



# Iowa Track & Field

**WEEK 1 | DEC. 9, 2023 | JIMMY GRANT ALUMNI INVITATIONAL**



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## 2023-24 INDOOR SCHEDULE



### JIMMY GRANT ALUMNI INVITATIONAL

December 9, 2023 | Hawkeye Indoor Track Facility  
Pentathlon 10:30 a.m. | Weight Throw: 11 a.m. (HTRC) | Running: 2:45 p.m.  
Teams: Iowa, Western Illinois and Wisconsin

#### DECEMBER

Sat. 2 Sharon Colyear-Danville Opener (Boston, Mass.)

Sat. 9 Jimmy Grant Alumni Invite (Iowa City, Iowa)

#### JANUARY

Sat. 13 Hawkeye Invite (Iowa City, Iowa)

Fri. 19-20 Larry Wiczorek Invite (Iowa City, Iowa)

Sat. 27 Black & Gold Invite (Iowa City, Iowa)

#### FEBRUARY

Fri. 2-3 New Mexico Collegiate Classic (Albuquerque, N.M.)

Fri. 2-3 Meyo Invitational (South Bend, Ind.)

Fri. 2-3 Iowa State Classic (Ames, Iowa)

Fri. 9-10 Texas Tech Invitational (Lubbock, Texas)

Fri. 9-10 Tyson Invitational (Fayetteville, Ark.)

Fri. 9-10 David Hemery Valentine Invitational (Boston, Mass.)

Fri. 9-10 Wisconsin Windy City Invite

Fri. 16 Iowa Open (Iowa City, Iowa)

Fri. 16 Matador Qualifier (Lubbock, Texas)

Fri. 16 Arkansas Qualifier (Fayetteville, Ark.)

Sat. 17 Alex Wilson Invitational (South Bend, Ind.)

Fri. 23-24 Big Ten Championships (Geneva, Ohio)

#### MARCH

Wed. 6-9 NCAA Championships (Boston, Mass.)

## UI STRATEGIC COMMUNICATIONS

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Assistant Director, Strategic Communications  
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Outdoor Track & Field Contact  
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## 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 USTFCCA 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.

## 2023-24 NEWS

- The Hawkeyes had 28 All-Americans in 2023, including six from indoor season.
- Returners Austin West and Grant Conway earned second-team All-American status following their ninth and 12th respective finishes at the NCAA Championships.
- The men's team finished third at the Big Ten Indoor Championships with 98 points.
- James Carter Jr. (long jump and triple jump) and Tyler Olson (600 meters) led the Hawkeyes with second-team all-Big Ten honors.
- The women's team claimed third at the Big Ten Indoor Championships, tallying 85 points.
- Myreanna Bebe qualified for the NCAA Indoor Championships following her Big Ten title in the 60-meter hurdles.
- LaSarah Hargrove was a second-team all-Big Ten selection in the 200-meter dash.
- The women's team broke three school records: 60-meter hurdles, 800-meters, and the distance medley relay.
- Additionally, the women's team set 24 program top-10 marks, while the men added 21.

### THIS WEEK

The Hawkeyes open their indoor season, hosting the Jimmy Grant Alumni Invitational at the Hawkeye Indoor Track Facility on Saturday, Dec. 9. Iowa welcomes Western Illinois and Wisconsin for this weekend's competition. The meet begins with the start of the pentathlon at 10:30 a.m. (CT) at the indoor track. The weight throw kicks off the field events at the Hawkeye Tennis and Recreation Complex at 11 a.m. Running events begin at 2:45 at the indoor track.

### HOW TO FOLLOW ALONG

- Results can be found on the live results link on the track and field schedule page at [hawkeyesports.com](http://hawkeyesports.com).
- Updates and results are posted on the team's official 'X' account ([iowaXC\\_TF](https://twitter.com/IowaXC_TF)).

### RANDY HASENBANK

Associate Head Coach  
(Distance)

### JASON WAKENIGHT

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

### HADRIEN CHOUKROUN

Assistant Coach  
(Jumps/Multi Events)

### RAY ROBINSON

Assistant Coach  
(Throws)

### GHYNA DAVIS

Assistant Coach  
(Sprints/Hurdles)

### SHAYLA HOULIHAN

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

## IOWA QUICK FACTS

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

## MIDWEST REGIONAL RANKINGS

TEAM	CONFERENCE	POINTS
Men		
1. Oklahoma	Big 12	295.04
2. Nebraska	Big Ten	266.62
<b>3. IOWA</b>	<b>Big Ten</b>	<b>254.82</b>
4. Iowa State	Big 12	248.11
5. Kansas	Big 12	208.05

TEAM	CONFERENCE	POINTS
Women		
1. Minnesota	Big Ten	286.16
<b>2. IOWA</b>	<b>Big Ten</b>	<b>269.16</b>
3. Oklahoma	Big 12	198.48
4. Oklahoma State	Big 12	192.86
5. Iowa State	Big 12	191.70

## NATIONAL RANKINGS

### USTFCCA: Week 1

MEN	WOMEN
1. Stanford	1. Texas
2. Texas Tech	2. Washington
3. Florida State	3. Kentucky
4. Kentucky	4. Alabama
5. Ole Miss	5. Florida
6. Auburn	6. Georgia
7. BYU	7. USC
8. Princeton	8. Virginia Tech
9. Iowa State	9. Tennessee
10. Nebraska	10. Texas Tech
11. USC	11. Arkansas
12. Florida	12. Texas A&M
13. Texas	13. Ole Miss
14. Washington	14. Oregon
15. Northern Arizona	15. NC State
16. NC State	16. Stanford
17. South Carolina	17. Wisconsin
18. Louisville	18. Oklahoma State
19. Georgia	19. Duke
20. Oklahoma State	20. BYU
21. Tulsa	21. Auburn
22. Ohio State	22. Virginia
23. Arizona	23. New Mexico
24. Michigan	24. South Dakota
25. Miami (FL)	25. Oklahoma

## 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.

## SPEED THRILLS

On the men's side, the Hawkeyes welcome back key pieces in the sprints group. The senior quartet of Damoy Allen, Khullen Jefferson, Austin Kresley and Kalen Walker lead a veteran group of sprinters. The hurdles unit looks to build on their strong reputation, led by Grant Conway and Gratt Reed. 2022 outdoor All-American Kalil Johnson is aiming to work back into the fold as one of Iowa's premier hurdlers. Junior Lia Love leads the Hawkeye women's sprints unit into the 2023-24 season. She holds five top-10 program marks, including the fourth-best 60-meter time (7.40). Love's 23.85 at last season's Big Ten Indoor Championships earned her an eighth-place finish in the 200-meter dash. Sophomore Holly Duax has emerged on the scene to join Love at the top of the sprints group. Senior Paige Magee returns as a sprints and hurdles specialist. Magee had three top-seven finishes at the Big Ten Championships, including third-place in the 200 meters. Sophomore Natalie Harris has her sights set on a breakout season.

## KEEPING PACE

The Hawkeyes welcome in a pair of impact transfers to the mid-distance group. Zidane Brown (Ohio State) and Rivaldo Marshall (Indian Hills) are projected leaders. Brown was an All-Big Ten selection last season, placing third in the 400 meters at the Big Ten Championships. Marshall arrives highly credentialed as a two-time NJCAA All-American and 800-meter national champion. Connor Belken and Ryan Schreiner are returners that have taken strides in the offseason to position themselves for strong seasons. On the women's side, school-record holder Alli Bookin-Nosbisch takes aim at the mile school record. Returner Chloe Larsen is another key piece to the mid-distance group, building off of a successful 2023 indoor season. Freshman Olicia Lucas is anticipated to be a major factor in the group's success.

## MULTI-TALENTED

The Hawkeyes return two of the premier multi-event specialists in the conference. Senior All-American Austin West prepares for his final season following an NCAA Championship appearance a year ago. West claimed ninth in the heptathlon in Albuquerque, earning a personal-best 5,965 points. Senior Tionna Tobias returns following her third-place pentathlon finish at the 2023 Big Ten Championships. Her 3,997 points ranks third all-time at Iowa. Tobias is also the reigning conference outdoor heptathlon champion.

## TAKE FLIGHT

Seniors Zack Pluff and Deandre Stapleton Jr. return to the men's jump squad following impressive 2022-23 campaigns. Stapleton Jr., a Mansfield, Texas, native, returns as an outdoor All-American and Big Ten Champion in the 4x400-meter relay, proving his versatility on the track. While Stapleton was a key piece on sprints and relay teams in the outdoor campaign, he primarily focuses on jumps during the indoor season. He posted sixth and seventh place finishes in the long jump and triple jump, respectively, at the Big Ten Indoor Championships in 2023. Pluff, a high jump specialist from Freeburg, Illinois, placed fifth at both the indoor and outdoor Big Ten Championships last season. Pluff's indoor mark of 6' 11" (2.11 meters) from last season's Hawkeye Invite ranks him eighth in program history. On the women's side, senior Kayla Hutchins returns as the leader of the group. Hutchins won three triple jump titles during the indoor season a year ago (Jimmy Grant Invite, Hawkeye Invite, & Iowa Open). Freshman Daniela Martine Wamokpego has impressed jumps coach Hadrien Choukroun in her training and is poised for a record-setting campaign.

## GOING THE DISTANCE

The distance group will lean heavily on cross country NCAA qualifier Max Murphy during the indoor season. Murphy opened 2023 at the Sharon Colyear-Danville Opener in Boston, posting a 14:15.23 in the 5,000-meter race. The junior from Bettendorf, Iowa, holds the Hawkeyes' third-best mark in the 5k (13:58.57) set in 2022. Murphy also has experience running the mile and as part of the distance medley relay team. Yohana Yual joins Murphy atop the distance group, focusing on the 3,000-meter event. Amber Aesoph leads the women's distance unit, specializing in the mile, 800-meter and 3,000-meter races. Aesoph shifts to the indoor season following a stellar cross country campaign in the fall.

## LAUNCH PARTY

Senior Quintin Lyons and sophomore Sean Smith are set to lead the men's throws group in 2023. Lyons placed 13th in shot put at last season's Big Ten Championships, while Smith competed unattached. On the women's side, the Hawkeyes are led by the trio of seniors Alivia Bauer, Jamie Kofron and Kat Moody. The veteran core combines for four top-10 program marks. Moody holds the third-best shot put mark (54' 7.25" | 16.64m) set at last season's Tyson Invite. Kofron ranks 4th in the weight throw and 10th in the shot put. Bauer enters the season with the fifth-best weight throw mark (63' 7.75" | 19.40m).

## 2024 ROSTERS

### MEN

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.
Kaleba Jack	Jumps	Jr.
Noah James	Jumps	Jr.
Khullen Jefferson	Sprints	Sr.
Phillip Jefferson	Hurdles	So.
Jordan Johnson	Throws	Sr.
Kalil Johnson	Hurdles	Jr.
Aidan King	Distance	Jr.
Austin Kresley	Sprints	Sr.
Hayden Kuhn	Distance	So.
Carson Lane	Mid-Distance	Fr.
Derek Leicht	Mid-Distance	So.
Chase Lovercheck	Mid-Distance	5th Yr.
Quintin Lyons	Throws	Sr.
Rivaldo Marshall	Mid-Distance	Jr.
Tyrese Miller	Sprints	So.
Max Murphy	Distance	Jr.
Nick O'Connor	Mid-Distance	Sr.
Jack Pendergast	Distance	Sr.
Zack Pluff	Jumps	Sr.
Josh Pugh	Sprints	Fr.
Gratt Reed	Hurdles	Sr.
Will Ryan	Distance	So.
Ryan Schreiner	Mid-Distance	So.
Evan Schuster	Sprints	Sr.
Sean Smith	Throws	So.
De'Andre Stapleton Jr.	Jumps	Sr.
Joe Stein	Sprints	Sr.
Martin Strong	Mid-Distance	Jr.
Kalen Walker	Sprints	Sr.
Brett Wasick	Mid-Distance	So.
Austin West	Multi Events	Sr.
Walker Whalen	Throws	So.
Yohana Yual	Distance	Jr.

### WOMEN

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

## 2023-24 INDOOR SEASON BESTS

### 2022-23 MEN'S SEASON BESTS

<b>60 Meters</b>	<b>Austin Kresley</b>	<b>6.64</b>
<b>60 Hurdles</b>	<b>Grant Conway</b>	<b>7.69</b>
<b>200 Meters</b>	<b>Khullen Jefferson</b>	<b>20.70</b>
<b>300 Meters</b>	<b>Khullen Jefferson</b>	<b>32.97</b>
400 Meters	Jenoah McKiver	46.26
600 Meters	Jenoah McKiver	1:15.80
800 Meters	Spencer Gudgel	1:50.22
<b>1,000 Meters</b>	<b>Austin West</b>	<b>2:35.43</b>
Mile	Konnor Sommer	4:14.35
<b>3,000 Meters</b>	<b>Max Murphy</b>	<b>8:00.25</b>
5,000 Meters	Konnor Sommer	14:25.81
4x400 Relay	Belken, Gudgel, Olson, Gillum	3:08.27
<b>DMR</b>	<b>Wasick, Schuster, Schreiner, Murphy</b>	<b>9:42.27</b>
<b>High Jump</b>	<b>Zack Pluff</b>	<b>6-11 (2.11m)</b>
Pole Vault	Peyton Haack	16-10 3/4 (5.15m)
Long Jump	James Carter, Jr.	25-9 1/2 (7.85m)
Triple Jump	James Carter, Jr.	52' 11.50" (16.14m)
Shot Put	Elijah Barnes	60-5 3/4 (18.43m)
<b>Weight Throw</b>	<b>Jordan Johnson</b>	<b>65-9 3/4 (20.06m)</b>
Heptathlon	Peyton Haack	* 6,007 points

### 2022-23 WOMEN'S SEASON BESTS

60 Meters	LaSarah Hargrove	7.30
60-Meter Hurdles	Myreanna Bebe	* 8.07
200 Meters	LaSarah Hargrove	23.37
<b>300 Meters</b>	<b>Lia Love</b>	<b>38.43</b>
<b>400 Meters</b>	<b>Audrey Biermann</b>	<b>53.28</b>
<b>600 Meters</b>	<b>Chloe Larsen</b>	<b>1:28.42</b>
<b>800 Meters</b>	<b>Alli Bookin-Nosbisch</b>	<b>* 2:04.28</b>
<b>Mile</b>	<b>Amber Aesoph</b>	<b>4:44.33</b>
3,000 Meters	Emma Gordon	9:44.99
<b>5,000 Meters</b>	<b>Kelli Tosic</b>	<b>16:57.07</b>
4x400 Relay	Larsen, Magee, Biermann, Roberts	3:33.00
<b>DMR</b>	<b>A. Bookin-Nosbisch, Roberts, G. Bookin-Nosbisch, Aesoph</b>	<b>* 11:15.07</b>
<b>High Jump</b>	<b>Tionna Tobias</b>	<b>5-7 (1.70m)</b>
<b>Long Jump</b>	<b>Tionna Tobias</b>	<b>20-1 3/4 (6.14m)</b>
<b>Triple Jump</b>	<b>Kayla Hutchins</b>	<b>40-0 3/4 (12.21m)</b>
<b>Shot Put</b>	<b>Kat Moody</b>	<b>54-7 1/4 (16.64m)</b>
Weight Throw	Amanda Howe	71-5 1/2 (21.78m)
<b>Pentathlon</b>	<b>Tionna Tobias</b>	<b>3,997 points</b>

\* -- school record

## 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.

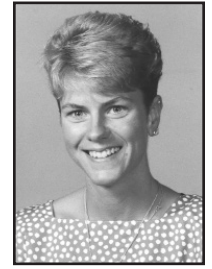
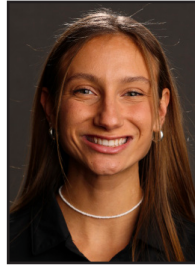
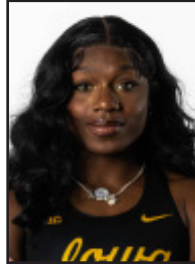


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## INDOOR ALL-TIME TOP 10 PERFORMERS



Kineke Alexander Meghan Armstrong Myreanna Bebe Alli Bookin-Nosbisch Brittany Brown Mariel Bruxvoort Tracy Dahl

### 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  
Myreanna Bebe, 2023 .....7.50

### 60-Meter Hurdles

1. Myreanna Bebe, 2023 .....8.07
2. **Paige Magee, 2023 .....8.13**
3. Karessa Farley, 2009 .....8.21
4. Jenny Kimbro, 2020 .....8.22
5. Tiffany Johnson, 2006 .....8.33
6. Jahisha Thomas, 2017 .....8.35
7. Paula Ruen, 1998 .....8.39
- Tionna Tobias, 2023 .....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. LaSarah Hargrove, 2023 .....23.37
4. **Paige Magee, 2023 .....23.46**
5. Kineke Alexander, 2006 .....23.49
6. Lake Kwaza, 2016 .....23.54
7. Shellene Williams, 2004 .....23.62
8. Marlene Poole, 1994 .....23.66  
Yolanda Hobbs, 1995 .....23.66
10. **Lia Love, 2023 .....23.73**

### 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. **Audrey Biermann, 2023 .....53.28**
7. Alexis Hernandez, 2017 .....53.42
8. **Tesa Roberts, 2022 .....53.91**
9. Ashley Liverpool, 2011 .....54.09
10. MonTayla Holder, 2015 .....54.32  
**Chloe Larsen, 2023 .....54.32**

### 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. **Chloe Larsen, 2023 .....1:28.42**
4. Mallory King, 2022 .....1:28.45
5. **Gabby Cortez, 2023 .....1:28.47**
6. **Alli Bookin-Nosbisch, 2023 .....1:28.89**
7. **Aliyanna Dorn, 2023 .....1:29.03**
8. MonTayla Holder, 2016 .....1:29.35
9. **Clare Pitcher, 2022 .....1:29.36**
10. Tia Saunders, 2020 .....1:29.83

### 800 Meters

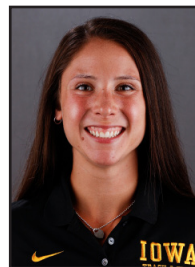
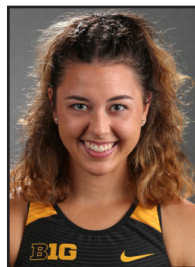
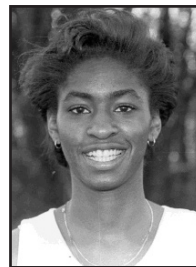
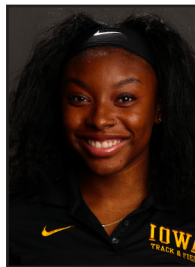
1. **Alli Bookin-Nosbisch, 2023 .....2:04.28**
2. Mallory King, 2022 .....2:04.56
3. Bethany Praska, 2011 .....2:05.01
4. **Clare Pitcher, 2023 .....2:05.94**
5. Jeanne Kruckeberg, 1989 .....2:06.38
6. Michelle Lahann, 2004 .....2:06.83
7. Katharina Trost, 2014 .....2:07.38
8. Mahnee Watts, 2014 .....2:08.79
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. Rachelle Roberts, 1990 .....4:40.79
5. Lauren Hardesty, 2011 .....4:41.01
6. **Amber Aesoph, 2022 .....4:41.58**
7. Tina Stec, 1994 .....4:42.63
8. Betsy Flood, 2010 .....4:42.70
9. Penny O'Brien, 1981 .....4:43.72
10. Diane Nukuri, 2007 .....4:46.25

### 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



Lauren Hardesty LaSarah Hargrove Senta Hawkins Jenny Kimbro Mallory King McKenzie Melander

**INDOOR ALL-TIME TOP 10 PERFORMERS**



Diane Nukuri



Tesa Roberts



Peaches Roach



Jessie Strand



Lauauga 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. Tionna Tobias, 2023..... 3,997 points**
4. Tammilee Kerr, 2008..... 3,974 points
5. Dallyssa Huggins, 2021 ..... 3,881 points
6. Chris Davenport, 1983..... 3,798 points
7. Tahlee McVee, 2023..... 3,767 points
8. Kamesha Marshall, 2005..... 3,701 points
9. Tiff Pedersen, 2004 ..... 3,511 points
10. Sarah Ryan, 2013..... 3,472 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)  
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)  
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. Cassidy 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, 202141-3 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. Lauauga Tausaga, 2020 ..58-11 1/4 (17.96)
2. Nia Britt, 2019 ..... 54-11 1/2 (16.75)
- 3. Kat Moody, 2023 ..... 54-7 1/4 (16.64)**
4. Nicole Berry, 2022 .....52-6 3/4 (16.02)
- 5. Wisdom Williams, 2023 .....52-1 1/4 (15.88)**
6. Erika Hammond, 2019.....51-3 1/2 (15.63)
7. Gail Smith, 1985..... 51-0 (15.54)
8. Emma Callahan, 2022..... 50-6 1/4 (15.40)
9. Lisa Van Steenwyk, 199350-5 1/4 (15.37)
- 10. Jamie Kofron, 2021 ... 50-0 3/4 (15.26)**

**Weight Throw**

1. Lauauga Tausaga, 2019.76-3 3/4 (23.26)
2. Amanda Howe, 2023.....71-5 1/2 (21.78)
3. Nia Britt, 2022 .....68-8 1/2 (20.94)
- 4. Jamie Kofron, 2022 ... 67-4 3/4 (20.54)**
- 5. Alivia Bauer, 2023 ..... 63-7 3/4 (19.40)**
6. Ashlyn Gulvas, 2013 ..... 63-6 (19.35)
7. Jasmine Simpson, 2013 .62-6 1/2 (19.06)
8. Annemie Smith, 2014 ..... 61-4 (18.69)
9. Kelsey Taylor, 2011 .....60-4 1/2 (18.40)
10. Allison Wahrman, 2020 ..59-1 1/2 (18.02)

**1,600-Meter Relay**

1. **Bruxvoort, Roberts, Wensel, King, 2022 ..... 3:32.38**
2. Holder, Guillory, Hernandez, Guster, 2016..... 3:32.93
- 3. Larsen, Magee, Biermann, Roberts, 2023 ..... 3:33.00**
4. Champe, Guillory, Brown, Plock, 2018..... 3:33.19
- 5. Dorn, Magee, Biermann, Larsen, 2023 ..... 3:34.06**
6. Sharpe, Guillory, Brown, Champe, 2018..... 3:34.34
- 7. Dorn, Magee, Larsen, Biermann, 2023 ..... 3:34.49**
8. **Bruxvoort, Wensel, King, Roberts, 2022 ..... 3:35.73**
9. **Bruxvoort, Wensel, Itson, Roberts, 2022 ..... 3:35.90**
10. Holder, Guster, Hernandez, Guillory, 2016..... 3:36.47

**Distance Medley Relay**

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

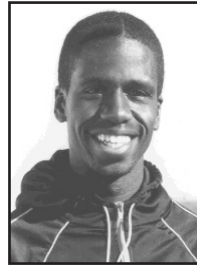
## INDOOR ALL-TIME TOP 10 PERFORMERS



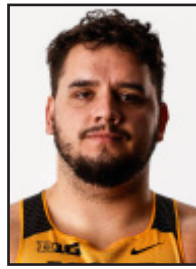
Karayme Bartley



Jamal Britt



Rodney Chambers



Nikolas Curtiss



Troy Doris



Julien Gillum



Peyton Haack

### 60 Meters

1. **Kalen Walker, 2022** .....**6.61**
2. **Austin Kresley, 2023** .....**6.64**
3. Justin Austin, 2011 .....6.69
4. Vinnie Saucer, Jr., 2016 .....6.70
5. **Damoy Allen, 2022** .....**6.71**
- Khullen Jefferson, 2023** .....**6.71**
7. Kurt Felix, 1999 .....6.73
- Tevin-Cee Mincy, 2014 .....6.73
9. Josh Larney, 2013 .....6.74
- Christian Brissett, 2017 .....6.74

### 60-Meter Hurdles

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

### 200 Meters

1. Karayme Bartley, 2019 .....20.67
2. **Khullen Jefferson, 2023** .....**20.70**
3. Justin Austin, 2011 .....20.80
4. Wayne Lawrence, Jr., 2020 .....20.85
5. **Austin Kresley, 2023** .....**20.87**
- Gratt Reed, 2023** .....**20.87**
7. Antonio Woodard, 2019 .....20.89
8. **Damoy Allen, 2023** .....**21.01**
9. Chadrick Richards, 2022 .....21.09
10. Anthuan Maybank, 1993 .....21.11

### 400 Meters

1. Jenoa McKiver, 2022 .....45.39
2. Wayne Lawrence Jr., 2021 .....45.40
3. Mar'yea Harris, 2017 .....45.75
4. Chadrick Richards, 2022 .....46.01
5. Karayme Bartley, 2019 .....46.25
6. Emmanuel Ogwo, 2017 .....46.45
7. Julien Gillum, 2023 .....46.73
8. Steven Willey, 2010 .....46.75
9. Terrence Duckett, 1984 .....46.81
10. Collin Hofacker, 2017 .....46.82

### 600 Meters

1. Jenoa McKiver, 2022 .....1:15.36
2. Julien Gillum, 2022 .....1:16.11
3. Tyler Olson, 2023 .....1:16.13
4. Spencer Gudgel, 2023 .....1:16.51
5. Wayne Lawrence, Jr., 2020 .....1:16.55
6. Mar'yea Harris, 2019 .....1:16.60
7. Armando Bryson, 2022 .....1:16.89
8. Erik Sowinski, 2012 .....1:16.91
9. Austin Lietz, 2020 .....1:17.03
10. Carter Lilly, 2017 .....1:17.20

### 800 Meters

1. 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

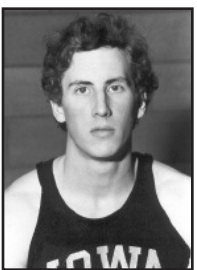
1. Jeff Thode, 2011 .....3:58.72
2. Ed DeLashmutt, 1981 .....4:04.01
3. Kal Lewis, 2021 .....4:04.21
4. Adam Jones, 2017 .....4:04.28
5. Michael Melchert, 2018 .....4:04.32
6. Larry Wiczorek, 1968 .....4:04.40
7. Nathan Mylenek, 2019 .....4:04.88
8. **Max Murphy, 2022** .....**4:05.45**
9. John Clark,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

### 3,000 Meters

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

### 5,000 Meters

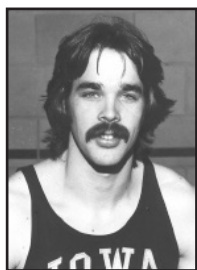
1. Kevin Lewis, 2015 .....13:43.70
2. Micah VanDenend, 2007 .....13:56.46
3. **Max Murphy, 2022** .....**13:58.87**
4. Daniel Soto, 2020 .....13:58.97
5. Stetson Steele, 2000 .....14:00.52
6. Nick Trattner, 2022 .....14:00.69
7. Dan Haut, 2006 .....14:06.16
8. Noah Healy, 2021 .....14:12.47
9. Eric MacTaggart,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



Bill Hansen



Collin Hofacker



Bill Knoedel



Wayne Lawrence, Jr.



Kevin Lewis

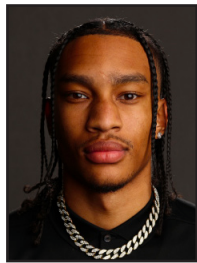
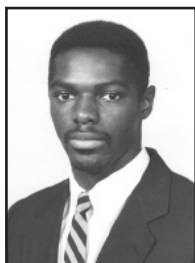


Tyler Lienau



Carter Lilly

**INDOOR ALL-TIME TOP 10 PERFORMERS**



**Anthuan Maybank Jaylan McConico Jenoa McKiver Michael Melchert Nathan Mylenek Chadrick Richards Jeff Thode**

**Heptathlon**

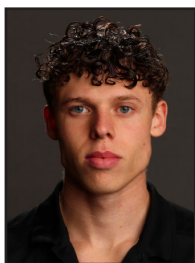
1. Peyton Haack, 2023 .....6,048 points
- 2. Austin West, 2023 ..... 5,965 points**
3. Will Daniels, 2020 .....5,689 points
4. William Dougherty, 2018 ..5,606 points
5. Kyle Reid, 2013 .....5,354 points
6. Dan Rolling, 2010 .....5,205 points
7. Jack Eckert, 2015 .....5,188 points
8. Daniel Gaynes, 2018.....5,162 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. Peyton Haack, 2023 ..... 17-3 (5.26)
2. Todd Wigginton, 1984..... 17-1 (5.21)
3. Dave Nielsen, 1975 ..... 16-10 (5.13)
4. Kyle Reid, 2013 .....16-6 3/4 (5.05)  
Andy Jatis, 2018.....16-6 3/4 (5.05)
6. Curt Brock, 1979 ..... 16-6 (5.03)  
Alex Zona, 2010 .....16-4 3/4 (5.00)
8. Phil Wertman, 1971 ..... 16-4 (4.98)
9. Jeff Raymond, 2008 ..... 16-2 (4.93)
10. John Teffer, 1972..... 16-1 (4.90)



**Kalen Walker**

**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 (7.85)  
James Carter, Jr. 2023 ..... 25-9 1/2 (7.85)
5. Darren Smith, 1991.....25-2 (7.67)
- 6. Austin West, 2023 ..... 24-11 3/4 (7.61)**
7. Paul Jones, 1990 .....24-11 1/4 (7.60)  
Jamal Britt, 2021 .....24-11 1/4 (7.60)
9. Josh Larney, 2013..... 24-10 (7.57)
10. Ronnie McCoy, 1984 .....24-9 (7.54)

**Triple Jump**

1. Troy Doris, 2011 ..... 54-0 (16.46)
2. James Carter, Jr. 2023 ... 52-11 1/2 (16.15)
3. Babatunde Amosu, 2015 .52-8 3/4 (16.07)
4. Paul Jones, 1990 .....52-1 1/4 (15.88)  
Klyvens Delaunay, 2014..52-1 1/4 (15.88)
- 6. DeAndre Stapleton Jr., 2023  
..... 50-8 3/4 (15.46)**
7. 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. Wasick, Schuster, Schreiner, Murphy,  
2023 ..... 9:42.27**
5. Lilly, Frye, Manternach, Jones, 2017 .....9:44.07
6. Mylenek, Thompson, Lilly, Melchert,  
2018 .....9:45.10
7. Prom, Rickels, Sowinski, Thode, 2012 .....9:45.41
8. Birkett, Clarke, **Still,** D. Murphy, 2020 .....9:46.39
9. 1999 .....9:46.83
10. 1977 .....9:48.80