



Iowa Track & Field

WEEK 3 | JAN 24-25, 2025 | LARRY WIECZOREK INVITATIONAL



Larry Wieczorek Invitational
January 24-25, 2025

Friday: Weight Throw & Shot Put (HTRC) - 11 a.m. | Jumps (ITF) - 3 p.m.
Running events - 5 p.m.
Saturday: Field Events & Running - 1:00 p.m.

2024-25 INDOOR SCHEDULE



- 12/13-14 Jimmy Grant Alumni Invitational & Multi (Iowa City, Iowa)
- 1/17-18 Hawkeye Invitational (Iowa City, Iowa)
- 1/24-25 Larry Wieczorek Invitational & Multi (Iowa City, Iowa)**
- 1/31-2/1 Missouri Invitational (Columbia, Missouri)
- 1/31-2/1 Meyo Invitational (South Bend, Ind.)
- 2/7-8 Iowa State Classic (Ames, Iowa)
- 2/7-8 New Mexico Collegiate Classic (Albuquerque, N.M.)
- 2/14-15 Tiffin Invitational (Tiffin, Ohio)
- 2/14-15 Tyson Invite (Fayetteville, Ark.)
- 2/14-15 Texas Tech Invitational (Lubbock, Texas)
- 2/14-15 BU David Hemery Valentine Invitational (Boston, Mass.)
- 2/21 Iowa Open (Iowa City, Iowa)
- 2/21 Matador Qualifier (Lubbock, Texas)
- 2/21 Arkansas Qualifier (Fayetteville, Ark.)
- 2/22 Alex Wilson Invitational (South Bend, Indiana)
- 2/28-3/1 Big Ten Indoor Championships (Indianapolis, Indiana)
- 3/14-15 NCAA Indoor Championships (Virginia Beach, Va.)

2024-25 NEWS

- Sophomore **Ryan Johnson** set a program and facility record with a 24.00-meter toss in the men's weight throw that ranks first nationally in his debut.
- Freshman **Chioma Nwachukwu** won the women's 400 meters in 53.32 and posted Iowa's seventh-fastest time in program history, climbing to third in the country.
- Senior **Zidane Brown** and sophomore **Isaac Lewis** posted times within the top-ten in the NCAA Division I. Brown won the men's 400 meters in 46.99, good for seventh in the NCAA, while Lewis followed in 47.19 for the ninth-fastest time in the nation.
- Sophomore **Maud Zeffou-Poaty** improved upon her fourth-longest jump in school history with a matched personal record of 6.19 meters to win the long jump. In the men's pole vault, freshman **Abraham Vogelsang** finished second with a 5.00-meter mark, a tie for seventh place in program history with the result.
- Sophomore **Precious Irivi** improved on his all-time best in the triple jump with a 15.27-meter jump, while **Jeanne Le Goff** won the women's event with Iowa's fourth-best all-time mark of 12.87 meters.
- Returning All-American **Daniela Wamokpego** kicked off 2025 with a school record 13.32-meter mark in the triple jump.
- At the Jimmy Grant Invite, **Sean Smith** set a then-school record that ranked third nationally, while **Alivia Bauer** defended her weight throw title. Sophomore **Wisdom Williams** cracked into Iowa's top-10 list in her weight throw debut.
- Six Hawkeyes won events in their debuts, including **Alivia Williams** (300 meters), **Terrick Johnson** (600 meters), **Damaris Mutunga** (600 meters), **Luke Knepp** (3,000 meters), **Ethan Glyde** (high jump) and **Pauline Bikembo** (pentathlon). Bikembo (4,229 points) and Mutunga (1:28.19) rose to second and third all-time at Iowa in their respective events and Knepp's finish was the sixth fastest time in program history.
- The women's pentathlon was led by Bikembo, who was the Hawkeyes' top finisher in every event with a final 4,229 points. Sophomore **Annie Wirth** earned a personal record in the long jump (5.53 meters) and finished second on the day, claiming a personal record and sixth all-time ranking at Iowa.
- Junior **Sal Capaldo** finished first for the Hawkeyes in the men's pentathlon with a total of 3,660 points, setting a personal record in shot put (12.58 meters) and matching his long jump personal record (6.75 meters).

IOWA COACHING STAFF



JOEY WOODY

Director of Iowa Track & Field and Cross Country
11th 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 one NCAA individual title, 55 Big Ten individual titles, 15 conference relay titles, four men's Big Ten team titles, four Big Ten athletes of the year, and 239 All-American honors.

RAY ROBINSON

Associate Head Coach of Track and Field

RANDY HASENBANK

Associate Head Coach of Cross Country

HADRIEN CHOUKROUN

Assistant Coach (Jumps/Combined Events)

CHYNA DAVIS

Assistant Coach (Sprints/Hurdles)

JASON WAKENIGHT

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

NIK CURTISS

Assistant Coach (Throws)

EMMA GORDON

Assistant Coach (Women's Distance)

STEVE PATERNOSTRO

Director of Operations

IOWA QUICK FACTS

Location	Iowa City, Iowa
Founded	1847
Enrollment	32,199
President.....	Barbara J. Wilson
Athletics Director.....	Beth Goetz
Administrator.....	Marcus Wilson
School Colors	Black and Gold
Nickname	Hawkeyes
Conference.....	Big Ten
Facility.....	Hawkeye Indoor Track Facility

MIDWEST REGIONAL RANKINGS

MEN'S TEAM	CONFERENCE	POINTS
1. Nebraska	Big Ten	340.70
2. Oklahoma State	Big 12	321.57
3. Iowa State	Big 12	303.22
4. IOWA	Big Ten	263.34
5. Kansas	Big 12	236.16

WOMEN'S TEAM	CONFERENCE	POINTS
1. Oklahoma State	Big 12	368.32
2. Illinois	Big Ten	324.10
3. IOWA	Big Ten	263.87
4. Minnesota	Big Ten	259.93
5. Kansas	Big 12	212.88

NATIONAL RANKINGS

USTFCCA: FINAL INDOOR RANKINGS

MEN	WOMEN
1. Texas Tech	1. Arkansas
2. Arkansas	2. Florida
3. Florida	3. Georgia
4. Northern Arizona	4. Oregon
5. North Carolina	5. Ole Miss
6. Texas A&M	6. LSU
7. Oklahoma State	7. BYU
8. Southern California	8. Oklahoma State
9. IOWA	9. Southern California
10. Washington	10. Notre Dame
11. Kentucky	11. Alabama
12. Nebraska	12. South Carolina
13. Virginia Tech	13. Texas
14. Wisconsin	14. Texas A&M
15. Ole Miss	15. Stanford
16. Georgia	16. Texas Tech
17. Florida State	17. Tennessee
18. Alabama	18. Washington
19. Texas	19. Illinois
20. Villanova	20. Iowa State
21. Penn State	21. Harvard
22. Georgetown	22. Colorado State
23. Iowa State	23. Georgetown
24. Stanford	24. Providence
25. South Carolina	25. Nebraska

THIS WEEK

The Hawkeyes return home, hosting the Larry Wieczorek Invitational on Friday and Saturday. Friday will begin with throws at 11 a.m. inside the Hawkeye Tennis and Recreation Complex. Action at the track starts at 3 p.m. with high jump. Saturday's action will begin at 1:00pm at the Hawkeye Indoor Track Facility.

HOW TO FOLLOW ALONG

The meet schedule and results can be found on track and field schedule page at hawkeyesports.com. Updates and results will also be posted on the team's official 'X' account ([iowaXC_TF](https://twitter.com/iowaXC_TF)).

LAST TIME OUT

At the Hawkeye Invitational, the Hawkeyes claimed 12 event titles from both days of competition. Ryan Johnson set a program and facility record in his Iowa debut in the weight throw. Alivia Bauer (weight throw) and Wisdom Williams (shot put) won their respective events. The Hawkeyes dominated in hurdles with returning All-American Paige Magee coasting to the women's 60-meter hurdles title in 8.37. Chioma Nwachukwu emerged as the victor in the women's 400-meter in 53.32 and posted Iowa's seventh-fastest time in program history, ranking third in the country. Zidane Brown won the men's 400 meters in 46.99, good for seventh in the NCAA. Precious Iriveri improved on his all-time best with a 15.27-meter jump, while Jeanne Le Goff won the women's event with Iowa's fourth-best all-time mark of 12.87 meters.

WIECZOREK INVITE 2024

Last season, Paige Magee shattered Iowa's 60-meter hurdle school record during the Larry Wieczorek Invitational. Magee bettered her previous program record (8.07) as she broke through with a 8.00 finish which, at the time, ranked second in the NCAA. Sal Capaldo was crowned the champion of the heptathlon and moved to sixth in program history (5,256 points). Joe Stein led the men's 60-meter sprint group with a lifetime best of 6.77. Daniela Wamokpego matched her career best with a 13.12-meter leap, at the time of competition ranked fifth in the NCAA. The women's 4x400-meter relay group of Julia Pattison, Magee, Olivia Lucas and Chloe Larsen sped to a title-clinching 3:40.91.

B1G ATHLETES OF THE WEEK

Three Hawkeyes earned B1G Athlete of the Week awards following their performances at the Jimmy Grant Alumni Invitational. Sean Smith won the men's field athlete of the week honor by setting a new school record in the weight throw. His finish ranked third nationally (22.49-meters). Daniela Wamokpego was named co-field athlete of the week after crushing Iowa's program record in the triple jump with a 13.32-meter mark. Her finish tied the national lead and was a personal record. Pauline Bikembo won freshman athlete of the week honors after her first-place finish in the pentathlon (4,229 points) which ranks second all-time at Iowa and in Division 1.

HAWKEYES IN THE TOP 10

The Hawkeyes have 11 athletes ranked in the top 10 nationally. In the 400 meters, Chioma Nwachukwu ranks among the best nationally. In the 600 meters, Damaris Mutunga and Alli Bookin-Nosbisch cracked into the top 10. The triple jump sees Daniela Wamokpego claim a top 10 spot. Ryan Johnson leads the country, while Sean Smith holds the tenth-longest weight throw mark. The women's pentathlon top-10 list features Pauline Bikembo and Annie Wirth. For the men's pentathlon, Sal Capaldo, Canaan Burnett and Will Davidson represent the Hawkeyes in the top 10.

JOHNSON DOMINATES IN DEBUT

In his Hawkeye debut, sophomore Ryan Johnson set a program and facility record with a 24.00-meter throw. Johnson rose to the top of Iowa's all-time list with his first throw of 23.57 meters. Johnson would better that mark twice more in his series. On his final throw, Johnson rocketed to the top of the national rankings. All six of Johnson's throws surpassed the 22.75 mark. The performance updated his U20 world record.

SCHOOL-RECORD HOLDERS

Six school-record holders are on Iowa's 2025 roster:

- Lia Love: Women's 60 meters (7.24)
- Kalen Walker: Men's 60 meters (6.51)
- Paige Magee: Women's 60-meter hurdles (7.99)

- Alli Bookin-Nosbisch: Women's 800 meters (2:03.42)
- Ryan Johnson: Men's Weight Throw (24.00 meters)
- Daniela Wamokpego: Women's Triple Jump (13.24 meters)

THE WALKER & KRESLEY DUO

Three-time All-American and NCAA runner-up, Kalen Walker is primed for a standout fifth year with the Hawkeyes. Walker took silver in the 60 meters at the 2024 NCAA Championships (6.59). At the Jarvis Scott Open, Walker set a school record of 6.51, which holds as the program's top time heading into 2025. He was also the B1G runner-up in the 60 meters, matching his school record in the prelims. Alongside Walker, Austin Kresley is aiming to bounce back from an injury. Kresley holds the second all-time best time in the 60 meters at Iowa with a time of 6.64.

PAIGE NOTES

Senior Paige Magee set a school record in the 60-meter hurdles at the 2024 Big Ten Indoor Championships, becoming the first Hawkeye to run sub-eight. Magee raced 7.99 in the prelims, tying for the best time in the Big Ten and seventh nationally. Magee placed second in the finals at the conference meet, contributing to 22 points across three events (2nd in 60mH, 2nd in 4x400m, 3rd in 200m). Magee earned a bid to the NCAA Championships, where she was a second-team All-American in the 60-meter hurdles. Prior to last season, the Iowa record stood at 8.07, which Magee busted on three occasions.

THE BOOKIN-NOSBISCH CLUB

Twins Alli and **Grace Bookin-Nosbisch** have spilled serious ink in the annals of the Iowa record book. Alli sits atop the indoor 800 meters column with her 2:03.42 set at the Tyson Invite a season ago. Grace ranks seventh in the same category with a 2:07.21 set in 2024. Both were members of the 11:15.07 school-record DMR team at Big Tens last season.

UPDATING THE ALL-TIME LISTS

This season, the Hawkeyes have made 15 updates to the top-10 lists:

- Women's 400 Meters: Chioma Nwachukwu (7th)
- Women's 600 Meters: Damaris Mutunga (3rd)
- Men's 3,000 Meters: Luke Knepp (6th)
- Men's Triple Jump: Precious Irivi (7th)
- Women's Triple Jump: Daniela Wamokpego (1st), Jeanne Le Goff (4th)
- Women's Long Jump: Maud Zeffou-Poaty (4th), Pauline Bikembo (5th)
- Men's Pole Vault: Abraham Vogelsang (7th)
- Women's Weight Throw: Wisdom Williams (9th)
- Men's Weight Throw: Ryan Johnson (1st), Sean Smith (2nd), Austin Busch (4th)
- Women's Pentathlon: Pauline Bikembo (2nd), Annie Wirth (6th)

UP NEXT

The Hawkeyes hit the road for the first time this season, traveling to the Dr. Rick McGuire Invite in Columbia, Missouri, and the Meyo Invite in South Bend, Indiana.

MEDIA INFORMATION

Media availability will occur on an upon-request basis. Contact John Leo and Elizabeth Coon for media requests. For specific student-athlete requests, please notify John and Elizabeth at least 24-hours in advance. Coach and select student-athletes will address the media following home meets.

2024-25 INDOOR SEASON BESTS

MEN'S INDOOR SEASON BESTS

60 Meters.....	Austin Kresley	6.67
60 Hurdles	Kai Graves-Blanks.....	7.85
200 Meters	Sal Capaldo	21.90
300 Meters	Tyrese Miller.....	34.07
400 Meters	Zidane Brown.....	46.99
600 Meters	Terrick Johnson	1:17.23
800 Meters	Canaan Burnett	2:08.51
1,000 Meters.....	Ryan Schreiner.....	2:25.83
Mile	Carson Houg.....	4:11.53
3,000 Meters.....	Luke Knepp.....	8:05.72
4x400 Relay.....	Capaldo, Zondervan, Lewis, Brown.....	3:12.64
High Jump.....	Ethan Glyde	6-10 3/4 (2.10m)
Pole Vault.....	Abraham Vogelsang	16-4 3/4 (5.00m)
Long Jump.....	Sal Capaldo	22-1 3/4 (6.75m)
Triple Jump.....	Precious Irivi	50-1 1/2 (15.27m)
Shot Put	Duke Faley.....	54-8 1/4 (16.67m)
Weight Throw....	Ryan Johnson.....	* 78-9 (24.00m)
Pentathlon	Sal Capaldo	3,660 points

WOMEN'S INDOOR SEASON BESTS

60 Meters.....	Lia Love	7.43
60 Hurdles	Paige Magee.....	8.37
200 Meters	Paige Magee.....	24.61
300 Meters	Alivia Williams.....	38.18
400 Meters	Chioma Mwachukwu	53.32
600 Meters	Damaris Mutunga.....	1:28.19
800 Meters	Pauline Bikembo	2:21.32
1,000 Meters.....	Clare Kelly.....	2:57.64
Mile	Elena Torres.....	4:55.49
3,000 Meters	Miriam Sandeen.....	9:57.08
4x400 Relay.....	Ar. Williams, Duax, A. Bookin-Nosbisch, Nwachukwu.....	3:39.19
High Jump.....	Pauline Bikembo	5-8 3/4 (1.75m)
	Annie Wirth.....	5-8 3/4 (1.75m)
Long Jump.....	Maud Zeffou-Poaty	20-3 3/4 (6.19m)
Triple Jump.....	Daniela Wamokpego.....	* 43-8 1/2 (13.32m)
Shot Put	Wisdom Williams.....	50-6 3/4 (15.41m)
Weight Throw....	Alivia Bauer.....	64-3 (19.58m)
Pentathlon	Pauline Bikembo	4,229 points

* -- school record

UI STRATEGIC COMMUNICATIONS

John Leo (*Assistant Director*)
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 Email:.....john-leo@uiowa.edu

Elizabeth Coon (*Secondary Contact*)
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 Email:.....elizabeth-coon@uiowa.edu

2025 ROSTERS

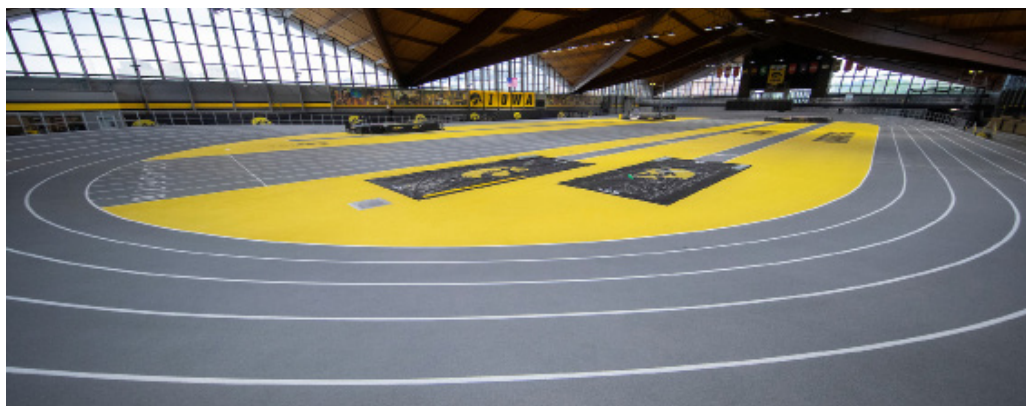
MEN

Name	Event	Yr.
Zidane Brown	Sprints	Sr.
Brayden Burnett	Distance	Jr.
Canaan Burnett	Multi-Events	RS Fr.
Austin Busch	Throws	RS So.
Sal Capaldo	Multi-Events	Jr.
Armaan Chopra	Distance	Fr.
Will Davidson	Multi-Events	RS Fr.
Drew Dillard	Hurdles/Jumps	Fr.
Ethan Eichhorn	Distance	Fr.
Duke Faley	Throws	RS Fr.
James Fingalsen	Mid-Distance	So.
Landon Fontenot	Sprints	Fr.
Ethan Glyde	Hurdles	Fr.
Nicholas Gorsich	Jumps	RS Fr.
Miles Granjean	Sprints	So.
Kai Graves-Blanks	Hurdles	So.
Jaylin Holmes	Hurdles	Jr.
Carson Houg	Distance	Fr.
Precious Irivi	Jumps	So.
Khullen Jefferson	Sprints	5th Year
Jackson Johannes	Sprints	Fr.
Kalil Johnson	Hurdles	Sr.
Ryan Johnson	Throws	So.
Terrick Johnson	Mid-Distance	Jr.
Tyler Kenaga	Hurdles	Fr.
Luke Knepp	Distance	Fr.
Austin Kresley	Sprints	5th Year
Hayden Kuhn	Distance	Jr.
Carson Lane	Mid-Distance	So.
Derek Leicht	Mid-Distance	Jr.
Caleb Levy	Mid-Distance	So.
Isaac Lewis	Hurdles	So.
Brady Mider	Throws	Fr.
Tyrese Miller	Sprints	Jr.
Kyle Montgomery	Distance	Fr.
Eli Naumann	Distance	Jr.
Emmanuel Njoku	Jumps	Fr.
Jaxson Plumb	Distance	Fr.
Josh Pugh	Sprints	So.
Bryce Ruland	Throws	Fr.
Will Ryan	Distance	Jr.
Ryan Schreiner	Mid-Distance	Jr.
Miles Sheppard	Distance	Fr.
Sean Smith	Throws	Jr.
Joe Stein	Sprints	Sr.
Abraham Vogelsang	Multi-Events	Fr.
Kalen Walker	Sprints	5th Year
Walker Whalen	Throws	Jr.
Miles Wilson	Distance	So.
Yohana Yual	Distance	Sr.
Braedin Zondervan	Sprints	Fr.

WOMEN

Name	Event	Yr.	Name	Event	Yr.
Madeline Andelbradt	Jumps	Jr.	Paige Magee	Hurdles	5th Year
Alivia Bauer	Throws	Sr.	Brynley McDermott	Sprints	Sr.
Pauline Bikembo	Multi-Events	Fr.	Ella Meeuwssen	Jumps	RS Jr.
Jalyssa Blazek	Distance	Jr.	Damaris Mutunga	Sprints	Fr.
Alli Bookin-Nosbisch	Mid-Distance	Sr.	Chioma Nwachukwu	Sprints	Fr.
Grace Bookin-Nosbisch	Mid-Distance	Sr.	Julia Pattison	Sprints	Jr.
Rowan Boulter	Distance	Jr.	Ellie Rathe	Distance	Jr.
Gabby Cortez	Mid-Distance	Jr.	Ellie Rickertsen	Hurdles	Jr.
Holly Duax	Sprints	Jr.	Carlee Rochford	Multi-Events	So.
Alexandria Edison	Sprints	Jr.	Ava Rush	Mid Distance	So.
Ali Frandsen	Hurdles	So.	Abby Ryan	Distance	Gr.
Julia Gehl	Distance	Fr.	Miriam Sandeen	Distance	Sr.
Lillian Harden	Hurdles	Fr.	Lillian Schmidt	Distance	Sr.
Natalie Harris	Hurdles	Jr.	Sydney Smith	Throws	So.
Jaiden Itson	Mid Distance	Sr.	Audra Soderlind	Distance	So.
Lily Johannes	Mid Distance	Jr.	Aleah Tenpas	Distance	Jr.
Cameron Kalaway	Distance	So.	Elena Torres	Distance	Fr.
Lara Kallem	Distance	Gr.	Hillary Trainor	Distance	Fr.
Clare Kelly	Distance	So.	Daniela Wamokpego	Jumps	So.
Claire Kohler	Hurdles	Fr.	Alivia Williams	Sprints	Fr.
Jeanne Le Goff	Jumps	Fr.	Arianna Williams	Sprints	So.
Marissa Long	Distance	Fr.	Wisdom Williams	Throws	Jr.
Lia Love	Sprints	Sr.	Peyton Wilson	Throws	So.
Olicia Lucas	Sprints	So.	Annie Wirth	Multi-Events	So.
			Isabelle Woody	Multi-Events	Jr.
			Maud Zeffou-Poaty	Jumps	So.

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.

 /IowaXGTF

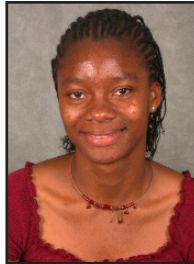
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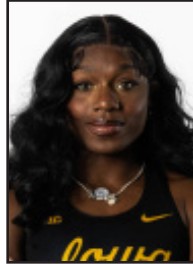
INDOOR ALL-TIME TOP 10 PERFORMERS



Amber Aesoph



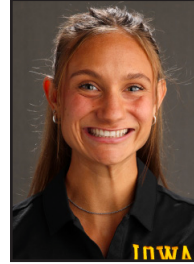
Kineke Alexander



Myreanna Bebe



Alli Bookin-Nosbisch



Grace Bookin-Nosbisch



Brittany Brown



Mariel Bruxvoort

60 Meters

1. **Lia Love, 2024**.....7.24
2. LaSarah Hargrove, 20227.25
3. Lake Kwaza, 20167.33
4. **Holly Duax, 2024**.....7.38
5. Brittany Brown, 20177.39
6. Elaine Jones, 19837.43
7. Kyara Avant, 20187.44
8. **Paige Magee, 2023**.....7.45
- Peaches Roach, 20057.45
- Antonise Christian, 20207.45

60-Meter Hurdles

1. **Paige Magee, 2024**.....7.99
- Myreanna Bebe, 20238.07
3. Tionna Tobias, 20248.15
4. Karessa Farley, 20098.21
5. Jenny Kimbro, 20208.22
6. Tiffany Johnson, 20068.33
7. Jahisha Thomas, 20178.35
8. Paula Ruen, 19988.39
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. **Lia Love, 2024**.....23.39
5. **Paige Magee, 2023**.....23.46
6. Kineke Alexander, 200623.49
7. Lake Kwaza, 201623.54
8. Shellene Williams, 200423.62
9. Marlene Poole, 199423.66
- Yolanda Hobbs, 199523.66

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. **Chioma Nwachukwu, 2025**53.32
8. Nylah Perry, 202453.37
9. Alexis Hernandez, 201753.42
10. Tesa Roberts, 202253.91

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. **Damaris Mutunga, 2025**.....1:28.19
4. Chloe Larsen, 20231:28.31
5. Mallory King, 20221:28.45
6. **Gabby Cortez, 2023**1:28.47
7. **Alli Bookin-Nosbisch, 2024**.....1:28.73
8. Aliyanna Dorn, 20231:29.03
9. MonTayla Holder, 20161:29.35
10. Clare Pitcher, 20221:29.36

800 Meters

1. **Alli Bookin-Nosbisch, 2024**.....2:03.42
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. **Grace Bookin-Nosbisch, 2024**.....2:07.21
8. Katharina Trost, 20142:07.38
9. Mahnee Watts, 20142:08.79
10. Tia Saunders, 20202:08.83

Mile

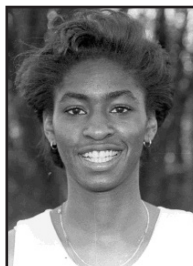
1. McKenzie Melander, 20114:39.78
2. Jeanne Kruckeberg, 19894:40.19
3. Meghan Armstrong, 20064:40.59
4. Rachelle Roberts, 19904:40.79
5. Lauren Hardesty, 20114:41.01
6. Amber Aesoph, 20224:41.58
7. Tina Stec, 19944:42.63
8. Betsy Flood, 20104:42.70
9. Penny O'Brien, 19814:43.72
10. Diane Nukuri, 20074:46.25

3,000 Meters

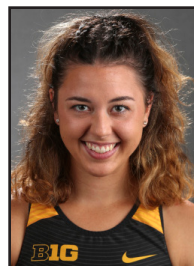
1. Tracy Dahl, 19939:15.57
2. Meghan Armstrong, 20089:17.50
3. Diane Nukuri, 20089:20.07
4. Betsy Flood, 20119:20.09
5. Nan Doak, 19829:21.60
6. Jenny Spangler, 19869:22.41
7. Mareike Schulle, 20129:23.97
8. Brooke Eilers, 20129:27.92
9. McKenzie Melander, 20129:29.71
10. Krista Anderson, 20069:29.75



Tracy Dahl



Senta Hawkins



Jenny Kimbro



Mallory King



Lia Love



Paige Magee

INDOOR ALL-TIME TOP 10 PERFORMERS



McKenzie Melander

Tesa Roberts

Peaches Roach

Jessie Strand

Laulauga Tausaga

Daniela
Wamokpego

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. **Pauline Bikembo, 2025 ... 4,229 points**
3. Tria Simmons, 2019 4,200 points
4. Tionna Tobias, 2024..... 4,049 points
5. Tammilee Kerr, 2008..... 3,974 points
6. Dallyssa Huggins, 2021 3,881 points
7. **Annie Wirth, 2025 3,872 points**
8. Chris Davenport, 1983..... 3,798 points
9. Tahlee McVee, 2023..... 3,767 points
10. Kamesha Marshall, 2005..... 3,701 points

High Jump

1. Peaches Roach, 20056-0 3/4 (1.85)
2. Mary Mol, 1983 6-0 (1.83)
3. Khanishah Williams, 2013. 5-11 1/4 (1.81)
4. **Annie Wirth, 2023 5-10 1/2 (1.79)**
5. Dallyssa Huggins, 20205-10 (1.78)
6. Becky Kaza, 1995.....5-9 3/4 (1.77)
7. 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)
- Pauline Bikembo, 2025 ..5-8 3/4 (1.75)**

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. Tionna Tobias, 2023..... 21-0 1/2 (6.41)
3. Zinnia Miller, 2014..... 20-4 1/4 (6.20)
4. **Maud Zeffou-Poaty, 2025 20-3 3/4 (6.19)**
5. **Pauline Bikembo, 2025 19-9 3/4 (6.04)**
6. Carisa Leacock, 2014 19-9 1/2 (6.03)
7. Lisa Moats, 1986 19-6 (5.95)
8. Kassidy Ellis, 2015..... 19-5 1/2 (5.93)
9. Kayla Hutchins, 2024..... 19-4 1/4 (5.90)
10. Jenny Kimbro, 2020 19-4 (5.89)

Triple Jump

1. **Daniela Wamokpego, 2025 43-8 1/2 (13.32)**
2. Jahisha Thomas, 2018.....43-4 1/2 (13.22)
3. Renee White, 2008..... 42-4 (12.90)
4. **Jeanne Le Goff, 2025 42-2 3/4 (12.87)**
5. Amanda Carty, 2019..... 42-1 1/2 (5.88)
6. Tria Simmons, 201742-1 1/4 (12.83)
7. Tiffany Johnson, 2007.....41-3 3/4 (12.59)
8. Eavion Richardson, 2021 41-3 1/4 (12.58)
9. Zinnia Miller, 2014.....41-2 1/2 (12.56)
10. Kayla Hutchins, 2022.....40-9 3/4 (12.44)

Shot Put

1. Lauauga Tausaga, 2020 ..58-11 1/4 (17.96)
2. Kat Moody, 2024.....55-9 1/4 (17.00)
3. Nia Britt, 2019 54-11 1/2 (16.75)
4. Nicole Berry, 202252-6 3/4 (16.02)
5. **Wisdom Williams, 2023 52-1 1/4 (15.88)**
6. Erika Hammond, 201951-3 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, 202150-0 3/4 (15.26)

Weight Throw

1. Lauauga Tausaga, 2019. 76-3 3/4 (23.26)
2. Amanda Howe, 2023.....71-5 1/2 (21.78)
3. Jamie Kofron, 202469-0 1/2 (21.04)
4. Nia Britt, 202268-8 1/2 (20.94)
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, 201160-4 1/2 (18.40)
10. **Wisdom Williams, 2025 60-4 3/4 (18.41)**

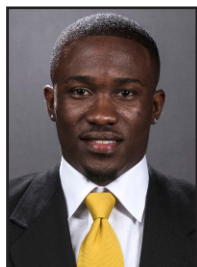
4x400-Meter Relay

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. Biermann, **Magee**, Larsen, Perry, 2024 3:34.24
7. Biermann, Dorn, **Magee**, Perry 2024 3:34.29
8. Sharpe, Guillory, Brown, Champe, 2018..... 3:34.34
9. Dorn, **Magee**, Larsen, Biermann, 2023 3:34.49
10. Bruxvoort, Wensel, King, Roberts, 2022 3:35.73

Distance Medley Relay

1. **A. Bookin-Nosbisch**, Roberts, **G. Bookin-Nosbisch**, Aesoph, 2023 11:15.07
2. **A. Bookin-Nosbisch**, Dorn, **G. Bookin-Nosbisch**, Aesoph, 2024 **11:17.78**
3. Armstrong, Alexander, L. Hardesty, Nukuri, 2008 11:20.11
4. Gordon, Bruxvoort, **G. Bookin-Nosbisch**, Aesoph, 2022..... 11:21.29
5. Melander, Hendricks, L. Hardesty, Eilers, 2011 11:22.44
6. Stormo, Davenport, Williams, O'Brien, 1981 11:23.02
7. Melander, Praska, Hendricks, Flood, 2011 11:24.47
8. Flood, Hendricks, L. Hardesty, Melander, 2010 11:25.01
9. Melander, Hendricks, Flood, Marchand, 2009 11:27.34
10. Benning, Poole, Salsberry, Stec, 1994 11:28.03

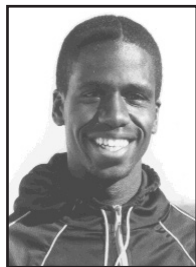
INDOOR ALL-TIME TOP 10 PERFORMERS



Karayme Bartley



Jamal Britt



Rodney Chambers



Nikolas Curtiss



Troy Doris



Julien Gillum



Peyton Haack

60 Meters

1. **Kalen Walker, 2024****6.51**
2. **Austin Kresley, 2023****6.64**
3. Damoy Allen, 2024.....6.66
4. Justin Austin, 2011.....6.69
5. Vinnie Saucer, Jr., 2016.....6.70
- Khullen Jefferson, 2023****6.71**
7. Kurt Felix, 1999.....6.73
- Tevin-Cee Mincy, 20146.73
9. Josh Larney, 2013.....6.74
- Christian Brissett, 2017.....6.74

60-Meter Hurdles

1. Jamal Britt, 20217.52
2. Jaylan McConico, 2020.....7.60
3. Aaron Mallett, 2017.....7.64
4. Grant Conway, 2024.....7.66
5. Jordan Mullen, 2013.....7.70
6. Gratt Reed, 2022.....7.72
7. Chris Douglas, 2019.....7.75
8. Ethan Holmes, 20137.82
- Josh Braverman, 20217.82
- 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. Gratt Reed, 2024.....20.82
5. Wayne Lawrence, Jr., 202020.85
6. **Austin Kresley, 2023****20.87**
7. Antonio Woodard, 2019.....20.89
8. Damoy Allen, 2023.....21.01
9. Chadrick Richards, 2022.....21.09
10. Anthuan Maybank, 199321.11

400 Meters

1. Jenoah McKiver, 2022.....45.39
2. Wayne Lawrence Jr., 202145.40
3. Mar'yea Harris, 201745.75
4. Chadrick Richards, 2022.....46.01
5. Karayme Bartley, 2019.....46.25
6. Emmanuel Ogwo, 2017.....46.45
7. Julien Gillum, 202346.73
8. Steven Willey, 2010.....46.75
9. Terrence Duckett, 198446.81
10. Collin Hofacker, 201746.82

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. Rivaldo Marshall, 2024 1:46.86
2. Carter Lilly, 2017 1:47.33
3. Erik Sowinski, 2012 1:47.62
4. Will Teubel, 2016..... 1:47.74
5. **Ryan Schreiner, 2024****1:48.42**
6. Antonio Abrego, 2022 1:48.47
7. Nick O'Connor, 2024..... 1:48.73
8. Pavlo Hutsalyuk, 2016 1:48.97
9. Ryan Weir, 2013..... 1:49.11
10. Adam Hairston, 2010 1:49.26

Mile

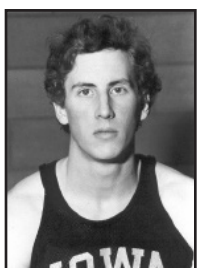
1. Jeff Thode, 20113:58.72
2. Ed DeLashmutt, 1981.....4:04.01
3. Kal Lewis, 20214:04.21
4. Adam Jones, 20174:04.28
5. Michael Melchert, 2018.....4:04.32
6. Larry Wiczorek, 1968.....4:04.40
7. Nathan Mylenek, 20194:04.88
8. Max Murphy, 20224:05.45
9. John Clark, 19724:05.94
10. Ben Witt, 20144:07.08

3,000 Meters

1. Kevin Lewis, 20157:57.06
2. Nathan Mylenek, 20207:58.37
3. Max Murphy, 20217:59.30
4. Jeff Thode, 20118:00.38
5. Micah VanDenend, 2006.....8:00.81
6. **Luke Knepp, 2025**.....**8:05.72**
7. Daniel Soto, 20208:06.04
8. Michael Melchert, 2018.....8:08.30
9. Eric MacTaggart, 20068:08.79
10. Stetson Steele, 20008:09.54

5,000 Meters

1. Kevin Lewis, 201513:43.70
2. Micah VanDenend, 2007.....13:56.46
3. Max Murphy, 202213:58.87
4. Daniel Soto, 202013:58.97
5. Stetson Steele, 200014:00.52
6. Nick Trattner, 202214:00.69
7. Dan Haut, 200614:06.16
8. Noah Healy, 202114:12.47
9. Eric MacTaggart, 200614:13.41
10. Jeff Thode, 201114:16.00



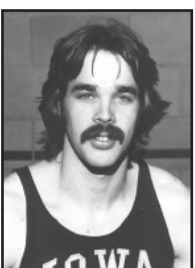
Bill Hansen



Collin Hofacker



Ryan Johnson



Bill Knoedel



Wayne Lawrence, Jr.

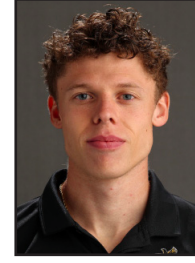
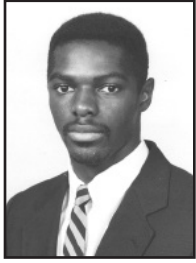


Kevin Lewis



Rivaldo Marshall

INDOOR ALL-TIME TOP 10 PERFORMERS



Anthuan Maybank Jenoa McKiver Michael Melchert Nathan Mylenek Chadrick Richards Jeff Thode Kalen Walker

Heptathlon

1. Peyton Haack, 20236,048 points
2. Austin West, 2024.....5,975 points
3. Will Daniels, 20205,689 points
4. William Dougherty, 2018 ..5,606 points
5. Kyle Reid, 20135,354 points
6. **Sal Capaldo, 2024 5,276 points**
7. Dan Rolling, 20105,205 points
8. Jack Eckert, 20155,188 points
9. Daniel Gaynes, 2018.....5,162 points
10. Ryan Niver, 20085,149 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, 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)
- Abraham Vogelsang, 2025.....**
..... **16-4 3/4 (5.00m)**
9. Phil Wertman, 1971 16-4 (4.98)
10. Jeff Raymond, 2008 16-2 (4.93)

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. 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, 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. **Precious Iriveri, 2025 50-1 1/4 (15.27)**
8. Mike Lacy, 1983 49-0 (14.93)
9. Owen Gill, 1982..... 48-10 3/4 (14.90)
10. Josh Bean, 200948-10 (14.88)

Shot Put

1. Nikolas Curtiss, 2022....64-2 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. **Ryan Johnson, 2025.....78-9 (24.00)**
2. **Sean Smith, 2025 73-9 1/2 (22.49)**
3. Tyler Lienau, 202272-10 (22.20)
4. **Austin Busch, 2025 . 69-11 1/2 (21.32)**
5. Jim Costello, 200269-4 3/4 (21.15)
6. Matt Banse, 2012 67-8 (20.62)
7. Arno van der Westhuizen, 2001
.....67-7 1/2 (20.61)
8. Adam Hamilton, 2007....66-9 1/4 (20.35)
9. Jordan Hawkins, 2022 .65-11 1/2 (20.11)
10. Jeremy Allen, 200165-10 (20.07)

4x400-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

4x800-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, 20219:42.16
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