



Jan 16, 2021

IOWA

Track & Field

2021 Notes

TRACK & FIELD CONTACT: RYAN CLEVENGER | EMAIL: RYAN-CLEVENGER@UIOWA.EDU | Phone: 319-335-9411 | hawkeyesports.com

2021 IOWA TRACK & FIELD INDOOR SCHEDULE

| Date | Meet |
|------------|--|
| Jan. 9 | Hawkeye Border Battle <i>(Iowa City, Iowa)</i> |
| Jan. 16 | at Nebraska Open (Lincoln, Nebraska) |
| Jan. 22-23 | Larry Wieczorek Invitational <i>(Iowa City, Iowa)</i> |
| Jan. 29-30 | at B1G Multi (Champaign, Illinois) |
| Jan. 30 | at B1G Cross Country Championships (Shelbyville, Indiana) |
| Feb. 5-6 | at Frank Sevigne Invite (Lincoln, Nebraska) |
| Feb. 12-13 | at Spire B1G Prep (Geneva, Ohio) Hawkeye BIG Invitational <i>(Iowa City, Iowa)</i> |
| Feb. 19 | Hawkeye Last Chance Meet <i>(Iowa City, Iowa)</i> |
| Feb. 25-27 | at B1G Indoor Championships (Geneva, Ohio) |
| Mar. 12-13 | NCAA Championships (Fayetteville, Arkansas) |

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 |
| Paige Bohannon | Assistant Coach (Vertical Jumps/Multis) |
| Eric Werskey | Assistant Coach (Throws) |
| Kate Wakenight | Director of Operations |

THIS WEEK

The University of Iowa track and field team hosts Illinois, Nebraska, Minnesota and Wisconsin at the fifth annual Larry Wieczorek Invitational on Friday and Saturday. Field events begin at 1 p.m. (CT) Friday, while track events start at 5:20 p.m. (CT) at the University of Iowa Rec Building. Competition on Saturday begins at Noon (CT) for field events, while track events begin at 1 p.m. (CT). There will be a live stream of Friday and Saturday's action on BTN plus and the BTN plus mobile app. A complete schedule of events and links to live results are located at hawkeyesports.com/tracklive.

THE MAN BEHIND THE MEET

The Larry Wieczorek Invitational is named after former Hawkeye track and field coach Larry Wieczorek. Wieczorek's time at Iowa spanned 50 years as both a student-athlete and coach. As an athlete, Wieczorek was a six-time Big Ten champion and four-time All-American in cross country. He then transitioned into coaching and spent 30 years with the UI track and field program, leading 79 individual Big Ten Champions and 53 All-Americans.

WHAT 2: WATCH 4 // JAMIE KOFRON

Sophomore Jamie Kofron is competing in the shot put and weight throw this weekend. She is on a hot streak, recording back to back career bests in the shot put the last two meets. Coming into the year, Jamie's best mark was 13.45m but it now stands at 15.26m. This mark stands at No. 8 in the Big Ten and ranks No. 6 in school history.

WHAT 2: WATCH 4 // WAYNE LAWRENCE, JR. AND THE MEN'S 400 METERS

Junior Wayne Lawrence Jr is a well-known name among Hawkeye fans. The reigning Big Ten 200-meter and 400-meter indoor champion is ready to do battle against the Big Ten again this weekend. Last week Lawrence recorded a Big Ten leading time in the 400 meters of 46.66. This time currently ranks No. 3 in the nation. He will be competing in the 200 meters, the 400 meters, and the 4x400 meter relay at the Wieczorek Invitational.

Lawrence leads a pack of five Hawkeyes in the top 11 of the Big Ten. Jenoah Mckiver is tied for second in 46.93. Julien Gillum is ranked eighth with a time of 48.2, while Khullen Jefferson is ranked ninth in 48.51. Nolan Kembel rounds out the group in 11th with a time of 49.02.

WHAT 2: WATCH 4 // MARIEL BRUXVOORT

Junior Mariel Bruxvoort recorded a career best in the 400 meters last weekend by over a full second to place second behind teammate Nyla Perry. She also ran on a leg of the 4x400 meter relay that finished second. Bruxvoort's 400-meter time (56.47) currently ranks fifth in the Big Ten and the team's 4x400 meter relay ranks second (3:45.23). Mariel will be competing in the 200 meters, the 400 meters, and the 4x400 meter relay this weekend.

WHAT 2: WATCH 4 // TYLER OLSON

Junior Tyler Olson led the way in a Hawkeye sweep of the 600 meters last weekend with a time of 1:18.84. Olson's time was a personal best by a little over a second and currently ranks third in the Big Ten. He also ran a leg of the 4x400 meter relay that won the race and posted a time 3:12.23 that currently ranks third in the Big Ten and 11th in the nation. He is slated to run the 600 meters, 800 meters, and the 4x400 meter relay this weekend.

WHAT 2: WATCH 4 // WOMEN'S 5K

Freshman Kelli Tasic and junior Gabby Skopec both set career bests in the 5,000 meters at the Nebraska Tri on Jan. 16, running 17:21.47 and 17:24.19, respectively. This dynamic duo currently ranks sixth and seventh in the Big Ten and 10th and 11th in the nation. Tasic and Skopec will be running the mile this weekend.

WHAT 2: WATCH 4 // AUSTIN KRESLEY

Freshman Austin Kresley took another huge leap Jan. 16 at the Nebraska Tri, improving his 60-meter career best to 6.73 and placing second. This time is currently No. 2 in the Big Ten, No. 11 in the nation, and ties for third all-time in program history. Kresley will run the 60 meters, 200 meters, and the 4x400 meter relay this weekend.

PRONUNCIATION GUIDE

| | |
|---------------------------------|----------------------|
| Amber Aesoph..... | A-soph |
| Elijah Barnes..... | ill-LIE-juh |
| Alivia Bauer | ah-LIV-ee-uh |
| Alli/Grace Bookin-Nosbisch..... | nos-BISH |
| Mariel Bruxvoort | BROOKS-vort |
| Ashley Bryja..... | Bree-UH |
| Dimia Burrell..... | Dih-ME-uh |
| Mika Cox | MY-cuh |
| Ian Geisler | GUY-slur |
| Bryce Gidel | gih-DELL |
| Spencer Gudgel | GUD-gell |
| Maggie Gutwein | GUT-win |
| Peyton Haack..... | HOCK |
| Tanner Iske | iss-KEY |
| Khullen Jefferson | CULLEN |
| Keith Keahna | kee-AH-nuh |
| Daniel Klysh | KLISH |
| Kylie Latham | LAY-thum |
| Tyler Lienau | LEE-now |
| Austin Lietz | LEETZ |
| Jenoah Mckiver | jeh-NOAH muh-KEE-ver |
| Cole Moeller | MOLE-er |
| Nathan Mylenek | MY-len-ek |
| Eavion Richardson | a-VEE-on |
| Tesa Roberts | TAY-suh |
| Nolan Roethler | RAWTH-ler |
| Lalauga Tausaga | LAU-log-a Tuh-saga |
| Kelli Tasic | tah-SICK |
| Ellie Twedt | TWEET |
| Aly Weum | WEE-um |

2021 INDOOR SEASON LEADERS

MEN

| | | |
|----------------------|--|-------------------|
| 60 Meters | Austin Kresley | 6.73 |
| 60-Meter Hurdles ... | Jamal Britt | 7.85 |
| 200 Meters | Jamal Britt | 21.43 |
| 400 Meters | Wayne Lawrence, Jr. | 46.66 |
| 600 Meters | Wayne Lawrence, Jr. | 1:18.67 |
| Mile | Max Murphy | 4:06.70 |
| 3,000 Meters | Nick Trattner | 8:22.55 |
| 5,000 Meters | Noah Healy | 14:26.01 |
| 1,600-Meter Relay.. | Woody, Olson, Gillum, Lawrence, Jr. | 3:12.22 |
| High Jump..... | Cole Moeller | 6-6 3/4 (2.00m) |
| Long Jump | Jamal Britt | 24-11 1/4 (7.60m) |
| Shot Put..... | Elijah Barnes | 57-9 3/4 (17.62m) |
| Weight Throw..... | Tyler Lienau..... | 65-8 1/4 (20.02m) |

WOMEN

| | | |
|---------------------|---------------------------------------|-------------------|
| 60 Meters | Atonise Christian..... | 7.63 |
| 60-Meter Hurdles... | Paige Magee | 8.46 |
| 200 Meters | Tesa Roberts..... | 24.99 |
| 400 Meters | Nylah Perry | 56.33 |
| 600 Meters | Mallory King..... | 1:29.47 |
| 800 Meters | Amber Aesoph | 2:15.60 |
| 1,000 Meters | Clare Pitcher | 2:57.46 |
| Mile | Kelli Tasic | 5:01.24 |
| 3,000 Meters | Elyse Prescott..... | 10:06.02 |
| 5,000 Meters | Kelli Tasic | 17:21.47 |
| 1,600-Meter Relay.. | King, Roberts, Bruxvoort, Perry | 3:44.23 |
| High Jump..... | Dallyssa Huggins | 5-8 (1.73m) |
| Long Jump | Tionna Tobias..... | 18-11 1/4 (5.77m) |
| Shot Put..... | Jamie Kofron | 50-0 3/4 (15.26m) |
| Weight Throw..... | Amanda Howe | 62-8 1/2 (19.11m) |

* -- school record

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 facility includes eight training and athletic training spaces for Iowa track & field and cross country teams. Iowa hosted the B1G Men's Indoor Championships in 1989, 1997, and 2006 and the B1G Women's Indoor Championships in 1991 and 2004.



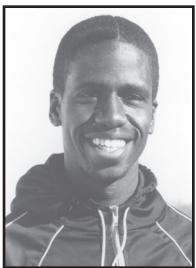
INDOOR ALL-TIME TOP TEN PERFORMERS



Justin Austin



Karayme Bartley



Rodney Chambers



Will Daniels



Troy Doris



Bill Hansen



Mar'yea Harris

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 |
| | Austin Kresley, 2021..... | 6.73 |
| 6. | Josh Larney, 2013 | 6.74 |
| | Christian Brissett, 2017 | 6.74 |
| 8. | Troy Doris, 2012 | 6.75 |
| 9. | O'Shea Wilson, 2017 | 6.75 |
| 10. | Jacob Gourley, 2017 | 6.77 |

60-Meter Hurdles

| | | |
|-----|-----------------------------------|-------------|
| 1. | Jaylan McConico, 2020..... | 7.60 |
| 2. | Aaron Mallett, 2017 | 7.64 |
| 3. | Jordan Mullen, 2013..... | 7.70 |
| 4. | Chris Douglas, 2018..... | 7.76 |
| 5. | Jamal Britt, 2020..... | 7.81 |
| 6. | Ethan Holmes, 2013 | 7.82 |
| 8. | Josh Braverman, 2020..... | 7.83 |
| 9. | Grant Conway, 2020..... | 7.86 |
| 10. | Dion Trowers, 1997 | 7.87 |

200 Meters

| | | |
|-----|---------------------------------------|--------------|
| 1. | Karayme Bartley, 2019..... | 20.67 |
| 2. | Justin Austin, 2011 | 20.80 |
| 3. | Wayne Lawrence, Jr., 2020..... | 20.85 |
| 4. | Antonio Woodard, 2019..... | 20.89 |
| 5. | Anthuan Maybank, 1993 | 21.11 |
| 6. | Bashir Yamini, 1999 | 21.19 |
| 7. | James Harrington, 2014 | 21.21 |
| 8. | Ethan Holmes, 2013 | 21.23 |
| 9. | Tim Dodge, 2000 | 21.26 |
| 10. | Christian Brissett, 2017 | 21.27 |
| | Mar'yea Harris, 2019..... | 21.27 |

400 Meters

| | | |
|-----|--------------------------------------|--------------|
| 1. | Wayne Lawrence Jr., 2020..... | 45.56 |
| 2. | Mar'yea Harris, 2017..... | 45.75 |
| 3. | Karayme Bartley, 2019..... | 46.25 |
| 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. | DeJuan Frye, 2020..... | 46.91 |
| 9. | Jenoah Mckiver, 2021..... | 46.93 |
| 10. | Andre Morris, 1995 | 47.15 |

600 Meters

| | | |
|-----|---------------------------------------|----------------|
| 1. | Wayne Lawrence, Jr., 2020..... | 1:16.55 |
| 2. | Mar'yea Harris, 2019..... | 1:16.60 |
| 3. | Erik Sowinski, 2012..... | 1:16.91 |
| 4. | Austin Lietz, 2020..... | 1:17.03 |
| 5. | Carter Lilly, 2017..... | 1:17.20 |
| 6. | Michael Manternach, 2020 | 1:17.43 |
| 7. | Will Teubel, 2016..... | 1:17.55 |
| 8. | Steven Willey, 2011 | 1:17.94 |
| 9. | Keaton Rickels, 2012 | 1:18.19 |
| 10. | Pat McGhee, 1988 | 1:18.30 |

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. | Matt Manternach, 2020 | 1:49.35 |
| 9. | Alex Birkett, 2020..... | 1:49.47 |
| 10. | Tysen VanDraska, 2020..... | 1:49.49 |

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 Wieczorek, 1968 | 4:04.40 |
| 6. | Nathan Mylenek, 2019..... | 4:04.88 |
| 7. | John Clark, 1972 | 4:05.94 |
| 8. | Max Murphy, 2021..... | 4:06.70 |
| 9. | Ben Witt, 2014 | 4:07.08 |
| 10. | Adam Thomas, 2002 | 4:07.13 |

3,000 Meters

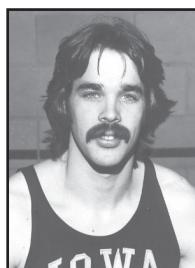
| | | |
|-----|----------------------------------|----------------|
| 1. | Kevin Lewis, 2015 | 7:57.06 |
| 2. | Nathan Mylenek, 2020..... | 7:58.37 |
| 3. | Jeff Thode, 2011 | 8:00.38 |
| 4. | Micah VanDenend, 2006 | 8:00.81 |
| 5. | Daniel Soto, 2020..... | 8:06.04 |
| 6. | Michael Melchert, 2018 | 8:08.30 |
| 7. | Eric MacTaggart, 2006 | 8:08.79 |
| 8. | Stetson Steele, 2000 | 8:09.54 |
| 9. | Ben Witt, 2015 | 8:10.97 |
| 10. | Dan Haut, 2005 | 8:11.36 |

5,000 Meters

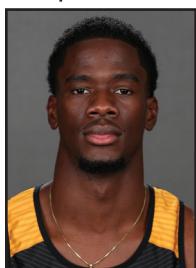
| | | |
|-----|-------------------------------|-----------------|
| 1. | Kevin Lewis, 2015 | 13:43.70 |
| 2. | Micah VanDenend, 2007 | 13:56.46 |
| 3. | Daniel Soto, 2020..... | 13:58.97 |
| 4. | Stetson Steele, 2000 | 14:00.52 |
| 5. | Dan Haut, 2006 | 14:06.16 |
| 6. | Eric MacTaggart, 2006 | 14:13.41 |
| 7. | Jeff Thode, 2011 | 14:16.00 |
| 8. | Noah Healy, 2020..... | 14:17.84 |
| 9. | Matt Esche, 2004 | 14:18.43 |
| 10. | Jeff Kent, 2007 | 14:18.86 |



Collin Hofacker



Bill Knoedel



Wayne Lawrence, Jr.



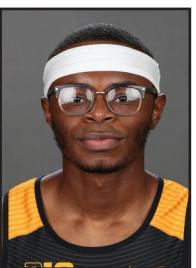
Kevin Lewis



Tyler Lienau

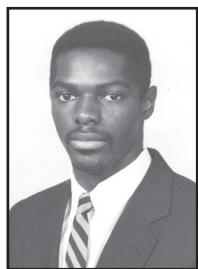


Carter Lilly



Jaylan McConico

INDOOR ALL-TIME TOP TEN PERFORMERS



Anthuan Maybank

Michael Melchert

Nathan Mylenek

Jeff Thode

Reno Tufuli

Todd Wigginton

Antonio Woodard

Heptathlon

1. Will Daniels, 2020..... 5,689 points
2. Peyton Haack, 2020 5,613 points
3. William Dougherty, 2018.. 5,606 points
4. Austin West, 2020..... 5,549 points
5. Kyle Reid, 2013 5,354 points
6. Dan Rolling, 2010 5,205 points
7. Jack Eckert, 2015 5,188 points
8. Daniel Gaynes, 2018 5,162 points
9. Ryan Niver, 2008..... 5,149 points
10. Frank Prill, 2010..... 5,015 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)
9. Brandon Oest, 2010 6-11 (2.11)
10. Dan Rolling, 2008 6-11 (2.11)
11. Graham Valdes, 2010 6-11 (2.11)
12. 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. **Jamal Britt, 2021..... 24-11 1/4 (7.60)**
7. Josh Larney, 2013 24-10 (7.57)
8. Ronnie McCoy, 1984..... 24-9 (7.54)
9. Matty Gorman, 2006.... 24-8 1/2 (7.53)
10. Charles Jones, 1980..... 24-8 1/4 (7.52)

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. Tyler Lienau, 2020.... **70-0 1/2 (21.35)**
2. Jim Costello, 2002 69-4 3/4 (21.15)
3. Matt Banse, 2012 67-8 (20.62)
4. Arno van der Westhuizen,
2001 67-7 1/2 (20.61)
5. Adam Hamilton, 2007 66-9 1/4 (20.35)
6. Jeremy Allen, 2001 65-10 (20.07)
7. Chris Voller, 2005..... 63-4 (19.30)
8. **Jordan Johnson, 2021 62-5 (19.02)**
9. Ryan Lamparek, 2012 61-2(18.62)
10. **Jordan Hawkins, 2021. 60-11 1/4 (18.57)**

1,600-Meter Relay

1. Bartley, Woodard, Lawrence Jr., Harris, 2019 3:04.76
2. Frye, Clarke, Woodard, Lawrence, Jr., 2020 3:04.91
3. Ogwo, Hofacker, Frye, Harris, 2017 3:04.94
4. Hofacker, Frye, Garron, Harris, 2018..... 3:05.33
5. Thompson, Frye, Garron, Harris, 2018.... 3:06.06
6. Richards, E. Holmes, Sowinski, Willey, 2011..... 3:06.66
7. **Frye, Woodard, Lawrence, Jr., Britt, 2020** 3:06.76
8. Rozell, Davis, Raymond, Yamini, 1998 3:06.80
9. Ogwo, Mallett, Frye, Harris, 2017 3:07.08
10. Wolff, Ganschow, Lilly, Harris, 2016..... 3:07.24

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. **Birkett, Clarke, Still, D. Murphy, 2020..... 9:46.39**
6. 1999 9:46.83
7. 1977 9:48.80
8. 1978 9:49.70
9. Kuczwar, Barton, Kuhlman, N. Holmes, 2010 9:51.05
10. Marchese, Varner, Hairston, Luciano, 2009 9:52.52

INDOOR ALL-TIME TOP 10 PERFORMERS



Kineke Alexander Meghan Armstrong

Brittany Brown

Tracy Dahl

Briana Guillory

Karessa Farley

Elexis Guster

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. | Antonise Christian, 2020 | 7.45 |
| 7. | Shellene Williams, 2004 | 7.50 |
| 8. | Briana Guillory, 2017 | 7.51 |
| 9. | LaSarah Hargrove, 2020 | 7.51 |
| 10. | Jiselle Providence, 2002 | 7.52 |

60-Meter Hurdles

| | | |
|-----------|---------------------------|-------------|
| 1. | Karessa Farley, 2009 | 8.21 |
| 2. | Jenny Kimbro, 2020 | 8.22 |
| 3. | Tiffany Johnson, 2006 | 8.33 |
| 4. | Jahisha Thomas, 2017 | 8.35 |
| 5. | Paula Ruen, 1998 | 8.39 |
| 6. | Tria Simmons, 2019 | 8.40 |
| 7. | Heaven Chandler, 2017 | 8.44 |
| 8. | Sarah Steffen, 2002 | 8.45 |
| | Renee White, 2008 | 8.45 |
| 10. | Paige Magee, 2021 | 8.46 |

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. | Antonise Christian, 2020 | 23.89 |
| 10. | Raven Moore, 2013 | 24.00 |

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. | Alexis Hernandez, 2017 | 53.42 |
| 7. | Ashley Liverpool, 2011 | 54.09 |
| 8. | Mon Tayla 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. | Mallory King, 2020 | 1:29.10 |
| 4. | Mon Tayla Holder, 2016 | 1:29.35 |
| 5. | Tia Saunders, 2020 | 1:29.83 |
| 6. | Payton Wensel, 2020 | 1:29.87 |
| 7. | Mahnee Watts, 2016 | 1:30.41 |
| 8. | Senta Hawkins, 1987 | 1:30.77 |
| 9. | Aly Weum, 2020 | 1:30.86 |
| 10. | Briana Guillory, 2019 | 1:30.92 |

800 Meters

| | | |
|-----------|---------------------------|----------------|
| 1. | Bethany Praska, 2011 | 2:05.01 |
| 2. | Mallory King, 2020 | 2:05.12 |
| 3. | Jeanne Kruckeberg, 1989 | 2:06.38 |
| 4. | Michelle Lahann, 2004 | 2:06.83 |
| 5. | Katharina Trost, 2014 | 2:07.38 |
| 6. | Mahnee Watts, 2014 | 2:08.79 |
| 7. | Tia Saunders, 2020 | 2:08.83 |
| 8. | Taylor Arco, 2020 | 2:08.94 |
| 9. | Adrianne Alexia, 2013 | 2:08.95 |
| 10. | Briana Benning, 1996 | 2:09.22 |

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

Alexis Hernandez

Mon Tayla Holder

Lake Kwaza

McKenzie Melander

INDOOR ALL-TIME TOP 10 PERFORMERS



Diane Nukuri



Bethany Praska



Peaches Roach



Jenny Kimbro



Jessie Strand



Laulauga Tausaga



Jahisha Thomas

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

Pentathlon

1. **Jenny Kimbro, 2020** **4,269 points**
1. Tria Simmons, 2019 4,200 points
3. Tammilee Kerr, 2008 3,974 points
4. Chris Davenport, 1983 3,798 points
5. **Dallyssa Huggins, 2020** **3,785 points**
6. Kamesha Marshall, 2005 3,701 points
7. Tiff Pedersen, 2004 3,511 points
8. Sarah Ryan, 2013 3,472 points
9. Maureen Abel, 1979 3,427 points
10. **Allison Wahrman, 2017** **3,421 points**

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. **Dallyssa Huggins, 2020** **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)
8. Gillian Urycki, 2018 5-8 3/4 (1.75)
9. 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. 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, 2020** **19-4 (5.89)**
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)
- Tionna Tobias, 2020 19-1 1/2 (5.83)

Triple Jump

1. Jahisha Thomas, 2018 43-4 1/2 (13.22)
2. Renee White, 2008 42-4 (12.90)
3. Amanda Carty, 2019 42-1 1/2 (5.88)
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. Hannah Schlib, 2019 40-7 (12.37)
9. **Allison Wahrman, 2017** **39-10 (12.14)**
10. Becki Borg, 1987 39-6 (12.04)

Shot Put

1. **Laulauga Tausaga, 2020** **58-11 1/4 (17.96)**
2. **Nia Britt, 2019** **54-11 1/2 (16.75)**
3. **Erika Hammond, 2019** **51-3 1/2 (15.63)**
4. Gail Smith, 1985 51-0 (15.54)
5. Lisa Van Steenwyk, 1993 50-5 1/4 (15.37)
6. **Jamie Kofron, 2021** **50-0 3/4 (15.26)**
7. Kamesha Marshall, 2005 49-2 1/4 (14.99)
8. **Kat Moody, 2020** **48-11 (14.91)**
9. Denise Taylor, 1992 48-9 (14.86)
10. Rachel Curry, 2013 48-2 1/2 (14.69)

Weight Throw

1. **Laulauga Tausaga, 2019** **76-3 3/4 (23.26)**
2. Ashlyn Gulvas, 2013 63-6 (19.35)
3. **Amanda Howe, 2021** **62-8 1/2 (19.11)**
4. Jasmine Simpson, 2013 62-6 1/2 (19.06)
5. **Nia Britt, 2019** **61-4 3/4 (18.71)**
6. Annemie Smith, 2014 61-4 (18.69)
7. Kelsey Taylor, 2011 60-4 1/2 (18.40)
8. **Jamie Kofron, 2021** **59-5 (18.11)**
9. **Allison Wahrman, 2020** **59-1 1/2 (18.02)**
10. Majesty Tutson, 2011 58-4 (17.78)

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
- Kimbro, Simmons, Weum, Guillory, 2019** 3:37.58
10. Kwaza, Guster, Holder, Watts, 2015 3:37.84

Distance Medley Relay

1. Armstrong, Alexander, L. Hardesty, Nukuri, 2008 11:20.11
2. Melander, Hendricks, L. Hardesty, Eilers, 2011 11:22.44
3. Stormo, Davenport, Williams, O'Brien, 1981 11:23.02
4. Melander, Praska, Hendricks, Flood, 2011 11:24.47
5. Flood, Hendricks, L. Hardesty, Melander, 2010 11:25.01
6. Melander, Hendricks, Flood, Marchand, 2009 11:27.34
7. Benning, Poole, Salsberry, Stec, 1994 11:28.03
8. Stormo, Davenport, Hayden, Doak, 1982 11:29.54
- Armstrong, Granger, Stanley, K. Anderson, 2006 11:29.54
10. Lahann, Williams, Stanley, Arens, 2004 11:30.36