



January 18-19, 2019

IOWA Track & Field

2019 Notes



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2018-19 IOWA TRACK & FIELD INDOOR SCHEDULE

Date	Meet
Dec. 8	Jimmy Grant Invitational <i>(Iowa City, Iowa)</i>
Jan. 11-12	Hawkeye Invitational <i>(Iowa City, Iowa)</i>
Jan. 18-19	Larry Wieczorek Invitational <i>(Iowa City, Iowa)</i>
Jan. 25-26	Black & Gold Premier <i>(Iowa City, Iowa)</i>
Feb. 1-2	Frank Sevigne Invite <i>(Lincoln, Nebraska)</i>
Feb. 2	Meyo Invitational <i>(South Bend, Ind.)</i>
Feb. 8-9	Tyson Invitational <i>(Fayetteville, Ark.)</i> <i>Iowa State Classic</i> <i>(Ames, Iowa)</i>
Feb. 16	Alex Wilson Invitational <i>(South Bend, Ind.)</i>
Feb. 22-23	Big Ten Indoor Championships <i>(Ann Arbor, Mich.)</i>
Mar. 8-9	NCAA Championships <i>(Birmingham, Ala.)</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 Knolle Assistant Coach
Kate Wakenight Director of Operations

THIS WEEK

The University of Iowa track and field team hosts the third annual Larry Wieczorek Invitational on Friday and Saturday. The teams competing include Arizona, Baylor, Illinois, Iowa State, Minnesota, Missouri, Purdue, and Wisconsin. The meet begins Friday at 2 p.m. (CT) with the men's weight throw at the Hawkeye Tennis and Recreation Complex and men's pole vault at the UI Rec Building. Running events start at 5:30 p.m. (CT) with the 3,000 meters. A full schedule of events is located at HawkeyeSports.com. Admission is free.

FOLLOW THE HAWKEYES

Fans can follow the meet on the live results page on hawkeyesports.com/tracklive. Results will also be posted on the team's official twitter account @iowaxc_tf and a live video stream of the meet is available on BTN2Go and FloTrack.

THE MAN BEHIND THE MEET

The Larry Wieczorek Invitational is named after former Hawkeye track and field coach Larry Wieczorek. Wieczorek's time at Iowa spanned 50 years as both a student-athlete and coach. As an athlete, Wieczorek was a six-time Big Ten champion and four-time All-American in cross country. He then transitioned into coaching and spent 30 years with the UI track and field program, leading 79 individual Big Ten Champions and 53 All-Americans.

THE COMPETITION

Among the competition this weekend, there are two Olympians, Devon Allen and Georganne Moline. Allen is competing in the 60-meter hurdles Olympic Development and Moline is competing in the 600-Meter Premier.

For the women, junior Laulauga Tausaga competes against 2018 Big Ten weight throw champion and record holder Kaitlyn Long (24.37m, 79-11 1/2) on Friday. Tausaga is ranked 12th in the weight throw with the 20.67 meter throw from last weekend's Hawkeye Invitational.

The men's Larry Wieczorek Mile features juniors Nathan Mylenek (Iowa), Carlos Villarreal (Arizona), and Jon Davis (Illinois). Davis is ranked fourth nationally this season in the 800 meters (1:52.31).

IN THE RANKINGS

The University of Iowa men's and women's track and field teams are ranked in the United States Track and Field and Cross Country Coaches Association (UST-FCCA) preseason poll. The men are ranked 26th in the nation and the women are ranked 37th. Participating men's teams from No. 16 Wisconsin, No. 20 Illinois, and No. 21 Arizona, and women's teams from No. 15 Baylor and No. 34 Wisconsin are also ranked.

Junior Jaylan McConico made his way into the 60-meter hurdles after the Hawkeye Invitational last weekend. His 7.73 second raceranks third in the nation.





MEET THE RECORD HOLDERS

Six Hawkeyes on the roster account for four indoor school records:

- Nathan Mylenek, Collin Hofacker, Carter Lilly, and Michael Melchert: distance medley relay (9:33.90)
- Reno Tuufuli: shot put (19.28m)
- Laulauga Tausaga: shot put (16.51m) and weight throw (20.67m)

UI Rec Building Record holder:

- Antonio Woodard: 300 meters (32.89)

2018 INDOOR ALL-AMERICANS

The Hawkeyes finished the 2018 indoor season with 14 All-America honors, the most in program history. Returning this season is first team All-American Briana Guillory (400 meters), and second team All-Americans Mar'yea Harris (400 meters, 1,600-meter relay), Chris Douglas (60-meter hurdles), Collin Hofacker (1,600-meter relay), and DeJuan Frye (1,600-meter relay). Guillory also earned second team honors in the 1,600-meter relay.

2018 Iowa All-Americans

First Team -- Jahisha Thomas (LJ, TJ), **Briana Guillory** (400 meters)

Second Team-- **Mar'yea Harris** (400 meters, 1,600-meter relay), **Chris Douglas** (60-meter hurdles), **Collin Hofacker** (1,600-meter relay), **DeJuan Frye** (1,600-meter relay), Bradford Garron (1,600-meter relay), Sheridan Champe (1,600-meter relay), Brittany Brown (200 meters, 1,600-meter relay), Sarah Plock (1,600-meter relay), **Briana Guillory** (1,600-meter relay)

GOLD MEDAL REUNION

Senior Briana Guillory won gold in the 1,600-meter relay for Team USA at the 2018 North America, Central America, and Caribbean Championships in Toronto, Canada. Guillory ran the first leg, while Jasmine Blocker of Tulane University, Kiana Horton of Baylor University and Courtney Okolo of the University of Texas finished the race in 3:26.08.

Guillory's 2018 NACAC 1,600-meter relay teammate Kiana Horton from Baylor is competing this weekend in the 200-Meter Premier.

ALL WE DO IS WIN

At the 2018 Indoor Big Ten Championships, Nathan Mylenek, Chris Thompson, Carter Lilly, and Michael Melchert impressed with a come-from-behind win as Melchert passed five teams in the home stretch to earn the Hawkeyes' first ever conference title in the event.

Senior Briana Guillory earned her first Big Ten Indoor title at the 2018 conference championships in the 400 meters (52.08).

2019 INDOOR SEASON LEADERS

MEN

60 Meters	Antonio Woodard	6.85
60-Meter Hurdles.....	Jaylan McConico	7.73
200 Meters	Collin Hofacker	21.70
300 Meters	Antonio Woodard	32.89
400 Meters	Tyler Olson	50.12
600 Meters	Mar'yea Harris	1:18.77
1,000 Meters	Nolan Teubel	2:26.95
Mile	Noah Healy.....	4:12.25
3,000 Meters	Daniel Soto.....	8:33.81
1,600-Meter Relay.....	Kembel, Harris, Manternach, Hofacker.....	3:13.34
High Jump.....	Jay Hunt	6-6 3/4 (2.00m)
	Cole Moeller.....	6-6 3/4 (2.00m)
Pole Vault	Peyton Haack	14-5 1/4 (4.40m)
Long Jump	James Carter	23-4 1/2 (7.12m)
Triple Jump	James Carter	47-8 (14.53m)
Shot Put.....	Reno Tuufuli	59-2 1/4 (18.04m)

WOMEN

60 Meters	Antonise Christian.....	7.60
60-Meter Hurdles.....	Jenny Kimbro	8.34
200 Meters	Addie Swanson.....	25.96
300 Meters	Talia Buss.....	39.70
400 Meters	Payton Wensel	56.61
500 Meters	Daneisha Woodside	1:17.03
600 Meters	Briana Guillory	1:30.92
800 Meters	Grace McCabe.....	2:12.98
1,000 Meters	Logan Akason	2:58.69
Mile	Megan Schott.....	4:54.96
3,000 Meters	Wren Renquist	10:44.96
1,600-Meter Relay.....	Morken, Kimbro, Buss, Wensel	3:45.73
High Jump.....	Tria Seawater-Simmons.....	5-7 (1.70m)
Long Jump	Tria Seawater-Simmons..	18-7 3/4 (5.68m)
Triple Jump	Hannah Schilb.....	43-4 1/2 (13.22m)
Shot Put.....	Laulauga Tausaga	54-0 (16.46m)
Weight Throw.....	Laulauga Tausaga	*67-9 3/4 (20.67m)

* -- school record



RETURNING BIG TEN LEADERS

The Hawkeyes return 13 athletes who ranked in the Big Ten top five in 2018. Briana Guillory and Mar'yea Harris placed in the top five in multiple events.

- Briana Guillory: 400 meters (1st), 200 meters (2nd), 1,600-meter relay (3rd)
- Carter Lilly: distance medley relay (1st)
- Michael Melchert: distance medley relay (1st)
- Nathan Mylenek: distance medley relay (1st)
- Chris Thompson: distance medley relay (1st)
- Mar'yea Harris: 400 meters (2nd), 1,600-meter relay (3rd)
- Reno Tuufuli: shot put (2nd)
- Dejuan Frye: 1,600-meter relay (3rd)
- Collin Hofacker: 1,600-meter relay (3rd)
- Chris Douglas: 60-meter hurdles (4th)
- Jenny Kimbro: pentathlon (4th)
- Tria Simmons: pentathlon (5th)
- Tysen VanDraska: 800 meters (5th)

RETURNING NCAA LEADERS

Iowa returns four athletes that finished the 2018 indoor season inside the country's top 10. Briana Guillory finished 2018 fifth in the country in the 400 meters (52.08), and Collin Hofacker, DeJuan Frye, and Mar'yea Harris were 10th in the 1,600-meter relay (3:05.33).

Iowa returns three NCAA top 10 athletes from the outdoor season. Laulauga Tausaga ranked seventh in discus (59.86m), Mar'yea Harris ranked eighth in the 400 meters (44.98), and Reno Tuufuli ranked ninth in discus (60.87m).

COUNTING CURRENT ALL-TIME HAWKEYES

The men have 17 current athletes in Iowa's indoor all-time top 10 (46 times), led by school-record holders Mar'yea Harris, (400-meters, 1,600-meter relay), Carter Lilly (800-meters, Distance medley relay), Reno Tuufuli (shot put) DeJuan Frye (1,600-meter relay), Collin Hofacker (1,600-meter relay, distance medley relay), Nathan Mylenek (distance medley relay), and Michael Melchert (distance medley relay).

The women have 11 athletes in the top 10 (19 times). Laulauga Tausaga holds the school records in the shot put (16.51m) and weight throws (20.03m).

NEXT ON THE BLOCK

The Hawkeyes host their final home meet of the indoor season with the Black & Gold Premier on Jan. 25-26. Teams competing include Boston College, Drake, Eastern Illinois, Loyola, Marquette, and South Florida.

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	RAYth-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

UI Recreation Building

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

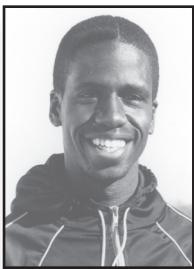
The UI Recreation building includes eight training and athletic training spaces for Iowa track & field and cross country teams. The Hawkeyes have hosted the Big Ten Indoor Men's Championships in 1989, 1997, and 2006 and the Big Ten Women's Indoor Championships in 1991 and 2004.



INDOOR ALL-TIME TOP TEN PERFORMERS



Justin Austin



Rodney Chambers



Jim Costello



Troy Doris



Bill Hansen



John Hickey



Ethan Holmes

60 Meters

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

60-Meter Hurdles

1.	Aaron Mallett, 2017	7.64
2.	Jordan Mullen, 2013.....	7.70
3.	Jaylan McConico, 2019.....	7.73
4.	Chris Douglas, 2018	7.76
5.	Ethan Holmes, 2013	7.82
6.	Dion Trowers, 1997	7.87
7.	Russell Peterson, 2004	7.97
	Anthony Williams, 2018.....	7.97
9.	Dan Davis, 2012.....	8.02
10.	DeRocco Reed, 2000.....	8.03
	Keith Brown, 2015.....	8.03

200 Meters

1.	Justin Austin, 2011	20.80
2.	Antonio Woodard, 2018.....	20.99
3.	Anthuan Maybank, 1993.....	21.11
4.	Bashir Yamini, 1999	21.19
5.	James Harrington, 2014	21.21
6.	Ethan Holmes, 2013	21.23
7.	Tim Dodge, 2000	21.26
8.	Christian Brissett, 2017	21.27
9.	Emmanuel Ogwo, 2017.....	21.32
10.	Paul Chaney, Jr., 2009	21.34
	Mar'yea Harris, 2018	21.34

Mar'yea Harris, 2018

400 Meters

1.	Mar'yea Harris, 2017	45.75
2.	Emmanuel Ogwo, 2017	46.45
3.	Steven Willey, 2010	46.75
4.	Terrence Duckett, 1984	46.81
5.	Collin Hofacker, 2017	46.82
6.	Andre Morris, 1995	47.15
7.	Monte Raymond, 1998.....	47.18
8.	Anthuan Maybank, 1990.....	47.25
9.	Chris Thompson, 2018	47.32
10.	Patrick Richards, 2011	47.35

600 Meters

1.	Erik Sowinski, 2012.....	1:16.91
2.	Carter Lilly, 2017	1:17.20
3.	Mar'yea Harris, 2018	1:17.26
4.	Austin Lietz, 2017	1:17.40
5.	Will Teubel, 2016.....	1:17.55
6.	Steven Willey, 2011	1:17.94
7.	Keaton Rickels, 2012	1:18.19
8.	Pat McGhee, 1988	1:18.30
9.	Noah Larrison, 2017.....	1:18.41
10.	Ryan Dorman, 2017	1:18.44

800 Meters

1.	Carter Lilly, 2017	1:47.33
2.	Erik Sowinski, 2012.....	1:47.62
3.	Will Teubel, 2016.....	1:47.74
4.	Pavlo Hutsalyuk, 2016	1:48.97
5.	Ryan Weir, 2013	1:49.11
6.	Adam Hairston, 2010.....	1:49.26
7.	Nathan Prom, 2013	1:49.29
8.	Nick Kuczwara, 2010	1:49.59
9.	Tysen VanDraska, 2018	1:49.65
10.	Anthony Chaidez, 2017	1:49.73

Mile

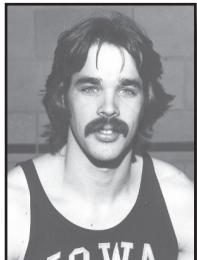
1.	Jeff Thode, 2011.....	3:58.72
2.	Ed DeLashmutt, 1981	4:04.01
3.	Adam Jones, 2017	4:04.28
4.	Michael Melchert, 2018	4:04.32
5.	Larry Wieczorek, 1968.....	4:04.40
6.	Nathan Mylenek, 2018	4:05.13
7.	John Clark, 1972	4:05.94
8.	Ben Witt, 2014	4:07.08
9.	Adam Thomas, 2002	4:07.13
10.	Kevin Herd, 1992	4:07.26

3,000 Meters

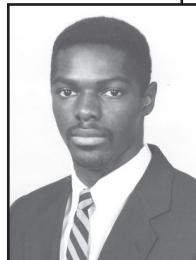
1.	Kevin Lewis, 2015	7:57.06
2.	Jeff Thode, 2011	8:00.38
3.	Micah VanDenend, 2006	8:00.81
4.	Michael Melchert, 2018	8:08.30
5.	Eric MacTaggart, 2006	8:08.79
6.	Stetson Steele, 2000	8:09.54
7.	Ben Witt, 2015	8:10.97
8.	Dan Haut, 2005	8:11.36
9.	Daniel Soto, 2018	8:11.83
10.	Kevin Herd, 1994	8:11.51

5,000 Meters

1.	Kevin Lewis, 2015	13:43.70
2.	Micah VanDenend, 2007	13:56.46
3.	Stetson Steele, 2000	14:00.52
4.	Dan Haut, 2006	14:06.16
5.	Eric MacTaggart, 2006	14:13.41
6.	Jeff Thode, 2011	14:16.00
7.	Matt Esche, 2004	14:18.43
8.	Jeff Kent, 2007	14:18.86
9.	Jesse Luciano, 2009	14:20.99
10.	Nick Nordheim, 2002	14:22.99



Bill Knoedel



Anthuan Maybank



Aaron Mallett



Nathan Prom



Kyle Reid

INDOOR ALL-TIME TOP TEN PERFORMERS



Patrick Richards



Keaton Rickels



Erik Sowinski



Jeff Thode



Micah VanDenend



Todd Wigginton



Steven Willey

Heptathlon

1. William Dougherty, 2018 **5,606 points**
2. Kyle Reid, 2013 5,354 points
3. Dan Rolling, 2010 5,205 points
4. Jack Eckert, 2015 5,188 points
5. Ryan Niver, 2008..... 5,149 points
6. Frank Prill, 2010..... 5,015 points
7. Daniel Gaynes, 2018 **4,895 points**
8. Scott Faber, 2000..... 4,784 points
9. Cam Appleman, 1997..... 4,685 points
- 10.Bobby Windauer, 2007..... 4,644 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)
10. 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)
9. Charles Jones, 1980..... 24-8 1/4 (7.52)
- 10.Quinn Early, 1986 24-7 1/4 (7.50)

Triple Jump

1. Troy Doris, 2011 54-0 (16.46)
2. Babatunde Amosu, 2015.52-8 3/4 (16.07)
3. Paul Jones, 1990..... 52-1 1/4 (15.88)
Klyvens Delaunay, 2014.. 52-1 1/4 (15.88)
5. Mike Lacy, 1983 49-0 (14.93)
6. Owen Gill, 1982..... 48-10 3/4 (14.90)
7. Josh Bean, 2009 48-10 (14.88)
8. David Nsabua, 2013 48-9 (14.86)
9. Kerry Dean, Jr., 2016... 48-8 1/4 (14.84)
10. **Aki Mihalek (2018)**

Shot Put

1. Reno Tuufuli, 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. Jeremy Allen, 2001... 65-10 1/4 (20.07)
6. Chris Voller, 2005..... 63-4 (19.30)
7. Ryan Lamparek, 2012 61-2(18.62)
8. Brad Daufeldt, 2004 ...60-4 1/2 (18.40)
9. Gabe Hull, 2014..... 59-7 (18.16)
- 10.Ryan Jordan, 2008 59-0 (17.98)

1,600-Meter Relay

1. Ogwo, Hofacker, Frye, Harris, 20173:04.94
2. Hofacker, Frye, Garron, Harris, 20183:05.33
3. Thompson, Frye, Garron, Harris, 2018....3:06.06
4. Richards, E. Holmes, Sowinski, Willey, 2011 ..3:06.66
5. Rozell, Davis, Raymond, Yamini, 19983:06.80
6. Ogwo, Mallett, Frye, Harris, 2017.....3:07.08
7. Wolff, Ganschow, Lilly, Harris, 20163:07.24
8. Coleman, Faber, Strang, Peterson, 2002 ..3:07.44
9. Wolff, B. Thompson, Ganschow, Harris, 2016..3:07.58
- 10.Richards, Sowinski, E. Holmes, Willey, 2011..3:07.84

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. 19777:39.40
5. 19867:40.90
6. Bouske, Herd, Chambers, Koon, 19927:43.94
7. Bouska, Cook, White, Herd, 1992.....7:48.63
8. 19927:49.86
9. 19867:50.10
- 10.Roseman, Rerko, Novotny, Branigan, 1993..7:51.36

Distance Medley Relay

1. Mylenek, Hofacker, Lilly, Melchert9:33.90
2. Lilly, Frye, Manternach, Jones, 20179:44.07
3. Mylenek, Thompson, Lilly, Melchert, 2018 . 9:45.10
4. Prom, Rickels, Sowinski, Thode, 20129:45.41
5. 19999:46.83
6. 19779:48.80
7. 19789:49.70
8. Kuczwar, 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 TEN PERFORMERS



Kineke Alexander Meghan Armstrong

Brittany Brown

Tracy Dahl

Nicole Erickson

Karessa Farley

Ashlyn Gulvas

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
6.	Shellene Williams, 2004	7.50
7.	Briana Guillory, 2017	7.51
8.	Jiselle Providence, 2002	7.52
9.	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.	Tiffany Johnson, 2006	8.33
3.	Jenny Kimbro, 2019	8.34
4.	Jahisha Thomas, 2017	8.35
5.	Paula Ruen, 1998	8.39
6.	Heaven Chandler, 2017	8.44
7.	Sarah Steffen, 2002	8.45
	Renee White, 2008	8.45
9.	Colleen Prendergast, 2000	8.57
10.	Tammilee Kerr, 2008	8.60

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.	Mon Tayla 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.	Mon Tayla 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
7.	Mallory King, 2018	1:31.25
8.	Kaitlyn Nelson, 2013	1:31.44
9.	Karen Layne, 1990	1:31.45
10.	Nicole Erickson, 2012	1:31.71

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.	Adrianne Alexia, 2013	2:08.95
7.	Briana Benning, 1996	2:09.22
8.	Kaitlyn Nelson, 2013	2:09.58
9.	Mon Tayla Holder, 2015	2:10.34
10.	Kay Stormo, 1981	2:11.04

Mile

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

3,000 Meters

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



Lauren Hardesty

Senta Hawkins

Tiffany Hendricks

Tammilee Kerr

Lake Kwaza

Ashley Liverpool

McKenzie Melander

INDOOR ALL-TIME TOP TEN PERFORMERS



Zinnia Miller



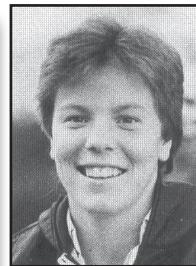
Diane Nukuri



Bethany Praska



Peaches Roach



Gail Smith



Jessie Strand



Renee White

5,000 Meters

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

High Jump

1. Peaches Roach, 2005..... 6-0 3/4 (1.85)
2. Mary Mol, 1983..... 6-0 (1.83)
3. Khanishah Williams, 2013 . 5-11 1/4 (1.81)
4. Becky Kaza, 1995 5-9 3/4 (1.77)
5. Caleigh Bacchus, 2010..... 5-9 1/4 (1.76)
- Aubrianna Lantrip, 2019 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)
- Kacey Childs, 2001..... 5-8 1/2 (1.74)
10. Traci Claussen, 1987 5-8 (1.73)

Pole Vault

1. Jessie Strand, 2004..... 12-5 1/2 (3.80)
- 2. Amy Smith, 201711-11 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, 198619-6 (5.95)
5. Cassidy Ellis, 2015..... 19-5 1/2 (5.93)
- 6. Jenny Kimbro, 2017 19-3 1/2 (5.88)**
- 7. Tria Seawater-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. Tria Simmons, 201742-1 1/4 (12.83)**
4. Tiffany Johnson, 2007..... 41-3 3/4 (12.59)
5. Zinnia Miller, 2014..... 41-2 1/2 (12.56)
6. Carisa Leacock, 2012 40-5 1/2 (12.33)
- 7. Allison Wahrman, 2017.....39-10 (12.14)**
- 8. Hannah Schlib, 201939-8 1/2 (12.10)**
9. Becki Borg, 1987.....39-6 (12.04)
10. Lynn McMillan, 198838-2 (11.63)

Shot Put

- 1. Laulauga Tausaga, 201854-2 (16.51)**
- 2. Nia Britt, 201851-10 1/2 (15.81)**
3. Gail Smith, 198551-0 (15.54)
4. Lisa Van Steenwyk, 1993 . 50-5 1/4 (15.37)
5. Kamesha Marshall, 2005 . 49-2 1/4 (14.99)
6. Denise Taylor, 199248-9 (14.86)
- 7. Erika Hammond, 201748-8 1/4 (14.84)**
8. Rachel Curry, 2013 48-2 1/2(14.69)
9. Megan Maurer, 1995..... 47-5 3/4 (14.47)
10. Laura Kriener, 199047-5 (14.45)
- Courtney Fritz, 2014.....47-5 (14.45)

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
- Armstrong, Granger, Stanley, K. Anderson, 2006 11:29.54
10. Lahann, Williams, Stanley, Arens, 2004..... 11:30.36

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. Kwaza, Guster, Holder, Watts, 2015 3:37.84
10. Kwaza, Holder, Watts, Guster, 2015 3:38.56
- Buss, Guillory, Champe, Hernandez, 2017 3:38.56**