



Feb. 25-26 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.)
Feb. 11-12	at Tyson Invitational (Fayetteville, Ark.) at Iowa State Classic (Ames, Iowa)
Feb. 18	at St. Valentine's Invite (Madison, Wisc.)
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, traveling to Geneva, Ohio, for the Big Ten Championships at the SPIRE Institute. The Big Ten Championships begin Friday morning at 9:50 a.m. (CT) and resume on Saturday at 10 a.m. (CT).

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 stream will be available both days at bigtenplus.com.

IN THE RANKINGS

The Hawkeye men rank inside the top-10 for the fifth-consecutive week in the USTFCCCA National Track and Field Rating Index. The No. 8 Hawkeyes are the highest-ranked team in the Big Ten. No. 18 Michigan State and No. 19 Nebraska also represent the conference in the top-25 this week. Additionally, the Hawkeye men are ranked first and the women rank third 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

Ten school records have gone down this indoor season for the Hawkeyes:

- 60 meters 6.61 Kalen Walker
- 60 meters 7.25 LaSarah Hargrove
- 400 meters 45.39 Jenoah McKiver
- 600 meters 1:15.36 Jenoah McKiver
- 800 meters 2:04.56 Mallory King
- 4x400 Relay 3:02.40 Richards, Gillum, Lawrence, Jr., McKiver
- 4x400 Relay 3:32.38 Bruxvoort, Roberts, Wensel, King
- Weight Throw 22.20m / 72-10 Tyler Lienau
- Shot Put 19.57 / 64-2.5 Nik Curtiss
- Heptathlon 5,832 pts. Austin West

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.



RINGS ON OUR MIND

The Iowa men won their first Big Ten Indoor Championship since 1963 and their fourth all-time last season with 119 points. The women finished second with 58 points, besting third place Wisconsin by five points. Iowa returns three Indoor Big Ten Champions. For the men, James Carter, Jr. returns as the reigning long jump champion while Peyton Haack is the reigning champion in the heptathlon. On the women's side, Paige Magee returns after winning the 60-meter hurdles. Iowa brings back eight Big Ten Medalists and 21 point scorers.

2nd

- Alec Still (800m)
- Women's 4x400 Relay
- Wayne Lawrence, Jr. (200m, 400m)
- Gratt Reed (60 Hurdles)

3rd

- Austin West (Heptathlon)
- Clare Pitcher (600m)
- Julien Gillum (600m)
- Josh Braverman (60 Hurdles)

B1G TIME(S) FOR MCKIVER

Standout sprinter Jenoah McKiver leads the conference in a trio of events. At the Meyo Invite, McKiver ran the eighth-fastest 600 meters in NCAA history (all conditions) and improved his school record (1:15.36). At the Meyo Invite, McKiver ran the eighth-fastest 600 meters in NCAA history (all conditions) and improved his school record (1:15.36). McKiver continued as he won the 400 meters at the Tyson Invitational with yet another school record (45.39). The freshman also ran the anchor leg of the school-record setting 4x400-meter relay (3:02.40). McKiver currently ranks third nationally in the quarter-mile while Iowa's time currently ranks second in the NCAA. McKiver earned back-to-back Men's Big Ten Track Athlete of the Week honors (Feb. 2, Feb. 9) for his performances.

2FAST4U

The Hawkeye men and women know how to run a quarter mile. The men's squad of Chadrick Richards, Julien Gillum, Wayne Lawrence, Jr. and Jenoah McKiver ran a conference-leading time of 3:02.40 in the 4x400-meter final at the Tyson Invitational on Feb. 11. The relay team consisting of two freshmen (Richards and McKiver) and two juniors (Gillum and Lawrence Jr.) broke the school record and currently rank second-fastest in the NCAA. Additionally, the Hawkeyes became the fifth-fastest program ever in the event indoors. The group bested the previous school record by 2.36 seconds. On the women's side at the Tyson Invite, the quartet of junior Mariel Bruxvoort, freshman Tesa Roberts, and seniors Payton Wensel and Mallory King passed the baton in a Big Ten-leading time of 3:32.38 – seventh in the NCAA – to break the Iowa record.

2022 INDOOR SEASON LEADERS

MEN'S SEASON BESTS

60 Meters	Kalen Walker	* 6.61
60-Meter Hurdles	Grant Conway	7.77
200 Meters	Khullen Jefferson	21.18
300 Meters	Evan Schuster	34.80
400 Meters	Jenoah McKiver	* 45.39
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
5,000 Meters	Max Murphy	14:01.48
1,600-Meter Relay	Chadrick Richards, Julien Gillum, Wayne Lawrence, Jr., Jenoah McKiver	* 3:02.40
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	* 64-2 1/2 (19.57m)
Weight Throw	Tyler Lienau	* 72-10 (22.20m)
Heptathlon	Austin West	* 5,832 points

WOMEN'S SEASON BESTS

60 Meters	LaSarah Hargrove	* 7.25
60-Meter Hurdles	Myreanna Bebe	8.26
200 Meters	LaSarah Hargrove	23.58
300 Meters	Nylah Perry	39.22
400 Meters	Tesa Roberts	54.30
600 Meters	Mallory King	1:28.45
800 Meters	Mallory King	* 2:04.56
1,000 Meters	Mallory King	2:50.46
Mile	Amber Aesoph	4:41.58
3,000 Meters	Kelli Tosic	9:41.06
5,000 Meters	Madeline Block	17:27.70
1,600-Meter Relay	Mariel Bruxvoort, Tesa Roberts, Payton Wensel, Mallory King	* 3:32.38
Dist. Medley Relay	Amber Aesoph, Sarah Bova, Grace Bookin-Nosbisch, Emma Gordon	11:30.42
High Jump	Maria Gorham	5-5 1/2 (1.66m)
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



RUN DON'T WALK(ER)

The Hawkeye sprint group was a force in the Big Ten a year ago. Kalen 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 (6.71). Walker improved his all-time best mark at the Wiczorek Invitational, becoming the lone school-record holder in the 60 meters (6.67), running that time in both the prelims and final. Walker bested top-level SEC competition at the Tyson Invitational, winning the 60 meters and improving his school record-time to 6.61. Walker's time currently ranks second in the conference and 12th nationally. He joins sophomore Austin Kresley, who owns a career-best time of 6.72 in the 60 meters, to form a strong one-two punch in the short sprints.

MID-DISTANCE DOMINANCE

Freshmen Antonio Abrego and Jenoah McKiver led a mid-distance assault in the 600 meters and 800 meters at the Meyo Invitational. McKiver won the 600 meters, besting his own school record with a time of 1:15.36. McKiver's time ranks eighth all-time in NCAA history (all surfaces). Abrego recorded a personal best by finishing fifth in the 800 meters (1:48.48). Abrego's time puts him fifth in the Big Ten and 36th in the NCAA. Junior Tyler Olson followed suit, finishing second with a personal-best of 1:16.70. Olson's time ranks fourth 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. This season, the Hawkeyes have had 10 athletes finish under 1:20 in the 600 meters and four athletes under 1:50 in the 800 meters.

HARGROVE GROOVING

LaSarah Hargrove broke her own school record in the prelims of the 60 meters at the Tyson Invitational with a time of 7.25. Hargrove currently ranks second in the conference and 15th nationally. At the Larry Weiczorek Invitational, Hargrove ran a 7.31 in the prelims to initially break the school record. 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. Hargrove also ran an impressive 23.58 seconds in the 200 meters at the Hawkeye Invite on Jan. 15, winning the meet and running the fifth-fastest time in Iowa history. Her time currently ranks second in the conference and 44th nationally.

HURDLE U? HURDLE U.

The Hawkeye hurdlers have risen to expectations this year. The men have four athletes ranked inside the top-10 of the Big Ten and two inside the top-48 of the NCAA. Sophomores Grant Conway (7.77) and Gratt Reed (7.85) currently sit 18th and 23rd in the NCAA. Senior Josh Braverman (7.89) and junior Peyton Haack (7.93) are currently ninth and 10th in the Big Ten. On the women's side, sophomore Myreanna Bebe leads the way (8.26), ranking fourth in the Big Ten, 39th in the NCAA and third in program history. Freshman Miya Brines jumped to ninth all-time at Iowa (8.43) and ranks seventh in the Big Ten. Sophomore Tionna Tobias is tied for ninth in the Big Ten (8.44) and moved onto Iowa's all-time list at 10th.

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.





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")

Senior Nia Britt improved upon her career-best weight-throw mark (20.94m / 68'8.5") at the Meyo Invitational, finishing third. Amanda Howe was close behind in fourth improving upon her career best (20.85m / 68'5"). Britt and Howe currently rank fourth and fifth in the Big Ten and 26th and 30th in the NCAA. In the shot put, the Iowa women again have four Hawkeyes 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, winning 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. Berry moved up to No. 4 all-time at Iowa (16.02m / 52'6.75") with her throw at the Badger St. Valentine's Invite on Feb. 18.

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")
- 5. Sean Smith (20.50m / 67'3.25")
- 7. Jordan Hawkins (20.11m / 65'11.5")
- 9. Jordan Johnson (19.47m / 63'10.25")

Senior Tyler Lienau comes off a season-best throw (22.20m / 72'10") at the Meyo Invite, winning the meet and improving his school record. Three other Hawkeyes have joined the top-10 this season. Sophomores Jordan Hawkins and Jordan Johnson both registered a new career-best marks at the Meyo Invite as well. Freshman Sean Smith is coming off of his best performance of the season a week ago, jumping to fifth all-time at Iowa. In the shot put, Nik Curtiss has broken the shot put record on two occasions (19.57m / 64'2.5").

NEXT ON THE BLOCK

The Hawkeyes head to Geneva, Ohio, on Feb. 25-26 for the Big Ten Championships.

USTFCCCA MEN'S RATING INDEX

Febuary 21, 2022 - Week 5

1. Arkansas	124.70
2. NC A&T	118.94
3. Texas	118.61
4. Georgia	116.62
5. Texas Tech	102.37
6. Alabama	80.35
7. Notre Dame	80.26
8. IOWA	77.24
9. Kentucky	75.52
10. Florida	75.05
11. Tennessee	73.13
12. Northern Arizona	69.85
13. Florida State	68.01
14. Washington	61.31
15. Princeton	59.92
16. Oregon	56.26
17. Ole Miss	55.28
18. Michigan State	51.05
19. Nebraska	48.70
20. USC	44.99
21. LSU	43.81
22. Grand Canyon	43.13
23. Clemson	39.49
24. Arizona State	38.34
25. Texas A&M	35.30

USTFCCCA #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. 1
Weight Throw	No. 3
60m Hurdles	No. 4
Shot Put	No. 7
800m	No. 9

Women:

EVENT	RANK
Shot Put	No. 3
Weight Throw	No. 4
60m Hurdles	No. 9
800m	No. 11
400m	No. 13



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>
Richards, Gillum, Lawrence, Jr., McKiver	4x400m Relay	3:02.40	1	2	2/11/2022
Jenoah McKiver	600m	1:15.36	1	2	2/4/2022
Jenoah McKiver	400m	45.39	1	3	2/11/2022
Austin West	Heptathlon	5,832 pts	1	4	1/28/2022
Tyler Lienau	Weight Throw	22.20m / 72'10"	2	8	2/4/2022
Chadrick Richards	400m	46.01	2	9	2/11/2022
Kalen Walker	60m	6.61	2	14	2/11/2022
Nikolas Curtiss	Shot Put	19.57m / 64'2.5"	5	16	2/11/2022
Grant Conway	60mH	7.77	3	18	1/22/2022
Wayne Lawrence Jr.	400m	46.52	5	21	2/11/2022
Gratt Reed	60mH	7.80	5	23	2/19/2022
Abrego, Lawrence, Jr., Still, Murphy	DMR	9:39.60	6	24	1/28/2022
James Carter, Jr.	Long Jump	7.68m / 25'2.5"	3	24	1/21/2022
Antonio Abrego	800m	1:48.47	5	36	2/4/2022
Julien Gillum	400m	46.88	8	43	1/22/2022
James Carter, Jr.	Triple Jump	15.64m / 51'3.75"	5	44	1/21/2022
Sean Smith	Weight Throw	20.50m / 67'3.25"	9	46	2/18/2022

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, Roberts, Wensel, King	4x400m Relay	3:32.38	1	7	2/11/2022
LaSarah Hargrove	60m	7.25	2	15	2/11/2022
Mallory King	800m	2:04.56	5	21	2/11/2022
Nia Britt	Weight Throw	20.94m / 68'8.5"	5	27	2/4/2022
Amanda Howe	Weight Throw	20.85m / 68'5"	6	31	2/4/2022
Kat Moody	Shot Put	16.32m / 53'6.5"	9	35	1/14/2022
Myreanna Bebe	60mH	8.26	4	39	1/28/2022
LaSarah Hargrove	200m	23.58	2	44	1/15/2022
Tionna Tobias	Long Jump	6.13m / 20'1.5"	8	45	1/21/2022
Nicole Berry	Shot Put	16.02m / 52'6.75"	11	45	2/18/2022
Nia Britt	Shot Put	16.00m / 52'6"	14	49	1/28/2022

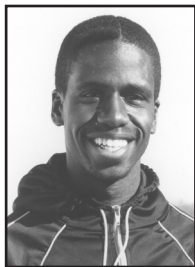
INDOOR ALL-TIME TOP 10 PERFORMERS



Karayme Bartley



Jamal Britt



Rodney Chambers



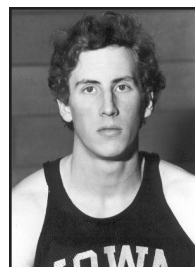
Nikolas Curtiss



Troy Doris



Julien Gillum



Bill Hansen

60 Meters

1. Kalen Walker, 2022 6.61
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, 2022 7.80
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. Khullen Jefferson, 2022 21.18
8. Bashir Yamini, 1999 21.19
9. James Harrington, 2014 21.21
10. Ethan Holmes, 2013 21.23

400 Meters

1. Jenoaah McKiver, 2022 45.39
2. Wayne Lawrence Jr., 2021 45.40
3. Mar'yea Harris, 2017 45.75
4. Chadrick Richards, 2022 46.01
5. Karayme Bartley, 2019 46.25
6. Emmanuel Ogwo, 2017 46.45
7. Steven Willey, 2010 46.75
8. Terrence Duckett, 1984 46.81
9. Collin Hofacker, 2017 46.82
10. Julien Gillum, 2022 46.88

600 Meters

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

800 Meters

1. Carter Lilly, 2017 1:47.33
2. Antonio Abrego, 2022 1:48.47
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. 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

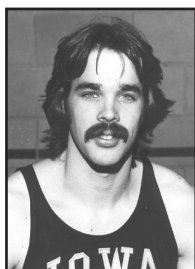
1. Kevin Lewis, 2015 7:57.06
2. Nathan Mylenek, 2020 7:58.37
3. Max Murphy, 2021 7:59.30
4. Jeff Thode, 2011 8:00.38
5. Micah VanDenend, 2006 8:00.81
6. Daniel Soto, 2020 8:06.04
7. Michael Melchert, 2018 8:08.30
8. Eric MacTaggart, 2006 8:08.79
9. Stetson Steele, 2000 8:09.54
10. Nick Trattner, 2022 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. Max Murphy, 2022 14:01.48
6. Dan Haut, 2006 14:06.16
7. Nick Trattner, 2022 14:08.62
8. Noah Healy, 2021 14:12.47
9. Eric MacTaggart, 2006 14:13.41
10. Jeff Thode, 2011 14:16.00



Collin Hofacker



Bill Knoedel



Wayne Lawrence, Jr.



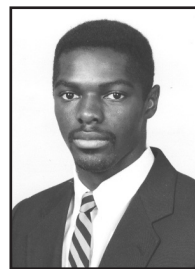
Kevin Lewis



Tyler Lienau



Carter Lilly



Anthuan Maybank

INDOOR ALL-TIME TOP 10 PERFORMERS



Jaylan McConico



Jenoah McKiver



Michael Melchert



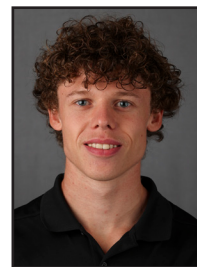
Nathan Mylenek



Chadrick Richards



Jeff Thode



Kalen Walker

Heptathlon

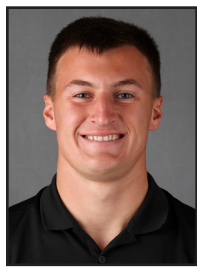
1. Austin West, 20225,832 points
2. Peyton Haack, 2021.....5,749 points
2. Will Daniels, 2020 5,689 points
3. William Dougherty, 2018..... 5,606 points
5. Kyle Reid, 2013..... 5,354 points
6. Dan Rolling, 2010..... 5,205 points
7. Jack Eckert, 2015..... 5,188 points
8. Daniel Gaynes, 2018..... 5,162 points
9. Ryan Niver, 2008 5,149 points
10. Frank Prill, 2010 5,015 points

High Jump

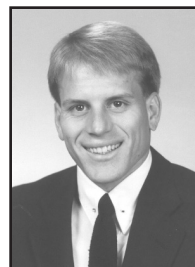
1. Bill Knoedel, 1976 7-3 (2.21)
Bill Hansen, 1978 7-3 (2.21)
3. Scott Hudek, 1993..... 7-0 1/2 (2.15)
Kevin Speicher, 2015..... 7-0 1/2 (2.15)
5. Pat Meade, 1987..... 7-0 1/4 (2.14)
6. Mike Lacy, 1984..... 7-0 (2.13)
7. M. Cunningham, 1984 6-11 1/4 (2.11)
8. Jeffery Herron, 2010 6-11 (2.11)
Peter Hlavin, 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)
8. Phil Wertman, 1971..... 16-4 (4.98)
9. Jeff Raymond, 2008 16-2 (4.93)
10. John Teffer, 1972 16-1 (4.90)



Austin West



Todd Wigginton

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. 202225-2 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. Nikolas Curtiss, 2022 64-2 1/2 (19.57m)
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. Am van der Westhuizen, 2001 .67-7 1/2 (20.61)
5. Sean Smith, 2022.....67-3 1/4 (20.50)
6. Adam Hamilton, 2007 66-9 1/4 (20.35)
7. Jordan Hawkins, 2022 . 65-11 1/2 (20.11)
8. Jeremy Allen, 2001..... 65-10 (20.07)
9. Jordan Johnson, 2022 .. 63-10 1/4 (19.47)
10. Chris Voller, 2005 63-4 (19.30)

1,600-Meter Relay

1. Richards, Gillum, Lawrence, Jr. McKiver, 20223:02.40
2. Bartley, Woodard, Lawrence Jr., Harris, 2019..... 3:04.76
3. Frye, Clarke, Woodard, Lawrence, Jr., 2020..... 3:04.91
4. Ogwo, Hofacker, Frye, Harris, 2017 3:04.94
5. Hofacker, Frye, Garron, Harris, 2018..... 3:05.33
6. K. Jefferson, Gillum, Richards, McKiver 20223:05.63
7. Gillum, Gudgel, Lawrence, Jr., McKiver, 2022.....3:05.68
8. Thompson, Frye, Garron, Harris, 2018 3:06.06
9. Richards, E. Holmes, Sowinski, Willey, 2011..... 3:06.66
10. Frye, Woodard, Lawrence, Jr., Britt, 2020..... 3:06.76

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, 20229:39.60
3. Lewis, Woody, Still, Murphy, 20219:42.16
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



Mariel Bruxvoort



Tracy Dahl



Karessa Farley



Lauren Hardesty

60 Meters

1. **LaSarah Hargrove, 2022** **7.25**
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, 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. **Miya Brines, 2022** **8.43**
10. 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. **Tesa Roberts, 2022** **54.30**
9. MonTayla Holder, 2015 54.32
10. **Nylah Perry, 2021** **54.43**

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, 2022** **1:28.45**
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. **Jaiden Itson, 2022** **1:30.69**
10. Senta Hawkins, 1987 1:30.77

800 Meters

1. **Mallory King, 2022** **2:04.56**
2. Bethany Praska, 2011 2:05.01
3. Jeanne Kruckeberg, 1989 2:06.38
4. Michelle Lahann, 2004 2:06.83
5. Katharina Trost, 2014 2:07.38
6. **Clare Pitcher, 2022** **2:07.56**
7. Mahnee Watts, 2014 2:08.79
8. Tia Saunders, 2020 2:08.83
9. Taylor Arco, 2020 2:08.94
10. Adrienne Alexia, 2013 2:08.95

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. **Amber Aesoph, 2022** **4:41.58**
6. Tina Stec, 1994 4:42.63
7. Betsy Flood, 2010 4:42.70
8. Penny O'Brien, 1981 4:43.72
9. Diane Nukuri, 2007 4:46.25
10. Michelle Lahann, 2004 4:47.23

3,000 Meters

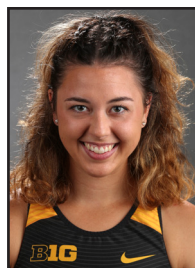
1. Tracy Dahl, 1993 9:15.57
2. Meghan Armstrong, 2008 9:17.50
3. Diane Nukuri, 2008 9:20.07
4. Betsy Flood, 2011 9:20.09
5. Nan Doak, 1982 9:21.60
6. Jenny Spangler, 1986 9:22.41
7. Mareike Schrulle, 2012 9:23.97
8. Brooke Eilers, 2012 9:27.92
9. McKenzie Melander, 2012 9:29.71
10. Krista Anderson, 2006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



LaSarah Hargrove



Senta Hawkins



Jenny Kimbro



Mallory King



McKenzie Melander

INDOOR ALL-TIME TOP 10 PERFORMERS



Diane Nukuri



Tesa Roberts



Peaches Roach



Jessie Strand



Laulauga Tausaga



Jahisha Thomas



Payton Wensel

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)

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. Laulauga 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. **Nicole Berry, 2022 52-6 3/4 (16.02)**
5. Erika Hammond, 2019 51-3 1/2 (15.63)
6. Gail Smith, 1985..... 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. Laulauga Tausaga, 2019..... 76-3 3/4 (23.26)
2. **Nia Britt, 2022 68-8 1/2 (20.94)**
3. **Amanda Howe, 2022..... 68-5 (20.85)**
4. **Jamie Kofron, 2022..... 64-6 (19.66)**
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. **Bruxvoort, Roberts, Wensel, King, 2022 3:32.38**
2. Holder, Guillory, Hernandez, Guster, 2016 3:32.93
3. Champe, Guillory, Brown, Plock, 2018 3:33.19
4. Sharpe, Guillory, Brown, Champe, 2018 3:34.34
5. **Bruxvoort, Wensel, Itson, Roberts, 2022 3:35.90**
6. Holder, Guster, Hernandez, Guillory, 2016 3:36.47
7. Liverpool, Hendricks, Praska, Erickson, 2011 3:36.97
8. Holder, Hernandez, Guster, Guillory, 2016 3:36.99
9. Hernandez, Holder, Guster, Watts, 2014 3:37.16
10. Liverpool, Hendricks, Erickson, Praska, 2011 3:37.58
- Kimbrow, Simmons, Weum, Guillory, 2019 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
- Armstrong, Granger, Stanley, K. Anderson, 2006 11:29.54
10. Lahann, Williams, Stanley, Arens, 2004 11:30.36