Iowa Track & Field

WEEK 4 | JAN. 19-20, 2024 | LARRY WIECZOREK INVITE

@IowaXC_TF @iowaxctf /IowaXCTF

2023-24 INDOOR SCHEDULE

12/2	*Sharon Colyear-Danville Opener (Boston, Mass.)*
12/9	*Jimmy Grant Alumni Invite (Iowa City, Iowa)*
1/12-13	*Hawkeye Invite (Iowa City, Iowa)*
1/19-20	**Larry Wieczorek Invite (Iowa City, Iowa)**
1/27	Black & Gold Invite (Iowa City, Iowa)
2/2-3	New Mexico Collegiate Classic (Albuquerque, N.M.)
2/2-3	Meyo Invite (South Bend, Ind.)
2/2-3	Iowa State Classic (Ames, Iowa)
2/9-10	Texas Tech Invite (Lubbock, Texas)
2/9-10	Tyson Invite (Fayetteville, Ark.)
2/9-10	David Hemery Valentine Invite (Boston, Mass.)
2/9-10	Wisconsin Windy City Invite
2/16	Iowa Open (Iowa City, Iowa)
2/16	Matador Qualifier (Lubbock, Texas)
2/16	Arkansas Qualifier (Fayetteville, Ark.)
2/17	Alex Wilson Invite (South Bend, Ind.)
2/23-24	Big Ten Championships (Geneva, Ohio)
3/6-9	NCAA Championships (Boston, Mass.)

LARRY WIECZOREK INVITATIONAL

January 19-20, 2024
Friday: Weight Throw/Shot Put - 11 a.m. (HTRC) | Multi-Events - 11:30 (ITF)
Running - 4:30 p.m.
Saturday: Pole Vault - Noon | Running - 1 p.m.

2023-24 NEWS

- The Hawkeyes opened 2024 with 16 individual titles at the Hawkeye Invite on Jan. 12-13.
- Senior multi-event specialist Tionna Tobias set two meet records at the Hawkeye Invite:
  -- 60-meter hurdles: 8.19 (3rd at Iowa)
  -- Long jump: 6.11-meter (20' 0.50")
- The women's 4x400 team of Chloe Larsen, Holly Duax, Gabby Cortez and Alli Bookin-Nosbisch ran the nation's 14th-fastest time at the Hawkeye Invite (3:41.06).
- Iowa won four of five field events at the 2024 opener (Ella Meeuwsen - high jump; Tionna Tobias - long jump; Kayla Hutchins - triple jump; De'Andre Stapleton Jr. - long jump).
- Hurdler Gratt Reed started the indoor season with the fastest opener of his career, running a 7.84 in the 60-meter hurdles and placing second.
- Senior Alivia Bauer climbed to fifth all-time in the weight throw (20.43m) following her second individual title of the season at the Hawkeye Invite.
- The Hawkeyes broke two school records and claimed 20 event titles at the Jimmy Grant Alumni Invitational on Dec. 9.
- Seniors Paige Magee (60-meter hurdles - 8.07) and Kalen Walker (60-meters - 6.59) broke school records at the home opener.

THIS WEEK

The Hawkeyes host the seventh-annual Larry Wieczorek Invitational at the Hawkeye Indoor Track Facility and the Hawkeye Tennis and Recreation Complex on Jan. 19-20. Competition begins at the HTRC at 11 a.m. on Friday with the weight throw and shot put. Multi-events begins at the indoor track at 11:30, while running events start at 4:30 p.m. Saturday's competition begins with the pole vault at noon, followed by runnings events at 1 p.m. Iowa welcomes Bradley, Illinois, Illinois State, Indian Hills, Minnesota State, Mount Mercy, UNI, Western Illinois and Wisconsin.

HOW TO FOLLOW ALONG

The Larry Wieczorek Invitational will be streamed on BTN+ (subscription required). Results for the entire meet can be found on the live results link on the track and field schedule page at hawkeyesports.com. Updates and results are posted on the team's official 'X' account (iowaXC_TF).

IOWA COACHING STAFF



JOEY WOODY

Director of Iowa Track & Field and Cross Country
10th season
Alma Mater: Northern Iowa

Iowa City native and World Champion runner Joey Woody was named UI director of track and field/cross country in July 2014. He is a four-time Big Ten Coach of the Year and a six-time USTFCCCA Regional Coach of the Year.

Prior to accepting the head coaching position, Woody served as the associate head track and field coach for two seasons. He was assistant coach and director of sprint and hurdle events for the Hawkeyes from 2006-12.

Since arriving on campus, Woody has led Iowa to 54 Big Ten individual titles, 13 conference relay titles, four men's Big Ten team titles, four Big Ten Athletes of the Year, and 228 All-America honors.

RANDY HASENBANK
Associate Head Coach (Distance)

JASON WAKENIGHT
Assistant Coach/Recruiting Coordinator
(Long Sprints/Middle Distance/Men's Long Hurdles)

HADRIEN CHOUKROUN
Assistant Coach (Jumps/Multi Events)

RAY ROBINSON
Assistant Coach (Throws)

CHYNA DAVIS
Assistant Coach (Sprints/Hurdles)

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

AMANDA HOWE
Director of Track & Field Operations

IOWA QUICK FACTS

Location	Iowa City, Iowa
Founded	1847
Enrollment	31,452
President	Barbara J. Wilson
Interim 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

MEN'S TEAM	CONFERENCE	POINTS
1. Oklahoma	Big 12	295.04
2. Nebraska	Big Ten	266.62
3. IOWA	**Big Ten**	**254.82**
4. Iowa State	Big 12	248.11
5. Kansas	Big 12	208.05

WOMEN'S TEAM	CONFERENCE	POINTS
1. Minnesota	Big Ten	286.16
2. IOWA	**Big Ten**	**269.16**
3. Oklahoma	Big 12	198.48
4. Oklahoma State	Big 12	192.86
5. Iowa State	Big 12	191.70

NATIONAL RANKINGS

USTFCCCA: Final 2023 Rankings

MEN	WOMEN
1. Arkansas	1. Arkansas
2. Georgia	2. Texas
3. Florida	3. Florida
4. Washington	4. Stanford
5. Texas Tech	5. Georgia
6. Texas	6. NC State
7. Oklahoma State	7. Tennessee
8. Nebraska	8. Notre Dame
9. Northern Arizona	9. Alabama
10. Alabama	10. Ole Miss
11. Tennessee	11. LSU
12. Ole Miss	12. Oregon
13. BYU	13. USC
14. Florida State	14. Nebraska
15. Clemson	15. Texas A&M
16. Wisconsin	16. Oklahoma
17. Baylor	17. Kentucky
18. Kansas	18. Ohio State
19. Kentucky	19. Minnesota
20. Mississippi State	20. Illinois
21. Arizona State	21. Wisconsin
22. Louisville	22. Utah
23. USC	23. Oklahoma State
24. Princeton	24. Texas Tech
25. Kennesaw State	25. BYU

CLEAN SWEEP

For the first time in program history, the Hawkeyes swept Big Ten Athlete of the Week honors following the Jimmy Grant Alumni Invitational. Paige Magee, Sean Smith, Kalen Walker and Daniela Wamokpego each earned their respective award for the first time of their careers. Magee won the women's track athlete of the week honor by breaking the program's 60-meter hurdles record. Walker broke his own 60-meter school record twice in the season opener. The senior sprinter clocked a 6.60 in the preliminaries before speeding to the new program's best 6.59. Wamokpego, a freshman from Meaux, France, made an instant impact with her triple jump of 13.12 meters (43' 0.5") to win the women's field award. Smith set a facility record in the weight throw on his way to the men's field honor, tossing a 21.66-meter (71' 0.75") mark. Magee, Walker and Wamokpego are ranked No. 1 in the NCAA in their respective events, while Smith holds the No. 3 spot amongst Division I NCAA competitors.

RECORD-SETTING OPENER

The Hawkeyes broke two school records at the Jimmy Grant Alumni Invitational on Dec. 9. Senior Paige Magee rose to the top of the women's 60-meter hurdles all-time list, while senior Kalen Walker sprinted to history by breaking his own 60-meter school record twice.

This season, the Hawkeyes made 13 updates to the top-10 lists:

- Women's 60-meters: Love (2nd), Duax (5th), Magee (7th)
- Women's 60-meter hurdles: Tobias (3rd)
- Men's 800-meters: Marshall (4th)
- Women's Pentathlon: Wirth (6th), Rochford (9th)
- Women's High Jump: Wirth (6th)
- Men's Weight Throw: Smith (2nd), Busch (10th)
- Women's Weight Throw: Bauer (5th)
- Women's Long Jump: Zeffou-Poaty (4th)
- Women's Triple Jump: Wamokpego (2nd)

SPEED THRILLS

On the men's side, the Hawkeyes return sprinters Damoy Allen, Khullen Jefferson, Austin Kresley and Kalen Walker. The hurdles unit looks to build on their strong reputation, led by Gratt Reed. Freshman Kai Graves-Blanks arrived on the scene with an 8.03 in the 60-meter hurdles. 2022 outdoor All-American Kalil Johnson opened with a 7.97 personal best in the 60-meter hurdles on Dec. 9.

Junior Lia Love leads the Hawkeye women's sprints unit into the 2023-24 season. She holds five top-10 program marks, including the second-best 60-meter time (7.28). Sophomore Holly Duax joins Love at the top of the sprints group and climbed to fifth in program history with a 7.42 at the opener. Senior Paige Magee returns as a sprints and hurdles specialist. Magee ranks fourth in the NCAA following her record-breaking 60-meter hurdle performance at the Jimmy Grant Invite.

KEEPING PACE

Following his facility record 1:47.83 in the 800 meters at the Jimmy Grant Invite, mid-distance runner Rivaldo Marshall was named the USTFCCCA men's athlete of the week. It was Iowa's first ever men's indoor National Athlete of the Week honor. All-Big Ten transfer Zidane Brown adds talented depth to the group after placing third in the 400 meters at last year's Big Ten Championships.

On the women's side, 800-meter school-record holder Alli Bookin-Nosbisch takes aim at the mile school record. Bookin-Nosbisch began the season with a personal-best 4:48.08 in the mile. Returner Chloe Larsen is another key piece to the mid-distance group and started with the 600-meter title (1:30.26) on Dec. 9. The women's 4x400 relay team of Larsen, Holly Duax, Gabby Cortez and Bookin-Nosbisch holds the 14th-fastest time in the NCAA following its 3:41.06 finish at the Hawkeye Invite.

MULTI-TALENTED

The Hawkeyes return two of the premier multi-event specialists in the conference. 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. Tobias impressed at the Hawkeye Invite, setting two meet records on her way to a pair of individual titles (60-meter hurdles, long jump). Senior All-American Austin West claimed ninth in the heptathlon at the NCAA Championships in 2023, earning a personal-best 5,965 points. The Hawkeyes opened 2023 with the debut of four multi-event specialists. Annie Wirth led the women in the pentathlon, while Carlee Rochford and Isabelle Woody made their Hawkeye debuts. Sal Capaldo represented the men in the pentathlon at the Jimmy Grant Alumni Invitational.

TAKE FLIGHT

Seniors Zack Pluff and Deandre Stapleton Jr. return to the men's jump squad following impressive 2022-23 campaigns. Stapleton posted sixth and seventh place finishes in the long jump and triple jump, respectively, at the Big Ten Indoor Championships in 2023. Pluff placed fifth in the high jump at both the indoor and outdoor Big Ten Championships last season. On the women's side, senior Kayla Hutchins claimed the triple jump title at the Hawkeye Invite (12.35m). Freshmen Maud Zeffou-Poaty and Daniela Wamokpego have etched their names in the record books through two meets. Zeffou-Poaty is fourth all-time following her 6.07-meter long jump at the Hawkeye Invite. Wamokpego owns the second-best triple jump mark in program history (43' 0.5" | 13.12m).

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. He holds the Hawkeyes' third-best mark in the 5k (13:58.57) set in 2022. Yohana Yual joins Murphy atop the distance group, focusing on the 3,000-meter event. Amber Aesoph paced the Hawkeye women in the mile at the Hawkeye Invite, setting a meet record and finishing second in 4:52.74.

LAUNCH PARTY

Senior Quintin Lyons and sophomore Sean Smith are set to lead the men's throws group in 2023. Lyons claimed the shot put title in the season opener, while Smith fired the programs second-best weight throw mark (71' 0.75" | 21.66m). Senior Alivia Bauer is leading the women's throws group with two weight throw titles to start the indoor campaign. Jamie Kofron and Kat Moody are veterans looking to score points in the postseason. 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.

UP NEXT

The Hawkeyes host the Black & Gold Invite on Jan. 27 at the Hawkeye Indoor Track Facility.

2023-24 INDOOR SEASON BESTS

MEN'S INDOOR SEASON BESTS

60 Meters	Kalen Walker	* 6.59
60 Hurdles	Gratt Reed	7.72
200 Meters	Miles Granjean	21.70
300 Meters	Tyrese Miller	34.43
400 Meters	James Fingalsen	48.80
600 Meters	Ryan Schreiner	1:18.50
800 Meters	Rivaldo Marshall	1:47.83
1,000 Meters	Sal Capaldo	2:59.15
Mile	Will Ryan	4:12.73
3,000 Meters	Aidan King	8:31.95
5,000 Meters	Max Murphy	14:15.23
4x400 Relay	Pugh, Schreiner, Belken, Fingalsen	3:12.52
High Jump	Sal Capaldo	6-5 1/2 (1.97m)
Pole Vault	Sal Capaldo	13-9 1/4 (4.20m)
Long Jump	Deandre Stapleton, Jr.	23-11(m)
Shot Put	Quinton Lyons	54-11 1/4 (16.74m)
Weight Throw	Sean Smith	71-0 3/4 (21.66m)
Heptathlon	Sal Capaldo	3,676 points

WOMEN'S INDOOR SEASON BESTS

60 Meters	Lia Love	7.28
60 Hurdles	Paige Magee	* 8.07
200 Meters	Paige Magee	23.81
300 Meters	Olicia Lucas	38.54
400 Meters	Audrey Biermann	56.22
600 Meters	Alli Bookin-Nosbisch	1:29.13
800 Meters	Lauren McMahon	2:26.77
Mile	Alli Bookin-Nosbisch	4:48.08
3,000 Meters	Audra Soderlind	11:03.93
4x400 Relay	Lucas, Duax, Cortez, A. Bookin-Nosbisch	3:41.06
High Jump	Annie Wirth	5-9 1/4 (1.76m)
Long Jump	Tionna Tobias	20-0 1/2 (6.11m)
Triple Jump	Daniela Wamokpego	43-0 1/2 (13.12m)
Shot Put	Kat Moody	54-4 1/2 (16.57m)
Weight Throw	Alivia Bauer	67-0 1/2 (20.43m)
Pentathlon	Annie Wirth	3,835 points

** -- school record*

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.

UI STRATEGIC COMMUNICATIONS

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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.
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

Name	Event	Yr.
Amber Aesoph	Distance	Sr.
Madeline Andelbradt	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 Knape	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 Meeuwsen	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.
Sydnie 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 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.

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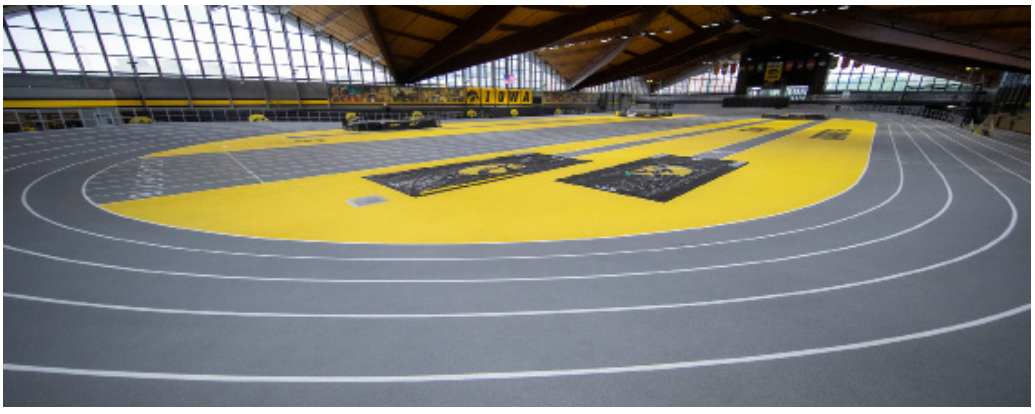
HAWKEYE INDOOR TRACK FACILITY



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.

INDOOR ALL-TIME TOP 10 PERFORMERS


Amber Aesoph


Kineke Alexander


Myreanna Bebe


Alli Bookin-Nosbisch


Grace Bookin-Nosbisch


Brittany Brown


Mariel Bruxvoort

60 Meters

1.	LaSarah Hargrove, 2022	7.25
2.	**Lia Love, 2023**	**7.28**
3.	Lake Kwaza, 2016	7.33
4.	Brittany Brown, 2017	7.39
5.	**Holly Duax, 2023**	**7.42**
6.	Elaine Jones, 1983	7.43
7.	Kyara Avant, 2018	7.44
8.	**Paige Magee, 2023**	**7.45**
	Peaches Roach, 2005	7.45
	Antonise Christian, 2020	7.45

60-Meter Hurdles

1.	**Paige Magee, 2023**	**8.07**
	Myreanna Bebe, 2023	8.07
3.	**Tionna Tobias, 2024**	**8.19**
4.	Karessa Farley, 2009	8.21
5.	Jenny Kimbro, 2020	8.22
6.	Tiffany Johnson, 2006	8.33
7.	Jahisha Thomas, 2017	8.35
8.	Paula Ruen, 1998	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

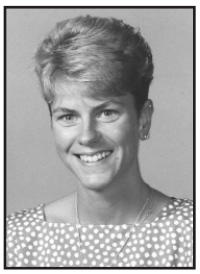
1.	**Alli Bookin-Nosbisch, 2023**	**2:04.28**
2.	Mallory King, 2022	2:04.56
3.	Bethany Praska, 2011	2:05.01
4.	**Clare Pitcher, 2023**	**2:05.94**
5.	Jeanne Kruckeberg, 1989	2:06.38
6.	Michelle Lahann, 2004	2:06.83
7.	Katharina Trost, 2014	2:07.38
8.	Mahnee Watts, 2014	2:08.79
9.	Tia Saunders, 2020	2:08.83
10.	Taylor Arco, 2020	2:08.94

Mile

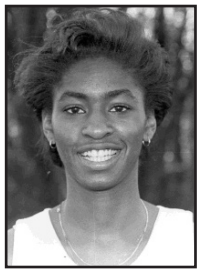
1.	McKenzie Melander, 2011	4:39.78
2.	Jeanne Kruckeberg, 1989	4:40.19
3.	Meghan Armstrong, 2006	4:40.59
4.	Rachelle Roberts, 1990	4:40.79
5.	Lauren Hardesty, 2011	4:41.01
6.	**Amber Aesoph, 2022**	**4:41.58**
7.	Tina Stec, 1994	4:42.63
8.	Betsy Flood, 2010	4:42.70
9.	Penny O'Brien, 1981	4:43.72
10.	Diane Nukuri, 2007	4:46.25

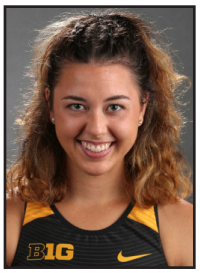
3,000 Meters

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


Tracy Dahl


LaSarah Hargrove


Senta Hawkins


Jenny Kimbro


Mallory King


Paige Magee

INDOOR ALL-TIME TOP 10 PERFORMERS


McKenzie Melander


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. **Tionna Tobias, 2023..... 3,997 points**
4. Tammilee Kerr, 2008..... 3,974 points
5. Dallyssa Huggins, 2021 ..... 3,881 points
6. **Annie Wirth, 2023 ..... 3,835 points**
7. Chris Davenport, 1983..... 3,798 points
8. Tahlee McVee, 2023..... 3,767 points
9. Kamesha Marshall, 2005..... 3,701 points
10. **Carlee Rochford, 2023 .... 3,571 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. **Annie Wirth, 2023 .....5-9 1/4 (1.76)**
   Caleigh Bacchus, 2010.....5-9 1/4 (1.76)
   Aubrianna Lantrip, 2019.....5-9 1/4 (1.76)
9. Gillian Urycki, 2018.....5-8 3/4 (1.75)
10. 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. 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. **Daniela Wamokpego, 2023 ....43 1/2 (13.12)**
3. Renee White, 2008 ..... 42-4 (12.90)
4. Amanda Carty, 2019..... 42-1 1/2 (5.88)
5. Tria Simmons, 2017 .....42-1 1/4 (12.83)
6. Tiffany Johnson, 2007.....41-3 3/4 (12.59)
7. Eavion Richardson, 202141-3 1/4 (12.58)
8. Zinnia Miller, 2014.....41-2 1/2 (12.56)
9. **Kayla Hutchins, 2022 40-9 3/4 (12.44)**
10. Hannah Schlib, 2019 ..... 40-7 (12.37)

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, 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. Laulauga 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 ..... 67-0 1/2 (20.43)**
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

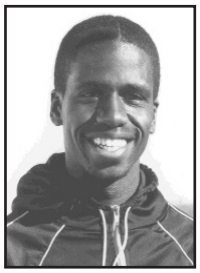
Distance Medley Relay

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, 2023**	**6.59**
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.	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.	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.	Jenoah 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.	**Rivaldo Marshall, 2023**	**1:47.83**
5.	Antonio Abrego, 2022	1:48.47
6.	Pavlo Hutsalyuk, 2016	1:48.97
7.	Ryan Weir, 2013	1:49.11
8.	Adam Hairston, 2010	1:49.26
9.	Nathan Prom, 2013	1:49.29
10.	Matt Manternach, 2020	1:49.35

Mile

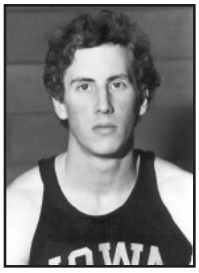
1.	Jeff Thode, 2011	3:58.72
2.	Ed DeLashmutt, 1981	4:04.01
3.	Kal Lewis, 2021	4:04.21
4.	Adam Jones, 2017	4:04.28
5.	Michael Melchert, 2018	4:04.32
6.	Larry Wieczorek, 1968	4:04.40
7.	Nathan Mylenek, 2019	4:04.88
8.	**Max Murphy, 2022**	**4:05.45**
9.	John Clark, 1972	4:05.94
10.	Ben Witt, 2014	4:07.08

3,000 Meters

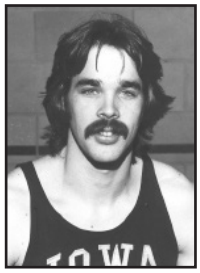
1.	Kevin Lewis, 2015	7:57.06
2.	Nathan Mylenek, 2020	7:58.37
3.	**Max Murphy, 2021**	**7:59.30**
4.	Jeff Thode, 2011	8:00.38
5.	Micah VanDenend, 2006	8:00.81
6.	Daniel Soto, 2020	8:06.04
7.	Michael Melchert, 2018	8:08.30
8.	Eric MacTaggart, 2006	8:08.79
9.	Stetson Steele, 2000	8:09.54
10.	Nick Trattner,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


Bill Hansen


Collin Hofacker


Bill Knoedel

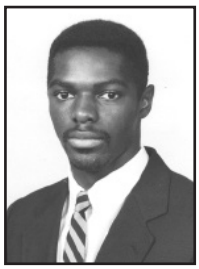

Wayne Lawrence, Jr.


Kevin Lewis


Tyler Lienau


Carter Lilly

INDOOR ALL-TIME TOP 10 PERFORMERS


Anthuan Maybank

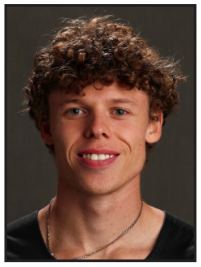

Jenoah McKiver


Michael Melchert


Nathan Mylenek


Chadrick Richards


Jeff Thode


Kalen Walker

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)

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. **Sean Smith, 2023 ..... 71-0 3/4 (21.66)**
3. Jim Costello, 2002.....69-4 3/4 (21.15)
4. **Austin Busch, 2023 . 67-11 3/4 (20.72)**
5. Matt Banse, 2012..... 67-8 (20.62)
6. Arno van der Westhuizen, 2001
   .....67-7 1/2 (20.61)
7. Adam Hamilton, 2007.....66-9 1/4 (20.35)
8. Jordan Hawkins, 2022 .65-11 1/2 (20.11)
9. Jeremy Allen, 2001 .....65-10 (20.07)
10. **Jordan Johnson, 2023 . 65-9 3/4 (20.06)**

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