



January 21 & 22, 2022

IOWA Track & Field 2021-22 Notes



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2021 IOWA TRACK & FIELD INDOOR SCHEDULE

Date	Meet
Dec. 10-11	Jimmy Grant Invitational (Iowa City, Iowa)
Jan. 14-15	Hawkeye Invitational (Iowa City, Iowa)
Jan. 21-22	Larry Wieczorek Invitational (Iowa City, Iowa)
Jan. 28-29	at Razorback Invite (Fayetteville, Ark.)
Feb. 4-5	at Meyo Invite (South Bend, Ind.) at Frank Sevigne Husker Invite (Lincoln, Neb.)
Feb. 11-12	at Tyson Invitational (Fayetteville, Ark.) at Iowa State Classic (Ames, Iowa)
Feb. 19	at Alex Wilson Invite (South Bend, Ind.)
Feb. 25-26	at B1G Indoor Championships (Geneva, Ohio)
Mar. 11-12	NCAA Championships (Birmingham, Alabama)

IOWA COACHING STAFF

Joey Woody

Director of Track & Field/Cross Country
(Hurdles/Multis/Men's Short Sprints)

Randy Hasenbank

Associate Head Coach (Distance)

Jason Wakenight

Assistant Coach/Recruiting Coordinator
(Long Sprints/Middle Distance/
Men's Long Hurdles)

Ray Robinson

Assistant Coach (Throws)

Kate Wakenight

Director of Operations

THIS WEEK

The University of Iowa track and field team is back at home on Friday and Saturday, hosting the Larry Wieczorek Invitational. The weight throw will take place at 1 p.m. (CT) on Friday afternoon at the Hawkeye Tennis and Recreation Complex (HTRC), with high jump starting at the UI Rec Building (Indoor Track Facility) at 3 p.m. On Saturday, the meet begins at 1 p.m. (CT) with the pole vault at the UI Rec Building (Indoor Track Facility). Admission is free.

THE COMPETITION

The Wieczorek Invitational will include six teams, including three Big Ten teams – Iowa, Purdue and Wisconsin – as well as Baylor, Gonzaga and Northern Iowa.

FOLLOW ALONG

Fans can follow the meet on the live results page at hawkeyesports.com/tracklive. Results will also be posted on the team's official twitter account [@iowaxc_tf](https://twitter.com/iowaxc_tf). A live video feed is available at www.bigtenplus.com.

B1G HONORS FOR HARGROVE

LaSarah Hargrove, a native of Tampa, Florida, ran the third-fastest 60-meter time in program history (7.40) at the Jimmy Grant Invitational on December 11. The Hawkeye sprinter's time currently ranks 29th in the NCAA and No. 4 in the Big Ten. The sophomore earned Big Ten Women's Track Athlete of the Week honors on December 15 for her performance – the first conference honors of Hargrove's career. Hargrove followed up her performance with a time of 23.58 seconds in the 200 meters at the Hawkeye Invitational on January 15, winning the meet and running the fifth-fastest time in Iowa history. Her mark currently leads the conference and ranks fourth nationally.

WALKER ADDS DEPTH TO MEN'S SHORT-SPRINT SQUAD

The Hawkeye sprint group was a force in the Big Ten a year ago, but lacked a single qualifier in the 60-meter final at the Big Ten Championships. **Kalen Walker** is perhaps one of the most intriguing additions to the men's team this year. Walker is a sophomore transfer from Indian Hills Junior College and held career-best times of 6.90 (60 meters) and 21.52 (200 meters) when he came to Iowa City. Walker exploded onto the scene in his Hawkeye debut at the Jimmy Grant Invitational, tying the 60-meter school record with a time of 6.69 in the prelims. Walker added a win at the Hawkeye Invitational, winning the 60 meters with a meet-record time of 6.71. Walker joins sophomore **Austin Kresley**, who owns a career-best time of 6.72 in the 60 meters, and he adds some needed depth to the short sprints group. The 60 meters was the only sprint event that the Hawkeyes did not score in at last season's Big Ten meet.



WOMEN'S THROWS START SEASON STRONG

Junior **Amanda Howe** set a new meet record (20.67m / 67'9") at the Jimmy Grant Invitational and moved into second all-time at Iowa in the weight throw. Howe's throw currently ranks fifth in the Big Ten and 15th in the NCAA. Senior **Nia Britt** won the women's shot put (15.72m / 51'7") at the Jimmy Grant Invitational, while junior teammate **Nicole Berry** moved into the top-five in program history (15.54m / 51'), finishing as the runner-up. Britt's mark currently ranks 11th in the Big Ten and 26th in the nation. Britt also finished third in the weight throw (19.69m / 64'11.75") at the Hawkeye Invitational and her mark ranks eighth in the Big Ten and No. 26 in the NCAA. **Kat Moody** added her name to the top 20 in the NCAA, as she won the shot put (16.32m / 53'6.5") at the Hawkeye Invitational. Moody's mark was a career best that moved her into third all-time at Iowa.

FAST TRACK FOR MCKIVER

Freshman **Jenoah McKiver** kicked off his season with a pair of individual victories in the 600 meters and the 400 meters at the Jimmy Grant Invitational and the Hawkeye Invitational. McKiver cruised to victory in the 600 meters, posting a career-best time of (1:17.44). McKiver's time bested the previous Jimmy Grant Invitational meet record and put him ninth all-time at Iowa. The Hawkeye sprinter won 400 meters at the Hawkeye Invitational with a conference-leading time of 46.83 that currently ranks fifth in the NCAA. McKiver doubled back at both meets and competed in the 4x400-meter relay. At the Jimmy Grant Invitational, he posted a team-best split (45.80) and followed that up at the Hawkeye Invitational by posting a 46.95-second split to help the Hawkeyes record a meet-record time of 3:09.98 that currently leads the Big Ten and is No. 7 in the country.

WOMEN'S SHORT-SPRINT GROUP RUNS DEEP

The Hawkeye women short sprinters had an excellent start to the season at the Jimmy Grant Invitational, adding two marks to Iowa's all-time top 10 list in the 60 meters. Sophomore **LaSarah Hargrove** ran the third-fastest 60-meter time in school history (7.40), with freshman **Lia Love** close behind (7.44), who jumped onto the all-time list, ranking fifth. Love also finished runner-up in the 200 meters, recording a new personal-best (24.58). Hargrove followed Big Ten Women's Track Athlete of the week performance with a time of 23.58 seconds in the 200 meters at the Hawkeye Invitational on January 15, winning the meet and running the fifth-fastest time in Iowa history. Her mark currently leads the conference and ranks fourth nationally. Freshman **Mytika Mayberry** recorded back-to-back personal-bests in the 60-meter prelims (7.70) and finals (7.64), winning the final at the Jimmy Grant Invitational. The women were without a qualifier in the 60-meter final at the Big Ten Championships last season but have added a pair of talented freshmen to the squad in Love and Mayberry.

2022 INDOOR SEASON LEADERS

MEN'S SEASON BESTS

60 Meters	Kalen Walker	* 6.69
60-Meter Hurdles...	Grant Conway	7.79
200 Meters	Khullen Jefferson	21.23
300 Meters	Evan Schuster.....	34.80
400 Meters	Jenoah McKiver	46.83
600 Meters	Jenoah McKiver	1:17.44
800 Meters	Eli Ward.....	1:54.53
1,000 Meters	Antonio Abrego.....	2:24.05
Mile	Max Murphy	4:08.71
1,600-Meter Relay..	Spencer Gudgel, Chadrick Richards, Jenoah McKiver, Julien Gillium.....	3:09.98
High Jump.....	Zack Pluff	6-8 3/4 (2.05m)
Pole Vault	Austin West.....	13-7 1/4 (4.15m)
Long Jump	James Carter, Jr.	24-7 (7.48m)
Triple Jump	James Carter, Jr.	50-10 1/4 (15.50m)
Shot Put.....	Nikolas Curtis	60-9 1/2 (18.53m)
Weight Throw.....	Tyler Lienau.....	* 70-1 3/4 (21.38m)

WOMEN'S SEASON BESTS

60 Meters	LaSarah Hargrove.....	7.40
60-Meter Hurdles...	Myreanna Bebe	8.30
200 Meters	LaSarah Hargrove.....	23.58
300 Meters	Nylah Perry	39.22
400 Meters	Mallory King.....	55.75
600 Meters	Alli Bookin-Nosbisch	1:32.84
800 Meters	Emma Gordon.....	2:15.61
1,000 Meters	Mallory King.....	2:50.46
Mile	Brooke McKee.....	4:59.78
3,000 Meters	Abby Ryon.....	10:18.70
1,600-Meter Relay..	Mallory King, Payton Wensel, Mariel Bruxvoort, Tesa Roberts.....	3:40.07
High Jump.....	Maria Gorham	5-3 (1.60m)
	Kiersten Fisher	5-3 (1.60m)
	Anne Guest	5-3 (1.60m)
	Jade Hunter.....	5-3 (1.60m)
Long Jump	Tahlee McVee	18-6 1/2 (5.65m)
Triple Jump	Kayla Hutchins	40-9 3/4 (12.44m)
Shot Put.....	Kat Moody	53-6 1/2 (16.32m)
Weight Throw.....	Amanda Howe	67-9 3/4 (20.67m)

* -- school record



MEN'S MILER'S ADD TWO MORE UNDER 4:10

The Jimmy Grant Invitational on December 11 marked 289 days since **Max Murphy** competed for the Hawkeyes. Murphy picked up right where he left off, winning the mile in a meet-record time of 4:08.71. Murphy was followed closely by sophomore teammates **Nick Trattner** (4:09.61) who recorded a career best. Freshman **Antonio Abrego** and senior **Noah Healy** added their names to the sub-4:10 mile list as they both recorded new career-best times at the Hawkeye Invitational. Abrego and Healy finished third and fourth with times of 4:09.75 and 4:09.98, respectively.

2021 INDOOR ALL-AMERICANS

The Hawkeyes finished the 2020-21 indoor season with five All-America honors. Returning this season on the men's side is five-time indoor All-American **Wayne Lawrence Jr.** (400m honorable mention 2021) and second-team All-America heptathletes **Peyton Haack** and **Austin West**. Senior **Mallory King** returns for the Iowa women after earning second-team All-America honors in the 800m a year ago.

RETURNING BIG TEN LEADERS

The Hawkeyes return 16 athletes who ranked in the Big Ten top five in 2020-21.

- **Austin Kresley**: 60 meters (5th), 200 meters (5th)
- **Wayne Lawrence, Jr.**: 200 meters (2nd), 400 meters (2nd)
- **Jenoah McKiver**: 400 meters (5th)
- **Julien Gillum**: 600 meters (3rd)
- **Spencer Gudgel**: 600 meters (5th)
- **Mallory King**: 600 meters (4th), 800 meters (1st)
- **Alec Still**: 800 meters (5th)
- **Gratt Reed**: 60m hurdles (3rd)
- **Josh Braverman**: 60m hurdles (4th)
- **Paige Magee**: 60m hurdles (1st)
- **Tionna Tobias**: 60m hurdles (4th)
- **James Carter, Jr.**: long jump (1st), triple jump (5th)
- **Nia Britt**: shot put (5th)
- **Tyler Lienau**: weight throw (3rd)
- **Peyton Haack**: heptathlon (2nd)
- **Austin West**: heptathlon (4th)

BIG TEN COACH OF THE YEAR

The Hawkeyes come off one of the best seasons in program history. A season ago, director of track and field **Joey Woody** became the first coach in program history to sweep the indoor and outdoor coach of the year awards. Iowa completed a Big Ten Championship sweep on the men's side for the first time since 1963 — its outdoor title marking two-in-a-row. The indoor conference championship was the fourth in school history. The Hawkeyes had 10 medalists, including Big Ten champions James Carter, Jr. in long jump and Peyton Haack in the heptathlon.

NEXT ON THE BLOCK

The Hawkeyes heat to Fayetteville, Arkansas, on Jan. 28 and 29 for the Razorback Invitational.

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
Dimia Burrell.....	Dih-ME-uh
Ian Geisler.....	GUY-slur
Spencer Gudgel.....	GUD-gell
Maggie Gutwein.....	GUT-win
Peyton Haack.....	HOCK
Khullen Jefferson.....	CULLEN
Keith Keahna.....	kee-AH-nuh
Daniel Klysh.....	KLISH
Tyler Lienau.....	LEE-now
Jenoah McKiver.....	jeh-NOAH muh-KEE-ver
Tesa Roberts.....	TAY-suh
Nolan Roethler.....	RAWTH-ler
Kelli Tosic.....	tah-SICK
Ellie Twedt.....	TWEET

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.





MEN'S TOP-50 NCAA RANKS

ATHLETE	EVENT	MARK	B1G RANK	NCAA RANK	DATE
Jenoah McKiver	400m	46.83	1	5	1/15/2022
Tyler Lienau	Weight Throw	21.38m / 70-1.75	2	5	1/14/2022
Gudgel, Richards, McKiver, Gillum	Men's 4x400 (A)	3:09.98	1	7	1/15/2022
Grant Conway	60mH	7.79	2	8	1/15/2022
Gratt Reed	60mH	7.85	4	14	12/11/2021
Chadrick Richards	400m	47.46	3	15	1/15/2022
Khullen Jefferson	400m	47.64	4	18	12/11/2021
Khullen Jefferson	200m	21.23	1	19	1/15/2022
Kalen Walker	60m	6.69	2	19	12/11/2021
Nikolas Curtiss	Shot Put	18.53m / 60-9.5	5	20	1/15/2022
James Carter, Jr.	Long Jump	7.49m / 24-7	3	24	12/11/2021
James Carter, Jr.	Triple Jump	15.50m / 50-10.25	3	24	1/15/2022
Austin Kresley	200m	21.31	3	25	12/11/2021
Peyton Haack	60mH	7.93	6	27	12/11/2021
Josh Braverman	60mH	7.95	7	30	1/15/2022
Elijah Barnes	Shot Put	17.82m / 58-5.75	9	41	12/11/2021
Jordan Hawkins	Weight Throw	19.52m / 64-0.5	10	42	1/14/2022

WOMEN'S TOP-50 NCAA RANKS

ATHLETE	EVENT	MARK	B1G RANK	NCAA RANK	DATE
LaSarah Hargrove	200m	23.58	1	4	1/15/2022
King, Wensel, Bruxvoort, Roberts	Women's 4x400 (A)	3:40.07	1	12	1/15/2022
Amanda Howe	Weight Throw	20.67m / 67-9.75	5	14	12/11/2021
Myreanna Bebe	60mH	8.3	1	18	1/15/2022
Kat Moody	Shot Put	16.32m / 53-6.5	8	18	1/15/2022
Kayla Hutchins	Triple Jump	12.44m / 40-9.75	2	24	1/15/2022
Nia Britt	Shot Put	15.93m / 52-3.25	11	26	1/15/2022
Nia Britt	Weight Throw	19.79m / 64-11.75	8	26	12/11/2021
LaSarah Hargrove	60m	7.4	4	29	12/11/2021
Mallory King	400m	55.75	3	31	1/15/2022
Mariel Bruxvoort	400m	55.97	4	37	12/11/2021
Nicole Berry	Shot Put	15.54m / 51'	15	41	12/11/2021
Lia Love	60m	7.44	6	43	12/11/2021
Tionna Tobias	60mH	8.49	7	46	12/11/2021
Jamie Kofron	Weight Throw	18.88M / 61-11.5	11	49	12/11/2021

INDOOR ALL-TIME TOP 10 PERFORMERS



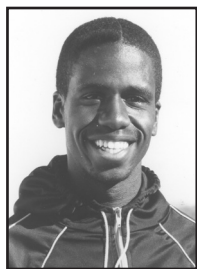
Justin Austin



Karayme Bartley



Jamal Britt



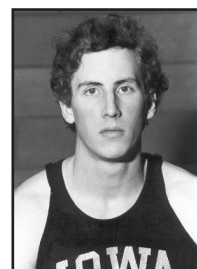
Rodney Chambers



Troy Doris



Peyton Haack



Bill Hansen

60 Meters

- Justin Austin, 2011 6.69
- Kalen Walker, 20216.69**
- Vinnie Saucer, Jr., 2016..... 6.70
- Austin Kresley, 2021.....6.72**
- 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

60-Meter Hurdles

- Jamal Britt, 2021.....7.52
- Jaylan McConico, 2020 7.60
- Aaron Mallett, 2017 7.64
- Jordan Mullen, 2013..... 7.70
- Chris Douglas, 2019..... 7.75
- Grant Conway, 2022.....7.79**
- Gratt Reed, 2021.....7.81**
- Ethan Holmes, 2013 7.82
- Josh Braverman, 2020.....7.82**
- Dion Trowers, 1997 7.87

200 Meters

- Karayme Bartley, 2019..... 20.67
- Justin Austin, 2011 20.80
- Wayne Lawrence, Jr., 202020.85**
- Antonio Woodard, 2019 20.89
- Anthuan Maybank, 1993 21.11
- Austin Kresley, 2021.....21.12**
- Bashir Yamini, 1999 21.19
- James Harrington, 2014 21.21
- Ethan Holmes, 2013 21.23
- Khullen Jefferson, 2022.....21.23**

400 Meters

- Wayne Lawrence Jr., 2021 45.40**
- 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, 2017..... 46.82
- Jenoah McKiver, 2021 46.83**
- DeJuan Frye, 2020..... 46.91
- Andre Morris, 1995 47.15

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
- Julien Gillum, 2021 1:17.13**
- Carter Lilly, 2017..... 1:17.20
- Spencer Gudgel, 2021 1:17.38**
- Matt Manternach, 2020 1:17.43
- Jenoah McKiver, 2021 1:17.44**
- Will Teubel, 2016..... 1:17.55

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**
- Tysen VanDraska, 2020..... 1:49.49

Mile

- Jeff Thode, 2011 3:58.72
- Ed DeLashmutt, 1981 4:04.01
- Kal Lewis, 2021 4:04.21**
- Adam Jones, 2017 4:04.28
- Michael Melchert, 2018 4:04.32
- Larry Wiecezorek, 1968..... 4:04.40
- Nathan Mylenek, 2019 4:04.88
- John Clark, 1972 4:05.94
- Max Murphy, 2021..... 4:06.70**
- Ben Witt, 2014 4:07.08

3,000 Meters

- Kevin Lewis, 2015 7:57.06
- Nathan Mylenek, 2020 7:58.37**
- Max Murphy, 2021..... 7:59.30**
- 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

5,000 Meters

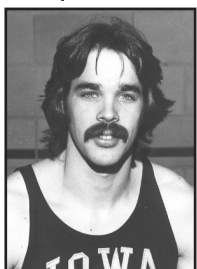
- Kevin Lewis, 2015 13:43.70
- Micah VanDenend, 2007 13:56.46
- Daniel Soto, 2020 13:58.97
- Stetson Steele, 2000..... 14:00.52
- Dan Haut, 2006 14:06.16
- Noah Healy, 2021..... 14:12.47**
- Eric MacTaggart, 2006..... 14:13.41
- Jeff Thode, 2011 14:16.00
- Nick Trattner, 2021..... 14:18.11**
- Matt Esche, 2004..... 14:18.43



Mar'yea Harris



Collin Hofacker



Bill Knoedel



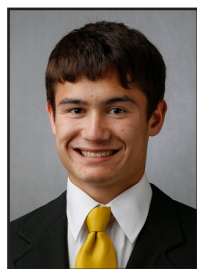
Wayne Lawrence, Jr.



Kevin Lewis



Tyler Lienau

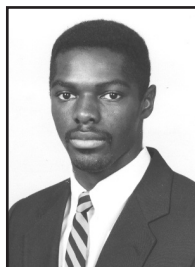


Carter Lilly

INDOOR ALL-TIME TOP 10 PERFORMERS



Jaylan McConico



Anthuan Maybank



Michael Melchert



Nathan Mylenek



Jeff Thode



Reno Tufuuli



Kalen Walker

Heptathlon

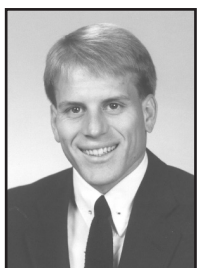
1. **Peyton Haack, 2021** **5,749 points**
2. Will Daniels, 2020..... 5,689 points
3. William Dougherty, 2018.. 5,606 points
4. **Austin West, 2020**..... **5,581 points**
5. Kyle Reid, 2013 5,354 points
6. Dan Rolling, 2010 5,205 points
7. Jack Eckert, 2015 5,188 points
8. Daniel Gaynes, 2018..... 5,162 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 Speicher, 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, Jr. 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, Jr. 2022** . **50-10 1/4 (15.50)**
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. **Nikolas Curtis, 2022** **60-9 1/2 (18.53m)**
8. Andy Banse, 2005..... 60-9 1/4 (18.52)
9. **Elijah Barnes, 2021** **60-8 (18.49)**
10. Ken Kemeny, 2004..... 60-0 1/2 (18.30)

Weight Throw

1. **Tyler Lienau, 2022**..... **70-1 3/4 (21.38)**
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,**
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

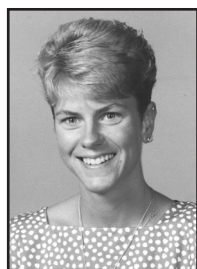
3,200-Meter Relay

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. **Lewis, Woody, Still, Murphy, 2021** **9:42.16**
3. Lilly, Frye, Manternach, Jones, 2017 9:44.07
4. Mylenek, Thompson, Lilly, Melchert,
2018 9:45.10
5. Prom, Rickels, Sowinski, Thode, 2012 9:45.41
6. **Birkett, Clarke, Still, D. Murphy,** 2020 9:46.39
7. 1999 9:46.83
8. 1977 9:48.80
9. 1978 9:49.70
10. Kuczvara, Barton, Kuhlman, N. Holmes,
2010 9:51.05

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. **LaSarah Hargrove, 2021.....7.40**
4. Elaine Jones, 1983..... 7.43
5. Kyara Avant, 2018..... 7.44
6. **Lia Love, 2021.....7.44**
7. Peaches Roach, 2005..... 7.45
8. **Antonise Christian, 2020.....7.45**
9. Shellene Williams, 2004..... 7.50
10. Briana Guillory, 2017..... 7.51

60-Meter Hurdles

1. Karessa Farley, 2009..... 8.21
2. Jenny Kimbro, 2020..... 8.22
3. **Paige Magee, 2021.....8.26**
4. **Myreanna Bebe, 2022.....8.30**
5. Tiffany Johnson, 2006..... 8.33
6. Jahisha Thomas, 2017..... 8.35
7. Paula Ruen, 1998..... 8.39
8. Tria Simmons, 2019..... 8.40
9. Heaven Chandler, 2017..... 8.44
10. Sarah Steffen, 2002..... 8.45
11. Renee White, 2008..... 8.45
12. **Tionna Tobias, 2021.....8.45**

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. **LaSarah Hargrove, 2022.....23.58**
6. Shellene Williams, 2004..... 23.62
7. Marlene Poole, 1994..... 23.66
8. Yolanda Hobbs, 1995..... 23.66
9. Erica Broomfield, 1998..... 23.81
10. **Antonise Christian, 2020.....23.89**

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, 2021.....54.43**
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, 2020..... 1:29.83
6. **Payton Wensel, 2020.....1:29.87**
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

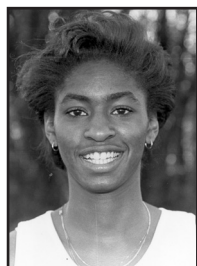
1. Bethany Praska, 2011..... 2:05.01
2. **Mallory King, 2020.....2:05.12**
3. Jeanne Kruckeberg, 1989..... 2:06.38
4. Michelle Lahann, 2004..... 2:06.83
5. Katharina Trost, 2014..... 2:07.38
6. Mahnee Watts, 2014..... 2:08.79
7. Tia Saunders, 2020..... 2:08.83
8. Taylor Arco, 2020..... 2:08.94
9. Adrienne 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

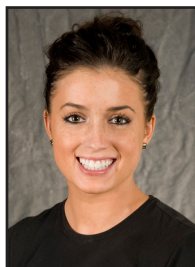


Lauren Hardesty Senta Hawkins Alexis Hernandez MonTayla Holder Lake Kwaza McKenzie Melander

INDOOR ALL-TIME TOP 10 PERFORMERS



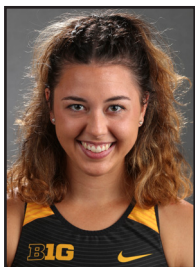
Diane Nukuri



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
2. Tria Simmons, 2019 4,200 points
3. 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)
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. 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)
10. 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. Kassidy Ellis, 2015 19-5 1/2 (5.93)
6. Jenny Kimbro, 2020 19-4 (5.89)
7. **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, 2022 ... 40-9 3/4 (12.44)**
9. Hannah Schlib, 2019 40-7 (12.37)
10. Carisa Leacock, 2012 40-5 1/2 (12.33)

Shot Put

1. Lauauga Tausaga, 2020 .. 58-11 1/4 (17.96)
2. **Nia Britt, 2019 54-11 1/2 (16.75)**
3. **Kat Moody, 2022 53-6 1/2 (16.32)**
4. **Erika Hammond, 2019 .. 51-3 1/2 (15.63)**
5. Gail Smith, 1985 51-0 (15.54)
6. **Nicole Berry, 2021 51-0 (15.54)**
7. Lisa Van Steenwyk, 1993 50-5 1/4 (15.37)
8. **Jamie Kofron, 2021 50-0 3/4 (15.26)**
9. Kamesha Marshall, 2005 49-2 1/4 (14.99)
10. Denise Taylor, 1992 48-9 (14.86)

Weight Throw

1. Lauauga Tausaga, 2019. 76-3 3/4 (23.26)
2. **Amanda Howe, 2021 ... 67-9 3/4 (20.67)**
3. **Nia Britt, 2021 64-11 1/4 (19.79)**
4. Ashlyn Gulvas, 2013 63-6 (19.35)
5. Jasmine Simpson, 2013. 62-6 1/2 (19.06)
6. **Jamie Kofron, 2021 61-11 1/2 (18.88)**
7. Annemie Smith, 2014 61-4 (18.69)
8. Kelsey Taylor, 2011 60-4 1/2 (18.40)
9. **Alivia Bauer, 2021 59-5 (18.11)**
10. Allison Wahrman, 2020. 59-1 1/2 (18.02)

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
9. 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
9. Armstrong, Granger, Stanley, K. Anderson, 2006 11:29.54
10. Lahann, Williams, Stanley, Arens, 2004 11:30.36