



Iowa Track & Field

WEEK 3 | JAN. 12-13, 2024 | HAWKEYE INVITATIONAL

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.)

IOWA COACHING STAFF



JOEY WOODY

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

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

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

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



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HAWKEYE INVITATIONAL

January 12-13, 2023

Friday: Weight Throw/Shot Put - Noon (HTRC)

Saturday: High Jump - 11 a.m. (ITF) | Running: 12:15 p.m. (ITF)

Teams: Iowa, Ball State, Bradley, Central Methodist, Indian Hills, Iowa Central, Iowa State, Lindenwood, Northern Illinois, South Dakota and UNI.

2023-24 NEWS

- The Hawkeyes broke two school records and claimed 20 event titles at the Jimmy Grant Alumni Invitational on Dec. 9.
- Senior Kalen Walker broke his own 60-meter record twice, running a 6.60 in the preliminaries, before speeding to a 6.59 in the finals.
- Senior Paige Magee matched the school record in the 60-meter hurdles, crossing the line in 8.07.
- Junior newcomer Rivaldo Marshall was named the USTFCCCA's National Men's Athlete of the Week following his 800-meter debut and facility record 1:47.83 on Dec. 9.
- A trio of throwers improved upon top-10 marks at the Jimmy Grant Alumni Invitational:
 - Sean Smith: Weight Throw - 21.66m (71' 0.75") 2nd at Iowa
 - Austin Busch: Weight Throw - 19.94m (65' 5") 10th at Iowa
 - Alivia Bauer: Weight Throw - 20.12m (66' 0.25") 5th at Iowa
- Four multi-event specialists made their Hawkeye debuts on Dec. 9. Annie Wirth earned 3,835 points to claim the women's pentathlon title (6th at Iowa). Newcomers Carlee Rochford (3,571 points - 10th at Iowa) and Isabelle Woody (3,164 points) placed second and third, respectively. On the men's side, Sal Capaldo finished second with 3,676 points.
- In total, 11 updates were made to the program's top-10 lists at the season opener.
- The Hawkeyes swept B1G Athlete of the Week honors for the first time in program history, with Paige Magee, Sean Smith, Kalen Walker and Daniela Wamokpego claiming the awards for the first time of their respective careers.

THIS WEEK

The Hawkeyes continue their season with the Hawkeye Invitational on Jan. 12-13. Competition begins on Friday with the men's and women's weight throw and shot put at noon at the Hawkeye Tennis and Recreation Complex. The meet resumes on Saturday at the Hawkeye Indoor Track Facility with field events beginning at 11 a.m. and running events starting at 12:15 p.m. Iowa welcomes Ball State, Bradley, Central Methodist, Indian Hills, Iowa Central, Iowa State, Lindenwood, Northern Illinois, South Dakota and UNI.

HOW TO FOLLOW ALONG

Saturday's action of the Hawkeye 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).

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



hawkeyesports.com

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.

Additionally, the Hawkeyes made 11 updates to the top-10 lists:

- Women's 60-meters: Love (2nd), Duax (5th), Magee (7th)
- 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 Triple Jump: Wamokpego (2nd)

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. Kresley and Walker opened at the Jimmy Grant Invitational. The hurdles unit looks to build on their strong reputation, led by Grant Conway and Gratt Reed. 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 leads the country following her record-breaking 60-meter hurdle performance. Sophomore Natalie Harris has her sights set on a breakout season.

KEEPING PACE

The Hawkeyes welcome a pair of impact transfers to the mid-distance group. Zidane Brown (Ohio State) and Rivaldo Marshall (Indian Hills) are projected leaders. Following his facility record 1:47.83 in the 800 meters at the Jimmy Grant Invite, Marshall was named the USTFCCCA men's athlete of the week. Brown was an All-Big Ten selection last season, placing third in the 400 meters at the 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. Freshman Olicia Lucas opened her campaign with the 300-meter title at the Jimmy Grant Invitational, clocking a 38.54.

MULTI-TALENTED

The Hawkeyes return two of the premier multi-event specialists in the conference. Senior All-American Austin West claimed ninth in the heptathlon at the NCAA Championships in 2023, 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. 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. Pluff's indoor mark of (6' 11" | 2.11 meters) from last season's Hawkeye Invite ranks 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 Wamokpego opened her 2023 campaign with the second-best triple jump mark in program history (43' 0.5" | 13.12m) and leads the NCAA through the first couple of weeks.

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 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 claimed the shot put title in the season opener, while Smith fired the programs second-best weight throw mark (71' 0.75" | 21.66m). The women are led by the trio of seniors Alivia Bauer, Jamie Kofron and Kat Moody. 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 (66' 0.25" | 20.12m).

UP NEXT

The Hawkeyes host the seventh-annual Larry Wiecezorek Invitational on Jan. 19 and 20 at the Hawkeye Indoor Track Facility.

2023-24 INDOOR SEASON BESTS**MEN'S INDOOR SEASON BESTS**

60 Meters.....	Kalen Walker.....	* 6.59
60 Hurdles.....	Kalil Johnson.....	7.97
200 Meters.....	Miles Granjean.....	21.70
300 Meters.....	Tyrese Miller.....	34.43
600 Meters.....	James Fingalsen.....	1:20.14
800 Meters.....	Rivaldo Marshall.....	1:47.83
1,000 Meters....	Sal Capaldo.....	2:59.15
3,000 Meters....	Aidan King.....	8:31.95
5,000 Meters....	Max Murphy.....	14:15.23
4x400 Relay.....	Kresley, Fingalsen, Schuster, Wasick.....	3:17.85
High Jump.....	Sal Capaldo.....	6-5 1/2 (1.97m)
Long Jump.....	Deandre Stapleton, Jr.....	22-8 (6.91m)
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.....	Julia Pattison.....	24.77
300 Meters.....	Olicia Lucas.....	38.54
600 Meters.....	Chloe Larsen.....	1:30.26
800 Meters.....	Annie Wirth.....	2:31.97
Mile.....	Alli Bookin-Nosbisch.....	4:48.08
3,000 Meters....	Kaitlin Knappe.....	11:12.48
4x400 Relay.....	Lucas, Duax, Perry, Rush.....	3:46.00
High Jump.....	Annie Wirth.....	5-9 1/4 (1.76m)
Long Jump.....	Maud Zeffou-Poaty.....	18-10 1/2 (5.75m)
Triple Jump.....	Daniela Wamokpego.....	43-0 1/2 (13.12m)
Shot Put.....	Kat Moody.....	54-4 1/2 (16.57m)
Weight Throw..	Alivia Bauer.....	66-0 1/4 (20.12m)
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

John Leo (*Indoor Track & Field Contact*)

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Email:.....john-leo@uiowa.edu

Jack Bacon (*Outdoor Track & Field Contact*)

Cell Phone: 319-330-4403

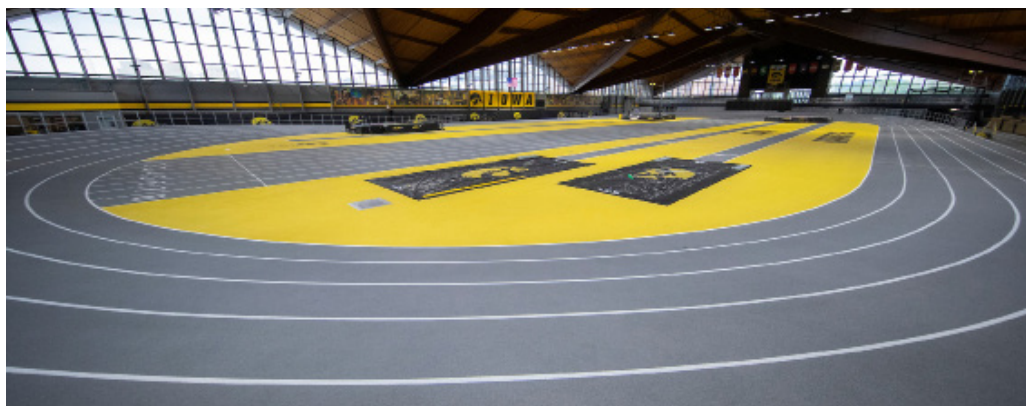
Email:.....john-r-bacon@uiowa.edu

2024 ROSTERS

MEN		
Name	Event	Yr.
Damoy Allen	Sprints	Sr.
Connor Belken	Sprints	Sr.
Koby Brackemeyer	Mid-Distance	Sr.
Zidane Brown	Sprints	Jr.
Canaan Burnett	Multis	Fr.
Austin Busch	Throws	RS Fr.
Sal Capaldo	Multi Events	So.
Grant Conway	Hurdles	Sr.
Will Davidson	Multis	Fr.
James Fingalsen	Mid-Distance	Fr.
Miles Granjean	Hurdles	Fr.
Kai Graves-Blanks	Hurdles	Fr.
Nate Harbert	Distance	So.
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 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 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.

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.

 /IowaXCTF

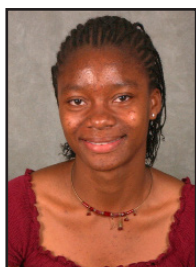
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INDOOR ALL-TIME TOP 10 PERFORMERS



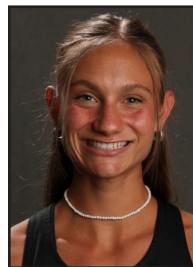
Amber Aesoph



Kineke Alexander



Myreanna Bebe

Alli
Bookin-NosbischGrace
Bookin-Nosbisch

Brittany Brown



Mariel Bruxvoort

60 Meters

1. LaSarah Hargrove, 20227.25
2. **Lia Love, 20237.28**
3. Lake Kwaza, 20167.33
4. Brittany Brown, 20177.39
5. **Holly Duax, 20237.42**
6. Elaine Jones, 19837.43
7. Kyara Avant, 20187.44
8. **Paige Magee, 20237.45**
Peaches Roach, 20057.45
Antonise Christian, 20207.45

60-Meter Hurdles

1. **Paige Magee, 20238.07**
Myreanna Bebe, 20238.07
3. Karessa Farley, 20098.21
4. Jenny Kimbro, 20208.22
5. Tiffany Johnson, 20068.33
6. Jahisha Thomas, 20178.35
7. Paula Ruen, 19988.39
- Tionna Tobias, 20238.39**
9. Tria Simmons, 20198.40
10. **Miya Brines, 20228.43**

200 Meters

1. Brittany Brown, 201722.79
2. Briana Guillory, 201823.22
3. LaSarah Hargrove, 202323.37
4. **Paige Magee, 202323.46**
5. Kineke Alexander, 200623.49
6. Lake Kwaza, 201623.54
7. Shellene Williams, 200423.62
8. Marlene Poole, 199423.66
- Yolanda Hobbs, 199523.66
10. **Lia Love, 202323.73**

400 Meters

1. Kineke Alexander, 200751.48
2. Briana Guillory, 201851.68
3. Elexis Guster, 201652.36
4. Ellen Grant, 199652.65
5. Shellene Williams, 200452.83
6. **Audrey Biermann, 202353.28**
7. Alexis Hernandez, 201753.42
8. **Tesa Roberts, 202253.91**
9. Ashley Liverpool, 201154.09
10. MonTayla Holder, 201554.32
- Chloe Larsen, 202354.32**

600 Yards

1. Senta Hawkins, 19871:21.06
2. Aisha Hume, 20041:21.74
3. Kay Stormo, 19821:22.49
4. Nicole Erickson, 20121:22.61
5. Mahnee Watts, 20161:22.72
6. Bethany Praska, 20091:23.12
7. Hannah Simonson, 20121:23.18
8. Chris Davenport, 19821:24.14
9. Kaitlyn Nelson, 20151:24.52
10. Sophia Poncè, 20071:24.55

600 Meters

1. Kineke Alexander, 20081:27.45
2. Bethany Praska, 20111:28.14
3. **Chloe Larsen, 20231:28.42**
4. Mallory King, 20221:28.45
5. **Gabby Cortez, 20231:28.47**
6. **Alli Bookin-Nosbisch, 20231:28.89**
7. **Aliyanna Dorn, 20231:29.03**
8. MonTayla Holder, 20161:29.35
9. **Clare Pitcher, 20221:29.36**
10. Tia Saunders, 20201:29.83

800 Meters

1. **Alli Bookin-Nosbisch, 20232:04.28**
2. Mallory King, 20222:04.56
3. Bethany Praska, 20112:05.01
4. **Clare Pitcher, 20232:05.94**
5. Jeanne Kruckeberg, 19892:06.38
6. Michelle Lahann, 20042:06.83
7. Katharina Trost, 20142:07.38
8. Mahnee Watts, 20142:08.79
9. Tia Saunders, 20202:08.83
10. Taylor Arco, 20202:08.94

Mile

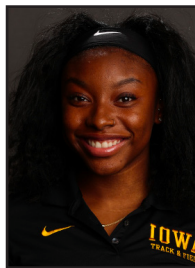
1. McKenzie Melander, 20114:39.78
2. Jeanne Kruckeberg, 19894:40.19
3. Meghan Armstrong, 20064:40.59
4. Rachelle Roberts, 19904:40.79
5. Lauren Hardesty, 20114:41.01
6. **Amber Aesoph, 20224:41.58**
7. Tina Stec, 19944:42.63
8. Betsy Flood, 20104:42.70
9. Penny O'Brien, 19814:43.72
10. Diane Nukuri, 20074:46.25

3,000 Meters

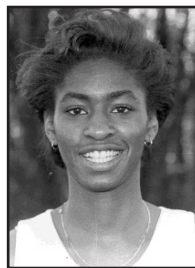
1. Tracy Dahl, 19939:15.57
2. Meghan Armstrong, 20089:17.50
3. Diane Nukuri, 20089:20.07
4. Betsy Flood, 20119:20.09
5. Nan Doak, 19829:21.60
6. Jenny Spangler, 19869:22.41
7. Mareike Schulle, 20129:23.97
8. Brooke Eilers, 20129:27.92
9. McKenzie Melander, 20129:29.71
10. Krista Anderson, 20069:29.75



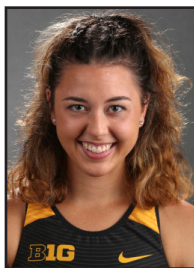
Tracy Dahl



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, 2021 41-3 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, 1993 50-5 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 66-1/2 (20.12)**
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)

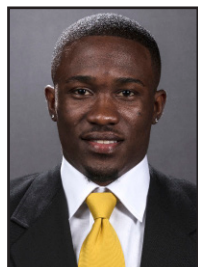
1,600-Meter Relay

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

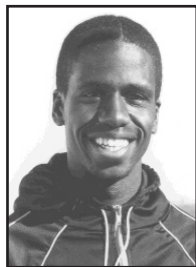
INDOOR ALL-TIME TOP 10 PERFORMERS



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

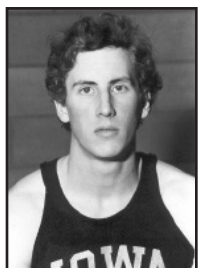
1. Jeff Thode, 2011	3:58.72
2. Ed DeLashmutt, 1981	4:04.01
3. Kal Lewis, 2021	4:04.21
4. Adam Jones, 2017	4:04.28
5. Michael Melchert, 2018	4:04.32
6. Larry Wieczorek, 1968	4:04.40
7. Nathan Mylenek, 2019	4:04.88
8. Max Murphy, 2022	4:05.45
9. John Clark, 1972	4:05.94
10. Ben Witt, 2014	4:07.08

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

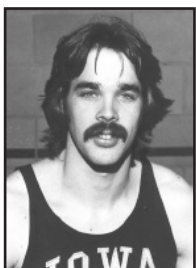
1. Kevin Lewis, 2015	13:43.70
2. Micah VanDenend, 2007	13:56.46
3. Max Murphy, 2022	13:58.87
4. Daniel Soto, 2020	13:58.97
5. Stetson Steele, 2000	14:00.52
6. Nick Trattner, 2022	14:00.69
7. Dan Haut, 2006	14:06.16
8. Noah Healy, 2021	14:12.47
9. Eric MacTaggart, 2006	14:13.41
10. Jeff Thode, 2011	14:16.00



Bill Hansen



Collin Hofacker



Bill Knoedel



Wayne Lawrence, Jr.



Kevin Lewis

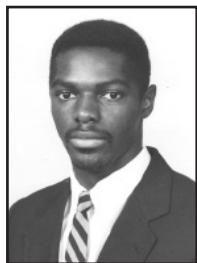


Tyler Lienau



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, 20236,048 points
2. **Austin West, 2023 5,965 points**
3. Will Daniels, 20205,689 points
4. William Dougherty, 2018 ..5,606 points
5. Kyle Reid, 20135,354 points
6. Dan Rolling, 20105,205 points
7. Jack Eckert, 20155,188 points
8. Daniel Gaynes, 2018.....5,162 points
9. Ryan Niver, 20085,149 points
10. Frank Prill, 20105,015 points

High Jump

1. Bill Knoedel, 19767-3 (2.21)
- Bill Hansen, 19787-3 (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, 19847-0 (2.13)
7. M. Cunningham, 19846-11 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, 201725-9 1/2 (7.85)
- James Carter, Jr. 202325-9 1/2 (7.85)
5. Darren Smith, 199125-2 (7.67)
6. **Austin West, 2023 24-11 3/4 (7.61)**
7. Paul Jones, 199024-11 1/4 (7.60)
- Jamal Britt, 202124-11 1/4 (7.60)
9. Josh Larney, 2013 24-10 (7.57)
10. Ronnie McCoy, 198424-9 (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, 199052-1 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, 200948-10 (14.88)
10. David Nsabua, 2013 48-9 (14.86)

Shot Put

1. Nikolas Curtiss, 202264-2 1/2 (19.57m)
2. Reno Tuufuli, 201863-3 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, 201761-4 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, 200460-0 1/2 (18.30)

Weight Throw

1. Tyler Lienau, 202272-10 (22.20)
2. **Sean Smith, 2023 71-3/4 (21.66)**
3. Jim Costello, 200269-4 3/4 (21.15)
4. Matt Banse, 2012 67-8 (20.62)
5. Arno van der Westhuizen, 2001
.....67-7 1/2 (20.61)
6. Adam Hamilton, 2007.....66-9 1/4 (20.35)
7. Jordan Hawkins, 2022 ..65-11 1/2 (20.11)
8. Jeremy Allen, 200165-10 (20.07)
9. Jordan Johnson, 202365-9 3/4 (20.06)
10. **Austin Busch, 202365-5 (19.94)**

1,600-Meter Relay

1. Richards, Gillum, Lawrence, Jr. McKiver,
20223:02.40
2. Bartley, Woodard, Lawrence Jr., Harris,
20193:04.76
3. Frye, Clarke, Woodard, Lawrence, Jr.,
20203:04.91
4. Ogwo, Hofacker, Frye, Harris, 20173:04.94
5. Hofacker, Frye, Garron, Harris, 20183:05.33
6. Steward, Gillum, Bryson, McKiver, 20223:05.47
7. **K. Jefferson, Gillum, Richards, McKiver**
20223:05.63
8. Gillum, Gudgel, Lawrence, Jr.,
McKiver, 20223:05.68
9. Thompson, Frye, Garron, Harris, 20183:06.06
10. Richards, E. Holmes, Sowinski, Willey,
20113:06.66

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. 19777:39.40
5. 19867:40.90
6. Bouske, Herd, Chambers, Koon, 1992.....7:43.94
7. Bouska, Cook, White, Herd, 1992.....7:48.63
8. 19927:49.86
9. 19867:50.10
10. Roseman, Rerko, Novotny,
Branigan, 19937:51.36

Distance Medley Relay

1. Mylenek, Hofacker, Lilly, Melchert, 2018 ...9:33.90
2. Abrego, Lawrence, Jr., Still, **Murphy,**
20229:39.60
3. Lewis, **Woody, Still, Murphy, 2021**9:42.16
4. **Wasick, Schuster, Schreiner, Murphy,**
20239:42.27
5. Lilly, Frye, Manternach, Jones, 20179:44.07
6. Mylenek, Thompson, Lilly, Melchert,
20189:45.10
7. Prom, Rickels, Sowinski, Thode, 20129:45.41
8. Birkett, Clarke, Still, D. Murphy, 20209:46.39
9. 19999:46.83
10. 19779:48.80