



January 11-12, 2019

IOWA

Track & Field 2019 Notes



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2018-19 IOWA TRACK & FIELD INDOOR SCHEDULE

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

IOWA COACHING STAFF

Joey Woody
Director of Track & Field/Cross Country

Randy Hasenbank
Associate Head Cross Country Coach
Assistant Track & Field Coach

Clive Roberts
Associate Head Coach

Jason Wakenight
Assistant Coach, Director of Recruiting

Eric Werskey
Assistant Coach/Throws

Paige Knodle
Assistant Coach

Kate Wakenight
Director of Operations

THIS WEEK

The University of Iowa track and field team opens 2019 hosting the Hawkeye Invitational on Friday and Saturday. The teams competing include Bradley, Indian Hills, Iowa Central, Iowa State, Loyola, Northern Iowa, South Dakota, and Wichita State. The meet begins Friday at 1 p.m. (CT) with the weight throw at the Hawkeye Tennis and Recreation Complex. Jumps begin at 10 a.m. (CT) on Saturday at the UI Rec Building. Running events start at 12:30 p.m. (CT) with the 60-meter hurdle preliminaries. A full schedule of events is located at HawkeyeSports.com. Admission is free.

FOLLOW THE HAWKEYES

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

EARLY BIRDS GET THE GOLD

The Hawkeyes opened the 2018-19 season in December for the first time ever, hosting the Jimmy Grant Invitational. The men earned wins in the 60 meters (Antonio Woodard, 6.88), 300 meters (Antonio Woodard, 32.89), 600 meters (Mar'yea Harris, 1:18.77), shot put (Reno Tuufuli, 18.04m), triple jump (James Carter, 14.53m), and 1,600-meter relay (Clarke, Lietz, Olson, Harris, 3:13.34).

The women added eight wins in the 60 meters (Antonise Christian, 7.64) 60-meter hurdles (Jenny Kimbro, 8.34), 500 meters (Daneisha Woodside, 1:17.03), 600 meters (Taylor Arco, 1:32.82), weight throw (Laulauga Tausaga, 20.19m), shot put (Laulauga Tausaga, 16.46m), and the 1,600-meter relay (Wensel, Woodside, Bruxvoort, Weum, 3:47.73).

Junior Laulauga Tausaga broke her previous school record in the weight throw (20.19m, 66-3), Antonio Woodard broke the UI Rec Building 300 meters record (32.89), and Jenny Kimbro improved to No. 3 on Iowa's all-time top-10 list in the 60-meter hurdles (8.34).

MEET THE RECORD HOLDERS

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

- Nathan Mylenek, Collin Hofacker, Carter Lilly, and Michael Melchert: distance medley relay (9:33.90)
- Reno Tuufuli: shot put (19.28m)
- Laulauga Tausaga: shot put (16.51m) and weight throw (20.19m)

UI Rec Building Record holder:

- Antonio Woodard: 300 meters (32.89)





2018 INDOOR ALL-AMERICANS

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

2018 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)

GUILLORY EARNS GOLD FOR TEAM USA

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

ALL WE DO IS WIN

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

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

RETURNING BIG TEN LEADERS

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

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

2019 INDOOR SEASON LEADERS

MEN

60 Meters	Antonio Woodard	6.88
60-Meter Hurdles	Chris Douglas	7.82
300 Meters	Antonio Woodard	32.89
600 Meters	Mar'yea Harris	1:18.77
1,000 Meters	Nolan Teubel	2:26.95
Mile	Noah Healy	4:21.18
1,600-Meter Relay	Kembel, Harris, Manternach, Hofacker	3:13.34
Dist. Medley Relay	Mylenek, Hofacker, Lilly, Melchert	9:33.90
High Jump	Jay Hunt	6-6 3/4 (2.00m)
Pole Vault	Peyton Haack	14-5 1/4 (4.40m)
Long Jump	Daniel Gaynes	22-2 1/2 (6.77m)
Triple Jump	James Carter	47-8 (14.53m)
Shot Put	Reno Tuufuli	59-2 1/4 (18.04m)

WOMEN

60 Meters	Antonise Christian	7.64
60-Meter Hurdles	Jenny Kimbro	8.34
300 Meters	Talia Buss	39.70
500 Meters	Daneisha Woodside	1:17.03
600 Meters	Taylor Arco	1:32.82
800 Meters	Tia Saunders	2:11.93
1,000 Meters	Logan Akason	2:58.69
Mile	Grace McCabe	5:02.26
3,000 Meters	Ashley Espinosa	10:47.49
5,000 Meters	Andrea Shine	16:21.53
1,600-Meter Relay	Simmons, Woodside, Weum, Wensel	3:47.73
High Jump	Tria Simmons	5-7 (1.70m)
Long Jump	Jenny Kimbro	18-2 1/4 (5.54m)
Triple Jump	Hannah Schilb	43-4 1/2 (13.22m)
Shot Put	Laulauga Tausaga	54-0 (16.46m)
Weight Throw	Laulauga Tausaga	*66-3 (20.19m)

* -- school record



RETURNING NCAA LEADERS

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

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

COUNTING CURRENT ALL-TIME HAWKEYES

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

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

NEXT ON THE BLOCK

The Hawkeyes host their third of four indoor home meets in January with the Larry Wiczorek Invitational on Jan. 18-19. Teams competing include Arizona, Baylor, Illinois, Iowa State, Minnesota, Missouri, Purdue, Wisconsin.

Pronunciation Guide

Karayme BartleyKuh-raym
Ashley Bryja Bree-UH
Mike Cox MY-cuh
Briana Guillory Gill-ree
Mar'yea HarrisMar-ee-ay
Tanner Iske Iss-kee
Any JatisJAY-tiss
Kylie LathamLay-thum
Matt Manternach MON-ter-knock
Cole Moeller MOLE-er
Nathan Mylenek MY-len-ek
Nolan Roethler RAYth-ler
Konstadina SpanoudakisSPAWN-uh-dock-iss
Tyree SorellsSer-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 WinkeWink-ee

UI Recreation Building

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

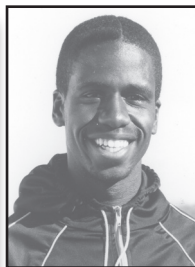
The UI Recreation building includes eight training and athletic training spaces for Iowa track & field and cross country teams. The Hawkeyes have hosted the Big Ten Indoor Men's Championships in 1989, 1997, and 2006 and the Big Ten Women's Indoor Championships in 1991 and 2004.



INDOOR ALL-TIME TOP TEN PERFORMERS



Justin Austin



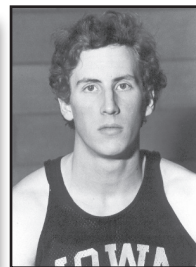
Rodney Chambers



Jim Costello



Troy Doris



Bill Hansen



John Hickey



Ethan Holmes

60 Meters

- Justin Austin, 2011 6.69
- Vinnie Saucer, Jr., 2016..... 6.70
- Kurt Felix, 1999..... 6.73
Tevin-Cee Mincy, 2014 6.73
- Josh Larney, 2013 6.74
Christian Brissett, 2017 6.74
- Troy Doris, 2012 6.75
- 8. 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
- 3. Chris Douglas, 20187.76**
- Ethan Holmes, 2013 7.82
- Dion Trowers, 1997 7.87
- Russell Peterson, 2004 7.97
Anthony Williams, 2018.....7.97
- Dan Davis, 2012..... 8.02
- DeRocco Reed, 2000..... 8.03
Keith Brown, 2015 8.03

200 Meters

- Justin Austin, 2011 20.80
- 2. Antonio Woodard, 2018.....20.99**
- Anthuan Maybank, 1993 21.11
- Bashir Yamini, 1999 21.19
- James Harrington, 2014 21.21
- Ethan Holmes, 2013 21.23
- Tim Dodge, 2000 21.26
- Christian Brissett, 2017 21.27
- Emmanuel Ogwo, 2017 21.32
- Paul Chaney, Jr., 2009 21.34
Mar'yea Harris, 201821.34

400 Meters

- 1. Mar'yea Harris, 201745.75**
- Emmanuel Ogwo, 2017 46.45
- Steven Willey, 2010 46.75
- Terrence Duckett, 1984 46.81
- 5. Collin Hofacker, 201746.82**
- Andre Morris, 1995 47.15
- Monte Raymond, 1998..... 47.18
- Anthuan Maybank, 1990 47.25
- 9. Chris Thompson, 201847.32**
- Patrick Richards, 2011 47.35

600 Meters

- Erik Sowinski, 2012..... 1:16.91
- 2. Carter Lilly, 20171:17.20**
- 3. Mar'yea Harris, 20181:17.26**
- 4. Austin Lietz, 20171:17.40**
- Will Teubel, 2016..... 1:17.55
- Steven Willey, 2011 1:17.94
- Keaton Rickels, 2012 1:18.19
- Pat McGhee, 1988..... 1:18.30
- 9. Noah Larrison, 2017.....1:18.41**
- Ryan Dorman, 2017 1:18.44

800 Meters

- 1. Carter Lilly, 20171:47.33**
- 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
- 9. Anthony Chaidez, 20171:49.73**
- 10. Tysen VanDreske, 2018**

Mile

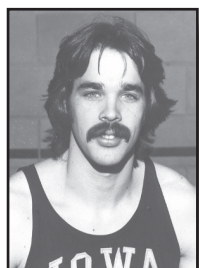
- Jeff Thode, 2011 3:58.72
- Ed DeLashmutt, 1981 4:04.01
- Adam Jones, 2017 4:04.28
- 4. Michael Melchert, 20184:04.32**
- Larry Wiczorek, 1968..... 4:04.40
- 6. Nathan Mylenek, 20184:05.13**
- John Clark, 1972 4:05.94
- Ben Witt, 2014 4:07.08
- Adam Thomas, 2002 4:07.13
- Kevin Herd, 1992 4:07.26

3,000 Meters

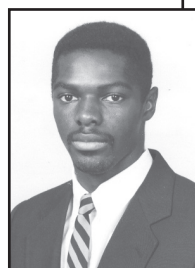
- Kevin Lewis, 2015 7:57.06
- Jeff Thode, 2011 8:00.38
- Micah VanDenend, 2006 8:00.81
- 4. Michael Melchert, 20188:08.30**
- Eric MacTaggart, 2006..... 8:08.79
- Stetson Steele, 2000..... 8:09.54
- Ben Witt, 2015 8:10.97
- Dan Haut, 2005 8:11.36
- 9. Daniel Soto, 20188:11.83**
- Kevin Herd, 1994 8:11.51

5,000 Meters

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



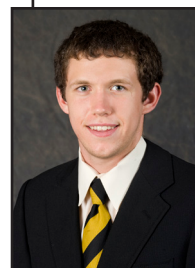
Bill Knoedel



Anthuan Maybank



Aaron Mallett



Nathan Prom



Kyle Reid

INDOOR ALL-TIME TOP TEN PERFORMERS



Patrick Richards



Keaton Rickels



Erik Sowinski



Jeff Thode



Micah VanDenend



Todd Wigginton



Steven Willey

Heptathlon

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

High Jump

1. Bill Knoedel, 1976..... 7-3 (2.21)
Bill Hansen, 1978..... 7-3 (2.21)
3. Scott Hudek, 1993 7-0 1/2 (2.15)
Kevin Spejcher, 2015 7-0 1/2 (2.15)
5. Pat Meade, 1987 7-0 1/4 (2.14)
6. Mike Lacy, 1984..... 7-0 (2.13)
7. M. Cunningham, 1984.. 6-11 1/4 (2.11)
8. Jeffery Herron, 2010..... 6-11 (2.11)
Peter Hlavin, 1980 6-11 (2.11)
Brandon Oest, 2010 6-11 (2.11)
Dan Rolling, 2008 6-11 (2.11)
Graham Valdes, 2010 6-11 (2.11)
Peter Andreano, 2016 6-11 (2.11)

Pole Vault

1. Todd Wigginton, 1984 17-1 (5.21)
2. Dave Nielsen, 1975..... 16-10 (5.13)
3. Kyle Reid, 2013 16-6 3/4 (5.05)
Andy Jatis, 2018..... 16-6 3/4 (5.05)
5. Curt Brock, 1979..... 16-6 (5.03)
6. Alex Zona, 2010..... 16-4 3/4 (5.00)
7. Phil Wertman, 1971 16-4 (4.98)
8. Jeff Raymond, 2008..... 16-2 (4.93)
9. John Teffer, 1972 16-1 (4.90)
10. Josh Pelock, 2017 16-0 3/4 (4.90)

Long Jump

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

Triple Jump

1. Troy Doris, 2011 54-0 (16.46)
2. Babatunde Amosu, 2015.. 52-8 3/4 (16.07)
3. Paul Jones, 1990..... 52-1 1/4 (15.88)
Klyvens Delaunay, 2014.. 52-1 1/4 (15.88)
5. Mike Lacy, 1983 49-0 (14.93)
6. Owen Gill, 1982 48-10 3/4 (14.90)
7. Josh Bean, 2009 48-10 (14.88)
8. David Nsabua, 2013 48-9 (14.86)
9. Kerry Dean, Jr., 2016... 48-8 1/4 (14.84)
10. ~~Akash Patel, 2018~~

Shot Put

1. **Reno Tuufuli, 2018.... 63-3 1/4 (19.28)**
2. John Hickey, 2009..... 63-0 (19.20)
3. Jeremy Allen, 2001 ... 62-10 1/2 (19.16)
4. Avery Meyers, 2017.... 61-4 1/4 (18.70)
5. Shane Maier, 2006..... 61-2 (18.64)
6. Gary Kostrubala, 1986.. 60-10 3/4 (18.55)
7. Andy Banse, 2005..... 60-9 1/4 (18.52)
8. Ken Kemeny, 2004..... 60-0 1/2 (18.30)
9. Gabe Hull, 2014..... 59-3 (18.06)
10. Chris Gambol, 1987 59-0 (17.98)

Weight Throw

1. Jim Costello, 2002 69-4 3/4 (21.15)
2. Matt Banse, 2012 67-8 (20.62)
3. Arno van der Westhuizen,
2001 67-7 1/2 (20.61)
4. Adam Hamilton, 2007 66-9 1/4 (20.35)
5. Jeremy Allen, 2001 ... 65-10 1/4 (20.07)
6. Chris Voller, 2005..... 63-4 (19.30)
7. Ryan Lamparek, 2012 61-2(18.62)
8. Brad Daufeldt, 2004 ... 60-4 1/2 (18.40)
9. Gabe Hull, 2014..... 59-7 (18.16)
10. Ryan Jordan, 2008..... 59-0 (17.98)

1,600-Meter Relay

1. Ogwo, Hofacker, Frye, Harris, 20173:04.94
2. **Hofacker, Frye, Garron, Harris, 20183:05.33**
3. **Thompson, Frye, Garron, Harris, 2018....3:06.06**
4. Richards, E. Holmes, Sowinski, Willey, 20113:06.66
5. Rozell, Davis, Raymond, Yamini, 19983:06.80
6. Ogwo, Mallett, Frye, Harris, 20173:07.08
7. Wolff, Ganschow, Lilly, Harris, 20163:07.24
8. Coleman, Faber, Strang, Peterson, 2002 ..3:07.44
9. Wolff, B. Thompson, Ganschow, Harris, 2016...3:07.58
10. Richards, Sowinski, E. Holmes, Willey, 2011...3:07.84

3,200-Meter Relay

1. Cooke, Nie, Monsey, Chambers, 1990.....7:13.02
2. Corrigan, Blackman, Strozier, Chambers, 1989...7:29.00
3. English, Blackman, Strozier, Chambers, 1989 ...7:36.20
4. 1977 7:39.40
5. 1986 7:40.90
6. Bouske, Herd, Chambers, Koon, 19927:43.94
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, Melchert9:33.90**
2. **Lilly, Frye, Manternach, Jones, 20179:44.07**
3. **Mylenek, Thompson, Lilly, Melchert, 2018 .9:45.10**
4. Prom, Rickels, Sowinski, Thode, 20129:45.41
5. 19999:46.83
6. 19779:48.80
7. 19789:49.70
8. Kuczvara, Barton, Kuhlman, N. Holmes, 2010...9:51.05
9. Marchese, Varner, Hairston, Luciano, 2009...9:52.52
10. Paul, Varner, Hairston, Thode, 2010.....9:52.71

INDOOR ALL-TIME TOP TEN PERFORMERS



Kineke Alexander Meghan Armstrong Brittany Brown Tracy Dahl Nicole Erickson Karessa Farley Ashlyn Gulvas

60 Meters

1. Lake Kwaza, 20167.33
2. **Brittany Brown, 2017 7.39**
3. Elaine Jones, 19837.43
4. **Kyara Avant, 2018 7.44**
5. Peaches Roach, 2005.....7.45
6. Shellene Williams, 20047.50
7. **Briana Guillory, 2017 7.51**
8. Jiselle Providence, 20027.52
9. 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. **Jenny Kimbro, 2019 8.34**
4. **Jahisha Thomas, 2017 8.35**
5. Paula Ruen, 1998.....8.39
6. Heaven Chandler, 20178.44
7. Sarah Steffen, 20028.45
Renee White, 2008.....8.45
9. Colleen Prendergast, 20008.57
10. Tammilee Kerr, 2000

200 Meters

1. **Brittany Brown, 201722.79**
2. **Briana Guillory, 2018 23.22**
3. Kineke Alexander, 200623.49
4. Lake Kwaza, 201623.54
5. Shellene Williams, 200423.62
6. Marlene Poole, 199423.66
Yolanda Hobbs, 1995.....23.66
8. Erica Broomfield, 199823.81
9. Raven Moore, 201324.00
10. Erin Jones, 2011....24.01

400 Meters

1. Kineke Alexander, 200751.48
2. **Briana Guillory, 2018 51.68**
3. Elexis Guster, 201652.36
4. Ellen Grant, 1996.....52.65
5. Shellene Williams, 200452.83
6. Alexis Hernandez, 201753.42
7. Ashley Liverpool, 201154.09
8. MonTayla Holder, 201554.32
9. **Sheridan Champe, 2018 54.70**
10. Tiffany Hendricks, 2010

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

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. **Mallory King, 2018..... 1:31.25**
7. Kaitlyn Nelson, 2013..... 1:31.44
8. Karen Layne, 1990 1:31.45
9. Nicole Erickson, 2012 1:31.71
10. Elexis Guster, 2016..... 1:32.04

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, 1982..... 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, 2006

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



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

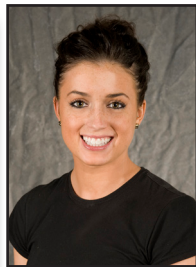
INDOOR ALL-TIME TOP TEN PERFORMERS



Zinnia Miller



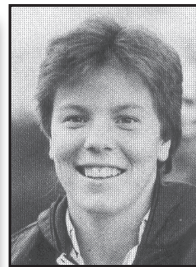
Diane Nukuri



Bethany Praska



Peaches Roach



Gail Smith



Jessie Strand



Renee White

5,000 Meters

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

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. **Gillian Urycki, 2018 5-8 3/4 (1.75)**
7. Kristi Dinkla, 1985 5-8 1/2 (1.74)
Kacey Childs, 2001 5-8 1/2 (1.74)
8. **Aubrianna Lantrip, 2018 5-8 1/2 (1.74)**
10. Traci Clausen, 1987

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
Armstrong, Granger, Stanley, K. Anderson, 2006 11:29.54
10. Lannah Williams, 2016, A

Long Jump

1. **Jahisha Thomas, 2018 21-0 3/4 (6.42)**
2. Zinnia Miller, 2014 20-4 1/4 (6.20)
3. Carisa Leacock, 2014 19-9 1/2 (6.03)
4. Lisa Moats, 1986 19-6 (5.95)
5. Cassidy Ellis, 2015 19-5 1/2 (5.93)
6. **Jenny Kimbro, 2017 19-3 1/2 (5.88)**
7. **Tria Seawater-Simmons, 2018 19-2 (5.84)**
9. Renee White, 2006 19-3 1/4 (5.87)
9. Tiffany Johnson, 2007 19-2 1/2 (5.85)
10. Davera Bylot, 2008

Triple Jump

1. **Jahisha Thomas, 2018 43-4 1/2 (13.22)**
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. **Hannah Schlib, 2019 39-8 1/2 (12.10)**
9. Becki Borg, 1987 39-6 (12.04)
10. Lynn McMillan, 1988 38-2 (11.63)

Shot Put

1. **Laulauga Tausaga, 2018 54-2 (16.51)**
2. **Nia Britt, 2018 51-10 1/2 (15.81)**
3. Gail Smith, 1985 51-0 (15.54)
4. Lisa Van Steenwyk, 1993 . 50-5 1/4 (15.37)
5. Kamesha Marshall, 2005 . 49-2 1/4 (14.99)
6. Denise Taylor, 1992 48-9 (14.86)
7. **Erika Hammond, 2017 48-8 1/4 (14.84)**
8. Rachel Curry, 2013 48-2 1/2 (14.69)
9. Megan Maurer, 1995 47-5 3/4 (14.47)
10. Laura Kriener, 1990 47-5 (14.45)
Courtney Fritz, 2014 47-5 (14.45)

1,600-Meter Relay

1. Holder, **Guillory**, Hernandez, Guster, 2016 3:32.93
2. Champe, **Guillory**, Brown, Plock, 2018 3:33.19
3. Sharpe, **Guillory**, Brown, Champe, 2018 **3:34.34**
4. Holder, Guster, Hernandez, **Guillory**, 2016 3:36.47
5. Liverpool, Hendricks, Praska, Erickson, 2011 3:36.97
6. Holder, Hernandez, Guster, **Guillory**, 2016 3:36.99
7. Hernandez, Holder, Guster, Watts, 2014 3:37.16
8. Liverpool, Hendricks, Erickson, Praska, 2011 3:37.58
9. Kwaza, Guster, Holder, Watts, 2015 3:37.84
10. Kwaza, Holder, Watts, Guster, 2015 3:38.56

Weight Throw

1. **Laulauga Tausaga, 2019 66-3 (20.19)**
2. Ashlyn Gulvas, 2013 63-6 (19.35)
3. Jasmine Simpson, 2013 ... 62-6 1/2 (19.06)
4. Annemie Smith, 2014 61-4 (18.69)
5. Kelsey Taylor, 2011 60-4 1/2 (18.40)
6. Majesty Tutson, 2011 58-4 (17.78)
7. Becca Franklin, 2007 58-3 1/4 (17.76)
8. **Nia Britt, 2018 56-5 3/4 (17.21)**
9. Chelsea Colpitts, 2013 56-4 (17.17)
10. Erin O'Hern, 2008 56-3 (17.14)

Pentathlon

1. Tammilee Kerr, 2008 3,974 points
2. **Jenny Kimbro, 2018 3,930 points**
3. **Tria Simmons, 2018 3,859 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

Buss, Guillory, Champe, Hernandez, 2017 **3:38.56**