



May 6, 2023

# IOWA Track & Field 2022-23 Notes



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## 2023 OUTDOOR SCHEDULE

Date	Meet
Mar. 17-18	at Hurricane Invite <i>(Miami, Fla.)</i>
Mar. 23-25	at Raleigh Relays <i>(Raleigh, N.C.)</i>
Mar. 30-Apr. 1	at Texas Relays <i>(Austin, Texas)</i>
Mar. 31-Apr. 1	at Bobcat Invite <i>(San Marcos, Texas)</i> at Mike Fanelli Track Classic <i>(San Francisco, Calif.)</i> at Stanford Invite <i>(Stanford, Calif.)</i> at Florida Relays <i>(Gainesville, Fla.)</i>
Apr. 8	at Fighting Illini Challenge <i>(Champaign, Ill.)</i>
Apr. 13-15	at Bryan Clay Invite <i>(Azusa, Calif.)</i> at Mt. SAC Relays <i>(Walnut, Calif.)</i>
Apr. 14-15	at Tom Jones Invite <i>(Gainesville, Fla.)</i>
Apr. 14	at Jim Duncan Invite <i>(Des Moines, Iowa)</i>
Apr. 21-22	Michael Johnson Invite <i>(Waco, Texas)</i>
Apr. 27-29	at Drake Relays <i>(Des Moines, Iowa)</i>
Apr. 29	at Desert Heat Classic <i>(Tucson, Ariz)</i>
<b>May 6</b>	<b>at ISU Alumni Invitational <i>(Ames, Iowa)</i></b>
May 12-14	at B1G Championships <i>(Bloomington, Ind.)</i>
May 24-27	at NCAA West Preliminary Round <i>(Sacramento, Calif.)</i>
June 7-10	at NCAA Championships <i>(Austin, Texas)</i>
July 6-9	at USA National Championships <i>(Eugene, Ore.)</i>

## ISU ALUMNI INVITATIONAL

May 6, 2023

Ames, Iowa

Noon (Long Jump)

Noon (Hammer Throw)

2 p.m. (100m hurdles)

### THIS WEEK

University of Iowa track and field wraps up the regular season this weekend, sending a small group to Ames, Iowa, for the Iowa State Alumni Invitational on Saturday.

### FOLLOW ALONG

Fans can follow the meet on the live results link on the track and field schedule page at [hawkeyesports.com/tracklive](http://hawkeyesports.com/tracklive). Results will also be posted on the team's official twitter account [@IowaXC\\_TF](https://twitter.com/IowaXC_TF).

### LAST WEEK

The Hawkeyes broke two school records at the Desert Heat Classic in Tucson, Arizona, on Saturday night. Junior Austin Kresley broke the men's 200-meter dash record, shaving four-tenths off his previous best to finish first amongst collegians and third overall in 20.32. Saturday's record was the third broken by Kresley this year (100 meters; 4x100 relay). Freshman Mike Stein continued his stellar rookie campaign, breaking the javelin record with a 75.59 meter (248' 0") throw to win the event. Senior Kat Moody claimed two flags at the Drake Relays on Saturday, winning both the shot put (16.46 meters | 54' 0") and discus 53.60 meters (175' 10"). Iowa won a combined seven events spanned across the Drake Relays and the Desert Heat Classic.

### IN THE RANKINGS

This week's national USTFCCA rankings highlight the Hawkeyes' continued success, with the men's team entering the top-10 at No. 8. The men's team holds the top spot in the Midwest region, while the women's team is ranked No. 2. In the fourth week of the conference rankings, the men's team holds strong at No. 1, while the women's team is No. 2. Additionally, the women's team is ranked in the Top-20 in nine event groups, including a No. 1 ranking in the 400-meter hurdles and a second-place ranking in the 100-meter hurdles. The Hawkeye men have eight in the top-20, with their highest ranking being No. 2 in the 400-meter hurdles. Both the 4x100 relay and the 200-meter groups are No. 4 in the country.

## 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)

### Chyna Davis

Assistant Coach (Sprints/Hurdles)

### Jason Wakenight

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

### Ray Robinson

Assistant Coach (Throws)

### Rachel Leonard

Director of Operations

### Hannah Sieperda

Director of Operations



### ALL-TIME HAWKEYES

15 current Hawkeyes combine to hold 14 outdoor school records including:

- Austin Kresley - 100 meters (10.10)
- LaSarah Hargrove - 100 meters (11.20)
- Paige Magee - 100 meter hurdles (13.15)
- Austin Kresley - 200 meters (20.32)
- Jenoa McKiver - 400 meters (44.74)
- Max Murphy - 1,500 meters (3:40.63)
- Max Murphy - 5,000 meters (13:39.77)
- Austin West - Decathlon (8,179 points)
- James Carter Jr. - Triple Jump (16.68 meters | 54' 8.75")
- Kalen Walker, Kresley, Gratt Reed, Damoy Allen - 400 meter relay (38.70)
- Hargrove, Lia Love, Magee - 400 meter relay (43.69)
- Grant Conway, Kalil Jefferson, Reed - Shuttle Hurdle Relay (56.74)
- Javelin - Mike Stein (75.59 meters | 248' 0")
- Amanda Howe - Hammer Throw (64.84 meters | 212' 9")

### RANKED AMONG THE BEST

The Hawkeyes have posted 13 top-20 individual marks in the NCAA this season thus far. The women hold top-20 marks in the 4x100 and 4x800 meter relays. The men are also ranked in the 4x100, 4x400 and 4x800 meter relays.

#### Women's Top-20 Marks

- 13. Mariel Bruxvoort - 400 Hurdles (56.71)
- 14. Paige Magee - 400 Hurdles (56.79)
- 16. Lia Love - 100 Meters (11.10)

#### Men's Top-20 Marks

- 3. Austin West - Decathlon (8,038)
- 4. Walker, Kresley, Reed, Allen - 4x100 Relay (38.70)
- 8. Gratt Reed - 110 Hurdles (13.50)
- 8. Julien Gillum - 400 Hurdles (49.73)
- 9. Jenoa McKiver - 400 Meters (45.25)
- 11. Austin Kresley - 200 Meters (20.32)
- 13. Austin Kresley - 100 Meters (10.10)
- 14. Austin West - 400 Hurdles (50.26)
- 17. James Carter Jr. - Long Jump (7.85 meters, 25' 9.25")
- T-20. Jordan Johnson - Discus (59.27 meters, 194' 5")

### 2022 BIG TEN CHAMPIONS

Last year, the Hawkeyes crowned a pair of individual champions at the 2022 Big Ten Outdoor Championships. Amanda Howe won the women's hammer throw and improved her school record (64.84m / 212'9"). On the men's side, Julien Gillum won the 400-meter hurdles (51.12) and became the third-consecutive Hawkeye to win gold in the event at the Big Ten meet (Jamal Britt - 2021, Chris Douglas - 2019).

### 2023 OUTDOOR SEASON LEADERS

#### MEN

100 Meters	Austin Kresley	* 10.10
110-Meter Hurdles	Gratt Reed	% 13.36
200 Meters	Austin Kresley	% 20.07
400 Meters	Jenoah McKiver	45.25
400-Meter Hurdles	Julien Gillum	49.73
800 Meters	Ryan Schreiner	1:48.68
1,500 Meters	Max Murphy	3:41.63
3,000-M Steeplechase	Jack Pendergast	9:04.89
5,000 Meters	Max Murphy	* 13:39.77
10,000 Meters	Hayden Kuhn	30:38.39
400-Meter Relay	Walker, Kresley, Reed, Allen	* 38.70
1,600-Meter Relay	McKiver, Richards, Gillum, Belken	3:03.70
3,200-Meter Relay	Schreiner, Strong, Bryson, Gudgel	7:26.00
Distance Med. Relay	Ryan, Bryson, Schreiner, Murphy	9:59.14
6,400-Meter Relay	Yual, Geisler, Pendergast, Kuhn	17:11.68
High Jump	Zack Pluff	6-10 1/4 (2.09m)
Pole Vault	Austin West	13-9 1/4 (4.20m)
Long Jump	James Carter Jr.	25-9 1/4 (7.85m)
Triple Jump	James Carter Jr.	* 54-8 3/4 (16.68m)
Shot Put	Elijah Barnes	59-8 1/4 (18.19m)
Discus	Jordan Johnson	194-5 (59.27m)
Hammer Throw	Sean Smith	199-5 (60.79m)
Javelin	Mike Stein	* 248-0 (75.59m)
Decathlon	Austin West	8,038 points

#### WOMEN

100 Meters	Lia Love	% 11.10
100-Meter Hurdles	Myreanna Bebe	% 12.96
200 Meters	Lia Love	23.23
400 Meters	Tesa Roberts	52.95
400-Meter Hurdles	Mariel Bruxvoort	56.71
800 Meters	Alli Bookin-Nosbisch	2:04.37
1,500 Meters	Amber Aesoph	4:21.11
3,000-M Steeplechase	Brooke McKee	10:39.88
5,000 Meters	Maddie Block	16:57.08
10,000 Meters	Maddie Block	34:44.62
400-Meter Relay	Hargrove, Love, Edison, Magee	44.10
1,600-Meter Relay	Larsen, Roberts, Biermann, Itson	3:35:17
3,200-Meter Relay	Itson, G. Bookin-Nosbisch, Pitcher, Moore	8:49.00
High Jump	Jade Hunter	5-6 (1.68m)
Long Jump	Tionna Tobias	20-6 1/4 (6.25m)
Triple Jump	Kayla Hutchins	39-8 (12.09m)
Shot Put	Kat Moody	55-0 3/4 (16.78m)
Discus	Kat Moody	185-3 (56.47m)
Hammer Throw	Amanda Howe	209-0 (63.71m)
Javelin	Lizzy Korczak	157-0 (47.86m)

\* - school record, % - wind-aided



## A LOOK BACK AT 2022

University of Iowa track and field earned 17 all-America honors at the 2022 NCAA Outdoor Championships in Eugene, Oregon. The men's team claimed 10 total honors, with seven earning first-team status. Last year, the 4x400-meter relay team of Everett Steward, Chadrick Richards, Spencer Gudgel and Julien Gillum sped to a 3:03.04, sixth place finish, and first-team all-America status. Jordan Johnson fired a career best discus toss of 59.52 meter (195' 3") to place eighth and grab his first all-America honor of his career. James Carter, Kalil Johnson, Austin Kresley, Gratt Reed and Khullen Jefferson return as All-Americans. The Iowa women combined for seven total All-Americans, including returners LaSarah Hargrove, Lia Love, Paige Magee in the 4x100-meter relay. Hargrove earned second-team honors in the 100-meter and 200-meter races.

## REGIONAL QUALIFIERS

In 2022, the Hawkeye men had 12 entries ranked inside the top-20 regionally, plus Austin West in the decathlon. West secured a berth to the NCAA Championships as the No. 3 seed. James Carter, Jr. entered regionals with the sixth-best long jump mark (No. 23 in NCAA). For the women, LaSarah Hargrove (No. 9, 200m; No. 11, 100m) and Mariel Bruxvoort (No. 11, 400m hurdles) were the top-ranked athletes regionally for the Hawkeyes. Amanda Howe was ranked just outside of the top-15 (No. 16, hammer throw) and Paige Magee was the 17th-ranked 400-meter hurdler in the region and the fourth-fastest Hawkeye in the event. Sophomore Nylah Perry was the fifth Hawkeye to qualify for the 400-meter hurdles, coming in at 44th in the region. All four of Iowa's relays entered regionals ranked inside the top-10. The men's 4x400-meter relay team was seeded No. 4 in the region and the 4x100-meter relay checked in at No. 6. On the women's side, both the 4x100-meter relay and 4x400-meter relay qualified as the No. 10 seeds.

## NCAA HISTORY

The Hawkeye men have eight top-10 NCAA Outdoor Championship finishes in program history, the last coming in 1932 (sixth). The Hawkeyes finished third on three occasions (1921, 1923 and 1930). In modern history, the Hawkeyes best NCAA finish was in 2021 when they placed 12th. Other top-25 finishes include 17th in 2017, 19th in 1995, 21st in 1993 and 21st in 1989. The Hawkeye women's best finish at the NCAA Outdoor Championships came in 2018, when they placed 13th with 19 points. Laulauga Tausaga scored 10 points that year, placing fourth in both shot put and discus. The women also placed in the top-25 in 2019 (25th), 2006 (20th), 1992 (19th) and 1985 (20th).

## JUMP, JUMP, JUMP!

Returning men's indoor long jump and triple jump All-American senior James Carter, Jr. transitions to the outdoor season, where he won the triple jump at last year's Jim Click Shootout (15.84m | 51'11.75"). Carter, Jr. improved his lifetime-best in the long jump at the Mt. SAC Relays (7.81m | 25'7.5") – the fifth-furthest jump ever at Iowa. Carter, Jr. became the first university division men's athlete at the Drake Relays in 16 years to complete a sweep of the horizontal jumps, winning the long jump (7.84m / 25'8.5" w) and the triple jump (15.79m / 51'9.75") – the second and third Drake Relays flags in his Hawkeye career. At the Big Ten Outdoor Championships, Carter finished as the runner-up in both events.

## IOWA STRONG

Senior school-record holder Amanda Howe geared up for the outdoor season after being crowned the 2022 Big Ten Champion in the hammer throw. Senior Kat Moody returns as the leader of the women's shot put and discus. Both Howe and Moody saved their best for last by setting season bests at the Big Ten Championships in their respective events.

Junior Jordan Johnson returns as an NCAA outdoor qualifier in the discus, throwing a career best 59.52 meters (195' 3") at the NCAA Championships in Eugene. The senior thrower earned All-American honors with an eighth-place finish. Johnson began his postseason push with a 2nd place finish at the Big Ten Championships (57.63 meters | 189' 1"), followed by a 6th place mark at the NCAA West Prelims (57.09 meters | 187' 4").

## NEXT UP

The Hawkeyes begin postseason competition, traveling to the Big Ten Outdoor Championships in Bloomington, Indiana, on May 12-14. The Championships are hosted by Indiana University.

## FRANCIS X. CRETZMEYER TRACK

The University of Iowa track and field team practices and competes at the Francis X. Cretzmeyer Track during the outdoor season. Located within walking distance of Carver-Hawkeye Arena and Pearl Field, the track was completed in 1986. The facility was named after the late Francis X. Cretzmeyer, who coached the men's cross country and track teams from 1948-78 and led the Hawkeyes to five Big Ten team titles. Iowa hosted the 1987, 2000, 2011 and 2019 Big Ten Championships at Cretzmeyer.



# OUTDOOR ALL-TIME TOP 10 PERFORMERS



James Carter Jr.



Nikolas Curtiss



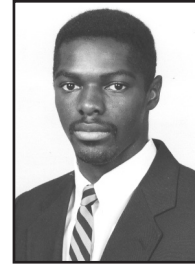
Jeffery Herron



Gabe Hull



Austin Kresley



Anthuan Maybank



Jaylan McConico

## 100 Meters

1. Austin Kresley, 2023	10.10
2. Kalen Walker, 2023	10.20
3. Justin Austin, 2011	10.21
4. O'Shea Wilson, 2017	10.22
5. George Page, 1996	10.25
6. James Harrington, 2015	10.26
7. Anthuan Maybank, 1994	10.31
Tim Dwight, 1997	10.31
Josh Larney, 2013	10.31
Vinnie Saucer, Jr., 2015	10.31

## 110-Meter High Hurdles

1. Jaylan McConico, 2021	13.23
2. Aaron Mallett, 2017	13.24
3. Josh Braverman, 2022	13.41
4. Jamal Britt, 2021	13.45
5. Pat McGhee, 1989	13.50
<b>Gratt Reed, 2023</b>	<b>13.50</b>
7. Dion Trowers, 1996	13.62
8. Ronnie McCoy, 1985	13.66
<b>Grant Conway, 2022</b>	<b>13.66</b>
10. Ethan Holmes, 2011	13.73

## 200 Meters

1. Austin Kresley, 2023	20.32
2. Justin Austin, 2011	20.46
3. Jeff Patrick, 1983	20.47
4. James Harrington, 2015	20.50
5. Karayme Bartley, 2019	20.51
<b>6. Gratt Reed, 2023</b>	<b>20.54</b>
7. Anthuan Maybank, 1994	20.55
8. Victor Green, 1984	20.60
9. Antonio Woodard, 2018	20.61
10. Andre Morris, 1995	20.64

## 400 Meters

1. Jenoa K McKiver, 2022	44.74
2. Mar'yea Harris, 2018	44.94
3. Anthuan Maybank, 1993	44.99
4. Andre Morris, 1995	45.15
5. Mike Mondane, 1967	45.20
6. Wayne Lawrence, Jr., 2019	45.33
7. Steven Willey, 2010	45.78
8. Karayme Bartley, 2019	45.80
<b>9. Everett Steward, 2022</b>	<b>45.94</b>
10. DeJuan Frye, 2018	46.17

## 400-Meter Hurdles

1. Pat McGhee, 1988	48.94
2. Jamal Britt, 2021	49.69
<b>3. Julien Gillum, 2023</b>	<b>49.73</b>
4. Monte Raymond, 1998	50.09
5. Ray Varner, 2010	50.24
<b>6. Austin West, 2023</b>	<b>50.26</b>
7. Chris Douglas, 2019	50.32
8. Paul Steele, 1989	50.45
9. Russell Peterson, 2001	50.50
10. Ethan Holmes, 2013	50.51

## 800 Meters

1. Erik Sowinski, 2012	1:45.90
2. Matt Manternach, 2019	1:46.93
3. Carter Lilly, 2016	1:46.95
4. Alec Still, 2022	1:47.50
5. Bill Frazier, 1962	1:47.64
6. D'Juan Strozier, 1990	1:47.82
7. Adam Hairston, 2011	1:48.10
8. Tysen VanDraska, 2021	1:48.13
<b>9. Armando Bryson, 2022</b>	<b>1:48.31</b>
10. Will Teubel, 2015	1:48.60

## 1,500 Meters

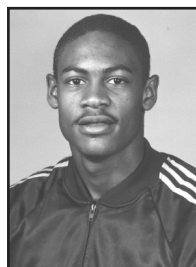
1. Max Murphy, 2022	3:40.63
2. Jeff Thode, 2010	3:43.02
<b>3. Kal Lewis, 2021</b>	<b>3:43.32</b>
4. Joel Moeller, 1978	3:44.01
5. Jim Docherty, 1978	3:44.30
6. Nathan Mylenek, 2019	3:44.49
7. Sam Fourman, 2015	3:44.50
8. Michael Melchert, 2018	3:44.59
9. Adam Jones, 2017	3:45.48
10. Dan Waters, 1986	3:46.35

## 3,000-Meter Steeplechase

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

## 5,000 Meters

1. Max Murphy, 2023	13:39.77
2. Micah VanDenend, 2007	13:49.31
3. Nathan Mylenek, 2021	13:54.15
<b>4. Nick Trattner, 2023</b>	<b>13:55.57</b>
5. Daniel Soto, 2021	13:55.71
6. Larry Wieczorek, 1968	13:56.00
7. Kevin Herd, 1993	13:59.00
8. Stetson Steele, 2000	14:02.76
9. Kevin Lewis, 2014	14:02.78
10. Eric MacTaggart, 2005	14:04.79



Pat McGhee



Jenoah McKiver



Nathan Mylenek

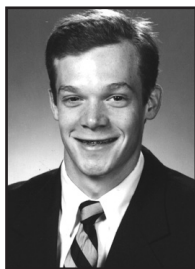
# OUTDOOR ALL-TIME TOP 10 PERFORMERS



Max Murphy



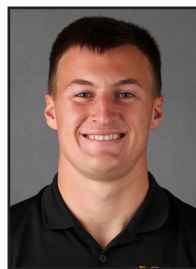
Erik Sowinski



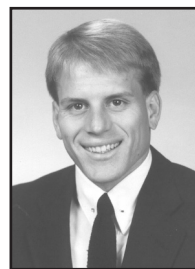
Stetson Steele



Mike Stein



Austin West



Todd Wigginton



Arno  
van der Westhuizen

## 10,000 Meters

1. Stetson Steele, 2000 ..... 28:44.47
2. Daniel Soto, 2021 ..... 28:48.18
3. Eric MacTaggart, 2006..... 28:50.23
4. **Max Murphy, 2022 .....28:57.96**
5. Kevin Lewis, 2015..... 28:59.62
6. **Nick Trattner, 2022 .....29:39.83**
7. Nick Nordheim, 2002 ..... 29:44.71
8. Trent Corey, 2002 ..... 29:45.25
9. Ian Eklin, 2017..... 29:47.06
10. Chad Schwitters, 1999..... 29:56.00

## Decathlon

1. **Austin West, 2022 ..... 8,179 pts**
2. Will Daniels, 2021 ..... 7,864 pts
3. William Dougherty, 2018 ..... 7,673 pts
4. **Peyton Haack, 2021 ..... 7,458 pts**
5. Kyle Reid, 2013..... 7,203 pts
6. Jack Eckert, 2015..... 7,087 pts
7. Dan Rolling, 2010 ..... 6,957 pts
8. Scott Faber, 2000..... 6,839 pts
9. Ryan Niver, 2008 ..... 6,837 pts
10. Chad Ohly, 1994 ..... 6,641 pts

## High Jump

1. Jeffery Herron, 2012..... 7-4 1/4 (2.24)
2. Bill Hansen, 1978 ..... 7-4 (2.23)
- Bill Knoedel, 1975 ..... 7-4 (2.23)
4. Kevin Spejcher, 2014 ..... 7-2 1/2 (2.20)
5. M. Cunningham, 1986..... 7-1 (2.16)
- Kenneth Lansing, 1988..... 7-1 (2.16)
- Jay Hunt, 2019..... 7-1 (2.16)
8. Pat Meade, 1987 ..... 7-0 1/4 (2.14)
9. Graham Valdes, 2012 ..... 6-11 3/4 (2.12)
10. Will Daniels, 2021 ..... 6-11 1/2 (2.12)

## Pole Vault

1. Todd Wigginton, 1984 ..... 17-0 (5.18)
2. Chad Ohly, 1994 ..... 16-8 3/4 (5.10)
- Kyle Reid, 2013 ..... 16-8 3/4 (5.10)
4. Curt Broek, 1978 ..... 16-8 (5.08)
5. Andy Jatis, 2018 ..... 16-7 1/2 (5.07)
6. Phil Wertman, 1971 ..... 16-7 (5.05)
- Kelly Scott, 1988..... 16-7 (5.05)
8. **Peyton Haack, 2021 ..... 16-4 3/4 (5.00)**
9. John Teffer, 1972 ..... 16-2 (4.93)
10. Alex Zona, 2009..... 16-0 3/4 (4.90)

## Long Jump

1. Anthuan Maybank, 1993..... 27-1 (8.25)
2. Bashir Yamini, 1997 ..... 26-8 1/4 (8.13)
3. **James Carter, Jr., 2022..... 26-3 (8.00)**
4. Paul Jones, 1989..... 25-10 1/4 (7.88)
5. Darren Smith, 1991..... 25-9 3/4 (7.86)
6. Quinn Early, 1986 ..... 25-7 1/4 (7.80)
7. O'Shea Wilson, 2017 ..... 25-5 1/4 (7.75)
8. Ed Gordon, 1931 ..... 25-4 3/8 (7.68)
9. Matty Gorman, 2006..... 25-1 1/4 (7.65)
10. Ronnie McCoy, 1985 ..... 25-0 (7.62)

## Triple Jump

1. **James Carter, Jr., 2023 .. 54-8 3/4 (16.68)**
2. Troy Doris, 2012 ..... 54-8 (16.66)
3. Paul Jones, 1990..... 53-9 (16.38)
4. Babatunde Amosu, 2015..... 53-0 (16.15)
5. Antwon James, 2017 ..... 52-4 1/2 (15.96)
6. Klyvens Delaunay, 2013.. 52-2 1/2 (15.91)
7. Gordon Finch, 1988..... 50-9 1/4 (15.47)
8. Mike Lacy, 1984..... 50-5 (15.36)
9. **Deandre Stapleton, Jr. 2023. 50-4 3/4 (15.36)**
10. Pat Miller, 1985 ..... 49-8 1/2 (15.25)

## Shot Put

1. Nikolas Curtiss, 2022 ..... 65-9 (20.04)
2. Jeremy Allen, 2001..... 63-2 3/4 (19.27)
3. Reno Tuufuli, 2018 ..... 62-10 3/4 (19.17)
4. Ken Kemeny, 2005..... 62-3 (18.97)
5. Shane Maier, 2006 ..... 62-2 1/4 (18.95)
6. Andy Banse, 2005 ..... 61-11 1/2 (18.88)
7. John Hickey, 2008..... 61-9 1/2 (18.83)
8. **Elijah Barnes, 2022 ..... 60-8 3/4 (18.51)**
9. Avery Meyers, 2017 ..... 60-4 (18.39)
10. Chris Gambol, 1987..... 60-0 1/2 (18.30)

## Discus

1. Gabe Hull, 2014..... 207-1 (63.11)
2. Reno Tuufuli, 2019 ..... 205-2 (62.54)
3. A.J. Curtis, 2007 ..... 202-11 (61.84)
4. Gary Kostrubala, 1986..... 202-4 (61.68)
5. Jeremy Allen, 2001..... 195-4 (59.54)
6. **Jordan Johnson, 2022 .....195-3 (59.52)**
7. Tim Brodersen, 2005 ..... 193-6 (58.98)
8. Avery Meyers, 2017 ..... 185-8 (56.61m)
9. Brad Daufeldt, 2004 ..... 185-0 (56.40)
10. Nick Brayton, 2009 ..... 180-11 (55.15)

## Hammer

1. A. van der Westhuizen, 2001. 222-11 (67.94)
2. Adam Hamilton, 2007 ..... 222-2 (67.73)
3. Jim Costello, 2002 ..... 217-7 (66.32)
4. Brad Daufeldt, 2004 ..... 207-10 (63.34)
5. Chris Voller, 2005 ..... 206-0 (62.80)
6. Matt Banse, 2012 ..... 201-11 (61.55)
7. Tyler Lienau, 2021..... 199-6 (60.81)
8. **Sean Smith, 2023.....199-5 (60.79)**
9. Jeremy Allen, 2001..... 199-0 (60.66)
10. Ben Stancombe, 2011 ..... 197-6 (60.20)

## Javelin

1. **Mike Stein, 2023.....248-0 (75.59)**
2. Matt Byers, 2011 ..... 245-8 (74.89)
3. Bill Neumann, 2002..... 244-8 (74.58)
4. Dan Ralph, 2000..... 227-10 (69.44)
5. Sam Joens, 2015..... 211-5 3/4 (64.45)
6. Zach Schimp, 2010 ..... 211-0 (64.32)
7. Alex Balke, 2016 ..... 205-11 (62.77)
8. Kale Katt, 2007 ..... 204-0 (62.17)
9. **Austin West, 2023 .....203-11 (62.15)**
10. Joel Storm, 2004 ..... 203-5 (62.01)

# MEN'S ALL-TIME TOP 10 RELAYS

## 400-Meter Relay

1. **Walker, Kresley, Reed, Allen, 2023** ..... **38.70**
2. **Walker, Kresley, Reed, K. Jefferson, 2022**..... 39.03
3. Brissett, Wilson, Thompson, Mallett, 2017 ..... 39.12
4. Hofacker, Woodard, **Lawrence Jr., Bartley, 2019**..... 39.17
5. Mincy, Wilson, Harrington, Brown, 2014 ..... 39.19
6. Mincy, Austin, E. Holmes, Larney, 2013 ..... 39.31
- Johnson, Kresley, Reed, K. Jefferson, 2022** ..... 39.31
8. Saucer, Jr., Brissett, Harrington, Mallett, 2016 ..... 39.44
9. Brissett, Wilson, Woodard, Mallett, 2017 ..... 39.46
10. Beecham, Duckett, Greer, R. Smith, 1984 ..... 39.48
- McConico, Woodard, **Reed, Kresley, 2021**..... 39.48

## Shuttle Hurdle Relay

1. **Conway, Braverman, K. Johnson, Reed, 2022**..... 56.74
2. McGhee, Armstrong, Falls, Stelle, 1989 ..... 57.80
3. Wigginton, Jones, Lacey, McCoy, 1985..... 59.77
4. Williams, **Haack, Braverman, McConico, 2019**..... 1:01.14
5. 1975 ..... 1:05.20

## 800-Meter Relay

1. James, Mallett, Harris, B. Thompson, 2017 ..... 1:23.02
2. B. Thompson, Brissett, Harrington, Ganschow, 2016..... 1:23.36
3. B. Thompson, Ganschow, Frye, Hofacker, 2017..... 1:23.73
4. Richardson, Sayon, Richards, Chaney, Jr., 2009 ..... 1:24.85
5. Harrington, VanCleave, Wilson, Mallett, 2014 ..... 1:24.86
6. Austin, Brown, Larney, VanCleave, 2013 ..... 1:25.60
7. Wilson, Sorrells, Douglas, Williams, 2018 ..... 1:25.87
8. Barclay, McCalister, Jensen, Elliott, 1979..... 1:26.39
9. Sorrells, Braverman, Douglas, **Haack, 2019** ..... 1:28.29
10. Thomas, Balkrishnan, Patterson, Freidrich 1991 ..... 1:28.38

## 1,600-Meter Relay

1. Lawrence Jr., Woodard, Bartley, Harris, 2019..... 3:00.14
2. **Steward, Richards, Gudgel, Gillum, 2022** ..... 3:01.79
3. Frye, Harris, Hofacker, Ogwo, 2017 ..... 3:01.91
4. **Steward, Bryson, Gillum, McKiver, 2022**..... 3:02.39
5. Lietz, Woodard, **Gillum, Lawrence, Jr., 2021** ..... 3:02.54
6. Lawrence Jr., Woodard, Hofacker, Harris, 2019 ..... 3:03.10
7. Morris, Davis, Page, Rozell, 1995..... 3:03.11
8. Branch, Dwight, Dodge, Yamini, 1999 ..... 3:03.29
9. **West, Bryson, Gudgel, Gillum, 2022**..... 3:03.62
10. Frye, Woodard, Hofacker, Harris, 2018 ..... 3:03.69

## Sprint Medley Relay

1. McCorkle, Jones, Chung, Strozier, 1990 ..... 3:15.64
2. Sayon, Austin, Willey, Sowinski, 2011 ..... 3:16.18
3. Richards, Larney, Davey, Sowinski, 2012 ..... 3:17.25
4. Richardson, Richards, Willey, Sowinski, 2010..... 3:17.74
5. **Reed, K. Jefferson, Gillum, Still, 2022** ..... 3:18.06
6. Hofacker, Woodard, Harris, VanDraska, 2018..... 3:18.11
7. Saucer, Jr., Brissett, Harris, Lilly, 2016..... 3:18.53
8. Hofacker, Woodard, Harris, Lilly, 2017 ..... 3:18.73
9. Armstrong, Thomas, Maybank, Strozier, 1991 ..... 3:18.93
10. Yamini, Davis, Dodge, Donovan, 1999 ..... 3:19.87

## 3,200-Meter Relay

1. Schum, Christensen, Steffen, Criswell, 1971 ..... 7:18.60
2. **Gudgel, Bryson, Abrego, Still, 2022** ..... 7:19.13
3. VanDraska, Still, Teubel, Lilly, 2019..... 7:22.50
4. Hairston, Prom, Thode, Sowinski, 2011..... 7:23.77
5. Manternach, VanDraska, W. Teubel, Lilly, 2017 ..... 7:24.77
6. **Schreiner, Strong, Bryson, Gudgel, 2023**..... **7:26.00**
7. Melchert, Manternach, N. Teubel, Lilly, 2018 ..... 7:28.37
8. Corrigan, Blackman, Strozier, Chambers, 1989 ..... 7:29.00
9. Hoffman, **Olson, Still, VanDraska, 2021**..... 7:29.81
10. Melchert, Dorman, Lilly, Larrison, 2016 ..... 7:30.32

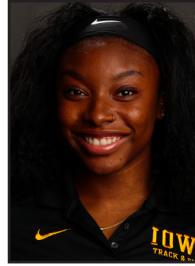
## Distance Medley Relay

1. Pershing, Moeller, Slack, Docherty, 1978 ..... 9:39.94
2. Kuczwarra, Barton, Hairston, Thode, 2011 ..... 9:41.37
3. N. Holmes, VanCleave, Sowinski, Thode, 2012..... 9:41.59
4. Young, Barton, Kuczwarra, Luciano, 2010..... 9:42.97
5. **Lewis, Steward, Abrego, Murphy, 2022** ..... 9:47.73
6. Mylenek, Thompson, Manternach, Melchert, 2018 ..... 9:50.70
7. VanDraska, Lawrence Jr., Teubel, Mylenek, 2019 ..... 9:53.14
8. Prom, Davey, Weir, Witt, 2013..... 9:53.83
9. Theisen, Williams, Wiesa, Waters, 1985 ..... 9:54.04
10. Wilfong, Slaymaker, W. Teubel, Witt, 2013..... 9:54.05

## 6,400-Meter Relay

1. Pershing, Fuller, Moeller, Docherty, 1978..... 16:27.70
2. Rakaric, Webster, MacTaggart, VanDenend, 2006..... 16:55.43
3. Lewis, Witt, Hart, Fourman, 2015 ..... 16:58.44
4. Price, Eklin, Gardarsson, Docherty, 2016..... 17:00.30
5. Paul, Kadlec, Thode, Luciano, 2010 ..... 17:01.46
6. Witt, Lewis, Hart, Butler, 2014 ..... 17:01.65
7. N. Holmes, Witt, Thode, Lewis, 2012 ..... 17:02.26
8. Thomas, Allen, Rakaric, Lloyd, 2003 ..... 17:06.27
9. **Yual, Geisler, Pendergast, Kuhn, 2023**..... **17:11.68**
10. Pittman, Novotny, Feeldy, Marquardt, 1995 ..... 17:12.49

# OUTDOOR ALL-TIME TOP 10 PERFORMERS



**Meghan Armstrong**

**Marta Bote  
Gonzalez**

**Nan Doak**

**Briana Guillory**

**LaSarah Hargrove**

**Amanda Howe**

**Aisha James**

## 100 Meters

1. **LaSarah Hargrove, 2022** ..... **11.20**
2. **Lia Love, 2023** ..... **11.21**
2. Brittany Brown, 2018 ..... 11.28
4. Briana Guillory, 2016 ..... 11.35
5. Lake Kwaza, 2015 ..... 11.40
6. Vivien McKenzie, 1985 ..... 11.45
7. Davera Taylor, 1984 ..... 11.51
8. Erica Broomfield, 1998 ..... 11.53
9. Jiselle Providence, 2001 ..... 11.57
10. Tanja Reid, 1994 ..... 11.60
- Peaches Roach, 2005 ..... 11.60

## 100-Meter Hurdles

1. **Paige Magee, 2023** ..... **13.15**
2. Tiffany Johnson, 2007 ..... 13.20
3. Jenny Kimbro, 2018 ..... 13.22
4. **Myreanna Bebe, 2022** ..... **13.35**
5. Jahisha Thomas, 2017 ..... 13.46
6. Tria Simmons, 2019 ..... 13.49
7. **Tionna Tobias, 2023** ..... **13.51**
8. Karessa Farley, 2009 ..... 13.53
9. C. Prendergast, 1999 ..... 13.60
- Paula Ruen, 2000 ..... 13.60

## 200 Meters

1. Brittany Brown, 2017 ..... 22.42
2. **LaSarah Hargrove, 2022** ..... **22.72**
3. Briana Guillory, 2016 ..... 22.89
4. Elexis Guster, 2016 ..... 23.03
5. Lake Kwaza, 2016 ..... 23.17
6. **Lia Love, 2023** ..... **23.23**
7. Shellene Williams, 2004 ..... 23.50
8. Kineke Alexander, 2006 ..... 23.58
9. Davera Taylor, 1984 ..... 23.59
10. Vivien McKenzie, 1985 ..... 23.61
- Paige Magee, 2023** ..... **23.61**

## 400 Meters

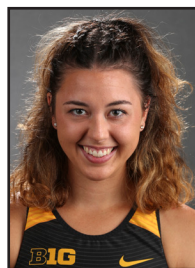
1. Briana Guillory, 2018 ..... 51.30
2. Kineke Alexander, 2006 ..... 51.35
3. Elexis Guster, 2016 ..... 51.85
4. Shellene Williams, 2004 ..... 51.94
5. Ashley Liverpool, 2012 ..... 52.47
6. Ellen Grant, 1996 ..... 52.65
7. **Tesa Roberts, 2023** ..... **52.95**
8. **Audrey Biermann, 2023** ..... **53.06**
9. Alexis Hernandez, 2017 ..... 53.27
10. **Chloe Larsen, 2023** ..... **53.41**

## 400-Meter Hurdles

1. Mary Knoblauch, 1981 ..... 56.16
2. Wynsome Cole, 1998 ..... 56.67
3. MonTayla Holder, 2014 ..... 56.70
4. **Mariel Bruxvoort, 2023** ..... **56.71**
5. Erin Dowd, 2022 ..... 56.77
6. **Paige Magee, 2022** ..... **56.79**
7. Payton Wensel, 2022 ..... 57.63
8. Jenny Kimbro, 2019 ..... 58.27
9. **Nylah Perry, 2023** ..... **58.61**
10. Chris Davenport, 1981 ..... 59.18

## 800 Meters

1. Bethany Praska, 2011 ..... 2:03.77
2. **Alli Bookin-Nosbisch, 2023** ..... **2:04.37**
3. Mallory King, 2021 ..... 2:05.23
4. **Grace Bookin-Nosbisch, 2023** ..... **2:05.49**
5. Kay Stormo, 1982 ..... 2:05.67
6. **Clare Pitcher, 2022** ..... **2:06.05**
7. Taylor Arco, 2019 ..... 2:06.06
8. Michelle Lahann, 2004 ..... 2:06.79
9. Katharina Trost, 2015 ..... 2:07.09
10. Mahnee Watts, 2016 ..... 2:07.41



**Jenny Kimbro**



**Paige Magee**

## 1,500 Meters

1. Meghan Armstrong, 2006 ..... 4:17.41
2. Betsy Flood, 2010 ..... 4:17.75
3. Jeanne Kruckeberg 1989 ..... 4:19.71
4. McKenzie Melander, 2012 ..... 4:20.22
5. Lauren Hardesty, 2009 ..... 4:20.40
6. Diane Nukuri, 2007 ..... 4:20.95
7. **Amber Aesoph, 2023** ..... **4:21.11**
8. Penny O'Brien, 1985 ..... 4:21.43
9. Kay Stormo, 1982 ..... 4:22.24
10. Michelle Lahann, 2004 ..... 4:24.00

## 3,000 Meters

1. Diane Nukuri, 2008 ..... 9:18.82
2. Penny O'Brien, 1985 ..... 9:20.61
3. McKenzie Melander, 2012 ..... 9:21.59
4. Betsy Flood, 2010 ..... 9:22.63
5. Nan Doak, 1985 ..... 9:23.04
6. Tracy Dahl, 1992 ..... 9:23.53
7. Meghan Armstrong, 2006 ..... 9:28.03
8. Brooke Eilers, 2011 ..... 9:30.08
9. Jeanne Kruckeberg, 1989 ..... 9:30.69
10. Jennifer Brower, 1992 ..... 9:34.59

## 3,000-Meter Steeplechase

1. Marta Bote Gonzalez, 2015 ..... 10:23.15
2. Danielle Berndt, 2011 ..... 10:26.54
3. Jessica Schmidt, 2008 ..... 10:27.18
4. Sarah Arens, 2004 ..... 10:34.50
5. Hannah Roeder, 2011 ..... 10:35.22
6. **Brooke McKee, 2023** ..... **10:39.88**
7. Madison Waymire, 2017 ..... 10:41.91
8. Kelsey Hart, 2011 ..... 10:47.56
9. Anna Hostetler, 2019 ..... 10:57.25
10. Kelly Breen, 2017 ..... 10:59.99

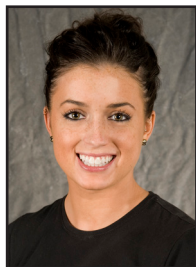
## 5,000 Meters

1. Nan Doak, 1985 ..... 15:45.84
2. McKenzie Melander, 2012 ..... 15:57.13
3. Diane Nukuri, 2008 ..... 15:59.39
4. Betsy Flood, 2011 ..... 16:04.46
5. Meghan Armstrong, 2008 ..... 16:08.83
6. Brooke Eilers, 2011 ..... 16:11.86
7. Mareike Schrulle, 2013 ..... 16:12.66
8. Jenny Spangler, 1983 ..... 16:17.21
9. Tracy Dahl, 1992 ..... 16:18.77
10. Racheal Marchand, 2008 ..... 16:27.02

# OUTDOOR ALL-TIME TOP10 PERFORMERS



Diane Nukuri



Bethany Praska



Alana Redfern



Peaches Roach



Jessie Strand



Laulauga Tausaga



Jahisha Thomas

## 10,000 Meters

1. Diane Nukuri, 2008 ..... 33:17.01
2. Jennifer Brower, 1991..... 33:23.38
3. Meghan Armstrong, 2008..... 33:28.00
4. Nan Doak, 1985..... 33:33.03
5. Jenny Spangler, 1983 ..... 33:39.24
6. Andrea Shine, 2018..... 33:50.25
7. Racheal Marchand, 2008 ..... 34:05.87
8. McKenzie Melander, 2012 ..... 34:29.83
9. Tracy Dahl, 1992 ..... 34:30.09
10. **Maddie Block, 2023 .....34:44.62**

## Heptathlon

1. Jenny Kimbro, 2021..... 5,679 pts
2. Tammilee Kerr, 2008..... 5,633 pts
3. Tria Simmons, 2019..... 5,557 pts
4. Dallyssa Huggins, 2021..... 5,437 pts
5. Kathy Gillespie, 1983..... 5,262 pts
6. **Tionna Tobias, 2022.....5,124 pts**
7. Tiff Pedersen, 2004 ..... 4,976 pts
8. Janet Adams, 1981..... 4,855 pts
9. Sarah Ryan, 2012 ..... 4,819 pts
10. Ruqayya Raheem, 1997 ..... 4,665 pts

## High Jump

1. Peaches Roach, 2006 ..... 6-1 1/4 (1.86)
2. Jenny Kimbro, 2019..... 6-0 3/4 (1.85)
3. Mary Mol, 1983..... 6-0 (1.83)
4. Khanishah Williams, 2013 5-11 1/4 (1.81)
5. Dallyssa Huggins, 2021.. 5-10 1/2 (1.79m)
6. Caleigh Bacchus, 2010..... 5-10 (1.78)
7. Lynn McMillan, 1988..... 5-9 1/4 (1.76)
- Aubrianna Lantrip, 2018 .... 5-9 1/4 (1.76)
- Tria Simmons, 2019..... 5-9 1/4 (1.76)
10. Madison Rouw, 2016..... 5-8 3/4 (1.75)
- Tria Simmons, 2018..... 5-8 3/4 (1.75)

## Pole Vault

1. Jessie Strand, 2003..... 12-10 1/4 (3.92)
2. Sarah Burgett, 2006 ..... 12-1 3/4 (3.70)
3. Kirsten Weismantle, 2011..... 12-0 (3.66)
4. Amy Smith, 2018 ..... 11-11 3/4 (3.65)
5. Katie Truedson, 2010 ..... 11-5 1/4 (3.49)
6. Gina Shannon, 2001..... 11-2 1/4 (3.41)
7. Brittany Holst, 2013 ..... 11-1 (3.38)
8. Elyssa Tracy, 2015..... 10-6 (3.20)
9. Kacey Childs, 2000 ..... 8-0 1/2 (2.45)

## Long Jump

1. Aisha James, 2003..... 22-3 (6.78)
2. Jahisha Thomas, 2018..... 21-6 (6.55)
3. Zinnia Miller, 2014 ..... 20-6 1/2 (6.26)
4. **Tionna Tobias, 2023 ..... 20-6 1/4 (6.25)**
5. Renee White, 2008 ..... 20-3 3/4 (6.19)
6. Carisa Leacock, 2014..... 19-11 3/4 (6.09)
7. Amanda Carty, 2019..... 19-11 1/2 (6.08)
8. Becki Borg, 1988 ..... 19-7 1/4 (5.97)
9. Jenny Kimbro, 2018..... 19-7 (5.97)
10. Kassidy Ellis, 2015 ..... 19-6 1/4 (5.95)

## Triple Jump

1. Jahisha Thomas, 2018..... 44-2 (13.46)
2. Renee White, 2008 ..... 43-10 3/4 (13.36)
3. Zinnia Miller, 2014 ..... 42-0 1/2(12.81)
4. **Kayla Hutchins, 2021 .....41-10 (12.75)**
5. Tiffany Johnson, 2007 .... 41-8 3/4 (12.72)
6. Eavion Richardson, 2021 ..... 41-1 (12.52)
7. Carisa Leacock, 2012 .... 40-10 1/2 (12.46)
8. Amanda Carty, 2019 ..... 40-11 (12.47)
9. Becki Borg, 1988 ..... 40-7 1/2 (12.38)
10. Tria Simmons,2016 ..... 40-7 1/2(12.38)

## Shot Put

1. Laulauga Tausaga, 2019 . 59-1 1/2 (18.02)
2. Nia Britt, 2019 ..... 55-7 3/4 (16.96)
3. **Kat Moody, 2023 ..... 55-0 3/4 (16.78)**
4. Lisa Van Steenwyk, 1992..... 50-8 (15.44)
5. **Jamie Kofron, 2022 ..... 50-6 (15.39)**
6. Nicole Berry, 2022 ..... 50-5 1/4 (15.37)
7. Gail Smith, 1984..... 50-3 1/4 (15.32)
8. Denise Taylor, 1992 ..... 50-1 3/4 (15.28)
9. Erika Hammond, 2019.... 49-9 1/4 (15.17)
10. Kamesha Marshall, 2005 48-6 3/4 (14.80)

## Discus

1. Laulauga Tausaga, 2019 ... 209-10 (63.94)
2. Serena Brown, 2021 ..... 196-2 (59.81)
3. K. Spanoudakis, 2019 ..... 190-1 (57.95)
4. **Kat Moody, 2023 .....185-3 (56.47)**
5. Majesty Tutson, 2013 ..... 181-1 (55.19)
6. Dakotah Goodell, 2014 ..... 169-4 (51.62)
7. **Jamie Kofron, 2022 .....166-1 (50.62)**
8. Kara Misel, 2021..... 162-1 (49.40)
8. Tiffany Medenwaldt, 2010. 161-3 (49.16)
10. Denise Taylor, 1992 ..... 160-5 (48.90)

## Javelin

1. Alana Redfern, 2003 ..... 181-5 (55.30)
2. Tammilee Kerr, 2008..... 163-5 (49.81)
3. **Lizzie Korczak, 2023 .....157-0 (47.86)**
4. Marissa Mueller, 2019..... 154-3 (47.02)
5. Mandy Beck, 1999..... 153-4 (46.74)
6. Dakotah Goodell, 2015 153-3 1/4 (46.71)
7. Terri Soldan, 1983 ..... 152-6 1/4 (46.48)
8. Shani Renning, 1990 ..... 152-3 (46.40)
9. Kayla Hochhalter, 2015 ..... 152-6 (46.48)
10. Clara Simon, 1981 ..... 149-9 (45.64)

## Hammer Throw

1. **Amanda Howe, 2022 .....212-9 (64.84)**
2. Laulauga Tausaga, 2019 .... 201-3 (61.34)
3. Annemie Smith, 2015... 200-1 1/2 (60.99)
- Nia Britt, 2019 ..... 200-1 (60.99)
5. Allison Wahrman, 2021..... 198-7 (60.53)
6. Jasmine Simpson, 2013..... 197-7 (60.23)
7. Becca Franklin, 2007 ..... 195-0 (59.45)
8. Ashlyn Gulvas, 2014 ..... 192-9 (58.75)
9. Leah Colbert, 2018..... 189-3 (57.69)
10. Kelsey Taylor, 2011 ..... 177-0 (53.95)



# WOMEN'S ALL-TIME TOP 10 RELAYS

## 400-Meter Relay

1.	<b>Hargrove, Love, Dowd, Magee, 2022</b> .....	43.69
2.	Kwaza, Guster, Guillory, Hernandez, 2016.....	44.04
3.	<b>Hargrove, Love, Edison, Magee, 2023</b> .....	<b>44.10</b>
4.	Chapman, Guillory, Hernandez, Brown, 2017.....	44.34
5.	Kwaza, Guster, Chapman, Guillory, 2016.....	44.41
6.	Thomas, Avant, Guillory, Brown, 2018.....	44.44
7.	Kwaza, Guster, Hernandez, Brown, 2014.....	44.51
8.	Thomas, Guillory, Hernandez, Brown, 2017.....	44.53
9.	Kwaza, Guster, Holder, Brown, 2014.....	44.62
10.	Poole, Reid, Floyd, Hobbs, 1994.....	44.63

## Shuttle Hurdle Relay

1.	Prendergast, Cole, Raheem, Ruen, 1998.....	56.44
2.	Cole, Prendergast, Raheen, Ruen, 1998.....	56.54
3.	Raheen, Prendergast, Cole, Ruen, 1998.....	57.53

## 800-Meter Relay

1.	Chapman, Guillory, Hernandez, Brown, 2017.....	1:35.36
2.	Hobbs, Reid, Floyd, Poole, 1994.....	1:35.69
3.	Roach, McCalla, Alexander, Johnson, 2006.....	1:36.19
4.	Chapman, Roberts-Lewis, Champe, Brown, 2016.....	1:36.98
5.	Williams, Charles, Fouchè, Providence, 2003.....	1:37.49
6.	Herrmann, McCalla, Raymond, Roach, 2004.....	1:37.66
7.	Charles, Dixon, Knight, Prendergast, 2002.....	1:38.15
8.	Christian, Buss, Swanson, Morken, 2019.....	1:38.52
9.	Prendergast, Dixon, Knight, Providence, 2001.....	1:38.73
10.	Trusty, Hendricks, Graham, Erickson, 2009.....	1:38.79

## 1,600-Meter Relay

1.	Hernandez, Guillory, Holder, Guster, 2016.....	3:30.97
2.	Guillory, Brown, Hernandez, Champe, 2017.....	3:32.37
3.	<b>Bruxvoort, Dowd, Wensel, Roberts, 2022</b> .....	3:33.18
4.	Guster, Hernandez, Holder, Kwaza, 2014.....	3:34.83
5.	<b>Dorn, Larsen, Biermann, Bruxvoort, 2023</b> .....	<b>3:35.10</b>
6.	<b>Larsen, Roberts, Biermann, Itson, 2023</b> .....	<b>3:35.17</b>
7.	<b>Dorn, Magee, Biermann, Larsen, 2023</b> .....	<b>3:35.53</b>
8.	Praska, Hendricks, Liverpool, Erickson, 2011.....	3:35.93
9.	Champe, Guillory, Plock, Sharpe, 2018.....	3:35.94
10.	Guster, Watts, Hernandez, Kwaza, 2014.....	3:36.09

## Sprint Medley Relay

1.	Jones, Hendricks, Liverpool, Praska, 2011.....	3:48.63
2.	Brown, Kwaza, Guster, Watts, 2014.....	3:51.18
3.	<b>Hargrove, Dowd, Wensel, Pitcher, 2022</b> .....	3:52.56
4.	Kwaza, Guster, Holder, Watts, 2016.....	3:52.62
5.	Swanson, Morken, King, Arco, 2019.....	3:52.85
6.	Kwaza, Brown, Guster, Trost, 2015.....	3:53.29
7.	Christian, Buss, Guillory, Arco, 2019.....	3:54.18
8.	Kwaza, R. Moore, Holder, Alexia, 2013.....	3:54.51
9.	Trusty, R. Moore, Hendricks, Praska, 2010.....	3:56.53
10.	Reid, Philip, Hobbs, Benning, 1995.....	3:56.54

## 3,200-Meter Relay

1.	McCabe, Arco, Saunders, King, 2019.....	8:31.84
2.	<b>Moore, A. Bookin-Nosbisch, G. Bookin-Nosbisch, Pitcher, 2022</b> .....	8:35.75
3.	Suppelsa, Wodek, Kruckeberg, Schneckloth, 1987.....	8:46.45
4.	Lahann, Stanley, Hume, Barber, 2004.....	8:48.87
5.	<b>Itson, G. Bookin-Nosbisch, Pitcher, Moore, 2023</b> .....	<b>8:49.00</b>
5.	Schneckloth, Roberts, Hawkins, Kruckeberg, 1989.....	8:49.38
6.	Trost, Maser, Alexia, Nelson, 2014.....	8:49.95
7.	Nelson, Watts, Wilberding, Sindt, 2016.....	8:51.90
8.	Flood, Dlh, L. Hardesty, Docherty, 2009.....	8:53.91
9.	Armstrong, Stanley, Laney, Hume, 2005.....	8:54.27
10.	O'Brien, Camarigg, Williams, Stormo, 1981.....	8:54.36

## Distance Medley Relay

1.	Hoskins, Powell, Schneckloth, Kruckeberg, 1989.....	11:22.18
2.	Armstrong, Alexander, Poncé, Stanley, 2007.....	11:25.05
3.	Stanley, McCalla, Hume, Armstrong, 2005.....	11:34.04
4.	Barber, Williams, Hume, Arens, 2004.....	11:34.56
5.	Thompson, Williams, Hume, Arens, 2003.....	11:39.02
6.	2000.....	11:39.83
7.	<b>G. Bookin-Nosbisch, Roberts, A. Bookin-Nosbisch, Aesoph, 2022</b> .....	11:40.18
8.	Schrulle, Erickson, Placzek, Eilers, 2012.....	11:40.57
9.	Davenport, xx, xx, xx, 1981.....	11:41.44
10.	Pare, Grant, Benning, Gilchrist, 1997.....	11:41.92

## 6,400-Meter Relay

1.	Flood, Melander, A. Hardesty, L. Hardesty, 2010.....	19:05.63
2.	Nukuri, Marchand, Henize, Armstrong, 2008.....	19:15.42
3.	Flood, Laesch, Ranegar, Melander, 2012.....	19:16.73
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