THIS WEEK
University of Iowa track and field is sending a program-record 11 entries to the NCAA Indoor Championships in Birmingham, Alabama, on March 11-12. The NCAA Indoor Championships begin Friday morning at 10 a.m. (CT) and resume on Saturday at 10:30 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 on ESPN3.

NCAA QUALIFIERS
The Hawkeye men are sending the second-most entries (10) of any team in the country to the NCAA Indoor Championships, behind only Arkansas (11). Three Hawkeyes qualified in the 400 meters (Jenoah McKiver, Chadrick Richards, Wayne Lawrence, Jr.) and two qualified in the 60-meter hurdles (Grant Conway, Gratt Reed). Additionally, Kalen Walker qualified in the 60 meters, Austin West qualified in the heptathlon, Tyler Lienau qualified in the weight throw and Nik Curtiss qualified in the shot put. The 4x400-meter relay team of Richards, Julien Gillum, Lawrence, Jr., and McKiver also qualified with the second-fastest time in the NCAA this season. For the women, the 4x400-meter quartet of Mariel Bruxvoort, Payton Wensel, Tesa Roberts and Mallory King punched its ticket.

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
Iowa Director of Track and Field Joey Woody earned his third-consecutive Big Ten Coach of the Year honor on March 2 after leading the Hawkeye men to their second-consecutive Big Ten Indoor Championship. A season ago, 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 Hawkeyes have now gone back-to-back indoors as well and will look to repeat that feat this spring.

BIG TIME(S) FOR MCKIVER
Standout sprinter Jenoah McKiver has broken three school records this season. At the Meyo Invite, McKiver ran the seventh-fasted 600 meters in NCAA history (all conditions) and improved his school record (1:15.36). McKiver’s hot streak 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 fifth nationally in the quarter-mile while Iowa’s time 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. At the Big Ten Championships, McKiver won two gold medals (600 meters, 4x400-meter relay) to lead the Hawkeyes to back-to-back indoor titles. McKiver will compete at the NCAA Championships in the 400 meters and the 4x400-meter relay.

<table>
<thead>
<tr>
<th>WOMEN’S SEASON BESTS</th>
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<tbody>
<tr>
<td>60 Meters .................. LaSarah Hargrove ................................. * 7.25</td>
</tr>
<tr>
<td>60-Meter Hurdles .... Myreeanna Bebe ........................................... 8.26</td>
</tr>
<tr>
<td>200 Meters ................. LaSarah Hargrove .................................. 23.55</td>
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<tr>
<td>300 Meters .................. Nylah Perry ............................................ 39.22</td>
</tr>
<tr>
<td>400 Meters .................. Tesa Roberts ........................................... 53.91</td>
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<td>600 Meters .................. Mallory King .......................................... 1:28.45</td>
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<tr>
<td>800 Meters .................. Mallory King .......................................... * 2:04.56</td>
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<tr>
<td>1,000 Meters ............... Mallory King .......................................... 2:50.46</td>
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<tr>
<td>Mile .......................... Amber Aesoph ........................................ 4:41.58</td>
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<tr>
<td>3,000 Meters ............... Kelli Tocis ............................................. 9:41.06</td>
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<tr>
<td>5,000 Meters ............... Brooke Mc Kee ........................................ 16:50.17</td>
</tr>
<tr>
<td>1,600-Meter Relay .... Mariel Bruxvoort, Tesa Roberts, Payton Wensel, Mallory King .......... * 3:32.38</td>
</tr>
<tr>
<td>Dist. Medley Relay .. Emma Gordon, Mariel Bruxvoort, Grace Bookin-Nosbisch, Amber Aesoph ....... 11:21.29</td>
</tr>
<tr>
<td>High Jump .................. Maria Gorham ........................................... 5:5 1/2 (1.66m)</td>
</tr>
<tr>
<td>Long Jump ............... Tionna Tobias ......................................... 20-1 1/2 (6.13m)</td>
</tr>
<tr>
<td>Triple Jump ............... Kayla Hutchins ........................................ 40-9 3/4 (12.44m)</td>
</tr>
<tr>
<td>Shot Put ................... Nia Britt .................................................. 54-2 1/2 (16.52m)</td>
</tr>
<tr>
<td>Weight Throw ............ Amanda Howe ........................................... 69-8 (21.23m)</td>
</tr>
<tr>
<td>Pentathlon ............... Tionna Tobias ........................................... 3,674 points</td>
</tr>
<tr>
<td>* -- school record</td>
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</table>
2FAST4U
The Hawkeye men and women know how to run a quarter mile. Both Hawkeye 4x400-meter relays qualified for the NCAA Indoor Championships. 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. The Hawkeyes also became the fifth-fastest program ever in the event indoors. The group bested the previous school record by 2.36 seconds. Additionally, McKiver, Richards and Lawrence, Jr. all qualified in the open 400 meters. On the women’s side, 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 at the Tyson Invite – eighth in the NCAA – to break the Iowa record.

RUN DON’T WALK(ER)
A year ago, Kalen Walker was running for Indian Hills Junior College. This year, Walker is an NCAA qualifier in the 60 meters. Walker exploded onto the scene in his Hawkeye debut at the Jimmy Grant Invitational, tying the 60-meter school record (6.69) in the prelims. Walker improved his all-time best mark at the Larry Wieczerek 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 (6.61) once again. Walker finished third at the Big Ten Championships last time out and his time ranks 14th nationally.

HURDLE U? HURDLE U.
The Hawkeye hurdlers have risen to expectations this year. Sophomores Grant Conway (7.72) and Gratt Reed (7.72) each qualified for the NCAA Indoor Championships on March 11-12 after they each put down personal-best times at the Big Ten Championships. Conway finished as Big Ten runner-up and Reed took bronze.

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............................................CULEN
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.
IOWA STRONG
The Hawkeye men will be represented at the NCAA Indoor Championships in both throwing events. Seniors Tyler Lienau (weight throw) and Nik Curtiss (shot put) each qualified for the national meet. Lienau (22.20m / 72’10”) and Curtiss (19.57m / 64’2.5”) are the school-record holders in their respective events.

JACK OF ALL TRADES
Sophomore Austin West improved on his third-place finish a season ago and finished runner-up in the heptathlon at the Big Ten Championships on Feb. 26. West broke the Iowa heptathlon record earlier this season (5,832 points) and is seeded ninth overall to qualify for the NCAA Indoor Championships.

NEXT ON THE BLOCK
The Hawkeyes switch gears to outdoor season and head to Tempe, Arizona, on March 18-19 for the Baldy Castillo Invitational hosted by Arizona State.

USTFCCCA MEN’S RATING INDEX

March 7, 2022 - Week 7
1. Arkansas .................................................... 111.86
2. Georgia ....................................................... 111.55
3. Texas Tech ................................................... 112.25
4. Oregon ....................................................... 96.05
5. North Carolina A&T ......................................... 95.85
6. Texas ........................................................... 95.29
7. Florida ........................................................ 84.51
8. Alabama ......................................................... 82.88
9. Tennessee ..................................................... 82.46
10. Florida State ................................................ 74.58
11. Kentucky ....................................................... 71.85
12. Ole Miss ...................................................... 67.07
13. Princeton ...................................................... 64.86
14. IOWA .......................................................... 63.81
15. Notre Dame ................................................... 63.11
16. Northern Arizona ........................................... 61.63
17. USC ............................................................. 50.82
18. Texas A&M .................................................. 47.69
19. LSU ............................................................ 43.47
20. Stanford ....................................................... 43.34
21. Grand Canyon ............................................... 43.05
22. Nebraska ...................................................... 42.12
23. Clemson ...................................................... 42.02
24. Washington ................................................ 41.03
25. Michigan State ............................................. 37.42

USTFCCCA #EVENTSQUAD RANKINGS

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

Men:

<table>
<thead>
<tr>
<th>EVENT</th>
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<tbody>
<tr>
<td>400m</td>
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</tr>
<tr>
<td>Weight Throw</td>
<td>No. 3</td>
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<tr>
<td>60m Hurdles</td>
<td>No. 4</td>
</tr>
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<td>Shot Put</td>
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<td>800m</td>
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Women:

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<tbody>
<tr>
<td>Shot Put</td>
<td>No. 4</td>
</tr>
<tr>
<td>Weight Throw</td>
<td>No. 4</td>
</tr>
<tr>
<td>60m Hurdles</td>
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<tr>
<td>400m</td>
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### MEN'S TOP-50 NCAA RANKS

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<tr>
<th>ATHLETE</th>
<th>EVENT</th>
<th>MARK</th>
<th>B1G RANK</th>
<th>NCAA RANK</th>
<th>DATE</th>
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<tbody>
<tr>
<td>Richards, Gillum, Lawrence, Jr., McKiver</td>
<td>4x400m Relay</td>
<td>3:02.40</td>
<td>1</td>
<td>2</td>
<td>2/11/2022</td>
</tr>
<tr>
<td>Jenoah McKiver</td>
<td>400m</td>
<td>45.39</td>
<td>2</td>
<td>5</td>
<td>2/11/2022</td>
</tr>
<tr>
<td>Austin West</td>
<td>Heptathlon</td>
<td>5,832 pts</td>
<td>1</td>
<td>9</td>
<td>1/28/2022</td>
</tr>
<tr>
<td>Tyler Lienau</td>
<td>Weight Throw</td>
<td>22.20m / 72'10&quot;</td>
<td>2</td>
<td>11</td>
<td>2/4/2022</td>
</tr>
<tr>
<td>Chadrick Richards</td>
<td>400m</td>
<td>46.01</td>
<td>3</td>
<td>11</td>
<td>2/11/2022</td>
</tr>
<tr>
<td>Kalen Walker</td>
<td>60m</td>
<td>6.61</td>
<td>2</td>
<td>14</td>
<td>2/11/2022</td>
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<tr>
<td>Wayne Lawrence Jr.</td>
<td>400m</td>
<td>46.09</td>
<td>5</td>
<td>14</td>
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<tr>
<td>Grant Conway</td>
<td>60mH</td>
<td>7.72</td>
<td>3</td>
<td>15</td>
<td>2/25/2022</td>
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<tr>
<td>Gratt Reed</td>
<td>60mH</td>
<td>7.72</td>
<td>4</td>
<td>16</td>
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<tr>
<td>Nikolas Curtiss</td>
<td>Shot Put</td>
<td>19.57m / 64'2.5&quot;</td>
<td>5</td>
<td>16</td>
<td>2/11/2022</td>
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<tr>
<td>James Carter, Jr.</td>
<td>Long Jump</td>
<td>7.68m / 25'2&quot;</td>
<td>3</td>
<td>31</td>
<td>1/21/2022</td>
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<tr>
<td>Khullen Jefferson</td>
<td>200m</td>
<td>20.93</td>
<td>3</td>
<td>38</td>
<td>2/25/2022</td>
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<tr>
<td>Antonio Abrego</td>
<td>800m</td>
<td>1:48.47</td>
<td>5</td>
<td>39</td>
<td>2/4/2022</td>
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<tr>
<td>Abrego, Lawrence, Jr., Still, Murphy</td>
<td>DMR</td>
<td>9:39.60</td>
<td>7</td>
<td>48</td>
<td>1/28/2022</td>
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<tr>
<td>James Carter, Jr.</td>
<td>Triple Jump</td>
<td>15.64m / 51'3.75&quot;</td>
<td>7</td>
<td>50</td>
<td>1/21/2022</td>
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### WOMEN'S TOP-50 NCAA RANKS

<table>
<thead>
<tr>
<th>ATHLETE</th>
<th>EVENT</th>
<th>MARK</th>
<th>B1G RANK</th>
<th>NCAA RANK</th>
<th>DATE</th>
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<tbody>
<tr>
<td>Bruxvoort, Roberts, Wensel, King</td>
<td>4x400m Relay</td>
<td>3:32.38</td>
<td>1</td>
<td>8</td>
<td>2/11/2022</td>
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<tr>
<td>LaSarah Hargrove</td>
<td>60m</td>
<td>7.25</td>
<td>2</td>
<td>18</td>
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<tr>
<td>Mallory King</td>
<td>800m</td>
<td>2:04.56</td>
<td>5</td>
<td>24</td>
<td>2/11/2022</td>
</tr>
<tr>
<td>Nia Britt</td>
<td>Weight Throw</td>
<td>20.94m / 68'8.5&quot;</td>
<td>8</td>
<td>31</td>
<td>2/4/2022</td>
</tr>
<tr>
<td>Amanda Howe</td>
<td>Weight Throw</td>
<td>21.23m / 69'8&quot;</td>
<td>5</td>
<td>27</td>
<td>2/25/2022</td>
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<tr>
<td>Kat Moody</td>
<td>Shot Put</td>
<td>16.32m / 53'6.5&quot;</td>
<td>11</td>
<td>40</td>
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<tr>
<td>Myreanna Bebe</td>
<td>60mH</td>
<td>8.26</td>
<td>5</td>
<td>42</td>
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<tr>
<td>LaSarah Hargrove</td>
<td>200m</td>
<td>23.55</td>
<td>2</td>
<td>48</td>
<td>2/25/2022</td>
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<tr>
<td>Nia Britt</td>
<td>Shot Put</td>
<td>16.52m / 54'2.5&quot;</td>
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<td>34</td>
<td>2/25/2022</td>
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<tr>
<td>Jamie Kofron</td>
<td>Weight Throw</td>
<td>20.54m / 67'4.75&quot;</td>
<td>11</td>
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### INDOOR ALL-TIME TOP 10 PERFORMERS

#### 60 Meters
<table>
<thead>
<tr>
<th>Rank</th>
<th>Name</th>
<th>Year</th>
<th>Time</th>
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<tbody>
<tr>
<td>1</td>
<td>Jamal Britt</td>
<td>2021</td>
<td>6.75</td>
</tr>
<tr>
<td>2</td>
<td>Erik Sowinski</td>
<td>2012</td>
<td>6.74</td>
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<tr>
<td>3</td>
<td>Vinnie Saucer, Jr.</td>
<td>2016</td>
<td>6.70</td>
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<tr>
<td>4</td>
<td>Devyn Walker</td>
<td>2022</td>
<td>6.92</td>
</tr>
<tr>
<td>5</td>
<td>Justin Austin</td>
<td>2011</td>
<td>6.96</td>
</tr>
<tr>
<td>6</td>
<td>Christian Brissett</td>
<td>2017</td>
<td>6.97</td>
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<tr>
<td>7</td>
<td>Troy Doris</td>
<td>2012</td>
<td>6.97</td>
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<tr>
<td>8</td>
<td>O'Shea Wilson</td>
<td>2017</td>
<td>7.19</td>
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<tr>
<td>9</td>
<td>Christian Brissett</td>
<td>2017</td>
<td>7.47</td>
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#### 400 Meters
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<tbody>
<tr>
<td>1</td>
<td>Jenoah McKiver</td>
<td>2022</td>
<td>45.39</td>
</tr>
<tr>
<td>2</td>
<td>Wayne Lawrence Jr.</td>
<td>2021</td>
<td>45.40</td>
</tr>
<tr>
<td>3</td>
<td>Mar’yea Harris</td>
<td>2017</td>
<td>45.75</td>
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<tr>
<td>4</td>
<td>Chadrick Richards</td>
<td>2022</td>
<td>46.01</td>
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<td>5</td>
<td>Karayme Bartley</td>
<td>2019</td>
<td>46.25</td>
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<td>6</td>
<td>Emmanuel Ogwo</td>
<td>2017</td>
<td>46.45</td>
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<td>Steven Willey</td>
<td>2010</td>
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<td>Terrence Duckett</td>
<td>1984</td>
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<td>9</td>
<td>Collin Hofacker</td>
<td>2017</td>
<td>46.82</td>
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<tr>
<td>10</td>
<td>Julien Gillum</td>
<td>2022</td>
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#### Mile
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<td>1</td>
<td>Jeff Thode</td>
<td>2011</td>
<td>3:58.72</td>
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<tr>
<td>2</td>
<td>Ed DeLashmutt</td>
<td>1981</td>
<td>4:04.01</td>
</tr>
<tr>
<td>3</td>
<td>Kal Lewis</td>
<td>2021</td>
<td>4:04.21</td>
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<tr>
<td>4</td>
<td>Adam Jones</td>
<td>2017</td>
<td>4:04.28</td>
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<td>5</td>
<td>Michael Melchert</td>
<td>2018</td>
<td>4:04.32</td>
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<td>6</td>
<td>Larry Wieczorek</td>
<td>1968</td>
<td>4:04.40</td>
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<tr>
<td>7</td>
<td>Nathan Mylenek</td>
<td>2019</td>
<td>4:04.48</td>
</tr>
<tr>
<td>8</td>
<td>Max Murphy</td>
<td>2022</td>
<td>4:05.45</td>
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<tr>
<td>9</td>
<td>John Clark</td>
<td>1972</td>
<td>4:05.94</td>
</tr>
<tr>
<td>10</td>
<td>Ben Witt</td>
<td>2014</td>
<td>4:07.08</td>
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#### 3,000 Meters
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<tr>
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<tbody>
<tr>
<td>1</td>
<td>Jeff Thode</td>
<td>2011</td>
<td>7:57.06</td>
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<tr>
<td>2</td>
<td>Nathan Mylenek</td>
<td>2020</td>
<td>7:58.37</td>
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<td>3</td>
<td>Max Murphy</td>
<td>2021</td>
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<td>4</td>
<td>Jeff Thode</td>
<td>2011</td>
<td>8:00.38</td>
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<tr>
<td>5</td>
<td>Micah VanDenend</td>
<td>2006</td>
<td>8:00.81</td>
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<td>6</td>
<td>Daniel Soto</td>
<td>2020</td>
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<td>Michael Melchert</td>
<td>2018</td>
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<td>Eric MacTaggart</td>
<td>2006</td>
<td>8:08.79</td>
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<td>Stetson Steele</td>
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#### 800 Meters
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<tr>
<td>1</td>
<td>Carter Lilly</td>
<td>2017</td>
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<td>Erik Sowinski</td>
<td>2012</td>
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<td>Will Teubel</td>
<td>2016</td>
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<td>Antonio Abrego</td>
<td>2022</td>
<td>1:48.87</td>
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<td>5</td>
<td>Pavlo Hutsalyuk</td>
<td>2016</td>
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<td>Ryan Weir</td>
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<td>Adam Hairston</td>
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<td>Nathan Prom</td>
<td>2013</td>
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<td>Matt Manternach</td>
<td>2020</td>
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<td>10</td>
<td>Alex Birkett</td>
<td>2020</td>
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#### 5,000 Meters
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<td>Micah VanDenend</td>
<td>2007</td>
<td>13:56.46</td>
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<td>Max Murphy</td>
<td>2022</td>
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<td>Daniel Soto</td>
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<td>Eric MacTaggart</td>
<td>2006</td>
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<td>10</td>
<td>Jeff Thode</td>
<td>2011</td>
<td>14:16.00</td>
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INDOOR ALL-TIME TOP 10 PERFORMERS

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

Pole Vault
1. Bill Knoedel, 1976 …………7-3 (2.12)
2. Bill Hansen, 1978 …………7-3 (2.12)
3. Scott Hudek, 1993 …………7-0 1/2 (2.15)
4. 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)
9. Peter Hlavin, 1980 …………6-11 (2.11)
10. Brandon Oest, 2010 ………6-11 (2.11)

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)
6. Paul Jones, 1990 …………24-11 1/4 (7.60)
7. 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)

High Jump
1. Todd Wigginton, 1984 ………17-1 (5.21)
2. Dave Nielsen, 1975 …………16-10 (5.13)
3. Kyle Reid, 2013 …………16-3 3/4 (5.05)
4. Andy Jatts, 2018 …………16-3 3/4 (5.05)
5. Curt Brock, 1979 …………16-6 (5.03)
6. Peyton Haack, 2019 ………16-4 3/4 (5.00)
7. Alex Zona, 2010 …………16-4 3/4 (5.00)
8. Phil Wertman, 1971 …………16-4 (4.98)

Triple Jump
1. Troy Doris, 2011 …………54-0 (16.46)
2. Babatunde Amosu, 2015 ……52-3 1/4 (16.07)
3. Paul Jones, 1990 …………52-1 1/4 (15.88)
4. 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)
8. Josh Bean, 2009 …………48-10 (14.88)
10. Kerry Dean, Jr., 2016 ………48-8 1/4 (14.84)

Shot Put
1. Mylenek, Hofacker, Lilly, Melchert, 2018 ………9:45.10
2. Abrego, Lawrence, Jr., Still, Murphy
3. Lewis, Woody, Still, Murphy
4. Lilly, Frye, Manternach, Jones
5. Mylenek, Thompson, Lilly, Melchert
6. Prom, Rickels, Sowinski, Thode
7. Birkett, Clarke, Still, Murphy
8. Bartley, Woodard, Lawrence Jr., Harris
9. Frye, Clarke, Woodard, Lawrence, Jr.
10. Roseman, Rerko, Novotny, Bragan

Distance Medley Relay
1. Richards, Gillum, Lawrence, Jr, McKiver
2. Abrego, Lawrence, Jr, Still, Murphy
3. Lewis, Woody, Still, Murphy
4. Lilly, Frye, Manternach, Jones
5. Mylenek, Thompson, Lilly, Melchert
6. Prom, Rickels, Sowinski, Thode
7. Birkett, Clarke, Still, Murphy
8. Bartley, Woodard, Lawrence Jr., Harris
9. Frye, Clarke, Woodard, Lawrence, Jr.
10. Roseman, Rerko, Novotny, Bragan
INDOOR ALL-TIME TOP 10 PERFORMERS

60 Meters
1. LaSarah Hargrove, 2022 .......... 7.25
2. Lake Kwaza, 2016 ................. 7.33
4. Lia Love, 2022 .................. 7.40
5. Elaine Jones, 1983 .............. 7.43
6. Kyara Avant, 2018 ............. 7.44
8. Antonine 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
3. Paige Magee, 2022 .......... 8.26
4. Myreanna Bebe, 2022 ......... 8.26
5. Tiffany Johnson, 2006 ....... 8.33
6. Jahisha Thomas, 2017 ....... 8.35
8. Tria Simmons, 2019 ......... 8.40
9. Tionna Tobias, 2022 ....... 8.40
10. Miya Brines, 2022 ........... 8.43

200 Meters
1. Brittany Brown, 2017 ........... 22.79
2. Briana Guillory, 2018 ....... 23.22
4. Lake Kwaza, 2016 .......... 23.54
5. LaSarah Hargrove, 2022 .... 23.55
6. Shelleene Williams, 2004 ... 23.62
7. Marlene Poole, 1994 ....... 23.66
8. Yolanda Hobbs, 1995 ...... 23.66
9. Erica Broomfield, 1998 ... 23.81
10. Antonine 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. Tesha Roberts, 2022 ....... 53.91
8. Ashley Liverpool, 2011 .... 54.09
9. MonTayla Holder, 2015 .. 54.32
10. Nylah Perry, 2021 ...... 54.43

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. Alli Bookin-Nosbich, 2022 2:08.38
8. Mahnee Watts, 2014 .... 2:08.79
9. Tia Saunders, 2020 .... 2:08.83
10. Taylor Arco, 2020 .... 2:08.94

600 Yards
3. Kay Stormo, 1982 ....... 1:22.49
4. Nicole Erickson, 2012 ... 1:22.61
5. Mahnee Watts, 2016 ..... 1:22.72
10. Sophia Poncé, 2007 .... 1:24.55

2:08.94

3:000 Meters
1. McKenzie Melander, 2011 ........................... 9:15.57

3000 Meters
1. Tracy Dahl, 1993 .................. 9:15.57

Mile
3. Meghan Armstrong, 2006 ........ 4:40.59
4. Lauren Hardesty, 2011 ........ 4:41.01
5. Amber Aesoph, 2022 .................. 4:41.58
6. Tina Stac, 1994 .................. 4:42.63
7. Betsy Flood, 2010 .................. 4:42.70
10. Michelle Lahann, 2004 ........ 4:47.23

2:08.94
**INDOOR ALL-TIME TOP 10 PERFORMERS**

### 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

### 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
7. Tionna Tobias, 2022 ............ 3,674 points
8. Tiff Pedersen, 2004 .............. 3,511 points
10. Maureen Abel, 1979 .......... 3,427 points

### High Jump
1. Peaches Roach, 2005 ............. 6-0 3/4 (1.85)
2. Mary Mol, 1983 .................. 6-0 (1.83)
3. Khanishah Williams, 2013 ...5-11 1/4 (1.81)
4. Dallyssa Huggins, 2020 ......... 5-10 (1.78)
5. Becky Kaza, 1995 ................. 5-9 3/4 (1.77)
6. Caleigh Bacchus, 2010 .......... 5-9 1/4 (1.76)
7. Aubrianna Lantrip, 2019 ....... 5-9 1/4 (1.76)
8. Gillian Urycki, 2018 ............ 5-8 3/4 (1.75)
9. Kristi Dinkla, 1985 .............. 5-8 1/2 (1.74)
10. Kacey Childs, 2001 .......... 5-8 1/2 (1.74)

### Pole Vault
1. Jessie Strand, 2004 .............. 12-5 1/2 (3.80)
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 .......... 43-4 1/2 (13.22)
2. Renee White, 2008 .............. 42-4 (12.90)
3. Amanda Carty, 2019 .......... 42-1 1/2 (12.88)
4. Tria Simmons, 2017 .......... 42-1 1/4 (12.83)
6. Eavion Richardson, 2021 .. 41-3 1/4 (12.58)
7. Zinnia Miller, 2014 ........ 41-2 1/2 (12.56)
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 Brit, 2019 .................. 54-11 1/2 (16.75)
3. Kat Moody, 2022 .............. 53-6 (16.32)
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)

### Weight Throw
1. Laulauga Tausaga, 2019 ....... 76-3 3/4 (23.26)
3. Nia Brit, 2022 ................. 68-8 1/2 (20.94)
5. Ashlyn Gulvas, 2013 .......... 63-6 (19.35)
7. Annemiek Smith, 2014 .... 61-4 (18.69)
8. Kelsey Taylor, 2011 ......... 60-4 1/2 (18.40)
10. Allison Wahrman, 2020 ... 59-1 1/2 (18.02)

### 1,600-Meter Relay
2. Holder, Guillory, Hernandez, Guster, 2016 ................. 3:32.93
4. Sharpe, Guillory, Brown, Champe, 2018 ................. 3:34.34
5. Bruxvoort, Wensel, King, Roberts, 2022 .................. 3:35.73
8. Liverpool, Hendricks, Praska, Erickson, 2011 ........ 3:36.97

### Distance Medley Relay
6. Flood, Hendricks, L. Hardesty, Melander, 2010 ... 11:25.01
7. Melander, Hendricks, Flood, Marchand, 2009 ... 11:27.34
8. Benning, Poole, Salsberry, Stec, 1994 ...................... 11:28.03
10. Armstrong, Granger, Stanley, K. Anderson, 2006 11:29.54