



March 9, 2020

IOWA Track & Field 2020 Notes



TRACK & FIELD CONTACT: MAGGIE WESLEY | EMAIL: MARGARET-WESLEY@HAWKEYESPORTS.COM | Phone: 319-335-9411 | hawkeyesports.com

2019-20 IOWA TRACK & FIELD INDOOR SCHEDULE

Date	Meet
Dec. 14	Jimmy Grant Invitational (Iowa City, Iowa)
Jan. 10-11	Hawkeye Invitational (Iowa City, Iowa)
Jan. 17-18	Larry Wiczorek Invitational (Iowa City, Iowa)
Jan. 24-25	Rod McCravy Memorial (Lexington, Ky.)
Jan. 31-Feb. 1	Black & Gold Invitational (Iowa City, Iowa) UW Invitational (Seattle, Wash.)
Feb. 7-8	Frank Sevigne Invite (Lincoln, Nebraska) Meyo Invitational (South Bend, Ind.)
Feb. 14-15	Texas Tech Shootout (Lubbock, Texas) Iowa State Classic (Ames, Iowa) Tyson Invitational (Fayetteville, Ark.)
Feb. 21-22	Alex Wilson Invitational (South Bend, Ind.)
Feb. 28-29	B1G Indoor Championships (Geneva, Ohio)
Mar. 13-14	NCAA Championships (Albuquerque, N.M.)

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

Nine Hawkeyes travel to Albuquerque, New Mexico to compete at the NCAA Championships on Friday and Saturday. The meet will be held at the Albuquerque Convention Center and is hosted by the University of New Mexico. For Friday, the first multi-event for the Hawkeyes is the heptathlon at 12 p.m. (CT). Shot put begins at 6 p.m. (CT) and the 60-meter hurdles at 7:40 p.m. (CT). Saturday begins with the final events of the heptathlon at 11 a.m. (CT) and the weight throw at 5:30 p.m. (CT). A full schedule of events is located at hawkeyesports.com.

FOLLOW ALONG

Fans can follow the meets on by visiting the schedule page at hawkeyesports.com. and selecting the live results under each meet. Results will also be posted on the team's official twitter account @iowaxc_tf.

NCAA QUALIFIERS

To qualify for the NCAA Indoor Championships in Albuquerque, New Mexico on March 13-14, the student-athlete must be ranked in the top 16 of an event. An athlete can compete in multiple events if ranked. As for relay teams, they must be in the top 12 to qualify.

HAWKEYES THAT RANK IN THE TOP 16 IN THE NATION

- Laulauga Tausaga: Shot Put (17.96m)
- Jaylan McConico: 60-Meter Hurdles (7.60)
- Wayne Lawrence: 400 Meters (45.56)
- Jenny Kimbro: Pentathlon (4269 points)
- Frye, Clarke, Woodard, Lawrence: 4x400-Meter Relay (3:04.91)
- Laulauga Tausaga: Weight Throw (22.21m)
- Will Daniels: Heptathlon (5689 points)
- Mallory King: 800 Meters (2:05.12)
- Wayne Lawrence: 200 Meters (20.85)

HAWKEYES TO COMPETE AT NATIONALS

- Raymund Clarke (4x400-meter relay)
- Will Daniels (heptathlon)
- DeJuan Frye (4x400-meter relay)
- Jenny Kimbro (pentathlon)
- Mallory King (800 meters)
- Wayne Lawrence (400 meters, 4x400-meter relay)
- Jaylan McConico (60-meter hurdles)
- Laulauga Tausaga (shot put, weight throw)
- Antonio Woodard (4x400-meter relay)

IN THE RANKINGS

The University of Iowa men's and women's track and field teams are ranked in the United States Track & Field and Cross Country Coaches Association (USTFCCA) Top 25 Week 7 poll. The women are ranked 19th in the nation and fourth in the Midwest region. The men are ranked 16th in the nation and second in the Midwest region.



2020 BIG TEN INDOOR CHAMPIONSHIPS

The Hawkeye men placed second at the 2020 Big Ten Indoor Championships with 107 points. This is the highest finish for the men's team since 1963. The men won four 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 Laulauga Tausaga in the weight throw.

MEET THE RECORD HOLDERS

Eight Hawkeyes on the roster account for nine indoor school records. They include:

- Nathan Mylenek, Collin Hofacker: distance medley relay (9:33.90)
- Laulauga Tausaga: shot put (17.96m) and weight throw (23.26m)
- Antonio Woodard, Wayne Lawrence: 1,600-meter relay (3:04.94)
- Wayne Lawrence: 600 meters (1:16.55), 400 meters (45.56)
- Jenny Kimbro: Pentathlon (4,269 points)
- Will Daniels: Heptathlon (5,689 points)
- Jaylan McConico: 60-meter hurdles (7.60)

MCCONICO CONQUERS BIG TEN, ONTO NCAA

Senior Jaylan McConico is the Big Ten 60-meter hurdles champion. He ranks second in the country with a 7.60 time, an Iowa school record. McConico broke the school record at the Tyson Invite on Feb. 14. McConico earned Big Ten Track Athlete of the Week honors three times this season. He was named first team All-Big Ten.

TAUSAGA IS ONE OF THE BEST IN THE NATION

Senior Laulauga Tausaga is the Big Ten weight throw champion (22.21m). She was runner-up in the shot put, contributing 18 points to the team at the Big Ten Indoor Championships. She was voted Big Ten Field Athlete of the Championships. Tausaga earned Big Ten Athlete of the Week twice this indoor season. On March 6, she was named Midwest Field Athlete of the Year by the USTFCCA for the second straight year. Tausaga nationally ranks No. 2 in the shot put and No. 9 in the weight throw.

DANIELS MAKES SCHOOL HISTORY

At the Husker Invite on Feb. 8, senior Will Daniels broke Iowa's heptathlon school record with 5,689 points. He was the runner-up in the heptathlon at the Big Ten Indoor Championships with 5,639 points. He currently ranks No. 13 in the nation and No. 1 in school history. He was named second team All-Big Ten.

LAWRENCE STRIKES GOLD AT BIG TENS

Sophomore Wayne Lawrence walked away from the Big Ten Indoor Championships with gold medals in the 200 meters, 400 meters, and 4x400-meter relay. Lawrence earned PRs in all three events, as well as breaking the school record in the 400 meters (45.56). Lawrence was voted Big Ten Track Athlete of the Championships, the first honor for the Hawkeye men's team in school history.

KIMBRO ON THE RISE

Senior Jenny Kimbro won the pentathlon (4,269 points), while breaking several records throughout the day at the Frank Sevigne Husker Invite on Feb. 7. She currently ranks No. 1 in Iowa history and No. 4 in the nation. Kimbro was named Female Athlete of the Husker Meet. Kimbro placed fifth in the pentathlon and runner-up in the 60-meter hurdles at the Big Ten Indoor Championships in Geneva, Ohio on Feb. 28-29. She was named second team All-Big Ten.

NEXT ON THE BLOCK

The Hawkeyes jump straight into the outdoor season as they travel to the Baldy Castillo Invitational in Tempe, Ariz. on Mar. 20-21.

2020 INDOOR SEASON LEADERS

MEN

60 Meters	Will Daniels	6.84
60-Meter Hurdles	Jaylan McConico	* 7.60
200 Meters	Antonio Woodard	20.85
300 Meters	Colin Hofacker	34.25
400 Meters	Wayne Lawrence, Jr.	* 45.56
600 Yards	Austin Lietz	1:10.54
600 Meters	Wayne Lawrence, Jr.	* 1:16.55
800 Meters	Matt Manternach	1:49.35
1,000 Meters	Tysen VanDraska	2:25.35
Mile	Nathan Mylenek	4:05.82
3,000 Meters	Nathan Mylenek	7:58.37
5,000 Meters	Daniel Soto	13:58.97
1,600-Meter Relay	Frye, Clarke, Woodard, Lawrence, Jr.	3:04.91
Distance Med. Relay	Birkett, Clarke, Still, Murphy	9:46.39
High Jump	Will Daniels	6-10 3/4 (2.10m)
Pole Vault	Peyton Haack	15-11 (4.85m)
Long Jump	Jamal Britt	24-8 1/2 (7.53m)
Triple Jump	James Carter	50-0 1/2 (15.25m)
Shot Put	Jordan Johnson	52-11 1/2 (16.14m)
Weight Throw	Tyler Lienau	* 70-0 1/2 (21.35m)
Heptathlon	Will Daniels	* 5,689 points

WOMEN

60 Meters	Antonise Christian	7.45
60-Meter Hurdles	Jenny Kimbro	8.22
200 Meters	Antonise Christian	23.89
300 Meters	Kylie Morken	40.47
400 Meters	Anaya Alexander	55.10
600 Meters	Mallory King	1:29.10
800 Meters	Mallory King	2:05.12
1,000 Meters	Taylor Arco	2:51.52
Mile	Elyse Prescott	4:55.01
3,000 Meters	Elyse Prescott	9:51.76
5,000 Meters	Elyse Prescott	17:49.36
1,600-Meter Relay	Alexander, Kimbro, Wensel, Christian	3:39.17
High Jump	Dallyssa Huggins	5-10 (1.78m)
Long Jump	Jenny Kimbro	19-4 (5.89m)
Triple Jump	Hannah Schlib	40-1 1/4 (12.22m)
Shot Put	Laulauga Tausaga	58-11 1/4 (17.96m)
Weight Throw	Laulauga Tausaga	72-10 (22.21m)
Pentathlon	Jenny Kimbro	* 4,269 points

* -- school record

PRONUNCIATION GUIDE

Ashley Bryja	Bree-UH
Tanner Iske	Iss-kee
Kylie Latham	Lay-thum
Matt Manternach	MON-ter-knock
Cole Moeller	MOLE-er
Nathan Mylenek	MY-len-ek
Nolan Roethler	Raw-thler
Konstadina Spanoudakis	SPAWN-uh-dock-iss
Laulauga Tausaga	LAU-log-a Tuh-saga
Gillian Urycki	YER-ick-ee

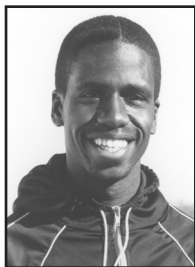
INDOOR ALL-TIME TOP TEN PERFORMERS



Justin Austin



Karayme Bartley



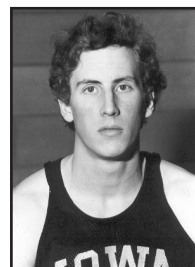
Rodney Chambers



Will Daniels



Troy Doris



Bill Hansen



Mar'yea Harris

60 Meters

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

60-Meter Hurdles

- Jaylan McConico, 2020.....7.60**
- Aaron Mallett, 2017 7.64
- Jordan Mullen, 2013..... 7.70
- Chris Douglas, 2018..... 7.76
- Jamal Britt, 2020.....7.81**
- Ethan Holmes, 2013 7.82
- Josh Braverman, 2020.....7.83**
- Grant Conway, 2020.....7.86**
- Dion Trowers, 1997 7.87

200 Meters

- Karayme Bartley, 2019..... 20.67
- Justin Austin, 2011 20.80
- Wayne Lawrence, 202020.85**
- Antonio Woodard, 2019.....20.89**
- Anthuan Maybank, 1993 21.11
- Bashir Yamini, 1999 21.19
- James Harrington, 2014 21.21
- Ethan Holmes, 2013 21.23
- Tim Dodge, 2000 21.26
- Christian Brissett, 2017 21.27
Mar'yea Harris, 2019..... 21.27

400 Meters

- Wayne Lawrence Jr., 2020.....45.56**
- Mar'yea Harris, 2017..... 45.75
- Karayme Bartley, 2019..... 46.25
- Emmanuel Ogwo, 2017 46.45
- Steven Willey, 2010 46.75
- Terrence Duckett, 1984 46.81
- Collin Hofacker, 201746.82**
- DeJuan Frye, 202046.91**
- Andre Morris, 1995 47.15
- Monte Raymond, 1998..... 47.18

600 Meters

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

800 Meters

- Carter Lilly, 2017..... 1:47.33
- Erik Sowinski, 2012..... 1:47.62
- Will Teubel, 2016..... 1:47.74
- Pavlo Hutsalyuk, 2016 1:48.97
- Ryan Weir, 2013 1:49.11
- Adam Hairston, 2010..... 1:49.26
- Nathan Prom, 2013 1:49.29
- Matt Manternach, 2020..... 1:49.35**
- Alex Birkett, 2020 1:49.47**
- Tyson VanDusen, 2020..... 1:49.49

Mile

- Jeff Thode, 2011 3:58.72
- Ed DeLashmutt, 1981 4:04.01
- Adam Jones, 2017 4:04.28
- Michael Melchert, 2018 4:04.32
- Larry Wiczorek, 1968..... 4:04.40
- Nathan Mylenek, 20194:04.88**
- John Clark, 1972 4:05.94
- Ben Witt, 2014 4:07.08
- Adam Thomas, 2002 4:07.13
- Kevin Herd, 1992 4:07.26

3,000 Meters

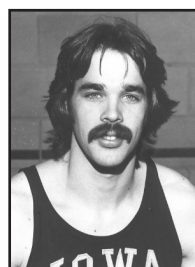
- Kevin Lewis, 2015 7:57.06
- Nathan Mylenek, 20207:58.37**
- Jeff Thode, 2011 8:00.38
- Micah VanDenend, 2006 8:00.81
- Daniel Soto, 2020 8:06.04**
- Michael Melchert, 2018 8:08.30
- Eric MacTaggart, 2006 8:08.79
- Stetson Steele, 2000..... 8:09.54
- Ben Witt, 2015 8:10.97
- Dan Haut, 2005 8:11.36

5,000 Meters

- Kevin Lewis, 2015 13:43.70
- Micah VanDenend, 2007 13:56.46
- Daniel Soto, 2020 13:58.97**
- Stetson Steele, 2000..... 14:00.52
- Dan Haut, 2006 14:06.16
- Eric MacTaggart, 2006 14:13.41
- Jeff Thode, 2011 14:16.00
- Noah Healy, 2020..... 14:17.84**
- Matt Esche, 2004..... 14:18.43
- Jeff Kent, 2007 14:18.86



Collin Hofacker



Bill Knoedel



Wayne Lawrence, Jr.



Kevin Lewis



Tyler Lienau

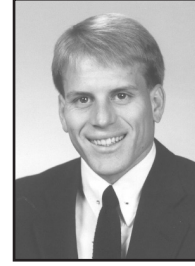
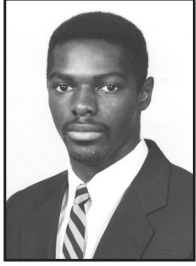


Carter Lilly



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)
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)
Jamal Britt, 2020..... 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,**
20193:04.76
2. **Frye, Clarke, Woodard, Lawrence, Jr.,**
20203:04.91
3. Ogwo, **Hofacker, Frye,** Harris, 20173:04.94
4. **Hofacker, Frye,** Garron, Harris, 2018.....3:05.33
5. **Thompson, Frye,** Garron, Harris, 20183:06.06
6. Richards, E. Holmes, Sowinski,
Willey, 20113:06.66
7. **Frye, Woodard, Lawrence, Jr., Britt,**
20203:06.76
8. Rozell, Davis, Raymond, Yamini, 19983:06.80
9. Ogwo, Mallett, **Frye,** Harris, 20173:07.08
10. Wolff, Ganschow, Lilly, Harris, 20163:07.24

3,200-Meter Relay

1. Cooke, Nie, Monsey, Chambers, 1990.....7:13.02
2. Corrigan, Blackman, Strozier,
Chambers, 19897:29.00
3. English, Blackman, Strozier,
Chambers, 19897:36.20
4. 19777:39.40
5. 19867:40.90
6. Bouske, Herd, Chambers, Koon, 19927:43.94
7. Bouska, Cook, White, Herd, 1992.....7:48.63
8. 19927:49.86
9. 19867:50.10
10. Roseman, Rerko, Novotny,
Branigan, 19937:51.36

Distance Medley Relay

1. **Mylenek, Hofacker,** Lilly, Melchert, 2018 .9:33.90
2. Lilly, **Frye, Manternach,** Jones, 20179:44.07
3. **Mylenek, Thompson,** Lilly, Melchert,
20189:45.10
4. Prom, Rickels, Sowinski, Thode, 20129:45.41
5. **Birkett, Clarke, Still, Murphy, 20209:46.39**
6. 19999:46.83
7. 19779:48.80
8. 19789:49.70
9. Kuczvara, Barton, Kuhlman, N. Holmes,
20109:51.05
10. Marchese, Varner, Hairston, Luciano,
20099:52.52

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
- Lasrah 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, 2020 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, 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, 20202:08.94**
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

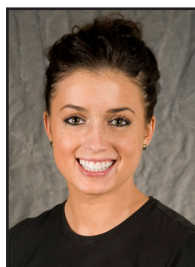


McKenzie Melander

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
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 3,427 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)
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)
- Aubrianna Lantrip, 2018 .. 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. 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. Rachel Curry, 2013 48-2 1/2 (14.69)
10. Megan Maurer, 1995 47-5 3/4 (14.47)

Weight Throw

1. **Lauauga Tausaga, 2019 76-3 3/4 (23.26)**
2. Ashlyn Gulvas, 2013 63-6 (19.35)
3. **Amanda Howe, 2020 62-4 1/2 (19.01)**
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. **Allison Wahrman, 2020 59-1 1/2 (18.02)**
9. Majesty Tutson, 2011 58-4 (17.78)
10. Becca Franklin, 2007 58-3 1/4 (17.76)

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