



April 28-30, 2022

IOWA

Track & Field 2021-22 Notes



Track & Field Contact: Brock Busick | Email: brock-busick@uiowa.edu | Phone: 319-335-9411 | hawkeyesports.com

2022 OUTDOOR SCHEDULE

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

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)
Cameron Burrows Interim Assistant Coach (Jumps/Multi-Events)
Kate Wakenight Director of Operations

THIS WEEK

University of Iowa track and field stays in the Hawkeye State this weekend for the 112th running of the Drake Relays in Des Moines, Wed., April 28-Sat., April 30. Iowa will also send select athletes to Simpson College in Indianola, Iowa, for the Kip Janvrin Open on Saturday. The Hawkeyes' action begins at 5 p.m. on Thursday evening in Des Moines, and action in Indianola is scheduled to begin at 10 a.m. (CT) on Friday.

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).

WEST AMONG THE BEST

Sophomore decathlete Austin West produced a record-setting week in the Golden State at the Mt. SAC Relays. West broke the 8,000-point plateau for the first time in his career (8,179) – breaking the Iowa school record and finishing runner-up to Arkansas indoor heptathlon national champion Ayden Owens in one of the best decathlons in NCAA history. West's point total is No. 4 in the world this year and second in the NCAA behind Owens – who set the all-time collegiate record and world lead. West's 8,179 points ranks him as the 24th-best performer in NCAA history. West set personal-best marks in seven of the 10 events, including a personal best of 46.41 in the 400 meters – a time that before this season would have ranked tenth all-time at Iowa. West was named B1G Field Athlete of the Week on April 20 for his performance.

NATION'S BEST GETS NATIONAL RECOGNITION

Sophomore sprinter Jenoa 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 at the time was No. 2 in the world for 2022 (now No. 7). 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 in addition to B1G Track Athlete of the Week.

CURTISS TAKING HIS SHOT

At the Musco Twilight (April 23), senior Nik Curtiss broke the 20-meter plateau with the seventh-farthest throw in the NCAA this year (20.04m / 65'9") to finish runner-up to All-American Darius King of UNI. Curtiss became the first Hawkeye ever to go over 20 meters in shot put. Curtiss now owns the indoor and outdoor school records, recording both in his lone season as a Hawkeye after a decorated career at Tiffin University. Curtiss made the move to Iowa with former Tiffin coach and first-year University of Iowa throws coach Ray Robinson and earned Indoor All-American honors in shot put.

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 is 10th-fastest in the NCAA this season. She was named B1G Track Athlete of the Week on April 13 for her performance. Hargrove qualified seventh-fastest (11.37) in the prelims and made the 100-meter final at the Mt. SAC Relays, finishing eighth (11.38). Her 11.37 preliminary time moved her to fourth all-time at Iowa and was a wind-legal personal best.



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 20th-best mark in the country this year (15.84m / 51'11.75). Carter, Jr. improved his lifetime-best in the long jump at the Mt. SAC Relays (7.81m / 25'7.5") – the fifth-furthest jump ever at Iowa and 19th in the NCAA this year.

STILL GETTING BETTER

Junior Alec Still was already one of the best 800-meter runners in program history, but at the Bryan Clay Invitational he dropped nearly a full second off of his lifetime-best (1:47.50) to finish fifth in a field of 196 athletes and cement his status as one of the fastest 800-meter Hawkeyes ever. Still moved to No. 4 all-time at Iowa with his Big Ten-leading time that ranks 17th in the NCAA this year.

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. Dowd improved her personal best to 57.27 with a third-place finish at the Mt. SAC Relays. Dowd's time leads the Big Ten and is 12th-fastest in the NCAA this season. Junior Mariel Bruxvoort, senior Payton Wensel and freshman Paige Magee have run the fifth (57.73), sixth (57.77) and eighth (58.26) fastest 400-meter hurdle times in school history this year, all ranking inside the top-31 nationally. The 400-meter hurdle event squad ranks atop the nation in the USTFCCA Rankings. In the 100-meter hurdles, Myreanna Bebe's season-best time (13.35) is fourth in the Big Ten and 42nd in the NCAA this year.

Three men's high-hurdlers rank inside the top-46 in the nation this season. At the Baldy Castillo Invite (March 19), Josh Braverman finished runner-up in the 110-meter hurdles (13.74) with the 26th-fastest time in the NCAA. Sophomore Grant Conway won the Jim Click Shootout (April 9) in 13.81, clocking in at No. 33 in the nation. Sophomore Gratt Reed's season best time (13.87) is 46th-fastest this season. As a unit, the men are ranked second in the USTFCCA 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 – with three ranked inside the NCAA top-40 this year. Drake Woody is currently 30th (51.20), Julien Gillum is 37th (51.33) and Phillip Jefferson is 39th (51.36). Nathan Farrell (51.65) and Raymonte Dow (51.86) are just outside the top-50.

QUARTER-MILE FACTORY

Iowa has four men ranked inside the NCAA top-60 in the 400 meters this season – all running sub-46.5. Sophomore Jenoah McKiver leads the country with his 44.74 ran at the Jim Click Shootout (April 9). Sophomore Khullen Jefferson posted the 11th fastest time (46.36) in school history at the Musco Twilight (April 23) – 54th-fastest in the NCAA. Freshman Everett Steward (46.40) and sophomore Austin West (46.41) clock in at 59th and 60th in the NCAA, respectively.

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. The men's 4x100-meter relay (Walker, Kresley, Reed, K. Jefferson) followed by breaking the school record (39.03) – 10th-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), improving their time at the Mt. SAC Relays (3:35.08). The men (Steward, Bryson, Gillum, McKiver) capped off the Jim Click with the third-fastest time ever at Iowa (3:02.39) – clocking in at No. 9 in the NCAA this season. The 2021 season marked the eighth consecutive postseason that the Hawkeye men qualified a 4x100 relay to the NCAA Championships, and the fourth consecutive postseason that the Hawkeye men qualified a 4x400 relay to the NCAA Championships.

2022 OUTDOOR SEASON LEADERS

MEN

100 Meters	Kalen Walker	* 10.20
110-Meter Hurdles	Josh Braverman	13.74
200 Meters	Khullen Jefferson	% 20.74
400 Meters	Jenoah McKiver	* 44.74
400-Meter Hurdles	Drake Woody	51.20
800 Meters	Alec Still	1:47.50
1,500 Meters	Max Murphy	* 3:40.63
3,000 Meters	Eli Ward	9:41.48
3,000m Steeplechase	Jack Pendergast	9:09.55
5,000 Meters	Noah Healy	14:19.39
10,000 Meters	Max Murphy	28:57.96
400-Meter Relay	Walker, Kresley, Reed, K. Jefferson	* 39.03
1,600 Meter Relay	Steward, Bryson, Gillum, McKiver	3:02.39
High Jump	Zack Pluff	6-10 3/4 (2.10m)
Pole Vault	Austin West	14-1 1/4 (4.30m)
Long Jump	James Carter, Jr.	25-7 1/2 (7.81m)
Triple Jump	James Carter, Jr.	51-1 1/2 (15.58m)
Shot Put	Nikolas Curtiss	* 65-9 (20.04m)
Discus	Jordan Johnson	184-7 (56.27m)
Hammer Throw	Tyler Lienau	198-6 (60.52m)
Javelin	Austin West	198-1 (60.39m)
Decathlon	Austin West	* 8,179 points

WOMEN

100 Meters	LaSarah Hargrove	% 11.13
100-Meter Hurdles	Myreanna Bebe	% 13.14
200 Meters	LaSarah Hargrove	22.79
400 Meters	Tesa Roberts	54.17
400-Meter Hurdles	Erin Dowd	57.27
600 Meters	Alli Bookin-Nosbisch	1:30.97
800 Meters	Clare Pitcher	2:06.05
1,500 Meters	Amber Aesoph	4:24.87
3,000 Meters	Maddie Block	10:04.53
3,000m Steeplechase	Brooke McKee	10:46.80
5,000 Meters	Kelli Tosic	17:02.03
10,000 Meters	Kelli Tosic	35:19.42
400-Meter Relay	Hargrove, Love, Dowd, Magee	44.06
1,600-Meter Relay	Bruxvoort, Dowd, Wensel, Roberts	3:35.08
High Jump	Maria Gorham	5-7 1/4 (1.71m)
Long Jump	Tionna Tobias	19-4 1/2 (5.90m)
Triple Jump	Kayla Hutchins	39-8 3/4 (12.11m)
Shot Put	Kat Moody	51-3 3/4 (15.64m)
Discus	Kat Moody	172-8 (52.62m)
Hammer Throw	Amanda Howe	* 206-5 (62.92m)

* - school record, % - wind-aided



IOWA STRONG

School-record holder Nik Curtiss started the outdoor season with a win in shot put at the Baldy Castillo Invite (March 19) and also cracked the top-10 list in the hammer throw (58.62m / 192'4"). Additionally, teammate senior Tyler Lienau finished third (60.52m / 198'6") in the hammer. Curtiss continued his impressive season by going over 20 meters at the Musco Twilight with the No. 7 throw in the NCAA this year (20.04m / 65'9") to finish as runner-up to All-American Darius King of UNI. Junior Elijah Barnes was third place (18.36m / 60'3") with a season's best throw that ranks 45th in the NCAA. Junior Dawson Ellingson recorded a career-best throw (17.87m / 58'7.5") and finished fourth.

The Musco Twilight was a great meet for the Hawkeye throwers all around, as junior Amanda Howe improved her school-record mark in the hammer (62.92m / 206'5") and broke the meet record with a Big-Ten leading throw that ranks 29th in the NCAA. Sophomore Kat Moody won the shot put (15.64m / 51'3.75") and was runner-up in the discus (52.62m / 172'7") with a personal-best throw that ranks fifth all-time at Iowa. Moody's discus mark is No. 50 in the NCAA this year. Junior Nicole Berry was fourth in the shot put and Jamie Kofron (seventh) and Ianna Roach (ninth) joined her in the top-10. Kofron also finished third in the discus (46.29m / 151'10").

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 USTFCCA Midwest Region Coach of the Year. Woody and the Hawkeyes defended their indoor conference title at the SPIRE Institute in Geneva, Ohio, behind freshman Jenoa 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 USTFCCA National Rating Index and reached as high as No. 6 this indoor season — the highest ranking in program history.

JENOAH MCKIVER: BIG, REGIONAL TRACK ATHLETE OF THE YEAR

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

BACK-TO-BACK BIG TEN CHAMPIONS

The University of Iowa men's track and field team captured the 2021 Big Ten Outdoor 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.

PRONUNCIATION GUIDE

Amber Aesoph.....	A-soph
Elijah Barnes.....	ill-LIE-juh
Alivia Bauer.....	ah-LIV-ee-uh
Alli/Grace Bookin-Nosbisch.....	nos-BISH
Mariel Bruxvoort.....	BROOKS-vort
Dimia Burrell.....	Dih-ME-uh
Ian Geisler.....	GUY-slur
Spencer Gudgel.....	GUD-gell
Maggie Gutwein.....	GUT-win
Peyton Haack.....	HOCK
Khullen Jefferson.....	CULLEN
Keith Keahna.....	kee-AH-nuh
Daniel Klysh.....	KLISH
Tyler Lienau.....	LEE-now
Jenoah McKiver.....	jeh-NOAH muh-KEE-ver
Tesa Roberts.....	TAY-suh
Nolan Roethler.....	RAWTH-ler
Kelli Totic.....	tah-SICK
Ellie Twedt.....	TWEET

FRANCIS X. CRETZMEYER TRACK

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





MEN'S TOP-50 NCAA RANKS

ATHLETE	EVENT	MARK.....	B1G RANK	REGION RANK.....	NCAA RANK
Jenoah McKiver	400m	44.74	1	1	1
Austin West.....	Decathlon	8,179 pts.	1	2	2
Nik Curtiss	Shot Put	20.04m / 65'9"	1	4	7
Steward/Bryson/Gillum/McKiver	4x400m Relay	3:02.39	1	5	9
Walker/Kresley/Reed/K. Jefferson	4x100m Relay	39.03	1	5	10
Alec Still	800m	1:47.50	1	10	17
James Carter, Jr.	Long Jump	7.81m / 25'7.5	3	5	19
James Carter, Jr.	Triple Jump	15.84m / 51'11.75	2	8	20
Josh Braverman	110mH	13.74	5	11	26
Drake Woody	400mH	51.20	2	16	30
Armando Bryson.....	800m	1:48.31	6	19	32
Grant Conway	110mH	13.81	6	16	33
Julien Gillum.....	400mH	51.33	6	21	37
Kalen Walker	100m	10.20	2	14	39
Phillip Jefferson.....	400mH	51.36	7	22	39
Max Murphy	1500m.....	3:40.63	6	25	44
Elijah Barnes.....	Shot Put	18.36m / 60'3"	10	24	45
Gratt Reed.....	110mH	13.87	7	21	46
Antonio Abrego	800m	1:48.68	9	19	48

WOMEN'S TOP-50 NCAA RANKS

ATHLETE	EVENT	MARK.....	B1G RANK	REGION RANK.....	NCAA RANK
LaSarah Hargrove	200m	22.79	2	5	10
Erin Dowd.....	400mH	57.27	1	6	12
LaSarah Hargrove	100m	11.13w	2	9	13
Mariel Bruxvoort	400mH	57.73	3	8	17
Payton Wensel.....	400mH	57.77	4	9	18
Amanda Howe.....	Hammer Throw	62.92m / 206'5"	1	16	29
Lia Love.....	100m	11.33	5	16	31
Hargrove/Love/Dowd/Magee	4x100m Relay	44.06	2	14	31
Paige Magee	400mH	58.26	6	16	31
Bruxvoort/Dowd/Wensel/Roberts.....	4x400m Relay	3:35.08	4	17	36
Myreanna Bebe	100mH	13.35	5	24	42
Kat Moody.....	Discus	52.62m / 172'8"	7	30	50

OUTDOOR ALL-TIME TOP 10 PERFORMERS



Justin Austin



Matt Byers



Nikolas Curtiss



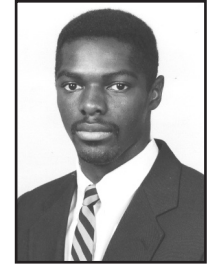
Troy Doris



Jeffery Herron



Gabe Hull



Anthuan Maybank

100 Meters

1. **Kalen Walker, 2022** 10.20
2. Justin Austin, 2011 10.21
3. O'Shea Wilson, 2017 10.22
4. George Page, 1996 10.25
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
2. Aaron Mallett, 2017..... 13.24
3. Jamal Britt, 2021..... 13.45
4. Pat McGhee, 1989 13.50
5. Dion Trowers, 1996..... 13.62
6. Ronnie McCoy, 1985..... 13.66
7. **Josh Braverman, 2021** 13.69
8. Ethan Holmes, 2011 13.73
9. 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
4. Karayme Bartley, 2019..... 20.51
5. Anthuan Maybank, 1994 20.55
6. Victor Green, 1984 20.60
7. Antonio Woodard, 2018..... 20.61
8. Andre Morris, 1995 20.64
9. George Page, 1996 20.67
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. **Alec Still, 2022**1:47.50
5. Bill Frazier, 1962 1:47.64
6. D'Juan Strozier, 1990 1:47.82
7. Adam Hairston, 2011..... 1:48.10
8. Tysen VanDraska, 2021..... 1:48.13
9. **Armando Bryson, 2022**1:48.31
10. Will Teubel, 2015..... 1:48.60

1,500 Meters

1. **Max Murphy, 2022**.....3:40.63
2. Jeff Thode, 2010 3:43.02
3. **Kal Lewis, 2021**3:43.32
4. Joel Moeller, 1978 3:44.01
5. Jim Docherty, 1978..... 3:44.30
6. Nathan Mylenek, 2019 3:44.49
7. Sam Fourman, 2015 3:44.50
8. Michael Melchert, 2018 3:44.59
9. Adam Jones, 2017 3:45.48
10. Dan Waters, 1986 3:46.35

3,000-Meter Steeplechase

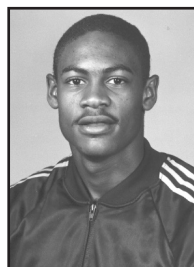
1. Nathan Mylenek, 2021 8:35.41
2. Deacon Jones, 1956..... 8:47.40
3. Steve Pershing, 1978 8:54.59
4. Andy Morris, 2000..... 8:56.21
5. Matt Gerard, 1994 8:57.01
6. Andy Napier, 2008 8:57.54
7. Rollie Kitt, 1967 9:02.90
8. Al Greene, 1985..... 9:02.96
9. Tony Rakaric, 2005..... 9:03.29
10. Mark Battista,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

5,000 Meters

1. Micah VanDenend, 2007 13:49.31
2. Nathan Mylenek, 2021 13:54.15
3. Daniel Soto, 2021 13:55.71
4. Larry Wiczorek, 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



Jaylan McConico



Pat McGhee



Jenoah McKiver



Nathan Mylenek

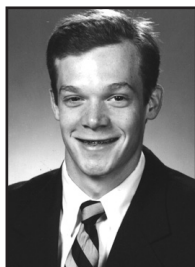


Max Murphy

OUTDOOR ALL-TIME TOP 10 PERFORMERS



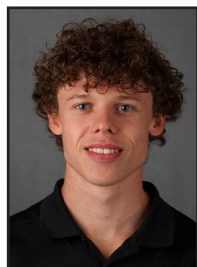
Erik Sowinski



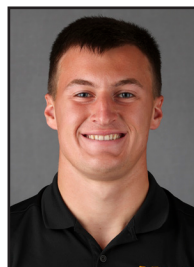
Stetson Steele



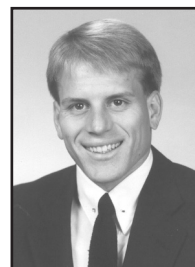
Micah VanDenend



Kalen Walker



Austin West



Todd Wigginton



Arno
van der Westhuizen

10,000 Meters

1. Stetson Steele, 2000 28:44.47
2. Daniel Soto, 2021 28:48.18
3. Eric MacTaggart, 2006..... 28:50.23
4. **Max Murphy, 202228:57.96**
5. Kevin Lewis, 2015..... 28:59.62
6. **Nick Trattner, 202229:39.83**
7. Nick Nordheim, 2002 29:44.71
8. Trent Corey, 2002 29:45.25
9. Ian Eklin, 2017..... 29:47.06
10. Chad Schwitters, 1999..... 29:56.00

Decathlon

1. **Austin West, 2022 8,179 pts**
2. Will Daniels, 2021 7,864 pts
3. William Dougherty, 2018 7,673 pts
4. **Peyton Haack, 2021 7,458 pts**
5. Kyle Reid, 2013..... 7,203 pts
6. Jack Eckert, 2015..... 7,087 pts
7. Dan Rolling, 2010 6,957 pts
8. Scott Faber, 2000..... 6,839 pts
9. Ryan Niver, 2008 6,837 pts
10. Chad Ohly, 1994 6,641 pts

High Jump

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

Pole Vault

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

Long Jump

1. Anthuan Maybank, 1993..... 27-1 (8.25)
2. Bashir Yamini, 1997 26-8 1/4 (8.13)
3. Paul Jones, 1989..... 25-10 1/4 (7.88)
4. Darren Smith, 1991 25-9 3/4 (7.86)
5. **James Carter, Jr., 2022.... 25-7 1/2 (7.81)**
6. Quinn Early, 1986 25-7 1/4 (7.80)
7. O'Shea Wilson, 2017 25-5 1/4 (7.75)
8. Ed Gordon, 1931 25-4 3/8 (7.68)
9. Matty Gorman, 2006..... 25-1 1/4 (7.65)
10. Ronnie McCoy, 1985 25-0 (7.62)

Triple Jump

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

Shot Put

1. **Nikolas Curtiss, 2022 65-9 (20.04)**
2. Jeremy Allen, 2001..... 63-2 3/4 (19.27)
3. Reno Tuufuli, 2018 62-10 3/4 (19.17)
4. Ken Kemeny, 2005..... 62-3 (18.97)
5. Shane Maier, 2006 62-2 1/4 (18.95)
6. Andy Banse, 2005 61-11 1/2 (18.88)
7. John Hickey, 2008..... 61-9 1/2 (18.83)
8. **Elijah Barnes, 2021 60-4 1/2 (18.40)**
9. Avery Meyers, 2017 60-4 (18.39)
10. Chris Gambol, 1987..... 60-0 1/2 (18.30)

Discus

1. Gabe Hull, 2014..... 207-1 (63.11)
2. Reno Tuufuli, 2019 205-2 (62.54)
3. A.J. Curtis, 2007 202-11 (61.84)
4. Gary Kostrubala, 1986..... 202-4 (61.68)
5. Jeremy Allen, 2001..... 195-4 (59.54)
6. Tim Brodersen, 2005 193-6 (58.98)
7. **Jordan Johnson, 2021189-6 (57.77)**
8. Avery Meyers, 2017 185-8 (56.61m)
9. Brad Daufeldt, 2004 185-0 (56.40)
10. Nick Brayton, 2009 180-11 (55.15)

Hammer

1. A. van der Westhuizen, 2001222-11 (67.94)
2. Adam Hamilton, 2007 222-2 (67.73)
3. Jim Costello, 2002 217-7 (66.32)
4. Brad Daufeldt, 2004 207-10 (63.34)
5. Chris Voller, 2005 206-0 (62.80)
6. Matt Banse, 2012 201-11 (61.55)
7. **Tyler Lienau, 2021199-6 (60.81)**
8. Jeremy Allen, 2001..... 199-0 (60.66)
9. Ben Stancombe, 2011 197-6 (60.20)
10. **Nikolas Curtiss, 2022192-4 (58.62)**

Javelin

1. Matt Byers, 2011 245-8 (74.89)
2. Bill Neumann, 2002..... 244-8 (74.58)
3. Dan Ralph, 2000 227-10 (69.44)
4. Sam Joens, 2015..... 211-5 3/4 (64.45)
5. Zach Schimp, 2010 211-0 (64.32)
6. Alex Balke, 2016 205-11 (62.77)
7. Kale Katt, 2007 204-0 (62.17)
8. Joel Storm, 2004 203-5 (62.01)
9. Matt Stank, 2001..... 199-0 (60.66)
10. **Austin West, 2022198-6 (60.39m)**

MEN'S ALL-TIME TOP 10 RELAYS

400-Meter Relay

1. **Walker, Kresley, Reed, K. 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. Mincy, Austin, E. Holmes, Larney, 2013 39.31
6. Saucer, Jr., Brissett, Harrington, Mallett, 2016 39.44
7. Brissett, Wilson, Woodard, Mallett, 2017 39.46
8. Beecham, Duckett, Greer, R. Smith, 1984 39.48
McConico, Woodard, **Reed, Kresley, 2021**..... 39.48
10. Mallett, Wilson, Ogwo, Harris, 2017 39.49

Shuttle Hurdle Relay

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

800-Meter Relay

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

1,600-Meter Relay

1. **Lawrence Jr., Woodard, Bartley, Harris, 2019** 3:00.14
2. Frye, Harris, Hofacker, Ogwo, 2017 3:01.91
3. **Steward, Bryson, Gillum, McKiver, 2022**..... 3:02.39
4. Lietz, Woodard, **Gillum, Lawrence, Jr., 2021**..... 3:02.54
5. Frye, Ogwo, Hofacker, Harris, 2017 3:02.57
6. **Lawrence Jr., Woodard, Hofacker, Harris, 2019** 3:03.10
7. Morris, Davis, Page, Rozell, 1995 3:03.11
8. Branch, Dwight, Dodge, Yamini, 1999 3:03.29
9. Frye, Woodard, Hofacker, Harris, 2018 3:03.69
10. Ogwo, Harris, Hofacker, Lilly, 2017 3:03.78

Sprint Medley Relay

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

3,200-Meter Relay

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

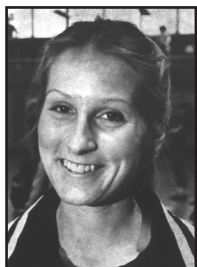
Distance Medley Relay

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

6,400-Meter Relay

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

OUTDOOR ALL-TIME TOP 10 PERFORMERS



Meghan Armstrong

Marta Bote
Gonzalez

Brittany Brown

Nan Doak

Briana Guillory

Amanda Howe

Aisha James

100 Meters

1. Brittany Brown, 2018 11.28
2. **Lia Love, 2022** **11.33**
3. Briana Guillory, 2016 11.35
4. **LaSarah Hargrove, 2022** **11.37**
5. Lake Kwaza, 2015 11.40
6. Vivien McKenzie, 1985 11.45
7. Davera Taylor, 1984 11.51
8. Erica Broomfield, 1998 11.53
9. Jiselle Providence, 2001 11.57
10. Tanja Reid, 1994 11.60
Peaches Roach, 2005 11.60

100-Meter Hurdles

1. **Paige Magee, 2021** **13.17**
2. Tiffany Johnson, 2007 13.20
3. Jenny Kimbro, 2018 13.22
4. **Myreanna Bebe, 2022** **13.35**
5. Jahisha Thomas, 2017 13.46
6. Tria Simmons, 2019 13.49
7. Karessa Farley, 2009 13.53
8. **Tionna Tobias, 2021** **13.58**
9. C. Prendergast, 1999 13.60
Paula Ruen, 2000 13.60

200 Meters

1. Brittany Brown, 2017 22.30
2. **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
7. Kineke Alexander, 2006 23.58
8. Davera Taylor, 1984 23.59
9. Vivien McKenzie, 1985 23.61
10. **Lia Love, 2022** **23.64**

400 Meters

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

400-Meter Hurdles

1. Mary Knoblauch, 1981 56.16
2. Wynsome Cole, 1998 56.67
3. MonTayla Holder, 2014 56.70
4. **Erin Dowd, 2022** **57.27**
5. **Mariel Bruxvoort, 2022** **57.73**
6. **Payton Wensel, 2022** **57.77**
7. **Paige Magee, 2022** **58.26**
8. Jenny Kimbro, 2019 58.27
9. Chris Davenport, 1981 59.18
10. Sommer Sharpe, 2018 59.20

800 Meters

1. Bethany Praska, 2011 2:03.78
2. Mallory King, 2021 2:05.23
3. Kay Stormo, 1982 2:05.67
4. **Clare Pitcher, 2022** **2:06.05**
5. Taylor Arco, 2019 2:06.06
6. Michelle Lahann, 2004 2:06.79
7. **Alli Bookin-Nosbisch, 2022** **2:06.92**
8. Katharina Trost, 2015 2:07.09
9. Mahnee Watts, 2016 2:07.41
10. Aisha Hume, 2005 2:08.50

1,500 Meters

1. Meghan Armstrong, 2006 4:17.41
2. Betsy Flood, 2010 4:17.75
3. Jeanne Kruckeberg, 1989 4:19.71
4. McKenzie Melander, 2012 4:20.22
5. Lauren Hardesty, 2009 4:20.40
6. Diane Nukuri, 2007 4:20.95
7. Penny O'Brien, 1985 4:21.43
8. Kay Stormo, 1982 4:22.24
9. Michelle Lahann, 2004 4:24.00
10. **Amber Aesoph, 2022** **4:24.87**

3,000 Meters

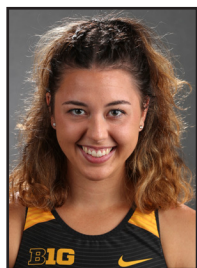
1. Diane Nukuri, 2008 9:18.82
2. Penny O'Brien, 1985 9:20.61
3. McKenzie Melander, 2012 9:21.59
4. Betsy Flood, 2010 9:22.63
5. Nan Doak, 1985 9:23.04
6. Tracy Dahl, 1992 9:23.53
7. Meghan Armstrong, 2006 9:28.03
8. Brooke Eilers, 2011 9:30.08
9. Jeanne Kruckeberg, 1989 9:30.69
10. Jennifer Brower, 1992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

3,000-Meter Steeplechase

1. Marta Bote Gonzalez, 2015 10:23.15
2. Danielle Berndt, 2011 10:26.54
3. Jessica Schmidt, 2008 10:27.18
4. Sarah Arens, 2004 10:34.50
5. Hannah Roeder, 2011 10:35.22
6. Madison Waymire, 2017 10:41.91
7. **Brooke McKee, 2022** **10:46.80**
8. Kelsey Hart, 2011 10:47.56
9. Anna Hostetler, 2019 10:57.25
10. Kelly Breen, 2017 10:59.99

5,000 Meters

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



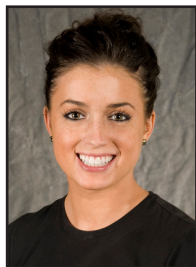
Jenny Kimbro

Paige Magee

OUTDOOR ALL-TIME TOP10 PERFORMERS



Diane Nukuri



Bethany Praska



Alana Redfern



Peaches Roach



Jessie Strand



Laulauga Tausaga



Jahisha Thomas

10,000 Meters

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

Heptathlon

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

High Jump

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

Pole Vault

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

Long Jump

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

Triple Jump

1. Jahisha Thomas, 2018..... 44-2 (13.46)
2. Renee White, 2008 43-10 3/4 (13.36)
3. Zinnia Miller, 2014 42-0 1/2(12.81)
4. **Kayla Hutchins, 202141-10 (12.75)**
5. Tiffany Johnson, 2007 41-8 3/4 (12.72)
6. Eavion Richardson, 2021 41-1 (12.52)
7. Carisa Leacock, 2012 40-10 1/2 (12.46)
8. Amanda Carty, 2019 40-11 (12.47)
9. Becki Borg, 1988 40-7 1/2 (12.38)
10. Tria Simmons,2016 40-7 1/2(12.38)

Shot Put

1. Laulauga Tausaga, 2019 . 59-1 1/2 (18.02)
2. Nia Britt, 2019 55-7 3/4 (16.96)
3. **Kat Moody, 2021 54-7 1/2 (16.65)**
4. Lisa Van Steenwyk, 1992..... 50-8 (15.44)
5. **Jamie Kofron, 2022 50-6 (15.39)**
6. **Nicole Berry, 2022 50-5 1/4 (15.37)**
7. Gail Smith, 1984..... 50-3 1/4 (15.32)
8. Denise Taylor, 1992 50-1 3/4 (15.28)
9. Erika Hammond, 2019.... 49-9 1/4 (15.17)
10. Kamesha Marshall, 2005 48-6 3/4 (14.80)

Discus

1. Laulauga Tausaga, 2019 209-9 (63.94)
2. Serena Brown, 2021 196-2 (59.81)
3. K. Spanoudakis, 2019 190-1 (57.95)
4. Majesty Tutson, 2013 181-1 (55.19)
5. **Kat Moody, 2022172-8 (52.62)**
6. Dakotah Goodell, 2014 169-4 (51.62)
7. **Jamie Kofron, 2022166-1 (50.62)**
8. Kara Misel, 2021..... 162-1 (49.40)
8. Tiffany Medenwaldt, 2010. 161-3 (49.16)
10. Denise Taylor, 1992 160-5 (48.90)

Javelin

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

Hammer Throw

1. **Amanda Howe, 2022206-5 (62.92)**
2. Laulauga Tausaga, 2019 201-3 (61.34)
3. Annemie Smith, 2015... 200-1 1/2 (60.99)
- Nia Britt, 2019 200-1 (60.99)
5. Allison Wahrman, 2021..... 198-7 (60.53)
6. Jasmine Simpson, 2013..... 197-7 (60.23)
7. Becca Franklin, 2007 195-0 (59.45)
8. Ashlyn Gulvas, 2014 192-9 (58.75)
9. Leah Colbert, 2018..... 189-3 (57.69)
10. Kelsey Taylor, 2011 177-0 (53.95)

WOMEN'S ALL-TIME TOP 10 RELAYS

400-Meter Relay

1.	Kwaza, Guster, Guillory, Hernandez, 2016.....	44.04
2.	Hargrove, Love, Dowd, Magee, 2022.....	44.06
3.	Chapman, Guillory, Hernandez, Brown, 2017.....	44.34
4.	Kwaza, Guster, Chapman, Guillory, 2016.....	44.41
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, Ruen, 1998.....	56.44
2.	Cole, Prendergast, Raheen, Ruen, 1998.....	56.54
3.	Raheen, Prendergast, Cole, Ruen, 1998.....	57.53

800-Meter Relay

1.	Chapman, Guillory, Hernandez, Brown, 2017.....	1:35.36
2.	Hobbs, Reid, Floyd, Poole, 1994.....	1:35.69
3.	Roach, McCalla, Alexander, Johnson, 2006.....	1:36.19
4.	Chapman, Roberts-Lewis, Champe, Brown, 2016.....	1:36.98
5.	Williams, Charles, Fouchè, Providence, 2003.....	1:37.49
6.	Herrmann, McCalla, Raymond, Roach, 2004.....	1:37.66
7.	Charles, Dixon, Knight, Prendergast, 2002.....	1:38.15
8.	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
2.	Guillory, Brown, Hernandez, Champe, 2017.....	3:32.37
3.	Guster, Hernandez, Holder, Kwaza, 2014.....	3:34.83
4.	Bruxvoort, Dowd, Wensel, Roberts, 2022.....	3:35.08
5.	Bruxvoort, Roberts, Wensel, Dowd, 2022.....	3:35.40
6.	Praska, Hendricks, Liverpool, Erickson, 2011.....	3:35.93
7.	Champe, Guillory, Plock, Sharpe, 2018.....	3:35.94
8.	Guster, Watts, Hernandez, Kwaza, 2014.....	3:36.09
9.	Hume, Charles, Steffen, Williams, 2003.....	3:36.26
10.	Kimbro, Weum, Simmons, Wensel , 2019.....	3:36.32

Sprint Medley Relay

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

3,200-Meter Relay

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

Distance Medley Relay

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

6,400-Meter Relay

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