

# IOWA TRACK & FIELD 2018

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



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## 2018 IOWA TRACK & FIELD INDOOR SCHEDULE

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

## IOWA COACHING STAFF

Joey Woody	Director of Track & Field
Randy Hasenbank	Associate Head Cross Country Assistant Track & Field Coach
Clive Roberts	Associate Head Coach
Jason Wakenight	Assistant Coach Director of Recruiting
Eric Werskey	Assistant Coach (Throws)
Paige Knodle	Assistant Coach
Kate See	Director of Operations

### THIS WEEK

The University of Iowa track and field team heads to South Bend, Indiana, for the second time this season as a final tune-up before the Big Ten Indoor Championships. The Alex Wilson Invitational is held Feb. 17 inside the Loftus Sports Center. The women's weight throw and 60 meter hurdles begin at 10 a.m. (CT).

### FOLLOW ALONG

Fans can follow the meet on the live results page at [hawkeyesports.com/tracklive](http://hawkeyesports.com/tracklive). Results will also be posted on the team's official twitter account @iowaxc\_tf.

### 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 (USTFCCCA) National Rankings, released Feb. 12. The men are ranked 38th in the nation, while the women are ranked 41st.

Regionally, 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: 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)

### HAWKEYES HOLD STEADY IN 400 METERS

The men's 400 meter group holds steady as the best event group for Iowa in 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 (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 Iowa men’s and women’s 4x400 meter relays reached a new high at the Tyson Invitational. The men placed third overall with a Big Ten leading time of 3:06.06 and that group now ranks second in school history behind their Big Ten relay from 2017.

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

For the fourth-straight week, sophomore Laulauga Tausaga has set a personal best in a throwing event. At the Tyson Invitational, Tausaga hurled herself into second in the Big Ten in the shot put with a mark of 16.51 meters (52 feet, 4 inches).

Tausaga placed second in the event and extended her school record by almost two feet. She is 22nd in the country in the event.

### 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 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).

### MYLENEK’S MILE

A week after senior Michael Melchert recorded the fourth fastest mile in school history (4:04.32), sophomore Nathan Mylenek clocked the sixth fastest mile in school history. His time of 4:05.13 is 11th in the Big Ten and placed him 10th overall at the Iowa State Classic.

### IOWA BOASTS STRONG PENTATHLETES

Heading into the final stretch of the indoor season, 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 26th and Simmons ranks 29th. Iowa is the only school with two athletes inside the conference’s top-five.

## 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...	Hofacker, Frye, Garron, Harris ...	3:06.06
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

\* -- school record



### TEAM LEADERS

Iowa holds seven athletes on its roster with who hold team-leading marks or times. The athletes include Mar'yea Harris (400, 600 meters), Briana Guillory (200, 400 meters). Michael Melchert (Mile, 3,000 meters), Andrea Shine (Mile, 3,000, 5,000 meters), Jahisha Thomas (long jump, triple jump), and Laulauga Tausaga (shot put, weight throw).

### ROSTER BREAKDOWN

Iowa has 107 athletes on its roster in 2018. There are 38 freshmen, 31 sophomores, 21 juniors, and 17 seniors. Of the 107 student-athletes, 40 are from Iowa followed by 19 from Illinois. The team also has seven international athletes.

### COUNTING CURRENT ALL-TIME HAWKEYES

The men have 40 current athletes in Iowa's indoor all-time top 10, led by school-record holders Mar'yea Harris, (400-meters, 1,600-meter relay), Carter Lilly (800-meters, Distance medley relay), Will Dougherty (heptathlon), DeJuan Frye (1,600-meter relay, Distance medley relay), Collin Hoffer (1,600-meter relay) and Matt Manternach (Distance medley relay).

The women have 35 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 Laulauga Tausaga (shot put, weight throw).

### BROWN, HARRIS NAMED PRESEASON ALL-AMERICANS

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

In addition, the men's 4x400 meter relay is projected to finish fourth in the country.

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

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

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

### NEXT ON THE BLOCK

The Hawkeyes will compete in the Big Ten Indoor Championships in Geneva, Ohio, Feb. 23-24.

### 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

### Loftus Sports Center

The Loftus Sports Center opened in 1988 and is entering its 28th season of service at the University of Notre Dame.

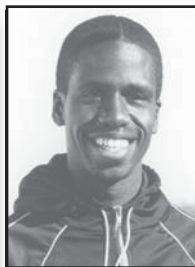
The Loftus Sports Center is an indoor practice facility for football, track and field, rowing, women's soccer, men's soccer, women's lacrosse, men's lacross, baseball, and softball.



# 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

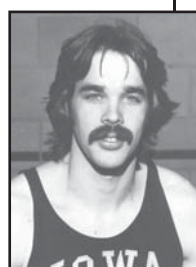
- Kevin Lewis, 2015 ..... 7:57.06
- Jeff Thode, 2011 ..... 8:00.38
- Micah VanDenend, 2006 ..... 8:00.81
- Michael Melchert, 2018 .....8:08.30**
- Eric MacTaggart, 2006..... 8:08.79
- Stetson Steele, 2000..... 8:09.54
- Ben Witt, 2015 ..... 8:10.97
- Dan Haut, 2005 ..... 8:11.36
- Daniel Soto, 2018 .....8:11.83**
- 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. **Hofacker, 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. **Lilly, Frye, Manternach, Jones, 2017 .....9:44.07**
2. Prom, Rickels, Sowinski, Thode, 2012 .....9:45.41
3. 1999 .....9:46.83
4. 1977 .....9:48.80
5. 1978 .....9:49.70
6. Kuczvara, Barton, Kuhlman, N. Holmes,  
2010 .....9:51.05
7. Marchese, Varner, Hairston, Luciano,  
2009 .....9:52.52
8. Paul, Varner, Hairston, Thode, 2010.....9:52.71
9. Gardarsson, Ganschow, Hutsalyuk,  
**Melchert, 2016 .....9:52.97**
10. Prom, Richardson, Sowinski, Thode,  
2011 .....9:57.44

# INDOOR ALL-TIME TOP TEN PERFORMERS



**Kineke Alexander** **Meghan Armstrong** **Brittany Brown** **Tracy Dahl** **Nicole Erickson** **Karessa Farley** **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
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
Antonise Christian	57.24	at Tyson Invite - 2/9/18	57.24	at Tyson Invite - 2/9/18
Addie Swanson	57.60	Wieczorek Invite - 1/20/18	57.60	Wieczorek Invite - 1/20/18
Mallory King	57.72	Hawkeye Invite - 1/13/18	57.37	at Florida Relays - 3/30/17
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

## 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
Kylie Welch	1:35.44	Wieczorek Invite - 1/19/18	1:35.44	Wieczorek Invite - 1/19/18



# SEASON BESTS - WOMEN (CONT.)

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	2:18.09	Black & Gold Premier - 1/27/18	2:18.09	Black & Gold Premier - 1/27/18
Amber Decker	2:19.14	Wieczorek Invite - 1/20/18	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	5:00.04	Hawkeye Invite - 1/13/18	4:58.60	at Big 4 Duals - 1/23/16
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
Julianne 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
Buss, Hargrave, Welch, Avant	3:48.23	at Husker Invite - 2/4/18

# SEASON BESTS - WOMEN (CONT.)

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
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 BIG 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 BIG 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 BIG 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 BIG Championships - 5/12/17
Tria Seawater-Simmons	33-6 (10.21m)	at Husker Invite - 2/3/18	34-0 1/4 (10.37m)	at BIG 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

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

# 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
Carter Lilly	48.66	Hawkeye Invite - 1/13/18	48.66	Hawkeye Invite - 1/13/18
Raymonte Dow	48.73	at Meyo Invite - 2/4/18	48.73	at Meyo Invite - 2/4/18
Noah Larrison	49.39	at ISU Classic - 2/10/18	48.55	at Alex Wilson Invite - 2/18/17
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
Matt Manternach	1:50.95	at ISU Classic - 2/10/18	1:50.95	at ISU Classic - 2/10/18

# SEASON BESTS - MEN (CONT.)

## 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
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
Hofacker, 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
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 Wiecezorek 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 Wiecezorek Invite - 1/20/18	15-5 (4.70m) ^	2x, last at Wiecezorek Invite - 1/20/18
Daniel Gaynes	11-5 3/4 (3.50m) ^	at Wiecezorek Invite - 1/20/18	11-5 3/4 (3.50m) ^	at Wiecezorek Invite - 1/20/18

## 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 Wiecezorek Invite - 1/19/18	22-9 3/4 (6.93m) ^	2x, last at Wiecezorek Invite - 1/19/18
Daniel Gaynes	22-7 1/4 (6.89m) ^	Wiecezorek Invite - 1/19/18	22-7 1/4 (6.89m) ^	Wiecezorek 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

# SEASON BESTS - MEN (CONT.)

## 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