



May 25-28, 2022

IOWA

Track & Field 2021-22 Notes



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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>
Apr. 29	at Kip Janvrin Open <i>(Indianola, Iowa)</i>
May 7	at Dr. Tucker Open <i>(Dubuque, Iowa)</i>
May 13-15	at B1G Championships <i>(Minneapolis, Minn.)</i>
May 25-28	at NCAA West Preliminary Round <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 continues its championship season this weekend in Fayetteville, Arkansas, at the NCAA West Region Preliminaries. The men qualified the third-most entries in the country (28) behind only Texas (32) and Oklahoma (29). The women qualified 18 entries to make 46 total between the men's and women's teams. Action for the Hawkeyes begins at 6 p.m. (CT) Wednesday with the men's 110-meter hurdles. On Thursday, the women start their weekend with Amanda Howe in the hammer throw at 10 a.m. (CT). The men's quarterfinal rounds start at 1 p.m. (CT) on Friday, and the women wrap up regional action on Saturday, beginning at 1 p.m. (CT).

FOLLOW ALONG

Fans can follow the meet on the live results page at hawkeyesports.com/tracklive. Results will also be posted on the team's official twitter account [@iowaXC_TF](https://twitter.com/iowaXC_TF).

REGIONAL QUALIFIERS

On the men's side, the Hawkeyes have 12 entries ranked inside the top-20 regionally, plus sophomore Austin West in the decathlon. West has already secured a berth to the NCAA Championships on June 8-11 as the No. 3 seed. Senior Nik Curtiss enters regionals ranked fifth in shot put (No. 8 in NCAA) and junior James Carter, Jr. comes into regionals with the sixth-best long jump mark (No. 23 in NCAA). For the women, senior Erin Dowd (No. 7, 400m hurdles), sophomore LaSarah Hargrove (No. 9, 200m; No. 11, 100m) and junior Mariel Bruxvoort (No. 11, 400m hurdles) are the top-ranked athletes regionally for the Hawkeyes. Senior Payton Wensel (No. 15, 400m hurdles) gives Iowa a third 400-meter hurdler entering regionals ranked inside the top-15. Junior Alec Still (No. 10, 800m), senior Josh Braverman (No. 11, 110m hurdles), Carter (No. 13, triple jump), junior Gratt Reed (No. 15, 110m hurdles) and sophomore Armando Bryson (No. 15, 800m) all rank within the top-15 in the West Region. Junior Amanda Howe comes in ranked just outside of the top-15 (No. 16, hammer throw) and sophomore Paige Magee is the 17th-ranked 400-meter hurdler in the region and the fourth-fastest Hawkeye in the event. Freshman Nylah Perry makes five Hawkeye 400-meter hurdlers to qualify, coming in at 44th in the region. All four of Iowa's relays enter regionals ranked inside the top-10. The men's 4x400-meter relay team is seeded No. 4 in the region and the 4x100-meter relay checks in at No. 6. On the women's side, both the 4x100-meter relay and 4x400-meter relay qualified as the No. 10 seeds.

2022 BIG TEN CHAMPIONS

The Hawkeyes crowned a pair of individual champions at the 2022 Big Ten Outdoor Championships. Junior Amanda Howe won the women's hammer throw and improved her school record (64.84m / 212'9"). On the men's side, junior Julien Gillum won the 400-meter hurdles (51.12) and became the third-consecutive Hawkeye to win gold in the event at the Big Ten meet (Jamal Britt - 2021, Chris Douglas - 2019).

2022 RELAYS CUP CHAMPS

The Iowa men won their first Drake Relays Cup championship since 2018 last weekend at the 112th running of the Drake Relays in Des Moines, Iowa, behind a win in the sprint-medley relay (Austin Kresley, Khullen Jefferson, Julien Gillum, Alec Still). The Hawkeyes finished second in the 4x100-meter relay (Kalil Johnson, Kresley, Gratt Reed, Jefferson), and third in the distance-medley relay, the 4x400-meter relay, and the 4x800-meter relay. Additionally, the Hawkeyes won the shuttle-hurdle relay (a non-Relays Cup event) with the team of Grant Conway, Josh Braverman, Johnson and Reed for the first time since 1984 and set the school record (56.74).

Junior James Carter, Jr. became the first university division men's athlete at the Drake Relays in 16 years to complete a sweep of the horizontal jumps, winning the long jump (7.84m / 25'8.5" w) on Friday and the triple jump (15.79m / 51'9.75") on Saturday – the second and third Drake Relays flags in his Hawkeye career.



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. 10 in the world this year and third in the NCAA. 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. On May 15, West finished as the runner up at the Big Ten Championships.

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 18th-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. Hargrove finished fifth in the 100 meters and fourth in the 200 meters on May 15 at the Big Ten Championships.

JUMP, JUMP, JUMP!

Returning men’s outdoor long jump All-American junior James Carter, Jr. won the triple jump at the Jim Click Shootout on April 9 (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. Carter, Jr. became the first university division men’s athlete at the Drake Relays in 16 years to complete a sweep of the horizontal jumps, winning the long jump (7.84m / 25’8.5” w) on Friday and the triple jump (15.79m / 51’9.75”) on Saturday – the second and third Drake Relays flags in his Hawkeye career. At the Big Ten Championships on May 15, Carter finished as the runner-up in both events.

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 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 24th in the NCAA this year. Still finished fifth at the Big Ten Championships on May 15.

CURTISS TAKING HIS SHOT

At the Musco Twilight (April 23), senior Nik Curtiss broke the 20-meter plateau with the eighth-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. Curtiss took fourth at the Big Ten Championships on May 15.

2022 OUTDOOR SEASON LEADERS

MEN

100 Meters	Kalen Walker	* 10.20
110-Meter Hurdles	Josh Braverman	13.56
200 Meters	Khullen Jefferson	% 20.74
400 Meters	Jenoah McKiver	* 44.74
400-Meter Hurdles	Julien Gillum	50.98
800 Meters	Alec Still	1:47.50
1,500 Meters	Max Murphy	* 3:40.63
3,000 Meters	Eli Ward	9:41.48
3,000 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
Shuttle Hurdle Relay	Conway, Braverman, K. Johnson, Reed	* 56.74
1,600 Meter Relay	Steward, Bryson, Gillium, McKiver	3:02.39
Sprint Medley Relay	Reed, K. Jefferson, McKiver, Still	3:18.06
3,200-Meter Relay	Gudgel, Bryson, Abrego, Still	7:19.13
Distance Medley Relay	Lewis, Steward, Abrego, Murphy	9:47.73
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.	% 25-8 3/4 (7.84m)
Triple Jump	James Carter, Jr.	% 52-3 1/4 (15.93m)
Shot Put	Nikolas Curtiss	* 65-9 (20.04m)
Discus	Jordan Johnson	189-1 (57.63m)
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	53.95
400-Meter Hurdles	Erin Dowd	56.77
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	10:45.84
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	3:33.18
Sprint Medley Relay	Hargrove, Dowd, Wensel, Pitcher	3:52.56
3,200-Meter Relay	Moore, A. Bookin-Nosbisch, G. Bookin-Nosbisch, Pitcher	8:35.75
Distance Medley Relay	G. Bookin-Nosbisch, Robert, A. Bookin-Nosbisch, Aesoph	11:40:18
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	53-0 (16.15m)
Discus	Kat Moody	174-7 (53.23m)
Hammer Throw	Amanda Howe	* 212-9 (64.84m)
Javelin	Tionna Tobias	92-1 (28.06m)
Heptathlon	Tionna Tobias	5,124 points

* - school record, % - wind-aided



HURDLE U

Senior Erin Dowd (56.77) leads a deep group of 400-meter hurdlers into the NCAA West Regional, entering the weekend at No. 7 in the region and No. 13 nationally. Junior Mariel Bruxvoort (57.45, No. 11), senior Payton Wensel (57.63, No. 15), sophomore Paige Magee (57.89, No. 17) and freshman Nylah Perry (59.67, No. 44) will all join her at regionals. Dowd won bronze in the event at the Big Ten Championships on May 15. 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 (13.35) is No. 29 in the West Region this year. Tionna Tobias also qualified for regionals, 47th fastest.

Four men’s high-hurdlers qualified and rank inside the top-22 in the region entering the weekend. Big Ten bronze medalist Josh Braverman leads the way (13.56, No. 11) and is followed closely by Gratt Reed (13.67, No. 15), Grant Conway (13.74, No. 18) and Kalil Johnson (13.81). 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 – with four qualifying for the West Regional. Big Ten Champ Julien Gillum (50.98) comes into the weekend at No. 22 in the region, Drake Woody is currently 26th (51.20), Phillip Jefferson (51.35) is 34th and Raymonte Dow (51.38) is No. 37 in the region.

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) – 18th-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. 10 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.

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”). Curtiss continued his impressive season by going over 20 meters at the Musco Twilight with the No. 8 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 (18.51m / 60’8.75”) enters this weekend ranked 27th in the region in the shot put. Big Ten discus runner-up Jordan Johnson (58.63m / 189’1”) comes in ranked 19th.

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. Sophomore Kat Moody won the shot put (15.64m / 51’3.75”) and was runner-up in the discus (52.62m / 172’7”). Howe proceeded to break her own school record again at the Big Ten Championships on May 15 (64.84m / 212’9”) to claim gold. Moody advanced to the regional round in both discus (53.23m / 174’8”) and shot put (16.15m / 53’0”), coming in at No. 28 and No. 29, respectively.

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. Lauluga 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).

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. Cretzmeier 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. Cretzmeier, 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 Cretzmeier.





MEN'S NCAA WEST REGIONAL QUALIFIERS

ATHLETE	EVENT	MARK	B1G RANK.....	REGION RANK.....	NCAA RANK
Austin West.....	Decathlon	8,179 pts.	1	2	3
Steward/Bryson/Gillum/McKiver.....	4x400m Relay.....	3:02.39	1	4	10
Nik Curtiss	Shot Put	20.04m / 65'9"	1	5	8
James Carter, Jr.	Long Jump	7.84m / 25'8.5 (w).....	3	6	23
Walker/Kresley/Reed/K. Jefferson	4x100m Relay.....	39.03	1	6	18
Alec Still	800m	1:47.50	1	10	24
Josh Braverman	110mH	13.56	3	11	21
James Carter, Jr.	Triple Jump	15.93m / 52'3.25 (w).....	2	13	26
Gratt Reed.....	110mH	13.67	6	15	30
Armando Bryson.....	800m	1:48.31	7	15	44
Grant Conway	110mH	13.74	7	18	42
Jordan Johnson.....	Discus	58.63m / 189'1"	3	19	41
Antonio Abrego	800m.....	1:48.68	11	21	71
Max Murphy	1500m.....	3:40.63	7	21	49
Julien Gillum.....	400mH	50.98	3	22	42
Kalil Johnson	110mH	13.81	8	22	51
Drake Woody	400mH	51.20	6	26	51
Elijah Barnes.....	Shot Put	18.51m / 60'8.75"	10	27	47
Khullen Jefferson	200m	20.74w	6	29	94
Phillip Jefferson.....	400mH	51.35	10	34	63
Raymonte Dow	400mH	51.38	11	37	65
Austin Kresley	200m	20.83w	10	37	NA
Spencer Gudgel	800m	1:49.61	17	40	NA
Everett Steward	400m	46.40	6	41	88
Dawson Ellingson.....	Shot Put	17.87m / 58'7.5"	16	43	NA
Deandre Stapleton, Jr.	Triple Jump	15.19m / 49'10"	13	44	NA
Austin Kresley	100m.....	10.34w	13	47	NA
Zack Pluff.....	High Jump.....	2.10m / 6'10.75"	8	48	86

WOMEN'S NCAA WEST REGIONAL QUALIFIERS

ATHLETE	EVENT	MARK.....	B1G RANK	REGION RANK.....	NCAA RANK
Erin Dowd.....	400mH	56.77	1	7	13
LaSarah Hargrove	200m.....	22.79	2	7	18
Hargrove/Love/Dowd/Magee.....	4x100m Relay.....	44.06.....	2	10	44
Bruxvoort/Dowd/Wensel/Roberts.....	4x400m Relay.....	3:33.18	2	10	41
LaSarah Hargrove	100m.....	11.13w	2	11	16
Mariel Bruxvoort	400mH	57.45	5	11	21
Payton Wensel.....	400mH	57.63	7	15	29
Amanda Howe.....	Hammer Throw.....	64.84m / 212'9"	1	16	28
Paige Magee	400mH	57.89	8	17	32
Lia Love.....	100m.....	11.33	7	17	46
Kat Moody.....	Discus.....	53.23m / 174'8"	7	28	51
Kat Moody.....	Shot Put	16.15m / 53'0"	11	29	56
Myreanna Bebe	100mH	13.35	7	29	55
Clare Pitcher.....	800m.....	2:06.05	8	37	98
Tesa Roberts.....	400m.....	53.95	12	42	NA
Nylah Perry.....	400mH	59.67	14	44	97
Alli Bookin-Nosbisch.....	800m.....	2:06.92	11	46	NA
Tionna Tobias	100mH	13.64.....	15	47	NA

OUTDOOR ALL-TIME TOP 10 PERFORMERS



Justin Austin



Matt Byers



Nikolas Curtiss



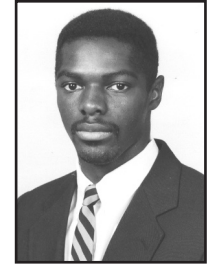
Troy Doris



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. **Josh Braverman, 2022** 13.56
6. Dion Trowers, 1996 13.62
7. Ronnie McCoy, 1985 13.66
8. **Gratt Reed, 2022** 13.67
9. Ethan Holmes, 2011 13.73
10. **Grant Conway, 2022** 13.74

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. **Khullen Jefferson, 2022** 46.28

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

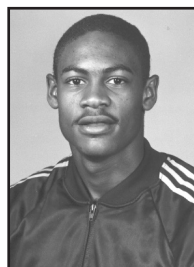
1. Nathan Mylenek, 2021 8:35.41
2. Deacon Jones, 1956 8:47.40
3. Steve Pershing, 1978 8:54.59
4. Andy Morris, 2000 8:56.21
5. Matt Gerard, 1994 8:57.01
6. Andy Napier, 2008 8:57.54
7. Rollie Kitt, 1967 9:02.90
8. Al Greene, 1985 9:02.96
9. Tony Rakaric, 2005 9:03.29
10. Mark Battista, 2010 9:04.60

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



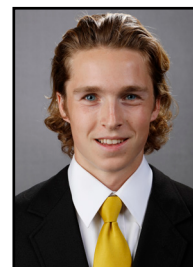
Jaylan McConico



Pat McGhee



Jenoah McKiver



Nathan Mylenek

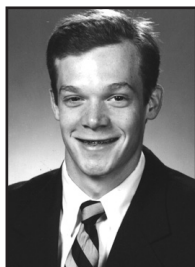


Max Murphy

OUTDOOR ALL-TIME TOP 10 PERFORMERS



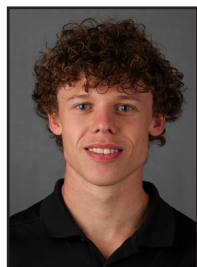
Erik Sowinski



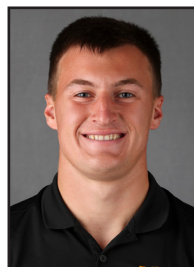
Stetson Steele



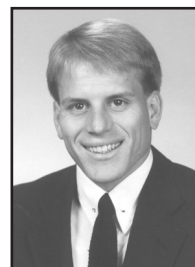
Micah VanDenend



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. **Deandre Stapleton, Jr. 2022 .49-10 (15.19)**
10. Pat Miller, 1985 49-8 1/2 (15.25)

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, 2022 60-8 3/4 (18.51)**
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, 2001. 222-11 (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. **Conway, Braverman, K. Johnson, Reed, 2022** 56.74
2. McGhee, Armstrong, Falls, Stelle, 1989 57.80
3. Wigginton, Jones, Lacey, McCoy, 1985..... 59.77
4. Williams, **Haack, Braverman**, McConico, 2019 1:01.14
5. 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. **Lawrence Jr.**, Woodard, Hofacker, Harris, 2019 3:03.10
6. Morris, Davis, Page, Rozell, 1995..... 3:03.11
7. Branch, Dwight, Dodge, Yamini, 1999 3:03.29
8. Frye, Woodard, Hofacker, Harris, 2018 3:03.69
9. Ogwo, Harris, Hofacker, Lilly, 2017 3:03.78
10. Ferree, Frazier, Mondane, Reimer, 1967..... 3:04.10

Sprint Medley Relay

1. McCorkle, Jones, Chung, Strozier, 1990 3:15.64
2. Sayon, Austin, Willey, Sowinski, 2011 3:16.18
3. Richards, Larney, Davey, Sowinski, 2012 3:17.25
4. Richardson, Richards, Willey, Sowinski, 2010..... 3:17.74
5. **Reed, K. Jefferson, McKiver, Still, 2022** 3:18.06
6. Hofacker, Woodard, Harris, VanDraska, 2018..... 3:18.11
7. Saucer, Jr., Brissett, Harris, Lilly, 2016..... 3:18.53
8. Hofacker, Woodard, Harris, Lilly, 2017 3:18.73
9. Armstrong, Thomas, Maybank, Strozier, 1991 3:18.93
10. Yamini, Davis, Dodge, Donovan, 1999 3:19.87

3,200-Meter Relay

1. Schum, Christensen, Steffen, Criswell, 1971 7:18.60
2. **Gudgel, Bryson, Abrego, Still, 2022** 7:19.13
3. VanDraska, **Still**, Teubel, Lilly, 2019 7:22.50
4. Hairston, Prom, Thode, Sowinski, 2011..... 7:23.77
5. Manternach, VanDraska, W. Teubel, Lilly, 2017..... 7:24.77
6. Melchert, Manternach, N. Teubel, Lilly, 2018 7:28.37
7. Corrigan, Blackman, Strozier, Chambers, 1989 7:29.00
8. **Hoffman, Olson, Still**, VanDraska, 2021 7:29.81
9. Melchert, Dorman, Lilly, Larrison, 2016 7:30.32
10. N. Teubel, Manternach, Chaidez, W. Teubel, 2017 7:30.74

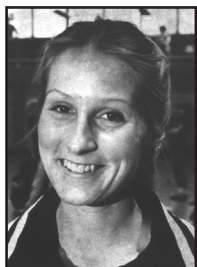
Distance Medley Relay

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. **Lewis, Steward, Abrego, Murphy, 2022** 9:47.73
6. Mylenek, Thompson, Manternach, Melchert, 2018 9:50.70
7. VanDraska, **Lawrence Jr.**, Teubel, Mylenek, 2019 9:53.14
8. Prom, Davey, Weir, Witt, 2013..... 9:53.83
9. Theisen, Williams, Wiesa, Waters, 1985 9:54.04
10. Wilfong, Slaymaker, W. Teubel, Witt, 2013..... 9:54.05

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

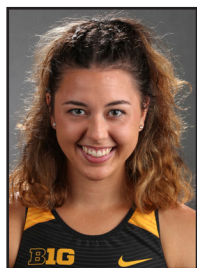
1. Brittany Brown, 2018 11.28
2. **Lia Love, 2022** **11.33**
3. Briana Guillory, 2016 11.35
4. **LaSarah Hargrove, 2022** **11.37**
5. Lake Kwaza, 2015 11.40
6. Vivien McKenzie, 1985 11.45
7. Davera Taylor, 1984 11.51
8. Erica Broomfield, 1998 11.53
9. Jiselle Providence, 2001 11.57
10. Tanja Reid,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



Jenny Kimbro



Paige Magee

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. **Tesa Roberts, 2022** **53.95**
10. 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** **56.77**
5. **Mariel Bruxvoort, 2022** **57.45**
6. **Payton Wensel, 2022** **57.63**
7. **Paige Magee, 2022** **57.89**
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** **10:45.84**
8. Kelsey Hart, 2011 10:47.56
9. Anna Hostetler, 2019 10:57.25
10. Kelly Breen, 2017 10:59.99

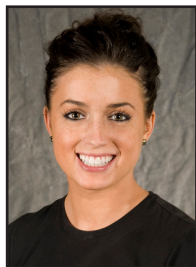
5,000 Meters

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

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, 2022.....5,124 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, 2022174-7 (53.23)**
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, 2022212-9 (64.84)**
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.	Bruxvoort, Dowd, Wensel, Roberts, 2022.....	3:33.18
4.	Guster, Hernandez, Holder, Kwaza, 2014.....	3:34.83
5.	Praska, Hendricks, Liverpool, Erickson, 2011.....	3:35.93
6.	Champe, Guillory, Plock, Sharpe, 2018.....	3:35.94
7.	Guster, Watts, Hernandez, Kwaza, 2014.....	3:36.09
8.	Hume, Charles, Steffen, Williams, 2003.....	3:36.26
9.	Kimbrow, Weum, Simmons, Wensel , 2019.....	3:36.32
10.	King, Saunders, Bruxvoort , Strohman, 2021.....	3:36.50

Sprint Medley Relay

1.	Jones, Hendricks, Liverpool, Praska, 2011.....	3:48.63
2.	Brown, Kwaza, Guster, Watts, 2014.....	3:51.18
3.	Hargrove, Dowd, Wensel, Pitcher, 2022.....	3:52.56
4.	Kwaza, Guster, Holder, Watts, 2016.....	3:52.62
5.	Swanson, Morken, King, Arco, 2019.....	3:52.85
6.	Kwaza, Brown, Guster, Trost, 2015.....	3:53.29
7.	Christian , Buss, Guillory, Arco, 2019.....	3:54.18
8.	Kwaza, R. Moore, Holder, Alexia, 2013.....	3:54.51
9.	Trusty, R. Moore, Hendricks, Praska, 2010.....	3:56.53
10.	Reid, Philip, Hobbs, Benning, 1995.....	3:56.54

3,200-Meter Relay

1.	McCabe, Arco, Saunders, King, 2019.....	8:31.84
2.	Moore, A. Bookin-Nosbisch, G. Bookin-Nosbisch, Pitcher, 2022.....	8:35.75
3.	Suppelsa, Wodek, Kruckeberg, Schneckloth, 1987.....	8:46.45
4.	Lahann, Stanley, Hume, Barber, 2004.....	8:48.87
5.	Schneckloth, Roberts, Hawkins, Kruckeberg, 1989.....	8:49.38
6.	Trost, Maser, Alexia, Nelson, 2014.....	8:49.95
7.	Nelson, Watts, Wilberding, Sindt, 2016.....	8:51.90
8.	Flood, Dlh, L. Hardesty, Docherty, 2009.....	8:53.91
9.	Armstrong, Stanley, Laney, Hume, 2005.....	8:54.27
10.	O'Brien, Camarigg, Williams, Stormo, 1981.....	8:54.36

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.	G. Bookin-Nosbisch, Roberts, A. Bookin-Nosbisch, Aesoph, 2022.....	11:40.18
8.	Schrulle, Erickson, Placzek, Eilers, 2012.....	11:40.57
9.	Davenport, xx, xx, xx, 1981.....	11:41.44
10.	Pare, Grant, Benning, Gilchrist, 1997.....	11:41.92

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