



Mar. 18-19 2022

# IOWA

# Track & Field 2021-22 Notes



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## 2022 OUTDOOR SCHEDULE

Date	Meet
Mar. 18-19	at Baldy Castillo Invite (Tempe, Ariz.)
Mar. 31-Apr. 2	at Florida Relays (Gainesville, Fla.) at San Francisco Distance Carnival (San Francisco, Calif.)
Apr. 1-2	at Stanford Invite (Stanford, Calif.)
Apr. 7-9	at Sun Angel Classic (Tempe, Ariz.) at Jim Click Invite (Tucson, Ariz.)
Apr. 13-16	at Bryan Clay Invite (Azusa, Calif.)
Apr. 14-16	at Mt. SAC Relays (Ontario, Calif.)
Apr. 15-16	at Beach Invite (Long Beach, Calif.)
Apr. 22-23	Musco Twilight (Iowa City, Iowa)
Apr. 27-30	at Drake Relays (Des Moines, Iowa)
May 6	at Wisconsin Twilight (Madison, Wis.)
May 13-15	at B1G Championships (Minneapolis, Minn.)
May 25-28	at NCAA West Prelims (Fayetteville, Ark.)
June 8-11	at NCAA Championships (Eugene, Ore.)
June 19-28	at USA National Championships (Eugene, Ore.)

## 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 kicks off its 2022 outdoor season at the Baldy Castillo Invitational in Tempe, Arizona, on March 18-19. The Baldy Castillo Invite begins Friday morning at 12:30 p.m. (CT) and resumes on Saturday at 12:30 p.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.

### HAWKEYES TOTAL 17 ALL-AMERICA HONORS AT NCAA INDOORS

The Hawkeye men sent the second-most entries (10) of any team in the country to the 2022 NCAA Indoor Championships, behind only Arkansas (11). Three Hawkeyes earned first team All-America honors in the 400 meters (Jenoah McKiver, runner-up; Chadrick Richards, 6th; Wayne Lawrence, Jr.; 7th) and Tyler Lienau finished eighth place in the weight throw to achieve first team All-America status. Additionally, two Hawkeyes finished as second team All-Americans in the 60-meter hurdles (Grant Conway, Gratt Reed). Kalen Walker (60 meters), Austin West (heptathlon) and Nik Curtiss (shot put) also ended their indoor seasons as second team All-Americans, as well as the 4x400-meter relay team of Richards, Julien Gillum, Lawrence, Jr., and McKiver. For the women, the 4x400-meter quartet of Mariel Bruxvoort, Payton Wensel, Tesa Roberts and Mallory King finished eighth to become first team All-Americans.

### HAWKEYE MEN REPEAT AS INDOOR B1G CHAMPIONS

University of Iowa track and field won its second consecutive Men's Big Ten Indoor Championships this winter. The Hawkeyes topped Ohio State by a 117-102 margin. The Hawkeye men tallied two Big Ten Champions (Jenoah McKiver, 600m; men's 4x400-meter relay) and eight additional medalists at the 2022 B1G Indoor Championships. On the women's side, sophomore LaSarah Hargrove earned two medals. Hargrove was the runner up in the 200 meters (23.55) and took third in the 60 meters (7.35). The Iowa women's 4x400-meter relay ended the meet on a strong note. The quartet of junior Mariel Bruxvoort, seniors Payton Wensel and Mallory King and freshman Tesa Roberts took bronze (3:35.73).

### JOEY WOODY: B1G INDOOR COACH OF THE YEAR

University of Iowa Director of Track and Field Joey Woody was named Big Ten Men's Coach of the Year. Woody and the Hawkeyes defended their indoor conference title at the SPIRE Institute in Geneva, Ohio, behind freshman Jenoah McKiver's 600-meter title and a win in the 4x400-meter relay (Everett Steward, Julien Gillum, Armando Bryson and McKiver). The Big Ten Championship was the fourth overall for Woody and the Hawkeyes since 2019 ('19 and '21 outdoors, '21 and '22 indoors). Iowa opened the season ranked eighth in the country in the USTFCCCA National Rating Index and reached as high as No. 6 this season — the highest ranking in program history.

### JENOAH MCKIVER: B1G TRACK ATHLETE OF THE YEAR

Freshman Jenoah McKiver was named Big Ten Men's Indoor Track Athlete of the Year at the conclusion of the 2022 indoor season. The High Point, North Carolina, native is the second Hawkeye ever to win the Big Ten honor indoors (Wayne Lawrence, Jr., 2020) and the seventh overall (indoor and outdoor). Former Hawkeye Jaylan McConico was the last Hawkeye to earn a Big Ten Track Athlete of the Year honor (2021, outdoor). McKiver finished runner-up in the 400 meters (45.65) at the NCAA Indoor Championships in Birmingham, Alabama, on March 12, earning first team All-America honors. He also anchored the second team All-America 4x400-meter relay. McKiver finished as a Big Ten Champion in the 600 meters (1:15.67) and as a member of the 4x400-meter relay back on February 26 at the Big Ten Indoor Championships in Geneva, Ohio. The Hawkeye had one of the best indoor seasons in Iowa history — breaking three school records in a two-week span. McKiver ran the seventh-fastest 600 meters ever collegiately (all tracks and surfaces) at the Mevo Invite (1:15.36). The following week at the Tyson Invite, he broke the 400-meter record (45.39) and anchored the school record 4x400-meter relay that bested the previous record by over two seconds (3:02.40) — the second-fastest time in the NCAA this season.



### BACK-TO-BACK BIG TEN CHAMPIONS

The University of Iowa men's track and field team captured the 2021 Big Ten Outdoor Championships title with a school record 127.5 points, besting runner-up Michigan by 33 points. The outdoor conference title was the second straight for the Hawkeyes. Iowa previously won the championship in Iowa City in 2019. The Hawkeyes won both the indoor and outdoor championship in the same year for the first time since 1963. The Hawkeyes defended their indoor Big Ten title on the men's side as well on Feb. 12, and aim to complete a title sweep once again this spring.

### HAWKEYES MAKE HISTORY AT 2021 NCAA CHAMPIONSHIPS

The University of Iowa track and field program completed the NCAA outdoor season with a 12th place finish for the men and a 26th place finish for the women at the 2021 NCAA Outdoor Championships in Eugene, Ore. The women had four athletes earn All-America honors in five events, scoring 11 team points. The men had 11 athletes earn All-America honors in nine events, scoring 19 team points, the most since 1967.

### MCCONICO NAMED BIG TRACK ATHLETE OF THE YEAR

Senior Jaylan McConico was named Big Ten Men's Outdoor Track Athlete of the Year. The Bolingbrook, Ill., native is the fifth Hawkeye in school history to earn the honor and first since Justin Austin in 2013. McConico helped lead the Hawkeyes to a 2021 Big Ten Outdoor Championship by winning an individual title in the 110-meter hurdles. He set a school record and tied the Big Ten Championship meet record with a time of 13.23. McConico finished second in the 110-meter hurdles to earn first-team All-America honors at the NCAA Championships, helping Iowa place 12th in the team race, it's best finish since 1967. He also earned second team All-America honors as part of the 400-meter relay, placing 14th overall with a season's best time of 39.48.

### COMPLETE TEAM

The Hawkeyes qualified a complete team to the NCAA Outdoor Championships, as each of Iowa's six coaches was represented by at least one student-athlete. The Hawkeyes qualified in sprints, hurdles, distance, jumps, throws, multi-events and relays.

### 15 ENTRIES TO NCAA FINAL SITE MATCHES PROGRAM BEST

The University of Iowa track and field team had 15 entries at the NCAA final site, tying the program record for the most entries since 2010, the year the NCAA altered the format for athletes to qualify and advance to the NCAA Championships. Iowa last had 15 entries in 2018. The Hawkeye men had 10 entries (eight individual events and two relays), matching their 2019 total and tying a program high. The Iowa women had five entries (five individual events), their most since having a program-best seven entries in 2018.

### BIG TEN CHAMPIONS

The Hawkeyes crowned four individual champions at the 2021 Big Ten Outdoor Championships. Laulauga Tausaga and Dallyssa Huggins both won gold for the women, and Jaylan McConico and Jamal Britt won gold for the men. Tausaga won her fifth career Big Ten title, winning the discus with a mark of 62.09 meters. She graduated with the school record in shot put and discus. Huggins set a career best 1.79 meters to win her first career gold medal in high jump. McConico brought home the championship in the 110 hurdles with a career best of 13.23, a mark that set a school record and tied the Big Ten Championship meet record. Britt took the silver medal with a time of 13.60, and later brought home the title in the 400 hurdles with a time of 49.69.

## 2021 OUTDOOR SEASON LEADERS

### MEN

100 Meters	Austin Kresley	10.44
110-Meter Hurdles	Jaylan McConico	* 13.23
200 Meters	Antonio Woodard	20.67
400 Meters	Wayne Lawrence, Jr.	45.46
400-Meter Hurdles	Jamal Britt	49.69
800 Meters	Tysen VanDraska	1:48.13
1,500 Meters	Kal Lewis	3:43.32
3,000 Meters	Nick Trattner	8:17.67
3,000 Steeplechase	Nathan Mylenek	* 8:35.41
5,000 Meters	Nathan Mylenek	13:54.15
10,000 Meters	Daniel Soto	28:48.18
400-Meter Relay	McConico, Woodard, Reed, Kresley	39.48
1,600-Meter Relay	McKiver, Lietz, Gillum, Lawrence, Jr.	3:02.54
3,200-Meter Relay	Hoffman, Olson, Still, VanDraska	7:29.81
High Jump	Will Daniels	6-11 1/2 (2.12m)
Pole Vault	Peyton Haack	16-4 3/4 (5.00m)
Long Jump	James Carter	25-5 1/4 (7.75m)
Triple Jump	James Carter	54-2 3/4 (16.53m)
Shot Put	Elijah Barnes	60-4 1/2 (18.40m)
Discus	Jordan Johnson	189-6 (57.77m)
Hammer Throw	Tyler Lienau	199-6 (60.81m)
Javelin	Austin West	193-0 (58.82m)
Decathlon	Will Daniels	* 7,864 points

### WOMEN

100 Meters	Lasarah Hargrove	11.74
100-Meter Hurdles	Myreanna Bebe	* 13.12
200 Meters	Lasarah Hargrove	23.66
400 Meters	Cortney Strohmman	53.68
400-Meter Hurdles	Jenny Kimbro	58.43
800 Meters	Mallory King	2:05.23
1,500 Meters	Mallory King	4:28.42
3,000 Meters	Kelli Tosic	9:54.05
5,000 Meters	Emma Gordon	17:07.07
10,000 Meters	Kello Tosic	36:00.48
400-Meter Relay	Hargrove, Robers, Tobias, Saunders	45.92
1,600-Meter Relay	King, Saunders, Bruxvoort, Strohmman	3:36.50
High Jump	Dallyssa Huggins	5-10 1/2 (1.79m)
Long Jump	Tionna Tobias	19-11 (6.07m)
Triple Jump	Kayla Hutchins	41-10 (12.75m)
Shot Put	Laulauga Tausaga	58-11 1/2 (17.97m)
Discus	Laulauga Tausaga	208-5 (63.53m)
Javelin	Marissa Mueller	131-9 (40.15m)
Hammer Throw	Amanda Howe	* 205-6 (62.65m)
Heptathlon	Jenny Kimbro	5,543 points

\* -- school record



### THE HAWKEYES ARE RELAY GOOD

Iowa's 4x400 relay registered a fifth-place performance at the 2021 NCAA Outdoor Championships. Austin Lietz, Antonio Woodard, Julien Gillum, and Wayne Lawrence, Jr. recorded a season's best time of 3:02.54, a mark that ranks third all-time in program history. It is the second straight NCAA Outdoor Championships that the men's 4x400 relay earned first-team All-America honors. Iowa punched tickets to the NCAA Outdoor Championships in both the 4x100 and 4x400 relay. The 4x100 relay -- McConico, Woodard, Reed and Kresley -- placed 14th to earn second-team All-America honors. The 2021 season marks the eighth consecutive postseason that the Hawkeye men qualified a 4x100 relay to the NCAA Championships, and the fourth consecutive postseason that the Hawkeye men qualified a 4x400 relay to the NCAA Championships.

### NCAA HISTORY

The Hawkeye men have eight top 10 NCAA Outdoor Championship finishes in program history, the last coming in 1932 (sixth). The Hawkeyes finished third on three occasions (1921, 1923 and 1930). In modern history, the Hawkeyes best NCAA finish was in 2021 when they placed 12th. Other top 25 finishes include 17th in 2017, 19th in 1995, 21st in 1993 and 21st in 1989. The Hawkeye women's best finish at the NCAA Outdoor Championships came in 2018, when they placed 13th with 19 points. Laulauga Tausaga scored 10 points that year, placing fourth in both shot put and discus. The women also placed in the top 25 in 2019 (25th), 2006 (20th), 1992 (19th) and 1985 (20th).

### Men's Top Placers at 2021 NCAA Outdoor Championships

Event	Athlete	Mark	Place
110-Meter Hurdles	Jaylan McConico	13.38	2nd
110-Meter Hurdles	Jamal Britt	13.45	4th
1,600-Meter Relay	Lietz, Woodard, Gillum, Lawrence, Jr.	3:02.54	5th
Decathlon	Will Daniels	7,635 points	7th
400 Meters	Wayne Lawrence, Jr.	45.94	10th
Long Jump	James Carter	25-1 1/4 (7.65m)	10th
400-Meter Relay	McConico, Woodard, Reed, Kresley	39.48	14th
400-Meter Hurdles	Jamal Britt	51.25	20th
3,000 Steeplechase	Nathan Mylenek	8:47.86	21st

### Women's Top Placers at NCAA Outdoor Championships

Event	Athlete	Mark	Place
Discus	Laulauga Tausaga	208-5 (63.53m)	2nd
Shot Put	Laulauga Tausaga	56-8 3/4 (17.29m)	6th
Discus	Serena Brown	187-2 (57.06m)	10th
Shot Put	Kat Moody	54-7 1/2 (16.65m)	18th
Heptathlon	Jenny Kimbro	5,381 points	18th

### SCHOOL RECORDS

The Hawkeyes set five school records in 2021, three on the men's side and two on the women's side. Jaylan McConico ran 13.23 to win the Big Ten title in the 110-meter hurdles. Will Daniels scored a school-record 7,864 points while placing second in decathlon at the Big Ten Championships. Nathan Mylenek ran 8:35.21 to break the 3,000-meter steeplechase record and earn a silver medal at the Big Ten Championships. The women's 100-meter hurdles school record was broken by both Paige Magee and Myreanna Bebe. Magee first broke the record with a mark of 13.17 at the Big Ten Championships. Two weeks later Bebe ran 13.12 to set a new standard at the NCAA West Regional. Amanda Howe set a school record in the hammer throw, landing at 62.65 meters (205-6) to win the Billy Hayes Invite.

### IN THE CLASSROOM

Forty-nine Hawkeyes (20 men and 29 women) earned Academic All-Big Ten honors in 2021. To be eligible for Academic All-Big Ten selection, students must be on a varsity team, as verified by being on the official squad list as of May 1 for spring sports, who have been enrolled fulltime at the institution for a minimum of 12 months and carry a cumulative grade-point average of 3.0 or higher.

## 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 Totic	tah-SICK
Ellie Twedt	TWEET

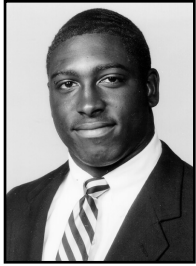
## FRANCIS X. CRETZMEYER TRACK

The University of Iowa track and field team practices and competes at the Francis X. Cretzmeyer Track during the outdoor season. Located within walking distance of Carver-Hawkeye Arena and Pearl Field, the track was completed in 1986. The facility was named after the late Francis X. Cretzmeyer, who coached the men's cross country and track teams from 1948-78 and led the Hawkeyes to five Big Ten team titles. Iowa hosted the 1987, 2000, and 2011 Big Ten Championships at Cretzmeyer, and will host the 2019 Big Ten Outdoor Championships May 10-12.





# OUTDOOR ALL-TIME TOP 10 PERFORMERS



Jeremy Allen



Justin Austin



Matt Byers



Will Daniels



Troy Doris



Mar'Yea Harris



Jeffery Herron

## 100 Meters

- Justin Austin, 2011 ..... 10.21
- O'Shea Wilson, 2017 ..... 10.22
- George Page, 1996 ..... 10.25
- James Harrington, 2015..... 10.26
- Anthuan Maybank, 1994 ..... 10.31
- Tim Dwight, 1997 ..... 10.31
- Josh Larney, 2013 ..... 10.31
- Vinnie Saucer, Jr., 2015 ..... 10.31
- Antonio Woodard, 2018..... 10.34
- Bob Lawson, 1976 ..... 10.36

## 110-Meter High Hurdles

- Jaylan McConico, 2021 ..... 13.23
- Aaron Mallett, 2017..... 13.24
- Jamal Britt, 2021..... 13.45
- Pat McGhee, 1989 ..... 13.50
- Dion Trowers, 1996..... 13.62
- Ronnie McCoy, 1985 ..... 13.66
- Josh Braverman, 2021 ..... 13.69**
- Ethan Holmes, 2011 ..... 13.73
- Jordan Mullen, 2013..... 13.76
- Chris Douglas, 2018..... 13.76

## 200 Meters

- Justin Austin, 2011 ..... 20.31
- Jeff Patrick, 1983 ..... 20.47
- James Harrington, 2015..... 20.50
- Karayme Bartley, 2019..... 20.51
- Anthuan Maybank, 1994 ..... 20.55
- Victor Green, 1984 ..... 20.60
- Antonio Woodard, 2018..... 20.61
- Andre Morris, 1995 ..... 20.64
- George Page, 1996 ..... 20.67
- Collin Hofacker, 2017..... 20.71
- Wayne Lawrence, Jr., 2021 ..... 20.71**

## 400 Meters

- Mar'yea Harris, 2018 ..... 44.94
- Anthuan Maybank, 1993 ..... 44.99
- Andre Morris, 1995 ..... 45.15
- Mike Mondane, 1967 ..... 45.20
- Wayne Lawrence, Jr., 2019 ..... 45.33**
- Steven Willey, 2010 ..... 45.78
- Karayme Bartley, 2019..... 45.80
- DeJuan Frye, 2018 ..... 46.17
- Gary Hollingsworth, 1963..... 46.30
- Harold Leonard, 1986..... 46.45

## 400-Meter Hurdles

- Pat McGhee, 1988 ..... 48.83
- Jamal Britt, 2021 ..... 49.69**
- Monte Raymond, 1998..... 50.09
- Ray Varner, 2010..... 50.24
- Chris Douglas, 2019..... 50.32
- Paul Steele, 1989 ..... 50.45
- Russell Peterson, 2001 ..... 50.50
- Ethan Holmes, 2013 ..... 50.51
- Adam Kunkel, 2001..... 50.73
- Austin Lietz, 2021 ..... 50.92

## 800 Meters

- Erik Sowinski, 2012..... 1:45.90
- Matt Manternach, 2019 ..... 1:46.93
- Carter Lilly, 2016..... 1:46.95
- Bill Frazier, 1962 ..... 1:47.64
- D'Juan Strozier, 1990 ..... 1:47.82
- Adam Hairston, 2011..... 1:48.10
- Tysen VanDraska, 2021..... 1:48.13
- Alec Still, 2021 ..... 1:48.47**
- Will Teubel, 2015..... 1:48.60
- Nolan Teubel, 2019..... 1:48.75

## 1,500 Meters

- Jeff Thode, 2010 ..... 3:43.02
- Kal Lewis, 2021 ..... 3:43.32**
- Joel Moeller, 1978 ..... 3:44.01
- Jim Docherty, 1978..... 3:44.30
- Nathan Mylenek, 2019 ..... 3:44.49
- Sam Fourman, 2015 ..... 3:44.50
- Michael Melchert, 2018 ..... 3:44.59
- Adam Jones, 2017 ..... 3:45.48
- Dan Waters, 1986 ..... 3:46.35
- Kevin Herd, 1994 ..... 3:46.64

## 3,000-Meter Steeplechase

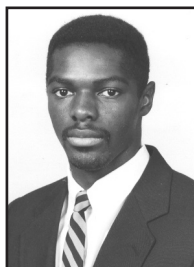
- Nathan Mylenek, 2021 ..... 8:35.41
- Deacon Jones, 1956..... 8:47.40
- Steve Pershing, 1978 ..... 8:54.59
- Andy Morris, 2000..... 8:56.21
- Matt Gerard, 1994 ..... 8:57.01
- Andy Napier, 2008 ..... 8:57.54
- Rollie Kitt, 1967 ..... 9:02.90
- Al Greene, 1985..... 9:02.96
- Tony Rakaric, 2005..... 9:03.29
- Mark Battista, 2010 ..... 9:04.60

## 5,000 Meters

- Micah VanDenend, 2007 ..... 13:49.31
- Nathan Mylenek, 2021 ..... 13:54.15
- Daniel Soto, 2021 ..... 13:55.71
- Larry Wiczorek, 1968..... 13:56.00
- Kevin Herd, 1993 ..... 13:59.00
- Stetson Steele, 2000..... 14:02.76
- Kevin Lewis, 2014 ..... 14:02.78
- Eric MacTaggart, 2005 ..... 14:04.79
- Dan Haut, 2006..... 14:07.30
- Jesse Luciano, 2010 ..... 14:08.71



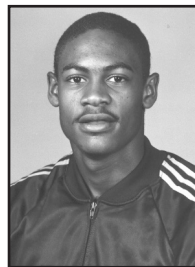
Gabe Hull



Anthuan Maybank



Jaylan McConico



Pat McGhee

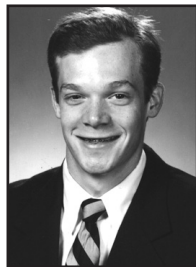
# OUTDOOR ALL-TIME TOP 10 PERFORMERS



Nathan Mylenek



Erik Sowinski



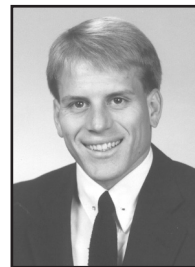
Stetson Steele



Jeff Thode



Micah VanDenend



Todd Wigginton



Arno  
van der Westhuizen

## 10,000 Meters

1. Stetson Steele, 2000 ..... 28:44.47
2. Daniel Soto, 2021 ..... 28:48.18
3. Eric MacTaggart, 2006..... 28:50.23
4. Kevin Lewis, 2015..... 28:59.62
5. Nick Nordheim, 2002 ..... 29:44.71
6. Trent Corey, 2002 ..... 29:45.25
7. Ian Eklin, 2017..... 29:47.06
8. Chad Schwitters, 1999..... 29:56.00
9. **Noah Healy, 2021 .....29:56.30**
10. Luke Sampson, 2018 ..... 29:58.47

## Decathlon

1. Will Daniels, 2021 ..... 7,864 pts
2. **Austin West, 2021 ..... 7,805 pts**
3. William Dougherty, 2018 ..... 7,673 pts
4. **Peyton Haack, 2021 ..... 7,458 pts**
5. Kyle Reid, 2013..... 7,203 pts
6. Jack Eckert, 2015..... 7,087 pts
7. Dan Rolling, 2010 ..... 6,957 pts
8. Scott Faber, 2000..... 6,839 pts
9. Ryan Niver, 2008 ..... 6,837 pts
10. Chad Ohly, 1994 ..... 6,641 pts

## High Jump

1. Jeffery Herron, 2012..... 7-4 1/4 (2.24)
2. Bill Hansen, 1978 ..... 7-4 (2.23)  
Bill Knoedel, 1975 ..... 7-4 (2.23)
4. Kevin Spejcher, 2014 ..... 7-2 1/2 (2.20)
5. M. Cunningham, 1986..... 7-1 (2.16)  
Kenneth Lansing, 1988..... 7-1 (2.16)  
Jay Hunt, 2019..... 7-1 (2.16)
8. Pat Meade, 1987 ..... 7-0 1/4 (2.14)
9. Graham Valdes, 2012 ..... 6-11 3/4 (2.12)
10. Will Daniels, 2021 ..... 6-11 1/2 (2.12)

## Pole Vault

1. Todd Wigginton, 1984 ..... 17-0 (5.18)
2. Chad Ohly, 1994 ..... 16-8 3/4 (5.10)  
Kyle Reid, 2013 ..... 16-8 3/4 (5.10)
4. Curt Broek, 1978 ..... 16-8 (5.08)
5. Andy Jatis, 2018 ..... 16-7 1/2 (5.07)
6. Phil Wertman, 1971 ..... 16-7 (5.05)  
Kelly Scott, 1988..... 16-7 (5.05)
8. **Peyton Haack, 2021 ..... 16-4 3/4 (5.00)**
9. John Teffer, 1972 ..... 16-2 (4.93)
10. Alex Zona, 2009..... 16-0 3/4 (4.90)

## Long Jump

1. Anthuan Maybank, 1993..... 27-1 (8.25)
2. Bashir Yamini, 1997 ..... 26-8 1/4 (8.13)
3. Paul Jones, 1989..... 25-10 1/4 (7.88)
4. Darren Smith, 1991 ..... 25-9 3/4 (7.86)
5. Quinn Early, 1986 ..... 25-7 1/4 (7.80)
6. O'Shea Wilson, 2017 ..... 25-5 1/4 (7.75)  
**James Carter, Jr., 2021.... 25-5 1/4 (7.75)**
8. Ed Gordon, 1931 ..... 25-4 3/8 (7.68)
9. Matty Gorman, 2006..... 25-1 1/4 (7.65)
10. Ronnie McCoy, 1985 ..... 25-0 (7.62)

## Triple Jump

1. Troy Doris, 2012 ..... 54-8 (16.66)
2. **James Carter, Jr., 2021 .. 54-2 3/4 (16.53)**
3. Babatunde Amosu, 2015.... 53-10 (16.15)
4. Paul Jones, 1990..... 53-9 (16.38)
5. Antwon James, 2017 ..... 52-4 1/2 (15.96)
6. Klyvens Delaunay, 2013.. 52-2 1/2 (15.91)
7. Gordon Finch, 1988..... 50-9 1/4 (15.47)
8. Mike Lacy, 1984..... 50-5 (15.36)
9. Pat Miller, 1985 ..... 49-8 1/2 (15.25)
10. Matty Gorman, 2008..... 49-2 1/2 (15.00)

## Shot Put

1. Jeremy Allen, 2001..... 63-2 3/4 (19.27)
2. Reno Tuufuli, 2018 ..... 62-10 3/4 (19.17)
3. Ken Kemeny, 2005..... 62-3 (18.97)
4. Shane Maier, 2006 ..... 62-2 1/4 (18.95)
5. Andy Banse, 2005 ..... 61-11 1/2 (18.88)
6. John Hickey, 2008..... 61-9 1/2 (18.83)
7. **Elijah Barnes, 2021 ..... 60-4 1/2 (18.40)**
8. Avery Meyers, 2017 ..... 60-4 (18.39)
9. Chris Gambol, 1987..... 60-0 1/2 (18.30)
10. A.J. Curtis, 2008 ..... 59-8 1/4 (18.19)

## Discus

1. Gabe Hull, 2014..... 207-1 (63.11)
2. Reno Tuufuli, 2019 ..... 205-2 (62.54)
3. A.J. Curtis, 2007 ..... 202-11 (61.84)
4. Gary Kostrubala, 1986..... 202-4 (61.68)
5. Jeremy Allen, 2001..... 195-4 (59.54)
6. Tim Brodersen, 2005 ..... 193-6 (58.98)
7. **Jordan Johnson, 2021 .....189-6 (57.77)**
8. Avery Meyers, 2017 ..... 185-8 (56.61m)
9. Brad Daufeldt, 2004 ..... 185-0 (56.40)
10. Nick Brayton, 2009 ..... 180-11 (55.15)

## Hammer

1. A. van der Westhuizen, 2001222-11 (67.94)
2. Adam Hamilton, 2007 ..... 222-2 (67.73)
3. Jim Costello, 2002 ..... 217-7 (66.32)
4. Brad Daufeldt, 2004 ..... 207-10 (63.34)
5. Chris Voller, 2005 ..... 206-0 (62.80)
6. Matt Banse, 2012 ..... 201-11 (61.55)
7. **Tyler Lienau, 2021 .....199-6 (60.81)**
8. Jeremy Allen, 2001..... 199-0 (60.66)
9. Ben Stancombe, 2011 ..... 197-6 (60.20)
10. **Jordan Johnson, 2021 .....190-6 (58.09)**

## Javelin

1. Matt Byers, 2011 ..... 245-8 (74.89)
2. Bill Neumann, 2002..... 244-8 (74.58)
3. Dan Ralph, 2000 ..... 227-10 (69.44)
4. Sam Joens, 2015..... 211-5 3/4 (64.45)
5. Zach Schimp, 2010 ..... 211-0 (64.32)
6. Alex Balke, 2016 ..... 205-11 (62.77)
7. Kale Katt, 2007 ..... 204-0 (62.17)
8. Joel Storm, 2004 ..... 203-5 (62.01)
9. Matt Stank, 2001..... 199-0 (60.66)
10. **Austin West, 2021 .....193-0 (58.82m)**

# MEN'S ALL-TIME TOP 10 RELAYS

## 400-Meter Relay

1. Brissett, Wilson, Thompson, Mallett, 2017 ..... 39.12
2. Hofacker, Woodard, **Lawrence Jr.**, Bartley, 2019 ..... 39.17
3. Mincy, Wilson, Harrington, Brown, 2014 ..... 39.19
4. Mincy, Austin, E. Holmes, Larney, 2013 ..... 39.31
5. Saucer, Jr., Brissett, Harrington, Mallett, 2016 ..... 39.44
6. Brissett, Wilson, Woodard, Mallett, 2017 ..... 39.46
7. Beecham, Duckett, Greer, R. Smith, 1984 ..... 39.48  
McConico, Woodard, **Reed, Kresley**, 2021 ..... 39.48
9. Mallett, Wilson, Ogwo, Harris, 2017 ..... 39.49
10. Woodard, Wilson, Hofacker, Harris, 2018 ..... 39.51

## Shuttle Hurdle Relay

1. McGhee, Armstrong, Falls, Stelle, 1989 ..... 57.80
2. Wigginton, Jones, Lacey, McCoy, 1985 ..... 59.77
3. Williams, **Haack, Braverman**, McConico, 2019 ..... 1:01.14
4. 1975 ..... 1:05.20

## 800-Meter Relay

1. James, Mallett, Harris, B. Thompson, 2017 ..... 1:23.02
2. B. Thompson, Brissett, Harrington, Ganschow, 2016 ..... 1:23.36
3. B. Thompson, Ganschow, Frye, Hofacker, 2017 ..... 1:23.73
4. Richardson, Sayon, Richards, Chaney, Jr., 2009 ..... 1:24.85
5. Harrington, VanCleave, Wilson, Mallett, 2014 ..... 1:24.86
6. Austin, Brown, Larney, VanCleave, 2013 ..... 1:25.60
7. Wilson, Sorrells, Douglas, Williams, 2018 ..... 1:25.87
8. Barclay, McCalister, Jensen, Elliott, 1979 ..... 1:26.39
9. Sorrells, **Braverman**, Douglas, **Haack**, 2019 ..... 1:28.29
10. Thomas, Balkrishnan, Patterson, Freidrich 1991 ..... 1:28.38

## 1,600-Meter Relay

1. **Lawrence Jr.**, Woodard, Bartley, Harris, 2019 ..... 3:00.14
2. Frye, Harris, Hofacker, Ogwo, 2017 ..... 3:01.91
3. Lietz, Woodard, **Gillum, Lawrence, Jr., 2021** ..... **3:02.54**
4. Frye, Ogwo, Hofacker, Harris, 2017 ..... 3:02.57
5. **Lawrence Jr.**, Woodard, Hofacker, Harris, 2019 ..... 3:03.10
6. Morris, Davis, Page, Rozell, 1995 ..... 3:03.11
7. Branch, Dwight, Dodge, Yamini, 1999 ..... 3:03.29
8. Frye, Woodard, Hofacker, Harris, 2018 ..... 3:03.69
9. Ogwo, Harris, Hofacker, Lilly, 2017 ..... 3:03.78
10. Ferree, Frazier, Mondane, Reimer, 1967 ..... 3:04.10

## Sprint Medley Relay

1. McCorkle, Jones, Chung, Strozier, 1990 ..... 3:15.64
2. Sayon, Austin, Willey, Sowinski, 2011 ..... 3:16.18
3. Richards, Larney, Davey, Sowinski, 2012 ..... 3:17.25
4. Richardson, Richards, Willey, Sowinski, 2010 ..... 3:17.74
5. Hofacker, Woodard, Harris, VanDraska, 2018 ..... 3:18.11
6. Saucer, Jr., Brissett, Harris, Lilly, 2016 ..... 3:18.53
7. Hofacker, Woodard, Harris, Lilly, 2017 ..... 3:18.73
8. Armstrong, Thomas, Maybank, Strozier, 1991 ..... 3:18.93
9. Yamini, Davis, Dodge, Donovan, 1999 ..... 3:19.87
10. Richards, Chaney, Jr., Barton, Hairston, 2009 ..... 3:20.05

## 3,200-Meter Relay

1. Schum, Christensen, Steffen, Criswell, 1971 ..... 7:18.60
2. VanDraska, **Still**, Teubel, Lilly, 2019 ..... 7:22.50
3. Hairston, Prom, Thode, Sowinski, 2011 ..... 7:23.77
4. Manternach, VanDraska, W. Teubel, Lilly, 2017 ..... 7:24.77
5. Melchert, Manternach, N. Teubel, Lilly, 2018 ..... 7:28.37
6. Corrigan, Blackman, Strozier, Chambers, 1989 ..... 7:29.00
7. **Hoffman, Olson, Still**, VanDraska, 2021 ..... 7:29.81
8. Melchert, Dorman, Lilly, Larrison, 2016 ..... 7:30.32
9. N. Teubel, Manternach, Chaidez, W. Teubel, 2017 ..... 7:30.74
10. Lilly, Dorman, W. Teubel, Davey, 2015 ..... 7:31.48

## Distance Medley Relay

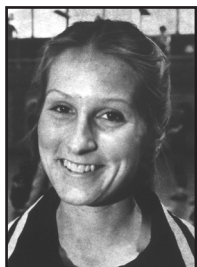
1. Pershing, Moeller, Slack, Docherty, 1978 ..... 9:39.94
2. Kuczwarra, Barton, Hairston, Thode, 2011 ..... 9:41.37
3. N. Holmes, VanCleave, Sowinski, Thode, 2012 ..... 9:41.59
4. Young, Barton, Kuczwarra, Luciano, 2010 ..... 9:42.97
5. Mylenek, Thompson, Manternach, Melchert, 2018 ..... 9:50.70
6. VanDraska, **Lawrence Jr.**, Teubel, Mylenek, 2019 ..... 9:53.14
7. Prom, Davey, Weir, Witt, 2013 ..... 9:53.83
8. Theisen, Williams, Wiesa, Waters, 1985 ..... 9:54.04
9. Wilfong, Slaymaker, W. Teubel, Witt, 2013 ..... 9:54.05
10. Luciano, Pierre, Hairston, VanDenend, 2007 ..... 9:54.07

## 6,400-Meter Relay

1. Pershing, Fuller, Moeller, Docherty, 1978 ..... 16:27.70
2. Rakaric, Webster, MacTaggart, VanDenend, 2006 ..... 16:55.43
3. Lewis, Witt, Hart, Fourman, 2015 ..... 16:58.44
4. Price, Eklin, Gardarsson, Docherty, 2016 ..... 17:00.30
5. Paul, Kadlec, Thode, Luciano, 2010 ..... 17:01.46
6. Witt, Lewis, Hart, Butler, 2014 ..... 17:01.65
7. N. Holmes, Witt, Thode, Lewis, 2012 ..... 17:02.26
8. Thomas, Allen, Rakaric, Lloyd, 2003 ..... 17:06.27
9. Pittman, Novotny, Feeldy, Marquardt, 1995 ..... 17:12.49
10. Bakker, Feeldy, Peters, Pittman, 1996 ..... 17:13.10



# OUTDOOR ALL-TIME TOP 10 PERFORMERS



Meghan Armstrong

Marta Bote  
Gonzalez

Brittany Brown

Nan Doak

Briana Guillory

Amanda Howe

Aisha James

## 100 Meters

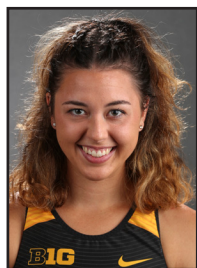
1. Brittany Brown, 2018 ..... 11.28
2. Briana Guillory, 2016..... 11.35
3. Lake Kwaza, 2015 ..... 11.40
4. Vivien McKenzie, 1985..... 11.45
5. Davera Taylor, 1984 ..... 11.51
6. Erica Broomfield, 1998..... 11.53
7. Jiselle Providence, 2001..... 11.57
8. Tanja Reid, 1994..... 11.60  
Peaches Roach, 2005 ..... 11.60
10. Yolanda Hobbs, 1995 ..... 11.62

## 100-Meter Hurdles

1. **Myreanna Bebe, 2021 ..... 13.12**
2. **Paige Magee, 2021 ..... 13.17**
3. Tiffany Johnson, 2007 ..... 13.20
4. Jenny Kimbro, 2018..... 13.22
5. Jahisha Thomas, 2017 ..... 13.46
6. Tria Simmons, 2019..... 13.49
7. Karessa Farley, 2009 ..... 13.53
8. **Tionna Tobias, 2021..... 13.58**
9. C. Prendergast, 1999..... 13.60  
Paula Ruen, 2000 ..... 13.60

## 200 Meters

1. Brittany Brown, 2017 ..... 22.30
2. Briana Guillory, 2016..... 22.89
3. Elexis Guster, 2016 ..... 23.03
4. Lake Kwaza, 2016 ..... 23.17
5. Shellene Williams, 2004..... 23.50
6. Kineke Alexander, 2006 ..... 23.58
7. Davera Taylor, 1984 ..... 23.59
8. Vivien McKenzie, 1985..... 23.61
9. Yolanda Hobbs, 1995 ..... 23.65
10. **LaSarah Hargrove, 2021 ..... 23.66**



Jenny Kimbro

## 400 Meters

1. Briana Guillory, 2018..... 51.30
2. Kineke Alexander, 2006 ..... 51.35
3. Elexis Guster, 2016 ..... 51.85
4. Shellene Williams, 2004 ..... 51.94
5. Ashley Liverpool, 2012..... 52.47
6. Ellen Grant, 1996 ..... 52.65
7. Alexis Hernandez, 2017..... 53.27
8. Cortney Strohmman, 2021..... 53.68
9. Senta Hawkins, 1988..... 54.01  
Bethany Praska, 2011..... 54.01

## 400-Meter Hurdles

1. Mary Knoblauch, 1981 ..... 56.16
2. Wynsome Cole, 1998 ..... 56.67
3. MonTayla Holder, 2014..... 56.70
4. Jenny Kimbro, 2019..... 58.27
5. **Marriel Bruxvoort, 2021..... 59.11**
6. Chris Davenport, 1981 ..... 59.18
7. Sommer Sharpe, 2018..... 59.20
8. Sarah Plock, 2018..... 59.49
9. Hannah Simonson, 2012 ..... 59.54
10. Sarah Steffen, 2002..... 59.59

## 800 Meters

1. Bethany Praska, 2011..... 2:03.78
2. **Mallory King, 2021 ..... 2:05.23**
3. Kay Stormo, 1982..... 2:05.67
4. Taylor Arco, 2019 ..... 2:06.06
5. Michelle Lahann, 2004..... 2:06.79
6. Katharina Trost, 2015 ..... 2:07.09
7. Mahnee Watts, 2016..... 2:07.41
8. Aisha Hume, 2005..... 2:08.50
9. Adrienne Alexia, 2013 ..... 2:08.61
10. **Clare Pitcher, 2021..... 2:08.64**

## 1,500 Meters

1. Meghan Armstrong, 2006 ..... 4:17.41
2. Betsy Flood, 2010..... 4:17.75
3. Jeanne Kruckeberg 1989..... 4:19.71
4. McKenzie Melander, 2012 ..... 4:20.22
5. Lauren Hardesty, 2009 ..... 4:20.40
6. Diane Nukuri, 2007 ..... 4:20.95
7. Penny O'Brien, 1985 ..... 4:21.43
8. Kay Stormo, 1982..... 4:22.24
9. Michelle Lahann, 2004..... 4:24.00
10. Shannon Stanley, 2006 ..... 4:25.08

## 3,000 Meters

1. Diane Nukuri, 2008 ..... 9:18.82
2. Penny O'Brien, 1985 ..... 9:20.61
3. McKenzie Melander, 2012 ..... 9:21.59
4. Betsy Flood, 2010..... 9:22.63
5. Nan Doak, 1985..... 9:23.04
6. Tracy Dahl, 1992 ..... 9:23.53
7. Meghan Armstrong, 2006 ..... 9:28.03
8. Brooke Eilers, 2011 ..... 9:30.08
9. Jeanne Kruckeberg, 1989..... 9:30.69
10. Jennifer Brower, 1992..... 9:34.59

## 3,000-Meter Steeplechase

1. Marta Bote Gonzalez, 2015..... 10:23.15
2. Danielle Berndt, 2011 ..... 10:26.54
3. Jessica Schmidt, 2008..... 10:27.18
4. Sarah Arens, 2004 ..... 10:34.50
5. Hannah Roeder, 2011 ..... 10:35.22
6. Madison Waymire, 2017 ..... 10:41.91
7. Kelsey Hart, 2011 ..... 10:47.56
8. Anna Hostetler, 2019 ..... 10:57.25
9. Kelly Breen, 2017 ..... 10:59.99
10. Katie Ellis, 2010 ..... 11:02.62

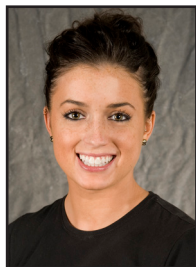
## 5,000 Meters

1. Nan Doak, 1985..... 15:45.84
2. McKenzie Melander, 2012 ..... 15:57.13
3. Diane Nukuri, 2008 ..... 15:59.39
4. Betsy Flood, 2011..... 16:04.46
5. Meghan Armstrong, 2008 ..... 16:08.83
6. Brooke Eilers, 2011 ..... 16:11.86
7. Mareike Schrulle, 2013 ..... 16:12.66
8. Jenny Spangler, 1983 ..... 16:17.21
9. Tracy Dahl, 1992 ..... 16:18.77
10. Racheal Marchand, 2008 ..... 16:27.02

# OUTDOOR ALL-TIME TOP10 PERFORMERS



Diane Nukuri



Bethany Praska



Alana Redfern



Peaches Roach



Jessie Strand



Lauauga Tausaga



Jahisha Thomas

## 10,000 Meters

1. Diane Nukuri, 2008 ..... 33:17.01
2. Jennifer Brower, 1991..... 33:23.38
3. Meghan Armstrong, 2008..... 33:28.00
4. Nan Doak, 1985..... 33:33.03
5. Jenny Spangler, 1983 ..... 33:39.24
6. Andrea Shine, 2018..... 33:50.25
7. Racheal Marchand, 2008 ..... 34:05.87
8. McKenzie Melander, 2012 ..... 34:29.83
9. Tracy Dahl, 1992 ..... 34:30.09
10. Betsy Flood, 2011..... 35:05.10

## Heptathlon

1. Jenny Kimbro, 2021..... 5,679 pts
2. Tammilee Kerr, 2008..... 5,633 pts
3. Tria Simmons, 2019..... 5,557 pts
4. Dallyssa Huggins, 2021..... 5,437 pts
5. Kathy Gillespie, 1983..... 5,262 pts
6. **Tionna Tobias, 2021.....5,083 pts**
7. Tiff Pedersen, 2004 ..... 4,976 pts
8. Janet Adams, 1981..... 4,855 pts
9. Sarah Ryan, 2012 ..... 4,819 pts
10. Ruqayya Raheem, 1997 ..... 4,665 pts

## High Jump

1. Peaches Roach, 2006 ..... 6-1 1/4 (1.86)
2. Jenny Kimbro, 2019..... 6-0 3/4 (1.85)
3. Mary Mol, 1983..... 6-0 (1.83)
4. Khanishah Williams, 2013 5-11 1/4 (1.81)
5. Dallyssa Huggins, 2021.. 5-10 1/2 (1.79m)
6. Caleigh Bacchus, 2010..... 5-10 (1.78)
7. Lynn McMillan, 1988..... 5-9 1/4 (1.76)
- Aubrianna Lantrip, 2018 .... 5-9 1/4 (1.76)
- Tria Simmons, 2019..... 5-9 1/4 (1.76)
10. Madison Rouw, 2016..... 5-8 3/4 (1.75)
- Tria Simmons, 2018..... 5-8 3/4 (1.75)

## Pole Vault

1. Jessie Strand, 2003..... 12-10 1/4 (3.92)
2. Sarah Burgett, 2006 ..... 12-1 3/4 (3.70)
3. Kirsten Weismantle, 2011..... 12-0 (3.66)
4. Amy Smith, 2018..... 11-11 3/4 (3.65)
5. Katie Truedson, 2010 ..... 11-5 1/4 (3.49)
6. Gina Shannon, 2001..... 11-2 1/4 (3.41)
7. Brittany Holst, 2013 ..... 11-1 (3.38)
8. Elyssa Tracy, 2015..... 10-6 (3.20)
9. Kacey Childs, 2000 ..... 8-0 1/2 (2.45)

## Long Jump

1. Aisha James, 2003..... 22-3 (6.78)
2. Jahisha Thomas, 2018..... 21-6 (6.55)
3. Zinnia Miller, 2014 ..... 20-6 1/2 (6.26)
4. Renee White, 2008 ..... 20-3 3/4 (6.19)
5. Carisa Leacock, 2014 ..... 19-11 3/4 (6.09)
6. Amanda Carty, 2019..... 19-11 1/2 (6.08)
7. **Tionna Tobais, 2021..... 19-11 (6.07)**
8. Becki Borg, 1988 ..... 19-7 1/4 (5.97)
9. Jenny Kimbro, 2018..... 19-7 (5.97)
10. Kassidy Ellis, 2015 ..... 19-6 1/4 (5.95)

## Triple Jump

1. Jahisha Thomas, 2018..... 44-2 (13.46)
2. Renee White, 2008 ..... 43-10 3/4 (13.36)
3. Zinnia Miller, 2014 ..... 42-0 1/2(12.81)
4. **Kayla Hutchins, 2021 .....41-10 (12.75)**
5. Tiffany Johnson, 2007 .... 41-8 3/4 (12.72)
6. Eavion Richardson, 2021 ..... 41-1 (12.52)
7. Carisa Leacock, 2012 .... 40-10 1/2 (12.46)
8. Amanda Carty, 2019 ..... 40-11 (12.47)
9. Becki Borg, 1988 ..... 40-7 1/2 (12.38)
10. Tria Simmons,2016 ..... 40-7 1/2(12.38)

## Shot Put

1. Lauauga Tausaga, 2019 . 59-1 1/2 (18.02)
2. **Nia Britt, 2019 ..... 55-7 3/4 (16.96)**
3. **Kat Moody, 2021 ..... 54-7 1/2 (16.65)**
4. Lisa Van Steenwyk, 1992..... 50-8 (15.44)
5. Gail Smith, 1984..... 50-3 1/4 (15.32)
6. Denise Taylor, 1992 ..... 50-1 3/4 (15.28)
7. Erika Hammond, 2019.... 49-9 1/4 (15.17)
8. Kamesha Marshall, 2005 48-6 3/4 (14.80)
9. Laura Kriener, 1990..... 48-2 1/2 (14.69)
10. **Ianna Roach, 2021 ..... 48-0 1/2 (14.64)**

## Discus

1. Lauauga Tausaga, 2019 ..... 209-9 (63.94)
2. Serena Brown, 2021..... 196-2 (59.81)
3. K. Spanoudakis, 2019 ..... 190-1 (57.95)
4. Majesty Tutson, 2013 ..... 181-1 (55.19)
5. Dakotah Goodell, 2014 ..... 169-4 (51.62)
6. **Kat Moody, 2021 .....167-9 (51.13)**
7. Kara Misel, 2021..... 162-1 (49.40)
8. Tiffany Medenwaldt, 2010. 161-3 (49.16)
9. Denise Taylor, 1992 ..... 160-5 (48.90)
10. **Jamie Kofron, 2021.....160-5 (48.90)**

## Javelin

1. Alana Redfern, 2003 ..... 181-5 (55.30)
2. Tammilee Kerr, 2008..... 163-5 (49.81)
3. Marissa Mueller, 2019..... 154-3 (47.02)
4. Mandy Beck, 1999..... 153-4 (46.74)
5. Dakotah Goodell, 2015 153-3 1/4 (46.71)
6. Terri Soldan, 1983 ..... 152-6 1/4 (46.48)
7. Shani Renning, 1990 ..... 152-3 (46.40)
8. Kayla Hochhalter, 2015 ..... 152-6 (46.48)
9. Clara Simon, 1981 ..... 149-9 (45.64)
10. Janet Adams, 1984..... 148-7 (45.28)

## Hammer Throw

1. **Amanda Howe, 2021 .....205-6 (62.65)**
2. Lauauga Tausaga, 2019 ..... 201-3 (61.34)
3. Annemie Smith, 2015... 200-1 1/2 (60.99)
- Nia Britt, 2019 .....200-1 (60.99)**
5. Allison Wahrman, 2021..... 198-7 (60.53)
6. Jasmine Simpson, 2013..... 197-7 (60.23)
7. Becca Franklin, 2007 ..... 195-0 (59.45)
8. Ashlyn Gulvas, 2014 ..... 192-9 (58.75)
9. Leah Colbert, 2018..... 189-3 (57.69)
10. Kelsey Taylor, 2011 ..... 177-0 (53.95)



# WOMEN'S ALL-TIME TOP 10 RELAYS

## 400-Meter Relay

1.	Kwaza, Guster, Guillory, Hernandez, 2016.....	44.04
2.	Chapman, Guillory, Hernandez, Brown, 2017 .....	44.34
3.	Kwaza, Guster, Chapman, Guillory, 2016.....	44.41
4.	Thomas, Avant, Guillory, Brown, 2018 .....	44.44
5.	Kwaza, Guster, Hernandez, Brown, 2014.....	44.51
6.	Thomas, Guillory, Hernandez, Brown, 2017 .....	44.53
7.	Kwaza, Guster, Holder, Brown, 2014 .....	44.62
8.	Poole, Reid, Floyd, Hobbs, 1994.....	44.63
9.	Charles, Williams, Providence, James, 2003 .....	44.71
	Brown, Kwaza, Ellis, Holder, 2015.....	44.71

## Shuttle Hurdle Relay

1.	Prendergast, Cole, Raheem, Ruen, 1998.....	56.44
2.	Cole, Prendergast, Raheen, Ruen, 1998 .....	56.54
3.	Raheen, Prendergast, Cole, Ruen, 1998 .....	57.53

## 800-Meter Relay

1.	Chapman, Guillory, Hernandez, Brown, 2017 .....	1:35.36
2.	Hobbs, Reid, Floyd, Poole, 1994.....	1:35.69
3.	Roach, McCalla, Alexander, Johnson, 2006 .....	1:36.19
4.	Chapman, Roberts-Lewis, Champe, Brown, 2016 .....	1:36.98
5.	Williams, Charles, Fouchè, Providence, 2003.....	1:37.49
6.	Herrmann, McCalla, Raymond, Roach, 2004.....	1:37.66
7.	Charles, Dixon, Knight, Prendergast, 2002 .....	1:38.15
8.	<b>Christian</b> , Buss, Swanson, Morken, 2019 .....	1:38.52
9.	Prendergast, Dixon, Knight, Providence, 2001 .....	1:38.73
10.	Trusty, Hendricks, Graham, Erickson, 2009 .....	1:38.79

## 1,600-Meter Relay

1.	Hernandez, Guillory, Holder, Guster, 2016 .....	3:30.97
2.	Guillory, Brown, Hernandez, Champe, 2017 .....	3:32.37
3.	Guster, Hernandez, Holder, Kwaza, 2014 .....	3:34.83
4.	Praska, Hendricks, Liverpool, Erickson, 2011 .....	3:35.93
5.	Champe, Guillory, Plock, Sharpe, 2018 .....	3:35.94
6.	Guster, Watts, Hernandez, Kwaza, 2014.....	3:36.09
7.	Hume, Charles, Steffen, Williams, 2003 .....	3:36.26
8.	Kimbrow, Weum, Simmons, <b>Wensel</b> , 2019.....	3:36.32
9.	<b>King</b> , Saunders, <b>Bruxvoort</b> , Strohman, 2021.....	3:36.50
10.	Saunders, <b>Roberts</b> , <b>King</b> , Strohman, 2021 .....	3:37.15

## Sprint Medley Relay

1.	Jones, Hendricks, Liverpool, Praska, 2011.....	3:48.63
2.	Brown, Kwaza, Guster, Watts, 2014.....	3:51.18
3.	Kwaza, Guster, Holder, Watts, 2016.....	3:52.62
4.	Swanson, Morken, <b>King</b> , Arco, 2019 .....	3:52.85
5.	Kwaza, Brown, Guster, Trost, 2015 .....	3:53.29
6.	<b>Christian</b> , Buss, Guillory, Arco, 2019 .....	3:54.18
7.	Kwaza, R. Moore, Holder, Alexia, 2013.....	3:54.51
8.	Trusty, R. Moore, Hendricks, Praska, 2010.....	3:56.53
9.	Reid, Philip, Hobbs, Benning, 1995.....	3:56.54
10.	Roach, Alexander, McCalla, Stanley, 2005.....	3:56.99

## 3,200-Meter Relay

1.	McCabe, Arco, Saunders, <b>King</b> , 2019.....	8:31.84
2.	Suppelsa, Wodek, Kruckeberg, Schneckloth, 1987.....	8:46.45
3.	Lahann, Stanley, Hume, Barber, 2004 .....	8:48.87
4.	Schneckloth, Roberts, Hawkins, Kruckeberg, 1989 .....	8:49.38
5.	Trost, Maser, Alexia, Nelson, 2014 .....	8:49.95
6.	Nelson, Watts, Wilberding, Sindt, 2016.....	8:51.90
7.	Flood, Dlh, L. Hardesty, Docherty, 2009.....	8:53.91
8.	Armstrong, Stanley, Laney, Hume, 2005.....	8:54.27
9.	O'Brien, Camarigg, Williams, Stormo, 1981 .....	8:54.36
10.	Flood, Melander, Praska, Hardesty, 2010 .....	8:54.45

## Distance Medley Relay

1.	Hoskins, Powell, Schneckloth, Kruckeberg, 1989 .....	11:22.18
2.	Armstrong, Alexander, Poncé, Stanley, 2007.....	11:25.05
3.	Stanley, McCalla, Hume, Armstrong, 2005 .....	11:34.04
4.	Barber, Williams, Hume, Arens, 2004.....	11:34.56
5.	Thompson, Williams, Hume, Arens, 2003 .....	11:39.02
6.	2000 .....	11:39.83
7.	Schrulle, Erickson, Placzek, Eilers, 2012 .....	11:40.57
8.	Davenport, xx, xx, xx, 1981.....	11:41.44
9.	Pare, Grant, Benning, Gilchrist, 1997 .....	11:41.92
10.	Dlh, Erickson, Docherty, Anderson, 2010.....	11:43.06

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1.	Flood, Melander, A. Hardesty, L. Hardesty, 2010.....	19:05.63
2.	Nukuri, Marchand, Henize, Armstrong, 2008.....	19:15.42
3.	Flood, Laesch, Ranegar, Melander, 2012.....	19:16.73
4.	Flood, Eilers, Melander, L. Hardesty, 2011 .....	19:17.52
5.	Flood, Melander, A. Hardesty, Eilers, 2009.....	19:36.43
6.	Scott, Gordon, Schrulle, Gambrall, 2013 .....	19:41.15
7.	Jones, Bote Gonzalez, Wilberding, Reischmann, 2015.....	19:59.72
8.	Maser, Price, Wilberding, Montuclard, 2014 .....	20:23.27
9.	Chapple, Laney, Donlon, Sokol, 2005 .....	20:39.12
10.	Arens, Barber, Butler, Roberts, 2001 .....	20:40.89