



May 10-12, 2019

# IOWA

# Track & Field 2019 Notes



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## 2019 IOWA TRACK & FIELD OUTDOOR SCHEDULE

Date	Meet
Mar. 15-16	at Baldy Castillo Invitational (Tempe, Arizona)
Mar. 29-30	at Florida Relays (Gainesville, Florida)
	at Stanford Invitational (Stanford, California)
Apr. 5-6	at Sun Angel Classic (Tempe, Arizona)
<b>Apr. 13</b>	<b>Musco Twilight</b> (Iowa City, Iowa)
Apr. 17-19	at Bryan Clay Invite (Azusa, California)
Apr. 18-20	at Mt. SAC Relays (Torrance, California)
Apr. 19-20	at Beach Invite (Long Beach, California)
Apr. 25-27	at Drake Relays (Des Moines, Iowa)
<b>May 10-12</b>	<b>B1G Outdoor Championships</b> (Iowa City, Iowa)
May 23-25	at NCAA First Round (Sacramento, California)
June 5-8	at NCAA Championships (Austin, Texas)

## IOWA COACHING STAFF

**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 hosts the 2019 Big Ten Outdoors Track and Field Championships at Francis X. Cretzmeyer Track, beginning Friday and ending Sunday. A full schedule of events is located at [hawkeyesports.com/B1GTrack](http://hawkeyesports.com/B1GTrack) and on the track and field schedule page.

### FOLLOW THE HAWKEYES

Fans can follow the Big Ten Championships live results on [hawkeyesports.com/tracklive](http://hawkeyesports.com/tracklive). Live stats and a live stream for the meet are also linked on the Iowa track and field schedule page, [hawkeyesports.com/trackschedule](http://hawkeyesports.com/trackschedule), and posted on the team's official twitter account @iowaxc\_tf.

### TICKETS

Tickets for the 2019 Big Ten Outdoor Track and Field Championships are on sale through the University of Iowa Ticket Office. Gates open one hour prior to the start of the first event.

#### All-Session Passes

- Adult Admission -- \$20
- Youth (18 & under) Admission -- \$10

#### Single-Session Tickets

- General Admission Seating -- \$10
- Youth Rate -- \$5
- College Student Rate (must show ID) -- \$3

For more information or to purchase tickets, contact the Iowa Ticket Office at (800) IA-HAWKS or (319) 335-9323, or online at [hawkeyesports.com/tickets](http://hawkeyesports.com/tickets). A complete schedule of events is available at [hawkeyesports.com/B1GTrack](http://hawkeyesports.com/B1GTrack).

### 2018 CHAMPIONS

The Hawkeye women scored 96 points at the 2018 Big Ten Championships to place third, and the men scored 80 points, placing sixth.

The Hawkeyes won seven events at the 2018 Big Ten Championships, including (returners in bold):

**Mar'yea Harris** - 200 meters (44.98)  
**Laulauga Tausaga** - discus (58.39 meters)  
**Laulauga Tausaga** - shot put (16.80 meters)  
 DeJuan Frye, **Antonio Woodard**, **Collin Hofacker**, and **Harris** - 1,600-meter relay (3:06.32)  
 Jahisha Thomas - long jump (6.55 meters)  
 Jahisha Thomas - triple jump (13.19 meters)  
 Brittany Brown - 200 meters (22.93)

### HISTORY FAVORS THE HAWKS

The last time the Hawkeye men won the Big Ten Outdoor Track and Field Championships was 2011. Coincidentally, that was the last time Iowa hosted the championships. The crown came down to the last event, the 1,600-meter relay. The Hawkeyes pulled off the win by two and a half points over Minnesota, 125.5-123.

### HAWKEYES IN THE RANKINGS

The University of Iowa men's and women's track and field teams are both ranked in the top 20 in the United States Track & Field and Cross Country Coaches Association Week 6 poll. The USTFCCCA ranks the women at No. 15 and the men No. 18.

### FAVORED FRONT RUNNERS

The USTFCCCA Big Ten rankings predict the men to win the Big Ten title ahead of No. 2 Nebraska and No. 3 Purdue. They predict the women will finish second behind No. 1 Ohio State and ahead of No. 3 Minnesota.

### B1G LEADERS

The Hawkeyes are ranked in the top eight 41 times in the conference, 18 of which are ranked in the top three. The Hawkeyes are leading the Big Ten Conference in eight events, including seven individual events and the men's 1,600-meter relay. Seven additional marks are ranked second, and another two are ranked third in the Big Ten.





**Top Eight in the Big Ten (top 8 in each event score points):**

- 1. Karayme Bartley - 400 meters (45.83)
- 1. Briana Guillory - 400 meters (51.92)
- 1. Matt Manternach - 800 meters (1:46.93)
- 1. Chris Douglas - 400 hurdles (51.00)
- 1. Laulauga Tausaga - shot put (18.02 meters, 59-1 1/2)
- 1. Laulauga Tausaga - discus (62.28 meters, 204-4)
- 1. Jenny Kimbro - heptathlon (5,679 points)
- 1. Lawrence, Woodard, Hofacker, Harris - 1,600 relay (3:03.10)
- 2. Mar'yea Harris - 400 meters (45.88)
- 2. Carter Lilly - 800 meters (1:47.52)
- 2. Jenny Kimbro - 100 hurdles (13.30)
- 2. Jaylan McConico - 110 hurdles (13.82)
- 2. Reno Tuufuli - discus (62.54 meters, 205-2)
- 2. Konstadina Spanoudakis - discus (57.95 meters, 190-1)
- 2. Tria Simmons - heptathlon (5,577)
- 3. Anthony Williams - 110 hurdles (13.86)
- 3. Nathan Mylenek - 3,000-meter steeplechase (8:38.53)
- 4. Taylor Arco - 800 meters (2:06.06)
- 4. Wayne Lawrence Jr. - 400 meters (45.96)
- 4. Jenny Kimbro - 400 hurdles (58.27)
- 4. Kimbro, Weum, Simmons, Wensel - 1,600-meter relay (3:36.32)
- 5. Chris Douglas - 110 hurdles (13.98)
- 5. Noah Larrison - 400 hurdles (51.49)
- 5. Tria Simmons - high jump (1.76 meters, 5-9 1/4)
- 5. Reno Tuufuli - shot put (18.96 meters, 62-2 1/2)
- 5. Williams, Woodard, Hofacker, Harris - 400-meter relay (40.16)
- 6. Antonio Woodard - 200 meters (20.69)
- 6. Briana Guillory - 200 meters (23.67)
- 6. Daniel Soto - 10,000 meters (29:31.88)
- 6. Raymonte Dow - 400 hurdles (51.79)
- 6. Amanda Carty - triple jump (12.47 meters, 40-11)
- 6. Laulauga Tausaga - hammer (61.34 meters, 201-3)
- 6. Kimbro, Laye, Guillory, Christian - 400-meter relay (45.60)
- 7. Karayme Bartley - 200 meters (20.71)
- 7. Tysen VanDraska - 800 meters (1:48.52)
- 7. Tria Simmons - 100 hurdles (13.73)
- 7. Jay Hunt - high jump (2.12 meters, 6-11 1/2)
- 7. Peyton Haack - decathlon (7,129 points)
- 8. Andrea Shine - 10,000 meters (34:10.24)
- 8. Josh Braverman - 110 hurdles (14.10)
- 8. Nia Britt - shot put (16.50 meters, 54-1 3/4)

**NATIONALLY RANKED HAWKS**

The Hawkeyes have 12 individual marks in the NCAA's top 16, including junior Laulauga Tausaga, who ranks second in the shot put and discus throws and the third fastest men's 1,600-meter relay from freshman Wayne Lawrence Jr., junior Antonio Woodard, junior Collin Hofacker, and senior Mar'yea Harris.

Big Ten student-athletes rank in the NCAA top eight 26 times. That number includes eight Hawkeye individuals and one relay squad

**Top 16 in the NCAA:**

- 2. Laulauga Tausaga - shot put (18.02 meters, 59-1 1/2)
- 2. Laulauga Tausaga - discus (62.28 meters, 204-4)
- 3. Lawrence, Woodard, Hofacker, Harris - 1,600 relay (3:03.10)
- 4. Reno Tuufuli - discus (62.54, 205-2)
- 5. Matt Manternach - 800 meters (1:46.93)
- 5. Nathan Mylenek - 3,000-meter steeplechase (8:38.53)
- 6. Konstadina Spanoudakis - discus (57.95 meters, 190-1)
- 6. Briana Guillory - 400 meters (51.92)
- 8. Jenny Kimbro - heptathlon (5,679 points)
- 13. Karayme Bartley - 400 meters (45.83)
- 13. Carter Lilly - 800 meters (1:47.52)
- 16. Mar'yea Harris - 400 meters (45.88)

Two Big Ten student athletes lead the nation in their respective events:

- Oliver Hoare (Wisconsin) - 1,500 meters (3:37.20)
- Greg Thompson (Maryland) - discus (65.56 meters, 215-1)

**2019 OUTDOOR SEASON LEADERS**

**MEN**

100 Meters	Antonio Woodard	10.49
110-Meter Hurdles	Jaylan McConico	13.82
200 Meters	Antonio Woodard	20.69
400 Meters	Karayme Bartley	45.83
400-Meter Hurdles	Chris Douglas	51.00
800 Meters	Matt Manternach	1:46.93
1,500 Meters	Nathan Mylenek	3:44.49
3,000 Meters	Karson Sommer	8:37.83
3,000 Steeplechase	Nathan Mylenek	* 8:38.53
5,000 Meters	Noah Healy	14:17.29
10,000 Meters	Daniel Soto	29:31.88
400-Meter Relay	Williams, Woodard, Hofacker, Harris	40.16
Shuttle Hurdle Relay	Williams, Haack, Braverman, McConico	1:01.14
800-Meter Relay	Sorrells, Braverman, Douglas, Haack	1:28.29
1,600-Meter Relay	Lawrence Jr., Woodard, Hofacker, Harris	3:03.10
Sprint Medley Relay	Bartley, Woodard, Harris, Lilly	3:20.71
3,200-Meter Relay	VanDraska, Still, Teubel, Lilly	7:22.50
Distance Medley Relay	VanDraska, Lawrence Jr., Teubel, Mylenek	9:53.14
High Jump	Jay Hunt	6-11 1/2 (2.12m)
Pole Vault	Peyton Haack	16-4 3/4 (5.00m)
Long Jump	James Carter	24-1 (7.34m)
Triple Jump	James Carter	49-7 1/4 (15.12m)
Shot Put	Reno Tuufuli	62-2 1/2 (18.96m)
Discus	Reno Tuufuli	205-2 (62.54m)
Javelin	Peyton Haack	155-11 (47.53m)
Decathlon	Peyton Haack	7,129 points

**WOMEN**

100 Meters	Antonise Christian	11.75
100-Meter Hurdles	Jenny Kimbro	13.22
200 Meters	Briana Guillory	23.67
400 Meters	Briana Guillory	51.92
400-Meter Hurdles	Jenny Kimbro	58.27
800 Meters	Taylor Arco	2:06.06
1,500 Meters	Megan Schott	4:28.00
3,000 Meters	Kylie Latham	10:19.44
3,000 Steeplechase	Anna Hostetler	10:57.25
5,000 Meters	Megan Schott	16:28.97
10,000 Meters	Andrea Shine	34:10.24
400-Meter Relay	Kimbro, Laye, Guillory, Christian	45.60
Shuttle Hurdle Relay	Morken, Donahue, Swanson, Winger	1:05.60
800-Meter Relay	Christian, Buss, Swanson, Morken	1:38.52
1,600-Meter Relay	Kimbro, Weum, Simmons, Wensel	3:36.32
Sprint Medley Relay	Swanson, Morken, King, Arco	3:52.85
3,200-Meter Relay	McCabe, Arco, Saunders, King	* 8:31.84
Distance Medley Relay	McCabe, Gay, Welker, Hostetler	11:53.74
High Jump	Jenny Kimbro	6-0 3/4 (1.85m)
Long Jump	Amanda Carty	19-11 1/2 (6.08m)
Triple Jump	Amanda Carty	40-11 (12.47m)
Shot Put	Laulauga Tausaga	* 59-1 1/2 (18.02m)
Discus	Laulauga Tausaga	* 204-4 (62.28m)
Javelin	Marissa Mueller	132-2 (40.28m)
Hammer Throw	Laulauga Tausaga	* 201-3 (61.34m)
Heptathlon	Jenny Kimbro	5,679 points

\* -- school record



### COUNTING ALL-TIME TRACKHAWKS

The men have 28 current athletes on Iowa's outdoor all-time top 10, led by school-record holders Mar'yea Harris, (400-meters, 800-meter relay, 1,600-meter relay), DeJuan Frye (1,600-meter relay), Collin Hofacker (1,600-meter relay), and Nathan Mylenek (3,000-meter steeplechase).

The women have 22 athletes in the top 10. Junior Lalauga Tausaga holds the school records in the shot put (18.02 meters, 59-1 1/2), discus (62.28 meters, 204-4) and hammer (61.34 meters, 201-3), junior Jenny Kimbro recorded Iowa's best heptathlon performance with 5,679 points, and senior Briana Guillory ran on the school-record 1,600-meter relay (3:30.97, 2016).

### TAUSAGA ON TOP

Tausaga was named United States Track & Field and Cross Country Coaches Association National Athlete of the Week for the second time in her career on April 23.

The April 19-20 weekend in California was packed full of school records for Tausaga. She started on Thursday, throwing the hammer throw record (61.34 meters, 201-3), and continued throughout the weekend, throwing 62.28 meters (204-4) in discus. The real feat of the weekend was the shot put competition. After a rough start to the season, she hit a huge mark of 18.02 meters (59-1 1/2) to break her third school record of the week.

Tausaga is the first Hawkeye to earn the outdoor honor. She won during the indoor season after throwing the weight throw school record (23.26 meters, 76-3 3/4).

### BIG ATHLETES OF THE WEEK

Tausaga picked up her third consecutive Big Ten Field Athlete of the Week honor, the conference announced on April 24. The honor came after the Iowa junior broke three school records in shot put, discus, and hammer throw.

The week prior, the Hawkeyes swept the Big Ten Field Athlete of the Week awards for the second time during the outdoor season. Tausaga and senior Reno Tuufuli earned the honors during week three, and sophomore Konstadina Spanoudakis earned the women's honor and sophomore Jay Hunt earned the men's during week one.

Tausaga earned her first honor of the outdoor season on April 10, sharing the award with Sophia Franklin from Michigan State.

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

### NEXT ON THE BLOCK

#### First Round - Sacramento, Calif. (May 23-25)

For each individual event contested at each of the two Preliminary Round sites, the top 48 declared student-athletes will be accepted into the competition. For each relay event, the top 24 declared relay teams will be accepted into the competition. Combined events (Heptathlon and Decathlon), are not contested at the Preliminary Round sites. For combined events (Heptathlon and Decathlon), the top 24 declared student-athletes in each event based on their position on the national descending-order list will be accepted directly into the Championships.

The individual event student-athletes and relay teams accepted into Preliminary Round competition will be announced and posted on NCAA.com the week prior to Preliminary Round competition.

#### Championship Round - Austin, Texas (June 5-8)

Qualifying to the Championships site is accomplished through performance in the Preliminary Round competition. Twelve competitors from each individual event and twelve teams from each relay event advance from each Preliminary Round site. The individual event student-athletes and relay teams accepted into Championships competition based on their performance at Preliminary Round competition will be announced and posted on NCAA.com the week prior to Championships competition.

## PRONUNCIATION GUIDE

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

## Francis X. Cretzmeyer Track

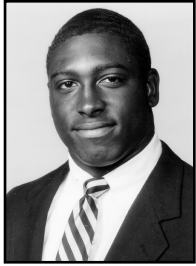
The University of Iowa track and field team practices and competes at the Francis X. Cretzmeyer Track during the outdoor season. Located within walking distance of Carver-Hawkeye Arena and Pearl Field, the track was completed in 1986. The facility was named after the late Francis X. Cretzmeyer, who coached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

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





# OUTDOOR ALL-TIME TOP TEN PERFORMERS



Jeremy Allen



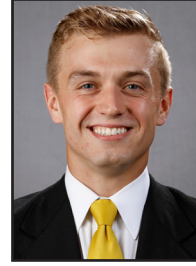
Justin Austin



Matt Byers



Troy Doris



William Dougherty



Mar'Yea Harris



Jeffery Herron

## 100 Meters

- Justin Austin, 2011 ..... 10.21
- O'Shea Wilson, 2017 ..... 10.22
- George Page, 1996 ..... 10.25
- James Harrington, 2015..... 10.26
- Anthuan Maybank, 1994 ..... 10.31
- Tim Dwight, 1997 ..... 10.31
- Josh Larney, 2013 ..... 10.31
- Vinnie Saucer, Jr., 2015 ..... 10.31
- Antonio Woodard, 2018..... 10.34**
- Bob Lawson, 1976 ..... 10.36

## 110-Meter High Hurdles

- Aaron Mallett, 2017..... 13.24
- Pat McGhee, 1989 ..... 13.50
- Dion Trowers, 1996..... 13.62
- Ronnie McCoy, 1985 ..... 13.66
- Ethan Holmes, 2011 ..... 13.73
- Jordan Mullen, 2013..... 13.76
- Chris Douglas, 2018..... 13.76**
- Jaylan McConico, 2019..... 13.82**
- Anthony Williams, 2019 ..... 13.86**
- James Armstrong, 1991..... 13.89

## 200 Meters

- Justin Austin, 2011 ..... 20.31
- Jeff Patrick, 1983 ..... 20.47
- James Harrington, 2015..... 20.50
- Anthuan Maybank, 1994 ..... 20.55
- Victor Green, 1984 ..... 20.60
- Antonio Woodard, 2018..... 20.61**
- Andre Morris, 1995 ..... 20.64
- George Page, 1996 ..... 20.67
- Collin Hofacker, 2017 ..... 20.71**
- Karayme Bartley, 2019 ..... 20.71**

## 400 Meters

- Mar'yea Harris, 2018 ..... 44.94**
- Anthuan Maybank, 1993 ..... 44.99
- Andre Morris, 1995 ..... 45.15
- Mike Mondane, 1967 ..... 45.20
- Steven Willey, 2010 ..... 45.78
- Karayme Bartley, 2019 ..... 45.83**
- Wayne Lawrence, Jr., 2019 ..... 45.96**
- DeJuan Frye, 2018..... 46.17**
- Gary Hollingsworth, 1963..... 46.30
- Harold Leonard, 1986..... 46.45

## 400-Meter Hurdles

- Pat McGhee, 1988 ..... 48.83
- Monte Raymond, 1998..... 50.09
- Ray Varner, 2010..... 50.24
- Chris Douglas, 2018..... 50.44**
- Paul Steele, 1989 ..... 50.45
- Russell Peterson, 2001 ..... 50.50
- Ethan Holmes, 2013 ..... 50.51
- Adam Kunkel, 2001..... 50.73
- Jon Reimer, 1967 ..... 50.94
- Noah Larrison, 2016..... 50.94**

## 800 Meters

- Erik Sowinski, 2012..... 1:45.90
- Matt Manternach, 2019 ..... 1:46.93**
- Carter Lilly, 2016 ..... 1:47.32**
- Bill Frazier, 1962 ..... 1:47.64
- D'Juan Strozier, 1990 ..... 1:47.82
- Adam Hairston, 2011..... 1:48.10
- Tysen VanDraska, 2019 ..... 1:48.52**
- Will Teubel, 2015..... 1:48.60
- Nolan Teubel, 2019 ..... 1:48.75**
- Michael Layne, 1999..... 1:49.61

## 1,500 Meters

- Jeff Thode, 2010 ..... 3:43.02
- Joel Moeller, 1978 ..... 3:44.01
- Jim Docherty, 1978..... 3:44.30
- Nathan Mylenek, 2019..... 3:44.49**
- Sam Fourman, 2015 ..... 3:44.50
- Adam Jones, 2017 ..... 3:45.48
- Dan Waters, 1986 ..... 3:46.35
- Michael Melchert, 2018 ..... 3:46.56**
- Kevin Herd, 1994 ..... 3:46.64
- John Clark, 1977 ..... 3:46.84

## 3,000-Meter Steeplechase

- Nathan Mylenek, 2019..... 8:38.53**
- Deacon Jones, 1956..... 8:47.40
- Steve Pershing, 1978 ..... 8:54.59
- Andy Morris, 2000..... 8:56.21
- Matt Gerard, 1994 ..... 8:57.01
- Andy Napier, 2008 ..... 8:57.54
- Rollie Kitt, 1967 ..... 9:02.90
- Al Greene, 1985..... 9:02.96
- Tony Rakaric, 2005..... 9:03.29
- Mark Battista, 2010 ..... 9:04.60

## 5,000 Meters

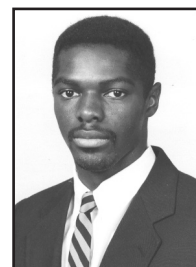
- Micah VanDenend, 2007 ..... 13:49.31
- Larry Wiczorek, 1968..... 13:56.00
- Kevin Herd, 1993 ..... 13:59.00
- Stetson Steele, 2000..... 14:02.76
- Kevin Lewis, 2014 ..... 14:02.78
- Eric MacTaggart, 2005 ..... 14:04.79
- Dan Haut, 2006..... 14:07.30
- Jesse Luciano, 2010 ..... 14:08.71
- Nathan Mylenek, 2018..... 14:09.43**
- Adam Jones, 2017 ..... 14:11.52



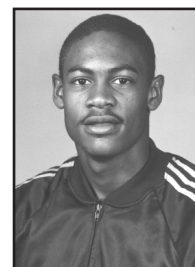
Gabe Hull



Aaron Mallett



Anthuan Maybank



Pat McGhee

# OUTDOOR ALL-TIME TOP TEN PERFORMERS



Nathan Mylenek



Erik Sowinski



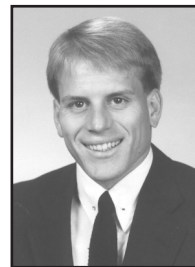
Stetson Steele



Jeff Thode



Micah VanDenend



Todd Wigginton



Arno  
van der Westhuizen

## 10,000 Meters

1. Stetson Steele, 2000..... 28:44.47
2. Eric MacTaggart, 2006..... 28:50.23
3. Kevin Lewis, 2015..... 28:59.62
4. **Daniel Soto, 2019.....29:31.88**
5. Nick Nordheim, 2002..... 29:44.71
6. Trent Corey, 2002..... 29:45.25
7. **Ian Eklin, 2017.....29:47.06**
8. Chad Schwitters, 1999..... 29:56.00
9. **Luke Sampson, 2018.....29:58.47**
10. Nick Holmes, 2010..... 30:02.31

## Decathlon

1. William Dougherty, 2018..... 7,673 pts
2. Kyle Reid, 2013..... 7,203 pts
3. **Peyton Haack, 2019..... 7,129 pts**
4. Jack Eckert, 2015..... 7,087 pts
5. Dan Rolling, 2010..... 6,957 pts
6. Scott Faber, 2000..... 6,839 pts
7. Ryan Niver, 2008..... 6,837 pts
8. Chad Ohly, 1994..... 6,641 pts
9. Gary Kostrubala, 1984..... 6,498 pts
10. Frank Prill, 2008..... 6,381 pts

## High Jump

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

## Pole Vault

1. Todd Wigginton, 1984..... 17-0 (5.18)
2. Chad Ohly, 1994..... 16-8 3/4 (5.10)
- Kyle Reid, 2013..... 16-8 3/4 (5.10)
4. Curt Broek, 1978..... 16-8 (5.08)
5. **Andy Jatis, 2018..... 16-7 1/2 (5.07)**
6. Phil Wertman, 1971..... 16-7 (5.05)
- Kelly Scott, 1988..... 16-7 (5.05)
8. **Peyton Haack, 2019..... 16-4 3/4 (5.00)**
9. John Teffer, 1972..... 16-2 (4.93)
10. Alex Zona, 2009..... 16-0 3/4 (4.90)

## Long Jump

1. Anthuan Maybank, 1993..... 27-1 (8.25)
2. Bashir Yamini, 1997..... 26-8 1/4 (8.13)
3. Paul Jones, 1989..... 25-10 1/4 (7.88)
4. Darren Smith, 1991..... 25-9 3/4 (7.86)
5. Quinn Early, 1986..... 25-7 1/4 (7.80)
6. O'Shea Wilson, 2017..... 25-5 1/4 (7.75)
7. Ed Gordon, 1931..... 25-4 3/8 (7.68)
8. Matty Gorman, 2006..... 25-1 1/4 (7.65)
9. Ronnie McCoy, 1985..... 25-0 (7.62)
10. Antwon James, 2017..... 24-11 (7.59)

## Triple Jump

1. Troy Doris, 2012..... 54-8 (16.66)
2. Babatunde Amosu, 2015..... 53-10 (16.15)
3. Paul Jones, 1990..... 53-9 (16.38)
4. Antwon James, 2017..... 52-4 1/2 (15.96)
5. Klyvens Delaunay, 2013... 52-2 1/2 (15.91)
6. Gordon Finch, 1988..... 50-9 1/4 (15.47)
7. Mike Lacy, 1984..... 50-5 (15.36)
8. Pat Miller, 1985..... 49-8 1/2 (15.25)
9. **James Carter, 2019..... 49-7 1/4 (15.12)**
10. Matty Gorman, 2008..... 49-2 1/2 (15.00)

## Shot Put

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

## Discus

1. Gabe Hull, 2014..... 207-1 (63.11)
2. **Reno Tuufuli, 2019.....205-2 (62.54)**
3. A.J. Curtis, 2007..... 202-11 (61.84)
4. Gary Kostrubala, 1986..... 202-4 (61.68)
5. Jeremy Allen, 2001..... 195-4 (59.54)
6. Tim Brodersen, 2005..... 193-6 (58.98)
7. Avery Meyers, 2017..... 185-8 (56.61m)
8. Brad Daufeldt, 2004..... 185-0 (56.40)
9. Nick Brayton, 2009..... 180-11 (55.15)
10. Andy Banse, 2005..... 180-0 (54.86)

## Hammer

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

## Javelin

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

# MEN'S ALL-TIME RELAYS

## 400-Meter Relay

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

## Shuttle Hurdle Relay

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

## 800-Meter Relay

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

## 1,600-Meter Relay

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

## Sprint Medley Relay

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

## 3,200-Meter Relay

1. Schum, Christensen, Steffen, Criswell, 1971 ..... 7:18.60
2. **VanDraska**, **Still**, **Teubel**, **Lilly**, 2019..... **7:22.50**
3. Hairston, Prom, Thode, Sowinski, 2011..... 7:23.77
4. **Manternach**, **VanDraska**, W. Teubel, **Lilly**, 2017 ..... 7:24.77
5. **Melchert**, **Manternach**, **N. Teubel**, **Lilly**, 2018 ..... 7:28.37
6. Corrigan, Blackman, Strozier, Chambers, 1989 ..... 7:29.00
7. **Melchert**, Dorman, **Lilly**, **Larrison**, 2016 ..... 7:30.32
8. **N. Teubel**, **Manternach**, Chaidez, W. Teubel, 2017 ..... 7:30.74
9. **Lilly**, Dorman, W. Teubel, Davey, 2015 ..... 7:31.48
10. Willey, Braff, Sowinski, Hairston, 2009 ..... 7:33.08

## Distance Medley Relay

1. Pershing, Moeller, Slack, Docherty, 1978 ..... 9:39.94
2. Kuczwarra, Barton, Hairston, Thode, 2011 ..... 9:41.37
3. N. Holmes, VanCleave, Sowinski, Thode, 2012..... 9:41.59
4. Young, Barton, Kuczwarra, Luciano, 2010..... 9:42.97
5. **Mylenek**, **Thompson**, **Manternach**, **Melchert**, 2018 ..... 9:50.70
6. **VanDraska**, **Lawrence Jr.**, **Teubel**, **Mylenek**, 2019..... **9:53.14**
7. Prom, Davey, Weir, Witt, 2013..... 9:53.83
8. Theisen, Williams, Wiesa, Waters, 1985 ..... 9:54.04
9. Wilfong, Slaymaker, W. Teubel, Witt, 2013..... 9:54.05
10. Luciano, Pierre, Hairston, VanDenend, 2007 ..... 9:54.07

## 6,400-Meter Relay

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



# OUTDOOR ALL-TIME TOP TEN PERFORMERS



Kineke Alexander

Meghan Armstrong

Marta Bote  
Gonzalez

Brittany Brown

Nan Doak

Aisha James

Tiffany Johnson

## 100 Meters

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

## 100-Meter Hurdles

1. Tiffany Johnson, 2007 ..... 13.20
2. **Jenny Kimbro, 2019** ..... **13.22**
3. Jahisha Thomas, 2017 ..... 13.46
4. Karessa Farley, 2009 ..... 13.53
5. C. Prendergast, 1999 ..... 13.60  
Paula Ruen, 2000 ..... 13.60
7. Sarah Steffen, 2002 ..... 13.65
8. **Tria Simmons, 2019** ..... **13.73**
9. Ruqayya Raheem, 1998 ..... 13.90
10. Heaven Chandler, 2016 ..... 13.91

## 200 Meters

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

## 400 Meters

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

## 400-Meter Hurdles

1. Mary Knoblauch, 1981 ..... 56.16
2. Wynsome Cole, 1998 ..... 56.67
3. MonTayla Holder, 2014 ..... 56.70
4. **Jenny Kimbro, 2019** ..... **58.27**
5. Chris Davenport, 1981 ..... 59.18
6. Sommer Sharpe, 2018 ..... 59.20
7. Sarah Plock, 2018 ..... 59.49
8. Hannah Simonson, 2012 ..... 59.54
9. Sarah Steffen, 2002 ..... 59.59
10. Tiffany Hendricks, 2011 ..... 59.63

## 800 Meters

1. Bethany Praska, 2011 ..... 2:03.78
2. Kay Stormo, 1982 ..... 2:05.67
3. **Taylor Arco, 2019** ..... **2:06.06**
4. Michelle Lahann, 2004 ..... 2:06.79
5. **Mallory King, 2019** ..... **2:07.08**
6. Katharina Trost, 2015 ..... 2:07.09
7. Mahnee Watts, 2016 ..... 2:07.41
8. Aisha Hume, 2005 ..... 2:08.50
9. Adrienne Alexia, 2013 ..... 2:08.61
10. Jeanne Kruckeberg, 1987 ..... 2:08.75

## 1,500 Meters

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

## 3,000 Meters

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

## 3,000-Meter Steeplechase

1. Marta Bote Gonzalez, 2015 ..... 10:23.15
2. Danielle Berndt, 2011 ..... 10:26.54
3. Jessica Schmidt, 2008 ..... 10:27.18
4. Sarah Arens, 2004 ..... 10:34.50
5. Hannah Roeder, 2011 ..... 10:35.22
6. Madison Wayire, 2017 ..... 10:41.91
7. Kelsey Hart, 2011 ..... 10:47.56
8. **Anna Hostetler, 2019** ..... **10:57.25**
9. Kelly Breen, 2017 ..... 10:59.99
10. Katie Ellis, 2010 ..... 11:02.62

## 5,000 Meters

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

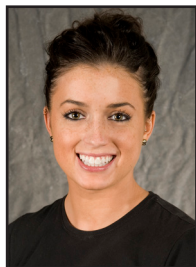


Jenny Kimbro

# OUTDOOR ALL-TIME TOP TEN PERFORMERS



Diane Nukuri



Bethany Praska



Alana Redfern



Peaches Roach



Jessie Strand



Laulauga Tausaga



Jahisha Thomas

## 10,000 Meters

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

## Heptathlon

1. **Jenny Kimbro, 2019 .....5,679 pts**
2. Tammilee Kerr, 2008 ..... 5,633 pts
3. **Tria Simmons, 2017 .....5,557 pts**
4. Kathy Gillespie, 1983 ..... 5,262 pts
5. Tiff Pedersen, 2004 ..... 4,976 pts
6. Janet Adams, 1981..... 4,855 pts
7. Sarah Ryan, 2012 ..... 4,819 pts
8. Ruqayya Raheem, 1997 ..... 4,665 pts
9. Angela Chadwick, 1993..... 4,493 pts
10. **Allison Wahrman, 2017 .....4,315 pts**

## High Jump

1. Peaches Roach, 2006 ..... 6-1 1/4 (1.86)
2. **Jenny Kimbro, 2019 .....6-0 3/4 (1.85)**
3. Mary Mol, 1983 ..... 6-0 (1.83)
4. Khanishah Williams, 2013. 5-11 1/4 (1.81)
5. Caleigh Bacchus, 2010 ..... 5-10 (1.78)
6. Lynn McMillan, 1988 ..... 5-9 1/4 (1.76)
- Aubrianna Lantrip, 2018.... 5-9 1/4 (1.76)**
- Gillian Urycki, 2018 ..... 5-9 1/4 (1.76)**
- Tria Simmons, 2019 ..... 5-9 1/4 (1.76)**
10. Madison Rouw, 2016 ..... 5-8 3/4 (1.75)

## Pole Vault

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

## Long Jump

1. Aisha James, 2003..... 22-3 (6.78)
2. Jahisha Thomas, 2018..... 21-6 (6.55)
3. Zinnia Miller, 2014 ..... 20-6 1/2 (6.26)
4. Renee White, 2008 ..... 20-3 3/4 (6.19)
5. Carisa Leacock, 2014..... 19-11 3/4 (6.09)
6. **Amanda Carty, 2019 ..... 19-11 1/2 (6.08)**
7. Becki Borg, 1988 ..... 19-7 1/4 (5.97)
8. **Jenny Kimbro, 2018 ..... 19-7 (5.97)**
9. Cassidy Ellis, 2015 ..... 19-6 1/4 (5.95)
10. Lisa Moats, 1986 ..... 19-6 (5.95)

## Triple Jump

1. Jahisha Thomas, 2018..... 44-2 (13.46)
2. Renee White, 2008 ..... 43-10 3/4 (13.36)
3. Zinnia Miller, 2014 ..... 42-0 1/2(12.81)
4. Tiffany Johnson, 2007 ..... 41-8 3/4 (12.72)
5. **Tria Simmons, 2018 ..... 40-11 3/4 (13.49)**
6. **Amanda Carty, 2019 .....40-11 (12.47)**
7. Carisa Leacock, 2012..... 40-10 1/2 (12.46)
8. Becki Borg, 1988 ..... 40-7 1/2 (12.38)
9. **Hannah Schlib, 2017 ..... 40-6 (12.34)**
10. Lynn McMillan, 1988 ..... 39-6 1/2 (12.05)
- Allison Wahrman, 2018. 39-6 1/2 (12.05)**

## Shot Put

1. **Laulauga Tausaga, 2019 .. 59-1 1/2 (18.02)**
2. **Nia Britt, 2018 ..... 54-2 1/2 (16.52)**
3. Lisa Van Steenwyk, 1992 ..... 50-8 (15.44)
4. Gail Smith, 1984..... 50-3 1/4 (15.32)
5. Denise Taylor, 1992 ..... 50-1 3/4 (15.28)
6. **Erika Hammond, 2019 ... 49-9 1/4 (15.17)**
7. Kamesha Marshall, 2005. 48-6 3/4 (14.80)
8. Laura Kriener, 1990..... 48-2 1/2 (14.69)
9. Jennifer Gilson, 2002 ..... 47-10 (14.58)
10. Rachel Curry, 2013..... 47-9 1/4 (14.56)

## Discus

1. **Laulauga Tausaga, 2019 .....204-4 (62.28)**
2. **K. Spanoudakis, 2019 .....190-1 (57.95)**
3. Majesty Tutson, 2013 ..... 181-1 (55.19)
4. Dakotah Goodell, 2014 ..... 169-4 (51.62)
5. Kara Misel, 2018 ..... 162-1 (49.40)
6. Tiffany Medenwaldt, 2010.. 161-3 (49.16)
7. Denise Taylor, 1992 ..... 160-5 (48.90)
8. Amanda Stahle, 2014..... 159-3 (48.54)
9. Lisa Van Steenwyk, 1991 .... 159-1 (48.50)
10. Gail Smith, 1983..... 158-2 (48.22)

## Javelin

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

## Hammer Throw

1. **Laulauga Tausaga, 2019.....201-3 (61.34)**
2. Annemie Smith, 2015 ... 200-1 1/2 (60.99)
3. Jasmine Simpson, 2013..... 197-7 (60.23)
4. Becca Franklin, 2007 ..... 195-0 (59.45)
5. Ashlyn Gulvas, 2014..... 192-9 (58.75)
6. Leah Colbert, 2018..... 189-3 (57.69)
7. **Nia Britt, 2019 .....189-2 (57.65)**
8. **Amanda Howe, 2019 .....188-11 (57.33)**
9. **Allison Wahrman, 2019 .....185-6 (56.55)**
10. Kelsey Taylor, 2011 ..... 177-0 (53.95)



# WOMEN'S ALL-TIME RELAYS

## 400-Meter Relay

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

## Shuttle Hurdle Relay

1.	Prendergast, Cole, Raheem, Ruen, 1998.....	56.44
2.	Cole, Prendergast, Raheen, Ruen, 1998 .....	56.54
3.	Raheen, Prendergast, Cole, Ruen, 1998 .....	57.53
4.	<b>Morken, Donahue, Swanson, Winger, 2019 .....</b>	<b>1:05.60</b>

## 800-Meter Relay

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

## 1,600-Meter Relay

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

## Sprint Medley Relay

1.	Jones, Hendricks, Liverpool, Praska, 2011.....	3:48.63
2.	Brown, Kwaza, Guster, Watts, 2014.....	3:51.18
3.	Kwaza, Guster, Holder, Watts, 2016.....	3:52.62
4.	<b>Swanson, Morken, King, Arco, 2019 .....</b>	<b>3:52.85</b>
5.	Kwaza, Brown, Guster, Trost, 2015 .....	3:53.29
6.	<b>Christian, Buss, Guillory, Arco, 2019 .....</b>	<b>3:54.18</b>
7.	Kwaza, R. Moore, Holder, Alexia, 2013.....	3:54.51
8.	Trusty, R. Moore, Hendricks, Praska, 2010.....	3:56.53
9.	Reid, Philip, Hobbs, Benning, 1995.....	3:56.54
10.	Roach, Alexander, McCalla, Stanley, 2005.....	3:56.99

## 3,200-Meter Relay

1.	<b>McCabe, Arco, Saunders, King, 2019 .....</b>	<b>8:31.84</b>
2.	Suppelsa, Wodek, Kruckeberg, Schneckloth, 1987.....	8:46.45
3.	Lahann, Stanley, Hume, Barber, 2004 .....	8:48.87
4.	Schneckloth, Roberts, Hawkins, Kruckeberg, 1989 .....	8:49.38
5.	Trost, Maser, Alexia, Nelson, 2014 .....	8:49.95
6.	Nelson, Watts, Wilberding, Sindt, 2016.....	8:51.90
7.	Flood, Dlh, L. Hardesty, Docherty, 2009.....	8:53.91
8.	Armstrong, Stanley, Laney, Hume, 2005.....	8:54.27
9.	O'Brien, Camarigg, Williams, Stormo, 1981 .....	8:54.36
10.	Flood, Melander, Praska, Hardesty, 2010 .....	8:54.45

## Distance Medley Relay

1.	Hoskins, Powell, Schneckloth, Kruckeberg, 1989 .....	11:22.18
2.	Armstrong, Alexander, Poncé, Stanley, 2007.....	11:25.05
3.	Stanley, McCalla, Hume, Armstrong, 2005 .....	11:34.04
4.	Barber, Williams, Hume, Arens, 2004.....	11:34.56
5.	Thompson, Williams, Hume, Arens, 2003 .....	11:39.02
6.	2000 .....	11:39.83
7.	Schrulle, Erickson, Placzek, Eilers, 2012 .....	11:40.57
8.	Davenport, xx, xx, xx, 1981.....	11:41.44
9.	Pare, Grant, Benning, Gilchrist, 1997 .....	11:41.92
10.	Dlhy, Erickson, Docherty, Anderson, 2010.....	11:43.06

## 6,400-Meter Relay

1.	Flood, Melander, A. Hardesty, L. Hardesty, 2010.....	19:05.63
2.	Nukuri, Marchand, Henize, Armstrong, 2008.....	19:15.42
3.	Flood, Laesch, Ranegar, Melander, 2012.....	19:16.73
4.	Flood, Eilers, Melander, L. Hardesty, 2011 .....	19:17.52
5.	Flood, Melander, A. Hardesty, Eilers, 2009.....	19:36.43
6.	Scott, Gordon, Schrulle, Gambrall, 2013 .....	19:41.15
7.	Jones, Bote Gonzalez, Wilberding, Reischmann, 2015.....	19:59.72
8.	Maser, Price, Wilberding, Montuclard, 2014 .....	20:23.27
9.	Chapple, Laney, Donlon, Sokol, 2005 .....	20:39.12
10.	Arens, Barber, Butler, Roberts, 2001 .....	20:40.89