



January 27-28, 2023

# IOWA Track & Field 2022-23 Notes



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## 2023 IOWA TRACK & FIELD INDOOR SCHEDULE

Date	Meet
Dec. 10	Jimmy Grant Invite (Iowa City, Iowa)
Jan. 13-14	Hawkeye Invitational (Iowa City, Iowa)
Jan. 20-21	Larry Wiczorek Invite (Iowa City, Iowa)
<b>Jan. 27-28</b>	<b>at Razorback Invite (Fayetteville, Ark.)</b>
Feb. 3-4	at Meyo Invite (South Bend, Ind.) at New Mexico Collegiate Classic (Albuquerque, N.M.)
Feb. 4	at Iowa State Classic (Ames, Iowa)
Feb. 10-11	at Tyson Invitational (Fayetteville, Ark.) at Music City Challenge (Nashville, Tenn.)
Feb. 17	Iowa Open (Iowa City, Iowa)
Feb. 18	at Alex Wilson Invite (South Bend, Ind.)
Feb. 24-25	at B1G Championships (Geneva, Ohio)
Mar. 8-11	NCAA Championships (Albuquerque, N.M.)



## RAZORBACK INVITATIONAL

Jan 27-28, 2023 | Randal Tyson Track Center

Fri. - Multis: 11:45 a.m. | Field Events 3 p.m. | Running: 6 p.m.

Sat. - Multis: 10:15 a.m. | Field Events: 1 p.m. | Running: 12:30 p.m.

Teams: Iowa, Arkansas, Arizona State, Baylor, BYU, Florida, Florida State, Iowa State, Kentucky, LSU, Oklahoma State, Ole Miss, Oregon State, Stanford, Texas A&M, USC

### THIS WEEK

University of Iowa track and field hits the road for the first time in 2023, heading to Fayetteville, Arkansas, for the Razorback Invitational. The meet begins Friday at 11:45 a.m. (CT) with the men's heptathlon, followed by field events at 3 p.m. and running events at 6 p.m. The meet resumes on Saturday at 10:15 a.m. with the conclusion of the heptathlon, before shifting to running events at 12:30 p.m. and field events at 1 p.m.

### FOLLOW ALONG

- Fans can follow the meet on the Meet Day page at [hawkeyesports.com/tracklive](http://hawkeyesports.com/tracklive).
- Results will also be posted on the team's official twitter account @iowaxc\_tf.
- A live stream is available on SEC Network +.

### THE COMPETITION

The Razorback Invitational features 16 teams, with Iowa being the lone Big Ten representative. The remaining field consists of six teams from the SEC, four from the PAC-12, three from the Big 12, and one each from the ACC and MPSF.

### LAST TIME OUT

The Hawkeyes hosted their third consecutive home meet with the Larry Wiczorek Invitational on Jan. 20-21. The Hawkeye women earned the team title with 98 points, while the men's team finished third. Myreanna Bebe highlighted the meet by breaking a 14-year school record in the 60-meter hurdles, clocking a time of 8.11. Her mark ranks seventh nationally. Alli Bookin-Nosbisch improved on a personal best with a 2:06.59 in the women's 800-meter event, positioning herself fourth on Iowa's top-10 list. LaSarah Hargrove and Khullen Jefferson swept the Hawkeye Pro 200-meter races for the Hawkeyes. Hargrove crossed the line in 23.79 to earn gold in the women's event, while Jefferson finished in 21.07 to take the title on the men's side.

### BEBE SHATTERS SCHOOL RECORD

Myreanna Bebe broke a school record on Saturday that had held since 2009. Bebe registered a speedy time of 8.11 in the 60-meter hurdles, which also ranks seventh nationally. Her mark shattered the previous record set by Karessa Farley (8.21) and improved on her previous best, which was set earlier in January at the Hawkeye Invitational (8.22).

## IOWA COACHING STAFF

### Joey Woody

Director of Track & Field/Cross Country  
(Hurdles/Multis/Men's Short Sprints)

### Randy Hasenbank

Associate Head Coach (Distance)

### Hadrien Choukroun

Assistant Coach (Jumps/Combined Events)

### Jason Wakenight

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

### Chyna Davis

Assistant Coach (Sprints/Hurdles)

### Ray Robinson

Assistant Coach (Throws)

### Rachel Leonard

Director of Operations

### Hannah Sieperda

Assistant Director of Operations



### WELCOME TO THE TOP-10

Two more Hawkeyes made strides in the record books at last weekend's Larry Wieczorek Invitational. Junior Alli Bookin-Nosbisch etched her name in Hawkeye history with a fourth-best time of 2:06.59 in the women's 800-meter race. Freshman Wisdom Williams set a career best in the women's shot put with her toss of 15.19 meters (49' 10"), good for tenth overall.

Four additional marks were added to the history books during the Hawkeye Invitational on Jan. 14. Bookin-Nosbisch also stepped into the top 10 in the 600-meters (1:30.02), ranking sixth. Zack Pluff is tied for eighth all-time in the high jump following his leap of 2.11 meters (6' 11"). DeAndre Stapleton Jr. used an impressive triple jump effort to land sixth all-time with his mark of 15.12 meters (49' 7.25"). Jordan Johnson's toss of 20.06 meters (65' 9.75") improved his standing of ninth-best in the men's weight throw record books.

### MCKIVER IS BACK

Jenoah McKiver made his season debut on Jan. 14 at the Hawkeye Invitational, cruising to victory in the 400-meter event with a time of 46.26. McKiver, a sophomore from High Point, N.C., ranks seventh, nationally, in the event.

McKiver broke three school records last season. At the Meyo Invite, McKiver ran the seventh-fastest 600 meters in NCAA history (all conditions) and improved his school record (1:15.36). McKiver's hot streak continued as he won the 400 meters at the Tyson Invitational with yet another school record (45.39). The then-freshman also ran the anchor leg of the school-record setting 4x400-meter relay (3:02.40). McKiver ranked fifth nationally in the quarter-mile, while Iowa's time ranked second in the NCAA. McKiver earned back-to-back Men's Big Ten Track Athlete of the Week honors (Feb. 2 & Feb. 9) for his performances. At the Big Ten Championships, McKiver won two gold medals (600 meters, 4x400-meter relay) to lead the Hawkeyes to back-to-back indoor titles.

### MEET THE RECORD HOLDERS

Nine Hawkeyes account for eight indoor school records. They include:

- Kalen Walker - 60 meters (6.61)
- Jenoah McKiver - 400 meters (45.39) | 600 meters (1:15.36)
- Chadrick Richards, Julien Gillum, McKiver - 4x400 meter relay (3:02.40)
- Austin West - Heptathlon (5,832 points)
- LaSarah Hargrove - 60 meters (7.25)
- Mariel Bruxvoort & Tesa Roberts - 4x400 meter relay (3:32.38)
- Myreanna Bebe - 60-meter hurdles (8.11)

## 2022-23 INDOOR SEASON LEADERS

### MEN'S SEASON BESTS

60 Meters	Damoy Allen	6.71
60-Meter Hurdles	Grant Conway	7.69
200 Meters	Khullen Jefferson	21.07
300 Meters	Khullen Jefferson	32.97
400 Meters	Jenoah McKiver	46.26
600 Meters	Spencer Gudgel	1:18.22
800 Meters	Antonio Abrego	1:52.10
Mile	Konnor Sommer	4:14.35
3,000 Meters	Konnor Sommer	8:20.20
1,600-Meter Relay	Deandre Stapleton, Jr., Julien Gillum, Spencer Gudgel, Drake Woody	3:10.74
High Jump	Zack Pluff	6-11 (2.11m)
Pole Vault	Peyton Haack	16-0 3/4 (4.90m)
Long Jump	James Carter, Jr.	24-10 1/2 (7.58m)
Triple Jump	James Carter, Jr.	51-8 1/4 (15.75m)
Shot Put	Elijah Barnes	59-2 (18.05)
Weight Throw	Jordan Johnson	65-9 3/4 (20.06m)

### WOMEN'S SEASON BESTS

60 Meters	LaSarah Hargrove	7.35
60-Meter Hurdles	Myreanna Bebe	* 8.11
200 Meters	LaSarah Hargrove	23.79
300 Meters	Lia Love	38.43
400 Meters	Chloe Larsen	54.57
600 Meters	Aliyanna Dorn	1:29.49
800 Meters	Alli Bookin-Nosbisch	2:06.59
Mile	Alli Bookin-Nosbisch	4:48.25
3,000 Meters	Brooke McKee	9:59.15
1,600-Meter Relay	Audrey Biermann, Paige Magee, Chloe Larsen, Gabby Cortez	3:37.07
High Jump	Tionna Tobias	5-5 (1.65m)
	Jade Hunter	5-5 (1.65m)
Long Jump	Tionna Tobias	20-1 3/4 (6.14m)
Triple Jump	Kayla Hutchins	39-0 1/2 (11.90m)
Shot Put	Kat Moody	52-3 3/4 (15.94m)
Weight Throw	Amanda Howe	67-7 (20.60m)

\* -- school record



### HURDLE U.

Junior Grant Conway picked up where he left off last season, setting a season-best time of 7.69 in the 60-meter hurdles at the Jimmy Grant Invitational. He currently ranks third, nationally, in the event. Conway (7.72) and junior Gratt Reed (7.72) each qualified for the NCAA Indoor Championships on March 11-12 of 2022 after they each put down personal-best times at the Big Ten Championships. Conway finished as Big Ten runner-up and Reed took bronze. Junior Myreanna Bebe claimed the 60-meter hurdles title at the Hawkeye Invitational on Jan. 14, but improved on that by breaking the school record at the Larry Wiczorek Invitational with a time of 8.11.

### FIVE MORE YEARS

Director of Track and Field and Cross Country Joey Woody received a contract extension through June 2027. Woody, an Iowa City native and World Champion, is in his ninth season at the helm of Iowa track and field. He is a four-time Big Ten Coach of the Year and a six-time USTFCCA Regional Coach of the Year. Since arriving on campus, Woody has led Iowa to 49 Big Ten individual titles, 12 conference relay titles, four men's Big Ten team titles, four Big Ten Athletes of the Year, and 199 All-America honors.

### BIG TEN COACH OF THE YEAR

Iowa Director of Track and Field Joey Woody earned his fourth-consecutive Big Ten Coach of the Year honor on March 2 after leading the Hawkeye men to their second-consecutive Big Ten Indoor Championship. In 2021, Woody became the first coach in program history to sweep the indoor and outdoor coach of the year awards. Iowa completed a Big Ten Championship sweep on the men's side for the first time since 1963 — its outdoor title marking two-in-a-row.

### LEADING THE WAY

After narrowly missing the NCAA indoor championships, senior sprinter La-Sarah Hargrove returned for a chance to break into the field in the 60-meter and 200-meter events. Hargrove holds the 60-meter school record with a time of 7.25. Senior Amanda Howe looks to build on her 2022 Big Ten Outdoor Championship performance by taking things to the next level in the weight throw. Junior Tionna Tobias has shown improvement in different field events in preparation for the pentathlon. Tobias holds a team-best mark of 6.14 meters (20' 1.75") in the long jump. Fellow junior Paige Magee aims to jump back to the top of the Big Ten in the 60-meter hurdles, after taking gold at the 2021 B1G Indoor Championships.

### NEXT ON THE BLOCK

The Hawkeyes will split and travel to the Meyo Invitational in South Bend, Indiana, and the Iowa State Classic in Ames, Iowa, on Feb. 3-4.

## PRONUNCIATION GUIDE

Amber Aesoph.....	A-soph
Damoy Allen	
Elijah Barnes.....	ill-LIE-juh
Alivia Bauer.....	ah-LIV-ee-uh
Myreanna Bebe.....	MUR-enna Bee-bee
Audrey Biermann	
Jalyssa Blazek.....	JA-liss-uh
Alli/Grace Bookin-Nosbisch.....	nos-BISH
Koby Brackemeyer	
Mariel Bruxvoort.....	BROOKS-vort
Dimia Burrell.....	Dih-ME-uh
Aliyanna Dorn	
Holly Duax	
Ian Geisler.....	GUY-slur
Bryce Gidel.....	gih-DELL
Spencer Gudgel.....	GUD-gell
Maggie Gutwein.....	GUT-win
Peyton Haack.....	HOCK
Carson Houg	
Jaiden Itson	
Kaleba Jack	
Khullen Jefferson.....	CULLEN
Kalil Johnson	
Keith Keahna.....	kee-AH-nuh
Daniel Klysh.....	KLISH
Jamie Kofron	
Lizzie Korczak	
Leah Kralovetz	
Hayden Kuhn	
Derek Leicht	
Tyler Lienau.....	LEE-now
Jenoah McKiver.....	jeh-NOAH muh-KEE-ver
Tahlee McVee	
Ella Meeuwsen	
Eli Naumann	
Micah Poellet	
Ellie Rathe	
Ianna Roach	
Tesa Roberts.....	TAY-suh
Ryan Schreiner.....	SHRINE-urr
Evan Schuster	
Aleah Tenpas	
Kelli Tosic.....	tah-SICK
Ellie Twedt.....	TWEET
Walker Whalen	
Yohana Yual	

## IOWA INDOOR TRACK FACILITY

The Iowa Indoor Track Facility became the full-time home for the Iowa Track & Field Program in 2016 when the UI Athletic Department bought the building from the University and installed a state-of-the-art multi-million dollar track used in the 2016 World Championships. The facility includes eight training and athletic training spaces for Iowa track & field and cross country teams. Iowa hosted the B1G Men's Indoor Championships in 1989, 1997, and 2006 and the B1G Women's Indoor Championships in 1991 and 2004.



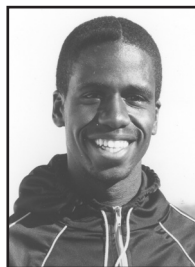
# INDOOR ALL-TIME TOP 10 PERFORMERS



**Karayme Bartley**



**Jamal Britt**



**Rodney Chambers**



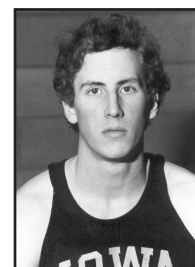
**Nikolas Curtiss**



**Troy Doris**



**Julien Gillum**



**Bill Hansen**

## 60 Meters

1. **Kalen Walker, 2022** ..... **6.61**
2. Justin Austin, 2011 ..... 6.69
3. Vinnie Saucer, Jr., 2016 ..... 6.70
4. **Damoy Allen, 2022** ..... **6.71**
5. **Austin Kresley, 2021** ..... **6.72**
6. Kurt Felix, 1999 ..... 6.73
- Tevin-Cee Mincy, 2014 ..... 6.73
8. Josh Larney, 2013 ..... 6.74
- Christian Brissett, 2017 ..... 6.74
10. Troy Doris, 2012 ..... 6.75
- O'Shea Wilson, 2017 ..... 6.75
- Khullen Jefferson, 2023** ..... **6.75**

## 60-Meter Hurdles

1. Jamal Britt, 2021 ..... 7.52
2. Jaylan McConico, 2020 ..... 7.60
3. Aaron Mallett, 2017 ..... 7.64
4. **Grant Conway, 2022** ..... **7.69**
5. Jordan Mullen, 2013 ..... 7.70
6. **Gratt Reed, 2022** ..... **7.72**
7. Chris Douglas, 2019 ..... 7.75
8. Ethan Holmes, 2013 ..... 7.82
- Josh Braverman, 2021 ..... 7.82
10. Dion Trowers, 1997 ..... 7.87

## 200 Meters

1. Karayme Bartley, 2019 ..... 20.67
2. Justin Austin, 2011 ..... 20.80
3. Wayne Lawrence, Jr., 2020 ..... 20.85
4. Antonio Woodard, 2019 ..... 20.89
5. **Khullen Jefferson, 2022** ..... **20.93**
6. **Gratt Reed, 2022** ..... **21.03**
7. **Chadrick Richards, 2022** ..... **21.09**
8. Anthuan Maybank, 1993 ..... 21.11
9. **Austin Kresley, 2021** ..... **21.12**
10. Bashir Yamini, 1999 ..... 21.19

## 400 Meters

1. **Jenoah McKiver, 2022** ..... **45.39**
2. Wayne Lawrence Jr., 2021 ..... 45.40
3. Mar'yea Harris, 2017 ..... 45.75
4. **Chadrick Richards, 2022** ..... **46.01**
5. Karayme Bartley, 2019 ..... 46.25
6. Emmanuel Ogwo, 2017 ..... 46.45
7. Steven Willey, 2010 ..... 46.75
8. Terrence Duckett, 1984 ..... 46.81
9. Collin Hofacker, 2017 ..... 46.82
10. **Julien Gillum, 2022** ..... **46.88**

## 600 Meters

1. **Jenoah McKiver, 2022** ..... **1:15.36**
2. **Julien Gillum, 2022** ..... **1:16.11**
3. Wayne Lawrence, Jr., 2020 ..... 1:16.55
4. Mar'yea Harris, 2019 ..... 1:16.60
5. **Tyler Olson, 2022** ..... **1:16.70**
6. **Spencer Gudgel, 2022** ..... **1:16.82**
7. **Armando Bryson, 2022** ..... **1:16.89**
8. Erik Sowinski, 2012 ..... 1:16.91
9. Austin Lietz, 2020 ..... 1:17.03
10. Carter Lilly, 2017 ..... 1:17.20

## 800 Meters

1. Carter Lilly, 2017 ..... 1:47.33
2. Erik Sowinski, 2012 ..... 1:47.62
3. Will Teubel, 2016 ..... 1:47.74
4. **Antonio Abrego, 2022** ..... **1:48.47**
5. Pavlo Hutsalyuk, 2016 ..... 1:48.97
6. Ryan Weir, 2013 ..... 1:49.11
7. Adam Hairston, 2010 ..... 1:49.26
8. Nathan Prom, 2013 ..... 1:49.29
9. Matt Manternach, 2020 ..... 1:49.35
10. Alex Birkett, 2020 ..... 1:49.47

## Mile

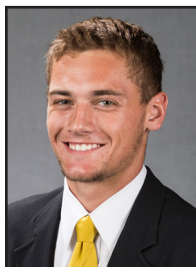
1. Jeff Thode, 2011 ..... 3:58.72
2. Ed DeLashmutt, 1981 ..... 4:04.01
3. **Kal Lewis, 2021** ..... **4:04.21**
4. Adam Jones, 2017 ..... 4:04.28
5. Michael Melchert, 2018 ..... 4:04.32
6. Larry Wieczorek, 1968 ..... 4:04.40
7. Nathan Mylenek, 2019 ..... 4:04.88
8. **Max Murphy, 2022** ..... **4:05.45**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

## 3,000 Meters

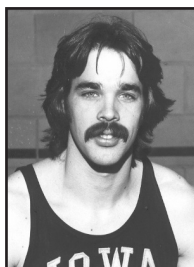
1. Kevin Lewis, 2015 ..... 7:57.06
2. Nathan Mylenek, 2020 ..... 7:58.37
3. **Max Murphy, 2021** ..... **7:59.30**
4. Jeff Thode, 2011 ..... 8:00.38
5. Micah VanDenend, 2006 ..... 8:00.81
6. Daniel Soto, 2020 ..... 8:06.04
7. Michael Melchert, 2018 ..... 8:08.30
8. Eric MacTaggart, 2006 ..... 8:08.79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

## 5,000 Meters

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



**Collin Hofacker**



**Bill Knoedel**



**Wayne Lawrence, Jr.**



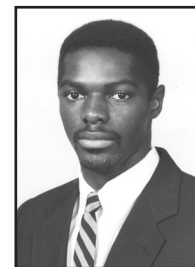
**Kevin Lewis**



**Tyler Lienau**



**Carter Lilly**



**Anthuan Maybank**

# INDOOR ALL-TIME TOP 10 PERFORMERS



**Jaylan McConico**



**Jenoah McKiver**



**Michael Melchert**



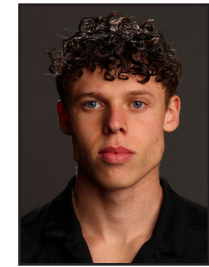
**Nathan Mylenek**



**Chadrick Richards**



**Jeff Thode**



**Kalen Walker**

## Heptathlon

1. **Austin West, 2022..... 5,832 points**
2. **Peyton Haack, 2021 ..... 5,749 points**
3. Will Daniels, 2020..... 5,689 points
4. William Dougherty, 2018.. 5,606 points
5. Kyle Reid, 2013 ..... 5,354 points
6. Dan Rolling, 2010 ..... 5,205 points
7. Jack Eckert, 2015 ..... 5,188 points
8. Daniel Gaynes, 2018..... 5,162 points
9. Ryan Niver, 2008..... 5,149 points
10. Frank Prill, 2010..... 5,015 points

## High Jump

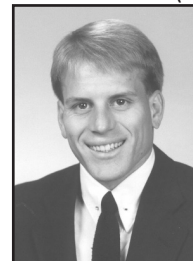
1. Bill Knoedel, 1976..... 7-3 (2.21)  
Bill Hansen, 1978..... 7-3 (2.21)
3. Scott Hudek, 1993 ..... 7-0 1/2 (2.15)  
Kevin Spejcher, 2015 ..... 7-0 1/2 (2.15)
5. Pat Meade, 1987 ..... 7-0 1/4 (2.14)
6. Mike Lacy, 1984..... 7-0 (2.13)
7. M. Cunningham, 1984.. 6-11 1/4 (2.11)
8. Jeffery Herron, 2010..... 6-11 (2.11)  
Peter Hlavin, 1980 ..... 6-11 (2.11)  
Brandon Oest, 2010 ..... 6-11 (2.11)  
Dan Rolling, 2008 ..... 6-11 (2.11)  
Graham Valdes, 2010 ..... 6-11 (2.11)  
Peter Andreano, 2016 ..... 6-11 (2.11)  
**Zack Pluff, 2023 ..... 6-11 (2.11)**

## Pole Vault

1. Todd Wigginton, 1984 ..... 17-1 (5.21)
2. Dave Nielsen, 1975..... 16-10 (5.13)
3. Kyle Reid, 2013 ..... 16-6 3/4 (5.05)  
Andy Jatis, 2018 ..... 16-6 3/4 (5.05)
5. Curt Brock, 1979..... 16-6 (5.03)
6. Peyton Haack, 2019..... 16-4 3/4 (5.00)  
Alex Zona, 2010..... 16-4 3/4 (5.00)
8. Phil Wertman, 1971 ..... 16-4 (4.98)
9. Jeff Raymond, 2008..... 16-2 (4.93)
10. John Teffer, 1972 ..... 16-1 (4.90)



**Austin West**



**Todd Wigginton**

## Long Jump

1. Anthuan Maybank, 1992. 26-5 1/2 (8.06)
2. Bashir Yamini, 1998 ..... 26-0 1/4 (7.93)
3. O'Shea Wilson, 2017 ..... 25-9 1/2 (7.86)
4. **James Carter, Jr. 2022 .... 25-2 1/2 (7.68)**
5. Darren Smith, 1991 ..... 25-2 (7.67)
6. Paul Jones, 1990..... 24-11 1/4 (7.60)  
Jamal Britt, 2021 ..... 24-11 1/4 (7.60)
8. Josh Larney, 2013 ..... 24-10 (7.57)
9. Ronnie McCoy, 1984..... 24-9 (7.54)
10. Matty Gorman, 2006..... 24-8 1/2 (7.53)

## Triple Jump

1. Troy Doris, 2011 ..... 54-0 (16.46)
2. Babatunde Amosu, 2015 52-8 3/4 (16.07)
3. Paul Jones, 1990..... 52-1 1/4 (15.88)  
Klyvens Delaunay, 2014. 52-1 1/4 (15.88)
5. **James Carter, Jr. 2023 .. 51-8 3/4 (15.75)**
6. **DeAndre Stapleton Jr., 2023.....  
..... 49' 7.25" (15.12)**
7. Mike Lacy, 1983 ..... 49-0 (14.93)
8. Owen Gill, 1982 ..... 48-10 3/4 (14.90)
9. Josh Bean, 2009 ..... 48-10 (14.88)
10. David Nsabua, 2013 ..... 48-9 (14.86)

## Shot Put

1. Nikolas Curtiss, 2022 . 64-2 1/2 (19.57m)
2. Reno Tuufuli, 2018 ..... 63-3 1/4 (19.28)
3. John Hickey, 2009..... 63-0 (19.20)
4. Jeremy Allen, 2001..... 62-10 1/2 (19.16)
5. Avery Meyers, 2017..... 61-4 1/4 (18.70)
6. Shane Maier, 2006..... 61-2 (18.64)
7. Gary Kostrubala, 1986. 60-10 3/4 (18.55)
8. Andy Banse, 2005..... 60-9 1/4 (18.52)
9. **Elijah Barnes, 2021 ..... 60-8 (18.49)**
10. Ken Kemeny, 2004..... 60-0 1/2 (18.30)

## Weight Throw

1. Tyler Lienau, 2022 ..... 72-10 (22.20)
2. Jim Costello, 2002 ..... 69-4 3/4 (21.15)
3. Matt Banse, 2012 ..... 67-8 (20.62)
4. Arno van der Westhuizen, 2001  
..... 67-7 1/2 (20.61)
5. **Sean Smith, 2022..... 67-3 1/4 (20.50)**
6. Adam Hamilton, 2007 ... 66-9 1/4 (20.35)
7. Jordan Hawkins, 2022 . 65-11 1/2 (20.11)
8. Jeremy Allen, 2001..... 65-10 (20.07)
9. **Jordan Johnson, 2023 .. 65-9 3/4 (20.06)**
10. Chris Voller, 2005..... 63-4 (19.30)

## 1,600-Meter Relay

1. **Richards, Gillum, Lawrence, Jr. McKiver,**  
2022 ..... 3:02.40
2. Bartley, Woodard, Lawrence Jr., Harris,  
2019 ..... 3:04.76
3. Frye, Clarke, Woodard, Lawrence, Jr.,  
2020 ..... 3:04.91
4. Ogwo, Hofacker, Frye, Harris, 2017 ..... 3:04.94
5. Hofacker, Frye, Garron, Harris, 2018 ..... 3:05.33
6. **Steward, Gillum, Bryson, McKiver, 2022. 3:05.47**
7. **K. Jefferson, Gillum, Richards, McKiver**  
2022 ..... 3:05.63
8. **Gillum, Gudgel, Lawrence, Jr.,**  
**McKiver, 2022 ..... 3:05.68**
9. Thompson, Frye, Garron, Harris, 2018 ..... 3:06.06
10. Richards, E. Holmes, Sowinski, Willey,  
2011 ..... 3:06.66

## 3,200-Meter Relay

1. Cooke, Nie, Monsey, Chambers, 1990..... 7:13.02
2. Corrigan, Blackman, Strozier,  
Chambers, 1989 ..... 7:29.00
3. English, Blackman, Strozier,  
Chambers, 1989 ..... 7:36.20
4. 1977 ..... 7:39.40
5. 1986 ..... 7:40.90
6. Bouske, Herd, Chambers, Koon, 1992 ..... 7:43.94
7. Bouska, Cook, White, Herd, 1992..... 7:48.63
8. 1992 ..... 7:49.86
9. 1986 ..... 7:50.10
10. Roseman, Rerko, Novotny,  
Branigan, 1993 ..... 7:51.36

## Distance Medley Relay

1. Mylenek, Hofacker, Lilly, Melchert, 2018 . 9:33.90
2. **Abrego, Lawrence, Jr., Still, Murphy,**  
2022 ..... 9:39.60
3. **Lewis, Woody, Still, Murphy, 2021 ..... 9:42.16**
4. Lilly, Frye, Manternach, Jones, 2017 ..... 9:44.07
5. Mylenek, Thompson, Lilly, Melchert,  
2018 ..... 9:45.10
6. Prom, Rickels, Sowinski, Thode, 2012 ..... 9:45.41
7. Birkett, Clarke, **Still, D. Murphy, 2020 ..... 9:46.39**
8. 1999 ..... 9:46.83
9. 1977 ..... 9:48.80
10. 1978 ..... 9:49.70

# INDOOR ALL-TIME TOP 10 PERFORMERS



Kineke Alexander



Meghan Armstrong



Brittany Brown



Mariel Bruxvoort



Tracy Dahl



Myreanna Bebe



Lauren Hardesty

## 60 Meters

1. **LaSarah Hargrove, 2022**.....**7.25**
2. Lake Kwaza, 2016..... 7.33
3. Brittany Brown, 2017 ..... 7.39
4. **Lia Love, 2022** .....**7.40**
5. Elaine Jones, 1983 ..... 7.43
6. Kyara Avant, 2018 ..... 7.44
7. Peaches Roach, 2005 ..... 7.45
- Antonise Christian, 2020..... 7.45
9. Shellene Williams, 2004..... 7.50
10. **Myreanna Bebe, 2023** .....**7.50**

## 60-Meter Hurdles

1. **Myreanna Bebe, 2023** .....**8.11**
2. Karessa Farley, 2009 ..... 8.21
3. Jenny Kimbro, 2020 ..... 8.22
4. **Paige Magee, 2022** .....**8.26**
5. Tiffany Johnson, 2006..... 8.33
6. Jahisha Thomas, 2017..... 8.35
7. Paula Ruen, 1998..... 8.39
- Tionna Tobias, 2022** .....**8.39**
9. Tria Simmons, 2019 ..... 8.40
10. **Miya Brines, 2022** .....**8.43**

## 200 Meters

1. Brittany Brown, 2017 ..... 22.79
2. Briana Guillory, 2018 ..... 23.22
3. Kineke Alexander, 2006..... 23.49
4. Lake Kwaza, 2016..... 23.54
5. **LaSarah Hargrove, 2022**.....**23.55**
6. Shellene Williams, 2004..... 23.62
7. Marlene Poole, 1994 ..... 23.66
- Yolanda Hobbs, 1995 ..... 23.66
9. Erica Broomfield, 1998 ..... 23.81
10. Antonise Christian, 2020..... 23.89

## 400 Meters

1. Kineke Alexander, 2007 ..... 51.48
2. Briana Guillory, 2018 ..... 51.68
3. Elexis Guster, 2016 ..... 52.36
4. Ellen Grant, 1996..... 52.65
5. Shellene Williams, 2004 ..... 52.83
6. Alexis Hernandez, 2017..... 53.42
7. **Tesa Roberts, 2022**.....**53.91**
8. Ashley Liverpool, 2011 ..... 54.09
9. MonTayla Holder, 2015 ..... 54.32
10. **Nylah Perry, 2021** .....**54.43**

## 600 Yards

1. Senta Hawkins, 1987 ..... 1:21.06
2. Aisha Hume, 2004 ..... 1:21.74
3. Kay Stormo, 1982 ..... 1:22.49
4. Nicole Erickson, 2012 ..... 1:22.61
5. Mahnee Watts, 2016 ..... 1:22.72
6. Bethany Praska, 2009 ..... 1:23.12
7. Hannah Simonson, 2012 ..... 1:23.18
8. Chris Davenport, 1982..... 1:24.14
9. Kaitlyn Nelson, 2015..... 1:24.52
10. Sophia Poncè, 2007 ..... 1:24.55

## 600 Meters

1. Kineke Alexander, 2008 ..... 1:27.45
2. Bethany Praska, 2011 ..... 1:28.14
3. Mallory King, 2022 ..... 1:28.45
4. MonTayla Holder, 2016 ..... 1:29.35
5. **Clare Pitcher, 2022** .....**1:29.36**
6. **Aliyanna Dorn, 2022** .....**1:29.49**
7. Tia Saunders, 2020 ..... 1:29.83
8. Payton Wensel, 2020..... 1:29.87
9. **Alli Bookin-Nosbisch, 2023**.....**1:30.02**
10. Mahnee Watts, 2016 ..... 1:30.41

## 800 Meters

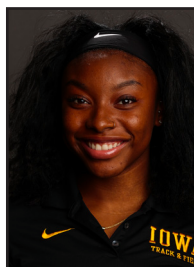
1. Mallory King, 2022 ..... 2:04.56
2. Bethany Praska, 2011 ..... 2:05.01
3. Jeanne Kruckeberg, 1989 ..... 2:06.38
4. Michelle Lahann, 2004 ..... 2:06.83
5. Katharina Trost, 2014 ..... 2:07.38
6. **Clare Pitcher, 2022** .....**2:07.56**
7. **Alli Bookin-Nosbisch, 2022**.....**2:08.38**
8. Mahnee Watts, 2014..... 2:08.79
9. Tia Saunders, 2020 ..... 2:08.83
10. Taylor Arco, 2020..... 2:08.94

## Mile

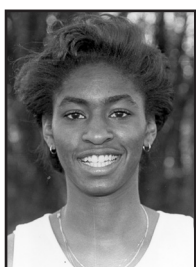
1. McKenzie Melander, 2011..... 4:39.78
2. Jeanne Kruckeberg, 1989 ..... 4:40.19
3. Meghan Armstrong, 2006 ..... 4:40.59
4. Lauren Hardesty, 2011 ..... 4:41.01
5. **Amber Aesoph, 2022** .....**4:41.58**
6. Tina Stec, 1994 ..... 4:42.63
7. Betsy Flood, 2010..... 4:42.70
8. Penny O'Brien, 1981..... 4:43.72
9. Diane Nukuri, 2007..... 4:46.25
10. Michelle Lahann, 2004 ..... 4:47.23

## 3,000 Meters

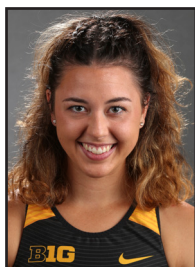
1. Tracy Dahl, 1993..... 9:15.57
2. Meghan Armstrong, 2008 ..... 9:17.50
3. Diane Nukuri, 2008..... 9:20.07
4. Betsy Flood, 2011 ..... 9:20.09
5. Nan Doak, 1982..... 9:21.60
6. Jenny Spangler, 1986..... 9:22.41
7. Mareike Schrulle, 2012..... 9:23.97
8. Brooke Eilers, 2012..... 9:27.92
9. McKenzie Melander, 2012..... 9:29.71
10. Krista Anderson, 2006 ..... 9:29.75



LaSarah Hargrove



Senta Hawkins



Jenny Kimbro



Mallory King



McKenzie Melander

# INDOOR ALL-TIME TOP 10 PERFORMERS



Diane Nukuri



Tesa Roberts



Peaches Roach



Jessie Strand



Laulauga Tausaga



Jahisha Thomas



Payton Wensel

## 5,000 Meters

1. Tracy Dahl, 1993 ..... 15:49.52
2. Nan Doak, 1985 ..... 15:55.45
3. Racheal Marchand, 2009 ..... 15:55.70
4. Diane Nukuri, 2008 ..... 16:01.36
5. Jenny Spangler, 1982 ..... 16:08.74
6. Judy Parker, 1981 ..... 16:16.63
7. Betsy Flood, 2011 ..... 16:20.67
8. Andrea Shine, 2018 ..... 16:21.53
9. Jennifer Brower, 1992 ..... 16:22.19
10. Nikki Chapple, 2004 ..... 16:27.04

## Pentathlon

1. Jenny Kimbro, 2020 ..... 4,269 points
2. Tria Simmons, 2019 ..... 4,200 points
3. Tammilee Kerr, 2008 ..... 3,974 points
4. Dallyssa Huggins, 2021 ..... 3,881 points
5. Chris Davenport, 1983 ..... 3,798 points
6. Kamesha Marshall, 2005 ..... 3,701 points
7. **Tionna Tobias, 2022 ..... 3,674 points**
8. Tiff Pedersen, 2004 ..... 3,511 points
9. Sarah Ryan, 2013 ..... 3,472 points
10. Maureen Abel, 1979 ..... 3,427 points

## High Jump

1. Peaches Roach, 2005 ..... 6-0 3/4 (1.85)
2. Mary Mol, 1983 ..... 6-0 (1.83)
3. Khanishah Williams, 2013 5-11 1/4 (1.81)
4. Dallyssa Huggins, 2020 ..... 5-10 (1.78)
5. Becky Kaza, 1995 ..... 5-9 3/4 (1.77)
6. Caleigh Bacchus, 2010 ..... 5-9 1/4 (1.76)
7. Aubrianna Lantrip, 2019 ..... 5-9 1/4 (1.76)
8. Gillian Urycki, 2018 ..... 5-8 3/4 (1.75)
9. Kristi Dinkla, 1985 ..... 5-8 1/2 (1.74)
10. Kacey Childs, 2001 ..... 5-8 1/2 (1.74)

## Pole Vault

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

## Long Jump

1. Jahisha Thomas, 2018 ..... 21-0 3/4 (6.42)
2. Zinnia Miller, 2014 ..... 20-4 1/4 (6.20)
3. **Tionna Tobias, 2022 ..... 20-1 3/4 (6.14)**
4. Carisa Leacock, 2014 ..... 19-9 1/2 (6.03)
5. Lisa Moats, 1986 ..... 19-6 (5.95)
6. Kassidy Ellis, 2015 ..... 19-5 1/2 (5.93)
7. Jenny Kimbro, 2020 ..... 19-4 (5.89)
8. Renee White, 2006 ..... 19-3 1/4 (5.87)
9. Tiffany Johnson, 2007 ..... 19-2 1/2 (5.85)
10. Tria Simmons, 2018 ..... 19-2 (5.84)

## Triple Jump

1. Jahisha Thomas, 2018 ... 43-4 1/2 (13.22)
2. Renee White, 2008 ..... 42-4 (12.90)
3. Amanda Carty, 2019 ..... 42-1 1/2 (5.88)
4. Tria Simmons, 2017 ..... 42-1 1/4 (12.83)
5. Tiffany Johnson, 2007 ..... 41-3 3/4 (12.59)
6. Eavion Richardson, 2021 41-3 1/4 (12.58)
7. Zinnia Miller, 2014 ..... 41-2 1/2 (12.56)
8. **Kayla Hutchins, 2022 .... 40-9 3/4 (12.44)**
9. Hannah Schlib, 2019 ..... 40-7 (12.37)
10. Carisa Leacock, 2012 ..... 40-5 1/2 (12.33)

## Shot Put

1. Laulauga Tausaga, 2020 58-11 1/4 (17.96)
2. Nia Britt, 2019 ..... 54-11 1/2 (16.75)
3. **Kat Moody, 2022 ..... 53-6 1/2 (16.32)**
4. Nicole Berry, 2022 ..... 52-6 3/4 (16.02)
5. Erika Hammond, 2019 ... 51-3 1/2 (15.63)
6. Gail Smith, 1985 ..... 51-0 (15.54)
7. **Emma Callahan, 2022 50-6 1/4 (15.40m)**
8. Lisa Van Steenwyk, 1993 50-5 1/4 (15.37)
9. **Jamie Kofron, 2021 ..... 50-0 3/4 (15.26)**
10. Kamesha Marshall, 2005 49-2 1/4 (14.99)

## Weight Throw

1. Laulauga Tausaga, 2019. 76-3 3/4 (23.26)
2. **Amanda Howe, 2022 ..... 69-8 (21.23)**
3. Nia Britt, 2022 ..... 68-8 1/2 (20.94)
4. **Jamie Kofron, 2022 ..... 67-4 3/4 (20.54)**
5. Ashlyn Gulvas, 2013 ..... 63-6 (19.35)
6. Jasmine Simpson, 2013. 62-6 1/2 (19.06)
7. **Alivia Bauer, 2022 ..... 62-3 (18.97)**
8. Annemie Smith, 2014 ..... 61-4 (18.69)
9. Kelsey Taylor, 2011 ..... 60-4 1/2 (18.40)
10. Allison Wahrman, 2020. 59-1 1/2 (18.02)

## 1,600-Meter Relay

1. **Bruxvoort, Roberts, Wensel, King, 2022 ..... 3:32.38**
2. Holder, Guillory, Hernandez, Guster, 2016 ..... 3:32.93
3. Champe, Guillory, Brown, Plock, 2018 ..... 3:33.19
4. Sharpe, Guillory, Brown, Champe, 2018 ..... 3:34.34
5. **Bruxvoort, Wensel, King, Roberts, 2022 ..... 3:35.73**
6. **Bruxvoort, Wensel, Itson, Roberts, 2022 ..... 3:35.90**
7. Holder, Guster, Hernandez, Guillory, 2016 ..... 3:36.47
8. Liverpool, Hendricks, Praska, Erickson, 2011 ..... 3:36.97
9. Holder, Hernandez, Guster, Guillory, 2016 ..... 3:36.99
10. Hernandez, Holder, Guster, Watts, 2014 ..... 3:37.16

## Distance Medley Relay

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