Relays - 4/26/18	14:33.82	at B1G Championships - 2/24/18

10,000 METERS (School Record - 28:44.47)

Name	Season Best	Meet - Date	Collegiate Best	Meet – Date
Daniel Soto	29:39.35	at Mt. SAC Relays - 4/19/18	29:39.35	at Mt. SAC Relays - 4/19/18
Luke Sampson	29:58.47	at Mt. SAC Relays - 4/19/18	29:58.47	at Mt. SAC Relays - 4/19/18
Brandon Cooley	30:36.12	at Mt. SAC Relays - 4/19/18	30:36.12	at Mt. SAC Relays - 4/19/18
Bailey Hesse-Withbroe	30:45.92	at Mt. SAC Relays - 4/19/18	30:45.92	at Mt. SAC Relays - 4/19/18
Ian Eklin	30:48.80	at Mt. SAC Relays - 4/19/18	29:47.06	at Drake Relays - 4/27/17
Daniel Murphy	31:56.99	at Drake Relays - 4/26/18	31:56.99	at Drake Relays - 4/26/18

SEASON BESTS - MEN

400-METER RELAY (School Record - 39.12)

Names	Season Best
Sorrells, Wilson, Woodard, Harris	39.69
Williams, Wilson, Woodard, Harris	40.00
Woodard, Wilson, Hofacker, Harris	40.17
Calica-Hill, Frye, Koenig, Hofacker	40.63
Sorrells, Frye, Braverman, Hofacker	40.94
Hofacker, Frye, Braverman, Koenig	41.41
Sorrells, Thompson, Calica-Hill, Lietz	41.76

Meet - Date

at Willie Williams Classic - 3/17/18
 at Mt. SAC Relays - 4/21/18
 at Drake Relays - 4/27/18
 at Willie Williams Classic - 3/17/18
 at Mt. SAC Relays - 4/20/18
 at Battle on the Bayou - 4/7/18
 at Battle on the Bayou - 4/7/18

800-METER RELAY (School Record – 1:23.02)

Names	Season Best
Wilson, Sorrells, Douglas, Williams	1:25.87

Meet - Date

at Florida Relays - 3/31/18

1,600-METER RELAY (School Record - 3:01.91)

Names	Season Best
Hofacker, Woodard, Frye, Harris	3:04.38
Frye, Hofacker, Thompson, Harris	3:05.05
Hofacker, Harris, Woodard, Clarke	3:07.45
Frye, Lietz, Thompson, Hofacker	3:08.67
Thompson, Clarke, Lietz, Harris	3:09.71
Larrison, Clarke, Thompson, Lietz	3:13.82
Larrison, Thompson, Clarke, Lietz	3:15.04
Gaynes, Clarke, Douglas, Docherty	3:15.35
Lietz, Larrison, Eller, Mylenek	3:17.56
Gaynes, Douglas, Manternach, Teubel	3:21.02

Season Best Meet - Date

at Florida Relays - 3/31/18
 at Drake Relays - 4/28/18
 at Mt. SAC Relays - 4/21/18
 at Drake Relays - 4/27/18
 at Florida Relays - 3/30/18
 at Long Beach Invite - 4/20/18
 at Battle on the Bayou - 4/7/18
 at Willie Williams Classic - 3/17/18
 Musco Twilight - 4/12/18
 at Battle on the Bayou - 4/7/18

SPRINT MEDLEY RELAY (School Record - 3:15.64)

Names	Season Best
Hofacker, Woodard, Harris, VanDraska	3:18.11
Braverman, Thompson, Lietz, Manternach	3:26.84

Season Best Meet - Date

at Drake Relays - 4/28/18
 at Florida Relays - 3/31/18

3,200-METER RELAY (School Record – 7:18.60)

Names	Season Best
Melchert, Manternach, Teubel, Lilly	7:28.37
Teubel, VanDraska, Docherty, Sommer	7:45.02

Meet - Date

at Drake Relays - 4/27/18
 at Florida Relays - 3/31/18

DISTANCE MEDLEY RELAY (School Record - 9:39.94)

Names	Season Best
Mylenek, Thompson, Manternach, Melchert	9:50.70
VanDraska, Clarke, Sommer, Docherty	10:12.53

Season Best Meet - Date

at Drake Relays - 4/28/18
 at Florida Relays - 3/31/18

HIGH JUMP (School Record - 2.24 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Jay Hunt	6-8 3/4 (2.05m)	at Long Beach Invite - 4/20/18	6-8 3/4 (2.05m)	2x, last at Long Beach Invite - 4/20/18
William Dougherty	6-7 (2.01m) ^	at Bryan Clay Invite - 4/18/18	6-7 (2.01m) ^	at Bryan Clay Invite - 4/18/18
Cole Moeller	6-6 3/4 (2.00m)	2x, last at Long Beach Invite - 4/20/18	6-7 (2.01m)	at ISU Classic - 2/10/18
Daniel Gaynes	6-1 1/4 (1.86m) ^	2x, last at Bryan Clay Invite - 4/18/18	6-4 1/4 (1.94m)	at B1G Champs - 2/23/18

POLE VAULT (School Record - 5.18 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Andy Jastis	16-2 3/4 (4.95m)	at Drake Relays - 4/28/18	16-7 1/2 (5.07m)	at B1G Championships - 5/14/17
William Dougherty	15-9 (4.80m) ^	last at Bryan Clay Invite - 4/19/18	15-9 (4.80m) ^	last at Bryan Clay Invite - 4/19/18

SEASON BESTS - MEN

LONG JUMP (School Record - 8.25 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet – Date
O’Shea Wilson	25-0 1/2 (7.63m)	at Mt. SAC Relays - 4/20/18	25-9 1/2 (7.86m)	Hawkeye Invitational - 1/14/17
Cooper Koenig	23-5 1/2 (7.15m)	2x, last at Drake Relays - 4/28/18	23-5 1/2 (7.15m)	2x, last at Drake Relays - 4/28/18
William Dougherty	23-2 (7.06m) ^	at Bryan Clay Invite - 4/18/18	23-2 (7.06m) ^	at Bryan Clay Invite - 4/18/18
Tyree Sorrells	23-2 (7.06m)	at Long Beach Invite - 4/20/18	23-2 (7.06m)	at Long Beach Invite - 4/20/18
Akinske Calica-Hill	22-6 1/2 (6.87m)	at Willie Williams Classic - 3/16/18	23-2 1/2 (7.07m)	at Jim Click Shootout - 4/8/17
Daniel Gaynes	22-1 (6.73m)	at Willie Williams Classic - 3/16/18	22-7 1/4 (6.89m)	Wieczorek Invite - 1/19/18

TRIPLE JUMP (School Record - 16.66 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Akinske Calica-Hill	48-9 1/2 (14.87m)	at Drake Relays - 4/27/18	48-9 1/2 (14.87m)	at Drake Relays - 4/27/18

SHOT PUT (School Record - 19.27 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet – Date
Reno Tuufuli	60-8 1/2 (18.50m)	at Drake Relays - 4/27/18	63-3 1/4 (19.28m) *	at B1G Champ’s - 2/23/18
William Dougherty	46-10 1/4 (14.28m) ^	at Bryan Clay Invite - 4/18/18	47-3 3/4 (14.42m)	at B1G Champs - 2/23/18
Daniel Gaynes	34-7 (10.54m) ^	at Bryan Clay Invite - 4/18/18	35-8 (10.87m)	Hawkeye Invite - 1/13/18

DISCUS (School Record – 63.11 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet – Date
Reno Tuufuli	193-8 (59.03m)	at Texas Relays - 3/31/18	203-7 (62.06m)	at NCAA West Prelim - 5/27/17
William Dougherty	130-7 (39.81m) ^	at Bryan Clay Invite - 4/19/18	133-6 (40.70m) ^	at B1G Champs - 5/13/17
Daniel Gaynes	108-3 (33.00m)	at Willie Williams Classic - 3/16/18	108-3 (33.00m)	at Willie Williams Classic - 3/16/18

JAVELIN (School Record - 74.89 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet – Date
Alex Balke	196-6 (59.90m)	Musco Twilight - 4/12/18	205-11(62.77m)	at Pepsi Florida Relays - 3/31/16
William Dougherty	170-4 (51.93m) ^	at Bryan Clay Invite - 4/19/18	174-11 (53.31m) ^	at B1G Champis - 5/13/17
Daniel Gaynes	123-1 (37.53m)	Musco Twilight - 4/12/18	123-1 (37.53m)	Musco Twilight - 4/12/18

DECATHLON (School Record - 7,673 points)

Name	Season Best	Meet - Date	Collegiate Best	Meet – Date
William Dougherty	7,673 points *	at Bryan Clay Invite - 4/18-19/18	7,673 points *	at Bryan Clay Invite - 4/18-19/18
Daniel Gaynes	5,773 points	at Bryan Clay Invite - 4/18-19/18	5,773 points	at Bryan Clay Invite - 4/18-19/18

* - school record, ^ - part of heptathlon