



June 8-11, 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 and its 15-combined men's and women's entries head to Eugene, Oregon, for the NCAA Championships at Hayward Field, June 8-11. The men qualified 10 entries and are led by a pair of No. 3 seeded athletes (sophomore Austin West – decathlon, junior James Carter, Jr. – long jump). The women punched 5 tickets, led by sophomore LaSarah Hargrove in the 100 meters (No. 10 seed), 200 meters (No. 8 seed) and leadoff leg of school-record setting and 13th-seeded 4x100-meter relay team. The men's semifinal round, first half of the decathlon and select finals begin Wednesday at 2:30 p.m. (CT). The women's semifinal round, select finals and the second half of men's decathlon competition are scheduled to begin Thursday at 1:30 p.m. (CT). The final round of men's competition will be held on Friday, beginning at 7:30 p.m. (CT), and the women's finals are slated for 4 p.m. (CT) on Saturday.

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. The meet will be televised on ESPNU on Wednesday (6:30 p.m. CT) and Thursday (7:30 p.m. CT), ESPN2 on Friday (8 p.m. CT) and ESPN on Saturday (4:30 p.m. CT). All action will also be streamed online on ESPN3, including decathlon and field events.

NCAA QUALIFIERS

On the men's side, the No. 26 Hawkeyes have 10 entries headed to the NCAA Championships in Eugene. The Iowa men are led by sophomore decathlete Austin West, who's school-record 8,179-point total in the decathlon at the Mt. Sac Relays has him as the No. 3 seed in the country. Junior James Carter, Jr.'s long jump of 7.93m (26'0.25") at the NCAA West Regional in Fayetteville, Arkansas, on May 25 won the West Region and has him seeded third at the national meet. Carter, Jr. also qualified in the triple jump (16.12m / 52'10.75") as the No. 9 seed. Senior Josh Braverman (13.55, No. 11) and junior Gratt Reed (13.75, No. 24) make a pair of Hawkeye 110-meter hurdlers for the second-consecutive season and the seventh-consecutive season the Hawkeyes have had at least one high hurdler at the NCAA Final site – every year of the Joey Woody era. Big Ten Champ junior Julien Gillum is the No. 13 seed in the 400-meter hurdles (50.26). Senior shot put school-record holder and second-team indoor All-American Nik Curtiss comes in as the No. 14 seed (19.54m / 64'1.25") and sophomore discus thrower Jordan Johnson enters as the No. 12 seed (57.09m/ 187'3"). The 4x400-meter relay team (West, Bryson, Gudgel, Gillum – 3:03.62) qualified ninth-fastest, and the 4x100-meter relay team (Johnson, Kresley, Reed, K. Jefferson) is the No. 23 seed (39.56).

The women are led by sophomore LaSarah Hargrove in the 100 meters (11.05w, No. 10 seed), 200 meters (22.58w, No. 8 seed) and leadoff leg of school-record setting (43.69) and 13th-seeded 4x100-meter relay team. The 4x100-meter relay team is made up of Hargrove, freshman Lia Love, senior Erin Dowd and sophomore Paige Magee. Dowd (57.01, No. 12 seed) and Magee (57.06, No. 14 seed) each qualified in the 400-meter hurdles, additionally.

Austin West – So. (Iowa City, Iowa)

Decathlon – Wednesday, Thursday | 4x400-meter relay – Wednesday (s), Friday (f)
The Iowa City native became the first Iowa decathlete to eclipse the 8,000-point barrier with his school-record breaking performance (8,179 points) at the Mt. SAC Relays on April 15. West's mark is No. 3 in the NCAA this season. In addition, he helped the 4x400-meter relay team that ran the eighth-fastest time in program history (3:03.62) punch its ticket to Eugene with a strong leadoff leg. This marks the fifth-consecutive season that the men have qualified a 4x400-meter relay to the NCAA Final site.

James Carter, Jr. – Jr. (Oak Creek, Wis.)

Long jump – Wednesday | Triple jump – Friday
Carter, Jr. jumped a lifetime-best mark (7.93m / 26'0.25") to win the NCAA West Region in the long jump on May 25 to give him the No. 3 seed for the NCAA Championships. He was a second-team All-American in long jump last outdoor season. Carter, Jr. doubled back in Fayetteville and qualified in the triple jump (16.12m / 52'10.75") as the No. 9 seed.



Josh Braverman – Sr. (Lacey, Wash.)

110-meter hurdles – Wednesday (s), Friday (f)
Braverman is peaking at the right time. In his past two meets, he has recorded lifetime-best marks (13.56, 13.55). The Big Ten bronze medalist punched a ticket back to the Pacific Northwest with the 11th-fastest time in the country. Braverman enters the NCAA Championships as the fifth-fastest high hurdler ever at Iowa. This year marks the seventh-consecutive season the Hawkeyes have had at least one high hurdler at the NCAA Final site – every year of the Joey Woody era.

Gratt Reed– Jr. (Atlantic, Iowa)

110-meter hurdles – Wednesday (s), Friday (f) | 4x100-meter relay – Wednesday (s), Friday (f)
After qualifying for the NCAA Indoor Championships and finishing as a second-team All-American in the 60-meter hurdles in February, Reed punched a ticket to the NCAA Outdoor Championships in Eugene. The Atlantic, Iowa, native’s time of 13.75 from the West Regional has him seeded 24th in the country and has a career-best time of 13.67. This year marks the seventh-consecutive season the Hawkeyes have had at least one high hurdler at the NCAA Final site – every year of the Joey Woody era. Reed will also run the third leg of Iowa’s 4x100-meter relay (39.56) that enters the week as the No. 23 seed. The relay is the ninth-consecutive men’s 4x100-meter team to qualify to the NCAA Final site.

Julien Gillum – Jr. (Biloxi, Miss.)

400-meter hurdles – Wednesday (s), Friday (f) | 4x400-meter relay – Wednesday (s), Friday (f)
Gillum won the Big Ten Championships in the 400-meter hurdles on May 15 (51.12) to mark the third-consecutive conference meet that a Hawkeye has won the event. Gillum stayed hot, running 50.40 in the first round of the NCAA West Region preliminaries. He improved his time to 50.26 in the quarterfinal round to qualify for the NCAA Championships as the No. 13 seed. In addition, Gillum anchored the 4x400-meter relay at the NCAA West Region prelims that qualified for Eugene ninth-fastest in the country and clocked the No. 8 time in program history. It marked the fifth-consecutive season that the Iowa men have qualified a 4x400-meter relay to the NCAA Championships. Gillum aims for the third and fourth All-America honors of his Hawkeye career.

Jordan Johnson – So. (Quincy, Ill.)

Discus – Friday (f)
Johnson will be competing at his first NCAA Championships. The sophomore discus thrower launched a heave of 57.09m / 187’3” at the NCAA West Regional and punched his ticket to Eugene as the No. 12 seed. His season and career-best throw (57.77m / 189’6”) is No. 7 all-time at Iowa.

Nik Curtiss – Sr. (Lancaster, Ohio)

Shot Put – Wednesday (f)
Indoor and outdoor shot put school-record holder Nik Curtiss will throw at the NCAA Championships to finish a strong senior season with the Hawkeyes after a decorated career at DII Tiffin University. He finished as a second-team All-American during the indoor season and aims to earn another All-America honor. Curtiss (19.54m / 64’1.25”) enters the championships as the No. 14 seed. Curtiss became the first Hawkeye in program history to eclipse the 20-meter mark earlier this season (20.04m / 65’9”).

Armando Bryson – So. (Long Beach, Calif.)

4x400-meter relay – Wednesday (s), Friday (f)
Bryson ran a key second leg of the 4x400-meter relay (3:03.62) at the NCAA West Region prelims. The Hawkeyes qualified for Eugene ninth-fastest in the country and clocked the No. 8 time in program history. It marked the fifth-consecutive season that the Iowa men have qualified a 4x400-meter relay to the NCAA Championships.

2022 OUTDOOR SEASON LEADERS

MEN		
100 Meters	Kalen Walker	* 10.20
110-Meter Hurdles	Josh Braverman	13.55
200 Meters	Khullen Jefferson	% 20.70
400 Meters	Jenoah McKiver	* 44.74
400-Meter Hurdles	Julien Gillum	50.26
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, Gillum, 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.	26-0 1/4 (7.93m)
Triple Jump	James Carter, Jr.	52-10 3/4 (16.12m)
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	% 11.05
100-Meter Hurdles	Myreanna Bebe	% 13.02
200 Meters	LaSarah Hargrove	% 22.58
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	* 43.69
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



Spencer Gudgel – So. (Carmel, Ind.)

4x400-meter relay – Wednesday (s), Friday (f)

Gudgel ran an important third leg of the 4x400-meter relay (3:03.62), splitting 45.69 and putting the Hawkeyes in a qualifying spot for anchor Julien Gillum at the NCAA West Region prelims. The Hawkeyes qualified for Eugene ninth-fastest in the country and clocked the No. 8 time in program history. It marked the fifth-consecutive season that the Iowa men have qualified a 4x400-meter relay to the NCAA Championships.

Kalil Johnson – Fr. (Evanston, Ill.)

4x100-meter relay – Wednesday (s), Friday (f)

110-meter hurdles NCAA-Regional qualifier Kalil Johnson is capping off an excellent freshman season as the first leg on an NCAA-qualifying 4x100-meter relay. This marks the ninth-consecutive season that the Iowa men have advanced a 4x100-meter relay team to the NCAA Final site, but not without some adversity. The Hawkeyes lost 100-meter school-record holder and leadoff leg Kalen Walker early in the season to injury, and Johnson stepped up to help Iowa keep its streak of nine-straight relay qualifications alive. The Hawkeyes (39.56) head to Eugene as the No. 23 seed.

Austin Kresley – So. (Oakley, Calif.)

4x100-meter relay – Wednesday (s), Friday (f)

100 and 200-meter NCAA-Regional qualifier Austin Kresley will run the second leg on the NCAA-qualifying 4x100-meter relay. The Hawkeyes (39.56) head to Eugene as the No. 23 seed. In addition, this marks the ninth-consecutive season that the Iowa men have advanced a 4x100-meter relay team to the NCAA Final site. Kresley ran the second leg of Iowa’s school-record setting relay at the Jim Click Shootout on April 9 (39.03).

Khullen Jefferson – So. (Lynwood, Ill.)

4x100-meter relay – Wednesday (s), Friday (f)

200-meter NCAA-Regional qualifier Khullen Jefferson will run the anchor leg on the NCAA-qualifying 4x100-meter relay. The Hawkeyes (39.56) head to Eugene as the No. 23 seed. In addition, this marks the ninth-consecutive season that the Iowa men have advanced a 4x100-meter relay team to the NCAA Final site. Jefferson anchored Iowa’s school-record setting relay at the Jim Click Shootout on April 9 (39.03).

LaSarah Hargrove – So. (Tampa, Fla.)

100 meters – Thursday (s), Saturday (f) | 200 meters – Thursday (s), Saturday (f) | 4x100-meter relay – Thursday (s), Saturday (f)

Iowa Director of Track and Field Joey Woody called Hargrove’s NCAA West Regional performance “one of the best in Iowa track and field history”. The speedy sophomore punched three tickets to the NCAA Championships (100m, 200m, 4x100m relay). Hargrove ran all-conditions personal-best times in both the 100 meters (11.05w) and 200 meters (22.58w) and led off the school-record setting 4x100-meter relay (43.69). Hargrove qualified eighth-fastest in the 200 meters and 10th-fastest in the 100 meters. Hargrove will be making her first appearance at an NCAA Championships.

Erin Dowd – Sr. (Brighton, Mich.)

400-meter hurdles – Thursday (s), Saturday (f) | 4x100-meter relay – Thursday (s), Saturday (f)

Dowd has led the No. 1 400-meter hurdle group in the nation for the entirety of the season. The senior transfer from Western Michigan is No. 4 all-time at Iowa in the 400-meter hurdles (56.77) and qualified for her first NCAA Championships as the No. 12 seed (57.01). Dowd will also compete in the 4x100-meter relay as the third leg. She was a part of the school-record breaking relay at the NCAA West Region prelims (43.69) that qualified 13th-fastest for Eugene.

Paige Magee – So. (Columbia, Mo.)

400-meter hurdles – Thursday (s), Saturday (f) | 4x100-meter relay – Thursday (s), Saturday (f)

Magee had a breakout performance at the NCAA West Region prelims to qualify for the NCAA Championships in the 400-meter hurdles. The 100-meter hurdles school-record holder cut over eighth-tenths of a second off of her career-best 400-meter hurdles time to qualify to Eugene 14th-fastest (57.06). Magee is also the anchor leg on Iowa’s 4x100-meter relay team that broke the school record (43.69) and qualified 13th-fastest for the NCAA Championships.

Lia Love – Fr. (Chapel Hill, N.C.)

4x100-meter relay – Thursday (s), Saturday (f)

Love is finishing off an excellent freshman season as the second leg of Iowa’s 4x100-meter relay team that broke the school record (43.69) at the NCAA West Regional and qualified 13th-fastest for the NCAA Championships. In addition, Love qualified for the NCAA West Region prelims in the 100 meters and ends her freshman year tied for second all-time (11.33) with teammate LaSarah Hargrove, and No. 10 on Iowa’s all-time 200m list (23.64).

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
Jeniah 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 NCAA CHAMPIONSHIPS QUALIFIERS

ATHLETE.....	EVENT.....	MARK.....	SEED
Austin West.....	Decathlon.....	8,179 pts.....	3
James Carter, Jr.....	Long Jump.....	7.93m / 26'0.25.....	3
West/Bryson/Gudgel/Gillum.....	4x400m Relay.....	3:03.62.....	9
James Carter, Jr.....	Triple Jump.....	16.12m / 52'10.75.....	9
Josh Braverman.....	110mH.....	13.55.....	11
Jordan Johnson.....	Discus.....	57.09m / 187'3".....	12
Julien Gillum.....	400mH.....	50.26.....	13
Nik Curtiss.....	Shot Put.....	19.54m / 64'1.25".....	14
Johnson/Kresley/Reed/K. Jefferson.....	4x100m Relay.....	39.56.....	23
Gratt Reed.....	110mH.....	13.75.....	24

WOMEN'S NCAA CHAMPIONSHIPS QUALIFIERS

ATHLETE.....	EVENT.....	MARK.....	SEED
LaSarah Hargrove.....	200m.....	22.58.....	8
LaSarah Hargrove.....	100m.....	11.05.....	10
Erin Dowd.....	400mH.....	57.01.....	12
Hargrove/Love/Dowd/Magee.....	4x100m Relay.....	43.69.....	13
Paige Magee.....	400mH.....	57.06.....	14

OUTDOOR ALL-TIME TOP 10 PERFORMERS



Justin Austin



Matt Byers



Nikolas Curtiss



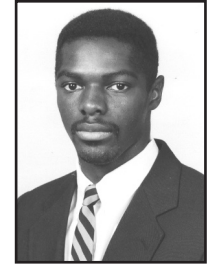
Troy Doris



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** 13.55
6. Dion Trowers, 1996 13.62
7. Ronnie McCoy, 1985 13.66
- Grant Conway, 2022** 13.66
9. **Gratt Reed, 2022** 13.67
10. Ethan Holmes, 2011 13.73

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. **Khullen Jefferson, 2022** 20.70

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. **Everett Steward, 2022** 45.94
10. DeJuan Frye, 2018 46.17

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. **Julien Gillum, 2022** 50.26
6. Chris Douglas, 2019 50.32
7. Paul Steele, 1989 50.45
8. Russell Peterson, 2001 50.50
9. Ethan Holmes, 2013 50.51
10. Adam Kunkel, 2001 50.73

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

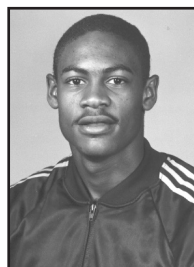
1. Nathan Mylenek, 2021 8:35.41
2. Deacon Jones, 1956 8:47.40
3. Steve Pershing, 1978 8:54.59
4. Andy Morris, 2000 8:56.21
5. Matt Gerard, 1994 8:57.01
6. Andy Napier, 2008 8:57.54
7. Rollie Kitt, 1967 9:02.90
8. Al Greene, 1985 9:02.96
9. Tony Rakaric, 2005 9:03.29
10. Mark Battista, 2010 9:04.60

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



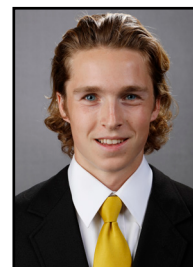
Jaylan McConico



Pat McGhee



Jenoah McKiver



Nathan Mylenek

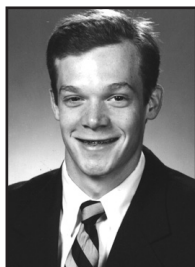


Max Murphy

OUTDOOR ALL-TIME TOP 10 PERFORMERS



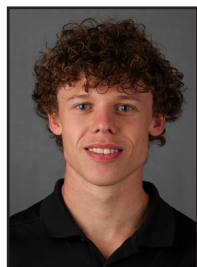
Erik Sowinski



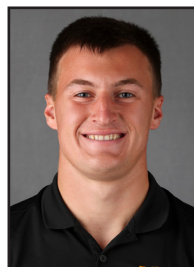
Stetson Steele



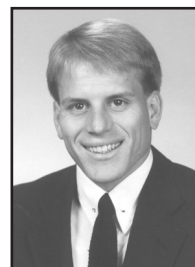
Micah VanDenend



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. **James Carter, Jr., 2022.... 26-0 1/4 (7.93)**
4. Paul Jones, 1989..... 25-10 1/4 (7.88)
5. Darren Smith, 1991..... 25-9 3/4 (7.86)
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. Paul Jones, 1990..... 53-9 (16.38)
3. Babatunde Amosu, 2015..... 53-0 (16.15)
4. **James Carter, Jr., 2022 52-10 3/4 (16.12)**
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. **West, Bryson, Gudgel, Gillum, 2022** 3:03.62
9. Frye, Woodard, Hofacker, Harris, 2018 3:03.69
10. Ogwo, Harris, Hofacker, Lilly, 2017 3:03.78

Sprint Medley Relay

1. McCorkle, Jones, Chung, Strozier, 1990 3:15.64
2. Sayon, Austin, Willey, Sowinski, 2011 3:16.18
3. Richards, Larney, Davey, Sowinski, 2012 3:17.25
4. Richardson, Richards, Willey, Sowinski, 2010..... 3:17.74
5. **Reed, K. Jefferson, Gillum, 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

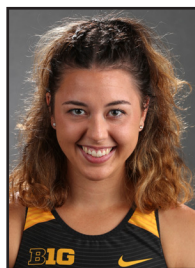
1. Brittany Brown, 2018 11.28
2. **LaSarah Hargrove, 2022** **11.33**
Lia Love, 2022 **11.33**
4. Briana Guillory, 2016 11.35
5. Lake Kwaza, 2015 11.40
6. Vivien McKenzie, 1985 11.45
7. Davera Taylor, 1984 11.51
8. Erica Broomfield, 1998 11.53
9. Jiselle Providence, 2001 11.57
10. Tanja Reid, 1994 11.60
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. **Paige Magee, 2022** **57.06**
6. **Mariel Bruxvoort, 2022** **57.45**
7. **Payton Wensel, 2022** **57.63**
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

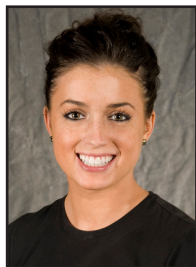
5,000 Meters

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.	Hargrove, Love, Dowd, Magee, 2022	43.69
2.	Kwaza, Guster, Guillory, Hernandez, 2016.....	44.04
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