



January 28 & 29, 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 Wiecek 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

University of Iowa track and field hits the road for the first time this season, traveling to Fayetteville, Arkansas, for the Razorback Invite on Friday and Saturday at the Randal Tyson Track Center. Multi-events are scheduled to begin Friday at 11:45 a.m. (CT). Field events begin at 2 p.m. (CT) with running events slated to start at 6 p.m. (CT). On Saturday, multi-events resume at 10:15 a.m. (CT). Running begins with the 3,000 meters at 11 a.m. (CT) and field events start at 1 p.m. (CT).

THE COMPETITION

The Razorback Invite will play host to the Hawkeyes and eleven additional high-caliber programs, including Arkansas, Georgia, Iowa State, LSU, Mississippi State, Missouri, Oklahoma State, Oregon, Pittsburgh, Stanford and USC.

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. A live video feed is available at espn.com (SEC Network +).

IN THE RANKINGS

The Hawkeye men rank ninth in the initial USTFCCA National Track and Field Index. The No. 9 ranking matches the highest in program history to start a season (2021). The Hawkeyes are the highest-ranked Big Ten team. No. 12 Nebraska is the only other Big Ten team in the top-25. Additionally, the Hawkeye men are ranked first in the Midwest Region, and the women rank second in the Midwest Region.

BREAKING RECORDS IS A HABIT

Four school records have gone down in the first three meets for the Hawkeyes. Tyler Lienau broke his own school record in the weight throw not once, but twice. Jenoah McKiver is the new owner of the 600-meter school record, and sophomores Kalen Walker and LaSarah Hargrove each posted their names atop the 60-meter lists for men and women, respectively.

WORDS FROM WOODY

"This is a terrific meet against some of the best competition in the nation. We are a complete track and field program and we are excited to showcase that this weekend."

"We are excited to get Wayne [Lawrence, Jr.] back on the track this weekend. He is one of the best long sprinters in the NCAA, so getting him back out there is big for our program."

"The DMR is a great team event. We feel confident that we can put together a relay this year to qualify to the NCAA Championships. This weekend will give us a very good indication of how good we can be this season."

"This is the first time for our multi-athletes to compete this season and they'll be doing so in one of the best fields in the country. We are very excited to see what that group can do in a great competition."



LIFE IN THE FAST LANE

Freshman sprinter Jenoa McKiver has been on an absolute tear to start the season. Through three meets, the Hawkeye currently leads the conference in a pair of events. McKiver took down teammate Wayne Lawrence, Jr.'s 600-meter school record at the Wieczorek Invite on January 21, setting a new meet record, facility and track record and new Big Ten lead (1:16.08). He doubled back to run the third leg of the 4x400-meter relay the following night, carrying a team-best split of 45.56 on the third leg. The squad ran a Big Ten lead (3:07.85), good for No. 8 in the NCAA. Additionally, McKiver ran the 400 meters in 46.83 at the Hawkeye Invite on January 15 – good for second in the conference and eighth in the country to date.

BIG 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 Invite on December 11. 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 Invite on January 15, winning the meet and running the fifth-fastest time in Iowa history. Her time currently ranks second in the conference and No. 13 nationally. Hargrove stayed hot, returning to the 60-meter race at the Larry Wieczorek Invitational and running 7.31 to break the school record in the prelims. That time currently clocks in at No. 2 in the Big Ten and No. 17 nationally.

RUN DON'T WALK(ER)

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 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 improved his all-time best mark last time out at the Wieczorek Invitational, becoming the lone school-record holder in the 60 meters (6.67), running that time in both the prelims and final. Walker joins sophomore Austin Kresley, who owns a career-best time of 6.72 in the 60 meters, and 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.

2022 INDOOR SEASON LEADERS

MEN'S SEASON BESTS

60 Meters	Kalen Walker	* 6.67
60-Meter Hurdles...	Grant Conway	7.77
200 Meters	Khullen Jefferson	21.23
300 Meters	Evan Schuster.....	34.80
400 Meters	Jenoah McKiver	46.83
600 Meters	Jenoah McKiver	* 1:16.08
800 Meters	Antonio Abrego.....	1:48.88
1,000 Meters	Antonio Abrego.....	2:24.05
Mile	Max Murphy	4:05.45
3,000 Meters	Nick Trattner	8:10.03
1,600-Meter Relay..	Everett Steward, , Chadrick Richards, Jenoah McKiver, Julien Gillium.....	3:07.85
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.	25-2 1/2 (7.68m)
Triple Jump	James Carter, Jr.	51-3 3/4 (15.64m)
Shot Put.....	Nikolas Curtiss.....	62-8 3/4 (19.12m)
Weight Throw.....	Tyler Lienau.....	* 70-3 3/4 (21.43m)

WOMEN'S SEASON BESTS

60 Meters	LaSarah Hargrove.....	* 7.31
60-Meter Hurdles...	Myreanna Bebe	8.30
200 Meters	LaSarah Hargrove.....	23.58
300 Meters	Nylah Perry	39.22
400 Meters	Tesa Roberts.....	55.58
600 Meters	Mallory King.....	1:30.07
800 Meters	Mallory King.....	2:09.40
1,000 Meters	Mallory King.....	2:50.46
Mile	Emma Gordon.....	4:56.11
3,000 Meters	Kelli Tosic	9:59.84
1,600-Meter Relay..	Mariel Bruxvoort, Jaiden Itson, Payton Wensel, Tesa Roberts.....	3:38.95
High Jump.....	Maria Gorham	5-3 3/4 (1.62m)
	Kiersten Fisher	5-3 3/4 (1.62m)
Long Jump	Tionna Tobias.....	20-1 1/2 (6.13m)
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



MID-DISTANCE DOMINANCE

Freshmen Antonio Abrego and Jenoa McKiver led a mid-distance assault in the 600 meters and 800 meters at the Larry Wiczorek Invitational. McKiver won the 600 meters with a new school record, meet record, facility record and track record with a time of 1:16.08. Abrego won the 800 meters with a career-best time of 1:48.88, putting him No. 4 all-time in school history. Additionally, Abrego competed in the 600 meters on Friday night, placing fourth with a personal-best time of 1:17.78. The Junior duo of Tyler Olson and Alec Still both doubled in the 800 meters and 600 meters. Olson finished sixth in the 600 meters (1:17.94) and runner up in the 800 meters with a personal-best time of 1:49.60. Still finished ninth in the 600 meters with a new personal-best time (1:18.59) and finished third in the 800 meters (1:49.95). In total, the Hawkeyes had 10 athletes finish under 1:20 in the 600 meters and three athletes under 1:50 in the 800 meters.

LAUNCHING RECORDS

Four current Hawkeyes have thrown all-time top-10 program marks in the weight throw in the first three meets of the season:

- 2. Amanda Howe (20.67m / 67'9.75")
- 3. Nia Britt (20.35m / 66'9.25")
- 4. Jamie Kofron (19.39m / 63'7.5")
- 9. Alivia Bauer (18.11m / 59'5")

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 sixth in the Big Ten and 26th in the NCAA. Senior Nia Britt won the event at the Larry Wiczorek Invitational with a 20.35-meter throw to move to third on Iowa's all-time list. Britt's mark ranks No. 8 in the conference and 32nd nationally. In the shot put, the Iowa women again have four current athletes on the program's all-time top-10 list. Britt's mark came in 2019, but three Hawkeyes (Moody, Berry, Kofron) have thrown top-10 marks this season. Sophomore Kat Moody has the best mark this season. Moody 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.

2FAST4U

The Hawkeye men and women know how to run a quarter mile. The men's squad of Everett Steward, Chadrick Richards, Jenoa McKiver and Julien Gillum ran a meet-winning and conference-leading time of 3:07.85 in the 4x400-meter final at the Wiczorek Invitational on January 22. The relay team consisting of three freshmen and a junior (Gillum) ranks eighth-fastest in the NCAA. On the women's side, the quartet of Mariel Bruxvoort, Jaiden Itson, Payton Wensel and Tesa Roberts passed the baton around in Big Ten-leading time of 3:38.95 (No. 16 in the NCAA) to edge Baylor.

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.





FAST AND FURIOUS

The Hawkeye women short sprinters had an excellent start to the season at the Jimmy Grant Invitation-al, 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. 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. Hargrove and Love both improved their 60-meter times last time out at the Wiecezorek Invite. Hargrove ran a new school-record time of 7.31, while Love moved up to third all-time at Iowa with a 7.40. 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.

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.

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 head to South Bend, Indiana, on Feb. 4 and 5 for the Meyo Invitational.

USTFCCCA MEN’S RATING INDEX

January 24, 2022 - Week 1

1. Texas	136.48
2. Kentucky	115.52
3. Texas Tech	109.57
4. North Carolina A&T	102.47
5. Northern Arizona	81.01
6. BYU	78.29
7. Texas A&M	75.89
8. Princeton	68.14
9. IOWA	59.85
10. Alabama	57.77
11. Georgia	56.90
12. Nebraska	55.08
13. Florida State	49.42
14. Virginia Tech	49.39
15. Notre Dame	49.22
16. Tennessee	48.05
17. Arizona State	47.05
18. Grand Canyon	46.45
19. Florida	45.46
20. Clemson	44.37
21. Kansas State	43.73
22. Iowa State	43.54
23. Virginia	42.43
24. Louisville	41.75
25. USC	40.29

RETURNING B1G LEADERS

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

- **Austin Kresley:** 60m (5th), 200m (5th)
- **Wayne Lawrence, Jr.:** 200m (2nd), 400m (2nd)
- **Jenoah McKiver:** 400m (5th)
- **Julien Gillum:** 600m (3rd)
- **Spencer Gudgel:** 600m (5th)
- **Mallory King:** 600m (4th), 800m(1st)
- **Alec Still:** 800m (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)



MEN'S TOP-50 NCAA RANKS

<u>ATHLETE</u>	<u>EVENT</u>	<u>MARK</u>	<u>B1G RANK</u>	<u>NCAA RANK</u>	<u>DATE</u>
Steward, Richards, McKiver, Gillum	Men's 4x400	3:07.85	1	8	1/22/2022
Antonio Abrego	800m	1:48.88	1	9	1/22/2022
James Carter, Jr.	Long Jump	7.68m / 25'2.5"	1	11	1/21/2022
Jenoah McKiver	600m	1:16.08	1	N/A	1/21/2022
Jenoah McKiver	400m	46.83	2	8	1/22/2022
Tyler Lienau	Weight Throw	21.43m / 70'3.75"	2	11	1/21/2022
Kalen Walker	60m	6.67	2	17	1/22/2022
Tyler Olson	800m	1:49.60	2	19	1/22/2022
James Carter, Jr.	Triple Jump	15.64m / 51'3.75"	2	20	1/21/2022
Khullen Jefferson	200m	21.23	2	31	1/15/2022
Julien Gillum	400m	46.88	3	9	1/22/2022
Grant Conway	60mH	7.77	3	12	1/22/2022
Alec Still	800m	1:49.95	3	24	1/22/2022
Khullen Jefferson	400m	47.13	4	16	1/22/2022
Nikolas Curtiss	Shot Put	19.12m / 62'8.75"	4	17	1/21/2022
Austin Kresley	200m	21.31	4	40	12/11/2021
Nick Trattner	3,000m	8:10.03	4	43	1/22/2022
Gratt Reed	60mH	7.85	5	19	12/11/2021
Chadrick Richards	200m	21.34	5	44	1/22/2022
Josh Braverman	60mH	7.89	6	29	1/22/2022
Spencer Gudgel	800m	1:51.41	6	41	1/22/2022
Chadrick Richards	400m	47.46	7	31	1/14/2022
Peyton Haack	60mH	7.93	7	36	12/11/2021
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
Armando Bryson	800m	1:51.76	10	50	1/22/2022

WOMEN'S TOP-50 NCAA RANKS

<u>ATHLETE</u>	<u>EVENT</u>	<u>MARK</u>	<u>B1G RANK</u>	<u>NCAA RANK</u>	<u>DATE</u>
Bruxvoort, Itson, Wensel, Roberts	Women's 4x400	3:38.95	1	16	1/21/2022
Tionna Tobias	Long Jump	6.13m / 20'1.5"	1	15	1/21/2022
LaSarah Hargrove	200m	23.58	2	13	1/15/2022
Myreanna Bebe	60mH	8.30	2	23	1/15/2022
LaSarah Hargrove	60m	7.31	2	17	1/21/2022
Mallory King	400m	55.75	3	31	1/15/2022
Kayla Hutchins	Triple Jump	12.44m / 40'9.75"	4	39	1/15/2022
Maribel Bruxvoort	400m	55.97	4	37	12/11/2021
Mallory King	800m	2:09.4	4	26	1/21/2022
Amanda Howe	Weight Throw	20.67m / 67'9.75"	6	26	12/11/2021
Lia Love	60m	7.40	6	39	1/21/2022
Tionna Tobias	60mH	8.49	7	46	12/11/2021
Nia Britt	Weight Throw	20.35m / 66'9.25"	8	32	1/21/2022
Kat Moody	Shot Put	16.32m / 53'6.5"	9	24	1/15/2022
Alli Bookin-Nosbisch	800m	2:10.8	10	40	1/21/2022
Jamie Kofron	Weight Throw	19.39m / 63'7.5"	10	48	1/21/2022
Nia Britt	Shot Put	15.93m / 52'3.25"	12	35	1/15/2022
Nicole Berry	Shot Put	15.54m / 51'	15	41	12/11/2021

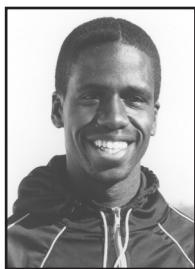
INDOOR ALL-TIME TOP 10 PERFORMERS



Karayme Bartley



Jamal Britt



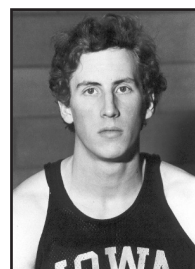
Rodney Chambers



Troy Doris



Peyton Haack



Bill Hansen



Mar'yea Harris

60 Meters

1. Kalen Walker, 20226.67
2. Justin Austin, 2011 6.69
3. Vinnie Saucer, Jr., 2016..... 6.70
4. **Austin Kresley, 2021.....6.72**
5. Kurt Felix, 1999..... 6.73
Tevin-Cee Mincy, 2014 6.73
7. Josh Larney, 2013 6.74
Christian Brissett, 2017 6.74
9. Troy Doris, 2012 6.75
10. O'Shea Wilson, 2017 6.75

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. **Grant Conway, 2022.....7.77**
7. **Gratt Reed, 2021.....7.81**
8. Ethan Holmes, 2013 7.82
Josh Braverman, 2021.....7.82
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. **Khullen Jefferson, 2022.....21.23**

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. **Jenoah McKiver, 2022.....46.83**
9. **Julien Gillum, 2022.....46.88**
10. DeJuan Frye, 2020..... 46.91

600 Meters

1. **Jenoah McKiver, 2022..... 1:16.08**
2. **Wayne Lawrence, Jr., 2020..... 1:16.55**
3. Mar'yea Harris, 2019..... 1:16.60
4. Erik Sowinski, 2012..... 1:16.91
5. Austin Lietz, 2020 1:17.03
6. **Julien Gillum, 2021 1:17.13**
7. Carter Lilly, 2017..... 1:17.20
8. **Spencer Gudgel, 2021 1:17.38**
9. Matt Manternach, 2020 1:17.43
10. Will Teubel, 2016..... 1:17.55

800 Meters

1. Carter Lilly, 2017..... 1:47.33
2. Erik Sowinski, 2012..... 1:47.62
3. Will Teubel, 2016..... 1:47.74
4. **Antonio Abrego, 2022..... 1:48.88**
5. Pavlo Hutsalyuk, 2016 1:48.97
6. Ryan Weir, 2013 1:49.11
7. Adam Hairston, 2010..... 1:49.26
8. Nathan Prom, 2013 1:49.29
9. Matt Manternach, 2020 1:49.35
10. Alex Birkett, 2020 1:49.47

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 Wiczorek, 1968 4:04.40
7. Nathan Mylenek, 2019 4:04.88
8. **Max Murphy, 2022.....4:05.45**
9. John Clark, 1972 4:05.94
10. Ben Witt, 2014..... 4:07.08

3,000 Meters

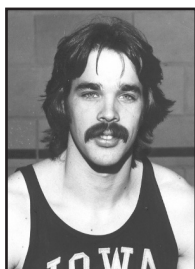
1. Kevin Lewis, 2015 7:57.06
2. Nathan Mylenek, 2020 7:58.37
3. **Max Murphy, 2021.....7:59.30**
4. Jeff Thode, 2011 8:00.38
5. Micah VanDenend, 2006 8:00.81
6. Daniel Soto, 2020..... 8:06.04
7. Michael Melchert, 2018 8:08.30
8. Eric MacTaggart, 2006 8:08.79
9. Stetson Steele, 2000 8:09.54
10. **Nick Trattner, 2022.....8:10.03**

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



Collin Hofacker



Bill Knoedel



Wayne Lawrence, Jr.



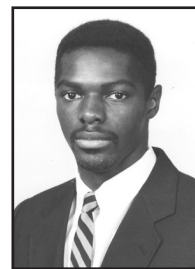
Kevin Lewis



Tyler Lienau



Carter Lilly



Anthuan Maybank

INDOOR ALL-TIME TOP 10 PERFORMERS



Jaylan McConico



Jenoah McKiver



Michael Melchert



Nathan Mylenek



Jeff Thode



Reno Tufuli



Kalen Walker

Heptathlon

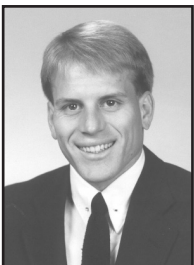
1. **Peyton Haack, 2021** **5,749 points**
2. Will Daniels, 2020..... 5,689 points
3. William Dougherty, 2018.. 5,606 points
4. **Austin West, 2020**..... **5,581 points**
5. Kyle Reid, 2013 5,354 points
6. Dan Rolling, 2010 5,205 points
7. Jack Eckert, 2015 5,188 points
8. Daniel Gaynes, 2018..... 5,162 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. **James Carter, Jr. 2022** . **25-2 1/2 (7.68)**
5. Darren Smith, 1991 25-2 (7.67)
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**. **51-3 3/4 (15.64)**
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 Tufuli, 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. **Nikolas Curtiss, 2022** **62-8 3/4 (19.12m)**
5. Avery Meyers, 2017.... 61-4 1/4 (18.70)
6. Shane Maier, 2006..... 61-2 (18.64)
7. Gary Kostrubala, 1986. 60-10 3/4 (18.55)
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**..... **70-3 3/4 (21.43)**
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. **Jordan Hawkins, 2022****64-4 (19.61)**
8. **Jordan Johnson, 2022** **63-4 1/4 (19.31)**
9. Chris Voller, 2005..... 63-4 (19.30)
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



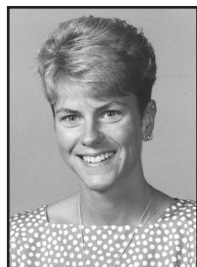
Kineke Alexander



Meghan Armstrong



Brittany Brown



Tracy Dahl



Briana Guillory



Karessa Farley



Elexis Guster

60 Meters

1. **LaSarah Hargrove, 2022**.....7.31
2. Lake Kwaza, 2016..... 7.33
3. Brittany Brown, 2017 7.39
4. **Lia Love, 2022**7.40
5. Elaine Jones, 1983 7.43
6. Kyara Avant, 2018 7.44
7. Peaches Roach, 2005 7.45
- 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
- Tionna Tobias, 2022**8.44

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
- 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

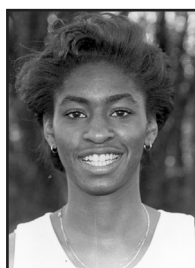
1. Tracy Dahl, 1993 9:15.57
2. Meghan Armstrong, 2008 9:17.50
3. Diane Nukuri, 2008..... 9:20.07
4. Betsy Flood, 2011..... 9:20.09
5. Nan Doak, 1982..... 9:21.60
6. Jenny Spangler, 1986..... 9:22.41
7. Mareike Schrulle, 2012..... 9:23.97
8. Brooke Eilers, 2012..... 9:27.92
9. McKenzie Melander, 2012..... 9:29.71
10. Krista Anderson, 2006 9:29.75



Lauren Hardesty



LaSarah Hargrove



Senta Hawkins



Alexis Hernandez



MonTayla Holder

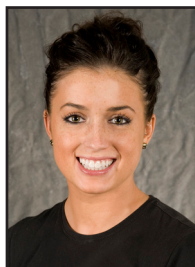


McKenzie Melander

INDOOR ALL-TIME TOP 10 PERFORMERS



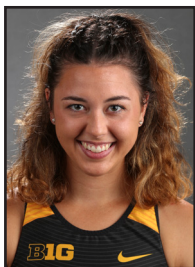
Diane Nukuri



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. **Tionna Tobias, 2022 20-1 1/2 (6.13)**
4. Carisa Leacock, 2014 19-9 1/2 (6.03)
5. Lisa Moats, 1986 19-6 (5.95)
6. Kassidy Ellis, 2015 19-5 1/2 (5.93)
7. Jenny Kimbro, 2020 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, 2022 66-9 1/4 (20.35)**
4. **Jamie Kofron, 2022 63-7 1/2 (19.39)**
5. Ashlyn Gulvas, 2013 63-6 (19.35)
6. Jasmine Simpson, 2013. 62-6 1/2 (19.06)
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