



May 13-15, 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>
<b>May 13-15</b>	<b>at B1G Championships</b> <b><i>(Minneapolis, Minn.)</i></b>
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 begins its championship season this weekend in Minneapolis, Minnesota, at the Big Ten Outdoor Championships. The men come in ranked No. 20 in the USTFCCA National Rating Index and sit atop the Big Ten, aiming for the third-consecutive Big Ten Outdoor title. The women enter the weekend No. 46 in the country and seventh in the Big Ten after a fourth-place finish a year ago. Action begins at noon (CT) Friday with the men's decathlon and women's hammer. Saturday's action is slated to begin at 10 a.m. (CT) with more decathlon and heptathlon competition. The B1G Championships begin Sunday at 11 a.m. (CT) with men's javelin and women's triple jump and action concludes in the afternoon.

#### FOLLOW ALONG

Fans can follow the meet on the live results page at [hawkeyesports.com/tracklive](http://hawkeyesports.com/tracklive). Results will also be posted on the team's official twitter account [@iowaXC\\_TF](https://twitter.com/iowaXC_TF). A live stream will be available on **BTN+**.

#### BACK-TO-BACK BIG TEN CHAMPIONS

The University of Iowa men's track and field team captured the 2021 Big Ten Outdoor Championships 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 (2021) 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 weekend. A title on the men's side would also mark the fifth-consecutive combined indoor/outdoor title for Hawkeyes.

#### 2021 BIG TEN CHAMPIONS

The Hawkeyes crowned four individual champions at the 2021 Big Ten Outdoor Championships. Laulauga Tausaga and Dallyssa Huggins both won gold for the women, and Jaylan McConico and Jamal Britt won gold for the men. Tausaga won her fifth career Big Ten title, winning the discus with a mark of 62.09 meters. She graduated with the school record in shot put and discus. Huggins set a career best 1.79 meters to win her first career gold medal in high jump. McConico brought home the championship in the 110-meter hurdles with a career-best time of 13.23, a mark that set a school record and tied the Big Ten Championship meet record. Britt took the silver medal with a time of 13.60, and later brought home the title in the 400 hurdles with a time of 49.69.

#### 2021 MEDALISTS & RETURNING POINT SCORERS

In addition to the Big Ten Champions above, the Hawkeyes had nine runner-up finishes (Jamal Britt - 110m hurdles and long jump, Wayne Lawrence, Jr. - 400 meters, Tysen VanDraska - 800 meters, Nathan Mylenek - 3K steeplechase, McConico/Woodard/Reed/Lawrence, Jr. - 4x100-meter relay, James Carter, Jr. - triple jump, Will Daniels - decathlon, Serena Brown - women's discus). The Hawkeyes also had six third-place finishes: Daniel Soto (10,000 meters), Carter, Jr. (long jump), Jordan Johnson (discus), Austin West (decathlon), men's 4x400-meter relay (McKiver/Woodard/Gillum/Lietz) and Jenny Kimbro (heptathlon), all earning medals. Additional returning point scorers for the men include: Alec Still (5th) - 800 meters, Lawrence, Jr. (7th) - 200 meters, Austin Kresley (8th) - 200 meters, Jenoa McKiver (8th) - 400 meters, and Zack Pluff (8th) - high jump. Returning point scorers for the women include: Paige Magee (4th) - 100-meter hurdles, Myreanna Bebe (5th) - 100-meter hurdles, Mariel Bruxvoort (6th) - 400-meter hurdles, and LaSarah Hargrove (7th) - 200 meters.

#### 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 place in the distance-medley relay, and the 4x400- and 4x800-meter relays. 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 doubling back to win the triple jump (15.79m / 51'9.75") on Saturday – the second and third Drake Relays flags in the Hawkeye's 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.

### NATION’S BEST GETS 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 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. 9 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.

### 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 11th-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 25th-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 21st in the NCAA this year. Last weekend, he 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 on Friday and doubling back to win the triple jump on Saturday – the second and third Drake Relays flags in the Hawkeye’s career.

### 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 17th in the NCAA this year.

### QUARTER-MILE FACTORY

Iowa has four men ranked inside the NCAA top-70 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) – No. 62 in the NCAA. Freshman Everett Steward (46.40) and sophomore Austin West (46.41) clock in at 69th and 70th in the NCAA, respectively. They are No. 3 as a group in the USTFCCCA Event Squad Rankings.

## 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
3,000 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.	% 51-8 3/4 (15.79m)
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	10:45.84
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	3:35.08
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	52-10 (16.10m)
Discus	Kat Moody	172-8 (52.62m)
Hammer Throw	Amanda Howe	* 206-5 (62.92m)

\* - school record, % - wind-aided



### 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.

### 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. Dowd improved her personal best to 57.27 with a third-place finish at the Mt. SAC Relays. Dowd's time is third in the Big Ten and is 14th-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-35 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 47th in the NCAA this year.

Three men's high-hurdlers rank inside the top-50 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 28th-fastest time in the NCAA. Sophomore Grant Conway won the Jim Click Shootout (April 9) in 13.81, clocking in at No. 37 in the nation. Sophomore Gratt Reed's season best time (13.87) is 49th-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-46 this year. Drake Woody is currently 37th (51.20), Julien Gillum is 45th (51.33) and Phillip Jefferson is 46th (51.36). Nathan Farrell (51.65) and Raymonte Dow (51.86) are just outside the top-60.

### 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) – 14th-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.

### 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 49th 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 throw that ranks 33rd in the NCAA and second in the Big Ten. 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. 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"). Last weekend at the Drake Relays, Moody threw a personal best – 16.10 meters (52'10") – in the shot put to finish fourth and move into the NCAA top-50 at No. 49.

### 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.

## 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

<b>ATHLETE .....</b>	<b>EVENT .....</b>	<b>MARK.....</b>	<b>B1G RANK .....</b>	<b>REGION RANK.....</b>	<b>NCAA RANK</b>
Jenoah McKiver .....	400m .....	44.74 .....	1 .....	1 .....	1
Austin West.....	Decathlon .....	8,179 pts. ....	1 .....	2 .....	3
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 .....	7 .....	14
Alec Still .....	800m .....	1:47.50 .....	1 .....	10 .....	17
James Carter, Jr. ....	Long Jump .....	7.84m / 25'8.5 (w) .....	3 .....	5 .....	21
James Carter, Jr. ....	Triple Jump .....	15.84m / 51'11.75 .....	2 .....	11 .....	26
Josh Braverman .....	110mH .....	13.74 .....	5 .....	13 .....	28
Armando Bryson.....	800m .....	1:48.31 .....	7 .....	15 .....	33
Drake Woody .....	400mH .....	51.20 .....	2 .....	20 .....	37
Grant Conway .....	110mH .....	13.81 .....	6 .....	19 .....	37
Kalen Walker .....	100m .....	10.20 .....	2 .....	14 .....	45
Julien Gillum.....	400mH .....	51.33 .....	6 .....	26 .....	45
Phillip Jefferson.....	400mH .....	51.36 .....	7 .....	27 .....	46
Max Murphy .....	1500m.....	3:40.63 .....	7 .....	26 .....	46
Elijah Barnes.....	Shot Put .....	18.36m / 60'3" .....	10 .....	26 .....	49
Gratt Reed .....	110mH .....	13.87 .....	7 .....	24 .....	49

### WOMEN'S TOP-50 NCAA RANKS

<b>ATHLETE .....</b>	<b>EVENT .....</b>	<b>MARK.....</b>	<b>B1G RANK .....</b>	<b>REGION RANK.....</b>	<b>NCAA RANK</b>
LaSarah Hargrove .....	200m .....	22.79 .....	2 .....	6 .....	11
LaSarah Hargrove .....	100m .....	11.13w .....	2 .....	9 .....	13
Erin Dowd.....	400mH .....	57.27 .....	3 .....	8 .....	14
Mariel Bruxvoort .....	400mH .....	57.73 .....	4 .....	10 .....	19
Payton Wensel.....	400mH .....	57.77 .....	5 .....	12 .....	21
Amanda Howe.....	Hammer Throw .....	62.92m / 206'5" .....	2 .....	17 .....	33
Paige Magee .....	400mH .....	58.26 .....	7 .....	17 .....	35
Hargrove/Love/Dowd/Magee .....	4x100m Relay .....	44.06 .....	2 .....	16 .....	37
Lia Love.....	100m .....	11.33 .....	6 .....	18 .....	41
Bruxvoort/Dowd/Wensel/Roberts.....	4x400m Relay .....	3:35.08 .....	4 .....	22 .....	46
Myreanna Bebe .....	100mH .....	13.35 .....	6 .....	26 .....	47
Kat Moody.....	Shot Put .....	16.10m / 52'10" .....	10 .....	29 .....	49

# OUTDOOR ALL-TIME TOP 10 PERFORMERS



Justin Austin



Matt Byers



Nikolas Curtiss



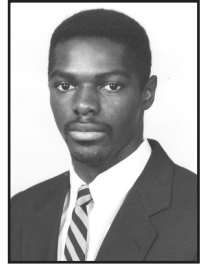
Troy Doris



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

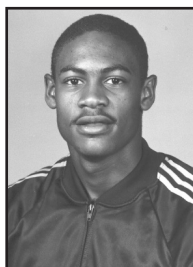
1. Nathan Mylenek, 2021 ..... 8:35.41
2. Deacon Jones, 1956..... 8:47.40
3. Steve Pershing, 1978 ..... 8:54.59
4. Andy Morris, 2000..... 8:56.21
5. Matt Gerard, 1994 ..... 8:57.01
6. Andy Napier, 2008 ..... 8:57.54
7. Rollie Kitt, 1967 ..... 9:02.90
8. Al Greene, 1985..... 9:02.96
9. Tony Rakaric, 2005.....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

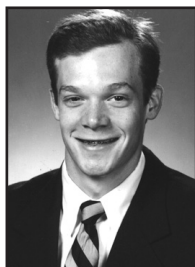


Max Murphy

# OUTDOOR ALL-TIME TOP 10 PERFORMERS



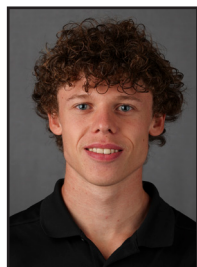
Erik Sowinski



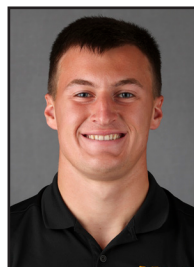
Stetson Steele



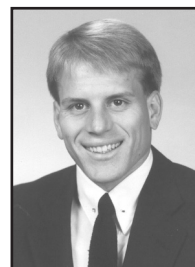
Micah VanDenend



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, 2022 .....28:57.96**
5. Kevin Lewis, 2015..... 28:59.62
6. **Nick Trattner, 2022 .....29:39.83**
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, 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, 2021 .....189-6 (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, 2021 .....199-6 (60.81)**
8. Jeremy Allen, 2001..... 199-0 (60.66)
9. Ben Stancombe, 2011 ..... 197-6 (60.20)
10. **Nikolas Curtiss, 2022 .....192-4 (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, 2022 .....198-6 (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

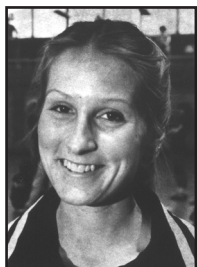
## Distance Medley Relay

1. Pershing, Moeller, Slack, Docherty, 1978 ..... 9:39.94
2. Kuczvara, Barton, Hairston, Thode, 2011 ..... 9:41.37
3. N. Holmes, VanCleave, Sowinski, Thode, 2012..... 9:41.59
4. Young, Barton, Kuczvara, 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

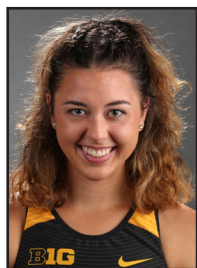
1. Brittany Brown, 2018 ..... 11.28
2. **Lia Love, 2022** ..... **11.33**
3. Briana Guillory, 2016 ..... 11.35
4. **LaSarah Hargrove, 2022** ..... **11.37**
5. Lake Kwaza, 2015 ..... 11.40
6. Vivien McKenzie, 1985 ..... 11.45
7. Davera Taylor, 1984 ..... 11.51
8. Erica Broomfield, 1998 ..... 11.53
9. 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. 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. **Marriel 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** ..... **10:45.84**
8. Kelsey Hart, 2011 ..... 10:47.56
9. Anna Hostetler, 2019 ..... 10:57.25
10. Kelly Breen, 2017 ..... 10:59.99

## 5,000 Meters

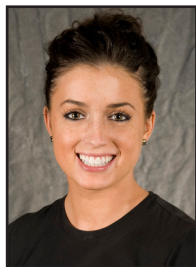
1. Nan Doak, 1985 ..... 15:45.84
2. McKenzie Melander, 2012 ..... 15:57.13
3. Diane Nukuri, 2008 ..... 15:59.39
4. Betsy Flood, 2011 ..... 16:04.46
5. Meghan Armstrong, 2008 ..... 16:08.83
6. Brooke Eilers, 2011 ..... 16:11.86
7. Mareike Schrulle, 2013 ..... 16:12.66
8. Jenny Spangler, 1983 ..... 16:17.21
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, 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, 2021 .....41-10 (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 Steenywyk, 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, 2022 .....172-8 (52.62)**
6. Dakotah Goodell, 2014 ..... 169-4 (51.62)
7. **Jamie Kofron, 2022 .....166-1 (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, 2022 .....206-5 (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.	<b>Hargrove, Love, Dowd, Magee, 2022.....</b>	<b>44.06</b>
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.	<b>Hargrove, Love, Tobias, Magee, 2022.....</b>	<b>44.66</b>

## 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.	<b>Bruxvoort, Dowd, Wensel, Roberts, 2022.....</b>	<b>3:35.08</b>
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, <b>Wensel</b> , 2019.....	3:36.32
10.	<b>King</b> , Saunders, <b>Bruxvoort</b> , 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.	<b>Hargrove, Dowd, Wensel, Pitcher, 2022.....</b>	<b>3:52.56</b>
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.	<b>Christian</b> , 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.	<b>Moore, A. Bookin-Nosbisch, G. Bookin-Nosbisch, Pitcher, 2022.....</b>	<b>8:35.75</b>
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.	<b>G. Bookin-Nosbisch, Roberts, A. Bookin-Nosbisch, Aesoph, 2022.....</b>	<b>11:40.18</b>
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