



April 5-6, 2019

# IOWA Track & Field

## 2019 Notes



TRACK & FIELD CONTACT: HANNAH OSSMAN | EMAIL: [HANNAH-OSSMAN@HAWKEYESPORTS.COM](mailto:HANNAH-OSSMAN@HAWKEYESPORTS.COM) | Phone: 319-335-9411 | [hawkeyesports.com](http://hawkeyesports.com)

### 2019 IOWA TRACK & FIELD OUTDOOR SCHEDULE

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

### IOWA COACHING STAFF

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

### THIS WEEK

The University of Iowa track and field team competes at the 40th annual Sun Angel Classic in Tempe, Arizona, on Friday and Saturday. The meet starts on Friday with the women's premiere hammer throw at 10 a.m. (CT), running events start at 5 p.m. On Saturday, the meet starts with the women's open discus at 7 a.m. (CT) and running events start at 11:15 a.m. with the women's 100-meter hurdles. A full schedule of events is located at [hawkeyesports.com](http://hawkeyesports.com) on the track and field schedule page.

### FOLLOW THE HAWKEYES

Fans can follow the Sun Angel Classic on [hawkeyesports.com/tracklive](http://hawkeyesports.com/tracklive). Live stats for the meet are also linked on the Iowa track and field schedule page. Results will also be posted on the team's official twitter account @iowaxc\_tf. A link to the FloTrack stream is on [hawkeyesports.com/trackschedule](http://hawkeyesports.com/trackschedule). A subscription is required.

### HAWKEYES IN THE RANKINGS

The University of Iowa men's and women's track and field teams are both ranked in the top 30 in the United States Track & Field and Cross Country Coaches Association outdoor preseason poll. The USTFCCCA rank the men at No. 17 and the women at No. 27.

### NATIONALLY RANKED HAWKS

The Hawkeyes have six individual marks ranked in the NCAA's top 15, including the fastest men's 1,600-meter relay from freshman Wayne Lawrence Jr., junior Antonio Woodard, junior Collin Hofacker, and senior Mar'yea Harris. The four men won the Pepsi Florida Relays last Saturday to post the leading mark.

#### *Top 15 in the NCAA:*

1. Lawrence, Woodard, Hofacker, Harris - 1,600-meter relay (3:03.10)
4. Laulauga Tausaga - discus (57.74 meters, 189-5)
6. Mar'yea Harris - 400 meters (46.02)
7. Matt Manternach - 800 meters (1:48.65)
7. Jaylan McConico - 110 hurdles (13.82)
8. Reno Tuufuli - discus (57.49, 188-7)
9. Chris Douglas - 400 hurdles (51.18)
10. Antonio Woodard - 200 meters (20.69)
13. Carter Lilly - 800 meters (1:48.95)

### B1G LEADERS

The Hawkeyes are ranked in the top five 23 times in the conference. Four individual Hawkeyes are leading the Big Ten Conference in their respective events, including Jenny Kimbro (100 hurdles), Jaylan McConico (110 hurdles), Chris Douglas (400 hurdles), and Laulauga Tausaga (discus). Iowa also holds the fastest men's 1,600-meter relay from freshman Wayne Lawrence Jr., junior Antonio Woodard, junior Collin Hofacker, and senior Mar'yea Harris.

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

1. Jenny Kimbro - 100 hurdles (13.64)
1. Jaylan McConico - 110 hurdles (13.82)
1. Chris Douglas - 400 hurdles (51.18)
1. Laulauga Tausaga - discus (57.74 meters, 189-5)
1. Lawrence, Woodard, Hofacker, Harris - 1,600-meter relay (3:03.10)
2. Mar'yea Harris - 400 meters (46.02)
2. Noah Garrison - 400 meters (51.49)
2. Reno Tuufuli - discus (57.49 meters, 188-7)
3. Matt Manternach - 800 meters (1:48.65)
3. Chris Douglas - 110 hurdles (14.18)
3. Nathan Mylenek - 3,000-meter steeplechase (8:55.23)
3. Jay Hunt - high jump (2.11 meters, 6-11)





3. Reno Tuufuli - shot put (18.21 meters, 59-9)  
 3. Kimbro, Weum, Simmons, Wensel - 1,600-meter relay (3:36.32)  
 4. Antonio Woodard - 200 meters (20.69)  
 4. Carter Lilly - 800 meters (1:48.95)  
 4. Tria Simmons - high jump (1.76 meters, 5-9 1/4)  
 4. Williams, Woodard, Hofacker, Harris - 400-meter relay (40.16)  
 5. Tysen VanDraska - 800 meters (1:49.22)  
 5. Anthony Williams - 110 hurdles (14.25)  
 5. Jenny Kimbro - 400 hurdles (59.95)  
 5. Amanda Carty - long jump (5.99 meters, 19-8)  
 5. Kimbro, Laye, Guillory, Christian - 400-meter relay (45.60)

### B1G ATHLETES OF THE WEEK

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

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

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

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

Tausaga was recognized for her performances at the Frank Sevigne Invitational. In the weight throw competition, she threw a school record 23.26 meters (76-03 3/4) to win the event. She also won shot put, throwing 16.25 meters (53-03 3/4).

Harris earned the honor after winning the 400 (46.02) and 600 meters (1:16.60) at the Meyo Invitational (Feb. 2).

Kimbro was recognized by the conference after running her 60-meter hurdles personal best (8.27) in December. The honor was the first of her career.

### 2019 INDOOR ALL-AMERICANS (14)

The Hawkeyes earned eight first team All-America honors at the 2019 NCAA Indoor Track and Field Championships -- Karayme Bartley (two events), Chris Douglas, Briana Guillory, Laulauga Tausaga, Collin Hofacker, Wayne Lawrence Jr., and Mar'yea Harris. The Hawkeyes tied the most indoor first-team honors in school history (2011). Six second team All-America honors were awarded to the Hawkeyes.

#### *First Team All-Americans (8):*

Laulauga Tausaga - weight throw (22.23 meters, 72-11 1/4), fifth  
 Karayme Bartley - 200 meters (20.97), sixth  
 Briana Guillory - 400 meters (52.86), sixth  
 Chris Douglas - 60-meter hurdles (7.83), sixth  
 Hofacker, Bartley, Lawrence, Harris - 1,600-meter relay (3:07.68), sixth

#### *Second Team All-Americans (6):*

Mar'yea Harris - 400 meters (46.96), ninth  
 Jaylan McConico - 60-meter hurdles (7.82), 12th  
 Tria Simmons - Pentathlon (4,090 points), 12th  
 Wayne Lawrence - 400 meters (47.73), 13th  
 Jenny Kimbro - Pentathlon (3,983 points), 15th  
 Laulauga Tausaga - shot put (15.84 meters, 51-11 3/4), 15th

### 2019 OUTDOOR SEASON LEADERS

#### MEN

100 Meters .....	Antonio Woodard .....	10.61
110-Meter Hurdles ....	Jaylan McConico .....	13.82
200 Meters .....	Antonio Woodard .....	20.69
400 Meters .....	Mar'yea Harris .....	46.02
400-Meter Hurdles ....	Chris Douglas .....	51.18
800 Meters .....	Matt Manternach.....	1:48.65
1,500 Meters .....	Jeff Roberts .....	3:53.80
3,000 Steeplechase....	Nathan Mylenek .....	8:55.23
5,000 Meters .....	Noah Healy .....	14:43.23
10,000 Meters .....	Ian Eklin .....	30:10.40
400-Meter Relay .....	Williams, Woodard, Hofacker, Harris ...	40.16
Shuttle Hurdle Relay ...	Williams, Haack, Braverman, McConico .....	1:01.14
800-Meter Relay .....	Sorrells, Braverman, Douglas, Haack	1:28.29
1,600-Meter Relay .....	Lawrence Jr., Woodard, Hofacker, Harris .....	3:03.10
3,200-Meter Relay .....	Teubel, Still, Olson, Andrews.....	7:36.62
Distance Medley Relay	Teubel, Andrews, Olson, VanDraska.	10:10.17
High Jump .....	Jay Hunt .....	6-11 (2.11m)
Pole Vault.....	Peyton Haack .....	15-1 3/4 (4.62m)
Long Jump.....	James Carter .....	23-7 1/4 (7.19m)
Shot Put .....	Reno Tuufuli.....	59-9 (18.21m)
Discus.....	Reno Tuufuli.....	188-7 (57.49m)
Javelin .....	Peyton Haack .....	155-11 (47.53m)

#### WOMEN

100 Meters .....	Antonise Christian.....	12.15
100-Meter Hurdles ....	Jenny Kimbro .....	13.64
200 Meters .....	Talia Buss .....	24.32
400 Meters .....	Aly Weum .....	55.21
400-Meter Hurdles ....	Jenny Kimbro .....	59.95
800 Meters .....	Mallory King.....	2:07.08
1,500 Meters .....	Grace McCabe.....	4:32.94
5,000 Meters .....	Megan Schott.....	16:28.97
10,000 Meters .....	Andrea Shine.....	34:10.24
400-Meter Relay .....	Kimbro, Laye, Guillory, Christian .....	45.60
800-Meter Relay .....	Christian, Buss, Swanson, Morken....	1:38.52
1,600-Meter Relay .....	Kimbro, Weum, Simmons, Wensel ...	3:36.32
Sprint Medley Relay....	Swanson, Morken, King, Arco .....	3:52.85
3,200-Meter Relay .....	Welker, Saunders, McCabe, Weber...	9:04.18
High Jump .....	Tria Simmons .....	5-9 1/4 (1.76m)
Long Jump.....	Amanda Carty .....	19-8 (5.99m)
Shot Put .....	Nia Britt.....	51-5 3/4 (15.69m)
Discus.....	Laulauga Tausaga .....	189-5 (57.74m)
Javelin .....	Marissa Mueller .....	132-2 (40.28m)
Hammer Throw.....	Nia Britt.....	186-2 (56.74m)

\* -- school record



## BIG TEN INDOOR CHAMPIONSHIPS (11)

The women finished third overall with 80 points to tie the Hawkeyes' best finish since 2004. 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, scoring 20.5 points.

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 Har ris' 400-meter bronze medal.

At the 2019 Big Ten Indoor 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. Simmons also won the pentathlon (4,135 points) and Jaylan McConico won the 60-meter hurdles (7.79).

## ALL-BIG TEN (17)

### *First Team All-Big Ten (11):*

Tria Simmons - Pentathlon (4,135 points)

Jenny Kimbro - 60-meter hurdles (8.29)

Jaylan McConico - 60-meter hurdles (7.79)

Collin Hofacker, Antonio Woodard, Chris Thompson, Mar'yea Harris - 1,600-meter relay (3:07.46)

Jenny Kimbro, Tria Simmons, Aly Weum, Briana Guillory - 1,600-meter relay (3:37.58)

### *Second Team All-Big Ten (6):*

Jenny Kimbro - Pentathlon (4,030 points)

Briana Guillory - 200 meters (23.37)

Briana Guillory - 400 meters (52.65)

Laulauga Tausaga - shot put (17.79 meters, 58-4 1/2)

Karayme Bartley - 200 meters (20.67)

Karayme Bartley - 400 meters (52.65)

## 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.

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 USTFCCCA 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.

## NEXT ON THE BLOCK

The Hawkeyes will host their lone regular season home track meet, Musco Twilight, next Saturday.

## PRONUNCIATION GUIDE

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

## Francis X. Cretzmeyer Track

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

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



# OUTDOOR ALL-TIME TOP TEN PERFORMERS



Jeremy Allen



Justin Austin



Matt Byers



Troy Doris



William Dougherty



Mar'Yea Harris



Jeffery Herron

## 100 Meters

1.	Justin Austin, 2011 .....	10.21
2.	O'Shea Wilson, 2017 .....	10.22
3.	George Page, 1996 .....	10.25
4.	James Harrington, 2015.....	10.26
5.	Anthuan Maybank, 1994 .....	10.31
	Tim Dwight, 1997 .....	10.31
	Josh Larney, 2013 .....	10.31
	Vinnie Saucer, Jr., 2015.....	10.31
9.	<b>Antonio Woodard, 2018.....</b>	<b>10.34</b>
10.	Bob Lawson, 1976 .....	10.36

## 110-Meter High Hurdles

1.	Aaron Mallett, 2017.....	13.24
2.	Pat McGhee, 1989 .....	13.50
3.	Dion Trowers, 1996.....	13.62
4.	Ronnie McCoy, 1985.....	13.66
5.	Ethan Holmes, 2011 .....	13.73
6.	Jordan Mullen, 2013.....	13.76
	<b>Chris Douglas, 2018.....</b>	<b>13.76</b>
8.	<b>Jaylan McConico, 2019.....</b>	<b>13.82</b>
9.	James Armstrong, 1991.....	13.89
10.	Dan Davis, 2012.....	14.01

## 200 Meters

1.	Justin Austin, 2011 .....	20.31
2.	Jeff Patrick, 1983 .....	20.47
3.	James Harrington, 2015.....	20.50
4.	Anthuan Maybank, 1994 .....	20.55
5.	Victor Green, 1984 .....	20.60
6.	<b>Antonio Woodard, 2018.....</b>	<b>20.61</b>
7.	Andre Morris, 1995 .....	20.64
8.	George Page, 1996 .....	20.67
9.	<b>Collin Hofacker, 2017 .....</b>	<b>20.71</b>
10.	Terrence Duckett, 1982.....	20.74

## 400 Meters

1.	<b>Mar'yea Harris, 2018 .....</b>	<b>44.94</b>
2.	Anthuan Maybank, 1993 .....	44.99
3.	Andre Morris, 1995 .....	45.15
4.	Mike Mondane, 1967 .....	45.20
5.	Steven Willey, 2010 .....	45.78
6.	<b>DeJuan Frye, 2018.....</b>	<b>46.17</b>
7.	Gary Hollingsworth, 1963.....	46.30
8.	Harold Leonard, 1986.....	46.45
9.	Emmanuel Ogwo, 2017 .....	46.46
10.	<b>Collin Hofacker, 2017 .....</b>	<b>46.50</b>

## 400-Meter Hurdles

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

## 800 Meters

1.	Erik Sowinski, 2012.....	1:45.90
2.	<b>Carter Lilly, 2016 .....</b>	<b>1:47.32</b>
3.	Bill Frazier, 1962 .....	1:47.64
4.	D'Juan Strozier, 1990 .....	1:47.82
5.	Adam Hairston, 2011.....	1:48.10
6.	Will Teubel, 2015.....	1:48.60
7.	<b>Matt Manternach, 2018 .....</b>	<b>1:48.63</b>
8.	<b>Tysen VanDraska, 2019 .....</b>	<b>1:49.22</b>
9.	Michael Layne, 1999.....	1:49.61
10.	Bill Thiesen, 1985 .....	1:49.74

## 1,500 Meters

1.	Jeff Thode, 2010 .....	3:43.02
2.	Joel Moeller, 1978 .....	3:44.01
3.	Jim Docherty, 1978.....	3:44.30
4.	Sam Fourman, 2015 .....	3:44.50
5.	Adam Jones, 2017 .....	3:45.48
6.	Dan Waters, 1986 .....	3:46.35
7.	<b>Michael Melchert, 2018 .....</b>	<b>3:46.56</b>
8.	Kevin Herd, 1994 .....	3:46.64
9.	John Clark, 1977 .....	3:46.84
10.	<b>Nathan Mylenek, 2018.....</b>	<b>3:47.87</b>

## 3,000-Meter Steeplechase

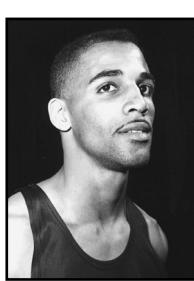
1.	Deacon Jones, 1956.....	8:47.40
2.	<b>Nathan Mylenek, 2018.....</b>	<b>8:48.66</b>
3.	Steve Pershing, 1978 .....	8:54.59
4.	Andy Morris, 2000.....	8:56.21
5.	Matt Gerard, 1994 .....	8:57.01
6.	Andy Napier, 2008 .....	8:57.54
7.	Rollie Kitt, 1967 .....	9:02.90
8.	Al Greene, 1985.....	9:02.96
9.	Tony Rakaric, 2005.....	9:03.29
10.	Mark Battista, 2010 .....	9:04.60

## 5,000 Meters

1.	Micah VanDenend, 2007 .....	13:49.31
2.	Larry Wieczorek, 1968 .....	13:56.00
3.	Kevin Herd, 1993 .....	13:59.00
4.	Stetson Steele, 2000.....	14:02.76
5.	Kevin Lewis, 2014 .....	14:02.78
6.	Eric MacTaggart, 2005 .....	14:04.79
7.	Dan Haut, 2006.....	14:07.30
8.	Jesse Luciano, 2010 .....	14:08.71
9.	<b>Nathan Mylenek, 2018.....</b>	<b>14:09.43</b>
10.	Adam Jones, 2017 .....	14:11.52



Gabe Hull



Deacon Jones

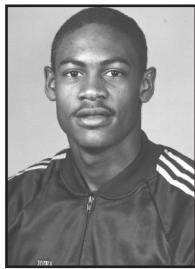


Aaron Mallett



Anthuan Maybank

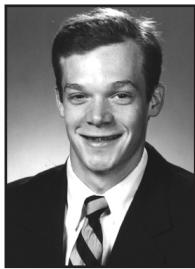
# OUTDOOR ALL-TIME TOP TEN PERFORMERS



Pat McGhee



Erik Sowinski



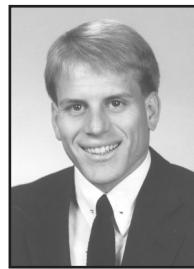
Stetson Steele



Jeff Thode



Micah VanDenend



Todd Wigginton



Arno  
van der Westhuizen

## 10,000 Meters

1.	Stetson Steele, 2000.....	28:44.47
2.	Eric MacTaggart, 2006.....	28:50.23
3.	Kevin Lewis, 2015.....	28:59.62
<b>4. Daniel Soto, 2018 .....</b>	<b>29:39.35</b>	
5.	Nick Nordheim, 2002 .....	29:44.71
6.	Trent Corey, 2002 .....	29:45.25
<b>7. Ian Eklin, 2017 .....</b>	<b>29:47.06</b>	
8.	Chad Schwitters, 1999.....	29:56.00
<b>9. Luke Sampson, 2018 .....</b>	<b>29:58.47</b>	
10.	Nick Holmes, 2010 .....	30:02.31

## Decathlon

1.	William Dougherty, 2018.....	7,673 pts
2.	Kyle Reid, 2013 .....	7,203 pts
3.	Jack Eckert, 2015 .....	7,087 pts
4.	Dan Rolling, 2010 .....	6,957 pts
5.	Scott Faber, 2000.....	6,839 pts
6.	Ryan Niver, 2008.....	6,837 pts
7.	Chad Ohly, 1994 .....	6,641 pts
8.	Gary Kostrubala, 1984.....	6,498 pts
9.	Frank Prill, 2008.....	6,381 pts
10.	Jacob Drewry, 1994 .....	5,820 pts

## High Jump

1.	Jeffery Herron, 2012.....	7-4 1/4 (2.24)
2.	Bill Hansen, 1978.....	7-4 (2.23)
	Bill Knoedel, 1975.....	7-4 (2.23)
4.	Kevin Spejcher, 2014 .....	7-2 1/2 (2.20)
5.	M. Cunningham, 1986.....	7-1 (2.16)
	Kenneth Lansing, 1988.....	7-1 (2.16)
7.	Pat Meade, 1987 .....	7-0 1/4 (2.14)
8.	Graham Valdes, 2012 .....	6-11 3/4 (2.12)
9.	Peter Hlavin, 1979 .....	6-11 (2.11)
	Scott Hudek, 1993 .....	6-11 (2.11)
	Jeremy Petsche, 2008.....	6-11 (2.11)
	Brandon Oest, 2012 .....	6-11 (2.11)
	<b>Jay Hunt, 2019 .....</b>	<b>6-11 (2.11)</b>

## Pole Vault

1.	Todd Wigginton, 1984 .....	17-0 (5.18)
2.	Chad Ohly, 1994 .....	16-8 3/4 (5.10)
	Kyle Reid, 2013 .....	16-8 3/4 (5.10)
4.	Curt Broek, 1978 .....	16-8 (5.08)
<b>5. Andy Jatis, 2018.....</b>	<b>16-7 1/2 (5.07)</b>	
6.	Phil Wertman, 1971 .....	16-7 (5.05)
	Kelly Scott, 1988.....	16-7 (5.05)
8.	John Teffer, 1972 .....	16-2 (4.93)
9.	Alex Zona, 2009 .....	16-0 3/4 (4.90)
10.	Steve Brewer, 1983.....	16-0 (4.88)
	Doug Pennino, 1985 .....	16-0 (4.88)

## Discus

1.	Gabe Hull, 2014 .....	207-1 (63.11)
<b>2. Reno Tuufuli, 2017.....</b>	<b>203-7 (62.06)</b>	
3.	A.J. Curtis, 2007.....	202-11 (61.84)
4.	Gary Kostrubala, 1986.....	202-4 (61.68)
5.	Jeremy Allen, 2001 .....	195-4 (59.54)
6.	Tim Brodersen, 2005 .....	193-6 (58.98)
7.	Avery Meyers, 2017.....	185-8 (56.61m)
8.	Brad Daufeldt, 2004 .....	185-0 (56.40)
9.	Nick Brayton, 2009 .....	180-11 (55.15)
10.	Andy Banse, 2005 .....	180-0 (54.86)

## Hammer

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

## Javelin

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

## Shot Put

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

# MEN'S ALL-TIME RELAYS

## 400-Meter Relay

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

## Shuttle Hurdle Relay

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

## 800-Meter Relay

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

## 1,600-Meter Relay

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

## Sprint Medley Relay

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

## 3,200-Meter Relay

1. Schum, Christensen, Steffen, Criswell, 1971 ..... 7:18.60
2. Hairston, Prom, Thode, Sowinski, 2011 ..... 7:23.77
3. **Manternach, VanDraska, W. Teubel, Lilly**, 2017 ..... 7:24.77
4. **Melchert, Manternach, N. Teubel, Lilly**, 2018 ..... 7:28.37
5. Corrigan, Blackman, Strozier, Chambers, 1989 ..... 7:29.00
6. **Melchert, Dorman, Lilly, Larrison**, 2016 ..... 7:30.32
7. **N. Teubel, Manternach, Chaidez, W. Teubel**, 2017 ..... 7:30.74
8. **Lilly, Dorman, W. Teubel, Davey**, 2015 ..... 7:31.48
9. Willey, Braff, Sowinski, Hairston, 2009 ..... 7:33.08
10. Tweedy, Gajewski, Linden, O'Hollearn, 2005 ..... 7:33.12

## Distance Medley Relay

1. Pershing, Moeller, Slack, Docherty, 1978 ..... 9:39.94
2. Kuczwar, Barton, Hairston, Thode, 2011 ..... 9:41.37
3. N. Holmes, VanCleave, Sowinski, Thode, 2012 ..... 9:41.59
4. Young, Barton, Kuczwar, Luciano, 2010 ..... 9:42.97
5. **Mylenek, Thompson, Manternach, Melchert**, 2018 ..... 9:50.70
6. Prom, Davey, Weir, Witt, 2013 ..... 9:53.83
7. Theisen, Williams, Wiesa, Waters, 1985 ..... 9:54.04
8. Wilfong, Slaymaker, W. Teubel, Witt, 2013 ..... 9:54.05
9. Luciano, Pierre, Hairston, VanDenend, 2007 ..... 9:54.07
10. VanDenend, Riley, O'Hollearn, Rakaric, 2006 ..... 9:54.97

## 6,400-Meter Relay

1. Pershing, Fuller, Moeller, Docherty, 1978 ..... 16:27.70
2. Rakaric, Webster, MacTaggart, VanDenend, 2006 ..... 16:55.43
3. Lewis, Witt, Hart, Fourman, 2015 ..... 16:58.44
4. Price, **Eklin**, Gardarsson, Docherty, 2016 ..... 17:00.30
5. Paul, Kadlec, Thode, Luciano, 2010 ..... 17:01.46
6. Witt, Lewis, Hart, Butler, 2014 ..... 17:01.65
7. N. Holmes, Witt, Thode, Lewis, 2012 ..... 17:02.26
8. Thomas, Allen, Rakaric, Lloyd, 2003 ..... 17:06.27
9. Pittman, Novotny, Feeldy, Marquardt, 1995 ..... 17:12.49
10. Bakker, Feeldy, Peters, Pittman, 1996 ..... 17:13.10

# OUTDOOR ALL-TIME TOP TEN PERFORMERS



Kineke Alexander



Meghan Armstrong



Marta Bote  
Gonzalez



Brittany Brown



Nan Doak



Aisha James



Tiffany Johnson

## 100 Meters

1.	Brittany Brown, 2018.....	11.28
2.	<b>Briana Guillory, 2016 .....</b>	<b>11.35</b>
3.	Lake Kwaza, 2015 .....	11.40
4.	Vivien McKenzie, 1985.....	11.45
5.	Davera Taylor, 1984 .....	11.51
6.	Erica Broomfield, 1998.....	11.53
7.	Jiselle Providence, 2001 .....	11.57
8.	Tanja Reid, 1994.....	11.60
	Peaches Roach, 2005 .....	11.60
10.	Yolanda Hobbs, 1995 .....	11.62

## 400 Meters

1.	Kineke Alexander, 2006 .....	51.35
2.	Elexis Guster, 2016 .....	51.85
	<b>Briana Guillory, 2018 .....</b>	<b>51.85</b>
4.	Shellene Williams, 2004 .....	51.94
5.	Ashley Liverpool, 2012 .....	52.47
6.	Ellen Grant, 1996.....	52.65
7.	Alexis Hernandez, 2017 .....	53.27
8.	Senta Hawkins, 1988.....	54.01
	Bethany Praska, 2011.....	54.01
	Marlene Poole, 1994.....	54.03

## 100-Meter Hurdles

1.	Tiffany Johnson, 2007 .....	13.20
2.	<b>Jenny Kimbro, 2018 .....</b>	<b>13.38</b>
3.	Jahisha Thomas, 2017 .....	13.46
4.	Karessa Farley, 2009.....	13.53
5.	C. Prendergast, 1999 .....	13.60
	Paula Ruen, 2000.....	13.60
7.	Sarah Steffen, 2002 .....	13.65
8.	Ruqayya Raheem, 1998.....	13.90
9.	Heaven Chandler, 2016 .....	13.91
10.	Brenda Calhoun, 1984.....	13.94

## 400-Meter Hurdles

1.	Mary Knoblauch, 1981 .....	56.16
2.	Wynsome Cole, 1998 .....	56.67
3.	MonTayla Holder, 2014.....	56.70
4.	Chris Davenport, 1981 .....	59.18
5.	Sommer Sharpe, 2018.....	59.20
6.	Sarah Plock, 2018 .....	59.49
7.	Hannah Simonson, 2012 .....	59.54
8.	Sarah Steffen, 2002 .....	59.59
9.	Tiffany Hendricks, 2011.....	59.63
10.	Nicole Erickson, 2012 .....	59.77

## 200 Meters

1.	Brittany Brown, 2017 .....	22.30
2.	<b>Briana Guillory, 2016 .....</b>	<b>22.89</b>
3.	Elexis Guster, 2016 .....	23.03
4.	Lake Kwaza, 2016 .....	23.17
5.	Shellene Williams, 2004 .....	23.50
6.	Kineke Alexander, 2006 .....	23.58
7.	Davera Taylor, 1984 .....	23.59
8.	Vivien McKenzie, 1985.....	23.61
9.	Yolanda Hobbs, 1995 .....	23.65
10.	Alexis Hernandez, 2017 .....	23.69

## 800 Meters

1.	Bethany Praska, 2011.....	2:03.78
2.	Kay Stormo, 1982 .....	2:05.67
3.	Michelle Lahann, 2004 .....	2:06.79
4.	<b>Mallory King, 2019.....</b>	<b>2:07.08</b>
5.	Katharina Trost, 2015 .....	2:07.09
6.	Mahnee Watts, 2016.....	2:07.41
7.	Aisha Hume, 2005 .....	2:08.50
8.	Adrianne Alexia, 2013 .....	2:08.61
9.	Jeanne Kruckeberg, 1987 .....	2:08.75
10.	Kaitlyn Nelson, 2013 .....	2:08.83



Diane Nukuri



Tammilee Kerr

## 1,500 Meters

1.	Meghan Armstrong, 2006 .....	4:17.41
2.	Betsy Flood, 2010.....	4:17.75
3.	Jeanne Kruckeberg 1989 .....	4:19.71
4.	McKenzie Melander, 2012 .....	4:20.22
5.	Lauren Hardesty, 2009 .....	4:20.40
6.	Diane Nukuri, 2007 .....	4:20.95
7.	Penny O'Brien, 1985 .....	4:21.43
8.	Kay Stormo, 1982 .....	4:22.24
9.	Michelle Lahann, 2004 .....	4:24.00
10.	Shannon Stanley, 2006.....	4:25.08

## 3,000 Meters

1.	Diane Nukuri, 2008 .....	9:18.82
2.	Penny O'Brien, 1985 .....	9:20.61
3.	McKenzie Melander, 2012 .....	9:21.59
4.	Betsy Flood, 2010.....	9:22.63
5.	Nan Doak, 1985.....	9:23.04
6.	Tracy Dahl, 1992.....	9:23.53
7.	Meghan Armstrong, 2006 .....	9:28.03
8.	Brooke Eilers, 2011 .....	9:30.08
9.	Jeanne Kruckeberg, 1989 .....	9:30.69
10.	Jennifer Brower, 1992 .....	9:34.59

## 3,000-Meter Steeplechase

1.	Marta Bote Gonzalez, 2015.....	10:23.15
2.	Danielle Berndt, 2011 .....	10:26.54
3.	Jessica Schmidt, 2008 .....	10:27.18
4.	Sarah Arens, 2004 .....	10:34.50
5.	Hannah Roeder, 2011 .....	10:35.22
6.	Madison Waymire, 2017 .....	10:41.91
7.	Kelsey Hart, 2011 .....	10:47.56
8.	Kelly Breen, 2017.....	10:59.99
9.	Katie Ellis, 2010 .....	11:02.62
10.	Michelle Lahann, 2003 .....	11:16.21

## 5,000 Meters

1.	Nan Doak, 1985 .....	15:45.84
2.	McKenzie Melander, 2012 .....	15:57.13
3.	Diane Nukuri, 2008 .....	15:59.39
4.	Betsy Flood, 2011 .....	16:04.46
5.	Meghan Armstrong, 2008 .....	16:08.83
6.	Brooke Eilers, 2011 .....	16:11.86
7.	Mareike Schrulle, 2013 .....	16:12.66
8.	Jenny Spangler, 1983 .....	16:17.21
9.	Tracy Dahl, 1992 .....	16:18.77
10.	Racheal Marchand, 2008 .....	16:27.02

# OUTDOOR ALL-TIME TOP TEN PERFORMERS



Bethany Praska



Alana Redfern



Peaches Roach



Anнемie Smith



Jessie Strand



Laulauga Tausaga



Jahisha Thomas

## 10,000 Meters

1. Diane Nukuri, 2008 ..... 33:17.01
2. Jennifer Brower, 1991..... 33:23.38
3. Meghan Armstrong, 2008..... 33:28.00
4. Nan Doak, 1985 ..... 33:33.03
5. Jenny Spangler, 1983 ..... 33:39.24
6. **Andrea Shine, 2018** ..... **33:50.25**
7. Racheal Marchand, 2008 ..... 34:05.87
8. McKenzie Melander, 2012..... 34:29.83
9. Tracy Dahl, 1992 ..... 34:30.09
10. Betsy Flood, 2011 ..... 35:05.10

## Heptathlon

1. Tammilee Kerr, 2008 ..... 5,633 pts
2. **Jenny Kimbro, 2018** ..... **5,523 pts**
3. **Tria Simmons, 2017** ..... **5,398 pts**
4. Kathy Gillespie, 1983 ..... 5,262 pts
5. Tiff Pedersen, 2004 ..... 4,976 pts
6. Janet Adams, 1981..... 4,855 pts
7. Sarah Ryan, 2012 ..... 4,819 pts
8. Ruqayya Raheem, 1997 ..... 4,665 pts
9. Angela Chadwick, 1993..... 4,493 pts
10. **Allison Wahrman, 2017** ..... **4,315 pts**

## High Jump

1. Peaches Roach, 2006 ..... 6-1 1/4 (1.86)
2. Mary Mol, 1983 ..... 6-0 (1.83)
3. Khanishah Williams, 2013. 5-11 1/4 (1.81)
4. Caleigh Bacchus, 2010 ..... 5-10 (1.78)
5. Lynn McMillan, 1988 ..... 5-9 1/4 (1.76)
- Aubrianna Lantrip, 2018....5-9 1/4 (1.76)**
- Gillian Urycki, 2018 .....** **5-9 1/4 (1.76)**
- Tria Simmons, 2019 .....** **5-9 1/4 (1.76)**
9. Madison Rouw, 2016 ..... 5-8 3/4 (1.75)
10. Kacey Childs, 2001 ..... 5-8 1/2 (1.74)

## Pole Vault

1. Jessie Strand, 2003 ..... 12-10 1/4 (3.92)
2. Sarah Burgett, 2006 ..... 12-1 3/4 (3.70)
3. Kirsten Weismantle, 2011..... 12-0 (3.66)
4. Amy Smith, 2018..... 11-11 3/4 (3.65)
5. Katie Truedson, 2010..... 11-5 1/4 (3.49)
6. Gina Shannon, 2001..... 11-2 1/4 (3.41)
7. Brittany Holst, 2013 ..... 11-1 (3.38)
8. Elyssa Tracy, 2015..... 10-6 (3.20)
9. Kacey Childs, 2000 ..... 8-0 1/2 (2.45)

## Long Jump

1. Aisha James, 2003..... 22-3 (6.78)
2. Jahisha Thomas, 2018 ..... 21-6 (6.55)
3. Zinnia Miller, 2014..... 20-6 1/2 (6.26)
4. Renee White, 2008 ..... 20-3 3/4 (6.19)
5. Carisa Leacock, 2014..... 19-11 3/4 (6.09)
6. **Amanda Carty, 2019** ..... **19-8 (5.99)**
7. Becki Borg, 1988 ..... 19-7 1/4 (5.97)
8. **Jenny Kimbro, 2018** ..... **19-7 (5.97)**
9. Cassidy Ellis, 2015 ..... 19-6 1/4 (5.95)
10. Lisa Moats, 1986 ..... 19-6 (5.95)

## Triple Jump

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

## Shot Put

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

## Discus

1. **Laulauga Tausaga, 2018.....196-4 (59.86)**
2. Majesty Tutson, 2013 ..... 181-1 (55.19)
3. **K. Spanoudakis, 2019 .....** **175-3 (53.41)**
4. Dakotah Goodell, 2014 ..... 169-4 (51.62)
5. Kara Misel, 2018 ..... 162-1 (49.40)
6. Tiffany Medenwaldt, 2010.. 161-3 (49.16)
7. Denise Taylor, 1992 ..... 160-5 (48.90)
8. Amanda Stahle, 2014..... 159-3 (48.54)
9. Lisa Van Steenwyk, 1991 .... 159-1 (48.50)
10. Gail Smith, 1983..... 158-2 (48.22)

## Javelin

1. Alana Redfern, 2003 ..... 181-5 (55.30)
2. Tammilee Kerr, 2008 ..... 163-5 (49.81)
3. Mandy Beck, 1999 ..... 153-4 (46.74)
4. Dakotah Goodell, 2015 .153-3 1/4 (46.71)
5. Terri Soldan, 1983..... 152-6 1/4 (46.48)
6. Shani Renning, 1990 ..... 152-3 (46.40)
7. Kayla Hochhalter, 2015 ..... 152-6 (46.48)
8. **Marissa Mueller, 2018.....151-0 (46.02)**
9. Clara Simon, 1981..... 149-9 (45.64)
10. Janet Adams, 1984..... 148-7 (45.28)

## Hammer Throw

1. Annemie Smith, 2015 ... 200-1 1/2 (60.99)
2. Jasmine Simpson, 2013..... 197-7 (60.23)
3. Becca Franklin, 2007 ..... 195-0 (59.45)
4. Ashlyn Gulvas, 2014..... 192-9 (58.75)
5. Leah Colbert, 2018..... 189-3 (57.69)
6. **Nia Britt, 2019 .....** **186-2 (56.74)**
7. **Allison Wahrman, 2019 .....** **185-6 (56.55)**
8. **Amanda Howe, 2019 .....** **180-8 (55.07)**
9. **Laulauga Tausaga, 2018.....178-7 (54.43)**
10. Kelsey Taylor, 2011 ..... 177-0 (53.95)

# WOMEN'S ALL-TIME RELAYS

## 400-Meter Relay

1. Kwaza, Guster, **Guillory**, Hernandez, 2016 ..... 44.04
2. Chapman, **Guillory**, Hernandez, Brown, 2017 ..... 44.34
3. Kwaza, Guster, Chapman, **Guillory**, 2016 ..... 44.41
4. Thomas, Avant, **Guillory**, Brown, 2018 ..... 44.44
5. Kwaza, Guster, Hernandez, Brown, 2014 ..... 44.51
6. Thomas, Avant, Champe, Brown, 2018 ..... 44.52
7. Thomas, **Guillory**, Hernandez, Brown, 2017 ..... 44.53
8. Kwaza, Guster, Holder, Brown, 2014 ..... 44.62
9. Poole, Reid, Floyd, Hobbs, 1994 ..... 44.63
- Chapman, **Guillory**, Hernandez, Brown, 2017 ..... 44.63

## Shuttle Hurdle Relay

1. Prendergast, Cole, Raheem, Ruen, 1998 ..... 56.44
2. Cole, Prendergast, Raheem, Ruen, 1998 ..... 56.54
3. Raheem, Prendergast, Cole, Ruen, 1998 ..... 57.53

## 800-Meter Relay

1. **Brown**, Champe, Avant, Plock, 2018 ..... 1:35.11
2. Chapman, **Guillory**, Hernandez, Brown, 2017 ..... 1:35.36
3. Hobbs, Reid, Floyd, Poole, 1994 ..... 1:35.69
4. Roach, McCalla, Alexander, Johnson, 2006 ..... 1:36.19
5. Chapman, Roberts-Lewis, Champe, Brown, 2016 ..... 1:36.98
6. Williams, Charles, Fouchè, Providence, 2003 ..... 1:37.49
7. Herrmann, McCalla, Raymond, Roach, 2004 ..... 1:37.66
8. Charles, Dixon, Knight, Prendergast, 2002 ..... 1:38.15
9. **Christian, Buss, Swanson, Morken, 2019** ..... 1:38.52
10. Prendergast, Dixon, Knight, Providence, 2001 ..... 1:38.73

## 1,600-Meter Relay

1. Hernandez, **Guillory**, Holder, Guster, 2016 ..... 3:30.97
2. **Guillory**, Brown, Hernandez, Champe, 2017 ..... 3:32.37
3. Guster, **Guillory**, Holder, Hernandez, 2016 ..... 3:32.63
4. Holder, **Guillory**, Hernandez, Guster, 2016 ..... 3:33.25
5. Guster, Hernandez, Holder, Kwaza, 2014 ..... 3:34.83
6. Praska, Hendricks, Liverpool, Erickson, 2011 ..... 3:35.93
7. **Guillory**, Brown, Hernandez, Champe, 2017 ..... 3:35.94
- Champe, **Guillory**, Plock, Sharpe, 2018 ..... 3:35.94
9. Guster, Watts, Hernandez, Kwaza, 2014 ..... 3:36.09
10. Hume, Charles, Steffen, Williams, 2003 ..... 3:36.26

## Sprint Medley Relay

1. Jones, Hendricks, Liverpool, Praska, 2011 ..... 3:48.63
2. Brown, Kwaza, Guster, Watts, 2014 ..... 3:51.18
3. Kwaza, Guster, Holder, Watts, 2016 ..... 3:52.62
4. **Swanson, Morken, King, Arco, 2019** ..... 3:52.85
5. Kwaza, Brown, Guster, Trost, 2015 ..... 3:53.29
6. Kwaza, R. Moore, Holder, Alexia, 2013 ..... 3:54.51
7. Trusty, R. Moore, Hendricks, Praska, 2010 ..... 3:56.53
8. Reid, Philip, Hobbs, Benning, 1995 ..... 3:56.54
9. Roach, Alexander, McCalla, Stanley, 2005 ..... 3:56.99
10. Kwaza, R. Moore, Alexia, Nelson, 2013 ..... 3:58.72

## 3,200-Meter Relay

1. Suppelsa, Wodek, Kruckeberg, Schneckloth, 1987 ..... 8:46.45
2. Lahann, Stanley, Hume, Barber, 2004 ..... 8:48.87
3. Schneckloth, Roberts, Hawkins, Kruckeberg, 1989 ..... 8:49.38
4. Trost, Maser, Alexia, Nelson, 2014 ..... 8:49.95
5. Nelson, Watts, Wilberding, Sindt, 2016 ..... 8:51.90
6. Flood, Dlhy, L. Hardesty, Docherty, 2009 ..... 8:53.91
7. Armstrong, Stanley, Laney, Hume, 2005 ..... 8:54.27
8. O'Brien, Camarigg, Williams, Stormo, 1981 ..... 8:54.36
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