



Iowa Track & Field

WEEK 2 | MARCH 29-30, 2024 | STANFORD-FANELLI-FLORIDA



2024 OUTDOOR SCHEDULE



EVENT SCHEDULE

March 29-30, 2024

Friday: Field events: 8 a.m. (CT) | Track events: 1:30 p.m. | Distance: 3:30 p.m.
Saturday: Field events: 8 a.m. | Running events: 11 a.m.

- 3/15-16 at USF Alumni Invite (Tampa, Fla.)
- 3/29-30 at Stanford Invite (Palo Alto, Calif.)
at Mike Fanelli Track Classic (San Francisco, Calif.)
at Florida Relays (Gainesville, Fla.)
- 4/4-6 at Jim Click Shootout (Tucson, Ariz.)
- 4/11-13 at Bryan Clay Invite (Azusa, Calif.)
- 4/12-13 at Tom Jones Invite (Gainesville, Fla.)
at Beach Invite (Long Beach, Calif.)
- 4/17-20 at Mt. SAC Relays (Walnut, Calif.)
- 4/20 Musco Twilight (Iowa City, Iowa)
- 4/25-27 at Drake Relays (Des Moines, Iowa)
- 4/26-27 at Desert Heat Classic (Tucson, Ariz.)
- 5/4 at ISU Alumni Invite (Ames, Iowa)
- 5/10-12 at B1G Outdoor Championships (Ann Arbor, Mich.)
- 5/22-25 at NCAA West Preliminary (Fayetteville, Ark.)
- 6/5-8 at NCAA Outdoor Championships (Eugene, Ore.)
- 6/20-30 at USATF Olympic Trials (Eugene, Ore.)

2024 NEWS

The Hawkeyes return to action following an eventful season opener at the USF Alumni Invite.

- Senior **Kalen Walker** set the Iowa program record in the 100-meter dash last time out, racing 10.09 to win the event. Walker, whose previous best was 10.18, topped teammate **Austin Kresley's** record set last season by one-hundredth of a second. Walker's time leads the nation this year and is faster than any 100-meter time recorded by a Big Ten athlete during the 2023 season. Walker is a native of Eddyville, Iowa.
- Sophomore **Mike Stein** shattered his own school record with a 79.26-meter javelin throw to open outdoor season. The Milford, Iowa, native holds the second-best mark in the NCAA. Stein threw 75 meters or more on three of his six throws to win the event in Tampa; his previous record stood at 75.59 meters.
- Senior **Mariel Bruxvoort** won the 400-meter hurdles at the USF Alumni Invite, running 57.49. She has the No. 3 time in the NCAA heading into the week. Bruxvoort also ran the lead leg of the 4x400-meter relay that finished third in Tampa (3:39.57).
- Senior **Kat Moody** won the women's shot put at the USF Alumni Invite with a throw of 16.83 meters (55' 2.75"). Moody hails from Clive, Iowa.

THIS WEEK

The Hawkeyes compete at three venues this weekend. On March 29-30, Iowa sends delegations to the Pepsi Florida Relays in Gainesville, Florida, and Mike Fanelli Track Classic in San Francisco, California. Seniors **Jack Pendergast** (steeplechase) and **Amber Aesoph** (1,500 meters) compete on Friday at the Stanford Invitational.

HOW TO FOLLOW ALONG

The Mike Fanelli Track Classic and Stanford Invitational will stream live on FloTrack. Live streams and results can be found 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).

IN THE RANKINGS

Iowa checks in at No. 16 nationally in the USTFCCCA men's rankings. The Hawkeyes are second among all Big Ten programs included on the list with 96.59 points. Iowa checks in at third in the Midwest region on the men's side and sixth in the women's regional ranking.

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 USTFCCCA 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
(Women's 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.....	Francis X. Cretzmeyer Track

OUTDOOR REGIONAL RANKINGS

MEN'S TEAM	CONFERENCE	POINTS
1. Minnesota	Big Ten	544.98
2. Oklahoma	Big 12	479.82
3. IOWA	Big Ten	423.18
4. NDSU	Summit	414.25
5. Southern Illinois	MVC	374.70

WOMEN'S TEAM	CONFERENCE	POINTS
1. Minnesota	Big Ten	828.64
2. Oklahoma	Big 12	651.63
3. NDSU	Summit	569.92
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6. IOWA	Big Ten	344.05

NATIONAL RANKINGS

USTFCCCA Outdoor Rankings

MEN	WOMEN
1. Texas A&M	1. LSU
2. LSU	2. Michigan
3. Mississippi State	3. TCU
4. Arizona	4. Oregon
5. South Florida	5. Georgia
6. BYU	6. Minnesota
7. Ole Miss	7. South Carolina
8. CSUN	8. Texas A&M
9. Cal	9. Ohio State
10. Texas Tech	10. UCF
11. Clemson	11. Baylor
12. Houston	12. Clemson
13. Kentucky	13. Arizona
14. USC	14. Ole Miss
15. Minnesota	15. Kentucky
16. IOWA	16. Texas Tech
17. Auburn	17. USC
18. Oklahoma	18. Kansas
19. Arizona State	19. Oklahoma
20. South Carolina	20. Tennessee
21. UC Santa Barbara	21. Harvard
22. Oregon	22. BYU
23. TCU	23. Cal
24. UTSA	24. Fresno State
25. Army	25. Auburn

GREAT INDOORS

The Hawkeyes reached historic heights during the 2023-24 indoor season.

- The women's team placed third at the Big Ten Indoor Championships on Feb. 24, matching the program's best finish set last year. The Hawkeyes tallied 73 points and sent three qualifiers to the NCAA Indoor Championships.
- On the men's side, junior **Rivaldo Marshall** became the first 800-meter national champion in program history, racing 1:46.96 for the gold at nationals.
- Iowa placed ninth at the NCAA Indoor Championships with 21 points, good for the second-highest finish at the meet in school history. Iowa had four qualifiers and three first-team All-Americans.
- In total, the Hawkeyes set seven school records during the indoor season:
 - **Lia Love** – Women's 60m (7.24)
 - Kalen Walker – Men's 60m (6.51)
 - **Paige Magee** – Women's 60m Hurdles (7.99)
 - **Alli Bookin-Nosbisch** – Women's 800m (2:03.42)
 - **Rivaldo Marshall** – Men's 800m (1:46.86)
 - **Sean Smith** – Men's Weight Throw (22.28m | 73' 1.25")
 - **Daniela Wamokpego** – Women's Triple Jump (13.24m | 43' 5.25")

RETURNING PRODUCTION

- Both squads return considerable production from last outdoor season. The men's team placed third at the conference outdoor meet in 2023. The group retains three Big Ten medalists, 20 conference place-finishers and 10 NCAA Outdoor Championships entries from last season.
- For the men, five outdoor Iowa record-setters return. That group includes senior Austin Kresley (100m, 200m), senior **Austin West** (decathlon), sophomore **Mike Stein** (javelin) and the 4x100-meter relay group of Walker, Kresley, **De'Andre Stapleton Jr.** and **Gratt Reed**.
- Iowa's senior quartet in the 4x100 placed eighth at the NCAA Outdoor Championships last season. The group also finished Big Ten runners-up.
- West is Iowa's top returner from nationals last season, where he placed third with 8,054 points in the decathlon.
- The women's team returns three Big Ten medalists and seven entries from the NCAA Outdoor Championships last spring.
- Senior **Paige Magee** competed in three events at nationals, including the 100-meter hurdles, 400-meter hurdles and 4x400-meter relay.
- Magee took runner-up in the 100-meter hurdles and 400-meter hurdles at the Big Ten meet; her 12.90 time at the conference championships set a school record in the 100-meter hurdles.
- Magee was a second-team All-American in the event at outdoor nationals; the women's team also returns three of four total individuals from last season that earned All-American honorable mentions.
- Senior **Tionna Tobias** was the women's heptathlon Big Ten Champion in 2023.

IN THE FAST LANE: RIVALDO MARSHALL

Senior Rivaldo Marshall was named USTFCCCA Midwest Athlete of the Year on March 15 for his accomplishments this indoor season. Iowa's most recent winner was Jenoa McKiver in 2022. Marshall became Iowa's first national champion in the 800 meters on March 9. Marshall ran just one-tenth of a second behind his program-record 1:46.86 set at the Tyson Invitational on Feb. 10. The Kingston, Jamaica, native arrived in Iowa City this season by way of Indian Hills Community College, where he was an NJCAA Indoor National Champion in the 800 meters last year. Marshall has competed in just four meets as a Hawkeye. In addition to victories at the Tyson Invite and NCAA Championships, Marshall won the 800 meters on Dec. 9 at the Jimmy Grant Invitational in Iowa City; he was subsequently USTFCCCA Men's National DI Athlete of the Week. Marshall placed fifth in the 800 (1:49.32) and anchored the 4x400-meter relay team to a third-place finish (3:07.48) at the Big Ten Indoor Championships.

PAIGE NOTES

Senior Paige Magee set a new school record in the 60-meter hurdles at Big Ten Indoors, becoming the first Hawkeye to run sub-eight. Magee raced 7.99 in the prelims, tying for the best time in the Big Ten and seventh nationally this year. Magee placed second in the finals at the conference meet, contributing to 22 points across three events (2nd in 60mH, 2nd in 4x400m, 3rd in 200m). Magee was a second-team All-American in the 60-meter hurdles. Outdoors, Magee has made the program top-10 list for five events, including a school record in the women's 100-meter hurdles (12.90) set last season.

THE BOOKIN-NOSBISCH CLUB

Twins Alli and **Grace Bookin-Nosbisch** have etched their names in the annals of the Iowa record book. Alli sits atop the indoor 800 meters column at 2:03.42; Grace ranks seventh with a 2:02.21. In the outdoor 800 meters, Alli ranks second with a time of 2:04.37; Grace is fourth at 2:05.49. On the indoor distance-medley relay, the duo shares real estate on the top line.

UPDATING THE ALL-TIME LISTS

This season, the Hawkeyes have made 41 updates to the program top-10 lists this season.

- I | Women's 60-meters: Love (1st), Duax (4th), Magee (8th)
- I | Men's 60-meters: Walker (1st), Allen (3rd)
- I | Women's 60-meter hurdles: Magee (1st), Tobias (3rd)
- I | Men's 60-meter hurdles: Conway (4th)
- I | Men's 200-meters: Reed (4th)
- I | Women's 400-meters: Larsen (10th), Perry (7th)
- I | Women's 600-meters: A. Bookin-Nosbisch (6th)
- I | Women's 800-meters: A. Bookin-Nosbisch (1st), G. Bookin-Nosbisch (7th)
- I | Men's 800-meters: Marshall (1st), Schreiner (5th), O'Connor (7th)
- I | Women's 4x400: Biermann, Magee, Larsen, Perry (6th)
- I | Women's Pentathlon: Tobias (3rd), Wirth (6th), Rochford (10th)
- I | Women's High Jump: Wirth (6th)
- I | Men's Weight Throw: Smith (2nd), Busch (4th)
- I | Women's Weight Throw: Kofron (3rd), Bauer (5th)
- I | Women's Shot Put: Kat Moody (2nd)
- I | Women's Long Jump: Tobias (2nd), Zeffou-Poaty (3rd), Hutchins (8th)
- I | Women's Triple Jump: Wamokpego (1st)
- I | Men's Triple Jump: Irivi (7th)
- I | Heptathlon: Capaldo (6th)
- O | Men's 100-meters: Kalen Walker (1st)
- O | Women's 4x100: Duax, Love, Pattison, Edison (9th)
- O | Men's Hammer Throw: Sean Smith (4th), Austin Busch (5th)
- O | Women's Shot Put: Wisdom Williams (4th)
- O | Men's Javelin: Mike Stein (1st)
- O | Women's Javelin: Lizzie Korczak (2nd)
- O | Women's Long Jump: Maud Zeffou-Poaty (6th)

UP NEXT

Iowa competes at the Jim Click Shoot-Out and Combined Events on April 4-5 in Tucson, Arizona.

2024 OUTDOOR SEASON BESTS

MEN'S OUTDOOR SEASON BESTS

100 Meters	Kalen Walker	* 10.09
110 Hurdles.....	Gratt Reed	13.67
200 Meters	Connor Belken	21.53
400 Meters	Josh Pugh	46.98
400 Hurdles.....	Isaac Lewis.....	51.78
800 Meters	Caleb Levy	1:52.07
1,500 Meters.....	Brett Wasick	3:55.70
4x100 Relay.....	Granjean, Reed, Stapleton Jr., Johnson.....	40.03
4x400 Relay.....	Pugh, P. Jefferson, Schreiner, Wasick.....	3:10.36
High Jump.....	Zack Pluff	6-4 3/4 (1.95m)
Discus.....	Walker Whalen.....	163-11 (49.98m)
Hammer Throw...	Sean Smith	209-9 (63.94m)
Javelin.....	Mike Stein.....	* 260-0 (79.26m)

WOMEN'S OUTDOOR SEASON BESTS

100 Meters	Lia Love	% 11.15
100 Hurdles.....	Katie Petersen	% 14.05
200 Meters	Alex Edison.....	24.09
400 Hurdles.....	Mariel Bruxvoort	57.49
800 Meters	Katie Moore	2:09.34
Mile.....	Amber Aesoph.....	4:44.31
3,000 Meters.....	Amber Aesoph.....	9:38.13
5,000 Meters.....	Abby Ryon.....	17:10.93
4x100 Relay.....	Duax, Love, Pattison, Edison.....	44.54
4x400 Relay.....	Bruxvoort, Biermann, Lucas, Pattison.....	3:39.57
High Jump.....	Ella Meeuwssen.....	5-5 (1.65m)
Long Jump.....	Maud Zeffou-Poaty	20-0 1/4 (6.10m)
Shot Put	Kat Moody.....	55-2 3/4 (16.83m)
Discus.....	Kat Moody.....	177-2 (54.01m)
Hammer Throw .	Jamie Kofron	176-3 (53.73m)
Javelin.....	Lizzie Korczak.....	166-1 (50.62m)

* -- school record, % -- wind-aided

UI STRATEGIC COMMUNICATIONS

John Leo (*Assistant Director*)

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Jack Bacon (*Communications Contact*)

Cell Phone:..... 319-330-4403

Email:.....john-r-bacon@uiowa.edu

MEDIA INFORMATION

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.

2024 ROSTERS

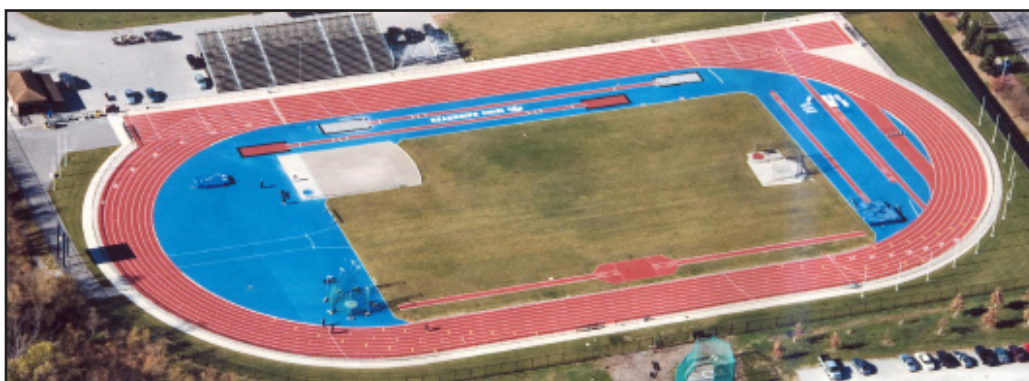
MEN

Name	Event	Yr.
Damoy Allen	Sprints	Sr.
Connor Belken	Sprints	Sr.
Koby Brackemeyer	Mid-Distance	Sr.
Zidane Brown	Sprints	Jr.
Brayden Burnett	Distance	So.
Austin Busch	Throws	RS Fr.
Sal Capaldo	Multi Events	So.
Grant Conway	Hurdles	Sr.
Duke Faley	Hurdles	Jr.
James Fingalsen	Mid-Distance	Fr.
Ian Geisler	Distance	Jr.
Nicholas Gorsich	Hurdles	Fr.
Miles Granjean	Hurdles	Fr.
Kai Graves-Blanks	Hurdles	Fr.
Nate Harbert	Distance	So.
Jaylin Holmes	Hurdles	So.
Carson Houg	Distance	So.
Precious Irivi	Jumps	Fr.
Kaleba Jack	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.
Caleb Levy	Mid-Distance	Fr.
Isaac Lewis	Hurdles	Fr.
Chase Lovercheck	Mid-Distance	5th Yr.
Quintin Lyons	Throws	Sr.
Rivaldo Marshall	Mid-Distance	Jr.
Tyrese Miller	Sprints	So.
Elijah Morris	Sprints	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.
Mike Stein	Javelin	So.
Martin Strong	Mid-Distance	Jr.
Kalen Walker	Sprints	Sr.
Brett Wasick	Mid-Distance	So.
Austin West	Multi Events	Sr.
Walker Whalen	Throws	So.
Drake Woody	Hurdles	Sr.
Yohana Yual	Distance	Jr.

WOMEN

Name	Event	Yr.	Name	Event	Yr.
Amber Aesoph	Distance	Sr.	Brooke McKee	Distance	Sr.
Madeline Andelbradt	Multi-Events	So.	Lauren McMahon	Distance	Jr.
Alivia Bauer	Throws	Sr.	Ella Meeuwssen	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.
Ali Dorn	Mid-Distance	Sr.	Carlee Rochford	Multi-Events	Fr.
Holly Duax	Sprints	So.	Ava Rush	Mid-Distance	Fr.
Alexandria Edison	Sprints	So.	Abby Ryon	Distance	Sr.
Claire Edmondson	Distance	Sr.	Miriam Sandeen	Distance	Jr.
Laney Fitzpatrick	Mid-Distance	Jr.	Lillian Schmidt	Distance	Jr.
Ali Frandsen	Hurdles	Fr.	Sydney Smith	Throws	Fr.
Natalie Harris	Hurdles	So.	Audra Soderlind	Distance	Fr.
Jade Hunter	Jumps	Jr.	Aleah Tenpas	Distance	So.
Kayla Hutchins	Jumps	Sr.	Tionna Tobias	Jumps	Sr.
Jaiden Itson	Mid-Distance	Jr.	Kelli Tosic	Distance	Sr.
Lily Johannes	Mid-Distance	So.	Ellie Twedt	Distance	Sr.
Cameron Kalaway	Distance	Fr.	Daniela Wamokpego	Jumps	Fr.
Clare Kelly	Distance	Fr.	Arianna Williams	Sprints	Fr.
Jamie Kofron	Throws	Sr.	Wisdom Williams	Throws	So.
Lizzie Korczak	Throws	RS So.	Peyton Wilson	Throws	Fr.
Chloe Larsen	Mid-Distance	RS So.	Ann Wirth	Multi-Events	Fr.
Lia Love	Sprints	Jr.	Isabelle Woody	Multi-Events	So.
Olicia Lucas	Sprints	Fr.	Maud Zeffou-Poaty	Jumps	Fr.
Paige Magee	Hurdles	Sr.			
Brynley McDermott	Sprints	Jr.			

FRANCIS X. CRETZMEYER TRACK



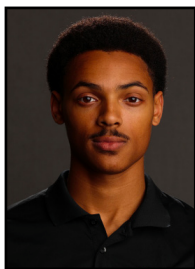
The University of Iowa track and field team practices and competes at the Francis X. Cretzmeyer Track during the outdoor season. Located within walking distance of Carver-Hawkeye Arena and Pearl Field, the track was completed in 1986. The facility was named after the late Francis X. Cretzmeyer, who coached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

In June 2008, floodwaters and debris damaged the entire track complex, which was completely reconstructed and refinished for competition in 2010. The track features an IAAF certified, BSS 1000 track and field surface designed by Benyon Sports Surfaces. The state of the art full-pour polyurethane surface provides the resiliency and return of energy necessary for NCAA athletes to compete at the highest level.

Iowa hosted the 1987, 2000, 2011, and 2019 Big Ten Championships at Cretzmeyer Track. The Hawkeyes won the conference title on their home track in 2011 (men) and 2019 (men).



MEN'S OUTDOOR ALL-TIME TOP 10 PERFORMERS



James Carter Jr.



Nikolas Curtiss



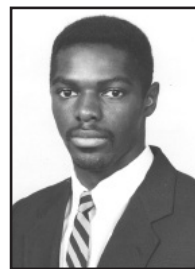
Jeffery Herron



Gabe Hull



Austin Kresley



Anthuan Maybank



Jaylan McConico

100 Meters

1. **Kalen Walker, 2024 10.09**
2. **Austin Kresley, 2023 10.10**
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
- Gratt Reed, 2023 13.50**
7. Dion Trowers, 1996 13.62
8. Ronnie McCoy, 1985 13.66
- Grant Conway, 2022 13.66**
10. Ethan Holmes, 2011 13.73

200 Meters

1. **Austin Kresley, 2023 20.26**
2. Justin Austin, 2011 20.46
3. Jeff Patrick, 1983 20.47
4. James Harrington, 2015 20.50
5. Karayme Bartley, 2019 20.51
6. **Gratt Reed, 2023 20.54**
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. Jenoah 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
9. Everett Steward, 2022 45.94
10. DeJuan Frye, 2018 46.17

400-Meter Hurdles

1. Pat McGhee, 1988 48.94
2. **Austin West, 2023 49.34**
3. Jamal Britt, 2021 49.69
4. Julien Gillum, 2023 49.73
5. Monte Raymond, 1998 50.09
5. Ray Varner, 2010 50.24
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
9. Armando Bryson, 2022 1:48.31
10. Will Teubel, 2015 1:48.60

1,500 Meters

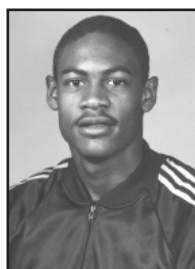
1. **Max Murphy, 2022 3:40.63**
2. Jeff Thode, 2010 3:43.02
3. Kal Lewis, 2021 3:43.32
4. Joel Moeller, 1978 3:44.01
5. Jim Docherty, 1978 3:44.30
6. Nathan Mylenek, 2019 3:44.49
7. Sam Fourman, 2015 3:44.50
8. Michael Melchert, 2018 3:44.59
9. Adam Jones, 2017 3:45.48
10. Dan Waters, 1986 3:46.35

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
4. Nick Trattner, 2023 13:55.57
5. Daniel Soto, 2021 13:55.71
6. Larry Wiczorek, 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



Max Murphy

MEN'S OUTDOOR ALL-TIME TOP 10 PERFORMERS



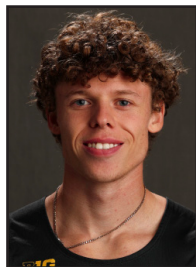
Erik Sowinski



Stetson Steele



Mike Stein



Kalen Walker



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 8,331 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)
- Zack Pluff, 2023 7-0 1/4 (2.14)**
10. Graham Valdes, 2012 6-11 3/4 (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, 2023 60-11 1/4 (18.57)
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. **Sean Smith, 2024 209-9 (63.94)**
5. **Austin Busch, 2024 209-0 (63.72)**
6. Brad Daufeldt, 2004 207-10 (63.34)
7. Chris Voller, 2005 206-0 (62.80)
8. Matt Banse, 2012 201-11 (61.55)
9. Tyler Lienau, 2021 199-6 (60.81)
10. Jeremy Allen, 2001 199-0 (60.66)

Javelin

1. **Mike Stein, 2024 260-0 (79.26)**
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. **Austin West, 2023 212-9 (64.85)**
6. Sam Joens, 2015 211-5 3/4 (64.45)
7. Zach Schimp, 2010 211-0 (64.32)
8. Alex Balke, 2016 205-11 (62.77)
9. Kale Katt, 2007 204-0 (62.17)
10. Joel Storm, 2004 203-5 (62.01)

MEN'S OUTDOOR ALL-TIME TOP 10 RELAYS

4x100-Meter Relay

1.	Walker, Kresley, Reed, Allen , 2023	38.64
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
	Walker, Kresley, Reed, Stapleton Jr. , 2023	39.19
7.	Mincy, Austin, E. Holmes, Larney, 2013	39.31
	K. Johnson, Kresley, Reed, K. Jefferson , 2022	39.31
9.	Walker, Kresley, Stapleton Jr., West , 2023	39.41
10.	Saucer, Jr., Brissett, Harrington, Mallett, 2016	39.44

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

4x200-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

4x400-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

4x800-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

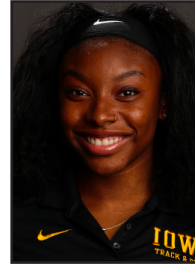
Distance Medley Relay

1.	Pershing, Moeller, Slack, Docherty, 1978	9:39.94
2.	Kuczvara, Barton, Hairston, Thode, 2011	9:41.37
3.	N. Holmes, VanCleave, Sowinski, Thode, 2012	9:41.59
4.	Young, Barton, Kuczvara, 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

4x1,600-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

WOMEN'S OUTDOOR ALL-TIME TOP 10 PERFORMERS



Meaghan 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
- Peches Roach, 2005..... 11.60

100-Meter Hurdles

1. **Paige Magee, 2023** 12.90
2. **Myreanna Bebe, 2023** 12.94
3. **Tionna Tobias, 2023**..... 13.11
4. Tiffany Johnson, 2007 13.20
5. Jenny Kimbro, 2018 13.22
6. Jahisha Thomas, 2017 13.46
7. Tria Simmons, 2019..... 13.49
- Natalie Harris, 2023**..... 13.49
9. Kaessa Farley, 2009..... 13.53
10. 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

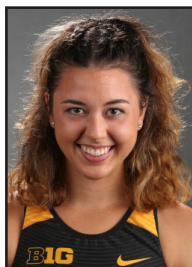
1. Briana Guillory, 2018..... 51.30
2. Kineke Alexander, 2006..... 51.35
3. Elexis Guster, 2016..... 51.85
4. Shellene Williams, 2004..... 51.94
5. Ashley Liverpool, 2012..... 52.47
6. Ellen Grant, 1996..... 52.65
7. **Audrey Biermann, 2023** 52.67
8. **Tesa Roberts, 2023** 52.86
9. Alexis Hernandez, 2017 53.27
10. **Chloe Larsen, 2023** 53.41

400-Meter Hurdles

1. Mary Knoblauch, 1981 56.16
2. **Paige Magee, 2022** 56.62
3. Wynsome Cole, 1998..... 56.67
4. MonTayla Holder, 2014 56.70
5. **Mariel Bruxvoort, 2023** 56.71
6. Erin Dowd, 2022..... 56.77
7. Payton Wensel, 2022..... 57.63
8. Jenny Kimbro, 2019 58.27
9. **Nylah Perry, 2023** 58.28
10. Chris Davenport, 1981 59.18

800 Meters

1. Bethany Praska, 20112:03.77
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, 20162:07.41



Jenny Kimbro



Paige Magee

1,500 Meters

1. Meghan Armstrong, 20064:17.41
2. Betsy Flood, 2010.....4:17.75
3. Jeanne Kruckeberg 19894:19.71
4. McKenzie Melander, 20124:20.22
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, 19854:21.43
9. Kay Stormo, 1982.....4:22.24
10. Rachelle Roberts, 19904:23.16

3,000 Meters

1. Diane Nukuri, 2008.....9:18.82
2. Penny O'Brien, 19859:20.61
3. McKenzie Melander, 20129:21.59
4. Betsy Flood, 2010.....9:22.63
5. Nan Doak, 19859:23.04
6. Tracy Dahl, 1992.....9:23.53
7. Meghan Armstrong, 20069:28.03
8. Brooke Eilers, 20119:30.08
9. Jeanne Kruckeberg, 19899:30.69
10. Jennifer Brower, 19929:34.59

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

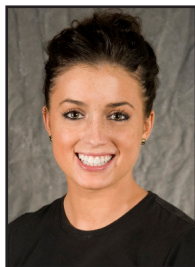
5,000 Meters

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

WOMEN'S OUTDOOR ALL-TIME TOP 10 PERFORMERS



Diane Nukuri



Bethany Praska



Alana Redfern



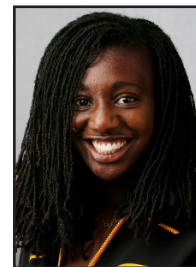
Peaches Roach



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, 20215,679 pts
- 2. Tionna Tobias, 2023..... 5,640 pts**
3. Tammilee Kerr, 2008.....5,633 pts
4. Tria Simmons, 2019.....5,557 pts
5. Dallyssa Huggins, 20215,437 pts
6. Kathy Gillespie, 19835,262 pts
7. Tiff Pedersen, 2004.....4,976 pts
8. Janet Adams, 19814,855 pts
9. Sarah Ryan, 2012.....4,819 pts
10. Ruqayya Raheem, 19974,665 pts

High Jump

1. Peaches Roach, 2006.....6-1 1/4 (1.86)
2. Jenny Kimbro, 20196-0 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, 20105-10 (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, 20165-8 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, 200322-3 (6.78)
2. Jahisha Thomas, 201821-6 (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. Maud Zeffou-Poaty, 2024**
..... **20-0 1/4 (6.10)**
7. Carisa Leacock, 201419-11 3/4 (6.09)
8. Amanda Carty, 201919-11 1/2 (6.08)
9. Becki Borg, 1988..... 19-7 1/4 (5.97)
10. Jenny Kimbro, 2018 19-7 (5.97)

Triple Jump

1. Jahisha Thomas, 2018 44-2 (13.46)
2. Renee White, 2008 43-10 3/4 (13.36)
3. Zinnia Miller, 201442-0 1/2(12.81)
- 4. Kayla Hutchins, 2021..... 41-10 (12.75)**
5. Tiffany Johnson, 200741-8 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, 201940-11 (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)
- Kat Moody, 2023..... 55-7 3/4 (16.96)**
- 4. Wisdom Williams, 2024..51-2 3/4 (15.61)**
5. Lisa Van Steenwyk, 1992..... 50-8 (15.44)
- 6. Jamie Kofron, 2022.....50-6 (15.39)**
7. Nicole Berry, 2022.....50-5 1/4 (15.37)
8. Gail Smith, 198450-3 1/4 (15.32)
9. Denise Taylor, 1992.....50-1 3/4 (15.28)
10. Erika Hammond, 2019.....49-9 1/4 (15.17)

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. Lizzy Korczak, 2024 166-1 (50.62)**
3. Tammilee Kerr, 2008..... 163-5 (49.81)
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, 2019201-3 (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. Alivia Bauer, 2023..... 195-9 (56.62)**

WOMEN'S OUTDOOR ALL-TIME TOP 10 RELAYS

4x100-Meter Relay

1. Hargrove, **Love**, Dowd, **Magee**, 2022 43.69
2. Kwaza, Guster, Guillory, Hernandez, 2016 44.04
3. Hargrove, **Love**, **Edison**, **Magee**, 2023 44.08
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. **Duax**, **Love**, **Pattison**, **Edison**, 2024 **44.54**
10. Kwaza, Guster, Holder, Brown, 2014 44.62

Shuttle Hurdle Relay

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

4x200-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, Fouché, 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

4x400-Meter Relay

1. Hernandez, Guillory, Holder, Guster, 2016 3:30.97
2. Guillory, Brown, Hernandez, Champe, 2017 3:32.37
3. **Dorn**, **Biermann**, **Roberts**, **Bruxvoort**, 2023 3:33.16
4. **Bruxvoort**, Dowd, Wensel, **Roberts**, 2022 3:33.18
5. Guster, Hernandez, Holder, Kwaza, 2014 3:34.83
6. **Dorn**, **Larsen**, **Biermann**, **Bruxvoort**, 2023 3:35.10
7. **Larsen**, **Roberts**, **Biermann**, **Itson**, 2023 3:35.17
8. **Dorn**, **Magee**, **Biermann**, **Larsen**, 2023 3:35.53
9. **Dorn**, **Biermann**, **Larsen**, **Roberts**, 2023 3:35.60
10. Praska, Hendricks, Liverpool, Erickson, 2011 3:35.93

Sprint Medley Relay

1. Jones, Hendricks, Liverpool, Praska, 2011 3:48.63
2. Brown, Kwaza, Guster, Watts, 2014 3:51.18
3. Hargrove, Dowd, Wensel, **Pitcher**, 2022 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

4x800-Meter Relay

1. McCabe, Arco, Saunders, King, 2019 8:31.84
2. **Moore**, **A. Bookin-Nosbisch**, **G. Bookin-Nosbisch**, **Pitcher**, 2022 8:35.75
3. Suppelsa, Wodek, Kruckeberg, Schneckloth, 1987 8:46.45
4. Lahann, Stanley, Hume, Barber, 2004 8:48.87
5. **Itson**, **G. Bookin-Nosbisch**, **Pitcher**, **Moore**, 2023 8:49.00
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. Powell, Hoskins, Schneckloth, Roberts, 1990 11:24.12
3. Armstrong, Alexander, Poncé, Stanley, 2007 11:25.05
4. Stanley, McCalla, Hume, Armstrong, 2005 11:34.04
5. Barber, Williams, Hume, Arens, 2004 11:34.56
6. Thompson, Williams, Hume, Arens, 2003 11:39.02
7. 2000 11:39.83
8. **G. Bookin-Nosbisch**, **Roberts**, **A. Bookin-Nosbisch**, **Aesoph**, 2022 11:40.18
9. Schrulle, Erickson, Placzek, Eilers, 2012 11:40.57
10. Davenport, xx, xx, xx, 1981 11:41.44

4x1,600-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
4. Flood, Eilers, Melander, L. Hardesty, 2011 19:17.52
5. Flood, Melander, A. Hardesty, Eilers, 2009 19:36.43
6. Scott, Gordon, Schrulle, Gambrall, 2013 19:41.15
7. Jones, Bote Gonzalez, Wilberding, Reischmann, 2015 19:59.72
8. Maser, Price, Wilberding, Montuclard, 2014 20:23.27
9. Chapple, Laney, Donlon, Sokol, 2005 20:39.12
10. Arens, Barber, Butler, Roberts, 2001 20:40.89