



Iowa Track & Field

WEEK 9 | FEB. 23-24, 2024 | B1G Championships



2023-24 INDOOR SCHEDULE



B1G CHAMPIONSHIPS

February 23-24, 2024

Friday: Multi-Events - 9:40 a.m. | Running events: 11:40 a.m. | Long jump: Noon

Saturday: Heptathlon - 10 a.m. | High jump: 10:30 a.m.

Running events: 12:20 p.m.

2023-24 NEWS

- In total, the Hawkeyes set six school records over the Feb. 9-10 weekend:
 - Lia Love – Women's 60m (7.24)
 - Kalen Walker – Men's 60m (6.52)
 - Kalen Walker – Men's 60m (6.51)
 - Alli Bookin-Nosbisch – Women's 800m (2:03.42)
 - Rivaldo Marshall – Men's 800m (1:46.86)
 - Daniela Wamokpego – Women's Triple Jump (13.24m | 43' 5.25")
- The Hawkeyes have four individuals ranked in the top 10:
 - Kalen Walker | 60m: No. 3
 - Paige Magee | 60mH: No. 5
 - Rivaldo Marshall | 800m: No. 6
 - Grant Conway | 60mH: No. 9
- Senior Paige Magee broke the program's 60-meter hurdles record at the Larry Wiecek Invite, speeding across the line in 8.00.
- Multi-event specialists Sal Capaldo (heptathlon) and Tionna Tobias (pentathlon) won their respective events with personal bests of 5,256 and 4,049 points, respectively, at the Wiecek Invite.
- Sophomores Sean Smith and Austin Busch updated the top-10 list with their weight throw performances at the Wiecek Invite.
 - Smith (2nd at Iowa | 21.83m)
 - Busch (4th at Iowa | 20.91m)
- The Hawkeyes opened 2024 with 16 individual titles at the Hawkeye Invite on Jan. 12-13.

THIS WEEK

The Hawkeyes begin postseason competition at the Indoor Big Ten Championships in Geneva, Ohio of Feb. 23-24. The SPIRE Institute will host the two-day event. Action starts on Friday at 9:40 a.m. (CT) and on Saturday at 10 a.m.

HOW TO FOLLOW ALONG

Fans can stream the Big Ten Championships on B1G+ (subscription required). Results can be found on the live results link on the track and field schedule page at hawkeyesports.com. Updates and results will also be posted on the team's official 'X' account (@IowaXC_TF).

IOWA COACHING STAFF



JOEY WOODY

Director of Iowa Track & Field and Cross Country
10th season

Alma Mater: Northern Iowa

Iowa City native and World Champion runner Joey Woody was named UI director of track and field/cross country in July 2014. He is a four-time Big Ten Coach of the Year and a six-time USTF-CCCA Regional Coach of the Year.

Prior to accepting the head coaching position, Woody served as the associate head track and

field coach for two seasons. He was assistant coach and director of sprint and hurdle events for the Hawkeyes from 2006-12.

Since arriving on campus, Woody has led Iowa to 54 Big Ten individual titles, 13 conference relay titles, four men's Big Ten team titles, four Big Ten Athletes of the Year, and 228 All-America honors.

RANDY HASENBANK

Associate Head Coach (Distance)

JASON WAKENIGHT

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

HADRIEN CHOUKROUN

Assistant Coach (Jumps/Multi Events)

RAY ROBINSON

Assistant Coach (Throws)

CHYNA DAVIS

Assistant Coach (Sprints/Hurdles)

SHAYLA HOULIHAN

Assistant Coach/Assistant Director of Track & Field Operations
(Distance)

AMANDA HOWE

Director of Track & Field Operations

IOWA QUICK FACTS

Location	Iowa City, Iowa
Founded	1847
Enrollment	31,452
President.....	Barbara J. Wilson
Athletics Director.....	Beth Goetz
Administrator.....	Eddie Etsey
School Colors.....	Black and Gold
Nickname	Hawkeyes
Conference.....	Big Ten
Facility.....	Hawkeye Indoor Track Facility

MIDWEST REGIONAL RANKINGS

MEN'S TEAM	CONFERENCE	POINTS
1. Oklahoma State	Big 12	322.86
2. Nebraska	Big Ten	312.70
3. Iowa State	Big 12	298.45
4. IOWA	Big Ten	237.37
5. Kansas	Big 12	213.55

WOMEN'S TEAM	CONFERENCE	POINTS
1. Oklahoma State	Big 12	358.07
2. Illinois	Big Ten	332.05
3. IOWA	Big Ten	276.13
4. Minnesota	Big Ten	233.21
5. Kansas	Big 12	195.06

NATIONAL RANKINGS

USTFCCCA: WEEK 5 RANKINGS

MEN	WOMEN
1. Northern Arizona	1. Arkansas
2. Texas Tech	2. Florida
3. Arkansas	3. USC
4. USC	4. Oregon
5. Washington	5. Texas Tech
6. Florida	6. Washington
7. Texas	7. Texas
8. Nebraska	8. Oklahoma State
9. Alabama	9. LSU
10. Wisconsin	10. BYU
11. Kentucky	11. Texas A&M
12. Georgia	12. Alabama
13. North Carolina	13. Georgia
14. Texas A&M	14. Ole Miss
15. Florida State	15. South Carolina
16. South Carolina	16. Tennessee
17. Oklahoma State	17. Illinois
18. Stanford	18. Harvard
19. Harvard	19. Notre Dame
20. Arizona State	20. Stanford
21. Louisville	21. Clemson
22. Penn State	22. Providence
23. Illinois	23. Minnesota
24. Iowa State	24. Baylor
25. Houston	25. Oklahoma

A LOOK BACK

In 2023, both the Hawkeyes men's and women's teams placed third at the Big Ten Championships. The men finished with 98 points, while the women earned 85. Myreanna Bebe was the Big Ten Champion in the women's 60-meter hurdles, earning first-team All-Big Ten honors. LaSarah Hargrove (200m), Tyler Olson (600m) and James Carter Jr. (long jump, triple jump) were second-team All-Big Ten honorees.

IN THE RANKINGS

In this week's USTFCCCA regional rankings, the Hawkeyes are ranked No. 3 in the women's poll and No. 4 in the men's. Iowa has eight women's event groups ranked in the top 20, while the men are ranked within the top 20 in five event groups.

SPRINTING TO THE TOP

Senior Kalen Walker updated his program-best 60-meter dash time at the Jarvis Scott Open in Lubbock, Texas, on Feb. 9. Walker ran a 6.52 in the semifinals before setting the program's new best of 6.51 in the finals. The Eddyville, Iowa, native leads the Big Ten and is ranked third nationally. Junior Lia Love claimed Iowa's top spot on the all-time list, sprinting to a 7.24 school record in Lubbock. Her time is in second in the conference and inside the top 20 nationally.

BOOKIN-NOSBISCH REWRITES RECORD BOOK

On back-to-back weekends, Alli Bookin-Nosbisch improved her 800-meter school record. At the Tyson Invite on Feb. 10, the senior from Ottumwa, Iowa, improved her program best to 2:03.42. Bookin-Nosbisch had most recently set the record on Feb. 3 at the Mayo Invite.

RIVALDO'S RETURN

Competing for the first time since the Jimmy Grant Invite on Dec. 9, junior Rivaldo Marshall etched his name in Hawkeye history at the Tyson Invite by running a 1:46.86 to set the new 800-meter school record. Marshall leads the conference and has moved to sixth in the national rankings.

FRONT PAIGE NEWS

Senior Paige Magee shattered her own school record at the Larry Wiczorek Invitational on Jan. 20, crossing the line of the 60-meter hurdles in 8.00. This is the second time Magee has broken the program's record this season, after matching the previous all-time record (8.07) in the opener on Dec. 9. The senior from Columbia, Missouri, is currently ranked atop the Big Ten in the event group and sixth in the NCAA.

STRENGTH IN NUMBERS

At the New Mexico Collegiate Classic, redshirt sophomore Chloe Larsen completed a strong weekend by moving into tenth on Iowa's all-time list in the 400-meter race. After climbing to third in the 600 meters on the opening day, Larsen doubled up with a 54.20 personal best to lead the Hawkeyes in the 400 meters. Additionally, sophomore Gabby Cortez (55.11) and freshman Olicia Lucas (55.22) posted career bests. The men's 400-meter group notched three personal records courtesy of freshmen Josh Pugh (47.40) and James Fingalsen (47.64), along with sophomore Tyrese Miller (48.13). The women's 4x400-meter relay team of sophomore Audrey Biermann, Magee, Larsen and senior Nylah Perry ran a 3:34.24 to post the program's sixth-fastest time.

PERFECTING THEIR CRAFT

Multi-event specialists Sal Capaldo and Tionna Tobias opened their campaigns with event victories at the Wiczorek Invite. Capaldo was crowned the champion and moved to sixth in program history with his 5,256-point performance. The sophomore from Polk City, Iowa, notched the individual title in the high jump (1.96m) before earning three second-place finishes (60mH, pole vault, 1,000m) over the weekend.

Tobias, the Big Ten's reigning outdoor heptathlon champion, totaled 4,049 points in her pentathlon championship. The senior from Sicklerville, New Jersey, ranks third in program history and leads the Big Ten following her performance. Tobias set a pair of meet, track and facility records within the pentathlon (60mH, long jump) on her way to the title.

CLEAN SWEEP

For the first time in program history, the Hawkeyes swept Big Ten Athlete of the Week honors following the Jimmy Grant Alumni Invitational. Paige Magee won the women's track athlete of the week honor by breaking the program's 60-meter hurdles record. Kalen Walker broke his own 60-meter school record twice (6.60 | 6.59) in the season opener. Daniela Wamokpego, a freshman from Meaux, France, made an instant impact with her triple jump of 13.12 meters (43' 0.5") to win the women's field award. Sean Smith set a facility record in the weight throw on his way to the men's field honor, tossing a 21.66-meter (71' 0.75") mark.

UPDATING THE ALL-TIME LISTS

This season, the Hawkeyes have made 31 updates to the top-10 lists:

- Women's 60-meters: Love (1st), Duax (4th), Magee (8th)
- Men's 60-meters: Walker (1st)
- Women's 60-meter hurdles: Magee (1st), Tobias (3rd)
- Men's 60-meter hurdles: Conway (3rd)
- Men's 200-meters: Reed (4th)
- Women's 400-meters: Larsen (10th)
- Women's 600-meters: A. Bookin-Nosbisch (6th)
- Women's 800-meters: A. Bookin-Nosbisch (1st), G. Bookin-Nosbisch (7th)
- Men's 800-meters: Marshall (1st), Schreiner (5th), O'Connor (7th)
- Women's 4x400: Biermann, Magee, Larsen, Perry (6th)
- Women's Pentathlon: Tobias (3rd), Wirth (6th), Rochford (10th)
- Women's High Jump: Wirth (6th)
- Men's Weight Throw: Smith (2nd), Busch (4th)
- Women's Weight Throw: Kofron (3rd), Bauer (5th)
- Women's Shot Put: Kat Moody (2nd)
- Women's Long Jump: Tobias (2nd), Zeffou-Poaty (3rd), Hutchins (8th)
- Women's Triple Jump: Wamokpego (1st)
- Men's Triple Jump: Irivi (7th)
- Heptathlon: Capaldo (6th)

UP NEXT

The Hawkeyes head to Boston, Mass., for the Indoor NCAA Championships on March 6-9.

2023-24 INDOOR SEASON BESTS

MEN'S INDOOR SEASON BESTS

60 Meters.....	Kalen Walker.....	* 6.51
60 Hurdles.....	Grant Conway.....	7.67
200 Meters.....	Gratt Reed.....	20.82
300 Meters.....	Tyrese Miller.....	34.43
400 Meters.....	Josh Pugh.....	46.92
600 Meters.....	Ryan Schreiner.....	1:17.91
800 Meters.....	Rivaldo Marshall.....	* 1:46.86
1,000 Meters....	Sal Capaldo.....	2:51.50
Mile.....	Aidan King.....	4:11.38
3,000 Meters....	Will Ryan.....	8:16.24
5,000 Meters....	Max Murphy.....	14:15.23
4x400 Relay.....	"A".....	3:07.56
High Jump.....	Sal Capaldo.....	6-5 1/2 (1.97m)
Pole Vault.....	Sal Capaldo/Austin West.....	13-9 1/4 (4.20m)
Long Jump.....	Deandre Stapleton, Jr.....	23-11(m)
Triple Jump.....	Precious Irivi.....	49-6 1/2 (15.10m)
Shot Put.....	Quinton Lyons.....	54-11 1/4 (16.74m)
Weight Throw..	Sean Smith.....	71-7 1/2 (21.83m)
Pentathlon.....	Sal Capaldo.....	3,676 points
Heptathlon.....	Sal Capaldo.....	5,256 points

WOMEN'S INDOOR SEASON BESTS

60 Meters.....	Lia Love.....	* 7.24
60 Hurdles.....	Paige Magee.....	* 8.00
200 Meters.....	Lia Love.....	23.39
300 Meters.....	Olicia Lucas.....	38.54
400 Meters.....	Chloe Larsen.....	54.20
600 Meters.....	Chloe Larsen.....	1:28.31
800 Meters.....	Alli Bookin-Nosbisch.....	* 2:03.42
Mile.....	Alli Bookin-Nosbisch.....	4:48.08
3,000 Meters....	Amber Aesoph.....	9:38.13
5,000 Meters....	Abby Ryon.....	17:10.93
4x400 Relay.....	Biermann, Magee, Larsen, Perry.....	3:34.24
High Jump.....	Annie Wirth.....	5-9 1/4 (1.76m)
Long Jump.....	Tionna Tobias.....	21-0 1/2 (6.41m)
Triple Jump.....	Daniela Martine Wamokpego..	* 43-5 1/4 (13.24m)
Shot Put.....	Kat Moody.....	55-9 1/4 (17.00m)
Weight Throw..	Jamie Kofron.....	69-0 1/2 (21.04m)
Pentathlon.....	Tionna Tobias.....	4,049 points

* -- school record

MEDIA INFORMATION

Media availability is held weekly on Wednesdays at 12:30 p.m. at the Hawkeye Indoor Track Facility during the season. Contact John Leo and Jack Bacon for the Media Availability Schedule. For specific student-athlete requests, please notify John and Jack at least 24-hours in advance. Coach and select student-athletes will address the media following home meets.

UI STRATEGIC COMMUNICATIONS

John Leo (*Assistant Director*)

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Jack Bacon (*Secondary Contact*)

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2024 ROSTERS

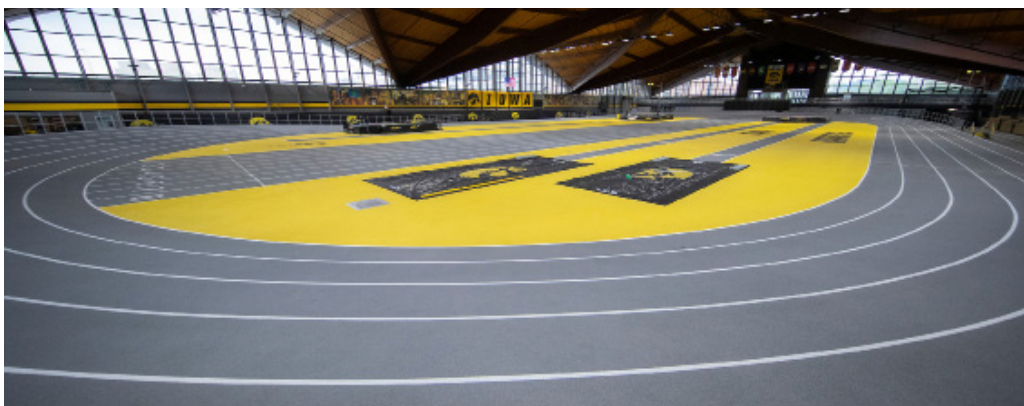
MEN

Name	Event	Yr.
Damoy Allen	Sprints	Sr.
Connor Belken	Sprints	Sr.
Koby Brackemeyer	Mid-Distance	Sr.
Zidane Brown	Sprints	Jr.
Canaan Burnett	Multis	Fr.
Austin Busch	Throws	RS Fr.
Sal Capaldo	Multi Events	So.
Grant Conway	Hurdles	Sr.
Will Davidson	Multis	Fr.
James Fingalsen	Mid-Distance	Fr.
Miles Granjean	Hurdles	Fr.
Kai Graves-Blanks	Hurdles	Fr.
Nate Harbert	Distance	So.
Precious Irivi	Jumps	Fr.
Kaleba Jack	Jumps	Jr.
Noah James	Jumps	Jr.
Khullen Jefferson	Sprints	Sr.
Phillip Jefferson	Hurdles	So.
Jordan Johnson	Throws	Sr.
Kalil Johnson	Hurdles	Jr.
Aidan King	Distance	Jr.
Austin Kresley	Sprints	Sr.
Hayden Kuhn	Distance	So.
Carson Lane	Mid-Distance	Fr.
Derek Leicht	Mid-Distance	So.
Chase Lovercheck	Mid-Distance	5th Yr.
Quintin Lyons	Throws	Sr.
Rivaldo Marshall	Mid-Distance	Jr.
Tyrese Miller	Sprints	So.
Max Murphy	Distance	Jr.
Nick O'Connor	Mid-Distance	Sr.
Jack Pendergast	Distance	Sr.
Zack Pluff	Jumps	Sr.
Josh Pugh	Sprints	Fr.
Gratt Reed	Hurdles	Sr.
Will Ryan	Distance	So.
Ryan Schreiner	Mid-Distance	So.
Evan Schuster	Sprints	Sr.
Sean Smith	Throws	So.
De'Andre Stapleton Jr.	Jumps	Sr.
Joe Stein	Sprints	Sr.
Martin Strong	Mid-Distance	Jr.
Kalen Walker	Sprints	Sr.
Brett Wasick	Mid-Distance	So.
Austin West	Multi Events	Sr.
Walker Whalen	Throws	So.
Yohana Yual	Distance	Jr.

WOMEN

Name	Event	Yr.	Name	Event	Yr.
Amber Aesoph	Distance	Sr.	Brynley McDermott	Sprints	Jr.
Madeline Andelbradt	Multi-Events	So.	Brooke McKee	Distance	Sr.
Alivia Bauer	Throws	Sr.	Lauren McMahon	Distance	Jr.
Audrey Biermann	Mid-Distance	So.	Ella Meeuwsen	Jumps	RS So.
Jalyssa Blazek	Distance	So.	Kat Moody	Throws	Sr.
Alli Bookin-Nosbisch	Mid-Distance	Sr.	Katie Moore	Mid-Distance	Sr.
Grace Bookin-Nosbisch	Mid-Distance	Sr.	Julia Pattison	Sprints	So.
Rowan Boulter	Distance	So.	Nylah Perry	Hurdles	Sr.
Miya Brines	Multi-Events	Jr.	Katie Petersen	Hurdles	Sr.
Mariel Bruxvoort	Hurdles	Sr.	Clare Pitcher	Mid-Distance	Sr.
Dimia Burrell	Jumps	Jr.	Ellie Rathe	Distance	So.
Gabby Cortez	Mid-Distance	So.	Ellie Rickertsen	Hurdles	So.
Aliyanna Dorn	Mid-Distance	Sr.	Tesa Roberts	Sprints	Sr.
Holly Duax	Sprints	So.	Carlee Rochford	Multi-Events	Fr.
Alexandria Edison	Sprints	So.	Ava Rush	Mid-Distance	Fr.
Claire Edmondson	Distance	Sr.	Abby Ryon	Distance	Sr.
Laney Fitzpatrick	Mid-Distance	Jr.	Miriam Sandeen	Distance	Jr.
Ali Frandsen	Hurdles	Fr.	Lillian Schmidt	Distance	Jr.
Natalie Harris	Hurdles	So.	Sydney Smith	Throws	Fr.
Jade Hunter	Jumps	Jr.	Audra Soderlind	Distance	Fr.
Kayla Hutchins	Jumps	Sr.	Aleah Tenpas	Distance	So.
Jaiden Itson	Mid-Distance	Jr.	Tionna Tobias	Jumps	Sr.
Lily Johannes	Mid-Distance	So.	Kelli Totic	Distance	Sr.
Cameron Kalaway	Distance	Fr.	Ellie Twedt	Distance	Sr.
Clare Kelly	Distance	Fr.	Kathryn Vortherms	Mid-Distance	RS So.
Jamie Kofron	Throws	Sr.	Daniela Wamokpego	Jumps	Fr.
Lizzie Korczak	Throws	RS So.	Arianna Williams	Sprints	Fr.
Chloe Larsen	Mid-Distance	RS So.	Wisdom Williams	Throws	So.
Lia Love	Sprints	Jr.	Peyton Wilson	Throws	Fr.
Olicia Lucas	Sprints	Fr.	Ann Wirth	Multi-Events	Fr.
Paige Magee	Hurdles	Sr.	Isabelle Woody	Multi-Events	So.
Mytika Mayberry	Sprints	Jr.	Maud Zeffou-Poaty	Jumps	Fr.

HAWKEYE INDOOR TRACK FACILITY



Iowa's indoor practice and competition facility reopened in 2016 with a multi-million dollar makeover. Called by some as the 'fastest track in the world,' the new raised track sits up to five feet off the ground and is a one-of-a-kind competition surface previously used for the 2016 World Championships in Eugene, Oregon.

The Recreation Building also houses renovated locker rooms, weight training and athletic training space for the Iowa track and field, and cross country teams.

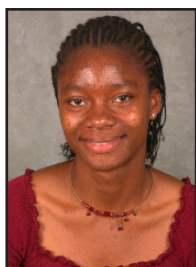
The Hawkeyes hosted the Big Ten Indoor Men's Championships in 1989, 1997 and 2006, and the Big Ten Indoor Women's Championships in 1991 and 2004 at the facility.



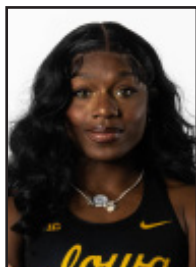
INDOOR ALL-TIME TOP 10 PERFORMERS



Amber Aesoph



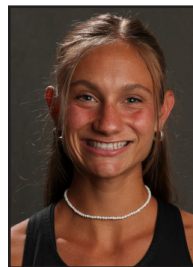
Kineke Alexander



Myreanna Bebe



Alli



Grace



Brittany Brown



Mariel Bruxvoort

60 Meters

1. **Lia Love, 2024**.....7.24
2. LaSarah Hargrove, 20227.25
3. Lake Kwaza, 20167.33
4. **Holly Duax, 2024**.....7.38
5. Brittany Brown, 20177.39
6. Elaine Jones, 19837.43
7. Kyara Avant, 20187.44
8. **Paige Magee, 2023**.....7.45
- Peaches Roach, 20057.45
- Antonise Christian, 20207.45

60-Meter Hurdles

1. **Paige Magee, 2024**.....8.00
- Myreanna Bebe, 20238.07
3. **Tionna Tobias, 2024**.....8.15
4. Karessa Farley, 20098.21
5. Jenny Kimbro, 20208.22
6. Tiffany Johnson, 20068.33
7. Jahisha Thomas, 20178.35
8. Paula Ruen, 19988.39
9. Tria Simmons, 20198.40
10. **Miya Brines, 2022**.....8.43

200 Meters

1. Brittany Brown, 201722.79
2. Briana Guillory, 201823.22
3. LaSarah Hargrove, 202323.37
4. **Lia Love, 2024**.....23.39
5. **Paige Magee, 2023**.....23.46
6. Kineke Alexander, 200623.49
7. Lake Kwaza, 201623.54
8. Shellene Williams, 200423.62
9. Marlene Poole, 199423.66
- Yolanda Hobbs, 199523.66

400 Meters

1. Kineke Alexander, 200751.48
2. Briana Guillory, 201851.68
3. Elexis Guster, 201652.36
4. Ellen Grant, 199652.65
5. Shellene Williams, 200452.83
6. **Audrey Biermann, 2023**53.28
7. Alexis Hernandez, 201753.42
8. **Tesa Roberts, 2022**.....53.91
9. Ashley Liverpool, 201154.09
10. **Chloe Larsen, 2024**54.20

600 Yards

1. Senta Hawkins, 19871:21.06
2. Aisha Hume, 20041:21.74
3. Kay Stormo, 19821:22.49
4. Nicole Erickson, 20121:22.61
5. Mahnee Watts, 20161:22.72
6. Bethany Praska, 20091:23.12
7. Hannah Simonson, 20121:23.18
8. Chris Davenport, 19821:24.14
9. Kaitlyn Nelson, 20151:24.52
10. Sophia Poncè, 20071:24.55

600 Meters

1. Kineke Alexander, 20081:27.45
2. Bethany Praska, 20111:28.14
3. **Chloe Larsen, 2023**1:28.31
4. Mallory King, 20221:28.45
5. **Gabby Cortez, 2023**1:28.47
6. **Alli Bookin-Nosbisch, 2024**.....1:28.73
7. **Aliyanna Dorn, 2023**.....1:29.03
8. MonTayla Holder, 20161:29.35
9. **Clare Pitcher, 2022**.....1:29.36
10. Tia Saunders, 20201:29.83

800 Meters

1. **Alli Bookin-Nosbisch, 2024**.....2:03.42
2. Mallory King, 20222:04.56
3. Bethany Praska, 20112:05.01
4. **Clare Pitcher, 2023**.....2:05.94
5. Jeanne Kruckeberg, 19892:06.38
6. Michelle Lahann, 20042:06.83
7. **Grace Bookin-Nosbisch, 2024**.....2:07.21
8. Katharina Trost, 20142:07.38
9. Mahnee Watts, 20142:08.79
10. Tia Saunders, 20202:08.83

Mile

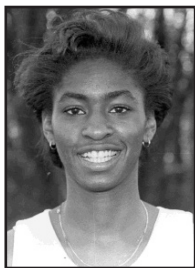
1. McKenzie Melander, 20114:39.78
2. Jeanne Kruckeberg, 19894:40.19
3. Meghan Armstrong, 20064:40.59
4. Rachelle Roberts, 19904:40.79
5. Lauren Hardesty, 20114:41.01
6. **Amber Aesoph, 2022**4:41.58
7. Tina Stec, 19944:42.63
8. Betsy Flood, 20104:42.70
9. Penny O'Brien, 19814:43.72
10. Diane Nukuri, 20074:46.25

3,000 Meters

1. Tracy Dahl, 19939:15.57
2. Meghan Armstrong, 20089:17.50
3. Diane Nukuri, 20089:20.07
4. Betsy Flood, 20119:20.09
5. Nan Doak, 19829:21.60
6. Jenny Spangler, 19869:22.41
7. Mareike Schulle, 20129:23.97
8. Brooke Eilers, 20129:27.92
9. McKenzie Melander, 20129:29.71
10. Krista Anderson, 20069:29.75



Tracy Dahl



Senta Hawkins



Jenny Kimbro



Mallory King



Lia Love



Paige Magee

INDOOR ALL-TIME TOP 10 PERFORMERS



McKenzie Melander



Tesa Roberts



Peaches Roach



Jessie Strand



Laulauga Tausaga



Daniela Martine
Wamokpego



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. **Tionna Tobias, 2023 4,049 points**
4. Tammilee Kerr, 2008 3,974 points
5. Dallyssa Huggins, 2021 3,881 points
6. **Annie Wirth, 2023 3,835 points**
7. Chris Davenport, 1983 3,798 points
8. Tahlee McVee, 2023 3,767 points
9. Kamesha Marshall, 2005 3,701 points
10. **Carlee Rochford, 2023 3,571 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. **Annie Wirth, 2023 5-9 1/4 (1.76)**
- Caleigh Bacchus, 2010 5-9 1/4 (1.76)
- Aubrianna Lantrip, 2019 5-9 1/4 (1.76)
9. Gillian Urycki, 2018 5-8 3/4 (1.75)
10. Kristi Dinkla, 1985 5-8 1/2 (1.74)
- Kacey Childs, 2001 5-8 1/2 (1.74)

Pole Vault

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

Long Jump

1. Jahisha Thomas, 2018 21-0 3/4 (6.42)
2. **Tionna Tobias, 2023 21-0 1/2 (6.41)**
3. Zinnia Miller, 2014 20-4 1/4 (6.20)
4. **Maud Zeffou-Poaty, 2024 20-2 1/4 (6.15)**
5. Carisa Leacock, 2014 19-9 1/2 (6.03)
6. Lisa Moats, 1986 19-6 (5.95)
7. Cassidy Ellis, 2015 19-5 1/2 (5.93)
8. **Kayla Hutchins, 2024 ... 19-4 1/4 (5.90)**
9. Jenny Kimbro, 2020 19-4 (5.89)
10. Renee White, 2006 19-3 1/4 (5.87)

Triple Jump

1. **Daniela Martine Wamokpego, 2024 43-5 1/4 (13.24)**
2. Jahisha Thomas, 2018 43-4 1/2 (13.22)
3. Renee White, 2008 42-4 (12.90)
4. Amanda Carty, 2019 42-1 1/2 (5.88)
5. Tria Simmons, 2017 42-1 1/4 (12.83)
6. Tiffany Johnson, 2007 41-3 3/4 (12.59)
7. Eavion Richardson, 2021 41-3 1/4 (12.58)
8. Zinnia Miller, 2014 41-2 1/2 (12.56)
9. **Kayla Hutchins, 2022 40-9 3/4 (12.44)**
10. Hannah Schlib, 2019 40-7 (12.37)

Shot Put

1. Laulauga Tausaga, 2020 58-11 1/4 (17.96)
2. **Kat Moody, 2024 55-9 1/4 (17.00)**
3. Nia Britt, 2019 54-11 1/2 (16.75)
4. Nicole Berry, 2022 52-6 3/4 (16.02)
5. **Wisdom Williams, 2023 .52-1 1/4 (15.88)**
6. Erika Hammond, 2019 51-3 1/2 (15.63)
7. Gail Smith, 1985 51-0 (15.54)
8. Emma Callahan, 2022 50-6 1/4 (15.40)
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. **Jamie Kofron, 2024 ... 69-0 1/2 (21.04)**
4. Nia Britt, 2022 68-8 1/2 (20.94)
5. **Alivia Bauer, 2023 67-0 1/2 (20.43)**
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)

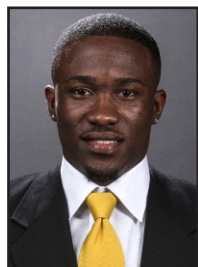
4x400-Meter Relay

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. **Biermann, Magee, Larsen, Perry, 2024 3:34.24**
7. Sharpe, Guillory, Brown, Champe, 2018 3:34.34
8. **Dorn, Magee, Larsen, Biermann, 2023 3:34.49**
9. **Bruxvoort, Wensel, King, Roberts, 2022 3:35.73**
10. **Bruxvoort, Wensel, Itson, Roberts, 2022 3:35.90**

Distance Medley Relay

1. **A. Bookin-Nosbisch, Roberts, G. Bookin-Nosbisch, Aesoph, 2023 11:15.07**
2. Armstrong, Alexander, L. Hardesty, Nukuri, 2008 11:20.11
3. Gordon, **Bruxvoort, G. Bookin-Nosbisch, Aesoph, 2022 11:21.29**
4. Melander, Hendricks, L. Hardesty, Eilers, 2011 11:22.44
5. Stormo, Davenport, Williams, O'Brien, 1981 11:23.02
6. Melander, Praska, Hendricks, Flood, 2011 11:24.47
7. Flood, Hendricks, L. Hardesty, Melander, 2010 11:25.01
8. Melander, Hendricks, Flood, Marchand, 2009 11:27.34
9. Benning, Poole, Salsberry, Stec, 1994 11:28.03
10. Stormo, Davenport, Hayden, Doak, 1982 11:29.54
- Armstrong, Granger, Stanley, K. Anderson, 2006 11:29.54

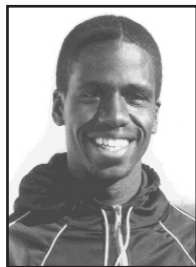
INDOOR ALL-TIME TOP 10 PERFORMERS



Karayme Bartley



Jamal Britt



Rodney Chambers



Nikolas Curtiss



Troy Doris



Julien Gillum



Peyton Haack

60 Meters

1. Kalen Walker, 2024	6.51
2. Austin Kresley, 2023	6.64
3. Justin Austin, 2011	6.69
4. Vinnie Saucer, Jr., 2016	6.70
5. Damoy Allen, 2022	6.71
Khullen Jefferson, 2023	6.71
7. Kurt Felix, 1999	6.73
Tevin-Cee Mincy, 2014	6.73
9. Josh Larney, 2013	6.74
Christian Brissett, 2017	6.74

60-Meter Hurdles

1. Jamal Britt, 2021	7.52
2. Jaylan McConico, 2020	7.60
3. Aaron Mallett, 2017	7.64
4. Grant Conway, 2024	7.67
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
Peyton Haack, 2023	7.82

200 Meters

1. Karayme Bartley, 2019	20.67
2. Khullen Jefferson, 2023	20.70
3. Justin Austin, 2011	20.80
4. Gratt Reed, 2024	20.82
5. Wayne Lawrence, Jr., 2020	20.85
6. Austin Kresley, 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. Jenoah McKiver, 2022	45.39
2. Wayne Lawrence Jr., 2021	45.40
3. Mar'yea Harris, 2017	45.75
4. Chadrick Richards, 2022	46.01
5. Karayme Bartley, 2019	46.25
6. Emmanuel Ogwo, 2017	46.45
7. 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. Jenoah McKiver, 2022	1:15.36
2. Julien Gillum, 2022	1:16.11
3. Tyler Olson, 2023	1:16.13
4. Spencer Gudgel, 2023	1:16.51
5. Wayne Lawrence, Jr., 2020	1:16.55
6. Mar'yea Harris, 2019	1:16.60
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. Rivaldo Marshall, 2024	1:46.86
2. Carter Lilly, 2017	1:47.33
3. Erik Sowinski, 2012	1:47.62
4. Will Teubel, 2016	1:47.74
5. Ryan Schreiner, 2024	1:48.42
6. Antonio Abrego, 2022	1:48.47
7. Nick O'Connor, 2024	1:48.73
8. Pavlo Hutsalyuk, 2016	1:48.97
9. Ryan Weir, 2013	1:49.11
10. Adam Hairston, 2010	1:49.26

Mile

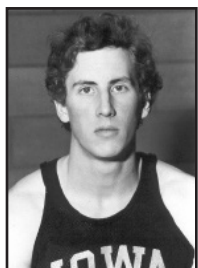
1. Jeff Thode, 2011	3:58.72
2. Ed DeLashmutt, 1981	4:04.01
3. Kal Lewis, 2021	4:04.21
4. Adam Jones, 2017	4:04.28
5. Michael Melchert, 2018	4:04.32
6. Larry Wieczorek, 1968	4:04.40
7. Nathan Mylenek, 2019	4:04.88
8. Max Murphy, 2022	4:05.45
9. John Clark, 1972	4:05.94
10. Ben Witt, 2014	4:07.08

3,000 Meters

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

5,000 Meters

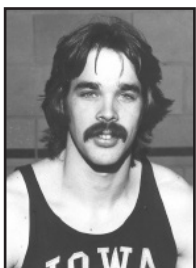
1. Kevin Lewis, 2015	13:43.70
2. Micah VanDenend, 2007	13:56.46
3. Max Murphy, 2022	13:58.87
4. Daniel Soto, 2020	13:58.97
5. Stetson Steele, 2000	14:00.52
6. Nick Trattner, 2022	14:00.69
7. Dan Haut, 2006	14:06.16
8. Noah Healy, 2021	14:12.47
9. Eric MacTaggart, 2006	14:13.41
10. Jeff Thode, 2011	14:16.00



Bill Hansen



Collin Hofacker



Bill Knoedel



Wayne Lawrence, Jr.



Kevin Lewis

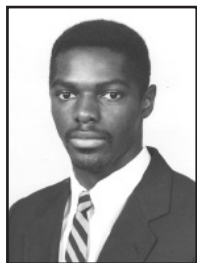


Tyler Lienau



Rivaldo Marshall

INDOOR ALL-TIME TOP 10 PERFORMERS



Anthuan Maybank

Jenoah McKiver

Michael Melchert

Nathan Mylenek

Chadrick Richards

Jeff Thode

Kalen Walker

Heptathlon

1. Peyton Haack, 20236,048 points
2. **Austin West, 2023 5,965 points**
3. Will Daniels, 20205,689 points
4. William Dougherty, 2018 ..5,606 points
5. Kyle Reid, 20135,354 points
6. **Sal Capaldo, 2024 5,256 points**
7. Dan Rolling, 20105,205 points
8. Jack Eckert, 20155,188 points
9. Daniel Gaynes, 2018.....5,162 points
10. Ryan Niver, 20085,149 points

High Jump

1. Bill Knoedel, 19767-3 (2.21)
- Bill Hansen, 19787-3 (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, 19847-0 (2.13)
7. M. Cunningham, 19846-11 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. Peyton Haack, 2023 17-3 (5.26)
2. Todd Wigginton, 1984 17-1 (5.21)
3. Dave Nielsen, 1975 16-10 (5.13)
4. Kyle Reid, 2013 16-6 3/4 (5.05)
- Andy Jatis, 2018..... 16-6 3/4 (5.05)
6. Curt Brock, 1979 16-6 (5.03)
- 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)

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, 201725-9 1/2 (7.85)
- James Carter, Jr. 202325-9 1/2 (7.85)
5. Darren Smith, 199125-2 (7.67)
6. **Austin West, 2023 24-11 3/4 (7.61)**
7. Paul Jones, 199024-11 1/4 (7.60)
- Jamal Britt, 202124-11 1/4 (7.60)
9. Josh Larney, 2013 24-10 (7.57)
10. Ronnie McCoy, 198424-9 (7.54)

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, 199052-1 1/4 (15.88)
- Klyvens Delaunay, 2014..52-1 1/4 (15.88)
6. **DeAndre Stapleton Jr., 2023 50-8 3/4 (15.46)**
7. **Precious Irivi, 2024 49-6 1/2 (15.10)**
8. Mike Lacy, 1983 49-0 (14.93)
9. Owen Gill, 1982..... 48-10 3/4 (14.90)
10. Josh Bean, 200948-10 (14.88)

Shot Put

1. Nikolas Curtiss, 202264-2 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, 201761-4 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, 200460-0 1/2 (18.30)

Weight Throw

1. Tyler Lienau, 202272-10 (22.20)
2. **Sean Smith, 2024 71-7 1/2 (21.83)**
3. Jim Costello, 200269-4 3/4 (21.15)
4. **Austin Busch, 2024 ... 68-7 1/4 (20.91)**
5. Matt Banse, 2012 67-8 (20.62)
6. Arno van der Westhuizen, 200167-7 1/2 (20.61)
7. Adam Hamilton, 200766-9 1/4 (20.35)
8. Jordan Hawkins, 2022 .65-11 1/2 (20.11)
9. Jeremy Allen, 200165-10 (20.07)
10. **Jordan Johnson, 2023 .65-9 3/4 (20.06)**

4x400-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, 20223:05.47
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

4x800-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. 19777:39.40
5. 19867:40.90
6. Bouske, Herd, Chambers, Koon, 1992.....7:43.94
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. **Wasick, Schuster, Schreiner, Murphy,** 20239:42.27
5. Lilly, Frye, Manternach, Jones, 20179:44.07
6. Mylenek, Thompson, Lilly, Melchert, 20189:45.10
7. Prom, Rickels, Sowinski, Thode, 20129:45.41
8. Birkett, Clarke, Still, D. Murphy, 20209:46.39
9. 19999:46.83
10. 19779:48.80