

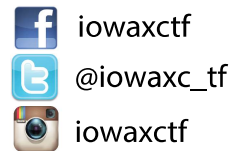


Jan 16, 2021

IOWA

Track & Field

2021 Notes



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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 <i>(Champaign, Illinois)</i>
Jan. 30	at B1G Cross Country Championships <i>(Shelbyville, Indiana)</i>
Feb. 5-6	at Frank Sevine Invite <i>(Lincoln, Nebraska)</i>
Feb. 12-13	at Spire B1G Prep <i>(Geneva, Ohio)</i> 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 <i>(Geneva, Ohio)</i>
Mar. 12-13	NCAA Championships <i>(Fayetteville, Arkansas)</i>

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 Hawkeyes compete at the Nebraska Open on Saturday in Lincoln, Nebraska. Competition begins at 11:30 a.m. (CT) at the Bob Devaney Sports Center. A complete schedule of events and links to live streaming and live results are located at hawkeyesports.com/tracklive.

WHAT 2: WATCH 4

Junior Wayne Lawrence, Jr. is competing in his 400 meters of the season. Lawrence is Iowa's school record holder in the event with a personal best of 45.56. He is also the reigning Big Ten Indoor Champion in the event. Lawrence could jump into the mix of the men's 1,600-meter relay. He anchored the Big Ten championship winning 1,600-meter relay at the 2020 conference championships (3:04.91).

Freshman Max Murphy recorded a personal best Jan. 9 at the Border Battle in Iowa City, running 4:06.7 in the mile, a time that ranks fourth in the nation and eighth on Iowa's all-time top 10 list. Following a fast mile race, the freshman will extend the distance to 5,000 meters this weekend.

Senior Mallory King leads a group of four Hawkeyes in the women's 400 meters. She holds a personal record of 55.89 in the event. King recorded a mark of 1:29.47 in the 600 meters at the Border Battle on Jan. 9, capturing first place.

Senior Nia Britt is currently ranked second in the Big Ten in shot put and fourth in the weight throw. Britt ranks second all-time in school history in the shot put and fifth all-time in weight throw. Junior Amanda Howe is ranked second in the nation in weight throw, landing 19-11 meter (62-8.5) on Jan. 9 at the Border Battle to improve on her personal best, a mark that ranks third in program history.

BIG TEN RECOGNITION

Freshman Jenoa Mckiver was named the Co-Big Ten Track Athlete of the Week and Senior Jamal Britt was named the Big Ten Field Athlete of the Week, the conference office announced Jan. 13.

The senior and freshman open the new year and a new season with their first career Big Ten Athlete of the Week honors. Both athletes competed in the Border Battle against Minnesota on Jan 9.

Britt won the long jump with a mark of 7.60 meters (24-11.25), the No. 1 mark in the nation and the eighth best mark in school history. He matched that effort with a time 7.85 in the 60-meter hurdles, also the fastest time in the nation.

Mckiver ran a time of 46.93 to win the 400 meters and secure the number one time in the nation by nearly a whole second.

2021 BIG TEN INDOOR CHAMPIONSHIPS

The 2021 Big Ten Championships are Feb. 25-27 at the Spire Institute in Geneva, Ohio. The Hawkeye men placed second at the 2020 Big Ten Indoor Championships with 107 points. It marked the highest finish for the men's team since 1963. The men won gold medals in the 60-meter hurdles, 200 meters, 400 meters, and the 4x400-meter relay. The women placed eighth with a total of 51 points. They had one gold medal from Lauluga Tausaga in the weight throw.

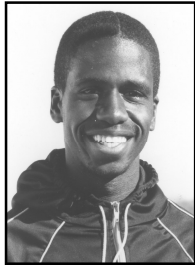
INDOOR ALL-TIME TOP TEN PERFORMERS



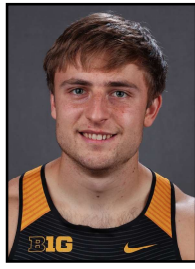
Justin Austin



Karayme Bartley



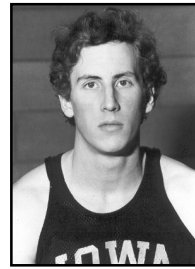
Rodney Chambers



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
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. 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. Jenoa 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

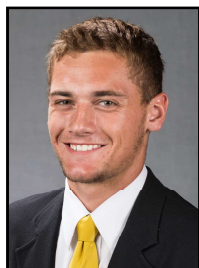
1. Jeff Thode, 2011	3:58.72
2. Ed DeLashmutt, 1981	4:04.01
3. Adam Jones, 2017	4:04.28
4. Michael Melchert, 2018	4:04.32
5. Larry Wiczorek, 1968	4:04.40
6. Nathan Mylenek, 2019	4:04.88
7. John Clark, 1972	4:05.94
8. Max Murphy, 2021	4:06.70
9. Ben Witt, 2014	4:07.08
10. Adam Thomas, 2002	4:07.13

3,000 Meters

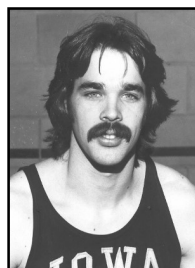
1. Kevin Lewis, 2015	7:57.06
2. Nathan Mylenek, 2020	7:58.37
3. Jeff Thode, 2011	8:00.38
4. Micah VanDenend, 2006	8:00.81
5. Daniel Soto, 2020	8:06.04
6. Michael Melchert, 2018	8:08.30
7. Eric MacTaggart, 2006	8:08.79
8. Stetson Steele, 2000	8:09.54
9. Ben Witt, 2015	8:10.97
10. Dan Haut, 2005	8:11.36

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

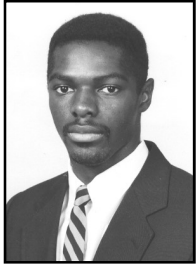


Carter Lilly



Jaylan McConico

INDOOR ALL-TIME TOP TEN PERFORMERS



Anthuan Maybank Michael Melchert Nathan Mylenek Jeff Thode Reno Tufuuli 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)
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)
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 Tuufuuli, 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. Ryan Lamparek, 2012..... 61-2(18.62)
9. Brad Daufeldt, 2004 ... 60-4 1/2 (18.40)
10. **Jordan Hawkins, 2020 59-9 1/2 (18.22)**

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

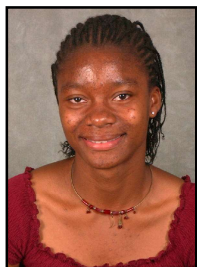
3,200-Meter Relay

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. Kuczvara, Barton, Kuhlman, N. Holmes,
2010 9:51.05
10. Marchese, Varner, Hairston, Luciano,
2009 9:52.52

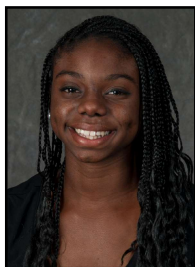
INDOOR ALL-TIME TOP 10 PERFORMERS



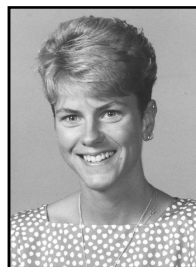
Kineke Alexander



Meghan Armstrong



Brittany Brown



Tracy Dahl



Briana Guillory



Karessa Farley



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
- Antonise Christian, 20207.45**
7. Shellene Williams, 2004 7.50
8. Briana Guillory, 2017 7.51
- LaSarah Hargrove, 20207.51**
10. Jiselle Providence, 2002 7.52

60-Meter Hurdles

1. Karessa Farley, 2009 8.21
- 2. Jenny Kimbro, 20208.22**
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. Tionna Tobias, 20218.54**

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, 202023.89**
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. 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. Mallory King, 2020.....1:29.10**
4. MonTayla Holder, 2016 1:29.35
- 5. Tia Saunders, 20201:29.83**
- 6. Payton Wensel, 20201:29.87**
7. Mahnee Watts, 2016 1:30.41
8. Senta Hawkins, 1987 1:30.77
- 9. Aly Weum, 20201:30.86**
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, 20202:08.83**
8. Taylor Arco, 2020..... 2:08.94
9. Adrienne Alexia, 2013 2:08.95
10. Briana Benning, 1996 2:09.22

Mile

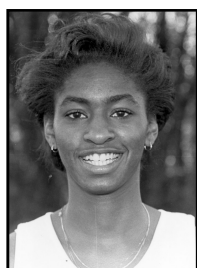
1. McKenzie Melander, 2011..... 4:39.78
2. Jeanne Kruckeberg, 1989 4:40.19
3. Meghan Armstrong, 2006 4:40.59
4. Lauren Hardesty, 2011 4:41.01
5. Tina Stec, 1994 4:42.63
6. Betsy Flood, 2010..... 4:42.70
7. Penny O'Brien, 1981..... 4:43.72
8. Diane Nukuri, 2007..... 4:46.25
9. Michelle Lahann, 2004 4:47.23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



MonTayla Holder



Lake Kwaza

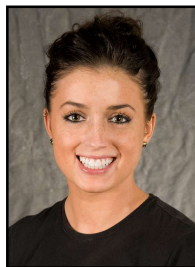


McKenzie Melander

INDOOR ALL-TIME TOP 10 PERFORMERS



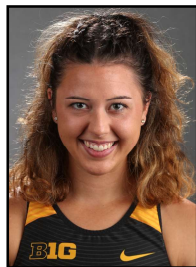
Diane Nukuri



Bethany Praska



Peaches Roach



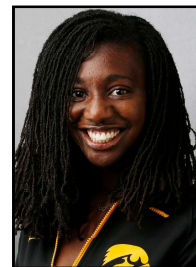
Jenny Kimbro



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)
6. 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)
9. 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. Kamesha Marshall, 2005 49-2 1/4 (14.99)
7. **Kat Moody, 2020 48-11 (14.91)**
8. Denise Taylor, 1992 48-9 (14.86)
9. **Jamie Kofron, 2021 48-5 1/2 (14.77)**
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