



Mar. 11-12 2022

IOWA Track & Field 2021-22 Notes



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2021 IOWA TRACK & FIELD INDOOR SCHEDULE

Date	Meet
Dec. 10-11	Jimmy Grant Invitational (Iowa City, Iowa)
Jan. 14-15	Hawkeye Invitational (Iowa City, Iowa)
Jan. 21-22	Larry Wiecek 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 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](https://twitter.com/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 Jenoa McKiver has broken three school records this season. At the Meyo Invite, McKiver ran the seventh-fastest 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.



2022 INDOOR SEASON LEADERS

MEN'S SEASON BESTS

60 Meters	Kalen Walker	* 6.61
60-Meter Hurdles...	Grant Conway	7.72
	Gratt Reed.....	7.72
200 Meters	Khullen Jefferson	20.93
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	13:58.87
1,600-Meter Relay..	Chadrick Richards, Julien Gillium, 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.....	14-5 1/4 (4.40m)
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.....	23.55
300 Meters	Nylah Perry	39.22
400 Meters	Tesa Roberts.....	53.91
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	Brooke McKee.....	16:50.17
1,600-Meter Relay..	Mariel Bruxvoort, Tesa Roberts, Payton Wensel, Mallory King	* 3:32.38
Dist. Medley Relay	Emma Gordon, Mariel Bruxvoort, Grace Bookin-Nosbisch, Amber Aesoph	11:21.29
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.....	Nia Britt.....	54-2 1/2 (16.52m)
Weight Throw.....	Amanda Howe	69-8 (21.23m)
Pentathlon.....	Tionna Tobias.....	3,674 points

* -- school record



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 Jenoa 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 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 (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.....	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.





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:

EVENT	RANK
400m	No. 2
Weight Throw	No. 3
60m Hurdles	No. 4
Shot Put	No. 7
800m	No. 11

Women:

EVENT	RANK
Shot Put	No. 4
Weight Throw	No. 4
60m Hurdles	No. 9
800m	No. 12
400m	No. 15



MEN'S TOP-50 NCAA RANKS

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

WOMEN'S TOP-50 NCAA RANKS

ATHLETE	EVENT	MARK	B1G RANK	NCAA RANK	DATE
Bruxvoort, Roberts, Wensel, King	4x400m Relay	3:32.38	1	8	2/11/2022
LaSarah Hargrove	60m	7.25	2	18	2/11/2022
Mallory King	800m	2:04.56	5	24	2/11/2022
Nia Britt	Weight Throw	20.94m / 68'8.5"	8	31	2/4/2022
Amanda Howe	Weight Throw	21.23m / 69'8"	5	27	2/25/2022
Kat Moody	Shot Put	16.32m / 53'6.5"	11	40	1/14/2022
Myreanna Bebe	60mH	8.26	5	42	1/28/2022
LaSarah Hargrove	200m	23.55	2	48	2/25/2022
Nia Britt	Shot Put	16.52m / 54'2.5"	8	34	2/25/2022
Jamie Kofron	Weight Throw	20.54m / 67'4.75"	11	41	2/25/2022

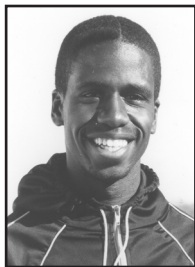
INDOOR ALL-TIME TOP 10 PERFORMERS



Karayme Bartley



Jamal Britt



Rodney Chambers



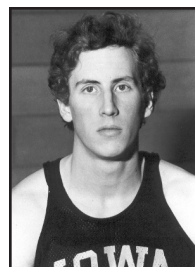
Nikolas Curtiss



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. Grant Conway, 2022 7.72
Gratt Reed, 2022 7.72
7. Chris Douglas, 2019 7.75
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. Khullen Jefferson, 2022 20.93
6. Gratt Reed, 2022 21.03
7. Chadrick Richards, 2022 21.09
8. Anthuan Maybank, 1993 21.11
9. Austin Kresley, 2021 21.12
10. Bashir Yamini, 1999 21.19

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. Julien Gillum, 2022 1:16.11
3. Wayne Lawrence, Jr., 2020 1:16.55
4. Mar'yea Harris, 2019 1:16.60
5. Tyler Olson, 2022 1:16.70
6. Spencer Gudgel, 2022 1:16.82
7. Armando Bryson, 2022 1:16.89
8. Erik Sowinski, 2012 1:16.91
9. Austin Lietz, 2020 1:17.03
10. Carter Lilly, 2017 1:17.20

800 Meters

1. Carter Lilly, 2017 1:47.33
2. Erik Sowinski, 2012 1:47.62
3. Will Teubel, 2016 1:47.74
4. Antonio Abrego, 2022 1:48.47
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

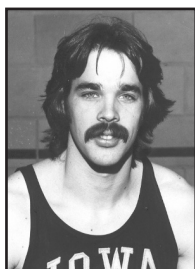
1. Kevin Lewis, 2015 7:57.06
2. Nathan Mylenek, 2020 7:58.37
3. Max Murphy, 2021 7:59.30
4. Jeff Thode, 2011 8:00.38
5. Micah VanDenend, 2006 8:00.81
6. Daniel Soto, 2020 8:06.04
7. Michael Melchert, 2018 8:08.30
8. Eric MacTaggart, 2006 8:08.79
9. Stetson Steele, 2000 8:09.54
10. Nick Trattner, 2022 8:10.03

5,000 Meters

1. Kevin Lewis, 2015 13:43.70
2. Micah VanDenend, 2007 13:56.46
3. Max Murphy, 2022 13:58.87
4. Daniel Soto, 2020 13:58.97
5. Stetson Steele, 2000 14:00.52
6. Nick Trattner, 2022 14:00.69
7. Dan Haut, 2006 14:06.16
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.



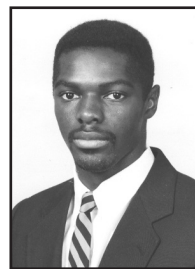
Kevin Lewis



Tyler Lienau



Carter Lilly



Anthuan Maybank

INDOOR ALL-TIME TOP 10 PERFORMERS



Jaylan McConico



Jenoah McKiver



Michael Melchert



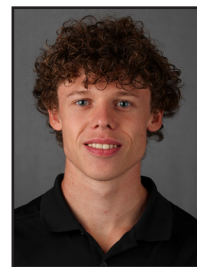
Nathan Mylenek



Chadrick Richards



Jeff Thode



Kalen Walker

Heptathlon

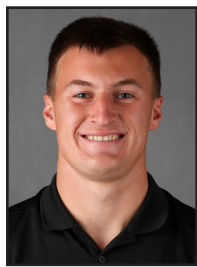
1. **Austin West, 2022**5,832 points
2. **Peyton Haack, 2021**.....5,749 points
2. Will Daniels, 2020 5,689 points
3. William Dougherty, 2018..... 5,606 points
5. Kyle Reid, 2013..... 5,354 points
6. Dan Rolling, 2010..... 5,205 points
7. Jack Eckert, 2015..... 5,188 points
8. Daniel Gaynes, 2018..... 5,162 points
9. Ryan Niver, 2008 5,149 points
10. Frank Prill, 2010 5,015 points

High Jump

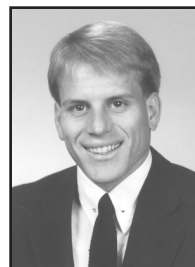
1. Bill Knoedel, 1976 7-3 (2.21)
Bill Hansen, 1978 7-3 (2.21)
3. Scott Hudek, 1993..... 7-0 1/2 (2.15)
Kevin Speicher, 2015..... 7-0 1/2 (2.15)
5. Pat Meade, 1987..... 7-0 1/4 (2.14)
6. Mike Lacy, 1984..... 7-0 (2.13)
7. M. Cunningham, 1984 6-11 1/4 (2.11)
8. Jeffery Herron, 2010 6-11 (2.11)
Peter Hlavin, 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. 2022**25-2 1/2 (7.68)
5. Darren Smith, 1991..... 25-2 (7.67)
6. Paul Jones, 1990 24-11 1/4 (7.60)
Jamal Britt, 2021 24-11 1/4 (7.60)
8. Josh Larney, 2013..... 24-10 (7.57)
9. Ronnie McCoy, 1984..... 24-9 (7.54)
10. Matty Gorman, 2006 24-8 1/2 (7.53)

Triple Jump

1. Troy Doris, 2011 54-0 (16.46)
2. Babatunde Amosu, 2015. 52-8 3/4 (16.07)
3. Paul Jones, 1990 52-1 1/4 (15.88)
Klyvens Delaunay, 2014. 52-1 1/4 (15.88)
5. **James Carter, Jr. 2022** ...51-3 3/4 (15.64)
6. Mike Lacy, 1983..... 49-0 (14.93)
7. Owen Gill, 1982..... 48-10 3/4 (14.90)
8. Josh Bean, 2009 48-10 (14.88)
9. David Nsabua, 2013..... 48-9 (14.86)
10. Kerry Dean, Jr., 2016 48-8 1/4 (14.84)

Shot Put

1. **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. Amo 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, 2022**3:02.40
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. **Steward, Gillum, Bryson, McKiver, 2022**3:05.47
7. **K. Jefferson, Gillum, Richards, McKiver 2022**3:05.63
8. **Gillum, Gudgel, Lawrence, Jr., McKiver, 2022**.....3:05.68
9. Thompson, Frye, Garron, Harris, 2018 3:06.06
10. Richards, E. Holmes, Sowinski, Willey, 2011..... 3:06.66

3,200-Meter Relay

1. Cooke, Nie, Monsey, Chambers, 1990 7:13.02
2. Corrigan, Blackman, Strozier, Chambers, 1989..... 7:29.00
3. English, Blackman, Strozier, Chambers, 1989..... 7:36.20
4. 1977..... 7:39.40
5. 1986..... 7:40.90
6. Bouske, Herd, Chambers, Koon, 1992 7:43.94
7. Bouska, Cook, White, Herd, 1992 7:48.63
8. 1992..... 7:49.86
9. 1986..... 7:50.10
10. Roseman, Rerko, Novotny, Branigan, 1993 7:51.36

Distance Medley Relay

1. Mylenek, Hofacker, Lilly, Melchert, 2018..... 9:33.90
2. **Abrego, Lawrence, Jr., Still, Murphy, 2022**9:39.60
3. **Lewis, Woody, Still, Murphy, 2021**9:42.16
4. Lilly, Frye, Manternach, Jones, 2017 9:44.07
5. Mylenek, Thompson, Lilly, Melchert, 2018..... 9:45.10
6. Prom, Rickels, Sowinski, Thode, 2012 9:45.41
7. Birkett, Clarke, **Still, D. Murphy, 2020** 9:46.39
8. 1999..... 9:46.83
9. 1977..... 9:48.80
10. 1978..... 9:49.70

INDOOR ALL-TIME TOP 10 PERFORMERS

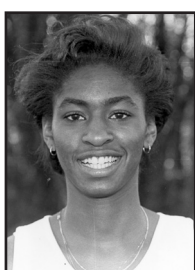


Kineke Alexander Meghan Armstrong Brittany Brown Mariel Bruxvoort Tracy Dahl Karessa Farley Lauren Hardesty

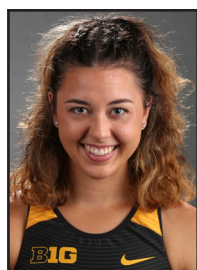
<p>60 Meters</p> <ol style="list-style-type: none"> 1. LaSarah Hargrove, 2022 7.25 2. Lake Kwaza, 2016 7.33 3. Brittany Brown, 2017 7.39 4. Lia Love, 2022 7.40 5. Elaine Jones, 1983 7.43 6. Kyara Avant, 2018 7.44 7. Peaches Roach, 2005 7.45 8. Antonise Christian, 2020 7.45 9. Shellene Williams, 2004 7.50 10. Briana Guillory, 2017 7.51 <p>60-Meter Hurdles</p> <ol style="list-style-type: none"> 1. Karessa Farley, 2009 8.21 2. Jenny Kimbro, 2020 8.22 3. Paige Magee, 2022 8.26 4. 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. Tionna Tobias, 2022 8.40 10. Miya Brines, 2022 8.43 <p>200 Meters</p> <ol style="list-style-type: none"> 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 23.55 6. Shellene Williams, 2004 23.62 7. Marlene Poole, 1994 23.66 8. Yolanda Hobbs, 1995 23.66 9. Erica Broomfield, 1998 23.81 10. Antonise Christian, 2020 23.89 	<p>400 Meters</p> <ol style="list-style-type: none"> 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. Tesa Roberts, 2022 53.91 8. Ashley Liverpool, 2011 54.09 9. MonTayla Holder, 2015 54.32 10. Nylah Perry, 2021 54.43 <p>600 Yards</p> <ol style="list-style-type: none"> 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 <p>600 Meters</p> <ol style="list-style-type: none"> 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. Clare Pitcher, 2022 1:29.36 6. Tia Saunders, 2020 1:29.83 7. Payton Wensel, 2020 1:29.87 8. Mahnee Watts, 2016 1:30.41 9. Jaiden Itson, 2022 1:30.69 10. Senta Hawkins, 1987 1:30.77 	<p>800 Meters</p> <ol style="list-style-type: none"> 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-Nosbisch, 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 <p>Mile</p> <ol style="list-style-type: none"> 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 <p>3,000 Meters</p> <ol style="list-style-type: none"> 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 Schulle, 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
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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..... 3,674 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. **Amanda Howe, 2022..... 69-8 (21.23)**
3. **Nia Britt, 2022 68-8 1/2 (20.94)**
4. **Jamie Kofron, 2022..... 67-4 3/4 (20.54)**
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, King, Roberts, 2022..... 3:35.73**
6. **Bruxvoort, Wensel, Itson, Roberts, 2022..... 3:35.90**
7. Holder, Guster, Hernandez, Guillory, 2016 3:36.47
8. Liverpool, Hendricks, Praska, Erickson, 2011 3:36.97
9. Holder, Hernandez, Guster, Guillory, 2016 3:36.99
10. Hernandez, Holder, Guster, Watts, 2014 3:37.16

Distance Medley Relay

1. Armstrong, Alexander, L. Hardesty, Nukuri, 2008 11:20.11
2. **Gordon, Bruxvoort, G. Bookin-Nosbisch, Aesoph, 2022..... 11:21.29**
3. Melander, Hendricks, L. Hardesty, Eilers, 2011 11:22.44
4. Stormo, Davenport, Williams, O'Brien, 1981..... 11:23.02
5. Melander, Praska, Hendricks, Flood, 2011 11:24.47
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
9. Stormo, Davenport, Hayden, Doak, 1982 11:29.54
- Armstrong, Granger, Stanley, K. Anderson, 2006 11:29.54