



December 8, 2022

IOWA Track & Field 2022-23 Notes



TRACK & FIELD CONTACT: JOHN LEO | EMAIL: JOHN-LEO@UIOWA.EDU | Phone: 319-335-9411 | hawkeyesports.com

2023 IOWA TRACK & FIELD INDOOR SCHEDULE

Date	Meet
Dec. 10	Jimmy Grant Invite (Iowa City, Iowa)
Jan. 14	Hawkeye Invite (Iowa City, Iowa)
Jan. 20-21	Larry Wieczorek Invite (Iowa City, Iowa)
Jan. 27-28	at Razorback Invite (Fayetteville, Ark.)
Feb. 3-4	at Meyo Invite (South Bend, Ind.) at Iowa State Classic (Ames, Iowa)
Feb. 11-12	at Tyson Invitational (Fayetteville, Ark.) at Music City Challenge (Nashville, Tenn.)
Feb. 17	Iowa Open (Iowa City, Iowa)
Feb. 18	at Alex Wilson Invite (South Bend, Ind.)
Feb. 24-25	at B1G Championships (Geneva, Ohio)
Mar. 8-11	NCAA Championships (Albuquerque, N.M.)

IOWA COACHING STAFF

Joey Woody

Director of Track & Field/Cross Country (Hurdles/Multis/Men's Short Sprints)

Randy Hasenbank

Associate Head Coach (Distance)

Hadrien Choukroun

Assistant Coach (Jumps/Combined Events)

Jason Wakenight

Assistant Coach/Recruiting Coordinator (Long Sprints/Mid Distance/Men's Long Hurdles)

Chyna Davis

Assistant Coach (Sprints/Hurdles)

Ray Robinson

Assistant Coach (Throws)

Rachel Leonard

Director of Operations

Hannah Sieperda

Assistant Director of Operations



JIMMY GRANT INVITATIONAL

December 10, 2022

Weight Throw: 11 a.m. (HTRC) | High Jump: Noon | Running: 3:00 p.m.
Iowa Indoor Track Facility

Teams: Iowa, Northern Iowa, Western Illinois, and Wisconsin (sprints)

THIS WEEK

University of Iowa track and field opens the 2022-23 indoor season Saturday at home, hosting the Jimmy Grant Invitational. The teams competing include Northern Iowa, Western Illinois and Wisconsin (sprints). The meet begins at 11 a.m. (CT) with the weight throw at the Hawkeye Tennis and Recreation Complex. Jumps begin at noon at the Iowa Indoor Track Facility, and the running events start at 3 p.m. with the 60-meter hurdle prelims. Admission is free.

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. A live stream is also available on B1G+ (subscription required).

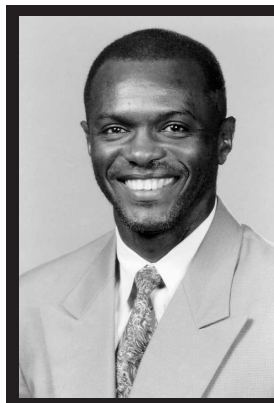
EARLY BIRD SPECIAL

For only the fourth time since the men's and women's teams combined in 2009, the Hawkeyes will compete in the month of December.

MEET CURRENT RECORD HOLDERS

Eight Hawkeyes on the roster account for seven indoor school records. They include:

- Kalen Walker: 60 meters (6.61)
- Jenoa McKiver: 400 meters (45.39) | 600 meters (1:15.36)
- Chadrick Richards, Julien Gillum, McKiver: 1,600 meter relay (3:02.40)
- Austin West: Heptathlon (5,832 points)
- LaSarah Hargrove: 60 meters (7.25)
- Mariel Bruxvoort & Tesa Roberts: 1,600 meter relay (3:32.38)



Jimmy Grant (1947-2007)

The Jimmy Grant Invitational is named after the late head coach. Coach Grant served as assistant coach from 1986-96 and women's head coach from 1996-2006. He led the Hawkeyes to 12 individual Big Ten titles and coached 10 All-Americans. Grant was born in Manchester, Jamaica. He attended Eastern Michigan, where he was an all-American and inducted into the Eastern Michigan Hall of Fame. Grant died peacefully on July 23, 2007.



FIVE MORE YEARS

Director of Track and Field and Cross Country Joey Woody has received a contract extension through June 2027. Woody, an Iowa City native and World Champion, is in his ninth season at the helm of Iowa track and field. He is a four-time Big Ten Coach of the Year and a six-time USTFCCCA Regional Coach of the Year. Since arriving on campus, Woody has led Iowa to 49 Big Ten individual titles, 12 conference relay titles, four men's Big Ten team titles, four Big Ten Athletes of the Year, and 199 All-America honors.

BIG TEN COACH OF THE YEAR

Iowa Director of Track and Field Joey Woody earned his fourth-consecutive Big Ten Coach of the Year honor on March 2 after leading the Hawkeye men to their second-consecutive Big Ten Indoor Championship. A season ago, Woody became the first coach in program history to sweep the indoor and outdoor coach of the year awards. Iowa completed a Big Ten Championship sweep on the men's side for the first time since 1963 — its outdoor title marking two-in-a-row.

2022 INDOOR ALL-AMERICANS

The Hawkeyes finished the 2021-22 indoor season with 12 All-America honors. Iowa returns 400-meter first-team All-Americans Jenoa McKiver (2nd) and Chadrick Richards (7th). Second-team All-Americans Austin West (heptathlon), Gratt Reed (60-meter hurdles), Grant Conway (60-meter hurdles), Kalen Walker (60-meters) and Julien Gillum (1,600-meter relay) will also be back for the Hawkeyes.

On the women's side, senior Mariel Bruxvoort and junior Tesa Roberts return as first-team All-Americans in the 1,600-meter relay.

BREAKING RECORDS IS A HABIT

Iowa returns eight student-athletes that broke indoor school records last season.

- 60 meters 6.61 Kalen Walker
- 60 meters 7.25 LaSarah Hargrove
- 400 meters 45.39 Jenoa McKiver
- 600 meters 1:15.36 Jenoa McKiver
- 4x400 Relay 3:02.40 Richards, Gillum, McKiver
- 4x400 Relay 3:32.38 Bruxvoort, Roberts
- Heptathlon 5,832 pts. Austin West

LEADING THE WAY

After narrowly missing the NCAA indoor championships, senior sprinter LaSarah Hargrove returns for a chance to break into the field in the 60-meter and 200-meter events. Hargrove holds the 60-meter school record with a time of 7.25. Senior Amanda Howe looks to build on her 2022 Big Ten Outdoor Championship performance by taking things to the next level in the weight throw. Junior Tionna Tobias has shown improvement in different field events in preparation for the pentathlon. Tobias holds a team-best mark of

2022 INDOOR SEASON LEADERS

MEN'S SEASON BESTS

60 Meters	Kalen Walker	* 6.61
60-Meter Hurdles	Grant Conway	7.72
	Gratt Reed	7.72
200 Meters	Khullen Jefferson	20.93
300 Meters	Evan Schuster	34.80
400 Meters	Jenoah McKiver	* 45.39
600 Meters	Jenoah McKiver	* 1:15.36
800 Meters	Antonio Abrego	1:48.47
1,000 Meters	Antonio Abrego	2:24.05
Mile	Max Murphy	4:05.45
3,000 Meters	Nick Trattner	8:10.03
5,000 Meters	Max Murphy	13:58.87
1,600-Meter Relay	Chadrick Richards, Julien Gillum, Wayne Lawrence, Jr., Jenoa McKiver	* 3:02.40
Dist. Medley Relay	Antonio Abrego, Wayne Lawrence, Jr, Alec Still, Max Murphy	9:39.60
High Jump	Zack Pluff	6-8 3/4 (2.05m)
Pole Vault	Austin West	14-5 1/4 (4.40m)
Long Jump	James Carter, Jr.	25-2 1/2 (7.68m)
Triple Jump	James Carter, Jr.	51-3 3/4 (15.64m)
Shot Put	Nikolas Curtiss	* 64-2 1/2 (19.57m)
Weight Throw	Tyler Lienau	* 72-10 (22.20m)
Heptathlon	Austin West	* 5,832 points

WOMEN'S SEASON BESTS

60 Meters	LaSarah Hargrove	* 7.25
60-Meter Hurdles	Myreanna Bebe	8.26
200 Meters	LaSarah Hargrove	23.55
300 Meters	Nylah Perry	39.22
400 Meters	Tesa Roberts	53.91
600 Meters	Mallory King	1:28.45
800 Meters	Mallory King	* 2:04.56
1,000 Meters	Mallory King	2:50.46
Mile	Amber Aesoph	4:41.58
3,000 Meters	Kelli Tosic	9:41.06
5,000 Meters	Brooke McKee	16:50.17
1,600-Meter Relay	Mariel Bruxvoort, Tesa Roberts, Payton Wensel, Mallory King	* 3:32.38
Dist. Medley Relay	Emma Gordon, Mariel Bruxvoort, Grace Bookin-Nosbisch, Amber Aesoph	11:21.29
High Jump	Maria Gorham	5-5 1/2 (1.66m)
Long Jump	Tionna Tobias	20-1 1/2 (6.13m)
Triple Jump	Kayla Hutchins	40-9 3/4 (12.44m)
Shot Put	Nia Britt	54-2 1/2 (16.52m)
Weight Throw	Amanda Howe	69-8 (21.23m)
Pentathlon	Tionna Tobias	3,674 points

* -- school record



20-1 1/2 in the long jump and a time of 8.40 in the 60-meter hurdles. Fellow junior Paige Magee aims to jump back to the top of the Big Ten in the 60-meter hurdles, after taking gold at the 2021 B1G Indoor Championships.

RUN DON'T WALK(ER)

Junior Kalen Walker exploded onto the scene in his Hawkeye debut at last year's Jimmy Grant Invitational, tying the 60-meter school record (6.69) in the prelims. Walker improved his all-time best mark at the Larry Wiczorek Invitational, becoming the lone school-record holder in the 60 meters (6.67), running that time in both the prelims and final. Walker bested top-level SEC competition at the Tyson Invitational, winning the 60 meters and improving his school record (6.61) once again. Walker finished third at the Big Ten Championships last time out and his time ranks 14th nationally.

HURDLE U.

Sophomores Grant Conway (7.72) and Gratt Reed (7.72) each qualified for the NCAA Indoor Championships on March 11-12 of 2022 after they each put down personal-best times at the Big Ten Championships. Conway finished as Big Ten runner-up and Reed took bronze.

B1G TIME(S) FOR MCKIVER

Standout sprinter Jenoa McKiver broke three school records last season. At the Meyo Invite, McKiver ran the seventh-fastest 600 meters in NCAA history (all conditions) and improved his school record (1:15.36). McKiver's hot streak continued as he won the 400 meters at the Tyson Invitational with yet another school record (45.39). The then-freshman also ran the anchor leg of the school-record setting 4x400-meter relay (3:02.40). McKiver currently ranks fifth nationally in the quarter-mile while Iowa's time ranks second in the NCAA. McKiver earned back-to-back Men's Big Ten Track Athlete of the Week honors (Feb. 2 & Feb. 9) for his performances. At the Big Ten Championships, McKiver won two gold medals (600 meters, 4x400-meter relay) to lead the Hawkeyes to back-to-back indoor titles.

NEXT ON THE BLOCK

The Hawkeyes have a month-long break from competition before returning home to host their second of four indoor home meets with the Hawkeye Invitational Jan. 14.

PRONUNCIATION GUIDE

Amber Aesoph.....	A-soph
Damoy Allen	
Elijah Barnes.....	ill-LIE-juh
Alivia Bauer.....	ah-LIV-ee-uh
Myreanna Bebe.....	MUR-enna Bee-bee
Audrey Biermann	
Jalyssa Blazek.....	JA-liss-uh
Alli/Grace Bookin-Nosbisch.....	nos-BISH
Koby Brackemeyer	
Mariel Bruxvoort.....	BROOKS-vort
Dimia Burrell.....	Dih-ME-uh
Aliyanna Dorn	
Holly Duax	
Ian Geisler.....	GUY-slur
Bryce Gidel.....	gih-DELL
Spencer Gudgel.....	GUD-gell
Maggie Gutwein.....	GUT-win
Peyton Haack.....	HOCK
Carson Houg	
Jaiden Itson	
Kaleba Jack	
Khullen Jefferson.....	CULLEN
Kalil Johnson	
Keith Keahna.....	kee-AH-nuh
Daniel Klysh.....	KLISH
Jamie Kofron	
Lizzie Korczak	
Leah Kralovetz	
Hayden Kuhn	
Derek Leicht	
Tyler Lienau.....	LEE-now
Jenoah McKiver.....	jeh-NOAH muh-KEE-ver
Tahlee McVee	
Ella Meeuwsen	
Eli Naumann	
Micah Poellet	
Ellie Rathe	
Ianna Roach	
Tesa Roberts.....	TAY-suh
Ryan Schreiner.....	SHRINE-urr
Evan Schuster	
Aleah Tenpas	
Kelli Tosic.....	tah-SICK
Ellie Twedt.....	TWEET
Davis Wenthe	
Walker Whalen	
Yohana Yual	

IOWA INDOOR TRACK FACILITY

The Iowa Indoor Track Facility became the full-time home for the Iowa Track & Field Program in 2016 when the UI Athletic Department bought the building from the University and installed a state-of-the-art multi-million dollar track used in the 2016 World Championships. The facility includes eight training and athletic training spaces for Iowa track & field and cross country teams. Iowa hosted the B1G Men's Indoor Championships in 1989, 1997, and 2006 and the B1G Women's Indoor Championships in 1991 and 2004.



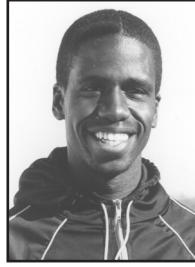
INDOOR ALL-TIME TOP 10 PERFORMERS



Karayme Bartley



Jamal Britt



Rodney Chambers



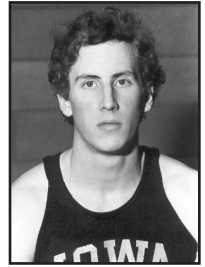
Nikolas Curtiss



Troy Doris



Julien Gillum



Bill Hansen

60 Meters

1. **Kalen Walker, 2022** **6.61**
2. Justin Austin, 2011 6.69
3. Vinnie Saucer, Jr., 2016 6.70
4. **Austin Kresley, 2021** **6.72**
5. Kurt Felix, 1999 6.73
Tevin-Cee Mincy, 2014 6.73
7. Josh Larney, 2013 6.74
Christian Brissett, 2017 6.74
9. Troy Doris, 2012 6.75
10. O'Shea Wilson, 2017 6.75

60-Meter Hurdles

1. Jamal Britt, 2021 7.52
2. Jaylan McConico, 2020 7.60
3. Aaron Mallett, 2017 7.64
4. Jordan Mullen, 2013 7.70
5. **Grant Conway, 2022** **7.72**
Gratt Reed, 2022 **7.72**
7. Chris Douglas, 2019 7.75
8. Ethan Holmes, 2013 7.82
Josh Braverman, 2021 7.82
10. Dion Trowers, 1997 7.87

200 Meters

1. Karayme Bartley, 2019 20.67
2. Justin Austin, 2011 20.80
3. Wayne Lawrence, Jr., 2020 20.85
4. Antonio Woodard, 2019 20.89
5. **Khullen Jefferson, 2022** **20.93**
6. **Gratt Reed, 2022** **21.03**
7. **Chadrick Richards, 2022** **21.09**
8. Anthuan Maybank, 1993 21.11
9. **Austin Kresley, 2021** **21.12**
10. Bashir Yamini, 1999 21.19

400 Meters

1. **Jenoah McKiver, 2022** **45.39**
2. **Wayne Lawrence Jr., 2021** **45.40**
3. Mar'yea Harris, 2017 45.75
4. **Chadrick Richards, 2022** **46.01**
5. Karayme Bartley, 2019 46.25
6. Emmanuel Ogwo, 2017 46.45
7. Steven Willey, 2010 46.75
8. Terrence Duckett, 1984 46.81
9. Collin Hofacker, 2017 46.82
10. **Julien Gillum, 2022** **46.88**

600 Meters

1. **Jenoah McKiver, 2022** **1:15.36**
2. **Julien Gillum, 2022** **1:16.11**
3. Wayne Lawrence, Jr., 2020 1:16.55
4. Mar'yea Harris, 2019 1:16.60
5. **Tyler Olson, 2022** **1:16.70**
6. **Spencer Gudgel, 2022** **1:16.82**
7. **Armando Bryson, 2022** **1:16.89**
8. Erik Sowinski, 2012 1:16.91
9. Austin Lietz, 2020 1:17.03
10. Carter Lilly, 2017 1:17.20

800 Meters

1. Carter Lilly, 2017 1:47.33
2. Erik Sowinski, 2012 1:47.62
3. Will Teubel, 2016 1:47.74
4. **Antonio Abrego, 2022** **1:48.47**
5. Pavlo Hutsalyuk, 2016 1:48.97
6. Ryan Weir, 2013 1:49.11
7. Adam Hairston, 2010 1:49.26
8. Nathan Prom, 2013 1:49.29
9. Matt Manternach, 2020 1:49.35
10. Alex Birkett, 2020 1:49.47

Mile

1. Jeff Thode, 2011 3:58.72
2. Ed DeLashmutt, 1981 4:04.01
3. **Kal Lewis, 2021** **4:04.21**
4. Adam Jones, 2017 4:04.28
5. Michael Melchert, 2018 4:04.32
6. Larry Wieczorek, 1968 4:04.40
7. Nathan Mylenek, 2019 4:04.88
8. **Max Murphy, 2022** **4:05.45**
9. John Clark, 1972 4:05.94
10. Ben Witt, 2014 4:07.08

3,000 Meters

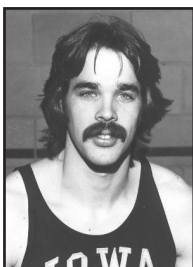
1. Kevin Lewis, 2015 7:57.06
2. Nathan Mylenek, 2020 7:58.37
3. **Max Murphy, 2021** **7:59.30**
4. Jeff Thode, 2011 8:00.38
5. Micah VanDenend, 2006 8:00.81
6. Daniel Soto, 2020 8:06.04
7. Michael Melchert, 2018 8:08.30
8. Eric MacTaggart, 2006 8:08.79
9. Stetson Steele, 2000 8:09.54
10. **Nick Trattner, 2022** **8:10.03**

5,000 Meters

1. Kevin Lewis, 2015 13:43.70
2. Micah VanDenend, 2007 13:56.46
3. **Max Murphy, 2022** **13:58.87**
4. Daniel Soto, 2020 13:58.97
5. Stetson Steele, 2000 14:00.52
6. **Nick Trattner, 2022** **14:00.69**
7. Dan Haut, 2006 14:06.16
8. Noah Healy, 2021 14:12.47
9. Eric MacTaggart, 2006 14:13.41
10. Jeff Thode, 2011 14:16.00



Collin Hofacker



Bill Knoedel



Wayne Lawrence, Jr.



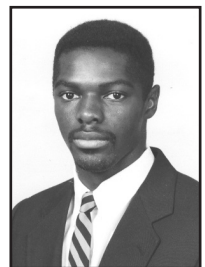
Kevin Lewis



Tyler Lienau



Carter Lilly



Anthuan Maybank

INDOOR ALL-TIME TOP 10 PERFORMERS



Jaylan McConico



Jenoah McKiver



Michael Melchert



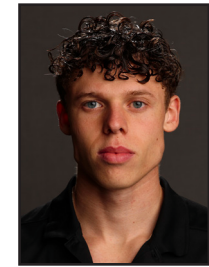
Nathan Mylenek



Chadrick Richards



Jeff Thode



Kalen Walker

Heptathlon

1. **Austin West, 2022..... 5,832 points**
2. **Peyton Haack, 2021 5,749 points**
2. Will Daniels, 2020..... 5,689 points
3. William Dougherty, 2018.. 5,606 points
5. Kyle Reid, 2013 5,354 points
6. Dan Rolling, 2010 5,205 points
7. Jack Eckert, 2015 5,188 points
8. Daniel Gaynes, 2018..... 5,162 points
9. Ryan Niver, 2008..... 5,149 points
10. Frank Prill, 2010..... 5,015 points

High Jump

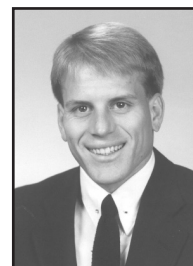
1. Bill Knoedel, 1976..... 7-3 (2.21)
- Bill Hansen, 1978..... 7-3 (2.21)
3. Scott Hudek, 1993 7-0 1/2 (2.15)
- Kevin Spejcher, 2015 7-0 1/2 (2.15)
5. Pat Meade, 1987 7-0 1/4 (2.14)
6. Mike Lacy, 1984..... 7-0 (2.13)
7. M. Cunningham, 1984.. 6-11 1/4 (2.11)
8. Jeffery Herron, 2010..... 6-11 (2.11)
- Peter Hlavin, 1980..... 6-11 (2.11)
- Brandon Oest, 2010 6-11 (2.11)
- Dan Rolling, 2008 6-11 (2.11)
- Graham Valdes, 2010 6-11 (2.11)
- Peter Andreano, 2016 6-11 (2.11)

Pole Vault

1. Todd Wigginton, 1984 17-1 (5.21)
2. Dave Nielsen, 1975..... 16-10 (5.13)
3. Kyle Reid, 2013 16-6 3/4 (5.05)
- Andy Jatis, 2018 16-6 3/4 (5.05)
5. Curt Brock, 1979..... 16-6 (5.03)
6. Peyton Haack, 2019..... 16-4 3/4 (5.00)
- Alex Zona, 2010..... 16-4 3/4 (5.00)
8. Phil Wertman, 1971 16-4 (4.98)
9. Jeff Raymond, 2008..... 16-2 (4.93)
10. John Teffer, 1972 16-1 (4.90)



Austin West



Todd Wigginton

Long Jump

1. Anthuan Maybank, 1992..26-5 1/2 (8.06)
2. Bashir Yamini, 199826-0 1/4 (7.93)
3. O'Shea Wilson, 201725-9 1/2 (7.86)
4. **James Carter, Jr. 2022 25-2 1/2 (7.68)**
5. Darren Smith, 1991 25-2 (7.67)
6. Paul Jones, 1990.....24-11 1/4 (7.60)
- Jamal Britt, 202124-11 1/4 (7.60)
8. Josh Larney, 2013 24-10 (7.57)
9. Ronnie McCoy, 1984..... 24-9 (7.54)
10. Matty Gorman, 2006.....24-8 1/2 (7.53)

Triple Jump

1. Troy Doris, 2011 54-0 (16.46)
2. Babatunde Amosu, 2015..52-8 3/4 (16.07)
3. Paul Jones, 1990.....52-1 1/4 (15.88)
- Klyvens Delaunay, 2014..52-1 1/4 (15.88)
5. **James Carter, Jr. 2022 .. 51-3 3/4 (15.64)**
6. Mike Lacy, 1983 49-0 (14.93)
7. Owen Gill, 198248-10 3/4 (14.90)
8. Josh Bean, 2009 48-10 (14.88)
9. David Nsabua, 2013 48-9 (14.86)
10. Kerry Dean, Jr., 2016.....48-8 1/4 (14.84)

Shot Put

1. Nikolas Curtiss, 2022 . 64-2 1/2 (19.57m)
2. Reno Tuufuli, 201863-3 1/4 (19.28)
3. John Hickey, 2009..... 63-0 (19.20)
4. Jeremy Allen, 2001.....62-10 1/2 (19.16)
5. Avery Meyers, 2017.....61-4 1/4 (18.70)
6. Shane Maier, 2006..... 61-2 (18.64)
7. Gary Kostrubala, 1986..60-10 3/4 (18.55)
8. Andy Banse, 2005.....60-9 1/4 (18.52)
9. **Elijah Barnes, 2021 60-8 (18.49)**
10. Ken Kemeny, 2004.....60-0 1/2 (18.30)

Weight Throw

1. Tyler Lienau, 2022 72-10 (22.20)
2. Jim Costello, 200269-4 3/4 (21.15)
3. Matt Banse, 2012 67-8 (20.62)
4. Arno van der Westhuizen, 2001
.....67-7 1/2 (20.61)
5. **Sean Smith, 2022..... 67-3 1/4 (20.50)**
6. Adam Hamilton, 2007 ...66-9 1/4 (20.35)
7. Jordan Hawkins, 2022 ..65-11 1/2 (20.11)
8. Jeremy Allen, 2001..... 65-10 (20.07)
9. **Jordan Johnson, 2022 63-10 1/4 (19.47)**
10. Chris Voller, 2005..... 63-4 (19.30)

1,600-Meter Relay

1. **Richards, Gillum, Lawrence, Jr. McKiver,**
2022 3:02.40
2. Bartley, Woodard, Lawrence Jr., Harris,
2019 3:04.76
3. Frye, Clarke, Woodard, Lawrence, Jr.,
2020 3:04.91
4. Ogwo, Hofacker, Frye, Harris, 2017 3:04.94
5. Hofacker, Frye, Garron, Harris, 2018 3:05.33
6. **Steward, Gillum, Bryson, McKiver, 2022. 3:05.47**
7. **K. Jefferson, Gillum, Richards, McKiver**
2022 3:05.63
8. **Gillum, Gudgel, Lawrence, Jr.,**
McKiver, 2022 3:05.68
9. Thompson, Frye, Garron, Harris, 2018 3:06.06
10. Richards, E. Holmes, Sowinski, Willey,
2011 3:06.66

3,200-Meter Relay

1. Cooke, Nie, Monsey, Chambers, 1990..... 7:13.02
2. Corrigan, Blackman, Strozier,
Chambers, 1989 7:29.00
3. English, Blackman, Strozier,
Chambers, 1989 7:36.20
4. 1977 7:39.40
5. 1986 7:40.90
6. Bouske, Herd, Chambers, Koon, 1992 7:43.94
7. Bouska, Cook, White, Herd, 1992..... 7:48.63
8. 1992 7:49.86
9. 1986 7:50.10
10. Roseman, Rerko, Novotny,
Branigan, 1993 7:51.36

Distance Medley Relay

1. Mylenek, Hofacker, Lilly, Melchert, 2018 .9:33.90
2. **Abrego, Lawrence, Jr., Still, Murphy,**
2022 9:39.60
3. **Lewis, Woody, Still, Murphy, 2021 9:42.16**
4. Lilly, Frye, Manternach, Jones, 2017 9:44.07
5. Mylenek, Thompson, Lilly, Melchert,
2018 9:45.10
6. Prom, Rickels, Sowinski, Thode, 2012 9:45.41
7. Birkett, Clarke, **Still, D. Murphy, 2020 9:46.39**
8. 1999 9:46.83
9. 1977 9:48.80
10. 1978 9:49.70

INDOOR ALL-TIME TOP 10 PERFORMERS



Kineke Alexander Meghan Armstrong Brittany Brown Mariel Bruxvoort Tracy Dahl Karessa Farley Lauren Hardesty

60 Meters

1. **LaSarah Hargrove, 2022**.....**7.25**
2. Lake Kwaza, 2016..... 7.33
3. Brittany Brown, 2017 7.39
4. **Lia Love, 2022****7.40**
5. Elaine Jones, 1983 7.43
6. Kyara Avant, 2018 7.44
7. Peaches Roach, 2005 7.45
- Antonise Christian, 2020..... 7.45
9. Shellene Williams, 2004..... 7.50
10. Briana Guillory, 2017 7.51

60-Meter Hurdles

1. Karessa Farley, 2009 8.21
2. Jenny Kimbro, 2020 8.22
3. **Paige Magee, 2022****8.26**
- Myreanna Bebe, 2022****8.26**
5. Tiffany Johnson, 2006..... 8.33
6. Jahisha Thomas, 2017..... 8.35
7. Paula Ruen, 1998..... 8.39
8. Tria Simmons, 2019 8.40
- Tionna Tobias, 2022****8.40**
10. **Miya Brines, 2022****8.43**

200 Meters

1. Brittany Brown, 2017 22.79
2. Briana Guillory, 2018 23.22
3. Kineke Alexander, 2006..... 23.49
4. Lake Kwaza, 2016..... 23.54
5. **LaSarah Hargrove, 2022**.....**23.55**
6. Shellene Williams, 2004..... 23.62
7. Marlene Poole, 1994 23.66
- Yolanda Hobbs, 1995 23.66
9. Erica Broomfield, 1998 23.81
10. Antonise Christian, 2020..... 23.89

400 Meters

1. Kineke Alexander, 2007 51.48
2. Briana Guillory, 2018 51.68
3. Elexis Guster, 2016 52.36
4. Ellen Grant, 1996..... 52.65
5. Shellene Williams, 2004 52.83
6. Alexis Hernandez, 2017..... 53.42
7. **Tesa Roberts, 2022**.....**53.91**
8. Ashley Liverpool, 2011 54.09
9. MonTayla Holder, 2015 54.32
10. **Nylah Perry, 2021****54.43**

600 Yards

1. Senta Hawkins, 1987 1:21.06
2. Aisha Hume, 2004 1:21.74
3. Kay Stormo, 1982 1:22.49
4. Nicole Erickson, 2012 1:22.61
5. Mahnee Watts, 2016 1:22.72
6. Bethany Praska, 2009 1:23.12
7. Hannah Simonson, 2012 1:23.18
8. Chris Davenport, 1982..... 1:24.14
9. Kaitlyn Nelson, 2015..... 1:24.52
10. Sophia Poncè, 2007 1:24.55

600 Meters

1. Kineke Alexander, 2008 1:27.45
2. Bethany Praska, 2011 1:28.14
3. Mallory King, 2022 1:28.45
4. MonTayla Holder, 2016 1:29.35
5. **Clare Pitcher, 2022****1:29.36**
6. Tia Saunders, 2020 1:29.83
7. Payton Wensel, 2020..... 1:29.87
8. Mahnee Watts, 2016..... 1:30.41
9. **Jaiden Itson, 2022**.....**1:30.69**
10. Senta Hawkins, 1987 1:30.77

800 Meters

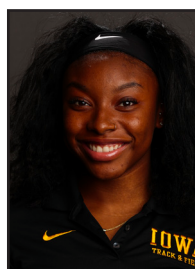
1. Mallory King, 2022 2:04.56
2. Bethany Praska, 2011 2:05.01
3. Jeanne Kruckeberg, 1989 2:06.38
4. Michelle Lahann, 2004 2:06.83
5. Katharina Trost, 2014 2:07.38
6. **Clare Pitcher, 2022****2:07.56**
7. **Alli Bookin-Nosbisch, 2022**.....**2:08.38**
8. Mahnee Watts, 2014..... 2:08.79
9. Tia Saunders, 2020 2:08.83
10. Taylor Arco, 2020..... 2:08.94

Mile

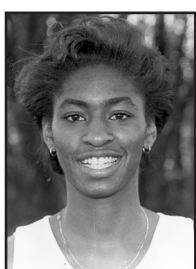
1. McKenzie Melander, 2011..... 4:39.78
2. Jeanne Kruckeberg, 1989 4:40.19
3. Meghan Armstrong, 2006 4:40.59
4. Lauren Hardesty, 2011 4:41.01
5. **Amber Aesoph, 2022****4:41.58**
6. Tina Stec, 1994 4:42.63
7. Betsy Flood, 2010..... 4:42.70
8. Penny O'Brien, 1981..... 4:43.72
9. Diane Nukuri, 2007..... 4:46.25
10. Michelle Lahann, 2004 4:47.23

3,000 Meters

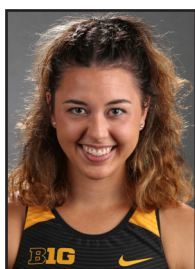
1. Tracy Dahl, 1993..... 9:15.57
2. Meghan Armstrong, 2008 9:17.50
3. Diane Nukuri, 2008..... 9:20.07
4. Betsy Flood, 2011..... 9:20.09
5. Nan Doak, 1982..... 9:21.60
6. Jenny Spangler, 1986..... 9:22.41
7. Mareike Schrulle, 2012..... 9:23.97
8. Brooke Eilers, 2012..... 9:27.92
9. McKenzie Melander, 2012..... 9:29.71
10. Krista Anderson, 2006 9:29.75



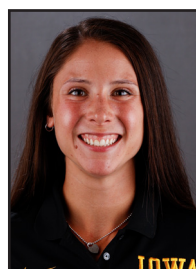
LaSarah Hargrove



Senta Hawkins



Jenny Kimbro



Mallory King



McKenzie Melander

INDOOR ALL-TIME TOP 10 PERFORMERS



Diane Nukuri



Tesa Roberts



Peaches Roach



Jessie Strand



Laulauga Tausaga



Jahisha Thomas



Payton Wensel

5,000 Meters

1. Tracy Dahl, 1993 15:49.52
2. Nan Doak, 1985 15:55.45
3. Racheal Marchand, 2009 15:55.70
4. Diane Nukuri, 2008 16:01.36
5. Jenny Spangler, 1982 16:08.74
6. Judy Parker, 1981 16:16.63
7. Betsy Flood, 2011 16:20.67
8. Andrea Shine, 2018 16:21.53
9. Jennifer Brower, 1992 16:22.19
10. Nikki Chapple, 2004 16:27.04

Pentathlon

1. Jenny Kimbro, 2020 4,269 points
2. Tria Simmons, 2019 4,200 points
3. Tammilee Kerr, 2008 3,974 points
4. Dallyssa Huggins, 2021 3,881 points
5. Chris Davenport, 1983 3,798 points
6. Kamesha Marshall, 2005 3,701 points
7. **Tionna Tobias, 2022 3,674 points**
8. Tiff Pedersen, 2004 3,511 points
9. Sarah Ryan, 2013 3,472 points
10. Maureen Abel, 1979 3,427 points

High Jump

1. Peaches Roach, 2005 6-0 3/4 (1.85)
2. Mary Mol, 1983 6-0 (1.83)
3. Khanishah Williams, 2013 5-11 1/4 (1.81)
4. Dallyssa Huggins, 2020 5-10 (1.78)
5. Becky Kaza, 1995 5-9 3/4 (1.77)
6. Caleigh Bacchus, 2010 5-9 1/4 (1.76)
7. Aubrianna Lantrip, 2019 5-9 1/4 (1.76)
8. Gillian Urycki, 2018 5-8 3/4 (1.75)
9. Kristi Dinkla, 1985 5-8 1/2 (1.74)
10. Kacey Childs, 2001 5-8 1/2 (1.74)

Pole Vault

1. Jessie Strand, 2004 12-5 1/2 (3.80)
2. Amy Smith, 2017 11-11 3/4 (3.65)
3. Sarah Burgett, 2007 11-10 (3.61)
4. Kirsten Weismantle, 2011 11-5 3/4 (3.50)
5. Brittany Holst, 2013 11-3 3/4 (3.45)
6. Katie Truedson, 2010 10-11 3/4 (3.35)
7. Gina Shannon, 2001 10-6 (3.20)
8. Kacey Childs, 2001 9-0 (2.75)
9. Amy Kasparbauer, 2000 8-0 (2.44)

Long Jump

1. Jahisha Thomas, 2018 21-0 3/4 (6.42)
2. Zinnia Miller, 2014 20-4 1/4 (6.20)
3. Tionna Tobias, 2022 20-1 1/2 (6.13)
4. Carisa Leacock, 2014 19-9 1/2 (6.03)
5. Lisa Moats, 1986 19-6 (5.95)
6. Kassidy Ellis, 2015 19-5 1/2 (5.93)
7. Jenny Kimbro, 2020 19-4 (5.89)
8. Renee White, 2006 19-3 1/4 (5.87)
9. Tiffany Johnson, 2007 19-2 1/2 (5.85)
10. Tria Simmons, 2018 19-2 (5.84)

Triple Jump

1. Jahisha Thomas, 2018 ... 43-4 1/2 (13.22)
2. Renee White, 2008 42-4 (12.90)
3. Amanda Carty, 2019 42-1 1/2 (5.88)
4. Tria Simmons, 2017 42-1 1/4 (12.83)
5. Tiffany Johnson, 2007 41-3 3/4 (12.59)
6. Eavion Richardson, 2021 41-3 1/4 (12.58)
7. Zinnia Miller, 2014 41-2 1/2 (12.56)
8. **Kayla Hutchins, 2022 40-9 3/4 (12.44)**
9. Hannah Schlib, 2019 40-7 (12.37)
10. Carisa Leacock, 2012 40-5 1/2 (12.33)

Shot Put

1. Laulauga Tausaga, 2020 58-11 1/4 (17.96)
2. Nia Britt, 2019 54-11 1/2 (16.75)
3. **Kat Moody, 2022 53-6 1/2 (16.32)**
4. Nicole Berry, 2022 52-6 3/4 (16.02)
5. Erika Hammond, 2019 ... 51-3 1/2 (15.63)
6. Gail Smith, 1985 51-0 (15.54)
7. Lisa Van Steenwyk, 1993 50-5 1/4 (15.37)
8. **Jamie Kofron, 2021 50-0 3/4 (15.26)**
9. Kamesha Marshall, 2005 49-2 1/4 (14.99)
10. Denise Taylor, 1992 48-9 (14.86)

Weight Throw

1. Laulauga Tausaga, 2019. 76-3 3/4 (23.26)
2. **Amanda Howe, 2022 69-8 (21.23)**
3. Nia Britt, 2022 68-8 1/2 (20.94)
4. **Jamie Kofron, 2022 67-4 3/4 (20.54)**
5. Ashlyn Gulvas, 2013 63-6 (19.35)
6. Jasmine Simpson, 2013. 62-6 1/2 (19.06)
7. Annemie Smith, 2014 61-4 (18.69)
8. Kelsey Taylor, 2011 60-4 1/2 (18.40)
9. **Alivia Bauer, 2021 59-5 (18.11)**
10. Allison Wahrman, 2020. 59-1 1/2 (18.02)

1,600-Meter Relay

1. **Bruxvoort, Roberts, Wensel, King, 2022 3:32.38**
2. Holder, Guillory, Hernandez, Guster, 2016 3:32.93
3. Champe, Guillory, Brown, Plock, 2018 3:33.19
4. Sharpe, Guillory, Brown, Champe, 2018 3:34.34
5. **Bruxvoort, Wensel, King, Roberts, 2022 3:35.73**
6. **Bruxvoort, Wensel, Itson, Roberts, 2022 3:35.90**
7. Holder, Guster, Hernandez, Guillory, 2016 3:36.47
8. Liverpool, Hendricks, Praska, Erickson, 2011 3:36.97
9. Holder, Hernandez, Guster, Guillory, 2016 3:36.99
10. Hernandez, Holder, Guster, Watts, 2014 3:37.16

Distance Medley Relay

1. Armstrong, Alexander, L. Hardesty, Nukuri, 2008 11:20.11
2. **Gordon, Bruxvoort, G. Bookin-Nosbisch, Aesoph, 2022 11:21.29**
3. Melander, Hendricks, L. Hardesty, Eilers, 2011 11:22.44
4. Stormo, Davenport, Williams, O'Brien, 1981 11:23.02
5. Melander, Praska, Hendricks, Flood, 2011 11:24.47
6. Flood, Hendricks, L. Hardesty, Melander, 2010 11:25.01
7. Melander, Hendricks, Flood, Marchand, 2009 11:27.34
8. Benning, Poole, Salsberry, Stec, 1994 11:28.03
9. Stormo, Davenport, Hayden, Doak, 1982 11:29.54
10. Armstrong, Granger, Stanley, K. Anderson, 2006 11:29.54