



January 31, 2020

IOWA Track & Field 2020 Notes



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2019-20 IOWA TRACK & FIELD INDOOR SCHEDULE

Date	Meet
Dec. 14	Jimmy Grant Invitational <i>(Iowa City, Iowa)</i>
Jan. 10-11	Hawkeye Invitational <i>(Iowa City, Iowa)</i>
Jan. 17-18	Larry Wiczorek Invitational <i>(Iowa City, Iowa)</i>
Jan. 24-25	Rod McCravy Memorial <i>(Lexington, Ky.)</i>
Jan. 31-Feb. 1	Black & Gold Invitational <i>(Iowa City, Iowa)</i> UW Invitational <i>(Seattle, Wash.)</i>
Feb. 7-8	Frank Sevine Invite <i>(Lincoln, Nebraska)</i> Meyo Invitational <i>(South Bend, Ind.)</i>
Feb. 14-15	Texas Tech Shootout <i>(Lubbock, Texas)</i> Iowa State Classic <i>(Ames, Iowa)</i> Tyson Invitational <i>(Fayetteville, Ark.)</i>
Feb. 21-22	Alex Wilson Invitational <i>(South Bend, Ind.)</i>
Feb. 28-29	B1G Indoor Championships <i>(Geneva, Ohio)</i>
Mar. 13-14	NCAA Championships <i>(Albuquerque, N.M.)</i>

IOWA COACHING STAFF

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

THIS WEEK

The University of Iowa track and field team hosts their final meet of the indoor season on Friday and Saturday. The teams competing at the Black & Gold Invitational include Barton College, Bradley, Drake, Eastern Illinois, Iowa Western, Loyola, Marquette, Minnesota State, Northern Iowa, and Tulsa. The meet begins Friday at 1 p.m. (CT) with the weight throw at the Hawkeye Tennis and Rec Complex. Saturday kicks off with the men's shot put at 11 a.m. at the UI Rec Building. All running events begin at 2:35 p.m. A full schedule of events is located at hawkeyesports.com.

Seniors Nathan Mylenek and Daniel Soto head to Seattle, Washington to compete at the UW Invitational on Jan. 31-Feb.1. They both compete in the 3,000 meters at 4:30 p.m. (CT).

FOLLOW ALONG

Fans can follow the meet on the live results page at hawkeyesports.com/tracklive. Results will also be posted on the team's official twitter account @iowaxc_tf. A live video feed is available at hawkeyesports.com.

IN THE RANKINGS

The University of Iowa men's and women's track and field teams are ranked in the United States Track & Field and Cross Country Coaches Association (USTF-CCCA) Top 25 Week 1 poll. The men are ranked 25th in the nation and second in the Midwest region. The women are ranked 18th in the nation and fifth in the Midwest region.

MEET THE RECORD HOLDERS

Five Hawkeyes on the roster account for four indoor school records. They include:

- Nathan Mylenek, Collin Hofacker: distance medley relay (9:33.90)
- Laulauga Tausaga: shot put (17.79m) and weight throw (23.26m)
- Antonio Woodard, Wayne Lawrence: 1,600-meter relay (3:04.94)
- Wayne Lawrence: 600 meters (1:16.55)

MCCONICO EARNS FIRST B1G TRACK ATHLETE OF THE WEEK

On Dec. 18, senior Jaylan McConico earned his first Big Ten Athlete of the Week honor. McConico came off the Jimmy Grant Invitational in the 60-meter hurdles with a new personal best (7.66), No. 2 all-time at Iowa, and a first place finish. The time currently ranks No.3 in the country.

MCCONICO CAN'T BE BEAT

Senior Jaylan McConico took home first at the Rod McCravy Memorial on Jan.25. McConico has competed in the 60-meter hurdles in three meets this season and has finished first each time.



TAUSAGA MAKES PRESEASON HISTORY

On Jan 6., Laulauga Tausaga became the first ever Hawkeye to be named to the Bowerman preseason watch list. The Bowerman is an annual track and field award and is the highest accolade given to the year's best student-athlete in collegiate track and field. It is the equivalent of college football's Heisman Trophy. The award is named after Oregon track and field and cross country coach Bill Bowerman and is administered by the USTFCCCA. The winner is announced December 2020. Tausaga had a record breaking 2019 season that ended with an NCAA discus title and a berth to the 2019 World Championship in Doha, Qatar, where she finished in the top five with a personal best and discus school record (63.94m).

SUCCESS IN KENTUCKY

The Hawkeyes set 27 personal bests at the Rod McCravy Memorial on Jan. 24-25. For the women, senior Tia Saunders took first in the 600 meters with a new personal best (1:30.92), a time that ranks No. 6 in school history and second in the Big Ten. Senior Jenny Kimbro ran a personal best (24.48) in the 200 meters. That time ranks fourth in the Big Ten.

The men were led by Jaylan McConico, Wayne Lawrence, and Austin Lietz who all placed first over the weekend in the 60-meter hurdles, 400 meters, and 600 meters, respectively. Lawrence also ran a new personal best in the 200 meters (21.11), ranking fourth all-time.

NEXT ON THE BLOCK

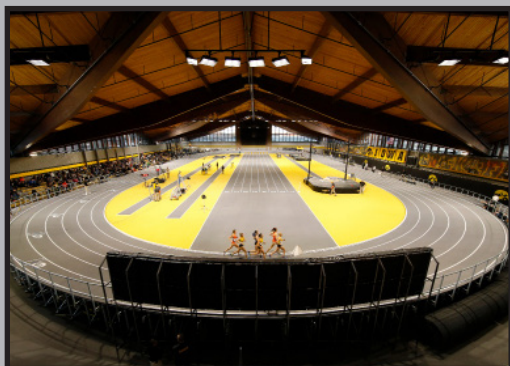
The Hawkeyes split up to head to the Frank Sevine Husker Invite in Lincoln, Neb. and the Meyo Invite in South Bend, Ind. The meets take place on Feb. 7-8.

UI RECREATION BUILDING

The UI Recreation Building became the full-time home for the Iowa Track & Field Program in 2016 when the UI Athletic Department bought the building from the University and installed a state-of-the-art multi-million dollar track used in the 2016 World Championships.

The UI Recreation building includes eight training and athletic training spaces for Iowa track & field and cross country teams.

Iowa hosted the B1G Men's Indoor Championships in 1989, 1997, and 2006 and the B1G Women's Indoor Championships in 1991 and 2004.



2020 INDOOR SEASON LEADERS

MEN

60 Meters	Antonio Woodard	6.86
60-Meter Hurdles	Jaylan McConico	7.66
200 Meters	Wayne Lawrence, Jr.	21.11
300 Meters	Colin Hofacker	34.25
400 Meters	Wayne Lawrence, Jr.	46.40
600 Meters	Wayne Lawrence, Jr.	* 1:16.55
800 Meters	Alex Birkett	1:50.13
1,000 Meters	Tysen VanDraska	2:25.35
Mile	Nathan Mylenek	4:06.98
3,000 Meters	Daniel Murphy	8:14.84
1,600-Meter Relay	Britt, Woodard, Frye, Lawrence, Jr.	3:10.36
High Jump	Jay Hunt	6-8 3/4 (2.05m)
	Seth Groom	6-8 3/4 (2.05m)
	Will Daniels	6-8 3/4 (2.05m)
Pole Vault	Peyton Haack	15-11 (4.85m)
Long Jump	Jamal Britt	24-8 1/2 (7.53m)
Triple Jump	James Carter	49-5 1/2 (15.07m)
Shot Put	Jordan Johnson	51-0 (15.54m)
Weight Throw	Tyler Lienau	67-7 1/4 (20.30m)

WOMEN

60 Meters	Antonise Christian	7.45
60-Meter Hurdles	Jenny Kimbro	8.25
200 Meters	Jenny Kimbro	24.50
300 Meters	Kylie Morken	40.47
400 Meters	Aly Weum	55.43
600 Meters	Tia Saunders	1:30.92
1,000 Meters	Taylor Arco	2:51.52
Mile	Elyse Prescott	5:00.40
3,000 Meters	Gabby Skopec	10:10.08
1,600-Meter Relay	Kimbro, Weum, Patterson, King	3:39.67
High Jump	Dallyssa Huggins	5-10 (1.78m)
Long Jump	Jenny Kimbro	19-3 1/2 (5.88m)
Triple Jump	Hannah Schlib	38-7 1/2 (11.77m)
Shot Put	Laulauga Tausaga	54-10 1/4 (16.72m)
Weight Throw	Amanda Howe	61-11 3/4 (18.89m)

* -- school record

PRONUNCIATION GUIDE

Ashley Bryja	Bree-UH
Tanner Iske	Iss-kee
Kylie Latham	Lay-thum
Matt Manternach	MON-ter-knock
Cole Moeller	MOLE-er
Nathan Mylenek	MY-len-ek
Nolan Roethler	Raw-thler
Konstadina Spanoudakis	SPAWN-uh-dock-iss
Laulauga Tausaga	LAU-log-a Tuh-saga
Gillian Urycki	YER-ick-ee
Jordan Winke	Wink-ee

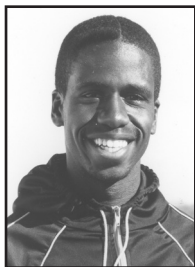
INDOOR ALL-TIME TOP TEN PERFORMERS



Justin Austin



Karayme Bartley



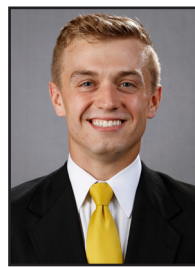
Rodney Chambers



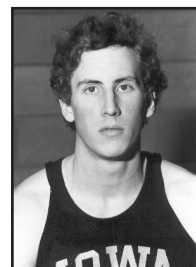
Jim Costello



Troy Doris



William Dougherty



Bill Hansen

60 Meters

- Justin Austin, 2011 6.69
- Vinnie Saucer, Jr., 2016..... 6.70
- Kurt Felix, 1999..... 6.73
Tevin-Cee Mincy, 2014 6.73
- Josh Larney, 2013 6.74
Christian Brissett, 2017 6.74
- Troy Doris, 2012 6.75
- O'Shea Wilson, 2017 6.75
- Jacob Gourley, 2017 6.77
- Tony Branch, 1999 6.78

60-Meter Hurdles

- Aaron Mallett, 2017 7.64
- Jaylan McConico, 2020.....7.66**
- Jordan Mullen, 2013..... 7.70
- Chris Douglas, 2018..... 7.76
- Ethan Holmes, 2013 7.82
Jamal Britt, 2020.....7.82
- Dion Trowers, 1997 7.87
- Anthony Williams, 2019.....7.88**
- Russell Peterson, 2004 7.97
Josh Braverman, 2020.....7.97
Gratt Reed, 2020.....7.97

200 Meters

- Karayme Bartley, 2019..... 20.67
- Justin Austin, 2011 20.80
- Antonio Woodard, 2018.....20.89**
- Anthuan Maybank, 1993..... 21.11
Wayne Lawrence, Jr., 2020.....21.11
- Bashir Yamini, 1999 21.19
- James Harrington, 2014 21.21
- Ethan Holmes, 2013 21.23
- Tim Dodge, 2000 21.26
- Christian Brissett, 2017 21.27
Mar'yea Harris, 2019..... 21.27

400 Meters

- Mar'yea Harris, 2017..... 45.75
- Wayne Lawrence Jr., 2019.....46.14**
- Karayme Bartley, 2019..... 46.25
- Emmanuel Ogwo, 2017 46.45
- Steven Willey, 2010 46.75
- Terrence Duckett, 1984 46.81
- Collin Hofacker, 201746.82**
- Andre Morris, 1995 47.15
- DeJuan Frye, 202047.16**
- Monte Raymond, 1998..... 47.18

600 Meters

- Wayne Lawrence, Jr., 2020..... 1:16.55**
- Mar'yea Harris, 2019..... 1:16.60
- Erik Sowinski, 2012..... 1:16.91
- Carter Lilly, 2017..... 1:17.20
- Austin Lietz, 2017 1:17.40**
- Will Teubel, 2016..... 1:17.55
- Steven Willey, 2011 1:17.94
- Keaton Rickels, 2012 1:18.19
- Pat McGhee, 1988..... 1:18.30
- Noah Larrison, 2017 1:18.41

800 Meters

- Carter Lilly, 2017..... 1:47.33
- Erik Sowinski, 2012..... 1:47.62
- Will Teubel, 2016..... 1:47.74
- Pavlo Hutsalyuk, 2016 1:48.97
- Ryan Weir, 2013 1:49.11
- Adam Hairston, 2010..... 1:49.26
- Nathan Prom, 2013 1:49.29
- Nick Kuczwarra, 2010 1:49.59
- Matt Manternach, 2019..... 1:49.70**
- Anthony Chaidez, 2017 1:49.73

Mile

- Jeff Thode, 2011 3:58.72
- Ed DeLashmutt, 1981 4:04.01
- Adam Jones, 2017 4:04.28
- Michael Melchert, 2018 4:04.32
- Larry Wiczorek, 1968..... 4:04.40
- Nathan Mylenek, 20194:04.88**
- John Clark, 1972 4:05.94
- Ben Witt, 2014 4:07.08
- Adam Thomas, 2002 4:07.13
- Kevin Herd, 1992 4:07.26

3,000 Meters

- Kevin Lewis, 2015 7:57.06
- Jeff Thode, 2011 8:00.38
- Micah VanDenend, 2006 8:00.81
- Michael Melchert, 2018 8:08.30
- Eric MacTaggart, 2006..... 8:08.79
- Stetson Steele, 2000..... 8:09.54
- Daniel Soto, 2019 8:10.24**
- Ben Witt, 2015 8:10.97
- Dan Haut, 2005 8:11.36
- Kevin Herd, 1994 8:11.51

5,000 Meters

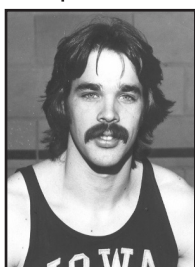
- Kevin Lewis, 2015 13:43.70
- Micah VanDenend, 2007 13:56.46
- Daniel Soto, 2019 13:59.82
- Stetson Steele, 2000..... 14:00.52
- Dan Haut, 2006 14:06.16
- Eric MacTaggart, 2006..... 14:13.41
- Jeff Thode, 2011 14:16.00
- Matt Esche, 2004..... 14:18.43
- Jeff Kent, 2007 14:18.86
- Jesse Luciano, 2009 14:20.99



Mar'yea Harris



Collin Hofacker



Bill Knoedel



Wayne Lawrence, Jr.



Kevin Lewis

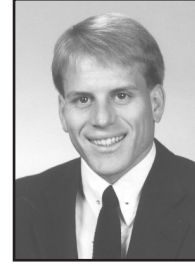
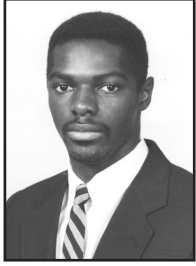


Carter Lilly



Aaron Mallett

INDOOR ALL-TIME TOP TEN PERFORMERS



Anthuan Maybank Michael Melchert Nathan Mylenek Jeff Thode Reno Tufuuli Todd Wigginton Antonio Woodard

Heptathlon

1. William Dougherty, 2018.. 5,606 points
2. Kyle Reid, 2013 5,354 points
3. **Peyton Haack, 2019 5,279 points**
4. Dan Rolling, 2010 5,205 points
5. Jack Eckert, 2015 5,188 points
6. Ryan Niver, 2008..... 5,149 points
7. Frank Prill, 2010..... 5,015 points
8. **Daniel Gaynes, 2018 4,895 points**
9. Scott Faber, 2000..... 4,784 points
10. Cam Appleman, 1997 4,685 points

High Jump

1. Bill Knoedel, 1976..... 7-3 (2.21)
Bill Hansen, 1978..... 7-3 (2.21)
3. Scott Hudek, 1993 7-0 1/2 (2.15)
Kevin Spejcher, 2015 7-0 1/2 (2.15)
5. Pat Meade, 1987 7-0 1/4 (2.14)
6. Mike Lacy, 1984..... 7-0 (2.13)
7. M. Cunningham, 1984.. 6-11 1/4 (2.11)
8. Jeffery Herron, 2010..... 6-11 (2.11)
Peter Hlavin, 1980 6-11 (2.11)
Brandon Oest, 2010 6-11 (2.11)
Dan Rolling, 2008 6-11 (2.11)
Graham Valdes, 2010 6-11 (2.11)
Peter Andreano, 2016 6-11 (2.11)

Pole Vault

1. Todd Wigginton, 1984 17-1 (5.21)
2. Dave Nielsen, 1975..... 16-10 (5.13)
3. Kyle Reid, 2013 16-6 3/4 (5.05)
Andy Jatis, 2018 16-6 3/4 (5.05)
5. Curt Brock, 1979..... 16-6 (5.03)
6. Alex Zona, 2010..... 16-4 3/4 (5.00)
7. Phil Wertman, 1971 16-4 (4.98)
8. Jeff Raymond, 2008..... 16-2 (4.93)
9. John Teffer, 1972 16-1 (4.90)
10. Josh Pelock, 2017 16-0 3/4 (4.90)

Long Jump

1. Anthuan Maybank, 1992..26-5 1/2 (8.06)
2. Bashir Yamini, 1998 26-0 1/4 (7.93)
3. O'Shea Wilson, 2017 25-9 1/2 (7.86)
4. Darren Smith, 1991 25-2 (7.67)
5. Paul Jones, 1990..... 24-11 1/4 (7.60)
6. Josh Larney, 2013 24-10 (7.57)
7. Ronnie McCoy, 1984..... 24-9 (7.54)
8. Matty Gorman, 2006.... 24-8 1/2 (7.53)
Jamal Britt, 2020..... 24-8 1/2 (7.53)
10. Charles Jones, 1980..... 24-8 1/4 (7.52)

Triple Jump

1. Troy Doris, 2011 54-0 (16.46)
2. Babatunde Amosu, 2015..52-8 3/4 (16.07)
3. Paul Jones, 1990..... 52-1 1/4 (15.88)
Klyvens Delaunay, 2014.. 52-1 1/4 (15.88)
5. **James Carter, 2019..... 50-3 1/2 (15.33)**
6. Mike Lacy, 1983 49-0 (14.93)
7. Owen Gill, 1982 48-10 3/4 (14.90)
8. Josh Bean, 2009 48-10 (14.88)
9. David Nsabua, 2013 48-9 (14.86)
10. Kerry Dean, Jr., 2016... 48-8 1/4 (14.84)

Shot Put

1. Reno Tuufuuli, 2018 63-3 1/4 (19.28)
2. John Hickey, 2009..... 63-0 (19.20)
3. Jeremy Allen, 2001 ... 62-10 1/2 (19.16)
4. Avery Meyers, 2017.... 61-4 1/4 (18.70)
5. Shane Maier, 2006..... 61-2 (18.64)
6. Gary Kostrubala, 1986..60-10 3/4 (18.55)
7. Andy Banse, 2005..... 60-9 1/4 (18.52)
8. Ken Kemeny, 2004..... 60-0 1/2 (18.30)
9. Gabe Hull, 2014..... 59-3 (18.06)
10. Chris Gambol, 1987 59-0 (17.98)

Weight Throw

1. Jim Costello, 2002 69-4 3/4 (21.15)
2. Matt Banse, 2012 67-8 (20.62)
3. Arno van der Westhuizen,
2001 67-7 1/2 (20.61)
4. Adam Hamilton, 2007 66-9 1/4 (20.35)
5. **Tyler Lienau, 2020..... 66-7 1/4 (20.30)**
6. Jeremy Allen, 2001 65-10 (20.07)
7. Chris Voller, 2005..... 63-4 (19.30)
8. Ryan Lamparek, 2012..... 61-2(18.62)
9. Brad Daufeldt, 2004 ... 60-4 1/2 (18.40)
10. Gabe Hull, 2014 59-7 (18.16)

1,600-Meter Relay

1. Bartley, **Woodard, Lawrence Jr.**, Harris,
2019 3:04.76
2. Ogwo, **Hofacker, Frye**, Harris, 2017 3:04.94
3. **Hofacker, Frye**, Garron, Harris, 2018..... 3:05.33
4. **Thompson, Frye**, Garron, Harris, 2018 3:06.06
5. Richards, E. Holmes, Sowinski,
Willey, 2011 3:06.66
6. Rozell, Davis, Raymond, Yamini, 1998 3:06.80
7. Ogwo, Mallett, **Frye**, Harris, 2017 3:07.08
8. Wolff, Ganschow, Lilly, Harris, 2016 3:07.24
9. Coleman, Faber, Strang, Peterson, 2002 .. 3:07.44
10. **Hofacker, Woodard**
2019 3:07.46

3,200-Meter Relay

1. Cooke, Nie, Monsey, Chambers, 1990..... 7:13.02
2. Corrigan, Blackman, Strozier,
Chambers, 1989 7:29.00
3. English, Blackman, Strozier,
Chambers, 1989 7:36.20
4. 1977 7:39.40
5. 1986 7:40.90
6. Bouske, Herd, Chambers, Koon, 1992 7:43.94
7. Bouska, Cook, White, Herd, 1992..... 7:48.63
8. 1992 7:49.86
9. 1986 7:50.10
10. Roseman, Rerko, Novotny,
Branigan, 1993 7:51.36

Distance Medley Relay

1. **Mylenek, Hofacker**, Lilly, Melchert, 2018 .9:33.90
2. Lilly, **Frye, Manternach**, Jones, 2017 9:44.07
3. **Mylenek, Thompson**, Lilly, Melchert,
2018 9:45.10
4. Prom, Rickels, Sowinski, Thode, 2012 9:45.41
5. 1999 9:46.83
6. 1977 9:48.80
7. 1978 9:49.70
8. Kuczvara, Barton, Kuhlman, N. Holmes,
2010 9:51.05
9. Marchese, Varner, Hairston, Luciano,
2009 9:52.52
10. Paul, Varner, Hairston, Thode, 2010 9:52.71

INDOOR ALL-TIME TOP 10 PERFORMERS



Kineke Alexander



Meghan Armstrong



Brittany Brown



Tracy Dahl



Briana Guillory



Karessa Farley



60 Meters

1. Lake Kwaza, 2016 7.33
2. Brittany Brown, 2017..... 7.39
3. Elaine Jones, 1983 7.43
4. Kyara Avant, 2018..... 7.44
5. Peaches Roach, 2005..... 7.45
- Antonise Christian, 20207.45**
7. Shellene Williams, 2004 7.50
8. Briana Guillory, 2017 7.51
9. Jiselle Providence, 2002 7.52
10. Rhonda-Kaye Trusty, 2010 7.55
- Erin Jones, 2011 7.55
- Raven Moore, 2013 7.55

60-Meter Hurdles

1. Karessa Farley, 2009 8.21
- 2. Jenny Kimbro, 20208.25**
3. Tiffany Johnson, 2006..... 8.33
4. Jahisha Thomas, 2017 8.35
5. Paula Ruen, 1998..... 8.39
6. Tria Simmons, 2019..... 8.40
7. Heaven Chandler, 2017 8.44
8. Sarah Steffen, 2002 8.45
- Renee White, 2008..... 8.45
10. Colleen Prendergast, 2000 8.57

200 Meters

1. Brittany Brown, 2017..... 22.79
2. Briana Guillory, 2018 23.22
3. Kineke Alexander, 2006 23.49
4. Lake Kwaza, 2016 23.54
5. Shellene Williams, 2004 23.62
6. Marlene Poole, 1994 23.66
- Yolanda Hobbs, 1995..... 23.66
8. Erica Broomfield, 1998 23.81
9. Raven Moore, 2013 24.00
10. Erin Jones, 2011 24.01

400 Meters

1. Kineke Alexander, 2007 51.48
2. Briana Guillory, 2018 51.68
3. Elexis Guster, 2016 52.36
4. Ellen Grant, 1996..... 52.65
5. Shellene Williams, 2004 52.83
6. Alexis Hernandez, 2017 53.42
7. Ashley Liverpool, 2011 54.09
8. MonTayla Holder, 2015 54.32
9. Sheridan Champe, 2018 54.70
10. Tiffany Hendricks, 2011 55.06

600 Yards

1. Senta Hawkins, 1987 1:21.06
2. Aisha Hume, 2004 1:21.74
3. Kay Stormo, 1982 1:22.49
4. Nicole Erickson, 2012 1:22.61
5. Mahnee Watts, 2016..... 1:22.72
6. Bethany Praska, 2009 1:23.12
7. Hannah Simonson, 2012 1:23.18
8. Chris Davenport, 1982..... 1:24.14
9. Kaitlyn Nelson, 2015..... 1:24.52
10. Sophia Poncè, 2007 1:24.55

600 Meters

1. Kineke Alexander, 2008 1:27.45
2. Bethany Praska, 2011 1:28.14
3. MonTayla Holder, 2016 1:29.35
4. Mahnee Watts, 2016..... 1:30.41
5. Senta Hawkins, 1987 1:30.77
6. Briana Guillory, 2019 1:30.92
- Tia Saunders, 20201:30.92**
- 8. Mallory King, 2020.....1:31.05**
- 9. Aly Weum, 20201:31.19**
10. Kaitlyn Nelson, 2013..... 1:31.44

800 Meters

1. Bethany Praska, 2011 2:05.01
2. Jeanne Kruckeberg, 1989 2:06.38
3. Michelle Lahann, 2004 2:06.83
4. Katharina Trost, 2014 2:07.38
5. Mahnee Watts, 2014 2:08.79
6. Adrienne Alexia, 2013 2:08.95
7. Briana Benning, 1996 2:09.22
8. Kaitlyn Nelson, 2013..... 2:09.58
9. MonTayla Holder, 2015 2:10.34
- 10. Taylor Arco, 2019 2:10.47**

Mile

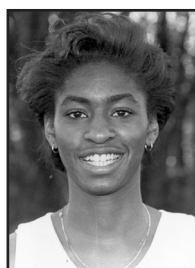
1. McKenzie Melander, 2011..... 4:39.78
2. Jeanne Kruckeberg, 1989 4:40.19
3. Meghan Armstrong, 2006 4:40.59
4. Lauren Hardesty, 2011 4:41.01
5. Tina Stec, 1994 4:42.63
6. Betsy Flood, 2010..... 4:42.70
7. Penny O'Brien, 1981..... 4:43.72
8. Diane Nukuri, 2007..... 4:46.25
9. Michelle Lahann, 2004 4:47.23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

3,000 Meters

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



Lauren Hardesty



Senta Hawkins



Alexis Hernandez



MonTayla Holder



Lake Kwaza

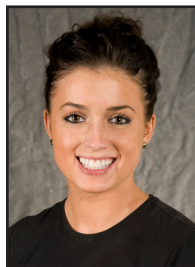


McKenzie Melander

INDOOR ALL-TIME TOP 10 PERFORMERS



Diane Nukuri



Bethany Praska



Peaches Roach



Tria Simmons



Jessie Strand



Lauauga Tausaga



Jahisha Thomas

5,000 Meters

1. Tracy Dahl, 1993 15:49.52
2. Nan Doak, 1985 15:55.45
3. Racheal Marchand, 2009 15:55.70
4. Diane Nukuri, 2008 16:01.36
5. Jenny Spangler, 1982 16:08.74
6. Judy Parker, 1981 16:16.63
7. Betsy Flood, 2011 16:20.67
8. Andrea Shine, 2018 16:21.53
9. Jennifer Brower, 1992 16:22.19
10. Nikki Chapple, 2004 16:27.04

Pentathlon

1. Tria Simmons, 2019 4,200 points
2. **Jenny Kimbro, 2019 4,123 points**
3. Tammilee Kerr, 2008 3,974 points
4. Chris Davenport, 1983 3,798 points
5. Kamesha Marshall, 2005 3,701 points
6. Tiff Pedersen, 2004 3,511 points
7. Sarah Ryan, 2013 3,472 points
8. Maureen Abel, 1979 3,427 points
9. **Allison Wahrman, 2017 3,421 points**
10. Zinnia Miller, 2012 3,416 points

High Jump

1. Peaches Roach, 2005 6-0 3/4 (1.85)
2. Mary Mol, 1983 6-0 (1.83)
3. Khanishah Williams, 2013 5-11 1/4 (1.81)
4. **Dallyssa Huggins, 2020 5-10 (1.78)**
5. Becky Kaza, 1995 5-9 3/4 (1.77)
6. Caleigh Bacchus, 2010 5-9 1/4 (1.76)
7. **Gillian Urycki, 2018 5-8 3/4 (1.75)**
8. Kristi Dinkla, 1985 5-8 1/2 (1.74)
9. Kacey Childs, 2001 5-8 1/2 (1.74)
10. **Aubrianna Lantrip, 2018 .. 5-8 1/2 (1.74)**

Pole Vault

1. Jessie Strand, 2004 12-5 1/2 (3.80)
2. Amy Smith, 2017 11-11 3/4 (3.65)
3. Sarah Burgett, 2007 11-10 (3.61)
4. Kirsten Weismantle, 2011 11-5 3/4 (3.50)
5. Brittany Holst, 2013 11-3 3/4 (3.45)
6. Katie Truedson, 2010 10-11 3/4 (3.35)
7. Gina Shannon, 2001 10-6 (3.20)
8. Kacey Childs, 2001 9-0 (2.75)
9. Amy Kasparbauer, 2000 8-0 (2.44)

Long Jump

1. Jahisha Thomas, 2018 21-0 3/4 (6.42)
2. Zinnia Miller, 2014 20-4 1/4 (6.20)
3. Carisa Leacock, 2014 19-9 1/2 (6.03)
4. Lisa Moats, 1986 19-6 (5.95)
5. Cassidy Ellis, 2015 19-5 1/2 (5.93)
6. **Jenny Kimbro, 2020 19-3 1/2 (5.88)**
7. Tria Simmons, 2018 19-2 (5.84)
9. Renee White, 2006 19-3 1/4 (5.87)
9. Tiffany Johnson, 2007 19-2 1/2 (5.85)
10. Davera Taylor, 1984 19-1 1/2 (5.83)

Triple Jump

1. Jahisha Thomas, 2018 ... 43-4 1/2 (13.22)
2. Renee White, 2008 42-4 (12.90)
3. Amanda Carty, 2019 42-1 1/2 (5.88)
4. Tria Simmons, 2017 42-1 1/4 (12.83)
5. Tiffany Johnson, 2007 41-3 3/4 (12.59)
6. Zinnia Miller, 2014 41-2 1/2 (12.56)
7. Carisa Leacock, 2012 40-5 1/2 (12.33)
8. **Hannah Schlib, 2019 40-7 (12.37)**
9. **Allison Wahrman, 2017 39-10 (12.14)**
10. Becki Borg, 1987 39-6 (12.04)

Shot Put

1. **Lauauga Tausaga, 2019 58-4 1/2 (17.79)**
2. **Nia Britt, 2019 54-11 1/2 (16.75)**
3. **Erika Hammond, 2019 .. 51-3 1/2 (15.63)**
4. Gail Smith, 1985 51-0 (15.54)
5. Lisa Van Steenwyk, 1993 50-5 1/4 (15.37)
6. Kamesha Marshall, 2005 49-2 1/4 (14.99)
7. Denise Taylor, 1992 48-9 (14.86)
8. Rachel Curry, 2013 48-2 1/2 (14.69)
9. Megan Maurer, 1995 47-5 3/4 (14.47)
10. Laura Kriener, 1990 47-5 (14.45)
11. Courtney Fritz, 2014 47-5 (14.45)

Weight Throw

1. **Lauauga Tausaga, 2019 76-3 3/4 (23.26)**
2. Ashlyn Gulvas, 2013 63-6 (19.35)
3. Jasmine Simpson, 2013 .. 62-6 1/2 (19.06)
4. **Amanda Howe, 2020 .. 61-11 3/4 (18.89)**
5. **Nia Britt, 2019 61-4 3/4 (18.71)**
6. Annemie Smith, 2014 61-4 (18.69)
7. Kelsey Taylor, 2011 60-4 1/2 (18.40)
8. Majesty Tutson, 2011 58-4 (17.78)
9. Becca Franklin, 2007 58-3 1/4 (17.76)
10. **Allison Wahrman, 2020**

1,600-Meter Relay

1. Holder, Guillory, Hernandez, Guster, 2016 3:32.93
2. Champe, Guillory, Brown, Plock, 2018 3:33.19
3. Sharpe, Guillory, Brown, Champe, 2018 3:34.34
4. Holder, Guster, Hernandez, Guillory, 2016 3:36.47
5. Liverpool, Hendricks, Praska, Erickson, 2011 3:36.97
6. Holder, Hernandez, Guster, Guillory, 2016 3:36.99
7. Hernandez, Holder, Guster, Watts, 2014 3:37.16
8. Liverpool, Hendricks, Erickson, Praska, 2011 3:37.58
9. **Kimbro, Simmons, Weum, Guillory, 2019 3:37.58**
10. Kwaza, Guster, Holder, Watts, 2015 ... 3:37.84

Distance Medley Relay

1. Armstrong, Alexander, L. Hardesty, Nukuri, 2008 11:20.11
2. Melander, Hendricks, L. Hardesty, Eilers, 2011 11:22.44
3. Stormo, Davenport, Williams, O'Brien, 1981 11:23.02
4. Melander, Praska, Hendricks, Flood, 2011 11:24.47
5. Flood, Hendricks, L. Hardesty, Melander, 2010 11:25.01
6. Melander, Hendricks, Flood, Marchand, 2009 11:27.34
7. Benning, Poole, Salsberry, Stec, 1994 11:28.03
8. Stormo, Davenport, Hayden, Doak, 1982 11:29.54
9. Armstrong, Granger, Stanley, K. Anderson, 2006 11:29.54
10. Lahann, Williams, Stanley, Arens, 2004 11:30.36