University of Iowa track and field heads to California for the Mt. Sac Relays in Ontario, the Bryan Clay Invitational in Azusa and the Beach Invitational in Long Beach. The Hawkeyes begin competition at 1:30 p.m. on Wednesday, as second team All-American multi-athlete Austin West will compete in his first decathlon of the season. The decathlon resumes at 1 p.m. on Thursday at Mt. Sac, and the Bryan Clay begins at 9:30 a.m. Friday’s action begins at noon at Mt. Sac and the Beach Invitational, and 1 p.m. at the Bryan Clay. On Saturday, the Mt. Sac Relays resume at 11:15 a.m. and the Beach Invitational resumes at 11 a.m. All times in Central Time (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.

NATION’S BEST GETS NATIONAL RECOGNITION
Sophomore sprinter Jenoah McKiver picked up right where he left off this indoor season in his outdoor debut at the Jim Click Shootout on April 9. The two-time All-American and indoor NCAA 400-meter runner-up ran a jaw-dropping 44.74 to make him the fastest quarter-miler in Iowa history undisputedly, as he now owns the indoor and outdoor 400-meter records. His time wasn’t just a school record, it was good for the NCAA lead and No. 2 in the world for 2022. He doubled back and split 43.8 as the anchor on Iowa’s 4x400-meter relay that is No. 5 in the NCAA and third-fastest ever at Iowa. The national media took notice as he was named USTFCCCA National Athlete of the Week.

LaSPEEDY HARGROVE
Sophomore LaSarah Hargrove broke the Iowa 60-meter record this indoor season (7.25) and put down a blistering time in the 100 meters in her outdoor season debut on March 19 at the Baldy Castillo Invite. Hargrove ran a wind-aided mark of 11.13 to win the 100 meters -- a mark good enough for a school record, but was just outside of the wind-legal threshold. The speedy sophomore continues to challenge to take down the record (11.28). Hargrove added to her hot start of the outdoor season with a win in the 200 meters (22.79) at the Jim Click Shootout (April 9). Her time was No. 2 all-time at Iowa and sixth-fastest in the NCAA this season.

HURDLE U
Senior Erin Dowd (57.47) won the 400-meter hurdles at the Baldy Castillo Invite (March 19) in her outdoor Hawkeye debut – a mark good for fourth all-time at Iowa. At Western Michigan, Dowd was a two-time MAC champion in the 400-meter hurdles, and placed third at the 2018 Drake Relays. Junior Mariel Bruxvoort, senior Payton Wensel and freshman Paige Magee have run the fifth (57.73), sixth (58.05) and eighth (58.48) fastest 400-meter hurdle times in school history this year. The 400-meter hurdle event squad ranks atop the nation in the USTFCCCA Rankings. In the 100-meter hurdles, Myreanna Bebe’s season-best time (58.48) is third in the Big Ten and 31st in the NCAA this season.

Three men's high-hurdlers rank inside the top-34 in the nation this season. At the Baldy Castillo Invite (March 19), Josh Braverman finished runner-up in the 110-meter hurdles (13.74), ranking 19th in the NCAA. Sophomore Grant Conway won the Jim Click Shootout (April 9) in 13.81, clocking in at No. 26 in the nation. Sophomore Grant Reed’s season best time (13.87) is 34th fastest this season. As a unit, the men are ranked second in the USTFCCCA event squad rankings. The 400-meter hurdle group is ranked second in the event squad rankings as well, due to five men with times under 52 seconds -- all ranked inside the NCAA top-48 this year. Drake Woody is currently 25th (51.20), Julien Gillum is 29th (51.33), Phillip Jefferson is 31st (51.36), Nathan Farrell is 39th (51.65) and Raymonte Dow is 48th (51.86).
RECORD BREAKING WALKER RUNNER

Sophomore Kalen Walker tied the 60-meter school record in his indoor debut as a Hawkeye this winter before ultimately claiming the top spot (6.61) and ending his season as a second-team All-American. Walker kept the trend going in his outdoor debut at the Baldy Castillo Invite (March 19), breaking Justin Austin’s 2011 100-meter record (10.21). Walker ran 10.20 –— good for 16th in the NCAA and fifth-fastest in the West Region this season. At the Jim Click Shootout on April 9, he came out of blocks for the school-record setting 4x100-meter relay (39.03) –– the No. 4 time in the NCAA this season.

THE HAWKEYES ARE RELAY, RELAY GOOD

Iowa’s relays put on a show at the Jim Click Shootout (April 9) with the women’s 4x100-meter relay (Hargrove, Love, Dowd, Magee) getting things started by running the second-fastest time in program history (44.06) –— just two-hundredths of a second off of the school record and ranking 18th in the NCAA this season. The men’s 4x100-meter relay (Walker, Kresley, Reed, K. Jefferson) followed by breaking the school record (39.03) — fourth-fastest in the NCAA this year. The 4x400-meter relays had similar results, as the women (Bruxvoort, Roberts, Wensel, Dowd) ran the fourth-fastest time in school history (3:35.40). The men (Steward, Bryson, Gillum, McKiver) capped off the day with the third-fastest time ever at Iowa (3:02.39) — clocking in at No. 5 in the NCAA this season.

IOWA STRONG

Indoor shot put school-record holder Nik Curtiss started the outdoor season with a win in shot put at the Baldy Castillo Invite (March 19). The senior moved to sixth all-time on Iowa’s outdoor list (18.84m / 61’9.75”) with a mark that ranks 20th nationally this season. Curtiss also cracked the top-10 list in the hammer throw (58.62m / 192’4”), and teammate senior Tyler Lienau finished third (60.52m / 198’6”) at Baldy Castillo. Sophomore Jordan Johnson won discus on April 9 at the Jim Click Shootout with a Big Ten-leading mark (56.06m / 183’11”). On the women’s side, sophomore Kat Moody won discus at the Jim Click Shootout (52.42m / 172’0”) –— good for 41st in the nation and sixth in the conference.

200-METER MUSCLE

Freshman Khullen Jefferson finished second in the 200 meters (20.83) to Olympian Fred Kerley at the Baldy Castillo Invite (March 19), recording a lifetime best. Freshman Austin Kresley (20.83) and sophomore Gratt Reed (20.92) each ran lifetime-bests at the Florida Relays (April 9). Jefferson and Kresley are tied for the Big Ten lead and 45th in the country.

JUMP, JUMP, JUMP!

Returning men’s outdoor long jump All-American junior James Carter, Jr. won the triple jump at the Jim Click Shootout (April 9) with the 11th-best mark in the country this year (15.84m / 51’11.75”). Carter leads the Big Ten and is No. 6 in the NCAA West Region.

JOEY WOODY: BIG COACH OF THE YEAR, REGIONAL COACH OF THE YEAR

University of Iowa Director of Track and Field Joey Woody was named Big Ten Men’s Indoor Coach of the Year and USTFCCCA Midwest Region 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 indoor season — the highest ranking in program history.

2022 OUTDOOR SEASON LEADERS

**MEN**

<table>
<thead>
<tr>
<th>Event</th>
<th>Name</th>
<th>Time/Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>100 Meters</td>
<td>Kalen Walker</td>
<td>* 10.20</td>
</tr>
<tr>
<td>110-Meter Hurdles</td>
<td>Josh Braverman</td>
<td>13.74</td>
</tr>
<tr>
<td>200 Meters</td>
<td>Khullen Jefferson</td>
<td>20.83</td>
</tr>
<tr>
<td>400 Meters</td>
<td>Jenoah McKiver</td>
<td>* 44.74</td>
</tr>
<tr>
<td>400-Meter Hurdles</td>
<td>Drake Woody</td>
<td>51.20</td>
</tr>
<tr>
<td>800 Meters</td>
<td>Armando Bryson</td>
<td>1:49.29</td>
</tr>
<tr>
<td>1,500 Meters</td>
<td>Max Murphy</td>
<td>3:46.71</td>
</tr>
<tr>
<td>10,000 Meters</td>
<td>Max Murphy</td>
<td>28:57.96</td>
</tr>
<tr>
<td>400-Meter Relay</td>
<td>Walker, Kresley, Reed, K. Jefferson</td>
<td>* 39.03</td>
</tr>
<tr>
<td>1,600 Meter Relay</td>
<td>Steward, Bryson, Gillum, McKiver</td>
<td>3:02.39</td>
</tr>
<tr>
<td>High Jump</td>
<td>Zack Pluff</td>
<td>6:8 3/4 (2.05m)</td>
</tr>
<tr>
<td>Long Jump</td>
<td>James Carter, Jr.</td>
<td>24-2 1/2 (7.38m)</td>
</tr>
<tr>
<td>Shot Put</td>
<td>Nikolas Curtiss</td>
<td>61-9 3/4 (18.84m)</td>
</tr>
<tr>
<td>Discus</td>
<td>Jordan Johnson</td>
<td>183-11 (56.06m)</td>
</tr>
<tr>
<td>Hammer Throw</td>
<td>Tyler Lienau</td>
<td>198-6 (60.52m)</td>
</tr>
<tr>
<td>Javelin</td>
<td>Drake Woody</td>
<td>192-6 (58.68m)</td>
</tr>
</tbody>
</table>

**WOMEN**

<table>
<thead>
<tr>
<th>Event</th>
<th>Name</th>
<th>Time/Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>100 Meters</td>
<td>LaSarah Hargrove</td>
<td>11.13</td>
</tr>
<tr>
<td>100-Meter Hurdles</td>
<td>Myreanna Bebe</td>
<td>13.36</td>
</tr>
<tr>
<td>200 Meters</td>
<td>LaSarah Hargrove</td>
<td>22.79</td>
</tr>
<tr>
<td>400 Meters</td>
<td>Tesa Roberts</td>
<td>54.17</td>
</tr>
<tr>
<td>400-Meter Hurdles</td>
<td>Erin Dowd</td>
<td>57.47</td>
</tr>
<tr>
<td>600 Meters</td>
<td>Alii Bookin-Nosbisch</td>
<td>1:30.97</td>
</tr>
<tr>
<td>800 Meters</td>
<td>Alii Bookin-Nosbisch</td>
<td>2:08.39</td>
</tr>
<tr>
<td>1,500 Meters</td>
<td>Amber Aesoph</td>
<td>4:27.22</td>
</tr>
<tr>
<td>3,000 Meters</td>
<td>Kelli Tosi</td>
<td>10:08.03</td>
</tr>
<tr>
<td>5,000 Meters</td>
<td>Kelli Tosi</td>
<td>17:02.03</td>
</tr>
<tr>
<td>400-Meter Relay</td>
<td>Hargrove, Love, Dowd, Magee</td>
<td>44.06</td>
</tr>
<tr>
<td>1,600-Meter Relay</td>
<td>Bruxvoort, Roberts, Wensel, Dowd</td>
<td>3:35.40</td>
</tr>
<tr>
<td>High Jump</td>
<td>Maria Gorham</td>
<td>5-7 (1.70m)</td>
</tr>
<tr>
<td>Long Jump</td>
<td>Tionna Tobias</td>
<td>19-4 1/2 (5.90m)</td>
</tr>
<tr>
<td>Triple Jump</td>
<td>Kayla Hutchins</td>
<td>39-8 3/4 (12.11m)</td>
</tr>
<tr>
<td>Shot Put</td>
<td>Kat Moody</td>
<td>50-10 1/4 (15.50m)</td>
</tr>
<tr>
<td>Discus</td>
<td>Kat Moody</td>
<td>171-11 (52.42m)</td>
</tr>
<tr>
<td>Hammer Throw</td>
<td>Amanda Howe</td>
<td>203-6 (62.03m)</td>
</tr>
</tbody>
</table>

* -- school record
JENOAH MCKIVER: BIG 10, REGIONAL TRACK ATHLETE OF THE YEAR

Freshman Jenoah McKiver was named Big Ten Men's Indoor Track Athlete of the Year and USTF-CCA Midwest Region 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 4×400-meter relay. McKiver finished as a Big Ten Champion in the 600 meters (1:15.67) and as a member of the 4×400-meter relay back on February 26 at the Big Ten Indoor Championships in Geneva, Ohio. The Hawkeyes also 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 Meyo Invite (1:15.36). The following week at the Tyson Invite, he broke the previous record (1:15.39) and anchored the school record 4×400-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 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.

15 ENTRIES TO 2021 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.

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. Laauluga 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).

RECORD-BREAKING 2021

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 Paige Magee with a mark of 13.17 at the Big Ten Championships. Amanda Howe set a school record in the hammer throw, landing at 62.65 meters (205-6) to win the Billy Hayes Invite.
## MEN’S TOP-50 NCAA RANKS

<table>
<thead>
<tr>
<th>ATHLETE</th>
<th>EVENT</th>
<th>MARK</th>
<th>B1G RANK</th>
<th>REGION RANK</th>
<th>NCAA RANK</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jenoah McKiver</td>
<td>400m</td>
<td>44.74</td>
<td>1</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Walker/Kresley/Reed/K. Jefferson</td>
<td>4x100m Relay</td>
<td>39.03</td>
<td>1</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>Steward/Bryson/Gillum/McKiver</td>
<td>4x400m Relay</td>
<td>3:02.39</td>
<td>1</td>
<td>3</td>
<td>5</td>
</tr>
<tr>
<td>James Carter, Jr.</td>
<td>Triple Jump</td>
<td>15.84m / 51’11.75</td>
<td>1</td>
<td>6</td>
<td>11</td>
</tr>
<tr>
<td>Kalen Walker</td>
<td>100m</td>
<td>10.20</td>
<td>2</td>
<td>5</td>
<td>16</td>
</tr>
<tr>
<td>Josh Braverman</td>
<td>110mH</td>
<td>13.74</td>
<td>5</td>
<td>9</td>
<td>19</td>
</tr>
<tr>
<td>Nik Curtiss</td>
<td>Shot Put</td>
<td>18.84m / 61’9.75”</td>
<td>4</td>
<td>12</td>
<td>20</td>
</tr>
<tr>
<td>Drake Woody</td>
<td>400mH</td>
<td>51.20</td>
<td>2</td>
<td>14</td>
<td>25</td>
</tr>
<tr>
<td>Grant Conway</td>
<td>110mH</td>
<td>13.81</td>
<td>6</td>
<td>14</td>
<td>26</td>
</tr>
<tr>
<td>Julien Gillum</td>
<td>400mH</td>
<td>51.33</td>
<td>4</td>
<td>18</td>
<td>29</td>
</tr>
<tr>
<td>Armando Bryson</td>
<td>800m</td>
<td>1:49.24</td>
<td>5</td>
<td>12</td>
<td>30</td>
</tr>
<tr>
<td>Phillip Jefferson</td>
<td>400mH</td>
<td>51.36</td>
<td>5</td>
<td>19</td>
<td>31</td>
</tr>
<tr>
<td>Gratt Reed</td>
<td>110mH</td>
<td>13.87</td>
<td>7</td>
<td>19</td>
<td>34</td>
</tr>
<tr>
<td>Everett Steward</td>
<td>400m</td>
<td>46.40</td>
<td>5</td>
<td>26</td>
<td>37</td>
</tr>
<tr>
<td>Nathan Farrell</td>
<td>400mH</td>
<td>51.65</td>
<td>7</td>
<td>25</td>
<td>39</td>
</tr>
<tr>
<td>Jordan Johnson</td>
<td>Discus</td>
<td>56.06m / 183’11”</td>
<td>1</td>
<td>20</td>
<td>43</td>
</tr>
<tr>
<td>Max Murphy</td>
<td>10K</td>
<td>28:57.96</td>
<td>3</td>
<td>26</td>
<td>44</td>
</tr>
<tr>
<td>Khullen Jefferson</td>
<td>200m</td>
<td>20.83</td>
<td>1</td>
<td>20</td>
<td>45</td>
</tr>
<tr>
<td>Austin Kresley</td>
<td>200m</td>
<td>20.83</td>
<td>1</td>
<td>20</td>
<td>45</td>
</tr>
<tr>
<td>Raymonte Dow</td>
<td>400mH</td>
<td>51.86</td>
<td>9</td>
<td>31</td>
<td>48</td>
</tr>
</tbody>
</table>

## WOMEN’S TOP-50 NCAA RANKS

<table>
<thead>
<tr>
<th>ATHLETE</th>
<th>EVENT</th>
<th>MARK</th>
<th>B1G RANK</th>
<th>REGION RANK</th>
<th>NCAA RANK</th>
</tr>
</thead>
<tbody>
<tr>
<td>LaSarah Hargrove</td>
<td>200m</td>
<td>22.79</td>
<td>1</td>
<td>4</td>
<td>6</td>
</tr>
<tr>
<td>LaSarah Hargrove</td>
<td>100m</td>
<td>11.13</td>
<td>1</td>
<td>5</td>
<td>7</td>
</tr>
<tr>
<td>Erin Dowd.</td>
<td>400mH</td>
<td>57.47</td>
<td>2</td>
<td>5</td>
<td>11</td>
</tr>
<tr>
<td>Mariel Bruxvoort</td>
<td>400mH</td>
<td>57.73</td>
<td>3</td>
<td>6</td>
<td>13</td>
</tr>
<tr>
<td>Lia Love.</td>
<td>100m</td>
<td>11.33</td>
<td>2</td>
<td>9</td>
<td>15</td>
</tr>
<tr>
<td>Payton Wensel</td>
<td>400mH</td>
<td>58.05</td>
<td>4</td>
<td>9</td>
<td>16</td>
</tr>
<tr>
<td>Hargrove/Love/Dowd/Magee</td>
<td>4x100m Relay</td>
<td>44.06</td>
<td>2</td>
<td>10</td>
<td>18</td>
</tr>
<tr>
<td>Paige Magee</td>
<td>400mH</td>
<td>58.48</td>
<td>7</td>
<td>12</td>
<td>22</td>
</tr>
<tr>
<td>Bruxvoort/Roberts/Wensel/Dowd</td>
<td>4x400m Relay</td>
<td>3:35.40</td>
<td>3</td>
<td>14</td>
<td>24</td>
</tr>
<tr>
<td>Amanda Howe</td>
<td>Hammer Throw</td>
<td>62.03m / 203’6”</td>
<td>1</td>
<td>16</td>
<td>30</td>
</tr>
<tr>
<td>Myreanna Bebe</td>
<td>100mH</td>
<td>13.36</td>
<td>3</td>
<td>18</td>
<td>31</td>
</tr>
<tr>
<td>Kat Moody.</td>
<td>Discus</td>
<td>52.42m / 172’0”</td>
<td>6</td>
<td>24</td>
<td>41</td>
</tr>
</tbody>
</table>
OUTDOOR ALL-TIME TOP 10 PERFORMERS

**100 Meters**
1. Kalen Walker, 2022 ................. 10.20
2. Justin Austin, 2011 .................. 10.21
3. O’Shea Wilson, 2017 ............... 10.22
5. James Harrington, 2015 .......... 10.26
6. Anthuan Maybank, 1994 ........ 10.31
Tim Dwight, 1997 ..................... 10.31
Josh Larney, 2013 ..................... 10.31
Vinnie Saucer, Jr., 2015 ............ 10.31
10. Antonio Woodard, 2018 .......... 10.34

**110-Meter High Hurdles**
1. Jaylan McConico, 2021 ........... 13.23
3. Pat McGhee, 1989 ................. 13.50
4. Dion Trowers, 1996 ............... 13.62
5. Ronnie McCoy, 1985 ............... 13.66
6. Ethan Holmes, 2011 ............... 13.73
7. Jordan Mullen, 2013 ............... 13.76
Chris Douglas, 2018 ................ 13.76

**200 Meters**
1. Justin Austin, 2011 ................ 20.31
2. Jeff Patrick, 1983 ................. 20.47
3. James Harrington, 2015 ......... 20.50
5. Anthuan Maybank, 1994 ....... 20.55
6. Victor Green, 1984 ............... 20.60
7. Antonio Woodard, 2018 ....... 20.61
8. Andre Morris, 1995 .............. 20.64
10. Collin Hofacker, 2017 ........... 20.71
Wayne Lawrence, Jr., 2021 ........ 20.71

**400 Meters**
1. Jenoah McKiver, 2022 ........... 44.74
2. Mar’yea Harris, 2018 .......... 44.94
3. Anthuan Maybank, 1993 ....... 44.99
4. Andre Morris, 1995 .......... 45.15
5. Mike Mondane, 1967 .......... 45.20
6. Wayne Lawrence, Jr., 2019 .... 45.33
7. Steven Willey, 2010 ........... 45.78
8. Karayme Bartley, 2019 ........ 45.80
9. Dejuan Frye, 2018 ............. 46.17
10. Gary Hollingsworth, 1963 ... 46.30

**400-Meter Hurdles**
1. Pat McGhee, 1988 ................. 48.83
2. Jamal Britt, 2021 ............... 49.69
3. Monte Raymond, 1998 .......... 50.09
4. Ray Varner, 2010 ............... 50.24
5. Chris Douglas, 2019 .......... 50.32
6. Paul Steele, 1989 ............... 50.45
7. Russell Peterson, 2001 ....... 50.50
8. Ethan Holmes, 2013 .......... 50.51
9. Adam Kunkel, 2001 ........... 50.73
10. Austin Lietz, 2021 .......... 50.92

**800 Meters**
1. Erik Sowinski, 2012 .............. 1:45.90
2. Matt Manternach, 2019 ........ 1:46.93
3. Carter Lilly, 2016 ............... 1:46.95
4. Bill Frazier, 1962 ............... 1:47.64
5. D’Juan Strozier, 1990 .......... 1:47.82
9. Will Teubel, 2015 ............. 1:48.60
10. Nolan Teubel, 2019 ........... 1:48.75

**1,500 Meters**
1. Jeff Thode, 2010 ................. 3:43.02
2. Kal Lewis, 2021 ............... 3:43.32
3. Joel Moeller, 1978 .............. 3:44.01
4. Jim Docherty, 1978 ............. 3:44.30
5. Nathan Mylenek, 2019 ........ 3:44.49
6. Sam Fourman, 2015 ............ 3:44.50
7. Michael Melchert, 2018 ....... 3:44.59
8. Adam Jones, 2017 .............. 3:45.48
10. Kevin Herd, 1994 ............. 3:46.64

**3,000-Meter Steeplechase**
1. Nathan Mylenek, 2021 ........ 8:35.41
2. Deacon Jones, 1956 ............ 8:47.40
4. Andy Morris, 2000 ............. 8:56.21
5. Matt Gerard, 1994 ............. 8:57.01
6. Andy Napier, 2008 ............. 8:57.54
7. Rollie Kitt, 1967 ............... 9:02.90
8. Al Greene, 1985 ............... 9:02.96
9. Tony Rakaric, 2005 .......... 9:03.29
10. Mark Battista, 2010 ........ 9:04.60

**5,000 Meters**
1. Micah VanDenend, 2007 ........ 13:49.31
2. Nathan Mylenek, 2021 ....... 13:54.15
4. Larry Wieczorek, 1968 ....... 13:56.00
5. Kevin Herd, 1993 ............. 13:59.00
6. Stetson Steele, 2000 ......... 14:02.76
7. Kevin Lewis, 2014 ............ 14:02.78
8. Eric MacTaggart, 2005 ....... 14:04.79
9. Dan Haut, 2006 .............. 14:07.30
10. Jesse Luciano, 2010 ........ 14:08.71
OUTDOOR ALL-TIME TOP 10 PERFORMERS

10,000 Meters
1. Stetson Steele, 2000 .......... 28:44.47
4. Max Murphy, 2022 .......... 28:57.96
7. Nick Nordheim, 2002 .......... 29:44.71
8. Trent Corey, 2002 .......... 29:45.25
9. Ian Ekin, 2017 .......... 29:47.06
10. Chad Schwitters, 1999 .......... 29:56.00

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
7. Dan Rolling, 2010 .......... 6,957 pts
8. Scott Faber, 2000 .......... 6,839 pts
10. Chad Ohly, 1994 .......... 6,641 pts

High Jump
2. Bill Hansen, 1978 .......... 7-4 (2.23)
4. Kevin Spejcher, 2014 .......... 7-2 1/2 (2.20)
5. M. Cunningham, 1986 .......... 7-1 (2.16)
7. Jay Hunt, 2019 .......... 7-1 (2.16)
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)
5. Andy Jatis, 2018 .......... 16-7 1/2 (5.07)
6. Phil Wirtman, 1971 .......... 16-7 (5.05)
7. Kelly Scott, 1988 .......... 16-7 (5.05)
8. Peyton Haack, 2021 .......... 16-4 3/4 (5.00)
10. Alex Zona, 2009 .......... 16-0 3/4 (4.90)

Long Jump
5. Quinn Early, 1986 .......... 25-7 1/4 (7.80)
10. Ronnie McCoy, 1985 .......... 25-0 (7.62)

Triple Jump
1. Troy Doris, 2012 .......... 54-8 (16.66)
5. Antwon James, 2017 .......... 52-4 1/2 (15.96)
6. Klyvens Delaunay, 2013 .......... 52-2 1/2 (15.91)
8. Mike Lacy, 1984 .......... 50-5 (15.36)
10. Matty Gorman, 2008 .......... 49-2 1/2 (15.00)

Shot Put
4. Shane Maier, 2006 .......... 62-2 1/4 (18.95)
5. Andy Banse, 2005 .......... 61-11 1/2 (18.88)
8. Elijah Barnes, 2021 .......... 60-4 1/2 (18.40)

Discus
2. Reno Tuufuli, 2019 .......... 205-2 (62.54)
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)

Hammer
1. A. van der Westhuizen, 2001-22-11 (67.94)
4. Brad Daufeldt, 2004 .......... 207-10 (63.34)
5. Chris Voller, 2005 .......... 206-0 (62.80)
7. Tyler Lienau, 2021 .......... 199-6 (60.81)
8. Jeremy Allen, 2001 .......... 199-0 (60.66)
9. Ben Stancombe, 2011 .......... 197-6 (60.20)

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)
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. Kalen Walker, Austin Kresley, Gratt Reed, Khullen Jefferson, 2022 ... 39.03
2. Brissett, Wilson, Thompson, Mallett, 2017 ... 39.12
3. Hofacker, Woodard, Lawrence Jr., Bartley, 2019 ... 39.17
4. Mincy, Wilson, Harrington, Brown, 2014 ... 39.19
5. McConico, Woodard, Reed, Kresley, 2021 ... 39.48
6. Saucer, Jr., Brissett, Harrington, Mallett, 2017 ... 39.48
7. McConico, Woodard, Reed, 2021 ... 39.49
8. Barclay, McCalister, Jensen, Elliott, 1979 ... 39.49
9. Thomas, Allen, Rakaric, Lloyd, 2003 ... 39.50
10. Bakker, Feeldy, Peters, Pittman, 1996 ... 39.50

#### 800-Meter Relay
1. Pershing, Fuller, Moeller, Docherty, 1978 ... 1:23.02
2. Rakaric, Webster, MacTaggart, VanDenend, 2006 ... 1:23.02
3. Lewis, Witt, Hart, Fourman, 2015 ... 1:23.02
4. Price, Eklint, Gardarsson, Docherty, 2016 ... 1:23.02
5. Paul, Kadlec, Thode, Luciano, 2011 ... 1:23.02
6. Witt, Lewis, Hart, Butler, 2014 ... 1:23.02
7. N. Holmes, Witt, Thode, Lewis, 2012 ... 1:23.02
8. Thomas, Allen, Rakaric, Lloyd, 2003 ... 1:25.40
9. Pittman, Novotny, Feeldy, Marquardt, 1995 ... 1:25.40
10. Bakker, Feeldy, Peters, Pittman, 1996 ... 1:25.40

#### 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, Eklint, Gardarsson, Docherty, 2016 ... 17:00.30
5. Paul, Kadlec, Thode, Luciano, 2011 ... 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

100 Meters
1. Briana Guillory, 2018 ................... 11.30
2. Kineke Alexander, 2006 ................... 11.35
3. Briana Guillory, 2016 ................... 11.35
4. Lake Kwaza, 2015 ................... 11.40
5. Vivien McKenzie, 1985 ................... 11.45
6. Davera Taylor, 1984 ................... 11.51
7. Erica Broomfield, 1998 ................... 11.53
8. Jiselle Providence, 2001 ................... 11.57
9. Tanja Reid, 1994 ................... 11.60

100-Meter Hurdles
1. Mary Knoblauch, 1981 ................... 56.16
2. Wynsome Cole, 1998 ................... 56.67
3. MonTayla Holder, 2014 ................... 56.70
4. Erin Dowd, 2022 ................... 57.47
5. Mariel Bruvoort, 2022 ................... 57.73
6. Payton Wensel, 2022 ................... 58.05
7. Jenny Kimbro, 2019 ................... 58.27
8. Paige Magee, 2022 ................... 58.48
9. Chris Davenport, 1981 ................... 59.18
10. Sommer Sharpe, 2018 ................... 59.20

200 Meters
1. Briana Guillory, 2018 ................... 22.30
2. LaSarah Hargrove, 2022 ................... 22.79
3. Briana Guillory, 2016 ................... 22.89
4. Elexis Guster, 2016 ................... 23.03
5. Lake Kwaza, 2016 ................... 23.17
6. Shellene Williams, 2004 ................... 23.50
8. Davera Taylor, 1984 ................... 23.59
10. Lia Love, 2022 ................... 23.64

3,000 Meters
1. Diane Nukuri, 2008 ................... 9:18.82
8. Brooke Eilers, 2011 ................... 9:30.08
10. Jennifer Brower, 1992 ................... 9:34.59

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 Stroahman, 2021 ................... 53.68
9. Senta Hawkins, 1988 ................... 54.01
10. Bethany Praska, 2011 ................... 54.01

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
10. Katie Ellis, 2010 ........... 11:02.62

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
7. Mahnee Watts, 2016 ........... 2:07.41
8. Aisha Hume, 2005 ........... 2:08.50
9. Adrianne Alexia, 2013 ........... 2:08.61
10. Alli Bookin-Nosbisch, 2022 ........... 2:08.39

5,000 Meters
1. Nan Doak, 1985 ........... 15:45.84
4. Betsy Flood, 2011 ........... 16:04.46
5. Meghan Armstrong, 2008 ........... 16:08.83
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

1,500 Meters
1. Meghan Armstrong, 2006 ........... 4:17.41
2. Betsy Flood, 2010 ........... 4:17.75
5. Lauren Hardesty, 2009 ........... 4:20.40
6. Diane Nukuri, 2007 ........... 4:20.95
9. Michelle Lahann, 2004 ........... 4:24.00
10. Shannon Stanley, 2006 ........... 4:25.08

400-Meter Hurdles
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 Stroahman, 2021 ................... 53.68
9. Senta Hawkins, 1988 ................... 54.01
10. Bethany Praska, 2011 ................... 54.01
OUTDOOR ALL-TIME TOP 10 PERFORMERS

10,000 Meters
1. Diane Nukuri, 2008 .................. 33:17.01
4. Nan Doak, 1985 .................. 33:33.03
6. Andrea Shin, 2018 .................. 33:50.25
7. Racheal Marchand, 2008 .......... 34:05.87
9. Tracy Dahl, 1992 .................. 34:30.09
10. Betsy Flood, 2011 .................. 35:05.10

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

Long Jump
1. Aisha James, 2003 .............. 22-3 (6.78m)
2. Jahisha Thomas, 2018 .......... 21-6 (6.55m)
3. Zinnia Miller, 2014 .......... 20-6 1/2 (6.26m)
6. Amanda Carty, 2019 .......... 19-11 1/2 (5.88m)
8. Becki Borg, 1988 .......... 19-7 1/4 (5.97m)
9. Jenny Kimbro, 2018 .......... 19-7 (5.97m)
10. Kassidy Ellis, 2015 .......... 19-6 1/4 (5.95m)

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

Shot Put
1. Laulauaga Tausaga, 2019 .... 59-1 1/2 (18.02m)
2. Nia Britt, 2019 ............ 55-7 3/4 (16.96m)
3. Kat Moody, 2021 .......... 54-7 1/2 (16.65m)
4. Lisa Van Steenwyk, 1992 .......... 50-8 (15.44m)
5. Nicole Berry, 2022 .......... 50-5 1/4 (15.37m)
6. Gail Smith, 1984 .......... 50-3 1/4 (15.32m)
8. Erika Hammond, 2019 .......... 49-9 1/4 (15.17m)
9. Jamie Kofron, 2022 .......... 49-5 (15.06m)

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

Pole Vault
1. Jessie Strand, 2003 .......... 12-10 1/4 (3.92m)
2. Sarah Burgett, 2006 .......... 12-1 3/4 (3.70m)
3. Kirsten Weismantle, 2011 ...... 12-0 (3.66m)
5. Katie Truedson, 2010 .......... 11-5 1/4 (3.49m)
7. Brittany Holst, 2013 .......... 11-1 (3.38m)
8. Elyssa Tracy, 2015 .......... 10-6 (3.20m)
9. Kacey Childs, 2000 .......... 8-0 1/2 (2.45m)
10. Miami McCord, 2000 .... 8-0 (2.44m)

Discus
1. Laulauaga Tausaga, 2019 .... 209-9 (63.94m)
2. Serena Brown, 2021 .......... 196-2 (59.81m)
3. K. Spanoudakis, 2019 .......... 190-1 (57.95m)
5. Kat Moody, 2022 .............. 171-11 (52.42m)
7. Jamie Kofron, 2022 .......... 166-1 (50.62m)
8. Kara Misel, 2021 .......... 162-1 (49.40m)
9. Tiffany Medenwaldt, 2010 .......... 161-3 (49.16m)

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

### 400-Meter Relay
1. Kwaza, Guster, Guillory, Hernandez, 2016.......................... 44.04
2. **Hargrove, Love, Dowd, Magee, 2022**.............................. **44.06**
3. Chapman, Guillory, Hernandez, Brown, 2017 .................... 44.34
4. Kwaza, Guster, Chapman, Guillory, 2016 ......................... 44.56
5. Thomas, Avant, Guillory, Brown, 2018 ........................... 44.44
6. Kwaza, Guster, Hernandez, Brown, 2014 ........................ 44.51
7. Thomas, Guillory, Hernandez, Brown, 2017 ..................... 44.53
8. Kwaza, Guster, Holder, Brown, 2014 .............................. 44.62
9. Poole, Reid, Floyd, Hobbs, 1994 .................................. 44.63
10. **Hargrove, Love, Tobias, Magee, 2022**.......................... **44.66**

### Shuttle Hurdle Relay
1. Prendergast, Cole, Raheem, Ruenn, 1998 .......................... 56.44
2. Cole, Prendergast, Raheem, Ruen, 1998 ............................ 56.54

### 800-Meter Relay
2. Hobbs, Reid, Floyd, Poole, 1994 .................................. 1:35.69
5. Williams, Charles, Fouché, Providence, 2003 .................... 1:37.49
7. Charles, Dixon, Knight, Prendergast, 2002 ....................... 1:38.15
8. Christian, 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
3. Guster, Hernandez, Holder, Kwaza, 2014 .......................... 3:34.83
4. **Bruxvoort, Roberts, Wensel, Dowd, 2022** ..................... **3:35.40**
5. Praska, Hendricks, Liverpool, Erickson, 2011 .................... 3:35.93
6. Champe, Guillory, Plock, Sharpe, 2018 ........................... 3:35.94
9. Kimbro, Weum, Simmons, **Wensel**, 2019 ..................... **3:36.32**
10. King, Saunders, **Bruxvoort**, Strohman, 2021 .................. **3:36.50**

### 3,200-Meter Relay
1. McCabe, Arco, Saunders, King, 2019 .............................. 8:31.84
2. Suppelsa, Wodek, Kruckeberg, Schneckloth, 1987 ............. 8:46.45
3. Lahann, Stanley, Hume, Barber, 2004 ............................ 8:48.87
5. Trost, Maser, Alexia, Nelson, 2014 .............................. 8:49.95
7. Flood, Dihy, L. Hardesty, Docherty, 2009 ....................... 8:53.91
8. Armstrong, Stanley, Laney, Hume, 2005 ......................... 8:54.27
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
4. Barber, Williams, Hume, Arens, 2004 ............................ 11:34.56
5. Thompson, Williams, Hume, Arens, 2003 ....................... 11:39.02
7. Schrull, Erickson, Placezuk, Eilers, 2012 ....................... 11:40.57
9. Pare, Grant, Benning, Gilchrist, 1997 ............................ 11:41.92
10. Dlhy, Erickson, Docherty, Anderson, 2010 ..................... 11:43.06

### 6,400-Meter Relay
1. Flood, Melander, A. Hardesty, L. Hardesty, 2010 ............. 19:05.63
5. Flood, Melander, A. Hardesty, Eilers, 2009 .................... 19:36.43
7. Jones, Bote Gonzalez, Wilberding, Reischmann, 2015 ........ 19:59.72
10. Arens, Barber, Butler, Roberts, 2001 .......................... 20:40.89

### Sprint Medley Relay
2. Brown, Kwaza, Guster, Watts, 2014 ............................ 3:51.18
4. Swanson, Morken, **King**, Arco, 2019 ......................... **3:52.85**
6. **Christian**, Buss, Guillory, Arco, 2019 ...................... **3:54.18**
8. Trusty, R. Moore, Hendricks, Praska, 2010 .................... 3:56.53
9. Reid, Philip, Hobbs, Benning, 1995 ............................ 3:56.54