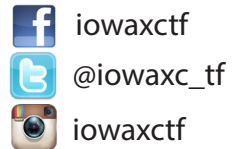




Mar. 22, 2021

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 Husker Quad <i>(Lincoln, Nebraska)</i>
Feb. 12-13	at Spire B1G Invitational <i>(Geneva, Ohio)</i>
Feb. 19	Hawkeye B1G 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

BRITT BREAKS RECORD, TAKES HOME SILVER MEDAL

Jamal Britt capped off an incredible indoor campaign with a second-place finish and a school record at the NCAA Indoor Championships. Britt started off the weekend punching his ticket to the finals of the 60-meter hurdles with a school record 7.58. He then broke his own school record with a time of 7.52 en route to taking home the silver medal. Britt came within .01 seconds of winning the national championship. His finish is the highest for any Hawkeye in the 60-meter hurdles at the NCAA Championships.

2021 AWARD WINNERS

Big Ten Coach of the Year: Joey Woody
USTFCCCA Midwest Coach of the Year: Joey Woody
Sportmanship Award Winners: Tionna Tobias, Julien Gillum
First Team All-Big Ten: Peyon Haack, James Carter, Paige Magee
Second Team All-Big Ten: Wayne Lawrence Jr, Alec Still, Gratt Reed, Mallory King, Antonise Christian, Tesa Roberts, Nylah Perry

ALL-AMERICA HONORS

FIRST TEAM

2. Jamal Britt: 60-meter hurdles (7.52)

SECOND TEAM

- 11. Mallory King: 800 meters (2:07.74)
- 12. Peyton Haack: heptathlon (4,813 points)
- 13. Austin West: heptathlon (4,591 points)

HONORABLE MENTION

Wayne Lawrence Jr: 400 meters

WOODY EARNS BIG TEN AND USTFCCCA COACHING HONORS

University of Iowa director of track and field Joey Woody was named United States Track & Field and Cross Country Coaches Association Midwest Region Men's Track and Field Coach of the Year on Feb. 24, one day after the Big Ten Conference named Woody its Men's Coach of the Year.

Iowa entered the NCAA Indoor Championships ranked No. 1 in the Midwest Region and No. 18 nationally. The Hawkeyes reached as high as No. 9 nationally this season, the best ranking in school history. The Iowa men had four events ranked in the nation's top 10 entering the NCAA Indoor Championships, including the 400 meters (2), 60-meter hurdles (2), long jump (4) and shot put (7).

Woody led Iowa to its first outright Big Ten Indoor Championships since 1929, scoring a school-record 119 points, 27 more than second-place Indiana. The Hawkeyes had 10 medalists, including Big Ten champions James Carter, Jr., in the long jump and Peyton Haack in heptathlon.

The USTFCCCA honor is the fourth of Woody's career. He earned head coach honors after Iowa's 2019 Big Ten Championships, and was named Midwest Region Assistant Coach of the Year in 2013 and 2011. He was named Big Ten Outdoor Coach of the Year in 2019.

2021 BIG TEN INDOOR CHAMPIONSHIPS WRAP UP

The Hawkeye men won the 2021 Big Ten Indoor Championships with a school record 119 points. It was Iowa's first outright Big Ten Indoor Championship since 1929. The men won two gold medals, including James Carter in the long jump and Peyton Haack in the heptathlon. The women placed third with a total of 75 points, matching the highest finish in program history. Paige Magee won gold in the 60-meter hurdles.

HAACK WINS BIG TEN GOLD, BREAKS RECORD

Peyton Haack finished his indoor campaign with a 12th place finish in the heptathlon at the NCAA Indoor Championships with a total of 4,813 points. Haack had an incredible indoor season winning the Big Ten title with a score of 5,749 points. This point total is a school record.

HAWKEYES EARN SIX BIG TEN ATHLETE OF THE WEEK HONORS

Junior Jamal Britt was named Big Ten Track Athlete of the Week three times this season. Britt was recognized for his performance at the Hawkeye Big Ten Invitational Feb. 12-13 after he tied the school record in the men’s 60-meter hurdles, winning the event in 7.60. Britt also won the men’s long jump, landing 7.45 meters (24-5.5) on his opening jump, and placed third in the 200 meters in 21.58.

Britt earned honors Jan. 27 after winning the long jump with a mark of 7.56m (24’9.75”) at the Wieczorek Invitational. He also finished second in the 60-meter hurdles with a time of 7.70 and ran a leg of the 4x400 meter relay (3:09.58). Senior Mallory King was named Big Ten Track Athlete of the Week after the Wieczorek Open. King won the 800 meters in a time of 2:06.01 and ran a leg of the 4x400 meter relay (3:42.46). She was named Wieczorek Female Athlete of the Meet.

Britt, freshman Jenoa Mckiver and junior Amanda Howe earned conference honors following the Hawkeye Border Battle. Mckiver was named Big Ten Track Co-Athlete of the Week and Britt and Howe were named Big Ten Field Athletes of the Week.

Britt won the long jump with a mark of 7.60 meters (24-11.25) and the 60-meter hurdles with a time 7.85. Mckiver ran a time of 46.93 to win the 400 meters and Howe won the weight throw, throwing 19.11 meters, a mark that ranks No. 3 all-time in program history.

2021 INDOOR SEASON LEADERS

MEN

60 Meters	Austin Kresley	6.72
60-Meter Hurdles...	Jamal Britt	* 7.52
200 Meters	Wayne Lawrence, Jr.	20.89
400 Meters	Wayne Lawrence, Jr.	* 45.40
600 Meters	Julien Gillum	1:17.13
800 Meters	Alec Still	1:49.72
1,000 Meters	Austin West.....	2:30.05
Mile	Kal Lewis	4:04.21
3,000 Meters	Max Murphy	7:59.30
5,000 Meters	Noah Healy	14:12.47
1,600-Meter Relay..	Gillum, Gudgel, Lawrence, Jr., Olson.....	3:08.25
Dist. Medley Relay..	Lewis, Woody, Still, Murphy.....	9:42.16
High Jump.....	Zack Pluff	6-8 3/4 (2.05m)
Pole Vault	Peyton Haack	15-7 (4.75m)
Long Jump	James Carter	25-1 1/4 (7.65m)
Triple Jump	James Carter	50-6 1/4 (15.40m)
Shot Put.....	Elijah Barnes	60-8 (18.49m)
Weight Throw.....	Tyler Lienau.....	68-9 (20.95m)
Heptathlon	Peyton Haack	*5,749 points

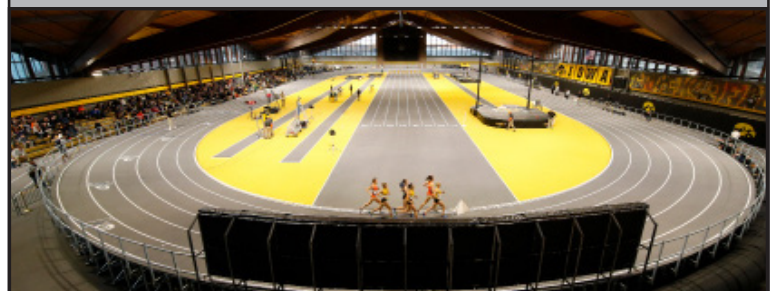
WOMEN

60 Meters	Antonise Christian.....	7.55
60-Meter Hurdles...	Paige Magee	8.26
200 Meters	LaSarah Hargrove.....	24.27
400 Meters	Nylah Perry	54.43
600 Meters	Mallory King.....	1:29.47
800 Meters	Mallory King.....	2:05.34
1,000 Meters	Clare Pitcher	2:57.46
Mile	Emma Gordon.....	4:54.09
3,000 Meters	Kelli Totic	9:47.84
5,000 Meters	Kelli Totic	17:09.13
1,600-Meter Relay..	King, Christian, Perry, Roberts	3:37.92
Dist. Medley Relay..	Akason, Bruxvoort, Moore, Totic.....	11:42.14
High Jump.....	Dallyssa Huggins	5-8 3/4 (1.73m)
Long Jump	Tionna Tobias	19-4 (5.89m)
Triple Jump	Eavion Richardson.....	41-3 1/4 (12.58m)
Shot Put.....	Nia Britt.....	53-9 3/4 (16.40m)
Weight Throw.....	Amanda Howe	63-2 (19.25m)
Pentathlon.....	Dallyssa Huggins	3,881 points

* -- 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 10 PERFORMERS



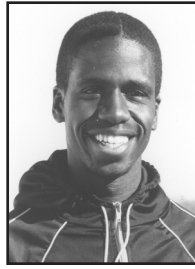
Justin Austin



Karayme Bartley



Jamal Britt



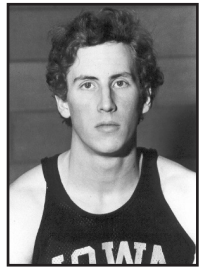
Rodney Chambers



Troy Doris



Peyton Haack



Bill Hansen

60 Meters

1. Justin Austin, 2011	6.69
2. Vinnie Saucer, Jr., 2016	6.70
3. Austin Kresley, 2021	6.72
4. Kurt Felix, 1999	6.73
Tevin-Cee Mincy, 2014	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. Jamal Britt, 2021	7.52
2. Jaylan McConico, 2020	7.60
3. Aaron Mallett, 2017	7.64
4. Jordan Mullen, 2013	7.70
5. Chris Douglas, 2019	7.75
6. Gratt Reed, 2021	7.81
7. Ethan Holmes, 2013	7.82
Josh Braverman, 2020	7.82
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. Austin Kresley, 2021	21.12
7. Bashir Yamini, 1999	21.19
8. James Harrington, 2014	21.21
9. Ethan Holmes, 2013	21.23
10. Tim Dodge, 2000	21.26

400 Meters

1. Wayne Lawrence Jr., 2021	45.40
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. Julien Gillum, 2021	1:17.13
6. Carter Lilly, 2017	1:17.20
7. Spencer Gudgel, 2021	1:17.38
8. Matt Manternach, 2020	1:17.43
9. Will Teubel, 2016	1:17.55
10. .Tyler.Olson, 2021	1:17.83

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. Kal Lewis, 2021	4:04.21
4. Adam Jones, 2017	4:04.28
5. Michael Melchert, 2018	4:04.32
6. Larry Wieczorek, 1968	4:04.40
7. Nathan Mylenek, 2019	4:04.88
8. John Clark, 1972	4:05.94
9. Max Murphy, 2021	4:06.70
10. Ben Witt, 2014	4:07.08

3,000 Meters

1. Kevin Lewis, 2015	7:57.06
2. Nathan Mylenek, 2020	7:58.37
3. Max Murphy, 2021	7:59.30
4. Jeff Thode, 2011	8:00.38
5. Micah VanDenend, 2006	8:00.81
6. Daniel Soto, 2020	8:06.04
7. Michael Melchert, 2018	8:08.30
8. Eric MacTaggart, 2006	8:08.79
9. Stetson Steele, 2000	8:09.54
10. Ben Witt, 2015	8:10.97

5,000 Meters

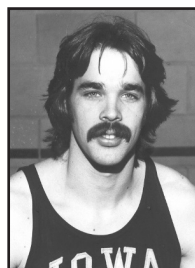
1. Kevin Lewis, 2015	13:43.70
2. Micah VanDenend, 2007	13:56.46
3. Daniel Soto, 2020	13:58.97
4. Stetson Steele, 2000	14:00.52
5. Dan Haut, 2006	14:06.16
6. Noah Healy, 2021	14:12.47
7. Eric MacTaggart, 2006	14:13.41
8. Jeff Thode, 2011	14:16.00
9. Nick Trattner, 2021	14:18.11
10. Matt Esche, 2004	14:18.43



Mar'yea Harris



Collin Hofacker



Bill Knoedel



Wayne Lawrence, Jr.



Kevin Lewis



Tyler Lienau

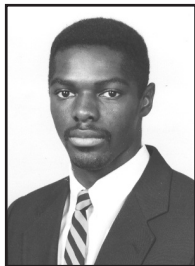
INDOOR ALL-TIME TOP 10 PERFORMERS



Carter Lilly



Jaylan McConico



Anthuan Maybank



Michael Melchert



Nathan Mylenek



Jeff Thode



Reno Tufuuli

Heptathlon

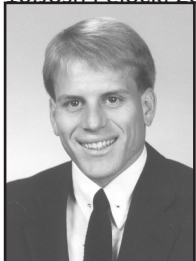
1. **Peyton Haack, 2021** 5,749 points
2. **Will Daniels, 2020**..... 5,689 points
3. William Dougherty, 2018.. 5,606 points
4. **Austin West, 2020**..... 5,581 points
5. Kyle Reid, 2013 5,354 points
6. Dan Rolling, 2010 5,205 points
7. Jack Eckert, 2015 5,188 points
8. **Daniel Gaynes, 2018** 5,162 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. **Peyton Haack, 2019** 16-4 3/4 (5.00)
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)



Todd Wigginton



Antonio Woodard

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. **James Carter, 2021**..... 25-1 1/4 (7.65)
6. Paul Jones, 1990..... 24-11 1/4 (7.60)
Jamal Britt, 2021..... 24-11 1/4 (7.60)
8. Josh Larney, 2013 24-10 (7.57)
9. Ronnie McCoy, 1984..... 24-9 (7.54)
10. Matty Gorman, 2006.... 24-8 1/2 (7.53)

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, 2021**.... 50-6 1/4 (15.40)
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. **Elijah Barnes, 2021**60-8 (18.49)
9. Ken Kemeny, 2004..... 60-0 1/2 (18.30)
10. Gabe Hull, 2014..... 59-3 (18.06)

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 Hawkins, 2021** 63-0 3/4 (19.22)
9. **Jordan Johnson, 2021**62-5 (19.02)

10. Ryan Lamparek, 2012..... 61-2(18.62)

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, 20183:05.33
5. Thompson, **Frye**, Garron, Harris, 2018.....3:06.06
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, 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. **Lewis, Woody, Still, Murphy, 2021**9:42.16
3. Lilly, **Frye**, Manternach, Jones, 20179:44.07
4. **Mylenek**, Thompson, Lilly, Melchert,
20189:45.10
5. Prom, Rickels, Sowinski, Thode, 20129:45.41
6. **Birkett, Clarke, Still, D. Murphy, 2020**.....9:46.39
7. 19999:46.83
8. 19779:48.80
9. 19789:49.70
10. Kuczwarra, Barton, Kuhlman, N. Holmes,
20109:51.05

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
- 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. Paige Magee, 20218.26**
4. Tiffany Johnson, 2006..... 8.33
5. Jahisha Thomas, 2017 8.35
6. Paula Ruen, 1998..... 8.39
7. Tria Simmons, 2019..... 8.40
8. Heaven Chandler, 2017 8.44
9. Sarah Steffen, 2002 8.45
- Renee White, 2008..... 8.45
- Tionna Tobias, 20218.45**

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. Nylah Perry, 202154.43**
10. Sheridan Champe, 2018 54.70

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. Clare Pitcher, 2021.....1:29.96**
8. Mahnee Watts, 2016 1:30.41
9. Senta Hawkins, 1987 1:30.77
- 10. Aly. Weum, 2020. 1:30.86**

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

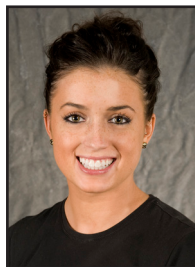


McKenzie Melander

INDOOR ALL-TIME TOP 10 PERFORMERS



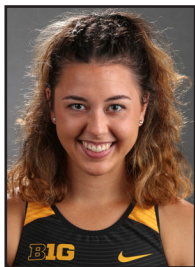
Diane Nukuri



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
1. Tammilee Kerr, 2008 3,974 points
4. **Dallyssa Huggins, 2021 3,881 points**
5. Chris Davenport, 1983 3,798 points
6. Kamesha Marshall, 2005 3,701 points
7. **Tionna Tobias, 2021 3,625 points**
8. Tiff Pedersen, 2004 3,511 points
9. Sarah Ryan, 2013 3,472 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)**
6. **Tionna Tobias, 2021 19-4 (5.89)**
8. Renee White, 2006 19-3 1/4 (5.87)
9. Tiffany Johnson, 2007 19-2 1/2 (5.85)
10. Tria Simmons, 2018 19-2 (5.84)

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. **Eavion Richardson, 2021 . 41-3 1/4 (12.58)**
7. Zinnia Miller, 2014 41-2 1/2 (12.56)
8. **Kayla Hutchins, 2021 40-8 3/4 (12.41)**
9. Hannah Schlib, 2019 40-7 (12.37)
10. Carisa Leacock, 2012 40-5 1/2 (12.33)

Shot Put

1. **Laulauga Tausaga, 2020 58-11 1/4 (17.96)**
2. **Nia Britt, 2019 54-11 1/2 (16.75)**
3. **Kat Moody, 2021 52-3 1/4 (15.93)**
4. **Erika Hammond, 2019 .. 51-3 1/2 (15.63)**
5. Gail Smith, 1985 51-0 (15.54)
6. Lisa Van Steenwyk, 1993 50-5 1/4 (15.37)
7. **Jamie Kofron, 2021 50-0 3/4 (15.26)**
8. Kamesha Marshall, 2005 49-2 1/4 (14.99)
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 63-2 (19.25)**
4. Jasmine Simpson, 2013 . 62-6 1/2 (19.06)
5. **Nia Britt, 2021 62-2 1/2 (18.96)**
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
8. **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
8. Armstrong, Granger, Stanley, K. Anderson, 2006 11:29.54
10. Lahann, Williams, Stanley, Arens, 2004 11:30.36