



February 16, 2019

IOWA

Track & Field 2019 Notes



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2018-19 IOWA TRACK & FIELD INDOOR SCHEDULE

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

IOWA COACHING STAFF

Joey Woody
Director of Track & Field/Cross Country

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

Clive Roberts
Associate Head Coach

Jason Wakenight
Assistant Coach, Director of Recruiting

Eric Werskey
Assistant Coach/Throws

Paige Knodle
Assistant Coach

Kate Wakenight
Director of Operations

THIS WEEK

The University of Iowa track and field team competes at the Alex Wilson Invitational hosted by Notre Dame on Saturday. Field and running events start at 10 a.m. (CT). A full schedule of events is located at hawkeyesports.com on the track and field schedule page.

FOLLOW THE HAWKEYES

Fans can follow the Tyson Invitational on the live results page on hawkeyesports.com/tracklive. Live stats for both meets are linked on the Iowa track and field schedule page. Results will also be posted on the team's official twitter account @iowaxc_tf.

HAWKEYES IN THE RANKINGS

The United States Track & Field and Cross Country Coaches Association released its week four national rankings on Monday, rating the University of Iowa women's team No. 18 and the men No. 20.

The Hawkeye women have been ranked in the top 20 three times since 2008, and the men have appeared in the top 20 11 times. The men and women are ranked in the top 20 at the same time for the first time since the USTFCCA started tracking rankings in 2008.

NATIONALLY RANKED HAWKS

The Hawkeyes have nine individual marks and one relay team ranked in the NCAA's top-15 times, including the second best women's weight throw from Laulauga Tausaga and the third most pentathlon points from Tria Simmons..

Top 15 in the NCAA:

2. Laulauga Tausaga- weight throw (23.26m)
3. Tria Simmons- pentathlon (4,220 points)
6. Briana Guillory- 400 meters (52.67)
6. Bartley, Woodard, Lawrence Jr., Harris- men's 1,600-meter relay (3:04.76)
8. Jaylan McConico- 60-meter hurdles (7.73)
9. Jenny Kimbro- pentathlon (4,123 points)
10. Mar'yea Harris- 400 meters (46.02)
11. Wayne Lawrence- 400 meters (46.14)
15. Chris Douglas- 60-meter hurdles (7.78)
15. Karayme Bartley- 200 meters (20.81)

B1G LEADERS

The Hawkeyes are ranked in the top five 25 times in the Big Ten Conference. Four individuals lead the conference in their respective events, including Jaylan McConico (60-meter hurdles, 7.73), Mar'yea Harris in the 400 (46.02) and 600 meters (1:16.60), and Tria Simmons in the pentathlon (4,220). The men's 1,600-meter relay squad is also leading the conference.

Top Five in the Big Ten:

1. Bartley, Woodard, Lawrence Jr., Harris - men's 1,600-meter relay (3:04.76)
1. Jaylan McConico- 60-meter hurdles (7.73)
1. Mar'yea Harris- 400 meters (46.02)
1. Mar'yea Harris- 600 meters (1:16.60)
1. Tria Simmons- pentathlon (4,220 points)
2. Laulauga Tausaga- weight throw (23.26m)
2. Chris Douglas- 60 hurdles (7.76)
2. Jenny Kimbro- 60-meter hurdles (8.27)
2. Karayme Bartley- 200 meters (20.81)
2. Briana Guillory- 400 meters (52.67)
2. Wayne Lawrence- 400 meters (46.14)
2. Tria Simmons- high jump (1.78m)





- 3. Jenny Kimbro- pentathlon (4,123 points)
- 3. Kimbro, Weum, Simmons, Wensel-women's 1,600-meter relay (3:37.94)
- 3. Amanda Carty- long jump (6.16m)
- 4. Antonio Woodard- 200 meters (20.89)
- 4. Karayme Bartley- 400 meters (46.39)
- 4. Briana Guillory- 600 meters (1:30.92)
- 4. Amanda Carty- triple jump (12.84m)
- 5. Aubrianna Lantrip- high jump (1.76m)
- 5. Matt Manternach- 800 meters (1:49.70)
- 5. Anthony Williams- 60-meter hurdles (7.91)
- 5. Lualauga Tausaga- shot put (16.70m)
- 5. Anthony Williams- 60-meter hurdles (7.93)
- 5. Peyton Haack- heptathlon (5,279 points)

MEET THE RECORD HOLDERS

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

Lualauga Tausaga: shot put (17.34m) and weight throw (21.30m)

Tria Simmons: pentathlon (4,220 points)

Mar'yea Harris: 400 meters (45.75), 600 meters (1:16.60)

Reno Tuufuli: shot put (19.28m)

Nathan Mylenek, Collin Hofacker, Carter Lilly, and Michael Melchert: distance medley relay (9:33.90)

Collin Hofacker, DeJuan Frye, Mar'yea Harris: 1,600-meter relay (3:04.94)

TAUSAGA ON TOP

The United States Track & Field and Cross Country Coaches Association named junior Lualauga Tausaga (LAU-long-a Tuh-saga) the National Athlete of the Week on Feb. 5. Tausaga is the first athlete from Iowa and the second female in the history of the Big Ten Conference to earn the honor during the indoor season.

Tausaga was recognized for her performances at the Frank Sevine Invitational. In the weight throw, she threw a school record 23.26 meters (76-03 3/4) to win the event, a mark that leads the NCAA. She also won the shot put competition, throwing 16.25 meters (53-03 3/4). The two wins earned her Most Valuable Female Performer of the meet.

B1G ATHLETES OF THE WEEK

Three Hawkeyes have been name Big Ten Athletes of the week, including Tausaga (Feb. 6), Mar'yea Harris (Feb. 6), and Jenny Kimbro (Dec. 12), this season.

Tausaga was recognized for her performances at the Frank Sevine Invitational. In the weight throw competition, she threw a school record 23.26 meters (76-03 3/4) to win the event, a mark that ranks second in the NCAA this season. She also won the shot put competition, throwing 16.25 meters (53-03 3/4). The two wins earned her Most Valuable Female Performer of the meet.

Harris earned the honor after winning the 400 (46.02) and 600 meters (1:16.60) at the Meyo Invitational over the weekend. His times in both events are leading the Big Ten this season.

Kimbro was honored after winning the 60-meter hurdles (8.34) at the Jimmy Grant Invitational, ranking third all-time in the event at the time. She also ran the first leg in the 1,600-meter relay team that placed third (3:53.93). In the long jump competition, Kimbro also placed third (5.54m, 18-2 1/4).

2019 INDOOR SEASON LEADERS

MEN

60 Meters	Antonio Woodard	6.85
60-Meter Hurdles	Jaylan McConico	7.73
200 Meters	Karayme Bartley	20.81
300 Meters	Antonio Woodard	32.89
400 Meters	Mar'yea Harris	46.02
600 Yards	Chris Thompson	1:11.17
600 Meters	Mar'yea Harris	* 1:16.60
800 Meters	Matt Manternach	1:49.70
1,000 Meters	Tysen VanDraska	2:26.17
Mile	Nathan Mylenek	4:04.88
3,000 Meters	Daniel Soto	8:10.24
5,000 Meters	Daniel Soto	13:59.82
1,600-Meter Relay	Bartley, Woodard, Lawrence Jr., Harris	* 3:04.76
High Jump	Jay Hunt	6-10 3/4 (2.10m)
Pole Vault	Peyton Haack	15-9 3/4 (4.82m)
Long Jump	James Carter	23-4 1/2 (7.12m)
Triple Jump	James Carter	50-3 1/2 (15.33m)
Shot Put	Reno Tuufuli	60-9 1/2 (18.53m)
Heptathlon	Peyton Haack	5,279 points

WOMEN

60 Meters	Antonise Christian	7.58
60-Meter Hurdles	Jenny Kimbro	8.27
200 Meters	Jada Laye	24.38
300 Meters	Talia Buss	39.70
400 Meters	Briana Guillory	52.67
500 Meters	Daneisha Woodside	1:17.03
600 Meters	Briana Guillory	1:30.92
800 Meters	Taylor Arco	2:10.47
1,000 Meters	Logan Akason	2:58.69
Mile	Megan Schott	4:54.96
3,000 Meters	Anna Hostetler	9:35.10
5,000 Meters	Andrea Shine	16:36.93
1,600-Meter Relay	Kimbro, Weum, Simmons, Wensel	3:37.94
High Jump	Tria Simmons	5-10 (1.78m)
Long Jump	Amanda Carty	20-2 1/2 (6.16m)
Triple Jump	Amanda Carty	42-1 1/2 (12.84m)
Shot Put	Lualauga Tausaga	* 54-9 1/2 (16.70m)
Weight Throw	Lualauga Tausaga	* 76-3 3/4 (23.26m)
Pentathlon	Tria Simmons	* 4,200 points

* -- school record



2018 INDOOR ALL-AMERICANS

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

2018 Iowa All-Americans:

First Team-- Jahisha Thomas (LJ, TJ), **Briana Guillory** (400 meters)
Second Team-- **Mar'yea Harris** (400 meters, 1,600-meter relay), **Chris Douglas** (60-meter hurdles), **Collin Hofacker** (1,600-meter relay), **DeJuan Frye** (1,600-meter relay), Bradford Garron (1,600-meter relay), Sheridan Champe (1,600-meter relay), Brittany Brown (200 meters, 1,600-meter relay), Sarah Plock (1,600-meter relay), **Briana Guillory** (1,600-meter relay)

ALL WE DO IS WIN

At the 2018 Indoor Big Ten Championships, Nathan Mylenek, Chris Thompson, Carter Lilly, and Michael Melchert impressed with a come-from-behind win as Melchert passed five teams in the home stretch to earn the Hawkeyes' first ever conference title in the event. Senior Briana Guillory earned her first Big Ten Indoor title at the 2018 conference championships in the 400 meters (52.08).

RETURNING NCAA LEADERS

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

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

COUNTING CURRENT ALL-TIME HAWKEYES

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

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

NEXT ON THE BLOCK

The Hawkeyes will travel to Ann Arbor, Michigan, for the BigTen Conference Championships next Friday and Saturday. The Hawkeyes are three weeks away from the Big Ten Championships (Feb. 22-23) at Michigan and five from the NCAA Championships in Birmingham, Alabama, (March 8-9).

NCAA CHAMPIONSHIP QUALIFICATIONS

Qualification to the championships is based on the descending-order list for the season and adhering to the qualifying regulations/criteria published on www.NCAA.org. For each men's individual event contested, including the heptathlon, the top 16 declared student-athletes will be accepted into the competition. For each women's individual event contested, including the pentathlon, the top 16 declared student-athletes will be accepted into the competition. For each relay event contested, the top 12 declared relay teams will be accepted into the competition. The stated maximums are absolute and will not be extended as a result of ties.

Pronunciation Guide

Karayme Bartley.....	Kuh-raym
Ashley Bryja.....	Bree-UH
Mike Cox.....	MY-cuh
Briana Guillory.....	Gill-ree
Mar'yea Harris.....	Mar-ee-ay
Tanner Iske.....	Iss-kee
Any Jatis.....	JAY-tiss
Kylie Latham.....	Lay-thum
Matt Manternach.....	MON-ter-knock
Cole Moeller.....	MOLE-er
Nathan Mylenek.....	MY-len-ek
Nolan Roethler.....	RAYth-ler
Konstadina Spanoudakis.....	SPAWN-uh-dock-iss
Tyree Sorells.....	Ser-ELs
Lalauaga Tausaga.....	LAU-long-a Tuh-saga
Reno Tuufuli.....	TOO-foo-lee
Gillian Urycki.....	YER-ick-ee
Elzerie van Dyk.....	EL-zur-ee VAN-dike
Jordan Winke.....	Wink-ee

UI Recreation Building

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

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



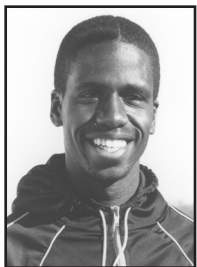
INDOOR ALL-TIME TOP TEN PERFORMERS



Justin Austin



Karayme Bartley



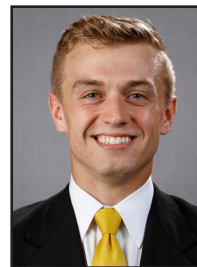
Rodney Chambers



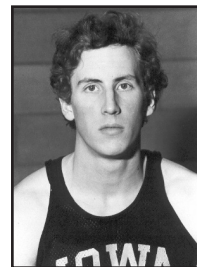
Jim Costello



Troy Doris



William Dougherty



Bill Hansen

60 Meters

1. Justin Austin, 2011	6.69
2. Vinnie Saucer, Jr., 2016	6.70
3. Kurt Felix, 1999	6.73
Tevin-Cee Mincy, 2014	6.73
5. Josh Larney, 2013	6.74
Christian Brissett, 2017	6.74
7. Troy Doris, 2012	6.75
8. O'Shea Wilson, 2017	6.75
9. Jacob Gourley, 2017	6.77
10. Tony Branch, 1999	6.78

60-Meter Hurdles

1. Aaron Mallett, 2017	7.64
2. Jordan Mullen, 2013	7.70
3. Jaylan McConico, 2019	7.73
4. Chris Douglas, 2019	7.76
5. Ethan Holmes, 2013	7.82
6. Dion Trowers, 1997	7.87
7. Anthony Williams, 2019	7.91
8. Russell Peterson, 2004	7.97
9. Dan Davis, 2012	8.02
10. DeRocco Reed, 2000	8.03
Keith Brown, 2015	8.03

200 Meters

1. Justin Austin, 2011	20.80
2. Karayme Bartley, 2019	20.81
3. Antonio Woodard, 2019	20.89
4. Anthuan Maybank, 1993	21.11
5. Bashir Yamini, 1999	21.19
6. James Harrington, 2014	21.21
7. Ethan Holmes, 2013	21.23
8. Tim Dodge, 2000	21.26
9. Christian Brissett, 2017	21.27
Mar'yea Harris, 2019	21.27

400 Meters

1. Mar'yea Harris, 2017	45.75
2. Wayne Lawrence, 2019	46.14
3. Karayme Bartley, 2019	46.39
4. Emmanuel Ogwo, 2017	46.45
5. Steven Willey, 2010	46.75
6. Terrence Duckett, 1984	46.81
7. Collin Hofacker, 2017	46.82
8. Andre Morris, 1995	47.15
9. Monte Raymond, 1998	47.18
10. Anthuan Maybank, 1990	47.25

600 Meters

1. Mar'yea Harris, 2019	1:16.60
2. Erik Sowinski, 2012	1:16.91
3. Carter Lilly, 2017	1:17.20
4. Austin Lietz, 2017	1:17.40
5. Will Teubel, 2016	1:17.55
6. Steven Willey, 2011	1:17.94
7. Keaton Rickels, 2012	1:18.19
8. Pat McGhee, 1988	1:18.30
9. Noah Larrison, 2017	1:18.41
10. Ryan Dorman, 2017	1:18.44

800 Meters

1. Carter Lilly, 2017	1:47.33
2. Erik Sowinski, 2012	1:47.62
3. Will Teubel, 2016	1:47.74
4. Pavlo Hutsalyuk, 2016	1:48.97
5. Ryan Weir, 2013	1:49.11
6. Adam Hairston, 2010	1:49.26
7. Nathan Prom, 2013	1:49.29
8. Nick Kuczwarra, 2010	1:49.59
9. Tysen VanDraska, 2018	1:49.65
10. Matt Mantel, 2017	1:49.70

Mile

1. Jeff Thode, 2011	3:58.72
2. Ed DeLashmutt, 1981	4:04.01
3. Adam Jones, 2017	4:04.28
4. Michael Melchert, 2018	4:04.32
5. Larry Wiczorek, 1968	4:04.40
6. Nathan Mylenek, 2019	4:04.97
7. John Clark, 1972	4:05.94
8. Ben Witt, 2014	4:07.08
9. Adam Thomas, 2002	4:07.13
10. Kevin Herd, 1992	4:07.26

3,000 Meters

1. Kevin Lewis, 2015	7:57.06
2. Jeff Thode, 2011	8:00.38
3. Micah VanDenend, 2006	8:00.81
4. Michael Melchert, 2018	8:08.30
5. Eric MacTaggart, 2006	8:08.79
6. Stetson Steele, 2000	8:09.54
7. Daniel Soto, 2019	8:10.24
8. Ben Witt, 2015	8:10.97
9. Dan Haut, 2005	8:11.36
10. Kevin Herd, 1994	8:11.51

5,000 Meters

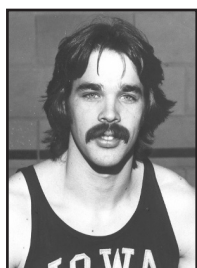
1. Kevin Lewis, 2015	13:43.70
2. Micah VanDenend, 2007	13:56.46
3. Daniel Soto, 2019	13:59.82
4. Stetson Steele, 2000	14:00.52
5. Dan Haut, 2006	14:06.16
6. Eric MacTaggart, 2006	14:13.41
7. Jeff Thode, 2011	14:16.00
8. Matt Esche, 2004	14:18.43
9. Jeff Kent, 2007	14:18.86
10. Jesse Luciano, 2009	14:20.99



Mar'yea Harris



Colin Hofacker



Bill Knoedel



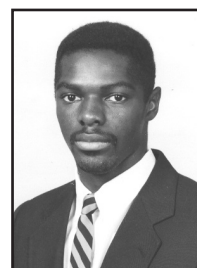
Wayne Lawrence, Jr.



Kevin Lewis



Carter Lilly



Anthuan Maybank

INDOOR ALL-TIME TOP TEN PERFORMERS



Aaron Mallett



Michael Melchert



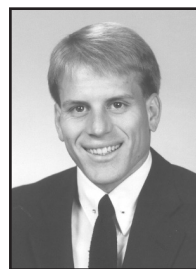
Nathan Mylenek



Jeff Thode



Reno Tuufuli



Todd Wigginton



Antonio Woodard

Heptathlon

1. William Dougherty, 2018.. 5,606 points
2. Kyle Reid, 2013 5,354 points
3. **Peyton Haack, 2019 5,279 points**
4. Dan Rolling, 2010 5,205 points
5. Jack Eckert, 2015 5,188 points
6. **Daniel Gaynes, 2019 5,162 points**
7. Ryan Niver, 2008..... 5,149 points
8. Frank Prill, 2010..... 5,015 points
9. Scott Faber, 2000..... 4,784 points
10. Cam Appleman, 1997..... 4,685 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. **James Carter, 2019..... 50-3 1/2 (15.33)**
6. Mike Lacy, 1983 49-0 (14.93)
7. Owen Gill, 1982 48-10 3/4 (14.90)
8. Josh Bean, 2009 48-10 (14.88)
9. David Nsabua, 2013 48-9 (14.86)
10. Kerry Dean, Jr., 2016..... 48-8 1/4 (14.84)

Shot Put

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

Weight Throw

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

1,600-Meter Relay

1. **Bartley, Woodard, Lawrence Jr., Harris... 3:04.76**
2. Ogwo, Hofacker, Frye, Harris, 2017 3:04.94
3. **Hofacker, Frye, Garron, Harris, 2018..... 3:05.33**
4. **Thompson, Frye, Garron, Harris, 2018.... 3:06.06**
5. Richards, E. Holmes, Sowinski, Willey,
2011 3:06.66
6. Rozell, Davis, Raymond, Yamini, 1998 3:06.80
7. Ogwo, Mallett, Frye, Harris, 2017 3:07.08
8. Wolff, Ganschow, Lilly, Harris, 2016 3:07.24
9. Coleman, Faber, Strang, Peterson, 2002 .. 3:07.44
10. Wolff, B. Thompson, Ganschow, Harris,
2016 3:07.58

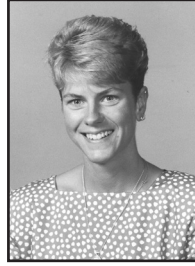
3,200-Meter Relay

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

INDOOR ALL-TIME TOP TEN PERFORMERS



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

60 Meters

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

60-Meter Hurdles

1. Karessa Farley, 2009 8.21
2. **Jenny Kimbro, 2019 8.27**
3. Tiffany Johnson, 2006..... 8.33
4. Jahisha Thomas, 2017 8.35
5. Paula Ruen, 1998..... 8.39
6. Heaven Chandler, 2017 8.44
7. Sarah Steffen, 2002 8.45
- Renee White, 2008..... 8.45
9. **Tria Simmons, 2019 8.55**
10. Colleen Prendergast, 2000 8.57

200 Meters

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

400 Meters

1. Kineke Alexander, 2007 51.48
2. **Briana Guillory, 2018 51.68**
3. Elexis Guster, 2016 52.36
4. Ellen Grant, 1996..... 52.65
5. Shellene Williams, 2004 52.83
6. Alexxis Hernandez, 2017 53.42
7. Ashley Liverpool, 2011 54.09
8. MonTayla Holder, 2015 54.32
9. Sheridan Champe, 2018 54.70
10. Tiffany Hendricks, 2011 55.06

600 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. **Briana Guillory, 2019 1:30.92**
7. **Mallory King, 2018..... 1:31.25**
8. Kaitlyn Nelson, 2013..... 1:31.44
9. Karen Layne, 1990 1:31.45
10. Nicole Erickson, 2012 1:31.71

800 Meters

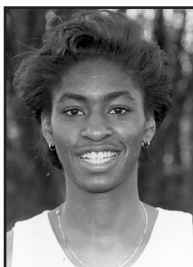
1. Bethany Praska, 2011 2:05.01
2. Jeanne Kruckeberg, 1989 2:06.38
3. Michelle Lahann, 2004 2:06.83
4. Katharina Trost, 2014 2:07.38
5. Mahnee Watts, 2014 2:08.79
6. Adrienne Alexia, 2013 2:08.95
7. Briana Benning, 1996 2:09.22
8. Kaitlyn Nelson, 2013..... 2:09.58
9. MonTayla Holder, 2015 2:10.34
10. **Taylor Arco, 2019 2:10.47**

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

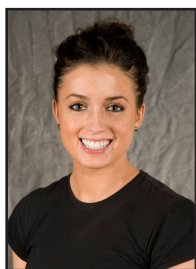


Lauren Hardesty Senta Hawkins Tiffany Hendricks Lake Kwaza Ashley Liverpool McKenzie Melander Zinnia Miller

INDOOR ALL-TIME TOP TEN PERFORMERS



Diane Nukuri



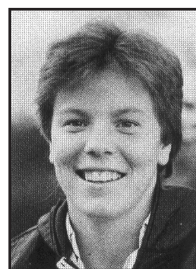
Bethany Praska



Peaches Roach



Tria Simmons



Gail Smith



Jessie Strand



Renee White

5,000 Meters

1. Tracy Dahl, 1993 15:49.52
2. Nan Doak, 1985 15:55.45
3. Racheal Marchand, 2009 15:55.70
4. Diane Nukuri, 2008 16:01.36
5. Jenny Spangler, 1982 16:08.74
6. Judy Parker, 1981 16:16.63
7. Betsy Flood, 2011 16:20.67
8. **Andrea Shine, 2018 16:21.53**
9. Jennifer Brower, 1992 16:22.19
10. Nikki 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. **Tria Simmons, 2019 5-10 (1.78)**
5. Becky Kaza, 1995 5-9 3/4 (1.77)
6. Caleigh Bacchus, 2010 5-9 1/4 (1.76)
- Aubrianna Lantrip, 2019 5-9 1/4 (1.76)**
7. **Gillian Urycki, 2018 5-8 3/4 (1.75)**
8. Kristi Dinkla, 1985 5-8 1/2 (1.74)
- Kacey Childs, 2001 5-8 1/2 (1.74)

Pole Vault

1. Jessie Strand, 2004 12-5 1/2 (3.80)
2. Amy Smith, 2017 11-11 3/4 (3.65)
3. Sarah Burgett, 2007 11-10 (3.61)
4. Kirsten Weismantle, 2011 . 11-5 3/4 (3.50)
5. Brittany Holst, 2013 11-3 3/4 (3.45)
6. Katie Truedson, 2010 10-11 3/4 (3.35)
7. Gina Shannon, 2001 10-6 (3.20)
8. Kacey Childs, 2001 9-0 (2.75)
9. Amy Kasparbauer, 2000 8-0 (2.44)

Long Jump

1. Jahisha Thomas, 2018 21-0 3/4 (6.42)
2. Zinnia Miller, 2014 20-4 1/4 (6.20)
3. **Amanda Carty, 2019 20-2 1/2 (6.16)**
4. Carisa Leacock, 2014 19-9 1/2 (6.03)
5. Lisa Moats, 1986 19-6 (5.95)
6. Cassidy Ellis, 2015 19-5 1/2 (5.93)
7. **Jenny Kimbro, 2017 19-3 1/2 (5.88)**
8. **Tria Simmons, 2019 19-2 3/4 (5.86)**
9. Renee White, 2006 19-3 1/4 (5.87)
10. Tiffany Johnson, 2007 19-2 1/2 (5.85)

Triple Jump

1. Jahisha Thomas, 2018 43-4 1/2 (13.22)
2. Renee White, 2008 42-4 (12.90)
3. **Amanda Carty, 2019 42-1 1/2 (12.84)**
4. **Tria Simmons, 2017 42-1 1/4 (12.83)**
5. Tiffany Johnson, 2007 41-3 3/4 (12.59)
6. Zinnia Miller, 2014 41-2 1/2 (12.56)
7. Carisa Leacock, 2012 40-5 1/2 (12.33)
8. **Allison Wahrman, 2017 39-10 (12.14)**
9. **Hannah Schlib, 2019 39-8 1/2 (12.10)**
10. Becki Borg, 1987 39-6 (12.04)

Shot Put

1. **Laulauga Tausaga, 2019 ..54-9 1/2 (16.70)**
2. **Nia Britt, 2019 53-1 1/2 (16.19)**
3. **Erika Hammond, 2019 51-9 3/4 (15.79)**
4. Gail Smith, 1985 51-0 (15.54)
5. Lisa Van Steenwyk, 1993 . 50-5 1/4 (15.37)
6. Kamesha Marshall, 2005 . 49-2 1/4 (14.99)
7. Denise Taylor, 1992 48-9 (14.86)
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, 2019 ..76-3 3/4 (23.26)**
2. Ashlyn Gulvas, 2013 63-6 (19.35)
3. Jasmine Simpson, 2013 ... 62-6 1/2 (19.06)
4. **Nia Britt, 2019 61-4 3/4 (18.71)**
5. Annemie Smith, 2014 61-4 (18.69)
6. Kelsey Taylor, 2011 60-4 1/2 (18.40)
7. Majesty Tutson, 2011 58-4 (17.78)
8. Becca Franklin, 2007 58-3 1/4 (17.76)
9. Chelsea Colpitts, 2013 56-4 (17.17)
10. Erin O'Hern, 2008 56-3 (17.14)

Pentathlon

1. **Tria Simmons, 2019 4,220 points**
2. **Jenny Kimbro, 2019 4,123 points**
3. Tammilee Kerr, 2008 3,974 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

1,600-Meter Relay

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