



Feb. 11 & 12, 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.)
<b>Feb. 11-12</b>	<b>at Tyson Invitational (Fayetteville, Ark.)</b> <b>at Iowa State Classic (Ames, Iowa)</b>
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 third-consecutive week, traveling to Fayetteville, Arkansas, for the Tyson Invitational and Ames, Iowa, for the Iowa State Classic. The Tyson Invitational begins at 2:15 p.m. (CT) on Friday and resumes at 11:30 a.m. (CT) Saturday. Action in Ames is slated to begin at noon (CT) both days.

### THE COMPETITION

Arkansas hosts the Hawkeyes and 19 additional teams, including Academy of Art, Alabama, Arizona State, Barton County CC, Drake, Duke, Florida, Florida State, Kansas State, LSU, Minnesota, Missouri, North Carolina A&T, North Carolina State, Nebraska, Oklahoma City, Ole Miss, Princeton, Tennessee.

Iowa State hosts the Hawkeyes and 21 additional teams, including Air Force, Bradley, Carleton, Chadron State, Colorado State, Drake, Kansas, Kansas State, Loras, Loyola (Ill.), Minnesota, Minnesota State-Moorhead, Notre Dame, Ohio State, Paradise Valley CC, South Dakota State, (Southeastern Louisiana), TCU, UNI, Wartburg, West Virginia.

### 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 will be available for both meets. The Tyson Invitational will be streamed on espn.com (**ESPN+**) and the Iowa State Classic will be available on **flotrack.org**.

### IN THE RANKINGS

The Hawkeye men rank inside the top-10 for the third-consecutive week in the USTFCCCA National Track and Field Index. The No. 8 Hawkeyes are the highest-ranked Big Ten team. No. 11 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.

### B1G HONORS

The Hawkeyes have earned Big Ten accolades on three occasions this season:

- LaSarah Hargrove (So.) B1G Women's Track Athlete of the Week (Dec. 15)
- Jenoah McKiver (Fr.) B1G Men's Track Athlete of the Week (Feb. 2, Feb. 9)

### BREAKING RECORDS IS A HABIT

Six school records have gone down in the first half of the indoor season for the Hawkeyes. Senior Tyler Lienau broke his own scoul record in the weight throw not once, but twice. Freshman 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. Sophomore Austin West proved to be the top-heptathlete in Hawkeye history on Jan. 28 at the Razorback Invitational. The most recent addition to the record book came last weekend at the Meyo Invite when senior Nik Curtiss broke the shot put record.



## B1G TIME(S) FOR MCKIVER

Freshman sprinter Jenoah McKiver has been on an absolute tear to start the season. Through five meets, the Hawkeye currently leads the conference in a trio 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). On Jan. 29, McKiver ran a Big Ten-leading time (45.78) in the 400 meters at the Razorback Invitational to win the event and is currently second-fastest in the NCAA and the third-fastest all-time at Iowa. Last weekend at the Meyo Invite, McKiver ran the eighth-fastest 600 meters in NCAA history (all conditions) and improved his school record (1:15.36). He went on to anchor the conference-leading, meet-winning 4x400-meter relay (3:05.63). Iowa's time currently ranks eighth in the NCAA and is No. 5 all-time at Iowa. McKiver has earned back-to-back Men's Big Ten Track Athlete of the Week honors on Feb. 2 and 9 for his performances.

## HARGROVE GROOVING

LaSarah Hargrove ran the third-fastest 60-meter time in program history (7.40) at the Jimmy Grant Invite on Dec. 11. The sophomore earned Big Ten Women's Track Athlete of the Week honors on Dec. 15 for her performance – the first conference honors of Hargrove's career. She 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. 31 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. 25 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 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 continued his consistency and ran 6.68 in the prelims at the Razorback Invitational and 6.74 in the finals to finish sixth. 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.

## 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 .....	45.78
600 Meters .....	Jenoah McKiver .....	* 1:15.36
800 Meters .....	Antonio Abrego.....	1:48.47
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..	Khullen Jefferson, Julien Gillium, Chadrick Richards, Jenoah McKiver .....	3:05.63
Dist. Medley Relay	Antonio Abrego, Wayne Lawrence, Jr, Alec Still, Max Murphy .....	9:39.60
High Jump.....	Zack Pluff .....	6-8 3/4 (2.05m)
Pole Vault .....	Austin West.....	13-11 1/4 (4.25m)
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.....	* 63-3 1/2 (19.29m)
Weight Throw.....	Tyler Lienau.....	* 72-10 (22.20m)
Heptathlon .....	Austin West.....	* 5,832 points

### WOMEN'S SEASON BESTS

60 Meters .....	LaSarah Hargrove .....	* 7.31
60-Meter Hurdles ...	Myreanna Bebe .....	8.26
200 Meters .....	LaSarah Hargrove .....	23.58
300 Meters .....	Nylah Perry .....	39.22
400 Meters .....	Tesa Roberts.....	54.48
600 Meters .....	Mallory King.....	1:28.45
800 Meters .....	Mallory King.....	2:05.24
1,000 Meters .....	Mallory King.....	2:50.46
Mile .....	Amber Aesoph .....	4:48.66
3,000 Meters .....	Kelli Tasic .....	9:59.84
5,000 Meters .....	Madeline Block .....	17:27.70
1,600-Meter Relay..	Mariel Bruxvoort, Payton Wensel, Jaiden Itson, Tesa Roberts.....	3:35.90
Dist. Medley Relay	Amber Aesoph, Sarah Bova, Grace Bookin-Nosbisch, Emma Gordon .....	11:30.42
High Jump.....	Jade Huter.....	5-4 1/2 (1.64m)
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.....	Nia Britt.....	68-8 1/2 (20.94m)
Pentathlon.....	Tionna Tobias .....	3,627 points

\* -- school record



## MID-DISTANCE DOMINANCE

Freshmen Antonio Abrego and Jenoah McKiver led a mid-distance assault in the 600 meters and 800 meters at the Mayo Invitational. McKiver won the 600 meters, besting his own school record with a time of 1:15.36. McKiver's time ranks No. 8 all-time in NCAA history (all surfaces). Junior Tyler Olson followed suit, finishing second with a personal-best time of 1:16.70. Olson's time ranks No. 4 in school history. The Hawkeyes grabbed the top-seven spots in the 600 meters. Junior Julien Gillum and freshman Armando Bryson grabbed third and fourth place, posting times of 1:17.02 and 1:17.70, respectively. Abrego recorded a personal best by finishing fifth in the 800 meters (1:48.48). Abrego's time puts him first in the Big Ten and No. 13 in the NCAA. This season, the Hawkeyes have had 10 athletes finish under 1:20 in the 600 meters and five athletes under 1:50 in the 800 meters.

## LAUNCHING RECORDS

Four current Hawkeye women have thrown all-time top-10 program marks in the weight throw this season:

- 2. Nia Britt (20.94m / 68'8.5")
- 3. Amanda Howe (20.85m / 68'5")
- 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. Senior Nia Britt won the event at the Larry Wieczorek Invitational with a 20.35-meter throw and moved to second all-time at Iowa at Razorback Invitational, winning the meet (20.68m / 67'10.25"). Nia Britt improved upon her career best mark (20.94m / 68'8.5") at the Mayo Invitational, finishing third. Amanda Howe was close behind in fourth improving upon her career best (20.85m / 68'5"). Britt and Howe currently rank No. 4 and No. 5 in the Big Ten and No. 24 and No. 28 in the NCAA. In the shot put, the Iowa women again have four current athletes on the program's all-time top-10 list. Britt's mark (16.75m / 54'11.5") 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.

On the men's side, four Hawkeye men have thrown all-time top-10 program marks in the weight throw this season:

- 1. Tyler Lienau (22.20m / 72'10")
- 6. Jordan Hawkins (20.11m / 65'11.5")
- 8. Jordan Johnson (19.47m / 63'10.25")
- 10. Sean Smith (19.11m / 62'8.5")

Senior Tyler Lienau is coming off of a season-best throw (22.20m / 72'10") at the Mayo Invite, winning the meet and improving his school record. Three other Hawkeyes have joined the top-10 this season. Jordan Hawkins and Jordan Johnson are both coming off of new career-best marks as well. Hawkins and Johnson rank sixth and eighth in program history.

## PRONUNCIATION GUIDE

Amber Aesoph.....	A-soph
Elijah Barnes .....	ill-LIE-juh
Alivia Bauer .....	ah-LIV-ee-uh
Alli/Grace Bookin-Nosbisch .....	hos-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 Tasic .....	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.





## 2FAST4U

The Hawkeye men and women know how to run a quarter mile. The men's squad of Khullen Jefferson, Julien Gillum, Chadrick Richards and Jenoah McKiver ran a conference-leading time of 3:05.63 in the 4x400-meter final at the Meyo Invitational on February 4th. The relay team consisting of three freshmen (Jefferson, Richards and McKiver) and one junior (Gillum) ranks eight-fastest in the NCAA. On the women's side, the quartet of junior Mariel Bruxvoort, senior Payton Wensel and freshmen Jaiden Itson and Tesa Roberts passed the baton around in a Big Ten-leading time of 3:35.90 (No. 16 in the NCAA) at the Razorback Invitational on January 28th.

## FAST AND FURIOUS

At the Jimmy Grant Invite, 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 Wieczorek 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. Hargrove recorded her third-best time of the season (7.36) at the Razorback Invitational to finish sixth. Love finished 12th in the prelims with a time of 7.50. 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.

## HURDLE U? HURDLE U.

The Hawkeye men and women hurdlers have risen to expectations this year. The men have four athletes ranked inside the top-10 of the Big Ten and the top-48 of the NCAA. Sophomores Grant Conway (7.77) and Gratt Reed (7.85) currently sit No. 12 and No. 23 in the NCAA. Senior Josh Braverman (7.89) and junior Peyton Haack (7.93) are currently No. 7 and No. 8 in the Big Ten. Sophomore Myreanna Bebe leads the way for the women's group. The Hawkeye is No. 2 in the Big Ten and currently 26th in the NCAA (8.26), and ranks third in program history. Sophomore Tionna Tobias is No. 8 in the Big Ten (8.44) and moved onto 10th on Iowa's all-time list.

## 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.

## USTFCCCA MEN'S RATING INDEX

### January 31, 2022 - Week 2

1. Texas .....	144.92
2. North Carolina A&T .....	124.21
3. Texas Tech.....	114.94
4. Georgia .....	96.11
5. Northern Arizona.....	91.63
6. Kentucky .....	77.54
7. Princeton .....	74.77
<b>8. IOWA.....</b>	<b>72.73</b>
9. Florida.....	71.83
10. Tennessee .....	61.98
11. Nebraska.....	61.92
12. Arkansas .....	56.21
13. Virginia Tech .....	50.48
14. Alabama .....	49.89
15. Miami .....	49.56
16. Texas A&M.....	48.45
17. TCU .....	46.37
18. Oregon.....	46.31
19. Arizona State .....	45.62
20. Florida State .....	44.26
21. USC .....	43.72
22. Grand Canyon .....	43.12
23. Missouri.....	42.47
24. Washington .....	41.31
25. Notre Dame .....	39.60

## USTFCCCA #EVENTSQUAD RANKINGS

The Hawkeyes have an even dozen events ranked inside the NCAA top-16 between the men and women:

Men:

EVENT	RANK
400m .....	No. 1
Weight Throw .....	No. 3
60m Hurdles .....	No. 4
800m .....	No. 4
Shot Put .....	No. 7
200m .....	No. 12

Women:

EVENT	RANK
Shot Put .....	No. 3
Weight Throw .....	No. 4
60m Hurdles .....	No. 8
800m .....	No. 9
400m .....	No. 12
200m .....	No. 16



#### MEN'S TOP-50 NCAA RANKS

ATHLETE .....	EVENT .....	MARK .....	B1G RANK .....	NCAA RANK .....	DATE
Jenoah McKiver .....	400m .....	45.78 .....	1 .....	2 .....	1/28/2022
Jenoah McKiver .....	600m .....	1:15.36 .....	1 .....	2 .....	2/4/2022
Austin West .....	Heptathlon .....	5,832 pts .....	1 .....	4 .....	1/28/2022
Tyler Lienau .....	Weight Throw .....	22.20m / 72'10" .....	2 .....	7 .....	2/4/2022
Jefferson, Gillum, Richards, McKiver .....	4x400m Relay .....	3:05.63 .....	1 .....	8 .....	2/4/2022
Abrego, Lawrence Jr., Still, Murphy .....	DMR .....	9:39.60 .....	2 .....	8 .....	1/28/2022
Chadrick Richards .....	400m .....	46.47 .....	4 .....	12 .....	2/4/2022
Antonio Abrego .....	800m .....	1:48.47 .....	1 .....	13 .....	2/4/2022
Nikolas Curtiss .....	Shot Put .....	19.29m / 63'3.5" .....	4 .....	15 .....	2/4/2022
Grant Conway .....	60mH .....	7.77 .....	3 .....	16 .....	1/22/2022
James Carter, Jr. ....	Long Jump .....	7.68m / 25'2.5" .....	3 .....	20 .....	1/21/2022
Gratt Reed .....	60mH .....	7.85 .....	5 .....	26 .....	12/11/2021
Kalen Walker .....	60m .....	6.67 .....	3 .....	31 .....	1/22/2022
Julien Gillum .....	400m .....	46.88 .....	7 .....	31 .....	1/22/2022
James Carter, Jr. ....	Triple Jump .....	15.64m / 51'3.75" .....	5 .....	34 .....	1/21/2022
Tyler Olson .....	800m .....	1:49.60 .....	5 .....	35 .....	1/22/2022
Jason Hoffman .....	800m .....	1:49.62 .....	6 .....	37 .....	2/4/2022
Josh Braverman .....	60mH .....	7.89 .....	7 .....	45 .....	1/22/2022
Alec Still .....	800m .....	1:49.95 .....	9 .....	46 .....	1/22/2022
Elijah Barnes .....	Shot Put .....	18.26m / 59'11" .....	9 .....	48 .....	1/28/2022

#### WOMEN'S TOP-50 NCAA RANKS

ATHLETE .....	EVENT .....	MARK .....	B1G RANK .....	NCAA RANK .....	DATE
Mallory King .....	800m .....	2:05.24 .....	4 .....	15 .....	2/4/2022
Bruxvoort, Wensel, Itson, Roberts .....	4x400m Relay .....	3:35.90 .....	1 .....	16 .....	1/28/2022
Nia Britt .....	Weight Throw .....	20.94m / 68'8.5" .....	4 .....	24 .....	2/4/2022
LaSarah Hargrove .....	60m .....	7.31 .....	2 .....	25 .....	1/21/2022
Myreanna Bebe .....	60mH .....	8.26 .....	2 .....	28 .....	1/28/2022
Amanda Howe .....	Weight Throw .....	20.85m / 68'5" .....	5 .....	28 .....	2/4/2022
Aesoph, Bova, Bookin-Nosbisch, Gordon .....	DMR .....	11:30.42 .....	3 .....	29 .....	1/28/2022
LaSarah Hargrove .....	200m .....	23.58 .....	2 .....	31 .....	1/15/2022
Kat Moody .....	Shot Put .....	16.32m / 53'6.5" .....	9 .....	31 .....	1/15/2022
Tionna Tobias .....	Long Jump .....	6.13m / 20'1.5" .....	2 .....	32 .....	1/21/2022
Nia Britt .....	Shot Put .....	16.00m / 52'6" .....	13 .....	43 .....	1/28/2022
Tesa Roberts .....	400m .....	54.48 .....	5 .....	50 .....	2/4/2022

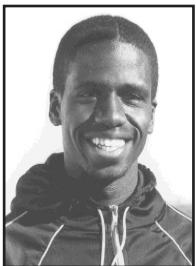
# INDOOR ALL-TIME TOP 10 PERFORMERS



Karayme Bartley



Jamal Britt



Rodney Chambers



Nikolas Curtiss



Troy Doris



Bill Hansen



Mar'yea Harris

## 60 Meters

1.	Kalen Walker, 2022 .....	<b>6.67</b>
2.	Justin Austin, 2011 .....	6.69
3.	Vinnie Saucer, Jr., 2016.....	6.70
4.	<b>Austin Kresley, 2021.....</b>	<b>6.72</b>
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

## 400 Meters

1.	<b>Wayne Lawrence Jr., 2021 .....</b>	<b>45.40</b>
2.	Mar'yea Harris, 2017 .....	45.75
3.	<b>Jenoah McKiver, 2022 .....</b>	<b>45.78</b>
4.	Karayme Bartley, 2019 .....	46.25
5.	Emmanuel Ogwo, 2017 .....	46.45
6.	<b>Chadrick Richards, 2022 .....</b>	<b>46.47</b>
7.	Steven Willey, 2010 .....	46.75
8.	Terrence Duckett, 1984.....	46.81
9.	Collin Hofacker, 2017 .....	46.82
10.	<b>Julien Gillum, 2022.....</b>	<b>46.88</b>

## Mile

1.	Jeff Thode, 2011 .....	3:58.72
2.	Ed DeLashmutt, 1981.....	4:04.01
3.	<b>Kal Lewis, 2021.....</b>	<b>4:04.21</b>
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.	<b>Max Murphy, 2022 .....</b>	<b>4:05.45</b>
9.	John Clark, 1972 .....	4:05.94
10.	Ben Witt, 2014.....	4:07.08

## 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.	<b>Grant Conway, 2022.....</b>	<b>7.77</b>
7.	<b>Gratt Reed, 2021.....</b>	<b>7.81</b>
8.	Ethan Holmes, 2013 .....	7.82
	Josh Braverman, 2021.....	7.82
10.	Dion Trowers, 1997 .....	7.87

## 600 Meters

1.	<b>Jenoah McKiver, 2022 .....</b>	<b>1:15.36</b>
2.	<b>Wayne Lawrence, Jr., 2020 .....</b>	<b>1:16.55</b>
3.	Mar'yea Harris, 2019 .....	1:16.60
4.	<b>Tyler Olson, 2022 .....</b>	<b>1:16.70</b>
5.	Erik Sowinski, 2012 .....	1:16.91
6.	<b>Julien Gillum, 2022.....</b>	<b>1:17.02</b>
7.	Austin Lietz, 2020 .....	1:17.03
8.	Carter Lilly, 2017 .....	1:17.20
9.	<b>Spencer Gudgel, 2021.....</b>	<b>1:17.38</b>
10.	Matt Manternach, 2020.....	1:17.43

## 3,000 Meters

1.	Kevin Lewis, 2015 .....	7:57.06
2.	Nathan Mylenek, 2020 .....	7:58.37
3.	<b>Max Murphy, 2021 .....</b>	<b>7:59.30</b>
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.	<b>Nick Trattner, 2022 .....</b>	<b>8:10.03</b>

## 200 Meters

1.	Karayme Bartley, 2019.....	20.67
2.	Justin Austin, 2011 .....	20.80
3.	<b>Wayne Lawrence, Jr., 2020 .....</b>	<b>20.85</b>
4.	Antonio Woodard, 2019 .....	20.89
5.	Anthuan Maybank, 1993 .....	21.11
6.	<b>Austin Kresley, 2021.....</b>	<b>21.12</b>
7.	Bashir Yamini, 1999 .....	21.19
8.	James Harrington, 2014 .....	21.21
9.	Ethan Holmes, 2013 .....	21.23
	Khullen Jefferson, 2022.....	21.23

## 800 Meters

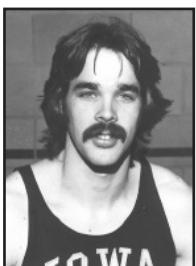
1.	Carter Lilly, 2017 .....	1:47.33
2.	<b>Antonio Abrego, 2022 .....</b>	<b>1:48.47</b>
3.	Erik Sowinski, 2012 .....	1:47.62
4.	Will Teubel, 2016 .....	1:47.74
5.	Pavlo Hutsalyuk, 2016.....	1:48.97
6.	Ryan Weir, 2013 .....	1:49.11
7.	Adam Hairston, 2010 .....	1:49.26
8.	Nathan Prom, 2013 .....	1:49.29
9.	Matt Manternach, 2020.....	1:49.35
10.	<b>Alex Birkett, 2020.....</b>	<b>1:49.47</b>

## 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.	<b>Noah Healy, 2021 .....</b>	<b>14:12.47</b>
7.	Eric MacTaggart, 2006 .....	14:13.41
8.	Jeff Thode, 2011 .....	14:16.00
9.	<b>Nick Trattner, 2021 .....</b>	<b>14:18.11</b>
10.	Matt Esche, 2004 .....	14:18.43



Collin Hofacker



Bill Knoedel



Wayne Lawrence, Jr.



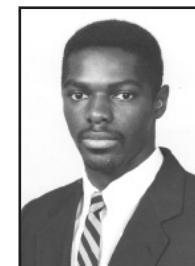
Kevin Lewis



Tyler Lienau



Carter Lilly



Anthuan Maybank

# INDOOR ALL-TIME TOP 10 PERFORMERS



Jaylan McConico



Jenoah McKiver



Michael Melchert



Nathan Mylenek



Jeff Thode



Kalen Walker



Austin West

## Heptathlon

1. Austin West, 2022..... 5,832 points
2. Peyton Haack, 2021 ..... 5,749 points
2. Will Daniels, 2020..... 5,689 points
3. William Dougherty, 2018.. 5,606 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)
9. Brandon Oest, 2010 ..... 6-11 (2.11)
10. Dan Rolling, 2008 ..... 6-11 (2.11)
11. Graham Valdes, 2010 ..... 6-11 (2.11)
12. 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)
4. James Carter, Jr. 2022. 51-3 3/4 (15.64)
5. 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. Nikolas Curtiss, 2022 63-3 1/2 (19.29m)
2. Reno Tuufuli, 2018 ..... 63-3 1/4 (19.28)
3. John Hickey, 2009..... 63-0 (19.20)
4. Jeremy Allen, 2001... 62-10 1/2 (19.16)
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..... 72-10 (22.20)
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. Jordan Hawkins, 2022 65-11 1/2 (20.11)
7. Jeremy Allen, 2001 ..... 65-10 (20.07)
8. Jordan Johnson, 2022.63-10 1/4 (19.47)
9. Chris Voller, 2005..... 63-4 (19.30)
10. Sean Smith, 2021 ..... 62-8 1/2 (19.21)

## 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. K. Jefferson, Gillum, Richards, McKiver  
2022 ..... 3:05.63
6. Gillum, Gudgel, Lawrence, Jr.,  
McKiver, 2022 ..... 3:05.68
7. Thompson, Frye, Garron, Harris, 2018 .... 3:06.06
8. Richards, E. Holmes, Sowinski,  
Willey, 2011..... 3:06.66
9. Frye, Woodard, Lawrence, Jr., Britt,  
2020 ..... 3:06.76
10. Rozell, Davis, Raymond, Yamini, 1998 ..... 3:06.80

## 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. Abrego, Lawrence, Jr., Still, Murphy,  
2022 ..... 9:39.60
3. Lewis, Woody, Still, Murphy, 2021 ..... 9:42.16
4. Lilly, Frye, Manternach, Jones, 2017 ..... 9:44.07
5. Mylenek, Thompson, Lilly, Melchert,  
2018 ..... 9:45.10
6. Prom, Rickels, Sowinski, Thode, 2012 ..... 9:45.41
7. Birkett, Clarke, Still, D. Murphy, 2020 ..... 9:46.39
8. 1999 ..... 9:46.83
9. 1977 ..... 9:48.80
10. 1978 ..... 9:49.70

# INDOOR ALL-TIME TOP 10 PERFORMERS



Kineke Alexander Meghan Armstrong

Brittany Brown

Tracy Dahl

Briana Guillory

Karessa Farley

Elexis Guster

## 60 Meters

1.	<b>LaSarah Hargrove, 2022</b>	<b>7.31</b>
2.	Lake Kwaza, 2016	7.33
3.	Brittany Brown, 2017	7.39
4.	<b>Lia Love, 2022</b>	<b>7.40</b>
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

## 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.	<b>Nylah Perry, 2021</b>	<b>54.43</b>
10.	<b>Tesa Roberts, 2022</b>	<b>54.48</b>

## 800 Meters

1.	Bethany Praska, 2011	2:05.01
2.	<b>Mallory King, 2020</b>	<b>2:05.12</b>
3.	Jeanne Kruckeberg, 1989	2:06.38
4.	Michelle Lahann, 2004	2:06.83
5.	Katharina Trost, 2014	2:07.38
6.	<b>Clare Pitcher, 2022</b>	<b>2:08.58</b>
7.	Mahnee Watts, 2014	2:08.79
8.	Tia Saunders, 2020	2:08.83
9.	Taylor Arco, 2020	2:08.94
10.	Adrianne Alexia, 2013	2:08.95

## 60-Meter Hurdles

1.	Karessa Farley, 2009	8.21
2.	Jenny Kimbro, 2020	8.22
3.	<b>Paige Magee, 2022</b>	<b>8.26</b>
	<b>Myreanna Bebe, 2022</b>	<b>8.26</b>
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
	<b>Tionna Tobias, 2022</b>	<b>8.44</b>

## 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

## 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.	<b>Amber Aesoph, 2022</b>	<b>4:48.66</b>

## 200 Meters

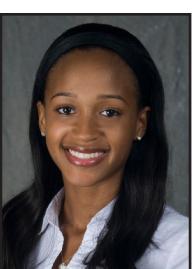
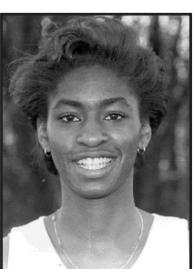
1.	Brittany Brown, 2017	22.79
2.	Briana Guillory, 2018	23.22
3.	Kineke Alexander, 2006	23.49
4.	Lake Kwaza, 2016	23.54
5.	<b>LaSarah Hargrove, 2022</b>	<b>23.58</b>
6.	Shellene Williams, 2004	23.62
7.	Marlene Poole, 1994	23.66
	Yolanda Hobbs, 1995	23.66
9.	Erica Broomfield, 1998	23.81
10.	Antonise Christian, 2020	23.89

## 600 Meters

1.	Kineke Alexander, 2008	1:27.45
2.	Bethany Praska, 2011	1:28.14
3.	<b>Mallory King, 2022</b>	<b>1:28.45</b>
4.	MonTayla Holder, 2016	1:29.35
5.	Tia Saunders, 2020	1:29.83
6.	<b>Payton Wensel, 2020</b>	<b>1:29.87</b>
7.	<b>Clare Pitcher, 2021</b>	<b>1:29.96</b>
8.	Mahnee Watts, 2016	1:30.41
9.	<b>Jaiden Itson, 2022</b>	<b>1:30.69</b>
10.	Senta Hawkins, 1987	1:30.77

## 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



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
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.	<b>Tionna Tobias, 2022 .....</b>	<b>3,627 points</b>
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)
	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)
	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.	<b>Tionna Tobias, 2022 .....</b>	<b>20-1 1/2 (6.13)</b>
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)

## 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.	<b>Bruxvoort, Wensel, Itson, Roberts, 2022 .....</b>	<b>3:35.90</b>
5.	Holder, Guster, Hernandez, Guillory, 2016 .....	3:36.47
6.	Liverpool, Hendricks, Praska, Erickson, 2011 .....	3:36.97
7.	Holder, Hernandez, Guster, Guillory, 2016 .....	3:36.99
8.	Hernandez, Holder, Guster, Watts, 2014 .....	3:37.16
9.	Liverpool, Hendricks, Erickson, Praska, 2011 .....	3:37.58
	Kimbro, Simmons, Weum, Guillory, 2019 .....	3:37.58

## 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.	<b>Kayla Hutchins, 2022 .....</b>	<b>40-9 3/4 (12.44)</b>
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.	<b>Nia Britt, 2019 .....</b>	<b>54-11 1/2 (16.75)</b>
3.	<b>Kat Moody, 2022 .....</b>	<b>53-6 1/2 (16.32)</b>
4.	Erika Hammond, 2019 .....	51-3 1/2 (15.63)
5.	Gail Smith, 1985 .....	51-0 (15.54)
	<b>Nicole Berry, 2021 .....</b>	<b>51-0 (15.54)</b>
7.	Lisa Van Steenwyk, 1993 .....	50-5 1/4 (15.37)
8.	<b>Jamie Kofron, 2021 .....</b>	<b>50-0 3/4 (15.26)</b>
9.	Kamesha Marshall, 2005 .....	49-2 1/4 (14.99)
10.	Denise Taylor, 1992 .....	48-9 (14.86)

## Weight Throw

1.	Laulauga Tausaga, 2019 .....	76-3 3/4 (23.26)
2.	<b>Nia Britt, 2022 .....</b>	<b>68-8 1/2 (20.94)</b>
3.	<b>Amanda Howe, 2022 .....</b>	<b>68-5 (20.85)</b>
4.	<b>Jamie Kofron, 2022 .....</b>	<b>63-7 1/2 (19.39)</b>
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.	<b>Alivia Bauer, 2021 .....</b>	<b>59-5 (18.11)</b>
10.	Allison Wahrman, 2020 .....	59-1 1/2 (18.02)

## 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