



February 8-9, 2019

IOWA

Track & Field 2019 Notes



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2018-19 IOWA TRACK & FIELD INDOOR SCHEDULE

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

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 competes at the Tyson Invitational hosted by Arkansas and the Iowa State Classic hosted by Iowa State on Friday and Saturday. On Friday at the Tyson Invite, field events start at 1 p.m. (CT) and running events begin at 2:30 p.m. On Saturday, field events start at 10:30 a.m. and running events start at 1:30 p.m. at the Tyson Indoor Track Center. The Iowa State Classic running and field events start at noon (CT) on Friday and Saturday. A full schedule of events is located at hawkeyesports.com on the track and field schedule page.

FOLLOW THE HAWKEYES

Fans can follow the Tyson Invitational on the live results page on hawkeyesports.com/tracklive. Live stats for both meets are linked on the Iowa track and field schedule page. Results will also be posted on the team's official twitter account @iowaxc_tf.

HAWKEYES 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 (USTFCCA) poll. In week three, the women's track and field team climbed 22 spots to No. 15, its highest ranking in program history, the USTFCCA announced Monday. The Hawkeyes' achieved the previous best ranking in 2008 at 18th. The men are ranked 34th.

TAUSAGA ON TOP

The United States Track & Field and Cross Country Coaches Association named junior Laulauga Tausaga (LAU-long-a Tuh-saga) the National Athlete of the Week on Feb. 5. Tausaga is the first athlete from Iowa and the second female in the history of the Big Ten Conference to earn the honor during the indoor season.

Tausaga was recognized for her performances at the Frank Sevigne Invitational. In the weight throw, she threw a school record 23.26 meters (76-03 3/4) to win the event, a mark that leads the NCAA. She also won the shot put competition, throwing 16.25 meters (53-03 3/4). The two wins earned her Most Valuable Female Performer of the meet.

BIG ATHLETES OF THE WEEK

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

Tausaga was recognized for her performances at the Frank Sevigne Invitational over the weekend. In the weight throw competition, she threw a school record 23.26 meters (76-03 3/4) to win the event, a mark that leads the NCAA this season. She also won the shot put competition, throwing 16.25 meters (53-03 3/4). The two wins earned her Most Valuable Female Performer of the meet.

Harris earned the honor after winning the 400 (46.02) and 600 meters (1:16.60) at the Meyo Invitational over the weekend. His times in both events are leading the Big Ten this season, and ranks fifth on the NCAA performance list in the 400 meters.

Kimbro was honored after winning the 60-meter hurdles (8.34) at the Jimmy Grant Invitational, ranking third all-time in the event at the time. She also ran the first leg in the 1,600-meter relay team that placed third (3:53.93). In the long jump competition, Kimbro also placed third (5.54m, 18-2 1/4).





NATIONALLY RANKED HAWKS

The Hawkeyes have ten individual marks ranked in the NCAA's top-15 times, including the top women's weight throw from Laulauga Tausaga, the third highest pentathlon points from Tria Simmons, the fourth fastest women's 400-meter time from Briana Guillory, and the fifth fastest men's 400-meters from Mar'yea Harris.

Top 15 in the NCAA:

1. Laulauga Tausaga- weight throw (23.26m)
3. Tria Simmons- pentathlon (4,220 points)
4. Briana Guillory- 400 meters (52.67)
5. Mar'yea Harris- 400 meters (46.02)
6. Wayne Lawrence- 400 meters (46.14)
8. Jaylan McConico- 60-meter hurdles (7.73)
9. Jenny Kimbro- pentathlon (4,123 points)
13. Karayme Bartley- 400 meters (46.39)
15. Laulauga Tausaga- shot put (16.70m)
15. Chris Douglas- 60-meter hurdles (7.78)

B1G LEADERS

The Hawkeyes are ranked in the top five 16 times in the Big Ten Conference. Three Hawkeyes lead the conference in their respective events, including Jaylan McConico (60-meter hurdles, 7.73), Karayme Bartley (400 meters, 46.39), and Briana Guillory (400 meters, 52.67). Iowa holds three of the top-five best times in the Big Ten's men's 400 meters and 60-meter hurdles.

Top Five in the Big Ten:

1. Jaylan McConico- 60-meter hurdles (7.73)
1. Briana Guillory- 400 meters (52.67)
1. Mar'yea Harris- 400 meters (46.02)
1. Mar'yea Harris- 600 meters (1:16.60)
1. Laulauga Tausaga- weight throw (23.26m)
1. Tria Simmons- pentathlon (4,220 points)
2. Chris Douglas- 60 hurdles (7.78)
2. Jenny Kimbro- 60-meter hurdles (8.27)
2. Tria Simmons- high jump (1.78m)
2. Wayne Lawrence- 400 meters (46.14)
3. Karayme Bartley- 400 meters (46.39)
3. Amanda Carty- long jump (6.16m)
3. Amanda Carty- triple jump (12.84m)
3. Jenny Kimbro- pentathlon (4,123 points)
4. Aubrianna Lantrip- high jump (1.76m)
4. Matt Manternach- 800 meters (1:50.11)
4. Briana Guillory- 600 meters (1:30.92)
5. Anthony Williams- 60-meter hurdles (7.91)
5. Antonio Woodard- 200 meters (21.11)
5. Laulauga Tausaga- shot put (17.34m)
5. Anthony Williams- 60-meter hurdles (7.93)
5. Noah Healy- 5,000 meters (14:24.11)
5. Peyton Haack- heptathlon (5,279 points)

MEET THE RECORD HOLDERS

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

Laulauga Tausaga: shot put (17.34m) and weight throw (21.30m)

Tria Simmons: pentathlon (4,220 points)

Mar'yea Harris: 400 meters (45.75), 600 meters (1:16.60)

Reno Tuufuli: shot put (19.28m)

Nathan Mylenek, Collin Hofacker, Carter Lilly, and Michael Melchert: distance medley relay (9:33.90)

Collin Hofacker, DeJuan Frye, Mar'yea Harris: 1,600-meter relay (3:04.94)

2019 INDOOR SEASON LEADERS

MEN

| | | |
|-------------------|--------------------------------------|-------------------|
| 60 Meters | Antonio Woodard | 6.85 |
| 60-Meter Hurdles | Jaylan McConico | 7.73 |
| 200 Meters | Antonio Woodard | 21.11 |
| 300 Meters | Antonio Woodard | 32.89 |
| 400 Meters | Mar'yea Harris | 46.02 |
| 600 Meters | Mar'yea Harris | * 1:16.60 |
| 800 Meters | Matt Manternach | 1:50.11 |
| 1,000 Meters | Tysen VanDraska | 2:26.17 |
| Mile | Nathan Mylenek | 4:04.88 |
| 3,000 Meters | Daniel Soto | 8:10.24 |
| 5,000 Meters | Noah Healy | 14:24.11 |
| 1,600-Meter Relay | Lawrence, Woodard, Hofacker, Bartley | 3:08.48 |
| High Jump | Jay Hunt | 6-10 3/4 (2.10m) |
| Pole Vault | Peyton Haack | 15-9 3/4 (4.82m) |
| Long Jump | James Carter | 23-4 1/2 (7.12m) |
| Triple Jump | James Carter | 50-3 1/2 (15.33m) |
| Shot Put | Reno Tuufuli | 59-3 1/2 (18.07m) |
| Heptathlon | Peyton Haack | 5,279 points |

WOMEN

| | | |
|-------------------|-----------------------------|---------------------|
| 60 Meters | Antonise Christian | 7.58 |
| 60-Meter Hurdles | Jenny Kimbro | 8.27 |
| 200 Meters | Jada Laye | 24.61 |
| 300 Meters | Talia Buss | 39.70 |
| 400 Meters | Briana Guillory | 52.67 |
| 500 Meters | Daneisha Woodside | 1:17.03 |
| 600 Meters | Briana Guillory | 1:30.92 |
| 800 Meters | Taylor Arco | 2:10.47 |
| 1,000 Meters | Logan Akason | 2:58.69 |
| Mile | Megan Schott | 4:54.96 |
| 3,000 Meters | Megan Schott | 9:39.02 |
| 5,000 Meters | Kylie Latham | 17:40.67 |
| 1,600-Meter Relay | Kimbro, Wensel, Weum, Welch | 3:43.73 |
| High Jump | Aubrianna Lantrip | 5-9 1/4 (1.76m) |
| Long Jump | Amanda Carty | 20-2 1/2 (6.16m) |
| Triple Jump | Amanda Carty | 42-1 1/2 (12.84m) |
| Shot Put | Laulauga Tausaga | * 54-9 1/2 (16.70m) |
| Weight Throw | Laulauga Tausaga | * 76-3 3/4 (23.26m) |
| Pentathlon | Tria Simmons | * 4,200 points |

* -- school record



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)

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).

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. Lalauga 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). Lalauga Tausaga holds the school records in the shot put (16.51m) and weight throws (20.03m).

NEXT ON THE BLOCK

The Hawkeyes will travel to the Alex Wilson Invitational (South Bend, Ind.) next Saturday. The Hawkeyes are three weeks away from the Big Ten Championships (Feb. 22-23) at Michigan and five from the NCAA Championships in Birmingham, Alabama, (March 8-9).

NCAA CHAMPIONSHIP QUALIFICATIONS

Qualification to the championships is based on the descending-order list for the season and adhering to the qualifying regulations/criteria published on www.NCAA.org. For each men's individual event contested, including the heptathlon, the top 16 declared student-athletes will be accepted into the competition. For each women's individual event contested, including the pentathlon, the top 16 declared student-athletes will be accepted into the competition. For each relay event contested, the top 12 declared relay teams will be accepted into the competition. The stated maximums are absolute and will not be extended as a result of ties.

Pronunciation Guide

| | |
|-----------------------------|---------------------|
| Karayme Bartley..... | Kuh-raym |
| Ashley Bryja..... | Bree-UH |
| Mike 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.

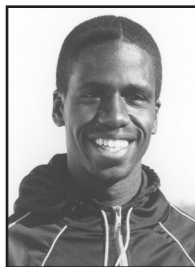
The UI Recreation building includes eight training and athletic training spaces for Iowa track & field and cross country teams. The Hawkeyes have hosted the Big Ten Indoor Men's Championships in 1989, 1997, and 2006 and the Big Ten Women's Indoor Championships in 1991 and 2004.



INDOOR ALL-TIME TOP TEN PERFORMERS



Justin Austin



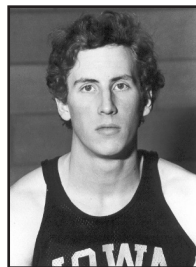
Rodney Chambers



Jim Costello



Troy Doris



Bill Hansen



Mar'yea Harris



John Hickey

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
- Jordan Mullen, 2013..... 7.70
- Jaylan McConico, 2019.....7.73**
- Chris Douglas, 20187.76**
- Ethan Holmes, 2013 7.82
- Dion Trowers, 1997 7.87
- Anthony Williams, 2019.....7.91**
- Russell Peterson, 2004 7.97
- Dan Davis, 2012..... 8.02
- DeRocco Reed, 2000..... 8.03
- Keith Brown, 2015..... 8.03

200 Meters

- Justin Austin, 2011 20.80
- Antonio Woodard, 2018.....20.99**
- Anthuan Maybank, 1993 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
- Emmanuel Ogwo, 2017 21.32
- Paul Chaney, Jr., 2009 21.34
- Mar'yea Harris, 201821.34**

400 Meters

- Mar'yea Harris, 201745.75**
- Wayne Lawrence, 201946.14**
- Karayme Bartley, 201946.39**
- Emmanuel Ogwo, 2017 46.45
- Steven Willey, 2010 46.75
- Terrence Duckett, 1984 46.81
- Collin Hofacker, 201746.82**
- Andre Morris, 1995 47.15
- Monte Raymond, 1998..... 47.18
- Anthuan Maybank, 1990 47.25

600 Meters

- 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**
- Ryan Dorman, 2017..... 1:18.44

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
- Tysen VanDraska, 2018 1:49.65**
- 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, 20184:04.32**
- Larry Wiczorek, 1968..... 4:04.40
- Nathan Mylenek, 20194:04.97**
- 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

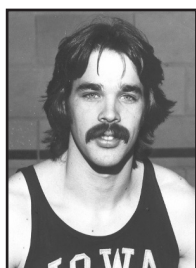
- Kevin Lewis, 2015 7:57.06
- Jeff Thode, 2011 8:00.38
- Micah VanDenend, 2006 8:00.81
- Michael Melchert, 2018 8:08.30**
- Eric MacTaggart, 2006 8:08.79
- Stetson Steele, 2000..... 8:09.54
- Daniel Soto, 2019 8:10.24**
- Ben Witt, 2015 8:10.97
- Dan Haut, 2005 8:11.36
- Kevin Herd, 1994 8:11.51

5,000 Meters

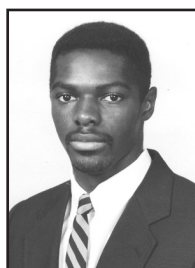
- Kevin Lewis, 2015 13:43.70
- Micah VanDenend, 2007 13:56.46
- Stetson Steele, 2000..... 14:00.52
- Dan Haut, 2006 14:06.16
- Eric MacTaggart, 2006 14:13.41
- Jeff Thode, 2011 14:16.00
- Matt Esche, 2004..... 14:18.43
- Jeff Kent, 2007..... 14:18.86
- Jesse Luciano, 2009 14:20.99
- Nick Nordheim, 2002 14:22.99



Ethan Holmes



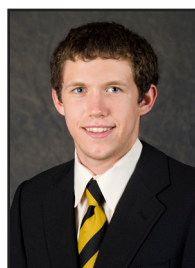
Bill Knoedel



Anthuan Maybank



Aaron Mallett



Nathan Prom

INDOOR ALL-TIME TOP TEN PERFORMERS



Kyle Reid



Patrick Richards



Keaton Rickels



Jeff Thode



Micah VanDenend



Todd Wigginton



Steven Willey

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. **Daniel Gaynes, 2019 5,162 points**
7. Ryan Niver, 2008..... 5,149 points
8. Frank Prill, 2010..... 5,015 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)
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. **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 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**, 2017 3:04.94
2. **Hofacker, Frye, Garron, Harris, 2018..... 3:05.33**
3. **Thompson, Frye, Garron, Harris, 2018.... 3:06.06**
4. Richards, E. Holmes, Sowinski, Willey,
2011 3:06.66
5. Rozell, Davis, Raymond, Yamini, 1998 3:06.80
6. Ogwo, Mallett, **Frye, Harris**, 2017 3:07.08
7. Wolff, Ganschow, **Lilly, Harris**, 2016 3:07.24
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

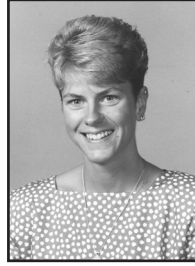
3,200-Meter Relay

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. 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 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. Kuczwarra, 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. **Jenny Kimbro, 2019 8.27**
3. Tiffany Johnson, 2006..... 8.33
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. **Tria Simmons, 2019 8.55**
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. Alexxis 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**
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

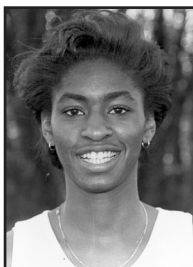
1. Bethany Praska, 2011 2:05.01
2. Jeanne Kruckeberg, 1989 2:06.38
3. Michelle Lahann, 2004 2:06.83
4. Katharina Trost, 2014 2:07.38
5. Mahnee Watts, 2014 2:08.79
6. Adrienne Alexia, 2013 2:08.95
7. Briana Benning, 1996 2:09.22
8. Kaitlyn Nelson, 2013..... 2:09.58
9. MonTayla Holder, 2015 2:10.34
10.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

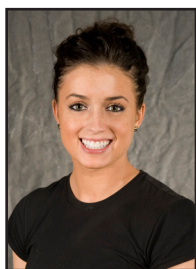


Lauren Hardesty Senta Hawkins Tiffany Hendricks Lake Kwaza Ashley Liverpool McKenzie Melander Zinnia Miller

INDOOR ALL-TIME TOP TEN PERFORMERS



Diane Nukuri



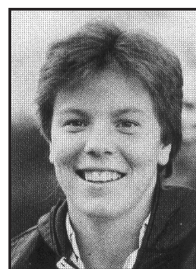
Bethany Praska



Peaches Roach



Tria Simmons



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. **Tria Simmons, 2019 5-10 (1.78)**
5. Becky Kaza, 1995 5-9 3/4 (1.77)
6. 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)

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. **Amanda Carty, 2019 20-2 1/2 (6.16)**
4. Carisa Leacock, 2014 19-9 1/2 (6.03)
5. Lisa Moats, 1986 19-6 (5.95)
6. Cassidy Ellis, 2015 19-5 1/2 (5.93)
7. **Jenny Kimbro, 2017 19-3 1/2 (5.88)**
8. **Tria Simmons, 2019 19-2 3/4 (5.86)**
9. Renee White, 2006 19-3 1/4 (5.87)
10. Tiffany Johnson, 2007 19-2 1/2 (5.85)

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 (12.84)**
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. **Allison Wahrman, 2017 39-10 (12.14)**
9. **Hannah Schlib, 2019 39-8 1/2 (12.10)**
10. Becki Borg, 1987 39-6 (12.04)

Shot Put

1. **Laulauga Tausaga, 2019 ..54-9 1/2 (16.70)**
2. **Nia Britt, 2019 53-1 1/2 (16.19)**
3. **Erika Hammond, 2019 51-9 3/4 (15.79)**
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)
- Courtney Fritz, 2014 47-5 (14.45)

Weight Throw

1. **Laulauga 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. **Nia Britt, 2019 61-4 3/4 (18.71)**
5. Annemie Smith, 2014 61-4 (18.69)
6. Kelsey Taylor, 2011 60-4 1/2 (18.40)
7. Majesty Tutson, 2011 58-4 (17.78)
8. Becca Franklin, 2007 58-3 1/4 (17.76)
9. Chelsea Colpitts, 2013 56-4 (17.17)
10. Erin O'Hern, 2008 56-3 (17.14)

Pentathlon

1. **Tria Simmons, 2019 4,220 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

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