



Feb. 10-11, 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 New Mexico Collegiate Classic (Albuquerque, N.M.)
Feb. 4	at Iowa State Classic (Ames, Iowa)
<b>Feb. 10-11</b>	<b>at Tyson Invitational (Fayetteville, Ark.) at Music City Challenge (Nashville, Tenn.)</b>
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



## TYSON INVITATIONAL | MUSIC CITY CHALLENGE

Feb. 10-11, 2023

Fri. - Tyson Invitational 3 p.m. | Music City Challenge 5 p.m.  
Sat. - Music City Challenge 9 a.m. | Tyson Invitational 11:30 a.m.

### THIS WEEK

University of Iowa track and field splits its squad this weekend, heading to the Tyson Invitational (sprints/hurdles/jumps/throws) in Fayetteville, Arkansas, and the Music City Challenge (mid-distance/distance) in Nashville, Tennessee. Competition begins Friday with the Tyson Invitational at 3 p.m. followed by the Music City Challenge at 5 p.m.

### FOLLOW ALONG

- Fans can follow the meet on the Meet Day page at [hawkeyesports.com/tracklive](http://hawkeyesports.com/tracklive).
- Results will also be posted on the team's official twitter account @iowaxc\_tf.

### LAST TIME OUT

The Hawkeyes posted marks in the top-10 record books in 13 events last weekend at the New Mexico Collegiate Classic, Meyo Invitational and the Iowa State Classic:

#### Men's 200-meters

- 2. Khullen Jefferson (20.70)
- T5. Austin Kresley (20.87)
- T5. Gratt Reed (20.87)
- 7. Damoy Allen (21.01)

#### Women's 60-meter hurdles

- 2. Paige Magee (8.13)

#### Women's 200-meters

- 4. LaSarah Hargrove (23.50)
- 5. Paige Magee (23.51)

#### Women's 600-meters

- 3. Chloe Larsen (1:28.42)
- 5. Gabby Cortez (1:28.47)
- 6. Alli Bookin-Nosbisch (1:28.89)

#### Women's 800-meters

- 3. Alli Bookin-Nosbisch (2:05.17)
- 5. Clare Pitcher (2:06.59)

#### Women's Weight Throw

- 5. Alivia Bauer (19.40m | 63' 7.75")



### HAACK SOARS TO SCHOOL RECORD

Junior Peyton Haack put together a lifetime performance in the men’s heptathlon at the Razorback Invitational on Jan. 28. Haack, a junior from Westfield, Indiana, used personal records in the long jump, shot put, high jump and pole vault on his way to the earning the school record with 6,007 points. Haack tied for the title in the pole vault (5 meters; 16’ 4.75”), while winning the 60-meter hurdles section outright (7.95).

### BEBE SHATTERS SCHOOL RECORD

Myreanna Bebe highlighted the Larry Wieczorek on Jan. 21 by breaking a school record that was set in 2009. Bebe registered a speedy time of 8.11 in the 60-meter hurdles, which also ranks seventh nationally. Her mark shattered the previous record set by Karessa Farley (8.21) and improved on her previous best, which was set earlier in January at the Hawkeye Invitational (8.22).

### MEET THE RECORD HOLDERS

10 Hawkeyes account for eight 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 - 4x400 meter relay (3:02.40)
- LaSarah Hargrove - 60 meters (7.25)
- Mariel Bruxvoort & Tesa Roberts - 4x400 meter relay (3:32.38)
- Myreanna Bebe - 60-meter hurdles (8.11)
- Peyton Haack - Heptathlon (6,007 points)

### 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 eighth, 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 broke the 60-meter hurdles school record at the Larry Wieczorek on Jan. 21 (8.11). Junior Paige Magee ranks second in school history following her 8.13 performance at the New Mexico Classic on Feb. 4.

### 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. 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.

## 2022-23 INDOOR SEASON LEADERS

### MEN’S SEASON BESTS

60 Meters	Kalen Walker	6.67
60-Meter Hurdles	Grant Conway	7.69
200 Meters	Khullen Jefferson	20.70
300 Meters	Khullen Jefferson	32.97
400 Meters	Jenoah McKiver	46.26
600 Meters	Julien Gillum	1:17.53
800 Meters	Ryan Schreiner	1:50.73
1,000 Meters	Austin West	2:35.43
Mile	Konnor Sommer	4:14.35
3,000 Meters	Konnor Sommer	8:20.20
5,000 Meters	Konnor Sommer	14:25.81
4x400-Meter Relay	Julien Gillum, Connor Belken, Phillip Jefferson, Spencer Gudgel	3:08.67
High Jump	Zack Pluff	6-11 (2.11m)
Pole Vault	Peyton Haack	16-4 3/4 (5.00m)
Long Jump	James Carter, Jr.	25-9 1/2 (7.85m)
Triple Jump	James Carter, Jr.	52’ 11.50” (16.14m)
Shot Put	Elijah Barnes	60-5 3/4 (18.43m)
Weight Throw	Jordan Johnson	65-9 3/4 (20.06m)
Heptathlon	Peyton Haack	*6,007 points

### WOMEN’S SEASON BESTS

60 Meters	LaSarah Hargrove	7.35
60-Meter Hurdles	Myreanna Bebe	* 8.11
200 Meters	LaSarah Hargrove	23.50
300 Meters	Lia Love	38.43
400 Meters	Audrey Biermann	53.84
600 Meters	Chloe Larsen	1:28.42
800 Meters	Alli Bookin-Nosbisch	2:05.17
Mile	Alli Bookin-Nosbisch	4:48.25
3,000 Meters	Kelli Tosic	9:49.82
5,000 Meters	Abby Ryon	17:16.95
4x400-Meter Relay	Aliyanna Dorn, Paige Magee, Audrey Biermann, Chloe Larsen	3:34.06
High Jump	Tionna Tobias	5-5 (1.65m)
	Jade Hunter	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	52-5 1/4 (15.98m)
Weight Throw	Amanda Howe	69-6 (21.18m)
Pentathlon	Tionna Tobias	3,919 points

\* -- school record



### 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.

### 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 host the Iowa Open on Feb. 17 and travel to the Alex Wilson Invitational in South Bend, Indiana, on Feb. 18. Next weekend wraps up the indoor regular season before the Big Ten Championships take place in Geneva, Ohio, on Feb. 24-25.

## 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 Meeuwesen	
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.



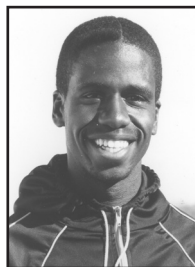
# INDOOR ALL-TIME TOP 10 PERFORMERS



Karayme Bartley



Jamal Britt



Rodney Chambers



Nikolas Curtiss



Troy Doris



Julien Gillum



Peyton Haack

## 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. Khullen Jefferson, 2023.....20.70
3. Justin Austin, 2011 ..... 20.80
4. Wayne Lawrence, Jr., 2020 ..... 20.85
5. Austin Kresley, 2023.....20.87  
Gratt Reed, 2023.....20.87
7. Antonio Woodard, 2019 ..... 20.89
8. Damoy Allen, 2023 .....21.01
9. Chadrick Richards, 2022.....21.09
10. Anthuan Maybank, 1993..... 21.11

## 400 Meters

1. Jenoa KMcKiver, 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. Jenoa KMcKiver, 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

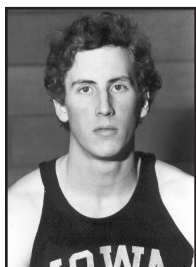
1. Jeff Thode, 2011 ..... 3:58.72
2. Ed DeLashmutt, 1981..... 4:04.01
3. Kal Lewis, 2021.....4:04.21
4. Adam Jones, 2017..... 4:04.28
5. Michael Melchert, 2018 ..... 4:04.32
6. Larry Wiecezorek, 1968 ..... 4:04.40
7. Nathan Mylenek, 2019 ..... 4:04.88
8. Max Murphy, 2022 .....4:05.45
9. John Clark, 1972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

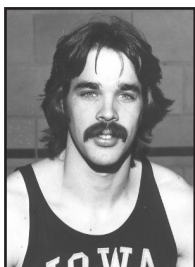
1. Kevin Lewis, 2015 ..... 13:43.70
2. Micah VanDenend, 2007 ..... 13:56.46
3. Max Murphy, 2022 ..... 13:58.87
4. Daniel Soto, 2020..... 13:58.97
5. Stetson Steele, 2000 ..... 14:00.52
6. Nick Trattner, 2022 ..... 14:00.69
7. Dan Haut, 2006..... 14:06.16
8. Noah Healy, 2021..... 14:12.47
9. Eric MacTaggart,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



Bill Hansen



Collin Hofacker



Bill Knoedel



Wayne Lawrence, Jr.



Kevin Lewis

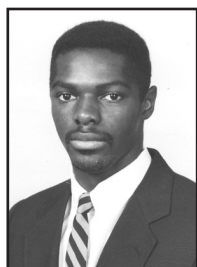


Tyler Lienau



Carter Lilly

# INDOOR ALL-TIME TOP 10 PERFORMERS



**Anthuan Maybank   Jaylan McConico   Jenoa McKiver   Michael Melchert   Nathan Mylenek   Chadrick Richards   Jeff Thode**

## Heptathlon

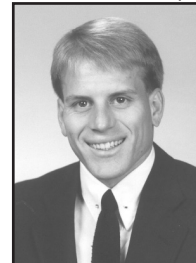
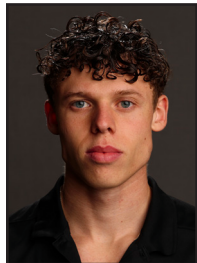
1. **Peyton Haack, 2023 ..... 6,007 points**
2. **Austin West, 2023..... 5,861 points**
3. Will Daniels, 2020..... 5,689 points
4. William Dougherty, 2018.. 5,606 points
5. Kyle Reid, 2013 ..... 5,354 points
6. Dan Rolling, 2010 ..... 5,205 points
7. Jack Eckert, 2015 ..... 5,188 points
8. Daniel Gaynes, 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, 2023 .... 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)



**Kalen Walker   Todd Wigginton**

## Long Jump

1. Anthuan Maybank, 1992. 26-5 1/2 (8.06)
2. Bashir Yamini, 1998 ..... 26-0 1/4 (7.93)
3. O'Shea Wilson, 2017 ..... 25-9 1/2 (7.85)  
**James Carter, Jr. 2023 .... 25-9 1/2 (7.85)**
5. Darren Smith, 1991 ..... 25-2 (7.67)
6. Paul Jones, 1990..... 24-11 1/4 (7.60)  
Jamal Britt, 2021 ..... 24-11 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. James Carter, Jr. 2023 52-11 1/2 (16.15)**
3. Babatunde Amosu, 2015 52-8 3/4 (16.07)
4. Paul Jones, 1990..... 52-1 1/4 (15.88)  
Klyvens Delaunay, 2014. 52-1 1/4 (15.88)
- 6. DeAndre Stapleton Jr., 2023**  
..... **49-7 1/4 (15.12)**
7. Mike Lacy, 1983 ..... 49-0 (14.93)
8. Owen Gill, 1982 ..... 48-10 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, 2018 ..... 63-3 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, 2002 ..... 69-4 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



Myreanna Bebe



Brittany Brown



Mariel Bruxvoort



Tracy Dahl



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. **Myreanna Bebe, 2023** .....7.50

## 60-Meter Hurdles

1. **Myreanna Bebe, 2023** .....8.11
2. **Paige Magee, 2023** .....8.13
3. Karessa Farley, 2009 ..... 8.21
4. Jenny Kimbro, 2020 ..... 8.22
5. Tiffany Johnson, 2006..... 8.33
6. Jahisha Thomas, 2017..... 8.35
7. Paula Ruen, 1998..... 8.39
- Tionna Tobias, 2023** .....8.39
9. Tria Simmons, 2019 ..... 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. **LaSarah Hargrove, 2023**.....23.50
5. **Paige Magee, 2023** .....23.51
6. Lake Kwaza, 2016..... 23.54
7. Shellene Williams, 2004..... 23.62
8. Marlene Poole, 1994 ..... 23.66
- Yolanda Hobbs, 1995 ..... 23.66
10. Erica Broomfield, 1998 ..... 23.81

## 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. **Audrey Biermann, 2023** .....53.84
8. **Tesa Roberts, 2022**.....53.91
9. Ashley Liverpool, 2011 ..... 54.09
10. MonTayla Holder, 2015 ..... 54.32

## 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. **Chloe Larsen, 2023**.....1:28.42
4. Mallory King, 2022 ..... 1:28.45
5. **Gabby Cortez, 2023**.....1:28.47
6. **Alli Bookin-Nosbisch, 2023**.....1:28.89
7. MonTayla Holder, 2016 ..... 1:29.35
8. **Clare Pitcher, 2022** .....1:29.36
9. **Aliyanna Dorn, 2022** ..... 1:29.49
10. Tia Saunders, 2020 ..... 1:29.83

## 800 Meters

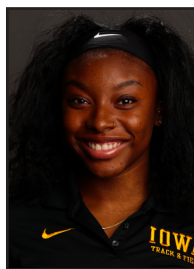
1. Mallory King, 2022 ..... 2:04.56
2. Bethany Praska, 2011 ..... 2:05.01
3. **Alli Bookin-Nosbisch, 2023**.....2:05:17
4. Jeanne Kruckeberg, 1989 ..... 2:06.38
5. **Clare Pitcher, 2023** .....2:06.59
6. Michelle Lahann, 2004 ..... 2:06.83
7. Katharina Trost, 2014 ..... 2:07.38
8. Mahnee Watts, 2014..... 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

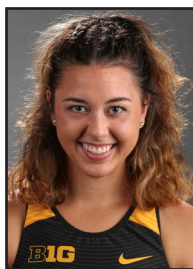
1. Tracy Dahl, 1993..... 9:15.57
2. Meghan Armstrong, 2008 ..... 9:17.50
3. Diane Nukuri, 2008..... 9:20.07
4. Betsy Flood, 2011 ..... 9:20.09
5. Nan Doak, 1982..... 9:21.60
6. Jenny Spangler, 1986..... 9:22.41
7. Mareike Schrulle, 2012..... 9:23.97
8. Brooke Eilers, 2012..... 9:27.92
9. McKenzie Melander, 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. **Tionna Tobias, 2023 ..... 3,919 points**
5. Dallyssa Huggins, 2021 ..... 3,881 points
6. Chris Davenport, 1983 ..... 3,798 points
7. Kamesha Marshall, 2005 ..... 3,701 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 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, 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. **Emma Callahan, 2022. 50-6 1/4 (15.40m)**
8. **Wisdom Williams, 2023 50-5 1/2 (15.38)**
9. Lisa Van Steenwyk, 1993 50-5 1/4 (15.37)
10. **Jamie Kofron, 2021 ..... 50-0 3/4 (15.26)**

## 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. **Alivia Bauer, 2023 ..... 63-7 3/4 (19.40)**
6. Ashlyn Gulvas, 2013 ..... 63-6 (19.35)
7. Jasmine Simpson, 2013 62-6 1/2 (19.06)
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. **Dorn, Magee, Biermann, Larsen, 2023 ..... 3:34.06**
5. Sharpe, Guillory, Brown, Champe, 2018 ..... 3:34.34
6. **Bruxvoort, Wensel, King, Roberts, 2022 ..... 3:35.73**
7. **Bruxvoort, Wensel, Itson, Roberts, 2022 ..... 3:35.90**
8. Holder, Guster, Hernandez, Guillory, 2016 ..... 3:36.47
9. Liverpool, Hendricks, Praska, Erickson, 2011 ..... 3:36.97
10. Holder, Hernandez, Guster, Guillory, 2016 ..... 3:36.99

## 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