



April 17-20, 2019

# IOWA Track & Field

## 2019 Notes



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### 2019 IOWA TRACK & FIELD OUTDOOR SCHEDULE

Date	Meet
Mar. 15-16	at Baldy Castillo Invitational (Tempe, Arizona)
Mar. 29-30	at Florida Relays (Gainesville, Florida) at Stanford Invitational (Stanford, California)
Apr. 5-6	at Sun Angel Classic (Tempe, Arizona)
Apr. 13	<b>Musco Twilight</b> (Iowa City, Iowa)
Apr. 18-20	at Mt. SAC Relays (Los Angeles, California)
Apr. 25-27	at Drake Relays (Des Moines, Iowa)
May 10-12	<b>B1G Outdoor Championships</b> (Iowa City, Iowa)
May 23-25	at NCAA First Round (Sacramento, California)
June 5-8	at NCAA Championships (Austin, Texas)

### IOWA COACHING STAFF

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

### THIS WEEK

The University of Iowa track and field team travels to California this week to compete at the Bryan Clay Invitational (Azusa Pacific), Mount SAC Relays, and the 25th annual Beach Invitational (Long Beach State). A full schedule of events is located at [hawkeyesports.com](http://hawkeyesports.com) on the track and field schedule page.

### FOLLOW THE HAWKEYES

Fans can follow the Mt. SAC Relays live results on [hawkeyesports.com/tracklive](http://hawkeyesports.com/tracklive). Live stats and a live stream for the meet are also linked on the Iowa track and field schedule page, [hawkeyesports.com/trackschedule](http://hawkeyesports.com/trackschedule), and is posted on the team's official twitter account @iowaxc\_tf.

### BACK TO CALI

Junior Jenny Kimbro and senior Tria Simmons recorded career-best heptathlon scores last season at the Bryan Clay Invitational, improving their standings in Iowa's all-time heptathlon list to second and third, respectively. The duo both surpassed Kathy Gillespie's score of 5,262 points from 1983. Kimbro tallied 5,523 points, and Simmons tallied 5,398 points.

Senior Dan Soto and sophomore Luke Sampson ran top-10 times last season in the 10,000 meters. Soto ranks fourth (29:39.35) all-time, and Sampson ranks ninth (29:58.47). Senior Chris Douglas won the men's open 110-meter hurdles.

Tyree Sorrells won his first career long jump competition at last year's Beach Invitational with a career best 7.06-meter (23-2) mark.

### HAWKEYES IN THE RANKINGS

The University of Iowa men's and women's track and field teams are both ranked in the top 25 in the United States Track & Field and Cross Country Coaches Association Week 3 poll. The USTFCCCA ranks both teams at No. 21

### NATIONALLY RANKED HAWKS

The Hawkeyes have 12 individual marks in the NCAA's top 16, including the NCAA women's discus leader, junior Laulauga Tausaga, the second fastest men's 1,600-meter relay from freshman Wayne Lawrence Jr., junior Antonio Woodard, junior Collin Hofacker, and senior Mar'yea Harris, and the third farthest discus throw from senior Reno Tuufuli. Iowa is the only team in the NCAA with multiple 400-meter runners under 46 seconds this season.

#### *Top 16 in the NCAA:*

1. Laulauga Tausaga - discus (61.74 meters, 202-7)
2. Lawrence, Woodard, Hofacker, Harris - 1,600-meter relay (3:03.10)
3. Reno Tuufuli - discus (62.54, 205-2)
5. Briana Guillory - 400 meters (51.92)
5. Konstadina Spanoudakis - discus (57.95 meters, 190-1)
7. Karayme Bartley - 400 meters (45.83)
9. Matt Manternach - 800 meters (1:47.84)
10. Mar'yea Harris - 400 meters (45.88)
14. Jaylan McConico - 110 hurdles (13.82)
14. Jenny Kimbro - 400 hurdles (58.27)
15. Wayne Lawrence Jr. - 400 meters (45.96)
16. Chris Douglas - 400 hurdles (51.18)





## B1G LEADERS

The Hawkeyes are ranked in the top five 34 times in the conference. Five individual Hawkeyes are leading the Big Ten Conference in their respective events, including Karayme Bartley (400 meters), Briana Guillory (400 meters), Jaylan McConico (110 hurdles), Reno Tuufuli (discus), and Laulauga Tausaga (discus). Iowa also holds the fastest men's 1,600-meter relay from freshman Wayne Lawrence Jr., junior Antonio Woodard, junior Collin Hofacker, and senior Mar'yea Harris.

### *Top Eight in the Big Ten:*

1. Karayme Bartley - 400 meters (45.83)
1. Briana Guillory - 400 meters (51.92)
1. Jaylan McConico - 110 hurdles (13.82)
1. Reno Tuufuli - discus (62.54 meters, 205-2)
1. Laulauga Tausaga - discus (61.74 meters, 202-7)
1. Lawrence, Woodard, Hofacker, Harris - 1,600-meter relay (3:03.10)
2. Mar'yea Harris - 400 meters (45.88)
2. Matt Manternach - 800 meters (1:47.84)
2. Anthony Williams - 110 hurdles (13.86)
2. Chris Douglas - 400 hurdles (51.18)
2. Konstadina Spanoudakis - discus (57.95 meters, 190-1)
3. Nathan Mylenek - 3,000-meter steeplechase (8:55.23)
4. Wayne Lawrence Jr. - 400 meters (45.96)
4. Jenny Kimbro - 100 hurdles (13.53)
4. Chris Douglas - 110 hurdles (13.98)
4. Noah Larrison - 400 hurdles (51.49)
4. Jenny Kimbro - 400 hurdles (58.27)
4. Tria Simmons - high jump (1.76 meters, 5-9 1/4)
4. Kimbro, Weum, Simmons, Wensel - 1,600-meter relay (3:36.32)
5. Raymonte Dow - 400 hurdles (52.14)
5. Williams, Woodard, Hofacker, Harris - 400-meter relay (40.16)
5. Jay Hunt - high jump (2.11 meters, 6-11)
5. Reno Tuufuli - shot put (18.21 meters, 59-9)
5. Laulauga Tausaga - hammer (60.32 meters, 197-11)
6. Antonio Woodard - 200 meters (20.69)
6. Carter Lilly - 800 meters (1:48.95)
6. Kimbro, Laye, Guillory, Christian - 400-meter relay (45.60)
7. Mallory King - 800 meters (2:07.08)
8. Antonio Woodard - 100 meters (10.49)
8. Tysen VanDraska - 800 meters (1:49.22)
8. Ian Eklin - 10,000 meters (30:10.40)
8. Andrea Shine - 10,000 meters (34:10.24)
8. Amanda Carty - triple jump (12.25 meters, 40-2 1/4)
8. Laulauga Tausaga - shot put (15.95 meters, 52-4)

## COUNTING ALL-TIME TRACKHAWKS

The men have 27 current athletes on Iowa's outdoor all-time top 10 (177 times, including relay individuals), led by school-record holders Mar'yea Harris, (400-meters, 800-meter relay, 1,600-meter relay), DeJuan Frye (1,600-meter relay), and Collin Hofacker (1,600-meter relay).

The women have 22 athletes in the top 10 (57 times). Junior Laulauga Tausaga holds the school records in the shot put (17.34 meters, 56-10 3/4) and discus (61.74 meters, 202-7), and senior Briana Guillory ran on the school-record 1,600-meter relay (3:30.97, 2016).

## 2019 OUTDOOR SEASON LEADERS

### MEN

100 Meters .....	Antonio Woodard .....	10.49
110-Meter Hurdles ....	Jaylan McConico .....	13.82
200 Meters .....	Antonio Woodard .....	20.69
400 Meters .....	Karayme Bartley.....	45.83
400-Meter Hurdles ....	Chris Douglas .....	51.18
800 Meters .....	Matt Manternach.....	1:47.84
1,500 Meters .....	Nathan Mylenek .....	3:52.06
3,000 Meters .....	Karson Sommer.....	8:37.83
3,000 Steeplechase....	Nathan Mylenek .....	8:55.23
5,000 Meters .....	Noah Healy .....	14:43.23
10,000 Meters .....	Ian Eklin .....	30:10.40
400-Meter Relay .....	Williams, Woodard, Hofacker, Harris ....	40.1
Shuttle Hurdle Relay ...	Williams, Haack, Braverman, McConico .....	1:01.14
800-Meter Relay .....	Sorrells, Braverman, Douglas, Haack	1:28.29
1,600-Meter Relay .....	Lawrence Jr., Woodard, Hofacker, Harris .....	3:03.10
3,200-Meter Relay .....	Teubel, Still, Olson, Andrews.....	7:36.62
Distance Medley Relay .	Teubel, Andrews, Olson, VanDraska .	10:10.17
High Jump .....	Jay Hunt .....	6-11 (2.11m)
Pole Vault.....	Peyton Haack .....	15-1 3/4 (4.62m)
Long Jump.....	James Carter .....	23-7 1/4 (7.19m)
Triple Jump .....	James Carter .....	49-5 (15.06m)
Shot Put .....	Reno Tuufuli.....	62-2 1/2 (18.96m)
Discus.....	Reno Tuufuli.....	205-2 (62.54m)
Javelin .....	Peyton Haack .....	155-11 (47.53m)

### WOMEN

100 Meters .....	Antonise Christian.....	11.97
100-Meter Hurdles ....	Jenny Kimbro .....	13.53
200 Meters .....	Talia Buss .....	24.32
400 Meters .....	Briana Guillory .....	51.92
400-Meter Hurdles ....	Jenny Kimbro .....	58.27
800 Meters .....	Mallory King.....	2:07.08
1,500 Meters .....	Grace McCabe.....	4:32.94
3,000 Meters .....	Kylie Latham.....	10:19.44
3,000 Steeplechase....	Anna Hostetler .....	11:02.81
5,000 Meters .....	Megan Schott .....	16:28.97
10,000 Meters .....	Andrea Shine.....	34:10.24
400-Meter Relay .....	Kimbro, Laye, Guillory, Christian .....	45.60
800-Meter Relay .....	Christian, Buss, Swanson, Morken....	1:38.52
1,600-Meter Relay .....	Kimbro, Weum, Simmons, Wensel ...	3:36.32
Sprint Medley Relay....	Swanson, Morken, King, Arco .....	3:52.85
3,200-Meter Relay .....	Welker, Saunders, McCabe, Weber...	9:04.18
High Jump .....	Tria Simmons .....	5-9 1/4 (1.76m)
Long Jump.....	Amanda Carty .....	19-8 (5.99m)
Triple Jump .....	Amanda Carty .....	40-2 1/4 (12.25m)
Shot Put .....	Laulauga Tausaga .....	52-4 (15.95m)
Discus.....	Laulauga Tausaga .....	* 202-7 (61.74m)
Javelin .....	Marissa Mueller .....	132-2 (40.28m)
Hammer Throw.....	Laulauga Tausaga .....	197-11 (60.32m)

\* -- school record



## B1G ATHLETES OF THE WEEK

Tausaga is the third Hawkeye to be named Big Ten Athlete of the Week during the outdoor season. Tausaga won the discus at the Sun Angel Classic, recording a 61.74-meter (202-7) throw that leads the NCAA, ranks seventh in the world, and set a new school record. She added another win in the hammer throw, throwing 60.32 meters (197-11), a mark that ranks second all-time at Iowa and fifth this season in the Big Ten.

The Hawkeyes swept the Big Ten Field Athlete of the Week awards in the first week of the outdoor season. Sophomore Konstadina Spanoudakis earned the women's honor and sophomore Jay Hunt earned the men's.

Spanoudakis threw 53.41 meters (175-2) in the discus at the Baldy Castillo Invitational. She bettered her third ranked all-time mark on Iowa's top-10 list by nearly a meter.

Hunt recorded a lifetime best high jump at Arizona State. Hunt's 2.11-meter (6-11) high jump broke onto the Iowa top-10 all-time list, ranking ninth. He also ranks fifth in the NCAA.

Three Hawkeyes were named Big Ten Athletes of the week during the indoor season, including Tausaga (Feb. 6), Mar'yea Harris (Feb. 6), and Jenny Kimbro (Dec. 12).

## NEXT ON THE BLOCK

The Hawkeyes compete at the Drake Relays on April 25-27 in Des Moines, Iowa. Ticket information is linked on [hawkeyesports.com/trackschedule](http://hawkeyesports.com/trackschedule).

## NCAA QUALIFICATIONS

### *First Round - Sacramento, Calif. (May 23-25)*

For each individual event contested at each of the two Preliminary Round sites, the top 48 declared student-athletes will be accepted into the competition. For each relay event, the top 24 declared relay teams will be accepted into the competition. Combined events (Heptathlon and Decathlon), are not contested at the Preliminary Round sites. For combined events (Heptathlon and Decathlon), the top 24 declared student-athletes in each event based on their position on the national descending-order list will be accepted directly into the Championships.

The individual event student-athletes and relay teams accepted into Preliminary Round competition will be announced and posted on [NCAA.com](http://NCAA.com) the week prior to Preliminary Round competition.

### *Championship Round - Austin, Texas (June 5-8)*

Qualifying to the Championships site is accomplished through performance in the Preliminary Round competition. Twelve competitors from each individual event and twelve teams from each relay event advance from each Preliminary Round site. The individual event student-athletes and relay teams accepted into Championships competition based on their performance at Preliminary Round competition will be announced and posted on [NCAA.com](http://NCAA.com) the week prior to Championships competition.

## PRONUNCIATION GUIDE

Karayme Bartley .....	Kuh-raym
Ashley Bryja .....	Bree-UH
Mika Cox .....	MY-cuh
Briana Guillory .....	Gill-ree
Mar'yea Harris .....	Mar-ee-ay
Tanner Iske .....	Iss-kee
Any Jatis .....	JAY-tiss
Kylie Latham .....	Lay-thum
Matt Manternach .....	MON-ter-knock
Cole Moeller .....	MOLE-er
Nathan Mylenek .....	MY-len-ek
Nolan Roethler .....	RAY-th-ler
Konstadina Spanoudakis .....	SPAWN-uh-dock-iss
Tyree Sorells .....	Ser-ELs
Lalauga Tausaga .....	LAU-long-a Tuh-saga
Reno Tuufuli .....	TOO-foo-lee
Gillian Urycki .....	YER-ick-ee
Elzerie van Dyk .....	EL-zur-ee VAN-dike
Jordan Winke .....	Wink-ee

## Francis X. Cretzmeyer Track

The University of Iowa track and field team practices and competes at the Francis X. Cretzmeyer Track during the outdoor season. Located within walking distance of Carver-Hawkeye Arena and Pearl Field, the track was completed in 1986. The facility was named after the late Francis X. Cretzmeyer, who coached the men's cross country and track teams from 1948-78 and led the Hawkeyes to five Big Ten team titles.

Iowa hosted the 1987, 2000, and 2011 Big Ten Championships at Cretzmeyer, and will host the 2019 Big Ten Outdoor Championships May 10-12.



# OUTDOOR ALL-TIME TOP TEN PERFORMERS



Jeremy Allen



Justin Austin



Matt Byers



Troy Doris



William Dougherty



Mar'Yea Harris



Jeffery Herron

## 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.	<b>Antonio Woodard, 2018.....</b>	<b>10.34</b>
10.	Bob Lawson, 1976 .....	10.36

## 110-Meter High Hurdles

1.	Aaron Mallett, 2017.....	13.24
2.	Pat McGhee, 1989 .....	13.50
3.	Dion Trowers, 1996.....	13.62
4.	Ronnie McCoy, 1985.....	13.66
5.	Ethan Holmes, 2011 .....	13.73
6.	Jordan Mullen, 2013.....	13.76
	<b>Chris Douglas, 2018.....</b>	<b>13.76</b>
8.	<b>Jaylan McConico, 2019.....</b>	<b>13.82</b>
9.	<b>Anthony Williams, 2019.....</b>	<b>13.86</b>
10.	James Armstrong, 1991.....	13.89

## 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.	<b>Antonio Woodard, 2018.....</b>	<b>20.61</b>
7.	Andre Morris, 1995 .....	20.64
8.	George Page, 1996 .....	20.67
9.	<b>Collin Hofacker, 2017 .....</b>	<b>20.71</b>
10.	Terrence Duckett, 1982.....	20.74

## 400 Meters

1.	<b>Mar'yea Harris, 2018 .....</b>	<b>44.94</b>
2.	Anthuan Maybank, 1993 .....	44.99
3.	Andre Morris, 1995 .....	45.15
4.	Mike Mondane, 1967 .....	45.20
5.	Steven Willey, 2010 .....	45.78
6.	<b>Karayne Bartley, 2019 .....</b>	<b>45.83</b>
7.	<b>Wayne Lawrence, Jr., 2019 .....</b>	<b>45.96</b>
8.	<b>DeJuan Frye, 2018.....</b>	<b>46.17</b>
9.	Gary Hollingsworth, 1963.....	46.30
	Harold Leonard, 1986.....	46.45

## 400-Meter Hurdles

1.	Pat McGhee, 1988 .....	48.83
2.	Monte Raymond, 1998.....	50.09
3.	Ray Varner, 2010.....	50.24
4.	<b>Chris Douglas, 2018.....</b>	<b>50.44</b>
5.	Paul Steele, 1989 .....	50.45
6.	Russell Peterson, 2001 .....	50.50
7.	Ethan Holmes, 2013 .....	50.51
8.	Adam Kunkel, 2001.....	50.73
9.	Jon Reimer, 1967 .....	50.94
	<b>Noah Larrison, 2016.....</b>	<b>50.94</b>

## 800 Meters

1.	Erik Sowinski, 2012.....	1:45.90
2.	<b>Carter Lilly, 2016 .....</b>	<b>1:47.32</b>
3.	Bill Frazier, 1962 .....	1:47.64
4.	D'Juan Strozier, 1990 .....	1:47.82
5.	<b>Matt Manternach, 2019 .....</b>	<b>1:47.84</b>
6.	Adam Hairston, 2011.....	1:48.10
7.	Will Teubel, 2015.....	1:48.60
8.	<b>Tysen VanDraska, 2019 .....</b>	<b>1:49.22</b>
9.	Michael Layne, 1999.....	1:49.61
10.	Bill Thiesen, 1985 .....	1:49.74

## 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.	Adam Jones, 2017 .....	3:45.48
6.	Dan Waters, 1986 .....	3:46.35
7.	<b>Michael Melchert, 2018 .....</b>	<b>3:46.56</b>
8.	Kevin Herd, 1994 .....	3:46.64
9.	John Clark, 1977 .....	3:46.84
10.	<b>Nathan Mylenek, 2018.....</b>	<b>3:47.87</b>

## 3,000-Meter Steeplechase

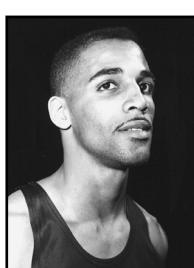
1.	Deacon Jones, 1956.....	8:47.40
2.	<b>Nathan Mylenek, 2018.....</b>	<b>8:48.66</b>
3.	Steve Pershing, 1978 .....	8:54.59
4.	Andy Morris, 2000.....	8:56.21
5.	Matt Gerard, 1994 .....	8:57.01
6.	Andy Napier, 2008 .....	8:57.54
7.	Rollie Kitt, 1967 .....	9:02.90
8.	Al Greene, 1985.....	9:02.96
9.	Tony 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.	<b>Nathan Mylenek, 2018.....</b>	<b>14:09.43</b>
10.	Adam Jones, 2017 .....	14:11.52



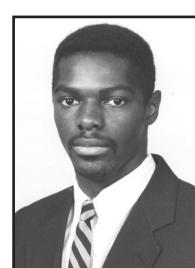
Gabe Hull



Deacon Jones

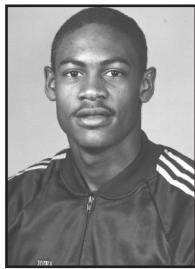


Aaron Mallett



Anthuan Maybank

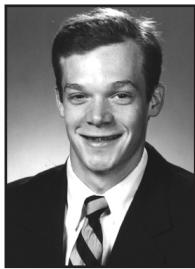
# OUTDOOR ALL-TIME TOP TEN PERFORMERS



Pat McGhee



Erik Sowinski



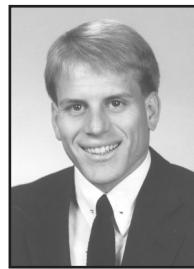
Stetson Steele



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
<b>4. Daniel Soto, 2018 .....</b>	<b>29:39.35</b>	
5.	Nick Nordheim, 2002 .....	29:44.71
6.	Trent Corey, 2002 .....	29:45.25
<b>7. Ian Eklin, 2017 .....</b>	<b>29:47.06</b>	
8.	Chad Schwitters, 1999.....	29:56.00
<b>9. Luke Sampson, 2018 .....</b>	<b>29:58.47</b>	
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)
	<b>Jay Hunt, 2019 .....</b>	<b>6-11 (2.11)</b>

## 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)
<b>5. Andy Jatis, 2018.....</b>	<b>16-7 1/2 (5.07)</b>	
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)

## Discus

1.	Gabe Hull, 2014 .....	207-1 (63.11)
<b>2. Reno Tuufuli, 2019.....</b>	<b>205-2 (62.54)</b>	
3.	A.J. Curtis, 2007.....	202-11 (61.84)
4.	Gary Kostrubala, 1986.....	202-4 (61.68)
5.	Jeremy Allen, 2001 .....	195-4 (59.54)
6.	Tim Brodersen, 2005 .....	193-6 (58.98)
7.	Avery Meyers, 2017.....	185-8 (56.61m)
8.	Brad Daufeldt, 2004 .....	185-0 (56.40)
9.	Nick Brayton, 2009 .....	180-11 (55.15)
10.	Andy Banse, 2005 .....	180-0 (54.86)

## Hammer

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

## Javelin

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

## 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)
<b>9. James Carter, 2019.....</b>	<b>49-5 (15.06)</b>	
10.	Matty Gorman, 2008 .....	49-2 1/2 (15.00)

## Shot Put

1.	Jeremy Allen, 2001 .....	63-2 3/4 (19.27)
<b>2. Reno Tuufuli, 2018.....</b>	<b>62-10 3/4 (19.17)</b>	
3.	Ken Kemeny, 2005 .....	62-3 (18.97)
4.	Shane Maier, 2006.....	62-2 1/4 (18.95)
5.	Andy Banse, 2005.....	61-11 1/2 (18.88)
6.	John Hickey, 2008 .....	61-9 1/2 (18.83)
7.	Avery Meyers, 2017 .....	60-4 (18.39)
8.	Chris Gambol, 1987 .....	60-0 1/2 (18.30)
9.	A.J. Curtis, 2008 .....	59-8 1/4 (18.19)
10.	Gabe Hull, 2014 .....	59-4 1/4 (18.09)

# MEN'S ALL-TIME RELAYS

## 400-Meter Relay

1. Brissett, Wilson, Thompson, Mallett, 2017 ..... 39.12
2. Mincy, Wilson, Harrington, Brown, 2014 ..... 39.19
3. Mincy, Austin, E. Holmes, Larney, 2013 ..... 39.31
4. Saucer, Jr., Brissett, Harrington, Mallett, 2016 ..... 39.44
5. Brissett, Wilson, **Woodard**, Mallett, 2017 ..... 39.46
6. Beecham, Duckett, Greer, R. Smith, 1984 ..... 39.48
7. Mallett, Wilson, Ogwo, **Harris**, 2017 ..... 39.49
8. **Woodard**, Wilson, **Hofacker**, **Harris**, 2018 ..... 39.51
9. Brissett, **Harris**, Harrington, Mallett, 2016 ..... 39.53
10. Brissett, Wilson, Ogwo, **Harris**, 2017 ..... 39.59

## Shuttle Hurdle Relay

1. McGhee, Armstrong, Falls, Stelle, 1989 ..... 57.80
2. Wigginton, Jones, Lacey, McCoy, 1985 ..... 59.77
3. **Williams, Haack, Braverman, McConico, 2019** ..... **1:01.14**
4. 1975 ..... 1:05.20

## 800-Meter Relay

1. James, Mallett, **Harris**, B. Thompson, 2017 ..... 1:23.02
2. B. Thompson, Brissett, Harrington, Ganschow, 2016 ..... 1:23.36
3. B. Thompson, Ganschow, **Frye, Hofacker**, 2017 ..... 1:23.73
4. Richardson, Sayon, Richards, Chaney, Jr., 2009 ..... 1:24.85
5. Harrington, VanCleave, Wilson, Mallett, 2014 ..... 1:24.86
6. Austin, Brown, Larney, VanCleave, 2013 ..... 1:25.60
7. Wilson, **Sorrells, Douglas, Williams**, 2018 ..... 1:25.87
8. Barclay, McCalister, Jensen, Elliott, 1979 ..... 1:26.39
9. **Sorrells, Braverman, Douglas, Haack, 2019** ..... **1:28.29**
10. Thomas, Balkrishnan, Patterson, Freidrich 1991 ..... 1:28.38

## 1,600-Meter Relay

1. **Frye, Harris, Hofacker, Ogwo**, 2017 ..... 3:01.91
2. **Frye, Ogwo, Hofacker, Harris**, 2017 ..... 3:02.57
3. **Lawrence Jr., Woodard, Hofacker, Harris, 2019** ..... **3:03.10**
4. Morris, Davis, Page, Rozell, 1995 ..... 3:03.11
5. Branch, Dwight, Dodge, Yamini, 1999 ..... 3:03.29
6. **Frye, Woodard, Hofacker, Harris**, 2018 ..... 3:03.69
7. Ogwo, **Harris, Hofacker, Lilly**, 2017 ..... 3:03.78
8. Ferree, Frazier, Mondane, Reimer, 1967 ..... 3:04.10
9. **Hofacker, Woodard, Frye, Harris**, 2018 ..... 3:04.38
10. Rozell, Morris, Davis, Yamini, 1996 ..... 3:04.71

## Sprint Medley Relay

1. McCorkle, Jones, Chung, Strozier, 1990 ..... 3:15.64
2. Sayon, Austin, Willey, Sowinski, 2011 ..... 3:16.18
3. Richards, Larney, Davey, Sowinski, 2012 ..... 3:17.25
4. Richardson, Richards, Willey, Sowinski, 2010 ..... 3:17.74
5. **Hofacker, Woodard, Harris, VanDraska**, 2018 ..... 3:18.11
6. Saucer, Jr., Brissett, **Harris, Lilly**, 2016 ..... 3:18.53
7. **Hofacker, Woodard, Harris, Lilly**, 2017 ..... 3:18.73
8. Armstrong, Thomas, Maybank, Strozier, 1991 ..... 3:18.93
9. Yamini, Davis, Dodge, Donovan, 1999 ..... 3:19.87
10. Richards, Chaney, Jr., Barton, Hairston, 2009 ..... 3:20.05

## 3,200-Meter Relay

1. Schum, Christensen, Steffen, Criswell, 1971 ..... 7:18.60
2. Hairston, Prom, Thode, Sowinski, 2011 ..... 7:23.77
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, 1989 ..... 7:29.00
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, 2009 ..... 7:33.08
10. Tweedy, Gajewski, Linden, O'Hollearn, 2005 ..... 7:33.12

## Distance Medley Relay

1. Pershing, Moeller, Slack, Docherty, 1978 ..... 9:39.94
2. Kuczwar, Barton, Hairston, Thode, 2011 ..... 9:41.37
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, 1985 ..... 9:54.04
8. Wilfong, Slaymaker, W. Teubel, Witt, 2013 ..... 9:54.05
9. Luciano, Pierre, Hairston, VanDenend, 2007 ..... 9:54.07
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, 2016 ..... 17:00.30
5. Paul, Kadlec, Thode, Luciano, 2010 ..... 17:01.46
6. Witt, Lewis, Hart, Butler, 2014 ..... 17:01.65
7. N. Holmes, Witt, Thode, Lewis, 2012 ..... 17:02.26
8. Thomas, Allen, Rakaric, Lloyd, 2003 ..... 17:06.27
9. Pittman, Novotny, Feeldy, Marquardt, 1995 ..... 17:12.49
10. Bakker, Feeldy, Peters, Pittman, 1996 ..... 17:13.10

# 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.	<b>Briana Guillory, 2016 .....</b>	<b>11.35</b>
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.	<b>Jenny Kimbro, 2018 .....</b>	<b>13.38</b>
3.	Jahisha Thomas, 2017 .....	13.46
4.	Karessa Farley, 2009.....	13.53
5.	C. Prendergast, 1999 .....	13.60
	Paula Ruen, 2000.....	13.60
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.	<b>Briana Guillory, 2016 .....</b>	<b>22.89</b>
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
	<b>Briana Guillory, 2018 .....</b>	<b>51.85</b>
4.	Shellene Williams, 2004 .....	51.94
5.	Ashley Liverpool, 2012 .....	52.47
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.	MonTayla Holder, 2014.....	56.70
4.	<b>Jenny Kimbro, 2019 .....</b>	<b>58.27</b>
5.	Chris Davenport, 1981 .....	59.18
6.	Sommer Sharpe, 2018.....	59.20
7.	Sarah Plock, 2018 .....	59.49
8.	Hannah Simonson, 2012 .....	59.54
9.	Sarah Steffen, 2002 .....	59.59
10.	Tiffany Hendricks, 2011.....	59.63

## 800 Meters

1.	Bethany Praska, 2011.....	2:03.78
2.	Kay Stormo, 1982 .....	2:05.67
3.	Michelle Lahann, 2004 .....	2:06.79
4.	<b>Mallory King, 2019.....</b>	<b>2:07.08</b>
5.	Katharina Trost, 2015 .....	2:07.09
6.	Mahnee Watts, 2016.....	2:07.41
7.	Aisha Hume, 2005 .....	2:08.50
8.	Adrianne Alexia, 2013 .....	2:08.61
9.	Jeanne Kruckeberg, 1987 .....	2:08.75
10.	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 Wayire, 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.	<b>Anna Hostetler, 2019 .....</b>	<b>11:02.81</b>

## 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



Jahisha Thomas

## 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

## 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**

## High Jump

1. Peaches Roach, 2006 ..... 6-1 1/4 (1.86)
2. Mary Mol, 1983 ..... 6-0 (1.83)
3. Khanishah Williams, 2013.5-11 1/4 (1.81)
4. Caleigh Bacchus, 2010 ..... 5-10 (1.78)
5. Lynn McMillan, 1988 ..... 5-9 1/4 (1.76)
- Aubrianna Lantrip, 2018....5-9 1/4 (1.76)**
- Gillian Urycki, 2018 .....** **5-9 1/4 (1.76)**
- Tria Simmons, 2019 .....** **5-9 1/4 (1.76)**
9. Madison Rouw, 2016 ..... 5-8 3/4 (1.75)
10. Kacey Childs, 2001 ..... 5-8 1/2 (1.74)

## 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)

## Long Jump

1. Aisha James, 2003..... 22-3 (6.78)
2. Jahisha Thomas, 2018 ..... 21-6 (6.55)
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. **Amanda Carty, 2019** ..... **19-8 (5.99)**
7. Becki Borg, 1988 ..... 19-7 1/4 (5.97)
8. **Jenny Kimbro, 2018** ..... **19-7 (5.97)**
9. Cassidy Ellis, 2015 ..... 19-6 1/4 (5.95)
10. Lisa Moats, 1986 ..... 19-6 (5.95)

## Triple Jump

1. Jahisha Thomas, 2018 ..... 44-2 (13.46)
2. Renee White, 2008 ..... 43-10 3/4 (13.36)
3. Zinnia Miller, 2014..... 42-0 1/2(12.81)
4. Tiffany Johnson, 2007 .... 41-8 3/4 (12.72)
5. **Tria Simmons, 2018.... 40-11 3/4 (13.49)**
6. Carisa Leacock, 2012.... 40-10 1/2 (12.46)
7. Becki Borg, 1988 ..... 40-7 1/2 (12.38)
8. **Hannah Schlib, 2017..... 40-6 (12.34)**
9. **Amanda Carty, 2019 .....** **40-2 1/4 (12.25)**
10. Lynn McMillan, 1988 ..... 39-6 1/2 (12.05)

**Allison Wahrman, 2018 . 39-6 1/2 (12.05)**

## Shot Put

1. **Laulauga Tausaga, 2018 .56-10 3/4 (17.34)**
2. **Nia Britt, 2018..... 54-2 1/2 (16.52)**
3. Lisa Van Steenwyk, 1992 ..... 50-8 (15.44)
4. Gail Smith, 1984..... 50-3 1/4 (15.32)
5. Denise Taylor, 1992 ..... 50-1 3/4 (15.28)
6. **Erika Hammond, 2019 ... 49-9 1/4 (15.17)**
7. Kamesha Marshall, 2005.48-6 3/4 (14.80)
8. Laura Kriener, 1990..... 48-2 1/2 (14.69)
9. Jennifer Gilson, 2002 ..... 47-10 (14.58)
10. Rachel Curry, 2013..... 47-9 1/4 (14.56)

## Discus

1. **Laulauga Tausaga, 2019.....202-7 (61.74)**
2. **K. Spanoudakis, 2019 .....** **190-1 (57.95)**
3. Majesty Tutson, 2013 ..... 181-1 (55.19)
4. Dakotah Goodell, 2014 ..... 169-4 (51.62)
5. Kara Misel, 2018 ..... 162-1 (49.40)
6. Tiffany Medenwaldt, 2010.. 161-3 (49.16)
7. Denise Taylor, 1992 ..... 160-5 (48.90)
8. Amanda Stahle, 2014..... 159-3 (48.54)
9. Lisa Van Steenwyk, 1991 .... 159-1 (48.50)
10. Gail Smith, 1983..... 158-2 (48.22)

# 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, Avant, Champe, Brown, 2018 ..... 44.52
7. Thomas, **Guillory**, Hernandez, Brown, 2017 ..... 44.53
8. Kwaza, Guster, Holder, Brown, 2014 ..... 44.62
9. Poole, Reid, Floyd, Hobbs, 1994 ..... 44.63
- Chapman, **Guillory**, Hernandez, Brown, 2017 ..... 44.63

## Shuttle Hurdle Relay

1. Prendergast, Cole, Raheem, Ruen, 1998 ..... 56.44
2. Cole, Prendergast, Raheem, Ruen, 1998 ..... 56.54
3. Raheem, 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. **Christian, Buss, Swanson, Morken, 2019** ..... **1:38.52**
10. Prendergast, Dixon, Knight, Providence, 2001 ..... 1:38.73

## 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
- Champe, **Guillory**, Plock, Sharpe, 2018 ..... 3:35.94
9. Guster, Watts, Hernandez, Kwaza, 2014 ..... 3:36.09
10. Hume, Charles, Steffen, Williams, 2003 ..... 3:36.26

## 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. **Swanson, Morken, King, Arco, 2019** ..... **3:52.85**
5. Kwaza, Brown, Guster, Trost, 2015 ..... 3:53.29
6. Kwaza, R. Moore, Holder, Alexia, 2013 ..... 3:54.51
7. Trusty, R. Moore, Hendricks, Praska, 2010 ..... 3:56.53
8. Reid, Philip, Hobbs, Benning, 1995 ..... 3:56.54
9. Roach, Alexander, McCalla, Stanley, 2005 ..... 3:56.99
10. Kwaza, R. Moore, Alexia, Nelson, 2013 ..... 3:58.72

## 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
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