



Feb. 17, 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 Wiecezorek 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)
Feb. 10-11	at Tyson Invitational (Fayetteville, Ark.) at Music City Challenge (Nashville, Tenn.)
Feb. 17	Iowa Open (Iowa City, Iowa)
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



IOWA OPEN

Feb. 17, 2023

High Jump - 12 p.m. | 60m Hurdles Prelims 2:05 p.m.

Teams: Iowa, Bradley, Coe, Drake, Iowa State, Knox, Quincy, UNI

THIS WEEK

University of Iowa track and field closes the indoor regular season, hosting the Iowa Open on Friday. High jump begins at noon, followed by the 60-meter hurdles and running events at 2:05 p.m. Competing teams include Iowa, Bradley, Coe, Drake, Iowa State, Knox, Quincy, and UNI. Admission is free.

FOLLOW ALONG

- Fans can follow the meet on the Meet Day page at hawkeyesports.com/tracklive.
- The meet will be streamed on BTN+.
- 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 six events last weekend at the Tyson Invite in Fayetteville, Arkansas, and the Music City Challenge in Nashville.

Women's 800-meters

- 1. Alli Bookin-Nosbisch (2:04.28)

Women's Weight Throw

- 2. Alivia Bauer (21.78m | 71' 5.50")

Women's Shot Put

- 3. Kat Moody (16.64m | 54' 7.25")

Women's 4x400

- 3. Larsen, Magee, Biermann, Roberts (3:33.00)

Women's 400-meters

- 6. Audrey Biermann (53.30)

Men's 400-meters

- 7. Julien Gillum (46.73)

BOOKIN-NOSBISCH TOPS THE BOARD

Junior Alli Bookin-Nosbisch rose to the top of the Iowa record books in the Music City Challenge women's 800-meter race, breaking the tape in 2:04.28 and the school record set last year by Mallory King. The Ottumwa, Iowa, native broke through to the top of Hawkeye history after steadily moving up the rankings this season. Bookin-Nosbisch finished third overall in the event.



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

11 Hawkeyes account for nine 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)
- 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)**
- **Alli Bookin-Nosbisch - 800 meters (2:04.28)**

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.....	Spencer Gudgel.....	1:50.22
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	Deandre Stapleton, Jr., Connor Belken, Chadrick Richards, Evan Schuster	3:08.31
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.....	53.30
600 Meters.....	Chloe Larsen	1:28.42
800 Meters.....	Alli Bookin-Nosbisch	* 2:04.28
Mile	Amber Aesoph	4:44.33
3,000 Meters.....	Kelli Tosic	9:49.82
5,000 Meters.....	Kelli Tosic	16:57.07
4x400-Meter Relay	Chloe Larsen, Paige Magee, Audrey Biermann, Tesa Roberts	3:33.00
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	54-7 1/4 (16.64m)
Weight Throw.....	Amanda Howe	71-5 1/2 (21.78m)
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

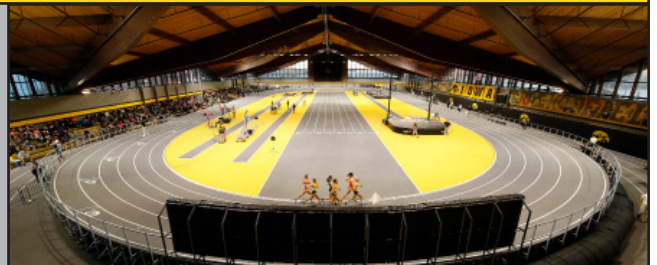
The Hawkeyes enter the postseason and prepare for the Big Ten Indoor Championships inside The Spire in Geneva, Ohio, on Feb. 24-25.

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 Gudel	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.



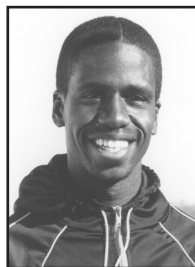
INDOOR ALL-TIME TOP 10 PERFORMERS



Karayme Bartley



Jamal Britt



Rodney Chambers



Nikolas Curtiss



Troy Doris



Julien Gillum



Peyton Haack

60 Meters

1. Kalen Walker, 20226.61
2. Justin Austin, 2011 6.69
3. Vinnie Saucer, Jr., 2016..... 6.70
4. Damoy Allen, 20226.71
5. Austin Kresley, 2021.....6.72
6. Kurt Felix, 1999..... 6.73
7. Tevin-Cee Mincy, 2014 6.73
8. Josh Larney, 2013 6.74
9. Christian Brissett, 2017 6.74
10. Troy Doris, 2012 6.75
11. O'Shea Wilson, 2017 6.75
12. 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
9. 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
6. Gratt Reed, 2023.....20.87
7. Antonio Woodard, 2019..... 20.89
8. Damoy Allen, 202321.01
9. Chadrick Richards, 2022.....21.09
10. Anthuan Maybank, 1993..... 21.11

400 Meters

1. Jenoa KMcKiver, 202245.39
2. Wayne Lawrence Jr., 2021 45.40
3. Mar'yea Harris, 2017 45.75
4. Chadrick Richards, 202246.01
5. Karayme Bartley, 2019..... 46.25
6. Emmanuel Ogwo, 2017 46.45
7. Julien Gillum, 2023.....46.73
8. Steven Willey, 2010 46.75
9. Terrence Duckett, 1984..... 46.81
10. Collin Hofacker, 2017 46.82

600 Meters

1. Jenoa KMcKiver, 20221:15.36
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, 20221:16.70
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, 20221:48.47
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

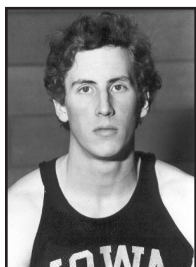
1. Jeff Thode, 2011 3:58.72
2. Ed DeLashmutt, 1981..... 4:04.01
3. Kal Lewis, 2021.....4:04.21
4. Adam Jones, 2017..... 4:04.28
5. Michael Melchert, 2018 4:04.32
6. Larry Wieczorek, 1968 4:04.40
7. Nathan Mylenek, 2019 4:04.88
8. Max Murphy, 20224:05.45
9. John Clark, 1972 4:05.94
10. Ben Witt, 2014..... 4:07.08

3,000 Meters

1. Kevin Lewis, 2015 7:57.06
2. Nathan Mylenek, 2020 7:58.37
3. Max Murphy, 20217:59.30
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, 20228:10.03

5,000 Meters

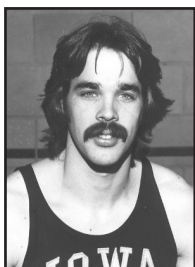
1. Kevin Lewis, 2015 13:43.70
2. Micah VanDenend, 2007 13:56.46
3. Max Murphy, 202213:58.87
4. Daniel Soto, 2020..... 13:58.97
5. Stetson Steele, 2000 14:00.52
6. Nick Trattner, 202214:00.69
7. Dan Haut, 2006..... 14:06.16
8. Noah Healy, 2021..... 14:12.47
9. Eric MacTaggart, 2006 14:13.41
10. Jeff Thode, 2011 14:16.00



Bill Hansen



Collin Hofacker



Bill Knoedel



Wayne Lawrence, Jr.



Kevin Lewis

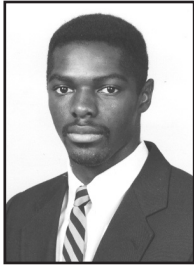


Tyler Lienau



Carter Lilly

INDOOR ALL-TIME TOP 10 PERFORMERS



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

Heptathlon

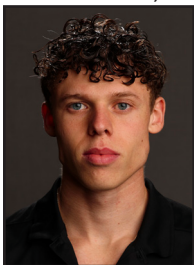
1. **Peyton Haack, 2023 6,007 points**
2. **Austin West, 2023..... 5,861 points**
3. Will Daniels, 2020..... 5,689 points
4. William Dougherty, 2018.. 5,606 points
5. Kyle Reid, 2013 5,354 points
6. Dan Rolling, 2010 5,205 points
7. Jack Eckert, 2015 5,188 points
8. Daniel Gaynes, 2018..... 5,162 points
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, 199826-0 1/4 (7.93)
3. O'Shea Wilson, 201725-9 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, 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. **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, 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,**
20223:02.40
2. Bartley, Woodard, Lawrence Jr., Harris,
20193:04.76
3. Frye, Clarke, Woodard, Lawrence, Jr.,
20203:04.91
4. Ogwo, Hofacker, Frye, Harris, 20173:04.94
5. Hofacker, Frye, Garron, Harris, 20183:05.33
6. **Steward, Gillum, Bryson, McKiver, 2022. 3:05.47**
7. **K. Jefferson, Gillum, Richards, McKiver**
20223:05.63
8. **Gillum, Gudgel, Lawrence, Jr.,**
McKiver, 20223:05.68
9. Thompson, Frye, Garron, Harris, 20183:06.06
10. Richards, E. Holmes, Sowinski, Willey,
20113:06.66

3,200-Meter Relay

1. Cooke, Nie, Monsey, Chambers, 1990.....7:13.02
2. Corrigan, Blackman, Strozier,
Chambers, 19897:29.00
3. English, Blackman, Strozier,
Chambers, 19897:36.20
4. 19777:39.40
5. 19867:40.90
6. Bouske, Herd, Chambers, Koon, 19927:43.94
7. Bouska, Cook, White, Herd, 1992.....7:48.63
8. 19927:49.86
9. 19867:50.10
10. Roseman, Rerko, Novotny,
Branigan, 19937:51.36

Distance Medley Relay

1. Mylenek, Hofacker, Lilly, Melchert, 2018 .9:33.90
2. **Abrego, Lawrence, Jr., Still, Murphy,**
20229:39.60
3. **Lewis, Woody, Still, Murphy, 20219:42.16**
4. Lilly, Frye, Manternach, Jones, 20179:44.07
5. Mylenek, Thompson, Lilly, Melchert,
20189:45.10
6. Prom, Rickels, Sowinski, Thode, 20129:45.41
7. Birkett, Clarke, **Still, D. Murphy, 20209:46.39**
8. 19999:46.83
9. 19779:48.80
10. 19789:49.70

INDOOR ALL-TIME TOP 10 PERFORMERS



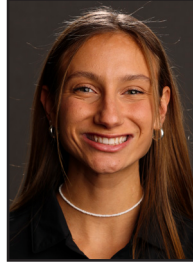
Kineke Alexander



Meghan Armstrong



Myreanna Bebe



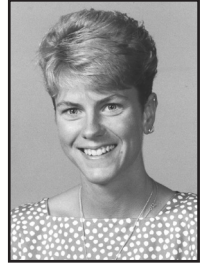
Alli
Bookin-Nosbisch



Brittany Brown



Mariel Bruxvoort



Tracy Dahl

60 Meters

1. LaSarah Hargrove, 2022.....7.25
2. Lake Kwaza, 2016..... 7.33
3. Brittany Brown, 2017 7.39
4. Lia Love, 20227.40
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
- Myreanna Bebe, 20237.50

60-Meter Hurdles

1. Myreanna Bebe, 20238.11
2. Paige Magee, 20238.13
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, 20238.39
9. Tria Simmons, 2019 8.40
10. Miya Brines, 20228.43

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, 202323.51
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. Audrey Biermann, 202353.30
7. Alexis Hernandez, 2017..... 53.42
8. Tesa Roberts, 2022.....53.91
9. Ashley Liverpool, 2011 54.09
10. MonTayla Holder, 2015 54.32
- Chloe Larsen, 2023.....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, 20221:29.36
9. Aliyanna Dorn, 20221:29.49
10. Tia Saunders, 2020 1:29.83

800 Meters

1. Alli Bookin-Nosbisch, 2023..... 2:04.28
2. Mallory King, 2022 2:04.56
3. Bethany Praska, 2011 2:05.01
4. Jeanne Kruckeberg, 1989 2:06.38
5. Clare Pitcher, 20232:06.59
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

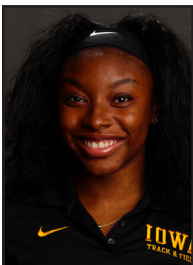
1. McKenzie Melander, 2011..... 4:39.78
2. Jeanne Kruckeberg, 1989 4:40.19
3. Meghan Armstrong, 2006 4:40.59
4. Lauren Hardesty, 2011 4:41.01
5. Amber Aesoph, 20224:41.58
6. Tina Stec, 1994 4:42.63
7. Betsy Flood, 2010..... 4:42.70
8. Penny O'Brien, 1981..... 4:43.72
9. Diane Nukuri, 2007..... 4:46.25
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



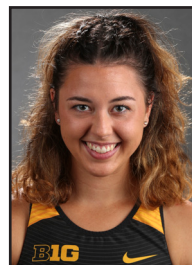
Lauren Hardesty



LaSarah Hargrove



Senta Hawkins



Jenny Kimbro



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, 2023 54-7 1/4 (16.64)**
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, 2023 71-5 1/2 (21.78)**
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. **Larsen, Magee, Biermann, Roberts, 2023 3:33.00**
4. Champe, Guillory, Brown, Plock, 2018 3:33.19
5. **Dorn, Magee, Biermann, Larsen, 2023 3:34.06**
6. Sharpe, Guillory, Brown, Champe, 2018 3:34.34
7. **Bruxvoort, Wensel, King, Roberts, 2022 3:35.73**
8. **Bruxvoort, Wensel, Itson, Roberts, 2022 3:35.90**
9. Holder, Guster, Hernandez, Guillory, 2016 3:36.47
10. Liverpool, Hendricks, Praska, Erickson, 2011 3:36.97

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