

IOWA TRACK & FIELD 2018

25 Olympians
13 NCAA Champions
286 All-America Honors
287 Big Ten Champions
480 Academic All-Big Ten Honors



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2018 IOWA TRACK & FIELD INDOOR SCHEDULE

Date	Meet
Jan. 13	Hawkeye Invitational (Iowa City, Iowa)
Jan. 19-20	Larry Wieczorek Invitational (Iowa City, Iowa)
Jan. 27	Black & Gold Premier (Iowa City, Iowa)
Feb. 2-3	Meyo Invitational (South Bend, Ind.)
Feb. 9-10	Iowa State Classic (Ames, Iowa)
Feb. 9-10	Tyson Invitational (Fayetteville, Ark.)
Feb. 17	Alex Wilson Invitational (South Bend, Ind.)
Feb. 23-24	Big Ten Indoor Championships (Geneva, Ohio)
Mar. 9-10	NCAA Championships (College Station, Texas)

IOWA COACHING STAFF

Joey Woody	Director of Track & Field
Randy Hasenbank	Associate Head Cross Country 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 See	Director of Operations

THIS WEEK

The University of Iowa track and field team opens the 2018 indoor track and field season Saturday hosting the Hawkeye Invitational. The meet begins at 10 a.m. (CT) with the high jump. Running events commence at 12 p.m. with the 3,000 meters.

FOLLOW ALONG

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

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 (USTFCCCA) preseason poll, released Jan. 10. The women are ranked 34th in the nation, their highest preseason ranking in program history, while the men are ranked 32nd in the nation.

BROWN, HARRIS NAMED PRESEASON ALL-AMERICANS

Senior Brittany Brown (200 meters) and junior Mar'yea Harris (400 meters) were named 2018 Preseason All-Americans by FloTrack.

Brown, a native of Upland, California, owns the 200-meter school record indoor and outdoor and is tied for the 100-meter record. Brown won Big Ten titles in the 200 meters during the indoor and outdoor seasons and went on to finish fifth at the NCAA Indoor championships with a time of 22.92.

Harris, a native of Auburn, Washington, holds the indoor 400-meter school record and placed runner-up in the 400-meters at the Big Ten Indoor Championships. Harris was part of the 1,600-meter relay that broke the indoor and outdoor school records and placed fifth and third at the NCAA Indoor and Outdoor Championships, respectively.

Brown and Harris join Ohio State's Nick Gray as the only male or female representatives of the Big Ten in the 200 or 400 meters.

2017 INDOOR ALL-AMERICANS

The Hawkeyes finished the 2017 indoor season with 10 All-America honors-- Brittany Brown (200-meters), DeJuan Frye (1,600-meter relay), Collin Hofacker (1,600-meter relay), Aaron Mallett (60-meter hurdles), Carter Lilly (800-meters), Emmanuel Ogwo (1,600-meter relay), Jahisha Thomas (Long Jump), O'Shea Wilson (Long Jump), and Mar'yea Harris (1,600-meter relay, 400-meters). The Hawkeyes return seven indoor All-Americans, while Harris was the only Hawkeye named an All-American in multiple events.

Hofacker, Frye, and Ogwo were named All-Americans for the first time in their careers.



BROWN'S THE ONE TO BEAT

Senior Brittany Brown returns to the track for her final season at Iowa after capturing the 200-meter Big Ten Indoor title. In addition, Brown set the school record in the event, running a 22.79 in the preliminary round. The Upland, California, native also finished runner-up in the 60-meters with a time of 7.39, a time that ranks second all-time in Iowa history.

THOMAS LEAPS AHEAD OF THE COMPETITION

Senior Jahisha Thomas enters the 2018 indoor season as Iowa's school record-holder in the long jump (20-11 3/4, 6.39 meters) and triple jump (42-8, 13.00 meters). Thomas was named a second team All-American in the triple jump at the NCAA Indoor Championships, placing 13th overall.

In July, Thomas set an outdoor personal best at the United Kingdom World Team Trials in the triple jump with a mark of 13.25 meters (43-5 3/4).

WERSKEY ENTERS AS NEW THROWING COACH

Eric Werskey was hired as Iowa's throwing coach in August 2017 after two seasons at California State University Northridge. Werskey aided throwers Brianna Cueva and Daniel Swarbrick to Big West Outdoor titles in 2016 while Dawaun Lucas and Zachary Rosales placed second and third, respectively, in the shot put. After graduating from Auburn, Werskey trained at the U.S. Olympic Training Center in Chula Vista, California, where he worked with some of the best throwers in the world. In college, Werskey was a three-time All-American in the shot put.

BIG TEN'S TOP RETURNING HURDLER

Junior Chris Douglas enters the 2018 indoor season as the Big Ten's top returning 60-meter hurdler based on last year's times. Douglas ran a personal best 7.82 at the Iowa Open last season to rank third in the conference behind seniors Aaron Mallet and Illinois' David Kendziera. At the 2017 Big Ten Indoor Championships, Douglas finished fifth.

IOWA SIGNS 25 FOR 2018

The Hawkeyes announced the addition of 25 signees for the 2018-19 season on Nov. 11. The class includes 14 women and 11 men, including 10 from Iowa.

ROSTER BREAKDOWN

Iowa has 110 athletes on its roster in 2018. There are 40 freshmen, 32 sophomores, 21 juniors, and 17 seniors. Of the 110 student-athletes, 42 are from Iowa followed by 20 from Illinois. The team also has seven international athletes.

2017 INDOOR SEASON LEADERS

MEN

60 Meters	Christian Brissett	6.74
	Vinnie Saucer, Jr.	6.74
60-Meter Hurdles	Aaron Mallett	* 7.63
200 Meters	Antonio Woodard	21.26
400 Meters	Mar'yea Harris	* 45.75
600 Meters	Carter Lilly	1:17.20
800 Meters	Carter Lilly	* 1:47.33
1,000 Meters	Tysen VanDraska	2:28.29
Mile	Adam Jones	4:04.28
3,000 Meters	Bailey Hesse-Withbroe	8:21.33
5,000 Meters	Bailey Hesse-Withbroe	14:48.04
1,600-Meter Relay	Ogwo, Hofacker, Frye, Harris	* 3:04.93
Dist. Medley Relay	Lilly, Frye, Manternach, Jones	* 9:44.07
High Jump	Peter Andreano	6-8 (2.03m)
Pole Vault	Andy Jatis	16-4 3/4 (5.00m)
Long Jump	O'Shea Wilson	25-9 1/2 (7.86m)
Triple Jump	Akinshe Calica-Hill	48-2 1/2 (14.69m)
Shot Put	Reno Tuufuli	61-7 1/2 (18.78m)
Weight Throw	Reno Tuufuli	56-2 1/2 (17.13m)
Discus	Reno Tuufuli	176-9 (53.87m)
Heptathlon	William Dougherty	* 5,504 points

WOMEN

60 Meters	Brittany Brown	7.39
60-Meter Hurdles	Jahisha Thomas	8.28
200 Meters	Brittany Brown	* 22.79
400 Meters	Alexis Hernandez	53.42
600 Meters	Mallory King	1:33.13
800 Meters	Tia Saunders	2:12.21
1,000 Meters	Tess Wilberding	2:53.74
Mile	Tess Wilberding	4:54.16
3,000 Meters	Tess Wilberding	9:39.87
5,000 Meters	Andrea Shine	16:45.76
1,600-Meter Relay	Buss, Guillory, Brown, Hernandez	3:38.56
Dist. Medley Relay	Espinosa, Weber, Gibbs, Eastman	12:53.60
High Jump	Aubrianna Lantrip	5-7 1/4 (1.71m)
	Gillian Urycki	5-7 1/4 (1.71m)
Pole Vault	Amy Smith	11-11 3/4 (3.65m)
Long Jump	Jahisha Thomas	* 20-11 3/4 (6.39m)
Triple Jump	Jahisha Thomas	* 42-8 (13.00m)
Shot Put	Erika Hammond	48-8 1/4 (14.84m)
Weight Throw	Leah Colbert	55-3 1/2 (16.85m)
Discus	Lindsay Herra	154-3 (47.03m)
Pentathlon	Jenny Kimbro	3,715 points

* -- school record



SCHOOL RECORDS IN 2017

During their 2017 campaign, the Hawkeyes set or reset 13 school-records, including six at the 2017 Indoor Big Ten Championships-- 10 on the men's side and three on the women's side. The school records include: men's 60-meter hurdles twice (Aaron Mallet , 7.63), 400m twice (Mar'yea Harris, 45.75), 800m (Carter Lilly, 1:47.33), heptathlon twice (Will Dougherty, 5,504 points), 4x400m relay twice (Emmanuel Ogwo, Collin Hofacker, DeJuan Frye, Harris, 3:04.94), distance medley relay (Lilly, Frye, Matt Manternach, and Harris, 9:44.07), women's 200-meters (Brittany Brown, 22.79), long jump (Jahisha Thomas, 6.39m), and triple jump (Thomas, 13.00m).

RETURNING BIG TEN LEADERS

The Hawkeyes return seven athletes who ranked in the Big Ten top five in 2017.

- Senior Brittany Brown: 200-meters (1st), 60-meters (4th)
- Senior O'Shea Wilson: Long Jump (1st)
- Iowa men 4x400-meter relay (2nd)
- Senior Jahisha Thomas: Long Jump (2nd), Triple Jump (4th)
- Junior Mar'yea Harris: 400-meters (2nd)
- Senior Carter Lilly: 800-meters (3rd)
- Junior Chris Douglas: 60-meter hurdles (3rd)
- Junior Reno Tuufuli: Shot Put (4th)

RETURNING NCAA LEADERS

Iowa returns three events and three 1,600-meter relay members that finished 2017 inside the country's top 10. Brittany Brown finished 2017 fourth in the country in the 200 meters (22.79), Mar'yea Harris was fifth in the 400 meters (45.75), O'Shea Wilson was eighth in the long jump (7.86 meters, 25-feet 9 1/2 inches), and Harris, Collin Hofacker, and DeJuan Frye were seventh in the 1,600-meter relay (3:04.93).

COUNTING CURRENT ALL-TIME HAWKEYES

The men have 32 current athletes in Iowa's indoor all-time top 10, led by school-record holders Mar'yea Harris, (400-meters, 1,600-meter relay), Carter Lilly (800-meters, Distance medley relay), Will Dougherty (heptathlon), DeJuan Frye (1,600-meter relay, Distance medley relay), Collin Hofacker (1,600-meter relay) and Matt Manternach (Distance medley relay).

The women have 24 athletes in the top-10 and four school record holders on the roster including Brittany Brown (200 meters), Jahisha Thomas (long jump, triple jump), and Briana Guillory (1,600-meter relay).

NEXT ON THE BLOCK

The Hawkeyes host their second of three straight home meets in January with the Larry Wieczorek Invitational Jan. 19-20.

Pronunciation Guide

Alex Balke	ball-KEY
Marta Bote Gonzalez	BOAT
Sheridan Champe	CHAMP-ee
Kevin Docherty	DOC-er-tee
Tashee Hargrave.....	Ta-Shay
Mar'yea Harris.....	Mar-ee-ay
Matt Manternach.....	MON-ter-knock
Nathan Mylenek	MY-len-ek
Kara Neustrom	NEW-strum
Elizabeth Niedert	KNEE-dirt
Lalauga Tausaga.....	La-Long-a Ta-(short a)-saga
Nolan Teubel	TOO-bull
Reno Tuufuli	TOO-foo-lee

UI Recreation Building

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

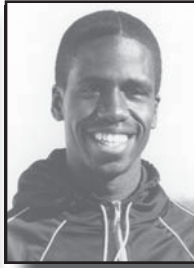
The UI Recreation building includes eight training and athletic training spaces for Iowa track & field and cross country teams. The Hawkeyes have hosted the Big Ten Indoor Men's Championships in 1989, 1997, and 2006 and the Big Ten Women's Indoor Championships in 1991 and 2004.



INDOOR ALL-TIME TOP TEN PERFORMERS



Justin Austin



Rodney Chambers



Jim Costello



Troy Doris



Bill Hansen



John Hickey



Ethan Holmes

60 Meters

- 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, 20176.74
- 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
- Ethan Holmes, 2013 7.82
Chris Douglas, 20177.82
- Dion Trowers, 1997 7.87
- Russell Peterson, 2004 7.97
- Dan Davis, 2012..... 8.02
- DeRocco Reed, 2000..... 8.03
Keith Brown, 2015 8.03
- Torrey Campbell, 2012 8.09

200 Meters

- Justin Austin, 2011 20.80
- 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
Antonio Woodard, 2017.....21.26
- Christian Brissett, 201721.27**
- Emmanuel Ogwo, 2017 21.32
- Paul Chaney, Jr., 2009 21.34

400 Meters

- Mar'yea Harris, 201745.75**
- 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
- Patrick Richards, 2011 47.35
- DeJuan Frye, 201747.39**

600 Meters

- 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**
- Ryan Weir, 2013 1:18.62

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 Kuczvara, 2010 1:49.59
- Anthony Chaidez, 2017 1:50.75**
- Nolan Teubel, 2017 1:51.23**

Mile

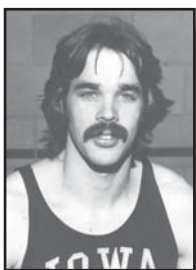
- Jeff Thode, 2011 3:58.72
- Ed DeLashmutt, 1981 4:04.01
- Adam Jones, 2017 4:04.28
- Larry Wieczorek, 1968..... 4:04.40
- Michael Melchert, 2016.....4:05.37**
- John Clark, 1972 4:05.94
- Ben Witt, 2014 4:07.08
- Adam Thomas, 2002 4:07.13
- Kevin Herd, 1992 4:07.26
- Jesse Luciano, 2009 4:07.29

3,000 Meters

- Kevin Lewis, 2015 7:57.06
- Jeff Thode, 2011 8:00.38
- Micah VanDenend, 2006 8:00.81
- Michael Melchert, 2016..... 8:08.57**
- Eric MacTaggart, 2006..... 8:08.79
- Stetson Steele, 2000..... 8:09.54
- Ben Witt, 2015 8:10.97
- Dan Haut, 2005 8:11.36
- Kevin Herd, 1994 8:11.51
- Nick Holmes, 2010 8:15.48

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



Bill Knoedel



Anthuan Maybank



Aaron Mallett



Nathan Prom



Kyle Reid

INDOOR ALL-TIME TOP TEN PERFORMERS



Patrick Richards

Keaton Rickels

Erik Sowinski

Jeff Thode

Micah VanDenend

Todd Wigginton

Steven Willey

Heptathlon

1. **William Dougherty, 2017 5,504 points**
2. Kyle Reid, 2013 5,354 points
3. Dan Rolling, 2010 5,205 points
4. Jack Eckert, 2015 5,188 points
5. Ryan Niver, 2008..... 5,149 points
6. Frank Prill, 2010..... 5,015 points
7. Scott Faber, 2000..... 4,784 points
8. Cam Appleman, 1997 4,685 points
9. Bobby Windauer, 2007 4,644 points
10. Jacob Drewry, 1995 4,612 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)
4. Curt Brock, 1979..... 16-6 (5.03)
5. Alex Zona, 2010..... 16-4 3/4 (5.00)
Andy Jatis, 2017..... 16-4 3/4 (5.00)
7. Phil Wertman, 1971 16-4 (4.98)
8. Jeff Raymond, 2008..... 16-2 (4.93)
9. John Teffer, 1972 16-1 (4.90)
10. Josh Pelock, 2017 16-0 3/4 (4.90)

Long Jump

1. Anthuan Maybank, 1992..26-5 1/2 (8.06)
2. Bashir Yamini, 1998 26-0 1/4 (7.93)
3. **O'Shea Wilson, 2017 25-9 1/2 (7.86)**
4. Darren Smith, 1991 25-2 (7.67)
5. Paul Jones, 1990..... 24-11 1/4 (7.60)
6. Josh Larney, 2013 24-10 (7.57)
7. Ronnie McCoy, 1984..... 24-9 (7.54)
8. Matty Gorman, 2006 24-8 1/2 (7.53)
9. Charles Jones, 1980..... 24-8 1/4 (7.52)
10. Quinn Early, 1986 24-7 1/4 (7.50)

Triple Jump

1. Troy Doris, 2011 54-0 (16.46)
2. Babatunde Amosu, 2015..52-8 3/4 (16.07)
3. Paul Jones, 1990..... 52-1 1/4 (15.88)
Klyvens Delaunay, 2014.. 52-1 1/4 (15.88)
5. Mike Lacy, 1983 49-0 (14.93)
6. Owen Gill, 1982 48-10 3/4 (14.90)
7. Josh Bean, 2009 48-10 (14.88)
8. David Nsabua, 2013 48-9 (14.86)
9. Kerry Dean, Jr., 2016... 48-8 1/4 (14.84)
10. Gordon Finch, 1988.... 48-3 3/4 (14.72)

Shot Put

1. John Hickey, 2009..... 63-0 (19.20)
2. Jeremy Allen, 2001 ... 62-10 1/2 (19.16)
3. **Reno Tuufuli, 2017.... 61-7 1/2 (18.78)**
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. Richards, E. Holmes, Sowinski, Willey,
2011 3:06.66
3. Rozell, Davis, Raymond, Yamini, 1998 3:06.80
4. Ogwo, Mallett, Frye, Harris, 2017**3:07.08**
5. Wolff, Ganschow, Lilly, Harris, 2016.....**3:07.24**
6. Coleman, Faber, Strang, Peterson, 2002 .. 3:07.44
7. Wolff, B. Thompson, Ganschow,
Harris, 2016 **3:07.58**
8. Richards, Sowinski, E. Holmes, Willey,
2011 3:07.84
9. Greer, Williams, Smith, Duckett, 1984..... 3:08.14
10. Card, Coleman, Williamson, Dodge, 2001 3:08.21

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. **Lilly, Frye, Manternach, Jones, 2017 9:44.07**
2. Prom, Rickels, Sowinski, Thode, 2012 9:45.41
3. 1999 9:46.83
4. 1977 9:48.80
5. 1978 9:49.70
6. Kuczvara, Barton, Kuhlman, N. Holmes,
2010 9:51.05
7. Marchese, Varner, Hairston, Luciano,
2009 9:52.52
8. Paul, Varner, Hairston, Thode, 2010..... 9:52.71
9. **Gardarsson, Ganschow, Hutsalyuk,
Melchert, 2016 9:52.97**
10. Prom, Richardson, Sowinski, Thode,
2011 9:57.44

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, 20167.33
2. **Brittany Brown, 2017** **7.39**
3. Elaine Jones, 19837.43
4. Peaches Roach, 2005.....7.45
5. Shellene Williams, 20047.50
6. **Briana Guillory, 2017** **7.51**
7. Jiselle Providence, 20027.52
8. Rhonda-Kaye Trusty, 20107.55
Erin Jones, 20117.55
Raven Moore, 20137.55

60-Meter Hurdles

1. Karessa Farley, 20098.21
2. Tiffany Johnson, 2006.....8.33
3. **Jahisha Thomas, 2017** **8.35**
4. Paula Ruen, 1998.....8.39
5. Heaven Chandler, 20178.44
6. Sarah Steffen, 20028.45
Renee White, 2008.....8.45
8. **Jenny Kimbro, 2017** **8.54**
9. Colleen Prendergast, 20008.57
10. Tammilee Kerr, 2008.....8.60

200 Meters

1. **Brittany Brown, 2017** **22.79**
2. Kineke Alexander, 200623.49
3. Lake Kwaza, 201623.54
4. Shellene Williams, 200423.62
5. Marlene Poole, 199423.66
Yolanda Hobbs, 1995.....23.66
7. **Briana Guillory, 2016** **23.69**
8. Erica Broomfield, 199823.81
9. Raven Moore, 201324.00
10. Erin Jones, 201124.01

400 Meters

1. Kineke Alexander, 200751.48
2. Elexis Guster, 201652.36
3. Ellen Grant, 1996.....52.65
4. Shellene Williams, 200452.83
5. Alexis Hernandez, 201753.42
6. Ashley Liverpool, 201154.09
7. **Briana Guillory, 2016**..... **54.24**
8. MonTayla Holder, 201554.32
9. Tiffany Hendricks, 201155.06
10. Marlene Poole, 199355.20

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. Kaitlyn Nelson, 2013..... 1:31.44
7. Karen Layne, 1990 1:31.45
8. Nicole Erickson, 2012 1:31.71
9. Elexis Guster, 2016..... 1:32.04
10. Kay Stormo, 1982 1:32.30

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. Kay Stormo, 1981 2:11.04

Mile

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

3,000 Meters

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



Lauren Hardesty **Senta Hawkins** **Tiffany Hendricks** **Tammilee Kerr** **Lake Kwaza** **Ashley Liverpool** **McKenzie Melander**

INDOOR ALL-TIME TOP TEN PERFORMERS



Zinnia Miller

Diane Nukuri

Bethany Praska

Peaches Roach

Gail Smith

Jessie Strand

Renee White

5,000 Meters

1. Tracy Dahl, 1993 15:49.52
2. Nan Doak, 1985 15:55.45
3. Racheal Marchand, 2009 15:55.70
4. Diane Nukuri, 2008 16:01.36
5. Jenny Spangler, 1982 16:08.74
6. Judy Parker, 1981 16:16.63
7. Betsy Flood, 2011 16:20.67
8. Jennifer Brower, 1992 16:22.19
9. Nikki Chapple, 2004 16:27.04
10. Mareike Schrulle, 2012 16:29.41

High Jump

1. Peaches Roach, 2005 6-0 3/4 (1.85)
2. Mary Mol, 1983 6-0 (1.83)
3. Khanishah Williams, 2013 5-11 1/4 (1.81)
4. Becky Kaza, 1995 5-9 3/4 (1.77)
5. Caleigh Bacchus, 2010 5-9 1/4 (1.76)
6. Kristi Dinkla, 1985 5-8 1/2 (1.74)
7. Kacey Childs, 2001 5-8 1/2 (1.74)
8. Traci Claussen, 1987 5-8 (1.73)
9. Kathy Gillespie, 1983 5-7 3/4 (1.72)
10. Lynn McMillan, 1988 5-7 1/4 (1.71)
11. Tammilee Kerr, 2008 5-7 1/4 (1.71)
12. **Aubrianna Lantrip, 2017 5-7 1/4 (1.71)**

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)

Distance Medley Relay

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

Long Jump

1. **Jahisha Thomas, 2017 20-11 3/4 (6.39)**
2. Zinnia Miller, 2014 20-4 1/4 (6.20)
3. Carisa Leacock, 2014 19-9 1/2 (6.03)
4. Lisa Moats, 1986 19-6 (5.95)
5. Cassidy Ellis, 2015 19-5 1/2 (5.93)
6. **Jenny Kimbro, 2017 19-3 1/2 (5.88m)**
7. Renee White, 2006 19-3 1/4 (5.87)
8. Tiffany Johnson, 2007 19-2 1/2 (5.85)
9. Davera Taylor, 1984 19-1 1/2 (5.83)
10. Yolanda Hobbs, 1993 19-1 (5.80)

Triple Jump

1. **Jahisha Thomas, 2017 42-8 (13.00)**
2. Renee White, 2008 42-4 (12.90)
3. **Tria Simmons, 2017 42-1 1/4 (12.83)**
4. Tiffany Johnson, 2007 41-3 3/4 (12.59)
5. Zinnia Miller, 2014 41-2 1/2 (12.56)
6. Carisa Leacock, 2012 40-5 1/2 (12.33)
7. **Allison Wahrman, 2017 39-10 (12.14)**
8. Becki Borg, 1987 39-6 (12.04)
9. **Hannah Schlib, 2017 39-5 3/4 (12.03)**
10. Lynn McMillan, 1988 38-2 (11.63)

Shot Put

1. Gail Smith, 1985 51-0 (15.54)
2. Lisa Van Steenwyk, 1993 . 50-5 1/4 (15.37)
3. Kamesha Marshall, 2005 . 49-2 1/4 (14.99)
4. Denise Taylor, 1992 48-9 (14.86)
5. **Erika Hammond, 2017 48-8 1/4 (14.84)**
6. **Laulauga Tausaga, 2017 .. 48-5 1/4 (14.76)**
7. Rachel Curry, 2013 48-2 1/2 (14.69)
8. Megan Maurer, 1995 47-5 3/4 (14.47)
9. Laura Kriener, 1990 47-5 (14.45)
10. Courtney Fritz, 2014 47-5 (14.45)

Weight Throw

1. Ashlyn Gulvas, 2013 63-6 (19.35)
2. Jasmine Simpson, 2013 ... 62-6 1/2 (19.06)
3. Annemie Smith, 2014 61-4 (18.69)
4. Kelsey Taylor, 2011 60-4 1/2 (18.40)
5. Majesty Tutson, 2011 58-4 (17.78)
6. Becca Franklin, 2007 58-3 1/4 (17.76)
7. Chelsea Colpitts, 2013 56-4 (17.17)
8. Erin O'Hern, 2008 56-3 (17.14)
9. **Leah Colbert, 2017 55-3 1/2 (16.85)**
10. Mandy Chandler, 2009 54-4 1/2 (16.57)

Pentathlon

1. Tammilee Kerr, 2008 3,974 points
2. Chris Davenport, 1983 3,798 points
3. **Jenny Kimbro, 2017 3,715 points**
4. Kamesha Marshall, 2005 3,701 points
5. Tiff Pedersen, 2004 3,511 points
6. Sarah Ryan, 2013 3,472 points
7. Maureen Abel, 1979 3,427 points
8. **Allison Wahrman, 2017 3,421 points**
9. Zinnia Miller, 2012 3,416 points
10. Heaven Chandler, 2017 3,411 points

1,600-Meter Relay

1. Holder, **Guillory**, Hernandez, Guster, **Guillory, 2016** **3:32.93**
2. Holder, Guster, Hernandez, **Guillory, 2016** **3:36.47**
3. Liverpool, Hendricks, Praska, Erickson, 2011 3:36.97
4. Holder, Hernandez, Guster, **Guillory, 2016** **3:36.99**
5. Hernandez, Holder, Guster, Watts, 2014 3:37.16
6. Liverpool, Hendricks, Erickson, Praska, 2011 3:37.58
7. Kwaza, Guster, Holder, Watts, 2015 **3:37.84**
8. Kwaza, Holder, Watts, Guster, 2015 **3:38.56**
9. **Buss, Guillory, Champe, Hernandez, 2017**
10. Greer, Williams, Smith, Duckett, 1984 3:08.14