



# Iowa Track & Field

WEEK 1 | MARCH 15-16, 2024 | USF Alumni Invitational



## 2023-24 INDOOR SCHEDULE



### USF Alumni Invitational

March 15-16, 2024

Friday: Field events - 9 a.m. (CT) | Running events: 4 p.m.  
Saturday: Field events: 10 a.m. | Running events: 11:30 a.m.

- 3/15-16 at USF Alumni Invite (Tampa, Fla.)
- 3/22-23 at Clyde Hart Invite (Waco, Texas)
- 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 BIG 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.)

## 2023-24 NEWS

- Heading into outdoor season, Iowa track and field looks to capitalize on historic success at the indoor championships.
- 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 last weekend.
- 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")
- 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 22 individual Big Ten place-finishers and 10 NCAA Outdoor Championships entries from last season.
- That includes senior **Max Murphy**, who was runner-up at the Big Ten Championships in the 5,000 meters and 10,000 meters.
- In addition, the Hawkeyes bring back a senior quartet of Kalen Walker, **Austin Kresley**, **De'Andre Stapleton Jr.** and **Gratt Reed** that placed eighth at the NCAA Outdoor Championships last season in the 4x100. The group also finished as 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 eight 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.
- Senior **Tionna Tobias** was a Big Ten Champion last season in the women's heptathlon.

## 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..... Francis X. Cretzmeyer Track

## INDOOR REGIONAL RANKINGS

### MEN'S TEAM CONFERENCE POINTS

1. Oklahoma State	Big 12	368.46
2. Illinois	Big Ten	329.83
<b>3. IOWA</b>	<b>Big Ten</b>	<b>264.40</b>
4. Minnesota	Big Ten	260.06
5. Kansas	Big 12	213.09

### WOMEN'S TEAM CONFERENCE POINTS

1. Nebraska	Big Ten	338.53
2. Oklahoma State	Big 12	321.59
3. Iowa State	Big 12	303.23
<b>4. IOWA</b>	<b>Big Ten</b>	<b>263.24</b>
5. Kansas	Big 12	236.28

## NATIONAL RANKINGS

### NCAA Indoor Championships Results

#### MEN

1. Texas Tech (50.5)
2. Arkansas (41)
3. Florida (39)
4. Northern Ariz. (31)
5. North Carolina \*26)
6. Texas A&M (24)
7. Ok. State (23)
7. USC (23)
- 9. IOWA (21)**
10. Washington (20)
11. Kentucky (18)
12. Nebraska (17)
12. Virginia Tech (17)
14. Wisconsin (16)
15. Alabama (14)
15. Florida State (14)
15. Georgia (14)
15. Ole Miss (14)
19. Texas (13)
19. Villanova (13)
21. Georgetown
21. Penn State (12)
23. Iowa State (11)
24. Arizona State (10)
24. Harvard (10)
24. Miami (Fla.) (10)
24. So. Carolina (10)
24. Stanford (10)

#### WOMEN

1. Arkansas (55)
2. Florida (50)
3. Georgia (33)
4. Oregon (31)
5. Ole Miss (30)
6. LSU (29)
7. BYU (28)
8. Ok. State (27)
8. USC (27)
10. Notre Dame (26)
11. Alabama (21)
12. So. Carolina (20)
13. Texas (18)
14. Texas A&M (16.5)
15. Stanford (16)
15. Texas Tech (16)
17. Tennessee 13)
17. Washington (13)
19. Illinois (12.5)
20. Colo. State (10)
20. Harvard (10)
20. Iowa State (10)
23. Georgetown (9)
23. Providence (9)
25. Nebraska (8.5)

## THIS WEEK

The Hawkeyes begin outdoor competition at the USF Alumni Invitational in Tampa, Florida, on March 15-16. The event is hosted at USF Track & Field Stadium. Action gets underway at 9 a.m. on Friday (CT) and 10 a.m. on Saturday.

## HOW TO FOLLOW ALONG

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).

## LIFE IN THE FAST LANE: RIVALDO MARSHALL

Senior Rivaldo Marshall became Iowa's first national champion in the 800 meters last weekend. 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 USTFCCA 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.

## HAWKEYE HISTORY AT NCAA CHAMPIONSHIPS

Iowa men's track and field completed the second-highest finish in program history at NCAA Indoor Nationals last season. Seniors Rivaldo Marshall, Kalen Walker and **Austin West** were each first-team All-Americans. Marshall's victory in the 800 meters earned 10 team points. Marshall was a four-time NJCAA All-American at Indian Hills each of the past two seasons. Senior Kalen Walker, another Indian Hills product, added eight points with a runner-up finish in the 60 meters. The Eddyville, Iowa, native raced 6.59 to finish one-hundredth of a second ahead of Texas Tech's Don'Dre Swint in third place. Walker, who entered the season as a two-time All-American second teamer, was just five-hundredths of a second behind event champion Terrence Jones. In the heptathlon, West tacked on three more team points; his 3,309 heptathlon points were just 75 points shy of his personal best. Senior **Grant Conway** was a second-team All-American in the 60-meter hurdles, placing 15th with a 7.81 mark.

## PAIGE NOTES

Senior Paige Magee set a new school record in the 60-meter hurdles at the Big Ten Indoor Championships, 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 season. 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 earned a bid to the NCAA Championships, where she was a second-team All-American in the 60-meter hurdles. Prior to this year, the Iowa record stood at 8.07, which Magee busted on three occasions. Magee heads into outdoor season already on the program top-10 list for five events.

## RETURNING PRODUCTION

The Hawkeyes return five Big Ten Outdoor Championships medals on the men's side and three conference medalists on the women's side. Tionna Tobias was an outdoor Big Ten Champion in the women's heptathlon last season, posting the second-best score in program history with 5,640 points. Paige Magee took runner-up in the 100-meter hurdles and 400-meter hurdles at the conference meet. Her 12.90 time in the 100-meter hurdles set a school record. Magee was a second-team All-American in the event at outdoor nationals; the women's team also return four of five total All-American honorable mentions from last season. For the men, seven outdoor Iowa record-setters return. That group includes Kresley (100m, 200m), Murphy (1,500m,

5,000m), West (decathlon), junior **Mike Stein** (javelin) and the 4x100-meter relay group of Walker, Kresley, Stapleton Jr. and Reed.

**THE BOOKIN-NOSBISCH CLUB**

Twins Alli and **Grace Bookin-Nosbisch** have spilled serious ink in the annals of the Iowa record book. Alli sits atop the indoor 800 meters column with her 2:03.42 set this year at the Tyson Invite; she bettered her own record twice during indoor season. Grace ranks seventh in the same category with a 2:02.21 set this year. In the outdoor 800 meters, Alli ranks second with a time of 2:04.37, with Grace one step behind in fourth at 2:05.49. Both marks were set last season. In the indoor distance-medley relay, the duo shares real estate on the top line. Both were members of the 11:15.07 school-record team at Big Tens last season; that full group returns this year, including teammates **Tesa Roberts** and **Amber Aesoph**. The same squad ranks eighth on the program outdoor top 10 list.

**UPDATING THE ALL-TIME LISTS**

This season, the Hawkeyes made 33 updates to the program indoor top-10 lists:

- Women's 60-meters: Love (1st), Duax (4th), Magee (8th)
- Men's 60-meters: Walker (1st), Allen (3rd)
- Women's 60-meter hurdles: Magee (1st), Tobias (3rd)
- Men's 60-meter hurdles: Conway (4th)
- Men's 200-meters: Reed (4th)
- Women's 400-meters: Larsen (10th), Perry (7th)
- 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**

Iowa competes at the Clyde Hart Classic on March 22-23 in Waco, Texas.

**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.

**2023-24 INDOOR SEASON BESTS**

**MEN'S INDOOR SEASON BESTS**

60 Meters.....	Kalen Walker .....	* 6.51
60 Hurdles .....	Grant Conway .....	7.66
200 Meters .....	Gratt Reed .....	20.82
300 Meters .....	Tyrese Miller.....	34.43
400 Meters .....	Josh Pugh .....	46.92
600 Meters .....	Ryan Schreiner.....	1:17.49
800 Meters .....	Rivaldo Marshall.....	* 1:46.86
1,000 Meters.....	Austin West .....	2:32.64
Mile .....	Aidan King.....	4:11.38
3,000 Meters.....	Will Ryan .....	8:16.24
5,000 Meters.....	Max Murphy .....	14:15.23
4x400 Relay.....	Stapleton Jr., Belken, Pugh, Marshall .....	3:07.48
Dist. Med. Relay. O'Connor, Belken, Wasick, King .....		9:57.20
High Jump.....	Austin West .....	6-6 1/4 (1.99m)
Pole Vault.....	Austin West .....	14-3 1/2 (4.36m)
Long Jump .....	Austin West .....	24-0 1/4 (7.32m)
Triple Jump .....	Precious Irivi .....	50-0 3/4 (15.26m)
Shot Put .....	Quinton Lyons .....	54-11 1/4 (16.74m)
Weight Throw.....	Sean Smith .....	* 73-1 1/4 (22.28m)
Pentathlon .....	Sal Capaldo .....	3,676 points
Heptathlon.....	Austin West .....	5,975 points

**WOMEN'S INDOOR SEASON BESTS**

60 Meters.....	Lia Love .....	* 7.24
60 Hurdles .....	Paige Magee .....	* 7.99
200 Meters .....	Lia Love .....	23.39
300 Meters .....	Olicia Lucas .....	38.54
400 Meters .....	Nylah Perry.....	53.37
600 Meters .....	Chloe Larsen.....	1:28.31
800 Meters .....	Alli Bookin-Nosbisch .....	* 2:03.42
Mile .....	Amber Aesoph.....	4:44.31
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
Dist. Med. Relay. A. Bookin-Nosbisch, Dorn, G. Bookin-Nosbisch, Aesoph .....		11:17.78
High Jump.....	Annie Wirth.....	5-10 1/4 (1.79m)
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

**UI STRATEGIC COMMUNICATIONS**

John Leo (*Assistant Director*)  
 Cell Phone: ..... 319-429-1075  
 Email:.....john-leo@uiowa.edu

Jack Bacon (*Secondary Contact*)  
 Cell Phone: ..... 319-330-4403  
 Email:.....john-r-bacon@uiowa.edu

## 2024 ROSTERS

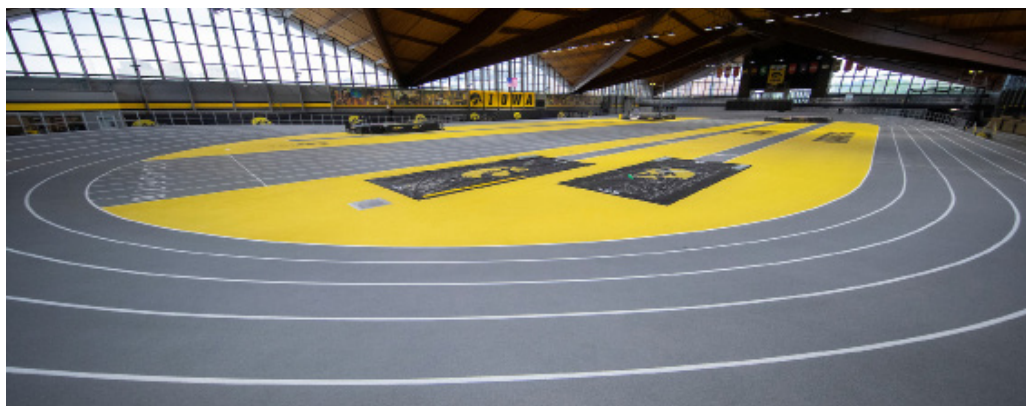
### MEN

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.
Mike Stein	Javelin	Jr.
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.	Brooke McKee	Distance	Sr.
Madeline Andelbradt	Multi-Events	So.	Lauren McMahon	Distance	Jr.
Alivia Bauer	Throws	Sr.	Ella Meeuwssen	Jumps	RS So.
Audrey Biermann	Mid-Distance	So.	Kat Moody	Throws	Sr.
Jalyssa Blazek	Distance	So.	Katie Moore	Mid-Distance	Sr.
Alli Bookin-Nosbisch	Mid-Distance	Sr.	Julia Pattison	Sprints	So.
Grace Bookin-Nosbisch	Mid-Distance	Sr.	Nylah Perry	Hurdles	Sr.
Rowan Boulter	Distance	So.	Katie Petersen	Hurdles	Sr.
Miya Brines	Multi-Events	Jr.	Clare Pitcher	Mid-Distance	Sr.
Mariel Bruxvoort	Hurdles	Sr.	Ellie Rathe	Distance	So.
Dimia Burrell	Jumps	Jr.	Ellie Rickertsen	Hurdles	So.
Gabby Cortez	Mid-Distance	So.	Tesa Roberts	Sprints	Sr.
Aliyanna 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.	Kathryn Vortherms	Mid-Distance	RS So.
Clare Kelly	Distance	Fr.	Daniela Wamokpego	Jumps	Fr.
Jamie Kofron	Throws	Sr.	Arianna Williams	Sprints	Fr.
Lizzie Korczak	Throws	RS So.	Wisdom Williams	Throws	So.
Chloe Larsen	Mid-Distance	RS So.	Peyton Wilson	Throws	Fr.
Lia Love	Sprints	Jr.	Ann Wirth	Multi-Events	Fr.
Olicia Lucas	Sprints	Fr.	Isabelle Woody	Multi-Events	So.
Paige Magee	Hurdles	Sr.	Maud Zeffou-Poaty	Jumps	Fr.
Brynley McDermott	Sprints	Jr.			

## 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.



**MEN'S OUTDOOR ALL-TIME TOP 10 PERFORMERS**



James Carter Jr.



Nikolas Curtiss



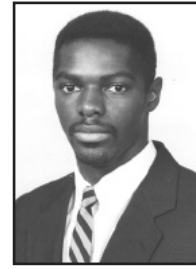
Jeffery Herron



Gabe Hull



Austin Kresley



Anthuan Maybank



Jaylan McConico

**100 Meters**

1. **Austin Kresley, 2023** ..... **10.10**
2. **Kalen Walker, 2023** ..... **10.18**
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**

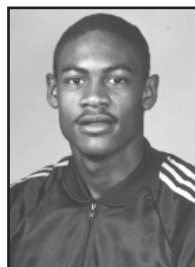
1. **Max Murphy, 2022** ..... **3:40.63**
2. Jeff Thode, 2010 ..... 3:43.02
3. Kal Lewis, 2021 ..... 3:43.32
4. Joel Moeller, 1978 ..... 3:44.01
5. Jim Docherty, 1978 ..... 3:44.30
6. Nathan Mylenek, 2019 ..... 3:44.49
7. Sam Fourman, 2015 ..... 3:44.50
8. Michael Melchert, 2018 ..... 3:44.59
9. Adam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

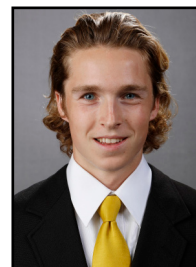
1. **Max Murphy, 2023** ..... **13:39.77**
2. Micah VanDenend, 2007 ..... 13:49.31
3. Nathan Mylenek, 2021 ..... 13:54.15
4. Nick Trattner, 2023 ..... 13:55.57
5. Daniel Soto, 2021 ..... 13:55.71
6. Larry Wiczorek, 1968 ..... 13:56.00
7. Kevin Herd, 1993 ..... 13:59.00
8. Stetson Steele, 2000 ..... 14:02.76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



Pat McGhee

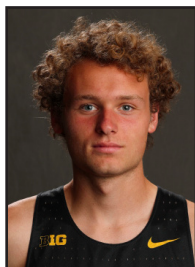


Jenoah McKiver



Nathan Mylenek

## MEN'S 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 ..... 8,331 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. Brad Daufeldt, 2004 ..... 207-10 (63.34)
5. Chris Voller, 2005 ..... 206-0 (62.80)
- 6. Sean Smith, 2023 ..... 205-8 (62.69)**
7. Matt Banse, 2012 ..... 201-11 (61.55)
8. Tyler Lienau, 2021 ..... 199-6 (60.81)
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. 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

**400-Meter Relay**

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

**Shuttle Hurdle Relay**

1.	<b>Conway, Braverman, K. Johnson, Reed</b> , 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, <b>Richards</b> , 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.	<b>West</b> , 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.	<b>Reed, K. Jefferson</b> , 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.	<b>Schreiner, Strong</b> , 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

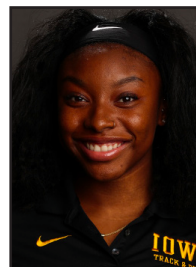
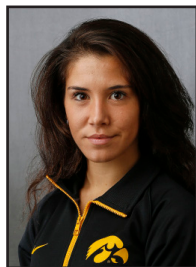
**Distance Medley Relay**

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.	<b>Lewis</b> , Steward, Abrego, <b>Murphy</b> , 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.	<b>Yual, Geisler, Pendergast, Kuhn</b> , 2023 .....	17:11.68
10.	Pittman, Novotny, Feeldy, Marquardt, 1995 .....	17:12.49

## WOMEN'S 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**
- Brittany Brown, 2018..... 11.28
- Briana Guillory, 2016..... 11.35
- Lake Kwaza, 2015..... 11.40
- Vivien McKenzie, 1985..... 11.45
- Davera Taylor, 1984 ..... 11.51
- Erica Broomfield, 1998..... 11.53
- Jiselle Providence, 2001 ..... 11.57
- Tanja Reid, 1994..... 11.60
- Peaches 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**
- Tiffany Johnson, 2007 ..... 13.20
- Jenny Kimbro, 2018 ..... 13.22
- Jahisha Thomas, 2017 ..... 13.46
- Tria Simmons, 2019..... 13.49
- Natalie Harris, 2023..... 13.49**
- Kaessa Farley, 2009..... 13.53
- C. Prendergast, 1999..... 13.60
- Paula Ruen, 2000..... 13.60

### 200 Meters

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

### 400 Meters

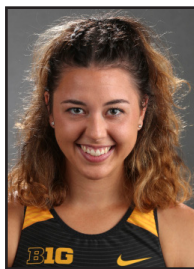
- Briana Guillory, 2018..... 51.30
- Kineke Alexander, 2006..... 51.35
- Elexis Guster, 2016..... 51.85
- Shellene Williams, 2004..... 51.94
- Ashley Liverpool, 2012..... 52.47
- Ellen Grant, 1996..... 52.65
- 7. Audrey Biermann, 2023 ..... 52.67**
- 8. Tesa Roberts, 2023 ..... 52.86**
- Alexis Hernandez,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

### 400-Meter Hurdles

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

### 800 Meters

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



**Jenny Kimbro**



**Paige Magee**

### 1,500 Meters

- Meghan Armstrong, 2006 .....4:17.41
- Betsy Flood, 2010.....4:17.75
- Jeanne Kruckeberg 1989 .....4:19.71
- McKenzie Melander, 2012 .....4:20.22
- Lauren Hardesty, 2009.....4:20.40
- Diane Nukuri, 2007.....4:20.95
- 7. Amber Aesoph, 2023..... 4:21.11**
- Penny O'Brien, 1985 .....4:21.43
- Kay Stormo, 1982.....4:22.24
- Rachelle Roberts, 1990 .....4:23.16

### 3,000 Meters

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

### 3,000-Meter Steeplechase

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

### 5,000 Meters

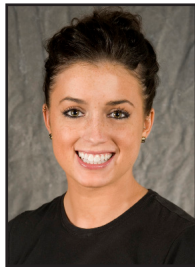
- Nan Doak, 1985 ..... 15:45.84
- McKenzie Melander, 2012 ..... 15:57.13
- Diane Nukuri, 2008..... 15:59.39
- Betsy Flood, 2011..... 16:04.46
- Meghan Armstrong, 2008 ..... 16:08.83
- Brooke Eilers, 2011 ..... 16:11.86
- Mareike Schrulle, 2013..... 16:12.66
- Jenny Spangler, 1983 ..... 16:17.21
- Tracy Dahl, 1992..... 16:18.77
- 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, 2021 .....5,679 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, 2021 .....5,437 pts
6. Kathy Gillespie, 1983 .....5,262 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. Cassidy Ellis, 2015 ..... 19-6 1/4 (5.95)
- Kayla Hutchins, 2023... 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)
- Kat Moody, 2023..... 55-7 3/4 (16.96)**
4. Lisa Van Steenwyk, 1992..... 50-8 (15.44)
5. **Jamie Kofron, 2022.....50-6 (15.39)**
- Wisdom Williams, 2023 ....50-6 (15.39)**
7. Nicole Berry, 2022.....50-5 1/4 (15.37)
8. Gail Smith, 1984 .....50-3 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. Tammilee Kerr, 2008..... 163-5 (49.81)
3. **Lizzie Korczak, 2023 ..... 162-1 (49.40)**
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. **Alivia Bauer, 2023..... 195-9 (56.62)**

## WOMEN'S OUTDOOR ALL-TIME TOP 10 RELAYS

**400-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. 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, Raheem, Ruen, 1998 ..... 56.54
3. Raheem, 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, 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

**1,600-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

**3,200-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

**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
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