

2024-25 WOMEN'S INDOOR SEASON BEST PERFORMANCES - UPDATED 4/1/25

60 METERS (School Record - 7.24)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Lia Love	7.27	at Jarvis Scott Open - 2/14/25	7.24 *	at Jarvis Scott Open - 2/9/24
Holly Duax	7.46	Jimmy Grant Alumni Invite - 12/14/24	7.38	at Jarvis Scott Open - 2/9/24
Alexandria Edison	7.62	at B1G Championships - 2/28/25	7.62	at B1G Championships - 2/28/25
Olicia Lucas	7.66	Hawkeye Invite - 1/18/25	7.66	Hawkeye Invite - 1/18/25
Lillian Harden	7.81	Hawkeye Invite - 1/18/25	7.81	Hawkeye Invite - 1/18/25

60-METER HURDLES (School Record - 7.99)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Lillian Harden	8.16	at New Mexico Collegiate Classic - 2/8/25	8.16	at New Mexico Collegiate Classic - 2/8/25
Paige Magee	8.19	Larry Wieczorek Invite - 1/25/25	7.99 *	at B1G Championships - 2/23/24
Pauline Bikembo	8.46	Hawkeye Invite - 1/18/25	8.46	Hawkeye Invite - 1/18/25
Carlee Rochford	8.86 ^	at B1G Championships - 2/28/25	8.86 ^	at B1G Championships - 2/28/25
Annie Wirth	8.89 ^	at Dr. Rick McGuire Invite - 1/31/25	8.63 ^	at B1G Championships - 2/23/24
Jeanne Le Goff	9.00	Hawkeye Invite - 1/18/25	9.00	Hawkeye Invite - 1/18/25

200 METERS (School Record - 22.79)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Lia Love	23.38	at Jarvis Scott Open - 2/15/25	23.38	at Jarvis Scott Open - 2/15/25
Holly Duax	23.71	at Tyson invite - 2/15/25	23.71	at Tyson invite - 2/15/25
Alexandria Edison	23.73	at New Mexico Collegiate Classic - 2/7/25	23.73	at New Mexico Collegiate Classic - 2/7/25
Alivia Williams	24.32	Larry Wieczorek Invite - 1/24/25	24.32	Larry Wieczorek Invite - 1/24/25
Brynley McDermott	24.42	at New Mexico Collegiate Classic - 2/7/25	24.42	at New Mexico Collegiate Classic - 2/7/25
Olicia Lucas	24.57	Larry Wieczorek Invite - 1/24/25	24.51	at New Mexico Collegiate Classic - 2/2/24
Paige Magee	24.61	Hawkeye Invite - 1/18/25	23.46	at B1G Championships - 2/25/23
Daniela Wamokpego	25.26	Hawkeye Invite - 1/18/25	25.26	Hawkeye Invite - 1/18/25
Ali Frandsen	25.30	Hawkeye Invite - 1/18/25	25.30	Hawkeye Invite - 1/18/25
Maud Zeffou-Poaty	25.35	at Dr. Rick McGuire Invite - 1/31/25	24.99	Larry Wieczorek Invite - 1/19/24
Ellie Rickertsen	25.58	at Jarvis Scott Open - 2/15/25	25.58	at Jarvis Scott Open - 2/15/25
Claire Kohler	25.99	Larry Wieczorek Invite - 1/24/25	25.99	Larry Wieczorek Invite - 1/24/25

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2024-25 WOMEN'S INDOOR SEASON BEST PERFORMANCES - UPDATED 4/1/25

300 METERS

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Alivia Williams	38.18	Jimmy Grant Alumni Invite - 12/14/24	38.18	Jimmy Grant Alumni Invite - 12/14/24
Olicia Lucas	38.39	Jimmy Grant Alumni Invite - 12/14/24	38.39	Jimmy Grant Alumni Invite - 12/14/24
Brynley McDermott	39.32	Jimmy Grant Alumni Invite - 12/14/24	39.32	Jimmy Grant Alumni Invite - 12/14/24
Claire Kohler	40.17	Jimmy Grant Alumni Invite - 12/14/24	40.17	Jimmy Grant Alumni Invite - 12/14/24
Ellie Rickertsen	41.60	Jimmy Grant Alumni Invite - 12/14/24	41.60	Jimmy Grant Alumni Invite - 12/14/24

400 METERS (School Record - 51.48)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Chioma Nwachukwu	52.07	at B1G Championships - 2/28/25	52.07	at B1G Championships - 2/28/25
Damaris Mutunga	52.14	at Tyson Invite - 2/14/25	52.14	at Tyson Invite - 2/14/25
Alivia Williams	53.11	at New Mexico Collegiate Classic - 2/8/25	53.11	at New Mexico Collegiate Classic - 2/8/25
Olicia Lucas	53.86	at Tyson Invite - 2/14/25	53.86	at Tyson Invite - 2/14/25
Gabby Cortez	54.55	at Tyson Invite - 2/14/25	54.55	at Tyson Invite - 2/14/25
Arianna Williams	55.04	at Tyson Invite - 2/14/25	55.04	at Tyson Invite - 2/14/25
Ali Frandsen	55.47	at Tyson Invite - 2/14/25	55.47	at Tyson Invite - 2/14/25
Jaiden Itson	56.44	at Jarvis Scott Open - 2/14/25	55.44	at Meyo Invite - 2/3/23
Ellie Rickertsen	58.15	at Jarvis Scott Open - 2/14/25	58.15	at Jarvis Scott Open - 2/14/25

600 METERS (School Record - 1:27.45)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Damaris Mutunga	1:27.77	at Meyo Invite - 1/31/25	1:27.77	at Meyo Invite - 1/31/25
Gabby Cortez	1:28.18	at B1G Championships - 3/1/25	1:28.18	at B1G Championships - 3/1/25
Alli Bookin-Nosbisch	1:28.60	at B1G Championships - 3/1/25	1:28.60	at B1G Championships - 3/1/25
Chioma Nwachukwu	1:30.43	Jimmy Grant Alumni Invite - 12/14/24	1:30.43	Jimmy Grant Alumni Invite - 12/14/24
Jaiden Itson	1:32.16	at B1G Championships - 2/28/25	1:30.04	at B1G Championships - 2/24/23
Ali Frandsen	1:32.66	at New Mexico Collegiate Classic - 2/7/25	1:32.66	at New Mexico Collegiate Classic - 2/7/25
Arianna Williams	1:32.96	Jimmy Grant Alumni Invite - 12/14/24	1:32.96	Jimmy Grant Alumni Invite - 12/14/24
Grace Bookin-Nosbisch	1:33.51	at New Mexico Collegiate Classic - 2/7/25	1:32.07	at Meyo Invite - 2/3/23
Ava Rush	1:38.75	at Meyo Invite - 1/31/25	1:37.08	Jimmy Grant Invite - 12/9/23

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2024-25 WOMEN'S INDOOR SEASON BEST PERFORMANCES - UPDATED 4/1/25

800 METERS (School Record - 2:03.42)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Alli Bookin-Nosbisch	2:03.79	at Meyo Invite - 2/1/25	2:03.42 *	at Tyson Invite - 2/10/24
Grace Bookin-Nosbisch	2:08.63	at Tyson Invite - 2/15/25	2:05.49	at Desert Heat Classic - 4/29/23
Clare Kelly	2:10.27	at BU Hemery Valentine Invite - 2/15/25	2:10.27	at BU Hemery Valentine Invite - 2/15/25
Gabby Cortez	2:11.12	at Meyo Invite - 2/1/25	2:11.12	at Meyo Invite - 2/1/25
Cameron Kalaway	2:15.69	at Iowa State Classic - 2/8/25	2:15.69	at Iowa State Classic - 2/8/25
Pauline Bikembo	2:17.46 ^	at NCAA Championships - 3/14/25	2:17.46 ^	at NCAA Championships - 3/14/25
Ava Rush	2:19.84	at Meyo Invite - 2/1/25	2:19.84	at Meyo Invite - 2/1/25
Jeanne Le Goff	2:21.50 ^	at Dr. Rick McGuire Invite - 1/31/25	2:21.50 ^	at Dr. Rick McGuire Invite - 1/31/25
Annie Wirth	2:21.85 ^	at Dr. Rick McGuire Invite - 1/31/25	2:21.85 ^	at Dr. Rick McGuire Invite - 1/31/25
Carlee Rochford	2:32.88 ^	at B1G Championships - 2/28/25	2:32.88 ^	at B1G Championships - 2/28/25

1,000 METERS

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Clare Kelly	2:57.64	Jimmy Grant Alumni Invite - 12/14/24	2:57.64	Jimmy Grant Alumni Invite - 12/14/24

MILE (School Record - 4:39.78)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Elena Torres	4:53.32	at Meyo Invite - 2/1/25	4:53.32	at Meyo Invite - 2/1/25
Clare Kelly	4:56.34	at BU Hemery Valentine Invite - 2/15/25	4:56.34	at BU Hemery Valentine Invite - 2/15/25
Jalyssa Blazek	5:01.37	Iowa Open - 2/21/25	5:01.37	Iowa Open - 2/21/25
Cameron Kalaway	5:02.28	at Meyo Invite - 2/1/25	5:02.28	at Meyo Invite - 2/1/25
Hillary Trainor	5:03.75	at Meyo Invite - 2/1/25	5:03.75	at Meyo Invite - 2/1/25
Marissa Long	5:05.10	Iowa Open - 2/21/25	5:05.10	Iowa Open - 2/21/25
Miriam Sandeen	5:10.13	Larry Wiczorek Invite - 1/25/25	5:10.13	Larry Wiczorek Invite - 1/25/25
Rowan Boulter	5:22.25	Iowa Open - 2/21/25	5:14.31	Iowa Open - 2/17/23
Audra Soderlind	5:25.21	Larry Wiczorek Invite - 1/25/25	5:25.21	Larry Wiczorek Invite - 1/25/25

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2024-25 WOMEN'S INDOOR SEASON BEST PERFORMANCES - UPDATED 4/1/25

3,000 METERS (School Record - 9:15.57)

Name	Season Best	Meet - Date	Collegiate Best	Meet – Date
Elena Torres	9:35.80	Larry Wieczorek Invite - 1/24/25	9:35.80	Larry Wieczorek Invite - 1/24/25
Miriam Sandeen	9:53.05	Larry Wieczorek Invite - 1/24/25	9:53.05	Larry Wieczorek Invite - 1/24/25
Hillary Trainor	10:04.01	Hawkeye Invite - 1/18/25	10:04.01	Hawkeye Invite - 1/18/25
Jalyssa Blazek	10:16.06	Hawkeye Invite - 1/18/25	10:16.06	Hawkeye Invite - 1/18/25
Audra Soderlind	10:21.89	Hawkeye Invite - 1/18/25	10:21.89	Hawkeye Invite - 1/18/25
Marissa Long	10:26.12	at Iowa State Classic - 2/8/25	10:26.12	at Iowa State Classic - 2/8/25
Abby Ryon	10:34.29	Hawkeye Invite - 1/18/25	9:53.24	at B1G Championships - 2/24/24
Aleah Tenpas	10:54.83	Larry Wieczorek Invite - 1/24/25	10:04.68	Larry Wieczorek Invite - 1/19/24

5,000 METERS (School Record - 15:49.52)

Elena Torres	16:34.86	at BU Hemery Valentine Invite - 2/15/25	16:34.86	at BU Hemery Valentine Invite - 2/15/25
Miriam Sandeen	16:44.64	at BU Hemery Valentine Invite - 2/15/25	16:44.64	at BU Hemery Valentine Invite - 2/15/25
Hillary Trainor	17:10.66	at B1G Championships - 2/28/25	17:10.66	at B1G Championships - 2/28/25
Audra Soderlind	18:37.75	Iowa Open - 2/21/25	18:37.75	Iowa Open - 2/21/25

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2024-25 WOMEN'S INDOOR SEASON BEST PERFORMANCES - UPDATED 4/1/25

1,600-METER RELAY (School Record - 3:30.42)

Names	Season Best	Meet - Date
Alivia Williams, Chioma Nwachukwu, Damaris Mutunga, Olicia Lucas	3:30.42	at New Mexico Collegiate Classic - 2/8/25
Alivia Williams, Chioma Nwachukwu, Olicia Lucas, Damaris Mutunga	3:31.04	at B1G Championships - 3/1/25
Chioma Nwachukwu, Alivia Williams, Olicia Lucas, Damaris Mutunga	3:31.62	at Tyson Invite - 2/15/25
Olicia Lucas, Gabby Cortez, Chioma Nwachukwu, Damaris Mutunga	3:36.90	Larry Wieczorek Invite - 1/25/25
Gabby Cortez, Alli Bookin-Nosbisch, Holly Duax, Ali Frandsen	3:37.80	at Tyson Invite - 2/15/25
Arianna Williams, Gabby Cortez, Holly Duax, Ali Frandsen	3:38.85	at New Mexico Collegiate Classic - 2/8/25
Arianna Williams, Holly Duax, Alli Bookin-Nosbisch, Chioma Nwachukwu	3:39.19	Jimmy Grant Alumni Invite - 12/14/24
Arianna Williams, Holly Duax, Lia Love, Ali Frandsen	3:40.71	Larry Wieczorek Invite - 1/25/25
Ali Frandsen, Olicia Lucas, Damaris Mutunga, Claire Kohler	3:42.18	Jimmy Grant Alumni Invite - 12/14/24
Gabby Cortez, Alli Bookin-Nosbisch, Arianna Williams, Jaiden Itson	3:44.57	at Mayo Invite - 2/1/25
Olicia Lucas, Lia Love, Chioma Nwachukwu, Alivia Williams	3:47.31	Hawkeye Invite - 1/18/25
Jaiden Itson, Paige Magee, Grace Bookin-Nosbisch, Claire Kohler	3:49.55	Larry Wieczorek Invite - 1/25/25
Ali Frandsen, Ellie Rickertsen, Claire Kohler, Annie Wirth	3:52.06	Hawkeye Invite - 1/18/25
Pauline Bikembo, Daniela Wamokpego, Maud Zeffou-Poaty, Jeanne Le Goff	3:54.94	Hawkeye Invite - 1/18/25
Clare Kelly, Alex Edison, Ava Rush, Jalyssa Blazek	3:59.31	Larry Wieczorek Invite - 1/25/25
Ellie Rickertsen, Grace Bookin-Nosbisch, Ava Rush, Clare Kelly	4:00.88	Jimmy Grant Alumni Invite - 12/14/24
Clare Kelly, Grace Bookin-Nosbisch, Ava Rush, Jalyssa Blazek	4:01.44	at Mayo Invite - 2/1/25

DISTANCE MEDLEY RELAY (School Record - 11:15.07)

Names	Season Best	Meet - Date
Clare Kelly, Arianna Williams, Grace Bookin-Nosbisch, Elena Torres	11:36.88	at Mayo Invite - 1/31/25
Clare Kelly, Ali Frandsen, Grace Bookin-Nosbisch, Elena Torres	11:46.08	at B1G Championships - 2/28/25

HIGH JUMP (School Record - 1.85 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Pauline Bikembo	5-10-1/2 (1.79m) ^	at B1G Championships - 2/28/25	5-10-1/2 (1.79m) ^	at B1G Championships - 2/28/25
Annie Wirth	5-10 (1.78m) ^	at Dr. Rick McGuire Invite - 1/31/25	5-10 1/2 (1.79m) ^	at B1G Championships - 2/23/24
Jeanne Le Goff	5-8 3/4 (1.69m) ^	at Dr. Rick McGuire Invite - 1/31/25	5-8 3/4 (1.69m) ^	at Dr. Rick McGuire Invite - 1/31/25
Carlee Rochford	5-5 3/4 (1.67m) ^	at B1G Championships - 2/28/25	5-6 3/4 (1.67m) ^	Jimmy Grant Invite - 12/9/23

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LONG JUMP (School Record - 6.42 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Pauline Bikembo	20-9 1/4 (6.33m)	at Dr. Rick McGuire Invite - 1/31/25	20-9 1/4 (6.33m)	at Dr. Rick McGuire Invite - 1/31/25
Maud Zeffou-Poaty	20-7 (6.27m)	at Tyson Invite - 2/14/25	20-7 (6.27m)	at Tyson Invite - 2/14/25
Jeanne Le Goff	19-0 (5.79m) ^	Jimmy Grant Alumni Invite - 12/14/24	19-0 (5.79m) ^	Jimmy Grant Alumni Invite - 12/14/24
Annie Wirth	18-3 1/4 (5.57m) ^	at B1G Championships - 2/28/25	18-3 1/4 (5.57m) ^	at B1G Championships - 2/28/25
Carlee Rochford	17-7 1/2 (5.37m)	Hawkeye Invite - 1/18/25	17-8 1/4 (5.39m) ^	Jimmy Grant Invite - 12/9/23

TRIPLE JUMP (School Record - 13.51 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Daniela Wamokpego	44-4 (13.51m) *	Iowa Open - 2/21/25	44-4 (13.51m) *	Iowa Open - 2/21/25
Jeanne Le Goff	42-2 3/4 (12.87m)	Hawkeye Invite - 1/18/25	42-2 3/4 (12.87m)	Hawkeye Invite - 1/18/25

SHOT PUT (School Record - 17.96 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Wisdom Williams	54-7 1/2 (16.65m)	at B1G Championships - 3/1/25	54-7 1/2 (16.65m)	at B1G Championships - 3/1/25
Sydney Smith	47-2 1/2 (14.39m)	Jimmy Grant Alumni Invite - 12/13/24	47-2 1/2 (14.39m)	Jimmy Grant Alumni Invite - 12/13/24
Peyton Wilson	41-1 1/2 (12.79m)	Jimmy Grant Alumni Invite - 12/13/24	41-1 1/2 (12.79m)	Jimmy Grant Alumni Invite - 12/13/24
Pauline Bikembo	40-6 3/4 (12.36m)	at B1G Championships - 2/28/25	40-6 3/4 (12.36m)	at B1G Championships - 2/28/25
Carlee Rochford	36-5 3/4 (11.12m)	Hawkeye Invite - 1/17/25	37-11 1/4 (11.56m) ^	Larry Wieczorek Invite - 1/19/24
Annie Wirth	36-4 (11.07m) ^	Jimmy Grant Alumni Invite - 12/14/24	37-2 1/2 (11.34m) ^	Jimmy Grant Invite - 12/9/23
Jeanne Le Goff	24-2 1/4 (7.37m) ^	at Dr. Rick McGuire Invite - 1/31/25	24-2 1/4 (7.37m) ^	at Dr. Rick McGuire Invite - 1/31/25

WEIGHT THROW (School Record - 23.26 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Alivia Bauer	64-3 (19.58m)	Hawkeye Invite - 1/17/25	67-0 1/2 (20.43m)	Hawkeye Invite - 1/12/24
Wisdom Williams	60-4 3/4 (18.41m)	Larry Wieczorek Invite - 1/24/25	60-4 3/4 (18.41m)	2x, last at L. Wieczorek Invite - 1/24/25
Sydney Smith	59-7 1/2 (18.18m)	Jimmy Grant Alumni Invite - 12/13/24	59-7 1/2 (18.18m)	Jimmy Grant Alumni Invite - 12/13/24
Peyton Wilson	58-2 1/2 (17.74m)	at Iowa State Classic - 2/8/25	58-2 1/2 (17.74m)	at Iowa State Classic - 2/8/25

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2024-25 WOMEN'S INDOOR SEASON BEST PERFORMANCES - UPDATED 4/1/25

PENTATHLON (School Record - 4,331 points)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Pauline Bikembo	4,331 points *	at NCAA Championships - 3/14/25	4,331 points *	at NCAA Championships - 3/14/25
Annie Wirth	3,941 points	at B1G Championships - 2/28/25	3,941 points	at B1G Championships - 2/28/25
Carlee Rochford	3,631 points	at B1G Championships - 2/28/25	3,631 points	at B1G Championships - 2/28/25
Jeanne Le Goff	3,591 points	at Dr. Rick McGuire Invite - 1/31/25	3,591 points	at Dr. Rick McGuire Invite - 1/31/25

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