

# IOWA TRACK & FIELD 2018

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



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## 2018 IOWA TRACK & FIELD INDOOR SCHEDULE

Date	Meet
Jan. 13	Hawkeye Invitational (Iowa City, Iowa)
Jan. 19-20	Larry Wieczorek Invitational (Iowa City, Iowa)
Jan. 27	Black & Gold Premier (Iowa City, Iowa)
Feb. 2-3	Meyo Invitational (South Bend, Ind.)
Feb. 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 competes at the 2018 Big Ten Indoor Championship on Friday and Saturday in Geneva, Ohio. The event will take place at the Spire Institute for the fifth consecutive year and begins at 9 a.m. (CT) on Friday and Saturday.

### 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 and will be streamed by FloTrack and BTN Plus (subscriptions required).

### HAWKEYES ARE NATIONALLY RANKED

The University of Iowa men's and women's track and field teams are ranked in the latest United States Track and Field and Cross Country Coaches Association (USTF-CCCA) National Rankings, released Feb. 12. The men are ranked 38th in the nation, while the women are ranked 47th.

Regionally, the men are ranked second in the Midwest Region while the women are fifth.

### BIG TEN LEADERS

The Hawkeyes lead the Big Ten in five events in 2018.

- Junior Briana Guillory: 200 Meters (23.26)
- Junior Mar'yea Harris: 400 Meters (45.95)
- Junior Chris Douglas: 60 Meter Hurdles (7.76)
- Men's 4x400 meter relay of Chris Thompson, DeJuan Frye, Bradford Garron, Mar'yea Harris: 3:06.06
- Senior Jahisha Thomas: Triple Jump (13.11m; 43 feet, 1/4 inches)

### NCAA LEADERS

Iowa has six athletes represented in three events in the NCAA top 10, according to TFRRS.com.

- Junior Mar'yea Harris: 400 meters (7th)
- Junior Briana Guillory: 400 meters (8th)
- Men's 4x400 meter Relay (9th)

### DMR RECORD GOES DOWN

The Hawkeyes took down another school record at the Alex Wilson Invitational. The distance medley relay of sophomore Nathan Mylenek, sophomore Collin Hofacker, senior Carter Lilly, and senior Michael Melchert ran to a time of 9:33.9 to shatter the previous record of 9:44.07 set at the 2017 Big Ten Indoor Championships.

Iowa now ranks third in the Big Ten and 20th in the nation in the event.



### RETURNING BIG MEDALISTS

Iowa returns seven medalists from the 2017 Big Ten Indoor Championships, including one Big Ten Champion. The list includes Brittany Brown (1st, 200 meters; 2nd, 60 meters) Mar'yea Harris (2nd, 1,600 meter relay), Collin Hofacker (2nd 1,600 meter relay), DeJuan Frye (2nd, 1,600 meter relay), O'Shea Wilson (2nd, long jump), Jahisha Thomas (3rd, long jump), and Will Dougherty (3rd, heptathlon).

### BOULEVARD OF BROKEN RECORDS

After setting or resetting 18 school records during the 2017 indoor season, the Hawkeyes are putting together another program-changing season. Of the Hawkeyes' six weekends of competition, the team has set a school record in five of them, including two school records in back-to-back weekends at the Larry Wiecezorek Invitational and Black & Gold Premier.

The school records include: Will Dougherty (heptathlon) and Lagi Tausaga (shot put) at the Wiecezorek Invitational, Tausaga (shot put) and Jahisha Thomas (triple jump) at the Black & Gold Premier, Tausaga (weight throw) at the Meyo Invitational, Tausaga (shot put) at the Tyson Invite, and the men's distance medley relay at the Alex Wilson Invitational.

### HAWKEYES IN CONTROL OF THE 400M

The men's 400 meter group has taken control of the Big Ten. Iowa holds four of the top ten spots in the conference, including Big Ten leader Mar'yea Harris (45.95), Chris Thompson (7th, 47.32), DeJuan Frye (9th, 47.38), and Bradford Garron (10th, 47.42).

In addition, Harris is the only athlete in the conference to break 45 seconds, and Thompson's time is ninth in school history.

### RELAY WARRIORS

The men's and women's 1,600-meter relays reached a new high at the Tyson Invitational on Feb. 10. The men placed third overall with a Big Ten leading time of 3:06.06. That group now ranks second in school history.

The women also put together an all-time race with a fourth place finish in the event. They ran 3:34.34 to solidify themselves in second place in school history and rank second in the Big Ten.

### THE THROW GOES ON

Sophomore Laulauga Tausaga has set a school record in a throwing event four times this season.

Tausaga first set a school record in the shot put at the Larry Wiecezorek Invitational on Jan. 20. A week later Tausaga reset the shot put record at the Black & Gold Premier. At the Meyo Invitational, Tausaga broke the weight throw school record with a throw of 65 feet, four inches (19.93 meters). Tausaga reset

## 2018 INDOOR SEASON LEADERS

MEN		
60 Meters	Christian Brissett	6.79
60-Meter Hurdles	Chris Douglas	7.76
200 Meters	Antonio Woodard	21.20
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	Thompson, Frye, Garron, Harris	3:06.06
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	60-10 3/4 (18.56m)
Heptathlon	Will Dougherty	5,572 points *

WOMEN		
60 Meters	Kyara Avant	7.48
60-Meter Hurdles	Jenny Kimbro	8.42
200 Meters	Briana Guillory	23.26
400 Meters	Briana Guillory	52.57
600 Meters	Mallory King	1:32.79
800 Meters	Tia Saunders	2:13.55
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	Sharpe, Guillory, Brown, Champe	3:34.34
High Jump	Aubrianna Lantrip	5-8 1/2 (1.74m)
	Gillian Urycki	5-8 1/2 (1.74m)
Pole Vault	Amy Smith	11-9 3/4 (3.60m)
Long Jump	Jahisha Thomas	20-5 1/4 (6.23m)
Triple Jump	Jahisha Thomas	43-0 1/4(13.11m) *
Shot Put	Laulauga Tausaga	54-2 (16.51m) *
Weight Throw	Laulauga Tausaga	65-4 (19.93m) *
Pentathlon	Jenny Kimbro	3,900 points



the shot put record for the third time this season at the Tyson Invitational with a throw of 54 feet, two inches (16.51 meters).

**JUMPING FOR JOY**

The Hawkeyes’ school record holder in the indoor triple and long jump is putting together another strong season on the runway. Thomas ranks second in the Big Ten in the long jump and first in the triple jump with marks of 6.23 meters (20 feet, 5.25 inches) and 13.11 meters (43 feet, .25 inches).

In 2017, Thomas qualified for the NCAA Indoor Championships where she was named a second team All-American in the long jump with a mark of 6.17 meters (20 feet, 3 inches).

**IOWA BOASTS STRONG PENTATHLETES**

Heading into the Big Ten Indoor Championships, sophomore Jenny Kimbro and junior Tria Simmons hold two top-five Big Ten pentathlon scores. Kimbro (3,900 points) and Simmons (3,859 points) set their career bests scores at the Larry Wiczorek Invitational on Jan. 19. For Simmons, it was her first indoor pentathlon and for Kimbro, she improved upon her previous personal best of 3,715 points, set at the Black & Gold Premier in 2017.

Nationally, Kimbro is 27th and Simmons ranks 30th. Iowa is the only school with two athletes inside the conference’s top-five.

**ROSTER BREAKDOWN**

Iowa has 101 athletes on its roster in 2018. There are 36 freshmen, 29 sophomores, 20 juniors, and 16 seniors. Of the 101 student-athletes, 35 are from Iowa followed by 19 from Illinois. The team also has seven international athletes.

**COUNTING CURRENT ALL-TIME HAWKEYES**

The men have 48 current athletes in Iowa’s indoor all-time top 10, led by school-record holders Mar’yea Harris, (400-meters, 1,600-meter relay), Carter Lilly (800-meters, distance medley relay), Will Dougherty (heptathlon), DeJuan Frye (1,600-meter relay), Collin Hofacker (1,600-meter relay, distance medley relay), Nathan Mylenek (distance medley relay), and Michael Melchert (distance medley relay).

The women have 41 athletes in the top-10 and five school record holders on the roster including Brittany Brown (200 meters), Jahisha Thomas (long jump, triple jump), Briana Guillory (1,600-meter relay), and Lalauga Tausaga (shot put, weight throw).

**NEXT ON THE BLOCK**

Hawkeyes ranked in the top 16 nationally and top 12 for relays will qualify for the NCAA Indoor Championships in College Station, Texas, March 9-10.

**Pronunciation Guide**

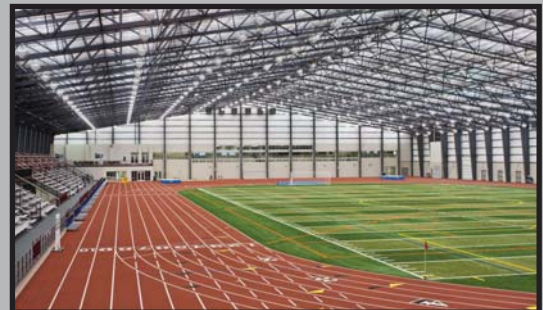
Alex Balke .....	ball-KEY
Marta Bote Gonzalez .....	BOAT
Sheridan Champe .....	CHAMP-ee
Kevin Docherty .....	DOC-er-tee
Tashee Hargrave.....	Ta-Shay
Mar’yea Harris.....	Mar-ee-ay
Matt Manternach.....	MON-ter-knock
Nathan Mylenek .....	MY-len-ek
Kara Neustrom .....	NEW-strum
Elizabeth Niedert .....	KNEE-dirt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

**SPIRE INSTITUTE**

The Spire Institute is an official home of USOC Olympic and Paralympic training center. The

The Spire Institute opened in 2009 with a plethora of athletic facilities including an olympic size pool, 10 volleyball courts, six basketball courts, a full size field that can be used for football, baseball, soccer, and more, an indoor track and an outdoor track.

The Spire has hosted the Big Ten Indoor Championships since 2013 and hosts the Big East Swimming & Diving Championships.



# INDOOR ALL-TIME TOP TEN PERFORMERS



**Justin Austin**



**Rodney Chambers**



**Jim Costello**



**Troy Doris**



**William Dougherty**



**Bill Hansen**



**John Hickey**

## 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
- Anthuan Maybank, 1993 ..... 21.11
- Bashir Yamini, 1999 ..... 21.19
- Antonio Woodard, 2018.....21.20**
- 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 .....1:50.88**

## 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

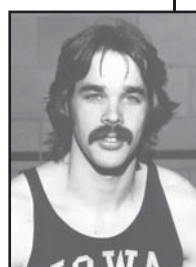
- Kevin Lewis, 2015 ..... 7:57.06
- Jeff Thode, 2011 ..... 8:00.38
- Micah VanDenend, 2006 ..... 8:00.81
- Michael Melchert, 2018 .....8:08.30**
- Eric MacTaggart, 2006..... 8:08.79
- Stetson Steele, 2000..... 8:09.54
- Ben Witt, 2015 ..... 8:10.97
- Dan Haut, 2005 ..... 8:11.36
- Daniel Soto, 2018 .....8:11.83**
- 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



**Ethan Holmes**



**Bill Knoedel**



**Anthuan Maybank**



**Aaron Mallett**



**Nathan Prom**

# INDOOR ALL-TIME TOP TEN PERFORMERS



**Patrick Richards**

**Keaton Rickels**

**Erik Sowinski**

**Jeff Thode**

**Micah VanDenend**

**Todd Wigginton**

**Steven Willey**

## Heptathlon

1. **William Dougherty, 2018 5,572 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. John Hickey, 2009..... 63-0 (19.20)
2. Jeremy Allen, 2001 ... 62-10 1/2 (19.16)
3. **Reno Tuufuli, 2017 .... 61-7 1/2 (18.78)**
4. Avery Meyers, 2017.... 61-4 1/4 (18.70)
5. Shane Maier, 2006..... 61-2 (18.64)
6. Gary Kostrubala, 1986..60-10 3/4 (18.55)
7. Andy Banse, 2005..... 60-9 1/4 (18.52)
8. Ken Kemeny, 2004..... 60-0 1/2 (18.30)
9. Gabe Hull, 2014..... 59-3 (18.06)
10. Chris Gambol, 1987 ..... 59-0 (17.98)

## Weight Throw

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

## 1,600-Meter Relay

1. Ogwo, Hofacker, Frye, Harris, 2017 .....3:04.94
2. **Thompson, Frye, Garron, Harris, 2018....3:06.06**
3. Richards, E. Holmes, Sowinski, Willey, 2011 ....3:06.66
4. Rozell, Davis, Raymond, Yamini, 1998 .....3:06.80
5. Ogwo, Mallett, Frye, Harris, 2017 .....3:07.08
6. Wolff, Ganschow, Lilly, Harris, 2016 .....3:07.24
7. Coleman, Faber, Strang, Peterson, 2002 ..3:07.44
8. Wolff, B. Thompson, Ganschow, Harris, 2016 ...3:07.58
9. Richards, Sowinski, E. Holmes, Willey, 2011 ....3:07.84
10. Greer, Williams, Smith, Duckett, 1984.....3:08.14

## 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. Prom, Rickels, Sowinski, Thode, 2012 .....9:45.41
4. 1999 .....9:46.83
5. 1977 .....9:48.80
6. 1978 .....9:49.70
7. Kuczwarra, Barton, Kuhlman, N. Holmes,  
2010 .....9:51.05
8. Marchese, Varner, Hairston, Luciano,  
2009 .....9:52.52
9. Paul, Varner, Hairston, Thode, 2010.....9:52.71
10. Gardarsson, Ganschow, Hutsalyuk,  
**Melchert, 2016 .....9:52.97**

# 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. Peaches Roach, 2005.....7.45
5. **Kyara Avant, 2018** ..... **7.48**
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. Paula Ruen, 1998.....8.39
5. **Jenny Kimbro, 2018** ..... **8.42**
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** ..... **23.26**
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. Elexis Guster, 2016 .....52.36
3. **Briana Guillory, 2018** ..... **52.57**
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. Tiffany Hendricks, 2011 .....55.06
10. Marlene Poole, 1993 .....55.20

## 600 Yards

1. Senta Hawkins, 1987 ..... 1:21.06
2. Aisha Hume, 2004 ..... 1:21.74
3. Kay Stormo, 1982 ..... 1:22.49
4. Nicole Erickson, 2012 ..... 1:22.61
5. Mahnee Watts, 2016 ..... 1:22.72
6. Bethany Praska, 2009 ..... 1:23.12
7. Hannah Simonson, 2012 ..... 1:23.18
8. Chris Davenport, 1982..... 1:24.14
9. Kaitlyn Nelson, 2015..... 1:24.52
10. Sophia Poncè, 2007 ..... 1:24.55

## 600 Meters

1. Kineke Alexander, 2008 ..... 1:27.45
2. Bethany Praska, 2011 ..... 1:28.14
3. MonTayla Holder, 2016 ..... 1:29.35
4. Mahnee Watts, 2016 ..... 1:30.41
5. Senta Hawkins, 1987 ..... 1:30.77
6. Kaitlyn Nelson, 2013..... 1:31.44
7. Karen Layne, 1990 ..... 1:31.45
8. Nicole Erickson, 2012 ..... 1:31.71
9. Elexis Guster, 2016..... 1:32.04
10. Kay Stormo, 1982 ..... 1:32.30

## 800 Meters

1. Bethany Praska, 2011 ..... 2:05.01
2. Jeanne Kruckeberg, 1989 ..... 2:06.38
3. Michelle Lahann, 2004 ..... 2:06.83
4. Katharina Trost, 2014 ..... 2:07.38
5. Mahnee Watts, 2014 ..... 2:08.79
6. Adrienne Alexia, 2013 ..... 2:08.95
7. Briana Benning, 1996 ..... 2:09.22
8. Kaitlyn Nelson, 2013..... 2:09.58
9. MonTayla Holder, 2015 ..... 2:10.34
10. Kay Stormo, 1981 ..... 2:11.04

## Mile

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

## 3,000 Meters

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



**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**

## 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

## High Jump

1. Peaches Roach, 2005 ..... 6-0 3/4 (1.85)
2. Mary Mol, 1983 ..... 6-0 (1.83)
3. Khanishah Williams, 2013 ... 5-11 1/4 (1.81)
4. Becky Kaza, 1995 ..... 5-9 3/4 (1.77)
5. Caleigh Bacchus, 2010 ..... 5-9 1/4 (1.76)
6. Kristi Dinkla, 1985 ..... 5-8 1/2 (1.74)
- Kacey Childs, 2001 ..... 5-8 1/2 (1.74)
- Aubrianna Lantrip, 2018 .... 5-8 1/2 (1.74)**
- Gillian Urycki, 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)

## 1,600-Meter Relay

1. Holder, **Guillory**, Hernandez, Guster, 2016 ..... 3:32.93
2. **Sharpe, Guillory, Brown, Champe, 2018 ..... 3:34.34**
3. Holder, Guster, Hernandez, **Guillory**, 2016 ..... 3:36.47
4. Liverpool, Hendricks, Praska, Erickson, 2011 ..... 3:36.97
5. Holder, Hernandez, Guster, **Guillory**, 2016 ..... 3:36.99
6. Hernandez, Holder, Guster, Watts, 2014 ..... 3:37.16
7. **Champe, Brown, Guillory, Plock, 2018 ..... 3:37.37**
8. Liverpool, Hendricks, Erickson, Praska, 2011 ..... 3:37.58
9. Kwaza, Guster, Holder, Watts, 2015 ..... 3:37.84
10. Kwaza, Holder, Watts, Guster, 2015 ..... 3:38.56
- Buss, Guillory, Champe, Hernandez, 2017 ..... 3:38.56**

## Long Jump

1. **Jahisha Thomas, 2017 .... 20-11 3/4 (6.39)**
2. Zinnia Miller, 2014 ..... 20-4 1/4 (6.20)
3. Carisa Leacock, 2014 ..... 19-9 1/2 (6.03)
4. Lisa Moats, 1986 ..... 19-6 (5.95)
5. Cassidy Ellis, 2015 ..... 19-5 1/2 (5.93)
6. **Jenny Kimbro, 2017 ..... 19-3 1/2 (5.88)**
7. **Tria 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 ..... 43-0 (13.11)**
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 ..... 65-4 (19.93)**
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 ..... 3,900 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

## 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

# SEASON BESTS - WOMEN

## 60 METERS (School Record - 7.33)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Kyara Avant	7.48	at Husker Invite - 2/3/18	7.48	at Husker Invite - 2/3/18
Brittany Brown	7.57	Wieczorek Invite - 1/20/18	7.39	2x, last at BIG Champ's - 2/25/17
Taylor Chapman	7.79	Hawkeye Invite - 1/13/18	7.58	Larry Wieczorek Invite - 1/21/17
Jalynn Roberts-Lewis	7.89	Wieczorek 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	8.42 ^	2x, last at Tyson Invite - 2/9/18	8.42 ^	2x, last at Tyson Invite - 2/9/18
Tria Seawater-Simmons	8.77	Hawkeye Invite - 1/13/18	8.77	Hawkeye Invite - 1/13/18

## 200 METERS (School Record - 22.79)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Briana Guillory	23.26	2x, last at Tyson Invite - 2/9/18	22.95	at BIG Championships - 5/15/16
Brittany Brown	23.54	Wieczorek Invite - 1/19/18	22.30	at BIG Championships - 5/14/17
Kyara Avant	24.50	Wieczorek Invite - 1/19/18	24.50	Wieczorek Invite - 1/19/18
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	52.57	at Husker Invite - 2/3/18	52.57	at Husker Invite - 2/3/18
Sheridan Champe	55.52	at Meyo Invite - 2/4/18	55.52	at Meyo Invite - 2/4/18
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 BIG 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 BIG 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	Wieczorek Invite - 1/20/18	58.59	Wieczorek Invite - 1/20/18
Alexis Gay	58.67	Wieczorek Invite - 1/20/18	56.99	at Jim Click Shootout - 4/8/17
Taylor Arco	58.77	Wieczorek 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	1:32.79	at Meyo Invite - 2/3/18	1:32.79	at Meyo Invite - 2/3/18
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
Taylor Arco	1:35.11	Wieczorek Invite - 1/19/18	1:35.11	Wieczorek Invite - 1/19/18



# SEASON BESTS - WOMEN (CONT.)

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
Aly Weum	1:35.64	Hawkeye Invite - 1/13/18	1:35.64	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	2:13.55	at Meyo Invite - 2/3/18	2:11.17	at BIG 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	2:22.55 ^	at Husker Invite - 2/3/18	2:22.55 ^	at Meyo Invite - 2/3/18
Jenny Kimbro	2:23.11 ^	at Husker Invite - 2/3/18	2:23.11 ^	at Husker Invite - 2/3/18
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 BIG 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
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
Shape, Swanson, Morken, Saunders	3:47.72	Wieczorek Invite - 1/20/18

# SEASON BESTS - WOMEN (CONT.)

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
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 - 6.39 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Jahisha Thomas	20-5 1/4 (6.23m)	at Tyson Invite - 2/9/18	20-11 3/4 (6.39m)	at Tyson Invite - 2/10/17
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 - 13.11 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Jahisha Thomas	43-0 1/4 (13.11m)	Black & Gold Premier - 1/27/18	43-0 1/4 (13.11m)*	Black & Gold Premier - 1/27/18
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	65-4 (19.93m)	at Meyo Invite - 2/3/18	65-4 (19.93m)	at Meyo Invite - 2/3/18
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	3,900 points	Wieczorek Invite - 1/19/18	3,900 points	Wieczorek Invite - 1/19/18
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	7.12	at ISU Classic - 2/10/18	7.12	at ISU Classic - 2/10/18
Chris Douglas	7.16	Black & Gold Premier - 1/27/18	7.16	Black & Gold Premier - 1/27/18
William Dougherty	7.18 ^	Wieczorek Invite - 1/19/18	7.12 ^	at BIG Championships - 2/24/17
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	Black & Gold Premier - 1/27/18	7.76	Black & Gold Premier - 1/27/18
Anthony Williams	7.97	at Meyo Invite - 2/3/18	7.97	at Meyo Invite - 2/3/18
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	21.20	Black & Gold Premier - 1/27/18	21.20	Black & Gold Premier - 1/27/18
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	47.71	at Meyo Invite - 2/4/18	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
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
Nolan Teubel	1:20.84	Wieczorek Invite - 1/19/18	1:20.84	Wieczorek Invite - 1/19/18
Austin Lietz	1:21.02	at Meyo Invite - 2/3/18	1:17.40	at BIG Championships - 2/24/17
Noah Larrison	1:21.40	Wieczorek Invite - 1/19/18	1:18.41	at BIG Championships - 2/24/17
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	1:50:77	at Meyo Invite - 2/4/18	1:50.72	at BIG Championships - 5/13/17
Nolan Teubel	1:50.95	at ISU Classic - 2/10/18	1:50.95	at ISU Classic - 2/10/18

# SEASON BESTS - MEN (CONT.)

Matt Manternach	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	2:47.98 ^	Wieczorek Invite - 1/20/18	2:39.97 ^	at B1G Championships - 2/27/16
Daniel Gaynes	2:50.09 ^	Wieczorek Invite - 1/20/18	2:50.09 ^	Wieczorek Invite - 1/20/18

## 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	14:30.51	at ISU Classic - 2/9/18	14:30.51	at ISU Classic - 2/9/18
Ian Eklin	14:41.31	at Meyo Invite - 2/3/18	14:41.31	at Meyo Invite - 2/3/18

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

Names	Season Best	Meet - Date
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
William Dougherty	6-2 3/4 (1.90m) ^	2x, last at Wieczorek Invite - 1/19/18	6-5 (1.96m)	at Mt. SAC Relays - 4/12/17
Daniel Gaynes	6-2 3/4 (1.90m) ^	Wieczorek Invite - 1/19/18	6-2 3/4 (1.90m) ^	Wieczorek Invite - 1/19/18

## 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	11-5 3/4 (3.50m) ^	at Wieczorek Invite - 1/20/18	11-5 3/4 (3.50m) ^	at Wieczorek Invite - 1/20/18

# 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 - 19.20 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Reno Tuufuli	60-10 3/4 (18.56m)	Hawkeye Invite - 1/13/18	61-9 3/4 (18.84m)	at BIG Championships - 5/14/14
William Dougherty	45-5 3/4 (13.86m)	Hawkeye Invite - 1/13/18	47-1 (14.35m)	at Mt. SAC Relays - 4/12/17
Daniel Gaynes	35-8 (10.87m)	Hawkeye Invite - 1/13/18	35-8 (10.87m)	Hawkeye Invite - 1/13/18

## HEPTATHLON (School Record - 5,572 points)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
William Dougherty	5,572 points *	Wieczorek Invite - 1/19-20/18	5,572 points *	Wieczorek Invite - 1/19-20/18
Daniel Gaynes	4,895 points	Wieczorek Invite - 1/19-20/18	4,895 points	Wieczorek Invite - 1/19-20/18

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