



# Iowa Track & Field

WEEK 9 | MAY 22-25, 2024 | NCAA WEST PRELIMINARY



## 2024 OUTDOOR SCHEDULE



## START TIMES

May 22-25, 2024

Wednesday - Men's Field: 10 a.m. | Men's Track: 6 p.m.

Thursday - Women's Field: 10 a.m. | Men's Track: 6 p.m.

Friday - Men's Field: 1 p.m. | Men's Track: 5 p.m.

Saturday - Women's Field: 1 p.m. | Women's Track: 5 p.m.

## 2024 NEWS

Iowa has made 21 updates to the program top-10 lists this outdoor season. Four Hawkeyes have set outdoor school records.

- Junior **Rivaldo Marshall** set the men's program record in the 800 meters at the Jim Click Shootout on April 6. Marshall's 1:45.86 ranks eighth in NCAA Division I this season.
- Senior **Alli Bookin-Nosbisch** broke the women's 800-meter record at the Florida Relays on March 30, racing 2:03.26. Bookin-Nosbisch also set the women's program indoor 800-meter record this spring (2:03.42).
- Senior **Kalen Walker** set the Iowa program record in the 100-meter dash on April 15 at the USF Alumni Invite, racing 10.09 to win the event. Walker, whose previous best was 10.18, topped teammate **Austin Kresley's** record set last season by one-hundredth of a second. Walker's time ranks 14th in the nation this year and is faster than any 100-meter time recorded by a Big Ten athlete during the 2023 season.
- Sophomore **Mike Stein** shattered his own school record at the Big Ten Championships, firing 81.19 meters (266' 4"). That throw set a conference meet record and ranks second in NCAA Division I this season. The Milford, Iowa, native qualified for the U.S. Olympic Trials with the performance.

### THIS WEEK

Iowa competes May 22-25 at the NCAA West Preliminary in Fayetteville, Arkansas.

### HOW TO FOLLOW ALONG

The NCAA West First Rounds will be streamed on ESPN+ (subscription required). Live stream and result links can be found on the track and field schedule page at [hawkeyesports.com](http://hawkeyesports.com). Updates and results will also be posted on the team's official 'X' account (@iowaXC\_TF).

### BIG WEEK

Iowa men's track and field was runner-up at the Big Ten Championships on May 12. The men have finished third or better at the outdoor conference meet five times in a row, dating back to 2019. The women's program placed seventh this season. The Hawkeyes combined for four event championships; Iowa won the men's 4x100 and men's 4x400, while throwers Mike Stein and **Kat Moody** won the men's javelin and women's discus, respectively. The men's program has produced 121 individual event championships and 26 relay titles at outdoor Big Tens. The Iowa women have earned 37 individual Big Ten Titles and six relay championships.

## IOWA COACHING STAFF



### JOEY WOODY

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

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

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

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

### RANDY HASENBANK

Associate Head Coach (Distance)

### JASON WAKENIGHT

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

### HADRIEN CHOUKROUN

Assistant Coach (Jumps/Multi Events)

### RAY ROBINSON

Assistant Coach (Throws)

### CHYNA DAVIS

Assistant Coach (Sprints/Hurdles)

### SHAYLA HOULIHAN

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

### AMANDA HOWE

Director of Track & Field Operations

## IOWA QUICK FACTS

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

## OUTDOOR REGIONAL RANKINGS

MEN'S TEAM	CONFERENCE	POINTS
1. Nebraska	Big Ten	667.49
2. Oklahoma State	Big 12	570.91
<b>3. IOWA</b>	<b>Big Ten</b>	<b>555.13</b>
4. Iowa State	Big 12	533.06
5. Oklahoma	Big 12	414.68

WOMEN'S TEAM	CONFERENCE	POINTS
1. Minnesota	Big Ten	656.62
2. Nebraska	Big Ten	642.00
3. Oklahoma State	Big 12	631.97
--		
<b>7. IOWA</b>	<b>Big Ten</b>	<b>418.57</b>

## NATIONAL RANKINGS

### USTFCCCA Outdoor Rankings

MEN	WOMEN
1. Arkansas	1. LSU
2. Florida	2. Arkansas
3. Alabama	3. Oregon
4. Texas A&M	4. Texas A&M
5. LSU	5. Texas
6. Texas Tech	6. Florida
7. Nebraska	7. Illinois
8. USC	8. Georgia
9. Texas	9. Ole Miss
10. Northern Arizona	10. Tennessee
11. Auburn	11. South Carolina
12. USF	12. Texas Tech
13. Virginia Tech	13. USC
14. Tennessee	14. Notre Dame
15. Houston	15. Alabama
16. Georgia	16. Nebraska
17. North Carolina	17. Washington
18. Oklahoma State	18. Baylor
19. Minnesota	19. Oklahoma State
20. South Carolina	20. Florida State
21. Washington	21. UCLA
22. Iowa State	22. Oklahoma
23. Virginia	23. Minnesota
24. Miami	24. Virginia Tech
25. Kansas	25. Clemson

## QUALIFIER CLUB

Athletes earn a berth to the NCAA preliminaries by ranking within the top 48 of their respective events. The 24 fastest relays qualify to the NCAA West First Rounds. Athletes with the top 12 times and marks and the 12 fastest relays at the preliminaries advance to the NCAA Championships in Eugene, Oregon, on June 5-8. Iowa qualified 35 entries (19 men, 16 women).

- Men's Decathlon: Austin West (Q)
- Men's 100 Meters: Kalen Walker (10.09), Damoy Allen (10.27)
- Men's 110 Hurdles: Gratt Reed (13.67), Kai Graves-Blanks (13.82), Kalil Johnson (13.85), Grant Conway (13.86)
- Men's 200 Meters: Damoy Allen (20.84)
- Men's 400 Hurdles: Isaac Lewis (51.28)
- Men's 800 Meters: Rivaldo Marshall (1:45.86), Caleb Levy (1:49.39)
- Men's 3K Steeplechase: Hayden Kuhn (8:50.99)
- Men's 4x100: Walker, Reed, Stapleton Jr., Allen (39.28)
- Men's 4x400: Lewis, Pugh, Belken, Marshall (3:05.68)
- Men's Triple Jump: Precious Irivi (15.46 meters)
- Men's Shot Put: Quintin Lyons (17.86)
- Men's Discus: Jordan Johnson (58.03 meters)
- Men's Hammer Throw: Sean Smith (67.78 meters), Austin Busch (66.70 meters)
- Men's Javelin: Mike Stein (81.19 meters)
- Women's 100 Meters: Lia Love (11.36)
- Women's 100 Hurdles: Paige Magee (12.93), Tionna Tobias (13.18)
- Women's 200 Meters: Lia Love (23.34)
- Women's 400 Hurdles: Mariel Bruxvoort (57.45), Paige Magee (58.03)
- Women's 800 Meters: Alli Bookin-Nosbisch (2:03.24)
- Women's 4x100: Pattison, Love, Duax, Magee (44.07)
- Women's High Jump: Annie Wirth (1.76 meters)
- Women's Long Jump: Tionna Tobias (6.51 meters), Maud Zeffou-Poaty (6.19 meters)
- Women's Triple Jump: Daniela Wamokpego (13.21 meters)
- Women's Shot Put: Kat Moody (16.83 meters), Wisdom Williams (15.78 meters)
- Women's Discus: Kat Moody (59.31 meters)
- Women's Javelin: Lizzy Korczak (50.62 meters)

## RETURNING PRODUCTION

- The men's squad retains 10 NCAA Outdoor Championships entries. The men's 4x100 relay team placed eighth at nationals last season. Senior **Austin West** is Iowa's top returner from NCAA Outdoors last season, where he was third (8,054 points) in the men's decathlon.
- The women's program returns seven entries from the NCAA Outdoor Championships last spring. Senior **Paige Magee** competed in three events at nationals, including the 100 hurdles, 400 hurdles and 4x400. The women's team also returns three of four total individuals from last season that earned All-American honorable mentions.

## HAWKEYE HURDLERS

Seniors **Mariel Bruxvoort**, **Paige Magee** and **Tionna Tobias** contribute to a women's hurdle group that is ranked fifth in the nation in the 400 hurdles and seventh in the 100 hurdles. Magee set the school record in the 100 hurdles (12.90) last season, while Tobias ranks third on the program record board (13.11). Magee ranks second at Iowa in the 400-meter hurdles (56.62) while Bruxvoort ranks fifth (56.71). Magee also set a school record in the indoor 60 hurdles (7.99) and was a second-team All-American in the event. Iowa ranks sixth nationally in the men's 110 hurdles with four qualifiers. Seniors **Grant Conway** and **Gratt Reed** rank top-10 in program history for the event, while junior **Kalil Johnson** returns from a school-record shuttle hurdle relay team. Freshman **Isaac Lewis** is a qualifier in the men's 400 hurdles.

## THROW IT DOWN

Iowa enters five men's throwers and four women's throwers at the preliminary. Two throwers were Big Ten Champions last time out, with **Mike Stein** in the men's javelin (81.19 meters) and **Kat Moody** in the women's discus (59.31 meters). Sophomore Lizzy Korczak is second in program history in the women's javelin (50.62 meters), while sophomore **Wisdom Williams** is fourth in the women's shot put (15.78 meters). In the men's hammer throw, sophomore **Sean Smith** ranks second in school history (67.78 meters) and redshirt freshman **Austin Busch** is fourth (66.70 meters). Senior **Jordan Johnson** is sixth men's program history in the men's discus (59.52 meters). Senior **Quintin Lyons** qualified for Iowa in the men's shot put.

**TIONNA TOBIAS-ED**

In addition to her hurdle prowess, Tobias was a Big Ten runner-up last time out in the women's long jump (6.23 meters). At the Florida Relays, Tobias improved to third in program history in the long jump at 6.51 meters (21' 4.25"). Tobias helped Iowa to victory in the 4x100 at the Jim Click Shootout, tying for sixth in program history (44.44). Tobias is a two-time All-American, earning second-team honors in the 2024 indoor long jump and honorable mention in the 2023 heptathlon. Tobias and freshman **Maud Zeffou-Poaty** rank 12th nationally in the long jump.

**NEED FOR SPEED**

Iowa placed eighth at the NCAA Outdoor Championships last season in the men's 4x100. Kalen Walker, Gratt Reed and **Damoy Allen** return from that squad and joined **De'Andre Stapleton Jr.** to win a conference championship last time out at Big Ten Outdoors. Walker has been stellar for Iowa this season, setting program records in the 100 meters (10.09) and 60 meters (6.51). On the women's side, senior **Lia Love** set the program 60-meter record at 7.24. Love was blazing in the outdoor opener with a wind-aided 11.15 in the 100 meters and helped the 4x100 team to a ninth all-time result (44.54). Love also was a member of the winning 4x100 at the Jim Click Shootout that ranks sixth at Iowa (44.44).

**TWO LAPS TO GLORY**

Senior Alli Bookin-Nosbisch broke the school record in the women's 800 meters at the Florida Relays, racing 2:03.26. She also set the indoor record (2:03.42) this season. For the men, senior Rivaldo Marshall became Iowa's first national champion in the 800 meters, running 1:46.96 at Indoor Nationals. The Kingston, Jamaica, product owns the program record both outdoors (1:45.86) and indoors (1:46.86). He is a two-time USTFCCA Men's Athlete of the Week. His outdoor time ranks eighth nationally and surpasses the Olympic Trials standard.

**UPDATING THE ALL-TIME LISTS**

The Hawkeyes have made 54 updates to the program record boards this season, including 21 outdoor top-10 performances.

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

**GREAT INDOORS**

The women's team placed third at Big Ten Indoors, matching the program's best finish set last year. The Hawkeyes tallied 73 points and sent three qualifiers to nationals. Rivaldo Marshall became the first men's 800 national champion in program history, and the Iowa men placed ninth with 21 points. Iowa had four qualifiers and three All-Americans.

**UP NEXT**

The NCAA Championships are set for June 5-8 in Eugene, Oregon.

**2024 OUTDOOR SEASON BESTS**

**MEN'S OUTDOOR SEASON BESTS**

100 Meters .....	Kalen Walker .....	* 10.09
110 Hurdles.....	Gratt Reed .....	% 13.67
200 Meters .....	Austin Kresley.....	20.68
400 Meters .....	Josh Pugh .....	46.57
400 Hurdles.....	Isaac Lewis.....	51.28
800 Meters .....	Rivaldo Marshall.....	* 1:45.86
1,500 Meters.....	Ian Geisler.....	3:51.99
3,000 Steeplechase ...	Hayden Kuhn.....	8:50.99
5,000 Meters.....	Will Ryan .....	14:11.52
10,000 Meters .....	Brayden Burnett .....	29:41.66
4x100 Relay.....	Walker, Reed, Stapleton Jr., Allen .....	39.28
4x400 Relay.....	Lewis, Pugh, Belken, Marshall .....	3:05.68
High Jump.....	Zack Pluff .....	6-7 (2.01m)
Pole Vault.....	Sal Capaldo .....	13-11 1/4 (4.25m)
Long Jump .....	Austin West .....	25-2 (7.67m)
Triple Jump.....	Precious Irivi .....	50-7 1/2 (15.43m)
Shot Put .....	Quintin Lyons.....	58-7 1/4 (17.86m)
Discus.....	Jordan Johnson .....	190-4 (58.03m)
Hammer Throw.....	Sean Smith .....	222-4 (67.78m)
Javelin.....	Mike Stein.....	* 266-4 (81.19m)
Decathlon.....	Austin West .....	8,024 points

**WOMEN'S OUTDOOR SEASON BESTS**

100 Meters .....	Lia Love.....	% 11.15
100 Hurdles.....	Paige Magee.....	12.93
200 Meters .....	Lia Love.....	23.34
400 Meters .....	Ali Dorn .....	54.09
400 Hurdles.....	Mariel Bruxvoort .....	57.45
800 Meters .....	Alli Bookin-Nosbisch .....	* 2:03.24
1,500 Meters.....	Amber Aesoph.....	4:23.52
3,000 Meters.....	Audra Soderling .....	10:58.83
3,000 Steeplechase ...	Brooke McKee.....	11:12.62
5,000 Meters.....	Amber Aesoph.....	16:48.57
4x100 Relay.....	Pattison, Love, Duax, Magee .....	44.07
4x400 Relay.....	Lucas, Dorn, Williams, A. Bookin-Nosbisch.....	3:37.79
Dist. Medley Relay .....	Tenpas, Fitzpatrick, Cortez, Sandeen ..	11:59.28
4x1,600 Relay .....	Kelly, Blazek, Tenpas, Kalaway .....	20:47.42
High Jump.....	Annie Wirth.....	5-9 1/4 (1.76m)
Long Jump .....	Tionna Tobias .....	21-4 1/4 (6.51m)
Triple Jump .....	Daniela Wamokpego.....	43-4 1/4 (13.21m)
Shot Put .....	Kat Moody .....	55-2 3/4 (16.83m)
Discus.....	Kat Moody .....	194-7 (59.37m)
Javelin.....	Lizzy Korczak .....	166-1 (50.62m)
Hammer Throw .....	Alivia Bauer .....	188-9 (57.53m)
Heptathlon.....	Annie Wirth .....	5,332 points

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

**MEDIA INFORMATION**

Please contact John Leo and Jack Bacon for the Media Availability Schedule. For specific student-athlete requests, please notify John and Jack at least 24-hours in advance. Coach Woody and select student-athletes will address the media following home meets.

**UI STRATEGIC COMMUNICATIONS**

John Leo (*Assistant Director*)  
 Cell Phone:..... 319-429-1075  
 Email:..... john-leo@uiowa.edu  
 Jack Bacon (*Communications Contact*)  
 Cell Phone:..... 319-330-4403  
 Email:..... john-r-bacon@uiowa.edu

## 2024 ROSTERS

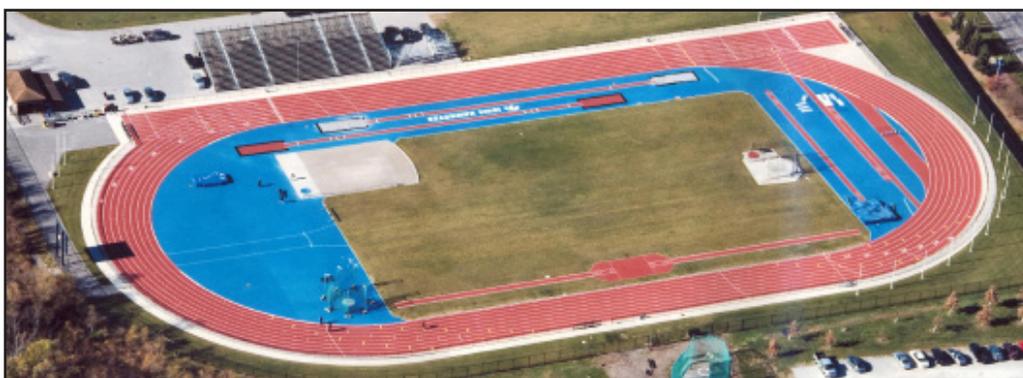
### MEN

Name	Event	Yr.
Damoy Allen	Sprints	Sr.
Connor Belken	Sprints	Sr.
Koby Brackemeyer	Mid-Distance	Sr.
Zidane Brown	Sprints	Jr.
Brayden Burnett	Distance	So.
Austin Busch	Throws	RS Fr.
Sal Capaldo	Multi Events	So.
Grant Conway	Hurdles	Sr.
Duke Faley	Hurdles	Jr.
James Fingalsen	Mid-Distance	Fr.
Ian Geisler	Distance	Jr.
Nicholas Gorsich	Hurdles	Fr.
Miles Granjean	Hurdles	Fr.
Kai Graves-Blanks	Hurdles	Fr.
Nate Harbert	Distance	So.
Jaylin Holmes	Hurdles	So.
Carson Houg	Distance	So.
Precious Irivi	Jumps	Fr.
Kaleba Jack	Jumps	Jr.
Khullen Jefferson	Sprints	Sr.
Phillip Jefferson	Hurdles	So.
Jordan Johnson	Throws	Sr.
Kalil Johnson	Hurdles	Jr.
Aidan King	Distance	Jr.
Austin Kresley	Sprints	Sr.
Hayden Kuhn	Distance	So.
Carson Lane	Mid-Distance	Fr.
Derek Leicht	Mid-Distance	So.
Caleb Levy	Mid-Distance	Fr.
Isaac Lewis	Hurdles	Fr.
Chase Lovercheck	Mid-Distance	5th Yr.
Quintin Lyons	Throws	Sr.
Rivaldo Marshall	Mid-Distance	Jr.
Tyrese Miller	Sprints	So.
Nick O'Connor	Mid-Distance	Sr.
Jack Pendergast	Distance	Sr.
Zack Pluff	Jumps	Sr.
Josh Pugh	Sprints	Fr.
Gratt Reed	Hurdles	Sr.
Will Ryan	Distance	So.
Ryan Schreiner	Mid-Distance	So.
Evan Schuster	Sprints	Sr.
Sean Smith	Throws	So.
De'Andre Stapleton Jr.	Jumps	Sr.
Joe Stein	Sprints	Sr.
Mike Stein	Javelin	So.
Martin Strong	Mid-Distance	Jr.
Kalen Walker	Sprints	Sr.
Brett Wasick	Mid-Distance	So.
Austin West	Multi Events	Sr.
Walker Whalen	Throws	So.
Drake Woody	Hurdles	Sr.
Yohana Yual	Distance	Jr.

### WOMEN

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

## FRANCIS X. CRETZMEYER TRACK



The University of Iowa track and field team practices and competes at the Francis X. Cretzmeyer Track during the outdoor season. Located within walking distance of Carver-Hawkeye Arena and Pearl Field, the track was completed in 1986. The facility was named after the late Francis X. Cretzmeyer, who coached the men's cross country and track teams from 1948-78 and led the Hawkeyes to five Big Ten team titles.

In June 2008, floodwaters and debris damaged the entire track complex, which was completely reconstructed and refinished for competition in 2010. The track features an IAAF certified, BSS 1000 track and field surface designed by Benyon Sports Surfaces. The state of the art full-pour polyurethane surface provides the resiliency and return of energy necessary for NCAA athletes to compete at the highest level.

Iowa hosted the 1987, 2000, 2011, and 2019 Big Ten Championships at Cretzmeyer Track. The Hawkeyes won the conference title on their home track in 2011 (men) and 2019 (men).



**MEN'S OUTDOOR ALL-TIME TOP 10 PERFORMERS**



James Carter Jr.



Nikolas Curtiss



Jeffery Herron



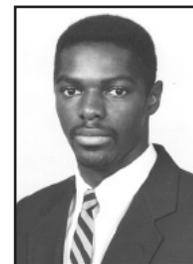
Gabe Hull



Austin Kresley



Rivaldo Marshall



Anthuan Maybank

**100 Meters**

1. **Kalen Walker, 2024** ..... 10.09
2. **Austin Kresley, 2023** ..... 10.10
3. Justin Austin, 2011 ..... 10.21
4. O'Shea Wilson, 2017 ..... 10.22
5. George Page, 1996 ..... 10.25
6. James Harrington, 2015 ..... 10.26
7. **Damoy Allen, 2024** ..... 10.27
8. Anthuan Maybank, 1994 ..... 10.31
- Tim Dwight, 1997 ..... 10.31
- Josh Larney, 2013 ..... 10.31
- Vinnie Saucer, Jr., 2015 ..... 10.31

**110-Meter High Hurdles**

1. Jaylan McConico, 2021 ..... 13.23
2. Aaron Mallett, 2017 ..... 13.24
3. Josh Braverman, 2022 ..... 13.41
4. Jamal Britt, 2021 ..... 13.45
5. Pat McGhee, 1989 ..... 13.50
- Gratt Reed, 2023** ..... 13.50
7. Dion Trowers, 1996 ..... 13.62
8. Ronnie McCoy, 1985 ..... 13.66
- Grant Conway, 2022** ..... 13.66
10. Ethan Holmes, 2011 ..... 13.73

**200 Meters**

1. **Austin Kresley, 2023** ..... 20.26
2. Justin Austin, 2011 ..... 20.46
3. Jeff Patrick, 1983 ..... 20.47
4. James Harrington, 2015 ..... 20.50
5. Karayme Bartley, 2019 ..... 20.51
6. **Gratt Reed, 2023** ..... 20.54
7. Anthuan Maybank, 1994 ..... 20.55
8. Victor Green, 1984 ..... 20.60
9. Antonio Woodard, 2018 ..... 20.61
10. Andre Morris, 1995 ..... 20.64

**400 Meters**

1. Jenoah McKiver, 2022 ..... 44.74
2. Mar'yea Harris, 2018 ..... 44.94
3. Anthuan Maybank, 1993 ..... 44.99
4. Andre Morris, 1995 ..... 45.15
5. Mike Mondane, 1967 ..... 45.20
6. Wayne Lawrence, Jr., 2019 ..... 45.33
7. Steven Willey, 2010 ..... 45.78
8. Karayme Bartley, 2019 ..... 45.80
9. Everett Steward, 2022 ..... 45.94
10. DeJuan Frye, 2018 ..... 46.17

**400-Meter Hurdles**

1. Pat McGhee, 1988 ..... 48.94
2. **Austin West, 2023** ..... 49.34
3. Jamal Britt, 2021 ..... 49.69
4. Julien Gillum, 2023 ..... 49.73
5. Monte Raymond, 1998 ..... 50.09
5. Ray Varner, 2010 ..... 50.24
7. Chris Douglas, 2019 ..... 50.32
8. Paul Steele, 1989 ..... 50.45
9. Russell Peterson, 2001 ..... 50.50
10. Ethan Holmes, 2013 ..... 50.51

**800 Meters**

1. **Rivaldo Marshall, 2024** ..... 1:45.86
2. Erik Sowinski, 2012 ..... 1:45.90
3. Matt Manternach, 2019 ..... 1:46.93
4. Carter Lilly, 2016 ..... 1:46.95
5. Alec Still, 2022 ..... 1:47.50
6. Bill Frazier, 1962 ..... 1:47.64
7. D'Juan Strozier, 1990 ..... 1:47.82
8. Adam Hairston, 2011 ..... 1:48.10
9. Tysen VanDraska, 2021 ..... 1:48.13
10. Armando Bryson, 2022 ..... 1:48.31

**1,500 Meters**

1. Max Murphy, 2022 ..... 3:40.63
2. Jeff Thode, 2010 ..... 3:43.02
3. Kal Lewis, 2021 ..... 3:43.32
4. Joel Moeller, 1978 ..... 3:44.01
5. Jim Docherty, 1978 ..... 3:44.30
6. Nathan Mylenek, 2019 ..... 3:44.49
7. Sam Fourman, 2015 ..... 3:44.50
8. Michael Melchert, 2018 ..... 3:44.59
9. Adam Jones, 2017 ..... 3:45.48
10. Dan Waters, 1986 ..... 3:46.35

**3,000-Meter Steeplechase**

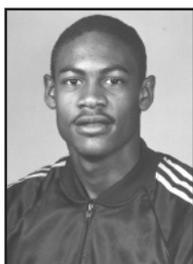
1. Nathan Mylenek, 2021 ..... 8:35.41
2. Deacon Jones, 1956 ..... 8:47.40
3. **Hayden Kuhn, 2024** ..... 8:50.99
4. Steve Pershing, 1978 ..... 8:54.59
5. Andy Morris, 2000 ..... 8:56.21
6. Matt Gerard, 1994 ..... 8:57.01
7. Andy Napier, 2008 ..... 8:57.54
8. **Yohana Yual, 2024** ..... 9:02.33
9. Rollie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

**5,000 Meters**

1. Max Murphy, 2023 ..... 13:39.77
2. Micah VanDenend, 2007 ..... 13:49.31
3. Nathan Mylenek, 2021 ..... 13:54.15
4. Nick Trattner, 2023 ..... 13:55.57
5. Daniel Soto, 2021 ..... 13:55.71
6. Larry Wieczorek, 1968 ..... 13:56.00
7. Kevin Herd, 1993 ..... 13:59.00
8. Stetson Steele, 2000 ..... 14:02.76
9. Kevin Lewis, 2014 ..... 14:02.78
10. Eric MacTaggart, 2005 ..... 14:04.79



Jaylan McConico



Pat McGhee



Jenoah McKiver



Nathan Mylenek

## MEN'S OUTDOOR ALL-TIME TOP 10 PERFORMERS



Max Murphy



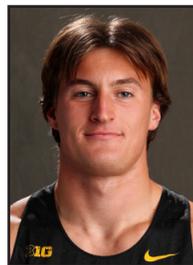
Stetson Steele



Mike Stein



Kalen Walker



Austin West



Todd Wigginton



Arno  
van der Westhuizen

### 10,000 Meters

1. Stetson Steele, 2000 ..... 28:44.47
2. Daniel Soto, 2021 ..... 28:48.18
3. Eric MacTaggart, 2006 ..... 28:50.23
4. Max Murphy, 2022 ..... 28:57.96
5. Kevin Lewis, 2015 ..... 28:59.62
6. Nick Trattner, 2022 ..... 29:39.83
7. **Brayden Burnett, 2024 ..... 29:41.66**
8. Nick Nordheim, 2002 ..... 29:44.71
9. Trent Corey, 2002 ..... 29:45.25
10. Ian Eklin, 2017 ..... 29:47.06

### Decathlon

1. **Austin West, 2022 ..... 8,331 pts**
2. Will Daniels, 2021 ..... 7,864 pts
3. William Dougherty, 2018 ..... 7,673 pts
4. Peyton Haack, 2021 ..... 7,458 pts
5. Kyle Reid, 2013 ..... 7,203 pts
6. Jack Eckert, 2015 ..... 7,087 pts
7. **Sal Capaldo, 2024 ..... 7,085 pts**
8. Dan Rolling, 2010 ..... 6,957 pts
9. Scott Faber, 2000 ..... 6,839 pts
10. Ryan Niver, 2008 ..... 6,837 pts

### High Jump

1. Jeffery Herron, 2012 ..... 7-4 1/4 (2.24)
2. Bill Hansen, 1978 ..... 7-4 (2.23)  
Bill Knoedel, 1975 ..... 7-4 (2.23)
4. Kevin Spejcher, 2014 ..... 7-2 1/2 (2.20)
5. M. Cunningham, 1986 ..... 7-1 (2.16)  
Kenneth Lansing, 1988 ..... 7-1 (2.16)  
Jay Hunt, 2019 ..... 7-1 (2.16)
8. Pat Meade, 1987 ..... 7-0 1/4 (2.14)  
**Zack Pluff, 2023 ..... 7-0 1/4 (2.14)**
10. Graham Valdes, 2012 ..... 6-11 3/4 (2.12)

### Pole Vault

1. Todd Wigginton, 1984 ..... 17-0 (5.18)
2. Chad Ohly, 1994 ..... 16-8 3/4 (5.10)  
Kyle Reid, 2013 ..... 16-8 3/4 (5.10)
4. Curt Broek, 1978 ..... 16-8 (5.08)
5. Andy Jatis, 2018 ..... 16-7 1/2 (5.07)
6. Phil Wertman, 1971 ..... 16-7 (5.05)  
Kelly Scott, 1988 ..... 16-7 (5.05)
8. Peyton Haack, 2021 ..... 16-4 3/4 (5.00)
9. John Teffer, 1972 ..... 16-2 (4.93)
10. Alex Zona, 2009 ..... 16-0 3/4 (4.90)

### Long Jump

1. Anthuan Maybank, 1993 ..... 27-1 (8.25)
2. Bashir Yamini, 1997 ..... 26-8 1/4 (8.13)
3. James Carter, Jr., 2022 ..... 26-3 (8.00)
4. Paul Jones, 1989 ..... 25-10 1/4 (7.88)
5. Darren Smith, 1991 ..... 25-9 3/4 (7.86)
6. Quinn Early, 1986 ..... 25-7 1/4 (7.80)
7. O'Shea Wilson, 2017 ..... 25-5 1/4 (7.75)
8. Ed Gordon, 1931 ..... 25-4 3/8 (7.68)
9. Matty Gorman, 2006 ..... 25-1 1/4 (7.65)
10. Ronnie McCoy, 1985 ..... 25-0 (7.62)

### Triple Jump

1. James Carter, Jr., 2023 ..... 54-8 3/4 (16.68)
2. Troy Doris, 2012 ..... 54-8 (16.66)
3. Paul Jones, 1990 ..... 53-9 (16.38)
4. Babatunde Amosu, 2015 ..... 53-0 (16.15)
5. Antwon James, 2017 ..... 52-4 1/2 (15.96)
6. Klyvens Delaunay, 2013 ..... 52-2 1/2 (15.91)
7. Gordon Finch, 1988 ..... 50-9 1/4 (15.47)
8. **Precious Iriveri, 2024 .... 50-7 1/2 (15.43)**
9. Mike Lacy, 1984 ..... 50-5 (15.36)
10. **Deandre Stapleton, Jr. 2023 ..... 50-4 3/4 (15.36)**

### Shot Put

1. Nikolas Curtiss, 2022 ..... 65-9 (20.04)
2. Jeremy Allen, 2001 ..... 63-2 3/4 (19.27)
3. Reno Tuufuli, 2018 ..... 62-10 3/4 (19.17)
4. Ken Kemeny, 2005 ..... 62-3 (18.97)
5. Shane Maier, 2006 ..... 62-2 1/4 (18.95)
6. Andy Banse, 2005 ..... 61-11 1/2 (18.88)
7. John Hickey, 2008 ..... 61-9 1/2 (18.83)
8. Elijah Barnes, 2023 ..... 60-11 1/4 (18.57)
9. Avery Meyers, 2017 ..... 60-4 (18.39)
10. Chris Gambol, 1987 ..... 60-0 1/2 (18.30)

### Discus

1. Gabe Hull, 2014 ..... 207-1 (63.11)
2. Reno Tuufuli, 2019 ..... 205-2 (62.54)
3. A.J. Curtis, 2007 ..... 202-11 (61.84)
4. Gary Kostrubala, 1986 ..... 202-4 (61.68)
5. Jeremy Allen, 2001 ..... 195-4 (59.54)
6. **Jordan Johnson, 2022 ... 195-3 (59.52)**
7. Tim Brodersen, 2005 ..... 193-6 (58.98)
8. Avery Meyers, 2017 ..... 185-8 (56.61m)
9. Brad Daufeldt, 2004 ..... 185-0 (56.40)
10. Nick Brayton, 2009 ..... 180-11 (55.15)

### Hammer

1. A. van der Westhuizen, 2001 ..... 222-11 (67.94)
2. **Sean Smith, 2024 ..... 222-4 (67.78)**
3. Adam Hamilton, 2007 ..... 222-2 (67.73)
4. **Austin Busch, 2024 ..... 218-10 (66.70)**
5. Jim Costello, 2002 ..... 217-7 (66.32)
6. Brad Daufeldt, 2004 ..... 207-10 (63.34)
7. Chris Voller, 2005 ..... 206-0 (62.80)
8. Matt Banse, 2012 ..... 201-11 (61.55)
9. Tyler Lienau, 2021 ..... 199-6 (60.81)
10. Jeremy Allen, 2001 ..... 199-0 (60.66)

### Javelin

1. **Mike Stein, 2024 ..... 266-4 (81.19)**
2. Matt Byers, 2011 ..... 245-8 (74.89)
3. Bill Neumann, 2002 ..... 244-8 (74.58)
4. Dan Ralph, 2000 ..... 227-10 (69.44)
5. **Austin West, 2023 ..... 212-9 (64.85)**
6. Sam Joens, 2015 ..... 211-5 3/4 (64.45)
7. Zach Schimp, 2010 ..... 211-0 (64.32)
8. Alex Balke, 2016 ..... 205-11 (62.77)
9. Kale Katt, 2007 ..... 204-0 (62.17)
10. Joel Storm, 2004 ..... 203-5 (62.01)

## MEN'S OUTDOOR ALL-TIME TOP 10 RELAYS

**4x100-Meter Relay**

1. **Walker, Kresley, Reed, Allen**, 2023 ..... 38.64
2. **Walker, Kresley, Reed, K. Jefferson**, 2022 ..... 39.03
3. Brissett, Wilson, Thompson, Mallett, 2017 ..... 39.12
4. Hofacker, Woodard, Lawrence Jr., Bartley, 2019 ..... 39.17
5. Mincy, Wilson, Harrington, Brown, 2014 ..... 39.19
6. **Walker, Kresley, Reed, Stapleton Jr.**, 2023 ..... 39.19
7. **Walker, Reed, Stapleton Jr., Allen**, 2024..... **39.28**
8. Mincy, Austin, E. Holmes, Larney, 2013 ..... 39.31
9. **K. Johnson, Kresley, Reed, K. Jefferson**, 2022 ..... 39.31
10. **Walker, Kresley, Stapleton Jr., West**, 2023 ..... 39.41

**Shuttle Hurdle Relay**

1. **Conway, Braverman, K. Johnson, Reed**, 2022 ..... 56.74
2. McGhee, Armstrong, Falls, Stelle, 1989 ..... 57.80
3. Wigginton, Jones, Lacey, McCoy, 1985 ..... 59.77
4. Williams, Haack, Braverman, McConico, 2019 ..... 1:01.14
5. 1975 ..... 1:05.20

**4x200-Meter Relay**

1. James, Mallett, Harris, B. Thompson, 2017 ..... 1:23.02
2. B. Thompson, Brissett, Harrington, Ganschow, 2016 ..... 1:23.36
3. B. Thompson, Ganschow, Frye, Hofacker, 2017 ..... 1:23.73
4. Richardson, Sayon, Richards, Chaney, Jr., 2009 ..... 1:24.85
5. Harrington, VanCleave, Wilson, Mallett, 2014 ..... 1:24.86
6. Austin, Brown, Larney, VanCleave, 2013 ..... 1:25.60
7. Wilson, Sorrells, Douglas, Williams, 2018 ..... 1:25.87
8. Barclay, McCalister, Jensen, Elliott, 1979 ..... 1:26.39
9. Sorrells, Braverman, Douglas, Haack, 2019 ..... 1:28.29
10. Thomas, Balkrishnan, Patterson, Freidrich 1991 ..... 1:28.38

**4x400-Meter Relay**

1. Lawrence Jr., Woodard, Bartley, Harris, 2019 ..... 3:00.14
2. Steward, **Richards**, Gudgel, Gillum, 2022 ..... 3:01.79
3. Frye, Harris, Hofacker, Ogwo, 2017 ..... 3:01.91
4. Steward, Bryson, Gillum, McKiver, 2022 ..... 3:02.39
5. Lietz, Woodard, Gillum, Lawrence, Jr., 2021 ..... 3:02.54
6. Lawrence Jr., Woodard, Hofacker, Harris, 2019 ..... 3:03.10
7. Morris, Davis, Page, Rozell, 1995 ..... 3:03.11
8. Branch, Dwight, Dodge, Yamini, 1999 ..... 3:03.29
9. **West**, Bryson, Gudgel, Gillum, 2022 ..... 3:03.62
10. Frye, Woodard, Hofacker, Harris, 2018 ..... 3:03.69

**Sprint Medley Relay**

1. McCorkle, Jones, Chung, Strozier, 1990 ..... 3:15.64
2. Sayon, Austin, Willey, Sowinski, 2011 ..... 3:16.18
3. Richards, Larney, Davey, Sowinski, 2012 ..... 3:17.25
4. Richardson, Richards, Willey, Sowinski, 2010 ..... 3:17.74
5. **Reed, K. Jefferson**, Gillum, Still, 2022 ..... 3:18.06
6. Hofacker, Woodard, Harris, VanDraska, 2018 ..... 3:18.11
7. Saucer, Jr., Brissett, Harris, Lilly, 2016 ..... 3:18.53
8. Hofacker, Woodard, Harris, Lilly, 2017 ..... 3:18.73
9. Armstrong, Thomas, Maybank, Strozier, 1991 ..... 3:18.93
10. Yamini, Davis, Dodge, Donovan, 1999 ..... 3:19.87

**4x800-Meter Relay**

1. Schum, Christensen, Steffen, Criswell, 1971 ..... 7:18.60
2. Gudgel, Bryson, Abrego, Still, 2022 ..... 7:19.13
3. VanDraska, Still, Teubel, Lilly, 2019 ..... 7:22.50
4. Hairston, Prom, Thode, Sowinski, 2011 ..... 7:23.77
5. Manternach, VanDraska, W. Teubel, Lilly, 2017 ..... 7:24.77
6. **Schreiner, Strong**, Bryson, Gudgel, 2023 ..... 7:26.00
7. Melchert, Manternach, N. Teubel, Lilly, 2018 ..... 7:28.37
8. Corrigan, Blackman, Strozier, Chambers, 1989 ..... 7:29.00
9. Hoffman, Olson, Still, VanDraska, 2021 ..... 7:29.81
10. Melchert, Dorman, Lilly, Larrison, 2016 ..... 7:30.32

**Distance Medley Relay**

1. Pershing, Moeller, Slack, Docherty, 1978 ..... 9:39.94
2. Kuczvara, Barton, Hairston, Thode, 2011 ..... 9:41.37
3. N. Holmes, VanCleave, Sowinski, Thode, 2012 ..... 9:41.59
4. Young, Barton, Kuczvara, Luciano, 2010 ..... 9:42.97
5. **Lewis**, Steward, Abrego, Murphy, 2022 ..... 9:47.73
6. Mylenek, Thompson, Manternach, Melchert, 2018 ..... 9:50.70
7. VanDraska, Lawrence Jr., Teubel, Mylenek, 2019 ..... 9:53.14
8. Prom, Davey, Weir, Witt, 2013 ..... 9:53.83
9. Theisen, Williams, Wiesa, Waters, 1985 ..... 9:54.04
10. Wilfong, Slaymaker, W. Teubel, Witt, 2013 ..... 9:54.05

**4x1,600-Meter Relay**

1. Pershing, Fuller, Moeller, Docherty, 1978 ..... 16:27.70
2. Rakaric, Webster, MacTaggart, VanDenend, 2006 ..... 16:55.43
3. Lewis, Witt, Hart, Fourman, 2015 ..... 16:58.44
4. Price, Eklin, Gardarsson, Docherty, 2016 ..... 17:00.30
5. Paul, Kadlec, Thode, Luciano, 2010 ..... 17:01.46
6. Witt, Lewis, Hart, Butler, 2014 ..... 17:01.65
7. N. Holmes, Witt, Thode, Lewis, 2012 ..... 17:02.26
8. Thomas, Allen, Rakaric, Lloyd, 2003 ..... 17:06.27
9. **Yual, Geisler, Pendergast, Kuhn**, 2023 ..... 17:11.68
10. Pittman, Novotny, Feeldy, Marquardt, 1995 ..... 17:12.49

## WOMEN'S OUTDOOR ALL-TIME TOP 10 PERFORMERS



**Meghan Armstrong**

**Alli Bookin-Nosbisch**

**Marta Bote Gonzalez**

**Nan Doak**

**Briana Guillory**

**LaSarah Hargrove**

**Amanda Howe**

### 100 Meters

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

### 100-Meter Hurdles

- 1. Paige Magee, 2023 ..... 12.90**
2. Myreanna Bebe, 2023..... 12.94
- 3. Tionna Tobias, 2023..... 13.11**
4. Tiffany Johnson, 2007 ..... 13.20
5. Jenny Kimbro, 2018 ..... 13.22
6. Jahisha Thomas, 2017 ..... 13.46
7. Tria Simmons, 2019..... 13.49
- Natalie Harris, 2023 ..... 13.49**
9. Kaessa Farley, 2009..... 13.53
10. C. Prendergast, 1999..... 13.60
- Paula Ruen, 2000..... 13.60

### 200 Meters

1. Brittany Brown, 2017 ..... 22.42
2. LaSarah Hargrove, 2022 ..... 22.72
3. Briana Guillory, 2016..... 22.89
4. Elexis Guster, 2016..... 23.03
5. Lake Kwaza, 2016..... 23.17
- 6. Lia Love, 2023 ..... 23.23**
7. Shellene Williams, 2004..... 23.50
8. Kineke Alexander, 2006..... 23.58
9. Davera Taylor, 1984 ..... 23.59
10. Vivien McKenzie, 1985..... 23.61
- Paige Magee, 2023 ..... 23.61**

### 400 Meters

1. Briana Guillory, 2018..... 51.30
2. Kineke Alexander, 2006..... 51.35
3. Elexis Guster, 2016..... 51.85
4. Shellene Williams, 2004..... 51.94
5. Ashley Liverpool, 2012..... 52.47
6. Ellen Grant, 1996..... 52.65
- 7. Audrey Biermann, 2023 ..... 52.67**
- 8. Tesa Roberts, 2023 ..... 52.86**
9. Alexis Hernandez, 2017 ..... 53.27
- 10. Chloe Larsen, 2023 ..... 53.41**

### 400-Meter Hurdles

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

### 800 Meters

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



**Aisha James**



**Jenny Kimbro**

### 1,500 Meters

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

### 3,000 Meters

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

### 3,000-Meter Steeplechase

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

### 5,000 Meters

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

## WOMEN'S OUTDOOR ALL-TIME TOP 10 PERFORMERS



Paige Magee



Diane Nukuri



Alana Redfern



Peaches Roach



Jessie Strand



Laulauga Tausaga



Jahisha Thomas

**10,000 Meters**

1. Diane Nukuri, 2008..... 33:17.01
2. Jennifer Brower, 1991 ..... 33:23.38
3. Meghan Armstrong, 2008 ..... 33:28.00
4. Nan Doak, 1985 ..... 33:33.03
5. Jenny Spangler, 1983 ..... 33:39.24
6. Andrea Shine, 2018..... 33:50.25
7. Racheal Marchand, 2008..... 34:05.87
8. McKenzie Melander, 2012 ..... 34:29.83
9. Tracy Dahl, 1992..... 34:30.09
10. Maddie Block, 2023..... 34:44.62

**Heptathlon**

1. Jenny Kimbro, 2021 .....5,679 pts
2. **Tionna Tobias, 2023..... 5,640 pts**
3. Tammilee Kerr, 2008.....5,633 pts
4. Tria Simmons, 2019.....5,557 pts
5. Dallyssa Huggins, 2021 .....5,437 pts
6. **Annie Wirth, 2024..... 5,332 pts**
7. Kathy Gillespie, 1983 .....5,262 pts
8. Tiff Pedersen, 2004.....4,976 pts
9. Janet Adams, 1981 .....4,855 pts
10. Sarah Ryan, 2012.....4,819 pts

**High Jump**

1. Peaches Roach, 2006.....6-1 1/4 (1.86)
2. Jenny Kimbro, 2019 .....6-0 3/4 (1.85)
3. Mary Mol, 1983 ..... 6-0 (1.83)
4. Khanishah Williams, 2013 5-11 1/4 (1.81)
5. Dallyssa Huggins, 2021. 5-10 1/2 (1.79m)
6. Caleigh Bacchus, 2010 .....5-10 (1.78)
7. Lynn McMillan, 1988.....5-9 1/4 (1.76)
- Aubrianna Lantrip, 2018.....5-9 1/4 (1.76)
- Tria Simmons, 2019.....5-9 1/4 (1.76)
- Annie Wirth, 2024.....5-9 1/4 (1.76)**

**Pole Vault**

1. Jessie Strand, 2003 ..... 12-10 1/4 (3.92)
2. Sarah Burgett, 2006 ..... 12-1 3/4 (3.70)
3. Kirsten Weismantle, 2011 ..... 12-0 (3.66)
4. Amy Smith, 2018.....11-11 3/4 (3.65)
5. Katie Truedson, 2010..... 11-5 1/4 (3.49)
6. Gina Shannon, 2001..... 11-2 1/4 (3.41)
7. Brittany Holst, 2013..... 11-1 (3.38)
8. Elyssa Tracy, 2015..... 10-6 (3.20)
9. Kacey Childs, 2000.....8-0 1/2 (2.45)

**Long Jump**

1. Aisha James, 2003 .....22-3 (6.78)
2. Jahisha Thomas, 2018 .....21-6 (6.55)
3. **Tionna Tobias, 2024..... 21-4 1/4 (6.51)**
4. Zinnia Miller, 2014 ..... 20-6 1/2 (6.26)
5. Renee White, 2008 ..... 20-3 3/4 (6.19)
- Maud Zeffou-Poaty, 2024**  
..... **20-3 3/4 (6.19)**
7. Carisa Leacock, 2014 .....19-11 3/4 (6.09)
8. Amanda Carty, 2019 .....19-11 1/2 (6.08)
9. Becki Borg, 1988..... 19-7 1/4 (5.97)
10. Jenny Kimbro, 2018 ..... 19-7 (5.97)

**Triple Jump**

1. Jahisha Thomas, 2018 ..... 44-2 (13.46)
2. Renee White, 2008 ..... 43-10 3/4 (13.36)
3. **Daniela Wamokpego, 2024**  
..... **43-4 3/4 (13.21)**
4. Zinnia Miller, 2014 .....42-0 1/2(12.81)
5. **Kayla Hutchins, 2021..... 41-10 (12.75)**
6. Tiffany Johnson, 2007 .....41-8 3/4 (12.72)
7. Eavion Richardson, 2021 ..... 41-1 (12.52)
8. Carisa Leacock, 2012 .... 40-10 1/2 (12.46)
9. Amanda Carty, 2019 .....40-11 (12.47)
10. Becki Borg, 1988.....40-7 1/2 (12.38)
- Tria Simmons,2016.....40-7 1/2 (12.38)

**Shot Put**

1. Laulauga Tausaga, 2019.59-1 1/2 (18.02)
2. Nia Britt, 2019.....55-7 3/4 (16.96)
- Kat Moody, 2023..... 55-7 3/4 (16.96)**
4. **Wisdom Williams, 2024** .....  
..... **51-9 1/4 (15.78)**
5. Lisa Van Steenwyk, 1992..... 50-8 (15.44)
6. **Jamie Kofron, 2022.....50-6 (15.39)**
7. Nicole Berry, 2022.....50-5 1/4 (15.37)
8. Gail Smith, 1984 .....50-3 1/4 (15.32)
9. Denise Taylor, 1992.....50-1 3/4 (15.28)
10. Erika Hammond, 2019.....49-9 1/4 (15.17)

**Discus**

1. Laulauga Tausaga, 2019 ... 209-10 (63.94)
2. Serena Brown, 2021 ..... 196-2 (59.81)
3. **Kat Moody, 2024..... 194-7 (59.37)**
4. K. Spanoudakis, 2019 ..... 190-1 (57.95)
5. Majesty Tutson, 2013 ..... 181-1 (55.19)
6. Dakotah Goodell, 2014..... 169-4 (51.62)
7. **Jamie Kofron, 2022..... 166-1 (50.62)**
8. **Sydney Smith, 2024..... 163-4 (49.80)**
9. Kara Misel, 2021 ..... 162-1 (49.40)
10. Tiffany Medenwaldt, 2010.. 161-3 (49.16)

**Javelin**

1. Alana Redfern, 2003..... 181-5 (55.30)
2. **Lizzy Korczak, 2024 ..... 166-1 (50.62)**
3. Tammilee Kerr, 2008..... 163-5 (49.81)
4. Marissa Mueller, 2019..... 154-3 (47.02)
5. Mandy Beck, 1999 ..... 153-4 (46.74)
6. Dakotah Goodell, 2015 153-3 1/4 (46.71)
7. Terri Soldan, 1983..... 152-6 1/4 (46.48)
8. Shani Renning, 1990..... 152-3 (46.40)
9. Kayla Hochhalter, 2015 ..... 152-6 (46.48)
10. Clara Simon, 1981 ..... 149-9 (45.64)

**Hammer Throw**

1. Amanda Howe, 2022 .....212-9 (64.84)
2. Laulauga Tausaga, 2019 .....201-3 (61.34)
3. Annemie Smith, 2015... 200-1 1/2 (60.99)
- Nia Britt, 2019.....200-1 (60.99)
5. Allison Wahrman, 2021 ..... 198-7 (60.53)
6. Jasmine Simpson, 2013 ..... 197-7 (60.23)
7. Becca Franklin, 2007 ..... 195-0 (59.45)
8. Ashlyn Gulvas, 2014..... 192-9 (58.75)
9. Leah Colbert, 2018 ..... 189-3 (57.69)
10. **Alivia Bauer, 2024..... 188-9 (57.53)**

## WOMEN'S OUTDOOR ALL-TIME TOP 10 RELAYS

**4x100-Meter Relay**

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

**Shuttle Hurdle Relay**

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

**4x200-Meter Relay**

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

**4x400-Meter Relay**

- Hernandez, Guillory, Holder, Guster, 2016 ..... 3:30.97
- Guillory, Brown, Hernandez, Champe, 2017 ..... 3:32.37
- Dorn, Biermann, Roberts, Bruxvoort, 2023** ..... 3:33.16
- Bruxvoort**, Dowd, Wensel, **Roberts**, 2022 ..... 3:33.18
- Guster, Hernandez, Holder, Kwaza, 2014 ..... 3:34.83
- Dorn, Larsen, Biermann, Bruxvoort, 2023** ..... 3:35.10
- Larsen, Roberts, Biermann, Itson, 2023** ..... 3:35.17
- Dorn, Magee, Biermann, Larsen, 2023** ..... 3:35.53
- Dorn, Biermann, Larsen, Roberts, 2023** ..... 3:35.60
- Praska, Hendricks, Liverpool, Erickson, 2011 ..... 3:35.93

**Sprint Medley Relay**

- Jones, Hendricks, Liverpool, Praska, 2011 ..... 3:48.63
- Brown, Kwaza, Guster, Watts, 2014 ..... 3:51.18
- Hargrove, Dowd, Wensel, **Pitcher**, 2022 ..... 3:52.56
- Kwaza, Guster, Holder, Watts, 2016 ..... 3:52.62
- Swanson, Morken, King, Arco, 2019 ..... 3:52.85
- Kwaza, Brown, Guster, Trost, 2015 ..... 3:53.29
- Christian, Buss, Guillory, Arco, 2019 ..... 3:54.18
- Kwaza, R. Moore, Holder, Alexia, 2013 ..... 3:54.51
- Trusty, R. Moore, Hendricks, Praska, 2010 ..... 3:56.53
- Reid, Philip, Hobbs, Benning, 1995 ..... 3:56.54

**4x800-Meter Relay**

- McCabe, Arco, Saunders, King, 2019 ..... 8:31.84
- Moore, A. Bookin-Nosbisch, G. Bookin-Nosbisch, Pitcher**, 2022 ..... 8:35.75
- Suppelsa, Wodek, Kruckeberg, Schneckloth, 1987 ..... 8:46.45
- Lahann, Stanley, Hume, Barber, 2004 ..... 8:48.87
- Itson, G. Bookin-Nosbisch, Pitcher, Moore, 2023** ..... 8:49.00
- Schneckloth, Roberts, Hawkins, Kruckeberg, 1989 ..... 8:49.38
- Trost, Maser, Alexia, Nelson, 2014 ..... 8:49.95
- Nelson, Watts, Wilberding, Sindt, 2016 ..... 8:51.90
- Flood, Dlhly, L. Hardesty, Docherty, 2009 ..... 8:53.91
- Armstrong, Stanley, Laney, Hume, 2005 ..... 8:54.27
- O'Brien, Camarigg, Williams, Stormo, 1981 ..... 8:54.36

**Distance Medley Relay**

- Hoskins, Powell, Schneckloth, Kruckeberg, 1989 ..... 11:22.18
- Powell, Hoskins, Schneckloth, Roberts, 1990 ..... 11:24.12
- Armstrong, Alexander, Poncé, Stanley, 2007 ..... 11:25.05
- Stanley, McCalla, Hume, Armstrong, 2005 ..... 11:34.04
- Barber, Williams, Hume, Arens, 2004 ..... 11:34.56
- Thompson, Williams, Hume, Arens, 2003 ..... 11:39.02
- 2000 ..... 11:39.83
- G. Bookin-Nosbisch, Roberts, A. Bookin-Nosbisch, Aesoph**, 2022 ..... 11:40.18
- Schrulle, Erickson, Placzek, Eilers, 2012 ..... 11:40.57
- Davenport, xx, xx, xx, 1981 ..... 11:41.44

**4x1,600-Meter Relay**

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