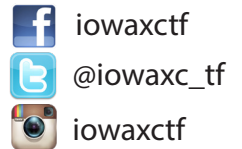




Feb. 3, 2021

# IOWA

# Track & Field 2021 Notes



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## 2021 IOWA TRACK & FIELD INDOOR SCHEDULE

Date	Meet
Jan. 9	<b>Hawkeye Border Battle</b> <i>(Iowa City, Iowa)</i>
Jan. 16	at Nebraska Open (Lincoln, Nebraska)
Jan. 22-23	<b>Larry Wieczorek Invitational</b> <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 Sevigne Invite <i>(Lincoln, Nebraska)</i>
Feb. 12-13	at Spire B1G Prep <i>(Geneva, Ohio)</i> <b>Hawkeye BIG Invitational</b> <i>(Iowa City, Iowa)</i>
Feb. 19	<b>Hawkeye Last Chance Meet</b> <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 University of Iowa track and field team heads to Lincoln, Nebraska, to compete against Nebraska, Illinois, and Minnesota at the Husker Quad on Saturday. Field events begin at 10 a.m. (CT) while track events start at 11:10 a.m (CT) at the Devaney Center Indoor Track. A complete schedule of events and links to a live feed and results are located at [hawkeyesports.com/tracklive](http://hawkeyesports.com/tracklive).

### SKOPEC CONTINUES TO SHINE

Senior Gabby Skopec recorded a back-to-back career best in the mile (5:01.21) and the 5,000 meters (17:24.19) at her last two track meets. She led the Hawkeyes at the Big Ten Cross Country Championships this past weekend. In her Iowa cross country debut she placed 50th in a time 21:53.2 for the 6,000-meter course.

### KING AMONG THE BIG TEN BEST

Senior Mallory King ran away from the pack in the 800 meters at Larry Wieczorek Invitational posting a season best time of 2:06.01, a mark that ranks first in the Big Ten and No. 8 in the nation. King also ran a leg of the 4x400 meter relay that ran a time of 3:42.46 to finish second. This time ranks second in the Big Ten.

### WHAT 2: WATCH 4 // KAT MOODY

Sophomore Kat Moody is competing in the shot put and weight throw this weekend. She is rounding into form, recording career bests in the shot put and weight throw in her last meet. Coming into the year, Moody's best mark in the shot put was 14.19m but now her best mark stands at 15.93m. The mark ranks fifth in the Big Ten and No. 4 all-time in program history.

### WHAT 2: WATCH 4 // JAMAL BRITT

Junior Jamal Britt has become a household name among Hawkeye fans. At the Larry Wieczorek Invitational, Britt recorded a career best in the 60-meter hurdles with a time of 7.70, a time that ranks first in the Big Ten and No. 2 in the nation. Britt's time also places him tied for third all-time in program history with Jordan Mullen. Britt won the Long Jump (7.56m) and ran a leg of the Big Ten leading 4x400 meter relay team that posted a time of 3:09.58. Britt will be competing in the 60 meter hurdles and the 4x400 meter relay this weekend.

## WHAT 2: WATCH 4 // NICK TRATTNER

Sophomore Nick Trattner recorded career bests in the mile, 5,000 meters, and 3,000 meters in his last three meets. Trattner won the mile at the Larry Wieczorek Invitational with a time of 4:12.57. That previous week Trattner broke the 15 minute barrier in the 5,000 meters with a time of 14:53.76. In his season debut at the Hawkeye Border Battle he finished second in the 3000 meters with a time of 8:22.55. Trattner will be competing in the mile this weekend.

## WHAT 2: WATCH 4 // JULIEN GILLUM

Sophomore Julien Gillum recorded a career best at the Larry Wieczorek Invitational posting a time of 1:18.37 in the 600 meters, a mark that ranks third in the Big Ten. Gillum also ran a leg of the 4x400 meter relay that ranks first in the Big Ten and 12th in the nation with a time of 3:09.58. Gillum will be competing in the 400 meters and the 4x400 meter relay this weekend.

## 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 Lalauga Tausaga in the weight throw.

## 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 Totic	5:01.24
3,000 Meters	Elyse Prescott	10:06.02
5,000 Meters	Kelli Totic	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

## 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 Totic	tah-SICK
Ellie Twedt	TWEET
Aly Weum	WEE-um

## 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.



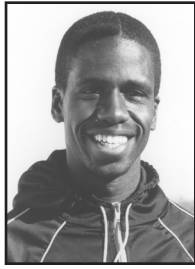
# INDOOR ALL-TIME TOP TEN PERFORMERS



Justin Austin



Karayme Bartley



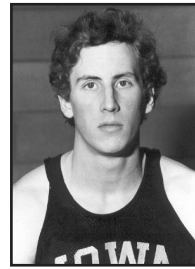
Rodney Chambers



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
<b>Austin Kresley, 2021</b>	<b>6.73</b>
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. 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

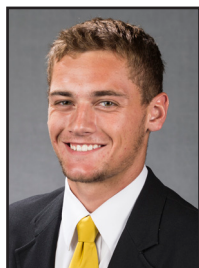
1. Jeff Thode, 2011	3:58.72
2. Ed DeLashmutt, 1981	4:04.01
3. Adam Jones, 2017	4:04.28
4. Michael Melchert, 2018	4:04.32
5. Larry Wiczorek, 1968	4:04.40
6. Nathan Mylenek, 2019	4:04.88
7. John Clark, 1972	4:05.94
8. Max Murphy, 2021	4:06.70
9. Ben Witt, 2014	4:07.08
10. Adam Thomas, 2002	4:07.13

## 3,000 Meters

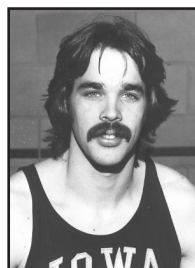
1. Kevin Lewis, 2015	7:57.06
2. Nathan Mylenek, 2020	7:58.37
3. Jeff Thode, 2011	8:00.38
4. Micah VanDenend, 2006	8:00.81
5. Daniel Soto, 2020	8:06.04
6. Michael Melchert, 2018	8:08.30
7. Eric MacTaggart, 2006	8:08.79
8. Stetson Steele, 2000	8:09.54
9. Ben Witt, 2015	8:10.97
10. Dan Haut, 2005	8:11.36

## 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

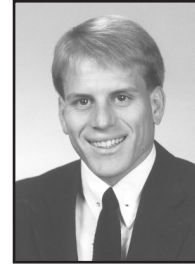
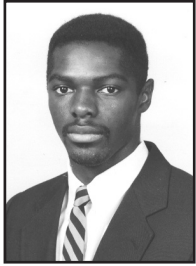


Carter Lilly



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. **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. 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, 2020 .....7.45**
7. Shellene Williams, 2004 ..... 7.50
8. Briana Guillory, 2017 ..... 7.51
- 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. 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, 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. Adrienne Alexia, 2013 ..... 2:08.95
10. Briana Benning, 1996 ..... 2:09.22

## Mile

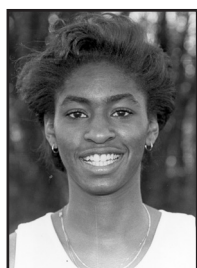
1. McKenzie Melander, 2011..... 4:39.78
2. Jeanne Kruckeberg, 1989 ..... 4:40.19
3. Meghan Armstrong, 2006 ..... 4:40.59
4. Lauren Hardesty, 2011 ..... 4:41.01
5. Tina Stec, 1994 ..... 4:42.63
6. Betsy Flood, 2010..... 4:42.70
7. Penny O'Brien, 1981..... 4:43.72
8. Diane Nukuri, 2007..... 4:46.25
9.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

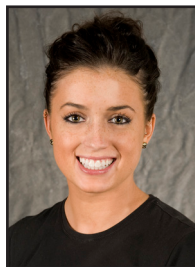


McKenzie Melander

# INDOOR ALL-TIME TOP 10 PERFORMERS



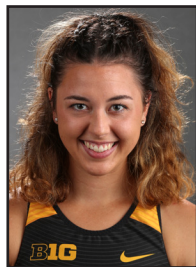
Diane Nukuri



Bethany Praska



Peaches Roach



Jenny Kimbro



Jessie Strand



Lauauga 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
1. 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. **Tionna Tobias, 2021 ..... 3,470 points**
10. Maureen Abel, 1979 ..... 3,427 points

## High Jump

1. Peaches Roach, 2005 ..... 6-0 3/4 (1.85)
1. 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. **Lauauga 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. **Lauauga 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