



March 8-9, 2019

# IOWA

# Track & Field 2019 Notes



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## 2018-19 IOWA TRACK & FIELD INDOOR SCHEDULE

Date	Meet
Dec. 8	<b>Jimmy Grant Invitational</b> (Iowa City, Iowa)
Jan. 11-12	<b>Hawkeye Invitational</b> (Iowa City, Iowa)
Jan. 18-19	<b>Larry Wiczorek Invitational</b> (Iowa City, Iowa)
Jan. 25-26	<b>Black &amp; Gold Premier</b> (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

<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 Knodle</b> Assistant Coach
<b>Kate Wakenight</b> Director of Operations

### THIS WEEK

The University of Iowa Track and Field team will send 10 student-athletes to compete this weekend at the 2019 NCAA Indoor Championships in Birmingham, Alabama. A full schedule of events is located at hawkeyesports.com on the track and field schedule page.

### Events are listed in Central Time:

Briana Guillory: 400 meters (P), Friday 6:27 p.m.; 400 meters (F), Saturday 4:50 p.m.  
 Mar'yea Harris, Wayne Lawrence Jr.: 400 meters (P), Friday 6:42 p.m.; 400 meters (F), Saturday 5 p.m.  
 Karayme Bartley: 200 meters (P), Friday 7:52 p.m.; 200 meters (F), Saturday 6 p.m.  
 Chris Douglas, Jaylan McConico: 60-meter hurdles (P), Friday 7:07 p.m.; 60 meter hurdles (F), Saturday 5:20 p.m.  
 Tria Simmons, Jenny Kimbro: Pentathlon, Friday 12:15 p.m.  
 Laulauga Tausaga: shot put, Friday 5:15 p.m.; weight throw, Saturday 4:30 p.m.  
 Men's 1,600-meter relay: Saturday, 6:55 p.m.

### FOLLOW THE HAWKEYES

Fans can follow the 2019 NCAA Indoor Championships on hawkeyesports.com/tracklive. Live stats for the meet 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 women's track and field team climbed two spots to No. 12, its highest ranking in program history, in the United States Track & Field and Cross Country Coaches Association Week 7 poll. The USTFCCA rank the men at No. 23, moving up four spots from week six.

The women's rank is the highest for either the men or women in school history. The Hawkeye women have been ranked in the top 25 nine times, five times this season, and the men have ranked in the top 25 15 times since 2008.

### NATIONALLY RANKED HAWKS

The Hawkeyes have 10 individual marks and one relay team ranked in the NCAA's top-16 times to qualify them for the NCAA Indoor Championships, including the third best women's weight throw and shot put from Laulauga Tausaga and the fourth best pentathlon from Tria Simmons.

### Top 16 in the NCAA:

3. Laulauga Tausaga - weight throw (23.26m)
3. Laulauga Tausaga - shot put (17.79m)
4. Tria Simmons - pentathlon (4,220 points)
7. Bartley, Woodard, Lawrence Jr., Harris - men's 1,600-meter relay (3:04.76)
9. Karayme Bartley - 200 meters (20.67)
10. Mar'yea Harris - 400 meters (46.02)
11. Jaylan McConico - 60-meter hurdles (7.73)
13. Jenny Kimbro - pentathlon (4,123 points)
13. Wayne Lawrence - 400 meters (46.14)
14. Briana Guillory - 400 meters (52.65)
15. Chris Douglas - 60-meter hurdles (7.75)

### 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).





### 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)

### TAUSAGA ON TOP

The United States Track & Field and Cross Country Coaches Association named junior Laulauga Tausaga (LAU-long-a Tuh-saga) Midwest Region Female Field Athlete of the Year, becoming the second female in school history to earn a track and field regional honor.

Tausaga ranks third nationally in the shot put and weight throw this season. Her farthest weight mark (23.26 meters, 76-3) at the Frank Sevigne Husker Invitational broke the Iowa record, and her shot-put mark of 17.79 meters (58-4) at the 2019 Big Ten Indoor Championships expanded her previous record by 1.09 meters to also break the Hawkeye record.

The USTFCCA also named her National Athlete of the Week on Feb. 5. She was 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.

### MEET THE RECORD HOLDERS

13 Hawkeyes on the roster account for 10 indoor school records:  
Laulauga Tausaga: shot put (17.79m) and weight throw (21.30m)  
Tria Simmons: pentathlon (4,220 points)  
Karayme Bartley: 200 meters (20.67)  
Mar'yea Harris: 400 meters (45.75), 600 meters (1:16.60)  
Carter Lilly: 800 meters (1:47.33)  
Reno Tuufuli: shot put (19.28m)  
Nathan Mylenek, Collin Hofacker, Carter Lilly, and Michael Melchert: distance medley relay (9:33.90)  
Karayme Bartley, Antonio Woodard, Wayne Lawrence Jr., Mar'yea Harris: 1,600-meter relay (3:04.76)

### ALL WE DO IS WIN

At the 2019 Indoor Big Ten Championships, juniors Collin Hofacker, Antonio Woodard, and Chris Thompson ran the first three legs of the 1,600-meter relay. When senior Mar'yea Harris received the baton, the Hawkeyes were in third place of their section. With 100 meters left in the race, Harris' turbo kicked in and he passed Ohio State and Purdue to earn the title in 3:07.46. Following the men, the women, including Jenny Kimbro, Tria Simmons, Aly Weum, and Briana Guillory, also won the 1,600-meter relay in 3:37.58). Kimbro won the 60-meter hurdles in 8.29 to earn the Hawkeyes' first ever conference title in the event. The final two 2019 Big Ten Champions are Simmons in the pentathlon (4,135 points) and Jaylan McConico in the 60-meter hurdles (7.79).

### B1G LEADERS

The women finished third overall at the to tie the Hawkeyes' best finish since 2004 before the conference expanded, in Big Ten Championship history with 80 points. They collected 10 medals, including gold medals by the 1,600-meter relay team, Kimbro in the 60-meter hurdles, Simmons in the pentathlon, and four silver medals by Kimbro in the pentathlon, Guillory in the 200 and 400 meters, and Tausaga in the shot put. Kimbro led the Hawkeyes over the weekend with the most points from an individual Hawkeyes, scoring 20.5 points. The following women scored points in their respective events:

## 2019 INDOOR SEASON LEADERS

### MEN

60 Meters	Antonio Woodard	6.85
60-Meter Hurdles	Jaylan McConico	7.73
200 Meters	Karayme Bartley	* 20.67
300 Meters	Antonio Woodard	32.89
400 Meters	Mar'yea Harris	46.02
600 Yards	Chris Thompson	1:11.17
600 Meters	Mar'yea Harris	* 1:16.60
800 Meters	Matt Manternach	1:49.70
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	Daniel Soto	13:59.82
1,600-Meter Relay	Bartley, Woodard, Lawrence Jr., Harris	* 3:04.76
Dist. Medley Relay	VanDraska, Thompson, Manternach, Roberts	9:53.38
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	60-9 1/2 (18.53m)
Heptathlon	Peyton Haack	5,279 points

### WOMEN

60 Meters	Antonise Christian	7.54
60-Meter Hurdles	Jenny Kimbro	8.27
200 Meters	Briana Guillory	23.37
300 Meters	Talia Buss	39.70
400 Meters	Briana Guillory	52.65
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	Anna Hostetler	9:35.10
5,000 Meters	Andrea Shine	16:36.93
1,600-Meter Relay	Kimbro, Simmons, Weum, Guillory	3:37.58
High Jump	Tria Simmons	5-10 (1.78m)
Long Jump	Amanda Carty	20-2 1/2 (6.16m)
Triple Jump	Amanda Carty	42-1 1/2 (12.84m)
Shot Put	Laulauga Tausaga	* 58-4 1/2 (17.79m)
Weight Throw	Laulauga Tausaga	* 76-3 3/4 (23.26m)
Pentathlon	Tria Simmons	* 4,220 points



**WOMEN (80 points, third place)**

Jenny Kimbro, Tria Simmons, Aly Weum, Briana Guillory – 1,600-meter relay (3:37.58), 10 points  
Jenny Kimbro – 60-meter hurdles (8.29), 10 points  
Tria Simmons – pentathlon (4,135 points), 10 points  
Jenny Kimbro – pentathlon (4,030 points), eight points  
Briana Guillory – 200 meters (23.37), eight points  
Briana Guillory – 400 meters (52.65), eight points  
Laulauga Tausaga – shot put (17.79 meters, 58-4 1/2), eight points  
Nia Britt – shot put (16.75 meters, 58-4 1/2), five points  
Aubrianna Lantrip – high jump (1.73 meters, 5-8), five points  
Hannah Schilb – triple jump (12.37 meters, 40-7), four points  
Antonise Christian – 60 meters (7.59), two points  
Aly Weum – 400 meters (55.82), one point  
Amanda Carty – long jump (5.89 meters, 19-4), one point

The men’s team tied for fourth place with 70 points, its best finish since 2011. The Hawkeyes collected nine medals, including Hofacker, Thompson, Woodard, and Harris’ 1,600-meter gold medals, McConico’s 60-meter hurdles gold medal, Karayme Bartley’s 200- and 400-meter silver medals, Chris Douglas’ 60-meter hurdles bronze medal, and Harris’ 400-meter bronze medal. The following is the complete list of men’s points scored.

**MEN (70 points, tied for fourth)**

Collin Hofacker, Antonio Woodard, Chris Thompson, Mar’yea Harris – 1,600-meter relay (3:07.46), 10 points  
Jaylan McConico – 60-meter hurdles (7.79), 10 points  
Karayme Bartley – 200 meters (20.67), eight points  
Karayme Bartley – 400 meters (46.25), eight points  
Chris Douglas – 60-meter hurdles (7.84), six points  
Mar’yea Harris – 400 meters (46.36), six points  
Anthony Williams – 60-meter hurdles (7.88), five points  
Antonio Woodard – 200 meters (20.98), five points  
James Carter – triple jump (15.09 meters, 49-6 1/4), three points  
Reno Tuufuli – shot put (18.28 meters, 59-11 3/4), three points  
Austin Lietz – 600 meters (1:20.75), two points  
Tysen VanDraska, Chris Thompson, Matt Manternach, Jeff Roberts – Distance Medley Relay (9:53.38), two points  
Peyton Haack – heptathlon (5,201 points), one point  
Wayne Lawrence Jr. – 400 meters (47.96), one point

**COUNTING CURRENT ALL-TIME HAWKEYES**

The men have 23 current athletes in Iowa’s indoor all-time top 10 (55 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), Karayme Bartley (1,600-meter relay), Antonio Woodard (1,600-meter relay), Wayne Lawrence Jr. (1,600-meter relay), Collin Hofacker (distance medley relay), Nathan Mylenek (distance medley relay), and Michael Melchert (distance medley relay).

The women have 12 athletes in the top 10 (20 times). Laulauga Tausaga holds the school records in the shot put (16.51m) and weight throws (20.03m), and Tria Simmons holds the pentathlon record (4,220).

**NEXT ON THE BLOCK**

The Hawkeyes will travel to Tempe, Arizona, to compete in their first outdoor meet at the Baldy Castillo Invitational on March 15-16.

**PRONUNCIATION GUIDE**

Table with 2 columns: Name and Pronunciation. Includes 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), Laulauga 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.





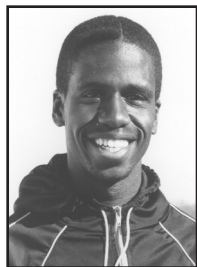
# INDOOR ALL-TIME TOP TEN PERFORMERS



Justin Austin



Karayme Bartley



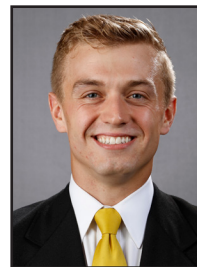
Rodney Chambers



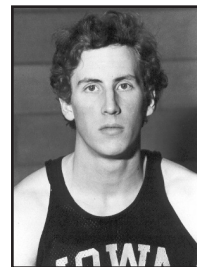
Jim Costello



Troy Doris



William Dougherty



Bill Hansen

## 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, 2019	7.75
5. Ethan Holmes, 2013	7.82
6. Dion Trowers, 1997	7.87
7. Anthony Williams, 2019	7.88
8. Russell Peterson, 2004	7.97
9. Dan Davis, 2012	8.02
10. DeRocco Reed, 2000	8.03
Keith Brown, 2015	8.03

## 200 Meters

1. Karayme Bartley, 2019	20.67
2. Justin Austin, 2011	20.80
3. Antonio Woodard, 2019	20.89
4. Anthuan Maybank, 1993	21.11
5. Bashir Yamini, 1999	21.19
6. James Harrington, 2014	21.21
7. Ethan Holmes, 2013	21.23
8. Tim Dodge, 2000	21.26
9. Christian Brissett, 2017	21.27
Mar'yea Harris, 2019	21.27

## 400 Meters

1. Mar'yea Harris, 2017	45.75
2. Wayne Lawrence, 2019	46.14
3. Karayme Bartley, 2019	46.25
4. Emmanuel Ogwo, 2017	46.45
5. Steven Willey, 2010	46.75
6. Terrence Duckett, 1984	46.81
7. Collin Hofacker, 2017	46.82
8. Andre Morris, 1995	47.15
9. Monte Raymond, 1998	47.18
10. Anthuan Maybank, 1990	47.25

## 600 Meters

1. Mar'yea Harris, 2019	1:16.60
2. Erik Sowinski, 2012	1:16.91
3. Carter Lilly, 2017	1:17.20
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 Kuczwarra, 2010	1:49.59
9. Tysen VanDraska, 2018	1:49.65
10. Matt Mantel, 2017	1:49.70

## 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 Wiczorek, 1968	4:04.40
6. Nathan Mylenek, 2019	4:04.97
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. Daniel Soto, 2019	8:10.24
8. Ben Witt, 2015	8:10.97
9. Dan Haut, 2005	8:11.36
10. Kevin Herd, 1994	8:11.51

## 5,000 Meters

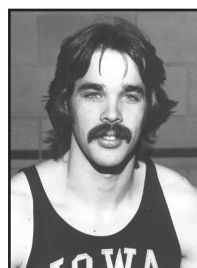
1. Kevin Lewis, 2015	13:43.70
2. Micah VanDenend, 2007	13:56.46
3. Daniel Soto, 2019	13:59.82
4. Stetson Steele, 2000	14:00.52
5. Dan Haut, 2006	14:06.16
6. Eric MacTaggart, 2006	14:13.41
7. Jeff Thode, 2011	14:16.00
8. Matt Esche, 2004	14:18.43
9. Jeff Kent, 2007	14:18.86
10. Jesse Luciano, 2009	14:20.99



Mar'yea Harris



Colin Hofacker



Bill Knoedel



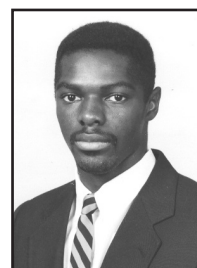
Wayne Lawrence, Jr.



Kevin Lewis



Carter Lilly



Anthuan Maybank

# INDOOR ALL-TIME TOP TEN PERFORMERS



Aaron Mallett



Michael Melchert



Nathan Mylenek



Jeff Thode



Reno Tuufuli



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. **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. **Bartley, Woodard, Lawrence Jr., Harris... 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

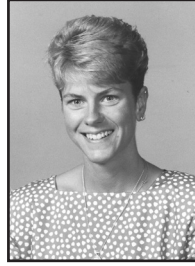
1. Cooke, Nie, Monsey, Chambers, 1990..... 7:13.02
2. Corrigan, Blackman, Strozier, Chambers,  
1989 ..... 7:29.00
3. English, Blackman, Strozier, Chambers,  
1989 ..... 7:36.20
4. 1977 ..... 7:39.40
5. 1986 ..... 7:40.90
6. Bouske, Herd, Chambers, Koon, 1992 ..... 7:43.94
7. Bouska, Cook, White, Herd, 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. 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

- Lake Kwaza, 2016 ..... 7.33
- Brittany Brown, 2017..... 7.39
- Elaine Jones, 1983 ..... 7.43
- Kyara Avant, 2018..... 7.44
- Peaches Roach, 2005..... 7.45
- Shellene Williams, 2004 ..... 7.50
- Briana Guillory, 2017 .....7.51**
- Jiselle Providence, 2002 ..... 7.52
- Antonise Christian, 2019 .....7.54**
- Rhonda-Kaye Trusty, 2010 ..... 7.55
- Erin Jones, 2011 ..... 7.55
- Raven Moore, 2013 ..... 7.55

## 60-Meter Hurdles

- Karessa Farley, 2009 ..... 8.21
- Jenny Kimbro, 2019 .....8.27**
- Tiffany Johnson, 2006..... 8.33
- Jahisha Thomas, 2017 ..... 8.35
- Paula Ruen, 1998..... 8.39
- Tria Simmons, 2019 .....8.40**
- Heaven Chandler, 2017 ..... 8.44
- Sarah Steffen, 2002 ..... 8.45
- Renee White, 2008..... 8.45
- Colleen Prendergast, 2000 ..... 8.57

## 200 Meters

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

## 400 Meters

- Kineke Alexander, 2007 ..... 51.48
- Briana Guillory, 2018 .....51.68**
- Elexis Guster, 2016 ..... 52.36
- Ellen Grant, 1996..... 52.65
- Shellene Williams, 2004 ..... 52.83
- Alexis Hernandez, 2017 ..... 53.42
- Ashley Liverpool, 2011 ..... 54.09
- MonTayla Holder, 2015 ..... 54.32
- Sheridan Champe, 2018 ..... 54.70
- Tiffany Hendricks, 2011 ..... 55.06

## 600 Yards

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

## 600 Meters

- Kineke Alexander, 2008 ..... 1:27.45
- Bethany Praska, 2011 ..... 1:28.14
- MonTayla Holder, 2016 ..... 1:29.35
- Mahnee Watts, 2016..... 1:30.41
- Senta Hawkins, 1987 ..... 1:30.77
- Briana Guillory, 2019 .....1:30.92**
- Mallory King, 2018.....1:31.25**
- Kaitlyn Nelson, 2013..... 1:31.44
- Karen Layne, 1990 ..... 1:31.45
- Nicole Erickson, 2012 ..... 1:31.71

## 800 Meters

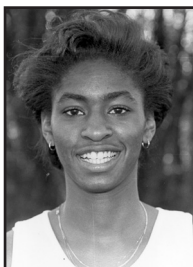
- Bethany Praska, 2011 ..... 2:05.01
- Jeanne Kruckeberg, 1989 ..... 2:06.38
- Michelle Lahann, 2004 ..... 2:06.83
- Katharina Trost, 2014 ..... 2:07.38
- Mahnee Watts, 2014..... 2:08.79
- Adrienne Alexia, 2013 ..... 2:08.95
- Briana Benning, 1996 ..... 2:09.22
- Kaitlyn Nelson, 2013..... 2:09.58
- MonTayla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

## Mile

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

## 3,000 Meters

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

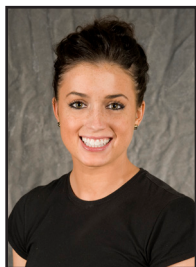


Lauren Hardesty Senta Hawkins Tiffany Hendricks Lake Kwaza Ashley Liverpool McKenzie Melander Zinnia Miller

# INDOOR ALL-TIME TOP TEN PERFORMERS



Diane Nukuri



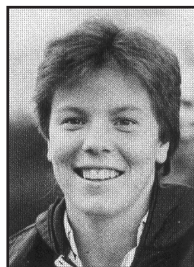
Bethany Praska



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. Kassidy Ellis, 2015 ..... 19-5 1/2 (5.93)
7. **Jenny Kimbro, 2017 ..... 19-3 1/2 (5.88)**
8. Renee White, 2006 ..... 19-3 1/4 (5.87)
9. **Tria Simmons, 2019 ..... 19-2 3/4 (5.86)**
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. **Hannah Schlib, 2019 ..... 40-7 (12.37)**
8. Carisa Leacock, 2012 ..... 40-5 1/2 (12.33)
9. **Allison Wahrman, 2017 ..... 39-10 (12.14)**
10. Becki Borg, 1987 ..... 39-6 (12.04)

## Shot Put

1. **Laulauga Tausaga, 2019 ..58-4 1/2 (17.79)**
2. **Nia Britt, 2019 ..... 54-11 1/2 (16.75)**
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. **Kimbro, Simmons, Strand, White, Guillory**

Kimbro, Simmons, Strand, White, Guillory