



Iowa Track & Field

WEEK 2 | JAN. 9-10 | HAWKEYE INVITATIONAL

2025-26 INDOOR SCHEDULE



12/12-13 Jimmy Grant Alumni Invitational & Multi
(Iowa City, Iowa)

**1/9-10 Hawkeye Invitational
(Iowa City, Iowa)**

1/16 Arkansas Invitational
(Fayetteville, Ark.)

1/23-24 Larry Wiczorek Invitational
(Iowa City, Iowa)

1/30-31 at Meyo Invitational
(South Bend, Ind.)

2/6-7 at New Mexico Collegiate Classic
(Albuquerque, N.M.)

2/7 at Iowa State Classic
(Ames, Iowa)

2/13-14 at Tyson Invitational
(Fayetteville, Ark.)

2/13-14 at BU Hemery Valentine Invitational
(Boston, Mass.)

2/20 Iowa Open
(Iowa City, Iowa)

2/20 Matador Qualifier
(Lubbock, Texas)

2/20 Arkansas Qualifier
(Fayetteville, Ark.)

2/20 Alex Wilson Invitational
(South Bend, Ind.)

2/27-3/1 at Big Ten Indoor Championships
(Indianapolis, Ind.)

3/13-14 at NCAA Indoor Championships
(Fayetteville, Ark.)



**HAWKEYE INVITATIONAL
IOWA CITY**

Friday, January 9: 12:00 p.m. (Hawkeye Tennis & Recreation Complex)

Saturday, January 10: 12:00 p.m. (Hawkeye Indoor Track Facility)

2026 NEWS

- The Hawkeyes took home four weekly conference honors after the season-opening Jimmy Grant Invitational. On Dec. 17, Jordan Gross, Dymonde Nave, Blake Nyenati and Izzy Zahn earned BIG Athlete of the Week recognition.
- Iowa won 11 titles at the Jimmy Grant Invite on Dec. 13.
- The Hawkeyes made four updates to the programs top-10 list at the Jimmy Grant Invite.
- Newcomer and transfer Blake Nyenati raced a 7.73 in the 60-meter hurdles to take the title with the program's seventh-fastest time. Vaughn DeV Vaughn III was the runner-up in 7.85 and ranks 10th all-time at Iowa.
- Iowa multis impressed in the season opener. Carlee Rochford won the pentathlon and moved to fifth all-time in school history with her 4,036 points. Sal Capaldo broke 5,600 in the heptathlon and also climbed to fifth in program history. Capaldo finished second with 5,625 points.
- The Iowa throwers shined in the season debut, winning three of four events.
- Junior Ryan Johnson set a meet record in the weight throw, firing a 23.95-meter mark to win the event. Sean Smith and Austin Busch finished second and third, respectively. Walker Whalen snagged fifth place.
- Throwers Peyton Wilson (weight throw) and Wisdom Williams (shot put) won titles on the women's side.
- Freshman Izzy Zahn set a meet record in the 300 meters, crossing the line in 38.14.
- Three-time All-American Kalen Walker returns for the Hawkeyes for his senior campaign after redshirting during indoor last season. Walker holds the program's school record in the 60 meters (6.51), 100 meters (9.94), and as part of 4x100-meter relay (38.64).
- Reigning 600-meter Big Ten Champion senior Gabby Cortez returns to lead a strong women's mid-distance group. Sophomores Chioma Nwachukwu and Damaris Mutunga are back for their sophomore seasons after posting the team's fastest times in the 400 and 600 meters. Landon Fontenot, Terrick Johnson, Tyrese Miller and Josh Pugh lead the men. Seniors Derek Leicht and Ryan Schreiner look to close out their collegiate careers on a high note. They're joined by juniors James Fingalsen, Carson Lane and Caleb Levy.
- The multis bring back senior Sal Capaldo and juniors Carlee Rochford and Annie Wirth under the direction of first-year assistant coach Cameron Burrows. Capaldo and Rochford impressed at the season-opening Jimmy Grant Invite on Dec. 13.

IOWA COACHING STAFF



JOEY WOODY

**Director of Iowa Track & Field and Cross Country
12th 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, 60 Big Ten individual titles, 15 conference relay titles, four men's Big Ten team titles, four Big Ten athletes of the year, and 249 All-American honors.

RAY ROBINSON

Associate Head Coach of Track and Field

RANDY HASENBANK

Associate Head Coach of Cross Country

JASON WAKENIGHT

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

CAMERON BURROWS

Assistant Coach (Jumps/Combined Events)

TAYLOR WASHINGTON

Assistant Coach (Sprints/Hurdles)

NIK CURTISS

Assistant Coach (Throws)

AMBER JONES

Assistant Coach (Women's Distance)

STEVE PATERNOSTRO

Director of Operations

IOWA QUICK FACTS

Location	Iowa City, Iowa
Founded	1847
Enrollment	31, 563
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. Iowa State	Big 12	336.65
2. Oklahoma	SEC	305.79
3. Oklahoma State	Big 12	304.25
4. IOWA	Big Ten	265.20
5. Kansas	Big 12	220.27

WOMEN'S TEAM	CONFERENCE	POINTS
1. Illinois	Big Ten	392.25
2. Oklahoma	SEC	313.93
3. Nebraska	Big Ten	270.11
4. IOWA	Big Ten	264.13
5. Minnesota	Big Ten	234.50

NATIONAL RANKINGS

FINAL USTFCCA INDOOR RANKINGS (2025)

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

THIS WEEK

The Hawkeyes continue the 2026 indoor track and field campaign on Friday and Saturday, hosting the Hawkeye Invitational. Competition begins on both days at Noon (CT). Weight throw and shot put will be on Friday at the HTRC. Field and running events make up Saturday's schedule at the Hawkeye Indoor Track Facility.

HOW TO FOLLOW ALONG

The meet schedule and results can be found on the Iowa 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)). A YouTube stream will be provided for home meets and can also be found on the schedule page.

LAST TIME OUT

Iowa opened the 2026 season on Dec. 13, hosting the Jimmy Grant Invitational. The Hawkeyes won 11 titles. The Hawkeyes were victorious in each of the 60-meter hurdle races. Junior Blake Nyenati climbed into Iowa's top 10 with a 7.73 personal record. On the women's side, junior Dymonde Nave won the title in 8.44 in her Hawkeye debut. At the Hawkeye Tennis and Recreation Center, junior Ryan Johnson won the men's weight throw with a Jimmy Grant Invite meet record of 23.95 meters. His mark ranks second nationally. Sophomore Peyton Wilson won the women's title in her season debut with an 18.04-meter personal record. Senior Wisdom Williams was the winner in the shot put at 15.38 meters. In her collegiate debut, freshman Lovisa Ulvenstam won the triple jump on her first leap at 12.37 meters. Junior Carlee Rochford won the pentathlon with a personal-best 4,036 points. Sophomore Julia Gehl won the women's mile in 4:56.64. In the men's 3,000 meters, senior Hayden Kuhn took charge and won in 8:13.50. Freshman Izzy Zahn used a meet record of 38.14 to claim the women's 300-meter title. Senior Holly Duax was the top collegiate finisher in the 60 meters, clocking a 7.41.

HAULING IN THE HONORS

Sprinters Jordan Gross, Dymonde Nave, Blake Nyenati and Izzy Zahn earned Big Ten Athlete of the Week recognition following their performances at the Jimmy Grant Invite.

Gross was the Big Ten Men's Freshman of the Week after posting a team-best 6.77 in the 60 meters. He was the second-fastest collegian in the 300, racing a 33.49. Nave took home the Big Ten Women's Track Athlete of the Week honor after winning the 60-meter hurdles in 8.44. She holds the Big Ten's leading time in the event. She also ran a 7.67 in the 60 meters. Nyenati posted the program's seventh-fastest time (7.73) in the 60-meter hurdles to earn the Big Ten's Men's Track Athlete of the Week award. He leads the Big Ten and is ranked fifth nationally. Additionally, Nyenati finished as the second-fastest collegian and third overall in the 60 meters, stopping the clock in a lifetime-best 6.78. Zahn earned the Big Ten Women's Freshman of the Week honor after posting a meet record of 38.14 in the 300 meters at the Jimmy Grant Invite. To cap the meet, Zahn ran the second leg of Iowa's 4x400 relay that placed second in 3:46.76. She was the fastest sprinter in her group and clocked a 55.03 split.

SCHEDULE NOTES

Entering the new year, the program returns to action with the Hawkeye Invitational (Jan. 9-10) and annual Larry Wiczorek Invite (Jan. 23-24). The team travels to the Arkansas Invitational (Jan. 16) in between those two home meets. Iowa will return to the Meyo Invitational, New Mexico Collegiate Classic, Iowa State Classic and Tyson Invitational during the middle of the indoor season. The Iowa Open (Feb. 20) will be the final home meet of the campaign.

BURROWS, WASHINGTON JOIN STAFF

The University of Iowa track and field program welcomed two coaches to its 2025-26 staff. Cameron Burrows and Taylor Washington will enter their first seasons with the program. Burrows will oversee the jumps and multis groups. He returns to Iowa City after spending the 2021-22 season as an interim assistant coach. Prior to joining the Iowa staff, Burrows spent three seasons at Coastal Carolina in the same role. Washington will work closely with the sprints and hurdles groups. Before joining the staff at Iowa, Washington was an assistant coach and director of operations for the women's track and field and cross country programs at the University of Arkansas. While Washington was in Fayetteville, the Razorbacks were the 2025 SEC indoor track and field champions. In 2024, Arkansas won the NCAA and SEC indoor titles and claimed the NCAA outdoor title. Recently, Washington joined the USATF staff as an assistant relay coach, where she designs training plans and serves as a liaison between coaches and USATF staff. She coached several athletes to podium finishes at the 2025 World Relays, while qualifying all relays

to the 2025 World Championships. Amber Jones will assist the distance and cross country groups.

SCHOOL-RECORD HOLDERS

Three school records have been set by current members of the 2026 Iowa roster:

- Kalen Walker: Men's 60 meters (6.51)
- Ryan Johnson: Men's Weight Throw (24.59 meters)
- Alivia Williams, Chioma Nwachukwu, Damaris Mutunga, and Olicia Lucas: Women's 4x400 Relay (3:30.42)

UPDATING THE ALL-TIME LISTS

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

- Men's 60-Meter Hurdles: Blake Nyenati (7th)
- Men's 60-Meter Hurdles: Vaughn DeV Vaughn (10th)
- Men's Heptathlon: Sal Capaldo (5th)
- Women's Pentathlon: Carlee Rochford (5th)

2025 INDOOR SEASON HIGHLIGHTS

- Junior and school-record holder **Ryan Johnson** was Iowa's first Big Ten Champion in the weight throw in 2025. He finished as a first-team All-American at the national meet.
- Gabby Cortez was the Big Ten Champion in the 600 meters.
- The 4x400 relay group of Landon Fontenot, Isaac Lewis, Terrick Johnson and Zidane Brown won silver at the Big Ten Championships.
- The women's 4x400 team of Alivia Williams, Chioma Nwachukwu, Olicia Lucas and Damaris Mutunga took home second place at the conference championships.
- Emmanuel Njoku placed second at the conference meet in the long jump.
- Sal Capaldo (heptathlon), Terrick Johnson (600 meters) and Chioma Nwachukwu (400 meters) earned bronze medals at the Big Ten meet.
- The Iowa women finished 4th at the conference meet, while the men took 5th.
- Junior **Sean Smith** claimed the Iowa Open crown in the weight throw at 21.16 meters.
- Ryan Johnson crushed his previous program record at the Robinson Family Open in Tiffin, Ohio, with a 24.59-meter throw.
- At the Jarvis Scott Open, senior **Lia Love** updated her lifetime best in the women's 200-meter invitational. She clocked a 23.38, good for second place.
- The women's 4x400-meter relay team of **Chioma Nwachukwu, Alivia Williams, Olicia Lucas, and Damaris Mutunga** claimed the second all-time spot at Iowa with the time of 3:31.62 at the New Mexico Collegiate Classic.
- **Wisdom Williams** collected the gold with a 15.75-meter finish in the shot put at the Robinson Family Open. **Sydney Smith** secured first in the weight throw (17.94 meters).

UP NEXT

The Hawkeyes travel to the Arkansas Invitational on Jan. 16 for their first road competition of the season.

MEDIA INFORMATION

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

2025-26 INDOOR SEASON BESTS

MEN'S INDOOR SEASON BESTS

60 Meters.....	Jordan Gross.....	6.77
60 Hurdles.....	Blake Nyenait.....	7.73
300 Meters.....	Jordan Gross.....	33.49
600 Meters.....	Jackson Johannes.....	1:20.98
1,000 Meters.....	Carson Lane.....	2:25.69
3,000 Meters.....	Hayden Kuhn.....	8:13.50
4x400 Relay.....	Miller, Gorsich, DeV Vaughn III, Leicht.....	3:15.99
High Jump.....	Sal Capaldo.....	6-5 (1.96m)
Pole Vault.....	Sal Capaldo.....	15-1 (4.60m)
Long Jump.....	Sal Capaldo.....	23-1 3/4 (7.05m)
Shot Put.....	Duke Faley.....	51-5 (18.04m)
Weight Throw.....	Ryan Johnson.....	78-7 (23.95m)
Heptathlon.....	Sal Capaldo.....	5,625 points

WOMEN'S INDOOR SEASON BESTS

60 Meters.....	Holly Duax.....	7.41
60 Hurdles.....	Dymonde Nave.....	8.44
300 Meters.....	Izzy Zahn.....	38.14
600 Meters.....	Damaris Mutunga.....	1:29.03
800 Meters.....	Carlee Rochford.....	2:23.29
1,000 Meters.....	Rosemary Arthur.....	2:48.13
Mile.....	Julia Gehl.....	4:56.64
3,000 Meters.....	Ellie Rathe.....	10:30.24
4x400 Relay.....	Nwachukwu, Lewis, Mutunga, Kelly.....	3:40.17
High Jump.....	Carlee Rochford.....	5-4 1/2 (1.64m)
Long Jump.....	Carlee Rochford.....	18-10 (5.74m)
Triple Jump.....	Lovisa Ulvenstam.....	40-7 (12.37m)
Shot Put.....	Wisdom Williams.....	50-5 1/2 (15.38m)
Weight Throw.....	Peyton Wilson.....	59-2 1/4 (18.04m)
Pentathlon.....	Carlee Rochford.....	4,036 points

* -- school record

UI STRATEGIC COMMUNICATIONS

John Leo (*Assistant Director*)

Cell Phone: 319-429-1075

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

Liz Higley (*Communications Contact*)

Cell Phone: 989-323-1951

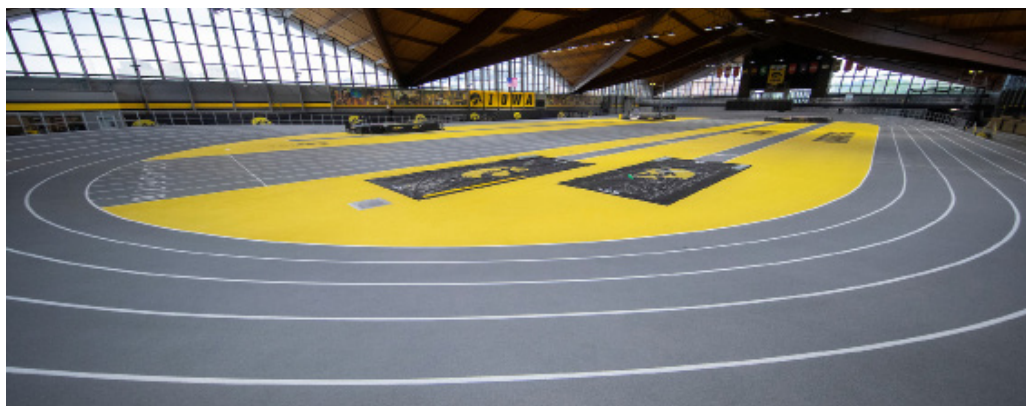
Email:.....elizabeth-coon@uiowa.edu

2025 ROSTERS

MEN		
Name	Event	Yr.
David Akhalu	Sprints	Fr.
Spencer Alf	Distance	Fr.
Jashua Anglo	Mid-Distance	Fr.
Elias Arbuckle	Distance	Fr.
Zidane Brown	Sprints	Sr.
Brayden Burnett	Distance	Sr.
Austin Busch	Throws	RS Jr.
Sal Capaldo	Multi-Events	Sr.
Armaan Chopra	Distance	So.
Will Davidson	Multi-Events	RS So.
Vaughn DeVaughn III	Hurdles	Sr.
Ethan Eichhorn	Distance	So.
Chidera Ezeakor	Sprints	Fr.
Duke Faley	Throws	RS So.
James Fingalsen	Mid-Distance	So.
Landon Fontenot	Sprints	So.
Nicholas Gorsich	Hurdles	RS So.
Jordan Gross	Sprints	Fr.
Jaylin Holmes	Hurdles	Sr.
Carson Houg	Distance	Sr.
Darwin Jimenez	Sprints	Fr.
Tate Joens	Throws	Jr.
Jackson Johannes	Sprints	RS Fr.
Ryan Johnson	Throws	Jr.
Terrick Johnson	Mid-Distance	Sr.
Tyler Kenaga	Hurdles	So.
Luke Knepp	Distance	So.
Hayden Kuhn	Distance	Sr.
Carson Lane	Mid-Distance	Jr.
Derek Leicht	Mid-Distance	Sr.
Caleb Levy	Mid-Distance	Jr.
Tyrese Miller	Sprints	Sr.
Kyle Montgomery	Distance	So.
Emmanuel Njoku	Jumps	So.
Blake Nyenati	Hurdles	Jr.
Prior Ochonogor	Hurdles	Sr.
Olaolu Olatunde	Sprints	So.
Evan Osler	Mid-Distance	Fr.
Landon Prince	Throws	Fr.
Josh Pugh	Sprints	Sr.
Austin Rowsell	Sprints	Fr.
Bryce Ruland	Throws	So.
Will Ryan	Distance	Sr.
Ryan Schreiner	Mid-Distance	Sr.
Sean Smith	Throws	Sr.
Joe Stein	Sprints	Sr.
Kalen Walker	Sprints	Sr.
Sylus West-Gaither	Sprints	Fr.
Walker Whalen	Throws	Sr.
Miles Wilson	Distance	Jr.
Owen Wolfe	Distance	Fr.
Braedin Zondervan	Sprints	So.

WOMEN		
Name	Event	Yr.
Rosemary Arthur	Mid-Distance	Jr.
Jailya Ash	Hurdles	Gr.
Jalyssa Blazek	Distance	Sr.
Grace Boleyn	Mid-Distance	Fr.
Rowan Boulter	Distance	Jr.
Gabby Cortez	Mid-Distance	Jr.
Holly Duax	Sprints	Jr.
Alexandria Edison	Sprints	Jr.
Isabel Evans	Hurdles	Fr.
Josephine Flynt	Throws	Fr.
Ali Frandsen	Hurdles	Jr.
Julia Gehl	Distance	So.
Natalie Harris	Hurdles	Sr.
Lily Johannes	Mid Distance	Sr.
Clare Kelly	Distance	Jr.
Claire Kohler	Hurdles	So.
Leanna Lewis	Mid-Distance	Jr.
Marissa Long	Distance	So.
Olicia Lucas	Sprints	Jr.
Caila Lyons	Mid-Distance	Fr.
Ella Magallan	Distance	Fr.
Brynley McDermott	Sprints	Sr.
Jody Ann Mitchell	Mid-Distance	Jr.
Damaris Mutunga	Sprints	So.
Dymonde Nave	Hurdles	Jr.
Chioma Nwachukwu	Sprints	So.
Ellie Rathe	Distance	Sr.
Carlee Rochford	Multi-Events	Jr.
Ava Rush	Mid Distance	Jr.
Miriam Sandeen	Distance	Sr.
Sydney Smith	Throws	Jr.
Audra Soderlind	Distance	Jr.
Elena Torres	Distance	So.
Hillary Trainor	Distance	So.
Princess Uche	Sprints	Jr.
Lovisa Ulvenstam	Jumps	Fr.
Alivia Williams	Sprints	Fr.
Arianna Williams	Sprints	So.
Wisdom Williams	Throws	Jr.
Peyton Wilson	Throws	So.
Annie Wirth	Multi-Events	So.
Izzy Zahn	Sprints	Fr.

HAWKEYE INDOOR TRACK FACILITY



Iowa's indoor practice and competition facility reopened in 2016 with a multi-million dollar makeover. The raised track sits up to five feet off the ground and is a one-of-a-kind competition surface previously used for the 2016 World Championships in Eugene, Oregon.

The Recreation Building also houses renovated locker rooms, weight training and athletic training space for the Iowa track and field, and cross country teams.

The Hawkeyes hosted the Big Ten Indoor Men's Championships in 1989, 1997 and 2006, and the Big Ten Indoor Women's Championships in 1991 and 2004 at the facility.

 /IowaXCTF

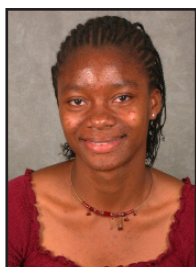
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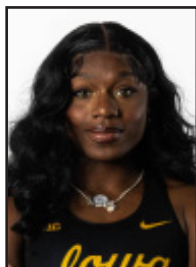
INDOOR ALL-TIME TOP 10 PERFORMERS



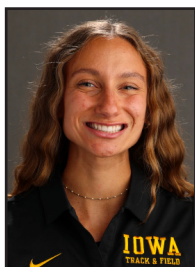
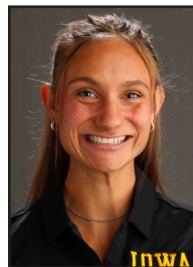
Amber Aesoph



Kineke Alexander



Myreanna Bebe

Alli
Bookin-NosbischGrace
Bookin-Nosbisch

Brittany Brown



Tracy Dahl

60 Meters

1. Lia Love, 2024	7.24
2. LaSarah Hargrove, 2022	7.25
3. Lake Kwaza, 2016	7.33
4. Holly Duax, 2024	7.38
5. Brittany Brown, 2017	7.39
6. Elaine Jones, 1983	7.43
7. Kyara Avant, 2018	7.44
8. Paige Magee, 2023	7.45
Peaches Roach, 2005	7.45
Antonise Christian, 2020	7.45

60-Meter Hurdles

1. Paige Magee, 2024	7.99
Myreanna Bebe, 2023	8.07
3. Tionna Tobias, 2024	8.15
4. Lillian Harden, 2025	8.16
5. Karessa Farley, 2009	8.21
6. Jenny Kimbro, 2020	8.22
7. Tiffany Johnson, 2006	8.33
8. Jahisha Thomas, 2017	8.35
9. Paula Ruen, 1998	8.39
10. Tria Simmons, 2019	8.40

200 Meters

1. Brittany Brown, 2017	22.79
2. Briana Guillory, 2018	23.22
3. LaSarah Hargrove, 2023	23.37
4. Lia Love, 2025	23.38
5. Paige Magee, 2023	23.46
6. Kineke Alexander, 2006	23.49
7. Lake Kwaza, 2016	23.54
8. Shellene Williams, 2004	23.62
9. Marlene Poole, 1994	23.66
Yolanda Hobbs, 1995	23.66

400 Meters

1. Kineke Alexander, 2007	51.48
2. Briana Guillory, 2018	51.68
3. Chioma Nwachukwu, 2025	52.07
4. Damaris Mutunga, 2025	52.14
5. Elexis Guster, 2016	52.36
6. Ellen Grant, 1996	52.65
7. Shellene Williams, 2004	52.83
8. Alivia Williams, 2025	53.11
9. Audrey Biermann, 2023	53.28
10. Nylah Perry, 2024	53.37

600 Yards

1. Senta Hawkins, 1987	1:21.06
2. Aisha Hume, 2004	1:21.74
3. Kay Stormo, 1982	1:22.49
4. Nicole Erickson, 2012	1:22.61
5. Mahnee Watts, 2016	1:22.72
6. Bethany Praska, 2009	1:23.12
7. Hannah Simonson, 2012	1:23.18
8. Jaiden Itson, 2025	1:23.80
9. Chris Davenport, 1982	1:24.14
10. Kaitlyn Nelson, 2015	1:24.52

600 Meters

1. Kineke Alexander, 2008	1:27.45
2. Damaris Mutunga, 2025	1:27.77
3. Bethany Praska, 2011	1:28.14
4. Gabby Cortez, 2025	1:28.18
5. Chloe Larsen, 2023	1:28.31
6. Mallory King, 2022	1:28.45
7. Alli Bookin-Nosbisch, 2024	1:28.73
8. Aliyanna Dorn, 2023	1:29.03
9. MonTayla Holder, 2016	1:29.35
10. Clare Pitcher, 2022	1:29.36

800 Meters

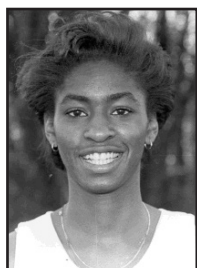
1. Alli Bookin-Nosbisch, 2024	2:03.42
2. Mallory King, 2022	2:04.56
3. Bethany Praska, 2011	2:05.01
4. Clare Pitcher, 2023	2:05.94
5. Jeanne Kruckeberg, 1989	2:06.38
6. Michelle Lahann, 2004	2:06.83
7. Grace Bookin-Nosbisch, 2024	2:07.21
8. Katharina Trost, 2014	2:07.38
9. Mahnee Watts, 2014	2:08.79
10. Tia Saunders, 2020	2:08.83

Mile

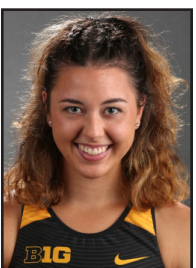
1. McKenzie Melander, 2011	4:39.78
2. Jeanne Kruckeberg, 1989	4:40.19
3. Meghan Armstrong, 2006	4:40.59
4. Rachelle Roberts, 1990	4:40.79
5. Lauren Hardesty, 2011	4:41.01
6. Amber Aesoph, 2022	4:41.58
7. Tina Stec, 1994	4:42.63
8. Betsy Flood, 2010	4:42.70
9. Penny O'Brien, 1981	4:43.72
10. Diane Nukuri,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

3,000 Meters

1. Tracy Dahl, 1993	9:15.57
2. Meghan Armstrong, 2008	9:17.50
3. Diane Nukuri, 2008	9:20.07
4. Betsy Flood, 2011	9:20.09
5. Nan Doak, 1982	9:21.60
6. Jenny Spangler, 1986	9:22.41
7. Mareike Schulle, 2012	9:23.97
8. Brooke Eilers, 2012	9:27.92
9. McKenzie Melander, 2012	9:29.71
10. Krista Anderson, 2006	9:29.75



Senta Hawkins



Jenny Kimbro



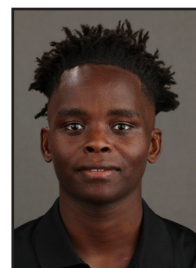
Lia Love



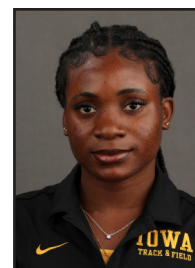
Olicia Lucas



Paige Magee



Damaris Mutunga Chioma Nwachukwu



INDOOR ALL-TIME TOP 10 PERFORMERS



McKenzie Melander



Tesa Roberts



Peaches Roach



Jessie Strand



Laulauga Tausaga



Daniela
Wamokpego



Alivia Williams

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. Pauline Bikembo, 2025..... 4,331 points
2. Jenny Kimbro, 2020..... 4,269 points
3. Tria Simmons, 2019 4,200 points
4. Tionna Tobias, 2024..... 4,049 points
5. **Carlee Rochford, 2025 4,036 points**
6. Tammilee Kerr, 2008..... 3,974 points
7. **Annie Wirth, 2025 3,890 points**
8. Dallyssa Huggins, 2021 3,881 points
9. Chris Davenport, 1983..... 3,798 points
10. Tahlee McVee, 2023..... 3,767 points

High Jump

1. Peaches Roach, 2005 6-0 3/4 (1.85)
2. Mary Mol, 1983 6-0 (1.83)
3. Khanishah Williams, 2013..... 5-11 1/4 (1.81)
4. **Annie Wirth, 2023 5-10 1/2 (1.79)**
- Pauline Bikembo, 2025..... 5-10 1/2 (1.79)
6. Dallyssa Huggins, 2020 5-10 (1.78)
7. Becky Kaza, 1995..... 5-9 3/4 (1.77)
8. Caleigh Bacchus, 2010..... 5-9 1/4 (1.76)
- Aubrianna Lantrip, 2019..... 5-9 1/4 (1.76)
10. Gillian Urycki, 2018..... 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. Pauline Bikembo, 2025..... 20-9 1/4 (6.33)
4. Maud Zeffou-Poaty, 2025 20-7 (6.27)
5. Zinnia Miller, 2014..... 20-4 1/4 (6.20)
6. Carisa Leacock, 2014 19-9 1/2 (6.03)
7. Lisa Moats, 1986 19-6 (5.95)
8. Cassidy 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..... 44-4 (13.51)
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, 2017 42-1 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. Laulauga 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. **Wisdom Williams, 2025 54-7 1/2 (16.65)**
5. Nicole Berry, 2022 52-6 3/4 (16.02)
6. Erika Hammond, 2019 51-3 1/2 (15.63)
7. Gail Smith, 1985..... 51-0 (15.54)
8. Emma Callahan, 2022..... 50-6 1/4 (15.40)
9. Lisa Van Steenwyk, 1993..... 50-5 1/4 (15.37)
10. Jamie Kofron, 2021 50-0 3/4 (15.26)

Weight Throw

1. Laulauga Tausaga, 2019..... 76-3 3/4 (23.26)
2. Amanda Howe, 2023..... 71-5 1/2 (21.78)
3. Jamie Kofron, 2024 69-0 1/2 (21.04)
4. Nia Britt, 2022 68-8 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, 2011 60-4 1/2 (18.40)
10. **Wisdom Williams, 2025 60-4 3/4 (18.41)**

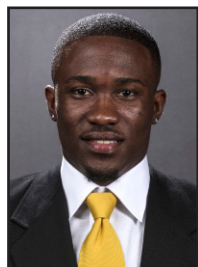
4x400-Meter Relay

1. **Al. Williams, Nwachukwu, Mutunga, Lucas, 2025..... 3:30:42**
2. **Al. Williams, Nwachukwu, Lucas, Mutunga, 2025..... 3:31.04**
3. **Nwachukwu, Al. Williams, Lucas, Mutunga, 2025..... 3:31.62**
4. Bruxvoort, Roberts, Wensel, King, 2022..... 3:32.38
5. Holder, Guillory, Hernandez, Guster, 2016..... 3:32.93
6. Larsen, Magee, Biermann, Roberts, 2023..... 3:33.00
7. Champe, Guillory, Brown, Plock, 2018..... 3:33.19
8. Dorn, Magee, Biermann, Larsen, 2023..... 3:34.06
9. Biermann, Magee, Larsen, Perry, 2024..... 3:34.24
10. Biermann, Dorn, Magee, Perry 2024..... 3:34.29

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

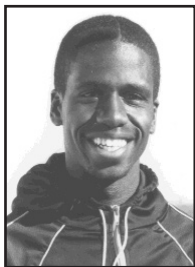
INDOOR ALL-TIME TOP 10 PERFORMERS



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, 2025	6.62
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, 2014	6.73
9. Josh Larney, 2013	6.74
Christian Brissett, 2017	6.74

60-Meter Hurdles

1. Jamal Britt, 2021	7.52
2. Jaylan McConico, 2020	7.60
3. Aaron Mallett, 2017	7.64
4. Grant Conway, 2024	7.66
5. Jordan Mullen, 2013	7.70
6. Gratt Reed, 2022	7.72
7. Blake Nyenati, 2025	7.73
8. Chris Douglas, 2019	7.75
9. Kai Graves-Blanks, 2025	7.78
10. Ethan Holmes, 2013	7.82
Josh Braverman, 2021	7.82
Peyton Haack, 2023	7.82

200 Meters

1. Karayme Bartley, 2019	20.67
2. Khullen Jefferson, 2023	20.70
3. Austin Kresley, 2025	20.73
4. Justin Austin, 2011	20.80
5. Gratt Reed, 2024	20.82
6. Wayne Lawrence, Jr., 2020	20.85
7. Antonio Woodard, 2019	20.89
8. Damoy Allen, 2023	21.01
9. Chadrick Richards, 2022	21.09
10. Anthuan Maybank, 1993	21.11

400 Meters

1. Jenoah McKiver, 2022	45.39
2. Wayne Lawrence Jr., 2021	45.40
3. Mar'yea Harris, 2017	45.75
4. Chadrick Richards, 2022	46.01
5. Karayme Bartley, 2019	46.25
6. Emmanuel Ogwo, 2017	46.45
7. Zidane Brown, 2025	46.53
8. Landon Fontenot, 2025	46.59
9. Isaac Lewis, 2025	46.67
10. Julien Gillum, 2023	46.73

600 Meters

1. Jenoah McKiver, 2022	1:15.36
2. Terrick Johnson, 2025	1:16.00
3. Julien Gillum, 2022	1:16.11
4. Tyler Olson, 2023	1:16.13
5. Spencer Gudgel, 2023	1:16.51
6. Wayne Lawrence, Jr., 2020	1:16.55
7. Mar'yea Harris, 2019	1:16.60
8. Armando Bryson, 2022	1:16.89
9. Erik Sowinski, 2012	1:16.91
10. Austin Lietz, 2020	1:17.03

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. Terrick Johnson, 2025	1:49.03
10. James Fingalsen, 2025	1:49.10

Mile

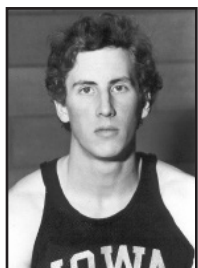
1. Jeff Thode, 2011	3:58.72
2. Ed DeLashmutt, 1981	4:04.01
3. Kal Lewis, 2021	4:04.21
4. Adam Jones, 2017	4:04.28
5. Michael Melchert, 2018	4:04.32
6. Larry Wieczorek, 1968	4:04.40
7. Nathan Mylenek, 2019	4:04.88
8. Max Murphy, 2022	4:05.45
9. John Clark, 1972	4:05.94
10. Ben Witt, 2014	4:07.08

3,000 Meters

1. Kevin Lewis, 2015	7:57.06
2. Nathan Mylenek, 2020	7:58.37
3. Max Murphy, 2021	7:59.30
4. Jeff Thode, 2011	8:00.38
5. Micah VanDenend, 2006	8:00.81
6. Luke Knepp, 2025	8:05.72
7. Daniel Soto, 2020	8:06.04
8. Michael Melchert, 2018	8:08.30
9. Eric MacTaggart, 2006	8:08.79
10. Stetson Steele, 2000	8:09.54

5,000 Meters

1. Kevin Lewis, 2015	13:43.70
2. Micah VanDenend, 2007	13:56.46
3. Max Murphy, 2022	13:58.87
4. Daniel Soto, 2020	13:58.97
5. Stetson Steele, 2000	14:00.52
6. Nick Trattner, 2022	14:00.69
7. Dan Haut, 2006	14:06.16
8. Brayden Burnett, 2025	14:06.81
9. Noah Healy, 2021	14:12.47
10. Eric MacTaggart, 2006	14:13.41



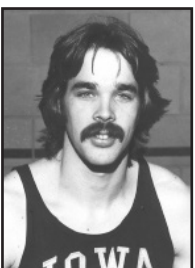
Bill Hansen



Collin Hofacker



Ryan Johnson



Bill Knoedel



Wayne Lawrence, Jr.

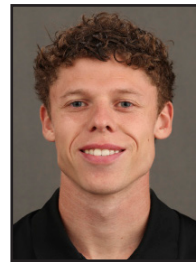
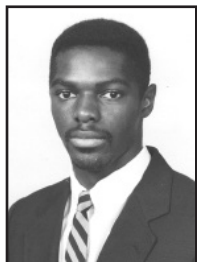


Kevin Lewis



Rivaldo Marshall

INDOOR ALL-TIME TOP 10 PERFORMERS



Anthuan Maybank

Jeniah 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. Abraham Vogelsang, 2025.....5,882 points
4. Will Daniels, 2020.....5,689 points
5. **Sal Capaldo, 2025 5,625 points**
6. William Dougherty, 2018 ..5,606 points
7. Kyle Reid, 20135,354 points
8. Dan Rolling, 2010.....5,205 points
9. Jack Eckert, 20155,188 points
10. Daniel Gaynes, 2018.....5,162 points

High Jump

1. Bill Knoedel, 19767-3 (2.21)
- Bill Hansen, 1978.....7-3 (2.21)
3. Scott Hudek, 1993 7-0 1/2 (2.15)
- Kevin Spejcher, 2015..... 7-0 1/2 (2.15)
5. Pat Meade, 1987 7-0 1/4 (2.14)
6. Mike Lacy, 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. Abraham Vogelsang, 2025..... 16-10 3/4 (5.15)
4. Dave Nielsen, 1975 16-10 (5.13)
5. Kyle Reid, 201316-6 3/4 (5.05)
- Andy Jatis, 2018.....16-6 3/4 (5.05)
7. Curt Brock, 1979 16-6 (5.03)
- Alex Zona, 201016-4 3/4 (5.00)
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. 202325-9 1/2 (7.85)
5. **Emmanuel Njoku, 2025 25-4 (7.72)**
6. Darren Smith, 1991.....25-2 (7.67)
7. Austin West, 2023.....24-11 3/4 (7.61)
8. Paul Jones, 199024-11 1/4 (7.60)
- Jamal Britt, 202124-11 1/4 (7.60)
10. Josh Larney, 2013..... 24-10 (7.57)

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., 202350-8 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, 202264-2 1/2 (19.57m)
2. Reno Tuufuli, 201863-3 1/4 (19.28)
3. John Hickey, 2009 63-0 (19.20)
4. Jeremy Allen, 2001 62-10 1/2 (19.16)
5. Avery Meyers, 201761-4 1/4 (18.70)
6. Shane Maier, 2006..... 61-2 (18.64)
7. Gary Kostrubala, 1986 ..60-10 3/4 (18.55)
8. Andy Banse, 2005.....60-9 1/4 (18.52)
9. Elijah Barnes, 2021 60-8 (18.49)
10. Ken Kemeny, 200460-0 1/2 (18.30)

Weight Throw

1. **Ryan Johnson, 2025.....80-8 (24.59)**
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, 200167-7 1/2 (20.61)
8. **Bryce Ruland, 202567-0 (20.42)**
9. Adam Hamilton, 2007.....66-9 1/4 (20.35)
10. Jordan Hawkins, 2022 ..65-11 1/2 (20.11)

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. **Pugh, Lewis, T. Johnson, Brown, 2025 3:05.31**
6. Hofacker, Frye, Garron, Harris, 20183:05.33
7. Steward, Gillum, Bryson, McKiver, 20223:05.47
8. K. Jefferson, Gillum, Richards, McKiver 20223:05.63
9. Gillum, Gudgel, Lawrence, Jr., McKiver, 20223:05.68
10. Thompson, Frye, Garron, Harris, 20183:06.06

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