



January 20-21, 2023

IOWA Track & Field 2022-23 Notes



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2023 IOWA TRACK & FIELD INDOOR SCHEDULE

Date	Meet
Dec. 10	Jimmy Grant Invite (Iowa City, Iowa)
Jan. 13-14	Hawkeye Invitational (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) at New Mexico Collegiate Classic (Albuquerque, N.M.)
Feb. 10-11	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



LARRY WIECZOREK INVITATIONAL

Jan 20-21, 2023 | Iowa Indoor Track Facility

Friday - Weight Throw: 11 a.m. (HTRC) | High Jump: 11 a.m. | Running: 4:00 p.m.

Saturday - Shot Put: 11 a.m. | Triple Jump: 1:00 p.m. | Running: 2:50 p.m.

Teams: Iowa, Bradley, Dubuque, Illinois, Illinois State, Indian Hills, Iowa Central, Loras, Minnesota State, Simpson, Tiffin, Tulsa, UNI, Western Illinois, Wisconsin

THIS WEEK

University of Iowa track and field hosts their third consecutive meet with the Larry Wieczorek Invitational on Friday and Saturday. The meet begins Friday at 11 a.m. (CT) with the weight throw at the Hawkeye Tennis and Recreation Complex (HTRC) and the high jump at the Iowa Indoor Track Facility. Running events start at 4:00 p.m. The meet picks back up on Saturday at 11 a.m. with the shot put at the Iowa Indoor Track Facility. Running events follow at 2:50 p.m. with the 60-meter hurdle prelims. Admission is free.

FOLLOW ALONG

- Fans can follow the meet on the Meet Day page at hawkeyesports.com/tracklive.
- Results will also be posted on the team's official twitter account @iowaxc_tf.
- A live stream is available on B1G+ (subscription required).

THE COMPETITION

This week's Larry Wieczorek Invitational features 15 programs, including three Big Ten teams -- Iowa, Illinois, Wisconsin. Iowa will also host Bradley, Dubuque, Illinois State, Indiana Hills, Iowa Central, Loras, Minnesota State, Simpson, Tiffin, Tulsa, UNI, and Western Illinois.

MCKIVER IS BACK

Jenoah McKiver made his season debut on Jan. 14 at the Hawkeye Invitational, cruising to victory in the 400-meter event with a time of 46.26. McKiver, a sophomore from High Point, N.C., ranks third, nationally, in the event.

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 ranked fifth nationally in the quarter-mile, while Iowa's time ranked 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.



WELCOME TO THE TOP-10

Five Hawkeyes joined or improved their standing in the history books during the Hawkeye Invitational on Jan. 14. Junior Alli Bookin-Nosbisch stepped into the Top 10, ranking sixth in the 600-meter race with her time of 1:30.02. Zack Pluff is tied for eighth all-time in the high jump following his leap of 2.11 meters (6' 11"). DeAndre Stapleton Jr. used an impressive triple jump effort to land sixth in Hawkeye history with his mark of 15.12 meters (49' 7.25"). Junior hurdler Myreanna Bebe moved into a tie for second all-time at Iowa with her 8.22 finish in the 60-meter hurdles. Jordan Johnson's toss of 20.06 meters (65' 9.75") improved his standing of ninth-best in the men's weight throw record books.

MEET THE RECORD HOLDERS

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

- Kalen Walker - 60 meters (6.61)
- Jenoah McKiver - 400 meters (45.39) | 600 meters (1:15.36)
- Chadrick Richards, Julien Gillum, McKiver - 4x400 meter relay (3:02.40)
- Austin West - Heptathlon (5,832 points)
- LaSarah Hargrove - 60 meters (7.25)
- Mariel Bruxvoort & Tesa Roberts - 4x400 meter relay (3:32.38)

HURDLE U.

Junior Grant Conway picked up where he left off last season, setting a season-best time of 7.69 in the 60-meter hurdles at the Jimmy Grant Invitational. He currently ranks third, nationally, in the event. Conway (7.72) and junior 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. Junior Myreanna Bebe claimed the 60-meter hurdles title at the Hawkeye Invitational on Jan. 14, tying her for second all-time at Iowa (8.22).

FIVE MORE YEARS

Director of Track and Field and Cross Country Joey Woody 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 USTFCCA 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

2022-23 INDOOR SEASON LEADERS

MEN'S SEASON BESTS

60 Meters	Damoy Allen	6.71
60-Meter Hurdles	Grant Conway	7.69
200 Meters	Damoy Allen	21.49
300 Meters	Khullen Jefferson	32.97
400 Meters	Jenoah McKiver	46.26
600 Meters	Spencer Gudgel	1:18.22
Mile	Konnor Sommer	4:14.35
1,600-Meter Relay	Everett Steward, Spencer Gudgel, Ryan Schreiner, Julien Gillum	3:13.09
High Jump	Zack Pluff	6-11 (2.11m)
Pole Vault	Peyton Haack	16-0 3/4 (4.90m)
Long Jump	James Carter, Jr.	24-10 1/2 (7.58m)
Triple Jump	James Carter, Jr.	51-8 1/4 (15.75m)
Shot Put	Elijah Barnes	59-0 (17.98m)
Weight Throw	Jordan Johnson	65-9 3/4 (20.06m)

WOMEN'S SEASON BESTS

60 Meters	LaSarah Hargrove	7.39
60-Meter Hurdles	Myreanna Bebe	8.22
200 Meters	Paige Magee	24.01
300 Meters	Lia Love	38.43
400 Meters	Chloe Larsen	54.57
600 Meters	Aliyanna Dorn	1:29.49
Mile	Alli Bookin-Nosbisch	4:48.25
3,000 Meters	Rowan Boulter	10:43.98
1,600-Meter Relay	Mariel Bruxvoort, Chloe Larsen, Audrey Biermann, Alli Bookin-Nosbisch	3:38.28
High Jump	Tionna Tobias	5-5 (1.65m)
Long Jump	Tionna Tobias	20-1 3/4 (6.14m)
Triple Jump	Kayla Hutchins	39-0 1/2 (11.90m)
Shot Put	Kat Moody	51-3 3/4 (15.64m)
Weight Throw	Amanda Howe	67-7 (20.60m)

* -- school record



Indoor Championship. In 2021, 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 returned 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 returned as first-team All-Americans in the 1,600-meter relay.

LEADING THE WAY

After narrowly missing the NCAA indoor championships, senior sprinter La-Sarah Hargrove returned 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 6.14 meters (20’ 1.75”) in the long jump. 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.

NEXT ON THE BLOCK

The Hawkeyes hit the road for the first time in 2023, traveling to Fayetteville, Arkansas, for the Razorback Invite on Jan. 27-28.

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
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.



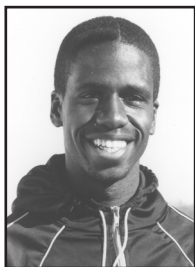
INDOOR ALL-TIME TOP 10 PERFORMERS



Karayme Bartley



Jamal Britt



Rodney Chambers



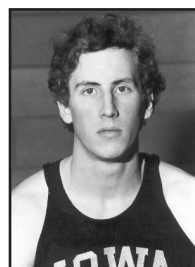
Nikolas Curtiss



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. **Damoy Allen, 2022** **6.71**
5. **Austin Kresley, 2021** **6.72**
6. Kurt Felix, 1999 6.73
- Tevin-Cee Mincy, 2014 6.73
8. Josh Larney, 2013 6.74
- Christian Brissett, 2017 6.74
10. Troy Doris, 2012 6.75
- O'Shea Wilson, 2017 6.75
- Khullen Jefferson, 2023** **6.75**

60-Meter Hurdles

1. Jamal Britt, 2021 7.52
2. Jaylan McConico, 2020 7.60
3. Aaron Mallett, 2017 7.64
4. **Grant Conway, 2022** **7.69**
5. Jordan Mullen, 2013 7.70
6. **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 Wiecezorek, 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

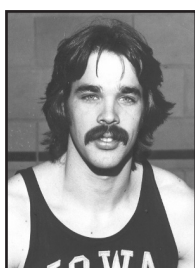
1. Kevin Lewis, 2015 7:57.06
2. Nathan Mylenek, 2020 7:58.37
3. **Max Murphy, 2021** **7:59.30**
4. Jeff Thode, 2011 8:00.38
5. Micah VanDenend, 2006 8:00.81
6. Daniel Soto, 2020 8:06.04
7. Michael Melchert, 2018 8:08.30
8. Eric MacTaggart, 2006 8:08.79
9. Stetson Steele, 2000 8:09.54
10. **Nick Trattner,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



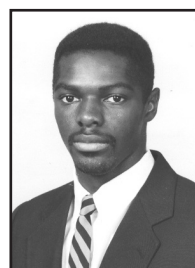
Kevin Lewis



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**
3. Will Daniels, 2020..... 5,689 points
4. 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)
Zack Pluff, 2023 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, 201552-8 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. 2023 .. 51-8 3/4 (15.75)**
6. **DeAndre Stapleton Jr., 2023.....**
..... 49' 7.25" (15.12)
7. Mike Lacy, 1983 49-0 (14.93)
8. Owen Gill, 198248-10 3/4 (14.90)
9. Josh Bean, 2009 48-10 (14.88)
10. David Nsabua, 2013 48-9 (14.86)

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, 2023 .. 65-9 3/4 (20.06)**
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
- Myreanna Bebe, 2022****8.22**
4. **Paige Magee, 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. **Aliyanna Dorn, 2022****1:29.49**
7. Tia Saunders, 2020 1:29.83
8. Payton Wensel, 2020..... 1:29.87
9. **Alli Bookin-Nosbisch, 2023**.....**1:30.02**
10. Mahnee Watts, 2016 1:30.41

800 Meters

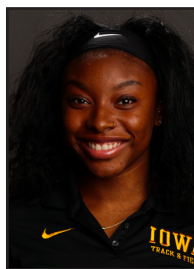
1. Mallory King, 2022 2:04.56
2. Bethany Praska, 2011 2:05.01
3. Jeanne Kruckeberg, 1989 2:06.38
4. Michelle Lahann, 2004 2:06.83
5. Katharina Trost, 2014 2:07.38
6. **Clare Pitcher, 2022****2:07.56**
7. **Alli Bookin-Nosbisch, 2022**.....**2:08.38**
8. Mahnee Watts, 2014..... 2:08.79
9. Tia Saunders,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

Mile

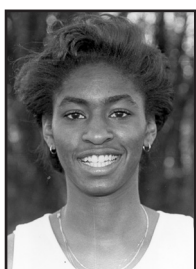
1. McKenzie Melander, 2011..... 4:39.78
2. Jeanne Kruckeberg, 1989 4:40.19
3. Meghan Armstrong, 2006 4:40.59
4. Lauren Hardesty, 2011 4:41.01
5. **Amber Aesoph, 2022****4:41.58**
6. Tina Stec, 1994 4:42.63
7. Betsy Flood, 2010..... 4:42.70
8. Penny O'Brien, 1981..... 4:43.72
9. Diane Nukuri, 2007.....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

3,000 Meters

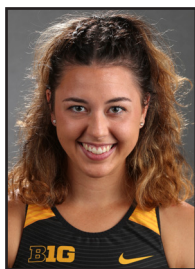
1. Tracy Dahl, 1993..... 9:15.57
2. Meghan Armstrong, 2008 9:17.50
3. Diane Nukuri, 2008..... 9:20.07
4. Betsy Flood, 2011 9:20.09
5. Nan Doak, 1982..... 9:21.60
6. Jenny Spangler, 1986..... 9:22.41
7. Mareike Schrulle, 2012..... 9:23.97
8. Brooke Eilers, 2012..... 9:27.92
9. McKenzie Melander, 2012..... 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)
- 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)
- 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 3/4 (6.14)**
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, 202240-9 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. **Emma Callahan, 2022 50-6 1/4 (15.40m)**
8. Lisa Van Steenwyk, 1993 50-5 1/4 (15.37)
9. **Jamie Kofron, 2021.....50-0 3/4 (15.26)**
10. Kamesha Marshall, 2005 49-2 1/4 (14.99)

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. **Alivia Bauer, 2022..... 62-3 (18.97)**
8. Annemie Smith, 2014..... 61-4 (18.69)
9. Kelsey Taylor, 2011..... 60-4 1/2 (18.40)
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
- Armstrong, Granger, Stanley, K. Anderson, 2006..... 11:29.54