

# 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 Wiecezorek Invitational (Iowa City, Iowa)
Jan. 27	Black & Gold Premier (Iowa City, Iowa)
Feb. 2-3	Meyo Invitational (South Bend, Ind.)
Feb. 2-3	Frank Sevine Husker Invite (Lincoln, Nebraska)
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 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 will send 10 individuals and two relays to the NCAA Indoor Championships in College Station, Texas, this weekend. The meet runs Friday and Saturday and begins at 12 p.m. (CT) on both days.

### FOLLOW ALONG

Fans can follow the meet on the live results page at [hawkeyesports.com/tracklive](http://hawkeyesports.com/tracklive). Results will be posted on the team's official twitter account @iowaxc\_tf. A live stream of the meet is available on ESPN3. Tickets for the meet are available on [12thman.com/ncaatrack](http://12thman.com/ncaatrack).

### HAWKEYE QUALIFIERS

Iowa will send 10 athletes, including two relays to the NCAA Indoor Championships this weekend. The qualifiers include:

- Junior Mar'yea Harris, 400 meters
- Junior Briana Guillory, 400 meters
- Junior Chris Douglas, 60-meter hurdles
- Senior Jahisha Thomas, long jump, triple jump
- Senior Brittany Brown, 200 meters
- Men's 1,600-meter relay
- Women's 1,600-meter relay

### IOWA AT INDOOR NATIONALS

Iowa returns five 2017 All-Americans to join four first-time indoor NCAA qualifiers -- Chris Douglas, Bradford Garron, Sarah Plock, and Sheridan Champe.

Iowa has a total of 96 indoor All-Americans-- 55 men and 41 women. Of Iowa's 96 All-Americans, 43 have been on the track, 32 have been in relays, and 18 have been won in field events. Iowa earned nine All-America honors in 2017.

### THOMAS MAKES HISTORY AT B1GS

Senior Jahisha Thomas claimed two Big Ten titles to sweep the horizontal jumps at the Big Ten Indoor Championships. Thomas set personal best marks in the long jump (21-0 3/4; 6.42m) and triple jump (43-4 1/2; 13.22m) to rank ninth and 10th, in the nation, respectively.

Thomas became the sixth individual in Big Ten history to win conference titles in both events and first Hawkeye to win a triple jump championship. In addition, Thomas' long jump is the third longest in Big Ten history and triple jump is tied for eighth longest in conference history.

Following the meet, Thomas was named the Big Ten Women's Field Athlete of the Championships.



## QUALIFIERS/EVENT/SCHEDULE (CT)

### **Brittany Brown, Senior (Upland, California)**

200 Meters -- Friday, 7:50 p.m. (P), Saturday, 6 p.m. (F)

4x4 -- Saturday, 6:55 p.m.

Brown is making her second appearance at the NCAA Indoor Championships. Brown won her second Big Ten indoor title in the 200 meters, running a team-leading time of 23.08, which ranks 16th in the country heading into the meet. Brown finished fifth at the 2017 NCAA Indoor Championships for first-team All-America honors.

Brown will also run on the women's 1,600-meter relay.

### **Sheridan Champe, Senior (Amherst, Ohio)**

4x4 -- Saturday, 6:55 p.m.

Champe will make her first appearance at the Indoor Championships. Champe ran the first leg on Iowa's bronze medal squad from the Big Ten Indoor Championships. Iowa's 3:33.31 from the conference meet ranks second in school history and is 12th in the country heading into the meet. Iowa last earned All-America honors in the 1,600-meter relay in 2016.

### **Chris Douglas, Junior (Deerfield, Illinois)**

60-Meter Hurdles -- Friday, 6:55 p.m. (P), Saturday, 5:10 p.m. (F)

Douglas qualified for his first NCAA Indoor Championships. Douglas is tied for the second best time in the conference with a mark of 7.76 in the event. Douglas finished fourth in the hurdles at the Big Ten Championships and ranks third in school history in the event. Iowa has had an indoor All-American in the hurdles for three-straight years.

### **DeJuan Frye, Junior (Lacey, Washington)**

4x4-- Saturday, 6:40 p.m.

Frye returns to the national meet for the second time in his career. Frye helped Iowa post a 3:05.33 at the conference meet to qualify for NCAAAs as the 10th seed. Frye is one of three returnees from Iowa's 2017 squad that placed fifth at nationals.

### **Bradford Garron, Freshman (Evanston, Illinois)**

4x4-- Saturday, 6:40 p.m.

Garron is the lone freshman to qualify for nationals. Garron ran the third leg on Iowa's 10th-ranked 1,600-meter relay, which ranks second in school history (3:05.33). Garron joins a group that returns to nationals for the second-straight year.

## 2018 INDOOR SEASON LEADERS

### MEN

60 Meters .....	Christian Brissett .....	6.79
60-Meter Hurdles ....	Chris Douglas .....	7.76
200 Meters .....	Antonio Woodard .....	20.99
400 Meters .....	Mar'yea Harris .....	45.95
600 Meters .....	Mar'yea Harris .....	1:17.26
800 Meters .....	Carter Lilly .....	1:50.13
1,000 Meters .....	Kevin Docherty .....	2:27.90
Mile .....	Michael Melchert .....	4:04.32
3,000 Meters .....	Michael Melchert .....	8:08.30
5,000 Meters .....	Daniel Soto .....	14:25.42
1,600-Meter Relay...	Hofacker, Frye, Garron, Harris .....	3:05.33 *
Dist. Medley Relay...	Mylenek, Hofacker, Lilly, Melchert .....	9:33.90 *
High Jump .....	Jay Hunt .....	6-8 3/4 (2.05m)
Pole Vault .....	Andy Jatis .....	16-6 3/4 (5.05m)
Long Jump .....	O'Shea Wilson .....	23-11 3/4 (7.31m)
Triple Jump .....	Akinshe Hill .....	48-4 1/4 (14.74m)
Shot Put .....	Reno Tuufuli .....	63-3 1/4 (19.28m)
Heptathlon .....	Will Dougherty .....	5,606 points *

### WOMEN

60 Meters .....	Kyara Avant .....	7.44
60-Meter Hurdles ....	Jenny Kimbro .....	8.38
200 Meters .....	Brittany Brown .....	23.09
400 Meters .....	Briana Guillory .....	52.08
600 Meters .....	Mallory King .....	1:31.25
800 Meters .....	Tia Saunders .....	2:11.93
1,000 Meters .....	Julie Hollensbe .....	3:00.98
Mile .....	Andrea Shine .....	4:55.55
3,000 Meters .....	Andrea Shine .....	9:39.02
5,000 Meters .....	Andrea Shine .....	16:21.53
1,600-Meter Relay...	Champe, Guillory, Brown, Plock .....	3:33.31
High Jump .....	Gillian Urycki .....	5-8 3/4 (1.75m)
Pole Vault .....	Amy Smith .....	11-9 3/4 (3.60m)
Long Jump .....	Jahisha Thomas .....	21-0 3/4 (6.42m) *
Triple Jump .....	Jahisha Thomas .....	43-4 1/2 (13.22m) *
Shot Put .....	Laulauga Tausaga .....	54-2 (16.51m) *
Weight Throw .....	Laulauga Tausaga .....	65-8 3/4 (20.03m) *
Pentathlon .....	Jenny Kimbro .....	3,930 points

\* -- school record



**Briana Guillory, Junior (Antioch, California)**

400 Meters -- Friday, 6:40 p.m. (P), Saturday, 5 p.m., (F)  
4x4 -- Saturday, 6:55 p.m.

Guillory returns to the NCAA Championships for the second time in her career. Guillory, the 400 -meter Big Ten Champion, ran a personal best 52.08 at the conference meet to win her first Big Ten title. She ranks fifth in the NCAA and has yet to lose to a college athlete this season. Guillory will also run the third leg on Iowa's 1,600-meter relay.

**Mar'yea Harris, Junior (Auburn, Washington)**

400 Meters -- Friday, 6:25 p.m. (P), Saturday, 4:50 p.m. (F)  
4x4 -- Saturday, 6:40 p.m.

Harris is one of four Hawkeyes competing in multiple events at the national meet. Harris ran the 12th fastest time in the country at 45.95. The school-record holder in the event is making his second-straight appearance at the national championships. Harris earned second-team All-America honors in the 400 meters and first-team honors in the 1,600-meter relay in 2017. Harris will run the final leg in the relay.

**Collin Hofacker, Sophomore (Freedom, Wisconsin)**

4x4 -- Saturday, 6:40 p.m.

Hofacker will make his second appearance at indoor nationals. Hofacker qualified for nationals last year in the 1,600-meter relay and helped Iowa to a fifth-place finish in the event. Hofacker ran the lead leg on Iowa's bronze medal squad at the Big Ten Championships. They ran 3:05.33 for second in school history.

**Jahisha Thomas, Senior (London, United Kingdom)**

Long Jump -- Friday, 7:10 p.m. (F)  
Triple Jump -- Saturday, 3:30 p.m. (F)

Thomas makes her second appearance at the NCAA Indoor Championships. Thomas will compete in the long jump for the second-straight year and triple jump for the first time after winning Big Ten titles in both events at the conference meet. Thomas became the sixth individual to win both events in Big Ten history. Thomas ranks ninth in the nation in the long jump (21-3 1/4, 6.42 meters), and 10th in the triple jump (43-4 1/4, 13.22m).

**Sarah Plock, Junior (Iowa City, Iowa)**

4x4 -- Saturday, 6:55 p.m.

Plock makes her first trip to nationals in her first season with the Hawkeyes. The transfer from Iowa State ran the final leg of Iowa's third place relay at the Big Ten Indoor Championships for a time of 3:33.31.

**NEXT ON THE BLOCK**

Iowa prepares for its outdoor debut at the Willie Williams Classic on March 17-18 in Tuscon, Arizona.

**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

**Gilliam Indoor Stadium**

The Gilliam Indoor Stadium is in its ninth year of competition after opening in 2009.

Texas A&M is hosting the NCAA Indoor Championships for the second year in a row and fourth time overall after hosting in 2009 and 2011. The building also played host to the 2012 B1G 12 Championships and 2014 SEC Championships.

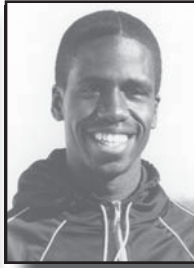
The six-lane track is equipped with the same surface used at the 2008 Summer Olympic games and boasts hydraulic banks, useful for high speed races and training.



# INDOOR ALL-TIME TOP TEN PERFORMERS



**Justin Austin**



**Rodney Chambers**



**Jim Costello**



**Troy Doris**



**William Dougherty**



**Bill Hansen**



**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
- 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
- Chris Douglas, 2018 .....7.76**
- 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
- 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, 2018 .....21.34**

## 400 Meters

- Mar'yea Harris, 2017 .....45.75**
- Emmanuel Ogwo, 2017 ..... 46.45
- Steven Willey, 2010 ..... 46.75
- Terrence Duckett, 1984 ..... 46.81
- Collin Hofacker, 2017 .....46.82**
- Andre Morris, 1995 ..... 47.15
- Monte Raymond, 1998..... 47.18
- Anthuan Maybank, 1990 ..... 47.25
- Chris Thompson, 2018 .....47.32**
- Patrick Richards, 2011 ..... 47.35

## 600 Meters

- Erik Sowinski, 2012..... 1:16.91
- Carter Lilly, 2017 .....1:17.20**
- Mar'yea Harris, 2018 .....1:17.26**
- Austin Lietz, 2017 .....1:17.40**
- Will Teubel, 2016..... 1:17.55
- Steven Willey, 2011 ..... 1:17.94
- Keaton Rickels, 2012 ..... 1:18.19
- Pat McGhee, 1988..... 1:18.30
- Noah Larrison, 2017.....1:18.41**
- Ryan Dorman, 2017 .....1:18.44**

## 800 Meters

- Carter Lilly, 2017 .....1:47.33**
- Erik Sowinski, 2012..... 1:47.62
- Will Teubel, 2016..... 1:47.74
- Pavlo Hutsalyuk, 2016 ..... 1:48.97
- Ryan Weir, 2013 ..... 1:49.11
- Adam Hairston, 2010..... 1:49.26
- Nathan Prom, 2013 ..... 1:49.29
- Nick Kuczvara, 2010 ..... 1:49.59
- Anthony Chaidez, 2017 .....1:49.73**
- Tysen VanDraska, 2018 .....1:50.22**

## Mile

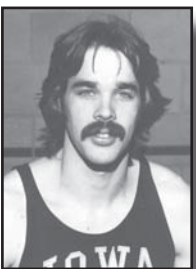
- Jeff Thode, 2011 ..... 3:58.72
- Ed DeLashmutt, 1981 ..... 4:04.01
- Adam Jones, 2017 ..... 4:04.28
- Michael Melchert, 2018 .....4:04.32**
- Larry Wiczorek, 1968..... 4:04.40
- Nathan Mylenek, 2018 .....4:05.13**
- John Clark, 1972 ..... 4:05.94
- Ben Witt, 2014 ..... 4:07.08
- Adam Thomas, 2002 ..... 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
- Michael Melchert, 2018 .....8:08.30**
- Eric MacTaggart, 2006..... 8:08.79
- Stetson Steele, 2000..... 8:09.54
- Ben Witt, 2015 ..... 8:10.97
- Dan Haut, 2005 ..... 8:11.36
- Daniel Soto, 2018 .....8:11.83**
- 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**



**Patrick Richards**

# INDOOR ALL-TIME TOP TEN PERFORMERS



**Keaton Rickels**

**Erik Sowinski**

**Jeff Thode**

**Reno Tuufuli**

**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. **Akinshe Hill, 2018 .... 48-4 1/2 (14.74)**

## Shot Put

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

## Weight Throw

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

## 1,600-Meter Relay

1. Ogwo, Hofacker, Frye, Harris, 2017 .....3:04.94
2. **Hofacker, Frye, Garron, Harris, 2018 .....3:05.33**
3. **Thompson, Frye, Garron, Harris, 2018....3:06.06**
4. Richards, E. Holmes, Sowinski, Willey, 2011 ....3:06.66
5. Rozell, Davis, Raymond, Yamini, 1998 .....3:06.80
6. Ogwo, Mallett, Frye, Harris, 2017 .....3:07.08
7. Wolff, Ganschow, Lilly, Harris, 2016 .....3:07.24
8. Coleman, Faber, Strang, Peterson, 2002 ..3:07.44
9. Wolff, B. Thompson, Ganschow, Harris, 2016..3:07.58
10. Richards, Sowinski, E. Holmes, Willey, 2011... 3:07.84

## 3,200-Meter Relay

1. Cooke, Nie, Monsey, Chambers, 1990.....7:13.02
2. Corrigan, Blackman, Strozier, Chambers,  
1989 ..... 7:29.00
3. English, Blackman, Strozier, Chambers,  
1989 ..... 7:36.20
4. 1977 ..... 7:39.40
5. 1986 ..... 7:40.90
6. Bouske, Herd, Chambers, Koon, 1992 ..... 7:43.94
7. Bouska, Cook, White, Herd, 1992..... 7:48.63
8. 1992 ..... 7:49.86
9. 1986 ..... 7:50.10
10. Roseman, Rerko, Novotny, Branigan,  
1993 ..... 7:51.36

## Distance Medley Relay

1. **Mylenek, Hofacker, Lilly, Melchert .....9:33.90**
2. **Lilly, Frye, Manternach, Jones, 2017 .....9:44.07**
3. **Mylenek, Thompson, Lilly, Melchert, 2018 . 9:45.10**
4. Prom, Rickels, Sowinski, Thode, 2012 .....9:45.41
5. 1999 .....9:46.83
6. 1977 .....9:48.80
7. 1978 .....9:49.70
8. Kuczwarra, Barton, Kuhlman, N. Holmes,  
2010 .....9:51.05
9. Marchese, Varner, Hairston, Luciano,  
2009 .....9:52.52
10. Paul, Varner, Hairston, Thode, 2010.....9:52.71

# INDOOR ALL-TIME TOP TEN PERFORMERS



**Kineke Alexander** **Meghan Armstrong** **Brittany Brown** **Tracy Dahl** **Nicole Erickson** **Karessa Farley** **Lauren Hardesty**

## 60 Meters

1. Lake Kwaza, 2016 .....7.33
2. **Brittany Brown, 2017** ..... **7.39**
3. Elaine Jones, 1983 .....7.43
4. **Kyara Avant, 2018** ..... **7.44**
5. Peaches Roach, 2005.....7.45
6. Shellene Williams, 2004 .....7.50
7. **Briana Guillory, 2017** ..... **7.51**
8. Jiselle Providence, 2002 .....7.52
9. Rhonda-Kaye Trusty, 2010 .....7.55  
Erin Jones, 2011 .....7.55  
Raven Moore, 2013 .....7.55

## 60-Meter Hurdles

1. Karessa Farley, 2009 .....8.21
2. Tiffany Johnson, 2006.....8.33
3. **Jahisha Thomas, 2017** ..... **8.35**
4. **Jenny Kimbro, 2018** ..... **8.38**
5. Paula Ruen, 1998.....8.39
6. Heaven Chandler, 2017 .....8.44
7. Sarah Steffen, 2002 .....8.45  
Renee White, 2008.....8.45
9. Colleen Prendergast, 2000 .....8.57
10. Tammilee Kerr, 2008.....8.60

## 200 Meters

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

## 400 Meters

1. Kineke Alexander, 2007 .....51.48
2. **Briana Guillory, 2018** ..... **52.08**
3. Elexis Guster, 2016 .....52.36
4. Ellen Grant, 1996.....52.65
5. Shellene Williams, 2004 .....52.83
6. Alexis Hernandez, 2017 .....53.42
7. Ashley Liverpool, 2011 .....54.09
8. MonTayla Holder, 2015 .....54.32
9. **Sheridan Champe, 2018** ..... **54.70**
10. Tiffany Hendricks, 2011 .....55.06

## 600 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, 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

## 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



**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**



**Jessie Strand**



**Laulauga Tausaga**



**Renee White**

## 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)
- Aubrianna Lantrip, 2018 ....5-8 1/2 (1.74)**
10. Traci Claussen, 1987 ..... 5-8 (1.73)

## 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. Carisa Leacock, 2014 .....19-9 1/2 (6.03)
4. Lisa Moats, 1986 ..... 19-6 (5.95)
5. Kassidy 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 Taylor, 1984 .....19-1 1/2 (5.83)

## 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. 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. **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)

## Weight Throw

1. **Laulauga Tausaga, 2018 ..65-8 3/4 (20.03)**
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

## 1,600-Meter Relay

1. Holder, Guillory, Hernandez, Guster, 2016..... 3:32.93
2. **Champe, Guillory, Brown, Plock, 2018 ..... 3:33.31**
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. **Champe, Brown, Guillory, Plock, 2018 ..... 3:37.37**
9. Liverpool, Hendricks, Erickson, Praska, 2011.... 3:37.58
10. Kwaza, Guster, Holder, Watts, 2015 ..... 3:37.84

## 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



**Zinnia Miller**



**Zinnia Miller**



**Zinnia Miller**



**Zinnia Miller**

# SEASON BESTS - WOMEN

## 60 METERS (School Record - 7.33)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Kyara Avant	7.44	at B1G Championships - 2/23/18	7.44	at B1G Championships 2/23/18
Brittany Brown	7.46	at B1G Championships - 2/23/18	7.39	2x, last at B1G Champ's - 2/25/17
Antonise Christian	7.68	at B1G Championships - 2/23/18	7.68	at B1G Championships - 2/23/18
Taylor Chapman	7.79	Hawkeye Invite - 1/13/18	7.58	Larry Wiczorek Invite - 1/21/17
Jalynn Roberts-Lewis	7.89	Wiczorek Invite - 1/20/18	7.66	Iowa Open - 2/18/17

## 60-METER HURDLES (School Record - 8.21)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Jenny Kimbro	8.38 ^	at B1G Championships - 2/23/18	8.38 ^	at B1G Championships - 2/23/18
Tria Seawater-Simmons	8.65 ^	at B1G Championships - 2/23/18	8.65 ^	at B1G Championships - 2/23/18

## 200 METERS (School Record - 22.79)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Brittany Brown	23.09	at B1G Championships - 2/23/18	22.30	at B1G Championships - 5/14/17
Briana Guillory	23.22	at B1G Championships - 2/23/18	22.95	at B1G Championships - 5/15/16
Kyara Avant	24.23	at B1G Championships - 2/23/18	24.23	at B1G Championships - 2/23/18
Sheridan Champe	24.70	Hawkeye Invite - 1/13/18	24.70	Hawkeye Invite - 1/13/18
Talia Buss	24.47	at Husker Invite - 2/4/18	24.74	at Husker Invite - 2/4/18
Antonise Christian	24.98	at Tyson Invite - 2/10/18	24.98	at Tyson Invite - 2/10/18
Kylie Welch	25.15	at Tyson Invite - 2/10/18	25.15	at Tyson Invite - 2/10/18
Tashee Hargrave	25.15	at Tyson Invite - 2/10/18	25.05	Musco Twilight - 4/22/17
Sarah Plock	25.26	Black & Gold Premier - 1/27/18	25.26	Black & Gold Premier - 1/27/18
Kylie Morken	25.60	at ISU Classic - 2/9/18	25.60	at ISU Classic - 2/9/18
Taylor Chapman	25.74	Hawkeye Invite - 1/13/18	24.13	at Jim Click Shootout - 4/8/17
Addie Swanson	25.84	at ISU Classic - 2/9/18	25.84	at ISU Classic - 2/9/18
Mika Cox	25.91	Hawkeye Invite - 1/13/18	25.91	Hawkeye Invite - 1/13/18
Jalynn Roberts-Lewis	26.12	Hawkeye Invite - 1/13/18	24.60	at Baldy Castillo Invite - 3/19/16
Hannah Schlib	27.25	Hawkeye Invite - 1/13/18	27.25	Hawkeye Invite - 1/13/18
Shelby West	28.55	at ISU Classic - 2/9/18		

## 400 METERS (School Record - 51.48)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Briana Guillory	52.08	at B1G Championships - 2/24/18	52.08	at B1G Championships - 2/23/18
Sheridan Champe	54.70	at B1G Championships - 2/23/18	54.70	at B1G Championships - 2/23/18
Sarah Plock	55.43	at B1G Championships - 2/23/18	55.43	at B1G Championships - 2/23/18
Sommer Sharpe	55.69	at Meyo Invite - 2/4/18	55.69	at Meyo Invite - 2/4/18
Tashee Hargrave	55.82	at Tyson Invite - 2/9/18	55.68	at B1G Championships - 5/13/17
Sarah Plock	55.88	at Meyo Invite - 2/4/18	55.88	at Meyo Invite - 2/4/18
Mallory King	56.01	at Alex Wilson Invite - 2/17/18	56.01	at Alex Wilson Invite - 2/17/18
Tashee Hargrave	56.17	at Husker Invite - 2/3/18	55.68	at B1G Championships - 5/13/17
Kylie Welch	56.20	at Husker Invite - 2/3/18	56.20	at Husker Invite - 2/3/18
Aly Weum	56.24	at Tyson Invite - 2/9/18	56.24	at Tyson Invite - 2/9/18
Talia Buss	56.72	at Husker Invite - 2/3/18	56.72	at Husker Invite 2/3/18
Kylie Morken	56.76	at ISU Classic - 2/10/18	56.76	at ISU Classic - 2/10/18
Addie Swanson	56.97	at Alex Wilson Invite - 2/17/18	56.97	at Alex Wilson Invite - 2/17/18
Antonise Christian	57.24	at Tyson Invite - 2/9/18	57.24	at Tyson Invite - 2/9/18
Shelby West	57.79	at Meyo Invite - 2/4/18	57.79	at Meyo Invite - 2/4/18
Mika Cox	58.59	Wiczorek Invite - 1/20/18	58.59	Wiczorek Invite - 1/20/18
Alexis Gay	58.67	Wiczorek Invite - 1/20/18	56.99	at Jim Click Shootout - 4/8/17
Taylor Arco	58.77	Wiczorek Invite - 1/20/18	58.46	at Florida Relays - 3/30/17
Carly Donahue	59.77	at ISU Classic - 2/10/18	59.77	at ISU Classic - 2/10/18
Lindsay Welker	1:00.85	at Alex Wilson Invite - 2/17/18	1:00.85	at Alex Wilson Invite - 2/17/18

## 600 METERS (School Record - 1:27.45)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Mallory King	1:31.25	at B1G Championships - 2/23/18	1:31.25	at B1G Championships - 2/23/18
Sommer Sharpe	1:34.36	at Meyo Invite - 2/3/18	1:34.36	at Meyo Invite - 2/3/18
Tia Saunders	1:34.44	at Meyo Invite - 2/3/18	1:34.44	at Meyo Invite - 2/3/18
Addie Swanson	1:34.60	at Meyo Invite - 2/3/18	1:34.60	at Meyo Invite - 2/3/18
Aly Weum	1:35.07	at B1G Championships - 2/23/18	1:35.07	at B1G Championships - 2/23/18



# SEASON BESTS - WOMEN (CONT.)

Taylor Arco	1:35.11	Wieczorek Invite - 1/19/18	1:35.11	Wieczorek Invite - 1/19/18
Kylie Welch	1:35.44	Wieczorek Invite - 1/19/18	1:35.44	Wieczorek Invite - 1/19/18
Tashee Hargrave	1:35.50	Hawkeye Invite - 1/13/18	1:35.50	Hawkeye Invite - 1/13/18
Amber Decker	1:36.37	Wieczorek Invite - 1/19/18	1:36.32	Hawkeye Invite - 1/14/17
Talia Buss	1:37.22	Wieczorek Invite - 1/19/18	1:37.22	Wieczorek Invite - 1/19/18
Alexis Gay	1:38.91	Wieczorek Invite - 1/19/18	1:38.91	Wieczorek Invite - 1/19/18
Shelby West	1:39.03	Wieczorek Invite - 1/19/18	1:39.03	Wieczorek Invite - 1/19/18
Carly Donahue	1:39.95	Black & Gold Premier - 1/27/18	1:39.95	Black & Gold Premier - 1/27/18
Macie Weber	1:40.47	Wieczorek Invite - 1/19/18	1:40.47	Wieczorek Invite - 1/19/18
Lindsay Welker	1:41.48	Wieczorek Invite - 1/19/18	1:41.48	Wieczorek Invite - 1/19/18
Maddie Carver	1:47.27	Hawkeye Invite - 1/13/18	1:47.27	Hawkeye Invite - 1/13/18

## 800 METERS (School Record - 2:05.01)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Tia Saunders	2:11.93	at B1G Championships - 2/23/18	2:11.17	at B1G Championships - 5/13/17
Macie Weber	2:16.64	at Alex Wilson Invite - 2/17/18	2:16.64	at Alex Wilson Invite - 2/17/18
Amber Decker	2:16.96	at Alex Wilson Invite - 2/17/18	2:13.29	at Iowa State Classic - 2/11/17
Tria Seawater-Simmons	2:17.71 ^	at B1G Championships - 2/23/18	2:17.71 ^	at B1G Championships - 2/23/18
Jenny Kimbro	2:22.45 ^	at B1G Championships - 2/23/18	2:22.45 ^	at B1G Championships - 2/23/18
Maddie Carver	2:34.23	Wieczorek Invite - 1/20/18	2:34.23	Wieczorek Invite - 1/20/18

## 1,000 METERS

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Julie Hollensbe	3:00.98	Hawkeye Invite - 1/13/18	2:54.42	Hawkeye Invite - 1/14/17
Macie Weber	3:06.77	Hawkeye Invite - 1/13/18	3:06.77	Hawkeye Invite - 1/13/18

## MILE (School Record - 4:39.78)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Andrea Shine	4:55.55	Hawkeye Invite - 1/13/18	4:55.55	Hawkeye Invite - 1/13/18
Madison Waymire	4:58.23	at Alex Wilson Invite - 2/17/18	4:58.23	at Alex Wilson Invite - 2/17/18
Marta Bote Gonzalez	5:02.05	Hawkeye Invite - 1/13/18	4:56.82	at Big 4 Duals - 1/24/15
Ashley Espinosa	5:12.42	Black & Gold Premier - 1/27/18	5:12.42	Black & Gold Premier - 1/27/18
Julian Hollensbe	5:16.31	Wieczorek Invite - 1/20/18	4:58.15	at B1G Championships - 2/24/17
Kara Neustrom	5:19.02	Wieczorek Invite - 1/20/18	5:19.02	Wieczorek Invite - 1/20/18
Mary Arch	5:23.18	Black & Gold Premier - 1/27/18	5:32.18	Black & Gold Premier - 1/27/18
Elizabeth Niedert	5:27.54	Black & Gold Premier - 1/27/18	5:27.54	Black & Gold Premier - 1/27/18

## 3,000 METERS (School Record - 9:15.57)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Andrea Shine	9:39.02	Wieczorek Invite - 1/20/18	9:39.02	Wieczorek Invite - 1/20/18
Marta Bote Gonzalez	9:48.34	at ISU Classic - 2/9/18	9:36.69	at Big Ten Championships - 2/27/16
Madison Waymire	9:50.34	at ISU Classic - 2/9/18	9:50.34	at ISU Classic - 2/9/18
Ashley Espinosa	10:26.25	Wieczorek Invite - 1/19/18	10:26.25	Wieczorek Invite - 1/19/18
Julie Hollensbe	10:37.53	Black & Gold Premier - 1/27/18	10:37.53	Black & Gold Premier - 1/27/18
Mary Arch	10:50.81	Hawkeye Invite - 1/13/18	10:50.81	Hawkeye Invite - 1/13/18
Elizabeth Niedert	11:15.00	Wieczorek Invite - 1/19/18	11:15.00	Wieczorek Invite - 1/19/18

## 5,000 METERS (School Record -15:49.52)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Andrea Shine	16:21.53	at ISU Classic - 2/9/18	16:21.53	at ISU Classic - 2/9/18
Madison Waymire	17:08.18	at Meyo Invite - 2/3/18	16:50.11	at Mt. SAC Relays - 4/14/17

## 1,600-METER RELAY (School Record - 3:32.93)

Names	Season Best	Meet - Date
Champe, Guillory, Brown, Plock	3:33.31	at B1G Championships - 2/24/18
Sharpe, Guillory, Brown, Champe	3:34.34	at Tyson Invite - 2/10/18
Champe, Brown, Guillory, Plock	3:37.37	Wieczorek Invite - 1/20/18
Guillory, Plock, Weum, Hargrave	3:41.34 \$!	Hawkeye Invite - 1/13/18
Hargrave, Plock, Welch, Weum	3:41.39	at Tyson Invite - 2/10/18
Morken, Sharpe, Hargrave, Welch	3:45.13	Black & Gold Premier - 1/27/18
Morken, Sharpe, Plock, Weum	3:46.51	at Meyo Invite - 2/4/18
Hargrave, Buss, Weum, King	3:47.69	Wieczorek Invite - 1/20/18

# SEASON BESTS - WOMEN (CONT.)

Shape, Swanson, Morken, Saunders	3:47.72	Wieczorek Invite - 1/20/18
Buss, Hargrave, Welch, Avant	3:48.23	at Husker Invite - 2/4/18
Sharpe, Welch, King, Buss	3:48.70	Hawkeye Invite - 1/13/18
Morken, Swanson, King, Saunders	3:50.25	at ISU Classic - 2/10/18
Decker, King, Swanson, Weum	3:52.18	at Alex Wilson Invite - 2/17/18
Morken, Swanson, Saunders, Avant	3:53.43	Hawkeye Invite - 1/13/18
West, Buss, Simmons, Gay	3:53.74	Black & Gold Premier - 1/27/18
Gay, Welch, Decker, Welker	3:57.94	Wieczorek Invite - 1/20/18
Cox, Arco, Decker, Hollensbe	4:00.90	Hawkeye Invite - 1/13/18

## HIGH JUMP (School Record - 1.85 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Gillian Urycki	5-8 3/4 (1.75m)	at B1G Championships - 2/24/18	5-8 3/4 (1.75m)	at B1G Championships - 2/24/18
Aubrianna Lantrip	5-8 1/2 (1.74m)	at ISU Classic - 2/9/18	5-8 1/2 (1.74m)	at ISU Classic - 2/9/18
Gillian Urycki	5-8 1/2 (1.74m)	at ISU Classic - 2/9/18	5-8 1/2 (1.74m)	at ISU Classic - 2/9/18
Tria Seawater-Simmons	5-5 3/4 (1.67m) ^	at Husker Invite - 2/3/18	5-8 (1.73m) ^	at B1G Championships - 5/12/17
Jenny Kimbro	5-5 1/4 (1.66m) ^	Wieczorek Invite - 1/19/18	5-5 1/4 (1.66m) ^	Wieczorek Invite - 1/19/18
Kelli DeGeorge	5-5 (1.65m)	Hawkeye Invite - 1/13/18	5-7 (1.70m)	at Baldy Castillo Invite - 3/18/17
Sydney Collins	5-2 1/2 (1.59m)	at ISU Classic - 2/9/18	5-7 (1.70m)	at Jim Click Shootout - 4/8/17
Christina MacNab	5-2 1/4 (1.58m)	Black & Gold Premier - 1/27/18	5-1 (1.55m)	Black & Gold Premier - 1/27/18

## POLE VAULT (School Record - 3.80 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Amy Smith	11-9 3/4 (3.60m)	Hawkeye Invite - 1/13/18	11-11 3/4 (3.65m)	2x, last at Musco Twilight - 4/22/17

## LONG JUMP (School Record - 6.42 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Jahisha Thomas	21-0 3/4 (6.42m)	at B1G Championships - 2/23/18	21-0 3/4 (6.42m)	at B1G Championships - 2/23/18
Tria Seawater-Simmons	19-2 (5.84m) ^	Wieczorek Invite - 1/19/18	19-2 (5.84m) ^	Wieczorek Invite - 1/19/18
Jenny Kimbro	18-10 (5.74m) ^	at Husker Invite - 2/3/18	19-3 1/2 (5.88m) ^	Black & Gold Premier - 1/27/17
Jalynn Roberts-Lewis	18-7 1/4 (5.67m)	Wieczorek Invite - 1/19/18	18-7 1/4 (5.67m)	Wieczorek Invite - 1/19/18
Gillian Urycki	18-5 (5.61m)	Black & Gold Premier - 1/27/18	18-5 (5.61m)	Black & Gold Premier - 1/27/18
Hannah Schilb	17-9 3/4 (5.43m)	Hawkeye Invite - 1/13/18	17-9 3/4 (5.43m)	Hawkeye Invite - 1/13/18

## TRIPLE JUMP (School Record - 13.22 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Jahisha Thomas	43-4 1/2 (13.22m)	at B1G Championships - 2/24/18	43-4 1/2 (13.22m)*	at B1G Championships - 2/23/18
Tria Seawater-Simmons	38-1 (11.91m)	Black & Gold Premier - 1/27/18	42-1 1/4 (12.83m) !	Border Battle - 1/7/17
Hannah Schilb	38-8 3/4 (11.80m)	Black & Gold Premier - 1/27/18	40-6 (12.34m)	at B1G Championships - 5/14/17
Allison Wahrman	38-7 3/4 (11.78m)	Hawkeye Invite - 1/13/18	39-10 (12.14m)	Larry Wieczorek Invite - 1/21/17
Hannah Schilb	37-5 1/4 (11.41m)	Wieczorek Invite - 1/20/18	40-6 (12.34m)	at B1G Championships - 5/14/17

## SHOT PUT (School Record - 16.51 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Laulauga Tausaga	54-2(16.51m) *	at Tyson Invite - 2/10/18	54-2 (16.51m) *	at Tyson Invite - 2/10/18
Nia Britt	51-10 1/2 (15.81m)	at Meyo Invite - 2/4/18	51-10 1/2 (15.81m)	at Meyo Invite - 2/4/18
Konstadina Spanoudakis	44-6 3/4 (13.58m)	Wieczorek Invite - 1/20/18	44-6 3/4 (13.58m)	Wieczorek Invite - 1/20/18
Jenny Kimbro	34-5 3/4 (10.51m) ^	at Husker Invite - 2/3/18	34-9 3/4 (10.61m)	at B1G Championships - 5/12/17
Tria Seawater-Simmons	33-6 (10.21m)	at Husker Invite - 2/3/18	34-0 1/4 (10.37m)	at B1G Championships - 5/12/17

## WEIGHT THROW (School Record - 19.93 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Laulauga Tausaga	65-8 3/4(20.03m)	at B1G Championships - 2/24/18	65-8 3/4 (20.03m)	at B1G Championships - 2/24/18
Nia Britt	56-5 3/4 (17.21m)	at Tyson Invite - 2/9/18	56-5 3/4 (17.21m)	at Tyson Invite - 2/9/18
Leah Colbert	52-11 (16.13m)	Hawkeye Invite - 1/13/18	55-3 1/2 (16.85m)	Larry Wieczorek Invite - 1/20/17
Konstadina Spanoudakis	49-9 1/4 (15.17m)	at Tyson Invite - 2/9/18	49-9 1/4 (15.17m)	at Tyson Invite - 2/9/18
Erika Hammond	48-2 (14.68m)	Black & Gold Premier - 1/27/18	48-2 14.68m)	Black & Gold Premier - 1/27/18

## PENTATHLON (School Record - 3,974 points)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Jenny Kimbro	3,9030points	at B1G Championships - 2/23/18	3,930 points	at B1G Championships - 2/23/18
Tria Seawater-Simmons	3,859 points	Wieczorek Invite - 1/19/18	3,859 points	Wieczorek Invite - 1/19/18

# SEASON BESTS - MEN

## 60 METERS (School Record - 6.69)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Christian Brissett	6.79	Hawkeye Invite - 1/13/18	6.74	Larry Wieczorek Invite - 1/21/17
O'Shea Wilson	6.80	Black & Gold Premier - 1/27/18	6.75	2x, last at BIG Champs - 2/24/17
Antonio Woodard	6.85	Hawkeye Invite - 1/13/18	6.85	Hawkeye Invite - 1/13/18
Tyree Sorrells	6.90	at Tyson Invite - 2/9/18	6.90	at Tyson Invite - 2/9/18
Gavin Hoch	7.07	Black & Gold Premier - 1/27/18	7.07	Black & Gold Premier - 1/27/18
Anthony Williams	7.08	Black & Gold Premier - 1/27/18	7.08	Black & Gold Premier - 1/27/18
Daniel Gaynes	7.09 ^	at BIG Championships - 2/23/18	7.09	at BIG Championships - 2/23/18
William Dougherty	7.14 ^	at BIG Championships - 2/23/18	7.12 ^	at BIG Championships - 2/23/18
Chris Douglas	7.16	Black & Gold Premier - 1/27/18	7.16	Black & Gold Premier - 1/27/18
Josh Braverman	7.18	Black & Gold Premier - 1/27/18	7.18	Black & Gold Premier - 1/27/18

## 60-METER HURDLES (School Record - 7.63)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Chris Douglas	7.76	2x, last at BIG Championships - 2/23/18	7.76	2x, last at BIG Championships - 2/23/18
Anthony Williams	7.97	2x, last at BIG Championships - 2/23/18	7.97	2x, last at BIG Championships - 2/23/18
Josh Braverman	8.25	Hawkeye Invite - 1/13/18	8.25	Hawkeye Invite - 1/13/18
William Dougherty	8.25 ^	Wieczorek Invite - 1/20/18	8.25 ^	Wieczorek Invite - 1/20/18
Daniel Gaynes	8.53	Hawkeye Invite - 1/13/18	8.53	Hawkeye Invite - 1/13/18

## 200 METERS (School Record - 20.80)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Antonio Woodard	20.99	2x, last at BIG Championships - 2/24/18	20.99	2x, last at BIG Championships - 2/24/18
Mar'yea Harris	21.34	at Tyson Invite - 2/10/18	20.89	at Jim Click Shootout - 4/8/17
Collin Hofacker	21.36	at Tyson Invite - 2/10/18	20.71	at BIG Championships - 5/14/17
Bradford Garron	21.38	at Tyson Invite - 2/10/18	21.38	at Tyson Invite - 2/10/18
DeJuan Frye	21.67	at Tyson Invite - 2/10/18	21.67	at Tyson Invite - 2/10/18
Chris Thompson	21.81	at Tyson Invite - 2/10/18	21.81	at Tyson Invite - 2/10/18
Christian Brissett	22.12	Wieczorek Invite - 1/19/18	20.75	at Jim Click Shootout - 4/8/17
Gage Eller	22.40	Hawkeye Invite - 1/13/18	22.40	Hawkeye Invite - 1/13/18
Akinshe Calica-Hill	22.60	Hawkeye Invite - 1/13/18	22.51	Hawkeye Invite - 1/14/17
Tyree Sorrells	22.83	Hawkeye Invite - 1/13/18	22.83	Hawkeye Invite - 1/13/18
Cole Moeller	24.10	Black & Gold Premier - 1/27/18	24.10	Black & Gold Premier - 1/27/18

## 400 METERS (School Record - 45.75)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Mar'yea Harris	45.95	at Meyo Invite - 2/4/18	45.45	at NCAA West Preliminary - 5/26/17
Chris Thompson	47.32	at Meyo Invite - 2/4/18	47.32	at Meyo Invite - 2/4/18
DeJuan Frye	47.38	at Meyo Invite - 2/4/18	46.22	at BIG Championships - 5/14/17
Bradford Garron	47.42	at Meyo Invite - 2/4/18	47.42	at Meyo Invite - 2/4/18
Collin Hofacker	47.49	at BIG Championships - 2/23/18	46.50	at BIG Championships - 5/14/17
Austin Lietz	48.38	at Meyo Invite - 2/4/18	48.11	at Alex Wilson Invite - 2/18/17
Raymonte Dow	48.43	at Alex Wilson Invite - 2/17/18	48.43	at Alex Wilson Invite - 2/17/18
Carter Lilly	48.66	Hawkeye Invite - 1/13/18	48.66	Hawkeye Invite - 1/13/18
Noah Larrison	48.82	at Alex Wilson Invite - 2/17/18	48.55	at Alex Wilson Invite - 2/18/17
Ryan Dorman	50.12	at Alex Wilson Invite - 2/17/18	50.12	at Alex Wilson Invite - 2/17/18
Gage Eller	50.15	at ISU Classic - 2/10/18	50.15	at ISU Classic - 2/10/18

## 600 METERS (School Record - 1:16.91)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Mar'yea Harris	1:17.26	at Meyo Invite - 2/3/18	1:17.26	at Meyo Invite - 2/3/18
Carter Lilly	1:17.79	Wieczorek Invite - 1/19/18	1:15.64	Musco Twilight - 4/23/16
Noah Larrison	1:18.85	at BIG Championships - 2/23/18	1:18.41	at BIG Championships - 2/24/17
Austin Lietz	1:19.17	at BIG Championships - 2/23/18	1:17.40	at BIG Championships - 2/24/17
Raymonte Dow	1:19.38	Wieczorek Invite - 1/19/18	1:19.38	Wieczorek Invite - 1/19/18
Matt Manternach	1:19.64	at Meyo Invite - 2/3/18	1:19.64	at Meyo Invite - 2/3/18
Chris Thompson	1:19.70	at Meyo Invite 2/3/18	1:19.70	at Meyo Invite - 2/3/18
DeJuan Frye	1:20.21	at BIG Championships - 2/23/18	1:20.21	at BIG Championships - 2/23/18
Nolan Teubel	1:20.84	Wieczorek Invite - 1/19/18	1:20.84	Wieczorek Invite - 1/19/18
Tysen VanDraska	1:21.85	Hawkeye Invite - 1/13/18	1:20.82	Hawkeye Invite - 1/14/17

## 800 METERS (School Record - 1:47.33)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Carter Lilly	1:50.13	at ISU Classic - 2/10/18	1:47.32	at Texas Invitational - 4/16/16
Tysen VanDraska	1:50:22	at BIG Championships - 2/23/18	1:50.22	at BIG Championships - 2/23/18

# SEASON BESTS - MEN (CONT.)

Matt Manternach	1:50.24	at B1G Championships - 2/23/18	1:50.24	at B1G Championships - 2/23/18
Nolan Teubel	1:50.95	at ISU Classic - 2/10/18	1:50.95	at ISU Classic - 2/10/18
Kevin Dochery	1:53.31	at Alex Wilson Invite - 2/17/18	1:53.31	at Alex Wilson Invite - 2/17/18

## 1,000 METERS

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Kevin Docherty	2:27.90	Hawkeye Invite - 1/13/18	2:27.90	Hawkeye Invite - 1/13/18
William Dougherty	2:42.11 ^	at B1G Championships - 2/24/18	2:39.97 ^	at B1G Championships - 2/27/16
Daniel Gaynes	2:42.68 ^	at B1G Championships - 2/24/18	2:42.68 ^	at B1G Championships - 2/24/18

## MILE (School Record - 3:58.72)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Michael Melchert	4:04.32	at Meyo Invite - 2/4/18	4:04.32	at Meyo Invite - 2/4/18
Nathan Mylenek	4:05.13	at ISU Classic - 2/9/18	4:05.13	at ISU Classic - 2/9/18
Kevin Docherty	4:11.30	at Meyo Invite - 2/4/18	4:07.82	at B1G Championships - 2/28/14
Karson Sommer	4:12.89	Wieczorek Invite - 1/20/18	4:12.89	Wieczorek Invite - 1/20/18
Ian Eklin	4:14.04	Hawkeye Invite - 1/13/18	4:14.04	Hawkeye Invite - 1/13/18
Luke Sampson	4:15.80	Wieczorek Invite - 1/20/18	4:15.80	Wieczorek Invite - 1/20/18
Daniel Soto	4:17.75	Hawkeye Invite - 1/13/18	4:17.75	Hawkeye Invite - 1/13/18
Brandon Cooley	4:21.25	Black & Gold Premier - 1/27/18	4:20.02	Black & Gold Premier - 1/28/17
Bailey Hesse-Withbroe	4:27.19	Hawkeye Invite - 1/13/18	4:27.19	Hawkeye Invite - 1/13/18

## 3,000 METERS (School Record - 7:57.06)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Michael Melchert	8:08.30	at ISU Classic - 2/9/18	8:08.30	at ISU Classic - 2/9/18
Daniel Soto	8:11.83	at ISU Classic - 2/9/18	8:11.83	at ISU Classic - 2/9/18
Ian Eklin	8:16.75	at ISU Classic - 2/9/18	8:16.75	at ISU Classic - 2/9/18
Nathan Mylenek	8:19.04	at Meyo Invite - 2/4/18	8:19.04	at Meyo Invite - 2/4/18
Karson Sommer	8:20.17	at Meyo Invite - 2/4/18	8:20.17	at Meyo Invite - 2/4/18
Luke Sampson	8:25.61	at Meyo Invite - 2/4/18	8:25.61	at Meyo Invite - 2/4/18
Brandon Cooley	8:38.94	at Alex Wilson Invite - 2/17/18	8:38.94	at Alex Wilson Invite - 2/17/18
Bailey Hesse-Withbroe	8:45.09	Wieczorek Invite - 1/19/18	8:21.33	Iowa Open - 2/18/17

## 5,000 METERS (School Record -- 13:43.70)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Daniel Soto	14:25.42	at Meyo Invite - 2/3/18	14:25.42	at Meyo Invite - 2/3/18
Luke Sampson	14:26.72	at B1G Championships - 2/24/18	14:26.72	at B1G Championships - 2/24/18
Ian Eklin	14:33.82	at B1G Championships - 2/24/18	14:33.82	at B1G Championships - 2/24/18

## 1,600-METER RELAY (School Record - 3:05.62)

Names	Season Best	Meet - Date
Hofacker, Frye, Garron, Harris	3:05.33	at B1G Championships - 2/24/18
Thompson, Frye, Garron, Harris	3:06.06	at Tyson Invite - 2/10/18
Garrison, Frye, Hofacker, Lietz	3:11.40	at Meyo Invite 2/4/18
Larrison, Woodard, Brissett, Garron	3:12.06	Hawkeye Invite - 1/13/18
Harris, Lietz, Dow, Frye	3:12.82	Hawkeye Invite - 1/13/18
Eller, Thompson, Lilly, Hofacker	3:13.06	Hawkeye Invite - 1/13/18
Thompson, Woodard, Dow, Lilly	3:14.54	Wieczorek Invite - 1/20/18
Eller, Lietz, Manternach, Larrison	3:17.03	Wieczorek Invite - 1/20/18
Brissett, Dorman, Manternach, Teubel	3:18.50	at ISU Classic - 2/10/18
Larrison, Dow, Lilly, Lietz	3:18.60	at Alex Wilson Invite - 2/17/18
Douglas, Mylenek, Melchert, Sommer	3:27.13	Hawkeye Invite - 1/13/18

## HIGH JUMP (School Record - 2.21 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Jay Hunt	6-8 3/4 (2.05m)	Wieczorek Invite - 1/19/18	6-8 3/4 (2.05m)	Wieczorek Invite - 1/19/18
Cole Moeller	6-7 (2.01m)	at ISU Classic - 2/10/18	6-7 (2.01m)	at ISU Classic - 2/10/18
Daniel Gaynes	6-4 1/4 (1.94m) ^	at B1G Championships - 2/23/18	6-4 1/4 (1.94m) ^	at B1G Championships - 2/23/18
William Dougherty	6-3 1/2 (1.91m) ^	at B1G Championships - 2/23/18	6-5 (1.96m)	at Mt. SAC Relays - 4/12/17

## POLE VAULT (School Record - 5.21 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Andy Jatis	16-6 3/4 (5.05m)	Wieczorek Invite - 1/19/18	16-7 1/2 (5.07m)	at B1G Championships - 5/14/17
William Dougherty	15-5 (4.70m) ^	2x, last at Wieczorek Invite - 1/20/18	15-5 (4.70m) ^	2x, last at Wieczorek Invite - 1/20/18
Daniel Gaynes	13-3 1/2 (4.05m) ^	at B1G Championships - 2/24/18	13-3 1/2 (4.05m) ^	at B1G Championships - 2/23/18

# SEASON BESTS - MEN (CONT.)

## LONG JUMP (School Record - 8.06 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
O'Shea Wilson	23-11 3/4 (7.31m)	Black & Gold Premier - 1/27/18	25-9 1/2 (7.86m)	Hawkeye Invite - 1/14/17
Akinshe Calica-Hill	22-11 3/4 (6.85m)	Black & Gold Premier - 1/27/18	23-2 1/2 (7.07m)	at Jim Click Shootout - 4/8/17
Cooper Koenig	22-10 1/2 (6.97m)	Hawkeye Invite - 1/13/18	22-10 1/2 (6.97m)	Hawkeye Invite - 1/13/18
William Dougherty	22-9 3/4 (6.93m) ^	2x, last at Wieczorek Invite - 1/19/18	22-9 3/4 (6.93m) ^	2x, last at Wieczorek Invite - 1/19/18
Daniel Gaynes	22-7 1/4 (6.89m) ^	Wieczorek Invite - 1/19/18	22-7 1/4 (6.89m) ^	Wieczorek Invite - 1/19/18
Tyree Sorrells	22-7 (6.88m)	Black & Gold Premier - 1/27/18	22-7 (6.88m)	Black & Gold Premier - 1/27/18

## TRIPLE JUMP (School Record - 16.46 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Akinshe Calica-Hill	48-4 1/2 (14.74m)	2x, last at Tyson Invite - 2/10/18	48-4 1/2 (14.74m)	2x, last at Tyson Invite - 2/10/18

## SHOT PUT (School Record - 19.28 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Reno Tuufuli	63-3 1/4 (19.28m)	at B1G Championships - 2/23/18	63-3 1/4 (19.28m)	at B1G Championships - 2/23/18
William Dougherty	47-3 3/4 (14.42m)	at B1G Championships - 2/23/18	47-3 3/4 (14.42m)	at B1G Championships - 2/23/18
Daniel Gaynes	35-8 (10.87m)	Hawkeye Invite - 1/13/18	35-8 (10.87m)	Hawkeye Invite - 1/13/18

## HEPTATHLON (School Record - 5,606 points)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
William Dougherty	5,606 points *	at B1G Championships - 2/23-24/18	5,606 points *	at B1G Championships - 2/24/18
Daniel Gaynes	5,162 points	at B1G Championships - 2/23-24/18	5,162 points	at B1G Championships - 2/23-24/18

\* - School Record, ! - meet record, \$ - facility record, ^ part of heptathlon