



Feb. 4 & 5, 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 Meyeo Invite (South Bend, Ind.)
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 thesecond-consecutive week, traveling to South Bend, Indiana, for the Meyeo Invitational on Friday and Saturday at Meyeo Field inside Loftus Sports Center. The pentathlon is scheduled to begin Friday at 10:30 a.m. (CT). Field events begin at 3 p.m. (CT) with running events slated to start at 3:30 p.m. (CT). On Saturday, running resumes at 9 a.m. (CT). Field events begin with the triple jump at 9:30 a.m. (CT).

THE COMPETITION

Notre Dame hosts the Hawkeyes and 37 additional programs, including Auburn, Ball State, Bradley, Butler, Central Michigan, Depaul, Eastern Illinois, Eastern Michigan, Grand Valley State, Illinois, Illinois-Chicago, Illinois State, Indiana, Indiana State, Iowa State, IUPUI, Kent State, Loras, Louisville, Loyola-Chicago, Marquette, Miami, Michigan, Michigan State, Minnesota, Northern Colorado, Northern Illinois, Oakland, Ohio State, Purdue, Rutgers, Saint Louis, Southern Indiana, Tennessee, Valparaiso, Western Illinois and Youngstown State.

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 (**ESPN+**).

IN THE RANKINGS

The Hawkeye men rank inside the top-10 for the second-consecutive week in the USTFCCCA National Track and Field Index. The No. 10 Hawkeyes are the highest-ranked Big Ten team. No. 12 Nebraska and No. 23 Wisconsin are the only other Big Ten teams in the top-25. Additionally, the Hawkeye men are ranked first in the Midwest Region, and the women rank third in the Midwest Region.

B1G HONORS

Two Hawkeyes have earned Big Ten accolades so far 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)

BREAKING RECORDS IS A HABIT

Five school records have gone down in the first four meets 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. The most recent record to fall happened on Jan. 28 at the Razorback Invitational when sophomore Austin West proved to be the top-heptathlete in Hawkeye history.



B1G TIME(S) FOR MCKIVER

Freshman sprinter Jenoah McKiver has been on an absolute tear to start the season. Through four 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. He went on to anchor the conference-leading 4x400-meter relay (3:05.68) at the Razorback Invitational on Jan. 29 with a 45.12 split. Iowa's time currently ranks seventh in the NCAA and is No. 5 all-time at Iowa. McKiver was named Men's Big Ten Track Athlete of the Week on Feb. 2 for his performance.

HARGROVE GROOVING

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. 27 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. 30 nationally. Hargrove finished fifth in the 60-meter finals of the Razorback Invitational with a time of 7.36 and ninth in the 200 meters (23.63).

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 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. 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	45.78
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..	Julien Gillium, Spencer Gudgel, Wayne, Lawrence, Jr., Jenoah McKiver	3:05.68
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.....	62-8 3/4 (19.12m)
Weight Throw.....	Tyler Lienau.....	* 70-3 3/4 (21.43m)
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	Payton Wensel	54.67
600 Meters	Mallory King.....	1:30.07
800 Meters	Mallory King.....	2:07.74
1,000 Meters	Mallory King.....	2:50.46
Mile	Amber Aesoph	4:48.66
3,000 Meters	Kelli Tasic	9:59.84
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.....	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.....	Nia Britt.....	67-10 1/4 (20.68m)
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 Larry Wieczorek 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. Antonio Abrego added another sub-1:50 800 meters to his season resume by finishing third at the Razorback Invitational in 1:49.22.

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. Nia Britt (20.68m / 67'10.25")
- 3. Amanda Howe (20.67m / 67'9.75")
- 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 No. 7 in the Big Ten and 30th in the NCAA. 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 with a career-best mark (20.68m / 67'10.25"). Britt's mark ranks No. 6 in the conference and 29th 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 Julien Gillum, Spencer Gudgel, Wayne Lawrence Jr., Jenoah McKiver ran a conference-leading time of 3:05.68 in the 4x400-meter final at the Razorback Invitational on January 29. The relay team consisting of one freshman (McKiver), one sophomore (Gudgel) and two juniors (Lawrence, Jr., Gillum) ranks seventh-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. 9 in the NCAA).

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.





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 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.

NEXT ON THE BLOCK

The Hawkeyes split up and head to Fayetteville, Arkansas, and Ames, Iowa, on Feb. 11 and 12 for the Tyson Invitational and Iowa State Classic.

USTFCCA MEN'S RATING INDEX

January 31, 2022 - Week 2

1. North Carolina A&T	130.50
2. Texas Tech.....	115.37
3. Texas	108.83
4. Georgia	101.07
5. Kentucky	95.46
6. Northern Arizona.....	90.56
7. Florida.....	77.15
8. Arkansas	76.95
9. Princeton	70.98
10. IOWA	68.20
11. Tennessee	66.48
12. Nebraska.....	64.44
13. Oregon.....	59.25
14. USC	53.32
15. Florida State	47.50
16. Oklahoma State	47.34
17. Alabama	46.09
18. Missouri.....	45.20
19. Grand Canyon	43.27
20. Washington	43.26
21. Texas A&M.....	43.11
22. Clemson.....	41.39
23. Wisconsin	41.38
24. BYU	39.57
25. Ole Miss.....	38.74

USTFCCA #EVENTSQUAD RANKINGS

The Hawkeyes have an even dozen events ranked inside the NCAA top-15 between the men and women:

Men:

EVENT	RANK
400m	No. 2
60m Hurdles	No. 3
Weight Throw	No. 3
800m	No. 5
Shot Put	No. 6
200m	No. 11

Women:

EVENT	RANK
Weight Throw	No. 3
Shot Put	No. 3
400m	No. 10
60m Hurdles	No. 10
800m	No. 12
200m	No. 15



MEN'S TOP-50 NCAA RANKS

ATHLETE	EVENT	MARK	B1G RANK	NCAA RANK	DATE
Jenoah McKiver	400m	45.78	1	2	1/28/2022
Austin West	Heptathlon	5,832 pts	1	4	1/28/2022
Gillum, Gudgel, Lawrence, Jr., McKiver..	Men's 4x400	3:05.68	1	7	1/28/2022
Abrego, Lawrence Jr., Still, Murphy ...	Men's DMR	9:39.60	2	8	1/28/2022
Antonio Abrego	800m	1:48.88	1	12	1/22/2022
Grant Conway	60mH	7.77	3	12	1/22/2022
Tyler Lienau	Weight Throw	21.43m / 70'3.75"	2	13	1/21/2022
James Carter, Jr.	Long Jump	7.68m / 25'2.5"	3	18	1/21/2022
Nikolas Curtiss	Shot Put	19.12m / 62'8.75"	4	18	1/21/2022
Gratt Reed	60mH	7.85	5	23	12/11/2021
Kalen Walker	60m	6.67	3	25	1/22/2022
Tyler Olson	800m	1:49.60	3	26	1/22/2022
Julien Gillum	400m	46.88	6	26	1/22/2022
James Carter, Jr.	Triple Jump	15.64m / 51'3.75"	5	32	1/21/2022
Alec Still	800m	1:49.95	5	36	1/22/2022
Khullen Jefferson	400m	47.13	8	40	1/22/2022
Josh Braverman	60mH	7.89	7	41	1/22/2022
Chadrick Richards	200m	21.34	5	44	1/22/2022
Elijah Barnes	Shot Put	18.26m / 59'11"	9	44	1/28/2022
Jason Hoffman	800m	1:50.18	8	46	1/28/2022
Peyton Haack	60mH	7.93	8	48	12/11/2021
Khullen Jefferson	200m	21.23	3	49	1/15/2022
Jenoah McKiver	600m	1:16.08	1	N/A	1/21/2022

WOMEN'S TOP-50 NCAA RANKS

ATHLETE	EVENT	MARK	B1G RANK	NCAA RANK	DATE
Bruxvoort, Wensel, Itson, Roberts	4x400m Relay	3:35.90	1	9	1/28/2022
Aesoph, Bova, Bookin-Nosbisch, Gordon...	DMR	11:30.42	2	20	1/28/2022
LaSarah Hargrove	60m	7.31	2	20	1/21/2022
Tionna Tobias	Long Jump	6.13m / 20'1.5"	1	24	1/21/2022
Myreanna Bebe	60mH	8.26	2	26	1/28/2022
LaSarah Hargrove	200m	23.58	2	27	1/15/2022
Nia Britt	Weight Throw	20.68m / 67'10.25"	6	29	1/28/2022
Kat Moody	Shot Put	16.32m / 53'6.5"	9	29	1/15/2022
Amanda Howe	Weight Throw	20.67m / 67'9.75"	7	30	12/11/2021
Nia Britt	Shot Put	16.00m / 52'6"	12	38	1/28/2022
Kayla Hutchins	Triple Jump	12.44m / 40'9.75"	4	39	1/15/2022
Mallory King	800m	2:07.74	8	41	1/28/2022
Lia Love	60m	7.40	6	48	1/21/2022

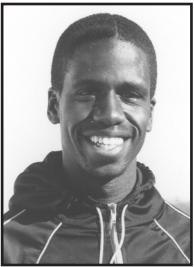
INDOOR ALL-TIME TOP 10 PERFORMERS



Karayme Bartley



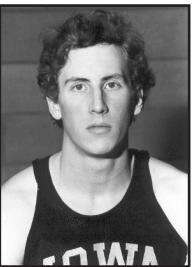
Jamal Britt



Rodney Chambers



Troy Doris



Bill Hansen



Mar'yea Harris



Collin Hofacker

60 Meters

1.	Kalen Walker, 2022	6.67
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

400 Meters

1.	Wayne Lawrence Jr., 2021	45.40
2.	Mar'yea Harris, 2017	45.75
3.	Jenoah McKiver, 2022	45.78
4.	Karayme Bartley, 2019	46.25
5.	Emmanuel Ogwo, 2017	46.45
6.	Steven Willey, 2010	46.75
7.	Terrence Duckett, 1984.....	46.81
8.	Collin Hofacker, 2017	46.82
9.	Julien Gillum, 2022.....	46.88
10.	DeJuan Frye, 2020	46.91

Mile

1.	Jeff Thode, 2011	3:58.72
2.	Ed DeLashmutt, 1981.....	4:04.01
3.	Kal Lewis, 2021.....	4:04.21
4.	Adam Jones, 2017.....	4:04.28
5.	Michael Melchert, 2018	4:04.32
6.	Larry Wieczorek, 1968	4:04.40
7.	Nathan Mylenek, 2019	4:04.88
8.	Max Murphy, 2022	4:05.45
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.	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

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

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

200 Meters

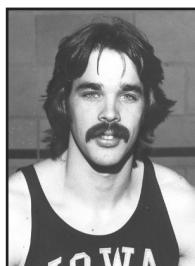
1.	Karayme Bartley, 2019.....	20.67
2.	Justin Austin, 2011	20.80
3.	Wayne Lawrence, Jr., 2020	20.85
4.	Antonio Woodard, 2019	20.89
5.	Anthuan Maybank, 1993	21.11
6.	Austin Kresley, 2021.....	21.12
7.	Bashir Yamini, 1999	21.19
8.	James Harrington, 2014	21.21
9.	Ethan Holmes, 2013	21.23
	Khullen Jefferson,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

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

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



Bill Knoedel



Wayne Lawrence, Jr.



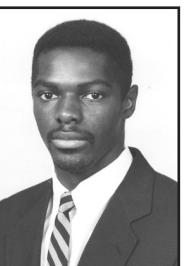
Kevin Lewis



Tyler Lienau



Carter Lilly



Anthuan Maybank



Jaylan McConico

INDOOR ALL-TIME TOP 10 PERFORMERS



Jenoah McKiver



Michael Melchert



Nathan Mylenek



Jeff Thode



Reno Tufuli



Kalen Walker



Austin West

Heptathlon

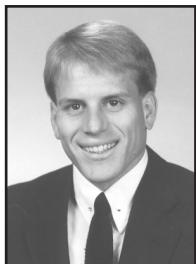
1. Austin West, 2022..... 5,832 points
2. Peyton Haack, 2021 5,749 points
2. Will Daniels, 2020..... 5,689 points
3. William Dougherty, 2018.. 5,606 points
5. Kyle Reid, 2013 5,354 points
6. Dan Rolling, 2010 5,205 points
7. Jack Eckert, 2015 5,188 points
8. Daniel Gaynes, 2018..... 5,162 points
9. Ryan 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)
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 Tuufuli, 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. Gillum, Gudgel, Lawrence, Jr., Mckiver, 2022 3:05.68
6. Thompson, Frye, Garron, Harris, 2018 3:06.06
7. Richards, E. Holmes, Sowinski, Willey, 2011..... 3:06.66
8. Frye, Woodard, Lawrence, Jr., Britt, 2020 3:06.76
9. Rozell, Davis, Raymond, Yamini, 1998 3:06.80
10. Ogwo, Mallett, Frye, Harris, 2017 3:07.08

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.	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

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.	Payton Wensel, 2022	54.67

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.	Adrianne Alexia, 2013	2:08.95
10.	Briana Benning, 1996	2:09.22

60-Meter Hurdles

1.	Karessa Farley, 2009	8.21
2.	Jenny Kimbro, 2020	8.22
3.	Paige Magee, 2022	8.26
	Myreanna Bebe, 2022	8.26
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

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.	Amber Aesoph, 2022	4:48.66

200 Meters

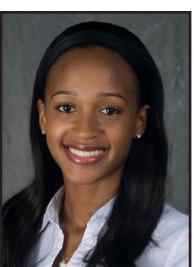
1.	Brittany Brown, 2017	22.79
2.	Briana Guillory, 2018	23.22
3.	Kineke Alexander, 2006	23.49
4.	Lake Kwaza, 2016	23.54
5.	LaSarah Hargrove, 2022	23.58
6.	Shellene Williams, 2004	23.62
7.	Marlene Poole, 1994	23.66
	Yolanda Hobbs, 1995	23.66
9.	Erica Broomfield, 1998	23.81
10.	Antonise Christian, 2020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

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

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.	Tionna Tobias, 2022	3,627 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)
	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.	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)

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.	Bruxvoort, Wensel, Itson, Roberts, 2022	3:35.90
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, Kimbro, Simmons, Weum, Guillory, 2011	3:37.58
		3:37.58

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
		11:29.54
		11:29.54
10.	Lahann, Williams, Stanley, Arens, 2004	11:30.36

Weight Throw

1.	Laulauga Tausaga, 2019	76-3 3/4 (23.26)
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)
	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)