



Iowa Track & Field

WEEK 8 | MAY 10-12, 2024 | BIG TEN OUTDOOR CHAMPIONSHIPS



2024 OUTDOOR SCHEDULE



START TIMES

May 10-12, 2024

Friday: Track: 4:25 p.m. (CT) | Field: 11:45 a.m. | Multis: 11 a.m.

Saturday: Track: 3 p.m. | Field: 12:20 p.m. | Multis: 8:30 a.m.

Sunday: Track: 11:45 p.m. | Field: 10 a.m.

2024 NEWS

Iowa has made 17 updates to the program top-10 lists through eight weeks of outdoor competition. Four Hawkeyes have set outdoor school records.

- Junior **Rivaldo Marshall** set the men's program record in the 800 meters at the Jim Click Shootout on April 6. Marshall's 1:45.86 ranks seventh in NCAA Division I this season.
- Senior **Alli Bookin-Nosbisch** broke the women's 800-meter record at the Florida Relays on March 30, racing 2:03.26. Bookin-Nosbisch also set the women's program indoor 800-meter record this spring (2:03.42).
- Senior **Kalen Walker** set the Iowa program record in the 100-meter dash on April 15 at the USF Alumni Invite, 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 ranks fifth in the nation this year and is faster than any 100-meter time recorded by a Big Ten athlete during the 2023 season.
- 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 third-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.

THIS WEEK

Iowa competes May 10-12 at the Big Ten Outdoor Championships in Ann Arbor, Michigan.

HOW TO FOLLOW ALONG

Live stream and result links 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).

2023 REWIND

Fourteen members of the Iowa men's track and field roster were Big Ten Outdoor place-finishers last season in individual events. Current seniors Kalen Walker, Austin Kresley, **De'Andre Stapleton Jr.** and **Austin West** were runners up in the 4x100. Stapleton Jr. also contributed to the champion 4x400 squad. West was a Big Ten Champion in the 400 hurdles and Kresley won gold in the 200 meters. Senior **Tionna Tobias** was a Big Ten Outdoor Champion in the women's heptathlon. Iowa returns 12 place-finishers from individual women's events, as well as four Hawkeyes who were part of place-finishing relay squads.

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
(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. IOWA	Big Ten	582.00
2. Iowa State	Big 12	566.74
3. Nebraska	Big Ten	544.76
4. Oklahoma State	Big 12	438.12
5. Oklahoma	Big 12	450.00

WOMEN'S TEAM CONFERENCE POINTS

1. Minnesota	Big Ten	660.00
2. Nebraska	Big Ten	646.77
3. Illinois	Big Ten	635.21
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6. IOWA	Big Ten	429.91
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NATIONAL RANKINGS

USTFCCCA Outdoor Rankings

MEN

- Florida
- Texas A&M
- LSU
- Alabama
- Arkansas
- USC
- Texas Tech
- Texas
- Virginia Tech
- Auburn
- Northern Arizona
- Kentucky
- USF
- Tennessee
- Mississippi State
- North Carolina
- Oklahoma State
- Iowa State
- Virginia
- South Carolina
- Nebraska
- Georgia
- Miami
- Washington
- BYU

WOMEN

- LSU
- Arkansas
- Oregon
- Texas A&M
- Illinois
- South Carolina
- Florida
- Georgia
- Texas
- Tennessee
- Texas Tech
- Ole Miss
- Nebraska
- Notre Dame
- Alabama
- USC
- Florida State
- Oklahoma State
- Harvard
- Oklahoma
- Minnesota
- Virginia Tech
- Penn
- Houston
- Washington

B1G WINNERS

The Iowa men's track and field program has claimed five outdoor Big Ten Championships, including two outdoor conference titles under Director of Track and Field **Joey Woody**. The Hawkeyes won back-to-back men's outdoor titles in 2021 and 2019. Iowa also won men's indoor titles in 2022 and 2021. The highest finish for the Iowa women's program is third place both outdoors and indoors; the Hawkeyes matched that third place result this season at the indoor championships in Geneva, Ohio.

- The men's program has produced 120 individual event championships and 24 relay titles at the Big Ten Outdoor Championships.
- The Iowa women have earned 36 individual Big Ten titles and six relay championships at the conference outdoor meet.

HAWKEYE HURLERS

Seniors **Mariel Bruxvoort**, **Paige Magee** and **Tionna Tobias** contribute to a women's hurdle group that is ranked fourth in the nation in the 400-meter hurdles and seventh in the 100-meter hurdles. Magee set the school record in the 100-meter hurdles (12.90) last season, while Tobias ranks third on the program record board (13.11). Magee ranks second at Iowa in the 400-meter hurdles (56.62) while Bruxvoort ranks fifth (56.71). Magee also set a school record in the 60-meter hurdles at Big Ten Indoors, racing 7.99 in the prelims to tie for the best time in the Big Ten and seventh nationally this year. Magee was a second-team All-American in the 60-meter hurdles. Iowa ranks sixth nationally in the men's 110 hurdles. The team returns three top-10 hurdlers in school history, including seniors **Grant Conway**, **Gratt Reed** and Austin West. Junior **Kalil Johnson** returns from a school-record shuttle hurdle relay team.

TIONNA TOBIAS-ED

In addition to her hurdle prowess, Tobias was a Big Ten Champion last season in the women's heptathlon, earning 5,640 points for the second-best total in program history. At the Florida Relays, Tobias improved to third in program history in the long jump at 6.51 meters (21'4.25"). Tobias helped Iowa to victory in the 4x100 meters at the Jim Click Shootout, tying for the No. 6 time in program history (44.44). Tobias is a two-time All-American, earning second-team honors in the 2024 indoor long jump and honorable mention in the 2023 heptathlon. Tobias and freshman **Maud Zeffou-Poaty** lead a long jump group ranked 12th nationally.

NEED FOR SPEED

Iowa returns a senior quartet in the men's 4x100 that placed eighth at the NCAA Outdoor Championships last season. The group includes Kalen Walker, Austin Kresley, Gratt Reed and **Damoy Allen**. Walker has been stellar for Iowa this season, setting program records in the 100 meters (10.09) and 60 meters (6.51). Kresley is first in men's program history in the 200 meters (20.26) and second in the 100 meters (10.10). On the women's side, senior **Lia Love** set the program 60-meter record at 7.24. Love was blazing in the outdoor opener with a wind-aided 11.15 in the 100 meters and helped the 4x100 team to a ninth all-time result (44.54). Love also was a member of the winning 4x100 at the Jim Click Shootout that ranks sixth at Iowa (44.44).

THE BOOKIN-NOSBISCH CLUB

Twins Alli and **Grace Bookin-Nosbisch** have etched their names in the annals of the Iowa record book. Alli broke the school record in the 800 meters at the Florida Relays, racing 2:03.26. She also set the indoor record (2:03.42) this season. Grace ranks fourth outdoors (2:05.49) and seventh indoors (2:02.21). In the indoor distance-medley, the duo shares room on the top line.

IN THE FAST LANE: RIVALDO MARSHALL

Senior Rivaldo Marshall busted the Iowa outdoor 800-meter record to win the Jim Click Shootout, racing 1:45.86. That time surpasses the Olympic trials standard and ranks sixth in Division I this season. Marshall was named USTFCCCA Midwest Athlete of the Year on March 15 for his indoor accomplishments. Marshall became Iowa's first national champion in the 800 meters on March 9, running 1:46.96. Marshall also owns the program indoor 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, where he was an NJCAA Indoor National Champion in the 800 meters last season. Marshall has competed in just seven meets as a Hawkeye, earning five victories. Marshall was USTFCCCA Men's National DI Athlete of the Week for his win at the Jimmy Grant Invite on Dec. 9. Marshall placed fifth in the 800 (1:49.32) and anchored the 4x400 relay team to a third-place finish (3:07.48) at the Big Ten Indoor Championships.

UPDATING THE ALL-TIME LISTS

The Hawkeyes have made 50 updates to the program record boards this season, including 17 outdoor top-10 performances.

- Men's 100 meters: Walker (1st)
- Women's 800 meters: A. Bookin-Nosbisch (1st)
- Men's 800 meters: Marshall (1st)
- Men's 3K Steeplechase: Kuhn (3rd), Yual (8th)
- Men's 10k: Burnett (7th), Yual (8th)
- Women's 4x100: Tobias, Love, Duax Magee (T-6th) | Duax, Love, Pattison, Edison (10th)
- Women's Discus: Sydnie Smith (8th)
- Men's Hammer Throw: Smith (4th), Busch (5th)
- Women's Shot Put: Williams (4th)
- Men's Javelin: Stein (1st)
- Women's Javelin: Korczak (2nd)
- Women's Long Jump: Tobias (3rd), Zeffou-Poaty (5th)

GREAT INDOORS

The Hawkeyes reached historic heights this 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.
- For the men, 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.
- Iowa 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)
 - Daniela Wamokpego – Women's Triple Jump (13.24m)

RETURNING PRODUCTION

- The men's squad retains three Big Ten medalists, 20 conference place-finishers and 10 NCAA Outdoor Championships entries from a team that placed third at the conference meet last season.
- Five outdoor men's record-setters return. That group includes Kresley (100m, 200m), Stein (javelin), West (decathlon) and the 4x100 group of Walker, Kresley, Reed and Allen.
- Iowa's 4x100 relay team placed eighth at NCAA Outdoors last season and 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 men's decathlon.
- The women's program returns three Big Ten medalists and seven entries from the NCAA Outdoor Championships last spring.
- 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.
- The women's team also returns three of four total individuals from last season that earned All-American honorable mentions.
- Tobias was the women's heptathlon Big Ten Champion in 2023.

UP NEXT

The NCAA West Preliminary is set for May 22-25 in Fayetteville, Arkansas.

2024 OUTDOOR SEASON BESTS

MEN'S OUTDOOR SEASON BESTS

100 Meters	Kalen Walker	* 10.09
110 Hurdles.....	Gratt Reed	% 13.67
200 Meters	Austin Kresley.....	20.68
400 Meters	Josh Pugh	46.64
400 Hurdles.....	Isaac Lewis.....	51.28
800 Meters	Rivaldo Marshall.....	* 1:45.86
1,500 Meters.....	Ian Geisler.....	3:51.99
3,000 Steeplechase ...	Hayden Kuhn.....	8:50.99
5,000 Meters.....	Will Ryan	14:11.52
10,000 Meters	Brayden Burnett	29:41.66
4x100 Relay.....	Walker, Kresley, Stein, Johnson	39.55
4x400 Relay.....	Lewis, Pugh, Marshall, Belken	3:07.48
High Jump.....	Zack Pluff	6-7 (2.01m)
Pole Vault.....	Sal Capaldo	13-11 1/4 (4.25m)
Long Jump	Austin West	25-2 (7.67m)
Triple Jump.....	Precious Irivi	49-11 (15.21m)
Shot Put	Quintin Lyons.....	58-7 1/4 (17.86m)
Discus.....	Jordan Johnson	190-3 (58.00m)
Hammer Throw.....	Sean Smith	222-4 (67.78m)
Javelin.....	Mike Stein.....	* 260-0 (79.26m)
Decathlon.....	Austin West	8,024 points

WOMEN'S OUTDOOR SEASON BESTS

100 Meters	Lia Love.....	% 11.15
100 Hurdles.....	Paige Magee.....	12.99
200 Meters	Lia Love.....	23.61
400 Meters	Ali Dorn	54.09
400 Hurdles.....	Mariel Bruxvoort	57.45
800 Meters	Alli Bookin-Nosbisch	* 2:03.24
1,500 Meters.....	Amber Aesoph.....	4:23.52
3,000 Meters.....	Audra Soderling	10:58.83
3,000 Steeplechase ...	Brooke McKee	11:12.62
5,000 Meters.....	Miriam Sandeen	16:59.13
4x100 Relay.....	Pattison, Love, Duax, Magee	44.07
4x400 Relay.....	Bruxvoort, Dorn, Perry, Duax.....	3:37.92
Dist. Medley Relay	Tenpas, Fitzpatrick, Cortez, Sandeen	11:59.28
4x1,600 Relay	Kelly, Blazek, Tenpas, Kalaway	20:47.42
High Jump.....	Annie Wirth	5-9 1/4 (1.76m)
Long Jump	Tionna Tobias	21-4 1/4 (6.51m)
Triple Jump.....	Daniela Wamokpego	43-1 3/4 (13.15m)
Shot Put	Kat Moody	55-2 3/4 (16.83m)
Discus.....	Kat Moody	186-6 (56.84m)
Javelin.....	Lizzy Korczak	166-1 (50.62m)
Hammer Throw	Alivia Bauer	185-10 (56.64m)
Heptathlon.....	Annie Wirth	5,332 points

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

MEDIA INFORMATION

Please 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 Woody and select student-athletes will address the media following home meets.

UI STRATEGIC COMMUNICATIONS

John Leo (*Assistant Director*)
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2024 ROSTERS

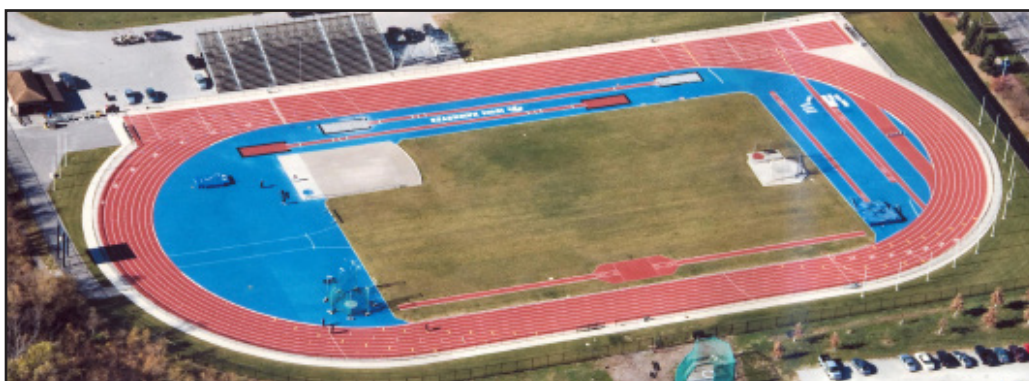
MEN

Name	Event	Yr.
Damoy Allen	Sprints	Sr.
Connor Belken	Sprints	Sr.
Koby Brackemeyer	Mid-Distance	Sr.
Zidane Brown	Sprints	Jr.
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.
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.
Lizzy 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. Cretzmeier 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. Cretzmeier, 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 Cretzmeier 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



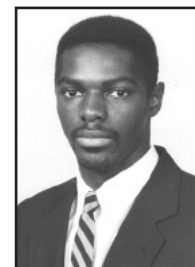
Gabe Hull



Austin Kresley



Rivaldo Marshall



Anthuan Maybank

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. Jenoa K McKiver, 2022 44.74
2. Mar'yea Harris, 2018 44.94
3. Anthuan Maybank, 1993 44.99
4. Andre Morris, 1995 45.15
5. Mike Mondane, 1967 45.20
6. Wayne Lawrence, Jr., 2019 45.33
7. Steven Willey, 2010 45.78
8. Karayme Bartley, 2019 45.80
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. **Rivaldo Marshall, 2024** **1:45.86**
2. Erik Sowinski, 2012 1:45.90
3. Matt Manternach, 2019 1:46.93
4. Carter Lilly, 2016 1:46.95
5. Alec Still, 2022 1:47.50
6. Bill Frazier, 1962 1:47.64
7. D'Juan Strozier, 1990 1:47.82
8. Adam Hairston, 2011 1:48.10
9. Tysen VanDraska, 2021 1:48.13
10. Armando Bryson, 2022 1:48.31

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

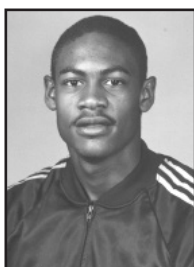
1. Nathan Mylenek, 2021 8:35.41
2. Deacon Jones, 1956 8:47.40
3. **Hayden Kuhn, 2024** **8:50.99**
4. Steve Pershing, 1978 8:54.59
5. Andy Morris, 2000 8:56.21
6. Matt Gerard, 1994 8:57.01
7. Andy Napier, 2008 8:57.54
8. **Yohana Yual, 2024** **9:02.33**
9. Rollie Kitt, 1967 9:02.90
10. Al Greene, 1985 9:02.96

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



Jaylan McConico



Pat McGhee

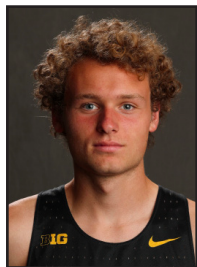


Jenoah McKiver



Nathan Mylenek

MEN'S OUTDOOR ALL-TIME TOP 10 PERFORMERS



Max Murphy



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. **Brayden Burnett, 2024 29:41.66**
8. Nick Nordheim, 2002 29:44.71
9. Trent Corey, 2002 29:45.25
10. Ian Eklin, 2017 29:47.06

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. **Sal Capaldo, 2024 7,085 pts**
8. Dan Rolling, 2010 6,957 pts
9. Scott Faber, 2000 6,839 pts
10. Ryan Niver, 2008 6,837 pts

High Jump

1. Jeffery Herron, 2012 7-4 1/4 (2.24)
2. Bill Hansen, 1978 7-4 (2.23)
Bill Knoedel, 1975 7-4 (2.23)
4. Kevin Spejcher, 2014 7-2 1/2 (2.20)
5. M. Cunningham, 1986 7-1 (2.16)
Kenneth Lansing, 1988 7-1 (2.16)
Jay Hunt, 2019 7-1 (2.16)
8. Pat Meade, 1987 7-0 1/4 (2.14)
9. **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. **Precious Iriveri, 2024 49-11 (15.21)**

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. **Sean Smith, 2024 222-4 (67.78)**
3. Adam Hamilton, 2007 222-2 (67.73)
4. Jim Costello, 2002 217-7 (66.32)
5. **Austin Busch, 2024 213-11 (65.22)**
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



Meghan Armstrong

Alli Bookin-Nosbisch

Marta Bote Gonzalez

Nan Doak

Briana Guillory

LaSarah Hargrove

Amanda Howe

100 Meters

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

100-Meter Hurdles

1. **Paige Magee, 2023** **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. Karessa 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

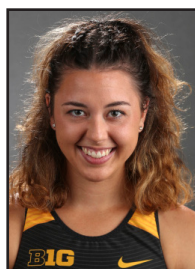
1. Mary Knoblauch, 1981 56.16
2. **Paige Magee, 2022** **56.62**
3. Wynsome Cole, 1998 56.67
4. MonTayla Holder, 2014 56.70
5. **Mariel Bruxvoort, 2023** **56.71**
6. Erin Dowd, 2022 56.77
7. Payton Wensel, 2022 57.63
8. Jenny Kimbro, 2019 58.27
9. **Nylah Perry, 2023** **58.28**
10. Chris Davenport,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

800 Meters

1. **Alli Bookin-Nosbisch, 2024** **2:03.24**
2. Bethany Praska, 2011 2:03.77
3. Mallory King, 2021 2:05.23
4. **Grace Bookin-Nosbisch, 2023** **2:05.49**
5. Kay Stormo, 1982 2:05.67
6. **Clare Pitcher, 2022** **2:06.05**
7. Taylor Arco, 2019 2:06.06
8. Michelle Lahann, 2004 2:06.79
9. Katharina Trost, 2015 2:07.09
10. Mahnee Watts, 2016 2:07.41



Aisha James



Jenny Kimbro

1,500 Meters

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

3,000 Meters

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

3,000-Meter Steeplechase

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

5,000 Meters

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

WOMEN'S OUTDOOR ALL-TIME TOP 10 PERFORMERS



Paige Magee



Diane Nukuri



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. **Annie Wirth, 2024..... 5,332 pts**
7. Kathy Gillespie, 19835,262 pts
8. Tiff Pedersen, 2004.....4,976 pts
9. Janet Adams, 19814,855 pts
10. Sarah Ryan, 2012.....4,819 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)
- Annie Wirth, 2024.....5-9 1/4 (1.76)**

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. **Tionna Tobias, 2024..... 21-4 1/4 (6.51)**
4. Zinnia Miller, 2014 20-6 1/2 (6.26)
5. Renee White, 2008 20-3 3/4 (6.19)
- Maud Zeffou-Poaty, 2024**
..... **20-3 3/4 (6.19)**
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. **Daniela Wamokpego, 2024**
..... **43-1 3/4 (13.15)**
4. Zinnia Miller, 201442-0 1/2(12.81)
5. **Kayla Hutchins, 2021..... 41-10 (12.75)**
6. Tiffany Johnson, 200741-8 3/4 (12.72)
7. Eavion Richardson, 2021 41-1 (12.52)
8. Carisa Leacock, 2012 40-10 1/2 (12.46)
9. Amanda Carty, 201940-11 (12.47)
10. Becki Borg, 1988.....40-7 1/2 (12.38)
- 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**
..... **51-9 1/4 (15.78)**
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, 2024..... 186-6 (56.84)**
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. **Sydney Smith, 2024..... 163-4 (49.80)**
9. Kara Misel, 2021 162-1 (49.40)
10. Tiffany Medenwaldt, 2010..161-3 (49.16)

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, 2022212-9 (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, 2024..... 185-10 (56.64)**

WOMEN'S OUTDOOR ALL-TIME TOP 10 RELAYS

4x100-Meter Relay

- Hargrove, **Love**, Dowd, **Magee**, 2022 43.69
- Kwaza, Guster, Guillory, Hernandez, 2016 44.04
- Pattison, Love, Duax, Magee, 2024** **44.07**
- Hargrove, **Love, Edison, Magee**, 2023 44.08
- Chapman, Guillory, Hernandez, Brown, 2017 44.34
- Kwaza, Guster, Chapman, Guillory, 2016 44.41
- Thomas, Avant, Guillory, Brown, 2018 44.44
- Tobias, Love, Duax, Magee, 2024** **44.44**
- Kwaza, Guster, Hernandez, Brown, 2014 44.51
- Thomas, Guillory, Hernandez, Brown, 2017 44.53

Shuttle Hurdle Relay

- Prendergast, Cole, Raheem, Ruen, 1998 56.44
- Cole, Prendergast, Raheem, Ruen, 1998 56.54
- Raheem, Prendergast, Cole, Ruen, 1998 57.53

4x200-Meter Relay

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

4x400-Meter Relay

- Hernandez, Guillory, Holder, Guster, 2016 3:30.97
- Guillory, Brown, Hernandez, Champe, 2017 3:32.37
- Dorn, Biermann, Roberts, Bruxvoort**, 2023 3:33.16
- Bruxvoort**, Dowd, Wensel, **Roberts**, 2022 3:33.18
- Guster, Hernandez, Holder, Kwaza, 2014 3:34.83
- Dorn, Larsen, Biermann, Bruxvoort**, 2023 3:35.10
- Larsen, Roberts, Biermann, Itson**, 2023 3:35.17
- Dorn, Magee, Biermann, Larsen**, 2023 3:35.53
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- Brown, Kwaza, Guster, Watts, 2014 3:51.18
- Hargrove, Dowd, Wensel, **Pitcher**, 2022 3:52.56
- Kwaza, Guster, Holder, Watts, 2016 3:52.62
- Swanson, Morken, King, Arco, 2019 3:52.85
- Kwaza, Brown, Guster, Trost, 2015 3:53.29
- Christian, Buss, Guillory, Arco, 2019 3:54.18
- Kwaza, R. Moore, Holder, Alexia, 2013 3:54.51
- Trusty, R. Moore, Hendricks, Praska, 2010 3:56.53
- Reid, Philip, Hobbs, Benning, 1995 3:56.54

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- McCabe, Arco, Saunders, King, 2019 8:31.84
- Moore, A. Bookin-Nosbisch, G. Bookin-Nosbisch, Pitcher**, 2022 8:35.75
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- Schneckloth, Roberts, Hawkins, Kruckeberg, 1989 8:49.38
- Trost, Maser, Alexia, Nelson, 2014 8:49.95
- Nelson, Watts, Wilberding, Sindt, 2016 8:51.90
- Flood, Dlhly, L. Hardesty, Docherty, 2009 8:53.91
- Armstrong, Stanley, Laney, Hume, 2005 8:54.27
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- Hoskins, Powell, Schneckloth, Kruckeberg, 1989 11:22.18
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- Schrulle, Erickson, Placzek, Eilers, 2012 11:40.57
- Davenport, xx, xx, xx, 1981 11:41.44

4x1,600-Meter Relay

- Flood, Melander, A. Hardesty, L. Hardesty, 2010 19:05.63
- Nukuri, Marchand, Henize, Armstrong, 2008 19:15.42
- Flood, Laesch, Ranegar, Melander, 2012 19:16.73
- Flood, Eilers, Melander, L. Hardesty, 2011 19:17.52
- Flood, Melander, A. Hardesty, Eilers, 2009 19:36.43
- Scott, Gordon, Schrulle, Gambrell, 2013 19:41.15
- Jones, Bote Gonzalez, Wilberding, Reischmann, 2015 19:59.72
- Maser, Price, Wilberding, Montuclard, 2014 20:23.27
- Chapple, Laney, Donlon, Sokol, 2005 20:39.12
- Arens, Barber, Butler, Roberts, 2001 20:40.89